

# The Newport *Navallog*

VOL. 103 NO. 4 JANUARY 31, 2003

SERVING COMMANDS AND ACTIVITIES, NEWPORT, R.I.



*Towing  
the Line*

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

'DEFENDER OF THE REPUBLIC' — Boatswain's Mate First Class (SW) Thurman Hicks, right, and Interior Communications Technician First Class Gregg Smith, both from Naval Station Newport, secure the visiting guided missile cruiser USS Thomas S. Gates (CG51) of Pascagoula, Miss., at Pier Two last Wednesday morning. Surface Warfare Officers School Command (SWOSCOLCOM) students in damage control, division officer, engineering and prospective executive officer classes toured the schoolship this week.



## Groundhog has his day

As Naval Station Newport endures a harsh winter, the Groundhog's forecast is highly anticipated.

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## Decorating with Coke

Husband and wife Coca-Cola memorabilia collectors take interior decorating to a unique level.

— Pages 8-9



## Judo expert takes on best

A hospital corpsman tests his judo skills in Tokyo competition in his quest for an Olympic berth.

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Ron Fontaine/U.S. Navy photo

ICE and icicles coat the rocks at Coddington Point just north of the Bishop's Rock gazebo, Naval Station Newport, after a week of temperatures in the single digits.

## Dear Punxsutawney Phil: Save us from this winter

By **RICHARD ALEXANDER**

Navalog editor

Baby, it's been cold.

Coasters' Harbor is frozen over from the Security and Pass Office at Gate 1 north past the CHI Pedestrian Bridge. Huge chunks of ice coat the rocks around Coddington Point at Bishop's Rock.

Most, if not all, fresh water ponds, including Big Pond in Newport, Green End Pond in Middletown and Melville Pond in Portsmouth are skating rinks, shore to shore.

New Englanders have seen more ice than a Zamboni at a hockey rink.

Bill Murphy, Naval Station Newport Housing Manager supervisor, said

it's been the worst winter he's seen in 10 years.

"There have been a lot of ice problems; frozen pipes," he said. "It's kept us busy in housing."

Everybody's wearing hats and gloves, and even some face masks and hoods. Most would agree, last week was brutal.

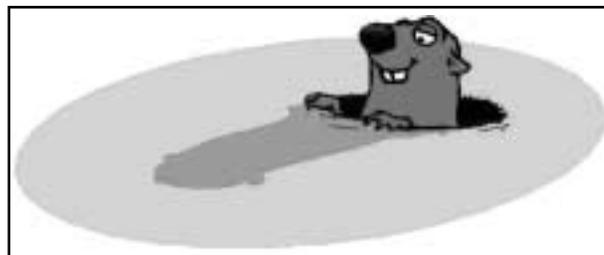
Gary Miknaitis, stocking vending machines in Building 690 for Navy Exchange, said, "This is New England, after all. You just have to dress for it.

"Last year was nothing. We had the win-

dows open. So this is probably the worst in three years that I can remember."

Down at Pier Two, the Coast Guard cutter Willow canceled oil spill containment drills this week to take on emergency ice breaking operations. In Boston, the Charles River is frozen solid, and the Revolutionary War frigate USS Constitution is locked tight in ice in Charlestown.

In published reports this week, AAA of Southern New England said it's received 6,000 to 8,000 calls to per day to start cars on these frigid mornings.



WILL the Groundhog see his shadow Feb. 2?

Intelligence Specialist Second Class David Osgood, NAVSTA Command Support, agrees it's been unusually cold.

"But I think we've been spoiled by mild

winters," the Boston native said. "This is just probably normal weather for New England."

A petty officer assigned to Surface Warfare Officers School, who arrived two weeks ago from San Diego, said the weather has taken some adjustment.

"It's been a climate shock," said the Sailor, who declined to give his name. "It's been in the mid-70s in California; almost 80 for the Super Bowl."

Basil DiStefano of Personal Property in

GROUNDHOG, Page 13

## ASYMCA presents 'care packages' to deploying military

U.S. Rep. Patrick Kennedy, D-R.I., and Lt. Gov. Charles Fogarty of Rhode Island are scheduled to attend the Newport Armed Services YMCA second annual Operation Valentines Drop today at 2 p.m. at the ASYMCA on Bushnell Street.

With the help of the American Red Cross, the ASYMCA will be shipping Valentine "care packages" to military men and women overseas. Shoe boxes are filled with gum

or mints, shampoo, dental floss, lotion, postcards, sunscreen, conditioner, feminine hygiene products, shaving cream, razors and toothpaste.

Last year enough items were donated by businesses, the Newport Commissary, and private citizens to fill 50 shoeboxes, which the children decorated for Valentine's Day.

A representative of the Army Reserves will accept the packages on behalf of a deploying unit.

### Letter to the Editor

#### YMCA still free to reservists

To the Editor:

The Aquidneck Island communities and the YMCA have a long history of association with the United States Armed Services.

Newport has long served as a base for naval operations and the YMCAs across the country have, since the Civil War, provided programs and services for those who serve their country.

In recent years, the Newport County YMCA has had hundreds of military personnel and their families as YMCA members and has partnered with the Navy's Morale, Welfare & Recreation folks to provide youth sport opportunities for military dependents.

Last January, our YMCA's Board of Directors passed a resolution. It said that families of Newport County military reservists who have been called to active duty as result of the homeland security initiative, will be able to access membership and program privileges at our YMCA for the duration of their spouses' call-up, at no cost.

In light of the recent call-ups, I am writing to remind those families that this offer remains in effect. Please call our membership office at 847-9200 to access these services.

On behalf of our YMCA, let me thank those who so unselfishly serve our country and wish them Godspeed.

**Bob Hole, President,**  
Newport County YMCA  
Board of Directors

**Navalog**

**Capt. Ruth A. Cooper**

Commanding Officer, Naval Station Newport

**David Sanders**

NAVSTA Public Affairs Officer

**Bob Krekorian**

NAVSTA Public Affairs Staff

**Greg Kohlweiss**

NAVSTA Public Affairs Staff

**Ron Fontaine**

NAVSTA Public Affairs Staff

**Joy Christmas**

NAVSTA Public Affairs Staff

**Richard Alexander**

NAVALOG Editor

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The Newport Navalog is printed on recycled paper.

**Quick take**



**Name:** Lt. Cmdr. Timothy Phillip Wadley  
**Title:** Officer-in-charge, Personnel Support Activity Detachment, Newport  
**Hometown:** Gary, Ind.  
**Most memorable career event:** Hearing the Chief Petty Officer's Creed on Sept. 16, 1988; and reenacting my promotion to lieutenant commander, and having my wife pin me.  
**Most memorable life event:** Shaking hands with former President William Clinton.  
**Favorite duty station:** Personnel Officer, USS Nimitz (CVN 68)  
**Role Model(s):** My older brother, Andre Wadley Sr.; and SFC Sanders (USA ret.), my high school JROTC instructor.  
**Free time activities:** Fishing; working on my house.  
**Favorite book:** *To Kill a Mocking Bird*.  
**Favorite movie:** *The Fightin' Seabees*  
**Favorite TV show:** *The Cosby Show*.  
**Favorite professional sports team:** Los Angeles Lakers.  
**Secret to success:** Take care of your troops and family and they will take care of you.  
**Favorite local restaurant:** Coddington Brewing Co. (the best place for New England clam chowder).  
**Something I've always wanted to do or be:** Mayor of my hometown.  
**Pet Peeve:** Long stop lights.  
**Favorite quote, motto or phrase:** "I can imagine a no more rewarding career. Any man who may be asked in this century what he did to make his life worthwhile, I think can respond with a good deal of pride and satisfaction: 'I served in the United States Navy.'" John F. Kennedy  
**Long-term goal in life:** To receive my doctorate.

