

# THE WIRE

A JTF Journal



**Making room for SJA**  
**Chaplain program earns praise**  
**525<sup>th</sup> aims for success**  
**All paws on deck, vet clinic ops**

# A motto to live by

'The rights of Troopers first, the interest of the Military always'

**Army Sgt. Maj.  
Fatima Martinez-Berry**

Joint Task Force Assistant Inspector General

As opportunities for training became present for this mission, I reclassified my specialty from intelligence to assistant inspector general. The inspector general training was tough, but I enjoyed the sense of accomplishment and feeling that the duties could play an important role. So far, it has been a very rewarding experience. This opportunity is challenging, but well cherished.

The Inspector General's mission is a great responsibility, and it must be done right with competence and by the standard. We work for the Commander, Trooper's, families and civilians. We need to be fair, discreet and impartial; we need to know the standards and teach and train by them using common sense. We must talk about what others prefer not to talk about.

The IG's primary mission is problem solving. The right to complain without fear of reprisal is the right of any Soldier, Marine, Sailor, Airman, Coast Guardsman, Civilian or family member seeking IG help. However, before you come to the IG for assistance, make sure you give your chain of command a chance to solve the problem and keep in mind that the IG recommends, and doesn't order resolution. Only a commander can do that.

The IG's role is to advise the commander. We resolve cases by facts. A claim must be supported by evidence, usually in the form of documents. Be prepared to take no for an answer. In any case, the IG will explain why. Be patient, fact finding takes time.

As we fight terror across the globe, we cannot afford to waste precious human capital on senseless distractions and losses. During the past several months I have learned from our Troopers that as long as our personal life is consistent we are able to maintain the standards.

My vision as an IG is to strengthen the integrity, efficiency, and effectiveness of the Joint Task Force here in Guantanamo Bay, Cuba. Honor Bound!! ☆



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### COVER:

**Army Pvt. Justin Evers, a range safety, makes adjustments to a Trooper's M16A2 rifle during weapons qualification for the 525th Military Police Battalion at Windward Range July 23. – JTF Guantanamo photo by Army Pfc. Eric Liesse.**



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. The WIRE seeks to provide maximum disclosure with minimum delay with regards to security, accuracy, propriety and policy. 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 the Document Automation & Production Service with a circulation of 1000.

# Moving in a positive direction



**Navy Petty Officer 1st Class Felicia Lemmob, a clerk at the Joint Personnel Service Center, and Air Force Capt. Fernando G. DeFillo, officer-in-charge of the JPSC, discuss the layout and plans for their new office space and how to best accommodate their customers. The JPSC supports Joint Task Force Troopers' administrative needs.**

## **Army Staff Sgt. Emily J. Russell**

JTF Guantanamo Public Affairs

In an effort to support military commissions, the Staff Judge Advocate office will be acquiring office space at the Trooper One-Stop to house additional staff.

"We're bringing more attorneys on board, and currently don't have the workspace for them so we're expanding to accommodate the new attorneys and paralegals who are coming in to support our habeas mission," said Air Force Capt. Suzanne Stephenson, assistant staff judge advocate.

The 'habeas mission' refers to a type of appeal that allows an individual, in this case a detainee, to challenge their detention status in the federal court system.

"The recent decision of Boumediene gave detainees the right to challenge their detention in the federal courts. Originally, according to the Military Commissions Act detainees were not allowed to challenge their detention." Stephenson continued, "We anticipate that it is going to become a

larger part of our operation. On the habeas side, we're going to see a lot more of attorney visits here."

Currently, the SJA is staffed in two separate locations, with one office at the IOF and the other at the Trooper One-Stop. The staff judge advocate, deputy staff judge advocate, paralegal, habeas and other various support personnel are housed at the IOF, while legal assistance and military justice is housed at the Trooper One-Stop.

The role of the SJA is to provide legal assistance for Troopers as well as support the military commissions.

"We provide commissions support by helping the commissions support group and acting as liaison with the detainee attorneys to schedule visits and help them get access to the detainees," said Stephenson.

To support the staff judge advocate office during military commissions, the Joint Personnel Service Center will share their office at the Trooper One-Stop to accommodate the SJA's needs. The SJA will be housed in the front portion of the office while JPSC will remain in the back, said

Army Sgt. Jared Frieze, non-commissioned officer-in-charge of the JPSC.

"For the Troopers, it's important to realize we have a lot of missions going on but in the end, the Troopers are the main reason we're here. While we have all this habeas and commissions stuff going on, legal assistance remains an important mission for us. When Troopers need us, we're here for them," said Stephenson.

Formerly, the break room was one consideration for the new JPSC office. What was an unlikely location was eventually turned down because of networking issues.

"This is just a change for us; it's a possibility," said Air Force Capt. Fernando G. DeFillo, JPSC officer-in-charge.

"The move will not put a damper on our operations. It is always mission first," emphasized Frieze. "Our customers know where [to find us] so there should be no confusion for them."

Moving in depends on computer issues and wiring for both offices; however, the move is anticipated to take place within the next week. ★



**Air Force chaplains Col. Jeffry Dull (center, back row) and Col. Conrado Navarro (kneeling, left), representing Southern Command and the Pentagon's Chief of Chaplains Office, respectively, visited the Joint Task Force last week. Also pictured: Army Capt. Scott Brill (front row), Navy Petty Officer 3<sup>rd</sup> Class Jason Lail (back row, left) and Navy Lt. Cmdr. Clinton Pickett. – JTF Guantanamo photo by Army Spc. Erica Isaacson**

# Praise for GTMO chaplains

**Army Sgt. 1<sup>st</sup> Class  
Vaughn R. Larson**

JTF Guantanamo Public Affairs

Navy Lt. Cmdr. Clinton Pickett, the command chaplain for both the Navy Expeditionary Guard Battalion and Joint Task Force, had been on the job for barely a week when he played host to visitors from on high.

