



The Newport

Navalog

SERVING COMMANDS AND ACTIVITIES, NEWPORT, R.I.

February 19, 2016 Edition

SPECIAL POINTS OF INTEREST:

ZIKA VIRUS UPDATE FROM BUMED

NWC OFFICER NAMED STATE'S VETERANS AFFAIRS DIRECTOR

FFSC SERVICES TEMPORARILY RELOCATING

Marine Cyber Warriors



ALIMS Class 15080 graduates from the Aviation Logistics Tactical Information Systems (ALTIS) School, Marine Corps Detachment, Newport, are: front row, from left, Lance Cpl. Jonathan Lorenz, Hillard, Ohio; Lance Cpl. Jacob Cress, Chicago, Ill.; Lance Cpl. Adrian Barreto, Bronx, N.Y.; Lance Cpl. Damien Abadia, Annandale, Vir.; back row, from left: Lance Cpl. Chris Larsen, Layton, Utah; Pfc. Dillon Nutter, Nobleboro, Maine; Pfc. Brett Marshall, New Haven, Conn.; and Lance Cpl. Micah Petzold, Millington, Mich.

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MARDET 8—Off and Ready to Add Value to the Corps

By Bob Krekorian
NAVSTA Public Affairs

Taking ownership of their responsibilities will be critical to their success as newly assigned Aviation Logistics Information Management and Support (ALIMS) specialists, Maj. Lawrence Rainey, a Marine Corps Reservist, told members of

Class 15080, Feb. 11, who graduated in a ceremony from the Aviation Logistics Tactical Information Systems (ALTUS) School, Marine Corps Detachment Newport.

Rainey, guest speaker, spoke to the eight graduates, including family members and the student battalion, about how they will be supporting the Marine Air Wing community at their next duty assign-

ment.

“Serve with enthusiasm, get excited,” Rainey said. “While there is lots of learning still to be done, you are a qualified Marine who today joins one of the smallest, most highly qualified communities in the Marine Corps.

The ALIMS community, MOS 6694, consists of 460 personnel.

Rainey, of Portsmouth, R.I., is an engineer at

AROUND THE STATION...

NUWC, and a Cobra pilot who drills with Marine Light Attack Helicopter Squadron 773, Ft. Dix, N.J.

“Graduating means you will become a key member of our Marine Air/Ground team and will be keeping it the best in the world instead of watching it from the school house,” he said.

Class 15080 graduates are: Lance Cpl. Chris Larsen, Layton, Utah; Pfc. Dillon Nutter, Nobleboro, Maine; Pfc. Brett Marshall, New Haven, Conn.; Lance Cpl. Micah Petzold, Millington, Mich.; Lance Cpl. Jonathan Lorenz, Hillard, Ohio; Lance Cpl. Jacob Cress, Chicago, Ill.; Lance Cpl. Adrian Barreto, Bronx, N.Y.; and Lance Cpl. Damien Abadia, Annandale, Vir.

Lorenz was recognized during the ceremony for earning highest academic honors achieving 94.56 percent and for receiving the Peer Leadership Award.

Completion of ALIMS, a 30-week course, leads to the award of MOS 6694. The course provides intensive training on hardware, software, networking, Internetworking and system

administrator skills for the stand-alone information technology systems and assets critical to a Marine Aircraft Group in garrison and while deployed.

“Be part of the Marine Corps as a whole body and know your specific part to play in it,” Rainey said.

Rainey said the Marine Corps is made up of many parts that make up the whole body.

“Some of us our infantrymen, some are pilots, some are maintainers, and some are ALIMS specialists, but we have all been indoctrinated into one Marine Corps, and we all share the same warrior spirit,” he said.

“You are part of the Marine Corps body that supports the mission,” Rainey said.

Rainey said the Marine Air Wing is a community founded on trust and integrity.

“The fact that I am standing before you today is proof that that trust has never been violated,” Rainey said.

“Every time I climb into a Cobra, my family and I trust that each part of the body fulfilled their role.”

Rainey told class members to be

loyal to the truth while facing the challenges that lie ahead.

“There will be times in preparation for an inspection, deployment, or some other major milestone where you will be tempted to cut a corner, or maybe even instructed to cut a corner,” Rainey said. “Don’t take the bait. Lives, your integrity, and the integrity of the wing are at stake.”

Sgt. Simon Bordthausen, ALTIS instructor and class mentor, said he watched their transformation from the raw young Marine into an intelligent and technically proficient MOS 6694.

“With the proper guidance and a good explanation of the big picture they will find that drive they need to succeed,” Bordthausen said.

“Because our MOS community is so small, we are a very tight knit community,” said class graduate Lance Cpl. Abadia. “This course will help me be successful in the Marine Corps as well as in the civilian world.”

Said class graduate Pfc. Nutter, “The staff here did a really good job of preparing us for going out to the fleet.”

CMC's Two Cents...

“I just wanted to thank everyone that put time and commitment into making the Solid Curtain/Citadel Shield exercise a success here on Naval Station Newport. The communication flow between the tenant commands and throughout NAVSTA was outstanding. I witnessed a great deal of teamwork and devotion to getting it right and training like we fight. Well done!”

CMDCM (SW/NAC) Shannon T. Howe, NAVSTA Newport



NAVSTA Public Affairs Office (PAO) Staff:

Office# 841-3538

E-Mail: NWPT_ContactUS@navy.mil

Lisa Rama, PAO

Bob Krekorian, Staff

Alexis Chaung, Staff

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We are always looking for content to share with our community and welcome emailed .jpg images; png formats and word documents—please do not send PDF formatted content.

Operational and Exercise Impacts are often communicated to the public first using the installation Facebook Page sign up NOW at: www.facebook.com/NAVSTANewport and stay informed!

Base Condition Line: 841-2211

AROUND THE STATION...



Gulf Coast Enterprises (GCE) Supervisor **Mary Lou Grant**, left, and GCE food service workers **Kayla Deehanty** and **Shannon Carter** refill chicken, sausage and gumbo soup containers during the celebratory lunch at Ney Hall Galley, Feb. 16, in honor of African American/Black History Month. The observance was planned by Naval Station Newport's Diversity Committee.

Cmdr. Kerry Ebueng, Pediatric Nurse Practitioner, smiles while her husband pins on her new rank during a ceremony held Feb. 11 at Naval Health Clinic New England. **Capt. Rosemary Perdue**, right, Director of Health Services, was the promotion officer.



CMDCM Richard Curtis Jr., director, Senior Enlisted Academy (SEA), delivered opening remarks to the 88 graduates of the SEA Active Duty Course, Class 193, Feb. 12, in Mullen Auditorium, Surface Warfare Officers School.



The Naval Academy Preparatory School competed in the Groundhog Wrestling Tournament at Amherst College on Feb. 7 against 20 teams from the northeast region. NAPS had only 6 wrestlers compete but was very successful only losing 1 match through the tournament – a loss which was later avenged by **M/C Jordan Shinkus**. Left to right: **M/C Jared Prince**, **M/C Michael Smith**, **M/C Timothy Harmon**, and **M/C Alex Benoit**.



