

# The Newport Navalog

VOL. 110 NO. 38 SEPTEMBER 30, 2011

SERVING COMMANDS AND ACTIVITIES, NEWPORT, R.I.



Gregg Kohlweiss/U.S. Navy photo

**OBSERVING NAVY WEEK** — From left, Hospital Corpsman Seamen Jeffrey Pineda and Rebecca Brown, and Hospital Corpsman Seaman Apprentice Matthew Sanchez, all from Naval Health Clinic New England, perform a flag ceremony at Gaudet Middle School in Middletown on Tuesday showing 170 fifth graders how the symbol of our nation is raised and lowered during morning and evening colors. Sanchez recited the symbolism as each of 13 folds was made to the national ensign. The students attended the ceremony in recognition of Navy Newport's observance of New England Navy Week, Sept. 24-Oct. 2. See Page 3.



## NAVSTA notes Hispanic Month

Officer Training Command Newport sponsors an Hispanic American Heritage Month program and pot luck today at Building 690, Naval Station Newport.  
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## Officers study at 'exec' level

Twenty-four senior naval officers complete the Naval War College's second Executive Level Operational Level of War Course.

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## Gym 109 gets new equipment

Gym 109 receives two deliveries of new fitness equipment, including treadmills, elliptical trainers and stationary bikes.

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# HISPANIC HERITAGE

OTCN organizes observance with pot luck menu today

Naval Station Newport will observe Hispanic American Heritage Month with a guest speaker today at 11 a.m. in the Building 690 Atrium, followed by a pot luck lunch of Hispanic dishes to share from 11:30 a.m. to 1 p.m.

Navy Band Northeast will provide music.

The observance celebrates the histories, cultures and contributions of Americans who trace their roots to Spain, Mexico, the Caribbean and Central and South America.

Keynote speaker will be Capt. Anthony Cowden of the Naval War College.

For information, contact ADCS Robert D'Emanuele at [robert.demanuele@navy.mil](mailto:robert.demanuele@navy.mil) or call 841-7239.

According to 2010 data from the U.S. Census Bureau, Hispanics comprise 16.3 percent of the United States population.

This event is open to anyone with routine base access.



## Author credits Gen. Holcomb with expansion of Marine Corps

BY JOHN KENNEDY  
NWC Museum Director of Outreach

Gen. Thomas Holcomb was the Commandant of the U.S. Marine Corps from 1936-1943 and saw the expansion of the Corps from a total of 18,500 officers and enlisted to a force of 380,000 by the end of his tenure.

During his time in this position, there were four different individuals in the billet of Chief of Naval Operations and two different people who served as Army Chief of Staff.

He provided vision and continuity at a critical time in our history and deserves a place on the same level as the other prominent military leaders of World War II.

So advocates author David Ulbrich who spoke at the Eight Bells Lecture series Sept. 19 at the Naval War College Museum.

*Preparing for Victory* is the latest book by Ulbrich, and it is a book that tells the little known, little celebrated career of a pivotal leader. Holcomb did not have an auspicious beginning with the Marine Corps. He was initially rejected for being too short and underweight. Additionally, he did not have a college education.

What he did have, howev-



Ulbrich

er, was a keen eye and a coolness under fire that allowed him to establish himself as a leader of men. During WWI, he became one of the most highly decorated Marines as he commanded the 2nd Battalion, 6th Marine Regiment in the U.S. 2nd Division that saw action from Belleau Wood up through the Meuse-Argonne.

Returning from service in China in 1930, Holcomb held a number of key staff positions within the Marine Corps, attended both the Army and Naval War Colleges, and made a name for himself in political circles.

He is recognized as a key supporter to the adaption of amphibious warfare as a

**EIGHT BELLS, Page 18**

## Online access is allowed to print SMART transcript

By S. VANDERWERFF  
Public Affairs Action Officer, NETC

PENSACOLA, Fla. — Beginning Oct. 1, active, reserve and separated Sailors and Marines who log-in to their Sailor/Marine American Council on Education Registry Transcript (SMART) account at <https://smart.navy.mil> will be able to order an official SMART for delivery to academic institutions.

Transcripts that have to be mailed are limited to two transcripts per 30-day period, whereas an unlimited amount can be ordered for

schools that receive Web-only delivery.

"The benefit of this new feature is that Sailors can be pro-active in getting official transcripts sent to schools. There will no longer be a need for the service member to print out a request form and fax it in to a Navy College Office, Distance Learning Center, or Virtual Education Center for processing," said Laurine Anderson, SMART Program Manager.

"Removing the need to fill out and send the request to someone else for processing will expedite the processing time, and the

Sailor will no longer question whether or not the request has been processed, because it will all be self-service.

"The service-member can also view the Official Transcript Request History to keep track of when and where they send their transcripts," she said.

"Removing the middle man from this process will save on materials needed to print the requests and man-hours needed to process the request."

For more information about SMART visit <https://smart.navy.mil>.

## Cmdr. Pierce new XO at NAVSTA

Cmdr. Henry P. Pierce IV has assumed duties as the Executive Officer, Naval Station (NAVSTA) Newport on Sept. 23, after the retirement of Cmdr. Glen D. Bourque.



Pierce

Cmdr. Pierce enlisted in the Navy and later attended the Broadened Opportunity for Officer Selection and Training (BOOST) in San Diego, Calif. He was graduated Hampton University with a bachelor's in mathe-

### To Navalog readers

To post an announcement in *The Newport Navalog*, submit copy via email to [Richard.k.alexander1@navy.mil](mailto:Richard.k.alexander1@navy.mil) for the editor, Richard Alexander.

To advertise, contact Mary Lyon at [Walsh@newportmercury.com](mailto:Walsh@newportmercury.com), or 849-3300, ext. 219, or 380-2319 at *The Newport Daily News*.

He is also a graduate of the Surface Warfare Officers School.

His most recent afloat assignments included C5I Officer and Senior Watch Officer aboard the amphibious assault ship USS Kearsarge (LHD 3) from March 2009 to last March.

His personal decorations include the Meritorious Service Medal; Navy and

Marine Corps Commendation Medal (three awards); Navy and Marine Achievement Medal (three awards); as well as various unit citations, service, and campaign awards.

