

# *The Newport* **Navalog**

VOL. 104 NO. 12 MARCH 26, 2004

SERVING COMMANDS AND ACTIVITIES, NEWPORT, R.I.

## *Men in sails business*

# 14



Ron Fontaine/U.S. Navy photo

**POLISHING UP SAILING SEASON** — Walter Szydal, left, Naval Station Newport Marina manager, and volunteer Ed Noll wax the hull of a Rhodes 19 sailboat in Building W-34 this week. The fleet of sail and powerboats will be launched next month, in time for the marina's opening May 1.



### **F&FSC gets new director**

The Fleet and Family Support Center welcomes a new director who focuses on outreach at Naval Station Newport.

— Page 2



### **Women earn recognition**

Surface Warfare Officers School Command singles out several civil servants in recognition of March as Women's History Month.

— Page 3



### **ASF training for Reserves**

Naval Reservists train along with active duty Auxiliary Security Force members to assume security details, if necessary.

— Pages 8-9

# Fleet and Family Support focuses on Navy outreach

By **RICHARD ALEXANDER**

Navalog editor

Former President George Bush envisioned a kinder, gentler America.

The new director of the Fleet and Family Support Center (FFSC) wants an agency that is inviting, welcoming and warm, and provides



Ron Fontaine/U.S. Navy photo

**NEW DIRECTOR — Dr. Kathleen Doherty, the new director of the Fleet and Family Support Center (FFSC), stocks some service brochures in Building 1260, Naval Station Newport.**

“help that feels like help.”

Dr. Kathleen Doherty, who holds graduate degrees in psychology from the University of New Orleans, arrived last month from the Fleet and Family Support Center at Fleet Activities Sasebo, Japan. She replaced Arlene Chamberland, the FFSC Region Northeast Program Manager, who was interim FFSC director.

FFSC has a current staff of nine, including three clinicians and two program specialists, and offers a wide range of quality of life programs to help the military family and servicemember.

Doherty started working for the Navy in 1988 as a contractor, and switched to civil service a year later. She was Family Advocacy Program Manager/Chief of Clinical Services in Gulfport, Miss., and then transferred to Atsugi, Japan, as a family advocacy representative in 1998. Her next stop was the directorship of FFSC Sasebo in August 1999.

“We’re basically here to serve, at some level, anyone who has access to the Naval Station,” Kathleen said.

FFSC provides a continuum of products and services that range from simple information to

classes to personal counseling. Upcoming classes will be held on topics such as Stress Management, “Baby Blues” and postpartum depression for young mothers, Understanding Your Credit Report, Money Management and Couples Communication.

The FFSC hopes to work closely with Morale, Welfare and Recreation (MWR) and other quality of life service providers when possible. Where MWR focuses on recreation as an essential part of a healthy and balanced life, FFSC promotes more general life skills.

In her experience, Doherty has said she’s found military families to be basically very healthy. This can be attributed to the many quality of life programs in place to help the servicemember cope with marital, financial, housing, spiritual, recreational and employment issues.

Additionally, she feels that “the military standards of behavior are more stringent than on the outside,” she said. “There is a code of honor, and, as such... an accountability.”

Though a FFSC at a fleet command may deal with stresses directly related to deployments and separation, any command where servicemembers rotate in and out will have members with similar issues, she said. There are still delays in Personal Property deliveries, loneliness and separation from loved ones and friends, and other difficulties not experienced by those who aren’t relocating every two to three years.

Many issues that a servicemember and/or his family face are “age and stage” related, she said, and FFSC is prepared to help with those as well. A young married Sailor may have problems

adjusting to a spouse, but a couple married 10 to 12 years has resolved those newlywed problems and may have issues related to parenting or something else, she said. There are stresses specific to a first term Sailor in a new city or town, which are different from a career Navy veteran who is retiring and facing the job market.

The annual Fleet and Family Support Center Job Fair in April, in conjunction with the Newport County Chamber of Commerce, is a great partnership that Doherty intends to continue. It will be held April 21 at the Newport Marriott.

“At very little cost to us, there are great benefits,” she said. “Not only does the fair help the active duty member, but there are opportunities for spousal employment and the older teenager who wants a part time job.”

FFSC also operates a Loan Locker of basic home furnishings, bedding and kitchenware for new arrivals waiting for Personal Property deliveries, especially from overseas. Welcome Aboard packets are also mailed out to servicemembers and families who have PCS orders to Newport.

## DoD posts guidance for ‘04 election year

While elections are more than seven months away, candidates for federal, state and local offices have been making the rounds, hoping their messages will resonate with voters.

To ensure commands and service members are in compliance with Department of Defense policies, updated election year guidance has recently been issued.

Service members are permitted to contact their elected representatives with questions, issues or concerns. However, the following provides additional guidance on common election year issues:

**General policy:** DoD personnel acting in their official capacity may not engage in activities that associate them with any partisan campaign or election, candidate, cause or issue.

Inquiries from campaign organizations must be forwarded to the NAVSTA Newport Voting Officer, Lt. Rodney Smith at 841-6198.

Use of installation facilities by candidates is not permitted for campaign or election events including public assemblies, town hall meetings, speeches, fundraisers, press conferences, post-election celebrations and concession speeches.

Congressional and elected officials are permitted to visit commands to conduct official business as long as they do not engage in any political activity.

**Support of political events by military personnel.** DoD personnel acting in their official capacity may not engage in activities that associate DoD with any campaign, election, candidate, cause or issue. Personnel must not appear at, or support campaigns or election events, in uniform.

**Public commentary by military personnel.** All military personnel acting in their official capacity cannot engage in public commentary, including speeches and written submissions offered for publication concerning campaigns or elections.

**Political campaign or election literature.** Military personnel cannot distribute campaign or election literature while in uniform or in their official capacity.

**Filming, photographing or taping on Naval Station Newport.** Candidates or their agents are not allowed to film, photograph or tape military equipment for use in campaign or election advertisements, commercials or literature. This restriction does not apply if the filming, photography or taping is conducted from outside the confines of NAVSTA Newport.

*Navalog*

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Commanding Officer, Naval Station Newport

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# Women find challenge in federal workforce

## March is Women's History Month

By YNC(SW) G. DOHERTY  
SWOSCOLCOM Public Affairs Officer

In recognition of March as Women's History Month, the Surface Warfare Officers School Command (SWOSCOLCOM) has singled out some of its female civilian employees, noting their accomplishments and contributions to the command. They emulate this year's national theme, "Women Inspiring Hope and Possibility."

### Jennifer Hug

Jennifer Hug, an in-service engineer, works in the NAVAIR Orlando Training Systems In-Service Engineering Division at Weakley Hall. She is responsible

for accepting and installing training equipment throughout SWOSCOLCOM. Most recently she has been involved with the newest technology:

Generic Reconfigurable Training Systems (GRTS), used to simulate combat systems and sonar operations throughout SWOS.

