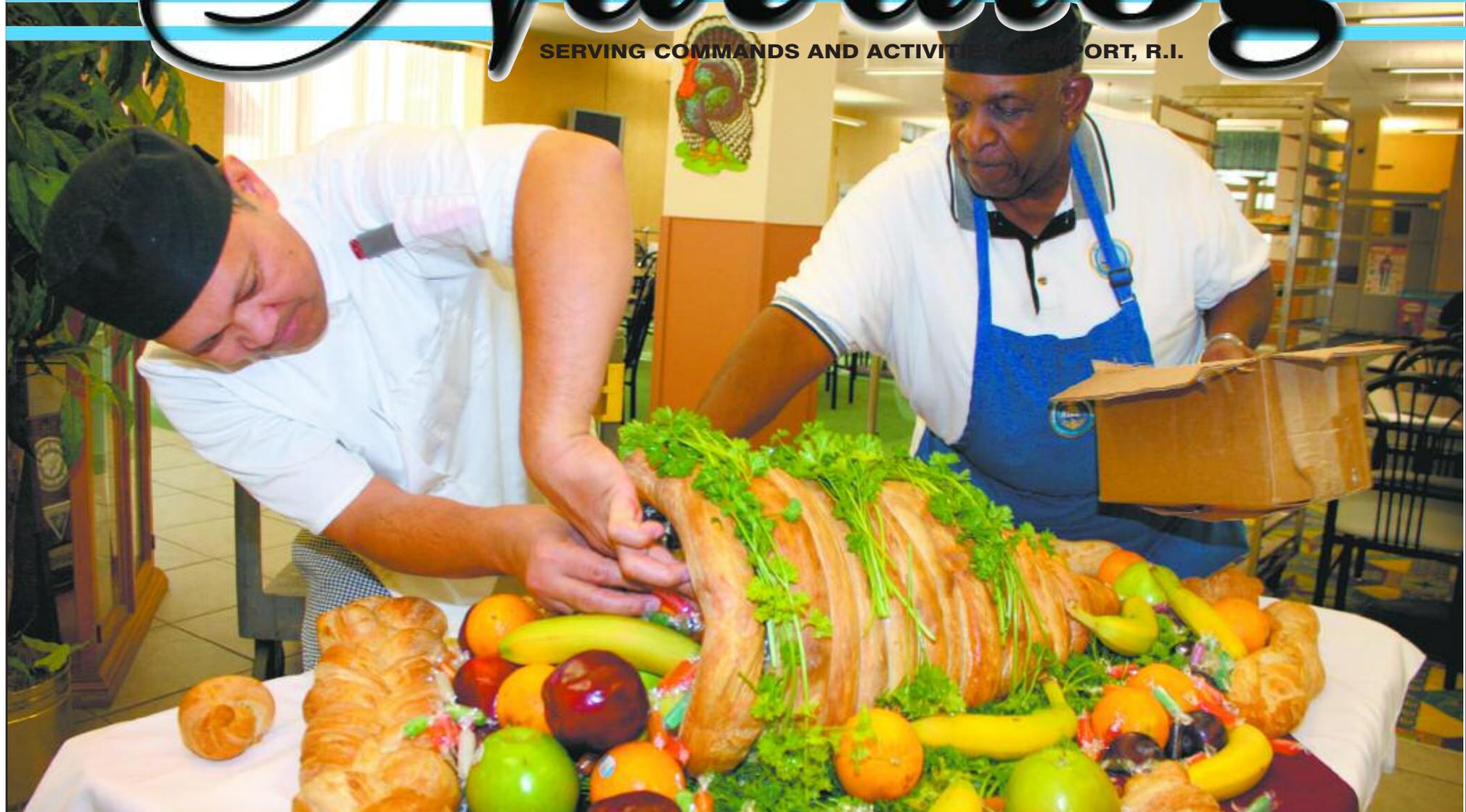


# The Newport Navallog

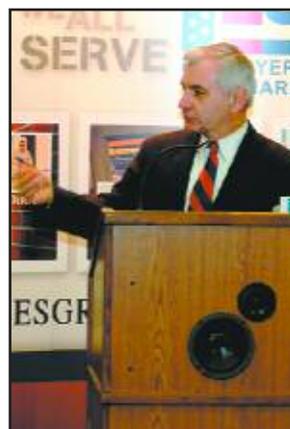
VOL. 110 NO. 46 NOVEMBER 25, 2011

SERVING COMMANDS AND ACTIVITIES NEWPORT, R.I.



Greg Kohlweiss/U.S. Navy photo

**THANKSGIVING BOUNTIFUL DELIGHT** – Cook Tito Villacorta, left, and work leader Dan Mulligan on Tuesday put the finishing touches on Naval Station Newport's Ney Hall pastry cornucopia stuffed with candy and fruit and displayed for the galley's traditional Thanksgiving holiday meal yesterday.



## Job fair helps jobless veterans

Sen. Jack Reed, D-R.I., opens the Hiring Our Heroes Rhode Island Job Fair this week at the R.I. National Guard Armory.

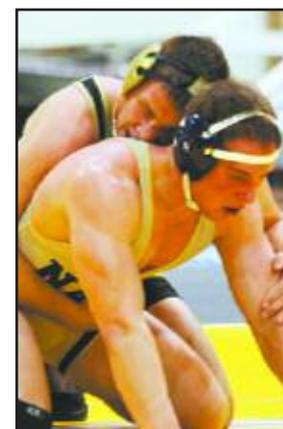
—Page 3



## Families enjoy holiday baskets

Volunteers pack and deliver 76 Thanksgiving food baskets for needy military families in the annual Caring and Sharing program.

