



CSADD Chapter Approved for GTMO

MCC(SW) Bill Mesta

*Leading Chief Petty Officer
NS Guantanamo Bay, Cuba Public Affairs Office*

Naval Station Guantanamo Bay, Cuba approved the formation of the GTMO chapter of the Coalition of Sailors Against Destructive Decisions (CSADD) July 20, at the naval station.

CSADD's mission is to provide service members with the best tools available to prevent destructive decisions with issues such as alcohol consumption, safe driving practices and recreational safety.

"CSADD was designed for Sailors to take charge of their own destiny through peer to peer leadership, community activities, and mentorship," said Senior Chief Quartermaster Paul Bischoff, the GTMO CSADD director.

GTMO's CSADD chapter will be manned and managed by junior service members.

"CSADD allows for Junior Sailors to have a positive, command-wide impact through awareness campaigns on topics like driving under the influence of alcohol, unplanned pregnancy, driving safety, physical readiness, and a host of other areas," said Bischoff. CSADD is one outlet for Junior Sailors to mentor each other and

their superiors in these topics creatively through community outreach and action."

"All Sailors are welcome to participate in the CSADD events, but the leadership and core members of the CSADD program are E-5 and below and between the ages of eighteen and twenty-five," said Bischoff. "This program is specifically tailored for them to develop their leadership and group interaction from within."

Bischoff added that his role is to liaison with the Naval Station Commanding Officer and CMC to make sure the group's activities are published and approved.

Sailors who are interested in getting involved in GTMO's CSADD are invited to the origination's first meeting on July 27th at 1 p.m. in the Bulkely Hall Auditorium.

The CSADD program is officially the 'Coalition of Sailors' but all junior service members are invited to participate," said Bischoff. "This is a great way for young service members to get involved and have a positive impact on their community."

NGIS Provides Barracks Residents New Room Access Option

MCC(SW) Bill Mesta

*Leading Chief Petty Officer
NS Guantanamo Bay, Cuba Public Affairs Office*

Navy Gateway Inn and Suites (NGIS) at Naval Station Guantanamo Bay Cuba is offering a new room access option for



base barracks residents who live in bachelor officer and enlisted quarters.

In June, NGIS began providing residents the option of using their Common Access Cards (CAC) as barracks room door keys.

NGIS is offering the new service as a convenience for barracks residents, said Rudy Sammons of the naval station's Housing Office. Sammons said that people use their CAC card all the time at work so it made sense to use the same card to open our front doors.

The new CACkey system implementation means that residents will have one less card to keep up with in their wallets to maintain.

The new system will mean that there are fewer lost room keys that need to be replaced, said Sammons.

Sammons also said that using a CAC to access a barracks room should also reduce the likelihood of residents locking themselves out of their room.

Barracks resident who have enabled their CACs, will access their rooms by sliding their cards into the key slot on their electronic locks in just as they do with traditional key cards.

To have a CAC enabled to be used as a key, residents should go to the NGIS service desk, said Sammons.

GTMO's Columbia College to Offer In-seat Classes

MCC(SW) Bill Mesta

*Leading Chief Petty Officer
NS Guantanamo Bay, Cuba Public Affairs Office*

The early fall session for Columbia College students at Naval Station Guantanamo Bay, Cuba begins Aug 15.

Columbia College is the only college campus located on the naval station and is offering in-seat classes for the early fall session in addition to hundreds of on-line college courses.

"Spanish 101 is one of the classes being offered in-seat for the early fall session," said Michael Matheny, the director of GTMO's Columbia College Campus. "Students who take the Spanish 101 class will be learning lots of the vocabulary of the Spanish language."

Beginning Algebra and College algebra are going to be offered as in-seat classes for the early fall session.

"We also have a new math professor on base that is going to be teaching the math curriculum which includes elementary algebra, intermediate algebra and college algebra," said Matheny. "Math is a course that is really difficult for some students to take on-line. For some, the absence of a real, live professor has proven to be very challenging for some students."

The sessions at Columbia College are eight weeks long and meet two nights a week from 6:30 p.m. to 9 p.m.

Recreational Rule Breakers Beware

MCC(SW) Bill Mesta

*Leading Chief Petty Officer
NS Guantanamo Bay, Cuba Public Affairs Office*

Residents and guests who break Naval Station Guantanamo Bay, Cuba's recreation regulations are subject to disciplinary action and will be held accountable for their actions.

The Naval Station holds harbor court the third Tuesday every month at the Naval Legal Services Office which is located in building 760.

Chief Navy Diver Michael Hajduk, the naval station's Harbor Magistrate, presides over the naval station's harbor court to address disciplinary violations of GTMO's recreation policies.

