

Guantanamo Bay *Gazette*

Vol. 63 No. 10

Friday, March 10, 2006

Photo by PH1(SW) Terry Matlock



Visiting ship — *With the Leeward airstrip as its backdrop, the USS Ford (FFG 54) sails into the mouth of Guantanamo Bay just prior to docking for a brief port visit for fuel and provisions on March 2. The USS Ford, homeported in Everett, Wash., is currently on deployment.*



From the desk of the SJA

Natural resources instruction applies to all

By LCDR Matthew Beran, Staff Judge Advocate

Over the past several weeks, it has come to my attention that many people stationed here are unaware of the regulations regarding recreation as it applies to our natural resources.

Naval Station Guantanamo Bay instruction 11015.1 (Guantanamo Bay fishing and natural resources related recreation instruction) was signed and promulgated on Dec. 12, 2005. The purpose of this instruction is to make everyone aware of the rules relating to the recreational use of the natural resources within the jurisdictional boundaries of the station, but also to proactively conserve the indigenous plants, shellfish, fish and wildlife here.

NAVSTAGTMOINST 11015.1 applies to everyone living and working at Guantanamo Bay including those working for tenant commands, as well as family members, contractors, and visitors. Administrative action can be taken against anyone violating these regulations, including suspension of privileges, debarment, and criminal prosecution for those subject to the Uniform Code of Military Justice (UCMJ).

Use of the parks, beaches, and waters around the station is a privilege that carries an inherent



Photo contributed by Environmental Dept.

Live starfish are frequently seen in area waters. However, taking starfish from their natural habitat is strictly prohibited.

responsibility to conserve the fragile ecological balance of these areas.

For the purpose of clarity, the word 'animal' refers to any bird, reptile, mammal, or marine mammal; 'fish' refers to any fish, aquatic reptile, shell, or crustacean; 'plant' refers to any indigenous plant, shrub, bush, cactus or tree; and 'take' means to intentionally harm, kill, harass, or remove from the natural habitat.

Do not feed the iguanas. The feeding, keeping, or breeding of iguanas, other lizards, banana rats, goats, chickens, snakes, pi-

geons, or feral cats and dogs is strictly prohibited. Additionally, it is a violation to 'take' any part

of an iguana, manatee, sea turtle or brown pelican, including their eggs, feathers, shells, nests, or bones.

All people spearfishing must be able to positively identify the target as a legal take. If it can't be positively identified as a safe shot, don't shoot the speargun. Additionally, the taking of Nassau Grouper and Goliath Grouper (Jewfish) by spearfishing or any other method is strictly prohibited.

Shelling is permitted at all public beaches. However, only two live shells may be taken per person per day (a live shell is one that is occupied by the original animal). Only one live Queen Conch or one live Atlantic Triton's Trumpet may be taken per person per day, and only dur-

Continued on page 11



Photo by Staff Sgt. Keith Panaro

Sad farewell — *Georgio, the last goat on GTMO, shown above wearing his Christmas ribbon in the lobby of the Army Veterinary Clinic, was euthanized March 3. He suffered from degenerative arthritis that made it very difficult and painful for him to walk and stand. Georgio was born in April 2001 and became the official mascot of the clinic on March 5, 2003. During his three years of active service, he was very active in community events, making appearances at numerous public gatherings. He was also a guest star in the W.T. Sampson Elementary School production of "Three Billy Goats Gruff" last year. Georgio brought joy to countless people he encountered and will be dearly missed.*

GUANTANAMO BAY

Gazette

Vol. 63 No. 10

Commanding Officer.....	CAPT Mark M. Leary
Executive Officer.....	CDR Jeff Hayhurst
Command Master Chief.....	CMDCM(SW/SS) Larry Cairo
Public Affairs Officer.....	Ms. Stacey Byington
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Biggest losers want to change their lifestyle

By JO2(AW) Honey Nixon, Public Affairs

Guantanamo Bay residents interested in shedding unwanted pounds have joined forces pitting teams against teams in the GTMO Biggest Loser competition. The three-month contest kicked off March 1 at the base gym with almost 100 contestants weighing in.

MWR fitness specialists are tracking the 26 four-man teams with group weigh-ins every Friday. Small prizes are given each week to the team who has lost the most weight over the preceding week. There will be a grand prize at the end of the contest for the team which loses the most combined weight, as well as a prize for the individual who loses the greatest number of pounds.

The purpose of the program is to change a person's lifestyle, not just their waistline. Audrey Chapman, MWR fitness specialist, sees the contest as a vehicle for more than just losing weight and winning prizes.