## Minimum holding period for savings bonds raised

Defense Finance and Accounting Service

WASHINGTON D.C. — The Department of Treasury recently announced that the minimum holding period for Series EE and I bonds has been increased from six to 12 months as of tomorrow, Feb. 1.

This change means people who purchase EE or I bonds on or after Feb. 1 must wait one

year before they may redeem those bonds. People who purchase bonds will receive a notification of this new policy with their bonds until the preprinted bond stock that incorrectly states the previous holding period is used up.

More information is available at <http://www.savingsbonds.gov>.

# CNO posts strict limits on tattoos, body piercing

The Chief of Naval Operations (CNO) has recently approved significant revisions to the Navy Personal Appearance Policy. These changes are effective immediately and will be reflected in the next change to the Uniform Regulations.

Because it is impossible to provide examples of every appropriate or unacceptable hairstyle or of "conservative

or "eccentric" grooming and personal appearance, the good judgment of leaders at all levels is key to enforcement of Navy grooming policy. Therefore, hair/grooming/personal appearance while in uniform shall present a neat, professional appearance.

There will be no tattoos/body art/brands on the head, face, neck, or scalp.

Tattoos/body art brands elsewhere on the body that are prejudicial to good order, discipline and morale or are of a nature to bring discredit upon the Navy are prohibited. For example, tattoos/body art/brands that are excessive, obscene, sexually explicit or advocate or symbolize sex, gender, racial, religious, ethnic or national origin discrimination are prohibited.

In addition, tattoos/body art/brands that advocate or symbolize gang affiliation, supremacist or extremist groups, or drug use are prohibited. Tattoos/body art/brands will not be visible through clothing.

Intentional body mutilation, piercing, branding/intentional scarring that are excessive or eccentric are prohibited. Some examples are: a split or forked tongue, foreign objects inserted under the skin to create a design or pattern,

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## Newport Naval Cable TV

### More Sailors called for Enduring Freedom

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:

— Nearly 10,000 Sailors and Marines deploy from San Diego in support of Operation Enduring Freedom.

— USS Saipan (LHA 2) heads for Camp Lejeune, N.C., to pick up Marines in support of Operation Enduring Freedom.

— See why Sailors aboard USS John F. Kennedy (CV 67) have life a little easier during maintenance time in Mayport, Fla.

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.

Specials include the only nationwide commercial-free broadcasts of the New Year's Day Tournament of Roses Parade in Pasadena, Calif., as well as tours of celebrity

homes, coverage of international hardware and housewares shows, hot designs and recreational vehicles.

Health and Wellness videos

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

Health education and wellness programs are now offered on Newport Naval Cable Television channel 13, daily, following Navy and Marine Corps News.

During next week's featured segments, beginning Feb. 3, learn more about *Thyroid Disorders and Ulcers* (Gastrointestinal). If interested in classroom/video programs, call the Health Promotion Department at 841-6777.

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## Bravo zulu

### Navy & Marine Achievement

HM3 Martwaun D. Coleman, from Commanding Officer, U.S. Naval Hospital Naples, Italy, for the Secretary of the Navy, presented at Naval Ambulatory Care Center, Nov. 20, 2002.

HM3 Julian Torres, Naval Ambulatory Care Center, Newport Family Practice Clinic, from Commanding Officer, Naval Health Care New England, Nov. 20, 2002

### Good Conduct Award

HM3 Christopher S. Ordonez, from Capt. Francis R. MacMahon, Commanding Officer, Naval Health Care New England, Jan. 22, 2003.

MMCM Bruce White, NAVSTA Newport Command Master Chief, sixth award, Nov. 2, 2002

### Citation

HM2 Alexander L. Fimbel, from the Commanding Officer, U.S. Navy Support Facility, Diego Garcia, for professional achievement while assigned to Health Services Dept. at Navy Support Facility Diego Garcia, November 2001 to November 2002, on Jan. 22, 2003.

HN Stephanie M. Medina, from Commander, Navy Region Northeast, presented at Naval Ambulatory Care Center, Nov. 20, 2002. Medina was selected Junior Sailor of the Quarter, Second Quarter 2002.

HN2 Ronald P. Cheslock, from Commander, Navy Region Northeast, presented at Naval Ambulatory Care Center, Nov. 20, 2002. Cheslock was selected Sailor of the Quarter, Second Quarter 2002.

### Civilian of the Quarter

Patricia A. Booth, Senior Civilian, for the period July to September 2002, while assigned as Staff Nurse in Care-Plus/Active Duty Medicine Clinic, NACC, and wound care consultant assisting in establishing a standardized SOP for wound patients, Jan. 22, 2003.

### Letter of Appreciation

HM1(SW) Bernard J. Page, from Vice Adm. Michael C. Tracy, Commander, Navy Region Northeast, for outstanding support while providing funeral honors for the late Clarence Carter on Sept. 11, 2002, Jan. 22, 2003.

HN Raysa Basbas from Commander, Naval Undersea Warfare Center, Newport for serving a member of the Color Guard at the NUWC Change of Command ceremony, Aug. 28, 2002, on Jan. 22, 2003

### Length of service

Ms. Madeline M. Halsey, from Medical Records, NACC Newport, 15 years, presented at Naval Ambulatory Care Center, Nov. 20, 2002.

Frederick Grant, NAVSTA Newport Public Works Department, 15 Years, Dec. 2, 2002

Brian J. Queripal, NAVSTA Newport Public Works Department, 15 Years, Dec. 2, 2002

Paul S. Manning, NAVSTA Newport Housing Office, 20 Years, Dec. 2, 2002

### Certificate of Commendation

Lt. Hattie Tapps, from Commanding General, Marine Corps Base, Quantico, Va., presented at Naval Ambulatory Care Center, Nov. 20, 2002.

# CNO Guidance 2003 puts focus on fighting terror

By JOC WALTER T. HAM IV  
CNO Public Affairs Staff

WASHINGTON (NNS) — Chief of Naval Operations Adm. Vern Clark praises Sailors for the Navy's tremendous successes in 2002 and announces a broad range of initiatives to ensure the Navy stays ready to fight and win in the 21st century, in the new CNO Guidance, released recently.

In CNO Guidance 2003, which is available at [www.navy.mil/cno](http://www.navy.mil/cno), the CNO says the Navy will focus on winning the war on terrorism; protecting the nation and our forces; and achieving the Navy's Sea Power 21 vision.

"It will require hard choices and determined leadership at all levels," said Clark. "We must challenge every assumption and search for new and better ways to accomplish our tasks. We must refine requirements, conduct innovative operations, and optimally allocate resources to achieve efficiencies and recapitalize the fleet."

The CNO says the Navy achieved tremendous success in 2002, both in the war on terrorism and in the Navy's top five priorities (manpower, current readiness, future readiness, quality of service and alignment).

