

The glamour, the excitement, the Oscars!



Photos provided by Devon Christie

Child and Youth Program workers join in the opening dance for the Child and Youth Program's 'Oscar Night' April 8 at the Windjammer Ballroom. Employees from the Child Development Center, the Child Development

Home Program, and the Youth Program, all received certificates of appreciation and an 'Oscar' for their hard work and dedication.



GTMO community Health Care Providers are also honored for their work with local children. Pictured from left to right are Rosa Ramirez, Mariney Conklin, Edith Diaz, Kady Phibert, Marisol Retrepo and Mayra Cevallos.



The Youth Program employees receive 'Program of the Year' award from Craig Basel. Awardees include Trecia Anderson, Mrs. Sandra Davis, Rachel Simpson, Petrona Christie, Terrill Hill, Sheree Gordon and Sentara Glover.

Entry into new civilian personnel system to mean a slight pay raise for most

By Donna Miles, American Forces Press Service

Most of the first 11,000 Defense Department civilian employees to convert to the new civilian personnel system in April will receive a pay increase, an official said March 30.

About 85 percent of people will see an initial bump in pay when they are enrolled in the new National Security Personnel System, Joyce Frank, spokeswoman for the system, told American Forces Press Service.

The first employees to make the switch in "Spiral 1.1" of the phase-in process will automatically convert to the new system April 30, she said.

"No one loses pay" as they convert from the old Civil Service System to the new pay-for-performance NSPS, Frank said. Most, in fact, will qualify for a one-time, prorated within-grade increase buy-in.

Employees in Step 9 or lower of their current GS grade and with acceptable performance will receive credit toward their next scheduled within-grade step increase, Frank explained.

The so-called WGI buy-in will be based on the number of



days accumulated toward the increase and will be factored in for eligible employees before their positions are converted to pay bands.

The NSPS Web site will offer a conversion tool within the next few days so employees can determine where they will fall in the pay band system when their positions convert to NSPS, Frank said.

Another new feature on the Web site will be a Web-based training program for employees to learn about NSPS, she said.

A new publication on the Web site, to be issued in hard copy to Spiral 1.1 employees, explains details of the new system, which ultimately will affect more than 650,000 DoD

civilian employees. "HR Elements for Managers, Supervisors and Employees: A Guide to NSPS," gives employees an overview of the critical elements they need to understand as they convert to NSPS, Frank said.

It covers pay increases and bonuses, pay bands and job objectives, among other topics.

On the guide's opening page, Mary E. Lacey, program executive officer for the NSPS, encourages employees to work with their supervisors to establish job objectives and discuss evaluation criteria and how to improve their on-the-job performance.

"NSPS is a system that is good for the department and it is good for you, Lacey wrote. "It will strengthen our ability to accomplish our national security mission and provide opportunities to enhance your personal growth and development."

Implementation of the new system represents "the beginning of a long journey for all of us, and we will learn from one another," she wrote.



From the CMC Uniform violations

By CMDCM (SW/AW) Larry Cairo

I have seen many uniform violations during the last couple of months, and I have corrected those individuals about what is authorized and not. I know I am not the only one to see these violations, and I believe that it is everyone's responsibility to stop and correct personnel who are violating policies and regulations.

I would like to take a few moments to identify some of the uniform policies here in Guantanamo Bay.

We are not any different than any other military installation in the U.S. or around the world. Each service has specific uniform regulations their servicemembers are required to follow, and for the most part

each service has very similar policies. These differences only make the regulations more restrictive, not more lenient.

Additionally, because there is no 'outside the base' here in GTMO, we also have a civilian clothes policy as well, which all personnel who live here are required to follow.

Let's define uniform regulations and policies first.

As you travel around the base you see many different uniforms - desert cammies, green cammies, digital pattern, or not. What is correct? Each service has an authorized working uniform. Anyone unsure about what their individual service policy should check

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GUANTANAMO BAY
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'Pirates helping Pirates' a success

By JO2(AW) Honey Nixon, Public Affairs Office

Sitting through an assembly the day before spring break begins is probably a high school student's worst nightmare. However, when you're a high school student who has been involved all year helping another high school survive a real nightmare, it is a small price to pay.

W.T. Sampson High School students took this sacrifice in stride April 6, as they watched a presentation about their 'adopted' school, Pass Christian High School in Pass Christian, Miss. Pass Christian was just one of many schools devastated by Hurricane Katrina.

Pass Christian High School was three years old when Katrina hit. While no one knows how long it will take to bring the school back to its former glory, students here have put in their time and effort to see that the school's reconstruction becomes a reality through the 'Pirates helping Pirates' program.

"We knew we wanted to be involved with another school, but we needed an outside organization involved," said Neata Wiley, the school librarian. "The Booster Club took it on as a year-long project. We contacted the Miss. school board association and asked them to recommend a school that needed some help. They assigned us Pass Christian as our 'adopted' school."

Throughout the school year there have been a number of different local projects geared toward helping the 'adopted' school.

"We had a Bowl-a-thon, a Halloween dance with trick-or-treat collections, the Fall Festival, a bake sale, carwashes, prom dress donations, and a 5K run. Those are the kinds of things we've done to get our

kids involved, and make it fun for them to help," said Wiley. "We've raised \$2,500, and now have an additional \$1,700. Our goal is to donate another \$2,500."

Perhaps no one is more moved by the outpouring of generosity than CEC(SCW) Al Jones, Officer in Charge of Naval Mobile Construction Battalion 7 (NMCB-7), who presented a slideshow about the devastation suffered by the school, and answered questions from the students.

