

The Newport Navallog

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SERVING COMMANDS AND ACTIVITIES, NEWPORT, R.I.



Padded pummeling

FIGHT CLUB — Naval Reservists Corey Sutherland, left, and Rich Dejesus, both Connecticut police officers, wear protective 'Redman Suits' as they grapple in the Self Defense class for Auxiliary Security Force training at the Naval Station Newport's Law Enforcement Training Center, Building 68, on Pier Two, last Wednesday. NAVSTA Security is conducting ASF training for Reservists to prepare them for integration as security personnel.

Ron Fontaine/U.S. Navy photo



Vice CNO briefs SWOS

Adm. Mullen, Vice Chief of Naval Operations, gives surface warriors the Navy's 'straight skinny.'

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Armed Forces in Irish parade

Sailors, Marines and Coast Guardsmen provide a military flavor to Newport's 48th annual St. Patrick's Day Parade.

— Pages 8-9



More medals for Olympian

A Department of Defense civil servant adds to his gold and silver medal collection in Special Olympics.

— Page 12



Ron Fontaine/U.S. Navy photo

MAIN MESSAGE — Adm. Michael G. Mullen, the Vice Chief of Naval Operations, speaks to Surface Warfare Officers School Command Department Head students last week in Weakley Hall, advising them that they are entering a 'dramatically different Navy.'

Navy's Vice CNO warns predictability is weakness

By **RICHARD ALEXANDER**
Navalog editor

The Navy's second in command shot straight from the hip last Friday, telling Surface Warfare Officers School Command (SWOSCOLCOM) students that the Navy "is not an easy business; not an easy life, and that they are assuming great responsibility."

Adm. Michael G. Mullen, the four star Vice Chief of Naval Operations, spoke to SWOSCOLCOM Department Head Classes 177 and 178, a few Division Officer Course students, and command staff at Weakley Hall auditorium. He was introduced by Capt. Mark H. Buzby, Commanding Officer.

Mullen later was guest speaker at the Naval War College March Class graduation. "You will go to a dramatically different Navy, in a dramatically different time," he said. "But you're young, you have the spirit and you will need to accept changes constantly."

Adm. Mullen said jointness with all other armed services is the key element in future warfighting, even more so for the Navy and Marine Corps team.

An example of change is the configuration

of the USS Belleau Wood Expeditionary Strike Group (ESG). The ESG includes three amphibious assault ships (USS Belleau Wood, USS Peleliu and USS Denver), and escorted by a cruiser, two destroyers and a submarine.

'There will be no more predictability. The worst thing is to be predictable. If the enemy is living in your backyard, you don't want to be predictable.'

— **Adm. Michael Mullen**
Vice Chief of Naval Operations

Belleau Wood is the flagship for Commander, Amphibious Squadron (COMPHIBRON) 5 and 11th Marine Expeditionary Unit. But for the first time includes a newly formed one star staff, headed by Marine Corps Brig. Gen. (sel.) J.V. Medina.

Leveraging the capabilities of four additional ships, Belleau Wood ESG will bring added mobility, lethality and flexibility to the combatant commander.

The increasing value of naval service is apparent over the years, he said. "We can't get into ports anymore; our footprint is declining worldwide. That is why seabasing is so important, where we can create our own bases."

Mullen said the Navy has come to enjoy predictability. Through sea and shore rotation, Sailors know exactly what holidays they would be home for, when they could plan a daughter's wedding, or which child's

WEAKNESS, Page 13

Buzby selected for rear admiral

Capt. Mark H. Buzby, Commanding Officer, Surface Warfare Officers School Command (SWOSCOLCOM) has been selected for flag rank, the Secretary of the Navy announced this week.

President Bush has approved the report of the Selection Board which recommended Buzby and 25 other O-6 line officers and on active duty for promotion to the permanent grade of rear admiral (lower half).

"I am thrilled and honored to be singled out among so many professionals and it's great to be serving with our great Sailors for at least a few more years," he said Thursday morning.

Frocking to rear admiral (lower half) is not authorized except on an individual basis by the Secretary of Defense, and will follow U.S. Senate confirmation.

Buzby relieved Capt. Ronald W. Brinkley in change of command ceremonies at SWOSCOLCOM in April 2003. Buzby came to SWOSCOLCOM as the Sea Combat Commander for aircraft carrier USS



Capt. Buzby

Abraham Lincoln Battle Group in support of Operations Southern Watch and Enduring Freedom, before being relieved in December 2002.

He is a 1975 graduate of Admiral Farragut Academy and a 1979 graduate of the U.S. Merchant Marine Academy in Kings Point, N.Y., where he received a Bachelor of Science degree in Nautical Science and Coast Guard third mate license.

He graduated from the Naval War College in 1991 where he received a master of arts degree in strategic studies and international affairs. He also holds a master of arts degree in International Relations from Salve Regina University.

He is also a graduate of the Armed Forces Staff College.

A native of Atlantic City, N.J., he is married to the former Gina E. Warren.

Next concert features steel drums

Navy Band Northeast will offer the third concert in its ninth annual Spring Recital Series on Sunday, March 28, at 3 p.m., at Pringle Auditorium.

"An Afternoon of Steel Drums," will feature a variety of musical genres including

socca, calypso, salsa, bossa nova, samba and smooth jazz.

Guests who do not normally have access to the base must contact NAVSTA Newport's Public Affairs Office at 841-3538 to be placed on an admittance list by March 26.

Navalog

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Commanding Officer, Naval Station Newport

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PHC Bob Inverso/U.S. Navy photo

ARAB VISITOR — Rear Adm. Suhail Mohammed Shaheen Al Marar, second right, Commander, United Arab Emirates (UAE) Naval Forces, and escorted by Capt. Mark Buzby, right, Commanding Officer, Surface Warfare Officers School Command, asks a question about Engineering Operating Sequencing Systems (EOSS) during a tour of SWOSCOLCOM trainers on March 2. At the controls is Master Chief Woody Hall while Capt. George Ponsolle, left, Material Readiness Director at SWOS, looks on. The admiral also visited the Naval War College and met students from Bahrain, Kuwait, Oman, Qatar and UAE.

Newport Naval Cable TV

Seabees' training tailored to Iraq war

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:

— Service members get tips on the benefits of being a military veteran.

— Seabees preparing to deploy to Iraq train for more than just building roads and bridges.

— Plans are underway to list the 5 Vector Model for Navy divers and EOD personnel on Navy Knowledge Online by the summer.

— A new simulator tests weapons for accuracy and design.

— A shout out to the troops from Hollywood star Arsenio Hall.

— A look at how hospital corpsmen train to treat and protect the health of Marines and Sailors.

— The U.S. 55th Fleet chaplain's office helps a school in the port city of Umm Qasr, Iraq.

— Images of Operation Iraqi Freedom are captured in the works of the only U.S. Marine Corps combat artist.

Health and Wellness Videos

The Naval Ambulatory Care Center and the Health Promotion 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 March 22, learn more about the *Save Your Heart* and *It's Time to Learn about Diabetes*.

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

Health assessment required of Sailors

The Physical Health Assessment (PHA), governed by OPNAV Instruction 6120.3, is a medical review required of all active duty service members on an annual basis. It is required that all Navy and Marine Corps personnel complete the process.

The PHA consists of an individual review of medical status that includes risk factor screening, family history and wellness and prevention information.

Navy and Marine Corps personnel must complete a Physical Activity Risk Factor Questionnaire (PARFQ) and provide it to the medical personnel at the time of the PHA. The medical provider will review the PARFQ and either clear the individual for the year or provide specific PFA medical waiver recommendations.

In accordance with the OPNAVINST 6110.1G, all members are required to complete a Preventive Health Assessment

(PHA) once a year, generally during their birth month. Participants should sign onto the website www.mwr.navy.mil/mwr-prgms/physred.htm, fill out and print the (PARFQ), and a SF600 form and submit them

HEALTH, Page 13

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N.Y. Times journalist to debate 'just wars'

New York Times reporter Chris Hedges, an author and 20-year war correspondent who shared the 2002 Pulitzer Prize for his work on global terrorism, will lecture on the topic, "Is There Such a Thing as Just War?" on Wednesday March, 24, at 7 p.m., in O'Hare Auditorium, Salve Regina University.

