



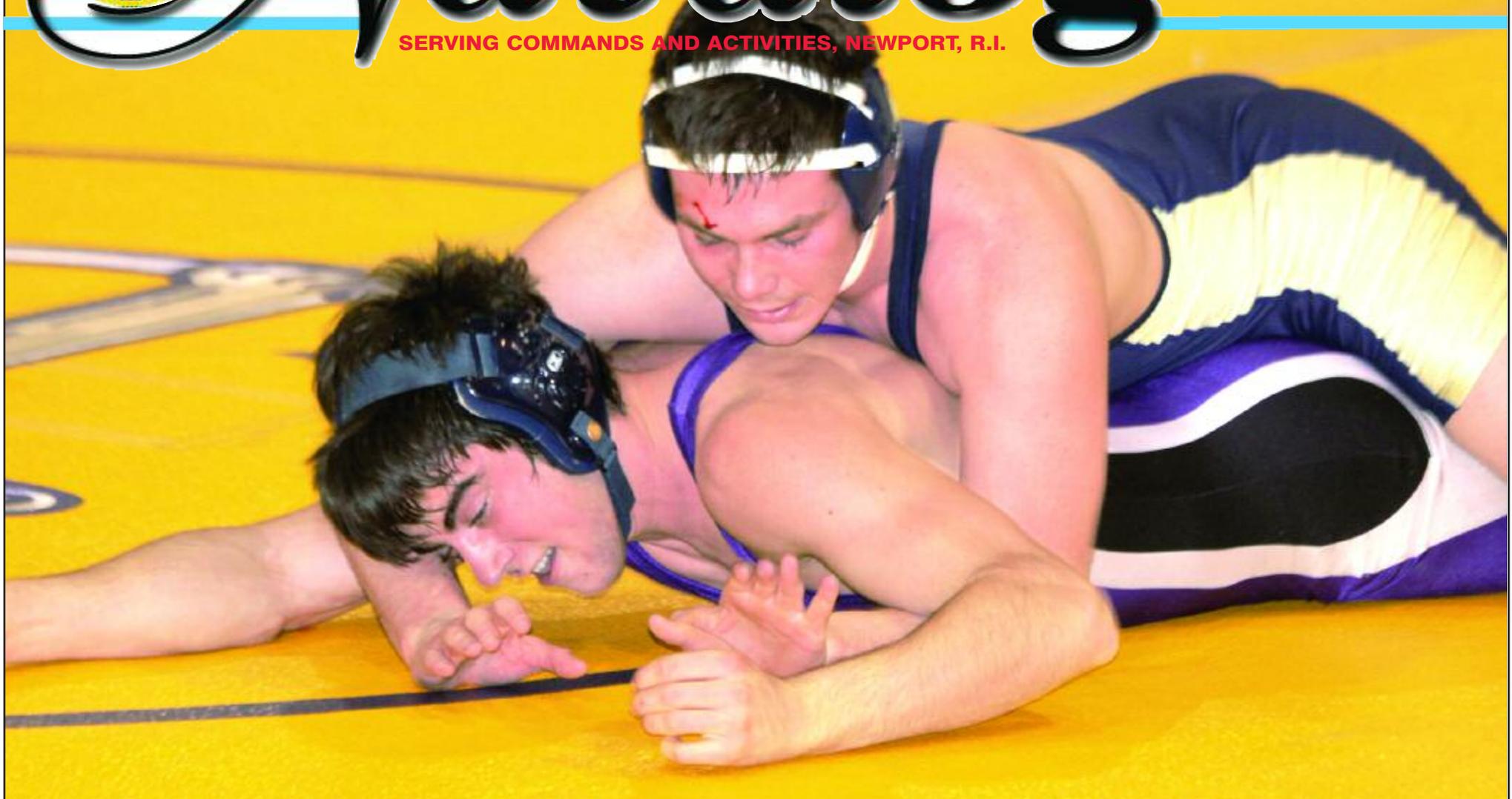
*The Newport*

VOL. 112 NO. 4 JANUARY 27, 2012



# Navalog

SERVING COMMANDS AND ACTIVITIES, NEWPORT, R.I.



Sporting a slight forehead cut, Midshipman Candidate Cody Solari, top, Naval Academy Prep School, grapples with Jim Hall of the University of Massachusetts-Amherst in the 165-pound weight class during a dual wrestling meet last weekend at Gym 302. Solari won by decision. Story, another picture, Page 13.

Jon Dillworth/U.S. Navy photo



## Capt. Davis retires at NSCS

Capt. James D. Davis, Commanding Officer of the Navy Supply Corps School, retires today, capping a 30-year career.

— Page 3



## NHCNE names its top Sailor

A hospital corpsman at the Naval Health Clinic New England is named the command's Sailor of the Year for 2011.

— Page 4



## STARBASE seeks helping hands

STARBASE-Atlantis Newport Academy welcomes volunteers to work with fifth graders in its DoD sponsored hands-on science program.

—Page 9

# First 2012 storm good reminder to take winter safety precautions

It was a long time coming, but southern New England finally got its first blast of the winter of 2012 last Saturday, with 8 to 10 inches of snow in the Newport area.

Because the storm hit on a weekend, NAVFAC Public Works, Newport, plows had unimpeded access to roads and parking lots at Naval Station Newport.

Though this week's warm weather has erased most of the snow, NAVSTA's commanding officer is concerned about reinforcing snow safety for motorists and pedestrians when the next storm hits.

"I think they (Public Works) did a very good job," Capt. Douglas Mikatarian said. "The only call for help I received was from Naval Health Clinic New England when their sander broke, but it seems we got out there for them quickly."

Cmdr. Henry Pierce, Executive officer, said when he drove on base Sunday that NAVSTA roads were cleared much better than downtown.

Some winter reminders follow:

#### Clean your windshield

NAVSTA personnel with base access are reminded about the hazard of driving with windshield obstructions from ice and snow, and unauthorized window stickers.

The Navy Occupational Safety and Health Office (NAVOSH) and the R.I. Division of Motor Vehicles reminds motorists than no signs, posters or other non-transparent material; or dirt, snow or ice should cover the windshield, side and rear windows that obstruct the driver's view of the highway or any inter-



Navalog photos  
**SNOW, above, frosts trees on Coddington Point overlooking Narragansett Bay; and right, the anchor inside Gate 1 overlooking the Naval Station Newport Marina and MWR Sailing Center.**



secting highway.

#### Clean your roof

It is illegal in Rhode Island to drive with any significant amounts of snow or ice on the vehicle's roof, trunk or hood. "Significant" means any amount of accumulation that could blow off in traffic and obscure the vision of another vehicle operator. The exception is natural accumulation of snow while driving in adverse weather conditions.

If stopped, fines could range from \$75 to \$150.

For more information go to the January 2012 NAVOSH Newsgram or call Roger Georgeson at 841-2478.

#### Stock car 'survival kit'

New England winter driving conditions are challenging for motorists and safety should be a top priority, which includes a winter "survival kit" in your vehicle, whenever you are travelling.

Here are some items you should not leave home without this winter:

- Flashlight (batteries)
- Shovel
- Booster cables
- Road flares or warning lights
- Salt, sand or other traction aid
- First aid kit
- Ice scraper/snow brush
- Non-perishable high-energy foods, e.g., non-salt-

**WINTER, Page 14**

# Security exercise to impact NAVSTA

Naval Station Newport Public Affairs

Naval Station Newport will take part in Exercise Solid Curtain/Citadel Shield 2012 (SCCS-12), the annual Navy-wide anti-terrorism command and control exercise taking place March 21-24. Impacts on base operations will begin March 20.

SCCS-12 includes exercising the installation's naval security forces and readiness to continue base operations at heightened security conditions which include gate closures; barrier placements and reduced operations onboard the installation.

As part of SCCS-12, an installation training exercise scenario taking place at Naval Health Clinic New England will be conducted on March 20.

Fleet Forces Command is directing all installations to reduce all operations to mission essential tasks only beginning Thursday afternoon, March 22, through noontime Saturday, March 24.

