As it looks forward to 2006 and beyond, Electric Boat’s challenge is to sustain itself as a viable business while significantly reducing its work force in response to a decreased work load.

That was the message from EB President John Casey earlier this month at the company’s annual legislative breakfast, which was attended by some 70 elected and appointed leaders from Southeastern Connecticut and Rhode Island.

During the session, Casey told the officials that the projected work load would require the elimination of 1,900 to 2,400 jobs by the end of 2006. Describing that task as despicable, he said, “The only thing worse would be not to do it, because if I don’t, this organization will fail – and I can’t let that happen.” To the extent possible, he said, the company will rely on attrition and work-load adjustments to offset...
Casey said his primary objective is to preserve Electric Boat as a national asset by convincing decision makers to build two Virginia-class submarines per year sooner than the current 2012 plan, and to obtain new design work.

Additionally, EB is engaged in the joint Navy/DARPA Tango Bravo program to develop key new submarine technologies. Specifically, the company is working on three projects—shaftless propulsion, external weapons and X-plane ship controls.

In the area of potential work, Casey pointed to the Navy Advanced SEAL Delivery System (ASDS), a mini-sub in development with a history of cost, schedule and technical issues. EB has discussed its participation in the program with key decision makers and is ready to respond to any Navy requests for assistance.

The Virginia-class submarine program may provide other opportunities for new work, he said.

To help reduce the cost of Virginia-class ships, Electric Boat is proposing a redesign for affordability program, an initiative that would help lower the cost per ship to $2 billion. That, in turn, would meet the challenge of Chief of Naval Operations Adm. Mike Mullen, who promised his support for a two-ship per-year build rate if the cost can be cut from $2.4 billion to $2 billion.

EB is also proposing a Multi-Mission Module, which would increase the capabilities of Virginia-class submarines by providing increased flexibility, payload and adaptability to new missions.

Finally, the company is raising the possibility of beginning the design of a future multipurpose nuclear submarine that would be a follow-on to the current SSBN design.

“‘There is only one organization on this planet that has delivered a newly designed nuclear-propelled vessel in the last three decades,’” Casey said, referring to Electric Boat. “‘Our country cannot afford to let our capabilities disappear. We have to find a way to preserve them. All of us should work together to make sure we don’t lose sight of this goal,’” he told the local and state leaders.

Electric Boat Receives $77 Million Contract Modification For Submarine Support

The U.S. Navy has awarded Electric Boat a $77 million contract modification for nuclear-submarine work.

Under the terms of the contract modification, Electric Boat will provide design agent, planning yard, engineering and technical support for nuclear submarines. Initially awarded in March 2004, the contract being modified could be worth more than $1.1 billion over five years if all options are exercised and funded.

Sixty-seven percent of the work will be performed at Groton; 14 percent at Bangor, Wash.; 13 percent at Kings Bay, Ga.; 5 percent at Newport, R.I.; and 1 percent at Quonset Point, R.I. Work performed under this modification is expected to be completed by September 2007.
EB’s Safety Performance – A Snapshot

The chart above presents a summary of Electric Boat’s 2005 safety performance through November. Specifically, the chart tracks the company’s Lost Workday Injury Rate (LWIR), which measures the number of lost workday injury cases per 100 employees per year. Through the end of November, the company’s year-to-date LWIR is 2.8 – that means that just under three of every 100 workers was hurt seriously enough to lose time from work. The year-to-date rate is clearly well over the 2005 LWIR goal of 1.9, but still well under the shipyard industry average LWIR of 3.9.
HEALTH MATTERS

Cholesterol

As I stood by the large shrimp buffet in my capacity as self-appointed guardian, I had the chance to interact with those who had come to give our good friend Fred Harris a proper send-off to his new job at NASSCO. Several party goers commented sheepishly about the amount of cholesterol in shrimp while we admired each other’s consumption of the delicacy. It got me ruminating about how far we have come in the perception of cholesterol as a risk factor.

