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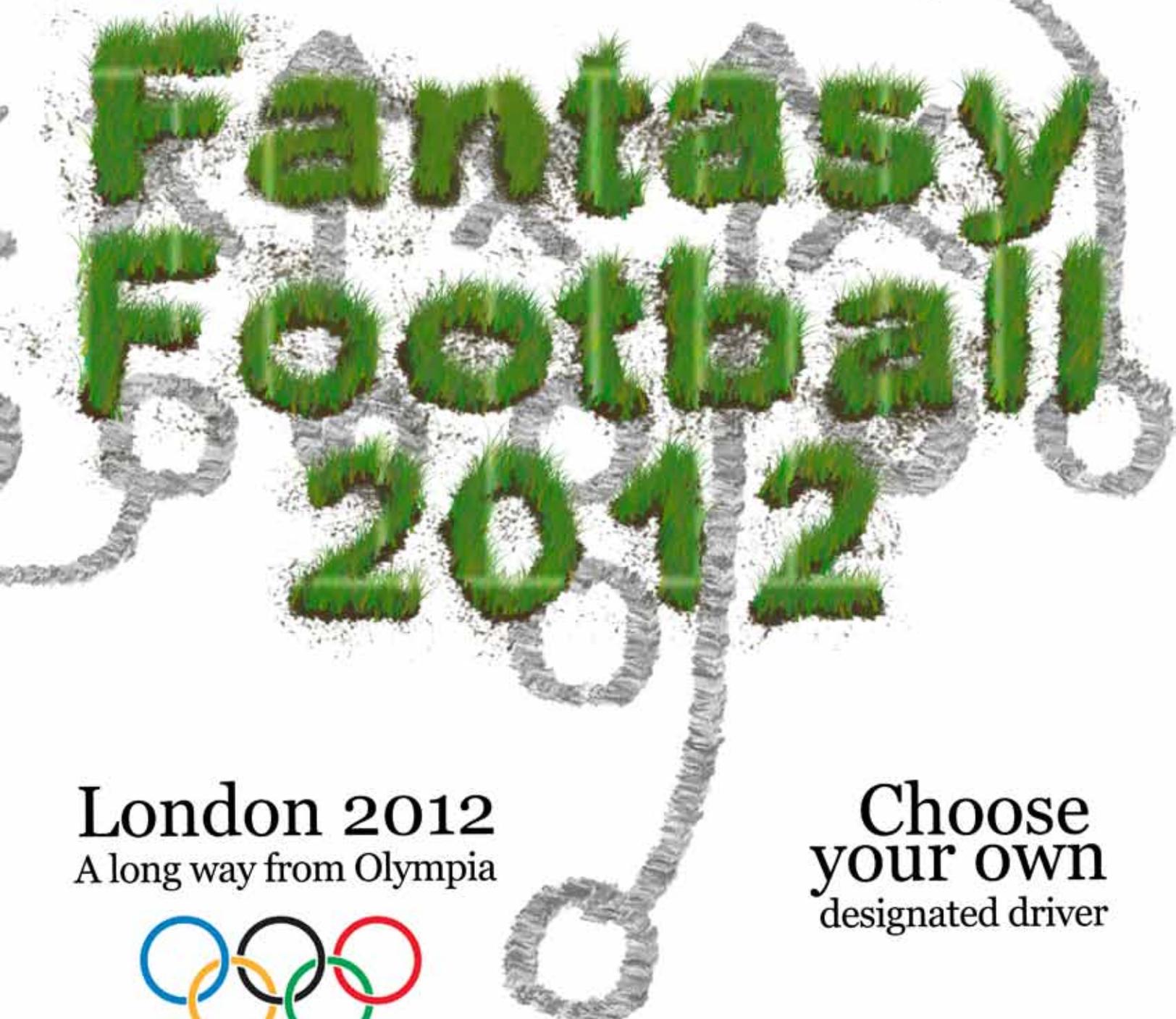
Friday, August 3, 2012

The WIRE

An award-winning
JTF journal

Spiderman Review

What's new in Spidey's web?



London 2012
A long way from Olympia



Choose
your own
designated driver

CAPT. W. ANDREW DOCHERTY
CHIEF OF STAFF, JTF GUANTANAMO

Hopefully, everyone has had the opportunity to watch some of the Olympic events on TV over the past week. As always, there have been some amazing performances and some phenomenally close competitions, which were decided by hundredths of a second, fractions of an inch, or immeasurable quantities of focus, drive, and heart. The Olympic story has also been woven with

done. Whether you want to be able to get in better shape, be a better spouse, or read more, the key is clearly stating this goal to yourself every day and establishing a set of realistically-attainable milestones along the way. If you want to get in better shape, set a milestone of running X number of miles Y times a week. If you want to be a better spouse, commit to writing more frequently

For many goals, the only thing we need to exercise is our willpower, and the only thing we need to spend is our time.

or listening more carefully during your next phone call home. If your goal is to read more, set aside a certain number of minutes every day for reading. The key to attaining any of these goals is to set clearly measurable milestones and to start now. Don't delay. State your goal every day and focus on making progress on the milestones immediately. When you're consistently achieving your milestones, revise them upward to challenge yourself even further,

remembering and restating your goal along the way.

No matter how long you're here on deployment, there is plenty of time to set some goals and attain success in making yourself healthier, happier, better rounded as a military professional, or better equipped to be a better leader or a better citizen. You don't need to stand on a platform with a medal around your neck to achieve success, but you do need a clear vision of how you want your future to be, a set of goals to help you get there, and the drive and determination to make it happen.

Cover illustration by Mass Communication Specialist 1st Class Keith Simmons

Mea Culpa – Special thanks to Air Force Master Sgt. Vickie LeBrun and Army Sgt. Andrew Griffith for their contributions to last week's Trooper Focus!



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Ultimate Frisbee clinic

MWR offers an Ultimate Frisbee officiating and scorekeeping clinic tonight at Cooper Field from 5:30-7:30 p.m. The clinic is open to all hands who want to learn to officiate the game or just want to learn what makes these frisbees so ultimate.

For more information, call Alana at 2113.

Mandatory fun!

Is your unit or group having a party? Reserve a cabana or pavilion in person at the Morale Welfare and Recreation Marina! Locations include Hospital Cay, Cable Beach, Windmill Beach, Chapman Beach, Ferry Landing, Ocean View Park, and Phillips Park.

For more information, call 2345. Operators are standing by to take your call!

Accio Golden Snitch!

Are you a die-hard Harry Potter fan? Come out and play in a Quidditch tournament Aug. 11 at the Denich Gym hockey rink! The tournament begins at 7 p.m. Registration is free and open to all hands aged 13 and up. Register by Aug. 9 at Denich Gym. Come support your favorite house!

Not sure how to play Quidditch without a flying broomstick? Come to a Quidditch clinic tomorrow at Denich Gym from 6 to 8 p.m. and learn more about the sport and its rules.

For more information, call 2113.



99 problems, but a snitch ain't one!

Air Sunshine offers full refunds

Personnel who purchased tickets to Air Sunshine flights that were cancelled due to the airline's recent suspension can request a refund.

To get the refund, simply return your ticket to the local office in GTMO or the Air Sunshine ticket counter at Fort Lauderdale International Airport.

For more information, email queries to email@airsunshine.com, or call Dwight Henriques at 74915.

Jamaican Independence Day, mon!

The Jamaican Independence Day Committee is proud to bring you the Jamaican Independence Day celebration tomorrow night at the Windjammer Ballroom beginning at 5:30 p.m. Tickets cost \$20.

Enjoy authentic Jamaican dishes, entertainment by guest performers, local dance groups and cultural renditions.

For more information, email jicgtmo@yahoo.com.

Safe Ride!

Out drinking? Thinking about driving? Put the keys down! Save your life, the lives of others, and your career.

Call 84913/84781.

Radio GTMO auditions

So you think you know football? Want to be a co-host for a weekend sports talk show on Radio GTMO for the upcoming season? Get your name, number, and contact information to RadioGTMO@gmail.com, or find them on Facebook and say "Hey, let's talk some pigskin!" Applications are due no later than August 9 for auditions held August 11. This is your chance to be ON THE AIR!

Coastie birthday BBQ

Marine Safety and Security Team – New Orleans will host a barbeque to celebrate the Coast Guard birthday at Windmill Beach on Aug. 4. Come out and play sand volleyball, horseshoes, and other fun games.

Delicious barbecue is scheduled to be served beginning at 4 p.m. and run until about 8 p.m.

Service members from all military branches are welcome to participate and join in the camaraderie.

For more information, call 4826.

Michael W. Smith in concert at GTMO!

Grammy and Dove Award-winning singer Michael W. Smith is scheduled to perform Monday at the Windjammer Ballroom at 7 p.m. This concert is free and open to all hands!