Or higher headquarters, anyway – Air Force Col. Jeffry Dull, command chaplain for Southern Command, and Air Force Col. Conrado Navarro, chief of personnel, readiness and budget division with the Pentagon's chief of chaplains office.

Dull and Navarro spent most of last week – Monday through Saturday – on a fact-finding mission to determine what resources might be available at their respective commands to meet any needs here. Dull said the visit was routine.

“My job is to visit chaplains in all

## Visit brings chaplain close to home

Chaplain Conrado Navarro was two weeks shy of his eighth birthday the last time he set foot in Cuba.

Born in Havana in 1954, Navarro was the son of a sailor in the Cuban Navy before Fidel Castro came to power. The family fled Cuba on Oct. 10, 1962, taking residence in Florida. Navarro served in the U.S. Marines before changing career paths and becoming a chaplain.

As a child, Navarro never visited the U.S. naval base. Still, arriving here last Monday triggered some long-lost memories.

“Getting off the plane, the heat hit me,” he recalled. “I remember that as a child.

“I remember the vegetation – the flowers, the banana trees,” he continued. “The beautiful water – even as a child, my father took me to the beach almost every day. The crystal clear blue water brought back blessed memories.”

Returning here was emotional, he explained. He sent his wife an e-mail relating how his father cried when he left Cuba, and how he shed his own tears when he came back.

Navarro said he plans to return with more than a briefing for his superior officer, the chief of chaplains at the Pentagon.

“I’ll take a lungful of Cuban air back with me,” he said.

See **CHAPLAINS/13**

# Fire when ready



**A Soldier from the 525<sup>th</sup> Military Police Battalion switches magazines with her M16A2 rifle during a semi-annual weapons qualification at Windward Range July 21-23.** – JTF Guantanamo photo by Army Pfc. Eric Liesse

## **Army Spc. Megan Burnham**

JTF Guantanamo Public Affairs

A select few Soldiers of the 525<sup>th</sup> Military Police Battalion endured tropical heat and humidity to qualify on their assigned weapons. Constant sweating, especially in the eyes, and dealing with weapon malfunctions and the humidity itself were just a few things they faced at the Windward Range July 21-23.

A total of 60 Soldiers from the 189<sup>th</sup> MP Company, the 193<sup>rd</sup> MP Company and the Headquarters, Headquarters Company traveled to the range to qualify with a M9 Pistol, an M16A2 Rifle and an M500 12-gauge shotgun. The intent of this qualification is to ensure that all Soldiers can successfully qualify with their assigned weapons and maintain 100 percent proficiency on of all weapons and equipment.

The 525<sup>th</sup> MP Battalion qualifies Soldiers at the range at least once a month due to new Soldiers arriving here and others needing to complete their semi-annual weapons qualification.

“We qualify every six months,” said Army Sgt. 1<sup>st</sup> Class Jose Cardozo, non-commissioned officer in charge of the 525<sup>th</sup> S-3 office. “We want our Soldiers to be proficient with their assigned weapons.”

Sgt. Jonathan Goble of the HHC has qualified at the range about five times since coming here in February and has no complaints about the ongoing mission to qualify with his assigned weapons.

“I like firing and it feels nice to get out of the office from time to time,” said Goble. “And today has been a pretty good day with nice conditions and how everything is progressing pretty quickly.”

Prior to firing weapons at the range, Soldiers conducted pre-marksmanship instruction as well as familiarized themselves on all weapons.

With each type of weapon, the M9 Pistol, the M16A2 Rifle and the M500 12-gauge shotgun, different regulations and standards are required to qualify. With a M16A2, Soldiers are required to apply the correct basic rifle marksmanship techniques and achieve a minimum 26 of 40 hits using the 25 m alternate qualification course. To qualify with the M9 Pistol, Soldiers needed to register a minimum 24 of 40 hits at the alternate pistol qualification course while still applying correct engagement techniques. When Soldiers fired the M500 shotgun, they had to score a minimum of two pellets per round in the target as well as apply correct engagement techniques in the standing, kneeling and crouched positions, as well as strong side position around a barricade and standing position