•All Morale, Welfare and Recreation Department facilities will begin shut-

ting down on Thursday afternoon, March 22, and will remain closed through noon on Saturday.

•All Fleet and Family Support Center operations will close Friday, March 23.

•The Commissary and all Navy Exchange Facilities will begin closing on Thursday afternoon and remain closed until noon on Saturday.

•Personnel Service Detachment Newport and the Joint Property Shipping Office will NOT be open on Friday, March 23 and will resume normal operations on Monday, March 26.

Personnel who are not considered part of their commands' essential staff for minimum operations should plan to NOT enter the installation on Friday or Saturday morning. Check with your supervisors now to make sure you are aware of your status.

Additionally, all individuals in vehicles entering the installation that week should be prepared to show proper identification. Personnel should carry IDs at all times.

## Navalog

**Capt. Douglas Mikatarian**

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

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NAVALOG Editor

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## Quick take

**Name:** Juan Torres  
**Job title:** Security assistant  
**Command/Department:** NAVSTA Security Department

**Home town:** Coamo, Puerto Rico

**Most memorable career event:** Every day

**Favorite duty station:** USS Joseph Hewes (FF - 1078)

**Role model(s):** My grandmother

**Free time activities:** Coach football, basketball

**Favorite book:** *Musashi* by Eiji Yoshikawa and Charles S. Terry, 1995. The classic samurai novel about the real exploits of the most famous swordsman.

**Favorite movie:** *Braveheart*, starring Mel Gibson (1985).

**Favorite TV show:** *Law and Order*

**Favorite sport:** Football

**Favorite team:** Patriots

**Favorite local restaurant:** Officers' Club

**Favorite quote, motto or phrase:** "Mission First, People Always."

**Long-term goal in life:** To keep doing the best I can

**If you could, what one thing would you add to NAVSTA Newport:** As a retiree, I would have to say give Commissary/Navy Exchange privileges to DoD employees.



# Supply Corps School skipper retires

By **LT. CARLOS DIAZ**  
 NSCS Public Affairs Officer

Capt. James D. Davis, the commanding officer of the Navy Supply Corps School (NSCS), will retire today at 1 p.m. in the Wheeler Center after 30 years of Navy service.

The guest speaker for the ceremony is retired Rear Adm. Mike Lyden, who served as 45th Chief of Supply Corps from 2008 to July 2011, and is a friend and mentor of Davis.

Capt. Davis served as the commanding officer of the NSCS during a time of incredible change. He was at the helm relocating the schoolhouse from Athens, Ga., where it had been since 1954 to here onboard NAVSTA Newport last January.

A move he considers extremely beneficial for the supply corps as a whole, "Simply being on base with such a wide range of military rates, ranks and services is, in itself, a training opportunity," he said dur-



Lt. Carlos Diaz/U.S. Navy photo

**Capt. Jim Davis, center, Commanding Officer, Navy Supply Corps School, gets help with a cake-cutting ceremony marking the first anniversary of school's relocation to NAVSTA Newport from Athens, Ga. From left are Ens. Michael Frankhouser; Cmdr. Carl Herron, Executive Officer; and Lt. James Bach.**

ing a recent interview.

"So yes, we'll miss our Navy life and if it wasn't for statutory retirement, we'd probably stay another 30 years...well, maybe not 30," said Davis.

Capt. Davis often jokes that there are only so many

times you can tell the new ensigns about how life was like before email, how you had to rely on snail mail when you were deployed and how you had to number your envelopes so your spouse knew which letter to read first. Times certainly

have changed.

Capt. Davis is a 1981 graduate of State University of New York with a bachelor of science in accounting.

He received his commission here in Newport at the Naval Officer Candidate School in 1982 and went on to attend and complete the NSCS program in Athens.

He currently holds a master's in management from the Naval Postgraduate School. He also completed the Stanford Business School Executive Training Program in 2004.

Capt. Davis's most recent sea duty assignment was supply officer on carrier USS Constellation (CV-64) on which he deployed in Operation Iraqi Freedom.

Prior to assuming command of the NSCS, he was a Chief of Naval Operations Fellow, CNO Strategic Studies Group, Newport.

The Davis family will be moving to Maryland.

"Fair winds and following seas," Capt. Davis!

## NUWC names new technical director

MIDDLETOWN — Mary S. Wohlgemuth of West Greenwich has been named the technical director of the Naval Undersea Warfare Center (NUWC) Division, Newport, effective Jan. 15. She replaces Dr. Paul Lefebvre, who retired last Dec. 31 after 31 years of federal service, including five years as the division's technical director at Newport.

The director is responsible for stewarding NUWC Newport's technical capabilities to nurture science, technology, and innovation; executing human capital strategies and the business operations of the Division; and providing oversight and liaison to opti-



Wohlgemuth

mize national work alignment decisions. One of the DTD's primary responsibilities is ensuring the long-term technical health and stability of the organization by defining what the Division will be in the future

and how the Division can best fulfill Navy needs through its technical capabilities.

During her 28-year civilian career, Wohlgemuth has held a variety of leadership positions of executive responsibility in engineering and management. Wohlgemuth was appointed a member of the federal government's Senior Executive Service in December 2004.

Her prior assignments include Naval Sea Systems Command (NAVSEA) Warfare Centers corporate business executive; director, Executive Management Program Office, deputy assistant secretary of the

Navy, Civilian Human Resources; NAVSEA, and assistant deputy commander, Fleet Logistics Support.

She also previously served in a variety of leadership positions at NUWC Newport, including head of the Torpedo Systems Department, acting director, Weapons Systems Directorate; and acting product area director for Weapons and Vehicle Systems.

Wohlgemuth received a bachelor's in mathematics from Providence College in May 1983 and a master's in public affairs from Indiana University at Bloomington in May 2000.

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**Bravo zulu**



Matt Ellsworth photo

Representing 31 different countries, students of the NSC class get acquainted during a welcome reception held Jan. 18 in Spruance Auditorium lobby, Naval War College.

# 37 in international class receive NWC orientation

By TYLER WILL  
NWC Public Affairs Staff

Thirty-seven Naval Staff College (NSC) students concluded orientation Jan. 18, marking the official start of their six-month intensive study period at the Naval War College (NWC).

Students representing 31

countries attended the formal orientation held Jan. 11-18. During orientation, the students received briefs on American history and culture, government structure, local customs and laws, and other administrative tasks.

According to many of the students, they are quickly getting acquainted with

their new surroundings.

"The friendship, I think is important," said Brazilian navy Cmdr. Claudio Luiz De Lima Martins. "We have new friends from all around the world. We all know each other now and in class we have much time to talk."

NSC Deputy Director Cmdr. John Menke, said the

**NSC CLASS, Page 14**

# Naval Health Clinic names Sailor of the Year for 2011

By KATHY MacKNIGHT  
NHCNE Public Affairs Officer

HOSPITAL Corpsman 1st Class (FMF/AW) Anthony J. Barlow has been selected as the Naval Health Clinic New England (NHCNE) Sailor of the Year 2011.

A native of Hildale, Utah, Barlow enlisted in the Navy in 2005. Upon graduation from Recruit Training Command (RTC) Great Lakes, Illinois, he was meritoriously advanced to E-3 for his leadership, before attending Hospital Corps "A" School, Great Lakes, and Field Medical Service School in Camp Pendleton, CA.



HM1 Barlow

Barlow's first duty assignment was at Naval Medical Center San Diego before deployment as an individual augmentee (IA) to Iraq in Support of Operation Iraqi Freedom in February 2007, having qualified as an Enlisted Fleet Marine Force Warfare Specialist.

In June 2008 he deployed with the 31st Marine Expeditionary Unit (MEU) where he qualified as an

Enlisted Aviation Warfare Specialist while onboard the amphibious assault ship USS Essex (LHD-2). During the 14 months attached to the MEU as Medical Supply LPO and Medical Embarkation Chief, he participated in four operational missions.

