



The Newport

VOL. 112 NO. 34 AUGUST 31, 2012



Navalog

SERVING COMMANDS AND ACTIVITIES, NEWPORT, R.I.



Kelly Conner/MWR photo

The rock band Survivor plays its hit single, 'Eye of the Tiger' at the Morale, Welfare and Recreation Department's Salute to Summer Concert and Fireworks show last Saturday at Naval Station Newport. From left are Billy Ozzello, Walt Tolentino, Frankie Sullivan, Marc Droubay (rear) and Jimi Jamison. Navy Band North-east opened the entertainment for thousands massed on Dewey Field. Story, more pictures, Pages 8-9.



SURFOR flag visits SWOS

Vice Adm. Thomas Copeman, Commander, Naval Surface Forces (SURFOR), visits the Surface Warfare Officers School (SWOS) last week.

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Business reps explore Navy

Forty-four representatives of Leadership Rhode Island and the R.I. Employer Support of the Guard and Reserve tour Navy Newport facilities.

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NAPS preps for football

The Naval Academy Prep School football team gears for its home opener against Dean College on Saturday at Nimitz Field.

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Four foreign liaison officers gain insight into Navy *modus operandi*

By **LISA RAMA**
NAVSTA Public Affairs Officer

"These visits help us to find the better ways to do things back in our own country," said Cmdr. Alexandre Tito of the Brazilian navy following a visit through training facilities at Officer Training Command Newport last Friday.

Tito was one of four foreign liaison officers here on a two-day visit arranged by Fleet Forces Command, Norfolk. Capt. Carlos Tupac, the Peruvian liaison officer; Capt. Ruben Ceballos, Mexican liaison officer; and Cmdr. Sebastian Gutierrez from Chili also came to Newport to visit some of the larger training and education commands and get a better insight into how to possibly incorporate some of the U.S. Navy's techniques into their own programs.

Both Tupac and Ceballos had been to Naval Station Newport before as students at the Naval War College's international programs, but had not had the opportunity to visit and interact with the other commands like they had during this visit. The four officers are all assigned as their countries liaison officers for two year tours in Norfolk with the U.S. Fleet Forces Command which arranges the orientation visits to various major installations every two years for the groups.

In addition to Newport, the liaison officers had visited Great Lakes, Mayport, Fla., and other commands.

Their visit began with a meeting with Capt. Douglas Mikatarian, Naval Station Newport's commanding officer, who provided an overview on the installation along with the Navy's histo-



Navy tour is international

From left, Capt. Carlos Tupac, Peru; Lt. Cmdr. Michael Amis, U.S. Navy Foreign Liaison Office; Cmdr. Alexandre Tito, Brazil; Capt. Ruben Ceballos, Mexico; and Cmdr. Sebastian Gutierrez visit the Buttercup Damage Control Trainer last Friday during one of their many stops around Naval Station Newport's training and education commands.

Lisa Rama/U.S. Navy photo

ry in Narragansett Bay. The group then went onto the Naval War College for an update on their international programs and a tour of the Maritime Staff Operations Course (MSOC) in Evans Hall. MSOC is not accepting international students yet, but if the interest shown by the liaison officers is any indication of their future, they probably will be soon.

Thursday afternoon involved visits to the Navy Supply Corps School (NSCS) and the Surface Warfare Officers School (SWOS) Command where they were shown the latest in training simulator technology. Both SWOS and NSCS have international programs.

Command Master Chief Charles Dassance, Director of the Senior Enlisted Acad-

emy (SEA), welcomed the officers to their temporary home inside Simms Hall on Friday morning for an overview and tour of SEA.

The foreign liaison officers all were impressed with the level of training, education and professionalism the U.S. Navy's senior enlisted personnel possess. After departing SEA, the group visited the Center for Service Support to receive briefings on how the Navy develops and updates curriculum for 16 of the Navy's Enlisted Ratings and 12 officer designators.

Capt. Jim Cunha, Commanding Officer of the Naval Academy Prep School, joined the officers for lunch in Ney Hall galley to discuss his command and provided and its relationship with the Naval Academy. Friday afternoon

was spent touring Officer Training Command Newport's key training facilities including the Fire Fighter Training School where they walked through the facility prior to viewing some of the training Coast Guard First District personnel were going through; the Buttercup Damage Control Trainer; and the Michael P. Murphy Combat Training Pool.

The officers were also given a demonstration of the Interactive Naval Officer Training Simulator (INOTS) inside Callaghan Hall. INOTS allows trainees, primarily Officer Candidate School Students, to develop better counseling skills through interacting with an "Avatar" – a computer simulation, life size Sailor who requires counseling.

The technology places

the trainee in a room that resembles an office onboard a ship where he counsels a Sailor with any of a series of problems depending on the scenario

chosen.

"This technology is amazing. I wonder if the company can do the same thing in Spanish?" asked Cmdr. Gutierrez.

Navalog

Capt. Douglas Mikatarian

Commanding Officer, Naval Station Newport

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NAVSTA Public Affairs Officer

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NAVALOG Editor

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The Newport Navalog is printed on recycled paper.

