

THE WIRE

A JTF Journal



March in memory
525th honors the fallen
Earth Day

Think globally and act locally



Combat stress

Air Force Chief Master Sgt. Tullus Johnson
JTF Guantanamo Chief of Operations

Stress has a medical definition that includes physical, chemical or emotional factors that cause physical or mental tension. The effects of stress can have positive influences in our day-to-day activities, but more often, stress tends to negatively impact our work and environment.

It is our responsibility to identify and combat stress, as it will directly affect the mission at hand if not properly treated.

There are many easily recognizable signs that will allow a service member to determine if his or her fellow Trooper is suffering from the effects of stress.

One of the most obvious signs is a sense of constant worry or anxiety, usually associated with work, financial or family-related issues. It is natural to be concerned about problems, but existing in a constant state of worry can lead to adverse health issues.

Sleep-related disorders are another readily identifiable sign of stress. These problems can range from insomnia and nightmares to more severe occurrences of sleepwalking and sleep apnea. It is also possible to suffer from hypersomnia, which causes one to feel extreme exhaustion all of the time.

Other stress-related symptoms can include constant headaches, high blood pressure, stomach ulcers and swelling of the joints. It is apparent that stress affects us not only mentally, but physically as well.

Stress reduction can be accomplished through a series of lifestyle adaptations that will ultimately lead to a healthier state of being.

This can easily be achieved by adding regular exercise to your weekly routine, altering eating habits to healthier ones and taking a little time to relax. High energy exercise can provide a very strong medium for the release of negative stress-related feelings.

Exercise increases and triggers the release of endorphins, which are the body's natural chemical defenses against stress. Regular exercise is also a means of relaxation, as it can take your mind off current problems or anxieties. And, of course helps to keep your body in good physical condition, which leads to more positive feelings and higher self-esteem.

A change in diet is another factor that will help in the body's overall reduction of stress. Reducing the intake of caffeine, alcohol, sugar and salt helps to reduce the body's stress level.

These products increase heart rate, blood pressure and weight, and interrupt sleep patterns. Introducing more fruits and vegetables into your diet will naturally give the body the nutrients it needs to combat stress.

Another great way to relieve stress is to simply relax. Stretching, listening to music or even deep breathing are all good ways to lower anxiety levels, and can be utilized throughout the day or whenever there is a break in the work routine.

In a perfect world everyone would live a stress-free life, but in our imperfect world stress exists around us. It may not be possible to eliminate stress from your life completely, but it is possible to drastically reduce the amount of stress. By taking the time to exercise, eat better and relax, a more stress-free state of being can be achieved. ★



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The Wire

Executive Editor, Command Information

NCOIC, Photojournalist:

Navy Mass Communication Specialist
1st Class Edward Flynn: 3592

Editor, Photojournalist:

Army Spc. Tiffany Addair: 3499

Photojournalists:

Navy Mass Communication Specialist

2nd Class Sean Allen

Navy Mass Communication Specialist

2nd Class Shane Arrington

Navy Mass Communication Specialist

3rd Class Joshua Nistas

Navy Mass Communication Specialist

3rd Class Kellie Bliss

Army Spc. Cody Black

Marine Corps Lance Cpl.

Justin R. Wheeler

Contact us

Editor's Desk: 3499 or 3594

From the continental United States:

Commercial: 011-53-99-3499

DSN: 660-3499

E-mail: thewire@jtfgtmo.southcom.mil

Online: www.jtfgtmo.southcom.mil

COVER:

Air Force Staff Sgt. Gary Learmonth, 474th Expeditionary Civil Engineering Squadron, Joint Task Force Guantanamo, measures a piece of plywood before cutting it at Camp Justice, March 16. - JTF Guantanamo photo by Navy Mass Communication Specialist 3rd Class Kellie Bliss

BACK COVER:

A Cuban Rock iguana basks in the sun atop a rock at Windmill Beach, March 28. - JTF Guantanamo photo by Navy Mass Communication Specialist 2nd Class Shane Arrington

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 regard 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 1,000.

Keeping the base running

Navy Mass Communication Specialist 3rd Class
Kellie Bliss
JTF Guantanamo Public Affairs

No project is too big – or too small – for Joint Task Force Guantanamo’s 474th Expeditionary Civil Engineering Squadron, also known as the Base Emergency Engineer Force.

The 474th ECES is made up of two units; the 186th Civil Engineering Squadron from Meridian, Miss., consisting of 39 people, and the 102nd CES from Cape Cod, Mass., consisting of five troops.

The BEEF is an important part of operations at JTF Guantanamo, handling construction and sustainment of Camp Justice and the Expeditionary Legal Complex in support of military commissions at Naval Station Guantanamo Bay.

“Our mission is to support the Commissions Support Group and the ELC in any way they need,” said Air Force 2nd Lt. Robert Threatt, BEEF deputy commander. “That mission is important because commissions must happen without any hiccups. We make sure they have utilities and power.”

The BEEF team consists of specialists including engineering assistants, interior and exterior electricians, heavy equipment operators, carpenters, welders, utility workers and power production specialists. While they’re all experts in their own career fields, they work together to get the job done – all the while building the camaraderie among troops.

“Everybody here has their role, but our main focus as a team is to keep everything in working order,” said Air Force Tech. Sgt. Randy Anderson, non-commissioned officer-in-charge of the heating, cooling and refrigeration shop. “And we take care of each other.”

Most of the Airmen in the unit have deployed at least once – many multiple times.

While the BEEF’s main mission supports the ELC and CSG, the team helps out on projects when needed.

“Most of our day-to-day stuff is keeping the ELC running, and our main mission is to make sure things keep going smoothly,” Threatt said. “We also do missions outside of here.”



Air Force Staff Sgt. Gary Learmonth, 474th ECES, Joint Task Force Guantanamo, uses a saw to cut plywood at Camp Justice, March 16. – JTF Guantanamo photo by Navy Mass Communication Specialist 3rd Class Kellie Bliss

Some of the outside missions include jobs in and around Camp America, and repairing roads throughout the base. Much of the work they do is behind the scenes. For instance, they recently restored the decorative cannon wheels on display on Sherman Avenue near the road to Windward Ferry Landing.

Limited supplies, unique time constraints and a small crew are just some of the challenges the 474th ECES faces while deployed to Guantanamo Bay. But nothing keeps them from doing their jobs.

“The only setbacks we have really had are waiting on materials,” Threatt said. “We have the ability to generate our own power, do concrete work and we have our own

electricians. The troops do an awesome job.”

