

The WIRED

An award-winning
JTF journal

On your
mark...

CPO triathlon tests
Troopers' mettle

Also in this issue:

Commissions report

JSMART: Dealing with loss

'Ghost Rider' sequel reviewed (blerg)



COMMAND CORNER

REAR ADM. DAVID WOODS

COMMANDER, JTF GUANTANAMO

Spring is in the air! Even in Guantanamo Bay, where the temperature rarely dips into the mid-60s, we have signs of spring. Trees are budding after taking on a dead appearance for several months. Brown plants are showing new green leaves and starting to flower. The iguana mating season is apparently in full swing. We had our first good hard rain in quite a while over the weekend. Even Joint Task Force Sailors' uniforms will change from tan to green on Monday. Yes, all the signs of spring are showing in Guantanamo.

Spring traditionally signals change, resurrection, rededication and at times the feeling of hope as we shed the gray (at Guantanamo, the brown or tan) of winter. I personally enjoy the trappings of spring (maybe not the iguana mating, but everything else). Change is ultimately good if the energy required to generate change is applied correctly. Change is the foundation of progress and I do subscribe to the notion that "if you are not progressing forward then you are destined to backslide." Sometimes we get into a comfort zone where we just want to "hold what we've got" or "don't touch anything." Like flying an aircraft or driving a vehicle, one must make constant adjustments to maintain the intended elements of direction to get where we want to go.

We are in the process of change and progress at the JTF. April 6 marked the Navy Expeditionary Guard Battalion (NEBG) turnover of the Guard Force in the third of three detention camps. Until recently, our Guard Force was about evenly split between Soldiers and Sailors. As our Joint Force demands changed with the conclusion of Operations Iraqi Freedom and New Dawn at the end of 2011, the supply that resourced that demand was available to be reapportioned and remissioned. JTF Guantanamo was the beneficiary of the remissioning of available Military Police (MP) forces. In December,

we embarked on the transition of the duties being performed by the NEGB Individual Augmentee Sailors, which for a number of years have been drawn from across the active and reserve Fleet, to Army MPs. Army is the Department of Defense executive agent for military detention operations; as such the Army Active, Reserve and National Guard components maintain in their ranks a Military Police force which is in part designed to perform both detention and security operations. We currently have active, reserve and guard Army MP Companies performing the detention and security mission at Guantanamo. By the end of April our Guard Force ratio will have changed to roughly 85% Army and 15% Navy. The impressive aspect of this change is that it has progressed without a hitch in our professional execution of the unique detention mission we perform at JTF Guantanamo. It is a true testament to our Joint Force in the United States military that we can seamlessly transition a significant piece of a complex, high-visibility mission. Bravo Zulu, not only to the Sailors past and present who have stood - and stand - the watch so diligently, but also to the Soldiers who have assumed the watch in stride!

This is but just one example of change that occurs routinely within our rotational force. My expectation for each and every one of you is that we don't just do "change for change's sake" but we strive to harness change-energy in a positive direction. Have you improved on what was passed on to you when you arrived at Guantanamo Bay? What is your plan to improve our command now and in the future? Don't be satisfied with status quo. Let's pull together to create the cultural change in this command that will have a lasting impact. This message is the same as we discussed during the "All Hands Calls" last month - continue to turn this message into action! We are Honor Bound to do so!



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JOINT TASK FORCE GUANTANAMO

SAFE • HUMANE • LEGAL • TRANSPARENT

NEWS FROM THE BAY

5K run/walk for Haiti

Help raise money to transform Haiti. Take part in the 5K on Apr. 21 at 7 a.m. outside Denich Gym. Register for the event tomorrow at the NEX Atrium. Registration fee is \$11.

For more information, call Larissa Pillay at 3252 or Joshua Conwell at 84507.

Play that funky music, and reggae/hip hop too

Listen to some of your favorite old-school classics as well as new school funk April 20 at the Windjammer Ballroom.

For more information, call 75503.

Reggae/hip hop artist Rayvon will perform April 21 at 10 p.m. at the Windjammer Ballroom with Miami's own DJ Epps.

For more information, call 2157 or 75237.

Fitness Aerobathon

All hands are invited to participate in 30 minute intervals of GTMO Moves, circuit training kickboxing and yoga at Denich Gym. The workout runs April 25 from 5:30-7:30 p.m. For more information, call 2113.

