

The Newport Navallog

VOL. 110 NO. 11 MARCH 18, 2011

SERVING COMMANDS AND ACTIVITIES, NEWPORT, R.I.



Navy blue in parade of green

John Dillworth/Navy photo

AND THE BAND PLAYED ON — Lt. j.g. Scott Mythen, left, director of Navy Band Northeast, leads the marching band down America's Cup Avenue during the 55th annual Newport St. Patrick's Day Parade last Saturday. It is followed by a marching unit from Naval Science Institute, Officer Training Command, Newport. Story, more pictures, Pages 8-9.



NWC installs turbine spire

The Naval War College erects a vertical Wind-spire® turbine to help power Schonland Hall.

—Page 2



Bridge ceremony to reroute traffic

The dedication ceremony for the new Lt. j.g. Francis Toner Memorial Bridge will require rerouting traffic on Sunday, March 27 only.

—Page 2



Museum repairs antique U.S. flag

A unique 19th century American flag, donated to the Naval War College Museum, is restored, framed and mounted.

—Page 3

NWC erects Windspire turbine

NWC Facilities Department

The Naval War College (NWC) on March 1 installed an energy-generating wind turbine in front of Schonland Hall, Building 52, which will produce electricity for the occupants of the building.

The Secretary of the Navy in 2009 established five energy targets, including a goal of producing at least half of shore-based energy requirements on naval installations from alternative sources by 2020.

In support of this strategic goal, NWC President Rear Adm. Phil Wisecup initiated a NWC/University of Rhode Island (URI) Energy Fellow Program to focus attention on implementing strategies and policies at the college to promote energy initiatives.

The URI Fellows, NWC, Naval Station Newport Public Works, and R.I. Wind Power from Middletown

worked together to bring the wind turbine project to fruition. The concept for wind power at NWC was initiated by the NWC/URI Energy Fellow partnership and was accomplished through a team effort to install the turbine.

The turbine was manufactured in the USA by Windspire® Energy and is a vertical axis turbine designed to provide for instantaneous wind tracking and require minimal space.

It is only 30 feet high and 4 feet in diameter, but it is expected to generate an average of 2,000 KWH of clean, green power annually which is 2 percent of Schonland's annual electrical consumption.

The energy generated by the wind does not produce greenhouse gas emissions such as carbon dioxide, sulfur dioxide, and nitrous oxide.



Greg Kohlweiss/U.S. Navy photo
Naval War College Facilities Department personnel and contractors on March 1 erect a unique vertical Windspire® turbine to augment power to Schonland Hall on Coasters' Harbor Island.

7th Fleet heeds radiation threat

By U.S. 7th Fleet Public Affairs

USS BLUE RIDGE (LCC 19) - At Sea (NNS) — The U.S. 7th Fleet has temporarily repositioned its ships and aircraft away from Japan's Fukushima Dai-Ichi Nuclear Power Plant after detecting low level radiation contamination in the air and on its aircraft operating in the area.

As a precautionary measure, aircraft carrier USS Ronald Reagan and other U.S. 7th Fleet ships conducting disaster response

operations in the area have moved out of the area downwind from the plant.

Reagan is the flagship of the Ronald Reagan Carrier-Strike Group, which includes USS Chancellorsville (CG 62) and USS Preble (DDG 88). All three ships were headed to Honshu's east coast.

The nuclear power plant exploded and burned after the 8.9 earthquake offshore from northern Japan, and ensuing tsunami, last week

7th FLEET, Page 14

Toner Bridge ceremony to require traffic detour

The vehicle bridge that was opened last June connecting Coasters' Harbor Island and Coddington Point will be officially named in honor of the late Lt. j.g. Francis L. Toner IV in a ceremony on Sunday, March 27, at 1 p.m.



Toner

The bridge will be closed

for the ceremony, and traffic will be rerouted across the old Weenachasett Bridge which will reopen March 27 from 8 a.m. to 5 p.m.

A full story on the dedication and more information will be carried in next Friday's edition of *The Newport Navalog*.



Music lesson
 Musician 2nd Class Melinda Gaines, far left, with Navy Band Northeast's Chamber Group, talks with the students of Robert L. Bailey IV Elementary School in Providence on Feb. 28, explaining instruments in the woodwind family. The musicians provided instrument demonstrations, musical selections for the woodwind quintet, the brass quintet, and the ceremonial band as part of NBNE's educational outreach program.

Navalog

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The Editorial content is edited, prepared and provided by the Public Affairs Office of the Naval Station, Newport, R.I. The Newport Navalog reserves the right to edit or correct copy to comply with its policies. This publication receives dispatches from the American Forces Press Service (AFPS).