For more information, call 4882.

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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 1,200.

Trooper to Trooper

The quiet leader succeeds by acting rather than talking

SGT. 1ST CLASS DESRICK RHOOMS
RESOURCE MANAGEMENT NCOIC

Traditionally, leaders are considered to be good if they are bold, brash and heroic. Thinking of leaders primarily in terms of heroic figures can be partial, misleading and toxic, as there are many quiet leaders throughout the military. Countless and often unseen efforts greatly contribute to the success of the mission.

Character sets quiet leaders apart, not tactics. They rely heavily on two unglamorous virtues usually not considered to be heroic virtues. Those virtues are restraint and tenacity.

Restraint is active, vigilant and often creative. Lack of restraint is a common failing of nearly all tough, macho leaders. They cannot stop themselves from “taking charge.” While their intentions are good, they interfere with other people’s jobs, micromanaging and over-supervising in their constant need to be doing something – anything – to stay active and involved. Leaders need restraint for two reasons: to hold back from rushing into decisions when time is needed so the situation can be clarified and to give empowerment to their subordinates.

Quiet leaders are filled with tenacity. They act because they care, and they care because

strong motives propel them forward. They have a ferocious resolve and determination to do whatever needs to be done to make the team a great success.

Additional characteristics of a quiet leader include patience and thoughtfulness. Quiet leaders do not let their passions rule them. Their inspiration is calmer, almost spiritual in nature, guided by high ideas. They are persuasive by appealing to the moral side of a person.

Quiet leaders do not desire or seek to be the center of attention. In the book “Leadership Lessons from West Point,” Eric Weis states that “leaders in all ranks prefer to work behind the spotlight and quietly move mountains. Successful Soldiers make noise as quiet professionals. Instead of accolades, noise manifests itself as subordinates identify with the leader, adopt, internalize dedication and make the organization stronger.” These principles apply to all Joint Task Force Guantanamo Troopers.

Leaders who use a more direct style can make it difficult for subordinates to raise concerns or share valuable information. I am proud to say all of my Soldiers know that they can showcase their technical expertise.

When I start thinking that I know it all, my section is in trouble. I have to stop and apply the 70/30 rule to discipline myself;



if I’m talking more than 30 percent of the time during a meeting, I know I’m not listening enough. Quiet leaders excel at listening. Listening helps leaders better understand their Troopers and the mission. Quiet leaders influence others by their disposition, not position. Quiet leaders earn credibility not just by virtue of their rank, but also by sharing their vision, talent and experience with Troopers.

As a Resource Management senior noncommissioned officer, I take fiscal responsibility seriously. Sometimes the

See T2T on Page 5

BOOTS ON THE GROUND

What is your favorite Olympic sport?



“Women’s gymnastics. My daughter could be there in four years!”

Master Sgt.
Gregg Ramsdell



“Basketball. It’s a very big sport in Puerto Rico.”

Spc.
Sarah Montalvo



“Boxing, because I boxed for four years.”

Pvt. 1st Class
Roman Gutierrez



“Women’s volleyball. I admire their athleticism.”

Utilitiesman 2nd Class
Spencer Scroggins

Free, reliable option to phone home

By Army Sgt. Ryan Hallock

“Honey? Can you hear me? Let me try to find a better spot with a stronger connection. No, I didn’t hang up on you. I didn’t!”

Does this sound familiar? Have you found yourself pacing in the church parking lot, trying to make a call home via Skype over a lousy WiFi connection? Do you want a more reliable way to dial home without half of Bremcor knowing your baby is going to be a boy?

Troopers can place two 15-minute phone calls for free every week. Active duty military and Department of Defense civil service employees are authorized to use the DSN Morale Call program.

Here’s how to do it:

Step one: Obtain an assigned personal identification number from the J6 telecommunications office. This pin is necessary to connect to a DSN operator and to dial a DSN number.

Step two: Dial 2800 from any phone line and get connected to an automated recording. Press the number one.

T2T from page 4

lines between mission accomplishment and pecuniary liability become gray. I have learned that quiet leaders that allow their subordinates to develop their leadership styles will be able to walk the “gun line” and become the future leaders that our country so desperately needs.

Today’s military is comprised of a force that is highly educated and paid to think. The military is different than in the past in that it does not want the command-and-control style of leadership associated with bold, brash and charismatic leaders. In my opinion, the military prefers quiet leaders that demonstrate accessibility, ability and attentiveness. We need leaders who are available for Troopers; leaders that model the skills and know-how that they want Troopers to acquire. The desire is to have leaders who are approachable; leaders that not only initiate regular contact with their teams but also work in and around their teams rather than behind closed doors. Troopers want quiet leaders who make it easy for them to ask questions, suggest ideas and convey information.

According to Weis, “quiet leaders sincerely care for Soldiers. Soldiers won’t care what you know until they know you care.”

Step three: Wait for the following prompt and enter your PIN plus the pound sign.

Step four: You will have two options to choose from.

1) Prompt one will allow you to make a direct DSN call to the base you’re calling to.

2) Prompt two will transfer you to a DSN operator who can give you the DSN number to the base you want to call.

“The Morale Call program is a program that the government put together to help enable troops to reach back to their home, their families, and anyone outside of the military to let them know how they’re doing,” said Air Force 1st Lt. Matthew Frantz, J6 current operations officer in charge.

Each phone call has a one-minute grace period, which means if the other party isn’t there or the answering machine picks up, none of your weekly minutes will be spent, granted you hang up within one minute.

“It allows me to keep in touch with family and friends,” said Petty Officer 2nd Class Breanna Brown. “There’s a whole phonebook full of DSN numbers for bases with the

specific area code you’re trying to call. Know those numbers, so your time isn’t spent looking for the correct base.”

To access the DSN phonebook visit <http://www.disa.mil/Services/Network-Services/Voice/SBU-Voice/Directory>.

Troopers can use a regular commercial phone card by dialing the 800 number for free:

Step one: From a DSN line, dial 96.

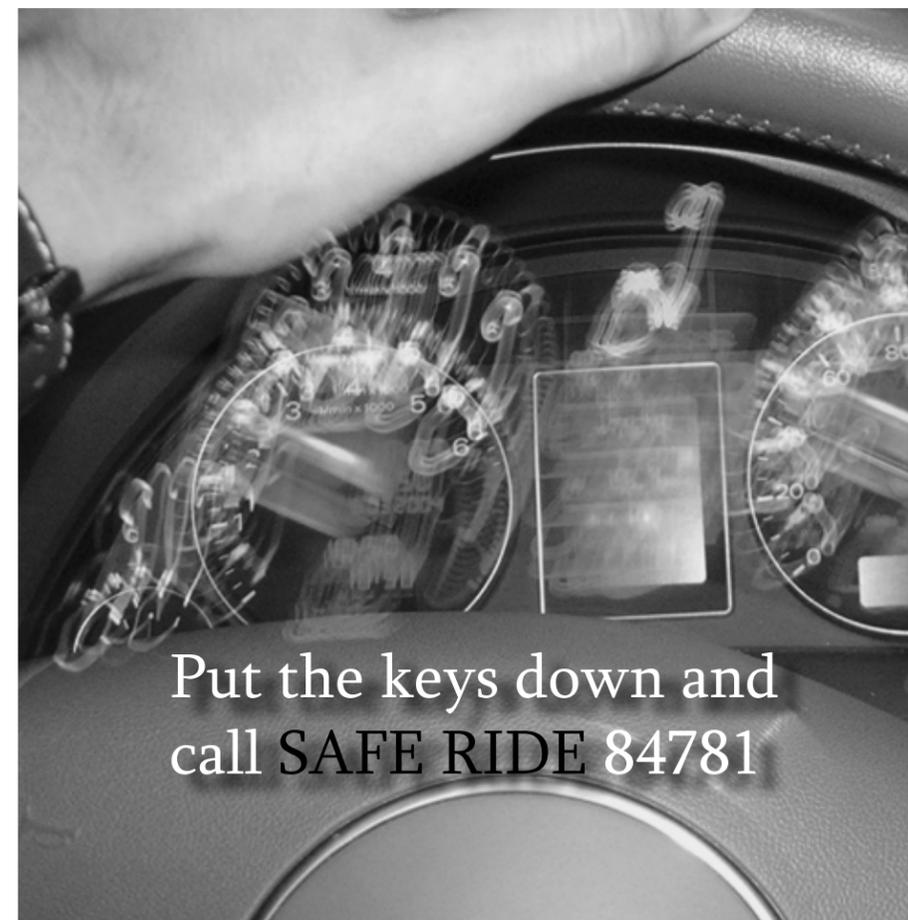
Step two: Dial 809-463-3376 and wait for a dial tone.

