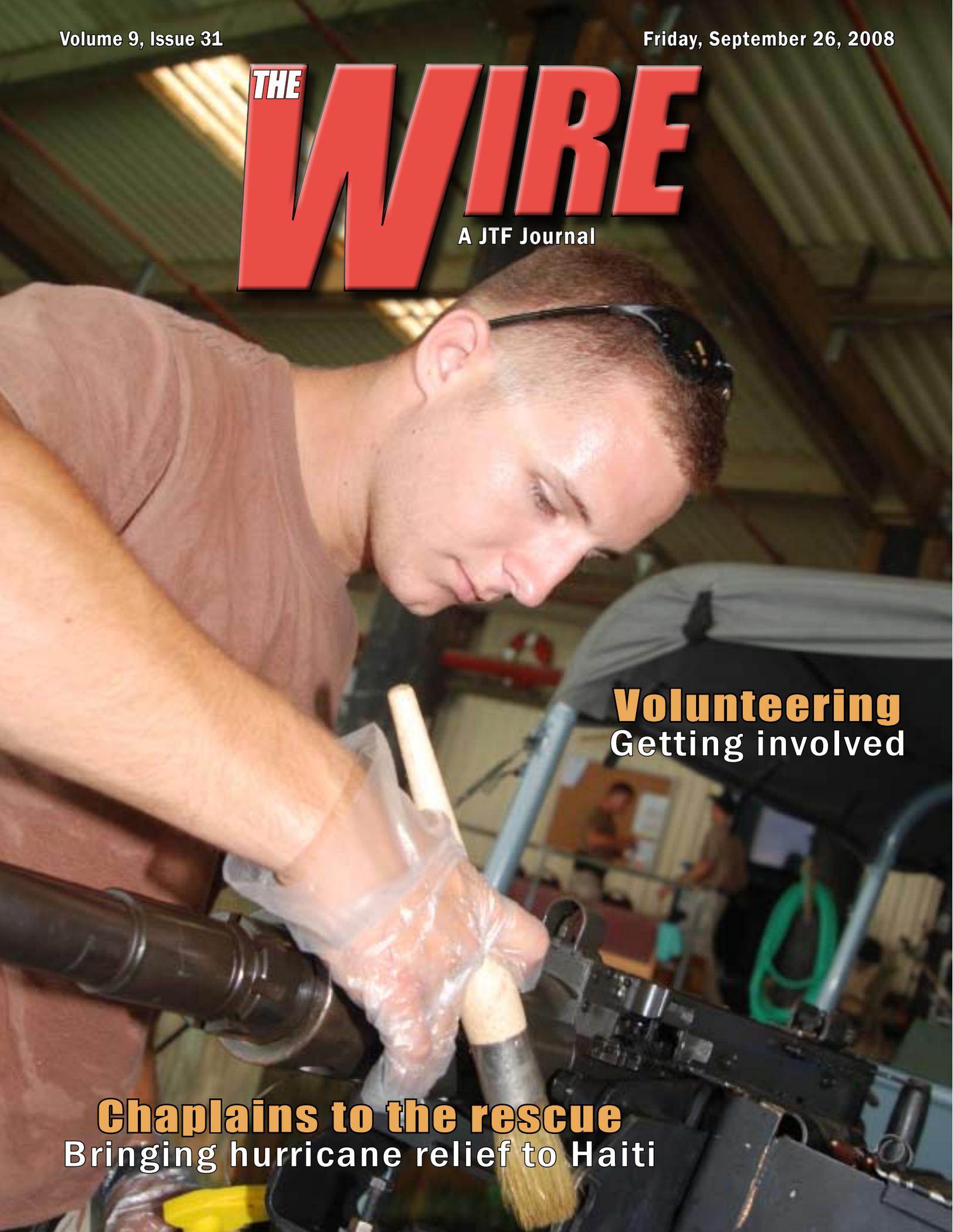


THE WIRE

A JTF Journal

Volunteering
Getting involved

Chaplains to the rescue
Bringing hurricane relief to Haiti



Dedication

**Army Master Sgt.
Orlando Negron**
JDG S-2 NCOIC

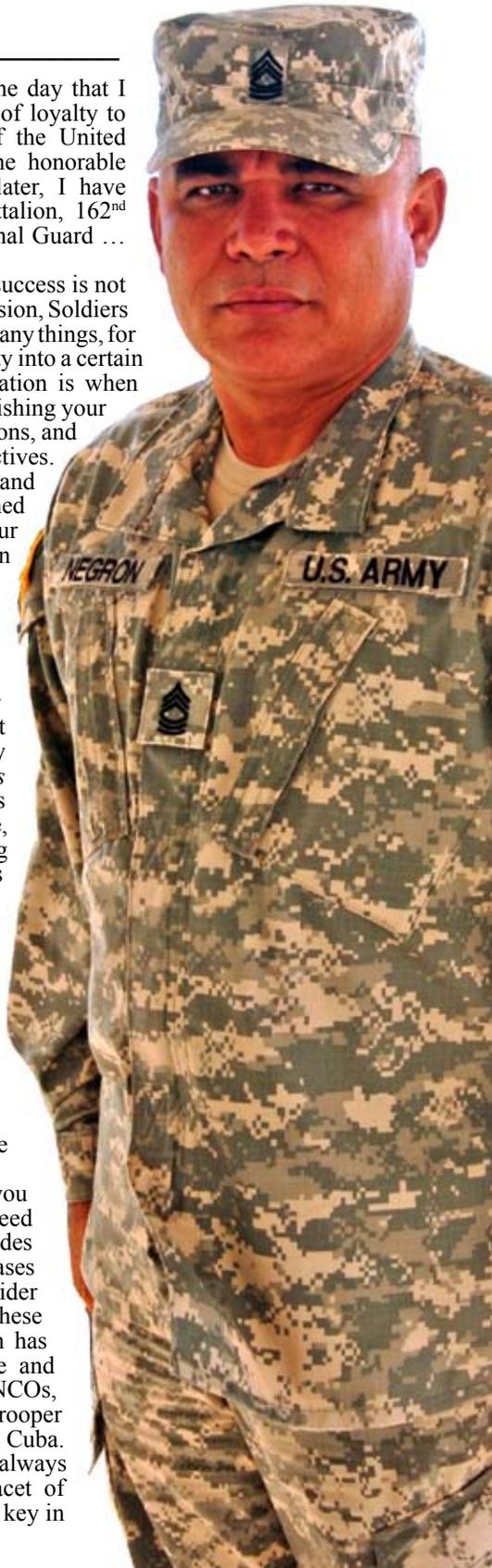
The first day of October 1980 was the day that I raised my right hand pledging my oath of loyalty to protect and defend the Constitution of the United States of America, by replying with the honorable words "I do." Almost three decades later, I have proudly served as a member of 1st Battalion, 162nd Field Artillery, Puerto Rico Army National Guard ... "Hasta el Cabo."

