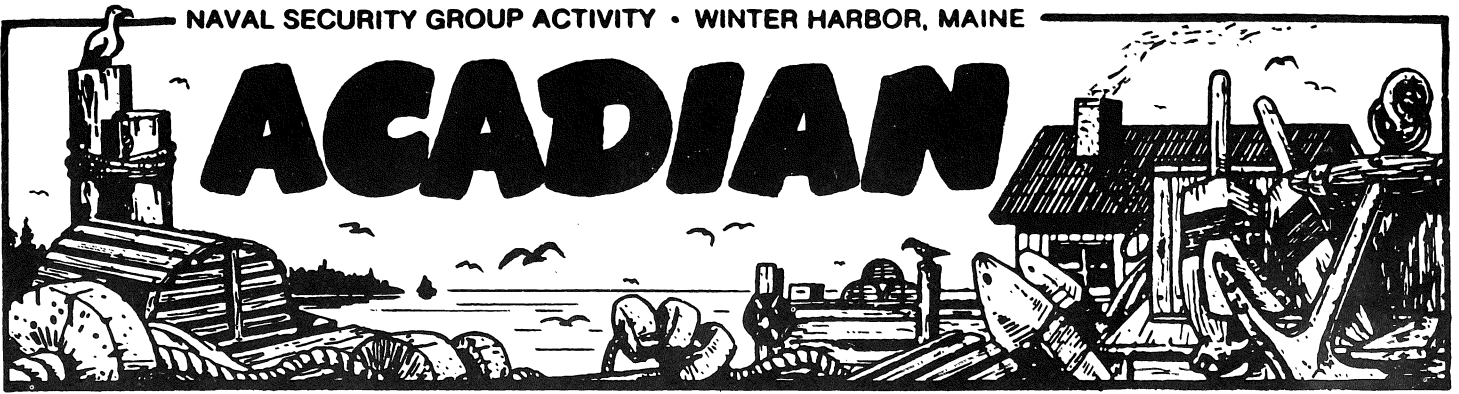


NAVAL SECURITY GROUP ACTIVITY • WINTER HARBOR, MAINE

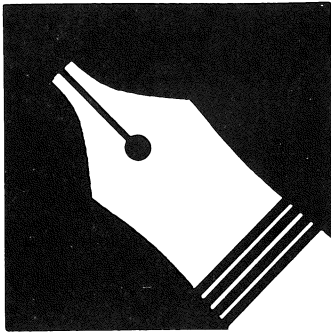
ACADIAN



VOLUME XLVII

MARCH 1988





EDITOR'S NOTE

Spring is here! (Well, almost.) An early introduction to spring is St. Patrick's Day, March 17th. Seems on this day everyone wishes they were Irish, and it is almost a "must" to serve corned beef and cabbage for dinner.

Now, March brings another cause for celebration--the history of military women. Besides serving our country, many women in the armed forces manage a home and family and contribute time and talent in the local community. They work tirelessly in every aspect of their lives, and like any other group, have had to struggle to be recognized. Their intellect, strength, courage, stick-to-itiveness, kindness, and other virtues are finally acknowledged. Women of the Military, we salute you.

On The Covers

Front Cover: Snow makes a path on base turn into a winter wonderland like magic.

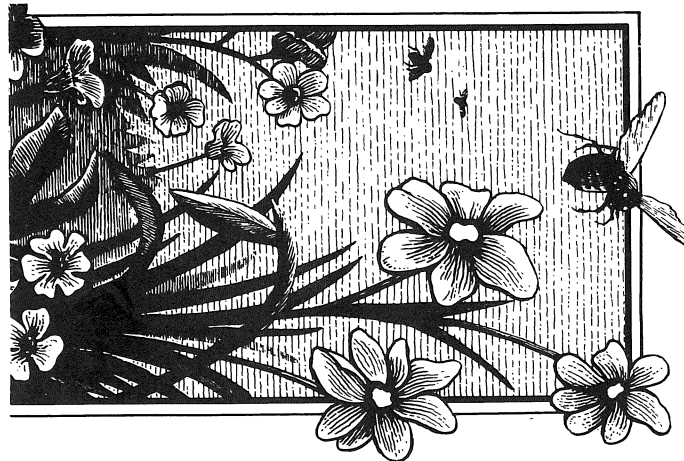
Back Cover: In a snowmobile, Stan Snurkowski tows the children on a sleigh for a scenic ride through the woods at our annual "Winter Carnival." (See more photos in the centerfold.)

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Spring is here—March 20, 1988

THE COMMANDING OFFICER'S TURN

Commander W. Whiton

A few days ago someone asked me what I'd been doing in the middle of my daily jog, poking around the drifts at Blueberry Hill. Sorry to say I was looking for a trash can to put the various empties and hamburger wrappers collected during my run. Isn't it amazing! People drive all the way down from Ellsworth just to import McDonald wrappers to Winter Harbor. Can't you just see some future anthropologist trying to figure out how they got here? Unfortunately, she or he will probably find it easier to figure out how Navy Exchange bags get in the underbrush on the outbound road. Given the prevailing winds and seas, not to mention Cape Cod, it's pretty hard to blame them on Newport!

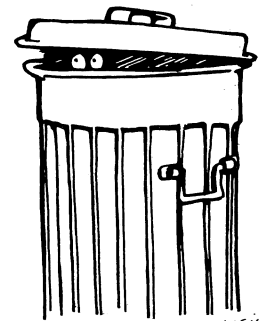
I know that we aren't the only ones who occasionally "lose" something out a car window. We couldn't have generated the three pick up loads of trash gleaned from the Park road in last year's Spring Cleanup without a lot of help. Regardless of source, seems to me I'm spending more time trash collecting this winter than last, especially during thaws. Living in this spectacular setting is a very special privilege and it carries with it a special responsibility to keep it pristine.

Despite the challenge of several ongoing projects...and snow...and sand...and salt, we have made significant progress in the Command's interior winter appearance. That progress doesn't mean much if we don't keep the outside spotless, too. If you see some trash that someone "from away" thoughtlessly let fly, take pity on an old man. Pick it up. At my advanced age it's hard enough to jog without having to make frequent stops for trash.



Don't depend on Mother Nature to sweep things under a carpet of snow. Besides spring is right around the corner.

The appearance of the base and the Park is a direct reflection on us. Let's keep that reflection positive.



WJL
10-3-83

SAILOR OF THE YEAR

by: CTTC R. A. Anderson

CTT1 Donald Stephen Parsons has been selected as Naval Security Group Activity Winter Harbor Maine's Sailor of the Year for 1987. He was born 7 September 1961 in Newton, Massachusetts, and graduated from Hudson Catholic High School in June 1979. In January 1980, Petty Officer Parsons entered the Navy.

Petty Officer Parsons' tours include CT "A" and "C" schools at Corry Station, followed by an assignment in Naples, Italy where he met and wed Patty Johnson. Their son Billy and daughter Lindsey were born there. His successful career is evidenced by numerous awards and citations. He wears the Navy Expeditionary Medal for service while assigned to Patrol Squadron 24 and USS GUAM (LPH-11) during operations off Lebanon. He also received the Navy Unit Commendation for duty with the 24th Marine Amphibious Unit during multi-national peacekeeping evolutions in Lebanon. Later, he received a second NUC for duty with the 22nd Marine Amphibious Unit during the U.S. landing in Grenada. Petty Officer Parsons has been commended often. His service record is abundant with Letters of Recognition, including commendations by Commander, Sixth Fleet, and Commander, Carrier Group Eight. Further, he was awarded the Navy Achievement Medal by Commander in Chief, U.S. Naval Forces in Europe.