"The Harbor Court addresses violations to the base's outdoor recreation and wildlife instruction, NAVSTAGTMOINST 1710.10A, and the recreational SCUBA diving instruction, NAVSTAGTMOINST 1711.1A," said Hajduk. "These instructions are in place to ensure the safety of our base residents and to proactively conserve and enhance our natural resources."

Many of infractions brought before the Harbor Magistrate are violations of the naval station's recreational SCUBA Diving policies.

"The most common SCUBA diving violation is not closing your dive plan with Port Control after completing the dive," said Hajduk. "This seems like a small infraction, but if you fail to call Port Control 15 minutes after the submitted dive completion time, Port Control initiates the lost/missing diver procedure."

When a dive plan is not closed properly, the entire harbor is closed for diving and a response

team is activated to locate the missing divers. The response team includes base security, Port Operations personnel, Navy Divers and the Command Duty Officer.

Hajduk said that in most instances the divers who don't close out their dive plans properly are found at their quarters.

Base residents and guests who violate the recreational policies at the naval station will be issued a citation.

"Suspected violator's SCUBA diving privileges will be temporarily suspended until appearance before the Harbor Magistrate," said Hajduk. "Adjudicated violations are grounds for temporary or permanent suspension of diving privileges."

Base residents who violate the outdoor recreation instruction will be assessed points which when can accumulation and result in losing the use of the naval station's recreational facilities.

"Use of the recreational facilities at the naval station is a privilege," said Hajduk. "Abuse of this privilege, as determined by the accumulation of points assessed within a two year period, will result in a suspension to use the facility that corresponds to the violation. For example 10 points assessed for a boating violation will result in a one month suspension of the Skipper's license."

Hajduk said that it is the responsibility of all base residents and their guests who use and enjoy GTMO's outdoor recreational facilities to be familiar with the provisions and regulations contained in the command's instructions.



**BOATSWAINS MATE 2ND CLASS
SEMERA BOONE**

- **Job/department:** Port Operations Small Boats and Craft requests
- **Age:** 24
- **Hometown:** Page, AZ
- **Quote:** The road to success is always under construction.
- **Goal:** To win the lottery.
- **Hero:** My Mother.
- **Favorite TV show:** "Pretty Little Liars
- **Favorite hobby:** Writing and Poetry
- **Favorite movie:** "Shawshank Redemption."
- **Favorite book:** "The Silent Girl"
- **Favorite sports team:** Dallas Cowboys
- **Greatest passion:** Family.
- **Greatest accomplishment:** Making Second Class Petty Officer.
- **Currently working on:** Dockmaster Qualification.
- **Musician:** Hawthorne Heights.
- **How the Navy has improved his life:** The Navy has made me into a hard working, responsible person

GTMO to Host National Night Out

MCC(SW) Bill Mesta

*Leading Chief Petty Officer
NS Guantanamo Bay, Cuba Public Affairs Office*

Naval Station Guantanamo Bay, Cuba is hosting National Night Out (NNO) Aug 2 at the Downtown Lyceum.

NNO is a campaign designed to heighten crime and drug prevention and build community relations with emergency first responders.

"National Night Out is an opportunity for the GTMO community to learn about the emergency services offered on base," said Senior Chief Master-at-Arms Edward Stift, Security Department's senior enlisted advisor. "GTMO's event is going to

give everyone a chance to meet the people who provide police, fire rescue, emergency medical personnel and safety representatives."

"This year is the 28th annual NNO," said 2nd Class Master-at-Arms John Lewis, the base coordinator for GTMO's NNO. "The event at GTMO takes place from 6 p.m. until 10 p.m."

In addition to police vehicles, fire trucks and an ambulance, the event will include Marines and their equipment attached to Marine Security Force Company Guantanamo, A live band and fun events for children provided by the naval station's Moral Welfare and Recreation program.

"We want to invite everyone to come out and enjoy spending some time with other GTMO residents and learn some great tips to help prevent you from becoming a victim of crime," said Lewis. "NNO is open to everyone on base and is being offered free of charge."

REGULATION DID-YA-KNOW When approached by an emergency vehicle using flashing lights and/or sirens, all other motor vehicles in the area, regardless of direction of travel, shall pull to the right side of the roadway as soon as safely possible, & shall remain there until the emergency vehicle has passed.
Naval Station Guantanamo Bay, Cuba, Instruction 11200.1B, Motor Vehicle and Traffic Regulations

**COMMANDING OFFICER
EXECUTIVE OFFICER
COMMAND MASTER CHIEF**

CAPT. KIRK HIBBERT
CDR. WILLIAM RABCHENIA
CMDMCM (SW/AW/EXW) J.D. MCKINNEY, III



**PUBLIC AFFAIRS OFFICER
LEADING CHIEF PETTY OFFICER
GAZETTE EDITOR
PHOTOJOURNALIST**

TERENCE PECK
MCC(SW) BILL MESTA
MC2 LEONA MYNES
MC2(SW/AW) JUSTIN AILES

Planes Trains and Automobiles GTMO Style



THE SOAP BOX

BY
CHIEF MASS
COMMUNICATION
SPECIALIST (SW)
BILL MESTA

During my 3 plus years at GTMO I have traveled to and from base and my travel experience have always gone exactly as planned. Recently however...not so much.

