

# The Newport *Naval*og

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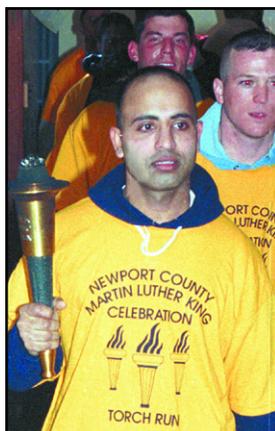
SERVING COMMANDS AND ACTIVITIES, NEWPORT, R.I.



*Chill Out...*

Ron Fontaine/U.S. Navy photo

Seaman Shauna Sullivan, center, a crewman on the U.S. Coast Guard cutter Ida Lewis, works in single digit temperatures last week on the anchor chain to an Aid to Navigation at Pier Two. The coastal buoy tender maintains markers along the New England shore.



## Dental runs for Dr. King

Naval Dental Center Northeast staff participates in the Dr. Martin Luther King Day Jr. run from Portsmouth to Newport.

— Page 3



## Firefighting by computer

New computer generated firefighting training catches the eye of Damage Control Assistant school at SWOSCOL-COM.

— Pages 8-9



## NAPS cagers host tourney

The Naval Academy Prep School basketball team tests its skills against visiting schools in a weekend tournament.

— Page 12



Ron Fontaine/U.S. Navy photo

**SAME JOB, NEW RATING** —Culinary Specialist First Class Broadus Brooks heats some french fries at Ney Hall galley his week. The Navy recently renamed mess management specialists as culinary specialists.

## Mess hall enlisted members are your 'culinary specialists'

WASHINGTON (NNS)— In a rating name change that better reflects their professional expertise, mess management specialists (MS) will now be known as culinary specialists (CS).

"The name change more appropriately describes the duties and mission of the rating, aligns the rating with today's commercial culinary profession, and enhances the rating's professional image," said Senior Chief Culinary Specialist (SW) Joe Donellan, rating technical adviser and Supply Corps enlisted community manager.

The rating's progression

from cook to commissary man, to mess management specialist, and finally to culinary specialist, is a natural one and in keeping with the Navy's tradition of defining a Sailor's occupation in modern terms.

Culinary Specialist Second Class Matthew Myers, aboard amphibious assault ship USS Bataan (LHD 5), believes the name change will have a positive effect when Sailors transition back to civilian life.

"We'll finally be able to compare our knowledge and training to the civilian world, which will allow an easier transition into the culinary

field," he said. "I really like it."

Aboard the hospital ship USNS Comfort (T-AH 20) Senior Chief Culinary Specialist (SW) Jack Slatery said he felt the change will "definitely help in enabling our civilian counterparts to better identify with our job as opposed to the term "mess," which is a contradiction in terms when you think about the sanitation standards we're expected to maintain."

The rating badge of crossed keys and quill superimposed upon an open ledger is being retained for culinary specialists.

## Lecture to cast Pug Henry in 2015

Retired Adm. Dennis C. Blair, president and chief executive officer of the Institute for Defense Analyses (IDA), will present *Pug Henry—2015* at the Contemporary Civilization Lecture on Jan. 27 at 7:30 p.m. in Spruance Auditorium, Naval War College.

Herman Wouk's two-volume historical work of fiction on World War II chronicles the

major events of the 20th century, as seen through the eyes of Capt. Pug Henry. Adm. Blair's talk will focus on the import role of students at the Naval War College and how they can prepare themselves to protect their country into the 21st century.

Throughout his 34-year Navy career, Adm. Blair has made numerous contributions

to the Navy, ranging from serving on a guided missile destroyer to former Commander-in-Chief, U.S. Pacific Command. He commanded Naval Station Pearl Harbor and the aircraft carrier USS Kitty Hawk Battlegroup.

For reservations to the lecture call 841-4527 or e-mail [eveninglecture@nwc.navy.mil](mailto:eveninglecture@nwc.navy.mil) Reserve tickets by Jan. 26.

# NACC tracking diabetes cases through database

NEWPORT (NNS) — The Naval Ambulatory Care Center (NACC) Newport, has an extensive diabetic treatment and education program for patients. Key to the program is the disease management database designed to help health care providers and diabetic patients deal with the illness.

"A team of NACC doctors, nurses, pharmacists and dietitians worked closely with a software designer to develop the program," said Judith A. Byrnes, diabetic nurse educator.

"Information in the database includes demographic and enrollment information, type of diabetes, results of diabetic lab tests, medications and appointments. The information is automatically transferred daily from CHCS (Composite Health Care System)."

CHCS provides automated medical information for all military treatment facilities.

"One example of what the program offers is computerized lists that are generated to identify patients who have elevated lab results," said Byrnes. "Patients with dangerously elevated blood levels of hemoglobin Alc are contacted and enrolled in our self-management programs. Patients who complete these programs have been able to decrease their hemoglobin Alc levels significantly."

Special forms associated

with the program automatically record the most recent diabetic lab results, medications, appointments, and dates of the most recent eye, foot, health promotion and immunization visits. Individual patient summaries are also available, along with summary reports for each provider's diabetic patient list, added Byrnes.

"The database is a formidable population health tool, which is currently access-based, interactive and expandable. It assists our staff in directing primary, secondary and tertiary prevention strategies that improve patient care and quality of life, while offering the potential for reducing costs," said retired Chief Hospital Corpsman Mark K. Picard, public health educator at NACC.

NACC Newport is part of Naval Health Care New England. Naval Health Care New England provides care for more than 116,000 beneficiaries in six states. The command is comprised of three Naval Ambulatory Care Centers — in Newport; Portsmouth, N.H.; and Groton, Conn.— plus branch medical clinics in Ballston Spa, N.Y., and Brunswick and Winter Harbor, Maine. For more information on Naval Health Care New England, visit the Web site at [www.nhcne.med.navy.mil](http://www.nhcne.med.navy.mil)

**Navalog**

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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**

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**Joy Christmas**

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**Richard Alexander**

NAVALOG Editor

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The Newport Navallog is printed on recycled paper.

**ON THE RUN —** Officers and enlisted servicemembers of Naval Dental Center Northeast and Branch Dental Clinic Newport participate in the Dr. Martin Luther King Jr. Day Torch Run from Patriots Park in Portsmouth the Cranston-Calvert School in Newport.

Richard Alexander/U.S. Navy photos



## Naval Dental bears torch for Dr. King

By **RICHARD ALEXANDER**  
Navalog editor

PORTSMOUTH — About a dozen enlisted members and officers of Naval Dental Center Northeast took turns Monday carrying the freedom torch in an 11-mile run in recognition of Dr. Martin Luther King Jr.'s birthday.

The run, part of an all day observance by the Newport County Martin Luther King Celebration Committee, is held annually on the holiday. It begins at The First Rhode Island Regimental monument at

Patriots Park in Portsmouth and ends at Cranston-Calvert School in Newport.

The regiment is also known as The Black Regiment, which was composed of black and mixed race enlisted during the Revolutionary War.

