

The WIRE

An award-winning
JTF journal



TOUCHDOWN!

Punt, Pass & Kick,
cheerleaders rally fans



February is Black History Month

The real thrift shop treasures:
JTF Trooper volunteers

CAPT. PATRICK RABUN

CHIEF OF STAFF, JTF GUANTANAMO

I had to laugh at the Joint Task Force Guantanamo commemoration of Groundhog Day, employing a banana rat as a substitute forecaster of spring weather. That's something I'll remember long after I leave here. When many of us think about Groundhog Day, we recall the movie starring Bill Murray, in which his character Phil Connors was cursed to keep reliving the same day over and over again. While the movie was entertaining, it also (hopefully) taught us a lesson or two.

Our Joint Task Force tour gives us the opportunity to take incremental steps toward achieving a goal – much like Phil Connors used each repeated day to take one more piano lesson. By the end of the movie, he was an accomplished piano player. He also learned to speak French and how to create ice sculptures. The skills he developed obviously took many days, and it was probably hard to notice much difference on a day-to-day basis. But the results of his determined persistence were impressive. Although we're not stuck re-living Feb. 2 over and over again, we have the chance to improve ourselves during our Guantanamo tour.

We also have the ability to use each deployment as a learning experience. It's interesting to observe the lessons that have been picked up by those with several deployments under their belts. As an example, I'll highlight another February holiday: Valentine's Day. Many in their first deployment are just now thinking about what to get for their sweetheart. They'll order flowers at the last minute, or mail a card that will arrive late. But the experienced Trooper has been deployed during Valentine's Day

before (maybe many times). He or she probably planned ahead and left a card or gift hidden somewhere back home – or has arranged for a friend/neighbor to deliver a surprise. You can learn quite a few helpful hints from those who have made many deployments.

Getting back to the Groundhog Day movie lessons, I want to remind you of what Phil did in addition to improving himself. He helped other people. Of course, he didn't start out helping other people. In his first several repeated days, he took advantage of his ability to apply his observations – all for his personal gain. He robbed an armored truck, seduced women, and generally acted selfishly. However, he soon learned that he has gained no real satisfaction from those pursuits. So he began helping people in the town: a homeless beggar, old ladies with a flat tire, a choking man in a restaurant, etc. Most are appreciative; he even repeatedly caught a little boy who never says "thanks."

We can learn from Phil's example. Though we may start out being selfish, we eventually appreciate the value in helping others. And it's easy to find others here at Guantanamo Bay who can benefit from your help. A friendly word to a fellow Trooper can do wonders. Simply having a conversation with someone could break their depression.

So even though we're not stuck in an endless loop of repeated days, we can still make efforts to improve ourselves and help other people. That was the key to Phil breaking his curse – and can also help us not feel like we're waking up to the same song every morning.

Our Joint Task Force tour gives us the opportunity to take incremental steps toward achieving a goal – much like Phil Connors in 'Groundhog Day' used each repeated day to take one more piano lesson.



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Senior Enlisted Leader

Sgt. 1st Class Jerome Grant: 3649



The Wire

Editor: Army 1st Lt. Amelia Thatcher

Assistant Editor: Army Sgt. Saul Rosa

Photojournalists

Mass Communication Spc. 1st Class Ty Bjornson

Mass Communication Spc. 2nd Class Kilho Park

Mass Communication Spc. 2nd Class Louis Batchelor

Army Sgt. Landis Andrews

Mass Communication Spc. 2nd Class Jon Dasbach

Mass Communication Spc. 3rd Class Marquis Whitehead

Contact us

Editor's Desk: 3651

Commercial: 011-5399-3651

DSN: 660-3651

E-mail: thewire@jtfgtmo.southcom.mil

Online: www.jtfgtmo.southcom.mil/wire/wire.html

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Cover: Coast Guard Lt. Andrew Phipps participated in the Punt, Pass & Kick competition prior to Super Bowl XLVI on Feb. 5. Afterward, the Miami Dolphins cheerleaders performed for Joint Task Force Guantanamo Troopers. –photo by Army Sgt. Saul Rosa

Learn first aid and CPR

The American Red Cross – GTMO will hold a First Aid/CPR training course on Feb. 16 at 9 a.m. at the Red Cross building: CB 1208. The \$40 registration fee pays for all materials. Registration closes Feb. 15 at 3:30 p.m. Class size is limited, so register now. To register, or for more information, call 2511 or email CoganowS@usa.redcross.org.

Ping-pong challenge

Bring a friend to any Liberty Center on Feb. 17 and square off on the ping-pong table. The winner will receive a gift from Liberty MWR.

For more information, call 2010.

NLSO tax assistance

The Navy Legal Services Office is ready to help Guantanamo residences through tax season. The naval station location will be open 8:30 a.m. to 8 p.m., Mon.-Fri., and the JTF Trooper One Stop office 8 a.m. to 4 p.m. Mon.-Fri. Appointments are now available.

For more information, call 4692.

Polynesian-style luau

The Tiki Bar will host a Polynesian Luau Saturday. Events start at 5 p.m. with Luau games! Dinner starts at 6:30 p.m. and the luau show begins at 8:30 p.m. featuring hula dancers, live music and a fire knife dancer. Seating is limited, so purchase tickets at the Bayview during normal business hours.

For more information, call 75604.



apparently it's vintage week at The Wire...



Black & White Gala

The Black Heritage Organization will put on the Black & White Gala on Feb. 25 at the Windjammer. The event honors African-American Women's history and culture. The dress code is semi-formal, but military attire is acceptable. Tickets are \$30 and will be available at the NEX atrium from 9 a.m. to 12 p.m. for the next two weekends.

Command Fitness Leader cert course

Are you looking for a chance to take the lead on your command's physical training? Enroll in the Command Fitness Leader Certification Course. Register online by March 9 at the following address: www.navyfitness.org/fitness/cfl_information

The course runs from March 26 to March 30. For more information, call 2157.

Discount recreation in February

Golf cart rentals will be half price every Wednesday in the month of February. \$5 covers one person and \$7.50 covers two people. Boat rentals will be 25 percent off every Monday-Thursday this month. Prices vary based on the boat. For more information, call 2345.

TGI... Wednesday!

Enjoy live entertainment at the Tiki Bar at 7:30 p.m. every Wednesday. Enjoy music performed by Sounds Like Chicken, Trop Rock and more.

Updated Guantanamo Bay telephone directory

There is a new base telephone directory available. Email the Base Communications Office at BCO@usnbgtdmo.navy.mil or call 2500 to have it emailed to you.

Library poetry contest

Share your thoughts, words and feelings with the Guantanamo Bay community. The MWR Community Library is holding a Valentine's Day poetry contest. From Feb. 14-21 the library will accept submissions. A prize will be awarded for the winners of each group: 2nd-6th grade, 7th-12th grade and adults. The winners will also be published in the Guantanamo Bay Gazette.

For more information, call 4700.

Shot Through the Heart dart tournament

Not celebrating Valentine's Day like everyone else? Come to the Marina at 5 p.m. on Feb. 14 for the Shot through the Heart dart tournament. If you bring a picture of an ex, put it on a board and throw darts at the creep. Snacks will be provided.

For more information, call 2010.

Upcoming FFSC classes

Stress Management

Feb. 13 2-4 p.m.

Job Search

Feb. 14, 9:30-11:30 a.m.

Savings and Investments

Feb. 17, 10:30 a.m. to 12 p.m.

Classes are located at the Fleet and Family Services Center conference room. For more information, call 4141.

Free kayak rentals

The Marina will lend kayaks for free on Feb. 13. You or someone in your group must have a captain's license.

For more information, call 2345

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Trooper to Trooper

pay it forward off!

MASTER SGT. CARNITA FARVE

STAFF JUDGE ADVOCATE SENIOR ENLISTED LEADER

It's been a few months since you made the first payment on your holiday purchases, but chances are you're still paying for them. Credit card bills are a potent reminder of the cost of the holiday season. In just the one week before Christmas, it's estimated that Americans spent \$44 billion. Much of that last-minute shopping was done in a spending frenzy, without thinking about the cost of the gift – or the finance charges that will accrue until the bills are paid.

How will you deal with those bills that start arriving in your mailbox this week? Well, don't just set them aside and let them pile up, hoping to keep the holiday glow alive. Late fees are very costly, and will result in even more interest charges. Open the bills, take a close look – and add up what you owe.

