

The WIRE

An award-winning
JTF journal

State of the JTF

Woods: 'We're doing well'

ALL the things

All the taxes, all the improvements,
all the Troopers of the Year, all the brackets

COMMAND CORNER

CAPT. PATRICK RABUN

CHIEF OF STAFF, JTF GUANTANAMO

There are many books and articles that address how to manage stress. In fact, many of us in the military have attended (and will attend) lectures/training on managing stress. But I don't plan to offer advice on helping you learn to deal with your personal stress. Rather, I want to point out that your actions can affect the stress levels of those you work with.

First I should admit that Joint Task Force Guantanamo can be perceived

as a stressful work environment. We are under constant scrutiny. We receive criticism for doing too much for the detainees, and at the same time we receive criticism for not doing enough. And of course stress is inherent in the very nature of our rotational deployment in an isolated area – especially for those of us working outside of our traditional skill sets. I'd be dishonest if I tried telling you that your tour could not be viewed as stressful. But to keep things in perspective, many military jobs are much more stressful.

It's how we handle stress that really matters. I believe there are benefits to operating under a reasonable level of stress. Working through stressful times and conditions can make us stronger. Ask yourself, "What are your three greatest achievements?" I predict your answers will reflect situations in which you overcame significant challenges. Your recollection of those accomplishments may not include an honest memory of the stress you faced, yet it's likely that some level of stress prompted you to perform actions that were greater than you would have foreseen as possible. Stress can "motivate" progress and growth.

We should all realize that our actions have a huge impact on the stress levels of our team. Supervisors especially need to understand this. And they should

appreciate that mission accomplishment sometimes requires the application of appropriate levels of stress. Holding people accountable and making them realize the importance of their responsibilities is vital, and naturally generates some level of stress. But there are smart ways and not-so-smart ways for supervisors to hold people accountable. What works for one person may not apply to others.

However, I want to end this article by highlighting ways that you can influence stress amongst the team in your work place.

It's how we handle stress that really matters. Working through stressful times and conditions can make us stronger.

– Add some outside-interest discussions during your breaks. Obviously, while you're working you should be focused on your work. But during your breaks, talk with your peers about non-work issues. The upcoming

NCAA basketball tournament is a great opportunity to have a "bracket competition" for fun. Even if you don't follow the sport, you can often guess winners as well as the experts. Get all involved.

– Maintain a positive attitude. It's amazing how one cheerful person can change the work environment. When bad things happen, learn from them, and move on. Don't dwell on the past or on things beyond your control.

– Communicate. If your co-workers know what you are doing, they may be able to help. Be a team and help each other.

We each have varying levels of tolerance for stress. Please pay attention to those on your team, and recognize that your actions or inactions do indeed impact the stress felt by all others on your team. Each of us is partially responsible. Realizing that you do make a difference will hopefully encourage the positive experience that many of us value most about our tours at Guantanamo Bay.



JTF Guantanamo

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The WIRE is the official news magazine of Joint Task Force Guantanamo. It is produced by the JTF Public Affairs Office to inform and educate the Troopers of JTF Guantanamo through news, features, command guidance, sports and entertainment. This DoD news magazine is an authorized publication for the members of the Department of Defense. Contents of The WIRE are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, or Joint Task Force Guantanamo. It is printed by Defense Logistics Agency Document Services with a circulation of 1,300.

NEWS FROM THE BAY

GTMO track meet

There will be a track meet at Cooper Field at 4 p.m. on March 24. Register for the meet by Mar. 16 at Denich Gym. The events include 100, 200, 400, 800 meter sprints, 100 and 300 meter hurdles, 1500 and 3000 meter dash, 4x100 and 4x400 meter relays. This meet is open to ages 16 and older. There are no age categories and there are separate heats for men and women.

For more information, call 2113.

Indoor volleyball league

Go to Denich Gym and sign a team up for the indoor volleyball league on March 16 from 2-4 p.m. The season starts March 26. There are separate leagues for men and women. The league is open to anyone 16 years and older.

For more information, call 2113.

Ping pong tournament

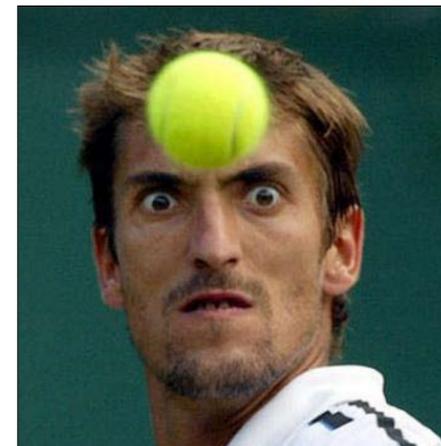
Unleash your inner Forrest Gump and compete in the ping pong tournament at the Marine Hill Liberty Center tonight at 8 p.m.

For more information, call 2010.

Tennis league

Spring is time for tennis. Sign up for the round robin singles and doubles tennis league at Denich Gym by 5:30 p.m. on March 22. The season starts Apr. 2. The league is open to anyone 16 years old and older. This is a participation league and all active participants will receive a T-shirt.

For more information, call 2113.



Lucky Clover Run

Start St. Patrick's Day with the Lucky Clover Run through the Ridgeline. At 7 a.m., the run starts at Christmas Tree Hill, goes to the end of Ridgeline and back. That's a total of 4.4 miles. Register at Denich Gym by March 14. The first 100 participants to register receive a T-shirt.

For more information, call 2113.

Pot o' Gold disc golf

Get a group of four together and enter into the Pot o' Gold disc golf tournament by March 14. On March 17 from 2 to 4 p.m., teams will play 18 holes and prizes will be awarded to the top three teams. An additional prize will be given to the team wearing the most green. There is a registration fee of \$6 per person. For more information, call 2345.

Night fishing

Join MWR Liberty for a free fishing trip tomorrow night at 6 p.m. Bait will be provided, but you must bring your own fishing pole. This event is open to unaccompanied military members. The boat leaves at 6 p.m. so make sure to be at the Marina early.

For more information, call 2010.

Darts tournament

Whether you have pinpoint accuracy or just like to play FOR FUN, come to Deer Point Liberty Center at 6 p.m. tonight for a dart tournament. Cricket is the game.

For more information, call 2010.

Specialty care providers at USNH

Specialty care providers will be available for appointments at U.S. Naval Hospital Guantanamo in the upcoming months:

GI – March
ENT – March/April
Audiology – April
Dermatology – April
Podiatry – April
Urology – April

For a referral, NAVSTA personnel can schedule an appointment with Primary Care Clinic at 72110. JTF personnel can call 3394.

Marine Hill Fun Day

Come to the Marine Hill Liberty Center for an event packed with fun and games starting at 3 p.m. tomorrow. There will be a gladiator joust, corn hole (beanbag toss), golf chux, sand volleyball, and basketball games. Free hamburgers, hot dogs, chips, cookies and beverages will be served.

For more information, call 2010.

Discount recreation in March

Golf cart rentals will be half price every Thursday in the month of March. \$5 covers one person and \$7.50 pays for two riders.

