



Gunston Hall back on track

Guantanamo facilitated repairs after two of four generators fail on ship

MC3 Leona Mynes

NS Guantanamo Bay, Cuba Public Affairs

The amphibious dock landing ship USS Gunston Hall (LSD 44) departed Naval Station Guantanamo Bay, Cuba, Jan. 26.

Two of four emergency diesel generators on board Gunston Hall experienced mechanical malfunctions, causing the ship to extend its port visit to approximately one week. Gunston Hall was originally scheduled to be in port for less than eight hours.

"During Gunston Hall's visit, the Port Operations department had to be very flexible," said Boatswain's Mate 1st Class (SW/AW) Lisa Alkire, Port Operations administrative leading petty officer.

To repair the generators, Gunston Hall and the Fleet Industrial Supply Center - Jacksonville detachment on Guantanamo Bay coordinated efforts to order and install the malfunctioned generator parts, said Alkire.

During the week-long visit, personnel aboard Gunston Hall remained busy by conducting training and enjoying liberty off the ship.

"Staying busy [boosted] morale," said Marine Cpl. Jacqueline Sanderfer, attached to the Marine Corps Theater Security Cooperation Task Force. "We still have a mission, so

we still have something to do. This keeps the ball rolling, and kept the Marines in a certain mindset."

Gunston Hall is deployed to Caribbean and Latin American nations to provide humanitarian aid as part of Amphibious-Southern Partnership Station (A-SPS) 2011.



PHOTO BY MCC(SW) BILL MESTA
The amphibious dock landing ship USS Gunston Hall (LSD 44) personnel prepare to shift colors before departing Naval Station Guantanamo Bay, Cuba, Jan. 26.



The amphibious dock landing ship USS Gunston Hall (LSD 44) departs Naval Station Guantanamo Bay, Cuba, Jan. 26.

PHOTO BY MCC(SW) BILL MESTA

SAILOR OF THE WEEK

MA2 LOUIS TRUPPI

Position: Patrolman with Naval Security Force GTMO
Currently working on: Deciding whether or not to stay in the Navy.
How the Navy improved his life: It's taught me a few life lessons about money and about how people really are.
Greatest accomplishment: So far, graduating high school.
Greatest passion: Football, friends and family.
I'd give anything to meet: my future wife.

Favorite quote: "It's your life. You only get one life, so live it how you want to, not how others want you to."
Advice to others: Don't wait for something you want to come to you, go and get it.
Favorite sports team: Green Bay Packers.
Favorite hobby: Playing football.
Sailor of the Week because: For continuous outstanding performance and leading his junior Sailors by example.



Navy Secretary pushes for alternative energy sources

Chinara Lucas
 Secretary of the Navy Public Affairs

WASHINGTON, D.C. (NNS)

The secretary of the navy reached out to prominent industry leaders during a Washington, D.C., summit Jan. 25, in an effort to have them incorporate the use of alternative fuels in their push for a clean economy.

During the Clean Energy Summit, Secretary Ray Mabus began his review of the effects converting the Department of the Navy (DoN) from fossil fuels to alternative fuels will have on the economy on a basic level.

"A clean energy economy supports American workers and creates new jobs," said Mabus.

Mabus continued by trying to increase understanding of the implications of fossil-fuel by discussing our country's dependence on it.

"History has taught us the competition for resources has been one of the fundamental causes of war for centuries," said Mabus.

Mabus said the dependence on fossil fuel continued to produce bad results

during the time of war by endangering Sailors and Marines charged with guarding convoys bringing energy to bases and machinery. He urged that the solution to this reliance and resulting war and loss of lives is the utilization of alternative fuels.

He relayed information about DoN flying an F/A-18 with a camelina-based biofuel and a MH-60 Seahawk helicopter on an algae-based biofuel. Mabus said substitutions such as this would reduce the need for alteration caused by limited availability.

"Neither feedstock impacts the food supply," said Mabus. "Camelina can be planted in rotation, and algae – well, it's grown in a pond."

Benefits of alternative fuel extend beyond the abundance of ingredients necessary for their creation. Mabus said that implementing alternative fuels will save the American people money.

"I am very pleased that the cost of these fuels continues to decrease," said Mabus. "As more is produced – and as our demand signal grows, I am confident that price will continue to fall."

