

# The Newport Navallog

VOL. 104 NO. 14 APRIL 9, 2004

SERVING COMMANDS AND ACTIVITIES, NEWPORT, R.I.

## Smear factor



Ron Fontaine/U.S. Navy photo

Victoria Zurakowski, 3, makes some colorful handprints with finger paint made from corn syrup at the Armed Services YMCA's Messy Fingers and Toes activity last Friday. The program, which drew about 10 children, allows parents and their kids to bond while making a mess outside the home.



### NAPS gets a 'pep talk'

The former Superintendent of the Naval Academy gives NAPS midshipmen candidates some motivational direction.

—Page 2



### 'Eggcitement' before Easter

About 350 turn out for games and candy at MWR's Easter Faire last Saturday at the Officers' Club.

— Page 8



### Exhibit plugs PT Boats

The Mosquito Fleet Exhibit, a tribute to World War II PT Boats, opens at the Naval War College Museum.

— Page 10



Ron Fontaine/U.S. Navy photo

Retired Adm. Charles Larson, former Superintendent of the Naval Academy, addresses the Naval Academy Prep School Class of 2004 at Capt. Howard Kay Hall last week.

## Embrace 'moral courage,' admiral tells Navy Prep

By CAROLYN BAKER  
NAVSTA Public Affairs Staff

What is moral courage?

This was the question asked of the Naval Academy Preparatory School (NAPS) Class of 2004 by retired Adm. Charles Larson, former Superintendent of the U.S. Naval Academy.

Larson addressed the whole battalion in a motivational speech April 1 at Capt. Howard Kay Hall.

Larson defined the answer as, "doing the right thing regardless of consequences to oneself."

NAPS prepares selected officer candidates morally, mentally and physically for admission to the Naval, Coast Guard or Merchant Marine Academies. The program lasts 10 months, from August to May, and Larson's speech addressed the need build character and develop integrity.

Larson said training is necessary in becoming a good person. The core values of the Navy — Honor, Courage and Commitment — need to be "assimilated over time and you must believe in them, accept them, and live them."

He said the public expects a higher standard from the military and that servicemen and women need to be aware of the signals they are sending at all times.

He stressed "leadership by example," saying that they must hold themselves to the same or a higher standard then they would

expect to be treated.

"Being in the Navy is a 24-hour commitment," Larson said. "Lives are at stake in this profession."

Navy members must have responsibility for themselves, their shipmates, and the naval organization.

He acknowledged the pressure that is put on service men and

**'Being in the Navy is a 24-hour commitment. Lives are at stake in this profession.'**

**— Retired Adm. Charles Larson, former Superintendent U.S. Naval Academy**

women, but said, "There is no greater feeling then going to work with people who work as a team for a common mission, not individual good."

While Larson was the Superintendent of the Naval Academy,

he visited Naval Station Newport (NAVSTA) twice a year to speak to the NAPS class, to grant them their first liberty and to congratulate them at the end of their class.

The NAPS tradition is that the class that graduated 50 years prior to the current class will serve as their sponsor. Larson is from the Class of 1958 and is therefore a sponsor for this future Naval Academy Class of 2008.

Among other achievements, Larson was the first naval officer selected as a White House Fellow, serving in 1968 as Special Assistant to the Secretary of the Interior. From 1969 to 1971 he served as naval aide to the president. From 1991-1994 he served as Commander in Chief of the U.S. Pacific Command (CINCPAC) in Honolulu.

He is married to Sally Larson and they have three daughters.

## Earth Day cleanup precedes plantings

### 60 new trees earmarked for NAVSTA

By JOY CHRISTMAS  
NAVSTA Public Affairs Staff

The celebration of Earth Day at Naval Station (NAVSTA) Newport will be inclusive of Arbor Day to both clean and beautify the environment.

The Environmental Department has coordinated a base-wide cleanup for Thursday, April 22, from 8 to 11:30 a.m. All hands from NAVSTA Newport and its tenant commands are welcome and encouraged to participate. Participants are asked to help pick up litter inside a 200-foot perimeter around their buildings.

In addition, commands are asked to send one to two representatives to help clean along the shoreline and railroad tracks.

Rain date will be Thursday, April 29.

To commemorate Arbor Day (April 30), more than 60 trees will be planted that day. In collaboration with the Morale, Welfare and Recreation (MWR) Department, area businesses will provide bedding flowers, some hardy ones of which participants can plant around the exterior of their buildings.

Others will be planted when the threat of frost for the area has passed (May 20).

Cleanup coordinator Deb Moore of the NAVSTA Environmental Department said the naval station has maintained its special appearance through the efforts of continuous cleanups.

"This time our focus will also include beautification," said Moore.

Participants working around their specific workspaces can

**EARTH DAY, Page 13**

## Boys and Girls State revisits Naval Station

By BOB KREKORIAN  
NAVSTA Public Affairs Staff

Naval Station (NAVSTA) Newport will host the combined Rhode Island Boys and Girls State Program, April 12 to 16.

Bos and Girls State, sponsored by the American Legion, Department of Rhode Island, is designed to provide training and education to high school

juniors on the ideals and objectives of American government. The participants will attend classes and seminars presented by civilian and military speakers.

Topics covered include federal, state and local government workings, and government services provided to individuals.

**JOB FAIR, Page 13**

*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

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

The Editorial content is edited, prepared and provided by the Public Affairs Office of the Naval Station, Newport, R.I. The Newport Navallog reserves the right to edit or correct copy to comply with its policies. This publication receives dispatches from the American Forces Press Service (AFPS).

The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense or Edward A. Sherman Publishing Co. of the products or services advertised.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchaser, user or patron. If a violation or rejection of the equal opportunity policy by an advertiser is confirmed, the publisher shall refuse to print advertising from that source until the violation is corrected.

**The Newport Navallog is printed on recycled paper.**

# New Brooks Brothers line coming to Uniform Center

## Major store renovations slated, too

By **RICHARD ALEXANDER**

Navalog editor

Major renovations are scheduled for the Navy Exchange (NEX) Uniform Center next month, in conjunction with a new line of higher quality Brooks Brothers uniforms for both male and female officers and senior enlisted.

The new line of threads is advocated by Capt. Henry Conde, head of Navy Exchange Uniform programs at NEX headquarters in Virginia Beach, Va. The line first hit the shelves in Norfolk on March 24.

The U.S. Navy Premier Uniform Collection features 100 percent cotton pinpoint, no-iron dress shirts or blouses (\$36), 100 percent worsted wool suits for men and women (\$415), and 100 percent silk neckwear (\$21.50). The whole package comes to \$472.50, plus all-leather Oxford shoes from Bates for \$95.

Brooks Brothers also will custom-make uniforms for \$650 for men or \$725 for women, with a six to 12-week waiting period.

Joanne Nadeau, Uniform Center manager, said, "This line give the senior officers and senior enlisted better quality choices, especially if they are career servicemembers. This also is an effort to compete with Navy outfitters off-base."

In conjunction with the Brooks Brothers line May 1, the shop is due for major renovations this spring. The last facelift was more than 10 years ago.

"We need to modernize, and make the store more efficient to facilitate the larger classes coming through from now on," she said. "We have to get the outfitting done much faster than ever before."

Beginning May 1, a crew from NEXCOM in Jacksonville, Fla., will begin a three-phase project. The main uniform issue room on the north end of the building will be relocated to the middle of the store, and the wall separating it from the entrance lobby will be removed.

The Brooks Brothers collection will be immediately off the front entrance, and cashier checkout will be centrally located.

Phase 2, beginning May 29 to June 11, will involve upgrading the women's government issue section, with fitting rooms in the middle of the store.

Phase 3, June 12 to 22, will involve moving the employee lounge to the rear of the building, and relocating the "Navy Pride" line of insignias, collar devices, t-shirts, sweatshirts and covers along the fitting room walls.

The renovations also will include new furniture, ceiling lighting and carpeting.

Nadeau's biggest challenge is to keep business as usual for outfitting the schoolhouses, while workmen scurry underfoot.

The Officer Indoctrination School has compressed its academic program to five weeks, with each new class of 155 students arriving before the previous class graduates. Forty-five percent of the classes are women who require extra fitting service. Each woman also receives



Ron Fontaine/I.S. Navy photo

**Lt. Mark Quinn, a Surface Warfare Officers School student, gets his trousers hemmed by Phillipa Teesdale, uniform supervisor, in the Navy Exchange Uniform Center.**

four pairs of shoes.

New OIS classes will arrive May 24, June 7, June 28, July 12 and Aug. 16.

There are also four Naval Science Institute classes (17 to 20 percent women) arriving this month, and 70 chaplain candidates for the Naval Chaplains School on June 7.

Included in the crunch are 350 midshipman candidates in the Class of 2005 at the Naval Academy Prep School, who will arrive in late July.

Nadeau said fitting the men is relatively easy, with jackets sizes in short, regular and tall. Trousers sizes are issued in waist and length measurements. For the women it's more difficult, often because military sizes don't correspond with civilian sizes.

"There are junior, misses and women's sizes in petit, regular and tall, for a total of 72 sizes in stock."

## Newport Naval Cable TV

# Six CCRI courses offered on cable TV

By **GREG KOHLWEISS**

Newport Naval 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 10.

The courses are delivered solely through television. All courses require that students have access to a computer to communicate through e-mail with the instructor to complete assignments and atten-

dance on campus for orientation sessions, workshops, seminars and examinations.

Syllabi will no longer be mailed to registered students. You will be required to access the CCRI web site to view and print a copy of your class schedule. The syllabus will include that instructors e-mail address. You must e-mail your instructor and state that you are registered in their telecourse. The instructor will in turn e-mail you back confirming your registration in their course.

**CCRI, Page 12**

## A number of things...

### 472.50

The cost of a Brooks Brothers made Navy Premier Uniform available at the Navy Exchange Uniform Center next month, which will include jacket and trousers (or skirts), shirt and neckwear.

— This page

### 56

The number of newly commissioned officers who will graduate today from the Officer Indoctrination School, a schoolhouse in the Officer Training Command-Newport.

— Page 4

### 350

The number of children and parents who turned out last Saturday for the Morale, Welfare and Recreation Department's Easter Faire at the Officers' Club.

— Page 8

### 400,000

The number of screws used to hold the laminated wood hull together on a World War II PT boat, according to The Mosquito Fleet Exhibit at the Naval war College Museum.

— Page 10



**BRICK ALLEY**  
PUB &  
RESTAURANT  
NEWPORT

## Rhode Island

### MONTHLY

Best Nachos • Best Steak • Best Fries  
Best Burgers • Best Bar  
Best Pub Restaurant  
Best Ribs • Best Appetizers

140 Thames St. Newport  
Reservations 849-6334

**Newport Life**  
MAGAZINE

Best Newport Restaurant  
Best Bar • Best Nachos  
Best Bartender • Best Irish • Coffee  
Best Salad • Best Business Lunch  
Friendliest Wait Staff



Wine Spectator  
AWARD  
OF  
EXCELLENCE  
2003

## Bravo zulu

# Officer Indoctrination graduates 56

By **JOY CHRISTMAS**  
NAVSTA Public Affairs Staff

Officer Indoctrination School (OIS) Class 04030 will graduate today in Capt. Howard N. Kay Hall at Naval Station (NAVSTA) Newport. The ceremony will begin with a traditional pass in review at 9 a.m.

Rear Adm. Kathleen L. Martin, Nurse Corps, Deputy Surgeon General of the Navy, and Vice Chief, Bureau of Medicine and Surgery, will be the reviewing officer and guest speaker.