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STAR ADDITION
– Professor John Hattendorf, Director of the Naval War College Museum, examines the donated 19th century American flag before its conservation. At lower right, the flag is shown after conservation by a professional textile expert.

Contributed photo



19th century U.S. flag restored, hangs proudly

What's new at the Naval War College Museum is old, quite old.

An antique American flag, which was donated by Portsmouth American Legion Auxiliary, Unit 18, a few years ago to the Naval War College Museum, has been restored by professional textile experts and put on display.

According to the Smithsonian National Museum of American History, the antique flag was constructed between 1820 and 1850. The flag's union is unusual in that there is one star in the center with 12 stars arranged in an oval around it.

The flag was a gift to the Auxiliary by Miss Ida Fuller in 1938 after it was in her family for the preceding century. Unit

18 provided a home for the flag until its new building forced them to find a new home for the flag, one where it could be displayed properly.

As with anything of fabric, time took its toll and it was necessary to conserve the piece. The flag is 102 by 54 inches, made of single ply z-twist wool with stars of unbleached muslin that are hand stitched in a reverse applique technique.

In preparation for exhibiting the flag, the NWC Museum contracted the services of Alexandra Allardt, a conservator at ARTCare Resources.

John Hattendorf, Director of the

FLAG, Page 14

NUWC Newport partners with scientific foundation

By **DAVID SANDERS**
NUWC Newport Public Affairs Officer

The Naval Undersea Warfare Center (NUWC) Division Newport has established a formal educational partnership agreement with the newly established Undersea Science and Engineering Foundation, Inc. (USEF) of Portsmouth.

Under the agreement, USEF will work with NUWC Newport's Outreach Office to develop a program under which foundation volun-

teers will augment NUWC Newport volunteers to provide mentoring and tutoring for area elementary and high school students in science, technology, engineering and mathematics. USEF will also collaborate with NUWC Newport to bring the scientific, technological, and undersea technology expertise from NUWC Newport to area faculty and students. "We recognized that there is a widely untapped resource in the community

of retired scientists, engineers and other professionals that can support and help expand NUWC's existing educational outreach programs," said William Ferreira, chairman of the USEF board.

NUWC Newport has established educational partnership agreements with a wide range of educational organizations to encourage and enhance study in scientific disciplines at all educational levels.



Greg Kohlweiss/U.S. Navy photo

The 36th Vice Chief of Naval Operations, Adm. Jeff Greenert, second left, salutes during the Officer Candidate School Class 0711 pass-in-review and graduation March 11 in Kay Hall, Officer Training Command Newport (OTCN). He is flanked by Capt. Kenneth Gray, right, OTCN Commanding Officer; and Chaplain Lt. Nathan Drake, left, OTCN Command Chaplain. At right is Marine Gunnery Sgt. Jason D. Dicosimo.

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SWOS graduate named top SWO

By Lt. LINDA McCAULEY
Surface Forces Public Affairs

SAN DIEGO (NNS) — Vice Adm. D. C. Curtis, Commander, Naval Surface Forces, announced Lt. William C. Blodgett, USS Curtis Wilbur (DDG 54), as the top surface warfare officer for 2010.

The SWO of the Year award was instituted to recognize the SWO who best personifies the ideals of SWO pride: excellence in war fighting and leadership, expertise in tactics, engineering, and weapons systems, and a commitment to mission accomplishment through superior professionalism and personal example.

Sixteen officers from across the entire Surface Force were nominated by their respective leadership for this award. Blodgett's record rose above the rest after a thorough review of all submissions.

The SWO of the Year will be awarded a Navy Commendation Medal and will visit the chief of naval operations. Two plaques, in his honor, will be displayed at the Surface Warfare Officers School in Newport, R.I., and Naval Surface Forces Headquarters in San Diego.

For more news from Commander, Naval Surface Forces, visit www.surfaceforces.navy.mil



NC1 Z. Dasher/U.S. Navy photo
Ensign John Parizek, left, reenlistment officer, congratulates Master-at-Arms 1st Class Matthew Thomas, NAVSTA Security, after he reenlisted for another five years at the Security Building on March 4. Thomas was the 2010 NAVSTA Senior Enlisted Service Member of the Year.

NUWC employee is 'Point of Light'

MIDDLETOWN — Justin Mostert, protocol officer at the Naval Undersea Warfare Center (NUWC) Division, Newport, has been honored with a 2011 Daily Point of Light Award.



Mostert

Established by the administration of former President George H.W. Bush, the Daily Point of Light Award honors individuals and volunteer groups that have made a commitment to connect Americans through service to help meet critical needs in their communities. Each weekday, one volunteer effort in the country receives a Daily Point of Light Award.

