



Guantanamo Bay Gazette

Miami Dolphins Cheerleaders Visit GTMO



Miami Dolphins Cheerleaders hold a cheer clinic for the girls during their visit to Naval Station (NS) Guantanamo Bay, Cuba. The cheerleaders were here as part of the Super Bowl festivities sponsored by Morale Welfare and Recreation. - Photos courtesy of Capt. John Kall, USN.

Kelly Wirfel

NS Guantanamo Bay Public Affairs Officer

Morale, Welfare and Recreation (MWR) at Naval Station (NS) Guantanamo Bay, Cuba hosted members of the Miami Dolphins cheerleading team, Feb. 1-4.

Six cheerleaders signed autographs and provided cheer performances for Guantanamo Bay residents as part of MWR's Super Bowl weekend entertainment program.

"It truly is such an honor to be here this weekend," said Miami Dolphins Cheerleader and Team Captain Samantha Ruiz. "We understand the sacrifices you all make and we try to give back when we can."

Saturday afternoon, NS Guantanamo Bay's W.T. Sampson elementary and high school cheerleaders were invited to participate in a 'cheer clinic' with Miami's squad at the installations Cooper Field Sports Complex. Nearly 40 youth ranging from ages four to 18 participated in the two hour long clinic. Following the dance clinic the cheerleaders signed autographs for the participants and crowd.

The following day, Super Bowl Sunday, the cheerleaders performed dance routines and cheers for community members before the start of the Super Bowl at the base Windjammer club.

"I think the events went extremely well. The cheerleaders were

very personable, down to earth, and friendly," said MWR Director Tara Culbertson. "They completely 'got it' in terms of the mission - to improve morale for all the GTMO residents. With the isolation of GTMO, these types of morale enhancing visits are critical. The Youth Clinic was a big hit with the kids and of course, the visits with the active duty around the base and at our event at O'Kelly's were delightful."



What is Military Saves Week?

Walter Barrett
Fleet & Family Support

As we approach February, FFSC would like to remind everyone that Military Saves Week is right around the corner. To help each of us get ready, FFSC's Personal Financial Manager - Walter Barrett has provided insight to the program and what we can do to get started:

How did we get Military Saves Week?

A little background on this, in 2007 DoD partnered with the Consumer Federation of America (CFA) a non-profit consumer awareness group. CFA built and maintained a social networking program called America Saves, DoD liked it so much they partnered with them and morphed their program into Military Saves. DoD designated the last week of February each year as Military Saves Week. This year it'll be February 25th through March 2nd.

Why do we need Military Saves Week?

Although saving should be a year round goal, DoD's intent is to highlight and focus

attention on saving during this dedicated week. At the command level our goal is to enlighten, encourage and educate our military community in the various ways to save. This year's theme is titled: "Set a Goal, Make a Plan, Save Automatically".

How can I find out more information?

Throughout the month there will be radio spots, information tables, Roller publications, as well as information in The Wire and The Gazette or by calling FFSC at 4141.

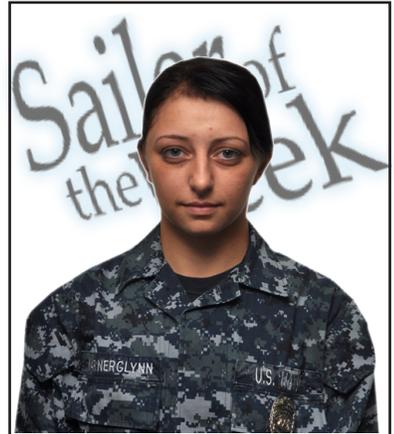
What can you do right now?

First we encourage everyone in the community to go to the link to "Take the Pledge." It's located at the www.militarysaves.org website. Click on "Take the Pledge" and actually read the pledge and apply it to them. Next, we encourage you to share it with your family, friends, and coworkers.

Ready to save?

FFSC can provide education to assist, primarily this is done on a one-on-one basis by making an appointment or through group presentations.

