

# The Newport *Navalog*

VOL. 110 NO. 30 JULY 29, 2011

SERVING COMMANDS AND ACTIVITIES, NEWPORT, R.I.



## *Save the Bay Swim off to booming start*

**BIG BANG** — The Artillery Company of Newport fires a blast from its 1798 Paul Revere bronze cannon to start the 35th annual Save the Bay Swim for 475 participants (background) from Dewey Field, Naval Station Newport, to Potter Cove, Jamestown, last Saturday. Story, more pictures, Page 2.

Greg Kohlweiss/U.S. Navy photo



### **NHCNE: bikers travel roads, too**

Two NHCNE safety and health personnel issue *Ten Things All Car and Truck Drivers Should Know About Motorcycles*.

—Page 3



### **Veggies take root at NHCNE**

Fresh garden vegetables are now ripe for harvesting and offered to junior enlisted members at NHCNE.

—Page 3



### **NAPS registers Class of 2012**

The Naval Academy Prep School this week welcomes 256 midshipman candidates for the incoming Class of 2012.

—Pages 10-12



Greg Kohlweiss/U.S. Navy photos

**LANDING CRAFT** — Kayaks and skiffs line the shoreline at Dewey Field, Naval Station Newport, to escort 475 swimmers in the 35th annual Save the Bay Swim to Potter Cove, Jamestown, last Saturday morning. The Naval War College is in the background.

## Siblings rule Save the Bay Swim

JAMESTOWN — Sandwiched neatly between a heat wave and an unexpected thunderstorm, the 35th annual Citizens Bank Save The Bay Swim took place last Saturday morning with a record 475 swimmers making the 1.7-mile trek across Narragansett Bay.

The swim started at 8 a.m. at Dewey Field, Naval Station Newport, with the firing of a 1798 Paul Revere bronze cannon by the Artillery Company of Newport. The swimmers left in three waves, each accompanied by a skiff or kayak. Swimmers from 20 states and Canada participated.

Matthew Gilson, 43, of Providence was first to cross the finish line at Potter Cove here in 38 minutes, 9 seconds. He was followed closely by Benjamin Evangelista in 38:55; and retired



**Capt. Joseph Voboril, commanding officer, Naval Station Newport, welcomes swimmers to Dewey Field. Looking on is Jonathan Stone, executive director of Save the Bay.**

Navy Cmdr. David Polatty in 39:03.

Polatty is an associate professor at the Naval War College where he teaches

the Maritime Staff Operators Course.

"I am a lifelong swimmer and surfer and this was my fifth Save the Bay swim," he

said.

Gilson's sister, Meredith Gilson, 40, of Falmouth, Mass., was the first female to complete the crossing, finishing sixth overall in 39:21.

Capt. Joseph Voboril, Commanding Officer, NAVSTA, was the spotter for his wife, Kelly, and Cmdr. Glen Bourque, Executive Officer at NAVSTA, finished in good standing.

Most found the water conditions fine, even cool in the middle of the East Passage. Some swimmers reported seeing a large school of bluefish or stripers about 200 feet down.

"With swimmer pledges still coming in, we have already surpassed last year's mark of \$275,000," a Save the Bay spokesman

**SWIM, Page 18**

## Reuse plan OK'd for NAVSTA land declared surplus

The Aquidneck Island Reuse Planning Authority (AIRPA) voted unanimously to approve the reuse plan for Naval Station Newport's 225 acres of surplus land at a public hearing on July 14 at the Community College of Rhode Island's Newport campus.

Tina Dolen, AIPC Executive Director, said the vote marked the end of a year of planning and outreach in the BRAC process, directed by AIRPA, which has worked closely with the island's municipal councils, boards, and planning staffs to develop land use and

property conveyance mechanism recommendations for each of the five surplus properties.

Julie Oakley, AIRPA Property Reuse coordinator, said, "AIRPA has gathered substantial public input throughout the reuse planning process, culminating in the approval of the plan's recommendations by each of the municipal councils."

AIRPA has until Aug. 19 to submit the plan for approval to the US Departments of Defense and Housing and Urban Development; the agencies have 60 days to review the plan.

## Sprint Triathlon curtails MWR hours of operation

In order for its staff to support the annual Naval Station Newport Sprint Triathlon, the Morale, Welfare and Recreation Department has reduced some facility hours on Sunday, July 31.

Gym 109 will be open noon to 4 p.m., Auto Skills

Center, noon to 5 p.m., Leisure Bay Coffee Shop/Computer Café, 11 a.m. to 6 p.m., Enlisted Club, noon to 8 p.m., Seaview Lanes Bowling Center, noon to 8 p.m. and the Liberty Center, noon to 8 p.m.

Pool 307 will be closed.

