

The Newport *Navallog*

VOL. 110 NO. 1 JANUARY 7, 2011

SERVING COMMANDS AND ACTIVITIES, NEWPORT, R.I.



Lisa Rama/U.S. Navy photo

Former R.I. Gov. Donald Carcieri signs into law the Interstate Compact on Educational Opportunities for Military Children on Dec 21 at the R.I. State House. Attending the ceremony are members of the State Council on the Compact, from left, Maj. Gloria Berlanga, R.I. National Guard; Providence School Superintendent Tom Brady (partially hidden); state Sen. Lou DiPalma, Senate sponsor; Middletown School Superintendent Rosemarie Kraeger, Compact commissioner representing Rhode Island; Newport School Superintendent John H. Ambrogi; Janet McCarthy, School Liaison Officer at Naval Station (NAVSTA) Newport; state Rep. Ray Gallison, House sponsor; state Commissioner of Education Deborah Gist; and Capt. Joseph Voboril, Commanding Officer, NAVSTA. Story Page 2.



NAVSTA offers tribute to King

A Providence College professor will speak on Dr. King's legacy.

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NWC evaluates global shipping

A NWC war game examines new challenges to international shipping.

—Page 3



Middies lose in San Diego

The Naval Academy football team suffers a loss in the Poinsettia Bowl.

—Page 13

R.I. joins education compact to benefit military

PROVIDENCE—In one of his last official duties as governor of Rhode Island, Gov. Donald Carcieri last month signed an Executive Order creating the Rhode Island State Council on Educational Opportunities for Military Children, establishing the state's participation in an interstate compact to help children of military families.

Among witnesses to the ceremony were Capt. Joseph Voboril,

Commanding Officer, Naval Station Newport; and Janet McCarthy, NAVSTA school liaison officer.

The Compact was developed by the Council of State Governments' National Center for Interstate Compacts, the Department of Defense, national associations, federal and state officials, and departments of education, school administrators, and military families. Rhode Island was the 35th

state to sign the compact.

At the press conference, Carcieri recognized the commitment of the brave men and women who serve the nation, and the need for states to support military families.

"There are more than 3,400 children of military families going to school in Rhode Island, he said. "We owe the families of the brave men and women who serve this nation our deepest gratitude

and respect. Serving in the military is a hardship for families, and the possibility of frequent moves and deployment of parents can be particularly stressful on children, potentially affecting their educational experience. "It is critical that we provide these children the tools and the support they need to succeed in and out of school, no matter if they reside in Rhode Island or any other state in the country."

"As the commanding officer for Naval Station Newport, and the father of two boys, I truly appreciate what this Compact means to those of us who relocate our families every two or three years," said Capt. Voboril. "Men and women in harm's way need to have the confidence that their families are being supported both by the military and their families. This Compact gives that confi-

COMPACT, Page 14



MC1 Jennifer A. Villalovos/U.S. Navy photo

CHILL FACTOR — Participants in the annual Polar Bear Challenge brave the cold and jump into the frigid waters of Green Bay Marina on New Year's Day at Commander, Fleet Activities, Yokosuka. The Newport, R.I., Polar Bear Plunge drew thousands of spectators and about 1,000 swimmers to Easton's Beach last Saturday noon.

CFC contributions exceed goal

Federal employees at Navy in Newport commands have pledged \$493,738 to the 2010 Rhode Island and Southeastern Massachusetts (RI/SEMA) Combined Federal Campaign (CFC) and have exceeded last year's pledge total by nearly \$11,945, according to a report from Elizabeth Comeau, CFC

director.

For the fourth year in a row, the RI/SEMA Federal workforce achieved and surpassed the \$1 million goal by raising more than \$1,090,000 in pledges and contributions, Comeau said.

"Although Dec. 15, 2010, marked the official end of active solicitation, pledges

continue to come into the CFC office and will continue through the end of January 2011," she said.

If you have not yet contributed to the 2010 CFC and would like to do so, contact your organization's CFC coordinator or keyworker for a pledge form and charity listing, Comeau said.

Members of the Naval War College (NWC) community, in the last few days of the 2010 CFC, pledged \$12,000 resulting in the command reaching its goal of \$100,000.

Cmdr. Carla McCarthy, NWC Public Affairs Officer, attributed their success to

CFC, Page 14

Professor to speak on Dr. King's legacy

Professor Julia S. Jordan-Zachery, director of the Black Studies program at Providence College, will speak at Naval Station (NAVSTA) Newport's observance of Dr. Martin Luther King Jr. Day, Jan. 13, at 10:30 a.m. in the Building 690 atrium.

Jordan-Zachery's research findings on race, gender, and the public policy making process, have been reported in several academic journals, including *Journal of Social Policy*; *National Political Science Review*; *Politics and Gender*; *PS: Political Science and Politics*; and *Journal of Black Politics, Culture and*

Society.

The observance will be open to military and civilian employees of NAVSTA Newport and tenant commands.

The observance celebrates the life and legacy of Dr. King. The national holiday will be observed Jan. 17. The theme is "A Day of Service: Remember! Celebrate! Act! Make it a Day On, Not a Day Off."

Jordan-Zachery is assistant professor of political science at PC. She holds a doctorate in political science, 1997; and a master's degree in economics, 1994, from the University of Connecticut.

Navalog

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Commanding Officer, Naval Station Newport

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NAVALOG Editor

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Quick take

Name: Todd Abat

Job title: Pass & ID supervisor

Command/Department: Naval Station Newport

Home town:

Newport, R.I.

Most memorable career event: Making chief petty officer

Most memorable life event: Birth of my son.

Favorite duty station: USS Hue City (CG-66), Jacksonville, Fla.

Role model(s): Mother

Free time activities: Playing sports, movies and just enjoying life.

Favorite book: *Decision Points* by George W. Bush

Favorite movie: *Goodfellas* (1990)

Favorite TV show: NCIS

Favorite sport: Basketball

Favorite professional team: Dallas Cowboys

Secret to success: Stay focused on your goals.

Favorite local restaurant: 22 Bowen's

Something I've always wanted to do or be: Retire in Florida

Pet peeve: Poor leadership

Favorite quote, motto or phrase: "It is what it is."

Long-term goal in life: See my son succeed in life.

If you could, what one thing would you add to NAVSTA Newport:

I would like to see the ships return to Newport.



Wind energy study underway

By **LISA RAMA**
NAVSTA Public Affairs Officer

Capt. Joseph Voboril, Commanding Officer of Naval Station (NAVSTA) Newport, signed a notification letter to the Chief of Naval Operations last month officially kicking off an Environmental Assessment (EA) for the development of wind energy facilities at NAVSTA.

NAVSTA's proposal for wind energy includes the construction, operation and maintenance of wind turbines and associated support facilities to produce up to 9 megawatts (MW) of

electricity for Navy use.

The EA will examine the impacts based on the largest turbine that can be accommodated at each site. Twelve potential turbine sites were pre-selected using Federal Aviation Administration height restrictions and the preliminary recommendations of a Renewable Energy Optimization Report produced for Newport by the National Renewable Energy Labs (NREL).

