

The Newport Navalog

VOL. 110 NO. 12 MARCH 25, 2011

SERVING COMMANDS AND ACTIVITIES, NEWPORT, R.I.



Greg Kohlweiss/U.S. Navy photos

Marine Cpl. Charles W. Martin III, left, receives a Purple Heart Medal (inset photo) from Lt. Col. Matthew Thomas, Commanding Officer, Marine Corps Detachment Newport, during a ceremony in Beirut Memorial Hall Auditorium on Wednesday for wounds he received in action last Jan. 20 in Afghanistan. Martin, assigned to Echo Company, 2d Battalion, 9th Marines, was injured by an Improvised Explosive Device (IED) while on a patrol in the Helmand Province, Sangin, Afghanistan. Full story on Cpl. Martin will be in next week's *Newport Navalog*.



Dedication set for new bridge

The new bridge from Coasters' Harbor Island to Coddington Point will be dedicated to the late Lt. j.g. Francis Toner, left, in ceremonies Sunday.

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NWC to welcome 53rd president

Rear Adm. John N. Christenson, left, will become the 53rd president of the Naval War College in ceremonies on March 30.

—Page 2



Ney Hall galley is 'going green'

The galley posts green, yellow and red nutrition cards in the chow line to inform military about nutrition in each menu selection.

—Page 9



Lt. j.g. Toner

NAVSTA to dedicate new bridge

By **LISA RAMA**
NAVSTA Public Affairs Officer

One of the newest structures onboard Naval Station (NAVSTA) Newport will be officially dedicated in honor of a former Civil Engineer Corps officer from Narragansett in a ceremony March 27 at 1 p.m.

The span between Coasters' Harbor Island and Coddington Point will be officially named the Lt. j.g. Francis L. Toner IV Memorial Bridge.

This Sunday marks the

two year anniversary of Toner's death in Camp Shaheen, Mazar-E-Sharif, Afghanistan. Toner was killed in action by an Afghan National who opened fire inside the perimeter of the base, killing him and Lt. Florence B. Choe of California. Toner was awarded the Bronze Star with Valor for his actions that day.

U.S. Sen. Jack Reed, D-R.I., and Rear Adm. Christopher Mossey, Commander of Naval Facilities Engineering Command and

Chief of Civil Engineers, will be guest speakers at the event hosted by the NAVSTA commanding officer, Capt. Joseph Voboril.

The Navy will be joined in this celebration of Toner's life by his entire family, several members of which will be arriving from California. Toner's wife Brooke, who resides in Idaho, along with his father, Frank Toner III of Narragansett, also will provide remarks at the ceremony.

Toner's entire immediate family will unveil the dedi-

cation plaque which is mounted on the western side of the \$15.5 million bridge that was built by the American Bridge Co. and officially opened to traffic last June 18. The ceremony will take place on the bridge itself.

Lt. j.g. Toner was graduated with a bachelor's in marine engineering and shipyard management from the U.S. Merchant Marine Academy in Kings Point, N.Y., in 2006, and was commissioned an ensign in the Navy. He spent the

summer of 2006 at the Naval Facilities Engineering Command, Mid-Atlantic's field office onboard NAVSTA, awaiting his class date for follow-on training. He reported to Civil Engineer Corps Officer School (CECOS) in Port Hueneme, Calif., in September 2006.

After his graduation from CECOS, Toner reported to NAVFAC Hawaii as officer-in-charge of the organization's Self-Help Division Seabees and Foreign Ship Boarding Officer at Pearl **TONER, Page 14**

Steam turbine will provide electricity for Boiler Plant 7

By **LISA RAMA**
NAVSTA Public Affairs Officer

Naval Station Newport has successfully installed a back-pressure steam turbine in Boiler Plant 7 between Anderson Avenue and Chandler Street, Coddington Cove, which is the main heating power plant for the installation. The new equipment will be capable of generating enough electricity to handle the electrical requirements of the entire boiler plant.

Designed and manufactured in the U.S. by Skinner Power Systems, the turbine drives a generator that produces a maximum of 213 kilowatts of electricity. The turbine uses energy from steam produced by the boiler plant which would otherwise be lost, so the electricity generated is actually a by-product of the heating system.

In a given year, the turbine-generator will produce approximately 796 mwh (megawatt hour) of electricity which will save an estimated \$76,400 per



NAVFAC Newport photo

Kurt Nellis, left, and John St. Laurent check the operation of the newly installed back-pressure steam turbine at Boiler Plant 7.

year in electricity charges. The turbine and its installation was accomplished as part of the Energy Savings Performance Contract (ESPC) with Honeywell that will provide NAVSTA Newport with an estimated savings of \$1 million annually on utility charges. The tur-

bine has been operational since March 10.

The Honeywell team received technical support and troubleshooting assistance from several NAVSTA Public Works Department employees including Bob Mulhern, a mechanical

TURBINE, Page 14

Naval War College to change command

NWC Public Affairs Staff

The Naval War College (NWC) will hold a change of command ceremony on Wednesday, March 30, at 10 a.m. in the college's Spruance Hall auditorium. Guest speaker, Chief of Naval Operations Adm. Gary Roughead, will recognize the service of Rear Adm. James "Phil" Wisecup and welcome Rear Adm. John N. Christenson as the 53rd president.