—Page 8



## NAPS grapplers stun Army Prep

Naval Academy Prep School wrestling team celebrates a strong victory over the Military Academy Prep School at Gym 302.

—Page 12

# Navy League gets OTCN overview

By **LISA W. RAMA**  
NAVSTA Public Affairs Officer

The Navy League of the United States is an active supporter of the maritime services everywhere, but the local Newport County Council has an award-winning tradition of going one step further to educate the general population on the sea services and provide support to those serving.

The Navy League kicked off their Fall Guest Speaker Series last Tuesday at the Mainstay Inn in Newport. Capt. Kenneth Gray, commanding officer of Officer Training Command Newport (OTCN), spoke at the event attended by about 40 Navy League members and

their guests. Gray, a 1984 graduate of Officer Candidate School (OCS), assumed command of OTCN in June 2010.

OCS is probably the most well known of the schools located over in Training Country, but not the only one that falls under OTCN and its staff of 110 Navy and Marine Corps officers and enlisted, civilians and contractors. In addition to the 12-week OCS program that graduated 1,003 students in fiscal year 2011, OTCN is home to the Seaman to Admiral Twenty-One program (STA-21) which provides an opportunity for select enlisted men and women to become commissioned officers via an

eight week course called the Naval Science Institute.

OTCN is home to the Officer Development School (ODS) where newly commissioned specialists (doctors, dentists, various post graduate educated specialists) come to learn their new responsibilities as naval officers. Last year 1,100 students passed through the school on their way to the U.S. Fleet.

A fourth program at OTCN is the Direct Commission Officer Indoctrination Course which is designed to introduce newly commissioned Navy Reserve officers to their responsibilities as naval officers.

"I'm impressed and amazed by the students

who came through in that program," said Gray prior to relaying the story of the 60-year-old thoracic surgeon who recently graduated and left to serve with his unit overseas.

The fifth and final school is the Limited Duty Officer/Chief Warrant Officer School (LDO/CWO), a four week course designed to help new LDOs/CWOs transition from their previous enlisted ranks to their positions as naval officers. "I'm blessed with the staff I have at OTCN," said Gray, "This is probably the best job I have had in the Navy."

The goal of this new speaker series is to provide

LEAGUE, Page 14



Lisa Rama/U.S. Navy photo

**Capt. Ken Gray, commanding officer of Officer Training Command Newport, addresses the audience last week during the inaugural Newport County Council, Navy League's Fall 2011 Guest Speaker Series at the Mainstay Inn in Newport. Anne Huot, Navy League of Newport County president, listens at left.**



Greg Kohlweiss/U.S. Navy photo

**WELCOME TO NAVSTA — The Coast Guard cutter Tiger Shark (WPB 87359) arrives at Pier 2, Naval Station Newport, last Thursday from her berth at the Goat Island Marina. Financial savings and security concerns were the main drivers for the shift to Naval Station Newport. The commanding officer, Lt. j.g. Kyle Sweet, said, 'This move is great for the crew. Being collocated with so many Navy and Coast Guard assets is a huge benefit. Our cutter and crew will undoubtedly benefit from the resources of each, particularly in the engineering and logistics fields.' The ship's mission of the Tiger Shark includes search and rescue, marine resource enforcement, maritime law enforcement, and port, waterways, and coastal security.**

## Better listen to traffic judge

Naval Station (NAVSTA) Newport holds traffic court monthly at the Naval Justice School for all moving and non-moving vehicle infractions cited by the NAVSTA police.

Following is a summary of observations by Chief Legalman Lisa M. Vrtiska, NJS instructor and traffic court judge:

- Vehicles speeding out of Gate 23 (Naval Undersea Warfare Center Division, Newport) around lunch time and the end of the work day. Commuters need to be extremely cautious because there is no traffic light at the four-way intersection.

- Speeding across Toner Bridge. The speed limit is 20 mph, and violators are averaging 13-plus mph over the limit when stopped by police.

- Now that construction of the new Fitness Center has resumed on Coasters' Harbor Island, personnel must park only in author-



ized lots around the Surface Warfare Officers School Command. While there

was only one ticket handed out for this, the infractions are likely, especially after it snows and parking space lines become blurred.

Parking on the grass and in "Fire Lanes" is unauthorized.

- Motorists who fail to come to a complete stop at stop signs.

- Finally, while no one was ticketed for distracted driving, the "judge" regularly sees motorists talking on cell phones while driving onboard NAVSTA. It is unauthorized.

### Navalog

**Capt. Joseph P. Voboril**  
Commanding Officer, Naval Station Newport

**Lisa Rama**  
NAVSTA Public Affairs Officer

**Bob Krekorian**  
NAVSTA Public Affairs Staff

**Greg Kohlweiss**  
NAVSTA Public Affairs Staff

**Richard Alexander**  
NAVALOG Editor

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The Newport Navalog is printed on recycled paper.