The EA will examine each of the sites in greater detail to insure there is no significant negative impact on natural resources, cultural resources

or protected species. Wildlife, noise and visual impacts are a few of the considerations that will be closely examined as a part of this study.

NAVSTA is pursuing alternative energy generation projects in an effort to meet the goals of the Energy Policy Act of 2005 and Executive Order 13423, both of which mandate a reduction in utility costs for federal properties. By creating a cost efficient and technically feasible wind energy project, Newport could possibly reduce its electrical utility bill by

TURBINES, Page 4



MCC (AW/NAC) Robert Inverso/U.S. Navy photo
Chief of Naval Operations (CNO) Adm. Gary Roughead.

War game examines shipping challenges

By **DAVID REESE**
NWC Public Affairs Staff

More than 75 experts from private industry, academia and government joined the War Gaming Department at the Naval War College (NWC) to discuss future strategic maritime scenarios involving the Panama Canal and the Arctic Ocean during its Global Shipping Game recently.

Conducted at the request of Chief of Naval Operations (CNO) Adm. Gary Roughead, the game was designed "to explore the future security and trade implications involving the expansion of the Panama Canal—scheduled for completion in 2014—and the projected increase of

international shipping in the Arctic Ocean."

Game Director Doug Ducharme said, "The Navy wants to focus on these regions because of predicted changes in global shipping patterns and their significant impact on economics, global partnerships, security, and international trade in the decades ahead."

Roughead welcomed game participants and shared his view that navies "exist to facilitate - the flows of commerce, communication and resources" on the sea lanes and that "the need to draw resources from the sea is not going to change in our life-

SHIPPING, Page 4

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Shipping

Continued from Page 3

time or in the foreseeable future.”

“The area of change that is closest over time is the expansion of the Panama Canal. What does that mean for routes, commerce and the activity that will take place, not just in this hemisphere, but beyond, as businesses decide where they want to go and how they’ll get there,” Adm. Roughead said.

The CNO also discussed the expected future increase of shipping through the Arctic or the “Fifth Ocean” from the standpoint of trade, resources and the nature of activity that will take place throughout the polar regions.

Thanking the assembled industry and government leaders for their participation, he said, “You bring perspectives of a lifetime studying these issues and you bring a perspective of industry, commerce, think tanks, [and] per-

spectives of other countries that can only enrich the discussion.”

The seminar-style event allowed two separate teams of experts to discuss futuristic views and paint a more definitive picture of the Panama Canal in the year 2020 and the Arctic Ocean in 2035. Participants also debated the ramifications of the possible ratification of the United Nation’s Convention of the Law of the Sea (UNCLOS). That convention defined the rights and responsibilities of nations in their use of the world’s oceans, establishing guidelines for businesses, the environment, and the management of marine natural resources.

“This game was unique because it’s the first time we’ve invited such a diverse group of high-level experts—with their wide range of perspectives—to critically evaluate and explore these international scenarios,” said Ducharme, who also



David Reese/U.S. navy photo

EXPERTS discuss strategic maritime scenarios during game cells at the two-day Global Shipping Game at the Naval War College. More than 75 participants explored future security and trade implications involving the expansion of the Panama Canal, looking at the year 2020 and the projected increase of international shipping in the Arctic Ocean by 2035.

mentioned that game participants represented industries such as commercial shipping, education, government, insurance, international law, oil, and retail. “We challenged them to challenge previously held assumptions and implications about the future of Caribbean trade, Arctic

shipping and UNCLOS.” The players’ cells — comprised of interdisciplinary groups of experts—focused on the Panama Canal expansion and opening of the Arctic passages for trade and exploration. The groups consisted of a mix of professionals who provided political, security, inter-

national law, economics, commerce, insurance, infrastructure, and regional perspectives.

The event reinforced the NWC’s tradition of preparedness and performance, with the CNO referring to Newport as “the home of thought in the Navy.”

Turbines

Continued from Page 3

as much as 26 percent. The installation’s electric bill averages approximately \$12 million annually. NAVSTA, which includes 50 different commands and schools, is one of the largest electrical users in Rhode Island and pays the third highest electrical rate of any other installation in the Mid-Atlantic Region.

“It is in everyone’s best interest to pursue a program aimed at reducing the taxpayers’ expenses related to operating this installation,” said Capt. Voboril.

The installation is not looking solely at wind energy to reduce operational costs. All buildings that have been renovated or constructed as a result of the 2005 Base Realignment and Closure Recommendation have been designed using Leadership in Energy and Environmental Design (LEED) standards or incorporating energy efficient materials and controls.

The installation is also involved in executing an Energy Savings Performance Contract (ESPC) with Honeywell Building solutions to replace old, inefficient controls, lighting and fixtures in many of the older buildings around the installation as well as replacing a chiller plant serving the Naval War College and Surface Warfare Officers School Command.

The EA should be completed by September.

Chapel of Hope Schedule of Services & Activities

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0900 & 1800 - Roman Catholic Mass

Bible Study - Sunday 0900 & Monday 1800

Mass Monday-Friday 1145-1215

Wednesday Choir Practice 1700 & 1800

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Military event opportunities

NAVSTA sets observance for Dr. King

Naval Station Newport will observe Dr. Martin Luther King Jr. Day on Thursday, Jan 13, at 10:30 a.m. in the Building 690 Atrium.



Dr. King

The theme this year is "A Day of Service: Remember! Celebrate Act! Make it a Day On, Not a Day Off." Professor Julia Jordan-Zachery, director of the Black Studies program at Providence College, will be the guest speaker. The observance is open to any individuals with routine base access.

The event celebrates the life and legacy of Dr. King. The national holiday for Dr. King will be observed Monday, Jan. 17.

TODAY, Jan. 7

- Couples' Night, live music and four course dinner, Officers' Club Topside. Reservations recommended. Call 841-1442.

- Seventh annual Make Your Way Across America continues through Friday, April 22, at Gym 109. Call 841-3154 for details.

- Graduation, Officer Candidate School (OCS) Class 0410, Officer Training Command Newport, Kay Hall, 9 a.m.

- Men's Support Group, Fleet & Family Support Center, 2 to 4 p.m. Also Jan. 14, 21 and 28. Call 841-2283.

SATURDAY, Jan. 8

- Brownie Day, free treats for single Sailors, Liberty Center Building 656. Call 841-3054.

SUNDAY, Jan. 9

- Middletown Historical Society Lecture Series, "Rhode Island's Naval Her-

itage, 1776-2007," Dr. Evelyn M. Cherpak, director Naval War College historical collection, Middletown Public Library, 2 p.m.

MONDAY, Jan. 10

- Navy Supply Corps School Class 11-001 arrives. the first class to begin at the newly relocated command, begins course work.

- New menu launched, Officers' Club Topside Restaurant. Visit www.cnic.navy.mil for more information or call 841-4992.

- NAVSTA Intramural Basketball League season opens, through Friday, March 18, Gym 109. Games Monday to Thursday at 5:30 and 6:30 p.m. Open to active duty, retirees, reservists, eligible family members and DoD civilians ages 18 and over. Call 841-3154.