Corpsman Barlow transferred to his current assignment at NHCNE in July 2010. He was selected for advancement to first class in January 2011 and currently he is the Leading Petty Officer for the Directorate for Administration and he is assigned to the Plans Operations Medical Intelligence (POMI) Office.

## Go Navy

Cmdr. Henry Pierce, left, Executive Officer of Naval Station Newport, congratulates Boatswain's Mate 2nd Class David W. Gooden who reenlisted for 6 more years during ceremonies at Building 690, last week with his fellow shipmates in attendance. Gooden detached from NAVSTA Newport and will report to amphibious assault ship USS Kearsarge (LHD-3).

Greg Kohlweiss/U.S. Navy photo



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## Announcements

### Voter assistance available

This year is a national election year, and voting is your right as an American citizen.

One voting resource is the Federal Voting Assistance Program (FVAP), <http://www.fvap.gov/>, which publishes factual information on registration and voting laws, with emphasis on absentee voting requirements.

For voting assistance information call Navy Counselor 1st Class Zeporah Dasher, 841-6198, (800) 438-8683, DSN 425-1584, e-mail: [vote@fvap.ncr.gov](mailto:vote@fvap.ncr.gov). DoD guidance is also available, via DoD Directive 1344.10 and NAVADMIN 382/11.

### IRS tax filing help

The 2012 Volunteer Income Tax Assistance (VITA)/Electronic Tax Filing (ELF) programs help service-members, dependents and select retirees (retirees whose earning is less than \$58,000 annually) with federal and state income tax preparation and filing. For information contact Randy Powers at 841-3766, ext. 200. VITA is self-help this year and services will be provided on a walk-in basis.

Also, **Military OneSource** free tax filing service is available to help military taxpayers complete, save and file their 2011 federal returns, with up to three state returns, online free.

Go to: <http://www.militaryhomefront.dod.mil/12038/Newsletters/MHF/265713.html>

H&R Block tax preparers, under Navy contract, have offices at the Navy Exchange, Monday through Friday, 9 a.m. to 6 p.m.; Saturday from 10 a.m. to 5 p.m.; and on Sunday by appointment only. Call (401) 845-6933 to make an appointment.

### Chapel of Hope offices move

While renovations are underway at the Chapel of Hope, the staff has relocated to the second deck of Brett Hall (Building 114) until early summer, Chaplain Lt. j.g. Jonathan M. Henderson, Naval Station (NAVSTA) Newport command staff chaplain, said.

Brett Hall, former home of the Naval Chaplains School on Porter Avenue at Peary Street will be an appropriate refuge for the staff while the chapel continues with extensive renovations that will include fresh paint, new carpets,

electrical upgrades, plumbing upgrades and more.

All of the telephone numbers for the staff will remain the same.

While renovations continue, weekend chapel services at the Chapel of Hope, both Protestant and Roman Catholic, will continue as usual. Protestant services are Sunday at 7:45 and 10:30 a.m., and Catholic Mass is at 9 a.m. Parking is not affected.

For more information, contact the chapel at 841-2234.

### Time for heart check

Go Red for Women Day is Friday, Feb. 3, and the Naval Health Clinic New England Public Health Education department is encouraging women to take a heart disease assessment, My Life Check...Live Better With Life's Simple 7.

With February being heart disease awareness month, you can learn about the state of your heart and what you can do to live better, by just going to, <http://mylifecheck.heart.org> or call 841-6774 for more information.

### Free VA medical care

Combat veterans may be eligible for free medical care through the Veterans Administration after separation from service, if they served in a theater of combat operations or hostilities after Nov. 11, 1998.

There is no copayment during the five-year period after separating from active duty for hospital care, medical services including medications, and nursing home care for any illness that cannot be clinically ruled out as being related to your combat service.

For information, go to [www.va.gov/environagents](http://www.va.gov/environagents), VHA DIR 2008-054, Combat Veteran Health Care Benefits and CoPay Exemption Post-Discharge from Military Service, dated September, 2008; or the nearest VA medical center, vet center, or regional office.

### Galley menu review

The next Ney Hall menu review board will be held at the galley on Tuesday, Jan. 31, at 10 a.m. Commands are encouraged to send a representative to the meeting to assist in developing future menus. If your representative cannot attend, please e-mail your comments and concerns to: [catherine.lim1@navy.mil](mailto:catherine.lim1@navy.mil) or [Janie.english@navy.mil](mailto:Janie.english@navy.mil)

## NAVSTA commended for its 2011 retention

Naval Station (NAVSTA) Newport was awarded the Commander, Navy Installation Commands (CNIC) Retention Excellence Award for fiscal year 2011, it was announced, Jan. 19, in a Navy message.

Twenty-four CNIC commands who met or exceeded the reenlistment and attrition goals were recognized.

NAVSTA Newport earned the annual recognition by achieving the 2011 reenlistment benchmarks established by Vice Adm. Mark Ferguson, Chief of Naval Personnel.

Performance goals included: achieving the following reenlistment rate benchmarks: Zone A: 59 percent; Zone B: 66 percent; and Zone C: 72 percent; achieving a minimum of 85 points on the annual Command Career Information Program Review; and achieving a 100 percent on-time submission of Perform to Serve program applications.

"Retention is ensuring the right information gets to each and every Sailor so they can take advantage of all the options available to them," said NAVSTA Navy Career Counselor 1st Class Zeporah Dasher.

A component of the

Navy's enlisted retention and career development program is the Perform to Serve (PTS) program. "The PTS program provides an opportunity to keep our best Sailors in order to meet the Navy's future fleet and manpower needs," Dasher said.

The PTS program, established in 2003, is an effort to shape the force to improve combat readiness. It encouraged Zone A (0 to six years of service) Sailors to reenlist for ratings with more advancement opportunity. In 2009, the program was expanded to include Zone B (six to 10 year) Sailors.

NAVSTA Newport achieved a 100 percent reenlistment rate for Zone A and Zone C Sailors, achieved a 91 point rating in the annual Command Career Information Program Review, and achieved a 100 percent rating for PTS on-time submission application.

"The goal has always been to ensure our Sailors have the very best opportunities for continuing their Navy career and to provide on-time guidance and counseling so that each Sailor can make the best possible career decisions," said Dasher.

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## Special events

### College reps visit next week

A College Information Session will be held at Building 690, Atrium, on Wednesday, Feb. 1, from 10 a.m. to 2 p.m. to help military with enrollment and to answer questions. Roger Williams University, University of Maryland, University College, University of Phoenix, Coastline Community College and other schools will attend. Call Navy Counselor 1st Class Zeporah Dasher at 841-6198 for information.

### Wine tasting tonight

Enjoy an assortment of wines, hors d'oeuvres and appetizers at the Wine Tasting Event at the Officers' Club tonight from 6 to 9 p.m. Tickets are required and cost \$20 per person and must be purchased today between 10 a.m. and 6 p.m. at the ITT Office, Building 1255.

### Meet Disney characters

The annual Disney Character Brunch returns to the Officers' Club on Sunday, Jan. 29. Enjoy a scrumptious brunch, get your picture taken with a princess or a pirate for free, and have fun at the arts and crafts table.

Brunch seating times are from 10 a.m. to 1 p.m. and cost \$16.95 for adults, \$7.95 for children (3 to 12) and free for children 2 and under.

Tickets are required and must be purchased in advance at the ITT office, Building 1255, today by 6 p.m.

Seating is limited so get your tickets soon. Patrons must have base access to attend.

For more information, call ITT office at 841-3116.

### Join NOSC for coffee

The next meeting of the Newport Officers' Spouses' Club will be Wednesday, Feb. 1, at 9 a.m. at the Espresso Yourself on Thames Street, Newport.

The club meets the first Wednesday of the month for informal coffee gatherings at the Custom House Coffee, Clock Tower Square, at 10 a.m., Portsmouth and the third Wednesday, at Espresso Yourself, 9 a.m. Visit [www.Newportosc.org](http://www.Newportosc.org) for information.

