

The Newport Navalog

VOL. 110 NO. 31 AUGUST 5, 2011

SERVING COMMANDS AND ACTIVITIES, NEWPORT, R.I.



Jon Dillworth/MWR photo

THE WINNER...AGAIN! Fred Bartlett Jr., 55, of Narragansett for the second straight year wins the Naval Station Newport Sprint Triathlon last Sunday, crossing the finish line in 56:29 ahead of 316 other competitors. Story, more pictures, Pages 10-11.



CSS welcomes new skipper

The Center for Service Support holds change of command ceremonies and bids farewell to its outgoing commanding officer, Capt. Bernard Dunn, left, who retires.

—Page 2



Marine cadets visit NAVSTA

The Marine Cadets of America visit Naval Station Newport, and get inspired mingling with officer candidates and Navy and Marine instructors.

—Page 2



Coast Guard marks 221st

The U.S. Coast Guard, a multi-tasked organization, celebrates its 221st anniversary as the oldest maritime service in the U.S.

—Page 3



Lt. John Bing/U.S. Navy photo

Capt. Dana Weiner, the new Commanding Officer of the Center for Service Support, salutes Vice Adm. Alan S. Thompson, left, Director of the Defense Logistics Agency, at change of command ceremonies on July 29. Weiner relieved Capt. Bernard Dunn Jr., right.

CSS welcomes new skipper as Capt. Bernard Dunn retires

By CSS Public Affairs Office

Capt. Dana Weiner relieved Capt. Bernard Dunn Jr. as Center for Service Support commanding officer during a change of command ceremony on July 29 outside CSS headquarters in Fitzgerald Hall, Coasters' Harbor Island.

The ceremony culminated 30 years of service for Dunn, who served the Navy in both the surface warfare and supply communities.

"Today is a big day," Dunn said as he opened the ceremony, "not necessarily because Captain Weiner is taking command ... not necessarily

CSS, Page 18



MCCS Melissa Weatherspoon/U.S. Navy photo

Vice Adm. Alan S. Thompson, right, Director of the Defense Logistics Agency, pins the Legion of Merit medal for distinguished service on Capt. Bernard Dunn Jr., the outgoing Commanding Officer, Center for Service Support.

27 Marine cadets visit NAVSTA, find inspiration

By **BOB KREKORIAN**
NAVSTA Public Affairs Staff

Twenty-seven Marine cadets, members of the Marine Cadets of America (MCA) of New Haven, Conn., will leave Naval Station Newport tomorrow after a week-long summer training camp that featured orientations by the Marine Corps drill instructor staff, Officer Training Command Newport (OTCN); Marine Detachment (MARDET), Newport; Surface Warfare Officers School; and the Naval Justice School.

The cadets, age 11 to 17, arrived July 31. The MCA program was formed in 1984, but a predecessor organization, Young Marines, was started in 1958. MCA, Company A, 1st Battalion cadets meet every Thursday night at the Armed Forces Reserve Center, New Haven.

"We're a mixing pot," said Capt. Anthony J. DiBiase, MCA commanding officer and a former Marine himself. "The majority of our kids come from the inner city. Many come from single parent households."



Bob Krekorian/U.S. Navy photo

Lt. Philip Garrow, right, trainers and simulator instructor at Surface Warfare Officers School, explains some of the basics of DDG-51 ship engineering in the Gas Turbine Propulsion Plant Trainer to members of the Marine Cadets of America group from New Haven, Conn.

DiBiase, a retired chief of security for New Haven public schools, has been with MCA since 1963.

"Seeing officer candidates here at Newport gives our cadets a push," DiBiase said.

During the camp, cadets received drill instruction and physical fitness training from the OTCN Marine Corps drill instructor staff; and water survival training at Pool 307 from a Marine

Corps combat swimmer.

Other scheduled orientations included a visit Tuesday to the Full Mission Bridge simulator and Gas Turbine Propulsion Plant Trainer at the Surface Warfare Officers School Command. MARDET Newport provided an orientation on the Marine Corps Aviation Logistics Program.

"This program is about

MARINE CADETS, P. 20



CNIC migrates NAVSTA website

Commander Navy Installations Command has completed the migration of installation websites for the Mid-Atlantic Region.

The new Naval Station Newport site can be accessed at: <http://www.cnic.navy.mil/Newport/>

Navalog

Capt. Joseph P. Voboril

Commanding Officer, Naval Station Newport

Lisa Rama

NAVSTA Public Affairs Officer

Greg Kohlweiss

NAVSTA Public Affairs Staff

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NAVALOG Editor

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Quick take



Name: Manuel M. Trevino, a retired master chief ship's serviceman

Job title: Retail operations instructor

Command/Department: Navy Supply Corps School

Home town: Jacksonville, Fla.

Most memorable career event: Selection to Master Chief Petty Officer

Favorite duty station: Nuclear aircraft carrier USS Ronald Reagan (CVN 76)

Role model(s): Admiral Mike Boorda

Free time activities: Working out/tennis

Favorite book: *Gone with the Wind* (1937) by Margaret Mitchell

Favorite movie: Too many movies to list.

Favorite TV show: *CSI Miami*

Favorite sport: Football

Favorite team: Dallas Cowboys

Favorite local restaurant: Atlantic Beach Club

Favorite quote, motto or phrase: Live life to the fullest.

Long-term goal in life: Have a solid financial retirement.

If you could, what one thing would you add to NAVSTA Newport: A four stall self-car wash with adjoining overhang to dry, wax and detail the car.

Coast Guard marks 221st birthday

The U.S. Coast Guard, which celebrated its 221st birthday on Thursday, is this nation's oldest maritime agency.

Detailing the history of the Coast Guard is not easy because it's the amalgamation of five federal agencies (the Revenue Cutter Service, the Lighthouse Service, the Steamboat Inspection Service, the Bureau of Navigation, and the Life-saving Service), all of which were established by the United States government, at different times.

Because they had overlapping responsibilities, they were often shuffled from one end of the government to the other, receiving new names as they went



Navalog file photo

The Coast Guard cutter Juniper is one of three buoy-tenders homeported at Naval Station Newport's Pier 2.

along. They were all finally united under the umbrella of the Coast Guard.