Step three: Dial the 800 number. You must dial 1 before the 888, 800, or 866 number.

Troopers can take advantage of the Morale Call program for authorized use or purchase phone cards at the NEX from AT&T or SCSL.

So if getting eaten alive by mosquitoes without any phone call privacy at the library is getting old, you can pick up any Guantanamo Bay phone and take full advantage of your two 15-minute phone calls every week.

“Not only does everyone want to reach back home to connect with loved ones, but it’s also important to let your loved ones know how you’re doing here,” said Frantz.





FANTASY FOOTBALL

A QUICK LOOK AT WHAT IT IS AND YOUR GUIDE TO GETTING STARTED

By Sgt. 1st Class Rick McNamara

We're quickly approaching that time when people's lives rotate around athletes who turn themselves into human wrecking balls and columnists who try their hand at predicting the future. That's right, it's fantasy football time. If you're like me or my buddies, you've been anticipating this since you bowed out in the first round of playoffs last year. Or maybe you're the returning champ who's trying to hold down the coveted championship trophy from last year.

Whether you're an avid player, brand new to fantasy football, or just happen to be one of the few who hate it but are forced to hear about it from your colleagues, its coming and it's all about preparation.

People make big bucks predicting the future; I don't. So I'm going to give you a minimal look into my crystal ball, avoiding the angry mob outside of my office come week three. Instead, I'm going to help prepare you for the season and run through the different options you have for leagues, the draft, the different positions and the waiver wire.

DECIDING ON THE LEAGUE

Deciding on the league can be as overwhelming as deciding on who you're going to pick up in the first round. There are multiple types of leagues, from the standard league to the survivor league, which boots a team each week. Deciding which type of league to join or create depends on your level of commitment and knowledge.

Most of us join the standard leagues. The draft is set up by a lottery, and we draft players depending on the positions we need to fill and our place in the order. In a ten-team league the draft would go from position one through ten in the first round, and then reverse order in the second, to go from ten back down to one, otherwise known as a snake draft.

Another option is to make each round a lottery. When each round becomes a lottery, teams run the risk of horrendous draft position throughout but also have the chance to pull great position in several rounds. Either way works, but the standard snake draft is the norm.

The commissioner of your league – yes one of us gets to be the Roger Goodell of our league – will decide on how points are scored. A good commissioner will either have all of the rules laid out for you prior to the draft or will hold a meeting to allow the league to determine the rules. The rules for each league vary from points to picking up a player off of waivers during the week. Deep enough for you yet? It gets worse.

These rules can make or break your draft and season – so buyer beware! Understand how you score points every week, how the waiver wire works and at what point your rosters lock for the week. All of these rules are make or break when it comes to me joining a league.

Another type of league is the dynasty league. These leagues are meant for a group that is willing to commit every year and follow prospects through their college careers. In-depth right? It actually shortens the process after the first year. The teams keep their players throughout the year into the next season and hold a shortened draft to pick up rookies coming in the league. A lot more research goes in to this kind of league, but I'll take any excuse to watch more football. If you have a wife like mine, this excuse won't work.

Trades, drops and pickups have a huge impact on these dynasty leagues. You can't

drop your elite quarterback for the championship game because he's sitting in his real life game – instead, he has to fill a bench spot, and you're stuck with whoever your number two is or who's on the free agency market.

Then there's the keeper league, which falls in between the standard and dynasty league. In a keeper league you keep a predetermined number of players from year to year; those you don't keep return to the market for next year's draft. This league allows you more flexibility than the dynasty league for rebuilding your team from year to year while still allowing you to maintain the core of your team during the offseason, unlike the standard league.

One of the more cutthroat leagues is the survivor league. Each week the team with the least amount of points is booted out of the league until there is only one team left at the end. The good thing about this league is that it quickly eliminates those who joined with good intentions to play but never made it past the draft. The bad part is, it can really suck if your first round draft gets injured at the start of a game. Thank you, Tom Brady.

Standard, dynasty, keeper and survivor all have their ups and downs. I prefer the standard draft league. It's comfortable – like my favorite Dolphins fleece blanket that I use to comfort myself through every heart-wrenching loss.

BREAKING IT DOWN BY POSITION

For the sake of space, I'm going to break this down according to the way that most people play the game. Sorry to those of you who like to pick a defensive player, but I'm not going to touch that version of the game. On your team you get a quarterback, two running backs, two wide receivers, a tight end, a kicker, a defense, and usually one flex player who can be either a running back or wide receiver.

Each one of these positions can bring you a lot of points or give you a lot of heartache. The quarterback, running back, and wide receiver positions can all be logical pick-ups in the first round. Personally, there are a few tight ends that wouldn't surprise me if they went late in the first.

Never – and I rarely believe in the use of absolutes – never pick up a defense or kicker in the first round. Don't pick them up in the first seven rounds! Stay away from

them until that's all there is left. If you really feel that there is a significant advantage to picking up last year's number one defense over last year's number five defense, go for it, but at least wait until you have all the rest of your starting positions filled. Unless you're in my league, then I highly encourage you to pick up a defense a kick and a backup for each in the first four rounds. You never know when Josh Scobee is going to get injured.

WAIVER WIRE

Okay, so the draft is done. A couple of your stars aren't going to live up to their potential or their previous year's numbers. However, a few of last year's duds will turn into studs, produce big points, and you're going to want to pick them up. The problem is you have no idea what your waiver position means for the free agency market.

Here's how the waiver wire works.

In most leagues the waiver order goes from the last place team to the first place team. So, if you've been killing it in your league until week three when Ray Rice tears his ACL and goes out for the season, you may not get the first shot at his backup. Whomever is in last place may swoop in and steal the Ravens' number two running back from you because they have a worse record. The waiver wire evens out the free agency market each week by giving an advantage to the weakest team in the league.

The catch though, is that if a team doesn't make a claim by a designated day, then the second worst team moves up a slot in the free agency claim market and gets first dibs. The waiver wire can either help pull you out of the cellar or replace an injured stud. It can also lead to a lot of frustration if you're playing with an active league that is playing both offense and defense with the free agency market.

WRAPPING IT UP

Fantasy sports have branched out over the past several years from fantasy cricket to fantasy congress; you can now assemble your fantasy team and play against your friends. So the next time you have those two jerks who won't shut up about their fantasy football teams, start blasting away with, "my fantasy congress team staged a filibuster over the weekend." See who gets sick of whom first.

A Night on the Town

CHOOSE YOUR OWN ADVENTURE STYLE!

By Pvt. Loren Cook

You're a typical Trooper assigned to Joint Task Force Guantanamo. It's been a rough week, but it's the weekend at last, and tonight, you're going to make it your mission to forget all about your stressful week. Tonight, you're going to get drunk! You can:

Go to The Gully. **Read Scenario 1.**

Go to the Windjammer Ballroom. **Read Scenario 2.**

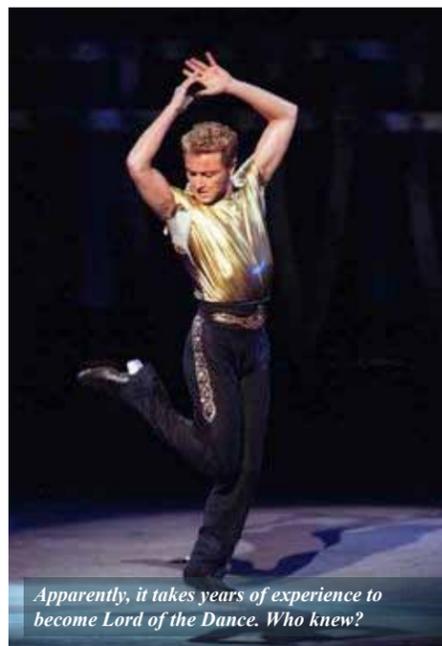
Scenario 1: You arrive at The Gully. The beats are phat, the company is hot, and after a judicious application of alcohol, you've convinced yourself that you're God's gift to the opposite sex. After some more drinks, you're also convinced you're Michael Flatley, Lord of the Dance. You're showing off your awesome Riverdancing skills when you hear it.

"You! Typical JTF Trooper!"

You've heard that voice before. It's Sgt. Maj. Smith. He comes running up, knife hand at the ready.

"The Gully is off-limits to Troopers! And your Riverdancing sucks! What do you have to say for yourself?"

Unfortunately, the only defense you can



Apparently, it takes years of experience to become Lord of the Dance. Who knew?

muster up is vomiting all over the sergeant major's shoes.

"You're going to be a typical JTF Trooper with a lower rank now," Sgt. Maj. Smith says through gritted teeth.

You have been given nonjudicial punishment. Try again, and obey the rules next time!

