

The WIRE



FRESH BEEF FOR THE GRINDER

COMEDIANS GTMO LAUGHS
TROOPER FOCUS: JSMART SHEPHARD
KEEPS STRESS DOWN

COMMAND CORNER

BRIG. GEN. JAMES LETTKO
DEPUTY COMMANDER, JOINT DETENTION GROUP

Many of us were fortunate enough to have our families visit over the holiday period. I was able to meet some of your families over this past holiday period and to learn their impressions of Joint Task Force Guantanamo. It's always interesting and instructive to learn what other people think about your operation, unit, or conduct. The impressions and perceptions we exert towards others can be interpreted in many different ways.

While talking with visiting family members, especially toward the end of their visit, a main theme became evident. Some of the most lasting impressions we as a JTF have created is that of professionalism, friendliness, and positive attitude.

We strive hard in ensuring our conduct, both on duty and off, is in agreement with our service values. We conducted left seat/right seat training when we arrived in order to fully accept the responsibility of our new duty position. We'll conduct the same to our reliefs as we prepare for our next assignment. In some cases, we attend in-service training to learn the tactics, techniques and procedures of detainee operations. We have standards and do not compromise those standards. We are professionals.

As professionals, we are confident. Confidence helps us cope with the stresses of our jobs in an unusual environment deployed away from friends and family yet still maintain a sense of humor and positive attitude.

It's easy to spot organizations that are having issues where leadership does not enforce

standards. Mistakes are made, accountability is lost, and Troopers begin to question leadership and the mission. I am proud to say that JTF-GTMO is not one of those organizations. We have established a positive command climate that permeates down to the Trooper level. Where there are issues, the chain of command takes positive actions to address it.

As we ramp up in our support to the military commissions, escort our visiting distinguished visitors, and continue to transition our force over the next several weeks,

We have established a new standard of professionalism. Our bar is raised. Every duty position is important to our mission, and every day we count on each of you to perform your job to the best of your ability.

we must keep our professionalism in check. We will have many returning officials who expect unmatched professionalism from our team. We will also have many visitors who have never been here before and already have preconceived notions about JTF-GTMO.

Recently, as the International Red Cross Committee conducted its out brief, they commented on how professional our entire operation was conducted. The same was said this past Sunday from the visiting Keystone class – that our Troopers' professionalism is unmatched anywhere. We must continue to demonstrate our unmatched professionalism that we, collectively, have established as our hallmark.

We have established a new standard of professionalism. Our bar is raised. Every duty position is important to our mission, and every day we count on each of you to perform your job to the best of your ability. Keep up the great work!



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JOINT TASK FORCE GUANTANAMO

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NEWS FROM THE BAY

10-mile trail run

Runners, are you looking for something a little more challenging than a 5K? Morale, Welfare, and Recreation is hosting a 10-mile trail run on Jan. 26. Runners will start and finish at Christmas Tree Hill and the rest of the route will be given the morning of the run. Awards will be given to category winners. Pre-register at the Denich Gym.

No photos

As beautiful as this island is, there are places that cannot be photographed on base. Photos cannot be taken on JPJ Hill, no pnaoramic shots of the base, no photos of restricted or classified areas, no photos of the desalinization plant. Remember your OPSEC at all times. If you are unsure about a photo, contact the OPSEC office at ext. 8506.

Liberty events

Looking to try new things? Meet new people? Maybe just have some fun? Check out the Liberty program's GTMO Life calendar. They provide a variety of fun activities for unaccompanied service members each week. Upcoming events include a Texas Hold'Em tournament, dominoes tournament, a kayaking trip, and more. For more information or to sign up for an event call ext. 2010.

Arts and crafts

Need a way to unwind? Why not try the arts and crafts shop? They are open Tuesday through Friday from 4 p.m. to 9 p.m. and Saturday and Sunday from noon to 8 p.m. They offer crafts from pottery to woodwork. For more information call ext. 74795.

Fitness classes

Is getting in shape one of your New Year's resolutions? MWR Navy Fitness can help. They are offering a variety of classes at the Marine Hill Fitness Center. Some of the classes available are zumba, cardio kickboxing, group cycling, and many more. For fun new way to get in shape, contact MWR Navy Fitness at 77262 or 2285 or 2113. Check your GTMO Life calendar for the complete list of fitness classes.

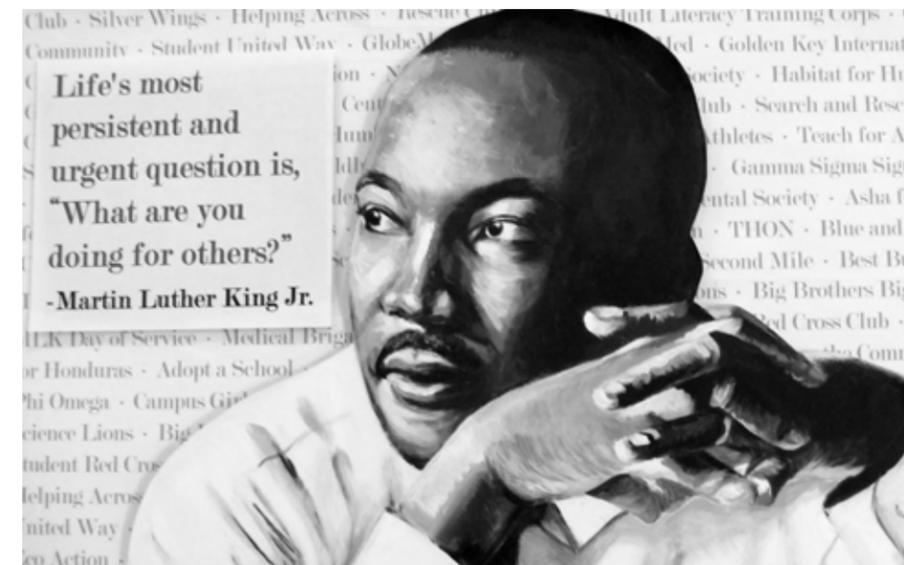
Vacation planning

The MWR Information, Tickets, and Travel office can help you plan the perfect fun-filled vacation. The ITT office has a variety of discounted tickets available. For more information call 75351.