PACFLT Hosts 10th Annual Senior Leaders

By Mass Communications Specialist 2nd Class Brian M. Wilbur, U.S. Pacific Fleet Public Affairs

PEARL HARBOR (NNS) -- Senior military leaders from 13 nations gathered at U.S. Pacific Fleet (PACFLT) headquarters in Hawaii for the 10th annual **Naval War College Combined Force Maritime Component Commander (CFMCC)** Flag Officer Course, Feb. 4-10.

The 22 participants of this year's CFMCC represented Australia, Bangladesh, Chile, India, Indonesia, Japan, Malaysia, New Zealand, Peru, Philippines, Republic of Korea, Singapore, and the United States.

"I hope you took away from this course a better understanding of one another's perspectives, and with that, relationships that you can turn to when necessary and engage in productive dialogues that result in effective solutions to shared regional challenges," said PACFLT Commander Adm. Scott Swift.

The Naval War College facilitated the weeklong course which gives flag-

level officers the opportunity to network with one another and strengthen bonds resulting in international military leaders who can work together more efficiently.

"The challenges in the maritime domain are getting more complex by the day and you can see the nature of the challenges are such that a single maritime nation cannot address them solely on their own," said Nirmal Verma, a facilitator from the Naval War College and former commander of the Indian Navy as its chief of the naval staff. "This is a great opportunity for participants to meet their partners from across the region; different countries, different navies and a great opportunity to network and understand the challenges that face this region."

CFMCC participants heard lectures on maritime security and took part in open-forum discussions to create improved understandings between the numerous viewpoints involved in a combined force.

"From a long-term perspective, CFMCC offers me the opportunity to

meet a lot of my counterparts at the flag level and build on our relationships," said Capt. Mal Wise, a Royal Australian Navy commodore and the maritime component commander for the upcoming Rim of the Pacific (RIMPAC) exercise. "I will be the RIMPAC CFMCC for 2016 and so from that perspective alone, this CFMCC course is a great opportunity to expand my thoughts and get an idea of how it's all going to function for the RIMPAC CFMCC commander and staff."

The course helps flag leaders from other countries gain a better understanding of how the U.S. Pacific Fleet operates and exposes them to the views of senior leaders such as Swift and Chief of Naval Operations Adm. John Richardson.

The value of the relationships built during this course is manifested many times a year, whether through operations and exercises, flag-level engagements or in response to natural disasters.

The Alliance Française of Newport Sponsors Program About Roman Architecture in France

The Alliance Française of Newport will host a Program titled "Roman Architecture in France" on Sunday, March 6, 2016 at The Portsmouth Free Library, Program Room, 2658 East Main Rd., Portsmouth, RI from 2-4 p.m.

Matthieu Delafoy, Commander in the French Navy and student at the Naval War College, will discuss the Romans' lasting legacy of amphitheaters, aqueducts, temples, forums, arches and baths in France. France, known as Gaul at the time, was part of the Roman Empire from 58 BC until the mid-5th century AD.

The program will be in French. Questions will be in English. This is a free event sponsored by The Alliance Française of Newport and is open to the public.

The Alliance Française of Newport has been part of an international organization for over 60 years dedicated to the study of the French language and to promoting cultural exchange. Members of the AFN participate in conversation groups, cultural events such as French Film, art gallery and museum events as well as lectures about French culture and history. Fluency in French is not re-

quired. Native French speakers are delighted to help beginners and those whose French has gotten a little rusty.

(NWC International Students are an active part of our community throughout their time here at the Naval War College—Viva la Difference!)



AROUND THE STATION...

For Navy Band Musicians, Music Bridges Gap to Underserved Students

By Musician 3rd Class April Griffin
Navy Band Northeast

Navy Band Northeast's "Crosswinds" woodwind group, under the leadership of Musician 1st Class Julia Walton, recently returned from a successful performance tour of New York City area schools.

The four-member ensemble visited six schools, Feb. 1-3, performing for over 1,200 students and faculty. Area schools visited included those in the Bronx, Queens, Long Island, and Brooklyn.

Students in these areas typically represented low-income communities

and households, most of whom have never met an active duty service member face-to-face. The opportunity to play for these students is one that Navy Band Northeast's members never take for granted.

According to Walton, "Sharing our love of music and our roles as Navy musicians was very rewarding. The students were highly engaged and appreciative of our presence."

Ensembles within Navy Band Northeast such as "Crosswinds" enhance the band's mission as goodwill ambassadors, representing the men and women who serve around the fleet, abroad and at home, through

their professionalism and musical service.

Crosswinds members include Walton (Unit Leader/Bassoon), Musician 3rd Class Natalie Beard (Oboe), Musician 3rd Class John Waltman (Clarinet), and Musician 3rd Class Kyle Phipps (Flute).

Navy Band Northeast, comprised of 30 members, under the direction of Lt. Gregory Fritz, serves an 11-state area of responsibility and is one of 11 fleet bands around the world. On location with the band visiting area students were members of Navy Recruiting District New York.



Photo by MCC Travis Simmons, NRD New York

Navy Band Northeast Crosswind's quartet perform for students at Westbury High School, Long Island, N.Y. during a recent three day tour of New York city area schools. Westbury was one of six schools visited by the quartet during their road tour Feb 1-3. Navy Band Northeast members routinely visit schools throughout our own local area to hold music clinics and special event concerts—BZ NBNE!

AROUND THE STATION...

School Age Care Program Holds Public Presentation Competition

By Bob Krekorian
NAVSTA Public Affairs

Ten pre-teens who attend the School Age Care (SAC) program at Naval Station (NAVSTA) Newport demonstrated their public presentation skills, Feb. 12, before a panel of judges who will select finalists to compete at the regional Rhode Island 4-H Club Program skills competition, March 5, at the University of Rhode Island.

The performers are all members of the Anchors Away 4-H Club that is affiliated with NAVSTA Newport's Child and Youth Programs (CYP).

They selected from one of four presentation types: public speaking, a talk without visual aids; demonstrations, a showing how to do something; illustrated talk, a presentation with visual aids; and creative communication, a skit or singing.

Amongst the performers were two singers; a presenter who demonstrated how to make a sock snowman; and a drama group of seven who presented a scene from the musical

Annie.

Receiving the highest scores were the drama group and the snowman presenter. They will perform at the 4-H statewide competitions next month.

"We are teaching them and giving them special skills to effectively deliver a topic," said Tanya Green, CYP program assistant. "This will help them develop their character and leadership skills."

Directing the Annie skit was CYP program assistant Andrew Riley who has a background in theater.

"Drama helps to bring out their confidence and talent," said Riley. "It's good for developing self-expression."

Riley said that one of the biggest fears adults have is public speaking.

"Pre-teens don't have this fear about public speaking," said Riley. "Children just tend to go for it and are eager to do things."