If you would like more information on this, schedule a one-on-one appointment or to register for a class please contact x4141.



MASTER-AT-ARMS SEAMAN JESSICA WARNERGLYNN

- **Job/Department:** Patrolman/ Security
- **Age:** 20
- **Hometown:** Leslie, MI.
- **Favorite Hobby:** Reading
- **Favorite GTMO Restaurant:** Windjammer
- **Favorite Movie:** Gone with the Wind
- **Favorite Book:** Wuthering Heights
- **Favorite Musician:** George Jones
- **Favorite Quote:** "Stupidity is a talent for misconception" - Edgar Allen Poe"
- **Hero:** My uncle
- **Currently Working On:** Getting Kennel Support
- **How Has The Navy Improved Her Life:** The Navy gave me a life
- **Sailor of the Week Because:** Going above and beyond requirements of an Master-At-Arms Seaman. Maintains outstanding military bearing and off duty conduct is superb.



Children from W.T. Sampson Elementary School give a performance in Honor of Black Heritage Month.

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GUANTANAMO BAY GAZETTE

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NAVAL STATION GUANTANAMO BAY, CUBA

Bicycle Safety Tips

Safety Department

Naval Station Guantanamo Bay, Cuba

Bicycles are legally considered “vehicles” on GTMO’s roadways.

In accordance with Navy Traffic Safety Program (OPNAVINST 5100.12J) and Department of Defense Instruction (DoDI 6055.04), bicyclists must obey the rules of the road like drivers of any other vehicle and must be treated as equal users by all other vehicles.

The best way to avoid collisions is to be prepared and be aware of other vehicles around you.

Here are some safety tips for biking in Guantanamo Bay, Cuba:

1. Obey traffic signs and signals - Bicycles must follow the rules of the road like other vehicles.
2. Never ride against traffic - Motorists aren’t looking for bicyclists riding on the wrong side of the road.
3. Don’t pass on the right - Motorists may not look for or see a bicycle passing on the right.
4. Scan the road behind you - Learn to look back over your shoulder without losing your balance or swerving. Some riders use rear-view mirrors.
5. Keep both hands ready to brake - You may not stop in time if you brake one-handed. Allow extra distance for stopping in the rain, since brakes are less efficient when wet.
6. Wear a helmet and never ride with headphones -

Always wear a helmet. Never wear a headphone while riding a bike. Wear your helmet properly.

7. Dress for the weather - In rain wear a poncho or waterproof suit. Wear bright colored clothing.

8. Use hand signals - Hand signals tell motorists and pedestrians what you intend to do. Signal as a matter of law, of courtesy, and of self-protection.

9. Ride in the middle of the lane in slower traffic - Get in the middle of the lane at busy intersections and whenever you are moving at the same speed as traffic.

10. Choose the best way to turn left – There are two choices: (1) Like an auto: signal to move into the left turn lane and then turn left. (2) Like a pedestrian: ride straight to the far side crosswalk. Walk your bike across.

11. Make eye contact with drivers - Assume that other drivers don’t see you until you are sure that they do. Eye contact is important with any driver which might pose a threat to your safety.

12. Look out for road hazards - Watch out for sewer grates, gravel, sand or debris.

13. Use lights at night - The law requires a white headlight (visible from at least 500 feet ahead) and a rear reflector or taillight (visible up to 600 feet from behind). These lights may be steady burning or blinking.

14. Keep your bike in good repair - Adjust your bike to fit you and keep it working properly. Check brakes and tires regularly. Routine maintenance is simple and you can learn to do it yourself.



Any Day *in* GTMO

Guantanamo Bay welcomes its newest addition, and the first baby born at U.S. Naval Hospital Guantanamo Bay in 2013. Aaliyah Anari Woods, the daughter of MA1 Tyrail and Lisa Woods, was born Jan. 26, at 9:30 p.m., weighing 7 lbs., 14 oz. She has three older siblings. Photo courtesy of USNH Public Affairs Office.