An eight-year Army reservist (1987-1995), Hug used her military education benefits to complete a degree in electronics engineering technology in 1993.

"I advise women who wish to pursue federal work, to examine engineering possibilities," said Hug. "Women can bring innovative ideas to the government. The workdays are extremely gratifying and great fun. I love my job!"

Hug, in looking back on obstacles she cleared in government service, said teamwork and support is essential.

### Cecilia Leary

Ms. Cecilia Leary, the Command At Sea Department secretary, began her civil service career soon after graduating from Middletown high School.

Her first job was at Naval Underwater Ordnance Station (now Naval Undersea Warfare Center), which she held for two years before she was selected to a

new position with a promotion in the Classified Library at the Naval War College.

Now in her 29th year of government service, Leary has advice for women seeking government service.

"Be prepared for the entrance exam, make sure your resume is as good as possible (get advice when preparing it), and then be prepared to compete for positions," she said.

Leary said competition in the Newport area is tough, and there are very few opportunities for advancement.

Since being at SWOS, Leary said she has found mentors in numerous naval officers who have served as her immediate supervisor. She has acquired advice from more senior and flag-ranked officers who have trained at SWOS.

### Robin Brown

Robin Brown started government service as a student aide in the Comptroller Office at the Naval War College in September 1977. After 19 years, she serves as the command comptroller at SWOS.

Brown said government employment has been a good career choice with great benefits, but said to be competitive, education is the key.

"I recommend that the younger female generation continue their education to the college level to allow them to enter government service at a higher grade."

Brown said as you advance expect new challenges, both professionally and personally.

### Colleen Bigelow

Colleen Bigelow, secretary to the commanding officer, was recently promoted in the GS ranks and given the title of SWOS VIP coordinator because of her outstanding performance and abilities.

"I took the civil ser-



Ron Fontaine and YNC Ginamarie Doherty/U.S. Navy photos  
**Colleen Bigelow as secretary to the commanding officer, Surface Warfare Officers School Command, handles a myriad of phone calls.**



**CECILIA LEARY, left photo, the Command At Sea Department secretary at SWOSCOLCOM, discusses the PCU New Orleans with its prospective commanding officer, Lt. Cmdr. Todd Echols. In right photo, Robin Brown, Command Comptroller at SWOSCOLCOM, handles budget matters.**



vice test at the Providence Post Office in 1984," she said. "My first government position was a personnel clerk in the Consolidated Civilian Personnel Office (CCPO), aka Human Resources."

With her experience of 19 years in government service, she recommends young women seek a career in government service. "It is like working in a

whole separate world and I find it quite interesting," she said. "The SWOS staff is great, the benefits are great, I've met people from all over the world. I wouldn't trade my job for anything."

"Being a single mom, I am challenged to balance raising two children, while working full time. But once you get it, it's not so bad."



Jennifer Hug



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## Bravo zulu



CMDCM (SW) Leonard Solinap/U.S. Navy photo

**NINETEEN graduates of the sixth Command Master Chief/Chief of the Boat Class pose at the Senior Enlisted Academy, Naval Station Newport. The class graduated March 12 at Perry Hall.**

## Senior Enlisted graduates 19 new COBs and CMCs

**By CMDCM L. SOLINAP**  
Senior Enlisted Academy PAO

The Senior Enlisted Academy graduated its sixth Command Master Chief/Chief of the Boat (CMC/COB) class on March 12 at Perry Hall, Naval Station Newport.

Command Master Chief

Ralph Rao, SEA director, addressed the graduates and said, "We challenged your minds, leadership abilities and physical fitness conditions. This 'just in time' education will provide you with a sound foundation for your first CMC/COB tour."

The Command Master Chief/Chief of the Boat

(CMC/COB) Course is a capstone program that provides selected personnel with a "just in time" learning experience designed to help them further develop the unique perspective and special skills needed to serve as a vital member of their com-

mands. **COBs/CMCs, Page 13**

## Chaplains briefed on VTC tools

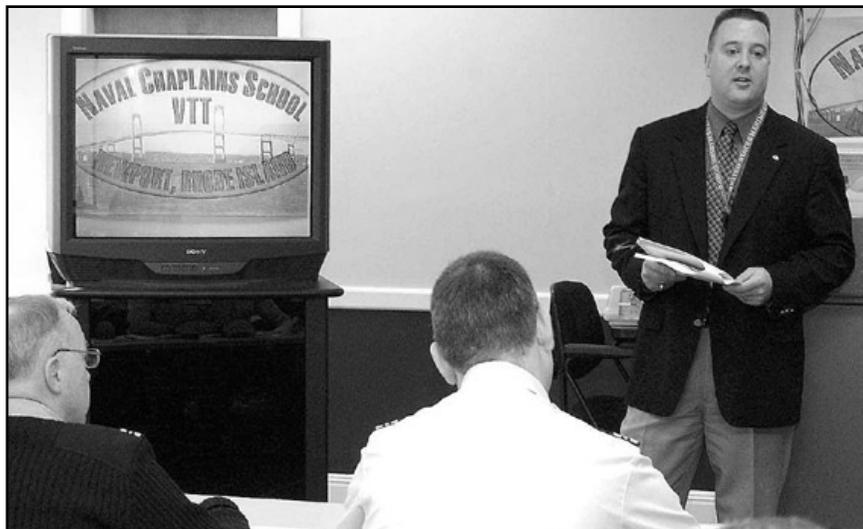
**By YNC GINAMARIE DOHERTY**  
SWOSCOLCOM Public Affairs Officer

Jerry Peterson, coordinator and facilitator of the Video-teleconferencing Center (VTC) at Surface Warfare Officers School Command, instructed the Chaplains Advanced Class, Naval Chaplains School in Brett Hall, on "skills for powerful video-conference meetings and presentations."

The lesson included the "how to" and the "do's and don'ts of teleconferencing, including the importance of the background colors combined with physical require-

ments.

"Color is where you must be proactive," said Peterson. "A portion of the brief covered Power Point software presentations, the best fonts to **CHAPLAINS, Page 13**



Ron Fontaine/U.S. Navy photo

**Jerry Peterson, coordinator/facilitator of the Video-teleconferencing Center (VTC) at Surface Warfare Officers School Command, leads the Advanced Class, Naval Chaplains School, in Brett Hall recently.**

## Canadian sea cadets visit SWOS trainers

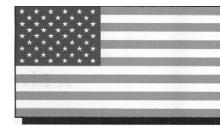
The Royal Canadian Sea Cadets, Vanguard Group, from Toronto, Ontario, visited the Surface Warfare Officers School Command last week.

Chief Jeremiah Cooper, Naval Station Newport Sea Cadets executive officer, led the group to Fitzgerald Hall and entertained their questions about U. S. Sea Cadets and Navy procedures.

