



Navalog

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Hanging in there

Greg Kohlweiss/U.S. Navy photo
From left, Ruthie Giardino, Morale, Welfare and Recreation (MWR) fitness specialist; Johanna Lovendale, MWR group fitness instructor; and Kevin Theberge, MWR Maintenance, demonstrate the TRX Suspension Trainer system at the MWR Fitness & Sports Health & Wellness Expo at Gym 109 on Wednesday afternoon. The event featured exercise and nutrition information; leisure activities; preventive care; local community services; and interactive live demonstrations of Zumba, spinning bikes, kettlebells, and more.



Military to bear King Day torch

Navy Newport service-members will join the Dr. Martin Luther King Jr. Day Torch Run from Portsmouth to Newport on Monday.

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The race is on to San Diego

MWR's eighth annual Make Your Way Across America gets underway from NAVSTA Newport to Naval Station San Diego.

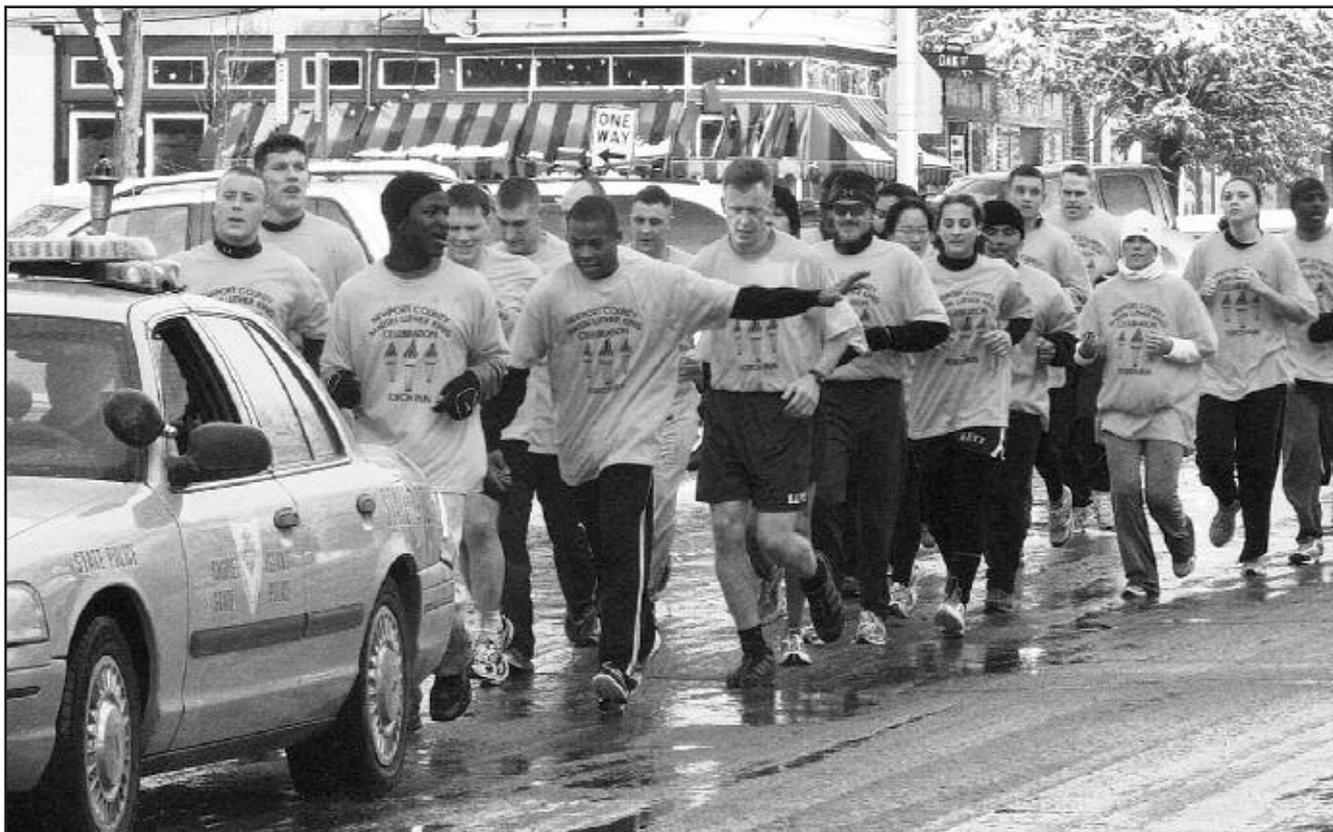
—Pages 8-9



Navy rescues Iranian crew

Despite tensions with Iran, the U.S. Navy frees an Iranian fishing boat commandeered by pirates in the north Arabian Sea.

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Military participants in the Dr. Martin Luther King Jr. Day 8.2 mile Torch Run from Portsmouth to Newport finish on Broadway at Thompson Middle School in 2009. Navalog file photo

Military to muster for King Day run

By **BOB KREKORIAN**
NAVSTA Public Affairs Staff

PORTSMOUTH — Navy in Newport commands will be well represented in the annual Dr. Martin Luther King Jr. Day Torch Run on Monday, Jan. 16, 9 a.m., beginning at Patriots Park at Routes 24 and 114.

The 8.2-mile run south on Route 114 (West Main Road) is part of a day-long series of events sponsored by the MLK Celebration Committee, Newport County Chapter NAACP. The observance celebrates the birthday of the slain civil rights leader.

The theme of the holiday is “A Day of Service: Remember! Celebrate! Act! A Day On, Not a Day Off”

Students and staff from the Naval Academy Prep School, Naval Health Clinic New England (NHCNE) Naval Justice School (NJS),



NAACP photo
Dr. M.L. King Jr.

Marine Corps Detachment (MARDET) Newport, Surface Warfare Officers School Command (SWOSCOLCOM), and Officer Training Command Newport (OTCN) are scheduled to provide two columns of runners who will take turns carrying the

4-pound torch.

The runners, escorted by State Police, will proceed south on West Main Road through Portsmouth and Middletown, to Broadway in Newport, and finish at Thompson Middle School. The 27th annual King Day holiday observance will be held in the school auditorium.

Transportation to Patriots Park will be provided by Dave Shavers, Torch Run committee coordinator. Runners from Naval Station Newport who need transportation may meet at Kay Hall (former Gym 1801) on Coddington Point at 8:15 a.m. Dr. April Childs, public health educator, NHCNE, will provide a safety briefing to the runners.

Tenant commands providing volunteer runners should plan to transport their volunteer runners to the site, if necessary.

A ceremony at the First

R.I. Regiment Monument at Patriots Park will kick-off the run. The monument honors members of the “Black Regiment” who fought in the historic Battle of Rhode Island in 1778 during the Revolutionary War.

Navy Band Northeast’s brass quintet will perform during an assembly at Thompson at 9:30 a.m., and the runners will muster in the auditorium to be recognized.