"I hope people will get into the lifestyle of being active," said Chapman. "A lot of people have told us they just need some motivation to lose weight. When you have people that are counting on you and competing against you, for some reason that drives people to really work hard at losing weight, exercising, eating, or whatever it is they are trying to work on."

Contestants were given a fitness assessment, and a tailored workout program that includes cardio, strength training, and stretching workouts, as well as guidelines for healthy eating.

All participants must attend one fitness class a week and maintain a food diary. Contestants are on the honor system not to cheat. No diet pills or supplements are allowed, and if a team member drops out, they cannot be replaced.



Photo by JO2 Honey Nixon

Alisa LeSane works out on one of the cardio machines at the base gym. Her trainer, Leroy Davis, works out beside her.

"We knew there was need for people to start being more active and healthy on this base and this was a way to reach everybody," added Chapman. "Hopefully, the contestants will continue to do it afterward. Some of the teams told me they are going to continue to work out after the competition."

Fitness specialists aren't the only ones with an interest in promoting fitness in GTMO. Volunteer trainers are also donating their time with the hope of helping their adopted teams not only succeed in the contest, but also incorporate new lifestyle changes.

"The beauty of this program is that it motivates people to lose weight, eat right and change their lifestyle," said Leroy

Davis, a global command and control administrator, and volunteer trainer with team 'Jelly Bellies.'

"Each of my team members has a different goal. It's not just about winning the contest," said Davis. "For instance, one member wants to lose weight for a wedding, and one has to drop some pounds to meet military weight standards.

"They say if you do something for 30 days or more it becomes a habit," he added. "Therefore, if they are able to sustain these new habits for the next three months, I think it will be a way of life for them after that

Alisa LeSane, an ISD administrative assistant, knows her participation in the contest is the opportunity to transform her previous lifestyle.

"I am not using this competition as a fad diet," said LeSane. "I am doing it to change my lifestyle. I am using it to do what I already knew I needed to be doing anyway — living a healthy lifestyle and exercising. By the time this contest is over, I should be set in my new ways. Also, I am challenging myself and there are some rewards incorporated. If I don't get the grand prize, I'll still be rewarded by losing weight and becoming healthier."

Diving Secured



By order of the station Commanding Officer, recreational SCUBA diving is secured March 14-18.

The recompression chamber is down because of annual maintenance.



Ombudsman Corner

Cheryl Crouse
NAVSTA Ombudsman
Phone - 5860
Pager - 4447-2000
ccrouse35@yahoo.com

Tanya Ward
NAVSTA Ombudsman
Phone - 5704
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Kathy Diaz
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Phone - 7379
Pager - 72090, #018
kathiuska.m.diaz@
gtmo.med.navy.mil

Columbia College Registration

March session begins March 20. Registration is now open, and students can register for classes through March 24.

For more information call 5555.



Photo by Harriot Johnston

International night — *John Youberg and Jim Gordon, the only male members of the Officers and Civilians Spouses Club (OCSC) sample some of the special recipes prepared for the club's international potluck dinner held March 7 at the Sailing Center. Approximately 20 people showed up for the monthly meeting, held regularly the first Tuesday of each month, contributing dishes such as Thai red curry with chutney, Italian tomato bruchetta, and Mexican enchilada, to name just a few. New members are always welcome.*

March is National Nutrition Month

National Nutrition Month® is a nutrition education and information campaign sponsored annually by the American Dietetic Association. The campaign is designed to focus attention on the importance of making informed food choices and developing sound eating and physical activity habits.

Initiated in March 1973 as a week long event, "National Nutrition Week" became a month-long observance in 1980 in response to growing public interest in nutrition.

The theme of this year's campaign is "Step Up to Nutrition and Health", and has five key messages that are based on the 2005 Dietary Guidelines for Americans recommendations developed by the U.S. Department of Agriculture (USDA) and the U.S. Department



of Health and Human Services (HHS). The five key messages are:

— The food and activity choices made today, and everyday affect people's health and how they feel today and in the future. Eating right and being physically active are keys to a healthy lifestyle.

— Make smart choices from every food group. The body gets the balanced nutrition it needs when people eat a variety of nutrient-packed foods every day. Be

sure to stay within daily calorie needs.

— Get the most nutrition out of calories. Choose the most nutritionally rich foods from each food group, those packed with vitamins, minerals, fiber, and other nutrients, but lower in calories.

— Find balance between food and physical activity. Regular physical activity is important for overall health and fitness, plus it helps control body weight, promotes a feeling of well-being, and reduces the risk of chronic diseases.