Boat rentals will be 50 percent off every Monday this month. Prices vary based on the boat. For more information, call 2345.

Kayak trip

Take a relaxing trip in a kayak from the Marina to Hospital Cay on the morning of March 17. At the destination you will be able to swim and jump off the pier. Sandwiches, chips and drinks will be provided.

Kayaks are limited, so call 2010 by Mar. 16 to reserve a spot.

Mountain bike trip

Join MWR for a bike trip through some of Gitmo's beautiful trails. The trip takes off from the Marina at 8 a.m.

Call 2345 by 3 p.m. today to borrow a bike. If you have your own bike, call to put your name on the list of participants.

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Trooper to Trooper

back to basics

SGT. 1ST CLASS JUANITA JACKSON

NCOIC, BEHAVIORAL SCIENCE CONSULTATION TEAM

As leaders, the impression we set for our young Warriors and Troopers is very important. As experienced leaders, we know that the young mind of a new Trooper is the easiest to mold and train. Discipline is the strongest trait you can pass on to a young Trooper as soon as they hit the ground. It is our mission to instill the core of what we represent as a nation and as a combined fighting force. We take from the old and the new to create a better Trooper for today than yesterday.

As noncommissioned officers are being created faster in the military, we tend to forget the basics that make junior Troopers want to be senior NCOs. There is nothing I would have my junior Warrior or Trooper do that I myself could not or would not do. It is important for a young warrior to see that his or her leader can lead from the front. Junior Troopers learn early to obey direct orders, to be disciplined and display respect to seniors.

We want Troopers to always give 100%, work as a team, take initiative to set themselves apart from others and maintain professionalism at all times. Take pride in all that you do! These are only a few of the many traits we try

to instill in young Warriors and Troopers.

It appears that we have come into a generation of "Do as I say, not as I do." We should ask ourselves as leaders, "What message does that send to my young Troopers?" Don't lead them to believe that their leaders lack integrity. Warriors and Troopers often resemble their leaders and their leadership style. There is nothing more positive or rewarding than for a leader to watch his or her Junior Warriors and Troopers grow to be outstanding NCOs. Respect is not given. It is earned. Respect in itself carries a lot of weight. It pushes everyone to go above and beyond the call of duty. It motivates Troopers to obey and implement orders in the absence of supervisors. They will do what's right even when you as their leaders are not watching.

Warriors and Troopers like to know that their leadership cares about them. This does not mean you need to be their friend, drinking buddy or absent leader. As a firm but fair leader you will instill what is right across the board. In doing so, subordinates will trust in their leadership to do what is right. You take care of them, and they will always take care of the mission. I believe it



is not the junior Troopers who need to get back to the basics but it is us as Leaders who truly need to "Get Back To the Basics," from the top down. What we as leaders of today, learned as juniors can only be seen through us. Our teachers trusted us to pass the outstanding leadership

that was provided to us down to our Warriors and Troopers. Let's not cheat them! There is not a day that goes by that I don't try to learn something new from a Warrior or Trooper. But every time I get one assigned to me, or meet a new Trooper, I go back to the basics.

ALCON

Mandatory annual training for JTF staff

Subject: Annual alcohol and substance abuse training

Date: March 13

Time: 1st session: 9-11 a.m.

2nd session: 1-3 p.m.

Location: JTF Trooper Chapel

Substance Abuse Training is an annual mandatory requirement in accordance with AR 600-85 for all JTF, HQ Staff. Training will consist of two sessions to accommodate the daily operations of the staff. It is recommended that Directors and Senior Enlisted Leaders schedule half their staff for the morning session and the remainder for the afternoon session. A sign-in roster will be provided to ensure each attendee is properly credited for this mandatory requirement. For more information, call 9913.

Super Troopers

Congratulations to the Joint Task Force Guantanamo Troopers who scored 270 or better on the Feb. 24 Army Physical Fitness Test!

SSG Gonzalez	SPC Ladrillero	LTC Golden
CPT Rosa-Ramos	CPT May	SFC Grant
MAJ Powers	CPT Barnes	MAJ Raga
SSG Cheatham		CW2 Mathisen

photo courtesy Sgt. 1st Class Michael Shimer



PROTECT YOUR INFO!
PSEC ALERT

Cyber criminals want your information!

Don't give it to them! Make sure you safeguard your passwords. Don't use the same passwords or login names for multiple web sites. Don't use obvious passwords like names of pets or children. Do not use birthdays or social security numbers as passwords either. Make unique and strong passwords for all your online accounts. Don't make it easy for cyber criminals to access your accounts or personal information! Don't let thieves steal your information. Use OPSEC!



re:
information
assurance

Email is an integral part of our daily communication.

Treat any email from someone you don't recognize with caution. Don't open email attachments from people you don't know. Spammers often use personal-sounding subject lines like "Your money is waiting," "Your loan was approved," or "Here's the memo you requested." Never send credit card information or other personal details through email, and beware of emails claiming they're from well-known companies asking for such information. No reputable company would solicit information from a customer unless you're the one initiating the transaction. Never click the "Unsubscribe" link in a spam email. All this does is indicate to the spammer that your email address is active, and will likely result in even more spam.

TROOPER FOCUS

By Sgt. 1st Class Jerome Grant

The Wire had a chat this week with Hospitalman 3rd Class Leotis Dixon. Dixon works as part of the Joint Stress Mitigation & Restoration Team (JSMART) now located directly behind the new Chaplain office and next to the Camp America Post Office.

If you go into the JSMART office and Dixon greets you, he's more than happy to help you.

"If all you want is a stress ball, I'll give you that," Dixon said. "If you just want to talk for a few minutes or an hour or more, I'll listen. And if you are just looking for some advice, I'll give you that too... Whatever it takes to make your day better, I'm there."

If Dixon isn't in the office, you may run into him making the rounds of Joint Task Force Guantanamo.

"I like to go out to the camps and talk to people before they have to come into the office," Dixon explained. "Going to people's workplaces allows me to see their work environment and understand how that may affect their stress levels, and so I can get them better help."

"I call myself the mobile morale team," said Dixon. "I try to improve morale wherever I go. I'm doing what I can to make someone's day easier. You never know how what you say or do affects people's

lives. Do what you can to be kind and courteous."

Dixon lives these values, according to Sgt. 1st Class Juanita Jackson, the noncommissioned officer in charge of the Behavioral Science Consultation Team (BSCT).

"HM3 Dixon is one of the most positive and motivating juniors I have met in my 23 years of service," Dixon said. "He goes out of his way to assist people, even on his off time."

A short time ago Dixon had learned that Jackson had to move her entire office from one location to another. He also found out that Jackson was packing up and moving all by herself, so on his day off he found her and helped with the entire move.

"It is not because of his job at JSMART which explains his actions and respect for others," said Jackson. "It is who he is as a person. We all can learn from this Sailor, who exemplifies honor as he serves his country."