Scenario 2: You drive to the Windjammer and have yourself a wonderful night. You chat up some attractive people, you show off your moves on the dance floor, and you have some alcoholic beverages. Eventually, you decide it's time to head home, and you stagger out. You're reaching for your car keys when your conscience stops you. You're not supposed to drive if you've had any alcohol in the past 8 hours.

You look around. There's a sign advertising Safe Ride on a bulletin board; there's a van pulling up offering courtesy rides; and the bus is still operating at this time of night. You can:

Go home with the courtesy patrol. **Read Scenario 3.**

Call Safe Ride to come give you a ride. **Read Scenario 4.**

Take the bus home. **Read Scenario 5.**

Ignore all of these options as well as your own conscience and drive home anyway. **Read Scenario 6.**

Scenario 3: You walk over to the courtesy patrol. You know that the courtesy patrol is a free service provided to curtail drunk driving in a proactive manner. On weekends, it drives to all establishments that serve alcohol and offers rides to people who might otherwise drive drunk. It's a great service, especially if the Safe Ride is already taking someone



home or if it's past 1 a.m., when the buses stop running.

You climb in and tell the driver your address. The driver takes you home safely.

Congratulations! You had a safe, fun night on the town.

Scenario 4: The courtesy van filled up quickly, so you go over and look at the Safe Ride sign. You know that Safe Ride is a reactive program to curtail drunk driving. If you call one of Safe Ride's contact numbers, a designated driver will come out and drive you home. It's a great service, especially if the courtesy patrol is somewhere else when you need it, or if it's past 1 a.m. and the buses have stopped running for the night.

You call **84913** or **84781** and talk to the driver on duty. The driver will be right there.

When Safe Ride arrives, you climb in and tell the driver your address. The driver takes you home safely.

Congratulations! You had a safe, fun night on the town.



Scenario 5: It's not 1 a.m. yet, so you go to the bus stop. You know that a bus comes by the bus stop every 20 minutes, at 16 minutes past the hour, 36 past the hour, and 56 past the hour, from 5 a.m. to 1 a.m. every day.

When the bus comes, you climb on and make it home safely.

Congratulations! You had a safe, fun night on the town.

Scenario 6: You know that you have a lot of options to get home without driving drunk, but you've never been the sharpest knife in the drawer. You decide to drive home anyway.

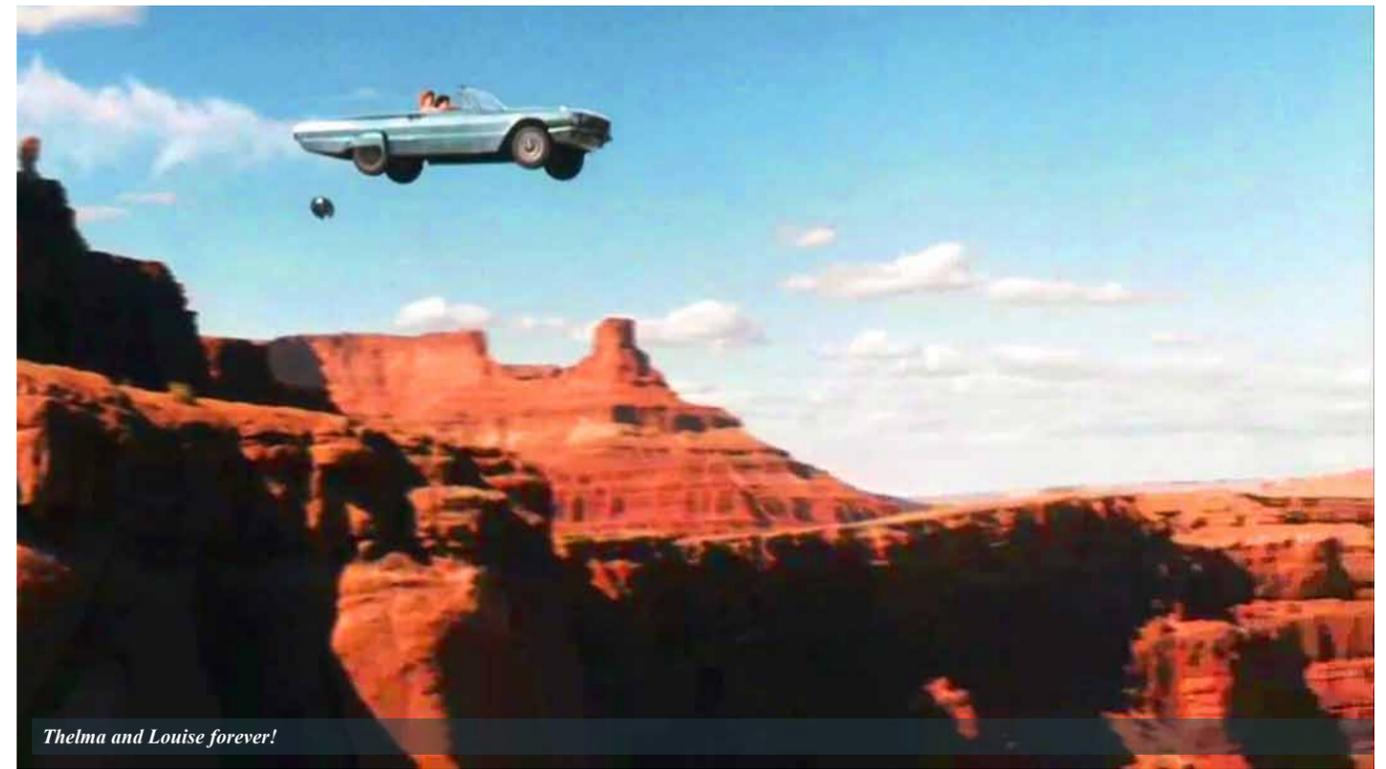
You get in, buckle up (wouldn't want to be unsafe, now would we?) and pull out onto Recreation Road. You begin driving home, but everything seems sluggish. You had plenty of time to react to the banana rat crossing the road, but you didn't notice until it was too late. You try to swerve around it, but

this poor hutia's number is up. Unfortunately, what would have been an easy maneuver if you were driving sober is anything but simple while you're driving drunk. You drive right into Guantanamo Bay.

I rate your drunk-driving at one banana rat. Not that it does you any good. You want to know the News from the Bay? They had to dredge up your body, and your car is now home to many reef fish. You probably should have done the right thing, huh?



What if this banana rat had been a pedestrian?



Thelma and Louise forever!



Unless you're James Bond, this is not the right place for your car!

London 2012

By Mass Communication Specialist 3rd Class Brian Jeffries

The first recorded Olympic Games were held in 776 B.C. and consisted of one event – a great foot race of about 200 yards held on a plain by the River Alpheus (now the Ruphia) just outside the little town of Olympia in Greece. It was from that date the Greeks began to keep their calendar by “Olympiads,” the four-year spans between the celebrations of the famous games.

The modern Olympic Games, which started in Athens in 1896, are the result of the devotion of a French educator, Baron Pierre de Coubertin. Coubertin’s idea was since young people and athletics had gone together through the ages, education and athletics might go hand-in-hand toward a better international understanding.

Now, here we are, 2012, a week into the summer Olympics in London, and one can’t help but notice that this is by far the largest spectacle in the world. Some of the world’s greatest athletes compete for gold in their respective events as their countries cheer them on.

When people bring up the summer Games, my mind jumps straight to events such as track and field, because growing up I always heard names like Carl Lewis and Marion Jones. Or I think of basketball and wonder if I will witness the “Dream Team” of a new generation. I’m also reminded of the utter domination of Michael Phelps and his 7 gold medals in Beijing, hoping to see something resembling such a feat once more. Even though there were no bones fractured during the American gymnastics team’s road to gold this year, will there be

another Kerri Strug-esque effort made by another American. As memorable as these events and athletes were and are to the Olympics, it doesn’t even scratch the surface of what the Games have to offer.

There are many amazing facets to the Olympics. The most amazing to me is the fact that there are so many modern events; 302 to be exact. These aspects of the games, and many more, are the reason why billions will tune in every chance they get, to cheer on their respective nations. With all the obvious anticipation for the more popular sports and events, I personally enjoy the opportunity to watch the lesser known sports. Just because all the events don’t get as much coverage doesn’t take away from the drama. For example, fencer Shin A Lam of North

Korea took the spotlight away from the eventual gold medal winner, as she broke down in tears in the middle of the arena for 70 minutes while awaiting an appeal decision. Lam lost her semifinal match due to problems with the clock and poor officiating. Due to these errors, her opponent, Germany’s Britta Heidemann had the opportunity to score the winning point in the sudden death round.

In the air rifle competition, Olympian Nur Suryani Mohamed Taibi of Malaysia is eight months pregnant. Realizing that her baby could come at any moment isn’t enough to keep her away from the chance

to represent her country and win a medal. I’m sure many spectators will be looking on to see how well she competes.