Jones, whose detachment is currently working here in GTMO, is from Pass Christian. His daughter, a junior at Pass Christian High School, directly benefits from the 'Pirates helping Pirates' fund-raising efforts.

"These kids are the same age as the children I have," said Jones. "The effort they have put out to help my children is overwhelming. The fact that the Navy community cares so much, brings things full circle for me. We can't tell them 'thank you' enough."

"We want to put a face to those who you are helping," continued Jones. "All of our schools in the district were going through their every day routine when this happened."

The students watched as images of Katrina's devastation flashed before their eyes. They saw a 'before' picture of Pass Christian, standing tall with gleaming white trim, then an 'after' photo. It was a mere pile of rubble indistinguishable from other piles of disarray surrounding it.

"The reality that we live with now is that is that out of the four schools in our district, we have only one left standing," said Jones. "The students are now being schooled in



Photo by JO2(AW) Honey Nixon

CEC(SCW) Al Jones discusses with students the effects Katrina had on Pass Christian High School.

modular trailers."

Wiley interjected to give the children a comparison, so they could picture the impact.

"The area was covered in 34-ft. of water," said Wiley. "That is more water than the height of this gym."

Jones said Pass Christian's enrollment was about 1,800 students before Katrina, and is now between 500 and 700. The district hopes that after families start rebuilding their lost homes, the percentage of students returning will be 80 to 90 percent. The students were greatly affected by the images they saw.

"Today, after seeing the slide show, and hearing someone talk about it, it just seems more real," said Hayden Kemp, an 8th-grader. "I've learned to treasure the things we have now, and not to be selfish. We should think more about other people and what we can give them."

This is the exact impact Wiley envisioned for the stu-

dents.

"I think now they are going to see a little beyond themselves," said Wiley. "Until today, I am not sure they really understood the impact. I think putting a face to this situation is important. They have gotten a bigger picture of things outside of GTMO."

"It felt good that we could donate money," said Nick Perry, another student. "I thought the presentation was really interesting, to see how they are doing now, too. I felt bad that they lost all their stuff."

Although the students saw devastating images of the before and after of Katrina's aftermath, Jones did not want the children to feel that this school had lost its determination to rise from the ashes of tragedy.

"We will be strong again," said Jones. "This project is about strong Americans like yourself reaching out to help. That's the impact you are making right now. You may not think it's much, but it is huge."

Improving one stroke at a time

By JO1 Robert Lamb, Public Affairs Office

Every command in the Navy has a physical readiness program in place to help ensure that Sailors are physically fit and capable of accomplishing their mission.

The U.S. Naval Hospital here is no exception. One physical fitness program that the hospital staff has in place is a swimming program, which has resulted in significant time increases by Sailors participating in the semi-annual physical readiness test (PRT).

The Naval Hospital has had the swim program in place for the past two years, with HMC Kevin Robarge as the principle instructor. Because Robarge is temporarily assigned to Joint Task Force Guantanamo, LT Jason Ellis, HM1 Justin Ford and HM2 Edward Cornelius have taken over the responsibility of maintaining this extremely successful swim program that Robarge set in motion.

Approximately 20 Sailors participate in the three-day-a-week regiment.

"Everyone knows that this is an option (in the PRT)," said Ford. "The thing about the swim is that it's a cardiovascular exercise that will also help with running. When you run, you use your legs, when you swim you use your entire body."

Swimming uses almost all of the major muscle groups and it tones the entire body while providing an excellent cardiovascular workout. It strengthens the heart muscle and improves delivery of oxygen to the muscles.

"This program not only helps me better my time, but they teach me different strokes," says HM3 John Oliver, whose been swimming for the last nine months.



Photo by JO1 Robert Lamb

LT Paul Obertone looks up out of the water to hear what his time was.

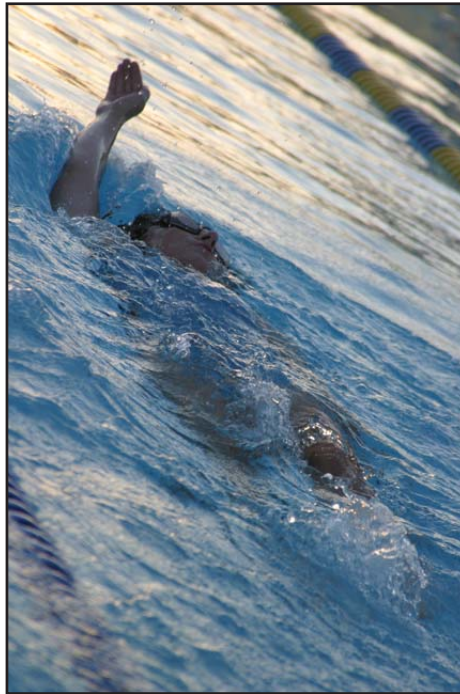


Photo by JO1 Robert Lamb

Many swimming strokes are used during the morning Physical Fitness program.

"One day a week we also conduct circuit training at the barracks. We do different cardiovascular stations and calisthenics, and then we take a short run."

Swimming actually places a vigorous demand on a person's heart and lungs. When people swim the breaststroke or backstroke, they're burning about the same number of calories as a fast walk or a slow jog.

The swim program here is more than swimmers just doing laps and then hitting the showers.

"We do strengthening, which consists of blocks and boards," said Cornelius, explaining that some of the most common kinds of equipment that they use are the kickboard (a light foam board that supports the upper body) and a pull-buoy or blocks. Cornelius added that upper body support is useful when doing kicking exercises. A pull-buoy or blocks is helpful to hold a person's legs still while they focus on upper-body exercises.

