



Patrolmen refine skills during DUI recognition, enforcement course



PHOTO BY MC3 LEONA MYNES

Master-at-Arms 2nd Class Brandon Morrison, a field training officer with bravo section, Naval Security Force Guantanamo Bay, Cuba, demonstrates how to perform the walk-and-turn sobriety test during a wet lab at the security training complex Feb. 4. The wet lab gave FTOs a real-life scenario in which to practice proper methods for conducting a standard field sobriety test.

MC3 Leona Mynes

NS Guantanamo Bay, Cuba Public Affairs

Field training officers (FTO) attached to Naval Security Force (NSF) Guantanamo (GTMO) Bay, Cuba, underwent the National Highway Traffic Safety Administration (NHTSA) Driving Under the Influence (DUI) Recognition and Enforcement Course at the security training complex, Feb. 2-4.

During the course, the FTOs learned methods for conducting the nationally-recognized standard field sobriety test (SFST) battery and portable breathalyzer test (PBT).

The training ended with a wet lab, where two volunteers drank varying amounts of alcohol, which allowed the FTOs to practice the SFST and PBT on real-life subjects.

"This course offers trainees a more hands-on experience in a controlled environment," said Master-at-Arms 2nd Class Jeremy Snyder, DUI and SFST instructor with NSF GTMO. "[The FTOs] learned about the facts behind DUIs and the clues to look for to detect one."

A SFST comprises a walk- and-turn, a one-leg stand, and a horizontal gaze nystagmus (HGN) test.

Alcohol-related nystagmus occurs when a person's eyes lag and over-

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Military children learn life skills during USO, Trevor Romain Foundation presentation

MC3 Leona Mynes

NS Guantanamo Bay, Cuba Public Affairs

Children at W.T. Sampson Unit School on Naval Station Guantanamo Bay, Cuba, learned social, physical and mental fitness skills during a presentation by the United Services Organization (USO) and the Trevor Romain Company and Foundation, Feb. 9-10.

First and second grade students watched a video presenta-

➔ See **CHILDREN** • Page 6



PHOTO BY MC3 LEONA MYNES

Stephanie Pridell and Trevor Romain of the Trevor Romain Company and Foundation give a presentation on coping with the unique challenges of a military lifestyle at W.T. Sampson Elementary School's gymnasium Feb. 9.

Sailor of the Week



BM2 (SW) Lora Coss

Dockmaster, Supply Petty Officer
Port Operations department

- **Age:** 25
- **Hometown:** Seneca, Ill.
- **Ambition:** Finish my Associate's degree.
- **Motto:** A word to the wise ain't necessary. It's the stupid ones that need advice.
- **Favorite sports team:** Chicago Bears
- **Favorite GTMO restaurant:** Bayview for brunch.
- **Favorite musician:** Alicia Keys
- **Favorite book:** Chelsea, Chelsea Bang Bang by Chelsea Handler
- **Favorite hobby:** Working out
- **Favorite TV show:** The Game
- **Favorite movie:** Old School
- **Currently working on:** my Associate's degree.
- **Greatest passion:** Being a Boatswain's mate.
- **Greatest accomplishment:** making E-5.
- **I'd give anything to meet:** Michelle Obama.
- **How the Navy has improved your life:** It pays for my college education.
- **Sailor of the Week because:** As Port Operations department's supply petty officer, she manages a budget of more than \$3 million. A true team player who always supports her shipmates, she was one of the key players in a recent overhaul of Bulkeley Landing.

Youth attend cheerleading clinic hosted by NFL cheerleaders



PHOTO BY ANDREW REED

Miami Dolphins Cheerleaders show approximately 20 Guantanamo children their touchdown cheer before teaching it during a cheerleading clinic at Cooper Field Feb. 6.

Andrew Reed

NS Guantanamo Bay, Cuba Public Affairs

The Miami Dolphins Cheerleaders visited Naval Station Guantanamo Bay, Cuba, to spend the Superbowl Sunday with servicemembers, Feb. 6.

During their visit, the cheerleaders hosted a cheer leading clinic in partnership with Morale, Welfare and Recreation's (MWR) Youth Sports program with approximately 20 children whose parents are stationed on base.

"I learned the cheer the cheerleaders do when the Dolphins score a touchdown," said seven-year-old Katie Simon. "I had a lot of fun and I really like it when MWR does things like this for the kids here and our families."

The cheerleaders' visit to NS Guantanamo Bay, Cuba, was their second tour to a military base during the 2010-2011 National Football League season.

"We like to go around during the off-season to support our troops," said Melissa Burnos, who has been cheering for the Dolphins for more than two years. "We appreciate all of the things they do for us."