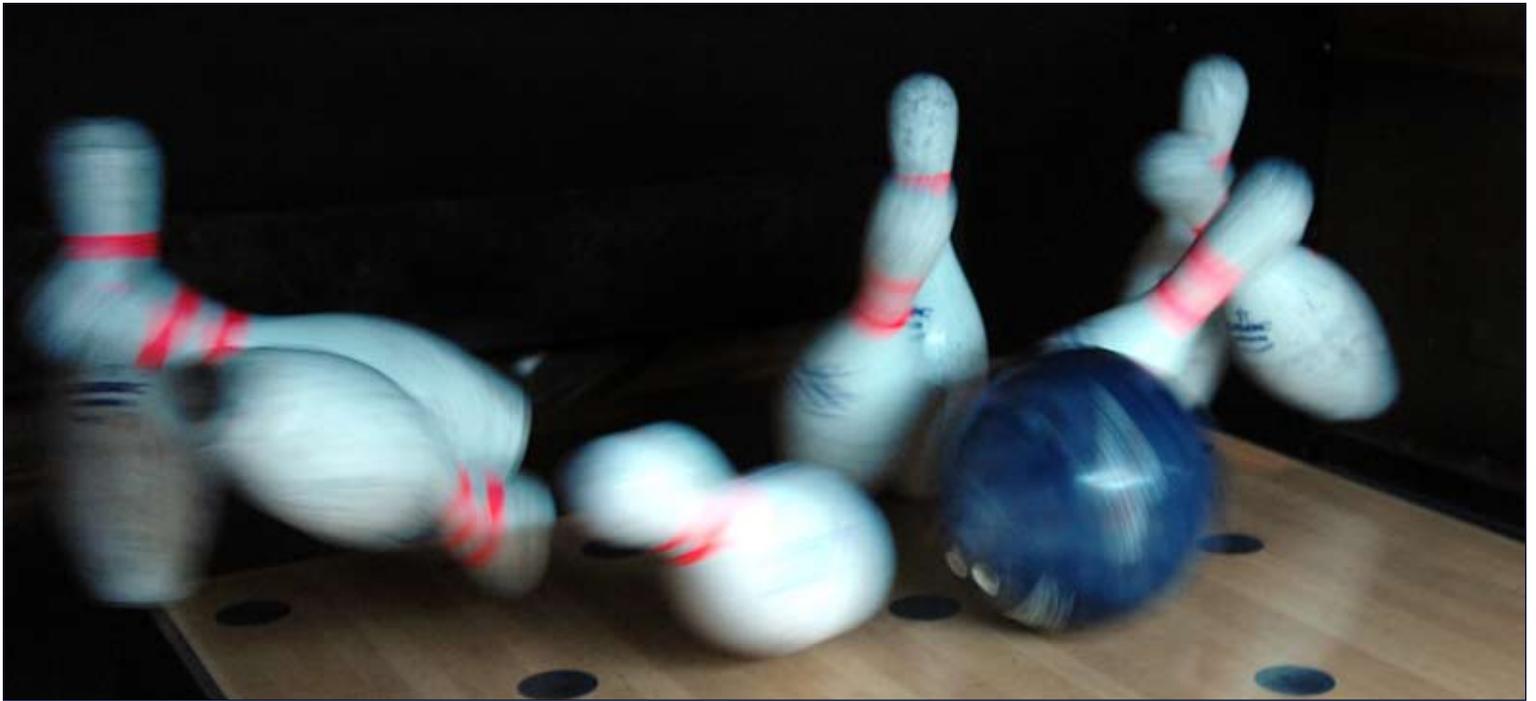
**Soldiers on the firing lane take aim as they begin the first round of qualifying with the M16A2.**

over a barricade.

If Soldiers were unable to qualify in the first attempt, they went to the remedial training station for additional PMI before going back to the range to try again.

“Soldiers are doing well thus far,” said Sgt. 1<sup>st</sup> Class James Bass, NCOIC of the range, 189<sup>th</sup> MP Company “Everyone will be qualified by the end of this mission.”

After everyone has completed the task of qualifying with their assigned weapons, the range will be picked-up and closed while all equipment and ammunition is removed from the range and returned to the arms-room. However, the job won’t be completed for the Soldiers until the equipment and weapons have been thoroughly cleaned, final maintenance is conducted and everything has been turned in and accounted for. ☆



Pins are thrown aside as they are struck with a bowling ball. Monday Night Fun League bowling is a tournament that tests Gitmo residents' bowling skills.

# Monday Night Bowling

**Navy Petty Officer 2<sup>nd</sup> Class  
Jayme Pastoric**

JTF Guantanamo Public Affairs

All it takes to be a champion is one pair of Velcro strap shoes, one 11-pound rubber composite ball and the skill to roll it in a straight line. Monday no longer belongs to football. A new gridiron has emerged: Monday Night Fun League at the Bowling Center.

Once a week, bowling ball giants collide in an epic battle of pin supremacy. Teams like Nialists, Super Troopers, Pin Heads and Bucky Balls share the bowling lanes

and rented shoes.

For more than forty years the bowling alley has been there, waiting, for the 2008 Monday Night Fun League bowling champion. Fourteen teams have entered into the big stage of Monday night to showcase their skills and bring home a championship.

"It's a fun place to relax, a nice place to clear your mind," said Robert Beckford, league manager. "I enjoy seeing the people that have never bowled before come here and learn."

Two weeks into the season, there are two teams tied for first. Team 10 Spoilers and CSI GTMO have an impressive seven wins each.

"The medical team has most of the bowlers from last year's championship team," said Gregory Hunter. Hunter feels the CSI GTMO medical team will be the biggest competition this year for his team, It Don't Matter.

Last year's champions, JD Rollers, have some advice for the teams looking to claim the title. "If you want to be good you have to practice," said team captain Devon Christie. "Investing in your own bowling ball can make a huge difference too, but ultimately make sure you're having fun at all times."

Christie says that the level of this year's bowlers are pretty tight. It is the first time he has seen bowlers averaging above 170 per game. He adds that it will take a lot of mental focus to come out on top.

"Working with a coach or someone who

knows what they're doing can help you a lot in the long run," said Hunter.