"Our men and women operating in the air, on and under the sea, and on the ground are at the leading edge of the global war on terrorism," said Clark. "Forward deployed, combat ready naval forces — sustained by naval and civilian shipmates around the world — are proving every day the unique value of sovereign, independent forces projecting power from the sea."

The Navy is currently the most ready it has ever been during its history, Clark adds. Since Sept. 11, 2001, eight carrier battle groups, six amphibious ready groups, and nearly 100,000 Sailors and Marines deployed around the world in support of the global war on terrorism.

The CNO says he is pleased with the progress the Navy has made in manpower and cur-

rent readiness since the CNO Guidance for 2002 was published.



Adm. Clark

"In last year's Guidance, I challenged each of you to make our great Navy even better by enhancing a c c o m - p l i s h m e n t, deepening the growth and development of our people, and developing innova-

tive operational concepts and capabilities ... and you delivered," said Clark.

"We are enjoying now the best manning I have witnessed in my career...our investment in personnel readiness was merely the foundation. Your efforts were the reason for our operational success. You encouraged our people to excel and focused them on mission accomplishment."

"We have the most ready force in our history. Over the past year, our investment in training, spare parts, ordnance, and fuel accounts

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## Special events

### Valentine special at Navy Lodge

Enjoy Valentine's Day at the Navy Lodge Newport for its first "Snuggle & Bubble." The package includes champagne on ice, glasses, bubble bath and body lotion, and a keepsake reminder of your stay at the new Navy Lodge.

The package is available Valentine's Day, on Friday Feb. 14, or Saturday, Feb. 15.

The cost is \$75 and reservations need to be made 48 hours in advance.

Please call to make reservations at 849-4500.

### 61st Seabee Ball scheduled 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, Newport.

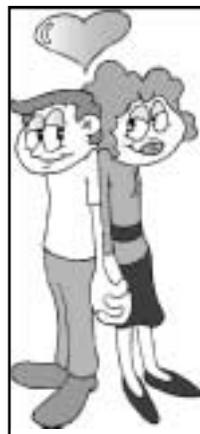
All active duty and retired members, officer and enlisted, of Naval Construction Battalions, the Navy Civil Engineer Corps; and the Naval Facilities Engineering Command are welcome to attend.

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, call at 841-6220.



## Announcements

### Choristers seek voices

The Newport Navy Choristers organization is seeking new members in all voice ranges, especially tenors.

This year marks the Choristers' 50th anniversary. Since its beginning in 1953, the organization has raised over \$300,000 for local military and civilian charitable organizations.

Membership is open to all active duty, reserve and retired military, Department of Defense personnel, and family members ages 16 and older.

Rehearsals are Tuesdays, 6:15 to 8:45 p.m. in Quinn Lecture Room at the Naval War College.

Please register in advance by calling Pat McGue at 849-1135.

### MWR gets new website, offers information online

The Morale, Welfare and Recreation Department has announced the completion of a 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](http://www.nsnpt.navy.mil/mwr).

### Winter Pot of Gold your kind of getaway

**HURRY!** Tomorrow is the final day for you to register for the Navy Region Northeast's Saluting Sailors and their Families' "Winter Pot of Gold" contest.

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!

Again, all your transportation, meals, accommodations, and lift tickets are covered! This is a vacation of a lifetime and all you have to do is enter!

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](http://www.mwr.navy.mil/gold.htm) for entry forms, complete details and official rules.

## Assistance

### NEX offers 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, has been contracted to 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). The phone is 841-4006.

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.

### Civilians eligible for CEAP counseling

All Naval Station Newport civil service employees are now eligible for three free visits

and one follow-up visit per instance under the Civilian Employee Assistance Program.

Services provided under the contract include: marital and family issues; addictions including alcohol and drug; stress; emotional difficulties; and the effects of financial and legal concerns.

Family members are also covered under the contract. Even a child away at college is eligible and will be provided services in their area.

The contract is with the Lexington Group, Inc. For services you should call: Toll Free 1-800-676-HELP(4357).

Employees making self referrals should make appointments for either after hours or take leave. Any referrals made by supervisors can be made on government time.

A briefing by a representative from The Lexington Group, Inc. will be scheduled shortly. If you have any questions, please email or call Karen L. Peckham, Command Support Department, 841-6197 or [Peckhamk@nsnpt.navy.mil](mailto:Peckhamk@nsnpt.navy.mil)

### Retired Activities seeks volunteers

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

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

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



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## What's going on

### Auto Show opens doors

PROVIDENCE — The 2003 Northeast International Auto Show is underway at the Rhode Island Convention Center in Providence.

The annual show features hundreds of the newest cars, trucks, minivans and sport utility vehicles, and makes a great outing for the whole family.

Several entertainment and celebrity appearances are planned.

Tonight from 6 to 8, drag racer Tony Pedregon will make an appearance and sign autographs. Saturday from noon to 3 p.m., *Days of Our Lives* soap opera star Matt Cedeno will greet fans and sign autographs.

Sunday is Kids Day, and all kids under age 12 are free with paying adult. Action hero Spiderman will welcome visitors from noon to 5 p.m.

The show will include the National Hot Rod Association funny car, the Mystery 7 Ford Mustang; the Segway Human Transporter; and the Chrysler Crossfire concept car.

Show hours are tonight until 10 p.m.; Saturday, 10 a.m. to 10 p.m., and Sunday, 10 a.m. to 6 p.m.

Admission is \$8 for adults, and \$3 for children 7 to 12 (except Sunday).

#### TODAY, Jan. 31

- 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.
  - Creative Cooking, 6:30 to 9:30 p.m.
- 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, Marcus Wheatley Blvd., welcomes military volunteers, 8:30 a.m.
  - Soup kitchen at Salvation Army welcomes military volunteers, Memorial Boulevard, 5 to 5:45 p.m.
  - Owl Prowls, Norman Bird Sanctuary, 6 p.m. to 7:30 p.m., 846-2577.
  - Recreation Center Movie Night, at 6 p.m., *City By The Sea* (PG-13); at 8 p.m., *The Banger Sisters* (R).
  - Channing Music Series, Channing Memorial Church, 7 p.m.

#### SATURDAY, Feb. 1

- First Aid/CPR/A.E.D. Instructor Course, 8 a.m. to 5 p.m., 846-8100.
- Seal Watches around Rose Island Lighthouse, 11:30 a.m. and 12:30 p.m., 272-3540 ext. 133.
- Soup kitchen, Community Baptist Church, Marcus Wheatley Blvd., 4:30 p.m.

#### SUNDAY, Feb. 2

- 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



**LAST CALL FOR SKIERS** — There's still time to sign up for Ticket Connection's annual ski trip tomorrow to New Hampshire's Mt. Sunapee. Cost is \$49 per person. Call 841-3116 for more information.

lane.

- Seal Watches around Rose Island Lighthouse, noon and 1 p.m., 272-3540 ext.133.
- Soup Kitchen, Salvation Army, 4 to 4:45 p.m.

#### MONDAY, Feb. 3

- 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.
- Transition Assistance Management Program, Fleet and Family Support Center, 8 a.m. to 4:30 p.m., 841-2283.
- Soup kitchen, Martin Luther King Center, 8:30 a.m.
- Soup kitchen, St. Joseph's Church, 11:30 a.m.