### Navalog

**Capt. Joseph P. Voboril**

Commanding Officer, Naval Station Newport

**Lisa Rama**

NAVSTA Public Affairs Officer

**Bob Krekorian**

NAVSTA Public Affairs Staff

**Greg Kohlweiss**

NAVSTA Public Affairs Staff

**Richard Alexander**

NAVALOG Editor

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Kathy MacKnight/U.S. Navy photos

Registered Nurse Trish Booth from NHCNE's Wellness Clinic and Jack Mahar, center, NHCNE Transportation Dept., pose with Hospital Corpsman 3rd Class Mario Guerra, the first recipient of a basket of salad greens, herbs and kale, from Jack's Veggie Garden.

## Gardening takes root at NHCNE

By KATHY MacKNIGHT

NHCNE Public Affairs Office

The Naval Health Clinic New England staff is watching the progress of tomatoes, pumpkins, kale, herbs, peppers, lettuces and several other vegetables that have been planted by Jack Mahar, from NHCNE Newport's Transportation Dept., along with help from the NHCNE Wellness Clinic.

The crops in Jack's Veggie Garden are in the walled areas bordering the medical clinic and can be viewed from the windows in the connector hallway between the clinic and Building 43. The Wellness Clinic staff endorses healthy lifestyles, and encourages more vegetables in the daily diet.

Most of the recipients of the garden's bounty are junior enlisted staff members. The first was Hospital Corpsman 3rd Class Mario Guerra who received a basket

GARDEN, Page 18



Lt. David Auerbach and Leslie White from the NHCNE Wellness Clinic package herbs and different lettuces for junior enlisted staff members who request a basket of produce.

## NHCNE emphasizes role motorists play in motorcycle safety

By KATHY MacKNIGHT

NHCNE Public Affairs Officer

Motorcycles have a distinct disadvantage in a collision with an automobile or truck, so Naval Health Clinic New England held a noontime motorcycle safety awareness event on July 13.

Kirsten Lucchetti, NHCNE Newport safety officer, and April Childs, NHCNE public health educator, passed out more than 150 Quick Tips safety cards to motorists on the medical compound regarding *Ten Things All Car and Truck Drivers Should Know About Motorcycles*.

A motorcycle that was involved in a fatality was provided by Robert Parkhurst and Hall's Garage of North Scituate. It was a somber visual reminder that motorists must watch out for bikers on the roadways.

Here are the *Ten Things All Car and Truck Drivers Should Know About Motorcycles*:

1. There are a lot more cars and trucks than motorcycles on the road, and some drivers don't "rec-

ognize" a motorcycle; they ignore it (usually unintentionally). Look for motorcycles, especially when checking traffic at an intersection.

2. Because of its small size, a



Kathy L. MacKnight/NHCNE photo

Kirsten Lucchetti, left, Newport safety officer, and April Childs, NHCNE public health educator, July 13 pass out Quick Tips safety cards to motorists on the medical compound regarding *Ten Things All Car and Truck Drivers Should Know About Motorcycles*.

motorcycle may look farther away than it is. It may also be difficult to judge a motorcycle's speed. When checking traffic to turn at an intersection or into (or out of) a driveway, predict a motorcycle is closer than it looks.

3. Because of its small size, a motorcycle can be easily hidden in a car's blind spots (door/roof pil-

MOTORCYCLES, Page 18

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# Bravo zulu



Greg Kohlweiss/U.S. Navy photo  
**WAVES HONOREE** — Musician 2nd Class Melinda Gaines, right, Navy Band Northeast, holds an armful of letters of congratulation and a plaque for being selected the 2011 Rhode Island Military Woman of the Year by WAVES National, Ocean State Unit 118, in June. At left is Ginny Hanson, unit president. Gaines received a Senate Citation from the state of Rhode Island; a Certificate of Special Congressional Recognition from U.S. Sen. Sheldon Whitehouse, D-R.I., and a resolution from the state of Rhode Island.



Greg Kohlweiss/U.S. Navy photo  
 Musician 1st Class Cathryn Cummings, Navy Band Northeast, poses with her husband Eduardo Sanchez, after she received the Navy and Marine Corps Achievement Medal (Gold Star) in lieu of fourth award at NBNE's Building 347 recently. At her end of tour here, Cummings will attend school in Hartford, Conn.

# Bravo zulu



Greg Kohlweiss/U.S. Navy photo  
**RE-UPPING FOR NAVY**  
 — Lt. j.g. Scott Mythen, left, Director of Navy Band Northeast, reenlists Musician 3rd Class Andrew Francisco (4 years) and Musician 2nd Class Steven Diresto, right, (3 years) during a ceremony for enlisted members last week at NBNE's Building 347.



