

The Newport *Navallog*

VOL. 103 NO. 12 MARCH 28, 2003

SERVING THE COMMUNITY AND ACTIVITIES, NEWPORT, R.I.



Open mike

Ron Fontaine/U.S. Navy photo

BEGINNING OF FAME? — Sheffield School pupils D'Asia Moon, left, and Brianna Owens, right, are invited to sing by Navy Band Northeast's soloist Musician Third Class Alise Hunt during Rhode Island Sound's mini-performance for the visiting pupils last week at Building 348. The Cranston-Calvert and Sheffield School bands have a partnership with Navy Band Northeast.



Speaker traces gains for women

A retired rear admiral speaks at Naval Station Newport's observance of Women's History Month.

— Page 2



ASYMCA's art very patriotic

Armed Services YMCA Art Contest nationwide produces entries strong on patriotic themes.

— Page 3



Navy accents good nutrition

The Health Promotion Department focuses on healthy living as March is National Nutrition Month.

—Pages 8-9



Ron Fontaine/U.S. Navy photo

RETIRED Rear Adm. Barbara McGann, Executive Director of the Rhode Island Chapter, American Red Cross, speaks at Women's History Month program at Kay Hall, Naval Station Newport, last week.

NAVSTA speaker says women blazed 'trails that became roads'

By ENS. JENNIFER BERG
NAVSTA Public Affairs Staff

The former Provost of the Naval War College traced the changes she has seen during her career in the military at Naval Station (NAVSTA) Newport's observance of March as Women's History Month last week.

Retired Rear Adm. Barbara McGann, currently Executive Director of the Rhode Island Chapter of the American Red Cross, spoke March 20 in Capt. Howard Kay Hall.

McGann, who entered the Navy in 1970, said before

women were allowed on ships they were stationed overseas to get credit for their underway time.

Two years later former Chief of Naval Operations Adm. Elmo Zumwalt issued his

'We celebrate these women today because they made the trails. But we should also celebrate the women who follow because they will turn the trails into roads and the roads into highways and ensure that these highways stay open forever.'

—Barbara McGann

Women's History Month speaker

famous Z-gram, permitting women to aspire to all ranks and ratings in the Navy. In Z-

116, the CNO informed all hands that efforts would be made to "eliminate any disadvantage to women resulting from either legal or attitudinal restrictions."

At a time when the Navy was moving to an all-volunteer force, Z-116 was meant to improve retention and to give women more opportunities. For decades, women had been allowed to join the Navy and the

Marine Corps, but in limited numbers and limited capacity.

WOMEN, Page 13

Seminar benefits retired personnel

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

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

The speakers program, to

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

Retired Personnel.

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

The Naval Station Newport coordinator is Mary K. Silvia, Director, Fleet and Family Support Center at Naval Station Newport. For more information, call (401) 841-2283.

Fund drive begins to provide relief for Navy, USMC

By JOY CHRISTMAS
NAVSTA Public Affairs Staff

The 2003 Navy-Marine Corps Relief Society (NMCRS) Fund Drive kicked off at Naval Station (NAVSTA) Newport on March 13. The annual Navy-wide fundraiser helps more than 250 Society agencies worldwide with the explicit mission of assisting Navy and Marine Corps personnel and their families in the time of need and crisis.

The drive will run through April 18.

Lt. Rodney Smith, NMCRS fund drive coordinator for Newport area military commands, said the campaign is of very significant importance this year.

"Now, more than ever, the Navy-Marine Corps Relief Society needs our support. Our Sailors and Marines currently in the Middle East have left behind family members and may have to call upon the NMCRS for one of a myriad of reasons. This is a sure-fire way to show our support."

Last year, donations by Rhode Island military commands totaled \$80,000. More than \$41 million in donations was contributed by Navy and Marine Corps, and civilian personnel Navy-wide.

NMCRS offers interest free loans and grants in cases of disaster relief, funeral expenses, food, shelter, medical/dental and emergency car repair

and transportation expenses.

Dan Brenton, Director, NMCRS, Newport, said the Society is also there to assist active duty and retired Sailors and Marines and their family members every day in a variety of ways.

"Other services available through NMCRS include educational loans and scholarships, financial management/budget counseling and baby layettes (junior seabags) to new military parents," he

RELIEF, Page 13

War College seeks Midway veterans

The Naval War College is attempting to identify all military retirees in the area who participated in the Battle of Midway in June 1942.

The college will be commemorating the battle at a ceremony and dinner to be held on Saturday, June 7, 2003.

Veterans of what has been described as the "Navy's Greatest Victory" should provide their names and addresses, and a short explanation of where they served, to jacksonj@nwc.navy.mil, or send a letter to:

Midway Commemoration Committee

c/o Chairman, Maritime History Dept.

**Naval War College
686 Cushing Road
Newport, RI 02841.**

Navalog

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

| | | |
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ASYMCA art entries accent patriotism

ALEXANDRIA, Va. — Three of the first place winners in the Armed Services YMCA Art Contest 2003 weaved flags into the drawing of their military families, while a fourth winner drew an American bald eagle as her centerpiece.

They beat out a record number of entries — more than 3,000 — to win this year's contest. The Newport ASYMCA was eligible to submit entries.

ASYMCA officials today announced the winners in the ninth annual art contest. Six first place winners, in categories including the five armed forces and the National Guard, receive a \$500 U.S. savings bond. Their artwork is also used on a poster promoting Military Family Month in November.

The winners were:

—Michelle Baldwin, fifth grade daughter of Marine Corps Gunnery Sgt. Terry Baldwin of Okinawa, Japan;

—Adam Keating, fifth grade son of Army Lt. Col. Matthew Keating and Valerie Tanburro of Naval Air Station Willow Grove, Pa.;

—Stephen MacIntyre, fourth grade son



THE ENTRY of Rhianna Shaheen, a Grade 5 pupil and daughter of Petty Officer First Class George and Mrs. Carolyn Shaheen of Naval Amphibious Base, Little Creek, Va., was a first place winner among Navy entries in the ASYMCA Art Contest this winter.

A number of things.....

167

The number of Navy warships, more than half of the U.S. Fleet, that are forward-deployed and on station around the globe, according to the Chief of Naval Operations.

41,000,000

The amount in dollars that was donated Navy-wide last year in the Navy/Marine Corps Relief Society Fund Drive to assist military families. **Story, Page 2.**

1,000

The number of patients who can be cared for aboard the hospital ship USNS Comfort, now on station in Bahrain. Eight hundred medical and support personnel are aboard.

War College solves snag in school registrations at Newport elementaries

By **RICHARD ALEXANDER**
Navalog editor

Traditionally every July, Naval War College (NWC) families arrive at Naval Station (NAVSTA) Newport and settle in to military family housing, or rent off-base.

While mom or dad is busy enrolling in the NWC's year-long academic program, the spouse sets out to enroll their children in the local school system—and there's the rub.

In Newport, school registration begins in March. Parents or guardians must appear in person with their child's documentation and inoculation records.

But by the time the military children arrive on the scene, classrooms — and sometimes whole elementary schools — are nearly filled. The administration then begins filling empty seats with military children at any of a half dozen elementary schools across the city.

According to Capt. David Williams, Dean of Students at NWC, it's conceivable that a military family with four young children could have one at four

different elementary schools. There could be one at Sheffield, one at Coggeshall, one at Underwood and one at Cranston-Calvert, for example.

"That causes lots of anxiety for the military family, as they're juggling the departure and arrival of buses, different routes, plus attending school functions at four different schools, and so forth," Williams said.

This has been a long-standing concern brewing over the years, and the complaint is frequently aired by Army, Air Force, and Marine families, as well as Navy families arriving in Newport.

Williams set out to try and solve the problem at the elementary school level. Through some informal meetings between Newport public school officials, Newport has now waived the requirement that military parents must register their children in person.

War College families may now register for the 2003-2004 school year by mail. School registration forms are included in "welcome aboard" packets

REGISTRATION, Page 12

Newport Naval Cable TV

6 CCRI cable courses offered

By **GREG KOHLWEISS**
Newport Navy Cable TV Manager

Newport Naval Cable Television, channel 13, and the Community College of Rhode Island (CCRI) are offering six telecourses to military personnel for college credits that can be earned at home, beginning May 12.