### Forum on NJROTC

The Newport County Council of the Navy League will have a public forum on the Navy Junior Reserve Officer Training Corps (NJROTC) at the Best Western Mainstay Inn, on Feb. 2 at 6 p.m.

The forum is to determine if enough interest exists to start up a NJROTC program at an area high school. Interested parties should contact George Wardwell at



Kelly Conner, MWR file photo

**Olivia Ernest, 3, daughter of Brian Ernest, Navy Gateway Inns & Suites Maintenance, poses for pictures with Sleeping Beauty at last year's Disney Character Brunch at the Officers' Club. The event returns Jan. 29.**

[geoedna@aol.com](mailto:geoedna@aol.com) or 619-3899 for additional information.

### Aviation dinner slated

EAST GREENWICH — The ninth annual Rhode Island Aviation Hall of Fame (RIAHOF) Induction Dinner will be held at the Varnum Armory and Military Museum, 6 Main St., on Saturday, Feb. 4. A cocktail hour and tour of the museum begins at 6 p.m., with dinner and program to follow.

The featured presentation is the Rhode Island Adjutant General and Army aviator, Maj. Gen. Kevin R. McBride.

RIAHOF will honor 10 people. Everyone is welcome. Tickets cost \$50 (\$90 per couple) and can be obtained by emailing [riahof@aol.com](mailto:riahof@aol.com), or logging on the website [www.riahof.org](http://www.riahof.org).

For further information, call (401) 398-1000, or (401) 831-8696, or e-mail: [riahof@aol.com](mailto:riahof@aol.com).

### Upcoming:

**Feb. 3** — Direct Commission Officer Class 12030 graduation, King Hall. Call 841-1171 for information.

**Feb. 3** — Officer Development School (ODS) Classes 12030 graduation, 9 a.m., in Kay Hall. The guest speaker will be announced. The Navy Band Northeast ceremonial band will play appropriate music. Call 841-1171 for information.

**Feb. 5** — Super Bowl XLVI at Lucas Oil Stadium, Indianapolis, Ind., between the New York Giants and New England Patriots. Kick-off time is 6:25 p.m.

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Age: 62, Teacher



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## Better communication can improve marriage

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

Our romantic relationships so often start out comfortable, satisfying and exciting. Along the way we all face challenges, some anticipated and others surprise us. The freshness and the vitality can seem replaced by tedium and disappointment.

FFSC has scheduled a workshop on this problem called, "Communication: For Better or for Worse," on Monday, Jan. 30, from 1-3 p.m.

This workshop surveys factors which push our relationships off-course, and provides ideas and resources for restoring some of our original satisfaction and excitement.

### Here's a look ahead to upcoming workshops:

Jan. 31: Develop Your Spending Plan, 2-4 p.m.

Jan. 25: Homebuyers' Workshop, 6-8 p.m. Purchasing a home is a complex task. Registration is required.

Feb. 1: Exceptional Family Member Program Point of Contact Training 1-3 p.m. For additional information or to register call Lee Hardgrove, EFMP Liaison, NAVSTA, at 841-2148.

Feb. 6-10, Transition Assistance Management Program (TAMP) 8 a.m. to 4 p.m., at the Morale, Welfare and Recreation conference room, Building 656. Registration is required.

## Wings Over America offering scholarships

Wings Over America Scholarship Foundation is now accepting pre-qualification forms for its scholarships.

WOASF, a 501(c) (3) non-profit foundation, annually sponsors more than 40 scholarships ranging from \$2,000 to \$10,000 to students who have chosen to pursue their undergraduate college education.

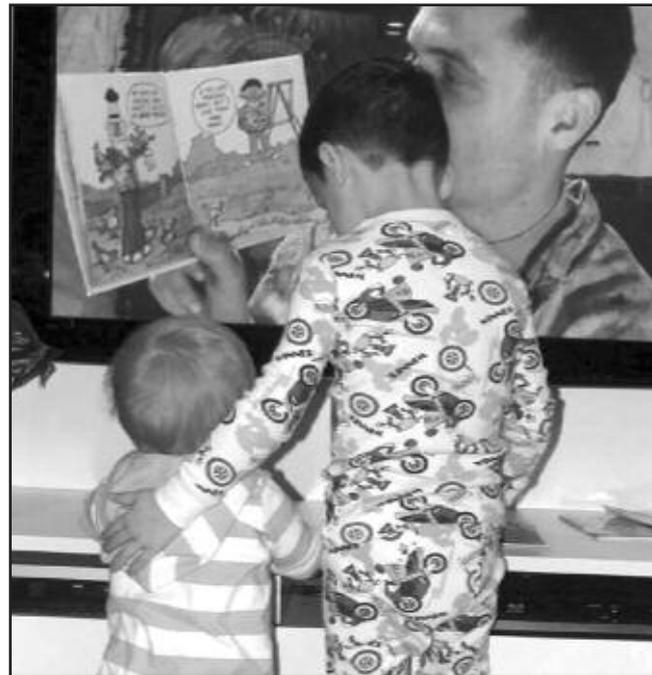
Scholarship recipients are selected on the basis of scholastic merit, community service and extracurricular activities.

Last year WOASF awarded over \$85,000 and this year hopes to award

\$100,000. WOASF is a world-wide organization and has scholars from throughout the U.S. and abroad.

Its mission is to provide college scholarships to dependent children and spouses of U.S. Navy personnel having service in naval aviation commands (carriers, wings, squadrons); officer and enlisted, active duty, retired, honorably discharged or deceased.

For more information on eligibility and application process, visit [www.wingsoveramerica.us](http://www.wingsoveramerica.us) or call (757)671-3200, ext. 2.



Courtesy photo

Two children in the United States watch a video recorded by their deployed father who used the United Services Organization's United Through Reading service at Bagram Airfield, Afghanistan.

## Book readings on video help bridge deployment

By **TECH SGT. VERNON CUNNINGHAM**

455th Air Expeditionary Wing Public Affairs, USAF

BAGRAM AIRFIELD, Afghanistan — Deployment can be hard on a family. It can be even harder for a service member who would normally read his or her children a good night story, but are not around to do so. However, the Pat Tillman Memorial United Services Organization (USO) offers a service to help close that gap.

The program is a cooperative effort between the USO and the federal non-profit organization United Through Reading. It allows overseas personnel to read to their loved ones back home through recorded video.

Cathe Ganley, the United Through Reading coordinator at Bagram Airfield, Afghanistan, said the mission of the USO is to lift the spirit of the troops overseas or away from their family.

"One way we do that is by providing some of the comforts of home," she said. "Some of these comforts include free phone calls to home, free computers and free WiFi. With the United Through Reading Program, we record service members reading a book and send both the book and DVD home to the states so the children, mom, dad, grandma or whomever can read with them whenever they want."

USO patrons can bring their own book or choose from the selection provided. The USO has children's books for young readers and chapter books for older kids. They can read for up to 30 minutes while being recorded. Afterwards, USO personnel will package the book and disc and send them to the address provided by the service mem-

**FAMILY, Page 14**

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# Navy targets substance abuse