After all these years, I can attest that success is not achievable without dedication to your mission, Soldiers and duty. The word dedication can mean many things, for example: to immerse oneself with sincerity into a certain subject by solemn proclamation. Dedication is when you put your maximum effort in accomplishing your organization's goals for training, inspections, and evaluations in support of the unit's objectives. Dedication is also managing the goals and achievements of your individually assigned section, in support of the members of your organization and the military services in its entirety.

I feel that the word dedication is associated with the Army values by displaying your convictions of *Loyalty*, accepting your responsibilities for your own actions and those entrusted in your faithful *duty*. *Respect* is dedication that reflects upon each of us, both personally and professionally. Dedication to *selfless service* leads to an organization's teamwork and encompasses discipline, self-control and faith in the supporting system. Being dedicated to the military is living your life with *honor*. *Integrity* is having the dedication to do what's right even when no one's looking. The ability to face adversities both physically and morally displays the dedication of *personal courage*.

Seldom acknowledged for their dedication and support of the servicemen and women are the *family* members. Through their dedication and support of the military mission, they are the unsung heroes behind the scene.

Goals, missions and intents that you may encounter in life's path will not succeed without dedication. A job well done provides personal satisfaction, and in most cases recognition is the best reward. I consider myself a dedicated Soldier throughout these 28 years of military service. Dedication has truly equipped me with the knowledge and experience to achieve the rank of senior NCOs, currently supporting the outstanding Trooper of Joint Task Force Guantanamo Bay, Cuba. Good luck in all future endeavors, and always remember, being dedicated in every facet of your personal and professional life is the key in achieving success. ☆



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COVER:

Coast Guard Petty Officer 3rd Class Brandyn Hurt, a mechanical technician with Port Security Unit 307, cleans a Browning M-2 .50 caliber machine gun mounted on the bow of a viper patrol boat Sept. 23, 2008. – JTF Guantanamo photo by Army Spc. Erica Isaacson.



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.

Helping Haiti

■ *Gitmo community springs to action, supports victims of Hurricane Ike*

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

JTF Guantanamo Public Affairs

Joint Task Force and Naval Station Guantanamo Bay residents pulled together to support Haiti after Hurricane Ike ravaged the country, leaving many people desperate for help.

Troopers and civilians donated used clothes and new items like diapers, baby wipes, and formula purchased from the Navy Exchange, and dropped them at designated collection sites where they were picked up by chaplains and volunteers.

“The [plan] to support the people of Haiti with humanitarian aid was put into motion almost immediately,” said Harriot Johnston, a Guantanamo Bay resident and member of the Catholic Chapel Council. “The idea was conceived on a Tuesday night, and the community responded quickly.”

During a Catholic Chapel Council meeting Navy Cmdr. Toby Swain, Naval Station supply officer, came up with the idea of getting the community to donate comfort items like blankets, toys and anything that Haiti could use as relief.

“When I found out that [Navy amphibious ship] USS Kearsarge was making a port visit here and would be returning to Haiti, I suggested to Father Aguilera [JTF and NAVSTA Catholic chaplain] that we collect donations from the community for Kearsarge to take back with them,”

**Army Staff Sgt.
Difred Pascual
and Navy Petty
Officer 1st Class
Christopher
Thompson
finish loading
a box of goods
awaiting
transport
to USS
Kearsarge in
support of the
humanitarian
aid Joint Task
Force and
Naval Station
Guantanamo
provided.**



A forklift moved 14 pallets of humanitarian aid onto USS Kearsarge, one box at a time, Sept. 20. The ship, bound for Haiti, returned to its mission providing humanitarian assistance and disaster relief after Hurricane Ike's devastation.

said Swain. “[Aguilera] coordinated with Kearsarge’s Chaplain and Harriot Johnston got the community involved.”

“I sent e-mails out to the school parents, Gitmo spouse club and it just went on from there,” said Johnston. “Father Sal sent [the e-mail] out to the commands, JTF chaplains

and the hospital.”

The very first donation, consisting of pillows and children’s clothing, was from a JTF Trooper eager to help.