Dixon's attitude and work ethic are also a source of encouragement to his superiors as well.

see FOCUS next page



BULLET BIO

Time in service: 7 years

Hobbies: Going to church, basketball, football, watching UFC events, playing Xbox 360

The boss says: "He's got a great attitude and a great sense of humor. He is definitely a great caregiver through and through. In his personal life he is very spiritually centered and that's what allows him to exude such positive energy."

Advice to junior Troopers: "When you are off work enjoy your leisure time; don't take your work home with you."

MONEY MATTERS

Save trees! Get a faster refund!

Quick and free services for military members

By Sgt. 1st Class Kryn Westhoven

If you do a web search for "free tax preparation," you will get a generous list of companies. Many are the same ones that show up on the Internal Revenue Service site under the Free File Alliance program. But these no-cost sites have a price if you have to file a state income tax return. There is a solution: www.militaryonesource.mil.

By using the Military OneSource program, you can complete, save and file your 2011 federal and up to three state returns online for free with the H&R Block At Home tool. There is the additional benefit of no-cost personal and financial support consultation with a Military OneSource tax consultant.

The H&R Block At Home online tax service is open to active-duty service members of the Army, Marine Corps, Navy, and Air Force. National Guard and members of the

Reserve branches can take advantage of this Military OneSource benefit, regardless of activation status, to include members of the Coast Guard Reserve activated as part of the Department of the Navy under Title 10 authority.

If you are of the correct status, this means a spouse, dependent child or a family member who is taking care of the affairs of a service member, and are in DEERS, can use H&R Block At Home online tax filing.

There is one caveat: since the organization falls under the Department of Homeland Security, United States Coast Guard personnel, spouses and dependent children are not eligible for this service. USCG members should visit www.uscg.mil for tax assistance information.

The first thing is register on the military-onesource.mil site, your personal user ID and

Money really does matter, especially to the IRS in April: this is the conclusion of a three-part series on how to file your taxes while at Joint Task Force Guantanamo.

password will allow the secure access to the H&R Block At Home web page. Just like any other online tax prep website you can save, close, and return as needed.

The online version is very similar to the software many use on their home computers to file. The software guides you through filling in the information you received from employers, banks, and for homeowners, your mortgage holder.

For more complicated returns you will need to have information on investment income, alimony, Social Security benefit payments, student loan interest, charitable donations, and medical and dental expenses.

This online version will allow you to import your 2010 tax information if you prepared your taxes with H&R Block Basic Online or H&R Block At Home versions or TurboTax software. The Military OneSource free software even imports previous tax returns completed at an H&R Block office.

For married Troopers, either you or your spouse can create the Military OneSource account, and then share the log-in information

see TAXES page 8

FOCUS cont.

"Besides training briefs, one of his fortes is the JSMART radio show he participates in on 103.1, Fridays from 11 a.m. to 1 p.m.," said Navy Lt. Erin Graham, Ph.D., a clinical psychologist and officer in charge of JSMART.

"He's a very hard working, dedicated sailor," Graham added. "He steps up to many different roles here. He does everything from intakes and running the front desk to outreach rounds."

"I like the outpatient setting because it's more interactive," said Dixon. "You're empowering someone rather than just giving them medications. The things they learn here can be shared with other people they meet later on so it keeps helping."

"It's good sometimes to know you've made a difference," Dixon said. "If someone comes back to give an update on how they are doing, it's really encouraging."

What is the most important thing you learned at the All-Hands Calls?



"The admiral really cares about safety of the base. World issues really affect every mission."

Petty Officer 1st Class
Keyara Thompson



Regarding the command climate survey: "I like that he emphasized that in order for change to occur, you need to participate."

Senior Master Sgt.
Dwight Brown



"Detainees are not prisoners; they are being held until they are tried for alleged crimes and either convicted or released."

Staff Sgt.
Justin Miller



"It was a good way for us to sit down with the admiral. It was interesting to learn about the feedback about the command climate."

Petty Officer 2nd Class
Ben Thibodeau



"I like how the admiral took the time to meet with us to talk about Guantanamo events."

Petty Officer 2nd Class
Matthew Garrison



"Be responsible for your actions and watch out for your wingman."

Staff Sgt.
Shawn Blair



"The most interesting thing I learned was why the detainees are here."

Petty Officer 3rd Class
Michael Amsterdam



"The admiral cares about the Troopers and how they are affected by the mission."

Staff Sgt.
Lehi Jorgensen

ALL HANDS, ALL BOOTS ON THE GROUND

CALLING ALL TROOPERS

By Sgt. 1st Class Kryn Westhoven

Over five days in locations from the Trooper Chapel to the Windjammer Ballroom, Rear Adm. David Woods, commander of Joint Task Force-Guantanamo addressed every Trooper on the team. It was an opportunity to talk about current events, the recent command climate survey, how to stay connected with loved ones, and how to remain successful in a mission where failure is not an option.

The All-Hands Calls started with the admiral's words of gratitude to everyone who worked on the military commissions

that week. Woods described conviction of high value detainee Majid Khan as "monumental," and briefly explained the account of a victim from the Marriott Hotel bombing in Jakarta who attended the proceedings to tell her story.

"It reminds you that there are real victims out there," said Woods.

He also made clear the distinctions between law of war detention and incarceration and how these statuses affect the 171 detainees here, and how removal from the battlefield is different from punishment for a crime.

Woods explained that very

few people who get detained go to trial. There are approximately 35 detainees who could face charges. Typically, conflicts end before detainees are tried or released.

Guantanamo is unique in going through the military commission process while the conflict is ongoing.

Mental engagement with television, books and classes along with physical activity, encourages detainees to follow the rules and reduces incidents against the guard force. According to Woods, detainees determine where they reside in the camps based on their compliance with the rules of detention.

In addition to the larger issues in and around the JTF, Woods discussed Troopers' quality of life. He believes social media plays a key role in completing the connections that everyone needs. Mentioning the importance of staying in contact with friends and family, Woods pointed to the success of the Morale Call Program and increased

availability of Red Cross phone cards.

Woods knows firsthand how important the connection to home is, mentioning that he used the Internet to stay connected with family while serving in Iraq. However, there is need to limit the use of certain web sites, because of the effect on bandwidth.

"Thanks for not uploading material to YouTube!" Woods joked.

Woods then shared the results of the recent command climate survey, in which more than one-third of the workforce participated. Holding up a three-inch binder marked "For Commander's Eyes Only," he said, "But if I'm the only one who knows what the climate is, how can we make it better?"

The results showed the Joint Task Force scored at or above average compared with the Department of Defense and all services in all categories of the standard survey.

"We can always improve," said Woods, who sees the survey

as a tool for leaders.

The survey highlighted that the vast majority of Troopers agreed that not only would somebody notice if they were having a problem but, they felt that their chain of command would support them.

"We are taking care of each other," noted Woods as he spoke of the work of the Chaplains and JSMAART (Joint Stress Mitigation and Restoration Team) staff to support Troopers.

Woods discussed how inappropriate behavior or habits can get in the way of advancement in the profession of military service, or even keep you from continuing your career.

"Three things to do in your career: perform, prepare for promotion and don't get into trouble," Woods said. "We need to change our culture to reinforce these three things."

