

The WIRE

An award-winning
JTF journal

رمضان كريم

Ramadan Kareem

Homebuying
An American dream

No Movies?
Lyceum back in business

GTMO Bucket Lists
What to do before you leave

REAR ADM. JOHN W. SMITH JR.

COMMANDER JTF GUANTANAMO

It's been one month since I assumed command of Joint Task Force Guantanamo, and during that time I have barely scratched the surface in meeting the many outstanding Soldiers, Sailors, Airmen, Marines, Coast Guardsmen and civilians who make up this outstanding Joint Task Force. In this short time frame though, I have engaged with some of you, and I have been truly amazed at the professionalism exhibited by

I'm running at full stride now, and again, I would like to thank all who had a hand in turnover briefs, tours, reports and interviews. I thank you for your time, patience, professionalism and thoroughness. That said, I realize that it's human nature to wonder what's on the horizon when a new leader takes over the helm, so I'd like to take this opportunity to share a few thoughts:

People are our number one asset and deserve the best we can give them.

all thus far. It's truly apparent that I have a fantastic team of highly trained, motivated and well-led personnel from all services and components, as well as government civilians and contractors. Each of you brings a unique skill set that not only enhances our mission of "safe, humane, legal and transparent care of detainees," but are force multipliers as well.

My transition as your new Commander has been fast and furious—information flow during the first few weeks was nonstop. It reminded me of my days in Brooklyn during the summer months. As young kids, we would open up the fire hydrants full force and stand in front to see if we could withstand the force of the water and not get knocked on our rear. So far I have remained upright here at JTF Guantanamo against that constant flow of information. But what I soon realized was that it's your professionalism, skill set and can do attitude of mission accomplishment that is keeping me upright: providing me the time needed to ensure I'm well abreast of all issues so I can lead this fine organization.

•**People First.** People are our number one asset and deserve the best we can give them. Motivated personnel have made the difference and have overcome great odds throughout history. You are this organization.

•**Integrity.** This is a core value that must guide our interaction to build mutual trust and respect. We must be able to count on each other to say what we mean and do what we say. We must then be accountable for our actions and decisions.

•**Competence.** This is the bond that ties us together and to the American people. Each of you brings a particular skill set, and I'm counting on your expertise! I also expect you to grow within your service or organizations—the American people deserve nothing less and neither do you!

•**Courage.** Physical and moral courage are essential to success in any operation. We must be willing to stand up for what we believe is right, even if that stand is unpopular.

•**Teamwork.** This is the centerpiece of our operations. Our ultimate success or

see RDML next page



JTF Guantanamo

Commander
Rear Adm. John W. Smith Jr.
Deputy Commander
Brig. Gen. James Lettko
Sergeant Major
Sgt. Maj. Scott Smith
Office of Public Affairs Director
Navy Capt. Robert Durand: 9928
Deputy Director
Air Force Lt. Col. Laurel Tingley: 9927
Operations Officer
Army Maj. Jon Powers: 3649
Command Information Officer
Army 1st Lt. Amelia Thatcher: 3499
Senior Enlisted Leader
Sgt. 1st Class Rick McNamara: 8141



The Wire

Senior Editor Army Sgt. Ryan Hallock
Layout Editor Army Pvt. Loren Cook
Copy Editor Spc. Vanessa Davila
Assistant Editor Mass Communication Spc. 3rd Class Brian Jeffries
Photojournalists
Sgt. 1st Class Kryn Westhoven
Army Staff Sgt. Lewis Hilburn
Mass Communication Spc. 2nd Class Joshua Hammond
Webmaster
Mass Communication Spc. 1st Class Keith Simmons

Contact us

Editor's Desk: 3499
Commercial: 011-5399-3499
DSN: 660-3499
E-mail: thewire@jftgmo.southcom.mil
Online: www.jftgmo.southcom.mil/wire/wire.html

Ultimate Frisbee clinic

MWR offers an Ultimate Frisbee officiating and scorekeeping clinic tonight at Cooper Field from 5:30-7:30 p.m. The clinic is open to all hands who want to learn to officiate the game or just want to learn what makes these frisbees so ultimate.

For more information, call Alana at 2113.

Friday Night Fever! (isn't a movie)

Dust off your bell bottoms, buy a gold medallion, grow chest hair (and quick!) and leave the top three buttons of your shirt unbuttoned! It's disco night at the Windjammer Ballroom tonight!

Dance to Donna Summer, the Bee-Gees, and all your favorite '70s disco hits from 10 p.m. to 1:30 a.m.

For more information, call 75503.



Disco Night Tonight!

RDML from page 2

failure truly relies on this concept, and I expect all of you to lead by example. We are also part of a larger team that relies on integration and participation; not just support. Teamwork at JTF Guantanamo is our key to success!

•**Initiative.** You need to take advantage of every situation to improve upon it, and strive to be better every day. Standard operation procedures guide daily routine,

Air Sunshine offers full refunds

Personnel who purchased tickets to Air Sunshine flights that were cancelled due to the airline's recent suspension can request a refund.

To get the refund, simply return your ticket to the local office in GTMO or the Air Sunshine ticket counter at Fort Lauderdale International Airport.

For more information, email queries to email@airsunshine.com, or call Dwight Henriques at 74915.

Stripes (not the movie)

Calling all First Class Petty Officers, Staff Sergeants, and Technical Sergeants! JTF-GTMO's First Class Petty Officer Association is hosting a get-together for E-6s from all services. Go to the pavilion at I Block in the Cuzco Barracks tonight at 7:30 and trade E-6-related stories with all of your E-6 comrades!

Getcha T-shirts heah!

The fire department will sell T-shirts in the NEX Atrium tomorrow and Sunday in order to raise funds for the 2012 Fire Department Ball. Ball tickets and Fire Department coins will also be available for purchase.

For more information, call the fire station at 4577 or 8163.

Safe Ride!

Out drinking? Thinking about driving? Put the keys down! Save your life, the lives of others, and your career.