“My favorite thing to watch during the games is the rifle competitions,” said Senior Airman Matin Hagler, of the Base Expeditionary Engineering Force from Alabama. “I’ve always enjoyed guns, and the games offer a great chance to see how good those [competitors] aim is.”

“I also like seeing the shooters on skis shooting during the winter Olympics,” he added.

“I found myself watching water polo yesterday, but I also enjoy archery,” said Air Force Master Sgt. Tila Barrino of the Joint Personnel Center (J-1).

“I like their precision, and it shows a lifelong dedication to a craft.”

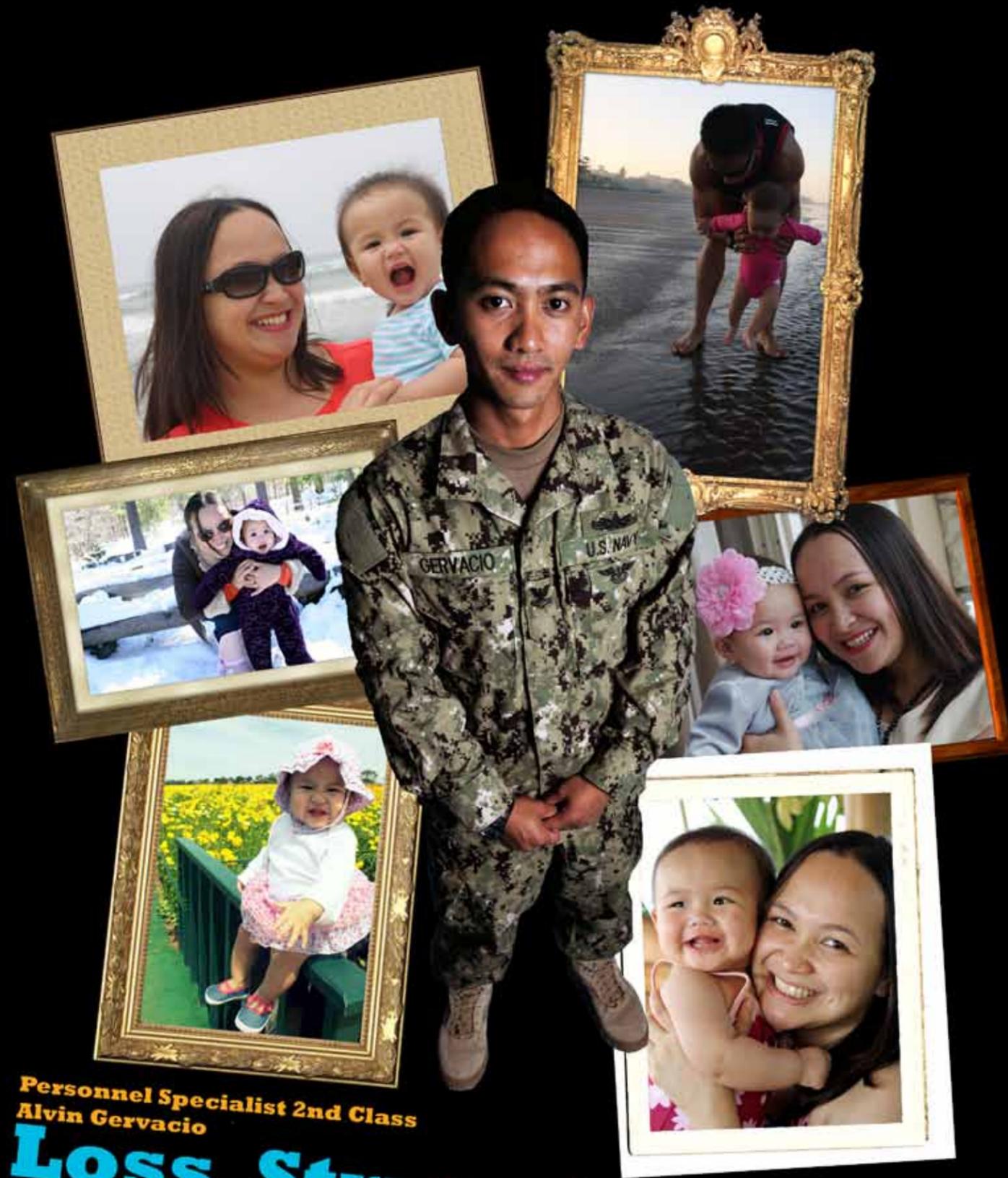
The fact that these sports are not classically in the spotlight, aside from every four years, in no way makes them any less important. The athletes in all the events are competing against the best in the world. Receiving a medal during any of the events is an extreme honor, and it highlights their personal excellence and brings honor to their countries. Even though the equestrian events probably aren’t a must-see for most, how awesome is it that it is the only event in the Olympics where men and women compete against each other.

It’s the Olympics as a whole that makes them so interesting and fun to watch. Even though typically the same countries come out on top for the overall medal count, the chance for every country to have their shot at a moment in history is immense. Every participant can bring honor to his or her country.

The Olympic Games have come a long way since a 200-yard foot race outside of Olympia, Greece. The level of competition has improved drastically over the years. What once consisted of only 42 events has turned into over 300. There once could only be 250 male athletes in the games; now there are 10,500 athletes. We are halfway through the Games, and I have already seen heartbreak as well as jubilation. I have no idea what the rest of this year’s Olympics will hold but one thing is for sure: I will cheer for Team USA, no matter the event.

I fashion myself a bit of a sports buff, but I can’t pretend to know much past the normal ESPN coverage. I am simply not aware of what’s going on in the ping pong world or who the best platform divers are.

Trooper Focus



Personnel Specialist 2nd Class
Alvin Gervacio

Loss, Struggle, Growth, and Althea

By Spc. Vanessa Davila

American author Washington Irving once mused that “a mother is the truest friend we have, when trials, heavy and sudden, fall upon us; when adversity takes the place of

prosperity; when friends who rejoice with us in our sunshine, desert us when troubles thicken around us, still will she cling to us, and endeavor by her kind precepts and counsels to dissipate the clouds of darkness, and cause peace to return to our hearts.”

Petty Officer 2nd Class Alvin Gervacio went through his own trials and tribulations growing up, but unfortunately he did not have his mother Lavinia to seek solace in.

“My mom died when I was eight,” said Gervacio. “What I remember most was that July 6 was my birthday. She was in the hospital. The last thing she ever did to me was she bit my ear and she just laughed... two days after, she passed away.”

Gervacio’s life was forever changed. The young boy didn’t fully understand that his beloved mother was gone for good; he waited.

“I was still on the thought that ‘oh I think my mom’s going to wake up, she’s going to wake up,’” said Gervacio. “It was hard when I realized when I was growing up that she’s not going to wake up.”

Irving’s words couldn’t be truer when it came to Gervacio and his mother. He says he was her favorite, and he was somewhat of a “mama’s boy.” His sister was their father’s favorite; Gervacio never had a very close relationship with his dad, saying that his dad was away most of the time and when he was around, there was much more discipline imposed and expected of him. It was ok when his mother was there to show him the affection a boy needs, but after her death, the emotional support seemed to die as well. His father remarried, and Gervacio says he became, what you would call, the black sheep of the family.

“Every time I saw people with their parents when I was a kid I was like...” said Gervacio,

his words trailing off and then finishing his thought with “kind of sucks.”

Despite the mountain of adversity Gervacio faced, he has grown into an exceptional man and a model Sailor.

“He’s always positive. No challenge is big enough for him. He’s always the first one to volunteer to stay late. He actually makes my job very easy,” said Gervacio’s Leading Petty Officer (LPO), Petty Officer 1st Class

Petty Officer (LCPO), Chief Petty Officer Sean Lennon.

As outstanding as the 29-year-old is at his job, there are times when an internal battle brews. Gervacio just became a first time father, and he misses his 13-month-old daughter Althea, devastatingly so. Being in the Navy means he hasn’t been present for some of the important parts of her life.

“Seeing something that came from you,” said Gervacio. “It’s totally something different. You can’t explain it.”

The new dad described himself as “cold-blooded” during that period after his mother’s death and before the advent of his new family. Gervacio’s wife and daughter have allowed him to open up again; he always told himself that when it came to his future family he wouldn’t make the same mistakes members of his family made all around him when he was growing up.

“I expected the worst all the time but hoped for the best,” said Gervacio of those dark times. “I had a goal that every day that I learned something, whether bad or good, I told myself I’m not going to do this or that. My dad, he was working overseas...most of the time he was gone. He went back home for a month or two, and that was the only time we got to spend time together, but it really wasn’t that quality time with father and son.”

But he understands that his career allows him to provide for his daughter.