"For the past four years, Justin Mostert has volunteered countless hours as a scoutmaster," said Dr. Paul Lefebvre, NUWC Newport

technical director. "The Points of Light Foundation recognized him for the hard work and long hours he dedicates to this effort."

Mostert currently oversees a group of about 41 young men ages 11 to 17 within the Boy Scouts of America program.

"During his tenure as a scoutmaster, he has made a positive impact on the lives of about 150 scouts," said Capt. Todd Cramer, Commander, NUWC Newport. "His dual roles as leader and mentor have been a significant influence on the lives of these young men."

Mostert holds a bachelor's degree in engineering administration from the U.S. Naval Academy and a master's degree in National Security from the Naval War College.

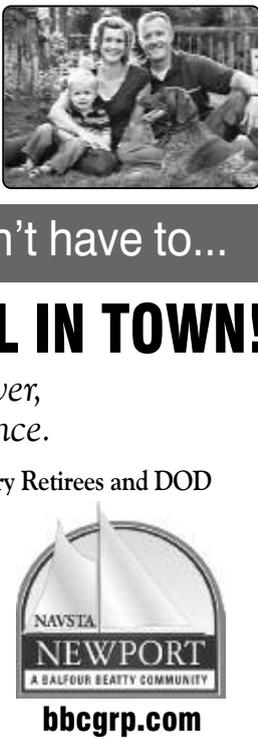
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Greg Kohlweiss/U.S. Navy photo

Isaiah Douglas-Jenkins, codename 'Space Chimp,' receives his 100,000th student Commemorative Certificate of Achievement recently from Capt. Joe Voboril, Commanding Officer, Naval Station Newport, during graduation exercises held at Starbase Atlantis Academy in Perry Hall. Starbase hosted 22 fifth grade pupils from Thompson Middle School in Newport, one of many schools that participate in the outreach program aimed at improving science and math skills. The graduating class was the first to receive the newly designed certificates of achievement celebrating Starbase's 100,000th student milestone reached in February. The local Starbase has trained more than 5,000 pupils since 2004.

Training Command honors instructor

Chief Naval Aircrewman (Mechanical) Steven R. Smith II, a Recruit Division Commander for Officer Candidate School and Officer Development School at Officer Training Command Newport (OTCN) was selected as the Naval Service Training Command Senior Enlisted Instructor of the Year last week by a board held in Great Lakes, Ill.

Smith will now compete at the Naval Education Training Command (NETC) level



Smith

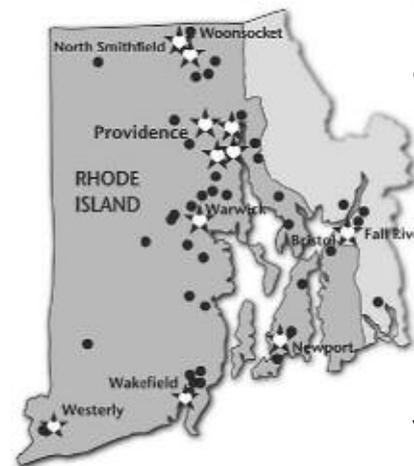
and his packet will be reviewed before that board scheduled to convene later this month in Pensacola, Fla.

Chief Smith has been a member of the OTCN team since May 2009 and came to Newport from an assignment as a crewman on an E-6B Mercury for Fleet Air Reconnaissance Squadron-3 at Tinker Air Force Base, Okla.

He is a native of Wichita, Kan., and enlisted in the Navy in January 1998.



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Greg Kohlweiss/U.S. Navy photo

Lt. Phil Garrow, upper right, addresses 48 members of the 180th Mosquito Squadron, Royal Canadian Air Cadets from Toronto, who visited the Surface Warfare Officers School Command for a guided tour and simulator orientation as part of a citizenship, education, recreation and cultural exchange program. At right, Fire Controlman 2nd Class Nathaniel Miller operates the simulator console. The cadets also toured the Naval War College Museum and stopped at the Naval War College to meet with student and fellow countryman, Capt. Luc Cassivi from the Canadian navy.

Military event opportunities

JAGC officer main speaker at observance

Naval Station Newport will observe Women's History Month on Monday, March 21, at 10:30 a.m., at the Naval Justice School Auditorium. The theme for this year's observance is "Our History is Our Strength."

The keynote speaker is Capt. Stacy A. Pedrozo, JAGC.

The event is open to all hands and their families. Coffee and refreshments will be provided.

The observance is sponsored by NAVSTA's diversity committee.

TODAY, March 18

- MetLife Family Friday, Providence Children's Museum, 100 South St., 5 to 8 p.m. Kids ages 5 to 11 construct hoop gliders in the FETCH Lab. Free Call (401) 273-5437 or visit <http://children-museum.org>

SATURDAY, March 19

- Boot Camp breakfast, sponsored by Disabled American Vet-

erans, 8:30 a.m., Middletown VFW Post, Coddington Highway. Call 846-6932 or 253-9036.

