



GTMO Sailors get career advice

By J01 Robert Lamb and Stacey Byington, Naval Station Public Affairs

Two members from the Navy's Center for Career Development (CCD), with a team of detailers from Navy Personnel Command, Bureau of Naval Personnel (BUPERS), Millington, Tenn., visited Guantanamo Bay this week to talk to enlisted Sailors and officers about their careers and the future of the Navy.

Throughout a series of briefs geared toward specific Navy audiences, the CCD team explained the opportunities Sailors have and talked about some of the tools available to keep the Navy's high-quality Sailors in uniform.

The Navy has found that without this guidance, some Sailors have a tough time making a decision on whether to stay in the Navy, enter the reserve forces or return to civilian life. Sailors who understand that they are a valuable asset to the Navy, and that pay and opportunities available are comparable to the civilian sector, are better prepared to make sound career decisions.

"The reason we are here is to give our Sailors a chance to have a face-to-face meetings with their detailers," said CMDCM(SS) Allen Holland, command master chief liaison for the CCD. "We also want to give the individual Sailor a comparison between what they make in the Navy, and what's available to them on the outside, so they can compare salaries."

The detailers are here to give guidance to Sailors on career direction, orders negotiation, community concerns and opportunities they have while deciding on future orders. Getting up-to-the-moment facts from someone in person rather than by a conversation on the phone makes Sailors feel at ease and also makes them feel that the Navy has their best interests at heart.

"Anytime junior Sailors get a chance to talk to their particular detailer, it's a win-win situation for the Navy and for the

Sailor," said BMC(SW) Tommy Lowery.

The Chief of Naval Operations' visions of the future of the Navy were highlighted throughout the week. One simple piece of advice was to keep current on policies, procedures, instructions and courses that are contained within Navy Knowledge Online.

"More and more people need to take advantage of e-learning on NKO," said Holland.

With so many changes in the Navy these days, a Sailor needs to know exactly where he or she stands in regards to duty station preferences and how a particular duty station assignment might help or hinder his or her careers.

GM1(SW) Joshua Tolleson, who is eligible for advancement to Chief Petty Officer, said that he learned so much about the advancement process that he wishes they had come sooner.

"There is a lot of work that goes into a selection board," said Tolleson. "By

knowing what they are looking for, I will be able to help myself and others select orders and pick tasks that will be beneficial in the future as far as advancement goes. I also got great information on evaluations and what it takes to break away from the pack."

"The main message I want to get across to Sailors in GTMO is that they must maintain their sea/shore rotation, even if it means taking hard-to-fill billets," said MAC(SW/AW) Dexter Allen, one of the detailers from Millington. "Many may have to go to another overseas billet from this tour. The fact that this tour is only an 18-month billet means that some of them still owe sea time when they leave here."

Sailors who are close to their projected rotation date (PRD) have to consider the needs of the Navy, while deciding what's best for their future. Deliberating on whether to stay in the Navy, enter the reserve forces, or return to civilian life is all

Continued on page 7

Storm Watch 2006 — *The 2006 Hurricane and Disaster Guide will be printed and issued on May 19, in place of the weekly Gazette. Personnel can pick up 'Storm Watch' at the following locations: Navy Exchange, Gold Hill Galley, Base Library, and at various locations in Camp America. Due to the fact that Public Affairs personnel will be attending a conference off-station May 15-19, there will be no Gazette published on May 19.*



Navy spells out policy on tattoos, body art, piercings in new message

By JOCS(SW/AW) Bill Houlihan, Navy Personnel Command Communications

Chief of Naval Personnel Vice Adm. John C. Harvey Jr. released a message April 21 clarifying the Navy's regulations regarding tattoos, body art and/or mutilations and dental ornamentation.

The message underscores Navy policy that already prohibits any body art deemed prejudicial to good order, discipline and morale or of a nature to bring discredit upon the naval service.

"This is directly tied to the public appearance of our personnel," said Rear Adm. Gerry Talbot, director, Military Personnel Plans and Policy Division, Chief of Naval Personnel. "How we look in uniform, how we represent our Navy and our nation should be something we consider on a daily basis, on duty or off."

Navy policy stipulates that any tattoo/body art/brand that is obscene, sexually explicit or advocates discrimination of any sort is prohibited. Administrative separation could result for personnel disregarding this guidance.

Four criteria have been issued to commanders to assist them in determining whether a tattoo,

body art or brand should be permitted: content, location, size and whether the item is required for cosmetic purposes.

"It is important to clarify our policy to ensure everyone understands the criteria," said Talbot.

Location is as important as the content of the tattoo. Tattoos/body art/brands cannot be visible through the white uniform and cannot be on the head, face, neck or scalp regions.

Items on the lower arm can be no larger than the wearer's hand, fingers closed.

The message also points out Navy policy restricting intentional mutilation of any sort. This is defined as radical alteration of the body, head, face or skin for the purpose of an abnormal appearance.

Dental ornamentation - the use of gold, platinum or other veneers or caps for decorative purposes is also prohibited.

Waivers for pre-existing conditions will be considered on a case-by-case basis by local commanders. They have discretion to determine whether removal is required, but items may be waived if they are not prejudi-



Photo by JO2 Zack Baddorf

Chief Boatswain's Mate Keith Oliver evaluates his Sailors during a Service Dress Blue uniform inspection on the flight deck of the amphibious assault ship USS Peleliu (LHA 5).

cial to good order, discipline and morale.