Quick take



Name: Chief Boatswain's Mate Jeff Olson

Job title: Dockmaster

Command/Department: Naval Station Newport, Port Operations (NAVSTA/PORTOPS)

Home town: Tacoma, Wash.

Most memorable career event: Individual Augmentee to Afghanistan

Favorite duty station: Destroyer USS Leftwich (DD-984)

Role model(s): Optimistic people who take responsibility for their lives.

Free time activities: Reading

Favorite book: *Atlas Shrugged*, Ayn Rand

Favorite movie: *300*

Favorite TV show: *Game of Thrones*

Favorite sport: Football

Favorite team: Seattle Seahawks

Favorite local restaurant: My wife's kitchen

Favorite quote, motto or phrase: A human being should be able to change a diaper, plan an invasion, butcher a hog, conn a ship, design a building, write a sonnet, balance accounts, build a wall, set a bone, comfort the dying, take orders, give orders, cooperate, act alone, solve equations, analyze a new problem, pitch manure, program a computer, cook a tasty meal, fight efficiently, die gallantly. Specialization is for insects. — *Robert A. Heinlein*

Long-term goal in life: To continue my walk with God.

If you could, what one thing would you add to NAVSTA Newport: Can I get a new Pier 2?



Lt. Steve Gonzalez/U.S. Navy photos

Commander, Naval Surface Forces, Vice Adm. Thomas Copeman drives a virtual Navy destroyer in the conning officer virtual environment (COVE) simulator in Memorial Hall.

Surface Force admiral pays visit

By **LT. STEVEN GONZALEZ**

SWOS Public Affairs Office

Vice Adm. Thomas Copeman, Commander, Naval Surface Forces (SURFOR), visited the Surface Warfare Officers School (SWOS) on Aug. 22.

Copeman, who assumed command of SURFOR in July, visited SWOS for a tour and update on school programs. Copeman was briefed by Capt. Richard Brown, SWOS Commanding Officer, who spoke about how SWOS blends state-of-the-art technology with traditional classroom instruction to graduate students that are prepared to serve at sea the day they report aboard their ship.

"We're very proud of SWOS's com-



Vice Adm. Copeman, left, is greeted by Capt. Richard Brown, commanding officer, Surface Warfare Officers School on the quarterdeck of Weakley Hall.

mitment to developing Sailors who are ready to do their job from day

one," said Brown. "We deeply believe in the SWOS mission. We provide a continuum of professional education and training in support of surface Navy requirements that prepares officer and enlisted engineers to serve at sea, and we're grateful for the opportunity to showcase our work and the amazing people who make it happen."

SWOS is the Surface Warfare Center of Excellence and the premier training center for all surface warfare officers. SWOS provides a wide range of professional development courses, including the Advanced Shiphandling and Tactics, Surface Navigator, Department Head, and Command at

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Your next PCS move can go much smoother

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

FFSC will be closed Monday for the Labor Day holiday.

Are you anxious about your next Permanent Change of Station (PCS) move?

Ease the stress and frustration associated with the relocation of military families by attending the next Smooth Move workshop at the Fleet and Family Support Center. The workshop is scheduled for Wednesday,

Sept. 5, 1-2 p.m.

Here's a look at the upcoming seminars and workshops:

Sept. 5 —Master Your Life, Master Your Anger, 8 a.m. to noon

Sept. 6— Starting Your Own Business, 11:30 a.m. to 1 p.m.

Sept. 6— Communication: For Better or For Worse, 1 to 3 p.m.

Sept. 10 — How to Get a Good Night Sleep, 3 to 5 p.m.

Sept. 10 to 14 — Executive Transition Assistance Management Program (TAMP), 8 a.m. to 4 p.m.

Bravo zulu

SEA Resident Class to graduate 93

The Senior Enlisted Academy's Resident Class 168 will graduate 93 students on Sept. 6 at 5 p.m. at the Officers' Club.

The guest speaker for the graduation is Chief Master Sgt. Lorna De La Cruz, U.S. Air Force.

The following graduates represent the Navy, Coast Guard, Air Force and Marine Corps:

LSCS Mary Ames
RPCS Fermin Ancho
AOCS Adam Bartness
ITCS John Behm
Master Sgt. Nathaniel Bettisworth, USAF
EODCS Joel Blea
MMCS Steven Bosco
AECS Robert Brinson
ETCS Toby Cadwell
OSCS James Cameron
SCSM Patrick Campbell
STSCS Edwin Carr
ENCS Michael Cauley
SHCM Monique Chatman
AVCM Charles Clark
ADCS David Clarkson
ITCS Sarah Copeland

ADCS Bryan Couch
EMCM Kevin Cox
ITCS Kevin Crook
EMCM Rodolfo Dioneda
FCCS David Dirks
AWVC Rebecca Dixon
ABHCS Scott Doty
EMC Steven Douglas, USCG
Master Sgt. Robert Dunning, USMC

ISCS Eric Emory
BMCS Sheldon Ezell
BMCS Todd Ferrari
HMCS Larry Flint
FCCS Edward Gallagher
ITCS Samuel Garana
NCC Winston Garvey
GSCS Troy Gooden
MUCS Guy Gregg
Senior Master Sgt. Michael Grenert, USAF

