

The Newport Navalog

VOL. 103 NO. 3 JANUARY 24, 2003

SERVING COMMANDS AND ACTIVITIES, NEWPORT, R.I.



Friends in low places

THE LOW ROAD — Firefighter Ed Pacheco brings a backboard into a crawl space under FITNESS Plus, Building 355, to rescue a mock victim during a Confined Space Drill by the Naval Station Newport Fire Department. At right is fire captain John Ruppel. Story, Page 8.

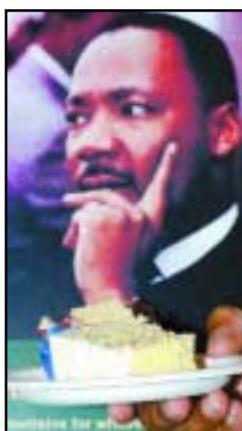
Ron Fontaine/U.S. Navy photo



Winter rips an icy blast

Naval Station Newport's Safety Office urges all personnel to take extra care during the winter months.

— Page 2



Navy honors M.L. King Jr.

Dr. Martin Luther King Jr.'s birthday is observed in programs organized at Naval Station Newport and in the city of Newport.

— Page 3



Sea Cadets at academy

Naval Sea Cadet Corps Petty Officer Leadership Academy (POLA) graduates 37 at the Senior Enlisted Academy.

— Page 4

This winter, tune in radio, TV for Snow Condition

In the event of significant snow fall, procedures for traffic, snow removal and parking at Naval Station (NAVSTA) Newport will go into effect.

The NAVSTA Command Duty Officer (CDO) will keep track of developing storm conditions. If a winter storm is expected to hit the Narragansett Bar area, the CDO will solicit input from the Naval Training Meteorology and Oceanography Detachment Newport, Public Works Department, Naval Station Security and make a recommendation to the Commanding Officer, Capt. Ruth A. Cooper.

In Snow Condition, routine operations are suspended to ensure that emergency lanes are not blocked by stalled vehicles, to facilitate snow removal, and to expedite recovery operations.

The CDO will notify tenant commands by e-mail messages and telephone.

If a dangerous storm hits on a regular working day, all but essential personnel will be required to leave the naval complex. Essential personnel are identified ahead of time by each tenant command through the submission of a memorandum to the security officer. Essential personnel are then issued an "essential personnel" card used to gain access to the Naval Station. Commands are encouraged to stagger the departure of personnel to reduce gridlock.

If a storm hits overnight during the workweek, notification of base closure the following morning will be provided as a

How C-C-C-Cold Is It...?

Wind Chill Table
Source: National Oceanic and Atmospheric Administration

Degree (Fahrenheit)	35	30	25	20	15	10	5	0	-5	-10	-15	-20	-25	-30	-35	-40	-45	
Wind MPH	0	36	30	25	20	16	10	6	0	-5	-10	-15	-20	-25	-30	-35	-40	-45
5	33	27	21	18	12	7	1	-6	-11	-16	-20	-24	-28	-31	-35	-41	-47	-54
10	21	16	9	2	-2	-6	-16	-22	-27	-31	-36	-41	-45	-52	-58	-64	-70	-77
15	16	11	1	-8	-11	-18	-25	-33	-40	-45	-51	-56	-61	-67	-73	-78	-85	-90
20	12	3	-4	-8	-17	-24	-32	-40	-46	-52	-58	-63	-68	-74	-80	-86	-91	-98
25	7	0	-7	-15	-22	-29	-37	-45	-52	-58	-63	-68	-73	-79	-84	-90	-95	-101
30	5	-2	-11	-18	-25	-33	-41	-49	-56	-63	-70	-76	-81	-87	-92	-98	-103	-109
35	3	-4	-13	-20	-27	-35	-43	-52	-60	-67	-72	-78	-83	-88	-94	-100	-105	-111
40	1	-4	-15	-22	-29	-36	-45	-54	-62	-69	-75	-80	-85	-91	-96	-102	-107	-113
45	1	-6	-17	-24	-31	-38	-46	-54	-63	-70	-76	-81	-86	-92	-97	-103	-108	-114
50	0	-7	-17	-24	-31	-38	-47	-56	-63	-70	-76	-81	-86	-92	-97	-103	-108	-114

(Wind speeds greater than 40 mph have little additional CHILLING effect.)

How Cold is Cold? Both temperature and wind affect the heat loss from the surface of the body. The effect of these two factors is expressed as an "equivalent temperature," which approximates the still-air temperature which would have the same cooling effect as the wind and temperature combination. For example, from the table above, with a temperature of 20°F. and a wind of 20 mph the effect on exposed flesh is the same as -2°F. with no wind.

public service by the following television stations: Newport Naval Cable Television channel 9, and commercial television stations WLNE, Channel 6; WJAR, Channel 10; and WPRI, Channel 12.

Periodic notification of NAVSTA closure will be provided as a public service by the following radio stations: WWLI, Providence, 105.1 FM; WPRO, Providence, 92 FM and 630 AM; WHJJ, Providence, 920 AM; WADK, Newport, 1540 AM; and WOTB, Newport, 100.3 FM.

Snow Condition information is also available on the base information recording at

NAVSTA Headquarters, 841-2211. Personnel should NOT call the NAVSTA CDO to check the status of Snow Condition.

Residents of the combined bachelor quarters (CBQs), the Newport Chalet, Navy family housing and essential personnel will be allowed on base.

No on-street parking

The Navy Family Housing Office reminds residents that during Snow Condition there is no on-street parking permitted. Vehicles should be in driveways or designated parking areas. Vehicles abandoned or impeding snow removal will be towed to the nearest off-road

location, as directed by the Security Division.

Housing occupants are responsible for removal of snow from the walks, parking spaces and adjacent common areas. Postal delivery can be withheld if sidewalks to housing units are not shoveled out.

Authorized personnel who must leave their cars on base for an extended period of time must park at the west lot next to Gym 109; the west lot next to the former Building K-61 site; or the south lot at Naval Reserve Building W-36. Vehicles parked in unauthorized areas may be towed.

Building occupants are

responsible for the clearing and sanding of pedestrian walkways from the building to the street, including the main sidewalks. Clearing of roadways, parking areas and main sidewalks will proceed according to priority lists established in NAVSTANPT/LOCAL AREA RI COORDINST 31431D.

Snowstorms not necessarily a blizzard. According to the National Oceanic and Atmospheric Administration (NOAA) and the Federal Emergency Management Agency (FEMA), knowing the difference between a snowstorm and a blizzard could save your life.

SNOW, Page 13

Don't let safety slip this winter

All Naval Station Newport military, civilian employees, and tenant activities are reminded to observe and practice every available safety measure during winter weather conditions, the Safety Office advises.

- All snow removal equipment have warning lights and back up alarms. It is extremely difficult for the operators to see pedestrians and vehicles while operating large equipment. Please allow as much distance as possible between yourself or vehicle and the moving equipment.

- Under ideal conditions, all concrete walkways and pavement would be free of packed snow and ice. Unfortunately, the climate of this region does not lend itself to that reality.

- Accessibility to and from emergency exits are to be kept clear for egress purposes. Do not block fire hydrants or storm drains with snow piles. Do not pile snow in parking/drive areas to obstruct visibility and see that ornamental trees and shrubs are not damaged by piling snow.

- Wear boots or shoes with grip soles. Slick leather or rub-

ber soles are unsafe on ice and hard packed snow. Don't walk with your hands in your pockets, it reduces your balance.

- Take short to medium steps or shuffle your feet when these conditions are present. Don't step on uneven surfaces and place your full attention on walking. Don't allow your attention to be divided while walking on ice.

Your safety, and that of the entire military and civilian community, is of the utmost importance and is the highest priority given by the Public Works Department.



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

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The Newport Navalog is published weekly by Edward A. Sherman Publishing Co., a private firm in no way connected with the U.S. Navy, under exclusive written contract with the Naval Station Newport.

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The Newport Navalog is printed on recycled paper.

PARTICIPANTS in the Martin Luther King Day Torch Run from Portsmouth to Newport head south on Route 114 last Monday. From left are Pfc. Nicholas Harbin, Kevin Weaver of Newport, Pvt. Michael Valencia and Hospital Corpsman Second Class Kedrick Thorn.

Richard Alexander/U.S. Navy photos



NAVSTA pauses to commemorate Dr. King's birthday

By **JOY CHRISTMAS**
NAVSTA Public Affairs Staff and
RICHARD ALEXANDER
Navalog editor

Most believers of Dr. Martin Luther King Jr.'s dream can only imagine the dangers he faced during the civil rights movement. Providence, R.I., native Clifford Montiero knew first hand, as he often walked alongside the civil rights leader, and faced the same dangers.

Montiero, now in his third-term as President of the Providence Chapter of the NAACP, was the keynote speaker at Naval Station (NAVSTA) Newport's observance of Dr. King's birthday last Friday in Capt. Howard Kay Hall. The federal holiday was observed Jan. 20.

Monteiro said King knew well the adversities he faced, but accepted the responsibilities.

"He was trained by a family that was committed to social change," said Montiero. "He challenged America to do what was right — non-violently."

