



The Newport

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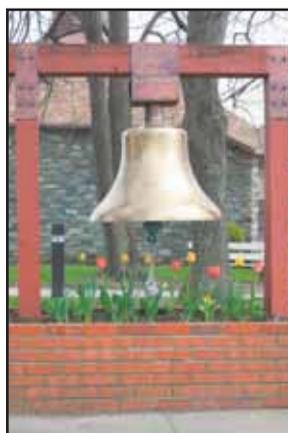
Navalog

SERVING COMMANDS AND ACTIVITIES, NEWPORT, R.I.



Lisa Rama/U.S. Navy photo

LET'S BOOGIE—The dance floor at the Officers' Club was the place to be last Friday night as more than 300 guests turned out to celebrate the 237th birthday of the United States Navy. Naval Station Newport hosted this year's Navy Ball with special guest speaker Juan M. Garcia III, Assistant Secretary of the Navy for Manpower and Reserve Affairs. More pictures, Pages 10-11.



Bell to ring for birthday

All hands are welcome at the Navy Birthday Bell Ringing Ceremony scheduled this morning outside the Chapel of Hope.

– Page 2



ASN addresses future officers

The Assistant Secretary of the Navy for Manpower and Reserve Affairs leads an All Hands Call at Officer Training Command Newport.

– Page 2



NAPS football tops weekend

The Naval Academy Prep School football team puts on a show of offensive and defensive skill at Parents Weekend last weekend.

– Page 15

HAPPY BIRTHDAY NAVY, 1775-2012

Bell ringing today welcomes all hands

Naval Station (NAVSTA) Newport will join the fleet in a Navy Birthday Bell Ringing Ceremony this morning at 8:45 in front of the Chapel of Hope. The following message from the Chief of Naval Operations will be read. If you are unable to join this celebration, you may visit www.navy.mil/viewvideo.asp?id=1760

“As we celebrate our Navy’s 237th birthday, our history and heritage forms our identity, telling us who we are and what we stand for. Our core values of honor, courage and commitment have been passed down from our founders, who charged the Navy with the solemn duty to serve as the ‘shield’ of our republic.

“The first real test our Navy faced was during the War of 1812. This war began at sea when United States ships were ordered to heave-to upon the high seas and U.S. citizens were forcefully taken, or impressed, into the crews of another nation’s ships.

“The great battles that followed proved the fighting mettle of our Sailors and the cutting edge of our ship designs. These battles established both free trade and free navigation as critical national interests of our country, interests that endure to this day. The warrior characteristics of cunning and boldness exhibited in 1812 inspire our Sailors of today’s Navy as they continue to serve around the world. The War of 1812 served as a critical turning point for our Navy.

“On this 237th birthday of our Navy, we have the honor to serve in the greatest maritime fighting force the world has ever seen, but we do so with humility, continuing to build upon the framework those fighting Sailors forged before us. History teaches us that with great power comes great responsibility.



Navalog file photo

The brass bell outside the Chapel of Hope on Coddington Point will be used to ring in the Navy’s birthday celebration today at 8:45 a.m.

“From the great captains and crews who fought single ship actions in 1812 to the commerce raiders of the Civil War; from the convoys of World War I to the major fleet actions at Coral Sea and Midway; from the blockade of Cuba in October of 1962 to the riverine operations on the Tigress and the Euphrates, our Navy has boldly and proudly put our shoulder to the wheel.

“We have championed peace and we continue to shield the republic. Here is to 237 years of proud naval heritage, and many more!

— Adm. Jonathan Greenert
Chief of Naval Operations

Assistant SECNAV says Navy tackling overmanning issue

BY BOB KREKORIAN
NAVSTA Public Affairs Staff

Assistant Secretary of the Navy (Manpower and Reserve Affairs) Juan M. Garcia, III addressed more than 400 students and staff on manpower issues facing the Navy in the 21st century at Officer Training Command Newport (OTCN) last Friday at Naval Station Newport.

At an All Hands Call in Kay Hall, Garcia said the last 10 years have demonstrated that the Navy’s current

operations tempo is unlikely to change. He also addressed the impact that high retention rates were having on the force.

“No one had anticipated the level of retention that we had. It was unprecedented,” he said. Garcia said a retention rate of nearly 108 percent had created a chokepoint for other Sailors who wanted to advance.

Garcia described the possible solutions that included moving Sailors in

OVERMANNING, Page 10



Greg Kohlweiss/U.S. Navy photo

Assistant Secretary of the Navy (Manpower and Reserve Affairs) Juan M. Garcia, III makes a point to officer candidates during an All Hands Call last Friday in Kay Hall for more than 400 staff and students at Officer Training Command Newport.

State of Rhode Island and Providence Plantations Gubernatorial Proclamation

Navy Day

WHEREAS, October 13, 2012, is the 237th birthday of the United States Navy; and

WHEREAS, during the Civil War, the government transferred the faculty and student body of the United States Naval Academy from Annapolis to Newport as a measure to avoid capture by the confederates; and

WHEREAS, Rhode Island, as the Ocean State, has a strong maritime history and has been home for the United States Navy officially since 1869 with the establishment of an experimental torpedo station at Goat Island; and

WHEREAS, Naval Station Newport, the Navy’s Center of Excellence for Officer and Senior Enlisted Training and Education, is located in Newport County; and

WHEREAS, members of the active duty military, Veterans, Retirees, civilian employees and family members contribute significantly to the high quality of life we all enjoy here in the Ocean State; and

NOW, THEREFORE, I, Lincoln D. Chafee, Governor of the State of Rhode Island and Providence Plantations, do hereby proclaim October 13, 2012, as Navy Day in the state of Rhode Island and encourage all state residents to recognize the importance of this day.

Given under my hand and the great seal of the State of Rhode Island and Providence Plantations, this 26th day of September, 2012.

Lincoln D. Chafee, Governor

Navalog

Capt. Douglas Mikatarian

Commanding Officer, Naval Station Newport

Lisa Rama

NAVSTA Public Affairs Officer

Greg Kohlweiss

NAVSTA Public Affairs Staff

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NAVSTA Public Affairs Staff

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NAVALOG Editor

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Jon Dillworth and R.K. Alexander/U.S. Navy photos

An 80-person marching unit from Officer Training Command Newport, left, follows Navy Band Northeast's marching band through Washington Square during the 18th annual Festa Italiana Columbus Day Parade through downtown Newport on Monday.