After the cheer leading clinic, the cheerleaders went to the MWR Windjammer, a restaurant on base, and watched the Superbowl with servicemembers.

THURGOOD MARSHALL, FIRST AFRICAN AMERICAN SUPREME COURT JUSTICE

Black History Month Spotlight



THURGOOD MARSHALL was the first African American to serve as a Justice of the Supreme Court. He was nominated by President Lyndon B. Johnson in June 1967. On Aug. 30, 1967, he was confirmed as an Associate Justice by the Senate. He spent the next 24 years sitting on the bench. Thurgood was a staunch liberal, and his decisions reflected his views. Marshall fought hard for the rights of the individual, particularly the rights of criminal suspects against the U.S. He voted in favor of abortion rights and deemed the death penalty to be unconstitutional. He was so against the death penalty that he dissented from every denial of certiorari in a capital case and from every decision upholding a sentence of death. Due to his health, he retired from the court in 1991. He died of heart failure two years later. Marshall left his personal papers and memoirs to the Library of Congress, which are currently available for viewing. *Written by LN2 David Forrest*

GUANTANAMO BAY GAZETTE

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CMDMCM (SW/AW/EXW) J.D. MCKINNEY, III



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TERENCE PECK
MCC(SW) BILL MESTA
MC3 LEONA MYNES

Common courtesy .. not so common



MCC Bill Mesta
NS Guantanamo Bay, Cuba, Public Affairs

As a U.S. Navy Sailor, courtesy is built into our daily routine from the moment we arrive at the boot camp front door.

When an enlisted Sailor passes an officer, we render a sharp salute which is returned as a sign of mutual respect between two warriors.

Another illustration of naval courtesy occurs when we enter a Navy galley, we remove our covers out of respect for fellow service members who have passed away. These are a few examples of the many customs and courtesy built into Navy culture.

Guantanamo Bay has a well-known reputation as a considerate place to live and work. Most motorists wave to each other, even when we don't know each other. It is almost unheard of to walk past anyone without a greeting.

Ninety-nine percent of the time we treat other around GTMO with great respect. However, when you encounter a rude member of our community, it can put a crimp in your whole day. An ill-mannered person is someone whose thoughtless actions affect those around them in a negatively.

A prime example of obvious lack of respect for those around us is playing excessively loud music. I love music. In particular, I love music that sounds great loud, like AC/DC.

However, if I were to play the music that I enjoy at a volume a level loud enough to be heard throughout the entire Cooper Field Sports Complex, the greater Downtown area and even as far as the Down Town Lyceum movie theater, it would be safe to say I had no consideration for those around me and who don't particularly want to hear my music.

All of GTMO's music lovers should be encouraged to enjoy their tunes. But listen to your music at a reasonable volume that doesn't affect the rest of our community.

By the way, by regulation, quiet hours begin at 10 p.m.

And while we are on the subject of the Lyceum, one of the

re-occurring 'Open Line' concerns is patrons talking during the movie. Next time you journey back to the States, take in a movie at any theater. Prior to the movie's beginning, video announcements are played to inform the audience that it is against the rules to talk or use cellular phones while the movie is playing. And guess what happens if you do not follow these rules? You are kicked out of the movie theater.

The patrons at GTMO's theater need to remember that if they thoughtlessly make noise and socialize during a movie, they are degrading the experience for other movie-goers.

'To curse like a Sailor' is a stereotype that has been around in the Navy since Davey Jones dropped his first anchor on his foot and shouted "%\$&#!"

While I am not overly sensitive to vulgarly, I do recognize that many of GTMO's residents find it this type of language unpleasant.

I recently encountered a hard working Sailor in line at one of GTMO's finer eateries. While waiting in line to order a delicious sandwich he looked over at his buddy and said, "Man, I wish this %\$&^* line would hurry up. I am !\$#@*^ hungry. I hope they have %*%#& cheese because when they run out it %\$&# blows."

I glanced around at the families in the dining area, resisted the urge to sew the Sailor's mouth shut, and proceeded to provide some professional training on the use of appropriate language while on liberty.

He looked at me as I counseled him as if I had just landed on base from the planet Mars.

Come on, GTMO!

Think about the language you use around base. Many find obscene language offensive.

Our actions around the base do affect the people around us.

Think about what you are doing and saying and make sure that your actions enhance the culture and environment of the "Pearl of the Antilles."

CHAPLAIN'S CORNER

GREEK PHILOSOPHY



Lt. Thomas O'Flanagan
NS Guantanamo Bay, Cuba, Command Chaplain

This great story was passed to me... As pertinent today as 399 B.C.!

