

'Shark Bait' edges out 'Pinc. & Blue', wins 'Amazing Base' race by a 'fin'



Team 'Shark Bait' members EO2 Mario Perez and MA2 Paul LeFrain launch a three pound water balloon out of a giant sling shot at Iguana Terrace park during the GTMO 'Amazing Base' race April 12. The team, which consisted of Perez, LeFrain, ND2 Clessie Simmons and MA2 Matthew Vollmer, earned a cash prize and bragging rights for their victory in the competition sponsored by the FCPOA.

Story , photos by MC2 Kim Williams
NAVSTA PAO

It was a test of wits, skill and strength the morning of April 12 in Guantanamo Bay. Fifteen teams of four people gathered at the Down town Lyceum, all hastily anticipating the start of the GTMO 'Amazing Base' race. Immediately following the last note of morning colors, the teams took off to several different locations on base in search of clues, which would lead them to their final destination — Cable Beach.

The scavenger hunt-style challenge, a spin-off of the popular ABC television series 'The Amazing Race,' was sponsored by the GTMO First Class Petty Officer's Association (FCPOA) and is the first event of its kind on base.

"A core group of motivated first class petty officers took my con-

cept and turned it into an exciting event for 15 teams, representing almost every facet of GTMO's population," said Navy Diver 1st Class Dean Paraskeva, FCPOA president.

Participants swam, spun and ran their way through events including a plunge into the Windjammer pool, a game of Black Jack at the BEQ and a participant favorite 'zebra challenge.'

"The most memorable thing we did during the contest was the zebra cake challenge. We had to put a zebra cake into our mouth, run and pick up a hammer, spin around five times with our forehead on the tip of a bat and then run down a one foot wide roped in area all while keeping the zebra cake in our mouth," said Master at Arms 2nd Class Matthew Vollmer, member of

See 'RACE', page 3

Story headline by
Mrs. Gildea's
4th grade class

Navy News



Photo provided by Carol Perez

SENIOR CLASS TRIP - The W.T.
Sampson Senior Class wanted to say 'thanks' to everyone here at Naval Station Guantanamo Bay, Joint Task Force, tenant commands and civilian personnel for assisting them in raising more than \$13,000 towards the 'Seniors Taking a Trip' to Jamaica. During Spring Break, the students flew to Jamaica and stayed at the Starfish Trawlney Resort where they had a wonderful time. Once again, the students really enjoyed their trip and want to thank everyone who bought Radio Station T-shirts, student calendars and donated money during fundraisers for this year's spectacular trip.

Month of the Military Child Parade

April 25, 3 p.m., Youth Center. FMI call Suzet Williams or Nancy Brown at 3664 / 3665.

GUANTANAMO BAY

Gazette

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Command Master Chief.....CMDMCM(SW/AW) Keith Carlson
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What do you want to be when you grow up ?

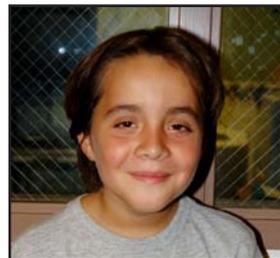


"An artist because my parents say I'm really good at art."

James
Mrs. Gildea's 4th grade class

"A teacher because I like to play with little kids and teach them things."

Leah
Mrs. Gildea's 4th grade class



"A firefighter like my dad because I love him and want to be just like him."

Tomas
Mrs. Gildea's 4th grade class

"A vet because I like animals."

Mateo
Mrs. Gildea's 4th grade class



"A major league baseball player because I've been playing since I was three and when I am sad it makes me happy."

Dylan
Mrs. Gildea's 4th grade class

RACE, from page 1



Team 'Beltran' performs the Electric Slide with challenge proctor MA1 Cortez Keel prior to taking a plunge into the Windjammer pool.



From left to right: Team 'Shark Bait' members ND2 Clessie Simmons, MA2 Matt Vollmer and MA2 Paul LeFrain pose after winning the 'Amazing Base' race. Not pictured: EO2 Mario Perez.



'Pinc. & Blue' member John Gildea serves as catcher for his team during the balloon launching challenge.

Team Shark Bait who won the overall competition. "It was a very difficult challenge, but it was very fun."

The winners of the event were team 'Shark Bait' consisting of Equipment Operator 2nd Class (SCW) Mario Perez, Navy Diver 2nd Class Clessie Simmons, Master at Arms 2nd Class Paul LeFrain and Vollmer.

The team attributes its success in the competition to the diversity of its members and wide-range of knowledge each possess.

"We all work in different departments so we each brought a unique knowledge base and perspective on things to the table," said Master at Arms 2nd Class Paul LeFrain. "Two of us are MAs, so we know the base very well, which made traveling between locations a cinch for our team."

Simmons, a newcomer to GTMO was excited to take part in the competition and said it was a great way to meet people and familiarize himself with areas of the base.

" I was in charge of creating

a song during one of the challenges for our team using the words bush, tank, president and porcupine," said Simmons. "The guitarist [a member of the FCPOA and clue guardian for this challenge station] played music to help us in singing the song when we fulfilled the challenge requirement. The song turned out really silly, but it was very fun and I had a great time doing it."

Along with team 'Shark Bait', which consisted all military members, some participants made the competition a family affair.

"We wanted to spend time together and do something fun, so we entered the race," said Marysol Beltran, member and matriarch of team 'Beltran.' "Events like this are important to have because they unite everyone [military and civilians]; you get to know other people on base and learn about GTMO."