#### TUESDAY, Feb. 4

- 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.
- Transition Assistance Management Program, Fleet and Family Support Center, 8 a.m. to 4:30 p.m., 841-2283.
- Soup kitchen, Martin Luther King Center, Marcus Wheatley Blvd., 8:30 a.m.
- Soup kitchen, Emmanuel Episcopal Church, Spring Street, 5 p.m.
- Officers' Club Movie Night, at 6 p.m., *My Big Fat Greek Wedding* (PG), at 8 p.m., *Brown Sugar* (PG-13).

#### WEDNESDAY, Feb. 5

- Armed Services YMCA:
  - Parents' Time Out, 9 a.m. to noon.
  - Kids Sewing No. 1, 3:45 to 5:15 p.m.
- Transition Assistance Management Program, Fleet and Family Support Center, 8 a.m. to 4:30 p.m., 841-2283.
- Soup kitchen, Martin Luther King Center, Marcus Wheatley Blvd., 8:30 a.m.
- Preschoolers with Parents, Norman Bird Sanctuary, 1 to 2 p.m., 846-2577.
- Soup kitchen, First Presbyterian Church, 5 p.m.

#### THURSDAY, Feb. 6

- Transition Assistance Management Program, Fleet and Family Support Center, 8 a.m. to 4:30 p.m., 841-2283.
- Soup Kitchen, Martin Luther King Center, 8:30 a.m.
- Six-Week Anger Management Group, Fleet and Family Support Center, 2:30 to 3:30 p.m., 841-2283.
- Soup kitchen, St. Paul's Church, Marlborough Street, 5 p.m.
- Owl Prowls, Norman Bird Sanctuary, Middletown, 6 to 7:30 p.m., 846-2577.
- "Frank Lloyd Wright and the Prairie School," Rosecliff, 6 p.m., 847-1000 ext. 160.
- Candlelight Tour, Belcourt Castle, 6 p.m., 846-0669.

#### Upcoming events:

- Feb. 10 — "Have a Heart Cocktail Party and Silent Auction," Atlantic Beach Club, sponsored by Potter League for Animals, A benefit for homeless animals, 6 p.m. to 8 p.m., 846-8276.
- Feb. 14 to 23 — Newport Winter Festival, City-wide festival featuring more than 150 individual events during 10 days of festivities.

## Naval Academy club offering scholarship

The Naval Academy Women's Club will be awarding \$1,000 scholarships to deserving college students or high school seniors whose parent was stationed or worked at the Annapolis campus, or is a NAWC board member.

Interested students can copy the application at: [www.USNA.edu/WomensClub](http://www.USNA.edu/WomensClub).

Applicants must be a U.S. citizen who is in her/his senior year or has graduated from an accredited high school or its equivalent, and is applying to or enrolled in college or a vocational technical school.

Applicants must also be younger than 23, and a family

member of active duty or retired military member under permanent orders at the Naval Academy. Family members under age 23 of civilian faculty members are also eligible.

The scholarship is awarded for one year, and applicant may reapply each year up to four years total.

Scholarship will be forfeited upon appointment to a military academy or other fully funded scholarship program.

The application is due by April 1, 2003, and should be mailed to The Naval Academy Women's Club, P.O. Box 826, Annapolis, M.D. 21404.

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## Fleet and Family Support Center

# Learn some buying strategies before buying your new wheels

So you want to buy a new car. An image of your dream car hovers in your mind: it's 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 Federal Credit Union on Wednesday, Feb. 12, from 11:30 a.m. to 1 p.m., at the Fleet and Family Support Center, Building 1260.

Learn how to organize your tax information; the importance of your tax withholding information; and other tax savings advice.

Registration is required 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 Center 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.

**Preparing for a job fair** — This workshop is scheduled for Feb. 18, from 11:30 a.m. to 1 p.m., at the Fleet and Family Support Center, Building 1260. It is designed to make your time at Job Fair 2003 as productive as possible.

Find out what to expect at the job fair; what to bring; and what to wear. For more information or to register, call 841-2283.

**Checkbook balancing** — A representative from the Navy Federal Credit Union will provide the "ins and outs" of



GET SOME help on buying that new car on Feb. 11 and learn some income tax strategies for 2003 on Feb. 12. Both workshops begin at 11:30 a.m. at the Fleet and Family Support Center, Building 1260. Registration is required. Call 841-2283.

checkbook balancing at the Fleet and Family Support Center on Tuesday, Feb. 18, from 4 to 5:30 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 for this workshop, call 841-2283.

**Establish good credit**— Bring your lunch to the Fleet and Family Support Center on Thursday, Feb. 20, from 11:30 a.m. to 1 p.m. A representative from the Navy Federal Credit Union will present information on establishing credit, correcting credit problems, and rebuilding good credit.

Learn about the importance of a credit report, as well as how to read and understand them. Registration is required and may be made by calling 841-2283.

**Are your 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., at the Fleet and Family Support Center.

Home alone skills for children will be presented; fire and police safety, basic first aid, role playing, and more.

Children must be accompanied by an adult.

Children under the age of 13 living in Naval Station

housing must complete this program before being left alone in Naval Station housing. Completion of this program does not certify that children are capable of staying home alone.

Registration is required by calling 841-2283.

## Birth



**Juliana Tengco Conza**, daughter of Lt. j.g. John P. and Lt. Lorie A. Conza was born in Newport Hospital on Jan. 14, 2003. She weighed six pounds six ounces and was 18.5 inches long at birth. The Conzas are stationed at the Naval Ambulatory Care Center, Newport.

# Navy launches Center For Naval Leadership

**JO2 EDWARD FLYNN**  
Naval Personnel Development Command  
PAO

LITTLE CREEK, Va. - The Center for Naval Leadership (CNL) has officially stood up operations onboard Naval Amphibious Base Little Creek, Va. The Center is tasked with working directly with the Fleet to ensure all Sailors (officers and enlisted) have the necessary tools and opportunities to succeed as leaders throughout their Navy careers.

CNL is one of 13 Learning Centers being established as a result of the Navy's Revolution in Training. The Center is adjacent to the Navy Leadership Training Unit (NLTU), Little Creek, and is capitalizing on the Unit's long established relationship with the Fleet.

Because leadership training is essential to the success of the Navy's mission and imperative to operational readiness,

CNL is developing a dynamic leadership continuum that will provide Sailors the right leadership training at the most appropriate points in their careers. "Leadership development of junior Sailors will be paramount," said CNL Commanding Officer Capt. Chad Sain. "Sailors must first know how to lead themselves, how to manage their time and personal resources. We are committed to building an organization with the best leaders, regardless of rank."

Because of this revolutionary approach to training and education, Sailors throughout the Fleet are enhancing their knowledge, skills and abilities that mark success in positions of naval leadership, from seamen to admiral. "I am confident the Navy can and will set the standard for excellence in its approach to leadership development," said Sain.

## Auto Skills Shop

### Winterize your vehicle

Winter weather can be brutal on your vehicle, so visit the Auto Skills Shop, Building 304 and winterize your wheels to insure its safety and dependability all season long!

The automotive professionals can rotate and balance your tires, install snow tires, change your oil and filter, inspect your wiper blades and more.