The courses are delivered solely through television. All courses require attendance on campus for orientation sessions, workshops, seminars and examinations.

Registered students will receive their instructor's phone numbers if they have questions.

Human Health & Disease (Living with Health), 3 credits— This introductory health telecourse encourages students to take a proactive stance toward maintaining health: the physical, emotional, social, intellectual and spiritual. It airs Mondays from 10 to 10:55 a.m. and 6 to 6:55 p.m. beginning May 12.

Principles of Management (Taking the Lead), 3 credits— This vital and insightful business management telecourse provides an overview of man-

agement with an emphasis on the competencies that are essential for success.

"Taking the Lead" features such noted authorities as Warren Bennis, John Kotter, George Labovitz, William Ouchi and provides students with an inside view of management in a variety of businesses, including General Dynamics, Hybritech, Patagonia and the Four Seasons Hotel. It airs Tuesdays from 10 to 10:55 a.m. and 6 to 6:55 p.m. beginning May 13.

Composition I (The Writers'

Exchange), 3 credits — Each program presents a principle of writing — rhetoric or process— and shows students how this principle applies to real-life situations through the use of case studies. The case study approach provides a graphic illustration of the practical importance of writing that helps students improve writing skills. .

If you have access to the Internet, you can register for the Internet section of Composition I. You will be able to **CCRI, Page 12**



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Division Officer Course recognizes top graduates

By LT. GARY ROSS
SWOSDOC PUBLIC Affairs Officer

Graduation ceremonies were held last Friday, March 21, for the 192 graduates of Division Officer Course Class 152, Surface Warfare Officers School Command.

Many of the graduates demonstrated superior performance during the 16-week curriculum. Ens. Michael J. Esposito was awarded the Adm. Arleigh Burke Award, the highest award given to a Division Officer Course graduate.

The award is given to the one student who is nominated by his/her classmates and the Division Officer Course staff for exhibiting the finest professional characteristics and leadership as exemplified in the common traits of successful leaders in the fleet.

Other graduates also earned recognition for their accomplishments while attending the Surface Warfare Officers School. Ens. Daniel J. Summa was awarded the U. S. Navy League Achievement Award for professionalism and perfor-



Ron Fontaine/U.S. Navy photo

VICE Adm. Michael G. Mullen, Deputy CNO for Resources, Requirements and Assessments, congratulates Ens. Michael J. Esposito who receives the Adm. Arleigh Burke Award during Division Officer Course graduation ceremonies.

mance. Ens. Jonathan E. Nay achieved the highest grade point average overall.

Ens. Mikki Sturdivant achieved the highest grade-point average in the Operations portion of the curricu-

lum, Ens. John P. Merchant achieved the highest grade-point average in Combat Systems and Ens. Jonathan E. Nay achieved the highest grade-point average in the Engineering portion of the curriculum.

NACC commends junior civilian

Barbara J. Haynes of Fall River, Mass., has been selected as the 2002 Junior Civilian of the Year at the Naval Ambulatory Care Center (NACC) Newport. Mrs. Haynes was recognized and presented a letter of commendation by Capt. Andre Greedan, Deputy, NACC Newport, during a recent ceremony.



Barbara Haynes

Mrs. Haynes, civil servant since September 1991, began her career at the former Naval Hospital Newport.

A management assistant in the Medical Expense and

Reporting System (MEPRS) Branch Resource Management Department, Mrs. Haynes was cited for sustained professional excellence in the performance of her duties.

Among Mrs. Haynes many responsibilities are certifying the monthly TRICARE Revised Financing invoice for purchased health care. Her comprehension of the processes and procedures for billing facilitated the implementation of the Coast Guard Revised Financing reimbursable program and the recoupment of additional Fiscal Year 2002 revenues of approximately \$500,000.

As the former collection agent, Mrs. Haynes' vast knowledge of the processes and governing regulations has been invaluable in training two successors to this position.

Consistently seeking new challenges and process improvements, Mrs. Haynes' knowledge of the CHCS database enabled her to manipulate data and conduct meticulous research that led to a dynamic increase in the identification of Ambulatory Procedure Visits (APVs) performed in the various clinics that increased workload reporting and potential third party collection billing.

During a period of staff reduction in the MEPRS Department, Mrs. Haynes was assigned the monthly task of entering timesheets for approximately 300 military personnel. Her enthusiasm and intuition for "meticulous reconciliation to reality" led to staff training sessions that ensured data integrity for the incoming timesheets.

NACC recognizes top senior civilian

By CYNTHIA FLEMING
NACC Public Affairs Officer

Kristin J. Wilkes of Narragansett, R.I., has been named Senior Civilian of the Year for 2002 at Naval Ambulatory Care Center (NACC), Newport.



Kristin Wilkes

The staff certified dietician at NACC Newport since October 1999, Ms. Wilkes was recognized for her professionalism for improved and expanded services in the Nutrition Clinic.

Through her efforts, NACC obtained Rhode Island site certification for diabetes outpatient education.

As the sole dietician throughout the Naval Health Care New England catchment area, Ms. Wilkes extended her services.

She offered her professional expertise and maintained the command's primary focus of prevention as the paramount way to individual long-term health and wellness.

Additionally, Ms. Wilkes' educational programs helped strengthen the bridge between military health care and the line community through her cooperative efforts with the Health Promotion Department and regional commands.

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Seminar to explore your mutual funds options

Bring your lunch to the Fleet and Family Support Center on Tuesday, April 1, at 11:30 a.m., and learn all you can about Mutual Funds. You also will hear how your money could be invested, the regulations, the

Preparing for a Job Fair — This workshop is scheduled for Wednesday, April 9, from 11:30 a.m. to 1 p.m., at the Fleet and Family Support Center. It is designed to make your time at Job Fair 2003 as productive as possible.

Fleet and Family Support Center

types of funds, and more. The program will run until 1 p.m.

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

Reading Your Credit Report — A representative from the Navy Federal Credit Union will be at the Fleet and Family Support Center on Tuesday, April 8, from 11:30 a.m. to 1 p.m., to discuss information on credit reports.

Bring a copy of your credit report to the class and find out how to read the report and correct any errors you may find.

Call 841-2283 to register.

Find out what to expect at the job fair; what to bring; and what to wear.

Job Fair 2003 is scheduled for Monday, April 21, from 2 to 6 p.m. at the Newport Marriott Hotel.

For more information or to register, call the Fleet and Family Support Center at 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 Tuesday, April 15, from 11:30 a.m. to 1 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.

Car Buying — You want to

buy a new car. An image of your dream car hovers in your mind—it is shiny, colorful, and purrs like a kitten. But, standing between you and your dream car is the car dealer.

How do you get the best car

for a fair price? Come to the Fleet and Family Support Center on Thursday, April 17, from 11:30 a.m. to 1 p.m., to find out how to gather your resources and be well informed. Call 841-2283 to register.

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TRICARE corner

Delta Dental retains contract for retirees

By **JEFF ALBUM**
Delta Dental publicist

SAN FRANCISCO — Delta Dental Plan of California has announced that the TRICARE Management Activity (TMA) of the Department of Defense has awarded the company a five-year renewal of the contract to administer the TRICARE Retiree Dental Program (TRDP).

The TRDP, authorized by Congress as part of the National Defense Authorization Act for fiscal year 1997, offers affordable dental benefits to the nation's 4.2 million uniformed services retirees and their family members. The new contract becomes effective on May 1, 2003. With its current enrollment of 650,000, the TRDP is already the nation's largest voluntary, all enrollee-paid dental program.

"Based on the program's excellent track record and our plans to accelerate the availability of comprehensive benefits with fewer restrictions, we expect to see some healthy

growth in the TRDP over the course of the new contract period," said Delta Dental President and Chief Executive Officer Gary Radine.

