



Photo by MC1 Igo Wordu

Firefighters from Fire Station #1 perform a routine rescue drill at Phillips Park. They used the same technique to rescue two stranded swimmers after they went snorkeling on August 9 at Phillips Park. It took rescue personnel more than three hours to bring both swimmers to safety.

Dramatic rescue at Phillips Park

By MC1 Igo Wordu, Public Affairs

It was a close call for two stranded swimmers as Naval Station rescue personnel raced against time to haul them to safety.

The incident occurred around the Phillips Park dive area at approximately 5 p.m. Aug. 9. Firefighters who aided the rescue said the swimmers

were part of a group of people who went to the dive park to snorkel. Some members of the swim party noticed that two of the swimmers were missing and notified base security immediately.

Rescue personnel including the Base security, Ports operations, Coast Guard, and the

Dive locker launched an extensive search around the bay area for the missing swimmers.

As nighttime approached, it became difficult for rescue personnel to search for the missing swimmers.

“The situation became desperate because it was getting

harder for us to see,” said Devon Smith, one of the fire Captains from Fire Station #1.

Someone at Cable beach, who saw the missing swimmers clinging to a rock under an 80 ft. cliff near the lighthouse, notified base security.

Two firefighters were then

Continued on page 6

Navy exceptional family member program

Story provided by Naval Personnel Command

The Navy's Exceptional Family Member Program (EFMP) is designed to assist sailors by addressing the special needs of their exceptional family members (EFM) during the assignment process. Special needs include any special medical, dental, mental health, developmental or educational requirement, wheelchair accessibility, adaptive equipment or assistive technology devices and services.

In the Navy EFM Program, the primary function is the Personnel Function. The Navy EFMP Coordinators are located at the medical treatment facility, not at the Fleet and Family Support Centers (all Fleet and Family Support Centers have an EFMP liaison).

The Navy EFMP Coordinators serve both Personnel and Family Support functions, but with an emphasis on the Personnel function.

Personnel Function — The goal of the EFMP is to ensure the special needs of the EFM can be met at a new assignment location. EFMP enrollment information enables Navy detailers to proactively consider a family member's



Photo by MCSN Patrick Gearhiser

special need requirements during the assignment process and to pinpoint the assignment to a location with appropriate resources that address the special needs.

Successful implementation requires up-to-date enrollment information and extensive coordination among the personnel, medical, and educational communities.

EFMP enrollment is mandatory and required immediately upon identification of a special need. DD Form 2792, Exceptional Family Member Medical and Educational Summary and DD Form

vice and family members with the enrollment process.

Sailors may be reluctant to enroll because of misconceptions that EFMP enrollment may limit assignments and career advancement, or preclude family members from accompanying sponsors on overseas tours.

These negative perceptions are not supported by fact. Sailors enrolled in the EFMP have always received equal consideration for accompanied assignments and for promotions.

The Navy Exceptional Family Member Program mailing address is — Navy Personnel Command / Exceptional Family Member Program (PERS-451) 5720 Integrity Drive, Millington, TN 38055-6210 / 1-866-827-5672

GUANTANAMO BAY
Gazette

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Are you ready?

Advancement Exams

E-6 Exam, Sept. 7

E-5 Exam, Sept. 14

E-4 Exam, Sept. 21

America will continue 'Freedom Agenda' - Bush

By Jim Garamone, American Forces Press Service

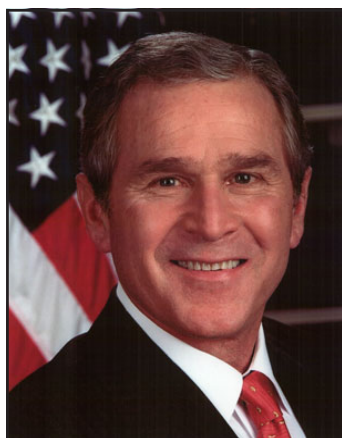
America will remain on the offensive against al Qaeda and nations that support terror groups, President Bush said on Aug. 14.

Bush met with Vice President Dick Cheney, Defense Secretary Donald H. Rumsfeld, Secretary of State Condoleezza Rice, Chairman of the Joint Chiefs of Staff Marine Gen. Peter Pace and other members of his national security team at the Pentagon and the State Department.