On Aug. 7, 1789, the First Congress federalized the existing lighthouses built by the colonies and appropriated funds for lighthouses,

beacons and buoys. Each lighthouse is unique because they generally reflect the latest technology available at the time they were constructed. There have been more than 1,000 lighthouses built, and their administration bounced from the Treasury Department to the Commerce Department for almost 150 years before it was finally transferred to the Coast Guard in 1939.

Law enforcement

The Coast Guard's law enforcement responsibilities have been threefold over the decades: first, to ensure that tariffs were paid; second, to protect

USCG, Page 18

Newport County veterans to remember Victory Day

The United Veterans Council of Newport County and Newport American Legion have announced Victory Day ceremonies on Monday, Aug. 8, at noon outside City Hall on Broadway.

As in past years, The Artillery Company of Newport, veterans' organizations of Newport County, clergy, city and legislative officials, as well as local area townspeople will participate.

Wes Neal, secretary of the United Veterans Council and adjutant of Newport American Legion, said Air Force Col.

Michael Pratt, a Naval War College faculty member, will be this year's guest speaker.

United Veterans Council President Fred Mathews and the American Legion Post commander, Leo Ayotte, invite the public to attend this Victory Day observance.

A container will be available at the ceremony for the deposit of worn/faded/unserviceable U.S. flags. These flags will be retired and properly disposed of at an appropriate flag retirement ceremony to be held at a later date.



Clarification

Navalog file photo

In last Friday's issue of *The Newport Navalog*, the photo above showing an incoming midshipman candidate taking a Breathalyzer test was included as part of the coverage of the Naval Academy Prep School Class of 2012 arrival. The cutline read, 'Those who failed were dismissed.' There were no failures entering the Class of 2012, the command said.

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Junior Sailor of the Quarter Blue Jacket of the Quarter



Greg Kohlweiss/U.S. Navy photos

Master-at-Arms 2nd Class Douglas Paluch, left photo, was selected the Naval Station Newport's Junior Sailor of the Quarter for the third quarter, fiscal 2011; and Master-at-Arms Seaman Apprentice Stephanie West was selected as Blue Jacket of the Quarter for the third quarter, fiscal 2011. Certificates were presented by Capt. Joseph Voboril, Commanding Officer, NAVSTA, during a ceremony at the Public Safety Complex/Fire and Security, Building 1373, on July 29.



Greg Kohlweiss/U.S. Navy photo

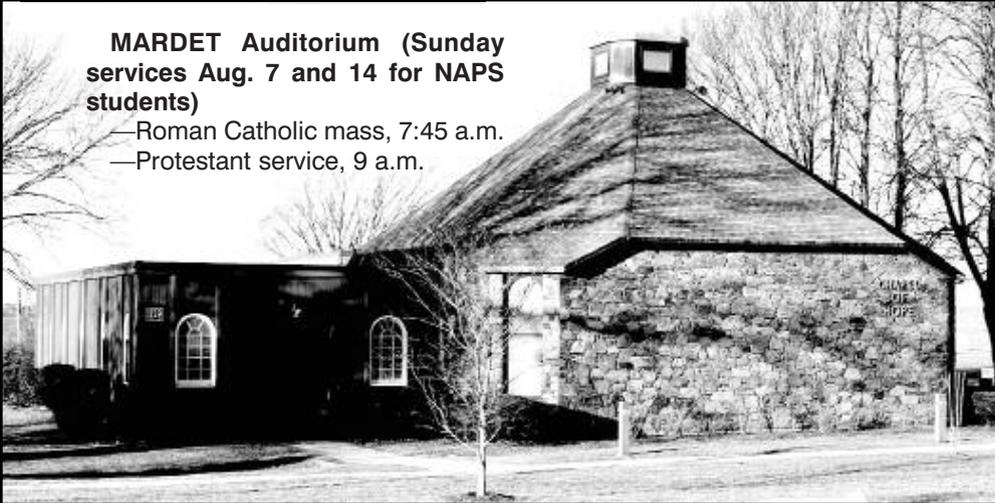
Musician 3rd Class Jennifer Shippee, with her husband Musician 2nd Class Carlton Shippee, holds her Navy and Marine Corps Achievement Medal during end of tour ceremonies recently that included Lt. j.g. Scott Mythen, Director, NBNE; and Capt. Russell Knight, Deputy Chief of Staff, Naval War College. The Shippees are PCSing to Naval Station Great Lakes, Ill.

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MARDET Auditorium (Sunday services Aug. 7 and 14 for NAPS students)
—Roman Catholic mass, 7:45 a.m.
—Protestant service, 9 a.m.

Sunday Services - | **7:45 AM & 10:30 AM Protestant Service**
9:00 AM & 12:00 PM Roman Catholic Mass

Fleet and Family Support Center

TAMP helps in transition

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

FFSC is closed for the Labor Day holiday, Monday, Sept. 5.

The Transition Assistance Management Program (TAMP) is a seminar designed to assist service-members leaving the military to prepare for transition to civilian life and is scheduled for Aug. 8 to 12, 8 a.m. to 4 p.m., at the Morale, Welfare and Recreation conference room, Building 656.

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

Ombudsman to meet — This Ombudsman Assembly Meeting is scheduled for Tuesday, Aug. 9, 6 to 8 p.m., at Naval Health Clinic New England, Newport, for local area command Ombudsmen and their Command Support Team (CST) members.

Ombudsman participation is required and CST support is requested. For additional information or to register for this meeting, call Paul J. Salesi, FFSC Ombudsman Coordinator.

New Spouse Orientation to the Military — This program, scheduled for Aug. 16, 9:30 to 11:30 a.m., 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. Call FFSC to register.

Control your finances — Develop Your Spending Plan will be offered Tuesday, Aug. 23, 2:30 to 4 p.m. The class includes setting goals that are SMART (Specific, Measurable, Action-Oriented, Realistic, and Timely); learning to distinguish between net, gross and disposable income; learning how to complete a financial planning worksheet consisting of calculations of net worth, monthly income, monthly savings

FFSC, Page 6



Greg Kohlweiss/U.S. Navy photo

FOOD FOR NEEDY — Religious Program Specialist 3rd Class Helman Samuel, Chapel of Hope, unloads a trunk of food donated at Naval Station Newport for the Feds Feed Families program and delivered to the Martin Luther King Jr. Community Center on July 27. The 2011 goal is to collect 2 million pounds of food nationwide. There is still time to help local families in need. Bring non-perishable items to designated donation boxes at the Newport Commissary; Chapel of Hope; Naval Exchange (main store); Naval Exchange Mini-Mart at Greene Lane or NAVSTA Command Building 690.