My wife, who lives in our home in Norfolk, VA let me know about 2 months ago that there was some important things going on back home and SHE NEEDS ME THERE.

When my wife tells me that she needs me someplace it must be important and I had better figure out just how to get there. So I formulated the perfect travel plan to get to Virginia...or so I thought.

My initial plan was to fly home using the Space Available (Space A) option offered by Air Mobility Command (AMC). I figured roughly 30 bucks and I am home. How can you beat that kind of deal?

Two weeks prior to my important trip

to Virginia, the Space A listing on the base roller stated that there were 26 seats left on the Tuesday rotator.

I asked my wife if we should go ahead and buy a ticket. She said, "No. I am sure you will be able to get on Space A, and besides we need to save the money (we are really frugal by the way)."

The Friday before the rotator, the Space A listing came up double zeros...no seats left.

I called a trusted friend over at the airfield terminal who advised me, "you have a better chance of producing ice cubes in the middle of Sherman Ave than you do of flying Space on this flight." All of the teachers, students and students' parents who were just beginning summer break flew out on this flight for a bit of summer civilization (can you blame them?).

Once the fact that I was not going to fly on the rotator sunk in, I went with plan B. I contacted Air Operations and asked about any C-12 flights heading to the U.S. Sure enough there was a flight heading to Florida on Wednesday. Count me in...travel problem solved...not so much. A mission came up and the flight schedule changed. There would be no Wednesday flight.

Now frantic I asked "Is there anything going anywhere in the States this week?"

Sure enough, there was another C-12 flight that got me to Jacksonville, FL on Thursday. I jumped on board the plane and made it to Jacksonville International Airport where I rented a car and drove up to Norfolk. The professionals in the Air Operations Department had saved my bacon.

I made it to Norfolk and had a great vacation. My wife and I got to spend some quality time together and took care of our family business, we hosted two awesome bar-b-ques, and I learned that a Honey-Do-

List can get pretty big after six months.

Then came the time to travel back to GTMO. My plan was to once again fly Space A on the rotator out of Norfolk (did I mention my wife and I are really frugal?). We signed up a week in advance and showed up on time at 4 a.m. There were a couple of other folks traveling Space A and my wife and I had no doubt that I would get on this plane.

Then we heard the Marine Hymn coming from beyond the security scanner. The lobby filled up with Marines who were deploying to GTMO for training. All I could do was rub my forehead and cross my fingers.

We held out hope until the announcement came across the loud speaker "there will be no Space A seats available on this flight."

All of the Space A hopefuls for this flight looked like they had just spent their last dollar on a lottery ticket and lost.

I heard someone exclaim "This is an OUTRAGE. I am a service member and I deserve to be on this flight. What am I going to do now?"

After all of the lottery losers had filed their official opinions with the poor AMC clerk, I politely walked up and thanked her for trying to get me on the plane.

I then asked her if she could extend my leave and if it was possible to keep me on the Space A list for the cargo flight to GTMO on Thursday. Turns out being polite goes a long way when asking someone for help.

There is a cargo flight that takes off from Norfolk every Thursday and flies to GTMO. The same plane turns around and goes back to Norfolk.

Apparently no one had asked about flying to GTMO on this flight as everyone at the terminal looked puzzled at my request, but they got me on that plane for which I am eternally grateful.

It was a good thing I got on that flight too as my next plan was to drive up to Baltimore and grab a Space A seat out of Baltimore Washington International Airport.

Turns out the rest of the Marines who were coming to GTMO were on that flight and the Space A list came up double zeros again.

The thing to keep in mind when traveling to and from GTMO is that you will usually get where you need to go when you need to get there.

The AMC and Air Operations Department personnel are very professional and will do everything they can to assist you.

Mission essential travel is always going to take priority so you need to plan early.

You should have multiple back-up plans set up so when things get crazy you are able to react quickly and get where you need to go.

Also make sure that you have enough leave on the books to cover additional days that it may take to get you to your destination and squirrel away a few extra bucks to cover unexpected expenses.