- Navy Supply Corps School Birthday Ball, Hyatt Regency Hotel, Goat Island, 6 to 10 p.m. Navy Band Northeast will perform. For information contact Raymond.d.obrien@navy.mil. Call 841-4819.

- Providence St. Patrick's Day Parade, from State House to Smith Hill neighborhood, noon. Navy Band Northeast to participate.

SUNDAY, March 20

- First day of spring.

MONDAY, March 21

- Women's History Month Observance, Naval Justice School Auditorium, 10:30 a.m.

- Retired Activities Office tax preparation assistance, Fleet and Family Support Center, Building 1273, 9 a.m. to noon and every Tuesday to April 18. Assistance is for retired military members, military who are deployed and their family members. Appointments can be made by calling 841-4089.

- Command Fitness Leader Instructor Certification Course, continues through Friday, March 25. Call 841-3154.

TUESDAY, March 22

- 'Passport to Newport,' sponsored by Morale, Welfare and Recreation, Officers' Club, Grand

Ballroom, 11 a.m. to 2 p.m. Information on MWR facilities, local businesses, area colleges and universities and more. Door prizes, food and refreshments available, plus arts, crafts and entertainment for the kids. Call 841-3127.

WEDNESDAY, March 23

- Purple Heart presentation, Marine Cpl. Charles Martin III, Marine Corps Detachment, Naval Station Newport, 3 p.m.

- Comedy Series, comedian Ken Rogerson, Officers' Club, Topside, 7 p.m. All shows are free and open to all hands. Adult material. Call 841-1442.

- Great Decisions Lecture, "Banks, Governments and Debt Crisis," Pell Center at Young Hall, Salve Regina University, 7 p.m. E-mail Gdreservations@newport-civ.org or call (401) 560-0350 for information.

SATURDAY, March 26

- Carabiner's rock climbing trip, tickets at Information Tickets & Travel, departs Navy Exchange parking lot at 9 a.m.; returns around 1 p.m. Call 841-3116.

SUNDAY, March 27

- Lt. j.g. Francis L. Toner IV Memorial Bridge dedication ceremony, 1 p.m. Bridge closed 8 a.m. to 5 p.m. Weenachasset Bridge will be open for through traffic during ceremony.

Flu rates rise again

By PAMELA CHARRON
NHCNE Infection Prevention Coordinator

Recently, the national incidence of influenza and influenza-like illnesses has rapidly been rising. Locally, widespread activity has been noted with increases in doctor visits due to flu or flu-like symptoms reported.

Every year in the United States, more than 200,000 people are hospitalized from flu complications. In addition, 20,000 of those hospitalized are children younger than age 5; and about 36,000 people die.

Some people, such as older adults, very young children, and people with certain health conditions (such as asthma, diabetes, or heart disease), are at a higher risk for serious flu complications according to the Centers for Disease

FLU, Page 14

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ABOVE: Chief Hospital Corpsman (FMF/SCW) Don McAllister, Maritime Expeditionary Security Squadron 8, reaches for a 'low five' with a parade bystander from the deck of a 34-foot boat.

RIGHT: Musician 2nd Class Alaina Ferris concentrates on her piccolo with Navy Band Northeast's marching band.

Photos by Kat Larson, Naval Undersea Warfare Center Division, Newport; and Kelly Conner and Jon Dillworth, Morale, Welfare and Recreation Dept.

Navy parades for St. Patrick

Naval Station Newport was well represented with Navy and Marine Corps officers and enlisted in last Saturday's Newport St. Patrick's Day Parade.

Rear Adm. Philip Wisecup, Naval War College president, and his wife, Anne, attended the festivities and were seated in the reviewing stand at City Hall.

More than 120 Sailors and Marines

from the Naval Science Institute at Officer Training Command Newport marched the route through downtown Newport.

Other Navy in Newport participants included Navy Band Northeast's marching band and a Navy color guard from Naval Health Clinic New England.

Maritime Expeditionary Security Squadron 8 towed a 34-foot patrol

boat with its crew topside.

A contingent of officers and enlisted from the Surface Warfare Officers School escorted a truck towing a model of the aircraft carrier ex-USS Wasp.

The parade is a highlight of Newport's month-long celebration of Irish Heritage Month and includes a variety of floats, clowns, school bands, and marching units.



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MARINE Pfc. Ariel Rosario carries the Marine Corps Detachment (MARDET) Newport guidon. Marching in formation are students attending the Marine Corps Aviation Logistics Tactical Information System School (ALTIS) at Naval Station Newport.



