

The Newport *Navalog*

VOL. 110 NO. 21 MAY 27, 2011

SERVING COMMANDS AND ACTIVITIES, NEWPORT, R.I.



The amphibious transport dock USS New York (LPD 21), constructed with some steel from the remains of the World Trade Center after the 9/11 attacks, passes the Statue of Liberty and the spray from fireboats as it leads the Parade of Ships up the Hudson River to open the annual Fleet Week New York on Wednesday morning. The Newport-based Coast Guard cutter Willow is also in the parade. Story, Page 16.

AP photo



Navy League hosts admiral

The president of the Naval War College is guest speaker at the Newport County Council Navy League's annual Military Appreciation night.

—Page 2



Visiting frigate helps agencies

Several Sailors from the visiting frigate USS John L. Hall (FFG 32) take on community relations projects in Newport.

—Page 3



Students, staff compete at NWC

The Spring 2011 edition of the Naval War College President's Cup winds up with competition in several sports.

—Pages 8-9



Greg Kohlweiss/U.S. Navy photo

MORE POWER — Imperators Steel Erectors Crane Service last week delivers one of four Kohler emergency backup generators to NAVSTA Command Headquarters Building 690 (background), while other units were delivered to the Naval War College, Perry Hall and the Newport Commissary. Bruce Martin, Imperators crane operator, maneuvers the generator to left, Brian McPhail, project manager, Chappy Corp.; Jim Comeau, electrician, Chappy Corp.; and Myron Silva, Imperators rigger.

Military earns Navy League tribute

By **LISA RAMA**

NAVSTA Public Affairs Officer

More than 300 members of the Navy League of Newport County, elected officials, community leaders, representatives from civic organizations and members of the general public joined together Tuesday night to show their appreciation to those who serve (and served) on the high seas throughout Southern New England.

The Newport Council Navy League's annual Military Appreciation Night and Dinner Meeting is one of the highlights of the year for the local council. One hundred ten officers and enlisted men and women representing the U.S. Navy, U.S. Marines and U.S. Coast Guard were the honored guests of the council



MSCS Tony Cercena, USN (ret.)/U.S. Navy photo

Rear Adm. John Christenson receives a coffee table book featuring the history of Newport from Navy League President Anne Huot following his remarks as guest speaker Tuesday evening at the annual Military Appreciation Dinner.

with Rear Adm. John Christenson, President of the Naval War College, celebrated as this year's guest speaker.

"Great nations have great

navies and with all of your help, we have the world's greatest Navy," said Christenson, addressing the Navy League members and guests in attendance. He went on to say, "you are making a difference and helping the sea services to meet their mission."

Christenson, no stranger to Newport, attended his first year of school at Cranston Calvert Elementary School (in Newport) and served here in various positions five times prior to assuming the Presidency of the Naval War College last March.

The Newport Council of the Navy League was formed July 29, 1957, and is a civilian organization comprised of approximately 400 members. The Newport Council is part of a

NAVY LEAGUE, Page 14

'Manage risk' for safe leave

By **APRIL PHILLIPS**

Naval Safety Center Public Affairs

NORFOLK (NNS) — The Naval Safety Center's (NAVSAFECEN) annual summer safety campaign officially begins Memorial Day weekend, and materials are available now to help Sailors and Marines prepare for their upcoming off-duty and recreational activities.

The last few years have shown that it's possible to have fun while managing risk.

"Last summer, Sailors and Marines set the bar high and statistically achieved

the safest summer on record," said Rear Adm. Arthur J. Johnson, commander, Naval Safety Center. "I firmly believe we have all the components in place to continue that positive trend and do even better this year."

While last summer was a successful one for most, 14 Sailors and 14 Marines lost their lives in motor vehicle and recreation mishaps.

That was a tragedy for their families, for their units, and for the fleet as a whole. Sailors and Marines do a great job of managing risk



END OF A HOLIDAY? Rescue personnel arrive at the scene of an auto wreck. Last summer, 14 Sailors and 14 Marines lost their lives in motor vehicle and recreation mishaps.

on duty, and that's a mind-set NAVSAFECEN's command master chief said must carry over outside the gates of the installation.

"Just like in an operational environment, we are faced with obstacles that, unless we plan ahead, could result in negative consequences," said

C M D C M (A W / S W)

RISK, Page 14

Navalog

Capt. Joseph P. Voboril

Commanding Officer, Naval Station Newport

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NAVALOG Editor

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ABOVE: Petty Officers Joshua Kunkel, left, and Nathan Orr from the USS John L. Hall (FFG 32) rake leaves and shrubbery during a community service project at a Child and Family of Newport group home last week.



RIGHT: Seamen and petty officers from the ship paint a basement hallway at Lucy's Hearth in Middletown. From left are Jesse Link, Kent Galloway, Bryant Fowler and Andrei Barrameda.

Greg Kohlweiss/U.S. Navy photos

Visiting ship's Sailors lend hand in community

By **BOB KREKORIAN**

NAVSTA Public Affairs Staff

Eighteen Sailors from the fast frigate USS John L. Hall (FFG 32) volunteered for community service projects at a women's homeless shelter, a community food bank, and at a group home last Friday during the ship's visit at Naval Station (NAVSTA) Newport.

The frigate arrived at NAVSTA Newport's Pier 2 on May 16. Homeported in Mayport, Fla., it served as a school ship for the Surface Warfare Officers School, and offered tours for staff, faculty, and students from the Naval War College and Officer Training Command Newport.

"Joining the Navy gives a sense of patriotism, but coming out to do community service instills humility and meekness," said Operations Specialist Seaman Joseph Brown of Detroit. Brown is the ship's Blue Jacket of the Quarter.