— Play it safe with foods. Prepare, handle, and store food properly.

Anyone with questions, or to make an appointment with the registered dietitian, should talk with their doctor for a referral or call 72270.

GTMO Sailors key into career tools

By JO2(AW) Honey Nixon, Public Affairs



Sailor of the Week

MA3 Aaron Moore, from the CMAA office, is this week's "Sailor of the Week."

Moore has served in the Navy for almost five years and has been stationed in GTMO for five months.

"It feels good to be recognized for your work," said Moore. "I help with the beautification of Bulkeley Hall grounds, and migrant operations."

Remembering Edgar Lewis



In loving memory, one year ago, on March 8, 2005,

you departed this world for a better one. No farewell words were spoken, no time to say 'Good-bye,' you were gone before we knew it, and only God knows why.

If love could have saved you, would have lived forever.

The Lewis Family

Guantanamo Bay joins Naval stations around the world with access to Personnel Support Activities' Navy Network kiosk system. The computer kiosk, installed earlier this month in the customer service section of the Navy Exchange, offers Sailors one-stop access to Stay Navy tools, DoD forms, My Pay, relocation assistance, TRICARE information, and local information tailored to GTMO.

"We have 45 kiosks worldwide," says Lt. Robert Johnson, assistant IT department head at the Center for Career Development. "The program began in 2001, and our goal is to get all the Stay Navy tools in the hands of Sailors, so they can access career decision tools in a comfortable place away from work. It's also a retention tool to try and help Sailors make unemotional and informed decisions about their careers."

With the touch of a finger, members can also access online



Photo by JO2 Honey Nixon

LT Robert Johnson, from the Center for Career Development, shows MA2(SW) Dion Smith, with the Naval Provisional Guard Battalion, points out the many different tools available on the new Navy Network kiosk located in the Customer Service area of the NEX.

CAC and PCS information, DFAS, travel pay, and a pay calculator that compares military pay in the civilian sector pay.

"It has a touch screen with explanatory labels and a keyboard for when you need to fill

out and print DoD forms," said Johnson. "There are a lot of applications, so you have all those tools in a very convenient location. It's very diverse. Come check it out and see how convenient it really is."

What ways do you conserve energy in GTMO?



MACS Alfonso Zabala, JTF:

"When I'm gone during the day, I turn up the air conditioning, and most of the time I use the bus for transportation instead of my POV."



Mary Crews, Manpower:

"I turn lights off in rooms when I am not using them."



LT James Goebel, Chaplain:

"I cut back on cooking in my stove, and I eat at the galley instead. I also make sure to turn the air conditioning up when I leave."



Roberta Stanley, Housing Office:

"I don't cook at home, I go to the galley. I make sure my lights are off when I leave my room, and when I'm on vacation, I turn everything off before I leave."

GTMO's Extre

Story by JO1 Igo Wordu, photo

Area athletes endured rigorous regiments of kayaking, biking and running during the GTMO's Extreme Adventure competition. They were competing for the championship crown and a possible chance to represent Guantanamo Bay at a regional contest slated for later this year.

The competition began from the Sailing Center at the Marina on Saturday, March 4, with the first contest, a 1-mile kayak relay, beginning at 7 a.m. The teams were required to start and finish as a group. The team who completed the entire course in the fastest time won the competition.

"The idea of this competition is to have all team members to start and finish the course at the same time and doing in the fastest time," said Craig Basel, MWR director. "They must complete all assigned regiments as well."

Basel said that the contest winners could represent GTMO at the regional contest later this year, which would also be held here at GTMO. He said that the course was similar to the one for the regional event.

"Doing this event is important because this give us an opportunity to select GTMO's representatives and to expose those athletes to the same challenges they will face during the regional event," he said.



me Adventure

Photos by PH1(SW) Terry Matlock

After the kayak, the athletes were required to ride an 8-mile bike race along the ridgeline and back trail near the Caribbean Circle housing area. At the end of the bike contest, they had to complete an 8-mile run through the same route.

Five teams of four people each competed in GTMO's Extreme Adventure. Team 'Play Group' which included Maj. George Nunez, from the MCSF Co., John Youberg, Mellisa Bellman, and John Hewitt won the competition, crossing the finish line in 2:41:43, to the applause of waiting family and friends, who turned out to cheer their favorite athletes.

"More than anything, I think all the participants in this event did extremely well," said Nunez. "Competition like this promotes teamwork, because we all have to work together to achieve a common goal."