For over a decade Hedges has reported for the *New York Times* from war zones during Operation Desert Storm in 1991, in Bosnia and Kosovo from 1995-98, and more recently in Afghanistan and Iraq.

In 2002 Hedges was part of a team of Times reporters who received the Pulitzer Prize for Explanatory Journalism for the paper's 2001 coverage of terrorism. Hedges was also awarded the 2002 Amnesty International Global Award for Human Rights Journalism and became a Nieman Fellow at Harvard in 2001.

He is the author of *War Is A Force That Gives Us Meaning* and *What Every Person Should Know About War*.

His lecture will offer a unique perspective on the nature of conflict and will address humanity's fascination with war.

The lecture is part of the Atwood Lecture Series and is free and open to the public. For more information contact Matt Boxler, office of public affairs, at 341-2156.

Have Naval Reserves celebrated last birthday?

WASHINGTON (NNS) — This year may be the last birthday for the Naval Reserve as it is known today. That's the message heard by Naval Reservists, their families and friends as they converged on the U.S. Navy Memorial March

6 to celebrate 89 years of service.

While remembering past accomplishments, Vice Chief of Naval Operations Adm. Michael Mullen and Chief of Naval Reserve Vice Adm. John Cotton focused on the future, as the Naval Reserve undergoes a massive realignment toward integration with their

active duty counterparts to eventually become one Navy force.

The cultures between the active and the Reserve components grew apart in the 1980s, establishing clear differences between the two components. The differences between the two components, however, never solidified from theory

into policy.

"There's always been one Navy," Cotton reminded the audience. "Maybe we've forgotten and lost our way."

Recent conflicts have forced the Navy to change the diverg-

ing course of the two components. "(Operation) Desert Storm changed all of that, because it got a little busier for us with a little less stuff in the '90s, and Sept. 11 was a wake-up call for everyone."

Bravo zulu

Reservists, their families and friends as they converged on the U.S. Navy Memorial March



Ron Fontaine/U.S. Navy photo

The Vecoli family, from left, John, Brenda, Justin and Susan all work for the Navy Exchange in Newport.

Working for NEX is family affair

By **KIRSTEN LE VIER**
NEX Newport

The Navy Exchange (NEX) in Newport has a unique situation of which to be proud. Nearly the entire Vecoli family is employed there: mother, Brenda (in Customer Service); daughter, Susan (Children's Department); and twins, John (in the Package Store) and Justin (Electronics Department).

Husband and father, Lt. Cmdr. John Vecoli, is stationed at the Naval War College.

Brenda has worked in the Navy Exchange system through the family's travels with the military. She has worked in NEXs at Naval Air Station Jacksonville, Fla., Naval Air Station, Pensacola, Fla., and Naval Air Station Memphis, Tenn.

But, this is the first time all the family members have

worked under one roof.

Justin, John and Susan have all worked for other retail stores in the Newport area. They were all drawn to the Exchange because of the friendly customers and the great hours.

Asked if they ever get tired of being together so much, Brenda said, "Actually, no. It's kind of nice having my kids here so I can see them."



Hearty BZ

Adm. Michael Mullen, Vice Chief of Naval Operations, congratulates Lt. Jerome R. Pilewski, the College of Naval Command and Staff honor graduate during Naval War College March Class graduation ceremonies last Friday. The President's Honor Graduate is chosen on the basis of academic performance and participation in college and civilian activities in support of the NWC tradition.

PHC Bob Inverso/U.S. Navy photo

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Learn how to read your own credit report

A representative from the Navy Federal Credit Union will be at the Fleet and Family Support Center on Tuesday, March 23, from 11:30 a.m. to 1 p.m., to help you learn how to Read Your Credit Report.

Fleet and Family Support Center

port Center on Tuesday, March 23, from 11:30 a.m. to 1 p.m., to help you learn how to Read Your Credit Report.

Bring a copy of your credit report to the class and find out

how to interpret the report and correct any errors you may find.

Call 841-2283 to register.

A **Stress Management** workshop is scheduled for Wednesday, March 24, from 9 to 10:30 a.m., at the Fleet and Family Support Center. If you sometimes have problems coping with day-to-day situations, or just need some relief from stress on the job or at home, then this workshop is for you.

Learn how to assess your stress level, increase stress relief skills to avoid burnout, and how to regain control of stressful situations. Call 841-2283 to register.

Recognize those "Baby

Blues" — A workshop is designed to help participants understand and recognize the signs and symptoms of the "baby blues" will be held at the Fleet and Family Support Center on Thursday, March 25,

from 9:30 to 11 a.m.

The focus will include discussion of strategies that have been helpful for mothers in coping successfully with these **FFSC, Page 13**

Instruction



Navalog file photo

SAILING ANYONE?— Sailing instructor Pat McKinnon, right, teaches a sail training class from Area Four Leadership Academy at the Naval Station Newport Marina. The Coasters Harbor Navy Yacht Club is looking for volunteer sailing instructors this season.

Sailing instructors sought

The Morale, Welfare and Recreation Department will launch its sailboat fleet in late April in time for the 2004 sailing season. Both the 19-foot Rhodes and 30-foot Shields classes are expected to be ready for rentals, racing and sail training programs on May 1.

For those not experienced or qualified to sail these boats, a comprehensive sail-training program will be offered again this year. It will be run by volunteers from Coasters' Harbor Navy Yacht Club.

Additional instructors are needed. According to Tom Gunzelman, rear commodore for on-the-water sail training, anyone competent and experienced in a Rhodes 19 or similar size boat can volunteer. For information contact Gunzelman at 847-0468.

Benefits include getting to spend time on the water, and earning credits toward free sailing. A complete review of the program and its instructor requirements will be conducted on May 1 at 10 a.m. and May 2 at 1 p.m. in the Building 18 classroom, next to the Officers' Club.

This year some additional activities are being planned, including an expanded upgrade program for those who want to sail the larger Shields class, and seminars for those interested in racing.

For information on the sailing program, MWR patrons can contact the Marina office at 841-3283, or stop by the office after April 26.

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Special events

National security expert women's history speaker

Dr. Joan Johnson-Freese, Chair, Department of National Security Studies, Naval War College, will be the guest speaker at Naval Station Newport's observance of Women's History Month on Wednesday, March 24 at 11 a.m. in the Building 690 Atrium.



Dr. Johnson-Freese

The theme for March 2004 is "Women Inspiring Hope and Possibility." The program will be open to military and civilian employees of NAVSTA Newport and tenant commands.

A graphic display in the atrium will highlight the achievements of women in politics, law, education, and arts and entertainment; and includes the educational videos, *A Woman's Place* and *How We Got the Vote*.

MCPON to honor Sailors of the Year

The Newport Chapter of the Surface Navy Association (SNA) will be host for the Sailor of the Year Recognition Social on Tuesday, April 27, from 11:30 a.m. to 1:30 p.m. at the Officers' Club. The guest speaker will be the Master Chief Petty Officer of the Navy, Terry D. Scott.

Hors d'oeuvres and refreshments will be served. The event is open to all hands.

This is a unique opportunity to come out and pay tribute to Navy Newport's finest Sailors.

For more information, contact Master Chief Operations Specialist (SW/AW) Jeffrey Bell at the Surface Warfare Officers School Command, 841-4962.

Newport Gulls seek new mascot

MIDDLETOWN— The Newport Gulls baseball organization will hold tryouts Saturday, March 27, from 9 a.m. to noon at the Newport County YMCA on Valley Road for a new "Gully" mascot for the 2004 summer season. Judges for the competition will include familiar television personalities.

"Gully" is a volunteer position and the mascot wears a full seagull costume, from head to toe. He or she will be required to attend all home games as well as make a few guest appearances during the summer to support the team. "Gully" applicants must be at least 18 years old, in good shape, and at least 5 feet, 7 inches tall.

Those wishing to try out are encouraged to bring their own music, routine, and fans to the tryout. A stereo CD player will be provided.

Anyone interested should contact the Newport Gulls organization by Thursday, March 25, at 849-4982 to schedule an audition time slot.