"This is an opportunity to mix with the local community and help out organizations that are understaffed and don't have much money," said Information Systems Technician 3rd Class Kent Galloway of Yuba City, Calif.

The volunteers, divided into three teams, painted a one bedroom apartment and basement hallway at Lucy's Hearth, the Newport County Homeless Shelter for Women and their Children in Middletown; cleaned, painted, and restocked the community food bank at the Dr. Martin Luther King Jr. Community Center in Newport; and raked out leaves and debris at three group homes operated by Child and Family of Newport.



Petty Officers Charles Nelson, front, and Leonard Oglesby from the USS John L. Hall paint the community food bank storage room at the Dr. Martin Luther King Jr. Community Center in Newport.

SHIP, Page 14

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Four ombudsmen graduated

The Ombudsman Basic Training course was held at the Fleet and Family Support Center, May 16-18.

The following individuals demonstrated their dedication and support of the Navy's ombudsman program as well as their commands, crew and families by successfully completing the required training in order to fulfill their duties and responsibilities as command ombudsman or support of the program:

- Amy Kapusta, Navy Supply Corps School
- Cristina Wray, Naval War College
- Stephanie A. Scott, Naval War College
- Jay Ha'o, Command Support Team member for future assignment in San Diego.



Linda Mayhugh, Ombudsman Assembly chairperson, poses with Paul Salesi, Ombudsman coordinator, after she was presented a Letter of Appreciation from Commanding Officer, Naval Station Newport, for her many years of service, at the quarterly ombudsman assembly meeting at Navy Operational Support Center on May 11. It was her last meeting as her husband is retiring.

CMDCM Don Ouellette/U.S. Navy photo



TOP EMPLOYEE— Kelly Conner, graphic artist for Morale, Welfare and Recreation Department, Newport, holds an oversize check with Capt. Joe Voboril, Commanding Officer, Naval Station Newport, after she was named the N9 Employee of the First Quarter for the Mid-Atlantic Region. She received \$600, eight hours leave, and an MWR windbreaker, sports bag and water bottle.

Greg O'Shea/ MWR Photo

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Memorial Day events

The Navy in Newport will be well represented in events being held in honor of Memorial Day. All events will be held on Monday:

— **The United Veterans Council of Newport County and Newport American Legion** will hold their annual Memorial Day program at noon outside Newport City Hall.

Guest speaker will be Cmdr. Andrew J. Norris, U.S. Coast Guard liaison to the International Law Department, Naval War College, and acting Coast Guard service adviser to the NWC president. As in past years, the Artillery Company of Newport, veterans organizations of Newport County, the Rogers High School Army Junior ROTC, city and legislative officials are expected.

— **Newport VFW Post** will lead a ceremony at 11 a.m. at Storer Park by the causeway to Goat Island, where flowers will be strewn in the water at the quay wall. The observance involves a short program of remarks, prayers and the singing of the hymns, *Nearer My God to Thee* and

God Bless America.

— **The National Moment of Remembrance** will be observed nationwide on Monday at 3 p.m. EST.

— **Cmdr. Glen D. Bourque, Executive Officer, NAVSTA Newport**, will speak at the Memorial Day ceremony in Amesbury, Mass., at 10:15 a.m., at Landry Field. The observance is sponsored by Veterans of Foreign War Richard F. O'Brien Post 2016, Amesbury, Mass.

— **Chaplain (Lt. j.g.) Matthew Westcott, Navy Operational Support Center, Newport**, will provide the invocation and benediction at the annual Memorial Day ceremony in Warren, R.I., at the town wharf at 7:45 a.m.; at the town common at 8:15 a.m.; and at the South Burial Ground at 9:15 a.m.

— **Marine Corps Detachment Newport** will provide a color guard for the annual Memorial Day parade in Fall River, Mass., at 2 p.m. The parade begins at Kennedy Park.

— **The Naval War College** will provide a color guard for the annual Memorial Day

parade in North Kingstown, R.I., at 10 a.m. the parade begins at Wilson Park.

— **Naval Health Clinic New England** will provide a color guard for the annual Memorial Day parade in South Kingstown, R.I., at 10 a.m. The parade starts at Holley Street.

— **Thirty-seventh annual Memorial Day exercises** will be held at the Rhode Island Veterans cemetery in Exeter on South County Trail at 1 p.m.

— **Officer Training Command Newport** will provide a marching unit for the Bristol Memorial Day parade, starting at the North Burial Ground at 9:30 a.m. It is sponsored by the Bristol Veterans Council.

— **The Miantonomi Memorial Tower**, which offers a commanding view of Aquidneck Island and Narragansett Bay, will be open to the public on Monday, May 30, from 1:30 to 3:30 p.m. Children should be escorted by parents, and comfortable shoes or sneakers are recommended to climb the stone tower.

Announcements

MWR announces hours for holiday

The following Morale, Welfare and Recreation Department facilities will observe their holiday hours of operation on Monday, May 30

Gym 109 will be open from 9 a.m. to 5 p.m.; Leisure Bay from 8 a.m. to 6 p.m.; Seaview Lanes Bowling Center from 1 to 8 p.m., Enlisted Club from 1 to 8 p.m., Liberty Center from noon to 8 p.m. and Marina and Sailing Center from 8 a.m. to a half an hour before sunset.

The following will be closed: The John F. Kennedy Child Development Center, School Age Care, Teen Center, MWR Administrative Offices, Auto Skills Center, Clinic Café, ITT Office, Hewitt Hall Café, Vet Clinic, Outdoor Recreation Rental, Pool 307, Officers' and CPO Club.