The top three teams to complete the race were first place finisher 'Shark Bait', who edged out 'Pinc. & Blue' and 'The Amazing Docs', who finished third.

Feature

The effects of alcohol on your body

Story provided by

Lt. j.g. Tawanda Moore

USNH PAO Staff

Your Appearance - If you want to have clear skin and bright eyes, don't drink alcohol. According to researchers, more than one or two drinks a week promote aging. Alcohol is considered a food with non-nutritional calories that quickly add up. When you abuse alcohol, you tend to be undernourished, making your hair dry, giving you cracked lips, aggravating acne, making your eyes look glassy, and giving your skin a puffy, broken vein look.

Your Brain - Alcohol is a depressant that slows brain activity down. While one or two drinks makes most people feel relaxed, more alcohol may cause feelings of anxiety, depression, and often aggression. Alcohol's first effect as it reaches the outer brain is to distort your judgment and lower your inhibitions, while producing euphoria (a sense of pleasure). As you consume more alcohol, and it reaches the cerebellum, your coordination and perception are affected, and you can have memory blackouts. As the alcohol reaches your mid-brain, reflexes diminish; you experience confusion, stupor, and may lapse into



a coma. Finally, the alcohol reaches the medulla or inner core of the brain. Toxic levels in the medulla cause the heart rate to slow and breathing to stop, resulting in death. Research suggests that continued alcohol use can cause depression. Alcohol robs brain cells of water and glucose, the brain's food, contributing to a hangover the next day.

Your Gastrointestinal Tract - The stomach is irritated by alcohol, causing increased stomach acid production, heartburn and eventually ulcers. Alcohol use is linked to

cancer of the mouth, esophagus, stomach ache and intestines. The liver, due to its role in breaking down alcohol, suffers the most damage. Alcohol use leads to destruction of liver cells, fat accumulation around the liver, and cirrhosis which is a fatal condition. Alcohol is also a diuretic, which causes the kidneys to increase urinary output, contributing to dehydration and your hangover.

Your Reproductive System - Although the research here is new, it is known that alcohol decreases the male hormone testosterone. The use of alcohol in men and women causes increased sexual desire, but decreased performance. Alcohol is toxic to unborn children, causing permanent tissue and organ damage.

Other - Alcohol depresses the body's immune system, making it easier to get sick. It also disrupts your sleep patterns, further depressing the immune system. Alcohol has been linked to an increased risk of breast cancer, high blood pressure, diabetes, kidney disease, heart disease, constipation and strokes.

Time to PCS: *Where do you begin?*

By Kelli Kirwan for LIFELines

Once you have orders in hand, visit your Personal Property Office (PPO) as soon as possible. Peak moving seasons, school rotations, or other specialty unit moves may affect your ability to schedule the dates you want. It helps to be as flexible as possible and have several alternate packing and shipping dates available. If the service member is unavailable, the spouse can arrange for the move, provided he or she has power of attorney.

Government Move: The government will move your household goods (HHG) from one duty

station to another. There is not a lot you need to do the day of the move. However, a HHG move is more involved than just changing your address. Government moves go smoother if you prepare properly before the packers arrive. Your local PPO counselor can give you a "do list" to help you get ready for the movers. A clean, de-cluttered environment will make packing more organized and unpacking easier at the next house.

Estimate the weight of your belongings before going to your PPO office. The pamphlet, "It's Your Move," has a list of entitlements

(how much weight you're allowed to move or store) and instructions on how to estimate your weight. You will have to pay any excess weight charges. Garage sales and charities are good ways to reduce your weight before moving day.

There are some items the government won't move. Your PPO counselor will provide you with a detailed list of what those are. You'll need to make other arrangements to move those items or dispose of them. For more information about Personnel Property call 4495.

Ombudsman Corner

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Scouts hold Court of Honor

Story by Guy Bellemen

Troop 435 Scoutmaster

Boy Scout Troop 435 recently held a Court of Honor to acknowledge advancing scouts and awards they earned. Captain Bruce Meneley, USN, Naval Hospital Commanding Officer and Eagle Scout, said a few words about how the Boy Scout process helped guide him to Eagle Scout and how that process has helped him in life.

Troop 435's scoutmaster had the privilege of advancing Angel Rodriguez to Scout; Tomas Price, Eric D'Andrea, and Carson Kropushek to Tenderfoot Scouts, Tomas Price to 2nd Class Scout, and Thomas Blitch to 1st Class Scout.

These ranks have progressively harder requirements in the areas of Scoutcraft, physical fitness, citizenship, personal growth and Scout Spirit. Eagle Scout Chad Rix promoted



Photo by Melissa Bellemen

Troop 435 Scoutmaster, Guy Bellemen, awards Tomas Price and Eric D'Andrea with Citizenship in the Nation merit badges.

Wesley Belleman to Life Scout, the second highest rank attainable by a Scout. Life Scout is awarded when the Boy Scout serves actively in the troop, team or crew, serves in a position of responsibility, and performs

community service.

The Citizenship in the Nation merit badge was awarded to Eric D'Andrea and Tomas Price and the First Aid merit badge was presented to Tomas Price.