LSCS Keenan Gresham
EMCS Brian Griffith
MACS Gary Groesbeck
OSCS Clifford Hanna
HMC Gunawan Hartanto
HMCS Thomas Hellmann
HMCS Jeramy Henson
LSCS Nichcole Hillhorne
HMC Carl Holzhauser
ETCM Sean Howe
MUC Amy Jarjoura
HMC Andrew Jenkins
EODCS Kerry Jones

CSCM Stephan Jones
MACS Katherine Knight
AFCM Roger Line
LSCS Johnliomar Lingad
ADCS Joe Lovelace
ADCS David Lyman
CSCS Harry Maniego
MMCS Jeffrey Matlock
AZCS Anthony Matthews
ABHCS Daryl Mcgee
ETCS David Mencarini
FCCS Chad Miller
HMCS Randall Oakes
AZCS Jennifer Paul
PSCS Paul Perez

1st. Sgt. Ronda Porter, USMC

HMC Shawn Porter
EMCS Kevin Ray
CECS Ariel Ricasata
MMCS Donald Riley
BUCS Jonathon Ring
ASCS Weba Roberts
ADCS Reynante Rocero
NCCS Frederick Rogers
Senior Master Sgt. Mario Saenz, USAF
CUCM Moses Sampson
ETCM Daniel Shuksta
1st. Sgt. William Singleton
YNCS Larry Smith

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3 ombudsmen graduate

The Ombudsman Basic Training course was held at the Fleet and Family Support Center, Aug. 20-22.

The following individuals demonstrated their dedication and support of the Navy's Ombudsman Program as well as their commands, crew and families by successfully completing the required training in order to

fulfill their duties and responsibilities as command ombudsmen:

Laura Evinger, Navy Band Northeast;

Bobbie Acquilano, Navy Operational Support Center, Rochester, N.Y.;

Sharon DiGiovanni, Navy Operational Support Center, Rochester, N.Y.

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Announcements

Labor Day holiday hours of operation

The Navy Exchange, Package Store, Bayside Gas Station and Greene Lane Mini-mart are open, 9 a.m. to 6 p.m. and the Uniform Shop is closed for the holiday.

Morale, Welfare and Recreation

The following Morale, Welfare and Recreation facilities will observe their holiday hours of operation on Monday, Sept. 3:

Gym 109 will be open 9 a.m. to 5 p.m.; Leisure Bay, 8 a.m. to 6 p.m.; Seaview Lanes Bowling Center, noon to 6 p.m., Enlisted Club, noon to 6 p.m.; Liberty Center, noon to 6 p.m. and Officers' Club 11 a.m. to 9 p.m.

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

Road closed at Peary, Meyerkord

The steam line replacement project will impact traffic at the intersection of Peary Street and Meyerkord Avenue through Tuesday, Sept. 4.

Detour signs are posted at the foot of the Toner Bridge and at the Navy Marine Corps Relief Society Thrift Shop. Please plan accordingly.

Chapel of Hope update

The Men's Wednesday Bible study class will relocate back to the Chapel of Hope next week, Chaplain (Lt.) Jonathan Henderson, deputy command chaplain, has announced.

Also, the Children's Church resumes for the fall on Sunday, Sept. 2. Beginning Sept. 9, refreshments will be served after the regular chapel services.

To accommodate demand, beginning Sunday, Sept. 16, at 7:45 a.m. a general Protestant service will be held in Perry Hall Auditorium while the liturgical Protestant service takes place in the chapel. For information call 841-2234.

Commissary caselot sale

The Defense Commissary Agency has announced a caselot sale in the parking lot for the Newport Commissary on Sept. 14 to 16, Friday, Saturday and Sunday. Specials on overstocks will be for sale at reduced prices.

Military Appreciation Day at zoo

PROVIDENCE — Roger Williams Park Zoo has announced a special Day of Honor on Sept. 9 with free admission for veterans and active duty members of the armed forces, as well as active and retired police officers, firefighters and ambulance personnel and emergency responders (identification of active or retired status must be shown to receive free admission). Zoo visitors may participate in a group feeding session.

Limited tickets will be sold at the gate on a first come, first served basis.



Navy Ball tickets available

Juan M. Garcia III, Assistant Secretary of the Navy for Manpower and Reserve Affairs, is the scheduled guest speaker at Naval Station Newport's Navy Birthday Ball, Oct. 5, from 6 p.m. to midnight, at the Officers' Club.

Tickets to the 237th anniversary celebration of the birth of the U.S. Navy are available through the MWR Information, Tickets and Travel Office or from command representatives. Ticket prices are: \$50 (E-7 and above, officers and civilians); \$45 (E-4 through E-6, to include OCS); and \$40 (E-3 and below, to include NAPS). The cocktail hour will feature hors d'oeuvres and a cash bar.

Dinner choices are Herb-seared N.Y. strip steak with grilled ratatouille; chicken breast en crouete with grilled veggie and lentil ragu; or vegetarian gnocchi with peas, yellow peppers and tomato with butter herb garlic sauce.

Dessert will be N.Y. style cheesecake. Music for dancing will be provided by Navy Band Northeast. The Navy Ball coordinator is Master-at-Arms 1st Class (SW) Alicia Rodriguez at Navyballcoordinator12@gmail.com.