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Valerie Kirschning
Office Coordinator
Age 55



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FFSC

Continued from Page 5

and living expenses, indebtedness and debt-to-income ratio; we also look at options to increase income, decrease expenses and decrease indebtedness.

Participants should bring their laptop, with Excel software, to work on a spending plan. Call FFSC for more information or to register.

Addictive behavior treatment — Are you trapped in addictive behaviors such as overeating, overspending, sexual addictions, alcohol, sports? Would you like to understand and change these behaviors that are affecting your personal and professional life?

This class, scheduled for Wednesday, Aug. 24, 9-11 a.m., will provide information to change these dysfunctional behaviors.

Starting over in a relationship? — Our seminar, Rebuilding When Your Relationship Ends, will be held at the FFSC on Aug. 25, and Sept. 1, 8, 15 and 22, from 10 to 11:30 a.m.

The program is designed to help you adjust to the ending of a

relationship or marriage. Topics of discussion will be coping with anger; adapting to independent life; dealing with loss; letting go and building self-esteem again; and entering new relationships.

Call FFSC for information or to sign up.

Exceptional Family Member Program Point of Contact Training — The EFMP POC training will be conducted Wednesday, Sept. 7, 9 to 11 a.m. at the Fleet and Family Support Center Conference Room. The training has been mandated by CNIC that each command on the base have a EMFP POC.

For additional information or to register please call Lee Hardgrove, EFMP liaison, NAVSTA, at 1-2148.

Smooth move— Ease the stress and frustration associated with the relocation of military families by attending the next Smooth Move workshop at the Fleet and Family Support Center. The workshop is scheduled for Tuesday, Sept. 6, 1 to 2 p.m. Registration is required and may be made by calling 841-2283.



Lt. Jeremy Sylvester/U.S. Navy photo
Officer Training Command Newport (OTCN) personnel who volunteered at a Habitat for Humanity project on July 23 to paint the interior and exterior of a Newport home being built for Patrina Irving, second right, and her two children, pose at the project site. Back row, from left, are DCC Tommy Lachausse, ETCM Matt Anuci, ITCS Nick Freischlag, EMC Chuck Vyverberg, and NCC Justin McNicol; and children, from left, Joseph Skipworth, Owen Anuci, Mariana Freischlag and Kamryn Freischlag. Habitat for Humanity is just one of many non-profit organizations who receive volunteer assistance from Navy personnel and their families assigned to Newport commands. For more information on Navy volunteer project, contact Bob Krekorian, Naval Station Newport volunteer coordinator at 841-3538.

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Pawtucket Sox to host CFC kickoff

PAWTUCKET — Did you know that 2011 marks the 50th anniversary of the Combined Federal Campaign?

The Local Federal Coordinating Committee (LFCC), a group of federal employee volunteers which oversees the Rhode Island and Southeastern Massachusetts CFC, has announced plans for the 2011 campaign.

The Providence and Newport and the Brockton and Hyannis, Mass., kickoff

events will be rolled into one event—a “Family and Friends Day at McCoy Stadium,” the home field for the Pawtucket Red Sox.

This event will be Labor Day, Sept. 5 at 1 p.m. (CFC opening ceremonies will be at noon.) There will be a barbecue at 11 a.m.

Tickets for the barbeque and game against the Rochester Red Wings are \$26 per person. General admission tickets for the game only are \$7 per person. The deadline to purchase tickets is Aug. 19.



Navy Band Northeast's ceremonial band will perform and will lead CFC officials, charity representatives, and federal employees and their guests (including children tagging along) on to the field for the opening ceremonies.

BBQ ticket holders as well as general admission ticket holders will be able to participate in the ceremonies. This will be an especially

fun event for children.

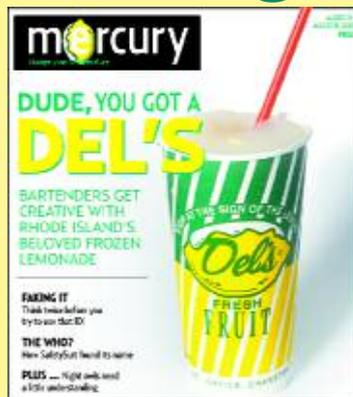
Attendance is voluntary, so no payment will be made and no compensatory time will be credited.

Contact Denise Matherne for tickets. She can be reached at (401)841-3549 or at denise.matherne@navy.mil.

If you have any questions, call Elizabeth Comeau at (401)942-2394.



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Special events

Miss Latina Rhode Island here

Miss Rosa Ramirez, the 2011 Miss Latina Rhode Island, will be at the Ney Hall galley on Wednesday from 11 a.m. to 1 p.m. to say thank you to all the men and women who serve in the military.

SNA Join-up event open

The Newport Chapter, Surface Navy Association, invites all hands to its SNA Join-up on Aug. 9 from 6-8 p.m., in the Bay Room at the Officers' Club.

Call Lt. Cmdr. Michael R. Vaas at 841-4027 for information.

Happy feet for NAVSTA

Naval Station Newport's active duty are invited to come and hear a presentation by the Naval Health Clinic Northeast's podiatrist, Cmdr. (Dr.) Ray McClary, at Arleigh Burke Hall auditorium at the Surface Warfare Officers' School, on Tuesday, Aug. 9, at noon.

Cmdr. McClary will offer tips for foot health and care, and injury prevention.

For information call April Childs, public health educator, at 841-6774 or email april.childs@med.navy.mil.

Health, Wellness & Disability Fair

The Health, Wellness & Disability Fair will take place at the Navy Supply Corps School on Porter Avenue on Thursday, Aug. 18, from 11 a.m. to 2 p.m. This event is sponsored by the Naval Station Newport Diversity Committee and is open to everyone with routine base access.