The Past

In 1910, the German chemist Adolph Windaus noted that the abdominal arteries he was dissecting had 20 to 26 times the amount of cholesterol compared with healthy vessels. Three years later, Russian pathologist Nikolai Anitschov fed pure cholesterol to rabbits with subsequent measurements of high blood cholesterol and atherosclerosis noted in the abdominal arteries. These early pioneers wrongfully attributed coronary artery disease. He theorized there was a genetic link. Twenty-five years later, this theory was refined by a Lebanese clinician into two distinct genetic types of high cholesterol disease. The first produces high levels of cholesterol starting at birth, and results in death as early as five years of age. The second is characterized by elevated cholesterol levels between 300 and 400 mg/dl and was associated with premature heart attacks in the 35-to-60-year-old age group. Based on these and other studies, the investigation into human production of cholesterol culminated in 1960 with the complete understanding of the 30-step enzymatic process.

In 1955, Cal-Berkeley biophysicist John Gofman used an ultra centrifuge to separate plasma lipoproteins. He found that elevated levels of LDL (low density lipoprotein) correlated with heart attacks. Further, he found that elevated HDL (high density lipoprotein) was associated with fewer heart attacks. Seizing upon this work, Ancel Keys, through his Seven Counties Study, found that cholesterol levels in middle-aged men were linearly proportional to the ingestion of saturated fats.

Later, it was found that Finnish men with blood cholesterol of 260 had eight times the heart attack rate compared with men in a Japanese fishing village where the mean cholesterol was 165.

In the 1970s, there were two critical findings regarding the molecular linkage of LDL to atherosclerosis. Two Nobel Prize winners, Goldstein and Brown, showed that the level of LDL in the blood is controlled by the LDL cell surface protein or receptor. Once bound to this protein, the LDL cholesterol is taken into the cell where the lipoprotein is broken down. The cell then uses it for metabolic and other structural purposes. Failure of this receptor system results in the disease described by Muller in 1938.

The second finding influences many of our lives today. Japanese scientist Akira Endo made a discovery that led to the development of statin drugs, which many use today to lower their blood cholesterol. The landmark 1994 Scandinavian Simvastatin Survival Study showed that statins could reduce heart attacks by 25 to 30 percent. In addition, statins were shown to prolong life in this group of individuals.

The Future

Another part of our story begins in 1979, in the little town of Limone sul Garda near Milan, Italy. Blood work performed on a man there revealed very high fat and cholesterol levels in his blood. His arteries should have been clogged, yet they were in pristine condition. Researchers were puzzled. Could there be other factors that modulated the impact of high LDL on his arteries? Upon further review, it was determined that he and many of his relatives had a variant of an apolipoprotein subsequently called ApoAl Milano.

If synthetic ApoAI or ApoAI Milano were given to individuals with poor LDL profiles, would it shrink the cholesterol plaques from their arteries? So far, one small human study revealed that it shrunk the plaques in arteries at a rate of nearly 1 percent per week. Further, in animal studies, ApoAI Milano is more than twice as effective as normal ApoAI.

This concept of reverse-cholesterol transport has the potential for blockbuster drugs that would clean arteries without surgery and raises the issue of whether coronary bypass grafting is coming to an end. Clinical studies are still several years away, so in the meantime, the combinations of exercise, dietary changes and the appropriate use of statins offer you and your family the best prevention of coronary artery disease.

Do You Know Your Numbers?

What are your fasting cholesterol numbers? Isn’t it pretty clear that if you want to live a long and healthy life, one of your focused goals should be to achieve the

continued on page 16
EB News wraps up 2005 by again presenting a collection of stories and photos detailing the volunteer work of Electric Boat employees over the last 12 months.

No matter what the cause or the urgency of the need – the monthly Can-A-Month campaign, the American Red Cross’ EB bloodmobiles, fund-raising raffles, for example – EB employees are always willing to step forward and lend a helping hand. It’s what being a good neighbor is all about.