In January 1985, he reported to Naval Security Group Activity Winter Harbor as a student in the Classic Wizard Operator course where he received a Letter of Commendation from the CO for outstanding academic achievement, graduating first in his class with a 97 percent grade point average. He then transferred to the Classic Wizard Operations Division. His son Donald was born in Winter Harbor. Serving as an Evaluator/Reporting Analyst, Tasking Manager, Tactical Reporting and Processing (TRAP) Analyst, and Dynamic Order of Battle (DEOB)



Analyst, he has been personally responsible for many accomplishments of the Classic Wizard Division and key to the Evaluator/Reporter training.

Contributing through two important collateral duties, Petty Officer Parsons performed as the command's primary DAPA and as a member of the Command Assessment Team (CAT). He also provided curriculum support for the Classic Wizard Officer Indoctrination and Evaluator courses. Again, Petty Officer Parsons excelled, and his efforts were rewarded by his being nominated for Sailor of the Year.

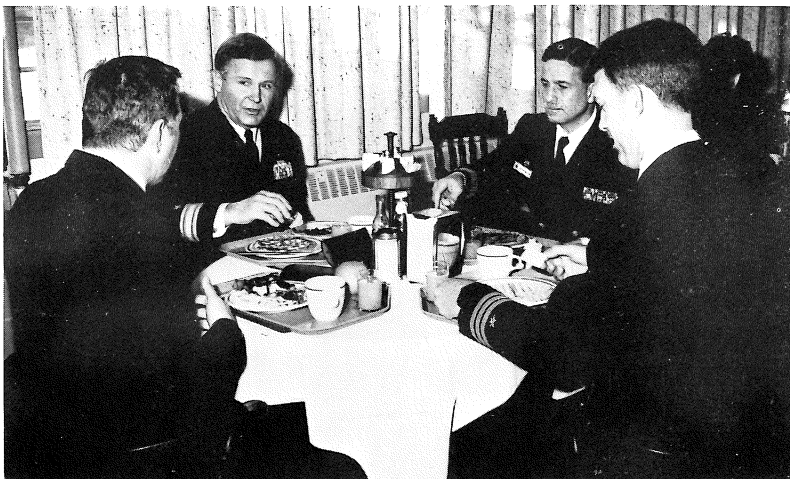
His hobbies and off-duty activities include attending college courses at the University of Maine, and he is active in command sports and physical fitness.

It's easy to see why this talented young man was chosen to represent the command in Commander, Naval Security Group Command Sailor of the Year competition.

Petty Officer Parsons, we salute you!

Visitor's Corner

Rear Admiral D. V. Boecker, Director, OP-943, recently visited NSGA Winter Harbor and Detachment Alfa Navy Astronautics Group. The Admiral, accompanied by CDR M. Ketron, received briefings and toured spaces.



RADM Boecker, with CTRCM Perfetto, CO, and CDR Ketron, has breakfast at the Galley.

CONGRATULATIONS



To DM1(SW) Jack Webb who received the Navy Commendation Medal.



To BM2 Michael J. Huntington for earning the Navy Achievement Medal



the
**CHAPLAIN'S
NEWS**

The Little Fish

by: Chaplain J. Weis

An ancient Buddhist story is told by the great and venerable sages of that religion to their young initiants. It is a story about seeing, and goes like this:

"Excuse me," said an ocean fish, "You are older than I, so can you tell me where to find this thing you call the ocean?"

"The ocean," said the older fish, "is the thing you are in now."

"Oh this? But this is water. What I'm seeking is the ocean," said the disappointed fish, as he swam away to search elsewhere.

The student came to the master in the robes of the newly enlightened one. He told his master that for years he had been searching for God in every conceivable place. He sought Him on mountain peaks, in the vastness of the desert, in the silence of the cloister, and even in the dwellings of the poor. The student turned to his master and told him that he had not found God and wondered if the master had. The master looked at his student wondering what to

say. And as the master contemplated his answer he saw the evening sun sending shafts of golden light into the room. Hundreds of sparrows were twittering on a nearby banyan tree. In the distance, one could hear the sound of highway traffic. A mosquito droned a warning that it was going to strike. And yet, this student could say he had not found God, the master thought. The master remained silent and soon the student sensing that no answer could be given left disappointed to search elsewhere. The moral of the story is: STOP SEARCHING, LITTLE FISH. THERE ISN'T ANYTHING TO LOOK FOR. ALL YOU HAVE TO DO IS LOOK.

Obviously, it's not that simple. Well, actually it is but while this ability is given to children, there is a certain period in almost everyone's life when they lose this gift. We have to regain this ability and for many it is done through the joining of an organized faith group or church. The discipline of faith can help to restore this once primal ability.

At the chapel we are once again on our lenten journey. Lent is the term given for the six weeks that are dedicated to the preparation of the celebration of the Christian feast of Easter. Once again we examine the stories of faith. We return in childlike simplicity to hear how Noah found God in the rainbow, how Abraham encountered God in the wilderness, and how Moses was confronted by God on the sacred mountain of Sinai. Yes, we've heard it all before. But we are asked to return, as only a child can, to see and hear these stories over and over. If you want to find God, as the master's student, you must listen and enter into the story so that you no longer stand outside but are taken into it and experience God's presence from the inside. You may not want to join us at the Bible Prayer and Praise session on Sunday, 0915-1015 or at the Catholic Mass, but I invite you to find a way to enter into the stories of faith once more and stop searching, little fish. There isn't anything to look FOR. All you have to do is LOOK.

CIVILIAN SPOTLIGHT

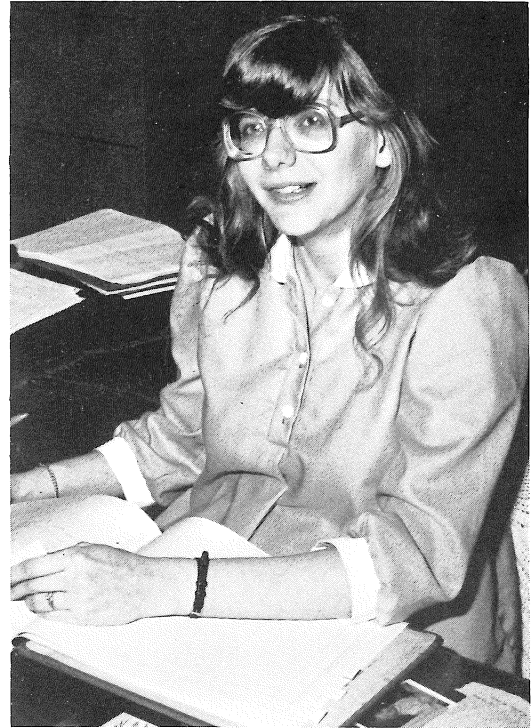
by: Elizabeth Berube

As you enter the Supply office, chances are excellent the first person you'll see is Terri Campbell. And if you have a question, chances are also excellent she'll have the answer.

Terri is a native coastal Mainer. Born in Rockville, she attended schools in Rockland and Machias, where she graduated from high school in 1976. After graduation, Terri participated in the Comprehensive Employment and Training Act (CETA). Her first placement was in the Public Works office at NSGA Winter Harbor as a clerk-typist. In May 1977, she moved to the Supply Department as a clerk-typist, remaining there until October 1978. Then CETA funding expired and Terri acquired temporary employment in the NSGA Winter Harbor ROICC office for several months before moving to the Hancock County Planning Commission.

In June 1979, Terri was re-employed as a full-time clerk-typist in our Supply Department. In just over a year, Terri was promoted to Accounting Technician. When she began, the accounting functions were accomplished with IBM punched cards; among Terri's responsibilities was the operation of the key punch machine. Modernization arrived in the Supply Department in the summer of '84 in the form of a computer link to the Naval Regional Finance Center in Great Lakes. Terri was integral in converting the accounting process from punched cards to computer batch input. As a consequence of her increasing duties and responsibilities, Terri was again promoted in 1984 to her current position.