He is a native of Washington, D.C. and Suffolk, Va. He is married to the former Christine Edwards of San Diego. They have two sons, Christian, 15; and Henry, 8.

*Navalog*

Capt. Joseph P. Voboril

Commanding Officer, Naval Station Newport

Lisa Rama

NAVSTA Public Affairs Officer

Bob Krekorian

NAVSTA Public Affairs Staff

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NAVSTA Public Affairs Staff

Richard Alexander

NAVALOG Editor

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The Newport Navalog is printed on recycled paper.

## Quick take

**Name:** Master-at-Arms 3rd Class David Ream

**Job title:** Security Division petty officer

**Command/Department:** Naval Station (NAVSTA) Newport

**Home town:** Benton Harbor, Mich.

**Most memorable career event:** Promoted to third class

**Favorite duty station:** NAVSTA

**Free time activities:** Kayaking, golfing and watching movies

**Favorite book:** *Andrew Henry's Meadow* (1965) by Doris Burn.

**Favorite movie:** *The Legend of Bagger Vance* (2000) starring Will Smith, Matt Damon and Charlize Theron.

**Favorite TV show:** *Mad Men*

**Favorite sport:** Drag racing

**Favorite team:** Notre Dame Irish

**Favorite local restaurant:** Coddington Brewery

**Something I've always wanted to do or be:** Drive a dragster.

**Favorite quote, motto or phrase:** Work hard, play hard.

**Long-term goal in life:** Own a farm or plantation

**If you could, what one thing would you add to NAVSTA Newport:** Golf course



Bob Krekorian/U.S. navy photo

**Culinary Specialist 2nd Class Derrico Cathey, left, and Culinary Specialist 2nd Class Nora Durancampos, demonstrate proper flag folding etiquette while Culinary Specialist 1st Class Christopher Stoots, right, narrates the flag folding ceremony giving meaning to the 13 folds of the National Ensign. More than 200 fifth graders at Portsmouth Middle School attended the ceremony in the school's auditorium Monday as part of Navy in Newport's celebration of New England Navy Week, Sept. 24-Oct. 2. Similar ceremonies were held Wednesday at Ranger Elementary School, Tiverton; Thursday at Cluny School, Newport; and today at Coggeshall School, Newport. Navy Band Northeast conducted a music clinic Wednesday with the Rogers High School band, and gave a concert on Thursday at the Rhode Island Veterans Home, Bristol.**

## Recycling simplified at Navy installation

Scott Mello, Integrated Solid Waste operations manager at NAVFAC Mid-Atlantic Public Works, reminds all personnel that Naval Station Newport has converted to single stream recycling.

The former two bin recycling system was converted into a one bin process last spring.

Installation personnel have been doing an excellent job in increasing the total amount of recycled materials each year. The new easier method will help achieve our goals of 50 percent diversion rate.

Not only does recycling help lower our solid waste costs, but it's the law in Rhode Island, he said.

"Single stream recycling is the most convenient recycling method available today. Everything that is recyclable goes into the

same container," Mello said.

The cardboard dumpsters on base have been converted to single stream recycling dumpsters.

These new single stream dumpsters will be emptied each Thursday between 7 a.m. and 4 p.m. A detailed listing of materials that can and cannot be placed in the dumpsters have been provided to each building manager and affixed to the containers.

The mix includes all plastics labeled No. 1 through 7, detergent bottles, plastic/grocery bags marked with a No. 2 or 4, aluminum cans/foil, all glass bottles and jars, shredded paper, office paper, books, cardboard and corrugated cardboard, etc.

Commands with questions may call 841-2464.

## Strong Navy needed more than ever

**EDITOR'S NOTE:** The following appeared in the *Providence Journal* on Sept. 17.

**By REAR ADM. WALTER E. CARTER JR.**

New England will celebrate Navy Week on Sept. 24-Oct. 2. The annual Eastern States Exposition in Springfield, Mass., will be the center of the celebration.

America's Navy is a global force for good, our coun-

try's away team, meeting threats and providing help whenever needed. The Navy fights on, under and over the water, in ships, submarines and in planes, many of which use aircraft carriers.

This ability to act from the water is very important. It gives the Navy the power to protect America's interests - anywhere, anytime.

Consider that:

- Water covers about 70 percent of the earth's surface.

- About 80 percent of the world's population lives near the ocean.

- About 90 percent of all international trade travels by sea.

Thus we need to be able to protect ourselves on, under, and over the water.

The Navy's job is getting bigger because the challenges our country faces are so unpredictable and diverse.

On any given day, the U.S. military might need to attack a terrorist camp,

keep watch over a potential conflict abroad, capture a pirate vessel, and deliver emergency relief, all in different parts of the world. We can't always afford to wait to set up big operations on land, or to get another country's permission to come ashore.

The Navy's speed and flexibility make it ideally suited for this kind of world.

- Navy ships and sub-

**STRONG NAVY, Page 18**

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# Bravo zulu



Greg Kohlweiss/U.S. Navy photo  
**Capt. Joseph Voboril, left, Commanding Officer of Naval Station Newport, congratulates Chief Master-at-Arms (AW) Gradie Beaulieu, Naval Station Newport Security's leading chief petty officer after his reenlistment ceremony Sept. 9. MAC Beaulieu reenlisted for another four years of service and will remain onboard NAVSTA through September 2012.**

## NJS will graduate Basic Lawyer class

Naval Justice School will graduate its Basic Lawyer Class 11030 of Navy, Marine and Coast Guard students on Oct. 7 at 8 a.m.

Guest speaker will be Marine Corps Maj. Gen. Vaughn Ary, Staff Judge Advocate to the Commandant of the Marine Corps, and Director, Judge Advocate Division.

Officiating will be the command's new commanding officer, Capt. Stacy A. Pedrozo, JAGC, who assumed command Aug. 26.