The ceremonies culminate five weeks of intense naval

indoctrination for the 56 newly commissioned officers for service in the Medical Corps (MC), Medical Service Corps (MSC), Nurse Corps (NC), Judge Advocate General Corps (JAGC), Dental Corps (DC) and nuclear power field. The curriculum included military bearing and appearance, naval law, naval history, career development, physical readiness, damage control, personnel administration, Navy policies and personal excellence. Additionally, students participate in the one-week Division Officer Leadership Course that prepares the officers for their

responsibilities as naval leaders.

OIS Class 04030 and their follow-on assignments follow:

Ensign Alexander Aldana, Fort Sam Houston, Texas

Lt. j.g. Johnfritz Antoine, Naval Medical Center, San Diego, Calif.

Ensign Rebecca Armiger, Naval Hospital, Jacksonville, Fla.

Ensign Rebecca Barthel, National Naval Medical Center, Bethesda, Md.

Ensign Matthew Bender, Naval Nuclear Power Training Command, Charleston, S.C.

Ensign Sonia Billups, Naval Hospital, Camp Lejeune, Calif.

Ensign Ernest Bonkoski, Naval Nuclear Power Training Command, Charleston, S.C.

**GRADUATION, Page 13**



ETC Mike Riddell/U.S. Navy photo

**SIXTH TIME AROUND** — Chief Gunner's Mate (SW) Adam G. Miller, left, the Officer Training Command-Newport's 2003 Senior Sailor of the Year, recently receives his sixth Navy and Marine Corps Medal from Capt. Craig R. Solem, Commanding Officer, OTC-N.



YNC Ginamarie Doherty/U.S. Navy photo

**FOUR MORE** — Surface Warfare Officers School Command Career Counselor, Chief Martha E. Lara, right, is reenlisted by the command's newest officer, Chief Warrant Officer Manuel Veloz on April 2 in the CPO Mess. The two had been selected, trained and initiated to chief over four years ago, served as Command Equal Opportunity advisers, command Morale, Welfare and Recreation representatives, and Command Assessment Team leaders. Veloz, commissioned CWO on April 1, is transferring to the USS Dewert later this year. Lara will leave SWOS in July, enroute to the USS Bataan.

HYDE MUSIC

HYDE  
MUSIC

RENTALS • SALES • SERVICE

553 West Main Road  
Middletown, RI

846-7700

Aquidneck Island's Newest Music Store

Guitars • Amps • Drums • PA

Band & Orchestra Sales & Rentals • Sheet Music

Accessories • Repairs • Lessons Available

Join us for lunch, dinner, or a late night snack at Newport's newest venue.

Royale

- Dozens of Flat Screen TV's
- Dance Floor • Open Air kitchen

Friday, April 9th - 9 p.m.-12:30 a.m.

Java Jive

Saturday, April 10th

DJ John Moitoza

Tuesday, April 13th

Kahlua Karaoke

Unleash Your Inner Superstar. Contest from 8 p.m. to Midnight. No entry fee.

at ... Where it pays to play™... Every Day!

NEWPORT GRAND

150 Admiral Kalbfus Rd, Newport, RI • 800-451-2500 • www.newportgrand.com  
Open Daily 10am-1am • Admission/parking always FREE • You must be 18 or older

# Learn to read, understand your credit report

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-

## Fleet and Family Support Center

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

A representative from the Navy Federal Credit Union will conduct a program on the Credit Process at the Fleet and Family Support Center on Tuesday, April 13, from 11:30 a.m. to 1 p.m. Come and learn how to read, understand, and correct your credit report. Registration is required and may be made by calling 841-2283.

**Home by myself**—The Fleet and Family Support Center has scheduled another Home By Myself workshop for Wednesday, April 14, from 8 to 11:30 a.m., at the Fleet and Family Support Center. Home alone skills will include fire and police safety, basic first aid, and more.

Children must be accompanied by an adult. Completion of the program does not certify that children are capable of staying home alone; that remains a parental decision.

Registration is required. Call 841-2283.

**Prepare for a Job Fair**—This workshop is scheduled for Thursday, April 15, from 11:30

a.m. to 1 p.m., at the Fleet and Family Support Center, and is designed to make your time at Job Fair 2004 as productive as possible.

Find out what to expect at the job fair, what to bring, and

what to wear. Job Fair 2004 is scheduled for 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.

**Anger Management**—Anger is a powerful emotion. It can be used destructively, or it can be used for positive change.

Come to the Fleet and Family Support Center's five-week

Anger Management group beginning on April 15, from 2:30 to 3:30 p.m. Learn how to manage your anger and change your life for the better. Registration is required. Call 841-2283.

Am I  
covered?  
You could be for  
as little as \$5 a month.<sup>1</sup>



If you live on base or rent, theft or damage to your belongings is generally not covered by the government or your landlord. **USAA Personal Property Insurance will protect your belongings for as little as \$5 a month.**

- Full replacement cost for your belongings, not a depreciated amount.
- Coverage limits starting at \$2,500. (Higher limits available at an additional cost.)
- Identity theft coverage up to \$5,000<sup>2</sup>, including protection against check forgery or unauthorized use of your ATM or credit cards.
- Lock replacement if the keys to your house or apartment are stolen, up to \$250.

Call for a personalized quote.

**1-877-345-0333**

or visit us at [usaa.com](http://usaa.com)

and enter  keycode p5a001



*We know what it means to serve.*<sup>®</sup>

INSURANCE • BANKING • INVESTMENTS • MEMBER SERVICES

USAA means United Services Automobile Association and its subsidiaries and affiliates. Renters Insurance is provided by United Services Automobile Association and USAA Casualty Insurance Company. The descriptions of coverages are necessarily brief and subject to provisions and exclusions that can only be exactly expressed in the policy contracts. Applicants for USAA property and casualty insurance must meet group membership eligibility requirements before purchasing for the first time. All applicants for property and casualty insurance are subject to underwriting. Some restrictions apply.

<sup>1</sup> \$5 a month based on monthly installment payment of premium on annual policy.

<sup>2</sup> Identity theft coverage not available in AK, CT, IL, LA, OR, and TX.

A3240-0304

©2004 USAA. All rights reserved.

## Loved ones far from Newport?

Send them the Newport Mercury

All the local news in a weekly capsule. America's oldest newspaper.

849-3300

## What's going on

# Kids Fest offers fun on vacation

Newport Kids Fest begins today through April 18. Have fun on school vacation week with a wide range of day and evening activities citywide.

The Opening Night festivities will begin at 4 p.m. and will include a variety of tabletop activities, a kid's fashion show, storytelling and the Al Lowe's Music Show & List Rock Band and more

For a complete list of the week's activities, call 845-6608, or visit [www.newportforkidsandfamilies.com](http://www.newportforkidsandfamilies.com)

### TODAY, April 9

- St. Patrick's Day Fun Run (postponed from last month), Fitness Plus, Building 355, noon.

- The Mosquito Fleet: World War II PT Boat Exhibit, Naval war College Museum, Monday through Friday, 10 a.m. to 4 p.m. until July 1. Beginning in June, weekends from noon to 4 p.m.

- Good Friday services, Chapel of Hope

- Noon, Protestant services
- 3 p.m., Reading of *The Passion of Our Lord*

- Armed Services YMCA (846-9622):

- Fitness Hour, 9 to 10:30 a.m. Childcare available for children over 10 months. \$4 for the first child, then \$1 each additional child.

- Circle Time, 10:30 a.m. Come gather in a circle with your friends for some fun and games.

- Scrapbooking, 6 p.m. to midnight. \$7 per session.

- Fleet and Family Support Center (841-2283):

- Lunch and Learn Movie Matinee (Styles of Communication), 11:30 a.m.

- Free movies at the NAVSTA Newport Recreation Center available upon request: *Mona Lisa Smile* (PG-13) and *House of Sand and Fog* (R).

- Soup kitchen at Martin Luther King Center, 8:30 a.m., Dr. Marcus Wheatland Boulevard, military volunteers welcome. Also, Salvation Army, 5 to 5:45 p.m.

### SATURDAY, April 10

- Catholic Easter vigil service, 7 p.m., Chapel of Hope.

- Seal watch cruise, 4 p.m., departing from Bowen's Landing, Newport. Call 272-3540, ext. 133, or visit [www.savebay.org](http://www.savebay.org)

- Soup kitchen, 4:30 p.m., Community Baptist Church, Dr. Marcus Wheatland Boulevard. Military volunteers welcome.

### SUNDAY, April 11

- Chapel of Hope Easter Sunday worship services:

- 8 a.m., Protestant services
- 9 a.m., Catholic mass

- 10:30 a.m. Protestant service, followed by lamb potluck dinner and Easter egg hunt.

There will be no noon Catholic

mass on Easter Sunday.

- Sunday Brunch, Officers' Club, 10 a.m. to 12:30 p.m.

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

- Soup kitchen, Salvation Army, 4 to 4:45 p.m. Military volunteer welcome.

- Sunday bird walks, 8 a.m. Norman Bird Sanctuary, Third Beach Road, Middletown. Call 846-2577 for more information.

### MONDAY, April 12

- Armed Services YMCA (846-9622)

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

- Lil' Chefs, 10:30 a.m. Come make peanut butter and jelly sandwiches and pie ala mud.

- Fleet and Family Support Center (841-2283):

- It's All About the Money, 8 a.m. to 3 p.m. A money management/employment education class for teens in high school through college freshmen.

- Conservation week at Roger Williams Park Zoo begins through April 16, 11 a.m. to 3 p.m., daily.

- Soup kitchen, 8:30 a.m. Martin Luther King Center, Dr. Marcus Wheatland Boulevard. Military volunteers welcome. Also, St. Joseph's Church, Broadway, Newport, 11:30 a.m.

### TUESDAY, April 13

- Armed Services YMCA (846-9622):

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

- Scrapbooking, 9 a.m. to noon. \$5 per session to crop.

- Rubber Stamping, 6:30 p.m. \$10 to create up to three projects, or \$5 to stamp per session

- Fleet and Family Support Center (841-2283)

- The Credit Process, 11:30 to 1 p.m. Learn how to establish credit, correct problems and rebuild good credit.

- Relationship Enhancement Workshop begins, 6:30 to 8:30 p.m. Second of six-session workshop for individuals and couples who want to learn some proven ways to improve communication in personal relationships.

- Newport 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.

- Soup kitchen, 8:30 a.m., Martin Luther King Center, Dr. Marcus Wheatland Boulevard, Newport; 5 p.m. Military volunteers welcome. Also, St. Paul's Church, 5 p.m.

### WEDNESDAY, April 14

- Armed Services YMCA (846-9622):

- Parents' Time Out, 9 a.m. to noon. Let the "Y" take care of your

child(ren) while you have some time to yourself. \$12.50 for the first child, then \$7.50 each additional child.

- Fleet and Family Support Center (841-2283)

- Home By Myself, 8 to 11:30 a.m. Children learn home-alone skills, including fire and police safety, basic first aid, role-playing and more. Children must be accompanied by a parent.

- American Red Cross, R.I. East Bay Branch will sponsor a Community First Aid and Safety Course, 6 to 10:30 p.m., 1015 Aquidneck Avenue, Middletown. Cost is \$55. For more information, call 846-8100. Also, April 15.

- Soup kitchen, 8:30 a.m., Martin Luther King Center, Dr. Marcus Wheatland Boulevard, Newport. Military volunteers welcome. Also, noon, United Baptist Church (near St. Mary's Church, Spring Street, Newport.

### THURSDAY, April 15

- Income Tax filing deadline.