The group discussed progress in the global war on terror and national security transformation during the series of meetings.

During a news conference at the State Department following the meetings, Bush said Iran must stop its support for terror. He also said militias and other groups must disarm.

He said the Middle East is at a pivotal moment in history. "The death and destruction we see shows how determined the extremists are to stop just and modern societies from emerging in the region," he said. "Yet millions of people in Lebanon,



President George Bush

Iraq and Afghanistan and elsewhere are equally determined to live in peace and freedom. They have tired of the false promises and grand illusions of radical extremists."

He said the United States' "freedom agenda" will advance peace in the region. "We know that free nations are America's best partners for peace and the only true anchors for stability," he said. "So we'll continue to support reformers inside and outside governments who are working to build the institutions of liberty. We'll continue to confront terrorist organizations and their sponsors who

destroy innocent lives. We'll continue to work for the day when a democratic Israel and a democratic Palestine are neighbors in a peaceful and secure Middle East."

The president called the U.N. Security Council resolution on Lebanon an important step to help bring an end to the violence between Israel and the terror group Hezbollah.

The resolution calls for all nations to help Lebanon restore sovereignty through all Lebanese territory. "As well, the resolution is intended to stop Hezbollah from acting as a state within a state," Bush said.

He said Hezbollah is responsible for the conflict, but that Iran and Syria share some of that responsibility. "The regime in Iran provides Hezbollah with financial support, weapons and training," the president said. "Iran has made clear that it seeks the destruction of Israel. We can only imagine how much more dangerous this conflict would be if Iran had the nuclear weapon it seeks."

Syria also sponsors the terror group and allows Iranian

weapons to enter Lebanon and Hezbollah's leaders to operate out of Damascus, the president said. "Syria supports Hezbollah because it wants to undermine Lebanon's democratic government and regain its position of dominance in the country," Bush said. "That would be a great tragedy for the Lebanese people and for the cause of peace in the Middle East."

America has worked to promote peace, freedom and stability in the region, but terror groups and regimes worked against that ideal, Bush said. "We saw the consequences on Sept. 11, 2001, when terrorists brought death and destruction to our country, killing nearly 3,000 of our citizens," he said. The United States will continue to push the freedom agenda, but it will not be easy, the president said. "The way forward's going to be difficult. It will require more sacrifice," he said. "But we can be confident of the outcome because we know and understand the unstoppable power of freedom."

Travelers face new restrictions when flying

By MC1 Robert Lamb, Public Affairs

Travelers face tighter security and longer lines because of new airport rules in the U.S. after a plot to blow up airliners bound for the U.S. was uncovered recently.

"The Transportation Security Administration (TSA) has implemented a series of security measures - some visible and some not visible - to ensure the security of the traveling public and the Nation's transportation system," said Mark Veditz, AMC Terminal Manager.

TSA and the terminal on the

Leeward side has immediately implemented the following changes to airport screening procedures: Beverages purchased at the snack shack must be consumed before boarding because they will not be permitted onboard the aircraft.

The Transportation Security Administration (TSA) has put out detailed information about what can and cannot be put into luggage and what cannot be carried on an aircraft. The rules and regulations that the TSA puts out include flying in

and out of Guantanamo Bay, Cuba.

What can't I pack in my carry-on bag? The new rules ban almost all liquids, creams and gels from being carried aboard flights. Those items must be put in your checked bags. If you are in doubt about an item, pack it in a checked bag or leave it home. The latest list of liquids and gels is constantly being updated, almost daily. You can check out www.tsa.gov or contact the base terminal at 6305 for an

update before you travel.

Current exceptions include baby formula and breast milk; prescription medicine, properly labels with a name that matches the passenger's ticket; up to 8 oz. of liquid or gel low blood sugar treatment and up to 4 oz. of non-prescription liquid medications, including such previously prohibited items as cough syrup, eye drops, contact lens solution and nasal spray.

Travelers may also expect delays when traveling.