O'Club deck open Labor Day

Say goodbye to the summer of 2012 with a free concert on Labor Day, Monday, Sept. 3, on the Officers' Club deck. The deck will be open from 11 a.m. to sunset, featuring back-to-school food specials all day, and a live reggae band, Rebel Heat, beginning at 4 p.m. For more information, call 841-1442.

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AAA safety class rescheduled

The Enterprise Safety Application Management System (ESAMS) AAA safety course which was scheduled for Wednesday, Sept. 19, will be held Wednesday, Sept. 5, at 8 a.m., in Building 1, Safety Class Room.

Call 841-2478 for information.

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Public and private sector leaders receive overview of Navy Newport

Naval Station (NAVSTA) Newport and the Rhode Island National Guard host a visit annually by Leadership Rhode Island and the R. I. Employer Support of the Guard and Reserve.

The group, composed of many leaders in private and

public sector jobs, toured the R.I. National Guard and Air National Guard complexes, and then arrived in Newport for lunch at the Officers' Club followed by briefings on the Navy in Rhode Island, the Navy Operational Support Com-

mand and the Naval War College.

After briefings Aug. 22, 44 members of this year's group enjoyed a short visit to the Naval War College Museum followed by tours of the Wind Tunnel, Anechoic Chamber and torpedo history display at the Naval Undersea Warfare Center (NUWC) Division Newport.

They also toured NUWC's waterfront facility at Stillwater Basin where they got briefings on unmanned surface vehicle (USV) development, Narragansett Bay Shallow Water Range operations and NUWC Newport diving operations.

"I had no idea the Navy did so much here in Rhode Island," said Arian McNeil, R. I. Employer Support of the Guard and Reserve coordinator.



MEMBERS of the R.I. Employer Support of the Guard and Reserve feel a 40 mph wind in NUWC Newport's anechoic wind tunnel. A 500 hp motor can create a wind in the tunnel of more than 100 mph.



Richard Allen/NUWC photos

Jerome 'Jerry' McCauley, left, of Naval Undersea Warfare Center Division (NUWC) Division Newport's Torpedo Systems Department, discusses historic torpedo designs with members of the members of the R.I. Employer Support of the Guard and Reserve during a tour of 'torpedo alley,' a display of historic torpedoes and unmanned undersea vessel prototype shapes.



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Special events

The Big E in September

WEST SPRINGFIELD, Mass. – The Big E, which is the largest fair in the Northeast, will return to West Springfield, Sept. 14 to 30. Sept. 14 is “Be a Kid for a Day/Military Appreciation Day,” sponsored by New England VA Health Care System. Military members and retirees with proper ID will be admitted free to the fair that day. If you can't make Military Appreciation Day, discounted tickets can also be purchased at the Information, Tickets and Travel office for adults at \$13.50 and \$9.50 for children.

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

Join coastal cleanup

The Public Works Department is organizing Naval Station Newport participation in the 2012 International Coastal Cleanup (<http://www.oceanconservancy.org/our-work/marine-debris/2012-data-release.html>)

This year NAVSTA will coordinate volunteer efforts with Naval Undersea Warfare Center Division, Newport, on Saturday, Sept. 15, from 10 a.m. to noon. Depending on the number of volunteers, two locations off Burma Road/Defense Highway are targeted, plus the Gate 1 area. Participation will help make Narragansett Bay cleaner and safer for all who use its resources. Refreshments will be available during the cleanup.

To participate, or for more information, call 841-2464 or scott.w.mello1@navy.mil; 841-3919 or tyler.w.lewis@navy.mil; or 841-7561 or cornelia.mueller@navy.mil. Please RSVP by today so that refreshments and t-shirts (provided by the Rhode Island Audubon Society) can be ordered.

A Race to Remember

The 3-mile run or 1.5-mile walk is a tribute and celebration along with a way to remember our fallen heroes on Tuesday, Sept. 11, at 6 a.m. The start/finish will be at the Weenachasett foot bridge. Register or email your name or roster of fellow participants to Stefania.m.hill@navy.mil and Christina.savoie@navy.mil or call 841-3154 for information.

NAPS football opens at home

The Naval Academy Preparatory School (NAPS) football team will play Dean College of Franklin, Mass., for the first home game of the season at Nimitz Field, Saturday, Sept. 1, 1 p.m. For information call 841-3413.

Free Newport Harborside concert

Newport Independent Music Festival summer concert series with the rock sounds of O'Doyle Rules will take place at the King Park pavilion on Wellington Avenue on Sunday from 3 to 6 p.m.

Upcoming events:

Today – Summer concert series on the Officers' Club deck continues with Changes in Latitude, a Jimmy Buffet Tribute Band, from 5:30 to 8:30 p.m. For information call the Officers' Club at 841-1442.

Today — Direct Commission Officers (DCO) Class 12090 graduation, Officer Training Command Newport, at 10 a.m. Call 841-1171 for information.