In a typical busy day, Terri maintains the financial records for the entire command, provides cost estimates for all civilian payroll accounts, processes TAD requests and command utility bills for payment--and frequently saves the day by tracing through the millions of pieces of information for each very important answer to an accounting problem: Has this bill been processed for payment? When? On what check number?



It is an over-simplification, but it may be said that Terri helps all the rest of us put our best foot forward in our relationships with customers. Many times we are able to respond quickly because of Terri's accounting and computer skills.

Terri married William (Willie) Campbell in June 1985 while he was on active duty. Willie is now employed as an administrative assistant in our MWR Department. They reside in Gouldsboro with their Maine coon cat, "Creepin'," and are awaiting the birth of their first child in April. Although Terri says she'd really like to have twelve children, that decision is still in the "negotiation" stage. Creepin' may have some input to that.

When asked what she finds most memorable in her years at this command, Terri smiles cryptically and responds those memories are best kept secret. She does note that she enjoys seeing people return for additional tours of duty here at Winter Harbor.

When not at work, Terri finds fulfillment in close family relationships. She is an avid crossword puzzle solver and enjoys embroidery and hummingbird collectibles.

Terri's a valuable asset to our command, and she enriches the lives of those who work with her. She plans on being around for a while--her projected retirement date is 2012. It's nice to know you, Terri.

PRESCHOOL

ST. VALENTINE'S PARTY

The Schoodic Preschool is open to children of DOD; personnel at NSGA Winter Harbor. This school not only gives the children an opportunity to learn but also to socialize. As you can see, they enjoyed their Valentine party immensely. Many events are held throughout the year for them.

At the present time, there are openings in both three-year-old and four-year-old classes.



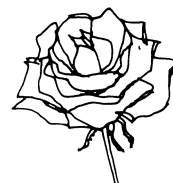
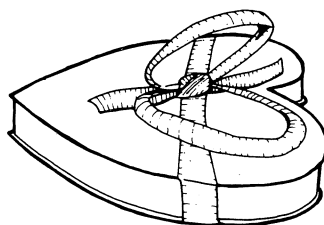
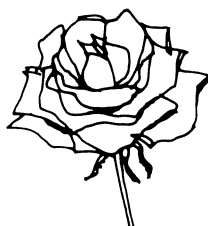
Liz Martin looks on as Becky Copley pins the heart on the Tin Man.



Kristina Steward deposits her valentine mail.



Three year old preschoolers and other children enjoy a valentine story.



STAYING NAVY



CTT2 Jonathan Schappert signs up for three more years as LT Jack Bruno looks on.



CTM1 Jarome Whitlow's reenlistment ceremony was held at the Schooner Club. The reenlisting officer is ENS Whitlow, Jarome's brother.



CW02 Moyer congratulates SK2 J. Steward on her reenlistment which was held at her home



CTT2 Suzanne Harrison receives a hearty congratulations from LCDR Evans on her reenlistment.

"HATS OFF" TO WOMEN IN THE MILITARY

by: CTAC Leroy J. Barrows

When we think of the American Revolution, we focus on the birth of freedom for our country. Yet, there has also been another American Revolution, i.e., the revolution of the American woman. Remember, women, in the early days of this country, could not own property, vote or work outside the home. Not only have changes in laws, attitudes, and norms affected individual women, they have also impacted on the fabric of our society. More and more women are working outside the home. We now have a woman Supreme Court Justice, and in 1984, had a woman vice-presidential candidate for a major political party. There are more and more women executives in the public and private sectors and in so-called "non-traditional" jobs. Women are serving in the Armed Forces in greater numbers. They are more prevalent in higher education, both as students and as faculty.

Although the official history of women in the military began in 1901, women have worked with the military since the American Revolution. A few examples:

- Deborah Simpson and other women masqueraded as male soldiers during the Revolutionary War; many more women served as launderers, cooks and nurses.

- During the Civil War, women volunteered as nurses with both the Union and Confederate forces.

- Sally Louisa Thompkins was commissioned as a Captain for the Confederacy by Jefferson Davis.

- In addition to serving as nurses, women such as Harriette Tubman, Belle Boyde, Rose O'Neal, and Pauline Cushman served as spies.

- Because of nurses' outstanding war-time record, Congress established the Army Nurse Corps in 1901. The Navy formed its nurse corps in 1908.

- In 1917, the Navy authorized enrollment of women in positions other than nurses. This helped free men for sea duty and eased the shortage of skilled clerical personnel ashore.

- By the end of World War I, there were 11,275 enlisted women (Yeomanettes) in the Naval Reserve Force.

- In 1918, Olpha Mae Johnson became the first woman Marine (enlisted).

- The Army did not enlist women in World War II, but employed them as civilians.

- During World War II, there were 11,000 nurses in the Navy and 57,000 in the Army. Nearly 2,000 nurses were decorated for meritorious service and bravery under fire.

- Positions for women expanded during World War II when the Women's Army Corps (WAC) and Women's Navy Corps (WAVE) were established.

- Approximately 24 Air Force women served as pilots, flight engineers, and loadmasters during the 1983 Grenada invasion.

- The first women to attend the Service academies graduated with the Class of 1980.

- In 1951, the Defense Advisory Committee on Women in the Services (DACOWITS) was founded and is still in existence.

- Public Law 90-130 allowed appointment of women to flag and general officer ranks, and equalized promotion and retirement regulations for both men and women.

- In September 1985, Brigadier General Mildred E. Hedberg was appointed the 53rd Adjutant General of the U.S. Army, the first woman appointed to such an important military position.

The total number of women now in the Navy is 51,405. The contributions by women in the military have been many and will be long lasting.

IT'S THEIR MONTH

As a woman, what does it mean to you to serve in the military?



CTASN Susan A. Toth

"Serving in the Navy has not only been an honor for me to take part in women's representation in the Armed Forces, but has also given me an opportunity to further my education, to travel, and to meet new people."



CTT2 Marlene L. Iveans

"It involves a lot of work and some sacrifices, but in return I can utilize the available benefits to secure a sound future for my family and myself."



PNCM Dorothy M. Parkison

"The opportunity to serve my country, and the opportunity to meet and/or exceed personal and professional goals."



CTTC Kim L. O'Donnell

"In exchange for three simple things - pride in my country, myself and my job - the Navy has always, and will always, afford me the opportunity to achieve any goal I may set for myself."

DOWNEAST'S MAINE COON CAT

FEDERAL POSTAGE STAMP CHOICE

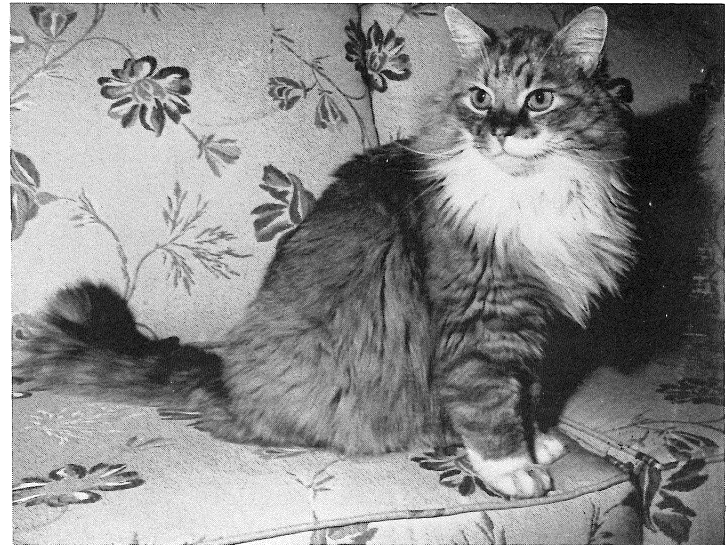
by: Jeannette Glosser

In February, the coon cat, one of the oldest natural breeds in New England and considered a native of Maine, was pictured on 22-cent Federal postage stamps.