Judging each of the four presentations were: NAVSTA Command Master Chief Shannon Howe, Culi-

nary Specialist Chief Jason Cole, and 4-H volunteers Becky Silveira and Bonnie Demoranville.

"The purpose of the public presentations program is to help the youngsters grow as speakers and leaders from their experiences with the 4-H Program," said Heidi Wright, University of Rhode Island, 4-H Club military partnership coordinator.

SAC is a Morale, Welfare and Recreation Department program that offers before and after school care for children, ages five through 12, of assigned active duty, DoD civilian employees and DoD contractor personnel. SAC is affiliated with the 4-H Club of Rhode Island and the Boys and Girls Clubs of America. Approximately 75 students are enrolled in SAC.

4-H was considered, for many years, an agricultural program for the children of farmers. That changed in the 1970's when urban 4-H Clubs started to grow with an additional focus on science, engineering, technology, and health.



At left, pre-teens from the Child and Youth Programs, School Age Care program, at Naval Station (NAVSTA) Newport, prepare to do a scene from the musical "Annie." The cast, all members of the Anchors Away 4-H Club, were selected as finalists, Feb. 12, to compete in the statewide 4-H Club public presentations contest on March 5 at the University of Rhode Island, Kingston.

Photo by Bob Krekorian, NAVSTA

BRAVO ZULU, SHIPMATES!



Hospital Corpsman **Jasmine Tanaworawid**, center, currently working at the clinic inside King Hall, was named the Naval Health Clinic New England (NHCNE) Shipmate of the Month for January during a ceremony held Feb. 12 at NHCNE. **Hospital Corpsman 1st Class Nettie Gordon**, left, presented the award on behalf of the Fleet Corpsman Petty Officer Association. Also nominated was Hospital Corpsman **Adriana Haws** from Dental.



Photo by Kathy MacKnight, NHCNE Public Affairs



U.S. Naval Academy (USNA) Superintendent **Vice Adm. Ted Carter**, awarded **Yeoman 1st Class Konstantine Rudenko**, right, currently assigned to the Naval Academy Preparatory School, with the U.S. Naval Academy Sailor of the Quarter Award during a ceremony held Feb. 8 at USNA.

U.S. Coast Guard Cutter Juniper's Machinery Technician **Chief Virgil Collins** (left) awarded Sailor of the Quarter awards to two outstanding shipmates onboard the Cutter during a ceremony held on Feb. 12. **Seaman Koreena Hawkins**, center, and **Electrician's Mate 1st Class Robert Kinman** were both recognized for their hard work and devotion to duty.



Photo by Lt. j.g. Margaret Lassiter, USCG

The Development of Strategic Bombing

By John Kennedy, NWC Museum

The topic of strategic bombing is one normally associated with operations during World War II. In fact, as presented by Geoffrey Rossano at the Eight Bells Lecture on Feb. 11, the origins of such a program can be found at the end of World War I.

Mr. Rossano co-authored with Thomas Wildenberg *Striking the Hornets' Nest: Naval Aviation and the Origins of Strategic Bombing in World War I*, a well-researched book and an excellent follow-on to his previous book *Hero of the Angry Sky: the WWI Diary and Letters of David S. Ingalls, America's First Naval Ace*.

The evolution of the airplane as a tactical weapon grew exponentially during the First World War. By the time the United States entered the war, the French and the British had surpassed the United States as industry leaders in aircraft development; therefore, the U.S. was forced to rely

upon them when it entered the war in 1917.

The Royal Navy began to use the aircraft as a reconnaissance tool, scouting out the German fleet and particularly the German submarines. Once spotted, the location of the submarine had to be relayed back to the shore base and then re-transmitted to the ships at sea, who could then act upon the information.

This was quite ineffective and led to the arming of the aircraft with bombs. Lack of effective bomb sights and the inability to carry large bomb loads led to limited success. The race was on; however, to develop the capabilities and this thinking led to the thought of using the aircraft for more offensive purposes.

One such idea was to do strategic bombing of Germany. Logistic and personnel delays prevented the plan from being implemented prior to the Armistice. One of the planners of the strategic role of aircraft for the U.S. Navy, Robert Lovett, would go on to become a special assistant for air affairs to Secretary of War Stimson and

then assistant secretary of war for air during World War II. He would not forget the value of concept and would be instrumental in its implementation against Germany and Japan.

The lectures begin at noon and last for one hour and are held on the second floor of the Naval War College Museum. The last 15-20 minutes are given over for audience members to ask questions. These are brown bag events and open to the public.

Individuals without installation access should call the museum, 841-4052, at least five working days in advance for installation access information.

On Feb. 25, the Eight Bells Lecture will have *The Great Siege of Malta: The Epic Battle between the Ottoman Empire and the Knights of St. John* by Bruce Ware Allen. This is a telling of the Muslim invasion of Malta when the Ottoman empire of Suleiman the Magnificent sought to crush the Knights of St. John and open a way to invade Sicily, Italy, and beyond.

A MOMENT OF SILENCE...

Photo # NH 103826 Admiral James L. Holloway, III, congratulates MCOPN Select Robert Walker, June 1975



“Shipmates and Navy families, It is with a heavy heart that I report the passing of our Navy's third Master Chief Petty Officer of the Navy (MCPON), Robert "Bob" Walker. He passed away peacefully at 5:15 p.m., Feb. 15, with his wife and family members by his side. Theresa and I join the Navy in sending our deepest sympathies to MCPON Walker's wife, Fran, and their family.

Very Respectfully,
Master Chief Petty Officer of the Navy
(MCPON)(AW/NAC) Michael D. Stevens

(Editors note—This photo and text were taken off of MCPON Stevens' Facebook Page earlier this week—the photo is from June 1975 and shows Admiral James Holloway III congratulating then MCPON “select” Walker)

Sound Off: Should military spouses speak out on politics?



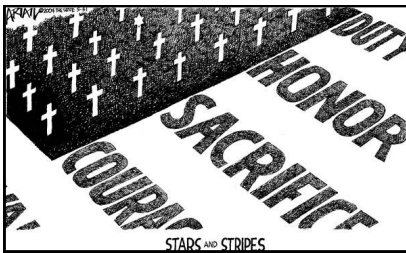
Lisa Smith
Molinari

On bases around the US, military officials have released guidance on what military folks can and cannot do during this primary election season, citing the laws restricting partisan activity and giving special instructions on social media.

Embarrassed at my ignorance after 22 years as a military spouse, I wondered, “What are the applicable laws anyway? Do any of them apply to me? Did I break any rules when I sheepishly placed that bumper sticker in my minivan window back in 2012?”

I knew some research was in order.

Thomas Jefferson led the first effort to prohibit federal employees from influencing the votes of others, but it wasn’t until The Hatch Act was passed in 1939 that such restrictions were made law. Although the act doesn’t specifically apply to military personnel, Department of Defense Directive 1344.10 governs “Political Activities by Members of the Armed Forces,” and states that active duty military members may not run for office, participate in partisan political campaigns or speeches, serve as officers in political groups or clubs, march in partisan parades, promote political fundraising events, attend partisan events as representatives of the Armed Forces, or post large political signs or banners in yards or on cars.



