

# The WIRE

An award-winning  
JTF journal

## In the Library:

A look inside the  
JTF detainee library

**PLUS:**

**Birthday Bash**  
Navy celebrates in  
sophisticated style

**A New General in Town**  
Meet JTF's incoming  
deputy commander



# COMMAND CORNER

The theme of this article is about our personal and service's values based system that is the bedrock of our being, our existence, the military we serve. If you have read the Command Corner articles over the past several weeks, the themes are quite clear. Just as a reminder, these themes are: 1) Mission (First) – people are our most important assets always. 2) Band of Brothers and Sisters – we need to take care of each other. 3) Standard Operating Procedures – being a transitional and rotational force we need to follow our processes and procedures to ensure mission success, and finally, 4) distractors – we all need to help each other to get rid of the things that keep us fulfilling our objectives (e.g., no discrimination, no sexual harassment, no drugs). Look at the consequences of alcohol and don't cut corners.

Our parents, family members and other significant people in our lives instilled a set of morals and values in us, which have shaped our character, our lives. We need to do what is right is all the time or we will embarrass our team, our nation, our families and ourselves.

As compassionate people, we are taught it is admirable to protect the poor, weak and disadvantaged. It is our responsibility, duty and honor to protect the freedoms we enjoy in our democratic system of government. We all took this calling to defend our nation freely without hesitation. We all understand in doing so we may have to lay down our lives for our families, friends and the great people of this nation.

We serve this great nation not for personal gain, but to honor our Founding Fathers and their ideas of keeping this nation secure and its people free. Even when the conditions surrounding our lives are at their very worst, we will give our very best in life.

We must do our best to be great parents, spouses and confidants in our respective families and personal relationships. We treat everyone with dignity and respect. Whenever we are called to serve, we will always be there.

I am but a mere human being, mortal in all sense of the word, but strong in my resolve and belief to serve. I am truly committed to my family, friends and country. I believe in and respect all people, races, religion and their existence on this earth. It is my duty to protect these freedoms granted by the Constitution, regardless of other's beliefs.

I am grateful for all servicemembers for their selfless service, devotion to duty and commitment. I am particularly grateful, to your families and friends, who allow you to serve. For truly their service to you (and all of us) is selfless. They've allowed you to miss all those



important life events – birthdays, birth of children, anniversaries, graduations and deaths of special people in your lives.

I want to say thank you to my family, to your family and all our friends and the people of this great nation for allowing me to serve you. I will continue to be a humble servant, selfless, yet vigilant and committed to you and the freedoms we enjoy, forever! My reasons for serving may not be the same as yours, but each of us should be able to explain (at least to ourselves) our motivation for our way of life and the profession we have chosen.

May God bless this command and may God bless the United States of America. Take care and "GEAUX TIGERS #1!" Bulldog 67 out.

# Trooper to Trooper

featuring

## Master Sgt. Gregg Ramsdell

J2 Operations Non-commissioned Officer in Charge

Often I hear the horror stories of the Veterans Administration and the health care system. Since the inception of Public Law 110-81, National Defense Authorization Act of 2008, things have become better. I am not going to lie to you – there are many things that need to be enhanced but when it comes to health care, the VA is constantly improving. Any servicemember discharged from military service with a general discharge and above is eligible for medical care. With the current conflicts, many servicemembers come back and utilize their education benefits without knowing they can sign up for medical care. This can save you money. You as a veteran can use the VA as a primary care provider if you need to. Many do, especially retired veterans.

The VA offers numerous services: medical care, mental health, pregnancy services, trauma care, dental and non-combat services. Even Reserve force members including National Guard are eligible for services. There are a few minor caveats that must be followed:

- 1: Must have been discharged with nothing less than a general discharge.
- 2: To obtain Operation Iraqi Freedom or Operation Enduring Freedom status, apply within five years of your discharge.
- 3: Present either DD 214, pay statement verifying service in hostile environment or combat medals with certificate.

Unfortunately, these services are only for the veteran and not the families, although when it comes to counseling for the families, they are eligible as well. If various medical services are not available at your medical center, the VA will contract out to an appropriate specialist with no cost to the veteran.

Not only is the VA helpful with medical and dental care, they can also assist you in employment, housing and filing for disability claims. This can be a challenging system so sitting together with a representative of a national support agency to assist you in completing your disability claim would be wise.

Sometimes it is hard to put your ego in check and apply for disability, but the longer you wait, the longer it will take and the more reasons adjudicators will have to deny your claim. One very important statement to put on any medical application with the VA, or any claim, is that you are an OIF/OEF veteran. We are given priority over all.



I was an employee of the Department of Veterans Affairs for 16 years and am a registered nurse and claims adjudicator. I have seen first hand the complications the VA can produce to servicemembers and their families. My objective, no matter if I am in uniform or not, is to provide as much information to assist others as I can. I worked for three general officers and assisted them in their claims after they were denied. I am fortunate enough to have spent some time with my old boss, who is the new Chairman of the Joint Chiefs of Staff, about the transition program that has been instituted between the Armed Forces and Department of Veterans Affairs. I would be more than happy to sit down with anyone to assist them with any questions they may have, or guide them through the preliminary steps if they plan on leaving the service.

### JTF Guantanamo

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Navy Rear Adm. David Woods  
**Command Master Chief**  
Command Master Chief Reynaldo Tiong  
**Office of Public Affairs Director**  
Navy Cmdr. Tamsen Reese: 9928  
**Deputy Director**  
Air Force Maj. Amy A. Oliver: 9927  
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**COVER: A Sailor works inside the Joint Task Force Guantanamo detainee library. More than 25,000 books, movies and video games are available on request to the detainees. - photo by Mass Communication Specialist Kilho Park**



### PROTECT YOUR INFO! PSEC ALERT

#### The Color Purple

Ever wonder why a purple dragon is associated with OPSEC? In Vietnam we discovered that there was overwhelming evidence that a relatively unsophisticated adversary had foreknowledge of our intentions. Counterintelligence couldn't find any indications or information that we had spies, or that classified information was leaked in anyway. This is when the "Purple Dragon" team was formed. They conducted OPSEC surveys in South Vietnam throughout the conflict and made very interesting findings. Some of their conclusions found that our operations were very predictable to the enemy, and that no secret can be kept forever. Because of the success of the Purple Dragon team President Ronald Reagan in 1988 issued National Security Decision Directive 298, formally establishing OPSEC as a national policy.



# News from the Bay: Halloween edition

Stories and reporting  
by Spc. Kelly Gary

## Carving evil pumpkins at Marine Hill and TK

Guantanamo Bay Liberty is hosting an evil pumpkin carving contest Sunday at 4 p.m. at both Marine Hill and Tierra Kay Liberty centers.

The event is open to unaccompanied active duty servicemembers only. There will be 20 pumpkins provided and it is first come, first serve.

The top three pumpkins will be judged by applause and the carvers will receive an iPod dock for first place, a \$25 giftcard for the Navy Exchange for second place and a Camelback for third place.

For more information, contact Jill Lynch at x2010.

## CYP hosts Pumpkin Patch at Youth Center

The Navy Youth and Child Program is hosting a Pumpkin Patch event at the Youth Center this Saturday and Oct. 29 from 9 a.m. to 11 a.m. The event is open to all ages and the entire Guantanamo Bay community.

Free crafts, snacks and hayrides will be provided. Kenisha Stewart, librarian from the naval station library, will conduct story time at 9:30 a.m., 10 a.m. and 10:30 a.m.

Karen Simon, CYP director, said everyone can leave with a free pumpkin.

"We did this last year for the first time in GTMO and everyone seemed to really enjoy it," said Simon. "This way we bring a little bit of home to GTMO."

