

The WIRE

MCPON gets down on the deck plates with GTMO Sailors

Troopers let the good times roll
at MWR Mardi Gras celebration

Trooper Focus: Airman 1st Class Ty Brown

CAPT. RICHARD STOLTZ
COMMANDER, JOINT MEDICAL GROUP

Early in my professional career, I was energized by a naïve desire to help others.

My spirits were bolstered when I was hired to be a child care counselor at a residential treatment facility for emotionally disturbed adolescents in Denver. On my first day at the job, I had troubling encounters with a 16-year-old female who was a heroin addict and a prostitute, and with a 15-year-old male who had shot and killed his father in self defense. Weeks later, another resident broke a Coke bottle and wrestled me onto the floor. The bottle's sharp, jagged edges nearly punctured the jugular vein in my neck. Fortunately, I gathered the strength to prevent a disaster. Though I obviously made mistakes, ultimately I survived my professional baptism by fire and learned how to connect with these deeply troubled teens.

Later, I became a clinical psychologist treating a diverse population of adults ranging from high-functioning executives to inpatients on psychiatric wards. Sometimes these individuals experienced high levels of anxiety and depression and were living in dire circumstances. They had poor relationships with their parents, their spouses and their children. Their finances were a disaster. Their military careers were cut short or in great danger of ending. It was not uncommon for many of them to consider suicide. Dozens of them made serious attempts to take their own lives.

What does any of this have to do with Joint Task Force Guantanamo?

Well, some of the individuals noted above turned their lives around. They went from hopelessness to hopefulness, from despair to joy. And, there was a common theme behind

their transformation that provides an important lesson for all of us to remember. While every individual is different, all of those who made a remarkable recovery worked with others to explore the reality of what was happening in their lives and the truth of what was going on inside of themselves. They learned that attempting to manipulate and trying to convince others to believe things that are not true ultimately backfires. Being honest and straightforward not only made things better in the workplace and at home, it also led to inner peace.

No matter what, all of us at JTF GTMO have the opportunity to find others we can be honest with. And, we have the time to get honest with ourselves.

Being honest is not always easy. For many of us at JTF GTMO, there are so many unique aspects to our duties that it is inevitable that we will make some mistakes. How willing are we to admit them? Frequently, when something goes

wrong, it's much easier to point the finger somewhere else.

All of us make mistakes. It's a pleasure to work with people who acknowledge their shortcomings instead of pretending that they know more than they do or claiming something that isn't true.

Some of us grow up in far more adverse circumstances than others. We may have experienced tragic events that involved great loss and pain. Maybe our parents were abusive, such as some of those kids experienced at that residential treatment facility in Colorado. No matter what, all of us at JTF GTMO have the opportunity to find others we can be honest with. And, we have the time to get honest with ourselves. When we do this, we sleep better at night and the morning starts with a brighter light.



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Universal Resort

GTMO's Information, Tickets, and Travel office is offering Universal Orlando Military Salute Tickets to GTMO Troopers and retirees. Military Salute tickets are 3-day park to park tickets and are good until the end of June. If you want to pick up your free ticket, call the ITT office at 75351. You must pick up your ticket before 3/31/13.

New zip code

Effective Feb. 7, Joint Task Force Guantanamo's new postal zip code will be APO AE 09522. The current zip code, APO AE 09360, will remain valid for 12 months. For more information, contact Air Force Maj. Jeff Elliott at 9717 or jeffrey.e.elliott@jtf-gtmo.southcom.mil.

Liberty events

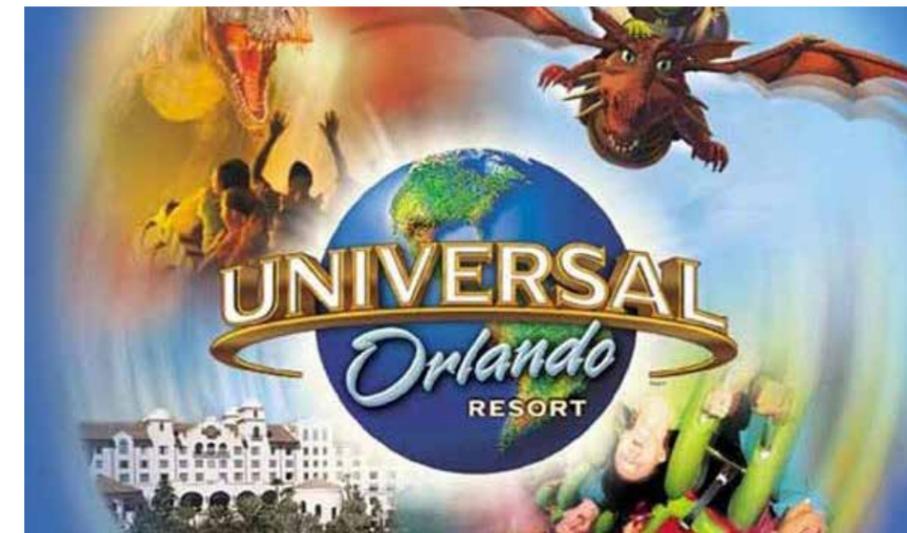
Looking to try new things? Meet new people? Check out the Liberty program's GTMO Life calendar. They provide a variety of fun activities for unaccompanied service members each week. Upcoming events include a night fishing trip, Jamaican chicken feast, and a pool tournament. For more information about Liberty program activities call 2010.

A new way to bowl

Come out and enjoy Red Head Pin bowling! Bowl a strike when you have a red pin and win a free game. Red Head Pin bowling is held every Thursday from 5:30p.m. to 11p.m. at Marblehead Lanes. For more information call 2050 or 2118.

Outdoor recreation

Some of the MWR's outdoor recreation center hours have changed. The Ground Zero paintball course is now open Saturdays from 4:30p.m. to 8p.m. and Sundays from 11a.m. to 5p.m. The paintball course(ext. 2381/2345) is available by appointment only during the week. The Auto Skills Center(ext. 7791) is closed Sundays and Wednesdays. Mondays, Tuesdays, Fridays, and Saturdays the shop is open from 9a.m. to 6p.m. Thursdays from 6:30a.m. to 3:30p.m. The Marina(ext. 2345) is closed on Wednesdays. Saturdays and Sundays the Marina is open from 6a.m. to 8p.m. Mondays, Tuesdays, Thursdays, and Fridays from 8a.m. to 8p.m. The Lateral Hazard(ext. 77288) golf course is only closed on Tuesdays. The rest of the week the golf course is open from 7a.m. to 6p.m.