Let's curb alcohol

June 2 is National Alcohol Screening Day with the theme, "Right Spirit." The goal is to deglamorize alcohol use and to prevent alcohol abuse.

Prevention of alcohol abuse can save the Navy time and money through prevention of lost work days and could save a life.

To learn more about your personal alcohol use habits, take this anonymous online screening at <https://www.militarymentalhealth.org/Welcome.aspx>.

If you are active duty member and have concerns about your alcohol use, contact

your DAPA who can discuss your options, or refer you to a SARP program.

WAVES to honor Military Woman of the Year

Members of Waves National Unit 118 will honor the Rhode Island Military Woman of the Year for 2011 Musician 2nd Class Melinda Gaines, Navy Band Northeast at a luncheon being held on June 18 at a luncheon being held at the Officer's Club on June 18 at 11:30. For information call chairwoman, Luise White at (401) 231-0173.

OCS graduation today

Officer Candidate School Class 1111, Officer Training Command Newport, will hold graduation ceremonies today at 9 a.m. in Capt. Kay Hall.

CNO at graduation

The Naval War College will hold its annual graduation on Dewey Field, on Friday, June 10, 10 a.m. The guest speaker will be Adm. Gary Roughead, Chief of Naval Operations.

Contact 841-2220 for event details.

Boston Pops concert

BOSTON—Celebrate the United States Navy with a concert honoring America featuring the Boston Pops Orchestra, Navy Band Northeast, and special guest performers at Symphony Hall on Tuesday, June 14, 8 p.m.

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Fleet and Family Support Center

Volunteers aid in sexual assault cases

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

Sexual Assault Prevention and Response (SAPR) Advocate Training is being offered May 31 to June 3 from 8 a.m. to 4 p.m. 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; mandates that VAs, military and civilian, participate in a minimum of 20 hours of initial training and at least 15 hours annually thereafter.

Key VA responsibilities include: supporting the victim; providing crisis intervention, processing information and referrals; being available for

the installation watch bill at one week intervals; accompanying the victim through case disposition, (if the victim chooses); tracking whether monthly status updates are provided to the victim; and offering covered communication for restricted reporting.

The NAVSTA Newport Sexual Assault Response Coordinator (SARC) is Gloria Arteaga at (401) 841-4426.

Transition Assistance Management Program (TAMP)— This seminar is designed to assist service members leaving the military to prepare for transition to civilian life. It is scheduled for June 6-10, 8 a.m. to 4 p.m., at the Morale, Welfare and Recreation conference room, Building 656.

Information on veterans' benefits, health care options, job-search techniques, disability claims, and much more will be offered. Spouses are encouraged to attend.

Make a smooth move — Ease the stress and frustration associated with

the relocation of military families by attending the next Smooth Move workshop at the Fleet and Family Support Center. The workshop is scheduled for Tuesday, June 7, 9:30 to 10:30 a.m. Registration is required.

Exceptional Family Member Program Point of Contact Training — The Exceptional Family Member Program POC training will be conducted Wednesday, June 8, 9 to 11 a.m. at the Fleet and Family Support Center Conference Room. The training has been mandated by CNIC that each command on the base have an EFMP POC.

The training will highlight the EFMP history, program purpose and enrollment requirements, categories, procedures and the role of the command EFMP POC in this process. The main goal is to increase awareness and benefits of the Exceptional Family Member Program. For additional information or to register please call Lee Hardgrove, EFMP Liaison, NAVSTA, at 841-2148.

School Liaison Office

White House offers internship program

WASHINGTON—The White House has announced that applications are now being accepted for the prestigious White House Internship Program for spring 2012. This program is open to veterans of the Armed Forces through Sept. 11, 2011.

The spring term runs from Jan. 17 to May 4, 2012.

Interns will serve as part of the Obama Administration's White House staff and will gain a wide range of experience.

To learn more about this opportunity go to <http://www.whitehouse.gov/about/internships/apply> or call (617) 565-6769 for details.

Museums free to military

WASHINGTON—Service members and their families can visit a wide array of museums free of charge from Memorial Day through Labor Day, courtesy of the second annual Blue Star Museums program.

This year, more than 1,300 museums in all 50 states are taking part in the initiative. A listing of participating museums can be found at: <http://www.arts.gov/national/bluestarmuseums/index2011.php>

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Quick take

Name: Vickie Garrow
Job title: Site security manager
Command/Department: Personnel Support Detachment Newport
Home town: Mobile, Ala.
Most memorable career event: Helping a serviceman's widow discover her medical benefits.
Favorite duty station: San Diego, Calif.
Role model(s): Lucille Ball
Free time activities: Working out, walking and traveling.
Favorite book: Blink by Malcolm Gladwell
Favorite movie: *The Sound of Music*
Favorite TV show: *The Big Bang Theory*
Favorite sport: Deep sea fishing
Favorite team: Alabama Crimson Tide
Favorite local restaurant: The Moor-



ing, Bowen's Wharf
Favorite quote, motto or phrase: "I'd rather be fishing"
Long-term goal in life: Reside somewhere that's warm
If you could, what one thing would you add to NAVSTA Newport: H.U.M.A.N. healthy vending machines.

Special events

O'Club deck opening features food, music

All hands are welcome to join the Morale, Welfare and Recreation Dept. as it announces the annual Officers' Club Deck Opening Party on Friday, June 3, starting at 5:30 p.m.

In addition the Summer Concert Series will again feature live music and fresh seafood every Friday night at "Fish Fry-Days."

Kicking the series off will be Navy Band Northeast, playing a variety of soft and classic rock on June 3.