Sept. 3 – Labor Day (federal holiday)



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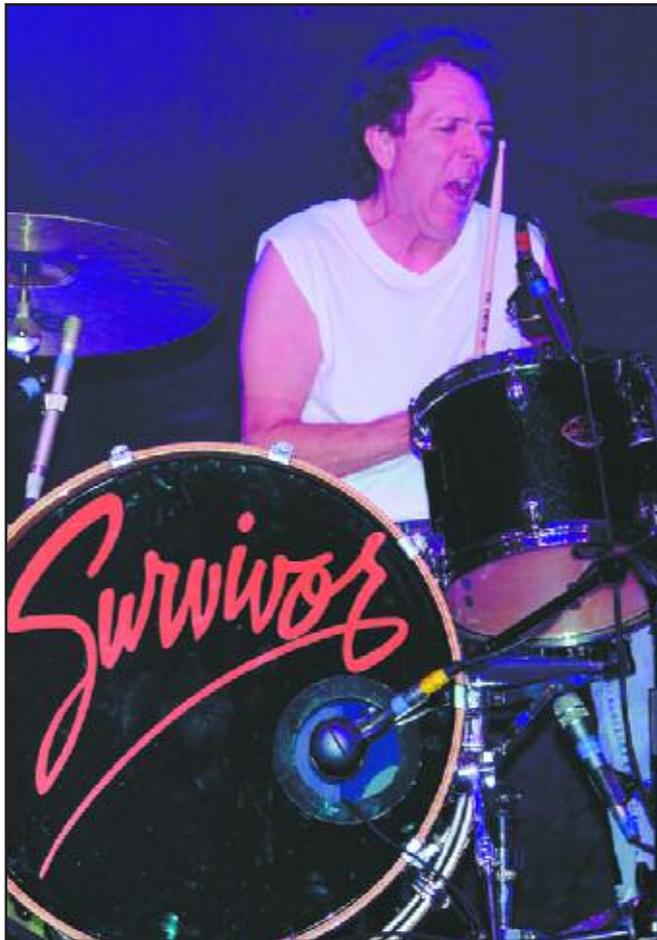
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Kelly Conner/MWR photo

Survivor drummer Marc Droubay pounds out a solo at Morale, Welfare and Recreation department's Salute to Summer and Fireworks Show last Saturday night on Dewey Field, Coasters' Harbor Island. Thousands attended the event as guests of the commanding officer, Naval Station Newport.

Survivor rocks Dewey Field crowd

Several thousand people crowded Dewey Field last Saturday night for the Morale, Welfare and Recreation Department's Salute to Summer Concert and Fireworks show. Navy Band Northeast opened the evening, followed by the Chicago-roots rock band Survivor which took the stage at 7 p.m.

A clear fogless night set the venue for a spectacular fireworks display to music shortly after 9:15 p.m. The show was visible even to thousands of residents along Potter Cove and East

Ferry in Jamestown.

Earlier in the program, Capt. Doug Mikatarian, Commanding Officer, Naval Station Newport, welcomed the crowd, thanking the sponsors and musicians. At sundown, evening colors were observed at the flagpole opposite the Naval War College Museum.

MWR set up a Kids Zone of inflatable slides and the popular Bungee Run. Lines formed all night at the refreshment tents.

Survivor, which originally formed in 1978 played their hits, "High on

You," and "I Can't Hold Back," and closed the night with their biggest, "Eye of the Tiger," written for the second in the boxing sequel, *Rocky II*. The band members included lead vocalist Jim Jamison, bass guitarist Frankie Sullivan; drummer Mark Droubay; lead guitarist Billy Ozzello and guitarist/keyboardist Walt Tolentino.

Many in the Naval Academy Prep School Battalion crowded down front. Others in the front rows scrambled for tossed guitar picks as souvenirs.



Survivor guitarists Billy Ozzello, left, and Frankie Sullivan, accompany lead singer Jim Jamison in performing their hit, 'High on You.'

Courtesy Kat Jordan photo



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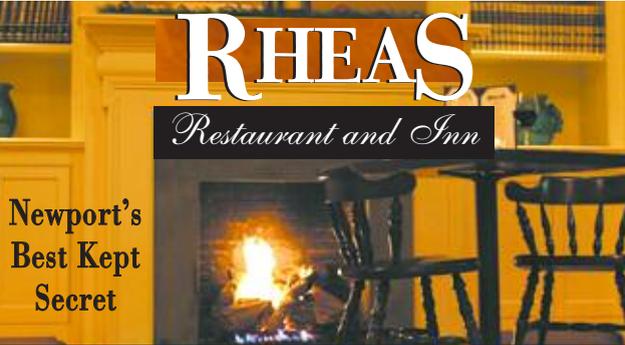
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Capt. Doug Mikatarian, Commanding Officer, Naval Station Newport, addresses the crowd and thanks sponsors.



Navy band Northeast's Rhode Island Sound performs a classic rock number as it opens the Salute to Summer and Fireworks Show.



Fireworks are launched from a barge off Coasters' Harbor Island after Survivor completes its concert.