Lt. Jason Stracqualuris, Surface Warfare Officers School Command engineering

instructor, ran half of the cadets group through the FFG simulator, while Petty Officer First Class Lawrence Schmitz, engineering instructors bay, briefed the other half of the cadet group on the DD/CG and DDG simulators.

The cadets were able to receive hands-on training and experience a couple of drills run by the visiting frigate USS Nicholas at Pier Two and SWOSCOLCOM engineering instructors.



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# Learn importance of long term care insurance

Long-term care is a phrase heard frequently. A Navy Federal Credit Union representative will be at the Fleet and Family Support Center on April 5 from 11:30 a.m. to 1 p.m. to explain what long-term care insurance coverage is and why it is important.

Find out what your options are and hear about some com-

## Fleet and Family Support Center

mon misconceptions.

Registration is required. Call 841-2283.

Does your relationship need polish? The Fleet and Family Support Center will conduct a workshop on Relationship Enhancement for individuals and couples that would like to learn some proven ways to improve communication in their personal relationships.

The six-session workshop begins Tuesday, April 6, from 6:30 to 8:30 p.m.

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

**Be assertive in the workplace** – The Fleet and Family Support Center will sponsor an “Assertiveness in the Workplace” presentation on Wednesday, April 7, from 2:30-4 p.m. This presentation debunks commonly-held myths regarding “assertiveness.”

You will learn skills to help you take better care of yourself, whether interacting with peers, supervisors, employees, friends, acquaintances or strangers. You also will learn how and when to use these skills.

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

**Prevent identity theft**—Come to the Fleet and Family Support Center on Thursday, April 8, from 11:30 a.m. to 1 p.m., and learn how to prevent identity theft. Hear how you can reduce your risk of identity theft, and what to do if your identity is stolen. Registration is required. Call 841-2283.

**Lunch and Learn Movie**—Bring your lunch to the Fleet and Family Support Center on Friday, April 9, at 11:30 a.m., and watch the 30-minute film on couple’s communication, “Styles of Communication.”

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

**It’s All About The Money**—A money management/employment 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. Registration deadline is April 2.

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

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

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US Army, Ret.;  
Buzzards Bay, MA

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- Cherie Saunders,  
Newport, RI



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

**“Whatever help I need, I get.”**

- Claire Jeronimo,  
Fairhaven, MA

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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.

## What's going on

### Navy concert to focus on steel drums

Navy Band Northeast will present its third concert of 2004 Spring Recital Series this Sunday, March 28, 3 p.m., in Pringle Auditorium at the Naval War College.

The concert, "An Afternoon of Steel Drums," will include a variety of musical genres, including socca, calypso, salso, bossa nova, samba and smooth jazz. The public is invited as guest of Commanding Officer, Naval Station Newport.

Those without authorized access to Naval Station must call 841-3538 to be placed on a visitors list. A picture ID is required. Patrons should enter through Gate one.

#### FRIDAY, March 26

• Armed Services YMCA (846-9622):

— Fitness Hour, 9 to 10:30 a.m.  
— Messy Fingers and Toes, 10:30 a.m. Come make edible finger paints and bathtub paints.

— Big Kids Game Night, 6 to 9 p.m. Come join your friends for some fun and games. Cost is \$15 for the first child, \$7.50 for each additional child. Dinner included.

• Lunch and Learn Movie Matinee (Couples Communication/Mapping and issue), 11:30 a.m., Fleet and Family Support Center. Call 841-2283.

• "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. *The Rundown* (PG-13); *The Missing* (R).

• Irish Heritage Month continues. Citywide celebration commemorating the Irish culture and tradition in Newport. Call 800-976-5122, or visit [www.gonewport.com](http://www.gonewport.com)

• Winter Star Gazing, 7 to 9 p.m., Norman Bird Sanctuary. •Soup kitchen at Martin Luther King Center, 8:30 a.m., Dr. Marcus Wheatland Boulevard, military volunteers welcome.

Papua New Guinea youth Art Exhibit continues through March 31, 9 a.m. to 4 p.m., Roger Williams Park Zoo. Celebrating Youth Art Month, a special exhibit of art from the Papua New Guinea youth Art Exchange collaborate with neighboring school children share stories of animals and everyday life through drawings and letters.

#### SATURDAY, March 27

• Seal Watch Cruise, 3 and 4 p.m., departing from Bowen's Landing, Newport. Also, March 28, 4 p.m. Call 272-3540, ext. 133, or visit [www.save-bay.org](http://www.save-bay.org)

• The Home Show open through

March 28, The Ryan Center, University of Rhode Island, Kingston. Call 788-3250, or visit [www.theryancenter.com](http://www.theryancenter.com)

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

#### SUNDAY, March 28

• 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.

• Soup Kitchen, Salvation Army, 4 to 4:45 p.m. Military volunteer welcome.

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

#### MONDAY, March 29

• Armed Services YMCA(846-9622)  
— Lil' Chefs, 10:30 a.m. Come make inside-out pizza and peanut butter and jelly muffins.

— Circle Time, 10:30 a.m.  
— Soft Window Treatment No. 3, 6:30 to 8:30 p.m. \$40 per person.

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

#### TUESDAY, March 30

• Armed Services YMCA (846-9622):

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

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

— Introduction to Machine Sewing, 9 a.m. to noon. Cost is \$20, plus \$7 materials fee.

• Navy Choristers rehearsal, 6:15-8:45 p.m., Quinn Lecture Room at

Naval War College. Call 847-4256 or 423-3523 for more information.

• Soup kitchen, 8:30 a.m., Martin Luther King Center, Dr. Marcus Wheatland Boulevard, Newport; 5 p.m. Military volunteers welcome.

#### WEDNESDAY, March 31

• 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.

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

#### THURSDAY, April 1

• Armed Services YMCA(846-9622)  
— Fitness Hour, 9 to 10:30 a.m.

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

#### Upcoming:

April 15 — The Islander Foghorn Toastmasters Club meets, 12:15 to 1:15 p.m., Armed Services YMCA. A learn-by-doing and enjoyable way to overcome the apprehension of public speaking and improve oral communication skills. New members welcome. For information, call Mike Spaziante, 832-8623, or Mary Ann Grota, 841-2475.

April 25 — Navy Band Northeast will present its fourth concert of 2004 Spring Recital Series, 3 p.m., in Spruance Auditorium at the Naval War College. The concert, "A Chamber Music Recital," will include a brass choir and wind octet performing selections by Wagner, Gabrieli, Koestier, Marks, Stravinsky and others. The Public is invited as guest of Commanding Officer, Naval Station Newport. Those without authorized access to Naval Station must call 841-3538 to be placed on a visitors list. A picture ID is required. Patrons should enter through Gate one.

## Foghorns Club member in speaking competition

Mary Ann Grota, a member of the Island Foghorns Toastmasters Club and an employee of the Surface Warfare Officers School Command, defeated one other contestant in the club's annual International Speech Contest, held March 18 at the Armed Services YMCA.