Mabus provided a hybrid-electric ship, the USS Makin Island (LHD 8), as an example of alternative fuels resulting in continued savings. During the course of the ship's life, Mabus said it will save up to \$250 million at today's fuel prices, and if fuel prices increase, the savings will become greater.

The use of cotton-seed by Marines in Sangi, Afghanistan, was also presented by Mabus as an example of alternative energy at its best. Through this pilot program, Mabus said Marines have reduced the amount of fossil fuel they use by 20 percent. As a consequence, Marines utilize fuel convoys less.

"If this program can be expanded, it has the potential to achieve monetary savings," said Mabus. Even more important than saving money, fuel economy "will improve both the security and combat capability," said Mabus.

He said that increasing the amount of time between refueling ships and aircraft will respectively create more capable units and extend the range of strike missions.

"It's about ensuring the safety and the lives of our troops," said Mabus.





MCC(SW) Bill Mesta
NS Guantanamo Bay, Cuba Public Affairs

When I pulled into a parking spot at Bulkely Hall yesterday morning I had smoke pouring from my ears and my face was contorted into a furious expression that my mother warned would be permanent if I didn't cut it out.

While on my "exhaustive" three-mile commute, one of GTMO's residents pulled out of McDonalds, making a left turn onto Sherman Avenue. I screeched to a halt and noticed they did not even look around to see if anyone was coming. They were too busy stuffing their face with a delicious breakfast sandwich.

My trip to work was from Nob Hill to the office in Buckley Hall. The trip took ten minutes, 30 seconds. In addition to the *McDriver*, I encountered roughly 40 automobiles, 14 pedestrians, seven joggers and three cyclists. Each of them were traveling down Sherman Avenue safely and following all of GTMO's traffic laws (the four security patrol units along the way could have had something to do with that...keep up the good work, folks.)

My commute was a stark reminder that there are many hazards on the base's roadways and that we all need to use

caution as we use them.

The roadways at GTMO were originally used as horse trails. With a speed limit of 25 miles-per-hour, there was never a need to engineer a super-highway. When you look at the map of GTMO's roads today, it is almost identical of yesterday when horses were used to commute to work.

To add to the charm of GTMO's road system, our streets are used for a wide variety of reasons and by various forms of transportations.

Fitness and energy conservation are two hot topics in today's military. Runners and bicyclists on the roads are definitely doing their part to stay in shape, save gasoline, and cut down on pollution. Unfortunately, some residents who frequently engage in these modes of transportation have a total disregard for safety and common sense.

On a recent journey down Sherman Avenue, I drove up a hill with the blinding, early evening sunlight in my eyes. As I crested the hill, I was confronted with a jogger (head-to-toe in fluorescent yellow) running toward traffic in the road. He casually waved to me as my bumper came within inches of wiping him out.

The icing on the cake was that there was a sidewalk a mere two feet away from the athlete. I know what all of the runners are saying right now: "Running on concrete hurts my knees."...not nearly as much pain as a steel bumper.

Most of GTMO's cyclists are very cautious and follow the rules of the road. My good friend has been using his bike to commute around base for years and always follows the traffic laws. Some cyclists, however, have total disregard for the traffic laws or the pattern of traffic flow.

A couple of months ago, I encountered one such cyclist on Sherman, in front of

McDonalds. This McCyclist was having a Lance Armstrong moment, flying down the roadway from Gold Hill Towers toward the main road. While he saw me barreling down the road at a smoking 24 mph, he still blew past the stop sign, and cut right in front of the grill of my truck.

All vehicles on base, including bikes, are required to follow the traffic laws, including stop signs and the direction in which you are traveling. To not follow the traffic laws places everyone on GTMO's roads in danger.

Now that I have the attention of all of GTMO's runners and cyclists, let me address my fellow motorists. Twenty-five miles per hour seems like an incredibly slow speed to many of us. But our roads are old horse trails. Certain times of the day present drivers with sun that is totally blinding. There are many stretches of roadway that have very poor lighting at night, making it impossible to see anything not directly in our headlights.

Aside from all that common sense stuff, there are three monuments, dedicated to people who died while driving on base, that are a testament to just how dangerous GTMO's roads can be.