Joint Task Force Guantanamo, like any other deployment, can afford Troopers a good opportunity to save money by cutting back on unnecessary purchases. It can also allow military members to utilize resources such as the Fleet and Family Services Center (FFSC) as a guide to maintaining good financial standing.

Here are three tips for dealing with your credit card bills promptly – even if you can't pay the full balance.

Paydown plan

Beware of a deceptively small number – the minimum monthly payment. Yes, it keeps your credit in good standing if you pay only that amount, but it leaves such a huge balance that soon you're paying interest not only on your purchases, but on the finance charges from previous months. And the way the minimums are calculated, it could take as long as 30 years to pay off your card if you make only the required minimum monthly payments!

Instead, take the current minimum payment, and double it – and pay that amount. Then write that number down on your checkbook or a Post-it on your computer screen – and keep paying that same amount – no matter what the next bill says. If you keep paying double the original minimum, and never charge another penny, your balance will be paid off in less than three years! This works, no matter what the size of your current balance.



Transfer balances

Another way to deal with the problem is to transfer the balance to another card. Just don't fool yourself into thinking that by transferring your balance to another card you are making a dent in your obligation. But if you have a high interest rate card, you can save some money on finance charges – for a while – by transferring your balance.

But read the fine print on each offer. When the grace period expires, the rate could jump dramatically. And you may have to pay a balance transfer fee in the month after you transfer – so

ask about how much that could cost you. And of course, if your credit is already in trouble, no card issuer wants to deal with your balance.

Get help

Don't be a sucker twice. This is the time of year when all kinds of ads and commercials appear offering to help you negotiate your credit card balances. These companies know that in the next few months consumers will be desperate.

One place you can turn to for reliable advice and help is the

see TROOPER next page

Consumption of alcohol is a privilege at Joint Task Force Guantanamo. Don't abuse it!

Consequences include:

- Revocation of unit's drinking privileges
- Loss of base driving privileges
- Accident, injury, or death
- UCMJ action
 - Restriction, confinement
 - Separation or discharge
 - Loss of pay, reduction in rank, loss of promotion recommendation

Always remember:

- Take care of your buddies
- Use a designated driver
- Underage drinking is prohibited in all circumstances
- Abstinence from alcohol is a responsible option
- HALT: don't drink if you're Hungry, Angry, Lonely, or Tired

TROOPER cont.

FFSC. Their financial personnel can help you make a budget and set up a plan to eliminate your credit card debt.

You can make an appointment for a personal visit, or discuss your situation over the phone. The counseling is free. And if you just talk to them about the best way to handle your situation, there is no record of the counseling on your credit report.

If you are truly buried in debt, they will help you by establishing a debt repayment program. This does not go on your credit report – but can help you to a fresh start.

Credit card debt is a problem that grows like an untreated disease, if you don't pay attention. Despite bankruptcies and charge-offs in recent years, Americans still have nearly \$1 trillion in outstanding credit card balances. You can complain about the banks and card issuers making so much money collecting all that interest and fees. But the best way to get back at them is to use their money for a month – and then pay your balance in full.

Ask yourself: is it really worth it to charge that \$10 stuffed iguana if it'll end up costing \$20 or more later?

DoD begins prorating imminent danger pay Troops must keep track of their own qualifying duty days

By Jim Garamone

American Forces Press Service

WASHINGTON – Service members now will receive imminent danger pay only for days they actually spend in hazardous areas, Pentagon officials said Feb. 2.

The change, which took effect Feb. 1, was included in the 2012 National Defense Authorization Act, which President Barack Obama signed into law Dec. 31.

"Members will see the prorated amount in their Feb. 15 pay records," Pentagon spokesman Navy Capt. John Kirby said.

The act called for DOD to pay service members imminent danger pay only for the time they spend in areas that qualify for the pay. In the past, service members received \$225 per month if they spent any time that month in an area where the pay was authorized.

"This is a more targeted way of handling that pay," Kirby said.

Now, service members will receive \$7.50 a day for days spent in these areas. Personnel who travel to the designated areas for periods less than 30 days should keep track of the number of

days they are in the area to verify that they are paid for the correct number of days, officials said.

The military services are working to waive or remit debts for members who may have been overpaid for January, officials said. The services can waive this "when there is no indication of fraud, fault, misrepresentation, or when members were unaware they were overpaid," Pentagon spokeswoman Eileen Lainez said.

Proration is based on a 30-day month, which translates into a rate of \$7.50 per day. It does not matter if the month is 28 or 31 days long, officials explained; if service members serve in affected areas for the complete month, they will receive the full rate of \$225 per month.

The Defense Department defines imminent danger pay areas as places where members are subject to the threat of physical harm or imminent danger because of civil insurrection, civil war, terrorism or wartime conditions.

Service members who come under fire, regardless of location, will receive the full monthly hostile-fire pay amount of \$225.



What is an indicator?

Indicators are small pieces of information that can be put together, like pieces of a puzzle, and can potentially compromise the bigger picture of an operation. Indicators may seem insignificant by themselves, but when many are gathered they can be very revealing. Indicators can range from noticing and keeping track of when lights switch on at night (which can indicate when someone is home), to keeping track of troop movements (to indicate that an operation is underway). Indicators can provide the adversary with critical information. Find out how indicators might be giving you away. Recognize and control your indicators. Be a hard target. OPSEC blocks indicators! OPSEC protects the mission!



This week in Guantanamo Bay History

On Feb. 13, 1906, retiring Army Chief of Staff Lt. Gen. Adna Chaffee, veteran of the United States Civil War, Indian Wars, Spanish-American War, and the Boxer Rebellion in China, dedicated the McCalla Hill Battle Monument.

The monument features a bronze plaque dedicated to the U.S. Marines of the First Marine Battalion, who fought and died on McCalla Hill and at the Battle of Cuzco Wells in June 1898. The cannon atop the McCalla Hill monument

is a bronze muzzle-loading 24-pound French siege gun, manufactured by Swiss gunmaker Jean Martiz on March 23, 1748, in Douai, France. This cannon was a gift to the United States from the government of Cuba after the Spanish-American War, and was brought to Guantanamo Bay from Santiago de Cuba by the U.S. Navy to be used specifically for the monument. The monument was created by Captain Edward Schultz, US Army Corps of Engineers, who was in charge of defense construction at Guantanamo Bay in 1906.

—courtesy Sgt. 1st Class Michael Shimer

TROOPER FOCUS

By Mass Communication Spc. 2nd Class Louis Batchelor

Junior Trooper of the Quarter Hospital Corpsman Travis Burrows stays motivated by setting goals and working hard.

"I am an individual augmentee, from Naval Hospital Pensacola, Florida," said Burrows. "I was working MEDSURGE and working with veterans. Supply here has given me a small challenge. It is an entirely different system from what I am used to, but I know and understand it will help me develop as a Corpsman to learn the logistics behind the work."

Chief Hospital Corpsman Richard Laxa, Joint Task Force Guantanamo's Joint Medical Group Supply Leading Chief Petty Officer and Burrows' supervisor agrees. He said Burrows is persistent in learning the joint logistics systems and has helped build JMG's relationship with J-4 and Naval Station Guantanamo Naval Hospital.

"He is a rated corpsman: a person who is working out of his trade," Laxa said, "But he always makes new strides and works for the success of our division."

Burrows said he looks to Laxa and his chain of command for support and inspiration in his primary duties. He said they are a valuable resource in his career progression.

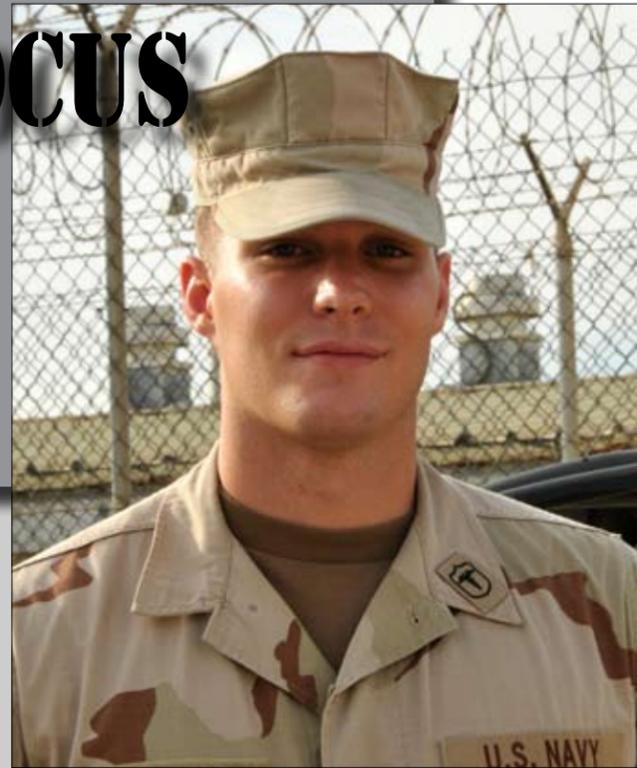
"I love working with Chief," Burrows said. "He is a good leader and he takes care of me."