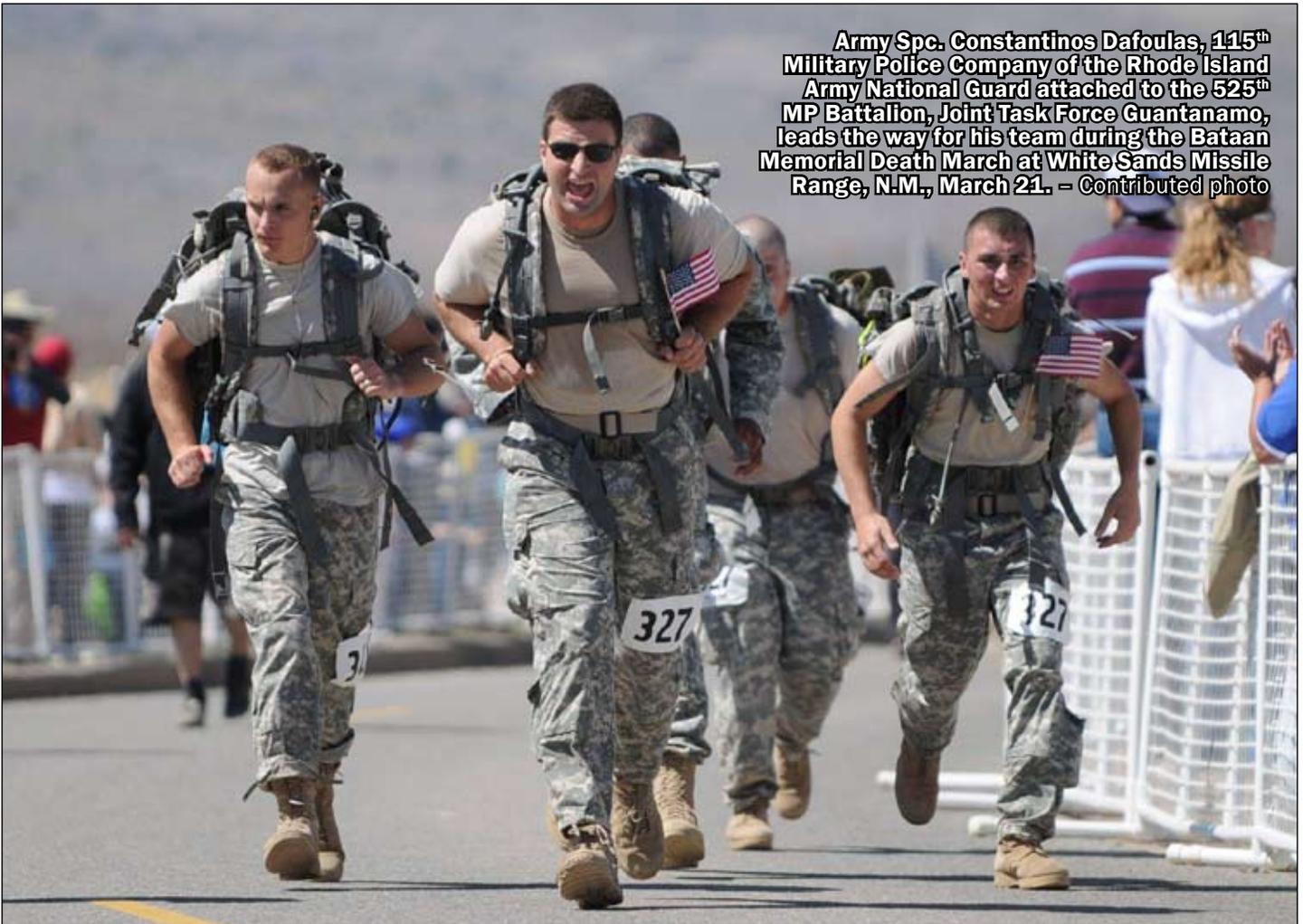
The 474th ECES not only works together, but they spend their off-time having fun as a unit.

“We have cookouts, a softball team and we play paintball,” Threatt said. “We also do unit physical training three times a week.”

Though the job may be hard work in the GTMO sun, the BEEF is an all-inclusive team that relies on teamwork to get the mission done.

“Everybody has their ups and downs, but everyone really tries to keep each other going,” Anderson said. “I love serving my country with the BEEF team.” ☆

Army Spc. Constantinos Dafoulas, 115th Military Police Company of the Rhode Island Army National Guard attached to the 525th MP Battalion, Joint Task Force Guantanamo, leads the way for his team during the Bataan Memorial Death March at White Sands Missile Range, N.M., March 21. – Contributed photo



Walking tall, 525 marches 26.6

Army Spc. Cody Black
JTF Guantanamo Public Affairs

Exhausted, dehydrated, feet torn and tattered, the body on the verge of extreme muscle failure, but the finish line is in sight and you keep going.

Seven members of the 525th Military Police Battalion did exactly that March 21 during the Bataan Memorial Death march at White Sands Missile Range, N.M.

Army Soldiers Staff Sgt. Jerry Powell, Spc. Constantinos Dafoulas, Spc. Xavier Medeiros, Pfc. Levi Arrowood and Pfc. Terrance Robinson competed in the male heavy division, finishing fifth out of 40 teams, with a time of 6:26:34.

Army Spc. Nichol Cottrell and Army Capt. Maxim Krekotnev participated in categories of their own. Krekotnev participated in the male light division, finishing fifth of 378 participants, with a time of 4:41:09. Cottrell participated in the female heavy division, finishing second out of 50 participants, with a time of 6:41:18.

The Bataan Memorial Death March originated in March of 1989 with the Army Reserve Officers' Training Corps Department at New Mexico State University. In the beginning, roughly 100 committed marchers participated in the event. Today, nearly 6,000 hard-chargers participate.

The Bataan Memorial Death March is held annually in honor of tens of thousands of American and Filipino Soldiers who marched for days with little to no food or water, after surrendering to Japanese forces on April 9, 1942. The infamous Death March, lasting six days and covering more than 90 miles on dusty and

uneven roads, spared few. Men who fell from exhaustion were either flattened by passing tanks or hit by Japanese trucks.

For the past two years, under the command of Army Lt. Col. Alex Conyers, the 525th MP Battalion has held tryouts for Soldiers to advance to the reenactment of the march.

After the competition was narrowed down to the seven competitors, they had a limited time to train and build cohesion.

“We trained rigorously for three weeks before the competition, versus other teams who had three to six months to prepare,” said Dafoulas. “Each week [of training] consisted of two long ruck marches, one run and two days in the gym.”

Taking many steep hills in stride, including John Paul Jones Hill, which is famous for its grueling slope, the teams conquered everything in front of them and never looked back.

After making the team, Army Capt. Maxim Krekotnev, the only light competitor, focused his training on speed rather than endurance.