Overall, the commander feels

the quality of life is fairly well balanced, and reminded Troopers that this is a deployment.

"When you drive over the hill (to JTF) you're every bit as deployed as any other theater," he said.

During the question and answer portion of each All Hands Call, Woods responded to Troopers' concerns, such as installing grip strips to the bridges around Cooper Field.

Responses to other questions, if not answered right away, will be announced soon in an all-hands email.

Woods asked for civilians and Troopers to remain professional and follow the SOPs (standard

operating procedures) to keep things "calm, steady, and predictable."

"We're doing well," Woods concluded. "I am honored and proud to serve with each of you."

Command Climate Survey: JTF Guantanamo scored at or above average as compared with DoD in all categories.

**"Three things to do in your career: perform, prepare for promotion and don't get in trouble."
— Rear Adm. David Woods**

Right: Joint Task Force Guantanamo commander Rear Adm. David Woods focused on current events and the results of the recent Command Climate Survey. The All-Hands Calls, which took place the same week as the Majid Khan commissions hearing, concluded with questions from Troopers varying from bus stops to the leave policy. —photo by Sgt. 1st Class Kryn Westhoven



TAXES cont.

in order to complete information needed or sign the returns when completed.

The software allows you to print out the completed returns, but if you want your refund quick, e-filing is the way to go. The IRS reported that last year 80 percent of all taxpayers e-filed.

To e-file your tax returns, there are multiple options available to you. If you have your IRS PIN from last year, go ahead and use it this year. Or

enter your 2010 Adjusted Gross Income (AGI) from your 2010 return. If you need a new pin or never received one before, visit the IRS website to request one.

Military OneSource offers a secure, simple and quick solution for filing your taxes while at Guantanamo Bay. They also provide toll-free tax return preparation support by calling 1-800-342-9647. The tax consultants are available every day from 7 a.m. to 11 p.m. Eastern Standard Time.

All-Hands Calls, continued



"It was good to see that the admiral cares enough to explain a decision he makes to the Troopers so they understand why a decision was made."

Sgt. 1st Class Antonio White



"It's cool that he showed actual budget numbers for different things and how we helped to save money in those areas."

Petty Officer 2nd Class Rochelle Andrews



"I'm glad he talked about the questions in the Command Climate Survey that captured the communication concerns of the Troopers here."

Spc. Anissha Diggs



"I liked knowing that a 96 hour pass is available for those who might need it, even if they are only here for just 9 months."

Petty Officer 1st Class Claudette Douglas



"Remember: we aren't invincible, so we have to act responsibly."

Tech. Sgt. Avis Bennett



"(The admiral) helped us to understand why detainees get the activities they do."

Staff Sgt. Garrett McMillian



"When people asked questions at the end, he gave straightforward answers."

Chief Petty Officer Robert Hicks

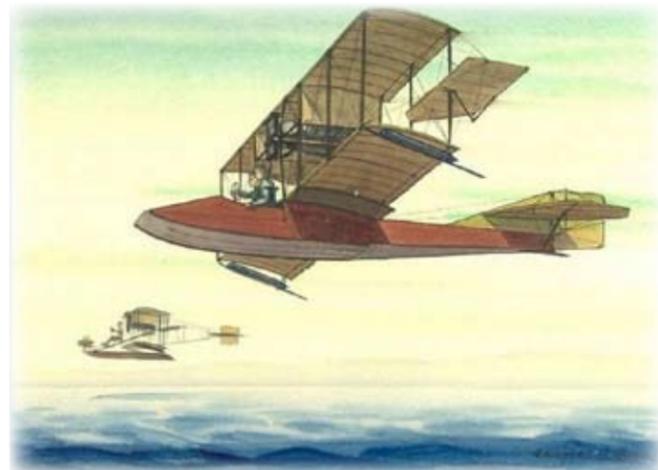


"I learned what the statistics were and how they affect all of us."

Petty Officer 1st Class Andrew Soristos

ALL HANDS, ALL BOOTS ON THE GROUND

A super improvement



This Week in Guantanamo Bay History

The Journey of the Curtiss Flying Boat

By Sgt. 1st Class Michael Shimer

U.S. naval aviation had a great moment in history here at Guantanamo Bay on March 10, 1913. On that day a pioneer of naval aviation, Lt. John Henry Towers, and fellow aviator Ens. G. D. C. Chevalier, flew a Curtiss flying boat from Guantanamo Bay to Santiago de Cuba in 46 minutes, returning to Guantanamo Bay the next day.

Lt. Towers was a 1906 graduate of the Naval Academy and qualified as a pilot in August 1911, flying the Navy's first airplane, a Curtiss A-1 flying boat. Early in his career as a pilot Towers set distance records flying the Curtiss seaplane and in the fall of 1912 he established the Navy's first aviation unit at Annapolis, Maryland.

Towers was conducting tests to spot submerged submarines in late 1912 flying over the Chesapeake Bay, and in the spring of 1913 he continued those tests during fleet training at Guantanamo Bay. He also investigated the potential for Navy aerial reconnaissance, bombing, photography, and communications. In 1914, Towers took part in activating the first Naval Air Station at Pensacola and led the air unit's first action in the Mexican crises. Towers went on to serve through World Wars I and II and retire as Commander in Chief of Pacific Command.

From his early years as a pioneer naval aviator flying Curtiss seaplanes, to his leadership as the top naval aviator during World War II, Admiral Towers was a remarkable man who had rather humble beginnings here at Guantanamo Bay — 99 years ago.



By Army 1st Lt. Amelia Thatcher

Quality of life will soon improve for both detainees and the Joint Task Force Guantanamo guard force. The new "Super Rec" recreation yard will be accessible to all detainees who reside in Camp 6.

Built with the intent of encouraging physical activity and lessening the amount of risk to move detainees to outdoor recreation, Super Rec covers 28,500 square feet and is about half the size of a football field.

When detainees resided in the communal areas of Camp Delta prior to 2006, they had access to the "Central Recreation" yard. When the decision was made for efficiency and cost savings to move the majority of the 171 remaining detainees to the climate-controlled and more secure facilities in Camp 6, it was not initially built for communal living, and did not have a large recreation yard.

More than 80 percent of Guantanamo detainees reside in Camp 6's communal living setup, and all have 24-hour access to indoor recreation. The improved outdoor facility will be available to all on a rotating schedule by block.

Fenced walkways from the camp building to the yard have several electronic locking gates to selectively control the movement of detainees from eight different cell blocks, reducing escort guard requirements. The field, path, and fenced walkways will have full security lights.

The existing guard force will receive three climate-controlled guard towers overlooking the new recreation yard and walkways.

Detainees will have to follow the same rules for the new recreation yard, but will have more area to participate in recreational activities like soccer, walking and running.

"It's an example of trying to move forward in accordance with

what the Walsh Report recommended for long-term detention and improving the conditions of detention," Woods explained, referencing the 2009 White House-ordered review of the camps' facilities.

