

# THE WIRE



Branch Battle:  
Captain's Cup  
**GO ARMY!**

Trooper Focus  
brings the sound  
waves your way  
with *Army Sgt.  
Brandon Davis*

**STAR TREK  
INTO  
DARKNESS  
SPOCK, A BLUE  
FALCON...NO!**

**Troopers Return as Champs!**

# COMMAND CORNER

**COL. JOHN V. BOGDAN**  
COMMANDER, JOINT DETENTION GROUP

“What can I say to convince you to stay in the Army?” I recall the unit reenlistment non-commissioned officer asking me that many years ago and my answer was simply, “nothing.” I was ready to depart the service, echo tango suitcase, FTA, ready for college and continued service as an officer. But I was also tired of my current unit, the general attitude of my leaders and their often apathetic attitude towards many Soldiers in the unit. I realized later that by the time the reenlistment NCO is seeking you out – the work has already been done.

“Convincing” a Soldier to stay in the service has nothing to do with the RE-UP NCO and everything to do with the unit’s leaders; Team Leaders, Squad Leaders, Platoon Leaders, Commanders, Sergeants Major, NCOs, and Officers. Leaders are responsible for developing Soldier’s careers and ensuring they have the opportunity for success by encouraging and nurturing their growth.

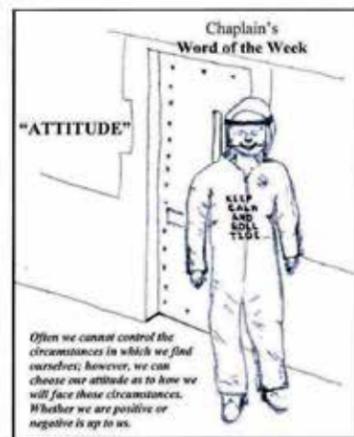
Investing time in our Soldiers is like building a house; it must be deliberate and attentive to the smallest details to yield a lasting result. One of the best investments in our Soldiers is through our own example – be, know, do! It pains me to hear Soldiers say all they want from their unit is to get out of it – clearly some leaders missed an opportunity to challenge and inspire. Often these missed opportunities begin with well-meaning leaders that say – that’s too much work, not enough time off, PT can wait, the minimum effort is acceptable for now, etc, etc. These statements come from leaders that misunderstand the meaning for challenge.

Soldiers joined the military to be

challenged not to be coddled – no one wants to tell their mom how they did the minimum required push-ups or hit the minimum amount of targets. Everyone naturally wants to be the best, complete the hardest task, win any competition, be a part of the best unit – but to get there they must be inspired to do so.

If you expect me to WANT to reenlist in your unit and your Army then you need to be the kind of leader I would follow into hell. The kind of leader that shows me what right looks like and pushes me to reach my full potential. This doesn’t happen in the last months of an enlistment contract, it happens every day. Whenever you take the time to teach, train, and demonstrate what it means to be the very best at everything and anything you do – you become the leader that makes a difference in making not just one Soldier better but our entire Army better. You become the true reenlistment NCO; the groundwork is done

COMMAND on page 3



## JTF Guantanamo

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# JOINT TASK FORCE GUANTANAMO

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# NEWS FROM THE BAY

From Command Corner on Page 2

when you care.

I'm certain if you asked SPC Hunsaker or Staff Sergeant DiPietro what drove them to be the Soldier and NCO of the Year it would involve their leaders and a desire to be the best. Today's Army is shrinking and only the best will be retained – lead your units to excellence and leave your mark on the team.

## Volunteer scorekeepers wanted

Morale, Welfare and Recreation is looking for Volunteer Scorekeepers for all sports and tournaments for the rest of 2013. Scorekeepers must be at least 16 years old, and are eligible for earning volunteer hours. For more information call ext. 2113.

## GTMO History Tour

The Battle of Guantanamo Bay occurred on 10-14 June 1898. Marines of the First Marine Battalion were the first to plant the American flag on Cuban soil. The battle was important not only for its significance in the Spanish-American War, but it was also important for defining the Marine Corps roles, missions and its historic partnership with the U.S. Navy for years to come.

Starting May 26 each Sunday through July, Mr. Al Adler, a docent from National Museum of the Marine Corps, will conduct a staff ride (hike) of the battle of Guantanamo Bay. He will discuss the Spanish American War and the Battle of Cuzco Wells. The hike will occur at the same time of day and along the same general route that the Marines used in 1898. If you are interested in participating please send an email to alan.j.adler@jftgmo.southcom.mil. Space is limited to 15 people

per tour. If you sign up and find you cannot make it, please advise so your place can be offered to someone else.

0845 – Meet at pavilion at Ferry landing and begin the tour.

The hike is not an easy hike. We will hike approximately 7 miles. Much of the terrain is hilly with unimproved loose surfaces and areas that were washed out during the hurricane. This hike can legitimately be counted as a day's PT.

## National Marina Day

Saturday June 8 is National Marina Day. Morale, Welfare and Recreation Marina is charging half-price rentals on all types of boats, kayaks, paddle boards, sailboats and rental gear from 6 a.m. to 8 p.m. that day. Some restrictions apply, for more information call ext. 2345.