**Quick take**

**Name:** Patricia F. Englefield  
**Job title:** Information receptionist  
**Command/Department:** Naval Health Clinic New England (NHCNE)  
**Home town:** Newport  
**Most memorable career event:** Working with the military



**Favorite duty station:** Newport

**Role model(s):** Mom, Dad, Pope John Paul II, Mother Theresa and Pope Benedict the 16th

**Free time activities:** Walking, swimming spending time with my husband, family, grandchildren and friends, going to Catholic Mass, attending the Community College of Rhode Island (CCRI)

**Favorite book:** *Bible*

**Favorite movie:** *Ben-Hur*; a 1959 American epic film, starring Charlton Heston.

**Favorite TV show:** *EWTN network*

**Favorite sport:** Hockey

**Favorite professional team:** Washington Redskins

**Secret to success:** Helping others

**Favorite local restaurant:** Mama Leone's

**Something I've always wanted to do or be:** A nurse

**Favorite quote, motto or phrase:** *The Golden Rule*

**Long-term goal in life:** To be a good wife, mother, grandmother, friend and neighbor. To love and serve God.

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



Lisa Rama/U.S. Navy photo

**PRESSING JOBS FOR VETERANS — Sen. Jack Reed, D-R.I., addresses employers at the Hiring Our Heroes Rhode Island Job Fair last Monday at the R.I. National Guard Armory in Warwick. Sen. Sheldon Whitehouse, D-R.I., and Rep. David Cicilline, D-R.I., also attended to support the more than 110 registered veterans who attended the networking event.**

# Hiring Our Heroes RI draws crowd

WARWICK – In line with the U.S. Chamber of Commerce’s goal to hold 100 job fairs in 2011 specifically targeting unemployed veterans, the 67th fair was held last Monday at the R.I. National Guard Armory.

The Hiring Our Heroes Rhode Island Job Fair drew 47 employers representing companies or industries in real estate, aviation, insurance, sales, retail, hi-tech and more. Maj. Gen. Kevin McBride, the state Adjutant General and the host of the event, welcomed the atten-

dees shortly after 9 a.m.

“The statistics for unemployed veterans are much higher than the national average,” he said. “We often see returning reserves and guardsmen so concerned about being unemployed that they re-enlist and volunteer to serve overseas in order to feed their families.”

Sen. Jack Reed, D-R.I., himself an Army veteran of the Vietnam War, specifically addressed the employers in the room.

“This is a critical moment. We’ve got great

veterans that will serve you well through their skills and their character,” he said. “How do we really thank these men and women (for their service to us)? Let’s give them a job when they get home.”

There are many initiatives underway to help veterans find employment outside of their military service. In Rhode Island, the Department of Labor and Training ([www.dlt.state.ri.us](http://www.dlt.state.ri.us)) has programs available to assist veterans.

Congress recently passed

a veterans jobs bill that provides incentives for employers to hire veterans.

The legislation provides businesses that hire unemployed veterans with a tax credit of up to \$5,600 per veteran. It also offers companies that hire veterans with service-connected disabilities a tax credit of up to \$9,600 per veteran.

Veterans are also reminded that they have hiring preference if seeking employment with the U.S. government ([www.usajobs.gov](http://www.usajobs.gov)).

**HEROES, Page 14**

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**FAIR WINDS, FOLLOWING SEAS — Sideboys pipe ashore Command Master Chief (SW) Mark Fiorey and family during a retirement ceremony held Nov. 18 at the Naval War College's Mahan Rotunda. The ceremony marked 30 years of service for Fiorey, who most recently served as the Senior Enlisted Academy's deputy director.**

# College of Naval Warfare graduates 33 in ceremony

By **JAMES E. BROOKS**  
NWC Public Affairs Staff

Thirty-three College of Naval Warfare (CNW) graduates received their master of arts degree during commencement exercises at the Naval War College (NWC) Nov. 16.

Professor John Maurer, chairman of NWC's Strategy and Policy Department, delivered the graduation address. In it, he told graduates the heavy coursework is a necessary part of developing future leaders here.

"At times, you must have felt like we were overloading you," said Maurer. "I have read the course critiques so I know about how

many of you feel about the workload. And, you would have been correct because we did aim to overload you because the world outside the walls of the College is unforgiving to those who do not and cannot rise to the challenge of seeking out information of value in the making of decisions."

The senior-level curriculum at NWC prepares students to broaden their perspectives and prepare themselves to assume key positions of command and staff and to build an intellectual foundation for future assignments as flag and general officers. The 33 graduates were phased in during last academic year's second

semester. They completed graduate courses in NWC's three academic departments: Joint Military Operations, Strategy and Policy, and National Security Affairs. Their studies were also complemented by an electives program that provided opportunities to explore subjects not included in the core curriculum or to investigate in greater detail specific elements of the core curriculum.

Navy Capt. Jeff Simpson said his year in Newport was truly valuable.

"I learned to think in a bigger picture," said Simpson. "Many of us came from ships, squadrons, sub-

**CNW, Page 14**



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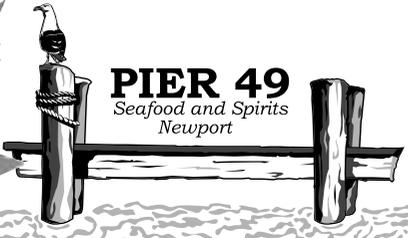
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## Special events

### Try turkey leftovers today

Thanksgiving leftovers are the best part of yesterday's holiday, so stop by Topside at the Officers' Club today from 11 a.m. to 3 p.m. for turkey leftovers and all the usual side dishes for just \$8 per person. The regular lunch menu will not be available. For more information, call 841-1442.