History hike sequel

MWR Liberty will take Troopers and Guantanamo Bay residents on another history hike on May 5. This time it will be centered around Hicacal.

Call 2010 to find out how you can help.

Volunteer everywhere

MWR Liberty is looking for fun facilitators. Do you have your captain's license? Volunteers are needed to take boats out on day and night fishing trips. Are you good at Texas Hold'em poker? Pool? What about ping-pong? Call MWR Liberty at 2010 and volunteer to teach others the your favorite games.

Day at the Bay

All hands are invited to a free community event April 28, 2-6 p.m. featuring a performance by the Dirty Sock Funtime Band.

For more information, call 84616.

Trail Blazers

Help keep the trails of Gitmo beautiful and clean. The Trail Blazers are looking for volunteers to help cut grass, trim tree limbs, remove trash and anything else it takes to keep your hikes, trail runs and bike rides fun and easy. For more information, call Martin Sullivan at 8243/8242 or email Martin.E.Sullivan@jftgto.southcom.mil.

Library reopened

The Community Library renovations are complete and normal hours have resumed! Revisit your favorite comfy chair, Wi-Fi hotspot or finally return all the books you almost forgot about.

For more information, call 75237

North East Gate tour

Want to learn the history of the North East Gate and the United States Marines at Naval Station Guantanamo Bay? Meet at the Marine Hill Parade Deck at 11 a.m. on the third Friday of every month for the North East Gate tour.

For more information, call 2334.

Pajama party

Put on your PJs and enjoy free popcorn, beverages and a movie at the Marine Hill Liberty Center, Sunday at 8 p.m. This opportunity is available for active duty, unaccompanied personnel.

For more information, call 2010.

There's another independence day

The Jamaica Independence Day committee invites all hands to volunteer for a multitude of fundraising events, to include a car wash, T-shirt sale, sporting events, beach party, multicultural cook-off, Jamaican cooking class, gospel concert, chef auction and much more. Jamaican Independence Day is Aug. 6, and all fundraising event dates are TBD. To volunteer, call 4822.

UFC at O'Kelly's

Watch Jones v. Evans April 21 at 9 p.m. on the flat screens at O'Kelly's Irish Pub.

For more information, call 75503.



This is LT's dream library, minus the ugly floor lamps... actual Community Library renovations may vary.

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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.

Trooper to Trooper

make PT work for you

SGT. 1ST CLASS MARRIO WILLIAMS

JTF GUANTANAMO ENGINEER NCOIC

One of the most important things I have learned in my 18-plus years of service in the Army is the great need to stay physically fit.

Before beginning my career in the military, I stayed in shape because I played a lot of sports and that was fun for me. Because playing sports was my exercise it included a lot of running and throwing movements, I did not use all the muscles needed in the Army Physical Fitness Test (APFT) programs or normal duties.

When I started doing physical fitness training (PT) in Army basic training, it was very hard. It was not fun and it took some getting used to. I didn't like to do it after basic training either. But I knew if I wanted to stay in the military, I had to do some of my PT Army-style.

Growing up in a poorer area of Chicago, I did not learn to look at many challenging things with a positive attitude. I hated to do things that I felt forced to do or that took a lot of work. So because PT was something I was "forced" to do, it took a while to learn to have a good attitude about it.

At first, my primary motivation to PT was to stay in accordance Field Manual 21-20 (physical fitness training) and Army Regulation 670-1 (wear and appearance of the uniform). But as I became more fighting fit and as I understood more about exercise, I began to realize how important fitness is to my overall life. Now I love to do PT because it allows me to stay healthy and strong and have more energy for the sports I love to play.

If career advancement and the benefits to



personal activities aren't enough, maybe you can be motivated by the way others see you and how you see yourself. Everyone wants to look and feel good about their appearance and weight, but you won't get fit wishing for a better body, you have to get off your butt and do something about it.

I don't know too many people who don't like to eat. Without exercise, we have to eat less because we start putting on the pounds if we don't. You'll go from being fit, to being that tubby person in the mall the kids are making fun of because you got a sandwich in your hand you really don't need. So if you

like to eat, PT is a great way to be able to have some good food to give you energy you do need.