Plant nursery beautifies Guantanamo Bay

Story and Photos by MC2(AW) Honey Nixon, Public Affairs

Guantanamo Bay's plant nursery has been providing base beautification for years and with the help of volunteers, the plant nursery now has more variety for local 'plant lovers' to choose from.

But to take advantage of the services provided by the nursery, residents need to be aware of the rules and requirements and the importance of volunteering in the continuation of the nursery.

Roberta Stanley, with the Housing Office, says one must be a permanent-party resident to get a plant card that gives access to the nursery.

After verifying residency, the Housing Office issues a punch card, for a one-year period, representing the months of January through December. Each resident is allowed one card and can only choose one plant each month. However, some plants count for more than a month depending on the height and how common the species is.

Amelia Smith, plant nursery manager, takes pride in making GTMO beautiful and is proud of the array of plants the nursery now has.

"It's about giving back to the community," smiled Smith. "Right now, the nursery has the most variety since the program started. One big change is we now try to grow the plants we dispense to the public at the plant nursery, so that in the future, we have stock plants on site."

Since the nursery's stock relies on donations from residents and whatever plants the volunteers find to propagate, continued donations and volunteering from the community is vital.

"We want the public to know we are collecting cuttings and seeds," said Smith. "So, please let us know when you trim your



Amelia Smith adjusts the water sprinkler at the plant nursery on Sherman Ave. Smith has been tending to the plants at the nursery for almost 5 years.

plants, so that we can propagate them. We always look for plants such as gardenia and plumeria, but we take anything that can be propagated by cutting or from seeds."

The kindness of the public has been great. We have people donating potted plants or cuttings

and that is how we are able to have so much to offer to the public."

The nursery also provides flower for ceremonies, events and various locations around the base. "We also supply plants for base ceremonies and events," said Smith. "For example dur-

ing a change of command. I am contacted and we supply plants we have set aside just for that purpose."

The nursery is open to plant cardholders every first and third Saturday of each month from 8:30 to 11 a.m.

Smith adds that residents are not allowed to take cuttings or plants from neighboring yards of newly moved residents. Cuttings offered by neighbors are acceptable, but if they move, helping yourself to plants is prohibited.

There are currently 12 volunteers that help Smith maintain the nursery but she is always looking for more help.

"Volunteers are always welcome," said Smith. "And you can sign up with the Red Cross. Also, any hours you work are documented and forwarded to the Red Cross, if you need credit for your time."

"People don't realize how much hard work goes into it, but if you enjoy working with dirt, and plants, you can learn a lot."

Those interested in volunteering or getting a plant card can contact the Housing Office at 4721 or the Red Cross at 5060.



This coral-colored hibiscus is the *Hibiscus rosa sinensis*.



An unusual hibiscus hybrid.



Ombudsman

Cheryl Crouse

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Welcome to the GTMO Community

YNCS Sandy Souza

What is your job here in GTMO?

My job is to ensure that the NAVSTA GTMO Admin Office runs in a smooth and efficient manner. Our office is responsible for all administrative functions. We operate a mail room, a communications center (where we send out and receive message traffic), and we track all incoming and outgoing command correspondence.

Why did you choose to come to GTMO?

I chose GTMO because it was a hard fill for the detailer at the time and I knew it was hot year-round, so I took it. I figured it would be a good place to go for my last duty station.

Last Duty Station?

Helicopter Sea Combat Wing, Jacksonville, FL.

How long have you been in the Navy?

I have been in the Navy for 18 years.

What are your favorite aspects of GTMO on both a professional and leisure level?

I really like the professionalism here. The group of young Sailors that I am working with now, are the most professional Sailors I have ever had working for me. "Yes, Senior Chief," or "No, Senior Chief," are the responses I hear instead of "yeah," or "no." Also, it's unbelievable how nice everyone is. I missed my family so much when I first got here but thanks to my wonderful sponsor, Chief Doherty, and my new friends, I have been able to cope with my loneliness.



ShipShape weight-loss program

The local 'Shipshape' program is available to all GTMO residents (active duty, family members, civilian, and contract personnel).

Running from Aug. 16 to Oct. 4, this 8-week program reflects the current state of knowledge on weight loss. It is specifically designed to provide active-duty personnel with basic information on nutrition, stress management, physical activity, and behavior modification techniques to lower and maintain an acceptable body weight.

