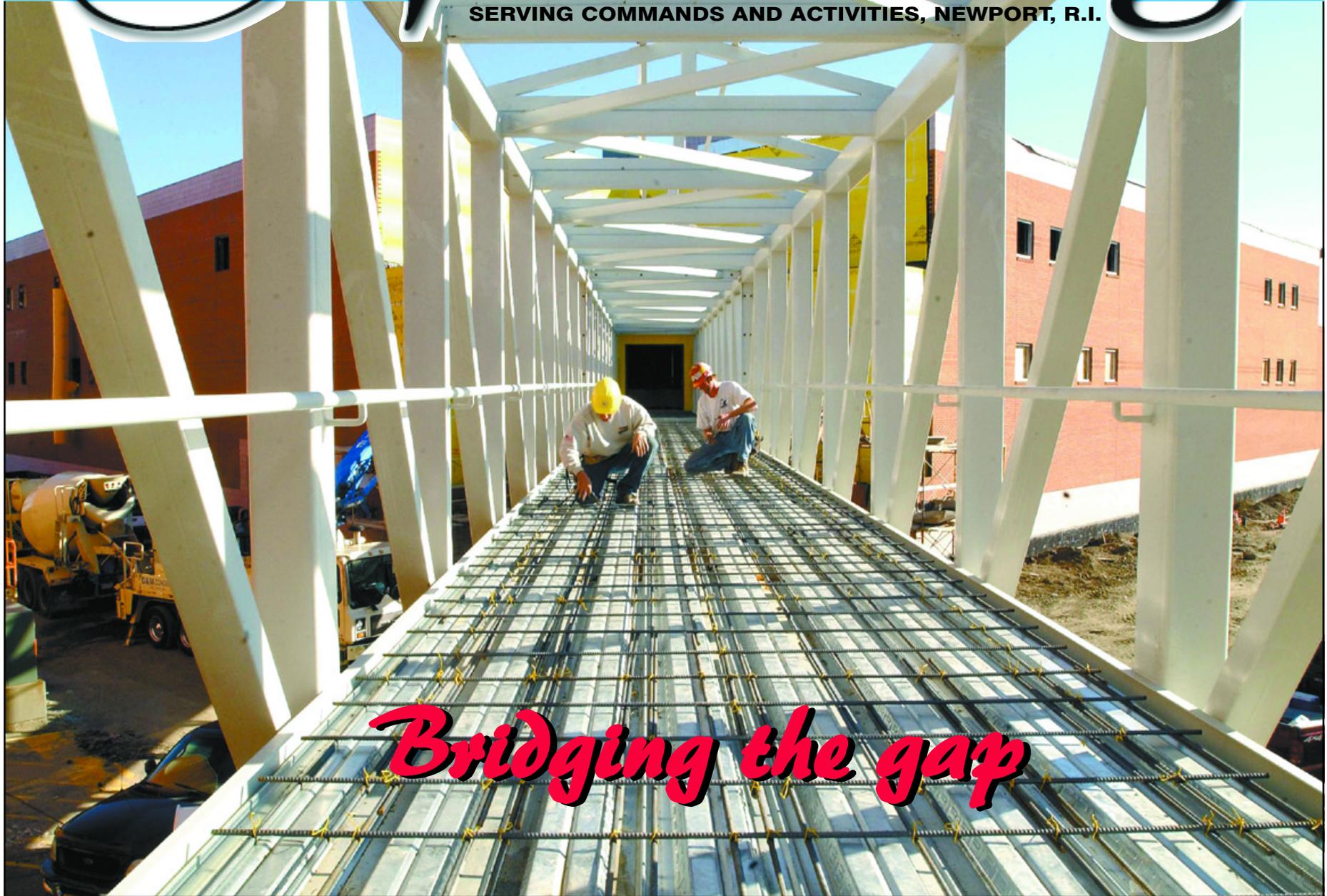


The Newport Navalog

VOL. 103 NO. 39 OCTOBER 3, 2003

SERVING COMMANDS AND ACTIVITIES, NEWPORT, R.I.



Bridging the gap

Ron Fontaine/U.S. Navy photo

ELECTRICIANS David Williams, left, and Sean Vallor look over the steel reinforcing bars or 'rebar' before concrete is poured in the skywalk to the new Applied Instruction Building at the Surface Warfare Officers School Command. The elevated pedestrian walkway will connect the new building, background, to Weakley Hall. The prime contractor is Triton Marine Construction Corp.



Fiction novel has some truth

Navy spouse, mother and author researches true breast cancer cases for her fiction novel, *First Saturday*.

— Page 2



SWOS assists special crews

SWOSCOLCOM hosts the Special Olympics Rhode Island Sailing Regatta at Naval Station Newport Marina.

— Pages 8-9



Soccer team getting kicks

Navy Academy Prep School soccer team starts off the season on a strong foot, faces Annapolis tomorrow.

— Page 12

Breast cancer interviews inject reality into fiction

By JOY CHRISTMAS

NAVSTA Public Affairs Staff

Since childhood, Rosemary O'Brien was one who loved to write. Now, a military wife and published author, she said her passion has turned into an occupation that befits the transient lifestyle of the military.

O'Brien now lives in Bristol with her husband, Lt. Alan Alfonso, a physician's assistant in the Family Practice Clinic at Naval Ambulatory Care Center, Newport, and their 4-year-old son, Nicholas.

O'Brien's book, *First Saturday*, is set in her native West Haven, Conn., and is about four women who met as freshman and went through Catholic high school together.

"After graduation they vowed to get together the first Saturday of the month," said O'Brien.

"The title is derived from the Catholic faith's first Friday," said O'Brien of the religious ritual they practiced of mandatory mass the first Friday of each month.

"They got together to solve the world's problems and their own," said O'Brien. "They were really a support system for each."

That support system was stretched to the limit when at age 35 one of the characters, Audrey, develops breast cancer. Through the series of events their enduring friendship serves to help her, her family, and each other through it.

The storyline is not far from home for O'Brien. She was actually involved in such a relationship with her high school friends growing up in West Haven.

"They say to write what you know," said O'Brien who holds a degree in English and creative writing from San Diego State University. I think I also chose West Haven because I miss it," she said of the seaside town.

O'Brien said the characters and storyline not fiction, but she hints some of her life experiences are worked into the fiction of the book.

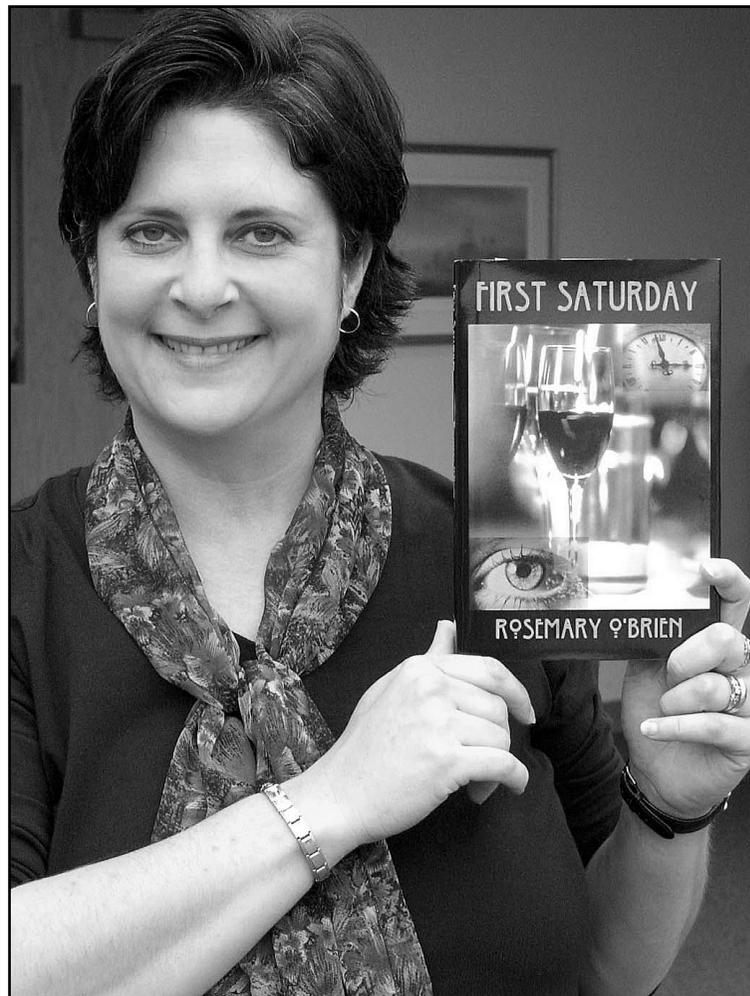
In writing about how the characters dealt with breast cancer, she first did extensive research. She attended breast cancer survivor support groups and talked with survivors. She heard first person accounts about what it is like going through it, and the aftermath.