I went from hating PT to loving it, saying along the way "I love PT; it works for me!" I believe that if you find the right motivation and give it a chance, it will work for you too.

All branches of the military have men and women who love to do PT and are willing to help people get into a good workout routine. Seek them out, ask for help, and when it comes time to go to battle, you will be fighting fit.

HONOR BOUND

More motions filed in al-Nashiri case

By Jim Garamone

American Forces Press Service

FORT MEADE, Md. – A military judge ruled Tuesday that a defendant in the USS Cole bombing may meet with his defense attorneys unfettered.

Army Col. James L. Pohl deferred several other defense motions in the case of Abd al-Rahim Hussein Mohammed Abdu al-Nashiri at Guantanamo Bay, Cuba.

The ruling made moot testimony from Nashiri on the effects he felt from his imprisonment prior to arriving at the detention facility in Cuba. That testimony could have contained classified information.

Lawyers also argued on constitutional motions, with the defense arguing that neither terrorism nor conspiracy is a crime under accepted international law. They said Nashiri – who is alleged to have masterminded the plot that killed 17 sailors aboard the USS Cole during an act of terror in Aden, Yemen, in 2000 – cannot be charged with those crimes because they don't exist.

Pohl indicated he would rule on these

motions later.

Nashiri is charged with perfidy, murder in violation of the law of war, attempted murder in violation of the law of war, terrorism, conspiracy, intentionally causing serious bodily injury, attacking civilians, attacking civilian objects and hazarding a vessel.

This is a capital case.

The charges arise out of an attempted attack on the USS The Sullivans in January 2000, the actual attack on the USS Cole in October 2000, and an attack on the motor vessel Limburg in October 2002.

Nashiri is a Saudi-born member of al-Qaida. U.S. officials allege he was under the personal supervision of Osama bin Laden, and that bin Laden personally approved the attacks on the U.S. Navy ships.

New York lawyer David Schultz also spoke to the court today, arguing that the peoples' right to know trumped security concerns in this trial. Schultz, who represented 10 media organizations including the New York Times, the Washington Post, Fox News, NPR and the Miami Herald, based his argument on the 1st Amendment to the

Constitution.

He noted that lead prosecutor Army Brig. Gen. Mark Martins has been explaining to audiences around the United States how the reformed military commissions system is the best way to advance the rule of law in these cases. Under U.S. law, public attendance of criminal prosecutions is imperative to fairness, he said.

He reached back to the trial of the Lincoln assassination conspirators in 1865 and the Nuremberg trials after World War II to show that military commissions also honored this idea.

He admitted the government had a right to not reveal classified data during a trial, but argued that there are ways to ensure openness while still protecting the information.

Schultz' testimony was the first time outside lawyers have argued in front of the panel at Guantanamo.

Pohl did not disagree with Schultz. He maintained that the default setting in his court is a public hearing. He said proceedings should be closed only when the least restrictive measures cannot be imposed.

This Week in Guantanamo Bay History

G.J. Denich, the man

By Sgt. 1st Class Michael Shimer

Forty-nine years ago, U.S. Navy Reserve Seabee Petty Officer 3rd Class George J. Denich, Jr. was killed while driving a bulldozer in the construction of base fortifications. Denich died April 10, 1963, when the bulldozer he was operating overturned on what would become known as "Denich Hill." He and his fellow Seabees were preparing defensive positions in the tumultuous years after the Cuban Communist Revolution and the severing of diplomatic relations between the United States and Cuba.

A monument is dedicated to Denich, and is located at the base of the hill where he was killed. It is at the end of Kittery Beach Road, just before the Joint Task Force "Honor Bound" sign. The monument was dedicated on June 26, 1963. The Denich family was present, placing a plaque there to remind everyone of their loved one's sacrifice.

Twenty-five years ago, a new base gym was also named in Denich's honor. A rededication ceremony occurred on March 19, 2007, when Seabees of NMCB-133 unveiled a commemorative plaque.

MONEY MATTERS

Saving for retirement is as easy as TSP

By Sgt. 1st Class Kryn Westhoven

With the federal tax deadline fast approaching, this is good time to start thinking about reducing your tax liability for this year and save for your retirement.