Wisecup assumed command of NWC on Nov. 6, 2008, and led the college through a period of program expansion and increased international engagement. He identified a critical need for a tailored educational program for senior naval flag officers heading to operational positions in the fleet; the course offers leaders current operational warfighting considerations for their area of responsibility. In addition to increasing the college's support to the fleet, he continued to revitalize the Navy's Global Title X War Game series



Christenson



Wisecup

and hosted the CNO's 19th International Seapower Symposium, which was the single largest gathering of naval

leadership in history, with representatives from 100 nations.

Wisecup will become the Navy's Inspector General, and has been confirmed for appointment to the rank of vice admiral.

Christenson recently left his position at the helm of the Board of Inspection and Survey, which conducts inspections to ensure ships are properly equipped and ready.

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

<p>Lisa Rama NAVSTA Public Affairs Officer</p> <p>Greg Kohlweiss NAVSTA Public Affairs Staff</p>	<p>Bob Krekorian NAVSTA Public Affairs Staff</p> <p>Richard Alexander NAVALOG Editor</p>
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Men with courage credited for promoting Navy women

By **BOB KREKORIAN**
NAVSTA Public Affairs Staff

The advancement of women in the military and in the senior civilian ranks was brought about by their hard work, talent and innovation; and also by their male superiors who had the courage to stand up to tradition and invoke change by providing women with opportunities to excel.

So maintains Capt. Stacy Pedrozo, JAGC, who was the guest speaker at Naval Station Newport's observance of Women's History Month on March 21 at the Naval Justice School.

Through a series of personal anecdotes, Pedrozo explained some of the challenges she faced. She also gave her perspective on the impact of changes in the law during the last 40 years that benefitted military women.

Pedrozo said she's learned more about what she needed to know from the senior enlisted community rather than from generals and admirals.

"What I have observed is that men who want to instill change in their organizations have looked to other examples of mothers, teachers, daughters and sisters," she said. They have looked to these women as strong family members having leadership qualities that would be valuable to their organization, she said.

"Women have earned their position through hard work, being innovative, and by being professional," she said. The advancement of women in the military ranks has been the result of men who chose to integrate them into leadership, she said.

Pedrozo described one of her early expe-



Greg Kohlweiss/U.S. Navy photo
Capt. Stacy Pedrozo, JAGC.

riences as a JAG corps member when she received orders to the battleship USS Missouri. Women at the time weren't allowed to serve aboard a combatant. "I was detailed because they thought Stacy was a man's name," she said.

When the draft ended in the 70s and Congress later passed the Equal Rights Amendment, recruiters had to recruit women for an all-volunteer force. She cited statistics that showed one in 30 recruits were women in 1972, but by 1976, one in 13 recruits were female.

Pedrozo cited other milestones in the 70s that benefitted women in uniform. Women were allowed to fire weapons while members of the ROTC program. In 1973, six women earned their wings as aviators. In 1976, the service academies accepted women applicants.

Other significant milestones in the 80s included efforts by Defense Secretary Caspar Weinberger who wanted to expand the role of women in the military. Women soon were performing in command-at-sea billets and as Marine Corps aviators, she said.

Nearly 40,000 women were involved in Operation Desert Shield and Desert Storm at sea, and in ground operations, Pedrozo said. "This was a pivotal moment." In 1993, Congress lifted the ban on women serving on combat vessels.

Last August Rear Adm. Nora Tyson became the first woman to command a U.S. Navy Carrier Strike Group (CSG), serving aboard the carrier USS George Washington (CVN 73). In December 2011, women will be allowed to serve aboard submarines, Pedrozo said.



Greg Kohlweiss/U.S. Navy photo

GOING, GOING, GONE — Contractor Bilray Demolition Co. razes Quarters CI and CJ in Cloyne Court outside Gate 1 late last week. Both homes, most recently used as administrative spaces for security, were deemed uninhabitable because renovations would have been too costly. Over the last 18 months, NAVFAC Newport has overseen the demolition of 18,200 linear feet of abandoned piping and demolished 219,079 square feet of building footprint. These demolitions and utility removals are underway in an effort to reduce utility and maintenance costs around the installation.

Global shipping scenarios studied, predictions made

NWC War Gaming Department

The Naval War College (NWC) recently released the game report for a Global Shipping Game (GSG) held in December and made the document available online this week.

The GSG, an exercise to explore expansion of trade capabilities in Central America and the Arctic, was held at the NWC last Dec. 8 and 9.

Developed and executed

at the direction of the Chief of Naval Operations, the game explored strategic implications within the context of two future scenarios: expansion of the Panama Canal in 2020 and increased access of commercial shipping through the Arctic by 2035.

The participants envisioned gradual changes in the shipping patterns after the expansion of the canal. It will be more important to future global trade

as a strategic choke point and all industry participants desire greater predictability in the economic, political, and security environment.

Players also widely agreed that U.S. ratification of the United Nations Convention on Law of the Sea (UNCLOS) Treaty is necessary in order to protect future economic and national interests. But the United States does not have a seat at the table.

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Fleet and Family Support Center

TAMP seminar helps those leaving Navy

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

The Transition Assistance Management Program (TAMP) seminar is designed to assist service members leaving the military to prepare for transition to civilian life.

It is scheduled for April 4-8, 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. Registration is required.

Is your spouse in the military? New Spouse Orientation to the Military is scheduled for Tuesday, April 5, 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.

