



Personnel of the Guantanamo Bay Fire department congratulate two of their own after Neville Stewart and George Rookwood are promoted to the rank of Battalion Chief. Additionally, Devon Smith, Richard Robinson, Anthony Nembhard, and Raymond Walsh were promoted to Fire Captains during the promotion ceremony held at 'Fire Station No. 1' on Saturday, July 8.

Fire department honor their own

Story and photos by MC1 Igo Wordu, Public Affairs Office

History has been rewritten within the Fire Department at U.S. Naval Station Guantanamo Bay. After nearly 40 years of individual service to the base, Jamaican firemen Neville Stewart and George Rookwood were promoted to their current rank as Battalion Fire Chiefs during a ceremony held at Fire Station No. 1, on Saturday, July 8.

Previously, no foreign national had ever attained any rank beyond that of fire captain. Even though both fire

fighters have served the base for many years, GTMO Fire Chief Ian Meyers said they had been overlooked for a deserved promotion.

Currently, 73 out of 80 personnel that work at the fire department are foreign nationals.

"In my books, these men deserve this promotion more than any active serving fire fighter in GTMO," said Meyers. "The promotion they have earned helps motivate younger firefighters—to show them that there is an avenue

for them to move up the ladder, as long as they work hard. And, they all work very hard."

Both firefighters have been members of GTMO's fire department since 1969 and have lived through many historical changes here.

Rookwood and Stewart recall the wooden structures that used to be personnel offices and barracks way before the modern structures of GTMO today. They were also members of the fire department during one of the worst fires

here in GTMO, which destroyed what used to be the Enlisted Men's and Acey Ducey Clubs on Corinaso Point in the late '70s.

"That incident is probably the biggest challenge I've faced in my career as a fire fighter," said Stewart. "The inferno was so ferocious that it took days to put the flames out completely. When it was all said and done, the building was in ruins."

Meyers said he personally
Continued on page 11

MCPON Campa takes helm of enlisted force

By MC1 (SCW) L. A. Shively, Master Chief Petty Officer of the Navy Public Affairs

Master Chief Petty Officer of the Navy (MCPON) (SW/FMF) Joe R. Campa Jr. took the helm of the enlisted force as the Navy's eleventh MCPON, receiving the ceremonial cutlass from MCPON (SS/AW) Terry D. Scott, in a change of office ceremony at the Washington Navy Yard, July 10.

The ceremony marked the conclusion of a 29-year Navy career for Scott, who held the office of MCPON the past four years.

"He led," said Chief of Naval Operations (CNO) Adm. Mike Mullen. He elaborated, explaining how Scott's leadership engaged Sailors to "bring all manner of people together to solve problems."

Mullen stressed that many of the new programs for today's Sailors were a result of Scott's efforts, such as greater educational benefits, redesigned uniforms that are more attractive and durable, plus incorporating a "culture of fitness" aimed at improving both physical and mental health.

The CNO also recognized that Scott continued to work until his very last day in office, giving a recent interview to a major news station about the problem of predatory lenders, businesses targeting Sailors for payday or title loans with enormous interest rates.

Mullen then congratulated the newest MCPON.

"Master Chief Campa is not just an exceptional corpsman, he's a terrific leader - a command master chief with an enormous wealth of experience in the fleet that makes him the right Sailor at the right time to follow MCPON Scott," Mullen said. "Master Chief Campa, you must know how big the



Photo by MC1Brandan Schulze

Master Chief Petty Officer of the Navy (MCPON) Joe R. Campa Jr. offers his first remarks as MCPON after receiving the ceremonial cutlass from MCPON Terry D. Scott during a ceremony at the Washington Navy Yard. Campa was selected to become the Navy's 11th MCPON while serving as Command Master Chief Joint Task Force Guantanamo Bay.

shoes you must fill are, and I have every confidence in you. I appreciate your service and your willingness to step up to this enormous responsibility."

Campa thanked Scott and his wife in a speech after he accepted the office, offering his deep appreciation for their hard work improving the lives of Sailors and Navy families.

"Together you have made the Navy a better place," he said.

Campa then acknowledged his predecessors and set the direction for his term in

office.

"I want every Sailor to achieve the full measure of their potential because it not only makes them better Sailors - it makes them better citizens," said Campa. "And like my predecessors, this is where my commitment lies and this is where my energy will be focused."