- The graduates are:
- Capt. Michael G. Ankrum, USMC
  - Capt. Nathan P. Bastar, USMC
  - Capt. Gabriel D. Boenecke, USMC
  - 2nd Lt. Robert J. Boudreau, USMC
  - Capt. David L. Brown, USMC
  - Lt. Amanda M. Caprari, USCG
  - Lt. Cmdr. Michael A. Cintron, USCG
  - Lt. Cara J. Condit, USCG
  - Lt. Cmdr. Angela Cook, USCG
  - 2nd Lt. Matthew H. Davidhizar, USMC

- Capt. Phillip B. Davis, USMC
  - 2nd Lt. Dirk A. Daza, USMC
  - 2nd Lt. Eric M. Depue, USMC
  - 2nd Lt. Shawn R. Flaherty, USMC
  - Lt. j.g. Afsheen D. Foroozan-Yazdani, USN
  - Lt. j.g. Jetti L. Gibson, USN
  - 1st Lt. Tyler J. Gludt, USMC
  - 1st Lt. Anthony M. Grzincic, USMC
  - 2nd Lt. Spencer Gwartney, USMC
  - Lt. j.g. Erin T. Hartnett, USN
  - Capt. Yuwynn E. Ho, USMC
  - Capt. John W. Hodges Jr., USMC
  - Maj. Tracey L. Holtshirley, USMC
  - Lt. Todd E. Hutchins, USN
  - Lt. j.g. Eileen M. Joy, USN
  - 2nd Lt. Eric J. Langland, USMC
  - Capt. Micah J. Larripa, USMC
  - 2nd Lt. Jeff E. Little, USMC
  - Lt. j.g. Joshua R. Lorenz, USN
  - Lt. j.g. Genevieve Loutinsky, USN
  - 2nd Lt. Shawn E. Lovell, USMC
  - 2nd Lt. Michael J. Madeo, USMC
  - 1st Lt. Charles P. Maloney IV, USMC
  - Capt. Jessica G. Martz, USMC
- LAWYERS, Page 18**

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 9:00 AM & 12:00 PM Roman Catholic Mass

## Bravo zulu



MCC Robert Inverso/U.S. Navy photo

Senior naval officers in the Executive Level Operational Level of War Course (ELOC) listen to Rear Adm. Thomas A. Cropper, commander, Strike Force Training Pacific and Naval War College graduate, as he discusses the commander's perspective on staff interactions on Sept. 22. Twenty-four captains and senior commanders participated in the five-day course designed to prepare them for assignments as principal assistants and advisers at fleet headquarters around the globe.

## Executive course views operational levels of war

By **JAMES BROOKS**  
NWC Public Affairs staff

Twenty-four senior naval officers completed the Naval War College's (NWC) second Executive Level Operational Level of War Course (ELOC) on Sept. 23.

The five-day course is designed to prepare captains and senior commanders for assignments as principal assistants and advisers, responsible for such areas as operations, logistics, communications, public affairs, legal, medical and more at U.S. Fleet headquarters around the globe. The course focused on their role in coordinating staff activities to support the fleet commanders

in operating the fleet to address the complex security challenges they face.

"What's different about this class over our year-long course of instruction is this course focuses on the leaders within the staffs and their roles in synchronizing and aligning the processes to produce proactive and informed decision making by their commanders," said Operational Level Programs Co-director Professor Tom Bayley.

According to Bayley, ELOC is a new course offered at the Naval War College. Two other courses target naval officers destined for fleet staff assignments, at different times in their career. A Maritime

Staff Officers Course (MSOC) prepares mid-grade officers while the Joint Force Maritime Component Command Course (JFMCC) is designed for admirals.

During the course, students are able to glean lessons learned from fleet commanders via video-conferencing and other subject matter experts. Students consider practices and procedures of operational-level staffs, roles and relationships, evolution on command and control at the maritime headquarters, the challenge and dynamics of managing resources, and how to translate strategic vision and guidance into implementation.

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## Bravo zulu

# Reservists study Strategy and War

By **TYLER WILL**  
NWC Public Affairs Office

Seventy-two reserve officers completed a 12-day Strategy and War course at the Naval War College (NWC) last Friday.

Students from the Navy, Marine Corps, Air Force and Coast Guard participated in the intense joint professional military education (JPME) class, aimed at preparing them for various leadership roles.

Offered by the NWC Operational Support Office, College of Distance Education, and the Strategy and Policy Department, the 12-day executive development course employed a multi-discipline approach, synthesizing political science, history and international relations, among others.

The demanding class included pre-course readings and textbooks totaling about 1,400 pages of reading, in addition to 18 hours of seminars and an additional 18 hours of lectures.

The assignments and interdisciplinary approach aim to prepare reservists for intermediate level command and staff positions that may require joint action, a staple of modern warfare and other military operations, with skills in critical thinking and decision-making.

Focused on the analytical study of war, class content acquainted officers with the fundamentals of foreign policy through integrated historical and contemporary analysis. Reservists from all walks of life found fresh and unique perspective in the intensive class.

"I think it will absolutely help me," said Navy reservist Lt. Cmdr. William

Ortiz. An engineer in the civilian world, he serves as an information warfare officer at his unit in San Diego. "Information warfare is something that we definitely walk in joint environments. Most of our missions are in conjunction with the Army or civilians, like the NSA [National Security Agency]."

Delving into both ancient and modern theory from Sun Tzu to Sir Julian Corbett, seminars challenged students to analyze decisions in various historical conflicts.

Seminars were designed to place particular emphasis on exploring dilemmas faced by leaders and examining all the options.



U.S. Navy photo  
**Naval War College Professor Bradford Lee, right, lectures on strategy and war for a 12-day Strategy and War reserve course.**

# Best VFW essay wins scholarship

The Veterans of Foreign Wars (VFW) is sponsoring an essay writing contest for students in Grades 9 to 12 with first prize of a \$30,000 scholarship paid directly to the American college, university or vocational/technical school of the student's choice.

The Voice of Democracy Program invites students enrolled in a public, private or parochial high school or home study program in the United States and its territories.

Students should first draft their essay based on the 2011-2012 theme: "Is There Pride in Serving in Our Military?" Students should then record their reading of the draft to a CD.

The recording should be no shorter than 3 minutes and no longer than 5 minutes (plus or minus 5 seconds). Entries will be screened at the local VFW post level.

Once the student has created his or her essay and completed burning the audio version to a CD, they should be submitted along with the Voice of Democracy entry form to a local participating VFW Post no later than Nov. 1.

The nearest drop-off point in the Newport area is the Middletown VFW Post 4487 at 52 Underwood Lane off Coddington Highway. Call 847-0102.

For details go to <http://heroes.vfw.org>

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## Fleet and Family Support Center

# TAMP seminar aids military in transition

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

FFSC will be closed for the Columbus Day holiday, Monday, Oct. 10.