**'Who Will Stand Your Watch' aims at Navy Sailors' responsibilities**

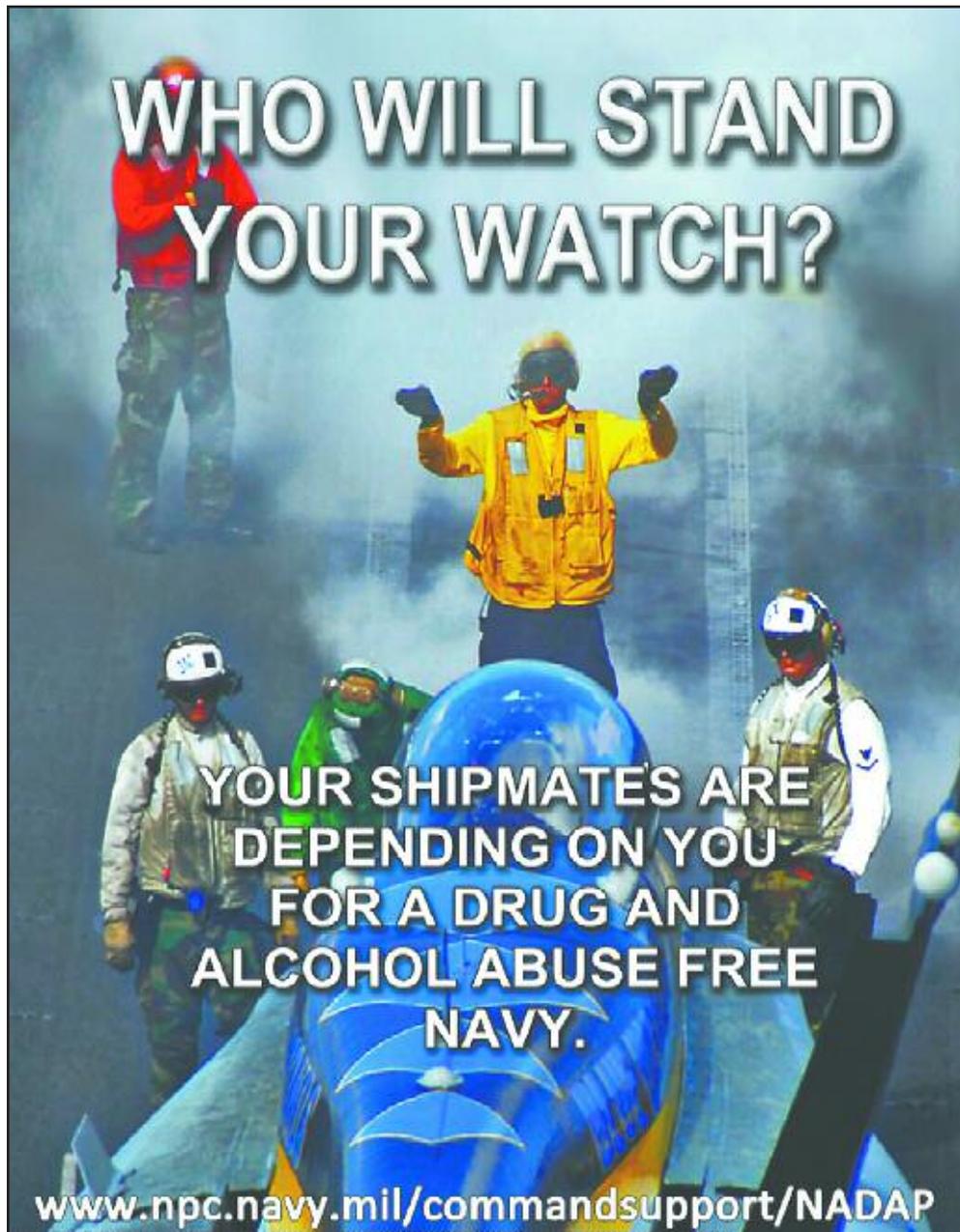
Navy Personnel Command Public Affairs

MILLINGTON, Tenn. — Navy Alcohol and Drug Abuse Prevention (NADAP) office has launched a new substance abuse prevention campaign designed to educate Sailors of the negative impact substance abuse can have on a Sailor's family, shipmates and career, officials said, Jan. 4.

"Substance abuse puts lives and missions at risk, undercuts unit readiness and morale, it is inconsistent with Navy ethos and its core values of honor, courage and commitment," said Dorice Favorite, NADAP director.

The campaign titled, "Who Will Stand Your Watch?" focuses on Sailors' personal responsibility and the impact of their absence, as a result of a substance abuse incident. The campaign uses various communication tactics, which include print media and public service announcements.

The campaign features "real" Sailors in the public service announcements, which were filmed in their workplace to portray the importance of their job and their presence. The PSA's are currently being aired on Direct to Sailor TV.



Courtesy photo  
The campaign titled, 'Who Will Stand Your Watch?' focuses on Sailors' personal responsibility and the impact of their absence, as a result of a substance abuse incident. The campaign uses various communication tactics, which include print media and public service announcements.

# DoN establishes bold energy goals

Throughout the U.S. Fleet and onboard every shore installation in the Navy, projects are being implemented, studies are underway and innovative ideas are being discussed to assist the Department of the Navy (DON) in reaching Secretary of the Navy (SECNAV) Ray Mabus's goals unveiled at the Naval Energy Forum in 2009.

Locally, NAVSTA Newport is engaged in an environmental assessment for the development of wind energy facilities onboard the installation; executing energy saving performance contracts; instituting Leadership in Energy and Environmental Design (LEED) standards in all new construction; incorporating hybrid and electric vehicles into the NAVSTA fleet, and much more. With budget reductions in the future, reducing our operating cost is more important than ever.

*The Newport Navalog* will periodically focus on some of our local initiatives in the months to come. Remember, saving energy is everyone's business. If you have an energy-saving idea you would like to share with public works, email it to [john.reichert@navy.mil](mailto:john.reichert@navy.mil).

Following is a statement issued by SECNAV Mabus outlining his goals in 2009:

So in order to improve our energy security, increase our energy independence, and help lead the nation toward a clean energy economy, the Department of the Navy established the following five ambitious energy goals that will move the Navy and Marine Corps away from a reliance on petroleum and will dramatically increase our use of alternative energy:

—Energy efficient acquisition: Evaluation of energy factors will be mandatory when awarding contracts for systems and buildings.

—Sail the "Great Green Fleet": DON will demonstrate a Green Strike Group in local operations by 2012 and sail it by 2016.

—Reduce non-tactical petroleum use: By 2015, DON will reduce petroleum use in the commercial fleet by 50 percent.

—Increase alternative energy ashore: By 2020, DON will produce at least 50 percent of shore-based energy requirements from alternative sources; 50 percent of DON installations will be net-zero.

—Increase alternative energy use DON-wide: By 2020, 50 percent of total DON energy consumption will come from alternative sources.

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# STARBASE-Atlantis seeks volunteers

STARBASE-Atlantis, in Perry Hall onboard Naval Station Newport, is seeking volunteers who have an hour to spare and would like to make a difference in the life of a child.

For those who are unfamiliar with the STARBASE program, it is a Department of Defense-sponsored Science Technology Engineering and Math (STEM) educational outreach program serving fifth grade students from area public and private school districts.

The STARBASE mission is to raise the interest and improve the knowledge and skills of "at-risk" youth by immersing them in the technical environment of our nation's military installations where they are surrounded by positive role models.

Bringing science lessons to life is the job of the STARBASE-Atlantis Newport educational team which includes the director, Patrick Rossoni, and instructors Lori Henault and Jo-Ann Morra. Together, they pique the students' curiosity, engage them with hands-on inquiry based learning, challenge them to think outside the box, and build their confidence in their own ability to think, to ask questions and



Starbase-Atlantis photo

**Fifth graders in the STARBASE-Atlantis program at Perry Hall, Naval Station Newport, assemble their CO2 cars for racing to study Newton's Three Laws of Motion.**

to seek out the answers.

STARBASE Newport is currently hosting students from the Newport's Thompson Middle School and, for the first time, St. Michael's Country Day School. Other schools or school systems who have already participated this school year, or will do so, are Jamestown, Middletown, North Kingstown, The Cluny School and St. Philomena's School.

Challenging students with "real-world" problems gives them an opportunity to model the work of engineers, using STEM to come up with solutions through communication, team-

work, the scientific method and the engineering design process. After their five-day experience, the students leave STARBASE-Atlantis with a greater understanding of the importance of their education.

Each class attends STARBASE-Atlantis one day per week for five weeks. In these five days the students have a non-stop learning experience.

STARBASE-Atlantis Newport invites guest speakers for the graduation ceremonies held at the end of each session. Commanding officers, executive officers and senior enlisted

personnel on base with a strong STEM background are in high demand as guest speakers.

The organization also has several activities where additional volunteer assistance is needed. Command volunteer coordinators are reminded that STARBASE Atlantis is a Navy Community Service Program and volunteer hours can and should be tracked for record.