“It was amazing how quickly [Troopers reacted],” said Father Sal Aguilera, JTF and Naval Station Chaplain. “Troopers were over at the Navy Exchange buying pillows, clothes ... they don’t have much here but it didn’t mean they weren’t [willing] to go to the NEX and buy stuff. It was incredible. The Troopers [also] spread the word among the [JTF] and generated more interest.”

The outpouring of support resulted in 14 pallets of donated goods.

The Navy Exchange also got involved by placing a box in front of the store encouraging people to purchase new items and leave them in the box. The NEX also donated older merchandise, like clothing, and shoes still in stock from previous seasons and no longer for sale.

“We’re just glad we could do our part to help the people of Haiti through this tragedy,” said Navy Petty Officer 1st Class Jeremy Crandall who volunteered his time

See **HAITI/10**

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From left to right: Joint Task Force chaplains, Navy Cmdr. Sal Aguilera, Army Capt. Eric Bay, Navy Lt. Cmdr. Clint Pickett and Army Capt. Scott Brill

JTF Chaplains

**Navy Petty Officer 2nd
Jayme Pastoric**

JTF Guantanamo Public Affairs

It can be very stressful to leave family and friends to deploy. There are times when standing watch at 3 a.m., staring at a fence line or down a block, the mind wanders and images of family and past times flash in the subconscious. Suddenly a wave of emotion crashes and a mild depression takes hold. Your head drops and you wish you were home, but you hear a voice, "How's it going, Trooper?" You pick your head up and smile. "Hey Chaps!"

Their smiles are contagious, and a positive attitude seems to rub off whenever they are near. Joint Task Force chaplains are a Trooper's best friend, a confidant and a spiritual advisor.

It is surprising how much one person can give of themselves physically and mentally. You can find them listening to the Troopers' stories in all areas of JTF, from the morning meetings to midnight shift turnover.

"Our mission is to ensure the free exercise of religion for all the Troops regardless of their faith," said Navy Lt. Cmdr. Clint Pickett, "I am here to support them on their spiritual journey."

According to the U.S. Army Chaplain Center, the modern chaplaincy's roots are essentially medieval in origin.

The Council of Ratisbon (742 A.D.) first officially authorized the use of chaplains for armies, but prohibited "the servants of God" from bearing arms or fighting.

"We are not the language police, we are not going to lecture you on why you haven't been at church. We are here for Troopers," said Pickett.

At JTF, chaplains are here not to judge but to listen, they are not here to question your faith or read you passages of scripture. They want to give you an opportunity to practice your faith, and help you accomplish your faith-based goals as you accomplish the mission.

"Diversity is our strength as a nation, and I believe religious diversity is just as important," said Army Capt. Scott Brill. "Coming from all religious backgrounds we share a common goal: defending our constitutional right to express our personal faith."

The time Chaplains spend walking the block, helping out on a volunteer program or attending a command function makes a difference by directly interacting with Troopers.

"I was enlisted for 16 years. I love

Soldiers. I understand what some of the issues Troopers have talking to chaplains," said Army Capt. Eric Bay. "You have to be approachable, earn their trust by just being honest."

Chaplains learn what Troopers need, what they want and what JTF could do better and use the information to advise senior leadership.

"We advise the command on the morale of the troops. We can be a voice for the troops to the command," said Brill "We represent the spiritual pulse of us all, a constant reminder of hope."

The chaplains make the effort to seek the Trooper, talk to him or her and just listen to what they have to say.

They come unannounced into offices with cookies and smiles, passing them out in equal parts. They pass in the galley and ask if your day is going well. They are tireless in their effort to make our days brighter.

"I think the greatest pitfall is getting in the habit of just seeing the bad," said Brill, "JTF can be one of the most rewarding deployments by choosing to be happy, and choosing to look for the good in the mission and taking advantage of it." ★



News media part of JTF focus

Thomas Durkin, a civilian defense counsel for alleged Sept. 11 co-conspirator Ramzi Bin al Shihb, speaks with media representatives during a recess outside the Expeditionary Legal Complex June 5. Media are frequent visitors to cover military commissions here. – JTF Guantanamo file photo by Petty Officer 2nd Class Nat Moger

Army Sgt. 1st Class Vaughn R. Larson

JTF Guantanamo Public Affairs

The eyes and ears of the world have been on this forward naval base since it took a prominent role in the War on Terror.

The civilian media have been those eyes and ears.

Media attention has surged with the progress of the military commissions, representing major newspapers, news services, broadcast and cable networks from the United States and countries around the world.

Marine Col. Ralph Kohlmann, the military judge presiding over the trial of the alleged Sept. 11 co-conspirators noted the role of the media during proceedings Sept. 23.

“They have a very challenging job of taking large blocks of information and putting it out in a couple columns,” he said.

One of those media representatives facing that challenge is Randall Mikkelsen, a 20-year veteran for Thomson-Reuters. Currently on his third visit to Guantanamo Bay, he said he came expecting to find a good story – the fate of the detainees, human rights justice and the history of the War on Terror.



RANDALL MIKKELSEN

“The story is here,” he confirmed. “I’m learning a lot.”

Because Reuters serves a global audience, Mikkelsen said the detainees are referred to in his reports as militants, not terrorists.

“We do try to present an even-handed picture of what is going on,” he explained. “Very few people in the world are able to see what goes on in these courtrooms. It’s a rare opportunity to hear an arbitrated debate over

their guilt and innocence. It also provides an opportunity to hear and report details about suspects’ lives, confinement and treatment, as well as the crimes for which they are being tried.”

Reporters find themselves in a different environment while here – adequate and challenging at the same time, Mikkelsen said. Operational security concerns translate into some restrictions. There are other logistical and procedural obstacles to overcome as well.