Religious Services/ Base Chapel

Catholic
Daily Catholic Mass Mon. - Fri. 5:30 p.m. (Main Chapel)
Vigil Mass, Sat. 5 p.m. (Main Chapel)
Sun. Mass, 7:30 a.m. (JTF-Troopers Chapel)
Sun. 9 a.m. Mass (Main Chapel)
Protestant (GTMO Chapel)
Sat. 11 a.m. Seventh Day Adventist Service (Room B)
Sun. 5:30 a.m. Iglesia Ni Christo (Room A)
8 a.m. Pentecostal Gospel Temple (Room D)
9 a.m. LDS Service (Room A)
10 a.m. Liturgical Service (Room B)
11 a.m. General Prot. Service
11 a.m. United Jamaican Fellowship (Bldg 1036)
1 p.m. Gospel Service
1 p.m. LORIMI Gospel Service (Room D)
7 p.m. GTMO Bay Christian Fellowship (Fellowship Hall)
Friday Religious Services
1:15 p.m. Islamic Service (Room C)
7 p.m. Jewish Service (FMI call 2628)

Religious Services/ JTF Troopers Chapel

Catholic Services
Wed. 11 a.m. Spanish Mass (New)
Sat. 6:30 p.m. Vigil Mass (PPI Chapel)
Sun. 7:30 a.m. Sunday Mass (New)

Sailor of the Week

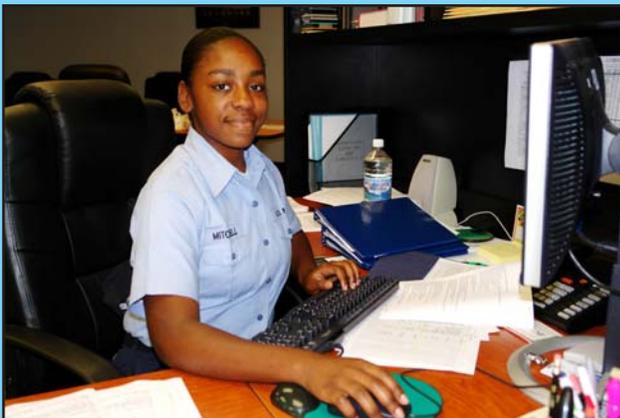
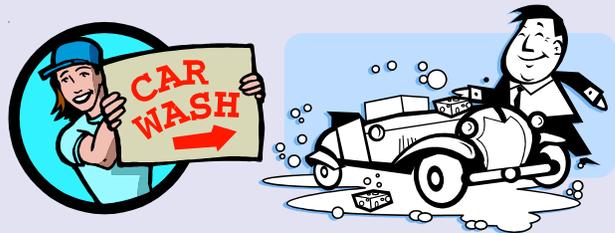


Photo by MC2 Kim Williams

YNSA Katrina Mitchell, NAVSTA Admin

"I was kind of surprised when I found out I was Sailor of the Week. It's just one minor goal under my belt. My next goal is to be Bluejacket of the Quarter."

CPOA Carwash and Food Sale



Saturday, April 19, 10 a.m. - 2 p.m.
Help support the 2008 CPOA Scholarship and Odyssey of the Minds. Food will be available: Hotdogs, Pancit and Lumpia. FMI call PSC(SW/AW)ARANA at 4415

Sports feature

Warm up, cool down crucial parts of sports injury prevention

Story, photo by Bill Minnie

NAVSTA Safety Manager

One of the most important factors in injury prevention prior to playing that weekend basketball game, pick-up softball game or just perform a 2-mile run, is to properly warm up and cool down. Over the past year in GTMO, sports injury mishaps have increased tremendously and have remained the #1 safety area of concern or cause of injuries, which include sprains/strains, affecting ankles, knees and lower back.

Warming up refers to a preparatory phase at the beginning of an exercise session. Warming up generally involves a period of low-impact exercise regimes which prepare the body for the more strenuous aspects of the sporting activity. Warming up is an important aspect of exercise in reducing the risk of injury that would possibly happen if over stretching occurred, without the person being physically warmed up and prepared for the exercise.

Cooling down refers to a short period at the end of an exercise session. The cooling down phase, again, tends to involve a short period of low-impact exercise which gradually returns the body to its 'resting state'. The cooling down phase is believed to reduce the risk of muscular soreness which may occur the day after an exercise session, and reduce the risk of fainting or collapse after such a session.

Morale, Welfare and Recre-

ation (MWR) Fitness Coordinators Cara Walker and Audrey Chapman, from the D.J. Denich Gymnasium, have tips about how athletes can reduce or eliminate sports related injuries at GTMO.

"An exercise session or any sports activity should always commence with a period of warm up," said Chapman.

In some cases it may take the form of a series of specially designed preparatory exercise, while in other sessions it will simply involve performing the activity at a low density before increasing the intensity to the desired level. The warming up period is important for the following reasons:

- It gets the body ready for the physical exertion that follows. This optimizes the physical condition, enabling the body to cope more easily with the activity. It also enables the athlete to get the most benefit from the session.

- If the warm-up session has specific movements relating to the sporting activity the muscles can be re-educated in preparation for the coming activities.

- It reduces the risk of injury (cold muscles do not stretch very easily) and it reduces the risk of premature fatigue which can occur if the cardiovascular system is unprepared for strenuous activity.

- It prepares cardiac function for increased activity and



A typical warm-up may involve some 'loosening exercises' followed by a few minutes of low-impact aerobic activity and then a series of stretching exercises just like Audrey Chapman shows here.

reduces the risk of stress being placed on the heart.