Surface Warfare Officers School Command representatives, from left, GSMC Michael J. Vick, ITCS Derek Evangelista, ENC Tony Wright, Lt. Phil Garrow and Lt. Kurt Astroth escort a scale model of the aircraft carrier Wasp on a flatbed trailer down Thames Street.

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Officer Training Command Newport

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Rear Adm. Phil Wisecup, president of the Naval War College in Newport, R.I., addresses the annual NWC Congressional Breakfast in Washington D.C. on March 2.

Congressional Breakfast highlights NWC's value

By College of Distance Education

WASHINGTON — More than 160 participants gathered for the Naval War College's (NWC) annual Congressional Breakfast in Washington, D.C., on March 2.

The event was held in the Kennedy Caucus Room in the Senate Russell Office Building to brief members of Congress, their staffs, and senior Navy leaders on the varied activities and initiatives taking place at the Naval War College.

Senators Jack Reed (D-R.I.) and Sheldon Whitehouse (D-R.I.), and Rep. David Cicilline, D-R.I. attended. The audience included the Chief of Naval Operations, the Vice Chief of Naval Operations, as well as a dozen other flag officers.

Fifteen NWC faculty members served as discussion leaders during the breakfast. More than 80 students from the College of Distance Education's

Fleet Seminar Program were in attendance.

The CNO spoke about the importance of professional military education for military officers, and highlighted the value that NWC's course of study has for congressional staffers and other key personnel on Capitol Hill.

"This was the best attended breakfast we have hosted on Capitol Hill since the program began eight years ago," noted Professor John Jackson, the project leader.

Medal of Honor approval becoming rare

By JOHN W. KENNEDY
NWC Museum Director of Outreach

Dwight Zimmerman and John Gresham were the guest lecturers March 3 as they discussed their recent book, *Uncommon Valor: The Medal of Honor and the Six Warriors Who Earned it in Afghanistan and Iraq*.

During the Vietnam War, there were 246 Medals of Honor awarded; 154 posthumously. Since that time, and prior to the publication of this book in 2010, there have been only eight

men who earned this honor for their actions deemed "above and beyond the call of duty."

All of these medals were awarded posthumously, two in Mogdishu, Somalia, in 1993 and the remaining six during the on-going wars in Iraq and Afghanistan.



Gresham



Zimmerman

The book gives a short, detailed description of each of the six, the circumstances they found themselves in, and why they responded as they did to the situation.

To read only about the individuals is worthwhile, yet another aspect of the book examines the medal

itself, in relation to the others given for valor. Of the three categories, the Medal of Honor and the Crosses (Army Distinguished Service, Navy, and Air Force) are uncommonly awarded.

The Bronze and Silver Stars, on the other hand, are able to be awarded locally and, therefore, easier to award for specific actions.

In illustration of the point as to the difficulty associated with getting a citation

MEDAL, Page 14

Naval War College Museum listed with 'most impressive'

By JOHN W. KENNEDY
NWC Museum Director of Outreach

It pays to read other peoples' blogs now and then. One posting caught my eye and, upon looking into it, it held quite a surprise. *Online College.org* took the time to recognize the collections held by various colleges in their museums by drafting a list of the 15 Most Impressive College Museums.

And who was to be found in the seventh position? That's right, our own Naval War College Museum.

Over the last three years, under the guidance and vision of the director, Professor John Hattendorf, the museum has begun the process of re-inventing itself to better tell the story of the Navy in Newport and Narragansett Bay. Walls have come down, new walls

MUSEUM, Page 14



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Education boosts Navy advancement

By **ED BARKER**
NETC Public Affairs

PENSACOLA, Fla. (NNS) — Sailors with college degrees can increase their chances for advancement, according to data provided by the Navy Advancement Center (NAC) on March 7.

According to the NAC data on the September 2009 through September 2010 advancement cycles for E4/5/6, Sailors with a college degree advanced at a rate that was higher than their counterparts without a degree. For example, on the September 2010 cycle 208 exams, 22.9 percent of Sailors with a degree advanced, while 16.4 percent of Sailors without a degree advanced.

“The September 2008 exam cycle was the introduction of education points into the calculations for the E4-E6 final multiple score (FMS),” said Lt. Cmdr. Jim LeViness, director of the NAC. “This review of the data shows the difference a degree can make, but only if it’s combined with sustained, superior performance and excellent test scores. An important point is that degrees must be verified and recorded properly to earn points.”