Outside work, Burrows spends his time running, training and swimming. He said he has a core group of good friends who keep him motivated professionally with his job and personally with his training.

"I enjoy networking, meeting people and making new friends," Burrows said. "I believe friends are a critical part of every mission here. Friends are what keep you going."

Laxa said Burrows is instrumental in JMG supply. He said Burrows has been a big help, trying to find ways to work through circumstantial supply constraints and keep the mission going.

"Burrows has a lot of responsibility," Laxa said. "We order a lot of special items, depending on our patients' situations. We also have logistical complications sometimes, due to our location. Burrows has been learning different ways for us to overcome regional supply obstacles and has been a real help for all of us. Burrows has accomplished a lot in his time here. He is a hard worker and I believe this assignment has opened his eyes to his military professional future."



BULLET BIO

Time in service: 2 years

Hobbies: Guitar, CrossFit, fishing

The boss says: "Burrows is dedicated to the mission. He has picked up a great deal in his time here and I am pleasantly surprised at his career progression."

Advice to junior Troopers: "Enjoy yourself and enjoy time with friends!"

Which celebrity would you want as your Valentine?



"Ildris Elba."

Spc.
Sheriella Nixon



"Jennifer Aniston."

Petty Officer 2nd Class
Christian Yambao



"Kim Kardashian."

Spc.
Jamal Varnerg



"Jessica Alba."

Petty Officer 3rd Class
Stephen Bolinski

BOOTS ON THE GROUND

NFL Honors

By Army Sgt. Landis Andrews

The National Football League unveiled its new money grab way to reveal the regular season award winners. NFL Honors was the inaugural ceremony that brought the league's biggest players together to receive the most prestigious annual awards.

Carolina Panthers quarterback Cam Newton won Offensive Rookie of the Year, Denver Broncos defensive end Von Miller took the Defensive Rookie of the Year. Breaking Dan Marino's 27-year-old passing yards record earned New Orleans Saints quarterback Drew Brees the Offensive Player of the Year. Baltimore Ravens linebacker Terrell Suggs joined his teammates Ed Reed and Ray Lewis as Defensive Player of the Year recipients.

Detroit Lions quarterback Matthew Stafford was the Comeback Player of the Year after injuring his shoulder last season. Jim Harbaugh coached the San Francisco 49ers from an 8-8 season to being one drive away from the Super Bowl, earning him Coach of the Year honors. Tim Tebow's last minute heroics made him a shoo-in for the Never Say Never Award.

But, the biggest award of the evening, the Most Valuable Player award, went to Green Bay Packers



Not just the obvious choice: Tim Tebow brought more than just his talents as a quarterback to his organization. His performance attracted more fans and his No. 15 jersey sold out. -NFL photo

quarterback Aaron Rodgers. He led his team to a 15-1 regular season with no defensive help. Rodgers threw 45 touchdowns and only six interceptions. That

gave him a 122.5 passer rating which is the best single season passer rating in NFL history.

Those are impressive stats and numbers never lie, but

they can be wrong. Matt Flynn tainted Rodgers' MVP bid when he started the last game of the season for the Packers and racked up 480 passing yards and six touchdown passes. If the backup can get the same kind of numbers, maybe Rodgers isn't as valuable as you think.

If not Rodgers, then whom? I've got two peculiar options.

Tim Tebow

I know it may seem like I'm still on the bandwagon, but if you think about the actual value he brought to his organization it might look different. The Broncos started the season with Kyle Orton and a 1-4 record. Tebow took the reins and turned every Sunday into must-see action. He captivated the fans and put people in the stands of the Mile High stadium. More fans mean more money. More money means more value.

Tebow's worth reaches off the field, too. His No. 15 jerseys sold out like the Black Eyed Peas. In fact, when Tebow became the starter, the team made the orange jersey their new home jersey. Fans kept up

see NFL next page



If you fail to secure your wireless connection, anyone with a wireless-enabled device can hop a free ride on your Internet. Failure to secure your wireless network could potentially open your Internet connection to a surprising number of users. Some problems include:

- Bandwidth shortages: 'Piggybacking' users can eat up your bandwidth and slow down your connection.
- Abuse by malicious users: Users piggybacking on your Internet connection might engage in illegal activities that will be traced to you.
- Monitoring of your activity: Malicious users may be able to monitor your Internet activity and steal passwords and other sensitive information.
- Direct attack on your computer: Malicious users may be able to access files on your computer, install spyware and other malicious programs, or take control of your computer.

NFL cont.

with the move by making that jersey one of the NFL's hottest selling jerseys. After orange became the new color, all kinds of orange gear had to be purchased. All that extra income from a kid that has an \$11.25 million contract sounds more valuable than a guy puppeteering the most offensive weapons in the league.

Peyton Manning

I know. I know. He hasn't suited up since his loss to the Jets in the AFC Wild Card Game in the 2010 season, but what did the Indianapolis Colts do without their commander in chief this season? They went 2-14 and were the 30th ranked offense in the league. In 2010, Manning's last time in uniform, the Colts went 10-6, were the fourth best offense in the NFL and went to the playoffs.

Ticket sales, not just wins, plummeted without 18 in the pocket. Home attendance fell by 2,147 seats per game. Fewer butts in the seats mean less game day revenue. Not only will concessions take a major hit, but ticket prices had to drastically drop to get people to come watch a team that started 0-13 and finished the season with a third string quarterback.

Peyton proved that he, alone, is worth eight victories, franchise stability and thousands of fans. Aaron Rodgers proved he can win games and throw touchdowns against defenses so easy to beat a caveman do it.

Some people say the MVP goes to the best player on the best team. Others say it belongs to the person who does the most for the team, win or lose. I think players can prove their value to a club in more ways than stats and on-field performance. Tim Tebow and Peyton Manning were valuable assets to their organizations. I would say they were more important to their teams than 2011 MVP Aaron Rodgers was to the Packers. But sports writers didn't think either one was deserving of NFL Honors.



Peyton Manning led the Colts to a 10-6 season and was the fourth best offense in the NFL in 2010, the last time he suited up. -NFL photo

GIVE ME A G!

GIVE ME A T!

GIVE ME AN M!

GIVE ME AN O!

WHAT DOES THAT SPELL?

GTMO!

By Army Sgt. Saul Rosa



Above: Lt. Andrew Phipps kicked a field goal with Petty Officer 1st Class Travis Gray holding the ball during the punt, pass and kick competition Feb. 5. Right: The Miami Dolphins cheerleaders performed at O'Kelly's Irish Pub before the Super Bowl Feb. 5. -photos by Army Sgt. Saul Rosa

They

motivate the team and use their energy and enthusiasm to boost morale. They flew down to Guantanamo Bay on a C-12. No, it's not a reference to your new supervisors: they're the Miami Dolphins cheerleaders.

The Miami Dolphins cheerleaders arrived just in time to pep up Troopers and Guantanamo Bay community for Super Bowl XLVI on Feb. 5.

The cheerleaders started the day by teaching cheers and signing autographs at Cooper Field. After the cheers, Morale Welfare & Recreation held a small football-focused sports competition that included punting and passing.

Coast Guard Lt. Andrew Phipps of the Maritime Safety and Security Team - San Diego was one of the competitors in the contest, and placed second overall.

"It was fun, there was a lot of friendly competition," said Phipps. "(MSST Petty Officer 1st Class) Travis Gray came out to support me and hold the ball, but he ended up winning it, so I have to give a shout out to him."

The cheerleaders then sauntered to O'Kelly's Irish Pub for a meet and greet and a pregame performance.

"This is my first year as a Miami Dolphins cheerleader and it's my first military tour, so it's so amazing to come down here and meet the troops," said Lara Ryans.

This was the squad's second invitation to Guantanamo Bay, but a first for the cheerleaders who were selected to travel to the base.

Jamie Quadrozzi, the Dolphins' entertainment and event coordinator, explained that the cheerleaders have done tours for military in the past but they've never toured the same installation back to back.