For service members, both goals can be accomplished by starting or increasing contributions to the Thrift Savings Plan (TSP), according to Walter Barrett, personal finance specialist with the Fleet and Family Support Center at U.S. Naval Station Guantanamo Bay.

"TSP is your money you take when you go," said Barrett, explaining that contributions are not tied to retirement from the military.

The uniformed services retirement system is a defined ben-

Money really does matter, especially when it comes to building a nest egg: this is part one of a two-part series on managing Thrift Savings Program funds.

efit program, which means you need to wear the uniform a certain number of years to qualify. Benefits are based on rank and years of service. TSP is a defined contribution plan, so the amount you put in and the earnings on those investments will determine what you can redeem.

TSP contributions are made from pre-tax earnings, meaning

see TSP page 8



Commissions Activity

As we all know the commissions are upon us. And because of the commissions the eyes of the world are going to be focused on Joint Task Force Guantanamo once again. So with that in mind we would like to make some friendly reminders concerning OPSEC. Remember the "need to know" principle. Don't talk to individuals about work related material outside the realm of your work environment. Even if who you are about to talk to is in your section, leave work at work. You never know who else might be listening or watching. Use OPSEC!

Get Ready...



Guantanamo Bay civilians and Joint Task Force Troopers hit the water swimming at the start of April 7's Chief Petty Officers Association Triathlon. Participants had the option of competing individually or in teams. —photos by Pvt. Loren Cook



Troopers triumph in CPO Triathlon

Get Set...

By Pvt. Loren Cook

It was just after dawn in the cool early morning hours of a beautiful Saturday. At Windmill Beach, a light breeze was blowing; just enough to carry the scent of saltwater to your nose.

At the water's edge, a crowd of men and women competing in the Chief Petty Officers Association Triathlon lined up in the sand.

"Get ready!" boomed a voice from a bullhorn, and the line of people on the beach got ready.

"Get set!"

A blast from the bullhorn sounded, and the group surged into the Caribbean.

"The water was relatively calm," said Navy Lt. Michael Suriano, flag aide and official Joint Task Force Easter bunny, who won third place for individual competitors.

Swimmers cut through the water with powerful strokes, heading toward a buoy that marked the edge of their course. Upon reaching it, they turned right and swam to another buoy. After reaching that buoy, they swam back to shore.

"I have a swimming background,

so the hardest part was seeing the buoys," Suriano added.

Speed was key, but it was also very important for the swimmers to conserve their energy. This wasn't a race that would be determined only by swimming; swimming was merely the first part of the competition.

After finishing their 500-meter swim, participants ran to the road, donned protective helmets, and got on bicycles. Their next task was to cycle 10 kilometers (6.2 miles) over rugged, uneven terrain.

"It wasn't as fun when the chaplain passed me halfway into it!" Suriano groaned.

Ten kilometers of cycling later, competitors found themselves with their final challenge. They took off their helmets, got off their bicycles, turned around, and began running a 5K (3.1 miles) on the very road they had been cycling on moments before.

"I'd been fasting for four days, but I felt really good when I started running," said Army Staff Sgt. Augusto Gonzalez, J-4's chief purchasing agent. "All I could think about as I ran was that I didn't want to let my team down."

Joint Task Force Guantanamo command chaplain, Navy Capt.

Bradley Thom, came in first with a time of 1 hour, 7 minutes, 47 seconds.

"These events give me a reason to train and stay in shape," Thom said.

"Coming out here is a great way to celebrate fitness, and it's a great way to come together and meet people you don't normally see," Gonzalez added.

The Chief Petty Officers Association held the triathlon to raise scholarship money for a W.T. Sampson High School student.

In order to earn the scholarship, interested students submit a scholarship packet, including an essay. Packets will be reviewed by chief petty officers, and the winning student will be announced in mid-May, said Senior Chief Petty Officer Joey Stephenson, president of the Guantanamo Bay chapter of the CPOA.

Beyond benefiting the students, competitors turned out to test their level of fitness against each other and embrace the spirit of the chief petty officer.

"These events get a lot of people with similar interests together, and help instill a feeling of fitness," Stephenson said.