MCCS Melissa Weatherspoon/U.S. Navy photo  
**Ira McMillan, left, receives an Award of Excellence from Pat McLean, CSS executive director, during a brief ceremony held at CSS headquarters in Fitzgerald Hall on July 14. McMillan served as the command's master training specialist and instructor qualification programs coordinator and instructional systems specialist.**



MCCS Joel Huval/U.S. Navy photo  
**Yeoman 1st Class Mingo Boards, right, receives his master training specialist certificate from Cmdr. Sid Hall, Center for Service Support Director of Training, during a ceremony held July 8 at CSS headquarters in Fitzgerald Hall, Naval Station Newport. Boards is one of two yeoman training managers assigned to the staff and is currently working to improve the Navy's Flag Writer course.**

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## Announcements

### Jobs at Gateway Inns

Considering 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.

### College information

College representatives will staff information tables at Naval Station, Newport in Building 690 Atrium on Wednesday, Aug. 3, from 10 a.m. to 2 p.m. This fair is scheduled for the first Wednesday of every month.

Following are the colleges and universities who will provide representatives to distribute college information and talk

with prospective students:

Coastline Community College  
Boston College  
Roger Williams University  
Salve Regina University  
Thomas Edison State College  
Southern Illinois University  
University of New Haven

### Preschool openings

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

### Child care registration

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.

The schedule:

—Today, July 29, in-house patrons (children currently enrolled in SAC & CDC)  
—Aug. 1-5, active duty military  
—Aug. 8-12, Department of Defense civilians and contractors

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.

### ID card crunch time

During the week of Aug. 8-12, Personnel Service Detachment (PSD) will have two of its three DEERS/RAPIDS work stations dedicated to processing ID cards for the incoming Naval Academy Prep School (NAPS) class.

The lone remaining work station will be used only for walk-ins, and long wait times are likely. If you know you will need a new ID

card soon, go to: <http://appointments.cac.navy.mil> and make an appointment now to avoid the potential wait during NAPS in-processing week.

### Wanna be a star?

Calling all Naval Station (NAVSTA) Newport youth and teens, age 6 (entering first grade) through 18: Come and audition for a part in The Missoula Children's Theater Production of *The Pied Piper*.

Auditions, rehearsals and performances will take place at the Harbor Island Conference Center, Building 684. 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 will be Monday to 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.

For more information, call the CYP Youth Director at 841-2883.

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2368 East Main Road, Portsmouth, RI 02871-4039, from 9:00 AM to 2:00 PM  
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## Training offered new ombudsmen

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

The Navy family ombudsman is a critical communication link between the commanding officer and family members.

The Ombudsman Basic Training workshop, scheduled for Aug. 8 to 10, 9 a.m. to 4 p.m., at the Fleet and Family Support Center, provides the basic knowledge and tools necessary to be an effective representative of the command and an advocate for family members.

Call for more information or to register.

The Transition Assistance Management Program (TAMP) seminar is

designed to assist servicemembers leaving the military to prepare for transition to civilian life. It 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.

**Ombudsmen to meet** — The next meeting for local area command ombudsmen and their Command Support Team (CST) members is scheduled for Tuesday, Aug. 9, 6 to 8 p.m., at Naval Health Clinic New England, Newport. Ombudsman participation is required and CST sup-

## Fleet and Family Support Center

port is requested. For additional information or to register for this meeting, please call Paul J. Salesi, FFSC Ombudsman Coordinator.

**Attention, new military spouses** — The New Spouse Orientation to the Military 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.

**Addictive Behavior** — 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 to 11 a.m., will provide information to change these dysfunctional behaviors.

**Rebuilding When Your Relationship Ends** — This workshop will be held at the FFSC on Aug. 25, and Sept., 1, 8, 15, 22 and 29, 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.



Photo courtesy Gina Patrone, CYP youth director

**NICE NAILS** — Child and Youth Program (CYP) summer campers participate in a 'Spa Day' July 14 and received banana and honey facials, manicures and pedicures provided by the CYP staff and the Military Family Life Consultant (MFLC). It was a soothing experience complete with refreshments. Above, Dianna Scuncio, left, gives a manicure to Breana Allen, 12.

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## Special events

### Gulls salute military

Raytheon Corp. of Portsmouth tonight will sponsor Raytheon Military Appreciation Night at the Newport Gulls baseball game at Cardines Field on America's Cup Avenue at Marlborough Street. Game time is 6:35 p.m.

Capt. Joseph Voboril, Commanding Officer, Naval Station Newport, will throw out the first pitch. The Naval War College color guard will post the colors and Navy Band Northeast will play the National anthem.

All U.S. military personnel will receive free admission with an appropriate ID.

### NAVSTA offers final 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.

The concert is sponsored by Mohegan Sun, The Home Depot, Dunkin Donuts, T-Mobile, Century 21 Access America, Shamrock Financial Corporation, Variety 99.3 WJZS-FM and WADK 1540 AM.

The Navy nor any other part of the federal government officially endorses any company, sponsor, or their products or services.

There will be concessions and a Kids Zone. Attendees should bring lawn chairs and or blankets.