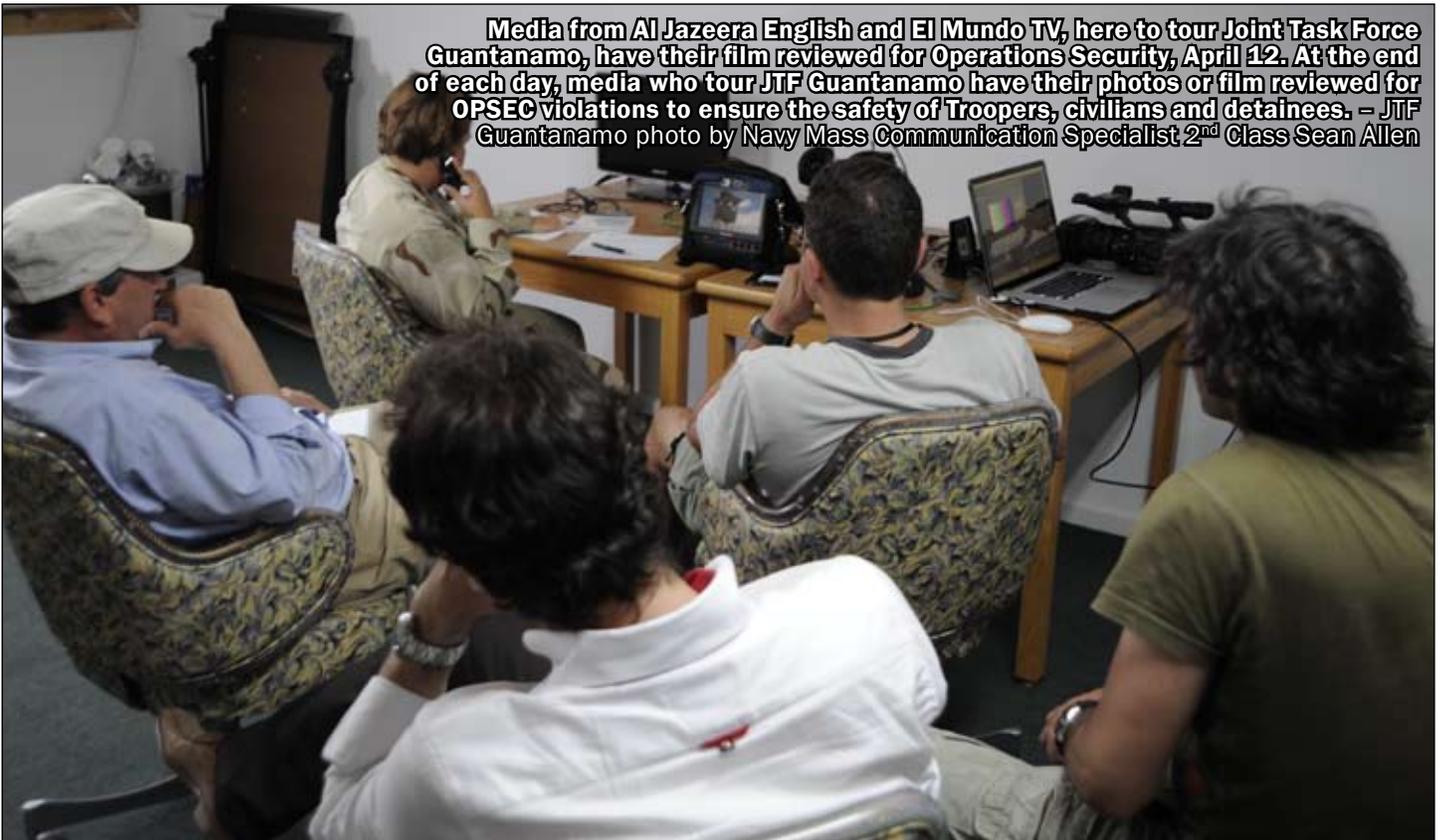
The seven competitors came from four different units inside the battalion and work different schedules. But with support from the battalion they found time to come together and train. Krekotnev said the commander and command sergeant major gave the participants the support they needed.

“It was truly a battalion effort!”

Dafoulas elaborated on the disadvantage of having little time to train before the competition.

See **MARCH/12**

Media from Al Jazeera English and El Mundo TV, here to tour Joint Task Force Guantanamo, have their film reviewed for Operations Security, April 12. At the end of each day, media who tour JTF Guantanamo have their photos or film reviewed for OPSEC violations to ensure the safety of Troopers, civilians and detainees. – JTF Guantanamo photo by Navy Mass Communication Specialist 2nd Class Sean Allen



OPSEC, everyone's concern

Navy Mass Communication Specialist 2nd Class
Sean Allen
JTF Guantanamo Public Affairs

“The enemy is listening; he wants to know what you know.” This phrase is from a World War II-era poster, but the same principal applies today, especially to Troopers assigned to Joint Task Force Guantanamo.

The need to safeguard information doesn't apply to just the workplace; it also applies to our contact with our family and friends.

Whether it is talking on the phone, sending e-mails or sending pictures home, everyone needs to be aware of what they're saying or posting. Being familiar with operations security (OPSEC) is essential for each service member.

OPSEC is a process that determines what information, if available to one or more adversaries, would harm a unit's ability to effectively carry out its mission. This process includes the analysis of the threat and how information can be used, the analysis of the vulnerabilities that exist, and formulating a plan to protect that information.

“OPSEC is primarily used to protect unclassified information,” said Tony, an OPSEC program manager at JTF Guantanamo. Because of the nature of his work, he requested that his last name not be used. “Most of the time what people

think is irrelevant information is a piece of the puzzle. If that puzzle is pieced together with other information that may be readily available on the Internet or other places, it may be the last piece needed to learn something important, such as troop movement or procedures.”

There are specific rules and guidelines for JTF-GTMO to safeguard information. Service members are not allowed to bring cameras or other communication devices into Camp America without proper authority. There is also a 100 percent shred policy on all documents in the workplace, regardless of classification.

The same security measures each person uses in the workplace should also be used in everyday communication with friends and family. Service members must be aware of what they are saying while on the phone.

“It is OK to talk about your work in general terms, or your well-being, but you should avoid talking about where you work specifically, or using full names while on the phone,” said Hector, an OPSEC program manager. “When people are talking on the phone, they should assume that somebody is listening.”

With the emerging popularity of mass social networking Web sites like Twitter, Facebook and MySpace, service members have instant access to their friends and family and are using them more than ever. When posting information to these Web sites people should exercise the same

caution they do on the phone.

While these Web sites may have privacy settings which allow only the people you choose to view your information, you should still apply a great amount of caution, as many of this nation's adversaries have found ways around those settings. It's also recommended that you only accept friend requests from people you know.

Troopers should always be wary of what they write on these sites and the pictures they take and post while assigned to the JTF.

“My wife and I use Facebook to share pictures of each other while I am gone,” said Navy Yeoman 2nd Class Joni Winkler, assigned to the Joint Detention Group at JTF Guantanamo. “It allows her to see where I am and some of the things I am doing while I am gone, but I am always careful of what pictures I post, because I know there are things I cannot photograph.”

Being assigned to the most highly scrutinized military installation on the planet, Troopers need to be mindful of security measures and practice OPSEC diligently.

“Applying OPSEC is applying common sense,” Hector said. “If you think it could be used against the mission, or yourself, do not say it on the phone or post it on the Internet.”