Campa most recently served as Command Master Chief, Joint Task Force Guantanamo Bay after graduating from the Naval War College in Newport, R.I.

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More Hospital Patient parking

In response to patient suggestions to the commanding officer of U.S. Naval Hospital, Guantanamo Bay, the Operating Management Department (OPMAN) has installed five double-sided signs that display, "Patient Parking Only."

The signs are located at the inner parking spots closest to the hospital entrance.

Additionally, OPMAN has painted several adjacent parking spots as "Patient Parking Only." OPMAN has ordered more signs for the outer parking spots and will install them when delivered.

This will designate 20 parking spots, closest to the hospital entrance, for patient use only.

Children explore the world of reading

By MC2(AW) Honey Nixon, Public Affairs Office

Giggles spilled out of the children's room at the MWR Community Library on Monday, as Kenisha Stewart, library aide, used her spider puppet to encourage reading and language in a group of infant to 2-year-olds.

After singing the ABC's and puppet play, she went on to read an island-theme book entitled "How I Became a Pirate." The book title was not accidental.

This year's summer reading theme is "Voyage to Book Island."

This is the second year that the GTMO library has participated in the program, sponsored by Navy General Libraries (NGL).

NGL purchases guidebooks with the year's chosen theme for libraries Navy-wide.

This year's NGL package included an 'Island' book log, games, and a variety of island-theme ideas for program coordinators like Stewart to use to create lesson plans, which can help encourage children to



Photo by MC2(AW) Honey Nixon

Kenisha Stewart, Library Aide and coordinator of the summer reading program, leads children in singing the ABC's at the MWR Community Library. The theme of this year's reading program is "Voyage to Book Island."

read. Children from infant to 15 years of age can show up for one hour on their scheduled day of the week, based on their age-group, to enjoy reading and a surprise island-theme project.

Stewart admits it's not al-

ways easy coming up with creative activities for the children.

"The challenging part is coming up with new ideas every day, and deciding how I should use the materials in the packet," said Stewart, "I try to make it fun for the kids, so it's not just reading a book, and that's it."

Maxine Becker, MWR Community Librarian, knows the value of taking part in programs like these, and hopes to encourage the love of reading in each child.

"My hope is that they will become life-long readers, that they can enjoy the excitement of other worlds through reading," said Becker.

"We want them to realize that there are many forms of entertainment today, not just passive interaction. We not only want to encourage reading, but to make sure reading is considered fun and an adventure."

"The other day we had so much fun," said Stewart."

"We tried to get them in the spirit of being on an island by looking for a treasure. I made a treasure map for a group of 4th-graders, and they followed the map clues to find a hidden treasure. They learned about map skills and following directions. We then had them do some group reading and gave them a list of island-theme words, so they could write a short story."

One requirement of the program has children write the titles of the books they read in their own book log.

They record every book they read at home during the week, those that are read to them, and books they read independently during their library visits.

Each child has a goal of 10 books per month. At the program's end, the children who read the most books will receive prizes.

Stewart has been surprised by the response since the program's start June 30.

"I didn't think we would have such a good turnout," said Stewart, "But everyday the kids show up right on time. I think they are enjoying it because they always ask me 'what are we doing next week?' It's been great. Sometimes they don't want to leave."

"I love working with these kids," she added. "It feels good to know I am enhancing their growth and that I taught them something. Hearing them reciting things I taught them the week before makes me feel good."

The summer reading program continues through July 30. Parents interested in enrolling their children can call Kenisha Stewart or Maxine Becker at 4700.

"Voyage to Book Island" Summer Reading Schedule

Monday

Home Providers 9 - 10 a.m.

Tuesday

2-year-olds 9 - 10 a.m.

Teen Tuesdays 3 - 4 p.m.

Wednesday

5 - 6-year-olds 9 - 10 a.m.

6 - 9-year-olds 3 - 4 p.m.

Thursday

3 - 5-year-olds 9 - 10 a.m.

10 - 12-year-olds 3 - 4 p.m.

Friday

18 - 24 months 9:30 - 10 a.m.

Emergency room is a busy place

By **LT Tiffany A. Dodson, NC, USN, Emergency Department Nurse**

U.S. Naval Hospital Guantanamo Bay is equipped to provide health care services to all individuals residing here at Naval Station GTMO in both military and non-military capacities.