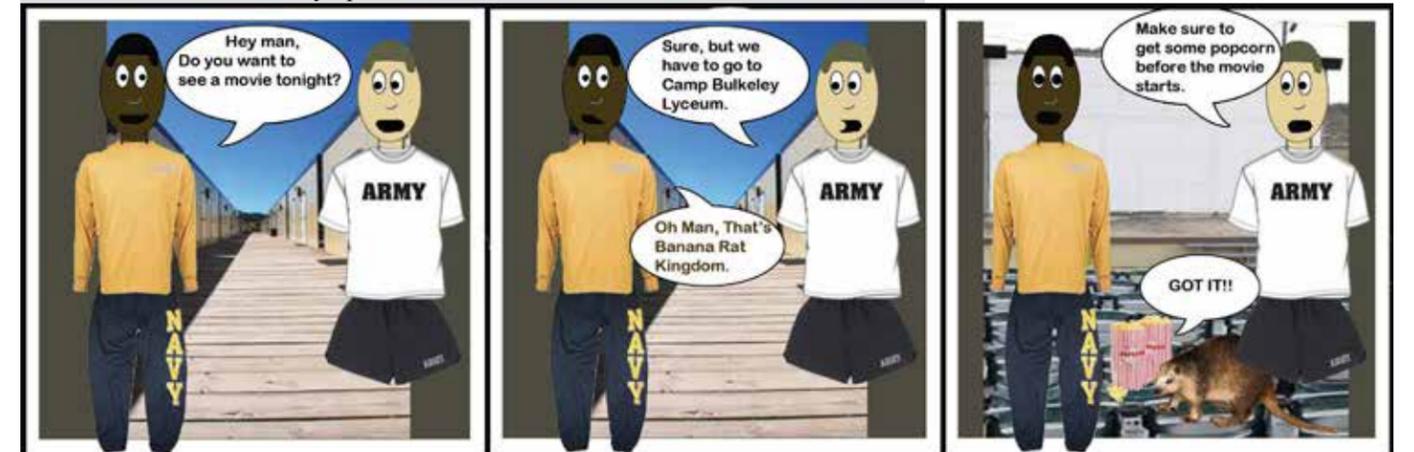
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ONLY AT GTMO by Spc. Brian Godette





By Army Staff Sgt. Michael E. Davis Jr.

You know you're in for a good film when you just make it into the theater and the first minute consists of someone's body being torn in half by two revving vehicles.

Similar to the first minute and a half of Martin Scorsese's "Goodfellas," where the guy in the trunk gets stabbed and shot multiple times, you get the sense that this film may not be a G-rated flick and you should escort your children out of the theater immediately. And just as Ray Liotta emphasized on how he always wanted to be a gangster when he closed that trunk, this film too highlighted gangster aspirations.

"Gangster Squad" is a film about a secret crew of police officers and detectives, led by a determined sergeant, who all will stop at nothing to keep Los Angeles safe from the ruthless mobster Mickey Cohen and his gang.

The crime film takes place in the late 1940s, so you can expect to see mobsters in slim-fit three-piece suits, distinctive neckties, classy fedora hats, and a Tommy gun or two to compliment the fashion style.

Despite the classiness, however, the effects and make-up artists showed no mercy in displaying how bloody, atrocious, and gruesomely wicked the crime business can be. People were burnt alive, hands were cut off by moving elevators, fast twirling drills and heads were met, and dead men's blood mixed with pool's chlorine. It all kept my attention throughout the movie.

Taking much pleasure in his thug life, Mickey Cohen (Sean Penn, "Milk"), the most powerful figure in the crime world, seeks to expand his crime business. Mickey owns the city and has his goons and political figures to back him up. He's been terrorizing

the town to the point where everyone is afraid to testify against him.

Determined to put a stop to Cohen, Chief Bill Parker (Nick Nolte, "Warrior"), head of the police department, tells hot-head Sgt. John O'Mara (Josh Brolin, "Men in Black 3") that he wants Mickey out of business for good. The gung-ho sergeant accepts the offer without hesitation in complete disregard to his pregnant wife Connie (Mireille Enos, "The Killing"), who only wants a safe environment for her family.

Connie constantly argues for a better life with John, but she quickly realizes that she cannot win with a husband who strives to be a hero. She gives up the fight by helping him in the fight. She handpicks his diverse crew.

She picks out a sharpshooter nicknamed "Cowboy" (Robert Patrick, "Trouble with the Curve") she read about in a True Detective magazine. She discovers Officer Conway Keeler (Giovanni Ribisi, "Ted"), a family man and genius who knows how to set up wiretaps. Officer Coleman Harris (Anthony Mackie, "Abraham Lincoln: Vampire Hunter"), an African American police officer, is found in a bar showing off his knife skills. "Cowboy's" sidekick and friend, Navidad Ramirez (Michael Pena, "End of Watch"), eavesdrops on a conversation and kind of forces himself into the crew. Last but not least, John's partner, Sgt. Jerry Wooters (Ryan Gosling, "Crazy, Stupid, Love"), joins late after realizing Mickey needs to be stopped. Wooter's motivation heightens even more when he falls for Mickey's girl Grace (Emma Stone, "The Amazing Spider-Man"). The six unite and call themselves the "Gangster Squad."

They all hide their badges in attempt to shoot first and ask questions later – all to

put an end to Mickey and his crime enterprise. Despite a few downfalls, they all work well with each other, bringing different skills to the table.

Despite the distraction of thinking a banana rat was going to scurry across my feet, the film kept my attention from beginning to end with all of the display of astonishing effects. For a guy who is known for directing movies such as "30 Minutes or Less" and "Zombieland," director Ruben Fleischer did a great job in this film. I'm not saying that "Zombieland" was bad, because I really enjoyed it, but "Gangster Squad" seems totally different and a lot more serious, although I do think it has similar effects to "Zombieland."

Fleischer included many great shots that added to the amazement as well. There was one amazing shot of Gosling, in total wrath, walking toward Mickey and his girl Grace dancing. I really thought he was about to go "Drive" on Sean Penn! I thought Gosling was going to go "Drive" all throughout the film, but unfortunately it didn't happen. And if you don't know what I mean about going "Drive," go see the movie "Drive," and you'll know exactly what I'm talking about.

On the other hand, I thought Sean Penn's acting was really good. He added a snarly/angry/Italian style to his character that I liked. To me, anybody who can go from playing a homosexual politician to a Los Angeles 1940s mobster is a great actor.

Josh Brolin was good in his role as well. The other actors were decent, but they did their job in adding a lot of flavor to the film as supporters.

This film is totally action driven and involves a lot of gun play too. To give you a better idea of how much shooting was in the film, "Gangster Squad" had to be pushed back because of the 2012 Aurora shootings. This film was originally set to release Sep. 7 but Warner Bros. Pictures thought best to bump it up to a Jan. 11 release date.

The film is inspired by Paul Lieberman's series for the Los Angeles Times, "Tales from the Gangster Squad."