For more information about OPSEC visit their link on the JTF intranet, or call Hector at ext. 8505, or Tony at ext. 8506. 📧

Navy Intelligence Specialist 3rd Class Seceli Saldana, Joint Intelligence Group, with the DAS Boot volleyball team, serves the ball during their game against the GTMO Latinos at G.J. Denich Gym, April 7. - JTF Guantanamo photo by Marine Corps Lance Cpl. Justin R. Wheeler



Coed volleyball heats up

Marine Corps Lance Cpl. Justin R. Wheeler
JTF Guantanamo Public Affairs

They're from different services and have different backgrounds, but the one thing they have in common is a love for volleyball. Morale, Welfare and Recreation is hosting a coed league at the G.J. Denich Gym through May 10.

"Everyone comes from diverse backgrounds and career fields," said Army Pfc. Chadelle Sappa, 525th Military Police Battalion, Joint Task Force Guantanamo. "We all share the same love for the game. I don't even notice the coed diversion when playing."

The teams competing in the league are the Glitter Docs, J-4 Bayou Bengals, GTMO Latinos, Cool Runnings, GTMO Pinoys, GTMO Mosaics, JTF Legal, GTMO Assassins, DAS Boot and the U.S. Coast Guard. Sappa's team, the GTMO Assassins, are among the top teams with a record of four wins and one loss.

"We practiced before the season started, so we've established team chemistry," Sappa said. "I think we'll win overall."

MWR promotes this competitive spirit by giving Guantanamo Bay residents opportunities to compete in a variety of sports competitions throughout the year. This co-ed volleyball league exemplifies the proficiency of an ideal MWR competition.

"The league provides an atmosphere



Navy Aviation Ordnanceman 2nd Class Casey Bemis, Navy Expeditionary Guard Battalion, with the DAS Boot volleyball team, sends the ball over the net during their game against the GTMO Latinos at the G.J. Denich Gym, April 7. - JTF Guantanamo photo by Marine Lance Cpl. Justin R. Wheeler

of good sportsmanship, positive energy, friendship and unity," said Robert Neuman, sports coordinator for MWR. "I'd have to say that the competitors feel good about being part of a team."

For Sappa, the volleyball competitions provide her with a strong sense of cohesion.

"I grew up playing volleyball with my entire family," Sappa said. "Playing here gives me a sense of family, especially when I miss them so much."

With the league still in session, others have the opportunity to come out and cheer

on the teams. For spectators, it's a chance to enjoy free competitive entertainment, Neuman said.

Next week's games are scheduled for April 19, 21 and 23, and a double elimination tournament is scheduled to begin April 26. MWR is also hosting a men's and women's volleyball league starting in September. Also, a 4-on-4 tournament is scheduled to kick-off around Memorial Day weekend.

For more information about future MWR sporting events, contact Robert Neuman at ext. 2113. ♡

"I am a coin of the United States Army. I was minted in the year 1980. I have been punched from sheet metal. I have been stamped and cleaned; my ridges have been rimmed and beveled. Now, I have two small holes in me, and am no longer in mint condition."

"Dear John," directed by Lasse Hallström, focuses on a young working-class boy and a well-off girl who fall in love while on vacation, but are separated by war. It echoes a lot of the same character development and romantic twists of "The Notebook."

The film opens with promise, taking the viewer straight to the battlefield. John Tyree (Channing Tatum) falls to the ground after being shot twice, narrating the opening quote. This gives the viewer insight of the two paths the movie will focus on – his love for Savannah (Amanda Seyfried) and John's connection with his father (Richard Jenkins) through coins.

After the opening scene, the pace of the movie slows down drastically. Going back to 2001, John is on leave in Charleston, S.C., and shows an act of chivalry by diving into the ocean to retrieve Savannah's purse. This eventually leads to an invitation from Savannah back to her family's beach house for a barbecue. Soon, they start to spend more and more time together. The two

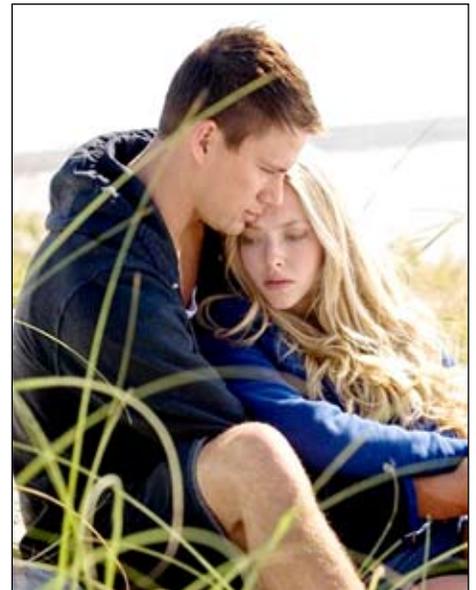
dine together and learn about each other's past. The two quickly discover that pain accompanies love.

After two weeks it's time for John to go back to Germany and Savannah to return to college. They vow to write everything down; every thought and every emotion. At this point the movie gets a little cheesy as they both write notes with lines that have been heard over and over. Also, their common gazing at the moon is a little too mushy for my taste.

John returns home on leave and their love seems to be stronger than ever. He is greeted with open arms by Savannah at the airport. Savannah is under the impression that John is getting out of the Army and they will be starting their life together soon. To Savannah's dismay plans have changed. John drops a bomb on Savannah and decides to re-enlist after Sept. 11, and heads off to Afghanistan, leaving Savannah behind.

The letters from Savannah start to come less frequently, and finally the last letter arrives. It isn't good news and John decides he has nothing to go home for. He keeps volunteering for missions, doing everything he can to stay overseas. Finally, he has orders to go home and no one will let him stay deployed.

He comes home to his father lying in a hospital bed. Guilt consumes him, wondering if he would have been home would the outcome have been different.



After the passing of his father, he decides to visit Savannah. Filled with anger and hurt, he berates her with questions of why things unfolded the way they did.