The shop is open Tuesday through Friday from 11 a.m. to 7 p.m. and on Saturday from 9 a.m. to 5 p.m. Call 841-3026 for more information.

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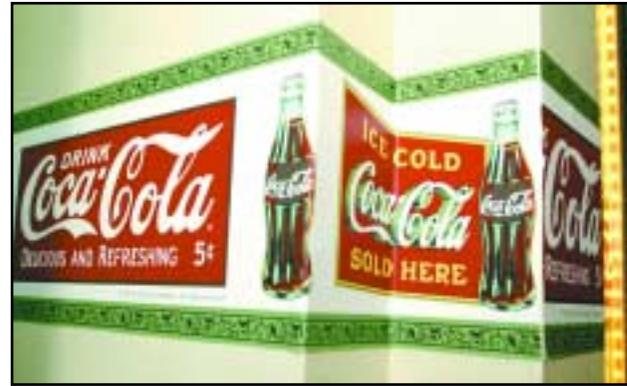
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# Coke collection is the 'real thing'



WIDE Coca-Cola border wallpaper, with a string of lights, runs throughout the Zellers dining and kitchen area.

COKE COLLECTORS: Petty Officer Jeremie and Vickie Zeller sport their Coca-Cola sweatshirts, and toast their favorite beverage.



By JOY CHRISTMAS  
NAVSTA Public Affairs Staff

If "Things Go Better With Coke," why not have everything BE Coke?

That seems to be the philosophy of two avid Coca-Cola memorabilia collectors: Operations Specialist First Class Jeremie and Mrs. Vickie Zeller.

They have decorated almost the entire interior of their quarters in the Anchorage Family Housing Area with the red and white colors, slogans and trademark of the world's No. 1 soft drink distributor.

"I have been collecting (Coke memorabilia) for about eight years now," said Vickie, sporting a Coca-Cola sweat-shirt. Her collection has ballooned beyond the common refrigerator magnets to become a part of her life and her husband's, too.

The entire dining room and kitchen

is chair-railed with a Coca-Cola wallpaper border.

The ceiling fan in the dining room has Coca-Cola blades.

The refrigerator is covered in Coke contact paper.

The counters and cupboard are all lined with dishes, glasses and kitchen gadgetry with the Coke label.

Scatter rugs bear the Coke label.

Racks, shelves and other display pieces throughout the house are stuffed with polar bears, Beanie Babies, clocks, phones, key chains, puzzles, pencils, athletic balls, model delivery trucks, and scale models of soda fountain dispensers. They even have a deck of playing cards—all with the Coke or Coca-Cola trademark.

In an international flair, there is a collection of Coca-Cola cans from Singapore, Thailand and Australia, and a Gold bottle from Mexico.

The Zellers not only drink, but eat



A COCA-COLA le bistro table in the corner of the dining room displays a coordinating place setting of dishes and eating utensils.



THE ZELLER'S 5-year-old daughter, Harley, sits at the family's dining room table with its Coke placemats and seat cushions.

A CEILING fan patterned in Coca-Cola is positioned above the dining room table.



Ron Fontaine  
U.S. Navy photos



A SCALE model of a tub filled with Coke on ice, gives the illusion some of the ice has melted when it is illuminated.

## Coke

Continued from Page 8

and sleep Coke.

The couple sleeps on Coca-Cola bed sheets, and even admits to owning a pair of Coca-Cola boxers.

They once marinated a roast and a turkey last Thanksgiving in Coke, trying a recipe taken from a Coca Cola cookbook.

"It was delicious," Mrs. Zeller said.

Petty Officer Zeller said when he met his wife about seven years ago he was surprised by her hobby.

"She was the first person I knew that actually collected Coke memorabilia," said Zeller, who is on staff at the Surface Warfare Officers School Command (SWOSCOL-COM).

It didn't take long before it became his hobby, too.

On an overseas deployment, Petty Officer Zeller picked up a collection of bottles depicting the evolution Coca Cola bottles from the company's establishment in 1886 to 1993.

"They are original THE COCA-COLA polar bear mascot sits atop a collectible phone. said. "That gift, she said, was the spark to keep going."

And go they did.

The couple's dining room set is the newest Coke possession. Petty Officer Zeller recently sanded it down and refinished it in semi-gloss white paint. He then decorated the legs with Coca-Cola appliques. The seat cushions, placemats and pepper shakers all bear the Coke logo.

"Jeremie even made the Coca-Cola window curtains himself," said Mrs. Zeller, who teases her husband on being more absorbed than she is in finding new things.

Mrs. Zeller's favorite is her collection of Barbie dolls (dressed in Coca-Cola outfits) that sell for about \$80 each.

"We'd like to get a Ken doll to go with it," said Petty Officer Zeller. "But they're so expensive and go for about \$250.

The Zellers are especially passionate about Coke memo-

rabilia of the 1950s. An original 24-unit wooden case, with replicas of the short 10-ounce capped bottles, sits on their Coca-Cola bar and kitchen counter. A 1970s uniform worn by Coke delivery men is displayed above.

"A friend of ours saw it in an antique shop while at home in North Carolina and brought it back for us," he said.

The Zellers next quest is for



an old Coca-Cola vending machine, soda cooler and a fountain drink dispenser.

Friends have also helped with their collection.

During the interview for this story, a friend called to report spotting a Tiffany Coke lamp at Home Depot.

"Everybody loves the collection," said Mrs. Zeller. "It's quite a conversation piece. We have friends of friends who call and ask to come a see it."

As eager as the Zellers are to accept tips about new items for their collection, they are just as eager to share it with others.

They hope one day to open a diner with a 1950s theme using their collection.

The house is easy to find. A welcome sign outside reads, "Coke Served Here," and a round Coca-Cola sign illuminates the front window.

You can't miss it. It's The Real Thing.

## Naval Station Newport Dining

**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.

**Today:** Lunch, 11 a.m. to 1:15 p.m., Constellation Room, 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.

### 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 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. (Because of the Officers' Club renovations, this event is being held at the Hyatt)

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 con-



DINE with your valentine at the Valentine's Dinner Show, on Friday, Feb. 14, at the Hyatt Regency. After a fabulous dinner, dance to entertainer Ronnie Rose. Tickets are \$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.

temporary favorites — all in the same evening.

Your Valentine is going to love you if you purchase tickets to this fabulous evening of romance!

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 Enlisted Men's 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-Thursday, 4 to 11 p.m. on Friday and by request on the weekend. There must be a minimum of 20 peo-

ple or 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 p.m. Or, enjoy a delicious fish and chips dinner from 5 to 8 p.m. for just \$4.75. Fish and chips are available for take out; no home delivery.

**Ney Hall Galley**  
(Building 292, phone 841-4450)

All hands wel-

come

Weekdays: breakfast, 6 to 7:15 a.m.; lunch, 11 a.m. to 12:30 p.m.; and dinner, 5:15 to 6:30 p.m.

Saturday: breakfast, 6:30 to 8 a.m.; lunch 11 a.m. to 12:30 p.m.; and dinner, 5 to 6:15 p.m.

Sunday: breakfast 8:30 to 10 a.m.; lunch, 11:45 a.m. to 1 p.m.; and dinner, 5 to 6:15 p.m.

Call for daily menus and meal charges.