Margaret Maurer/U.S. Navy photo

**MAP QUEST** — Brie Lyons, a summer hire with the Naval War College public affairs staff, looks at the NWC Museum exhibition, *Envisioning the World: The First Printed Maps, 1472-1700*. The exhibition, which features 30 maps of the world including the first known world map ever printed, opened July 1 and will close Nov. 30. The exhibit includes a 1504 map of the world referencing the discoveries of Columbus, and a map from the first modern atlas printed in 1570.

### Sprint Triathlon here

The Naval Station (NAVSTA) Newport Sprint Triathlon, composed of a one-third mile swim, a 10.5-mile bike ride, and a three-mile run, will be held Sunday, July 31.

The event starts at the student parking lot across from the MWR Auto Skills shop at 7:30 a.m.

Entry fees are: active duty person-

nel, dependents, retirees and reservists, \$40; DoD civilians, \$55; general public and contractors, \$70; and two to three-member teams, \$85. The competition is limited to 400 participants. Registration ends Saturday.

For information call Gym 109 at 841-7355 or register at [www.active.com/triathlon/newport-ri/naval-station-newport-sprint-triathlon-2011](http://www.active.com/triathlon/newport-ri/naval-station-newport-sprint-triathlon-2011).

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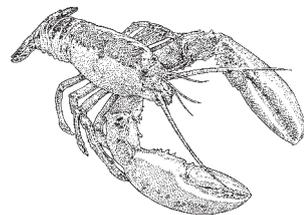
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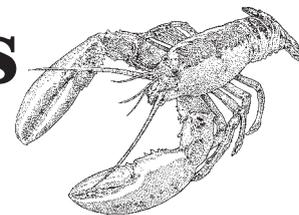


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## Naval Health Clinic New England

# Clinic to detail health benefits of breastfeeding

By **TRICIA BOOTH, RN**  
NHCNE Wellness Clinic

Aug. 1 to 7 is World Health Organization (WHO) Breastfeeding Week, and Naval Health Clinic New England's Health Promotion Wellness Clinic will hold an open house next week providing information regarding breastfeeding.

The lactation counselor will be available all day Monday and Friday, and afternoons Tuesday through Thursday.

Breastfeeding benefits to both mother and baby are many. For baby, he/she receives the mother's immunities via the nutrient and antibody dense colostrum, the first milk only to follow up with unparalleled nutrition in the mature milk.

Studies have shown that breastfed babies do not have issues with obesity, have fewer food allergies,

have higher IQ's and are generally healthier. For mothers, breastfeeding will help her get back into her pre-pregnant shape, and help prevent ovarian and breast cancer, type 2 diabetes and post partum depression.

The closeness that occurs during this time is invaluable. Not only is it beneficial for baby to feel secure and comforted, it also helps mom take time for herself to relax. The release of oxytocin, the hormone which helps milk to flow, also helps calm mom.

NHCNE has a certified lactation counselor who will be happy to meet with expecting moms or any new mothers and babies to discuss breastfeeding issues or concerns. Call the Health Promotion Wellness Clinic at 841-6777 to schedule an appointment with registered nurse Tricia Booth, or stop by the open house.



HN Terence Mendez/NHCNE photo

**REACHING NEW HEIGHTS — Hospitalman Apprentice Kenneth Butt measures the height of Samuel Williams, 12, while his sister Megan, 8, waits her turn at a School Physical Rodeo on July 16 at Naval Health Care New England. Sixty-five children received physicals for the 2011-2012 school year. The next rodeo is Aug. 20. To schedule an appointment, call the Call Center at 1-888-628-9633.**

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8/2 Dennis Brennan

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7/30 Dogie & The  
Cowpie Poachers

8/6 Sam Gentile

8/13 Phil & Buddy Kane

## NAPS Class of 2012



Almost 260 prospective midshipman candidates, accompanied by their parents and friends, line up outside Capt. Howard Kay Hall to register for the incoming Class of 2012 at the Naval Academy Preparatory School last Tuesday morning.