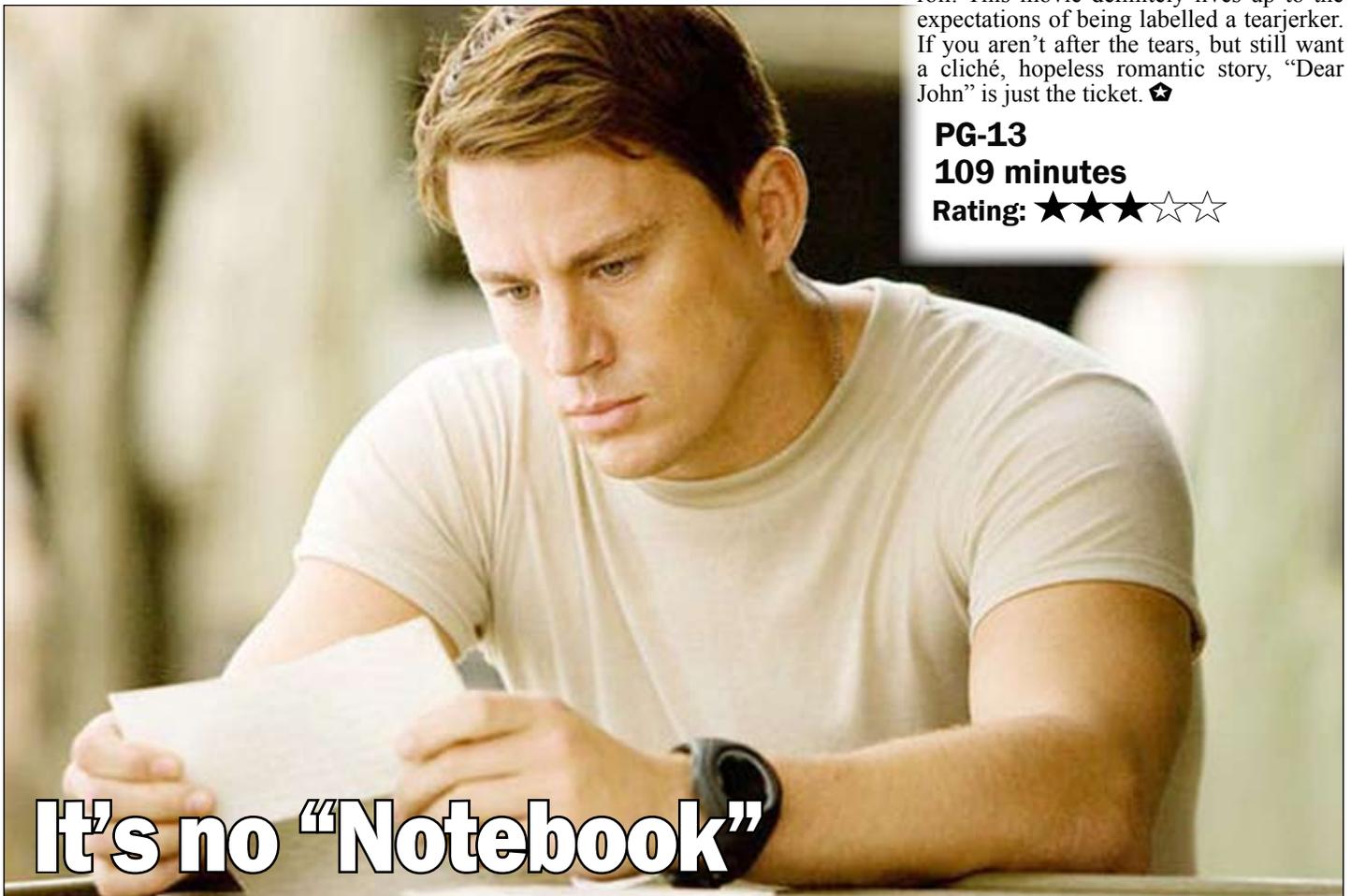
Tatum and Seyfried's relationship is believable throughout the movie – even if it dissolves. There are hints of a powerful performance from Tatum through interactions with his father.

Although the actors performed well, this film leaves a lot of unanswered questions. Ambiguity fills the viewer as the credits roll. This movie definitely lives up to the expectations of being labelled a tearjerker. If you aren't after the tears, but still want a cliché, hopeless romantic story, "Dear John" is just the ticket. ☆

PG-13

109 minutes

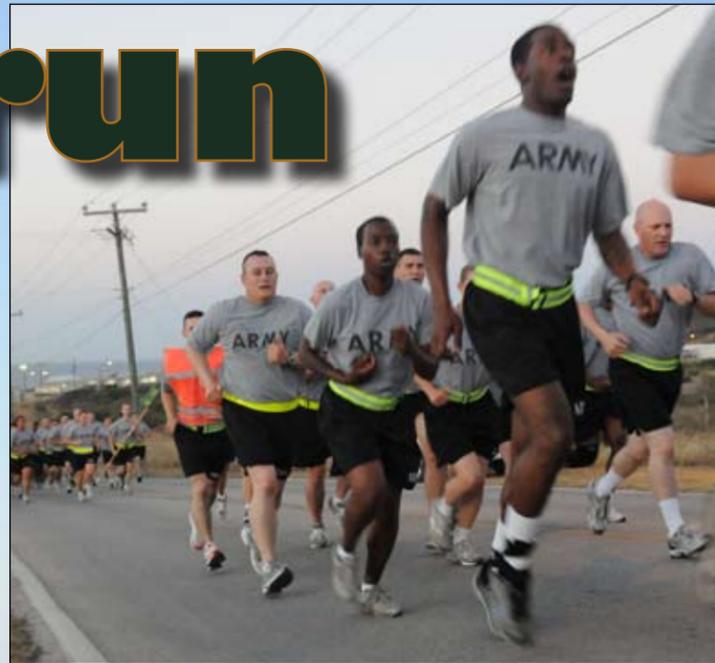
Rating: ★★☆☆☆



It's no "Notebook"

Easy run

just for fun



JTF Guantanamo photos by
Navy Mass Communication Specialist 3rd Class
Joshua Nistas

Physical fitness is a priority for Joint Task Force Guantanamo Troopers. Soldiers of the 525th Military Police Battalion took that to heart recently with a battalion fun run. Soldiers gathered at sunrise at Windmill Beach and took off on a four-mile formation run through Camp America. The 525th MP Battalion provide various security operations at JTF, and keeping in shape is one of the many ways they stay focused on their mission. Participating in the fun-runs is also a great morale boost for the Soldiers.

Environmentally conscious

Army Spc. Tiffany Addair
JTF Guantanamo Public Affairs

April 23, 2010 will mark the 40th annual Earth Day. Earth Day began in 1970 with a nationwide day of environmental education and activism. Following the first Earth Day celebration, inspired by U.S. Sen. Gaylord Nelson from Wisconsin, Congress passed numerous groundbreaking environmental laws, including the Clean Air Act, Clean Water Act and Safe Drinking Water Act, as well as laws to protect wilderness areas. The Environmental Protection Agency was created within three years after the first Earth Day.

In an effort to improve conservation in the United States, Earth Day is meant to promote the personal responsibility we all share to “think globally and act locally” as environmental stewards of our planet.

Locally, there are ways Troopers at Naval Station Guantanamo Bay can get involved. GTMO will be celebrating the 40th anniversary of Earth Day with a base-wide clean-up. Joint Task Force Guantanamo will support Naval Station Guantanamo Bay Earth Day activities. From approximately 9:30 a.m. to 11:30 a.m. Troopers from all

commands will be in their respective areas to clean up trash and debris.

Naval station personnel will be available at Windward Ferry Landing to properly dispose of personal refrigerators and coffee makers, which will be prohibited in all NAVSTA work areas as of Aug. 1, 2010, and harmful household chemicals such as, paint, cleaning chemicals and batteries. For more information, call ext. 4071.