"This is the first time we've done a military tour and have been invited right back the next year," said Quadrozzi. "It speaks volumes for what

the girls did last year and hopefully we did a good enough job to be invited back next year."

It's a special privilege for the girls who were chosen.

"We hand-select the girls who get to travel," said Quedrozzi. "There are 39 girls on the team and many will never get to travel, so they're all very excited to be here."

Some of the cheerleaders, like Nicki Boston, had a special connection to the island. Boston's brother was stationed at Guantanamo Bay with the Navy.

"My brother was just based here last year, so to have this experience, to see what the troops go through and to hear it about it from my brother makes this a truly special experience for me," said Boston.

Although the Super Bowl was between the Giants and Patriots, many Dolphins fans showed up to support the cheerleaders. One such fan was Joint Detention Group Spc. Justin Collins, who missed the cheerleaders last year.

"It's a great thing to see them down here having fun with everyone while we watch the Super Bowl," said Collins. "They were down here last year for Super Bowl Sunday and I missed them by two days, so it feels good that I get to see them two days before I leave."

The Super Bowl ended with a Giants victory and the community enjoyed the company of the Miami Dolphin cheerleaders during the game. But it was a win-win experience for the cheerleaders and Guantanamo Bay.

"We've been told everywhere we go 'thank you for coming, it does so much for our morale,'" said Quadrozzi. "But what they don't understand is that it does so much for us too. We learn so much and meet amazing people who are volunteering time and risking their lives to keep us safe. It works so well both ways."





Safeguarding the health of GTMO's critters

By Mass Communication Spc. 2nd Class Kilho Park

Upon entering the operating room, immediate feelings of sterility and coolness in the cramped surroundings engulf your senses. It smells clean, if not a touch stifling. The big overhead lights project a spotlight on the patient and the anesthesia monitor/EKG machine methodically mirrors the patient's heart beat with loud beeps. Country music plays in the background. The necessary surgical accoutrements lying on a silver platter in a sterile cloth. "Nermal," a pet cat, is having a mast cell tumor removed from his neck and back.

"Staff sergeant, hand me a 3cc syringe please. I'm going to poke some more holes in this [fenestrated] catheter and we're gonna place it in the wound bed. We'll then be able to infuse a local anesthetic over the next 48-72 hours."

"Right away, sir."

On an island base with more than 5,000 personnel, including Joint Task Force Guantanamo, Naval Station Guantanamo Bay, Marine Corps Security Forces Company and all the contracting companies, the Guantanamo Veterinary Treatment Facility (GTMO VTF)

The base's sole veterinary clinic, Guantanamo Veterinary Treatment Facility (GTMO VTF) serves military working animals, pets, and feral and indigenous wildlife. Nermal the cat is suspicious nonetheless.

is the only veterinary clinic. It serves military working animals, pets for all personnel living on base and works with feral and indigenous wildlife like iguanas, banana rats, cats, snakes and birds.

GTMO VTF, staffed by four personnel, is led by Capt. Miriam Lovell, U.S. Army Veterinary Corps. She is the resident in-house veterinarian for the base. The non-commissioned officer in charge is Staff Sgt. Jamie Jackson and the Animal Care Technician is Spc. Kerstin Mundy. Cari Beltran is the receptionist and manages the day to day pet appointments. On certain occasions, GTMO VTF receives visiting surgeons like Maj. Todd Thomas, U.S. Army Veterinary Corps (Diplomate, American College of Veterinary Surgeons) to backfill when Lovell is off island.

GTMO VTF is never at a shortage of work, with daily appointments, training and emergency visits. In the last year they also accomplished close to 150 surgical procedures.

On the day that I came in to observe there were three operations, one emergency case and one follow up appointment. Both Thomas and Lovell had a week of overlap and had the

opportunity to work on pets together.

"It's always a great opportunity to come down here, see the facilities, see what the case load was like and work with this hard working crew," said Thomas. "It's the training aspect as well, so I'm glad Capt. Lovell and I got to work on some advanced surgical procedures together," he said.

Being the only game in town, Lovell has become very familiar with all the animals on base.

"I get to know all my client animals. It's like being in a small town where you've been the vet for so many years," said Lovell, who owns two yellow Labrador retrievers herself. "Even when I go to the grocery store and get consults there, or answer questions on the ferry coming back from leave. That's what I love about being here."

As the final sutures were being stitched into Nermal, there was a momentary pause from everyone in the OR, including myself, with all eyes on him. He looked good, comfortable and minus a patch of fur, still in deep sleep. Thomas had the final call, "That's it, he's good. Great job everybody."



Capt. Miriam Lovell and Maj. Todd Thomas (right) removed a mast cell tumor from Nermal's neck and back. -photos by Mass Communication Spc. 2nd Class Kilho Park

Black History Month Moments in Time

1770 Crispus Attucks

On March 5, 1770, Crispus Attucks and several other patriots from Boston protested the British curbing of civil liberties in their Massachusetts colony.

1812-1815 War of 1812

During the War of 1812, black soldiers served in both integrated regiments as well as in all-black regiments. Many black soldiers served with courage and distinction, both on land and at sea.

1861-1865 Civil War

When Union troops invaded Confederate states, thousands of black slaves flocked to Union camps for a chance to fight. Many of these men were unofficially allowed to enlist in the Union Army. After President Lincoln's Emancipation Proclamation on Jan. 1, 1863, black soldiers were officially allowed to participate in the war.

1866-1891 Indian Campaigns

After the Civil War, settlers moved westward in increasing numbers. When fighting broke out with Indians, the Army was often called in to quell the uprisings. In 1866, Congress authorized the formation of regiments of black soldiers: the 9th and 10th Cavalry Regiments and the 24th, 25th, 38th, 39th, 40th and 41st Infantry Regiments to deploy in the West to fight the Indians. The infantry regiments were later consolidated into the 24th and 25th Infantry Regiments.

1866-1891 Buffalo Soldiers

Black soldiers fought so bravely and ferociously during a battle with Cheyenne warriors in 1867, that the Cheyenne nicknamed them "Wild Buffalo." Over time, the term "Buffalo Soldiers" was used for all black soldiers who served during the Indian wars. Between battles, the "Buffalo Soldiers" built roads and telegraph lines, escorted supply trains and guarded stage-coach and mail routes. In 1868, Cathay Williams became the first black female Buffalo Soldier - she disguised herself as a male.

1775-1783 American Revolution

Thousands of black soldiers, both slave as well as free, from all 13 colonies fought in the Continental Army during America's war for independence from Great Britain. Many also served in state militias.

1814 Men of Color

Many black soldiers fought in the Battle of New Orleans. Slaves, as well as free black soldiers, constructed forts around the city in preparation for the impending British invasion. Also, blacks comprised the majority of two battalions and three companies, collectively referred to as Free Men of Color, as well as serving in integrated Louisiana militia units.

1863 Frederick Douglass

Frederick Douglass, best known as a black orator and abolitionist, helped to establish the all-black 54th Massachusetts Regiment of the Union Army. On Aug. 13, 1863, Douglas was directed by the Secretary of War to travel from his hometown of Rochester, N.Y., to Vicksburg, Miss., "to assist in recruiting colored troops."

1898 Spanish-American War

Black soldiers of the 9th and 10th Cavalry Regiments and the 24th and 25th Infantry Regiments fought in the Spanish-American War. The four regiments comprised 12 percent of the total force during the invasion of Cuba. Many of these soldiers were veterans of the Indian Wars and some were Civil War veterans. Another 2,000 served in the Navy - they comprised 7.6 percent of all sailors.

Henry O. Flipper was the fifth African-American to be accepted to the U.S. Military Academy at West Point, N.Y., and in 1877 became the first African-American to graduate from the academy. He was the first African-American to be commissioned in the Army, or any other branch of the U.S. military. He also became the first African-American officer to command African-American soldiers in the Army when he assumed command of Troop A, 10th Cavalry Regiment, also known as the Buffalo Soldiers, at Fort Sill, Okla. Before Flipper took command, all African-American units were commanded by white officers.

continued next page



April Anderson, a Marine Corps spouse, departs soon for Camp Lejeune, N.C. In her two years as Treasures and Trivia's manager, Anderson has completely overhauled the store.

"We put all the clothing in order by size, organized everything, cleaned out everything, and discarded everything which wasn't suitable to sell," she said.

Prior to her arrival, the thrift shop operated on a part time only basis. There was no volunteer program either.

"Now we have too many volunteers to count!" Anderson said.