TUESDAY, Jan. 11

- Newport Navy Choristers rehearsal, Perry Hall Building 440, room 100, 7 to 9:30 p.m. Call 849-1135 or visit www.newportnavychoristers.org for information.

WEDNESDAY, Jan. 12

- Weight Lifting Essentials, Gym 109, 5:30 p.m. Continues the second Wednesday of the month. Call 841-3154.

FRIDAY, Jan. 14

- Graduation, Command Leadership School Class 11040, Perry Hall.

- Eight Bells Lecture Series, "Passport Not Required," by Eric Dietrich-Berryman, Naval War College Museum, noon. Call 841-6020.

SUNDAY, Jan. 16

- Annual Newell D. Goff Lecture and Ranger Talk, "The Life and Legacy of William Sumner Appleton," Museum of Work & Culture, 42 South Main St, Woonsocket, 1:30 p.m. Call (401) 331-8575, ext. 45.

MONDAY, Jan. 17

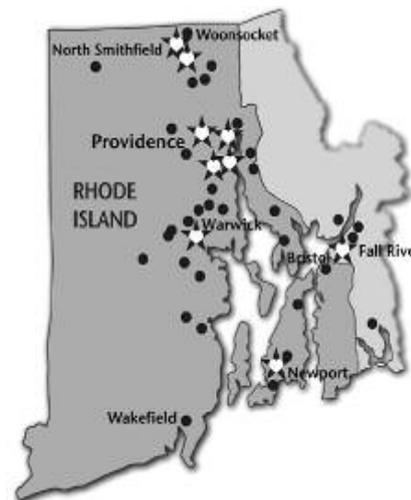
- Martin Luther King Jr. Day, federal holiday, Morale, Welfare and Recreation Dept. on holiday hours of operation.

- Carabiner's Rock Climbing Gym Trip, departs NAVSTA at 8:30 a.m., returns around 1:30 p.m. Two hours of rock climbing and pizza lunch, \$44. Call ITT at 841-3116 for details.



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Fleet and Family Support Center

Women's issues focus of series

EDITOR'S NOTE: Some of the Fleet and Family Support Center workshops and meetings require registration. Call 841-2283.

FFSC will be closed Monday, January 17, in observance of the Dr. Martin Luther King holiday.

The Fleet and Family Support Center is proud to announce a new four-part program entitled, "Women's Issues Series." It continues Jan. 10, 24 and 31, from noon to 1:30 p.m. Women's health and self-esteem; communication in healthy relationships; and life stages are among the topics that will be discussed. Registration is required.

For men only — A new Men's Support Group is scheduled for today, Jan. 14, 21 and 28, from 2 to 4 p.m. This group offers opportunities for support, education, challenge and growth. Most men quickly become comfortable in the group setting and find they enjoy

| | Friday-Sunday | Monday | Tuesday | Wednesday | Thursday |
|--------|--|-------------------------|--|-------------------------|---|
| 9 a.m. | Importance of Fatherhood – Life without Father | The Children of Divorce | Homecoming Reclaiming your Inner Child | ADHD – What do we Know? | Essentials of Play Therapy with Abused Children |
| 7 p.m. | Importance of Fatherhood – Life without Father | The Children of Divorce | Homecoming Reclaiming your Inner Child | ADHD – What do we Know? | Essentials of Play Therapy with Abused Children |

HELPFUL VIDEOS — Fleet and Family Support Center videos are offered twice a day at 9 a.m. and 7 p.m., seven days a week over Newport Naval Cable Television channel 13. The specialized videos are designed to help military members and their families with the frequent challenges and problems of daily life.

the interaction with men who may have similar concerns. The group facilitator can assist participants to develop personal goals if requested. Registration is required.

Sexual Assault Prevention and Response (SAPR) Victim Advocate Training offered — The SAPR program is looking for dedicated Sailors and installation personnel, male and female, who are committed to Sexual Assault Prevention and Response.

The Victim Advocate Program provides trained Victim Advocate (VA) volunteers to respond 24/7 and who report to the installation Sexual Assault Response Coordinator (SARC) for all commands.

Victims Advocates will complete a prescreening process and sign a volunteer agreement. Prior command permission to serve on the VA watch bill is required.

Victim Advocate training will be held at the Fleet and

Family Support Center, Jan. 10 to 13, 8 a.m. to 4 p.m.

The Naval Station Newport SARC can be reached at 841-4426.

Married to the military? A New Spouse Orientation to the Military program is scheduled for Jan. 18, 9:30 to 11:30 a.m. It will offer information for new spouses on the military lifestyle, benefits and services available, and tools to assist them in maintaining a state of preparation during military-related separation.

School Liaison Office

Scholarships target military

Military families can always use some extra financial help to assist them in higher education for their children. Here are few scholarship programs currently available:

- The National Military Family Association's Joanne Holbrook Patton Military Spouse Scholarship Program awards spouses of service-members up to \$1,000 for professional certification, college or graduate school. The funds are for tuition, fees, and school room and board. Applications are due by midnight Jan. 31, 2011. Visit www.militaryfamily.org/scholarship or <http://support.militaryfamily.org/site/R?i=kWJ>

- Scholarship for Military Daughters — For the third year in a row, The Julie Foudy Leadership Foundation will continue to honor and support families who are serving our country by offering full scholarships to military daughters interested in attending the Julie Foudy Sports Leadership Academy.

To learn more, go to <http://www.militaryfamily.org/publications/newsletter>

[ters/military-family-topics/scholarship-for-military.html](http://www.militaryfamily.org/topics/scholarship-for-military.html).

- Scholarship for Children of Fallen Members – The children of military personnel who died in the line of duty since Sept. 11, 2001, may apply for an educational scholarship similar to the new Post-9/11 GI Bill.

For more information call 1 (888) GIBILL-1, 1 (888) 442-4551, or visit the V.A. GI Bill Website at <http://www.gibill.va.gov/>

- MCEC announces the 2011 Bernard Curtis Brown II Memorial Space Camp Scholarship for Grades 6 through 9.

This scholarship is open to children of active duty military who died while serving on active duty.

The application deadline is March 10. Application for this scholarship can be downloaded at www.MilitaryChild.org



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Announcements

Applications accepted for summer boat berths

The Morale, Welfare Recreation (MWR) Department Marina is accepting berthing applications for the 2011 boating season. The Marina is inside Gate 1 adjacent to Dewey Field and the Naval War College.

All active duty personnel, retirees (military and DoD) and DoD civilians are authorized to apply. Prices for berthing are \$80 per foot for active duty personnel and retired military and \$94 per foot for DoD Civilians and retired DoD civilians.

Prices include electric and water utilities. The MWR Marina anticipates the availability of retained right slips for the 2011 boating season. Applications may be picked up at Building W34 Boat Shop, Monday through Friday, between 8 a.m. and 4:30 p.m.

For more information, call the MWR Marina at 841-3283.