Even if body art/tattoos/branding/mutilation occurred prior to the Navy's original guidance released in January 2003, commanders still have the op-

tion to recommend separation if medical authorities determine removal is not feasible.

Amplification on this policy, waiver applications and waiver eligibility can be found in NAVADMIN 110/06.

Columbia College summer session begins soon

Columbia College-Guantanamo Bay will begin its June session on June 5. Registration is now open, and students can register for classes through June 9.

Columbia College-Guantanamo Bay offers eight-week on-campus and online classes. On-campus classes meet two nights a week. The campus offers associate and bachelor's degrees in business administration, criminal justice administration, interdisciplinary studies, psychology, sociology, history and American studies.

Located on Naval Station Guantanamo Bay in the Navy College Office on Chapel Hill, Columbia College offers students the flexibility to meet work, family and school commitments, and small classes with experienced faculty.

Columbia College-Guantanamo Bay was founded in 2004. Today, it continues to serve military and working adult learners in the area.

Columbia College serves nearly 25,000 students each year at its day campus, evening campus, online campus, graduate studies program, and its more than 30 nationwide campuses.

GUANTANAMO BAY

Gazette

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Student guilty at mock trial

By JO1 Igo Wordu, Naval Station Public Affairs

Commemorating National Law Day, May 4, students at W.T. Sampson High School staged a mock trial, and the students' legal maneuvers were just as thrilling as those seen on any television courtroom drama.

Anyone visiting the high school library that day had the feeling they had just walked into a courtroom at a real murder trial.

The legal proceedings were unrehearsed, but the students had been given the case transcript to study several days earlier.

It was a case between the State of Independence (prosecution) and Terry C. Jackson (defendant), with the defendant charged with negligent homicide in the wrongful death of Renee Carter. Negligent homicide is a 'Class 4' felony that carries a maximum sentence of 18 months in prison.

The full court consisted of a nine-member jury; the trial judge, Felicia Green; a three-person defense team led by Faith Walker; and the prosecution team led by Eddie Stearns.

Coordinated with the high school, the mock trial was organized by Air Force Capt. Cho-Cho Lassey, a lawyer with the JTF Judge Advocate's Office, and LN1(SW) Felicia McLean, with the NAVSTA Staff Judge Advocate's office, on behalf of the Guantanamo Bay Bar Association.

The prosecution team pressed hard, and expert witnesses testified on both sides. After a long deliberation, and careful examination of all testimonies by the jury, the defendant was found guilty of all charges.

Lassey assisted the defense counsel, while Craig King,



Photo by JO1 Igo Wordu

Prosecutor Faith Walker explains her side of the case, while the defendant, Samantha Lonstad, alias, Terry Jackson, looks intently during the mock trial held at the high school. Air Force Cpt. Cho-Cho Lassey, a lawyer with the JTF Staff Judge Advocate's Office assisted the defense.

Chief Counsel FBI Guantanamo Bay, assisted the prosecution team.

"We were here to guide them through the trial," said Lassey, "but during the trial itself, my defense counsel needed very little help.

She came prepared for the trial, and you can only imagine what a great lawyer she could be."

Both Walker and Stearns said they were happy to play the roles they were assigned. Though Stearns, who led the prosecution team, said he was a little jittery compared to Walker, who seemed confident throughout the trial.

King applauded the level of legal tactics displayed by all of the students involved.

"I have attended many mock trials, and this one ranks

among the best that I have seen so far. The students performed remarkably," he said.

President Dwight Eisenhower established National Law Day in 1958 to strengthen the nation's great heritage of liberty, justice, and equality under law.

It is a day set aside to celebrate the rule of law. Law Day underscores how law and the legal process contributes to the freedoms that all Americans share.

Frank Simone, the high school principal, thanked the organizers for the opportunity of allowing the students to have this kind of experience.

He also said that he was proud of his students for their enthusiasm.

Court was adjourned for sentencing hearing.



Photo by JO1 Robert Lamb

Talik Howell stocks the shelves at Paperclips, Etc., to make sure all products are visible to their customers.

Paperclips and much more

By JO1 Bob Lamb, Naval Station Public Affairs

Service members who've been in the military for awhile are familiar with ServMart, the office and industrial supply source of the military supply system. Here in Guantanamo Bay, we have Paperclips Etc.

'Paperclips' located in the wharf area near where the barge pulls in, is an office supply 'supermarket' and resembles a small-scale version of Office Depot or Staples back in the states. Normally a military supply store is restricted to government purchases only, but not in GTMO. 'Paperclips' is open to the general public and permits the purchase of items not readily found in the NEX inventory.

"People who are having office parties or a 'Super Bowl' party will come in and buy in bulk, said Mona Yon, 'Paperclips' store manager. "They come in and buy sleeves of cups and paper plates for parties. Customers who need bulk items come in often."

According to John Vasile, NAVSTA Supply customer service supervisor, "Paperclips is authorized to sell to 'civilian entities' as long as the item is in stock."

Many of the supplies that line the shelves are basic office, industrial, and janitorial items, including pens, paper products, paint brushes and computer support supplies.

"We sell a lot of school supplies, binders, pens, and paper to college students," said Yon.

People may find items such as file cabinets, boots, or flags that can't be purchased anywhere else on the island.

Hazardous material such as paint and cleaning gear can also be purchased through 'Paperclips' via station's HAZMAT department.

Unfortunately, civilians and contractors can not place special orders for items that are not in stock.