Students at W.T. Sampson participate in a team building exercise during an assignment for STEM. Students throughout the school were participating in STEM related events with personnel from the military, civil service, community members and teachers.

W.T. Sampson Participates in STEM Week

MCC(SW/AW) Keith Bryska

Gazette Editor

Service members, civilians, community members and teachers assigned to Naval Station (NS) Guantanamo Bay, Cuba taught a variety of lessons at W.T. Sampson high school and elementary school during Science, Technology, Engineering and Math (STEM) week Feb. 4-8.

These activities included everything from constructing a bridge out of paper to tower building in which kids had to build a structure that had to stand on its own using only straws and modeling clay.

The "Sound Off" exercise was conducted by Cmdr. Colin Caswell, Naval Station Guantanamo Bay Cuba, Executive Officer. The exercise demonstrated to kids that changing the contents of a bottle by adding water to them at different levels can alter the tone of the sounds being produced.

"Our world is getting more technical every day, the better we prepare young students for STEM, the better their chances for success," said Caswell. "The Navy is also getting more technical, STEM programs help develop capable students and prepare them for technical jobs."

Sure Start student Meridyth Clark said she really had fun and really enjoyed the exercise.

"I learned about sound and when you add water to the bottles and hit it with objects they made different sounds that were soft and loud," said Clark.

STEM education teaches kids to learn science, technology, engineering and math and to use this knowledge and apply it to solve real world problems. It helps the kids to think critically, solve problems, and drive advancements in science and technology with the hopes of making future scientists.

Another STEM activity was a bridge building exercise conducted by Kelly Wirfel, NS Guantanamo Bay Cuba Public Affairs Officer. The 8th grade students had to build a paper bridge with a height requirement of eight inches that is durable enough to hold a text book.

STEM week wrapped up Friday with students building solar cookers and rockets that could launch while using techniques they learned from STEM.

"It was a very successful STEM week for our schools," said Sonja Rodriguez, W.T. Sampson Principal. "We hope to build off what we learned this year and make next year's STEM week even better."



Naval Facilities Engineering Command Southeast Guantanamo Bay Public Works Officer Cmdr. Anthony Conley helps students at W.T. Sampson Elementary with their STEM project.



NS Guantanamo Bay Public Affairs Officer Kelly Wirfel and inspects a bridge building exercise during STEM Week at W.T. Sampson High School

NS Guantanamo Bay Executive Officer Cmdr. Colin Caswell conducts a "Sound Off" experiment with Sure Start students at W.T. Sampson Elementary.



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Emerging Drug Trends

Brad Rollins | Mike Keleher

U.S. Naval Criminal Investigative Service

Right behind Spice & Bath Salts, a whole line of synthetic or herbal products are emerging, many of which haven't been targeted yet by law enforcement.

Everyone in the law enforcement community and most of the general public has heard of Spice, a synthetic cannabinoid first marketed as an "herbal" product. In March 2010, the Drug Enforcement Administration (DEA) made certain chemicals illegal which were used to produce Spice, and in July 2012, the DEA added additional chemicals under a new definition—"cannabamimetic agents."

Next up in the public eye were Bath Salts—another synthetic compound that combines several chemicals to mimic cocaine-type effects. After this year's big face-eating cannibal headlines, some states started pursuing and making Bath Salt compounds illegal as well. The DEA took emergency measures in October 2011, banning possession and sale of three chemicals used to make Bath Salts (Mephedrone, MDPV and Methylone). Both products—Spice and Bath Salts—were marketed and sold in head shops and gas stations without any age restrictions before they were banned.

The American Association of Poison Control Centers (AAPCC) revealed calls related to synthetic drugs quadrupled from 2010 to 2011 and calls relating to synthetic Bath Salts increased by more than 20 times in the same timeframe. The AAPCC also reported that 60% of cases involve individuals aged 25 and younger. Additionally, recent studies indicate synthetic drugs are emerging as "legal high" drugs of abuse for college students and young military personnel.