The report found Guantanamo's detention camps to be in compliance with Articles 3 and 94 of the Geneva Conventions, which address humane treatment of prisoners of war and civilians, respectively. The report stated "that detainees are encouraged to participate in intellectual, educational, and recreational pursuits, as well as sports and games. In addition, all possible facilities and equipment are to be provided for this purpose, including sufficient space for outdoor exercise and sports. Detainees in a disciplinary status are to be allowed to exercise and stay in the open air at least two hours daily."

Super Rec is expected to open later this spring.

The "Super Rec" yard at Camp 6, scheduled to open later this spring, encourages detainees to participate in physical activities. The guard force will benefit from improved guard tower structures and enhanced security.

—photos by Mass Communication Spc. 2nd Class Kilho Park



TROOPERS OF THE YEAR



Congratulations to Sgt. Tracy Jackson, HHC, 525th Military Police Battalion and Sgt. 1st Class Brad Alexander, 189th Military Police Company, 525th MP Battalion!

Top left: Sgt. Tracy Jackson was awarded Junior Trooper of the Year. Her accomplishments include performance excellence in her military occupational specialty, consistent 295+ scores on the Army Physical Fitness Test, several hundred hours of Army Correspondence Courses, and volunteer service to the Guantanamo Bay community.

Top right: Sgt. 1st Class Brad Alexander was awarded Senior Trooper of the Year. His accomplishments include selection for platoon sergeant and numerous additional duties, mentorship of junior Soldiers, and volunteer service to the Guantanamo Bay community.

CONGRATULATIONS TO THE 525TH MILITARY POLICE BATTALION NCO INDUCTEES

HHC
SGT Heather Blackwell
SGT Barbara Grgurich
SGT Alex Hall

107TH MP CO
SGT Erica Gilbert

189TH MP CO
SGT Sonji Brown
SGT Mark Linder
SGT Timothy Royal
SGT Brian Spiller
SGT Nathaniel Turskey
SGT Brandan Walker

193RD MP CO
SGT Matthew Baker
SGT Adam Corral
SGT Patrick Coy
SGT Vincent Delaney
SGT Amber Minear
SGT Henry Rockwood
SGT Scott Shank
SGT Davon Watkins
SGT Sherry Watkins
SGT Christina Ware

314TH MP CO
SGT Ricky Abitu Jr
SGT Holly Hiza
SGT Michael Martinez
SGT Joseph Nino
SGT Damon Vongphachanh
SGT Wesley Gunn
SGT Bradley Wagner

The quality of the Noncommissioned Officer Corps will be put to the test as the military reduces its force. The Soldiers of the 525th Military Police Battalion focused on this during the NCO induction ceremony held March 2.

Army South Command Sgt. Maj. Gabriel Cervantes attended the ceremony and spoke to the junior NCOs.

"You have to be conscious that the responsibility you are taking right now as a NCO is not something to be taken lightly," said Cervantes. "America, parents, spouses and children have entrusted you to take care of their Soldiers."

The 525th MP Bn. followed a longstanding Army tradition of inducting junior NCOs (newly promoted Sergeants) into the NCO Corps by holding this ceremony.

The tradition of the induction ceremony into the Noncommissioned Officer Corps is a tool that senior NCOs can use to instill the significance of being a leader in Junior NCOs. For the recently promoted Sgt. Matthew Baker this experience has been a highlight of his career so far.

"It a great feeling to go along with Army tradition," said Baker "I've always been a fan of knowing the

different traditions like the Army Ball, the MP Ball, and this induction. Being inducted is a big thing, every word that Sgt. Maj. Cervantes said means a lot to me."

The Army stresses the value of the NCO with the simple phrase: "The Backbone of the Army."

"I've heard before from my platoon sergeant and my first sergeant that the E-5 is the hardest working job in the Army," said Baker. "You have Soldiers below you and you're directly involved with them."

Baker explained that his senior leadership has been a big influence on him and the way he leads young Soldiers.

"I want someone to look up to me the way I look up to my leadership," said Baker. "I want to be an NCO. I like coming in early and leaving late, doing PT when I don't want to and it's all because of the Soldiers."

With four Soldiers reporting to him, Baker has already started becoming an effective leader and NCO.

"I like being able to shape young Soldiers," said Baker. "The standard is the standard and I'm going to teach them that and guide them in the right place so that one day they can replace me."



The 525th Military Police Battalion inducted its newest members of the Noncommissioned Officer Corps March 2. Army South Command Sgt. Maj Gabriel Cervantes (below) addressed the young NCOs on their accomplishments. —photos by Army Sgt. Saul Rosa



IN THE FIGHT

Precision rocket artillery changes the battlefield

By Sgt. Jacob H. Harrer

1st Marine Division

FORWARD OPERATING BASE EDINBURGH, Afghanistan – There was enough explosive material to construct hundreds of improvised explosive devices. Marines from 2nd Battalion, 4th Marine Regiment lacked the power to destroy the huge IED cache. They called for fire, and eight rockets landed within seconds of being fired. According to the after action report from the artillery platoon, all rounds impacted on target, the site was destroyed, and there was no collateral damage.

The artillery battery fired precision, GPS-guided rockets from a fast, and accurate fire system called the High Mobility Artillery Rocket System, said 1st Lt. William Prom, the fire direction officer with 3rd Platoon, Tango Battery, 5th Battalion, 11th Marine Regiment. The High Mobility Artillery Rocket System enables the Marines to take out enemies within minutes and strike within feet of a target, every time.

The HIMARS is composed of the M142, a five-ton chassis vehicle with a launcher pod of six rockets loaded into the bed, said Cpl. Abbas Alhmedi, a launcher chief with 3rd Platoon, Tango Battery, 5th Bn., 11th Marines. When the Marines receive a call for fire, the trucks roll out within seconds and position themselves in the direction of the target. Through strict communication with the fire direction center, a launcher crew of three Marines inputs the grid coordinates of the target and launches rockets on command.

“When I launch that rocket, my heart is beating quickly,” explained Alhmedi, a 24-year-old native of Chicago. “As the chief of a launcher, I have to verify that this rocket is gonna hit the right target. My heart is always racing when it’s going downrange and I get the excitement, the nervousness, the butterflies... it’s all going through my mind.”

After the launch, the rocket often lands sooner than 30 seconds. Alhmedi said he receives a report verifying a successful

launch, giving him a sense of relief and satisfaction.

“When I confirm a successful mission, it’s a great feeling knowing that if it wasn’t for me, something could have happened to my fellow Marines,” added Alhmedi.

The High Mobility Artillery Rocket System rockets are able to launch within minutes and in poor weather, an advantage over close air support, said Staff Sgt. Andrew N. Heath, the operations chief with 3rd Platoon, Tango Battery, 5th Bn., 11th Marines.

“When you’re having bullets slung at you, a couple of minutes seems like an eternity,” explained Heath.

Heath said the rockets allow artillery to quickly support Marines who are under fire and give them confidence when they patrol.