CHAPLAIN'S COLUMN

Morals and Ethics

Lt. Douglas Holmes

NS Guantanamo Bay, Cuba, deputy command chaplain



Many people believe that ethics and morals are the same thing. They are not the same thing; morals define a person's character while ethics point to a system of behavior that standardizes how people should live. We often say that a person lived a morally good life or the character they portrayed to us was ethically upstanding. The person lived up to the golden rule, "To treat others and they would want to be treated." They upheld the code or system of laws of the land seeking not to break or toe the line of breaking them. Certainly not everyone's morals are the same. In the Bible, the Prophet Amos had to deal with a people that were failing to live morally good lives for they were not

living up to God's standards. The key to this small book was that Amos did not base his plea on the nature of man or the innate goodness of human nature; he saw God was the standard by which correctness should be judged. This brings me to a question for you. What is the standard that you live by? Is your standard "if it feels good do it?" Consider what harm does this type of philosophy bring, what harm is created by not having a plumb line to measure what is right from wrong except your own feelings. The military has a framework of rules and regulations and they are put there so that we can live and work peacefully with one another. But it also insures that we treat each other equally and not to each person's own moral ideal which may be different for each person.

JIDC supporters run towards independence day

MCC Bill Mesta

Leading Chief Petty Officer

NS Guantanamo Bay, Cuba Public Affairs Office

Residents of Naval Station Guantanamo Bay, Cuba participated in the Jamaican Independence Day Committee's track meet at Cooper Field on July 16.

The event, which was opened to anyone who wanted to participate, had over 20 different types of competitions.

In addition to regular track competitions such as the 100m or 400m runs, competitors participated in unusual events like "Big Belly" and "Needle and Thread" runs.

"It was filled with fun and excitement," said Carmen Wilson, one of the competitors and JIDC member. "It was great to see the many talents and skills being displayed and the different age groups who came out to support the event."

The track meet was one of many events the JIDC has held leading up to its Jamaican Independence Day celebrated occurring on Aug. 6.

"Events like these brings us together, not just Jamaicans, but the entire GTMO community," said Wilson. "It's a way of entertaining and not just the recent track meet, but other activities that the JIDC puts on before the Independence day celebration."

The celebration is being held to honor

Jamaica's 49th anniversary of independence from British colonial rule.

"The country of Jamaica acquired its independence from British rule on Aug 6, 1962," said Joycelyn Connage, the president of GTMO's Jamaican Independence Day Celebration committee.

The first, second and third place finishers of the track events will receive awards during the celebration.

"The celebration at GTMO will include an official ceremony, dinner, recognition and award ceremony and a live entertainment show," said Connage.

Captain Kirk Hibbert, the Naval Station Guantanamo Bay, Cuba commanding officer said that there are dignitaries from Jamaica who have recognized GTMO's event and are going to travel here for the celebration.

The Deputy U.S. Ambassador to Jamaica, Isiah Parnell and four staff members are scheduled to attend.

The Jamaican Independence Day Celebration is open to the entire GTMO community and will be held at Windward Ferry Landing beginning at 6 p.m.

"Tickets for the celebration are on sale for \$15 dollars and can be purchased by contacting a JIDC committee representative or calling 4822," said Connage.

Marshal Gray runs to a first place finish in the 400 meter run.

PHOTO BY TERENCE R. PECK

Men - 100 m		Women - 100 m		Men - 200 m	
1st Place	Phillbert Barnes	1st Place	Rhanda McGee	1st Place	Dwayne Gordon
2nd Place	Mark Dixon	2nd Place	Desirae Villa	2nd Place	Jackie Wilson
3rd Place	Winston Sawyers	3rd Place	Rachel Allen	3rd Place	Travis Alston
Teenager 100 m		Men Over 40 - 100 m		Over 40 Female - 100 m	
1st Place	Derrick Abson	1st Place	Terrence Bell	1st Place	Joycelin C. Johnson
2nd Place	Quashawn Abson	2nd Place	Mike Hamlin	2nd Place	Regina Peck
3rd Place	Chris McGouey	3rd Place	Wilmot Derby	3rd Place	-----
Male Potato Race		Female Potato Race		Over 30 Potato	
1st Place	Ricardo Rickets	1st Place	Christalee Muir	1st Place	Antonette Johnson
2nd Place	Omar Nelson	2nd Place	Carlene Williams	2nd Place	Vivine Hutton
3rd Place	Errol Fagan	3rd Place	Nadine Williams	3rd Place	Markesha Robinson
Men - 400 m		Women - 400 m		Women Needle/Thread 100 m	
1st Place	Marshal Gray	1st Place	Rhanda McGee	1st Place	Pauline Thompson
2nd Place	Dwight Brown	2nd Place	-----	2nd Place	Nadine Williams
3rd Place	Vernus Swaby	3rd Place	-----	3rd Place	Carmen Wilson
Men - Shoes/Socks 100 m		Men - 800 m		Female 800 m	
1st Place	Anthony Bactimore	1st Place	Greg Marshall	1st Place	Ashley Chandler
2nd Place	Jeff Porter	2nd Place	Nick Hamlin	2nd Place	Joycelin C. Johnson
3rd Place	Everton Christie	3rd Place	Mike Kohler	3rd Place	Nadine Williams
Men - 1500 m		Female - 1500 m		Men - Big Belly 100 m	
1st Place	Nick Hamlin	1st Place	Ashley Chandler	1st Place	Christopher Ferguson
2nd Place	Mike Kohler	2nd Place	Pauline Thompson	2nd Place	Leroy Duffus
3rd Place	Jermaine Williams	3rd Place	-----	3rd Place	Glenton Thomas
Men - Lime/Spoon Race		Women - Lime/Spoon Race		Kiddies Race	
1st Place	Omar Muir	1st Place	Fabian Evans	1st Place	Christalee Muir
2nd Place	Everton Christie	2nd Place	Carmen Wilson	2nd Place	Morricka Eunick
3rd Place	Merton Gray	3rd Place	Desirae Villa	3rd Place	Nalani Weaver
Men - 4x100 m Relay		Women - 4x100 m Relay		Men - 4x400 m Relay	
1st Place	Fire Department	1st Place	JTF	1st Place	Fire Department
2nd Place	MWR	2nd Place	Girlz Gone Bad	2nd Place	NEX
3rd Place	NEX	3rd Place	CYP	3rd Place	JMG
Women - 4x400 m Relay					
1st Place	JTF				