Although, small bumper stickers are permitted ... whew!

Furthermore, the directive also prohibits posting, liking, or sharing of partisan information on social media without an appropriate disclaimer in

the post stating that “the views expressed are not those of the DoD.” And no matter the venue, if commissioned officers use “contemptuous words” against the President, Vice President, Congress, the Secretary of State or other political leaders, they are subject to court martial under 10 USC Section 888.

While none of these legal restrictions apply to military spouses, I still wondered, “Do military spouses have an unwritten moral or ethical duty to limit political expression?”

I posted the question on social media and got mixed responses. Several military spouses stated that they chose to keep their political opinions to themselves, but attributed their privacy to good taste rather than any obligation to their active duty spouse.

“We are each entitled to our opinions,” one spouse commented, “but, we are not entitled to act like jerks.”

“Decorum and free thought are not mutually exclusive,” another spouse responded.

While another commented that “rarely does respectful dialogue marry with social media,” she also acknowledged that military spouses are impacted by legislation regarding pay, benefits, and troop movements; and “... having the spouse stand up to speak in their husband’s or wife’s stead is only a natural inclination.”

One military spouse thickened the plot by asking whether ethics gets “a little tricky” when a military spouse publicly opposes an operation his or her spouse is currently engaged in such as the US missions in Vietnam and Iraq.

Jeremy Hilton, a military spouse, veteran, and military families advocate added his two cents, referring us to a 2013 piece he wrote for Spousebuzz.com about military spouse advocacy: “While it’s always important to

pick your battles, I for one have no intention of taking a bite out of a crap sandwich just because DoD tells me it tastes good.”

With the discussion’s ante upped, Navy spouse Lori Volkman blew us away with an inspiring story.

Practicing attorney, founder of Military Spouse JD Network, and co-organizer of the military spouse political advocacy training group Homefront Rising, Volkman told us of 12 military spouses (including Hilton, above) who took action in December 2013 against deep military benefits cuts in the Bipartisan Budget Act. The grass-roots movement known as #KeepYourPromise, went viral, garnering 16 million Twitter views, 100,000 Facebook fans, main stream media coverage, and celebrity support.

As a result of those 12 military spouses speaking up when their service members couldn’t, legislators repealed the military pension cuts in the Bipartisan Budget Act and #KeepYourPromise has become a legislative watchdog for military families.

“The moral of the story is this: If we had not spoken, who would have?” Volkman commented, and, ironically, we all took a collective moment of social media silence.

But don’t expect military spouses to be quiet for long.

Whether written in polite letters to congressional leaders, blasted in all caps over social media, or communicated in the powerful silence of the voting booths, the voices of military spouses will ring through, loud and clear.

Special Announcement—Feb 19-26

The Fleet & Family Support Center will be relocating Feb. 19 so that Public Works can have uninterrupted access to their building (#1260) to conduct site work. The staff will be located in both the Harbor Island Conference Center and in building 690. Their operations will continue as normal and service to customers should not be impacted.

Leadership expects the relocation will be for one week but we will keep everyone informed of the progress. Call 841-4875 for more information. All classes scheduled for next week will be held at the Harbor Island Conference Center (bldg. 685) just behind the Navy Federal Credit Union ATM on Coasters Harbor Island.

The Sexual Assault Prevention Response Coordinator can still be reached at (401) 450-2327 or by calling 841-3072.

Military Saves Program Encourages Families to Save

From Americasaves.com

Military Saves is a national campaign to persuade, motivate, and encourage military families to save money every month, and to convince leaders and organizations to be aggressive in promoting automatic savings.

The campaign's purpose is to develop a military command climate that supports sensible financial behavior by focusing on financial literacy education, by supporting available savings products, and by encouraging service members and their families to take action. Fleet and Family Support Centers (FFSC) on military installations worldwide will be participating in the 2016 Military Saves Week Campaign, from Feb. 22-26.

The best way to prevent setbacks is to be prepared. An emergency fund is one of the best ways to do this. Try socking away a little bit every week - any little bit

helps. Put this money in a separate account. You can even have it automatically transferred from your checking to savings account.



Your initial goal should be to save \$500 - \$1000 in your emergency fund. Then when something unexpected comes up, like your car breaking down, you can get it fixed without adding to credit card debt. Eventually, you will want 3-6 months worth of expenses. This

will help you to be prepared should anything more drastic happen, like losing your job.

In the world we currently live in, this is a very real and grim scenario and we all should take the necessary steps to make sure we are prepared.

After you establish your emergency fund, start making an impact on your debt. Put as much of the extra cash you have after you pay your essential bills into your debt. You can create extra cash by spending less so it is very important to take a hard look at where your money is going.

Gourmet coffee? Clothes and shoes you don't need? Dining out?

Need help? Make an appointment with your Newport Fleet and Family Support Center financial counselor at 841-2283 or tap into all of the free resources available 24/7 at www.MilitaryOneSource.com.

Military Saves Weeks—Naval Station Newport personnel have access to our own Fleet & Family Support Center financial counselor— Mr. Danny dela Dingo. Danny is a Work/Family Life Specialist who offers assistance that include ways to plan for a great retirement and how to be ready for those “rainy days” that befall us all in life. All Fleet and Family Support Services are available for active duty & dependents of all of the commands, retirees and DoD employees (although active duty have priority). There will be Military Saves Week tables and events taking place all week—stay tuned to www.facebook.com/NAVSTANewport and save \$\$\$\$

MORALE, WELFARE & RECREATION



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OFFICERS' CLUB, BUILDING 95

OPEN TO ALL PATRONS WITH BASE ACCESS

Kitchen closes an hour before closing time.

WEEKLY SPECIALS: Appie Hour specials are 4-6 p.m. & dinner specials 5-8 p.m.

Weekly specials and special nights are not available for take-out

MONDAY-FRIDAY: Winter Warmer Lunch Special is back by popular demand! Enjoy a complimentary cup of piping hot soup with any sandwich, burger or entrée purchase.

MONDAY: *APPIE Hour Special:* Complimentary Cheese & Crackers, with a purchase of a beverage. *Dinner Special:* Crazy Burger Monday, all burgers, \$6.00 each.

TUESDAY: *APPIE Hour Special:* Half priced appetizers! *Dinner Special:* Seaside Trio, Stuffie, Popcorn Shrimp & Miniature Fish Sandwich \$14.00.

WEDNESDAY: *APPIE Hour Special:* Appetizer Combo, Nachos, Quesadilla & Jalapeño Poppers \$8.00. *Dinner Special:* Surf & Turf - 6 oz. Bistro Steak paired with 3 Grilled Shrimp, served with potato & vegetable \$16.00

THURSDAY: *APPIE Hour Special:* Cup of New England Clam Chowder & half order of Calamari \$7.50. *Dinner Special:* Enjoy lobster served your style Traditional Boil OR Lazy Man Style, served with seasonal starch & vegetable.

