

Quantanamo Bay Gazette



Quantanamo Bay Fire Department Extinguishes Blaze

Story and photos by MC2(SW/AW) Justin Alles

Gazette Editor

The Fire Department on Naval Station Guantanamo Bay responded to a report of a brush fire at 10: 38 a.m., Aug. 10.

Fire Station 2, located at Marine Hill, responded to the report and extinguished the 100-by-175 yard blaze.

The fire was in an open lot area about 200 yards northeast of Toltest Inc.

“We had a dump truck hit a power line in the Toltest yard

sending a power surge down the pole line, down to a ground wire, which caused the fire,” said Clifford Foley, Guantanamo Bay Fire Department Fire Investigator. “It was a joint effort to extinguish the fire. We had base police and over 12 firefighters on scene within a few minutes, and extinguished the fire in less than five minutes.” Foley said.

“This incident was caused by a driving accident...nothing suspicious to report,” Foley said. “The key to keeping the fire damage to a minimum was the quick response.”

No one was injured in the incident.

The Fire Department undergoes several training evolutions per year to prepare for emergencies such as these.



NAS Jacksonville Offers Early Check In Option

MC2(SW/AW) Justin Ailes

Gazette Editor

The Air Mobility Command (AMC) Air Terminal at Naval Air Station Jacksonville, Fla., is scheduled to begin offering early check-in services Aug. 19.

Early check-in procedures will be similar to those used in Guantanamo Bay: All passengers, except space available passengers, may check in the day before the flight, eliminating the requirement of the 5 a.m. show time for space required passengers.

Passengers wishing to check-in the day before a flight should report to the NAS Jacksonville AMC terminal between 10 a.m. and 3 p.m. the day before the flight. All luggage must be turned in at time of check-in.

One carry-on bag and one personal item, per person, will be permitted. Beginning at 8 a.m. on flight day, air terminal staff will conduct roll call for early check in passengers. If an early check in passenger is not accounted for by the end of roll call, their luggage will be pulled and their seat redistributed to space "A" passengers if necessary.

There are some distinct differences between local procedures and NAS Jacksonville that passengers should consider:

- Space "A" passengers may not utilize early check-in
- No additional luggage may be turned in the day of the flight
- Passengers with pets will not be able to check in early
- If the day before a flight is a holiday, early check in will not be offered



MASTER-AT-ARMS 3RD CLASS
Stacey Wilson

- **Job/department:** Naval Security Force
- **Age:** 25
- **Hometown:** Merriam, Kans.
- **Quote:** "I am the dreamer, you are the dream."
- **Hero:** Mom and Husband
- **Favorite TV show:** "Hell's Kitchen"
- **Favorite hobby:** Snorkeling
- **Favorite GTMO restaurant:** Taco Bell
- **Favorite sports team:** Kansas City Chiefs
- **Greatest passion:** My daughter, Sabrina.
- **Currently working on:** Religion Class
- **Musician:** Michael Jackson
- **How the Navy has improved her life:** Gave me the opportunity to continue my education.
- **Sailor of the Week because:** Outstanding patrol performance and taking on the Security Department's Navy COOL program.

Top U.S. Officials Offer Condolences to Service Members, Families

Office of the Secretary of the Navy

Public Affairs

Secretary of the Navy Ray Mabus and Chief of Naval Operations, Adm. Gary Roughead, extended condolences to family, friends and fellow service members of the American and Afghan forces lost in an International Security Assistance Force (ISAF) helicopter crash in eastern Afghanistan.

"I am incredibly saddened by the tragic loss of these brave American and Afghan service members who died demonstrating the exceptional courage and dedication that defined their lives," said Mabus. "My thoughts and prayers are with their families, teammates, and loved ones who survive through their ultimate sacrifice."

"The tragic helicopter crash in Afghanistan that claimed the lives of our U.S. Navy Sailors along with other U.S. and Afghan forces in Afghanistan is a grave loss to our Navy and our nation," said Roughead. "These men performed countless acts of extreme bravery, heroic service and selfless sacrifice that will remain unknown to most of their fellow citizens. On behalf of all Navy Sailors, I extend my deepest condolences to the families and loved ones of our lost shipmates and their comrades-in-arms."

The deaths of 30 U.S. troops and eight Afghans to an insurgent marksman was an unprecedented loss, but does not signal a new surge in Taliban combat strength, even as violence flares along Afghanistan's eastern border U.S. officials said Monday.