Bowling balls whip down lanes crushing pins while the bowlers are congratulated with thunderous applause and high fives from joyful teammates. Bowling is a team sport as much as it is in individual one. From the professional to the newest amateur, bowling can be for everyone. All you need are the classy shoes and neon bowling balls. ★



**Brian Strauss wields a bowling ball towards bowling pins during Monday Night Fun League bowling. Strauss is a member of the CSD Pinheads, currently ranked 12<sup>th</sup> in the tournament.**



The bowling center provides all necessary gear for participants.

# A battle of..... Sex and the City

## She said

**Army Sgt.  
Gretel Sharpee**

JTF Guantanamo Public Affairs

It's true that characters in shows eventually have to grow up, but for the faithful fans of the hit HBO series "Sex and the City," why did the movie have to be so grown-up and boring?

The movie opens with a dizzy re-cap of what has happened since the series ending, catching up any viewer who can't recite most of the punch lines from the six seasons of the series. Miranda (Cynthia Nixon) is still married to Steve and living in Brooklyn with their son and nanny; Charlotte (Kristin Davis) and her husband Harry did adopt a Chinese baby girl; Samantha (Kim Cattrall) is living on the west coast (although always in New York) with her boyfriend Smith; and Carrie (Sarah Jessica Parker), well her and Big (who now has a name, but who cares) are exactly the same – seeing each other but living in separate apartments.

The hit series constantly threw these four die-hard best friends into scandalous situations usually involving difficult or different sex partners, amazing parties that always had a catch, and precarious life situations that the fifth character, New York City, seemed to play a hand in. But it was clear from the first hour of the movie that these four women were older now and their pace of life "and the movie" was going to be a bit slower.

Carrie and Big have finally found an apartment they can agree on, but Miranda wonders will it really be Carrie's if they aren't married? And here ensues the wedding fiasco that is oh-so-typical Big with cold feet and Carrie with over-the-top glamour.

Speaking of glamour, one might think from this movie that New Yorkers are sweating money the way every stitch of clothing and furniture is couture! If the characters are more grown-up, so is the fashion. Money was always an underlying theme in the series, but now it is being thrown around like drinks at ex-boyfriends.

After one wedding disaster and one cheating husband (poor Miranda), the foursome head to the Mexican Riviera for a depressing and distasteful vacation. Carrie stays in her room mostly while the girls figure Miranda's husband only cheated because she hadn't been keeping up on her waxing appointments.

After returning from vacation, the movie creeps along as Carrie puts her life back together with the show's tribute to women still in their 20s, Louise (Jennifer Hudson). Charlotte finds out she is pregnant, which was amazingly anti-climactic if anyone has seen what a colossal plight it has been that she hasn't been able to conceive until now. And Samantha finds monogamy suddenly boring with a new next-door neighbor.

Without actual villainous characters, the movie floats along in a blur of bright colors, glitter and straight-forward dialogue that seems to lack the witty quips from the series. True, these women's villains – their own psyches – might be the most realistic ones of the summer movie season, but why do they have to be SO real?

"Sex and the City," the series, was an escape into a completely foreign world that was thrilling and over-the-top, all while being wrapped up into neat and convenient 30-minute episodes. The movie, a long two hours, 28 minutes, dragged forward in what was way-too-close to something that could happen to a friend of mine, and then ended. But, at least it was still with a pretty bow probably a white one that you would find on a baby blue Tiffany's box. ☆

## He said

**Army Sgt. 1<sup>st</sup> Class  
Vaughn R. Larson**

JTF Guantanamo Public Affairs

Have you ever spent two hours and 28 minutes with a friend who went on and on – and on some more – about every sordid detail of her life?

Add three more friends, and you have "Sex and the City."

The movie picks up four years after the end of the HBO series, a ground-breaking show that revealed – gasp – that women like sex, fashion, and confiding with best friends over trendy drinks.

Oh, and women are also looking for labels and love, according to the opening monolog by Carrie Bradshaw (Sarah Jessica Parker).

I never saw a single episode of the series – I pretty much watch TV for football, baseball and news – but I get the sense that everything revolves around Carrie. Sometimes my daughter thinks the world revolves around her, too, but I'm hoping she'll outgrow that belief before she starts high school.

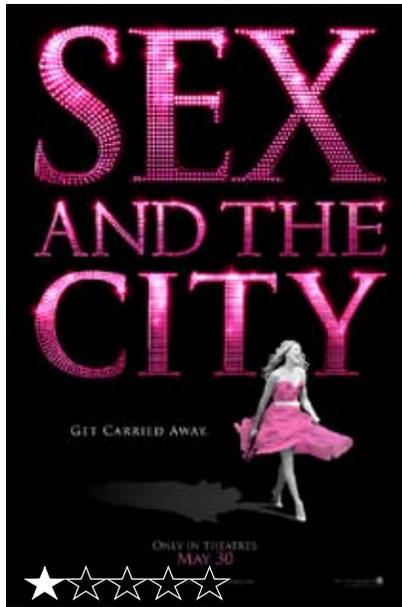
Apparently Carrie never outgrew it. Sure, she's smart and talented, but she is also self-centered in a passive-aggressive sort of way. While friends Samantha Jones (Kim Cattrall), Charlotte York (Kristin Davis) and Miranda Hobbes (Cynthia Nixon) drop everything in their lives to hover over Carrie in her hour – okay, several long, moping days – of need, she wraps herself tightly up in herself and murmurs directions as if to the maid.

"Close the blinds," Carrie tells Miranda with subdued drama queen panache. "All of them."