**Below market dinner prices.

FRIDAY: *APPIE Hour Special:* Wing Buffet! Choose from Buffalo, BBQ, Garlic Parmesan, Teriyaki or Sweet Chili \$6.00. *Dinner Special:* Prime Rib, choose from 12 oz. Ensign, 18 oz. Captain or 24 oz. Admiral Cut, all served with potato & vegetable.

SATURDAY: 50% off all entrées* from 1700-2000. (*Entrées are those items listed under "Entrées" on the dinner menu.)

RECREATION CENTER, BUILDING 656

ENLISTED CLUB

OPEN TO ALL PATRONS WITH BASE ACCESS

Kitchen closes an hour before closing time.

ALL HANDS LUNCH

Open to all base patrons! Order lunch in the E'Club or Seaview Lanes, weekdays starting at 11 a.m.

MONDAYS

Two Chili Cheese Hot Dogs with baked beans \$5.25, 11 a.m.-8 p.m.

TUESDAYS

Sloppy Joe with fries or chips \$4.00, 11 a.m.-2 p.m. Receive a free fountain soda with your lunch 11 a.m.-1:30 p.m.

WEDNESDAYS

All-You-Can-Eat - Pizza & Salad \$7, 11 a.m.-1:30 p.m. \$5 pasta dinner 5 to 8 p.m.

THURSDAYS

All-You-Can-Eat Taco Bar \$6.75, 11 a.m.-1:30 p.m. Chicken dinner \$7, 5-8 p.m.

FRIDAYS

BBQ Pulled Chicken Sandwich with chips or fries \$5, 11 a.m.-3 p.m. Build Your Own Burger - up to four toppings for \$7, 4-9 p.m.

SUNDAYS

\$5 football food specials, 1-7 p.m.

RECREATION CENTER, BUILDING 656

SEAVIEW LANES BOWLING CENTER

OPEN TO ALL PATRONS WITH BASE ACCESS

Kitchen closes an hour before closing time.

REGULAR RATES

Bowling \$3.50** Shoe Rental \$2.25**
Interactive Video Bowling \$2-\$3.50

XTREME BOWLING

Music, flashing lights, everything glows in the dark \$4** on Saturday nights 8-11 p.m.

MONDAYS

Active duty military bowl for \$1 per game**
11 a.m.-8 p.m.

TUESDAYS

Free shoe rental (save \$2.25), 11 a.m.-8 p.m.
Bowling league starts at 5:30 p.m., limited lanes.

WEDNESDAYS

Bowl one game**, get one game free 11 a.m.-5 p.m. Bowling league starts at 5:30 p.m., limited lanes.

THURSDAYS

1st game** is \$3, 2nd game is \$2, 3rd game** is \$1. All three games must be bowled at one time for special pricing, 11 a.m.-8 p.m.

FRIDAYS

Bowl \$2 per game** 11 a.m.-5 p.m. Bowling league starts at 5:30 p.m., limited lanes.

SUNDAYS

Bowl \$2 per game**. Anyone 55 and older bowls for just \$1 per game** (valid ID required).

MONDAYS-FRIDAYS

Children 18 and under bowl for \$1 per game**
11 a.m.-3 p.m.

FEDERAL HOLIDAYS

Bowl for \$2 per game**.
**per person

OUTDOOR RECREATION CENTER

20% off snowshoes for the month of February.

PASSPORT PHOTOS

A set of two photos for \$8 at ORR during normal hours of operation.

MWR STORAGE & CAR LOTS

To rent a spot, Call (401) 841-2194 to make an appointment. Payments may be done at Seaview Lanes during normal hours of operation.

ORDER ON OUR WEBSITE

DineOnTheGoMidlant.com



or download
the app!



BUILDING 656
NAVSTA NEWPORT, RI

Recreation Center, Building 656

Order online or from our app...pick-up at Seaview Lanes or get it delivered (on base only)!

ORDER ONLINE HOURS

Monday-Thursday 4-7:30 p.m.

Friday 4-8:30 p.m.

Saturday 1-9 p.m.

Sunday 1-7 p.m.

Federal Holidays 12-5 p.m.

DELIVERY HOURS

Friday 4-8:30 p.m.

Saturday 1-9 p.m.

Sunday 1-7 p.m.

On base delivery only!



POWERED BY: ChowNow

GO Tickets

TICKETS ARE AVAILABLE AT
SEAVIEW LANES BOWLING CENTER
OR LEISURE BAY COFFEE SHOPPE
DURING REGULAR HOURS OF
OPERATION

Island Cinemas - \$7.75 each
(also available at the John H. Chafee Fitness Center & America's Cup Café)

Newport County Dinner Club -
\$18.50 each 2-for-1 dinners
(lunches & brunches too) at
over 70 great restaurants!

**Box office hours
at Seaview Lanes
Wednesday,
February 24 1100-1300**

Providence Bruins - \$13.50 each
(available at Seaview Lanes
Bowling Center only)

Wachusett Mountain Lift Tickets
(available at Seaview Lanes
Bowling Center only)
Anytime: \$55.00 (save \$10.00)
Weekday: \$48.00 (save \$10.00)
Night: \$43.00 (save \$10.00)
Beginner Ski Package: \$75.00
(save \$24.00)

**TO ORDER TICKETS (DisneyWorld, Disneyland,
Universal or Anheuser Busch parks: Visit a kiosk and
fill out a pink order form at any MWR facility.**

MWR Winter Vacation Fest
Fri., February 19
BOWLING \$1 per person, per game.
Lunch specials for
kids \$3, 11 a.m.-
2 p.m. Seaview
Lanes.

The Department of the Navy does not endorse any company, sponsor or their products or services.



TRICARE Online Releases Redesigned Prescription Refill Services

Do you know you can refill prescriptions using [TRICARE Online](#) (TOL)? TOL now offers an enhanced Prescription Refill feature that allows beneficiaries to order their prescription refills at their preferred military hospital or clinic pick-up location quickly and easily. You can now access your pharmacy and prescription data as well as the status of your refills, which lets you know when your prescription is ready to be picked up 365x24x7.

On Feb. 1, 2016, Naval Health Clinic New England (NHCNE) started using www.tricareonline.com for online ordering of prescription refills.

TOL email and text notifications are now also available for refill requests. Your TOL account will display a notification message confirming your request and telling you when you can pick up your refill(s). You can also schedule alerts by email and text to remind you when your prescription needs to be refilled, and prompt you if you forget to pick-up a prescription. TOL also offers a convenient link to the TRICARE Mail Order Pharmacy if you prefer to schedule home delivery.

Refilling a prescription is easy! To refill an active prescription using TOL follow the simple steps below: Go to www.tricareonline.com and click “Log In”.

1. Log in with your **DS Logon Premium** (Level 2), **DoD CAC** or **DFAS myPay** credentials. If you do not have DS Logon credentials, click “Register”.
2. Click ‘Rx Refill’ option on the TOL home page or top navigation bar to request one or more refills.
3. Confirm your primary military treatment facility (MTF) or select a different MTF from the drop-down box.
4. Select your prescription(s) to refill, choose a “Pharmacy Pick-up Location” and click “Submit” to refill your request.