For more information, contact Simon at x2005.

## Halloween costume party at O'Kelly's pub

Morale, Welfare and Recreation, in conjunction with the Navy Exchange's Customer Appreciation Weekend, are hosting a Halloween party at O'Kelly's pub, Oct. 29.

John Taglieri will perform at 7 p.m. followed by Blessid Union of Souls at 9 p.m. At approximately 10:30 p.m., prizes will be given out to the best individual and couple costumes.

For more information, contact Aimee Mac Donnell at x4882.

## Reef Raiders host underwater carving

Reef Raiders Dive Club is hosting the 3rd Annual Underwater Pumpkin Carving Contest, Oct. 29 from 9 a.m. to 12 p.m. at Windmill Beach.

All divers and snorkelers are welcome. All participants are asked to arrive between 9 a.m. and 9:30 a.m. with his or her own equipment. Pumpkins will be available at the beach for \$5 if the participant does not bring their own. Judging will be at 11 a.m., followed by a Boy Scouts of America cookout. Participants are encouraged to bring a side dish or dessert or their own meat or veggies to be cooked if preferred. All donations will go to Boy Scout Troop 435.

Sign up is at Ocean Enterprises Dive Shop or through underwaterpumpkin@gmail.com. Registration ends Tuesday at 6 p.m.

For more information, contact Chris Hileman at x9831.

## Liberty hosts zombie paintball tournament

Guantanamo Bay Liberty is hosting a zombie paintball tournament, Oct. 29, at 5:30 p.m. at the paintball range.

The event is free but is open to unaccompanied active duty servicemembers only.

Sign up in advance at Deer Point liberty center.

For more information, contact Jill Lynch at x2010.

## Joint Trooper Clinic now open evenings

Beginning Tuesday, the Joint Trooper Clinic will be open Tuesday and Thursday evenings from 7 p.m. to 9 p.m.

Doors will be open to accommodate servicemembers working shift hours but are for sick call issues only. Ongoing and chronic medical conditions will still need to schedule regular appointments with a provider.

— For more information, contact the JTC at x3395.

## NEX celebrates 10th customer appreciation

The Navy Exchange and Morale, Welfare and Recreation are hosting the 10th Annual Customer Appreciation Weekend Oct. 28 through Oct. 30.

"The Customer Appreciation event started 10 years ago," said Mark Good, NEX store manager. "It has evolved from a shoe clinic and sale into a full-blown weekend extravaganza."

There will be a stunt bike and skateboard demo at the Cooper Field skate park at 4 p.m. Oct. 28. Following the skate demo, live music will be performed by John Taglieri at the Tiki Bar at 9 p.m.

A 5K race is scheduled to begin at 7 a.m. in front of the NEX, Oct. 29. After the race, the NEX opens at 9 a.m. for a large sale. At 10 a.m. there will be an autograph session in the NEX atrium with Vans athletes. In the afternoon at 2 p.m., an autograph session is scheduled with the chefs from Diners, Drive-in and Dives, followed by a Humvee pull at 5 p.m.

The sales will continue through Oct. 30. From 11 a.m. to 5 p.m., lunch will be served with food provided by Diner, Drive-ins and Dives chefs.

There will be more than \$12,000 worth of gift cards and prizes given away over the weekend and three grand prizes valued at \$2,500 each.

For more information, contact Good at x74358.

## NEX and MWR sand volleyball tournament

As part of the Navy Exchange and Morale, Welfare and Recreation weekend, a sand volleyball tournament is scheduled Oct. 29 to Oct. 31.

A coaches' meeting will be held Oct. 27 at 5:30 p.m. at Denich Gym.

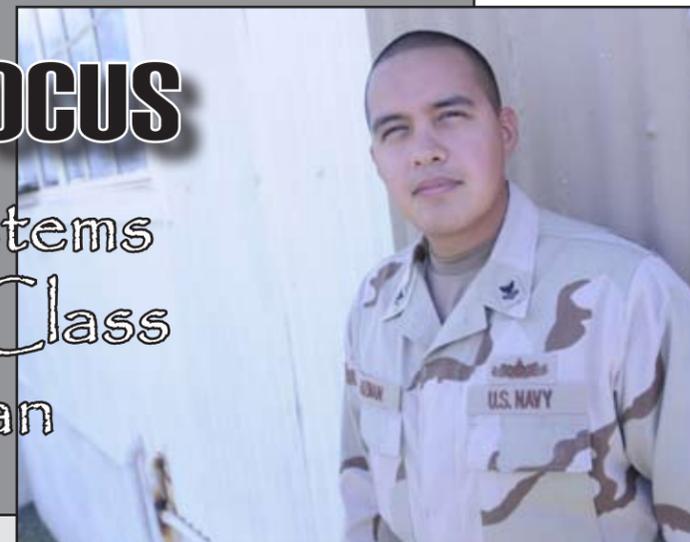
The tournament will be open recreation and four-on-four but the roster cannot exceed six. It will be a double elimination tournament.

"Patrons should come out to this tournament to play in the last sand volleyball tournament of the year," said Alana Morrison, MWR sports coordinator. "Let's see who has got what it takes to serve it up into 2012!"

For more information, contact Morrison at x2113.

# TROOPER FOCUS

## Information Systems Technician 2nd Class Cesar Guzman



Sgt. Meredith Vincent

Information Systems Technician 2nd Class Cesar Guzman must credit his grandfather for where he is today. At 19 years old, Guzman was working a decent paying civilian job with up to 60 hours a week. That, however, was not good enough for his grandpa.

"One weekend I took off to visit home," remembered Guzman. "And my grandfather — my Pop — asked me, 'Hey, what are you doing? You're not working today?' And I said, 'No, it's Saturday.' And he looked at me and said, 'You should get a real job.' He'd always told me I should pay my dues."

Pop himself is retired from the Army, and his words had their desired effect. His grandson called the Navy recruiter and 11 years later, is now an essential part of J2's logistics team.

Guzman, a J2 supply officer, went without a designator for four years until finally settling into the communications field. However, here on Guantanamo Bay, he is working out of his element.

"I kind of got nominated for this job," he acknowledged, "even though I didn't know it at first."

Army Master Sgt. Gregg Ramsdell, J2 operations non-commissioned officer in charge, said Guzman took on his new role and never looked back.

"When I first came on board, J2 was looking at some serious challenges in regards to the logistics side of the house," said Ramsdell. "Petty Officer Guzman, with no training, sat with me and we made a game plan. Logistics can be a challenging and sometimes overwhelming dilemma. But without a blink of an eye, he set out to 'right the ship,' as the Navy would say, and hasn't stopped since."

Guzman said he's learned and seen a lot during his time in the Navy. After traveling to almost every foreign country on the other side of the pond and participating in at least three humanitarian missions, he is now grateful for his Pop's prodding.

"He'd be proud of me if I was sweeping

## Bullet Bio

**Time in service:** 11 years

**Hobbies:** golfing and fishing

**Pet peeves:** people who flake and sycophants

**Next goal:** separating from the Navy and transitioning into the civilian sector

**Advice to junior Troopers:** "Be patient and look at the big picture."

the floor, he's so patriotic," Guzman chuckled. "He's definitely my role model — I want to be like him when I grow up."

That strong sense of family is part of

see FOCUS, pg. 19

## What is your favorite scary movie?



"The Grudge' because unlike other horror movies, the monster can't be killed."

Hospital Corpsman  
3rd Class  
Dominique Cannon



"Strangers' — it freaked me out."

Builder 2nd Class  
Nicholas Fox



"Saw' — it is terrifying."

Hospital Corpsman  
Catherine Richardson



"The new 'Halloween' movie because it is so much gorier and real than the first."