A Baptist minister, his convictions were deeply-rooted in four-generations of church leadership. His maternal great-great grandfather, A. D. Williams who headed of the Ebenezer Baptist Church,

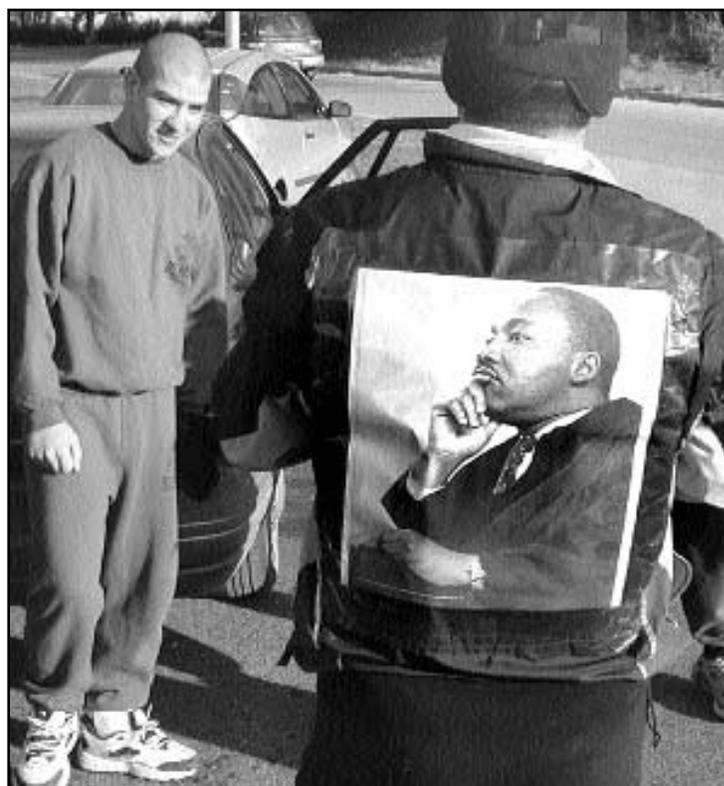
founded the Atlanta chapter of the NAACP in 1901. King later ministered from the same church.

Montiero, who first met Dr. King at the walk from Selma to Montgomery Ala., said King's defining moment was during the 1955 bus boycott in Montgomery. King as well as those who joined him did so under life-threatening circumstances.

"There were many times I said goodbye to my mother not knowing if I was coming back," said Montiero, who also participated in the March on Washington where Dr. King delivered his famous "I Have a Dream" speech on the steps of the Lincoln Memorial in 1963.

The date, Aug. 28, coincided with the 100th anniversary of

KING, Page 9



KEVIN WEAVER of Newport, a teacher at Elmhurst School in Portsmouth, wears a photo of the Rev. Martin Luther King Jr. on his jacket before the start of the run. At left is Pvt. Michael Valencia.

ST. GEORGE'S EPISCOPAL CHURCH

14 Rhode Island Avenue, Newport



9:00 AM Holy Eucharist
Annual Meeting to Follow
9:45 AM Sunday School
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A number of things...

70

The number of shows the Navy Flight Demonstration Squadron, the Blue Angels, will perform in 2003. The jets will perform in Rhode Island in June.

Story Page 16.

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The amount in dollars that Basic Allowance for Housing (BAH) will increase per month for a typical E-5 with dependents. An E-8 with dependents will have about \$95 more in his/her paycheck.

22

The wind chill effect of 0 degrees Fahrenheit with just a 10 mph wind. With a temperature of 20 degrees F and a wind of 20 mph, the effect on exposed flesh is the same as -9 degrees F with no wind. **Chart, Page 2.**

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The number of states represented by Sea Cadets who attended the Naval Sea Cadet Corps Petty Officer Leadership Academy (POLA), from Dec. 29 until Jan. 4, at the Senior Enlisted Academy. **Story, Page 4.**

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Senior Enlisted Academy host for Sea Cadet training

The Senior Enlisted Academy (SEA) at Naval Station Newport hosted the Naval Sea Cadet Corps Petty Officer Leadership Academy (POLA), from Dec. 29 until Jan. 4.

A total of 37 Sea Cadets from 15 states were instructed in various military leadership topics, participated in small group discussions, and exercised leadership authority under supervised circumstances.

Training covered Navy core values, elements of leadership, effective communication, standards in the Navy, sexual harassment, and the fundamentals of responsibility, authority and accountability. Sea Cadets came from as far away as California, Florida, and Minnesota.

Sea Cadet training took place at SEA. Seven staff members provided instruction and facilitated group exercises. The Sea Cadet staff was comprised of officers, instructors, and senior Sea Cadets from all over New England and as far away as Florida.

The director of New England



GRADUATE — Cadet Daniel Wroblewski, left, a member of the Naval Education and Training Center Sea Cadet Unit, poses with retired Chief Radioman George Wardwell at the Senior Enlisted Academy. Wroblewski graduated from the Naval Sea Cadet Corps Petty Officer Leadership Academy this month.

Region 1-2 of the Sea Cadets, Lt. Cmdr. Mike Campbell, NSCC, served as the Commanding Officer of POLA. Lt. j.g. David Hull, COMSEACAETS, Page 13

Letter of Commendation

Sheila Valloney, Naval Ambulatory Care Center Newport, from Deputy, Deputy, Naval Ambulatory Care Center Newport, for her selection as Junior Civilian of the Quarter for the period of July to September 2002, Dec. 18, 2002

Lt. Elizabeth M. Tanner, from Deputy, Naval Ambulatory Care Center Newport, for selection as Junior Officer of the Year for 2002.

Letter of Appreciation

HM2 Joseph T. Mitchell, Naval Ambulatory Care Center Newport, from Officer in Charge, Navy Personnel Command Detachment, Drug and Alcohol Program Management Activity, Norfolk, for the outstanding support to Mobile Training Programs Team, Dec. 18, 2002

Barbara Renick, Naval Ambulatory Care Center Newport, from Officer in Charge, Navy Personnel Command Detachment, Drug and Alcohol Program Management Activity, Norfolk, for the outstanding support to Mobile Training Programs Team, Dec. 18, 2002

HN Jimmy Burlison, Naval Ambulatory Care Center Newport, from Commander,

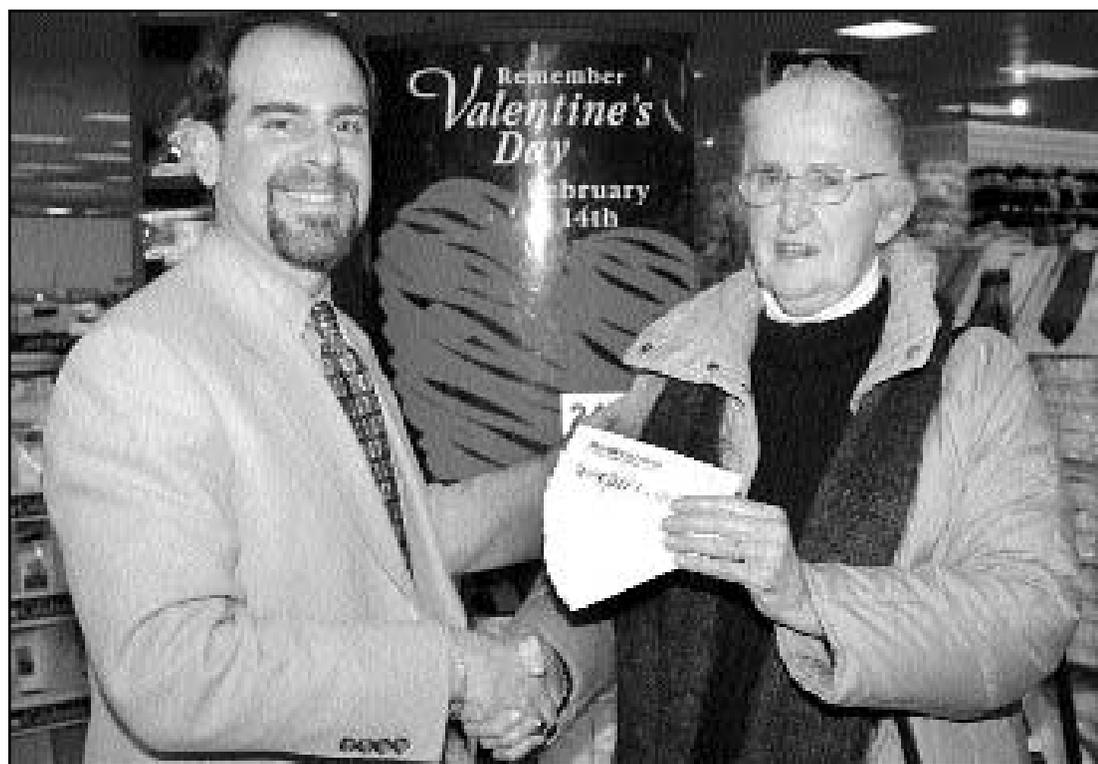
Naval Undersea Warfare Center Division Newport, for service on NACC Newport Color Guard during change of command, Dec. 18, 2002

Advancement

HM3 Keenan Stephens (frocked), Naval Ambulatory Care Center Newport, Dec. 18, 2002

Civilian Length of Service

Denise R. Cordeiro, Naval Ambulatory Care Center Newport, 10 years, Dec. 18, 2002.



Ron Fontaine/U.S. Navy photo

READY TO SHOP — Robin Joseph, general manager of the Navy Exchange, presents Phyllis Goodwin of Kingston, R.I., with a \$400 gift certificate, courtesy of Proctor & Gamble, for a NEX shopping spree. Mrs. Goodwin's late husband was a Navy reservist during World War II.

Auto service, lesson one: Bring it here.

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Somos Portugueses Hablamos Espanol.

Get some assistance before buying house

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, Jan. 30, from 7-9 p.m., and learn about your options and decipher real estate lingo.

You will meet with a representative from the Navy Federal

Fleet and Family Support Center

al Credit Union to hear firsthand 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.

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 dreaded car dealer.

How do you get the best car for a fair price?

Come to the Fleet and Family Support Center on Tuesday, Feb. 11, 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.

Tax strategies—Bring your lunch to this informative session presented by the Navy

Program helps kids home alone

The Fleet and Family Support Center has scheduled another Home By Myself program for Saturday, Feb. 22, from 9 a.m. to 12:30 p.m.