Calling all military kids

KINGSTON — Rhode Island Operation: Military Kids invites military dependents to attend a free, two-day long educational session called "Ready, Set, Go," at the University of Rhode Island campus, Aug. 18 and 19, 9 a.m. to 5 p.m.

Regardless of whether families are experiencing deployment for the first time, or are on their second or third, OMK's goal is to connect military children and youth with local resources in order to achieve a sense of community support and enhance their well-being.

Space is limited, but the training is free and open to all. Children will be able to network with Army Child, Youth and School Services, 4-H Clubs, and many other youth organization programs. This opportunity teaches the military youth community about military culture, the mobilization cycle, stress and coping, grief, loss and trauma, resiliency and media influences.

For information or to register: pmartin@uri.edu or call 874-5291 or go to www.operationmilitarykids.org.

NAVSTA summer concert

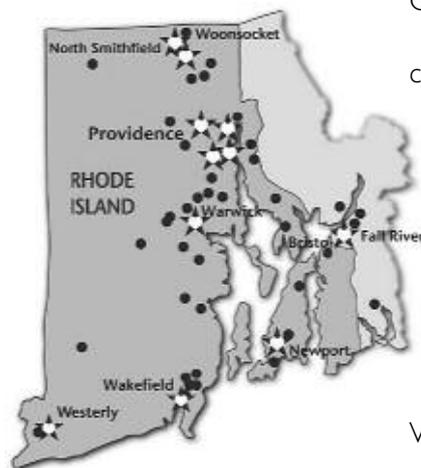
Naval Station Newport will host the second free public concert by the Morale, Welfare and Recreation (MWR) Department this summer on Dewey Field, Coasters' Harbor Island.

The Salute to Summer Concert featuring Little Big Town will be on Saturday, Sept. 3, and will include a fireworks display.

For more information, call MWR Special Events at (401) 841-3127 or Check out the Naval Station Newport Fan page on *Facebook*.



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Announcements

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Looking for a career in hospitality? Navy Gateway Inns & Suites is hiring. Many hospitality positions are open, such as reservations, front desk staff, housekeeping and more. Log on to <http://www.cnmc.navy.mil/cnrma/nafhumanresources/joblistings> and view base specific or "open continuous" job listings.

NGIS has 11 locations throughout the Mid-Atlantic region providing clean comfortable rooms and guest services.

CDC has preschool openings

The Child Development Center has full-time openings for children preschool age 3 to 5. Register at the CDC, Building 1376, Monday through Friday, between 6:15 a.m. and 5:30 p.m. For more information, call 841-4562.

Child care registration taken

School Age Care (SAC) registration will be held at the SAC Center, Building 1297, first floor daily between 6:15 a.m. and 5:30 p.m.

Schedule:

—Today, Aug. 5, last day for active duty military

—Aug. 8-12, Department of Defense civilians and contractors

Total family income must be calculated at the time of registration. Bring your LES and pay stub for your spouse and/or any other adult living in your household. There is a \$50 non-refundable registration fee due at time of registration.

School Age Care program hours of operation are: 6:15 to 8:30 a.m. and 2:30 to 5:30 p.m. Full day care is available during school closure days for the districts served.

For more information, call Gina Petrone, Youth Director at 841-2883.

Chapel services expanded

To facilitate incoming Naval Academy Prep School midshipman candidates on deck, the Chapel of Hope will provide an additional Roman Catholic mass and Protestant service at the Marine Corps Detachment auditorium, on Aug. 7 and 14.

This will be in addition to the four Sunday services offered on a regular basis at the chapel. The schedule:

MARDET Auditorium (Sunday services NAPS students)

—Roman Catholic mass, 7:45 a.m.

—Protestant service, 9 a.m.

Chapel of Hope (Sunday services)

—Protestant service, 7:45 a.m.

—Catholic mass, 9 a.m.

—Protestant service, 10:30 a.m.

—Catholic mass, noon.

Call Petty Officer Melissa Koff, chapel administrative assistant, at 841-2234/2235 for information.

Wanna be a star?

Calling all Naval Station Newport youth, from age 6 (first grade) to 18:

The Missoula Children's Theater is assembling a cast for the production of The Pied Piper. Auditions, rehearsals and performances will take place at the Harbor Island Conference Center, Building 684.

Officers' Spouses' Club welcomes new members

Newport Officers' Spouses' Club (NOSC) will hold its annual Welcome Social on Aug. 17 from 7 to 9 p.m. at the Officers' Club grand ballroom.

Spouses are welcome to meet and socialize with new and existing military spouses in Newport, great networking for new and working moms.

Newcomers can learn about NOSC volunteer opportunities; get familiar with Naval Station Newport and on-base services; learn about local businesses, organizations and activities in the area, including schools, churches and local points of interest.

There will be complimentary gift bags, and "The Pink Book," a directory of services, products and places that have been enjoyed by the families of personnel assigned to the Newport area, will be available for \$12.

Light snacks will be served, and a cash bar will be staffed.

NOSC is a non-profit group that strives to promote friendship, cooperation and support among members through a range of cultural, charitable, social, and recreational activities.

Membership is open to spouses of active duty, reserve, retired, or deceased military personnel of all U.S. Armed Services, the National Guard, the Coast Guard; as well as spouses of foreign student officers and civilian spouses GS-7 and above in the Newport area.

The audition will be Monday, Aug. 8, at 10 a.m. This is a group audition, no advance preparation is necessary.

Rehearsals for selected cast members will be Monday through Friday, Aug. 8 to 12, from 10 a.m. to 3 p.m., culminating with two performances on Friday, Aug. 12, at 3:30 and 6 p.m.

The Missoula Children's Theater is a non-profit organization based in Missoula, Mont. This special on-base opportunity is made possible by Commander, Naval Installations Command, Child and Youth Programs. For more information, call the CYP Youth Director at 841-2883.

AAA/DIP course offered

The AAA Driver Safety course will be held in Building 44, room 206 at Naval Health Clinic New England on Tuesday, Aug. 9 at 8 a.m. Go to www.navy-motorcyclerider.com to sign up or call 841-1390 for information.

Motorcycle safety training

Motorcycle safety training classes for the Basic Rider course will be held Tuesday, Aug. 10, at the NAVOSH Safety Office classroom, Building 1; and the Experienced Rider course, Thursday, Aug. 18, at the Gate 4 rider range. Both courses begin at 7:30 a.m.