Master Sgt.  
Angelia Weldon

## Boots on the Ground

# New Camp America post office officially opens

Story and photo by  
Sgt. 1st Class Benjamin Cossel

Just in time for the upcoming holiday season, Joint Task Force Guantanamo Troopers celebrated the grand opening of the new JTF Post Office, Monday, during a ribbon cutting ceremony.

Army Lt. Col. and J1 Director, Pamela Shields explained while the new facility does not offer increased capabilities to the customer, it does provide a morale boost for both the Troopers receiving mail and those working the facility.

“This new building goes a long way to

improving the overall customer experience,” Shields said. “It actually looks like a post office you would find back in the states.”

In addition to the upgraded building, the new facility features a loading dock, making it easier for postal clerks to load and unload mail. As Logistics Specialist 1st Class Jerome Breaux explained, this was just one of several amenities of the new building.

“It’s really nice to be working in an air conditioned facility where the roof doesn’t leak every time it rains,” Breaux said.

Orderlies picking up the mail on any given day would regularly find Breaux or other members of his staff debloused and still sweating profusely in the old wooden sea hut.

Situated just some 100 yards or so from the old facility, it’s possible to see the plastic bags and tarps covering the old building as JTF commander, Navy Rear Adm. David Woods, took to the podium during the ceremony.

“This new facility would not have happened had it not been for the hard work and joint effort of the dedicated Troopers who saw this through,” the admiral commended.

Woods said in the short time he’s been JTF commander, he’s already seen the importance of mail and the moral booster it is for his Troopers.

During her remarks, Shields noted during her tenure – which began in mid-June – the post office processed more than 425,000 pounds of Trooper-bound mail.

Following the ceremony, a reception was held and guests were encouraged to visit the new facility.

Located just west of the Trooper Chapel, the JTF Post Office is open Monday through Friday from 8 a.m. to 4 p.m. and on Saturday from 9 a.m. to 12 p.m.



Logistics Specialist 1st Class Jerome Breaux assists Joint Task Force Guantanamo Commander, Rear Adm. David Woods in raising the U.S. Postal Service flag, Monday, during a ceremony officially opening the new facility.

# 525th Troopers travel to DC for Army Ten-Miler competition

Story by Spc. Kelly Gary

The stone likeness of Abraham Lincoln sits in the shade of his memorial as thousands of Troopers and civilians jog past, sweating and tired under the morning sun. The pack passes the second-mile marker right before the Vietnam Veterans Memorial but they still have eight more to go. Some run for time, others for the personal challenge and still some run for their team, the Army and the nation.

Rewind three months and up, down and around the contours of Guantanamo Bay, a group of Soldiers invest their time and sweat into training for an event which will take them through ten miles of downtown Washington D.C., accompanied by runners from across the country. For them the race has less to do with the clock and more to do with being part of a historical event and running with their fellow Soldiers.

Approximately 30 thousand runners competed in the 27th

Annual Army Ten-Miler Oct. 9 in Washington, D.C. Seven of those Soldiers were from Guantanamo Bay’s 525th Military Police Battalion.

Produced by the U.S. Army Military District of Washington, the Army Ten-Miler promotes the Army, builds esprit de corps, supports fitness goals and enhances community relations. All proceeds support Army Morale, Welfare and Recreation.

“It’s important for Soldiers to participate in such events,” said Sgt. Tracey Jackson, retention

non-commissioned officer for the 525th MP Battalion, “to build one’s confidence and to challenge themselves in arenas they might deem to be unattainable.”

Made up of Jackson, 2nd Lt. Tomas Carbo, Sgt. Derek Smith, Sgt. Shawn Chapple, Spc. William Chapple, Pfc. Chad Morris and Spc. Vincent Delaney, the team trained for nearly three months preparing for the race with five competing and two alternates. Delaney, assistant training NCO

see TEN-MILER, page 7

# Ladies soccer championships settle season-long rivalry

Story and photo by  
Army Sgt. Mathieu Perry

GTMO United faced off against the Soccer Bombers for the Women’s Soccer League Championship, Thursday, at Cooper Field and Sports Complex. In the end, the contest wasn’t even close as GTMO United shut out their competition, 5-0.

With only three teams in the league, the matchup brought the familiarity of previous encounters and the opportunity to make up for games lost.

“We have a close rivalry with the Soccer Bombers,” said Karen Simon, a forward for GTMO United.

Rhonda McGee, a forward for GTMO United, said the two teams flip-flopped victories all season long but everyone put their game faces on for the last matchup of the season.

“We have been going back and forth with this team,” said McGee. “The last time we played them, we lost 3-2, but tonight everyone was motivated because it was the championship and we all came here to win.”

Several key ingredients made it possible for GTMO United to take the grudge match, retaining their championship title.

“Our forwards came through

and scored for us while our defense held strong,” said Simon. “We just kept sending it [the ball] up and the speed brought us the goals ... that’s really our ace-in-the hole.”

Teamwork played an important element in the success, said Simon.

“We have a core group of players who consistently come out,” she said. “This has enabled us to better anticipate how each person plays.”

Simon said the team played as a unit and covered the field well.

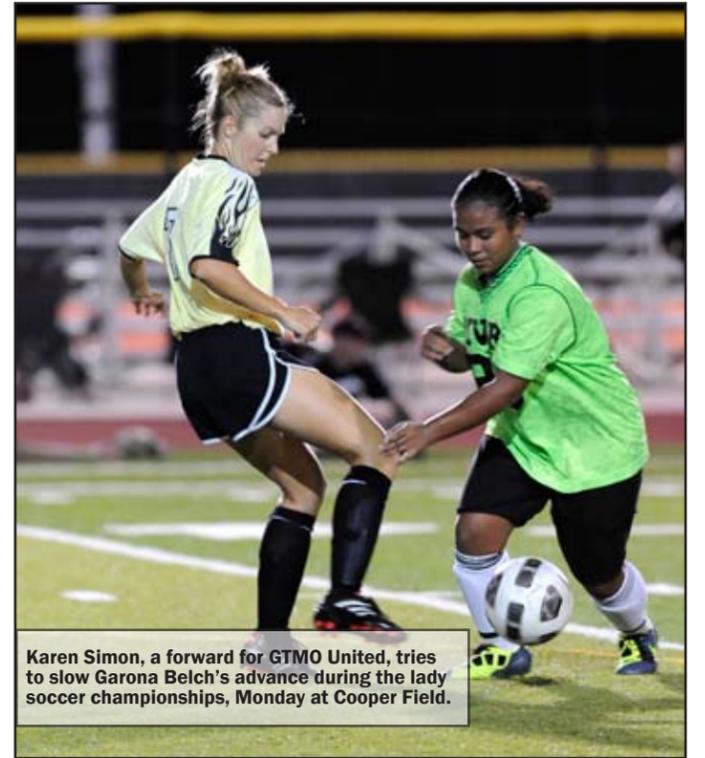
“We did a lot of passing and looked for support when we needed it.”

Overcoming the hot, humid climate as well as the speed and endurance needed for the game is a familiar challenge, said Simon.

“We were fortunate enough to have substitutes and the relief they gave us enabled us to have fresh players waiting on the bench,” she said.

The other women’s team split to form two new teams this season, explained Simon. This left all three groups shorthanded from time to time, making substitutes a scarcity.

“When the season started, we had three teams and 11 players on each,” said Manley Mclean,



Karen Simon, a forward for GTMO United, tries to slow Garona Belch’s advance during the lady soccer championships, Monday at Cooper Field.

GTMO United’s coach. “I’d like to see more ladies come out and play because it’s great exercise and a good way to meet new people and make new friends.”

Mclean said Guantanamo Bay is the perfect place to learn to play soccer because of all the support MWR provides.