Sessions take place in a group support setting at the U.S. Hospital Guantanamo Bay from 3 - 4 p.m., Room H-14.

Shipshape is an action-oriented and permanent approach to weight loss for persons interested in living a healthy

lifestyle and maintaining a healthy body composition.

Sessions focus on topics including: Guidelines for Success; Nutrition Facts and Fallacies; Moving your Body; Making Healthy Choices; Building a Support Team; Stress Management and Emotional Eating and Long-Term Success.

If you have enrolled in ShipShape, taking a look at the Self-Study Guide prior to attending the first ShipShape meeting is helpful.

The Navy Nutrition and Weight Control Self-Study Guide (NAVPERS 15602B) is available online at <http://www.bupers-.navy.mil/services/weight.html> and your Command Fitness Leader can provide you with a printed manual as well.

Areas of Focus for Successful Weight Management Programs

- Self-monitoring of progress, including food diary sheets, exercise logs and behavior change assessment tools and diaries.
- Goals that are set by the individual.
- Preparation of the person to deal with high emotional and social situations.
- Development of problem solving techniques.
- Increasing stress reducing skills.
- Maintenance of continued professional contact through a structured follow-up program.

All of these are included in the ShipShape Program!

Two snorkelers rescued at Phillips Park...

Continued from page 1

lowered down the cliff on a tow line, to bring the both swimmers to safety at around 10 p.m.

According to Smith, the swimmers drifted a good 1,000 or more yards from the dive point at Phillips Park to the bottom of the cliff where they were rescued.

"As soon as they entered the water, they knew they were in trouble as they kept drifting further into the open bay," Smith said. Although they struggled to swim ashore, their efforts were futile against the strong currents. So what began as a routine snorkeling turned out to a 5-hour struggle for their dear lives."

"When we arrived on scene, both swimmers were at the bottom of this cliff," Smith said pointing down to the spot where they swimmers were located. Water temperature must have been around 40 – 50 degrees and the waves were strong on that night. These elements were not conducive for the swimmers and we had to act quickly to save them"

Both swimmers managed to swim to shore soon after they

drifted past the lighthouse towards cable beach. However, they were unable to climb the 80 ft. cliff.

Initial attempts to reach the swimmers with a boat were unsuccessful. The Navy divers, who would have been able to aid their rescue, were unable to get closer to the swimmers because the water was too shallow for the boat. That was when the fire department stepped in.

"I think the response time was crucial," commented Smith. "It was chaotic around here and everybody tried anything they could to help the swimmers."

CDR Beran, advises base residents to take extra care when it comes to water sports or recreation.

"There are safety considerations in everything that we do and in every recreational activity available here at GTMO," said Beran.

"From sunscreen to protect your skin while outside for a day at the beach, to staying aware of tidal and surge conditions for swimmers, snorkelers, and scuba divers to hydrating while rock climb-



Photo by MC1 Igo Wordu

One of the firefighters from Fire Station #1, who responded to the incident, points to the bottom of this 80 ft. cliff where the swimmers were rescued from on August 9. Both swimmers struggled against strong currents before they drifted more than 1,000 yards from where they started snorkeling.

ing, running and jogging - away think safety!"

"Judging from the information we have about these divers, I don't believe there's any way they would have been able to avoid the situation," said Smith. "They went out there and everything seemed normal. There weren't any signs of what laid ahead. For-

tunately, they had a people who were able to call for help. I would advise anybody who wishes to dive, snorkel or swim around GTMO, to always use the buddy system."

Both swimmers were taken to the Naval Hospital where they were treated and released.

ShipShape weight loss ...



This guide provides basic information on nutrition that can assist you when you actually begin making new nutrition choices.

Weight control is difficult for many individuals. This program will provide those who attend with the best available tools in order to be successful.

ShipShape Coordinators at

the local level (Command Fitness Leader) are encouraged to implement their programs as a collaborative effort with the Nutrition Division, Psychology Service, Physical Therapy Department, MWR Fitness Facility, or other local resources whenever such expertise can enhance the quality of the program.