We must exercise caution when we are driving around base and remember that base residents have just as much right to use the roads in a non-motorized fashion as those in an automobile.

The roadways at GTMO are one the most critical parts of the base's infrastructure.

Please keep this thought in mind as you pull into the street with a delicious McSandwich.

We all use the naval station's roads to get us where we need to go, and it is each of our responsibility to make sure that they are used properly and safely.

Practicing Self Control



Lt. Douglas Holmes
NS Guantanamo Bay, Cuba, Deputy Command Chaplain

Marines are known for their hard work and self-discipline, especially when it comes to marching and rifle drills.

Every time I watch them complete even the methodical tasks, I see precision with each movement. In order to accomplish this, it takes practice and self control.

Why might it be important to be self-

disciplined in more than just your career? Think of money; if you do not keep a record of how you spend it, then it is possible that you will over spend. Certainly a lack of control over finances can leave you in debt and it can mess with your military career.

Spiritually, God calls us to be self-disciplined so as to not falter during our walk with Him.

Amnon was the first born son of King David and rightful heir to his father's throne. In 2 Samuel 13, Amnon's lack of

moral self control, especially over fleshly lusts, caused great disgrace on his family and ultimately cost him the crown. He was killed at the hands of his vengeful brother. If he had contained himself and had been self-disciplined he could have had all the benefits of being ruler over a vast domain.

A good leader's self control can uplift his subordinates and keep him or her in good standing with his superiors, his peers, and with God.

Self-control in leadership as in life, like that of Marines performing drills, shows a higher standard of morality. May you all practice self-control in every decision you make.



YOUR MARINA by the number

6

FISHING BOATS

20

PONTOON BOATS. TEN ARE \$10/HOUR, TEN ARE NEWER AND COST \$14/HOUR

32

CAMPING TENTS.

400+

NEW LIFE VESTS. MEDIUM, LARGE, AND EXTRA LARGE SIZE ADULT LIFE VESTS

200+

SOON-TO-ARRIVE INFANT AND CHILD LIFE VESTS. THE CHILD AND INFANT LIFE VESTS WERE ORDERED IN NOVEMBER, AND SHOULD ARRIVE SOON.

10

ROLLING COOLERS

5 EASY STEPS TO YOUR Captain's License

THE STUDY GUIDE, LESSONS, AND LICENSE ARE 100 PERCENT FREE.

STEP ONE Stop by the marina and pick up a study guide.

STEP TWO After studying, stop by the marina again to take the test. There are 32 questions on the test, geared toward boat safety and points of reference on the Bay.

STEP THREE Take a (boat lesson) driving test. This is done right by the marina dock. You will (learn) show your ability to dock a boat.

STEP FOUR Take a tour of the bay, from the marina to the Southern boundary, then to the Northern boundary, while the captain shows you important areas in the bay.

STEP FIVE Smile for the camera! You are done.

R & R BY THE BAY...

Photos and story by MC3 Leona Mynes

**DIVING, SWIMMING,
SNORKELING, FISHING,
BOATING, WATER SKIING...**

**THERE IS A SEEMINGLY
ENDLESS NUMBER OF
RECREATIONAL ACTIVITIES TO
DO ON GUANTANAMO BAY. THE
MORALE, WELFARE, AND
RECREATION (MWR) MARINA,
THE BASE'S OUTDOOR
RECREATION HUB, MAKES IT
ALL POSSIBLE.**

The MWR marina makes the bay accessible to the entire community," said Cory Geiger, Guantanamo's Outdoor Recreation Director. "It is an affordable pastime for any community member."

The marina's prices for recreational boating range from \$3 for paddle boats to \$14 for a newer pontoon boat. All-day or all-night boat rental prices are among the most competitive in the world when it comes to MWR, said Geiger.

"When I hear people say, 'there is nothing to do here,' or 'GTMO is so boring,' it makes me wonder what island they're on," said Geiger. "This is a beautiful place that people need to get out and see. You can't experience a location if you choose to stay inside, and not get out and enjoy it."

Enjoying the bay is made possible by the marina's captain's license program, offering boat licenses to all community members.

"We work with people all the time who have never driven a boat in their life," said Geiger.