“If people are shy about getting into a sport, now is the time to try it because it doesn’t get any better than this,” he said.

Simon summed up the entire experience by saying the game had heated moments, but at the end of the night everyone walks off the field as friends.

## TEN-MILER cont.

for the 193rd Military Police Company, said he was surprised at how much of a difference the training made.

“Training on hills around base really helped,” he said. “On Fridays we would all train together and we would Indian run for about eight miles. It takes a lot from you trying to keep an eight mile pace, then sprinting.”

The race starts and finishes at the Pentagon, passing by D.C. landmarks including the Lincoln Memorial, Washington Monument and the Capitol Building. In addition to meeting new people and competing, Delaney said he was excited to see D.C. for the first time, although he was simply trying to get around people for the first half of the race.

“For the first six miles it was like an obstacle course,” he said. “I almost gave up when I looked at the sign and it said six

miles.”

Among the competitors he was surrounded by, Delaney took special note of Warrior Transition Command athletes who were competing in visually impaired, blind, amputee, push rim and hand cycle categories.

“It was inspiring,” he said. “As we passed, we applauded them and toward the end of the race, they did the same for us.”

The wounded warriors were motivating but Delaney said it was encouraging to see all of the Soldiers taking part in the challenge.

“We are in a time of war and with the mission we have here, it is good to see fellow Soldiers doing positive things,” said Delaney.

“Watching your battle buddy out there competing – he is competing for you, me, his team, his squad, his platoon, his company, his battalion for that matter. He is out there

competing for everybody.”

Out of the tens of thousands of competitors, the team placed in the top 15 percentile. Jackson agreed events such as the ATM are momentous for a team but also for the individual.

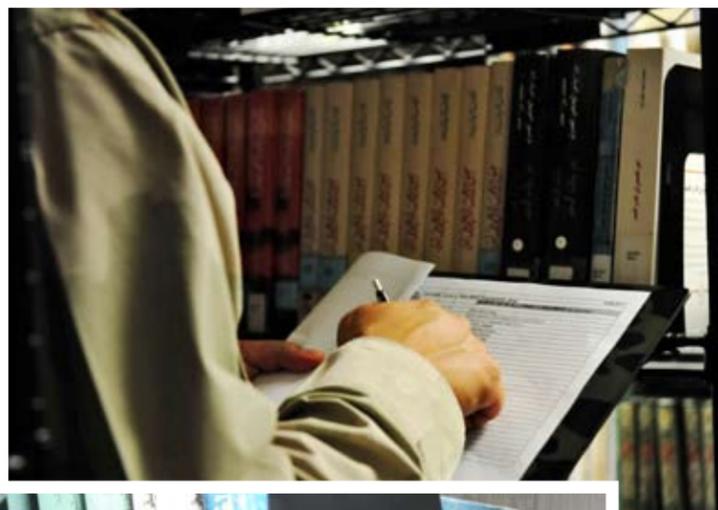
“The most rewarding part of the whole experience was realizing I had become a part of a historical event in the United States Armed Forces,” she said.

Delaney and Jackson both said even though they may be with different commands, they want to compete in next year’s race. Delaney encourages anyone interested in the race to start training and commit.

“[I] didn’t think it was possible – 10 miles and the place we came in,” he said with pride. “I think with proper training it’s possible for the next group to place even higher.”

# Day at the

# Library



Shelves lined with Agatha Christie novels, Star Wars DVDS or the latest Madden for PlayStation 3 are items typically found in most state-side libraries. These, as well as 25,000 other articles including newspapers and magazines, are part of any library's collection. But in the case of Joint Task Force Guantanamo, a large portion of those items are in Arabic or Pashto, among 16 other languages.

Around JTF Guantanamo, there are a vast assortment of military, civilians and contractors who play an integral part in the success of the mission. One element sometimes overlooked is the detainee library. Yet since 2004, the library has steadily built a considerable offering.

"Some people look and ask why we give them, (the detainees) so much," said Zak, JTF cultural advisor. "They have to realize how much we are doing for the guard force by keeping that detainee busy."

Army 1st Lt. Jerome Hunt, detainee programs officer in charge, said by supplying detainees with these selections, the JTF is presenting them with something to occupy their time, which in turn makes the guard force's job easier.

"We are here to support the camps," Hunt said. "We provide mental stimulation for the detainees."

Even though Hunt's military staff said they enjoy their jobs, working in a library was not what came to mind when they initially deployed. Most of these Troopers have correctional and law enforcement backgrounds with three Soldiers trained as military police and two Sailors – a fire technician and an operations specialist. Working in the detainee camps seemed a likely possibility. Hunt was unsure when he received his assignment.

"At first it was a shock," he said. "I am in civilian law enforcement back home. They

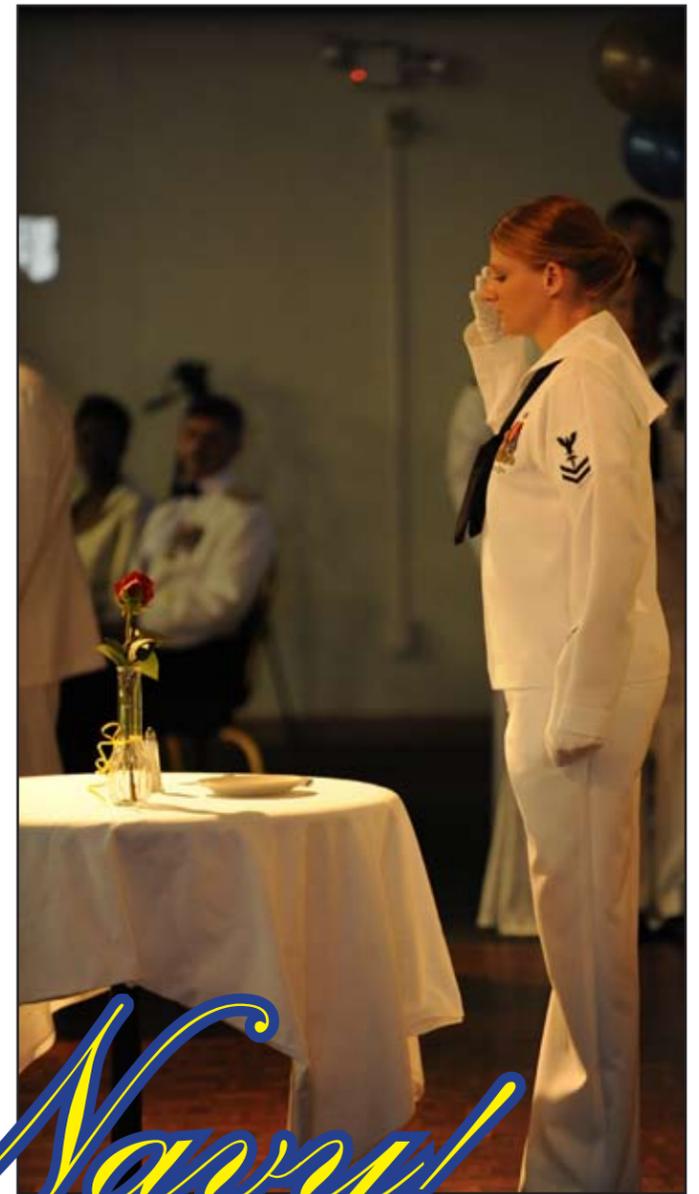
see LIBRARY, pg. 19

(clockwise from right) Dressed in their finest, servicemembers and residents of Naval Station Guantanamo Bay celebrated the birth of the U.S. Navy, Saturday, at the Windjammer Ballroom. - photo by Sgt. 1st Class Benjamin Cossel

Navy Hospital Corpsman 2nd Class Mindy Ballman salutes during the presentation of the table for Sailors lost in battle. - photo by Army Sgt. Mathieu Perry

Navy Cmdr. Bruce Deschere (left) and Hospitalman Whitney Smith, the oldest and youngest Sailors in the room, cut the birthday cake at the Navy's 236th Birthday celebration, Saturday. - photo by Army Sgt. Mathieu Perry

Sailors with the Naval Station Guantanamo Bay Hospital Color Guard present the colors. - photo by Sgt. 1st Class Benjamin Cossel



# Happy Birthday Navy!

Story by Sgt. 1st Class Benjamin Cossel



Looking immaculate in dress uniforms, gowns and tuxedos, servicemembers and residents from around Naval Station and Joint Task Force Guantanamo celebrated the 236th birthday of the United States Navy, Saturday at the Windjammer Ballroom.