The TRDP will continue as a national, combined fee-for-service/preferred provider program that offers enrollees access to any licensed dentist in all 50 states, plus the District of Columbia, Puerto Rico, Guam, the U.S. Virgin Islands, American Samoa, the Commonwealth of the Northern Mariana Islands and Canada.

While enrollees may seek care from any licensed dentist in the service area, optimal benefits will be available to those enrolled retirees and their family members who choose a participating dentist.

The new contract for the TRDP reduces the mandatory enrollment obligation to only 12 months, after which enrollees can remain in the program on a month-to-month basis. Additionally, the waiting period for a full scope

DENTAL, Page 13

What's going on

MWR offers Sox tickets

Take your family out to the ball game with great box seats in Fenway Park, home of the Boston Red Sox. The Morale, Welfare and Recreation Department's Ticket Connection has four upper and four lower box seat tickets for each Saturday and Sunday home game, as well as for Opening Day, the Patriot's Day holiday game (April 21) and three mid-week day games.

Both boxes are located behind and a little to the left of home plate as you face the field.

Tickets will go on sale at 9 a.m. on Saturday, April 5, at the Ticket Connection, Building 656. Sales will be limited to active duty military only on Saturday (9 a.m. to 1 p.m.) and Monday, April 7 (8:30 a.m. to 5 p.m.) A valid military ID must be shown.

Beginning Tuesday, April 8, the remaining tickets will be available to all authorized personnel. Tickets must be purchased in multiples of two and will be limited to four tickets per person, per day.

Upper box tickets are priced at \$64 and lower box tickets are \$70 each. Phone orders will not be accepted. For more information call 841-3116.

TODAY, March 28

- Armed Services YMCA:
 - Fitness Hour, 9 to 10:30 a.m.
 - Nantucket Basketweaving, 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 welcomes military volunteers, 8:30 a.m.

• Soup kitchen at Salvation Army welcomes military volunteers, 5 to 5:45 p.m.

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

• Recreation Center movie night, at 6 p.m., *The Santa Clause 2* (PG); at 8 p.m., *Analyze That* (R).

SATURDAY, March 29

• Beginning Birding Workshop, Norman Bird Sanctuary, 8 to 11 a.m., 846-2577.

• Seal watches, Rose Island Lighthouse, 10 a.m. and 11 a.m., 272-3540 ext. 133.

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

• Candlelight tour, Belcourt Castle, Bellevue Avenue, 6 p.m., 846-0669.

• Irish stew, Firehouse Theater, 8 p.m., 849-FIRE.

SUNDAY, March 30

• 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.

• Seal watches, Rose Island Lighthouse, 10 a.m. and 11 a.m., 272-3540 ext. 133.

• St. Mary's Church Concert Series, St. Mary's Church, 3 p.m., 846-4926.

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

• Irish stew, Firehouse Theater, 4 p.m., 849-FIRE.

MONDAY, March 31

• Armed Services YMCA:

- Parents' Time Out, 9 a.m. to noon.
- Kids' Sewing No. 4, 3:30 to 5 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.

• TAMP Seminar, Harbor Island Conference Center, 8 a.m. to 4 p.m., 841-2283.

• Soup kitchen, Martin Luther King Center, Marcus Wheatley Boulevard, welcomes military volunteers, 8:30 a.m.

• Soup kitchen, St. Joseph's Church, Broadway, welcomes military volunteers, 11:30 a.m.

• Armed Forces Night for hockey, The Fleet Center in Boston, 7 p.m., 617-624-1USA.

TUESDAY, April 1

• Armed Services YMCA:

- Fitness hour, 9 to 10:30 a.m.
- Scrapbooking, 9 a.m. to noon.
- Kids sewing, 3:30 to 5 p.m.
- Adult beginner sewing, 6 to 9 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.

• Toastmasters, ASYMCA, Bushnell Street, 7 to 8 a.m., 832-

8623.

• TAMP Seminar, Harbor Island Conference Center, 8 a.m. to 4 p.m., 841-2283.

• Soup kitchen, Martin Luther King Center, Marcus Wheatley Boulevard, welcomes military volunteers, 8:30 a.m.

• Mutual funds seminar, The Fleet and Family Support Center, 11:30 a.m. to 1 p.m., 841-2283.

• Soup kitchen, United Baptist Church, Spring Street, welcomes military volunteers, 5 p.m.

• Officers' Club Movie Night, 6 p.m., *Antwone Fisher* (PG-13), 8 p.m., *8 Mile* (R).

WEDNESDAY, April 2

• Armed Services YMCA:

- Parents' Time Out, 9 a.m. to noon.
- Kids sewing, 3:45 to 5:15 p.m.

• TAMP Seminar, Harbor Island conference Center, 8 a.m. to 4:30 p.m., 841-2283.

• Soup kitchen, Martin Luther King Center, Marcus Wheatley Boulevard, welcomes military volunteers, 8:30 a.m.

• Soup kitchen, United Baptist Church, Spring Street, welcomes military volunteers, noon.

• Preschoolers with Parents, Norman Bird Sanctuary, Third Beach Road, Middletown, 1 to 2 p.m., 846-2577.

• Soup kitchen, Newport Congregational Church, Pelham Street, welcomes military volunteers, 5 p.m.

• THURSDAY, April 3

• Armed Services YMCA:

- Fitness Hour, 9 to 10:30 a.m.

• TAMP Seminar, Harbor Island Conference Center, 8 a.m. to 4:30 p.m., 841-2283.

• Soup kitchen, Martin Luther King Center, Marcus Wheatley Boulevard, welcomes military volunteers, 8:30 a.m.

• Lenten Concert Series at Trinity Church, 12:15 p.m., 846-0660.

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

• Upcoming events:

• April 4 — Women in Law Enforcement-Social, sponsored by U.S. Naval Criminal Investigative Service, Officers' Club Topside, 5 p.m. Call 841-2241, ext. 13..

• April 4 — Shrimp-A-Peel, Officers' Club, 6 to 9 p.m., call 846-5111.

• April 21 — Job Fair 2003, 2-6 p.m., Newport Marriott. More than 50 employers will be present. Co-hosted by the Fleet and Family Support Center.



REAR Adm. Rodney Rempt, President of the Naval War College, talks with Charles Franklin, President of Raytheon Integrated Defense Systems, at the Harvard Club in Boston.

Battleship Cove hosts fundraiser in Boston

BOSTON — Battleship Cove in Fall River, Mass., the maritime heritage museum that preserves the world's largest collection of historic naval ships, hosted more than 250 people at the historic Harvard Club here on March 15.

The event was Battleship Cove's first formal affair in Boston in more than 40 years.

Among the distinguished guests were Charles E. Franklin, President of Raytheon Integrated Defense Systems and sponsor of the event; the guest of honor, Rear Adm. Rodney P. Rempt, President of the Naval War College; Medal of Honor recipients Capt. Thomas J. Hudner and Capt. Thomas G. Kelly; and Lt. Cmdr. Benjamin Schulman, plankowner and former officer on the battleship USS Massa-

chusetts who flew in from California for the special occasion.

Former Red Sox slugger Dominic P. DiMaggio and his wife, Emily, who serve as national spokespersons for Battleship Cove, were well represented by their children, D. Paul and Peter DiMaggio.

The event included a cocktail party, dinner, and dancing with a 21-piece big band.

Proceeds from the event and the exclusive silent auction support the museum's battery of educational programs.

"The event was a great success and introduced us to many new people, who now have a fond appreciation of our mission to preserve duty, honor, and country," said Capt. Ernst M. Cummings, executive director of Battleship Cove.

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Quick Take



Name: Lt. Kevin Gerrity
Title: Naval Station Newport Staff Judge Advocate
Hometown: Bronx, N.Y.
Most memorable career event: Arguing before the Court of Appeals for the Armed Forces.
Most memorable life event: Sept. 11
Favorite duty station: Fort Worth, Texas
Role model(s): My parents
Free time activities: Go to the gym
Favorite book: *Ghost Soldiers*
Favorite movie: *It's a Wonderful Life*; *Band of Brothers*
Favorite TV show: *JAG* (just kidding)
Favorite sport: Rugby
Favorite professional team: New York Yankees
Secret to success: Courtesy
Pet peeve: Complainers
Something I always wanted to do: Visit Ireland
Favorite quote, motto or phrase: "Tis better to give than receive."
Long-term goal in life: Make people smile
If you could, what one thing would you add to NAVSTA Newport: Warm winter weather

Seminar targets enlisted development

The Newport Chapter of the Surface Navy Association will be host for an Enlisted Professional Development Seminar on Tuesday, April 1, at 3 p.m. at Arleigh Burke Hall, Surface Warfare Officers School Command (SWOSCOLCOM).