Following the Earth Day clean-up efforts there will be a cookout at Windward Ferry Landing for all participants at noon.

In addition to the morning base-wide clean-up, Command Master Chief Scott Fleming and a team will be walking through the Cuzco barracks from 1:30 p.m. to 4:30 p.m. The purpose of the walk-through is to dispose of all unused items and trash that has accumulated over the years. Make sure that you clean-up your living area before the walk-through!

Earth Day provides an annual reminder of our need to be environmentally conscious; however, there are things we can and should do everyday to continue those conservation efforts. Troopers should clean up trash throughout the base, work to conserve water and save energy year-round. ★



Collectin' at GTMO

■ A Naval Station Guantanamo Bay pastime

Marine Corps Lance Cpl. Justin R. Wheeler
JTF Guantanamo Public Affairs

Those here at Guantanamo Bay are among the select few who get to say they've been to Cuba. Cuba is among places that only a few Americans have visited. To get on to Guantanamo Bay, a visitor has to be either military or affiliated with the armed forces.

That's why keepsakes from the island are so popular among those who've been here.

"People want something to take back from here," said Mark Halsey, a sea glass merchant. "This is a very unique place. We're in Cuba! People generally can't come here."

Items like shells, sea glass and bottles serve as perfect keepsakes from their stay at GTMO. In addition, others like to take home a trophy from a victory here on the island.

One of the most popular treasures people take away is the multitude of sea glass found on GTMO's many beaches.

Plenty of myths surround Glass Beach and why the fragments wash up there. One myth is that Sailors used to chuck their empty bottles into the bay and this is what washes up on the beach now. Another theory is that prior to environmental awareness, the naval station dumped its trash directly into the bay, thus it still washes up to shore. Regardless of the origin of the glass and collectible bottles, it is popular and unique.

"That's a lot of glass if you throw a bunch of bottles in the water for 50 years," Halsey said. "Afterward, Mother Nature does its thing to the glass and makes it into beautiful colored gems."

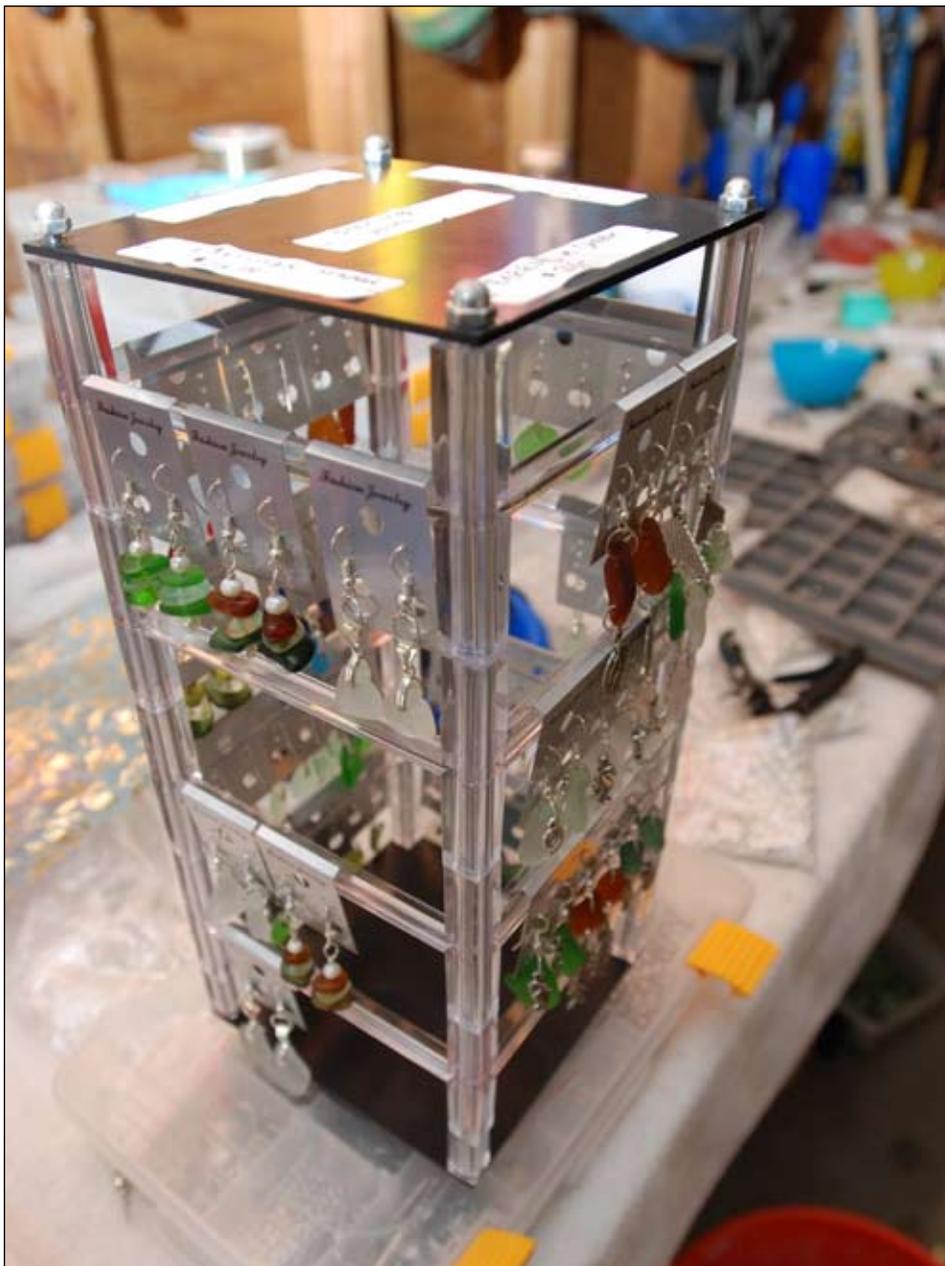
Halsey spends two to three days a week at the beaches of Guantanamo Bay, where he collects sea glass.

"I don't come back until I find at least a bucket worth of sea glass," Halsey said. "I probably have more than 1,000 pounds of sea glass in my garage."

Afterward, Halsey designs jewelry to sell at his booth, located in the Navy Exchange courtyard.

"I like selling Cuban keepsakes," Halsey said. "It's like taking a piece of Cuba with you [when you depart]."

For Army Capt. Eric Bey, chaplain for the 525th Military Police Battalion, collecting also helps him cherish his



(Above and below) Sea glass is collected and crafted into jewelry by Mark Halsey, a sea glass merchant. - JTF Guantanamo photos by Marine Lance Cpl. Justin R. Wheeler

memories and achievements.

"The items here are like photographs," Bey said. "Anything you collect has sentimental value."

Bey collects seashells from the beaches here. In addition, he earns trophies from Morale, Welfare and Recreation racquetball competitions.