### MWR offers Newport overview

Are you new to the area or just wondering what Newport has to offer? Morale, Welfare and Recreation (MWR) Department has you covered at the Passport to Newport.

Come to the Officers' Club on Wednesday, Nov. 30, from 11 a.m. to 2 p.m., and meet representatives from MWR and base facilities, local businesses and area schools. The event is free to attend for anyone who has base access.

There will be food and drinks available, plus an arts and crafts area for children. For more information, call MWR Special Events at 841-3116.

### Talking about revolution

Dr. Stanley Carpenter of the Naval War College will complete the final program of his history series with, "The Southern Gambit: the Road to Yorktown 1778-81," at the South Kingstown Public Library, Wednesday, Nov. 30, from 7:30 to 9 p.m.

The lecture is free and open to the public.

For information or to register, contact Jean Burditt at [jburditt@skpl.org](mailto:jburditt@skpl.org)

### Native American fare on menu

Ney Hall galley will serve a special Native American heritage meal, Wednesday, Nov. 30, from 11 a.m. to 1 p.m.

The menu consists of green potato soup, duck, roast beef, baked salmon with lemon dill sauce, baked acorn squash with apples, baked potatoes, herbed wild rice, Indian vegetables, Mohawk corn, corn bread, assorted breads, assorted desserts, fruit bar, salad bar and beverages.

The special meal is open to all military and retired personnel, Department of Defense personnel and civilian contractors who work on base. Call 841-1083 for infor-

mation.

### Christmas season to open

The annual month-long Christmas in Newport program opens Thursday, Dec. 1 at 6 p.m., at Washington Square.

There will be a proclamation from the mayor of Newport, tree lighting, a cannon salute by the Artillery Company of Newport, and Christmas carols by the Thompson Middle School choir. The event is free.

Christmas events are scheduled through Dec 31. Call 849-6454 or visit [www.christmasinnewport.org](http://www.christmasinnewport.org)

### Upcoming events:

**Dec. 2** – Lafayette Band of North Kingstown will present a free concert at the Wickford Festival of Lights, First Baptist Church, 34 Main St., at 7:15 p.m. For more information, visit the Lafayette Band's web site: [www.Lafayette-Band.com](http://www.Lafayette-Band.com) or call (401) 295-4366.

**Dec. 3** – Christmas Shoppe opens at the Rhode Island Veterans Home, Bristol. "Elves" are needed to help veterans make gift selections and wrap presents. Call 683-6148 or [www.americanlegionpost18ri.homestead.com](http://www.americanlegionpost18ri.homestead.com) for information.

**Dec. 4** – There will be an electrical outage at Naval Station Newport from 7 to 11 a.m. to perform maintenance work on electrical equipment on board the installation. The work will result in telephone outages around the base and everyone should plan accordingly. Call 841-3841 for information.

**Dec. 7** – 70th anniversary of the Japanese attack on Pearl Harbor, Hawaii.

**Dec. 7** – Rhode Island United Veterans Council observance of Pearl Harbor Remembrance Day will be at 1:30 p.m. at the Rhode Island State House, second floor. The ceremony will include the honoring of all Pearl Harbor survivors and World War II veterans.

**Dec. 8** – Author Kevin McCranie will present his book, *Utmost Gallantry*, at the Naval War College Museum's Eight Bells Lecture Series at noon. The non-fiction work focuses on the oceanic war with Great Britain during the War of 1812.

The next Eight Bells Lec-

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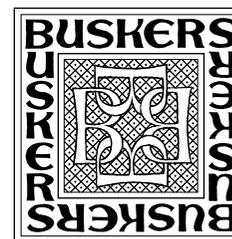
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**EDITOR'S NOTE:** Some of the Fleet and Family Support Center workshops and meetings require registration. Call 841-2283.

## Let's address challenges of step children and family

The Fleet and Family Support Center workshop, "Blended Families," is scheduled for Monday, Nov. 28, from 2 to 4 p.m. It is designed to empower the step couple.

Discussions will include meeting the challenges of past, present, and future family life as a new couple, as well as developing your unique family set of expectations, boundaries, goals and style. Registration is required.

### Upcoming workshops offered:

"Care, Commitment and Relationship Enhancement" This workshop is being held at the Fleet and Family Support Center (FFSC).

— Tuesday, Nov. 29, and Tuesday, Dec. 6 and 13, from 3-5 p.m.

"Caught in the Web, Disconnect Your Unhealthy Relationship,"

— Wednesday, Nov. 30, from 1-3 p.m.

"Stress Management"

— Thursday, Dec. 1, from 1 to 3 p.m.

**Transition Assistance Management Program (TAMP)**

— Dec. 5-9, 8 a.m. to 4 p.m., at the Morale, Welfare and Recreation conference room, Building 656. Spouses are encouraged to attend.

## Announcements

### ID cards issued for ODS only

The DEERS/ID Card section in Building 690, Naval Station Newport, will serve Officer Development School (ODS) students only, Nov. 28-29, and Dec. 2, from 3-4 p.m. Please plan accordingly.

NOTE: There is a new appointment scheduler website at <https://rapids-appointments.dmdc.osd.mil>.

For more information call 841-3021.

### NHCNE weekend hours posted

Naval Health Clinic New England today and Saturday, Nov. 26, will accept acute appointments only. Normal operations resume on Monday, Nov. 28.

### NEX posts holiday hours

The Navy Exchange has announced its holiday hours from Thanksgiving through December.