A special lunch celebrating King’s birthday will be on the menu at Ney Hall galley today from 11 a.m. to 1 p.m. The menu includes shrimp gumbo soup, southern fried chicken, barbecue spareribs, mashed potatoes, rice pilaf, southern style greens, corn, assorted breads, salad bar and fresh fruit, desserts, and beverages.

Anyone with base access is allowed to attend.

DoD personnel restricted on political action

By **DONNA MILES**
American Forces Press Service

WASHINGTON — With election activity steadily picking up, defense officials are in the process of issuing regular election-year guidance to remind military and Defense Department civilians that they’re subject to rules regulating their involvement in political activities.

This issue — one the department regularly addresses during election periods — came to light early last week after an Army Reserve soldier in uniform appeared endorsing a political candidate.

Several sets of rules help to protect the integrity of the political process, DOD officials said. *DOD Directive 1344.10* applies to members of the armed forces, whether they serve on active duty, as members of the reserve components

not on active duty, as National Guard members in a nonfederal status, and military retirees.

In addition, the Hatch Act



applies to federal civilian employees, and employees also are subject to widely published DOD guidance that discusses participation in political campaigns and elections.

These rules are designed to prevent military members’ or federal civilian employees’ participation in political activities that

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Navalog

Capt. Douglas Mikatarian
Commanding Officer, Naval Station Newport

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The Newport Navalog is printed on recycled paper.

Quick take

Name: Joseph Allard
Job title: Security clerk
Command/Department: Pass & ID Office



Home town: Coventry, R.I.
Most memorable career event: Serving in Iraq in 2003 to 2004

Favorite duty station: Hanau, Germany

Role model(s): Retired Gen. Colin Powell

Free time activities: Shooting

Favorite book: *Of Mice and Men*

Favorite movie: *Dear John*

Favorite TV show: *NCIS*

Favorite sport: Football

Favorite team: New England Patriots

Favorite local restaurant: Mama Leone's

Favorite quote, motto or phrase: "Of the troops for the troops"

Long-term goal in life: Furthering my career in the Department of Defense, along with the help of my supervisors.

If you could, what one thing would you add to NAVSTA Newport: Allow privileges to DoD Employees.

For the superstitious, today is Friday the 13th

In case you hadn't noticed, today is Friday the 13th. It is the first of three 13s that fall on Fridays in 2012. The others are April 13 and July 13.

The fear of Friday the 13th, also known as paraskevidekatriphobia, stems from mythology, superstition, old wives' tales and stories of tragedy that are connected to this day, according to *timeand-date.com*.

It is unclear as to where superstitions surrounding the day originated from. Some say that the concept of Friday the 13th being an unlucky day is linked with events that occurred in the Christian Bible, and they interpret that these events occurred on a Friday. Examples include the great flood during the time of Noah, the confusion of languages at the Tower of Babel, the day Eve tempted

Adam with the apple, and the day Jesus Christ died.

The superstition could also be linked to Norse mythology. According to legend, 12 gods were at a banquet at Valhalla when Loke, the demi god of mischief who was not invited, turned up, bringing the total number of guests to 13. He was responsible for the chaos that led to the death of one of the good gods – Balder – so all the gods grieved.

The name Friday was also derived from the Norse goddess of fertility, known either as Frigg or Freya.

The fear of Friday the 13th continues in many places around the world. According to Dr Donald Dossey, author and founder of the Stress Management Center/Phobia Institute, up to 21 million Americans fear Friday the 13th.



MCCS Melissa Weatherspoon/U.S. Navy photo

Capt. Douglas Mikatarian, left, Naval Station Newport's new commanding officer, visits Capt. Dana Weiner, Center for Service Support commanding officer, last week. The visit marked Mikatarian's first since taking command of the naval station in December 2011. CSS relocated to Newport from Athens, Ga., in July 2009.

Complexities of crises in littorals studied in NWC operations game

By JAMES E. BROOKS
 NWC Public Affairs Staff

A diverse cadre of government, academic, and military officials finished a three-day maritime stability operations game (MSOG) at the Naval War College (NWC) recently.

The game helped participants learn and better understand how to prepare and respond to a crisis in coastal waterways, also known as littorals, working alongside multiple military and civilian organizations as well as international partners.

In addition to senior Navy, Marine, and U.S. Coast Guard officers, the game also involved non-government officials (NGOs) from organizations such as Aidematrix, USAID, U.S. Institute of Peace, and World Engage-

ment Institute; federal agency officials; and Maersk Shipping Company.

Participants were divided into four different groups based upon their areas of expertise. Each group represented a unit or organization that would be involved with a real world situation.

A "blue cell" represented a coalition of maritime forces (Navy, Marines, Coast Guard).

A "purple cell" represented NGOs and government officials of the depicted host nation and the U.S. embassy in that nation. The third group was the "white cell" consisting of subject matter experts representing world opinion and international leadership bodies, such as the United Nations, as well as U.S. cabinet-level officials.

Lastly, a 'red cell' comprised of intelligence and federal law enforcement experts operated as insurgent and criminal groups.

Each day advanced the scenario of a country struck by a natural disaster. It didn't take long for the respective cells to recognize a fundamental theme between the partners — maritime forces tended to work toward solutions incorporating loose rules and clearly defined objectives while civilian officials sought tighter rules and a much broader, less-defined objective.

Retired U.S. Marine Col. Robert Dobson, now a civilian assigned to Marine Corps Combat Development Command, acknowledged philosophical differences between

CRISES, Page 14

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Customers rate NEX at high 83

For the second year in a row, the Navy Exchange (NEX) Customer Satisfaction Index (CSI) survey remained at an all-time high of 83.

On average, the overall retail industry score is 76. The CSI survey is used to determine how the NEX can better serve its customers.

The focus NEXs put on Premier Customer Service over the past year had a positive impact on both its customers and the CSI score. Scores for store environment rose 2 points while associates and check-out rose 1 point each.

Other increases in scores were in returns, pricing, sales flyer and merchandise, all which rose 1 point each. Based on this information, top priorities for 2012 will be on merchandise, pricing and sales flyers.



Greg Kohlweiss/U.S. Navy photo

FOUR MORE — Cmdr. Henry Pierce, left, Executive Officer of Naval Station Newport, congratulates Master-at-Arms 2nd Class Douglas Paluch Jr., who is NAVSTA's 2011 Junior Sailor of the Year, on his second reenlistment (for 4 years) during ceremonies at the Fire, Public Safety and Security Building last Monday. Paluch was accompanied by his wife, Iseika Carina Paluch, and their son, who also received a Certificate of Appreciation.

Professor publishes book on law, conflict

By **ALYSSA MENARD**
NWC Public Affairs Staff

Naval War College (NWC) Professor Michael Schmitt recently published a new book titled, *Essays on Law and War at the Fault Lines*, a compilation of essays that examine the flaws and uncertainties of the laws of armed conflict.

Professor Schmitt was approached by the T.M.C. Asser Instituut to compile a selected collection of his articles over the past 20 years.

The Instituut was founded by the law faculties of several Dutch universities in 1965. Today, it is a leading academic inter-university institute promoting scholarly research and discussion of international law.