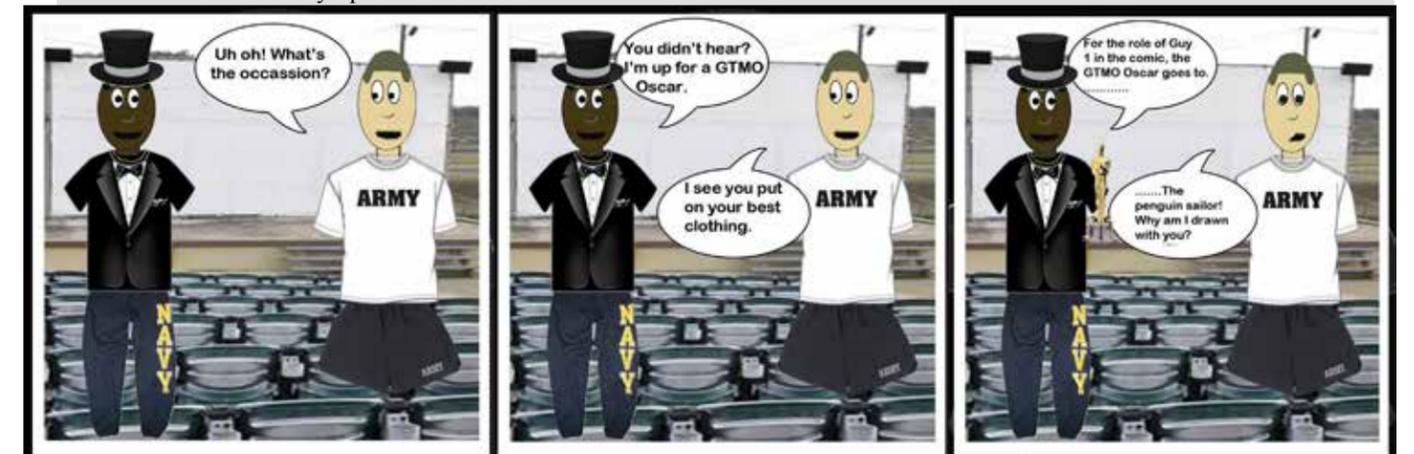
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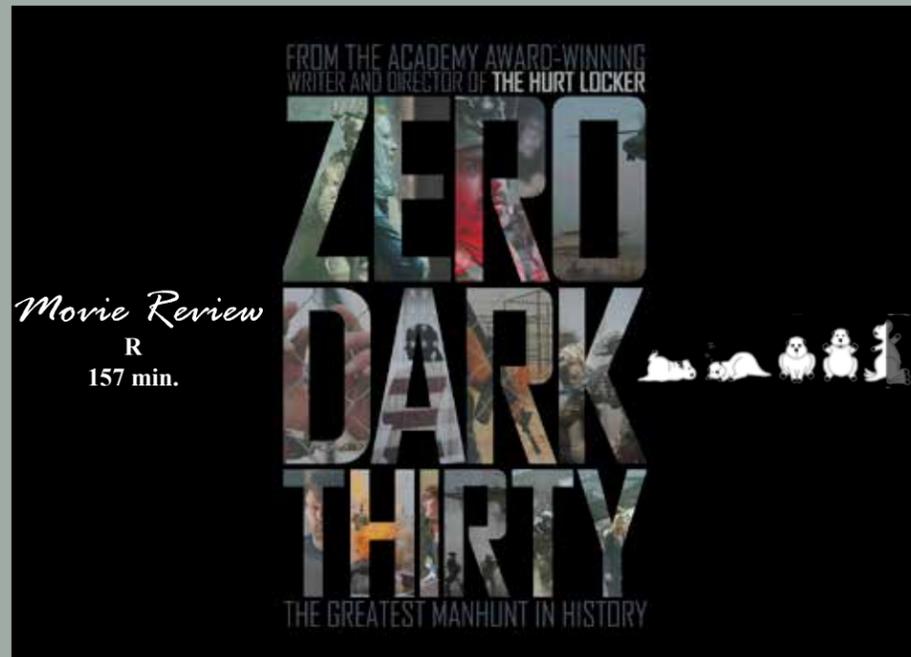
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FEBRUARY 22, 2013

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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.

ONLY AT GTMO by Spc. Brian Godette





Movie Review
R
157 min.

By Army Staff Sgt. Michael E. Davis Jr.

The greatest manhunt in history was expounded through the greatest medium in the world – film.

I've come to the realization that to explain a successful synopsis, in most cases it's not what you say, but how you say it. It's not the words you pitch, but how dramatically you pitch it. And it's not the story you tell, but how you tell it.

Oscar-winning director Kathryn Bigelow ("The Hurt Locker") tells a story to which we all know the ending, but how she tells it puts "Zero Dark Thirty" in a nomination for Best Picture in the 85th Academy Awards. Since the successful award-winning outcome of the 2008 film "The Hurt Locker," Bigelow reunites with Oscar-winning writer-producer Mark Boal to tell the story - in a chronological format - of the decade-long hunt for al-Qaeda terrorist leader Osama bin Laden after the 9/11 attacks. The film also portrays Osama's death at the hands of the NAVY SEAL Team 6 in May 2011.

The film immediately gets your attention with an interrogation scene set in a black site back in 2003 in which Maya (Jessica Chastain, "Lawless"), a young Central Intelligence Agency (CIA) officer, takes part. A fellow CIA officer, Dan (Jason Clarke, "Lawless"), leads the interrogation of Ammar - a detainee with suspected links to several Saudi terrorists.

After taking a break from the interrogation, the young CIA officer, who first comes off as innocent, suggests to Dan that they go back in and interrogate even more. Her urge to go back in without a mask sets off a passion, a yearning and a determination

that we see in her throughout the rest of the film.

"If you lie to me, I hurt you," says Dan to Ammar in a calm but intimidating tone. Ammar doesn't give Dan the information that he wants, so water-boarding follows. In the midst of covering the detainee's face with a cloth and pouring water down his mouth until he almost drowns, Maya does her best at stomaching the disturbing act in the hope of getting information.

How the film was shot and directed provided a mood similar to "The Hurt Locker," and because "Zero Dark Thirty" showed here at GTMO, Troopers watching the film seemed to relate to it as well.

GTMO was referenced a couple of times in the film, which even showed news clips of President Barack Obama addressing his no-torture policy as the time progressed in the film. Being a part of JTF GTMO's missions of conducting safe, humane, legal and transparent care and custody of detainees, I could also relate to the film and the political changes that were occurring during its chronological format.

"Zero Dark Thirty" was shot similar to a documentary with the heavy use of handheld camera movements and the segments that were displayed by title cards on the screen. Many may have thought the title cards were a bold decision made by Bigelow and Boal, but I thought they were unique and a great tool to keep the audience up to speed on what was going on in the film.

Like I said before, many people know the history because we are in tune with the news, but I thought Bigelow and Boal were successful in making this film because it shows us how history unfolded and kept the viewer's attention with the sporadic action

scenes and wonderful acting performances.

Chastain, who already won a Golden Globe for Best Actress for her role in "Zero Dark Thirty," is nominated for an Academy Award for Best Actress as well. With the help of Bigelow's direction, she definitely gives a human feel to the film, as she displayed such a dramatic and heart-felt performance.