Register at ESAMS, www.navy-motorcyclerider.com. Call (401) 841-1390 for information.



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<p>2005 CHRYSLER SEBRING CONVERTIBLE</p> <p>Only 63,000 miles, stone white color, automatic</p> <p>Was \$12,998 SALE PRICE \$10,995</p>	<p>2007-2009 VOLVO S60'S</p> <p>AWD, power windows & locks, ac, leather, roof, #P11110</p> <p>5 TO CHOOSE FROM STARTING AS LOW AS \$12,994</p>
<p>2006 VW JETTA 2.5</p> <p>Black, power windows & locks, ac, lots more.</p> <p>Was \$12,997 SALE PRICE \$11,997</p>	<p>2007 INFINITI QX56</p> <p>Power windows & locks, DVD, backup camera, #11N199A</p> <p>Was \$29,675 SALE PRICE \$27,295</p>
<p>2007-2010 NISSAN ALTIMA'S</p> <p>Power windows & locks, ac, cruise, #P00001</p> <p>13 TO CHOOSE FROM STARTING AS LOW AS \$13,998</p>	<p>2010 TOYOTA COROLLA</p> <p>Auto., 4 door, ac, power package, much more.</p> <p>Was \$17,997 SALE PRICE \$15,987</p>

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317 challenge Sprint Triathlon



LEFT: Jessica McClay, 30, receives her certificate for being Overall Military Female winner in 1:06:55 from Capt. Joe Voboril, Commanding Officer, Naval Station Newport.

By RICHARD ALEXANDER

Navalog editor

Fred Bartlett Jr., 55, of Narragansett outpaced 316 other competitors to win the fourth annual Naval Station (NAVSTA) Newport Sprint Triathlon for the second straight year last Sunday with a time of 56:29.

The overall women's winner was Shawn Connell, 37, of Portsmouth, who finished in 1:00:04.



Matthew Knight crosses the line to win the Overall Military Male category in 59:05.

They both won a \$50 gift certificate to the Brick Alley Pub and Restaurant and \$30 gift certificate to Dick's Sporting Goods for also being winners of their age group.

This year's triathlon was presented by *Body-Building.com* and sponsored by BodyWise Therapeutics, IHop, Barry's Automotive, Olympic Physical Therapy, Brick Alley Pub, Frosty Freez and Flat Waves.

The triathlon consist-



FIRST FEMALE TO FINISH — Shawn Connell, 37, of Portsmouth crosses the finish line at the Recreation Center parking lot in 1:00:04 to win the women's division of the Naval Station Newport fourth annual Sprint Triathlon last Sunday. Three hundred seventeen competed.

TRIATHLON, Page 11

WHERE AM I? Competitors file past the stage in the Recreation Center parking lot to pick up pictures taken by Morale, Welfare and Recreation of the swimming phase of the competition.



Photos by Jon Dillworth, MWR staff, and Kathy Jordan, MWR volunteer



SPECTATOR SPORT — David Welch of Northborough, Mass., begins his phase of the 10.5 mile bike ride to Stringham Road, Portsmouth, as he passes spectators on Whipple Street.



HIGH AND DRY — Swimmers exit the water from Coddington Cove as MWR staffers use pool Wacky Sticks to attract their attention to the finish. The carrier Saratoga is in the background.



PAUSE THAT REFRESHES — Margaret McCarthy of Portsmouth gets a drink on the run at a water station on Whipple Street.

Triathlon

Continued from Page 10

ed of a one-third mile swim, a 10.5-mile bike ride, and a three-mile run and was put on by Morale, Welfare and Recreation Department. After the race was completed the participants enjoyed breakfast served up by IHop.

Bartlett is an avid runner and triathlete who placed eighth in the Celebrate Summer 2011 5k Run and Walk at Snug Harbor in Wakefield on July 16; and 10th in the South County Hospital Celebration of Life 5k Run and Walk in Wakefield on April 30.

The Overall Military Male winner was Lt. Cmdr. Matthew Knight with a time of 59:05; and the Overall Military Female winner was Jessica McClay in 1:06:55. They received gift certificates to Flat Waves and a free oil change at Barry's Automotive Service.

The Navy event started at the student parking lot across from the MWR Auto Skills Center at 7:30 a.m. Swimmers entered the water at Coddington Cove



HIGH GEAR — David Fitzgerald of Middletown powers around a turn on the 10.5 mile bike ride.

for the one-third mile swim, came ashore, picked up their bicycles and headed north to Burma Road with a turnaround at Stringham Road in Portsmouth. The final leg, the three-mile run, began at Peary Street, crossed the Weenachasett pedestrian bridge to Coasters' Harbor Island, looped back and finished at the Leisure Bay

Café on Whipple Street.

In team competition, winners were the Coed Team of Kevin and Michelle McKeirnan; the All-Female Team of Emily Guzas and Jennifer Lewis; the All Male Team called Tom-Tom composed of Thomas Bronson and Thomas Gunzelman; and the All Military Team called CSS Old Guys of William Peterson, Roger

Otte and Eric Widman.

Team members each received \$50 gift certificates to Brick Alley and three shaved ices at Flat Waves.

The competition was limited to 400 participants.

Complete results are posted at <http://www.fishright.com/MULTI/2011/RESULTS.htm>

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Naval Station Newport Dining

Officers' Club, Building 95, 841-1442
Monday through Thursday, 11 a.m. to 10 p.m.
Friday, 11 a.m. to 11 p.m.
Saturday, 4 to 11 p.m.

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

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

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

**Hewitt Hall Café, 841-4655
(NWC personnel only)**
Monday through Thursday, 6:30 a.m. to 3 p.m.
Friday 6:30 a.m. to 2 p.m.
Closed on federal holidays.