# NAPS welcomes 256 new arrivals

By **LT. CANDY CONKLIN**

NAPS Administrative Officer

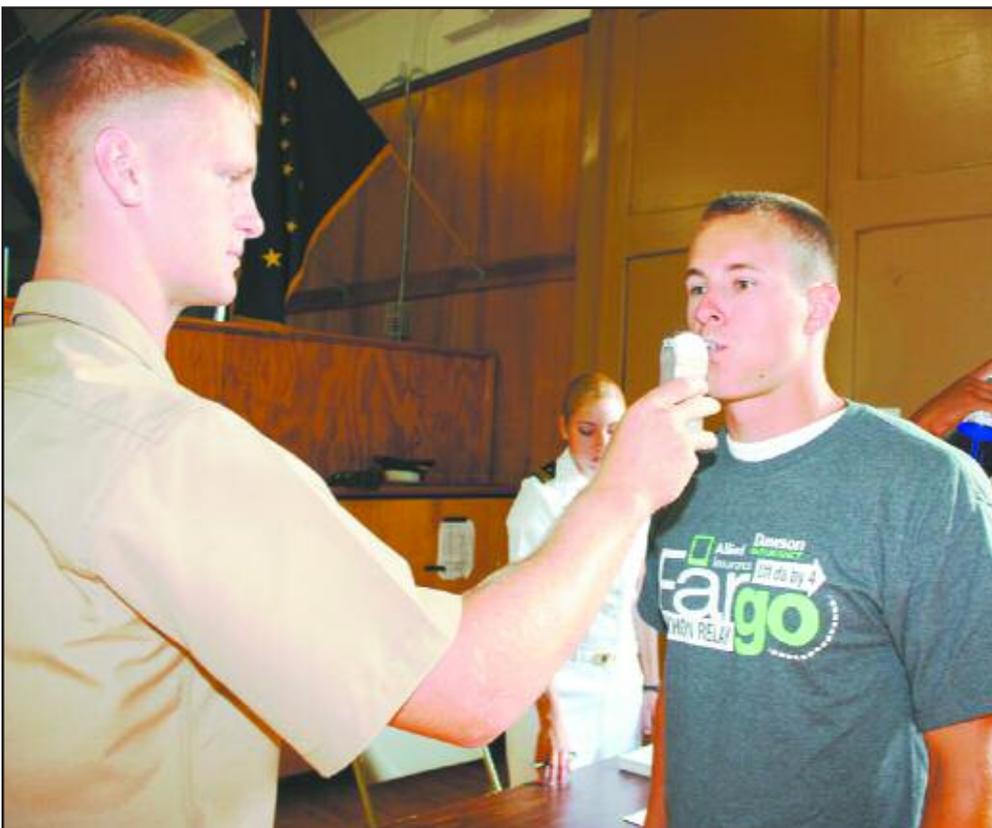
On a cool New England summer morning this week 256 young men and women checked into the Naval Academy Preparatory School (NAPS) at Naval Station Newport.

Their swearing-in marks the beginning of a five-year journey that completes in May 2016 upon graduation and com-



Navy Exchange barber Lynn Perry shaves the head of an unidentified midshipman candidate in the King Hall Barber Shop.

NAPS, Page 11



U.S. Marine Corps 2nd Lt. Vince Murray, left, NAPS staff, administers a Breathalyzer test to Midshipman Candidate Pete Igras of Phoenix, Ariz. Those who failed were dismissed.

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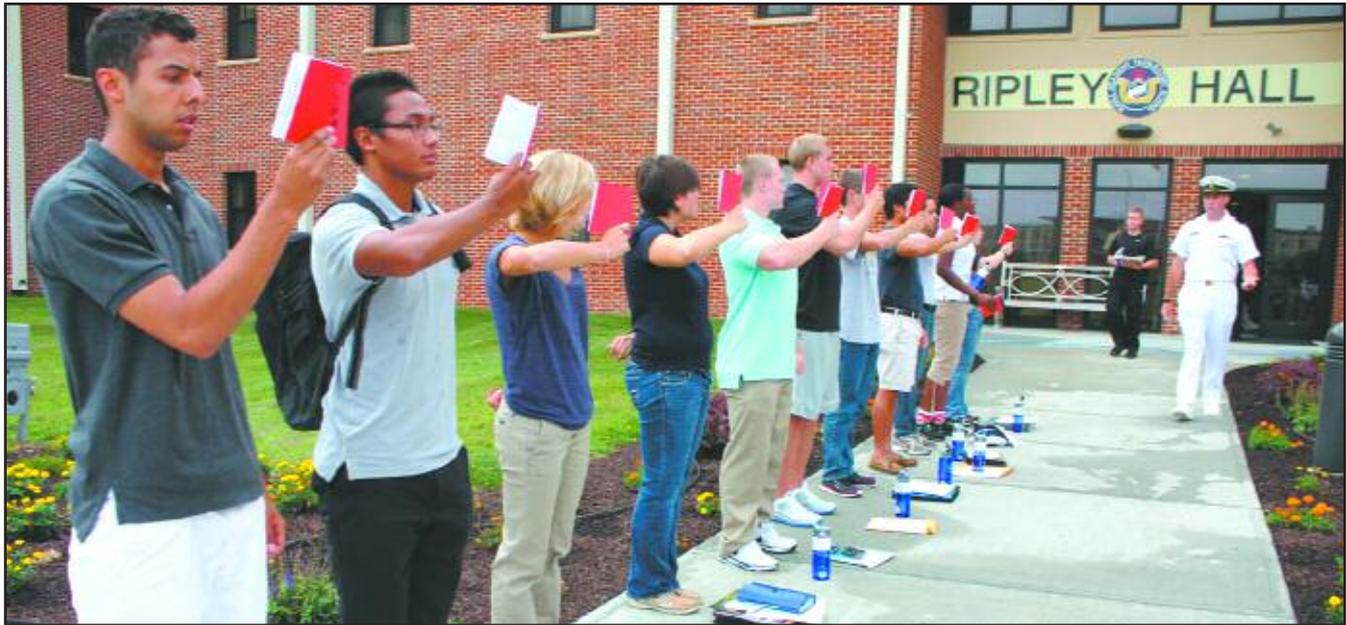
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# NAPS Class of 2012



New NAPS arrivals, waiting for haircuts and uniforms, read their 'reef points' of basic military information and rank outside their BEQ, Ripley Hall, on Coddington Point.