- Armed Services YMCA (846-9622)

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

- Parent and Toddler Playgroup, 10:45 a.m. to noon. A time to play and interact with other children. Open to families with children prenatal through age 5.

- Fleet and Family Support Center (841-2283)

- Preparing for a Job Fair Workshop, 11:30 to 1 p.m. Find out what to expect at a job fair, what to bring, how to dress and more.

- Anger Management Workshop, 2:30 to 3:30 p.m. First of five sessions where participant learn how to manage anger and change life for the better.

- The Islander Foghorn Toastmasters Club meets, 12:15 to 1:15 p.m., Armed Services YMCA. For information, call Mike Spaziant, 832-8623, or Mary Ann Grota, 841-2475.

### Upcoming:

April 16 — Free Sunday at the Providence Children's Museum, 5 to 8 p.m., 100 South St. An opportunity for families can play, learn and have fun together with hands-on exhibits. Call 273-KIDS, or visit [www.childrensmuseum.org](http://www.childrensmuseum.org)

April 17— American Red Cross, R.I. East Bay Branch will conduct First Aid Basic Course, 9 a.m. to noon., 1015 Aquidneck Avenue, Middletown. For more information, call 846-8100.

April 22 - Naval Station Newport Earth Day/Arbor Day celebration. Basewide cleanup and tree plantings, 8 a.m. to 11:30 a.m. Picnic, noon, Recreation Center, Building 656.



# Month of fun for children

April, the Month of the Military Child and Child Abuse Prevention Month, is full of activities at Naval Station Newport.

The Fleet and Family Support Center (FFSC) is sponsoring a coloring and a picture drawing contest for two age groups.

A line drawing, "Proud to be a Military Kid," is open to children under the age 7 to color. Children age 8 and over are invited to draw their own picture of themselves with their military family.

The contest runs until April 30 and entry forms are available at the FFSC, 1260 Peary St. The winners will be notified by phone on Friday, May 7, and all participants will receive prizes for their entries. For further information call 841-2283.

A Child Abuse Prevention Workshop will be held on April 12 at the Armed Services YMCA

from 6 to 8 p.m. Parents and children are invited to make "Stars of Appreciation" for their military personnel. There will be a raffle to win prizes along with other special surprises.

Child Care Provider (CCPS) Appreciation Week starts April 12 and a special CCPS parent luncheon will be offered next Friday. The luncheon will take place at Coddington Cove Preschool, Building 1165, at 11:30 a.m. whereupon parents are invited to join their children.

Don't forget that Earth Day is April 22. Preschool and toddler children may do their part and pick up litter around all the centers

The Child Development Center (CDC), Building 1297, will also offer a parent luncheon on April 23 at 11 a.m. Children and their parents can eat lunch together.

## Now Open!

# Hampton Inn & Suites®

100% Satisfaction Guaranteed!



Stay at our new hotel, the Hampton Inn & Suites in Middletown, and enjoy a brand-new, clean and comfortable room or suite, a free breakfast bar, high speed internet access, and a refreshing pool and fitness center - all for one rate. All backed by our 100% Satisfaction Guarantee.

Offering government discounts and 7 day rates.

  
**Hilton HHonors®**  
 Points & Miles

For reservations, visit us at [www.hamptoninn.com](http://www.hamptoninn.com) or call 1-800-HAMPTON®.

Hampton Inn & Suites  
 317 West Main Road  
 Middletown, Rhode Island 02842  
 Phone: (401) 848-6555 Fax: (401) 841-0049  
[mtnrj\\_hampton\\_suites@hilton.com](mailto:mtnrj_hampton_suites@hilton.com)

©2001 Hilton Hospitality, Inc.  
 Hilton HHonors membership, earning of Points & Miles™, and redemption of points are subject to Hilton HHonors Terms and Conditions

## EVANGELICAL FRIENDS CHURCH

70 Bliss Mine Road, Middletown, RI

A Christ Centered, Bible-Based Church

Tel: 847-1490 - E-Mail [efc-newport@ids.net](mailto:efc-newport@ids.net)

### Sunday:

Sunday School: 9:45 AM

Worship Services: 11:00 AM & 6:30 PM

### Wednesday:

Prayer & Bible Study 6:30 PM

(Be encouraged by the hope of Christ - John 6:35)

PLEASE JOIN US FOR EASTER SUNDAY SERVICES

# Spouse Leadership Course advisers tackle issues

The Command Spouse Leadership Course (CSLC) Advisory Group's annual meeting was hosted by the Command Leadership School on March 2-4 in Newport. The Advisory Group is part of Naval Services FamilyLine and consists of consists of 13 Navy spouses who have experienced the challenges, rewards and opportunities of their spouse's command tour.

"The Command Spouse Leadership Course is unique because of the partnership between Navy education and active duty spouses as advisors to the course," Kip Route, the director of the Advisory Group.

As Advisory Group members represent the interests of all Navy communities and command spouses worldwide, the annual meeting provides a dynamic platform for sharing ideas, discussing emergent issues, receiving up-to-date CSLC information, and making recommendations for ongoing course development.

Deborah Mullen, the group's senior flag spouse adviser, observed, "Having been associated with the Command Spouse Leadership Course for the past six years, I have seen the course evolve and improve over time. It has become the Navy's flagship course in spouse education."

Expanding educational opportunities for Navy spouses was a key issue discussed at the annual meeting. Advisory Group members reported on spouse education in each of their regions. While most areas organize CO/XO Spouse Conferences once a year, Pearl Harbor and Norfolk offer a continuum of education throughout the year in which single topics are presented and explored.

Carole Sharpe, Mid-Atlantic Advisory Group member said, "Norfolk's continuum of education provides workshops where CO/XO spouses can learn and network. With a quarterly schedule, there will be multiple workshops during a typical command tour. If a spouse misses a session, there's not a year wait for the next one."

Naval Services FamilyLine has collected and standardized many of these workshops and has provided them as ready-to-use training modules for

spouse groups throughout the world. The current collection of files can be found on FamilyLine's website at [www.familylines.navy.mil/Familyline](http://www.familylines.navy.mil/Familyline).

A new area of concern was

the increasing use and expanding role of Reservists along with current initiatives to integrate Reserve and Active Duty forces.

Janet Passmore, West Coast

flag spouse adviser, provided vital insight on the Reserve structure and the different challenges faced by Reserve families.

"We truly are one Navy. Our

Reserve Component does have unique problems in family support due to geography and parallel civilian careers. It's an exciting time to be involved

**SPOUSES, Page 13**

## "Everybody's health plan should be this good."

- Cherie Saunders  
Newport, RI

US Family Health Plan offers high quality care and service, simplicity, and the comfort of knowing that we'll always be here for you. We provide the comprehensive TRICARE Prime benefit, which includes great prescription drug coverage, plus some nice extras. In the latest survey, we earned a 93% rating for overall satisfaction, with 60% giving us a perfect 10.\* Here's what some of our members are saying:

### "The prescription benefit is phenomenal."

Since we joined this plan, my wife and I are saving \$350 to \$400 a quarter just on medication."

- Jim Boyce  
Master Sgt, USAF, Ret.  
Boxboro, MA

### "They've been wonderful to me."

I have no papers to fill out, no deductibles, my prescriptions are very prompt and I have a very good doctor just 20 minutes away."

- Claire Jeronimo  
Fairhaven, MA



### "There's a feeling of respect for military families."

The plan has a strong connection with the doctors and hospitals – it's all very smooth."

- Albert Pettingill  
US Army, Ret.  
Bradford, MA

### "Everything's taken care of – and promptly."

They're courteous, helpful, and they know what they're talking about."

- David Stinchfield  
US Army, Ret.  
Buzzards Bay, MA

Enrollment is open all year to military beneficiaries of all ages. For more information, call us toll-free at 1-888-815-5510.



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

\*Source: 2003 Market Street Research survey of US Family Health Plan members in the MA/RI region. On a scale of 1 to 10, where 10 is the best, over 93% of our members gave us an 8 or higher; 60% gave us a 10.

## Bubble dance

Military children dance to the music and the bubbles filling the room during the *Bubble Song* played by Vinny Lovegrove and the Toe Jam Band at the Morale, Welfare and Recreation Department's Easter Faire last Saturday at the Officers' Club.



## Easter Faire attracts 350

By **KELLY CONNER**  
MWR Department publicist

It was a morning of "egg-citement" for the more than 350 active duty members and their children who came out for the Morale, Welfare and Recreation Department's annual Easter Faire last Saturday at the Officers' Club.

Children, ages 2 to 8, participated in numerous full-filled Easter program activities.

At one table the children waited patiently for face artist Kira Cortese to cover their faces with their favorite character, while Ron Sergeant twisted animals, hats and other objects from balloons.

Games of bunny hop, fishing for eggs, and ring toss on inflatable toys also added to the fun.

The Easter Bunny (Midshipman Candidate James Goodson, Naval Academy Prep School) made quite a stir when he paid a visit and posed for pictures with the kids.

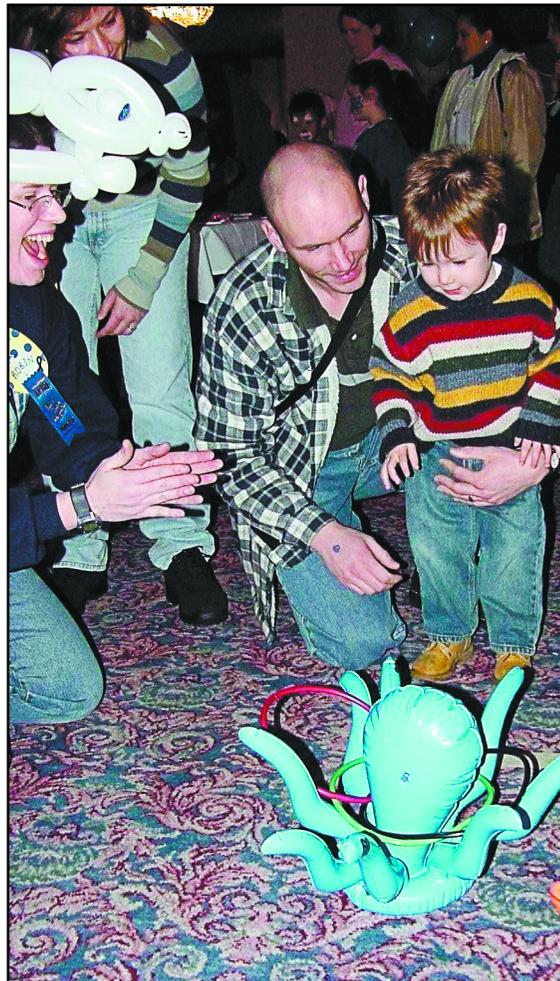
The Toe Jam Puppet Band engaged the audience in interactive music, with such props as a bubble machine to coordinate with the *Bubble Song* and projected images to tell the story of the three little pigs.

In between all the fun, everyone



**Juliana Bennett, daughter of Chief Boatswain's Mate Robert Bennett, NAVSTA Port Operations, poses for a picture with the Easter Bunny.**

enjoyed refreshments. The fun of the morning stretched a bit further when the children were given candy and prizes to take home.



**ABOVE: Ryan Hilton, 6, son of Lt. Lawrence Hilton, NAVSTA Public Works Department, sports a tiger face after a visit to the face painter.**

**LEFT: Gianni Cauret helps his son, Justin, 2, with the ring toss game, while mom, Cryptologic Technician (Technical) First Class Darcee Ruble assigned to Naval Ambulatory Care Center Newport, looks on.**

## Keeping the Faith

# Question is still vital today: Who was Jesus of Nazareth?

By **CHAPLAIN (LT.) CLINT PICKETT**  
OTC-N Staff Chaplain

Jesus once asked his disciples, "Who do the people say that I am?" The disciples reported several different answers to the question. The question remains very relevant today.