The hospital is a fully functional facility offering an array of inpatient, outpatient, ancillary, and specialty services. A full time Pediatrician, Optometrist, Orthopedic Surgeon, Internal Medicine, General Surgeon, OB/GYN Physician, two Dentists, and several Family Practitioners compliment the staff of nurses, Corpsmen, and administrative support personnel.

The care provided is equivalent to any state-side naval medical treatment facility and is fully accredited by Joint Commission on Accreditation of Healthcare Organizations.

One of the busiest areas of the hospital is the Emergency Department (ED). The department consists of a four-bed unit that offers acute health care services 24 hours a day. Additionally, the ED is responsible for supervising and dispatching ambulance services on the base to include the Leeward side.

Individuals who present themselves to the ER for care are evaluated. All patient concerns are addressed as expeditiously as possible using an emergency triage system.

Some patients come to the ED with conditions and symptoms that do not necessitate an emergency room visit, but need medical attention. As professional health care providers, the ED staff give all clients a thorough evaluation to determine how the health delivery system can best be of service. All base residents should be reminded that any emergent condition could necessitate an emergency 911 call and transport via ambulance. Patients are encouraged to use the



Photo by HM2 Travis Gann

LT Dodson and HM3 Lam complete daily ambulance inspection.

telephone appointment line at 72110 for illnesses that can be treated at a routine physician visit. The Naval Hospital staff works closely with Joint Task Force (JTF) health care provid-

ers of the Joint Medical Group (JMG), and those assigned to the Joint Aide Station (JAS) at Kittery Beach. Members of the JMG are healthcare providers from various state-side naval

medical treatment facilities deployed to GTMO to deliver medical services to detainees at Camp Delta. Personnel stationed at the JAS provide first line medical and dental services to JTF personnel.

JTF members are encouraged to seek care at the JAS for initial treatment for all non-urgent issues. The Sick Call hours of operation of the Kittery Beach JAS are Monday through Saturday, 7 – 10 a.m., and Mondays, Tuesdays, Thursdays and Fridays, 1 – 3 p.m. The JAS can be contacted by telephone at 3395. The large medical contingency here at GTMO are available to provide various levels of healthcare. The goal is to ensure all patients who seek care have their health care needs met.

Any further questions related to the medical services provided at GTMO may be addressed by contacting 72360.

Making tomorrow's history today

By **Paula Leary, special correspondent**

It's hard to believe that Guantanamo Bay is anything but a sleepy little village by the sea, when you're splashing around in the tidal pool at Kittery Beach or doing a bit of fishing out in the bay. But Guantanamo Bay is no stranger to history. Guantanamo Bay was born to history when the Marines came ashore to take Cuzco Well during the Spanish-American War in 1898, and in the eye of the storm again in the 1960s when the Cold War was at it's peak.

Guantanamo Bay is making history again supporting the Joint Task Force and their mission in the War on Terror. The things we do today will be in history books tomorrow.

This is why this year's Navy Ball Committee selected the

theme of "Tomorrow's History Today" for our celebration of our Navy's 231st birthday. Guantanamo Bay was the first U.S. military base on foreign soil. We've been celebrating the Navy's birthday here for 106 years!

During the month of October, our Navy family will be celebrating by coming together at Navy Balls all over the world. Here in Guantanamo Bay, we are planning two events – the formal Navy Ball, which will be held on Oct. 20 at the Windjammer Ballroom, and our more casual Beach Ball, which will be the following evening at Ferry Landing.

The formal Navy Ball gives us the opportunity to dress in our finest regalia and toast our Navy's great traditions. We ac-

knowledge that all of us here in Guantanamo Bay have a role in preserving these traditions. We salute all the men and women who have played a part in our Navy history. We remember our heroes, especially those who have died serving their country. We recall how much we mean to each other, and how much we mean to our nation.

On Sunday, the Navy Ball Committee will be at the NEX washing cars and selling goodies to raise the money it takes to keep ticket prices low and put on a great occasion we can all enjoy.

We thank you for your support, and in October, we hope you will join us in celebrating our Navy's birthday. Be proud of our country, proud of our Navy, and proud of each other!

Fire department bids farewell to Chief

By MC1 Igo Wordu, Public Affairs Office

Saturday, July 8, was an emotional day for the base fire department as they promoted several of their own, and said good-bye to their Fire Chief, Ian Meyers, who departed Guantanamo Bay on his way to Naval Air Station, Sigonella, Italy.