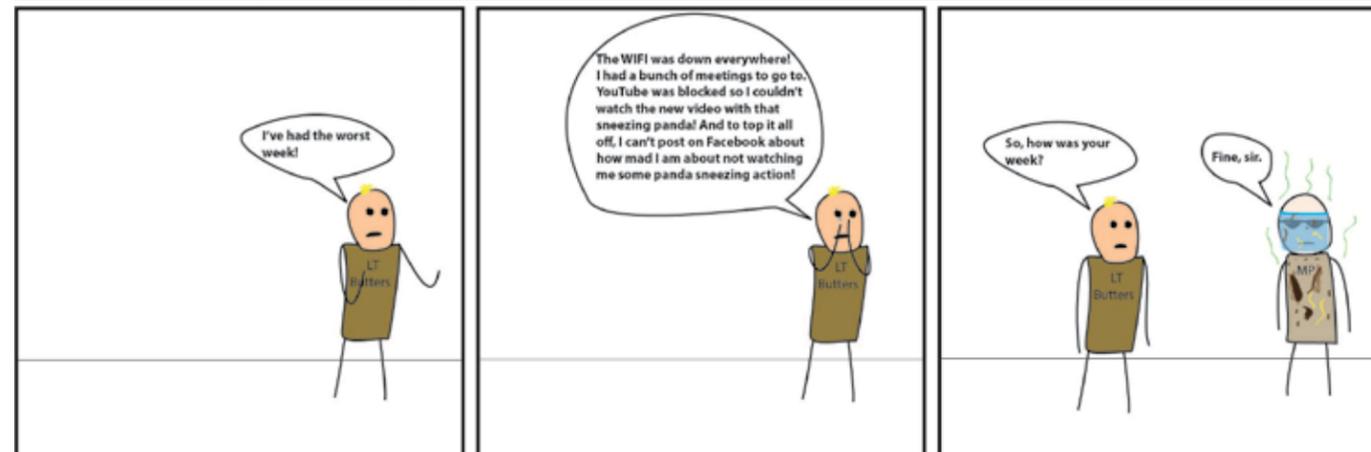
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The WIRE is the official news magazine of Joint Task Force Guantanamo. It is produced by the JTF Public Affairs Office to inform and educate the Troopers of JTF Guantanamo through news, features, command guidance, sports and entertainment. This DoD 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 1,250.



## GTMO JOE by Spc. David Marquis





# Star Trek Into Darkness **PG-13 132 min.**

## ATTENTION AMERICA:

You are officially no longer a nerd just because you like Star Trek. Congratulations.

Ever since J.J. Abrams rebooted the Star Trek series in 2009, he is quickly becoming known as the modern king of science fiction. He has produced shows such as "Lost," "Fringe," "Revolution," and "Person of Interest." He is also producer of films such as "Cloverfield," "Super 8," the latest "Mission Impossible," and even the upcoming sequel to the "Star Wars" saga.

So, with his reputation, there really isn't anybody else I would trust with the next segment of this generation's "Star Trek." And he didn't disappoint in the latest film he directed.

"Star Trek Into Darkness" starts out fast and keeps up the pace throughout the movie. In the opening scene, James T. Kirk, played by Chris Pine, is once again captain of the USS Enterprise, and Spock is first officer, once again played by Zachary Quinto, on a planet populated with a primitive race.



In order to save Spock's life, however, Kirk violates the "Prime Directive" and reveals the Enterprise to the native population. After this, instead of thanking him, Spock pulls a blue falcon and rats Kirk out to Admiral Pike. This leads toward a chain of events that allows them to meet the new bad guy, John Harrison, later revealed as Khan, played by Benedict Cumberbatch.

Cumberbatch is a star quickly on the rise to greatness, playing roles in BBC's "Sherlock," "Tinker Tailor Soldier Spy," and even upcoming parts two and three of "The Hobbit," all despite having a weird looking face. In "Into Darkness," he dominates the role of Khan, a 300-year-old genetically engineered superhuman, with an intellect surpassing Albert Einstein and the badass fighting ferocity of Chuck Norris times Jackie Chan. This makes him one of the scariest bad guys possible because he is unpredictable and practically unstoppable if he isn't on your side.

"Into Darkness" features the match-up of Khan versus the Enterprise, making for another fantastic film. We also learn new things about the characters, like that Spock has a heart, and Kirk has a soul. As in the last film, there was intense action, humor, a good score and cinematography, everything a great film needs. J.J. Abrams definitely didn't miss with this film, and with a third Star Trek already slated in the future, his series will continue live long and prosper.

Overall, the film seemed to lack something that would have made it near perfect, though, which is why I believe "Star Trek Into Darkness" deserves four banana rats.

### Weekend Domestic Box Office (May 17-19)

<b>Star Trek Into Darkness</b>	<i>\$70.2 Million</i>
<b>Iron Man 3</b>	<i>\$35.8 Million</i>
<b>The Great Gatsby</b>	<i>\$23.9 Million</i>



Army 2nd Lt. Dugan Turnbow, left, plays guitar while Spc. Dominique Clarke sings and plays piano at the Spoken Word event at the Naval Station Guantanamo Bay community center on Saturday. The first-time event, sponsored by the 1300 Gospel service, featured performers reciting poems and songs.

Story and photos by Army Sgt. Jonathan Monfiletto

A nearly packed house at Naval Station Guantanamo Bay's community center greeted the first-ever Spoken Word poetry night, as Troopers and civilians alike gathered for an evening of inspiring poems and songs on Saturday.

The first-time event was sponsored by the 1300 Gospel service, and Navy Lt. Larry Jones, naval station chaplain and pastor at the service, said he hopes to make it a monthly happening, especially after seeing such a high turnout with 64 attendees and 14 performers.

Though he had never been to a spoken word event before, Jones said he got the idea from the film "Love Jones," in which the main character is a spoken word artist.

"I wanted to do it in an inspiring way here in GTMO," he said. "Spoken word gives you a way to express what's on your heart."

Performers came to the stage one by

one to read a poem or sing a song, both original and published works. Jones got the event going by reading Robert Frost's poem "Road Not Taken," while Army 2nd Lt. Dugan Turnbow followed by singing Matchbox 20's "3 A.M." and playing guitar.

Retired Sailor Chris Caton was up next, reciting poems he said he wrote while in the Navy and had put off for years reading to others. The first was called "Night Star," and the second was called "The Sunday That Never Was."

Another retired Sailor, Darryl Lazezama, read a poem he wrote called "If I Were," which he said he wrote about imagining himself in other career paths. Juanita Shaw also read a self-written poem called "My Battle, My Temptations," which she said describes the struggles everyone goes through.

Keeping with self-written poems, Air Force Staff Sgt. Brett Chapman read one he said he wrote while at home about people suffering around the world from.