A typical warm-up may involve some 'loosening exercises' followed by a few minutes of low-impact aerobic activity and then a series of stretching exercises. This may last for approximately five to fifteen minutes depending upon the intensity of the session which follows. Loosening exercises at the start of the warm up may include activities such as 'stretching' and 'running on the spot'. These are gentle activities which begin to prepare the body for

exercise and are especially important if the athlete has been inactive for a while.

"The aerobic exercise may involve activities such as cycling on an exercise cycle, light jogging or walking or jumping rope" said Walker. "This has the effect of increasing the heart rate, diverting blood to the exercising muscles and raising the overall temperature of the muscles."

According to Walker, stretching exercises provide the final phase of warm up and ensure that the muscles and tendons are prepared

See INJURIES, page 7

'INJURIES', from page 6

for the exercise. An important reason for stretching exercises is to prevent the muscles and tendons from being over-stretched during the session. Such a warm up will also prepare the joints for physical activity.

After participating in a sports activity and following the cool-down period, the athlete's heart will still need a period of time to settle back down to its full resting rate but should be within 30 beats of what it was before the exercise session started. This will, of course, be influenced by the overall physical condition of the individual. It may also be influenced by the content of the session, with more demanding sessions requiring a more extensive cool-down.

The cooling down period also provides an opportunity for the inclusion of additional stretching exercises, which may be desirable especially if they were not included as part of the main session. The inclusion of stretching exercises within the cool-down period not only helps to gradually lower the activity level of the body at the end of the session, but it may also prevent stiffness the following day.

The cool-down period is also likely to take place when the body is warm, making the muscles more receptive to stretching. The most effective stretching can therefore be performed at this time. "If you happen to receive a sports related injury, only time and rest will speed the healing process. Listen to your body, you know yourself better than anyone," said Chapman.

Sports related injuries can be reduced and possibly eliminated if all people involved in exercise programs and sports activities adhere to warm-up and cool down procedures. This information is very important if you experience long periods of physical inactivity.

Most sports related injuries that occur at GTMO are a result of improper warming-up or a lack of it. Don't be a sports injury statistic. FMI call contact Audrey Chapman or Cara Walker at the D.J. Denich Gymnasium, at 75576.

Straight from the top

Story, photos by MC1 Robert Lamb

NAVSTA PAO

To receive recognition from a top Navy official is a big accomplishment for many Sailors. Rear Adm. (SEL) Raymond Berube, Commander, Fleet and Industrial Supply Centers, toured Naval Station Guantanamo Bay (GTMO) recently and praised the men and women whose responsibility it is to maintain the flow of supplies pertinent for sustaining life in GTMO.

"[Myself] and Capt. Leary are very happy



RADM (SEL) Raymond Berube, Commander, Fleet and Industrial Supply Centers was truly impressed on how the Navy and civilian personnel here in GTMO accomplish their jobs.

with the job and support that you are all providing, so you're doing a great job, so keep up the great work," said Berube. "It's an important mission down here and strategically, a lot of things get done here because of your presence."

Most residents of GTMO don't understand the magnitude of getting everyday necessities here and how difficult it is to obtain and preserve quality products and services. The men and women who make sure that fresh fruit and vegetables, letters and packages and fuel arrive on time and in the best condition possible are well aware of the importance of this particular mission and graciously accept the recognition given to them.

According to NAVSTA Supply Officer Cmdr. Toby Swain, "Admiral Berube's visit here was great for the morale of both FISC Jax Det GTMO and NAVSTA Supply personnel." "He [Berube] recognized all of the

hard work that supply personnel do in support of the base, as well as visiting vessels. It's good to know that he understands the difficulties we [supply personnel] face not only at work but off duty as well," said Swain.

Adm. Berube toured the Customer Service, house hold goods, shipping and receiving, fuels, the post office and Gold Hill Gallery. Rear Adm. Buzby and the Joint Task Force staff also provided a comprehensive brief and tour of their facilities and NAVSTA



PCI(SW/AW) Dorothy Pegram listens intently as Adm. Berube discusses the inevitable supply rating merger, between store keepers and postal clerks.

GTMO Commanding Officer Capt. Mark Leary gave a highly informative history lesson and a tour of the bay.

"You have to look at the realities of where we are on the logistics supply chain and the difficulty in getting the materials here," said Berube. "The fuel and the food are the life bread of supporting the mission here. Things are not easy here and clearly a lot of thought and planning goes into making sure what we provide gets done in a very seamless way. I'm very impressed by what you all are doing and what you're doing on a day to day basis. Again I thank you."

Other topics discussed during Berube's visit were the potential merger between postal clerk and store keeper ratings, the recent National Security Personnel System conversion and Enterprise, Resource and Planning new commercial software programs for the entire DoD supply system.