Details of the education



Greg Kohlweiss/U.S. Navy photo

SAILORS talk with representatives from Rhode Island colleges and universities, plus Southern Illinois University, Thomas Edison State College, the University of Phoenix, and the University of New Haven during the monthly College Fair in Building 690, Naval Station Newport. The next session will be April 6.

points process can be found in Naval Administrative Message 301/07. Sailors competing for advancement to paygrades E4-E6 will be awarded two points for an accredited associate degree, and four points for an accredited

baccalaureate degree or above. Education points will be awarded for the highest degree held, and will increase the overall FMS points with no reduction in points from other factors.

“According to our data,

most of the Sailors with degrees would have advanced even without the education points,” said Master Chief Electrician’s Mate (SS) Jeromie Cook, Naval Education and Training Professional Development and Technology Center command master chief. “Education enables and reinforces the critical thinking skills that make a better Sailor, and a more efficient, more technical future force. Education points help, but a degree alone won’t get you there. Sailors need to remember that the biggest point makers will always be their evaluations and exam score.”

To receive the advancement points for education, Sailors must ensure transcripts with degree information are forwarded directly from their academic institution to the Virtual Education Center (VEC) at: Center for Personal and Professional Development Attn: Virtual Education Center, 1905 Regulus Ave, Suite 234, Virginia Beach, Va. 23461-2099, Phone: (877) 838-1659.

Sailors are also strongly encouraged to verify degrees are documented in their Sailor Marine American Council on Education Registry Transcript.

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Special events

'Passport to Newport' offers wealth of info

The Morale Welfare and Recreation (MWR) Department will present Passport to Newport on Tuesday, March 22, at the Officers' Club Grand Ballroom from 11 a.m. to 2 p.m.

Come and get information on MWR facilities; local businesses; area colleges and universities. There will be beer tastings from Newport Storm and wine tastings from Newport Vineyards, plus food and Red Bull energy drinks.

Door prizes include Apple iPods, gift certificates from Bailey T's, the Home Depot, USAA, Be Green Kids Consignment, the High Point Salon, Kindermusik, plus VIP tickets to the Maury Povich Show,

Additional event giveaways include a first aid kit, gift baskets, a drawing for free tooth whitening dental treatment, a Bluetooth headset, and jewelry.

There will be an arts and crafts area to entertain the kids with free mini-music classes.

Admission is free and open to all with base access.

For details call MWR Special Events at 841-3127.

Naval Station to observe Women's History Month

Naval Station Newport Diversity Committee will sponsor a Women's History Month Observance on the theme, "Our History Is Our Strength," on Monday, March 21, at 10:30 a.m. in the Naval Justice School Auditorium.

Keynote speaker will be Capt. Stacy A. Pedrozo, JAGC, Council on Foreign Relations.

The event is open to all hands and their families

Complimentary coffee and refreshments will be available following the observance.

Comedy back at O'Club, serves up lots of laughs

The annual Comedy Series has returned to Topside at the Officers' Club on Wednesday nights at 7 p.m. this winter. Ken Rogerson will perform March 23.

All shows are free and open to all hands. Patrons must have base access to attend. Comics are geared for adult entertainment.

Announcements

SNA Join-up scheduled, March 29 at Officers' Club

The Newport Chapter, Surface Navy Association will hold its regular Join-Up on March 29 from 6 to 8 p.m. in the Bay Room at the Officers' Club. All hands are invited.

Retired Activities Office offering IRS tax assistance

The Retired Activities Office, Building 1273, in the Fleet and Family Support Center, is providing tax preparation assistance for retired military members, military who are deployed, and their family members, Tuesdays, 9 a.m. to noon.

Appointments can be made by calling 841-4089. Bring last year's tax return, W-2 and 1099 forms. Retired Navy Lt. Cmdr. Paul Tepfenhart is providing the tax preparation assistance.

2011 Operation Purple Camp held in 25 states this year

ALEXANDRIA, Va. — The National Military Family Association has announced the eighth summer of Operation Purple camps will host children for 40 weeks of camp in 25 states, plus Japan.

Information about the camp program and eligibility is available online at www.militaryfamily.org/op Registration opens on March 31.



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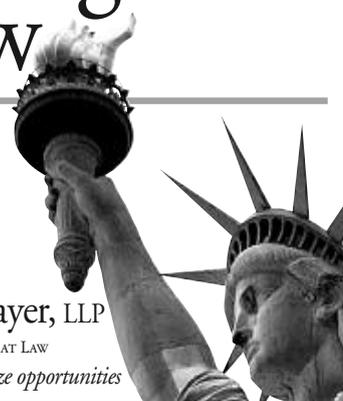
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Leisure

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 Pilates, yoga, step, cycling, Zumba and now Navy Operational Fitness & Fueling Series (NOFFS) Newport! NOFFS goes though the NOFFS card series on the new direction of Navy fitness-function. The core work is great and the agility and speed work fun!