Home alone skills for children will be presented, such as fire and police safety, basic first aid, role playing, and more. A pizza party and certificate presentation will follow. Children must be accompanied by an adult.

Children under age of 13 living in Navy housing must complete this program before being left alone. Completion of this program does not certify that children are capable of staying home alone; that remains a parental decision.

Registration is required. Call 841-2283.

Federal Credit Union on Wednesday, Feb. 12, from 11:30 a.m. to 1 p.m., at the Fleet and Family Support Center. Learn how to organize your tax information; the importance of your tax with-

holding information; and other tax savings advice.

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

Investment fundamentals—Attend this beginner's class on

investing to find out why it is important to invest. The class is being presented at the Fleet and Family Support by a representative of the Navy Federal Credit Union on Thursday, Feb. 13, from 4 to 5:30 p.m.

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.

“This plan meets my goals in life: simplify, simplify, simplify.”

“Uniformed Services Family Health Plan makes it easy to get the care you need. Once, when I received a bill by mistake, I just called them up and they took care of it – right there on the phone. No problem at all.”

- Major Fred Ritvo, US Army Ret.
US Family Health Plan member;
Brewster, MA

At US Family Health Plan, we've been providing health care for military families for over 20 years, earning high patient satisfaction ratings for care and service.

- You get additional benefits at no extra cost. We cover everything that TRICARE offers, plus annual physicals, routine eye exams, and more.
- You save over 66% on prescriptions with our mail-order pharmacy service.
- It's simple – no claim forms, no deductibles, very little paperwork.

Enrollment is open all year, to military beneficiaries of all ages. For more information, visit www.brightonmarine.org or call 1-800-818-8589.



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

Clubs offer 'Super' bash

The Enlisted Club and Chief Petty Officers' Lounge in the Recreation Building, and the Pub in the Constellation Room, Officers' Club, will have the big Super Bowl XXXVII tuned in on Sunday.

It's the biggest game of the year and we don't want you to miss a play!

There will be three flat screen television sets at the newly-renovated Chiefs' Lounge, and two big-screens at the Enlisted

Club. The Officers' Club will also show the showdown between the Oakland Raiders and the Tampa Bay Buccaneers on a wide screen TV.

For more information, call 841-2575 for the Recreation Center or 841-4821 for the Constellation Room.

TODAY, Jan. 24

- Armed Services YMCA:
 - Fitness Hour, 9 to 10:30 a.m.
 - Nantucket Basketweaving, 9 a.m. to noon.
 - Adult Beginner Sewing No. 3, 9 a.m. to noon.
 - Mommy and Me Infant Massage, 9:30 to 10 a.m.
 - Big Kids Game Night, 6 to 9 p.m.
 - Scrapbooking, 6 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 MLK Center welcomes military volunteers, 8:30 a.m.
- Soup kitchen at Salvation Army welcomes military volunteers, 5 to 5:45 p.m.

• Recreation Center Movie Night, at 6 p.m., *Swimfan* (PG-13), at 8 p.m., *Four Feathers* (PG-13).

• Candlelight Tour, Belcourt Castle, 6 p.m., 846-0669.

• Winter Months Concert Series, Greenvale Vineyards, 7:30 to 9:30 p.m., 847-3777.

SATURDAY, Jan. 25

• Winter Rarities Road Trip, Norman Bird Sanctuary, 7:30 a.m. to 4 p.m., 846-2577.

• Winter Lecture Series, Newport Art Museum, 2 p.m., 848-8200.

• Soup kitchen at Community Baptist Church welcomes military volunteers, 4:30 p.m.

• Candlelight Tour, Belcourt Castle, 6 p.m., 846-0669.

• Common Fence Music, Common Fence Point Community Hall, 8 p.m., 683-5085.

SUNDAY, Jan. 26

• Super Bowl XXXVII televised from San Diego, Calif., 6 p.m.

• 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.

• Soup kitchen at Salvation Army welcomes military volunteers, 4 to 4:45 p.m.

• Candlelight Tour, Belcourt Castle, 6 p.m., 846-0669.

MONDAY, January 27

• Armed Services YMCA:

- Fitness Hour, 9 to 10:30 a.m.
- Little Kids Game Hour, 11 a.m. to noon.

— Open Sewing, 6 to 9 p.m.

• 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 at MLK Center welcomes military volunteers, 8:30 a.m.

• Soup kitchen at St. Joseph's

Church welcomes military volunteers, 11:30 a.m.

• Soup kitchen at Trinity Church welcomes military volunteers, 5 p.m.

• Candlelight Tour, Belcourt Castle, 6 p.m., 846-0669.

TUESDAY, January 28

• Investment specialist Jim Rogers, author of *Investment Biker: On The Road with Jim Rogers*, Contemporary Civilian Lecture Series, Spruance Hall auditorium, Naval War College 6:30 p.m. Call 841-4527.

• Armed Services YMCA:

- Fitness Hour, 9 to 10:30 a.m.
- Kids Sewing No. 4, 3:30 to 5 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 at MLK Center welcomes military volunteers, 8:30 a.m.

• Soup Kitchen at United Baptist Church welcomes military volunteers, 5 p.m.

• Officers' Club movie night, at 6 p.m., *Sweet Home Alabama* (PG-13), 8 p.m., *The Tuxedo* (PG-13).

WEDNESDAY, Jan. 29

• Soup kitchen at MLK Center welcomes military volunteers, 8:30 a.m.

• Soup kitchen at United Baptist welcomes military volunteers, 5 p.m.

THURSDAY, Jan. 30

• Armed Services YMCA:

- Fitness Hour, 9 to 10:30 a.m.
- Knitting, 10 a.m. to noon.
- Cooking with Miss Kathy, 11 a.m. to noon.

— Adult Beginner Graduates No. 3, 6:30 to 8:30 p.m.

• Soup kitchen at MLK Center welcomes military volunteers, 8:30 a.m.

• "People in History: the Vanderbilts as Collectors," Rosecliff, 11 a.m., 847-1000 ext. 160.

• Soup kitchen at St. Paul's Church welcomes military volunteers, 5 p.m.

• Owl Prowls, Norman Bird Sanctuary, 6 to 7:30 p.m., 846-2577.

• Homebuyers' Workshop, Fleet and Family Support Center, 7 to 9 p.m., 841-2283.

USMC welcomes new Commandant

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:

— Gen. James L. Jones relinquishes command of the Marine Corps to Gen. Michael W. Hagee during a ceremony at the Naval Academy in Annapolis, Md.

— The Navy's new Naval Personnel Development Command supports Task Force Excel.

— Cmdr. Christopher Grady relieves Cmdr. Kevin Sweeney as commanding officer of guided missile destroyer USS Cole.

following Navy and Marine Corps News.

During next week's featured segments, beginning Jan. 28, learn more about *High Blood Pressure* and *Stroke*.

If interested in classroom/video programs call Health Promotion Department at 841-6777.

Fleet and Family Support

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

The programs air daily on channel 11 at 10 a.m., 1:30 and 7 p.m. The weekly schedule is displayed below.

Home & Garden TV offered on channel 53

Home & Garden Television (HGTV) has been added to your cable TV line-up.

HGTV annually offers more than 1,300 hours of original annual programming.

Regular series such as *Gardening by the Yard*, *Extreme Homes*, *The Carol Duvall Show*, *Designers' Challenge*, and *Modern Masters* cover five categories of HGTV: gardening, remodeling, crafts, decorating and at-home.

Health and Wellness Videos

The Naval Ambulatory Care Center and the Health Promotion Action Council offer health education and wellness programs on channel 13 daily,

DAY	TITLE
Friday through Sunday	What's Your Parenting Style? How Does It Influence Your Teen?
Monday	Your Teen's Success Cycle: Build Self-Esteem, Courage and Positive Behavior
Tuesday	Sidestepping The Power Struggle: Redirecting Your Teen's Misbehavior
Wednesday	Effective Discipline: How to Raise a Responsible Teen
Thursday	Effective Communication: How to Strengthen Your Relationship With Your Teen

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Saturday is Ladies Night
1/2 Price Menu

Menu Frenzy \$9.95 . . . Every Sunday 5-9 p.m.

Live Music Thurs.-Sun.

Overflo's . . . Wave Ave., Middletown

Housing allowance fund up by \$800 million

WASHINGTON (NNS) — The Department of Defense released the 2003 Basic Allowance for Housing (BAH) rates, continuing the department's initiative of reducing military members' out-of-pocket housing costs.

In total, the planned increase in housing allowance funds for Fiscal 2003 is about \$800 million above the Fiscal 2002 amount. The 2003 rates represent the third phase of the planned buy down in out-of-pocket housing expenses. Other components of the increase are geographic rate protection and housing cost inflation.

For members with dependents, average increases in BAH range from 1 to 27 percent by grade, with the typical increase in the range of 8 percent. A typical E-5 with dependents, for example, will find his/her BAH about \$71 per month higher than last year. An E-8 with dependents will have about \$95 more in his/her paycheck.

Out-of-pocket expenses, that portion of housing costs for which the member is responsible, have been reduced from 11.3 percent last year to 7.5 percent this year for the average service member. The 2003 rates represent the third in a series of steps to bring the average member's out-of-pocket expense to zero by 2005. Out-of-pocket expenses will fall to 3.5 percent next year.

An integral part of the BAH program is the provision for individual rate protection to all members. No matter what happens to measured housing costs, no member in a given location will ever see his/her BAH rate decrease. This policy ensures that members who have made long-term commitments in the form of a lease or contract will not be penalized if the area's housing costs decrease.

Geographic rate protection has also been provided to members. While the planned buy down in out-of-pocket expense is phased in, BAH rates for a given locality will not decrease. Geographic rate

protection means that newly arrived members to an area will not see BAH rates that are substantially less than current members' rates.