Spc. Dominique Clarke performed a song

# Spoken Word event inspires GTMO with songs and poems

he wrote himself, singing and playing piano while Turnbow accompanied him on guitar. Clarke said he wrote the song after meeting his father for the first time at age 16 but then realizing God is his true father.

"I'm grateful for my life. I'm grateful for everything he's [God] done for me," Clarke said.

While the other performers recited songs and poems that already had been written down, Army Sgt. Brian Godette excited the crowd with a freestyle poem that he said he came up with as he went along on stage.

Rounding out the night was Erica Hughes, who sang a self-written song about confidence. She said she got the idea when she thought about what she needed in her life.

After the host asked if anyone from the audience wanted to perform, Petty Officer 3rd Class Rashad Beamon read a self-written poem called "Why She Won't Love Me."

"It was a great event," Jones said. "It was a great mix of poetry and songs."



Juanita Shaw recites a poem called "My Battle, My Temptations," which she said is about the struggles everyone goes through in their lives.



Army Sgt. Brian Godette tries a freestyle poem, exciting the crowd with the performance and coming up with the words as he goes along.



Erica Hughes sings and plays guitar to a song about confidence, which she wrote after thinking about what she needed in her life.



## GTMO celebrates Asian American and Pacific Islander Heritage Month

Army Lt.Col. Darcy Overbey (left) and Army Capt. Gregory Archbold (middle) perform traditional Hawaiian and Samoan dances with Soldiers of the 525th Military Police Battalion during the Asian American and Pacific Islander Heritage Month Lunch and Learn event at the community center on May 16.

Story and photos by Spc. Raechel Haynes

Life in the military is a composition of opposites, specifically uniformity and diversity. Every service has their uniform, their way of training, and their own service's history, yet everyone is still different. A look around a military unit shows a variety of differences - different sizes, genders, and cultures.

Naval Station Guantanamo Bay is no exception. Everywhere you look there is a variety of cultures.

The GTMO Multicultural Observance Committee held its monthly Lunch and Learn event at the community center on May 16. This month's theme was Asian American and Pacific Islander Heritage Month.

"It is designated every May of each year and has been since 1978, since President Jimmy Carter signed the proclamation to make it so," Multicultural Observance Committee president Navy Lt. Larry Jones said. "It is in recognition of the first Japanese people to come to the United States on May 7, 1843, and it marks the completion of the

Transcontinental Railroad on May 10, 1869."

The Lunch and Learn event started with a reading of President Carter's proclamation, and Navy Lt. Tung Tran, a naval station chaplain, shared his story about leaving Vietnam.

"Chaplain Tran was chosen to be the guest speaker because he is Vietnamese, and I wanted to put a special touch on the program by allowing him to share his story," Jones said. "He was a refugee. He was one of the millions who tried to escape communist Vietnam and did escape. He has been blessed with success by becoming an American citizen, a Catholic priest, and a commissioned officer in the chaplain corps. He is now able to give back."

Next, attendees were invited to sample a variety of Asian and Pacific Island cuisine, which included spring rolls, japchae, and noodles. While attendees enjoyed their samples, Soldiers from the 525th Military Police Battalion performed traditional Samoan and Hawaiian dances for them.

"It's really neat to be a part of an organization that promotes cultural diversity and recognition," Jones said. "It also incorporates the military because this is a right that we fight for, the freedom to celebrate diversity. It makes our organization flow better because we have that mutual understanding of cultural differences, and at the same time we can come together to accomplish the mission. And this was just so much fun



Soldiers from the 525th MP battalion perform traditional Hawaiian and Samoan dances for attendees at the Lunch and Learn event.

to do."

The final dance required the participation of the daughter of the greatest chief. In the absence of a chief's daughter, the commanding officer of the 525th MP Battalion, Army Lt.Col. Darcy Overbey, was brought up to dance with the performers.

Jones said the turnout for the Lunch and Learn event was great and that it showed the importance of this event to have so many people attend.

"It is important to have these observances because this is a right that we fight for. It helps to foster better work relations among the diverse cultures in the military," Jones said. "It helps to lessen the prejudice and apprehension we can feel around people who are different. It's a way to say thank you to those who fought for freedom and to put a visual on a different culture, a different story. Everyone's story is unique and develops them into who they are."



Asian and Pacific Island cuisine was served at the Lunch and Learn event. Attendees sampled dishes from several different countries.



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# SPC. AUSTIN HUNSAKER, 193RD MILITARY POLICE COMPANY

U.S. ARMY SOUTH'S BEST WARRIOR WINNER

AND

JOINT BASE SAN ANTONIO'S SOLDIER OF THE YEAR

Interview by  
Spc. Cody Campana



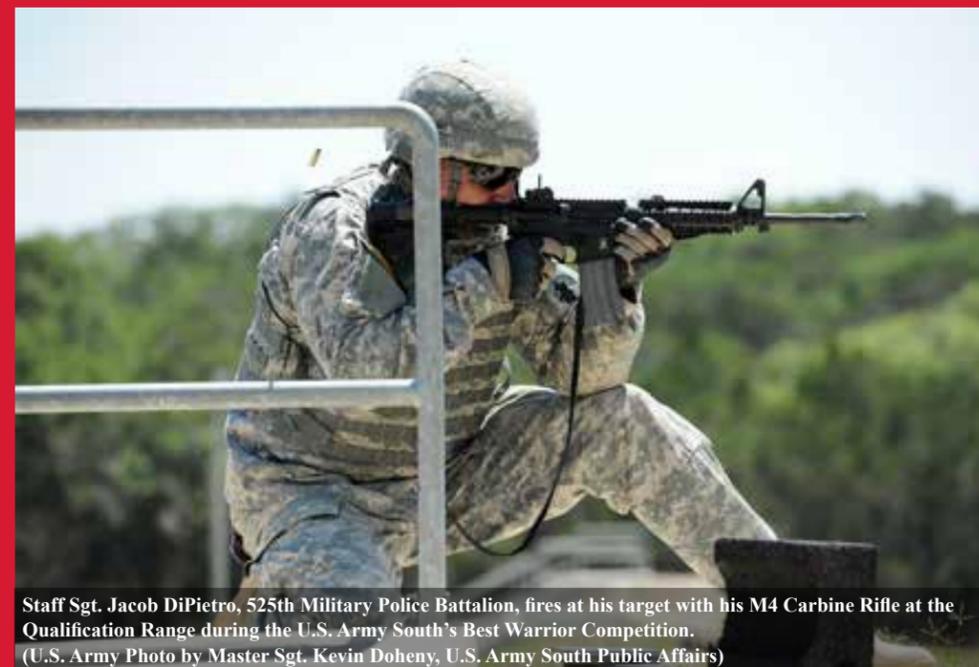
Spc. Austin Hunsaker (right), 525th Military Police Battalion, assembles a M249 machine gun as his grader looks on at the U.S. Army South's Best Warrior Competition. (U.S. Army Photo by Master Sgt. Kevin Doheny, U.S. Army South Public Affairs)