Who is Jesus of Nazareth? For almost 2,000 years, people have wrestled with this seemingly simple question. I can't think of another person throughout history who has been understood in such different ways as Jesus. And three major world religions have a stake in the question of just who Jesus really is, Judaism, Christianity and Islam.

Jesus was a Jew, of course, and came teaching and preaching in the synagogues in Israel, proclaiming the Kingdom of God. Christians view Jesus as the Messiah, God's anointed One, the one foretold in the Hebrew scriptures. Today's Jews, of course, do not believe that Jesus is the Messiah who was promised, and they still wait.

Islam, interestingly, understand Jesus as a prophet. They believe that Jesus is one of many great prophets sent by God, such as Abraham and Moses. The last and greatest prophet they believe was Mohammed, who lived in the 6th century. It was Mohammed who they believe was sent by God to correct the errors that crept into the Jewish and Christian religions.

Christians believe that Jesus is none other than the Son of God, true man, and yet true God. Who is Jesus of Nazareth? For Christians, this week in the church year is at the very center of the answer to that question. This is Holy Week, which begins with Palm Sunday last weekend, and ends on Easter Sunday. Easter is the high point of Holy Week, the climax of the entire church year.

## Chapel posts services for Holy Week, Easter

Naval Station Newport's Chapel of Hope worship schedule for the remainder of Holy Week and Easter Sunday.

**Today, April 9**  
(Good Friday)

Noon, Protestant service  
3 p.m., Catholic reading of the *Passion of Our Lord*

**Saturday, April 10**  
(Holy Saturday)

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

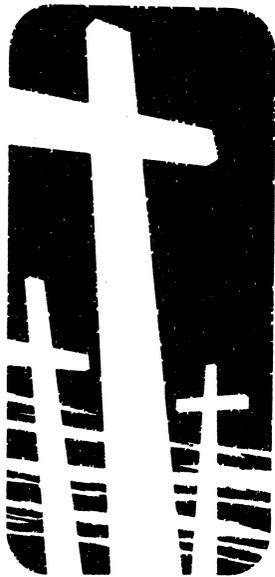
**Sunday, April 11**

(Easter Sunday)  
8 a.m., Protestant service

9 a.m., Catholic mass  
10:30 a.m. Protestant service, followed by lamb potluck dinner and Easter egg hunt.

There will be no noon Catholic mass on Easter Sunday.

For the Jewish community, Passover ends April 13. For additional information, call the Chapel of Hope, 841-2234.



Christians believe that Jesus suffered and was crucified on the cross, and was raised from the dead on Easter Sunday. Jesus does not figure in Judaism at all. And the Muslims, though they believe Jesus was a prophet, do not believe that Jesus was crucified. For them, it is unthinkable that God would allow such a thing to happen to a great prophet like Jesus.

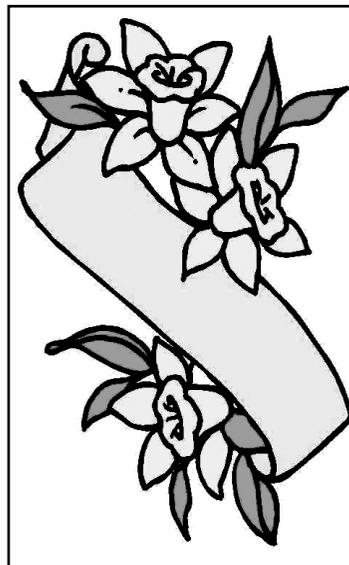
I think the release of Mel Gibson's *The Passion of the Christ* has raised the interest and curiosity in the events of Holy Week. As a chaplain, I was very interested to see the movie and Gibson's interpretation.

Before I saw the film, I read a number of reviews that commented on how the resurrection scene was such a brief scene, right at the very end of the film. I remember I wondered at the time why it would be so short, and why Gibson filmed it that way. The reviews made it almost sound as if the scene were an afterthought.

When I did see the movie, I was impressed by how Gibson filmed the story. And I liked the ending. The resurrection scene was indeed very brief. The stone to the tomb is rolled away, light fills the space, and Jesus walks out of the grave. It was good, and so very powerful.

Powerful because for Christians, the story is not over. For Christians, Jesus was raised from the dead, ascended into heaven, and still is very much a part of our daily lives. Who is Jesus of Nazareth? Who do we say that he is? That question is just as vital today as when Jesus first asked the question almost 2,000 years ago. Who is Jesus? And as we ponder the story of this Holy Week, how shall we respond to the risen Christ?

May God bless you in your pondering this Easter season!



## Special events



MWR photo

**YIPES, STRIPE(R)S!** Sport fishermen on Ed Noll's charter fishing boat show off their stripers during the return trip to Newport. Noll will lead a saltwater fishing seminar on May 1 in Building 18, Coasters' Harbor Island.

### Free seminar will help you 'Go Fish'

Narragansett Bay and the near shore waters of Newport offer some of the best fishing in New England for striped bass, bluefish and fluke, as well as other ground species such as sea bass and scup.

The fish can be caught from shore, private boat or Morale, Welfare and Recreation Department's skiffs at the Naval Station Newport Marina.

For the sixth year, Ed Noll will offer a presentation that covers the fishing action in the bay, nearby coastal waters, as well as off shore for species such as tuna and shark.

The presentation will include the when, where and how of saltwater fishing in Rhode Island. It will be specific about tackle recommendations, terminal gear, bait, locations and times that a particular species is biting. Attendees will be provided with charts of Narragansett Bay and surrounding waters to mark the locations. Noll will all but guarantee you'll land a striped bass on Sunday following the Saturday presentation.

This free MWR sponsored presentation will be given on Saturday, May 1, at noon in Building 18. Pre-registration is required for the class, and may be made by calling the Navy Sailing and Marina Office at 841-3283.

## Announcements

### Women's softball team organizing

A Naval Station (NAVSTA) Newport legalman is exploring interest in forming an all-female softball team to play against coed teams in the 2004 NAVSTA Intramural Softball League.

Competitive players of all hands who love the game are encouraged to sign up. The season begins in May.

For further information, contact Legalman Third Class Maggie Campano at 841-2609, or e-mail [campanom@nsnpt.navy.mil](mailto:campanom@nsnpt.navy.mil).

### Speak out at the Foghorns Club

Learn how to express important ideas concisely and powerfully. The Island Foghorns Toastmasters Club is an avenue to career advancement and personal success.

The club meets twice monthly at the nearby Armed Services YMCA, and the next meeting will be April 15.

To learn more about Island Foghorns Toastmasters, contact Club President Mike Spaziante at 832-8623.

# PT Boat Exhibit has vets buzzing



Arthur J. Frongello of Hartford, Conn., a PT 302 veteran of the Mediterranean in World War II, stands in front of an oversized photo of a PT at full throttle.

The Mosquito Fleet Exhibit owner Frank Andruss, center, of Feeding Hills, Mass., is flanked by World War I Two veterans Wallace 'Micky' McNeish, left, and Arthur Frongello as they look at a 3-foot model of a PT boat at the Naval War College Museum. The exhibit opened last Monday.

Ron Fontaine/U.S. Navy photos



By **RICHARD ALEXANDER**  
Navalog editor

Arthur Frongello of Hartford, Conn., was barely 18 years old with a dozen other enlisted and two officers aboard the Higgins-built PT 302 cruising the Mediterranean Sea during World War II.

"I was the navigator, and we were lost," he chuckled, telling his 1943 war story at the opening of the Naval War College Museum exhibit: *The Mosquito Fleet; World War II PT Boat Exhibit*.

Frongello said his boat, attached to Squadron 22 in 1943-44, was tasked with sinking German supply barges and ammunition ships.

"But it turned out to be a good thing," he said. "Because while we're motoring around trying to figure out where the hell we were, we came upon a downed U.S. pilot floating along in his life jacket."

Frongello said the pilot was far from shore and was amazed that we found

him so easily and came to his rescue.

About 20 other veterans and families attended the reception for the exhibit from a collection by Frank Andruss Sr. of Feeding Hills, Mass. Some guests included descendants of Irwin Chase Sr., the late foreman of a PT boat manufacturer, the Elco Naval Contracting Division in New Jersey.

Some officer veterans are associated with the reunion group, the "Peter Tare" Association, Inc.; and the enlisted are members of P.T. Boats, Inc., of Memphis, Tenn.

The exhibit collection includes many prints of PT boats on the water, boat models, machine gun batteries and rounds, radios, helmets, flags, pins, patches and other clothing.

Though not a Navy veteran, collecting PT Boat memorabilia has been a passion for Andruss since 1967.

"I saw the movie, *They Were Expendable*, and I asked my father if he would buy me a PT Boat. He gave me a quarter, so I bought a plastic model kit," he

**PT BOATS, Page 13**



Stan Pienkowski of Vernon, Conn., looks at his model of a PT Boat twin .50 caliber Browning gun turret, made mostly from modeling clay.

## Naval Station Newport Dining



Country Mile Band publicity photo

**The Country Mile Band will play in dinner show at the Officers' Club on Friday, May 7. Tickets must be purchased in advance and cost \$23.95 each, including gratuity. Order by phone at 846-7987, or visit the Gift Shop.**

### 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 at Topside Pub, the place to be on Friday nights 4 to 6. Our "happy hour" domestic beverage special (excluding Guinness) is only \$1.50!

For you designated drivers, there's free coffee or fountain drinks all night long!

**Saturday:** Topside Pub opens at 4 p.m. Full pub menu available until one hour before closing.

**Monday - Wednesday:** Lunch, 11 a.m. to 1:15 p.m., first deck, buffet-style selections. Dinner, 4 to 10 p.m., Topside Pub. Try a delicious burger claimed to be the best half-pound burger in town and fixed just the way you like it!

Don't feel like a burger? Try one of our combo meals—soup and salad or soup and sandwich.

**Thursday:** Lunch, 11 a.m. to 1:15 p.m., first deck, buffet-style selections. Dinner, 5 to 7 p.m., Topside Pub, Lobsters for Happy Hour. One-plus pound boiled lobsters, giant baked potatoes, hot and spicy wings, fresh garden salads, and creamy clam chowder. Pub opens at 4 p.m.

### 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 846-7987 or 841-4821.

**Oldies Dinner Show featuring King's Row** will perform at the Officers' Club, tonight from 6 to 11. Tickets must be purchased in advance and cost \$24.95 each, including gratuity. Order by phone (Visa/MC only) at 846-7987 or visit the O'Club gift Shop.

**Easter Buffet** will be served Sunday, April 11, from 11 a.m. to 3 p.m. Tickets must be purchased in advance and cost \$23.95 each, including gratuity. Order by phone (Visa/MC only) at 846-7987 or visit the O'Club gift Shop.

**Crab-is-King** at the Officers' Club Friday, April 30, 6 to 9 p.m. Tickets must be purchased in advance and cost \$31.95 each, including gratuity. Order by phone (Visa/MC only) at 846-7987 or visit the O'Club gift shop.

**The Country Mile Band Dinner Show** at the Officers' Club Friday, May 7, 6 to 11 p.m. Tickets must be purchased in advance and cost \$23.95 each, including gratuity. Order by

phone (Visa/MC only) at 846-7987 or visit the O' Club gift shop.