The following pages contain just a few examples of what happens in every local community throughout the year. If you are one of Electric Boat’s many volunteers, you can be proud of your contributions. If not, these stories and photos can point out the many ways that you too can help.

From left, Toys For Kids volunteers Johanna Wertz, Edmund Conrad (415), Samantha Rathke, Nadine Conrad (455), former EB employee David Main, and Pauleatha Glover (462) sing Christmas carols at the TVCCA’s homeless shelter in Norwich, just one of the Toys For Kids float’s many stops during last December’s distribution of donated cash and gifts to area nursing homes, various children’s organizations and other sites. Rathke is the daughter of EB employee Sue McKibben (447), and Wertz is Rathke’s friend.

Spreading good cheer through the region, employee organizations help ring in the Christmas season

For many EBMA and EBAC volunteers, the Christmas holidays wouldn’t be the same without the Toys For Kids campaign.

So, in keeping with their tradition, the volunteers camped out at the employee gates during numerous shift changes last December, collecting donations of $11,000 and more than 600 toys from their fellow EB employees. Then they hit the road with their colorful Toys For Kids float, riding to area nursing homes.

continued on page 6
Employees and families who care

Electric Boat employees and their families pause for a group photo while taking part in the United Way’s annual Day of Caring in June. The EB volunteers descended on the Terra Firma Farm in Stonington, where they painted, built a fence, stained, landscaped and more.

continued from page 5

homes, various children’s organizations and numerous other sites to deliver the goods and cash – plus a heaping helping of holiday cheer.

Event co-chairman Joe Rossi praised the bell-ringers and Santa’s helpers for taking time out of their busy schedules to collect and then deliver all the donations.

“Thanks to all the volunteers who gave their time to organize, coordinate and collect contributions,” he said. “Many thanks also to those who constructed and manned the Toys For Kids Christmas float.

“But the real recognition goes to everyone who donated during our collection drive,” Rossi continued. “Without their generosity, none of this would have been remotely possible.”

The Toys For Kids campaign, begun more than 25 years ago, continued its run this month by collecting more cash and gifts for distribution to those in need.
United Way recognizes Witt for volunteer contributions

Most Electric Boat employees know him as Santa Claus, because he portrays the jolly old elf every December during the company’s holiday turkey distribution. But the United Way knows Charlie Witt (241) as a great volunteer, one who has served the charity in numerous capacities for the last 25 years.

To honor Witt for his continued contributions, the United Way this year profiled him in its By The Way newsletter for campaign coordinators. As the newsletter itself explains, the purpose of the volunteer profiles is to recognize those “who are making a difference.”

Besides volunteering at children’s Christmas parties – as Santa, of course – Witt serves on the United Way’s allocations committee, a group which ensures donor dollars are being used effectively by the receiving organizations. Witt also serves as a community campaign coordinator at EB each fall, and last year served as a judge for the United Way Chairman’s Award Series.

“I would volunteer for the United Way anytime, only because they’re such wonderful people there,” Witt said, adding he is just one of many second-shift employees who regularly donate their time and energy to the charity. “We have a team on second shift and we’ve been together quite a while, and it works out well.”

Witt said he was surprised and honored that the United Way would choose to publicly recognize his volunteer efforts. “I was pretty happy they did it,” he said. “It was a very nice gesture on their part.”

But the recognition is clearly not the reason Witt volunteered in the first place, nor is it what drives him today.

“There’s a real satisfaction to giving back to the community,” he said, adding, “I hope more people get involved and help out a charity of their choosing. Volunteerism is greatly accepted and greatly needed, especially now.”

EB volunteers send donated food packing

When Foxwoods Resort Casino offered food vendor samples to the Gemma E. Moran United Way/Labor Food Center following a mid-summer convention, United Way Vice President Paul Jakoboski wanted to say yes. Unfortunately, he didn’t have the available staff to collect and deliver the goods, nor did Foxwoods.