Walk-ins are welcome on the day of the tryout, but are not guaranteed an audition.

The Newport Gulls are the two-time champions of the wooden bat New England Collegiate Baseball League, having won the title in 2001 and 2002. The NECBL is summer collegiate baseball at its best. The League is sanctioned by the NCAA and partially funded by Major League Baseball.



Richard Alexander/U.S. Navy photo

THE Newport Gulls baseball organization will hold tryouts March 27 at the Newport County YMCA on Valley Road, Middletown, for a new 'Gully' mascot for the 2004 summer season.

What's going on

E-6s offer oldies night for adults

MIDDLETOWN —The Naval Station Newport First Class Petty Officers' Association will sponsor an "Old School Dance Party" for adults age 21 and over at the VFW Post 4487 on Coddington Highway, tonight from 8 p.m. to 1 a.m.

Come stroll down memory lane and listen and dance to your favorite tunes from the 70s, 80s and 90s.

Admission is \$5 for singles and \$8 for couples.

Food and drinks will be sold. All proceeds will go toward future events.

For tickets or more information, contact Master-at-Arms First Class Richard Trantham at 841-7399 or 862-8408.

VFW Post 4487 is between the Coddington Brewing Co. tavern and the Getty filling station, across from Coddington Cove Housing.

TODAY, March 19

- Armed Services YMCA (846-9622):
 - Fitness Hour, 9 to 10:30 a.m.
 - "Open Doors: Vietnam POWs Thirty Years Later" exhibit on display through mid-April, Naval War College Museum, Monday through Friday, 10 a.m. to 4 p.m.
 - Free movies at the NAVSTA Newport Recreation Center available upon request. *Master & Comman-*

der; The Far Side of the World (PG-13); and *The Texas Chainsaw Massacre*(R).

• Irish Heritage Month continues. Citywide celebration commemorating the Irish culture and tradition in Newport. Call 800-976-5122, or visit www.goneupport.com

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

• Free night at the Providence Children's Museum, 5 to 8 p.m., 100 South St., Providence. Families play, learn and have fun together with hands-on exhibits. Call 273-KIDS, or visit www.childrensmuseum.org Also, March 19, 5 to 8 p.m.

SATURDAY, March 20

• American Red Cross Community CPR Review Course, 9 a.m. to 1 p.m., East Bay Red Cross, 1015 Aquidneck Avenue, Middletown. Call 846-8100.

• Seal watch cruise, 11 a.m. and noon, departing from Bowen's Landing, Newport. Sponsored by Rose Island Lighthouse Foundation and Save the Bay. Also, March 21, 11:30 a.m. and 12:30 p.m. Call 272-3540.

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

SUNDAY, March 21

- 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.

MONDAY, March 22

- Armed Services YMCA:
 - Fitness Hour, 19 to 10:30 a.m.

— Circle Time, 10:30 a.m.
— Lovers' Night Out, 9 a.m. to noon. \$15 for the first child, then \$7.50 each additional child.

— Open Sewing, 6:30 to 8:30 p.m. \$16 per session.

• American Red Cross Community CPR Course, 6 to 9:30 p.m., East Bay Red Cross, 1015 Aquidneck Avenue, Middletown. Call 846-8100. Session two is March 23, 6 to 9:30 p.m.

TUESDAY, March 23

• Reading Your Credit Report Workshop, 11:30 a.m. to 1 p.m., Fleet and Family Support Center. Call 841-2283 for more information.

• 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.

WEDNESDAY, March 24

• Women's History Month program with guest speaker, Naval Station Newport Building 690 Atrium, 11 a.m.

• 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.

— Kids Sewing No. 5, 4 to 5:30 p.m. \$60 for five 1 1/2-hour classes, \$16 for each two-hour Saturday class. Also, March 25, 4 to 5:30 p.m.

• Stress Management Workshop, 9 to 10:30 a.m., Fleet and Family Support Center. Learn some proven techniques to lower your stress level. Call 841-2283 for more information.

THURSDAY, March 25

• Baby Blues Workshop, 9:30 a.m. to 11 a.m., Fleet and Family Support Center. A discussion that will include strategies that have been helpful to mothers cope successfully with symptoms of the baby blues. Call 841-2283.

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Information, Tickets and Travel

N.E. Flower Show ends this weekend!

The Morale, Welfare and Recreation Department's Information, Tickets & Travel Office has tickets to the 2004 New England Spring Flower Show at the Bayside Expo Center, Boston.

Ticket prices per person are: weekend, \$21; weekday, \$17; seniors, \$15; and children 4 to 12, \$8.

The flower show runs through March 21.

With six acres of exhibits, this is one of the largest indoor events in New England. For more information, call the ITT Office at 841-3116.

Vouchers available for Pawsox games

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.

These vouchers make a terrific gift for the sports fan in your family—and at such affordable prices, there doesn't have to be a special occasion! Pick yours up today! For more information, call 841-3116.

Broadway 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.

Visit the Information, Tickets & Travel Office in Building 656 to purchase tickets or call 841-3116 for more information.

Discount tickets to Fla., Va. sights

Save money before you leave on vacation! Information, Tickets and Travel Office in Building 656 has numerous discounted tickets for Florida and Virginia area attractions. Disney World 4, 5, 6 and 7-day hopper tickets, Pleasure Island, Blizzard Beach, Disney Quest, Bush Gardens, Universal and Seaworld tickets are a sample of the ticket selection available at ITT. For more information, stop by Building 656 or call 841-3116.

Announcements

Gate hours revised at Naval Station

Commander, Naval Station Newport, has revised gate hours effective March 3. The new hours are:

Gate 1: Open 24 hours, 7 days a week.

Gate 2: Open weekdays 6 to 8 a.m., closed weekends and holidays

Gate 4: Open Monday, Tuesday, Wednesday and Friday, from 6 a.m. to 6:30 p.m.; Thursdays, 6 a.m. to 9:30 p.m.; closed weekends and holidays.

Gate 10: Open Monday through Friday, 6 a.m. to 5:30 p.m., closed weekends and holidays.

Gate 11: Open Monday through Friday, 6 a.m. to 6 p.m.; weekends and holidays, 8 a.m. to 6:30 p.m.

NACC Gate 7: Open Monday through Friday, 5 a.m. to 9:30 p.m.; weekends and holidays, 6 a.m. to 6 p.m.

NOTE: a pedestrian turnstile has been installed by Gate 4 which will allow exit on 24 hours a day, 7 days a week.

MWR Easter Faire returns

Children, ages 2 to 8, of active duty military members are invited to hop on over to the Morale, Welfare and Recreation Dept. Easter Faire on Saturday, April 3, from 10 a.m. to noon at the Officers' Club, Building 95.

Auto Skills

Clean your car!

Get your vehicle in top shape for the spring with a visit to the indoor car wash bay at the Auto Skills Shop, Building 304.

For just \$2.50 you can safely wash your vehicle indoors instead of taking it through a potentially paint-damaging automatic car wash.

If you just need to clean the inside of your car, make use of the powerful outdoor vacuums. They are available 24-hours a day and make it easy to keep your car's interior clean!

Refreshments will be available as well. A fee of \$2 per person will be collected at the door to help offset costs. Adult volunteers are needed. Call Amy Burnes at 841-4038 for more information.

HRO representative to explain retirement

Bob Short, Personnel Management Specialist from the Human Resource Office (HRO) Portsmouth, N.H., will be in Newport on Monday, March 22, at Perry Hall auditorium to meet with employees who may have questions regarding retirement benefits.

He will meet with Civil Service Retirement Service (CSRS) employees at 7:30 a.m., and at 12:30 p.m. will meet with Federal Employees Retirement System (FERS) employees.

He will give a quick overview of the retirement benefits and then open the floor up for questions. There should also be some time for individual questions.

Anyone who has received a VSIP/VERA (VSIP is Voluntary Separation Incentive Program and VERA is the Voluntary Early Retirement Authority) letter and has questions regarding retirement benefits are encouraged to attend.

This is the only day that Short was available to come to Newport prior to the April 3 deadline date. He can be reached at DSN 684-2676.