Winners' Circle

Individuals – Male

- 1st Place – Bradley Thom – 1:07:47
- 2nd Place – Corey Geiger – 1:10:17
- 3rd Place – Michael Suriano – 1:11:16

Individuals – Female

- 1st Place – Karen Guerra – 1:18:06
- 2nd Place – Marty Bledsoe – 1:18:49
- 3rd Place – Elena Granina – 1:32:39

Teams

- 1st Place – Landis Andrews, Joseph Donnelly, and Augusto Gonzalez – 1:17:20
- 2nd Place – Ian Browder, Ike Bennett Lee, and Greg Lewis – 1:21:37
- 3rd Place – Erica Gardner, Tamsen Reese, and Katie Sutton – 1:22:07

TROOPER FOCUS

By Army Sgt. Saul Rosa

As the Joint Task Force Guantanamo mission continues, buildings need maintenance and new projects emerge. The Trooper who responds to those service calls is Petty Officer 1st Class Mark Anderson of the Joint Task Force Engineers.

Anderson has served in the Navy Reserve for 15 years and has worked in many of the traditional Seabee positions ranging from the one swinging the hammer to project supervisor.

"The job I do on island is different than what I typically do as a builder in the Seabees," said Anderson. "I manage the service calls for JTF properties and facilities through facility maintenance representatives throughout the command."

Anderson also assists in special projects that require knowledge of construction, such as the 107th Military Police Company's piece in Memorial Field.

Memorial Field is where outgoing units place monuments between the JTF Mini NEX and the Trooper Chapel. The monuments typically feature the unit crest,

date of deployment and a motto or catchphrase.

As a reservist, Anderson must balance his military career with his civilian career back home.

"I am a squad leader in the reserves," said Anderson. "I have three fire teams and each fire team has three to four people. The last time I was deployed, I was prefab shop supervisor and we prefabricated seahuts and other building to minimize the time in construction."

When not deployed, Anderson constructs custom furniture.

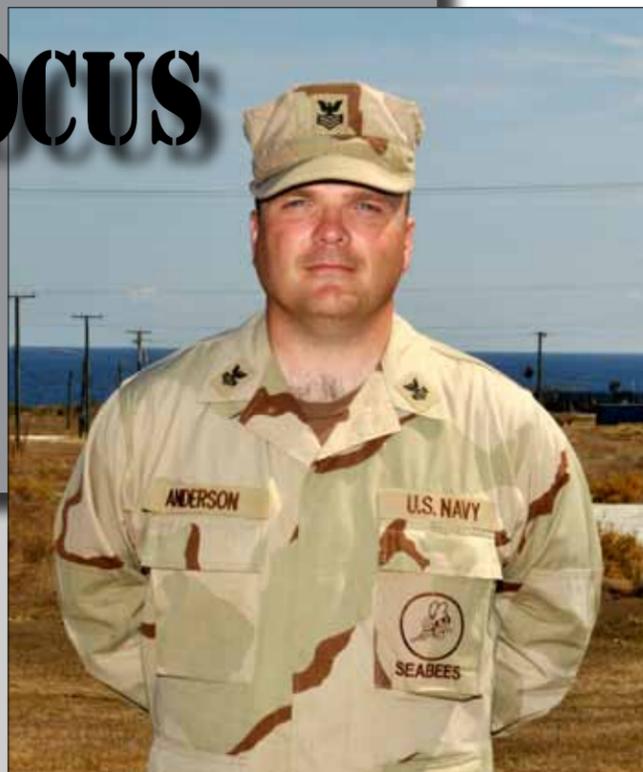
Anderson explained that he came into the business when a friend asked him to work for his company. As the company grew, Anderson began working full time making custom furniture.

"We'll make anything a customer requests us to make," said Anderson.

Before deploying to Guantanamo, Anderson and his friend branched out into a new business model.

"We teamed up

see FOCUS next page



BULLET BIO: BU1 MARK ANDERSON

Time in service: 15 years

Hobbies: Snorkeling, woodcrafting, smoking cigars

The boss says: "He's a very bright Sailor who knows his stuff."

Advice to junior Troopers: "When you're not working, get away from the workplace and explore your surroundings."

Who would you want on your triathlon team?



"I would bring YN2 Escobedo, because his motivation and drive would make him a valuable member."

Yeoman 1st Class
Holly Fey



"I would bring Lt. Guerra because she's number one and fast. She could fill any role in the Triathlon."

Builder 2nd Class
Christopher Benton



"I would bring Michael Jordan because he's an all around great athlete."