June 10, Becky Chace Duo, roots, folk and rock

June 17, The Big Payback, alternative rock, R&B and jazz

June 24, Gina Wesley and the Dreamcatcher, jazz, R&B

July 1, George Zecher, steel drum band

July 8, Pat Cottrell, acoustic rock

July 15, Cadillac Martini, blues and soul

July 22, To be determined

July 29, Jim Harvey, soft rock, oldies and R&B

Aug. 5, Occidental Gypsy, Gypsified pop

Aug. 12, Changes in Latitudes, a Jimmy Buffett tribute band

Aug. 19, Navy Band Northeast's Rhode Island Sound, soft and classic rock

Aug. 26, Chad Burdick, country

For more information, call the Officers Club at 841-1442.

Community yard sale slated for Carr Point

MIDDLETOWN—Morale, Welfare and Recreation announces the return of Junk in the Trunk, a Community Yard Sale at Carr Point Recreation Area on Saturday, June 4, from 8 a.m. to 2 p.m.

It is open to the general public and offers a great chance to clean out the house and make a few dollars at the same time.

Set-up starts at 7 a.m. and MWR will take care of the advertising. It's only \$10 to rent a space, and sellers can add a table and two chairs for additional \$3.

Sign up and pick your space at ITT office, Building 1255, or call 841-3116.

Dinner to honor crew of USS Rhode Island

The Friends of the USS Rhode Island will be hosting a dinner in honor of the captain and members of the Blue Crew on June 3 beginning at 6:15 p.m. at the Officers' Club, Naval Station Newport.

The USS Rhode Island (SSBN 740) is the 15th Trident Class Fleet Ballistic Submarine and the third U.S. naval ship to be named in honor of the 13th state of the union. Each year the association hosts visits by the crews to their namesake state where they participate in various activities at local schools and community events.

For more info about the association or to attend the dinner, call (401) 232-9544.

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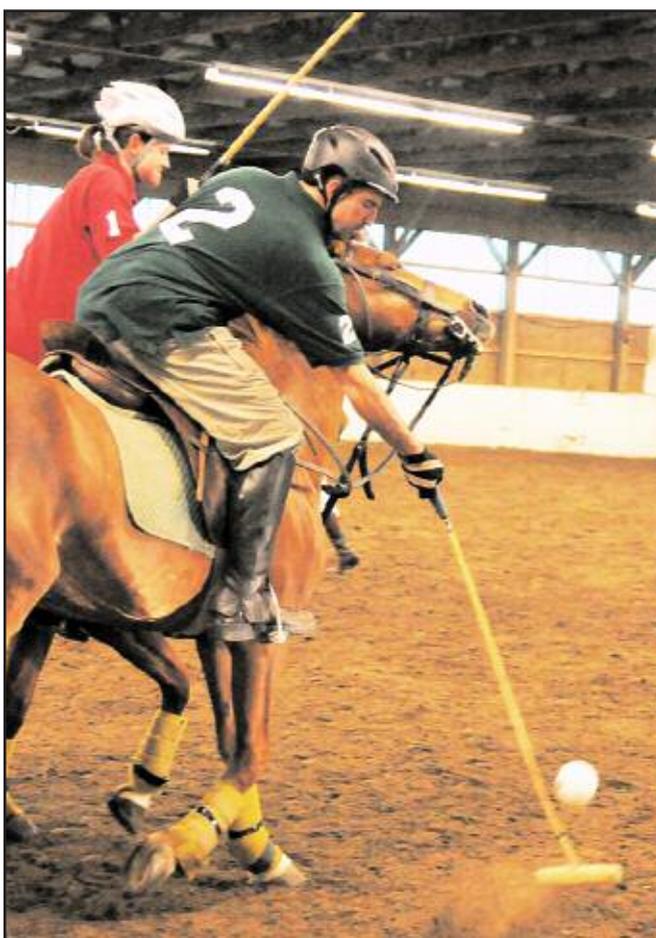
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THEY'RE OFF! Participants in the 2011 Spring edition of the Naval War College President's Cup competition step off the starting line in the 5K race near McCarty-Little Hall. The gold medal was awarded to the College of Naval Command & Staff/Naval Staff College.



LEFT: Polo players compete indoors at the Polo Fields in Portsmouth, with the Naval War College Staff & Faculty defeating the College of Naval Warfare/Naval Command College in the finals May 13. **ABOVE:** Unidentified soccer player competes at Naval Station Newport. The gold medal went to College of Naval Command & Staff/Naval Staff College.

PRESIDENT'S CUP 2011

Naval War College students, staff wrap up competition

By **LT. CMDR. D. DREESE**
Naval War College

The 2011 Spring Naval War College President's Cup took place during the week of May 9, culminating with the round of final events on May 13.

Competition included tennis, swimming, polo, soccer, golf and a 5K run. Teams for the individual events were fielded from the NWC Staff and Faculty; College of Naval Warfare/Naval Command College Class; and College of Naval Command & Staff/Naval Staff College

Class.

The tennis matches were held at Gaudet Middle School in Middletown. The CNC&S/NSC team won one of the tennis singles matches and the S&F team won the second singles match and the doubles match. The gold medal for tennis was awarded to S&F and the silver medal was awarded to the CNC&S/NSC team.

The swimming events were held at Pool 307. The CNC&S/NSC was awarded the gold medal for their overall performance while

CUP, Page 9



ABOVE: Swimmers dive off the starting blocks in Pool 307. The College of Naval Command & Staff/Naval Staff College was awarded the gold for overall performance. Air Force Maj. Jonathan McGowan was the top competitor, winning five individual and team events.



RIGHT: Tom Rosdahl helps his Staff & Faculty team win the gold medal as he tees-off at the North Kingstown Golf Club. S&F had a score of 61 (par is 70).