- Today "Black Friday" — Main store, 4 a.m. to 10 p.m.; Package Store/Wine and Spirits Shop, 9 a.m. to 6 p.m.
- Saturday, Nov. 26 - Main Store: 7 a.m. to 9 a.m.
- Every Sunday from Nov. 27 through Dec. 18 — Main Store and Package Store, 9 a.m. to 7 p.m.
- Every Monday-Friday from Nov. 28 through Dec. 16 — Main Store and Package Store, 9 a.m. to 8 p.m.
- Saturdays, Dec. 3, 10 and 17 — the Main Store and Package Store, 8 a.m. to 8 p.m.

### Essay contest invites teens

The Fleet Reserve Association (FRA) is sponsoring the FRA 2011-2012 Essay Contest with a grand prize of \$10,000 savings bond. Students in Grade 7 through 12 are invited to write an essay of 350 words or less on "What Freedom of Speech Means to Me." There will be 18 national, regional and local prizes awarded. Essays are due by Dec. 1.

Go to: [www.fra.org/essay](http://www.fra.org/essay) or call (401) 932-2396. Send the essay cover sheet and essay to David Kerwood, 132 Lantern Lane, North Kingstown, R.I. 02852

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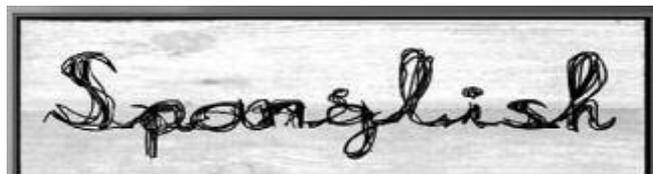
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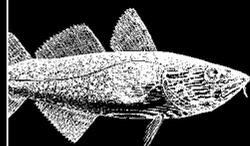
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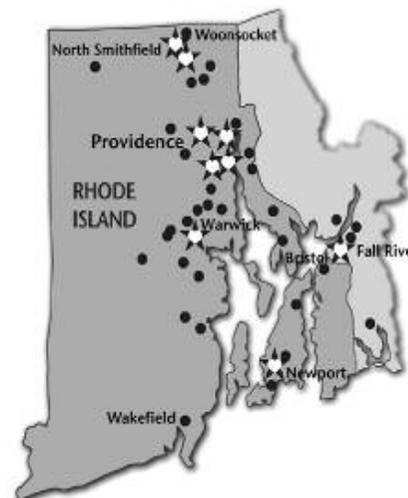
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# 76 holiday food baskets delivered

By **GREG KOHLWEISS**  
NAVSTA Public Affairs Staff

Naval Station (NAVSTA) Newport command and tenant representatives came together for the annual Caring and Sharing Thanksgiving food basket program to support 76 military and Department of Defense families in need yesterday.

The food baskets were filled by volunteers on Monday at the Chapel of Hope.

Food baskets were assembled and distributed to military and civilian families whose names were submitted to the Chapel of Hope by their commands.

Recipients received assistance of nonperishable groceries and canned goods from collection boxes around the naval complex since Nov. 1, and a frozen turkey.

The food collected was delivered over the days before the holiday.

The Caring and Sharing program will resume through Monday, Dec. 19, to help needy military families with Christmas. Collection boxes are located around the base.

For a complete list of locations call 841-2234.



Greg Kohlweiss/U.S. Navy photo

**Active duty enlisted show some of the 76 frozen turkeys from the Newport Commissary which were added to Caring and Sharing Thanksgiving food baskets last Monday at the Chapel of Hope. From left are Chief Culinary Specialist Jon Komorek, Culinary Specialist 1st Class Stephanie Ricci, Culinary Specialist 3rd Class Gregory Crisafulli and Boatswain's Mate 2nd Class Christopher Olschenski.**



**LEFT: Chief Hospital Corpsman William Montoya of Naval Health Clinic New England loads food baskets aboard a pickup outside the Chapel of Hope.**

# 17 partner nations discuss issues of maritime concern

MANAMA, Bahrain — Commander, U.S. Naval Forces Central Command (NAVCENT) hosted the Naval War College's Combined Force Maritime Component Commander (CFMCC) Course for senior international military officers at Naval Support Activity, Bahrain, Nov. 13-17.

The CFMCC offers a broad perspective of operational and strategic levels of war, while fostering relationships between international maritime leaders and preparing them for theater-level leadership.

"The CFMCC course provides a venue to enhance cooperation and interoperability with partner nations, friends and allies," said Vice Adm. Mark Fox, conference host and Commander, U.S. Navy Forces Central Command/U.S. Fifth Fleet.

"Strengthening cooperative relationships is critical to safeguarding the region's vital waterways, protecting the free flow of commerce, and supporting security and stability in the region."

The course consisted of a series of seminars and discussions and brought together 33 officers and officials from 17 nations including Australia, Bahrain, Denmark, France, Germany, Jordan, Kuwait, Lebanon, Malaysia, New Zealand, Pakistan, Saudi Arabia, Singapore, Thailand, United Kingdom, United States, and Yemen.

Brig. Gen. Fouad Basuleiman, deputy chairman, Yemen Coast Guard described the course as very beneficial.

"It allows participants to share experiences and learn about our coast guard and operating area. The Yemen coast guard will be better, thanks to this course."