Thomas Wolfe, Tammy Watts, Everett Hairston, and Joe Mussett finished second with a time of 2:50:53. The team with Shawn Goodwin, Tiffany Dodson, Bret Cook and Brian Geiger finished third with a time of 3:34:3.

Basel challenged all GTMO residents to take up the 'Extreme Challenge' that will be organized in the near future by the MWR.



CNIC names Navy Installations Sailor of the Year

By Commander, Navy Installations Command Public Affairs

Vice Admiral Robert Conway Jr., Commander, Navy Installations Command (CNIC), announced the selection of MA1(SW) Shawn Kline as the 2005 CNIC Sailor of the Year (SOY).

Kline, a native of Hemet, Calif., and representing Region Europe at this year's competition, is currently stationed at Naval Support Activity La Maddalena, Sardinia, as Leading Petty Officer in the Operations Department.

CNIC Force Master Chief (SS/SW) Kevin Licursi said about Kline's chances at the next level, "I think Petty Officer Kline will compete very well at the Vice Chief of Naval Operations level. He has demonstrated all that we desire in a professional and a sea warrior. I think he has an excellent

shot at being selected at the next level."

NCCS (SW/AW) Anthony Collins and 2005 SOY coordinator echoed Licursi's remarks, "I think he will do well at the next level. Petty Officer Kline will do a great job representing shore installations. He's demonstrated lots of leadership in different roles. He will represent CNIC well."

Kline was one of five finalists that spent a week in Washington, D.C., competing for SOY. The finalists spent time at the Navy Memorial and visited with Master Chief Petty Officer of the Navy (MCPON) Terry Scott.

Kline will represent CNIC at the VCNO's competition, to be held in Washington, D.C., in April.



Photo submitted by CNIC Public Affairs

VADM Robert Conway Jr. congratulates MA1(SW) Shawn Kline on his selection as the Commander, Navy Installations Command Sailor of the Year.



Photo by JO2(AW) Honey Nixon

Red Cross donation — *Rich Yevak, material officer with the NAVSTA Supply Dept., and Kelly Ard, a Red Cross volunteer, help a number of other volunteers load 2000 blankets and 500 sheets into shipping containers on Feb. 24. The local Red Cross chapter had an abundance of blankets and sheets, and they were donating them to several Florida chapters for use by people affected by recent disasters. The blankets and sheets were shipped out on the most recent barge.*

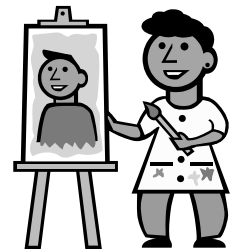
March is Youth Art Month

By W. T. Sampson Schools

The month of March is designated National Youth Art Month. This celebration of creativity incorporates not only the visual arts but also the performing arts such as music, drama, and dance.

School Art programs involve more than the creation of products, they are essential to the education of a child. By providing young people with meaningful artistic experiences in school, we help them develop a means of healthy self expression that will serve them throughout their lives.

This month-long observance ties in to the W.T. Sampson schools' efforts to promote literacy and develop problem solving skills. In this multi-media world, the term literacy is expanded to include visual and cultural literacy. Education in the arts can provide our students with opportunities to make in-



formed decisions and arrive at creative solutions which can be applied to real life situations.

The community is invited to our annual Student Arts Festival which will be held at the Bayview.

Art work will be exhibited from Tuesday, March 28 through Sunday, April 2. There will be a reception honoring the student artists on Thursday, March 30 from 4-6 p.m., in the Bayview foyer.

Please join the students and teachers of the W.T. Sampson Schools for an extraordinary experience as we celebrate the creativity of our children!



**American
Red Cross**

Proclamation

American Red Cross Month, 2006

A Proclamation by the Commanding Officer of the United States Naval Station, Guantanamo Bay, Cuba

Throughout our Nation's history, Americans have worked together to care for those in need. The work of the American Red Cross exemplifies this tradition and reflects the good heart of our country. This year during American Red Cross Month, we recognize this organization for its 125 years of faithful service to our Nation and for its continued mission to help those in need at home and abroad.

Since Clara Barton founded the organization in 1881, the American Red Cross has offered aid and disaster relief to millions of individuals. From conducting blood drives and arranging family communications and other forms of support for our troops to providing relief for victims of natural disasters, the American Red Cross carries out emergency response around the globe. Local chapters help American communities respond to regional catastrophes and promote emergency preparedness with American Red Cross First Aid and CPR courses. Members of these chapters serve their communities by visiting homebound seniors, mentor youth, distributing hot lunches, volunteering at homeless shelters, and offering transitional housing. They also educate young people on violence and substance abuse prevention and help in hospitals and nursing homes.