Overall, "Gangster Squad" is a great film to see. I give this film three and a half banana rats. Very strong banana rats though – ones that fight off turkey vultures and walk all over your feet in the movie theater and eat your popcorn.

**No Names.
No Badges.
No Mercy.**

MOVIE REVIEW



Military Police Soldiers from five companies prepare to be inducted into the rank of sergeant at the W.T. Sampson High School gymnasium. The program emphasizes the rite of passage into a time honored enlisted corps.

Story by Sgt. 1st Class Steven Petibone
Photos by Spc. Cody Campana

In the somewhat secluded W.T. Sampson High School gymnasium at Naval Station Guantanamo Bay, 35 newly promoted Army sergeants from five military police companies were inducted as noncommissioned officers on Jan. 9.

The NCO induction ceremony is a celebration of the newly promoted joining the ranks of a professional noncommissioned officer corps and emphasizes and builds on the pride we all share as members of such an elite corps. (Excerpt from FM 7-22.7).

"It's been a long time coming. I've waited almost nine years for this," said Sgt. Bradley Mason, 193rd Military Police Company, and a former transportation specialist. "I'm looking forward to getting better guidance to continue my career."

He has set his sights on making staff sergeant.

The battalion command sergeant major, Sgt. Maj. Michael Baker, the master of ceremony, said the importance of recognizing the transition from just one of the Soldiers to a noncommissioned officer should be shared amongst the superiors, peers and Soldiers of the newly promoted.

Induction ceremonies should be used as rites of passage. It allows fellow NCOs of a unit to build and develop a cohesive bond, support team development and serve as a legacy for future NCO induction ceremonies.

This ceremony can also develop

You got three options;

You can be remembered by your Soldiers as a figment of their imaginations...or that Soldier who should've been carrying around a plant to replace the oxygen they stole from everybody else, or someone that your Soldiers can look back on and remember as that NCO who took charge of your career.

CSM Michael Borlin's analogy of his mentor, Sgt. Leroy W. Hildebrandt

NCO's who look to other opportunities of rank and responsibility.

Sgt. Marysol Ramirez-Martinez, from the

525th Military Police Battalion, Headquarters and Headquarters Company said, "Feels good, all the hard work over the last few years has paid off. Now I can instill the values that my NCO's showed me to my Soldiers and keep the memories of those who have sacrificed for this country. It's the right way of doing things."

She is thinking of the possibility of becoming a warrant officer.

The afternoon's guest speaker was Command Sgt. Maj. Micheal Borlin of the Joint Detention Group. He captured the audience's imagination by telling a story of his enlisted journey up through the ranks while stationed at Fort Ord, Calif.

He drew a mental picture for the audience that started in the mid-80s with a group of Soldier peers and how they all had the same opportunities in the same unit.

He used simple examples of how a sergeant realized his potential of completing the simplest of tasks and also noted that his room was always the cleanest among his peers-simple things. He went on to explain how his leadership and career skills were honed and expounded upon when his mentor, Sgt. Leroy W. Hildebrandt, would leave him no choice but to take correspondence courses and study for Soldier of the Year boards, all the while his mentor was also studying for the NCO of the year board.

In summary, Borlin used his past experiences to instill the new NCO's with pride and make it clear that they can be 'that' NCO that their Soldiers will remember long after their military service.



Sgt. Emilio Lopez from the 755th MP Company was among 34 other newly promoted Sergeants at W.T. Sampson High School.

FEATURE

MWR makes waves: Trooper Tubing Trip!

Story and photo by Spc. Cody Campana

In the mid afternoon with pockets of rain and light wind, Naval Station Guantanamo Bay Morale, Welfare and Recreation held a tubing trip for any troopers wanting to go out and have fun.

Amid the small waves and weather on Saturday, nearly two boats full of thrill seekers decided to put their grit to the test while speeding over the water. Some held on for quite some time, but others were not as lucky as they flew over the waves and toppled into the ocean below.

"The salt water is good for you. I think I still have some in my lungs," joked Army Staff Sgt. Casey Gore, a food inspection specialist with the Public Health Command. "The captain kept trying to create waves and he kept trying to flip the tube, but overall I loved it."

Gore noted that since he is not a very big fan of being in the water, he quickly tried to learn how to stay on the tube as best he could while the boat sped around.

"If you stay on the tube, you're better off," Gore said.

While flying over waves and through the water at high speeds may seem intimidating to some, Gore expressed it was actually very fun and he loved the trip.

"I would do it again. I love doing things with MWR," Gore said. "Tubing was something different that I have never done before, so I just wanted to try it and see how I liked it."

The adrenaline packed, crazy wipeouts may have been the best part to some of the tubers, but to Gore the best part was his company during the trip.

"The best part is always meeting people. I love to support the MWR. I love the things they do," Gore said.

Most of the people he knows on the island he has met through MWR programs, he noted.

"We wind up going fishing on our own and doing other things on our own after MWR," he said.

Gore noted he was initially a volunteer captain for the trip, but since the captain positions were already filled he decided to just go out and enjoy the trip.

"MWR does an awesome job," Gore said. "I support them, and I volunteer



Army Staff Sgt. Casey Gore, a food inspection specialist with the Public Health Command, rides a hotdog style tube with two other Troopers during an MWR tubing trip on Saturday.

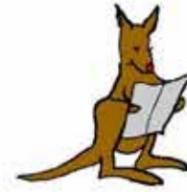


Troopers ride a tube in the bay of Naval Station Guantanamo Bay during an MWR Liberty tubing trip on Saturday.

for anything they want me to do."

Gore participates in MWR activities frequently and said that he always has a great time on their trips.

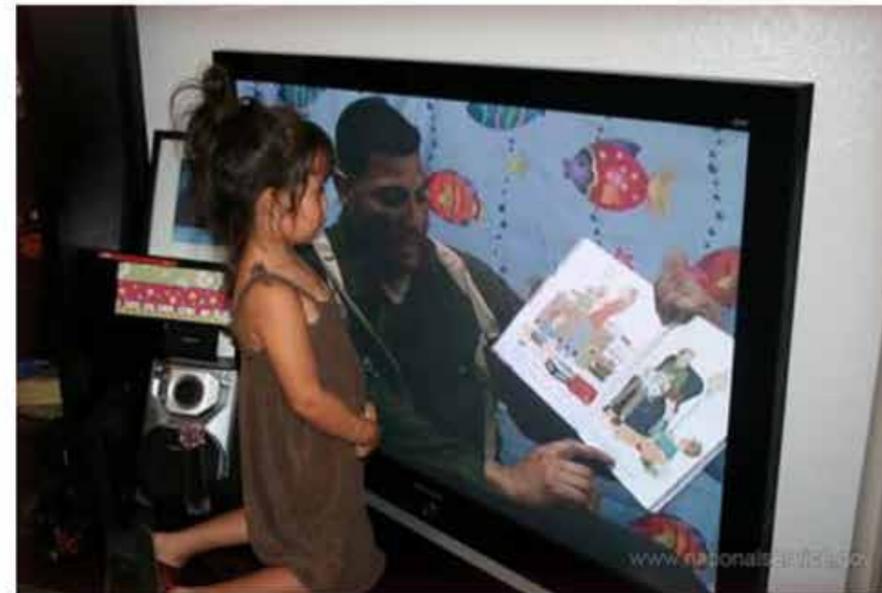
"I met some new people and I learned how to stay on the tube," he said. "Thanks MWR. I loved it."