Navy Band Northeast trombonist Chief Musician Evan Vis leads the marching band down Thames Street.



Navy Band Northeast's Musician Seaman Anthony Federico adds some percussion with cymbals.



A color guard from Marine Corps Detachment Newport heads down Broadway.

Influenza vaccine recommended for all, ages 6 and up

BY PAMELA CHARRON, RN
NHCNE Infection Prevention
Coordinator, Department Head,
Preventive Medicine

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 vaccine is recommended for all persons aged 6 months and older who do not have any contraindications to vaccination. This includes such things as a severe egg allergy or a severe adverse reaction to previous vaccination with the influenza vaccine. Your provider and/or immunization staff will screen for

any possible contraindications prior to administering the vaccination. If you have a fever, you should postpone the vaccination until at least 24 hours after the fever subsides without the aid of medications. Of note, the Centers for Disease Control recommend that all children aged 6 months through age 8 who have never received a seasonal flu vaccine get two doses of the vaccine at least four weeks apart.

In addition to vaccination the following precautions are also recommended for decreasing the spread of the virus:

- Cover mouth and nose when coughing and sneezing, using tissues or the crook of the elbow instead of the hands.

- Use tissues to contain mucous and watery discharge from the mouth and nose and dispose of them in the nearest waste bin or other containment methods, such as a zip lock bag, until you are able to dispose in a waste bin.

- Wash hands frequently with soap and water for as long as it takes to sing the happy birthday song twice

FLU, Page 18

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Bravo zulu

SWOS launches Basic DIVO Course

BY LT. STEVEN GONZALEZ
SWOSCOLCOM Public Affairs

SAN DIEGO — The inaugural class for the Basic Division Officer's Course (BDOC) was formally dedicated at a ceremony on Naval Base San Diego on Oct. 1.

Administered by the Surface Warfare Officers School (SWOS) Command, BDOC is an intensive, eight-week course of instruction designed to provide foundational classroom training to prospective surface warfare officers. The course will be taught in Norfolk, Va., and San Diego.

"This course will give the new division officers the foundational knowledge and skills needed to make them more effective in running their divisions and leading their personnel," said Capt. Richard A. Brown, commanding officer, SWOS.

The emphasis on BDOC will be on in-class instruction and the use of technology such as the Conning Officer Virtual Environment



MC2 Rosalie Garcia/U.S. Navy photo

Division Officer Course student Ens. Jordan Klein cuts the ceremonial ribbon during the dedication ceremony for the Basic Division Officers Course and facility ribbon cutting at Naval Station San Diego, Oct. 1. Holding the ribbon are Vice Adm. Tom Copeman, left, Commander, Naval Surface Force, U.S. Pacific Fleet; and Capt. Richard Brown, Commanding Officer, Surface Warfare Officers School at Naval Station Newport, R.I.

(COVE) simulators which can emulate every class of ship in the U.S. Navy and all their homeports, in addition to many routine ports of call around the world. COVE allows for the reinforcement of concepts in navigation,

SWOS, Page 18



MCCS Joe Huval/U.S. Navy photo

Capt. Dana Weiner, commanding officer of the Center for Service Support, presents administrative officer Jennifer Apted with a plaque for her 15 years of government service during an awards ceremony Oct. 4 at Naval Station Newport.

Good Conduct Award

- Culinary Specialist 1st Class James Rowe (second award)
- Master-At-Arms 1st Class Brian Stewart (fourth award)
- Chief Master-At-Arms James Aarnio (fifth award)
- Chief Culinary Specialist Aaron Dow (sixth award)

Meritorious Unit Commendation

Master-At-Arms 1st Class Timothy St. Pierre

Navy/Marine Corps Commendation

Chief Boatswain's Mate Jeffrey Olson
Lt. Michel Santana.

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Sunday Services - 7:45 a.m. Protestant Communion (Lutheran, Episcopal, Presbyterian, or similar)
7:45 a.m. General Protestant (non-denominational) in Perry Hall
9 a.m. Roman Catholic Mass
10:30 a.m. Contemporary Protestant with Children's Church

Special events

Bell ringing ceremony today

In honor of the Navy's 237th birthday, there will be a bell ringing ceremony in front of the Chapel of Hope this morning at 8:45 a.m. This ceremony will be taking place on board ships and naval installations throughout the world finishing with a bells tolled at 9 a.m. local times.

Come and celebrate this historic event.

Haunted Trail spooky again

MIDDLETOWN — The Morale, Welfare and Recreation (MWR) Department continues its popular Haunted Trail at the Carr Point Recreation Area on Saturday, Oct. 13, 20 and 27 from 6 to 9 p.m. This event is open to the public. Visitors may walk the spooky haunted trail with witches, pirates, mad scientists and much more. Come join your favorite heroes as they rescue Gotham Point from the grip of the sinister villain in an entertaining, interactive hay ride. For children, the Mystery Squad has been called on again! Come help them as they search for clues to solve the puzzle. There are concessions, arts and crafts and nightly entertainment included.

The entertainment follows:

Oct. 13, Toe Jam Puppet Band Pirate Show, 6 to 8 p.m.

Oct. 20, Toe Jam Puppet Band Spooktacular Halloween Show, 6 to 8 p.m.

Oct. 27, to be determined

Admission for military personnel and Department of Defense personnel with ID is \$5 per person; general public, \$8 per person; and children 3 and under are free.

MWR is always looking for volunteers over the age of 16 for the Haunted Trail. If interested, contact Meghan LaParle at (401) 841-3127 or meghanlaparle@navy.mil.

Fall SNA 5K

The Fall 2012 Surface Navy Association 5K By The Bay Run/Walk will be held on Friday, Oct. 19, at 5 p.m. This semi-annual road race is held on scenic Naval Station Newport is open to military, civilian and the whole family. The event will have food, drinks, entertainment and free-t-shirt on race day. Entry fee: \$20 per individual, team 5-7, \$80. All proceeds go to support the Wounded Warrior Project. Look them up on Facebook by searching for "SNA5K," or to www.SNA5K.com to register. For information call 841-4027.