Samantha at least embraces her self-absorbed nature, and in so doing discards a stable, loving – and therefore, according to the "SATC" treatise, bland – relationship. Miranda is so married to her career she has no passion or understanding to offer her husband Steve. Charlotte and her husband Harry provide the only semblance of a normal, healthy relationship, so they are marginalized as the comic relief.

Most of the men in "Sex and the City", even Mr. Big (Chris Noth), are emasculated to some degree – though after his shower scene, perhaps the chiseled Dante is a notable exception. The other men are, apparently, all gay. And, according to Miranda, even the good men are bad.

The series – and subsequent movie – may speak to women, but I was thankful when Carrie finally stopped talking. ☆



# 3-012-3 Basketball

Photo by Navy Petty Officer 2nd Class  
Nat Moger

Team The Docs faces off against  
Team Who's Next? during the  
2008 Jamaican Independence  
Day Committee-sponsored 3-on-3  
basketball tournament in Denich  
Gym, July 20. The tournament  
featured five teams in a double-  
elimination style bracket.

### Tournament Results

First Place: Showtime  
Second Place: Who's Next



# NEGB Chiefs raise money

Navy Chief Petty Officer Eric Phillips rinses a vehicle during a car wash fundraiser for the Navy Expeditionary Guard Battalion Chief Petty Officer Association Saturday, July 19 at the naval station car wash lot. - JTF Guantanamo photo by Army Sgt. 1<sup>st</sup> Class Vaughn R. Larson



This is a great opportunity to interact with the community, and to do something positive. - Navy Command Master Chief Edward Moreno



## Navy Petty Officer 2<sup>nd</sup> Class Jayme Pastoric JTF Guantanamo Public Affairs

Navy Chiefs were full of Navy pride as they host a Chief Petty Officer Association fundraiser at the Naval Station car wash.

"We are here to raise money for Sailors in need," said Chief Wesley Cole. "The money we raise will go to support holiday functions and help new Chief selectees with their uniform items."

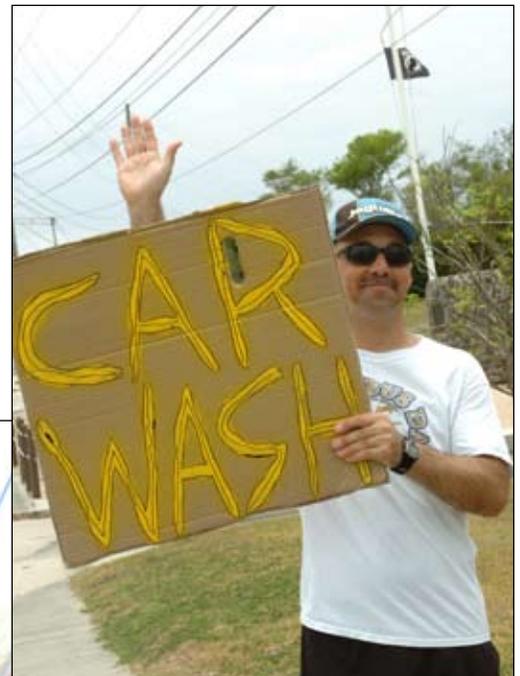
From 9 a.m. until 2 p.m. last Saturday, volunteers from Joint Task Force CPOA came out to help. Using buckets full of

soap and pressure washers, Navy Chiefs wiped clean the mud and dust that plague Guantanamo Bay residents' cars.

"This is a great opportunity to interact with the community, and to do something positive," said Joint Detention Group Command Master Chief Edward Moreno. "A lot of us are working a half day just so we can volunteer our time."

From carpet to rims, no detail is too small, all get the attention of Navy senior enlisted doing what they can for Sailors.

The CPOA was able to raise over \$250 from the car wash, and will continue to raise funds needed through out the year. ☆



Navy Chief Petty Officer Wesley Cole advertises on Sherman Avenue for the CPOA carwash fundraiser. - JTF Guantanamo photo by Army Spc. Megan



Navy Senior Chief Petty Officer Pat Zintel applies elbow grease as he dries a vehicle during a car wash fundraiser for the Navy Expeditionary Guard Battalion Chief Petty Officer Association Saturday, July 19 at the naval station car wash lot. - JTF Guantanamo photo by Army Sgt. 1<sup>st</sup> Class Vaughn R. Larson

# All creatures great and small

**Army Sgt. Gretel Sharpee**

JTF Guantanamo Public Affairs

From the wildlife around Guantanamo Bay, Cuba to some 350 pets on the Naval Station, and everything in between, they all see the Soldiers working at the Guantanamo Bay Veterinary Treatment Facility.

Treating all of these animals keeps the six personnel working in the facility busy, especially since they are also responsible for ensuring the quality and integrity of all the food coming onto the island.

Combining veterinary services and food



**Navy Petty Officer 3rd Class Michael Probus, master-at-arms K9, holds up his working dog, Astor, while Hall, checks the dog's muscles for tightness.**

safety might not be a connection that is made easily, but the U.S. Department of Agriculture employs veterinarians to inspect food and plants and ensure food safety. The Army is also the only branch of the military to have veterinarians through the Army Veterinary Command (VETCOM) which is a part of the Army Medical Command (MEDCOM).

Another part of the facility's responsibility is extended to military working dogs here. Their care and conditioning is a task that the veterinarian here on base, Army Capt. Stephanie Hall, takes seriously.

"Keeping the dogs in good condition is important," said Hall, who is also the officer in-charge of the Veterinary Treatment Facility. "I work with their handlers to make sure their conditioning program is adequate and so they can identify conditions that

relate to their [dogs'] health."