The seminar is in concert with the SWOSCOLCOM, the

Senior Enlisted Academy, and the Navy's Center for Career Development.

Some of the topics to be presented include "How to Prepare Yourself for Advancement in Today's Navy," and "CPO Selection Boards—What your Fitness Reports Need to Contain." Guest speaker will be

Command Master Chief Ralph Rao, on staff at SEA..

Spouses are welcome. Refreshments will be provided.

For more information, contact Master Chief Operations Specialist (SW/AW) Jeff Bell at 841-4962 or email Jeffrey.A.Bell@swos.navy.mil

Special events

Spring scramble golf slated for Middletown

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

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

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

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

Summer camp readied

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

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

the Greene Lane Housing Area.

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

Registration for children of active duty only will be accepted April 7 through 18. All other authorized patrons may register their children beginning on Monday, April 21. Registrations will be accepted Monday through Friday at Gym 109 from 8 a.m. to 5 p.m. An income-based fee chart is available at Gym 109. For more information, call Jeff Dunn at 841-7196.

Easter Bunny expected at O'Club Easter Faire

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

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

Refreshments will be available as well. Adult volunteers are needed. Call Amy Burnes at 841-4038 for more information.

Announcements

NACC Pharmacy off-base refill site

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

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

During this period, patients may continue to call in their refill medication as usual at 1 (877)

211-1126. Anyone with questions may call the Pharmacy at 841-2224.

Electrician's job posted

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



NOTICE TO MARINERS



OPEN HOUSE

Sat. April 5th 9am-5pm

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MARCH IS NATIONAL NUTRITION Month



AMERICAN Red Cross volunteer, John Etchingham, left, a diabetes patient and beneficiary of the Diabetes Awareness and Self Help (DASH) Program offered by the Health Promotions Department, gets some one-on-one education on the operation and interpretation of the blood glucose monitor from Judy Byrnes, Registered Nurse and Certified Diabetic Outpatient Educator.



Newport Navallog, Friday, March 28, 2003

8 REGISTERED Nurse Lisa DiMaria, right, points out some of the many foods patients can choose to eat healthier to American Red Cross volunteer Bridget Keefe.

Good nutrition weighs heavy in your favor

By JOY CHRISTMAS
NAVSTA Public Affairs Staff

Your every day actions weigh significantly on your health. While genetics can have either a negative or positive impact, diet and exercise remain one of your most powerful tools toward good health.

March is National Nutrition Month, dedicated to inspire healthy lifestyle and reverse a growing trend of obesity in America and the diseases associated with it.

Kristin Wilkes, a registered dietitian in the Health Promotion Department at Naval Ambulatory Care Center (NACC) Newport, said some of the manifestations of obesity include high blood pressure, elevated cholesterol levels and heart disease. It can

also lead to Type 2 diabetes, which is growing to epidemic proportions in the United States.

The active duty military community is not immune.

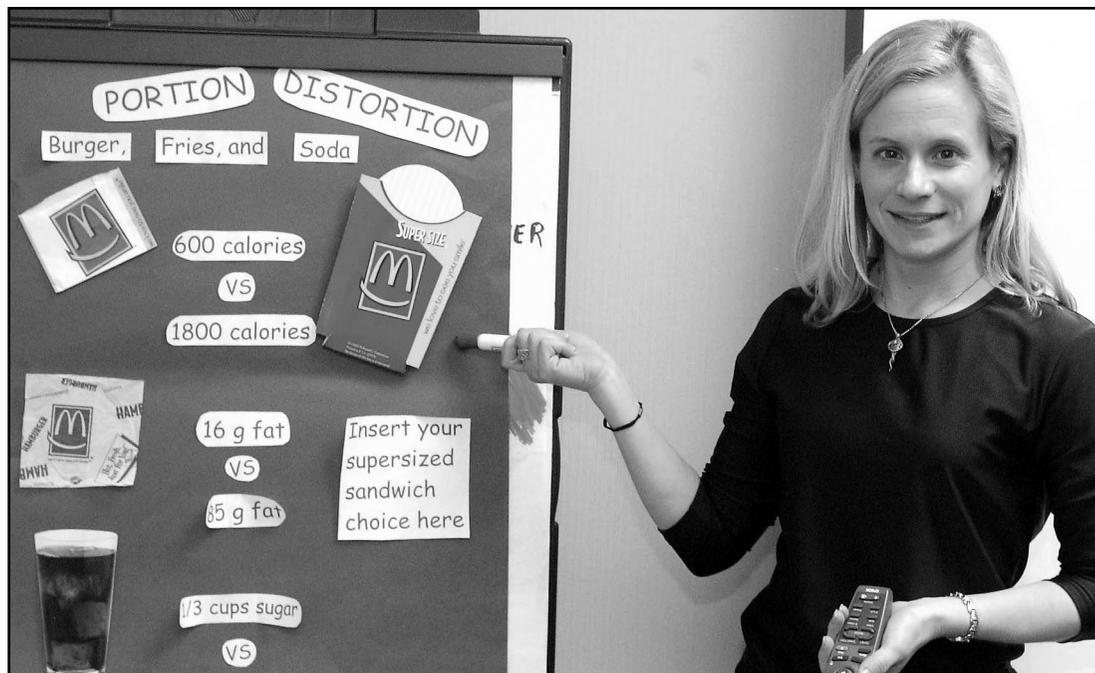
"Diabetes is on the rise among the active duty population between the ages of 30 to 39," said Wilkes, who is also a licensed dietitian nutritionist and certified diabetes outpatient educator. "We are seeing more and more patients in the clinic here."

Wilkes said someone could have diabetes for up to seven years and not know it, in some cases.

"It usually goes unnoticed until an individual starts to experience kidney and eye problems," said Wilkes.

Wilkes said diabetes used to be associated as a disease your grand-

NUTRITION, Page 9



NUTRITIONIST Kristin Wilkes uses a visual to illustrate the significant increase in fat and sugar in super-size portions over normal portions at fast-food restaurants.

Nutrition

Continued from Page 8

parents would get. Not any more. It is predicted that by the 2010 diabetes will be the leading cause of premature death and disability, surpassing tobacco.

But diabetes is not just a concern among adults. There is also a significant increase among the teenage population and it has become a major quality of life issue.

"Children with type 2 diabetes today will be the first group of Americans in 100 years that are not expected to have a life span longer than their parents," said Judy Byrnes, also a CDOE in the Health Promotions Department.

The modern day lifestyle of Americans today harbors an unhealthy trend.

"People are eating out more as opposed to home-cooked meals," said Wilkes. Where kids used to play outdoors, they're now sitting in front of the television, playing video games or logged on to the computer."

Portion size, especially those high in fat and calories, is partly to blame.