This feline is large and robust, and comes in a variety of colors. They have large, wide-set eyes that may be green, gold or copper in color. The white coon may have blue eyes.

Legends exist about the origin of the coon. One story is that inter-breeding of racoons and domestic cats (biologically impossible) resulted in bushy, striped tails and the most common coloring. Another interesting story was about Marie Antoinette; when planning her escape from France at the time of the French Revolution, she sent her cats to the United States to be cared for temporarily. Most breeders today, however, believe that they originated by inter-breeding early Angoras (probably introduced by sailors) and short-haired domestic cats.

The Maine coon has a rugged coat and build, and is able to withstand even the most severe winters. Their coats are long and flowing, heavy and shaggy--shorter on the shoulder and longer on the belly and tail. Their full ruff offsets the long square head. Maine coons are indeed a handsome cat. Also these cats evolved into large (10 to 15 pounds) animals tough enough to pull sleds.



In the nineteenth century, coons were popular competitors at early cat shows in Boston and New York, and one was a winner at the 1895 Madison Square Garden Show. When Persian cats from Britain appeared here, the Maine coon was no longer in demand by breeders. They still rated high as pets and kept the mouse population down on New England farms. As a domestic pet, it was affectionate, had a comical personality, silly habits and tricks; and its coat was easily groomed. Finally in 1967, they were recognized once more when breeders realized their attractive qualities. That year, a special show standard was adopted for them by various animal associations, but not until 1976 was the breed recognized by the Cat Fancier's Association.

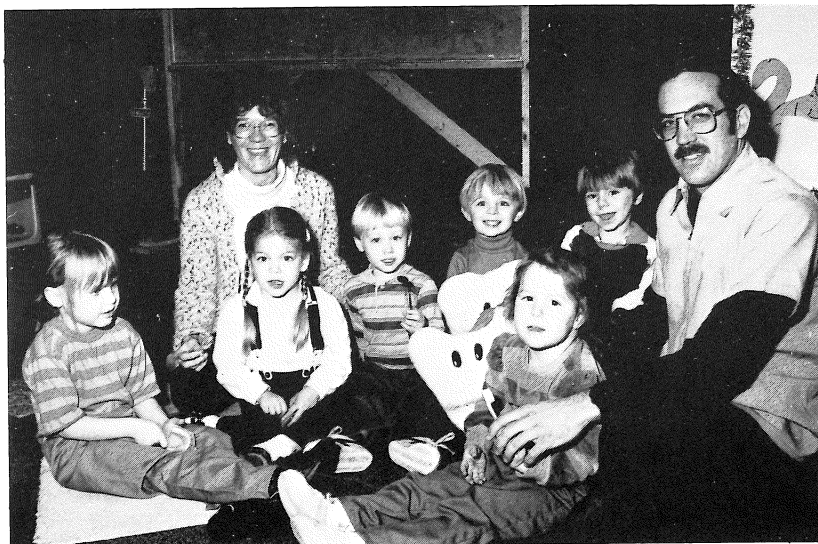
These cats are truly remarkable, loving, clown-like, powerful, and beautiful. They are vigilant, curious, and responsive. Appearance on a Federal stamp is clear recognition of the interest in the "Maine Coon Cat."

DENTAL CARE

FOR

YOUNG CHILDREN

by: LCDR D. Kidd, DC

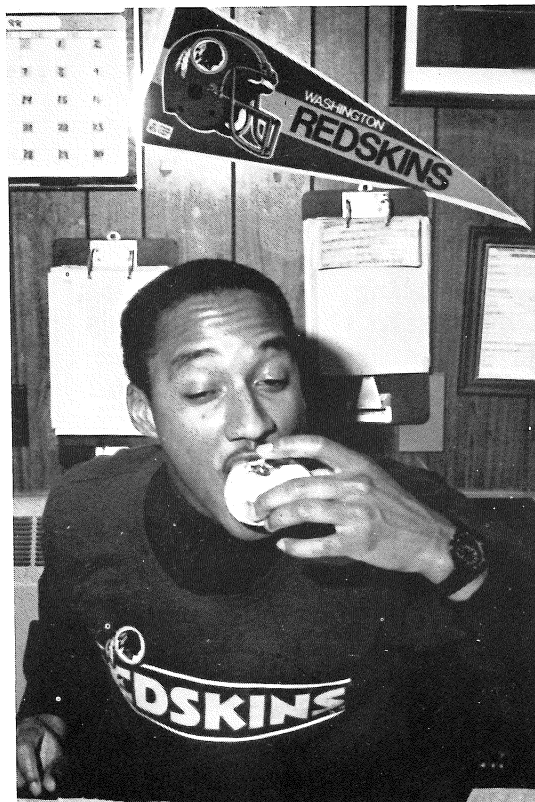


Last month was National Dental Health Month. Since 1941, this observance has grown from a city event in Cleveland, Ohio to a program observed nationwide in numerous communities and military bases in the U.S. and abroad. Thousands of dentists, auxiliaries, hygienists, and dental assistants become involved in the month-long observance. The Base Dental Clinic staff visited the Preschool and Winter Harbor Grammar School to talk with the children about the importance of good dental hygiene and of eating the right foods.

LCDR Kidd explained that by seeing the dentist out of the office, young children are less likely to develop a fear of dental treatment. Using tooth hand-puppets and movies, good dental habits were shown and then the importance of keeping one's teeth for a lifetime was discussed. Dr. Kidd also said he is often asked why baby teeth are important to keep since they will come out anyway. "Besides the obvious value in chewing, they serve two other important functions. The first is the development of good speech patterns. Secondly, they act as 'space holders' for the permanent teeth developing in the child's jaw. Another consideration is the psychological problems that might result from numerous decayed and abscessed teeth at an early age."

"One thing I try to stress to parents is not to give children responsibility for brushing their own teeth too early," said Dr. Kidd. "It's better to let them

know right from the start that you, the parent, are responsible for their teeth until they're older. Until they show the dexterity required to brush correctly, let them try to brush--then do it for them. This shows the child that you are indeed interested in his or her dental care."



Following the Washington Redskins' Superbowl victory, CTA1 John Mason, Admin Services LPO, enjoys a tasty donut, courtesy of the CO. (Not shown is the CO, presumably eating crow.)

WINTER CARNIVAL '88

On February 17th, Rec. Services sponsored the annual "Winter Carnival Cabin Fever Day," a late winter festival offering good food and entertainment for the whole family.

At the Schooner Club, the main attraction was "Casino Royale," where participants of all ages tried their luck at winning big bucks (funny bucks, that is). The big winners soon became big bidders as they spent their winnings on assorted prizes during the ensuing auction.