If interested in helping at STARBASE-Atlantis Academy Newport, contact Rossoni at 841-4072 or e-mail [Patrick.rossoni@navy.mil](mailto:Patrick.rossoni@navy.mil)

 JANUARY	SUN	MON	TUE	WED	THU	FRI	SAT
<b>GYM 109</b>	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.
<b>POOL 307</b>	CLOSED	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.	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.	9 a.m.-12 p.m.
<b>BOWLING CENTER</b>	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.
<b>LIBERTY CENTER</b>	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.

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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. Classes are taught at Gym 109 as early as 5:30 a.m. and as late as 5:35 p.m., and there are classes seven days a week. There is no need to pre-register; just show up and get fit.

The classes are free for active duty; \$1 for reservists, eligible family members, retired and \$2 for Department of Defense personnel.

Call Gym 109 at 841-3154 for more information.

### Internet Café

(Building 1255, 841-2088)

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

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

### 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.

### 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.

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

#### January events

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

**Tuesday:** Bowl for \$1 per game, 11 a.m. to 2 p.m. League starts at 6 p.m.

#### February events

**Wednesday:** Bowl one game, get one game free 11 a.m. to 5 p.m. The league starts at 6 p.m.

**Thursday:** First game is \$3, second game is \$2, third game \$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 starts at 6 p.m.

#### Super Bowl Sunday, Feb. 5

Wear your favorite football team jersey and bowl for half price.

**Looking for a casual place to get together with friends?** Book a bowling package which includes bowling, shoes and food and drinks for \$10 per person. For more information, call 841-2194.

**Free movies.** Call Seaview Lanes at 841-4293 to see what's playing. The grownups movie tonight at 6:30 is, *30 Minutes or Less* (R) Popcorn and candy are available for \$1 each. The

## Intramural basketball

The Morale, Welfare and Recreation Department Intramural Basketball League standings as of Jan. 19 follow:

Hustlas.....	2-0	ALTIS.....	1-1
NSCS Students.....	2-0	Old Guys.....	0-1
Joint War.....	1-0	ANT Bristol.....	0-1
NSCS Staff.....	1-0	ARMY.....	0-1
Lights Out.....	1-1	Puddle Pirates.....	0-1
ANTIS.....	1-1	MARINES.....	0-2
Old Guys.....	0-1	NUWC.....	0-0
ANT Bristol.....	0-1	Blitzkrieg.....	0-0
ARMY.....	0-1	MAWS.....	0-0
Puddle Pirates.....	0-1		
MARINES.....	0-2		
NUWC.....	0-0		
Blitzkrieg.....	0-0		
MAWS.....	0-0		

#### Results:

NSCS Students def. Old Guys, 52-36

Hustlas def. Lights Out, 46-38

ALTIS def. MARINES, 43-40

Joint War def. ARMY, 31-26

NSCS Staff def. ANT Bristol, 69-43

Lights Out def. Puddle Pirates, 61-36

Hustlas def. ALTIS, 67-36

NSCS Students def. MARINES, 57-34

children's movie on Saturday at 3 p.m. is *Puss in Boots*. (PG)

the DASH eating plan.

— Monday, Feb. 27 – R.I. Blood Center blood drive, 4:30 to 7:30 p.m.

### Special fitness activities

(Gym 109, 841-3154)

• **February is American Heart Month.** Learn about simple and easy lifestyle changes, including eating smarter and healthier that will benefit your heart's health.

—Tuesday, Feb. 7 – Free blood pressure screenings, 6 to 7 a.m. and 11 a.m. to noon

— Tuesday, Feb. 14 – Valentine's Day power cycle party, 4:30 to 6:30 p.m.

Indoor cycling is one of the best ways to pump up your cardiovascular system and keep your heart strong. Wear something red and be ready for a fun ride!

— Wednesday, Feb. 15 – TRX Atomic Push Up, 6 a.m. to 7 p.m. TRX is new suspension training system, take part in a challenge and try to complete 40 reps.

— Thursday, Feb. 16 – Cooking for a Healthy Heart. Find out the latest information on cooking for a healthy heart including

### 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,

This facility is alcohol-free and is only open to active duty military personnel and reservists who are single or unaccompanied.

#### January events

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

Jan. 28 — Wachusett Mountain Ski Trip, sign up early!

Jan. 29 — Texas Hold'em Tournament, prizes, 6 p.m.

Jan. 30 — Ping-Pong Tournament with prizes, 6 p.m.

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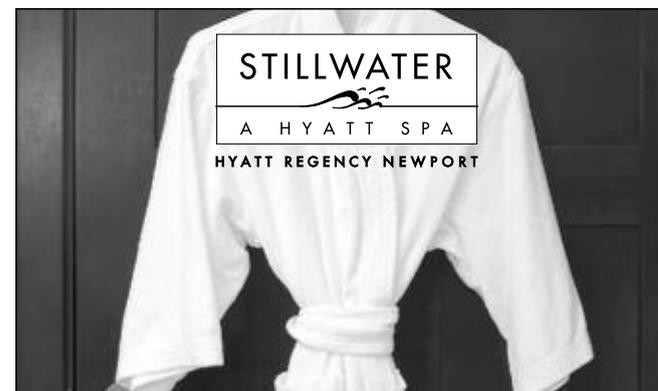
**MONDAY - Trivia with Austin**

**TUESDAY - Karaoke with Erika Van Pelt**

**WEDNESDAY - "Live" Acoustic with Bob Loudin**

**THURSDAY - DJ Dance Party Central!**

**Friday, January 27**  
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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](http://www.afvclub.com) (when booking a reservation use installation No. 163) or stop by the Information, Tickets and Travel Office in Building 1255.

### Enjoy two dinners for price of one

More than 75 Newport County restaurants belong to Dine Out Dinner Club. A book of coupons costs just \$18.50 each, and entitles the user to two dinner entrees for the price of one. Some restrictions are imposed.

For more information, call 841-3116.

### See the P-Bruins play in Providence

Catch all the action of the Providence Bruins at the Dunkin Donuts Center. Vouchers are \$14.50 each and can be redeemed for the best available seats at the box office. Regular admission is \$28.

### Passport photos available at ITT

Are you in a hurry and need a passport photo fast? Then visit the Information, Tickets and Travel (ITT) office in Building 1255. No appointment is necessary. Photos cost \$8 and can be done Wednesday through Friday, 10 a.m. to 6 p.m.

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.

## Naval Station Newport Dining

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

Monday through Thursday, 11 a.m. to 9 p.m.  
Friday, 11 a.m. to 10 p.m.  
Saturday, 4 to 10 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 10 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.

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

Monday through Friday, 9 a.m. to 8 p.m.  
(drive thru window is open 6:30 a.m. to 8 p.m.)  
Weekends and holidays, 8 a.m. to 6 p.m.

### Hewitt Hall Café, 841-4655 (NWC personnel only)

Monday through Thursday, 6:30 a.m. to 3 p.m.  
Friday 6:30 a.m. to 2 p.m.  
Closed on federal holidays.

**Friday, January 27  
6 to 9 p.m. at the O'Club**

**\$20 per person,  
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Get your skis and snowboards in shape for the winter by bringing them to the Outdoor Recreation Rental in Building 656 for a tune-up. The staff at ORR will sharpen and wax them to perfection so your skis or snowboards will be ready to go when you are.

The charge for a complete ski or snowboard tune-up is \$28; hot wax only, \$12; edge sharpening only, \$12; or base only \$12. Ice skate sharpening is \$6.