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 Oct. 3-7, 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.

**Help for military spouse** — Our New Spouse Orientation to the Military program will be Oct. 4, 9:30 to 11:30 a.m.

It 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.

**How's your credit?** — Learn about information on credit reports at our seminar, Reading Your Credit Report, on Tuesday, Oct. 11, 2:30 to 4 p.m.

Credit reports are used not only by banks, loan companies, and credit card companies, but also by rental property agencies, potential employers, and can be part of a job security clearance process.

**Sharpen up for the interview**—Interview Techniques is scheduled for Thursday, Oct. 13, from 11:30 a.m. to 1 p.m., at the Fleet and Family Support Center.

This workshop will provide information on getting ready for an interview, the interview itself, different types of interviews, and more.

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## Announcements

### Uniform shift Monday

Naval Station Newport active duty military shift to winter uniforms, Monday, Oct. 3.

### College officials here

The following college representatives will staff information tables in the Building 690, Atrium at Naval Station Newport on Wednesday, Oct. 5, from 10 a.m. -2 p.m. to distribute enrollment information and talk with prospective students.

The following schools will be represented: Coastline, Excelsior College, Roger Williams University, Thomas Edison and University of Phoenix.

Call NC1 Zeporah Dasher at 841-6198 for information.

### Haunted Trail needs help

PORTSMOUTH – The Morale, Welfare and Recreation Department is looking for volunteers for this year's Haunted Trail at Carr Point Recreation Area on Burma Road/Defense Highway.

The event takes place Oct. 8, 15, 22, 28 and 29. Volunteers must be age 16 or older. If

interested, please contact Meghan LaParle at 841-3127 or [meghan.laparle@gmail.com](mailto:meghan.laparle@gmail.com).

### Text2Connect to MWR

Stay up to date with Morale, Welfare and Recreation Dept. events by texting NPTMWR to 30364 and connect to MWR's great offers, contests, events, sales and more. Once your text is entered, you will receive weekly updates. Standard carrier message and data rates may apply.

Text STOP to cancel. Text HELP for help. For more information, call 841-4992.

### VFW meeting slated

MIDDLETOWN – Middletown VFW Post 4487 will have their general membership meeting at 52 Underwood Lane, on Tuesday, Oct. 4 at 7 p.m. Call 847-0102 for information.

### Eight Bells lecture

The Eight Bells lecture, "People's Liberation Army/Navy," with James Bussert and Bruce Elleman is scheduled for Thursday, Oct. 6, at noon. Call 841-6020 for more info.

## Special events

### Haunted Trail to open

PORTSMOUTH— The Morale, Welfare and Recreation (MWR) Department has announced the return of the Haunted Trail at the Carr Point Recreation Area on Oct. 8, 15, 22 and 28 from 6 to 9 p.m.; and Oct. 29 from 5 to 9 p.m. This event is open to the public.

Visitors may walk the spooky haunted trail with witches, zombies, a morgue and much more. They may take a hayride, but beware of pirate attacks.

New this year for smaller children is an interactive mystery. Concessions, arts and crafts, and nightly entertainment is included.

Admission for active duty personnel is \$3 for adults, \$2 for children ages 4 through 12, and free for children 3 and under. All other visitors are \$5 for adults, \$3 for children ages 4 through 12, and free for children three and under.

For more information, call MWR Special Events at 841-3127.

### Evening Lecture slated

The Naval War College's Evening Lecture Series will feature John Lewis Gaddis on the topic, "George Kennan and American Grand Strategy during the Cold War," on Monday, Oct. 3, 7 p.m.

The lecture will focus on recently completed authorized biography of George F. Kennan (1904-2005), who more than anyone else devised the grand strategy of "containment" in the aftermath of World War II.

Reservations should be made at <https://invitations.afit.edu/JohnLewis-Gaddis/index.cfm> by today.

### Topsfield Fair is free

TOPSFIELD, Mass. – All active military members will be admitted to the annual Topsfield Fair free, with their immediate families, on Military Day, Tuesday, Oct. 4.

Present your military ID at the gate. Go to [www.topsfieldfair.org/index.php](http://www.topsfieldfair.org/index.php) or call (978) 887-5000 for more information.

### OCS graduation slated

Officer Candidate School Class 0112 graduation at Officer Training Command Newport will be Oct. 7 at 9 a.m. at Kay Hall. The guest speaker is Capt. James Davis, Commanding Officer, Navy Supply Corps School, and the Navy Band Northeast will provide appropriate music.

Call 841-1171 for information.

### Navy Ball

Navy Ball tickets are on sale now at ITT.

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## Naval Health Clinic New England

### October 2011 NAVAL HEALTH CLINIC NEW ENGLAND HEALTH PROMOTIONS/WELLNESS CLINIC

#### NMCPHC Monthly Observance: "Mental Health Month"

#### Education Services Offered:

Healthy Heart  
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All classes can be taught at any tenant command. All civilians, active duty, retirees and dependents are welcome to attend any of our classes. Please contact us with any questions.

Oct 3: Diabetes Nutrition 8:00-9:00 am
Oct 4: Healthy Weighs Wk 1 12:00-1:00pm Healthy Heart 1:30-2:30 pm
Oct 5: Diabetes Support Group 9:00-10:00am Tobacco Cessation Wk 3 & 4 12:00-1:00 pm Eat Smart 2:00-3:00 pm Tobacco Cessation Wk 4 5:00-6:00pm
Oct 6: Preventing Diabetes and Monitor 1:00-2:30 pm
Oct 11: Healthy Weighs Wk 2 12:00-1:00 pm
Oct 12: Tobacco Cessation Wk 1 12:00-1:00 pm
Oct 13: Eat Smart 10:00-11:00 am Advanced Diabetes Meal Planning 3:00-4:00 pm
Oct 14: Healthy Heart 8:00-9:00 am
Oct 17: Eat Smart 2:00-3:00 pm
Oct 18: Diabetes Nutrition 7:30-8:30 am Healthy Weighs Wk 3 12:00-1:00 pm
Oct 19: Preventing Diabetes and Monitor Class 9:00-10:00 am Tobacco Cessation Wk 2 12:00-1:00 pm Tobacco Cessation Wk 1 5:00-6:30 pm
Oct 20: Healthy Heart 2:00-3:00 pm
Oct 25: Healthy Weighs Wk 4 12:00-1:00 pm Healthy Heart 2:00-3:00 pm
Oct 26: Tobacco Cessation Wk 3 12:00-1:00 pm Eat Smart 2:00-3:00 pm Advanced Diabetes Meal Planning 2:30-3:30 pm Tobacco Cessation Wk 2 5:00-6:00 pm
Oct 27: Preventing Diabetes and Monitor Class 1:00-2:30 pm

## Flu season calls for vaccinations

By **PAMELA CHARRON**  
NHCNE Infection Prevention Coordinator

With influenza season quickly coming upon us, now is a good time to ensure you and your family know and understand good infection control practices and other methods to prevent the spread of the illness.