The course also served as a forum to deepen relationships among nations in the framework of regional challenges, and to evolve combined maritime command and control concepts and mechanisms, while advancing understanding of security issues faced by participating

**MARITIME, Page 14**



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# Navy Band recognized for community outreach



NUWC Division Newport photo

Naval Facilities Engineering Command Newport employees, from left, Karen Sampson and Stephanie Smyth, both acquisition contract specialists; and Lt. Cmdr. Jeff Richer, director of Facilities Engineering and Acquisition Division (FEAD), Public Works Newport, were presented awards by Joseph J. McGrenra, right, NAVFAC Midlant Deputy for Small Business, during a break at the small business outreach event last week in Building 80. The FEAD team earned recognition for its success in 2009 promoting small business achievements by Women Owned Small Businesses; Small Disadvantaged Businesses; Service Disabled Veteran Owned Small Businesses; and achieving its Small Business Goal.

Navy Band Northeast was recognized with an Honorable Mention in the Small Shore Installation Category (fewer than 200 command personnel) by the Chief of Naval Operations for its outstanding community relations (COMREL) program under the Navy's Community Service Program.

Award winners for the 2011 Personal Excellence Partnership (PEP) Flagship program were announced, Nov. 15, in NAVADMIN 345/11.

The PEP program focuses on improving scholastic achievement in which Navy personnel (including civilians) volunteer their time toward tutoring and mentoring youth in reading, writing, mathematics, science, health, and personal safety.

The goal of the band's PEP program is to educate students in Northeast area schools in instrumental and chorale music and to provide professional assistance to school music educators while representing the Navy as a valuable edu-

**'For some of these public schools that are experiencing budget constraints, clinics given by Navy musicians may be the only music education the students will receive for that academic year.'**

—Lt. j.g. Scott Mythen  
NBNE director

cational resource.

The band's music education outreach program impacted more than 22,000 students during 80 performances in elementary, middle school, and high schools in Rhode Island, Massachusetts, New York, Connecticut, and Maine, from July 1, 2010, to last June 30. The band dedicated 320 hours to the project.

"For some of these public schools that are experiencing budget constraints, clinics given by Navy musicians may be the only music education the students will receive for that academic

year," said Lt.j.g. Scott Mythen, band director.

In October 2011, the band was selected as the Commander, Navy Region Mid-Atlantic (CNRMA) regional winner, Small Shore Installation category, for the PEP COMREL program for 2011.

In a ceremony, Nov. 21, the CNRMA award was presented to the band by Rear Adm. John Christenson, President, Naval War College.

All of the band's performing groups, comprised of approximately 35 musicians, participated in the school music partnership program.

The in-school music clinics consisted of a playing demonstration followed by a discussion about the music instruments. Navy musicians also participated with school band and chorus members in rehearsals.

The Navy Community Service of the Year Award Program recognizes outstanding community service each year by Navy volunteers for projects that are considered command-sponsored.

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**Officers' Club, Building 95, 841-1442**  
 Monday through Thursday, 11 a.m. to 9 p.m.  
 Friday, 11 a.m. to 10 p.m.  
 Saturday, 4 to 10 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.  
 Sunday, 1 to 8 p.m.  
 and Holidays, Noon to 6 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.  
 Sunday, 1 to 8 p.m.  
 and Holidays, noon to 6 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.

**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.



**Passport to Newport**  
 Wednesday, November 30  
**Officers' Club Grand Ballroom**  
 11 a.m. to 2 p.m.

**New to the area... or just wondering what Newport has to offer?**

**This event will have information to help!**

**On site will be:**

- MWR & base facilities
- Local businesses
- Area schools
- Arts & crafts for kids
- Food & drinks will be available
- FREE to attend to anyone who has base access

**For details, call 841-3127.**

## Joggers, cyclists: Be seen!

Be safe; be seen!  
 Runners and cyclists are reminded to wear reflective clothing when exercising on streets shared with vehicles. There have been reports of near accidents concerning joggers along Defense Highway during peak commuter hours, and around dusk.

Drivers are reminded to use caution and adhere to all speed limits while driving on and off of the installation.

The Navy Exchange Main Store sells reflective arm-bands for \$2.99, vests for \$6.99, safety vests for \$7.69, and reflective belts for \$11.99. The NEX Uniform Store has PT gear with reflective letters.



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**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 yoga, step, cycling, Zumba and Navy Operational Fitness & Fueling Series (NOFFS). NOFFS goes though the NOFFS

card series on the direction of Navy fitness-function. The core work is great and the agility and speed work fun.

Classes are taught at Gym 109 as early as 5:30 a.m. and as late as 6:30 p.m., and there are classes 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 civilians.

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 e-mail, surf the web, play games - all at no charge. 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 Thursday, 11 a.m. to 8 p.m.; Fri-

day 11 a.m. to 10 p.m.; Saturday, 1 to 11 p.m.; Sunday, 1 to 8 p.m.; and federal holidays noon to 6 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 **LEISURE, Page 13**