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Kelly Conner/MWR photo

**Capt. Douglas Mikatarian, upper right, Commanding Officer, Naval Station Newport, poses with 12 pupils in NAVSTA School Age Care (SAC) in the Child & Youth Program who graduated from the Youth Sponsorship Mentor Program last Monday. These young mentors will welcome incoming military students to familiarize them with their school and activities available in Newport. With Mikatarian are, back row, left, Janet McCarthy, school liaison officer; Beth Martin, assistant training and curriculum specialist; and Gina Petrone, youth director. The graduates are Maggie G., Lexi H., Christian I., Usman J., Francis O., Emma S., Dominic B., Elias O., Iris W., Kaleb H., Cody M. and Eli W.**

# HSV Swift Sailors lend hand with customized wheelchairs

**By LT. M. COMER**  
High Speed Vessel-Southern Partnership Station Public Affairs

ANTIGUA, Guatemala (NNS) — The Naval War College's Cmdr. Garry Wright led service members from High Speed Vessel (HSV) 2 Swift in assembling customized wheelchairs with students from California State University at Northridge for Guatemalan children at Hope Haven in Antigua during HSV-Southern Partnership Station 2012 (HSV-SPS 12) earlier this month.

Wright, HVS-SPS 12 mission commander, is temporarily away from the NWC's Assist and Assess Team (AAT) where he is a Fleet observer/trainer and the AAT's lead action officer for Fourth Fleet. He will return to that job in the College of Operational and Strategic Leadership when he comes back to Newport in March.

Nine Army, Navy and Air Force service members assisted the Northridge

physical therapy graduate students and Hope Haven employees assemble and customize 17 wheelchairs.

Hope Haven Guatemala is a three-year-old facility that builds and customizes wheelchairs to be distributed throughout Central America. The facility receives donated supplies and builds and distributes approximately 100 wheelchairs every month. Twenty-eight pallets of donated wheelchair supplies were delivered by Swift as part of Project Handclasp, upon arrival in Guatemala, Jan. 3.

"You can't put children in adult foldable wheelchairs," said Dr. Sheryl Low, professor of physical therapy at Northridge. "Seating patients correctly is especially important in children because they can develop scoliosis and spinal deformities."

The Northridge physical therapy students measured the children and discussed possible diagnoses before deciding on the correct wheelchair for the patient. The patients were fitted to their new wheelchairs and service members helped make the appropriate adjustments to ensure comfort, posture and mobility.

You could see an immediate difference in the posture and demeanor of the children when they were correctly fitted in the wheelchair," said Cmdr. Garry Wright, HSV-SPS 12 mission commander. "When you see a child's life change this much, you realize the impact of the partnerships we are making."

Workers at Hope Haven then spent time working with the families discussing home-therapy techniques.



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## Sports

## Trackmen show skill in Boston

CAMBRIDGE, Mass. – The Naval Academy Prep School track team made a good showing at the Greater Boston Track Club (GBTC) Invitational last Sunday at Harvard University, head track coach Toran James said.

Midshipman Candidate Jeremy Granderson won the long jump at 21-8, plus placed second in the high jump at 6-7, and third in the 60-meter high hurdles.

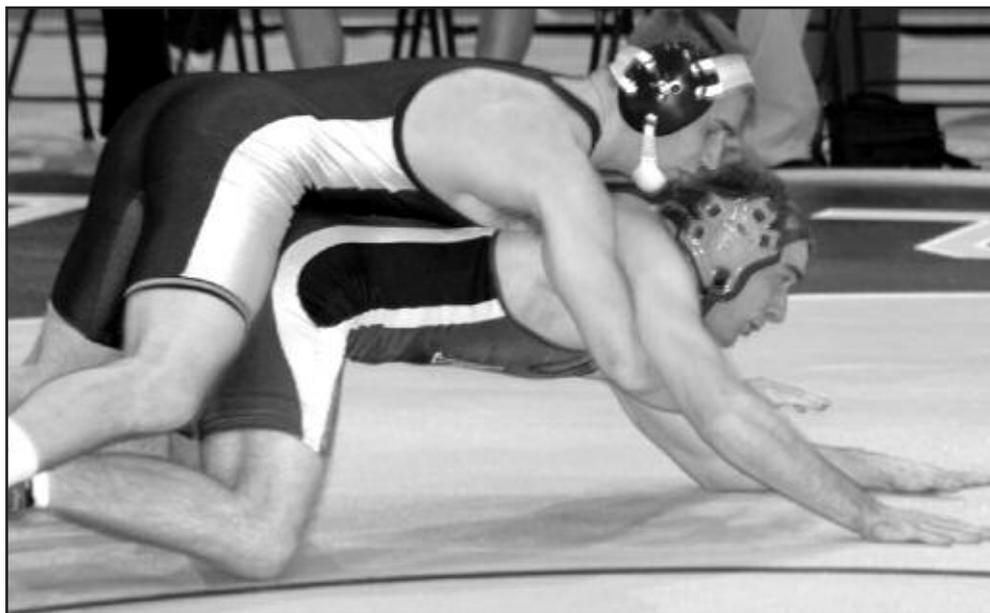
M/C Jiles Maness won the pole vault at 14-9.

M/C Austin Batiste won the open class of the 200-meter run with a 22.4 time. He also came in fourth in the 60-meter dash with a time of 7.13.

M/C Ronold Vaugh and M/C Gary Coleman ran their best times of the year in the 800-meter, with 2:02, finishing eighth and ninth.

The next meet will be the Tufts University Stampede on Feb. 4.

GBTC is a competitive organization with approximately 200 members.



Jon Dillworth/U.S. Navy photo

**Naval Academy Prep School wrestler Trey Duncan gets the upper position on Zach West from University of Massachusetts-Amherst in the 157-pound class in a wrestling meet last Saturday in Gym 302.**

## NAPS wrestlers pin UMass

The Naval Academy Prep School wrestling team dominated the University of Massachusetts-Amherst last Saturday at Gym 302. The final score was 36-3.

Out of the eight matches wrestled, NAPS went 7-1, pinning four of the weight classes.

"They are working hard and improving every day," Coach Mike Grimes said.

Results of NAPS vs.

UMass-Amherst are as follows:

141 lbs: Dakota Beach (NAPS) pins Feynman Liang

149 lbs: Jonathan Clemente (NAPS) pins Zach West

157 lbs: Trey Duncan (NAPS) pins Zach West

165 lbs: Cody Solari (NAPS) decision, 11-2, over Jim Hall

174 lbs: Matt Miller

(NAPS) decision, 7-5, over Stefan Breitling

174 lbs: Matt Cusack (NAPS) decision, 8-2, over Jim Hall

184 lbs: Connor Coyle (NAPS) pins James Williams

197 lbs: Stefan Breitling (UMass) decision, 6-3, over Orris Temple Sloan (NAPS). The next home meet is Feb. 11 against Massachusetts Institute of Technology and Westchester.

## Monroe College, national champs, overwhelm NAPS

The Naval Academy Prep School's womens basketball team put up a good fight, but lost to Monroe College of New Rochelle, N.Y., the 2011 defending National Junior College champion in Gym 302 on Jan. 13, 101-37.

The Mustangs had a sluggish start in the opening minutes and trailed, 4-0. NAPS point guard April Bernal put Navy on the score board first with two beautiful driving layups. But it was the only time that the game was ever close.

NAPS Coach Karen Byrne said, "Monroe lived up to every bit of their billing and then some showing everyone the true champions that they are."

In the first half, the Rams were led in scoring by Bernal with 9 points, Jacque Kennedy with 8, and center Geanna Verde-Burke with 4 points. Kennedy hit twice from beyond the arc.

At halftime, Monroe was up 54-21.

In the second half Monroe used intense full court

pressure and forced turnovers, which led to many transition layups.

"Unfortunately, the defensive effort by the Mustangs proved to be way too much for the Rams to handle which kept us from scoring for an extended period of time," Byrne said. "We were only able to put 16 points on the board in the second half of play."

**Pomfret def. NAPS, 71-49**

Against The Pomfret School of Connecticut on Jan. 9, NAPS held its own in the first half and played solid team defense allowing only three players from Pomfret to score.

On the offensive end in the first half NAPS was led by point guard April Bernal with 11 points, Geanna Verde-Burke with 11 points, and Jacque Kennedy with 4 points.

In the second half, Pomfret came out scoring, especially veteran guard Megan Gaudreau, who hit several from downtown and led all scorers with 24 points.