Call 84913/84781.

but we must ensure we follow them or suggest improvements to be more effective and/or efficient—complacency will lead to failure.

My focus and yours is our mission. That mission remains clear: we provide safe, humane, legal and transparent care and custody of detainees; we collect intelligence; we provide support to the Office of Military Commissions. Together we are "one team, one fight." Honor Bound!

NLSO hours

The Naval Legal Service Office, Southeast Detachment is open for walk-in service Monday through Thursday from 9 to 11:30 a.m. and 1 to 3 p.m.; and Friday from 9 to 11 a.m. Services include power of attorney, bill of sale, and notary public. All other services are by appointment only.

To schedule an appointment, or for more information, call 4692.

Treasure hunt

Looking to add variety to your wardrobe, or buy a VHS tape for the first time since 1997? Treasures and Trivia is the place to look!

Cleaning out, redeploying or PCS'ing? Donations are always welcome!

Located across from the MWR Community Library, the volunteer-run Guantanamo Bay thrift shop is open Monday to Friday, 11 a.m. to 5:30 p.m. and Saturday from 12 to 5:30 p.m.

Mandatory fun!

Is your unit or group having a party? Reserve a cabana or pavilion in person at the Morale Welfare and Recreation Marina! Locations include Hospital Cay, Cable Beach, Windmill Beach, Chapman Beach, Ferry Landing, Ocean View Park, and Phillips Park.

For more information, call 2345. Operators are standing by to take your call!

INDEX THE WIRE JULY 27, 2012

Ramadan begins	9
What's on your bucket list?	12
The Weekly Westhoven	15
The week of no movies	16
Movie: The Dark Knight Rises	18

The WIRE is the official news magazine of Joint Task Force Guantanamo. It is produced by the JTF Public Affairs Office to inform and educate the Troopers of JTF Guantanamo through news, features, command guidance, sports and entertainment. This DoD news magazine is an authorized publication for the members of the Department of Defense. Contents of The WIRE are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, or Joint Task Force Guantanamo. It is printed by Defense Logistics Agency Document Services with a circulation of 1,200.

Trooper to Trooper

Show me what right looks like

MASTER SGT. MONTY QUINTANILLA
OPERATIONS NCOIC, 348TH MP CO

My most rewarding position in the military came the day I became the first sergeant of a military police unit while stationed in Iraq in June 2009. I was handpicked for the position by Brig. Gen. Heidi Brown. The unit had lost their leadership not due to a combat situation, but due to a lack of leadership. Gen. Brown told me, "First Sgt. Q., show them what right looks like," and I did just that alongside my unit commander, Capt. Christopher Rivers. Together as a team we brought a unit that did not trust each other and wanted to give up on each other and their mission, to a unit that became one of the strongest security teams in the Balad area.



As a leader, if you follow your branch's core values and the values you learned growing up, it will be easier to show others how to do the right thing. Here at Joint Task Force Guantanamo we have a mission: a mission where the people of the United States of America and other countries depend on us to do the right thing. So why do we have issues such as sexual assault, drunk driving, and inappropriate relationships? How do you show service members what right looks like?

First, I live by values I learned as a child: values I was taught at home, in my church, in

my school and in my community. One such value for me was "WWJD" or What Would Jesus Do? If I know Jesus would not do it, I try my best not to do it either. Yes sometimes I fall, but that is how I have learned to get back up. As leaders we forget to go to God and ask for wisdom and guidance. King Solomon asked God for the gift of wisdom. God granted him his request; now Solomon will always be known as a wise leader.

Second, I live by the Army core values. After reflecting on each one, I chose to expound on the value of integrity. I feel it embodies all the

values, however, it is the one that I see broken the most. The Army's definition of integrity is "do what's right legally and morally." Getting drunk and driving or being so intoxicated you do not know what you are doing is not integrity. For me, I want to honor those that have served and died wearing the uniform. I cannot honor them if I disrespect them or the uniform. As leaders we have to set the example of integrity. Our negative actions give junior service members implied permission to break the value of integrity. As choices are made, think about the effect it has on others around you.

BOOTS ON THE GROUND

If a banana rat fought an iguana, who would win?



"The banana rat. They're faster and stronger."

Spc.
Dimas Ruiz



"The iguana. They have spikes!"

Sgt.
Maribel Arroyo



"The iguana. They have sharp teeth and I'm pretty sure they turn into dragons at night."

Information Systems Technician 2nd
Class Loyda Rivera



"The banana rat would let the iguana win because it doesn't have ten grand to pay the fine for winning."

Yeoman 2nd Class
Patrick Woolette

HAVE A GREAT STORY BEHIND
ONE OF YOUR TATTOOS?



CONTACT THE WIRE STAFF AT
THEWIRE@JTFTGTMO.SOUTHCOM.MIL
AND HAVE IT PUBLISHED

Trooper Focus



By Spc. Vanessa Davila

The thunder and lightning quickly roll in; a coming together of disorder, creating the perfect storm at the Joint Task Force Guantanamo Staff Judge Advocate office. Air Force Master Sgt.

Vickie LeBrun and Navy Lt. Cmdr. Rebekah Turner work fast, effectively, and with precision. Still there is chaos – it’s unavoidable. The International Red Cross Committee (ICRC) enters the camps consistently. The SJA is a liaison; there is always much work to accomplish for ICRC visits. Humans aren’t perfect; we cannot always get everything right. An honest mistake, a simple oversight, it can all breed disarray. If you were to somehow garner the ability to look through Army Sgt. Andrew Griffith’s eyes you’d see that he sees the chaos the way Neo sees bullets in “The Matrix:” in slow motion; he’s unaffected.

“In the center of all the chaos that goes on in our office I can look over at him and he’s just...,” said LeBrun as Turner quickly finished her sentence with the word “chillin” to describe Griffith’s Zen-like attitude amid the bedlam. “He’s got crazy all around him, yet he’s at the center of it,” said LeBrun.