“I see a dad holding their kid and it makes me miss my daughter a lot more. That’s why I’m always thinking ‘should I get out and just spend time with my kid?’” said Gervacio. “But sometimes you have to sacrifice. What I’m doing right now is not for myself anymore. It’s for my daughter; my family.”

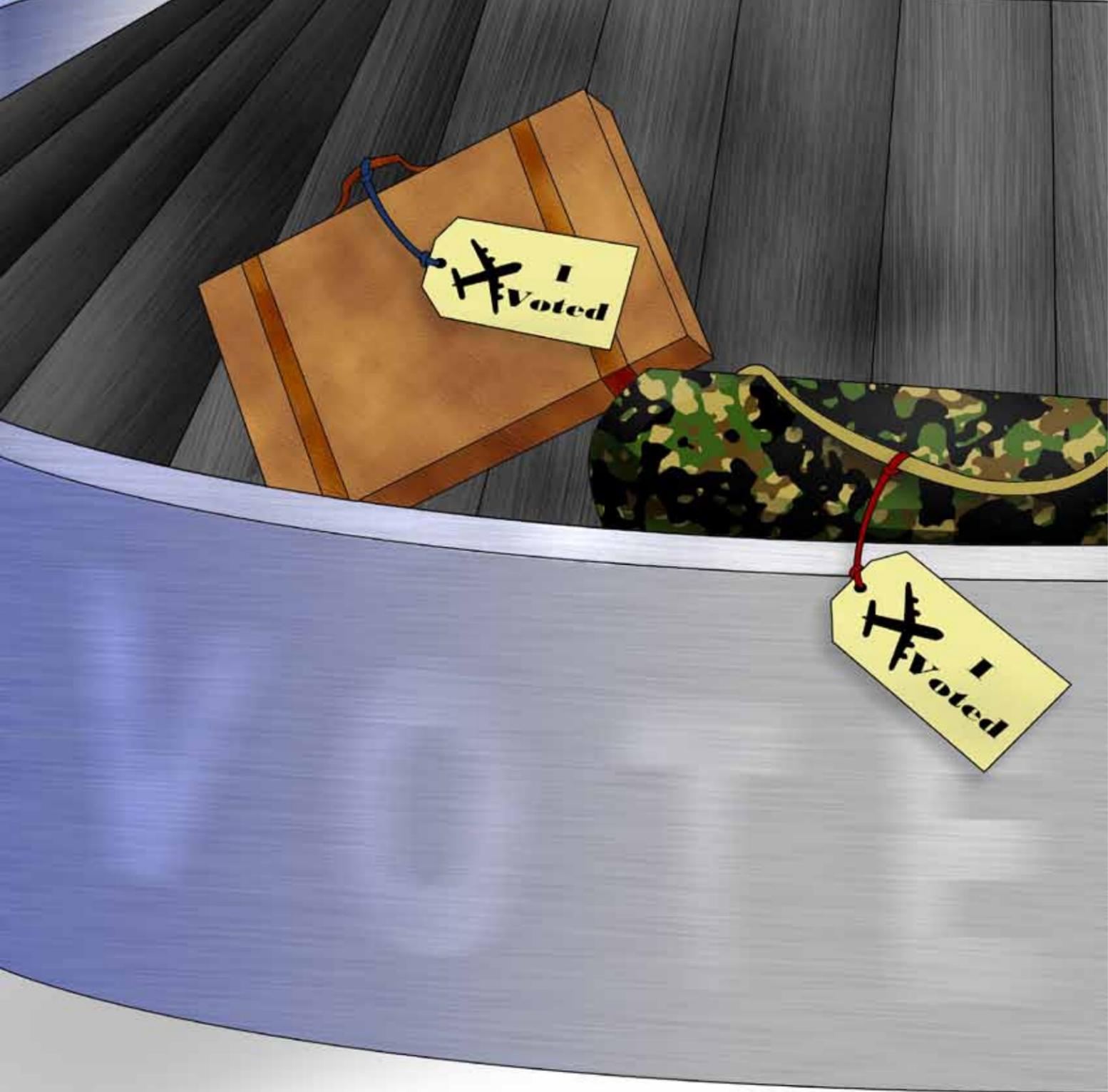
Don’t think that this man has any regrets though; he enjoys his job, he’s excellent at it, and he knows that everything he went through has made him who he is right now. He has a wife he loves whose parents embraced Gervacio into their family with open arms. He wouldn’t give up his new family for anything. He may have expected the worst, but all that hoping for the best paid off, because he’s gotten the best family he could ever hope for.



Shaquan Gravesford. “He sets the example.”

From the onset of his career, Gervacio has set himself apart from his peers by working extraordinarily hard and always wanting to learn all he can about his job as a personnel specialist. It paid off early for the Sailor; through the Navy’s Command Advancement Program (CAP), Gervacio was one of about 12 Sailors on the USS George Washington (CVN 73) that was “capped” to the next rank, bypassing the Navy Advancement Exam.

“He is the Sailor that you’d like to mold and clone,” said Gervacio’s Leading Chief



Satisfying a need for speed

By Sgt. 1st Class Kryn Westhoven

As a motorsports fan, driving a car similar to the ones in NASCAR was an opportunity I could not miss. While on R&R leave, my wife Kirsten and I headed to Pocono Raceway in Long Pond, Pa. to satisfy our mutual need for speed.

The Stock Car Racing Experience at Pocono is one of several companies offering driving programs across the country. If a track holds a NASCAR race it is likely to offer racing fans time behind the wheel on a speedway.

Our afternoon started with an hour-long classroom session. You learn about the dynamics of driving at high speed, the fastest way around the track and details on the car we are about to drive.

Exiting the classroom, the 20 students toured the track in vans. Instructors reinforced the fastest way around the 2.5 mile long track. The excitement continued to build as we were fitted for a racing suit and helmet.

Before slipping into the driver's seat, we purchased a 3-lap ride along with an instructor. I upgraded our day to get the feel of cruising along at 170 mph and to watch how the instructor

handled turns. This knowledge allowed me to be more aggressive behind the wheel and reduced the jitters of going so fast.

It was go time. I climbed into the cockpit through the window; there are no doors on racecars. Once settled into the tight racing seat, I buckled the five-point safety harness and quickly realized how little visibility I had.

The HANS safety device to protect your neck in a crash limits head movements side to side.

Turn the battery switch and flip up the starter toggle to have your ears filled with the glorious sounds of 600 un-muffled horsepower.

Let out the clutch to head down pit road, starting a 20 mile drive of a lifetime.

The Pocono program has an instructor out front setting the pace for two student cars. The Westhovens are out together for a not-so-leisurely drive.

The "Tricky Triangle" is nickname racers have for the track. Unlike Daytona Speedway,

steering wheel ever so slightly, the car wants to turn left. I now understand what it means when the NASCAR TV commentators talk about a "tight" racecar.

I was surprised how the fitted racing seat and safety belts nullified the centrifugal force in the turns. It was similar to the feeling of a roller coaster going through a curve, but if I didn't hold now my ride would have a fast and furious ending.

By lap two I am nailing the accelerator hard as I reach the apex, or center, of each turn. The car quickly pulls towards the top of the banking setting me up for the

run down the straightway. I am coming within feet of the rear deck of my wife's racecar. Instructors told us to keep four car lengths between vehicles.

Passing is not allowed unless you are given a signal from the flag stand. On lap six I see the pass flags pointing toward Kirsten, here, my chance to move into first place. Then I see the instructor car is also pulled over to the left on the front straight.

For a moment at 130 mph I thought, "I am doing so great they want me to pass my wife and the instructor!"

Then reality sets in that another pack of faster cars were coming up to pass us. I pull over to stay behind my wife.

The stock car racing experience is one of the best things I ever did. Unfortunately, I can be heard muttering "I Can't Drive 25" as I cruise around Guantanamo Bay, my apologies to Sammy Hagar.



Sgt. 1st Class Kryn Westhoven stands beside the 600 horsepower replica of NASCAR race car before taking 8 laps around Pocono Speedway as part of Stock Car Racing Program.
- Courtesy Photo Sgt. 1st Class Kryn Westhoven

Pocono is not a tri-oval. Each of the three turns has varying degrees of banking from 14 degrees in Turn 1 going down to an almost flat Turn 3 at 6 degree banking.

Pocono is challenging for professional drivers. For a newbie it is intimidating.

The car quickly dives towards the center of the first turn as I back off the gas. Moving the

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How about Gmail or Hotmail? Is this the email account you use and the one that you got for free just for signing up? If so, remember that things obtained for free may not be all they're cracked up to be. Most "free email" accounts do not use very strong security. Make sure that you are careful and avoid sending sensitive information via email. Hackers have been known to target personal email accounts of military people, looking for sensitive personal information or information about military operations. Think before you hit the "send" button. Be safe, use OPSEC!