“You take your cell phone for granted, and that’s hard here,” he admitted. “Living in tents [at Camp Justice] is a change – it’s fun in limited doses.”

The civilian media receive some logistical support – escorts inside the ELC, transportation, lodging, meals – from members of the Joint Task Force Public Affairs Office and Navy individual augmentees assigned to commissions media support.

But there is a payoff, Mikkelsen said.

“I’ve covered a fair amount of stories in my life – the White House, the Sept. 11 attacks, the [President Bill] Clinton impeachment,” he said. “This will go down as a real highlight, a real moment in history.

“It’s a real privilege to cover.” ★

Running to support the Navy



Participants of the Navy Ball Back to School Run/Walk started the race at faster-than-normal speeds while descending John Paul Jones Hill.



Top finishers (left to right): Kelleigh Cunningham, fastest female with 34:33; Derek Johnson, fastest male with 26:28; and Tonia McCormack, fastest walker with 55:41.



The unique T-shirt design shows a hand-drawn route depicting commonly known facilities.

Army Spc. Megan Burnham

JTF Guantanamo Public Affairs

As the date of the Navy Ball draws near, the Navy Ball Committee continues to raise funds for the event. The Navy Ball Back-to-School Run/Walk was held Saturday morning, Sept. 20, where a new and unusual starting point was used that caught many participants off-guard.

"I wanted to do things differently," said Navy Petty Officer 1st Class Michael Schiltz, Chairman of the Navy Ball Committee. "I routed the run to incorporate the windmills into the design of the t-shirt."

"He [Schiltz] wanted to make a run on John Paul Jones Hill and there wouldn't have been many people who would want to run up it," added Command Master Chief Keith Carlson, Navy Ball advisor.

The four-mile route began at the top of JPJ Hill, where the 31 participants would either run or walk down the steep slope before continuing on flatter terrain. The course went around the Downtown Lyceum and carwash facility to Sherman Avenue, running past the Navy Exchange and Cooper Field. The last portion of the run consisted of taking a right on Recreation Rd and finishing at the Windjammer parking lot.

"It was tougher than I thought running down the hill," said Navy Lt. Kelleigh Cunningham, first female finisher. "Once getting down, it was difficult to set a pace. It was a good run though. I really liked the view at JPJ Hill."

Instead of awarding the top finishers with trophies, wooden plaques were given to the fastest male and female runners and

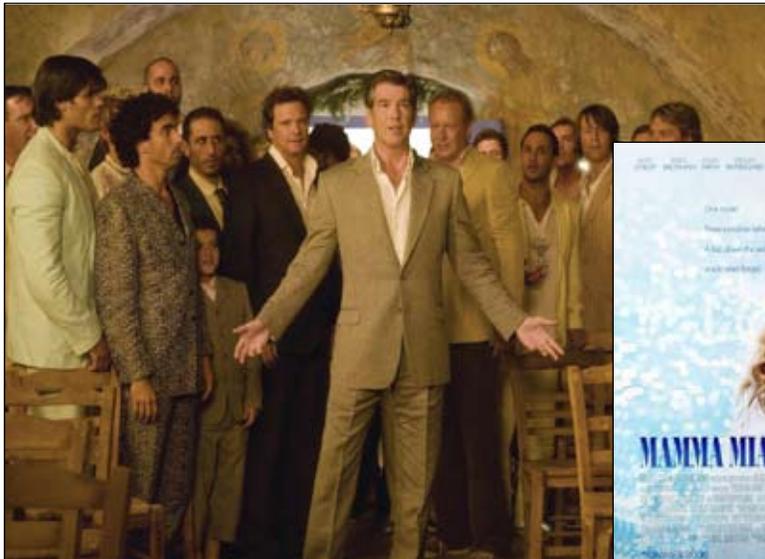
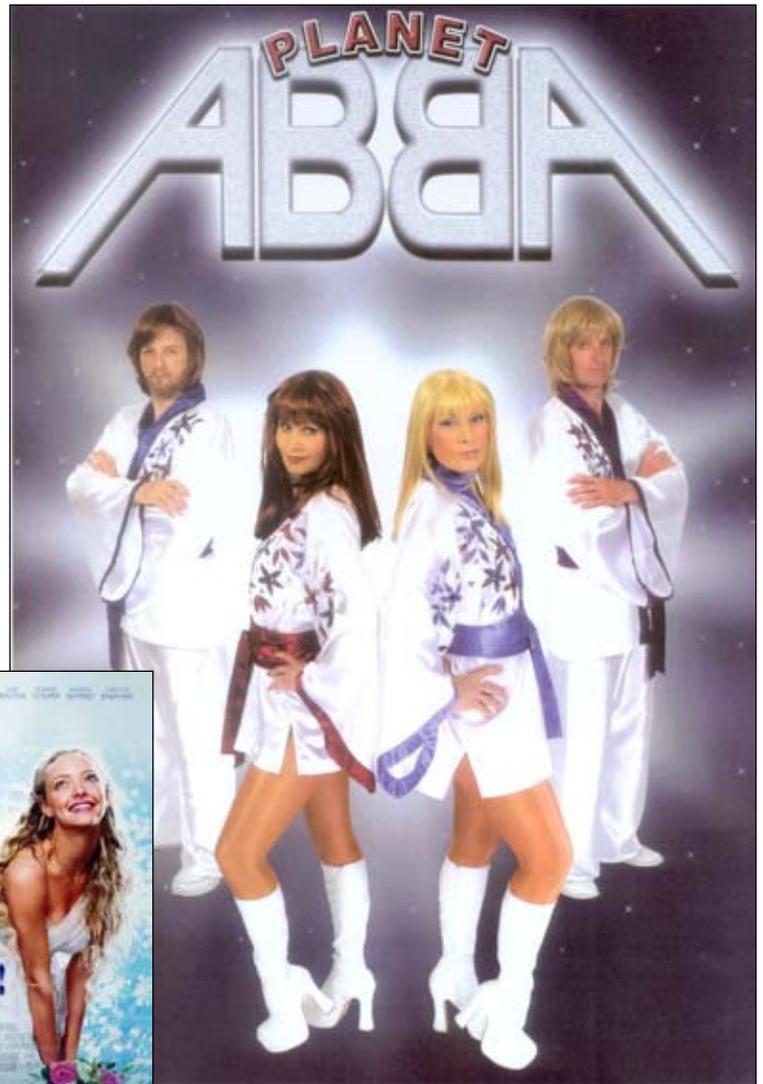
the fastest walker. Labels will also be sent to the winners with their name and finishing time to place on their plaque.