Griffith is the ICRC noncommissioned officer for the administrative law section of the SJA. He’s a one-man show who has coordinated thousands of the ICRC’s detainee messages. In a place as closely scrutinized as JTF Guantanamo, the ICRC program is no exception.

“It’s a program that the Department of Defense feels is important. If he’s doing everything right, then we have smooth sailing. If he is a weak link, it can reflect poorly on us. It is an important job,” says Turner about the importance of Griffith’s role. “He’s been really good, and he’s also offered suggestions

on how we can improve the program, and I’m all for that. I think sometimes your best ideas come from the people who are actually doing the job, not the people who are supervising them.”

At 21 years young, it is a testament to Griffith’s talent and abilities that his superiors are willing to listen to his proposals. Individuals are often taken aback when they

every step of the way. I suspect his father, a soon-to-retire Army master sergeant, had something to do with the young man’s decision to enlist.

“At the time, my dad was a first sergeant so I spent a lot of time with him and his soldiers,” says Griffith. “I saw how they were and the stuff they were able to do, and I said, hey, what a better way to start out my life than serve in the military.”

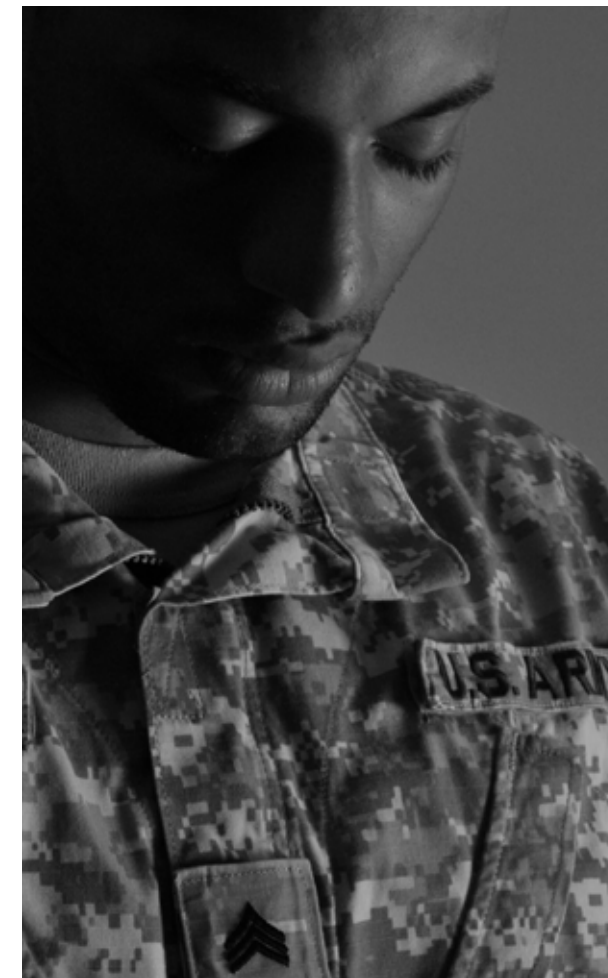
His mother, on the other hand, wasn’t so happy about it, but Griffith says she still supported him and continues to support him every single day.

“My mom... I don’t even know where to begin with her. She’s basically my rock, man, my place of support,” said Griffith looking away but with nothing but pride and unconditional love in his eyes.

As an Army brat, the closest place Griffith has to call home is the U.S. Virgin Islands where he was born and spent the first three years of his life. As his father endured the suck of Army basic training the unborn Griffith grew inside his mother’s belly, no doubt deliberately. The mystery man’s place of birth seems to be the place that brought about the Zen; a place barely touched by the chaos and human excess that often marks life in the States. Although he left when he was three, he says he returns almost yearly to the place where he learned to love the water and the serenity that it brings.

“I love the ocean. It’s just a whole different world out there. It’s a lot less stressful out there. No people in the ocean,” said Griffith with a huge smile.

If he wasn’t doing this, the Army thing, he says he’d probably be a marine biologist. LeBrun says Griffith has his life planned out already; he knows where he’ll be when he’s 50. The qualities of a deliberate man; it’s no surprise that he tells me he knows he’ll work in the ocean one day. Andrew Griffith knows what he wants no matter the chaos surrounding him.



Sgt. Andrew Griffith
**EXTREME CALM
UNDER PRESSURE**
By Spc. Vanessa Davila

Iguanas eat plants, not table scraps.



STOP Feeding Iguanas



NAVSTAGTMOINST 1710.10B-section 5.b
The feeding, keeping, or breeding of iguana or other lizards, hutia, chickens, snakes, pigeons, or feral cats and dogs, is strictly prohibited.

The week of **no** movies!

By Pvt. Loren Cook

Last Friday, I thought treating myself to a movie without reviewing it would be a fitting way to end my week. So I went to go see "Safe," a new action movie starring Jason Statham.

The first hour or so of the movie was quite entertaining. Bullets were fired; punches were thrown; cars were driven at high speed into oncoming lanes; and Jason Statham mowed down Russian Mafia and Triad goons alike.

Slightly less than an hour into the movie, I noticed the sound degraded during an intense gunfight. I could hear sound effects and background noise just fine, but dialogue was muffled and inaudible. At first, I thought it was just a stylistic choice for the fight, possibly showing the auditory effect of so much gunfire in a confined space, but that was mostly wishful thinking.

When the next scene began, dialogue was *still* very quiet—so quiet I couldn't understand a word. I was now in a position where I looked forward to the next time characters spoke Russian or Chinese, because then I could read the subtitles. Eventually, I walked out in frustration.

The next day, the Downtown Lyceum premiered "The Amazing Spider-Man" to a packed crowd. Unfortunately, the audio problems of the previous day hadn't been fixed, and I left after the first line of dialogue in the film. It's very difficult to watch a movie when you have no idea what's going on, and even harder to review it.

In response to the audio difficulties, Morale Welfare and Recreation closed down both theaters for maintenance last Sunday.