CONNECTING with a forehand is Capt. Tom Molenda, Staff & Faculty, at the Gaudet Middle School courts in Middletown. S&F was the gold medalist.

Cup

Continued from Page 8

the silver medal was awarded to the NWC Staff and Faculty and the bronze medal was awarded to the CNW/NCC team. The following are the winners of the individual events:

Combined 140 yd. freestyle, Maj. Jonathan McGowan (CNC&S/NSC)

Combined 70 yd. backstroke, Cmdr. David Polatty (NWC Staff & Faculty)

Combined 70 yd. breaststroke, Brian Shukan (CNW/NCC)

Combined 70 yd. butterfly, Maj. Jonathan McGowan (CNC&S/NSC)

70 yd. freestyle (men), Maj. Leslie Hauck III (CNC&S/NSC)

Combined 140 yd. individual medley, Maj. Jonathan McGowan (CNC&S/NSC)

280 yd. freestyle relay, Maj. Jonathan McGowan (CNC&S/NSC); Maj. Daniel Hendrix, Maj. Christopher Raines, Maj. Leslie Hauck III

280 yd. Medley Relay, Maj. Jonathan McGowan (CNC&S/NSC); Maj. Christopher Raines; Lt. Cmdr. James Hagan; Maj. Daniel Hendrix

The polo tournament was conducted May 11 and 13 at Glen Farm in Portsmouth between four teams: Staff and Faculty, CNW/NCC and two CNC&S/NSC teams. In the preliminary rounds on May 11, the NWC S&F team beat the second CNC&S/NSC team in a close match, and the CNW/NCC team beat the first CNC&S/NSC team.

The finals were held on May 13 with the first CNC&S/NSC team beating the second CNC&S/NSC team for the bronze medal. The NWC Staff and Faculty

team defeated the CNW/NCC team in a very competitive match to take the gold medal while the CNW/NCC team went home with the silver medal.

The soccer games were held throughout the week on Naval Station Newport consisting of games between the NWC Staff and Faculty team, CNW/NCC team and two CNC&S/NSC teams. The games were close with a strong showing from the NSC students. Ultimately, the CNCS/NSC team was awarded the gold medal with the NWC Staff and Faculty receiving the silver medal and the CNW/NCC team receiving the bronze medal.

The golf tournament was held at the North Kingstown Golf Club in North Kingstown. The tournament consisted of 10 three and four-man teams playing in a shotgun start, scramble format tournament.

The winners and recipients of the gold medal with a score of 61 (par 70) was the S&F team consisting of Cmdr. Bob Perry, Eugene

Augustine and Tom Rosdahl.

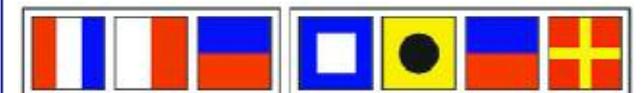
The silver medal team, with a score of 67, was the NWC Staff and Faculty team of Capt. Bill Nolan, Cmdr. Kyle Barrett and Cmdr. Dave Huntoon.

The bronze medal team, also with a score of 67, was the CNC&S/NSC team of Lt. Cmdr. Jonathan Vanecko, Lt. Doug Robb, Lt. Bill Sheridan and Maj. Matt Hover.

The 5K Run was conducted onboard Naval Station Newport with the start and finish adjacent to McCarty-Little Hall. The times for the top three finishers for the NWC Staff and Faculty, CNW/NCC and CNC&S/NSC teams were used to determine the winning team.

The gold medal was awarded to the CNC&S/NSC team, the silver medal was awarded to the CNW/NCC team and the bronze medal was awarded to the NWC Staff and Faculty team.

Individual medals were awarded for the first three finishers from each team.



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**NWC photos by
Lt. Cmdr. Douglas Dreese
and
MC1 Martin Wright**

Cmdr. Matt Graham, a Naval War College student, paces his son, Michael, 6, in the fourth annual America's Kids Pentathlon at McCool Track around Nimitz Field last Saturday.

Andrea Kinsella, CYP leader, photos



Kids have field day at 4th Pentathlon

The fourth annual America's Kids Pentathlon drew 55 participants last Saturday to the McCool Track at Nimitz Field, Naval Station Newport.

The Armed Forces Day event was open to children of active duty personnel, retirees, reservists, family members and DoD employees.

Children ages 5 through 12 competed in one or all five events: running, soccer shoot-out, obstacle course, throwing challenge and Frisbee toss.

Ages 5 and 6 ran a half-

mile; ages 7 and 8 ran a one-mile course; and ages 9 through 12 completed a two-mile course.

Children who complete all five events received a certificate of completion.

There were plenty of healthy refreshments provided by Balfour Beatty Communities, participant photos provided by Operation: Military Kids; and a free T-shirt for all children ages 5 through 12.

All families were entered to win an MWR bowling party.



Mrs. Nancy Sterling takes a cell phone photo of her son, Devon, 10, who rounds the track in the two-mile race. Devon's father is Army Sgt. 1st Class Everett Sterling, Fall River, Mass., Recruiting Station.

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Leisure

Bowling

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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.

May specials

Senior Sunday — Anyone 55 years old and older can bowl for just \$1 per person, per game; valid ID required.

Memorial Day Monday, May 30 — Bowl for \$2 per person, per game from 1 to 8 p.m.; and active duty military bowl for \$1 per person, per game from 11 a.m. to 5 p.m.

Take Time Tuesday Early Bird Special — Bowl for \$1 per person, per game from 11 a.m. to 2 p.m. Xtreme bowling \$3.50 per person, per game from 5 to 8 p.m.