GTMO PICKERS

By Army 1st Lt. Amelia Thatcher

Under her leadership, the thrift store has come to support many Guantanamo Bay organizations. In addition to being the main fundraiser for the Spouses' Club, Treasures and Trivia proceeds go toward scholarships, Boy Scouts and Girl Scouts, and other organizations as determined by the board's vote.

"Over the last two years, everyone involved in the shop have set it up for success," Anderson said. "It's been really nice to get to know everyone through the store, and I will really, really miss my customers and volunteers."

Best of luck, April!
—photo courtesy Jo Gallagher

Tucked in between Air Sunshine and the furniture store, before the Cuban Club and just past the bustling library Wi-Fi hotspot, one can find a trove of unique goodies for sale. Treasures and Trivia, Guantanamo Bay's thrift store, is not only a source of "new" and different clothing items, but can also be a getaway for Joint Task Force Guantanamo Troopers.

"Since we got JTF involved, the volunteer program got so much better," Treasures and Trivia committee chairwoman Jo Gallagher said. "Since we added them, we can do so much more."

Many Joint Task Force commands require their Troopers to participate in a volunteer program here at Guantanamo Bay, and one of former manager April Anderson's first actions was to have the thrift shop added to the list of approved organizations.

"Commands say they have to," Anderson said. "We keep track of their hours and it goes in their file. Thirty hours of volunteer service seems to be the recommendation."

Petty Officer 2nd Class Jaime Arbelaez of the Navy Expeditionary Guard Battalion arrived on time for his volunteer shift, which he is all too happy to do for a few hours a week.

"Our work schedules are such that we can't get to all the MWR events," Arbelaez said.

After clocking in on the volunteer board, Arbelaez went straight to a shopping cart filled

with clothes and started sorting. Donations mostly consist of clothing, and Gallagher added that items such as housewares sell quickly.

"He knows what to do," Anderson said. "We love, love, love our volunteers. They really get into this. And if we don't have a job for them to do right away, we'll find something!"

Anderson estimated that 80 percent of the thrift shop's volunteers are Joint Task Force Troopers. They typically sort, clean, restock, and organize three or four hours per week, and thanks to them, the shop can remain open more than part time.

"I've been volunteering since December," Arbelaez said. "It's a great way to give back to the community."

Treasures and Trivia provides more than just an alternative to the Navy Exchange to look for clothes and discount items. A small selection of military uniforms is available, as operations security guidelines strongly discourage Troopers from simply discarding them.

"We don't want military items thrown out," Anderson said. "We have a locked room in the back and only sell them to someone with an active duty ID."

The staff emphasized the variety of items available to Troopers and Guantanamo Bay residents.

"We rotate our stock all the time. When people PCS, they clean out! Some stuff



Petty Officer 2nd Class Jaime Arbelaez volunteers at the Treasures and Trivia thrift shop after his regular work hours. —photo by Army Sgt. Saul Rosa

is new with tags!" Anderson said as her replacement, Heather Baugh, held up a pair of brand-new olive green kids' Dockers.

Treasures and Trivia is open 10 a.m. to 2 p.m. and 3-6 p.m. Monday through Friday, and \$5 bag sale Saturday from 10 a.m. to 2 p.m. Take more than one look — you never know what you'll find!

A history of service continues into the future

1941-1945 World War II

In World War II, the U.S. war effort was determined to defeat fascism and to defend freedom. For black Americans, freedom in its fullest form was an ideal that was desired not only abroad, but on the homefront as well. Even though in the U.S., many blacks were treated as second-class citizens, black soldiers still served unyieldingly for their country.

1950-1953 Korean War

New opportunities began to emerge for black soldiers while serving in the Korean War. In October 1951, the all-black 24th Infantry Regiment, which had served during the Spanish-American War, World War I, World War II and the beginning of the Korean War, was disbanded. This eliminated the last lingering formal practice of segregation in the Army. Black soldiers now served in all combat service elements and were involved in all major combat operations, including the advance of United Nations Forces to the Chinese border.

2001-2008 Global War on Terror

Since the Armed Forces were integrated in 1948, the Army has been committed to racial diversity and equal opportunity to all soldiers. In the past several years, the Army has become even more proactive to recruit and train a diverse force since the terrorist attacks of Sept. 11, 2001. In 2003, there were approximately 254,000 blacks serving the Army as an Active-Duty, Reserves or National Guard soldier, or as an Army Civilian, according to the U.S. Office of Army Demographics. This was 20.3 percent of the total Army. In the general U.S. population, 12.7 percent of 18 to 55-year-olds are black.

1979 Army Brig. Gen. Hazel W. Johnson-Brown

Brigadier General Hazel W. Johnson-Brown became the first black female general officer and the first black Chief of the Army Nurse Corps.

1917-1918 World War I

In 1917, the United States entered World War I. Despite knowing that freedom to serve their country did not in itself guarantee full participation in American society, thousands of black Americans answered the call to duty through service in the Army. The Army operated under a policy of racial segregation and blacks were commonly relegated to supply and labor jobs. There were, however, active black combat units that made notable contributions.

1941 Tuskegee Airmen

On July 19, 1941, the U.S. Army Air Corps began training black pilots. The 926 members of the famed Tuskegee Airmen (comprised initially of the 99th Pursuit Squadron and later the 332nd Fighter Group) were trained for combat in World War II at the Tuskegee Institute in Alabama. Known for their red-tailed P-51 Mustang fighters, the Tuskegee Airmen never lost an escorted plane to the enemy during the course of World War II, during which they carried out hundreds of escort missions.

1959-1973 Vietnam War

The 1960s marked a transformation of the realities of discrimination and political equality for blacks with the passing of the Civil Rights and Voting Rights Act (1964 and 1965, respectively). The 1960s also marked the full engagement of the United States in the war in Vietnam. In support of this campaign, black soldiers continued the tradition of serving the Army with distinction.

1990-1991 Persian Gulf War

The Persian Gulf War developed out of the Iraqi invasion of Kuwait on Aug. 2, 1990. The international armed intervention followed in January 1991. Black soldiers - making up about 22 percent of the total Army - followed a rich tradition of honorably serving in the U.S. Forces.

2009-Present Present Day

As of 2008, black soldiers made up 19.8% of the active duty Army, 13.3% of the National Guard and 22.1% of the Army Reserve. Blacks serve in the Army, therefore, at a higher proportion than their representation in the general U.S. population. On Jan. 29, 2009, Barack Obama was sworn in as the 44th president of the United States. As president, Obama also is commander in chief of all U.S. forces.

Veterans Job Corps program to hire out vets first

By Army Sgt. 1st Class Tyrone C. Marshall Jr.

American Forces Press Service

ARLINGTON, Va. – President Barack Obama today continued his commitment to improving employment among veterans by introducing an initiative to hire them as the country's first responders.

"In my State of the Union address, I proposed a new initiative called the Veterans Jobs Corps to put veterans back to work protecting and rebuilding America," he said. "And today, we're laying out the details of this proposal."

Speaking at a fire station here to veterans, firefighters, police officers and national park employees, Obama shared the venue's significance before his remarks.

"This is a fire station that holds some special significance for our country," he explained. "On September 11th, the firefighters of this house were among the first to respond to the attack on the Pentagon.

"You guys answered this nation's call during its hour of need," Obama added. "And in the years that followed, as Americans went to war, some of you answered that call, as well."

The president encouraged the hiring of veterans to replenish the ranks of the nation's first responders.

"First, we want to help communities hire more veterans as cops and firefighters," he said. "Over the past few years, tight budgets have forced a lot of states, a lot of local communities, to lay off a lot of first responders."

The country already has made progress in veterans' employment, Obama said.

"Already, we've helped 600,000 veterans and their family members go back to school on the Post-9/11 G.I. Bill," he said. "We've hired over 120,000 veterans to serve in the federal government [and] we've made it easier for veterans to access all sorts of employment services."

When he first became president, Obama said, one of his first actions was to ensure state and local governments received assistance through the Recovery Act to avoid laying off first responders.

"Thousands of firefighter jobs were saved because of the actions we took," he noted. "But budgets are still tight, and that's a problem we need to fix. Jobs that protect

our families and our communities shouldn't be the first on the chopping block. They should be one of our highest priorities as a nation."

Obama emphasized he wants to restore local communities and national parks, noting Interior Secretary Ken Salazar's presence. The Department of the Interior manages and sustains the country's lands, water, wildlife, and energy resources, among its other responsibilities.

"He needs some help," Obama said of Salazar. "And our veterans are highly qualified to help him. They've already risked their lives defending America. They should have the opportunity to rebuild America. We've got roads and bridges in and around our national parks in need of repair. Let's fix them."