What she found was anything but gloom, but

strength, courage, and the use of humor as a coping mechanism.

"It's a disease that touches everyone in some form or fashion. Everyone knows someone who has had it, or has been affected by it, in some sort of way," she said.

As October is Breast Cancer Awareness Month, O'Brien said she hopes *First Saturday* will enlighten others about Breast Cancer and support efforts toward a cure.



Ron Fontaine/U.S. Navy photo

Rosemary O'Brien of Bristol, a Navy spouse and published author, holds a copy of her book, *First Saturday*, about four women who have been friends since high school.

More than 500 copies of *First Saturday* have been sold since being published last October. O'Brien has appeared at book signings in Connecticut and Rhode Island and has been a guest on radio talk shows. It is available in local book stores and, for a limited time on O'Brien's website at www.rosemaryob.com.

First Saturday is not O'Brien's first work. Her first manuscript, she said, was a learning experience of what works and what doesn't. Some of her poetry has also been published.

With *First Saturday* on the shelves, another work is already forming in O'Brien's mind.

"It will be called *The Memory Book* and will be based on scrapbooking. I'm still debating, but the characters from *First Saturday* may make an appearance."

Navy Exchange unveils new look

By JOY CHRISTMAS

NAVSTA Public Affairs Staff

The expanded and renovated Navy Exchange (NEX) at Naval Station (NAVSTA) Newport will be fully operational on Oct. 8, General Manager Robin Joseph has announced.

A grand opening ceremony with ribbon-cutting will take place at 9 a.m.

The \$4.5 million project that began in the spring of 2001 nearly doubled its retail space from 25,000 to 45,000 square feet.

Most noticeable is the addition of a second floor, which houses the Infant and Children's Departments, luggage and administration spaces.

Joseph said the addition allowed the expansion of other departments, such as shoes, electronics, men's and women's clothing.

"The store now has the appearance as some of the competitive retail stores," said Joseph. "Fine jewelry is now in its own shop instead of centralized on the showroom floor."

For patron convenience, Customer Service has been moved to the front near the Mini Mart entrance. In addition, the handicapped parking spaces and ramps have been moved closer to the entrance. Two wheel chair carts are available, and approval has just come through for an electronic shopping cart that will

be available soon, Joseph said.

Blimpie Subs has also undergone refurbishing with new paint and wallpaper, and space for a T-Mobile cellular phone representative has been established.

Inside the vestibule of the main entrance a canvas mural of the Claiborne Pell (Newport) Bridge and surrounding scenery from NAVSTA will be displayed.

Outside, a new elevation to the main store, landscaping and surround lighting has been completed. The parking lot has been completely re-topped with parking spaces lined.

The Home Store will remain in the former Homemart/Auto Port on Whipple Street.

With the opening of the new store, there will be new hours of operation. The main store will be open 9 a.m. to 8 p.m., Monday through Saturday, and 10 a.m. to 6 p.m. on Sunday.

A series of sales also will start with the grand opening. NEX flyers, packed with sale-priced merchandise storewide, are available at entrance doors. Some sales will last through Oct. 13, Columbus Day.

Even without sales, NEX prices compare or beat those of other department store chains, Joseph said. If not, the NEX "We Save You Money" program will match a competitor's price. In addition, no sales tax is charged.

Navalog

Capt. Robert P. McLaughlin Jr.

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.

Procedure revised in ship firefighting

By **ENSIGN SCOTT MEIS**

Navalog contributor

Aboard ship, all hands need to be proficient as firefighters. But a new approach to shipboard firefighting, issued to the fleet in a recent revision to the *Surface Force Repair Party Manual*, recognizes that not every fire requires all hands.

The revision of the manual, announced by Commander, Naval Surface Forces, by naval message Sept. 9, reorganizes shipboard damage control to make it more efficient, align best practices and policy, and give commanding officers more options in responding to damage,

such as fires and flooding.

"In the past, if there was a small fire aboard a ship, they would call away the 'flying squad,' and investigators would make the decision whether they would be able to handle it or not," said Senior Chief Damage Controlman (SW) Terry Nash, the damage control expert on the Naval Surface Force staff. "If they couldn't handle it themselves, the only option for the CO would be to call away general quarters (GQ)."

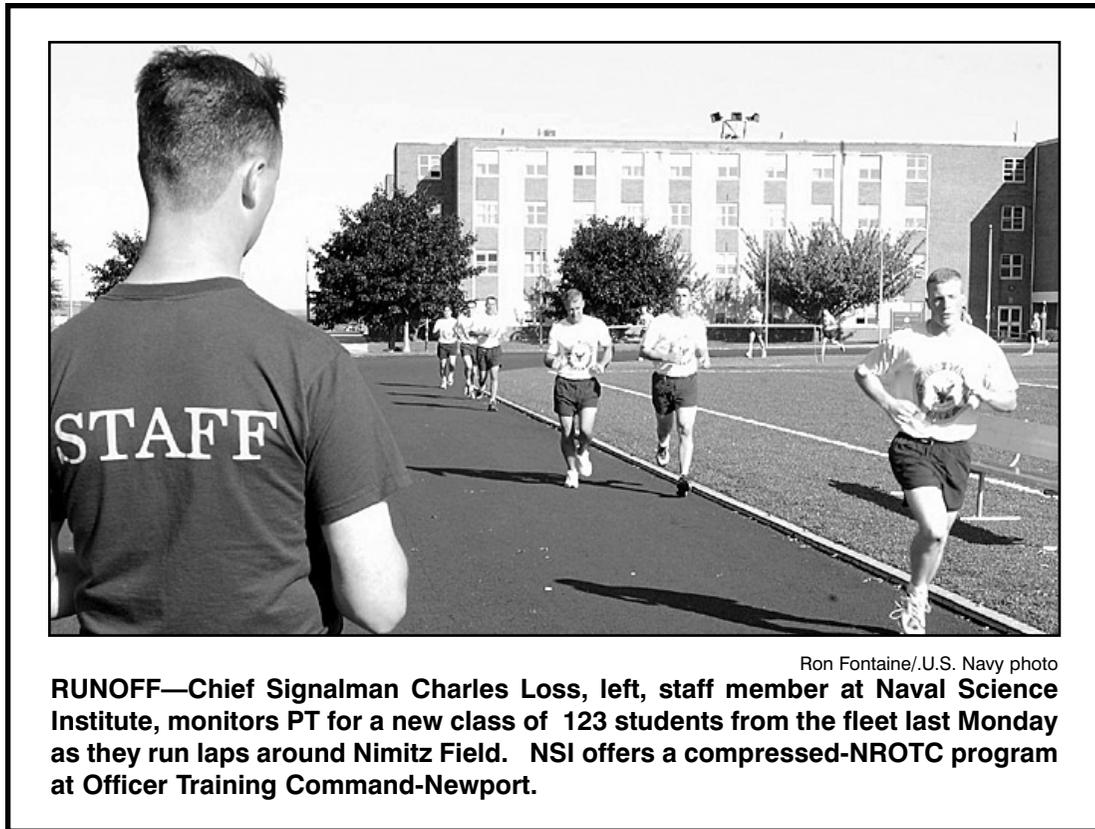
All hands would then get involved, according to Nash, and it would take between 7 and 10 minutes to set boundaries dictated by condition

FIREFIGHTERS, Page 13



Ron Fontaine/U.S. Navy photo

HOT STUFF — Surface Warfare Officers School students practice shipboard firefighting at Officer Training Command-Newport's Fire Fighting School trainer on Burma Road.



Ron Fontaine/U.S. Navy photo

RUNOFF—Chief Signalman Charles Loss, left, staff member at Naval Science Institute, monitors PT for a new class of 123 students from the fleet last Monday as they run laps around Nimitz Field. NSI offers a compressed-NROTC program at Officer Training Command-Newport.

Newport Naval Cable TV

Naval Station Rota popular duty station

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 show:

—See how the Navy and Marine Corps "weathered the storm" that battered the Eastern Seaboard — Hurricane Isabel.

— We'll take you to Rota, Spain, for a historical look at the U.S. Naval installation there.

— Air Operations make up an integral part of Naval Station

Rota's primary mission. **Health and Wellness Videos** 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 Oct. 3, learn more about *Alcoholism* and *Alzheimers' Disease*. If interested in classroom/video programs or in participating in the Health Promotion Action Council, call Health Promotion Department at 841-6777.

Fair focuses on disability awareness

By **BOB KREKORIAN**

NAVSTA Public Affairs Staff

Naval Station (NAVSTA) Newport's Equal Employment Opportunity (EEO) Committee will sponsor the third annual Disability Awareness Fair on Oct. 22 from 11 a.m. to 2 p.m. at the Officers' Club.

This year's theme is "America Works Best When All Americans Work."