The fastest male runner, Derek Johnson finished in 26:28, Cunningham, first female finisher, with 34:33 and Air Force Maj. Tonia McCormack, the fastest walker, finished with 55:41.

Refreshments including water, oranges and bananas were provided while opportunities to buy Navy Ball tickets and receive a Subway coupon were also offered. All participants received a T-shirt while others were available for purchase.

This was the last fundraising event the Navy Ball Committee will be hosting before the Navy Ball Oct. 11.

Tickets continue to be available for purchase. Contact Schiltz at 4721 for more information. ★



**Navy Petty Officer 2nd
Jayme Pastoric**

JTF Guantanamo Public Affairs

'70s music, no Travolta

There is a delicate balance in life. That same balance also applies to relationships and that age-old dilemma on what movie to see when with a significant other. I recently had to maintain that balance and escort my beautiful fiancée to see the movie "Mamma Mia."

Set on a colorful Greek island, the plot serves as a background for a heap of ABBA songs. Twenty-year-old Sophie Sheridan (Amanda Seyfried) is preparing to marry her boyfriend Sky (Dominic Cooper) at her mother's (Meryl Streep) hotel.

Sophie's only wish now is to be given away by her dad at her wedding. By reading her mother's diary she discovers that she has three possible fathers. Sophie then secretly invites all three men (Stellan Skarsgard, Pierce Brosnan and Colin Firth) to the wedding in a desperate bid to discover which of them is her father before the wedding bells start to chime.

I didn't grow up in the 70s, I have my own issues on bad music in the 80s, but a whole movie with ABBA songs? Yuck! I

don't get it. My goal is to review, not to dump on this movie, but, I was set up from the beginning. I never was in a high school play or saw a musical live so, I guess I don't really understand the effort and hard work that goes into making a musical. The only musical I have seen was "Grease," and that was pretty cool.

When I heard that "Mamma Mia" was like the musical "Grease" I walked into seeing the movie with a positive attitude. I found out that the movie took place in Greece and had no tie to the Travolta dance-a-thon.

That is when it went down hill for me. But I manned up and plowed through it. I watched as Sophie danced and sang songs about her mission to find her father and have him walk her down the aisle. I sighed as Meryl Streep tiptoed over rooftops singing stories about her past. Then I cried as former James Bond Pierce Brosnan gave it his all and tried to sing. He can save the world but cannot sing his way out of a wet paper bag.

I realize that I am not a professional movie reviewer, but real professionals are agreeing with me. Owen Gleiberman of "Entertainment Weekly" said, "It's tempting to say that 'Mamma Mia' has the worst choreography of any big-screen musical in history, though that would imply that what happens in the film *is* choreography. I won't really defend 'Mamma Mia', but I will recommend how to watch it: Just stop rolling your eyes and listen." Wow, that burns.

I know my fiancée liked it and I kept my mouth shut. I know later down the line she will give up a night of watching Grey's Anatomy and set next to me as I yell at the television because my beloved Cleveland Indians are losing, just to keep the balance. 🍀

PG-13
1 hour, 48 minutes

Rating: ★★☆☆☆

In the storm's wake

The weekend of Sept. 20-21 provided two community service opportunities for Guantanamo Bay residents to help clean and repair the Naval Station in the wake of Hurricanes Gustav, Hannah and Ike. Volunteers picked up debris at Windmill Beach and shoveled sand, rocks and coral from the picnic shelters Sept. 20. Troopers worked to repair the wooden fort and obstacles at the Morale Welfare and Recreation Paintball Range Sept. 21. All military personnel volunteers could log their hours if any are working towards a Volunteer Service Medal.

These projects were organized by Navy Ensign Ian Underwood. For information on future opportunities, contact Underwood at 4524.



Navy Petty Officer 1st Class Felicia Lemmob picks up trash and debris left by the hurricanes at Windmill Beach.



Navy Petty Officer 3rd Class Chance Keiter (right), Navy Petty Officer 2nd Class Ryan Martin (center) and Navy Seaman Jennifer Smith cut plywood to fix a floor-board at the MWR Paintball Range.



Navy Petty Officer 1st Class Clint Mingus (left) and Chief Petty Officer Christopher Lipke rebuild facilities at the MWR Paintball Range.



Coast Guard Lt. j.g. Jordan Hardenbergh clears and shovels sand out of the picnic area at Windmill Beach .

JTF Guantanamo photos by
Army Staff Sgt. Emily J. Russell
& Army Pfc. Eric Liesse

JTF lends hand in Haiti recovery

HAITI from 3

to support the mission.