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GTMO LAUGHS OUT LOUD!

Story and Photos by Spe. Jessica Randon

Laughing out loud or “LOL” became more than just a phrase this weekend as three very entertaining comedians took the stage providing an escape into laughter for troopers and families here at Naval Station Guantanamo Bay.

Three comedians showcased their best jokes Saturday at the Downtown Lyceum as part of GTMO’s Comedy Club. Causing these roars of laughter were Chris Killian, Jessie Campbell, and Arvin Mitchell.

For those who are interested in comedy, it is known that good comedians are hard to come by. Saturday night, however, they weren’t just good, they were phenomenal. So as the opening of the show approached, thoughts lingered about just how funny these comedians would be. Would the audience laugh, or would there be an awkward silence?

Needless to say there were no cricket chirps or sounds of pins hitting the floor. One comedian made it clear that he was sure people on the other side of the island were wondering where all the screams were coming from.

If you weren’t at the show and are curious as to just how funny this group of comedians were, here are a few

descriptions that might make it more understandable.

The first comedian on stage was Chris Killian. His use of props, audience members and music made the show very versatile. He even chose an audience member to serenade during his performance, which literally had audience members rolling out of their chairs. Following Killian was Jessie Campbell, the only female comedian in the group.

Campbell had no problem relating to the female population on many topics, but she also managed to reel in the male populous, as well, with her humor about marriage, friendships, and herself. Campbell’s humor was related to that of Melissa McCarthy, who is well known for her role in “Bridesmaids” the movie. Last, but certainly not least was the final comedian of the night Arvin Mitchell.

Mitchell had it tough coming on stage following two great acts, but he pulled it off. He didn’t have any props but his ability to capture the audience’s attention and keep them laughing was effortless. His ability to keep everyone rolling could be compared to that of Kevin Hart, best known for his latest stand up “Laugh at My Pain.”

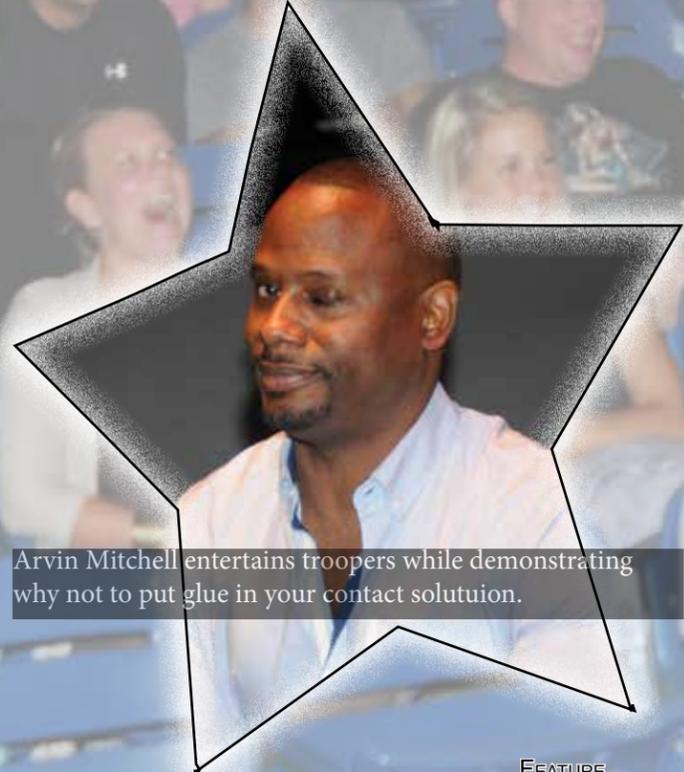
It was clear that the audience loved the performances provided by the comedians, but what did the comedians think of performing for Troopers here at GTMO? For Arvin Mitchell this wasn’t his first time in front of service members, but it was his first time here.

“I’ve performed at Stuttgart, Germany, for our troops. I also performed at Scott Air Force Base in Illinois and it’s a great experience,” said Mitchell, touching base on performing for service members. “It’s the least I can do. I know they need relief and it’s important they laugh. We all need stress relief on some level and laughter is healing.”

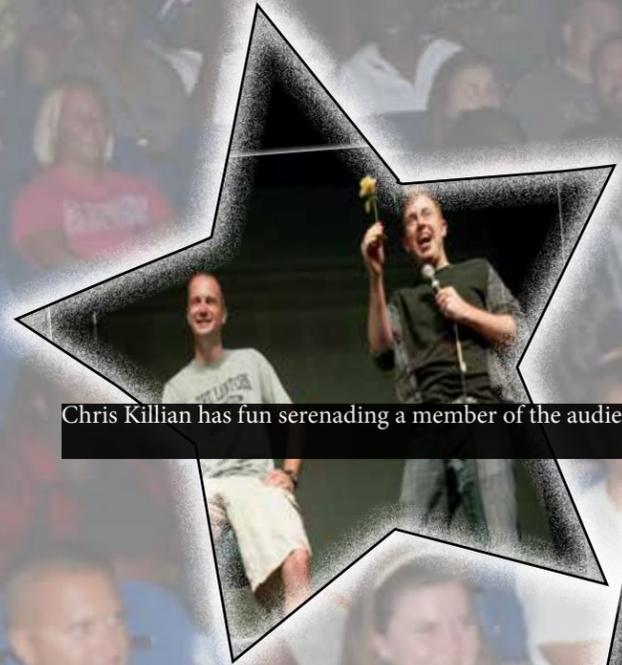
The amount of laughter and smiles that these guests brought to everyone was unquestionably an awesome thing to experience. If you missed out, no worries, there will be more to come. Stay tuned to all your news outlets to see the latest activities and guests coming your way.



Audience members enjoy the comedians consistent entertainment.



Arvin Mitchell entertains troopers while demonstrating why not to put glue in your contact solution.



Chris Killian has fun serenading a member of the audience.