She will compete in Warwick tonight at 7 as the club's representative in the area-wide International Speech Contest. The competition will be hosted by the Ocean State Toastmasters Club.

Mrs. Grota, a member of the Island Foghorns since 2000, served as its secretary during the 2001-2002 year, and is now

serving as its sergeant-at-arms. Her speech was titled "Wilderness Women."

The Island Foghorns Club is one of more than 9,000 Toastmasters clubs around the world providing its members with training in public speaking and leadership. The Island Foghorns meet at the Armed Services YMCA in Middletown on the third Thursday of the month at 12:15 PM.

For more information regarding the Island Foghorns, contact Mike Spaziante at 832-8623, e-mail [spaziantemf@npt.nuwc.navy.mil](mailto:spaziantemf@npt.nuwc.navy.mil), or Mary Ann Grota at (401) 841-4196.

## Prize for best essay is Space Camp tuition

The Military Child Education Coalition is sponsoring and essay competition for the Bernard Curtis Brown II Space Camp Scholarship. All children of active duty military personnel in grades 6 to 9 are eligible to participate.

Bernard Brown was an 11-year-old child killed when the plane he was a passenger on crashed into the Pentagon, in part of the terrorist attacks on Sept. 11, 2001.

Ten children will be selected to attend the Space Camp that will be held this year in Huntsville, Ala. The scholar-

ship is inclusive of full tuition for the dates the children select, all transportation to and from their parent's(s) duty station, meals lodging and program material.

To enter participants should submit an essay focused on "Why They Should Be Selected To Attend Space Camp."

Deadline is May 17.

For additional information about the scholarship, visit:

[http://www.militarychild.org/pdf\\_files/SpaceCampAbout.pdf](http://www.militarychild.org/pdf_files/SpaceCampAbout.pdf) for;

<http://www.militarychild.org/press/bernardbrownii.htm>

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## Announcements

### Reservations available for picnic areas, fields

The picnic areas and ball fields at the Carr Point Recreation Area and Bishop's Rock Picnic Area will open for the season on Friday, May 28. Both picnic areas and ballfields are open from 11 a.m. through dusk (approximately 8 p.m.).

Beginning Thursday, April 1, from 8 a.m. to 4:30 p.m., reservations for Bishop's Rock and Carr Point picnic sites and ball fields will be taken in the Athletic Department office. Reservations will be on a first come, first serve basis.

For more information call the Athletic Department Office in Gym 109 at 841-7196.

Beginning Thursday, April 1, phone, mail and walk-in reservations will be to be accepted for the RV Park at the Carr Point Recreation Area.

Active duty military and dependents, retirees and dependents, reservists, and DoD personnel are eligible to utilize the RV Park. Rates are \$20 per night for military and \$24 per night for DoD. RV registrations and ID cards are needed to make reservations. Deposits are non-transferable.

The RV Park opens for the season on Friday, May 28 and remains open through October. For more information, call 841-3116.

### New gate hours

Commanding Officer, Naval Station Newport, has revised gate hours. 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 24 hours a day, 7 days a week.

## Gear Rental to close next Friday

The Morale, Welfare and Recreation (MWR) Department Gear Rental shop in Building 303 will secure for the summer season at the close of business on Friday, April 2.

MWR will move Gear Rental

to a new location, but in the interim many spring and summer rental items will continue to be offered at the Auto Hobby Shop, Building 304. Items available will include garden rototillers, lawn mowers, grills,

canopies, golf clubs and bicycles.

Hours of operation at Auto Hobby are Tuesday through Friday from 11 a.m. to 7 p.m., and Saturday from 9 a.m. to 5 p.m.



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# Reservists train with active duty for security needs

By JO1 STEVEN BANSBACH

Naval Reserve Readiness Command, Northeast

"Ready to serve and fully integrated," the vision of the Naval Reserve was put into practice at Naval Station (NAVSTA) Newport from March 8 to 19.

The NAVSTA Security Force held Auxiliary Security Force (ASF) training for 21 personnel to prepare them for integration as security personnel, if the need arises.

Both active duty and reservists united for a rigorous two-week course in which they received certifications in baton and pepper spray use, as well as qualifications in the 9mm pistol and 12 gauge shotgun.

Law Enforcement Training Center facilitator Barry Spaulding, and others, led the training covering dealing with deadly force, crime scene integrity, jurisdiction, cover and concealment, Force Protection conditions, building and area search, personnel search and inspection, anti-terrorism awareness, Weapons of Mass Destruction and hazardous materials, self-defense, public relations, and arrest and apprehension.

The end of their training included an exam and a graduation ceremony.

Most of the training was held at Piers 1 and 2, and at the R.I. National Guard's Camp Fogarty in East Greenwich.

The Naval Reserve force is creating a new Naval Security Force (NSF) unit to be manned by thousands of new Reserve masters-at-arms (MA). With permanent NSF responsibilities being added to list of Reserve missions, the



**BIG BOOM** — Auxiliary Security Force program instructor Barry Spaulding displays a 1-pound stick of commercial dynamite, powerful enough to destroy an automobile, at the Hazardous Materials and Weapons of Mass Destruction orientation class, Building 68.



JO1 Steven Bansbach/U.S. Navy photo  
**Machinist's Mate First Class (SW) Robert Schultz, right, practices using a metal baton to protect himself against an assailant at Building 68, Pier Two.**

**RIGHT:** Marine Sgt. Angel Nunez, right, teaches Seaman Shallah Sabazz, USNR, how to subdue an assailant, Hospitalman Damien Watkins, center, during unarmed self-defense training in Building 68.



**FAR RIGHT:** Boatswain's Mate First Class Paul Medeiros, center, USNR, recovers after exiting a trailer at Pier 1 filled with 'pepper spray' for OC certification.

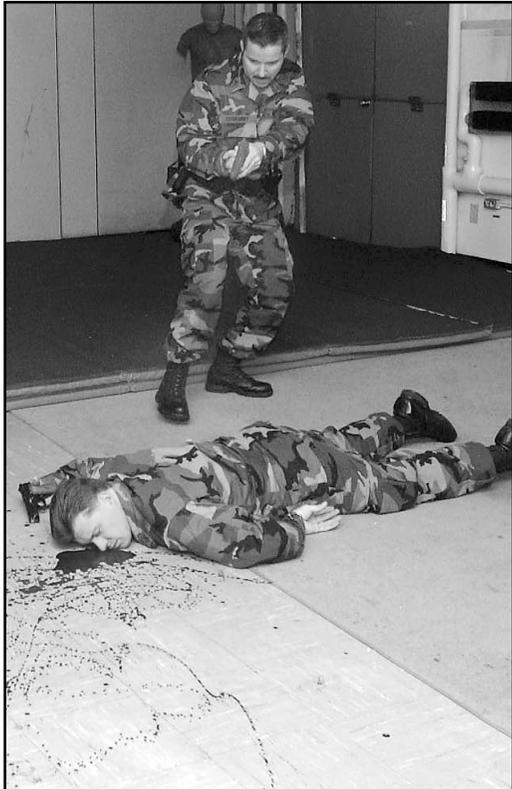


# ASF

Continued from Page 8

force now can offer tremendous advancement opportunities to those who would join the ranks of the Security Force, specifically the MA community.

