While Decking the Halls, Don’t Let Them Go Up in Flames

Basic guidelines if using a turkey fryer include:

- Set up the fryer outdoors away from anything that can burn. Never use the fryer in a garage or on a deck.
- Place the fryer on a flat surface.
- Determine the correct amount of oil needed by first placing the turkey in the pot with water.
- Thaw the turkey completely before frying. A partially frozen turkey will cause hot oil to splatter.
- Monitor the oil temperature with a cooking thermometer; so the oil will not overheat. Turkey fryers can easily overheat and start a fire.
- Remember to use oven mitts. The pot, lid, and handles of a turkey fryer can get dangerously hot and cause burn injuries.

We want everyone to have a joyous holiday season. A good source to learn more and help prevent fires, not just during the holiday but also throughout the year is the U.S. Fire Administration.

Please take time to review their website at: https://www.usfa.fema.gov

Unfortunately, a moment of carelessness can create sorrow and it all stems from a simple error. Holiday fires hinder that joy.

Holiday fires can occur from cooking, holiday candles, or improper electrical wiring to the house and Christmas trees.

You can help reduce Christmas fires or fires any time by simply being aware of your surroundings.

Nearly half of holiday decoration fires happen because decorations are placed too close to a heat source. It is fun to decorate for winter holidays, but holiday decorations can increase your risk for a home fire. As you deck the halls this season, be fire smart.

- Inspect holiday lights each year before you put them up. Throw away light strands with frayed or pinched wires.
- Water your Christmas tree every day. A dry tree is dangerous because it can catch on fire easily.
- Keep Christmas trees at least three feet away from the stove or any heat sources to include heat vents. Also, make sure your tree does not block exits.
- Keep anything that can catch fire away from the stovetop.
- Keep children at least three feet away from the stove or any cooking appliances. Use extreme caution if using a turkey fryer.
- If you are simmering, boiling, or toasting food, check it regularly, remain in the kitchen while food is cooking, and use a timer to remind you that you are cooking.
- Always stay in the kitchen while you are frying, boiling, or broiling food.
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Turkeys can easily overheat and start a fire. If you are simmering, baking, or boiling food, check it regularly, remain in the kitchen, and use a timer to remind you that you are cooking.

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While decking the halls, don’t let them go up in flames. It’s the time of year when families and friends gather to celebrate bringing joy and happiness to everyone.

Unfortunately, a moment of carelessness can create sorrow and it all stems from a simple error. Holiday fires hinder that joy.

While decking the halls, don’t let them go up in flames.
Many parents in Guantanamo Bay homeschool their children, some by choice and others due to the high tuition rates if they do not qualify for tuition-free attendance at the installation’s only school. W.T. Sampson School is a Department of Defense Educational Authority school. Students who are dependents of active duty military stationed on Naval Station Guantanamo Bay (NSGB) or DOD civilians can attend the school tuition-free, but many others, such as children of contractors or non-DOD civilians, must pay tuition fees which currently range between $23,296.00 and $26,532.00 annually per child based on the grade of the student and whether the parent is a federally connected employee.

When faced with the cost of these rates, many families still choose to call the base home, but homeschool their children instead of sending them to a traditional brick-and-mortar school. Parents work with the School Liaison Officer, Bill Mittenzwey, and have the option to use the Home School Library set up at Room 4A in the Chapel Annex to meet up and/or conduct STEM or STEAM experiments. “He always goes above and beyond to help our families,” said Rebecca Yost, a mother currently homeschooling her two children on NSGB. Yost noted that there is not a homeschool group, per say, and that each family uses a different curriculum and mainly does school activities in their own home. With the exception of the Home School Library at the Chapel Annex, each family purchases their own curriculum by either ordering full sets online, buying book by book at a thrift store or book store, or even just using situations in everyday life to teach their children. “However, we do have a wonderful group of families that stays connected via a Facebook group so that each are able to visit each other, go on field trips, and allow our children to play together,” said Yost. “One of our moms started a STEM/STEAM session every Tuesday that offers many hands-on activities for our younger students. This has been a huge hit with that age group.” The homeschool group also has many events throughout the year including field trips and activities. The group just went to the airfield at the end of October and took a field trip to the post office, Nov. 15. Their next event will be a field trip to the veterinary clinic, Nov. 30. Some of the activities they partake in together include K-2nd STEM/STEAM Activities on Tuesdays at 1100, 3rd-6th grade STEM activities at 1300 on the 2nd and last Wednesday of each month, and Lego Club at the library at 1200 on the 3rd Thursday of each month at 1200. “LCDR Josh Mattingly went well above our expectations of the air field terminal trip,” said Yost. “All of the children had a terrific time and were still talking about it a week later. The children loved visiting the two planes and enjoyed spraying water from the crash trucks with the firefighters.”