The theme of this year's celebrations was "U.S. Navy: Sail with pride, worldwide." Talking to that, guest speaker Vice Adm. Michael Vitale noted some of the many locations Sailors were currently underway around the globe.

"Around the globe, our Sailors are out there doing their part for the Global War on Terror," Vitale, commander, Navy

Installations Command told the assembled crowd.

"You are the product of many brilliant and dedicated men and women whose decisions created the greatest navy in the world," he said. "Our history is chock-full of amazing people whose mark is written in permanent ink."

Prior to Vitale's remarks, as is tradition, a table was set in remembrance. Boatswains Mate 2nd Class and Navy Ball committee member Chris Pullon said it was an honor to be part of the POW/MIA remembrance ceremony.

"It's good that we know and remember our heritage," Pullon said. "And that we

never forget those who are no longer with us."

Pullon said bringing the ball together took months of planning and the efforts of many.

"This really took teamwork," he said, "lots of hard work and the efforts of all the commands and the community on the base."

Pullon added he was very pleased the ball sold out.

As the social hour wore down and dinner was served, Naval Station Guantanamo Bay Command Master Chief J.D. McKinney led the room in a reciting of the Sailors Creed and gave a brief history on the tradition of raising a toast. McKinney explained in days

of old, Sailors would receive their daily medications in some form of grog and raise their glasses in a toast.

"As you can imagine, coming up with a toast every night of the week made for some fairly interesting cheers, leading perhaps to the most famous toast of all time," the master chief began, "To our wives and mistresses."

The crowd enthusiastically finished the toast – "May they never meet!" and laughter filled the room.

And so, around the room the toasts went – "To the Marine Corps, to the Army ..." and on they continued until Naval Station Guantanamo Bay Commander, Capt. Kirk Hibert gave the final toast – "To the Navy!"

# MEET THE NEW GENERAL

Story and photo by  
Sgt. 1st Class Benjamin Cossel

Just a few weeks on the ground and Joint Task Force Guantanamo's incoming new deputy commander is impressed with what he sees.

"The professionalism of this task force, especially from the younger Troopers, is just impressive," said Army Brig. Gen. James Lettko. "From the gate guards, to those in the camps, the perimeter security personnel - everyone has been extremely professional."

Lettko said while he's been impressed with everyone in the JTF, he couldn't help but think about those Troopers under 25 years of age.

"They all volunteered after 9/11 - whatever their motivation, they all volunteered."

A member of the New York Army National Guard, Lettko served as the Chief of Staff for the New York Adjutant General prior to assuming his duties with the task force. He said when he learned he was coming to Guantanamo Bay, he immediately began studying for the position.

"I started corresponding with General Nichols (outgoing JTF deputy commander, Army Brig. Gen. Samuel Nichols) and visited SouthCom several times to help shape my expectations," Lettko said.

The opportunity to serve in a joint environment intrigued the general.

see GENERAL, pg. 19





## ON THE DECK

# Afghanistan theater receives state-of-the-art MRI Systems

From Navy Bureau of Medicine and Surgery Public Affairs

WASHINGTON – The top doctor for the U.S. Navy and Marine Corps announced the delivery of two mobile Magnetic Resonance Imaging systems to Afghanistan Oct. 4-7.

Navy Surgeon General Vice Adm. Adam M. Robinson Jr. said that the delivery marked the end of an unprecedented medical equipment procurement initiative to deliver a first-ever MRI capability to a combat theater.

The first mobile MRI system arrived on a mega-cargo Antonov AN 124 Russian aircraft Oct. 4. Weighing more than 70,000 pounds, the MRI and its

accompanying supplies were unloaded using a prime mover, two flatbeds, and a forklift to travel to its final destination at the Role 3 hospital at Camp Bastion. A second MRI was delivered to the Role 3 hospital in Kandahar Oct. 7, and progress continues on both systems for final installation, prepping and testing.

“Fielding MRIs into active combat theaters is unprecedented as both logistics and clinical procedures had to be created,” said Robinson. “The fact that our team was able to design, acquire and deliver this new capability to the battlefield in less than 12 months is a testament to the commitment and creativity

of the joint medical and logistics teams.”

Throughout the procurement process, BUMED worked closely with Army and Air Force Medical Departments to address every element involved in fielding this battlefield MRI capability which included resolving engineering, logistical and technical issues while also working the challenges of transportation, personnel, training, shielding and sustainment requirements simultaneously.

Headquartered at Fort Detrick, Md., NMLC is the center of logistics expertise for Navy Medicine and designs, executes and administers state-of-the-art solutions to meet customer’s medical material and healthcare

needs.

According to NMLC commanding officer Capt. James B. Poindexter III, the Navy worked closely with its sister services to field this unique MRI capability for U.S. and coalition forces in Afghanistan as part of the overall comprehensive approach to diagnosing and treating concussive injuries.

“This was a complex and extraordinary acquisition issue and our team worked hard to field this equipment as soon as possible while ensuring it would do the job we intended it to do,” said Poindexter. “Taking care of our men and women in uniform close to the battlefield is our top priority.”

## IN THE TRENCHES

# Legislation could expand role in homeland security

Story by J.D. Leipold

WASHINGTON – Legislation being considered by both houses of Congress could provide the Army Reserve broader authority to call up troops for homeland security and also allow the force to deploy units for operations lasting 120 days or less.

Chief of the Army Reserve Lt. Gen. Jack C. Stultz said last week that the legislation would grant authority to call up as many as 60,000 Reservists per year from all services, for unnamed contingencies, both inside and outside the country. He spoke to reporters about the proposed expansion of Title 10 authority following a seminar Oct. 11 at the Association of the 2011 U.S. Army Annual Meeting and Exposition.

“For homeland use, current law says you can only use your Title 10 Reserve in the homeland in instances of weapons of mass destruction,” Stultz said, adding that the Army Reserve isn’t trying to insert itself or replace the National Guard.

“There should be a logical progression, just like there is now, where local civil authorities respond, then the governor calls up the National Guard – and in 90 percent of the cases that’s all that’s needed – but in that other 10 percent where the state needs federal help, we’d be available with a lot of needed expertise,” Stultz said.

Stultz said the National Governors Association and the National Guard Association felt there were no issues of infringement and they support the Title 10 change as well.

Additionally, the Army Reserve has sought the Title 10 change to allow it to support operations that are usually 90-to-120-day deployments and would give each Reserve force commander the authority to send one unit for the entire duration rather than have two or three units cover down in that same period of time.

The general also said he was looking at creating an operational reserve of about 25,000 Soldiers of which 5,000 could be pulled up trained and ready when the country needed them. This would keep the rotational cycle ideal at one year out, four years back.



Samoa-based U.S. Army Reservists of Bravo and Charlie Company, 100th Battalion, 442nd Infantry Regiment, 9th Mission Support Command, brush up on their combat skills during weapons qualification, June 30, 2010.