For further information regarding the ShipShape program, contact your Primary Care Manager, Command Fitness Leader or Lt Cmr. Huff at 72102 .

Gtmo Jazz & Music Festival
Sept. 3

IT'S A BOY!

Birth Announcement

Kristy Sercer announces the birth of her son, Kaden Louis Sercer, on June 8.



Photo by MC1 Igo Wordu

Sports Camp — *Children and staff from the CDC pose for a photograph during this year's Summer Sports Camp held at W.T Simpson High School race track August 10. All the children received a medal for participating.*

Cultural diversity ceremony at Naval Hospital

By LT Maria Johnson, President Cultural Diversity Committee

The Guantanamo Bay Naval Hospital's Cultural Diversity Committee celebrated their one year anniversary with the observance of Jamaican Independence Day on Wednesday, Aug. 2.

The committee prepared a short program that included a presentation of Letter's of Appreciation by the Naval Hospitals Commanding Officer, CAPT Ronald Sollock, to the hospital galley staff for their continued support preparing special meals for the Cultural Diversity Committee's observances of Jamaican Independence Day, African American History Month, Asian Pacific Heritage Month, Hispanic Heritage Month and Cuban-American Friendship Day.

Following the awards presen-

tation, an oration regarding the history of Jamaican Independence Day was eloquently delivered by Mrs. Maxine Thomas.

A cake and ribbon cutting ceremony took place near the committee's display showcase in the hospital galley soon after the awards presentation. The hospital galley staff prepared and served a delicious Jamaican themed meal in keeping with the Jamaican Independence Day observance.

This celebration was very well received by all of those who attended. Cultural diversity is the variety of human societies or cultures in a specific region, or in the world as a whole.

The term 'Cultural Diversity' is also used to refer to multiculturalism within an organization.



Photo provided by the Naval Hospital

Mrs. Maxine Thomas, CAPT Ronald Sollock-Commanding Officer, and Mr. Hughleslie Skyers complete cake-cutting ceremony for the Jamaican Independence Celebration.

Bicycles aren't harmless

By Dan Steber, Naval Safety Center Public Affairs

The Critical Days of Summer campaign is in full swing, and safe bicycling is a key area for reducing mishaps this year. It is important to identify hazards, plan rides, and set risk controls—like wearing the right clothes and a helmet, and mapping your route—to make sure a ride is completed safely.

The National Highway Traffic Safety Administration reports that, in 2005, 720 bicycle riders were killed in collisions with cars and trucks. Another 45,000 riders around the country were injured that year. These incidents aren't restricted to civilians. Each year, Navy and Marine Corps commands report several deaths and a number of injuries.

Take for example, a case of two Navy riders—one a lieutenant junior grade. The lead rider was approaching a green light in Jacksonville, Fla. when he suddenly stopped without giving a hand signal. The JG stopped so quickly she was ejected headfirst over the bike. She missed two ship movements because of a broken wrist and lost three teeth.

It could have been worse, but these riders were smart enough to wear helmets, preventing a severe head injury.

In another case, a first class petty officer in Leonardo, N.J., decided to ride his bicycle one night down an unlit pier—despite a base instruction to the contrary. Within 100 feet from where the ride started, the front tire lodged in a railroad track, flipping him and his bicycle. He landed on his left shoulder, breaking his left clavicle. The Sailor stayed in the medical ward for four days. He went on 13 days of convalescent leave after the ship returned to its homeport.

Riding safe and being safe is a process. Like any process, planning is key. Riders can help by wearing helmets and bright clothing to make themselves more visible, while riding during the day or certainly adding lights or reflectors for nighttime, use prepared bike paths whenever available, and be aware of traffic.

The Naval Safety Center has a list of tips available on their website at [www.safety-](http://www.safety-center.navy.mil/safetips/a-m/bicycling.htm)



[center.navy.mil/safetips/a-m/bicycling.htm](http://www.safety-center.navy.mil/safetips/a-m/bicycling.htm) that will help keep riders safe and provide food for thought:

- There are 85 million bicycle riders in the U.S.

- About 540,000 bicyclists visit emergency rooms with injuries every year. Of those, about 67,000 have head injuries, and 27,000 have injuries serious enough to be hospitalized.