"We knew we'd been having problems with our amplifiers, but now we discovered we had wiring problems," said Brittany Hanna, MWR's marketing director. "The wiring for the speakers was only rated for indoor use, and corroded over time."

"In the last two weeks, we have now ordered all new speaker cables as well as amps and we are flying these parts in as quickly as we can," said Tara Culbertson, MWR's director. "Please know it is our top priority."

During the last week, MWR's electricians worked on restoring functionality to the Downtown Lyceum's current audio system. Electronics technicians assigned to the naval station also volunteered their expertise and assisted in the restoration effort.

The efforts of these electricians have paid off. Tonight, the Downtown Lyceum will triumphantly reopen at 8 p.m. To apologize for the week of no movies, MWR will also host an hour-long party at the theater, starting at 7 p.m., and give out free hot dogs, soda, and popcorn. Free giveaways will be given to the first 500 patrons, or until supplies last. After the party, sit down and enjoy "The Dark Knight Rises" at its Guantanamo Bay premiere!

At 7 p.m. tomorrow, the Downtown Lyceum will host another hour-long party, this one with bounce houses for the kids, and sell hamburgers. Following the party, catch the GTMO premiere of "Ice Age: Continental Drift."

When the replacement parts arrive, the Downtown Lyceum will close again while the audio system is overhauled.

"We don't anticipate any sound problems in the meantime, but until the rewiring is complete, there still could be minor issues here and there," Hanna said.

The Camp Bulkeley Lyceum remains closed while its sound issues are identified and resolved, but should reopen in about a week, Hanna said.



Rows of empty seats at the Downtown Lyceum stand in mute testimony to the theater's closure in the past week. The theater is scheduled to reopen tonight.
—Photo by Pvt. Loren Cook

Ramadan

By Army Sgt. Ryan Hallock

Detainees roll out their prayer rugs on the fifth day of the holiest month of the Islamic lunar calendar at the camps of **Joint Task Force Guantanamo.**

They read from the Quran together and prepare for their noon prayer.

The atmosphere is peaceful and the **Camp 5 officer in charge** attributes the calm and quiet environment to the **month of Ramadan.**



Joint Task Force Guantanamo Commander, Rear Adm. John W. Smith Jr., and Deputy Commander, Brig. Gen. James Lettko listen to Sam Scott, Pentad assistant project manager, as she explains the differences between meal options normally offered to detainees compared to the selection offered during Ramadan. The menu includes items such as lamb shish kebab, almond raisin rice, garlic almond rice, ground lamb, French green beans, and fried jalapenos. —photo by Sgt. 1st. Class Jerome Grant

Ramadan began July 20 and continues until the evening of Aug. 18. Muslims around the world spend the month fasting each day from dawn to sunset.

“It’s definitely changed the dynamic within the camp,” said the Camp 5 officer in charge. “The detainees have been getting used to all the changes and the guards have too.”

The detainees’ normal routines adjust to the teachings of the Quran during the month of Ramadan, which affects camp operations. Their sleep patterns change. Their eating habits change. Their outlook also changes.

“During the month of Ramadan, they tend not to be angry; they tend not to be aggressive,” said Zak, JTF-Guantanamo strategic cultural consultant. “They understand their fate; they know they’re here in Guantanamo. They know it’s not our fault they’re still here.”

During Ramadan the JTF prepares and serves culturally sensitive and culturally appropriate meals that are traditionally eaten during the holiday. The guard force provides them at an adjusted schedule.

“Instead of the usual breakfast, lunch, dinner rotation, we shifted the meal schedule around to accommodate their cultural preferences,” said the Camp 5 OIC.

Muslims eat their pre-fast meal called Suhoor each day before dawn. Lamb kebob and lamb gyro, among other traditional foods, are served to the detainees.

“Ramadan is a month that is very important; it prepares you for the rest of the year,”

said Zak. “Fasting in any religion has the same purpose: it teaches you discipline; it teaches you patience.”

Not all detainees participate in Ramadan. Some are exempt due to health concerns and others simply choose not to. The detainees have the choice of practicing or not, and the guard force is trained to accommodate their needs and preferences.

“Even though most of the detainees are fasting, those who are not, we still offer them a lunch meal during the normal lunch hour,” said the Camp 5 OIC.

Muslims break their fast at sundown with a meal known as Iftar. Dates and honey are eaten first to break their fast, which is what is traditionally eaten at sundown along with pita bread.

“Nothing goes through the mouth or the blood system during the daytime hours, which makes us change our procedures in the camps,” said Zak. “The day shift will be quiet, and the night shift will be busier because the detainees will be more active.”

The procedural changes, which break up the structured routine of the camps, are planned well in advance to mitigate any mistakes. The major obstacle that stands in the way of excellence is the frequent personnel changes, said the Camp 5 OIC.

“We’re always good at what we do, but reaching that next level can sometimes be a challenge due to the large amount of turnover within the guard force,” said the Camp 5 OIC.

The guards’ understanding of Ramadan and the Muslim culture has increased significantly due to Zak’s guidance and the cultural awareness trainings and briefings the guard force receives.

“If we don’t respect each other or have patience with each other, we fail,” said Zak. “They see us at our best; we see them at their best.”

During Ramadan, detainees recite 1/30 of the Quran each day and can pray together during recreational time.

Zak continues to ensure each year that cultural sensitivities are impressed upon the guard force. Each guard carries a Ramadan information card as a quick reference guide containing facts about the month. The back of the card contains “do’s and don’ts” to include, “DO remain sensitive to Islamic practices during the month of Ramadan” and “DON’T eat, drink, dip, or chew gum in front of participating detainees.”

While it’s an extremely important part of the year for Muslims observing Ramadan, every day at JTF Guantanamo is extremely important. The guard force is trained and ready to continue to succeed at the mission.