Stultz noted as budgets shrink and the force becomes smaller that Soldier standards will be more closely looked at, and he, like the chief of staff of the Army, is concerned with the possibility of automatic budget cuts that would kick in if there’s no agreement on the \$1.5 trillion in federal savings by the Congressional deficit reduction committee.

“If sequestration kicks in, we don’t want to end up doing what we’ve done in the past where we focus on how to get people off the rolls, not which people off the rolls,” he said. “We don’t want to incentivize the wrong people to leave the service.”

“We need to upgrade the standards, and if you can’t get there, you can’t stay in,” Stultz said. “We have people in our formations who we should have already eliminated, but for lack of a clerk or motor pool sergeant we kept them. Let’s process these people out so we can make room for those we want to keep.”

## INSIDE THE JAR

# Last Marines leave Iraq in support of Operation New Dawn



1st Lt. Mark Lowett, Marine Corps Martial Arts instructor assigned to Iraqi Marine Training Team Three, performs a preliminary visual inspection of the vehicles prior to their departure from Umm Qasr to Camp Arifjan, Kuwait, Oct. 14.

Col. Eric Thomas, the Marine Forces Central Command Marine Coordination Element- Kuwait officer in charge, as he addressed the Marines during an informal ceremony held at the forward operating base. “You should all be proud to be a part of this day in Marine Corps history.”

Major operations in Iraq for the Marine Corps ended in January 2010.

“The beginning is just as important as the end,” said Maj. Monte Powell, commander, IqMTT-03. “It’s definitely a historic event to be a part of...to be the last Marine team here and understanding the sacrifice of those before us.”

Powell was in charge of the last Marine operation in Iraq. He described the footprint engraved not only on the nation of Iraq, but the skills and knowledge forever embedded in the Iraqi Marines and sailors.

“The Marine Corps relationship with the Iraqi Marines will be an everlasting bond,” Powell shared in a media release from Third Army public affairs. “The Marine Corps warrior ethos and spirit is cemented with the Iraqi Marines

and they will continue to improve and defend the country of Iraq against all enemies both foreign and domestic.”

The Marine Corps Martial Arts Instructor for the Iraqi Marine and sailor training engagement was 1st Lt. Mark Lowett, an air support control officer from Marine Air Support Squadron Two.

Lowett explained that a large majority of the Iraqi Marines did not have the opportunity to receive hands on martial arts instruction. However, Lowett and his team of training advisers were forwarded the chance to demonstrate a wide variety of martial arts techniques for about 100-150 Iraqi Marines during the 5-month tour.

“It’s important to make a statement to the Iraqi Marines and the country that we as Marines are leaving a positive image that they will never forget,” said Lowett.

The U.S. Marines trained Iraqi military and security forces, ensuring that once the U.S. military presence in Iraq ends, the nation is capable of conducting independent counterinsurgency operations, as well as being tactically, operationally, and logistically proficient.

and Navy. IqMTT-03 also included a United States Navy corpsman.

During the team’s five-month tour, they trained the Iraqi Marines and sailors in vehicle borne search and seizure, entry control point/ vehicle control point procedures, leadership development, Marine Corps Martial Arts, Key Leadership engagements and communications.

Prior to the team’s departure, the Marine Corps did not have any units left in Iraq, only this small training team.

“This is officially the end of our mission here in Iraq,” said

Story and photo by Cpl. Lucas Vega

UMM QSAR, Iraq — The last 12 United States Marines safely departed Umm Qasr, Iraq to Camp Arifjan, Kuwait, Oct. 14, ending the branches’ presence in Iraq which began March 2003 in support of Operation Iraqi Freedom.

Now Operation New Dawn, the 13 members of Iraqi Marine Training Team Three, 1st Marine Expeditionary Force, arrived in Iraq mid-May with the mission of training the Iraqi Marine Corps

## ON THE WING

# Air Force building and changing for future operations

By Mitch Gettle

WASHINGTON – Changes are coming to the Air Force and officials are working with the Department of Defense to prioritize current and future resources as part of a national priority to reduce spending.

In the spring of 2010 the Defense Department began a comprehensive effort to increase efficiencies, reduce overhead costs and eliminate redundant functions in order to improve the effectiveness of the DOD enterprise.

This effort focused on reprioritizing how DOD can use resources to more effectively support and sustain the total force and most importantly the warfighter.

According to the Secretary of the Air Force, Michael Donley, the Air Force is following that guidance.

“We have been examining the full spectrum of operations – from base-level

to headquarters – to develop efficiency initiatives that streamline and right-size the organization and redirect resources where we need them most to forge a leaner, more effective Air Force,” said Donley.

Some of the consolidation and shaping includes organizational changes at the Major Command and installation level.

“Air Force organizations and installations of the future may not operate the same tomorrow as they do today,” said Chief of Staff of the Air Force Gen. Norton Schwartz. “In fact, we are considering a restructure of AFMC – our largest employer of civilians – to standardize processes, streamline decision making and align missions for more effective operations. The new structure will focus on reducing overhead costs and redundant layers of management while largely protecting the command’s rank and file workforce.”

According to Schwartz, the Air Force will

establish new baselines for many functions across the Air Force.

The Air Force will also focus on providing the essential services members need and taking more advantage of local communities and the valuable services they provide for Airmen and their families. For example, some services commonly available on installations, but are either not financially viable or not often used, may be consolidated or closed in order to redirect resources to other places where Airman and family needs are greater, he said.

“These are challenging times, but we have a unique opportunity to shape the future of America’s Air Force, and we are committed to doing everything possible to balance fiscal responsibility with our investments in our people and the nation’s defense,” said Schwartz. “I have no doubt our Airmen will rise to the challenges before us.”

# Our Idiot Brother

Army Sgt. Meredith Vincent

I'm gonna go out on a limb here and say Paul Rudd is one of the most likable actors working today. I defy anyone to NOT like Paul Rudd. After proving himself with the bro crowd in comedy classics like "Anchorman" and "40-Year-Old Virgin," he was soon elevated to leading man status in "I Love You, Man" and "Role Models" and has since become the master of the cameo in credited and uncredited roles alike. Ladies love him, dudes love him and despite producing about two or three stink bomb movies a year, audiences continue to be charmed by the affable and relatable Rudd.

So it's certainly no surprise he's cast as Ned, a lovable, slightly naive organic farmer who's so trusting and kind that he sells marijuana to a uniformed cop who's having a bad day. Oops.

After a brief stint in jail, Ned returns to find his girlfriend shackled up with another guy and his dog, Willie Nelson, gone. Jobless, homeless and dumped, he turns to his siblings for support.

If only those siblings were the supportive type. Unfortunately, Ned is surrounded by ambitious, superficial, scheming sisters, each of them given equal weight and each of them played by three fantastic actresses who don't shy away from the harsh material.

There's Emily Mortimer as Liz, a squeaky clean housewife and doting mother who refuses to acknowledge her husband



(Steve Coogan) is a cheating creep. There's Elizabeth Banks as Miranda, a cut throat journalist void of empathy or compassion, who doesn't have a problem cheating her way to the top. And then there's the adorable Zooey Deschanel (another actor universally beloved, it seems) as lesbian Natalie, who's in love with her equally adorable girlfriend (Rashida Jones) but can't shake an annoying impulse to cheat on her, nonetheless.

Ned crashes at each of their homes while he attempts to put his life back together. Trouble is, Ned is so sweet-natured that he hasn't learned to lie, even the necessary ones we tell each other just to get through the day, and soon his truth nuggets start to implode



R  
90 min.

on his sisters' carefully crafted lives. Chaos ensues, harsh things are said and lessons on family and love are eventually and tenderly learned.