Free tax filing service offered again this year

Free income tax filing service is held annually through the VITA (Volunteers In Tax Assistance) program, said Lt. Tom Eaton, JAGC, Naval Legal Service Office, North Central, BROFF Newport, and the 2011 VITA coordinator for Naval Station Newport.

"If anyone is not familiar with VITA, it is free a program that helps with the preparation and filing of income tax forms for service members and their dependents," he said.

VITA volunteers will start taking appointments this month. Military should keep the free service in mind. Anyone who want to get on the appointment list may call 841-3766 ext. 200.

Minimum age is lowered for seasonal influenza shot

The Center for Disease Control has increased the recommendation for people to be immunized against the seasonal flu for all people over the age of 6 months, Naval Health Clinic New England has announced.

All TRICARE Prime beneficiaries can now obtain their immunizations from Naval Health Clinic New England, Newport. The immunization clinic hours are Monday through Friday, 8 a.m. to 4 p.m.

No appointment is necessary.

Beat the rush hour traffic: Use automatic gate system

Commuters are encouraged to use the automated gates at Gates 1 and 17 during heavy traffic periods.

These lanes use the motor vehicle operator's Common Access Card (CAC) identification card and a small self adhesive tag, called an RFID (radio frequency identification) reader, affixed to the vehicle's upper left corner of the windshield.

Obtaining these tags can be done from 9 to 11 a.m. and 1 to 3 p.m. daily at the Pass and ID office outside Gate 1.

Registration is open to active duty, Department of Defense civilians and contractors who are permanent stationed personnel or personnel assigned for a period greater than 10 months.

Special events

Navy Choristers welcome members for spring season

If you love to sing, have fun, meet new friends and perform community service at the same time, the Newport Navy Choristers wants you!

Rehearsals for the spring semester are held Tuesday nights from 7 to 9:30 at Perry Hall (Building 440), Room 100. Membership is open to active duty, reserve, and retirees of all armed services, civilian employees of the Department of Defense, and dependents age 16 and older.

No experience is necessary, and no auditions are required.

For more information, contact Pat McGue, chairman, at 849-1135 or JoAnn Loewenthal, director, at 849-4823 or visit www.newportnavychoristers.org

Clubs still offer specials during NFL playoff games

The Naval Station Newport clubs are up and running this winter with NFL Sunday Ticket.

Patrons of the Recreation Center (includes Liberty Center, Seaview Lanes, Enlisted and CPO Club) may buy any large 16-inch pizza and receive one free 20-oz. bottle of soda; or buy any pitcher of beer and get \$2 off any large 16-inch pizza.

For more information, call 841-2575.

Also at the Seaview Lanes it's Touchdown Sunday. Wear your favorite team's football jersey any Sunday and bowl for half price from 1 to 8 p.m. For more information, call 841-4293.

At Topside, the second deck to the Officers' Club, there will be a special football appetizers selection.

All appetizers are 50 percent off with the purchase of any pitcher of beer.

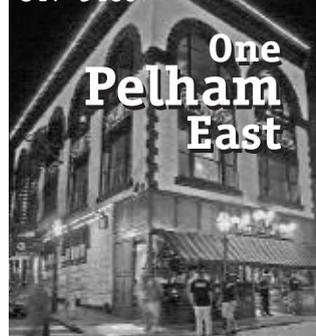
For more information, call 841-1444.



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Navy Health & Fitness 2011



The Navy's primary guidance for physical fitness is *OPNAVINST 6110.1H*, which states, "physical fitness is a crucial element of mission performance and must be a part of every Sailor's life. Mission readiness and operational effectiveness are built on the physi-

cal fitness of the individual; therefore, all Navy personnel shall maintain personal physical fitness by regular exercise and proper nutrition."

Although the Navy only evaluates Sailors' physical fitness readiness twice a year using the Body Composition Assess-

ment and Physical Fitness Assessment (PFA), Sailors must remain in shape throughout the year.

Just over a year ago, the Navy introduced a new fitness and nutrition system designed especially for the mobile, operational lifestyle of Sailors, and focused on

proper exercise, injury prevention and nutrition.

The Navy Operational Fitness and Fueling Series (NOFFS) has been approved by Commander, Naval Installations Command. *The Newport Navalog* offers some health and fitness tips for a healthy 2011.



ALL TOGETHER NOW — Command physical training time can be used toward the President's Challenge exercise time log. NHCNE has command PT together every Friday morning at 6:15 at Gym 109. All NHCNE administrative staff, civilians and contractors are welcome to join the workout.

NHCNE Newport involved in President's Challenge

By **DR. APRIL CHILDS**
NHCNE Public Health Educator

There are seven teams at Naval Health Clinic New England competing in the President's Challenge this season. The teams are composed of civilians, contractors and active duty members who have pledged to remain active through the winter and the holiday season.

The President's Active Lifestyle Award is awarded to participants who are active for at least 30 minutes a day, five days a week for six out of eight weeks. The team which has the highest percent-

age of its members earn the award will be recognized with a lunch in its honor, prepared and served by the NHCNE Wellness Department. An additional award will be given to the team with the greatest number of minutes of exercise per person, so going beyond 30 minutes a day is rewarded, too.

The 19 staff members at NBHC Saratoga Springs, N.Y., are participating as a team, making them the largest team in this round of the competition. Teams were asked to come up with team names and each team

has designated a captain.

The "Mixed Nuts" team has been seen walking as a group near the base regularly and the captain of the leadership team supplied holiday-flavored energy bars to keep his team moving. The challenge is over at the end of January and the winning team will be announced by Feb. 1.

The Wellness Department is regularly sponsoring events like this one and is always happy to get others involved. Stop by the clinic or call the department at 841-6777 for more information.

Exercise great for diabetics

A recent article in the *Journal of the American Medical Association* showed that among patients with Type 2 diabetes mellitus, a combination of aerobic and resistance training compared with the non-exercise control group improved HbA1c levels. This was not achieved by aerobic or resistance training alone.

The randomized control trial involved 262 sedentary male and female patients. When patients participated in resistance training two days a week, as well as aerobic exercise three days a week, their HbA1c dropped significantly when compared to the non-exercising groups.

What does this mean to you?

If you're a Type 2 diabetic, you can lower your HbA1c by getting to the gym and combining cardiovascular training with strength training.

Reduce your risk for heart disease

Basic lifestyle and behavior changes will help the body keep the beat.

Cardiovascular disease, or heart disease, is the leading cause of death for both men and women in the United States.

Coronary artery disease, heart attack, congestive heart failure, and atherosclerosis are the most common forms of heart disease.

There are many risk factors for heart disease. Some you cannot control, such as gender, age and family health history, but many risk factors can be controlled by making lifestyle and behavior changes.

Regular aerobic exercise three to five times a week for at least 30 minutes may help raise your HDL, or "good" cholesterol levels, reduce blood sugar and blood pressure, control your weight and reduce stress.

If you are overweight, set a realistic goal and develop a plan that is right for you to lose weight. Losing just 10 percent of your current body weight may improve your health and decrease your risk for heart disease.