At least 48 vendors and organizations that provide services

for those with disabilities will attend. The fair is free and open to the public.

The fair will serve as a vehicle to provide the public and the NAVSTA Newport workforce with informational displays of various products and services for persons with disabilities.

"The goal of the fair is to raise the level of awareness about disabilities in the workplace and the appropriate accommodations that can be made," according to Kathryn

Allen, chairperson of the event.

In 1990, President George W. Bush signed the Americans with Disabilities Act (ADA) into law.

"People with disabilities do have the ability to work and enjoy life," Allen said. "There are many organizations out there that can help with making accommodations in the workplace," she said.

For more information, contact Ms. Allen at 841-4875.

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Engineer at NUWC recognized

The National Defense Industrial Association (NDIA) has named Philip Tabor of Barrington, an engineer at the Naval Undersea Warfare Center Division, Newport, as a recipient of its Bronze Medal. The NDIA Bronze Medal recognizes outstanding individual achievements in science or engineering in the field of undersea warfare.

Throughout his 36-year career at Division Newport and its predecessor organizations, Mr. Tabor has made significant and lasting contributions to undersea warfare through his leadership, superb **TABOR, Page 13**



AIR FORCE AWARDS – Lt. Col. Cyril Rourke, left, U.S. Air Force Academy and admissions director for Rhode Island, presents a Certificate of Appreciation on Sept. 19 to Carol Gray, Combined Bachelor Housing Reservations, and Bob Krekorian, right, Naval Station Newport Public Affairs Office, for their continued efforts in support of the academy's annual regional Liaison Officer Conference here on Sept. 20. Lynda Buechner, CBH front desk supervisor, and Lisa Silvia, CBH reservations, were also recognized.

Ron Fontaine/U.S. Navy photo

Women engineers honor executive

Gerald Exley of Baltic, Conn., head of the Communications Systems Division in the Naval Undersea Warfare Center Division (NUWC), Newport's Submarine Electromagnetic Systems Department, has been selected as the recipient of the Society of Women Engineers' (SWE) Rodney D. Chipp Memorial Award.

The Chipp Memorial Award recognizes an individual who has contributed significantly to the acceptance and advancement of women in the engineering field. Achievements that merit this recognition include increased hiring

or promotion of women engineers, fostering an environment supportive of women engineers, and related efforts in the advancement of women in technical fields.

During his 20-year career at Division Newport, Dr. Exley has earned a reputation as an authority in submarine com-



Gerald Exley

munications.

Complementing his technical prowess is his progressive management style and outstanding leadership qualities, which have greatly benefited the staff members under his direction.

He is also credited with several "firsts," such as hiring the first female deputy program manager, the first female program manager, and the first and second female division-level staff members in his department.

Dr. Exley will be presented with the Chipp Award on Oct. 10 in Birmingham, Ala.

Navy Lodge targets business traveler

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"Navy Lodges have some of the best guest service in the hospitality world," said Charity Lane, Navy Lodge Newport. "Try us on your next trip and let me know how we did."

To receive a Navy Lodge

directory or to make a reservation, call 1-800-NAVY-INN, 24 hours a day, seven days a week. Once you make a reservation, you cannot be bumped from your room. Reservations and room assignments are accepted on an as-received basis without regard to rank, rate or time of reservation.

Reservations can be made through website at www.navy-lodge.com, which gives a listing of each Navy Lodge location complete with directions and phone numbers, or just stop buy your local Navy Lodge.

Red Cross honors McGann's efforts

PROVIDENCE — Retired Rear Adm. Barbara E. McGann, executive director of the R.I. Chapter, American Red Cross, was honored with The Lifetime

Achievement Award last Friday at the Providence Tourism Council's Celebration of Women Awards Breakfast.

The breakfast, held at The Biltmore

Hotel, recognized McGann for her outstanding career and personal accomplishments.

Born and raised in Newport, McGann is a 32-year veteran of the Navy, most recently as

Provost at the Naval War College. She oversaw the college's academic and research programs, as well as a world-renowned faculty.

In July 2002, McGann was named to the Red Cross position, and is responsible for the overall management and direction of one of the 100 largest Red Cross chapters in the country.

The decision to select McGann as an honoree "was easy," said George Donnelly, Executive Director of the Providence Tourism Council, "given all that happened in Rhode Island this year with the (Station) nightclub fire and the (Iraq) war." He noted that these events "affected every single Rhode Islander and the Red Cross has been there to comfort and provide help."



Barbara McGann



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Manage your money, attain financial goals

A representative from the Navy Federal Credit Union will conduct a Money Management workshop at the Fleet and Family Support Center on Tuesday, Oct. 7, from 11:30 a.m. to 1 p.m.

Learn how to attain your financial goals by transforming your checkbook into a person-

Fleet and Family Support Center

al 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.

Learn to invest for retirement — This workshop is being held at the Fleet and Family Support Center on Wednesday, Oct. 8, from 3 to 4:30 p.m. Retirement investment strategies can provide the creative solutions you need to manage your investments during retirement.

Class will begin by addressing the four biggest areas of concern you face during retirement — taxes, inflation, investment portfolio management, and outliving your retirement income. Call 841-2283 for more information and to register.

Who's teen is this? — Do you ever wonder, "What has happened to my child? He/she is angry, sultry, withdrawn, excitable, contrary and unreasonable. "Sometimes I cannot understand the decisions he/she makes. Who would dress like that and say it was "cool"? Why won't they listen any more? Who are these other children they hang out with?"

"Why won't they go to family activities anymore? What are they doing when they stay out so late?" What is adolescence and who asked for it anyway?"

Learn the answers to these questions and how to handle others.

We will discuss and share your concerns and learn some ways to tackle them. This group will be led by a licensed social worker, and will meet for three consecutive weeks, beginning on Tuesday, Oct. 14, from 2 to 3:30 p.m., at the Fleet

and Family Support Center.

Keep good credit — Good credit is an important part of financial planning. Establishing credit, correcting credit problems, and rebuilding good

credit are important skills. Credit reports are used not only by banks, loan companies, and credit card companies, but also by rental property agencies, potential employ-

ers, and can be part of a job security clearance process.

A representative from the Navy Federal Credit Union will be conducting this program at the Fleet and Family Support

Center on Oct. 21, from 11:30 a.m. to 1 p.m. Hear how to order your credit report to use with the follow-on class, *Reading Your Credit Report*, scheduled for Nov. 13.



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What's going on

Annual fair celebrates the harvest

MIDDLETOWN — The 29th annual Harvest Fair begins tomorrow through Sunday, 10 a.m. to 5 p.m., at the Norman Bird Sanctuary. This local celebration of nature and the season's harvest offers good wholesome, down-to-earth family fun for all ages.

Enjoy entertainment, pony rides, competitive field games, crafts, home grown/made vegetable, flower, baking, cooking and creative craft competitions. Admission is \$5 for adults and \$2 for children. Call 846-2577 for more information.

TODAY, Oct. 3

- Armed Services YMCA (846-9622):

- Couples Scrapbooking, 6 to 9 p.m.

- Lovers' Night Out, 6 to 9 p.m.

- Soup kitchen at Martin Luther King Center, 8:30 a.m., Dr. Marcus Wheatland Boulevard, military volunteers welcome.

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

- Star Gazing session, Norman Bird Sanctuary fields, Norman Bird Sanctuary, 8 p.m.

- Recreation Center movie night. Shown upon request beginning tonight: *Reversal* (PG-13); *Rent Control* (R).

- Haunted Newport 2003. A month of Halloween activities throughout Newport County, including ghost and vampire tours, haunted hayrides, Halloween parties, Metaphysical Faire, horror film festival and more. Call 846-9884, or visit www.hauntednewport.com.

SATURDAY, Oct. 4

- Naval Academy Prep School Soccer team vs. Mitchell College, 1 p.m., Nimitz Field, Naval Station Newport.

- Naval Reserve Readiness Command, Northeast, change of command.

- "Jocks Filling Socks," Newport Police vs. Naval Station Newport softball, Toppa Field, 3 p.m.

SUNDAY, Oct. 5

- Chapel of Hope Sunday worship services:

- Protestant service, 8 and 10:30 a.m.

- Catholic mass, 9 a.m. and noon.

- Naval Academy Prep School football at U.S. Naval Academy junior varsity, Annapolis, Md.

- Sunday bowling, Seaview Bowling Lanes, Building 656, \$7 per person, two-person minimum per lane.

MONDAY, Oct. 6

- Military change to winter uniforms



Roger Williams Park Zoo photo

SPOOKY SHOW — Intricately carved pumpkins will be part of the Jack O' Lantern Spectacular which returns to Roger Williams Park Zoo, Oct. 9 to Nov. 2. The third annual Halloween attraction features 5,000 pumpkins, along a three-acre woodland trail, with special lighting and eerie music.

- 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.