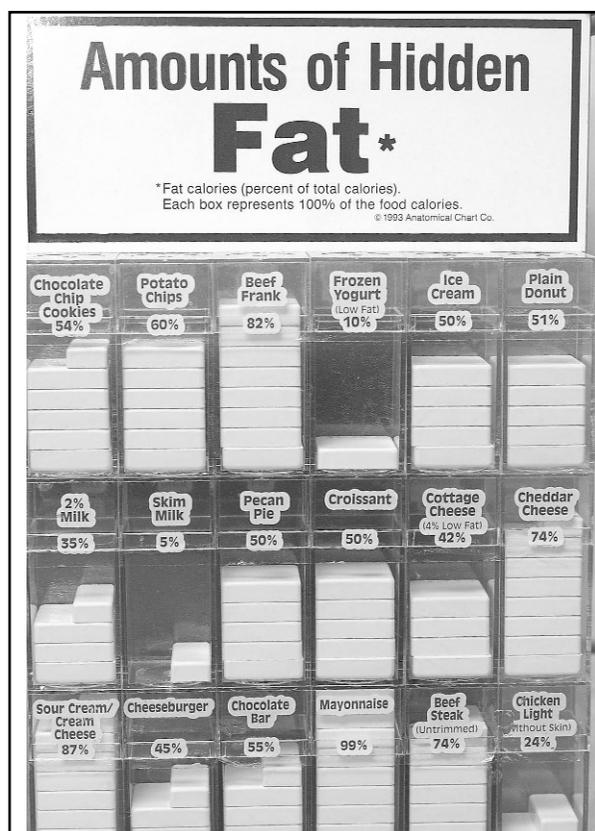
"If you still feel hungry and want extras, eat extra vegetables," said Wilkes. They're inexpensive and better for you."

Last, but not least, you have to move; get some exercise — something, Wilkes said you can easily talk yourself out of doing. "Some exercise is better than none. Besides the obvious benefits, exercise helps to relieve stress and depression."

Taking responsibility for your health is a lifestyle change that will takes self-discipline and determination. But don't set yourself up for failure by setting unrealistic goals, said Wilkes.

"Start off small and work on one thing at a time, get comfortable and add something else."

The changes you make will reach farther than you realize. As parents and role models for your children, your actions will have a positive influence on them, she said.



DISPLAY CASE of cubes shows the amount of fat calories by percentage hidden in popular snacks and prepared foods.

The Health promotion Department offers one-on-one consultations and various education programs, classes and groups to support your efforts to achieve and maintain a healthier lifestyle.

For more information, call the NACC Newport Health Promotion Department at 841-6777.

Ron Fontaine/U.S. Navy photos

Want weight off? Get up, move it

By **KRISTIN WILKES**
NACC Newport Health Promotion Dept.

Obesity has become a national problem in the United States. In 1999, an estimated 61 percent of the United States was either overweight or obese.

Overweight is defined as having a Body Mass Index (BMI) of 25 to 29.9. Obesity is defined as having a BMI of greater than 30. BMI is the ratio between a patient's weight to his or her height.

These numbers are climbing at alarming rates, with currently almost 64.5 percent of Americans falling into one of the two categories.

Overweight and obesity are a result of an energy imbalance. To state it simply, if too many calories are consumed through food and not burned off through physical activity, weight increases. This can lead to a series of health problems, including elevated cholesterol, hypertension and most notably, Type 2 diabetes.

It is no mystery why calorie consumption has increased tremendously in this country. There are numerous food choices at the supermarket, prepackaged meals and snacks, processed foods, and of course, who can miss the "Supersize" at our popular fast food restaurants.

Portion sizes have quadrupled in the past 20 years. Grocery shoppers used to be able to buy a 4-ounce juice can from a vending machine. Now 24 oz. bottles are often the smallest size available. This takes the calories from 80, for the 4-ounce can to almost 480 for some of the 24-ounce bottles.

Processed meals can pack over 1,000 calories for each serving, half of what an active woman or man needs in a day.

While calorie consumption

has sharply increased, physical activity has taken a nosedive. Physical activity can be anything that results in an expenditure of energy.

It can come from household chores, occupational work, or leisure activities. Increasing physical activity does not mean that everyone must become marathon runners. It means that people just need to



move more.

We have drive-through banking, pharmacies, fast food, liquor stores and dry cleaners. We don't even have to get out of the car to pick up our starched shirts.

We have our newspapers delivered, and our lawn cut and driveway shoveled for us. We have voice activated remote control televisions and radios, and some even have their groceries delivered without even lifting a finger.

Let's all try to correct the imbalance. Join a health club, go for a walk, park farther away from the entrance to the stores, and even get out of the car to go pick up your dry-cleaning.

Decrease your portion sizes, include more fruits and vegetables (the original fast foods), and become an educated consumer. Here are some websites that may be helpful: www.eatright.org; www.webmd.com; and www.nih.gov/health, or call Health Promotion at 841-6777.

Officers' Club

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

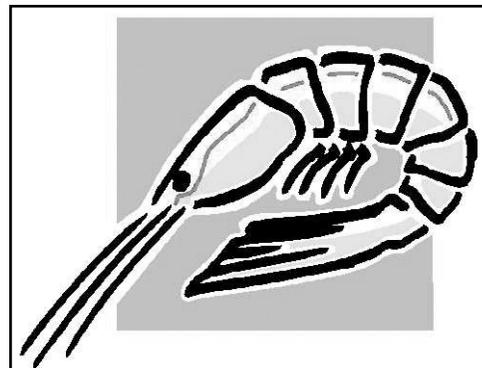
Today: Lunch, 11 a.m. to 1:15 p.m., first deck, buffet-style selections.

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

Upcoming Events:

Advance tickets may be required for the following

**Naval Station
Newport Dining**



FEAST ON SHRIMP— Welcome spring with tickets to a fabulous all-you-can-eat shrimp feast at the Officers' Club on Friday, April 4. Information this page.

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. To purchase tickets or for more information, call 846-5111 or 841-4821.

SHRIMP FEAST: Welcome spring with tickets to a fabulous all-you-can-eat shrimp feast at the Officers' Club on Friday, April 4. If you love shrimp, then you will certainly want to get in on this special dining event!

Enjoy thick-with-shrimp bisque, salad, and warm dinner rolls before you dig into the all-you-can-eat shrimp buffet featuring shrimp cocktail, baked stuffed shrimp, jumbo shrimp scampi, grilled lemon pepper shrimp, Louisiana BBQ shrimp, three-alarm shrimp, table-served golden-fried split-tail shrimp and more!

Tickets are currently on sale

at the Officers' Club Gift Shop and cost \$29.85 for adults, \$11.45 for children (4 to 12), and, as always, children 3 and under are free.

Seating reservations are required and must be made at time of ticket purchase.

COUNTRY MUSIC NIGHT: If you've got a ten-gallon hat and cowboy boots collecting dust in your closet, pull them out, and brush them off because country music is coming to the Officers' Club! Get ready for a guaranteed great evening full of food, music and fun on Friday, April 11 as the O'Club welcomes Massachusetts-based country quintet The Country Mile Band.

Tickets are on sale now at the Officers' Club Gift Shop and cost just \$24.10 for adults and \$11.45 for children 4 to 12.

Ticket prices include gratuity and children under age 4 are always welcome at no charge. Authorized patrons of the Officers' Club and their guests are invited to mosey on over and eat, drink and dance to contemporary country favorites and original Country Mile compositions.

A cash bar opens at 6 p.m. and dinner will be served at

6:45 p.m. The menu features delicious down-home BBQ Baby Back Ribs, Southern fried chicken, Cajun catfish, seafood gumbo, honey corn bread, pecan pie and more!

The ballroom and beverage stations will be open at 6 p.m. so come early and get a good seat. The Country Mile Band will perform from 7 to 11 p.m.

This special event is sure to be a rootin', tootin' treat for the whole family, so come down and kick off the weekend with great food and fun music by The Country Mile Band.