If anyone is interested in homeschooling here in Guantanamo Bay, whether new to the island or just new to homeschooling, please contact your School Liaison Officer, Bill Mittenzwey, at 2172 or (636) 359-3747, or email him at karl.w.mittenzwey.naf@mail.mil, to inform him of your plan to homeschool your children even if they are dual-enrolled or part-time at the school. After that, if you’d like to be added to the Facebook page that all homeschool parents here on NSGB are welcome to join, please add Rebecca Yost as a friend on Facebook so that she may add you to the page. Once you are granted access, you can see the link for the calendar and all upcoming events.

NSGB Visited by a Special Group of Dolphins

Photos By Mass Communication Specialist 1st Class John Philip Wagner, Jr., Naval Station Guantanamo Bay Public Affairs

Naval Station Guantanamo Bay residents recently had the opportunity to meet and participate in events with members of the Miami Dolphins Cheerleaders and Alumni team members like Trent Gamble, John Bock, Kenny Walker and TD the team’s mascot. During their visit, they participated in coaching, cheering, announcing a flag football game, cheerleading and football clinics, and a cheerleading demonstration for the base.
MCSFCSO Holds 242nd Birthday Ball Honoring the Fighting Spirit of the Marines

Story by Chief Mass Communication Specialist Monique Meeks, NSGB Public Affairs
Photo by Mass Communication Specialist 1st Class John Philip Wagner, Jr., NSGB Public Affairs

Marine Corps Security Force Company held its annual Marine Corps Birthday Ball, Nov. 11, in the Windjammer Ballroom. Guests were treated to a formal, candlelit event, complete with dark blue linens and red silk sashes and runners. The night was a perfect mix of laughter over one-liners, remembrance of sacrifices made, and most of all, pride in the fighting spirit of the Marines.

Some of the early events of the ball included an invocation, the cake presentation, the reading of a Nov. 1, 1921 birthday message from the 13th Commandant of the Marine Corps, Gen. John A. Lejeune by the adjutant, as well as a birthday message from the current Commandant of the Marine Corps, Gen. Robert B. Neller.

After the ceremonial events, had completed, Maj. Jordan T. Schultz, MCSFCSO commanding officer, was quick to lighten the mood with a few jokes as he thanked the many involved with making the ball a success.

“We had Marines in here decorating earlier, and if you’ve ever seen Marines decorate, you know they need adult supervision, so thank you,” said Schultz. “They don’t teach that at boot camp.”

Schultz quickly moved on to thank the base commanding officer for his support and the Seabees for the relationship the Marines had maintained working with them around the globe.

“We do it in every theater, in every war that comes up, and they take everything that the Marines bring together with rocks and loose nails and then they fix it with actual Seabee work.”

During his remarks, Schultz also pointed out that many are familiar with the history of the Marines in Guantánamo and the iconic Marines in the towers. Schultz also noted that the Marines do far more than maintain static posts along the 17-mile long fence line that separates the installation from Cuba and that there are two Fleet Anti-Terrorism Security Team (FAST) platoons and a headquarters element of Marines in Guantánamo Bay at all times.

“Unlike the massive logistical hub that every other unit requires, the FAST platoon can go anywhere in the world and deliver security in a moment,” said Schultz. “They’re light, they’re fast, and they’re taking it to the enemy.”