TUESDAY, Oct. 7

- Navy Choristers rehearsal, 6:15-8:45 p.m., Quinn Lecture Room at Naval War College. Call 847-4256 or 423-3523 for more information.

- Money Management, 11:30 a.m. to 1 p.m., Fleet and Family Support Center. Call 841-2283 to register or for more information.

- Intermediate Weight Training for Women, 9 to 10:30 a.m., Gym 109. \$10 per person. Call 841-3154.

- Pre-school Story Hour, 10:30 to 11:30 a.m., Norman Bird Sanctuary. Call 846-2577.

- Officers' Club movie night at 6 p.m., *The Italian Job* (PG-13); 8 p.m., *Wrong Turn* (R).

WEDNESDAY, Oct. 8

- Grand opening, Newport Navy Exchange, Navy Birthday week specials, prizes, chance drawings, gifts, refreshments, 9 a.m.

- Armed Services YMCA (846-9622):

- Parents' Time Out, 9 a.m. to noon.

- Adult Beginner Sewing, 9 a.m. to noon.

- Big Kids Scrapbooking, 3 to 5:30 p.m.

- Fleet and Family Support Center Retirement Investment Strategies, 3 to 4:30 p.m.

- Preschoolers (ages 3-5) with Parents (Session A), 1 to 2 p.m., Norman Bird Sanctuary. One-hour hands-on programs to engage preschoolers to the wonders of nature. Also, Oct. 15. Call 846-2577, or visit www.norman-birdsanctuary.org for more information.

THURSDAY, Oct. 9

- Armed Services YMCA (846-9622):

- Fitness Hour, 9 to 10:30 a.m.
- Kids Sewing, 2:30 to 4 p.m.; and 4 to 5:30 p.m.

- Jack O' Lantern Spectacular begins through Nov. 2, Roger Williams Park Zook, Providence. Over 5,000 pumpkins carved by more than 30 professional pumpkin carvers aglow a three-mile wooded path at the zoo.

- Soup kitchen, 8:30 a.m., Martin Luther King Center, Dr. Marcus Wheatland Blvd. Military volunteers welcome; 5 p.m., St. George's Church, Rhode Island Avenue, Newport.

Upcoming:

- Oct. 10 — 228th Navy Birthday Ball, 6 p.m. to midnight, at the NAVSTA Officers' Club. All hands are invited.

- Oct. 13 — Columbus Day holiday

- Oct. 13 — U.S. Navy's 228th birthday

- Oct. 13 — U.S. Naval Academy Glee Club performs patriotic music, sea chanties, barbershop quartet, classical music and Broadway music, 7:30 p.m., Spruance Hall Auditorium, Naval War College.

- Oct. 15 — American Red Cross Community First Aid and Safety Course, 6 to 10:30 p.m. \$55 includes all course materials. Call 846-8100 for more information.

- Oct. 18 — Guided missile destroyer Chafee commissioned into service, 11 a.m. Pier Two, Naval Station Newport.

- Oct. 22 — Disability Awareness Fair, 11 a.m. to 2 p.m., Naval Station Newport Officers' Club. Information and displays of products, services and equipment that grants access to persons with disabilities to contribute in the workplace.

- Oct. 28 — Health Care Consumer Council Meeting, 1 p.m., Naval Ambulatory Care Center, Newport conference room.

USNA Glee Club plans Navy birthday concert

The Naval War College will celebrate the Navy's birthday in grand style as it welcomes the Naval Academy Men's Glee Club to Spruance Auditorium on Monday night, Oct. 13, at 7:30 p.m.

The Naval Academy Men's Glee Club is one of America's premier men's choral groups, and the program will feature an evening of fine music and entertainment with a nautical flair featuring sea chanties, Broadway music, barbershop harmony, popular music of the past and present, patriotic selections, and fine classical choral music.

The Naval Academy's Men's Glee Club is the largest and most active musical organization at the Academy. In recent years, the Glee Club has appeared on several network television shows, including A Presidential Inaugural Gala (CBS), Kennedy Center Honors (CBS), Christmas in Washington (NBC and TNT), The Today Show (NBC) and Good Morning, America (ABC).

They also participate in annual performances of Handel's *Messiah*, which are televised nationally on PBS.

Among the more notable recent Glee Club appearances have been concerts in Washington's Kennedy Center, Dallas' Morton Meyerson Symphony Center, San Diego's Copley Symphony Hall, a concert with the Boston Pops, a

sold-out performance in New York's Avery Fisher Hall at the Lincoln Center, and a two-night series last Fall in Charlotte with the Charlotte Symphony Orchestra.

International performances include a 1996 Tour in Ireland and a 1999 European Tour to Rome, Brussels and London.

Don't miss this opportunity to hear one of America's favorite choruses at their very best, performing a program of fine music and entertainment for all to enjoy.

The performance is open to anyone who has access to the Newport Naval Station or an invitation to the event. For further information on the performance, call (401) 841-2220.

Parking is available on New Hampshire field and at the Officers' Club.

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Police face military in softball tilt

The Newport Police Department and military members at Naval Station Newport will square off in a softball game, "Jocks Filling Socks," Oct. 4 at 3 p.m. at Toppa Field behind the International Tennis Hall of

Special events

Fame, Bellevue Avenue.

All Sailors, Marines and Department of Defense

personnel who work at Naval Station Newport are invited and encouraged to participate.

Capt. Chris Silvern, Commanding Officer, MARDET, hopes to form the team. The MARDET Color Guard will parade the colors.

All proceeds from the game will support troops that have either served or are currently serving in Iraq. Specifically, the funds raised will be used to send over socks stuffed with toiletries and snacks for U.S. troops.

Admission is free but voluntary donations in a military steel pot will be collected at the gate.

Those interested should contact Marine Capt. Tom McGee at 841-2759 for directions and information. The police contact is Officer Kevin Parsonage who can be reached at 338-6724.

Birthday Ball welcomes all

Tickets are now on sale for Naval Station (NAVSTA) Newport's celebration of the 228th year of the establishment of the Navy (officially Oct. 13), with a gala birthday ball on Friday, Oct. 10, at the Officers' Club.

All hands are welcome and encouraged to attend.

The evening will begin with a cash bar cocktail hour with hors d'oeuvres at 6 p.m., followed by dinner. Entrée selections include prime rib, chicken portabella or grilled vegetable past primavera (vegetarian option). All will be served with garden salad potato, vegetable, rolls and butter.

Highlights of the celebration will include toasts to the nation and the Navy, and a ceremonial birthday cake cutting by the youngest and eldest guest attending.

The Navy Band North Showband will provide music for the evening, and a photographer will be available to take formal portraits throughout the evening.

Tickets are as follow:
\$25 for E-6 and below/GS-5 and below;
\$38 for E-7 through 0-3/GS-6

the GS-11

\$45 for 0-4 and above/GS-12 and above

Attire for the evening will be dinner dress blue or dinner dress blue with jacket for military personnel, and formal or semi-formal for civilian guests.

Tickets are available at the Officers' Club, Building 95.

Market yourself for next career

Transitioning from the military to the civilian work force can be an overwhelming experience.

"Buzz" Buse, deputy director, Officer Placement Service for the Military Officers Associ-

ation of America (MOAA), will head a seminar that will help ease some of the anxiety for employment.

The free 2 1/2 hour presentation, "Marketing Yourself for a Second Career," will be held on Friday, Oct. 17, from 9 to 11:30 a.m., at the Weakley Hall Auditorium.

"This plan meets my goals in life: simplify, simplify, simplify."

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

- Major Fred Ritvo, US Army Ret.
US Family Health Plan member;
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At US Family Health Plan, we've been providing health care for military families for over 20 years, earning high patient satisfaction ratings for care and service.

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

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



Special Olympians set sail for medals



TAKING THE OATH — Special Olympian Henry Moretti, left, joins Capt. Mark Buzby, Commanding Officer, Surface Warfare Officers School Command, to recite the Special Olympics oath during opening ceremonies on Dewey Field. Looking on is Senior Chief Quartermaster Mike Jones, right, regatta coordinator,

LAND, HO — Chief Navy Counselor (SW) Martha Lara, right, recovers a Rhodes 19 as it returns to the Navy Sailing Center after a day of racing in the Special Olympics Rhode Island Regatta last Saturday.



By YNC GINAMARIE DOHERTY
SWOSCOLCOM Public Affairs Officer

The eighth annual Special Olympics Rhode Island Sailing Regatta was held last weekend at Naval Station Newport. Capt. Mark H. Buzby, Commanding Officer, Surface Warfare Officers School Command, conducted the opening ceremonies on Dewey Field on Saturday morning. SWOSCOLCOM is the sponsor for the annual regatta.

After the color guard presented the colors, Capt. Buzby joined athlete Henry Moretti as they recited the Spe-

cial Olympics Oath together, "Let Me Win, But if I cannot win, Let me be Brave in the Attempt. That declared the regatta officially open.