Enlisted Lounges

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

New hours of operation:

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

* The CPO Lounge will be

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

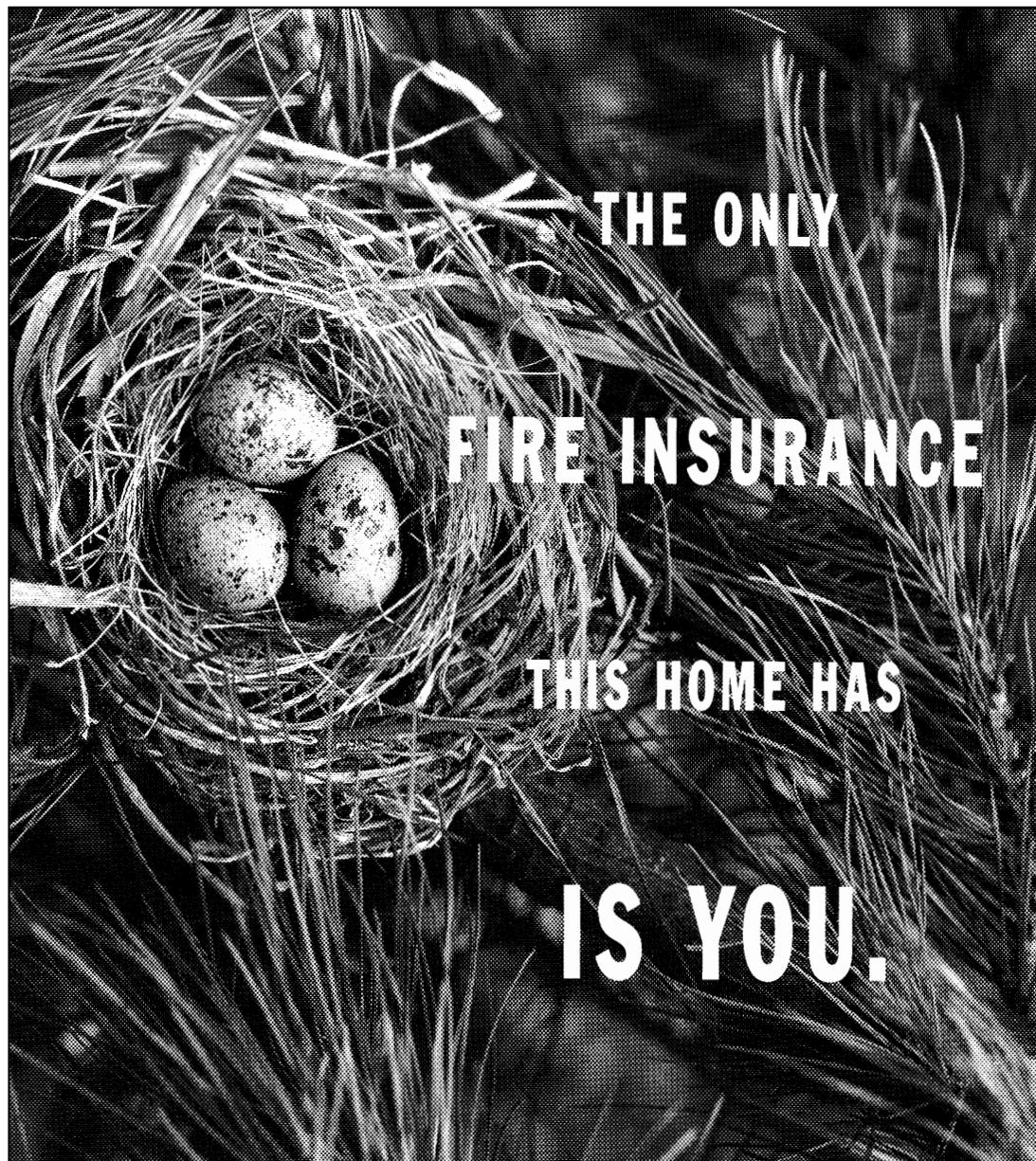
Today: Lunch served from 11

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

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.



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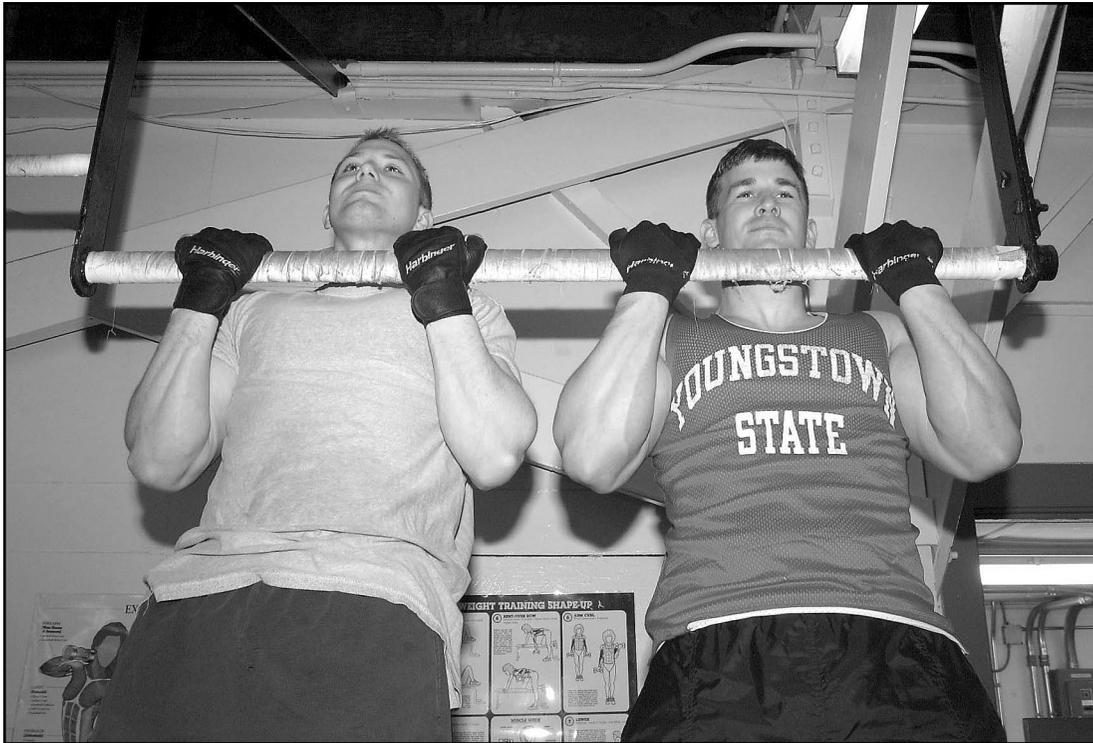


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Leisure



Ron Fontaine/U.S. Navy photo

HANG IN THERE — Tony Williams, left, and David Zwisler hang in the chin-up position during Gym 109's Hang Contest on March 19. Williams' time was 34.68 seconds, and Zwisler was 32.75. Williams was the day's winner, and received a water bottle for a prize.

Bowling

(Building 656, 841-4293)

Seaview Lanes fall/winter hours of operation follow:

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

Specials:

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

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

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

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

Special fitness activities

(Gym 109, 841-3154)

—Sign up for intramural volleyball. Register today for the intramural volleyball league at Gym 109! Open to adults 18 and over, registrations are being accepted Monday through Thursday, 9 a.m. to 5 p.m. through April 8. Matches are played Monday through Thursday evenings on Court No. 2 at 5:30, 6:30 and 7:30 p.m. through May 15.

Active duty, retirees, reservists, dependents and DoD civilians are welcome to participate. There is a \$15 fee for DoD civilians.

All teams are required to pay a \$100 refundable forfeit fee, and teams must have matching shirts with numbers by the first game. For more information, call Jim Gauch at 841-7196.

—Dip contest at Gym 109! Be a big dipper at Gym 109's Dip Contest on Wednesday, April 16. The contest, which will continuously run throughout the day, is open to men and women, ages 18 and over. Male contestants will be given 20 pounds of resistance and the women will be given 30 pounds of assistance. The winner will be the person who

completes the most dips without touching down at any point. For more information, call Gym 109 at 841-7196.

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, March 29, 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.

Ticket Connection

Ticket vouchers for PawSox

The Ticket Connection in Building 656 has discounted box seat and general admission vouchers available for Pawtucket Red Sox home games. Box seat vouchers are priced at \$7. General admission vouchers are priced at \$4.25.

The vouchers are available for any home game provided the game isn't sold out. Simply come in and purchase the vouchers for the game(s) of your choice then take them to the Pawtucket Sox office to redeem them for tickets to the game(s) you wish to attend.

For more information call 841-3116.

Take your family to Red Sox game

Take your family out to the ball game with great box seats in Fenway Park, home of the Boston Red Sox.

The Morale, Welfare and Recreation Dept. Ticket Connection has four upper and four lower box seat tickets for each Saturday and Sunday home game of the Boston Red Sox, as well as for Opening Day, the Patriot's Day holiday game (April 21) and three midweek day games.