"No special orders may be placed by contractors or civilians as the government (NAVSTA) pays the transportation and shipping costs," said Vasile.

One of the missions of 'Paperclips' is their support of blind and disabled workers. Staples, Winston Salem Industries for the Blind, National Industries for the Blind, Chicago Lighthouse for the Blind and the Javits-Wagner-O'Day Program (JWOD) collaborated in creating Paperclips Etc. The concept and structure of the company is to provide popular and useful merchandise that benefits all departments here in GTMO, in addition to providing employment opportunities for the nation's blind or other workers with severe disabilities. Merchandise with Skillcraft or JWOD labels are manufactured by blind and disabled workers.

'Paperclips' has been in GTMO since June of 2002 and could be a worthwhile stop before getting on the internet to order merchandise, or a taking the rotator back to the states to find that odd but unavailable printer cartridge.

'Paperclips' management encourages anyone who hasn't seen the products available to stop in and see what they have.

"I believe that many people who live and work here do not realize that we are open to the general populace," said Yon. "We are here to serve everyone on the station, not just the military."



Photo by Harriot Johnston

A Scout's life — The Guantanamo Bay Girl Scouts celebrated the end of the year with a 'Bridging' ceremony on May 7. Bridging is an important transition in a Girl Scout's life. It's the defining moment when a girl becomes aware of her achievements and is ready for new adventures and responsibilities. All station troops were present for the ceremony to show support for those girls bridging to the next level of Girl Scouting. The Daisy Troop, which is the youngest level of Girl Scouting, had 10 girls bridge to the Brownie level: Alexia Amaio, Ashlee Devereux, Katherine Hewitt, Gaitlyn Key, Lauren Otto, Sarah Puchner, Elle Robinson, Caitlyn Sullivan, Lana Sumner-Borema and Grace Ivey. The Brownie Troop had four girls bridge to the Junior level: Daisy Johnston, Anna Otto, Rachel Otto and Tatiana Schwartz. Congratulations to all Girl Scouts for a successful year.



Photo by Stacey Byington

NAVSTA Executive Officer, CDR Jeff Hayhurst, presents Jody Panaro and her dog 'Belle' with the Red Cross Armed Forces Emergency Services Award for her efforts in establishing and promoting the 'Human-Animal Bonding Program' here at Guantanamo Bay.

American Red Cross honors area volunteers

A ceremony honoring local American Red Cross volunteers took place at the home of CAPT and Mrs. Mark Leary on May 8.

Among the awards and certificates presented, Volunteer Leader Jody Panaro was awarded the 'Armed Forces Emergency Service Award' for her efforts in bringing dog therapy to Guantanamo Bay.

The following volunteers were recognized for their length of service: Nancy Edwardswalker with 26 years of service, and Leroy Graham with 15 years.

Also recognized were:

— **Naval Hospital:** Patrick Edmond, Hugh Leslie, Delroy Henry, Tim Walker, LCDR Christopher Streeter, Scott Maltonic, LT Susan Otto, Sheila Anderson, Brenda Walker, Earl Foreman, John Youberg and CAPT Ronald Sollock.

— **Youth Awards:** Heather Panaro, Nichole and Doug Lamb, Megan Newman, and Langston Edwards.

— **Plant Nursery:** Amelia

Smith, Sandy and Ed Wilson, Michael Cooper, Sheila Lamb, Pat Engelman, Joyce Evans, Nini Barksdale, Andrea White, Marianne Airhart and Peggy Cooper.

— **Firefighters:** Glenroy Dixon, Garfield Gordon, Maurice Hinds, Greald Keane, Anthony Nembhard, Raymond Reid and Richard Roberts.

— **Naval Station departments:** Security, MWR, ISD, Car Pool, Fire Dept., Supply Dept., USMC., and the Air Terminal.

— **Organizations:** McDonalds, FFSC, NMCRS, Veterinarian Clinic and JTF.

— **Individuals:** Lois Phifer, Nestar Rios, Danielle Lowery, Ellen Soucy, Tom Brewer, Kelly Ard, Brenda Buonviri, Stacey Byington, Janet Jordan, Senora Malone, Anthony Massey, Rebecca Nash, Heather Normond, Brenda Owens, Sonja-Lee Pollino, Mary Crews, Elizabeth Gracia, Carol Martin, Oneil Steer, Suzan Crouse, Charlotte George and Sergeant Major David Hare.

GTMO OPEN 2006

Golf Tournament

May 27 and 28

Starts 0800

Entry fee \$30 per person

Entry fee covers Golf Cart, a Golf Shirt, Breakfast (27th ONLY) and Victory Banquet
Additional guest(s) for Banquet \$15.00 per person.

Registration starts May 2 thru May 19 by COB
 Open to first 72 golfers
Must register in person at the Golf Course

TOURNAMENT BASED ON PEORIA FORMAT
(No Handicap required)
 Contact John Tully(90143) for a full description of the Peoria Format.

Prize for 1st, 2nd and 3rd place!