Classes are taught at Gym 109 as early as 6 a.m. and as late as 6:30 p.m., and there are classes seven days a week. There is no need to pre-register; just show up and get fit. Free for active duty; \$1 for reservists, eligible family members, retired and \$2 for Department of Defense personnel.

Call Gym 109 at 841-3154 for more information.

Special fitness activities

(Gym 109, 841-3154)

- **Command Fitness Leader Instructor Certification Course** offered from Monday, March 21 through Friday, March 25. Get your command fitness leader certified. The class is available to the first 25 fitness leaders who register online at <http://www.npc.navy.mil/CommandSupport/PhysicalReadiness> no later than March 4.

- **Intramural Volleyball season runs from Monday, March 28 through Friday, May 13.** All games are played at Gym 109, the league is open to individuals 18 and over active duty personnel, retirees, reservists, eligible family members and DoD employees.

There is a \$100 refundable forfeit fee and a \$15

DoD employee fee.

- **Weight Lifting Essentials on Wednesday, April 13 at 5:30 p.m.** Gym 109 is offering Weight Training Essentials the second Wednesday of the month. Training session with a certified MWR trainer will cover the following: Safe lifting techniques, proper body alignment, understanding sets and reps, staying injury free, the keys to designing a program tailored to strength, endurance or toning, when and why a spotter is necessary.

For more information, call Pat Mahoney at 841-3154.

Liberty Center

(Recreation Center Building 656, 841-3054)

Hours of operation are Monday to Thursday, 4 to 8 p.m.; Friday, 4 to 10 p.m.; Saturday, noon to 10 p.m.; and Sunday and holidays, noon to 8 p.m.

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

PlayStation 2, PlayStation 3 and Wii video systems, a TV lounge and dining area.

The movie theater offers free movies from the Navy Motion Picture Service.

March events

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

March 19 – Providence Paintball Trip, sign up at Liberty!

March 20 – Texas Hold'em Tournament, with prizes, 6 p.m.

March 21 – Ping-Pong Tournament with prizes, 6 p.m.

March 22 – Wii Sports Tournament, prizes, 6 p.m.

March 23 – Madden Tournament, prizes, 6 p.m.

Sports

Intramural basketball

Morale, Welfare and Recreation Department Intramural Basketball League final regular season standings as of March 10 follow. Seedings are at far left.

- | | |
|--------------------------|------|
| (1) SWOS..... | 12-0 |
| (2) Warriors..... | 9-1 |
| (3) NUWC..... | 8-3 |
| (4) Velvet Hammer..... | 9-4 |
| (5) NSCS..... | 6-5 |
| (6) Bubnick Ballers..... | 3-3 |
| (7) OTCN/NAPS..... | 6-7 |
| (8) NHCNE..... | 5-7 |
| (9) Threetards..... | 4-9 |
| (10) Devil Docs..... | 3-7 |
| (11) ANT Bristol..... | 1-9 |
| (12) B Sharps..... | 1-12 |

Scores as of March 10

NUWC def. Ant Bristol, 55-22
 OTCN/NAPS def. Bubnick Ballers, 46-43
 Velvet Hammer def. NSCS, 40-32
 SWOS def. OTCN/NAPS, 58-35
 Velvet Hammer def. Devil Docs, 61-48
 NHCNE def. Bubnick Ballers, 63-49
 Warriors def. NUWC, 61-50
 B Sharp def. Ant Bristol, 37-34 3OT
 Devil Docs def. Threetards, 60-47
 Threetards def. B Sharps, 56-30
 SWOS def. NHCNE, 43-30
 Warriors def. NSCS, 62-57



Kelly Conner/MWR photo

RACQUETBALL WINNER: Retired Capt. Vincent P. Mocini, Dean of International Programs and Maritime Security at the Naval War College, Welfare and Recreation Dept. Racquetball Tournament Feb. 7 to 28, defeating Petty Officer 1st Class Caedron Frost of the 7th Naval Construction Regiment. Sixteen people entered the tournament for three 3 rounds of play. Mocini received a Brick Alley Pub gift certificate.

Wrestling coach at NAPS honored

By **LT. C. H. CONKLIN**

NAPS staff instructor

COBLESKILL, N.Y. – The National Collegiate Wrestling Association has named the Naval Academy Prep School wrestling coach in Newport, R.I., as the National Collegiate Wrestling Conference (Northeast Region) Wrestling Coach of the Year. Navy Ensign Michael Grimes came to Newport in the fall of 2009, and immediately worked to revitalize the Rams' wrestling program. His efforts resulted in a third place finish at the NCWA National Championship in March 2010.