Sailors Participate in Physical Readiness Beta Test

From Navy Personnel Command Public Affairs

The Navy, working with the University of Memphis Department of Health and Sport Sciences, began a beta test of nine physical fitness exercises July 11.

Bill Moore, director, Navy Physical Readiness Program,

said there are currently no plans to change the Navy's physical readiness test, but the study will examine viability other options that may have greater operational relevance.

"The purpose of the beta test is for research purposes only and is intended to collect data," said Moore.

"The results of this beta test could be used to develop a physical readiness test that incorporates more functional movements which better mimic Navy job-specific tasks," said Moore.

He said Navy officials will need to analyze the results after the test concludes later this month.

The beta test examines Sailors participation in nine exercises. Cadence

push-ups, single-leg plank and single-leg wall squats are used to measure muscular endurance. The leg-hip dynamometer, hand-grip dynamometer and standing long jump measure muscular strength. The pro-agility shuttle, 300-yard shuttle, five kilometer bike test and two kilometer rower measure anaerobic capacity.

The test exercises were selected to allow researchers to examine two major components of physical fitness: health and skill related. They feature common movements practiced both in sports and on the job.

"Health-related components include cardiovascular fitness, body composition, flexibility, muscular strength, and muscular endurance," said Lt. Cmdr. David Peterson, Navy Physical Readiness Program exercise physiologist. "Skill related components include speed, agility, balance, coordination, reaction time and power."

More than 180 Sailors, male and female, representing a full spectrum of age and fitness levels are participating to allow researchers to examine applicability for the Navy demographic.

Personnel Specialist 2nd Class (SW/AW) Joshua Sickles, assigned to Navy Recruiting Command, said he typically scores excellent on his semi-annual physical readiness test. During the beta test, Sickles performed the single-leg plank, standing long jump and two-kilometer rower during his first test session.

"It was different than what we do now and harder" said Sickles.

Sailors in the beta test will participate in a total of six sessions.

"This is an exciting opportunity to participate in a state-of-the-art research study," Moore said. "However, I need to reemphasize that this is for research purposes only and that there are currently no plans to change the Navy PRT."

For more information about the Physical Readiness Program, visit <http://www.npc.navy.mil/support/physical>.

U.S. Naval Hospital GTMO Implements Program to Improve Patient Care, Communication

MCC(SW) Bill Mesta

Leading Chief Petty Officer
NS Guantanamo Bay, Cuba Public Affairs Office

The U.S. Naval Hospital Guantanamo Bay is implementing a new program to provide improved care and communication between the naval station's patients and their primary care givers.

Navy Medicine's Medical Home Port is designed to meet patients complete primary care health and wellness needs.

"The Medical Home Port Program is a tri-service initiative to provide a more holistic patient-centered care for families in primary care," said Cmdr. Susan Tussey, a primary care provider attached to USNH GTMO. "Patients will have a primary care provider who they will be able to see every time they have an appointment. We strive to provide same-day or next day appointments"

The new model better utilizes the healthcare team, including nurses, corpsman, LPNs/CNAs, as well as integrated ancillary care, such as behavioral health, case management, and pharmacy.


Relay Health is one of the tools available under the Medical Home Port program available to USNH GTMO patients designed to establish better communications with their care giver.

"Relay Health is a secure, e-mail messaging program that gives patients the ability to request appointments, submit prescription re-fill requests, and inquire about laboratory results," said Tussey. "You can also use this system to ask questions to your primary care provider."

Tussey said that the Relay Health system is very secure and that the communication will be between the patient and their primary care provider or the clinic staff.