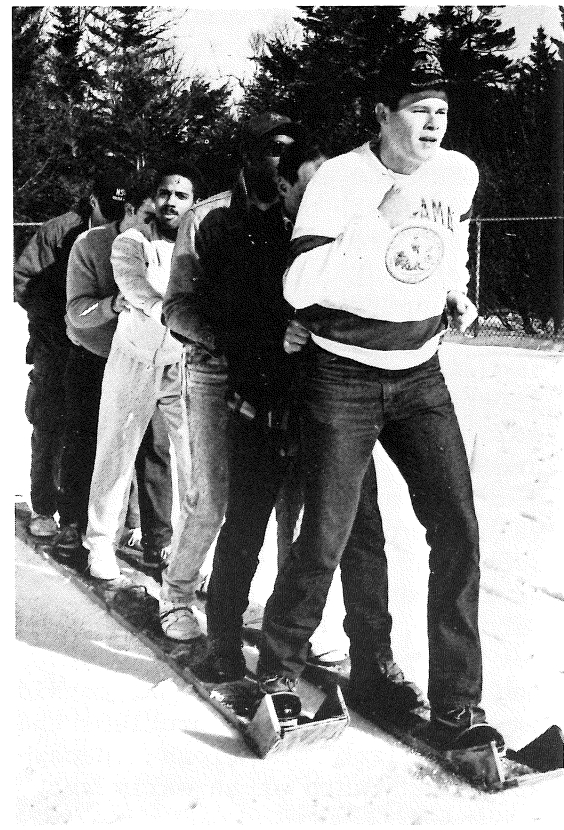
Other indoor events at the club were the jello-eating contest for all ages, and breakfast of champions, a youth game to see who could pick strawberries out of soggy cereal the fastest. Outdoors, the six-person sloosh race, snow-shoe race, earthball volleyball, team earthball shot put, egg toss, and other comical and bazaar events took place to the delight of all.

The day was topped off by a bonfire at the ice skating pond, as we enjoyed the best skating conditions of the year.

Congratulations to all who enjoyed the day's outing, especially those who walked away with the Gold, Silver, and Bronze medals. Special thanks to our volunteers; because of their efforts, this year's carnival was a tremendous success!



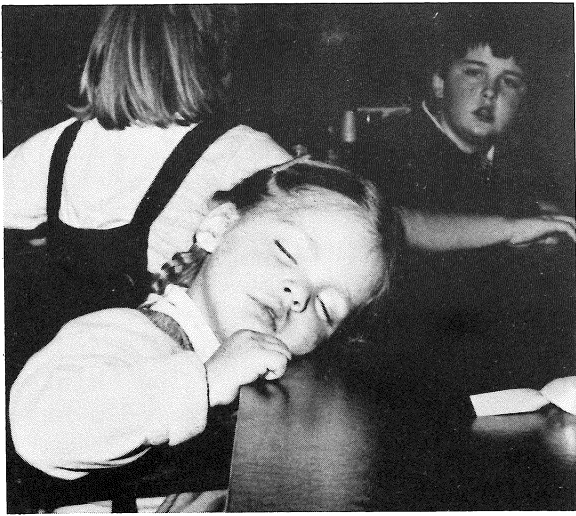
Rick Fredericks places a bet for James Orr.



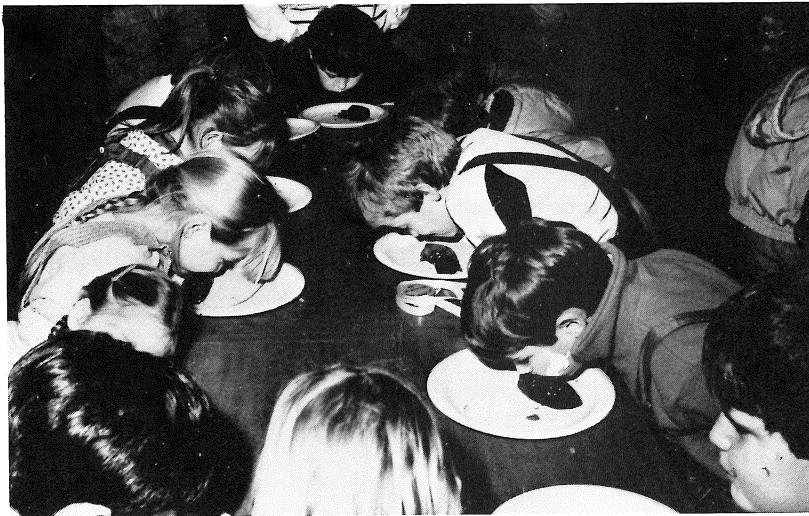
Going for the Gold in the sloosh race.



CABIN FEVER DAY



Taking a break and "resting her eyes" between events is Sabrina Babin.



The event's popular jello-eating contest is enjoyed by many.



DEPARTMENTS

Classic Wizard Training



by: CTT1(NAC) R. H. Bansley

60Dept Wiz's

Congratulations to CTM1 Wade Hill, CTT1 Dennis Kinton, CTT1 Scott Rogers, CTM1 Steve Nielson, CTT1 Jim Sperry and CTM1 Jeff Davis on their nominations for Sailor of the Year. Everyone in "60" joins in a most hearty "WELL DONE."

We welcome CTTCS Dennis Corkins from NSGA Edzell, and CTT2 Robert Edwards from NAVCOMMSTA Diego Garcia. We are looking forward to serving with you in Training. Basic Operator Class 88003 convened on 24 February.

From our sports desk: CTAC Fred Pergeson and CTM1 Jarome Whitlow participated in the Northeastern Maine Men's Ten Pin Association's 30th annual tournament in Bangor with Jarome rolling an astounding 1,983 total for second

place in "All Events." Wicked good, Ayuh! CTT1 Dean Balke, CTT1 Scott Rogers and CTT1 Miguel Ortiz participated in the March of Dimes Snow Softball Tournament last month. The Winter Harbor team didn't win but they did have a lot of fun. And the refreshments stayed cool. BRRRR!

We are sorry to say goodbye to CTM1 Whitlow. Jarome wants to stay warm so he's transferring to NAVCOMMSTA Diego Garcia. We tried to convince him to just wait for spring but he wouldn't buy that. He is looking to follow-on orders to NSC Puget Sound, Bremerton, Washington. "Fair Winds and Following Seas, Jarome."



Happy St. Patrick's Day

March 17, 1988



Schooner Club Manager Bill Mooney and his snowman urge you to come and enjoy the club's St. Patrick's Day Dinner on 17 March. They'll be featuring a "New England Boiled Dinner." May the luck o' the Irish be with ye'.

AND DIVISIONS

The Dragon Speaketh

by: CTM1 D. Remsburg

Hello again from the land of the Dragon! Again, I find myself in front of this keyboard trying to figure who keeps moving the keys around. I could've sworn the "A" was on the right side a couple of days ago. Hmm... Maybe it's those little blue men who create the present from the future that are slipping up again.

On with Department news. CTM1 Herberg has joined us from the fair land of Gander, Newfoundland. Ron will be working in the Safety/Physical Security shop for a few months and then go on to



the DF shop. WELCOME ABOARD, Ron!! Sure hope you enjoy your tour here.

The FLAGHOIST training is finally over with a sigh of relief. A lot of info was learned, but we are looking forward to getting our hands on the system for some real OJT.

Well, that's it now. A word of caution: Watch out for opaque blue men. Later!

---PSD---

by: PNCM D. Parkison

We welcome aboard SK2 Randy Mann. Randy reports in from the USS MCCLOY, homeported in Norfolk, and is assigned to the NAVPTO Section.

CDR Grace, Commanding Officer, Personnel Support Activity was onboard to congratulate PN1 Rhoda Englund for her selection as Personnel Support Activity Sailor of the Year. CDR Grace presented PN1 Englund with a Navy Achievement Medal. Congratulations, Rhoda!!

Congratulations to SK2 Jamie Steward. Jamie was presented a Letter of Commendation for her outstanding performance of duties arranging transportation needs for the "travelers" of the command. But now it's time to say farewell to Jamie. She will be leaving in March for the "winter" weather of Keflavik, Iceland and will be assigned to the NSGA doing "supply things."

Jamie is well known for her extra effort in arranging flights for TAD trips. We'll miss you, Jamie.



CDR Grace, CO PSA New London, congratulates PN1 Englund on her selection as PSA Sailor of the Year.

AND MORE ..