### Noble Roman's

(Building 1255, phone 851-2006)

Breakfast, lunch and dinner menu. Dine-in, take out and home delivery to Navy family housing and Combined Bachelor Housing Quarters evenings only after 4 p.m.

Open weekdays, 6:30 a.m. to 9 p.m.; Saturday from 10 a.m. to 10 p.m.; and Sunday, 10 a.m. to 9 p.m. Also, Breyer's Ice Cream available.

## Ticket Connection

### Hit the slopes on our ski trip

You still have time to sign up for the Ticket Connection's annual ski trip tomorrow.

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.

### 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 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. For additional information about this program, call 1-888-777-2397 which connects to an automated system set up to answer many frequently asked questions.

### Something's 'Bruin' at home

The Ticket Connection, Building 656, has discount ticket vouchers for all regular season Providence Bruins home games.

The vouchers cost just \$11.50 each and are easy to redeem—simply take them to the Dunkin' Donuts Center box office (prior to or on the night of the game) and turn in for the best seating available at the time of redemption.

These vouchers would make a terrific gift for the sports fan in your family, but at just \$11.50 each there doesn't need to be a special occasion!

Stop into the Ticket Connection pick up your vouchers and a game schedule today! For more information, call 841-3116.

### See movies for less

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

Tickets to the Jane Pickens Theatre are just \$5; so don't let this great, money-saving offer pass you by!

## 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:

— 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 Feb. 8.

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

— 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.

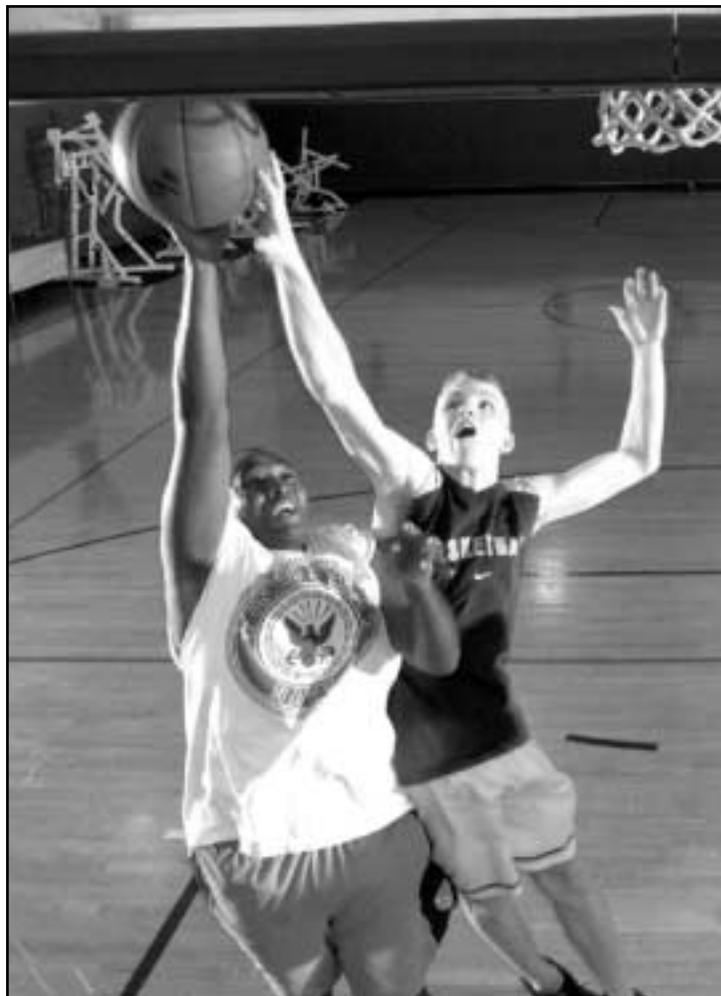
### Special fitness activities

(Gym 109, 841-3154)

— **Valentine's Day fun run:** Come out and join your military and civilian personnel 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 begin at Gym 109 and take you around Coasters' Harbor Island.

The race will start at 11:50 a.m. The event is open to all active duty, retirees, reserve personnel, DoD civilians and all family members. Participants under age 18 must have written parental consent (on form available at Gym 109). Water will be provided following the event. Register at Gym 109 Monday through Friday, 9 a.m. to 5 p.m., or at the event. For more information, call 841-7196.

— **Basketball tournament at Gym 109:** Get your team together and get ready to shoot some hoops at Gym 109's basketball tournament on Friday and Saturday, Feb. 21 and 22. Games begin Friday at 5 p.m. The tournament is open to all eligible patrons and there is a \$15 per team fee for military



**GET READY FOR SOME HOOPS** — Get a team together for Gym 109's Basketball Tournament on Feb. 21 and 22. Games begin Friday at 5 p.m. For more information, contact Jim Gauch at 841-7196.

and a \$30 per team fee for DoD.

Pre-register your team at Gym 109, Monday through Friday from 9 a.m. to 5 p.m., by Feb. 19. There will be an informational meeting Friday, Feb. 20 at 4:30 p.m. in Gym 109. For more information, contact Jim Gauch at 841-7196.

— **Racquetball/Squash Tournament:** Beginning Feb. 24, MWR will sponsor a racquetball/squash tournament at Gym 109.

The tournament is open to intermediate and advanced adult players (18 and over) and will run through Friday, March 21. There will be male and female divisions as well as open and recreational divisions. Military may participate at no charge and DoD civilians may enter for just \$5.

The registration deadline is Feb. 19. Prizes will be awarded for top players in each category. There will be an informational meeting Friday, Feb. 21 at 4:30 p.m. in Gym 109. To register or 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, toning and circuit training classes which are offered throughout the day.

There are even special, Fitness Enhancement Programs geared toward the military. Classes are free to active duty, dependents and active reservists. No need to pre-register.

DoD may participate for just \$1 to walk-in or purchase a punch card good for 30 classes for just \$25. Call or stop by for current schedule.

•Yoga: Register today for the next session of Vinyasa Yoga, at Fitness Plus, Building 355. This class will take participants through a series of poses with particular emphasis on using breath to guide movement. Students will learn the Ujjayi breathing technique and proper posture alignment while enjoying a vigorous cardiovascular workout. Special attention will be directed towards postures that aid in athletic activities.

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

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

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

### 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.

### Naval Station movies

•Officers' Club — Tuesday, Feb. 4: 6 p.m., *My Big Fat Greek Wedding* (PG); 8 p.m., *Brown Sugar* (PG13).

•Recreation Center- The below movies are shown upon request beginning tonight: *City by the Sea* (PG13) and *The Banger Sisters*(R).

### Swimming

(Pool 307, 841-6628)

Swimming lessons are underway at Pool 307.

Pool 307 offers swimming lessons for swimmers of all experience levels. Lessons, which cover elementary swimming skills and basic water safety are available to children as young as six months of age.

Lessons will take place through March 1 and cost just \$40 for eight sessions.

Lessons are available Monday through Saturday, making it easy to fit them into your schedule! Register at Pool 307 or call Jeff Cornell at 841-6628 for more information.

• Water aerobics, Tuesday and Friday from 5 to 6 p.m. Cost is \$3 per class or \$25 for 11 classes.