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THE NEWPORT WATERFRONT Irish Festival float advertises its annual celebration at the Newport Yachting Center.

Richard Alexander/U.S. Navy photos



STRIKE UP THE BAND—Navy Band Northeast's marching band plays some patriotic music as it marches down the narrow streets of the city for the 48th annual Newport St. Patrick's Day Parade last Saturday morning.

Military joins Irish parade of green

By **RICHARD ALEXANDER**
Navalog editor

Broadway, just north of City Hall, Newport, looked like a military base last Saturday morning as columns of Navy blue officers and enlisted, and Coast Guard students and enlisted mustered for the 48th annual Newport St. Patrick's day Parade.

Under clear skies and bright sun, the Navy, Marines and Coast Guard in Newport and New London were well represented for the 90 minute procession through downtown Newport to St. Augustin's Church.

For the first time in recent memory, the Newport Chief Petty Officers' Association entered a float bearing the crests of 14 major commands

at Naval Station Newport and the area.

The 16 by-8 foot flatbed trailer, with Navy family members aboard, was towed by a Humvee from Navy-Marine Corps Reserve Center, Providence. In the center of the float was a rotating 4-foot golden anchor. The entry was escorted by about 15 CPO's and spouses.

"Everyone says Newport is an officers' base," said Senior Chief Gas Systems Turbine Technician Lance Brayton. "But we want to show that



MARINE CORPS students in the Broadened Opportunity for Officer Selection and Training (BOOST) program at Officer Training Command-Newport follow their color guard down Broadway.

enlisted, and especially the senior enlisted, do a lot in the community. This float is to show our pride and presence in Newport."

The military led Division 2.

At the head of the procession was a Marine Corp color guard leading a column of 21 Marines and 32 enlisted Sailors

PARADE, Page 9



AN OVERSIZED LEPRECHAUN (alias Bill Sherman) stops to pose with a parade viewer on lower Thames Street.



NAVAL SCIENCE INSTITUTE students, left, part of the BOOST/Seaman to Admiral-21 program at Officer Training Command-Newport, precede about 50 midshipman and cadet candidates from the Naval Academy Prep School, right.



FAMILY MEMBERS wave from the first Newport Chief Petty Officers' Association float which bears the crests of 14 of Navy Newport commands served by senior enlisted.



THE NAVAL AMBULATORY Care Center, Newport, color guard steps out ahead of Navy Band Northeast.

Parade

Continued from Page 8

in the Broadened Opportunity for Officer Selection and Training (BOOST), the Seaman to Admiral-21 program and the Naval Science Institute.

About 50 Naval Academy Prep School midshipman and cadet candidates fell in behind the Officer Training Command-Newport contingent.

Navy Band Northeast's marching band was followed by a NAVSTA Fire Department pumper and the CPO float.

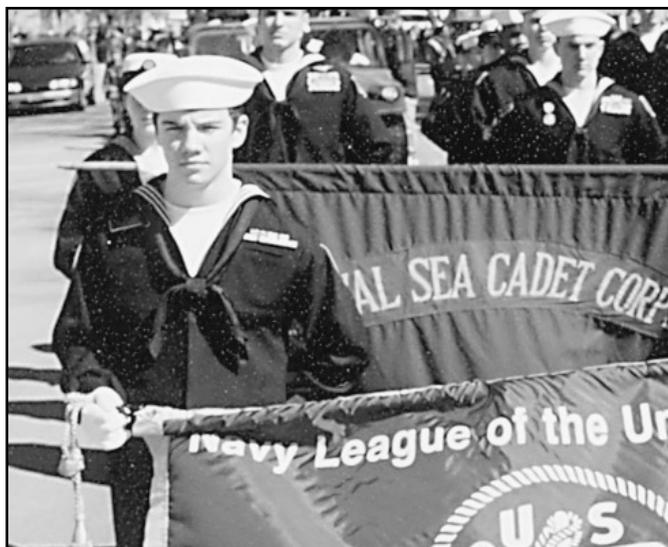
The Coast Guard Academy in New London, Conn., provided a color guard which was followed by the Coast Guard Castle Hill enlisted members who displayed an orange, 21-foot rigid hull inflatable on a trailer.

"It was like a mini Mardi Gras, with the celebrating and candy being tossed around," said Chief Yeoman Ginamarie Doherty, who walked with the float.

"It was nice to see the elderly and young all cheering and clapping together," she said. "One kid ran up and said 'thank-you,' to us three times."

The CPOs passed out Naval Reserve souvenirs, such as coffee mugs, key chains, pens, sunglasses and ball caps.

The Naval Ambulatory Care Center (NACC) Newport also entered a color guard, and NAVSTA police provided a color guard and patrol car.



NAVAL Sea Cadet Corps members carry their banner past City Hall.



SHORE DUTY — Boatswain's Mate Third Class James Macadam, Coast Guard Station Castle Hill, rides a trailered 21-foot rigid hull inflatable down Broadway.

Naval Station Newport Dining

Officers' Club

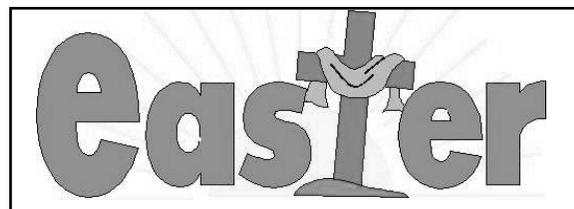
(Building 95, Phone 841-4821, 846-7987 or 849-3693)

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



EASTER BUFFET will be served the Officers' Club on Sunday, April 11, 11 a.m. to 3 p.m. Order your advance tickets at \$23.95 each by calling 846-7987, or visit the O'Club Gift Shop.

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.

If you don't feel like having a meal, we have a variety of appetizers to choose from, such as boneless Buffalo wings, nachos or our own home-style chili. Great prices, great location!

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, on Friday, April 9, 6 to 11 p.m. 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 at the Officers' Club Sunday, April 11, 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.

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 & 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 at a price guaranteed to please. 5 to 8 p.m.

Ney Hall Galley

(Building 292, phone 841-4450)

All hands welcome

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

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

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

Call for daily menus and meal charges.

Noble Roman's Pizza

(Building 1255, phone 851-2006)

Breakfast, lunch and dinner menu. Dine-in, take out and home delivery to Navy family housing and Combined Bachelor Housing Quarters evenings only after 4 p.m. open weekdays, 6:30 a.m. to 9 p.m.; Saturday from 10 a.m. to 10 p.m.; and Sunday, 10 a.m. to 9 p.m. Also, Breyers ice cream available.



PHC Bob Inverso/U.S. Navy photo

TEMPTING THE PALATE — Nabeela Chaudhary, wife of Capt. Asif Saleem Chaudhary, center, Islamic Republic of Pakistan, serves up a native Pakistani dish to Cmdr. Hans Lodder, Kingdom of Netherlands, at the recent Naval Command College 'Cookbook Night' held at Fort Adams. Each year the international spouses are asked to put together a cookbook with two or three recipes from their native country. On Cookbook Night the families prepare the meals and then get together to share them with the other families.

Proper nutrition begins with smart food shopping

By **KAY BLAKLEY**

Defense Commissary Agency

FORT LEE, Va.—March is National Nutrition Month and this year's theme "Eat Smart—Stay Healthy" becomes "Shop Smart, Eat Smart—Stay Healthy" when you use your Commissary benefit to buy the best nutrition for your dollar.

If you are a "good food-bad food" thinker, a fast-food or junk-food junkie, a low-fat or no-fat subscriber or even a strict, low-carb dieter, March is a good time to step back and contemplate an honest answer to that famous Dr. Phil question, "How's that working for you?"

For reliable nutrition advice, based on the latest scientific research, visit <http://www.usda.gov/cnpp/publications.html> and print a copy of the "Food Guide Pyramid" booklet. It's several pages long, but it contains such useful and easily understood information, that it is well worth the effort.

Use the "Food Guide Pyramid" as your basic roadmap, but pay close attention to what counts as a serving.

Trying to squeeze five or more servings of fruits and vegetables into one day's meals may seem like a huge amount, but it's really not.