Currently, tenant commands at



Naval Station Newport provide ASF **DEADLY FORCE — Hull Maintenance Technician First Class Robert Conneaney approaches a wounded 'victim,' Master-at-Arms First Class Dean Connors, in a mock murder scenario in Building 68.**

personnel when the threat level changes. In the past, personnel assigned to ASF for extended periods placed a strain on their parent command because of manning shortages.

But in the future, if the threat level changes to Force Condition "Charlie" or "Delta," and remains high for an extended period, the tenant command ASF will be dissolved and members from the NSF units will be mobilized.

Being part of the NSF will allow personnel to receive annual train-

ing to keep them current on policies and procedures. "This training keeps me informed of what is expected of me," Machinist's Mate First Class(SW) Robert Schultz said. "The training will keep me up to speed on things that I don't know. "As a machinist's mate, this is definitely out of my realm of expertise, and this will give me a good foundation that I can use as a building block to build upon.

He said the training will help him become more comfortable with the equipment and proper procedures, so he can stand watch correctly.

To be part of the NSF billets, personnel may have to meet one of the four prerequisites:

First, current MAs will be assigned to the NSF units because of the skills they already possess. But if there are too few MAs to fill the billets, personnel with the security Navy Enlisted classification will be selected.

Third, if personnel previously served in a security capacity he or she can volunteer to attend an ASF academy. Finally, Naval Reserve recruiters will target civilian security professionals and law enforcement officers, offering them the opportunity to join the force.

Seaman Shallah Shabazz has only been in the Navy for a year and a half, and the only training she received was at Great Lakes boot camp.

"This training will make me more confident. The reason that we are here is to provide safety. After this training I'll know what to do in the field to protect myself and others."

The Security Department at NAVSTA conducts the training twice annually.



**SMALL ARMS TRAINING —** Participants in Auxiliary Security Force (ASF) training line up at the pistol range at the R.I. National Guard's Camp Fogarty to qualify for the use of 9mm handguns.

## Reservists take shot at small arms qualifying

By **CAROLYN BAKER**

NAVSTA Public Affairs Staff

EAST GREENWICH, R.I. — Shots echoed in the brisk March air as Auxiliary Security Force (ASF) small arms training ensued at the Rhode Island National Guard's Camp Fogarty.

Thirteen reservists from Connecticut, Massachusetts and Rhode Island and eight active duty members lined up shoulder-to-shoulder on the firing range to qualify on the 9mm pistol and 12-gauge shotgun.

In order to do so, they had to score a minimum of 180 points, with 240 being the highest possible. Five points could potentially be awarded per round, on a scale of zero to five. Higher points were awarded for shots in lethal areas of the body, represented by a silhouette target. There were 48 rounds total.

For many, this was their first time firing a weapon.

Gunner's Mate First Class Bobby Johnson said, "For some, this is their first encounter. So they have to take it from ground zero." He said that with some determination and patience, he could help any first time shooter qualify. The training helps their confidence.

Naval Reservist Richard DeJesus, a Connecticut police officer, said he was already qualified through his law enforcement training. But he went to Camp Fogarty to help his fellow reservists get comfortable with guns.

"This is like part of their final exam," he said. The service-members are required to qualify at the pistol range in order to graduate from ASF training. Qualifications are also held every six months thereafter.

Fire Controlman Second Class Garrick

Combs recognized the importance of this part of training. "The training is outstanding, as well as fundamental to the protection of the naval base," he said.

Chief Gunner's Mate Martin Beeman supervised the training, giving com-



**An ASF member shoots his 9mm handgun at a target at Camp Fogarty to qualify in small arms weapons handling.**

mands through a loudspeaker for efficiency and safety. He said the training for the reservists is essential. "Reservists are here to augment Navy security."

The training at Camp Fogarty represents the teamwork that existed between reservists and active duty members as they united for two weeks of rigorous ASF training in Newport. Whether it was their first time holding a gun or they were an experienced and skilled shooter, the members of this ASF class demonstrated exemplary teamwork qualities as well as proved the importance of the thorough training that ASF provides to ensure the safety of the base.

Ron Fontaine/U.S. Navy photos

## Naval Station Newport Dining



**KING'S ROW** will perform at an Oldies Dinner Show 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. More information this page.

### Officers' Club

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

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

**Tonight:** Kick-off the weekend at Topside Pub, the place to be on Friday nights 4 to 6. Our "happy hour" domestic beverage special (excluding Guinness) is only \$1.50!

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

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

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

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

If you don't feel like having a meal, we have a variety of appetizers to choose from like 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.

**Try Easter Buffet at the Officers' Club** on 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 and Thursday, 4 to 9 p.m. and Friday, 4 to 11 p.m. Pub menu is available Wednesday through Saturday, 4 to 8 p.m. Lunch service is no longer available.

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

Starting at 5 p.m., you are invited to enjoy complimentary hors d'oeuvres, sip refreshing beverages, and listen to the coolest tunes, spun by a rock-

ing DJ from "Get With it Productions."

This is the perfect way to unwind after a long week, so mark your calendar, tell your friends and get ready to kick off the weekend at the Recreation Center. For more information, call 841-3054.

**Saturday:** 4 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.

### 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.

Also open weekends.

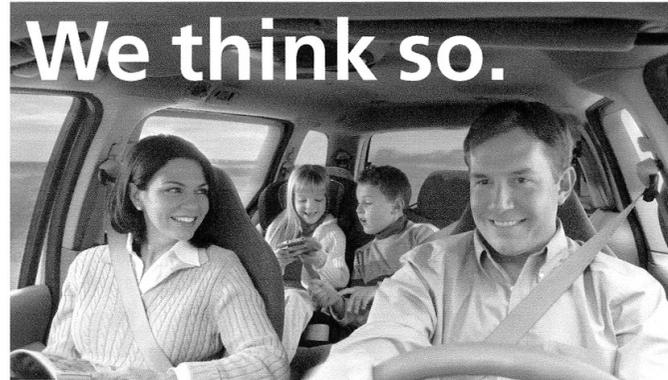
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## Bowling

(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,

## Leisure

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, April 3.

## 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:** Celebrate St. Patrick's Day with a fun run/walk today 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. Partici-

pants 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.

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.

The prices for massages are: \$35 for a half-hour and \$65 for a full hour. For questions on massages, call 848-9825.