It is based in The Hague and it is affiliated to the University of Amsterdam.

According to Schmitt, his

choice of articles was deliberate.

"I chose topics involving the application of law in the modern battlespace with which political decision-makers and warfighters struggle," said Schmitt. "They are the topics which have not been well-resolved over the course of the past 20 years."

In the book's introduction, Schmitt notes the symbiotic relationship between law and war. As much as law affects how wars are fought on the battlefield, the battles fought also affect the laws governing combat. This book examines that relationship.

"Most of my research focused on how modern war has changed and how we can most appropriately apply dated treaties to forms of warfare that didn't exist when they were adopted," said Schmitt.

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Roman Catholic Mass, 9 a.m.



Orientation session helps military spouse

EDITOR'S NOTE: Some of the Fleet and Family Support Center workshops and meetings require registration. Call 841-2283. FFSC is closed for Martin Luther King Day, Monday, Jan. 16 (federal holiday).

The FFSC program, New Spouse Orientation to the Military, is scheduled for Tuesday, Jan. 17, 9:30 to 11:30 a.m.

It will offer information for new spouses on the military lifestyle, benefits and services available to them, and tools to assist them in maintaining a state of preparation for deployment or other military-related separation.

This program is offered for all new spouses or those spouses who have never lived near a military installation before.

January is Human Trafficking Prevention Month.

In January 2010 President Obama declared January as Human Trafficking Prevention Month. Sex trafficking is defined as people forced or coerced into the commercial sex trade against their will.

Sex trafficking exists within the broader commercial sex trade, often at much larger rates than most people realize or understand. It takes place in residential brothels, escort services, massage parlors, strip clubs and street prostitution.

On April 13, 2011, Rhode Island had its first successful prosecution of a sex trafficking case since indoor prostitution was made illegal in November 2009. Everyone should be aware that this happens in our state and across the United States, to people of all ages, gender and race.

For information about human trafficking go to www.polarisproject.org or contact the Naval Station Newport Sexual Assault Response Coordinator (SARC) Allison Agnello at 841-4426, or allison.agnello.ctr@navy.mil

Here's a look ahead to upcoming workshops:

Jan. 18: "You Aren't Helpless to Anger," 8 a.m. to noon

Jan. 19: "Thoughts and Feelings Seminar: Relaxation," 1 to 3 p.m.

Jan. 23-26: "Sexual Assault Prevention and Response Victim Advocate Training," 8 a.m. to 4 p.m.

Jan. 25: "Homebuyers' Workshop" on the complexities of purchasing a home, 6 to 8 p.m. Registration is required.

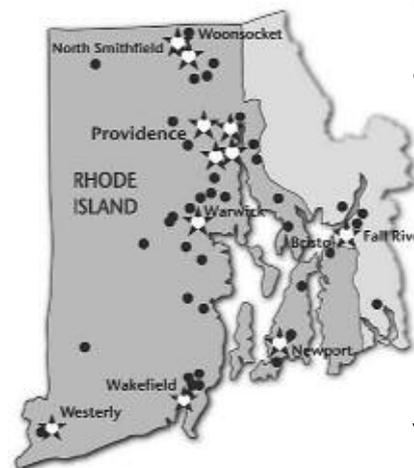
Jan. 30: "Communication, For Better or Worse," 1 to 3 p.m.

Jan. 31: "Develop Your Spending Plan," 2 to 4 p.m.

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Special events

Ney Hall to mark King Day

Ney Hall galley will serve a Rev. Dr. Martin Luther King Jr. luncheon special today. The menu includes shrimp gumbo, southern fried chicken, BBQ spareribs, mashed potatoes, rice pilaf, southern style greens, whole kernel corn, assorted breads, salad bar and fresh fruits, assorted desserts and beverages.

This special luncheon is open to anyone with routine base access and their guests. Call 841-1083 for information.

Kid's Night Out at O'Club

Children are invited to come and enjoy Kid's Night Out with activities, a buffet, a scrumptious dessert and a free viewing of *Ice Age 3: Dawn of the Dinosaurs* (5 p.m. start) at the Officers' Club Topside, on Saturday, Jan. 14, at 4 p.m. Call the O'Club at 841-1442 for more information.

Adults must accompany children.

MLK Torch Run welcomes all

PORTSMOUTH — A Martin Luther King Jr. 8-mile Torch Run, to celebrate civil rights for all Americans, will start at 9 a.m. at the 1st R.I. Regiment Monument in Portsmouth and end at the Thompson Middle School in Newport, on Monday, Jan. 16.

The event is sponsored by the Newport County Branch NAACP. All hands are welcome, and the run will be held rain, snow or shine.

(See related story, Page 2.)

Officers' Spouses' Club coffee

The next meeting of the Newport Officers' Spouses' Club will be Wednesday, Jan. 18, at 10 a.m. at the Espresso Yourself at 337 Thames St.

The club meets the first Wednesday of the month for informal coffee gatherings at the Custom House Coffee, Clock Tower Square, at 9 a.m., Portsmouth; and the third Wednesday, at Espresso Yourself. Visit www.nosc.org for information.

RAB meeting next week

The next Restoration Advisory Board (RAB) meeting will be Wednesday, Jan. 18, at 6:30 p.m. at the Officers' Club.

Anyone interested in environmental issues impacting Aquidneck Island is welcome to attend and meet fellow citizens and representatives from the Navy, the U.S. Environmental Protection Agency, and the R.I. Department of Environmental Management to help plan studies and restorations of cleanup sites. The group meets the third Wednesday of every other month at the Officers' Club.

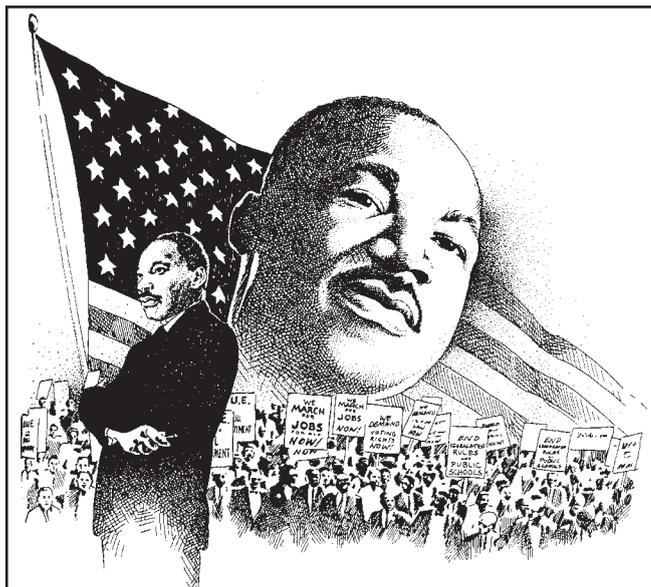
Call 841-3841 by 3 p.m. the day of the meeting if you would like to attend (base access must be arranged).