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.

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. The influen-

za virus is categorized by different strains, either Influenza A, B or C. Influenza A and B are the two strains associated with Seasonal Influenza and human illnesses.

Every year, according to scientific surveillance worldwide, the strains thought to be circulating and have the potential to cause the most illnesses are chosen to be included in the seasonal influenza vaccination.

This year the H1N1 virus from 2009 has been recognized as a continued seasonal influenza threat and has been included in the annual seasonal influenza vaccine. In addition, the vaccine will contain an H3N2 virus and an Influenza B virus.

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 vac-

FLU, Page 10



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- Are you in a rut?
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This is a 45-minute workshop that will give you practical tools for rediscovering yourself and creating a new self. Jackie Henderson will coach you into setting attainable, realistic goals in both your personal and professional life.

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Early Registration (by Sept 30) - \$25  
 After Sept 30 - \$35

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 Credit Cards Accepted!!!

Space is limited so early registration is recommended!!!



## Naval Health Clinic New England

### Flu

Continued from Page 9

cine.

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

The vaccine is manufactured and available in 2 different forms. The first is the trivalent inactivated influenza vaccine (TIV), the "flu shot," and it can be used for anyone age 6 months and older, including those with high-risk conditions.

The other available form is the live, attenuated influenza vaccine (LAIV), or the "nasal spray," which contains a weakened strain of the virus and is recommended for use in healthy

non-pregnant persons age 2 to 49. Both vaccines are proven to be safe and effective when administered as directed.

NHCNE Newport now has available vaccine and will be offering it to qualified beneficiaries during normal business hours between 8 a.m. and 4 p.m.

In an effort to decrease waiting times, the Immunization Clinic has opened a second "Flu Clinic."

The clinic is located in the last hallway of the main clinic and the hours of operation are 8 to 11 a.m. and from 1 to 3:30 p.m. Please be sure to bring proper identification with you.

For further information visit <http://www.cdc.gov/flu/>

## New Online access to health care team

By KATHY MacKNIGHT

NHCNE Public Affairs Officer

Have you signed up for online access to your NHCNE health care team yet?

This is one of the new features of Medical Home Team implementation at

NHCNE where patients can contact NHCNE from anywhere with a computer.

Patients may quickly obtain prescription renewals and refills, as well as get lab/test results. Patients save time by reducing "phone tag" issues

for scheduling appointments, and address and follow up on chronic conditions more efficiently.

In addition, emails can be sent to patients alerting them of important clinic updates and educational materials available.

To register for this secure online communication service, provide the NHCNE front desk with an email address, or visit the NHCNE website at <http://nhcne.med.navy.mil/> and register for Relay Health services.

## Being proactive can prevent West Nile Virus

By HM1 C. BOWMAN

LPO, NHCNE Public Health

West Nile Virus (WNV) is an infection that is transmitted by mosquitoes and can infect humans, birds, mosquitoes, horses and some other mammals.

West Nile fever is a mild disease in most cases, characterized by flu-like symptoms. The fever typically lasts only a few days and

does not appear to cause any long-term health effects.

Although there currently are no cases reported in Rhode Island, residents can reduce the risk by emptying containers of standing water, children's pools, and cleaning rain gutters around their property, and closing screens in windows.

Mosquito repellent is OK, but with no more than 30

percent DEET. Do not use repellent on infants. Non-DEET based repellants can be used on infants 6 months and older.

The Rhode Island Department of Environmental Management has 39 stations and NHCNE has two traps that are rotated around the base and housing areas. Since May 2011, 92 female mosquitoes have been trapped at NHCNE.

On Sept. 19, mosquitoes caught in a trap near Nanaquaket Pond in Tiverton tested positive for West Nile virus, the state reports.

For any questions on West Nile Virus, mosquitoes, or any other Public Health matters contact HM1 Bowman at 841-7769 at the Naval Health Clinic New England Preventive Medicine department.

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Sports



Mike Grimes/NAPS photo

**NAPS GRAPPLERS TRY COMREL** — The Naval Academy Preparatory School (NAPS) wrestling team poses after spending their weekend volunteering with Habitat for Humanity, painting and doing some carpentry work for a newly-built home for a family in Newport. The Rams open their season Nov. 5 in Clarion, Pa., and will host their first meet at Gym 302 on Nov. 19.

# Undefeated NAPS Rams home against Gattaca

The undefeated Naval Academy Prep School football team will be home tonight under the lights with a 7 p.m. game against the Gattaca Football Club on Nimitz Field.

It will be their fourth game of the season after the Rams won their home opener Sept. 17 against visiting Nassau Community College of East Garden City, N.Y.

In away games, the Rams pounded Bryant College, 52-14, in Smithfield, R.I., last Sunday; and opened its season Sept. 3 by beating Dean College of Franklin, Mass., 20-18.

Gattaca football is a private junior college football club where the athletes are enrolled for associate's

degrees at Mercer County Community College in West Windsor, N.J.

Last weekend against the Bryant Bulldogs, the Rams came off the bus running, exploding to a 21-0 lead in the first quarter.

Five different players scored. Chris Swain started off the scoring with a 29-yard burst up the middle, dragging Bryant defenders with him into the end zone. The offensive line of Luke Smith, Blaze Ryder, Zach Laniewski, Travon Earl, Greg Eason, and Joey Gaston cleared the way for the backfield that compiled 380 yards on the ground.