At the point of the film where the CIA gives its mid-range percent confidence in Osama bin Laden's whereabouts and Maya gives her with-out-a-doubt 95 percent - leaving the other five percent off just to satisfy her counterparts - the film goes into act three and introduces Patrick (Joel Edgerton, "The Odd Life of Timothy Green") - squadron team leader for Navy SEAL Team 6.

As the actual hunt for Osama bin Laden begins in the early morning at a large urban compound in Abbottabad, Pakistan, we get a sense of why the film is actually called "Zero Dark Thirty."

Bigelow supports the title as she displays most of the raid sequence in nearly total darkness. The sequence reminded me of the short scene in the movie "The Silence of the Lambs" when Clarice Starling (Jodie Foster) is trying to track down serial killer James "Buffalo Bill" Gumb (Ted Levine) in the dark and random green tinted point of view shots of night vision goggles are shown.

Bigelow doesn't really glorify the killing of Osama bin Laden and rather portrays him as sort of a dark figure. She doesn't even reveal his face. "Zero Dark Thirty" is a must-see. How Bigelow portrayed history is just amazing. I give this film four and a half banana rats.



LIFE IS RICH;

FIND YOUR LOST SAVINGS



Story by Spc. Cody Campana

Military Saves Week will be Feb. 25 to March 2 this year throughout the Department of Defense.

Designated the last week of February each year, Military Saves Week is a DOD-sponsored program based off of the Consumer Federation of America's social networking program called America Saves, which focuses on education to improve the financial situations of American households through saving.

"Saving should be a year around goal. The DOD's intent is to highlight and focus attention on saving during this dedicated week," said Walter Barrett, the financial education specialist with the Fleet and Family Support Center. "At the command level, the goal is to enlighten, encourage and educate the military community in the various ways to save. This year's theme is titled 'Set a Goal, Make a Plan, Save Automatically.'"

Setting a goal and making a plan are extremely simple tasks, but not many people can say they know how to save automatically. According to Barrett, there is an easy way to save money without ever missing it.

"Many financial institutions allow you to divide your pay check into different accounts. Take advantage by putting part of your pay into a savings account or other designated account (CD, money market)," Barrett said. "You can start small and save \$20 a week or month, or you can try and save more."

Many troopers can save money on their own easily, but the automatic savings plan can make it even easier and

help that urge to run to the NEX and spend your petty cash.

"Saving automatically makes it easier to save because your money is saved with each pay check. You don't have to think about how much to save or take any additional steps," Barrett said. "It's tempting to spend money when it's readily available. If you don't see the money, you are less likely to miss it."

That old Benjamin Franklin saying "a penny saved is a penny earned" is a great representation of how Troopers with tight budgets can put away a little at a time because every little addition to a savings will eventually add up to your goal.

"Everyone has the ability to save. America Saves' motto is 'Start Small, Think Big,'" Barrett said. "You can start with only \$10 a week or payday. You have to start somewhere. When you get extra income, you can add that money to your account as well. Over time, your deposits will add up. Even small amounts of savings can help you in the future."

Saving and making financial manoeuvres can be stressful, but the FFSC can help Troopers and family members regain their financial fortitude with information and education to start saving immediately.

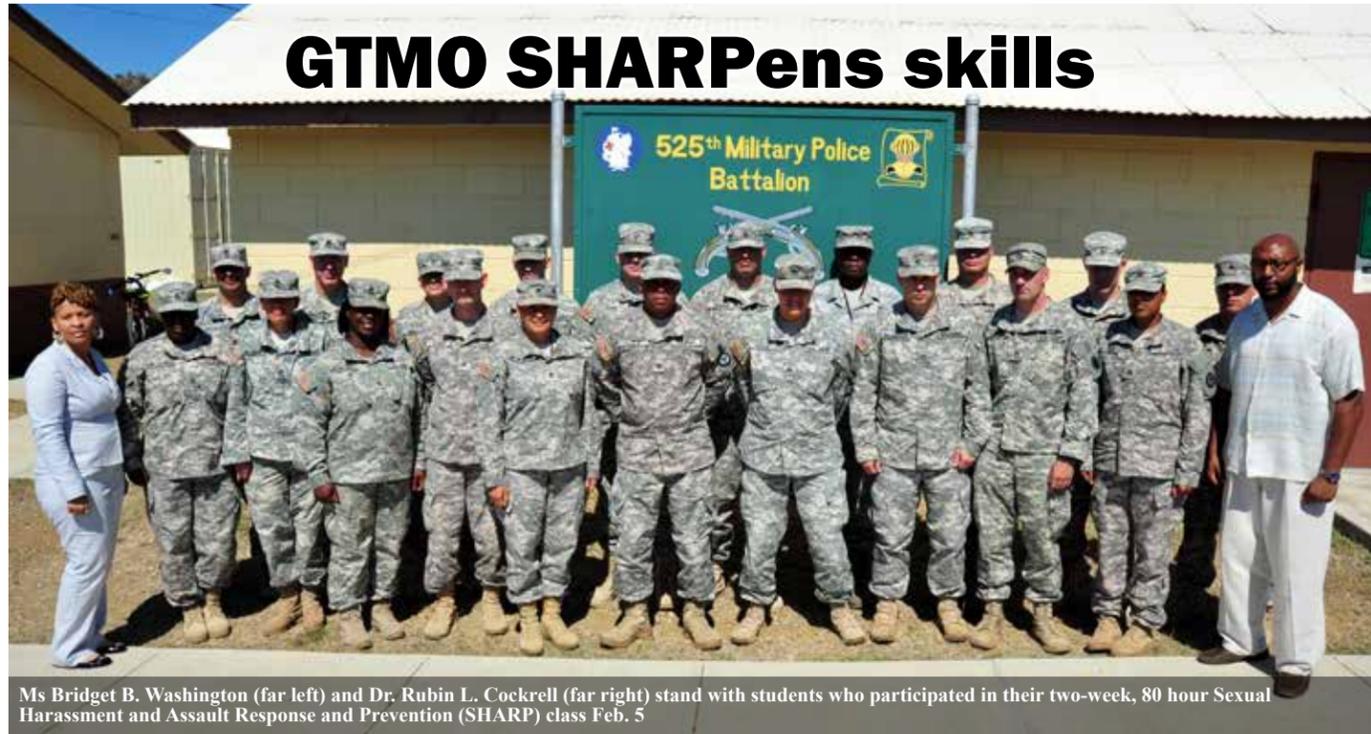
"The FFSC can provide educational assistance. Primarily this is done on a one-on-one basis by making an appointment or through group presentations," Barrett said.

If you would like more information on this, visit www.militarysaves.org or contact Barrett at the Fleet and Family Support Center at x4141.

How to save your money

- Put a portion of your tax return money into savings.
- Put birthday or holiday money into savings.
- Hold a garage sale and put that money into savings
- Buy other than brand name products and put the extra money into savings
- Save your change and put it into savings

GTMO SHARPen skills



Ms Bridget B. Washington (far left) and Dr. Rubin L. Cockrell (far right) stand with students who participated in their two-week, 80 hour Sexual Harassment and Assault Response and Prevention (SHARP) class Feb. 5

Story and photo by
Army Staff Sgt. Michael E. Davis Jr.