Top U.S. leaders vowed that the single largest loss of life in the decade-long war will not rewrite America's strategy. "As heavy a loss as this was, it would even be more tragic if we allowed it to derail this country from our efforts to defeat al-Qaida and deny them a safe haven in Afghanistan," said Defense Secretary Leon Panetta.

The comments came as the Pentagon prepared to release the names of the fallen, and to develop plans to receive the remains of the war dead in a private ceremony at Dover Air Force Base, Del., Aug. 9.

Among the 30 killed were 22 Navy SEALs, three Air Force members and an Army air crew.

President Barack Obama, in a statement from the White House, said he spoke to his commanders and vowed to continue the fight.

"We will press on and we will succeed," said Obama, adding that the U.S. will keep working on handing over security responsibilities in Afghanistan to Afghan forces.

REGULATION DID-YA-KNOW

The legal age to consume alcoholic beverages at Naval Station Guantanamo Bay is 21 years old. Minors shall not consume, purchase, sell, possess, transport, or distribute alcoholic beverages. No person may sell, give, or otherwise provide any alcoholic beverage of any kind to anyone under the age of 21.

Naval Station Guantanamo Bay, Cuba, Instruction 1700.1A, Alcoholic Beverage Control

VOL. 68 • NO. 33

NAVAL STATION GUANTANAMO BAY, CUBA

GUANTANAMO BAY GAZETTE

COMMANDING OFFICER
EXECUTIVE OFFICER
COMMAND MASTER CHIEF

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



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The Guantanamo Bay Gazette is an authorized publication for members of the military services and their families stationed at Naval Station Guantanamo Bay. The contents do not necessarily reflect the official views of the U.S. Government, the Department of Defense, or the U.S. Navy, and do not imply endorsement thereof. The editorial content is prepared, edited and provided by the Public Affairs Office of U.S. Naval Station Guantanamo Bay. The Guantanamo Bay Gazette is printed by the Defense Logistics Agency (DLA) Document Services with a circulation of 1,000.

Hurricane Preparedness Initiatives Offer Shelter for Pets

MC2(SW/AW) Justin Ailes

Gazette Editor

Naval Station Guantanamo Bay's Emergency Management Department and Veterinary clinic began providing base residents with a hurricane-proof shelter for pets, Aug. 11.

The shelter is provided for residents who don't reside in hurricane proof housing and need a safe place for their animals in the event of an emergency.

"We are in the middle of hurricane season, running until Nov. 30, so having a proper emergency kit ready, for you and your pets, is of the upmost importance," said Mark Kennedy, NS Emergency Management Director. "GTMO citizens need to be ready for the unpredictability of a storm, how it develops and its strength. That was quite evident in our most recent tropical storm, Emily."

The animal storm shelter is located in Cuban Bunker number 30, a decommissioned weapons storage facility.

Kennedy said animals have instincts about severe weather changes and will often isolate themselves if they are afraid, and the anxiety of an emergency situation can cause pets to act irrationally.

If you need a pet shelter please do the following:

- Notify the Vet Clinic, 2212 so they can plan on approximately how many animals will be coming to the shelter.
- Prepare your "pet survival" kit; pet food, bottled water, medications, veterinary records, cat litter/pan, garbage bags, litter scoop, food dishes, and can opener.
- Make sure you bring a secure pet carrier plus leash or harness so the pet can't escape. Attach information on top of the carrier about your pets' feeding schedule, medical condition, behavior problems, and name of owner.
- Your pet should be wearing up-to-date identification at all times.
- Pet toys or blanket, if easily transportable.

After the sounding of "all clear" listen to the radio see if there are road closures. If the roads are clear to the shelter, you can pick up your pet.

"In the first few days after a disaster, leash your pets when they go outside and maintain close contact. The behavior of your pets may change after an emergency. Call the Vet Clinic if you have concerns," Kennedy said.

READINESS RESOURCES

Operation Prepare

www.cnic.navy.mil
Emergency planning information and tools for all personnel.

NFAAS

<https://navyfamily.navy.mil>
Web-based accountability, assessment and recovery tool for disaster-affected Navy personnel and their families.

FEMA

www.fema.gov
Offers information on the range of natural and man-made disasters and guidance for protecting families and their property.

Emergency Family Assistance Center (EFAC)

The primary mission of EFAC is to handle practical and emotional needs of individuals and DoD personnel impacted by a disaster such as a hurricane. After a disaster, EFAC is activated for family assistance services. It serves as a staging area where families can receive disaster relief assistance, important information and other necessary services.