Evening lecture at NWC

"High Seas Buffer" with Bruce Elleman, will be the next Evening Lecture Series at the Naval War College, Spruance Auditorium, on Thursday, Oct. 18, 7 p.m. For information on the series, contact the Naval War College Museum, at 841-2101/4052.

Upcoming events:

Oct. 20 – The 443d Civil Affairs Battalion, Family Readiness Group's first Halloween "Trunk or Treating" will be held in the parking lot of the Sgt. Michael F. Paranzino U.S. Army Reserve Center, 1390 Simonpietri Drive. Participants should decorate the trunks of their vehicles in the spirit of Halloween and provide candy for the "Trunk or Treaters."

"Trunk or Treaters" should come dressed in their Halloween costumes. Prizes will be awarded to the best decorated vehicles. Vehicles should be in place no later than 5:30 p.m.

For more information call (401) 341-2504 or e-mail: jay.parkerjr@usar.army.mil.

Oct. 23 — Rhode Island Blood Center blood drive at Naval Academy Preparatory School, Nimitz Hall, 2:30 to 8 p.m. Call Sarah Perez at 621-0155 or sperez@ribc.org or call 621-0155 for information.

Oct. 24 — 2012 Government Career Fair at University of Rhode Island, Ryan Center, Kingston, 2:30 to 5:30 p.m. This career fair is a collaboration of colleges and universities in Rhode Island. For more information jdemick@jwu.edu or call (401) 598-4602.

Oct. 25 – Senior Enlisted Academy graduation, Officers' Club, 6:30 p.m.

Oct. 25 – Evening Lecture Series, "In the Shadow of Greatness" with Lt. Josh Welle at the Naval War College's Spruance Auditorium, 7 p.m. For information on the series, contact the Naval War College Museum at 841-2101/4052.

Oct. 31 – Halloween

Nov. 4 – Daylight Saving Time ends

Nov. 6 - AAA Driver Improvement (DIP) class, Building 1CC, Safety class room, 8 a.m. For information call 841-1390/2478 or email: roger.georgeson@navy.mil.

Nov. 11 – Veterans Day

Nov. 12 – Veterans Day (federal holiday observance)

Nov. 13 – Evening lecture, Jeffrey Immelt, chairman of the Board and CEO General Electric, Naval War College's Spruance Auditorium, 7 p.m.

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Mary Fournier, 56, Physical Therapist



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ASK ABOUT OUR MILITARY AND GOVERNMENT RATES



NAPS photo

The Naval Academy Prep School's Class of 2013 passes the reviewing stand on Nimitz Field last Friday in a Pass-in-Review to kick off Parents Weekend. The reviewing officer was Rear Adm. John Christenson, president of the Naval War College, who stood with Capt. Jim Cunha, NAPS commanding officer; Lt. Jonathan Henderson, assistant command chaplain; Maj. Andy Bourquin, NAPS executive officer; HMCS(FMF/CAC) Beth Nilson, NAPS command senior chief; Dean Carl Crockett, NAPS academic dean; and Bryan Brouse, NAPS athletic director.

Announcements

Navy turns 237 tomorrow

Tomorrow, Oct. 13, is the 237th birthday anniversary of the U.S. Navy Birthday. "Happy birthday to all hands, and thank you for serving!" Governor Lincoln Chaffee has proclaimed it "Navy Day in RI".

Engage Newport for free

NEWPORT – The City of Newport will host a series of community outreach "open houses" throughout the month called Engage Newport. These will be great opportunities for Navy families living in Newport to learn more about the city's municipal services such as fire, schools, recycling and other agencies.

The next Engage Newport will be Saturday, Oct. 20 at Fort Adams (inside the Fort on the parade field), from 9:30 to 11:30 a.m.; Tuesday, Oct. 23 at the Maritime Center, 365 Thames St., from 6 to 8 p.m.; and the final event at Easton's Beach, Saturday, Oct. 27, 10 a.m. to noon.

For information contact (401) 845-5473

October is Energy Awareness Month

The Installation Energy Manager will be hosting an energy awareness event on Oct. 17 from 11 a.m. to 2 p.m. in the Naval War College's Hewitt Hall. There will be an energy awareness display booth, information on residential and commercial energy items and more. Stop by and learn more about how to save.

ANNOUNCEMENTS, Page 7

ST. MICHAEL'S COUNTRY DAY SCHOOL

75th Anniversary Community Lecture Series

Preparing Children for Success in a 21st Century World

As part of our year long celebration of St. Michael's 75th Anniversary, we will be offering a lecture series to our community that reflects the excellence and values that a St. Michael's education has delivered to children throughout its 75 year history.

Each lecture is free and open to the public.

Reservations are highly recommended. Reservations can be made online at smcds.org and will also be accepted over the phone by calling 401-849-5970 ext. 300.

October 12, 2012 6:00pm

"What's New? The Promise and Perils of Learning in the New Digital Age"
Justin Reich



Justin Reich is the co-founder of EdTechTeacher and an educational researcher. He is the author of Best Ideas for Teaching with Technology: A Practical Guide for Teachers by Teachers, and his academic work has been published in Educational Researcher, Social Education, Contemporary Issues in Technology and Teacher Education, and other venues. He has been an Outstanding Educator in Residence for the Academy of Singapore Teachers, a Digital Media and Learning Summer Fellow with the MacArthur Foundation, and is among the 2012 class of Emerging Leaders for the International Society for Technology in Education.

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Announcements

Continued From Page 6

Let's get out and vote

Through the Navy Voting Assistance Program, you can make a stand, make a difference, and make your vote count. Visit your installation Voter Assistance office for all the information you need to make your vote count or visit the Federal Voting Assistance Program website at www.fvap.gov or call Navy Counselor Chief Zeporah Dasher at 841-6198 for information.

Bed 'n breakfasts for vets

Inns and bed & breakfast establishments throughout the U.S. and Canada welcome active military, retired military and vets for Veterans Day, on Sunday, Nov. 11. Participating properties in the B&Bs for Vets program, will offer complimentary stays to one or more veterans and a guest, as a thank you for service to our country.