"We do seem to have a little bit more fun than doing push-ups and sit-ups and then run," said Cornelius. "A lot of people seem to enjoy coming out to the pool ev-

ery morning. After the next PRT test we will probably pick up another couple more people."

Swimming is great way to increase stamina. It helps without applying weight-bearing stress on the legs and strengthens muscles and joints, while increasing range of motion. An added benefit is the increased scores that Sailors get on their PRT.

"We have had an average of about a minute and a half to two-minute drops in swim times for almost everyone out here," said Ford.

According to the Navy, a fit force increases the wellness and productivity of personnel and decreases lost man-hours over time, senior officials recognize that physical fitness is a readiness issue best addressed by creating a culture that promotes healthy lifestyles and provides sailors the leadership, tools and the time to achieve and maintain fitness goals.

The improvements achieved by the Sailors and the dedication of its coordinators prove that this is a physical fitness program that improves with every stroke.

"I've got my time down from 14 minutes to 11:20 when I swim. It's a good program," said HM3 Jennifer Cornelius.

New pool hours

**Beginning April 17
Marine Hill**

Mondays - Saturdays
6 a.m. - 7 p.m.,
Sunday and holidays,
10 a.m. - 6 p.m.

Windjammer

Mondays - Saturdays
10 a.m. - 7 p.m.,
Sundays and holidays 10 a.m.
- 6 p.m.

Deer Point

Saturdays and Sundays
noon - 6 p.m.,
closed Holidays

Housing office provides project update

The GTMO Housing Office would like to thank all residents who completed the Resident Satisfaction Survey (RSS) forms. Many residents provided input on the Resident Comments attachment.

The Housing Office is addressing individual questions and concerns. Many questions focused on playgrounds around many of the housing developments and the 'black' playground mats that have been installed in Mobile Point, Evans Point, Iguana Terrace, Cara-vella Point, West Bargo.

Several residents thought the black mats would make the playground surfaces hotter, because black absorbs heat. Playground sand continually needs to be replaced because it spreads easily outside of containment areas. Small particles bind together and become less cushioning when wet (leading to the possibility of fall injuries), adheres to clothing, and



Photo by JO1 Robert Lamb

Playgrounds in several of the housing areas have been upgraded.

is susceptible to fouling by animals. Playground quality sand is not available at GTMO.

The new matting is designed to protect against falls and at the same time provides drainage during inclement weather. The square tiles are installed for easy repair/replacement as needed and meet requirements identified by the Consumer Product Safety Commission. Standard colors for playground matting are blue, black, coal, brick red, and green. These

colors are utilized in the various family housing playgrounds.

Per manufacturer, "These five colors have been carefully selected through various tests in terms of durability and longevity. All colored rubberized matting will eventually fade, and these colors have been selected because they withstand the effects of UV sunshine the best."

Lighter colors are available, however, these must be poured

(like cement). This poured-in-place surfacing requires special equipment and trained personnel to install and maintain which is not available in GTMO.

Playground covers are not being installed to counteract the black playground matting, rather, to provide shade to the children while they're playing. The covers block up to 99 percent of harmful UV rays of the sun and help prevent sunburn and skin cancer. They also provide up to 86 percent shade. The fabric breathes allowing hot air to rise and escape creating a cool cushion underneath. The covers are fade-, mildew- and rot- resistant and will not sag or loosen over time. The structural steel supports are engineered to withstand 80 - 150 miles per hour wind. Play structures will be cooler to the touch.

Fastening devices enable re-
Continued on page 7

Residents urged to complete satisfaction surveys

Del-Jen International Corporation, the base maintenance services contractor, has prepared Customer Satisfaction Survey forms for residents' use.

The maintenance technician will provide the family housing form when a service call is

completed. The bachelor housing form will be retained at the front desk (building 1670) at all times.



These forms were developed to enhance Del-Jen's Quality Management System. Completion of the form is totally voluntary.

Customers may provide them directly to the contractor's employee, placed them in a drop box at the front desk (building 1670) or mail them locally at no cost.



These surveys will serve as another tool to show customer satisfaction levels and enable

the contractor to provide better services to the GTMO community.

You are strongly encouraged to complete the survey forms and provide honest feedback. Should you lose a form or need one for any reason, please call extensions 4867 or 4905.

 DEL-JEN INTERNATIONAL CORPORATION A Fluor Company		CUSTOMER SATISFACTION SURVEY				
TO BE FILLED OUT BY TECHNICIAN:		Date	Priority			
Work Order #		Description of Work				
Technician Name(s)		Shop				
TO BE FILLED OUT BY THE CUSTOMER:						
Scale: (1) Unsatisfactory (2) Marginal (3) Satisfactory (4) Excellent (5) Outstanding						
Response Time	N/A	1	2	3	4	5
Professionalism and Courtesy	N/A	1	2	3	4	5
Satisfaction with completed work	N/A	1	2	3	4	5
Cleanliness of job site	N/A	1	2	3	4	5
Were expectations met	N/A	1	2	3	4	5
Overall Rating:		1	2	3	4	5
Do you wish to be contacted?						
Name		Date				
Location		Phone				
Comments:						