The High Mobility Artillery Rocket System outranges traditional artillery by up to three times, allowing smaller units to cover a larger area. In previous deployments without HIMARS, it was common to send an entire artillery battalion, composed of several smaller batteries, to cover a large area of operations, said 1st Lt. Tom V. Worthington, the 3rd Platoon commander with Tango Battery, 5th Bn., 11th Marines. With HIMARS, a single battery is able to cover the entire battle space for the partnered forces in Helmand province.

“It’s a big game changer,” said Staff Sgt. James D. Sanders, the 3rd Platoon sergeant with Tango Battery, 5th Bn., 11th Marines. “It can take out targets unthinkable by traditional artillery.”

One HIMARS rocket can destroy a target which previously required four rounds, added Sanders, a 26-year-old native of Wichita, Kan. It has allowed the artillery element to support more units and more operations than before.

“Knowing that I can support the Marines on the ground through thick and thin, through firefights, through indirect fire, through IED emplacements... knowing that we’re saving lives is a good feeling,” said Alhmedi. “It’s what we’re meant to do.”

ON THE GROUND

Eyes could provide windows to TBI research

By Bob Reinert

USAG–Natick Public Affairs

NATICK, Mass. – Long hailed as windows to the soul, the eyes also might provide insight for researchers at the U.S. Army Research Institute of Environmental Medicine, or USARIEM, who are evaluating and working to improve methods for detecting traumatic brain injuries, or TBI, in Soldiers while they are still deployed.

“The ultimate goal is to provide the most accurate and efficient tools and techniques for determining Soldier performance and readiness,” said Dr. Kristin Heaton, a neuropsychologist at USARIEM.

The EYE-Tracking Rapid Attention Computation, or EYE-TRAC, device being developed by Sync Think, Inc., of Boston, could provide a new tool in that quest. The portable device, which includes hooded goggles worn by the patient and a hand-held peripheral that displays results, tracks eye movements with two high-speed cameras as the patient follows a moving target on a screen.

“It’s a relatively simple test, but the device uses complex algorithms to quantify how well a subject can follow, and synchronize with, the target,” said Kevin Coppersmith, Sync Think CEO. “We’re measuring attention performance, a subject’s focus. We believe eye-movement control provides a window to the brain and can be a reliable indicator of brain health.”

According to Coppersmith, desktop eye-tracking devices have been available for a decade, but EYE-TRAC would bring the technology closer to deployed Soldiers who suffer blast injuries.

“It’s a combat-readiness tool,” Coppersmith explained. “We’re careful not to use the term ‘diagnostic,’ because a diagnosis tends to include other testing and patient history, but we have found significant differences in eye-movement behavior in those with injury relative to those who are healthy.”

How big a role EYE-TRAC will play in the future of TBI detection in Soldiers remains to be seen.

“This is one tool out of many that we’re evaluating,” Heaton said. “The closer that we can get to where Soldiers are and where they may be working and injured, the more quickly we’re able to get them appropriate treatment after injury.”

National Guard responds to tornado destruction

By Army Staff Sgt. Jim Greenhill and Tech Sgt. John Orrell

National Guard Bureau

ARLINGTON, Va. – More than 500 National Guard members are supporting civilian authorities in five states after the second night of devastating tornadoes in the Midwest and the South.

More than 350 Indiana National Guard troops started providing search and rescue, debris removal, traffic control and presence patrols within hours of a tornado strike in the southern part of the state, according to National Guard Bureau officials and Army Maj. Shawn Gardner, state public affairs officer.

“Our hearts and prayers go out to the individuals in southern Indiana who have suffered this tragic loss,” Gardner said. “The Indiana National Guard stands ready to help and assist in whatever manner they may need to help them recover from this tragedy.”

At least 10 states were affected by tornadoes that struck Feb. 29 and March 1. National Guard troops were on the ground or being called to support civilian authorities in Alabama, Indiana, Kentucky, Missouri and West Virginia.

In Indiana, Gardner credited the rapid response to state leaders and strong relationships between the National Guard and civilian authorities long before up to 16 tornadoes hit, killing at least 13 people, injuring others and destroying the town of Maryville, home to 2,166 people.

“The Indiana Department of Homeland Security and the National Guard have a tight working relationship with great leadership who stand ready to respond to any natural or manmade disaster that may happen within the state of Indiana,” Gardner said.

Indiana Guard members also were helping Emergency Medical Service personnel evacuate patients and deliver critically needed medication and providing aviation support, among other missions, Guard Bureau officials reported.

More than 100 Guard members are on duty in Missouri, hit by tornadoes Feb. 29 and March 1. The Missouri National Guard has focused its continued efforts in Taney County, around Branson in southwestern Missouri.

“We are here to assist the local police department [and] fire department with ...



Army 2nd Lt. Sean Jones (center) met with local authorities in LaRue County, Ky., March 1. Jones coordinated the Kentucky National Guard mission following the tornado which struck the community of Hodgenville on Feb. 29. –U.S. Army photo

debris removal, presence patrols, security to prevent looting and any other assistance that the city would need from us,” said Army Col. Gregory Mason, Missouri’s assistant adjutant general.

“We’re glad to be able to help people, said Army Maj. Gen. Stephen Danner, Missouri’s adjutant general. “Our motto – as the governor says – is to help good people through bad times. With 11,600 airmen and soldiers, there’s no skill set on the civilian side that you can’t find somewhere in the Missouri National Guard. That makes it very valuable when we come in, because if there is a specific mission or specific skill set that is required, we can usually find someone in the Guard to bring in for that.”

The Army Guard’s 35th Engineer Brigade out of Fort Leonard Wood is overseeing the response effort in Missouri.

“We get the mission done,” Danner said. “When lives are at stake, the governor is insistent: He has a four-point plan where he talks about, ‘You’ve got to come in, and first thing is safety and security, rescue, and then recovery -- and then your after-action reports to improve what you’ve done.’ Governor Nixon is very insistent that we use a methodical process to ensure that our mission is successful every time. That’s what has worked for the Guard.”

AT THE READY



“It’s important that we let the citizens know we are here to assist the local law enforcement, city police and the county – who have done a tremendous job in ensuring the safety of the citizens here, but also the security of their valuables until they’re able to retrieve them,” he added.

In Kentucky, about 80 Guard members are assisting local authorities with medical support, security and traffic control.

“The Guard being here means safety,” said Hodgenville, Ky., Mayor Terry L. Cruse, whose community was hit hard Feb. 29. “These people have lost a lot, and to have the security the soldiers provide, it’s one less thing they have to worry about.”

In West Virginia, about 20 Guard members were assisting with debris removal after severe weather affected 10 counties Feb. 28, bringing heavy rains that caused flash-flooding.

After up to 16 tornadoes struck Alabama yesterday – including a near-direct hit on a state prison – the Alabama National Guard is mobilizing, Guard Bureau officials said.

The Missouri National Guard’s Army Pfc. Collin Chenoweth said being in the National Guard gives him a chance to help – a chance that most citizens don’t have. “A lot of people want to help and can’t,” he said. “Being in the Guard gives me the opportunity.”

[Mitigating March Madness] See what I did [there]?