Keep this in mind the next time you are about to repeat a rumor or spread gossip: In ancient Greece (469-399 BC), Socrates was widely lauded for his wisdom. One day an acquaintance ran up to him excitedly and said, "Socrates, do you know what I just heard about Diogenes?"

"Wait a moment," Socrates replied, "Before you tell me I'd like you to pass a little test. It's called the Triple Filter Test."

"Triple filter?" asked the acquaintance.

"That's right," Socrates continued, "Before you talk to me about Diogenes let's take a moment to filter what you're going to say. The first filter is Truth. Have you made absolutely sure that what you are about to tell me is true?"

"No," the man said, "Actually, I just heard about it."

"All right," said Socrates, "So you don't really know if it's true or not. Now let's try the second filter, the filter of Goodness. Is what you are about to tell me about Diogenes something good?"

"No, on the contrary..."

"So," Socrates continued, "You want to tell me something about Diogenes that may be bad, even though you're not cer-

tain it's true?"

The man shrugged, a little embarrassed. Socrates continued, "You may still pass the test though, because there is a third filter, the filter of Usefulness. Is what you want to tell me about Diogenes going to be useful to me?"

"No, not really."

"Well," concluded Socrates, "If what you want to tell me is neither True nor Good nor even useful, why tell it to me or anyone at all?"

The man was bewildered and ashamed. This is an example of why Socrates was a great philosopher and held in such high esteem.

May God Bless our speech and motives.

Fr. Tom O'Flanagan

Naval Hospital serves ♥ healthy meal during American ♥ Health Month



The Naval Hospital Guantanamo Bay, Cuba, galley promoted American Heart Health month with a Heart Healthy Mediterranean lunch Feb. 9.

Mediterranean food is mostly sautéed or grilled, amounting to fewer calories and less saturated fat than some other foods, according to Culinary Specialist 1st Class Keith Thomas, the leading petty officer at NH Guantanamo Bay, Cuba's galley.

"When you sauté and grill meat, it doesn't absorb fat from grease the way fried food does," said Thomas.

A healthy diet with reduced amounts of saturated fat, trans fat, cholesterol, added sugars, hydrogenated

vegetable oils and alcohol will decrease the probability of a coronary event, such as heart attack, according to the Center for Disease Control and Prevention.

Thomas said he and his staff used Mediterranean food recipes from AllRecipes.com, including some recipes that had been passed down through generations of Mediterranean people.

"If you're going to use recipes from online, start small and don't overdo it," said Thomas. "Follow the recipe verbatim for the best heart health results."

The galley at NH Guantanamo Bay, Cuba, prepares approximately 15 special meals per year to promote a healthy lifestyle.

SIGNS & SYMPTOMS

- Chest discomfort. Most heart attacks involve discomfort in the center of the chest that goes away and comes back.
- Shortness of breath. May occur with or without chest pain.
- Cold sweat.
- Nausea.
- Dizziness or feeling light-headed.
- Discomfort in other areas of the body. This includes your arms, back, neck, jaw or stomach.

FAST FACTS

- Every 34 seconds, an American will have a coronary event.
- One American dies from a coronary event every minute.
- Almost half of men who have a heart attack under the age of 65 die within eight years.
- The average age of the first heart attack in men is 66 years.
- In 2010, heart disease health care services, medications and lost productivity was estimated to cost the United States approximately \$316.4 billion.
- According to a study conducted by The Institute of Medicine, a brief exposure to second-hand smoke can trigger a heart attack.
- Exposure to second-hand smoke can increase the risk of heart attack by 20-30 percent.

QUICK STATS

- ♥ **785,000** ♥
Estimated number of Americans who had a new coronary attack in 2010.
- ♥ **70-89%** ♥
...of sudden heart attacks occur in men.
- ♥ **309,821** ♥
Estimated number of men killed by heart disease in 2007.
- ♥ **306,246** ♥
Estimated number of women who experienced coronary attacks in 2010.
- ♥ **34 seconds** ♥
Someone has a coronary event in America.

life

For **Valentine's Day**, give yourself and those who *love* you the gift of a *longer life*. **Commit** to a healthier lifestyle. Without a healthy heart, you can't *live*—**or love**—the life of your dreams.