The send-off at the Ferry Landing was a sight seldom seen at GTMO. Firefighters lined up on both sides of the ferry-landing ramp, flanked on both sides by fire trucks. As he passed through the honor guard, Meyers said emotional good-byes to each fire fighter and civilian personnel who worked for the fire department. For the firefighters, it was their traditional way to pay tribute to a good leader and a friend.

"Fire Chief Meyers will surely be missed because he made a huge impact on this department during his stay here," said Natasha Wills, a civilian who works in the fire department's administration office. "He didn't just make decisions, he believed strongly in the decisions he made. His heart was with the fire department and he



Photo by Natasha Wills

Naval Station firefighters line-up to say farewell to Fire Chief Ian Meyers who is leaving GTMO on his way to Naval Air Station Sigonella, Italy.

took this place to a better level." "His leadership here was quite remarkable," said Keion Forrest, one of the firefighters. "He impacted our careers in a lot of ways. He set strong examples of good work ethic and leadership. He guided us very well, and the void he leaves be-

hind will be hard to fill."

Meyers was instrumental in implementing major changes within the fire department. One of those changes included ensuring that personnel met criteria for DoD qualifications for job promotion. Before his arrival in GTMO, internal promo-

tion was based on time-in-service.

"Sure, the amount of experience a fire fighter has is very important with this job," said Meyers.

"However, you should be able to justify your experience with specified qualifications needed to do this job."

Meyers said he made it his priority to recognize those who have potential for advancement.

"I don't know if I could ever meet a better set of guys to work with," said Meyers. "I had fun working with them, because they are hard workers. I have nothing but respect for each and every one of them. They accepted me like a brother with all due respect. I have the same respect for them."

Wills said Meyers, a Hawaiian native, brought a loving 'aloha' and made the fire department his ohana (family).

"Thanks a million, Fire Chief Meyers, we will never forget you," she said.



Parenting tips — AD1(AW) Corelle Street plays with daughter Johlonna during the Single Parents' Meeting at the MWR Community Center, July 8. The group hopes to bring parents together to network, and receive some parenting education. Meetings will be held the second Saturday of each month at 5 p.m. Childcare will be provided. The next meeting is scheduled for Aug. 12 at the Youth Center. FMI call Street at 75692 or 4048.

Photo by MC2(AW) Honey Nixon



Bridge project — *Seabees from Public Works Self-Help division pose for a photo on "Carroll Crossing." It's one of four golf-cart bridges the Seabees built at the base golf course. The others are Tyson Toll, Dula Drive, and Pagan Pass. The project, which took four weeks to complete, was funded, designed, and built by Self-Help personnel.*

Photos provided by PWD Self-Help Division



BUI(SCW) Freddy Pagan puts together framework for one of the four cart bridges built by Self-Help.



BUI(SCW) Freddy Pagan, SWCN Kenneth Collier, and CE1(SCW) Walter Gibbs dig the foundation for one of the bridges.

YOUTH SWIM MEET



At the

WINDJAMMER POOL

SATURDAY SEPTEMBER 09, 2006

STARTS 9 am

CATEGORIES & AGE GROUPS



Girls and Boys
5-8,9-14,15-19



SWIMMING EVENTS

- ◆ 50yd Crawl
- ◆ 50yd Breast Stroke
- ◆ 50yd Back Stroke
- ◆ 50yd Butterfly

Sign up at the base gym.

FMI call Karissa or Tony at 2205/77084

Environmental Guidelines

According to COMNAVBASEGTMOINST 4400.2, all hazardous materials (HAZMAT or HM) purchases are to go through HAZMAT Center, Paperclips, Bldg 188, x4608. All HM items must be on an Authorized Users List (AUL) before it can be purchased.

AUL is required for all employees or residents. To obtain an AUL, a Material Safety Data Sheet (MSDS) can be provided by Paperclips. The HAZMAT facility has "Cost Avoidance items" that are left over or partially used HM from other users that are available at NO COST and can be obtained for personal use.

Each HM container has a bar code on it. When finished with the material or when the seven days have expired, turn in the container to HAZMAT at Bldg 188.



**U.S. NAVAL STATION
GUANTANAMO BAY, CUBA
ENVIRONMENTAL POLICY**

Commander, Naval Station Guantanamo Bay, Cuba, (NAVSTA GTMO) is committed to enabling warfighter readiness in a manner that is protective of human health and the environment. This commitment extends to all subordinate and tenant commands and all activities operating onboard NAVSTA GTMO.