Symbolizing the Flame of Hope, Olympian Judy Merriwhether escorted by Aviation Electrician's Mate Second Class Teresa Pickard of the Broaden Opportunity for Officer Selection and Training (BOOST) carried the torch into the ceremony to kick off the weekend of sailing.

Saturday's weather provided excellent sailing conditions for the 90 athletes representing teams from as far away as Virginia and the greater New

England area as they competed for the Gold, Silver and Bronze Medals in each division.

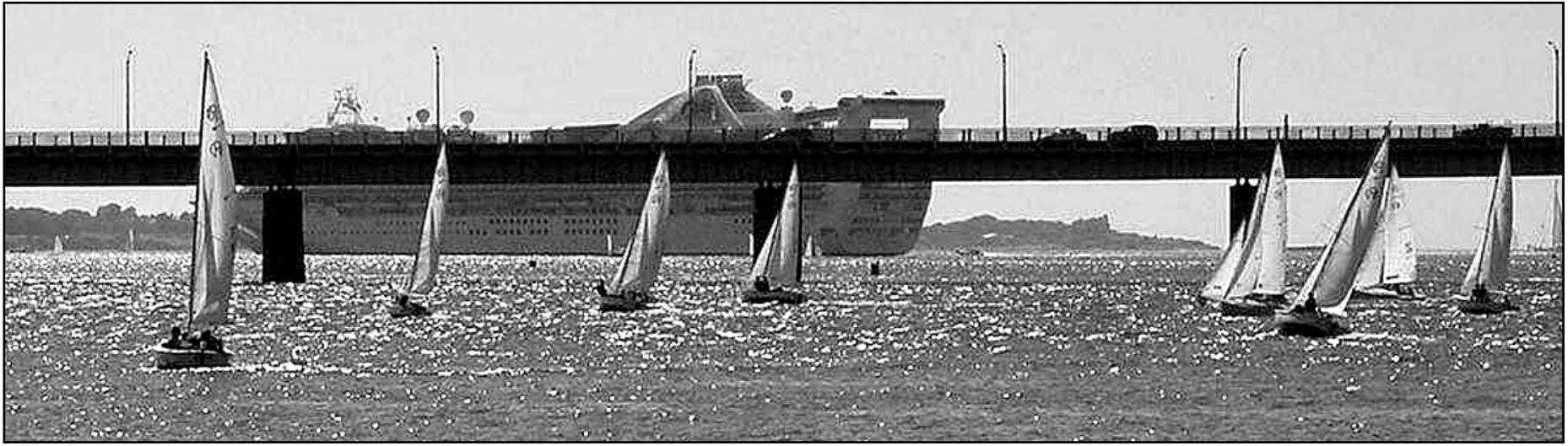
Sunday's fog, clouds and the ominous forecast of thunderstorms didn't deter the athletes' wishes to be on the water.

The unified sailing teams put in outstanding performances at the tiller of the 19 foot Rhodes sailboats, and all scheduled races were completed. Gold medals were won by Ney Hall employees Merriwhether and Michael Heins, and a silver medal went to Steve Drew. They are trained by the James L. Maher Center.

The Coasters' Harbor Island Yacht Club and the volunteer coaches and assistants from the local commands, trained weekly with the Rhode Island teams all summer in preparation for the regatta. The Navy Sailing Center provided boats for the race.

The Yacht Club members served as the Race Committee, and the SWOS command staff served as volunteers, working with the Olympians.

A dinner dance was held on Saturday evening at the Ida Lewis Yacht Club, but Sunday's cookout was canceled because of rain.



THE 951-foot liner Golden Princess from New York, moored south of the Pell Bridge, frames the Special Olympics Rhode Island Regatta fleet in Narragansett Bay.



COLOR GUARD presents the colors for opening ceremonies on Dewey Field. From left are Operations Specialists First Class (SW) William Garbe and William Winders, Yeoman Third Class Zach McKinley and Sonar Technician G First Class (SW) Christopher Beuligmann.



PETTY OFFICER Second Class Theresa Pickard helps a unified sailing team get underway at the Navy Sailing Center, Naval Station Newport Marina.



THE WINNERS — Special Olympics Rhode Island Regatta sailors, who work at Ney Hall Galley, pose their medals. Front row, from left, are Steve Drew, silver; Judy Merriwether, gold; and Michael Heins, gold. Ney Hall staff who volunteered to help with event are, back row, from left, Lt. Louis Franklin, Art Dumond, and Mess Management Specialists Second Class Broadus Brooks and Bryan Houser.

YNC Ginamarie Doherty and Ron Fontaine/
U.S. Navy photos



ROSE ISLAND Lighthouse is framed by sailboats in the regatta heading to leeward.



TONIGHT'S THE NIGHT FOR BLUES — The legendary jump-blues band, Roomful of Blues, returns to Rhode Island tonight for a repeat performance at the Officers' Club. Doors open at 6 p.m.; music begins at 7. More information this page.

Naval Station Newport Dining

Watch football at the clubs

Looking for the best place to watch the game on Sunday? Head over to the Topside Pub, at the Officers' Club or the Enlisted Lounge at the Recreation Center and you can see great games every Sunday!

The Morale, Welfare and Recreation Department clubs have your NFL Sunday Ticket to see all the teams, all the plays, and all the action! The doors open at both locations at noon, so head over and grab your seat early!

The pub menu is available from noon to 7 p.m. at both facilities. As always, free peanuts and popcorn are available at the Topside Pub, and patrons can enjoy free hot dogs at half time at the Enlisted Club.

For more information, call the Officers' Club at 841-4821 or the Enlisted Club at 841-2575.

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 with complimentary hors d'oeuvres in the Topside Pub from 5 to 7 p.m. Order your favorite beverage or something from the pub menu, available until an hour before closing.

Saturday: Topside Pub 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.

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

Roomful of Blues to play O'Club: Legendary jump-blues band, Roomful of Blues returns to Rhode Island for a repeat performance at this spectacular Oktoberfest event at the Officers' Club tonight!

The doors, beverage stations and concessions open at 6 p.m. and delicious, authentic German delicacies will be available. Roomful takes the stage at 7, so come early, eat, drink and get a good seat, because this event is sure to sell-out!

Advance tickets for this extraordinary show are now on sale at the Officers' Club Gift Shop for just \$10 each. Tickets will also be available the night of the show for \$12 each. Tickets for children ages 4 to 12 cost \$5 a piece and children under 3 are admitted free. Purchase tickets by phone using Visa/MasterCard by calling 846-7987. Don't miss this outstanding musical event—order your tickets today.

For more information on Roomful of Blues visit their website at www.roomful.com.

Enlisted Lounges

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

New hours of operation: The Enlisted Club is open 11 a.m. to 11 p.m., Monday to Saturday and from noon to 6 p.m. on Sunday. The CPO Lounge is open Monday through Thursday, 4 to 9 p.m. and Friday, 4 to 11 p.m., 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.

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

Tonight: Kick off the weekend with a rockin' good time! Head over to the Recreation Center, Building 656, every Friday and kick off the weekend with a fabulous TGIF party!

Starting at 5 p.m., you are invited to enjoy complimentary hors d'oeuvres, sip refreshing beverages, and listen to the coolest tunes, spun by a DJ from "Get With it Productions."

Information, Tickets and Travel

Take a chance to win two Six Flags tickets

Are you ready to see haunted attractions, have spooky experiences, and go on some bone-chilling rides? Six Flags New England, in Agawam, Mass., has been transformed into a haunted theme park until the end of their season on Sunday, Nov. 2!

The Morale, Welfare and Recreation Information, Tickets and Travel, Building 656, will be having a drawing on Wednesday, Oct. 15, for a chance to win two free tickets. There is no purchase necessary to win, so stop by ITT today and fill out an entry form!

For more information, call 841-3116.



Providence Bruins vouchers available

The Information, Tickets & Travel Office, Building 656 has discount ticket vouchers for all regular season Providence Bruins home games. The vouchers cost just \$13 each and are easy to redeem—simply take them to the Dunkin' Donuts Center Box Office or redeem by mail for the best available seating.

These vouchers would make a terrific gift for the sports fan in your family, but at just \$13 each there doesn't need to be a special occasion! Stop into the ITT Office and pick up your vouchers and a game schedule today! For more information, call 841-3116.

Andrea Bocelli tickets available

Don't miss your chance to see Italian tenor, Andrea Bocelli in his only area performance on Sunday, Nov. 23, at the Dunkin' Donuts Center in Providence.

The MWR Information, Tickets and Travel Office, located in the Recreation Center, Building 656, has your tickets to see this international singing sensation in a spectacular pre-holiday concert event. Tickets are \$78 each for the 8 p.m. show, which also features the World Festival Symphony.

For more information or to purchase tickets, visit the ITT Office or call 841-3116.