June specials

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

Take time Tuesday — Bowl for \$1 per person, per game from 11 a.m. to 2 p.m. Xtreme bowling \$3.50 per person, per game from 5 to 8 p.m.

BOGO Wednesday — Bowl one game, get one

game free from 11 a.m. to 5 p.m. There is no open bowling during Wednesday nights due to league bowling. Call ahead to check availability at 841-4293.

3-2-1 Thursday — First game is \$3, second game is \$2, 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 for special pricing.

\$2 Friday — Bowl for just \$2 per person, per game from 11 a.m. to 10 p.m. Senior Sunday - Anyone 55 years old and older can bowl for just \$1 per person, per game; valid ID required.

If your interested in joining our summer league, please give us a call!

Looking for a fun and inexpensive way to have a get together with your friends? Call 841-2194 and ask about our \$10 bowling package which includes two games, shoes, pizza and soda.

Special fitness activities

(Gym 109, 841-3154)

• **Body-Wise Therapeutics** announces a spring special, It's Spring... Get out there!

From now until June 1, get a bonus 10 minutes of area specific massage added to you first booked

massage therapy session. Just mention this ad when you book your appointment. Appointments are available at Gym 109. Call (401)862-9043 today for details and to schedule an appointment.

• **Weight Lifting Essentials on Wednesday, June 8** at 5:30 p.m. Gym 109 is offering Weight Training Essentials the second Wednesday of the month.

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.

• **MWR Ride Nights on Wednesday, June 15 and 22** starting at 5 p.m. Bring your bike, helmet and ID and meet at Gym 109. We'll be biking for about 35 to 50 minutes, on and off base. This is a great way to get ready for the 3rd Annual Naval Station Sprint Triathlon on Sunday, July 31.

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.

The Liberty Center has eight computers and wireless Internet access, so bring your own laptop and log on anywhere in the building. Check out the billiards, foosball and ping-pong tables, three flat screen televisions for Xbox, Xbox 360,

This facility is alcohol-free and is only open to active duty military personnel and reservists who are single or unaccompanied.

May events

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

May 28 – Six Flags Trip, sign up at Liberty!

May 29 – MLB The Show

Tournament, prizes, 6 p.m.

May 30 – Ping-Pong Tournament with prizes, 6 p.m.

May 31 - Wii Sports Tournament, prizes, 6 p.m.

June events

June 1 – Billiards Tournament, prizes, 6 p.m.

June 2 – Guitar Hero Tournament, with prizes, 6 p.m.

June 3 – Texas Hold'em Tournament, prizes, 6 p.m.

June 4 – Free cookie day, while supplies last.

June 5 – MLB The Show Tournament, prizes, 6 p.m.

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

June 7 – Wii Sports Tournament, prizes, 6 p.m.

June 8 – Billiards Tournament, prizes, 6 p.m.

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Red Sox honor Wounded Warriors

RIGHT: Hospitalman Ryan Ferland, left, and Hospital Corpsman 2nd Class James Holbrook, both staff members at Naval Health Clinic New England, were honored by the Wounded Warrior Program and the Boston Red Sox Foundation last Sunday at Fenway Park in Boston.

Ferland and Holbrook, both Wounded Warriors, represented the Navy during the pre-game ceremony in honor of military personnel. Before the first pitch was thrown, they met and spoke with retired Gen. George W. Casey Jr., former Army Chief of Staff; Boston Red Sox players and coaches; and received autographed home plates on the field.

Earlier in the day a 9K road race was held to raise funds for medical research to benefit veterans and was sponsored by the Red Sox Foundation and Massachusetts General Hospital Home Base Program. Several NHCNE staff ran the race which contributed to the \$2.6 million raised from the event.

RIGHT: A close-up view of the Red Sox team signatures on the home plate.



Kathy MacKnight/U.S. Navy photos

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Let's stop for colors

Did you know that if you are driving through Naval Station Newport and hear the first notes of morning or evening colors that you are supposed to stop your vehicle?

Also, if you're outdoors and hear the notes, you should stop and face the music or nearest flagpole and render the appropriate honors.

Per U.S. Navy Regulations, Chapter 12, "the ceremonial hoisting and lowering of the national ensign at 8 a.m. and sunset at a naval command ashore or aboard a ship of the Navy not under way shall be known as morning and evening colors, respectively... "Attention" shall be sounded, followed by the playing of the National Anthem by the band (or onboard NAVSTA we use a loud speaker system mounted on buildings throughout the installation). At morning colors, the ensign shall be started up at the beginning of the music and hoisted smartly to the peak or truck. At evening colors, the ensign shall be started from the peak or truck at the beginning of the music and the lowering so regulated as to be completed at the last note. At the completion of the music, "Carry On" shall be sounded. During colors, vehicles within sight or hearing of the ceremony shall be stopped. Persons riding in such vehicles shall remain seated at attention."

Pollution prevention tip for the week...

Buy safer. When you shop, look for products with the Design for the Environment "Dfe" label. Products (such as all-purpose cleaners, laundry or dishwasher detergents) with the Dfe label don't have harmful chemicals.

Sports



Cmdr. Jim Toole/U.S. Navy photo

FEARSOME FOURSOME — Four lieutenants in the Surface Warfare Officers School Command's Department Head Class 212 pose after winning the scramble format spring Surface Navy Association Golf Tournament at Green Valley Golf Course in Portsmouth on May 18, beating 32 other teams with their 16-under par score. From left are Lts. Larry Ford, Shane Brewer, "JP" Jeanpierre and Dave Sandomir. In addition to the players assigned to commands at NAVSTA Newport and living in the community, there were seven teams representing the visiting frigate USS John L. Hall (FFG 32). The next SNA Golf Tournament will be this fall.