A 6-ounce glass of 100-percent juice at breakfast is one serving. Sprinkle one-fourth cup raisins on a whole grain cereal like oatmeal, that's two servings.

A one-cup serving of vegetable soup

for lunch takes you to three. An afternoon snack of baby carrots is four. And, just one-half cup of cooked vegetables with dinner brings you to five!

Measure servings in the beginning, if needed, until you have a firm idea of exactly what a one-half cup serving of cooked vegetables, or three ounces of meat or one-half-cup serving of cooked cereal, rice or pasta looks like.

Once you have a handle on serving size and a clear understanding of all the components that make up a healthful diet, even "good food-bad food" thinkers will understand there's a place for nearly all foods in a well-balanced diet.

Plan a week's worth of healthful menus using your newly acquired nutrition knowledge and write out a detailed shopping list.

Arrive at the commissary well rested and well fed. You're more likely to reach for high-calorie, high-fat or high-sodium convenience foods when you're tired and more tempted by empty calorie sweet treats when you're hungry.

Stick to your list as closely as possible, but try to take advantage of sale items. Choose the most nutritious buys by taking the time to read nutrition labels carefully.

You'll leave the checkout counter with grocery bags packed to the brim with nutritious, delicious foods. And because you're shopping in the commissary, you'll have it all at an average savings of 30 percent.

Leisure

Bowling

(Building 656, 841-4293)

Winter Bowling Hours: The Seaview Bowling Center, Building 656, is operating on 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 p.m. Cost is just \$7 per person. Bowl a strike when the head pin is red and you will win a prize! Rock and Bowl Night is tomorrow Saturday, March 20.

- 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.



POSTPONED UNTIL APRIL—The St. Patrick's Day Fun Run and Walk has been postponed until April 9 at Fitness PLUS. More information this page.

Youth/special fitness activities

(Gym 109, 841-3154)

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

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

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

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

Gymnasium

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

St. Patrick's Day Fun Run: Because of snow forecast for today, the St. Patrick's Day Fun Run/Walk has been postponed until April 9 at noon. Come out and join your base mates for a three-mile run and one-and-a-half-mile walk that begins at Fitness Plus, Building 355.

This event is open to all active duty, retirees, reserve personnel, DoD civilians and all family members. Participants under age 18 must have

written parental consent (on form available at Fitness Plus). Refreshments will be provided following the event. Registrations will be accepted beginning at 11:15 a.m. For more information, call 841-1474.

Intramural volleyball: Register today for the intramural volleyball league at Gym 109! Open to adults 18 and over, registrations will be accepted Monday through Friday, 8 a.m. to 4:30 p.m. Matches begin March 22 and are played Monday through Thursday evenings at 5:30, 6:30 and 7:30 p.m. through May 20.

Active duty, retirees, reservists, dependents and DoD civilians are welcome to participate. There is a \$15 fee for DoD civilians. All teams are required to pay a \$100 refundable forfeit fee, and teams must have matching shirts with numbers by the first game.

Deadline for registrations will be on March 31. For more information, call Marty Sullivan at 841-7196.

Massage therapy offered at Fitness Plus: Need to reduce muscular aches and pains? Or do you want to feel more relaxed? A massage therapist will be

available at Fitness Plus, Building 355. Body-Wise Therapeutic Massage will be offering a variety of services. Pick from Swedish relaxation massage, sports massage, trigger-tender point therapy or deep tissue massage.

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.

Computer Café

(Building 656, 841-2194)

- Personal computers are available six days a week to send and receive email, surf the web, play games — all at no charge. There is a 10¢ charge for printing. Open Monday through Saturday, 11 a.m. to 9 p.m.

Music/games

(Building 656, 841-3054)

- The next Karaoke night will be next Saturday, March 27, 8 p.m. Showcase your talents with golden oldies, country hits, and of course, today's top tunes, beginning at 8 p.m. No cover charge, open to all hands. For more information, call the Recreation Center at 841-3054.

Naval Station movies

- Recreation Center: The following movies are shown upon request beginning tonight: *Master & Commander: The Far Side of the World* (PG-13) and *The Texas Chainsaw Massacre* (R).

IRS tax preparation offered in NEX site

Refund\$ Now, a division of Brier Accounting Services in Providence, is offering income tax preparation services this year at the Navy Exchange (NEX).

The onsite office next to Blimpie's Subs and Salads is operated by the same firm as last year, but under its own company logo. The local office phone number is 846-2391.

Refund\$ Now also has nine other offices throughout the state as well as in Groton, Conn. It offers a full array of tax services from simple returns to complex ones, to past year and amended returns, as well as all state income tax return requirements.

Returns are generally electronically filed, and rapid refund loans are also available for an additional fee. Refunds can also be direct-deposited for no additional charge. Preparation fees for simple returns generally range from

\$40 to 50. Fees for more complex returns average \$60 to \$80 or more depending on the number and type of schedules and documents that are involved.

These rates are 30 to 50 percent lower than off-base tax preparers.

There are many tax law changes for 2003, making it difficult for some taxpayers to understand. This year one of the pitfalls is the Child Tax Credit, which was increased for tax year 2003. However, many families received an "advance refund" on this credit last summer, which they need to subtract from the total credit they may be eligible for.

The office is open seven days a week through April 15. Hours are Monday through Friday 10 a.m. to 6 p.m.; Saturday 10 a.m. to 5 p.m.; and Sunday, noon to 5 p.m.

Services are available to all authorized patrons of NEX as well as DOD civilians.



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Sports

Navy Sports looking for outstanding athletes

MILLINGTON, Tenn. (NNS) — Sailors with the athletic skills to compete at the national level in team or individual sports have the chance to represent the Navy at higher level athletic competitions through the Navy Sports program.

"The Navy Sports Program is an opportunity for active-duty Sailors and selected Reservists to participate in a higher level of sports that goes beyond the base intramural program," explained John Hickok, head of the Navy Sports program for the Navy's Morale, Welfare and Recreation (MWR) Division.

"Because the All-Navy sports teams advance to a national

championship event or world military event, we are looking for Sailors with solid athletic achievements who can compete at the national level. Typically, this is someone who has been a state champion in high school or has competed in college," he said.

The All-Navy teams participate in the Department of Defense Sports Program and compete in the Armed Forces Sports Championships against teams from the Marine Corps, Army and Air Force. Following inter-service competition, the very best Navy athletes may be selected to compete as members of the All-Armed Forces

Team and go on to the Military World Games, and national and international competitions.

The Navy Sports Program also allows people who participate in activities that are not normally offered on a base, such as rowing, archery and shooting, to compete at a high level.

"If a Navy athlete is good enough to challenge the very best in the nation, then they can be given the opportunity through the Navy Sports Program to train and compete for a chance to represent the United States in the Olympics," said Hickok.

Since the 1952 Olympic Games, 107 Navy athletes have represented the United States in the Olympics, winning 22 gold medals, six silver medals and six bronze medals.

The Navy Sports Program fields All-Navy teams in boxing, bowling, cross country, wrestling, basketball, soccer, triathlon, volleyball, softball, golf, rugby and marathon.

In addition, Armed Forces teams are selected to compete in national and international competition in the following sports: tae kwon do, naval pentathlon, shooting, sailing, cycling, track and field, and judo.

Training camps for All-Navy team sports are generally two to three weeks, while camps for individual sports vary. Still other sports, such as the marathon, cross-country and triathlon, don't have a training camp, because there's an abundance of races in the local community that athletes can compete in year-round.

Sailors who are interested in participating in the Navy Sports Program or serving as coaches are encouraged to first contact their base athletic director to obtain a Navy Sports application and fill out the application completely.

Special Olympian racks up more gold

Department of Defense civilian employee Steve Malvey continues to carve the slopes, after placing in three skiing events at the regional Special Olympics Winter Games at Waterville Valley, N.H..

The 49-year-old Facilities Department employee at the Naval War College took first place in the downhill, second place in the giant slalom, and third in the slalom event.

Last month at the Special Olympics Rhode Island Winter Games at Yawgoo Valley in

Exeter, Malvey captured the gold in the downhill and giant slalom events, and silver in the regular slalom.