Pfc. DeAngelo Beane



"I would bring Staff Sgt. Chapple because he's great at PT."

Spc. Cody Kilroy

BOOTS ON THE GROUND

Mind, Body & Spirit Handling grief and loss while deployed

by Hospitalman 3rd Class
Dominique Cannon, JSMART

There are a number of defining moments in the course of our lives that can completely change the way we perceive the world and go about our affairs. Some of these events are positive, such as the birth of a child, graduation, and retirement. And some of these events impact us negatively, such as the loss of a job, divorce, and the death of someone close. Grief and loss are inevitable realities that we all must regrettably face throughout the course of our lifetimes. The process of mourning and recovery can be a difficult and long battle. Service members deployed abroad, in particular, can experience increased obstacles in accepting such events. No matter where you are, you can overcome grief and loss by identifying and managing your emotions.

Very few definitions can summarize the meaning of grief, since it can carry a very different meaning individually. In its most simplistic definition, "grief is a natural response to loss" (Smith & Segal, 2012). Though grief associated with death is familiar to many of us, we grieve a wide variety of losses throughout our lives, both physical and symbolic. Whereas we can grieve the tangible loss of a loved one, we also are capable of mourning the loss of intangible things, such as a relationship or financial stability.

FOCUS cont.

with another friend of ours and started "Tree of Life," said Anderson. "We are sourcing the wood for the customer. If a tree is blown over by a storm, we will go and harvest it."

Anderson explained that often the trees that are harvested are hundreds of years old and would have been shredded for easy disposal if his company didn't pick them up.

Anderson learned how to survive deployments from previous tours overseas and offers this advice to Troopers.

"Take advantage of what is offered," said Anderson. "I see people squirreled away in their rooms. Even if this isn't the most exciting place, it's a lot better than most deployment sites."

For the service member, experiencing loss can have a severe impact upon physical and emotional well-being. Deployments already present us with a wide range of different stressors. The death of a loved one or the loss of something cherished can come as a devastating shock and complicate an already stressful situation. Grieving individuals may exhibit such symptoms as frequent crying spells, irritability, insomnia, hypersomnia (sleeping too much), and difficulty functioning on a day to day basis.

A large amount of clinical research has been conducted to identify distinct phases of grief. In 1969, Dr. Elizabeth Kubler Ross published her book, "On Death and Dying," which theorized five stages of bereavement and mourning. The Kubler Ross model identifies the five stages as being denial, anger, bargaining, depression, and acceptance (D.A.B.D.A). Although all five stages may not apply to everyone, the model has been used by clinicians and mental health professionals to assist people in getting better. However, the unifying factor for all the phases of grief is time. The path to improvement and accepting loss is dependent upon time. As the old adage goes, "time heals all wounds," and so too is the emotional hurt of grief lessened with the passage of time. Mourning is a very personal experience that can take years for someone to recover from.

TSP cont.

you do not pay income tax on the money invested. This tax deferral can work well for many people whose retirement income will be lower and could be in a lower tax bracket.

TSP was started for federal civilian employees in 1986 to provide government workers a retirement plan similar to 401K plans offered in the private sector. The savings and tax benefits were extended to the uniform services in 2001. Three quarters of TSP participants ranked the program in their top five sources of expected retirement income in a 2011 survey.

"Look at it as a retirement vehicle, and leave it alone so it can compound," added Barrett.

What financial specialists sometimes called "the miracle of compounding" can be shown in this example: saving \$40 per month over a 20-year military career would grow to approximately \$21,000. Less than half of the accumulation comes from the actual contributions.

Whether it is \$40 per month, or 10 percent of your take-home pay, or the IRS limit of \$17,000 for 2012, starting your TSP fund

As humans, we are all equipped with a range of coping skills to handle the various obstacles of life. Though it may be difficult, accepting the death of a loved one or the loss of something dear can ultimately result in maturing us in a positive way. When confronted with death or loss, we can seek the comfort of company to alleviate the pain. Getting reassurance from family and friends can be beneficial in providing a different outlook on the situation. Should you be spiritually inclined, finding support from your religion also can make a considerable difference in accepting the loss.