### Enlisted Lounges

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

**Hours of operation:** The Enlisted Club is open 4 p.m. to 11 p.m., Wednesday to Saturday. The CPO Lounge is open Wednesday and Thursday, 4 to 9 p.m. and Friday, 4 to 11 p.m. Pub menu is available Wednesday through Saturday, 4 to 8 p.m. Lunch service is no longer available.

**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 rocking DJ from "Get With it Productions."

**Saturday:** 4 p.m. to 11 p.m., Pub menu available from 4 to 8 p.m.

Wednesday is "Wild Wings" Night, 5 to 8 p.m. Basket of chicken wings (available three ways), fresh celery and blue cheese dipping sauce costs just \$2.50!

Thursday, you are invited to enjoy the "Chef's Choice," a delicious, freshly prepared meal from our kitchen. The kitchen is open 5 to 8 p.m.

## Information, Tickets and Travel

### Sound of Music in Providence

The Sound of Music will be at the Providence Performing Arts Center on Wednesday, May 5 at 7:30 p.m. Information, Tickets & Travel Office in Building 656 has tickets for \$40 each.

The story of the Trapp Family Singers features favorite songs including *My Favorite Things*, *Do Re Mi*, *Sixteen Going on Seventeen*, *So Long*, *Farewell* and many more unforgettable tunes.

To purchase tickets or 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 Information, Tickets & Travel Office, Building 656, has preferred seating for the 11 a.m., 3 and 7 p.m. shows on Saturday, May 8, and the 1 p.m. performance on Sunday, May 9. Tickets are \$17 each.

For more information, call the Information, Tickets & Travel Office at 841-3116.

### Vouchers available for Pawsox

Catch terrific baseball action close to home in Pawtucket, R.I., at McCoy Stadium, home of the Pawtucket Red Sox.

The Information, Tickets & Travel Office, Building 656, has discount ticket vouchers for all regular season Pawsox home games. General admission seat vouchers cost \$5 each and box seat vouchers are just \$8 each. For best available seating, redeem all vouchers to this season's games on your first visit to the box office.

For more information, call 841-3116.

### Musicals in Providence

The Information, Tickets & Travel Office in Building 656 has tickets available for the following Broadway musicals coming to the Providence Performing Arts Center in Providence.

Seating is located in the orchestra section for the Sunday matinee performances of the following shows:

*The Graduate*, April 18, 2 p.m. \$50.75

*Starlight Express* (music of Andrew Lloyd Webber), May 23, 2 p.m., \$49.

Tickets will be sold on a first-come, first-served basis and due to the limited number of tickets available, the Information, Tickets & Travel Office reserves the right to limit quantities.

## Gear Rental

### Gear Rental items relocated

The Morale, Welfare and Recreation (MWR) Department Gear Rental shop in Building 303 is closed for the summer season.

Morale, Welfare and Recreation Department will move Gear Rental to a new location, but in the interim many spring and summer rental items are offered at the Auto Hobby Shop, Building 304. Items available will include garden roto-tillers, lawn mowers, grills, canopies, golf clubs and bicycles.

Hours of operation at Auto Hobby are Tuesday through Friday from 11 a.m. to 7 p.m., and Saturday from 9 a.m. to 3 p.m. For further information, call 841-3026.

## Adm. Edwards briefs PCO class

Rear Adm. Mark J. Edwards, Director, Surface Warfare Division N76, briefed Prospective Commanding Officers about "going" to command on April 2 at Arleigh Burke Hall, Surface Warfare Officers School Command.

He said this is a great time to be a SWO (surface warfare officer). "You have some great people working for you."

The audience was comprised of lieutenants through commanders off to command patrol boats (PCs), mine warfare ships (MCMs), and guided missile destroyers



Ron Fontaine/U.S. Navy photo

**Rear Adm. Mark J. Edwards, center, Surface Warfare Division N76, strikes a light moment with students in a Prospective Commanding Officers class at the Surface Warfare Officers School Command.**

(DDGs) throughout the fleet. Adm. Edwards reminded the PCO's that their next tour was not just going to affect the next

18 months of their lives, but in fact, their experiences learned "in command" would stay with them for life.

## Naval Dental Center Northeast

# Fluoride is tooth's best friend

**By CMDR. R.T. J. PETERS**  
Naval Dental Center Northeast

In decades past, tooth decay was for most people, a common occurrence. But over the past 50 years, tooth decay has been reduced dramatically with the introduction of fluoride into community water supplies.

The positive impact of fluoride on tooth decay is widely recognized as one of the greatest achievements in the history of public health.

**What is fluoride and where does it come from?** Fluoride comes from the element fluorine, which is the 17th most abundant element in the earth's crust. Fluorine exists only in combination with other elements as a fluoride compound.

**How does fluoride strengthen the tooth and reduce tooth decay?** Researchers have discovered that there are several ways through which fluoride aids in reducing the incidence of tooth decay. When incorporated into the tooth's outer enamel layer, it acts to strengthen the tooth so that it is more resistant to the acids produced by bacteria.

These acids are responsible for causing the break down of the outer enamel surface, which we commonly know as a cavity.

Fluoride also exerts its influence directly on the bacterial plaque film, reducing the ability of plaque microorganisms to produce acid. Fluoride also acts to repair, or remineralize, tooth surfaces that have been broken down by bacterial acids.

This occurs through the uptake of fluoride to restore the mineral rich outer enamel layer. This remineralization process is important because it can reverse the early stages of tooth decay. Topical and systemic fluorides are the two types of fluoride that provide this beneficial effect.

**What is the difference between topical and systemic fluoride?** Fluoride is introduced into the human body in one of two ways, either topically or systemically. Sources of topical fluoride include toothpastes, mouth rinses and professionally applied fluoride gels and rinses.

Topical fluoride application allows for the erupted teeth to be bathed in fluoride with the

beneficial effect of fluoride being incorporated into the outer surface layer of the tooth. This fluoride-enriched surface gives the tooth a short termed added protection against future acid attacks. Systemic fluorides, on the other hand, are ingested into the body and become incorporated into the developing tooth structures.

**Are all sources of drinking water fluoridated?** Community water fluoridation has been around for about 50 years and is a process whereby your local water company adjusts the fluoride content of tap water to the recommended level for optimal health.

The recommended level is between 0.7 and 1.2 parts fluoride per million units of water. At these levels, fluoridated water has been proven to reduce tooth decay in both children and adults. If you do not know if your drinking water is fluoridated, call your local water company to find out.

Also, most brands of bottled water do not contain fluoride. Make sure that you read the label of ingredients to see if fluoride has been added.

## CCRI

Continued from Page 3

**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 Monday, 10 to 10:55 a.m. and 6 to 6:55 p.m. (starts May 10).

**Principles of Management (Taking the Lead), 3 credits.** This vital and insightful business management telecourse provides an overview of management 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 student with an inside view of management in a variety of businesses, including General Dynamics, Hybritech, Patagonia, and the Four Seasons Hotel.

It airs Tuesday, 10 to 10:55a.m. and 6 to 6:55 p.m. (starts May 11).

**Composition I (The Writers' Exchange), 3 credits.** Each program present 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 the helps students improve their writing skills.

If you have access to the Internet, you can register for the Internet section of Composition I. You will be able to 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 Wednesday, 10 to 10:55 a.m. and 6 to 6:55 p.m. (starts May 12).

**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 Thursday, 10 to 10:55 a.m. and 6 to 6:55p.m. (starts May 13).

**Law of Contracts (Business and the Law), 3 credits.** Business and the Law, as with most introductory law courses, emphasize 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-and students will gain a comprehensive overview of law and the world of business.

It airs Friday, 10 to 10:55 a.m. and 1 to 1:55 p.m. (starts May 14).

**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 Saturday, 10 to 10:55 a.m. and 6 to 6:55p.m. (starts May 15)

The telecourses run approximately 12 weeks. For more information regarding the telecourses contact CCRI at 401-455-6113, or go to [www.ccri.edu](http://www.ccri.edu), click on Summer 2004. You must have Eastern Connecticut cable television service or Cox cable to access any of these telecourses.

## Graduation

Continued from Page 4

Ensign Hassan Brown, National Naval Medical Center, Bethesda, Md.

Ensign Sharon Brown, Naval Medical Center, San Diego, Calif.

Ensign Abigail Burrows, Naval Hospital, Okinawa, Japan

Ensign Derek Butler, Naval Justice School, Newport, R.I.

Ensign Anne Christensen, Naval Medical Center, Balboa, San Diego, Calif.

Lt. j.g. Tara Collins, Naval Medical Center, San Diego, Calif.

Lt. j.g. Liam Connel, Naval Legal Service Office, San Diego, Calif.

Lt. j.g. Kevin Crum, Naval Hospital, Sigonella, Italy

Lt. Tracey Dellavecchia, Naval Dental Center, Great Lakes, Ill.

Lt. j.g. Timothy Erickson, National Naval Medical Center, Bethesda, Md.

Lt. j.g. Teshara Felder, Naval Medical Center, Portsmouth, Va.

Lt. j.g. John Fraser, Naval Hospital, Okinawa, Japan

Ensign John Gardner, Naval Hospital, Pensacola, Fla.

Ensign Jill Griffin, National Naval Medical Center, Bethesda, Md.

Lt. j.g. Fernando Guevarra, 3D Force Service Support Group Fleet Marine Force Pacific, Okinawa Camp, Japan

Lt. j.g. Anthony Hanley, Disease Vector Ecology and Control Center

Ensign Kedrin Hodges, Naval Hospital, Cherry Point, N.C.

Ensign Joshua Jahnke, Naval Nuclear Power Training Command, Charleston, S.C.

Lt. j.g. Bradley Johnson, Naval Hospital, Yokosuka, Japan

Ensign Robert Kimberling, Naval Hospital, Camp Lejeune, N.C.

Ensign Michael Knoell, Fort Sam Houston, Texas

Ensign Vincent Koenigsnecht, University of Cincinnati, College of Medicine, Cincinnati, Ohio

Ensign Lindsey Kohan, Naval Medical Center, Portsmouth, Va.

Ensign Jessica Krigbaum, Naval Medical Center, San Diego, Calif.

Ensign Duane Lampert, Naval Medical Center, Portsmouth, Va.

Ensign Derrick LeBeau, Naval Medical Center, Portsmouth, Va.

Ensign Rhonda Lizewski, Naval Medical Center, Camp Pendleton, Calif.

Lt. Stephen Lizewski, Naval Medical Center, San Diego, Calif.

Lt. j.g. Kimberly Maryman, Naval Aerospace Medical Institute, Pensacola, Fla.

Ensign Sonya McMurry, Naval Medical Center, San Diego, Calif.

Ensign Christine Mouer, Naval Hospital, Great Lakes, Ill.

Ensign Joseph Newman, Fort Sam Houston, Texas

Ensign Emily Otto, Naval Medical Center, San Diego, Calif.

Ensign Geraldo Padilla, Naval Justice School, Newport, R.I.

Ensign Fernando Patron, Fleet Surgical Team Three, San Diego, Calif.

Ensign Jeffery Peterson, Naval Medical Center, Portsmouth, Va.

Ensign Jennifer Platt, Naval Medical Center, San Diego, Calif.

Lt. Hsuehmei Price, Naval Medical Center, San Diego, Calif.

Ensign Shoshana Rosenberg, Naval Justice School, Newport, R.I.

Ensign Linsey Simon, Naval Medical Center, Portsmouth, Va.

Lt. j.g. Angela Smith, Okinawa, Japan

Lt. j.g. James Smith, Naval Hospital, Camp Lejeune, N.C.

Ensign Lynka Smith, Naval Medical Center, Portsmouth, Va.