Victory Banquet at the Bayview
 Sunday May 28, begins 2000

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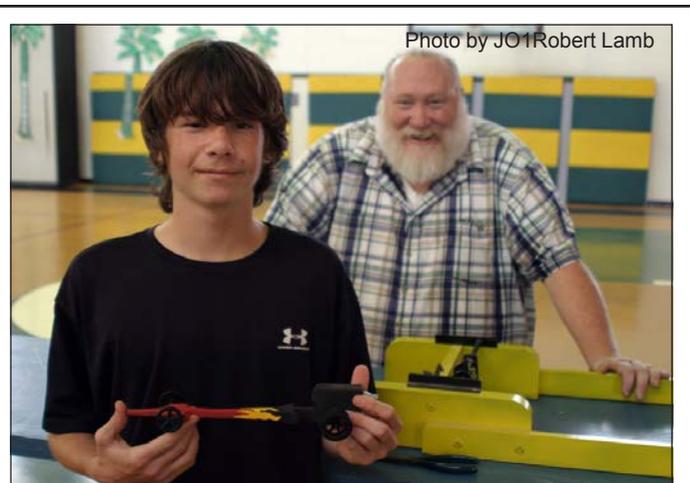


Photo by JO1Robert Lamb

Engineering and design — Benjamin Slater, 8th grade, shows off his racer which hung on to win the CO2 race. The W.T. Sampson Professional Technical Studies class held a Carbon Dioxide race on Thursday, May 11, at the high school gym. Andrew Smith is the Professional Technical Studies teacher.

Cub Scouts clean beach

By HMC(FMF/SW) David DeGross

Cub Scout Pack 3401 conducted a trash cleanup of Ferry Landing on Saturday, April 29.

The cleanup was an opportunity to help clean our planet and at the same time to promote scouting to the public.

The cleanup also helped the Cub Scouts complete one of the requirements needed to earn the World Conservation Award.

The World Conservation Award provides an opportunity for individual Cub Scouts to “think globally” and “act lo-

cally” to preserve and improve our environment.

This program is designed to make youth members aware that all nations are closely related through natural resources and that we are interdependent with our world environment.



Photo by PH1(SW) Terry Matlock

Boy Scouts gather together after completing a beach clean-up at Ferry Landing on April 29.

Worship Services

Catholic

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

Protestant

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

Church of Jesus Christ of Latter Day Saints

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

Filipino Christian Fellowship

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

Iglesia Ni Cristo

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

Pentecostal Gospel Temple

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

Seventh Day Adventist

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

Islamic Service

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

United Jamaican Fellowship

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

Shabbat Service

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

How would you thank your mother on Mother's Day?



Heather Schwartz

"I would tell her how much I love her and appreciate all she did to raise me. She taught me so many skills and values, which made me who I am today."



Nathan Shaw

"I love her and I'm glad she's my mom because she's nice and kind and helps other people."



CSC (SW/AW)

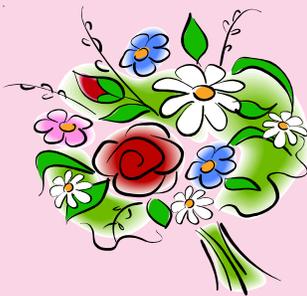
Robert Crouse

"I've had a wonderful life thanks to my mother. She still cares about me even though I'm grown and out of the house. I still get care packages all the time."



HM1 Cynthia Hardin

"I am one of five kids, and my mother was a single mom. So, I would like to thank her for all she's sacrificed."



Happy Mother's Day!



Stephen Darlington

"I would thank her for all the good things she has taught me about life. A mother's love is the best."

Nurse Corps celebrates 98th Birthday

By JO2(AW) Honey Nixon, Naval Station Public Affairs

The Navy Nurse Corps celebrates its 98th birthday today, with a cake-cutting ceremony at the quarterdeck of U.S. Naval Hospital Guantanamo Bay.

The event, sponsored by the Professional Nurses Association (PNA), recognizes years of dedicated efforts by Navy nurses around the globe.

Navy Lt. Sheila Allen, a staff registered nurse and secretary of the local PNA chapter, said the celebration is to honor the nurses and all the hard work they do.

The celebration was held in conjunction with National Nurses Appreciation Week, which was kicked off earlier this week.

“The actual (Navy Nurse Corps) birthday is May 13 and interestingly enough it coincides with National Nurses Week, so it’s a double celebration for us,” said Cmdr. Nancy Walker, USNH Director of Nursing Services.

GTMO’s hospital currently has 20 active-duty nurses and one civilian nurse



Photo by JO2(AW) Honey Nixon

Navy Lt. Sheila Allen calls for more information on an Emergency Room patient. Allen is one of 21 nurses at USNH Guantanamo Bay who will celebrate the Navy Nurse Corps birthday.

who represent the larger force of approximately 5,000 active duty and reserve nurses currently serving worldwide.

Walker feels working in a smaller hospital, like the one in GTMO, gives her group of Navy nurses a better training experience.

“The nurses here have to be very versatile, said Walker.

“This is a very small hospital and some of our services are limited. Nurses in larger facilities, like Portsmouth or Bethesda, may be assigned to one department and that’s the only place they work.”

She added that the nurses here have to be cross-trained from one department to another, and many of them work more than one department.

“The group of nurses here really support each other and work wonderfully together as a unit,” Walker added.

“I hope this celebration renews their sense of pride, their sense of importance, and an awareness of what they contribute to the overall mission, not just in GTMO, but worldwide.”

Sailors get career advice...

Continued from page 1

part of making a commitment to serving this country. Properly manned sea-duty billets and the front-line operational units are the number one issue that faces many who are issuing orders.

“Some are going back to the states because they have fulfilled their sea time, and some who want to stay overseas can’t, because, again, they have to maintain that sea/shore rotation,” said Allen.