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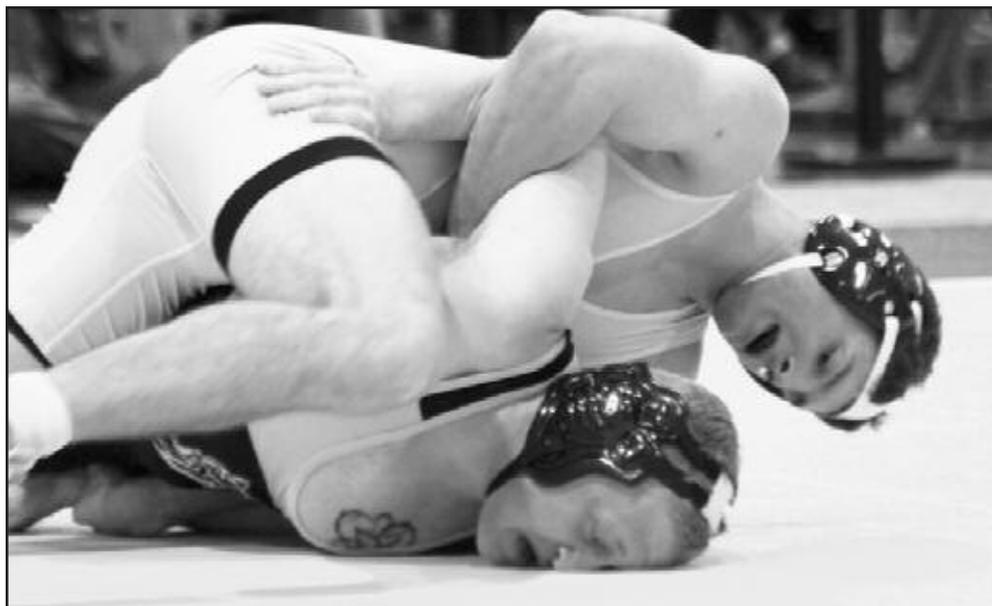
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Jon Dillworth/MWR photo

Naval Academy Prep School midshipman candidate Stout Watson, at 174 pounds, gets the upper hand in his match against Military Academy Prep School cadet candidate Jessie Lass last Saturday at Gym 302. NAPS won the classic dual meet.

## Sports

# NAPS wrestling squad takes Army Prep to mat

NAPS Public Affairs Staff

Despite giving up 18 points in forfeits, the Naval Academy Prep School (NAPS) wrestling team managed to finish with the most lopsided and dominant win against the Military Academy Prep School in NAPS history, 32-22, last Saturday in Gym 302.

Out of the seven matches actually wrestled, the Rams went 6-1 and won by a pin/technical fall in five of

the wins.

Navy's Midshipman Candidate Matt Miller, at 184 pounds, pinned West Point Prep's Cadet Candidate Travis Mallo in the second period, despite losing to Mallo at the East Stroudsburg University Wrestling Open on Nov. 12 in East Stroudsburg, Pa. Both Miller and Mallo come from very accomplished high school backgrounds.

"It's great to see two elite wrestlers having the oppor-

tunity to battle each other week after week; the fans will certainly be entertained," said Coach Grimes. The NAPS roster consists mostly of high school state champions and nationally-ranked wrestlers.

"These young men not only have the talent but the attitude of a champion that will elevate them to the top in whatever they do," Grimes said.

**WRESTLING, Page 14**

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Sunday Services - 7:45 AM & 10:30 AM Protestant Service  
 9:00 AM Roman Catholic Mass  
 NOTE: The Roman Catholic Mass will not be held on Dec. 4. Chaplain (LT) Matthew Westcott will instead offer Mass at 4 p.m. on Dec. 3.

## Leisure

Continued from Page 11

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

### November events

**Monday:** Active duty military bowl for \$1 per game, 11 a.m. to 5 p.m.

**Tuesday:** Bowl for \$1 per game, 11 a.m. to 2 p.m. Winter League 6 p.m.

**Wednesday:** Bowl one game, get one game free 11 a.m. to 5 p.m. Winter league 6 p.m.

**Thursday:** First game is \$3, second game is \$2, third game is \$1. All three games must be bowled at one time for special pricing 11 a.m. to 8 p.m.

**Friday:** Bowl for \$2 per game, 11 a.m. to 5 p.m. Winter league starts at 6 p.m. every Friday! Winter league is a 6 p.m.

**Sunday:** Wear your favorite team's football jersey

and bowl for half price. Anyone 55 years old or older bowls for just \$1 per game valid ID required.

### Special fitness activities

(Gym 109, 841-3154)

• **BOSU Balance Squat Competition on Monday, Dec. 5 from 6 a.m. to 7 p.m.**

How strong are you inside? Do you have the inner strength to battle your competitors and win the BOSU balance squat competition?

If the answer is yes, then go to Gym 109 and register for this competition! For more information, call 841-3154.

• **Jingle Bell Jog/Marine Corps Reserves Toys for Tots will be Wednesday, Dec. 7 at noon.** Jingle bells, jingle bells, jingle all the way, oh what fun it is to run

with MWR on this day!

All hands are welcome to compete in a 3-mile run or 1.5-mile walk starting at Gym 109. Prizes will be awarded and refreshments will be served to participants after the race.

There will be a voluntary Toys for Tots collection box at the start.

For more information, call 841-3154.

• **Portion Distortion Nutrition Information on Wednesday, Dec. 14 at Gym 109.**

Did you know the average portion size has grown over the past 20 years? Sometimes the plate arrives and there's enough food for two or even three people on it.

Stop by Gym 109 and see informational display about proper serving and portion sizes. For more information, call 841-3154.

### 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.; Sunday, noon to 8 p.m.; and holidays noon to 6 p.m.

#### November events

Tonight- Texas Hold'em Tournament, prizes, 6 p.m.

Nov. 26 - Newport Holiday Lantern Tour, sign up early!

Nov. 27 - MLB The Show Tournament, prizes, 6 p.m. NFL Sunday Ticket!