Ensign John Stage, Naval Medical Logistics Command, Frederick, Fort Detrick

Ensign Kristi Stone, Naval Hospital, Yokosuka, Japan

Lt. j.g. Melissa Strahan, Naval Hospital, Great Lakes, Ill.

Ensign Anthony Trojan, Naval Medical Center, Portsmouth, Va.

Ensign Jana Werson, National Naval Medical Center, Bethesda, Md.

Ensign Amy Zaycek, Naval Medical Center, San Diego, Calif.



**LETTERS mailed home from a PT Boat crewman are part of the exhibit.**

## PT Boats

Continued from Page 10

said. "I've been hooked on PT Boats ever since."

Most of his exhibit items were donated by veterans.

Three types of PTs Boats, ranging in size from 70 to 80-foot and configured with various gun mounts and/or torpedoes were built for the Navy in World War II.

Most were made by Elco, but others were assembled by Higgins Industries in New Orleans and Huckins Yacht Works in Florida. They were all laminated wood, usually mahogany. They were powered by Packard Marine V-12 engines and could hit speeds of 40 knots.

"They were designed to attack the enemy's capital ships," Andruss said. "I like to think of them in the David and Goliath context. They would try to hit anything that floated, no matter how big."

During the war years there were 43 PT Boat squadrons, with about 12 boats in each. The boats served all over the world, in the South Pacific, Aleutian Islands, the Philippines, Panama and the Caribbean, the English Channel and the Mediterranean.

Frongello said the Elco's had more comfortable living conditions, but the Higgins were faster.

"I'd rather have the speed, to get the heck out of there after firing a torpedo," he said.

Some of the veterans planned to head to Melville to see the site of the Navy's Motor Torpedo Boat Squadrons Training Center established in February 1942; and to Battleship Cove in Fall River where two restored PT Boats are on display.

The exhibit will remain until July 1. Viewing hours are Monday through Friday, 10 a.m. to 4 p.m. and in June, noon to 4 p.m. It is free.

## Boys State

Continued from Page 2

Students are taught basic principles in the successful management of a democratic society.

The program is designed to supplement information taught in high school civics classes. Speakers from the executive, legislative, and judicial branches of government provide students with real world perspectives on government operations. The program includes a field trip to the

State House in Providence.

This year's program will involve 18 boys and 17 girls, ages 16 to 18, from high schools throughout the state. Participants from Aquidneck Island include Rogers High School students Philip S. Cushing, 16; and Joshua A. Fraley, 17; and Portsmouth High School students Patrick Conboy, 17; and Bradford Sirois-Szafir, 16.

Cmdr. Stephen V. Burke, NAVSTA New-

port's acting Commanding Officer, will kick off the program on Monday. Other scheduled speakers include R.I. Lt. Gov. Charles E. Fogarty; and R.I. Attorney General Patrick Lynch.

Graduation ceremonies will be held on Friday, April 16, at

7 p.m. in Perry Hall auditorium at NAVSTA Newport.

## Spouses

Continued from Page 7

with this program, and by educating our command spouses I hope we can, together, make our Navy an even better place for our sailors and families."

Understanding the complementary roles of Active Duty and Reserve families, both Selected Reservists and Full Time Support, within the CSLC core curriculum will continue as an area for expanded discussion.

The Command Spouse Leadership Course was first piloted in 1997 and is held in conjunction with the Prospective Commanding Officer leadership course. CSLC promotes a team-building approach to the command tour; recognizing, inspiring and educating spouses to realize a positive impact on command morale and success.

The core curriculum includes training in communication skills, team building, conflict resolution, and crisis management in a format designed to meet the needs of command spouses across the wide variety of Navy com-

munities and command types. Realistic case studies plus facilitator, student, and mentor discussion time allow participants to apply leadership principles and explore resources available to commands and families.

CSLC is recognized as a forum for enhancing the impact and success of Navy command tours. Most exceptional, high morale commands are marked by strong, caring leadership concerned with the needs of Navy families, as well as the Sailors, Chiefs, and Officers. A course graduate, Commander Cathy Davis said, "I thought the entire course was extremely valuable. I cannot imagine stepping into this role as the Commanding Officer's Spouse without all the knowledge and tools that I have acquired here at the course."

For additional information on the Command Spouse Leadership Course, including class-convening dates, visit the Command Leadership School website at <http://www.cnet.navy.mil/cls>

## Earth Day

Continued from Page 2

pick up cleaning and planting supplies (gloves, bags, shovels and trees) the morning of the cleanup at Self Help, Building 14. Supplies will be available throughout the cleanup. Trash should be discarded in green solid waste containers near their buildings.

Those participating in the shoreline cleanup will meet at Building 47 for a safety brief, area assignments and cleaning supplies.

A picnic will be held for all participants beginning at noon at the Recreation Center at noon. The first 200 volunteers will receive an Earth Day T-shirt.

For more information, contact Moore at 841-1790.

**Classified Advertising  
pays off!**

# Classifieds

**For fast results  
Call 849-3300**

## 10 - Help Wa



COOK, year-round. Benefits avail. Apply at Jamestown Oyster Bar, call for appt., 862-0



COOKS - short order, delivery person waitstaff. Apply w/ Aquidneck Pizza Restaurant, 147 Aquidneck Avenue, Middletown. 849-3356.

DRIVER: NAPA AUTO Parts. 3 full days some Sats. 849-8333.

EXPERIENCED TEACHER needed for private preschool. Part or full time hrs. Competitive salary, benefits, sick vacation time offered. Send resume to: Kin derart Preschool, 33 Bellevue Ave., Newport, RI 02840. EOE.

FRONT DESK, Life-guards & Fitness Center Technician. Fun atmosphere. Apply in person: Newport Athletic Club, 66 Valley Road, Middletown

GROWING CONSTRUCTION COMPANY seeks carpenters with experience. Must have transportation & tools. Great opportunities for the right candidate. Call at 683-3709.

HUMAN SERVICES - The most rewarding job you'll ever have. Great people, Great Benefit Package. Second and third shift positions assisting people with developmental disabilities in their home and the community. Call Christine at 846-460 EOE M/F/D/V

LOAN OFFICERS Part/Full-time. No experience needed, training available. Seminar on Base April 10, at 10am: Call (508) 420-1054. Military Mortgage Connection.

OFFICE ASST.: Full-time (35 hr/wk), 3 years, office experience; excellent typing & computer skills including Micro Word & Excel. Competitive wage & excellent benefit package. Send resume to Executive Asst., P.O. Box 439 Middletown, RI 02842 or Fax to (401)847-459. EOE.

OFFICE CLEANING. Now hiring qualified applicants for office cleaning positions. Transportation required. Call 841-5125 for details.

PAINTER: Local hotel co. seeks painter. Some maintenance work. Please apply in person Harborside Inn, Chris e's Landing, Newport. 12-4pm, Mon. - Fri.

## 10 - Help Wa

TEACHER Enthusiastic & dedicated individual needed for a part time lower school science position. Responsibilities include creating implementing hands-on labs & using kits to enrich the science curriculum in kindergarten through grade 3. Send or e-mail cover letter resume to: Whitney Slade, Head of School St. Michael's Count: Day School, 180 Rhode Island Avenue, Newport Rhode Island 02840 or wslade@smcde.org No phone calls please.



UPHOLSTERER/ FABRIC CUTTER, with experience for large, custom upholstery shop Full time, excellent & benefits. 401-682-2743 btwn. 9 & 5.

WAITSTAFF: Full/part time, yr. round. 3 yrs exp. required. Apply person 4-6 pm, Puerini's, 24 Memorial Blvd.

## 12-Earning Opp

ATTN. Work from home \$500-\$1,500 part time \$2,000-\$4,500 full time www.workfromhomeRI.com Health/Nutrition 846-756

## 25 - Child Car

3 SLOTS avail. now/summer. Middletown, refs CPR certified. 846-923

## 175-Lawn & Ga

JOHN DEERE STX38 lawn tractor w/bagge: new parts. \$700. 682-1947 or cell 480-1828

## 400-Pets & Su

GERMAN SHEPHERD PUPPIES. AKC, shots. \$700. Call 401-568-0785

## 515 - Health

TIRED OF LOW-CARB DIETS! Lost weight the healthy way with Shapeworks™. FREE body analysis. 682-1111.

## 520 - Miscell for Sale

CCM HOCKEY SKATES, size 13.5, \$10; Huffy in. boys bike, \$8; TK Hawks remote skateboarder, battery charger, \$8. 847-3360.

## 530 - Househol

EMMALJUNGA Viking Stroller w/bassinet chassis. Great cond \$225. 851-7930.

## 530 - Househol

HIGH QUALITY Leather sofa, med. brown, 36" 90", 3 cushion. Excellent cond. Asking \$49 849-5012.

KENMORE extra capacity washer/dryer. Great cond. \$300. 846-1077.

MILLER GRANDFATHER clock, never used. \$60 848-2577.

RECLINER, Berkline. Elec., blue. Used 1/3 months. \$750 new, sell \$495. 846-8135.

SOFA BED, QUEEN size, blue/white striped \$250 or best. 225-941

## 670-Business Op

INVESTING? Promises of big profit means big risk! Call AG-Consumer Protection at 800-852-7776, the Federal Trade Commission at (877)-FTC-ELP for free information Or visit our Web site www.ftc.gov/bizop.

WANTED, Space in your shop for my products Fax options to 846-107

## 690-Apartments



MATURE FUN FEMALE SEEKS SAME to share spacious 2 bdrm. apartment in downtown Newport. 5 freshly paid rooms on 2nd. floor with hardwoods, appliances, washer/dryer lots of light, plus age and private parking Split rent & utils. Annie, 714-1740.

YOUNG professional seeks roommate to share 1 yr. apt. lease Newport. If interest Matt 610-909-6692.

## 695-Houses to

PRIVATE: Bdrm., den, bath, furn. No smoke \$750 incl. 848-0565.

## 700 - Rooms f

SUNNY, quiet/clean/furn No smoke. \$550 incl. Middletown. 848-7977.

## 710 - Unfurn.

1 BDRM., 1st. flr., 1c Thames St., newly renovated, immaculate, private parking. \$950. elec. 849-5196.

2 BDRM. Newport. New carpet, paint, bath Parking. \$1,100 incl. heat, water. No pet 662-1651, 849-1246.

3 BDRM. Downtown Newport. Avail. immed. ately. Pets ok. Fenc yard, w/d hookups \$1350. 841-5574.

## 710 - Unfurn.

3 BDRM., hardwoods, w/d hookups, park, pets? \$1350+. 253-9501.

CHARMING 2 BDRM. colonial, yachting village, off st. park \$1,200 incl. all. 849-

FALL RIVER/TIVERTON line. 2 bdrm., appointed, w-w, security w/d hookup, off st parking. \$800 a mo. security deposit. 1 pets. 401-625-5600.

HISTORIC HILL formal 2 bdrm., 2500 sq. ft., places, patio, garage \$2100+. Edith Cushing, ReMax 848-6750.

LARGE 1 BDRM. studio on apt., with loft & vate bath, shared kitchen and laundry rm., central parking. Bellevue Ave. \$600 per mo. Call 847-0685 for more info.

LGE 1 BDRM. Hardwoods, patio, pets \$950+. 253-9501.

LGE 2 BDRM., laundry, yard. \$1200+. No pets smoking. Edith Cushing, ReMax 848-6750.

NEWPORT 2 bdrms., hookups, hardwoods. \$950+. Osborn Realty 849-4150.

STUDIO in town, hardwoods, new paint \$725+ elec. Osborn Realty 849-4150.