Both boxes are located behind and a little to the left of home plate as you face the field.

Tickets will go on sale at 9 a.m. on Saturday, April 5 at the Ticket Connection, Building 656. Sales will be limited to active duty military personnel only on Saturday (9 a.m. to 1 p.m.) and Monday, April 7 (8:30 a.m. to 5 p.m.) and a valid military ID must be shown upon purchase.

Beginning Tuesday, April 8, the remaining tickets will be available to all authorized personnel. Tickets must be purchased in multiples of two and will be limited to four tickets per person, per day. Upper box seat tickets are priced at \$64 each; lower box tickets are priced at \$70 each. Phone orders will not be accepted. For more information call 841-3116.



The circus is coming to town

Lions and tigers ... and clowns and more of "the greatest show on earth," are coming to the Dunkin' Donuts Center in Providence!

That's right, the Ringling Bros., Barnum and Bailey Circus is coming and the Ticket Connection, Building 656, has preferred seating for the 11 a.m. show on Saturday, May 3 and the 1 p.m. performance on Sunday, May 4. Tickets cost just \$16 for adults and children ages 2 and older. Tickets must be purchased by April 11 and we reserve the right to limit quantities.

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

Something's 'Bruin' at The Dunk

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.

Patriotism

Continued from Page 3

of Coast Guard Lt. Cmdr. Richard and Rose MacIntyre of Sitka Air Station, Alaska;

—Karen Nicholson, sixth grade daughter of Air Force Lt. Col. Philip and Dori Nicholson of Moody Air Force Base, Ga.;

—Rachel Saindon, fourth grade daughter of New Jersey National Guard member Sgt. Paul and Eiko Saindonn;

—Rhianna Shaheen, fifth grade daughter of Navy Petty Officer First Class George and Carolyn Shaheen of Naval Amphibious Base Little Creek, Va.

Another seven winners received bonds of \$100. The seventh category is an honorary award to a child who has a parent that is a Defense Department or Coast Guard civilian.

The second place winners were:

Cara Ainspac, second grade daughter of Marine Corps Maj. Seth and Elizabeth Ainspac of Marine Corps Base Quantico, Va.;

Elizabeth Argo, fifth grade daughter of Navy Lt. Cmdr. Michael and Margaret Argo of Buckley Air Force Base, Colo.;

Andrew Arnold, first grade son of Air Force Capt. Lyle and Michelle Arnold of Peterson Air Force Base, Colo.;

Christina Fowler, sixth grade daughter of Army Maj. Paul and Mary Fowler of Walter Reed Medical Center, Washington, D.C.;

Randee Elaine Harvel, first grade daughter of Texas Air National Guard member Col. Don and Nan Harvel;

Kelsey Huebschman, kindergarten daughter of Coast Guard Cmdr. Mark and Patricia Huebschman of Group San Francisco, Calif.;

Greg Irwin, fifth grade son of Melody and Gregg Irwin of Carlisle Barracks, Pa., won the honorary award for a civilian family;

The winners' artwork is posted on the Armed Services YMCA website at www.asymca.org. In addition, the children whose artwork reached the final judging are listed as honorable mentions.

Since the Civil War, the Armed Services YMCA has consistently provided educational, recreational, social and spiritual programs to military members and their families. The Armed Services YMCA, an affiliate of the YMCA of the USA and headquartered in Alexandria, Va., has more than 80 program locations around the world.

CCRI

Continued from Page 3

communicate with your teacher and to send and receive all course work over the net.

You must view the videos over the television and you must have your own Internet access provider. It airs on Wednesdays from 10 to 10:55 a.m. and 6 to 6:55 p.m. beginning May 14.

Child Growth and Development Skills (The Developing Child), 3 credits — An introduction to the physical, social, intellectual and emotional growth of children. Students also explore various teaching styles for guiding the growth and development of young children.

As part of the course, students will be required to spend additional time observing and/or working with children in actual or simulated child

development settings.

It airs Thursdays from 10 to 10:55 a.m. and 6 to 6:55 p.m., beginning May 15.

Law of Contracts (Business and the Law), 3 credits — Business and the Law, as with most introductory law courses, emphasizes contracts and the legal system. By including modules on the law and sales, commercial paper, agency, and property—and examining such critical legal environment topics as government regulation, employment practices, and consumer and environment protection—students will gain a comprehensive overview of law and the world of business. It airs Fridays from 10 to 10:55 a.m. and 1 to 1:55 p.m., beginning May 16.

General Sociology (The Sociological Imagination), 3 credits — This course offers

students clues to understanding the myriad of sociological events of our time.

Through interviews with renowned social scientists and close examination of the portions of society experiencing changes. This course explores the intersection of history and biography in our society where the social conditions of the present relate to the attitude of the recent past.

It airs Saturdays 10 to 10:55 a.m. and 6 to 6:55 p.m., beginning May 17.

The telecourses run approximately 12 weeks. For more information regarding the telecourses contact CCRI at 455-6113, or go to: www.ccri.edu. You must have Newport Naval Cable TV or Rhode Island interconnect cable service to access these telecourses.

Registration

Continued from Page 3

downloaded off the NWC website, www.nwc.navy.mil.

The completed forms, plus a copy of orders, can be mailed directly to the Newport School Department well before the family arrives in town.

Williams said the new procedure benefits both the school system and families. The military family has a better chance that siblings will be placed in the same school, and the school administration can get a more accurate count of incoming students.

"This helps in their budget planning and faculty hiring decisions," Williams said. "Before, they would just take their best guess estimate."

Between 150 to 200 military families arrive every summer,

he said. The senior officers are at Fort Adams Navy Housing, but other students are spread through Middletown and Melville housing.

Bob Frizelle, Kindergarten through Grade 5 registrar in Newport and principal at Coggeshall School, agrees this will give the military families a better opportunity for better placement.

Williams said it's inevitable, given classroom availability, special education needs, and teacher union contract guidelines on class size, that families will be split up. That holds for Newport residents as well as military.

"Newport maintains classroom loading at 20 to 22 pupils per teacher, unlike other states

will load up classes mercilessly. So Newport's approach is a good thing," Williams said.

Frizelle said though there are no guarantees, every effort will be made this fall to keep siblings together at one school, he said.

If the system works in Newport, Williams hopes to broach the idea to Middletown and Portsmouth school officials.

Williams is also monitoring the accreditation process at Rogers High School, and will be meeting with the vice principal and the assistant superintendent of schools. They will look at ways military families can register their high school students for classes before arriving in Newport.

Sports

Mavericks, Draft Picks rule intramural basketball league

The Mavericks in the 18-and-Over Division and the No. 1 Draft Picks in the 35-and-Over Division won the Naval Station Newport Intramural League Basketball Tournament last week.

The results are:

18 and over Final Round

Mavericks def. Navy State, 52-39
Mavericks def. Navy State, 64-45

35 & Over Final Round

No. 1 Draft Picks def. NWC Juniors, 56-45

18 & Over Round 4

Bulldogs def. REDCOM, 49-47
Rockwilderz def. JAGS, 1-0
Navy State def. SWOS, 53-52
Mavericks def. NACC, 65-31

Round 5

NACC def. Rockwilderz, 43-31
SWOS def. Bulldogs, 59-46

Round 6

Navy State def. Mavericks, 45-42
SWOS def. NACC, 43-33

Round 7

Mavericks def. SWOS, 46-36

35 & Over Round 2

NWC Juniors def. CNW, 55-42
No. 1 Draft Picks def. NACC, 47-44

Military welcome at waste collection site

Military members are invited to contribute to the sixth annual Household Hazardous Waste Drop-off Day on Saturday, April 12, from 8 a.m. to 2 p.m. in the parking lot of the Newport Grand Jai Alai.

The drop-off is open to Newport, Middletown, Portsmouth and Jamestown residents, only. Proof of residency in the form of a driver's license or auto registration is required.

Military personnel must show a utility bill, lease or

rental agreement along with a military ID in order to use the service.