"The hospital is encouraging the GTMO community to enroll in Relay Health so that we can communicate more efficiently," said Tussey.

To sign up for the Relay Health Messaging system, patients should provide their e-mail address at the front desk at USNH GTMO.



MAKE-A-WISH®
wish.org

The day Andrew, 6, spent with his heroes in uniform was a day he didn't have to thinking about living with Duchenne muscular dystrophy.

Find out how you can share the power of a wish® by visiting wish.org.

Provided as a public service.
© 2010 Make-A-Wish Foundation of America.

College, from page 1 ←

Matheny added that there is an opportunity for the spouses of active duty service members to receive a Columbia College's Spouses Opportunity Scholarship.

"The scholarship provides spouses an opportunity to take their first in-seat Columbia College course free of charge," said Matheny. "Subsequent courses that they take with Columbia College would come with a 20 percent discount."

GTMO's Columbia College is also offering Introduction to Human Services as an in-seat course for the early fall session.

Students interested in more information about GTMO's Columbia College are invited to visit the campus office inside the Chapel Annex, Mon. thru Fri. from 9 a.m. to 5 p.m. or call 75555.

GTMO SHOPPER

E-mail classified ad submissions to **PAO-CLASSIFIEDADS@USNBGTMO.NAVY.MIL**. If sent to any other e-mail, it may not be published. Submit your ad NLT noon Wednesdays for that week's Gazette. Ads are removed after two weeks. **Re-submit** the ad to re-publish. The Gazette staff and NS Guantanamo Bay, Cuba, page. The Public Affairs Office has final editorial discretion on all content. Call MC2 Leona Mynes at 4520 with your questions or concerns.

VEHICLES

1996 Kawasaki Vulcan 500 LTD. Runs only 17831 miles on it, new tires/chain, \$750 OBO. ND1 Roberts 79488 (h) 84536 (c)

1998 Ford Escort, 134,720 miles, good condition. Contact Craig @ 6220 (w) or 77584 (h).

2002 Ford Taurus SES, dark gray, auto trans, cold a/c, leather interior, \$73,000 miles, \$5,000 obo, avail Aug. 20. Call Jeremy @ 79473 before 8 p.m.

'85 Dodge RAM Charger, Black & White cammo pattern (color) for \$1,200 OBO. Call 79726 or 3479, or e-mail melwinrodriguez@yahoo.com.

'08 Trek 1000 SL road bike. Shimano Ultegra components 2 x 9 speed. Aluminum frame carbon fiber fork. In great shape. \$500. Call 79473 before 8 p.m.

'04 Hyundai 58K miles, many upgrades, asking \$8,000. Call 78486 FMI

'03 Lexus IS300, rare 5-speed manual transmission. 128,500 miles. \$9,700 OBO. Call 78718 (msg).

ELECTRONICS

JVC Headset, Brand new Case Logic digital camera case, Labtec Computer Speakers, Calvary Dual Hard Drive dock, Toshiba Sata laptop hard drive. Call 76819 if interested.

SCSI Modem \$35 available after July 31. Call 79248.

Casio 61-Key digital piano w/ stand, headphones, power supply. Brand new, never used. Call 77018 or e-mail kmsquared@yahoo.com.

Unlocked Blackberry Bold 9700. Call 77001.

SCSI Modem, w/ethernet cable, phone cord, power charger. Avail immediately \$55.00. DVD player. \$30. Portable boom-box w/remote. Radio-cassette-c.d. runs on elec or batteries. \$25. Please call 75749 or email: blufeverish@yahoo.com.

SCSI modem \$40, they are \$90 at SCSI! For more info, please call me at james.gresl@med.navy.mil

MISCELLANEOUS

Two sets of auto hid headlight bulb kits. 10k, both 9007 bulb series new in box, never used. \$50 each. Call Steve at 77795 ore-mail cubasteve2012@yahoo.com

Two baseball gloves "Rawlings". One brown, one black. \$25 each. Call 75749.

NBA official basketball and Mikasa volleyball. Like new. \$10 each. Call 75749.

HOUSEHOLD GOODS

For sale, coffee table and 2 end tables. Mattress & box \$200, sofa \$100, vacuum \$70 OBO. FMI call 78470.

OUTDOOR REC

UK Underwater Kinetics Flash Lights: C8 Xenon, Mini Q40 Xenon, and Remora BC Dive Knife. Used for 20 min. night dive. \$80 OBO. Call 77641.

Bomber Z1 mountain bike. Marzocchi front forks, Fox Vanilla rear shock, Kenda tires, disc brakes. Not a NEX bike. \$550. Call Jamie at 9820 or 79532 or email tommy38cal@gmail.com.

Snorkel fins & mask. \$40. Call 75749.

Penn fishing combo, ready to fish, line, weight, hooks. \$45. JBL 2-band speargun, \$60. Call Roy at 84196.