Chris Killian sings to the audience with a lovely song about himself and his playstation.



Jessie Campbell pauses while on stage making sure her good angle was captured.

FRESH BEEF HAS

NEW MISSION



Story and photos by Army Sgt. Ferdinand Thomas

When you come to Naval Station Guantanamo Bay, you'll hear many stories about the BEEF. Those stories aren't about grilling hamburgers in the Cuzco's even though the weather is sunny year-round or even about groups of people who are having problems with each other. The BEEF is an acronym for a group of highly trained Airmen who happen to be the backbone of Joint Task Force Guantanamo.

The Base Engineer Emergency Force is what GTMO knows as the BEEF. And they fix problems instead of creating them. They don't wear a patch that reads 'It's what's for dinner!' or a patch of two Vikings in axe-to-axe combat. What you will see on the side of their sleeves are stripes and a star.

"Our role is to make sure everyone in our area of responsibility is taken care of," said Chief Master Sgt. James Bomboy, squadron superintendent.

Camp Justice and the Media Operations Center are still primary for the BEEF. They are now, however, responsible for providing services for all of the Joint Task Force as well. That includes the detention facilities and Camp America. This change came about as they assumed responsibility from the Alabama Air National Guard's 187th Civil Engineer Squadron Jan. 9th.

"The BEEF is a collection of surveyors, plumbers, electricians, power producers, heavy equipment operators, maintenance and supply Troopers who are responsible for the infrastructure on the base," said Tech. Sgt. Floyd Duckett, the non-commissioned officer in charge of the BEEF. "We all add a piece of support to accomplish each specific mission, ultimately



Air Force Lt. Col. Larry Harris accepts the guidon as the new BEEF commander from Air Force Col. Jonathan VanNoord.

accomplishing the overall mission."

These professionals will be responsible for the upkeep of the roads and many different underground lines, including water and sewage. The BEEF also handles high-voltage power lines as well. Without them, plumbing, electricity and many pleasures would not be maintained properly. That definitely makes the BEEF an integral part of the mission.

Like their BEEF predecessors, they are highly trained engineers. That basically means that they accomplish these types of missions daily. Very few of their personnel will need to catch up. Most of them are technically capable of hitting the ground running in their respective professional

craft.

And these individuals come from Air Force bases all over the United States.

"We have Airmen from Beale, Davis-Monthan, Nellis, Langley, Shaw, Ellsworth and Hurlburt Field. This range of experience is a great advantage to accomplishing the mission," Bomboy said.

612th Theater Operations Group commander Col. Jonathan VanNoord explained during their change of command ceremony that accomplishing this mission would present many challenges, but they could do it if they work together as a team.

Bomboy said the goals of the commander, Air Force Lt. Col. Larry Harris, are to organize all Joint Task Force engineers

under one organizational structure to provide a more streamlined and efficient response to the customer's needs. Good communication, highly trained Airmen and positive attitudes make it possible to accomplish anything.

Many of the BEEF's senior leaders have been deployed multiple times. Bomboy has been deployed 14 times to countries throughout the world. Some of the junior enlisted, however, haven't been deployed at all until now. GTMO is their first international experience. Bomboy explained how excited the Airmen are about being here and looking forward to all that the base has to offer. He said, "We're in Cuba. This is definitely going to be different."

Airmen stand patiently in formation during the change of command ceremony between the out going BEEF, 187th Civil Engineer Squadron, and the incoming BEEF.

STRESS



Air Force Staff Sgt. Christopher Shephard extends his stress relief reach to JTF GTMO

Trooper Focus



Story by Army Sgt. Jonathan Monfiletto
Photos by Spc. Brian Godette

Like many Troopers at Joint Task Force Guantanamo, Air Force Staff Sgt. Christopher Shephard knows a thing or two about stress, but that's not necessarily because he has a stressful job – in fact, dealing with stress is his job.

As a mental health technician in the Air Force, Shephard works at GTMO with the Joint Stress Mitigation and Restoration Team (JSMART) and helps his fellow Troopers of all branches – especially those working in the detention facilities – manage their emotions in a taxing environment.

Naturally, the biggest part of that mission involves talking to people, from just getting to know them to helping them work through their problems. Talking is clearly something at which Shephard excels – during an interview, he didn't really have to be asked questions. He just sort of answered them on his own.

"If you don't like talking to people, you're probably miserable at your job," he said. "Most of the time, it's just building that rapport."

Besides working at the JSMART office, Shephard and his counterparts make rounds around the detention facilities and visit guards and intelligence specialists at Camps V and VI, Camp Iguana, and Camp Echo.

Aside from helping them cope with the stressful nature of their jobs, Shephard said the JSMART crew helps Troopers working in the camps pass the time as well.

"We're in there all the time," he said, noting the JSMART crew visits the camps during every shift. "They love talking to people ... They just sit around there and wait for something to happen. We want to touch base and see how they're doing."

Most of the conversations are just about making small talk – asking Troopers about their military careers and about their off-duty hobbies and then seeing how they are doing emotionally and how they are handling their environment.

"Just building that rapport is a huge piece of it," Shephard said, noting Troopers are more likely to open up to him once they have gotten to know him and feel comfortable talking to him. "It's just making contacts. You don't have to make friends, just get them to talk."

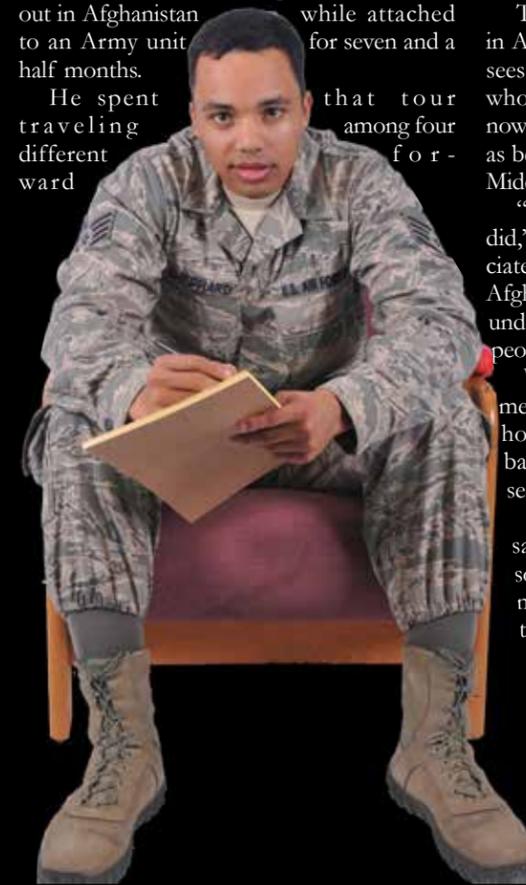
Halfway through his six-month deployment at GTMO, Shephard said many Troopers

have to come to know him as "the JSMART guy" so they will often come up to him during off-duty hours in civilian clothes – when they feel most comfortable – to talk to him.