Since basic training, Troopers are taught to fight, engage the enemy and complete the mission. Troopers are also taught to perform all of those actions to keep themselves safe as well as keep their fellow Soldiers, Sailors, Airmen, Marines and Coastguardsmen out of harm's way.

Another way Troopers keep their fellow service members protected is by preventing serious incidents, such as sexual harassment and assault, from affecting one another. Although sexual harassment and sexual assault relate to one another, they are not the same. Sexual harassment is a form of gender discrimination that involves an unwelcome verbal, visual, or physical act of a sexual nature that is severe or pervasive and affects working conditions or creates a hostile work environment. Sexual assault is any type of sexual activity to include rape or attempted rape, forcible sodomy and indecent assault.

Leaders here at Naval Station Guantanamo Bay learned ways of preventing wrongful sexual activities by participating in a two-week, 80-hour Sexual Harassment and Assault Response and Prevention (SHARP) class.

Mobile Team SHARP instructors Bridget B. Washington and Dr. Rubin L. Cockrell taught the class to a mixture of Army and Air Force personnel.

"We train them to know what their responsibility towards the program is," Washington said. "We train them to get rid of myths and not judge victims when they

come forward and how to be that change agent to where victims will feel comfortable coming forward to them knowing that they will keep that confidentiality."

Cockrell added that they also teach the students how to work on improving their cognitive skills.

"Understanding the ability of networking, listening skills, understanding communication skills, because one of the things in order to be successful with working together with the Chaplains, working together with MPs, working together with [Criminal Investigation Department], is to build their communication skills as well as working on their organization skills," Cockrell said. "And looking introspectively at themselves to realize that in order for them to be good in the position that they have, then physically, mentally, emotionally, psychologically, they have to be whole within themselves."

The position that requires all of those skills is known as a SHARP representative – a job that has been vacant for some time here in GTMO, but is now filled by Army Staff Sgt. Nina M. Hamlette-Wells, training non-commissioned officer for the 525th Military Police Battalion.

"I plan on conducting training for all the units so they all are aware of what we just learned," Hamlette-Wells said. "It's a lot of things Soldiers don't know, so I want to educate everybody and leaders of course. I want to have briefings with them as well so they're educated."

Hamlette-Wells also said she feels it is important to be an agent of change because Troopers accept so many things that are

wrong.

"We need to have at least one person stand up and educate people on what right looks like," she said.

Going forward in her duties as SHARP representative, Hamlette-Wells feels she already has an advantage, having learned from Cockrell and Washington. Hamlette-Wells said she especially feels fortunate being taught from Washington because she is prior military and held the same position when she served in the Army.

"I spent 22 beautiful years in the Army," Washington said. "From being in the Army, knowing the Army's culture, knowing the lifestyle of a deployed life, knowing how sometimes Soldiers can be intimidated by rank and they're afraid, they don't trust the chain of command, it helps me to relate to the Soldiers a lot, because I've been there."

Although the students received different views on sexual harassment and sexual assault from the individual instructor's intellect and experience, they both emphasized a common theme - to prevent unwanted sexual acts that affect Troopers and hinder missions.

"I will certainly try my best to set the example and make sure that everybody is made aware," said Sgt. 1st Class Tawana Young, behavior science consultant, explaining how she will be an agent of change. "I will definitely make sure that my leadership, my command and Soldiers, and DA civilians and contractors alike are all made aware of the policies, of the regulations, all the stipulations, the punishments, everything that the program has to offer. I will definitely help to get the word out."

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GTMO Gets

Down... Cajun Style!



Story and Photos by Spc. Jessica Randon

Bands, and Good Times” was the motto for the Mardi Gras celebration that took place Saturday evening at Naval Station Guantanamo Bay’s Tiki Bar.

Helping to bring to life this festive celebration was Beth McKee and her Cajun band treating the audience to lovely sounds of what they like to call “swamp roots music.”

“What I call it is swamp roots or Southern roots, and when I say that people look at me like, ‘What does that mean?’” McKee said while breaking down her genre. “It’s blues and soul, and there’s a little gospel in our sound and a little rock ‘n’ roll too.”

McKee, being originally from Mississippi, fell in love with the Cajun sound and the Mardi Gras celebration during the period of time in which she lived in New Orleans. McKee was excited to bring this Cajun culture she fell in love with so much here to GTMO.

“Technically, Mardi Gras is the last day before Lent, so it represents everybody getting real wild before they drop everything for



Beth McKee serenades audience while playing the “little accordian.”

Lent,” McKee said. “But it’s now become more of a season of celebration, and I like to see where everything else is just put aside, so all your stresses and your daily grind is traded for reveling.”

McKee’s Cajun band includes a total of five band members, including Juan Perez, Beth’s husband, who plays the drums, Charles DeChant, who plays the saxophone, Gerald Wilhelm, who plays the bass guitar, and Thomas Calton, on the electric guitar. While the band members collectively create the unique Cajun sounds, Beth adds to the mix while playing both the keyboard and a little accordion and of course by adding in her fantastic deep yet soulful vocals.

“We are so excited to be here,” McKee said.

She explained what her goals were for this performance, being the her first here at GTMO, and for Troopers all together.

“I hope to bring a little joy and relaxation and fun and get to know everybody and just have a good time,” McKee said.

Event goers were welcomed with beads and Mardi Gras masks to wear throughout the night, featuring signature Mardi Gras colors of gold, green and purple. The guests were also welcome to purchase a traditional Mardi Gras drink



Audience members show off their festive “Hurricanes.” drinks.

called a hurricane, which is a mixture of three different types of rum and a sugary juice. The hurricane was served in a glass that read “Mardi Gras 2013, GTMO,” followed by the theme for the night “Beads, Bands, and Good Times.”

The festivities kicked off at 8 p.m. McKee and her band took the stage around 10 p.m. and performed until midnight. The audience was full of cheers, and there was plenty of singing along. Beads bands and good times is a perfect description for this Mardi Gras celebration.



Charles DeChant adds flares to the bands sound while playing the saxophone.



MCPON Mike D. Stevens gives GTMO Sailors words of wisdom



Master Chief Petty Officer of the Navy Mike D. Stevens gives words of wisdom to a group of young Sailors assigned to Joint Task Force Guantanamo Feb. 14, near the Kittery Galley.

Story and photos by Army Staff Sgt. Michael E. Davis Jr.

Noncommissioned officers are considered the backbone of the military. As a result of an ongoing Joint Task Force mission here at Naval Station Guantanamo Bay there is confirmation that leaders serving in all five branches of the armed forces are symbolized as a strong spinal column that supports the whole human body.

Although the spine supports the entire body – or NCOs and petty officers support and uphold their specific branches – it is said that the neck is the most important part. According to military rank structure, it is safe to say that the neck of the backbone corresponds to a senior enlisted leader of a specific branch.