Follow the American Heart Association's guidelines for healthy eating, which suggests eating a diet that contains a variety of whole grains, fresh fruits and vegetables, and small portions of lean meat, chicken or fish; using low or nonfat dairy products; limit foods high in saturated fat, trans fat and cholesterol.

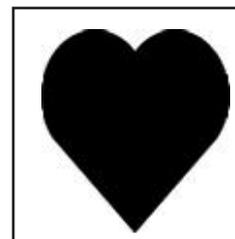
If you use tobacco, make a plan to quit.

Smokers are two to six times more likely to have a heart attack than those who do not smoke. Your risk of developing heart disease is cut in half after you have not smoked for a year.

While there are no guarantees that a heart-healthy lifestyle will keep heart disease away, you have more control than you may realize for keeping your risk low.

Talk to your health care provider before beginning any diet or exercise program, have your blood pressure, cholesterol and blood glucose levels checked regularly, and ask about what you can do to reduce your risk for heart disease.

(Provided by Health Net Federal Services, Preventive Care Services, www.healthnetfederalservices.com)



Navy Health & Fitness 2011



Healthy potluck tempts the palates

By **DR. APRIL CHILDS**
NHCNE Public Health Educator

The Wellness Department at Naval Health Care New England Newport hosted a healthy holiday potluck to make the staff aware of different options for social gatherings, which often feature calorically dense foods that don't provide much nutritional value.

Participants sampled dishes they were not accustomed to eating and not usually found at potlucks, such as crispy kale and tofu salad on rye crackers. Participants, some who had preconceived negative views about certain healthy ingredients, were urged to be willing to experiment.

Most often, the reaction was surprise by the deliciousness of what they were eating.

The kale, which was baked with olive oil and roasted at 325 degrees for 25 minutes, contains high levels of vitamin C, iron and



Kathy L. MacKnight/U.S. navy photo

Naval Health Clinic New England staff fill their plates at the Healthy Holiday Potluck. The foods were varied and new to many of the participants.

fiber without a lot of calories and when sprinkled with salt or a salt substitute is a great stand-in for a crunchy, salty treat.

While healthy options require thinking outside the box, they can stimulate

the taste buds in a new way, magnifying your tasting pallet!

Group meals such as the healthy potluck allow a large group to try a variety of new recipes and to share tips for preparation of

healthy options.

Why not introduce a low-calorie, nutrient dense option at your next group function? For ideas, stop by the NHCNE Wellness Department in the clinic for our library recipes.

Lower risk of developing cancer

By **DR. APRIL CHILDS**
NHCNE Public Health Educator

Ever wonder what activities and exposures the American Cancer Society says will increase or decrease your chances of getting cancer?

We're outlining the ACS's guidelines for the most common cancers below. You'll notice a trend: eat more fruits and vegetables, avoid tobacco, obesity, alcohol and processed food, and increase the amount of physical activity you're getting.

The best advice to reduce the risk of colon cancer is to:

- Increase the intensity and duration of physical activity.
- Limit intake of processed and red meats.
- Get the recommended levels of

calcium.

- Eat more vegetables and fruits.
- Avoid obesity.
- Avoid excess alcohol.

The best advice to reduce the risk of breast cancer is to:

- Engage in moderate to vigorous physical activity 45 to 60 minutes on five or more days a week.
- Reduce lifetime weight gain by limiting your calories and getting regular physical activity.
- Avoid or limit your intake of alcoholic beverages

More than 85 percent of lung cancers result from tobacco smoking, and another 10 to 14 percent may be linked to radon exposure.

Many studies have shown that the risk of lung cancer is lower among both smokers and non-smokers who

eat at least five servings of vegetables and fruits a day. Although healthful eating may reduce the risk of lung cancer, the risks from tobacco remain high.

The best advice to reduce the risk of pancreatic cancer is to:

- Avoid tobacco use.
- Maintain a healthful weight.
- Remain physically active.
- Eat five or more servings of vegetables and fruits each day.

For now, the best advice to reduce the risk of prostate cancer is to:

- Eat five or more servings of a wide variety of vegetables and fruits each day.
- Limit intake of red meats and dairy products.
- Maintain an active lifestyle and healthy weight.

You can optimize 2011 resolutions

By **K. MACKNIGHT**
NHCNE Public Affairs Officer

Every year the top 10 New Year's resolutions usually run along the same lines: lose weight, manage debt and save money, quit smoking, get a better job, eat right and get fit, reduce stress, get a better education, spend more time with family, volunteer to help others, and go green to help the environment.

The fact that four of the 10 most popular resolutions are health related concerns is a pretty good indicator that people are aware that there is some room for healthy improvements in their life and perhaps the lives of family members as well.

The tradition of New Year's Day resolutions dates back to the early Babylonians. They believed that what a person does on the first day of the New Year will affect what they do throughout the year. However, while almost half of Americans make New Year's resolutions, statistics show that most eventually ditch their resolutions after six months. Perhaps, more attainable goals in small steps are the approach to success. For example, rather than just the umbrella statement of the number one resolution of most Americans, "I will lose weight," a commitment to more exercise and awareness to food portion size are small steps to help you reach your goal of losing weight.

In other words, it's your plan of action. You don't have to make a drastic cut

in calories or give up some of the foods you enjoy, you just need to watch your intake amounts of these foods and exercise more. One of the main reasons people abandon their goal to lose weight is that they feel deprived of the foods they enjoy.

Another small step you can implement is to find an exercise or walking buddy who will help you keep the commitment to exercise. You can be each other's support and cheering section especially when you start to notice some of the results of your increased activity.

Success is too important to be left to chance. Work towards your goals with simple but disciplined plans of action for creating the changes you desire in the New Year. Whether it is quitting smoking, losing weight, or reducing the stress in your life, focus on those small steps that will get the wheels in motion for success in fulfilling your resolutions or ultimate goals for the New Year.

Did you know?

Smart choices of what to eat especially when dining out is key if you are one to eat in restaurants often, or find yourself drawn to the prepared foods section of the grocery store.

The updated 2010 version of the book, *Eat This, Not That!* By Matt Goulding is a must-have for anyone serious about losing weight and getting healthy. It is not a diet book in the traditional sense, but a calorie counter's dream.

Leisure

Aerobics exercise

(Gym 109, Building 109, 841-3154)

Morale, Welfare and Recreation Fitness Classes: Stop by Gym 109 and pick up the fitness schedule. There are a variety of classes including Pilates, yoga, step, cycling, Zumba and now Navy Functional Fitness (NOFFS)! NOFFS goes though the NOFFS card series on the new direction of Navy fitness-function.

Classes are taught at Gym 109 as early as 6 a.m. and as late as 6:30 p.m. There are classes offered seven days a week.

There is no need to pre-register; just show up and get fit. Free for active duty; \$1 for reservists, eligible family members, retired and \$2 for Department of Defense personnel.

Call Gym 109 at 841-3154 for more information.

Internet Café

(Building 1255, 841-2088)

- Personal computers are

available seven days a week to send and receive email, surf the web, play games - all free. Have a cup of Starbucks brand coffee at the Coffee Shop while you're here. The café is open Monday through Friday, 9 a.m. to 8 p.m., weekends and holidays, 8 a.m. to 6 p.m.