“We’re sticking to the standard,” said the Camp 5 OIC. “We’re following the standard operating procedures and conducting our day-to-day operations the way we always do. I think my guard force has done a great job. They always rise to any challenge that’s presented to us on a day-to-day basis with professionalism and cultural sensitivity.”



FIELD OF DREAMS!

By Mass Communication Spc. 1st Class
Brett Custer

Being a deployed reservist during football season might seem like a negative to some people, but to me, it's a benefit.

Having the promise of watching multiple powerhouses collide each weekend presents a light at the end of each work-week tunnel.

However, there is one thing better than watching the weekly battles on AFN: competing against other servicemembers on GTMO's gridiron, Cooper Field. I have to admit, I was truly impressed when I first laid eyes on the superior AstroTurf sports complex.

The football field here is nicer than most fields I encountered during my days as a high school defensive end.

Even though I wasn't sure there was a legitimate league here, I sent a premature email home requesting my wife send my football and turf shoes. I've even begun online research for team jerseys.

I guess my next and more important step would be actually recruiting co-workers who share my enthusiasm for throwing around the pigskin.

Even though I have only been on GTMO for a month, I have already crossed off most of the normal bucket list items. I've been fishing, snorkeling, and boating thus far, leaving one key bucket list item to accomplish; a Naval Station Guantanamo Bay flag football championship.



Things TO DO before you leave GTMO!

All aboard the sailboat!

By Army Sgt. Dani White

As far back as I can remember I have always loved being around water. My mom would call me a "water rat" because she had a hard time getting me to come back to land when I was out swimming at our favorite camp site. It came as no surprise when I became fascinated with sailing. Sailing came to my attention while watching John Cusack in "One Crazy Summer." Watching Hoops McCann (Cusack) and his gang racing in their makeshift sailboat in an epic race appealed to my desire to be out in the water and going really fast.

Growing up near the Great Lakes and then being stationed at Joint Base

Lewis-McChord, Wa., I always see the white sails out in the water and watch them for as long as I can before I can't see them anymore or I am pulled away. I just picture myself hoisting up the sail, and running up and down the ship to ensure everything is secure while I speed out into the water, and then steering to whatever destination my little heart wants.

So before I leave I have every intention to take advantage of the free sailing lessons the MWR offers. I couldn't forgive myself if I didn't finally fulfill my lifelong dream.

And mark my words, there will be a stuffed Odie doll tied to the front of the boat.



FEATURE

GET AN EDUCATION!

By Sgt. 1st Class Rick McNamara

Although Guantanamo Bay offers a long list of opportunities and experiences, my bucket list while I'm here consists of personal improvements. The most important being the continuation of my master's degree. I get it—it's not very exciting. While everybody else is diving and playing with sharks and turtles, I'm locked away in my room reading about strategic communication and working on my next assignment. In the end though I'll have that piece of paper saying I graduated from Gonzaga's School of Professional Studies and a class ring.

You're probably thinking that there is no way that college can take up all of my free time, and I'd say you're right. So the other day I jumped on Amazon and accidentally bought a guitar – I didn't know I had speed

checkout turned on. Now there is a guitar on its way out here and I have no idea how to play it. So a new item is added to my bucket list. I'm going to "learn" to play guitar so I can compete with my kids for the most noise produced by a person in our house, while at the same time serenading my wife with a voice meant for print journalism.



Be a weekend warrior!

By Mass Communication Spc. 1st Class
Keith Simmons

As an avid outdoorsman, I came to GTMO searching for any opportunity to embrace the wild side of Cuba.

As it turns out, this place is a playground for those of us who enjoy all things wild.

First on my list to get into was fishing. Perhaps the most basic of outdoors activities, there are several achievements to check off: fish from a boat; from the pier or shore; catch a snook, a tarpon, a shark, and a jack or snapper larger than five pounds.

The next activity also involves the beautiful waters here on the Cuban shores. Snorkeling and diving has been the most unique experience I've done since I've been here. The fish and reefs here are incredible and you have to see them to believe them. Here's the list of things to accomplish: get SCUBA certified and choose your level of expertise (open water, advanced or instructor/master diver); go to every beach (Windward and Leeward); go spear fishing; see some of the underwater wildlife including a sea turtle, a barracuda, an eel, and a lionfish.

Between dives or snorkeling, while you're resting and catching your breath, look around for sea glass and sea shells. You can collect these to make necklaces or other decorations for your mom, wife, daughter or someone else in your life as a personalized souvenir.

Exploring and hiking the wilderness here is a great way to be active and see the Cuban wildlife. Attempt to do the following before you leave these private lands: hike every trail; kayak around the bay; explore Hospital Cay, Hicacal Beach, Conde Beach; take the History Hike; see a snake, a deer and a tarantula; and go bird-watching to see a Northern Caracara, a Cuban Pygmy-Owl, an American Kestrel, and a Bee Hummingbird (the world's smallest bird).

Finally, as an outdoor enthusiast, be respectful of the places you go. Never forget to be courteous and safe, and if you find trash along your way, pick it up and keep GTMO clean.

GO NORTH EAST, YOUNG MAN!

By Army Sgt. Landis Andrews

We spend months at Guantanamo Bay and we end our tours without the ability to answer the most popular question: "What was Cuba like?" The closest we get to Cuba-proper is the North East Gate tour which is why it is on my GTMO bucket list.

At 11 a.m. on the third Thursday of every month, the Marine Corps Security Forces Company takes a group of people up to the northern entry point to give us a glimpse of a country we aren't allowed to

visit.

Along with the visuals, the tour guide drops knowledge on the tourists. You learn about the treaty between the U.S. and Cuba that allows us to stay here. You see the broken water main that stands as a myth buster from when Fidel Castro said we were stealing freshwater.

We can't all go with the Naval Station captain on his bi-monthly meetings with the head of the Cuban military on the other side of the wire, so you might as well get as close to Cuba as possible.



FEATURE

Need a car? Dive gear? TV?