## NAPS

Continued from Page 10

missioning from the Naval Academy. Among the midshipman candidates are 36 prior enlisted directly from the U.S. Fleet.

Midshipmen Candidate Kevin Tamayo said he was "... quite nervous, but ready to get through it," after traveling all the way from San Juan, Puerto Rico,

to join his shipmates.

On the opposite end of the spectrum, 14 recently commissioned officers of the U.S. Naval Academy, temporarily stationed at NAPS for the summer, were present to assist with the Induction-Day (I-day) activities. Some of the ensigns are NAPS Class of

2007 graduates.

When asked how NAPS helped him to prepare for success at the USNA, Ensign Ricky Dobbs, Class of 2011 vice president and USNA football team captain, said, "NAPS gave me the opportunity to develop solid study habits as well as grow accustomed to the

military lifestyle."

Also in the mix are 49 midshipman detailers of the Naval Academy's senior class. They are fired up and ready to train the new class here.

Midshipman 1.C. Austin Madden, the 3rd Company Commander who recently

**NAPS, Page 12**



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# NAPS Class of 2012

## Sponsors sought for NAPS students

The Naval Academy Preparatory School (NAPS) at Naval Station Newport is seeking volunteers to sponsor midshipman candidates for the 2011-2012 academic year.

The NAPS Midshipman Candidate Sponsor Program provides students with the opportunity to form relationships with members of the surrounding community, military and civilian, and for the sponsors to provide a home away from home while acting as a mentor and role model for future midshipmen. The Class of 2012 arrived this week.

Host families offer students a rest from the rigors of their military and academic responsibilities and an opportunity to relax in an informal, friendly environment. Sponsors provide transportation, extend invitations to community and/or family activities or functions, or just open



their homes to students for a home-cooked meal, a place to study, or watch television. Additionally, there are holiday periods such as Thanksgiving, Christmas and spring break when some students are unable to make it home.

Typical liberty periods are Fridays, 5:45 to 11:45 p.m., Saturdays, 8:30

a.m. to midnight; and Sundays, 8:30 a.m. to 4:30 p.m. As the year progresses, students will be granted overnight liberty Saturday through Sundays.

Sponsors should live within 25 miles of NAPS and have a positive outlook on the military. Military sponsors should hold the rank of E-7 and above, however, exceptions will be made.

To apply for the sponsor program, please visit <http://www.usna.edu/NAPS/napsSponsor.htm> and complete the online application. For additional information regarding the program, please contact Ens. Michael Grimes at [grimes@naps.edu](mailto:grimes@naps.edu) or call 841-4255. The academic year begins Aug. 17. The sponsor program will be kicked off with Meet Your Sponsor night on Tuesday, Aug. 30, at 7 p.m. at NAPS.

## NAPS

Continued from Page 11

completed training with the Marines in Quantico, Va., was enthusiastic for the start of NAPS indoctrination.

"I am excited to see the transformation these young men and women will make into midshipman candidates ready to take on the challenges of the academic year ahead."

After the check-in process the midshipman candidates were sworn in by Capt. Jim Cunha, NAPS Commanding



Officer. In his remarks, Capt. Cunha spoke of the challenges the M/Cs will

face academically and physically as well as the support that the NAPS staff is ready to provide.

After the ceremony the students said their final goodbyes to their family and friends and returned to training to embark on their new lives.

For more information about the Naval Academy Prep School, visit [www.usna.edu/NAPS](http://www.usna.edu/NAPS)