Naval Staff College reception

The Naval Staff College will hold a welcome reception for Class 80 at the Naval War College's Spruance Hall lobby on Wednesday, Jan. 18, at 6:30 p.m. Call 841-3460 for information.

Eight Bells lecture slated

Author John "Jack" Satterfield will speak at the next Eight Bells lecture on, *Saving Big Ben: The USS Franklin and Father Joseph T. O'Callahan*, Jan. 19 at noon at the



Naval War College Museum.

Satterfield chronicled the World War II experiences of the U.S. Navy's first Jesuit chaplain, after the USS Franklin was attacked by a kamikaze and he sprang into action organizing the ship's fire crews and ministering to Sailors.

Call 841-2101 one day prior to the event to reserve your seat and arrange for base access if needed.

Upcoming:

Jan. 20 — Officer Candidate School Class 0512 graduation at Officer Training Command Newport, 9 a.m., in Kay Hall. The guest speaker will be Rear Adm. Sean Filipowski, Deputy Director of Operations U.S. Cyber Command. Navy Band Northeast will provide appropriate music.

Jan. 25 — The annual Comedy Series returns to Topside for 2012 at the Officers' Club every other Wednesday night at 7 p.m.

The schedule is : Jan. 25, Jim Dunn; Feb. 8, Tony V; Feb. 22, Joe Yannetty; March 7, Paul D'Angelo; March 21, Joe DeVito; and April 4, Jim Lauletta.

All shows are free and open to all hands with base access. Comics are geared for adult entertainment, some word choices are not family friendly. For more information, call the O'Club at 841-1442.

Jan. 26 — Officer Training Command Newport will have a Blood Drive, 1:30 to 5:30 p.m. All donors will receive a free pound of Dunkin Donuts coffee. Call Sarah Perez, Rhode Island Blood Center, at (401) 621-0155 for information.

Jan. 26— Newport Chapter of the Surface Navy Association (SNA) will host its quarterly Join-Up event at the Officers' Club, Bay Room, from 6 to 8 p.m. All hands are invited to attend. Call 841-4027 for information.

Jan. 27— Enjoy an assortment of wines, hors d'oeuvres and appetizers at the Wine Tasting Event at the Officers' Club from 6 to 9 p.m. Tickets are required and cost \$20 per person. Tickets must be purchased in advance at the ITT Office, Building 1255, Wednesday through Friday, 10 a.m. to 6 p.m.

Jan. 29 —The annual Disney Character Brunch returns to the Officers' Club, featuring a scrumptious brunch, free pictures with a favorite princess or pirate; plus arts and crafts. Cost \$16.95 for adults, and \$7.95 for children (3 to 12). For more information, call ITT office at 841-3116.

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Announcements

IRS tax filing help available

The 2012 Volunteer Income Tax Assistance (VITA)/Electronic Tax Filing (ELF) programs help service-members and dependents, and select retirees earning less than \$58,000 annually, with federal and state income tax preparation and filing. The VITA/ELF programs will start taking appointments later this month. For information contact Lt. j.g. Dennis Westman at 841-3766, ext. 201.

H&R Block will also be setting up a satellite office to process income taxes inside the Navy Exchange Main Store. NEX management expects them to be onsite and in operation Jan. 16, but stand by for confirmation in next Friday's *Newport Navallog*.

DEERS/ID Card hours amended

On Jan. 17, 19 and 20, the DEERS/ID Card section will be serving Officer Development School (ODS) students only from 3 to 4 p.m. in Building 690.

For your convenience they also have a new appointment scheduler website. The website is <https://rapids-appointments.dmdc.osd.mil>. Call 841-3021 for more information.

Military youth support offered

A Military Youth Support Group for middle school students meets every Thursday evening from 6 to 7 at the NAVSTA Newport Teen Center (Building 1297).

The group is for military dependents only. The Child and Youth Military and Family Life Consultant (CYB-MFLC) facilitates the weekly meetings. Parents must

complete a required consent form, available at the teen center, prior to their youth participating.

General questions regarding this support group can be directed to Gina Petrone, NAVSTA Newport youth director at 841-2883/2043. Specific questions regarding the CYB-MFLC Program should be directed to the current MFLC at (401) 835-8195.

Military child recognition

Operation Homefront applications for the Military Child of the Year Award will be accepted through Sunday, Jan. 15. The award recognizes military children who stand out among their peers in their community.

Ideal candidates must demonstrate resilience and strength of character, and thrive in the face of the challenges of military life. They must demonstrate leadership within their families and within their communities.

Go to Operation Homefront to learn more about the program and to nominate a child: www.operationhomefront.net/mcoy

Stay informed at NAVSTA

NAVSTA Newport has multiple ways for you to stay informed – don't be left out of the "know." They are:

— Facebook at <http://www.facebook.com/NAVSTANewport>.

— *The Newport Navallog*, the installation newspaper which is uploaded on Facebook and the installation website weekly. Visit our web page at <http://www.cnic.navy.mil/Newport>.

— *Newport Naval Cable Television*, channels 13 and 15 bulletin boards, and the *Pentagon Channel*, channel 15.

Financial review makes good 'cents' as 2012 resolution

By MC1 (AW) L. HOWARD
Navy Personnel Command Public Affairs

MILLINGTON, Tenn. (NNS) — The beginning of a new year is an excellent time for Sailors to review their financial plan, a Navy financial specialist said this week. "Far too many Sailors react to their spending rather than being proactive by planning ahead," said Chief Yeoman Shahana Ledee, Navy Personnel Command (NPC) command financial specialist. "A financial review should be at the top of the new year's resolutions."

Ledee said financial planning is key to good fiscal health. Sailors should consider using a budget work-

sheet to account for all income and expenses for their household. Investments, retirement savings, entertainment, travel and unexpected incidents are items often excluded from family planning.

"Debt elimination can be accomplished faster with written short and long-term goals," said Ledee. "Hold yourself accountable by tracking your spending. You'll minimize impulse buying and possibly have more to save or invest."

When considering a major purchase, Ledee reminds Sailors to consider all expenses associated.

"Purchasing a vehicle involves more than making

FINANCIAL, Page 14



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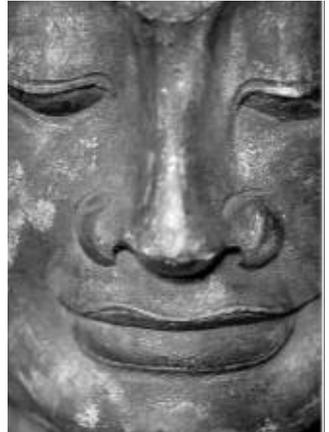
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Greg Kohlweiss/U.S. Navy photos

Navy Newport service-members and dependents make use of the treadmills at Gym 109 this week. Morale, Welfare and Recreation department has launched its eighth annual Make Your Way Across America program – a 3,000 mile journey to burn 30,000 calories.