Lt. j.g. Eric Polonski said it was tough starting out in the 11 degree weather. "Our feet were cold, but it didn't take long to warm up," he said.

Master Chief Dental Technician Rigoberto Hernandez, the Dental Center's command master chief, **DR. KING, Page 13**



**NAVY BAND** Northeast's Brass Quintet plays during opening ceremonies at Cranston-Calvert School, Newport. From left are Musicians Second Class Ryan Hudson and Dan Bethel, and Musician Third Class Nathan Ward.

### Newport Naval Cable TV

## Navy screens beef for 'mad cow'

*Navy and Marine Corps News* airs daily at 8:30 a.m., noon and 5:30 p.m. on channel 11. Look for the following stories and more on this week's show:

— Learn how the U.S. Navy protects shipboard Sailors from mad cow disease..

— History was made recently when the USS Gonzalez (DDG 66) made a port visit to the Balkans.

— Seven World War II ser-

vicemembers are laid to rest after almost 60 years.

— The first American aviator shot down over Vietnam recalls his years as a Prisoner of War.

— Country music singer and songwriter Dolly Parton shoots a music video at Naval Base Ventura County, Calif.

#### Health and Wellness Videos

The Naval Ambulatory Care Center and the Health Promo-

tion Action Council offer Health education and wellness programs on channel 13, daily, following *Navy and Marine Corps News*. During next week's featured segments, beginning Jan. 20, learn more about *Gallstones* and *High Blood Pressure*.

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



## Rhode Island MONTHLY

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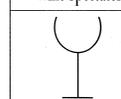
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## Bravo zulu



Ron Fontaine/U.S. Navy photo

**HE'S IN THE MONEY** — Christopher Whitney, 11, center, local winner of the Navy Exchange A-OK Student Reward Program, holds his oversized \$2,000 savings bond last week with his father, Command Master Chief Tom Whitney, assistant director of the Senior Enlisted Academy; his mother, Karen Whitney and his sister, Lindsey, 9. At left is the NEX Manager, Robin Joseph. Whitney was chosen from among 1,200 entries worldwide.

## CPOs donate to chapel for holiday

Naval Station Newport's Surface Warfare Officer School's Chief Petty Officer Association (CPOA) held its holiday party last month at the VFW Post on Coddington Highway.

The SWOS CPOA is a self-

sufficient non-profit organization comprised of 41 enlisted chief petty officers dedicated to the welfare of junior sailors and volunteer projects in the local community. Recent efforts have included stocking

food supplies at various shelters, mentoring adolescents in local elementary schools, assisting Sailors' families in times of emergency and fund-

CPOs, Page 13



Ron Fontaine/U.S. Navy photo

**PUFFING FOR RPs**—Six enlisted religious program specialists puff out the candles on a cake celebrating the 25th anniversary of the RP rating last week at the Chapel of Hope, Naval Station Newport. The rating was established in 1979 to support naval chaplains serving with Navy, Marine Corps and Coast Guard. From left are Senior Chief Jessie Stuckey and Petty Officers Randall Hoffman, Stewart Campbell, Heather Osterberg, Christian Bell and Kathleen Matthews. There are about 835 active duty RPs.



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# Do you know what's in your credit report?

A representative from the Navy Federal Credit Union will be at the Fleet and Family Support Center on Tuesday, Jan. 27, from 11:30 a.m. to 1 p.m., to discuss Reading Your Credit Report. Bring a copy of your credit report to the class and find out how to read the report and correct any errors you may

## Fleet and Family Support Center

find. Call 841-2283 to register. **Starting over after divorce**—This workshop will be held in three parts and will take place at the FFSC on Wednesdays beginning Wednesday, Jan. 28, from 11:30 a.m. to 1 p.m.

The program is based on materials by Dr. Bruce Fisher and is designed to help you adjust to the ending of a love relationship or marriage. Topics of discussion will be coping with anger; adapting to independent life; dealing with loss; letting go and building self-esteem again; and entering new relationships.

The workshop combines concrete information and group discussion.

**Parenting**—The Early Years (ages 2 to 6)—The Fleet and Family Support Center is offering a workshop to help parents enhance their parenting skills. This workshop is scheduled for Thursday, Jan. 29, from 9:30 to 11 a.m. This workshop will provide parents the tools needed to make sense of their children's behavior and plan responses to it.

Parents will learn methods they can use to promote responsible, cooperative, and productive behavior in their children. They also will learn how to disrupt harmful patterns of behavior in a respectful and caring manner, as well as how to encourage desirable behaviors and discourage

undesirable behaviors.

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

**Homebuyers' workshop**—Purchasing a home is a com-

plex task. There are many questions that need to be answered before you take that big step.

Come to the Fleet and Family Support Center on Thursday,

Jan. 29, from 7 to 9 p.m., and learn about your options and decipher real estate lingo.

You will meet with a representative from the Navy Federal Credit Union to hear first-

hand about qualifications for mortgages and other financial options. Home-buying information for all areas of the United States is available at this workshop. Call 841-2283.

## “I wouldn't trade it for anything.”

- Gerald Hartmann  
Sgt. USAF, Ret.; Bedford, MA

At US Family Health Plan, we're deeply gratified that members give us high marks for quality of care, personal attention and service, ease of use, and peace of mind. In the latest survey, we earned a 93% for overall satisfaction, with 60% giving us a perfect 10.\* We're very proud of that, because we're 100% committed to providing the best service in the country – and we'll never stop trying to improve. Here's what some of our members are saying:

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

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- Cherie Saunders,  
Newport, RI



**“The doctors feel very positive about the plan. Makes me feel good about being a member.”**

- Albert Pettingill,  
US Army, Ret.;  
Bradford, MA

**“Whatever help I need, I get.”**

- Claire Jeronimo,  
Fairhaven, MA

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



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 USFHP 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. (Nationally, only 62% of health plan members gave their plans an 8 or higher, according to the 2002 NCOA survey.)

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## What's going on

# Auto show to roll into Providence

PROVIDENCE — Hundreds of 2004-model cars, trucks, minivans and SUVs will be displayed at the Rhode Island Convention Center for the Northeast International Auto Show, Jan. 29 through Feb. 1.

The public may climb in and out of the vehicles and check out all the new models from more than 30 manufacturers. Attendees will also get an up-close look at several newly introduced pre-production models, specialty vehicles and concept cars.

Sunday, Feb. 1, is Kids Day and children 12 and under will be admitted free when accompanied by a paying adult.

Show hours are Thursday and Friday, noon to 10 p.m., Saturday, 10 a.m. to 10 p.m. and Sunday from 10 a.m. to 5 p.m.

Admission is \$9 for adults (13 and over), \$6 for senior citizens (62 and over), \$3 for children (7 through 12), and free for children 6 and under.

### FRIDAY, Jan. 23

- Armed Services YMCA (846-9622):
  - Fitness Hour, 9 to 10:30 a.m.
  - Lil' Chefs, 10:30 a.m.
  - Big Kids Game Night, 6 p.m. to midnight.