"An important part of the

BAH process is the cooperation from the services and especially local military housing offices in the data collection. Input from local commands is used to determine

what neighborhoods to collect data from and to point us to apartment complexes and individual housing units that are appropriate for our military members," said Capt.

Chris Kopang, director of military compensation.

To calculate your new BAH rate, go to www.dtic.mil/perdiem/bah-form.html.



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A2611-1202



Practice makes perfect in drill by firefighters



FIREFIGHTER ED PACHECO, top left, a cardiac-trained EMT, and fire captain **John Rupple** prepare 'victim' **Dennis St. Laurent**, center left, a Public Works employee, at the start of Confined Space Drill last week.

Ron Fontaine/U.S. Navy photos

By **RICHARD ALEXANDER**

Navalog editor

Pipefitter leader **Dennis St. Laurent**, who collapsed while doing routine maintenance in the sub-basement of **FITNESS Plus** last Thursday, was safely rescued by the Naval Station (NAVSTA) Newport Fire Department.

St. Laurent was found lying under insulated steam lines where he and fellow Public Works Department utility crews were working. He had entered the crawl space from a mechanical and boiler room above, and started complaining of chest pains.

Soon he was feeling lightheaded and faint, and broke out in a "cold sweat" with nausea and shortness of breath. His co-workers called Fire and Rescue.

But what appeared like an emergency in Building 355 was only a Confined Space Drill, required regularly of the fire department by the Occupational Safety and Health Administration. (OSHA)

The drill was directed by Assistant Fire Chief **Tim Kerrigan**, and included representatives from NAVSTA and Naval Undersea Warfare Center (NUWC) Safety Offices; and Public Works utility workers. A rescue wagon with cardiac qualified EMTs aboard, Engine Company No. 3's pumper, a ladder company, and a special hazards vehicle all responded.

While several firefighters stabilized **St. Laurent** and secured him to a backboard, another firefighter removed a steel door into the crawl space. Using an aluminum ladder, the team created a ramp to ground level. **St. Laurent** was carried out and placed on a stretcher.

Camie Graley and **Pam Jackson-Combella** of the NUWC Safety Office, and **Leon White** of NASTA Safety monitored the whole rescue.

"NUWC and NAVSTA Safety Offices are here to observe the response and treatment of the victim, and then we meet with the fire department to review lessons learned and what could have been done better," **Jackson-Combella** said.

The last closed space rescue drill from a water meter pit was held at NUWC.

St. Laurent said he felt comfortable, and in good hands during the drill. "It was a little tipsy on the backboard, but it was OK."

The rescue took 20 minutes.



EASY RIDER: St. Laurent, strapped to a back board, is carried up a ladder from a crawl space below Building 355, **FITNESS Plus**.

King

Continued from Page 3

Lincoln's delivery of the Emancipation Proclamation.

In praising King's contributions to the civil rights movement, Montiero said we should not be remiss of other historical social changes, such as President Truman's action to desegregate the military in 1947.

"We have been able to get through to the military the value of African-Americans, other minorities, and women," said Montiero. "I offer congratulations that it can be done."

In recalling the Supreme Court decision in the case of *Brown vs. the Board of Education* in 1954, Montiero said, "the ruling declared that separate, but equal was not equal."

The fight for social justice did not come without a price.

"In working for the passage of the voting rights act, four people died," he said. "Social change has cost a lot of people their lives and permanent scars."

The fight for civil rights still continues today. Montiero explained a call recently for regional support from the NAACP for a rally in Lewiston Maine. Somalians from Africa were being told to stay out of Lewiston because they were draining the economic system.

The outcome, would have made Dr. King proud, he said. In a crowd of more than 4,000 people, 99.9 percent were white.

The theme of remembrance in honor of Dr. Martin Luther King Jr.'s birthday — Remember! Celebrate! Act! A Day On...Not A Day Off...but a day on — is a message that should be acted upon each and every day to keep his dream alive. An act of conscious to continue the fight for what is right and just.

We're talking about the world's greatest country and how we can improve it so all people are treated equal so our Constitution means what it says."

Hosted by Cmdr. David Burnes, acting Commanding Officer, NAVSTA, other participation included musical support by Navy Band Northeast's Brass Quintet. Soloist Musician Third Class Alise Hunt sang the *National Anthem* and *Lift Every Voice*. Yeoman Second Class Shiniqua Moore read excerpts from Dr. King's writings.

Torch Run participation

Navy Newport representatives also participated in community ceremonies last Monday to mark Dr. Martin Luther King Day.

The day-long program was of inspirational and educational events was sponsored by the Newport County Martin Luther King, Jr. Celebration Committee.

Five runners participated in the Torch Run Ceremony at 9 a.m. from the First R.I. Regiment Monument in Portsmouth at Routes 114 and 24 to Cranston-Calvert School in Newport.

Before the run got underway, Alpha Carpenter, a member of Dr. King celebration committee, led ceremonies at the monument. Deacon James Rudnik of Jesus Savior Church in Newport gave a brief invocation. The regiment is also known as the "The Black Regiment," composed of former slaves and freemen who served in the Revolutionary War.

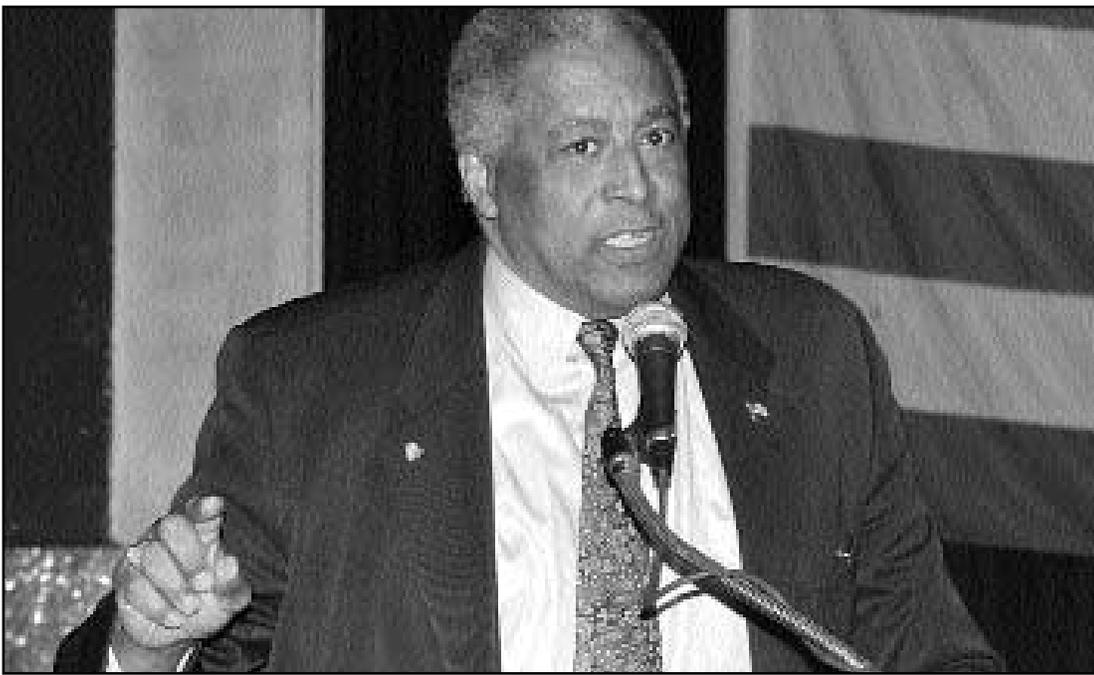
The runners took turns carrying a symbolic "freedom torch" along the cold 11-mile route, while escorted by State Police cruisers.

Runners were Sgt. Angel Pineda, Pfc. Nicholas Harbin and Pvt. Michael Valencia of the Marine Corps Detachment; Hospital Corpsman Second Class Kedrick Thorn, physical therapist at the Naval Academy Prep School; and teacher Kevin Weaver of Newport.

Pineda said it was cold when the run started, but the group became very motivated as they got closer to Newport. "People driving by would honk their horns and give us some support out there," he said. "It was a good experience."

Weaver, a teacher at Elmhurst School in Portsmouth, has been teaching his classes about the civil rights movement. He wore a photo of Dr. King on the back of his jacket.

The runners received a standing ovation when they arrived at Cranston-Calvert School where the 18th annual birthday program was underway. Navy Band Northeast's Brass Quintet provided introductory music.