"Our Idiot Brother" is not going to change the world, by any means. However, Rudd, in all his grinning, innocent slacker glory, is a pleasure to watch. You're bound to know someone just like him - daffy and clueless yet still wholesome and genuine. I certainly do. And the whole time while watching Ned quite accidentally set his family's tidy lives ablaze, I kept shaking my head, thinking, "I know that person!"

As for the sisters, I'm so glad I have brothers, cause them chicks be crazy!

	21 FRI.	22 SAT.	23 SUN.	24 MON.	25 TUES.	26 WED.	27 THURS.
Downtown Lyceum	A Dolphin Tale (last showing) (PG) 8 p.m.	Footloose (PG-13) 8 p.m.	30 Minutes or Less (last showing) (R) 8 p.m.	Columbiana (PG-13) 10 p.m.	Final Destination 5 (last showing) (R) 8 p.m.	The Debt (R) 8 p.m.	The Help (PG-13) 8 p.m.
	Shark Night (PG-13) 10 p.m.	Apollo 18 (PG-13) 10 p.m.					
Camp Bulkeley	Footloose (PG-13) 8 p.m.	The Debt (R) 8 p.m.	Final Destination 5 (last showing) (R) 8 p.m.	Our Idiot Brother (R) 8 p.m.	30 Minutes or Less (last showing) (R) 8 p.m.	The Help (PG-13) 8 p.m.	Conan the Barbarian (R) 8 p.m.
	Apollo 18 (PG-13) 10 p.m.	Shark Night (PG-13) 10 p.m.					

Call MWR at ext. 2010 for more information.

Movie Hotline - call 4880.



Conflicting reports surfaced Thursday that deposed Libyan leader Moammar Gadhafi is dead or has been captured. - photo by AP

## Former Libyan leader Gadhafi killed

Voice of America News Service

Former Libyan leader Moammar Gadhafi, 69, has been killed in an assault by provisional government forces on his coastal hometown of Sirte.

The prime minister of Libya's National Transitional Council, Mahmoud Jibril, confirmed Gadhafi's death on Thursday at a news conference in Tripoli. He also said it is time for Libyans to build a new, united Libya, now that Gadhafi is dead.

The United States says it received confirmation of the former leader's death from Libyan officials.

Footage broadcast on global television networks showed a wounded and bleeding Gadhafi being carried by NTC forces who found him hiding in a sewage pipe on the outskirts of Sirte. Libyan officials said Gadhafi died of gunshot wounds shortly after NTC forces captured him, but it was not clear when he was shot or by whom.

The capture of Sirte comes near two months after forces loyal to the NTC took control of the capital Tripoli, forcing leader Gadhafi and his family to flee. His son Muatassim is believed to have been among

those fighting in Sirte, where NTC fighters conducted a house to house search of the last areas of resistance.

The declaration of victory in Sirte is expected to set in motion a series of political moves leading to elections, a new government and a new constitution - a massive undertaking country that has had 40 years of arbitrary, one-man rule.

Fighting still continues in southern areas of the country, the vast desert regions bordering Niger, Algeria and Chad. But control of Gadhafi's hometown provides a geographic as well as symbolic victory, uniting the main population corridor along the coast from east to west.

Libya scholar Ziad Akl of the Ahram Center in Cairo says Gadhafi forces are in a struggle for survival.

"The forces that are pro-Gadhafi, first of all, they are not politically organized, they are not strategically outlined, and they are not fighting actually to gain ground," said Akl. "They are simply trying to defend the positions they have and stop the revolution from moving on and this is a time-constrained battle."

## Clinton in Afghanistan for talks on ending war

Voice of America News Service

Visiting U.S. Secretary of State Hillary Clinton is expected to discuss peace talks and the security transition in Afghanistan when she meets Afghan President Hamid Karzai and other officials on Thursday.

Clinton arrived in Kabul late Wednesday on an unannounced visit.

U.S. officials say that during talks Thursday, the secretary will press for a binding strategic agreement between Afghanistan and the U.S. that will govern relations after 2015 when American troops are scheduled to return home.

Clinton also will preview plans for upcoming conferences on the future of Afghanistan to be held in Istanbul in November and Bonn, Germany in December.

She also is expected to discuss ties between Afghanistan and neighboring Pakistan. Both U.S. and Afghan officials have accused Pakistan of supporting insurgent groups in Afghanistan, a charge Islamabad denies.

The Afghan government's peace talks with the Taliban have stalled since last month's killing of former President Burhanuddin Rabbani, who had led President Karzai's outreach to the insurgents as head of the High Peace Council.

## US Deputies kill 48 roaming animals in Ohio

Voice of America News Service

One wild animal remains unaccounted for in the central U.S. state of Ohio, after tigers, bears, wolves and other animals were set free from a privately owned exotic animal farm.

Sheriff Matt Lutz told reporters Wednesday that deputies killed 48 of the animals, including 18 rare Bengal tigers. Six animals were captured and taken to the nearby Columbus Zoo. Only one monkey remains missing.

The animals were set free Tuesday, when the owner of the farm opened their cages before apparently committing suicide. Deputies with high-powered rifles searched the surrounding area to track down the roaming, dangerous wild animals.

The former director of the Columbus Zoo, Jack Hanna, said the scene was like something from "Noah's Ark." Hanna defended officials' decision to shoot and kill the animals. Sheriff Lutz said the shoot-to-kill order was necessary for public safety.

# Are You Burning Up? Signs of burnout & ways to help

Hospitalcorpsman 3rd Class Dominique Cannon,  
Joint Stress Mitigation and Restoration Team

Everyone at some point in their life will experience stress. This is an inevitable feature of the human condition. Moodiness, irritability, agitation, nausea, negativity and excessive worry are all the well-known and recognizable signs of being placed under stress. What many do not understand, however, is that stress isn't always negative.

Oftentimes, stress can be positive by providing us the opportunity to adapt to new challenges, driving us to achieve our goals and rewarding us with a deeper sense of accomplishment. An optimal amount of stress can also provide the necessary foundations to undertake future stressors. As much as physical exercise can increase our strength, dexterity and flexibility, so too can stress be employed to harden our mental and physical capacity to carry out even the most demanding of challenges.

The military affords servicemembers across the globe various unique and stressful experiences not often found in the civilian world. Whether it is a permanent change of station or a deployment, servicemembers are constantly expected to adapt and overcome whatever may be presented to them. Given the competitive environment of the military, personal ambitions to excel or a yearning to prove oneself, many servicemembers willingly place themselves in overly demanding positions and take on work that pushes the limit of their physical and mental capabilities. Although increasing our responsibilities and workload can indeed be beneficial to our



careers, placing an extraordinary amount of labor onto ourselves puts us at risk for burnout.