In 2005, a devastating hurricane season left millions displaced and homeless. The American Red Cross network of more than 800 chapters and thousands of volunteers provided food, shelter, counseling, and care to more than a million Gulf Coast families. Working in coordination with the International Red Cross and Red Crescent Movement, the American Red Cross has also assisted with relief efforts for victims of hurricanes and landslides in Latin America and the recent earthquake in South Asia.

By donating their time and energy to selflessly serve others, American Red Cross volunteers demonstrate the compassion and generosity for which Americans are known. Their service paves the way to a brighter future for our citizens and people around the world.

NOW, THEREFORE, I, Captain Mark M. Leary, Commanding Officer of the United States Naval Station, Guantanamo Bay, Cuba, by virtue of the authority vested in me by the United States Department of the Navy, do hereby proclaim March 2006 as American Red Cross Month.

I commend the good work of the American Red Cross, and I encourage our community to continue to help the recovery efforts in the Gulf Coast region and around the world through volunteering their time, energy, and talents for others.

IN WITNESS WHEREOF, I have hereunto set my hand this twenty-fourth day of February, in the year of our Lord two thousand six, and of the Independence of the United States of America the two hundred and thirtieth.

Captain Mark M. Leary

Worship Services

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

Protestant Services

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

Church of Jesus Christ of Latter Day Saints (Sanctuary A)

Sunday Sacrament, 9 a.m.
Monday, Family Home Evening, 7
p.m.

Filipino Christian Fellowship (Sanctuary A)

Sunday Worship, 7 p.m.

Iglesia Ni Cristo (Sanctuary B)

Sunday Worship, 8 p.m.

Pentecostal Gospel Temple (Sanctuary D)

Sunday Worship, 8 a.m. & 5 p.m.

Seventh Day Adventist

Sabbath School Saturday - 9:30 a.m.
(Sanctuary B)
Saturday Divine Service, 11 a.m.

Islamic Service (Sanctuary C)

Friday Worship, 12:30 p.m.

United Jamaican Fellowship

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

Shabbat Service

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

Students prepare for Quiz Bowl '06

W. T. Sampson Elementary School will be conducting its annual Quiz Bowl for grades 4-6, Friday, March 17, 1-2 p.m. at the school gym.

Students are encouraged to review and be ready.

CAPT Mark Leary, CDR Jeff Hayhurst, and CDR W.F. Wright will be officiating as judge, reader and recorder.

Downtown Lyceum

Friday, March 10

Glory Road

7 p.m., PG, 118 min.

The Ringer

9 p.m., PG-13, 94 min.

Saturday, March 11

Hoodwinked

7 p.m., PG, 83 min.

The Last Holiday

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

Sunday, March 12

Casanova

7 p.m., R, 111 min.

Monday, March 13

Rumour Has it

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

Tuesday, March 14

Glory Road

7 p.m., PG, 118 min.

Wednesday, March 15

Casanova

7 p.m., R, 111 min.

Thursday, March 16

The Last Holiday

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



Glory Road

Drama

Cast: Josh Lucas, Derek Luke, Austin Nichols, Evan Jones, and Emily Deschanel

Storyline: Inspiring true story of the underdog Texas Western basketball team, with history's first all African American starting line-up of players, who took the country by storm, surprisingly winning the 1966 NCAA tournament title.



Hoodwinked

Comedy, Kids/Family/Animation

Starring: Anne Hathaway, Glen Close, James Beluchi, Anthony Anderson, and Patrick Warburton

Storyline: An updated re-telling of the classic Brothers Grimm fairy tale "Little Red Riding Hood." The satire begins where the fable last left off, as there's always more to every tale than meets the eye! Furry and feathered cops from the animal world, Chief Grizzly and Detective Bill Stork, investigate a domestic disturbance at Granny's cottage, involving a girl, a wolf and an axe. The charges are many: breaking and entering, disturbing the peace, intent to eat, and wielding an axe without a license.

MWR

Happenings

Windjammer Dinner Theater

Monday, March 13, at 5:30 p.m. Bring the family to the Windjammer Club to enjoy dinner and then watch family oriented G or PG-rated movies. This Monday, "Kangaroo Jack," begins at 5:30 p.m., and the second movie, "Jersey Girl," begins at 8 p.m.

Hoop-It-Up Basketball Competition

March 11, from noon to 3 p.m., at the Base gym. This event will celebrate the end of Captains' Cup Basketball leagues for men and women. Prizes will be awarded for 3-point, dunk, and knockout competition. FMI call 2193.