So what did Jakoboski do? He called officers of the MTC and MDA unions at Electric Boat for a helping hand. The next thing he knew, 32,000 pounds of food – enough to fill three refrigerated trucks and a tractor trailer – was being unloaded at the New London food bank.

“The volunteers did a tremendous job of packing up all that food from the convention hall and getting it to the food bank,” he said. “It’s just wonderful to see that amount of caring and giving on the part of so many folks from EB.”

MDA member Bill Dwyer (496), one of the EB volunteers, said he was recruited to help out by MDA President John Worobey (452).

“John called me and others and asked if we would step up,” Dwyer said. “We worked fast and furious, moving pallets and packing boxes on them, wrapping them with plastic and getting the loads to the freight elevators while others loaded the trucks.”

Dwyer said the task turned out to be more physically demanding than he had expected, but he doesn’t regret saying yes.

“It was the most rewarding time I have spent in months,” he said.

So rewarding, in fact, that Dwyer and numerous other EB employees, both hourly and salaried, have since volunteered for two similar missions at the Mashantucket resort, saving another 57,000 pounds of food from the dumpster. And dozens of EB volunteers are now on tap for two other scheduled conventions in February and March 2006.

“We all felt wasting good food would be a crime, especially when there are so many working poor out there in southeastern Connecticut,” Dwyer said.

MTC member Bob Mayne (248), who works at the New London food bank every Wednesday, played a critical role in the success of the Foxwoods food collections, Jakoboski said, because he knew how to pack and ship the donated items so the food bank could unload and properly store them all.

“Bob is really instrumental in organizing everything,” Jakoboski said. “He’s just an awesome help.”

Mayne downplayed his contributions, saying the success of the Foxwoods collections has been a direct result of the efforts of all the EB volunteers.

“I’m a little more familiar with the food center’s operation, so it was easier for me to know what’s got to get done,” he said, adding, “It’s nice to know that somebody appreciates our efforts.”
About 2,300 children die of cancer each year in the United States. To Brian Howard (646) and Kimberly Sullivan (641), that’s 2,300 too many. That’s why the pair joined forces to collect $500 in pledges for the WipeOut Walkathon ’05, an event held in September to benefit the Tommy Fund for Childhood Cancer at Yale-New Haven Children’s Hospital.

“I originally participated in this event a few years back as a volunteer,” Howard said. “When I got to see the joy on the children’s faces throughout the day, I made it a point to be available for the event each year.”

In all, about 325 people took part in the ’05 walk at Niantic Bay, raising more than $23,000. Howard and Sullivan were among a handful of EB employees who marched 3 miles along the boardwalk and McCook’s Beach.

“I figured if there was anybody crazy enough to do it, it would be Pat,” Zecco said. “And he is crazy enough.”

Walkers’ goal: Wipe Out Childhood Cancer

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EB walkers put soles into Heart Walk

Electric Boat volunteers celebrated their 10th year with the American Heart Association’s Heart Walk this October, and they did so in a big way. The EB team’s 250 registered walkers raised an impressive $52,250 for the fight against heart disease, bringing their cumulative total to over $400,000 since 1996, said Mark Zecco, EB’s Heart Walk coordinator again in 2005.

“One again, the people of Electric Boat have stepped up to the challenge,” he said of the amount raised this year. “This is an all-time high for the EB team.”

Zecco said every member of EB’s Heart Walk team, himself included, has a personal reason for wanting to participate, usually a loved one who suffers from or has died from heart disease or a stroke. That, he said, may explain why everyone is so dedicated to the cause.

“Plus, it’s a lot of fun – it really is,” Zecco said of the walk itself, which is held at Rocky Neck State Park.

In addition to Zecco, HR & Admin VP Robert Nardone also supported EB’s Heart Walk efforts, serving as Electric Boat’s Corporate Executive Leader of the event.