Burnout is a psychological phenomenon that occurs in individuals who are assigned (sometimes voluntarily) responsibilities and stressful workloads that negatively impact the individual's mental health. First extensively researched in the 1970s, burnout is sometimes confused as being exclusive to those who work in the medical field; however, burnout can easily occur in anyone who lacks effective skills in dealing with rigorous and

challenging circumstances but continuously accepts increasingly more demanding assignments. Consistently scrambling to meet deadlines, juggling numerous tasks at once and working long hours to meet organizational needs can take a serious toll on a person and lead to chronic health problems, both physically and mentally. The symptoms of burnout are identical to that of chronic exposure to stress: anxiety, excessive concern, insomnia, aggressiveness, loss of

see MIND, pg. 19

## GTMO Religious Services

**Daily Catholic Mass**  
Tues. - Fri. 5:30 p.m.  
Main Chapel  
**Vigil Mass**  
Saturday 5 p.m.  
Main Chapel  
**Mass**  
Sunday 9 a.m.  
Main Chapel  
**Catholic Mass**  
Saturday 5:30 p.m.  
Troopers Chapel

**Protestant Worship**  
Sunday 9 a.m.  
Troopers' Chapel  
**Islamic Service**  
Friday 1:15 p.m.  
Room C  
**Jewish Service**  
Friday 7 p.m.  
Chapel Annex  
**LDS Service**  
Sunday 10 a.m.  
Room A

**Seventh Day Adventist**  
Saturday 11 a.m.  
Room B  
**Iglesia Ni Cristo**  
Sunday 5:30 a.m.  
Room A  
**Pentecostal Gospel**  
Sunday 8 a.m. & 5 p.m.  
Room D  
**Liturgical Service**  
Sunday 10 a.m.  
Room B  
**Church of the Sacred Well**  
Call x2323 for information

**General Protestant**  
Sunday 11 a.m.  
Main Chapel  
**United Jamaican Fellowship**  
Sunday 11 a.m.  
Sanctuary B  
**Gospel Service**  
Sunday 1 p.m.  
Main Chapel  
**GTMO Bay Christian Fellowship**  
Sunday 6 p.m.  
Main Chapel

### GENERAL cont.

"I spent ten months in Iraq and two months in Kuwait operating in something like the JTF," he said. "So being able to come and serve in a truly joint environment is an exciting opportunity."

Lettko said it was important for Troopers to know one of his key focuses during his tenure will be getting the proper tools into the hands of junior leaders.

"If they're not successful, we're not successful," said Lettko. "I've always focused on getting the right tools to my junior leaders – the tools they need."

One caveat, the general explained, if he doesn't know about the problems, he can't help fix them.

"Many times, even the chain of command doesn't utilize all the tools available to them," he said. "So issues like quality of life, housing, morale issues should all go through the chain of command who should use all the tools available to them."

For the last several years, the general has called Albany – site of the New York Army National Guard's headquarters home - but he spent the bulk of his time (17 years) in Buffalo and admits to being a Bills fan.

Looking into his crystal ball, Lettko said, in his view, the biggest challenge before the task force is equalizing the proper work vs. play balance.

"This is a no-fail mission and if Troopers take their liberties to excess, they won't have their head in the game," he said. "We're only as good as the weakest link, so we have to make sure there is that proper balance."

Lettko knows one of his own recreational activities will be taking to the waters of Guantanamo Bay. Already a certified diver, Lettko said he is looking forward to getting in the water and sampling some of what the Caribbean has to offer.

"I've got about 30 or so dives in and eager to dive out here," he said.

But, at the end of the day, Lettko said above all else, his focus is the mission.

### LIBRARY cont.

me I was going to be running the library and I asked, 'Are you sure you got the right person?'"

Even though it was a surprise, Hunt said he treats the mission with the same ardor as he would any other.

"I have the same motivation and the same dedication [to this mission] as if I was back in Iraq leading troops down range," he said.

Army Staff Sgt. William Peace, a detainee programs librarian, said after four deployments he came to the island without expectations.

"I try to approach a deployment with an open mind," said Peace. "You never know what you are going to do until you get there and you start doing it."

The librarians' day entails preparing, delivering, returning and once again preparing items for the camps. In addition, the team does all the paperwork surrounding the items and classes as well as all the various processes that go along with detainee requests.

The important role the detainee library and its staff play improves the quality of

life for the detainees and the guard force. In addition to the items, classes such as English, computer and art are provided for the detainees. Zak said the number of incidents involving assaults upon the guard force has steadily decreased as the library, and then the classes, were implemented.

Fireman Technician 2nd Class Jorge Carpio was a camp guard himself for two months before he began working in the library. He said he saw the impact the librarians had from the other side of fence.

"When the librarians show up, it makes the detainees happy," said Carpio. "They then have less time to focus on the guard force."

All three men agree they want to see the library continue to grow in terms of materials and classes. Despite the different backgrounds and job titles of the Troopers, civilians and contractors of the library, they all work together to support the mission. It's one team, one fight, said Hunt.

"In the case of the mission here," he said, "I think our ability as [Troopers] to assess, adapt and overcome has helped us to be able to do our job."

### MIND cont.

concentration, isolation, etc. In its extreme form, burnout can even impact physical health as well, to include high blood pressure, acne, body aches and pains, rapid heart beat, headaches and constipation.

Deployed servicemembers can easily succumb to the effects of a burnout. Long hours, separation from family and friends, lack of peer support, living standards and difficulties with leadership can all contribute to becoming overwhelmed on a deployment. However, burnout can be managed, if not outright avoided, by recognizing the signs of chronic stress and properly controlling reactions to it. By effectively managing our resources, identifying our capabilities and limitations, building a strong support system, and delegating when possible, we can avoid a burnout while deployed. Easier said than done? The daunting task of controlling stress may seem impossible while deployed, but resources are available to assist anyone who may need it.

We here at the Joint Stress Mitigation and Restoration Team offer diverse and flexible resources to assist any servicemember with adapting to the deployed environment. Focusing on prevention through outreach and education, we seek to reduce the pressure of deployment in GTMO. We can come to you during our daily rounds or feel free to just walk into the clinic. Confidential and completely voluntary in most cases, our clinic is open Monday through Friday from 7 a.m. to 5 p.m. with no appointment necessary. Whether you need information on managing your stress or if you just want to try out our two massage chairs, we are here for you.

For more information, call the JSMART Clinic at x2321.

For immediate needs, call the JSMART 24-hour line at x3566.

### FOCUS cont.

what makes Guzman, also the father of twin boys and a baby girl, an exceptional Sailor, said Ramsdell.

"He doesn't ask for anything in return," Ramsdell said. "(He's) a true family man with great values and his ability to think on his feet, change direction in a moment's notice and willingness to actually learn and take what he has learned for action is a rare trait."

With less than a year left, Guzman does not plan on staying in the military. He wants to find a job closely related to his communications background and see where it takes him. As his last official deployment, his time in Cuba

will be remembered fondly, he said. He's made many new friends here, but admits he will remember the experience probably more than the people.

"I'll miss the times, more than the relationships," he said. "When you look back and reflect on moments you'd have with people you've hung out with, sometimes those are more meaningful than the actual friendships."

Ramsdell knows it will be hard to say goodbye.

"(He's) my right hand man ... my bulldog," he said. "It will be a sad day in my operation when he rotates."

# The JTF AT SHUTTER SPEED



**TUNING IN**  
Navy Lt. Danyell Brenner (left) and Hospital Corpsman 2nd Class Jesse Yeager bring awareness about domestic violence to the air waves at Radio GTMO on Naval Station Guantanamo Bay, October 14. - photo by Army Sgt. Mathieu Perry



**SNAKE EYES**  
Army Sgt. Ardicio Galvao (left) monitors Pfc. Kerstin Mundy (middle) and Toledo Zoo herpetologist Peter Tolson, Ph.D., inserting a radio transmitter into a male Cuban boa, at the Naval Station Guantanamo Bay veterinary treatment facility, October 13. - photo by Army Sgt. Mathieu Perry



**PAINTING THE TOWN**  
Sailors from the Chief Petty Officer's and the First Class Petty Officer's Association combined forces as part of CPO 365 to help prepare the Tierra Kay basketball court, Oct. 14. - photo by Army Sgt. Mathieu Perry



**GETTING SOME AIR**  
Hospital Corpsman 3rd Class Dan Collumb, a medic attached to the Naval Hospital at Naval Station Guantanamo Bay, catches some air while performing a trick at the Liberty Morale, Welfare and Recreation skate park skills competition, October 14. - photo by Army Sgt. Mathieu Perry