# STAFF SGT. JACOB DIPIETRO, 193RD MILITARY POLICE COMPANY

U.S. ARMY SOUTH'S BEST WARRIOR

NON-COMMISSIONED OFFICER WINNER

Interview by  
Spc. Cody Campana



Staff Sgt. Jacob DiPietro, 525th Military Police Battalion, fires at his target with his M4 Carbine Rifle at the Qualification Range during the U.S. Army South's Best Warrior Competition. (U.S. Army Photo by Master Sgt. Kevin Doheny, U.S. Army South Public Affairs)

Army Staff Sgt. Jacob DiPietro and Spc. Austin Hunsaker, both military policemen with the 193rd Military Police Company, returned to Naval Station Guantanamo Bay Monday night after winning U.S. Army South's Best Warrior Competition.

The competition was held at Joint Base San Antonio and tested military skills and physical aptitude by putting the top Soldiers of Army South against each other in a grueling four-day competition, May 13-17, where only two of the many would succeed.

## What kind of events did you participate in?

"I think that being a joint base competition, you have five large divisions. So, basically, the five divisions came together, and they put their strong suits together and they built a competition, basically a super competition. For instance, we got to fly in a Black Hawk helicopter, another division provided [situation training exercise] lanes to where we had a Middle Eastern town that was really authentic. A lot of stuff like that was stuff that GTMO can't duplicate, stuff that made it feel like we were really on a mission. When we were there doing the STX lanes on day three, there was a full day of doing warrior tasks and drills. You're in a Middle Eastern town, and they have everything going like it's live. They had grenades going off and all sorts of stuff. I felt like I was in Iraq during the medical lane. They have you running

in there, they have a guy yelling at you saying, 'This guy is dying!' They had real blood spurting out of the dummy's leg. I wrecked a pair of ACUs, with blood covered all over them, that the Army will hopefully reimburse me for. That was the coolest thing in the whole competition."

## What would you say the tempo of the competition was?

"For all four days, we probably got a total of 10 hours of sleep."

## What would you say was the hardest event?

"On the fourth day, after being outside in the field doing all this stuff for four days straight and you go out to do a ruck march that's 12 miles at high intensity. It's a lot different than just showing up and doing a 16-miler while you're still fresh. I probably went through the worst pain I have ever had in a competition during that ruck. ... It was

just complete body destruction."

## Are you looking forward to going to the United States Army Forces Command?

"In my eyes, we are halfway there. This is a big and an ongoing competition. It starts at company level and eventually goes up to the Department of the Army, which is the end result in October."

## Is there anyone who was instrumental in your success that you would like to thank?

"Sergeant DiPietro helped me with the boards. He trained me for days and days and days, cramming the information in my head. Not just making me memorize it, but actually learning it and what the curriculum actually means. ... I just want to thank Master Sgt. Stallings, Command Sgt. Major Borlin and Col. Bogdan. ... Those four people especially, I would like to thank for my success."

## What kind of events did you participate in?

They had everything from just a basic PT test all the way to the [situation training exercise] lanes, obstacle course, combatives tournament, ruck march of 12 miles. It had 14 to 15 different things.

## What would you say the tempo of the competition was?

There wasn't that much off time, and when you were off, you just wanted to relax. They kept us busy. It was definitely a good stress test. There were a few older gentlemen, such as myself, there trying to compete against these younger guys, and it was a good test. It was good physical and mental test for a week.

## What would you say was the hardest event?

For me, it was the 12-mile ruck march. I just hadn't done that in a long time. The last time I did that much was probably four years ago. It was rough.

## Was there any difference going into as a non-commissioned officer compared to the junior enlisted?

They definitely had a higher standard for NCOs as far as warrior tasks. Skill level two and three stuff we had to do on top of all the other stuff. It was good to get out there and brush up on things I already knew and do stuff that I have never done. NCOs had to adjust to indirect fire, where we call in mock artillery. I've never done that before in my life. That was an awesome STX lane, and Soldiers didn't get to do that. It was a skill level two and three task.

## The competition was extremely stressful, but did you learn anything from participating?

They made sure every day, if you failed to do something or if a group failed to do something, we would take the free time we would have had and trained in that.

## So what titles did you two win?

We both won Army South NCO and Soldier of the Year. That's what we went there for.

"Hunsaker won Army South and then beat every Soldier in the other divisions."

## What is the next step of the competitions for you two?

The next step is FORSCOM [United States Army Forces Command] for both of us. It's at Ft. Bragg, and if we can bring home that win, there's only one more level and that's NCO and Soldier of the year for the entire Army.

We're a pretty good team. I trained him for all the mental stuff. Things that he lacks from not being in the Army that long ... and he's more of just a physical beast so he gets my old [butt] in shape.