While professional counseling and strong social support can assist in reducing the anguish associated with grief, moving onward and accepting the loss is dependent upon the individual. Those attempting to offer assistance to an individual in mourning should understand that grief reactions will not dissipate overnight. Should concern arise regarding their behavior, such as threatening suicide or other destructive acts, emergency services must be notified immediately.

Bearing the pain of loss and grief doesn't have to be a lone battle. The Joint Stress Mitigation and Restoration Team is the mental health asset available to Joint Task Force Guantanamo personnel. We are located next to the Camp America post office, across from the Trooper Chapel. We are open from 7 a.m. to 5 p.m. and closed weekends and federal holidays. Call us during duty hours at extension 2321.

or increasing the contributions can be done several ways. Download the TSP Election form (TSP-U-1) from www.tsp.gov and submit it through your service pay office. Or, use the MyPay portal at <https://mypay.dfas.mil> to start or adjust the percentages of pay you allocate for the savings plan. As long as you place one percent of basic pay into TSP, you then can add a percentage of special pay, incentive pay or bonuses you would like to invest.

You can turn TSP off and on without tax penalties, according to Barrett, who added that the only negative thing he had ever heard about the program was about an individual's choice to invest too conservatively.

The perceived conservative rates of return, levels of risk versus safety and the five core funds of TSP will be discussed next week.

Besides his office at the naval station, Barrett is available every Thursday from 8 a.m. to 12 p.m. at the Fleet and Family Support Center satellite office located next to the Camp America post office. Call 4050 or 4141 to set up an appointment.



Oh dear. How should I start? I went to "Ghost Rider: Spirit of Vengeance" and I overheard people during the end credits talk amongst themselves. "I couldn't wait to see this movie" said one gentleman. His colleague recounted with "I couldn't wait for it to end." To be fair, here's another incident: I found myself passing an Air Force captain on the IOF quarterdeck on Monday. "Hey MC1, what movie are you going to review this week?" I told him it would be "Ghost Rider." This was followed by a wincing face while he very softly said "Ooooooh!" As he shook his head, I knew with certainty this movie would be discussed in hushed tones by those who had seen it.

For the uninitiated, "Ghost Rider: Spirit of Vengeance" is the indirect sequel to 2007's "Ghost Rider." These movies are based on the Marvel Comics character of the same name with the same premise. Johnny Blaze (Nicolas Cage) is a daredevil stunt motorcyclist who made a pact with Mephistopheles (Ciaran Hinds, "John Carter") to cure his father's cancer in exchange for his soul. After a cruel twist of fate, Blaze got burned in the deal, losing his soul and becoming a demonic pawn of dark forces. He now has supernatural abilities

and is able change at will into a fiery skull-headed demon known as "The Rider," who has a fierce sense of justice. In this form, he is nearly indestructible and uses flaming chains as weapons.

The new movie finds Blaze eight years after the events of the first picture. The cursed loner has left behind his normal life and is living a meager existence in Eastern Europe.

In his earthly guise of "Rourke," the devil is tracking his own son Danny (Fergus Riordan, "I Want to Be a Soldier") in order to inhabit his body. Rourke's current body is dying, as the devil in human form weakens the host. To do Rourke's bidding, the mercenary Ray Carrigan (Johnny Whitworth, "Gamer") and his merry band of goons are hot on Danny's trail.

The boy and his mother Nadya (Violante Placido) are hiding within a monastery's castle when it is stormed. All the monks are killed and the duo is on the run. The drunken priest Moreau (Idris Elba, "Thor") finds and recruits Johnny Blaze to help protect the boy from the devil's insidious plan. Blaze is reluctant to unleash "The Rider" to defend Danny and make battle with the dark forces pursuing the boy. Moreau makes Blaze an

offer he cannot refuse: access to a supernatural sect that can lift Blaze's curse and free him from his dark pact. With the prospect to regain his soul, how could he possibly say "no" to that?

A conflict with the Ghost Rider leaves Carrigan dead. He is resurrected by Rourke as the dreaded Blackout, complete with supernatural abilities to siphon life and to decay anything he touches. A great example of his newfound powers is handled somewhat amusingly: Blackout touches a sandwich and it decays. Then he touches an apple, it too dissolves. Nothing happens when he picks up a Twinkie, affirming that a Twinkie will last forever. In this case, the Twinkie can even withstand satanic powers.