Zecco said Mary Anne Alfieri (330) was once again EB’s top fund-raiser, collecting $15,000 in donations, including an anonymous matching gift of $7,000. “She’s been a huge force in this thing,” Zecco said.

Friendly competition also plays a role in the fund-raising efforts, with EB’s individual teams trying to outdo one another and new teams always signing up each year.

“To all those who walked or contributed, I can’t thank you enough for your generosity,” Zecco said. “Whether it’s hurricane relief, the March of Dimes, the United Way or any other worthy cause, the men and women of Electric Boat are always there to help.”

More than 20 years later, he’s still lending an arm to the Red Cross

Jeff Marchese (458) never thought much about donating blood. But then he happened to notice the EB bloodmobile and decided to give it a try. That was more than 20 years and 8 gallons of blood ago.

Marchese has since become a regular at the quarterly blood drives held by the American Red Cross. He said he recently received notification from the relief agency acknowledging the donation of his 68th pint.

“One day they were having the bloodmobile, so I decided, ‘Ah, what the heck, I’ll go and give blood,’” he said. “I kept on doing it two or three times a year, and it’s been 20-something years.”

Though hundreds of EB employees give blood every quarter – a combined 1,123 units have been donated in the first three blood drives this year – the need always exists for more. Marchese encouraged his fellow workers to consider it.

“It’s very easy – almost painless,” he said. “Just a little stick and that’s it. Also, I feel really good about donating afterward.”

Marchese praised Electric Boat for hosting the blood drives and for giving employees the time to donate during the workday.

“EB makes it easy,” he said. “You can do it while you’re at work. And it helps people in need. It’s a good thing to do.”
An Electric Boat Tradition: The Machinists’ Turkey Drive

The year-end holidays are full of traditions – family gatherings, colorful decorations, seasonal music and gift exchanges, to name but a few.

And thanks to James “Jimbo” Grady and many of his fellow Machinists Local 1871 members and officers, Electric Boat is home to another holiday tradition: the Machinists’ Turkey Drive.

Grady (431), who started the drive about 15 years ago, said the idea came when he heard about the establishment of the Gemma E. Moran United Way/Labor Food Center in New London.

“We had always tried to help out our own people who might be sick or injured, but this would be a way to help others in need,” he said of the drive. “So that was it – we just wanted to make life a little easier for some people and do a good thing for the community.”

This year’s drive, held at EB’s Main and South gates Nov. 7 and 8, collected $2,655 in cash donations. The money was used to provide 60 Thanksgiving and Christmas turkey baskets for local needy families. The rest of the money will be used to replenish the Machinists’ own union hall food bank during 2006, said President and Chief Steward Rodney Barnes (501).

Grady said he kept the drive going for many years before handing the reins to other Machinists union members, who have dutifully kept it going.

“I’m happy they keep the tradition alive year after year,” he said, adding, “The Machinists union will be out there for years to come, as long as we have a need to help people out.”

Invention Convention to EB: Thanks for your support

The continued participation of Electric Boat volunteers at the annual Connecticut Invention Convention has earned the praise and appreciation of the convention’s board of directors.

The board wrote a letter to EB President John Casey last month thanking the employees for their steadfast support of each year’s event.

“Just in the last few years, close to 30 of your employees have annually invested their time and expertise in helping 750-plus young Connecticut inventors be inspired to compete for recognition and awards with their unique inventions,” wrote CIC board member Helen Charov. “We recognize that this cohort of judges from Electric Boat is one of our largest and most dedicated among the premier engineering companies in our state.”

The convention, held at the University of Connecticut’s Gampel Pavilion in Storrs every April, brings together students from dozens of Connecticut schools to compete in the state finals. EB volunteers serve as judges, picking the best inventions for the various age groups and offering encouragement to all the students.