Source: Center for Disease Control and Prevention, American Heart Association

♥ HEALTHY RECIPES

CHICKEN MARSALA • SERVES 4

277 calories per serving, 304 mg sodium

- 4 chicken breasts, *boned, skinless* (5 oz.)
- 1 **tbsp** olive oil 1/8 **tsp** black pepper
- 1/2 **cup** Marsala wine 1/4 **tsp** salt
- 1/2 **cup** chicken stock, *skim fat from top*
- 1/2 **lemon** 1/4 **cup** flour
- 1/2 **cup** sliced mushrooms
- 1 **tbsp** fresh, chopped parsley

Mix pepper, salt and flour. Coat chicken with seasoned flour. In heavy-bottomed skillet, heat oil. Place chicken breasts in skillet and brown on both sides. Remove chicken from skillet and set aside. Add wine to skillet and stir until heated. Add lemon juice, stock and mushrooms. Stir to toss. Cook for about 10 minutes until sauce is partially reduced. Return browned chicken breasts to skillet. Spoon sauce over chicken. Cover and cook for about five to 10 minutes or until chicken is done. Serve sauce over chicken. Garnish with chopped parsley.

APPLE COFFEE CAKE • SERVES 20

188 calories per serving, 68 mg sodium

- 5 **cups** tart apples, *peeled and chopped*
- 1/2 **cup** chopped pecans 1 **cup** sugar
- 1/4 **cup** vegetable oil 1 **cup** dark raisins
- 2-1/2 **cups** sifted all-purpose flour
- 1-1/2 **tsp** baking soda 2 **tsp** vanilla
- 2 **tsp** ground cinnamon 1 **egg**, beaten

Preheat oven to 350°F. Lightly oil a 13x9x2" pan. Combine apples, sugar, raisins & pecans in large mixing bowl. Let stand 30 minutes. Stir vanilla, oil and egg into mixture. Sift together flour, baking soda and cinnamon. Stir into apple mixture about 1/3 at a time, just enough to moisten dry ingredients. Turn batter into pan. Bake 35-40 minutes. Cook cake slightly before serving.

AVOID A ♥ ATTACK

- Don't smoke.
- Avoid second-hand smoke.
- Get treated for high blood pressure, if you have it.
- Alter your diet to healthier foods with low amounts of saturated fat, trans fat, cholesterol, and sodium.
- Maintain a healthy weight, losing some if needed.
- See your doctor for regular check-ups.
- Take your medicines exactly as prescribed.
- If you have diabetes, control your blood sugar.

RISK FACTORS

- High cholesterol
- High blood pressure
- Diabetes
- Cigarette smoking
- Overweight/obesity
- Poor diet
- Physical inactivity
- Alcohol use

correct with a jerking movement while following an object, such as a pen. The person exhibiting the nystagmus is unaware that it is occurring because it does not affect vision, according to NHTSA.

FTOs also learned signs of drunken driving while a person is operating a vehicle, including swerving off of the road or over the center line, stopping several feet before or past a stop sign, driving 10 or more miles per hour slower than the speed limit, following too closely, or having the vehicle's headlights off at night, said Snyder.

Following the detection of these signs, patrolmen may pull a vehicle over and look for preliminary signs of drunken driving, including the smell of alcohol coming from the driver, empty alcohol containers inside the vehicle, and other immediate physical signs that a driver has been drinking, in accordance with DD Form 1920, an Alcohol Incident Report.

If a patrolman has reason to suspect drunken driving, he or she can conduct a SFST on the driver.

By operating a vehicle on NS GTMO, a driver has given implied consent to the SFST, according to Naval Station Guantanamo Bay, Cuba, Instruction (NAVSTAGTMOINST) 11200.1A, Motor Vehicle and Traffic Regulations.

Using SFSTs and PBTs to detect drunken driving on GTMO is one of the ways NSF GTMO ensures that unsafe drivers stay off the roads, said Snyder.

"You don't necessarily have to have a blood alcohol content of 0.05 to 0.08 [percent] to be considered impaired," said Snyder.

According to section 413 of NAVSTAGTMOINST 11200.1A, impaired driving is defined as any physiological, psychological, or perceptual effects that render a person unable to safely operate a motor vehicle.

A person who has been drinking alcohol will show signs of being impaired with a BAC of as little as 0.03 percent, according to NHTSA.



Master-at-Arms 2nd Class Marcus Williams, from Detroit, Mich., performs a horizontal gaze nystagmus (HGN) exam on a volunteer drinker as part of a standard field sobriety test during a wet lab at the security department training complex Feb. 4. The patrolmen were looking for a jerking motion in the eyes, which is an involuntary physiological sign of alcohol consumption.

PHOTO BY MC3 LEONA MYNES

"It doesn't take much to get a DUI," said Snyder. "Even at 0.05 percent, these guys [patrolmen] can pick up on clues and can apprehend someone driving under the influence."

In addition to possibly being apprehended, a drunken driving offense can have a negative effect on a Sailor's career, said Snyder.

"You can go to traffic court, get your license revoked, lose base driving privileges, be debarred from base, lose your job, and face non-judicial punishment," said Snyder. "[These consequences] are bad for people on base whose job requires them to drive every day."