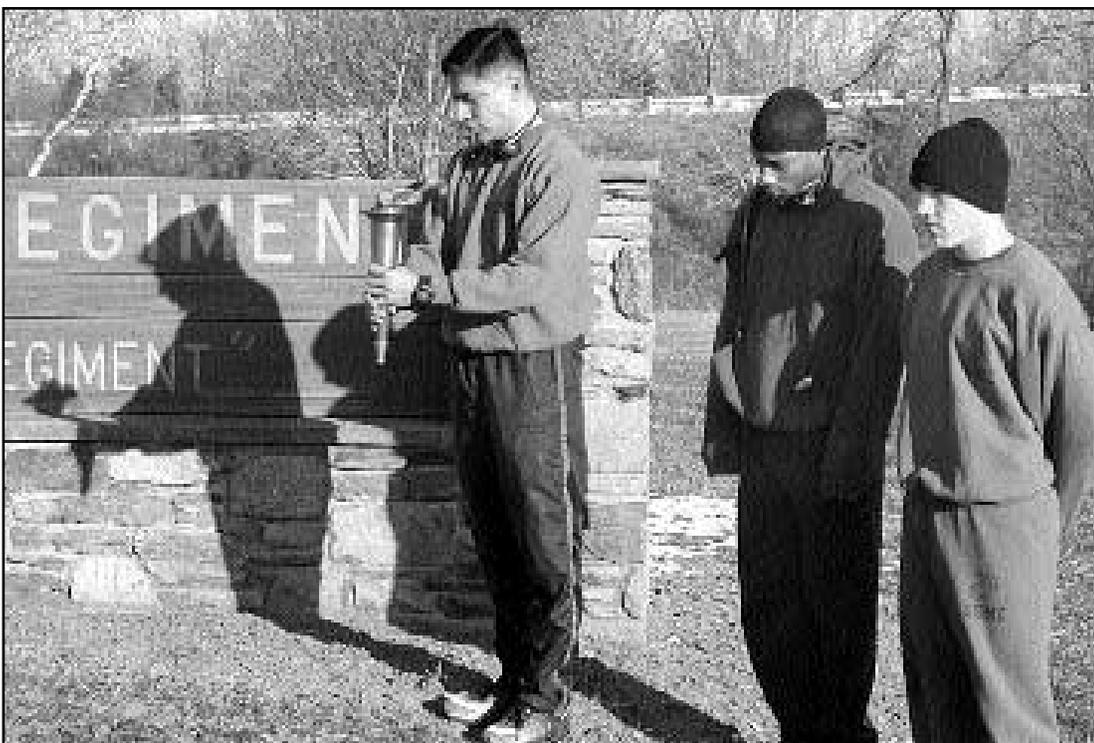
CLIFFORD MONTIERO, President of the Providence Chapter NAACP, speaks last Friday at Naval Station Newport's observance of Dr. Martin Luther King's birthday.

RIGHT: Musician Third Class Alise Hunt sings the *National Anthem* and *Lift Every Voice* at Capt. Howard Kay Hall ceremonies.

Ron Fontaine and Richard Alexander /U.S. Navy photos



BELOW: Sgt. Angel Pineda, left, of the Marine Corps Detachment holds the freedom torch during brief ceremonies at the First R.I. Regiment in Portsmouth before the Torch Run to Newport gets underway.



Naval Station Newport Dinning

Recreation Center, O'Club Ready Super Bowl specials

Super Bowl XXXVII is the biggest game of the year and we don't want you to miss a play this Sunday.

That's why you will want to visit the Recreation Center in Building 656 or the Pub in the Constellation Room at the Officers' Club and cheer on either the Oakland Raiders or the Tampa Bay Buccaneers.

Watch the battle for the bowl title on three flat screen television sets at the newly-renovated Chiefs' Lounge, or on two big-screens at the EM Club, both in the Recreation Center.

The Officers' Club invites

you to enjoy the game on a wide screen TV in the Pub in the Constellation Room. Both clubs will have plenty of promotional prizes and giveaways throughout the game and will be the only places to get \$1 domestic drafts, free popcorn and a complimentary SUPER buffet at the end of the first quarter!

The EM Club opens at noon and the CPO Lounge and the Pub in the Constellation Room at the Officers' Club will open at 4 p.m.. The game kicks off at 6 p.m.

Don't miss the best Super



Bowl bash around — grab your friends and head over to your favorite destination!

For more information, call 841-2575 for Recreation Center or 841-4821 for Topside Pub.

Officers' Club

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

The Officers' Club is still serving lunch, nightly specials and a limited pub menu while portions of the facility undergo renovations. All events will take place in the Constellation Room on the first deck of the club.

Every effort will be made to keep customers informed of closures or relocations due to the renovations. Thank you for your patronage and we look forward to serving you in a newly renovated facility later this year.

Upcoming events:

Advance tickets may be required for the following events. Gratuity is included in all ticket prices and there is no charge for children age 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.

Feb 14: All hands Valentine's Dinner Show: All hands are invited to treat their valentine to an exquisite gourmet dinner followed by dancing to the high-energy sounds of the incredible Ronnie Rose, on Friday, Feb. 14 at the Hyatt Regency.

The romantic menu begins at 6 p.m. with hors d'oeuvres and cocktails (cash bar). Baskets of warm bread and Caesar salad are the preview for the main course — a choice of sumptuous Chateaubriand or

baked stuffed lobster (Meal selection must be made when purchasing tickets.) Dessert for two is oversized strawberry shortcake topped with fresh whipped cream and served with piping hot coffee.

After dinner, lace up your dancing shoes and take to the floor as you enjoy an energetic and musically diverse performance by Ronnie Rose. Practice your ballroom dance skills, revive smooth moves from the 50s or dance to today's contemporary favorites — all in the same evening.

Tickets to this romantic event cost \$50 per person, including gratuity and are currently on sale at the Officers' Club Gift Shop. To purchase by phone using Visa/MC, call 846-7987.

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

• The CPO Lounge will be open on weekends 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.

Also, enjoy complimentary unlimited use of the pool tables from 1 to 5 p.m.

Tonight: Unwind after work at the Recreation Center with a complimentary hors d'oeuvres buffet from 5 to 7. Or, enjoy a delicious fish and chips dinner from 5 to 8 for just \$4.75.

Fish and chips are available for take out; no home delivery.

So, tell your friends and get ready to kick off the weekend at the Recreation Center. For more information, call 841-3054.

Saturday: 11 a.m. to 11 p.m., Pub menu available from 1 to 9 p.m.

Sunday: Noon to 8 p.m., Pub menu available until one hour before closing.

Monday-Friday: Breakfast, 7:30 to 11 a.m., full menu featuring omelets, breakfast sandwiches, bagels, muffins, croissants and pancakes.

Lunch, begins at 11 a.m., daily specials and pub menu, including burgers, salads, sandwiches and more. Lunch and dinner is open to all hands and Department of Defense civilians are always welcome.

Call for advance order take-out. No home delivery.

Ticket Connection

Hit the slopes on our ski trip

You still have time to sign up for the Ticket Connection's annual ski trip on Saturday, Feb. 1.

This year, the bus heads to New Hampshire's Mt. Sunapee, featuring nine lifts and 60 trails covering over 220 acres.

Novice, intermediate and expert skiers as well as snowboarders will find trails to challenge their skills.

Cost is \$49 per person including round-trip transportation and an all-day lift ticket. Departure time is 5 a.m. and we will return at approximately 8 p.m. Call 841-3116 for more information.

Let's cruise to Nova Scotia

Sail away with the Ticket Connection on a weekend cruise adventure to Yarmouth, Nova Scotia, over Memorial Day weekend, May 23-25.

The price is just \$260 per person (double occupancy for adults), \$165 for children 5 to 12; \$75 for children 1 to 4; and \$3 for infants under 12 months.

NOTE: This trip, however, is not recommended for infants and toddlers due to space restrictions on the motorcoach and overnight cabins aboard the ship.

The fun-filled weekend begins with round-trip motorcoach transportation from Naval Station Newport to the ferry terminal in Portland, Maine, upgraded over-night cabins aboard the Scotia Prince, one full breakfast buffet, one continental breakfast, one dinner buffet, and one-night stay at the Rodd Grand Hotel, and much more!

The Scotia Prince is 475 feet of floating fun and has all of the amenities of a regular cruise ship including a full gaming casino, Las Vegas style revue, live music for dancing, activities with audience participation, a full dining room and duty free shopping.

Once in Yarmouth, you will have a day to enjoy and explore.

For complete details, visit the Ticket Connection in Building 656, or call 841-3116.

Breathe in spring at Flower Show

The MWR Ticket Connection, Building 656, is pleased to offer patrons a chance to get an early glimpse of spring with tickets to the 10th annual Rhode Island Spring Flower Show.

This year's show takes place Feb. 20-23 at the Convention Center in Providence and will feature more than 30 display gardens and vignettes, a garden marketplace and bookstore, special children's activities and a multitude of demonstrations and workshops.

Show hours are 10 a.m. to 9 p.m. Thursday through Saturday and 10 a.m. to 6 p.m. on Sunday. Tickets are \$12 each (door price is \$14) and may be used on any one day of the show. Only a limited number of tickets are available, so purchase yours today!

For more information, call the Ticket Connection at 841-3116.

Universal Studios salutes military

Universal Studios, Hollywood, Calif., is honoring active duty members of the military through April with a special "Heroes Salute." During this time, active U.S. military personnel may receive a free one-day admission to the studios in California, with the purchase of a full-price adult pass.

Additionally, they will have the opportunity to purchase up to six more tickets for family and friends at a 50 percent discount. Eligible military members must present a photo I.D. and an active and valid U.S. military I.D. at the ticket booth and turnstile of the park to receive the tickets.

This is a fabulous opportunity to take advantage of the sights and sounds of the "world's largest movie studio and theme park," at a super discounted rate.

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:

— 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, Jan. 25.

— 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)

— **The adult intramural basketball league** is open to active duty, retirees, reservists, dependents and Department of Defense civilians, and is divided into age categories for players 18 and over and 35 and over. Games are played Monday through Friday nights at 5:30, 6:30 and 7:30 on Courts 1 and 3.

There is a \$15 fee for DoD civilians and teams are limited to four DoD participants. All teams are required to pay a \$100 refundable forfeit fee, and teams must have matching shirts with numbers by the first game. Registration will be accepted Monday through Friday 8 a.m. to 4:30 p.m. at Gym 109 until Friday, Jan. 31. The season runs through March 14.

For information, call Jim Gauch at 841-7196.

— **Valentine's Day fun run:** Be sweet to your heart! Come out and join your base mates at the "Valentine's Day Fun Run and Walk" on Friday, Feb. 14. The three-mile run and one and a half mile walk will take you around Coasters' Harbor Island, beginning and ending at Gym 109. The race will start at 11:50 a.m.

In the first leg, participants must swim 90 miles at Pool 307 or run 180 miles on a Gym 109 or Fitness Plus treadmill to get from Newport to New York. After each exercise session, a member of the front desk staff will sign off on your progress for the day. Incentive prizes will be awarded to all participants that complete the first leg of this competition.