News

GTMO to participate in Earth Day 2008

Story by Michele Desrochers

FISC/Fuels Dept

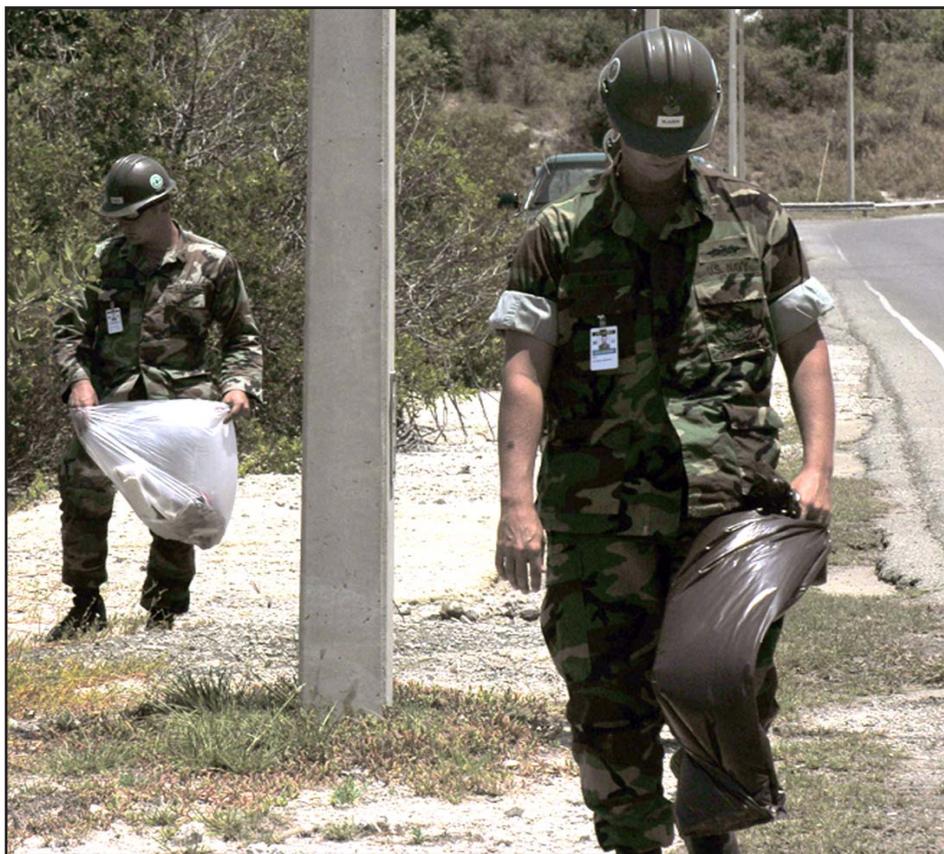
Each year, April 22 marks the anniversary of the birth of the modern environmental movement which began in 1970 - Earth Day. Earth Day is intended to inspire awareness of and appreciation for the Earth's environment.

Not long ago, leaded gasoline predominantly filled the tanks of massive V8 sedans; industry belched out smoke and sludge with little fear of legal consequences or bad press; and air pollution was commonly accepted as the smell of prosperity. But Earth Day 1970 turned that all around. That year, 20 million Americans took to the streets, parks, and auditoriums to demonstrate for a healthy, sustainable environment.

Earth Day founder Gaylord Nelson, then a U.S. Senator from Wisconsin, proposed the first nationwide environmental protest "to shake up the political establishment and force this issue onto the national agenda." "It was a gamble," he recalls, "but it worked."

It was then that he and Denis Hayes, the national coordinator, with his youthful staff, organized massive coast-to-coast rallies. Thousands of colleges and universities organized protests against the deterioration of the environment. Groups that had been separately fighting against oil spills, pollution by factories and power plants, raw sewage disposal, toxic dumps, pesticides, freeways, loss of wilderness, and the extinction of wildlife - suddenly realized they shared common values. Earth Day 1970 achieved a rare political alignment, enlisting support from Republicans and Democrats, rich and poor, city slickers and farmers, tycoons and labor leaders.

The first Earth Day led to the creation of the United States Environmental Protection Agency and the passage of the Clean Air, Clean Water, and Endangered Species acts. Now observed in 175 countries, and coordinated by the nonprofit Earth Day Network, which states that



U.S. Navy File Photo

Naval Station Guantanamo Bay will hold a base wide clean up April 25 in observance of the 38th anniversary of Earth Day. Personnel from all commands and organizations throughout the base are encouraged to volunteer to beautify the base and its beaches. Trash cleanup will take place from 8 a.m. until approximately noon. There will be a command picnic at Ferry Landing immediately following the cleanup.

Earth Day is now "the largest secular holiday in the world, celebrated by more than a half billion people every year." Environmental groups have sought to make Earth Day into a day of action which changes human behavior and provokes policy changes.

This year the Department of Defense celebrates the 38th anniversary of Earth Day with pride as we continue to demonstrate our commitment to protecting the environment. In observance of Earth Day, Naval Station Guantanamo Bay will hold a base wide clean up Friday, the 25th of April 2008.

Personnel from all commands and or-

ganizations throughout the base are encouraged to volunteer their time and effort to beautify the base and its beaches with trash cleanup from 8 a.m. until approximately noon, and then rejoin together for a command picnic at Ferry Landing following the conclusion of the clean up activities.

More specifics on the event to come – just keep an eye out on the both the roller and base newspapers. Or for specific questions about participation information, contact Ian Underwood at extension 4503 or e-mail at ian.h.underwood.ens-@usnb-gtmo.navy.mil.

Military working dogs get new 'digs'

Story, photos by MC1 Robert Lamb

NAVSTA PAO

The recent real estate housing bubble hasn't affected Naval Station Guantanamo Bay (GTMO) a bit in the last year. Temporary housing and even permanent housing has actually increased, especially when it comes to supporting military members. In this case the four-legged kind.

Five Military Working Dogs (MWDs), assigned to the Security department, might need some time to adjust to their new and improved living conditions.