- Lunch and Learn Movie Matinee (The Art of Resolving Conflicts in the Workplace), 11:30 a.m. to 1 p.m., Fleet and Family Support Center. Call 841-2283.

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

Recreation Center movies are shown upon request beginning tonight: *Matchstick Men* (PG-13);

*Freddy vs. Jason* (R).

- Owl Prowls Program, 6 to 7:30 p.m., Norman Bird Sanctuary. Introduction to the nocturnal raptors through a short slideshow and trail walk. Call 846-2577 for more information.

### SATURDAY, Jan. 24

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

- American Red Cross First Aid Basics Course, 9 a.m. to noon. 1015 Aquidneck Ave., Middletown. Training includes first aid for bleeding, injuries to bones and joint, shock, sudden illness and other emergencies. \$35. Three-year certification. Call 846-8100.

- Seal watch cruise, 1:30 and 2:30 p.m., departing from Bowen's Landing, Newport. Sponsored by Rose Island Lighthouse Foundation and Save the Bay, passengers will explore seal habitat and learn the fascinating history and migratory habits of harbor seals. Adults, \$18; children under 12 and seniors, \$15. Also, Jan. 25, 2 and 3 p.m.

- A Salute to Jazz Vocalists, 7 p.m., Rosecliff mansion. Jazz vocalists Shawn Monteiro and Steve Marvin will perform. Admission, \$35. For more information, call 847-1000, ext. 140

### SUNDAY, Jan. 25

- Chapel of Hope Sunday worship services:

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

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

- 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.

- American Red Cross Community First Aid and Safety Course, 9 a.m. to 6 p.m. 1015 Aquidneck Avenue, Middletown. Call 846-8100.

### MONDAY, Jan. 26

- Armed Services YMCA (846-9622):

- Parents' Time Out, 8 a.m. to 1 p.m.

- Fitness Walk and Tone, 8 to 9 a.m., Gym 109.

- Soup kitchen, 8:30 a.m. Martin Luther King Center, Dr. Marcus Wheatland Boulevard; St. Joseph's

Church, 11:30 a.m., Broadway, Newport; Trinity Church, Queen Anne Square, Newport. military volunteers welcome.

### TUESDAY, Jan. 27

- Relationship Enhancement Workshop, 6:30 to 8:30 p.m. Third of six-session workshop for individuals and couples to learn ways to improve communications in personal relationships.

- Newport Navy Choristers rehearsal, 6:15 to 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., United Baptist Church, Spring Street, Newport. Military volunteers welcome.

### WEDNESDAY, Jan. 28

- Fleet and Family Support Center, Rebuilding When Your Relationship Ends, 11:30 a.m. to 1 p.m. Three-part workshop to help you adjust to the ending of a love relationship or marriage. Call 841-2283.

- Soup kitchen, 8:30 a.m., Martin Luther King Center, Dr. Marcus Wheatland Boulevard, Newport; noon, United Baptist Church, Spring Street, Newport. Military volunteers welcome.

### THURSDAY, Jan. 29

- Armed Services YMCA (846-9622)

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

- Parent and Toddler Playgroup, 10:45 a.m. to noon.

- Fleet and Family Support Center, Parenting-the Early Years, 9:30 to 11 a.m. Learn to make sense of your child's behavior and plan positive responses to it. Call 841-2283 for more information.

- Home buyers' Workshop, 7 to 9 p.m. Learn about mortgage qualifications and other financial options from a representative of the Navy Federal Credit Union. Call 841-2283 for more information.

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

## Special events

# E6's to sponsor Sweetheart Dance

MIDDLETOWN — The Naval Station Newport First Class Petty Officers' Association will host a children's Sweetheart Dance for Valentine's Day, Saturday, Feb. 14, 4 to 8 p.m., at the Greene Lane Housing Community Center. Children of military and Department of Defense personnel of all ages are invited. Admission is 50 cents.

A DJ will play pop, rock, R&B, rap and country from the billboard's top 50.

Concessions of hot dogs, slice pizza, chips, candy, soda and more will be available for 50 cents each. All proceeds will be used for future activities at the center.

Volunteer are needed. For more information, please call Culinary Specialist First Class Ronald Robinson at 841-7580 or 849-5465.



## Balladeer Staines returns in concert

NORTH KINGSTOWN — Homespun folk singer/song writer Bill Staines will return to his annual Super Bowl Sunday concert in North Kingstown, on Feb. 1 at 3 p.m.

The concert, sponsored by the North Kingstown Arts Council, will be held at a new location—the Davisville Middle School on School Street.

Staines weaves wit and gentle humor into his performances. Between his original music, he includes song ranging from traditional folk to more contemporary country ballads. The concert is for all ages.

For more information, call Dan O'Connor, leisure arts director, North Kingstown Arts Council, at 294-4022.

**Please mark January 29th on your calendar, right now!**

**Middletown Substance Abuse Prevention Task Force presents:**

## "All Youth are at Risk, All Families have Strengths"

... a Forum for Parents of 13 to 17 year olds

**WHEN: January 29, 2004  
7 p.m. to 9 p.m.**

**WHERE: Middletown Town Hall  
East Main Road**

**WHY: This is an opportunity for parents and guardians to come together to share experiences, strengths, hopes and ideas within an atmosphere of support**

The evening will include information on resources, dialogue about common challenges and some thoughts on solutions. There will be small group activities with discussions of typical issues confronting parents of teens. At the end we will share everyone's input and talk about developing a support system for parents.

**This is your night! All parents are encouraged to attend what promises to be an informative and interactive evening!**

**Please call Beth Paris at 843-8478 for more information.**

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# Scholarships for military children available

By **CARRIE WILLIAMS**  
 Defense Commissary Agency

FORT LEE, Va.— Didn't find any "college cash" in your stocking? Don't worry. There's still time to apply for Scholarships for Military Children money. Applications for the \$1,500 scholarships are due at the nearest commissary by close of business Feb. 18. At least one scholarship will be awarded at every commissary location with qualified applicants.

The application can be downloaded through a link on the front page of <http://www.commissaries.com> or downloaded directly from <http://www.militaryscholar.org> and filled out by hand or on the computer. Copies of the application are also available at commissaries worldwide.

Students should put on their thinking caps and give it their best shot when it comes to writing the scholarship essay. "In past years the essay has been a key factor in deciding among the many outstanding applicants," said program liaison Edna Hoogewind, Defense Commissary Agency. This year's topic is "What aspect of military life has had the greatest influence on you?"

Applications must be in the store by close of business on Feb. 18, and students who are not hand-delivering applications are advised to use a delivery method that supplies a

return receipt.

After March 29, applicants may visit <http://www.militaryscholar.org> and click on the "Verification of Receipt" section. Scholarship managers will respond to "Verification of

Receipt" e-mails until June 15.

Applicants should check all materials carefully for simple things, like making sure the application is signed or that it's the 2004 application, not one from previous years.