Sexual Assault Prevention and Response Liaison

	Friday-Sunday	Monday	Tuesday	Wednesday	Thursday
9 a.m.	Homecoming: The Inner Child as Regeneration	Healthy Relationships	Helping your Teen overcome Prejudice	One Hit leads to Another	Parenting Works! Playing, Misbehavior, Work & Family - Parents
7 p.m.	Homecoming: The Inner Child as Regeneration	Healthy Relationships	Helping your Teen overcome Prejudice	One Hit leads to Another	Parenting Works! Playing, Misbehavior, Work & Family - Parents

HELPFUL VIDEOS — Fleet and Family Support Center videos are offered twice a day at 9 a.m. and 7 p.m., seven days a week over Newport Naval Cable Television channel 13. The specialized videos are designed to help military members and their families with the frequent challenges and problems of daily life.

Training is a crucial role in command leadership's response to victims of sexual assault. The training, scheduled for Tuesday, April 12, 8 a.m. to 4 p.m., will cover the roles and responsibilities of the SAPR Liaison. Prior command designation is required. Pre register.

Get job-hunting skills. Come to the Fleet and Family Support Center on Thursday, April 14, from 11:30 a.m. to 1 p.m. for the

Federal Job Applications workshop. Learn how to analyze and respond to vacancy announcements; develop knowledge, skills, and abilities statements, and more. Registration is required.

Adult Children of Dysfunctional Families — Do you wonder if your past upbringing is now affecting your current personal or professional life?

On Thursday, April 14, 1 to 3 p.m., find out what the

impact may have been and how to eliminate dysfunctional behavior that is no longer serving you. Register for this workshop.

Blended families — This workshop, scheduled for Monday, April 18, 2 to 4 p.m., is designed to empower the step couple.

Discussions will include meeting the challenges of past, present, and future family life as a new couple as well as developing your unique family set of expect-

tations, boundaries, goals and style. Enjoy the challenge! Registration is required.

Sexual Assault Prevention and Response (SAPR) Point of Contact (POC) Training will be Monday, April 18, from 8 a.m. to noon. The POC ensures awareness, prevention, and risk reduction training per the Sexual Assault Prevention and Response policy. He/she has knowledge and ensures coordination of military and civilian services and resources.

Sexual Assault Prevention and Response Date Collection Coordinator (DCC) Training is scheduled for Tuesday, April 19, 1 to 3 p.m., will cover data needed to complete a SITREP and review of SITREP guidance. Prior command designation is required. Pre-register for this workshop.

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Bravo zulu



Jim Ross/U.S. Navy photo

Navy Supply Corps School (NSCS) is hosting the first class of International Supply Officers since the command officially relocated from Athens, Ga., in January. The International Logistics Executive Advanced Leadership Course (ILEAD) 2011 convened on March 14 and will graduate May 4. From left are, Cmdr. Carl Herron, NSCS executive officer; Jim Ross, NSCS; Maj. Stephen Cabanlet, Philippine Marines; Tim Korte, NSCS; ME6 Tay Peng Soon, Singapore; Capt. Gennaro Esposito, Italy; Lt. Col. Khalid Al Raisi, Oman Air Force; Cmdr. Ilker Kasikci, Turkey; Capt. Nasser Al Fayez, Saudi Arabia; Capt. Saleh Al Shuail, Saudi Arabia; Cmdr. Romell Labrador, Philippine Navy; Ms. Christina Woodward, NSCS; and Capt. Jim Davis, NSCS commanding officer.

NAPS XO recognized by journal

Marine Maj. Bradley Phillips, Executive Officer, Naval Academy Preparatory School, has been selected by the *Providence Business News* (PBN) as its 2011 Chief Financial Officer in a Govern-



Phillips

ment Agency. This is the first year PBN is hosting such an awards program which will honor nine local executives for their achievements.

Maj. Phillips was nominated for this honor by the NAPS Commanding Officer, Capt. Jim Cunha.

The Providence Business News will host an awards luncheon on March 31, from noon to 2 p.m. at the Kirkbrae Country Club, 91 Old River Road, Lincoln.



Rear Adm. Victor G. Guillory, Commander, U.S. Naval Forces Southern Command, U.S. 4th Fleet, poses with Midshipman Candidate Alissa Kain, Midshipman Candidate Battalion commander, and Capt. Jim Cunha, Commanding Officer, Naval Academy Preparatory School.

NAPS hosts distinguished grad

The Naval Academy Preparatory School (NAPS) Battalion of Midshipman Candidates hosted Rear Adm. Victor G. Guillory as the keynote speaker in their 2011 Character Development Lecture series on March 11.

Guillory, currently Commander, U.S. Naval Forces Southern Command, U.S. 4th Fleet, is a 1974 NAPS

graduate. His return as a distinguished alumnus not only provided the students a unique perspective on the operational picture of his command, but also personal insights and reflections on a naval career that began at NAPS.

In June 2009, Guillory was selected to assume his current command immediately following the devas-

tating 7.0 earthquake in Port-au-Prince, Haiti in January 2010. The 4th Fleet coordinated the U.S. Navy's response to the disaster relief operations.



M/C Guillory in 1974

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— Master Gunnery Sgt. Mark A. Frye

OCS, Officer Training Command Newport.



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with wine compliments of Newport Wine Cellar & French café music by Salve Regina students.

Heartbreaker A romantic comedy.