With a strong voice and even stronger personality, all eyes were on Sgt. Maj. Dennis M. Bradley, the guest of honor, as he made his opening remarks.

“Teufel Hunden, Devil Dogs, Shock Troops, Blood of honor, as he made his opening remarks.

During Bradley’s speech, he discussed the three things he felt the Corps did for its nation: to make marines, to win our nation’s battles, and to return quality critics back to the civilian sector to be leaders in their communities.

“We are all reminded throughout the transformation process that we are not Marines yet...the hardships that we endur...at home...are called Marines for the first time. And once we earn that title, it can never be taken from us. The title means more to us than anything.”

Bradley noted that General LeJeune had once stated that of all the awards, decorations and honors bestowed upon him, the title Marine meant the most.

“In fact, if one of us is asked what we do you do for a living, we simply reply with ‘I am a United States Marine.’”

Bradley said, “Nothing else needs to be said and everything else is secondary.”

To put that statement even further into perspective, Bradley relayed a story of how a distinguished Hollywood actor had enlisted as a Marine in 1942, prior to his acting career, and landed on Saipan, where he was subsequently killed when struck by both machine gun and sniper fire. Upon his death in 1987, Martin was buried in Arlington National Cemetery. When the actor’s choice, his gravestone to this day simply reads: Lee Marvin, PFC, U.S. Marine Corps, World War II, and the dates of his birth and death. No mention of his distinguished career as an actor or entertainer, only that he earned the title and went to his grave a United States Marine.

“This is just one example of our creed ‘Once a Marine, Always a Marine,’” said Bradley. “However, we cannot all wear the uniform forever. The most heroic of us breathe their last breathe wearing the sacred cloth of our uniform. For those who are fortunate enough to live a long life, we all face the reality that we will all hang up our blues for the last time.”

Bradley reminded guests that ‘There are no ex-Marines. There are no former Marines. But there are retired Marines and there are veteran Marines.’

“Good, and the best among us have a sense of duty, a moral obligation, to continue to serve this great nation and its communities as leaders once they depart our ranks,” said Bradley. “When former Secretary of Defense Donald Rumsfeld was addressing the Council on Foreign Relations in New York a few years ago, he made it a point to mention that among the Fortune 500 companies at the time, 163 had Marines as CEOs. That’s almost a third. Not too bad for a service that eats crayons and speaks in grunts and heavy breathing.”

Pointing out the number of Marines that currently hold offices at the highest levels of our government, Bradley noted that there had never been a Commander-in-Chief who was a Marine.

“So, who knows, maybe our current Secretary of Defense will be your first Commander-in-Chief that’s a Marine,” said Bradley, quickly joking that, “If he runs in the next election cycle, his campaign slogan could be ‘Mad Dog 2020.’”

“Saving the best for last, Bradley moved on to discuss the third and most important function of his beloved Corps - the entire reason they exist, in his opinion.

“We win our nation’s battles. Period,” said Bradley. “Our mission is to locate, close with, and destroy the enemy by fire and maneuver or repel the enemy’s assault by fire and close combat. And we are good at it. We have to be.”

“Noting that Presidents Eisenhower and Truman both desired to eradicate the Corps but feared what the public’s reaction would be, Bradley reminded guests that Marines exist because they continue to win. They continue to win because they like to fight.”

“A Marine Corps recruiting slogan once stated ‘No one likes to fight, but someone has to know how,’ said Bradley. ‘I don’t think a Marine wrote that one because, the truth is, Marines like to fight.”

“Holding the audience captive with stories of Marine triumphs in the face of adversity and 242 years of history demonstrating how much Marines like to fight,’ Bradley said that his beloved Colonel David M. Shupe, who would go on to become the 22nd Commandant, summed up the fighting spirit of the Corps best in his dispatch to the beach in the opening hours of the landing on Tarawa on Nov. 21, 1943.

“His dispatch simply said, Casualties: Many. Conduct: Heavy. Corps best in his dispatch to the beach in the opening hours of the landing on Tarawa on Nov. 21, 1943.