MWR Clubs Dart League

Begins March 14, Open to all hands. Two-man teams are being formed now. Sign up by March 10 at the Goat Locker. Meeting for all teams will be on March 13 at 4 p.m. at the Goat Locker. A representative for each team must be attend. FMI email Mike at kaplanmh@usnbgtnavy.mil.

Captain's Cup Bowling League

Begins March 20, 6:30 p.m. FMI call Nancy at 2118 or 7174.

Racquetball Challenge Court

Wednesdays from 6 to 9 p.m. at the base gym Racquet Court 2. Come and see if you can meet the challenge. FMI call Audrey at 2193.

New Fitness Classes

Jazzercise classes are Mondays, Wednesdays, and Fridays, 8 - 9 a.m. Step aerobics classes are Thursdays, 5 - 6 p.m. FMI call 2193.

Teen Fear Factor

March 31 at the Windjammer Pool. Starts at 8 - 11 p.m. There will be 2-man boys and girls teams. There'll also be two winning teams. Sign up at the teen center by March 17.. Prizes include T-shirt, prize video and Ipod. FMI call Trecia at 2096

Lets Walk

Mondays, Wednesdays, and Fridays. Do you enjoy walking with others? Join a walking club today. Club meets at the base gym. FMI call Katie at 2193 or email at RasmussenKD@usnbgtnavy.mil

GTMO Shopper

For Sale

(2) Men's 26-in. City Cruiser bike, single spd. w/coaster brake, \$50 OBO. FMI call Steve at 3021, 8028 or email at rmilteach-06@yahoo.com.

(2) 3 tanks, BC regulator w/computer, fins, bags, 2 lobster rigs, dive light, compass, weight belt w/ weights, Mares and Woody speargun, \$600; fishing tackle, potted palm and tropical plants, \$10 and up; washer and dryer \$75; 6-ft. satellite dish, \$500. FMI call 2728.

(2) DVD/VHS stand, \$25; lap desk, \$20; queen bed frame w/dresser, \$300; new scrapbooking supplies. FMI call 7196 DWH.

(2) White/black metal futon, like new, metal frame w/ black pillow and mattress cover, \$100 OBO. FMI call 4840 or 84264.

(1) Men's med. Sequest BCD, low press inflator w/ weight belt w/ 18lb. weights, good condition, \$125; Men's gray Mongoose 18-spd. mountain bike w/lock, \$125; both available for \$225. FMI call AJ at 8667 or email at ajdon@aol.com.

(1) Female scuba BCD, \$500; Scuba SPG, \$200; Scuba dive light set, \$60; will sell everything for \$600. FMI call Kay at 3566 or 84448 or email at kaychan0113@yahoo.com.

(1) IBM laptop computer w/DVD player, \$500; Compaq desktop PC w/ monitor and CD burner, \$550; external CD burner, \$60. FMI call 7832.

(1) Sofa bed couch, \$250 OBO; Sirius satellite receiver w/ boom box and car adapter, excellent condition, \$200. FMI call 7024.

(1) Used DVD movies: Blade Trinity, \$12; One Bright Light, \$10; Fat Albert, \$10; You're Under Arrest, Box One, \$50; The Crimson Code, \$7; FMI call

9461 or email mujahid94@hotmail.com.

(1) Concrete round patio table on pedestal with curved bench seats, \$50; dive gear, computer, octopus, BC, fins, \$500 for package. FMI call Marie at 7106 AWH.

Vehicles/Boats

(2) 1986 Ford F-150XL, excellent condition, \$2,500 OBO. FMI call 9556 DWH or 7116 AWH.

(2) 24-ft. pontoon boat w/ new 90 HP Saltwater Mercury motor, all fishing gear included, \$5,000 OBO. FMI call 9556 DWH or 7116 AWH.

(2) 1996 Honda Civic, green, 4-door w/ A/C. \$6,500 OBO. FMI call 9520 or email ma3luisguzman@hotmail.com.

(2) 1986 Ford 1993 Acura Integra, brand new radiator and thermostat, runs great, \$4,000 OBO. FMI call 9524 or email coastwarrior18@yahoo.com.

(2) 1983 Chevy S10 pick-up, reliable, \$1,000 OBO. FMI call Herman at 7366.

(2) 2002 Acura RSX, silver, excellent condition. FMI call 4814 DWH or 7360 AWH.

(2) 14-ft. project boat w/ 15 HP motor, \$500; FMI call 2728.

(2) 1990 Volvo station wagon, \$1,800; FMI call 2728.