Auto Skills Shop

Back to school auto safety

School is back in session and that means that children will be on the roads early in the morning walking to school or catching the school bus.

Have you checked your tires and brakes recently to ensure that you can stop quickly should a child dart out in front of you? The auto professionals at the Auto Skills Shop, Building 304, can rotate and balance your tires, ensuring that you are getting the best traction and even wear and tear.

They can also turn your brake drums and cut the brake rotors on your vehicle. The retail shop can order parts for you and the staff can answer questions or offer professional advice on your vehicle.

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

Leisure

Bowling

(Building 656, 841-4293)

Fall bowling hours: The Seaview Bowling Center, Building 656 announces the following fall operating schedule: Monday 5 to 9 p.m. Tuesday through Friday, 5 to 10 p.m.; Saturday and Sunday, 1 to 7 p.m. Rock and Bowl, every other Saturday, 8 to 11 p.m.

For more information, call the Bowling Center at 841-4293, during business hours.

Specials:

- **Rock and Bowl:** Every other Saturday night beginning at 8. Cost is just \$7 per person. Bowl a strike when the head pin is red and you will win a prize! It's rocking, it's rolling, it's bowling and it's a blast! The next Rock and Bowl night is, tomorrow night, Oct. 4.

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

- **Bowling birthday parties** available Saturdays and Sundays and include reserved lanes with or without bumpers. A party table with chairs is also included. Cost is just \$5 for each child, including shoe rental.

- **Bumper bowling** is always available.

Youth/special fitness activities

(Gym 109, 841-3154)

- **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 that 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 6 p.m.; closed weekends and holidays.

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 Saturday, 11 a.m. to 9 p.m. and Sunday, 1 to 6 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**, Oct. 11, 8 p.m. Showcase your talents with golden oldies, country hits, and of course, today's top tunes, beginning at 8 p.m. No cover charge, open to all hands. Offered every other Saturday night.

Naval Station movies

- **Officers' Club**, on Tuesday, Oct. 7: 6 p.m., *The Italian Job* (PG-13); 8 p.m., *Wrong Turn* (R).

- **Recreation Center:** The following movies are shown upon

request beginning tonight: *Reversal* (PG-13) and *Rent Control*(R).

Swimming

(Pool 307, 841-6628)

•Recreational Swimming:

- **Active duty only Lap Swim:** Monday through Friday, 11 a.m., to 12:15 p.m.

- **Lap Swim** for all authorized patrons (fees apply), Monday to Friday, 12:15 to 1 p.m.; Monday through Thursday, 3 to 6 p.m.; Friday, 3 to 4:30 p.m.; Saturday, 9 a.m. to 1 p.m. and Sunday, noon to 3 p.m.

- **Open Swim** for authorized patrons (fees apply), Monday and Wednesday, 3 to 6 p.m.; Friday, 3 to 4:30 p.m.; Saturday, 9 a.m. to 1 p.m., and Sunday, noon to 3 p.m.

- **Family Fun Swims**, Friday, 4:30 to 6 p.m. and Sunday, 3 to 5 p.m.; \$5 per family. Have a splashing good time with your air mats, wacky noodles and lifeguard-approved toys.

• Pool 307 swimming lessons:

Swimming lessons are now offered for swimmers of all experience levels. Lessons, which cover elementary swimming skills and basic water safety, are available to children as young as age 3.

Session Two runs from Oct. 13 to Nov. 6, (Registration began on Sept. 29.)

Session Three runs from Nov. 17 to Dec. 18, (Registration begins Nov. 3.)

Lessons cost \$50 for 8 classes that meet twice a week.

PRE-SCHOOL, age 3 to 5: Child learns basic water safety, how to use a kickboard, and the supported back float. Child will also be introduced to getting head wet and going into the deep end with instructor's help to get more comfortable in the water.

Participants will wear floatation devices (bubbles) only when necessary. (Monday and Wednesday 3:30 p.m. to 4 p.m., 4:30 to 5 p.m., 5 to 5:30 p.m. or Tuesday and Thursday 4 to 4:30 p.m.)

LEVEL 1, age 6 and up: Participants have had limited or no prior swimming instruction. Learn to glide with face in water while kicking, also how to use arms for backstroke. Child will also learn how to dive down to retrieve an object from the bottom of the pool.



YOUNGSTERS inch their way across the suspended monkey bridge at the Aquidneck Island Harvest Fair at the Norman Bird Sanctuary in Middletown. The fair returns this weekend.

Harvest Fair offers old-time country fun

MIDDLETOWN — The granddaddy of old fashioned country fairs returns this weekend to the Norman Bird Sanctuary on Third Beach Road.

From hay and pony rides to pumpkin painting and children's crafts, the accent is on down home, barefootin' pleasures at the 29th annual Aquidneck Island Harvest Fair, Oct. 4 and 5.

Military families new to the area are welcome to experience the Sanctuary's biggest annual fund-raiser, that last year attracted 15,000 people.

Kids of all ages will cross the Monkey Bridge, a suspended rope catwalk; and brave the infamous Mud Pit, where two opponents straddle a greased log for a duel to the finish in the muck below.

A 24-foot rock climbing wall,

sack races and tug-of-wars, children's games, face painting, a midway with dunk tank, and civic exhibits round out the recreation.

The popular bluegrass Fourth Street String Band will perform on Saturday. Sunday will feature singer/songwriter Bob Kendall. Children's entertainment includes daily shows by the Roger Williams Zoomobile and the R.I. Storytellers. Popular entertainers, Jackson Gillman, John Tierney and Don Donegan are also scheduled to perform.

In addition to a raffle for outdoor equipment, fair goers can browse the Sanctuary's Country Store filled with jams, baked goods and penny candy. An outdoor marketplace will feature more than 60 local art-

FAIR, Page 13

Gear Rental

Pedal into fall fun

Cooler autumn weather is perfect for bicycling! Morale, Welfare and Recreation's Gear Rental, located in Building 303, has bicycles for rent, complete with a helmet and lock for just \$11 per day for active duty or military retirees and just \$12.25 per day for DoD civilians. For more information, call 841-2568.

Fall is time to re-seed lawn

Gear Rental, located in Building 303, has all your lawn and garden equipment needs! Rent a rototiller and put in that new lawn this fall.

Great selections of gardening tools are also available for rent. Why buy when you can rent at affordable rates right here on base? For more information, call 841-2568.

Sports

NAPS soccer gets off on strong foot

By **PATRICK MARTINEZ**
Naval Academy Prep School

For the second straight year, the Naval Academy Preparatory School (NAPS) has fielded an outstanding soccer team. It has won two out of its first three matches this year.

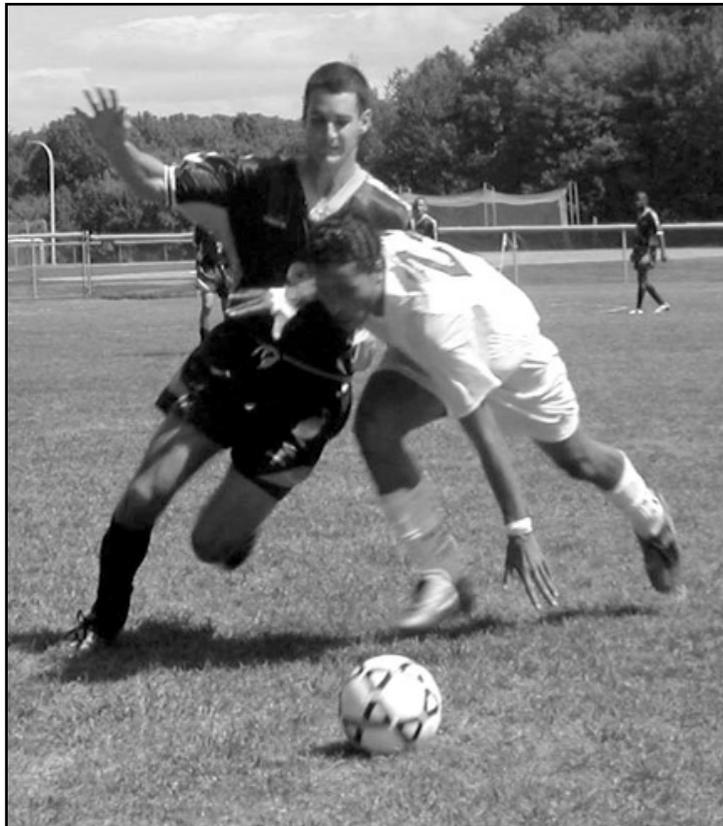
The team faced U.S. Coast Guard Academy junior varsity in a rescheduled makeup game last Wednesday, and is preparing for its next home match against Mitchell College tomorrow at 1 p.m.