MISSION FIRST



Credit company to pay \$12 million to troops

By Erik Slavin
Stars and Stripes

YOKOSUKA NAVAL BASE, Japan – Capital One will pay \$12 million to service members and their families to settle claims that it violated the Servicemembers Civil Relief Act, according to documents filed in federal court Thursday.

The bank and credit card issuer unlawfully foreclosed on homes, repossessed property and charged service members at interest rates beyond the maximum 6 percent rate they were entitled to under the act, according to a settlement agreement with the Justice Department filed in Alexandria, Va.

The agreement sets aside \$7 million for service members who unlawfully lost their homes during foreclosure proceedings with Capital One or either of two acquired subsidiaries, ING Direct USA and HSBC Holdings.

An additional \$5 million will go to service

members who did not receive correct interest rates or other benefits on credit card accounts and loans.

“Service members will be identified and compensated, with no action required on their part, on accounts dating back to July 15, 2006,” according to a Justice Department statement.

Service members and families who lost their homes in violation of the act will receive \$125,000, plus compensation for any lost equity, with interest. Those who had their vehicles repossessed will receive \$10,000, as well as any lost equity and interest.

Bank of America reached a similar \$20 million agreement with the government last year. JP Morgan Chase, Citigroup and Wells Fargo agreed with Justice Department officials in February to review any similar violations at their financial institutions.

Capital One cooperated with the investigation and has agreed to pay more than

the \$12 million settlement if it finds additional violations through companies it has acquired in recent years, according to a Justice Department news release.

The settlement is the result of a two-year investigation that began when a service member told legal officials at Davis-Monthan Air Force Base in Arizona that he did not receive the interest rate reduction he was entitled to on his Capital One credit card account.

The base referred the incident to federal officials, according to the Justice Department.

The Servicemembers Civil Relief Act, which has been continuously updated since WWII and has its roots in the Civil War, shields active-duty service members from some types of lawsuits. It also covers housing contracts, insurance benefits and several types of installment payments. The statute and information is available online at <http://servicemembers.gov>.

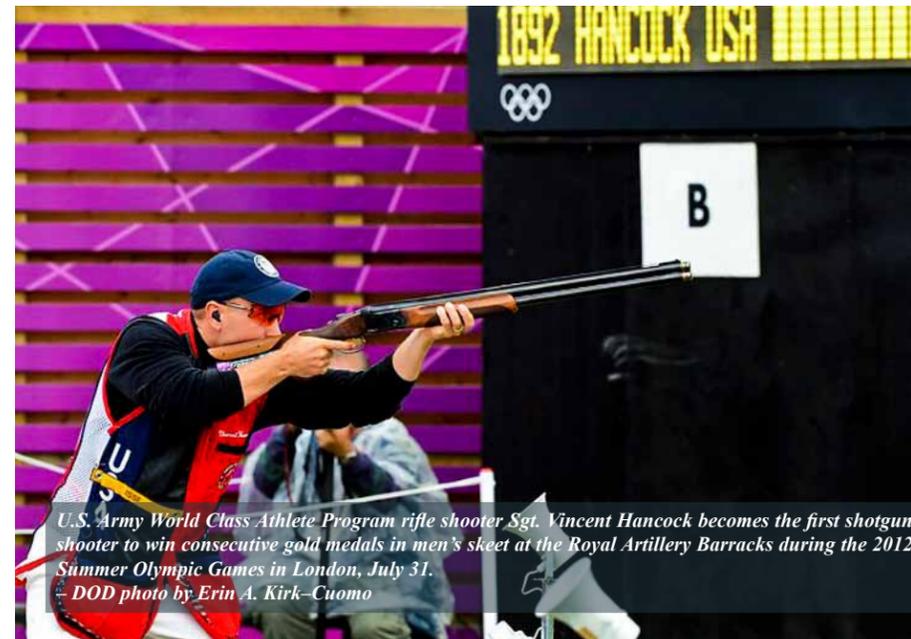
Army marksman takes gold in skeet competition

By Tim Hipps
Army Installation Management Command

LONDON – In double record-setting fashion, Army Sgt. Vincent Hancock became the first shotgun shooter to win consecutive Olympic gold medals in men’s skeet at the Royal Artillery Barracks, July 31.

Hancock, 23, a Soldier in the U.S. Army Marksmanship Unit from Eatonton, Ga., eclipsed his own records set at the 2008 Beijing Games for both qualification (123) and total (148) scores. He struck gold in China with a qualification score of 121 and total of 145.

Hancock prevailed by two shots over silver medalist Anders Golding (146) of Denmark and by four shots over Qatar’s Nasser Al-Attiya (144), who secured the bronze medal by winning a shoot-off against Russia’s Valeriy Shomin.



U.S. Army World Class Athlete Program rifle shooter Sgt. Vincent Hancock becomes the first shotgun shooter to win consecutive gold medals in men’s skeet at the Royal Artillery Barracks during the 2012 Summer Olympic Games in London, July 31. DOD photo by Erin A. Kirk-Cuomo

‘GTMO can be a time of growth’

By Navy Capt. Daniel Gard
JTF Command Chaplain

I have been on the island for five weeks now. That hardly makes me an experienced, old hand at Joint Task Force Guantanamo life but, like many of you, I am learning as I go along. As a reservist from Indiana, I sometimes have to remind myself (to paraphrase a line spoken by Dorothy to her dog upon their arrival at Oz from Kansas in the movie “The Wizard of Oz”), “We are not in Indiana anymore, Toto!” Toto, of course, did not respond – he was a dog, after all. But he did look at Dorothy like he got her point.

One of the things which has impressed me about deployment to this place is the number of possibilities for deployed Troopers to grow as people. There are great opportunities to learn new skills such as scuba diving, boating and fishing, among other sports. There are opportunities to get into shape, physically. There are opportunities to expand one’s knowledge, whether through military education or higher education. As hard as it is to be away from home, family and friends, and while nothing can replace those things during the deployment, there are unique opportunities here. You may not be in Indiana... or Kansas... or (fill in your own home)... but you and I are in a place of opportunity if we just pay attention.

Perhaps one more opportunity for personal growth should be on all of our GTMO “bucket lists” – taking advantage of the opportunity to grow spiritually

(naturally, you expect a chaplain to raise this subject, right?). Remember that you are a human being – a complex individual comprised of many parts that make up a whole person. You are mind, body and spirit, and when one part is hurting, that pain affects all parts. Perhaps this story might bring the spiritual needs of people like us into focus.

Sixteen hundred years ago, one of the great thinkers and writers of early Christianity lived in North Africa. His name was Augustine of Hippo, but he is best

known simply as St. Augustine. His mother came a time in the young Augustine’s life when he realized that there was more to being fully human than the path he had so far experienced. Something was missing and he could not find a sense of inner peace and fulfillment until he understood who he was as a spiritual being. Years later, after his election as the Bishop of Hippo, St. Augustine wrote a series of books called “The Confessions.” In that work he wrote these words, “You have made us for yourself, O Lord, and our heart is restless until it rests in you.”



Perhaps your heart is also restless. Your time here at GTMO can be a time of growth in many ways, including that way in which a heart can find rest. Your chaplains are here to help you on your spiritual journey with counseling, materials and prayer. Come see us. We are here for you.

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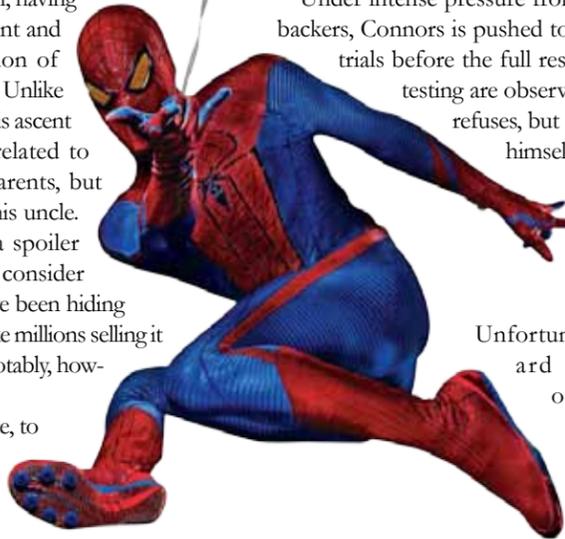
ONLY AT GTMO by Mass Communication Specialist 1st Class Brett Custer





By Pvt. Loren Cook

Somewhere, there must be a rulebook for heroic characters (Joseph Campbell's "The Hero With a Thousand Faces," perhaps) which states that most of them should be orphans. For examples, look no further than Superman, Batman, Luke Skywalker, Conan the Barbarian, Harry Potter, or even the Teenage Mutant Ninja Turtles. Spider-Man is also a heroic orphan, having been raised by his aunt and uncle in every version of the story that I know. Unlike many of the others, his ascent to heroism was unrelated to the deaths of his parents, but rather the death of his uncle. (If that's seriously a spoiler for you, you should consider selling the rock you've been hiding under. You could make millions selling it as a bomb shelter.) Notably, however, this movie is the first version of the tale, to my knowledge, to address his parents' fate.