Snyder said that on a remote base like NS GTMO, there is no reason for a person to get behind the wheel after consuming alcohol.

"There are enough safe-guards in place [here]," said Snyder. "You can use the public transportation system, call your supervisor to come get you, or a designate a driver."

Following the course, the FTOs returned to their sections and began training their patrolmen on DUI recognition and enforcement.

"This training gave me knowledge of specifics I didn't know about before," said Master-at-Arms 2nd Class Brandon Morrison, a FTO with bravo section, NSF GTMO. "I am going to train my section in the proper way to do DUI traffic stops to promote a safer environment for all of us."

Morrison said that after training his section on DUI recognition and enforcement, he hopes to see a drop in the number of alcohol-related driving incidents on base, and added that this training will give Sailors attached to NSF GTMO a tool for a successful future.

"If the Sailors decide to leave the Navy and join civilian law enforcement, they'll have prior knowledge of DUI recognition and enforcement," said Morrison. "If they stay in the

Navy, it's a skill they will use at any command."

More information about impaired driving and SFSTs can be found at NHTSA.gov.

IN 2010, NSF RECORDED:

- 9 cases of drunk and disorderly persons
- 10 DUIs
- 2 people urinating in public
- 3 cases of underage drinking

ALL OFFENSES WERE DETECTED WITH THE STANDARD FIELD SOBRIETY TEST.

CHILDREN • Continued

tion about building self-esteem and how to cope with bullying and the unique challenges children face when one or both of their parents are in the military.

After the video, Romain spoke with the children about the uniqueness of a military family's lifestyle and told the children they are never alone in struggles they may have with a parent's deployment.

"Your friends, your school, your community, and your country are with you all the way," said Romain. "You have important jobs to do, supporting your family members who are in the military. You are no ordinary kids; you are all very special."

Romain encouraged the children to voice their feelings about a parent's deployment.

"It's okay to be angry and it's okay to be sad," said Romain. "It's knowing what to do with those emotions that's important."

One thing children can do when they are angry or sad about a parent's deployment is e-mail questions to the Trevor Romain Company and Foundation, said Stephanie Pridell, a social worker who is part of Romain's team.

"I know what these kids are going through," said Pridell, whose father was deployed for approximately one year while she was growing up. "I came from a military family and grew up all over the world."

Katarina Courson, a 2nd grader whose father has been deployed three times since she was born, copes with deployments by keeping her "daddy cat" with her.

The "daddy cat" is a stuffed animal that plays messages from her dad, like "I love you," and "I miss you."

"When my dad is gone, I play with that toy and feel better," said Courson.

The presentation helped her learn skills for growing up as a military child, said Courson.

"I learned how to help people, how to not be afraid of bullies and how to not be so sad when my dad deploys," said Courson. "I'm really glad they [USO] did this for us as military kids."

GTMO SHOPPER

Please submit all classified ads to PAO-ClassifiedAds@usnbgmto.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.

HOUSEHOLD GOODS

- Area Rug - \$45. Call Diana at 9796 or 77989.
- 6-Drawer Dresser - \$150, Call Diana at 9796 or 77989.
- 2-Drawer Night Stand - \$50, Call Diana at 9796 or 77989.
- 2-Drawer Filing Cabinet - \$20, Call Diana at 9796 or 77989.
- Twin Mattress - \$25, Call Diana at 9796 or 77989.
- Twin Boxspring - \$20, Call Diana at 9796 or 77989.
- Blender - \$20, Call Diana at 9796 or 77989.
- Complete Calphalon Unison Cookware Set - Excellent Condition, \$250 OBO. Call 77370.
- 3 Bedroom dressers various sizes. Call 75724.
- Power Juicer \$60. Call 75724.
- Fondue set \$20. Call 75724.
- George Forman Grill \$40. Call 75724.
- NU Wave oven \$100. Call 75724.

YARD SALES

- Sunday, Feb. 13. 7 to 11 a.m. N317 Marina Point.
- Saturday, Feb. 12, NB 20, 8 to 11 a.m. Kid's toys, clothes and various used items.

ELECTRONICS

- Panasonic Home Theater - \$175, Call Diana at 9796 or 77989.
 - Panasonic Home Theater - \$100, Call Diana at 9796 or 77989.
 - SCSi Modem - \$40, Call Diana at 9796 or 77989.
 - Like new Sony PSP w/ Case, memory stick, 6 games. \$125. Call 4298 from 9 a.m. to 3 p.m.
 - Sony stereo w/ iPod charging dock - \$90. Call 78486.
 - Sony 32" Trinitron \$100. Call 75724.
 - TV Stand \$20. Call 75724.
 - SCSi modem w/ Ethernet wire. \$60. Call 75749.
- Dell Inspiron laptop. 3gb, 250hd. Windows Vista. \$400. Call Omar at 90554/4577 or e-mail firefighter_nelson@yahoo.com.