Aside from boat rentals and captain's licenses, the marina is an outdoor recreation hub, offering for rent mountain bikes, road bikes, kayaks, coolers and two-person to three-bedroom tents for camping.

"They are activities that are good for getting in better shape, releasing stress, meeting people and trying new things," said Geiger.

Included in the list of things to do outdoors on GTMO:

- Hike the ridgeline
- Bike to Cable Beach
- Go kayaking
- Go snorkeling
- Go fishing
- Take an evening boat cruise
- Camp at Hospital Key

"The marina is a one-stop shop for everything outdoors in GTMO," said Geiger.



MC3 Leona Mynes
NS Guantanamo Bay, Cuba Public Affairs

PHYSICAL READINESS!

Remaining within (and hopefully above) the Navy's fitness standards could keep you from more than just failing the physical readiness test. It could keep you in the Navy.

Naval Station Guantanamo (GTMO) Bay, Cuba, Command Fitness Leaders (CFL) are scheduled to announce the 10-week warning for the spring 2011 Physical Readiness Test (PRT) Feb. 1.

Sailors without a sustained level of physical readiness recorded in their record can face hampered or halted military career intentions, said Navy Counselor 1st Class Wayne Saffle, a career counselor attached to NS Guantanamo Bay, Cuba.

"If you can't pass your PRT, you're not eligible to re-enlist," said Saffle. "A PRT failure impacts transferring to other duty stations, makes overseas and sea duty screenings more complicated."

PRT failures can end a Sailor's career, said Saffle.

"By having a PRT failure, it lessens the probability of being approved for Perform-to-Serve, and if you're separated for PRT reasons, you may not get involuntary separation pay," said Saffle.

In addition to being involuntarily separated from the Navy, PRT failures will make entering another branch of service or the Navy Reserves very improbable, said Saffle.

Sailors can prepare for the PRT using several tools offered by CFLs at command physical training (PT), paired with Navy Fitness Program readiness training offered by Morale, Welfare and Recreation (MWR.)

MWR's Navy Fitness Program promotes physical and mental readiness, develops positive self concepts, and meets the Navy and individual health and fitness requirements in cardio-respiratory, muscular endurance and strength, flexibility, and body composition assessment needs, said Tanya Henigman, a fitness coordinator with MWR on GTMO.

"We do this by providing PRT-compatible equipment that meets Navy standards and offering certified, accredited trainers to provide personalized and group training plans," said Henigman.

Group classes include kickboxing, circuit training, indoor cycling, Yoga, Pilates, abdominal workout classes, track workout classes, and other team-building activities, said Henigman.

According to the MWR fitness class schedule, several of these courses are held at least twice per week.

In addition to individual workout plans and training programs, MWR's Navy Fitness Program began offering training for groups from any command of any branch of service on the base.

MWR-offered Navy Fitness programs and command PT are great ways to maintain and improve readiness before the PRT, said Navy Diver 1st Class Brent Roberts, leading petty officer of the dive locker and assistant CFL on GTMO.

"Don't wait until last-minute," said Roberts. "If you think you might not be in standards or not quite in the physical shape you should be in, start now."

Planning your fitness training? Consider this:

MONDAY	
6 a.m.	Group Cycling
8:30 a.m.	Baby and Me Fitness
5 p.m.	Yoga
6 p.m.	Kickboxing
7 p.m.	GTMO Moves
TUESDAY	
6 a.m.	Total Body Conditioning
8:30 a.m.	Dynamic Strength Training
Noon	30 Minute Power Abs*
5 p.m.	Step 'n' Sculpt
6 p.m.	Pilates, Cycling
WEDNESDAY	
6 a.m.	Group Cycling
8:30 a.m.	Baby and Me Fitness
5 p.m.	Kickboxing
6 p.m.	GTMO Moves
7 p.m.	Yoga
THURSDAY	
6 a.m.	Total Body Conditioning
8:30 a.m.	Stability Ball Training
Noon	30 Minute Power Abs*
5 p.m.	Circuit Training
6 p.m.	Step 'n' Sculpt, Cycling
7 p.m.	Pilates
FRIDAY	
6 a.m.	Group Cycling
5 p.m.	Yoga
6 p.m.	Kickboxing
SATURDAY	
8 a.m.	Yoga
SUNDAY	
4 p.m.	Belly Dancing

All classes are held at the Marine Hill Fitness Center. *Class held at Denich Gym.