“Many of our ‘grads’ have gone on to engineering schools and technology careers, and in the future will provide companies such as Electric Boat with an available pool of qualified, educated professionals,” Charov said. “Perhaps one of our young inventors will provide an innovation for the next generation of submarines someday!”
Marilyn Moran (496) was understandably frightened when her son James, a 2nd lieutenant with the Connecticut National Guard’s 141st Medical Company, was deployed to Iraq a year ago. 

Sensing her fear, Moran’s co-workers in the closely knit Weights group at Electric Boat quickly decided to do something about it. They couldn’t bring James home, of course, but they realized they could send a little bit of home to James.

And so began a gift collection in Buildings 197 and 221, through which hundreds of items were donated and then shipped to James and his fellow fighters, just in time for Easter.

“A lot of things they can’t get over there,” Moran said, “so it was just like a touch of home for my son. He said it meant so much.

“I appreciate my co-workers’ efforts,” Moran continued, “because I was scared to death with my son going over there.”

2nd Lt. James Moran has since returned home safely.

Bob Hartley (496), who organized the collection efforts in Building 197, said he wanted Moran’s son and the entire 141st Medical Company to know that they weren’t forgotten.

“You don’t have to like the war – you don’t have to understand it,” he said. “But you have to be for the soldiers, and that’s what this whole thing was all about.”

Hartley said the donated items included toiletries, such as toothpaste, fingernail clippers, lip balm, wipes – such creature comforts are hard to find in a war zone, he said – plus DVDs, books, magazines and similar items. And of course, there were snacks – lots of snacks!

Bill Dwyer (496), who coordinated the Building 221 collection, said about four dozen MDA members made contributions of either gifts or cash. The cash was used, he said, to cover the cost of shipping all those heavy boxes overseas.

“I’m a veteran, and so is Bob,” Dwyer said. “I figured sending the troops a little something from home was the least we could do.”

From left, Bill Dwyer, Marilyn Moran and Bob Hartley (all of 496) pack snacks and other donated items into gift boxes for American soldiers serving in Iraq, one of whom was Moran’s son James.

EB care packages bring a bit of home to Guardsmen in Iraq

ELECTRIC BOAT COMMUNITY VOLUNTEERS 2005

ELECTRIC BOAT NEWS | December 2005 | 11
Another spring flower season, another fund-raising record for Electric Boat.

EB employees donated a company-best $14,400 to the American Cancer Society’s Daffodil Days program this year, marking the company’s 12th consecutive increase and again putting the company in first place in the region.

“We blew everyone out of the water,” said Lauretta Mariani (601), co-chairman of EB’s Daffodil Days effort since the company first signed up to participate in 1993.

The top fund-raiser at EB this year was a team coordinated by Mary Ellen Price (508). The dedicated group of employees scoured the shipyard for donors and collected $1,623.

“Everyone did an exceptional job, as you can tell by the results,” Price said. “In Facilities, hourly personnel took the lead for the 2005 campaign, and just about everyone was contacted individually to see if they would like to donate. The non-Facilities areas were very successful in obtaining donations as well.”

While the minimum donation is usually $7 for a bouquet or $20 for a Gift of Hope – an anonymous gift of daffodils to a cancer patient – Price said she also accepted smaller donations and pooled them together to buy Gifts of Hope.

“The American Cancer Society does a great service for cancer patients and their families, and if we could cheer up the patients, give them hope and the sense that they are not alone, we have done a worthwhile thing,” Price said.

Electric Boat’s increasingly successful Daffodil Days drives have not gone unnoticed by the American Cancer Society. Just last month the agency presented Mariani and EB with a special plaque for the biggest increase in sales by an individual or group. The plaque is now on display in the Tech Center’s fourth floor atrium display case.
An Open Heart for Homeless Animals

Robyn Smith (210) has a special place in her heart for animals, particularly those in need of rescue or adoption.

So when she heard that the Connecticut Humane Society would be holding a special fund-raiser in early May – the Faux Fur Ball – she didn’t hesitate to volunteer her time and energy to help promote the event.