The second leg of the competition will be a "Central Park" strength training circuit, overseen by a member of the fitness staff. (Participants must meet with a fitness staff member prior to beginning this leg of the race.) Participants will be awarded incentive prizes at the conclusion of this section, as well.

The final leg of the competition will involve "climbing" the Statue of Liberty and the Empire State Building (using stair stepper or a pre-set treadmill.)

Participants will have until May 22 to complete the challenge and all finishers will receive a prize. Registration takes place through Jan. 24

at Gym 109. For additional information, contact Brett Estrella at Gym 109 at 841-7196 or Jeff Cornell at Pool 307 at 841-6628.

— **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.

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.

Computer Café

(Building 656, 841-2194)

• Personal computers available seven days a week to send and receive email, surf the web, play games, etc. — all at no charge. Open Monday through Friday at 7:30 a.m.; Saturday, 11 a.m. to 11 p.m. and Sunday, noon to 8 p.m. Food menu available from the Recreation Center kitchen.

Music/games

(Building 656, 841-3054)

• **Lunchtime BINGO**, Thursday and Friday only. Cover all the numbers on your BINGO card within the designated amount of numbers called and you will win \$500! If no one wins, play continues until a good BINGO is called, winning that lucky person \$100.

Three regular games each day with \$30 prizes for every BINGO called. Jackpot game begins at 12:30 p.m.

• **Karaoke**, Feb. 1, at 8 p.m. Showcase your talents with golden oldies, country hits, and of course, today's top tunes, beginning at 8 p.m. No cover charge, open to all hands. Offered every other Saturday night.

Naval Station movies

• **Officers' Club** — Tuesday, Jan. 28: 6 p.m., *Sweet Home Alabama* (PG13); 8 p.m., *The Tuxedo* (PG13).

• **Recreation Center** — The following movies are shown upon request beginning tonight: *Swimfan* (PG13) and *Four Feathers* (PG13).



OUTDOOR STEAMING — Kevin Marks, a cook at the Officers' Club, prepares pots on the back driveway to boil lobsters for 'Lobsters for Happy Hour.' Although portions of the club are closed for renovations, lunch and nightly Pub specials are still being served in the Constellation Room. For more information, see Naval Station Newport Dining, Page 10.



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Announcements

Training sessions aimed at curbing drunk driving

There will be mandatory training sessions on Drunk Driving/Alcohol Awareness for all military personnel next week at Perry Hall Auditorium.

Attendance will be taken and documented. All personnel should plan on attending one of the following sessions listed below.

All Department of Defense civil servants are also encouraged to attend. Supervisors will allow any employee who requests to attend the training.

The training is also open to all tenant commands.

Naval Station Newport is trying to invite a Mothers Against Drunk Driving (MADD) spokesman or a safety officer to one or more of the sessions.

The sessions are:

Monday, Jan. 27, 2 to 3 p.m.

Tuesday, Jan. 28, 9 to 10 a.m.

Wednesday, Jan. 29, 9 to 10 a.m.

Thursday, Jan. 30, 1 to 2 p.m. (Accommodations for hearing impaired employees provided.)

Friday, Jan. 31, 9 to 10 a.m.

Anyone with questions, may contact Barry Spaulding at 841-6645

MWR offers information online

The Morale, Welfare and Recreation Department has announced the completion of the new website! Just log on and get all the latest MWR info right on your computer!

Computer users can check upcoming events, read the latest Leisure Times, confirm hours of operation for our facilities, get phone numbers and more! It is the best way to keep connected to all the fun, fabulous things MWR has to offer!

To check out the site, visit www.nsnpt.navy.mil/mwr.

Try this winter getaway

If the winter blues have got you down, entering the Navy Region Northeast's Saluting Sailors and their Families' "Winter Pot of Gold" contest is the perfect way to perk you up.

You and a guest could win a week-long vacation in Boston and at New Hampshire's Mount Washington!

One active duty military member and a guest from each installation within the Northeast region will spend St. Patrick's Day 2003 in VIP seating at Boston's world famous parade, followed by a party in your honor at the landmark, Cheers Bar and Grill. All transportation, accommodations, meals and even your entertainment (sightseeing, shopping and a show) are included!

From Boston, winners will travel north to New Hampshire's Mount Washington, where they will have three days of skiing, snowboarding, sleigh riding and much more!

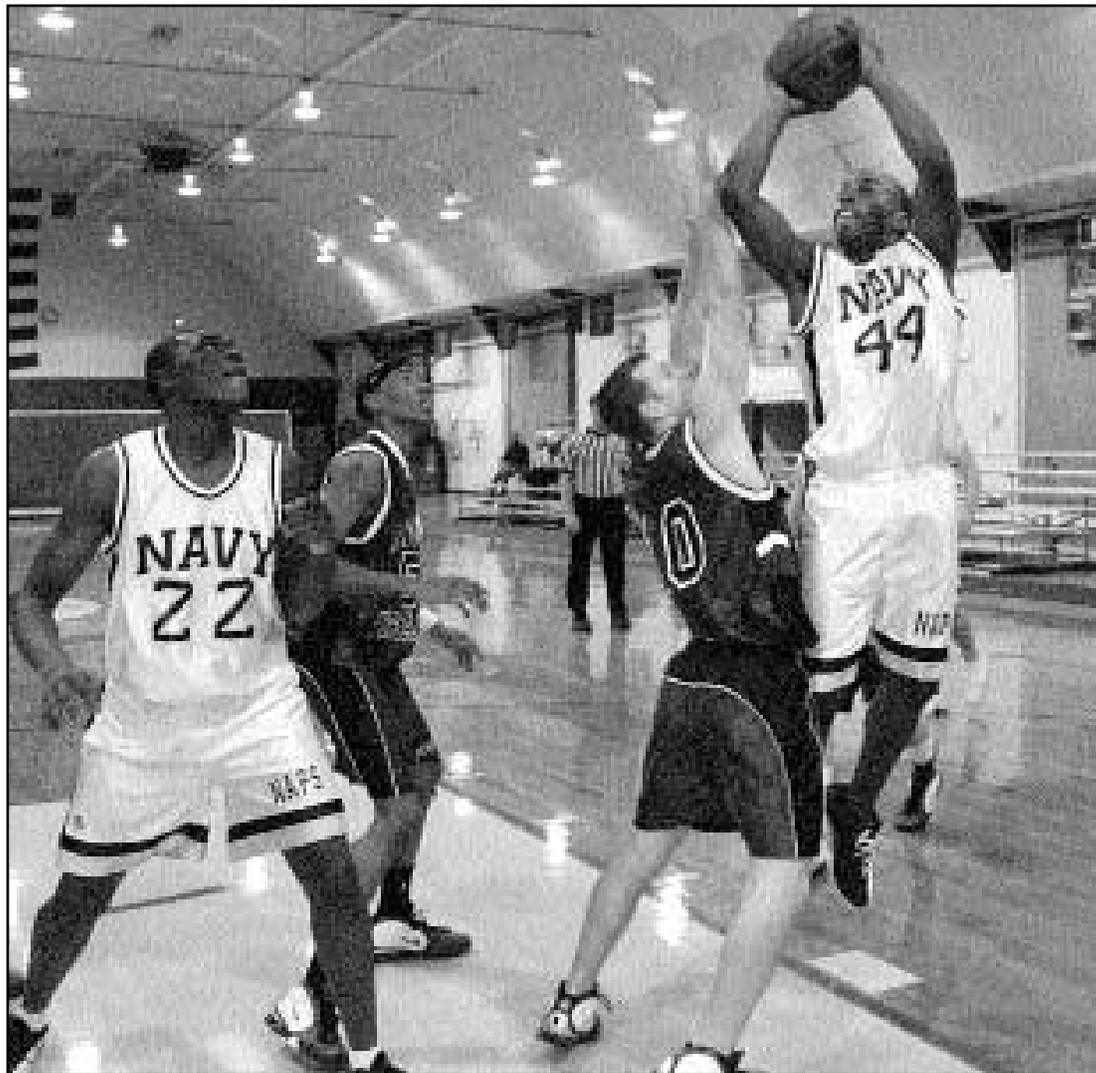
Active duty military and their immediate family members can pick up an entry form at any MWR facility or visit the official "Winter Pot of Gold" contest website at: www.mwr.navy.mil/gold.htm for entry forms, complete details and official rules.

Food service worker needed

Coddington Cove Preschool, a NAEYC accredited preschool for 3, 4 and 5-year-olds, is seeking a food service worker to help deliver prepared food to classrooms.

Responsibilities include setting up carts with needed supplies, delivering the food and cleaning up after meals, as well as maintaining a regularly inspected kitchen and all required documentation. For more information, contact the preschool at 841-2080.

Sports



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

UP FOR TWO—Naval Academy Prep School's Russell Wooten (44) fires a jump shot as teammate Carlton Baldwin (22) waits for a rebound during the Rams' home game against the Community College of Rhode Island last Wednesday at Gym 302.

Navy Prep adds 2 to win column

By **LT. JAMES HAMILTON**
NAPS Public Affairs Officer

The Naval Academy Prep School men's basketball team improved to 7-10 with two great wins versus two local community colleges recently.

The Rams traveled to Brockton, Mass., last Thursday to avenge an earlier loss from this season versus Massasoit. The NAPSters dominated all night long with a stifling defense and a superior inside presence.

The Rams' Jared Muse scored 16 points and grabbed 9 rebounds, while Carlton Baldwin scored 14 points and pulled down 10 rebounds to lead the Rams from the inside.

Strong guard play came from Russell Wooten (8 rebounds),

Michael Brandon and David Rhoiney. They managed to keep the defensive pressure on throughout the night to secure the 67-61 triumph.

Last Tuesday night, Navy Prep faced off against the Community College of Rhode Island at home in Gym 302.