BCA:

April 11-15, 7 a.m. to 9 a.m.
Alternate: April 25, 7 a.m. to 9 a.m.

PFA:

April 18-22, 7 a.m. to 9 a.m.
Alternate: April 26, 7 a.m. to 9 a.m.

BCA and PFA happen at Denich Gym

GTMO SHOPPER

Please submit all classified ads to PAO-ClassifiedAds@usnbtgmo.navy.mil. If the classified ad is sent to any other e-mail address, it may not be included in the Gazette. The deadline for classified ad submission is no later than noon the Tuesday before publication. Ads submitted after this time will be considered, but may not get published due to space or design requirements. Ads will run for two weeks. Ads that need to be ran longer than two weeks shall be re-submitted. The Public Affairs Office has final editorial decision and will edit ads based on content for space requirements. Ads for fundraisers must be approved by the Regional Legal Service Office. Their extension is 4834. The Gazette and Naval Station Guantanamo Bay, Cuba, does not endorse or warrant anything placed in the classified section of this publication.

ELECTRONICS

4' Satellite Dish. \$125. Call Kristen or Phillip at 75834 or e-mail kristenbui@yahoo.com.

Sony Handy Camcorder with user's manual, station, USB, power cords, blank media, carry case, memory card. \$70. Call James at 72380.

HP Pavilion DV9917cl. Entertainment Notebook PC. AMD Turion™ X2 TL-62 Dual-Core Mobile Processor, 2.1GHz, 250GB (5400RPM) Hard Drive (SATA), 56k modem. Call MA1 Young at 90615/5120/79303.

26" Sharp, LCD, flat screen TV, brand new \$250. Call 77368 or e-mail bmrecon@hotmail.com.

SCSI Modem \$30. Call 77368 or e-mail bmrecon@hotmail.com.

DirectTV Satellite, 3 boxes, one is DVR: \$500. Call 2628.

HP Deskjet F4135. P/S/F. \$20. Call 4474.

Blapunkt Woofer for car stereo. Best offer. Call 4474.

4' Satellite Dish. \$125. Call Kristen or Phillip at 75834 or e-mail kristenbui@yahoo.com.

46" LED Sony Bravia, \$1100. Call 79540 or 8397.

Bose Sound System - \$150. Call 79540 or 8397.

HP Elite Desktop computer w/ terabyte hard drive. 22" flat screen display w/ webcam. \$1,000 OBO. Call 77261 or e-mail madrockvick@hotmail.com.

SCSI Modem \$30. Call 2628, leave message.

27" Sony Wega flat screen tv, \$35. Top load dryer \$60. Cisco wireless router, \$15. Call Christina at 5099 or 79448.

SCSI Modem for sale. \$45. Please call 74314 to purchase.

FURNITURE

Crème color couch set. Call Mrs. Hutton at 72117 or 75597.

5-piece dinner table set- \$100. Queen size bed. Call 72117 or 75597.

Queen Bed with Mattress - \$250. Call 79540 or 8397.

Outdoor Patio Furniture - \$100. Call 79540 or 8397.

4 TV Eating Trays - \$40. Call 79540 or 8397.

Solid Oak Chest of Drawers with jewelry/makeup compartment: \$80. Call Yong at 75601. 2 x Solid Oak Night Stands: \$40 each. Call Yong at 75601.

Solid Oak Chest of Drawers \$80, 2 x Night Stands \$40 ea., Call 75601.

YARD SALES

Jan. 29, VL 31A, 7 a.m.

Jan. 29. VL37C. 9 a.m. to 11 a.m.

Jan. 29. CC27B. 7 a.m. to 11 a.m. No early birds.

Jan. 29. WL2A. 8 a.m. to noon. Large items, moving sale.

Jan. 30. WL2A. 8 a.m. to noon. Large items, moving sale.

Jan. 30. VL45C. 9 a.m.

OUTDOOR RECREATION

Large propane Chargrille BBQ Grill \$50-Call 77368 or e-mail bmrecon@hotmail.com.