Smith’s efforts, and the efforts of other volunteers, helped make the event a bigger success than the Humane Society had hoped. Spokesman Jodi Angel said it raised $4,000, which would be used to provide for the care of homeless animals taken in by the society’s Waterford shelter.

Smith, who has also volunteered for other animal causes – she has fed the fish and cleaned the tanks at the Mystic Aquarium, for instance – said it would be too difficult for her to volunteer in person at the Humane Society shelter, because then she’d be surrounded by the homeless animals on a regular basis. That’s why she chose to support the fund-raiser instead.

“It’s important to help others – people and animals – who may be less fortunate,” she said. “It’s such a great feeling to see a homeless dog find a home or a sick animal get rehabilitated and released back into the wild.”

Smith, who recently took a maternity leave from work and volunteer activities, is now resuming both. She said she’d love to see more EB volunteers out there.

“There are tons of opportunities to help others,” Smith said. “Opportunities can be found in the newspaper, on the Internet, and many other sources. Most places will not turn down someone who is willing to donate his or her time.

Never too old to rock ‘n’ roll, Cancer Benefit approaches third decade

A festive crowd fills the dance floor at Ocean Beach’s Port & Starboard during the annual Rock ‘n’ Roll Cancer Benefit in May. Held by the EB Apprentice Alumni Association, the event raised a record $8,549, which was donated in equal shares to the American Cancer Society and the Hospice of Southeastern Connecticut. Bill Giustini (456), who started the event in 1976 and has served as its chairman ever since, was honored by the American Cancer Society and Hospice at this year’s event for his continued fund-raising efforts. Giustini said next year’s benefit, which will mark the event’s 30th anniversary, promises to be bigger and better than ever.
To submit a classified ad, send an e-mail to EBNewsAds@gdeb.com with the following information:

**CATEGORY** choose from

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**ITEM NAME; DESCRIPTION; ASKING PRICE; and HOME TELEPHONE (include area code if outside 860). Deadline is the 15th of the month.**

**Maximum of two 25-word ads per employee per issue.**

**Please include your name, department and work extension with your ad (not for publication).**

**Employees without e-mail can submit their ads through interoffice mail to:**

Dan Barrett, EB Classified, Dept. 605, Station J88-10.

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**S-10 BLAZER 1985, 125,000 miles, runs good. 2.8 v6 with a manual 5 speed transmission, 4 wheel drive, well maintained, good tires and a trailer hitch. Asking $1,000; OBO. 401-596-0509.**

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lowest cholesterol levels possible? How low is low? In one study, super-low levels of cholesterol stopped the progression of coronary artery disease. These low levels, such as an LDL of 79, are typically only achievable with intense exercise, diet and statins like Lipitor, Zocor or Pravachol. If you find that you can’t do it by diet and exercise, you may need a statin drug. Only you and your family doctor will know what is best for you so please, get your numbers and discuss it with someone you trust.

Have you seen your primary care doctor to discuss your numbers? If not, then start the new year with a physical and some blood work.

Having a tough time formulating your plan of healthy lifestyle changes? Why don’t you access our health-care advocates? Sonia Garcia is located the Yard Hospital and Nelia Infante at the Medical Dispensary at Quonset Point. They are there to answer your questions and help formulate your plans. Give them a call.

Evidence-Based Medicine: Back at the Buffet

So, back at the shrimp buffet we struggled with the question of not if, but how many shrimp might one safely eat. Do shrimp raise your cholesterol levels much?

Well, you absorb only about half the cholesterol you consume. About 80 percent of your circulating blood cholesterol is made by your liver and this is influenced by your consumption of saturated fats and trans fats. It is recommended that you limit your daily consumption of cholesterol to between 200 to 300 mg. Although low in fat, shrimp is high in cholesterol (about 200 milligrams in 3.5 ounces, or 12 large boiled shrimp). While some people have avoided eating shrimp precisely because of its high cholesterol content, there does not seem to be sufficient scientific justification for such avoidance. Have a Happy Holiday Season.