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Military Appreciation Day
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Children's Show • Face Painting
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featuring some of the AREA'S BEST SEAFOOD
Lobsters • Steamers
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As well as an array of all types of food for every taste
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Fri. 12pm-10pm • Sat. 11am-10pm • Sun. 11am-9pm

Seafood Festival Entertainment 2011

AC/DC Tribute band... DIRTY DEEDS
Friday, August 5th
7:00-10:00 pm

KLASSIK KISS Kiss Tribute Band
Saturday, August 6th • 7:00-10:00 pm

BON JERSEY Bon Jovi Tribute Band
Sunday, August 7th • 7:00-9:00 pm

Children's Shows

Friday, August 5, 2011
4:00 to 6:00.....Cuzin' Eddy
7:00 to 10:00.....ACDC Tribute Band "Dirty Deeds"
Saturday, August 6, 2011
11:00 to 3:00.....Car Show
12:00 to 3:00.....Tim Charron & the Ragged Impresarios
4:00 to 6:00.....The Brian Scott Band
7:00 to 10:00.....Klassik Kiss (Kiss Tribute Band)
All Day.....Yarina
Sunday, August 7, 2011
1:00 to 3:00.....Eight to the Bar
4:00 to 6:00.....Top Priority
7:00 to 9:00.....Bon Jersey (Bon Jovi Tribute Band)
All Day.....Yarina

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RIDE SPECIAL \$20 PER PERSON
RIDE ALL THE RIDES
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Sports



MAC Gracie Beaulieu/U.S. Navy photos

PLAY BALL! Active duty and retired military service-members were guests of Raytheon Co. of Portsmouth for Raytheon Military Appreciation Night at the Newport Gulls baseball game July 29 at Cardines Field. In left photo, Captains Michael Boock, Commanding Officer, Naval Justice School; Kim Lyons, Commanding Officer, Naval Health Clinic New England; and Joseph Voboril, Commanding Officer, Naval Station Newport, pose with the team's mascot, Gully. In right photo, Capt. Boock, with combat-wounded veterans looking on, takes his turn throwing out the first pitch. The Naval War College provided a color guard, and a Navy Band Northeast quintet played for National Anthem.

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ASK ABOUT OUR MILITARY AND GOVERNMENT RATES

Leisure

Aerobics/ exercise

(Gym 109, Building 109, 841-3154)

Morale, Welfare and Recreation Fitness Classes: Stop by Gym 109 and pick up the fitness schedule. There are a variety of classes including Pilates, yoga, step, cycling, Zumba and now Navy Operational Fitness & Fueling Series (NOFFS) Newport.

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.

August specials

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

Take Time Tuesday: Bowl for \$1 per person, per game from 11 a.m. to 2 p.m.

BOGO Wednesday: Bowl one game, get one game free from 11 a.m. to 5 p.m. Xtreme bowling \$3.50 per person, per game from 5 to 8 p.m.

3-2-1 Thursday: First game is \$3, second game is \$2, third game is \$1 from 11 a.m. to 8 p.m. All game prices are per person and must be bowled at one time to for special pricing.

\$2 Friday: Bowl for just \$2 per person, per game from 11 a.m. to 10 p.m.

Senior Sunday: Anyone 55 years old and older may bowl for just \$1 per person,

per game; valid ID required.

Summer Vacation August Special: Children up to 18 years old may bowl for \$1 per child, per game Monday through Friday from 11 a.m. to 4 p.m.

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

Special fitness activities

(Gym 109, 841-3154)

Have some summer healing with Body-Wise Therapeutics. Purchase a three-visit package at Gym 109 and upon completion get half off your next massage!

Punch cards can be purchased for: three 1-hour sessions (\$195) or three half hour sessions (\$105), that's a bonus of over \$100 worth of services compared to our main office! Offer good to qualified patrons only at

Gym 109.

Sorry, no refunds are available for this promotion. Offer must be completed by Sept. 15. Call (401) 862-9043 for appointments or information.

• **Fitness Center & Equipment Orientations** is taught on Tuesdays at 11 a.m. and 5 p.m. and Wednesdays at 8 a.m. New to the base? Not sure how to get started with a fitness routine? Gym 109 has you covered!

Stop in and sign up for a free fitness center and equipment orientation. Orientations are offered three times a week for up to five people per time slot.

A certified fitness instructor will give you a tour of the facility and briefing of the programs offered. The tour will be followed by basic instruction and safety features on the cardiovascular equipment as well as the Nitro Nautilus circuit.

Weight Lifting Essentials will be offered on Wednesday, Aug. 10 at 5:30 p.m.

LEISURE, Page 15

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Summer clambakes

Celebrate the summer with an experience for the entire family. Join us at the Hyatt Regency Newport Windward Restaurant Dock, overlooking the historic Point section of Newport, for a traditional New England Clambake.

6:00 p.m. - 9:00 p.m.
August 11 | September 1

\$85 per person
(one lobster per person - additional lobster extra)
\$35 children ages 5-12 with lobster
\$19 children ages 5-12 with no lobster
(Price includes tax & gratuity)

For reservations call 401.851.3325

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6:00 p.m. - 9:00 p.m.
August 11 | September 1

\$85 per person
(one lobster per person - additional lobster extra)
\$35 children ages 5-12 with lobster
\$19 children ages 5-12 with no lobster
(Price includes tax & gratuity)

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Leisure

Continued from Page 14

Learn safe lifting techniques, proper body alignment and more essentials. For more information, call Pat Mahoney at 841-3154.

• **Intramural Flag Football** coaches meeting will be Tuesday, Aug. 23 at 4:30 p.m. Season begins on Sept. 12 and ends Nov. 18. Games are played on the NAPS Football Field at 5:30 and 6:30 p.m.

• **A Race to Remember** will be Friday, Sept. 9 at 6 a.m. as an annual tribute to lives lost by terrorism on Sept. 11, 2001. It's a tribute, it's a celebration and it's a way for us to remember our fallen heroes!

The event is a 3-mile run or 1.5-mile walk starting and finishing on the Weenachasset Bridge. All runners must check in at Gym 109 first. Commands should bring a roster to Gym 109 to sign up. Prizes

and refreshments will be provided.

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 events

Tonight – Texas Hold'em Tournament, prizes, 6 p.m.
Aug. 6 – Six Flags New England Trip, sign up at Liberty!

Aug. 7 – MLB The Show Tournament, prizes, 6 p.m.

Aug. 8 – Ping-Pong Tournament with prizes, 6 p.m.

Aug. 9 – Wii Sports Tournament, prizes, 6 p.m.