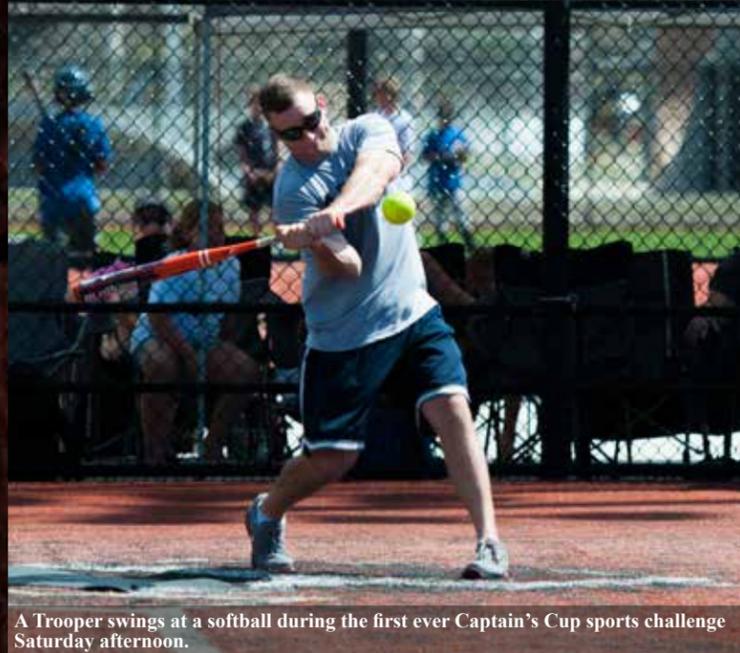
## What would you say was the coolest event of the competition?

The STX lanes were the most well organized day that I've seen out of any competition or training event. They flew us in on a 'helo,' and as soon as you got there, you're in the hot zone. Everything from first aid, IED lane, adjust indirect fire, land navigation, grenade throwing, all kinds of stuff. It was definitely an experience, the STX lanes.

## Is there anything else you would like to say about the competition?

It was a rough week for me and him [Hunsaker]. To come out on top just proves if you put forth the effort, you can get the result you're looking for. You just got to try.

# Captain's Cup 2013



A Trooper swings at a softball during the first ever Captain's Cup sports challenge Saturday afternoon.



A Trooper puts on his first hole at the Lateral Hazard Golf Course Saturday morning as part of the first ever Captain's Cup sports challenge.



A Navy and Army team verse each other in tug-of-war Saturday during the first ever Captain's Cup sports challenge. The Army team won the tug-of-war by a landslide.

Story and photos by Spc. Cody Campana

Naval Station Guantanamo Bay's Morale, Welfare, and Recreation held its first Captain's Cup Sports Challenge last Friday and Saturday. The challenge consisted of ten different events and pitted service against service in an ultimate showdown in celebration of Armed Forces Day.

"This was to put the military personnel here in the spotlight as it was active duty only. It was also a celebration of Armed Forces day, which was the 18th of May, and to show our appreciation for our troops not only here in GTMO but everywhere else," said Jim Holbert, the MWR sports coordinator.

Overall, the amount of participants may have been one of the largest that GTMO has seen in years.

"Eighty-five teams [participated]. The Army had 20, the Navy had 20, the Coast Guard had 17, the Air Force had 11, and the Marines had 17," Holbert said. "A lot of those teams were individuals competing with everyone else. [We] only had a total of 37 for

the team events."

Holbert noted that approximately 300 Troopers in total participated.

Troopers began early Friday morning with a 5K, then later in the day, they competed in a home run derby, a punt-pass-kick competition, 3-point basketball shoot-out and finally a three versus three basketball tournament.

Saturday's events included a nine-hole golf tournament, a softball tournament, a flag football tournament, a corn hole competition, and an all American favorite: the tug-of-war competition.

Some of the tournaments had outcomes that were unexpected, such as the crippling defeat of the Marine Corps by the Navy during Saturday's flag football tournament. Though they lost to one of their oldest service rivals, the Marines seemed to keep their motivation up.

"We did pretty good. We could have done better," said Lance Cpl. Brandan Wilkerson, with the Marine Corps Security Force. "It was all just competition and fun and games. Overall, we in the Marine Corps did pretty well."

Even with the loss under their belt, some of the Marines kept their confident attitudes and continued on the inter-service bickering.

"I'll probably say we worked all week and they rehearsed all week," Wilkerson said. "Keep it up. We are a department of the Navy, and we are good friends. Keep the competitions going, and we appreciate your service as well."

Many of the branches were very confident in their standing, but at the end of the day, the Army nearly swept with a win of 82 overall points. Prizes were not given away, but a single trophy was given to the Army and another to MWR, which it will put on display to commemorate the landslide victory of the Army against the other services.

"The winning branch gets to keep one trophy, and MWR keeps one," Holbert said.

For those who aren't happy with the extraordinary win of the Army this year, you can train and bring you're 'A' game next May in the second Captain's Cup.

"This was the first one MWR has done like this, and it will happen once a year on Armed Forces Day," Holbert said.



Lance Cpl. Brandan Wilkerson, with the Marine Corps Security Force, jukes a player in a Marine verse Navy flag football tournament Saturday during the Captain's Cup sports challenge.