Sailors received guidance on career management, and had the opportunity to access the value of their skills and pay rates as compared to the civilian job market.

“Your PDP (Personal Development Plan, NAVPERS 157878 series) plays a big factor in retention,” said CDR Fred Freeland.

Several detailers talked about over- or under-manning

of certain rates within the Navy, and how retaining highly skilled and motivated Sailors helps everyone. They talked about the CNO’s initiative, ‘Perform to Serve (PTS),’ which acts as a force-shaping tool by leveling rating manning from overmanned to undermanned, and acts as quality screening by controlling reenlistments for all first-term Sailors.

“PTS is here to stay,” said Holland.

Sailors that attended the briefs were provided with information that can help junior Sailors with advancement opportunities and career intentions too.

“There are a lot of changes going on in the Navy,” Holland said. “We want to make sure that you have the most up-to-date information to work from.”



Photo by JO1 Bob Lamb

Fair winds and following seas — CDR Jeff Hayhurst, NAVSTA Executive Officer, presents Hull Technician First Class Petty Officer (Surface Warfare) Jeffrey D. Mays with a letter of appreciation for his service from the Governor of Texas. Mays retired on May 5 after 20 years of active duty in a traditional ceremony at the Windjammer ballroom. The Mays family, will settle down in the Texarkana, Texas, area.

Seniors say 'Thanks'

By the Senior Class at W.T. Sampson High School

The W.T. Sampson High School senior class trip participants — Nicholas Basel, Heather McGarity, Ted Leary, Faith Walker, Langston Edwards, Alyssa Roper and Aaron Carvajal — would like to give a heartfelt 'Thank you' to the entire Guantanamo Bay community for their unwavering support throughout the entire year during their fund raising activities.

Through your donations and their hard work, this group of seniors traveled to Fort Lauderdale, boarded a Celebrity Cruise Line ship and sailed the Caribbean for six days.

With stops in Ocho Rios, Grand Cayman, and Cozumel, Mexico, the seniors enjoyed the sights, sounds and food of

the local communities.

Their favorite things throughout the cruise: room service on board ship, steak hamburgers, parasailing in Grand Cayman, Mayan ruins in Mexico, and meeting other seniors on board the ship from schools all around the United States.

The entire group really had a terrific time, and wants to say "Thanks to everyone at Guantanamo Bay for your outstanding support."

The W.T. Sampson 2006 senior class will graduate from high school on June 9, 6 p.m. at the base Chapel.

As always, the GTMO community is welcome to come and wish all of these students the best during the ceremony.



Photo provided by Nick Basel

W.T. Sampson High School seniors pose for a photo during their class trip. The seniors want to say 'Thank you!' to the GTMO community for their support in making the senior class trip possible. Through bake sales, car washes and other fund-raising activities, these students enjoyed a cruise. Accompanying the students on the class trip were Jaren and Audrey Chapman. Everyone wanted to stay in Mexico, because it was the friendliest place that we went," said Nick Basel.

Spouses invitation

The Officers and Civilian Spouses Club cordially invites all GTMO spouses to join CAPT and Mrs. Mark Leary for an afternoon of fine food at the Bayview Club, Saturday, May 20, noon - 3 p.m. Celebrate our spouses and 'That Thing You Do.'

Yes, I'll be there _____ (name)

For my free food selection, I'd like: (circle one)

Chicken Caesar Wrap

Caribbean Chicken Salad

Door Prizes! Free information and food! Good Company!

(Please detach and insert into the box at the Customer Service Desk at the NEX or Naval Hospital by May 15)



NEX/ Commissary case-lot sale

Friday and Saturday, May 12 and 13, 9 a.m. - 6 p.m., and Sunday May 14, 10 a.m. - 5 p.m.

Also chilled and frozen food items.

(While supplies last)

CNP amplifies fitness policy guidance

By Lt. Sarah Self-Kyler, Chief of Naval Personnel Public Affairs

To ensure fleet, unit, and Sailor readiness and to further enforce the Navy's physical fitness standards, Vice Adm. John C. Harvey Jr., Chief of Naval Personnel, provided detailed guidance April 27 on the mandatory administrative separation procedures and waivable options for Sailors who have failed the Physical Fitness Assessment (PFA) three or more times in the most recent four years.

NAVADMIN 120-06, released to augment OPNAVINST 6110.1H, gives commanding officers the authority to submit waivers for Sailors showing progress or whose loss they determine would significantly reduce a command's readiness.

"These rules elevate the accountability for our COs to enforce the established standards," Harvey said. "We must adapt our policy to reflect the demands of a worldwide deployable force and demand that our Sailors are always physically fit and ready to deploy."

The naval message authorizes commanding officers the opportunity to submit two types of waivers - a waiver for progress or a waiver for readiness.

To show reasonable progress, Sailors must be enrolled in their command's Fitness Enhancement Program (FEP) and demonstrate an increase in the number of push-ups and curl-ups they can do, as well as a decrease in the time for the run or swim. Exact criteria can be found in the revised OPNAVINST 6110.1H.

A waiver for readiness may be requested for a Sailor whose loss may impact fleet, unit or a specific community's readi-



Photo by PH3 Andrew Geraci

Airman John Lujan of Marfa, Texas, takes time out of his day for fitness to ensure he is ready for the upcoming semi-annual physical fitness assessment (PFA) aboard the Nimitz-class aircraft carrier USS Dwight D. Eisenhower (CVN 69).

ness.