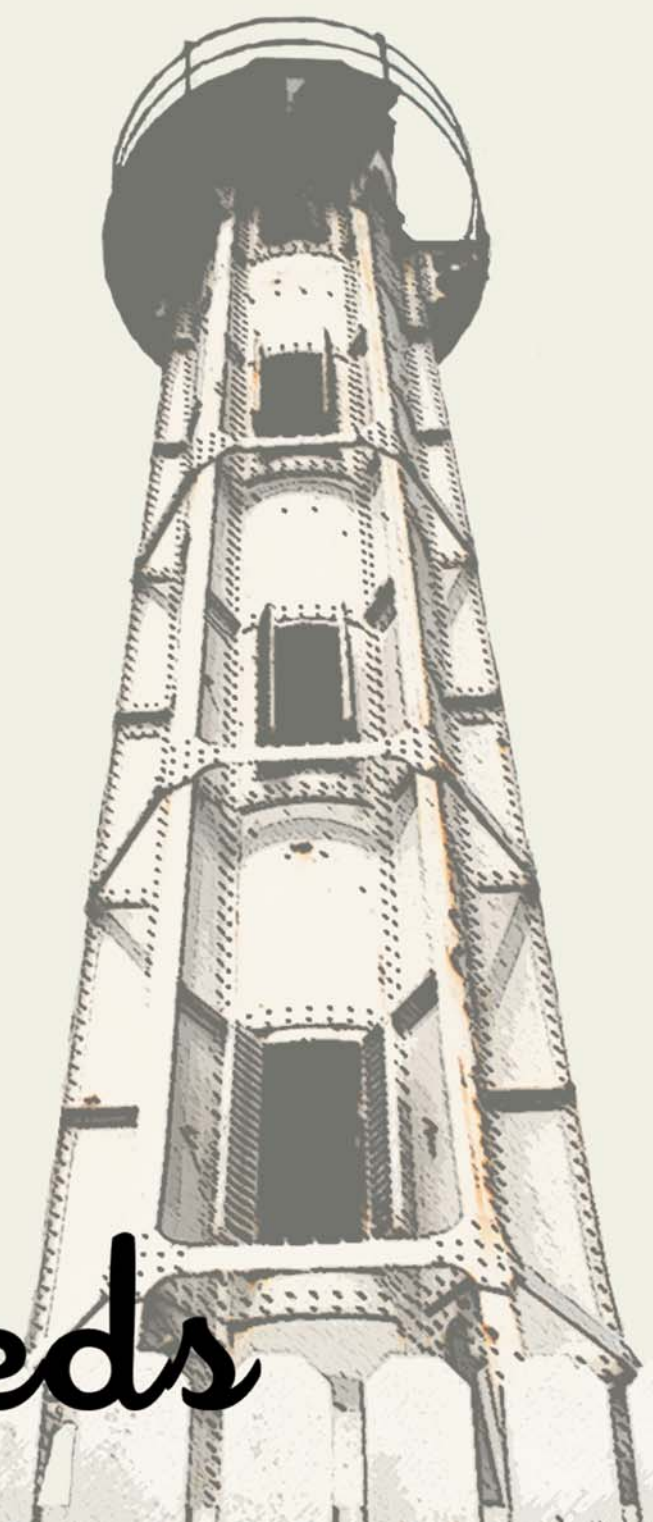
On any given day, all these things
and more can found in the
GTMO Classifieds!

Look on JTF's homepage or in
Naval Station Guantanamo Bay's weekly
newspaper "The Gazette" for local offers on
a variety of products.

You can even post a "wanted" ad if you're
looking for something specific!

Contact the JTF webmaster @ 2130
or
NAVSTA Public Affairs @ 4520
to place an ad TODAY!

GTMO
Classifieds



Hunting for Houses

Planning can keep 'American Dream' from becoming a nightmare

By Sgt. 1st Class Kryn Westhoven

Buying a house is the quintessential definition of the American Dream. Without planning, that dream can turn into a nightmare when making the biggest purchase in a lifetime.

There are many factors that go into the rent versus buying equation. "You have to do a little gut check here, and determine whether renting might be a better option or not," said Walter Barrett, personal financial specialist with the Fleet and Family Support Center at U.S. Naval Station, Guantanamo Bay.

"It would be very hard for me to advocate [purchasing] a home, because we don't have the luxury of staying in one spot," Barrett said in response to the question of home buying for an active duty service member.

Between PCS orders and owning a home, some in uniform have had a difficult time. A soft home sales market and declining prices for existing homes has left many homeowners stuck with something they cannot sell, or owing more than the mortgage is worth.

The worst case is foreclosure, which would appear on a credit report and could affect a security clearance. With so many military jobs requiring a clearance, Barrett warns a foreclosure could have an adverse effect on remaining in a uniform.

Another key factor is ensuring you are financially able to handle a mortgage.

"Do a realistic, honest budget for your household and determine where you are right now," Barrett said.

Pull your credit reports from the three agencies. Go through the process of disputing any errors and check to see what your credit score is. A higher score usually equates to a lower interest rate. The Veteran Administration looks for a credit score of 670 or higher for the VA guaranteed loan program.

It is easy to underestimate the cost of homeownership. Many rental units include heat and with base housing, your Basic Housing Allowance (BAH) covers everything.

Barrett ran down a list of expenses like water, sewer, garbage, electric, and heat that

With mortgage rates hovering around historic lows, Barrett sees little need to look at Adjustable Rate Mortgages (ARM). He also recommends staying away from interest-only and no income verification loans.

The VA program helps in two areas: you only need a low down payment or none at all, and save money by not having to pay Private Mortgage Insurance (PMI). Other lenders require PMI until you've paid 20 percent of the home's appraised value (this is to protect the lender against outright default), whereas the VA guarantees a loan to avoid needing PMI.

"It is just money out of your pocket," added Barrett, as PMI is not tax-deductible and it does not lower the principle of the loan.

Besides the VA there are many other mortgage programs such as FHA or USDA rural housing. A realtor would know of any state incentives for certain areas.