Freshman sensation, forward Anthony Davis looks to continue the dominance of the No. 1 ranked Kentucky Wildcats by leading them deep into the NCAA tournament. -Getty photo

By Army Sgt. Landis Andrews

It's that time of the year. What time is it, you ask? It's alliteration time! This weekend is Selection Sunday which unveils teams participating in March Madness. Sixty-eight college basketball programs will be on the grand stage. Round one will spur Cinderella stories (that's alliterative enough). The Sweet Sixteen will give birth to bracket busters. Dreams are deferred in the Elite Eight. The pressure is palpable when teams face-off in the Final Four. And magic is made in the national championship game.

But who cares about basketball? The winners of these games take a backseat to consequences of the outcome. This time of year is about brackets and bets. The FBI estimates this tournament generates at least \$2.6 billion in illegal revenue. There are also outlandish promises and wagers between friends and co-workers based on the success, or lack thereof, of alma maters.

Lucky for me, Rutgers never makes the men's tournament, so I don't have to pledge to change my Facebook profile picture to a shot of me decked out in St. John's gear in the event of a poor performance. I have never done March Madness brackets. That surprises people who know how much of a sports nut I am, but there is so much about the culture of brackets that turns me off to the yearly communal competition:

Don't be That Guy

You know That Guy who doesn't know anything about sports but is the person who relishes March Madness the most? That Guy sucks. That Guy has strategy, formulas and

history behind his picks, but can't tell you the mascot of the team he chose to win it all. That Guy turns in two or three brackets because the margin of error on his formula is too large to comfort. That Guy turns in an upsets bracket, an expected bracket and a calculated bracket. That Guy doesn't watch the games because he doesn't understand why men in suits are always yelling at those poor kids. That Guy talks about his bracket all day long but when the game is brought up, he slides back to his desk.

Workplace relationships

You can work with everyone around you, but you don't have to like them. However, since we are all involved in this office pool, there is a common bond for people you don't like to walk up on you and start chatting away. That Guy joins office pools for that exact reason. That's why I use the copy machine that's far away during March. I don't want to talk to That Guy, whose desk is next to the close copier.

I hate being wrong

Every time I make an incorrect pick, I'll take that as me not knowing sports well enough to make the right call. I know games don't always turn out how rankings and conventional wisdom suggests - heck, that's the beauty of the tournament - but I still feel like I should have been smart enough to predict that Stephen Curry would go nuts and lead an unheralded Davidson squad to three straight upset wins against perennial contenders. I should have known that Brad Stevens, head coach of the Butler Bulldogs

who looks like an over-exuberant equipment manager sitting in a coaches chair, would take a team of nobodies and one draftable player (Shelvin Mack, Washington Wizards, second round) to the NCAA finals. Who wouldn't see that coming?

I hate losing

We've all heard the story: someone's wife, who made her picks according to where she would prefer to live, stormed her way through everyone's brackets on her way to a flawless victory. The worst part is that she won the final game by choosing University of Connecticut to win because she hears Boston in the spring time is gorgeous. Yes, I know Boston is in Massachusetts, but she doesn't and that's why it's so annoying.

Or worse, That Guy wins and you hear about it forever. For months he'll talk about about how he knew the powerhouse would fall in the Sweet Sixteen. Something told him University of North Carolina would contend and how he wracked his brain to choose the winner of the championship game. Even worse, any time an office pool comes up, he'll say, "You know I'm going to win it this time - just like I won it in 1993. I'm telling you, I can feel it."

I'm doing my first bracket this March. Get a bracket from the gym and submit it by Tuesday to the gym to join the MWR pool. All of my picks will be based on my friends who went to or live near the schools. If I have a friend on both sides, I'll decide by picking which friend I like more. I'm not going to dedicate basketball knowledge to this pool if I'm going to get beat by my boss's wife. Boston is not in Connecticut!



Bloom where you are planted

Have you ever felt like life has dealt you a bad hand or that you were stuck in situation that seemed like weeds surrounded you at every angle? Perhaps your job isn't just quite what you thought it would be. Maybe this is your first or even your tenth assignment and you've thought, really, Guantanamo Bay? Or you have a roommate/housemate situation that just seems less than ideal. What about that co-worker who is so hard to get along with? There are so many things that surround us that could potentially steer us towards a negative path. Yet, most of us have heard the saying: "Bloom where you are planted." That quote is credited by some to come from the Bishop of Geneva, Saint Francis de Sales (1567-1622).

I'm reminded of a story that Joel Osteen shares in his book, "Every Day a Friday." He recalls, "I was walking through the woods awhile back and came to this big open area full of large, tall weeds. For acres and acres, as far as I could see, there were these dead, dried-up brown, ugly weeds. As I walked through the open field, about a hundred

Your assignment to Joint Task Force Guantanamo is not an accident. There is a reason and a time for everything!

yards in, I saw this beautiful flower. It was so bright, so colorful, so refreshing. It had bloomed right there in the middle of acres and acres of old, ugly, dried-up weeds. And I thought, 'Really, that's what God wants us to do. Just bloom where you're planted.'

Just like flowers, humans can bloom and thrive in variety of circumstances and situations. In our lives, there are challenges and triumphs. The question is, how do we live an abundant life and blossom when the weeds seem to crowd out life's positive aspects?

First, it is really about attitude. Even in the middle of chaos or stress, put a smile on your face. Convince yourself that "my attitude will determine my altitude." Sometimes, in order to have a positive attitude we need to surround ourselves with people have that mentality. It's so easy to go negative, but don't. Stay focused on the positive aspects

of your life. Second, realize that God has you in a certain place (i.e. job, relationship, career, etc.) for a reason and that gratitude can help in the blooming process. One of my favorite passages of scripture says, "the steps of a good man (or woman) are ordered by the Lord." (Psalm 37:23) I find this to mean that your assignment to Joint

Task Force Guantanamo is not an accident. God has a special plan for you!

Third, there is a reason and a time for everything. There's an exciting story in the Old Testament about how timing is indeed everything. Take time to read the story of Esther and how God worked things out as she realized there is a reason and season for the events in our lives. Here's a portion of that story: "And who knows but that you have come to royal position for such a time as this?" (Esther 4:14).

Finally, take time to enjoy where you are. Hopefully one day you'll be able to look back and literally thank God for your colleagues, roommate(s), the rocky beaches, the one and only McDonald's, outdoor movie theaters, iguanas and banana rats. Guantanamo may very well be your opportunity to bloom where you are planted.





Apparently, I'm recognizable as the guy who writes the film reviews for "The Wire." I was sighted during a screening of "Act of Valor" when the end credits rolled. One guy leaving walked by me and said "That's a good-*** movie. You better write a good review. Four banana rats!" He then disappeared and I started to put into perspective the movie I had just seen.

"Act of Valor" is a film that had an uncommon genesis. Originally, the film's directors, Mike McCoy and Scott Waugh, had intended to make a recruitment film for the U.S. Navy SEALs program. The filmmakers were embedded with real U.S. Navy SEALs for research. It was decided that actors could not accurately portray a SEAL for the movie they wanted to make, so actual SEALs were employed to be in the picture. These real-life service members in this film do not reveal their full names in the credits and still remain anonymous.