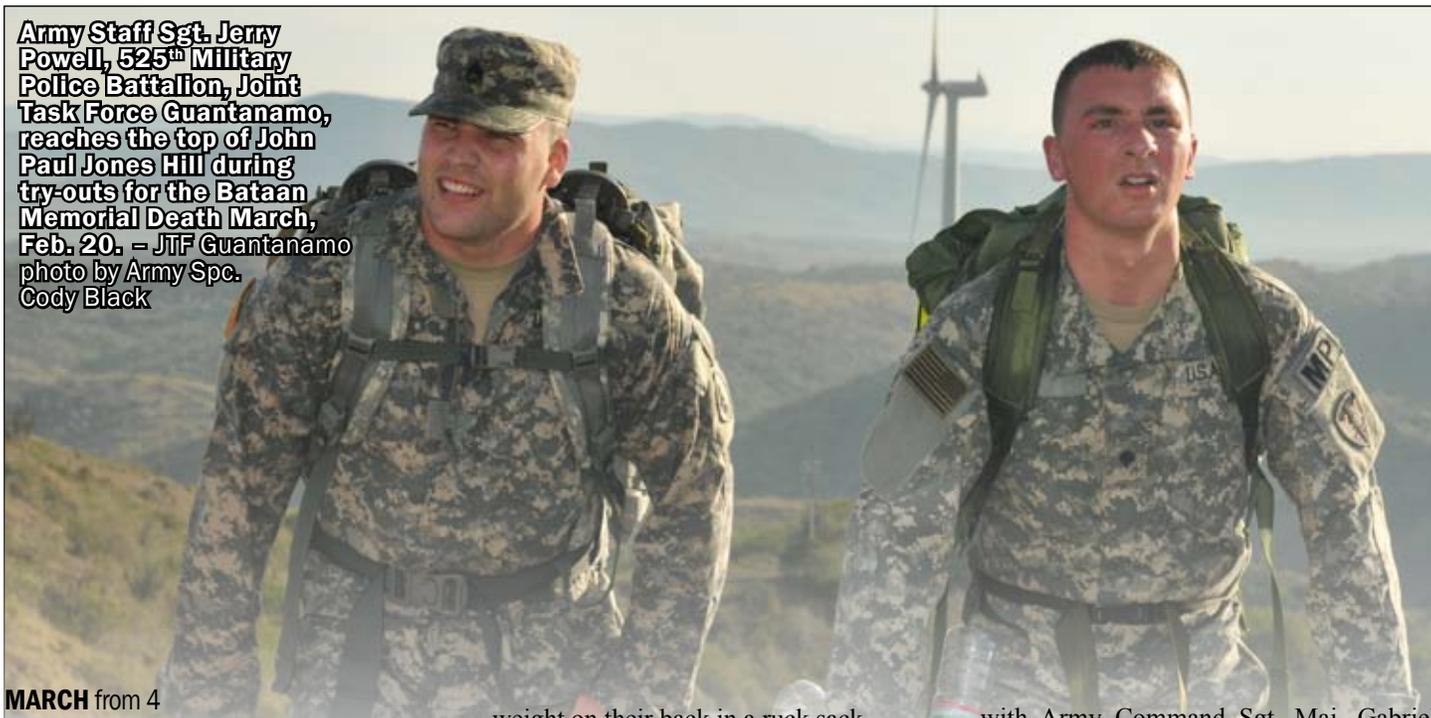
"These trophies are memories of my achievements here," Bey said. "Plus, I like to show off to my wife."

Among other collections, Bey started collecting shells, when diving became one of his hobbies in 1988, while in Panama. He now considers Cuba his favorite diving and seashell collecting location.

Whether it is sea glass, shells or trophies, Naval Station Guantanamo Bay provides Troopers and residents an opportunity to collect and treasure their moments here. ☆



Army Staff Sgt. Jerry Powell, 525th Military Police Battalion, Joint Task Force Guantanamo, reaches the top of John Paul Jones Hill during try-outs for the Bataan Memorial Death March, Feb. 20. – JTF Guantanamo photo by Army Spc. Cody Black



MARCH from 4

“The real difficulty was having a short time to train, which made all our skill levels very different,” Dafoulas said. “The common desire to succeed kept us going [throughout the competition].”

The team arrived the Friday prior to the race – along with nearly 6,000 other competitors from all over the nation, and from other countries – and had the opportunity to meet survivors of the Bataan Death March.

Three teams competed in the Bataan Memorial Death March from the 525th MP Battalion, in the categories of male heavy, female heavy and male light. Male light consisted of a standard Army Combat Uniform and boots, while male and female heavy competitors lugged 35 pounds of

weight on their back in a ruck sack.

The team competed in this event for many reasons – the challenge, to honor those who served and to represent their battalion. All were satisfied with their results.

“Based on our time to train I think everyone performed magnificently,” Krekotnev said. He believes that the Soldiers represented the 525th MP Battalion, U.S. Army South and the MP Corps proudly.

Crossing the finish line left Dafoulas with a lot of emotions. “I saw the World War II veterans first, but crossing the finish line I was satisfied with personal accomplishment and honored to participate [in the event] giving respect to the survivors.”

Prior to the competition Conyers spoke

with Army Command Sgt. Maj. Gabriel Cervantes, USARSO command sergeant major, and Army Maj. Gen. Simeon Trambiitas, USARSO commander, and stated “if our analysis holds true, we will place in the top five in all three categories [of the competition].”

Conyers was very pleased with the placement of his Soldiers, and couldn’t have been happier with the results.

Raines, 525th MP Battalion command sergeant major, also added his praise of the Soldiers.

“[Their performance] goes to show the quality of a Soldier,” Raines said. “[They showed] the true physical and mental toughness of an American Soldier. I am proud to have such quality Soldiers in our command.” ☆

Resumes - Where do I start? Federal Jobs - How do I get one?

Discuss how to upgrade your resume and interpret employment applications.

Find out about Federal hiring practices and Veterans Preferences in hiring.

Learn guidelines for writing and submitting a Federal Application.



- **When: Every Thursday**
- **Time: Between 8 a.m. and 4 p.m.**
- **Where: JTF One-Stop Bldg. 1451**

For more information, call ext. 4141.



Motor pool maintenance

Army Spc. Bryce Fulmer, a light-wheeled vehicle mechanic with the 525th Military Police Battalion, performs maintenance on a Humvee at the 525th MP Battalion's motor pool, April 5. The 525th MP Battalion provides a portion of the guard force inside the detention facilities of Joint Task Force Guantanamo. – JTF Guantanamo photo by Navy Mass Communication Specialist 3rd Class Joshua Nistas

Boots on the Ground

by Navy Mass Communication Specialist 3rd Class Joshua Nistas

What was the best song Radio GTMO played during the 2010 Radiothon?

Air Force Capt. Gerald Tiller



“‘Baby Got Back’ by Sir Mix-a-Lot, but it got bumped.”

Marine Corps Gunnery Sgt. Jose Mercado



“It was very motivating and patriotic when they kept playing the ‘National Anthem.’”