Request refills for your family members by selecting the “Request Refill by Rx Number” option. Enter up to six prescription numbers. Choose Pharmacy pick-up location, then submit your refill request.

You can also refill your prescription(s) by calling the 1-800 number on the bottle.

If you have any questions or concerns, please call the NHCNE Pharmacy Staff at 401-841-3714. For more information about the TRICARE pharmacy benefit, visit www.tricare.mil/pharmacy

Need to message your PCM at NHCNE?

Have a non-urgent question for your NHCNE doctor? Want a medication renewal without visiting NHCNE? Please take a few moments to sign up online at: www.relayhealth.com For technical help, call 866-RELAY-ME (866-735-2963). With RelayHealth, patients enrolled with a primary care manager at NHCNE can email their Medical Home Port team to ask questions, get lab results, renew prescriptions, request non-urgent appointments, or access a personal health library!



VET Clinic Open this Saturday!!!

The U.S. Army Veterinary Clinic at Naval Station Newport, 1255 Whipple St. is located in the rear of the Leisure Bay Coffee Shoppe.

The clinic’s weekday hours are Monday, Tuesday and Friday from 8 a.m. to 4 p.m.; closed Wednesday and Thursday. Make an appointment by calling 841-3994, or visit the clinic.

The next Saturday opening will be Feb. 20.

NOW HEAR THIS!!!

NOTE: Unless otherwise noted, all telephone numbers listed use the (401) area code.

Free Federal & State Tax Preparation

In partnership with the IRS, Tax-Aide volunteers will again prepare personal federal and state tax returns free of charge for military members, retirees, staff employees and their families at the Naval Station (NAVSTA) Newport Command Building (collocated with the Personal Support Activity Detachment), 690 Peary Street, NAVSTA Newport, beginning now through April 12. This free service is offered each Tuesday from 10 a.m. until 2 p.m.; appointments preferred. For appointments or additional information, please call Jeff Carney at (401) 294-6775 or jmcarney70@verizon.net. The Tax-Aide program is sponsored by the Volunteer Income Tax Assistance (VITA) and Tax Counseling for the Elderly (TCE) programs; volunteers are trained and certified annually by the IRS.

Navy Choristers schedule

March concert

The Newport Navy Choristers, under the direction of JoAnn Loewenthal, will present Music for a Sunday Afternoon on March 3, at 4 p.m., at St. Barnabas Church, 1697 East Main Road, Portsmouth, R.I. Tickets are \$8 per adult; \$5 for Seniors and children; and \$20 per family.

Proceeds from ticket sales will benefit the Navy-Marine Corps Relief Society and the Navy Choristers. Tickets are available from chorus members and at the door.

For more information, call Pat McGue, 849-1135; or JoAnn Loewenthal, 849-4823; or visit



www.newportchoristers.org; or on Facebook.

FY-18 Olmstead Scholarship Program seeks applicants

Career-minded officers interested in developing language skills and regional cultural knowledge are encouraged to apply for the FY-18 Olmsted Scholar Program, announced Feb. 11 in NAVADMIN 034/16. Currently available to unrestricted line, information dominance and supply corps officer designators, the Olmsted program is a unique scholarship opportunity offering two years of graduate study using a foreign language while providing overseas cultural and travel opportunities, often leading to a graduate degree at a foreign university. All eligible and interested officers should visit the Olmsted Foundation website at <http://www.olmstedfoundation.org> for details. Specific information on the Navy's application procedures can be found on the Navy College Office website at <http://www.navycollege.navy.mil/olmsted.html> and additional information can also be found in NAVADMIN 034/16.

Art Museum offers military discounts

The Newport Art Museum, 76 Bellevue Ave., Newport, is offering discounted tickets to active military and veterans for the museum's Winter Speaker Series on Saturdays at 2 p.m. Individual lecture ticket price (member) is \$10 per person; Non-member is \$15 per person. Student rate, with student ID, is \$6 per person (NWC students receive this rate). Discounted museum membership rate for military is \$40 per person; Military household rate is \$60. The next lecture is Feb. 20, Elizabeth

Williams, Reflections on an American Innovator

Individual tickets and series passers can be purchased in person at the museum, by phone at 848-8200, or online,

<http://www.newportartmuseum.org/winterspeakerseries>

Kindergarten registration with Portsmouth Public Schools

Portsmouth Public Schools will start the registration process for Kindergarten for the 2016-2017 school year. During the month of February a parent/guardian for an eligible student should begin this process by visiting the Registration tab at the top of the district's webpage:

www.portsmouthschoolsri.org/.

From there click on the Kindergarten Registration link and provide all information requested.

To complete the Kindergarten registration process a parent/guardian must come in-person to Portsmouth Middle School, 125 Jepson Lane, at one of the following dates and times:

-March 1, 9 a.m. to 1 p.m. (Last names A-K)

-March 2, 9 a.m. to 1 p.m. (Last names L-Z)

March 7, 9 a.m. to noon (Make up time for anyone who missed previous dates)

Individual appointments are not necessary. If all pre-registration information has been completed on-line it should take about 10-15 minutes to complete the process during one of the above dates and times.

For questions, contact the Central Administration Office, 683-1039.

Curious about your VA Benefits?

There are now two Department of Veterans Affairs Benefits Advisors available to assist all Service members, Veterans, and family members with questions about VA benefits and

NOW HEAR THIS!!!

services they may be eligible to receive. These benefits include education, health care, compensation, life insurance, home loans, as well as other VA benefits and services. Office hours are 8 a.m. to 4 p.m. at the Fleet and Family Support Center, 1260 Peary St., on the fourth Monday of every month starting Jan. 25. To schedule an appointment, email Edward.



Desmond.CTR@Calibresys.com or stop by during office hours.

On-line mentoring program for veterans

The Veteran eMentor Leadership Program is a cutting-edge on-line mentoring program for military personnel, veterans and military spouses that provides guidance and support from more experienced veterans and veteran-friendly employers worldwide.

The program is a partnership of the nonprofit Academy Women and the

U.S. Chamber of Commerce Foundation's Hiring Our Heroes, and is open to all veterans and corporate mentors who offer career guidance to protégés in finding and sustaining meaningful employment.

eMentor connects individuals for dynamic mentoring experiences that powerfully move them forward in their personal and professional lives. For more information, visit www.VeteraneMentoring.org/

NAPS Sports:

The Naval Academy Prep School Mid-Shipmen Candidates are some 1st rate athletes—all of their events held on the base are free to attend and open to anyone with routine base access.

Feb 27: Mens Basketball against St. Thomas More at 4:30 p.m. inside Gym 302 on Meyerkord Ave.

Mar 5: Lacrosse vs. Northeastern University at 2 p.m. On Nimitz Field.

For a full schedule go to: www.usna.edu/NAPS

Upcoming:

Feb 27—Armed Forces Night at the Friars—military discount tickets are still available at:

Www.Friars.com/armedforces or call (401-865-GOPC (4672).