Nov. 28 - Ping-Pong Tournament with prizes, 6 p.m.

Nov. 29 - Wii Sports Tournament, prizes, 6 p.m.

Nov. 30 - Billiards Tournament, prizes, 6 p.m.

#### December events

Dec. 1 - Free gift wrapping for Liberty patrons.

Dec. 2 - Texas Hold'em Tournament, prizes, 6 p.m.

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<b>W</b>	½ PRICE GRILLED PIZZAS 6-10 p.m. Karaoke at 9:00 p.m. No experience necessary!
<b>Th</b>	<b>DJ Curfew - 10:00 to 12:45</b>
<b>F</b>	<b>LIVE BAND</b> JOHN ERIKSON ~ NO COVER
<b>Sa</b>	<b>DJ Curfew - 10:00 to 12:45</b>
<b>Su</b>	½ PRICE GRILLED PIZZAS 6-10 p.m. Acoustic set ~ JOHN ERIKSON ~ 10 p.m. to close

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Greg Kohlweiss/U.S. Navy photo

The 200-foot tall meteorological tower (met tower) east of Bishop's Rock, Coddington Point, is lowered by WPCS International Inc. workers last Friday after measuring wind speed, vertical wind sheer, and wind speed frequency since July 2009. The data collected from the tower will factor into the ongoing Naval Station Newport Environmental Assessment on the feasibility of wind turbines to generate electricity. Over the last 18 months, the average wind speed registered 15.5 mph. The met tower installation was sponsored by the Naval Facilities Engineering Service Center (NFESC) and implemented by the National Renewable Energy Laboratory (NREL). The wind resource study concluded that, 'overall, the wind resource at the selected sites at NAVSTA Newport is sufficient for a wind turbine project.'

## League

Continued from Page 2

Navy League members and their guests opportunities to interact with leaders and learn first-hand about the programs, projects, initiatives and methods being used by maritime professionals right here in the local community. For more information about the Navy League go to [www.newportnavyleague.us](http://www.newportnavyleague.us)

## Heroes

Continued from Page 3

gov). Veterans unable to attend the job fair this week who would like more information on veteran employment opportunities, should check these websites.

Military retirees who are unemployed are welcome to stop by the Naval Station Newport Fleet and Family Support Center for resume and job search assistance.

Call 841-2234.

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### \* \* \* \*

**PAYROLL CLERK** – Heatherwood Nursing & Rehab in Newport is currently hiring for a part time position to process weekly payroll & related duties. Resumes may be forward to [donna@heatherwoodnursing.com](mailto:donna@heatherwoodnursing.com)

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## Maritime

Continued from Page 8

ing nations.

"It was very good to hear the problems and difficulties to execute our mission on the sea and to exchange ideas for solving those problems," said Rear Adm. Nazih Baroudi, commander, Lebanese Armed Forces – Navy.

Experienced subject matter experts served as session instructors to develop perspectives necessary to effectively employ naval forces in a joint, coalition, or interagency environment. The course provided a forum for open discussion of issues to facilitate a better understanding of the various perspectives involved in a combined force.

"The course was very great as it made people

think about the importance of information sharing among nations," said Col. Hani Alzboun, chief of operations, Royal Jordanian Navy.

The CFMCC Course is the senior executive component of the U.S. Navy's Professional Military Education (PME) continuum, and part of the senior joint PME continuum designed to address practical challenges confronting maritime operational-level commanders.

The first CFMCC course was held in Newport, in 2006 and focused on Commander, U.S. Naval Forces Central Command. The Naval War College has also conducted CFMCC courses in Naples, Italy and Pearl Harbor, Hawaii.

## CNW

Continued from Page 4

marines where we only saw things from the tactical level.

"Here, we looked at issues from various perspectives broadening our views on military issues. This new perspective will help me make better recommendations to senior leaders."

Simpson also found class seminars rewarding. "All my seminars were great. It was the collective experience of the faculty, officers from all the military services and some senior federal civilians breaking down issues and case studies," he said. "You learned to see things from so many perspectives, and that was important to me."

During commencement exercises, NWC President Rear Adm. John N. Christenson told students they receive two great gifts when they study here: "a library of great books and the time to read them."

The President's Honor Graduate Award was presented to Navy Capt. Erik Wright. He and Cmdr. Justin Shineman graduated with highest distinction.

## Wrestling

Continued from Page 12

NAPS competed in the East Stroudsburg last weekend where NAPS placed two wrestlers: Bobby Burg was second at 165 pounds and Miller was third at 184 pounds.

Teams that competed were Lehigh University, Pennsylvania State University, University of Maryland, U.S. Military Academy, U.S. Military Academy Prep School (West Point Prep), Nassau Community College, Bloomsburg University of Pennsylvania, and many more.

Results of NAPS vs. MAPS follow:

125 lbs: Forfeit

133 lbs: Forfeit.

141 lbs: Dakota Beach (NAPS) pins Akil Dizzie

149 lbs: Trey Duncan (NAPS) wins 8-4 against Michael Innes

157 lbs: Blake Peek (NAPS) pins Brett Bendic

165 lbs: Bobby Burg (NAPS) pins Lynn McCrum

174 lbs: Stout Watson (NAPS) wins by technical fall against Jessie Lass

184 lbs: Matthew Miller (NAPS) pins Travis Mallo

197 lbs: Bryce Barnes (MAPS) major decision, 14-4, against Temple Sloan (NAPS)

Heavyweight, unlimited: Forfeit

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