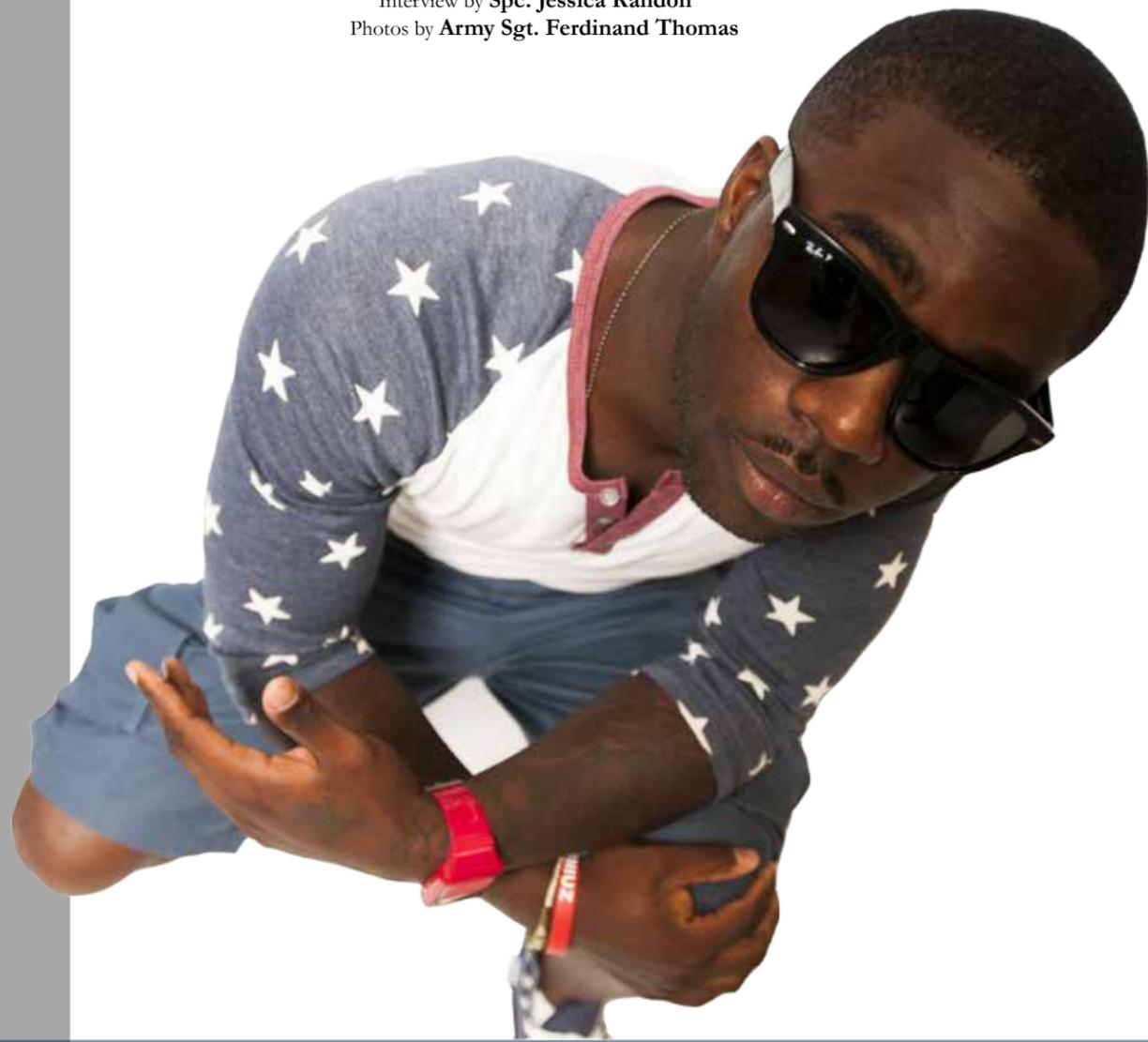
A Navy and Coast Guard team compete against each other in a game of corn hole Saturday during the first ever Captain's Cup sports challenge.

# TROOPER FOCUS

## Nova Sosa

From the streets of Harlem to the island of Cuba, **Army Sgt. Brandon Davis** walks us through his journey from an aspiring rapper to uniformed soldier and the passions between the two.

Interview by **Spc. Jessica Randon**  
Photos by **Army Sgt. Ferdinand Thomas**



**Wire:** Where are you from originally?

**Nova:** I'm from Harlem, N.Y.

**Wire:** We're here to talk about your music and military careers, so what came first, music or military?

**Nova:** Music.

**Wire:** And how old were you when you got into music?

**Nova:** Um, I was about 12 I think.

**Wire:** And what was it that got you into the music scene?

**Nova:** It was pretty much a follow-the-leader kind of thing. My cousins used to rap, so I pretty much just fell in behind them.

**Wire:** So, other than your cousins, who else was influential for you at such a young age? What other music artists influenced you?

**Nova:** I couldn't even begin to tell you.

**Wire:** OK, so what about now?

**Nova:** Oh, number one, Drake and Jay-Z.

**Wire:** Interesting selections. What is it about these artists that you dig so much?

**Nova:** Well, I actually stopped rapping when I joined the Army. I started again after hearing Drake's first album, and shortly after that, I put out my first CD. I'm a lover. I like to write about relationships, so when he came out, he was good at talking about whatever he was feeling at that time. He didn't really care.

**Wire:** So, what about Jay-Z?

**Nova:** Jay-Z has always been a favorite of mine. The first CD I ever bought was Jay-Z's *Hard Knock Life* album. I remember because my mother gave me \$20 and told me I could either buy a hat or a CD, and I chose Jay-Z's CD.

**Wire:** All right, so, when did you start recording?

**Nova:** I began recording in 2011, and since then I've put out three CDs or mix-tapes.

**Wire:** And how would you describe the type of music you make?

**Nova:** I would say that I make music for people who are not afraid to be themselves. I don't make music for the streets. I'm not a hood kind of dude. I don't do gangster rap. I just like to talk about life, love, things that interest me, things that influence me and things that inspire me.

**Wire:** So, I got a good feel for who you are musically, but let's talk military. When did you enlist?

**Nova:** I enlisted in the Army back in 2007.

**Wire:** I listened to one of your songs, and it mentioned giving the military a try but ultimately returning to music. So, can you tell me how long you think you will do the military life before devoting yourself completely to your music?

**Nova:** I plan on being in the Army until I can't do it anymore. Music right now is more of a side thing, mainly because I don't make profit from it, so it's more of a hobby than anything. But, of course, if anyone would like to sign me to their label, I wouldn't be objecting to that either.

**Wire:** OK, and now you have a few songs that you've done that are really geared towards the military. One of them that I am a personal fan of is "When You Come Home." Tell me a little bit about that song.

**Nova:** I had a real tight group of friends that were in Iraq with me, and they always told me to do a song about us, as in *Soldiers*, and so I did. And I'm not just talking about the Army. I'm talking about every branch of the military in this song. You know, at home, it's like people have all of these perceptions of service members. Some people respect us, and some people don't. So, through the song, I pretty much touch on the trials and tribulations we face that others may not always understand. I really think that service members will like it.