"Fitness is a readiness issue," said Harvey. "Commanders have been challenged to foster a positive fitness culture, and Sailors will be challenged to live this culture and help their shipmates meet the standard."

Beyond giving commanders the authority to initiate administrative separation procedures for those who failed the PFA, the OPNAV instruction, released in August 2005, stresses the importance of leadership's role in the physical readiness program, and in encouraging Sailors to pursue fit lifestyles. It calls for time for physical training during the work week and evaluation of the program to ensure compliance with testing and reporting, FEP and other aspects of the program.

PFA will be ineligible for promotion, advancement or frocking under these policy changes. They also must be entered into the FEP until the next official PFA.

Monthly mock-PFAs provide opportunities to regain eligibility for promotion or advancement, which is reinstated once a Sailor meets PFA requirements.

Enrollment in FEP remains mandatory until the Sailor passes the official PFA.

Commanders will also have the authority to waive body composition assessment up to the Department of Defense maximum standard of 26 percent for males and 36 percent for females for those Sailors who score "outstanding" or "excellent" overall with no sub-scores below "good," and also present a neat, professional military appearance.

The detailed changes reflected in OPNAVINST 6110.1H are available on the Navy Physical Readiness Program Web site at www.npc.navy.mil/command-support/physicalreadiness. This site also contains other fitness, nutrition, and weight management references.

Commanders are directed to treat physical readiness as they do retention and attrition in fitness reports on their subordinate officers and senior enlisted leaders.

Also, officers and enlisted who failed their most recent



Photo by JO2(AW) Honey Nixon

Tiny dancers — A group of ballerinas make their debut during the GTMO School of Dance Spring Recital, May 6, at the Windjammer Ballroom.

Downtown Lyceum

Friday, May 12

She's the Man

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

The Hills Have Eyes

10 p.m., R, 107 min.

Saturday, May 13

The Shaggy Dog

8 p.m., PG, 99 min.

V for Vendetta

10 p.m., R, 135 min.

Sunday, May 14

Ultraviolet

8 p.m., PG-13, 88 min.

Monday, May 15

The Hills Have Eyes

10 p.m., R, 107 min.

Tuesday, May 16

16 Blocks

8 p.m., PG-13, 102 min.

Wednesday, May 17

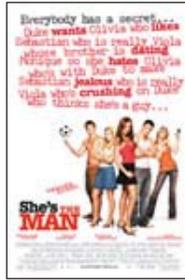
She's the Man

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

Thursday, May 18

V for Vendetta

10 p.m., R, 132 min.



She's the Man

Comedy

Cast: Amanda Bynes, Channing Tatum, Robert Hoffman(111)

Storyline: Viola Johnson

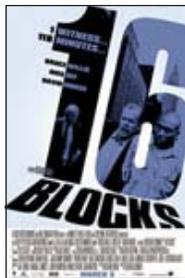
(Amanda Bynes) had her own good reasons for disguising herself as her twin brother

Sebastian and enrolling in his place at his new boarding school, Illyria Prep. She was counting on

Sebastian being AWOL from school as he tried to break into the music scene in London. What

she didn't count on was falling in love with her hot roommate, Duk, who in turn only has eyes

for the beautiful Olivia.



16 Blocks

Action/Drama

David Zayas, Davis Sparrow, Bruce Willis, Dante 'Mos Def' Smith, David Morse

Storyline: A troubled NYPD officer is forced to take a happy, but down-on-his-luck

witness 16 blocks from the police station to 100 Centre Street, although no one wants the duo to make it.

MWR Happenings

Windjammer Dinner Theater

Monday, May 15, 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, "Nanny McPhee," begins at 5:30 p.m., and the second movie, "Spiderman 2," begins at 8 p.m.

Liberty Program Night Paintball

May 12, 7 p.m. at Paintball range. Free equipment and the first 300 paintballs are free. FMI call 2010.

Liberty Program Dawn Fishing

May 13, 7 a.m., sign-up required. FMI call 2010.

Poker Pet Walk

May 13, 7:30 a.m., starting and ending at the Downtown Lyceum. Come celebrate National Pet Week with the Vet Clinic. The best poker hand wins, and there will be lots of pet-goody giveaways. FMI call 2212.

Mother's Day Craft Fair

May 13, 8 a.m.- 1 p.m. at the Windjammer. Sign-up for a table (\$5) during normal business hours prior to day of sale. Set-up time is between 7 - 8 a.m. FMI call Scott at 4795.

Mother's Day Brunch

May 14, 9 a.m. to 1 p.m., at the Bayview. Reservations needed for groups of 10 or more. FMI call 5604.

9-Pin 'No Tap' Bowling Tourney

May 17, and 31, 7 p.m. at Marblehead Bowling Center. FMI call 2010.

Knowledge Bowl

May 19, 7 p.m. at the Windjammer. Register at the Library by May 18. FMI call 4700.

Tee Time Golf Tourney

May 20, 7:30 a.m. at the Yatera Seca Golf Course. Sign-up required. FMI call 2010.

Powder Puff Football

May 27, 8 p.m. at Cooper Field. Sign-up required. Ladies get your teams ready to play. FMI or registration call Eric at 2010.

GTMO Shopper

For Sale

(2) Black 5-piece dining-room set by Ashley, \$250. FMI call Nikcole at 77570.

(2) Washer and dryer set, \$300. FMI call Sam at 9525.