The neck of the Navy, Master Chief Petty Officer of the Navy Mike D. Stevens, gave his support to fellow master chiefs, senior

chiefs, chiefs, petty officers and seamen while he toured GTMO from Feb. 14 to 15 giving words of wisdom.

“I’m going to ask you to do three things,” Stevens said while speaking to a group of young Sailors who all crowded around him with enthusiasm on their faces. “Continue to work hard, stay out of trouble, and be a good and decent person.”

The MCPON told the Sailors if they abide by those three standards, they will not only be successful in the Navy but will be prosperous in life.

“I live by this motto,” Stevens said.

He also encouraged the Troopers to take care of themselves and their shipmates and to continue to reach out to their loved ones at home.

Emphasizing more on home for these Sailors, Stevens shared a story with the Sailors about how he didn’t call home for four years when he was stationed overseas. He mentioned

that his father grew concerned and reached out to him through the American Red Cross.

The Sailors gave the MCPON their full attention and had questions of their own. Some of the Sailors had basic questions about Navy uniforms, but most of the inquiries were about growth and leadership advancement opportunities.

Since most promotions in the Navy require getting high scores on exams, he encouraged all of them to study, study and study some more.

“You don’t want to take the test and say, ‘I don’t know man,’” Stevens said in a joking manner but seriously expressing to the young Sailors how crucial it is to devote time in acquiring knowledge for advancement.

The questions the Sailors had on advancement gave Stevens the opportunity to talk about his letters about Zeroing on Excellence.

MCPON’s Zeroing on Excellence theme



focuses on three areas that solidify each Sailor’s line of operation: developing leaders, good order and discipline and controlling what you own.

Stevens believes Zeroing on Excellence is a universal theme all Sailors can apply in their respective positions.

He elaborated a little more on his theme aimed at building an environment where the entire Navy gets stronger at the All Hands that took place at the Downtown Lyceum, but he specifically said he wanted to hear the concerns of more Sailors.

Many of the Sailors, both enlisted and officer, asked the MCPON questions and despite the sun that beamed down on their heads, most of them seemed to enjoy the time he spent with them.

“It was a nice visit,” Senior Chief



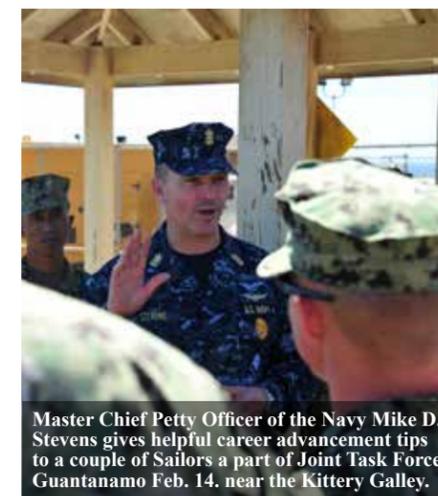
Master Chief Petty Officer of the Navy Mike D. Stevens and a group Sailors a part of Joint Task Force Guantanamo pose for a group photo near the Kittery Galley Feb. 14.



Senior Chief Petty Officer Michael Woods ask Master Chief Petty Officer of the Navy Mike D. Stevens a question during an All Hands that was conducted at the Downtown Lyceum during the MCPON’s visit from Feb. 14 to 15.

Michael Woods said. Woods is the J2 non-commissioned officer in charge and one of the Sailors who asked an advancement question to the MCPON.

After the All Hands, the MCPON took



Master Chief Petty Officer of the Navy Mike D. Stevens gives helpful career advancement tips to a couple of Sailors a part of Joint Task Force Guantanamo Feb. 14, near the Kittery Galley.

another opportunity to sit and talk with many of the senior enlisted here at GTMO.

“I actually got to sit with him at dinner,” Woods said. “He’s a very personable guy and easy to talk to.”

The MCPON was not only easy to talk to, but he also got down on the deck plates, so to speak, with his Sailors in a 5K run the following day.

Stevens didn’t spend his time here at GTMO in meetings discussing political matters. Instead, he spent it talking to young Sailors and listening to their concerns.

“What an honor it is to be here,” Stevens said. “What an honor it is to serve as your Master Chief Petty Officer of the Navy. It is an honor of a lifetime. I truly enjoy these fleet engagements and spending time with you. I am very, very proud of each and every one of you and your spouses and your family members, for everything that you do for our Navy and for our nation each day. I am thrilled beyond words to tell you what an honor it is to serve alongside of you.”



Trooper Focus



AIRMAN 1ST CLASS

Ty Brown, B.E.E.F. ELECTRICIAN

Story and photos by Army Sgt. Ferdinand Thomas

Q. HOW OLD ARE YOU?

"20"

Q. WHERE DO YOU GET YOUR BASKETBALL EXPERIENCE FROM?

"I PLAYED HIGH SCHOOL BALL IN L.A. AND SACRAMENTO."

Q. AS THE ONLY UNDEFEATED TEAM IN GTMO'S BASKETBALL LEAGUE, WHAT ARE SOME CHALLENGES YOUR TEAM FACES?

"WE HAVE THREE THINGS: DEFENSE IMPROVEMENTS, REDUCING EMOTIONAL OUTBURSTS AND REMEMBERING OUR RESPECTIVE ROLES."

Q. WHAT HAS BEEN THE SECRET TO WINNING ALL YOUR GAMES THIS SEASON?

"I THINK WE HAVE A LOT OF CONFIDENCE ON OUR TEAM. A LOT OF PEOPLE OVERLOOK THE IMPORTANCE OF TEAMWORK AND WE USE THAT TO OUR ADVANTAGE."