Customer Satisfaction Survey

 DEL-JEN INTERNATIONAL CORPORATION A Fluor Company		BACHELOR QUARTERS SATISFACTION SURVEY			
Please help us provide you with the best service possible by taking a moment to complete this Customer Satisfaction Survey.					
Name	Date (Check in)	Facility	Room		
Command / Duty Station and Address					
Contact Phone Number					
Scale: (1) Unsatisfactory (2) Marginal (3) Satisfactory (4) Excellent (5) Outstanding					
Helpful and courteous front desk staff	1	2	3	4	5
Reservation ready at check in	1	2	3	4	5
Room condition clean and comfortable	1	2	3	4	5
Amenities available as listed	1	2	3	4	5
Condition of appliances and furnishings adequate	1	2	3	4	5
Condition of common and recreational areas	1	2	3	4	5
Overall Rating:	1	2	3	4	5
Other Comments					

Bachelor Quarters Satisfaction Survey



Ombudsman Corner

Cheryl Crouse
NAVSTA Ombudsman
Phone - 5860
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ccrouse35@yahoo.com

Tanya Ward
NAVSTA Ombudsman
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Senora (Sunni) Malone
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Kathy Diaz
USNH Ombudsman
Phone - 7379
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gtmo.med.navy.mil



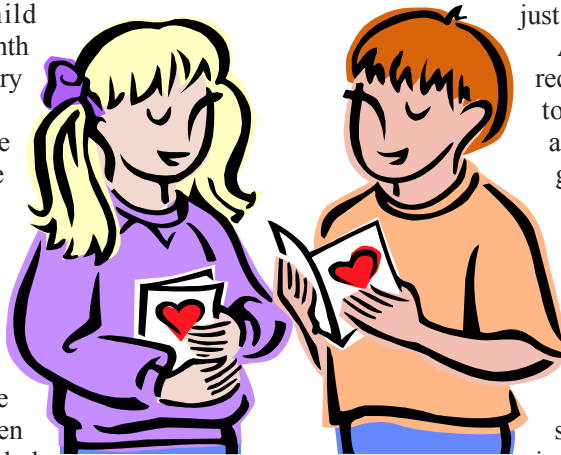
Photo by JO2(AW) Honey Nixon

Cookin' with Gordon – *Cooking students gather at the Community Center for Chinese cooking lessons from Jim Gordon. Gordon, who's been in GTMO since August, has been cooking Chinese cuisine for 30 years. He started formally teaching cooking lessons three years ago. Students learned to prepare various classic Chinese appetizers, cold-noodle dishes and several stir-fry dishes. The course was sponsored by the Officer and Civilian Spouses' Committee.*

Protecting children is everyone's mission

April 2006 is Child Abuse Prevention Month and Month of the Military Child.

The national theme for the month is "Safe Children and Healthy Families Are a Shared Responsibility." We are literally protecting our future when we help a stressed out parent or stop child abuse in a public place. When children are surrounded with secure relationships and stimulating experiences, they draw from that environment to become confident, caring



just lend a friendly ear.

All DON personnel are required by OPNAVINST to report suspected and actual child abuse and neglect. Call the Fleet and Family Support center at 4141 to report suspected and actual child abuse and neglect.

Strengthening families and prevention child abuse require the shared commitment of individuals and organizations in every community.

adults.

Reach out to a parent who may be under some stress, offer to baby-sit or run errand or

Help protect 'our future.' Protecting children is every-one's mission.

'Caribbean-theme' Golf Tournament



Sponsored by the Medical Service Corps Association, the tournament will be held at the NAVSTA Golf Course on Friday, April 28. Shotgun start will be at 8 a.m. Prizes for first, second and third, longest drive, closest to the pin and for the best-looking Caribbean team shirt. Format is two-person, best-ball format. Entry fee is \$10 per person. Golf carts will only be reserved to the first registered 12 teams. FMI call 70225.

Easter Sunrise Service

April 16, 7 a.m.
The Bayview Club



Brunch will be served after the Service. Reservations are required. Sign-up at the Chaplain's Office no later than April 7. FMI call 2323.

MWR's Great Easter Egg Hunt



April 15, 10 a.m. - 1 p.m., at Cooper Field
Fun for children of all ages

Easter Egg Hunt groups: 0-2, 3-5, 6-9, 10-12, 13 +, and adults.

First egg hunt starts at 10:30 a.m. Activities include: face painting; bungee run;

bouncer; snow cones; popcorn; cotton candy; climbing wall and a bungee jump.

Refreshments available throughout the day.



Worship Services

Catholic

Catholic Mass (Main Chapel)
 Tuesday-Friday, noon
 Daily Mass (Cobre Chapel)
 Confession, Saturday, 4 p.m.
 Vigil Mass, 5 p.m.
 Sunday Mass, 9 a.m. (Cobre Chapel)
 Eucharistic Adoration, daily 24 hrs.

Protestant

Sunday
 Sunday School, 9:30 a.m.
 Sunday Services, Main Chapel, 11 a.m.
 Children's Sunday School, 11:30 a.m.
 Gospel Worship Service, 1 p.m.
 Monday
 Prayer Group, 6 p.m. (Fellowship Hall)
 Wednesday
 Men's Fellowship, 6:30 p.m. (Fellowship Hall)
 Gospel Bible Study, 7:30 p.m. (Sanctuary A)
 Thursday
 PWOC - 6:30 p.m. (Fellowship Hall)
 Sunday, Protestant Liturgical Service, 10 a.m. (Sanctuary B)

Church of Jesus Christ of Latter Day Saints

(Sanctuary A)
 Monday, Family Home Evening, 7 p.m. (rm. 8)
 Sunday Sacrament, 9 a.m.

Filipino Christian Fellowship

(Sanctuary A)
 Sunday Worship, 7 p.m.

Iglesia Ni Cristo

(Sanctuary B)
 Bible Study, Thursday, 7 p.m.
 Sunday Worship, 5:30 a.m.