Crandall, along with Navy Petty Officer 1st Class Christopher Thompson and Army Staff Sgt. Difred Pascual spent time Friday consolidating bags of goods into the containers and onto the pallets. Once all the items were packed up, it was just a matter of time until the pallets were loaded onto the back of a cargo truck.

The donated goods were transported from the parking lot at the NAVSTA chapel and loaded onto the ship. Within a little over an hour's time, the goods were loaded and ready for transport.

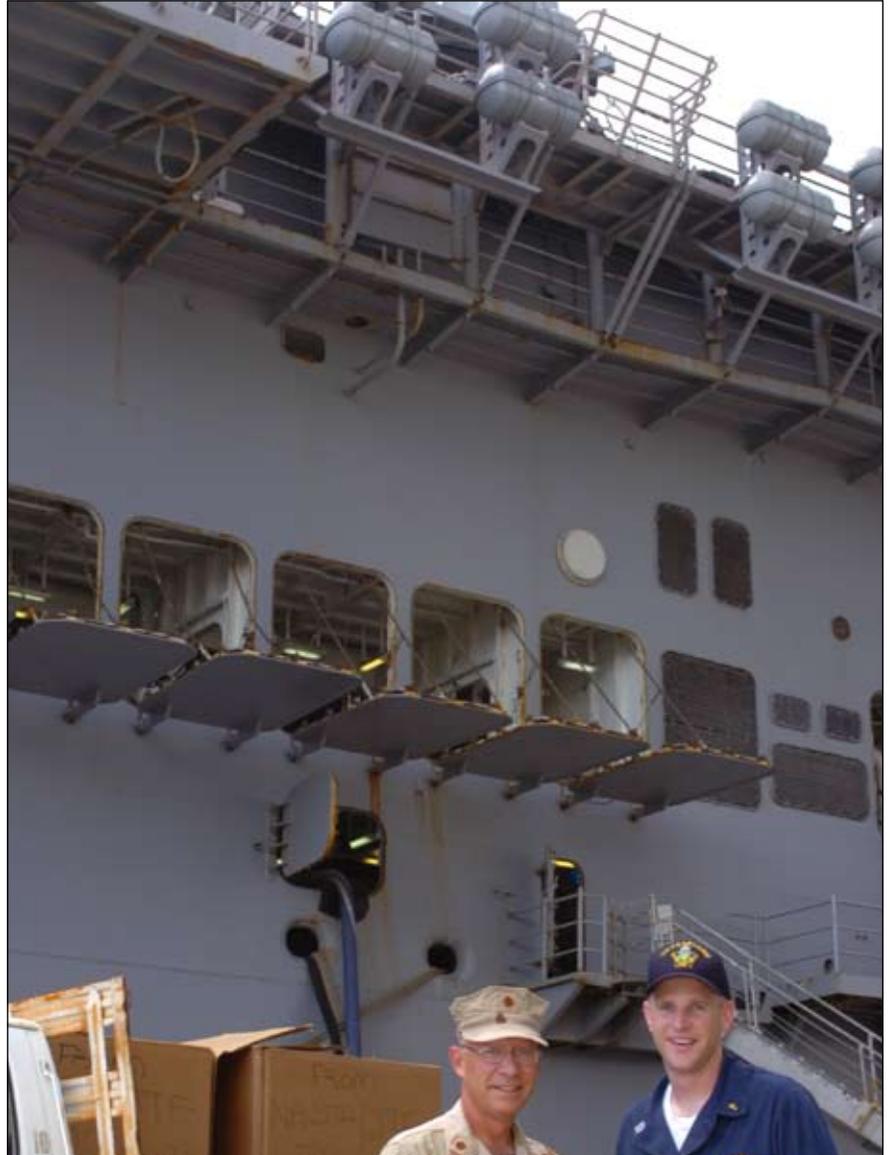
"It's really become an event and we're proud the Gitmo community has taken this action," said Johnston. "People can't do enough for Haiti."

JTF, Naval Station Guantanamo and USS Kearsarge chaplains and chaplain assistants coordinated efforts to make the mission happen.

"Our mission is humanitarian assistance and disaster response," said USS Kearsarge chaplain Navy Lt. Michael O'Bannon. "[Kearsarge] is making a difference – we're providing food to eat. Without aid, they'd have nothing in the affected areas. We appreciate the donations [from Gitmo]—the supplies will be delivered to people in Haiti who need them."

The timing of Kearsarge's arrival played an integral part in the effort by providing transportation and distribution of the goods Guantanamo residents donated. However the widespread community support and quick action of many individuals made the mission a success.

"I was surprised by the phenomenal support of both volunteers and those who donated," said JTF Chaplain, Navy Lt. Cmdr. Clinton Pickett. "There was a very short timeline, and yet they far exceeded my expectations. It is gratifying and humbling to see how people open their hearts in situations like this." ★



Joint Task Force Navy Chaplain Lt. Cmdr. Clinton Pickett and USS Kearsarge Chaplain Navy Lt. Michael O'Bannon helped load pallets of humanitarian aid destined for Haiti.

Navy Petty Officer 1st Class Jeremy Crandall and Navy Petty Officer 1st Class Christopher Thompson, both of the Joint Task Force Navy Expeditionary Guard Battalion, volunteered their time to support Guantanamo Bay's effort to help Haiti after Hurricane Ike left many people in need.

What's new with MWR

**Army Pfc.
Eric Liesse**

JTF Guantanamo Public Affairs

Guantanamo Bay offers many Morale, Welfare and Recreation opportunities to Troopers at the naval station. Activities are abundant, ranging from intramural sports to boat and water sport rentals, as well as regular outings to encourage Troopers to get out and socialize.