### POSTALL

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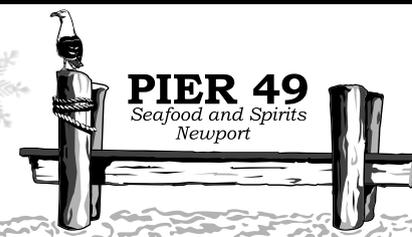
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## The Aft Lookout



NWC Museum Archives photo

Potential electrician's mates are shown 'learning by doing' in World War II. In 1943, the Electrician's Mate School organization was changed to include laboratory work, shops, and experimental equipment. Shown here is Cmdr. H.A. Woodbury, standing left, Service School Officer, inspecting the recent changes with officers from the 16th Battalion.

## Family \_\_\_\_\_ Winter \_\_\_\_\_

Continued from Page 7

ber.

Ganley said the Pat Tillman Memorial USO sends 60 to 100 packages to families in the U.S. every three days.

Master Sgt. Daniel Fish, deployed from the 623rd Logistics Readiness Squadron at Joint Base Elmendorf-Richardson, Alaska, is a first-time user and took the opportunity to read to his two daughters.

"It's a little more personal than me just reading a book over the phone," said Fish. "My youngest daughter is in an accelerated reading program, so now I have a good reason to use the program and read with her. I know that my daughters will enjoy it."

Master Sgt. Santiago Belen, deployed from the Puerto Rico Air National Guard, read to his son, Justin, and daughter, Gabrielle. He read one book in English and the second book in Spanish.

Continued from Page 2

ed canned nuts, dried fruits, hard candy, soup, bottled water

- Extra clothing and footwear, including, mittens, socks, a cap and blankets

Every effort is made to make highways safe but, weather conditions can be unpredictable, placing extra demands on your vehicle and your driving skills. Ensure you are well prepared for winter roads and always adjust your driving speed to existing conditions.

**Walking on ice or snow**  
Pedestrians, both on and off of the base, are reminded to be extra careful because snow banks impede visibility. Additionally, icy conditions can make walking along roadways perilous.

If you must walk along the road because sidewalks are impassable make sure you are walking in the opposite direction of traffic

and make yourself seen. ALWAYS walk at night with a flashlight and reflective clothing.

Recognize the hazards of slippery walks and parking lots. There are several things that can be done to reduce the risk of falling when slippery conditions exist. Here are some helpful hints:

- Be alert for ice-covered areas; especially outside steps leading to the building.
- Wear boots or shoes with grip soles. Slick leather or plastic soles on shoes will definitely increase the risk of slipping.
- Don't walk with your hands in your pockets. This reduces the ability to use your arms for balance if you do slip.
- Take short shuffling steps in very icy areas.
- Don't carry or swing heavy loads, which can throw you off balance.

## NSC Class

Continued from Page 4

students departed for a class study trip to Seattle and found themselves experiencing their first snow day when winter weather hit the West Coast.

"This is my 12th class and to be honest they are all unique," Menke said. "Each class will eventually develop their own class personality."

NSC welcomes two groups of mid-level international naval officers each year. In the summer, one group begins classes in August and are integrated with American counterparts. A second group of students attends a shorter course that begins in January. The curriculum is a condensed ver-

sion of the one-year class and is designed for international students whose navies are unable to allow an officer to study abroad for a full year.

"With a class this size, instructors don't normally see a class personality develop for about the first month," said Menke. "But that said, they are all very friendly to each other and that's very typical of an NSC class."

International Programs were created at NWC in 1956 through the vision of Admiral Arleigh A. Burke to enhance mutual trust, confidence and cooperation among friends and partners.

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This newspaper will not knowingly accept any advertising for real estate which is in violation of the law. Our readers are hereby informed that all dwellings advertising in this newspaper are available on an equal opportunity basis. To complain of discrimination, call HUD Toll-free at 1-800-669-9777. The Toll-free number for the hearing impaired is 1-800-927-9275. In R.I. contact:

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## Navy-wide news

### SEAL Team 6 rescues 2 hostages in Somalia

MOGADISHU, Somalia — The same U.S. Navy SEAL unit that killed Osama bin Laden last year parachuted into Somalia under cover of darkness early Wednesday and crept up to an outdoor camp where an American woman and Danish man were being held hostage. Nine kidnapers were dead and both hostages were freed.

President Barack Obama authorized the mission by SEAL Team 6 two days earlier, and minutes after he gave his State of the Union address to Congress on Tuesday night he was on the phone with the American's father to tell him his daughter was safe.

Obama congratulated Defense Secretary Leon Panetta during the speech on Capitol Hill.

The Danish Refugee Council confirmed the two aid workers, American Jessica Buchanan and Poul Hagen Thisted, a Dane, were "on their way to be reunited with their families."

Buchanan, 32, and Thisted, 60, were working with a de-mining unit of the Danish Refugee Council when gunmen kid-

napped the two in October.

The raiders came in quickly, catching the guards as they were sleeping.

A U.S. official confirmed media reports that the SEALs parachuted into the area before moving on foot to the target. The official said SEAL Team 6 carried out the mission, the same team that killed bin Laden in Pakistan last May. The raid happened near the Somali town of Adado.

The unit is the Naval Special Warfare Development Group, also known as SEAL Team 6. One official said that the team parachuted into the area before moving on foot to the target.

"As Commander-in-Chief, I could not be prouder of the troops who carried out this mission, and the dedicated professionals who supported their efforts," Obama said in a statement released by the White House. "The United States will not tolerate the abduction of our people, and will spare no effort to secure the safety of our citizens and to bring their captors to justice."

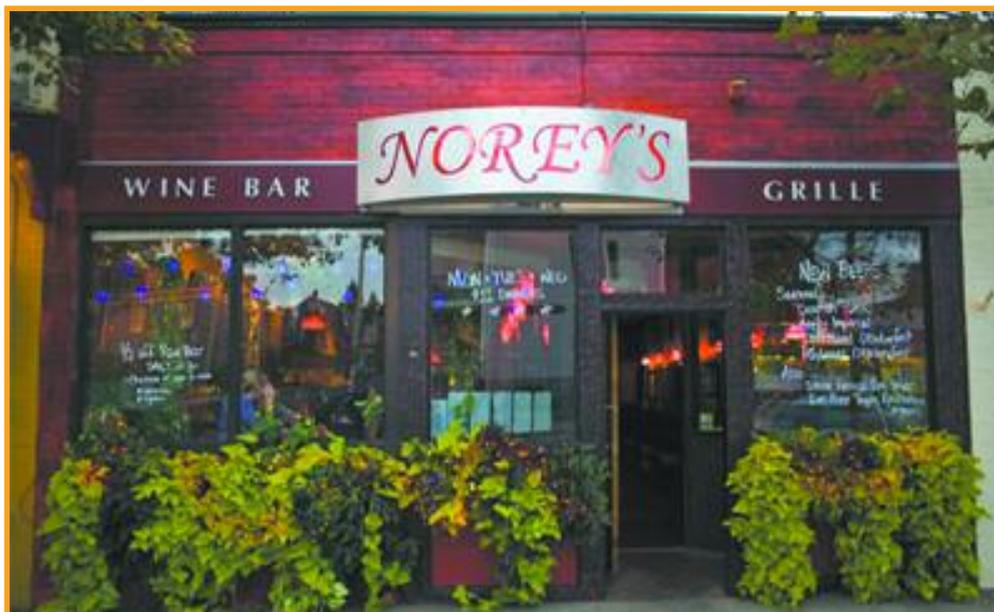
A Western official said the rescuers and the freed hostages flew by helicopter to a U.S. military base called Camp Lemonnier in the Horn of Africa nation of Djibouti.

No other details were released.



Seaman Michael Achterling/U.S. Navy photo

Crew members of frigate USS Constitution, known as Old Ironsides, roll the ship's main topsail in preparation for winter stowage in the ship's sail loft in Charlestown, Mass. The ship in Charlestown Harbor is the oldest commissioned warship in the Navy.



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