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## Sports

# Navy judo champion sets sights on Summer Games

By JOY CHRISTMAS  
NAVSTA Public Affairs Staff

After major knee surgery last April followed by nine months of intense rehabilitation, Hospital Corpsman Third Class Adler Volmar is back on track for his quest to qualify for a spot on the U.S. judo team in the 2004 Summer Olympics in Athens, Greece.

Volmar, attached to the Naval Ambulatory Care Center (NACC) Newport, took first place in the 220-weight class at the Midwest Judo Championships in Buffalo Grove, Ill., March 13-14.

His win followed a loss at the New York Open on March 7 to Mike Barnes, ranked second on the U.S. Judo Senior National Roster. Volmar had beaten Barnes for the bronze medal last year in New York.

"I lost (this year) in the last 25 seconds," said Volmar. "He caught me in a weak position and pinned me."

Despite the loss Volmar retained his number sixth ranking.

"I have a very competitive nature and tried to come back last August," said the third-degree black belt. "But the physical therapist (Lt. Jay Riggsbee, NACC Newport) Prehab Sports, and his trainer, Jimmy Pedro, convinced him not to rush in to competition too soon. Pedro is a world champion and six-time U.S. Judo champion, and is the most decorated judo athlete in the U.S."

Volmar tore his PCL, LCL and cartilage in his right knee at training camp following a tournament in Poland. He rehabbed with two to three hours of physical therapy a day in addition to exercises at home. To condition he trained with Jimmy Pedro four days a week for four hours a session in Massachusetts. He began competing again this past December.

At Pedro's Invitational in Wakefield, Mass., Volmar competed in four matches, winning all with *ippon* (the equivalent to a knockout in boxing). He also came out on top at the



Ron Fontaine/U.S. Navy photo

**Hospital Corpsman Third Class Adler Volmar, attached to Naval Ambulatory Care Center, Newport holds his first place trophy for winning the 220-pound class at the 2004 Midwest Judo Championships in Illinois earlier this month.**

Starrett Cup in Brooklyn, N.Y., in January. Competing in four matches, he won three by *ippon* and one on points against fellow American Barry Friedberg, ranked eighth.

Volmar returned this week from The Dutch Open Tournament in Rotterdam, Holland, March 21-22.

The corpsman is in the Navy Sports Program which allows Sailors with marked athletic achievements and ability the opportunity to train to participate in high-level national and international competition.

Volmar will compete in The Liberty Bell Open in Philadelphia this weekend and the British Judo Open in London on April 17-18 before the make-or-break competition at the Senior National Championships in San Diego, Calif.,

April 28 to May 2.

The top five players in each category will be invited to compete in the Olympic Trials in June, also held in San Diego.

An American citizen reared in Haiti, Volmar represented Haiti at the 1996 Olympic Games in Atlanta. He desperately wants to represent the U.S. in 2004 and believes he has a good chance.

Volmar said the outpouring of support from his command, trainers and his biggest fan, his wife, Crystal is behind his success and motivation for what lies ahead.

"My goal is to win the trials...and the icing on the cake would be to win the Olympics. No American has ever placed gold. I would love to bring home the gold."

## Information, Tickets and Travel

## Vouchers available for Pawsox

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

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

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.

## Passport photos available at ITT

In a hurry, need a passport photo fast?

Visit Information, Tickets and Travel Office in Building 656 and get your passport photos taken, no appointment necessary!

Photos cost \$8 and can be done during hours of operation, 11 a.m. to 4 p.m. Monday through Friday. For more information, call ITT at 841-3116.

## 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.

## P-Bruins vouchers available

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

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

## Icy Hot rules 18-and-over

The Naval Station (NAVSTA) Newport Intramural Basketball League playoff results, follow:

### 18 and over

#### March 19

#### Round 1

NFA def. SWOS Hard 8, 49-48  
NACC def. REDCOM No. 1, 48-41

BDC Flossers def. Wolverines, 46-47

#### Round 2

NACC def. NFA, 54-49  
Icy Hot def. BDC Flossers, 46-41

#### Round 3

Championship Game  
Icy Hot def. NACC, 50-43



YNC Ginamarie Doherty/U.S. Navy photo

**Chief Jeremiah Cooper, right, explains consoles in the FFG trainer in Fitzgerald Hall to visiting Royal Canadian Sea Cadets from Toronto last week. Story Page 4.**

## COBs/CMCs

Continued from Page 4

mand's leadership triad: commanding officer, executive officer and the command master chief."

Building on the foundation of the Navy Leadership Competency Model, the course utilizes both facilitated seminars and comprehensive group case study analysis to achieve its objective of preparing CMC/COB's for the most demanding assignments in the Navy.

Master Chief Electronics Technician(SS) John A. Self, the CMC/COB course manager said, "Most, who have completed a tour as command master chief or chief of the boat, will tell you that they did not feel ready for their new position until they were in the job from nine to 12 months.

"The great thing about attending

the CMC/COB course is that, through in depth case study analysis and 'just-in-time' delivery of job specific information, prospective CMC/COB's accelerate their effectiveness and productivity, and step into their new jobs "full-up-around," he said.

The graduates and next duty stations are:

CMDCM(SW/AW) Stephen J. Bowes, USS San Jacinto (CG-56)

STSCS(SS) Crispian DePaul Addington, USS Helena (SSN 725)

CMDCM(SW/AW) Alvin R. Crawford, USS Hue City (CG-66)

CMDCM(SW/AW) Marlon Cullom, USS Shreveport (LPD 12)

CMDCM(SW) Kenneth Allen Delaruelle, USS Nashville (LPD 13)

FTCS(SS) Kevin Dale Denson, USS Wyoming (SSBN 742B)

CMDCM(AW) Gary A. Donner, Navy Strike Fighter Squadron-136

CMDCM(AW) Donald J. Graser, USS Halburton (FFG 40)

CMDCM(SCW) Larry Greenwood, Navy Cargo Handling Battalion-One

CMDCM(SW/AW) Linda Handley, USS Higgins (DDG 76)

CMDCM(SW/AW/FMF) Cheri Lyn Inverso, USS Barry (DDG 52)

CMDCM(SS) Kevin Ronald Kesterson, Naval Hospital Naples, Italy

STSCM(SS) Rafael Enrique Rosado, USS Maine (SSBN 741B)

MMCS(SS) Phillip Jay Sandy, USS Pennsylvania (SSBN 753G)

MMCS(SS) Andrew T. Smith, USS Hartford (SSN 768)

MTCS(SS) David W. Smith, USS Alaska (SSBN 732B)

CMDCM(SW/AW) James C. Ward, Tactical Electronic Warfare Wing-135

CMDCM(SW/AW) Terry A. Woodcock, USS John S. McCain (DDG 56)

STSCS(SS) Andrew Allen Worshek, USS Cheyenne (SSN 773)

## Chaplains

Continued from Page 4

use, and the recommendation to use the same font throughout the presentations.

Peterson went on to demonstrate the use of the phone, desk and camera equipment.