Veterans are urged to register early, as the weekend draws near fewer rooms will be available.

Make arrangements for your free stay by contacting the inn/B&B where you wish to stay directly by phone or e-mail. For more information on how to register for a complimentary stay and how to find the best inn/B&B for you go to: <http://www.betterwaytostay.com/current-promotions/bbs-for-vets/>

Flu vaccine available

The Naval Health Clinic New England

(NHCNE) Newport will offer flu vaccine to qualified beneficiaries during normal business hours, Monday through Friday, 8 a.m. to 4 p.m., Bring proper identification and report to the check-in desk in Immunizations.

FluMist is available for patients up to age 49. To receive FluMist, individuals must be healthy with no adverse health conditions. Fluzone is available for patients age 65 and older. Note: There are additional staff working the Immunization Clinic during the hours of 8 to 11 a.m. and 1 to 1:30 p.m. to reduce wait times for the vaccine.

See story, Page 3.

Blood drives for Navy

The Rhode Island Blood Center will bring its Bloodmobile to the Navy Federal Credit Union today from 10:30 a.m. to 1:30 p.m.; and to the Naval Undersea Warfare Center Division Newport's Building 80 in Middletown on Thursday, Oct. 18, from 9 a.m. to 4 p.m. Anyone is invited to donate. Call Sarah Perez at @ribc.org or call 621-0155 for information.

Try Promotion/Wellness Clinic at NHCNE here

The Naval Health Clinic New England (NHCNE) offers Health Promotion/Wellness Clinics throughout the year. Some of

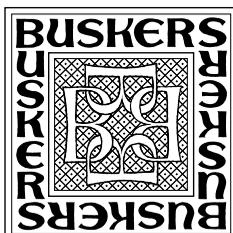


Kelly Conner/MWR photo

MEDIUM RARE— Linda Vars, a cook at the Officers' Club, grills some human body parts at the Haunted Trail at Carr Point recreation Area last Saturday night. The MWR Halloween happening continues Saturdays through October.

the classes offered are Healthy Heart, Eat Smart, Preventing and Monitoring Diabetes, Tobacco Cessation and Ship Shape. All Department of Defense civilians and active

duty members are welcome to any class. The classroom is on the second deck at NHCNE. Call 841-6777 to find out what is happening during October.



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SAPR helps victims of sexual assaults

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

Sexual Assault Prevention and Response (SAPR) Victim Advocate Training provides information, support, guidance and reporting options for victims of sexual assault.

The training, scheduled for Oct. 15 to 19 from 8 a.m. to 3 p.m. at FFSC, covers the roles and responsibilities of victim advocates. Trained victim advocates are placed on the installation-wide watch bill on a rotating basis. Victim advocates are designated by command and screened by the Naval

Station Newport Sexual Assault Response Coordinator.

Here's a look at upcoming seminars and workshops:

Oct. 17 — Be Successful at the Next Job Fair, 11:30 a.m. to 1 p.m.

Oct. 22 — Goal Setting, 1 to 3 p.m.

Oct. 23 — How to Financially Survive the Holidays, 2:30 to 4 p.m.

Oct. 24 — Communication: We Can Work It Out, 1 to 3 p.m.

Oct. 24 — Homebuyers Workshop, 6 to 8 p.m.

Oct. 25 — Thoughts and Feelings Seminar: Problem Solving, 1 to 3 p.m.

Oct. 29 — Stepparenting, 1 to 3 p.m.

NEX, Military Star Card offer November specials

The NEX and Military Star[®] Card program have teamed up to provide customers with a special offer on furniture, major appliances and mattresses priced at \$499 or more.

From Oct. 31 to Nov. 18, customers will have no down payment, no interest and no payments for 360 days when using their Military Star[®] Card to purchase furniture from Ashley, Franklin, Corinthian, Lane, United and Progressive or mattresses made by Simmons, Serta, Sealy, Paramount and Tempur Pedic.

Customers can also

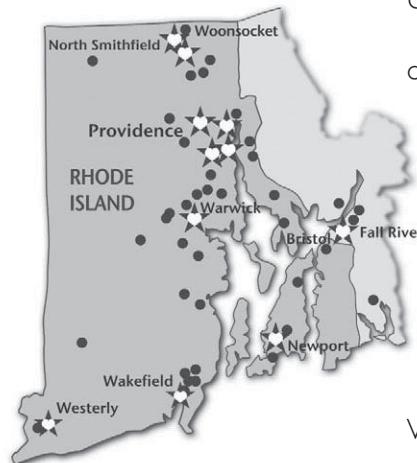
purchase major appliances from Kenmore, Whirlpool, GE, Maytag, LG, Samsung and Frigidaire. Special orders may also be placed.

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Happy Birthday U.S. Navy

Capt. Doug Mikatarian, left, commanding officer of Naval Station Newport, hands the ceremonial sword to WWII and Korean War veteran Vin Murray, one of the oldest Navy veterans at the Navy Birthday Ball last Friday at the Officers' Club. Murray, along with the youngest military member at the event, Midshipman Candidate Mike Dodd, second right, from the Naval Academy Prep School, and Assistant Secretary of the Navy Juan Garcia III, cut the birthday cake at the event.

Lisa Rama/U.S. Navy photos

Musician 2nd Class Nina Church sings along with Navy Band Northeast's Rhode Island Sound at the ball. Rhode Island Sound provided all the ceremonial music for the event and kept the attendees out on the dance floor for hours after all the scripts and swords were put away.



Assistant Secretary of the Navy for Manpower and Reserve Affairs Juan Garcia III, left, raises his glass high alongside Rear Adm. John Christenson, President of the Naval War College, and Michelle Mikatarian, wife of NAVSTA Newport commanding officer, Capt. Doug Mikatarian, during the traditional ceremonial toasts to the nation and services.