---52---

High Frequency Direction Finding (HFDF)

by: CTR2 P. Wilkes

Hello from BULLDOG land! Well, the streak is over--the OPS Gold basketball team losing streak that is The final game started out like all the rest--close at first, but there was a different aura in the gym that night (not to mention a Dexter-less OPS Blue team). The game was close throughout, but two key 3 pointers by Mike "A New Level" Palumbo in the fourth quarter sealed the fate of our rivals. Congratulations to our team members on an outstanding and dedicated performance: Mike Palumbo, Keith Reagan, Dennis Smith, Mark Henfrey, Cubby Davis, Dan Finnerty, Dave Roberts, Doug Ewers, Roy

Jacox, and Bill Lovejoy. Thanks also to Sue Jacox, Amy Schmidt, Ladonna Gill, Kathy Crooks, Teresa Palumbo, and Evelyn Hagelstein for their support of the team throughout the season. (Division Chief note: The author of this article, Paul Wilkes, also deserves an "attaboy" for his super efforts as coach/player!)

CTRSN Ronald A. Diller was selected as the division Operator of the Quarter for the 4th quarter, 1987. Well done, Ron.

Last but far from least, we hear rumored that all other Lant DF stations were challenged to meet the high standards of Winter Harbor's operational excellence (best in the net for more than a year now). This is certainly one event in which we excel. We enjoy being number one!

---53---

by: CTO2 C. Henfrey

53 Division was represented well at the fourth quarter Sailor of the Quarter board; CTO2 Mark Henfrey and CTO1 Roger Jolliff, two fine sailors, were nominated. Petty Officer Jolliff was also nominated for Sailor of the Year, and CTOSN Keith Perry was nominated for Junior Sailor of the Quarter. All received Letters of Recognition from the CO.

We congratulate CTOC M. McTernen on his selection for Chief Warrant Officer. He'll be commissioned in September. We always knew you had it in you, Chief. CONGRATULATIONS!

"Fair Winds and Following Seas" go to CTO2 Joe Civita. Joe and Christina are on their way to NSGA Adak.

Worth Repeating

"The cynic puts all human actions into two classes: openly bad and secretly bad."

— Henry Ward Beecher,
lecturer

"Life is not so short but that there is always time enough for courtesy."

— Ralph Waldo Emerson,
poet and essayist

REMEDIAL PT - A MEMORABLE EXPERIENCE

by: JO3 Jim Derheim
Naval Air Facility, Misawa, Japan

Remedial physical training. The very thought of it always conjured up images of overweight folks, straining to do a single push-up. That is, until I became one of those so-called "fat boys."

It began simply enough: I failed the minimum requirements set forth by the CNO for physical readiness.

Wait a minute--that can't be true. I failed? How could I? I'm in my early 20s. And I can see my belt, or at least the lower half of my belt buckle. What followed after grunting out just a couple sit-ups short of the minimum was a lesson in humility, discipline and, hopefully, a turnaround from the existence I've led the last few years.

Consider the excuses I've used: I'm too busy to exercise. My job takes so much out of me mentally, all I want to do when I go home is relax (isn't the sit-up bone connected to the brain bone?). The pool is always too full to swim laps; the weight room is always too full to lift weights. I can't find a pair of sweat pants that I like.

It all boiled down to the fact that I was young, felt good, looked OK and had never had a problem with PT in the past. Until that day in October.

Thirty-six ... thirty- ... seven ...
... thir- ... ty- eight ...

Where my stomach used to be was a knot the size of a volleyball. No amount of determination could lift the upper half of my body to the vertical the twice more I needed to pass. The push-ups -- no problem. The run -- a breeze. But two more sit-ups?

Looking back, it became clear that my life style had become virtually exerciseless. When asked why I was at Remedial PT, I told them I was there to write a story on it, which was only partly true. Admittedly, I was embarrassed.

I decided to renounce some of my evil ways during the thirteen laps around Hangar 941 (training for that day). Lap 5: No more donuts for breakfast. Lap 7: No more potato chip blitzes during



the late-late show. Lap 10: No thanks to candy, cake or other stuffings during work hours. Lap 13: I'm getting off remedial PT ASAP.

During the following weeks, our PT leader taught us leg stretches, belly strains, groin stretches and the old-fashioned jumping jack. Some of my muscles reintroduced themselves. Little by little, I began to feel extra energy building up in my system. My bellybutton began the long journey from a horizontal crease across my middle to its former concave roundness.

The same thing was happening to those around me. As they passed their tests, they departed our group to move on to better (not bigger) things.

That day came for me too. Easy as pie. I mean, granola. To the guys and gals still running around Hangar 941, don't lose sight of your goal, because you'll soon gain sight of something even more important: Your belt buckle.



SPORTS SPORTS SPORTS



by: Rick Fredericks

Racquetball

Congratulations to Chuck Travali who took first place in the season's first men's racquetball tournament held 27 and 28 January.

A total of twelve participated in the double-elimination competition which saw many close matches. Travali finished with a 5-1 record, while Rick Fredericks came in a close second at 6-2.

Fredericks won five straight matches to get to the finals, then defeated Travali to force a championship match. The earlier difficult matches took their toll, and Travali rolled to an easy win in the championship game.

Other top finishers in the tournament were Ron Becker and Liam Hurley, both with 3-2 records.

Invitational Basketball Tournament

The Beals team from "Down East" captured first place in the NSGA Invitational Basketball tournament held in January.

The tourney featured two Navy teams; the "Landlubbers" and the NSGA Varsity, plus teams from Machias and Jonesport-Beals areas.

"Red Tide" opened the tournament by defeating the Landlubbers 80-59, despite Derek Henderson's 31 points for Navy. The Varsity then lost a tough 72-67 contest to Beals. Beals' balanced attack, led by Kevin Barbee and Mitch Beal offset Dexter Dickey's 32-point performance.

On day two, Dexter really put it together and hit almost everything he put up, finishing with 59 points (Yes, that's 59!). Final score: NSGA 86 - Beals 61. Beals then defeated Red Tide, which set up a semi-final match with the Tide and our Varsity. An injured leg to Dickey really put the Navy at a disadvantage, but the team hung tough, played together, and overcame Red Tide 62-56. In the final game, it was Beals 82, NSGA 63.

CAPTAIN'S CUP

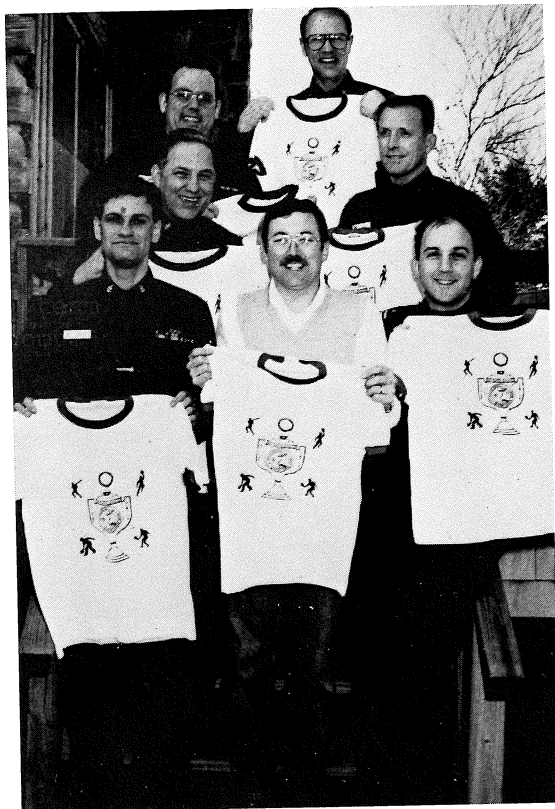
The coveted Captain's Cup is property of the Officers and Chiefs, in what truly was a year-long "team" effort. Their success was due to their consistent performance throughout the year, coupled with excellent participation in the events, which contributed to their 13-point final advantage over 60 Department. The O's & C's captured top honors in racquetball, tennis, skeet, bowling, volleyball, and basketball. But it was really the involvement of the khakis that led to their winning the cup.