VTC centers run from Admiral Arleigh Burke and Brett Halls. The Arleigh Burke VTC is in Room 153 which holds up to 60 people. Twenty-four of the desks have

microphones for interaction during a conference.

Peterson said there are four Sony monitors in the room and participants can conduct video-teleconferencing (VTC) or video-teletraining (VT). The VTC center can carry anything offered for training through the Navy Learning Centers, and the space can be scheduled Monday through Fridays.

"We want to get the word out that these VTC centers are available," Peterson said. "Any command or activity, even one person, can reserve the room. I also have the ability to obtain satellite courses. Just call me and I'll set it up." Peterson can be reached at 841-3774. The Navy Learning Network website is [www.NLNVTT.fct-clant.navy.mil](http://www.NLNVTT.fct-clant.navy.mil)

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10 - Help Wa

ADMINISTRATIVE: Part-time Reception & Administrative position available at major brokerage firm. Good interpersonal & basic computer skills required. Resume Greg Voccio, Smith Barney, 284 Bellevue Ave Newport, RI 02840 o greg.j.voccio@smithbarney.com EOE, M/F/D/V

BARTENDERS, Waitstaff, Line Cooks, Dishwashers for private country club. Experienced. Call for interview 847-9125



DELIVERY DRIVER  
PART TIME

The Newport Daily News has a part time position available delivering newspaper bundles to our single copy outlets and carrier drop locations. 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 responsible individuals, with clean driving records and proven reliability be considered. Apply to:

The Newport Daily News  
101 Malbone Road  
Newport, RI



HOTEL: Part time Night Auditor, weekends 11-1 shift, 2 weeks paid cation, matching 401k monthly bonus program. Call The Newport Chateau Hotel, located on Naval Base. 841-0800 ask for Ray.

LIFEGUARDS & Fitness Center Technician Weekday/weekend shifts avail. Fun atmosphere Apply in person: Newport Athletic Club, Valley Rd., Middletown

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

MAINTENANCE, Summer or possible year round, for yacht club Newport, RI. Require skills in carpentry, electrical &/or plumbing Summer position more general work, with flexible hours including some nights & weekends. Resume to: Pat Maloney, NYCC, 5 Halidon Ave., Newport, RI 02840. Phone: 401-846-1000.

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COOK: Part-time, for 1 1/2 work. Must have at least 3 yrs. exp. Puerini's between 5-7 pm 847-5506.

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WAITSTAFF & Cook. Apply Gold's Grill, Valley Rd.

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

**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**

CRAFTSMAN ride on mower, 11 hp, 36" recent new deck, good to excellent cond. Not used since \$120 winter maintenance done. Elec. start. \$400/b offer. 846-1884.

**10 - Help Wa****175-Lawn & Ga**

SEARS Craftsman tractor '00. 19hp, 42 in. auto. \$900. 682-3069.

**515 - Health**

BOWFLEX or TOTAL Gym: Will pick-up pay cash. Call Doug 781-820-1937.

SPARTAN SPORTS 300 lb. Olympic weight sets Plus deluxe Rock fitness bench w/leg extension curl. Excellent cond. \$155. 683-9197.

WEIDERPRO 9735 2 seat station incl. P arm, Butterfly arm, I lever, High pulley, I pulley, Leg press, pulley. \$175. Excellent cond. 683-9197.

**520 - Miscell for Sale**

12' OPEN OCEAN KAYAK. Bought in Guam. Very good cond. Asking \$125. Call 680868, ask for Mark.

PEARLS ARE IN VOGUE. 20" cultured necklace, size 7.5, 5" matching bracelet. \$900/both. Appraised higher 849-9582.

**10 - Help Wa****520 - Miscell for Sale**

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

STAINLESS STEEL Railing, 1.5 in. diameter rail, 42 in. high w/ Currently shaped around patio; 11 ft. 8 in. ft. 6 in. X 18ft 3 in. be altered to fit size or location. \$12 849-1437.

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. 508-961-285

**530 - Househol**

DINING RM. TABLE, 6 chairs & hutch. Good cond. \$425. 683-2193.

EXECUTIVE desk 6'x3' & matching 6' credenza Solid wood, walnut \$500. Nice cond. Call 849-3525.

HANDLEY SOFA/ LOVESEAT. Cream w/mauve/powder blue flowers, \$75.00/ea. \$125.00 set. 683-4959.

**10 - Help Wa****530 - Househol**

KING SIZE waterbed, frame & matching mirror, excellent condition. \$250. 849-3870.

KITCHEN CABINETS: Oak, raised panel, wall, 5 base. Very good cond. \$200 for all 849-7521.

MISC. FURN.: Sofa bed w/ love seat (Scandinavian design), Butch block kitchen table chairs, 4 poster bed queen mattress/boxspring great cond., & more 965-3434.

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

**710 - Unfurn.**

2 BDRM., 1ST FLR., bright remodeled contemporary next to park and library. Lots of dows, dishwasher, microwave, hardwoods, jacuzzi tub. Avail. \$1,100+. 401-207-6712.

ALL NEW 2 bdrm., fireplace, hookups, parking \$1175+. Edith Cushing, ReMax 848-6750.

ANNANDALE: 1 bdrm., avail. end May, fireplace, deck, washer dryer. \$900/mo. America's Realty 846-1880.

COLONIAL CHARM 2/3 bdrm., new appliances paint!! \$1,200 + o America's Realty 846-1880.

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

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

NEWPORT GREEN 2 bdrm., 1 bath, current being renovated. Avail 3/1. \$1150 incl. heat hot water. 842-6602.

NEWPORT, great Broadway location, 2 bdrm 1.5 bath duplex. Ft basement, w/d hookups, off st. parking Avail. 4/15. \$1200. 401-965-2445.

NEWPORT. Lge. 2 bdrm. Broadway. Renovated. \$1235 per mo. 749-1076.

NEWPORT: 1st. fl., bdrm. New appliances, shiny hardwoods, beautiful, no smoking/pe \$950+, 401-323-4920

**710 - Unfurn.**

NEWPORT: Spacious 1 bdrm., laundry, carport \$850/mo. March 25. America's Realty 846-1880.

WALK DOWNTOWN! 2 bdrm. with Deck! 2nd flr., yard, carport \$1,100+. America's Realty 846-1880.

**720- Furnished**

AFFORDABLE studio between beaches, new kitchenette. Long/short term. No smokers/pets \$800 incl. all. 849-4848-0725.

**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. Avail. \$3/20. \$1600+. 864-4499

COUNTRY HOME, Little Compton. Newly renovated 3 bdrm., 2 bath on 3 acres. Yearly \$1,700+ or Summer \$4,500/mo. 846-0599.

NEWPORT: Close to harbor/hospital/shopping 4/5 bdrm., hardwoods off st. parking, lge. yard. Avail. immediate \$2,500+. 603-778-1359.