The season began on Sept. 3 with a victory over Holyoke Community College in Massachusetts. In the first half, Justin Waskey, J.P. Murphy and Brian Digiulio pumped three shots into the net, providing a comfortable lead for the team going into the second half.

Holyoke managed to rack up a goal, Digiulio retaliated with another point, assisted by J.P. Murphy. The motivated NAPSers pushed through the rainy conditions to dominate with a 4-1 win.

On Sept. 6, NAPS laced up for another intense game, this time against the Community College of Rhode Island in Lincoln. The team struggled to take lead of the game after CCRI scored two goals within the first half.

After halftime, NAPS pulled together as Murphy set Travis King up for a header, giving his team a point for the score-



James Wegener photo

FOOTMEN — Midshipman Candidate Justin Waskey, left, fights for the ball against Community College of Rhode Island defender during their match Sept. 6 in Lincoln.

book. The team kept strong throughout the second half and the solid defense kept CCRI from gaining more points. CCRI kept the lead and won, 2-1

NAPS stepped onto the freshly cut field at Mitchell College, New London, Conn., on Sept. 16 and beat the hosts

with 19 shots on the goal, which resulted in a final score of 3-1.

Goals were scored by Murphy, King and Digiulio. Assisting Murphy's goal was Digiulio, and assisting Digiulio's goal was Anthony Parker.

SNA 5k road race steps off Oct. 17

The Newport Chapter of the Surface Navy Association (SNA) will hold the fall running of its 5K By the Bay Road Race on Friday, Oct. 17, at 5 p.m. at Arleigh Burke Hall, Surface Warfare Officers School Command.

SNA is a non-profit organization, incorporated in 1985 to promote greater communication and coordination among those in the military, business and academic communities who share a common interest in Naval Surface Warfare.

This semi-annual event provides a high quality, high energy, running (or walking) adventure for all participants.

Proceeds from the 69th race will benefit the Navy Marine Corps Relief Society, a non-profit organization that provides emergency financial assistance to active duty and retired Navy and Marine Corps personnel and their families,

and the Newport Chapter of SNA.

The 5K course is designed to maximize the visual splendor of Narragansett Bay, the Pell Bridge, the Naval War College, Naval Station Newport and Surface Warfare Officers School.

Multi-colored t-shirts will be available to all pre-registered runners.

Trophies will be given for all individual and team competitive categories: 17 and under, 18 to 29, 30 to 39, 40 to 49, over-50, a Clydesdale division for males, and a Philly division for females.

The post-race awards party will include food and beverages as well as door prizes and entertainment.

Entry forms are available online at the Surface Navy Association web site <http://www.sna5k.com> or call (401) 841-4664.



PH2 Damon Moritz/U.S. Navy photo

AIR TRAFFIC CONTROL—Naval Academy slot back Eric Roberts, center, battles with Eastern Michigan University defenders before 28,000 fans at the recently renovated Jack Stephens Field at Navy-Marine Corps Stadium in Annapolis. Navy scored 28 points in the second half to win, 39-7, on Sept. 20.

Nassau holds off NAPS, 20-13

By **ENSIGN SCOTT MEIS**
Navalog contributor

GARDEN CITY, N. Y. — The Naval Academy Preparatory School football squad was unable to capitalize on its opponent's mistakes, and lost 20-13 to Nassau Community College at the Mitchell Athletic Complex last Saturday.

Nassau, which has been ranked as high as No. 14 in the National Junior College Athletic Association (NJCAA), remained undefeated, improving its record to 4-0. The Navy Rams fell to 2-2.

For Nassau, Bryan Fischer rushed for 123 yards on 19 carries while Mike Dasilva com-

pleted 10 of 15 passes for 160 yards with two touchdowns on the day.

Adam Ballard led the way for NAPS with 172 yards on 23 carries, averaging 7.5 yards per carry with touchdown. Reggie Campbell added 60 yards on the ground and Troy Goss contributed 118 yards on 22 carries.

Matt Wimsatt led a strong NAPS defensive front with 12 tackles and a sack. Irvin Spencer, Amara Koroma, and Reece MacDonald all contributed to a solid defensive outing with 11, 8, and 12 tackles, respectively.

NAPS faces the Naval Academy JV team in Annapolis this Sunday at noon.

Fair

Continued from Page 11

isans and craft people on hand to sell their hand-hewn wares. Local nurseries and farmers will also be selling their locally grown produce and plants in the new Farmer's Market area.

Avid gardeners, bakers and chefs are encouraged to participate in the annual Home and Garden Competition.

Prizes and ribbons will be awarded in all classes.

This year's education tent will feature such community organizations as the Aquidneck Island Land Trust, Save the Bay, the Sachuest Point National Refuge as well as the Rose Island Lighthouse Foundation. In addition, David Hughes of the University of Rhode Island Master Gardeners Association will present workshop demonstrations,

"Dividing Perennials, Bulbs and More" each day. Learn the methods of dividing perennials and bulbs, as well as propagation techniques of evergreens and much more. Members will also be on hand to answer horticultural questions and distribute helpful gardening information.

The fair will run from 10 a.m. to 5 p.m. both days. Admission is \$5 for adults, \$2 for children ages 3 to 12 and free for children under 3. Pets are not permitted.

For directions, take Adm. Kalbfus Road east into Middletown, cross Valley Road, Aquidneck Avenue and Paradise Avenue, and turn right on Third Beach Road.

Tabor

Continued from Page 4

engineering abilities and innovative thinking. As the Deputy Department Head of the Torpedo Systems Department, he is responsible for the total life cycle engineering of both lightweight and heavyweight torpedoes.

The citation accompany the award read "Tabor's leadership role in the Mk48 Advanced Capability Torpedo Program has resulted in increased fleet readiness. His extensive knowledge of all aspects of torpedo systems development and his superb professional reputation among his peers, government customers, and academia make him a

true asset to this organization and the U.S. Navy."

NDIA is a non-partisan, non-profit association consisting of nearly 1,000 companies and more than 28,000 individuals from the entire spectrum of the defense and national industrial base whose mission is to provide a legal and ethical forum for the interchange of ideas between government and industry.

The award was presented during the NDIA fall meeting, Sept. 23, in Groton, Conn.

Firefighters

Continued from Page 3

"Zebra."

The new approach, which adds an intermediate response option called Condition II between the rapid reaction of the flying squad and ship wide GQ, will save response time. It will also let Sailors manning important watch stations, such as on the bridge or in the Combat Information Center, to remain in those roles.

According to Cmdr. Rusty Settlemyer, SWOS Damage Control Department director, "The new Intermediate Condition II provides a captain with more flexibility and quicker response time. It is far more effective and offers a tiered step rather than bringing an entire ship to GQ."

For students and staff involved with the SWOS damage Control Department, the new doctrine will not impact the hands-on Officer Training Command Fire Fighting School or Buttercup wet trainers. Nonetheless, under this new paradigm, students will learn how to respond to DC situations in a different way.

"The doctrine essentially replaces current procedures on small combat-

ants with a concept that has been in place on larger ships such as carriers," said Settlemyer.

"We did this with a lot of input from the waterfront," said Nash, pointing out that the goal was to align policy with the best practices from damage control aboard USS Stark (FFG 31), USS Samuel B. Roberts (FFG 58) and USS Cole (DDG 67). Surface ships are required to implement the changes outlined in the newly revised *Repair Party Manual* by the beginning of next year.

"There will be a short period where we find the most appropriate way of training a ship's crew on this new method of DC. However, in the end, the outcome of these changes will far outweigh the drawbacks in required time to train," he said.

An electronic version of the instruction is available on the Web sites of both Naval Surface Forces Pacific and Atlantic Fleets, <http://www.extra.cnsf.navy.mil> and <http://www.cnsl.spear.navy.mil>, and compact disks will be sent to commands on request.

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Classifieds

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10 - Help Wa

BUSY ANIMAL HOSPITAL looking for full-time Receptionist. Must be mature, dependable and have flexible schedule. Must enjoy fast paced environment. Resumes to Newport Animal Hospital, 33 Valley Rd., Middletown RI 02842. No calls.



CARPENTERS WANTED Finish carpenters framers, start immediately. Great working conditions. 846-2527. Apprentice carpenter also needed.

CASHIERS day & eves. positions avail. Apply Only A Dollar, 1372 Main Rd., Middletown.

COUNTER STAFF. Part time. Apply at Custody House Coffee, 796 Aquidneck Ave., Middletown.

DRIVERS: Full/Part-time RI Towing, 129 Connell Highway.

EXPERIENCED WAIT-STAFF. Apply within, Mama Leone's, 150 Connell Highway, Newport, 847-7272.

10 - Help Wa

FOOD DEMONSTRATORS for local supermarkets. Fri., Sat., 11-5pm. Upto \$10/hr. Must have card table some appliances. Call 978-475-6599, ext. 305

HOUSEKEEPERS needed part time for off son months to clean aspects of resort. Apply in person at Wellington Resort, 551 Thames St. Newport.