21-speed Moutain bike. Rear light, helmet, bottle holder, reflective belt, silicon spray, tire pump, combination lock. \$50. Call David at 79248 (msg) or e-mail dnj364@myway.com.

Aqua Lung BCD Large, regulator and octo, Mares Fins Blue quick release (+2 extra set of fins), Visulator Mask W/Snorkel, Scuba Pro boots Large, Hawaii Sling, Large Yellow bag--All for \$650.00 OBO If interested, please call 5025 and ask for David Odell or email at David.p.odell@jftgmo.southcom.mil

Zeagle Ranger Limited BCD, regulator and octo, 16# of weights, gauges, night dive light, and 1X tank. \$1,500 obo. Call 77018 or e-mail kmsquared@yahoo.com.

Qantas 21-Speed mountain bike, helmet, reflector belt. \$115 obo. Call 77018 or e-mail kmsquared@yahoo.com.

Women sz. 7-8 Body Glove wetsuit \$40. Call Jeremy at 5025 (msg).

6 rod/reel combos, 3 Sabiki rod/reels, tackle box w/ tackle, bait net, large net, 2 gaffs, aerator, rolling cooler. \$300 OBO. Call 8032/78635.

Air Tools, assorted tools, 2 bicycles. Call Richard at 78158 or 84223

YARD SALES

Saturday, July 23. West Bargo 42, 10 a.m. - 1 p.m.

Saturday, July 16. Villamar 13A. NO EARLY BIRDS!

PETS

Four-year-old miniature pincher, white mixed brown. Potty trained. Cannot take it with me. PCSing 2nd week of August. Call 72626.

AIDS: Silent
65% of sexual transmitted diseases are silent. The focus of AIDS is silent.

Training
90% of victims of sexual violence never tell anyone and 80% never seek help.

ForgoDae
137 male service members returned home with PTSD. 100% of them were not diagnosed.

Department of Defense
Department of Defense
Department of Defense

The SCOOP



WINDJAMMER CAFE.

The Windjammer cafe will be closed for maintenance Sat. July 23 and Sun. July 24. O'Kelly's and Windjammer Club will remain open at normal business hours.

GROUP EXERCISE EXPO.

The event will feature kickboxing, functional training, circuit training and yoga. Four thirty minutes sessions at Cooper Field and Denich Gym. FMI, call 2113.

CIRQUE ODYSSEY.

This all-ages performance is a spin-off of a traditional cirque show including acrobatics, dancing and more! Aug. 19. Downtown Lyceum. FMI, call 4882.

JTF'S SAFE RIDE HOME.

To prevent drinking and driving, those out drinking can take a safe ride home. Call 84913 or 84781.

YOUTH SUMMER CAMP.

Happening now until August. Arts and crafts, fitness, games, nature, and more. Sign up at the Youth Center. Call 74658.

AMERICAN RED CROSS FUNDRAISER

Challenge coins: \$10 each or three for \$25. Stop by Center Bargo 1208 to purchase or call 2511.

RUNNING IN FIDEL'S BACK YARD

Congrats to the MWR "Name That Run" winners. This is a 5K run and will be held Aug. 13 at Denich Gym. Register by Aug. 10. Call 2113 for more information.

MCSFCO MOONLIGHT RUN

Marine Corps Security Force Company Guantanamo Bay is fundraising for the 236th Marine Corps Birthday Ball. On July 23, check in by 6 p.m. at Marine Hill and depart at 6:30 p.m. The run begins at the Northeast Gate and ends at Kittery Beach. Sign up at the Marine Hill White House beginning July 8, Monday through Friday from 11:30 a.m. to 1:30 p.m. First 10 to sign up will receive a free t-shirt.

LEEWARD BIKE RIDE

Marine Corps Security Force Company is fundraising for the 236th Marine Corps Birthday Ball. Ride the Leeward fenceline from MOP 20 to Leeward Ferry Landing on July 30. Transportation to and from Leeward will be provided. \$25 to sign up. First 15 to sign up will receive a free t-shirt. Begin signing up July 8th.

DERMATOLOGIST ON-ISLAND

A dermatologist will be on-island July 12-23 at Naval Hospital Guantanamo. Call the Primary Care Clinic at 72110 to receive a referral.

COLUMBIA COLLEGE'S REGISTRATION

The early fall session is Aug. 15 through Oct. 8. Registration begins July 4. In-seat class offerings are Beginning Algebra, College Algebra, Spanish I, and Introduction to Human Services. Hundreds of online courses are also available. Call 75555 or e-mail Guantanamo@ccis.edu for details.