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“‘Woe to our nation’s enemies,’ said Bradley in his closing words. ‘Woe to those who would threaten our families, our way of life, our allies and innocent people throughout the globe because when we consolidate on the objective and we drive our hardest to the throats of our enemies, those enemies will know with their last breaths as they slip to that long sleep, that their lives were taken by, their souls were stolen by, and they should have known better than to mess with the United States Marines.’

(MORE PHOTOS ON PAGE 12)
According to Lt.j.g. Christopher Ike, patient and I saw a lot of people with smiles on their faces, “very convenient,” he said. “It was a really good event.” Being able to access financial, fire safety and even one.

William Langlois, customer service officer, USNHGB, the fair. Demonstrations and listening to music. A bounce house, GTMO, Red Cross and others participated. In addition to hospital staff, representatives from the Guantanamo Bay (USNHGB), offering information on a.

Fall Community Health Fair Educates and Entertains
By Joycelyn Biggs, public affairs officer, U.S. Naval Hospital Guantanamo Bay

Table displaying an array of information filled the Navy Exchange atrium during the annual Fall Community Health Fair. The event was hosted by U.S. Navy Hospital Guantanamo Bay (USNHGB), offering information on a wide range of topics from various offices on the base. In addition to hospital staff, representatives from the Coalition of Sailors Against Destructive Decisions, Drug Abuse Prevention Program, Fire Department, Fleet and Family Support Center, MWKR, Naval Federal, Radio GTMO, Red Cross and others participated.

Attendees were able to receive free blood pressure checks and flu shots while watching fitness demonstrations and listening to music. A bounce house, competitions and therapy dogs were also available during the fair.

William Langlois, customer service officer, USNHGB, said he enjoyed the fair and looked forward to the next one. “Being able to access financial, fire safety and even volunteer opportunity information was impressive and very convenient,” he said. “It was a really good event and I saw a lot of people with smiles on their faces.” Langlois added.

According to Lt.j.g. Christopher Ike, patient support their service member, standing by during long trainings and longer deployments. They know the risks, but accept this life of service anyway. They were there for the absences, and they are here for the overseas tour. Military families are the backbone of our military. Without that unquestioning and unfailing support, many military careers would perish. Traditionally, each November, the President signs a proclamation recognizing that service and declaring November as Military Family Appreciation Month. Over the month, military families are honored and recognized for their commitment and contributions in support of our military and nation through many events occurring on every military base around the world.

Here in Guantanamo Bay, two main events will celebrate that spirit of service and sacrifice. A Military Family Appreciation Luncheon was held, November 11, at the Morale, Welfare and Recreation Library. On November 24, the entire community is invited to participate in the Selfie Tour Challenge being hosted by the Fleet and Family Support Center (FFSC). The event consists of a scavenger hunt with clues provided by FFSC. Participants will use the clues to scout out various locations around the base and submit “selfies” to show proof of completion of the challenge.

W.T. Sampson School Holds Curriculum Night to Set Standards High
By Chief Mass Communication Specialist Monique K. Means, Naval Station Guantanamo Bay Public Affairs

W.T. Sampson School held a Curriculum Night, Nov. 9, to discuss its College and Career Ready Standards with parents and provide an opportunity for families to see and receive information on the school and parents so that they may work together to help each child reach his/her fullest potential. The evening included a fundraiser dinner provided by the junior class, a play by the school’s Drama Club, and two discussion sessions. During the second session, parents were invited to visit various teachers’ classrooms to hear more about the standards taught at the elementary, middle and high school levels in Math, English Language Arts and Fine Arts.

It is often said that the goal of high school is to ensure all students graduate “college and career ready.” What does that really mean though? College and career ready programs are designed to ensure high school graduates have the content knowledge, skills, habits and dispositions in multiple subjects to be successful in their future endeavors. College and Career Ready Standards establish clear, consistent and high learning goals and are more focused on preparing students for success in college and future careers. The standards set in the areas of mathematics and literacy provide a foundation for even greater success and growth.