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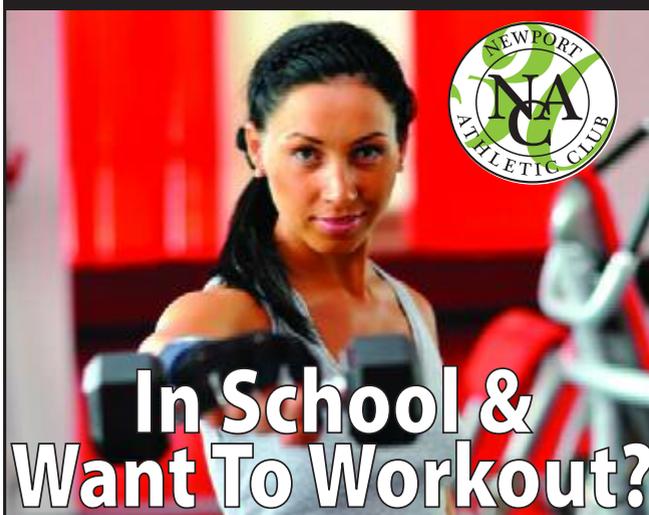
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Leisure

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(Building 95, 841-1442)

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MONDAY: Wings Night from 4 to 6 p.m. Patrons can order 30-cent Buffalo wings, sold in increments of 10 for dine in only. Flavor selections include Buffalo, barbecue, garlic parmesan or teriyaki.

TUESDAY: Kids Eat For Free from 5 to 8 p.m. with the purchase of one adult meal for children age 12 and under.

One free kid's meal from the Kids Menu is allowed per one adult meal purchase. An adult meal consists of purchase of an entrée salad, sandwich, burger or entrée, or special entrée from the Topside menu.

The offer is for dine-in

only.

WEDNESDAY: \$10 Steak Night. Order an 8 ounce grilled angus New York strip steak, after 5 p.m.

THURSDAY: Enjoy a steamed lobster or lobster dinner below market price, after 5 p.m.

FRIDAY: Fish Fry-Days are every Friday night. Choose from your favorite fresh seafood, fried to order.

Recreation Center

(Building 656, 841-4293.)

Enter through Seaview Lanes)

Bowling: 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.

On Labor Day Sept. 3: military may bowl for \$1 per game, and non-military bowl for \$2 per game. All rates are per person

Special fitness activities

(Gym 109, 841-3154)

• **Intramural Flag Football League season runs from Sept. 10 through Nov. 15.**

The league is open to active duty personnel, retirees, family members, reservists and DoD employees age 18 and older. All games will be played at NAPS Field, Monday through Thursday at 5:30 and 6:30 p.m.

There is a \$15 fee for DoD employees. All teams are required to pay a refundable \$100 forfeit fee

and must have matching shirts with numbers by the first game. For more information, call Greg at 841-3420.

• **The annual Race to Remember fun run/walk will be Tuesday, Sept. 11, at 6 a.m.** It's a tribute, it's a celebration and it's a way for us to remember our fallen heroes on 9/11. All individual runners, walkers and commands will check in at Gym 109 prior to race start.

The 3-mile run or 1.5-mile walk will start and finish on the Weenachasset foot bridge.

Prizes for top male and female will be awarded and to the largest command to participate. Commands bring in a roster to Gym 109 to register or email the roster to Stefania.m.hill@navy.mil and Christina.savoie@navy.mil. Refreshments will be provided after the race. For

more information, call Gym 109 at 841-3154.

• **Blood Drive on Wednesday, Sept. 12, from 4:30 to 7:30 p.m.** Donate the gift of life to someone. The Rhode Island Blood Center Bloodmobile will be outside Gym 109. For more information, call Gym 109 at 841-3154.

Pool 307

(Building 307, 841-6628)

Cornell Swim Academy Youth Swim Lessons begin on Sept. 3 through Oct. 1.

Registration dates are through Sept. 1 and cost \$56 for four weeks. The class fee is per child and is due at time of registration.

For more information, call Pool 307 at 841-6628, email cornellswimacademy@hotmail.com or visit <http://cornellswimacademy.vpweb.com>

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.

August event

Tonight – Volleyball game outside Liberty Center!

September events

Sept. 1 – Pawtucket red Sox game bus trip. Sign up in Liberty

Sept. 2 – Texas Hold'em Tournament at 6 p.m.

Sept. 3 – Billiards Tournament at 6 p.m.

Sept. 4 – Movie Night, free popcorn.

Sept. 5 – Free pizza night, while it lasts.

Sept. 6 – Coupons for free shoe rental in bowling.

Sept. 7 – Free movie on the lawn, starts at 8 p.m.

Q:

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Sunday & holidays, closed

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, weekends and 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, holidays & weekends

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Orientation, retirements covered in two eSeminars

Naval Station Newport commands and activities are encouraged to direct newly hired Department of Defense civilian employees to the New Employee Benefits Orientation eSeminar; and employees who are thinking about retirement to the Retirement eSeminar.

Have you wanted to attend a seminar on a benefits topic but there was no funding available or your workload made it difficult to attend the course? You can now access free eSeminars on many benefits topics in the Employee Benefits Information System (EBIS). eSeminars are easy to view and self-paced. You can start or stop the eSeminar at any time and return to the

topics at a later time. You can view the screens and listen to or mute the audio.

If you are retiring within the next five years, it is especially important that you watch the eSeminar on retirement. If you are a new employee, get a head start on your future by watching the Financial Planning eSeminar.