**Wire:** Well, I definitely enjoyed this song in particular and a lot of your other songs as well. If people are interested in checking you out, how can they get in touch?

**Nova:** You can find me on Facebook by searching Nova Sosa, Twitter is @Nova\_Sosa, Instagram is @Nova\_Sosa, and if you're on YouTube, you can just type in Nova Sosa and all of my videos will pop up.



NAVAL STATION GUANTANAMO BAY  
&  
JOINT TASK FORCE  
PRESENTS

**238th**  
*Army Birthday Ball*  
**6.15.13**

@  
**1800**  
WINDJAMMER BALLROOM

TICKET PRICE:

*\$30 for NavSta Community*

MEAL CHOICE:

*Herb Chicken, Prime Rib, Vegetable Lasagna*

UNIFORM:

*Military Uniform - Best Available  
Civilians - Formal Attire*

CONTACT LT TURNBOW FOR MORE INFO @ 8171 OR 84122



**Go! Go! Go!**

The month of May is definitely a busy month. Being highlighted for some significant holidays, such as Memorial Day and Mother's Day, as well as the variety of different things the month acknowledges, there's no reason for you to not get out and celebrate or raise awareness for a cause that's dear to your heart or that you may want to know more about. From Asian American/Pacific Islander Heritage Month, Better Sleep Month, and National Motorcycle Safety Month, to Modern Dance Month, National Bike Month and even National Salsa Month, there are endless options. Get out and get involved today! Only you can make your time worthwhile, so find what suits you and do it! Let your hair down, be free, and have some fun. Enjoying life means you have to live it.

- Spc. Jessica Randon



# Trooper to Trooper

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## Positive attitude

SGT. 1ST CLASS BRIAN WHITE  
WATCH COMMANDER, 428TH MP COMPANY

Is the glass half-empty or half-full? How you answer this age-old question may be a reflection of your outlook on life, your attitude toward yourself, your attitude toward your Troopers, and your mission. Whether you are an optimist or a pessimist may even affect your overall health.

When a Trooper sees his leadership display a positive attitude during the most difficult or stressful times, most Troopers will respond with a positive attitude, rather than react with a negative one. When we react poorly, we let our emotions, instincts, and urges drive our decisions. When we respond, we choose our behavior by going through a decision-making process that is more rational than an immediate reaction based on emotion alone.

Leadership is all about influence. Influencing through positive communications can have a positive impact on your organization. Your Troopers will often feel empowered and energized as a result of your positive influence. Negative influence will often only yield negative results. Think of the most rewarding team or job you had. Chances are, it was rewarding because it was a positive experience and you were probably surrounded by positive people who fostered positive energy.

Maintaining a positive attitude doesn't mean that you keep your head in the sand and ignore life's obstacles and the challenges we are faced with on a daily basis. Having a positive attitude just means that you approach issues in a more positive and productive way. You think the best is going to happen, not the worst. You tend to find yourself wanting to be



part of the solution, rather than a contributor to the problem.

Throughout our daily lives, we all engage in self-talk as we engage in our normal thought process. Self-talk is the endless stream of unspoken thoughts that run through your head every day. These automatic thoughts can be positive or negative. Some of your self-talk

***Having a positive attitude just means that you approach issues in a more positive and productive way. ... You tend to find yourself wanting to be part of the solution, rather than a contributor to the problem.***

comes from logic, reason, and experience. Other self-talk may arise from misconceptions that individuals create because they lack the necessary information to make an informed decision. If the thoughts that run through a Trooper's head are mostly negative, his outlook on life is more likely pessimistic. If his thoughts tend to be more positive, he is most likely an optimist.

A primary way to help promote a positive atmosphere is to surround yourself with supportive people who you can depend on to give helpful advice and feedback. Negative people may increase your stress level and influence your ability to manage stress in a healthy way. Their negativity can drain the positive out of you and influence negative behavior.

If you want to become more optimistic and engage in more positive thinking, you should identify areas of your life that you typically think negatively about, whether it's work, your daily commute or a relationship, for example. You don't have to focus on all the areas at once. You can start by focusing on one area and then gradually approach other areas. Overwhelming yourself by trying to accomplish too much too fast can result in more stress.

If your outlook tends to be more negative, don't expect to become an optimist overnight. With practice, eventually your self-talk will contain less self-criticism and more self-acceptance. You may also become less critical of the world around you. Plus, when you share your positive mood and positive experience, both you and those around you enjoy an emotional boost. In the words of Winston Churchill, "Attitude is a little thing that makes a big difference."

# GTMO Says...

As a service member, what does Memorial Day mean to you?



**Senior Airman Daniel Mack**

JTF-GTMO J2

*"Remembering the past. Why we're free and who made us that way, as in the service members who gave their lives for us."*



**Marine Staff Sgt. Alfredo Hernandez**

JTF-GTMO J2

*"It's a time of remembrance where we really try to thank God and count our blessings and realize the sacrifices that a lot of service members made. We know the sacrifices we make, and we have people that made the ultimate sacrifice."*



**Navy Religious Programs Specialist 3rd Class**

**Tommy Trocino**

JTF-GTMO Chaplain's Office

*"Just remembering all those who have gone before us. Making ourselves to be more like them, learning from their mistakes but also from their successes."*



**Coast Guard Machinery Technician 1st Class**

**Humberto Medina**

Port Security 311

*"To me, as a naturalized citizen, it has a more profound meaning, knowing that many [naturalized citizens] before us have sacrificed their lives to be a part of the United States."*



**Sgt. 1st Class John Troxell**

Headquarters and Headquarters Company,

525th Military Police Battalion

*"It's in memory of all of the fallen comrades of the past, as well as friends and family."*

PROTECT YOUR INFO!