Malvey, an inaugural member of the Rhode Island Olympics Ski Team, has been skiing for 28 years and has over 100 medals to his credit.

The Portsmouth resident is now awaiting a decision by the Special Olympics Committee to represent the United States in the International Special Olympics in Japan later this year.



PHC Bob Inverso/U.S. Navy photo
STEVE MALVEY sports his gold and silver medals won in Special Olympics.

Gear Rental

Rent ice skates at Gear Rental

Going to the Born Family Skating Rink downtown, or to the Fleet Skating Center in Providence?

Visit Gear Rental before you go and rent skates for just \$3 (military)! Gear Rental also has a full-line of skis and snowboards for rent, making it easy for you to get out and enjoy winter sports! Call 841-2568 for more information.

Spring skiing going strong

There's plenty of time left in the ski season up north, so don't wait to have your ski and snowboard measurements taken.

Gear Rental, Building 303, has a complete line of rental skis, including basic downhill skis, performance skis (for intermediate and advanced skiers), and cross-country skis. Ski packages include skis, boots and poles and are priced for daily, weekend, or weekly rentals.

Fittings are available Tuesday through Friday from 11 a.m. to 4 p.m. and Saturday from 9 to 11 a.m.

NAPS runners show speed in 5k

By **LT. MICHAEL O'HARA**
NAPS Track Coach

SOMERVILLE, Mass. — The Naval Academy Prep School (NAPS) track team's distance runners scored well in the seventh annual an Ras Mor (The

NWC Juniors rule intramurals

The Naval War College Juniors won the Naval Station (NAVSTA) Newport Intramural Basketball league Championships last week with a hard-fought victory over 1st Draft Choice.

The playoff results follow:
35 and over
Feb. 12

Great Race) St. Patrick's Day 5K in Somerville.

The NAPsters were led by team co-captain Jon Serrell who finished the race in 16:01 (averaging 5:10 per mile). Serrell was the No. 1 finisher in his

NWC Seniors def. Nothin But Net No. 3, 62-46

NWC Juniors def. NWC Seniors, 50-38

1st Draft Choice def. Grumpy Old Men, 54-50

Championship game:

NWC Juniors def. 1st Draft Pick, 55-47

age group (18 and under), and he placed 20th of 968 runners.

Craig White placed 22nd of 968 with an impressive time of 16:08 (average 5:12/mi), and Lucas Burke was the third NAPster finishing in 31st place with a time of 16:50 (average 5:26/mi).

Also running well for NAPS were Jason Perocho (82nd at 18:46) and Wesley Neill (107th at 19:36).

Complete results and photos are available at <http://www.srr.org>

NAPS track squad will compete next at Rhode Island College (RIC) on April 3.



Ron Fontaine/U.S. Navy photo
SPRING IS IN THE AIR? A Naval Station Newport employee trudges through a pre-spring snowstorm last Tuesday afternoon outside Building 690. Snowfall across the region ranged from a few inches along the coast to 8 inches in northwestern Rhode Island. Spring arrives tomorrow.

Meetings/reunions

USS William C. Lawe

The USS William C. Lawe (DD763) will hold a reunion for all shipmates on Oct. 15 to 18 in Virginia Beach, Va. Anyone interested is attending should contact retired MCCM John Meyers, Post Office Box 134, Tiverton, R.I. 02878-0134, or phone (401) 624-6542.

Reunion committee members include Owen Turner, Allan MacDonald, John Meyers, Robert Maloon and Jerry Ilin.

Patrol Gunboat Association

The Patrol Gunboat Association's seventh annual reunion for the Asheville and Tacoma Class patrol gunboats (PGs), tenders and staff will be Aug. 4 to 8 at the Holiday Inn, Concord, Calif.,

For more information, contact Terry McManuels of 1673 Kilt St., Virginia Beach, Va., 23464 at (757) 479-2261.

USS Rowan

A reunion of all shipmates of the destroyer USS Rowan (DD-405/DD-782) will be held in San Antonio Texas on Nov. 10 to 14.

For more information, contact Leo Jack Moore of 4 Ley Place, Sussex, N.J. 07461-2413.

USS Henry B. Wilson

A reunion of all shipmates of the USS Henry B. Wilson (DDG-7) will be held in San Diego, Calif., on Sept. 30 to Oct. 3.

For more information, contact Dan Marks of 2171 Teakwood Court, Hollister, Calif. 95023. Phone (831) 636-7646.

USS Canberra (CA-70/CAG-2)

A reunion of all shipmates of the USS Canberra will be held at the Holiday Inn Hurstborne in Louisville, Ky., Oct. 13 to 16.

For more information contact Bryan Humphrey, Post Office Box 1758, Ocean Pines, Md. 21811. Phone (410) 208-4911.

USS Boston

A reunion of all shipmates of the USS Boston (CA-69, CAG-1 and SSN-703, will be held July 8 to 11 at the Wyndham Hotel in Andover, Mass., 01810. For more information, contact Arthur Hebert, Post Office Box 816 of Amherst, N.H. 03031. Phone (603) 672-8772.

Cryptologic Veterans Association

The New England Chapter of the Naval Cryptologic Veterans Association will hold its semi-annual reunion in Brunswick, Maine, on May 14 and 15. The point of contact is Larry Peterson. Call (603) 880-4203, or email . The association's website is <http://web.meganet.net/kman/ncva-ne.htm>

USS Turner reunion

The 13th reunion for those stationed aboard the USS Turner (DD/DDR 834) will be held Sept. 8 to 12 at the Sheraton Hotel in Norfolk, Va. All shipmates, including those of the USS Turner (DD 648) lost in 1944, are welcome and encouraged to attend. Numerous social functions and other activities are planned.

Contact Dick Shanaberger, 2130 Salisbury Street, York, Pa. 17404-1013. Information is also available at www.ussturner.org

Cruiser Sailors to convene

The U.S. Navy Cruiser Sailors Association's annual convention will be May 30 to June 4 at the Embassy Suites in the Charleston, S.C., Convention Center/Coliseum. For information about the event, contact Edward August at (508) 252-3524 or by email at USNCSA@aol.com.

Cruiser Sailors seek members

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

For information, contact Ronald Maciejowski, (508) 824-0789.

Weakness

Continued from Page 2

birthday they could enjoy.

But in the war against terrorism predictability makes the military vulnerable.

"There will be no more predictability," he said. "The worst thing is to be predictable. If the enemy is living in your backyard, you don't want to be predictable."

He told the young officers to take the message home, and explain it to their households. "We are focused on the pointy end of the spear, and must be ready for surge," he said.

The Navy will do more joint operations with the Army, Coast Guard and Air Force, and with the forces of allied nations. "You will be doing this much earlier in your careers, and all services will be involved."

On the manpower issue, Mullen said retention numbers are up and usually dip only when the economy improves. But there is only so much money in the Mili-

tary Appropriations Budget. For the Navy's \$100 billion, \$70 billion goes to compensations to service-members and families."

"The Navy has the richest health care benefit package in the military," he said.

Mullen warned the young officers they will be fighting this terror war their whole career. "You're going to be in this a long time."

"Take this message home today," he said. "These are tough choices, great challenges and great sacrifices."

Mullen began his address by reporting the loss of three Navy shipmates in a fatal accident a few hours earlier in South Carolina. Three Sailors were killed and dozen injured in a bus collision with a tractor trailer truck. The Sailors were from the guided missile destroyer USS Pinckney and were in a bus convoy to a wreath-laying ceremony at Beaufort, S.C., National Cemetery.

FFSC

Continued from Page 5

symptoms.

Attention also will be devoted to helping participants understand and recognize the differences between "baby blues" and postpartum depression, and the importance of seeking help and support.

Registration is required. Call 841-2283.

Lunch and Learn movie showing—Bring your lunch to the Fleet and Family Support Center on Friday, March 26, at 11:30 a.m., and watch the 30-minute film on couple's communication, "Mapping an Issue."

Registration is not required. Just bring your lunch and enjoy the show!

It's all about the money—A money management/employ-

ment education class for teens (high school freshmen through college freshmen) will be held in the Fleet and Family Support Center's Conference Room, Monday, April 12, from 8 a.m. to 3 p.m. Snacks and lunch will be provided.