Navy Marine Corps Relief Society

BMC Melissa Doe at 53334

American Red Cross on GTMO

Sharon Coganow at 7709484150.

YOUR SHELTER

Deer Point	BOQ
Radio Point	Youth Center
Paola Point	Youth Center
Marine Site	Elementary School gym
Marine Point	Elementary School gym
Hibiscus Hollow	Gold Hill Towers
Contractor billeting facilities	Gold Hill Towers
Trailer parks 2363, 2364, 2365	Gold Hill Towers
Tierra Kay	High School gym
Tierra Kay	Denich Gym
Tierra Kay	Bowling Alley
Corinaso Point	Bunker Hurricane Shelters 2-6
Radio Range	Bunker Hurricane Shelters 7 & 8
Hibiscus (PAE)	Bunker Hurricane Shelter 9
JTF	Contact your chain of command



Chaplain's Corner

Who is your financial provider?

Lt. Douglas Holmes

NS Guantanamo Bay, Cuba, deputy command chaplain

As I have watched the news each night, I've noticed that our economy has not been doing that well. The stock market is on a roller coaster ride. It has been going up and down with huge swings. Many people, who had some wealth stored up, now have less. Blue collar jobs are harder and harder to come by. People are laid off, and even the military is shrinking its workforce. The housing foreclosure rate is out the window. Folks who owned houses by the sweat on their backs, are finding themselves unemployed and without shelter. Each day, the worry about what the future holds is seen on the common family. It's seen as well on the banker and the rich man. Certainly there is a lot of quaking in our nation's Capital as well as our financial institutions, but perhaps we have been relying on the wrong entity for our financial security. Scripture says in Deuteronomy 8:18 that we are to "remember the Lord our God, for it is he who gives you the ability to produce wealth." Did you know that according to God all things we have belong to him? If we rely on him for all our needs, he will always provide.

GTMO's Port Operations Complete INSURV

Story and photos by MCC(SW) Bill Mesta

Leading Chief Petty Officer

The Board of Inspection and Survey (INSURV) conducted an inspection of six vessels assigned to Naval Station Guantanamo Bay, Cuba's Port Operations Department from Aug. 9-12, on base.



INSURV is required to conduct these inspections on U.S. Navy ships and vessels to ensure compliance to material readiness standards.

"INSURV the event is a comprehensive inspection of a ship or service craft beginning pier side at cold iron, progressing through light off and culminating in an underway period to insure the craft is being maintained and operated to standard," said Lt. Thomas Ware, the port operations officer.

Inspectors conducted standards checks on the naval station's three tug-boats, two ferries and a barge.

"We conducted the INSURV inspections to ensure our vessels are properly equipped for prompt, reliable, sustained mission readiness," said Ware. "We were evaluated on our readiness through an extensive system of checks on our installed equipment."

Sailors and civilian employees assigned to port operations work throughout the year to ensure that the naval station's vessels meet readiness standards.

"We began working with the inspection team in February to establish a working relationship and to acquire the most current guidance to include check-sheets," said Ware. "We also held bi-monthly meetings were held to track equipment deficiencies and corrections accomplished."

"Port Operations personnel made every effort to fully prepare and were in position to answer questions upon arrival and correct identified deficiencies on the spot," said Ware. "All the platforms have exceeded expectations and have received rave reviews from the inspector."

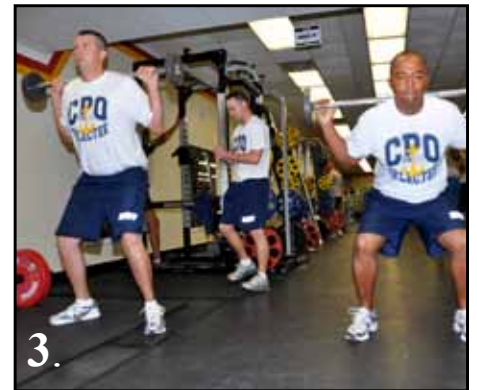
Any Day *in* GTMO



1.



2.



3.

1.) Chief Operations Specialist (Select) Amy Zagorski and Chief Equipment Operator (Select) Lori Roberts conduct Russian bell weight exercises. The Chief Selects conducted physical fitness training as part of their training during the Chief Petty Officer Induction.

2.) Chief Petty Officer Selectees lead the Cheifs' Mess in run-in-place exercises.