Q. WHAT IS YOUR ROLE WITH THE TEAM?

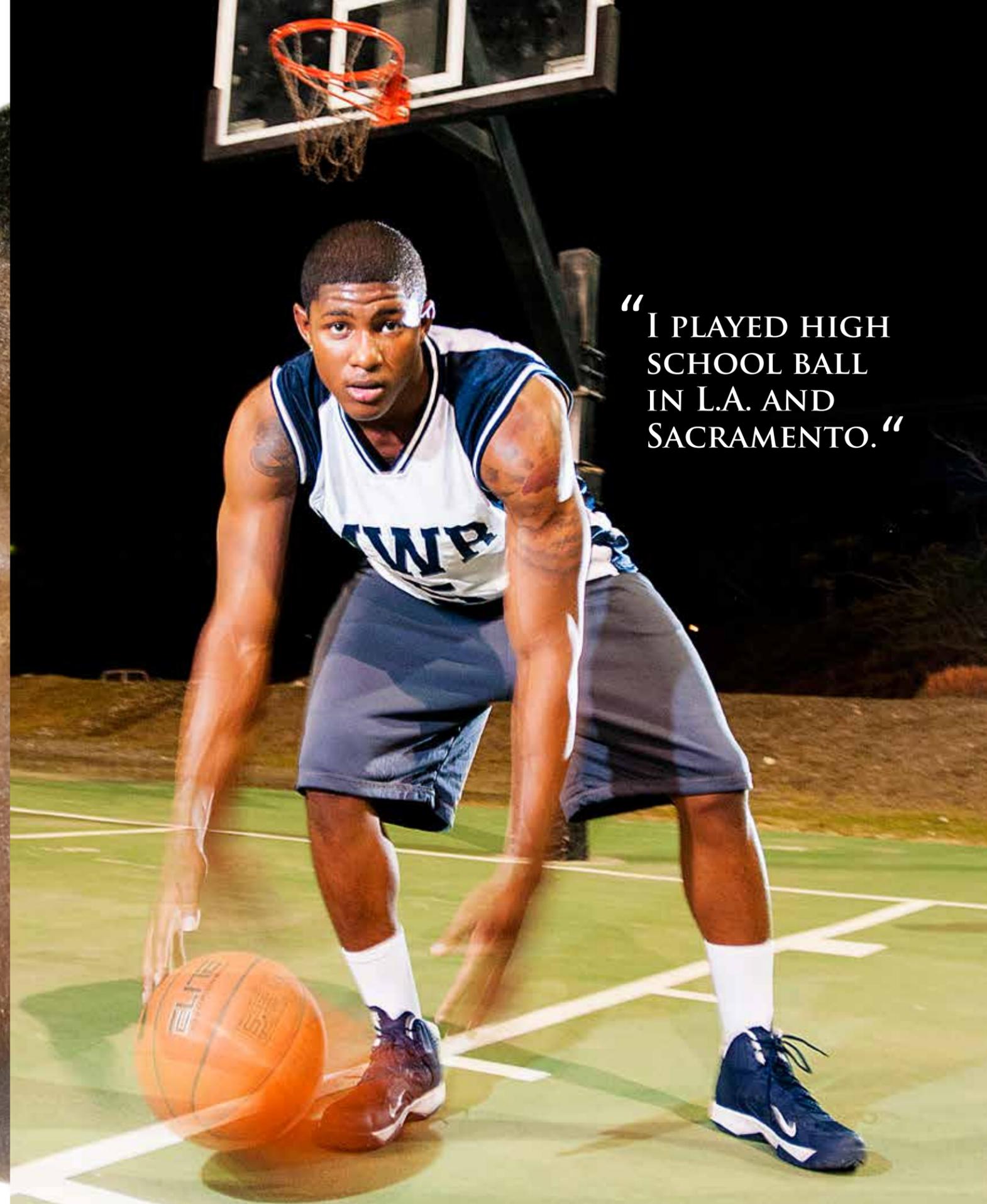
"I FILL IN WHERE I FIT IN AND DO WHATEVER COACH ASKS OF ME. I DO WHATEVER I CAN DO TO HELP MY TEAM WIN. I DEFINITELY TRY TO KEEP EVERYONE HYPE THOUGH."

Q. YOU EVER PLAY ANY OTHER SPORTS BESIDES BASKETBALL?

"USED TO PLAY FOOTBALL IN HIGH SCHOOL TOO."

Q. WHAT ARE YOUR TEAM'S GOALS?

"WE JUST WANNA BRING THE CHAMPIONSHIP HOME AND REPRESENT FOR THE BEEF."



"I PLAYED HIGH SCHOOL BALL IN L.A. AND SACRAMENTO."

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GTMO galleys serve up Surf & Turf

Troopers, contractors, and families struggled to find seats at Sunday afternoon's Surf-n-Turf meal at Seaside galley. Surf-n-Turf meals were served at all of GTMO's galleys. Diners had a great selection of seafood and delicious steaks as well as a variety of side dishes.

Story and photos by Spc. Rachel Haynes

One thing a Trooper can really miss on a deployment or at a duty station is a favorite restaurant or a favorite meal. For some, it's something they really look forward to when they return home. Whether it's a home-cooked meal or a favorite dish in a nice restaurant, a good meal can make one feel a little bit closer to home.

Naval Station Guantanamo Bay's galleys featured the popular Surf and Turf meal Sunday afternoon. The galleys occasionally feature favorite meals like Surf and Turf or holiday meals like Thanksgiving. For these meals the galleys go all out to make it great.

At Seaside Galley, diners were treated to freshly cooked lobster tails, crab legs, and shrimp cake. That covers the surf, now for the turf.

Diners looking for the turf portion of

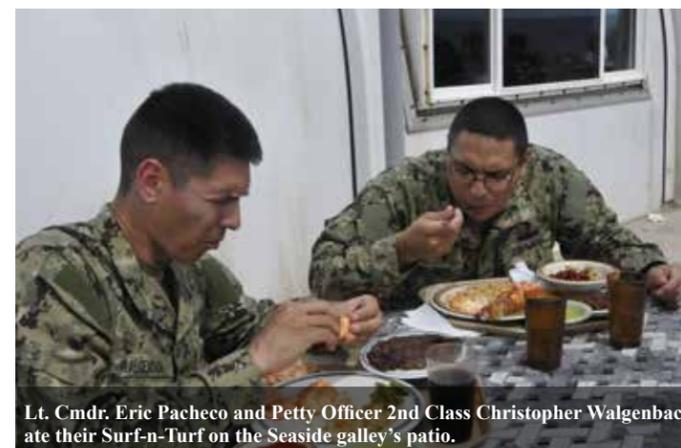
their meal were directed to a window in the dining room where they could order a steak however they wanted it.

Side dishes included baked potatoes, fried rice, corn on the cob, seasoned green beans, and sautéed onions and mushrooms for the steak.

"It's really good. I was surprised," said Lt. Cmdr. Eric Pacheco, Joint Operations Center officer in charge. "I mean, it'd be nice to kick back in shorts, t-shirt and flip flops, but for a deployment it is still really good. It's nice to be able to enjoy a good meal like this."



Galley staff served lobster tails, crab legs, shrimp cake, and steak to diners at Seaside galley. Surf-n-Turf was served Sunday afternoon at all base galleys.



Lt. Cmdr. Eric Pacheco and Petty Officer 2nd Class Christopher Walgenbach ate their Surf-n-Turf on the Seaside galley's patio.

Surf and Turf meals are not held on a regular basis, but are highly anticipated by Troopers. For those who are new to GTMO, it was a nice surprise.

"It was a great meal," Army Sgt.

David Golden of the 128th Military Police Company said. "We've only been here a week and figured we'd try this. It turned out to be really good."

The Surf and Turf meal drew quite a crowd to Seaside Galley, as diners struggled to find enough seats. Diners came from all over GTMO, from family members to civilian contractors to Troopers.

No diner left any of the four galleys hungry. Portions were generous, and the atmosphere was comfortable. While it may not be a favorite restaurant or a home cooked meal, the Surf and Turf meal at GTMO is one of the most popular meals served here.