(1) 1998 Mazda 626, nice stereo CD system, \$5,500. FMI call 7832.

(1) 1985 Dodge van, many new parts, taking down payments now, available in March, \$1,000 OBO. FMI call Raya at 8261 AWH.

(1) 1989 Celebrity sedan, runs great, \$1,300 OBO. FMI call 8095.

(1) 1995 Ford Escort, 2-door, runs great, 86K miles, \$500 OBO. FMI email diazma@usnbgtnavy.mil.

(1) Mako 22-ft. center console, 200 HP Yamaha, GPS, fish finder, 'out of bounds' certified vessel, \$13,000. FMI call Mike at 4505 DWH or 4620 AWH.

(1) 1987 Bayliner fishing boat w/ new trailer, \$14,000. FMI call 3472.

(1) 21-ft. Wellcraft WAC w/ new 2005 200 HP Yamaha Salt Water Series, like new, safety and fishing equipment included, \$25,000. FMI call 4493 DWH or 5338 AWH.

(1) 1987 Bayliner fishing boat w/ new trailer, \$14,000. FMI call 3472.

Employment

(1) Human Resources Office announces the following vacancies: Office Automation Asst., closes March 13; Social Services Aide, closes March 15; Management Asst., closes March 15; Program Asst., closes March 15; Telecommunications Mechanic, closes March 17; Social Services Aide, closes Dec. 29. FMI call Delaine at 4822 or 4441.

(2) The NEX has the following vacancies: Laundry worker, four full-time positions, closes March 10; Presser, one full-time position, closes March 10.

(2) ISD-IT Contractor serving NAVSTA is hiring experienced professionals. Learn more about these exciting opportunities by checking the job postings on our website at <http://jobs.saic.com/ajobbext3.nsf/International>, then click on Cuba.

Announcements

(2) The automated CLEP is finally here. Columbia College is offering CLEP to all members of the GTMO community. There are 39 tests to choose from including three foreign languages (Spanish, French, and German). CLEP is free to all active

duty military. FMI or to schedule call 5555.

(2) DRMO will be on the island through March 14 for issue and receipt only. FMI contact John Bingham or email at John.Bingham@DLA.MIL.

(2) DRMO will be on island Apr. 11-25 for issue and receipt. There will be a general sale on Apr. 12, 8 a.m. - 2 p.m. There will be a vehicle sale on Apr. 13, 8 a.m. - 2 p.m. FMI contact John Bingham or email at John.Bingham@DLA.MIL.

(1) Reef Raiders Dive Club's monthly meeting will be March 14 at the Reef Raiders Dive Club starting at 6 p.m. All are invited to attend and bring a buddy. FMI call 7315.

(1) Christian Paul Basel, a senior at Hampden-Sydney College, was named to the Dean's list for the first semester of the 2005-2006 academic year. To earn this distinction, students must achieve at least a 3.3 semester grade point average out of a possible 4.0. Christian attended William T. Sampson High School and is the son of Mr. and Mrs. Craig Basel.

(1) Columbia College is hosting its first commencement exercise on March 26 at 5 p.m. at the Base Chapel. All students, faculty, staff, family members and friends are invited. If you are a Columbia College student within 6-9 hours of graduating, please contact Carol Martin or Diana Schriefer at 5555. Congratulations to the Class of 2006.

(1) Need a break? The ombudsman spouse tour is March 14 at 4:30 p.m. Come and join the CMC and your ombudsman for dinner and a tour of the base. FMI call Cheryl at 5860 or Tanya at 5704 and Sunny at 7957.

Wanted

(2) Will pay cash for fishing/pontoon boat. FMI at 7977 or 2129.

Lost & Found

(2) Lost set of keys/remote for Chevy Cavalier at Windmill beach. Call Valerie at 3069 DWH or 7989 AWH.

Yard Sales

March 11 — Marine Site, #107, 7 a.m. - 1 p.m.

March 11 — Nob Hill, #22B, 8 a.m. - 2 p.m.

March 12 — Nob Hill, #22B, 8 a.m. - 2 p.m.

March 12 — Kittery Beach, #378B, 6 a.m. - noon.

March 12 — Marine Site, #107, 7 a.m. - 1 p.m.

March 18 — Caribbean Circle, #4D, 8 a.m. - noon.

SJA: Instruction applies to everyone ...

Continued from page 2

ing the 'open season' for each. Conch season is now closed until June 1.

Additionally, the taking of live starfish, coral, black coral, fans or sponges is strictly prohibited. Dead starfish, coral, or sponges found washed up on beaches are not considered 'live.'