(2) Wooden computer desk w/ hutch, excellent condition, \$200 OBO; size 7 diamond anniversary band, 14-K white-gold, 12 channel-set diamonds, \$250. FMI call 9494.

(2) 2 bookcases, \$15 each; bathroom stand w/ shelves, pewter, \$10. FMI call 2650.

(1) Durabrand portable DVD player, 7-in. dual screen, care kit w/power cord, A/V input for games, unopened, \$220. FMI call Emil at 78111.

(1) Dive book and movie, women's SM mask and fins, size 7 boots and bag, like new, \$200. FMI call 8650.

(1) Wooden crib w/mattress, \$50; matching changing table w/ pad, \$20; white vibrating bassinet w/mobile, \$50; fish baby swing w/ lights and music, \$45; baby bath tube, \$5; 2 arm chairs w/cushions, \$20 each. FMI call Soraya at 77990.

(1) Fishing accessories, 4 rods, 2 full toolboxes, soft cooler, \$100; folding table w/3 chairs, \$40; leather chair, \$20; 19-in. TV w/ table, \$40; loveseat, \$30; sofa, loveseat, table, and lamp, \$160; microwave and toaster, \$40. FMI call Sam at 3292 or 2287 or 78092.

(1) Sony 20-in. TV w/remote, \$125; Sony bookshelf CD stereo, \$75; HP photo printer, \$50; microwave oven, \$25. FMI call John at 9466.

(1) Brown couch, \$200 OBO; glass dining room set w/tapestry chairs, \$750 OBO; cocoa chaise, \$200 OBO. FMI call Aishia at 9557 AWH or 2222 DWH.

(1) Wooden 3-drawer desk w/ matching straightback chair, \$50; girl's Huffy 18-spd. mountain bike, \$50. FMI call Audrey at 5726.

(1) PSP, games, movies, all accessories, \$300. FMI call Daniel at 77887.

Vehicles/Boats

(2) 1998 Ford ZX2, AC, power windows and doors, remote entry,

Alpine stereo, CD player, runs great, \$3,900 OBO. FMI call Scott at 2351.

(2) 1995 Ford Escort, AC, CD, new tires and speakers, \$3,000 OBO. FMI call Martin at 77333 AWH or 4325 DWH.

(2) 2003 Honda Elite, black, spare battery, helmet, \$1,000. FMI call 3044 or 8658.

(2) 1995 Chevy Camaro, blue, AC, CD, t-top, new muffler and battery, excellent condition, \$5,000. FMI call Brian 77690.

(2) 1994 Jeep Grand Cherokee, fully loaded, good condition, \$5,200. FMI call Jeff Pierce at 84143 or 4409.

(1) 1998 Saturn SC1, AC, new brakes and tires, good gas mileage, \$5,500 OBO. Call T at 77024.

(1) 1986 Ford Escort w/hatchback, runs well, \$1,500 OBO. FMI call 77365.

(1) 1993 Pontiac Grand Am, black, automatic, 2-door, AC, CD, \$4,300 OBO. FMI call 3292 or 2287 DWH or 78092 AWH.

(1) 1994 Mazda B-3000, 5-spd., AC, air ride suspension, CD, new parts, \$6,000 OBO. FMI call Sonny at 77841.

(1) 2004 Honda Rebel motorcycle w/sidebags, very low mileage, \$2,300. FMI call 4432 or 9499.

(1) 1993 Honda Civic, 4-door, AC, automatic, power windows, \$4,000 OBO. FMI call Gayed at 3283 DWH or 0330 AWH.

(1) 2001 Chevy Cavalier, 5-spd., \$8,000. FMI call 4503 DWH or 9511 AWH.

(1) 2005 Wildfire scooter, never used, 4-stroke engine, \$1,400 OBO. FMI call Pablo at 4227 or 77303.

(1) 1993 Honda Civic, 4 cyl., 4-dr., A/C, automatic, 117,000 miles. Available end of May. \$4,000 OBO. FMI call Cayed at 3283 or 0330.

Employment

(1) Human Resources Office announces the following vacancies: Teller, closes May 12; Secretary, closes May 19; Medical Records Technician, closes May 23; Administrative Service Asst., closes May 23; Registered Nurse, closes May 23; Social Services

Aide, closes Dec. 29; FMI call 4441.

(1) Columbia College is seeking a part-time academic advisor for 20 hours a week. Work schedule is flexible and pay starts at \$12 per hour. A bachelor's degree and U.S. citizenship is required. FMI call 5555.

(1) The Department of the Army is looking for a budget technician, closes May 13. All interested candidates will have to apply through the Army internet site at: <http://cpol.army.mil>.

(1) Lockheed Martin is seeking a temporary part-time mail assistant from June 12 - August 25. Work schedule is flexible and pay starts at \$9 per hour. No experience is necessary, but U.S. citizenship is required. FMI call Sheila Lamb at 4592.

Announcements

(2) Due to repairs, Deer Point Pool is closed until further notice.

(2) Registration for the Columbia College summer session classes is underway. Please visit the Columbia College website at www.ccis.edu for both online and course schedules. FMI, or to schedule an appointment with an academic advisor, call 5555.

(2) The Treasures and Trivia second-hand store hours are: Tuesdays, Fridays and Saturdays, 10 a.m. - 5 p.m.; Thursdays, noon - 5 p.m. Donations are always welcome. FMI call Sherry at 4860.