Free WiFi sites at NAVSTA

Free WiFi spots at Naval Station Newport provided by MWR are located at the Officers' Club, Building 95; the Recreation Center, Building 656 and Leisure Bay, Building 1255.

Bowling

(Building 656, 841-4293)

The Seaview Lanes Bowling Center state-of-the-art facility features regular and Xtreme bowling. The center also serves lunch, Monday through Friday beginning at 11 a.m. Call ahead and have your lunch order ready when you arrive.

Hours of operation are: Monday through Thurs-

day, 11 a.m. to 8 p.m.; Friday 11 a.m. to 10 p.m.; Saturday, 1 to 11 p.m.; Sunday and federal holidays, 1 to 8 p.m.

Rates: \$3.50 per game and \$2 for shoe rental.

Xtreme Bowling (every Saturday, 8 to 11 p.m.) Rates are \$10 per hour, per person or \$4 per game and \$2 shoe rental.

Birthday party packages are available from \$10 to \$15 per child, depending on meal and regular/Xtreme bowling.

January Specials:

Military Monday: Active duty personnel bowl for \$1 per game per person from 11 a.m. to 5 p.m.

Take Time Tuesday: Come bowl at lunch time for only \$.50 per game, per person from 11 a.m. to 2 p.m.

White Out Wednesday: Bowl one game, get one game free from 11 a.m. to 4 p.m.

Three-Two-One Thursday: First game is \$3, second game is \$2 and third game is \$1 from 11 a.m. to 8

p.m. All game prices are per person and must be bowled at one time to receive special pricing.

Freezing Friday: Come bowling from 11 a.m. to 5 p.m. and your shoe rental is on us!

Touchdown Sunday: Wear your favorite team's football jersey every Sunday and bowl for half price from 1 to 8 p.m.

Martin Luther King Jr. Day Jan. 17: Bowl for half price.

Happy Birthday to you: Bowl the week of your birthday (ID required) and the first game is our present to you. This offer is only good for one free game for the week.

Please note: There is no open bowling during league nights on Tuesday, Wednesday

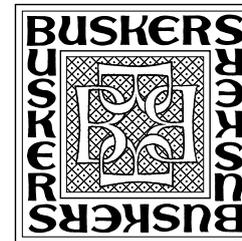
and Friday. Please call ahead to check availability.

Escape the dreariness of January by having a bowling event at Seaview Lanes. Our special bowling package includes two games of bowling, shoe rental, pizza and soda for just \$10 per person. If you'd like a different menu, please let us know and we'll try to accommodate you. Don't hesitate to call or email Lisa Novak at 841-2194, lisa.novak@navy.mil with questions or to check availability.

LEISURE, Page 11

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Leisure

Continued from Page 10

Special fitness activities

(Gym 109, 841-3154)

• **Weight Lifting Essentials** on Wednesday, Jan. 12, at 5:30 p.m. Gym 109 offers Weight Training Essentials the second Wednesday of the month.

The training session with a certified MWR trainer will cover the following: safe lifting techniques, proper body alignment, understanding sets and reps, staying injury free, the keys to designing a program tailored to strength, endurance or toning, when and why a spotter is necessary. For more information, call Pat Mahoney at 841-3154.

• **Healthy Family Meal Planning** on Wednesday, Jan. 19 at 5:30 p.m. and Thursday, Jan. 20 at 10:30 a.m. Discover easy changes

to make in meal planning which can benefit the whole family! Start the new year with healthy eating.

• **Racquetball Tournament** from Feb. 7 to 25. The tournament will take place on the Gym 109 racquetball courts with A and B divisions for male and female. Registration starts on Monday, Jan. 10, at Gym 109's front desk and ends on Wednesday, Feb. 2. It is open to active duty personnel, retirees, reservists, eligible family members and DoD civilians. Free to enter and prizes will be awarded to the winners.

For more information, call the MWR Intramural Sports Coordinator at 841-3127.

• **The seventh annual Make Your Way Across America** runs through Friday, April 22. Why not start 2011 off in a healthy way?

Commands: This is a great team building tool to promote optimal health and fitness. Sign up as a command and be the first command to have everyone in your group make it to San Diego and receive a team prize. You have 16 weeks to complete the journey from Naval Station Newport, R.I., to Naval Station San Diego, burning off approximately 30,000 calories.

Along the journey participants may enter several incentive challenges and attend educational lectures for big bonus miles! There are motivational notes from the staff to keep you moving in the right direction. This journey is 3,000 miles and will be calculated in terms of calories burned not actual miles.

• **Navy Operational Fitness & Fueling Series**

(NOFFS) Newport has a certified NOFFS instructor on staff for all Command Fitness Leaders (CFL). This new Navy-wide training was designed specifically to address the needs of physical training with various challenges such as confined spaces, nutritional choices and functional fitness for on the job tasks.

NOFFS is specifically for CFLs to bring to the commands for an effective year-round physical training program. Command fitness leaders: please contact the MWR Fitness Coordinator, Christina Savoie at Christina.savoie@navy.mil to set up your training session for NOFFS.

• **Body-Wise Therapeutic Massage** offers a variety of services at Gym 109. Choose from Swedish relaxation massage, sports massage, trigger-tender point

therapy, or deep tissue massage. Techniques may be combined to best suit your needs. A one-hour massage costs \$65, and a 30-minute session is \$35. All appointments are held at Gym 109.

For more information on how massage therapy can help you or to make appointment, call Body-Wise at 862-9043.

• **All-Navy Sports Program** is available for service members. Do you have what it takes to play for the best the armed forces have to offer? Contact the MWR Sports Coordinator at Gym 109 at 841-7355.

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

Hours of operation are Monday to Thursday, 4 to 8 p.m.; Friday, 4 to 10 p.m.; Saturday, noon to 10 p.m.;

and Sunday and holidays, noon to 8 p.m.

January events

Tonight – Billiards Tournament, prizes, 6 p.m.

Jan. 8 – Free Brownie Day, while supplies last!

Jan. 9 – Texas Hold'em Tournament, with prizes, 6 p.m.

Jan. 10 – Ping-Pong Tournament with prizes, 6 p.m.

Jan. 11 – Wii Sports Tournament, prizes, 6 p.m.

Jan. 12 – Madden Tournament, prizes, 6 p.m.

Jan. 13 – Guitar Hero Tournament, with prizes, 6 p.m.

Jan. 14 – Billiards Tournament, prizes, 6 p.m.

Jan. 16 – Texas Hold'em Tournament, with prizes, 6 p.m.

Jan. 17 – Ping-Pong Tournament with prizes, 6 p.m.

Jan. 18 – Wii Sports Tournament, prizes, 6 p.m.

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BEFORE



AFTER

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Friday, 11 a.m. to 11 p.m.
Saturday, 4 to 11 p.m.
Sunday, Noon to 8 p.m.