3.) Chief Machinist Mate (Select) Edward Mangum and Chief Machinist Mate (Select) Cleveland Freeman perform squat exercises.

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www.facebook.com/NSGuantanamoBay





Naval Station Guantanamo Bay, Cuba hosted the 49th annual Jamaican Independence Landing Aug. 6.

The celebration, hosted by the Jamaican Independence Day Committee (JIDC), was held to honor citizens that work at the naval station.

“Jamaica’s influence and contribution around the globe is undeniable, from the early days of the U.S. Naval Station Guantanamo Bay’s Commanding Officer Capt. Kirk Hibbert. “Jamaica’s great strength is the challenge of bridging the gap between their reality and their ideals. When you are true to your roots and are justifiably proud...proud to be called Jamaican, a culture that has inspired the world,” said Hibbert.

In addition to the base commander, the celebration was attended by Deputy Chief of Mission of the U.S./Jamaica Embassy, and several other distinguished visitors.

“I am uplifted. To have an event such as this really brings up morale and we are happy to contribute to the community,” said Joycelyn Connage-Johnson, JIDC President. “We are grateful for the community’s support for next year’s event as we create a memory of celebrating Jamaican Independence,” said Connage-Johnson.

The celebration included an official ceremony, awards and recognitions, authentic Jamaican food, and traditional Jamaican souvenirs and sporting events.

Based on Jamaica’s multi-racial roots, this year’s Independence Day motto “Out of many, One People” is reflected in Jamaica’s Coat of Arms. “This brings a sense of unity to our people as we coexist on our small island,” said Connage-Johnson.

Hibbert said that during both world wars, the United States recruited Jamaican men for service in the region. This was the start of the relationship between Naval Station Guantanamo Bay and Jamaica’s people embarked on their journey to Independence in 1962.

“Although born two years after Jamaica’s independence, as a young child, I recall the pride and joy of this monumental time in Jamaica’s history,” said Hibbert. “I couldn’t help but feel a strong sense of pride in the Nation has made on the world and closer to home. It was and is a great day for this Caribbean island.”



Justin Ailes
Gazette Editor



Day celebration at Winward Ferry

honor the contributions of Jamaican

of the Spanish American War," said
s that they repeatedly confront the
ur ideals, you are at your very best
said Hibbert.

n, Minister Counselor, Isiah Parnell

share our culture with the commu-
s involvement and look forward to
ge Johnson.

n cuisine, and entertainment.

se providing GTMO residents with

"One People" is also represented on
all island, but we are big in heart,"

ervice on various American bases in
ad the Island nation of Jamaica. Ja-

e felt through stories told by family
sense of pride that this small Island
an Nation and her proud people."



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

'84 blue Dodge Ram 50. Automatic, CD Player, new brake pads, new battery. \$1200 OBO. Call MA1 T at 9973 or visit TK 61.

'97 Ford F150, Extended Cab. Fully Loaded. Avail. August 12, 2011. Call 4514.

'90 Toyota Corolla 1990, 2 new tires, AC, passed inspection, radio & CD player. \$2,800 OBO. Call Emad or Art at 77883 or 8235.

'09 Ford Fusion SE, 9,700 miles, excellent condition, \$14,500. Call 79554/ 74333.

ELECTRONICS

Blackberry Curve 8820, black, with case. Call 78465 after 2 p.m. or e-mail me2010_us@yahoo.com.

Blackberry Bold 9780 with cover. Call 78465 after 2 p.m. or e-mail me2010_us@yahoo.com.

IBM ThinkPad, Intel Centrino Duo, 2GB memory, 90GB HD, windows XP Pr., Office XP Pro, thumb print identification, Docking station, DVD player, Camera, extra battery, Backup CDS. Original packaging, build-in wireless & Mic. \$335 OBO. Call 77883 after 8 p.m.

TOSHIBA Satellite L655-S5106 15.6" Notebook Computer. Intel core i3-370M/4GB. \$475 or best offer. Call 78439 or 84751 and ask for Tim.

VOCopro karaoke cassette cd player. Original price \$600 selling for \$200. Call Ali at 75565.

Samsung CD player with amplifier with speakers \$50. Call Ali at 75565.

Karaoke Aiwa double cassette CD player with Philip speakers \$50. Call Ali at 75565.

DVR with DVD player, \$100. (DVR works with GTMO cable box). Email leshabrenek@gmail.com.

MISC

SCSI modem and wireless router avail. Aug 12 - \$60 for both with all cords. Call Leona at 78854.