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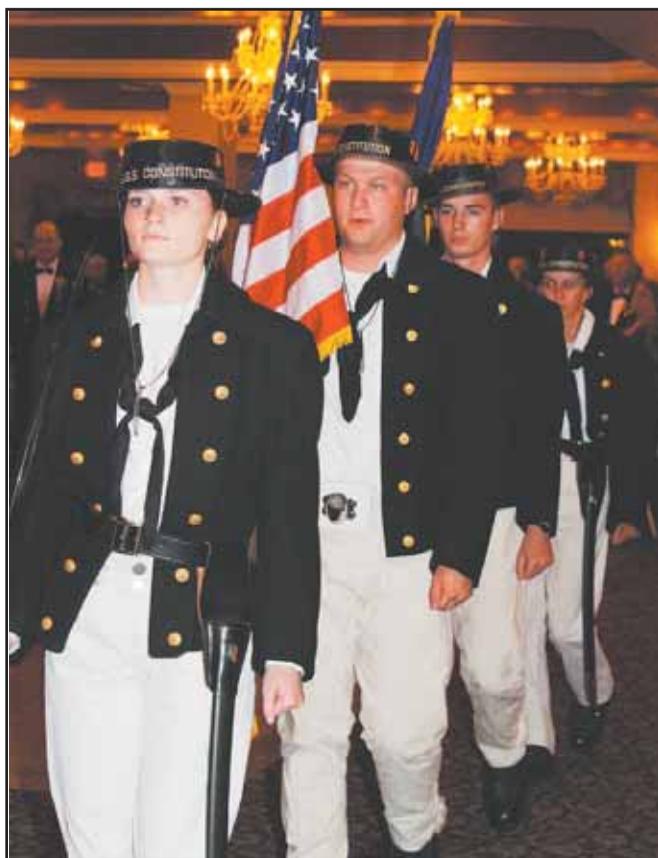
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Navy Birthday Ball guests crowd the dance floor at the Officers' Club.



The USS Constitution color guard dressed in their ceremonial 1813 uniforms, parade the colors off the dance floor. The theme for the ball was the 200th anniversary of the "War of 1812" which the Navy is commemorating in a year-long celebration that includes balls, port visits, fleet weeks and services throughout the world. From left, are AN Savanna Hutchins, AN Nathan McCutcheon, AA Mathew Karreck and SN Gabby Hornich.



Capt. Mikatarian, left, shakes hands with the Assistant Secretary of the Navy Garcia after the presentation of a print of the USS Constitution engaged in battle on the high seas following Garcia's remarks as the guest speaker at the ball. Garcia assured the audience that it would be hung with pride in the Pentagon.

Overmanning

Continued From Page 2

overmanned rates to undermanned rates. He said there was a special effort to create programs that would incentivize and help retain the most qualified and talented Sailors.

Garcia said the CNO decided on a one-time solution to help solve the problem that included establishing an Enlisted Retention Board.

"To reduce the numbers, we had to separate approximately 3,000 Sailors," Garcia said.

Garcia said the solutions over time demonstrated that advancement rates were increasing.

Describing Marine Corps manning as being different, Garcia said the buildup following 9/11 has caused a need for plans to reduce the force by 20,000 Marines, 5,000 annually over four years.

On the subject of military retirement, Garcia said there are proposed changes for a shift to a 401k package. "I don't doubt that somewhere down the road we will move to a 401k," he said.

Garcia said the size of the fleet in 2013 will be 287 ships, but added that a 300 ship Navy is likely by 2019. He attributed the increase to the Navy's new class of ships.

"The size of the fleet is about right despite what is discussed in the blogosphere," Garcia said.

He said the recent 10 month-long deployments experienced by Sailors aboard the large deck ships like the USS Bataan and USS

John C. Stennis are likely to be reduced to six to seven months.

"It has never been tougher to get into and stay in the Navy and Marine Corps," Garcia said. "There is no ceiling as to what you can accomplish in the Navy."

Garcia's visit coincides with the Navy's 237th Birthday celebration. He was the guest speaker at Naval Station Newport's Navy Birthday Ball last Friday at the Officers' Club.

In marking the Navy's 237th Birthday, NAVSTA commemorated Navy Birthday Week this week with a series of special events and community support.

A proclamation signed Sept. 26 by R.I. Gov. Lincoln Chaffee designated Oct. 13, 2012, as Navy Day in the State of Rhode Island. Navy Birthday citations were also presented to Navy Newport by Senator Sheldon Whitehouse, Congressman David Cicilline and Mayor of Newport, Harry Winthrop.

Volunteers from Officer Training Command Newport and the Naval War College visited residents at the Rhode Island Veterans Home in Bristol on Oct. 11 and performed volunteer service projects at the home. Navy Band Northeast performed an afternoon concert as well.

A group of NAVSTA Sailors from Ney Hall galley volunteered Oct. 10 to scrape and paint the exterior of a group home in Middletown.

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Lisa Rama/U.S. Navy photo

Rear Adm. Mark Tidd, center, Navy Chief of Chaplains, talks with Capt. Doug Mikatarian, left, Commanding Officer, Naval Station Newport; and Chaplain (Cmdr.) Carl Trost, command staff chaplain, during Tidd's visit to the Chapel of Hope recently to view renovations completed last August. Chaplain Tidd served on-board Naval Station Newport as Advanced Training Officer at the Naval Chaplains School when the school was in Brett Hall. For the majority of chaplains on active duty, the chapel carries sentimental significance because they started their careers as Navy chaplains here in Newport. For many, the chapel was their first military house of worship, where they preached their first sermon in the Navy, and their first exposure to chapel programs. The renovation was the first major renovation of the chapel property since it was built in the mid-1970s.

NEX offers specials in electronics

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Leisure

Aerobics/exercise

(Gym 109, Building 109, 841-3154)

Morale, Welfare and Recreation Fitness Classes: Stop by Gym 109 and pick up the fitness schedule. There are a variety of classes including yoga, cycling, Zumba® and TRX® Suspension Trainer system. Classes are taught at Gym 109 as early as 5:30 a.m. and as late as 6 p.m., and there are classes seven days a week.

There is no need to pre-register; just show up and get fit.

Classes are free for active duty; \$1 for reservists, eligible family members, and retirees; 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.

Officers' Club

(Building 95, 841-1442)

Weekly specials are served on the deck or in Topside during inclement weather

TUESDAY: Kids Eat For Free from 5 to 8 p.m. with the purchase of one adult meal for children age 12 and under.