Benefit Bulletin 2012-3 eSeminars Are Now Available in the Employee Benefits Information System available at <http://www.public.navy.mil/donhr/Benefits/resources/Pages/Default.aspx> provides additional information about the eSeminars and how to access them.

If you need assistance

accessing EBIS or have questions about information discussed in the eSeminar, call the Benefits Line at 888-320-2917 and select menu option No. 4 to speak with a customer service representative. They are available from 7:30 a.m. until 7:30 p.m., Eastern Time, Monday through Friday, except on federal holidays. The TTY number is 866-359-5277.

You may also email your questions to navybenefits@navy.mil. You must include your full name, pay plan, grade, contact telephone number and the best time to call you, but do not include Privacy Act Information such as date of birth or social security number.

CSS employee seeks donated leave

An employee at the Center for Service Support (CSS) has been approved as a leave recipient for donated leave under the Voluntary Leave Transfer Program.

Patricia Clarke has received approval from the Commanding Officer, CSS, as a leave donation recipient because of a medical emergency.

The Voluntary Leave Transfer Program allows employees to donate annual leave to co-workers for absences due to a personal or family medical emergency. Employees often donate excess annual leave at the end of a leave

year for use by an employee with a medical emergency rather than losing or forfeiting it.

A medical emergency is a medical condition of an employee or a family member of the employee that is likely to require the employee's prolonged absence from work and would result in a substantial loss of income because of the unavailability of paid leave.

A donor may not donate more than a total of one half of the amount of leave accrued during a leave year in which the donation is made.

Any DON civilians who wish to donate leave to Clarke may do so by completing a *Request to Donate Leave, OPM Form 630-A*, and forward it to the employee's payroll customer service representative (CSR) immediately for processing.

Clarke's CSR is Cynthia Flowers, CSS Finance Division, 841-1431.



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I saw an ad for Get In Shape For Women and decided to give them a call. We set up an appointment for a free trial the next day. When I went in to the studio, I was given a tour and then we quickly got down to business. I could barely lift a 10 pound weight and I thought I was going to die on the treadmill. The worst part, though, was when I saw the number on the scale during the initial weigh-in. Surely that number was wrong!! Knowing deep down that scales don't lie, I decided right then and there that I was going to join Get In Shape For Women. That was, by far, the best decision I have ever made. I lost 12 pounds in the first month and quickly learned that my old exercise routine was not effective at all and my eating habits needed some big changes.

I love Get In Shape For Women! The staff is very knowledgeable about nutrition. The trainers are excellent - very supportive and encouraging. I love the fact that the workouts are appointments which can fit into any busy schedule. I'm in and out in one hour. I have lost a total of 25 pounds and 5% body fat in just six months and I feel terrific!

I strongly urge anyone who thinks that their clothes are shrinking or that the camera and scale are lying to give Get In Shape For Women a call and set up a free trial appointment. It will be the best thing you've ever done for yourself. I know it was for me. Thank you Get In Shape For Women!!

Beth Desvauz, 48, Accountant



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Sports

NAPS football hosts Dean College

By **ENSIGN M. BASHFORD**
and **2nd LT. JON TEAGUE**
NAPS assistant football coaches

The Naval Academy Prep School football team opens its 2012 season at home on Saturday, Sept. 1, when its hosts Dean College of Franklin, Mass., the fifth-ranked junior college team in the nation.

Last year, NAPS finished 8-1, losing its last game against the Military Academy Preparatory School (MAPS) in the "Little Army-Navy" game. This year's NAPS Rams hope for similar success with one exception — an end-of-season victory over their Army arch-rivals.

After their home opener, the NAPsters will go on the road four weeks, first with Nassau Community College on Sept. 8 and then Bryant College junior varsity in Smithfield, R.I., on Sept. 16. After a quick turnaround, the NAPS football team travels to Annapolis, Md., on Sept. 21 to take on the Naval Academy junior varsity.

The last road game of the four week stretch is Sept. 29 against Bridgton Academy in North Bridgton, Maine.

On Oct. 6, the Rams host Onondaga College on NAPS' Parents' Weekend.

The entire NAPS Battalion will travel to Annapolis on Oct. 17 for its annual visit to the Naval Academy,



The Naval Academy Prep School's football team runs sprints off scrimmage in its final practice before its season opener on Saturday at home against Dean College of Franklin, Mass.

and the NAPS football team will face the Navy junior varsity for a second time on Oct. 19.

In its penultimate game of the season NAPS will host Hudson Valley Community College Oct. 27; and in its season finale will travel to West Point, N.Y., on Nov. 3 to face the Black Knights of MAPS in the tra-

ditional "Little Army-Navy" game.

Offensively, the NAPS football team practices the triple-option offense, anchored by the two quarterbacks who expect to share time at the position: Anthony "Fish" Smithson and Kenneth Mouton.

On the defensive side, the defensive line looks to set

the tone through strength and physicality.

The defensive line will be anchored by nose guards Alex Washington and Robert Dusz who will be counted upon to control the opponents' running game.

With a strong cadre of dedicated players, NAPS is looking forward to a successful season.