Pentecostal Gospel Temple

(Sanctuary D)
 Sunday Worship, 8 a.m. & 5 p.m.

Seventh Day Adventist

(Sanctuary B)
 Prayer Meeting, Tuesday, 7 p.m.
 Vesper Meeting, Friday, 7 p.m.
 Sabbath School, Saturday, 9:30 a.m.
 Divine Service, Saturday, 11 a.m.
 Bible Study, Saturday, 4:30 p.m.

Islamic Service

(Sanctuary C)
 Friday Worship, 1:15 p.m.

United Jamaican Fellowship

(Bldg. 1036, next to Phoenix Cable)
 Sunday Service, 11 a.m. & 6:30 p.m.

Shabbat Service

Second Friday of the month, Rm. 11, 7:30p.m.

Easter Season Services

April 14, Good Friday

Roman Catholic Service, 6 p.m., Main Chapel
 Protestant Service, 7:30 p.m., Troopers' Chapel

April 15, Holy Saturday

Roman Catholic Vigil Mass, 8 p.m., Main Chapel

April 16, Easter Sunday

Sunrise Service at Bayview, 7 a.m.
 Easter Brunch at Bayview, 8 a.m.

(Contact Chapel to reserve ticket, 2323)

Roman Catholic Mass, 9 a.m., Main Chapel
 Protestant Service, 9 a.m., Troopers' Chapel

Protestant Service, 11 a.m., Main Chapel

Gospel Service, 1 p.m., Main Chapel

Roman Catholic Mass, 6:30 p.m., Troopers' Chapel



Family Housing update..

Continued from page 5

removal and re-installation of canopies very quickly in case of unusually severe weather. The actual covers can withstand high winds and will be removed if the base anticipates wind speeds in excess 90 mph.

Several Caribbean Circle residents asked about getting more toy or playground options for children. The Housing Office says that Caribbean Circle has 124 units with four playground located throughout the neighborhood.

The following equipment is currently provided to the residents of Caribbean Circle, and is not inclusive to just one area of the housing area: swing sets with three tot swings; swing set with six swings; multi-ac-

tivity units (cargo net, crawl tube, arch climber, tube slide, steering wheel, and two vertical ladders) or (space climb; spiral slide; access ladder; tube slide; monkey bars; steering wheel; and fire pole); basketball courts (2 backboards, 2 chain nets, hard surface playing court); tetherball courts; horseshoe pitching areas, volleyball courts, 2-seat buckabouts; shelters, benches, grills and picnic tables. Playground covers have been installed.

Additional comments by residents of Caribbean Circle indicate they are pleased with the changes that have been made in and around the housing area.



Earth Day activities

April 21
10 a.m. - 2 p.m.

Basewide clean-up, regroup at Ferry Landing to turn in collections.

3 p.m.

Picnic at Ferry Landing.

7 p.m.

Shell presentation by Deenie Burns at the MWR Community Library.



Photo by JO2(AW) Honey Nixon

Radiothon — *JOSN Heather Whirley plays songs at the Naval Media Center during the week-long 'Radiothon,' April 10- 14. Listeners bid on a song of their choice to be aired or 'bump' other songs off the air for a \$1 bid or higher. The bidding war is all for a good cause, raising money for the Navy and Marine Corps Relief Society.*

CMDCM Cairo talks about uniform violations...

Continued from page 2

with their parent command to find out what their particular organization is authorized to wear.

Dressing down the uniform is authorized at the work site only. It is ok to wear cammies, and take off the blouse for hot or dirty work. However, personnel are not allowed to leave the work site without putting the blouse back on. Walking around at other areas of the base in cammies with just the undershirt on is not authorized.

Navy coveralls are only authorized for wear for work on the piers or by Emergency Medical Technicians (EMT). They are not a normal working uniform at this installation. However, even when they are authorized for work, personnel must change out of them before traveling anywhere else. Coveralls are not authorized for driving to and from work.

Coveralls are not authorized in the NEX.

Earrings are another violation I see a lot of.

Male service members are not authorized to wear earrings in any ear while in uniform, conducting business in a military capacity, or on a military installation. Therefore, men are not allowed to wear earrings at GTMO in any capacity, or for any reason. Even if authorized to wear civilian clothes as part of their working uniform, military men are still not allowed to wear earrings.

For more information with respect to uniform regulations check out the Navy Regulations Manual, NAVPERS 15665I, or the local Naval Station instruction, NAVBASEGTMOINST 1020.1.

Now, let us move on to civilian clothes. Here in GTMO we want to have an environ-

ment that is respectful and tasteful for all. We have a diverse community, and in order to ensure we are sensitive to everyone's culture, we have a Naval Station instruction regarding civilian clothes.

Civilian clothes that are suggestive, rude, vulgar, unkempt, unsafe, soiled, or offensive are not authorized. Additionally, clothing designed as undergarments are not allowed as outerwear. Clothing depicting foul language, sexually explicit art, or use of illegal drugs is not authorized.

Sport clothing can be worn to, during, and from events, but is not authorized in other public establishments, including but not limited to the NEX, clubs, or galleys.

Bathing suits are not allowed in public areas unless they are appropriately covered. Men are authorized to wear 'board

Sailor of the Week



YNSN Angel Datil, from the Base Administration Office, is this week's "Sailor of the Week." Datil has served in the Navy for two years and GTMO is his first duty station. "I had a big smile on my face when they told me I was chosen as Sailor of the Week," said Datil "This is my second time getting this award. I love being a yeoman."

shorts' as long as they are worn as normal shorts and in good condition. Beach sandals are authorized for wear on the Naval Station, but not shower shoes. Shower shoes are not safe for wear outside the home and are not allowed anywhere except in a person's residence.