First the sweets, now the sweats

By **RICHARD ALEXANDER**
Navalog editor

Well, the Christmas, Hanukkah and New Year's holidays are long gone, celebrated with an endless stream of office and dinner parties. Along with the revelry was an endless assortment of cakes, pies, candy, cookies and brownies ... and don't forget all that wine and eggnog.

But what's still hanging around in 2012 is that extra padding around the mid-section.

There's good news and bad news about the holiday weight gain myth: According to a study published by the *New England Journal of Medicine*, the average American puts on only about one pound of weight between Thanksgiving and New Year's — but those who are overweight are at higher risk to put on more weight.

"You've got the stress of the holidays, along with a lack of sleep, and for many, a cauldron of

bubbling emotions of family and friends reunited, all coming to the surface — and you've got all this food beckoning you at every turn," said Warren Huberman, a clinical psychologist specializing in weight control at New York University Medical Center. "It can be a dangerous combination for those who have problems controlling what they eat.

"So what does this mean?" he said. "Well, if you're already overweight, you're more likely to put on five pounds or more. But the real kick in the pants is that Americans tend not to lose the weight after the holidays, which slowly creeps us closer to obesity each year."

Now is the time to start burning it off.

One route is the Morale, Welfare and Recreation Department's eighth annual Make Your Way Across America that got underway Jan. 2 and ends April 20 at Gym 109. Participants have

FITNESS, Page 9



Pat Mahoney, a member of the Gym 109 fitness staff and a member of 'Team MWR' for Make Your Way Across America, works out on the rowing machine.



Suzanne Housinger and Joni Wallace, military spouses, work out together on the elliptical machines at Gym 109. As of Tuesday morning they had logged about 60 miles in calories burned.



Nick Musnicky, front desk staff at Gym 109, concentrates on the spinning bike for Team MWR. He also uses the treadmills, elliptical, and rowing machines.

Fitness

Continued from Page 8

16 weeks to complete the 3,000 mile journey from Naval Station Newport to Naval Station San Diego, Calif., burning off 30,000 calories.

You're probably thinking, "I can't run 3,000 miles. Are they crazy?"

But the cross-country journey is calculated in terms of caloric output, not actual miles. Every 10 calories burned equals 1 mile.

Everyone must log miles on equipment in Gym 109, and the only exception is jogging, running or walking outdoors; fitness classes; or making laps in Pool 307. Treadmills, elliptical trainers, spinning bikes, incumbent bikes, stationary bikes, and rowing machines are all authorized equipment.

All Gym 109 fitness classes are good for 45 miles; and any weight training workout of 25 minutes or more is worth 10 miles.

Participants may enter several incentive challenges and attend educational lectures for big

bonus miles.

Ron Williams, among staff at the front desk at Gym 109, said the machines are humming early weekday mornings, 6 to 7 a.m. All participants must log all workout data in logbooks at the Trainer's Corner.

Yeoman 1st Class David Ribeiro, the command PT coordinator at Maritime Expeditionary Security Squadron 8 (MESRON 8) works out on the elliptical trainers and treadmills at Gym 109.

"I started Jan. 3 and have logged about 100 miles so far," he said. "I'm always tracking my calories; I'm burning about 600 to 700 per day."

Suzanne Housinger and her friend Joni Wallace signed up for Make Your Way Across America on Jan. 4, and offer each other moral support. They've logged about 60 miles so far on the elliptical trainers.

Housinger, whose husband is attached to Strate-

gic Studies Group (SSG) at the Naval War College, said, "I'd probably be home in bed if we didn't have each other for incentive." Wallace's husband is at the War College, too.

Nick Musnicky and Pat Mahoney, both MWR fitness employees, are with "Team MWR."

Musnicky, front desk staff, sat on one of the new spinning bikes. He's logged about 200 miles so far, he said. The journey for a team is complete when the team average is 3,000 miles.

Mahoney, who tallied about 100 miles, said his favorite is the rowing machine.

"It gives a good full body workout," he said. "It's good for the upper body."

Active duty personnel, retirees, reservists, eligible family members and DoD civilians are authorized to use Gym 109 and may register for Make Your Way Across America.

Call 841-3154 for more information.

Everything in moderation helps salvage resolutions

By APRIL CHILDS

NHCNE Public Health Educator

As we progress into 2012, many of us have resolved to make changes to our lives that will help us to be happier and healthier.

Often the two go hand in hand. If we feel healthy, we are generally more satisfied with life. As we adopt more and more healthy habits, our self-image and our self-esteem soar, creating a wonderful cycle of being good to ourselves. In a state of physical and mental wellness, the world is a beautiful place and we cannot wait to fuel our bodies with nutrient-rich foods and move our bodies in ways that release endorphins and send us toward a state of bliss.

In some cases, our resolutions can be overwhelming, so keep in mind that everything should be done in moderation, including changes to your lifestyle.

A person losing weight at a healthy rate loses one to two pounds a week. Weight loss happens when you burn more calories than you consume, so keep screen-time to a moderate level (1 to 2 hours per day).

Plan on your day including a moderate level of physical activity (30 to 60 minutes of aerobic activity and 30 minutes of weight training can burn calories and increase your metabolism).

Sugar-sweetened beverages add a large number of calories to our diets. Just think of the number of drink refills you are offered at a restaurant. Moderate consumption (3 to 4 glasses, depending on the size of the glass) of soda can add up to 800 calories to one meal, so ask for water after you enjoy your one glass of soda or other sugar sweetened beverage.



Moderate consumption of caffeine has also been declared safe, but avoid adding too many calories to your caffeine source by avoiding heavy cream and sugar in your coffee.

While many fad diets work for a while, most people gain the weight that they lose with a fad diet back within six months. These diets are often based on extreme principles, like consuming mostly one type of food or copious amounts of a particular beverage.

Strive to diversify your plate, consume moderate amounts of fiber regularly, and eat throughout the day, avoiding concentrating the majority of your calories during one meal.

For more tips and tricks on eating healthy, visit the Wellness Department at NHCNE or call at 841-6777 to enroll in our Eat Smart or Healthy Weighs course.



Support available for special needs family members

By **LEE HARDGROVE**
 Exceptional Family Member liaison,
 NAVSTA Newport

The Exceptional Family Member Program (EFMP) helps ensure services are available to meet the family member's medical, psychological, developmental and educational needs that will require ongoing support before a new assignment.

With mandatory enrollment for service members who have family members with special needs, the program also works to link families with medical treatment facilities, Department of Defense (DoD) programs, and services in the local community. The following information will help you understand the program and how it works.

Identifying a family member with special

needs:
 For EFMP purposes, special needs can include either a medical condition or a condition that requires special education services. Generally, a special needs medical condition is any condition that requires a specialty consultation.

Special needs include any special medical, mental health, developmental or educational requirements, adaptive equipment, or assisted technology devices and services.

Your Primary Care Manager (PCM) or doctor can help you determine if your family member has a medical special need.

Special education needs are often identified through the school system. If you, your child's teacher, or your child's doctor notice your child is not making progress at home or at

school, your child should be referred to the school system for testing.