Aug. 10 – Billiards Tournament, prizes, 6 p.m.

Aug. 11 – Guitar Hero Tournament, with prizes, 6 p.m.

Sports

Intramural softball

Morale, Welfare and Recreation Department Intramural Softball League standings as of July 25 follow:

Devil Docs.....	15-2
PWD.....	11-2
OTC.....	11-3
Velvet Hammers.....	8-6
NSCS.....	6-5
NWC.....	7-6
Brewski Beers.....	9-8
SWOS.....	7-7
SWOIN Down.....	6-6
NSCS Delta.....	3-1
Part Time Pirates.....	7-8
ECHO ECHO ECHO.....	2-3
Last Call.....	4-7
Blue Falcons.....	4-9
Hard Attacks.....	6-11
Blood, Bath and Beyond.....	3-10
Hard Corps.....	2-10
Juniper.....	3-7
(Underway for the rest of the season)	

Scores as of July 25
Devil Docs def. OTC, 14-

8	Hard Attacks def. Blue Falcons, 14-13
	SWOin Down def. Velvet Hammer, 12-3
	SWOS def. NWC, 16-13
	Blood, Bath and Beyond def. ECHO ECHO ECHO, 22-14
	NSCS Delta def. Last Call, 11-10
	Brewski Beer def. Part Time Pirates, 11-5
	SWOS def. ECHO ECHO ECHO, 19-14
	Brewski Beer def. NSCS, 24-8
	Hard Attacks def. NWC, 7-6
	Devil Docs def. PWD, 6-4
	Velvet Hammer def. Blue Falcons, 9-4
	SWOin Down def. Part Time Pirates, 10-7
	Hard Corps def. Last Call, 16-9

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Quaker Estates I and II are located on Henry Danis Court at
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Applications are available at Coastal Housing Corporation,
2368 East Main Road, Portsmouth, RI 02871-4039, from 9:00 AM to 2:00 PM
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B L A S T

PHOTOGRAPHY by DIANE SILVERIA

We made all our pals jealous and spent Sunday, July 31st rocking out at the sold out Newport Folk Festival. The weather at Fort Adams could not have been more beautiful and it was so fun to see all the boats out in the harbor having their own Folk Festival parties on the water. Highlights from Sunday's festival lineup included Elvis Costello, Middle Brother, Wanda Jackson and EmmyLou Harris. Our favorite part was at the end when Pete Seeger got up with other festival performers and sang "Where Have All the Flowers Gone?" - What a Blast



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- Aug. 5 : Eat Smart, 8-9 a.m.
 Healthy Heart, 9:30-10:30 a.m.
 Healthy Weighs week 1, 11 a.m.-noon
- Aug. 9 : Tobacco Cessation in Building 690 NAVSTA, 7-8:45 a.m.
- Aug. 10: Tobacco Cessation Week 1, noon-1:30 p.m.
 Preventing Diabetes and Monitor class, 1:30-3 p.m.
 Tobacco Cessation Week 1, 5-6 p.m.
- Aug. 11: Healthy Heart, 8-9 a.m.
 Back Safety, 11:30 a.m.-1 p.m.
 Eat Smart, 2-3 p.m.
- Aug. 12: Diabetes Nutrition, 7:30-8:30 a.m.
 Healthy Weighs Week 2, 11 a.m.-noon
- Aug. 15: Eat Smart, 9-10 a.m.
- Aug. 16: Tobacco Cessation in Building 690 NAVSTA , 7-8:45 a.m.
 Healthy Heart, 11 a.m.-noon
 Preventing Diabetes and Monitor Class 1-2:30 p.m.
- Aug. 17: Tobacco Cessation Week 2, noon-1 p.m.
 Tobacco Cessation Week 2, 5-6 p.m.
- Aug. 18: NAVSTA Health and Wellness Health Fair at the
 Navy Supply Corps School, 11 a.m.-1 p.m.
- Aug. 19: Tobacco Cessation, 9 a.m.-noon
 Healthy Weighs Week 3 (Outside), 11 a.m.-noon
- Aug. 22: Diabetes nutrition, noon-1 p.m.
- Aug. 23: Tobacco Cessation in Building 690, NAVSTA, 7-8:45 a.m.
 Eat Smart, 11 a.m.-noon
- Aug. 24: Healthy Heart, 9-10 a.m.
 Tobacco Cessation Week 3, noon-1 p.m.
 Tobacco Cessation Week 3, 5-6 p.m.
- Aug. 25: Preventing Diabetes and Monitor Class, 8:30-11 a.m.
- Aug. 26: Healthy Weighs Week 4, 11 a.m.-noon
- Aug. 30: Tobacco Cessation in Building 690 NAVSTA, 7-8:45 a.m.
- Aug. 31: Tobacco Cessation Week 4, noon-1 p.m.
 Healthy Heart, 3-4 p.m.
 Tobacco Cessation Week 4, 5-6 p.m.

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Information, Tickets & Travel

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Six Flags salutes the military with an appreciation day on Saturday, August 6. This special ticket includes park admittance, parking and a one-hour, from 12:30 to 1:30 p.m., all-you-can-eat BBQ lunch and cost \$37.50 each. Purchase your ticket at ITT Wednesday through Friday 10 a.m. to 6 p.m.



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Get four theme parks 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.

Deals 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 Magic Kingdom only, Dec. 12 through 31 at all parks, July 4, 2012 all parks and April 1 through 12, 2012 all parks. Purchase your tickets at the ITT office in building 1255.

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

Get your tickets to theme parks

Information, Tickets and Travel (ITT) has discounted tickets to several amusement parks. They are:

Six Flags New England in Agawam, Mass.-- One-day admission, \$30.25; meal voucher: \$10.75

Water Wizz in East Wareham, Mass.--

One-day admission, \$26

Lake Compounce in Bristol, Conn.--One-day admission, \$29

Canobie Lake Park in Salem, N.H.—One-day admission, \$28

Hershey Park in Hershey, Pa.-- One-day admission for juniors (3 to 8) or seniors (55 and up), \$28.50; two-day admission for juniors (3 to 8) or seniors (55 and up): \$53.50

The one-day admission for adults ages 9 to 54) is \$40.50; the two-day admission for adults (9 to 54) is \$71.50

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

USCG

Continued from Page 3

shipping from pirates; and third, to intercept contraband. Today the Coast Guard's prime responsibility is largely safety at sea and aiding navigation.