The scholarship program is open to unmarried children under the age of 21 (23 if enrolled in school) of active duty personnel, Reserve, Guard and retired military. Eligibility will be determined

using the Defense Enrollment Eligibility Reporting System (DEERS) database. Applicants should ensure that they, as well as their sponsor, are currently

**SCHOLARSHIPS, Page 13**

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\*4.9% rate is available for NEW Fixed Equity Loans (FELs) of amounts up to \$100,000 for a maximum term of 5 years with a loan-to-value (LTV) of 90.0% or less. Payment example: \$50,000 for 5 years at 4.9% yields a monthly payment of \$941.27 and a total finance charge of \$6,476.39. Other rates and terms available. \*\*Home Equity Line of Credit 1.9% rate is available for NEW Home Equity Lines of Credit obtained from January 1 through June 30, 2004. Maximum loan is \$350,000. 90% LTV. After the six-month promotional period the loan will convert to a variable rate, currently 4.0% APR. Navy Federal Credit Union can serve Department of the Navy active, retired, reserve, civilian and certain contractor personnel and their families. Federal law generally prohibits federal credit unions from serving nonmembers. This credit union is federally insured by the National Credit Union Administration. For more information, visit [navyfcu.org](http://navyfcu.org). © 2004 Navy Federal Credit union 10536B (1-04)



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# Firefighting goes virtual

## SWOS envisions real benefits in computer simulated training

By R. K. ALEXANDER  
Navalog editor

A Bedford, N.H., company has developed as computer simulation system that can train Navy and Coast Guard damage controlmen to extinguish fires without real water, chemi-



cals or hoses.

They can crawl through smoke-filled spaces without choking on fumes. They can isolate hazardous material spills without the danger of skin burns; or secure areas contaminated by poisonous gas without the threat of lung damage.

Creative Optics, Inc., a research and development firm, has developed Harmless Hazards Training. It uses computer-generated hazards superimposed on "real world" office work spaces, shipboard cargo holds or engine rooms. It is designed to train first responders to control an

emergency before it escalates, and hopefully, save lives.

Their slogan reads, "Reality Training Where Emergencies Actually Happen."

"The location used is real, but the emergency is fabricated by computer images," a spokesman said. "It is cost-effective high risk training, without the risk."

It also eliminates the need for fuel and combustible materials to train firefighters;

the cleanup of debris, charred timber and soot after extinguishing real fires; and air pollution from smoke or toxic fumes, and contaminated water runoff.

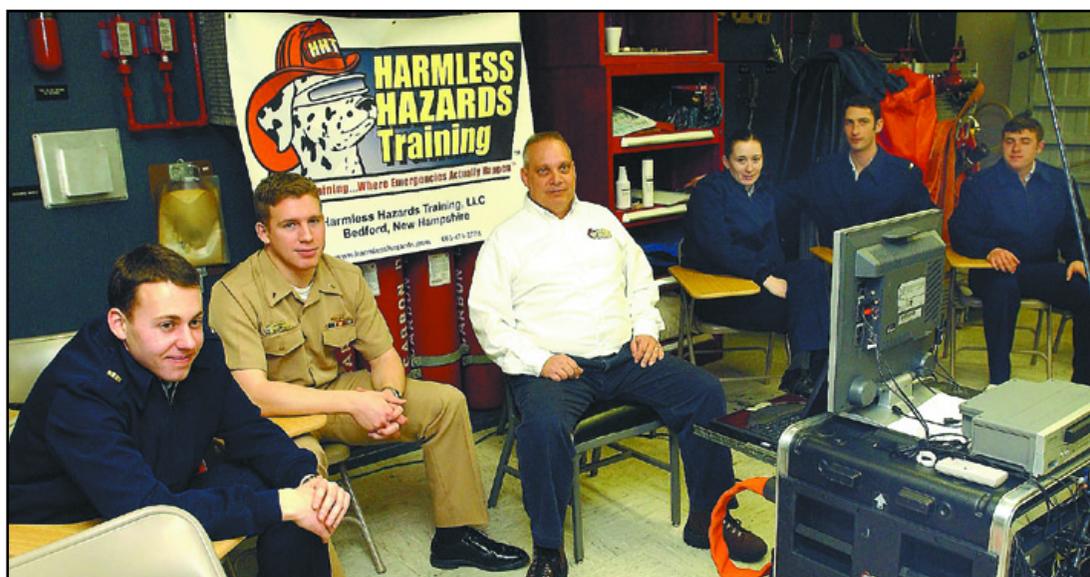
The basic equipment includes a standard Self Contained Breathing Apparatus (SCBA) mask with an advanced augmented reality display; a commercial firefighting nozzle and 50-feet of hose with computer instrumentation that simulates spraying water; and an instructor/operator station to create and modify the fire scenarios.

**VIRTUAL, Page 9**



Newport Navalog, Friday, January 23, 2004

**SMOKELESS CLASS** — Retired Senior Chief Damage Controlman Dan Eads, center, a consultant for Harmless Hazards Training of Bedford, N.H., meets with a class of Navy and Coast Guard Damage Control Assistant students in Schonland Hall, SWOSCOLCOM, before demonstrating 'augmented reality' firefighting through computer-generated emergencies.



**FIGHTING IMAGINARY FIRE** — Ensign Art Zehnz, of the Coast Guard cutter Morgenthau, tries on an augmented reality Self Contained Breathing Apparatus (SCBA) headgear and holds the 'augmented reality' fire nozzle with hose developed by Harmless Hazards Training of Bedford, N.H.

Ron Fontaine/U.S. Navy photos

# Virtual

Continued from Page 8

Besides fire scenarios, hazardous material spills, nuclear/radiological accidents, and poison gas attacks can be simulated.

Since introduced in 1998, the system has received rave reviews from Navy and civilian firefighting personnel. The Navy purchased the system for the Center for Naval Engineering in San Diego, and will give a demonstration for the media at the Surface Warfare Officers School Command next month.

Dave Monroe, executive director of SWOSCOLCOM, believes HHT has great training potential for students in Damage Control Assistant school. He would also like to partner the system with civilian fire departments for their training purposes.

"But underlying it all is it's very cost effective," Monroe said. "The Navy always wants to do more with less money, so allocated money can be spent on critical items."

Lt. Cmdr. Rusty Settlemeyer, Director, SWOS Damage Control Training, is also excited about the virtual firefighting tool. He envisions the system could be used in conjunction with actual hands-on firefighting training.

Settlemeyer said those on the front lines of shipboard firefighting, such as damage controlmen, probably would continue with hands-on type training, such as that offered at the OTC-N Fire Fighter Trainer on Burma Road.

"But for those who augment firefighting teams, HHTS would be a great addition to training."