Veterans Affairs Secretary Eric K. Shinseki said in a conference call with reporters yesterday that the new three-part Veterans Job Corps initiative "will ensure our veterans don't have to fight for jobs once they come home."

see JOBS page 16

IN THE FIGHT

Marines take gold in 2012 Armed Forces Boxing Championship

By Mass Communication Spc. 2nd Class Elliot Fabrizio

Marine Corps Headquarters

MARINE CORPS BASE CAMP PENDLETON, Calif. – The Marine Corps team won the 2012 Armed Forces Boxing Championship Feb. 3, ending the Army's 20-year winning streak.

Marine Corps Base Camp Pendleton, Calif. hosted the Armed Forces Sports event this year.

In the final bout of the night, Marine Sgt. DeJesus Gardner taking gold against Army Sgt. Marvin Carey became the crux between Marine Corps victory and a tie with Army.

Gardner's left eye swelled closed early in the fight, but the audience went wild when the ringside doctor allowed the fight to continue.

The crowd's fervor escalated into a frenzy in the third round as Gardner and Carey smashed blows into each other, trading the point lead back and forth, but in the final 20 seconds of the fight, Gardner edged his way to a 14-13 win.

"I told my daughter that daddy would bring her a gold medal, and daddy don't break no promises," said Gardner.

Gardner won gold in the 201 lb.-plus weight class and secured the Marine's gold for the team award, but each Marine Corps victory was essential.

In a rematch from 2011's Championships, Marine Cpl. Tommy Roque redeemed himself against Army Sgt. Toribio Ramirez, pummeling his way to a win 35-19.

Roque represents the Marine Corps boxing team in the 132 lb. weight class.

Lance Cpl. Jonathan Steele won by referee stopped contest a minute into the second round, battering Navy Petty Officer 2nd Class Carlos Moore, who lost his footing and rolled his ankle early in the fight.

Steele fights in the 152lb. weight class.

National Champion and 2011 Armed Forces Boxing Gold Medalist Marine Sgt. Jamel Herring defended his title against Senior Airman Adam Hassan, breezing to a 19-5 victory in the 141lb. weight class.

"The team medal means more to me

than any individual medal," said Herring. "I'm just happy to be a part of the team that made history tonight."

Two Marine boxers took silver medals.

Lance Cpl. Felix Magallanez lost by retirement when his coach ended the fight in the second round after he took a devastating body blow from Army Pvt. Marquis Moore and couldn't recover.

Magallanez fights for the Marine Corps in the 165 lb. weight class, dropping down from last year's championship where he fought at 178 lbs.

In this year's 178 lb. weight class, Lance Cpl. James Morrow got crushed with punishing barrages from Army Spc. Steven Nelson, losing out 20-2.

Gold medalists in the Armed Forces Championship now prepare to fight in the USA Boxing Nationals, a critical qualifier for 2012 Olympic hopefuls and qualify to compete in the Conseil International du Sport Militaire's (CISM) World Military Games.

Obama nominee could be Air Force's first female general

By Lisa Daniel

American Forces Press Service

WASHINGTON – President Barack Obama has nominated Lt. Gen. Janet C. Wolfenbarger to the rank of general, and as commander of Air Force Materiel Command at Wright-Patterson Air Force Base, Ohio, Defense Secretary Leon E. Panetta announced today.

The promotion would make Wolfenbarger the Air Force's first female four-star general.

"The secretary strongly supports the president's nomination, and he believes that General Wolfenbarger is an outstanding Air Force officer," Pentagon Press Secretary George Little said today. "The fact that she would be the first woman to wear a fourth star in the Air Force, if confirmed, is a testament to her skills, experience and dedication."

If confirmed by the Senate, Wolfenbarger would become the military's second female officer to receive four stars behind Army Gen. Ann E. Dunwoody, commander of Army Materiel Command, who was promoted to general in 2008.

As the military deputy in the Office of the Assistant Secretary of the Air Force for Acquisition in the Pentagon, Wolfenbarger

is responsible for research and development, test, production, and modernization of Air Force programs worth more than \$40 billion annually.

A 1980 Air Force Academy graduate, Wolfenbarger began her career in acquisitions as an engineer at Eglin Air Force Base, Fla. She has held a variety of assignments at headquarters Electronic Security Command and Air Force Systems Command.

Wolfenbarger has had oversight of the F-22 program at Wright-Patterson and in the Pentagon, and was program director for the B-2 aeronautical systems at Wright-Patterson. She commanded the Aeronautical Systems Center's C-17 Systems Group, Mobility Systems Wing.

Wolfenbarger was director of the Air Force Acquisition Center of Excellence at the Pentagon, then served as director of the Headquarters AFMC Intelligence and Requirements Directorate at Wright-Patterson. She was the vice commander of Air Force Materiel Command at Wright-Patterson before taking her current position.

Wolfenbarger holds master's degrees in aeronautics and astronautics from the Massachusetts Institute of Technology, and in



Lt. Gen. Janet C. Wolfenbarger, if confirmed by the Senate, will be the first female four-star general to serve in the Air Force. Wolfenbarger is the commander of Air Force Materiel Command. –AFMC photo

national resource strategy from the National Defense University.

ON THE DECK

Sailor learns from five-star executive chef

By Lt. Cmdr. Jennifer Cragg

Submarine Group 2

SANTA BARBARA, Calif. – A USS California culinary specialist is honing his craft with the help of a five-star chef.

During a week-long culinary understudy opportunity that began Feb. 4 at the Crowne Plaza Hotel here, Navy Seaman Apprentice Justin Cramer of Moore, Okla., reflected on this opportunity to expand on his skills and how the training – provided by the Santa Barbara Navy League – will benefit his submarine's crew.

"This opportunity presents overwhelming joy to me," he said. "I was speechless when I found out, and for me, it was an once-in-a-lifetime opportunity. I never imagined I would participate in something like this when I joined the U.S. Navy."

Patricia Westberg, vice president of Santa Barbara Navy League, said the young chef will learn techniques that will benefit not only Cramer, but also the USS California's crew.

"He will be able to create a West Coast climate on board the boat through menu planning and selections, so the crew will have a taste of our great state several times a month," she said.

Executive Chef Luis Martinez will teach Cramer a variety of cooking-related skill sets, such as culinary arts and advanced food preparation.

"For the next three years, I will have the opportunity to apply what I learned in Santa Barbara, bringing back valuable skills to benefit myself and my boat," Cramer said.

Cramer joined the Navy at age 23 in January 2011. He said he chose the culinary specialist rating from years of experience watching his parents enjoy the art of cooking.

"We have had a generation of five-star cooks in our family; it made sense for me to come into the U.S. Navy as a culinary specialist," he said.

Navy Lt. Angus McCallum, the USS California's supply officer, noted that with the USS California homeported in Groton,

Conn., Cramer's opportunity is a way to unite the Virginia-class nuclear submarine and the state for which it is named.

"Seaman Cramer is going to be the bridge between the recently commissioned California and the Santa Barbara community," McCallum said. "With so much of the country between the boat and the city, this first opportunity forms a tangible bond between California and [the submarine's] home state."

McCallum added that Cramer is a valuable asset to the USS California team. Despite being the boat's most junior culinary specialist, he said, Cramer was chosen to participate in the understudy opportunity based on his stellar performance since arriving aboard the Navy's newest attack submarine.

"After being on board for one month, Cramer qualified in all culinary specialist watch stations, which led to the selection as the culinary specialist of the fourth quarter in 2011," McCallum added.

New first aid kit under development

By Bob Reinert

USAG-Natick Public Affairs

NATICK, Mass. – Maybe it looks like a camouflage money belt on steroids, but it could save Soldiers' lives.

The new Individual First Aid Kit, or IFAK, being developed at the Natick Soldier Systems Center eventually will be carried by every Soldier in a combat environment.

"We designed it literally about three or four months ago," said Rich Landry, individual equipment designer with the Load Carriage Prototype Lab, Product Manager Soldier Clothing and Individual Equipment, at NSSC. "The medical community said, 'Awesome idea. Let's move out with it.' Overwhelmingly, they thought this was a huge improvement over the current IFAK."

As Landry pointed out, the current IFAK, developed rapidly in the early days of Operation Iraqi Freedom to fulfill a critical need, has proved rather unwieldy.

"This thing is just kind of a brick on your side that gets in the way of everything," said Landry of the current bulky IFAK, which was built into an existing Squad Automatic Weapon ammo pouch. "It was very, very quick, because they needed them right away."