Hall has specific days a week that are dedicated to handlers and the working dogs, but she also has regular hours to see the base's privately owned animals, or pets.

Just like vet clinics at home, the Soldiers here make sure pets are up-to-date on all of their shots and see a trend on some things local pets are being treated for.

"Animals I see day-to-day have allergies from the environment down here that they didn't have wherever they came from," said Hall.

Along with the normal pets, the Soldiers here also treat the local wildlife such as iguanas when they need assistance.

When looking at the facility from the outside, it may look unassuming, but for the Soldiers working inside, it is a busy, multipurpose facility that treats animals for everything from routine check-ups to emergency situations. ★



**Navy Petty Officer 3rd Class Tamara Wade, master-at-arms K9, encourages Conni, her working dog, to inspect a vehicle during a training exercise July 17.**

**Probus holds Astor, while Hall stretches his muscles to avoid cramping.**





## RED LEGS OOH! OOH!

Army 1<sup>st</sup> Lt. Jorge Vega waits for the pitch during a baseball game between the Red Legs and the MCSFCO Green Sox where the Red Legs dominated with a final score of 12-0. Vega pitched a one-hitter for the Red Legs, with five scoreless innings and nine strikeouts. – JTF Guantanamo photo by Army Staff Sgt. Emily J. Russell

### PUBLIC SAFETY ANNOUNCEMENT

## Wildlife Awareness

Queen Conch



- A large, marine, mollusk found in the Caribbean Sea and Gulf of Mexico ranging as far north as Bermuda and as south as Brazil.
- Conch meat is used for consumption as well as fishing bait or killed and thrown away
- Conch shell can be used for jewelry, or a personal souvenir
- Open season: March – May
- Only one Queen Conch is permitted per person, per day
- Lip of the shell cannot be less than 1/8 inch in thickness.
- Rule does not apply if total length of the shell is over nine inches

Manatee



- Commonly referred to as sea cows
- Are full, aquatic, marine mammals who are also an endangered species in coastal waters.
- They tend to swim close to the surface where they are at greater chances of being struck by a boat or cut by the propellers.
- Obey the no wake zones. Travel at slow speeds, this will minimize chances of striking and/or killing one.
- The Manatee Conservation Zone is the Leeward shoreline from the entrance of the Saint Nicholas Channel to Caracoles Point extending 150 yards off shore.

Cuban Rock Iguana



### Do Not Feed the Iguanas!

- A native reptile to Cuban soil and an endemic species meaning they are only found here. Have been labeled as an endangered species since 1983.
- The feeding, keeping, or breeding of iguanas or other lizards is strictly prohibited
- If fed, iguanas will live in uncommonly dense groups which is contrary to normal behavior
- Males have territorial behavior which results in more fighting and serious injuries.
- Iguanas will generally become aggressive to other iguanas and to humans.

Source: NAVSTAGTMOINST 11015.1 - Guantanamo Bay Fishing and Natural Resources Related Recreation Instruction



**Air Force chaplains Col. Conrado Navarro, left, representing the Pentagon's Chief of Chaplains Office, and Col. Jeffrey Dull, command chaplain for the U.S. Southern Command, are briefed during a tour of Camp Delta last week. The senior chaplains visited the Joint Task Force to gauge the needs of the local chaplain staff. – JTF Guantanamo photo by Army Spc. Erica Isaacson**

# Gitmo chaplain program praised

## CHAPLAINS from 4

JTF forward operations” as well as in the 32 nations in Southern Command, Dull explained. Those visits allow him to examine ministry team manning strength and programs for Troopers, and also to gauge the need for “specialty” chaplains, such as Muslim or Orthodox Jewish, for religious festivals.

“We don’t come here to tell [chaplains] how many people they need or what programs to have,” Navarro added. “They

tell us what they need.”

For example, Dull said, Southern Command would provide additional chaplains or religious support teams to support migrant operations, should that program commence here. Navarro said the Pentagon had identified several Spanish-speaking chaplains in response to the last boat lift.

If conditions change in mainland Cuba, Dull said Southern Command would be ready to provide chaplain support there, if invited.

Both chaplains were impressed with the

JTF mission here and how the local chaplains support the needs of the Troopers.

“They’re well-woven into the JTF fabric,” Dull observed. “I think I’ll tell [SouthCom Commander] Adm. [James G.] Stavridis the fine job Chaplain Pickett and his staff are doing here, as far as programs for troops. All of the line officers have given glowing reports about chaplain services here.”

“It’s not that [Troopers] know the chaplains,” Navarro added, “it’s that they know the chaplains by name.” ★

## Boots on the Ground

by Army Staff Sgt. Emily J. Russell

If you could have any superhero power, what would it be, and why?

**Army Sgt 1<sup>st</sup> Class Teresa Watson**



“Flight. I could see my family whenever I wanted.”

**Navy Petty Officer 1<sup>st</sup> Class Angel Guina**



“To go back in time. The world was better than it is today; cleaner environment and less crime.”

**Navy Petty Officer 3<sup>rd</sup> Class Nyto Griffen**



“Ability to read minds. I would use it to find the truth in every situation.”

**Army Spc. Kristoffer Sandoval**



“Flight. I could be in a different place fast.”

# Clinging to your shell?



**Navy Lt. Cmdr.  
Clint Pickett**

JTF Command Chaplain

Since I have only been at Guantanamo Bay for a little over two weeks now, I haven't had the chance to explore the beaches here on the island. I look forward to seeing some hermit crabs, which I am told, live here.