PORTSMOUTH 3 bdrm., 1.5 bath, fireplace, ers to deck and lg yard. Avail. April \$1900+. 401-683-0827.

PORTSMOUTH adorable cottage, 2 bdrm. fireplace. \$1,200. America's Realty 846-1880.

**740 - Summer I**

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

HARBORFRONT Luxury Condo. \$6,000 July o Aug.; Gracious living Bellevue or Ocean Dr Call for prices & America's Realty 846-1880.

**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 furniture, resident commercial storage Climate/non-climate Call for prices, 60033, fax 683-4762.

**860 - Condos**

PORTSMOUTH: New construction, Foot Hill Farm, 3 bdrm., 2 bath 2 car garage. \$318,000 Anne at RealtyRI, Call 487-9414.

**905 - Trucks &**

CHEVY S10 '95 pickup, 90,000 mi. Must sell \$2450/best. 207-1497.

**907- Boats &**

27' SAILBOAT, sleeps 5, inboard, head, more \$5000/best. 848-7991.

ANTIQUA 20' LAP-STRAKE RUNABOUT 1935, needs restoration no rot. \$3500. 841-565

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**915 - Autos f**

CHRYSLER CONCORD '98. Auto., air, 92 mi. Regularly serviced excellent cond. \$4,700 Call 401-619-0745.

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NISSAN ALTIMA '95: Air, power windows & locks, auto., cruise, tires, new RI inspection 111,000 mi., looks runs great. \$3,500 occbest. 683-7579.

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# The Newport Daily News

## Internet Advertising Sales Representative Product Development

The Newport Daily News is seeking an Internet Advertising Sales Representative to spearhead the sales effort for the company's four web sites. The position includes constant daily contact with customers. Work requires a high degree of accuracy. Job is non-routine and requires flexibility to switch from handling customer calls to paper work.

*The right candidate will possess the following:*

- A thorough understanding of computers and the Internet.
- Ability with meeting sales quotas and objectives for multiple Internet products.
- Ability to use a variety of innovative visual and technical sales aids to assist the client in making Internet advertising decisions.
- Ability to determine potential and current clients' Internet advertising needs through background research, appropriate questions and a precise knowledge of the Internet advertising market.
- Ability to prepare informative and creative Internet layouts, as basis for recommending advertising programs to meet the needs of each client.
- Ability to develop new areas of advertising and marketing programs and to stay current on new developments of Internet advertising. You will be part of the marketing team.

The position is full time and provides salary plus commission and a full benefits package. Great working atmosphere. Interested applicants should fax or mail resume to:

**The Newport Daily News**  
Attn: Mary Jane Mann  
101 Malbone Road Newport, RI 02840  
Fax: (401) 849-3306



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

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

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

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

### HANDYMAN

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

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

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849-8111. Maximum Cleaning Service. We do move-in/out, regular or 1-time service Commercial/office/home.

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

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FREE ESTIMATES Painting, papering, lic. 2897 H. Cassese Jr.

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PLASTERING: Replacement ceilings, new work & repair work. Fully insured. Call Tony, 774-930-2746

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## Navy-wide news

### NMCI to limit attachment size

ARLINGTON, Va. (NNS) — NMCI officials announced that effective April 1, all attachments to NMCI e-mail will be limited to 10 MB.

The size limit is being imposed to give NMCI users improved e-mail service and faster response time. Attachments in excess of 10MB can slow e-mail traffic across the network and are not consistent with industry standards.

Walter Dyer, deputy director for Customer Relations Management in the NMCI Office, said the problem with large e-mail attachments comes when you send a 10-plus MB file to 10 people. "The mail gets replicated at the server. Now you have 200MB going out to the firewall. The firewall is already a chokepoint, because it sniffs every bit of every e-mail."

### BAH now allowed for both spouses

WASHINGTON (NNS) — The Navy announced good news this week for junior Sailors married to other junior Sailors: if you are both on sea duty, you can now each receive basic allowance for housing (BAH). To be eligible, couples must both be E-5 and below, both assigned to sea duty, have no other dependents, share the same household and have declined government quarters.

"This benefit clarifies the BAH entitlement policy and is designed to reduce the financial burden on our junior Sailors," said Cmdr. Katharine Reed, head of the pay and allowances section of Navy's Military Compensation Policy Coordination Branch in Washington. "It also better achieves parity between our junior and senior enlisted afloat dual military families."

Before this change was instituted, dual military couples were only entitled to one joint housing allowance.

More information on this policy change is available in NAVADMIN 059/04, which can be found on the Web at [www.bupers.navy.mil](http://www.bupers.navy.mil)

### Navy manpower to decrease

WASHINGTON (NNS) — The Navy may be getting smaller in terms of manpower over the next several years, but its combat capability will actually grow as a result.

That was the message Chief of Naval Personnel Vice Adm. Gerry Hoewing delivered to Capitol Hill in testimony before the Personnel Subcommittee of the Senate Armed Services Committee March 2.

"Through force structure changes, technological advancements and improved manning practices we just don't have the same requirement for manpower that we did a few years ago," said Hoewing. "These changes present us with a unique opportunity to take a look at how we will man the Navy appropriately for the 21st century and to create a fleet that is far more capable than the one we have today."

The Navy plans to reduce the rolls by 7,900 active-duty personnel in fiscal year 2005, with a year-end goal of 365,900.



YNC Ginamarie Doherty/U.S. Navy photo

Chief Robert Simmons, second left, Surface Warfare Officers School Command engineering instructor, goes over some of the specific parts of the gas turbine engine with Sailors of visiting frigate USS Nicholas. The Nicholas crew spent most to their day March 15 qualifying as key watchstanders, such as Engineering Officer of the Watch (EOOW) and Electrical Plant Operator, with the assistance of SWOS engineering instructors during EOCC exercises and EOSS procedures.

## Navy to refocus on seamanship

SAN DIEGO (NNS) — Projecting power to all parts of the globe requires a team of surface warfare officers (SWO) with proficient skills in seamanship, navigation and ship handling.

To satisfy this need, the U.S. Navy has developed a Navigation, Seamanship and Shiphandling Training Requirements Document (NSS TRD). The NSS TRD identifies

the core competencies for SWOs assigned to Navy warships. It outlines a navigation, seamanship and shiphandling training continuum for Surface Warfare Officers, from newly reported ensigns all the way to the commanding officer.

In an effort to fill a considerable capability gap, the Navy will bring navigation simulators to almost every fleet concentration area by 2006. Cur-

rently, shiphandling simulators are located in the Norfolk and San Diego fleet concentration areas. Another simulator is located at the Surface Warfare Officer School in Newport, R.I. By mid-2005, additional full mission bridge simulators will be online in other fleet concentration areas, including Mayport, Fla.; Sasebo and Yokosuka, Japan; Pearl Harbor, Hawaii; and Everett, Wash.



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