NAVSTA GTMO and tenant commands mission execution requires daily actions in our natural environment. Thus, each employee, whether military, civilian or private contractor regardless of rank or grade is responsible for performing their duties in a manner that protects the environment, prevents pollution and exercises proper stewardship of our natural and cultural resources.

NAVSTA GTMO is committed to:

- Compliance with "Final Governing Standards for Cuba" and relevant Federal and State environmental laws.
- Compliance with Department of Defense and US Navy environmental regulations, policies, directives and instructions.
- Conformance to an Environmental Management System that includes the setting and reviewing of environmental objectives, targets and process improvement.
- Regularly evaluate the impact of our operations on the environment and implement measures for continual improvement of our performance through prevention of pollution, waste minimization, and recycling.
- Disseminate NAVSTA GTMO Environmental Policy to all personnel, and residents by briefings, media outlets and training.

/signed/
M. M. LEARY



Ombudsman Corner

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Five tips to know when PCS moving

By CAPT Gene-Thomas Gomulka, CHC, USN (Ret.)

Here are a few moving tips that might prove helpful to you and your family:

Prepare Early - In order to reduce stress that can accompany a permanent change of station (PCS), it's important not to wait until the last minute before preparing for your move, particularly if one has orders overseas or during the summer months when most transfers take place. As soon as you are in receipt of orders, contact your transportation/shipping office and make an appointment to meet with a relocation counselor who can advise and assist you with your move.

Take House Hunting Leave if Possible - While government housing may be available at one's next duty station, the need or option to rent or buy a home can best be handled by utilizing house hunting leave that does not affect one's annual leave. Some questions that need to be answered early in this regard are: Are government quarters available that will meet your needs given the size of your family and the amount of household goods you possess? If you are inter-



ested in buying a home, are the demographics in the area supportive of your needs (e.g., proximity of good schools, commute distance to your work site, employment opportunities for spouse, increasing real estate values, etc.). If you plan on renting, before contacting a realty company, have you visited the base housing office that often provides a list of apartments, townhouses and homes for rent according to areas and price ranges?

Discard Useless Items - Over the years we all acquire items that we no longer use or need. Rather than having them transported to our new duty station, it's best to donate them to charity or hold a "yard sell." This is particularly important

if one has orders overseas or is moving into a home smaller than the one that is being vacated. Packing and unpacking is hard enough without having to waste time on unpacking junk that takes up space and requires energy to store.

Inform family, friends and businesses of your new address - The US Postal Service provides various forms that can help having one's mail forwarded either to a interim address, or directly to one's new address. While first class mail will be forwarded up to one year following one's move, it's best to inform family, friends, utilities, banks and credit card companies, magazine publications, and others of one's new address as soon as one is re-

settled. Preparing these notifications early can reduce the potential for bills not being paid or credit card interest being assessed due to late payments.

Do not be preoccupied with your past duty station or unrealized orders - Some couples and families arrive at their new duty station and discover that there may not be certain conveniences that were available at their prior location where they may have had roomier quarters, better schools, or shorter commutes. Others may be upset that they were sent to a particular place instead of a command that was at the top of their "dreamsheet." In so far as happiness stems from an appreciation of who we are and what we have received; whereas, unhappiness derives from a preoccupation with who we are not or what we have not received; people are a lot happier who come to appreciate what their new duty station has to offer. Think positive, explore your new surroundings, make new friends, and your new tour of duty might end up being the best one of your entire career.

Pharmacy Refill Policy



Effective July 15, medication refills must be called into the Pharmacy refill voice-mail at 72930, 24 hours in advance.

Patients will still be able to request refills at the Pharmacy window, but the medication will not be ready for pick-up until the next business day.

FMI contact the Pharmacy at 72190.



MWR Go-Cart track Grand opening

Go-Cart track opens Friday, July 14 at 5 p.m.

Operating hours: Thursdays - Sundays 5-10 p.m.

Height and age restrictions.

\$3 for a 5-minute ride.

FMI contact the base gym at 2193.

Worship Services

Catholic

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

Sunday
Sunday School, 9:30 a.m.
Sunday Services, 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)

Monday, Family Home Evening, 7 p.m.
(rm. 8)
Sunday Sacrament, 9 a.m.

Filipino Christian Fellowship (Sanctuary A)

Sunday Worship, 7 p.m.