I was introduced to hermit crabs while deployed to Guam some years ago. I remember sitting quietly on the beach watching the waves come in, when I noticed some movement right in front of my feet.

As I looked closer, I could see a good number of little hermit crabs scuttling over the debris that lined the beach. When I moved to take a closer look, the movement ceased as the crabs darted into their shells. In fact, I discovered that is why I hadn't noticed them before on my walks. As soon as they sense movement around them, or if a shadow falls over them, they withdraw into their shells.

Intrigued, I did a little research into the hermit crabs. I found out that contrary to their name, hermit crabs are social creatures and live in colonies of up to 100 crabs. They are very sensitive to stress and don't do well in captivity. Movement, shadows, changes in their environment, being alone, changes in diet; all these things cause them stress.

Hermit crabs spend most of their lives searching for a shell since they do not have one of their own. They either look for a larger shell as they grow, or they look for a shell that fits better. When they change shells, they will often hold on to their old shell, while exploring the new one. I read that if you tried to remove a crab from its shell, it is likely to allow itself to be torn apart or lose a limb rather than let go of its shell.

Sitting on the beach, I wondered how many of us are much like those hermit crabs? There were many different kinds of shells carried by the crabs. Some were

large, heavy shells; others were smaller shells that seemed to fit better. I thought of how we often drag around our own shells, weighed down by our worries and anxieties while living life full of needless stress, trying to find security in the wrong places. How many of us cling to what others might think of us, or worry about material things, much like the hermit crab who clings to its shell?

Jesus said, "Do not worry about your life, what you will eat or what you will drink, or about your body, what you will wear. Is not life more than food, and the body more than clothing?" (Mt 6:25 NRSV) Jesus goes on to say that God knows we need all these things, and we should strive first for the kingdom of God, and all these other things will be given us as well.

The next time you are burdened by worries and anxieties, think about the hermit crab. Don't cling to the false securities in life, but instead focus on those things that lead to true peace and freedom. ✨

## JTF CHAPEL SCHEDULED PROGRAMS

### **Catholic Mass**

**Sunday:** 7 a.m. Confession  
7:30 Mass

**Wednesday:** 11 a.m. Mass

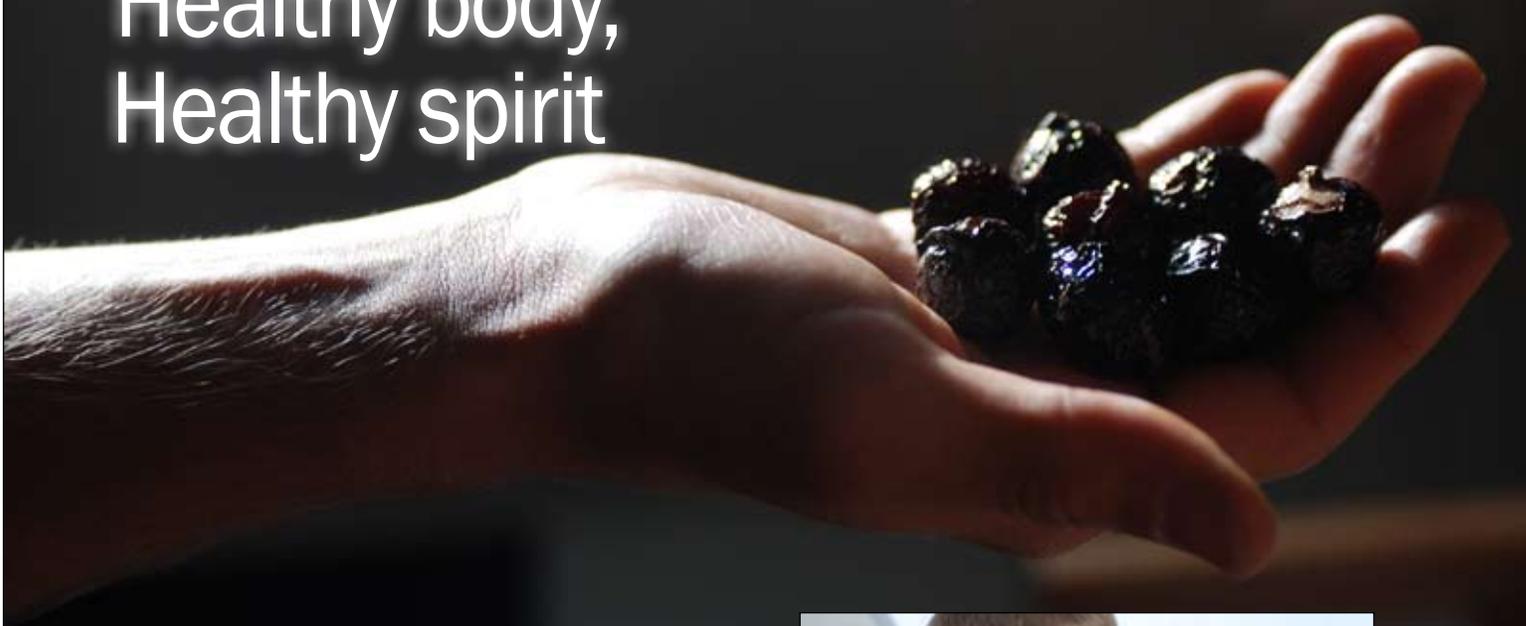
### **Protestant Worship**

**Sunday:** 9 a.m.

**Spanish Protestant Worship**

**Sunday:** Noon

# Healthy body, Healthy spirit



## Navy Petty Officer 2<sup>nd</sup> Class Nat Moger

JTF Guantanamo Public Affairs

Rooibos, an African red tea, made from a bush.