One free kid's meal from the Kids Menu is allowed per one adult meal purchase. An adult meal consists of purchase of an entrée salad, sandwich, burger or entrée, or special entrée from the Topside menu.

The offer is for dine-in only

WEDNESDAY: \$10 Steak Night. Order an 8 ounce grilled angus New York strip steak, after 5 p.m.

THURSDAY: Enjoy a steamed lobster or lobster dinner below market price, after 5 p.m.

FRIDAY: Wings Night from 4 to 6 p.m. Patrons can order 30-cent Buffalo wings, sold in increments of 10 for dine in only. Flavor selections include Buffalo, barbecue, garlic parmesan or teriyaki.

Recreation Center

(Building 656, 841-4293.)

Enter through Seaview Lanes)

Bowling: 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 \$2.25 for shoe rental.

Xtreme Bowling (every Saturday, 8 to 11 p.m.) Rates are \$10 per hour, per person or \$4 per game and \$2.25 shoe rental.

October events

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

Tuesday: Free shoe rental from 11 a.m. to 5 p.m. League bowling starts at 6 p.m.

Wednesday: Bowl one game, get one game free 11 a.m. to 5 p.m. League bowling starts at 6 p.m.

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

Friday: Bowl for \$2 per game, 11 a.m. to 5 p.m. League bowling starts at 6 p.m.

Sunday: Free shoe rental from 4 to 8 p.m. Anyone 55 and older bowls for just \$1

per game (valid ID required)

Halloween Oct. 31: Wear orange and your shoe rental is free from 11 a.m. to 5 p.m.

All rates are per person

Looking for a place for an event?

Call 841-2194 to book a class social, meet 'n greet, icebreaker, pre-graduation event, retirement party, etc.

• NFL Sunday Ticket only at the Recreation Center!

The Recreation Center will be the only place on base to catch all the gridiron action! Watch in Seaview Lanes, Enlisted Club, CPO Club and Liberty Center (for eligible patrons only). Beer and food specials plus giveaways are featured.

For more information, call Seaview Lanes at 841-4293.

Special fitness activities

(Gym 109, 841-3154)

• **Renegade Row Push-up Competition on Wednesday, Oct. 31, 6 a.m. to 7 p.m.** Want a perfect way to earn a Halloween treat? Come into Gym 109 and see how renegade row pushups you can complete. Women will be required to use 10 pound dumbbells and men, 20 pounds. For more information, call Gym 109 at 841-3154.

• **Kettlebell & TRX Bootcamps, Session 2 runs Nov. 5 through Dec. 10.** Each bootcamp runs six weeks and is limited to 14 patrons per session. Advance sign up is required.

In the Kettlebell Bootcamp by Week 6 you will learn how to clean, clean and press, jerk and snatch the bell. In the TRX Bootcamp learn the basic squat and plank to the atomic push up by Week 6. For more information, call Gym 109 at 841-3154.

• **All-Navy Sports Program is available for service members.** Do you have what it takes to play for the best the Armed Forces have

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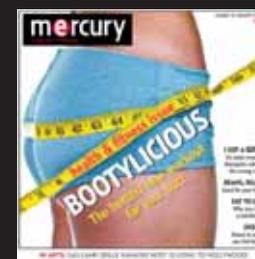
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For more information, call ITT at 841-3116.



See current flicks at discounted price

Are you planning on seeing a movie this weekend? Stop by the Information, Tickets and Travel (ITT) office, Building 1255, and pick up some discount movie tickets first.

Tickets cost just \$7.25 each (\$1.75 savings) and may be used at the Island Cinemas in Middletown. Tickets to the Jane Pickens Theater in Newport are \$6.75 (\$1.25 savings).

Tickets are \$8.50 each (\$1.75 savings) for Showcase Cinemas, Warwick, for retirees and Department of Defense employees. Active duty must show their ID at the theaters and receive a ticket for \$7.

Timeshare resorts at military discount

All active duty and retired military personnel, reservists and Department of Defense personnel are eligible to participate in the Armed Forces Vacation Club.

The club provides one-week vacations on a space available basis starting at \$349 at locations throughout the world.

For complete information, visit the Armed Forces Vacation Club website at www.afvclub.com (when booking a reservation use installation No. 163) or stop by the Information, Tickets and Travel Office in Building 1255.

Leisure

Continued From Page 12

to offer? Interested in participating on an All-Navy team? Contact the MWR sports coordinator at Gym 109 at 841-7355.

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-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.

October events

Tonight – Texas Hold'em Tournament at 6 p.m.

Oct. 13 – Larz Anderson

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Oct. 14 – Madden Tournament, prizes! Enjoy NFL Sunday Ticket.

Oct. 15 – Billiards Tournament at 6 p.m.

Oct. 16 – Movie Night, free popcorn.

Oct. 17 – Free pizza night, while it lasts.

Oct. 18 – Coupons for free shoe rental for bowling.

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Sports

NAPS baseball splits twin bill with Holyoke

BY KAREN BYRNE
NAPS Assistant Athletic Director

The Naval Academy Prep School (NAPS) baseball team closed out its fall season with Parents Weekend, splitting a double-header against Holyoke Community College from Holyoke, Mass. NAPS won the first, 6-5; Holyoke the second, 17-5.

In the first game NAPS struck first when lead-off hitter and second baseman Donald Ross was walked, stole second base, advanced to third on a fielder's choice and scored on an error by the opposing catcher. Designated hitter Matthew Lembo then singled up the middle to lead off the second inning, but was forced out on a fielder's choice. Donald Ross then singled to right field and moved to third base on a base hit by centerfielder Joe Alvarez.

Ross scored his second run of the game on an RBI single by shortstop Payden Honeycutt to make the score, 2-0 for NAPS.

The Cougars were kept quiet for the first four innings by an outstanding pitching performance by Michael McCormick who fanned five hitters and only



gave up two base hits — both singles. But the Cougars came alive in the fifth inning and scored 5 runs on three walks and two hits to take the lead, 5-2.