Against Nassau, NAPS battled to a 35-28 win in front of an enthusiastic

crowd. Nassau came in ranked number 11 in the recent National Junior College Athletic Association football poll, and were on a 14-game winning streak dating back to 2009.

Both teams came into Saturday undefeated, and the game lived up to the hype.

**NAPS home schedule follows:**

Saturday, Oct. 8, at 2 p.m. versus Bridgton Academy of Maine, (NAPS Parents Weekend);

Saturday, Nov. 12, at noon, versus Military Academy Prep School.

For a complete listing including the "away" games, go to [www.usna.edu/NAPS](http://www.usna.edu/NAPS).

*The Pier*  
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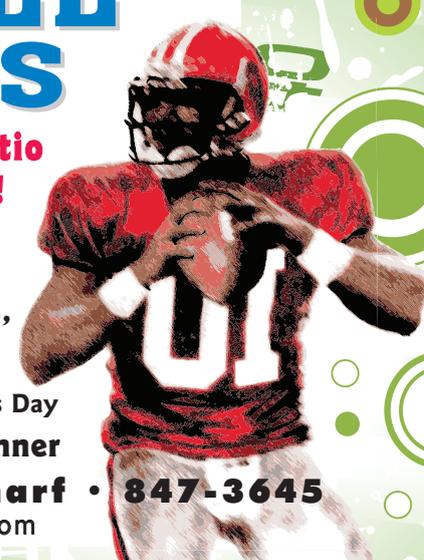



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Kelly Conner/MWR photo

Matrix Lifestyle spin bikes are unloaded by Badger Express at Gym 109 recently. More equipment arrived last Monday.

# Gym fitness equipment upgraded, more on way

Gym 109 has received two deliveries of fitness equipment this month, with another due on Oct. 7. The first round was delivered by Badger Express on Sept. 14, and the second last Monday.

Equipment includes five Matrix treadmills, 15 Life-strong spin bikes, and six incline trainers, plus a Matrix 5 STACK Multi Gym station.

The treadmills have iPod jacks and a fan to cool down. There is a 5k run button, manual button, rolling hills button, and fat burn button.

There are also three new Life Fitness elliptical machines; two Concept2 SkiErg machines which simulate movement for Nordic or



Kelly Conner/MWR photo

**ON THE RUN** — DoD civilian Eddy Mejia of the Information, Resource Department at the Naval War College, tries out the new Matrix treadmills.

cross-country skiing; and two Smith Machines for basic weight training.

The largest equipment is the Matrix 5 STACK Multi Gym which offers a variety

of exercises.

More Matrix stationary bikes will be delivered next Friday, a Gym 109 fitness spokesman said.



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**Sports**

**SNA golf tournament at Green Valley CC**

PORTSMOUTH — The fee is \$61 per golfer, and includes the greens fee, a golf cart, buffet luncheon and the chance to win prizes. Call 841-4027 or go to [SNANewportGolf@gmail.com](mailto:SNANewportGolf@gmail.com) for information.

**MWR Golf Tournament welcomes all linksmen**

MIDDLETOWN — The Morale, Welfare and Recreation Department's annual fall Golf Tournament will be held Thursday, Oct. 13, at the Newport National Golf Club on Mitchell's Lane.

Check-in at 7 a.m.; with a shotgun start at 8 a.m. The entry fee is \$50 for active duty personnel, retirees, eligible family members, reservists and Department of Defense employees. Guests are \$75. The fee includes green

The fee is \$61 per golfer, and includes the greens fee, a golf cart, buffet luncheon and the chance to win prizes. Call 841-4027 or go to [SNANewportGolf@gmail.com](mailto:SNANewportGolf@gmail.com) for information.

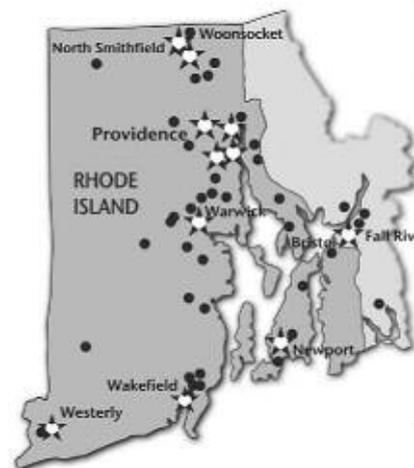
Full team payment is due upon registration and accepted at Gym 109, Monday through Friday, from 8 a.m. to 4 p.m. The deadline is Friday, Oct. 7.

IDs will be checked at registration as well as tournament day.

For more information, call Greg O'Shea, MWR special events, at (401) 297-1563.



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# 5 Ethiopian officers visit NAVSTA

By LCDR. J. MANDEVILLE  
Director of International Training,  
SWOSCOLCOM

Col. Alemseged Teklu headed a delegation of four senior Ethiopian military officers who visited the Surface Warfare Officers School Command on Sept. 13 as part of a three-day visit to the Newport area.

The delegation consisted of Col. Teklu, Col. Negesh Gonete, Col. Meshesh Kidanemariam, and Col. Solomon Lemu who were accompanied by Lt. Col. Randell Torno, U.S. Army, assigned to the American Embassy in Ethiopia.

The delegation was greeted by Capt. Neil Parrott, SWOS commanding officer, before touring SWOS facilities. The officers were then briefed by Lt. Cmdr. Jody Mandeville, Director of International Surface Warfare Officer School (ISWOS), concerning the mission of ISWOS and the courses and resources employed at SWOS.

All parties expressed enthusiasm over potential future cooperation including an extended invitation for Ethiopia to pursue enrollment of its finest naval officers in one of the four courses offered at ISWOS.

Each of the Ethiopian Officers serves in a Senior



Lt. Cmdr. Jody W. Mandeville/U.S. Navy photo  
**Capt. Neil Parrott, right, commanding officer, Surface Warfare Officers School Command (SWOSCOLCOM), greets the delegation of Ethiopian officers before their tour of command facilities.**

Administrator capacity in the Ethiopian military training and education institution.

Col. Teklu is the Commandant of the Ethiopian Command and Staff College; Col. Gonete is the commandant of the M. General Hayelom Araya Military Academy; Col. Kidanemariam is the commandant of the Awash Sebat Combined Arms Academy; and Col. Lemu is

an instructor at the Ethiopian Command and Staff College. These senior officers conveyed particular interest in the employment of simulators at SWOS with an eye toward incorporation at their respective schools.