"When they see me out at the NEX, at the gym, at the Windjammer, that's when they tell me their life story and say, 'Maybe I need to talk to someone,'" he said, adding they will usually make an appointment at JSMART after the informal session.

Building rapport and helping service members is a mission Shephard also carried out in Afghanistan while attached to an Army unit for seven and a half months.

He spent that tour traveling among four different forward



operating bases and some smaller aid stations to help service members in those areas deal with emotional injuries they suffered in the fighting.

"If something does happen, we just hop on a helicopter and head out," Shephard said about his time in Afghanistan. "That was pretty much my deployment, being on call and waiting for somebody to request you."

While working with the Army in Afghanistan, Shephard said he dealt with Soldiers having psychotic breakdowns, suicidal

thoughts, and even homicidal thoughts as they tried to cope with the situation.

"You saw some real stuff," he said. "There was some real stuff in Afghanistan."

Shephard saw it up close too because he was embedded with the Army unit. That helped him understand what the Soldiers were going through because he had been there himself.

"Camaraderie-wise, they don't care that you're Air Force as long as you're going through the same stuff they are," he said.

The overwhelming emotion Shephard saw in Afghanistan was fear, while at GTMO he sees a lot of anger, especially from Troopers who previously served in Afghanistan and now work around detainees who they perceive as being responsible for what they saw in the Middle East.

"We don't know what they [detainees] did," Shephard said. "They [Troopers] associate that with the stuff they experienced in Afghanistan, so there's a lot of anger and misunderstanding. That's what frustrates a lot of people."

While the emotions of his two deployments differ, Shephard said struggling with homesickness and dealing with problems back home are common situations he has seen in Afghanistan and GTMO.

"You can't do anything about it," he said, noting Troopers feel helpless when something happens at home that they cannot take care of. "That's a huge stressor on them because they can't be there."

In his six years in the Air Force, Shephard has visited five different places between his deployments and duty stations and seen a variety of stressful situations in each place. But, everywhere he has been, he has helped service members deal with their stress and made some friends in the process.

"I love being deployed," he said. "I wouldn't meet these good people if it weren't for being deployed. You meet a lot of good people, and I'm an open kind of guy."

Aside from leaving behind his young daughter, Shephard said he particularly enjoys GTMO because he has a good balance between a busy work schedule and a busy social calendar.

"That's the only downside," he said of missing his daughter and family. "If I could, I would stay here for a year. I don't really have an issue with that."

GSA VEHICLE SALE!!!

Vehicles will be located in the NEX parking lot next to McDonald's from 18-21 January

This will be the only open access period to inspect these units.



(The vehicles are for visual inspection ONLY; the vehicles cannot be started.)

Information on bidding can be done by registering at the following website: www.gsaauction.gov

Enter "2FFBPI13001" in the search field to go directly to these vehicles.

For additional information please contact:

LCDR Jermaine A. Wilson DSN: 660-3343 or at jermaine.a.wilson@jtfgtmo.southcom.mil

This is an Internet base sale and the preferred method of payment is Credit Card / Debit Card.



Ping pong masters show off their moves

Coast Guard Boatswain's Mate 3rd Class Michael Gavola prepares to hit the ball back toward his opponent during a ping pong tournament held on Jan. 11 at the Camp America Liberty Center. Gavola was the champion of the tournament after beating his four other competitors.

Story and photos by Army Pfc. Chalon Hutson

The opponents competed with the ferocity of Forrest Gump against the Chinese, pinging and ponging at break-neck speeds.

Troopers competed in a single-elimination ping pong tournament at the Camp America Liberty Center at Naval Station Guantanamo Bay on Jan 11. GTMO's Morale, Welfare, and Recreation hosted the event.

After several 21-point games, Coast Guard Boatswain's Mate 3rd Class Michael Gavola was proclaimed the champion in a close 21-19 win against Sgt. 1st Class Hugh Wade, an operations sergeant with the 602nd Military Police Company, who came in second during the competition.

"I feel pretty good. My opponent was a challenge," said Gavola, a tactical crew member with Port Security Unit 311. "I thought I was going to lose the entire game, but I came out on top."

Gavola may have won, but everyone in the tournament was able to benefit and improve upon their ping pong talents.

"Well, it was a little intimidating because I only play for fun," said Coast Guard Boatswain's Mate 3rd Class Anthony Garcia, a tactical boat operator with Port Security Unit 311 and champion of the consolation bracket. "It was a good experience. I just need to go practice some more."

Many of the contenders take the sport of ping pong very seriously and work on their techniques in their off-time.

"I feel like I didn't do that badly, considering I came in fourth," said Coast Guard Boatswain's Mate 3rd Class Roberto Grano, a tactical crew member with Port Security Unit 311.

Grano was defeated in the main tournament, as well as the consolation bracket, coming in fourth place out of the four competitors, or a position some would consider to be last.

"I've practiced a lot," he said. "My

training this season was quite intense."

Grano didn't plan on letting this defeat discourage him. In fact, he is already planning for future ping pong events.

"I think I shocked people. I was underestimated. I was the underdog," Grano said. "I came out in fourth place, but I think we have a lot of things we have to work on. I'm going to come out next season and going to do it right."

Everyone who participated in the competition received two prizes: a video game and a coin. Gavola, coming in first place, won the best rewards: Forza Motorsport 4 for Xbox360 and an Assassin's Creed Revelations coin.

This tournament is just one of many events that take place regularly here at GTMO that allow Troopers to find new friends and spend time together.

"These events bring morale up. It is something different to do," Garcia said. "You get to meet new people and experience different sides of the base."



Coast Guard Boatswain's Mate 3rd Class Michael Gavola (right) practices before he competes in the championship against Army Sgt. 1st Class Hugh Wade, who he beat for the overall win.



Coast Guard Boatswain's Mate 3rd Class Anthony Garcia spars before the tournament. Garcia took third in the ping pong competition.



Fleet and Family Support Center provides tax advice to GTMO residents

Story by Spc. Raechel Haynes

Tis the season! No, not the holiday season. It is tax season. Tax season can be either stressful or something you look forward to, depending on how you view it. If you are expecting a large refund check, it can be exciting. If not it can be a real chore.