All other screenings in O'Hare Academic Center, Salve Regina University.

Tues., March 29, 7 p.m.:

Welcome A drama with six best film awards.

Thurs., March 31, 7 p.m.:

Army of Crime Historical drama and thriller.

Sun., April 3, 2 p.m.:

The Concert Comedy, music and melodrama.

Reception sponsored by Alliance Française de Newport and Sodexo Campus Services.

Tues., April 5, 7 p.m.:

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Announcements

Summer surge to impact JPPSO Newport procedures

Effective April 1, continental United States Joint Personal Property Shipping Offices need a minimum of three weeks' notice for all shipments in DPS or TOPS. This includes local moves, NTS (non-temporary storage) pickups/releases and unaccompanied baggage shipments.

Customers will need to be flexible with their requested dates.

If a customer is requesting a pack/pickup date inside of the three-week window, an Emergency Impact Statement must be provided to the local personal property office (Personal Property Processing Newport R.I.) stating the reason.

These procedures will be in place until further notice.

Fire alarm evacuations must wait for 'all clear'

The Naval Station Newport Fire Department reminds all hands that in the event of any building evacuation because of fire alarm or other hazardous condition to remain outside of the building until the department's incident commander on scene has given the "all clear" announcement.

Recently, occupants have been re-entering their office spaces when they no longer hear the alarms sounding. This is a dangerous practice. Fire department personnel will often silence the alarms during their investigation to lessen the amount of background noise in the building. This background noise can be a detriment to clear radio communications between first responders inside the building and the incident commander outside, putting first responders at additional risk.

For the safety of all, personnel must wait to re-enter the building until the all clear is given by the fire department.

Newport SNA Join-Up scheduled, open to all

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, Lt. Cmdr. Michael R.

Vaas, Surface Warfare Officers School N73 Maritime Warfare Training, has announced.

All hands are invited to attend. There will be refreshments and door prizes.

Special events

Comedy gets last laughs as series concludes April 6

The annual Comedy Series will conclude next month at the Topside Restaurant in the Officers' Club.

Jim Dunn will perform April 6 at 7 p.m.

The final show is open to all hands. Patrons must have base access to attend. Dunn's material is geared for adult entertainment; some word choices are not family friendly.

For more information, call 841-1442.

This event is open to active duty personnel, retirees, reservists, family members, Department of Defense employees and contractors.

Check out what's going on at MWR, visit <https://www.cnic.navy.mil/Newport/MWR/index.htm>

Harlem Globetrotters here to challenge Navy Newport

The world famous Harlem Globetrotters will face off against Navy personnel in an exhibition game at 7 p.m. on Tuesday, April 5, at Gym 302.

The gymnasium, located on Meyerkord Avenue across from the old Fitness PLUS, will open at 5 p.m. with a challenge game between the



Newport Intramural All-Stars vs. the New London Intramural All Stars tipping off at 5:30 p.m. Concessions will be available from MWR. This event is open to anyone with routine base access.

Admission to the first game is free of charge, however, patrons wishing to remain for the Globetrotter game will be charged \$10. Tickets will be sold at the event only.

The Globetrotters are coming to Naval Station Newport at the invitation of USO New England.

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Military event opportunities

Ceremony to dedicate new bridge

A dedication ceremony for the Lt.j.g. Francis L. Toner IV Memorial Bridge, connecting Coasters' Harbor Island and Coddington Point, will be held Sunday at 1 p.m.

Guest speakers will be Sen. Jack Reed, D-R.I., and Rear Adm. Christopher Mossey, Commander, Naval Facilities Engineering Command, Chief of Civil Engineers.

The bridge will be closed from 7 a.m. to 5 p.m., but traffic will be rerouted over the Weenachasett Bridge to the east.

TODAY, March 25

- Exhibition basketball, Harlem Globetrotters, Dunkin' Donuts Center, Providence, 7:30 p.m. Also Saturday, 1 p.m. Special rates are available for Military. Call 841-3116 or (401) 331-6700 for information.

- Complimentary tickets for active duty military personnel, Museum of Science, Boston. Available at the USO New England by calling (617) 720-4949.

SATURDAY, March 26

- Carabiner's rock climbing trip, motorcoach leaves NEX parking lot at 9 a.m. and returns around 1 p.m. Call 841-3116.

SUNDAY, March 27

- Dedication ceremony, Lt. j.g. Francis L. Toner IV Memorial Bridge, 1 p.m. Call 841-3538.

MONDAY, March 28

- ESAMS training. Call 841-2478.
- NAVSTA Intramural Volleyball League season, through May 13, Gym 109. Call 841-3154 for

information.

TUESDAY, March 29

- Join-Up, Newport Chapter, Surface Navy Association, Officers' Club Bay Room, 6 to 8 p.m. This event is open to all hands, plus their family and friends.

- Lecture, *The Great Wall at Sea: China's Navy in the Twenty-first Century*, by Bernard Cole, Eight Bells lecture series, Naval War College Museum, noon. Call 841-2101/4052.

- Professional development training, Transition Counselor Institute-Phase Two, registration and breakfast, 8-8:30 a.m., Inn at

Newport Beach, Middletown. Call (254) 953-1923 or email laura.wood@MilitaryChild.org to register.