Iglesia Ni Cristo (Sanctuary B)
Bible Study, Thursday, 7 p.m.
Sunday Worship, 5:30 a.m.

Pentecostal Gospel Temple
(Sanctuary D)
Sunday Worship, 8 a.m. & 5 p.m.

Seventh Day Adventist (Sanctuary B)
Prayer Meeting, Tuesday, 7 p.m.
Vesper Meeting, Friday, 7 p.m.
Sabbath School, Saturday, 9:30 a.m.
Divine Service, Saturday, 11 a.m.
Bible Study, Saturday, 4:30 p.m.

Islamic Service (Sanctuary C)
Friday Worship, 1:15 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.

Do it yourself- Don't do it to yourself

By Dan Steber, Naval Safety Center Public Affairs

Most Sailors or Marines get involved with home repairs or projects at one time or another. Nothing wrong with doing so, but it takes as much planning as any job done at work. In fact, the risk-management process at work is just as critical at home. A simple slip of a screwdriver, miss with a saw, or stumble from a ladder can injure or kill.

Falls while working on home repairs or around the house are a big concern. One National Safety Council study showed that falls alone in the home led to 15,900 deaths nationwide. All age groups are vulnerable, but older adults are most at risk. In fact, 80 percent of those receiving fatal injury are over the age of 65. Falls continue to be the major reason for injury-related death, injury and hospital admission for older adults.

Home projects result in thousands of serious injuries and emergency-room visits each year, according to the U.S. Consumer Product Safety Commission. More than 157,000 people are seriously injured using ladders in their homes, and nearly 100,000 receive treatment for handsaw and power-saw injuries. Other hand tools and equipment injure even more.

Here are three cases where Sailors injured themselves working or being inattentive around the house:



In Kingsland, Ga., A PO2 had finished cleaning out the gutters on his house and was climbing down a ladder when he missed a step and fell about 10 feet. He landed on his shoulder and broke his clavicle. According to the initial estimate, he would spend 30 days on convalescent leave.

While talking to a friend through the front door of his house in Norfolk, Va., a PO2 placed his hand on the door-jamb. Everything was fine until his 5-year-old son slammed the door, breaking two of his dad's fingers. That Sailor spent seven days on convalescent leave and 30 days on light duty.

The third case involved a simple hand tool that Sailors, Marines, men, and women use a lot: a screwdriver. A chief was installing a flagpole when a screwdriver slipped off a screw and jammed into the palm of his hand. The chief was tough, sucked it up, and cleaned the wound with peroxide and water. He didn't seek medical attention. The next morning, he had red streaks up his arm and had to be hospitalized for three days while doctors fought an infection.

These simple tasks had unexpected outcomes. Every year, thousands of people get injured doing simple things.

Planning for any event is a good risk-management step. Think about the project, inspect the tools, make sure ladders or work platforms are safe, use goggles, wear gloves or other safety equipment when required, don't wear items that can get caught in machinery or moving parts, and do the things that will make any job safer.

As mentioned earlier, slips and falls are the most common problem in the home. Here are a few tips from the National Safety Council to reduce these types of mishaps:

- Reduce clutter and safely tuck telephone and electrical cords out of walkways.

- Clean up grease, water and other liquids immediately. Don't wax floors.

- Use non-skid throw rugs to reduce your chance of slipping on linoleum.

- Install handrails in stairways. Have grab bars in the bathroom (by toilets and in tub/shower.)

- Make sure living areas are well lit. We can all trip and fall in the dark.

- Be aware that climbing and reaching high places will increase your chance of a fall.

- Use a sturdy step stool with handrails when these tasks are necessary.

Blue Jacket Association



The Blue Jacket Association is offering a BMR study group on Wednesday nights from 5-6 PM at the Naval Hospital Training Room.

Snacks and study materials will be provided. Each week will cover a new BMR topic.

FMI contact SN Whirley at 2351 or HM2 Culley at 72210.

Downtown Lyceum

Friday, July 14

Superman Returns

8 p.m., PG-13, 157 min.



R.V.

10 p.m., PG, 98 min.

Saturday, July 15

Over the Edge

8 p.m., PG, 86 min.

Click

10 p.m., PG-13, 98 min.

Sunday, July 16

The Da Vinci Code

8 p.m., PG-13, 149 min.

Monday, July 17

Superman Returns

8 p.m., PG-13, 157 min.