According to Mr. Damian Bardonii, the 5th grade teacher at W.T. Sampson School, “Because the building blocks in college and career readiness are laid down from kindergarten through the grade levels, each year builds upon the last and, by the time they're in their ‘high school years,’ they're often capable of math and literacy skills that they barely had five years prior. These skills are critical to their ability to succeed in the real world.”

College and Career Ready Standards set grade-by-grade learning expectations for students in grades K-12, which are then built on in each grade level that follows.

According to the Department of Defense Education Authority (DODEA) website, “The continuity of College and Career Ready Standards presents an extraordinary opportunity for academic development as they are replicated in the majority of states and therefore beneficial to our highly mobile military-connected student body.”

If you would like to learn more about the College and Career Ready Standards which W.T. Sampson School uses in all of its teaching, please visit the school office to receive more information.

Find Growth in Regroup
By Dr. Debbi Byrd, Naval Station Guantanamo Bay CREDO

Regroup is a series of personal growth seminars designed to help participants make better life decisions. Topics include effective communication and conflict resolution techniques, team-building and leadership skills, managing emotions (including stress and anger management), positive problem-solving, and goal achievement. In addition to lecture, there are interactive components of modeling, feedback, and positive reinforcement.

Classes are offered every Wednesday from 1530-1700 at the Chapel Annex and are open to anyone at least 18 years old. No classes will be held on December 27 or January 3. After the first of the year, classes will be held on Thursdays at the same place and time.

Seminars will be offered in a four week rotation and interested persons may take one or all four offered courses. The seminars are free however pre-registration is required as class size is limited.

For more information, or to register for a workshop, contact Dr. Debbi Byrd, CREDO Facilitator, x2248 or Deborah.l.byrd5.ctr@mail.mil.

REGROUP Topics and Dates

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Note: Classes are free however pre-registration is required as class size is limited.
NSGB Welcomes Basketball Stars
By Mass Communication Specialist 1st Class John Philip Wagner, Jr., Naval Station Guantanamo Bay Public Affairs

More than 275 Naval Station Guantanamo Bay residents crowded into the Denich Gym, Nov. 4, to see the professional Street Ball basketball players take on a team of active duty and reserve military members. Ballup is a refashion of the original street ball culture that focuses on professionalizing the game.

The active duty team consisted of service members from different areas of the base.

“Getting to play against my hero as a kid, that was the greatest thing,” said Personnel Specialist 2nd Class Bryant Stone, a member of the active duty team.

“Playing in front of a crowd, that was great too. My wife and daughter getting to see me play, that was great too. It was a great experience overall for me.” Stone added that getting to play against someone he watched growing up, like Aaron “AO” Owen was crazy - like living a dream.

Ballup team members have the utmost respect for what service members do.

“This is something great for me, these guys are protecting me and protecting the world,” said Taurian “The Air Up There” Fontenette, a Ballup team member.

“For us to be able to come out here and show them some love for as much love as they show us, it is something great and I have enjoyed every minute of it.”

During the visit, the Ballup team conducted a basketball clinic for base residents of all ages to learn from professionals how to become basketball players.

“This is the first time we have done an event like this on a military base,” said Darius Jones, Ballup live event producer. “The turnout was great, the kids had a good time, the guys we played against had fun; it has been a great event.”

Jones added that the group appreciated Morale, Welfare and Recreation guys for hosting the event and hoped to see everyone again soon.

Max Performance Games
Photos by Mass Communication Specialist 1st Class John Philip Wagner, Jr., Naval Station Guantanamo Bay Public Affairs

Eight teams competed for the title of fittest team on island during the Max Performance Games, Saturday, November 4, at the Denich Gym Max Performance pad. The winners of the event were Nick Perez and Kyle Bishop, who made up team “Wubba Lubba Dub Dub”, second place went to Maya Erickson and Derek Imsande, of the “Beauty and the Beast” team, and third place was awarded to Anthony Parson and Jerrod Ballard, of “Band of Brothers.”