60 Department, which also had outstanding participation from its folks, took first place honors in golf, horseshoes, pool and marksmanship. The Schoodic team won top honors in darts; while Ops Gold finished first in table tennis and Ops Blue won the regular season football and softball titles.

All in all, it was an enjoyable and exciting Captain's Cup season. Congrats to the O's & C's.

Captain's Cup Won By

O's & C's



Three cheers for the O's & C's Basketball team.

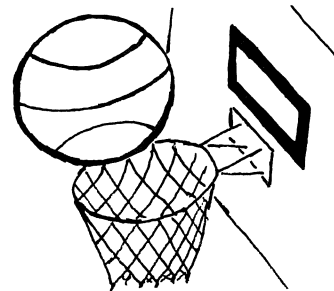
Clockwise from the top:

CTACS Ted Ferry, CW04 George Shaw, LT Jack Bruno, Tom Severance, CTTC James Sandlin, CTRCM Richard Perfetto, LCDR Francis Mohan

This final event of the season clinched the Captain's cup for the O's & C's team.

Final Standings

<u>Team</u>	<u>Points</u>
1st....O's & C's.....	165
2nd....60 Dept.....	152
3rd....Schoodic.....	108
4th....Ops Gold.....	107
5th....Ops Blue.....	104
6th....30 Dept.....	41



CHALLENGE CUP

BASKETBALL

by: Rick Fredericks

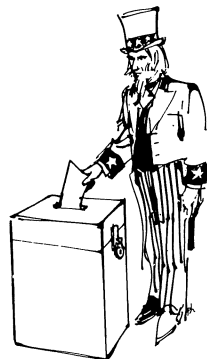
The Winter Harbor basketball team defeated Cutler in Challenge Cup competition 2 games to 1.

The first game was held at the Cutler gym. NSGA ran up an early 18-point lead, but had to hold off a spirited second-half comeback by Cutler to prevail in a 100-93 final. George Shaw (39) and Nate Phillips (21) combined for 60 points, with George's five 3-pointers playing a big key.

The shots didn't fall for NSGA in game 2 at Winter Harbor. Nate hit for 31, but it wasn't enough as Cutler finished on top, 89-76.

The third and decisive game saw Winter Harbor defeat Cutler on their home court. Winter Harbor produced a 60-point second-half outburst which led to the 108-99 final score. Sam Morris (28) and Derrick Henderson (20) led all scorers, with George Shaw's 3-pointers and free throws helping to secure the victory.

It's Your Right

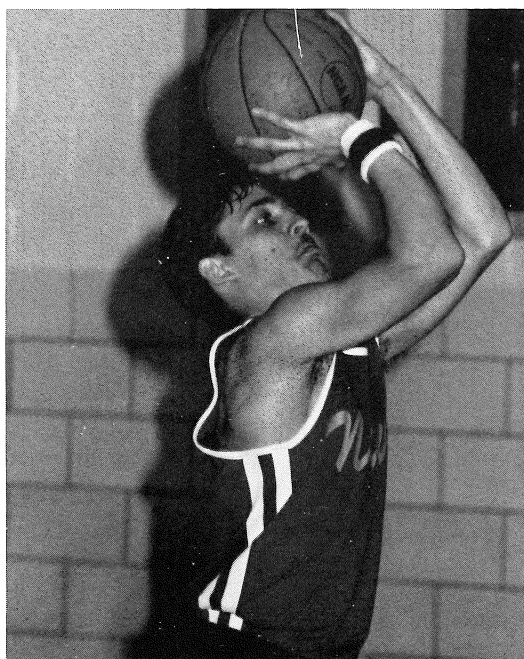


"If you vote, are you ready to fight?" Horace Greeley, publisher of the *New York Tribune*, once asked women suffrage leaders Susan B. Anthony and Elizabeth Cady Stanton. The year was 1867, before the Constitution gave women voting rights.

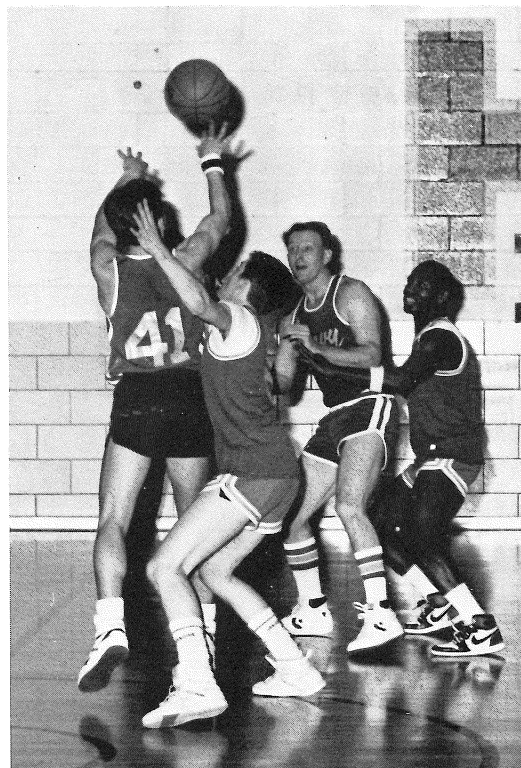
Today, voting is a right of all U.S. citizens age 18 and over, whether male or female, service member or civilian. ■

CHALLENGE CUP

BASKETBALL



Hank Masciarelli takes aim from the foul line.



Hank Masciarelli looks to dish off a pass to George Shaw as two Cutler defenders play tight "D."



George Shaw splits the Cutler defense for two points.



Tim Slaton and Nate Phillips await the outcome of an attempted shot.

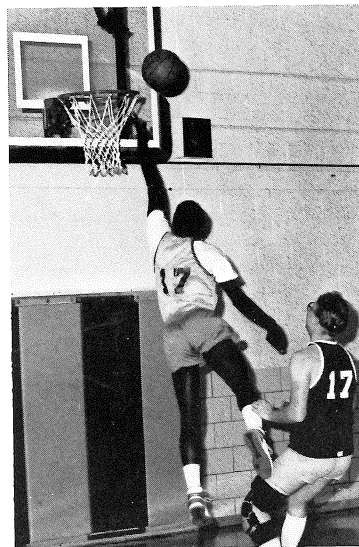
NSGA'S Basketball Champ

by: Rick Fredericks

We promised to keep you posted on CTT3 Dexter Dickey's progress at the All-Navy Basketball tryouts.

Dexter has survived the early cuts and is now among just 15 players left for a spot on the All-Navy basketball team! Competition is fierce, but if Dexter can make the final team of 12, he'll then be representing Winter Harbor and the Navy in interservice competition at Camp LeJeune, North Carolina 13-18 March.

Good Luck, Dexter!



HAPPY 53rd BIRTHDAY

NAVAL SECURITY GROUP



MARCH 11TH

MAINE OUTDOORS

by: CTT1(NAC) R. Bansley

1 April is the big day--open water fishing season begins. If you listen closely, you can hear thousands of fishermen's hearts beating in anticipation. Lure and boat catalogs have already started hitting the streets.

This year should see some changes in the rules at some lakes. Number and size limits may change, so read the new rule books closely. The fish and game wardens don't like to hear, "I didn't know that," when they start to write the citation. Some people may not like the tighter limits but please remember they exist to protect a resource that is seeing greater and greater pressure as more sportsmen discover "Vacationland."



Now is the time to start planning. Get your gear ready and don't forget about safety when planning purchases. The 1988 boating regulations are out and should be used as guidance. Remember that when fire breaks out, it is too late to wish you bought those fire extinguishers.