At the beginning of the movie, Richard Parker (Campbell Scott, "The Exorcism of Emily Rose") is the victim of a break-in. A genetic researcher, he quickly checks that his research notes are safe, after which he and his wife scramble to pack and leave their son Peter in the care of his Uncle Ben (Martin Sheen, "The Departed") and Aunt May (Sally Field, TV's "Brothers and Sisters") while the two go into hiding. They later die in a plane crash.

The story continues with a teenage Peter Parker (relative newcomer Andrew Garfield, "The Social Network"), attending high school in New York City. An unpopular nerd, Peter's love of science, membership in the debate team, and enthusiasm for photography single him out for bullying. When Peter stands up to a bully on behalf of another social outcast and is beaten up for his trouble, he draws the attention of the beautiful and brainy Gwen Stacy ("Emma Stone, "The Help").

As an origin story for a familiar character, most of us already have a pretty good idea of what's going to happen in the first half of the movie. Peter will be bitten by a spider and develop spider-like abilities. He will use them like almost any teenager would, for personal gain; until his uncle is killed by a man he could have

stopped. Then, inspired by lectures Uncle Ben gave before his death, Peter will selflessly become a hero.

Peter also begins working with his father's old research partner, Dr. Curt Connors (Rhys Ifans, "The Five-Year Engagement"), who seeks to use cross-species genetic research with lizards to regenerate his amputated arm. Peter supplies a missing equation he found in some of his father's old stuff, allowing Connors to begin animal testing with his formula.

Under intense pressure from his financial backers, Connors is pushed to begin human trials before the full results of animal testing are observed. He initially refuses, but eventually uses himself as a test subject. At first, it's a success, and he regenerates his arm. Unfortunately, the lizard DNA soon overpowers his human DNA and he becomes an aggressive lizard/man hybrid.

As Connors, now known as The Lizard, becomes more comfortable with his new body, he grows to resent the weakness of mankind, and decides to grant everyone in the city the gift of greater strength. It's up to our young hero to save the city!

Reboots to iconic film series have to walk a fine line between being a complete reread of older movies, in which case there's no reason to go see it, or changing too much and making the fanboys cry foul. The reviews I read online seemed to reflect this.

I liked the casting of a newcomer to play Peter. When you've seen actors in other movies, it's very easy to let the past experiences influence you. I've never seen Andrew Garfield in anything else, so even though Garfield, at 28, is older than Tobey Maguire was when he began playing the teenage Peter Parker, Garfield is more believable. Maguire had already been in several high-profile movies playing adults before we were asked to believe he was a teenager again.

I liked Emma Stone's performance in the movie as Peter's love interest. In the last Spider-Man series, I never quite understood what made Mary Jane so desirable. Sure, she was

pretty, but she didn't have anything in common with Peter. Gwen Stacy, on the other hand, is smart and snarky—a good romantic foil for our hero. Also, Garfield and Stone are dating in real life, which makes for good chemistry on screen.

Martin Sheen delivers a solid performance, but I liked (I really liked!) Sally Field's performance as Aunt May.

This movie goes into much greater detail showing Peter after he's bitten but before he becomes our friendly neighborhood Spider-Man. I could feel the audience's attention waning during these scenes, but I liked them. As a nerd, I enjoy watching what happens when a bullying victim is suddenly faster and stronger than his previous tormentors. I also find superheroes boring characters unless they have interesting alter-egos.

In the last series, we were always *told* that Peter was brilliant, but it never seemed to figure in the story. This time, as in the comic books, Peter uses mechanical devices to produce his webbing rather than producing it with his own body. I was worried that he would have to change web cartridges at the worst times, but the film manages to produce tension without resorting to "dramatic" ammo management.

When people go to see summer superhero blockbusters, they expect to see lots of special effects, and this movie delivers the goods. In the plus column, much of the web swinging is done with wire rigs rather than CG, and Garfield does many of his own stunts. In the negative column, the lizard/man hybrid antagonizing New York City doesn't look believable as a lizard or a man.

If you stay for the credits, there's a scene hinting at plot threads for the sequel, and suggesting that the story we've been given about Peter's parents isn't the whole truth.

Ultimately, I felt this movie succeeded based on the strength of its performances. I thought Garfield's "human with superpowers" was much more interesting to watch than Maguire's "superhuman" character. If you find the scenes between set-piece action scenes boring, then you won't like this movie. If you like some character with your superhero movie, you could do a lot worse than this movie.

You could also do a lot better. Last week, we ran a guest review for "The Dark Knight Rises;" that reviewer gave the last movie in the Batman trilogy three and a half banana rats. This week, I'm giving "The Amazing Spider-Man" the same rating, suggesting that they're equal in quality.

It's not true at all! If you only want to see one superhero movie this summer, see "The Dark Knight Rises." I give that movie four and a half rats.

GTMO Quick Reference

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.

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.

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.

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Guantanamo Bay Bus Schedule

All buses run on the hour, 7 days/week from 5 a.m. – 1 a.m.

Camp America :00 :20 :40
Gazebo :02 :22 :42
NEX Trailer :03 :23 :43
Camp Delta 2 :06 :26 :46
KB 373 :10 :30 :50
TK 4 :12 :32 :52
JAS :13 :33 :53
TK 3 :14 :34 :54
TK 2 :15 :35 :55
TK 1 :16 :36 :56
West Iguana :18 :38 :58
Windjammer / Gym :21 :41 :01
Gold Hill Galley :24 :44 :04
NEX :26 :46 :16
96 Man Camp :31 :51 :11
NEX :33 :53 :13
Gold Hill Galley :37 :57 :17
Windjammer / Gym :36 :56 :16
West Iguana :39 :59 :19
TK 1 :40 :00 :20
TK 2 :43 :03 :23
TK 3 :45 :05 :25
TK 4 :47 :07 :27
KB 373 :50 :10 :30
Camp Delta 1 :54 :14 :32
IOF :54 :14 :34
NEX Trailer :57 :17 :37
Gazebo :58 :18 :38
Camp America :00 :20 :40

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.

Protestant Communion
Sunday 9:30 a.m.

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

Room D

LDS Service
Sunday 10 a.m.

Room A

Islamic Service
Friday 1 p.m.

Room C

GTMO Religious Services

JTF Trooper Chapel

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Fitness Power Lunch!
Study the Book of
Romans with
Chaplain Chouest
Thursdays 11-11:30 a.m.
JTF Command
Chaplain's Office

Protestant Worship
Sunday 9 a.m.

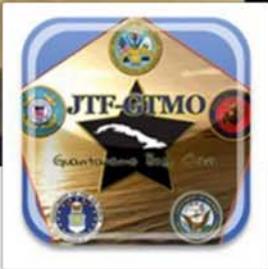
Bible Study
Wednesday 6 p.m.

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

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

	3 FRI	4 SAT	5 SUN	6 MON	7 TUE	8 WED	9 THU
Downtown Lyceum	Snow White and the Huntsman (PG-13) 8 p.m. The Amazing Spider-Man (PG-13) 10 p.m.	The Best Exotic Marigold Hotel (PG-13) 8 p.m. The Dictator (Last Showing) (R) 10 p.m.	The Dark Knight Rises (PG-13) 8 p.m.	What to Expect When You're Expecting (Last Showing) (PG-13) 8 p.m.	Chernobyl Diaries (R) 8 p.m.	Ice Age: Continental Drift (PG) 8 p.m.	Prometheus (R) 8 p.m.
Camp Bulkeley	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED

Call the movie hotline at 4880 or visit the MWR Facebook page for more information.



Joint Task Force Guantanamo

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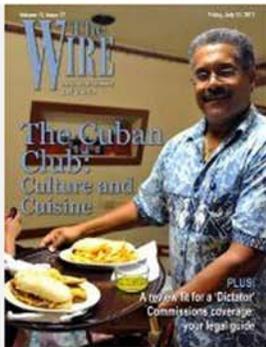


Joint Task Force Guantanamo

about a minute ago

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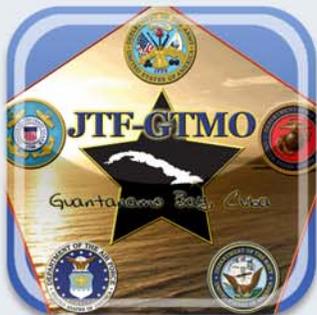
<http://www.jftgtmo.southcom.mil/wire/pdf/v13/issue37.pdf>



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