RCA 27" NTSC TV w/ remote. \$35. Hitachi 20" PAL/SECAM/NTSC/NTSC 4.43 TV without remote. Call Jack at 78452.

JEWELRY

- Brand new men's diamond ring 1/4 carat, size 11. Call 84112.

VEHICLES

- '00 Grand Vitara Suzuki (Unlimited), Black, 4D, tinted windows, CD, Sirius, Great running condition. \$4,500 OBO. Call Diana at 9796/77989.
- '03 Honda CR-V. Excellent condition. \$9,999 OBO. Call 76969.
- '94 Chevy van, AC, great condition. \$2,700 OBO. Call Annetta at H-77300/W-72330 or Jamie at 77941.

'94 GMC 1500, 70k miles, New Tune Up, Radiator, and A/C System. Runs Perfect! Have all records. \$2900. E-mail jungle867@yahoo.com.

'99 Mazda Protégé. 114K mi., fresh oil change, window tint. \$2,500 OBO. Call 84115.

OUTDOOR RECREATION

- Large cooler - \$45, Call Diana at 9796 or 77989.
- Optima Gas Grill - \$50. Call Diana at 9796 or 77989.
- Used RZR ladies' golf club set, incl. cart, \$100. OBO, Call Sonia at 90771.
- 12' Offset Yard Umbrella - Tan, Excellent Condition. Perfect for summer. \$350. Call 77370.
- Large Copper Fire Pit - Always covered, Never used - \$75 OBO. Call 77370.
- TV SET of Golf Clubs w/bag and extra balls \$80. Call 75724.

Zeagle Ranger LTD Md. Zeagle gauges, Mares regs, wheeled dive bag, titanium knife, gear keeper, LED light, padded case for reg/gauges. \$800. E-mail jungle867@yahoo.com.

3" titanium dive knife. \$50. E-mail jungle867@yahoo.com.

Aqua Lung 1mill full wetsuit - XL. \$75. E-mail jungle867@yahoo.com.

Zoom Z3 Fins - M-M/L. \$75. E-mail jungle867@yahoo.com.

MISCELLANEOUS

- Fender Starcaster 3/4 sized beautiful acoustic Guitar \$50 for more info please e-mail me at james.gresl@med.navy.mil
- Cuban Beer/ rum bottles/Avon Bottles. Call 75724.

JOB LISTING

PURCHASE CARD/GOVERNMENT TRAVEL CARD PROGRAM ADMINISTRATOR (CNIC)*

CABLE SPLICER LEADER (NCTAMS)

HOUSING MANAGER (NAVSTA)*

INVENTORY MANAGEMENT SPECIALIST (USNH)

OFFICE AUTOMATION ASSISTANT (NCTAMS)

SUPPLY TECHNICIAN (FISCJ)*

MATERIALS HANDLER (FISCJ)*

ENVIRONMENTAL PROTECTION SPECIALIST (USNH)

PART-TIME SECRETARY (FFSC)*

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

*Open continuously until filled.

PASSENGER SERVICE AGENT, Burns & Roe Services Corporation. Working at Leeward Airfield and Windward Annex. Flexible schedule, excellent salary, pleasant working environment. Send resume to kim.veditz.ctr@usnbgmto.navy.mil or call Kim at 6364 or Teresa at 6351.