ARMED FORCES APPRECIATION NIGHT!
"STANDING TOGETHER"

PROVIDENCE BASKETBALL VS. DEPAUL BLUE DEMONS

PROVIDENCE MEN'S BASKETBALL VS. DEPAUL
SATURDAY, FEBRUARY 27 AT 4:00 PM
DUNKIN' DONUTS CENTER, PROVIDENCE, RI

Join us as we honor local military members, families, and veterans throughout the game. Take advantage of the below ticket offer by visiting Friars.com/armedforces or call (401)-865-GOPC

MILITARY PERSONNEL
Discounted tickets available for veterans, families, and current military personnel.

For questions contact: Erin Dunn
erindunn1@providence.edu or (401)-865-1933

Corvias
— campus living

TRAFFIC/GATE INFO

-Vehicle operators should follow posted road work signage and flaggers directing traffic and detours.

-Gate 1: Gate 1 is open 7 days a week/24 hours a day for routine traffic – commercial traffic should enter the installation via **Gate 17** in Middletown which is open Mon-Fri from 6 a.m. to 6 p.m. Commercial vehicles should enter via Gate 17.

-Gate 2: Open for morning commute Mon-Fri from 6:30 to 8:30 a.m. to alleviate Gate 1 back-ups – incoming traffic only.

-Defense Highway: Lane closures will continue on Defense Highway through Feb. 29 to facilitate a wa-

ter main upgrade. Be careful for deer crossing in the early morning and late afternoon hours.

-Pedestrian Alert: Please cross the streets at marked cross walks only and make sure you are clearly visible when walking/exercising in the dark.

-Commercial Vehicles: Use Gate 17 only unless you have been given special permission to enter via Gate 1. Gate 17 is open Mon-Fri from 6 a.m. to 6 p.m.

How is your vehicle holding up to winter??? We are not into spring yet—as recent temperature fluctuations have shown, New England is very unpredictable. Make sure your vehicle

wiper blades are effective; check your tires for tread and inflation. Do you have an emergency winter kit in the car that includes a blanket? Be prepared—Plan ahead.



HOT JOBS!!!

There are **ALWAYS jobs** available within the commands and departments onboard Naval Station Newport—the four sites below will get you to the vast majority of them. Postings change daily so if you're looking for work—look often and have your resume ready to go! If you are eligible to use Fleet & Family Support Center Services—then sign up for one of their classes on resume writing and the federal job hiring process. If not, check with VetWorks RI or your local Dept. of Labor on how to apply for federal positions.



is Hiring!
Custodial Workers

Apply online www.discovermwr.com/nafr;
Click on Job Opportunities, Click on Naval Station Newport



HEROES STAY WITH US!

Navy Gateway Inns & Suites along with Morale, Welfare and Recreation routinely advertise job opportunities at: http://www.discovermwr.com/nafr/jobs_navsta-newport.html

MWR is hiring for all the jobs at the gym, bowling alley, and more!
Check the link below to find the perfect job for you! http://www.discover-mwr.com/nafr/jobs_navsta-newport.html



The Navy Exchange is looking for barbers, sales clerks, detectives, warehouse workers, and more! We offer you an exciting opportunity to join a more than \$2 billion organization that employs 14,000 associates around the world. Apply at: https://nexcom.taleo.net/careersection/nexcom_external_hourly_cs/job_search.ftl?lang=en&portal=2140493213

USAJOBS has tons of jobs lined up for you! The Naval War College currently has a position as an **International Programs Support Assistant** open (\$43,828 - \$56,976) —apply by Feb. 22 at <https://www.usajobs.gov/GetJob/ViewDetails/429584500> for more information on requirements and veterans preference.



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"WORKING FOR AMERICA"

Navy Medicine Issues Zika Virus Infection Guidance

From U.S. Navy Bureau of Medicine and Surgery Public Affairs

FALLS CHURCH, Va. (NNS) -- Navy Medicine released Zika Virus Infection guidance in NAVADMIN 032/16, Feb. 10, communicating force health protection measures and travel precautions to Navy and Marine Corps personnel

"Our first priority is to ensure we offer the best possible care to any Navy Medicine patient in the safest way possible," said Cmdr. Eric Deussing, head, U.S. Navy Bureau of Medicine and Surgery (BUMED) public health, emergency preparedness and response.

BUMED has instructed Navy Medicine providers to follow guidelines issued by the Centers for Disease Control and Prevention (CDC). In addition, Navy Marine Corps Public Health Center issued an information sheet and trifold pamphlet on their public website for Navy and Marine Corps personnel.

"We are closely monitoring the situation and collaborating with our public health partners to protect our patients and our communities," said Deussing.

Zika is a viral infection spread by mosquito bites. The virus is spread by a bite from an infected mosquito or possibly by a mother to her fetus during pregnancy. According to the CDC, spread of the virus through blood transfusion and sexual contact has also been reported. Typical symptoms include fever, conjunctivitis, muscle pain, rash, headache, and joint pain.

Recently, Zika virus infections in pregnant women have been linked to infants born with birth defects. Zika virus transmission is predominantly occurring in South and Central America, Mexico, and the Caribbean.

Navy and Marine Corps personnel are at risk when travelling to areas experiencing ongoing Zika virus transmission. Infection risk is reduced by taking measures to avoid mosquito bites.

"Prevention amongst the Navy and Marine Corps personnel is paramount," Deussing said. "The most effective way to prevent infection is avoiding unnecessary travel to Zika affected areas. If traveling to Zika affected areas, avoid mosquito bites."

No vaccine or drug is currently available to prevent Zika virus infection, and there is current-

ly no specific anti-viral treatment for the disease. The best way to prevent infection is to avoid mosquito bites while in areas of ongoing transmission. Mosquitoes that spread Zika virus bite mostly during the daytime, but bites should be avoided day and night.

Until more is known, and out of an abundance of caution, the CDC recommends pregnant women consider postponing travel to any area where Zika virus transmission is occurring -- currently in the Western Hemisphere. Pregnant women, or women trying to become pregnant, who do travel to these areas should talk to their health care provider first, and they should take strict steps to avoid mosquito bites during the trip.

The following steps are recommended for those traveling to an area with ongoing Zika virus transmission:

- * Choose a hotel or lodging with air conditioning or with screens on windows and doors.
- * Sleep under a mosquito bed net if you are outside or in a room that is not well screened.
- * Cover exposed skin by wearing long-sleeved shirts and long pants.
- * Use EPA-registered insect repellents containing DEET, picaridin, or IR3535. These are safe for pregnant women when used as directed.
- * Use permethrin-treated clothing and equipment.

"If you or someone you know develops sudden fever, rash, joint aches, or red, irritated eyes within two weeks of travelling to an area of ongoing Zika virus transmission, see your Navy Medicine health care provider immediately, and report your symptoms and travel history," Deussing said.