Coast Guard team shines in 9-on-9 dodgeball tourney

Members of LBC, a team made up of Coast Guardsmen from the Maritime Security Detachment, prepare to launch an attack against the Bees, a group of Joint Task Force Guantanamo Seabees, during the championship round of the Presidents Day 9-on-9 Dodgeball Tournament, staged at the Cooper Field hockey rink Monday. LBC and the Bees emerged in the finals among the 12 teams who entered the tournament, and LBC defeated the Bees in two final games to win the trophy.

Story and photos by Army Sgt. Jonathan Monfiletto

The smallest branch got the biggest win.

That is how Coast Guard Petty Officer 3rd Class John Ogden described his team's victory in Naval Station Guantanamo Bay Morale, Welfare and Recreation's Presidents Day 9-on-9 Dodgeball Tournament held at the Cooper Field hockey rink Monday night.

LBC, a team made up of Coast Guardsmen from the Maritime Security Detachment, beat the Bees, a group of Joint Task Force Guantanamo Seabees, in the finals two times to defeat them overall and take home the trophy.

The Bees were undefeated in the double-elimination tournament going into the finals, and LBC had one loss. As a result, LBC had to hand the Bees two losses in order to claim the overall victory.

"It feels great," Petty Officer 2nd Class Ryan Huffman said after MWR Sports Coordinator Jim Holbert presented the LBC team members with the trophy. "We had a lot of hard work and determination. ... [Having to win twice] was a little tough, but they played well. We had good teamwork. We came back, and we did it."

Besides winning the tournament, Huffman said he and his fellow Coast Guardsmen enjoyed being able to compete against Troopers of other military services.

"It was a great event," he said. "We all work on the water, so it's nice to come out and play with the other branches."

To earn their way into the championship game, the Bees won every one of their games and took out Ghost Pro to get into the finals. Even that win was not easy, though, as the Bees were close to elimination when they fought their way back.

LBC suffered a loss early in the tournament, but this team too fought its way back, reeling off three wins to face Ghost Pro for the top spot in the losers bracket. LBC got past Ghost Pro to move into the finals, and the team went straight into facing the Bees for the championship without a break.

Players from both teams in the finals looked tired as they headed out on the rink to battle it out for the trophy. The game play was tough enough on the players, but it was just as tough on the referees who were trying to stay on top of the action and make the right calls as to who was in and who was out.

"You can't have eyes everywhere," said Air Force Staff Sgt. Asia Bailey, one

of the referees for the tournament.

The referees looked on as the players hurled rubber balls at each other in two final games. With the trophy on the line, it was a battle simply to outlast the other team, as the players from each side took turns setting up attacks on each other and then scrambling to gather up balls for another skirmish.

In the end, LBC won simply by wearing down the Bees and doing that twice in a row. LBC claimed the winner's trophy, while the Bees grabbed the second-place trophy.

Holbert said it was the first time MWR hosted a dodgeball tournament since he came on as sports coordinator, but he said it has hosted such tournaments in the past and wanted to put on another one for the long weekend.

"It gives you something to do, something different," he said. "Everyone enjoyed it. Everyone loves playing dodgeball. We'll do it again."

Though there seemed to be some confusion from players and referees alike as to the rules of the game at the beginning of the tournament, Holbert said everything seemed to run smoothly after that point.

"Everyone had a good time, and there were no issues after that," he said. "Overall, things went pretty well."

It Doesn't Matter if You're Black or White

Column by Spc. Jessica Randon

"It don't matter if your black or white" - words sung by Michael Jackson in the well-known song titled "Black or White." What about being black and white? It's Black History Month, as most know, and for me this month has a certain significance.

My mother is white and my father is black, which makes me biracial. For the longest time growing up, I struggled with finding my identity. Being surrounded by two totally opposite cultures, morals and beliefs was more than confusing.

You know when you take a standardized test in school, you have to identify what ethnicity you are. So, when I was in elementary through middle school, I was always told to mark "African American," being that that was the dominant ethnicity in my genes. At that time, I never thought of it as anything more than something I needed to fill out on a form. Then, as I got older and the box selections changed and now added "Two or More Races" and the high school I attended tended to be more segregated, I realized that I wasn't just black and I wasn't just white.

In most cases, even within my own family, I was forced to choose who I was depending on who I was around. Many would call that "fake," but for me it was survival. There was no such thing as being "Me," and I always felt pressured into being what one race wanted me to be out of fear of not fitting in or being called out. Sounds silly, right?

On many occasions I found myself being called out for dating a white guy in high school, which some of my friends would say was not OK because it was outside of my race. Jokingly I would reply, "No it's not. I'm half white and half black, so technically I can date either or." Or, one day in my child development class, a group of students and I were discussing the upcoming Martin Luther King Jr. march that is held in Phoenix, my home town, every MLK Day. During this discussion, I was told that my opinion didn't matter because I was not "black." Or, in my senior year of high school, we had a school election for the 2008 presidential electio, in my government and economics class. For the election, we had to select a candidate to campaign for. And because I selected to campaign for McCain, I was told I must not like black people.

Then, I have the times when even being around uniformed service members, I become categorized as the typical African American. "Typical African American." Sketchy to say, right? Well, allow me to

much "I like rap. These individuals just couldn't listen to it, so they were going to have to change the station. For all they knew, I didn't even like the song that was on, and I actually favor all genres.

Within my very own family, racism exists. My mother's parents have openly admitted to the fact that if my mother didn't have biracial children, they would have never been forced to get to know the "African-American" culture and they still would have disapproved of biracial relationships. On many occasions when I was a child, they would make racial comments that offended me, but I was taught to respect my elders so I would never say anything in response.

I am not trying to offend anyone by writing this column, nor am I trying to make any accusations. The situations I have spoken of are things that really did occur and ultimately affected how I identify myself. Over time, I've become less confused with who I am and more annoyed with the fact that I have to explain it to people.

When asked what race I am, I say I am biracial, which is never good enough. That response tends to be followed with, "Well, what are you mixed with?" I respond with, "I'm half white and half black," which is usually followed by a state of shock, being that most people I meet believe that I am every race except what I actually am.

I actively participate in Black History Month every year, not because I think, feel, or act like I am black, but because it's a part of my culture. As a matter of fact, my mother and father fought racism and prejudice so that my siblings and I could live a better life. My mother tells stories of when she was pregnant with my oldest brother and how people would not let her into their homes, vehicles, or establishments because they knew she was pregnant by a black man and how many people used to tell her she'd be better off aborting the child. In spite of falling victim to the racism of many, my mother and father stood alone in the strength within themselves and gave us all a chance at life.

nant by a black man and how many people used to tell her she'd be better off aborting the child. In spite of falling victim to the racism of many, my mother and father stood alone in the strength within themselves and gave us all a chance at life.

I am not black, and I am not white. I am two or more races and respectfully identified as neither but as myself, just me, no color involved. When someone asks what I am, I respond with, "I am Jessica. What are you?" Appreciate your culture, whatever it may be. Whether that's one or two or three different cultures, enjoy them. No matter how people choose to stereotype you, the only thing that can truly represent you is "YOU." So, as usual, from me to you, be you, be true, be beautiful.