A survey of modern poetry.

Yerba Mate, a Brazilian earth tea.

Ingestible mud.

A budding aloe garden.

Chinese laundry soap nuts.

These are all things you might find in the college apartment of a natural resources major at a university, but in Guantanamo Bay, Cuba? In a Cuzco trailer? No.

Well, yes.

Navy Petty Officer 2<sup>nd</sup> Class William Clark, a Joint Task Force Guantanamo Trooper, has put a premium on his health, both spiritual and physical, and leads a lifestyle most would describe as “organic.”

“I try to lead as healthy a lifestyle as I can down here,” said Clark. “Really, there are two main reasons. First off, it’ll prevent me from having problems later on in life and secondly, it’s a spiritual thing. If you have a healthy body you’ll have a more positive outlook on life.”

Clark, skinny, but wiry and strong from a year of spearfishing, paintball and scuba diving, looks at his health from many different viewpoints, never mistaking success in one aspect of his health as a sign to let his guard down.

“It’s completely possible to be physically fit but not have perfect health,” said Clark. “Back in high school I wanted to get serious about athletics, so I started reading into being physically fit, and when I joined the Navy it turned into being in shape, but clean on the inside as well.”

For Clark, this means limiting his

portion sizes, never consuming too much meat, and choosing oil and vinegar for his salads instead of prepackaged salad dressings.

“Any sort of processed food is going to have preservatives, and I like to limit the amount of non-natural foods I consume,” said Clark. “As a deployed service member it’s impossible to live the way a civilian in the states would, but for the most part I try to just keep things balanced.”

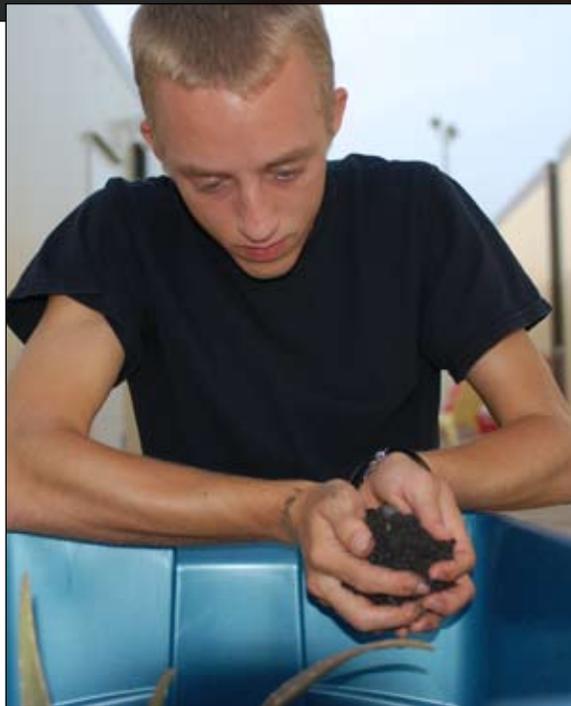
This means eschewing sodas and prepared, sweet iced teas for freshly brewed tea and coffee.

“Tea is a great alternative to drinking soda for a caffeine boost,” said Clark, who enjoys brewing full-leaf green tea and sweetening it with agave nectar. “I usually order it online, and it’s only slightly more expensive.”

Clark keeps active by getting in the water and enjoying Guantanamo’s coral reefs, running trails, playing paintball and tending a small garden of aloe which he keeps in a plastic tote outside of his trailer.

To feed his spiritual appetite, Clark paints and sculpts during his leave periods back home in Virginia. He also puts a great deal of thought into his religious faith.

“My dad’s a command master chief back



(Above)  
Navy Petty Officer 2<sup>nd</sup> Class William Clark holds Chinese laundry soap nuts.

(Left)  
Clark tends to his aloe garden as part of his healthy living strategy July 22.

in Virginia Beach and I had a traditional Protestant upbringing,” said Clark. “My religious beliefs have evolved quite a bit, much like my views on health and food.”

Clark now celebrates certain Jewish holidays and follows certain dietary guidelines which fall in line with his personal views on health, abstaining from eating pork and shellfish as well as observing certain fast days.

“I spend a lot of time reading and researching every aspect of my health,” said Clark. “I think no matter what people believe about their physical, mental and spiritual health, everyone should put thought and attention into it.” ★



▲ With land surveying equipment, workers find the exact placement for the bases at the baseball field under construction at Cooper field. – JTF Guantanamo photo by Army Pfc. Eric Liesse

Army Pfc. Christopher Johnson, pauses to fix a weed trimmer during an afternoon motor pool clean-up. – JTF Guantanamo photo by Army Staff Sgt. Emily J. Russell



Spc. Joshua Land (left) and Pvt. Eduardo Marroquin of the Army's 525th Military Police Battalion analyze their targets while adding up scores after firing the M16A2 at Windward Range – JTF Guantanamo photo by Army Spc. Megan Burnham



A moment of victory for a bowler as he bowls a strike, knocking down all of the pins with one roll. – JTF Guantanamo photo by Navy Petty Officer 2<sup>nd</sup> Class Jayme Pastoric

# AROUND THE JTF