Items which will be accepted at the drop-off collection are: oil-based paints, stains, paint thinners and strippers, spray paint and other filled aerosol cans, solvents, varnishes, wood preservatives, glues and adhesives, resins, waste fuels, used motor oil, engine degreaser, brake-fluid, transmission fluid, poisons, pesticides, insecticides, weed

killers, hobby and artist supplies, cleaners, spot removers, swimming pool chemicals, dry cell batteries, car batteries, nicad batteries and propane tanks.

Items that will not be accepted include asbestos, smoke detectors, compressed gas cylinders, ammunition, prescription medicines, syringes, fire extinguishers, fluorescent light bulbs, dried latex paint, electronic or computer equipment.

Women

Continued from Page 2

ties.

Capt. Alene B. Duerk was the first woman ever to be promoted to flag rank. After reading her promotion orders and pinning on the rank insignia, Zumwalt was so excited he kissed the new admiral on the cheek.

In response to criticism, Zumwalt said, "No one gets to be CNO without kissing a few admirals," McGann said.

Duerk had been director of the Navy Nurse Corps from 1970. A native Ohioan, she was a veteran of World War II, the Korean War, and the Vietnam War. In addition to her combat duty, Duerk had been the first Nurse Corps officer to be assigned as Special Assistant to the Assistant Secretary of

Defense for Health and Environment, from 1966-1967. McGann recognized the courage of frontier women, who protected their homes every day alongside the men. She spoke of the heroines of the Revolutionary and Civil Wars.

Some women sacrificed their lives by dressing as men in order to fight in these wars, while other women served as nurses on the battlefield.

"We celebrate these women today because they made the trails," she said, "but we should also celebrate the women who follow because they will turn the trails into roads and the roads into highways and ensure that these highways stay open forever."

The Navy Band Northeast's Brass Quintet provided appropriate music and played the National Anthem and America.

Chaplain (Cmdr.) David P. Gunderlach, NAVSTA Command Chaplain, gave both the invocation and benediction.

Lt. Cmdr. Dean R. Will, Executive Officer, NAVSTA, introduced the speaker.

NAVSTA is also promoting Women's History Month with a display in the Building 690 atrium. This display includes placards showing notable women in government, industry and the military, and a continuous loop video about the accomplishments of women throughout history.

Dental

Continued from Page 5

of benefits has been reduced to just 12 months, after which 50 percent coverage for crowns, bridges, full/partial dentures and orthodontics goes into effect.

"Since the program was first introduced in 1998, Congress and the Department of Defense have steadily increased the benefits we are allowed to offer," said Lowell Daun, DDS, senior vice president for Delta's Federal Services division.

Dr. Daun notes the program continues to carry a \$50 per person, per year deductible, but now also includes a family cap of \$150 and an increased annual maximum amount of \$1,200 against which preventive and diagnostic services are not counted. Coverage for these services, as well as for basic restorative services,

periodontics, endodontics, oral surgery and dental emergencies is available immediately on the effective date of coverage. Crowns, bridges, full and partial dentures and orthodontics are available after only 12 months continuous enrollment.

As with the current TRDP, eligible retirees and their family members can find answers to their questions about the program as well as enroll using Delta's dedicated TRDP web site at www.trdp.org or by calling the toll-free number at 1-888-838-8737.

For San Francisco-based Delta Dental Plan of California and its Federal Services division based in Rancho Cordova near Sacramento, the renewal allows the division to continue its significant contri-

bution to the company's most recent growth in enrollment. The nonprofit, dental service corporation currently has a membership of nearly 16 million Americans, and over \$3.3 billion in annual revenues.

Delta Dental Plan of California is a member of a larger holding company system, formed jointly with Delta Dental of Pennsylvania and several affiliate companies, covering 18.7 million enrollees in 16 states and the District of Columbia.

Both the California and Pennsylvania Delta Plans are members of the national Delta Dental Plans Association, which collectively covers approximately 42 million Americans.

Relief

Continued from Page 2

NMCRS maintains an extensive, up-to-date referral listing of civilian services if needed.

In addition, NMCRS Thrift Shops offers nearly new uniforms, adult and children's clothing, household goods, books, toys and other items at very affordable prices.

Founded in 1904, NMCRS is a non-profit organization funded solely by donations and staffed 93 percent by trained volunteers. With the exception of the Combined Federal Campaign, NMCRS Fund Drive is the only fund raising campaign authorized

in the government workspace.

Key personnel have been identified as representative at individual commands and will contact personnel within their workspaces. Participation is strictly voluntary.

"No matter how small, your contribution will make a difference and will be greatly appreciated," said Lt. Smith.

For more information about programs or volunteer opportunities at NMCRS, contact the local branch office at NAVSTA Newport located at 1260 Peary Street at 841-7342, or visit the website at www.NMCRS.org.

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.

Our email addresses are alexanderr@nsnpt.navy.mil for the editor Richard Alexander; or christmasj@nsnpt.navy.mil, for staff writer Joy Christmas.

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FULL/PART TIME. Curves for Women, World's largest fitness organization, looking for Manager Trainee. If you are energetic, self-motivated, have personality and love to work with people, send resume to 23 Connell Highway, Newport, RI 02840. Perfect opportunity for someone returning to the work force.

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MCPON reviews Navy 'seabag'

WASHINGTON (NNS) — Task Force Uniform (TFU) met in Washington March 18 to begin laying the groundwork for an assessment of Navy uniforms and to discuss options for implementing a more professional, sensible, cost-effective set of uniforms for the

said Scott.

"We need to make sure we are addressing those concerns. Our Sailors are going to be prepared for whatever lies ahead for the future."

For the next five months, representatives from various communities in the Navy, surface forces, naval air forces, submarines, Seabees and others, will be addressing those concerns, and other issues regarding the current status the seabag and uniform regulations. The assessment is expected to end Sept. 30 with a report to be presented to the CNO in October.

The TFU's goal is to evaluate the usefulness of each item against specific factors with an eye towards minimizing the number of uniform items required, and "keep what makes sense."

Some of the issues that will be addressed: developing a working uniform that can be used at sea or ashore and across all communities; establishing a service uniform for E-1 through E-6 that can be worn year-round; streamlining the Navy Uniform Regulations to make it more

user-friendly and easy to read; and designing or redesigning uniforms to accommodate various body shapes and sizes.

USNS Comfort has full crew

ABOARD USNS COMFORT, At sea (NNS) — Navy hospital ship USNS Comfort (T-AH 20) has added approximately 800 Sailors to the crew who have been on the ship since its departure from Baltimore in January, bringing Comfort to its full operating status. The ship is now able to care for 1,000 patients at a time.

The process spanned three days with a total of six groups

making the trip from the states to Bahrain. The first of six groups made it to the ship March 7. The last group came aboard March 10.

Although each trip took about 24 hours and spanned eight time zones, most of the Sailors had already adjusted to the time change. However,

newer Sailors also have to adjust to shipboard life.

"This is my first time to ever be on a ship, but so far, I like being out here and being able to get to do my job," said Hospital Corpsmen (HN) Sarah Wilson who is working in the medical ward.

Hospital Corpsman Shawn Pattisonball has been in the Navy for eight months and agrees with Wilson. "I am working nights, so the time change actually helped me. I have also adjusted quickly to the different living conditions, and I don't mind being out here."

Navy-wide news



PH2 Richard Moore/U.S. Navy photo
A TOMAHAWK Land Attack Missile (TLAM) leaves the deck of the guided missile cruiser USS Bunker Hill recently toward a specific military target in Iraq as Operation Iraqi Freedom continues. Bunker Hill is on station in the Arabian Gulf.

fleet..

The TFU initiative began after Sailors in the fleet expressed concerns about the current status of Navy uniforms. Chief of Naval Operations (CNO) Adm. Vern Clark determined there should be an evaluation of the uniform requirements.

He tasked Master Chief of the Navy (SW/AW) Terry Scott to review the Navy's "seabag" to help meet the needs of tomorrow's Sailors.

"The rapidly changing Navy of the 21st century dictates our Sailors have uniforms that are going to provide the versatility, the durability and even the interchangeability they need,"

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