SCSI, Modem \$55, George Forman Grill, toaster for bagles/bread \$10, coffee machine \$15. Call 75749.

Sedan Car plastic cover \$15. Call Ali at 75565. Race steering wheel. \$70 obo. Call 3311 days, 77929 evenings & weekends.

LOST & FOUND

LOST: Snorkel w/ matching goggles, adult, blue, black and clear at CABLE BEACH. Call 75817.

HOUSEHOLD GOODS

Crib: Dark Brn, incl mattress, bumper pad \$30 OBO, Baby Changing Station: Dark Brn, w/ 2 shelves, incl changing pad & cover \$15 OBO, Stroller/Car Seat Combo 3-pc Chicco Keyfit30 Travel System, newbrn to 30lbs, Orange/Grey \$40..Pictures available. Contact Michelle at, mipdnzr@hotmail.com or 77491.

Queen size bed. \$75 OBO. Dresser. \$20. Computer Desk. \$15. End table. \$5. Call Mike at 77722.

One Sofa double bed and love seat \$400. Table Lamps \$30. Call 3228.

Large solid wood desk w/ 2 standard drawer file cabinets. Rolling chair included. \$100 OBO. Please contact Wilson at 75817 or docwilson88@yahoo.com.

Household goods for sale. Call Regina at 79552.

Glass Top Patio table. 37 sq. in., 28" tall. \$50. Call 77619.

Like-new 22.5" Weber grill with unused grill rack. \$50. Call 77619.

Lightning McQueen toddler bed (new in unopened box) requires assembly. \$55. Call Rob at 58676

Two Dressers \$ 40 ea. Call 77123 after 4 p.m.

Small night stand \$ 5. Call 77123 after 4 p.m.

Dark brown crib w/ mattress and bumper pad \$30 OBO. Call 77491 or e-mail mipdnzr@hotmail.com.

Dark brown baby changing station w/ 2 shelves, changing pad & cover \$15 OBO. Call 77491 or e-mail mipdnzr@hotmail.com.

3-pc Chicco Keyfit30 Travel System, new-born to 30 lb., Orange/Grey \$40. Pictures available. Call 77491 or e-mail mipdnzr@hotmail.com.

OUTDOOR REC

(1) Penn combo, med light; (1) Skak-speare Ugly-stick combo, med hv; tacklebox w/knife, gerber, leaders, hooks, weights, lures; chum bag; net; wheeled cooler. Paid over \$240, take all for \$100. Call Roy @ 84196

Landscaping stones, various shapes, sizes and prices. Call 77769.

Kayak, Dimension 4.7meter Spirit, 2 person sit-on-top-style Kayak. \$500 OBO. Call 77349.

Zeagle Ranger Limited BCD, regulator, octo, weights, gauges, dive flag, night dive light, accessory bucket. <30 dives. \$1,300 obo. Call 77018 or e-mail kmsquared@yahoo.com

Qantas 21-Speed mountain bike, helmet, lock, reflector belt. Brand new, used twice. \$100 obo. Call 77018 or email kmsquared@yahoo.com.

Mountain Bicycle like New with helmet and pump Orinal price \$250. selling for \$120. Call Ali at 75565.

Women's bicycle with helmet and bike lock, \$50. Email leshabrenek@gmail.com.

Miken NRG 500 Maxload softball bat 34/28. Best serious offer. Call 78635 or 8032, ask for MM2.

PETS

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

Kitty that is great with children needs a good home. Cannot PCS with her. She comes with her litter box & food, cat dishes. Please call 78854.

The SCOOP



BACK TO SCHOOL SUMMER SPLASH

Aug. 20, Aug. 20, Windjammer Pool. Join us from 1000-1600. Bring your floaties & toys! Free food & drinks! FMI, call 2205.

THE GOOD RUN, RUNNING IN FIDEL'S BACKYARD

Congrats to MWR's "Name that Run" Contest Winners: Kristin & Mark Good and Joe Koerber. Join in the fun for this 5K on Aug. 13, Denich Gym, 0700 FMI, call 77262.

CIRQUE ODYSSEY

Aug. 19, Downtown Lyceum, 2000. This all-ages performance is a spin-off of a traditional cirque show including acrobatics, dancing and more! FMI, call 4882.

TRX SUSPENSION CERTIFICATION

August 20-21. Space is limited. Open to command fitness leaders first. Register at Denich Gym by August 12. FMI, call 2157.