Right behind Spice and Bath Salts, a whole line of synthetic or herbal products are emerging, many of which are being marketed along the same pathways and haven't been targeted yet by law enforcement. Kids on the street in America and other countries have already found these products and are purchasing and using these substances for the drug-like effects. The changing brand names and product contents have no studies to track potency or side effects and may present serious public health hazards and law enforcement challenges encountered with users under the influence.

Many young people turn to alternative or synthetic drugs because of a belief that they're a legal substitute for popular street drugs and are more readily available through legitimate sources, such as gas stations, convenience stores, gardening/plant stores and online. They're also frequently thought to be safer than harder drugs. The rapid rise in their popularity can also be attributed to Internet accessibility and information. A Google inquiry of the phrase "legal highs" produces 81 pages of response listings with 810 individual web pages addressing the topic and avenues of purchase or homemade recipes. The Internet has made it easier not only to acquire synthetic drugs, but also provides drug users or would-be users with a readily available mechanism to share their highs and other drug-related experiences online. "How will taking a dose of this product affect me?" Merely search the question on the Internet to see user-posted opinions and dosages.

One of the problems that's emerged with these synthetic drugs is manufacturers have changed underlying chemical content to avoid the strict letter of the law and have then marketed chemically similar substances in the open market without selling a known illegal substance. They change brand names and even make packaging marked "not intended for human consumption" or "research chemical," which more often than not doesn't deter youth looking for legal highs. Hospitalizations and deaths have occurred.

Where Does This Leave Law Enforcement?

The amount of attention similar products receive from federal and local authorities varies, and many times the amount of abuse and damage inflicted on the abusers spur local action to ban substances before the larger federal government process catches up. What's easier to see down the road, is these types of products are being used by young people who are routinely looking for something to create drug effects without the risk of arrest, and law enforcement is generally behind the knowledge curve on such products and uses.

Most forensic and other related labs are not yet testing or screening many of the products listed in this article, so they won't appear on routine drug screens or urinalysis. Users are well aware of this and often use these types of products since their use won't be detected. Additionally, common field test kits and drug-detecting canines don't currently identify synthetic drugs. Even the listing of synthetic drugs behind labels like plant food, baths salts, jewelry cleaner, glass cleaner, scouring powder, stain remover and shoe deodorizer has prevented wide law enforcement and public awareness and more importantly, may have masked the dangerous and abusive qualities of these products from parents of elementary, middle school and high school kids. Education about continued changes in legal highs, uses, abuses and packaging remain as significant parts of a law enforcement response.



Bath Salts confiscated by the Drug Enforcement Agency.

DEA

GTMO SHOPPER

E-mail classified ad submissions to **PAO-CLASSIFIEDADS@USNBGTMO.NAVY.MIL**

If sent to any other e-mail, it may not be published. Submit your ad NLT noon Wednesdays for that week's Gazette. Ads are removed after two weeks. Re-submit the ad to re-publish. The Gazette staff and NS Guantanamo Bay, Cuba, page. The Public Affairs Office has final editorial discretion on all content. Call MCC Keith Bryska at 4520 with your questions or concerns.

VEHICLES

2000 Chevrolet Geo Metro, silver, 4 door. \$2000 OBO. Call Melissa 79481

'95 Ford F-150 4X4, automatic, Cold A/C, runs great. \$3000. Call 55366 or 79533

'02 Ford Explorer XLS, power windows, good condition, cold A/C, new tires. \$5000. Call 77180 or 72239

'94 Honda Accord LX Coupe, 5 speed manual, white, runs great, power windows/locks, cold A/C, CD radio. New parts installed recently include radiator, thermostat, battery, water pump, timing belt, distributor, all serpentine belts, head oil gasket, clutch, brake slave, cylinders, and computer module unit. Good tires, reliable driving and great gas mileage. \$2800. Call 79483 or email mxzaidi@yahoo.com

'03 Jeep Liberty Limited, sunroof, leather seats, AC. \$5000 OBO. Call 77886

'10 Honda Fit Sport, 9k, auto or manual shift control, 4 dr. hatchback, 16 alloy wheels, CD/MP3 6 speaker system plus usb port. \$15k OBO. Call 78425

'03 PT Cruiser Touring Edition, ilver exterior, Automatic, A/C, cruise control, keyless entry, power windows, 80K, new tires, secocnd owner, non smoker, Florida title. \$5500. Call 55363.