Enclosure 1 of NAVSTA-GTMOINST 11015.1 details individual violations, and the points and penalties that can be assessed against violators. Enclo-

ures 2 and 3 contain the game fish and spear-fishing matrix. They detail fish size limit, whether or not they can be speared, and closed seasons on different types of fish. For example, snook cannot be fished or speared during May, June and July.

Only NAVSTA GTMO Security personnel (including Harbor Defense and designated game wardens) are authorized to issue citations for violations. Call Se-

curity Dispatch at 4105 to report violations. Boaters should contact Port Control on VHF Ch. 12 to report violations when telephones are not accessible.

Anyone with any questions should read NAVSTAGTMO-INST 11015.1 in its entirety.

Remember, recreational use of the natural environment and its associated natural resources in and around Guantanamo Bay is a privilege, not an entitlement.

Children celebrate Dr. Suess' birthday

By JO2(AW) Honey Nixon, Public Affairs

"Make that cat go away! Tell that Cat in the Hat you do not want to play. He should not be here. He should not be about. He should not be here when your mother is out!" said Dr. Suess in *'The Cat in the Hat.'*

Almost 40 children from around the station and the Child Development Center joined together at MWR's Community library March 2 to celebrate excerpts like this in honor of Dr. Suess's birthday. Throughout the day, the children listened to Dr. Suess readings, talked with the 'Cat in the Hat' and 'Thing One,' sang songs and ate birthday cake, on the day that, had he been alive, would have been the author's 102nd birthday.

"I don't know that there's anybody who hasn't read a Dr. Suess book," said Maxine Becker, MWR's Librarian. "He's universal. He really was the first to create low vocabulary books that were not 'Dick and Jane.' They were interest-



Photo by JO2 Honey Nixon

'Thing One' (Stephanie Wilson) and 'The Cat in the Hat' (Katie Whittaker) help entertain children during the MWR Community Library's Dr. Suess celebration.

ing, they were fun, and they were silly."

The celebration took place in the library's new children's room where Kenisha Stewart, the children's program coordinator, hosts a story-hour filled

with singing and reading every Thursday at 9:30 a.m.

"We will be doing more children's programming now that we have a room. None of this existed three months ago," said Becker.

Local parents like Laurie Siebigteroth bring their children for exposure to books and the library fulfill that need.

"It's good for the kids to be exposed to the classics. My daughter likes the singing and she needs to learn to listen to books. She's only two and half, and while she might not sit for the whole story, she's still getting pieces of it," said Siebigteroth.

Dr. Suess created many children's classics such as *'The Cat in the Hat'* and *'Green Eggs and Ham'* with unique combinations of vividly colored illustrations and rhythmical language.

He was born Theodor (Ted) Seuss Geisel on March 2, 1904, in Springfield, Mass. The son of German immigrant parents, Seuss endured slurs and harassment, and was very aware of

prejudices that exist in everyday life. This awareness would influence his works throughout his career as an author-illustrator.

Seuss attended Dartmouth College, where he was editor in chief of *Jack-O-Lantern*, Dartmouth's humor magazine, and began signing his works as "Seuss."

As a young man, he submitted his unique cartoons to magazines such as *Life*, *Vanity Fair*, *Judge*, and *Liberty*. During World War II, he joined the Army at the age of 38, and worked for Frank Capra's Signal Corps Unit making movies for the war effort, for which he won a Legion of Merit award. He also was a significant contributor to two Academy Award documentary Oscars, *'Hitler Lives?'* (1945) and *'Design for Death'* (1947), and an Oscar-winning cartoon, *'Gerald McBoing-Boing'* (1950).

After *Life* published an illiteracy report in 1954 that claimed children were having trouble reading because their books were boring, Seuss's publisher sent him a list of 250 important children's words and asked him to write a book. At the age of 50, using 220 words of those words, Seuss wrote the classic *'The Cat in the Hat.'*

During his lifetime, Seuss wrote 61 books, 16 of which were adapted into movies, and illustrated countless cartoons. His list of honors and awards include six honorary doctorates, two Emmys, and a Pulitzer Prize. More than 200 million copies of his books had been sold at the time of his death on Sept. 24, 1991.

"Dr. Suess' books make little children laugh," said Becker, "but also helps them learn to read. The characters he has created are now truly a part of American culture."



Photo by JO2 Honey Nixon

'World is a Rainbow' — Children in Maria Figueroa's preschool class show off their colorful costumes during W. T. Sampson Elementary School's Black History Month presentation, held March 3.