More thought has gone into the new IFAK, a streamlined, two-piece system that features a pouch with an insert that slides out to allow easy access to medical equipment from either side.

"It supports all the critical items to the individual Soldier's medical needs," Landry said. "The beauty of this system, compared to the old one, is that it allows the Soldier to place it on (his or her) body in a spot where it can be easily accessible, which is the critical piece, but also not get in the way of other important tactical pieces of equipment."

Landry said 30 new IFAKs recently underwent evaluation at Fort Polk, La., where a platoon of Soldiers carried them through a training rotation. The early feedback has been positive, he added.

"We're very sure this is the direction the Individual First Aid Kit is going to go, hopefully, for all services, but you never know," Landry said. "That would be icing on the cake."

The new IFAK carries even more medical gear than the first version, including two Combat Application Tourniquets. Still, its lower profile allows a Soldier to wear it comfortably in the small of his or her back under the Modular Lightweight Load-carrying

Equipment, or MOLLE, Large or Medium backpack.

"And that's critical for us, because the big picture in load carriage is the backpack piece," Landry said. "That's where a large percentage of the load and bulk comes from. And it's critical that we still have to be able to carry that."

"All you do is reach back and pull (the IFAK) out, and it doesn't matter what side you pull it out from," Landry said. "So if this hand is injured, you can reach behind with this (hand) and pull it out, or your buddy can get it to."

Such innovation is Landry's calling card at Natick. A former Pathfinder with the 82nd Airborne Division, he began tinkering with outdoor equipment at a young age.

"My sister taught me how to sew," Landry recalled. "Every backpack I got, every piece of equipment I got, was modified in some way, shape or form. That's just how my brain works. Nothing can be left alone. Nothing's perfect in my mind, as far as outdoor equipment, and that's a curse."

It's also been a blessing for Soldiers, who have worn equipment all around the world that Landry developed in his lab.

"The ability to know what they need, as opposed to what they want, is a little bit different," Landry said. "That's just what I do. It's what I love. I'm in a perfect place to do that."

JOB cont.

Shinseki called on employers to "enlist veterans in the work of rebuilding our nation."

The nation owes those who volunteered to serve in uniform after 9/11 "a debt of gratitude," Shinseki said, "and we must ensure that veterans who come home from Afghanistan and Iraq get the opportunities they deserve."

Obama lauded veterans for their resolve and "unparalleled skills and experience."

"They've saved lives in some of the toughest conditions imaginable," he said. "They've managed convoys and moved tons of equipment over dangerous terrain. They've tracked millions of dollars of military assets."

"They've handled pieces of equipment that are worth tens of millions of dollars," he added. "They do incredible work. Nobody is more skilled, more precise, more

Military kids can apply for scholarships

By Elaine Sanchez

American Forces Press Service

WASHINGTON – The deadline is swiftly approaching for the Fisher House Foundation's 2012 Scholarships for Military Children Program, conducted at military commissaries worldwide.

Applications must be completed and delivered – not postmarked, but delivered – to a commissary by close of business Feb. 24, according to an agency release. People can pick up applications at their local commissary or download it from the scholarship program's website.

A minimum of one \$1,500 scholarship will be awarded at every commissary location where applications are received. The Defense Commissary Agency operates nearly 250 commissaries on military installations around the world, according to its website.

The program is open to currently enrolled or college-bound children of active duty, reserve or retired military commissary customers.

The scholarships are primarily funded through the manufacturers and suppliers whose products are sold at military commissaries, according to the program's website. The scholarship provides for payment of tuition, books, lab fees and other related expenses.

diligent, more disciplined."

Obama noted these are "challenging" times for America, but "we've faced challenging times before."

"On the grounds here you've got a stone from the Pentagon and a beam from the World Trade Center," he said. "And that reminds us of our resolve as a people."

"They remind us that when we come together as one people and as one community, one nation, then we prevail," Obama continued. "That's who we are."

America exists because of values and teamwork -- generations of Americans working together to build it, the president said.

"This is a nation where, out of many, we come together as one," Obama said. "Those are the values that every veteran understands."



Healthy body, healthy mind

"Mens sana in corpore sano" is Latin for "a sound mind in a sound body." Most people at some point have heard the phrase in some form or another but rarely is it understood. How well you take care of your body directly influences a number of mental processes. Such activities as adequate sleep, exercise and a proper diet all contribute to an improved attitude, higher morale and decreased stress. However, if you deprive yourself of these basic needs, your mental health and emotions take the hit.

Health magazines and news articles are often full of information about the immediate and long term benefits of physical exercise to your body. Few people are aware, however, that physical exercise can also benefit your mental clarity and health. In the short-term, physical exercise releases a number of chemicals in the brain called endorphins. In addition to providing you that natural extra "kick" in your physical training, endorphins also act as mood regulators. That intoxicating calm which washes over you after a hard workout is the result of your brain being saturated with endorphins. And avid long-distance runners would be quick to tell

you that their endorphin-induced "runner's high" is what allowed them to push through that last, long stretch. As far as the long-term benefits to your mental health, research suggests that regular exercise is associated with good cognitive function as you age. The stress-relieving benefits of physical exercise can also alleviate the symptoms of depression. This is because in addition to mood regulation, endorphins act as a natural antidepressant.

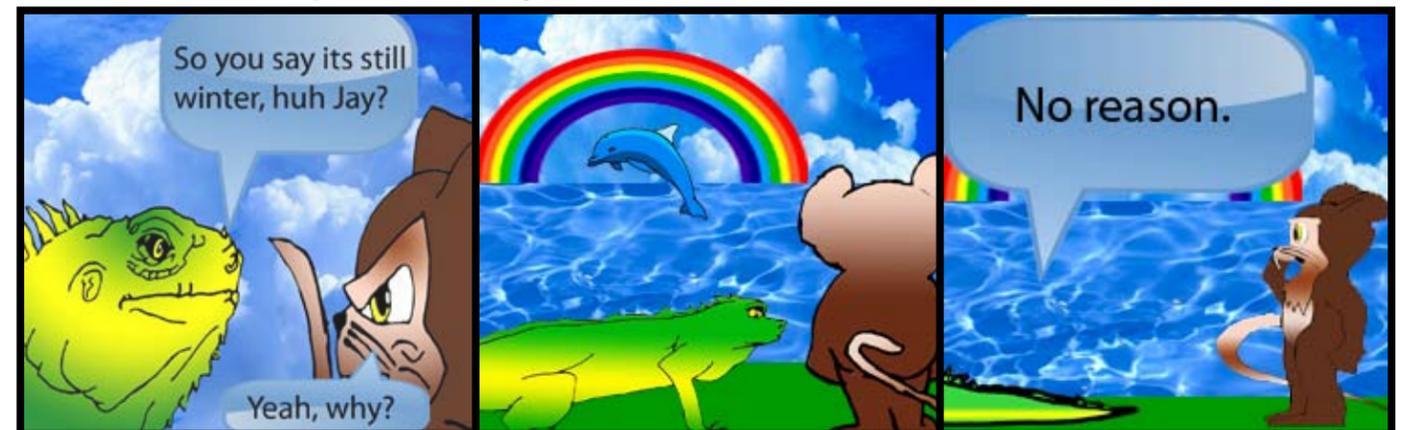
A well balanced and nutritious diet also has its benefits to mental wellness. Eating right provides the brain with the necessary fuel to work at its peak performance. A nutritious meal gives the brain the energy to take on new challenges, handle stress, and make sound decisions. It also gives the brain the building blocks it needs to heal itself and receive more information. However, given the relative diversity of what we can eat and drink here in Guantanamo Bay, Cuba, our diets are too often overlooked. Even if we exercise regularly and practice otherwise healthy habits, we can easily deprive ourselves by consuming junk food.

To further improve our mood and mental

health, achieving an adequate amount of sleep is crucial. Most people understand the benefits a good night's sleep has on mood, so it shouldn't come as a surprise that without it, our emotions go haywire. Lack of sleep not only causes an increase in irritability and pessimism, but also affects memory, attention span, and impairs the executive functions of the brain which control good judgment, decision making, and risk assessment. Though sleep remains an intensely studied subject among scientists and doctors across the world, many of its functions remain a medical mystery to this day. What is certain, however, is that an appropriate amount of sleep (6-8 hours on average for an adult) contributes significantly to improvement in mental functioning.