'08 Dodge Caliber SXT, silver, 15,500K, \$10,000, OBO. 5K below blue book value.

'99 Ford Ranger XLT, 85K, good tires and brakes, cold A/C, 4 cylinder engine good on gas. Reduced price \$2200. Call 77207

ELECTRONICS

Modem, SCSI ready. \$55. Call 55363

Unlocked I-Phone 3G with charger \$60, Blackberry with charger \$50, T Mobil touch phone with charger \$40, Samsung Android tablet (Wi

Fi) 4.0 10.1 \$370, DVD's \$2 per movie Blue Ray DVD's \$3 per movie. Call 84784

SCSI modem, includes all wiring and line filter. Wireless router, \$60. email recruite06@gmail.com

Modem \$50, Belkin Router \$55, TV13" \$15, Universal Dual LNBF ULN 2 Dish free to air \$25, Dorman/Window lift motor for a Honda Accord LX 2.3L MFIVTEC 4 cyl front driver side still new in box \$30 OBO, was \$75. Call 77314

JVC DVD player with remote \$20. DVD's \$2 a piece, Assassin Creed III \$30. Call 84784.

HOUSEHOLD GOODS

Smoking grill \$40. Queen size, mattress, bos and frame \$150. Call 84784

Big sectional dark green couch, couch has 2 recliners, clean with stain resistant fabric. Has two small rips in upholstery on very bottom from last move. \$350 OBO. Call 77516

OUTDOOR REC

Women's Diamonback Serene Citi Classic Bike in good condition, comes with helmet and lock. \$100. Call Liz 79793

Elliptical/Bike combo, like new. \$50. Call 77749 after 1700

6 burner gas grill with full propane tank, great condition. \$125. Call 78851

MISC

New Goodyear Tire 215/75/15 with rim for Ford Explorer, 225/75/15 used tire good threads with rim for Ford Explorer, 4 used 215/65/16 tire good thread \$50 for all 4. Call Sam 78742

Lost: Key ring w/4 keys, last seen in MWR Marina Sailing Center area. Reward for return. Call Val 77754

Jeep Wrangler TJ Extensive Service Manual over 1000 pages in full detail \$50. Call 84784

Orion 8 inch deep space telescope, only 2 years old. \$600. Call 78851

The SCOOP

SAFE RIDE

Out drinking? Put the keys down and call Safe Ride at 84913 or 84781. Don't drink and drive.

SEABEE BALL

Get your ticket for the Seabee Ball Feb. 9 from 9:00 am - 1200 pm at the NEX Atrium. Ticket prices range depending on rank from \$20 to \$35. Ball is scheduled for March 2.

LIFEGUARD CLASS

The American Red Cross will be holding a Lifeguard Class. The four day class starts March 14. Participants will receive Lifeguard/First Aid training and CPR/AED for Lifeguard training. Must be at least 15 years old to register. Call 2205 or 84968 for more information.

FATHER/DAUGHTER DANCE

The Girl Scouts will be hosting a Father/Daughter dance Feb. 19 at the community Center. This is a free event and is open to the entire GTMO Community. To RSVP call 2027.

BLACK AND GOLD BALL

The Black Heritage Organization will be holding the Black and Gold Ball Feb. 23 at the Windjammer Ballroom. Tickets are \$35. To purchase ticket call 78086 or 79449.

TAX SEASON

The Legal Assistance Office will kick off tax season Feb. 4. For more info, or if you would like to become a VITA volunteer, please call 4834.

POWER OUTAGE

A scheduled power outage will tkae place Feb. 9, from 6 a.m. to 2 p.m. Check out the base roller for a full list of affected areas.