Normally these canine super cops are kept behind the Security headquarters, but now they will move across town to a brand new \$509,000 military working dog facility or kennel.

According to NAVFAC, Project Manager Kenneth Buonviri, the new military working dog facility has enough room for six working dogs and then some additional room to work and train.

"The building is 1405 square feet, including a 1030 - square-foot kennel and a 375 - square-foot multi purpose/storage/office area with restrooms and showers. The building will also have outdoor runways for each of the military working dogs totaling approximately 680 square feet, along with a training area totaling approximately 11,250 square feet of fenced area."

"The old kennels are poor living conditions and out of regulations for the dogs. They are small with little movement available and aren't made for weather conditions that we have here in GTMO," said K-9 dog handler, Master at Arms Seaman Tamara Wade.



(Far left) MASN Tamara Wade, MA2 Autumn Norunner and MWD 'Rocky' prepare to check out the Military Working Dog Kennel recently.

Regardless of whether the dogs are being trained for bomb sniffing, drug detection or security and patrol duties, these dogs, both male and female, will eventually handle duties that the two-legged just can't do. A dog has senses far superior to those of humans. Dog can sense living creatures or inanimate objects such as explosives or drugs at distances that seem unbelievable to humans. Of GTMO's five dogs, two are females. The average age of a new dog is 2 and-a-half to 3 years of age. Some old timers usually fade into retirement at the ripe old age of approximately 9-years-old, but in some cases they can go the extra mile.

"We have some dogs that may well work up until they are 11 or 12 years old. It all depends on how well they are able to train and take commands," said Wade.

Naval Station Security de-

partment personnel go to great strides to improve and to protect the Navy's MWD investment, and to improve the quality of life for their partners.

"The other kennels were outside and this one is inside of the building where the dogs

will have plenty of shade, ventilation and air conditioning," explained Master at Arms 2nd Class Autumn Norunner. We also have kennel checks all the time to ensure the dogs are safe. The other kennel was unsatisfactory."

Early last week Norunner and Wade, along with MWD 'Rocky' a 9-year-old German Sheppard, arrived to check this out and tour the building and grounds.

Before coming to GTMO, each dog must undergo extensive training at Lackland Air Force Base in Texas. The training includes obedience and discipline as primary foundations, followed by patrol techniques used to locate and apprehend people.

Training MWDs can cost anywhere from \$3,000 to \$8,000 per dog. Naturally, with all the expenses and hours of training invested in the dogs and their handlers, it is wise to take good care of both.



Military Working Dog, 'Rocky', checks out his new view. He might have to wait a few more weeks as the new kennel won't be open officially until then.

Downtown Lyceum

Nim's Island

Friday, April 18

Nim's Island

8 p.m., PG, 97 min.

Over Her Dead Body

10 p.m., PG-13, 97 min.

Saturday, April 19

Spiderwick Chronicles

8 p.m., PG, 97 min.

Witless Protection

10 p.m., PG-13, 97 min.

Sunday, April 20

Vantage Point

8 p.m., PG-13, 84 min.

Monday, April 21

Step-Up 2

8 p.m., PG-13, 97 min.

Tuesday, April 22

Definitely Maybe

8 p.m., PG-13, 112 min.

Wednesday, April 23

Welcome Home Roscoe Jenkins

8 p.m., PG-13, 114 min.

Thursday, April 24

Fool's Gold

8 p.m., PG-13, 109 min.



Adventure: PG, 97 min

Cast: Jennifer Flackett, Mark Levin, Abigail Breslin and Jodie Foster.

Nim (Breslin) is a young girl who lives on an island in the South Pacific with only her father and some local animals for company. When Nim's father (played by Butler) goes missing at sea, Nim teams up with Alexandra Rover (Foster), the author of the Alex Rover adventure books, to save her father and protect the island from Buccaneers, or so she believes.

Vantage Point



Thriller: PG-13, 84 min

Cast: Dennis Quaid, Matthew Fox, Forest Whitaker and Sigourney Weaver. The film is set in Salamanca, Spain, but it was mostly filmed in Mexico; only some of the scenes were shot in Salamanca. The United States President Henry Ashton (William Hurt) is holding an anti-terrorism summit in Salamanca.

MWR Happenings

LIBERTY APRIL EVENTS

April 19th Overnight to Leeward (\$30) 1000 GTMO Queen. April 23rd Liberty at the Lanes Xtreme 1800 Bowling Center. April 24th Night Fishing 7 p.m. Marina. FMI Call 2010

LITTLE LEAGUE BASEBALL

Ages 4 to 14 years old. Clinic will be at Zaiser Field for 11 to 14 year olds at 1 - 2 p.m. and at Brandon Field for 7 to 10 year olds at 2 - 3 p.m. on April 19th. Sign up at the Base Gym by April 18th. \$25 Registration Fee. FMI contact Karissa at 77262 or by email at

SandstromKA@usnbgtno.navy.mil

MEMORIAL DAY FISHING TOURNAMENT

May 23rd - 26th, \$10 Registration Fee. Start 5p.m., Friday May 23rd Sign UP NLT May 16th. 1st, 2nd and 3rd Place Prizes. Register at the Marina or FMI Call Jaron at 2345/90117

GTMO OPEN 2008 GOLF TOURNAMENT

May 24th & 25th, Start Time 8 a.m. Entry Fee \$30 per person for 1 day or \$40 per person to play both days. Registration starts May 1st - 17th. Open to the first 72 golfers

FMI Call John at 74123

MWR GTMO School of Dance

Spring recital May 9, 7 p.m. at the Windjammer Ballroom. Featuring: Irish Step, Ballet, Hip Hop, Tap and Jazz. Admission is free to all!