Army Sgt. Kevin Foley



“My favorite song was ‘Convoy,’ even though it keeps getting bumped off.”

Army 1st Sgt. Timothy Parrish



“‘Bodies’ by Drowning Pool, but it got bumped by some Britney Spears song for \$25.”

Where does your inspiration come from?



Navy Lt. Anthony T. Carr
NEGB Command Chaplain

Inspiration. Where does it come from? Even with all of our confidence in scientific research and development, sometimes that light bulb of inspiration illuminates a situation and gives us the results we need. Some of the greatest inventions, pieces of music and the most effective military strategies were sparked by inspiration. Inspiration still involves hard work. You must put in long hours and master your craft. However, instead of being stuck at a roadblock, you are sent in another direction which leads to great discovery and creativity.

“Eureka,” loosely translated “I found it,” was famously shouted by Archimedes as he stepped into a bath and noticed the water rise. This discovery helped influence the theory of volume and water displacement, which helps even now in determining the purity of things such as metals. According to legend, after making that discovery, he ran through the streets of Syracuse, Sicily, naked, shouting “Eureka” along the way.

People throughout the Bible were inspired by God – a burning bush (Exodus 3:2-3), a dream (Genesis 28:12), an angelic visitation (Luke 1:25-28), an encouraging word (I Samuel 1:17), a bright light (Acts 9:3). Inspiration comes from surprising places to unexpected people.

What or who inspires you? When you reach a roadblock in life do you give up or look at the issue in another way? Thomas Edison said, “Success is 10 percent inspiration and 90 percent perspiration.”

Are you willing to do the work to see things in a different light? ✦

GTMO Religious Services

Daily Catholic Mass
Mon. - Fri. 5:30 p.m.
Main Chapel
Mon. - Fri. 6:30 p.m.*
Troopers' Chapel
Vigil Mass
Saturday 5 p.m.
Main Chapel
Mass
Sunday 9 a.m.
Main Chapel

Protestant Worship
Sunday 9 a.m.
Troopers' Chapel
Islamic Service
Friday 1:15 p.m.
Room C
Jewish Service
FMI call 2628
LORIMI Gospel
Sunday 8 a.m.
Room D

Seventh Day Adventist
Saturday 11 a.m.
Room B
Iglesia Ni Cristo
Sunday 5:30 a.m.
Room A
Pentecostal Gospel
Sunday 8 a.m.
Room D
LDS Service
Sunday 9 a.m.
Room A

Liturgical Service
Sunday 10 a.m.
Room B
General Protestant
Sunday 11 a.m.
Main Chapel
United Jamaican Fellowship
Sunday 11 a.m.
Building 1036
Gospel Service
Sunday 1 p.m.
Main Chapel

GTMO Bay Christian Fellowship
Sunday 6 p.m.
Main Chapel
Bible Study
Wednesday 7 p.m.
Troopers' Chapel
The Truth Project Bible study
Sunday 6 p.m.
Troopers' Chapel

*Time Change

Grilling with Hawaiian flavor

Navy Mass Communication Specialist 3rd Class
Kellie Bliss
JTF Guantanamo Public Affairs

On any particular day if you were to wander by “B” block of the Cuzco barracks, you might get a whiff of Hawaiian-inspired, flame-kissed steak, chicken and seafood

coming from the grill of Navy Petty Officer 3rd Class Alex Kaleikini or “Kal.”

Cooking is Kal’s passion.

“You name it, I cook it,” said Kal. “[I cook] everything from seafood, steak, chicken to sausage.”

Kal’s culinary talent and down-to-earth personality has earned him his 15 Minutes of Fame.

Kal usually grills every night when he is not working. Originally from Ewa Beach in Hawaii, 30-year-old Kaleikini gained his culinary skills growing up with his family, who have a background in cooking.

“My father loved to cook, and from watching him for so many years I happened to pick it up,” Kal said.

Also, Kaleikini’s mother works as a chef in Ewa Beach, and has more than 20 years of experience in the culinary field.

Ewa Beach is known for its delicious raw fish and spare ribs. Kal is reminded of his home when he grills.

“My mom can make some amazing island food including fish, beef, chicken and pork,” Kal said. “The reason I grill is because it makes me feel like I am back at home.”

Kaleikini values the health benefits of preparing his own food, as well as the camaraderie it develops.

“I find it healthier to cook than to eat fast food,” Kal said. “I noticed it is a good way to bring friends together and have fun, share stories, play games and just hang out with each other.”

One thing that keeps his friends coming back for more food is Kal’s secret sauce.

“I use a local favorite from Hawaii,” said Kaleikini “It’s a secret sauce that uses soy bean.”

Usually, a small crowd gathers around, waiting for his creations to be cooked to perfection. Kal regularly prepares meals for five to 10 people.

“Usually there is just a small group, nothing really big,” Kal said. “There have been a few nights that I had a lot of people, and I think the more the merrier.”

Kaleikini’s passion for grilling food is well appreciated by his friends.

“Kal’s steak, peppers and oysters are always amazing,” said Navy Petty Officer 3rd Class Clay Whitman. “If there was a cooking competition on island he would win, hands down.”

Most of the time, Kal’s friends realize there’s no such thing as a free meal and pitch in whenever they can.

“I help him set up stuff sometimes, but for the most part Kal does everything on his own,”

– Navy Petty Officer 3rd Class
Alex Kaleikimi

Whitman said. “[I figure] he probably doesn’t want too many people messing with his masterpiece. He is also trying to teach me how to cook.” ☆

(Right) Navy Petty Officer 3rd Class Alex Kaleikini, with Joint Task Force Guantanamo, fires up the grill for a gathering of his friends at the Cuzco barracks, April 6. – JTF Guantanamo photo by Navy Mass Communication Specialist 3rd Class Kellie Bliss



Navy Petty Officer 3rd Class Alex Kaleikini and Navy Religious Program Specialist 3rd Class Adam Donato chat about disc golf while preparing food for the grill at the Cuzco barracks, April 6. – JTF Guantanamo photo by Navy Mass Communication Specialist 3rd Class Kellie Bliss



Navy Cmdr. Cynthia Shalom, Joint Medical Group's senior dental officer, performs a routine operative dental procedure on Army Sgt. 1st Class Angela Morton-Bey, April 12. - JTF Guantanamo photo by Navy Mass Communication Specialist 3rd Class Joshua Nistas



Navy Cmdr. Brook DeWalt, Director of Public Affairs, does one last interview for the PAO broadcasting team before he departs after a successful 15-month tour, April 10. - JTF Guantanamo photo by Navy Mass Communication Specialist 3rd Class Joshua Nistas



Around the

JTF

Army Capt. Eric Bey, 525th Military Police Battalion chaplain, grills burgers at a Chaplain hosted barbeque for the Troopers in front of Camp Delta, April 4. - JTF Guantanamo photo by Marine Corps Lance Cpl. Justin R. Wheeler