- Bicycle crashes and injuries are under reported, since the majority of them aren't serious enough for emergency-room visits.

- One in eight of the cyclists with reported injuries has a brain injury.

- Two-thirds of the deaths are from traumatic brain injury.

- A very high percentage [estimated at anywhere from 45 to 88 percent] of cyclists' brain injuries can be prevented by a helmet.

- Direct costs of cyclists' injuries because of not using helmets are estimated at \$81 million each year.

Helmet use in the U.S. varies by orders of magnitude in different areas and different sectors of our society. White-collar commuters probably

reach 80 percent, while inner city kids and rural kids would be 10 percent or less.

Helmets are cheap. The typical discount store price has risen from under \$10 to about \$15, but models still are available for under \$10 at major retailers.

Additional Resources — BicycleSafe has an excellent site called, "How to Not Get Hit by Cars": www.bicycle-safe.com; Bicycle Helmet Safety Institute: www.helmets.org/stats.htm and National Safety Council: www.nsc.org/library/facts/bicycle.htm.



U.S. Navy Hospital Guantanamo Bay Smoking Policy

In consideration of the needs of smokers and non-smokers alike, authorized smoking areas are located at the gazebo behind MID, outside the Senior BEQ & outside the BEQ's.



Birth Announcement

Robert and Eulalia Bebout announce the birth of their son, Draven Alexander Bebout, on July 25.

Worship Services

Catholic

Catholic Mass Mon. thru Fri. 6 a.m. & 6 p.m. (Main Chapel)
 Confession, Mon. thru Fri. 5:15 a.m. & 5:15 p.m. (Main Chapel)
 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. (m. 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.

Gtmo

Sports



Photo by MC2(AW) Honey Nixon

MWR Adult Swim Meet results

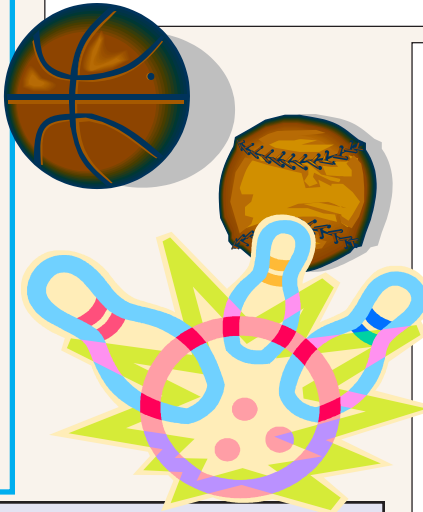
Mens Division

Brandon Walsh	Freestyle	1st	28.03
John Youberg	Breaststroke	1st	27.15
Brandon Walsh	Backstroke	1st	34.15
Brandon Walsh	Butterfly	1st	27.38
John Youberg	Butterfly	1st	29.00

Womens Division

Kari Friedman	Freestyle	1st	33.06
Kari Freidman	Breaststroke	1st	51.00
Harriot Johnston	Breaststroke	1st	49.10
Lauren Coia	Backstroke	1st	57.47
Harriot Johnston	Backstroke	1st	45.15

** Winners were determined by the age-group in which they participated*



CAPTAIN'S CUP VOLLEYBALL

WHO WILL BE THIS YEAR'S CHAMPION?



SIGN UP YOUR TEAM TODAY AT THE BASE GYM !!!
SIGN UPS WILL CONTINUE UNTIL COB SEPT 6
COACHES MEETING WILL BE HELD SEPT 8 @ 1800
FMI SPORTS COORDINATOR @ 2113

Wounded Warrior 10K Run/Walk



MWR and the U.S. NAVSTA Naval Hospital present the "Wounded Warrior Project" 10K Run/Walk Aug. 19, 6:30 a.m., beginning and ending at the MWR Sailing Center. Sign-up at the Base gym.

Downtown Lyceum

Friday, August 18

Nacho Libre

8 p.m., PG, 91 min.

Waist Deep

10 p.m., R, 97 min.

Saturday, August 19

Barnyard

8 p.m., PG, 87 min.

The Fast and the Furious

10 p.m., PG-13, 104 min.