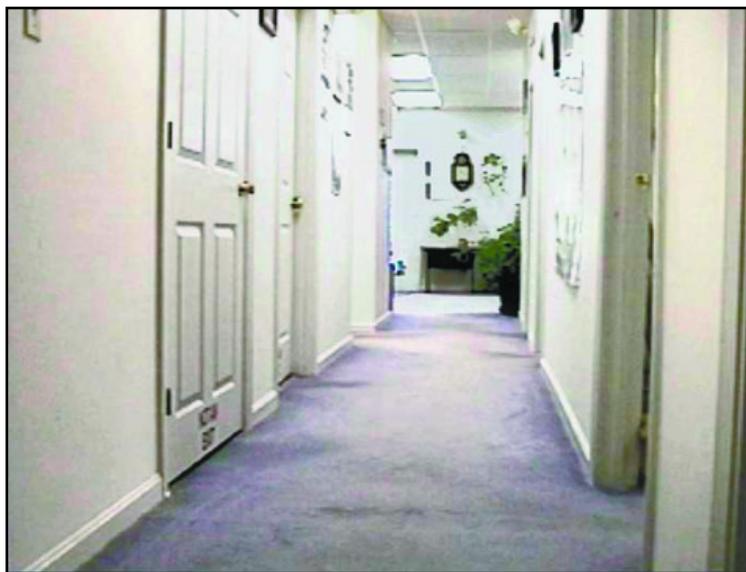
Besides the armed services, Monroe said the system has applications at civilian fire academies and departments, nuclear power plants, Federal Emergency Management Agency (FEMA) and state emergency agencies, the Federal Aviation Administration (FAA) and airport firefighting, plus general law enforcement and forensics.

HHT will be demonstrated at SWOSCOLCOM the week of Feb. 16-20.



Ron Fontaine/U.S. Navy photo

**Ensign Dana Progar, top, of the Coast Guard cutter Rush and a Damage Control Assistant student, tries out the virtual Self Contained Breathing Apparatus headset, fire hose and nozzle while Eads superimposes an imaginary fire on office spaces through computer generation.**



Copyright HHT, LLC, photos

**IMAGINARY FIRE** — Through computer generation, a simulated fire, above, can be superimposed on typical office spaces, top, without the consequences of real hazards of heat, smoke and fire.

## Announcements

### Learn to prevent diabetes

Once called "adult onset," type II diabetes is now being diagnosed in our adolescent population at alarming rates and the Department of Health and Humans Services has officially classified pre-diabetes with its own diagnosis.

Regardless of family history, type II diabetes is not necessarily your fate and you have the greatest control over the future. But it is a serious and expensive disease that you don't get overnight.

Are you or your children at risk? What can you do?

Call Health Promotion Department at 841-6777 and reserve a seat in our PRE-venting Diabetes class beginning Jan. 28 at 9 a.m. Commands can request this class for General Military Training.

### Toastmasters meet weekly

The Island Foghorns Toastmasters Club meets the third Thursday of every month from 12:15 to 1:15 p.m., at the Armed Services YMCA.

For more information, contact Mike Spaziante, 832-8623, or Mary Ann Grota, 841-4196.

### DIILS relocates

The Defense Institute for International Legal Studies (DIILS) has moved to a newly renovated facility at 441 Elliot Ave. next to its former location.

The telephone numbers remain the same: 841-1524 and fax 841-4570. DSN is still 948.

The email addresses have changed: The new format is *last name, first initial @diils.dsca.mil*. For example, *DoeJ@diils.dsca.mil*

### NEX revises store hours

In a continuing effort to enhance customer service and make the stores more convenient to shop, the Navy Exchange (NEX) has further expanded hours of operation, Robin Joseph, NEX general manager has announced.

Additionally, the hours will be more standardized making it easier for patrons to remember, he said.

—NEX Uniform Shop will close Saturdays at 5 p.m., instead of 4 p.m.

— NEX Home Mart is open Sundays from 10 a.m. to 5 p.m. It previously was closed.

— NEX Package Store opens Sundays from 10 a.m. to 4 p.m.

— NEX Barber Shop is open until 6 p.m., and Sundays until 5 p.m.

### Thrift Shop open to reservists

Naval reservists in a drilling status, who can provide a copy of orders that describe their obligation, will be allowed Navy-Marine Corps Relief Society Thrift Shop privileges.

The Thrift Shop is open Tuesdays and Thursdays from 11 a.m. to 1 p.m. and the staff can hold a copy of the reservist's orders on station for easy referral.

Access to certain items such as uniforms will be subject to restrictions as necessary to ensure sufficient inventory for active duty personnel. This policy is in effect immediately.

### Thrift Shop accepts no toys

The Navy-Marine Corps Relief Society Thrift Shop only accepts clothing in good condition. We cannot accept toys, torn or stained cloth goods, large appliances and items not in working order.

Please inspect your bags and make sure they are indeed meant for the Thrift Shop. Bags of trash and other unmentionables have been placed in the bin and this creates a very unsanitary and unhealthy environment.

## Naval Station Newport Dining

### See Patriots/Panthers in Super Bowl XXXVIII

Where are you going to watch the Super Bowl XXXVIII on Feb. 1?

It's the New England Patriots, the American Football Conference champs, versus the Carolina Panthers, the National Football Conference victors, in the biggest game of the year.

That's why you will want to visit the Recreation Center in Building 656 or the Topside Pub at the Officers' Club to cheer on your favorite team as they vie for the top gridiron honors.

Watch the battle for the bowl title live from Houston, Texas, on three flat screen televisions at the CPO Lounge; or on two

big screens at the Enlisted Lounge, both in the Recreation Center. The Recreation Center will have a "super" complimentary buffet starting at the end of the first quarter until the end of half time, \$1 domestic house drafts (16 oz.), and promotional giveaways.

The Officers' Club invites you to enjoy the game on a dozen televisions in the Topside Pub. A super complimentary half time buffet, free peanuts and popcorn, and \$2 domestic house drafts (16 oz.) are offered.

There also will be a Super Bowl football pool. Participants can pick one square per person, beginning on Feb. 1 in



the Topside Pub. The grand prize is an Officers' Club jacket, and quarterly prizes include O'Club ball caps and other fun items.

The Enlisted Club opens at noon and the CPO Lounge and Topside Pub at the Officers' Club will open at 4 p.m.; the game kicks off at 6:25 p.m.

Don't miss the best Super Bowl bash around. Grab your friends and head over to your

favorite destination! For more information, call 841-3054 for Recreation Center or 849-3693 for Topside Pub.

#### Officers' Club

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

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

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

**Saturday:** Topside Pub opens at 4 p.m. Full pub menu

available until one hour before closing.

**Upcoming Events:**  
**14th annual Bridal Fair Brunch:** Make your reservations today for our biggest and best Bridal Fair Brunch at the Officers' Club, on Sunday, Feb. 8.

This extensive showcase is especially designed for prospective brides and bridegrooms, but our regular brunch customers are also invited.

Children 3 and under are admitted free, cost is just \$3 for children 4 to 12 and \$11.95 for adults (excluding gratuity.) Reservations are required; sorry, no walk-in customers today.

For more information, call 841-2515.