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The Aft Lookout



NWC Museum Archives photo

Military marches through Washington Square in the 1944 Memorial Day parade a week before D-Day. Originally called Decoration Day, it was officially proclaimed by Gen. John Logan, national commander of the Grand Army of the Republic (GAR), on May 5, 1868, and first observed on May 30 of that year with flowers being placed on the graves of Union and Confederate soldiers in Arlington National Cemetery. It is now celebrated on the last Monday in May as decreed by the National Holiday Act of 1971 to ensure a three-day weekend for federal holidays and a time for us to honor and remember the fallen.

Navy League

Continued from Page 2

worldwide organization with more than 50,000 members in 250 councils across the United States dedicated to educating citizens about the importance of sea power to U.S. national security and supporting the men and women of the sea services and their families.

"The Navy League here in Newport is always there supporting the base and honoring our Officer's and Sailors. We know they appreciate our service, not just through hosting this dinner, but by their presence at base events and wherever Sailors may be engaged in the community," said Capt. Joseph Voboril, Commanding Officer, Naval Station Newport.

The Newport Council was recognized as an Outstanding Council in 2010,

one of 14 worldwide to be so recognized. The Newport Council holds approximately 10 events each year in which it pays tribute to and honors local service men and women.

In addition to these events, it participates in more than 140 graduation and awards ceremonies annually at local Navy and Coast Guard commands. It sponsors the annual Junior Officer, Senior Enlisted and Junior Enlisted Service Member of the Year awards program for the Newport Naval Complex; and U.S. Coast Guard Officer and Enlisted Member of the Year program.

It also recognizes the distinguished graduates of the Officer Candidate School, Officer Development School, Naval Academy Preparatory School, Surface

Warfare Officer School, the Senior Enlisted Academy and the "Sailors of the Quarter" of the local Coast Guard cutters and stations.

Navy League also hosts annual picnics for the incoming international officers and their families attending the Naval Staff College and Naval Command College at the Naval War College.

"With such a brain trust of world influence on our Navy Base, it is a unique opportunity for the Newport Council to support and contribute to the Sea Services in their duties as defenders, disaster relief providers, peace-keepers and in keeping the sea lanes open, free and clear for commerce and trade," said Council President Anne Huot.

Risk

Continued from Page 2

Dominick Torchia. "Off duty recreation is really no different. It requires planning, from something as seemingly minor as wearing sun block, to ensuring vehicles are running properly and your trip is well planned out. These details could mean the difference between mitigating risk and suffering the consequences."

To help manage risk, NAVSAFECEN's summer campaign known as "Live to Play, Play to Live," reinforces positive things Sailors, Marines, and their families can do to have fun this summer. While most activities carry a certain amount of risk, that danger is usually easy to plan for and manage.

"Managing risk allows us to thoroughly enjoy the activities we participate in," Johnson said.

Ship

Continued from Page 3

"I feel extremely blessed to help those in need and those who are in a tough situation," said Hospital Corpsman 1st Class Leonard Small of Greensboro, Ala. "If we can enhance their environment in some way, it gives them the freedom to do other things," he said.

Operations Specialist 2nd Class George Cunningham of Birmingham, Ala., said the community service project at the women's homeless shelter gave him the opportunity to give back to the community.

"Alabama recently experienced tornadoes; this gave me an opportunity to help out those in need," he said.

Engineman 2nd Class Edward Cooper, of Anderson, S.C., and Boatswain's Mate 3rd Class Michael Horne of Darien, Ga., each have approximately 1,400 hours of community service logged since February 2010.

"This is our chance to help the local community," Horne said.

"We know there are unfortunate people in the local communities where the ship visits; and it's kind of heartbreaking to see them," Cooper said. It's nice to see the smile on their faces when we finish a project, he said.

"The local communities support the military; this is our way of saying 'thanks,'" said Chief Operations Specialist Earl Forbes, of Jacksonville, Fla.

Crew members received training at the Full Mission Bridge and Conning Officer Virtual Environment trainers at the Surface Warfare Officers School.

The ship also provided tours for members of the local Navy and Marine Corps Leagues, and members of the Middletown Police Department.

The ship departed May 23.

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1-800-781-9277 **Top Pay For Junk Cars and trucks.** Get from \$200 up to \$600. Free removal.

AUTO JUNK CARS Cash Paid \$250-\$650 Free towing. Same day pickup. 401-418-4521.

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GOLD'S AUTO RECYCLING State licensed. We buy junk/wrecked cars, trucks and vans. 401-846-0399.

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338-8950. All junk, appliance & debris removal. Basement cleanouts, demolition. Credit cards accepted. Low prices. **mr-trash-ri.com**

497-1282, **LOCAL CELL HAVE TRUCK WILL HAUL.** Junk, brush, construction debris. Local business w/local prices.

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401-432-5227. Full Landscape, stonewalls, driveways, patios, painting & more. **Free estimates.**

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WANTED TO BUY: Paying cash for old coins and gold & silver coins. Call 401-486-6530.

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SPARKLING WINDOWS. Will look like new, no job too big or too small. Fast service. 846-7855

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2 BDRMS., Cliff area. Hardwoods, fresh paint. \$1300 incl. heat & water. Call Edith, Remax 848-6750.

3 BDRMS, Newport, no laundry, no smoking/pets. Year lease, \$1200 + off street Parking Electric. 847-2221

720-Furnished Apartments

NEWPORT - 1 bdrm. W / parking, near waterfront. Private entrance. All utilities incl. \$1500 / mo. for long term. \$2500 / mo. for short term. 401-419-6434.