Navy's McCormick stepped up big in the sixth inning when he shut down Holyoke by striking out the side. NAPS had a huge rally in the sixth inning, scoring 4 runs and regaining the lead, 6-5. Honeycutt led off the inning reaching first on a walk. He was followed by four consecutive NAPS base hits.

McCormick took the mound in the seventh inning and continued where he left off by striking out three Holyoke batters. He went the distance on mound to capture the victory which was his second of the fall season.

In the second game on the day it was all Holyoke who took the win, 17-5. The Rams' Kyle Condry was the starting pitcher and lasted four long innings until he

was relieved by Chanin Cooley in the fifth. Lead-off hitter Donald Ross had two singles for NAPS and the NAPS No. 3 batter, Payden Honeycutt, had two RBI doubles in the second inning. Honeycutt had two more base hits for the home team and Adrian Chinnery and Reilly Clark also got on base with singles.

NAPS ended their fall season with a record of 2-4 under new coach Mick Lefort. The Rams look forward to building on the achievements of the fall season when competition resumes in the spring.

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Sports

Naval Academy Prep School wide receiver James Stovall (14) takes the ball down field as offensive tackle Jeremiah Robbins (75) sweeps around the end to block in the Rams contest against Onondaga Community College of Syracuse, N.Y., last Saturday at Nimitz Field. NAPS won, 55-6, at the Parents Weekend game.

Jon Dillworth/
U.S. Navy photos



NAPS Rams bury Onondaga

BY ENSIGN M. BASFORD
NAPS Assistant Football Coach

The Naval Academy Prep School (NAPS) football team improved to a 4-2 record last weekend after a convincing victory over Onondaga Community College of Syracuse, N.Y., 55-6.

The NAPSters put on a clinic in the triple option offense, scoring 55 points and racking up over 500 yards of total offense. The defense played its part as well, upholding a shut out through the third quarter, and giving up only one touchdown the entire game.

Almost every skilled player on the offense found the end zone on Saturday with touchdowns by Kenneth Mouton, Shawn White, Dasean Daniels, Toney Gulley, Myles Swain, Derek Mann, Tago Smith and James Stovall.

The NAPS defense was led by Brendon Clements, with two interceptions and

a fumble recovery. Daniel Gonzales, in his first game back from a concussion, had two sacks and five tackles for losses.

The NAPSters were firing on all cylinders in front of their largest crowd of the year in for Parents Weekend. The NAPS football team aims to carry the momentum of its two week winning streak into a much needed bye week as they prepare to take on the U.S. Naval Academy junior varsity for the second time this year on Oct. 19.

They will receive a boost with the return of two key offensive linemen — John Craven and Corin Cline — who have been out the past three weeks due to concussions.

The game against promises to be a battle with the Navy Midshipmen riding high after coming off a huge win over Air Force, 28-21, in overtime last Saturday in Colorado Springs. The win puts Midshipmen within



NAPS linebackers Daniel Bostick, left, and TJ Waters take down the Onondaga Community College ball carrier in the first quarter.

one game of bringing the Commander-in-Chief Trophy back to Annapolis after being absent for the past two years.

In their first game against the Midshipmen, NAPS lost, 38-22. The Newport Rams

hope to turn the tables this time around. Focus will be key for the midshipman candidates team as they balance vital preparations for their first final exams with preparations for one of the biggest games of the year.

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B L A S T

PHOTOGRAPHY by DIANE SILVERIA and Red M

We didn't have to cross the Atlantic to get a taste of Germany this Columbus Day weekend, so we grabbed our beer steins and lederhosen and headed to the International Oktoberfest at the Newport Yachting Center. Seasonal and international beers were flowing in the Biergartens, and there was more Wiener Schnitzel than we knew what to do with. The two stages came alive with Bavarian entertainment and the Blast Crew was even spotted doing the Polka. What a Blast!



Visit NewportMercury.com to view or purchase these photographs.

MWR Recreation Hours

 OCTOBER	SUN	MON	TUE	WED	THU	FRI	SAT
GYM 109	9 a.m.-4 p.m.	5 a.m.-9 p.m. HOLIDAYS 9-5	5 a.m.-9 p.m.	5 a.m.-9 p.m.	5 a.m.-9 p.m.	5 a.m.-7 p.m.	7 a.m.-5 p.m.
POOL 307	CLOSED	6-8 a.m., 10:30 a.m.- 1:30 p.m., 3-6 p.m., HOLIDAYS CLOSED	6-8 a.m., 10:30 a.m., -1:30 p.m., 3-6 p.m.	6-8 a.m., 10:30 a.m., -1:30 p.m., 3-6 p.m.	6-8 a.m., 10:30 a.m., -1:30 p.m., 3-6 p.m.	10:30 a.m., -1:30 p.m., 3-6 p.m.	8 a.m.-1 p.m.
BOWLING CENTER	1-8 p.m.	11 a.m.-8 p.m. HOLIDAYS 12-6	11 a.m.-8 p.m.	11 a.m.-8 p.m.	11 a.m.-8 p.m.	11 a.m.-10 p.m.	1-11 p.m.
LIBERTY CENTER	12-8 p.m.	4-8 p.m. HOLIDAYS 12-6	4-8 p.m.	4-8 p.m.	4-8 p.m.	4-10 p.m.	12-10 p.m.

Energy conservation takes all hands

Let's turn awareness into action for Energy Awareness Month

By NAVFAC Public Affairs

NORFOLK, Va. — October is Energy Awareness Month. This year, the challenge is to step beyond being merely "aware." Commit to turn awareness into action, intent into investment, and opportunities into outcomes. Now is the time for us to change our mindset and create a true culture of conservation.

Effectively using and conserving energy is nothing new to Navy Region Mid-Atlantic (NRMA). This year, all of the major installations in our area of responsibility (AOR) placed in the 2012 SECNAV annual Energy & Water Management Awards – an achievement unmatched by any other region. And everyone needs to pitch in to achieve results that last.

NRMA now ensures that every building in this region has been assigned a Building Monitor (BM). This person helps promote energy-smart behavior among building users and brings

maintenance items that affect energy performance to the attention of the Public Works Department for correction. Find out who your BM is and let them know about any issues that reduce energy efficiency.