#### Recreational swimming:

—Open Swim for authorized patrons (fees apply), Monday, Wednesday and Friday, 3 to 6 p.m.; Saturday, 9 a.m. to 3 p.m., and Sunday, noon to 3 p.m.

—Family Fun Swims, Friday 7:30 to 9 p.m. and Sunday, 3 to 5 p.m.; \$3 per family.

**Sports**

# Corpsman faces best of judo elite, finishes seventh

By WAYNE DICKINSON

Navy Hospital Corpsman Third Class Adler Volmar, attached to the Naval Ambulatory Care Center, Newport, continues his quest to make the U.S. Olympic Judo Team by competing at the Kano Cup in Tokyo, Japan, on Jan. 11.

He finished a respectable seventh place in the tough 220-pound weight division. After a bye, his first match was against a competitor named Shoji of Japan.

Volmar built a big lead with a leg take-down and a short pin, but the Japanese veteran caught Volmar in a vulnerable position late in the match and scored "ippon." That is an instant win in judo. Shoji went on to win a bronze medal.

In his second match Volmar fought a Russian named Bouzourtanov. Volmar scored first with a foot sweep and finally finished off the Russian with a powerful leg counter

technique for a loud "ippon." Volmar said, "He had very strong grips and good technique. I finally threw him out of fear!"



HM3 Adler

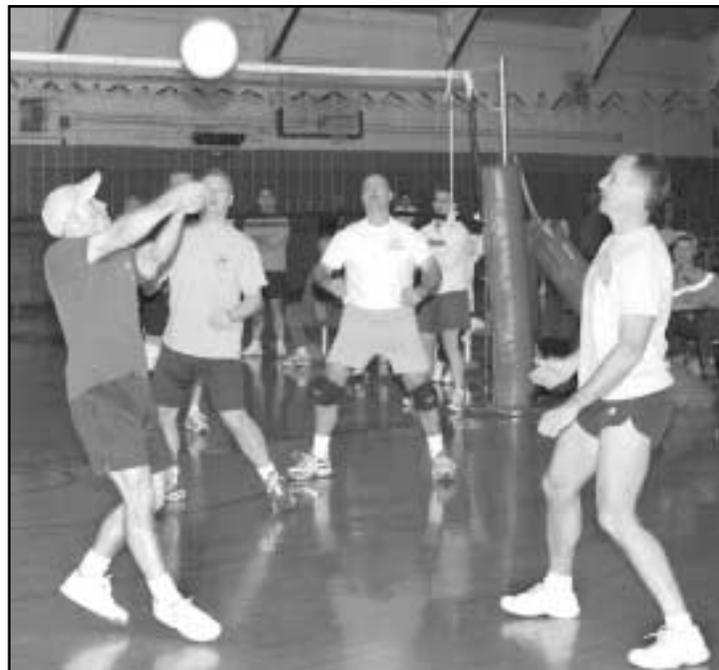
In his third match Volmar was even with a Korean competitor named Jang with one minute left. Adler attempted a throw and landed with Jang on his back. Jang was

able to turn Adler over and secure a pin for the victory.

There was a two-week training camp after the tournament where Volmar participated in grueling daily workouts.

The Kano Cup is one of the most prestigious judo tournaments in the world. Only elite competitors are invited. Several Olympic medalists were eliminated this year.

Only four Americans have ever placed in the top three at this event, and all of them are Olympic medalists.



TOP: Army Lt. Col. Ned Woolfolk, who plays for the Mets (Senior Class team) leaps to block a spike during the Naval War College student intramural volleyball tournament last week in Gym 109.

Twenty teams of Junior Class and Senior Class students competed. The Twins defeated the Cardinals, 15-4, 13-15, 15-5, to win the tournament.

LEFT: The Indians (Junior Class team) bump the ball back over the net.

Ron Fontaine/U.S. Navy photos

## Intramural basketball

### 18 and Over Division

Jan. 22

Navy State def. NACC, 83-34  
Rockwilderz def. Brewers, 51-41

Bulldogs def. PWT, 37-17

Jan. 15

JAGS def. Brewers, 45-37  
Mavericks def. Bulldogs, 46-26  
SWOS def. NACC, 54-40  
Navy State def. PWT, 81-36

### Standings

Navy State.....4-0  
SWOS.....3-0  
Mavericks.....2-1  
Rockwilderz.....1-1  
NACC.....2-2

JAGS.....1-2  
Bull Dogs.....1-3  
Brewers.....0-4  
PWT.....0-2

### 35 & Over Division

Jan. 21

No. 1 Draft Picks def. NACC, 50-45  
Nothing But Net def. Grumpy Old Men, 44-43  
NWC Juniors def. CNW, 55-33

### Standings

NWC Juniors .....2-0  
CNW.....2-0  
No. 1 Draft Picks.....1-1  
Nothing But Net.....1-1  
Grumpy Old Men.....0-2  
NACC.....0-2

## Gear Rental

### Get measured, fitted for ski, boot rentals

The ski season is here, and there's plenty of snow up north so get your gear and hit the slopes!

Ski and pole measurements, and boot fittings are offered at Gear Rental, Building 303, Tuesday through Saturday from 9 a.m. to 3 p.m. Appointments are unnecessary for individual fittings; however, groups of five or more should call ahead.

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## Guidance

Continued from Page 4

enabled our fleet to be ready earlier, deploy at a higher state of readiness, and build a more responsive surge capability.

"These investments were vital to sustaining the war on terrorism and assuring friends and allies with our global response."

Clark adds that our on-going success in manpower and current readiness allows the Navy to focus on implementing Sea Power 21. This vision provides the framework for accelerating operational concepts and technologies to improve warfighting effectiveness and enhance homeland security; shaping and educating our force to operate tomorrow's

fleet; sustaining readiness; and harvesting efficiencies to invest in the Navy of the future.

"The significant progress made over the past two years in manpower and current readiness makes it possible to place more emphasis on future readiness to transform our Navy for the challenges ahead. It will take the combined energy and teamwork of our entire Navy and Marine Corps team to achieve our vision, capture efficiencies, and strengthen how we organize, train, equip and integrate to fight."

The Sea Enterprise process, a key element of Sea Power 21, will enable the Navy to harvest efficiencies and reinvest sav-

ings to recapitalize and deliver increased combat capability.

The CNO adds that the Navy will continue to invest in its "number one resource"—Sailors.

Active leadership is making it happen today and will do so in 2003," said Clark. "We will reward leaders who understand the challenges and through innovative and creative leadership, develop their people and accomplish the mission efficiently and effectively."

Clark also challenges every leader to enhance warfighting effectiveness at every level. "Last year, I told you I wanted every leader to be evaluated on

two things, their commitment to the growth and development of their people, and above all, to mission accomplishment. This year, I want to elaborate on that guidance. I want each of you to understand that mission accomplishment means both warfighting effectiveness and resourcefulness."

"Our Navy is the finest it has ever been and getting better every day. I am counting on you to continue our superb record of accomplishment and shape the Navy of tomorrow. Working together, we will achieve the vision."

For information about CNO, go to [www.navy.mil/cno](http://www.navy.mil/cno).

## Grooming

Continued from Page 3

enlarged or stretched out holes in the ears (other than a normal piercing), and intentional scarring that appears on the neck, face or scalp.