Tuesday, July 18

Mission Impossible 3

8 p.m., PG-13, 135 min.

Wednesday, July 19

Just My Luck

8 p.m., PG-13, 103 min.

Thursday, July 20

The Da Vinci Code

10 p.m., PG-13, 149 min.

Superman Returns

Action/Adventure, Science Fiction

Cast: Brandon Routh, Kate Bosworth, James Marsden, Kevin Spacey, Parker Posey

Storyline: The world's crises have gone unheeded for five long years since Superman's mysterious disappearance. Without him, crime has risen in the city of Metropolis and beyond; that's not even counting the future destructive acts of Lex Luthor and with Lex's plan coming to fruition mere hours after his return, the world will never need Superman more than it does now.



Just My Luck

Comedy, Kids/Family, Fantasy

Cast: Lindsay Lohan, Chris Pine, Samaire Armstrong, Bree Turner, Faizon Love

Storyline: Ashley Albright is a person to whom all the good things in life have come far too easily. Jake, on the other hand, is a bad luck magnet. On this night when dreams can be made or broken, fate brings Ashley and Jake together on the dance floor and Ashley soon is desperately racing to regain the luck she blithely took for granted.

MWR Happenings

Windjammer Dinner Theater

Monday, July 17, 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, "Curious George," begins at 5:30 p.m., and the second movie, "Something New," begins at 8 p.m.

Liberty Dodgeball Tournament

July 16, 10 a.m. at the Base gym. 6-man teams. Prizes for 1st and 2nd place. Register by July 13. FMI call 2010.

Liberty Texas Hold'em Tournament

July 17, 7 p.m. at Marine Hill Liberty Center. Prizes for 1st and 2nd place. FMI call 77421.

Liberty 9-Ball Tournament

July 18, 7 p.m. at Marine Hill Liberty Center. Prizes for 1st and 2nd place. FMI call 77421.

Liberty Glow-Golf Tournament

July 21, 7:45 p.m. for check-in. Shotgun starts 8:15 p.m. 2-man teams. Carts and clubs are provided. Space is limited to the first 10 teams. FMI call 2010.

Pottery Class

July 22 - Aug 12, 5:30 - 7:30 p.m. at the Ceramics Shop in Building AV 81. The cost is \$50. This class will demonstrate the basic techniques of molding and glazing pottery. Register at the Ceramics Shop before class begins. Students will receive clay, glaze, and the tools needed for class. FMI call 74795.

Liberty 'Dive-in' Luau

July 29, 7 p.m. at Marine Hill Swimming Pool. Movies after Sunset. 'Virgin' drinks. Games, food, prizes, and more. FMI call 2010.

Fire department promotions ...

Continued from page 1

benefited from the knowledge both men have acquired over the years. He believes their experiences are foundations, which younger firefighters can use to build their own careers. Meyers, who has been the station fire chief for about 18 months, left GTMO on Saturday for a position at Naval Air Station Sigonella, Italy.

"During my stay here, they have been the knowledge post that I run to when I need help," said Meyers. "I counted on them because they know their jobs inside out. They attained the qualifications for this rank long before now, so why not promote them?"

Four other firemen, Richard Robinson, Raymond Walsh, Anthony Nembhard and Devon Smith, were also promoted to the rank of fire Captain during the promotion ceremony.

"The world is changing

constantly and so is the nature of our job," said Robinson, who has been with the NAVSTA fire department for 14 years. "We need to be ahead of the curve. The way to do so is to educate ourselves and be aware of the necessary qualifications that are needed for this job."

Other firefighters took off their hats and cheered in honor of Meyers, Stewart and Rookwood – men who have paved the way for them to achieve more in the fire department.

"Obviously when you achieve something like this, you have to be happy," said Stewart. "I hope the younger firefighters realize that our success is also a result of their hard work and dedication to this job."

"I've always been proud of being a fire fighter and this honor," Rookwood added. I



Photo by MC1 Igo Wordu

Natasha Wills, fire department administration clerk, pins the symbol of Neville Stewart's new rank on his collar during a promotion ceremony held at Fire Station No. 1 on Saturday, July 8. Stewart and George Rookwood were promoted to the rank of Battalion Fire Chief.

hope this promotion that we've earned today will be a source of inspiration to the younger firefighters to work

hard, be professional, and then they will see the fruit of their labor, no matter how long it takes."