WEDNESDAY, March 30

- Change of command, Naval War College president's office, Rear Adm. Phil Wisecup will be relieved by Rear Adm. John Christenson, Spruance Auditorium, 10 a.m. Navy Band Northeast will perform. Call 841-2220 for information.

THURSDAY, March 31

- Entry deadline, Wounded Warriors Art Showcase at the

new Department of Defense facility scheduled to open August 2011. Wounded Warriors or their family members can nominate their art (photography, drawings, paintings, sculptures, mixed media, etc) by sending a .jpg file with description, sizes and a bio to: ArtworkProject@usace.army.mil. Call (240) 276-9138 for information.

FRIDAY, April 1

- April Fool's Day concert Gillette Stadium,
- Taylor Swift tickets, June 25

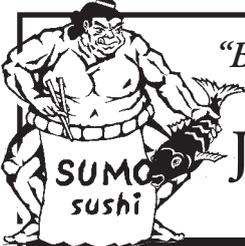
Foxboro. Call or go to ITT, 841-3116 for ticket information.

- Earth Day celebrations city-wide

- Graduation, Officer Candidate School Class 0811, Officer Training Command Newport, Kay Hall, 5 p.m. The Navy Band Northeast will perform. Call 841-1171.

UPCOMING EVENTS

- College Information Session, building 690, Atrium, Wednesday, April 6, 10 a.m. to 2 p.m. Various colleges and universities. Call 841-6198.



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Navy ships, jets pound select targets in Libya

Joint Force Maritime Component Commanders
Odyssey Dawn Public Affairs

USS STOUT, At Sea (NNS) — The guided missile destroyers USS Stout (DDG 55) and USS Barry (DDG 52) supported Joint Task Force Operation Odyssey Dawn by launching missile strikes against Libya March 19 in accordance with United Nations Security Council Resolution 1973, helping to prevent attacks on the Libyan people by that country's government.

Stout's primary mission in the Mediterranean Sea is ballistic missile defense, but her crew was re-tasked to conduct the initial strikes of Operation Odyssey Dawn.

When Stout deployed from Norfolk last December, few could have guessed that the ship would be asked to assist with a coalition of partner nations to stop violence in Libya.

"We've practiced the mission dozens of times," said Fire Controlman 2nd Class Joshua Gonzalez, one of the Sailors operating the weapons system aboard Stout. "To do it for real demonstrates what the crew can do when called upon."

Many Stout Sailors were able to witness the initial TLAM launches, especially the ship's bridge watchstanders.

"We witnessed history in the making tonight. It is nice to know that we con-



MAP of Libya shows cities and towns along the Mediterranean coast.

tributed to the world's effort to protect innocent civilians in Libya," said Seaman Nathan Wade, whose role as helmsman kept the ship on a proper course during the operation.

U.S. Navy EA-18G Growlers from coalition bases and U.S. Marine Corps AV-8B Harriers aboard USS Kearsarge (LHD 3) also supported Operation Odyssey Dawn. The Growlers provided electronic warfare support, while Harriers from the 26th Marine Expeditionary Unit (MEU) hit ground targets.



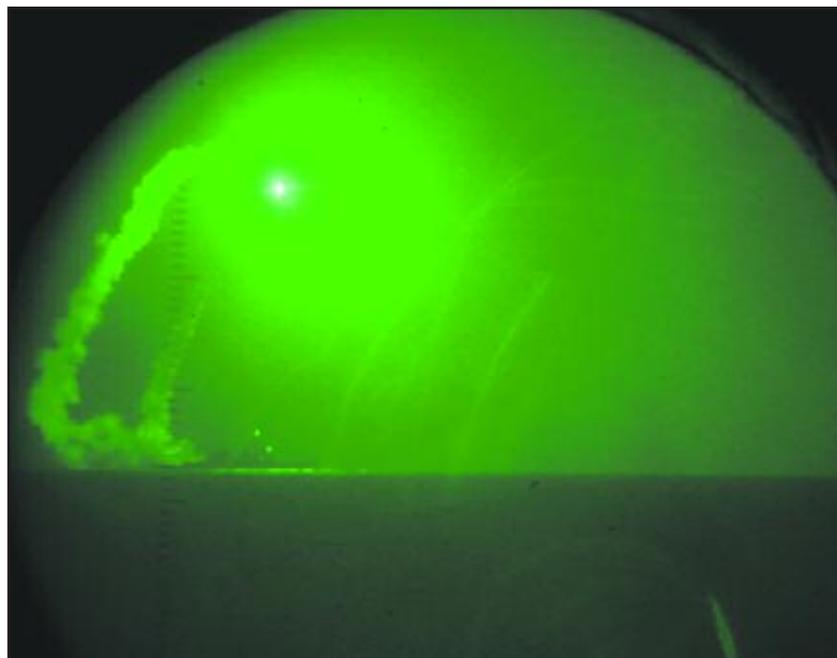
ICFN Roderick Eubanks/U.S. navy photo

The Arleigh Burke-class guided-missile destroyer USS Barry (DDG 52) launches a Tomahawk missile in support of Operation Odyssey Dawn. This was one of approximately 120 cruise missiles fired from U.S. and British ships and submarines that targeted about 20 radar and anti-aircraft sites along Libya's Mediterranean coast.



FC2 Nathan Pappas/U.S. Navy photo

The Arleigh Burke-class guided missile destroyer USS Stout (DDG 55) launches her Tomahawk.