MWR SWIMMING LESSONS

Upcoming Class Dates. April 28th - May 8th; May 19th - 29th. Adult and Kids Lessons Available. Class Price is \$30 per person. Class is Monday - Thursday for two weeks

Sign up at the Denich Gym

For Sale

(2) Grade three and five Abeka home school books. All books half of the Abeka list price. Reading books, teacher books, workbooks etc. Size 7/8 girl clothes \$1 a piece. All prices are firm. FMI call 77344.

(2) Fisher Price baby swing 8-speeds; lights and music Baby Einstein bouncy seat that vibrates; lights and music; Evenflo car seat with base, dark blue and tan with teddy bears, \$20 each or \$50 for all 3; baby boy clothes 0 to 3 months; size 12 halter style formal sage green with shoulder wrap, \$75 OBO. FMI call 77069.

(2) Toshiba laptop for sale 15.4 brightview, wireless, 1.6ghz \$625, ge washer and dryer both for \$70, camera \$30, ide hard drive \$60, dvd burner, ddr memory, wireless amplifier, wireless antenna, flash drive, brand new diabetes monitor, iron, toaster FMI call 77116.

(2) Queen size bed \$500; 32" Sony TV w/stand 300; Dive gear complete set \$1000. FMI call 75724.

(2) Tony Little "Gazelle". Get a low-impact, full-body workout with this fold-flat piece which would cost you over \$200 in the U.S. Hardly used and selling for \$100; FMI 4127.

(2) Four piece queen bedroom set, stylish dark wood, inlaid leather headboard, excellent condition, Queen mattress, 15" TV, vertical rotating fan (grey), light wood chest (still in original box) FMI call 77052.

(2) Dell 1501 lap top for sale great condition, windows xp, one year norton virus protection, dvd and cd burner, \$650. FMI call 4222/77590.

(2) Minnkota Endura 30 electric trolling motor \$30 OBO. Various Plants FMI call 8188 or 84233.

(2) 7 Men shirts size medium - 3 linen \$20 ea, 4 cotton \$10 ea, 4 Men dress pants size 36/32 - 2 linen \$25 ea, 2 cotton \$20 ea. FMI call 75811.

(2) Sea and Sea underwater digital camera DX 8000G Islander package. New! \$1400; Downriggers Penn electric, few hours, like new. 48" 2 available \$500 each OBO. FMI call 72900/77796.

(2) New black futon, \$50. FMI call 4444.

(1) Furniture grade wood for sale. Poplar 39 bdf, \$150, Hickory 7.6 bdf, \$37; Birch 18 1/2 bdf, \$93. Wood is surfaced on two sides, sold only by the whole unit. Fir boards for sale, (six) 1x10x8' and (10) 1x12x8' plus(6)

1x12x3' shorts. \$125 OBO. Butcher Block Maple Table tops, (one) 26"x 48"x2" for \$125, and (one) 24"x30"x1 1/4 inch thick for \$75, or make an offer. FMI call 75815

(1) Like new Callaway FTI Square Driver Stiff Flex 10 Degree loft \$325.00; Big Bertha Irons steel shafts 3-PW, SW \$225.00. FMI call 79506/2156.

(1) One bowflex for sell in great shape for 100 dollars OBO. FMI call 77096.

(1) One twin bed with mattress, brand new never used, price is \$80.00. FMI call 77845.

(1) 27 Inch Zenith TV Floor model in great condition nice picture, \$100 OBO. FMI call 77541.

(1) SCSI Modem \$40. FMI call 78031/84275.

(1) Full size refrigerator \$100; 1995 4WD GMC Jimmy \$5000 OBO 77026.

(1) Whirlpool washer and dryer \$50 Sony Mavica disk digital camera/video \$40.00; Oak transformable Crib/Day Bed with matching dresser \$300. FMI call 75776.

(1) Hoover vacuum \$30, thick canvas umbrella with granite base \$75, building wood \$20, sirius plug and play home and car kit in box \$50, small women's dive mask \$10, size 4/5 Women's all terrain dive booties \$20 and LL Bean water shoes \$10 - both like new. FMI call 77026.

(1) Oak transformable Crib/Day Bed with matching dresser \$300. FMI call 75776.

(1) small mosaic table with 2 chairs, 1 futon; small dining room table with 4 chairs, king size water bed; night stand, misc. plants. Call for prices. FMI call 8188 or 84233.

(1) Gateway laptop for sale, less than one year old. Window XP, CPU 1.6 gig, memory 2gb, hard drive 120gb, DVD & CD burner. Call Jermain at (h) 77725 & (w) 77262/75866.

Vehicles & Boats

(2) BMW sedan 4 door 1982 Must go! The best price in GTMO \$1700. FMI Call 75849.

(2) For Sale Must Go Now! 1987 626 Mazda, standard. \$1500 OBO.

Serious enquires only. FMI call 4700.

(2) 2001 Jeep Wrangler Sport-2-door, blue, soft top - black, \$8700 OBO. Mileage 83,911. FMI call 9819 or 79567.

(2) 1988 Audi 80 sedan, 5 spd manual, A/C, new radiator, other new parts, \$2500 OBO, FMI 75808.