Enlisted Club, Building 656, 841-2575
Monday through Thursday, 11 a.m. to 9 p.m.
Friday, 11 a.m. to 10 p.m.
Saturday, 4 to 11 p.m.
and Sunday and Holidays, 1 to 8 p.m.

**Seaview Lanes Bowling Center
Building 656, 841-4293**
Monday through Thursday, 11 a.m. to 8 p.m.
Friday, 11 a.m. to 10 p.m.
Saturday, 1 to 11 p.m.
and Sunday and Holidays, 1 to 8 p.m.

**America's Cup Café,
Building 684, 841-3420**
Monday through Friday, 6:30 a.m. to 2 p.m.
Closed on weekends and federal holidays.

Clinic Café, Building 43, 841-2140
Monday through Friday, 6:45 a.m. to 1:15 p.m.
Closed on weekends and federal holidays.

Leisure Bay, Building 1255, 841-2088
Monday through Friday, 9 a.m. to 8 p.m.
(drive thru window is open 6:30 a.m. to 8 p.m.)
Weekends and holidays, 8 a.m. to 6 p.m.

**Hewitt Hall Café, 841-4655
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Disney Character Brunch



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10 a.m. to 1 p.m. at the O'Club

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Tickets are required and must be purchased in advance at the ITT office, building 1255. Seating is limited so get your tickets early! Patrons must have base access to attend. For more information, call 841-3116.

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The Auto Skills Center is open Thursday and Friday from 11 a.m. to 7 p.m., Saturday from 9 to 5 p.m., and Sunday from 10 a.m. to 5 p.m. The center is closed from Monday through Wednesday.

For more information, call 841-3026.

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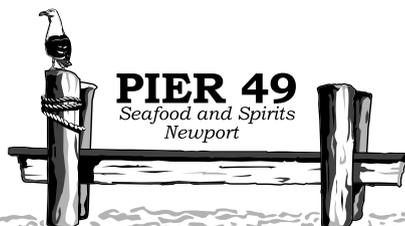
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Sports

Mids outgunned by San Diego in Poinsettia Bowl

SAN DIEGO — Although the U.S. Naval Academy Midshipmen brought a successful 10-3 regular season record to the sixth annual San Diego County Credit Union Poinsettia Bowl, they were no match for San Diego State's high powered offense and lost, 35-14, on Dec. 23.

The Aztecs' running back Ronnie Hillman rushed for 228 yards and three touchdowns, and caught another TD pass in the victory, to earn Offensive MVP honors.

Hillman's 228 rushing yards broke the Poinsettia Bowl's single-game rushing yard record (129 yards). He also tied Navy's Reggie Campbell (2005) and TCU's Jeff Ballard (2006) for most rushing touchdowns in the bowl game's six-year history.

The bowl victory was the first for the San Diego State program since the 1969 Pasadena Bowl. The teams played at Qualcomm Stadium,

where only 24 hours earlier the field was flooded over by 1.5 million gallons of water. City and stadium officials spent all night pumping and draining the stadium, and were even able to get the paint down for the logo at midfield before kickoff.

The Aztecs jumped out to an early 14-0 lead as they scored touchdowns both on the ground and in the air in the first quarter.

On their very next possession, quarterback Ryan Lindley hit Vincent Brown on a short pass and Brown raced to the end zone for a 53-yard touchdown.

Navy answered and got themselves on the board with an 11-play, 68-yard drive, capped off by a 30-yard touchdown pass from quarterback Ricky Dobbs to a diving Greg Jones in the end zone.

After the teams traded punts, the Aztecs put together a quick seven-play drive as they marched 80



MC3 Trevor Welsh/U.S. Navy photo

Naval Academy quarterback Ricky Dobbs (4) tries to get past San Diego State University linebacker Miles Burris (9) during the 2010 Poinsettia Bowl. San Diego won, 35-14.

yards in under three minutes, setting up Ronnie Hillman's 37-yard touchdown run with just over three minutes left before the half.

But the 14-point lead didn't last long, as the Midshipmen got a huge catch from Jones for 40 yards to put them at the San Diego State 11-yard line. Four plays later, Navy's Dobbs pounded his way up the middle

for his second touchdown of the game, with only seven seconds remaining in the half.

The Aztecs' defense held strong through the rest of the game, and the offense added on points.

Navy had one more chance to cut the lead, but Dobbs' pass was intercepted by defensive back Andrew Preston at San Diego's 4-yard line.

NAPS cagers split in two road games

The Naval Academy Prep School's men's basketball team lost and then won in two close games before the holiday break last month.

Worcester Academy nipped the Rams, 83-82, in Worcester, Mass. on Dec. 15; but NAPS regrouped to hold off Southern Maine Community College, 95-84, in South Portland on Dec. 18.

Worcester Academy erased a 20-point half time deficit, 50-30, and battled to the end in securing the victory.

Scoring in double figures

for NAPS against Worcester were Midshipman Candidates Thurman McNeil with 18, Mark Maloney (15) and Earl McLaurin (14).

Against Southern Maine, Midshipman Candidate Thurman McNeil had 21 points and 10 rebounds, and Caleb DeMoss had 19 and 7.

"The Worcester Academy has a very good team. But it was a game we could have won," coach Terry Pfeufer said.

The Rams travel to Annapolis this weekend to face the Navy junior varsity.



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Contributed photo

Culinary Specialist 1st Class Edgardo Agosto, who was accompanied by Culinary Specialist 2nd Class Ben Perez, Ney Hall galley staff, demonstrates how to decorate gingerbread cookies in a community relations effort at Boy's Town of New England in Portsmouth on Dec. 21. About 25 teenagers created holiday cookies.

Information, Tickets & Travel

Carabiner's Rock Climbing Gym Trip

On Monday, January 17 ITT will host a trip to Carabiner's Rock Climbing Gym. The trip includes round-trip transportation, equipment (shoes, harness & helmet), two hours of climbing and pizza for lunch. Depart NAVSTA at 8:30 a.m. and return around 1:30 p.m. Trip cost \$44 per person. For more information, call 841-3116.



The Coffee Cup: Indoor Auto Racing

Purchase tickets to see indoor racing at the Dunkin Donuts center in Providence on Saturday, February 5. Don't miss the small but powerful three-quarter midget cars as top named drivers from several Northeast states compete. Tickets are \$17.50 for adults and \$12.50 for children. For more information, call 841-3116.

Northeast ski lift tickets

Waterville Valley, New Hampshire

Adult: \$56.50

Teen (ages 13 - 18): \$46.50

Loon Mountain, New Hampshire

Anyone, good any day including holidays \$69.00

Wachusett Mountain, Mass.

Anytime \$44.50

Nighttime: \$34.50

Weekday \$38.50

For details, call 841-3116.

Compact

Continued from Page 2

dence and helps ease the stress of moving."

Deborah A. Gist, state Commissioner of Elementary and Secondary Education added, "We must do everything possible to help our military families and their children get the best public education that our schools can offer.

"Thanks to this new compact, we will be able to remove any remaining barriers that may keep children of military families from getting a world-class education. Just as our men and women in national service have a mission, we do, too. Our mission won't end until all of our students, including children from military families, have equal access to excellent

educational opportunities."