WARREN: 2 bdrm., newly renovated. Private gated, parking. Historic area. Walk to water \$1,050/mo. + utils. ProNewport, 849-5323.

## 720- Furnished

COZY, newly renovated 1 bdrm., hardwoods, completely furn. w/lins, dishes, pots & pan Will consider long short term. 847-6213.

SPACIOUS 2 bdrm. apt. Easton's Point, off parking, pets welcome heat, elec., water & garbage removal incl \$1500. 847-1356.

## 725 - Condos :

SPECTACULAR WATER VIEWS, jogging paths, pool & tennis, many amenities. Furn. 1 bdr \$775 till June. \$85 June, July & Aug 847-3455.

## 730 - Houses :

3/4 BDRM. HOME, 1.5 bath in Middletown close to everything, n view w/deck. \$1,700/mo + utils. 225-4989. Av: May 1.

GIBBS AVE. 3 bdrm. duplex, long term on 1.5 baths, hardwood flrs., living rm., kitchen, lge. kitchen, washer/dryer, private yard porch \$1600+ 849-1498.

## 730 - Houses :

PORTSMOUTH 2 bdrm., 1.5 bath, painted, hardwoods, yard. \$1,300+. 849-1178 or 640-6011.

PORTSMOUTH 3 bdrm., 1.5 bath, fireplace, ers to deck and lg yard. Avail. April \$1850+. 401-683-0827.

## 740 - Summer I

1 BDRM., \$1,500/MO. 2 bdrm., \$1,700/mo. Downtown. 884-3375.

ATTN.: Summer Rentals. All types, monthly seasonal. Edith Cushing, ReMax 848-6750.

GREAT LOCATION 487 Spring St., 1st. flr. living rm., oversized bdrm., deck, newly painted \$6000. 2nd. flr 2 bdrm., lge. living deck \$8000. 3rd. flr awesome waterview, new deck, 3 bdrms., new baths, extra lg living area \$13,000. Call 401-841-9787 or 401-741-4070.

NEWPORT CONDO. Steps to beach, town Cliff Walk. Balcony parking. 732-682-8234.

NEWPORT ESTATE-SUMMER RENTAL. Immaculate Sanford White furn. carriage house rent Aug. - 3 bdrm., bath - Exquisitely decorated - a perfect home to entertain Close and convenient location to all club towns. Principles on 401-447-2732.

WALK TO EVERYTHING 38 Pope St., 1st. flr. bdrms., 2 baths, pat. \$11,000. Call 401-849787 or 401-741-4070.

## 770 - Garages

ISLAND SELF STORAGE Secure storage; various sizes available. Call furniture, resident commercial storage Climate/non-climate Call for prices, 60033, fax 683-4762.

## 870 - Houses

MIDDLETOWN, by owner. 12 Livingstoc Place, 1,400 sq/ft. bdrm., 1-1/2 baths: \$285,000. 849-6485.

## 902 - Motorc

HARLEY DAVIDSON '98, 883 Hugger, female rider, many extras, must see! \$6900. 683-6824.

HONDA 2002 XR80, 5 spd., great starter but less than 50 hrs. \$1600 best. 845-0676.

## 905 - Trucks &

CHEVY ASTRO '97, 1 owner, loaded, low mileage excellent cond. \$10,500 401-935-6818.

## 905 - Trucks &

DODGE DAKOTA '87, 4 cyl., 107,000. Daily driver, needs some work. Good work truck. \$500 with tool box & rack (401) 338-8816, ask for Marc.

## 907- Boats &

'04 LASER PRO: Deep water blue (teal), new used, still in box. \$4,300. Call 746120, ask for Laura.

17' "SEALUTION II" ocean kayak. Sold w/paddle, paddle floe spray skirt, life vest pump. \$700/best. Call Marc (401) 338-8816.

APACHE 12 ft. V bottom aluminum w/accessories. \$300. 849-7527.

BOAT SLIP, floating Parking, heated pool. To 40 ft. 561-742-987

MERCURY 3 1/2 hp, needs tune-up. \$200 849-7527.



O'DAY SAILBOAT '72, 22', all sails, 7.5 hp board, VHF, trailer dinghy. \$4,500. 508-677-3617, 401-323-9479

## 915 - Autos f

BMW 325ES '87, all options, new tires, always serviced, excellent condition. \$2500. 401-419-2322.

BUICK SKYLARK 1991, 41,000 mi., excellent cond. \$2500. 847-7257.

CAMRY 2002. Mint cond. Forest green, loaded \$23,500. 423-1446.

CHEVY AVALANCHE '02 2500. Loaded, 12,000 mi. \$28,000. 418-0553.

HONDA ACCORD: 93, 10th Anniversary. 4 door sedan, dark green. One owner, all service records, 4 cyl., 5 speed auto., excellent gas mileage. 137,000 mi., mostly highway. Air, cruise, power, new brakes & exhaust. Goodyear Eagle tires. Looks & runs great. \$3,775/best 401-683-0169.

MAZDA 626 ES '99, air, leather, CD, hwy. mileage fully loaded. \$4395/best 423-0034.

NISSAN MAXIMA '90: Runs/looks great, speed, many new parts inspected till 2002, \$2,200/best. 847-5137.

PLYMOUTH GRAND Voyager '98, loaded 3.3 V6. \$6300. 848-7930.

TOYOTA 4RUNNER '98 Ltd. edition. 4x4, 110,000 mi. Must sell! \$10,000/best. 360-981-7527

VOLVO WAGON TURBO '91. 150,000 miles. Fully new turbo. \$400 firm. 846-2180.



### ANY JOB

"1 ACE CLEANUPS CALL US", Dump runs, cellars, repairs, movi 855-9250.

ALL JOBS: Dump runs, rubbish removal, hau- ing, moving, painting lawn care. Call Mik 847-0835.

ALL ODD JOBS: lawns, construction, mainte- nance, rubbish. Senic 10% off. Jim, 662-1151

ALL SIZE/type jobs, lic 20476/ins. Floor sanc ed/refinished. Painti carpentry, tile, kitc baths. Free estimat. 851-2008 or 849-9045.

CLEAN OUTS WANTED: Attics, basements, g- rages, entire househo ds. 1 item or 1,00 Free estimates. Days nights, weekends. Resi- dential only, also ma- ing offers to purcha contents. Refs. Mike Clean-Sweep, 401-286- 0326 or 624-8005.

"YOU CALL WE HAUL" Attics, basements, g- rages, estates. We ma- even pay you. 849-7403

### AUTO BODY REPA

CITY AUTO BODY colli- sion specialist. We c handle all your au- body repairs & ins- claims 100%. RI li 451. Call 847-9347.

### AUTO DETAILIN

T&R AUTO SEATCOV- ERS Seatcovers, tops & headliners. 508-674-3937

### Bobcat/Dumptr

BOBCAT/backhoe/dumptruck service. Brush remova- grading, lawns, C.. Viveiros 401-662-1266.

### CARPENTRY

ALL CARPENTRY WORK: Small job specialist. terior/exterior, decks. #4780. Jim 418-0226

ALL HOME REPAIRS & remodeling. Cabinetry specialty. 25 yrs. L 8261. Bruce 846-6376

ALL PHASES. Remodel- ing, painting, repa- Custom decks & enter- tainment centers. Ca Tom 413-6920 or 849- 6558. Lic. #5790.

CARPENTRY, painting, roofing, pressure was- ing, etc. David Cabr 682-2832.

NO job too small. Car- pentry/roofing. Lic 23 Ins., refs. D&D 662-985

### CARPET CLEANIN

1-401-683-4383. Topp Jobb Maintenance, Cleaning, installation stretching. One ca does it all! Since 19

### CARPET CLEANIN

846-7855 NEWPORT CLEANING & MAID SERVICE CO. Rugs, carpet, & Upholstery Free estimates, fa- service. Will look nev

JERRY'S CARPET CLEANING PLUS. Free estimates. Customized expert service. Reason- able, fully ins. 639-0

JIMMY STUART Carpet & Upholstery Cleaners and floor covering sal- Water restoratio Services. Emergency Water Removal. Pickup & delivery. 847-8666.

### CLEANING SERVI

SHINING CLEANING: We clean houses/apart- ments/offices. 847-585 Renata/Marlene

### COMPUTERS

COMPUTER PROB- LEMS? Call Geeks to Go for all your compu- er needs. Yes, we ca do it. 842-0208.

### DANCE LESSONS

BEGINNING Ballroom dance lessons in your home. Rick 683-2660.

### DRIVEWAYS

GRAVEL DOCTOR, Re- pair Potholes & Ruts all your Gravel/Unpave surfaces at a fractior the cost of traditi- methods. 849-5885.

J.A.M. CONSTRUCTION Co. Asphalt, grave- stone pavers, concrete oil & stone. Servi Aquidneck Island for 3 years. 849-8080.

TEVES PROFESSIONAL Blacktop Driveway Seal- ing/Coatings. 848-9270

### ENTERTAINMENT

THE PARROT LADY, Kid's Parties, Schoo- etc. 401-943-BIRD

### EXCAVATION

ALL SEPTIC installatio & design, driveways, sitework. MEC Const. 683-9004.

DUMP TRUCK, backhoe & bulldozer servic- Land clearing, tree wo & snowplowing. KC Construction, 683-1784

### FLOOR CLEANIN

CLEAN, STRIP, WAX & poly application. Gr- Dawson 846-5945.

### Garden Consul

GARDEN & LAND- SCAPE Consultant for the Do-It-Yourself G- dener who's looking fo some guidance, an- swers, ideas. 848-9121

### HANDYMAN

20 PLUS YEARS experi- ence. Do it all from Z. Ray, 401-447-5125.

HOUSEHOLD REPAIRS, maintenance, painting any job. Paul, 497-324

REPAIRS & Painting by Jack. Small jobs welco- me. 401-787-7899.

### HAULING

DUMP RUNS \$85! Usu- ally same day. Als handy jobs. 423-1256.

HAVE TRUCK WILL HAUL. Brush, junk, leaves, appliances, co- struction cleanups, e Dumpster/trailers ava- Local cell, 497-1282.

### HEALTH & NUTRI

5 MIN. TO A THINNER YOU! FREE body analysis. 847-4820.

HERBALIFE distributor. 846-7562. Product www.loseweightnowRI.com or Opportunity www.workfromhomeRI.com

### HOME DECORATIN

CLASSIC SLIPCOVERS. Custom design & construction. 837-5880

### HOME IMPROVEMEN

BAY HOME. Additions, new construction & renovations. Lic & i John Boruch 297-9135.

CARPENTRY, Painting, windows, drs., decks tile, all repairs. 847-

ISLAND HOME REPAIR Service. Remodeling, repairs. 849-5206.

REGO CONSTRUCTION Bricks, blocks, pati- stone walls, driveway cement work. Lic.# 17929. 401-781-2262.

### HOUSECLEANING

846-7855 NEWPORT CLEANING & MAID SERVICE. "We Do It All": Regular or 1 t service, Move in/ou- Windows in/out, carpe- cleaning, Constructic- clean up, Cellar/Garag- clean outs & Dump- runs. Last minute O.K Lic./bonded/ins.

AQUIDNECK'S BEST: For exceptional servi- call Myriam 481-9670.

GM CLEANING SERVI- CE. We do all job- move in/out, Bonded & insured. 847-8195.

JANES' CLEAN. Hous- es, offices, construct- moveouts, windows. We use our own products. Many yrs. of experienc- Best prices. 846-1219.

MAID 2 CLEAN, exp. & dependable house- cleaner, w/low rates refs. 508-496-9130.