ABANDONED PROPERTY

Year	Make	Model	Color
1983	TOYOTA	COROLLA	Brown
1985	DODGE	RAM	White
1992	DODGE	RAM	White
1978	DODGE	STATION WAGON	Gray
1988	CHEVY	ASTRO VAN	Green/White
N/A	URBAN SPORTY	MOPED	Black/White
1993	FORD	THUNDERBIRD	Red
N/A	HONDA	MOPED	Black
1997	GEO	METRO	Black
1984	FORD	BRONCO	Blue
1987	DODGE	RAM	Blue/Black
1985	PLYMOUTH	DUSTER	Blue
N/A	N/A	N/A	White
1983	TOYOTA	TERCEL	Gray/Blue
1986	DODGE	RAM 50 SPORT	Black
2001	FORD	F-150	Red
1988	BUICK	CENTURY	Black
N/A	TOYOTA	TRUCK	BLUE
1978	DODGE	N/A	BLACK
1986	OLDSMOBILE	CALAIS	White
1987	OLDSMOBILE	CUTLASS	Gray
N/A	MAZDA	626	Blue
1980	TOYOTA	COROLLA TERCEL	Blue
1981	FORD	F-250	White
N/A	CHEVY	VAN	Black
1988	DODGE	VAN	Black/Blue
N/A	PONTIAC	FIREBIRD	White
1992	FORD	AEROSTAR	White
1984	FORD	F-150 XLT	White
N/A	CHEVY	N/A	White
1990	MERCURY	COUGAR	Red
1978	FORD	F-150 RANGER	Lt Blue
1988	TOYOTA	CAMRY	White
1998	IZUZU	PICK UP	White
1990	SUBARU	LEGACY	Gray
N/A	DODGE	250 VAN	Royal
N/A	DODGE	VAN	White
1982	MERCURY	CAPRI	Red
N/A	DODGE	RAM	Lt Blue
N/A	CHEVY	CORSICA LT	Lt Blue
1999	FORD	WINSTAR	Gold
N/A	CHEVROLET	S 10	BLK
1989	TOYOTA	TERCEL	RED
1993	IZUZU	pickup	GRAY
1984	FORD	ECONLINE	Maroon
N/A	FORD	ECONLINE	White
N/A	HONDA	CIVIC	rust
1988	AUDI	80	Silver
1983	MAZDA	626	BLUE
N/A	CHEVROLET	spectrum	black
N/A	HONDA	CIVIC	BLUE
N/A	HONDA	CIVIC	RED
1983	TOYOTA	TERCEL	Lt Blue/Grey
N/A	BUICK	CUTLASS	Silver
2004	RR150	UNKNOWN	Blue
1987	MAZDA	626	Gold
N/A	DODGE	RAM	Brown/Rust
N/A	HONDA	CIVIC	Red
N/A	N/A	TRAILER	Silver
N/A	HONDA	SCOOTER	Green
N/A	BOAT	VIP	White
1986	CHEVY	NOVA	White
N/A	MAZDA	GLO	Red
1980	TOYOTA	COROLLA	Red
1985	DODGE	RAM	Brown
1995	HONDA	SHADOW VLX	Black
1989	DODGE	1500	White
1989	CHEVROLET	2 24	Red
1988	GMC	1500	Green
1984	MAZDA	GLO	Black
1975	MERCURY	SABLE	Brown
1978	FORD	FIESTA	Orange

For more information or to claim a vehicle on this list, contact CE2 Joseph Ulep by e-mailing Joseph.Ulep@usnbgmto.navy.mil or calling Ulep at 4325.

OBITUARY



Vines Adela Wright

8/15/28 to 1/25/11

Born in Santiago de Cuba, Mrs. Wright started working on base in 1952. She met her husband in 1953. They married and relocated to the base in 1965, where they resided until 2008. In 2008, Mr. and Mrs. Wright moved to Orlando, Fla., to be closer to their children. Mrs. Wright is survived by daughters Addys Gobert, Miriam Wright, Florencia Wright, and son, Aston Wright.

PETS

- Cat needs a permanent home. He's domesticated, outdoor/indoor cat, left behind by his family. I can't take him with me when I transfer. Neutered, loving. Call Aaron at 78274/3120 or e-mail parkers_lane19@yahoo.com

BOATS

- 22' Mako w/trailer, 225S HP Yamaha V-Hull, Bimini top, tackle box certified. \$10K. Call Mike at 75829, 84137, 4431.

gtmo HAPPENINGS

Resume/Employment Applications
Class Feb. 15 from 9 to 11 a.m. at the Fleet and Family Support Center. Call 4141 to register.

Banking and Financial Services Feb. 17 from 9 to 10:30 a.m. at the Fleet and Family Support Center. Call 4141 to register.

Stress Management Feb. 22 from 9 to 11 a.m. at the Fleet and Family Support Center. Call 4141 to register.

Senior Class Live Auction at the Bayview Feb. 17. View items at 6 p.m. Auction begins at 7 p.m.

La Leche League will be holding a meeting for all breastfeeding and pregnant mothers Wednesday, Feb. 16 at 6 p.m. The meeting will be at West Iguana 2722B. Call Monica Chronister, LLL Leader, at 77775 or e-mail mmaac724@yahoo.com for more information.

The GTMO American Red Cross has been relocated to Center Bargo 1208 with additional phone numbers, 2511 and 2512. You may still call cell phone number 84150. Walk in, turn right and walk to the end of the hall. That is where the Station Manager's office is located. Thank you.

Seabee Ball 2011 will be held Saturday, March 5 at the Windjammer Ballroom. Cocktail hour begins at 6 p.m. and the ceremony begins at 7:15 p.m. For tickets, call 4518 or 4458. E-1 to E-4, \$10; E-5 to E-6, \$15, E-7+ and civilians, \$25. Please wear dress whites or your service's equivalent.