Uniform items are never authorized for wear as civilian clothes, and PT gear is not allowed in the galley.

For more information about the civilian clothes instruction, check out NAVBASEGTMOINST 1020.3.

It is the responsibility of each one of us to ensure our shipmates are following regulations and policies, so if someone out of uniform or wearing inappropriate clothing, stop them and let them know they are not following regulations and they need to change.

What are your summer vacation plans this year?



PS3(SW/AW)

Latrina Flemmons

“I’m going home in July for a whole month to meet my real family for the first time.”



Devon Christie

“Summer is family time for me. So I will spend some well deserved time with my son.”



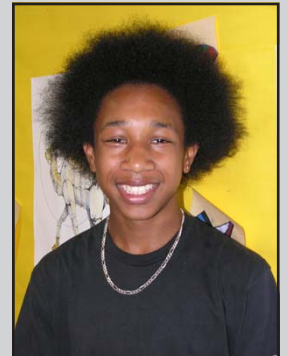
Amelia Smith

“My husband and I leave in June to check on our two grown sons, our home and my parents, who live in the South Pacific.”



LT Jonathan Sym

“I’m going to Vatican City in Italy for three weeks.”



Marcus Pegram

“I will be in my aunt’s wedding, so I will get to see my grandparents, aunts and uncles in North Carolina.”

April designated Alcohol Awareness Month

By AD1 Corelle Street, U.S. Naval Hospital

What would you like to know about alcohol?

This month is focused on educating and providing information about alcohol and its effect.

Alcohol Awareness Month began in 1987 in an effort to reach the American public with information about the disease of alcoholism.

The disease is treatable and not a moral weakness, which was how alcoholism was viewed in the past.

Throughout the month the Substance Abuse Rehabilitation Program (SARP) is presenting weekly tips on alcohol awareness.

Today, many people view alcoholism as taboo and are often ashamed and embarrassed to discuss this very important issue with a counselor or representative.

Below are questions to help personnel assess their drinking habits or the habits of others they care about.

— Have you been late to work, duty, or school because of your drinking?

— Do you drink and drive or ride with others who have been drinking?

— Have you been to Captain’s Mast or incurred legal problems due to your drinking?

— Do you drink despite it causing you problems with your health?

— Do you have to drink more to get the same feeling you used to?

— Have you experienced shakes, tremors, restlessness, or severe headaches in relation to your drinking?

— Do you drink more than you planned to?

— Have you tried to stop and couldn’t or were unsuccessful?

— Have you stop-ped doing things you used to enjoy because of drinking?

— Are most of your activities surrounded by alcohol?

— Do you spend a lot of time obtaining, using or recovering from drinking?

— Have you drank while on medication or stopped taking the medication because you couldn’t drink?

If you answered yes to any of these questions, you may need to review your drinking habits or seek guidance from a professional.

It is important to understand that alcoholism varies in stages and affects everyone. There is a difference between binge drinking, alcohol abuse, and alcohol dependence.

Many people do not realize that the beginning stages of alcoholism are very subtle and often overlooked.

For individuals who may not know how much is too much, or that the amount they drink puts them at risk for injury, illness, and possibly ad-



diction, alcohol screening is very useful.

Screening has been proven to motivate individuals to reduce drinking and to seek treatment and recovery.

If any of the results concern you or you would like more information please call the Substance Abuse Rehabilitation Program (SARP) at U.S. Naval Hospital Guantanamo Bay at 4048 or 72128.

Downtown Lyceum

Friday, April 14

Ice Age 2

8 p.m., PG, 91 min.

Date Movie

10 p.m., PG-13, 83 min.

Saturday, April 15

Eight Below

8 p.m., PG, 112 min.

Pink Panther

10 p.m., PG, 93 min.

Sunday, April 16

Big Momma's House 2

8 p.m., PG-13, 99 min.

Monday, April 17

Pink Panther

8 p.m., PG, 93 min.

Tuesday, April 18

Date Movie

8 p.m., PG-13, 83 min.

Wednesday, April 19

Running Scared

8 p.m., R, 119 min.

Thursday, April 20

Firewall

8 p.m., PG-13, 105 min.



Ice Age 2

Comedy, Kids, Family, Animation, Sequel

Cast: Ray Romano, John Leguizamo, Denis Leary, Queen Latifah, Josh Peck

Storyline: The Ice Age is coming to an end, and the animals are delighting in the melting paradise that is their new world.

Manny, Sid, and Diego quickly learn that the warming climate has one major drawback: a huge glacial dam is about to break, threatening the entire valley.



Date Movie

Campbell, Fred Willard, Jennifer Coolidge, Eddie Griffin

Storyline: The story of hopeless romantic Julia Jones, who has finally met the man of her dreams, the very British Grant Fonckyerdoder. But before they can have their Big Fat Greek Wedding, they'll have to Meet the Parents, hook-up with The Wedding Planner, and contend with Grant's friend Andy - a spectacularly beautiful woman who wants to put an end to her Best Friend's Wedding.

MWR

Happenings

Windjammer Dinner Theater

Monday, April 17, at 5:30 p.m. Bring the family to the Windjammer Club to enjoy dinner and then watch family oriented G- or PG-rated movies. This Monday, "Zathura," begins at 5:30 p.m., and the second movie, "You Got Served," begins at 8 p.m.

Youth Center

The Youth Center open recreation program is now open from 6 p.m. to midnight on Friday and Saturdays.