# Tax Help is *Still* Available

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## Leisure

### Bowling

(Building 656, 841-4293)

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

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

#### Specials:

- Rock and Bowl: Every other Saturday night beginning at 8. Cost is just \$7 per person. Bowl a strike when the head pin is red and you will win a prize! It's rocking, it's rolling, it's bowling and it's a blast! Rock and Bowl Night is tomorrow, Jan. 24.

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

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

- Bumper bowling is always available.

### Youth/special fitness activities

(Gym 109, 841-3154)

- Youth fitness program: Eligible youth wishing to utilize Morale, Welfare and Recreation Department fitness facilities (Gym 109 and FITNESS Plus) are required to take a mandatory resistance and aerobics training class prior to entering the facilities during the designated times.

This class is required for youth ages 10 to 15, and is also available for 16 and 17-year-olds that may also choose to participate in the fitness assessment program instead.

The Youth Fitness Class is available on an individual basis by pre-registering at Gym 109 or FITNESS Plus in Building 355. Parents are required to be in the building where the course is being held during all class sessions.

Complete details on this program and youth fitness policies are available at Gym 109. Call 841-7196 for information or to pre-register.

### Swimming Lessons

(Pool 307, 841-6628)

The next session of swim lessons will run from March 8 to April 2. Lessons meet twice a week for four weeks, cost \$50 per person and take place for 30 minutes.

Lessons offered are: Preschool, Level 1, Level 2 and Level 3. Beginning Monday, February 23 registrations will be accepted at the Athletic Director's Office, Gym 109, Monday through Friday 8 a.m. to 4:30 p.m. Classes fill-up fast and are limited, so register early!

For more information, call Jeff Cornell in Gym 109 at 841-7196.

### Gymnasium

(Gym 109, 841-3154 or FITNESS Plus, Building 355, 841-1474)

Massage therapy offered at Fitness Plus: Need to reduce muscular aches and pains? Or do you want to feel more relaxed? A massage therapist is available at Fitness Plus, Building 355. Body-Wise Therapeutic Massage is offering a variety of services.

Techniques may be combined to best suit your needs. The prices for massages are: \$35 for a half-hour and \$65 for a full hour. For questions on massages, call 848-9825. For an appointment, call Fitness Plus at 841-1474.

Intramural basketball: The Naval Station Newport Intramural Basketball League will run to March 19 and is open to active duty, retirees, reservists, dependents and Department of Defense civilians ages 18 and over.

Registration is underway and will be accepted Monday through Friday 8 a.m. to 4:30 p.m. at Gym 109 until Friday, Jan. 30. The league is divided into age categories for players 18 and over and 35 and over and games are played Monday through Friday evenings at 5:30, 6:30 and 7:30 on Courts 1 and 3.

There is a \$15 fee for DoD civilians and teams are limited to four DoD participants. All teams are required to pay a \$100 refundable forfeit fee, and teams must have matching shirts with numbers by the first game.

For more information, call the Athletic Office at 841-7196.

### Music/games

(Building 656, 841-3054)

- Lunchtime BINGO, Thursday and Friday only. Cover all

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

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

- The next Karaoke night will be next, Saturday, Jan. 31, 8 p.m.

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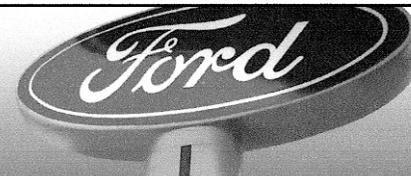
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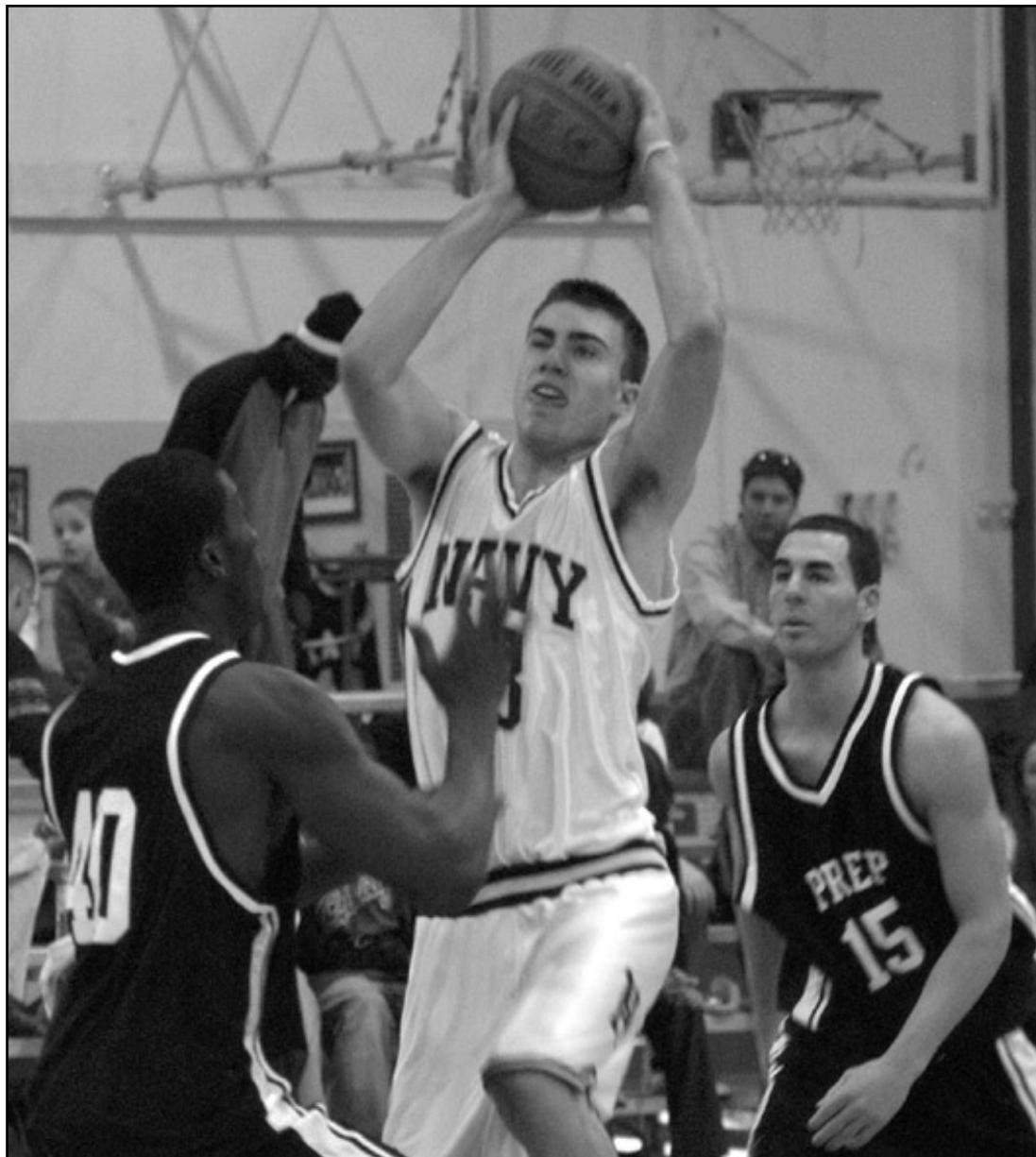
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**Sports**



PHC Bob Inverso/U.S. Navy photo

**PREP VS. PREP—** Naval Academy Prep School guard Greg Sprink grabs a pass between two defenders from Notre Dame Prep School of Fitchburg, Mass., during a weekend Invitational tournament in Gym 302. NAPS lost in overtime, 103-91, but on Sunday defeated Cheshire, Conn., Academy, 82-79.