GTMO Shopper

For Sale

- (2) 4 x 4.5 satellite dish w/direct TV boxes. FMI call 77390 or 72990.
- (2) Jeep mountain bike w/helmet and rack, safety lights, pump, tool kit, hardly used, \$130. FMI call 79496.
- (2) Hard Rock mountain bike, good condition, specialized, \$200. FMI call 9733 or 78026.
- (2) Sea Quest BCD w/weight belt, recently replaced inflator hose, \$100 OBO. FMI call 78667.
- (2) Rectangle kitchen table w/6 chairs, darkwood, \$75; baby toys, stroller, walker, care seat, baby boy clothes, 0-3 months, 18 months. FMI call Tim at 77922 AWH.
- (2) 21-spd. tandem bike w/tire pump, ridden once, \$600. FMI call Danielle at 72300 DWH or 75683 AWH.
- (2) Ladies 27-in. bicycle w/helmet, \$35; Sharp Microwave, \$35. FMI

call Patty at 77850.

- (1) Waveless pillowtop waterbed, KG size, \$300. FMI call 77788.
- (1) Xbox 360 games, 2006 Madden NFL, \$30; Perfect Dark, \$30; Cameo Elemental Warriors, \$30. FMI call George at 75858 AWH.
- (1) Robo Raptor, \$25. FMI call 77113 AWH.
- (1) Bedroom carpets, two 10 x 12 carpets, one 8 x 10 carpet. FMI call 77984.
- (1) Black metal computer stand, \$15; infant car seat w/base, \$15. FMI call 75869.
- (1) Silvertone guitar, left handed w/40 watt amp and accessories, hardly used, \$200. FMI call Todd at 77111 AWH or 4217 DWH.

Vehicles/Boats

- (2) Moped, great condition. FMI call 77390 or 72990.
- (1) 2002 Honda Shadow ACE 750, low miles, saddle bags. FMI call \$4,500. FMI call Randy at 77502 AWH.

- (1) 2001 Chrysler minivan, excellent condition, \$9,800 OBO. FMI call 77390.

- (1) 1995 Honda Civic, drives well, available early August, \$4,000 OBO. FMI call 78024.

- (1) One-person kayak w/2 oars, 3 backrests, beach caddy, \$300 OBO. FMI call 77984.

Employment

- (1) Human Resources Office announces the following vacancies: Materials Handler, closes July 14; Office Automation Assistant, closes July 19; Secretary, closes July 24; Medical Records Administrative Specialist, closes July 24; Medical Records Technician, closes July 24; Social Services Aide, closes Dec. 29. FMI call 4441.

Announcements

- (2) The Jamaican Independence Day Committee will hold its final

carwash July 15 at 9:20 a.m. at the NEX Parking Lot. FMI call Petrona at 74658.

Lost or Found

- (2) To claim groceries mistakenly placed in a red Jeep Wrangler at the NEX. FMI call Dave at 77326.
- (1) Dive gear found at Phillips Dive Pier. FMI call Diaz Martin at 77333 AWH or 4325 DWH.

Wanted

- (1) Guitar teacher needed. Price negotiable. FMI call Bruce at 78157 AWH or 5918 DWH.

Yard Sales

- July 15 — Grenadillo Point, #11D, 8 a.m. - noon.
- July 15 — Mobile Point, #400, 8 a.m.
- July 15 — Carribean Circle, #7, 8 - 11:30 a.m.
- July 22 — Grenadillo Point, #11D, 8 a.m. - noon.

Things to do at GTMO



Photo by Lindon Grant

Tubing — *Douglas Lamb enjoys a tube ride on the bay, out from the base Marina. The outing is just one of many summer events scheduled by MWR and the Oasis Teen Center.*



Photo by MC2(AW) Honey Nixon

Bingo — *Caesar Macapagal calls numbers for players during Bingo at the Windjammer Ballroom, July 11. Bingo is played every Tuesday and Sunday at 6:30 p.m.*



Photo by MC1 Igo Wordu

Socializing — *The newly opened "Caribbean Coffee and Cream" (Triple 'C') next to the Jerk House is fast becoming a favorite hangout for many Guantanamo Bay residents. Pvt. Sheree Wood, Pvt. Alan Keeler, and Pfc. Jeffrey Kramer enjoy lattes during their lunch break. In addition to coffee products, Triple 'C' serves Breyer's Ice Cream, and provides free wireless internet access. Shop hours are 1 - 10 p.m., seven days a week.*