Aside from the activities offered, MWR works to keep recreation facilities in top condition so Troopers can fully enjoy their off-duty time. A drive around base proves the on-going efforts of the naval station because evidence of construction is everywhere.

Cooper Field, the new sports complex located behind Denich Gym, has been a work in progress. Construction is nearing the final phase and soon the complex will be ready for action. The field includes two full baseball diamonds, a soccer/football field and a running track.

“They’re just starting to lay the turf for the [dual use] football/soccer field, and the six lane running track still has yet to be laid,” said Craig Basel MWR Director. Completion is currently projected for mid-to-late October.

“Hopefully we’ll be playing on them by the first of November,” Basel continued.

The Marine Hill Liberty Center’s music room is open for use by any active duty Trooper. The room is a sound-insulated practice room with quality recording and sound equipment. The room provides Troopers access to an electric guitar, bass guitar, keyboard and electronic drum set. The room is free for use and can be reserved ahead of time by calling the Liberty Center at 77421.

Marine Hill’s Liberty Center is also scheduled to open a new indoor theater with tiered seating to accommodate 18 patrons. The theater will play 8-mm films and will be open to all Liberty Center patrons. The theater is still under construction, with the projection equipment scheduled to arrive soon.

Deer Point’s Liberty Center is now also open until 3 a.m. every day for late-night Trooper fun.

Construction for the new Tierra Kay Liberty Center has begun. A team of Sea Bees from the public works self help department have been busy preparing the ground and poured the foundation Sept 25. The liberty center will be located behind the mini Navy Exchange giving Troopers a new place to relax.

Keeping Troopers’ morale up is an integral part of taking care of the force. After a long day, or night, depending on a Trooper’s shift, it is important to provide activities to help Troopers maintain a healthy balance of work and play. MWR is here to make that happen. ☆



A letter from the Office of the Secretary of Defense

To: All Individuals Completing the SF86 Questionnaire for National Security Positions

The purpose of this letter is to reaffirm that the Department of Defense strongly endorses the practice of seeking professional help to address all health-related concerns, whether mental or physical. The Department considers it a mark of strength and maturity to seek appropriate health-care, whenever required. This is especially important for DoD, whose members are routinely exposed to traumatic events with psychological and physical impact beyond

those encountered in other environments.

The Secretary of Defense has successfully advocated a revised Question 21 of the SF86 Questionnaire for National Security Positions, which asks about mental health treatment. The revised question, which is attached for reference, excludes counseling related to marital, family, or grief issues, unless related to violence by you. It also rules out counseling for adjustments from service in a military combat environment.

Seeking professional care for these mental health issues should not be perceived to jeopardize an individual's security clear-

ance. On the contrary, failure to seek care actually increases the likelihood that psychological distress could escalate to a more serious mental condition, which could preclude an individual from performing sensitive duties.

Thus, we encourage you to seek care when necessary, knowing that getting professional assistance as needed is the best way to sustain one's ability to perform well. A grateful Nation entrusts you with its safety and wellbeing, and counts on you to maintain your mental and physical health.

Sincerely,

James R. Clapper, Jr.
Under Secretary of Defense
Intelligence

David S. C. Chu
Under Secretary of Defense
Personnel and Readiness

Don't let infection

get under your skin.



**CUTS AND SCRAPES
ARE PART OF THE GAME.
TAKE CARE OF THEM
PROPERLY.**

To avoid skin infections:

- Wash your hands frequently.
- Shower after playing sports; use a clean towel.
- Keep cuts and scrapes clean and covered with a bandage.



Massachusetts Department of Public Health

www.mass.gov/dph

October 2006



Moving pictures

Navy Lt. j.g. Lewis Cooper reads the books “Corduroy” and “Big Red Barn” while attending a United Through Reading program held at Building 5206 near the Troopers Chapel last Thursday. The United Through Reading Military Program provides everything needed to record a DVD of the service member reading stories aloud, and also to mail the book and DVD to family back home. – JTF Guantanamo photo by Army Spc. Megan Burnham

Boots on the Ground

by Army 1st Lt. Adam Bradley

What fad were or are you a part of?

Navy Petty Officer 3rd
Class Nyto Griffen



“The ‘Eraserhead’ haircut from the hip-hop duo Kid ‘n’ Play on the movie House Party.”

Army Spc. Carlos Garcia



“Ben Davis clothing and slicked back hair.”

Navy Petty Officer 2nd
Lashaunda Clark



“I was part of the Converse fad. The shoe came back in style around the early ‘90s and I had a black and white pair. They went with everything.”

Army Sgt. Michael
Hempfield



“I’m a sucker for the hoodie fad. No matter what the weather, that’s what I’m wearing.”

**Army Capt.
Scott C. Brill**
Chaplain, Joint Detention Group

Living in perilous times as foretold in scripture can be hazardous to our spiritual, mental and physical health. It can also be a time of tremendous growth. The scriptures teach, “That with God all things are possible.”

So is it possible to be positive, even happy, in a season such as the one we live in today? You bet it is! This is not the first time in history that Chicken Little has cried, “The sky is falling,” nor will it be the last.

Now is the time to accentuate the positive, looking to the Hand of God in our lives, and holding onto the things that matter most. Or, we can choose to be miserable by following some simple rules. Remember, being miserable requires effort – you have to ignore a lot of things.

Take Counsel from Your Fears

Miserable people always think about what might go wrong. They plan their actions based on their fears. The best they can do is imagine all the worst-case scenarios of what might happen. This is a recipe for misery. Someone once said that F.E.A.R. means False Expectations Appearing Real. Very often, the things we fear might happen never do.