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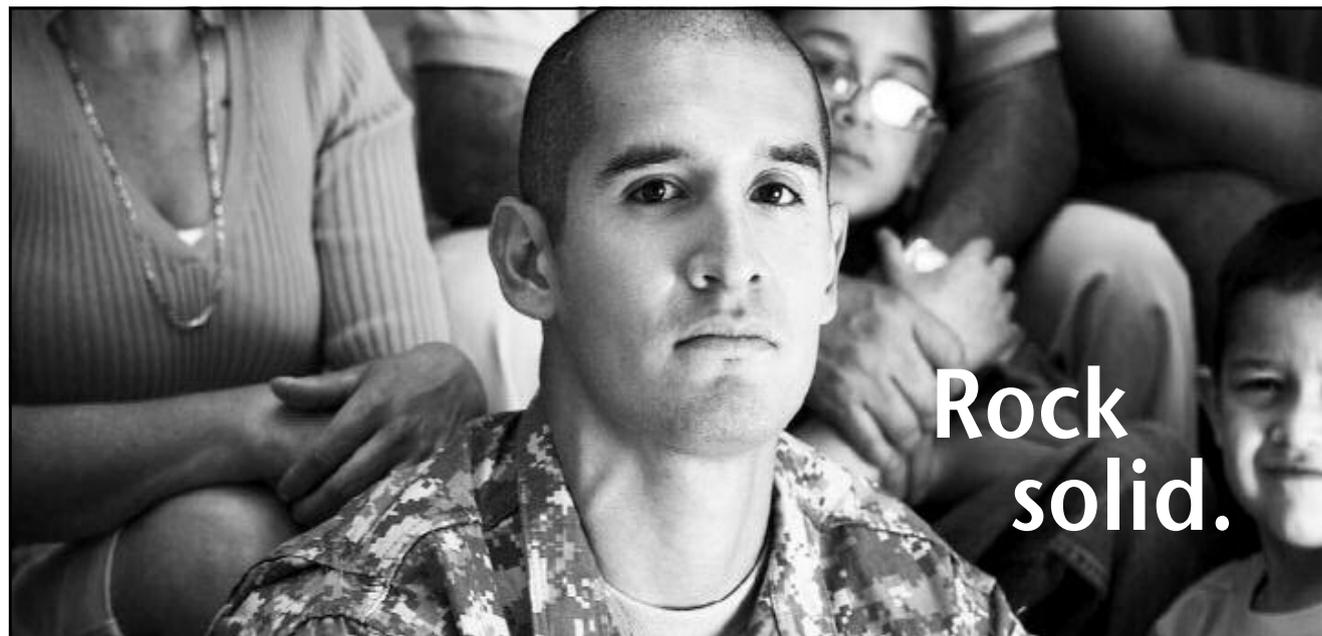



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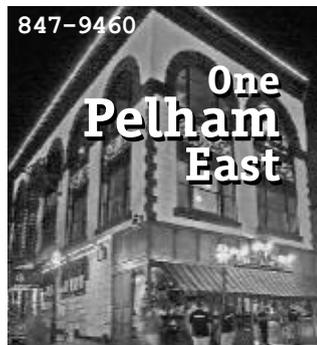
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Morale, Welfare and Recreation fitness classes: Stop by Gym 109 and pick up the fitness schedule.

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.

### Free WiFi sites at NAVSTA

Free WiFi spots at Naval Station Newport provided by MWR are located at the Officers' Club, Building 95; the Recreation Center, Building 656 and Leisure Bay, Building 1255.

### Internet Café

(Building 1255, 841-2088)

• Personal computers are available seven days a week to send and receive e-mail, surf the web, play games - all at no charge. Have a cup

of Starbucks brand coffee at the Coffee Shop while you're here. The café is open Monday through Friday, 9 a.m. to 8 p.m., weekends and holidays, 8 a.m. to 6 p.m.

### 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, Mon-

day 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.

### 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 mas-

sage! Punch cards can be purchased for: three 1-hour sessions (\$195) or three 30-minute sessions (\$105). That's a bonus of over \$100 worth of services compared to our main office. The offer is for qualified patrons only at Gym 109.

Sorry, no refunds are available for this promotion. Offer must be completed by Sept. 15. Call

**LEISURE, Page 17**



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## B L A S T

PHOTOGRAPHY by DIANE SILVERIA

On Friday, July 22, we left the comfort of the air conditioning for a fun movie night at the International Tennis Hall of Fame. The outdoor screening of "Swell Season" immediately followed newportFILM's summer benefit and movie-goers relaxed on the grass tennis courts with their picnic dinners. We chowed down on slices from Pizza Hollywood while the co-directors of "Swell Season," Nick August-Perna, Chris Dapkins and Carlo Mirabella-Davis, spoke to the audience about their fantastic flick. What a Blast!



Visit [NewportMercury.com](http://NewportMercury.com) to view or purchase these photographs.



Kelly Conner/MWR photo

The Repercussions, composed of John Ezikovich, William Marrocco, Edward Rashed and Nicholas Smith, perform at the continuing Summer Concert Series on the Officers' Club deck last Friday night. Tonight at 5:30 p.m. Jim Harvey will play soft rock, oldies but goodies, and R&B. Fresh seafood also will be featured for 'Fish Fry-Days.'

## Leisure

Continued from Page 15

(401) 862-9043 for appointments or information.

• **Weight Lifting Essentials** will be offered Wednesday, Aug. 10, at 5:30 p.m. Learn safe lifting techniques, proper body alignment and more essentials. For more information, call Pat Mahoney at 841-3154.