Weber Genesis Silver gas grill-2002 model Set of new burner tubes go w/ it. \$150. Call 4474.

Igloo 120qt 5 day marine cooler-like new. \$60. Call 4474.

Complete SCUBA kit-\$800. New in April 2010. Regulator with compass, Scuba Pro BC, mask, fin, boots and accessories. jefden01@yahoo.com

Electronic Bug Zappers - \$30. Call 79540 or 8397.

MISCELLANEOUS

Air Purifier - \$40. Call 79540 or 8397.

Various Pots and Pans - \$60. Call 79540 or 8397.

George Foreman Grill - \$25. Call 79540 or 8397.

Vacuum Cleaner - \$60. Call 79540 or 8397.

Fender Starcaster 3/4 size acoustic fine wood guitar. \$50. Call Gresl at 72380.

His and Her Golf Clubs with bag: \$50 ea. Call Yong at 75601.

Golf Club Hand Cart: \$15. Call Yong at 75601.

Hermes Paris Bag, Black, Togo Leather, Gold. Best offer. Call 58417.

Converse side zip desert boots. Worn for a week. Like new. Paid \$100. The first \$35 takes them. Call: 90888.

OBITUARY



July 28, 1933 - Dec. 27, 2010
Long-term Special Category Resident Gloria Smith passed away of natural causes at Naval Hospital Guantánamo Bay, Cuba, at the age of 77. Ms. Smith was born in the city of Santiago de Cuba and became a resident of Guantánamo Bay Naval Station in 1959. Ms. Smith worked at the hospital as a nurse's aide with the newborns and at the maternity ward. She had been separated from her own children when she decided to remain on base. She served as a Spanish-English translator for her fellow Cuban residents during their medical appointments. She is survived by her two sons Rogelio and Juan, their wives, and her grandchildren currently residing in the city of Santiago de Cuba, Cuba.

RETIREMENT

O'Riley Stephens



Navy Gateway Inns and Suites is honoring Mr. O'Riley Stephens for many years of valuable service to Guantanamo Bay. He arrived here in October 1987 and worked diligently with the Navy Exchange until transferring to the housing department in 1997. He has been a valuable member of our team, working as a building manager at the visitor's quarters. We wish him all the best in his retirement.

VEHICLES

'92 Plymouth Acclaim, AC, great condition. \$1,700. Call Annetta at 77300 or 72058.

'01 2D Honda Civic. Manual 5-speed, AC, CD player. Call 72117 or 75597.

'88 White Chevy G20 Van. Great GTMO special w/ car jack. Only 1 yr from A-Team model. \$1200 OBO. E-mail Jim at james.p.woods@jftgmo.southcom.mil or Mai at maimimura@hotmail.com or call 9758 or 74435.

'07 Mercury Sable - Automatic, Working A/C \$2700 OBO. Call 75601.

'09 Kawasaki Vulcan 900 Custom, Blue, in like new condition. \$7000. Call Kathi at 74788/77379/84701.

LOCAL JOBS

PAPERCLIPS has an Immediate Position Available, Full Time Cashier/ Hazmat Admin person. Must be a US citizen, Hours: M-F 0800-1600 POC: Mona x74603 x90721

LOST AND FOUND

Lost: iPhone was taken from a purse at TK Liberty Center the morning of Jan. 18. It can be returned to TK liberty Center or Deer point Liberty Center Office.

Poverty In America: Our nation's most profound moral failing
1-800-919-9338 · www.CatholicCharitiesUSA.org
A CFC participant. Provided as a public service

MWR HAPPENINGS

MOVIES DOWNTOWN LYCEUM

FRIDAY • JAN. 21

7PM: CHRONICLES OF NARNIA: VOYAGE OF THE DAWN TREADER (PG) 112 MIN
9PM: BURLESQUE (PG13) 119 MIN

SATURDAY • JAN. 22

7PM: TANGLED (PG) 100 MIN
9PM: LOVE & OTHER DRUGS (R) 113 MIN

SUNDAY • JAN. 23

7PM: GREEN HORNET (PG13) 119 MIN

MONDAY • JAN. 24

7PM: MORNING GLORY* (PG13) 102 MIN

TUESDAY • JAN. 25

7PM: SKYLINE* (PG13) 94 MIN

WEDNESDAY • JAN. 26

7PM: THE NEXT THREE DAYS (PG13) 122 MIN

THURSDAY • JAN. 27

7PM: HARRY POTTER AND THE DEATHLY HALLOWS (PG13) 145 MIN

*LAST SHOWING

Healthy Heart 5K Run, Free

Feb. 19, 6:30 p.m., Denich Gym. Run to the windmills to get your heart pumping with this healthy run. Sign up today at any MWR gym. FMI, call 77262.