MC1 Nathanael Miller/U.S. Navy photo

Seen through night-vision lenses aboard amphibious transport dock USS Ponce (LPD 15), the guided missile destroyer USS Barry (DDG 52) fires another Tomahawk.



MC3 Scott Pittman/Navy photo

Cpl. Sean Moberly, assigned to Marine Medium Tiltrotor Squadron (VMM) 266, 26th Marine Expeditionary Unit (26th MEU), runs preflight checks on an AV-8B Harrier on the flight deck of amphibious assault ship USS Kearsarge (LHD 3) in preparation for Operation Odyssey Dawn missions.

ITEM: FISH AMANDINE						
PORTION SIZE: 5 OZ						
CAL	PRO	FAT	CARBS	CHOL	SOD	
	g	g	g	mg	mg	
184	27	8	2	82	360	

HAVE A GREAT NAVY DAY

ITEM: SOUTHERN STYLE GREENS						
PORTION SIZE: 1/2 CUP						
CAL	PRO	FAT	CARBS	CHOL	SOD	
	g	g	g	mg	mg	
107	8	6	7	15	538	

HAVE A GREAT NAVY DAY

ITEM: OVEN FRIED CHICKEN						
PORTION SIZE: 2 PIECES						
CAL	PRO	FAT	CARBS	CHOL	SOD	
	g	g	g	mg	mg	
472	53	30	0	162	0	

HAVE A GREAT NAVY DAY

From left, new green, yellow and red nutrition cards, each listing calories, fat content and sodium of each menu selection, are posted along the chow line at Ney Hall galley.

Kathy MacKnight/U.S. Navy photos



Culinary Specialist 1st Class Chris Stoots, records keeper at Ney Hall galley, holds the green sign; Patricia Malo, galley cook supervisor holds the three-color sign; Culinary Specialist 1st Class Robert Jerdan, galley mess deck master-at-arms, holds yellow sign; and Culinary Specialist 1st Class (SW/AW) Kristopher Freyberg, cargo leading petty officer at the galley, holds red.

Ney galley 'goes green,' posts nutrition in menu

By **CINDY MILLARD**
NHCNE Registered Dietitian

The Naval Station Newport Ney Hall galley has a "Go Green" program to help active duty make healthier food choices. How does it work?

The new "stop light" system classifies the "nutrient density" of foods. The galley staff posts green, yellow or red cards on the food line. The classification is based on calories and total fat.

"Green cards" label the performance foods, which are great food choices.

"Yellow cards" warn diners to watch their portions

of these food choices.

"Red cards" urge diners to limit the amounts of these food choices.

The daily diet should consist mostly of the foods with the green cards. These foods are healthy and packed with important nutrients for energy.

The yellow cards high-

light foods that call for more portion control. Finally, the red cards label high calorie, high fatty foods. Select these foods occasionally, in small portions.

We all want to eat healthier. Join us at the galley and see how easy it is to make healthier food choices.



Greg Kohlweiss/U.S. Navy photo

Lt. Catherine Lim, center right, Food Service Officer, joins Capt. Joe Voboril, center, commanding officer, Naval Station Newport, and Cmdr. Gregor Bo, Newport Public Works officer, as they snip the ribbon for the grand reopening last week at Ney Hall galley after \$3.9 million in renovations. The year-long project, executed in three phases involved reconfiguring for six serving lines each with a beverage line, and a salad bar, plus the installation of six convection ovens.

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'Poisonous snakes' threaten security

By **RICHARD ALEXANDER**
Navalog editor

Security for the United States used to be so much simpler when the Soviet Union was still around, keeping an iron grip on Eastern Europe. But since the fall of the Berlin Wall, threats to homeland security come from all corners of the world.

So was perspective of Professor Mackubin Owens of the National Security Affairs Department at the Naval War College and a Senior Fellow at the Foreign Policy Institute in Philadelphia. Owens was the third speaker in the Great Decision Seminar Series, sponsored by the Newport



Owens

Council for International Visitors at Salve Regina University's Pell Center on March 16. His topic was "U.S. National Security since 9/11," and he explained his personal views do not represent the Naval War College.

The threat of nuclear obliteration by the two superpowers in the Cold War constrained and dictated everything the U.S. and the Soviet Union did, Owens said.

With the fall of the USSR,

preceded by the decline of the Ottoman Empire around the Mediterranean in the early 1900s, the world map changed. We now see lawless states such as Somalia, and failed states like Yemen and Afghanistan, where terrorist organizations such as al-Qaeda find sanctuary. There is authoritarian rule in Bahrain, Saudi Arabia, Yemen and Libya, and until recently, in Egypt and Tunisia. Now we have "Islamism," a radical form of Islam that teaches the West is the enemy, he said. Iran even worries its Muslim neighbors as it presses to develop nuclear energy.

Deterrence works if both sides are rational, Owens

said. "But we have to wonder if apocalyptic end results may not deter rogue nations led by extremists" who embrace martyrdom.

Owens, a contributor to the *Wall Street Journal* on security affairs, quoted from former CIA Director James Woolsey who was interviewed by *NBC* newsman Brian Williams in 2003.