Naval Station Guantanamo Bay's Fleet and Family Support Center provides help to make tax season less of a chore. One of the resources they have available is personal financial specialist Walter Barrett. Barrett served as a tax preparer for several years. Now he provides financial and tax advice to Troopers and their families. He also does one-on-one financial counseling and provides classes. With the arrival of tax season, Troopers, whether they are deployed to GTMO or stationed here, can use a helping hand.

"Most people don't think of the check as a refund. They think it is free money," Barrett said. "No, they are giving you your money. When people get their refund checks, they go shopping, pay off a debt, or make a debt by spending too much."

Barrett said sometimes people forget to change their status on their tax forms and get excited thinking they are getting a huge

refund but then struggle financially the rest of the year. One resource Barrett recommended to fix is the IRS Withholding Calculator. Troopers can go to the myPay homepage, look under external resources, and see the IRS Withholding Calculator or W-4 form. It will walk them through the



steps and have them make the necessary changes. From there, it calculates what can be withheld from their federal income tax return. Then Troopers can log in to their myPay and fill out a new W-4.

Troopers will need a few forms before getting started. They will need their W-2s, a Leave and Earnings Statement, or LES, and if possible their tax forms from the previous year. While it may seem complex, it is important and can even impact your career.

"Sometimes commands get letters saying

that a service member hasn't been paying their bills," Barrett said. "One way service members can avoid that is to check their withheld pay. If it's incorrect, fix it and they could be getting that much more money every month to pay their bills."

Even if it doesn't affect your bills, the extra money can be put to use in other things like the Thrift Savings Plan or an emergency fund.

Withholdings aren't the only thing that can trip people up when doing their taxes. Barrett said that one of the problems he sees a lot with Troopers is when they answer questions about their pay periods.

"Service members get

paid bi-monthly," Barrett said. "However, when they fill out their tax forms, they mistakenly put down that they get paid every two weeks."

Barrett said the IRS Withholding Calculator will help them accurately fill out the forms.

Don't let this tax season stress you out, let the Fleet and Family Support Center help you out. Barrett encourages Troopers to seek out help if they are unsure. To arrange an appointment, call 4050.



Column by Spc. Jessica Randon

I don't know about you, but the beginning of a new year is something I look forward to but dread at the same time. In the days leading up to the New Year, we tend to look back on the previous year. We ponder goals we've met or didn't quite reach or loved ones we've gained or may have lost. Either way, it's one big emotional roller coaster of "I'm glad I had the chance to" or "I wish I would not have done that."

Now we sit and think, "What will this year hold for me?" There's a saying out there that goes, "How you begin the year is how you will end the year." This is why everyone is always telling you to make sure you start the New Year off "right." Well, what is right?

When you establish New Year's resolutions for yourself, aren't you already setting goals to achieve? Goals like losing weight, getting in shape or maybe even running in a marathon. You set different tasks you want to complete or changes in yourself that you want to make happen. What about your dreams too?

When we are young we say, "When I grow up..." and as adults we refer to those times as "I used to dream about..." So, I'll go ahead and share with you one of my New Year's resolutions, one of my dreams.

When I was a kid I used to dream about being famous, so this year I plan on starting a blog and maybe even a podcast and doing my best to market everything I write or create. Even if I'm not completely "famous," I know I will be one step closer than I was at the beginning of the year.

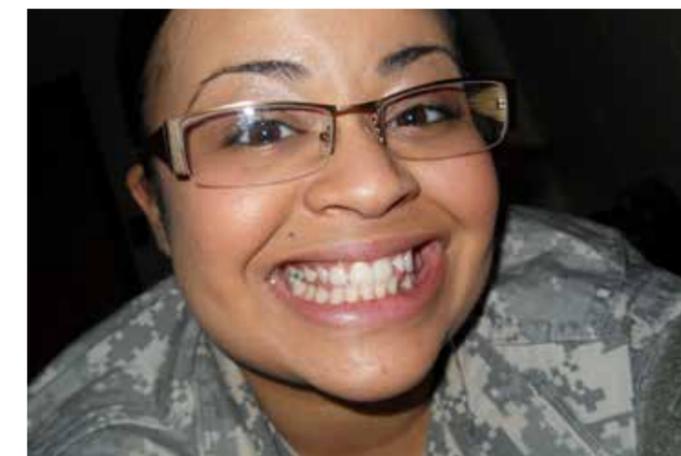
Sometimes we get stuck on staring in the mirror for hours and saying "Hmmm, what do I want to change about myself this year?" How about, "What do I want to learn to love about myself this year?" Like my smile for instance. I don't think I have the most perfect set of chompers, but I love to smile. Sometimes when I become so self-conscious of my teeth, I forget to do just that, smile. I could say that this year I am going to learn to love my smile, so maybe every day I will take a photo of myself smiling. No, I'm not going to look at the stars in the magazines with their perfectly edited teeth. I'm going to look at me and learn to love what I see.

Yes, it's easier said than done, but you will never know what you can learn to love or what dreams you can turn to reality if you never give it a try. And again, it's all a process.

I don't know about you, but there are many New Year's resolutions that I didn't quite complete or achieve, and sometimes that's just how it works out. So, do what you can do to just open the door and get one foot in the doorway to your dreams, your love. As a kid, what did you tell yourself you wanted to be when you grew up? Has it changed, or is it something you still wish you would have

done? Why can't you now? Regardless of what your goals, dreams, or "learn to loves," may be right now, the best advice I can give is simply to be you, be true and be beautiful.

"Do what you can, with what you have, where you are." - Theodore Roosevelt



Trooper to Trooper

Getting into shape

SGT. 1ST CLASS HERBERT CRAFT
525TH MILITARY POLICE BATTALION

Now is a perfect time to start an exercise program. It seems as though many people never take that first step. A report on Healthy People 2000 goals released last year in mid-April claims that about 24 percent of Americans never exercise. In short, this means that these individuals engage in no physical activity or are sedentary.

Breaking out of a sedentary lifestyle and making exercise a regular part of your life can have impressive benefits. It can increase the amount of blood your heart can pump, lower your heart rate when you are at rest, improve your cholesterol level, lower your blood pressure and reduce body fat. Regular exercise also can help you mentally by making it easier to manage stress, leaving you more energetic, making daily chores easier to accomplish, helping you sleep better and improving your self-image. The best part about these benefits is that they are accessible, to some degree, to almost any individual who builds exercise into his or her daily routine.

Regular exercise does not have to entail expensive fitness club dues or high-priced equipment to fill your spare bedroom. It can be as simple as walking. One expense you should afford yourself, however, is the correct shoe for your activity. Walking shoes should not be used for running, and running shoes should not be used to play basketball or tennis.