Biggest Loser Competition

Competition starts Feb. 5. Only 4 members per team, with weekly weigh-ins. Ages 18+ only. Awards for most body weight percentage lost and member with highest number of pounds lost.

Movie Hotline

Call 4880 to hear recorded updates of movies and show times!

Open Rec Basketball Season

Season starts Feb. 7. Register for free by 5 p.m. on Jan. 31 at Denich Gym. Coaches meeting is at 5:30 p.m., Feb 3. Open to ages 16 and up. Call Jen at 2157 for more information.

Coffee House Series

Friday, Feb. 4 from 7 to 10 p.m. at Triple C's patio. Specialty coffee for adults and ice cream for children. Call 4882 for more information.

CYP Parent's Night Out

Saturday Feb. 12, 5:30 p.m. to midnight. \$10 per child. CDC for infant to 5-year-olds and Youth Center for ages 6 to 12. Sign up by Feb. 11. Call 3664 or 74658 to register or for more information.

CYP Teen Center Special Valentine Cruise, Dinner and Dance.

Friday, Feb. 11. 3 to 6 p.m. is the boat cruise and the Dinner & Dance is 7 to 11:30 p.m. Open to ages 12-18 (7th grade and up). Sign up FREE at the teen center! Call 2096 for more information.

IGUANA JOE



Any day in GTMO



PHOTO BY MC3 LEONA MYNES



PHOTO BY MC3 LEONA MYNES

LEFT Marine Staff Sgt. Aaron Tucker and Marine Staff Sgt. Doug Owen practice intermediate bayonet techniques during training for Marine Corps Martial Arts Program (MCMAP) Jan. 24.

ABOVE Marines attached to Marine Corps Security Force Company Guantanamo Bay, Cuba, practice forward falling techniques during MCMAP training Jan. 24.

NOTEWORTHY CHANGES

Navy announces approved uniform changes

See NAVADMIN 025/11 at www.npc.navy.mil for details and more information

CNO-approved Uniform Changes

- ▶ **CHIEF PETTY OFFICER CUTLASS** Upon availability, the cutlass is authorized for wear by CPOs designated as members of the official party during ceremonies that require officers to wear swords. To facilitate uniformity in appearance, the CPO cutlass may only be worn if all CPO members of the official party are wearing the cutlass. The cutlass is expected to be available for purchase Aug. 1. *A description of the CPO cutlass design can be found in NAVADMIN 025/11.*
- ▶ **COMMUNICATION DEVICES** Effective 60 days from the release of this message, communication devices (e.g. Cell phones, blackberries, pagers, etc.) Are authorized for use and wear while in uniform (to include walking). *Important information about this change can be found in NAVADMIN 025/11.*
- ▶ **KHAKI OVERBLOUSE FOR FEMALE OFFICERS AND CPOs** Effective 60 days from release of this message, female officers and CPOs are authorized to wear the poly/wool khaki overblouse as an optional service khaki uniform component. *Manner of wear can be found in NAVADMIN 025/11.*
- ▶ **FLIGHT SUIT MANNER OF WEAR** Effective Oct. 1, standardized wear of flight suits will be in the manner prescribed as follows:
 - (1) Conus: only green flight suits will be worn in conus. Green flight suits will be worn with black undershirts.
 - (2) Oconus: tan flight suits will be worn oconus as determined by the navy component commander. Tan flight suits will be worn with brown undershirts. *More information, such as stowing of garrison cover, in NAVADMIN 025/11.*
- ▶ **CENTENNIAL ANNIVERSARY OF NAVAL AVIATION.** The CNO has approved the wearing of flight suits at designated aviation centennial celebration events during calendar year 2011. The wearing of flight suits to approved centennial events is controlled by Commander, Naval Air Forces.