Topics will include: Teens and Money; Job Search Preparation; Skills Identification; Job Applications/Resumes; Clothing; Interviews; The First Pay Check; Budgeting; Comparison Shopping; Banking; Writing Checks; Balancing a Checkbook; Saving; Credit Cards; Teen Drivers; and Cell Phones.

Registration is required. Call 841-2283. Class size is limited to 20 participants. Last date for registration is April 2.

Health

Continued from Page 3

to Medical. After the PARFQ is screened and SF600 filled out by a medical care provider, they will be either cleared to participate in the PFA or waived from some or all events. The member will return the PARFQ and SF600 to the command fitness leader (CFL), where it will be entered in Physical Readiness Information Management System (PRIMS).

If your birth month has passed and you have not had a PHA, please contact Hospital Corpsman Third Class Amber Farley, 841-4170 at King Hall Medical Clinic, to schedule an appointment.

For more information about PHA, contact your command physical fitness coordinator.

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The Newport Daily News has a part time position available delivering newspaper bundles to our single copy outlets and carrier drop location. Starting pay is \$10. per hour. This position requires working Mon.-Fri. from 10:30 a.m. and every Friday night from MIDNIGHT. The position also requires occasional heavy lifting. Only mature, responsible individuals, with clean driving records and proven reliability be considered. Apply to:

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EXPERIENCED BANQUET WAITSTAFF/WAITSTAFF: Apply in person, before 4pm, Mon.-Fri., no phone calls. Atlantic Beach Club, 55 Purgatory Rd., Middletown



HOTEL/LAUNDRY Newport Chalet Hotel located on the Naval Base has an opening for an exp. Laundry person day shift, benefits 2 wks. paid vacation matching 401k, paid holidays & monthly bonus plan. Call 841-080

HOTEL: Guest services supervisor, 4 p.m. midnight. 154 rms. Private hotel front office experience required. Apply in person, or send resume to: Bob Wirth, Howarth Johnson Inn, 351 West Main Road, Middletown, RI 02842. 849-2000.

LOVE KIDS? Join our team! Naval Station Newport Child Development Program is hiring child care staff. Flexible hrs. (0-40) weekly, house training, no experience necessary. Pay starts \$9.63/hr. For more info call 841-4562. Interested applicants should apply to MWR Bldg. 1121, NAVSTA Newport, or call 841-7301. E.O.

MAINTENANCE PERSON wanted for private condo complex in Newport. Must have knowledge of all aspects of general maintenance. Full time/year round position. Immediate opening. Send Resume: c/o Management, 126 West Main Rd., Middletown RI 02842

NEWPORT VINEYARDS is seeking part-time sales for its retail tasting room. The position includes giving tour wine tastings, processing orders, restocking wine and other odd jobs. Some weekends and holidays required. Please apply in person 909 East Main Rd. Middletown.

Operation Forward March
We offer an exciting activity filled FREE week training program to learn how to become the invaluable employee that employers are looking for in today's job market. \$300 clothing allowance if qualified. Sponsored by the RI Dept. of Labor & training. Call now 401-952-6347.

Servers & Bartenders, Exp. professionals make resume to Asterisk, 5 Thames St., Newport, RI 02840 or fax 848-6292.

10 - Help Wa

SERVERS needed.
GOOD PAY, FLEX. HRS. Mama Leone's at the rotary. 847-72

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

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

175-Lawn & Ga

LAWN MOWER barely used, 2000 Craftsman ride-on mower, 38 deck. Asking \$750. Call 401-447-5535.

520 - Miscell for Sale

12' OPEN OCEAN KAYAK. Bought in Guam. Very good cond. Asking \$125. Call 680-868, ask for Mark.

8' OPEN TRAILER. Refurbished. Excellent cond. Asking \$225. Call 683-0868 ask for Mark

MINOLTA. 2 cameras, 4 lenses, attachments tripod. \$950/best. 849-3985 after 4:30.

T-MOBILE SIDEKICK cell phone w/all accessories incl. camera 849-2302.

WAREHOUSE PALLET-RACKS. Heavy duty steel, 15' uprights. crossbeams. Like new. Must liquidate. Lg quantities. 508-961-288

530 - Househol

ANTIQU BARN BOARD dining table, August Jackson design, never used. \$700. Original \$1,100. 849-3144.

CHERRY BASSETT entertainment center. yrs. old, looks like new. Holds upto 32" TV. Must sell, too big for retail \$900, asking \$400/best. 848-2141.

CUSTOM MADE DINING SET: Pine & glass w/ chairs. \$400. 683-015

640 - Antiqu

ANTIQU FULL Size Office desk w/ glass top \$425. 847-1486.

670-Business Op

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670-Business Op

NEWPORT Bed & Breakfast fast zoned & lic., private mid-town location, parking lot, 4,000 sq.ft. bed, 6.5 bath Victorian all systems upgraded many extras. Possible seller financing \$8000. 847-3783.

700 - Rooms f

PORTSMOUTH \$500, incl. all utils., long washer/dryer. Comfortable, clean. 683-0196.

SUNNY, quiet, kitchen cable, parking, in to near base. Non smoker. 845-0041.

710 - Unfurn.

1 BDRM., yr. lease. Spacious, 1st fl. Laundry quiet st. off Broadway \$900+. 847-5040.

2 BDRM. condo, Newport. New fridge, pa-carpet, bathroom Parking. \$1150 incl heat & water. 849-1240

2 BDRM., Newport, 2nd fl., cathedral ceiling, w/skylight, new appliances, deck & yard, close parking, washer/dryer, storage, w to town, \$1100+, available April. 639-9711.

2 BDRM., Serene pond view, immaculate \$1,045 + utils. Sorry pets. 4/1. Portsmouth 849-1100.

3 BDRM., New, Lge. 1.5 bath, parking, hardwoods, hookups. \$1,350. Pets? 253-9501

3 BDRM., waterview, washer/dryer, parking deck. \$1,100+. 847-6940

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CARROLL AVE., renovated 2 bdrm., wall/washer laundry. \$1,150 incl heat/h2o. America's Realty, 846-1880

DECO STYLE STUDIO near Bellevue, carport \$900/mo. America's Realty, 846-1880.

ESTATE SETTING: 2 bdrm. townhouse, fireplace, garage, Bellevue Ave. \$1,675+ 4/1 America's Realty 846-1880.

FIRST FLOOR, 5th Ward: 2 bdrm. w/deck & yard Hook-ups. \$1,000+ 4/1. America's Realty 846-1880

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MANN AVE. Studio apartment. \$725 + elec Osborn Realty 849-4150

PORTSMOUTH bright 1 bdrm., parking. \$80 incl. Call Edith Cushing ReMax 848-6750.

720- Furnished



AFFORDABLE studio between beaches, new kitchenette. Long/short term. No smokers/pets \$800 incl. all. 849-4

MIDDLETOWN 1 bdrm. \$775 incl. Crockett Realty 741-5920.

OCEANFRONT, Easton's Point. 1 bdrm. Magnificent views. Year round rental. \$1,750/mo. incl. utilities. No pets, no smoking. 847-6713.

730 - Houses

3 BDRM., 1.5 bath, duplex, Gibbs Ave., walk to 1st. beach, hardwood flrs., fireplace, living dining rm., eat-in kitchen, washer/dryer, private yard & porch. Long term lease only. Available 3/20. \$1600+. 864-4499

DUPLEX, MIDDLETOWN. 2 bdrm., hardwoods, off street parking, washer/dryer, fenced yard \$950+. Avail. 4/1. 847-7239.

LITTLE COMPTON, RI Country Home! Opportunity to rent modern home in private, rural area for weekend/summer get away. Requires one-year lease. Spectacular views contact the Sakonnet (References) SPINNAKER REALTY 401-635-2300.

PORTSMOUTH 2 bdrm., 1.5 bath w/jacuzzi tub freshly painted, hardwoods, washer/dryer, nice yard. \$1,300+ 849-1178 or 640-6011.