HOUSEKEEPERS; Newport Chalet Hotel, located on the Naval Base has an opening for housekeepers to join our great team. 20 hrs/wk. Benefits include wks. paid vacation 401K, paid holidays monthly bonus plan. Call Pat @ 841-0800.



MA'S DONUTS HIRING for counter, mornir eves. & overnights. Apply in person, 78 We Main Rd., Middletown & 138 Connell Hwy, Newport, inside shell sta

RETAIL STAFF, immediate openings, HIGH PAY SCALE. Full & part time, weekends eves. a must. Experience only need apply Apply in person at Anthony's Seafood, 96 Aquidneck Avenue, Middletown. 846-9620.

10 - Help Wa

NEWSPAPER DELIVERY person needed in the Newport, Middletown areas. GREAT extra income. Ranging from \$180 - \$200 a week. For more details 687 802 or 435-4430.

WAITSTAFF: Starting at \$10.50 Apply within Green Valley Country Club, 371 Union St Portsmouth.

350-Instructic

BARTEND

Day & Evening Classes Boston Bartenders School Get Certified (&) Jo Dartmouth, (508)984-4515

520 - Miscell for Sale

ANDERSON BAY window, 58" wide x 36 high x 24" deep. Good cond., 2 screens included. Asking \$500. 849-1606.

DRAFTING TABLE, good condition. \$100. Call 846-3138.

530 - Househol

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Navy-wide news

MCPON speaks on leadership

NORFOLK, Va. (NNS) — Master Chief Petty Officer of the Navy (MCPON) Terry Scott spoke Sept. 23 about leadership at the September Hampton Roads Surface Navy Association luncheon hosted by the commanding officer of Naval Amphibious Base Little Creek.

“Our Sailors, first and foremost, need to know that what they are doing is important,” said Scott, naming the first of what he believes are the three key ingredients of leadership which will allow Sailors to be motivated to do the things the Navy asks them to do.

“Second, they have to know that someone cares,” continued Scott. “We are going to give them the right equipment, training, and environment to succeed.”

Scott then named the third ingredient: “When they are doing their nation’s business, they need to know that their families are provided for.”

More than 150 officers, chief petty officers and enlisted Sailors attended the luncheon held at the Chief Petty Officer’s Club to hear the MCPON’s ideas on leadership and facing changes in the Navy. Scott also answered questions on Fleet Response Plan, Perform to Serve and uniform regulations.

Amputee focuses on Paralympics

MILLINGTON, Tenn. (NNS) — Though only seriously competing for about three months, Cryptologic Technician Interpretive Third Class Casey Tibbs, assigned to Naval Security Group Activity (NSGA) Medina, Texas, recently earned a spot on the U.S. Paralympics sprint team.

Tibbs, 23, took first place in 100-meter, 200-meter and 400-meter dashes at the 2003 Endeavor Games for Athletes with Physical Disabilities, held June 6-8 in Edmond, Okla. He also finished second in the 400 at the Aug. 2 National Paralympics Championships in Colorado Springs, Colo.

“My goal right now is to win a gold medal in the 2004 Paralympics Games in Athens, Greece,” added Tibbs. “I want to be on the 200, the 400 and the 4x400-meter-dash team.”

The Paralympics Games are the second largest sporting event in the world, yielding top honors only to the Olympics. The competition showcases the talents and abilities of the world’s most elite athletes with physical disabilities. The Paralympics feature 21 sports, 18 of which are also represented at the Olympics.

“I’ve always loved running,” said Tibbs, who earned high school varsity letters in track and field, and football.

But since March 4, 2001, competing in track and field has meant that Tibbs has had to take one small step at a time.

On that spring day, Tibbs and a Navy buddy, both motorcycle enthusiasts, were riding their bikes after classes had ended for the day. The two were students at the Naval Technical Training Center Det., Goodfellow Air Force Base, Texas, at the time. They were on the loop of highway just outside of San Angelo, when Tibbs took a turn too fast and hit a guardrail.

“After I hit the guardrail, I slid for over 300 feet, and when I was done sliding, I stood up on my left foot. I could feel that my right foot was hurt, but then I looked down and my right foot was gone,” explained Tibbs.

The Austin, Texas, native spent several weeks recovering from the accident and learning how to walk, then run, with a prosthetic leg. The next challenge Tibbs faced was even tougher - getting the Navy’s approval to remain on active duty. So with the support of his chain of command, Tibbs threw all of his energy into passing the physical readiness test.

Four months after becoming a below-the-knee amputee, Tibbs passed the Navy’s physical readiness test and received the “all clear” to stay Navy.

“He’s a great Sailor and does his job well. Petty Officer Tibbs is active in the command and the community, and has an amazing positive attitude,” said Chief Cryptologic Technician Interpretive (SW) Max Thomas, division leading chief petty officer at NSGA Medina. “I would take 30 Sailors just like him, with a prosthetic limb and all.”



PH2 Michael B.W. Watkins/U.S. Navy photo

SMOKIN’— A naval aviator from Electronic Attack Squadron 139 simulates being a downed pilot as he activates a smoke grenade and uses his radio to communicate with a Naval Air Station Whidbey Island Search and Rescue (SAR) helicopter.



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Middletown - This Whitehall Farm Condo offers three levels of spacious living, 2 bedrooms, 2.5 baths, garage, fireplace plus 2 decks and a private patio. \$342,000 Call Karen O’Brien 849-2800x235 eves. 849-4888. #314089

MIDDLETOWN CONDO



Three level end unit in Westridge adjacent to Wanumetonomy Country Club. Hardwoods, open floor plan, patio, private deck overlooking park-like grounds. Offered at \$320,000. Call Barry Clark 849-2800x222 eves. 847-8266 or Art Weber 849-2800x254 eves. 849-3547. #314048

NEWPORT’S FIFTH WARD



Rare 3/4 acre lot (possibly can be subdivided) w/4 bedroom Cape. Hardwoods, fireplace, 1st floor bedroom, 2 car garage. PVRM#43, seller will accept offers between \$489,000-\$568,876. Call Michol Murphy 849-2800x251 eves. 846-0008. #314198

NEW LISTING



This conveniently located 4 bedrooms, 2 bath Colonial ranch is a must see. Huge office or pool table room off 2 car garage. Beautifully landscaped private yard. Lots of storage plus large deck for relaxing or entertaining. Call Karen O’Brien 849-2800x235 eves. 849-4888. #314090

NEW CONDO CONVERSION



2 studios and 2 one bedroom, 1 bath units centrally located. Priced from \$129,000. Call for personal appointment - John Silvia 849-2800x215 or 241-8412.

NEWPORT



Charming 2 bedroom condos in Yachting Village. Totally restored with quality and character. 2 parking spaces, courtyard and garden. Walk to water, restaurants. \$290,000-\$330,000. Call Maggie Elliott 849-2800x224 eves. 683-1862.

MIDDLETOWN



Surrounded by nature in a private estate like setting is a wonderful custom built architectural delight of a home. A large kitchen with dining area serviced by adjoining pantry is central to the outside brick patio or adjacent fireplace living room overlooking the gracious yard. A first floor master bedroom suite as well as a second floor library are other interesting features to discover. Offered at \$890,000. Call John Silvia 849-2800x215 to arrange a personal viewing. #311298

PORTSMOUTH



Cape Cod 6 room, 2 bath home in Common Fence Point. Excellent condition. Asking \$269,000 Call Janet Johnson 849-2800x213 eves. 847-1005 or Doug Arnold 849-2800x267 or 846-4992. #309980

SUNNYWOOD



A first floor fully appliance 1 bedroom condo with washer/dryer. Landscaped setting behind tall hedges. Just 2 blocks from Bellevue Ave. \$161,000 Call Maggie Elliott 849-2800x224 eves. 683-1862. #213441

NEWPORT



Beautifully restored open, bright 5 bedroom Victorian! Just a stone’s throw from Kay Street and downtown Newport. PVRM#40-seller will entertain offers between \$399,000-\$458,876. Call Barry Clark 849-2800x222 eves. 849-8266 or Art Weber 849-2800x254 eves. 849-3547. #309480

MIDDLETOWN



This cute 2 bedroom Cape is in a great location. Almost 1/2 acre gives you options! Hardwoods plus fireplace add to value. \$410,000 Call Shirley Mello 849-2800x217 or 338-4343. #311052

SEALED BID AUCTION



Call today for bid package - Real Estate Only - Enterprise Zone, 175 feet of frontage on Main Road. \$300,000 Call John Silvia 849-2800x232 or 862-3883. #313325

MIDDLETOWN



\$259,000 for 1.23 acres or \$485,000 for 9.43 acres in pastoral settings. Some approvals needed. Call today for Plat Plan. John Silvia 849-2800x232 or 862-3883. 312594 / 312590