(2) There will be a 'Red Hats' bunco night May 26, 6:30 p.m., at the Community Center. No money needed, just finger food and excitement. Remember, over 50 wear purple w/red hat and under 50 wear lavender w/pink hat. All ladies are welcome. FMI call Roberta Stanley at 4063 DWH or 5707 AWH.

(2) Attention GTMO artists. The Navy Ball Committee is looking for artist to design GTMO-themed artwork. Turn in submissions by May 19. Residents will vote for their favorite artwork and the winner will be announced in June. The winning artwork will be the design for this year's fundraiser

t-shirt. FMI call 2351.

(2) A 'Fiesta' Vacation Bible School will be held June 19 - 23. Community volunteers are needed. FMI call Kathy Arlinghaus at 2323.

(1) Due to conversion to a new Teller and ATM Processing System, Community Bank will be closed on Monday, May 22 and Tuesday, May 23. The bank will reopen for regular business on Wednesday, May 24.

(1) Captain and Mrs. Mark Leary invite all GTMO home-school families to celebrate the end of the school year with a cook-out at their home at 5 p.m., May 27. RSVP to Mrs. Leary at 77991 by May 21.

(1) The Post Office's new permanent hours of operation are: Monday and Thursdays, 9 a.m. - 3:30 p.m.; Tuesdays, Wednesdays and Fridays, 8 a.m. - 3:30 p.m.; Saturdays, Sundays and holidays closed. Mail call hours are Monday - Friday, 9 a.m. to 10 a.m.

(1) DRMO will be on island for receipt and issues of government property June 7 - 16. Please have documents ready for turn-in. FMI contact John.Bingman@dla.mil.

Wanted

(2) Will pay cash for fishing/pontoon boat. FMI call Mike at 77977 or 2129.

Lost or Found

(2) Pair of adult or children's-size glasses found at Glass Beach. FMI call 4420.

(2) Firesole, tailor-made, driver head golf club was lost. FMI call 77734.

Yard Sales

May 13 — Evans Point, #389, #803B, #813, and #815B, 8 a.m. - 10 a.m.

May 13 — Center Bargo, #1172, 7 a.m.

May 13 — Villamar, #717B, 7 - 10 a.m.

May 20 — Villamar, #37A, 9 a.m. - 2 p.m.

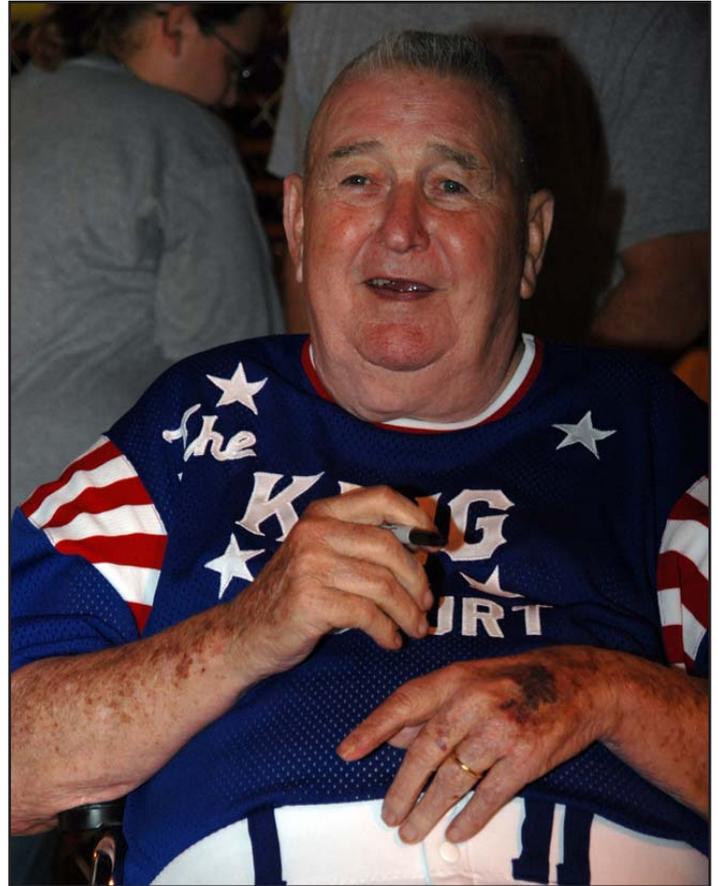
Reminder, there will be no 'Gazette' on May 19.

The King and His Court entertain GTMO



Alyssa Taveras scores a run during the 'King and His Court' exhibition.

Photos by JO1 Robert Lamb and Devon Christi



Eddie Feigner's fastpitch was once clocked at 104 mph. In a two-inning exhibition in 1967, he fanned Willie Mays, Willie McCovey, Brooks Robinson, Maury Wills, Harmon Killebrew and Roberto Clemente. The King and His 'Court' touring team has played more than 10,000 softball games in 100 countries since the late 1940's.



The GTMO All Star Softball Team gathers together with the 'King' and the 'Queen', after the game for pictures and autographs. Today, Feigner, 81, no longer plays with the team, but serves as emcee for the King and His Court games that also include his wife, Anne Marie, 'the Queen.' Feigner, a veteran of the U.S. Marine Corps, now has limited mobility, and was lifted in his wheelchair onto an airplane at NAS Jacksonville by four Navy airman so he could make this trip to GTMO on his farewell tour.



Rich Hoppe, 'a King and His Court' performer, points at Nick Basel, who is about to be the next strike-out victim.