GTMO JOB HUNT

SECRETARY (OA),GS-0318-05,(FISC)

TRANSPORTATION ASSISTANT (OA), GS-2012-05 (FISC)

**Open continuously until filled. To apply for a job, call the Human Resources office at 4441 or stop by Bulkeley Hall, room 211.*

NGIS INSTALLATION TRAINING MANAGER (\$31.3K-\$48K/YR) US HIRES

NGIS LEAD FRONT DESK RESERVATION AGENT (\$26K-\$35K/YR) US HIRES

NGIS FRONT DESK RESERVATION AGENT (\$25K-\$31K/YR) US HIRES

NGIS NIGHT AUDITOR/FRONT DESK AGENT (\$25K-\$31K/YR) US HIRES

COOK (US: \$10.94/hr; FN: \$6.61/hr + \$0.36ba)

BARTENDER (US: \$9.47/hr; FN: \$5.45/hr + \$0.34ba)

RECREATION AIDE (LIBERTY) FLEX (US: \$7.25/hr; FN: \$5.86/hr + \$0.52ba)

BOWLING MANAGER (\$31K-\$49K/YR) US HIRES

PUBLIC AFFAIRS TECHNICIAN (\$25K-\$31K/YR) DOE/DOQ

MAINTENANCE WORKER (3 TEMP. POSITIONS, 1 PERM. POSITION)

To apply for a job, call the MWR Human Resources Office at 4889 or stop by Bldg. 760.

FULL & PART TIME PASSENGER SERVICE AGENTS at the Air Terminal (Leeward Air Terminal and the Windward Annex.) Flexible schedule, excellent salary and a fast-paced, pleasant working environment. Send resume to Kim.veditz.ctr@usnbgmto.navy.mil or call 6364.

MOVIES DOWNTOWN LYCEUM

FRIDAY JULY 22
8 p.m.: **Harry Potter: Deathly Hallows Part 2**
PG13/118 min./new

10 p.m.: **Something Borrowed**
last showing
PG13/103 min.

SATURDAY JULY 23
8 p.m.: **Prom** last showing
PG13/118 min./new

10 p.m.: **Hangover Part 2**
R/102 min.

SUNDAY JULY 24
8 p.m.: **Thor** last showing
PG13/115 min.

MONDAY JULY 25
8 p.m.: **Jumping the Broom**
last showing
PG13/125 min.

TUESDAY JULY 26
8 p.m.: **Priest**
PG13/87 min.

WEDNESDAY JULY 27
8 p.m.: **Zookeeper**
PG/104 min.

THURSDAY JULY 28
8 p.m.: **Cars 2**
G/112 min.

Girl Scout Cookies Arrive to Guantanamo



PHOTO BY MCC(SW) BILL MESTA

Sailors Attached to Joint Task Force Guantanamo Bay, Cuba volunteered to transport 10,000 pounds of Girl Scout Cookies from the naval station's airfield to DoDDEA W.T. Sampson Elementary School. The cookies were donated and will be distributed free of charge to service members stationed on base. The GTMO Girl Scouts will be distributing the cookies from through July 28.

MCC(SW) Bill Mesta

Leading Chief Petty Officer
NS Guantanamo Bay, Cuba Public Affairs Office

The Guantanamo Bay (GTMO) Girl Scout troop began this year's Girl Scout Cookie Give Away at W.T. Sampson Elementary School July 18.

The local Girl Scout troop received Girl Scout cookies that will be distributed to service members stationed at GTMO.

"We received approximately 1,300 cases of cookies weighing approximately 10,000 pounds," said Francesca Dietz, a leader of the Guantanamo Bay Girl Scout troop. "We received seven varieties of cookies which were donated by people living in Florida's, Gulf Coast region."

All of the Girl Scout cookies will be offered to GTMO's service members free of charge.

"The cookies will begin to be distributed on July 23 in the Girl Scout room at W.T. Sampson Elementary School from 10 a.m. to 2 p.m.," said Dietz. "We need a couple of representatives from each command to stop in the Girl Scout room and tell us how many service members they have."

The Girl Scout troop will also be distributing cookies July 25 through July 28 from 10 a.m. to 2 p.m. in the Girl Scout room.

"Girl Scout cookies are something that just say 'home'," said Dietz. "With so many people here unaccompanied, I love that we can pass along the cookies to them as a thank you for their sacrifices."

The Girl Scouts received enough cookies for each service member to receive three boxes.

"The Girl Scouts would like to again thank all the volunteers that came out to the airport and to the classroom to help unload the cookies from the plane and then load them into the classroom," said Dietz.



PHOTO BY TERENCE R. PECK

Any day in GTMO

Desirae Villa, Heatherlee Elliston and Carmen Wilson compete in the Lime-Spoon race. Fabian Evans took first place in the event. The race was one of numerous events held during the Jaimaicain Independence Day Committee's track meet at Cooper Field, July 16.



Find us on Facebook!

www.facebook.com/NSGuantanamoBay