Sunday, August 20

Superman Returns

8 p.m., PG-13, 150 min.

Monday, August 21

Garfield: A Tale of 2 Kitties

8 p.m., PG, 78 min.

Tuesday, August 22

The Fast and the Furious

8 p.m., PG-13, 104 min.

Wednesday, August 23

Waist Deep

8 p.m., R, 97 min.

Thursday, August 24

Superman Returns

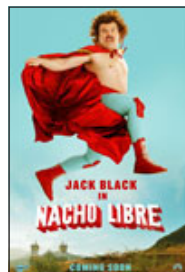
8 p.m., PG-13, 150 min.



Waist Deep

Action/Adventure, Drama, Crime

Cast: Tyrese Gibson, Meagan Good, Larenz Tate, Lucy Davis
Storyline: I'll always come back for you," single father O2 tells his young son Junior. This parental promise is put to the test when O2 is suddenly plunged into a do-or-die situation; trying to go straight for Junior's sake, this recently paroled ex-con is forced to go back outside the law after his son is kidnapped in a carjacking.



Nacho Libre

Comedy, Sports

Cast: Jack Black, Hector Jimenez Troy Gentile, Moises Arias
Storyline: Nacho is a man without skills. After growing up in a Mexican monastery, he is now a grown man and the monastery's cook, but doesn't seem to fit in. His food is terrible—mostly, if you ask him, a result of his terrible ingredients. He realizes he must hatch a plan to make money to buy better food for "the young orphans. When Nacho is struck by the idea to earn money as a Lucha Libre wrestler, he finds that he has a natural, raw talent for wrestling.

MWR Happenings

Windjammer Dinner Theater

Monday, Aug. 21, 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, "Over the Hedge," begins at 5:30 p.m., and the second movie, "Mission Impossible 3" begins at 8 p.m.

Tennis Tournament

Aug 18 -19, 6 p.m., at the Deer Point tennis courts. Adults only. Register at the base gym. FMI call 78344.

International Food Show

Sept. 2, 11 a.m., at the Windjammer Ballroom. FMI call Eric Nikkel at 75604.

Labor Day Golf Tournament

Sept. 2 - 3, 8 a.m., at the Yatera Seca Golf Club. FMI call 90143.

Labor Day Car Show

Sept. 3, 1 p.m., at Cooper Field.

Labor Day Bowling Tournament

Sept. 4, 1 p.m., at Marblehead Lanes. Open to all ages. FMI call 2118.

Youth Swim Meet

Sept. 9, 9 a.m., at the Windjammer Pool. Children only. Register at the base gym. Free t-shirts for participants. FMI call Karissa at 77262 or Tony at 2205 or 77084.

Teen Center Needs Volunteers

The Teen Center is looking for volunteers for the following camps: cheerleading, dance, and music camp. FMI call Terrill at 90203.

GTMO Shopper

For Sale

(2) Subwoofer speaker box, MDF, space for 2 x 12-in. subs, \$100; MA Audio amp, 600 watt, 2 channel, \$125. FMI call Jason at 78357.

(2) Dark green rug, \$40; burgundy rug, \$40; beige rug, \$25, all rugs measure 12 x 9. FMI call 4841.

(2) 2004 Giant OCR 3 road bike, black and yellow, good condition, includes bike computer and helmet. FMI call Paul at 77849 or 6354.

(2) Queen bed set w/dresser and 2 night stands, oak dining table w/4 chairs, 2 recliners, complete snorkeling set w/bag and life vest. FMI call Emad at 78022 DWH or 3284 AWH.

(2) Sony Vaio PC, no hard drive, \$150; ceramic canister set, \$5; 2 VCRs, \$15 each; Aroma rice cooker, never used, \$5; Torso

Track, \$15; Aqua Dyne dive-propulsion vehicle, still in box, \$500; exercise bike, \$15; Sharp stereo system w/5 disc CD changer and display case, \$250; Panasonic digital camera, \$50. FMI call 77623.

(2) Baby swing, \$15; baby activity mat, \$20; baby bathtub, \$5; all in good condition. FMI call Kim at 77954.