730-Houses for Rent

5 BDRM., 3 bath duplex, Newport. Garage, driveway, finished basement. \$2200 mo. 401-595-8872.

870-Houses for Sale



EQUAL HOUSING OPPORTUNITY

All real estate advertising in this newspaper is subject to the Federal Fair Housing Act of 1968, as amended, which makes it illegal to advertise "any preference, limitation, or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or an intention, to make any such preference, limitation, or discrimination."

This newspaper will not knowingly accept any advertising for real estate which is in violation of the law. Our readers are hereby informed that all dwellings advertising in this newspaper are available on an equal opportunity basis. To complain of discrimination, call HUD Toll-free at 1-800-669-9777. The Toll-free number for the hearing impaired is 1-800-927-9275. In R.I. contact:

R.I. Human Rights Commission - 1-277-2661

Dept. of Housing & Urban Development - 528-5351

890-Land

MATUNUCK. 2 acre lot, Sycamore Lane, cleared, have 3 bdrm. ISDS design or larger, power, mature landscaping, driveway, \$249,900. Shoreline Realty, 401-783-6688.

900-Mobile Homes

MIDDLETOWN: 1984, 1bed, 12'x32', many updates, shed incl, Park lease required, \$30,000. 401-683-0177 days & weekends 401-862-3327

907-Boats and Accessories



300 Lb. Re-eyed mushroom anchor \$100.00 Call 619-3139.

915-Autos for Sale

FORD EXPLORER '97: Good condition, power windows, navy blue. \$2250. Call 678-6671.

VW JETTA GL III 1995. Fair cond., needs work. Asking \$800, price negotiable. (401) 253-0322.

The Newport Daily News DELIVERS



4 LINES, 4 WEEKS ONLY \$86.50

To advertise your business or home service in The Newport Daily News and Mercury and The Navalog

CALL 849-3300

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

Fleet Week takes over in New York

NEW YORK – The Newport, R.I.-homeported Coast Guard cutter Willow (WLB 22) joined the Parade of Ships last Wednesday morning to kick off the 24th annual Fleet Week New York.

The amphibious transport dock USS New York (LPD 21) led the procession up the Hudson River on Manhattan's west side with honors being rendered with an 11-gun salute at Fort Hamilton.

Following in the procession were the Willow, the guided missile frigate USS Kauffman (FFG 59), the Coast Guard cutter Tampa (WMEC 902), the guided missile frigate USS John L. Hall (FFG 32) which was in Newport last week, the Coast Guard cutter Katherine Walker (WLM 552), the guided missile frigate USS Carr (FFG 52), and rounding up the parade the amphibious assault ship USS Iwo Jima (LHD 7).

There will be a weeklong celebration, with Navy and Marine Corps-related events and activities, band concerts, sports competition, culinary arts cookoffs, highlighted by Memorial Day commemoration aboard the aircraft carrier USS Intrepid Air, Sea and Space Museum.

Navy Band Northeast will be front and center with a performance tentatively scheduled on the *Today Show* on Saturday morning, May 28, and on *Fox & Friends* for May 30 (check local listings).

Director Dean Weidman and Meghan LaParle from Morale, Welfare and Recreation Dept. in Newport, and other personnel are also assisted with the celebration.

For a complete listing go to: <http://www.fleetweek-newyork.com/events.html>

Information, Tickets & Travel

See Taylor Swift at Gillette Stadium

Information, Tickets and Travel office has tickets to see Taylor Swift on Saturday, June 25, at Gillette Stadium in Foxboro, Mass. Tickets are \$90 each and located in Clubhouse seating. For more information, call 841-3116.



Walt Disney World military deal tickets at ITT

Get four theme parks for four says for only \$135.50 each. Up to six tickets may be purchased per valid ID card and are available to active duty personnel, retirees and spouses.

Tickets must be purchased and used by Sept. 30, 2012. Blackout dates are July 4 at Magic Kingdom only, Dec. 12 through 31 at all parks, July 4, 2012 all parks and April 1 through 12 all parks. Purchase your tickets at the ITT office in building 1255.

The ITT office is open Wednesday through Friday, 10 a.m. to 6 p.m. For information, call 841-3116.

Naval Station Newport Dining

Officers' Club, Building 95, 841-1442
Monday through Thursday, 11 a.m. to 10 p.m.
Friday, 11 a.m. to 11 p.m.
Saturday, 4 to 11 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 (NWC personnel only)
Monday through Thursday, 6:30 a.m. to 3 p.m.
Friday 6:30 a.m. to 2 p.m.
Closed on federal holidays.

Enjoy DELICIOUS right where you are
frappuccino[®]
blended beverage

Available at Leisure Bay Coffee Shop Building 1255 (401) 841-2088

CAMDEN YARDS BUS TRIP

Monday, July 18 - Wednesday, July 20
Boston Red Sox vs Baltimore Orioles

Round-trip transportation +
Tickets to Monday & Tuesday night games +
Two nights lodging at the Radisson Plaza
Lord Baltimore Hotel = A GREAT TRIP!

Double occupancy, per person \$300
Single occupancy, per person \$400

For more information, call ITT at 841-3116
or stop by Wednesday through Friday,
10 a.m. to 6 p.m.

Toss Up Tuesdays

Flip a coin at the end of your meal - call it correctly and receive 25% off your total food purchase. Valid through June 7, 2011.
Cannot be combined with any other discount or promotion.

Military Discount

20% Off Your Food Purchase
with a military ID
Cannot be combined with any other discount or promotion.

Awards

Editor's Choice,
Rhode Island Monthly,
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2nd Place Finish, Schweppes
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Featured on TV Diner with Billy Costa

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The Time You Call Is The Price You Pay.
Call at **4:02** large cheese pizza is \$4.02
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