Once you find a home you really like, go visit the house at different times of the day and during different weather. This can tell you how the sun or shade affects the house and if there are drainage problems.

Barrett has two additional recommendations before making the big purchase. Get a home inspection and purchase a CLUE report. A CLUE (Comprehensive Loss Underwriting Exchange) report will show any insurance claims on the property in the last five years. If the report shows that there was a claimed paid for water damage, there could be mold lurking behind walls and floor. That could lead to higher insurance costs for the new homeowner, or worse, extensive repairs.

He also recommends finding a professional to help the process along.

"Make a good decision to pull the trigger and purchase that home," Barrett said.



are all heaped on top of mortgage.

"There is just a lot of expense in owning a home," said Barrett.

Once you have determined you're staying put and financially able to afford a home, now comes the old real estate axiom – location, location, location.

There are plenty of questions: commuting distance to work, which areas have better schools, real estate taxes, crime rates, sexual predators and the list goes on.

Before finding a home, Barrett recommends finding a real estate agent. An agent can sort through hundreds of listings to find homes in your price range and communities that suit your needs. Barrett recommends interviewing several realtors.

"Do I get a warm fuzzy that we are going to be able to work together, and is this person going to work for me?" he asked.

Pre-approval for a mortgage can help a realtor match you to available housing stock. Becoming pre-approved is like having the check in hand, since you now know how much you can spend on a house. If you are pre-qualified, there are still many steps before getting the loan.

MISSION FIRST



Family matters: tackling obesity for security's sake

By Lisa Daniel
American Forces Press Service

WASHINGTON – It's not often there is a national call to action over a matter of national security, but that is what's happening over America's obesity problem. Luckily, there is no shortage of resources for all of us to do our part in addressing it.

Concerns about the quick rise in obesity – some call it an epidemic -- and its potential to harm military readiness are not new. Ever since 100 retired generals and admirals formed the nonprofit organization "Mission: Readiness" and released its landmark 2010 report "Too Fat to Fight" to convince Congress to mandate healthy school lunches,

federal officials, at least, have known of the military imperative to reverse the fat trend. The report included the services' assessment that 75 percent of the nation's 17- to 24-year-olds do not qualify for military service – mostly due to obesity.

Those concerns were reiterated last month when the Bipartisan Policy Center released its report, "Lots to Lose," which shows alarming trends not only in recruiting, but also in retention due to overweight problems. The report notes that nutrition concerns for service members and recruits factored into President Harry S. Truman's decision to mandate the federal school lunch program. The focus then, however, was vitamin deficiencies.

In the past two years, the movement has changed from alarm bells to action as public officials, including Defense Department leaders, carry the issue from Washington to cities, towns and military installations across the country. Last week, First Lady Michelle Obama took her "Let's Move" campaign to Philadelphia to announce locally-based public-private initiatives that include things like closing a city street to traffic to make a "safe play" place, challenging residents to a city-wide diet, bringing farmers' markets to low-income areas and holding information campaigns about the nutritional content of foods.

DOD has made similar changes, requiring all of its schools and daycare centers to give children meals emphasizing fruits and vegetables, restrict TV and computer time, ensure daily exercise and ban sweetened drinks.

Also last week, Charles E. Milam, principal deputy assistant secretary for military community and family programs, met with military food and beverage workers for their annual workshop and directed that they ensure that dining facilities and other installation eateries give healthy choices that also fit into today's fast-paced culture. Also, Military OneSource offers free nutrition and fitness training to service members and their families.

In promoting Let's Move, the first lady often talks about changing American culture

toward healthier living. That's where families come in. As I talk to military spouses and other parents, most agree that one of our toughest challenges is in challenging the idea that "kid-friendly" cuisine is limited to pizza, fries and chicken nuggets. Changing the culture will mean cutting back on the all-too-easy and inexpensive drive-through meals. It will mean cooking healthy and encouraging kids to try new things – even when your child's friends are over. Changing the culture means challenging the notion that kids need snacks for every event – soccer, Scouts, etc. – even when the event only lasts an hour. And it means asking teachers to discourage parents from bringing cupcakes in the classroom for every birthday, especially when there are 30 kids in a class.

I've had to do all these things in the year and half since my daughter was diagnosed with Type I diabetes. It's not easy to make these kinds of changes that affect the whole family, but it can be done. Now, at age 9, my daughter has memorized carbohydrate counts of many foods -- there are great carb and calorie counters on the market. She also recognizes foods high in sugar, salt and fat, and understands how much better she feels eating eggs for breakfast instead of pancakes or doughnuts.

Granted, she would not have learned all this without being forced to, and that is where the campaign against obesity comes in. With the right information – and there is plenty out there – Americans can change the tide on obesity and its many related problems. Even young children can tell if half of their plate is made up of fruits and vegetables, or count whether they've eaten five in a day. They can know that sweet drinks – including juice – is best saved for rare occasions, or if you have dessert at lunch you should skip it at dinner.

The cultural change Mrs. Obama speaks of will mean they have the information they need and the support of family and friends. Some great websites for information are the Agriculture Department's "Choose My Plate," Healthy Kids, Healthy Futures, and the National Institute of Health's Health, Lung and Blood Institute.

Reduce stress by exercising

By Staff Sgt. Gregory Laffrey
JSMART



Why does the military keep telling me to exercise when I'm stressed?

While each branch of the United States military has its own reasons and mantra related to exercise, we typically hear about mission readiness and setting the example for our troops. These are very relevant and important reasons, but there are many stress relieving benefits too. There is evidence which suggests both regular exercise and brief acute exercise have benefits respectively.