The Ghost Rider's new look is awesome, having been modified from the previous picture. This time, the skull is charred black, fierce and menacing. When the Rider sucks the sole of a baddie from him, he is truly a horrific force to be reckoned with. Towers of flames spirals off the Rider like a geyser. The way the Rider's leather jacket smolders, bubbles and smokes is a really great detail I haven't seen in the movies before.

The MTV-like camera work was notably atrocious. Many scenes are presented with

animation and other graphics that happen so quickly, when they are over you're not sure what happened. The hip, fluid, linear approach I am sure the filmmakers were going for is completely upstaged by an oversaturation of the medium. The effect is dizzying, unnerving and, quite frankly, amateur looking. How about the sound? I half wondered if I was going to be partially deaf for a day after seeing the movie, much like the day after a Motley Crue concert, due to the non-stop barrage of loud action sequences and ear-pounding music. If you want to replicate the effect, just put a metal bucket over your head and let a six-year old drum on it with a pair of mallets.

I'm sure the studio felt there could be no wrong in green-lighting this picture. The 2007 original actually grossed money despite being panned by most critics. This new movie boasts a very impressive screenwriting credit: that of David S. Goyer. He is best known as the man who breathed new life into the Batman revision for the films "Batman Begins" (2005) and "The Dark Knight" (2008). Surely, he was believed to be able to reinvigorate the Ghost Rider franchise after its dismal 2007 start. "Ghost Rider: Spirit of Vengeance" is an un-engaging and un-interesting film that is an incoherent mess. I cannot fathom why anyone thought making this movie could possibly have been a good idea. It's frantic, chaotic and downright ugly. There is no sense of awe or fun, which is something you would want in a comic book based movie. If someone wanted to write a thesis on why they should stop making comic book movies, look no further than "Ghost Rider II." Though, the comic book film gods will be working overtime this summer with the anticipated releases of "The Avengers," "The Amazing Spider-Man" and "The Dark Knight Rises" (co-storied by Goyer). Hopefully any one of those films, if not all of them, can quell the memory of this disaster and save the genre from itself.

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

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

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

MWR Liberty Centers - 2010
Deer Point: Mon.-Fri. 4 p.m.-12 a.m.
Sat. & Sun. 9 a.m.-12 a.m.

Marine Hill: Mon.-Th. 11-12 a.m.
Fri. 11-2 a.m., Sun. 9-12 a.m.
Tierra Kay: Sun-Th. 7-12 a.m.
Fri. & Sat. 7-2 a.m.

Camp America - open 24 hours
Pirate's Cove
Th.-Sat. 7 p.m.-12 a.m.

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

McDonald's - 3797
Mon.-Th. 5 a.m.-11 p.m.
Fri-Sat. 5 a.m.-2 a.m.
Sun. 6 a.m.-11 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 - 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.

O'Kelly's Irish Pub
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.

	13 FRI	14 SAT	15 SUN	16 MON	17 TUE	18 WED	19 THU
Downtown Lyceum	Tyler Perry's Good Deeds (NEW) (PG-13) 8 p.m. Wanderlust (NEW) (R) 10 p.m.	Wrath of the Titans (NEW) (PG-13) 8 p.m. Ghost Rider II (PG-13) 10 p.m.	Big Miracle (last showing) (PG) 8 p.m.	Chronicle (last showing) (PG-13) 8 p.m.	Woman in Black (PG-13) 8 p.m.	Journey 2 (PG) 8 p.m.	Safe House (R) 8 p.m.
Camp Bulkeley	Wrath of the Titans (NEW) (PG-13) 8 p.m.	Tyler Perry's Good Deeds (NEW) (PG-13) 8 p.m.	Woman in Black (last showing) (PG-13) 8 p.m.	Big Miracle (last showing) (PG) 8 p.m.	Chronicle (last showing) (PG-13) 8 p.m.	Wanderlust (NEW) (R) 8 p.m.	Journey 2 (PG) 8 p.m.
	Due to technical difficulties, only one film will be shown per night.						

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

U.S. Naval Station Guantanamo Bay and Joint Task Force chaplains led Troopers and residents in song and prayer Easter Sunday at Windmill Beach.
-photo by Mass Communication Spc. 1st Class Ty Bjornson