"We'd fought this dragon for 40 years, and killed him, the Soviet Union, and then found ourselves in a jungle of poisonous snakes, and the snakes could kill you, and they were very hard to keep track of, like rogue regimes and weapons of mass destruction and ter-

SNAKES, Page 14

Freedom of seas seen challenged worldwide

By **JOHN W. KENNEDY**
NWC Museum Director of Outreach

Cmdr. James Kraska, the Howard S. Levie Chair of Operational Law at the Naval War College, spoke at the Eight Bells Lecture series at the Naval War College Museum on March 10.



Kraska

His book, *Maritime Power and the Law of the Sea*, was the topic and he quickly framed the discussion with an overview of the rules governing freedom of the seas and how the world is dependent on unencumbered shipping in the off-shore coastal littorals and narrow seas around the globe.

Currently that access is being challenged, he said. However, there is a competition between the exercise of governmental authority

over the seas and the idea of freedom of the sea.

Tracing maritime history from ancient Phoenicia to the Treaty of Tordesillas to Dutch and English challenges to established monopolistic claims by the Portuguese and Spanish, the audience was given a quick review of the evolution of legal arguments that laid the groundwork for the 20th century declarations. Most notably they were Wilson's Fourteen Points (1918), the Atlantic Charter of 1941, and the United Nations Convention of the Law of the Sea (UNCLOS) which was concluded in 1982, but only came into force in 1994.

Anything that diminishes or complicates the access of United States vessels in the littoral zones around the world affects the capability of maintaining forward presence, a cornerstone of our military strategy. To ensure that we have access in times of need,

KRASKA, Page 14

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Information, Tickets & Travel

Spend the day in "Bean Town"

A round-trip outing is scheduled for Saturday, April 16 to Boston.

Transportation is \$15 and departs Naval Station

Newport at 9 a.m. and returns around 6 p.m.

Deadline to sign up is Friday, April 6.

For more information, call 841-3116.



Walt Disney World military deal tickets at ITT

4 theme parks...4 Days...4 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. Tickets must be purchased by September 28 and used by October 1. Blackout dates are April 17 through 23 all parks and July 4 at Magic Kingdom only. 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.

School Liaison Office



Transition counselor training offered

MIDDLETOWN — A professional development course, Transition Counselor Institute (TCI), Phase Two, will be held March 29-30 from 8:30 a.m. to 4 p.m. at the Inn at Newport Beach on Memorial Boulevard at Wave Avenue. Registration and breakfast is 8 a.m. to 8:30 a.m.

The course is designed to prepare education and installation professionals to recognize and address transition concerns that impact the mobile military child. The training is open to guidance professionals,

school administrators and other caring adults interested in learning more about the military child.

A prerequisite is completion of TCI-Phase One. There is no cost to participants. Log on to www.MilitaryChild.org to register at the Upcoming Trainings link.

Call Laura Wood at 254-953-1923; or laura.wood@militarychild.org for more information.

Medical tech training
BRAINTREE, Mass. — Medical Device Specialist

Training & Placement Program has announced a scholarship opportunity for veterans.

PrepMD, a leading post graduate training and placement service in the medical device field, announced today a scholarship opportunity for veterans and non-active service members. PrepMD is a

six-month training program for careers in medical device technology and healthcare.

Graduates exit the program job-ready and pre-qualified for careers. To learn more about this scholarship opportunity or to apply, interested applicants should visit www.prepmd.com

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.
and Sunday and Holidays, 1 to 8 p.m.

Seaview Lanes Bowling Center Building 656, 841-4293

Monday through Thursday, 11 a.m. to 8 p.m.
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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.
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Free skating for military

KINGSTON — Operation: Military Kids with Rhode Island Military Child Resource Network will celebrate April as the Month of the Military Child with a free family skating party at the Boss Arena Skating Rink on University of Rhode Island campus, Sunday, April 10, 2 to 4 p.m.

The event will feature storytelling, door prizes, refreshments and a special presentation to military children to celebrate MOMC.

In addition, each family will be given a family game night board game to take home and enjoy. Pre-Register by Friday, April 8 at RIMilitaryChildEvents@yahoo.com

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Motorcyclists invited to safety checkup day

The Naval Station Newport's Navy Occupational Safety and Health Office (NAVOSH) will hold a "Ride Your Bike to Work Day," April 11, 10:30 a.m. to 3 p.m.

Bring your motorcycle to the paved training course off Coddington Highway adjacent to Gate 4.

There will be free bike safety checks, minor adjustments, safety hand-outs and information on riding opportunities and routes in Rhode Island and New England.

Motorcycle Safety Foundation certified rider/coaches will be available to provide information, assist with safety checks, and demonstrate exercises on the training range. This event is held outside of their Naval Station



A MOTORCYCLIST wears proper protective and reflective clothing in this file photo from Newport NAVOSH.

and ANYONE interested in learning about motorcycle safety can attend.

For any further information, call Roger Georgeson at 841-2478.

Sports

NAPS lacrosse wins, loses in road matches

The Naval Academy Prep School lacrosse team won one and lost one over the course of six days, playing two of the toughest teams on its schedule.

Essex Community College beat NAPS, 10-6, in Essex, Md., on March 20, but the Rams ruled Nassau Community College, 10-7, at Garden City, N.Y., on March 15.

The Rams' record is now 3-2.

Against Essex, NAPS went up 4-1 in the first period. Essex overcame the early run to match the Rams with a six-goal run going into halftime, 7-4. NAPS attempted to rebound in the third quarter, but Essex matched every goal by NAPS in the second half to close the game out at 10-6.