Before starting an exercise program, one should heed some basic principles:

-Be sure to check with your physician. Most people who wish to start a gradual, sensible exercise program do not need to see a doctor before they start. However, if you have a health problem like high blood pressure, if you have pains or pressure in the chest or shoulder area, if you tend to feel dizzy or faint, if you get very breathless after a mild workout, or if you are middle-aged or older and have

not been active, check with your doctor first.

-Choose an activity that you enjoy. If you do not like what you are doing, you probably will not stick with your program. And remember, light activities, if done daily, can help you become more fit. Physical activity can be fit into your daily routine in small but important ways: take a walk at lunch or after dinner, use the stairs instead of the elevator, get off the bus one or two stops early and walk the rest of the way to your destination, park farther away from the store or office, ride a bike, work in the yard or garden, or go dancing.

-Build variety into your program. A program that includes several fitness activities—for example, weight training on Tuesdays and Thursdays, running on Mondays and Wednesdays, and swimming on Fridays and Sundays—will help maintain your interest and will help you exercise different muscle groups.

-Train with regularity. Fitness is cumulative. Increased strength and flexibility result from regular physical activity. Sporadic exercise, especially if intense, can result in injury.

-Soreness from an intense workout should not last more than 24 hours. If it does, you should re-examine how you are performing the activity and the intensity of your workout. Listen to your body. It will tell you if you are overdoing it.

-More is not necessarily better. Your body needs time to rest between workouts. Try to alternate between hard and easy workouts.

Regular exercise has four phases:

-Warming up elevates your pulse slowly. Start at a fairly light pace and gradually increase it until you begin to perspire—about five to ten minutes. A good warm-up will help prevent muscle strains and raise the internal body temperature, which makes muscles more flexible.

-Stretching improves the flexibility of your joints, making movement easier and injuries less likely. Stretches should be done slowly and without bouncing. Move until you can feel



the muscle stretch but not to where you feel any pain. Hold the position for several seconds (10-20) and repeat three to five times. Stretch before and after you exercise.

-The aerobic phase is the most important part of your daily exercise routine because this is when you temporarily elevate your resting heart rate. This phase involves three factors. The frequency of your exercise program is an important factor. In order to improve your fitness level, you should try to exercise at least three times per week. The length of time you exercise is important. The body needs approximately 20 minutes to reach its fat-burning stage. Individuals who are extremely out of shape and those who have cardiac or respiratory problems are exceptions to this rule and should start with shorter workouts. These people, especially those who are out of shape, may be able to gradually increase the length of their workouts. The intensity of your workout is crucial and should be determined by your level of fitness. Your workout should increase the number of times your heart beats to about 60 percent to 80 percent of its maximum rate.

-During cool down, you should reduce your pace slowly so that your heart rate and blood pressure decrease slowly. This is the final phase of your workout.

PROTECT YOUR INFO!

OPSEC ALERT Everyone on Facebook is not your friend

Did you know that most people on Facebook are not U.S. citizens? This means that when you post things on Facebook, you are communicating to a world-wide audience. Unless you use strict privacy settings, people other than your "friends" can see everything on your page. Make sure you check your privacy settings and protect your pictures and personal information from inadvertent disclosure. Once you've posted something online, it's almost impossible to take it back. Remember, "Once online, always online." USE OPSEC!

	18 FRI	19 SAT	20 SUN	21 MON	22 TUE	23 WED	24 THU
Downtown Lyceum	Monster Inc. (NEW) (G) 7 p.m. Gangster Squad (R) 9 p.m.	Cirque du Soleil (NEW) (PG) 7 p.m. Killing Them Softly (R) 9 p.m.	Life of Pi (Last showing) (PG) 7 p.m. Red Dawn (PG-13) 9 p.m.	Les Miserables (PG-13) 7 p.m.	The Hobbit (PG-13) 7 p.m.	Playing for Keeps (PG-13) 7 p.m.	Breaking Dawn: Part 2 (Last showing) (PG-13) 7 p.m.
Camp Bulkeley	Cirque du Soleil (NEW) (PG) 8 p.m. Red Dawn (PG-13) 10 p.m.	Monster Inc. (NEW) (G) 8 p.m. Gangster Squad (R) 10 p.m.	Breaking Dawn: Part 2 (Last showing) (PG-13) 8 p.m. Killing Them Softly (R) 10 p.m.	Playing for Keeps (PG-13) 8 p.m.	Life of Pi (Last showing) (PG) 8 p.m.	The Hobbit (PG-13) 8 p.m.	Les Miserables (PG-13) 8 p.m.

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

GTMO RELIGIOUS SERVICES

For more information, contact the NAVSTA Chaplain's Office at 2323 or the JTF Chaplain's Office at 2309

NAVSTA MAIN CHAPEL

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

Vigil Mass

Saturday 5 p.m.

Mass

Sunday 9 a.m.

Spanish-language Mass

Sunday 4:35 p.m.

General Protestant

Sunday 11 a.m.

Gospel Service

Sunday 1 p.m.

Christian Fellowship

Sunday 6 p.m.

CHAPEL ANNEXES

Protestant Communion

Sunday 9:30 a.m. Room B

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 2

JTF TROOPER CHAPEL

Protestant Worship

Sunday 9 a.m.

Bible Study

Wednesday 6 p.m.

GTMO BUS SCHEDULE

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

Bus	#1	#2	#3	
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	:52	:12	:32	
IOF	:54	:14	:34	
NEX Trailer	:57	:17	:37	
Gazebo	:58	:18	:38	
Camp America	:00	:20	:40	

GTMO Beach Bus Schedule

Saturdays and Sundays only

Location	Run #1	Run #2	Run #3	Run #4
Windward Loop/ East Caravella	0900	1200	1500	1800
SBOQ/Marina	0905	1205	1505	1805
NEX	0908	1208	1508	1808
Phillips Park	0914	1214	1514	1814
Cable Beach	0917	1217	1517	1817
NEX	0925	1225	1525	1825
Windward Loop/ East Caravella	0930	1230	1530	1830
SBOQ/Marina	0935	1235	1535	1835
Return to Office	0940	1240	1540	1840

SAFE RIDE – 84781



BLACK HERITAGE ORGANIZATION

GUANTANAMO BAY, CUBA

**The Black Heritage
Organization of
Naval Station
Guantanamo Bay, Cuba
invites you to join in
on a march and
ceremony to remember
and celebrate
Dr. Martin Luther King Jr.
Day.**

**The march will start at the
NEX
Atrium and end at the
NAVSTA Chapel**

**Location: Atrium (NEX) entrance
Time: 10 A.M.
Date: Monday Jan 21.**