When angels come to earth, they almost always begin their message by saying, “Fear not.” Perhaps there’s a message about faith in there. Think about it. Angels come from this heavenly place, and the first thing out of their mouth is, “Fear not.” As if to say, “You people down on earth are always afraid. For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.” (2 Timothy 1:7)

Don’t Do Anything

Miserable people wallow. They just sit there. They don’t have a “Things to do” list, they have a “Things to don’t” list. They don’t “go and do,” they sit and stew. All their “get up and go” got up and went.

Happy people know that activity and depression are opposites. They are always out doing something. They’re making people laugh, and smile, and say, “I love that guy or gal.” They can’t wait to get up in the morning because they have places to go and people to see. In order to be miserable, it’s important that you don’t have any accomplishments to think about when your head hits the pillow. The miserable would rather wallow than work. The motto of the miserable is “Just Don’t Do It.” “Arise; ... be of good courage, and do it.” (Ezra 10:4)

Worry about Things You Can’t Control

There are problems in the Middle East, the killer bees are migrating northward,

Positivity VS Negativity

How we handle it
makes all the difference

it is on the barge, and your team is out of the playoffs. This is a small list – if you want a bigger one, only watch the evening news.

Keep a list of all the sad, sordid, dismal and ugly events so you know exactly how miserable to be. Then you can mope and worry and fret and be glum. If you want to be miserable, worry about things over which you have no control.

Happy people do their part, do their best, then let go and let God do the rest. They do what they can within their circle of influence. This approach is the opposite of misery, since it will only lead to faith and optimism. “Be still and know that I am God.” (Psalm 46:10)

Remember the words from Lloyd Jenkins Jones, and you will have one of the great keys to happiness. “The fact is most putts don’t drop. Most beef is tough. Most children grow up to be just people. Most successful marriages require a high degree of mutual toleration. Most jobs are often dull than otherwise. Life is like an old-time rail journey – delays, sidetracks, smoke, dust, cinders and jolts, interspersed only occasionally by beautiful vistas and thrilling bursts of speed. The trick is to thank the Lord for letting you have the ride.”

My thanks again to John Bytheway, for writing “How to be Totally Miserable.”



Army 2nd Lt. Kandi King provides guidance to Army Staff Sgt. Amy Crawford Sept. 24 on the budget for the 525th Military Police Battalion.

Advancing with Troops in mind

**Army Pfc.
Carlynn M. Knaak**

JTF Guantanamo Public Affairs

Army 2nd Lt. Kandi King comprehends the extensive hours Troopers pull patrolling up and down corridors of the Joint Task Force Guantanamo detention centers and realizes the members of the 525th Military Police Battalion merit much appreciation.

King, 525th MP Battalion's supply officer in charge, provides that recognition for her Soldiers' strenuous labor.

"I understand where the Soldiers sit because not long ago I sat there," said King, who simultaneously worked as the Camp Five assistant officer in charge, and a platoon leader for the 189th MP Company six months ago.

King, a 14-year servicemember, began her military career as an enlisted military policeman. However, after 12 years of respectfully greeting and saluting officers, King decided it was her time to receive the gesture of reverence.

"I was enlisted for 12 years and an E-7 for the last two of those years. It was time to change," she explained. "I needed something new."

The primary difference for her now is that she is planning for her Soldiers instead of merely carrying out orders.

"I have a first sergeant and [non-commissioned officers] to help me with the Soldiers who work with me," she said. "I deal with [my Soldiers'] needs in a different way."

Currently King, along with three enlisted Soldiers, manages the budget for the entire 525th MP Battalion.

King believes that her career as an officer is not far from that of her job as an NCO.

"When I was an E-7 I had a lot of duties because I worked for a two star general, which is not much different from now," she explained. "As an officer a lot is expected of me. I'm expected to know a lot more."

Although King shoulders more

responsibility, she still cares for her Troops a great deal and wants to work with enlisted personnel.

"I love Soldiers, so becoming an officer was a good choice," she explains. "I still remain close ... personally working with my Troops, yet I have more advancement options."

King continues to work side-by-side with her Soldiers but frequently shows her appreciation for their hard work by baking for them during her free time.

"I like to bake for the Troops," said King. "When I bake I take it down to the blocks [detention facilities] and give it to my Soldiers. Those Soldiers are working [really hard] and somebody has to take care of them."

King treasures her decision and offers this advice for others planning on making the transition from enlisted to officer, "I would say it's a good step to take – do it. The emotional rewards you receive for what you do for your soldiers are great." ☆



Air Force Staff Sgt. Robert Thomas, an engineer with the 474th Prime Base Engineer Emergency Force, repairs a hole in the diaphragm of a pump at Joint Task Force Guantanamo's Camp Justice. – JTF Guantanamo photo by Army Sgt. Sarah Stannard



Army Sgt. Jonathan Vasquez, a light wheeled vehicle mechanic, performs routine maintenance on a High Mobility Multipurpose Wheeled Vehicle (HUMVEE). – JTF Guantanamo photo by Army Sgt. Sarah Stannard



Humanitarian aid donated from Naval Station and Joint Task Force Guantanamo's chapels sits aboard the U.S. Navy's USS Kearsarge. – JTF Guantanamo photo by Army Pfc. Eric Liesse



Navy Petty Officer 3rd Class Tyler Wilmot, crew member with the public works self help department, compacts the ground where the new Tierra Kay liberty center will be built. – JTF Guantanamo photo by Army Staff Sgt. Emily J. Russell