GTMO 10-Miler

April 15, 5:30 a.m., the race will begin at the top of Cable Beach hill. Sign-up is free at the base gym. There will be prizes and snacks. Sponsored by NAVSTA GTMO, MWR, and JTF. All are welcome to participate. FMI call Tim at 2193.

Country Night

April 15 and 29, 6 p.m., The Goat Locker will have line dancing with a DJ. FMI call 2079.

GTMO Youth Baseball

April 15, clinic and draft, April 22, league starts. Sign-up by April 14 at the base Gym. Cost is \$25 per child. Ages 4-6, 7-9, and 10-12 are welcome. FMI Call Danny or Karissa at 2193.

Bingo Specials at the Windjammer

April 16 is 'Newcomers Sunday.' Also, come celebrate 'Birthday Bingo.' Show proof it's your birthday and receive a gift of one set of cards. If you bingo, in addition to regular prize, get \$1 for each year of your age. Card sales begin at 5:30 p.m., early bird games begin at 6:30 p.m.

Texas Hold'em Poker Tourney

April 18, 6 p.m., at Goat Locker. Sign up by April 12 at the Goat Locker. Prizes for 1st and 2nd place. FMI call Mike or Eric at 5604.

Steak Night

April 22, cook your own steaks at the Goat Locker. FMI call 2079.

GTMO Shopper

For Sale

(2) Crib w/mattress, converts to a toddler bed, \$125; InStep double jogging stroller, \$125. FMI call 5584.

(2) Dining room set, \$750; Black bedroom set, \$250; sofa, \$150; dish set, \$25, prices negotiable. FMI call 9557.

(2) Gateway computer, 1.7 Pentium processor, 1 gig memory, 40 gig hard drive, DVD/RW, \$950. FMI call Omar at 7689 AWH or 2160/2447 DWH.

(2) Toddler bed, \$50; twin captain's bed, \$50; night stand, \$25; secretary dresser, \$35; washer and dryer, \$25 each; 43-in. TV w/entertainment center, \$300. FMI call 7026.

(2) Lawn furniture, stepping stones, 4 bar stools, dresser, yard tiller, Easter items. FMI call Diane at 5397.

(2) Sofa, \$300; sofa bed, \$30; 20-in. TV, \$110. FMI call 7069.

(2) Pac-Man arcade game, Yamaha full size keyboard w/weighted keys, 2 surfboards, thrusters. FMI call 4620 AWH or 4505 DWH.

(1) Wooden crib w/matching changing table and pad, \$100; baby swing, \$60; bassinet, \$60; baby bath tube, \$8; 0-6 month baby clothes (girl), \$2-5 each; pregnancy clothes, \$2-5 each; computer corner desk, \$50; 2 arm chairs w/cushions, \$35 each. FMI call Soraya at 7990.

(1) Xbox game console w/controller, DVD remote control, 4 games, \$100 OBO. FMI call 4840 or 84264.

(1) Queen mattress w/box springs, good condition, \$100; 15-in. Emerson color TV w/VCR, \$50. FMI call 5639.

(1) Plants, 2.5-ft. x 8-ft. carpet pieces, TV cabinet, patio table, 2 shop tables, free-standing basketball hoop, 40 red bricks. FMI call 4505 DWH or 4620 AWH.

(1) Yamaha electronic drum set, double base pedal, single base pedal, throne, sticks, 3 instructional DVDs, headphones, \$900; Mares scuba BC, like new, \$325. FMI call Brad 7858.

(1) Snorkel package, includes XL Bodyglove short suit, XL Scuba Pro blue split fins, XS dry snorkel w/purge mask, 11 size boots, L gloves, all w/ XS scuba dive bag,

\$200; Sharp 20-in. flat panel LCD TV, like new, \$380; Sony 7.5-in portable DVD player, \$100; Bose computer speaker, \$60; Season 1 DVD set of Fox's '24', \$20. FMI call DWH 3861 or AWH 8280.

(1) Delphi XM satellite car radio system, plug and play, Delphi portable boom box for satellite radio receiver, both w/ remote controls, never used, \$200. FMI call 7004.

(1) Oneil M short dive suit, SM Mares full-length dive suit, like new, \$30 each; 5-ft. fridge, \$30; tan recliner, \$50; tan entertainment center, \$25. FMI call Jeff at 7117 AWH or 4379 DWH or 2108.

Vehicles/Boats

(2) 1986 Ford F-150, extended cab, new upholstery, runs great, \$3,000 OBO. FMI call 2345 DWH.

(2) 1998 Mazda 626 w/alarm system, \$5500. FMI call 7832.

(1) 1978 Peugeot 103 moped, 49-cc, red and white, engine needs work, \$200 OBO. FMI call 3044 or 8658.

(1) 2005 Ford Ranger, 4 door, CD player, A/C, auto transmission. FMI call Stashiu at 3114 or 3118 DWH.

(1) 1992 Nissan Sentra, A/C, CD player, alarm system, good condition, \$3,500. FMI call 5658 AWH.

(1) Johnson 9.9 12-ft. V-hulled boat, trailer, 2 gas tanks, Johnson 25-hp top half, flares, oars, Naticol radio, many extras, \$970 OBO. FMI call Shannon at 7753.

(1) 10-ft. boat w/new Mercury 8-hp engine, many extras, \$2,000. FMI call Jim at 5197.

Employment

(1) Human Resources Office announces the following vacancies: Financial Technician, closes April 17; Medical Technician, closes April 24; Social Services Aide, closes Dec. 29; FMI call Delaine at 4822 or 4441.