Race is like gender – most of the time, people see it and assume how one identifies. Black woman. White man. Hispanic child. Anyone who's biracial or struggles with his or her gender identity knows it's not so cut and dry.

- Stephanie Georgopoulos

Trooper to Trooper

Some things never change

SGT. FIRST CLASS WILLIAM DEMAIRE
TRAINING SERGEANT, 428TH MILITARY POLICE CO.

Changes come and go, but some things last forever.

It was November 1, 2002, and I was seeing Naval Station Guantanamo Bay for the first time. Coming in for the hard right turn landing was the first experience, and 10 years later was no different. The windmills were the first things I noticed after I landed this time. They did not exist back then.

"GTMO specials" were very similar to what they are today, but fenders and bumpers of the vehicles were often missing. In fact, most trucks had bench seats in the back to accommodate extra passengers. Back then the Joint Detention Group (JDG), known as the JDOG, battalion commander had a rather old vehicle, and even the Battalion command sergeant major had a 1970s-style Dodge truck with hand crank windows, faded paint and no air-conditioning. Back then, air conditioning was known as "2-25 A/C," which meant two windows down and driving 25 miles per hour. Today, the vehicles are in much better shape and most have air conditioning. Over the past 10 years, many things have changed and some have remained the same.

In 2002, housing was limited and every available area was used. Tierra Kay housing was packed, and Windward Loop often had eight to 10 military personnel in a dwelling. The Windjammer swimming pool was always packed, along with the Windjammer Club, so not much has changed there. The bowling alley was open and was being remolded with the addition of fast-food restaurants. Patience was needed when ordering a pizza. It often took well over 30 minutes or longer for delivery. Yes, much has changed.

One would not know it today, but the



gravel area in front of the Camp America Liberty Center by the ocean was the old Camp America, which consisted of old sea huts. Now, only the electrical boxes are left looking like tombstones. The clam shell tent used for teaching the Military Police Corrections Officer course is gone and only the concrete pad is left. Somewhere in front of The Pirate's Cove and closer to the ocean was a tiki bar called Club Survivor, but even it is gone and with it the pool table, air hockey, and the beach volleyball courts. Time often causes change, even in small communities like GTMO. Not all changes are bad, and here at GTMO there have been some good ones.

Morale, Welfare, and Recreation has improved with Pizza Hut, KFC, Taco Bell, new boats, recreational events, and the internet. In 2002, one internet café was available, and it was located where the 525th MP BN mailroom is. The internet then was scarce, and today wireless internet and computer

access seems to be everywhere. Denich Gym Sports Complex changed in 2008 with baseball diamonds, a football field and track, and a skate park as well. In 2002, the location where the football field is today used to be a gravel lot and the prime location for cricket matches. Back then, the lyceums were showing movies like "The Sum of All Fear," "The Recruit," and "National Security." Triathlons and paintball tournaments were scheduled as well as Fox and Hound runs. Scuba diving, boating, hiking and sailing are available today just like then.

There have been many changes over the last 10 years, many units rotating through Joint Task Force Guantanamo, and their monuments representing their time served are still visible today near Camp America. Back then, JTF was located on the hill above the old windward run way, and today it is located in the Camp Bulkeley complex. Currently, the 525th MP Battalion utilizes most of the buildings in Camp Bulkeley. However, these same buildings in 2003 were vacant structures in need of repair. Uniforms have changed, but the scope of the mission has not. Many of the large tactical vehicles (five-tons, deuces and HMMWVs) are gone and have been replaced with newer, smaller vehicles to include hybrids and alternative energy ones.

With all the changes, three individuals have remained the same since 2002. The next time you see them, thank them for what they do - Jessie Keenan, the dive shop manager, Anthony Henry, the sailboat instructor, and Sgt. Maj. Rene Torres. In 2002, Sgt. Maj. Torres was 1st Sgt. Torres of the 240th MP Company, and today he is Sgt. Maj. Torres of the JDG staff. Even with all the changes, some things never change, like good people who are committed to improving the lives of service members and the GTMO community.

	22 FRI	23 SAT	24 SUN	25 MON	26 TUE	27 WED	28 THU
Downtown Lyceum	Escape from Planet Earth (PG) 7 p.m. A Good Day to Die Hard (R) 9 p.m.	The Last Stand (NEW) (R) 7 p.m. Django Unchained (Last showing) (R) 9 p.m.	Mama (NEW) (PG-13) 7 p.m.	Silver Linings Playbook (Last showing) (R) 7 p.m.	Broken City (NEW) (R) 7 p.m.	Zero Dark Thirty (R) 7 p.m.	Jack Reacher (Last showing) (PG-13) 7 p.m.
Camp Bulkeley	Zero Dark Thirty (R) 8 p.m. A Good Day to Die Hard (R) 11 p.m.	Broken City (NEW) (R) 8 p.m. The Last Stand (NEW) (R) 10 p.m.	Django Unchained (Last showing) (R) 9 p.m.	Mama (NEW) (PG-13) 8 p.m.	Jack Reacher (Last showing) (PG-13) 8 p.m.	Silver Linings Playbook (Last showing) (R) 8 p.m.	Identity Thief (R) 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

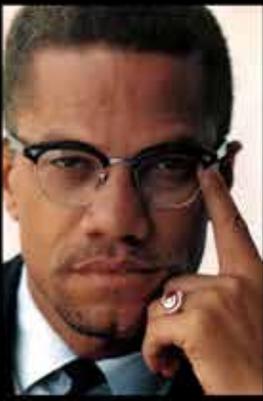
Location	Run #1	Run #2	Run #3	Run #4
Windward Loop/ East Caravella	0900	1200	1500	1800
SBOQ/Marina	0905	1205	1505	1805
NEX	0908	1208	1508	1808
Phillips Park	0914	1214	1514	1814
Cable Beach	0917	1217	1517	1817
NEX	0925	1225	1525	1825
Windward Loop/ East Caravella	0930	1230	1530	1830
SBOQ/Marina	0935	1235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

PROTECT YOUR INFO!

ALERT New to Joint Task Force Guantanamo?

Welcome to Cuba! There are a few things you will need to keep in mind to have a successful tour of duty here. First of all, we take OPSEC seriously. That means you will need to be careful with the information you are exposed to while working here. You should be very careful about what information you share online. Make sure you're not posting official information, anything classified or sensitive, and don't post too much information about yourself or your family. You don't want to compromise security or become an easy target for identity thieves. There are places on the installation that you cannot photograph, and our communications are not secure. Stay clear of restricted areas, and be cautious when making phone calls or using email. Always remember that you are now living and working in a foreign country. This can be a great place to work, so be smart, be safe, be alert and always use OPSEC!

SAFE RIDE – 84781



Black Heritage Organization (BHO)
Celebrates Black History Month

with

Black and Gold Ball

Come out to dance & enjoy
cultural entertainment

Windjammer Ballroom

February 23, 2013

Social Hour: 6:00 p.m.