"Act of Valor" follows the heroic acts of a group of highly skilled and extremely versatile SEALs in two storylines. The first story focuses on the liberation of a captured CIA operative. The second story centers on drug cartels planning to sneak terrorists into the U.S. through tunnels in Mexico.

The actions of the SEALs are narrated in past tense by a man known only as "Chief Dave." We meet a majority of the SEAL team at a beach campfire get together. This sequence is the closest you'll get to any real human backstory on any of the SEALs. We get a sense of bonding and camaraderie and we genuinely believe the group can function as a well oiled machine. We also learn the lieutenant in charge of this group is an expectant father. These scenes are no doubt present to humanize the characters, though these scenes do feel a little contrived.

"Act of Valor" is primarily a straightforward action picture. What works

best are the scenes of the SEAL team engaging in covert operations and combat. These parts, which are bountiful, are meticulously thought out and well executed. You see these professionals track down the bad guys and see them strategically position their team before carrying out their mission. Case in point: There is a scene where a sniper in the trees coordinates his next move with the pair of hands which rise up from the river behind a baddie on the pier. Without giving the entire scene away, that sequence was one of absolute brilliance.

Principal photography for "Act of Valor" took place in Cambodia, Mexico, Puerto Rico, Florida, San Diego and Mississippi. All of these locations underscore the SEALs global presence and the quick response capabilities. "Act of Valor" easily has the best photography in a military themed movie since "Apocalypse Now" (1979). Woodland scenes are lush and the scenes where the sunset was reflected on the water are nicely done. If anyone ever assembled a collection of stills from this movie, they would have the basis for a striking coffee table book.

All this aside, is "Act of Valor" any good? Well, I have to be honest. This movie was originally going to be a recruiting tool for the military and it shows. Patriotism and adherence to a credo of honor are heavy in this film. These are not faults by any means. However, these factors are about all you are going to get from this feature. If you are hoping to get a movie that is engaging as a thriller with deep characters and plot twists, this isn't that movie.

There's a scene where the bearded senior chief petty officer interrogates an apprehended drug lord who's aiding in the terrorist effort. You see the two men work off of each other's dialog. There's no backstory on either men. I'm sure the senior chief is one tough hombre and is a force to be

reckoned with. Without a background story to make this guy a more formidable presence, his scene is all about defensive posturing. It's a missed opportunity to make the scene far more intense and meaningful.

Many action sequences in "Act of Valor" reminded me of the first-person shooter perspective common in video games. Several scenes are framed with the stationary end of a machine gun going back and forth taking out the bad guys. You see the gun's magazine replaced and the gunfire resume all in a continuous shot (pun). Whenever a character is introduced, you get a digital schematic on the screen that reads with their rank, last name, number of combat tours served and the commands they were attached to. Likewise, when a ship is presented, you get a tactical read of the ship's name and its longitude and latitude. After I saw the movie, I learned the film's trailer was shown on a video game website for "Battlefield 3" with free downloadable I.D. tags for the game. I think I see the film's marketing strategy here.

I suspect "Act of Valor" will be popular with the right audience. The movie will certainly be a conversation piece about the SEALs. Their hard efforts and sacrifices are not in dispute here. "Act of Valor" showcases SEALs very positively and there are great production values throughout. Apart from that, the onscreen story lacks any real human interest, which hinders one from being really drawn in. If the filmmakers had infused more heart into movie, you would have had more than an extended pro-SEAL mockudrama. Though this film is a little flat as an actual "movie-movie," I am convinced it will generate SEAL awareness and keep people talking. That's the best it can do. I'm sure that will be okay with the guy proclaiming "That's a good-*** movie. You better write a good review. Four banana rats!" After all, he knows what he likes.

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.

Library - 4700
Mon.-Sat. 8 a.m.-9 p.m.
Sun. & Holidays 12-9 p.m.

Pizza Hut - 77995
Mon.-Th. 11 a.m.-9 p.m.
Fri. 11 a.m.-11 p.m.
Sat. & Sun. 12-9 p.m.

Windjammer Club - 77252
Fri. & Sat. 5 p.m. - 2 a.m.

Windjammer Cafe
Mon.-Th. 11 a.m.-9 p.m.
Fri. 11 a.m.-10 p.m.
Sat. 5-10 p.m.
Sun. 5-9 p.m.

Windjammer Sports Bar
Mon.-Th. 5-9 p.m.
Fri. & Sat. 5 p.m.-2 a.m.
Sun. 5-9 p.m.

Safe Ride - 84781

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.

Islamic Service
Friday 1 p.m.
Room C

Pentecostal Gospel
Sunday 8 a.m. & 5 p.m.
Room D

LDS Service
Sunday 10 a.m.
Room A

Protestant Communion
Sunday 10 a.m.
Room B

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.

Intense Spiritual Fitness Power Lunch!
Study the Book of Romans with Chaplain Chouest

Thursday 11-11:30 a.m.
JTF Chaplain's Office

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

	9 FRI	10 SAT	11 SUN	12 MON	13 TUE	14 WED	15 THU
Downtown Lyceum	We Bought a Zoo (last showing) (PG) 7 p.m. Act of Valor (R) 9 p.m.	The Lorax (NEW) (PG) 7 p.m. Underworld: Awakening (NEW) (R) 9 p.m.	Safe House (R) 8 p.m.	Darkest Hour (PG-13) 8 p.m.	War Horse (last showing) (PG-13) 8 p.m.	Joyful Noise (PG-13) 8 p.m.	Contraband (R) 8 p.m.
Due to Daylight Savings Time, Downtown Lyceum showtimes will change to 8 p.m. beginning March 11.							
Camp Bulkeley	The Lorax (NEW) (PG) 8 p.m. Underworld: Awakening (NEW) (R) 10 p.m.	Red Tails (PG-13) 8 p.m. Contraband (R) 10 p.m.	Extremely Loud & Incredibly Close (PG-13) 8 p.m.	War Horse (last showing) (PG-13) 8 p.m.	We Bought a Zoo (last showing) (PG) 8 p.m.	The Devil Inside (R) 8 p.m.	Act of Valor (R) 8 p.m.

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

Background: More than 250 participants in the W.T. Sampson Elementary School Northeast Gate One Mile Fun Run met at the finish line Matreh 2 at the U.S. Naval Station Guantanamo Bay/Cuban border.

Below: Following the fun run's theme, Marine Corps Security Forces Company (MCSFCO) commander Maj. Winston Tierney kicked off the event dressed as The Grinch Who Stole Christmas.

—photos by Mass Communication Spc. 2nd Class Kilho Park



The JTF At Shutter Speed

Above: Geoff Liebman of Rhythm Extreme stomped into Downtown Lyceum March 3, filling the night air with the harmonious sounds of metal and plastic garbage cans. The troupe of eight percussionists and dancers used found objects and the stage to create the beat.
—photo by Sgt. 1st Class Kryn Westhoven