(1) W.T. Sampson has the following positions open continuous: Substitute teacher 06-CUBA-55; \$89 per full day and \$44.50 for less than one day. Official application can be picked up and submitted to the W.T. Sampson High School main office. Please stop by or call Ramonia at ext. 3500 for further information.

(1) Satellite Communications

Systems Inc. is seeking a full-time cashier. Please submit resume to the SCSI Office or email scsi@nsgtmo.com.

(1) Del-Jen Inc is seeking a bus monitor. Must be willing to work from 6:30 to 7:30 a.m. and 1:30 to 3:30 p.m. Mondays through Fridays. FMI call 4905 or 4271.

Announcements

(2) The Jamaican Independence Committee is seeking volunteers for carwashes on April 16 and 29. FMI call Petrona at 4658 or Gerald at 6277 or 7885.

(2) SKC(SW) Arthur Paquette will be retiring on April 14, 2 p.m. A ceremony will be held at the Sailing Center. All military and civilians are invited to attend. A reception will be held immediately following the ceremony. Dress is summer whites or casual attire for civilians. FMI call HMC Perez at 2218.

(2) The Girls Scouts will hold a Mother-Daughter Pajama Party, April 21, at the Community Center. Registration deadline is April 17. The fee is \$7 per mother-daughter couple and \$10 per family. FMI Courtney at 5896 or Cynthia at 2600 or 7648.

(1) Happy 14th Birthday, Stephanie. We love you very much. Hope all your dreams come true. Love, Mom, Dad, and Logan.

(1) All enlisted spouses are invited to a Cheese and Wine Sunset Cruise April 29. Due to limited space, interested spouses are encouraged to RSVP by April 24. FMI call Carol at 7841 or Sheila at 9599.

(1) There will be a PTO meeting on April 18 at 6:30 p.m. The next tentative PTO meeting is scheduled for May 9.

(1) For those who want to find out everything there is to know about GTMO seashells, join Deenie Burns for a shell presentation at the Community Library April 21 at 7 p.m.

(1) The Jamaican Independence Day Committee is seeking an artist from the GTMO community to design a logo for this year's commemorative t-shirt. The design should reflect the theme 'Unearthing Creative Talents and Cultural Expressions.' FMI call Petrona at 4658 or Everton at 2193. Deadline for the submission is

April 28. There will be an award for the winner.

(1) The Bayview will hold an Easter Brunch April 16 from 10 a.m. to 2 p.m. Enjoy a fabulous meal with family and friends. Prices are \$13.95 per adult and \$7 per child twelve and under. Reservations are only being taken from groups of 10 or more. For reservations call 5604.

(1) MWR is sponsoring free golf clinics with PGA professional, Mike McCool, April 23 - 28. Each clinic is limited to nine students, who must register in advance. FMI call John Tully at 5608 or 90143.

(1) Quality of Life Board meeting will be held on April 20, at 7 p.m. in the Bulkeley Hall Auditorium. FMI call CMDCM Cairo at 4474.

Wanted

(2) Will pay cash for fishing/pontoon boat. FMI call Mike at 7977 or 2129.

(2) A good home for a kitten. FMI call 5584.

(1) A good home for a pedigree Blue Point Persian cat, moving, cannot take him, very loving. FMI call Karen at 5197.

Lost & Found

(2) Lost: AB Biller 54 Special spear-gun, April 1, at Leeward Point. FMI call Karl at 7729.

Yard Sales

April 15 — Radio Point, #720, 7 a.m. - noon.

April 15 — Carribean Circle, #41B, 8 a.m. - 1 p.m.

Editor's Note

All inputs to the GTMO Shopper must be submitted no later than noon on Tuesday. Submit in writing by email to pao@usnbgmtmo.navy.mil. Additionally, unfortunately, we can no longer include personal email addresses in the 'Shopper' ads. The paper is posted on the base website for world-wide viewing, and it has come to our attention that some people are using those addresses to send spam and other unwanted email.

This week in GTMO



Card Shark — *SFC David 'Vinnie the Fish' Pruni claims victory over CWO2 Brian 'Seabag' Hosang with a remarkable royal flush in the final hand of the MWR No-Limit Texas Hold'em Poker Tournament held last week at the Marine Hill Liberty Center. Pruni is the Food Service Officer, and Hosang is the Transportation Officer, for the Joint Task Force.*



PENTAD Bowling — *Jerry Scott, area manager of the Pentad Corporation (center, blue shirt) hosts 'Employee Appreciation Night' for a night camaraderie and bowling at Marblehead Lanes. The dedicated and highly professional employees of PENTAD work at the base galleys supporting both the NAVSTA and JTF missions.*

Photos by JO1 Robert Lamb and LT Jonathan Sym



Comedy Relief — *Comedian Tess Drake performed her adult stand-up comedy routine Tuesday night at a packed Windjammer Ballroom. She took the stage about 8:45 p.m. where almost every chair in the place was taken. Drake's comedy involved marriage, divorce and life in general. Drake's form of comedy made fun of everyone -- men, women, children, and even the animals that inhabit Guantanamo Bay. 'Tess' shared her gift of comedy with a grateful crowd, never failing to miss anyone to 'Dis.' She is an Ohio native who discovered her gift for comedy in high school where she was voted both class president and class clown. After graduation, Drake went to Oakland, Calif., and got married for 90 days. This rocky period in her life provided a foundation for her comedy career, and the ability to laugh at divorce is said to have given her both strength and material. Drake has been seen on NBC's 'Late Friday,' 'The Jamie Foxx Show,' 'BET's 'Comic View' and the DefJam Comedy Tour, in addition to appearing on Brian McKnight's 'Back at One' tour.*