**Boyz earn fifth crown on gridiron**

The Naval Readiness Command (REDCOM) Northeast Boyz won their fifth straight Naval Station Newport 2003 Intramural Football League championship, this time against the gritty Spanky and the Platters squad, 13-12. The game was played last fall.

In the most hotly contested flag football game of the season this championship showdown started when Spanky and the Platters received the ball, but their initial drive was stymied by a tough REDCOM **BOYZ, Page 13**

**Intramural basketball**

The Naval Station Newport Intramural Basketball League results for the 2004 season ending Jan. 16, follow:

NFA.....	1-1
Wolverines.....	1-1
SWOS.....	1-1
REDCOM One.....	0-2

**18 and over  
Jan. 12**

Wolverines def. Hard 8, 56-36  
Icy Hot def. SWOS, 63-46  
NFA def. REDCOM One, 46-37

**Jan. 15**

Hard 8 def. REDCOM One, 32-26  
Icy Hot def. Wolverines, 65-48  
SWOS def. NFA, 35-27

**Standings**

NWC Jr. Icy Hot.....2-0  
Hard 8.....1-1

**35 and over  
Jan. 14**

Nothin But Net def. Grumpy Old Men, 41-38  
Nothin' But Net def. NWC Seniors, 67-57  
NWC Juniors def. 1st Draft Pick, 55-53

**Standings**

Nothing But Net.....2-0  
NWC Juniors.....1-0  
Grumpy Old Men.....0-1  
NWC Seniors.....0-1  
1st Draft Pick.....0-1

**TRICARE corner**

**Safeguards protect DoD medical records**

For the Department of Defense (DoD) Military Health System (MHS), major improvements are on the horizon to make the TRICARE benefit even better. One area the MHS will strive to improve this year is the availability of outpatient medical records at DoD military treatment facilities (MTFs).

"As part of our overall medical records quality improvement plan, on Oct. 1, 2003, the Military Health System implemented enhanced medical record safeguards similar to those used by civilian providers," said Adm. Richard Mayo, chief operating officer, TRICARE Management Activity.

As part of the enhanced safeguards, as a minimum, MTFs must maintain 95 percent availability for outpatient records at all times. They also must establish and implement

training programs to educate staff members regarding their responsibilities for the custody and control of medical records. MTFs are also required to establish a medical record tracking and reporting system to deliver outpatient records to clinics for scheduled and walk-in appointments to deter hand carrying of outpatient records by beneficiaries. MTFs also must establish procedures to ensure any loose paperwork contains the necessary beneficiary identification information to ensure filing of paperwork in a patient's outpatient record.

Medical record audits also must be conducted periodically at the MTF to identify: any outpatient record that is properly signed out to a provider or clinic for a set period of time; any outpatient record that is late being returned by a **RECORDS, Page 13**

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## Scholarships

Continued from Page 7

enrolled in the DEERS database and have a current ID card.

The applicant must be planning to attend, or already attending, an accredited college or university full-time in the fall term of 2004, or enrolled in a program of studies designed to transfer directly into a four-year program. Additional instructions can be found on the application or at <http://www.militaryscholar.org>.

Fisher House Foundation, a nonprofit organization best known for building comfort homes near military medical facilities, administers the Scholarships for Military Chil-

dren program. Fisher House Foundation uses the services of Scholarship Managers, a professional firm that has handled more than 400 programs, to screen applicants and award scholarships. Neither Fisher House nor DeCA are involved in the decision process.

The Scholarships for Military Children program has awarded nearly 1,500 scholarships and nearly \$2 million since the first awards in 2001. Scholarships are funded through the voluntary donations of the various manufacturers, brokers and suppliers that sell products in commissaries.

## Boyz

Continued from Page 12

defensive stand. Spanky and the Platters were forced to punt.

The Boyz eventually got on the board first with an outstanding pass from Pete Trillo to Willis Humphreys and they led, 7-0.

Spanky and the Platters team came right back to score with an unsuccessful extra point which allowed the Boyz to lead 7-6 going into halftime.

REDCOM Boyz opened the second half utilizing short passes to their linemen, a drive with quarter-back scampers by Trillo, and finally scoring with a pass to Chris Morgan.

Spanky and the Platters were again undaunted, storming right back to score.

With less than two minutes left to the game, Spanky and the Platters went for the win by trying a two-point conversion.

After a great effort from their offense, they came up just inches short.

## CPOs

Continued from Page 4

raising for holiday food baskets for those in need.

Recently, \$208 was donated to the Naval Station Chapel of Hope to help assist those in need for the holiday season.

Several local merchants in the area donated "door prizes" for the event in order to offset costs, raise ticket sale revenue and subsequently increase

treasury funds for the many volunteer activities of the CPOA.

They are: The Coddington Brewery Company, The Glass Onion Restaurant, Newport Blues Café, Newport Playhouse, Sam's Bait and Tackle, The Ram's Head Salon, Ramada Inn, Foxwoods Casino, and Salas' Restaurant.

## Dr. King

Continued from Page 3

organized the Navy contingent at the invitation of committee-woman Shirley Cook. They were joined by Portsmouth High School history teacher Kevin Weaver.

The runners were escorted by State Police cruisers and a private minivan followed behind to pick up stragglers. Weaver and a few others ran the whole distance.

Hernandez, 45, said there were some tough hills to climb in Portsmouth, and the cold wind burned their lungs.

"But I think we all realize the sizeable hills and challenges Dr. King must have faced for civil rights every day when he woke up," he said. "So when we were climbing those hills to the top, we knew, like Dr. King, that our rewards would be on the other side."

Hernandez said the Navy runners come from all parts of the United States, including Texas, Georgia, Massachusetts — plus Africa — and it symbolizes a unity of purpose.

"It was an honor for us to be part of the celebration," he said.

The main program at Cranston-Calvert School included greetings from Newport city Council and School Committee representatives. Navy Band Northeast's brass quintet provided music.

The theme this year was "Remember! Celebrate! Act! A



**PRINCIPALS** in the 19th annual Newport County Martin Luther King Jr. celebration committee's observance of Dr. King's birthday sing *Lift Ev'ry Voice and Sing* behind a tapestry of the late civil rights leader at Cranston-Calvert School last Monday.

Day On, Not A Day Off."

The "Buds of Promise" chorus from the Hillside Bible Church Worship Center sang several numbers a cappella.

Jessica Havas of the Chariho Middle School read her winning essay in the statewide Martin Luther King Jr. Day essay contest.