(Your child's teacher or doctor can help coordinate the written referral.) A team of specialists evaluates the results and, if necessary, puts together a special program for your child. School-age children with special education needs may receive an Individualized Education Plan (IEP).

Younger children with special needs may be eligible for Early Intervention Services (EIS). The school liaison officer for NAVSTA Newport is Janet McCarthy, who can also assist in this area. She can be reached at 841-7126.

Enrolling in the EFMP

Service-members are required to enroll in the EFMP as soon as they become aware that they have a family member with

special needs, and at least six months before a PCS move.

This gives EFMP staff time to evaluate the family member's special needs and determine if services will be available at your new assignment. It's important not to wait until you have orders to enroll in the program. If the qualifying condition is discovered during an overseas screening, your family's travel and orders could be delayed.

To enroll in the program, contact the EFMP Liaison at Fleet and Family Support Center, Lee Hardgrove, at 841-2283. He can provide and assist you with the enrollment paperwork and explain how the EFMP process works.

The final paperwork will be submitted to the EFMP coordinator at Naval Health Care Clinic New England

who will finalize the paperwork and forward to higher authority to determine your eligibility category.

The EFMP coordinator for NAVSTA Newport is HM2 Sharlean Torgerson, NHCNE, (401)841-6847.

How the EFMP works

By combining the efforts of the personnel and medical commands, as well as the education system, the EFMP helps ensure continuity in care and education for family members as they move from one duty station to the next. The program includes two main functions:

The personnel function works to identify family members with special

needs, document the services they require, and consider those needs when making personnel assignments. The family support function helps families locate and access services, including programs offered through the military and in the local civilian community.

Depending on the services available, this can include help finding child care or help advocating for your child in the school system in coordination with the School Liaison Officer.

For more information, please contact Hardgrove at the above FFSC number or e-mail at: lee.hardgrove_ctr@navy.mil.



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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, cycling, Zumba and TRX. Classes are taught at Gym 109 as early as 5:30 a.m. and as late as 5:35 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 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 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.; Friday 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 are available from \$10 to \$15 per child, depending on meal and regular/Xtreme bowling.

January 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. League starts at 6 p.m.

Wednesday: Bowl one game, get one game free 11 a.m. to 5 p.m. League starts at 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. League starts at 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. A valid ID required.

Note: All rates are per person.

Martin Luther King Jr. Day, Jan. 16: Bowl for half price.

Looking for a casual place to get together with friends? Book a bowling package which includes bowling, shoes and food and drinks for \$10 per person. For more information, call 841-2194.

Free movie...Every other Thursday night and Saturday afternoon. Call Seav-

iew Lanes at 841-4293 to see what's playing.

Special fitness activities

(Gym 109, 841-3154)

• Make Your Way Across America fitness event is underway through April 22.

This journey is 3,000 simulated miles from Naval Station Newport to Naval Station San Diego, using fitness equipment, taking a fitness class, swimming laps or running.

Patrons will be awarded one mile for every 10 calories burned, approximately 30,000 calories will be burned during this 16-week challenge.

For more information, call Gym 109 at 841-3154.

• Healthy Family Meal Planning informational days will be held Tuesday and Wednesday, Jan. 17-18,

from 11 a.m. to 1 p.m. Discover easy changes in meal planning to benefit the whole family. We are here to help so bring your questions, we'll have the answers and you can take notes!

• **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 Pro-

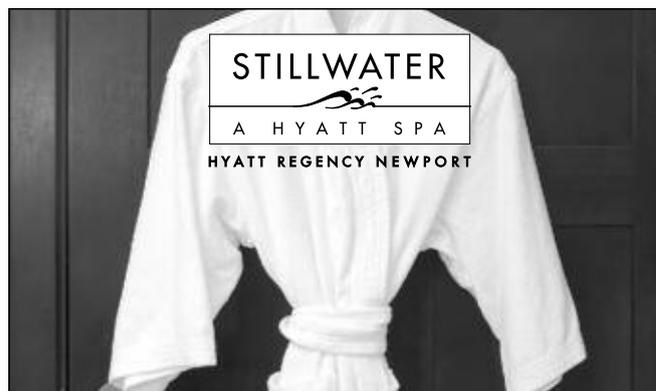
gram is available for service members. Do you have what it takes to play for the best the armed forces have to offer? Interested in participating on an All-Navy team? Contact the MWR Sports Coordinator at Gym 109 at 841-7355.

• **Martial arts instruction: OKS-USA Martial Arts** offers Matsubayashi Shorin-Ryu. It is defensive form of martial arts that focuses on respect, modesty, courtesy, integrity, self-control, perseverance and indomitable spirit.

Classes will be offered for adults, preschool, youth (ages 6 through 12), teens and family.

Fees are as follows: preschool, \$75 per month; youth, teen and adult, \$85 per month; two family members, \$125 a month; or

LEISURE, Page 12



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Naval Station Newport Dining

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

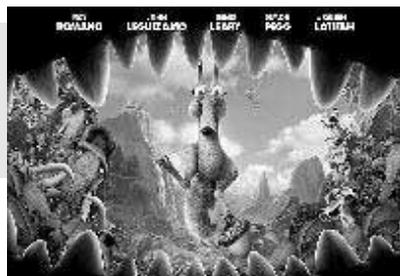
Monday through Friday, 6:30 a.m. to 2 p.m.
 Closed on weekends and federal holidays.

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.



Kid's Night Out at the

Saturday, January 14

Starting at 4 p.m. children are invited to come and enjoy kid's activities, buffet, a scrumptious dessert and a FREE viewing of Ice Age 3: Dawn of the Dinosaurs starting at 5 p.m.

Kid's buffet \$6 (includes kid's drink & dessert)

Children must be accompanied by an adult at all times. The Topside menu will be available for parents to order from. Movies are broadcasted in part of the Navy Motion Picture Service. Outside food and beverage is not permitted in the Officers' Club.

Leisure

Continued from Page 11

three or more family members, \$150 per month. There are no limits as to how many classes you may take per month. For more information, call Gym 109 at 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.

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, PlayStation 2, PlayStation 3

and Wii video systems, a TV lounge and dining area. There is a movie room where free movies from the Navy Motion Picture Service are shown. See movies six weeks before they're out on DVD!

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

January events

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

Jan. 14 - Paintball Trip, sign up early!

Jan. 15 - Texas Hold'em Tournament, prizes, 6 p.m.

Jan. 16 - Ping-Pong Tournament with prizes, 6 p.m.

Jan. 17 - Wii Sports Tournament, prizes, 6 p.m.

Jan. 18 - Madden Tournament, prizes, 6 p.m.

Jan. 19 - Guitar Hero,

prizes, 6 p.m.

Jan. 20 - Billiards Tournament, prizes, 6 p.m.

Jan. 21 - Free Cookie Day, While supplies last.

Jan. 22 - Texas Hold'em Tournament, prizes, 6 p.m.

Jan. 23 - Ping-Pong Tournament with prizes, 6 p.m.