Denich Gym Hours of Operation Beginning Feb. 22, Denich Gym will open at 4 a.m. on Monday through Friday.

Florida Marlins and Mermaids Florida Marlins and Mermaids will be in Guantanamo Bay Feb. 13 and Feb. 14. On Sunday, Feb. 13, there will be Youth Baseball and Dance Clinics starting at 4 p.m. on Cooper Field. On Monday, Feb. 14, there will be a meet-and-greet at 11 a.m. at Camp America Liberty. For more information, call 4882.

Ladies Night Sunset Cruise Friday, Feb. 25. Depart the Marina at 4:45 p.m. \$10 per person. Register by Feb. 24. For more information, 2345. Bring your friends, snacks and beverages for a fun-filled two hour chartered cruise on the bay.

Captain's License Prep Test Session Learn what you need to know about how to rent kayaks, sailboats or pontoons and take the test. Feb. 23 from 5 to 5:30 p.m. at the Marina. Register for FREE by Feb. 22. Call 2345 for more information.

Glow in the Dark Disc Golf Tourney Outdoor recreation will be holding a disc golf tournament Feb. 26 at 6 p.m. at the Disc Golf Course. \$10 per person. Register by Feb. 25. Call 77288 for more information.

Any day in GTMO



PHOTO BY TERENCE R. PECK

Donald King fills a plate during the Guantanamo Bay Black Heritage Organization's Food Fest Feb. 5. The Food Fest was a fund raiser that raised money for the Black and Silver Ball that will be held Feb. 26. The ball's theme is "African Americans and our Nation's Defense." Tickets will be sold at the Navy Exchange Feb. 11-13 and can call 4576, 78086, or 4532.

Galley to begin ventilation renovations

MCC Bill Mesta

NS Guantanamo Bay, Cuba, Public Affairs

An extensive air-conditioning duct work renovation is scheduled to begin at the Naval Station Guantanamo Bay, Cuba's Gold Hill Galley, Feb. 22.

All overhead air conditioning duct work will be replaced to improve air-flow and better cool the facility during the summer months.

During the 16-week project, alternating halves of the galley dining room will be closed for two eight-week periods, said Lt. j.g. Vivian L. Maner, the food services officer on NS Guantanamo Bay, Cuba.

"The wait time for a table will be longer than normal, but we will provide

containers for to-go meals during the renovation," said Senior Chief Culinary Specialist Patrick Campbell, food service leading chief petty officer. "The E-7 and above area will also be closed down to maximize seating and we ask that customers limit their time in the dining facility."

The only facility on base to be affected by the renovations will be the Gold Hill Galley.

"If you [can] to eat at the Seaside Galley, we would encourage you to do so," said Campbell. "We very much want our customers to continue to eat at the Gold Hill Galley. We will be providing that same '5 Star' service that you are used to."

Hospital to be re-roofed

MCC Bill Mesta

NS Guantanamo Bay, Cuba, Public Affairs

Naval Hospital Guantanamo Bay, Cuba, is scheduled to have its roof replaced starting Feb. 14.

While patients may encounter an odor from roofing tar, they can expect regular care as the project will not disrupt medical services.

The roofing project is expected to take approximately four months and will encompass the entire main hospital structure, said Lt. David Clevenger, the administrative officer for the naval station's hospital. Patients may smell a slight odor of tar used to install the new roof in patient care areas of the hospital.

While the odors are unavoidable and a nuisance, they are harmless, said Clevenger.

"Due to the age of the building and island climate, the roof has degraded to levels that are unacceptable and it requires replacement," said Clevenger.

The roofing project is one of numerous ongoing initiatives to provide the best possible health care environment for the residents of Guantanamo Bay, said Clevenger.

"The Naval Hospital is working diligently to expedite current renovations and is doing it's very best to minimize impact to patients," said Clevenger.

RadioGTMO

The Early Show with Mama Juanita • Weekdays, 7 a.m. to 9 a.m. • FM 103.1
12 o'clock Rock with DJ Snacks • Mondays-Thursday, noon to 2 p.m. • FM 103.1
JSmart Radio • Dr. Duff and friends • Fridays, noon to 2 p.m. • FM 103.1
Dr. J Show • Dr. J • Weekdays, 2 to 4 p.m. • FM 103.1
Aftershock Show • DJ Earquake • Weekdays, 4 to 6 p.m. • FM 103.1
The Cut • Green Mile • Thursdays, 6 to 9 p.m. • FM 102.1
Diggin' in the Crates • DJ Funkenstein • Saturday, noon to 3 p.m. • FM 103.1

MEETING
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NEEDS