Candace Ranglin, a University of Rhode Island student and president of the URI NAACP College Chapter, was guest speaker.

Ranglin, who hopes to become a lawyer, wished more young people her age would rally around the causes that Dr. King advocated, and create change through non-violent

means.

"It hurts me to hear some rap artists say they don't promote violence, but still encourage it," she said. "This is the music my age group listens to, and that's what is introduced to our younger generation."

The afternoon program included a luncheon at the Hyatt Regency Hotel where the guest speaker was Cranston city solicitor Jametta O. Alston.

At 5 p.m, Solomon Waters, a civilian student with the Naval Air Systems Command, Naval War College, spoke at the Dr. Martin Luther King Jr. Center on Dr. Marcus Wheatland Boulevard.

## Records

Continued from Page 12

provider or clinic; any outpatient record that has not been officially signed out and is missing from the MTF.

"As a result of the enhanced safeguards, beneficiaries may no longer hand-carry their outpatient medical records out of the MTF. After an appointment, the beneficiary's medical record will remain at the MTF where care is received. Upon request, a duplicate copy of the outpatient medical record can be provided to the beneficiary free of charge," Mayo said.

Some patients have hand-carried their outpatient medical records due to privacy concerns. DoD has patient privacy and confidentiality standards in place to limit the unauthorized access or disclo-

sure of private health care information. Each MTF has a designated privacy officer to ensure that outpatient medical records remain available to patients, their primary care providers and any other health care provider they designate.

When properly maintained at the MTF, outpatient medical records have significant medical and legal value for patients and DoD. They can provide a chronological history of all care received and can be used by primary care managers to communicate with other providers regarding referred specialty care for individual patients. Medical records stored at DoD MTFs also may be used for making quality assurance evaluations and improvements as well as to

justify payments for third-party payers.

If patients are hand-carrying their outpatient medical records, storing them in the trunk of their cars, or stashing them away at home, in desks or briefcases, they jeopardize the quality of care that DoD can provide. Where is the safest place to store outpatient medical records? There is no better place than the local MTF.

For additional information on outpatient medical records, and privacy standards in place to protect health care information, contact the local patient administration division, MTF privacy officer or outpatient medical records office at the local MTF.

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NEW DIAMONDBACK Wildwood Mountain bike with special rider seat. Only ridden 3 or 4 times. Paid \$405, asking \$335. 683-2766 leave message, cell 401-835-2952.

## 530 - Househol

36" GE stereo TV, excellent cond. \$300/best 849-5438.

BDRM: A cherry wood queen solid sleigh bed with mattress set with plastic, dresser, mirror chest of drawers nightstand. Unused Cost \$5,500, sacrifice \$1,500. Can deliver Neal, 413-3015.

BED: Black wrought iron queen. Headboard/footboard/canopy. Mattress/box/frame Unused. Cost \$1000, sell \$250. Can deliver Neal, 401-413-3015.

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REFRIGERATOR: GE Arctic, black, side by side 1.5 yrs. Retail \$150 asking \$750, great cond., remodeling, must sell. 849-1407.

SECTIONAL sofa 5 pc. w/recliners at end beige \$500/best 849-5438.

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## Strike Group leaves Norfolk

NORFOLK, Va. (NNS) — Nearly 7,600 Sailors left their homeport as the USS George Washington (CVN 73) Carrier Strike Group (GWCSG) began a routine deployment Jan. 20 in support of the global war on terrorism.

The strike group wrapped up a month-long Composite Training Unit Exercise (COMPTUEX) in mid-December, successfully completing a series of complex training events, which included naval surface fire support training and air-to-ground bombing off the coasts of Virginia, North Carolina, Georgia and Florida.

COMPTUEX is an intermediate level exercise designed to

### Navy-wide news

forge the strike group into a cohesive, fighting team and is a critical step in the pre-deployment training cycle.

This training exercise marked only the third time a strike group used the comprehensive Training Resource Strategy (TRS), which better coordinates use of existing East and Gulf Coast range training facilities, and improved simulation technology to prepare combat ready forces. The previous two strike groups to use TRS were the USS Enterprise (CVN 65) CSG and the USS Wasp (LHD 1) Expeditionary Strike Group.

Commanded by Rear Adm. H. Denby Starling II, Commander, Carrier Group 8, the GWCSG includes the Norfolk-based aircraft carrier George Washington with its embarked air wing, Carrier Air Wing (CVW) 7, the Norfolk-based guided-missile cruiser USS Vella Gulf (CG 72), the Norfolk-based guided-missile destroyer USS Bulkley (DDG 84), and the combat logistics ship USNS Supply (T-AOE 6) from Naval Weapons Station Earle, N.J. HMCS Toronto, a Canadian Halifax-class patrol frigate, will also deploy with the GWCSG.

For related news, visit the Commander, U.S. Fleet Forces

Navy NewsStand page at [www.news.navy.mil/local/clf](http://www.news.navy.mil/local/clf)

## TSP enrollment continues to rise

WASHINGTON (NNS) — The number of Sailors taking advantage of the Thrift Savings Plan (TSP) continues to grow. By the end of fiscal year 2003, more than 138,000 active-duty Navy personnel had enrolled in the program, a 35 percent increase from the beginning of the fiscal year.

That is the most participation by any of the armed services, according to personnel officials.

"It's wonderful to see so many Sailors paying themselves first and planning for their futures through TSP," said Chief of Naval Personnel Vice Adm. Gerry Hoewing. "Sound financial planning is critically important, and TSP provides an excellent opportunity to do that."

All five TSP funds showed growth during 2003.

The next open season for TSP enrollment begins April 15 and runs through June 30, 2004.

## Submariners see strong retention

NORFOLK, Va. (NNS) — Twenty-nine Atlantic submarine commands, including three Norfolk-based submarines and two Norfolk submarine shore commands, have earned the 2003 Golden Anchor award for maintaining high retention rates throughout the year.

USS Hampton (SSN 767), USS Scranton (SSN 756), USS Newport News (SSN 739), Submarine Squadron Support Unit (SSSU) Norfolk, and Commander, Submarine Force, U.S. Atlantic Fleet (COMSUBLANT) staff were announced as winners of this year's Golden Anchor.

In order to earn the Golden Anchor, each command had to retain at least 56 percent of its military employees through at least two quarters of 2003.

Winners of the award are authorized to paint their

anchors gold. However, shore commands don't have anchors, and submarine anchors are on the bottom of the boat where they are rarely seen. Fortunately, the award includes a plaque and a pennant depicting a golden anchor, so these commands will be able to proudly display

their accomplishments.

Newport News career counselor, Sonar Technician First Class (SS) John E. Crowell, attributes the boat's high retention to a successful deployment. "We had at least 15 or more reenlistments in the last half of our deployment." That deployment was a

rapid-response wartime patrol in support of Operation Iraqi Freedom, which ended April 23. Crowell added that Newport News has had 12 reenlistments since April.

"We've gone a long way to improve morale and improving the quality of the command," said Crowell.

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