Jan. 24 - Wii Sports Tournament, prizes, 6 p.m.

Jan. 25 - Madden Tournament, prizes, 6 p.m.

Jan. 26 - Guitar Hero, prizes, 6 p.m.

Jan. 27 - Billiards Tournament, prizes, 6 p.m.

Jan. 28 - Wachusett Mountain Ski Trip, sign up early!

Jan. 29 - Texas Hold'em Tournament, prizes, 6 p.m.

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

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

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Wednesdays	\$9.95	Saturday	\$9.95

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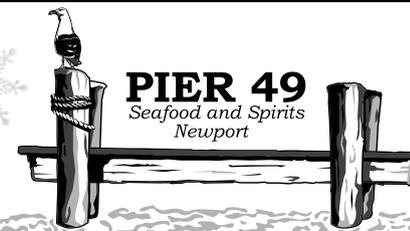
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Information, Tickets & Travel

Kenny Chesney returns to Gillette in Aug.

Information, Tickets and Travel office has tickets to the Brothers of the Sun Tour featuring presents Kenny Chesney and Tim McGraw on Saturday, August 25 at Gillette Stadium, with special guests Grace Potter and the Nocturnals and Jake Owen. Tickets are \$105 and there 10 ticket limit per person.

For more information, call ITT at 841-3116.



Discounted lift tickets

Hitting the mountains this weekend? ITT has you covered with discounted lift tickets:

- Wachusett Mountain Princeton, Mass. Anytime \$46.50, weekday \$42.50 or nighttime \$38.50
 - Loon Mountain Lincoln, NH Anytime \$70.50
 - Waterville Valley, NH Adult weekday, weekend or holiday \$60.50 Teen weekday, weekend or holiday \$50.50
- For more information, call ITT at 841-3116.

Disney salutes active duty

Walt Disney World Military special offers four theme parks in Orlando, Fla., for four days 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. Discounts are for U.S. military only. Active duty personnel, retirees and spouses may purchase up to six tickets. Six tickets in total may be purchased per service member. Tickets must be purchased and used by Sept. 30, 2012. Blackout dates are July 4 at Disney's Magic Kingdom only, and April 1 through 12, at all parks. Purchase your tickets at the ITT office in Building 1255 which is open Wednesday through Friday, 10 a.m. to 6 p.m. For information, call 841-3116.

Outdoor Recreation Rental

Keep your winter gear in top-top condition

Get your skis and snowboards in shape for the winter by bringing them to the MWR Outdoor Recreation Rental, Building 656 for a tune-up. The staff at Outdoor Rec will sharpen and wax them to perfection so your skis or snowboards will be ready to go when you are. The charge for a complete ski or snowboard tune-up is \$28; hot wax only, \$12; edge sharpening only, \$12; or base only \$12. Ice skate sharpening is \$6. For more information, call 841-2568.

Recreation equipment makes your winter fun

Don't be left in the cold at the peak of ski season just because you don't have the right equipment! The MWR Outdoor Recreation Rental, Building 656, has a complete line of rental skis for adults and kids. Ski packages include skis, boots and poles and are priced for daily or weekly rentals. Stop by for a ski fitting and the staff will record your ski sizing and fitting information, making it easy for you to get skis and hit the slopes of New England as soon as the snow falls. For more information, call 841-2568.

Sports

Intramural basketball gets underway next week

The Naval Station Newport Intramural Basketball League season gets underway Jan. 16-March 16. The league is open to active duty personnel, retirees, reservists, eligible family members and DoD Civilians ages 18 and over. There is a \$15 fee for DoD civilians. All teams are required to pay a \$100 refundable forfeit fee and teams must have matching shirts with numbers by the first game. Registrations are accept-

ed at Gym 109, Monday through Friday, 8 a.m. to 4 p.m. Registration ends on Friday, Jan. 23. Games are played in Gym 109 on Court 3, Monday through Thursday evenings, at 5:30 and 6:30 p.m. Coaches met last week at the Coasters' Harbor Island Conference Center, Building 684. For more information, call Greg at 841-3420 or email at gregory.oshea@navy.mil

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F	LIVE BAND JAN 13TH - TRIPLE THREAT
Sa	DJ Curfew - 10:00 to 12:45 Complimentary Champagne Toast at midnight
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The Aft Lookout



NWC Museum Archives photo

The aircraft carriers USS Wasp (CVS 18), right, and USS Intrepid (CVS 11) are pictured at Naval Air Station Quonset Point in September 1970. The decision to close Newport Naval Station, Quonset Point Naval Air Station, and the Davisville Construction Battalion Base would come just four years later. The Navy's decision to go with larger deck, dual function aircraft carriers was the end of the smaller antisubmarine aircraft carriers and, ultimately, was a significant factor in the closing of the base.

Financial

Continued from Page 7

its payment," said Ledee. Sailors must factor in maintenance, repairs, insurance and any additional cost associated with driving the vehicle. If you're interested in buying a home, be realistic about what you can afford, as it also involves more than making a payment. Consider the cost of utilities, property taxes, homeowner fees, insurance and any additional costs that will be required each month.

"Sailors should also keep in mind that poor fiscal health can cost more than money, it can cost their career," said Ledee. "Many individuals who lose their security clearance do so due to poor fiscal health. There are numerous free resources available to help us reduce that statistic."

Military OneSource at www.militaryonesource.mil provides free financial assistance for service members and their families. The "Money Management" section of the website features financial information and resources that can help service members with estate planning, credit and collections, budgeting, saving and investing and taxes. Military OneSource web site also offers free federal and state tax preparation and filing assistance.

For more information on financial planning, budgeting or investing contact the command financial specialist, the Fleet and Family Support Center at 841-2283; or call NPC customer service center at 1-866-U-ASK-NPC or email CSC-Mailbox@navy.mil.

For more information, visit www.navy.mil, www.facebook.com/usnavy, or www.twitter.com/usnavy.

Crises

Continued from Page 3

maritime forces and government civilians in the way they approach problems.

"The end state for a maritime stability operation is going to change over time," said Dobson. "Military participants must understand that. The military must evolve because the era of tight objectives and end states are over."

Each cell's definition of mission success also varied between the groups who were sequestered in different rooms and could only communicate through gaming technology that simulated real world processes.

"Military and political elements must come together and define success," said Steve Nichols of the Office of Naval Intelligence's Trans-National Threat Department. "It may change daily."

According to NWC MSOG Director Douglas Ducharme, there is a growing need to understand how to respond and stabilize the maritime environment for a country requesting assistance.

"Military doctrine for stability operations is very

land-centric," said Ducharme. "This game took stability operations to the sea where the doctrine is emerging."

Despite the cultural differences of thought between maritime forces and government civilians, trust was seen as the necessary foundation between partners in bringing about a stable maritime environment. Most participants seemed to agree that unity of effort and a greater understanding of each other contributed directly to making the maritime stability operations game successful.