Library's Latest

Nonfiction

- 650.1 Black Woman's Career Guide
- 967 East Africa
- 613 Health Century
- 355.7 Military Travel Guide
- 796.352 Play Great Golf
- 359.3 Register of Commissioned
Warrant Officers of the U.S.
Navy, and Reserve Officers on
The Active Duty List, 1986
- 980 South American Handbook
- 917 Time Flies, by B. Cosby
- 353 U.S. Government Manual

Fiction

- Vonnegut Bluebeard
- Kerr Darkspell
- Jakes Heaven and Hell
- Kelton Man Who Rode Midnight
- Toland Occupation
- Holt Silk Vendetta
- King Talisman
- Buddenweiser Their Pride and Joy

Did you know your library receives several newspapers and magazines? Stop by and enjoy your favorites. Here's a list of them:

Newspapers:

- "Bangor Daily News"
- "Ellsworth American"
- "Navy Times"
- "Washington Post" (Sunday edition)

Magazines:

- People
- Time
- Omni
- Scientific American
- Youth
- National Geographic
- U.S. News
- Consumer Reports
- Changing Times
- Wifeline
- Link
- All Hands

SAFETY SENSE

Poison Prevention

by: Harry J. Voss

Each year hundreds of children die of accidental poisoning. Although anyone can be poisoned, most victims are under five years old. Their deaths can be prevented.

Most accidental poisonings result from carelessness (improper use or storage of some items). One example is chlorine bleach (any brand) when mixed with some other cleaners (such as oven cleaners) can form phosgene gas. Phosgene is a lethal gas; one deep breath and that's it. Another example: Look under your kitchen sink. What did you find? Was it some innocent-looking container of scouring powder (that contains chlorine) or just an old bottle of some left-over whatever? This whatever may be deadly. It was nothing but mothballs? They are worse than chlorine. Enough of the under-the-sink search.

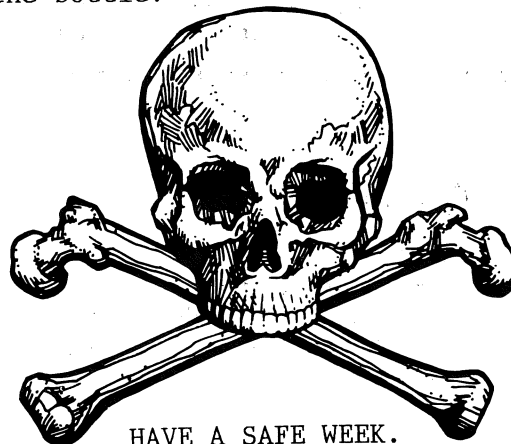
According to the Consumer Product Safety Commission, more than 500,000 children are accidentally poisoned each year by colognes, perfumes, mothballs and other things that seem harmless. To a child, mothballs may look like candy. Speaking of candy, another problem arises from well-meaning parents who refer to things like vitamins and medication as candy. This helps the child learn that it is good, but they don't learn it must be taken as directed. They learn instead, that it is candy and candy is good, eat all you can before Mommy or Daddy takes it away. Deaths and many severe illnesses have resulted from overdoses of aspirins or vitamins.

Adults are not exempt from poisoning; they are just more likely to be poisoned by taking the wrong medication. This is



often the result of poor lighting or the need of glasses that were too much trouble to put on in the middle of the night. Adults statistically are also more susceptible to the synergistic effect caused by mixing medications with alcohol or other drugs.

March 20-26 is National Poisoning Prevention Week--a week to think. Think about the places you store your cleaning supplies and medications. It's a week to "spring clean" and get rid of unnecessary medications, such as those more than two years old or those which have changed color or formed a residue on the bottle.



A DOUBLE FEATURE MOVIE REVIEW



by: CTTC Kim O'Donnell

Three Men and a Baby is a cute movie which offers the viewer a closer look at two of television's hunks--Tom Selleck and Ted Danson. Rounding out the threesome is Steve Guttenberg, best known for his roles in all those Police Academy movies.

The reason I say this movie is "cute" is because it has a cute baby, cute leading men, and a cute plot; we have three men living together in bachelor bliss until one day a baby shows up on the doorstep with a note saying Ted Danson is the father. Enter chaos. What is really endearing is how these three swinging singles change their value systems and learn there are more important things than a night on the town with Betty Sue. There is a sub-plot which involves drug-smuggling and bad guys, but it really isn't developed well enough to merit more than a mention here. The best things this movie has going for it are the scenes involving these three men, the baby,

dirty diapers, feeding time and the rest of life with a baby in the house. This is a great movie for the kids and it really is good fun for all.

On the satirical side, there is Broadcast News--a gutsy, biting look behind the scenes in a major newsroom. It's been said this is one of the best movies of 1987 and I have to agree. With a cast including William Hurt, Holly Hunter, and Albert Brooks, how could this movie ever go wrong?

Hurt plays the shallow, photogenic anchorman who usually gets all the credit because he "looks good on television." Hunter is the pushy know-it-all news producer who guides Hurt through the evening news with finesse. Lastly, Brooks plays the sappy news reporter who can never get the right job or the girl because he's just a little too good at what he does.

The chemistry between these three is fantastic. With a great supporting cast, this movie is one of the best we've been offered in a long time.

The movie involves how these three and the rest of the newsroom interact in daily life and who survives when a severe budget cut forces management to fire most of the office staff.

You'll enjoy this movie if only for what it shows behind the scenes. You'll probably never watch the evening news with the same attitude again.

Caffeine Fix

Caffeine is mildly addictive. Some drinkers suffer withdrawal symptoms when they don't get their regular intake of coffee, tea or cola.



BRIEFLY....

NEW ARRIVALS

	<u>From</u>
CTTCS Dennis E. Corkins and Family	Edzell, Scotland
CTM1 Ronald W. Herberg	Diego Garcia
CTT2 Robert L. Edwards	Diego Garcia
CTASN Sharon M. Taylor	Pensacola, FL

REENLISTMENTS

	<u>Years</u>
CTT2 Suzanne Harrison	5
CTM1 Jarome Whitlow	6
SK2 Arthur Willey	4
CTT2 Jonathan Schappert	3
BM1 Paul E. Phillips	4

WELCOME ABOARD!

SAILOR OF THE YEAR - 1987

CTT1 Donald S. Parsons

MERITORIOUS SERVICE MEDAL

LCDR Don B. DeCaria

NAVY COMMENDATION MEDAL

DM1(SW) Freddie J. Webb

JOINT SERVICE ACHIEVEMENT MEDAL

CTT3 Earnest E. Beeman

NAVY ACHIEVEMENT MEDAL

BM2 Michael J. Huntington

GOOD CONDUCT MEDAL

CTT2 Robert L. Edwards	(1st)
CTT2 Jonathan E. Schappert	(1st)
PH3 Ronald T. Spray	(1st)
SHC Richard C. Watkins	(4th)
CTTC James H. Sandlin	(2nd)

ADVANCEMENT TO SEAMAN

CTTSN Patrick C. Flynn
CTTSN Gregory P. Medema
CTTSN Stephen B. Adams
CTTSN Michael S. Lowery
CTTSN Christina C. Munoz
CTTSN Thomas H. Barbour

LETTER OF COMMENDATION

CTT1 Phillip L. Russ	CTTC Kim L. O'Donnell	CTAC Maureen M. Gebbia
CTTC Robert E. Monroe	CTMC Eugene R. Wolford	PN1 Rhoda B. Englund
CTM1 Sean L. Golden	CTO1 Thomas A. Jensen	CTT1 Bryan E. Jones
SK1 Jean E. Laverdiere	DT1 Herbert N. Marzakis	HM2 James G. Hall
BM2 Michael J. Huntington	HM2 Rebekah L. Picard	YN3 Lori L. Grzena
SN Monica J. Cornell		