In the stressful Joint Task Force environment, it is easy for us to fall victim to unhealthy habits, from drinking too heavily to living a sedentary lifestyle. By providing our bodies a healthy diet, an active exercise routine, and as much quality sleep as our schedules can permit, we not only reap the physical benefits, but our overall mental health improves as well.

ONLY AT GTMO by Mass Communication Spc. 2nd Class Louis Batchelor



At the end of January, the nominees for the 84th Annual Academy Awards were announced. Leading the pack with 11 nominations is Martin Scorsese's "Hugo" (2011), a film that was met with universal critical acclaim. Unfortunately for the people behind "Hugo" the movie's box office returns were disappointing. The film grossed just \$90 million, which is far less than the film's \$150 million budget. Perhaps on Oscar night all will be forgiven and there will be a renewed interest in the picture.

On the surface, "Hugo" appears to be a departure from what movie goers expect from director Martin Scorsese. Over the last 30 years he has made a reputation and a Hollywood career out of gritty hard edged crime dramas, many focusing on the mafia. Don't be deceived. Scorsese has been known to make lovely artistic dramas as well. Even now it's hard to think that the man who brought us the likes of "The Departed" (2006) and "GoodFellas" (1990) is also the same guy who brought us the 19th century period piece high society film "The Age of Innocence" (1993) or "Kundun" (1997), a film about the Dalai Lama.

To watch "Hugo," it is apparent the movie was a passion project for Scorsese. He's a celebrated filmmaker and "Hugo" is celebration of the movies. More importantly, it is about dreamers and the dreams they dream. Who better than Scorsese to bring this story to you?

The movie opens in the winter of 1930s Paris. Young Hugo Cabret (Asa Butterfield) is an orphan living in the Gare Montparnasse train station. He was the ward of his uncle (Ray Winstone) after his father (Jude Law) passed away in a museum fire. Now the uncle has been missing for several months, leaving no one to wind the clocks in the great station, save for Hugo. He performs his duties daily without fail.

Before Hugo's father passed away, the father and son had started restoring a dilapidated automaton, which is a mysterious mechanical man that supposedly writes a special message with a pen. Hugo is determined to bring the mechanical man back to life, if only to write Hugo a message which he believes will be from his late father.

Everything is a challenge for Hugo. To make ends meet, Hugo steals food to survive and mechanical parts for his machine restoration. He is careful not to get caught by the train station watchman, the inspector Gustav (Sasha Baron Cohen) who is ever vigil and quite experienced in sending orphans into group homes. The most prominent figure Hugo encounters at the train station is the toy store owner Georges (Sir Ben Kingsley). Hugo

regularly lifts items from his store until one day Georges finally catches him. In a heartbreaking turn of events, Hugo's dream of restoring the automaton comes to a bitter end.

Hugo has been on his own for so long, he's not too sure how to take the prospect of making a new friend in Georges goddaughter Isabelle (Chloe Grace Moretz). She has a lively imagination and a love of books. Hugo loves to hear about the stories she reads and he in turn shares with her one of his loves he used to enjoy with his late father: the cinema. The movies Hugo and his father loved best were the ones rich in imagination where the possibilities of the screen seemed boundless. In fact, one character in "Hugo" describes the movies as a place where a person could see the dreams from their sleep on the screen.

It is pleasant to watch Hugo and Isabelle talk about dreams as if they are an elixir of life. Leave it to true dreamers to see them as such. These are smart kids dealing with the circumstances in their lives on their own terms. You generally don't see kids in the movies with this much passion about what makes them tick. It has been suggested that "Hugo" is Martin Scorsese's autobiography. He has been consistently a powerful filmmaker with precise clear vision. "Hugo" talks about the human drive for visions and imagination. It asks viewers what inspires them and what encourages them to carry on with their daily lives.

Sometimes people lose their dreams. When that happens, everything they've done previous to that can be lost. "Hugo" also shows us this loss and what it is to reach redemption and become reinvested once again.

"Hugo" easily boasts the best looking visuals used to re-create the past, giving everything a recognizable, yet unearthly quality. The best way to describe it is it looks gritty and feels like something out of a storybook at the same time. All the buildings, machinery, sets and costuming are created in top form.

There are a lot of really brilliant metaphors in "Hugo" that hint about ideas, hopes and dreams. I believe that more than one viewing of this picture can take people to different places with each viewing. That's an unusual thing to say about a family geared feature. But then, "Hugo" isn't just any feature. How many features do you know that challenge us to look at ourselves, no matter what our circumstances are, daring us to keep on dreaming? "Hugo" does just that. The film honors the wonder of the movies and encourages us to celebrate dreaming.

Below: Could Hugo be looking for director Martin Scorsese's next Academy Award (or 11)?



R
128 min.

Movie Review

Hugo

By Mass Communication Spc. 1st Class Ty Bjornson

GTMO Quick Reference

Bayview Club – 75604
Wed.-Fri. 11 a.m.-8 p.m.
Sun. & Holidays 8 a.m.-5 p.m.

Bowling Center – 2118
Mon.-Fri. 6-11 p.m.
Fri. 6 p.m.-12 a.m.
Sat. 1 p.m.-12 a.m.
Sun. & Holidays 1-11 p.m.

Caribbean Coffee – 77859
Mon.-Sat. 6 a.m.-10 p.m.
Sun. 1-10 p.m.

KFC and A&W Express – 75653
Daily 11 a.m.-10 p.m.

Jerk House – 2535
Sun.-Th. 5-9 p.m.
Fri. & Sat. 5-10 p.m.

MWR Liberty Centers – 2010
Mon.-Th. 11 a.m.-12 a.m.
Fri. 11 a.m.-1 a.m.
Sun. 9 a.m.-12 a.m.
Sat. & Holidays 9 a.m.-1 a.m.

Cuban Club – 75962
(Call ahead!)
Mon.-Sat. 11 a.m.-9 p.m.

NAVSTA Main Chapel

Daily Catholic Mass
Tues.-Fri. 5:30 p.m.

Vigil Mass
Saturday 5 p.m.

Mass
Sunday 9 a.m.

General Protestant
Sunday 11 a.m.

Gospel Service
Sunday 1 p.m.

Christian Fellowship
Sunday 6 p.m.

Ash Wednesday worship
Feb. 22
Main Chapel
12 p.m. – Ecumenical worship
5:30 p.m. – Holy Mass
7 p.m. – Protestant worship with Communion
Each service will include imposition of ashes.

For other services, contact the NAVSTA Chaplain's Office at 2323.

GTMO Religious Services

JTF Trooper Chapel

Protestant Worship
Sunday 9 a.m.
Bible Study
Wednesday 6 p.m.

For more information, contact the JTF Chaplain's Office at 2305.

	10 FRI	11 SAT	12 SUN	13 MON	14 TUE	15 WED	16 THU
Downtown Lyceum	Mission: Impossible (PG-13) 7 p.m.	The Muppets (last showing) (PG) 7 p.m.	The Sitter (R) 7 p.m.	Arthur Christmas (last showing) (PG) 7 p.m.	Extremely Loud and Incredibly Close (PG-13) 7 p.m.	Adventures of Tintin (PG) 7 p.m.	Hugo (PG) 7 p.m.
Camp Bulkeley	Extremely Loud and Incredibly Close (PG-13) 8 p.m. <small>Due to technical difficulties, only one film will be shown.</small>	Sherlock Holmes (PG-13) 8 p.m. <small>Due to technical difficulties, only one film will be shown.</small>	Mission: Impossible (PG-13) 8 p.m.	The Muppets (last showing) (PG) 8 p.m.	The Sitter (R) 8 p.m.	Red Tails (PG-13) 8 p.m.	Adventures of Tintin (PG) 8 p.m.

Call the movie hotline at 4880 or see <https://intranet/movies.html> for more information.

Below: Veterinarian Maj. Todd Thomas of Guantanamo Veterinary Treatment Facility (GTMO VTF) scrubbed up before operating on Nermal, a pet cat. He's a good man, and thorough. -photo by Mass Communication Spc. 2nd Class Kilho Park



Above: Petty Officer 2nd Class Leroy Smith (center) made empanadas Tuesday at the February Cooking from Around the World class. Morale Welfare & Recreation's cooking series encourages Troopers to sample new culture. -photo by Army Sgt. Saul Rosa

Background: Senior Chief Petty Officer Robin Guy, the J2 senior enlisted leader, reenlisted in the shadow of the Windward Point Lighthouse Feb. 3. -photo by Mass Communication Spc. 2nd Class Kilho Park

The **JTF** At Shutter Speed