PORTSMOUTH: Contemporary 3 Bedroom., New heat system, Nice yard & Amenities. 4/1 \$1900+. America's Realty, 846-1880

740 - Summer I

3 & 4 BDRMS., in town, spacious, furn., parking Short or long. 845-004

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

741 - Winter

ATTN. NAVY, SALVE & Others. Rentals all types avail. Remax, Edith Cushing 848-6750.

770 - Garages

ISLAND SELF STORAGE Secure storage; various sizes available. Call for prices, 60033, fax 683-4762.

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Dept. of Housing & Urban Development - 528-5351

LITTLE COMPTON LAND FOR SALE - 4.9 ACRES - 200ft. frontage on Town Road near Adamsville - Bonus!! bed house w/attached 2 car garage. Just listed at \$425,000. Sakonnet Vineyard's Neighbor - 3 bed Cape w/garages and outbuilding on 2+ acres. Wonderful location. Per seasonal or year round home. \$489,000. NEW, CUSTOM, WELL BUILT - 4,000 +/- sq. 2 story, 3 bdrm. home 5-1/2 acre lot, insulated w/wildflowers and woods. Quiet, private community. \$589,000.

Spinnaker Real Estate visit our website at Spinnakerrealestate.com 401-635-2300 spinnakerre@ecoxmail.com

MIDDLETOWN 3 bdrm. ranch, great location \$250,000 by owner. Principals only. 849-61

MIDDLETOWN, by owner. Livingston Place 3 bdrm., 1-1/2 bath \$285,000. 849-6485.

890 - Land

LITTLE COMPTON LAND FOR SALE - 4.9 ACRES - 200ft. frontage on town road near Adamsville - Bonus!! bed house w/attached 2 car garage. Listed \$425,000. SPINNAKER REALTY 401-635-2300.

905 - Trucks &

CHEVY 30 CARGO VAN '94: Automatic, air cruise, CD, excellent shape. \$6,800. 847-5418

DODGE PASSANGER VAN '86: Bench seats removed, 318, 8 cyl 110,000 mi., rebuilt 93,000 mi., all power roof racks, good work van, good cond. \$1,500 258-1080.

F150 '95, 72,000 original mi., 2nd. owner, run excellent. \$5000. 36271-8603, 841-3143.

TOYOTA PICK-UP '87: 4 spd., drives & looks good. inspected 100,000 mi., \$2,000 846-3725.

907- Boats &

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

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4 WHEELS & Tires, from '96 Mercury Villager, 101 wheels, excellent cond., 215 70 15, upgraded to 16" wheel \$200. Call 862-3357.

915 - Autos f

BMW 325 '92: RUNS & looks excellent. 130,000 mi. \$3,500. 862-2326.

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JEEP CHEROKEE 1990. 4 wheel drive, new Sebring cd. \$1600. 683-9607

JEEP WRANGLER 1994. 5 speed, soft top, low mileage, well maintained. \$3,000. 624-3589.

MAZDA 626 LX: 2001, V-6, 50,000 mi., auto air, \$7,900/best 401-295-0268.

NISSAN SENTRA '88: 2 dr., new exhaust, run excellent. \$600 or best offer. 293-0380.

NISSAN SENTRA 1998. Needs timing chain Auto., power windows, air. \$2000. 683-9607.

PLY. GRAND Voyager '98, loaded, 3.3 V6 \$6,700/best. 848-7931.

SAAB 9000 '92: Griffin edition. High mi., good cond. \$2,500. 847-7217

SAAB 9000 1989. \$800 or best offer. Call 848-5399.

CNO pledges quick response

WASHINGTON (NNS) — At a March 10 Senate Appropriations Defense Subcommittee hearing, Chief of Naval Operations (CNO) Adm. Vern Clark told senators the Navy is accelerating investment in Sea Power 21 to ensure the Navy Marine Corps team remains

Navy-wide news

the preeminent naval force in world.

Appearing together with Secretary of the Navy Gordon England and Commandant of the Marine Corps Gen. Michael Hagee, the CNO said the Navy will invest in the technology and the Sailors who will employ it—America's asymmetric advantages. Clark also said the Navy will produce the right readiness at the right cost, while being able to deploy more of the force faster in support of the Fleet Response Plan (FRP).

"Our job is to make sure we get the most bang for the buck for the taxpayer of America," Clark said, adding FRP increases the Navy's operational availability through phased training and new maintenance concepts. "We will be able to provide 50 percent more operational capability to the president if a national emergency occurs."

The Navy has re-cocked the force that deployed to Operation Iraqi Freedom, Clark added, and is ready to respond as required.

"When it came time to do Operation Iraqi Freedom, we surged over 50 percent of the fleet," the CNO said. "Mr. Chairman, I can tell you this morning, if a requirement came today, I could surge that force forward again."

England said the FY05 budget is an investment in the Navy/Marine Corps team of the future.

Navy targets junior leaders

ROTA, Spain (NNS) — The Navy Leadership Continuum course is taking a new direction in training tomorrow's leaders to include Sailors in pay grades E-3 and E-4 in setting an earlier standard in leadership training..

Now called the Leadership

Development Program, the local Mobile Training Team at the Center for Naval Leadership Learning Site (CNLLS), Rota, Spain, formerly known as the Navy Leader Training Unit detachment Rota, hopes to provide maximum availability of the courses to remote commands/sites, as well as servicing commands here.

Master Chief Sonar Technician (Surface) Jim Stone, director of CNLLS, said the Navy is trying to get away from across-the-board training for everybody, some of whom do not need it, opting instead to focus on those who will need the training, and providing it before it is needed.

Senior reservists at NWC summit

NEWPORT. (NNS) — Senior regional Reserve leaders from the Army, Navy, Marine Corps, Air Force, Coast Guard and National Guard met for an unprecedented summit at the Naval War College on March 6.

The gathering of northeast regional Reserve commanders was the first of its kind in the nation. Their goal: to explore joint regional opportunities to meet mutual goals of training and readiness for the 50,000 Reserve service members under their command.

"The Navy, and indeed, all the service branches, must size and shape their Reserve components to better meet the demands of the 21st century," said summit host, Rear Adm. Frank Rennie, Commander, Naval Reserve Readiness Command Northeast. "

Attendees included Assistant Secretary of Defense for Reserve Affairs Thomas F. Hall and seven general and flag officers representing every branch of the Armed Forces Guard and Reserve from around the Northeast. Vice Adm. John C. Cotton, Commander, Naval Reserve Force addressed attendees via teleconference.

ESG 2 forces accent jointness

ADRIATIC SEA (NNS) — U.S. Sailors and Marines assigned to Expeditionary Strike Group (ESG) 2 last week participated in Adriatic PHIBLEX 04-5 off the coast of Albania..

The purpose of the exercise was to conduct training in ESG

warfare capabilities, including U.S. Navy and Marine Corps joint operations, amphibious operations, fixed- and rotary-wing air support and field combat. PHIBLEX 04-5 also enhanced theater strategic cooperation between the United States and Albania by providing an opportunity to con-

duct various drills in real-world environments.

Expeditionary strike groups are an example of the Navy and Marine Corps commitment to the Secretary of Defense's vision to transform the U.S. armed forces for the 21st century. ESGs could

include amphibious ships, a destroyer, cruiser, frigate, attack submarine and a P-3C Orion land-based aircraft. The new mix allows Navy and Marine Corps forces to launch personnel and landing craft as warships and submarines strike inland targets with missiles and shells.

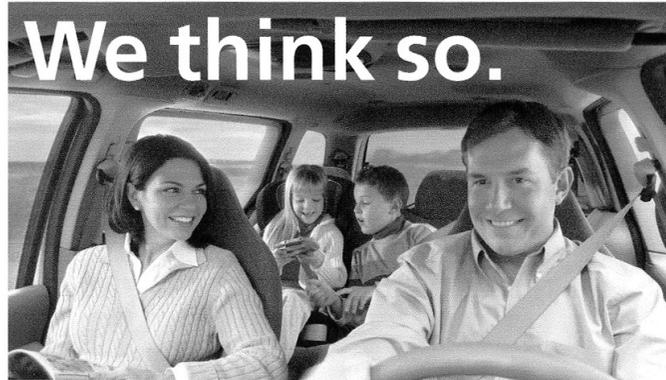
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