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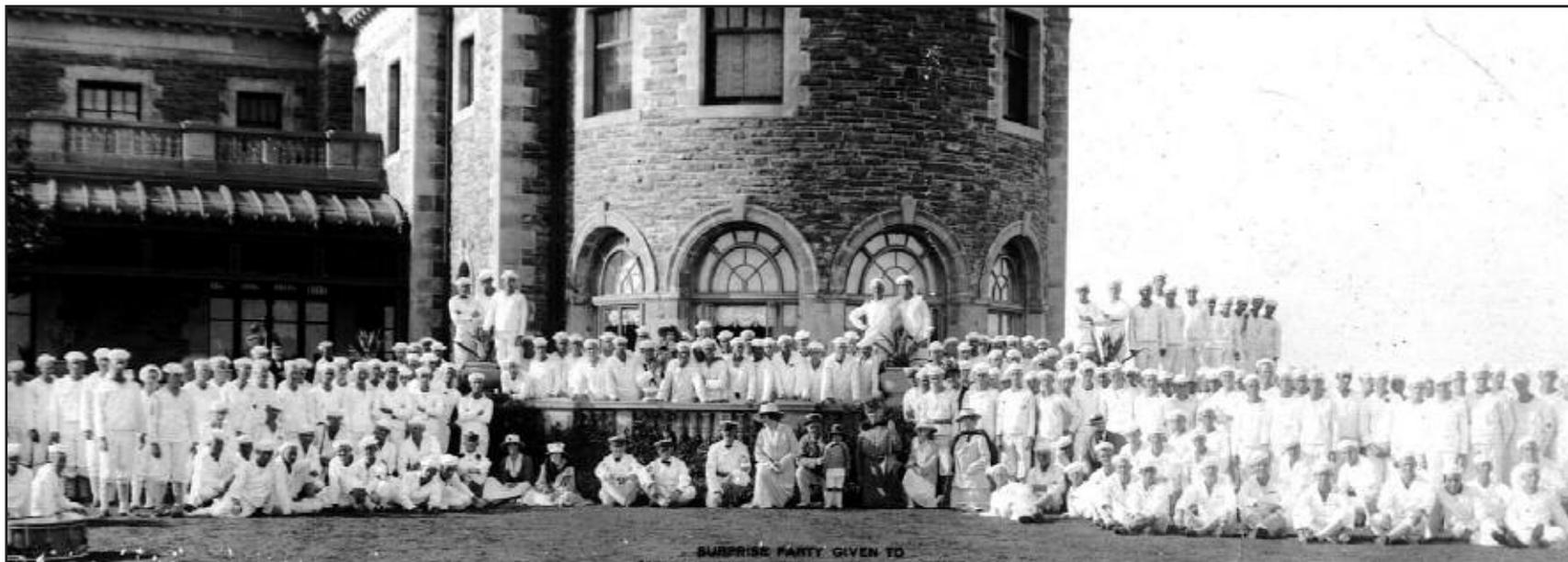
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The Aft Lookout



NWC Museum Archives photo

Hundreds of recruits and U.S. Navy Band members from the former Training Station, Newport, pose at Beacon Hill House for a surprise party on Sept. 7, 1917, for Mrs. Arthur Curtis James. Mr. James, one of the richest men in the United States, was heir to the Phelps-Dodge copper mining interests and was a major railroad investor. He was also Commodore of the New York Yacht Club. His estate in Newport, Beacon Hill House, was built in 1910 and was the largest with three villas on 125 acres of land. He and his wife both died in 1941. The main house was destroyed in a fire in 1967.

SEA

Continued From Page 4

Master Sgt. Ronnie Smith,
USMC
ETCS Marcus Steimer
CTRC Rashad Story
AVCM Patrick Strawbridge
YNC Virginia Sunder-
mier
MNCS Steven Themins
Master Sgt. Jeremiah
Thunberg, USAF

NCC Steve Tooker
UTC Gabriel Vazquez
DCCS Dedrick Walker
STGCM Michael Walker
HMCS James Wallace
CTICS Vince Whitmire
ISCS Benjamin Williams
FTCS Brian Woomer
LSCS Lester Wright

Force

Continued from Page 3

Sea. SWOS also provides training to newly commissioned ensigns from Officer Candidate School (OCS) and is responsible for all enlisted engineering training for the surface fleet.

"The work they are doing here at SWOS is incredible," said

Copeman. "The demand for exemplary training has never been higher."

During his visit Copeman took time to talk with students and to reinforce the six words the CNO uses to focus the Navy's efforts: Warfighting first. Operate forward. Be ready.

"You are the Navy's warfighting experts," said Copeman, addressing a group of students in the department head course. "You are going to be the ones that your commanding officers are going to count on to ensure that your ship is ready to fight when called upon; make sure you are up to the task."

Copeman toured the schoolhouse, including the Full Mission Bridge (FMB) simulator, simulating every Navy homeport and other ports the Navy regularly visits around the world. The 360-degree view of the FMB provides the student with a realistic virtual environment unmatched by any other Navy trainer.

"They really are at the forefront of utilizing cutting-edge technology to train our surface warfighters," said Copeman. "SWOS is doing a fantastic job training our surface warfare officers to support the maritime strategy and enabling the Navy to meet the missions of the 21st century."

MWR recreation hours

 SEPTEMBER	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	6-8 a.m., 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.	6-8 a.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.	8 a.m.-1 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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