On Feb. 26, the NAPS wrestling team placed first at the Northeast Conference Championship, defeating 12 other universities by a large margin. As a result of this victory, NAPS' wrestling team has secured

a strong position going into the National Collegiate Wrestling Association national championships in Macon, Ga.

For more information about NAPS, its athletic department and its wrestling program, visit www.usna.edu/NAPS

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Contributed photo

FUNNY MEETING YOU HERE — Naval Station Newport officers and enlisted regularly leave Newport to serve the country elsewhere. Former NAVSTA Security department Master-at-Arms 1st Class (SW/AW) David Alexander, left, ran into former NAVSTA Public Works Officer Lt. j.g Chris Widhalm last month while on assignment in Afghanistan. Both are currently assigned to Seabee battalions — Alexander is assigned to Naval Mobile Construction Battalion 3 while Widhalm is serving with NMCB 40.

Museum

Continued from Page 10

have been put up, and exhibits have been re-done to better support the telling of the story.

We have a rich history that stretches back to pre-Revolutionary War times and that history is highlighted by artifacts that have been donated and collected. In addition to the Revolutionary War exhibit, there is one on the Perry family of Newport, the movement of the Naval Academy from Annapolis to Newport for the duration of the Civil War, the Torpedo Station that was on Goat Island from 1869-1951, recruit training, the Naval War College, and some of the art in the collection is on display. It is a small building, but the quality of the collection and exhibits

is getting noticed.

The Naval War College Museum has also taken the opportunity to join Facebook, created a blog (go to <http://navalwarcollegemuseum.blogspot.com>), and has established a lunchtime lecture series to learn about recent books with a maritime theme.

If you would like to read the posting by Online College.org, you can go to <http://www.onlinecollege.org/2011/02/17/15-most-impressive-college-museums/>

Otherwise, check out the Museum by stopping by Monday through Friday 10: a.m. until 4:30 p.m. If you have any questions, please call 841-2101/4052 or go to our website at www.usnwc.edu/museum.

7th Fleet — Flu

Continued from Page 2

end.

For perspective, the maximum potential radiation dose received by any ship's force personnel aboard the ship when it passed through the area was less than the radiation exposure received from about one month of exposure to natural background radiation from sources such as rocks, soil, and the sun.

The ship was operating at sea about 100 miles northeast of the power plant at the time it exploded.

Using sensitive instruments, precautionary measurements of three helicopter aircrews returning to USS Ronald Reagan after conducting disaster relief missions near Sendai detected low levels of radioactivity on 17 air crew members. The low level radioactivity was easily removed from affected personnel by washing with soap and water.

Several other U.S. warships alerted for humanitarian aid when declared safe include the USS Essex (LHD 2), the USS Harpers Ferry (LSD 49) and USS Germantown (LSD 42).

Medal

Continued from Page 10

for the MOH approved, the authors were able to use the example of Spec. Ross McGinnis who was killed in 2006 in Iraq.

In the audience was the company commander for McGinnis, Maj. Michael Baka, now a student at NWC. He was leading the six-vehicle patrol when the incident happened and was the one who did the paperwork that initially started the process of getting the necessary statements to the event and ensuring the correct procedures were followed.

The authors pointed out that this well documented action met all of the criteria for the MOH and was the fastest award to approval of the six that had been awarded. From start to finish, the process took 18 months. The Medal of Honor was not awarded to the family until 2008.

In the next Eight Bells Lecture March 29,

Continued from Page 6

Control (CDC). (CDC.gov)

Influenza ("flu") is a contagious respiratory illness caused by the influenza virus. It can cause mild to severe illness, and in some cases can lead to death. The best way to prevent the flu is by getting a flu vaccination each year. Each year the CDC identifies which strains of virus are most prevalent, therefore the current vaccine should offer adequate protection for those who receive it.

Influenza vaccine is recommended for all persons aged 6 months and older who do not have any contraindications to vaccination. This includes such

things as a severe egg allergy or a severe adverse reaction to previous vaccination with the influenza vaccine. Your provider and/or immunization staff will screen for any possible contraindications prior to administering the vaccination. If you have a fever, you should postpone the vaccination until at least 24 hours after the fever subsides without the aid of medications.

The CDC recommends that all children age 6 months through age 8 who have never received a seasonal flu vaccine get two doses of the vaccine at least four weeks apart.

Flag

Continued from Page 3

museum, said the flag has been framed, and mounted for display behind an ultraviolet shield. It hangs in a large staircase.

The museum is free and open to the public daily from 10 a.m. to 4:30 p.m. throughout the year, and from June until the end of September with weekend

hours.

For those without military ID cards and DoD stickers, reservations are required. For more information or reservations, call 841.2101/4052 or visit our website at www.usnwc.edu/museum for more information.

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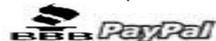
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