(1) Diver's lobster bag, \$30; diver's underwater flashlight, \$50; computer monitor HP Pavillion mx704, unused, \$75; potted patio plants. FMI call 75613.

(1) Crib w/mattress, excellent condition, \$100 OBO; double jogging stroller, excellent condition, \$100 OBO. FMI call 75584.

(1) Dive Gear, 1 SM BC, \$200; 1 MD BC, \$100; 3 sets of flippers, 10 each; punching bag w/glove, \$60; book shelf, \$30; nice flowery

oriental rugs, \$60 each; area rug 8 x 10, \$40; kitchen table w/chairs, \$100; best offer for various kitchen "stuff". FMI call Jeff at 3286 or 78669.

Vehicles/Boats

(2) Pontoon boat, 37-ft, 125-hp engine, \$3,000. FMI call 3977.

(2) 1999 Mitsubishi Eclipse, 18-in. rims, engine upgrades, racing exhaust, many extras, \$11,000 OBO. FMI call 90262.

(1) 2001 Ford F-150, regular cab, short bed, A/C, runs great, 62K, \$10,000 OBO. FMI call 84070 or 77975.

(1) 1992 Dodge Caravan, many new parts, comes with all records

Employment

(1) Human Resources Office announces the following vacancies: General Engineer, GS-

801-13, closed Aug. 14; Social Services Aide, closes Dec. 29. FMI call 4441.

(1) W.T. Sampson has the following positions available: Educational Aide, GS-03/04, closed Aug. 24; Substitute Teacher, 06-CUBA-55, closed continuous. Applications can be picked up and submitted to the W.T. Sampson High School Main Office. FMI call Ramonia at 3500.

Announcements

(2) There will be a Marriage Enrichment Retreat Sept. 8- 10 from Friday evening through Sunday afternoon. The weekend retreat will be held on Leeward side. Sign-up early as only 11 couples can attend. To sign-up, please stop by the NAVSTA Chaplain's Office. FMI call 2323.

(1) The CPO Selectees will hold a 'slug' car wash Aug. 19, 9 a.m.- 2p.m. at the Navy Exchange.

Wanted

(2) A good home for a black and white female border collie. The dog is very playful, obedient and house trained. FMI call Aishia at 2222 DWH or 79557 AWH.

(2) Treadmill. FMI call Aishia at 2222 DWH or 79557 AWH.

Yard Sales

Aug. 19 — Nob Hill, #20A, 7 a.m. - noon.

Aug. 19 — Marina Point, #302, 8 a.m. - noon.

Important 'Back to School' dates

August	25	Elementary School class lists posted 4:00 PM
	26	MS/HS students pick up locks and schedules 8-11 a.m
	28	Sports Physicals at hospital 8 a.m – 12 p.m
	28-30	First day for grades 1 st -12 th
	28-30	Kindergarten Home Visits
	29	Open House 1 st – 6 th Grades 4:15-5:30 p.m
	31	First day for K students
		Open House MS/HS 4:15 - 6 p.m
September	4	Labor Day – No School
	5-8	Sure Start Home Visits
	11	First day for Sure Start

The ES Open House will begin with a general meeting in the outdoor lyceum at 4:15. After greetings and introductions, parents will go to their children's classrooms for a presentation.

The MS/HS Open House will begin with a general meeting in the gym. Parents will then follow their student's schedule, so it is important that parents arrive by **4:15**.

Sports physicals are being done at the hospital on Saturday, **August 26**. Check in between **8 a.m. and 12 p.m.** at the Primary Care Clinic. Students may pick up a physical form at the high school office. Parents must accompany students to the physical.



Physicals for all students are free at this time. If a dependent of a civilian does not have his/her physical done on this date, the parent then becomes responsible for the medical costs of the physical. Students must have a physical in order to participate in sports.



Birth Announcement

Michael and Salli Knight announce the birth of their son, Truman Humberto Knight, on August 10.

Think Safety!



Photo by MC1 Bob Lamb

Straight as you go — *Burns and Roe and Dick Corp. workers have been painting cross-walks and road dividing lanes for the past couple of weeks in and around GTMO. With the increase of traffic around GTMO, please be prepared to stop when pedestrians, school children and contractors are near roadways.*