Navy Medicine is a global health care network of 63,000 personnel that provide health care support to the U.S. Navy, Marine Corps, their families and veterans in high operational tempo environments, at expeditionary medical facilities, medical treatment facilities, hospitals, clinics, hospital ships and research units around the world.

For more news from Navy Medicine, visit <http://www.navy.mil/local/>



Raimondo Appoints Yarn as State's First Director of Veterans Affairs

Director Will Focus on Expanding Opportunities, Increasing Access for Veterans

PROVIDENCE, R.I. - Governor Gina M. Raimondo today announced Navy Lieutenant Commander Kasim Yarn as Rhode Island's first Director of Veterans Affairs. The Rhode Island General Assembly created the Cabinet-level director position in 2011, but it had been left vacant and unfunded until recently.

"We owe our veterans a debt of gratitude for the sacrifices they and their families have made on our behalf," Raimondo said. "Kasim has spent nearly half of his life in the armed forces and more than a decade of his military career living in Rhode Island. He understands the unique challenges veterans and their families face and will be an advocate for every veteran in Rhode Island."

Yarn joined the U.S. Navy in 1991 at age 18 and reported for basic training less than 24 hours after graduating from high school. He first moved to Rhode Island in 1995, where he was assigned to Naval Station Newport and met his wife, Rosaria. While living in Rhode Island, he earned a bachelor's degree from Boston University and a master's degree from Newport's Naval War College. Yarn has completed four deployments, including missions in Europe and support missions in the Middle East as a part of Operation Iraqi Freedom and Operation Enduring Freedom. During his career, he has been stationed for various assignments in Rhode Island, Massachusetts, Illinois, Virginia and Mississippi.

"I have spent my entire adult life serving my country and am honored to take on a new challenge serving veterans and military families in my state," Yarn said. "My top priority is



to honor the service and sacrifices our veterans and military families have made by giving voice to their ideas and concerns and working

together to ensure that every veteran has an opportunity to make it in Rhode Island."

Under Yarn's direction, the Division of Veterans Affairs will build additional capacity to support veterans and military families. He is committed to improving and expanding the Division's outreach capacities to help veterans from all combat eras transition into civilian life. Yarn also plans to improve access to education and training opportunities that lead to meaningful work for veterans and help them to successfully navigate services and benefits.

Yarn will officially assume the role later this spring upon retiring from the U.S. Navy, though he will begin meeting with staff immediately. In the weeks ahead, Yarn plans to launch a listening tour and hold meetings with veterans organizations across the state. Yarn will report directly to Governor Raimondo and will be a participating member of the Health and Human Services Secretariat.

"I am looking forward to working with Kasim and strengthening our coordination and collaboration with veterans organizations across the state," Health and Human Services Secretary Elizabeth Roberts said. "Our veterans have an important role to play in our economic growth. Under Kasim's leadership, I am confident that our veterans will have a direct line to the Governor."

"I join with all veterans and share their excitement with the recent selection of Kasim as the Director of Veterans Affairs by Governor Raimondo," Brigadier General Christopher Callahan, the Adjutant General

and Commanding General of the Rhode Island National Guard, said. "This selection will enhance key relationships and improve collaboration on veterans issues throughout our state government, while reaffirming Governor Raimondo's commitment to the men and women who defend our freedom and values through their military service."

"It's extremely gratifying to recognize Kasim as the state's first Director of Veterans Affairs," House Veterans' Affairs Committee Chair Rep. Jan P. Malik said. "The General Assembly recognized years ago the need for attention to veterans' affairs and services at this level, and we are very grateful to Governor Raimondo for her appreciation of the importance of fulfilling that need. Rhode Island's veterans deserve to be treated as a priority of the state, and I'm glad this promise to them is finally becoming a reality."

"We are very much looking forward to working with Kasim to better serve the veterans of Rhode Island," Senate Special Legislation and Veterans' Affairs Committee Chair Sen. Walter S. Felag, Jr. said. "As an experienced veteran himself, he understands the intricacies of the issues facing veterans today, and the necessity of maintaining respect, dignity and gratitude for veterans and the sacrifices they made for us. It will be a great step forward for veterans and the State of Rhode Island to have Kasim attending to the needs of the many Rhode Islanders who have proudly served."

Yarn is a decorated naval officer. His service awards include four U.S. Navy and Marine Corps Commendation Medals, three Navy and Marine Corps Achievement Medals, a Good Conduct Medal and several campaign and service awards. He and his wife Rosaria live in Saunderstown. They have two adult children who attended local public schools.

Providence VA Researcher Awarded Pulmonary Pilot Study



Dr. Siddique Abbasi, the director of Cardiac Magnetic Resonance Imaging at the Providence VA Medical Center and an assistant professor of medicine at Warren Alpert Medical School of Brown University, analyzes magnetic resonance imagery of an anonymous study participant's heart Wednesday, Feb. 3, 2016. The goal of his research project is to identify Veterans at risk of maladaptive right ventricular remodeling, and initiate therapies prior to irreversible fibrosis. (Providence VA Medical Center photo by Winfield Danielson)

PROVIDENCE, R.I. – A physician with the CardioPulmonary Vascular Biology Center of the Biological Research Excellence at the Providence VA Medical Center, was awarded a 5-month pilot project Jan. 1, 2016, by the National Institute of Health's National Institute of General Medical Sciences.

Dr. Siddique Abbasi's project is entitled "Pulmonary Artery Stiffness and Right Ventricular Fibrosis in PH: a CMR Study." The goal is to identify Veterans at risk of maladaptive right ventricular remodeling, and initiate therapies prior to irreversible fibrosis.

Research from the senior investigator on the project, Dr. Gaurav Choudhary, associate chief of staff for research at the Providence VAMC, shows that pulmonary hypertension is significantly underdiagnosed in Veterans. "For example, looking at more than 10,000 echocardiograms in the Providence and Boston VA systems, only 17

percent of people with evidence of moderate or severe pulmonary hypertension had it listed as a diagnosis," said Abbasi.

Currently the director of Cardiac Magnetic Resonance Imaging at the Providence VA Medical Center and an assistant professor of medicine at Warren Alpert Medical School of Brown University, Abbasi has research experience in the interplay of pulmonary disease and cardiovascular remodeling, as well as with the cardiac MRI techniques proposed in the study.

Veterans with the diagnosis of pulmonary hypertension who would like more information on the study can contact the study coordinator, Ryan Hebel, at (401) 273-7100 ext. 3911. The investigation is currently limited to Veterans, but may eventually be expanded to the general population, as well.

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RAFFLES WIN A GAME SHOW LOTTERY TICKETS COUNTING CARDS
LONG LOST RICH AUNT STREET PERFORMING FINDING A BRIEFCASE FULL OF MONEY
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LONG LOST RICH UNCLE

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When it comes to figuring out how to cover your tuition costs, some choices are better than others. Luckily #AmericasNavy has plenty of realistic options to help you get your foot in the door. Learn more about how we can help you with school: <http://bit.ly/22JkVrn>

IF YOU 
SOMETHING
 SOMETHING