## ALERT What to do with old uniforms

Don't throw them away! First thing, sanitize them! Remove your name tape and rank, warfare insignia and any other patches. Next, look inside. Did you write your name or last four of your social security number on the tag so you could claim it from the laundry? If you did, remove the tag or blacken out your information. Then, take a good look at the uniform. Is it still useable? If it is, put it in the J4 uniform bin or take it to the thrift shop. Ask your shipmates or battle buddies if they could use it. Otherwise make it "un-wearable" by cutting it in half down the back and cutting the sleeves off. For pants, rip them in two. Don't throw whole uniforms away. First of all, they are valuable, and second, a whole uniform could be used by an adversary to try to access places they shouldn't. So, take care of your uniforms, and protect your personal information. USE OPSEC!



# Whit's BBQ Pit

As told by Spc. Phil Whitaker  
Photo by Spc. Chalon Hutson

Hello, ladies and gentlemen, and welcome to another edition of Whit's BBQ Pit.

Throughout the week, I found myself thinking about those scenarios where the grill might not be an option. A rainy day, the time you forget the charcoal, or the rare instance that you find the propane tank empty are just a few examples of things that could ruin your weekend grilling adventure.

So, loyal Pit followers, get your slow cookers ready because it is that time again! Today, Phil's Grill makes its way to the kitchen and gives you BBQ Chicken Nachos. We have all been at the concession counter at a sporting event craving the plastic bowl of stale chips and nacho cheese, but let me assure you that this craving will never happen again!

Overall, the BBQ Chicken Nachos are easy to make. Slow cooking the chicken takes some time, but the rest of the recipe is quick and easy to prepare.

**BBQ Tip of the Week:** Rest... I recently saw a website comparing meat that had been barbecued and then rested for varying amounts of time. The 'unrested' sample had juices running out everywhere, whereas the sample that had sat for a while before being cut looked lovely and juicy on the inside without any juices on the plate. It's all about letting the meat relax and take back the juices after the intensity of the heat.

Submit your recipes & photos to  
phillip.r.whitaker@jftgmo.southcom.mil



Losing the opportunity to light the coals is never ideal, but there will always be other options for a great barbeque meal. Enjoy the BBQ Chicken Nachos, and until next time, GO, FIGHT, WIN!

RECIPE	<b>BBQ CHICKEN NACHOS</b>	SERVES 5
CHEF	Phil Whitaker	RESTAURANT
	Phil's Grill	
LEVEL OF DIFFICULTY		
EASY	REASONABLE	WORTH THE EFFORT

### INGREDIENTS

- Green Onion (optional)
- Ranch Dressing
- BBQ Sauce
- Shredded Cheddar Cheese
- Tortilla Chips
- 1 Pack of Bacon
- (2) 1 lb. Chicken Breasts

### METHOD

#### Chicken Directions:

- Place chicken breasts in slow cooker
- Add 1 cup of BBQ sauce
- Set on "Low" setting and let cook for 3 hours
- Once 3 hours have passed, shred chicken in slow cooker and let set on "Warm" setting

#### Nachos Directions:

- Pre-heat oven to 325 degrees
- Layer tortilla chips on a cookie sheet
- Distribute shredded cheese over the chips
- Add another layer of tortilla chips and cover with more cheese
- Distribute shredded chicken throughout the chips and drizzle BBQ sauce over entire tray
- Crumble bacon and spread over the whole tray
- Bake in oven for 10 minutes
- Blend ranch dressing and a small amount of BBQ sauce in a bowl and use as a cool dip for the final product

	24 FRI	25 SAT	26 SUN	27 MON	28 TUE	29 WED	30 THU
Downtown Lyceum	The Hangover III (NEW) (R) 8 p.m. Pain & Gain (NEW) (R) 10:30 p.m.	Epic (NEW) (PG) 8 p.m. Fast & Furious 6 (NEW) (PG-13) 10 p.m.	The Big Wedding (NEW) (R) 8 p.m. Star Trek Into Darkness (PG-13) 10 p.m.	Iron Man 3 (PG-13) 8 p.m.	G.I. Joe: Retaliation (Last showing) (PG-13) 8 p.m.	Evil Dead (R) 8 p.m.	The Great Gatsby (PG-13) 8 p.m.
Camp Bulkeley	Fast & Furious 6 (NEW) (PG-13) 8 p.m. The Big Wedding (NEW) (R) 10 p.m.	The Hangover III (NEW) (R) 8 p.m. Pain & Gain (NEW) (R) 10:30 p.m.	Epic (NEW) (PG) 8 p.m. The Great Gatsby (PG-13) 10 p.m.	CLOSED Note: Concessions at Camp Bulkeley are also closed every night until further noticed.	CLOSED Note: Concessions at Camp Bulkeley are also closed every night until further noticed.	CLOSED Note: Concessions at Camp Bulkeley are also closed every night until further noticed.	Iron Man 3 (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 2305

NAVSTA MAIN CHAPEL	General Protestant	Sunday 8 a.m. & 5 p.m. Room D	Saturday 11:15 a.m. Room 1
Daily Catholic Mass Tues.-Fri. 5:30 p.m.	Gospel Service Sunday 1 p.m.	LDS Service Sunday 10 a.m. Room A	Islamic Service Friday 1 p.m. Room 2
Vigil Mass Saturday 5 p.m.	Christian Fellowship Sunday 6 p.m.	Seventh Day Adventist Services - Friday 7 p.m. Room 1	JTF TROOPER CHAPEL
Mass Sunday 9 a.m.	CHAPEL ANNEX	Sabbath School - Saturday 9:15 a.m. Room 1	Protestant Worship Sunday 9 a.m.
Spanish-language Mass Sunday 4:35 p.m.	Pentecostal Gospel	Sabbath Service -	Prayer Time Wednesday 12 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

# Honor and Remember Guantanamo Bay Memorial Day



MWR



## 10K/5K

Free, Open to All Hands



Sat. May 25, 2013



## Downtown Lyceum | 7 am

Register by Wednesday, May 22 at Denich Gym or on the day of the run. FMI, call 2113.