The use of gold, platinum or other veneers or caps for purposes of dental ornamentation are prohibited. Teeth, whether natural, capped or veneer, will

not be ornamented with designs, jewels, initials, etc.

Waivers may be requested for prior service for any of the above conditions from the Chief of Naval Operations (N09BU).

The above policy will also be applied to the civilian clothing policy.

## Groundhog

Continued from Page 2

Building 690, said, "I don't mind the cold, it's the snow I don't like."

One employee in Personnel Support Activity Detachment, who also declined to be identified, was philosophical about the weather.

"I like the winter," he said. "In a cold climate you live longer. If you leave meat out in the sun it spoils, right? But if you freeze it, it lasts forever," he said with a grin.

Oil burners are roaring overtime, and to top it off, heating oil's more expensive than ever in this winter of discontent.

So with Groundhog Day approaching, Feb. 2, Navy Newport personnel, as well as everyone else in the Northeast, will be very interested in what happens with Punxsutawney Phil in Pennsylvania.

As the legend goes since 1887, if Phil sees his shadow it's an omen of six more weeks of bad weather, and he returns to his hole.

If the day is cloudy, Phil won't cast a shadow. The woodchuck takes it as a sign of spring and stays above ground.

The bad news is approximately 90 percent of the time, Phil sees his shadow. Osgood and Murphy are convinced it will happen again.

### Groundhog Day legend

Groundhog Day is a popular tradition in the United States. It is also a legend that traverses centuries, its origins clouded in the mists of time with ethnic cultures and animals awakening on specific dates.

Myths such as this tie our present to the distant past when nature did, indeed, influence our lives. It is the day that the Groundhog comes out of his hole after a long winter sleep to look for his shadow.

The groundhog tradition stems from similar beliefs associated with Candlemas Day and the days of early Christians in Europe.

## Meetings/reunions

### USS Ranger

USS Ranger (CVA/CV 61) will hold its annual reunion at the Newport Marriott, April 27 through 30. All air groups and Ranger alumni are invited.

Contact Wayne Lacy, 12 Gardner Ave., of North Providence, R.I. 02911; call (401) 353-2603; or email George Meoli at [gmeoli@erols.com](mailto:gmeoli@erols.com)

### USS Springfield

The USS Springfield (CL66/CLG7/SSN761) will hold its 13th annual reunion on Sept. 18-21 at the Radisson Hotel and Conference Center, Cromwell, Conn.

Any former officers or enlisted crew who wish to attend should contact John W. Adams, 420 El Run Road, Hudson, N.H. 03051-3542, phone (603) 598-2806. Email is: [Johnmrwillie@aol.com](mailto:Johnmrwillie@aol.com)

### Cruiser Sailors seek members

The U.S. Navy Cruisers Association is actively seeking new members. Membership is open to all ship's company, Marine detachments, aviation divisions, flag personnel and midshipmen who served, or are serving, aboard cruisers.

Associate memberships are available to past and present Navy men and women, reservists, widows of cruisermen and other interested individuals.

For information, contact Ronald J. Maciejowski (USS Worcester CL-144), secretary of USNCSA of 55 Donna Terrace, Taunton, Mass., 02780. Phone is (508) 824-0789.

### WAVES National seeks members

Unit 118 of WAVES National extends membership to all past present and retired women of the sea services in the New England area. The organization, established in California in 1979 by a group of female World War II veterans, fosters socialization, camaraderie and support among women of the sea services (Navy, Coast Guard and Marines).

Meetings are held once a month at various locations throughout Rhode Island (primarily in Providence), excluding January and February. Call 353-0893.

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## SECNAV thanks Sailors, Marines

After 20 months of service, Secretary of the Navy (SECNAV) Gordon R. England thanked the Navy and Marine Corps at a ceremony Jan. 23 at the Washington Navy Yard.

England has served as SECNAV since he was sworn in May 24, 2001. President George W. Bush nominated him to the Navy position in April 2001.

The President nominated

### Navy-wide news

England for the post as Deputy Secretary at the new Department of Homeland Security Nov. 25 2002. England will continue to serve as Secretary of the Navy until the Senate confirmation process is completed. After Senate confirmation, England would then leave the Department of the Navy and take on his new assignment.

The Homeland Security secretary, former Pennsylvania governor Tom Ridge, had nothing but kind words for the man stepping into his department.

England's tenure as the 72nd SECNAV started as America was entering one of its more turbulent times in history. Less than four months after taking over the Navy and Marine Corps, America was attacked by terrorists Sept. 11, 2001, when hijacked planes were crashed into the World Trade Center's twin towers in New York City and the Pentagon in Arlington, Va.

## Military offers shorter terms

A new military short-term enlistment program will begin Oct. 1 aimed at expanding the opportunities for all Americans to serve the country.

Congress authorized the National Call to Service enlistment option as part of the fiscal year 2003 National Defense Authorization Act.

Bob Clark, assistant director in DoD's accession policy directorate, said the program would allow the military services a new option to reach a group of young Americans who otherwise might not serve due to the length of traditional enlistment options.

The program will work like this: A recruit enlists for the option and incurs a 15-month

active duty service obligation following completion of initial-entry training, for a total active duty commitment of about 19 months.

Following successful completion of active duty, service members may reenlist for further active duty or transfer to the selected Reserve for a 24-month obligation.

Once this is completed, service members may stay in the selected Reserve or transfer to individual ready Reserve for the remainder of their eight-year commitments.

While the Army and Navy already have a limited two-year enlistment program, this is the first time the Air Force and Marine Corps will offer the option.

There are four incentives under the option. The first is a \$5,000 bonus, payable upon completion of active-duty service.

The second is a loan-repayment option, also paid at the end of the active-duty portion. The legislation allows for repayment of up to \$18,000 of qualifying student loans.

The final two incentives are tied to —but not part of— the Montgomery G.I. Bill. One gives 12 months of a full Montgomery G.I. Bill stipend — currently about \$900 a month.

## CNO: conserve our resources

WASHINGTON (NNS) — In the new CNO Guidance 2003, Chief of Naval Operations Adm. Vern Clark calls on Navy leaders to be more efficient consumers of the resources provided by the American taxpayer.

To better resource tomorrow's fleet, the CNO has established Sea Enterprise as an implementing initiative of the Navy's Sea Power 21 vision. Clark says Sea Enterprise will "improve organizational alignment, reduce overhead, streamline processes, and reinvest savings to recapitalize our Navy and deliver increased combat capability." But the CNO says it takes leadership from the deckplates up to ensure the Navy uses its resources wisely.

"Winning the global war on terrorism is our number one priority. This will not be quick or easy, but victory is our goal, and it will be achieved. Our Navy will play a leading role in this historic struggle by contributing precise, persistent

and responsive striking power to the joint force, strengthening deterrence with advanced defensive technologies and increasing operational independence through sea basing," the CNO says. "This is the Sea Power 21 vision."

"The global concept of operations (CONOPS), in concert

with the United States Marine Corps, packages our forces to meet 21st century challenges. The CONOPS requires a fleet of approximately 375 ships and procurement of 11 ships per year. This is an ambitious goal we cannot achieve unless we are a smarter and more efficient consumer of resources."

The CNO says that warfighting effectiveness and efficiency are both key components of mission accomplishment, and he adds that he wants every leader in the Navy to be evaluated on their personal commitment to mission accomplishment.

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