"The Navy fully recognizes the importance in building and maintaining relationships between partners, allies, the maritime industry and other members of the interagency and joint team. Exercises and planning events like these are critically important to improving our common understanding, expectations and identifying interoperability gaps," said Rear Adm. Sinclair Harris, director, Navy Irregular Warfare Office and MSOG sponsor. "As we all know, trust cannot be surged."

Politics

Continued from Page 2

imply — or even appear to imply — official sponsorship, approval or endorsement, officials said. The concern, they explained, is that actual or perceived partisanship.

That's not to imply, however, that military members and civilian employees can't participate in politics. In fact, DOD has a longstanding policy of encouraging members to carry out the obligations of citizenship, officials said. DOD encourages its military and civilian members to register to vote and vote as they choose, they said. Both groups can sign nominating petitions for candidates and express their personal opinions about candidates and issues.

However, officials emphasized, they can do so only if they don't act as — or aren't perceived as — representatives of the armed forces in carrying out these activities.

Military members, for example, may attend political meetings or rallies only as spectators and not in uniform. They're not permitted to make public political speeches, or serve in any official capacity in partisan groups.

 Naval Station Newport JANUARY	SUN	MON	TUE	WED	THU	FRI	SAT
GYM 109	9 a.m.-4 p.m.	5 a.m.-9 p.m. HOLIDAYS 9-5	5 a.m.-9 p.m.	5 a.m.-9 p.m.	5 a.m.-9 p.m.	5 a.m.-7 p.m.	7 a.m.-5 p.m.
POOL 307	CLOSED	10:30 a.m.-1:30 p.m., 3-6 p.m., HOLIDAYS CLOSED	6-8 a.m., 10:30 a.m., -1:30 p.m., 3-6 p.m.	10:30 a.m.-1:30 p.m., 3-6 p.m.	6-8 a.m., 10:30 a.m., -1:30 p.m., 3-6 p.m.	10:30 a.m.-1:30 p.m., 3-6 p.m.	9 a.m.-12 p.m.
BOWLING CENTER	1-8 p.m.	11 a.m.-8 p.m. HOLIDAYS 12-6	11 a.m.-8 p.m.	11 a.m.-8 p.m.	11 a.m.-8 p.m.	11 a.m.-10 p.m.	1-11 p.m.
LIBERTY CENTER	12-8 p.m.	4-8 p.m. HOLIDAYS 12-6	4-8 p.m.	4-8 p.m.	4-8 p.m.	4-10 p.m.	12-10 p.m.

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Navy-wide news

Navy frees fishing boat held hostage by pirates

From Commander, Naval Forces Central Command Public Affairs

ARABIAN SEA (NNS) — Forces assigned to the John C. Stennis Carrier Strike Group, rescued an Iranian fishing vessel from pirates in the northern Arabian Sea, Jan. 5.

At approximately 12:30 p.m. local time, an SH-60S Seahawk from guided-missile destroyer USS Kidd (DDG 100) detected a suspected pirate skiff alongside the Iranian-flagged fishing dhow Al Molai. Simultaneously, a distress call was received from the master of the Al Molai claiming he was being held captive by pirates.

A visit, board, search and seizure team from Kidd boarded the Al Molai and detained 15 suspected pirates who had been holding a 13-member Iranian crew hostage for several weeks. The Al Molai had been pirated and used as a “mother ship” for pirate operations throughout the Persian Gulf, according to members of the Iranian vessel’s crew.

The pirates did not resist the boarding and surrendered quickly.

“The Al Molai had been taken over by pirates for roughly the last 40 to 45 days,” said Josh Schminky, a Navy Criminal Investigative Service agent aboard the Kidd. “They were held hostage, with limited rations, and we believe were forced against their will to assist the pirates with other piracy operations.”

According to members of the Kidd boarding party, the Iranian crew said they were forced by the pirates to live in harsh conditions, under the threat of violence with limited supplies and medical aid.

The John C. Stennis Carrier Strike Group is conducting maritime security operations in the U.S. 5th Fleet area of operations while supporting Operation Enduring Freedom.

CNO Greenert presents 31st Stockdale Awards

MC3 SHANNON BURNS

Defense Media Activity - Navy

WASHINGTON (NNS) — The chief of naval operations (CNO) presented the Vice Adm. James B. Stockdale Leadership Award to two commanders at the Pentagon in the Hall of Heroes Jan. 5.

Stockdale served as president of the Naval War College in Newport, R.I., from October 1977 until August 1979. Stockdale died in 2005 and is buried at the Naval Academy in Annapolis, Md.

Adm. Jonathan Greenert presented the annual award, which is presented to two active duty commanding officers below the rank of captain, to Cmdr. Gerald N. Miranda, representing the Pacific Fleet, and Cmdr. Robert B. Chadwick, representing the Atlantic Fleet.

Miranda and Chadwick were presented the award due to their leadership, personal initiative and exemplary performance and contribution to the overall success of the operational units they command.

“These men excelled in all areas in command,” said Greenert. “They both said it was about getting a crew of good people that worked with them and inspired them.”

Miranda took command of the San Diego, Calif.-based USS Asheville (SSN 758) in August 2009.

Chadwick, who is currently serving as deputy executive assistant to the V

ice Chief of Naval Operations, reported aboard the Mayport, Fla.-based USS Roosevelt (DDG 80) in November 2009.

Enlisted Retention Board helps Navy reshape force

From Chief of Naval Personnel Public Affairs

WASHINGTON (NNS) — Top-performing Sailors will see more opportunities to convert, reenlist and advance as a result of the Navy’s use of force management tools such as the Enlisted Retention Board and Perform-to-Serve, Navy leaders said Jan. 3.

“We have the highest quality Sailors and the most capable force in our Navy’s history,” said Chief of Naval Personnel Vice Adm. Scott Van Buskirk. “Sailors are increasingly looking at our Navy as a great long-term career choice. While high retention is positive and has resulted in the best trained, most capable, and most highly motivated force in our history, we must continue to ensure we retain the right mix of people so that our workforce matches our warfighting requirements, now and into the future. Programs such as Perform-to-Serve and the Enlisted Retention Board have enabled those mutual goals.”

“Because of the strides made by PTS and ERB in balancing the force, barring significant changes to our force structure, the Navy will not need to conduct an ERB in 2013 or 2014,” continued Van Buskirk.

High retention and low attrition within the Navy led to some ratings being overmanned, which resulted in hardworking, experienced Sailors unable to advance or reenlist in their ratings. At the same time, the Navy still lacked Sailors in ratings critical to meeting its mission.



U.S. Navy photo

A U.S. Navy SH-60S Sea Hawk helicopter provides support to a RHIB launch, bottom, from the guided-missile destroyer USS Kidd (DDG 100). The security team boarded the Iranian-flagged fishing dhow Al Molai, center, last week after the dhow’s master claimed 15 pirates were reportedly holding his 13-member Iranian crew hostage for the last several weeks in the northern Arabian Sea. Kidd is conducting counter-piracy and maritime security operations while deployed to the U.S. 5th Fleet area of responsibility.

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