SOCCER LEAGUE

Begins the week of August 22. Register by August 16. Coaches meeting is August 18. Ages 16 & up can sign up at Denich Gym. FMI, call 77262.

ALL SORTA GOLF TOURNAMENT

August 26-28. Denich Gym & Golf Course. Register by August 23. Coaches Meeting is August 25. Teams of 2-6 players participate in 3 events: disc golf, miniature golf and regular golf. FMI, call 2113.

CRAFT FAIR,

Sept. 3. Watch for details coming soon!

JTF'S SAFE RIDE HOME.

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

MISSOULA CHILDREN'S THEATRE

Community Performance of "The Pied Piper. Aug. 12, 1900. W.T. Sampson High-School Auditorium. FMI, Call 74658.

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 CSADD

Open to Sailors E-1 to E-5 ages 18-25. For details contact GTMO's CSADD chapter at Facebook.com/GTMO-CSADD.

MARES SEMINARS

Come attend FREE Mares seminars Friday, Aug. 19 at 6 p.m. at Reef Raiders. Chance to win Free Mares SCUBA gear. FMI e-mail jessie@oceanenterprises.com.

MARTIAL ARTS TANG SOO DO

Youth & Adult class registration going on now! Register by Aug. 23 at Denich Gym. For details, call 2113.

BLUZAPALOOZA

Sept. 3, Ferry Landing, 1800-2100. Music, food, craft fair, fun & more! Crafters can register for \$15 per table at the Ceramics Shop: Tues-Thurs. from 1600-2100 and Sat-Sun from 1200-2000. FMI, call 74795 or 84435.

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@usnbgtno.navy.mil or call 6364.

MOVIES DOWNTOWN LYCEUM

FRIDAY AUG. 12

8 p.m.: Kung Fu Panda 2 Last Showing! PG 91 min.

10 p.m.: Bad Teacher R 87 min.

SATURDAY AUG. 13

8 p.m.: Cars 2 G 112 min.

10 p.m.: Cowboys and Aliens PG13 112 min.

SUNDAY AUG. 14

8 p.m.: Captain America PG13 124 min.

MONDAY AUG. 15

8 p.m.: Green Lantern PG13 105 min.

TUESDAY AUG. 16

8 p.m.: Mr. Popper's Penguins PG 97 min.

WEDNESDAY AUG. 17

8 p.m.: The Hangover 2 Last Showing! R 102 min.

THURSDAY AUG. 18

8 p.m.: Super 8 PG13 112 min.

NAVY *Fitness*

NAVSTA 2011 FALL PFA SCHEDULE

Oct. 10-14, 7-9 a.m., Denich Gym

Alternate: Oct. 24, 7-9 a.m., Denich Gym

Next PRT

Oct. 18-20, 7 a.m., Cooper Field

Swim PRT:

Oct. 18-20, 7 a.m., Marine Hill Pool

Alternate: Oct. 25, 7 a.m., Cooper Field



MCSN Joe Koerber

Defense Media Activity

The Navy announced approval of minimalist footwear for wear with the Navy Physical Training Uniform (PTU), Aug. 5.

NAVADMIN 238/11 defines minimalist footwear as shoes that allow the foot to function naturally without providing additional support or cushioning.

Sailors are authorized to don the shoes during command or unit physical training, individual physical training and the semi-annual physical readiness test. Currently, The Vibram Five Fingers, Nike Free Shoes, Vivo Barefoot Shoes, Inov-8 Shoe, and Feelmax are authorized for wear with the PTU.

"It's important for people to know

about the revised NAVADMIN because there have been a lot of questions if you're allowed to wear them or not," said Chief Navy Diver Michael Hajduk, NS Guantanamo Bay command fitness leader. "Big Navy has recently conducted research on these shoes in order to see if they cause injuries to the foot, and after intensive study, they've found minimalist shoes safe to wear," Hajduk said.

However, Hajduk advised if there have been leg injuries prior to trying minimalist shoes, it's important to speak with a medical advisor before trying them.

"I think anybody who decides they're

going to start running in them needs to build up to it," said Navy Diver 1st Class Justin Poretti, who has been using the shoes for over five years. "Our body is so used to shoes with cushion and support that we don't use certain muscles anymore. These minimalist shoes are a great way to get back into the whole barefoot way we may have been designed to run."

"This was the result of requests from the Fleet for guidance on the wear of these types of footwear," said Capt. William Park, Officer Personnel Plans and Policy head. "After thoroughly reviewing potential benefits and impacts in the Fleet, leadership gave the approval."