• **NFL Cardio Fitness Challenge** is coming in September. Details at Gym 109 starting Monday, Aug. 15 and registration will begin Monday, Aug. 29.

**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.

**July events**  
Tonight – Texas Hold'em Tournament, prizes, 6 p.m.  
July 30 – Free Cookie Day, while supplies last!  
July 31 – MLB The Show

Tournament, prizes, 6 p.m.  
**August events**  
Aug. 1 – Ping-Pong Tournament with prizes, 6 p.m.  
Aug. 2 – Wii Sports Tournament, prizes, 6 p.m.  
Aug. 3 – Billiards Tournament, prizes, 6 p.m.  
Aug. 4 – Guitar Hero Tournament, with prizes, 6 p.m.



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## Quick take



**Name:** Robert E. Moniz  
**Job title:** Contractor, senior systems integrator for DOMA Technologies, Virginia Beach, Va.  
**Command:** Officer Training Command, Newport  
**Home town:** Fall River, Mass.  
**Favorite duty Station:** Kings Bay, Ga.  
**Role model(s):** My grandparents  
**Free time activities:** playing video games  
**Favorite book:** *Grim Fairy Tales*, collection of German fairy tales published in 1812 by Jacob & Wilhelm Grimm.  
**Favorite movie:** *X-Men Origins: Wolverine* (2009)  
**Favorite TV show:** *Fringe*  
**Favorite sport:** Baseball  
**Favorite Team:** Red Sox  
**Favorite local restaurant:** TGI Fridays  
**Favorite quote, motto or phrase:** stuff happens  
**Long-term goal in life:** sell comic books  
**If you could, what one thing would you add to NAVSTA Newport:** movie theater

## Swim

Continued from Page 2

said. The organization reported Colette Rossiter, 38, of Wakefield battled Lyme disease and partial paralysis from stroke to compete in the swim. She finished in 1 hour, 11 minutes. Seven-time swimmer Becky Gagnon, 29, of Coventry said the day became quite memorable. "The Save the Bay Swim is one of my favorite things to do," she told event manager Gretchen Heath. "And it was made even more spe-

cial when my boyfriend got down on one knee and proposed to me at the after-party." Heath said, "This is Save the Bay's biggest fundraiser, and is a community effort all contributing toward the protection and restoration of Rhode Island's most precious resource." Among dozens of prizes for pledges raised, John Pariseault of Narragansett won free Lasik surgery, courtesy of an eye health sponsor.

## Garden

Continued from Page 3

of lettuces, herbs and kale. Before joining the Navy, Guerra worked in the farming industry in Yuma, Ariz., so he has a great appreciation for the freshness of the produce and the importance of being aware of where our food comes from. Two other corpsmen recently received baskets of produce. Mahar's garden has the potential of supplying a number of junior enlisted and their families with fresh produce during the coming months.

## Motorcycles

Continued from Page 3

lars) or masked by objects or backgrounds outside a car (bushes, fences, bridges, etc). Take an extra moment to thoroughly check traffic, whether you're changing lanes or turning at intersections. 4. Because of its small size a motorcycle may seem to be moving faster than it really is. Don't assume all motorcyclists are speed demons. 5. Motorcyclists often slow by downshifting or merely rolling off the throttle, thus not activating the brake light. Allow more following distance, say 3 or 4 seconds. At intersections, predict a motorcyclist may slow down without visual warning. 6. Turn signals on a motorcycle usually are not self-canceling, thus some riders, (especially beginners) sometimes forget to turn them off after a turn or lane change. Make sure a motorcycle's signal is for real. 7. Motorcyclists often adjust position within a lane to be seen more easily and to minimize the effects of road debris, passing vehicles, and wind 8. Maneuverability is one of a motorcycle's better characteristics, especially at slower speeds and with good road conditions, but don't expect a motorcyclist to always be able to dodge out of the way. 9. Stopping distance for motorcycles is nearly the same as for cars, but slippery pavement makes stopping quickly difficult. Allow more following distance behind a motorcycle because it can't always stop "on a dime." 10. When a motorcycle is in motion, don't think of it as motorcycle; think of it as a person.

## The Aft Lookout:



On Oct. 8, 1916, the German submarine U-53, commanded by Lt. Capt. Hans Rose, appeared at the mouth of Narragansett Bay requesting permission to anchor. Staying somewhat more than three hours, the captain made a call at the Naval War College and also the Senior Officer Present (Afloat) in charge of the Atlantic Fleet. Leaving in the late afternoon as was required by her status as a belligerent, U-53 sailed for the steamer lanes off Nantucket Island where, on the morning of Oct. 9, she began her campaign against British and neutral shipping. By the end of the day, she had sunk four British, one Dutch, and one Norwegian ship. Many of the refugees from these ships were brought to the Newport Naval Hospital.

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