Sustaining an energy-efficient mindset collectively, however, depends on each Sailor, Marine and civilian. As the Department of the Navy Energy Program slogan states, "You Make It Happen."

Sailors and civilian personnel are in a unique position to help the Navy achieve its federally-mandated reductions by using energy and water wisely in your daily operations. Individual efforts can make a substantial difference in energy and water consumption, and help every command carry out its mission in a more sustainable way.

Here are the Navy's Top-10 ways everyone can help:

1. Turn computers and computer monitors off at night and during the day when they aren't being used for extended periods of time. Make it easy to shut monitors and computer peripheral equipment off by plugging everything into a power

strip with an on/off switch.

2. Get into the habit of turning off lights when you leave a room.

3. Use natural daylight and reduce or eliminate

artificial lighting when possible.

4. When weather permits, open windows to take the

ENERGY, Page 18

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The Aft Lookout



NWC Museum Archives photo

In 1869, Goat Island became the site of the Navy's experimental torpedo station for developing torpedoes and associated equipment. Few realize that it was also the site for development of explosives (until 1907) and electrical equipment. As shown by the towers, one of the first Navy radio stations also was established at the Torpedo Station.

Energy

Continued From Page 17

place of air conditioning. Turn off window air conditioners when leaving a room for several hours.

5. Use task lighting when you need lighting in one small area and then reduce background or ambient light levels.

6. If you specify or order energy-using equipment, follow the law. Federal purchasers are required to order equipment that meets Energy Star or Federal Energy Management Program guidelines for energy efficiency.

7. Keep air compressors and other shop equipment off when not in use.

8. Report lights left on when they are not needed to your base energy team. Automatic controls or a different type of lighting system may fix the problem. If you can't find a light switch, report it.

9. Always keep doors and windows closed when the heat or air conditioning is on.

10. Make sure sleep mode features are enabled on all office equipment.

Also, take time to learn about additional energy-saving tips and techniques. Each installation will be holding Energy Awareness events throughout the month.

Starting this October, turn words into action, and turn action into results. Commit to live and lead an energy-efficient lifestyle and strive to save energy, water and money every day. Remember, just like at home, we want to maintain our quality of life while getting the most for our money.

SWOS

Continued From Page 4

seamanship, and shiphandling.

The new course will also provide instruction on administration, engineering, leadership, and damage control.

Vice Adm. Tom Copeman, Commander, Naval Surface Forces (SURFOR), spoke at the event, and thanked the guests and students of BDOC class 13010 for attending this major achievement for the surface warfare community.

"The surface warfare business we are in is very challenging. Our ships are complicated. They are the most technologically complex machines that this country

has built and it takes a lot of hard work to learn how to fight them, learn how to maintain them, and learn how to train Sailors to maintain them," said Copeman. "The Sailors that are under your charge are going to count on you and they are going to look up to you for leadership. In order for you to be a good leader, you have to know what you are doing. This course is the first step."

BDOC training sites in Norfolk and San Diego will have eight instructors, a staff headed by a lieutenant commander, of six lieutenants, and one Quartermaster. BDOC training facilities have been equipped with

state-of-the-art electronic classrooms and shiphandling simulators that meet Naval Education and Training Command (NETC) standards. Ensigns will also continue to use computer based training (CBT) for advanced qualifications.

"I'm very excited to try something new and I'm grateful I'm one of the few junior officers that get to experience this," said Ensign Jordan Klein, one of the students in the inaugural class. "This course will give me the basic information on what will be expected of me on the ship and once I get there, I can hit the ground running."

Flu

Continued From Page 3

or use an alcohol-based hand cleanser. Wash hands after covering your mouth for a cough or sneeze, after wiping or blowing your nose and after handling contaminated objects and materials, including tissues.

- Only people who are essential for personal care or support should enter a home where someone is ill with influenza unless they have already had influenza.

- If other persons must enter the home, they should avoid close contact with the ill person and use the infection control precautions recommended.

- Stay away from people who are sick and do not go to work, school, or any other public place if you are ill.

NHCNE Newport has vaccine available and is offering it to qualified beneficiaries during normal business hours (8 a.m. to 4 p.m.). In an effort to decrease waiting times, the Immunization Clinic has opened a second "Flu Clinic." This clinic is in the same location of Immunization Department in the main clinic and the hours of operation are 8 to 11 a.m. and from 1 to 3 p.m. Bring proper identification with you.

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



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CNA'S needed nights and weekends, for Newport, Tiverton and Bristol. Please call Ocean State Nursing at 401-405-3810

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MARKETING ADMIN. Part time, Newport. b.geasey@cox.net for job description.

NURSE wanted, part time, flexible hours. On Aquidneck Island. Send resume to lsvc@cox.net.

RECEPTIONIST wanted for a doctor's office on Aquidneck Island. Jan. 15 - April 15, 2013. Reply by email to lsvc@cox.net.

175-Lawn and Garden

JOHN DEERE Riding Lawn Tractor, model LT150, 6 yrs old, new 2012 battery, \$900. 401-849-5218.

10-Help Wanted

Arts & Living Editor

INDEPENDENT NEWSPAPERS is looking for an Arts & Living editor to cover the visual and performing arts scene, events and lifestyle in South County and East Greenwich. The ideal candidate will:

- Be a strong writer and editor, with skills in writing, copy editing, proofreading, page layout and Photoshop
- Have training or experience in the arts
- Be self-motivated, with excellent time management skills

The position is part-time, approximately 30 hours a week. The Arts & Living editor must work in our Newport office two and a half days a week, but may otherwise work remotely. If interested, e-mail a resumé and clips to:

Liz Boardman, managing editor
at editorial@scindependent.com



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Kelly Conner/MWR photo

John Olivera, his wife, Denise, and their son, John, 2, stop by a witch (Beverly Kelly, Child and Youth Program assistant) to look in her brew along the Haunted Trail at Carr Point Recreation Area on Defense Highway, Middletown, last Saturday. The annual spooktacular, created by the Morale, Welfare and Recreation Department, continues each Saturday from 6 to 9 p.m. in October. Admission is \$5 for military and DoD civilians with ID; and \$8 for general public. Children under age 3 are free.

POSTALL

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