SWOS utilizes a Firearms Training Simulator to develop judgment and target discrimination skills, Engineering Plant Trainers to build systematic plant management skills, Con-

ning Officer Virtual Environment simulators to sharpen ship handling techniques and a Full Mission Bridge to enhance real-time decision making and watch team cohesion.

The visit of the Ethiopian delegation was a resounding success, underscoring the strong and emerging relationship between the United States military and her partners in a critical strategic region.

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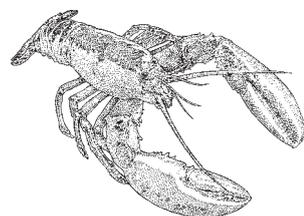
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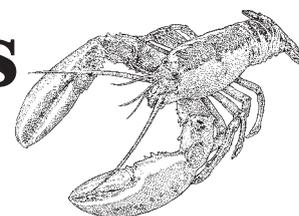


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## Naval Station Newport Dining

### Officers' Club, Building 95, 841-1442

Monday through Thursday, 11 a.m. to 10 p.m.  
Friday, 11 a.m. to 11 p.m.  
Saturday, 4 to 11 p.m.  
Sunday, Noon to 8 p.m.

### Enlisted Club, Building 656, 841-2575

Monday through Thursday, 11 a.m. to 9 p.m.  
Friday, 11 a.m. to 11 p.m.  
Saturday, 4 to 11 p.m.  
Sunday, 1 to 8 p.m.  
and Holidays, Noon to 6 p.m.

### Seaview Lanes Bowling Center Building 656, 841-4293

Monday through Thursday, 11 a.m. to 8 p.m.  
Friday, 11 a.m. to 10 p.m.  
Saturday, 1 to 11 p.m.  
Sunday, 1 to 8 p.m.  
and Holidays, noon to 6 p.m.

### America's Cup Café, Building 684, 841-3420

Monday through Friday, 6:30 a.m. to 2 p.m.  
Closed on weekends and federal holidays.

### Clinic Café, Building 43, 841-2140

Monday through Friday, 6:45 a.m. to 1:15 p.m.  
Closed on weekends and federal holidays.

### Leisure Bay, Building 1255, 841-2088

Monday through Friday, 9 a.m. to 8 p.m.  
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Weekends and holidays, 8 a.m. to 6 p.m.

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## First Lady, spouses to meet today

CRANSTON — First Lady Michelle Obama will be in Cranston to talk with military spouses in a roundtable conversation today at 5:30 p.m. at the Rhode Island Army National Guard facility on New London Avenue.

About 15 spouses of active duty personnel assigned to Naval Station Newport, the Senior Enlisted Academy and the Naval War College are expected. Mrs. Teresa Christensen, wife of Rear Adm. Christensen, president of the NWC, will be the senior officer spouse to attend.

Later, Mrs. Obama will attend a Democratic National Committee event at 7 p.m., and is scheduled to attend a \$1,000-a-head evening reception.

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Antje Duvekot - Oct 1 Cattie Curtis - Oct 15 Malcolm Holcombe - Oct 29  
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Common Fence Music at Channing Church  
The Horn of Plenty Music - Nov 19  
featuring Mark Cutler The Jason Spooner Band Michael Troy  
The Spring Standards - Dec 3  
Alne Minogue's Winter Solstice Concert w/ Brendan Bulger - Dec 17  
A Gathering of Fiddlers & Fishermen # 13 w/ MC Kate Grana - Jan 14  
Ellis Paul - Jan 21 The Sweetback Sisters - Feb 4  
Dirk Powell & Riley Baugus - Feb 18 Martin Hayes & Dennis Cahill - Mar 3  
Common Fence Music at Channing Church  
Rumbafrika - Mar 24 Sponsored by NEFA Susan Werner - Mar 31  
Phil Ochs Song Night w/ MC Sonny Ochs - Apr 14 John Gorka - Apr 28  
Cheryl Wheeler - May 5 Ariana Gillis - May 12  
Tom Rush - Thurs, May 17 Common Fence Music at Channing Church

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## Leisure

### Bowling

(Building 656, 841-4293)

The Seaview Lanes Bowling Center state-of-the-art facility features regular and Xtreme bowling. The center also serves lunch, Monday through Friday beginning at 11 a.m. Call ahead and have your lunch order ready when you arrive.

Hours of operation are:

Monday through Thursday, 11 a.m. to 8 p.m.; Friday 11 a.m. to 10 p.m.; Saturday, 1 to 11 p.m.; Sunday, 1 to 8 p.m.; and federal holidays noon to 6 p.m.

Rates: \$3.50 per game and \$2 for shoe rental.

Xtreme Bowling (every Saturday, 8 to 11 p.m.) Rates are \$10 per hour, per person or \$4 per game and \$2 shoe rental.

Birthdays party packages are available from \$10 to \$15 per child, depending on meal and regular/Xtreme bowling.

#### October events

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

**Tuesday:** Bowl for \$1 per person per game 11 a.m. to 2 p.m.

**Wednesday:** Bowl one game, get one game free per person from 11 a.m. to 5 p.m. Winter league starts at 6 p.m. every Wednesday!

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

**Friday:** Bowl for \$2 per person from 11 a.m. to 5 p.m. Winter league starts at 6 p.m. every Friday!

**Sunday:** Wear your favorite team's football jersey and bowl for half price. Anyone 55 years old or older bowls for just \$1 per person, and valid ID is required.

**Columbus Day, Oct. 10:** Military personnel bowl for \$1 per person. Non-military bowl for \$2 per person.

Halloween Oct. 31: Bowl for just \$2 per person per game per person, and wear orange, your shoe rental is free.

Call 841-2194 and ask about our \$10 bowling package which includes two games, shoes, pizza and soda.

### Special fitness activities

(Gym 109, 841-3154)

• **Weight Lifting Essentials** will be taught on Wednesday, Oct. 14, at 5:30 p.m. Learn safe lifting techniques, proper body alignment and more essentials. For more information, call Pat Mahoney at 841-3154.