GTMO JOB HUNT

Recreation Asst. Lifeguard - Flex
 Recreation Asst. Lifeguard - Full Time
 Bartender - O'Kellys - Flex
 Bartender - Flex
 CYP Asst.- Flex
 CYP Asst- Full Time
 CYP Ops Clerk - Flex
 Food Service Worker - Flex
 Lead CYP Asst.- Full Time
 Accounting Tech.- Flex
 Electrician- Full Time
 Maintenance Mechanic - Full Time
 Rec Aid Bingo Caller - Flex
 Recreation Asst.. - Full Time
 HR Specialist Full Time
 ID Checker - Flex
 Job Descriptions can be found on MWR's Job Wall next to the NAF HR office, Bldg. 760. FMI, call 74121

Administrative/Finance Assistant
 Finance and SAP experience a plus
 English speaking position
 Full time position available
 Local hires only-G4 position, one year fixed term contract. For more information call74788.

Burns and Roe Services Hiring
 Ground Support Equipment Maint. Shop Supervisor
 Ground Electronics Maint. Supervisor
 Ground Electronics Maint. Technician
 For consideration please send resume to: mveditz@brgtmo.com.

MOVIES DOWNTOWN LYCEUM

| FRIDAY | | Feb. 8 |
|------------|-------------------------------|----------|
| 7 p.m.: | Guilt Trip PG-13 | 96 min. |
| 9:00 p.m.: | Identity Thief (new) R | 111 min. |
| SATURDAY | | Feb. 9 |
| 7 p.m.: | Parental Guidance PG | 105 min. |
| 9 p.m.: | Django Unchained R | 166 min. |
| SUNDAY | | Feb. 10 |
| 7 p.m.: | The Hobbit (Last) PG-13 | 170 min. |
| MONDAY | | Feb. 11 |
| 7 p.m.: | Bullet to th Head R | 91 min. |
| TUESDAY | | Feb.12 |
| 7 p.m.: | This is 40 R | 134 min. |
| WEDNESDAY | | Feb.13 |
| 7 p.m.: | Cirque du Soleil (last) PG | 91 min. |
| THURSDAY | | Feb. 14 |
| 7 p.m.: | Silver Lining Playbook R | 122 min. |

CALL THE MOVIE HOTLINE @ 4880

Girl Scouts Service Unit 085 Holds Annual Camp

Kelly Wirfel

NS Guantanamo Bay Public Affairs Officer

As parents were busily setting up tents, girls from Naval Station (NS) Guantanamo Bay's Girl Scout Service Unit 085 participated a variety of activities during their annual camp out at Philips Recreation Park, Jan. 26.

This year's campout was planned and organized by the Cadets and Ambassador Troops which consists of four girls aged 11 to 16.

"I had a lot of really enjoyed helping organize the camp," said Cadet Destiny Dietz. "It looked like all the girls and families had a lot of fun."

During the day the girls participated in a wide variety of workshops to include a box oven station where the girls learned how to make a cardboard oven for outdoor cooking, a managing money station, a first aide and Guantanamo Bay wildlife station and a friendship

bracelet making station.

As the night progressed the kids made grilled cheese and tomato soup and then made S'mores in their box ovens. The day ended with skits performed by the girls and then an award presentation where they were awarded with the badges they have earned.

Approximately 30 girls participated in the day's events and 20 girls camped out with their families.

"I thought the campout went extremely well," said Francesca Dietz, Girl Scout Assistant Overseas Committee Chair and Cadet Troop Leaders. "This is the first year the Cadets and Ambassadors planned the event and I think they did an outstanding job. I am very proud of them."

The Girl Scouts of the USA was established in 1912 with only 18 girls and the organization has now grown to 3.2 million girls, a significant growth from its modest beginnings over a century ago.



Naval Station Guantanamo Bay Girl Scouts participate in a friendship bracelet making workshop during their annual camp-out at Philips Recreational Park, Jan. 26. The girls participated in a variety of workshops, performed skits and had an award ceremony.