The legislation entering the state into the Military Compact and the subsequent creation of the Council was led by Rep. Ray Gallison, D-R.I., Bristol, Portsmouth; and Sen. Louis P. DiPalma, D-R.I., Little Compton, Middletown, Newport, Tiverton.

Gallison said, "Military families face near-constant upheaval due to the frequency of transfers from base to base. Each time, the children face the possibility that the schoolwork they've completed elsewhere won't count. This agreement will not only minimize those problems, but will help families gain an important peace of mind."

The average military student faces transition challenges more than twice during high school and most military children will have six to nine different school systems in their lives from kindergarten to Grade 12. With more than half of all military personnel supporting families, the impacts of reassignment and long deployments are a key consideration when making long-term life choices.

Specific impacts on military children can include transfer of records, course sequencing, graduation requirements, exclusion from extra-curricular activities, redundant or missed entrance/exit testing, kindergarten and first grade entrance age variances, and power of custodial parents while parents are deployed.

The new Interstate Compact and the Rhode Island State Council on Educational Opportunities for Military Children addresses these issues as well as compact enforcement, administration, finances, communications, data sharing and training. The Compact also

establishes an independent operating authority, the Interstate Commission, which will be positioned to address future interstate problems and issues as they arise.

The Compact applies to the children of active duty members of the uniformed services, including members of the National Guard and Reserve on active duty orders, members or veterans of the uniformed services who are severely injured and medically discharged or retired for a period of one year after medical discharge or retirement, and members of the uniformed services who die on active duty or as a result of injuries sustained on active duty for a period of one year after death.

The governor appointed the following individuals to the Council:

—Commissioner Deborah Gist

— Capt. Joseph Voboril, Commanding Officer, Naval Station Newport

— Middletown Superintendent of Schools Rosemarie Kraeger, who will represent Rhode Island at the national level as our state's Compact Commissioner

— Rep. Gallison

— Sen. DiPalma

— Janet McCarthy, School Liaison Officer for Naval Station Newport

— Maj. Gloria Berlanga of the Rhode Island National Guard

— John Ambrogio, Superintendent of schools for Newport

— Providence School Superintendent Tom Brady,

— Portsmouth School Superintendent Susan Lusi

— North Kingstown School Superintendent Philip Thornton.

CFC

Continued from Page 2

the efforts of several Navy and Marien Corps enlisted.

Throughout much of the campaign, the NWC volunteers staffed a desk near the Hewitt library, McCarthy said.

Federal employees from other agencies in the Rhode Island area have pledged \$400,510 exceeding a 2010 CFC goal by \$20,510.

In the Southeastern Massachusetts area, Federal employees pledged \$196,460 exceeding a 2010 CFC goal by \$26,460.

"Once again, despite predictions that donors may be less inclined to give to charities in 2010, philanthropy continues to thrive in Rhode Island and Southeastern Massachusetts thanks to the compassion and generosity of Federal employees from the military, civilian, and postal communities," Comeau said.

Participation in the CFC is strictly voluntary.

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Navy-wide news

PFT failure will negate Sailor's separation pay

WASHINGTON (NNS) — To comply with DOD-wide policy, members separated from the Navy after Jan. 1 solely for failing the physical fitness test (PFT) portion of the physical fitness assessment (PFA) will not be authorized involuntary separation pay, according to a NAVADMIN released Dec. 29.

Policy for involuntary separations before Jan. 1 did not distinguish between separations for failing the PFT and separations relating to weight control.

Members separated for failing the body composition assessment (BCA) in any of three PFA failures may receive one-half involuntary separation pay as long as they are eligible for such pay in all other respects, including the requirement, if qualified, to serve in either the selected reserve or individual ready reserve.

Members who have been involved in misconduct or who are not performing satisfactorily must be separated for those reasons, not for weight control.

To read NAVADMIN 420/10, visit <http://www.npc.navy.mil/ReferenceLibrary/Messages/>

Fleet Forces Command relieves carrier skipper

NORFOLK (NNS) — Adm. John C. Harvey Jr., Commander, United States Fleet Forces Command (USFFC), has permanently relieved Capt. Owen Honors of his duties as commanding officer of USS Enterprise (CVN 65) for demonstrating poor judgment while serving as executive officer of that ship.



Honors

"The responsibility of the commanding officer for his or her command is absolute. While Capt. Honors' performance as commanding officer of USS Enterprise has been without incident, his profound lack of good judgment and professionalism while previously serving as executive officer on Enterprise calls into question his character and completely undermines his credibility to continue to serve effectively in command," said Harvey.

The relief of Honors occurs as the investigation continues into the inappropriate videos that Honors made while serving as Enterprise's executive officer from 2006-2007. The investigation will continue to look at all aspects of the production of the

videos, to include the actions of other senior officers who knew of the videos and the actions they took in response.

Honors has been reassigned to administrative duties at Commander, Naval Air Force Atlantic, and Capt. Dee Mewbourne will be permanently assigned as the commanding officer of Enterprise.

Two shipbuilders win LCS contracts to 2015

WASHINGTON (NNS) — The Navy has awarded Lockheed Martin Corp. and Austal USA each a fixed-price incentive contract for the design and construction of a 10 ship block-buy, for a total of 20 littoral combat ships from fiscal 2010 through fiscal 2015.

The amount awarded to Lockheed Martin Corp. for fiscal 2010 littoral combat ships is \$436.8 million. The amount awarded to Austal USA for the fiscal 2010 littoral combat ships is \$432 million.

Both contracts also include line items for nine additional ships, subject to Congressional appropriation of each year's Littoral Combat Ship (LCS) Program requirements. When all 10 ships of each block buy are awarded, the value of the ship construction portion of the two contracts would be \$3.6 billion for Lockheed Martin Corp., and \$3.5 billion for Austal USA. The average cost of both variants including government-furnished equipment and margin for potential cost growth across the five year period is \$440 million per ship.

The pricing for these ships falls well below the escalated average Congressional cost cap of \$538 million.

"The awards represent a unique and valuable opportunity to lock in the benefits of competition and provide needed ships to our fleet in a timely and extraordinarily cost effective manner," said Secretary of the Navy Ray Mabus.

This award is a unique opportunity to maximize the buying power on the LCS Program by leveraging the highly effective competition between the bidders. Each contractor's 10-ship bids reflect mature designs, investments made to improve performance, stable production, and continuous labor learning at their respective shipyards.

The award was based on limited competition between teams led by Lockheed Martin and Austal USA. Under these contracts, both shipbuilders will also deliver a technical data package as part of the dual award, allowing the government a wide range of viable alternatives for effective future competition.



Navy selects two designs

A composite photograph of the littoral combat ships USS Freedom (LCS 1), top, and USS Independence (LCS 2) provided by Naval Surface Forces, U.S. Pacific Fleet, shows the two ships underway.

The USS Independence visited Naval Station Newport last October.

The Navy awarded contracts for both hull designs. Story this page.

U.S. Navy photo illustration

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