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

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

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

### 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.

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-

LEISURE, Page 17

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# Leisure

Continued from Page 16

pong tables, three flat screen televisions for Xbox, Xbox 360,

PlayStation 2, PlayStation 3 and Wii video systems, a TV lounge and dining area. There is a movie room where free movies from the Navy Motion Picture Service are shown - see movies six weeks before they're out on DVD!

This facility is alcohol-free and is only open to

active duty military personnel and reservists who are single or unaccompanied.

### September event

Tonight – Texas Hold'em Tournament, prizes, 6 p.m.

### October events

Oct. 1 – Free Brownie Day, while supplies last!

Oct. 2 – MLB The Show Tournament, prizes, 6 p.m. NFL Sunday Ticket!

Oct. 3 – Ping-Pong Tour-

namment with prizes, 6 p.m.

Oct. 4 – Wii Sports Tournament, prizes, 6 p.m.

Oct. 5 – Billiards Tournament, prizes, 6 p.m.

Oct. 6 – Guitar Hero Tournament, with prizes, 6 p.m.

Oct. 7 – Texas Hold'em Tournament, prizes, 6 p.m.

Oct. 8 – Paintball trip, sign up at Liberty!

Oct. 9 – MLB The Show Tournament, prizes, 6 p.m. NFL Sunday Ticket!

Oct. 10 - Ping-Pong Tournament with prizes, 6 p.m.

Oct. 11 – Wii Sports Tournament, prizes, 6 p.m.

Oct. 12 – Billiards Tournament, prizes, 6 p.m.

Oct. 13 – Guitar Hero Tournament, with prizes, 6 p.m.

Oct. 14 – Texas Hold'em Tournament, prizes, 6 p.m.

Oct. 15 – Free Cookie Day, while supplies last!



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# Lawyers Strong Navy

Continued from Page 4

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 Lt. Tyler McGill, USCG  
 1st Lt. Benjamin A. Mills, USMC  
 2nd Lt. William C. Morrison, USMC  
 Lt. Stephen A. Murray, USN  
 2nd Lt. Nicholas J. Noble, USMC  
 2nd Lt. Kathleen J. O'Hara, USMC  
 Lt. j.g. Jon R. Parker Jr., USN  
 2nd Lt. Adam R. Pechtel, USMC  
 1st Lt. Matthew T. Reeder, USMC  
 Lt. Benjamin M. Robinson, USCG  
 2nd Lt. Ryan J. Russell, USMC  
 2nd Lt. April C. Schaffer, USMC  
 Lt. Katherine E. Shovlin, USN  
 2nd Lt. Shalin R. Sood, USMC  
 Lt. GERALYN M. van de Krol, USCG  
 2nd Lt. Alexis R. Vermaas, USMC  
 Lt. j.g. Rachel E. Weidemann, USN  
 Lt. Jeremy A. Weiss, USCG  
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 Lt. Adam B. Yost, USN  
 Lt. Ralph G. Young, USN

Continued from Page 3

marines can shoot at targets and knock out enemy missiles far inland; Navy planes fly about half of the total AERIAL COMBAT MISSIONS IN Afghanistan. They don't need airstrips on the ground. They can take off from aircraft carriers.

- Navy SEAL teams can carry out special operations worldwide – from t eater.
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ly who we have.

We hope you'll join us during New England Navy Week in Springfield, so that you can meet some of these Sailors and hear their stories.

*Rear Adm. Walter E. Carter Jr., a native of Pascoag, is the prospective commander of the Enterprise Carrier Strike Group (CSG 12). He is the senior Navy representative during New England Navy Week.*

## Eight Bells

Continued from Page 2

primary mission and the prime mover for reforms within Headquarters, Marine Corps, which he patterned

after the French staff system he had witnessed during WWI.

The next Eight Bells Lecture will be Oct. 6 at

noon. The topic will be the Peoples' Liberation Army/Navy. Call 841-2101 for information.

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**3 BDRM.,** 2.5 baths. Bellevue. Renovated. All amenities. \$3000 a mo. Edith, Remax, 848-6750.

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**PORTSMOUTH.** 3 bdrm., 1 bath. Washer/ dryer, garage. Waterfront. \$1800 a mo. + utils. 368-0234.

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### 870-Houses for Sale



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All real estate advertising in this newspaper is subject to the Federal Fair Housing Act of 1968, as amended, which makes it illegal to advertise "any preference, limitation, or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or an intention, to make any such preference, limitation, or discrimination."

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**R.I. Human Rights Commission - 1-277-2661**

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### 902-Motorcycles



**HD SPORTSTER XLC '05,** 883cc. Windshield, crash bars, saddlebags, new battery. 19,000 mi. Yellow. \$4195/best. 619-3139.

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**14' AMESBURY DORY SKIFF.** 15 hp Yamaha and galvanized trailer. \$2950. Call 847-8123.

**17FT. BAYLINER BOAT**  
and Trailer with 75 Hp. Mercury Motor. Very good shape. \$2500 or best. 556-7910 or 624-6240.

### 915-Autos for Sale



**CHRYSLER 300 Touring**  
Sdn. '05. Silver, low mi. Custom grille, rims & new tires. Excellent cond. \$12,500/best. 625-5723.

**TOYOTA - MR2 - 1989,** Red, t-top, 51,000 miles, new paint, \$2500. 401-573-2088

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ON YOUR MARKS.... One hundred fifty-five runners crowd the starting line, above, for the 86th running of the Newport Chapter, Surface Navy Association's 5k By The Bay last Friday at Arleigh Burke Hall, Surface Warfare Officers School. Overall male winner was Mike Galoob, right, with team NRA 2, in a time of 16:02. Brittany Winters was the overall female winner with a time of 20:19.

SWOSCOLCOM photos



# MAMA LEONE'S

Pizzeria Ristorante



EVERY **Monday**

Pizza Challenge  
4 - 9 pm

The Time You Call Is The Price You Pay.  
Call at **4:02** large cheese pizza is \$4.02  
Call at **6:15** large cheese pizza is \$6.15  
TAKE OUT & DINE IN ONLY  
**So Come On & Beat The Clock!!!**



EVERY **Wednesday**  
**1/2 off**

On all  
**Pasta Entrees**  
DINE IN ONLY

EVERYDAY SPECIAL  
All Large Pizzas

**\$12.99** + TAX

INCLUDING  
SPECIALTY PIZZAS  
Cannot be combined with any other offer  
- for limited time only



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