NO TIME FOR HOUSE- CLEANING! I have the- time & exp. Call Nata- at 847-9011 for an app-

### HOUSECLEANING

THE BUTLER DID IT. Distinctive home clear- ing. Spring cleanin- special. Charles 855-5316.

### LANDSCAPING

ACOASTAL TREE. Full- service tree/landscap- co. Lic. 618. 847-0311

ALL ISLAND LAND- SCAPE Spring clean- ups. RI lic. tree ser- Land clearing, bobcat- backhoe. 683-1588.

BEBE LANDSCAPING: Mowing, hedges, hauling. Fred 849-1416

COMPLETE LAWN MAINTENANCE. Lawn cutting, cleanups. C: 682-2411, ask for Tod-

CONRAD'S Landscaping A full-service co. P- mouth 401-418-0870

GRASSHOPPER LAND- SCAPING. Installatio- & maintenance of lawns hedges, gardens, trees shrubs, driveways, p- tios, mulching & cobb- estone. Backhoe service Since 1978. 846-9390.

JBE LANDSCAPING Services. 743-6882.

Just Grass Lawnmowing. Reasonable rate. Prompt service. 692-1154.

LANDSCAPING Service John Caetano. Spring cleanups, lawnmower, etc. 849-5833.

LANDSCAPING. Time to get your yard ready f- Spring. I offer Spr- clean-up, brush cutti- and removal. Also, com- plete lawn care, mow- ing, hedge trimming, planting, mulching, la- installation & gard- rototilling. So, no ma- what your needs, res- idential or commercia- for a Free Estimate a- prompt professional se- vice, call me at 8- 5355. Leave Message.

THINK SPRING CLEAN- UPS, Tilling, Mowing- Hedges, Aerating, Dethatching. 849-2347.

### MASONRY

BUILD/RESTORE STONEWALLS, patios, steps, sidewalks, chi- neys, John 683-4933.

DOWNEY MASONRY: 20 yrs. professions- Stone/ Brick work, chi- neys, fireplace & ste- Build/restore/sheetro- /paint. Mike 849-8388.

### MOVING

CHAMPION MOVERS. Your local mover. Lic. Insured. 846-4450.

### PAINTING&PAPERI

1ST. CHOICE PAINT- ING, exterior & inter- Wallpaper. Exp. affo- able. Mike, 846-7799.

DONBACH PAINTING & PAPER. Meticulous, in- teriors, wallpaper. Li- ins. 848-7846.

### PAINTING&PAPERI

EXTERIOR/INTERIOR Painting: 35 years. Fr- estimates. 846-9774.

EXTERIOR/INTERIOR Sm. ceilings \$50, lc- ceilings \$100. 662-669

FREE ESTIMATES Paint- ing, papering, lic. 1- 2897 H. Cassese Jr.

HIGG'S PAINTING Inte- rior - power washin- Exterior, exterior. I- ins., free estimates. #50486. 508-679-5300.

IAG PAINTING & Powe- rwashing. No job t- small. Estimates. L: 24505 & ins. 864-7323

MARTINELLI PAINTING. 45 yrs. experience. I- job to small. 848-0581

NEWPORT PAINTING. 25 years experience Licensed & Insured 849-4204 or 481-7591.

PAINTER/CARPENTER: Interior/Exterior. I- Reliable/reasonabl- Andy 849-8646 Lic#7430

PAINTMASTER. 30 yrs. exp. Painting & carpe- try. 842-0107, 935-605

### PLASTERING

PLASTERING: Replace- ment ceilings, new wor- & repair work. Fully- Call Tony, 774-930-2746

### POWER WASHING

TEVES Professional Powe- r Washing, residenti- commercial, paint/stai- Waterproofing. 848-9270

### ROOFING

AA ROOFING all types, rubber roofs. Li- #11275 & ins. 849-1808

### SEPTIC SYSTEM

ALL SEPTIC installatio & design, driveways, sitework. MEC Const. 683-9004.

### TILE INSTALLAT

StevenKellyTile Craftsmanship since 1980 Lic. #24112. 294-5516.

### TREE SERVICE

ISLAND TREE SERVICE. Limbed, trimmed, topped or dropped. Lic #594, ins. 846-0616

### TUTORING

GRADES 4-12 Math, General Science, Biolo- gy, Chemistry I ca- help! 619-0233.

### WATERPROOFING

TRIDENT DRY BASE- MENT SYSTEMS INC. basement waterproof- ing, crawlspace sealin- water removal. 683-0551

3 LINES, 28 DAYS  
ONLY \$62

To advertise your business or home service in both  
The Newport Daily News and The Navallog  
CALL 849-3300

"Advertising Deadline: Thursday at 11 a.m. each week"

## Dental 'techs' mark 65th year

WASHINGTON (NNS) — Dental Technicians (DT) celebrated their 56th anniversary April 2, marking more than five decades of dental health care assistance to dentists serving the Navy and Marine Corps fleet and family members.

This anniversary not only reflects the dental community's history, but also recognizes significant changes to the

Dental Technicians, regardless of what rating they belong to," said Moody. "Nothing will affect the level of care we provide to beneficiaries, because we'll still have the same number of overall enlisted medical personnel. A merger is in line with Force Health Protection, because it will help us increase the number of Sailors versatile enough to serve—anywhere—the medical and dental needs of both the warfighter and retiree."

## Navy-wide news

enlisted career field's future, with a potential merger between DTs and Hospital Corpsmen (HM) on the horizon.

"As we celebrate this year's Dental Technician birthday, we look toward a changing Naval Medicine force, ready to meet the needs of our Navy," said Force Master Chief (SW/AW) Jacqueline DiRosa, director of Medical Department Enlisted Personnel at the Bureau of Medicine and Surgery (BUMED). "Our future includes an increase to rapid and ready response by ensuring all enlisted personnel have the same base line of training. We're improving our flexibility in the utilization of all enlisted manpower and career opportunities for our Sailors."

There are nearly 3,000 DTs serving a variety of "chairside" and administrative duties. Some are qualified in dental prosthetics (making and fitting artificial teeth), dental X-ray, clinical laboratory and pharmacy procedures, as well as maintenance and repair of dental equipment.

DTs have seven different sub-specialty C-schools. If a merger occurs, these opportunities would expand to include 40 schools currently offered to HMs. This would increase the DT/HM sub-specialty choices to 47 schools, according to BUMED Dental Technician Career Planner, Master Chief Dental Technician Barbara Moody.

"The Navy will always need

The DT/HM merger will be reviewed this year. If approved, the transition will occur over the next three to five years, possibly making this year's Dental Technician anniversary one of its last.

"We are proud of our history. In fact, the Dental Technician rating originally came from the Corpsman rating. So, really, we're just going back to our roots," said Moody. "Overall, we're only enriching Naval Medicine history."

For related news, visit the Naval Medicine Navy NewsStand page at [www.news.navy.mil/local/mednews](http://www.news.navy.mil/local/mednews)

## War vets earn nights at Vail

PETERSON AIR FORCE BASE, Colo. (NNS) — Vail Resorts in Colorado is offering 1,000 free nights to service members who served in Iraq and Afghanistan, as part of "Operation Freedom Lodging."

Members from any branch of service who served for 30 or more days in these countries are eligible for up to three consecutive nights of lodging at Vail Resorts-owned and -operated hotels in Breckenridge and Keystone.

"Operation Freedom Lodging is a gesture of our appreciation for the courageous men and women who have been serving our country in Iraq and Afghanistan," said Tony Piringier, vice president of hospitality for Vail Resorts.

Qualified service members wishing to make reservations for Operation Freedom Lodging can call: Breckenridge at 1-800 832-3694, and Keystone at 1-800 270-4690.

After making reservations, service members must verify their status by faxing a copy of their orders or a letter from

their commander or senior enlisted supervisor to Fort Carson Morale, Welfare and Recreation at DSN 691-9453 or (719) 526-9453. Documents may be sent via e-mail to [OutdoorInfo@carson.army.mil](mailto:OutdoorInfo@carson.army.mil).

For more information on the verification process, call Fort Carson Morale, Welfare and

Recreation at DSN 691-2083 or (719) 526-2083.

For more information on the NORAD and USNORTHCOM, visit [www.norad.mil](http://www.norad.mil) and [www.northcom.mil](http://www.northcom.mil)

For more news from around the fleet, visit the Navy NewsStand at [www.news.navy.mil](http://www.news.navy.mil)

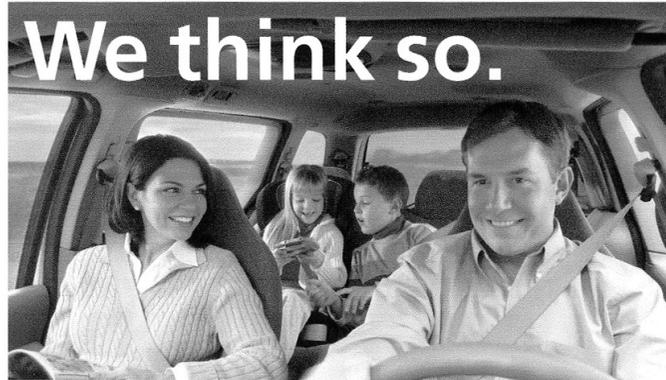
**They're just auto parts.**

**Does it make a difference what brand they are?**

**Does it matter who installs them?**



**We think so.**



**That's why our Dealerships use genuine parts, engineered specifically for your vehicle and installed by the factory-trained technicians who know it best.**

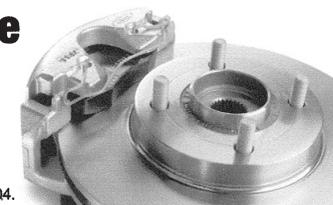
**We're open Saturday for your convenience!**

**Genuine Motorcraft® Brake Service**

**\$89<sup>95</sup>**

**Trust the experts who know your vehicle best.**

Install genuine Motorcraft® Preferred Value pads or shoes on most cars/light trucks. One axle. Excludes machining rotors and drums. Taxes extra. See Dealership for details through 04/30/04.



**\$34<sup>95</sup> The Works**

Get a Genuine Motorcraft® oil change and a whole lot more!  
• Genuine Motorcraft® oil and filter change • Rotate and inspect four tires • Inspect brake system • Test battery • Check air and cabin air filters • Check belts and hoses • Top off all fluids

Up to five quarts of genuine Motorcraft® oil. Taxes, disposal fee and diesel vehicles extra. See Service Advisor for details. Offer valid with coupon. Expires: 04/30/04

**\$149<sup>95</sup> Keyless Entry Keypad**

Includes limited warranty. Dealer installation recommended. Available for most Ford, Lincoln and Mercury vehicles. Installation and taxes extra. See Service Advisor for details and warranty information. Expires: 04/30/2004

**Buy now, pay later with the Quality Care Credit Card.**

**\$79<sup>95</sup> Genuine Motorcraft® Tested Tough® MAX battery with 100-month warranty**

Installation extra. Price valid with exchange. See Service Advisor for limited warranty details. Offer valid with coupon. Taxes extra. Expires: 04/30/2004

See Dealership for details Expires: 06/30/2004



**"EXPECT THE BEST"**

**Fall River Ford, Inc.**  
292 William S Canning Blvd.  
Fall River, MA

**508-730-1000 • 800-667-4996**

**"EXPECT THE BEST"**

**GENUINE PARTS. GENUINE SERVICE. GENUINE PEACE OF MIND.**



**ULTRA MAIL**

849-3300 ext. 235  
[www.ultramailnewport.com](http://www.ultramailnewport.com)