"We faced the No. 2 team in the nation on Tuesday (March 15) and won," Coach Brian Stewart said. "Today we had the ability to beat the new team in the nation— Essex CC — but we just didn't overcome adversity the way I would have hoped. We will learn from this and be stronger for having gone through it."

Against Nassau last week, NAPS went up 3-0 in the first and never looked back. Nassau never got closer than three goals throughout the day.

"It was the Navy program's first win over Nassau CC, and it felt pretty good," Stewart said.

Dean College of Franklin, Mass., will visit NAPS for a home contest on Nimitz Field on April 6 at 6 p.m.

NAPS track shows skills

DEDHAM, Mass. The Naval Academy Prep School men's and women's track teams defeated Northeastern University Huskies on March 19, placing first in three events.

In the pole vault, Midshipman Candidates Mark Vetere finished first in the men's division, and Amanda Graham finished second in the women's.

In the 100m, Rico Goldstone finished second and Jalen Elrod finished third.

In other events:
400m, 1, M/C Mark Vetere
800m, 2, M/C Matt Lord
High jump, 4, M/C Alexandria Cassel
4x400m, 1, NAPS
4x100m, 2, NAPS
400m hurdles, 3, M/C Jeremy Duruji
100m hurdles, 4, M/C Amanda Graham
Long jump, 2, M/C Rico Goldstone.
NAPS coach is Toran James.

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Snakes

Continued from Page 10

rorism.”

Terrorists attempt to remove our sense of security, Owens said. The U.S. is vulnerable because it is an open society, which we want to maintain. We also lack energy security for our water and gas supplies, and power grid. But the U.S. is faced with tremendous debt and its deficits are rising. This means limited resources, which impacts our strategies for national security, he said.

Now the hot issue is “cyber security,” which the Department of Defense is

trying very hard to protect. A cyber attack can do just as much damage as a bomb, he said.

The U.S. also must keep an eye on the Pacific. North Korea is volatile, and China has its own ambitions as a world power, he said. To our south the Mexican drug cartels operate along our borders.

But since the end of the Cold War, the world has looked to the United States to be the leader in resolving economic, political or social crises around the world.

Toner

Continued from page 2

Harbor, he went onto become an assistant public works officer for West Oahu and was promoted to the rank of lieutenant junior grade in May 2008.

In July 2008, Toner departed for Individual Augmentation (IA) training and arrived in Afghanistan that October. He was six months into a year-long IA

assignment with the Afghan Regional Security Integration Command North at the time of his death.

Invitations to the ceremony were sent out in advance, however, individuals with base access are welcomed to bring their own chairs as there is ample space available out-

“There needs to be a main power in the world — a benevolent nation — to be the traffic cop of the world,” Owens said.

In response to a question about when he thought the U.S. wars in Iraq and Afghanistan would end, Owens said terrorism will never go away.

“We’ve been messing around over there for 10 years, which does keep the terrorist organizations occupied,” he said. “We may just eventually settle for an ‘acceptable level’ of terrorism worldwide.”

side of the tent area to view the ceremony. The reception following the event is by invitation only.

NOTE: The old Weenachasett Bridge will be open Sunday from 7 a.m. to 4 p.m. for routine vehicle traffic. The Toner Memorial Bridge will reopen following the ceremony Sunday evening.

Kraska

Continued from Page 10

there must be constant engagement with other nations during peacetime. During times of war, there might be the requirement for forcible entry to seize and control key areas, he said.

Since nations around the world are dependent on the seaways to promote and protect the way of life of its people, this struggle leads to the concept of dueling “Due Regards.”

The rights of the coastal states must be given due regard by other states in the exclusive economic zone (EEZ) of that country while the coastal states must have due regard for the rights and duties of the other states transiting their EEZ.

In what might seem a topic full of legalese, Cmdr. Kraska gave extensive examples known by many in the audience and summarized his lecture by pointing out that there has been inconsistent support for freedom of the sea by our own Department of State and that we are losing the initiative since other countries are prepared to argue their cases in the world court, often to the detriment of U.S. interest.

The next Eight Bells Lectures will be:

March 29— *The Great Wall at Sea: China's Navy in the Twenty-first Century*, with the author Bernard “Bud” Cole.

April 7 — *32 in '44: Building the Portsmouth Submarine Fleet* in World War II, with author Rodney K. Watterson.

Contact the Naval War College Museum at 841-2101 for reservations to attend.

Turbine

Continued from Page 2

engineer for Public Works Utilities, Harold Robinson the boiler plant supervisor, and John St. Laurent the boiler plant work leader. “The design team relied heavily on Mulhern, St. Laurent and Robinson for their broad and detailed understanding of the plant and to develop a sequence of operation that made sense,” said Ray Cournoyer, project manager and engineer for NAVFAC Midlant Facilities, Engineering and Acquisition Division, Newport.

The boiler plant operators participated in the integration of the equipment and in the training.

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MCC(AW/NAC) Robert Inverso/U.S. Navy photo
 Naval Command College students, Col. Benny Sewandono with wife Raden, right, from Indonesia, and SCol Mahmood Al Bayati and wife Bushra from Iraq, get ready to serve their countries cuisine during International Night in the Mahan Rotunda, March 7. Students from Naval Command College Class wore traditional clothing and prepared culinary samples from their countries to share with their fellow students, sponsors, and Naval War College faculty and staff.

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