(2) 2005 eco-friendly electric scooter only used for 3 months asking \$1500. FMI call 77345.

(2) 2007 BMS Moped only 190 miles, \$1500. Call 77265.

(2) '93 Jeep Cherokee \$4,600. FMI call 75724.

(2) 20ft center console Fishing / Dive boat with 2002 Evinrude 90hp OB. VHF radio, depth sounder w/ fish finder, dive ladder, am/fm/cd radio w/2 speakers, dual batteries, dual anchors, and forward seat cushions. Trailer included \$5500. FMI call 2234, 84052, or 75860.

(2) 1995 Honda Civic EX 152,000 Miles, Black, Tinted Windows, Sunroof - AC Rims and Low Pro Tires, Alpine CDA, iPod ready/ \$5,500 OBO; 18ft. 1980 Aquasport Center Console with trailer, \$4500 OBO; FMI call 84261 or 74844.

(2) Ford Explorer green, great condition, good mileage 2 owners only. 5200 OBO FMI call 77957.

(2) 85 Ford Bronco 4x4 Wagon \$600 OBO. Parafoil 272 Black rigged for Parasailing, \$500, FMI call 9741/77349.

(2) 14ft Boston Whaler Fiberglass boat w/2005 Mercury outboard engine. Great bay boat for inshore fishing and diving. Well maintained. \$3000 OBO. FMI call 8188 OR 84233.

(1) Fiberglass center console boat custom built for fishing. Fully loaded turn-key w/2006 Yamaha 40 hp OB. \$6,500.00 OBO. Call 84040 FMI.

(2) Yamaha Wave Runner III Jet Ski with Shorelandr Trailer. Runs great and in very good condition. \$3200.00. Call 8188 OR 84233.

(2) 2002 Toyota Sequoia SR5, power everything, 59,000 miles, great condition, \$17,500 FMI please call 75811, please leave message.

(2) '87 Bayliner. Good cond. New trailer. FMI and price call 3472/2531.

(1) 1992 FORD Bronco 4X4, 2002 factory 302 (10K) new paint (2003), 8000 lb bpr winch, tow hitch, 2" lift. \$7000. Avail May. FMI call 77198 after 6 p.m.

(1) 1989 Dodge Ram 250 truck, custom, dependable, good condition, \$2,500 OBO. FMI call 79599.

(1) 1994 Acura Integra, blood red, 2-door, 5-speed, tinted windows, pioneer sound system, after market exhaust, \$6,000 obo, call 77314 or 2351.

(1) 1992 GEO Tracker, runs great, well kept, cold AC, \$3300 OBO. FMI 2300 or 79618.

Employment

(1) CACI is committed to identifying

capable people to fill our workforce and providing them with opportunities to prosper here in GTMO. There are several positions in the telecommunications industry available which require a minimum of a Secret Clearance. For a complete listing of all job opportunities more details and to submit resumes, please contact: bphillips@caci.com or winkler@caci.com.

(1) Women, Infants and Children (WIC) Overseas is looking for a registered nurse or registered dietitian to provide nutrition education and counseling to our participants. This is a part time position with flexibility. FMI call or email Karen Meneley, ext. 2186.

Announcements

(2) GTMO's got talent two. Show displaying a variety of talent. April 26, 7 p.m. Ages six years to 17 years. FMI call Sunni Malone 77957.

(1) May 23, 2008, 9 - 3 p.m., the Naval Station Safety Office is having a safety standdown at the Windjammer ballroom. FMI call 4526.

(1) There will not be school for elementary students April 28. Parents will be notified by their child's teacher if they desire a parent/teacher conference or parents may contact the teacher to request a conference. FMI call 2207.

Misc. Ads

(2) Wanted: Mosquito Magnet Pro machine with instruction book. Original box preferred, but not necessary. Propane tank optional. FMI call 77642.

(2) Found: Camera March 30 Glass Beach Cannon Digital camera. FMI call 9876.

(2) Looking for a good home: Cocker Spaniel needs a good home. Owner has allergy so avail ASAP. FMI call 77957.

(1) Looking for a home: Male, playful, Fixed AKC 8 month 6 lb Maltese with many accessories \$800. FMI call 75776.

(1) Loving, tan & white cat to good home, declawed front paws. FMI call 75815.

(1) Found: Men's Wedding Ring in Evans Point neighborhood. FMI call 78416.

Yard Sales

April 19: Marine Point Community Yard Sale 7:30 - 11:30 a.m.

April 19: Marina Point 305, 7:30 - 10:30 a.m., April 19 & 20: Caribbean Circle 22B, 7 a.m.

April 19 Villamar 2230A 7 a.m. - noon

GTMO Physical Fitness Happenings



TOP: UPPER BODY STRENGTH— NAVSTA Sailors perform push ups during their semiannual physical fitness assessment (PFA) April 16 at Pier Victor. Sailors have two minutes in each category to crank out as many push-ups and sit-ups as they can do. Participants are also tested on how fast they can run a mile and a half based on their age.



BOTTOM RIGHT: RELIEF— Cmdr. Jeff Johnston raises his hands in relief after testing on sit-ups during his Spring 2008 physical fitness assessment.

PT, GOOD FOR ME — Sailors are required to keep their arms crossed on top of their chests while performing proper sit-ups during the PFA. BM3 Juan Cardona performs his while MA2 Aaron Moore holds his feet and counts each sit-up for him.



All photos by MC2 Kim Williams