During the 1900s the five different elements, which now comprise the United States Coast Guard, were consolidated, and passed back and forth between the Navy Department and the Department of Commerce.

Finally, in 1967, all of the components were finally in place under Coast Guard control, and the Coast Guard itself was placed under the authority of the newly

formed Department of Transportation.

On March 1, 2003, the Coast Guard was transferred to the brand new Department of Homeland Security. Operational control of the Coast Guard shifts to the Navy during times of war.

Naval Station Newport, R.I., is currently home port to three Coast Guard buoy tenders, called "black-hulls." They are the cutters Ida Lewis (WLB 551), Willow (WLB 202) and Juniper (WLB 201), plus a maintenance (MAT) facility on Pier 2.

CSS

Continued from Page 2

because it marks my retirement. It's first a big day because it's about the Center for Service Support and the men and women, military and civilian in Newport and across the country who are CSS."

Dunn explained that although CSS is headquartered in New England, the majority of those who fall under the auspices of the learning center are located throughout the country – from San Diego to Norfolk, from Mississippi to Virginia.

Vice Adm. Alan S. Thompson, Director of the Defense Logistics Agency, who previously served with Dunn, served as the guest speaker for the event, highlighting not only Dunn's tour as commanding officer but also his three decades of service to the Navy.

"Bernie has served as an influential and highly respected member of the Navy Supply Corps and joint logistics community," Thompson said. "True to form, Bernie has had a very accomplished tour here at CSS."

Thompson specifically emphasized Dunn's leadership during a time of transition for CSS during the command's Base Realignment and Closure move from Athens, Ga., to Newport.

After receiving a Legion of Merit for his distinguished tour at CSS, Dunn took the podium as CO for the final time and seized the moment to say thank you to his

learning center teams in Rhode Island and Georgia.

"Both in Athens and Newport the CSS headquarters team has doggedly worked to provide well targeted and efficient training for our Fleet," Dunn said. "When we officially opened for business here in Newport, it was clear there was a debt we owed Athens and promised to build on that legacy. I can stand here today and proudly say you have repaid the debt in full. It took the entire CSS team."

Upon taking command, Weiner said, "Throughout my career, I have been the beneficiary of well-trained Sailors and Marines, and on occasion, the recipient of some who were not so well-trained. Effective training is a game changer in real world operations, exercises and crises," Weiner said. "To that end, the men and women of CSS and the CSS domain ... make a genuine and enduring difference each and every day ... I am committed to providing the leadership and direction that will enable this organization to sustain the highest standards of excellence and effectiveness."

Weiner joins CSS following his tour as commanding officer of Fleet and Industrial Center Sigonella, Italy, now known as Navy Supply Systems Command, Fleet Logistics Center, Sigonella.

For more information about CSS visit www.facebook.com/CSS-Newport.

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Navy-wide news

NJROTC midshipmen board USS Rhode Island underway

By MC1 J. KIMBERR
Commander, Submarine Group 10
Public Affairs

USS RHODE ISLAND, At Sea (NNS) — U.S. Naval Reserve Officer Training Corps (NROTC) midshipmen boarded the Ohio-class ballistic missile submarine USS Rhode Island (SSBN 740) recently for Career Orientation and Training for Midshipmen, or CORTRAMID.

CORTRAMID is a four-week familiarization of four naval warfare communities for third class midshipmen, or midshipmen who just completed their first year of college. During the program, the midshipmen visit various installations, ships, air wings and Marine Corps

stations for a brief overview of surface warfare, submarines, aviation and Marines. The program is conducted at shore training sites on the East and West Coasts.

The submarine was commissioned at the former Naval Education and Training Center in Newport, R.I. in 1993.

“What this is all about is to get our midshipmen out to see what we as a Navy do,” said Capt. Curt Stevens, professor of naval sciences at Boston University and ballistic missile submarine officer. “We want to leave a positive impression on the midshipmen to ensure we get the best candidates possible for the different officer com-

munities.”

When this class of midshipmen arrived at Naval Submarine Base Kings Bay, they had a full schedule of training evolutions from damage control to physical readiness and shipboard tours arranged for them.

Michael Benner, a 19-year-old astrophysics major from the University of California at Los Angeles, applied for the NROTC program to carry on his family legacy of naval service. He’s narrowed his career path to either aviation or submarines.

“My father was a sonar technician when he was in the Navy,” Benner said. “He always wanted to join the submarine community, but never had the opportunity.

Marine cadets

Continued from Page 2

discipline and self-responsibility,” said Cadet Gunnery Sgt. Tyrone Ewing, 18, of New Haven. Ewing, a senior at Westwood Christ-

mitment into the cadets,” said retired Marine Master Gunnery Sgt. Bertrum Askew, MCA executive officer. “We wanted to show

‘I look at these kids as our future leaders.’

— Retired Marine Master Gunnery Sgt. Bertrum Askew
Marine Cadets of America executive officer

Academy, said the program helps the inner city kids stay out of trouble. MCA opens up some career opportunities and teaches Marine Corps values, he said.

Naval Justice School provided an orientation on Wednesday on Navy and Marine Corps enlisted legal careers. Cadets visited the Buttercup Damage Control Trainer on Thursday for orientation.

“We wanted to instill honor, courage and com-

mitted into the cadets,” said retired Marine Master Gunnery Sgt. Bertrum Askew, MCA executive officer. “We wanted to show them what it takes to make it in the military, and generally, in life,” Askew said

“I look at these kids as our future leaders.”

During the camp, Marine Lt. Col. Nathan Maker, a Naval War College student and former MCA cadet staff sergeant, met with the cadets.

“This camp is what I

expected, but the physical training was intense,” said Cadet Pfc. Brendon Dellavalle, 14, of Meriden, Conn. A freshman at Platt High School, he said the camp was a big learning experience.

“The physical fitness aspect was a challenge for me,” he said. According to DeBiase, a cadet who has been promoted to cadet non-commissioned officer with four years participation in the MCA program, can be enlisted in the Marine Corps, active or reserves, as a private first class (E-3).

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