The Rams opened up with a 16-4 start and took a 37-24 lead into the locker room. Carlton Baldwin, Jeff Garza and Calvin White all scored six points in the first session.

In the second half the Rams increased the lead to 20 points, but CCRI pushed the Rams to the finish with a final score of 68-64. Baldwin finished with 15 points and Thomas Knapp and Calvin White added 8 points a piece.

Intramural basketball

18 and Over Division

Jan. 13

NACC def. Bulldogs, 28-16

Navy State def. JAGS, 92-54

Mavericks def. Brewers, 98-38

Jan. 15

NACC def. Brewers, 54-39

SWOS def. Rockwilerz, 49-29

Navy State def. Mavericks, 77-65

Jan. 16

SWOS def. JAGS, 53-47

Rockwilerz def. 49-43

Standings

Navy State.....2-0

SWOS.....2-0

NACC.....2-0

Mavericks.....1-1

Rockwilerz.....1-1

JAGS.....0-2

Bull Dogs.....0-2

Brewers.....0-2

PWT.....0-0

35 & Over Division

Jan. 14

No. 1 Draft Picks def. Grumpy Old Men, 36-35

NWC Juniors def. Nothing But Net, 47-44

CNW def. NACC, 37-31

Sea cadets

Continued from Page 4

manding Officer of the Freedom Division of the Sea Cadets, located in Canton, Mass., was the Executive Officer.

Midshipman Richard Almeida, also of Freedom Division, was the Operations Officer.

Command Master Chief Stephen Gielczyk, the Director of SEA, served as the liaison between the Academy and the senior instructors for POLA. Graduation ceremonies were held on Jan. 4 at Tomich Hall.

Honor Cadets were Margeret Stoneback (Florida), Andrew Day (New Hampshire) and Gregory Kirber (Massachusetts).

E3 Daniel Wroblewski and E3 Mark Incze, both from the NETC Sea Cadet Unit, were among the graduates.

The NETC Sea Cadet Unit drills at NAVSTA on Saturdays in Building 348. The Com-

manding Officer is Instructor Diane Incze.

The executive officer is Engineman First Class (SW) Jeremiah Cooper, who is an instructor at Surface Warfare Officer School. The liaison to the Newport County Council of the Navy League is retired Chief Radioman George Wardwell.

The Naval Sea Cadet Corps and Naval League Cadet Corps is for youth ages 11 through 18. The objectives and purposes of the programs are "to encourage and aid American youth to develop, train in seagoing skills, and to teach them patriotism, courage, self-reliance and kindred virtues."

For more information on Sea Cadet programs in Rhode Island, contact Instructor Diane Incze in Portsmouth at 846-1967 or via email at geod-na@aol.com.

Special events

Military Night at the Bruins

The Boston Bruins are hosting Military Night, on Monday, March 31. Military members are invited to purchase specially priced tickets to this game against the Tampa Bay Lightning. Save 50 percent on the \$52 and \$43 tickets by calling Nils Weldy at Bruins Central at (617)624-1819.

61st Seabee Ball set for March

The 61st annual Newport Area Seabee Ball will be March 1 from 6 p.m. to midnight at the Newport Harbor Hotel on America's Cup Avenue.

All active duty and retired members, officer and enlisted, of Naval Construction Battalions, the Navy Civil Engineer Corps; and the Naval Facilities Engineering Command are welcome to attend.

Guest speaker will be Master Chief Constructionman (SCW) Richard Iannucci, the Naval Reserve liaison master chief with the First Naval Construction Division, Little Creek, Va.

Dress is dinner dress blues or appropriate civilian semi-formal attire.

Ticket prices are \$25 for E-6 and below; \$40 for E-7 through O-3; O-4 and above, \$45; and civilians \$45. Guests are the same price as their sponsor.

The reservation deadline is Feb. 15.

For tickets and information, contact Chief Builder (SCW) Scott Bellamy, Chief Yeoman Cathy Newman or Storekeeper First Class Martin Smellie at 841-6220.

Authorized and established on Jan. 5, 1942 at Quonset Point, R.I., and officially named on March 5, 1942, the Navy's construction battalions have distinguished themselves in a half century of service in construction and combat.

In World War II the Seabees constructed more than 400 advance bases, some accommodating 50,000 men and housing facilities for 1.5 million personnel.

They built air bases, shipyards, port and harbor works, training facilities, ammunition plans, fuel depots, floating and graving docks of all sizes.

Seabees have distinguished themselves through their critical role in Korea, Vietnam, Kuwait during Desert Storm, and in the Balkans and Afghanistan.

Assistance

NEX offering IRS tax help

The Navy Exchange (NEX) at Naval Station (NAVSTA) Newport is offering income tax preparation service for the first time.

Jackson Hewitt, a multi-regional tax preparation provider, will staff an onsite office. The tax preparation office, in the former Optical Shop spaces, is located inside the main entrance of the store (next to Blimpie's).

Services are available to all authorized patrons of NEX. In addition, Department of Defense and contracted employees are also welcome to use the tax service.

Through tax season, (January through April), the following hours of operation will be in affect to accommodate the needs of patrons:

Monday, Tuesday, Wednesday, Friday and Saturday, 10 a.m. to 6 p.m.

Thursday, 10 a.m. to 9 p.m.

Sunday, noon to 4 p.m.

Costs include:

1040EZ — \$35

1040A — \$40

1040 — \$45

schedule A — \$27

Electronic filing and advance loans on tax refunds also will be available

The office will operate on limited hours during the off-peak tax season.

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.

NMCR Society needs volunteers

If you have a couple of hours to spare, the Navy-Marine Corps Relief Society (NMCRS) could use your help.

The Rhode Island Auxiliary, located in Building 1297 at Naval Station Newport, is in need of few good volunteers to assist with its various programs and services. No experience is required — just a small commitment of your time (two to eight hours a week) and willingness to help is all that is required. Training is provided.

Positions available include interviewer/caseworker; receptionist; data entry; publicity; Thrift Shop workers; layette knitters/crocheters; and management personnel.

Child care and mileage is reimbursed.

For more information about volunteering with NMCRS, call 846-4341.

Instruction

Community CPR course

The American Red Cross, East Bay Branch, will conduct a Red Cross Community CPR Course on Feb. 4 and 6 from 6 to 9:30 p.m. at Middletown High School, Valley Road.

The course has been designed to meet the needs of family and community by training individuals to overcome any reluctance to act in an emergency situation and how to care for life-threatening emergencies, such as respiratory and cardiac failure to adults, children and infants.

The cost of the course is \$45 which includes all course materials.

Pre-registration and pre-payment are required. Both sessions must be attended.

For more information or to register, call the East Bay Red Cross at 846-8100.

Snow

Continued from Page 2

A forecast for snow, without a qualifier such as "occasional" or "intermittent," means a steady fall that will probably continue for several hours.

However, a predicted blizzard indicates low temperatures, sustained winds of at least 35 mph (30 knots), and a deluge of falling and/or blowing snow.

The NOAA National Weather Service issues other specific terms in winter advisories, including:

Winter storm watch: issued when freezing rain, sleet and/or snowfall of at least 4 inches in 12 hours or 6 inches in 24 hours is imminent or is occurring.

High wind warning: issued when winds of at least 40 mph (35 knots) or winds gusting to more than 57 mph (50 knots) are expected to last for a least one hour.

Other terms used by NOAA National Weather Service to alert the public to the threat of hazardous weather are:

"Snow flurries," which are intermittent periods of snow falling for a short duration with little or no accumulation;

"Snow squall," which are brief intense falls of snow that may accumulate, accompanied by gusty winds; and;

"Freezing drizzle," which indicates rain that freezes as it strikes the ground or other surfaces to form a coating of ice.

During winter months, monitor weather developments by listening to radio, television, or NOAA Weather Radio reports.

For more information, contact the Naval Training Meteorology and Oceanography Command Detachment at 841-4390.

To our readers

To post an announcement in The Newport Navallog, submit copy via guard mail (Code N01P), facsimile or hand delivery to our offices in Building 690 opposite the Naval Station (NAVSTA) Newport Main Post Office. Phone is 841-4921 and fax is 841-2265.

The U.S. Mail address is *The Newport Navallog*, c/o Naval Station Newport Public Affairs Office, 690 Peary St., Newport, R.I. 02841-1522.

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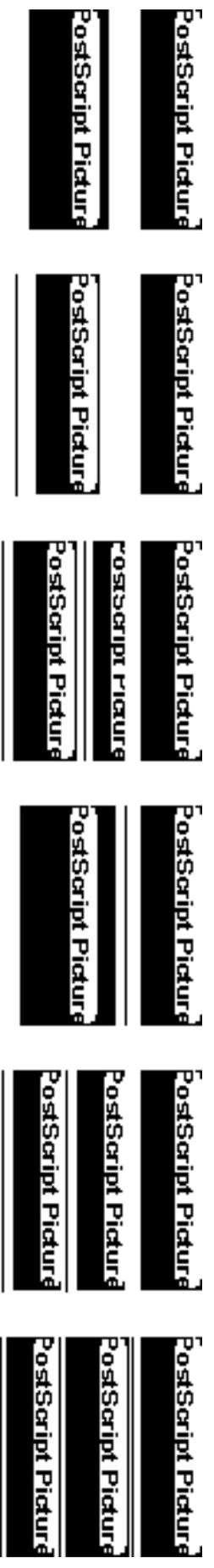
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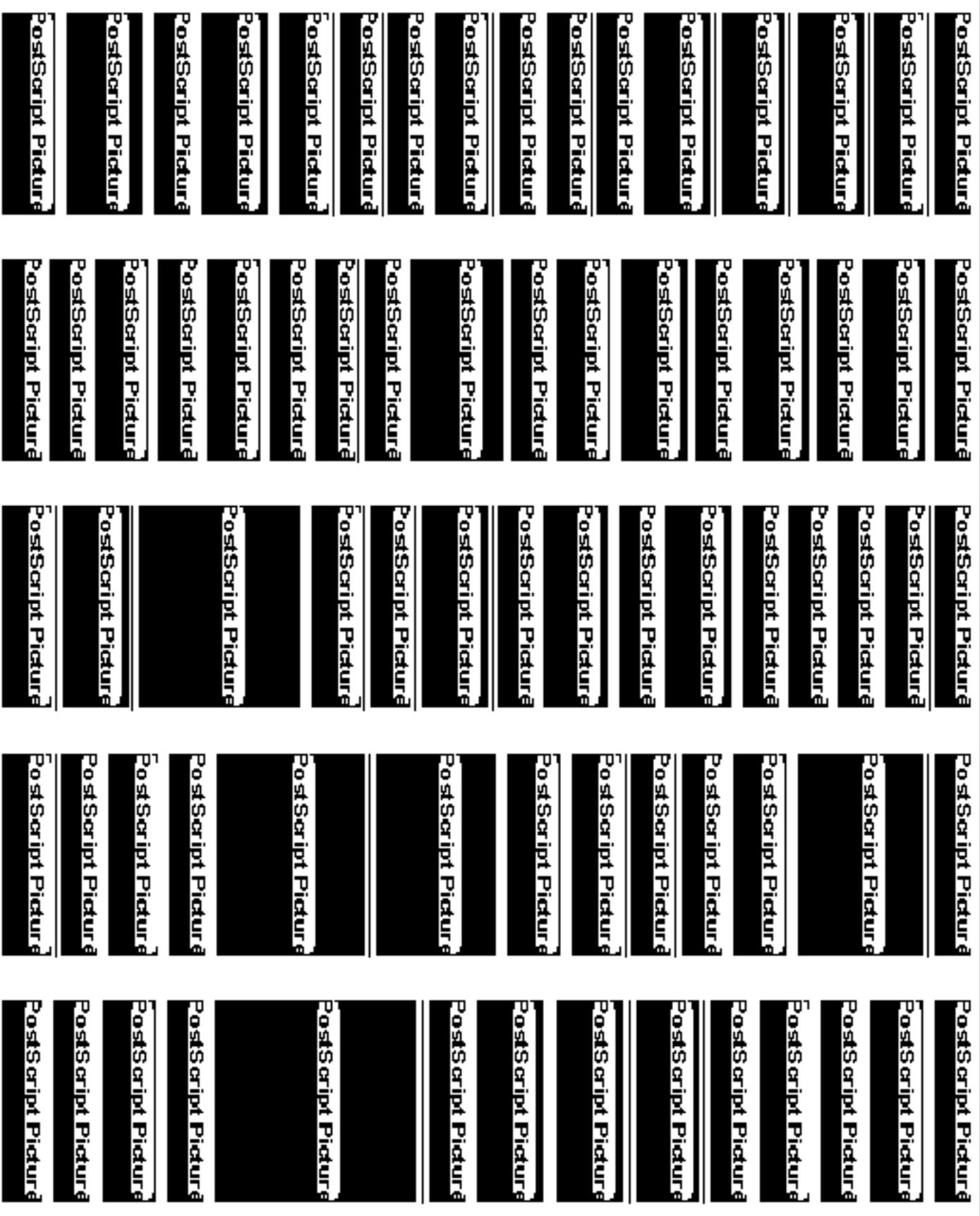
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Pay and benefits improve for Navy

WASHINGTON (NNS)— Sailors received a boost in their Jan. 15 paychecks thanks to hikes in basic pay and a commitment by congressional, DoD and Navy leaders to drive down the cost of out-of-pocket housing expenses.

The pay and benefits became effective Jan. 1 and reflect a minimum 4.1 percent pay raise for all military personnel.

Navy-wide news

There will also be other focused pay improvements, such as a targeted pay raise of up to 6.5 percent and an 8 percent increase in Basic Allowance for Housing Rates (BAH).

The fiscal 2003 BAH rates are the third installment of a five-year initiative to eliminate out-of-pocket housing costs for renters in stateside locations.

Out-of-pocket expenses, the portion of housing cost for which the Sailor is responsible, was reduced from 11.3 percent last year to 7.5 percent this year for the average service member.

Sub school cited for community aid

GROTON, Conn. (NNS) — The Naval Submarine School has been named the recipient of the Navy's 2002 Project Good Neighbor Community Service Flagship (Large Shore) Award.

Annually, the Navy recognizes outstanding community service projects with five Flagship-sponsored awards: Personal Excellence Partnership; Health, Safety, and Fitness; Project Good Neighbor; Campaign Drug Free; and Environmental Stewardship. Awards are presented to shore, sea and overseas commands.

The submarine school, honored last year for its Personal Excellence Program, was recognized this year for 17 ongoing volunteer programs spanning three Flagships to include Personal Excellence; Health, Safety and Fitness; and Project Good Neighbor.

The award recognition fulfills the purpose of the school's program, according to Naval Submarine School Command-

ing Officer, Capt. Bill Hanson.

"The goal of our community service program," Hanson said, "is to strengthen the academic and personal growth of our Sailors and to improve the quality of life of our neighbors in communities across South-eastern Connecticut."

Blue Angels set Quonset Show

NAVAL AIR STATION PENSACOLA, Fla. (NNS) — The Navy Flight Demonstration Squadron, the Blue Angels, made its annual deployment to Naval Air Facility (NAF) El Centro, Calif., to prepare for

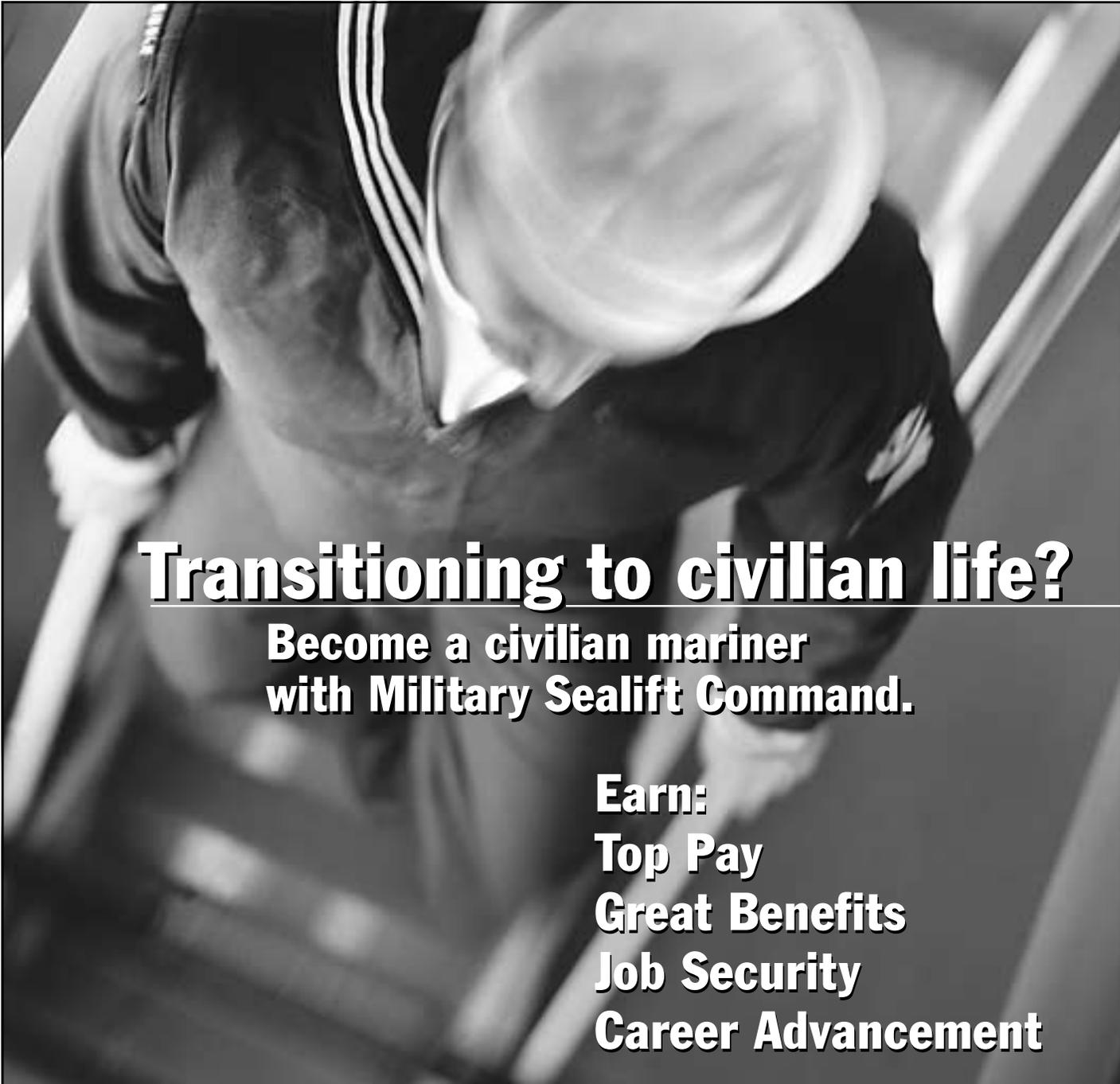
the 2003 show season.

The 10-week winter training concludes in early March after the team completes a minimum of 120 flights during a rigorous six-days-a-week, three-flights-per-day schedule.

The Blue Angels will perform

70 shows at 34 locations throughout the United States and Canada during the 2003 season.

They will highlight the R.I. National Guard Open House and Air Show on June 28-29 at Quonset Point, North Kingstown, R.I.



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