Working out increases production of endorphins: the "feel good" chemicals in the brain. This feeling is commonly referred to as runners' high, but endorphin production can be boosted with any physical activity which increases your heart rate. The amount and intensity of physical activity needed to increase endorphin production will vary by person, and may change over time. Personally, I have to run for at least three miles before I can feel the runners' high, and even then it took me a month of regular running to fully feel it. Many people find working out to be a time to forget about the stressors of the day and focus on a game of basketball, softball or another team activity, which has the added benefit of socializing while exercising. Some choose to utilize gym time to get their thoughts in order and get their "good high" for the day. In either case, figure out what form of exercise you enjoy, do it consistently to enhance your overall sense of wellbeing, and recognize that your

overall fitness level does not necessarily need to increase to feel the stress relieving benefits of exercise.

Acute exercise is defined as 30 minutes of exercise at 60-70% of the maximum heart rate based on your age. According to a study conducted by University of Texas-Austin, in conjunction with Future Search Trials, people with major depressive disorder (MDD) experienced short-term improved mood with acute exercise. However, improved symptoms are not limited to MDD or regular depression. Acute exercise has been shown to help with feelings of anxiety, poor concentration, and sleep difficulties. However, the positive effects of acute exercise on stress may be transient. The bottom line is, working out when you are stressed can help you through a tough day, but regular exercise is recommended as a more permanent stress reliever, or helping one deal with ongoing symptoms of anxiety and depression.

Regular exercise is a consistent exercise regimen, as opposed to a single, intense work out. It offers the same benefits as acute

exercise but helps prevent stress accumulation and the need for acute relief. Along with that, it may also prevent a return of depression or anxiety symptoms. It is also important to remember that the type of exercise chosen may dictate the level of stress relief. Aerobic (running) and anaerobic (lifting weights) exercises have both been shown to improve mood, but the anaerobic exercise's mood improvement may be more temporary.

Contact your local fitness center to construct a workout plan that will help you attain your fitness and stress relief goals safely within your fitness level. While it is important to utilize exercise as a stress reliever, it should not be your only stress reliever. By focusing on the whole person - the physical, emotional, relational, and spiritual – one can significantly reduce stress. Other resources one might consider are speaking with a nutritionist to incorporate healthy eating patterns, speaking with a chaplain, or contacting JSMART. We can be reached at 72321 Monday through Friday between 6a.m. and 5 p.m., or through Behavioral Health at the U.S. Naval Station Guantanamo Bay Navy Hospital.



Colorado suspect's notebook described attack

Voice of America News

Law enforcement officials say the suspect in Friday's mass shooting at a Colorado movie theater sent a package to a university psychiatrist containing a notebook describing an attack.

The package, which reportedly included stick figure drawings of a gunman shooting people, was sent before the shootings. The exact date is unknown.

The University of Colorado Denver said the postal service delivered a suspicious package Monday, which was turned over to authorities within hours.

James Holmes was a Ph.D. student in neuroscience at the university before dropping out of the program last month.

Prosecutors expect to formally charge Holmes on July 30, and he could face the death penalty if convicted.

The July 20 shooting killed 12 people and wounded 58 others.

ONLY AT GTMO by Mass Communication Specialist 1st Class Keith Simmons





By Mass Communication Spc. 1st Class
Ty Bjornson
Guest Reviewer

Director Christopher Nolan's take on Batman has finally come to an end. Nolan's third and final "bat-offering" completes his near-perfect film trilogy of the popular DC Comics character. To say that Nolan's take on the Batman, a character rich with over 73 years of history, is the definitive version of the caped crusader is entirely subjective. The first two films in this series, "Batman Begins" (2005) and "The Dark Knight" (2008) raised the bar on comic book film adaptations. Both films have been universally praised as the genre's two best movies. Based on that, will "The Dark Knight Rises" live up to the film legacy established by its predecessors? Will it conclude the trilogy on a satisfactory note?

What distinguishes the Nolan Batman films from other comic book inspired movies is the naturalistic approach to the source material. His films provide fresh and interesting ways of re-interpreting well known characters in terms of relatability and social relevance. Straight out of today's headlines, "The Dark Knight Rises" deals heavily with issues of social inequality, class warfare, redistribution of wealth, terrorism and righteous fanaticism.

Eight years after "The Dark Knight," the Batman (Christian Bale, "The Fighter") has not been seen since the fateful night he took the rap for the death of the Gotham City District Attorney Harvey Dent (Aaron Eckhart, "Battleground: Los Angeles"). He is wanted by the police. His vigilantism will no longer be tolerated. Batman is really the secret identity of billionaire philanthropist and playboy Bruce

Wayne. He has also been absent from the public eye, holed up in his restored ancestral home of Wayne Manor. His depression over the death of his beloved Rachel Dawes (Maggie Gyllenhaal, "Hysteria") from the previous picture, has left him in mental shambles. He is also in a deteriorated physical condition due to his dark defender days. Wayne's physician assures him he does not have any cartilage remaining in his knee, there is scar tissue on his kidneys, and there is concussive damage to his brain tissue. He's not even match enough for the sleek catburglar Selena Kyle (Anne Hathaway, "Love and Other Drugs") when she robs him, not once, but twice.

Enter Bane (Tom Hardy, "Inception"). He's an eco-terrorist with a seeming agenda to punish Gotham's wealthy. He initiates his steep toll on western civilization with Gotham's financial world and its professional sports with his insurmountable armies and resources. His attack on Gotham's social elite is eclipsed by a more apocalyptic plot, one of proportions no city or the entire world has ever seen. It is fitting that the hulking, masked Bane resembles a nomad from "The Road Warrior" (1981) with the most intense cinematic villain voice since Darth Vader.

The urging of Police Commissioner Gordon (Gary Oldman, "Harry Potter and the Deathly Hallows Part II") and rookie beat cop John Blake (Joseph Gordon-Levitt, "50/50") presses the Dark Knight back into service. Wayne Industries CEO Lucius Fox (Morgan Freeman, "Dolphin Tale") is still a technological ally for Batman. Also offering aid is the environmentally conscious Miranda Tate (Marion Cotillard, "Contagion"). She

just might have what it takes to save Wayne Enterprises from financial ruin. Not onboard with Batman's return is Wayne's faithful butler Alfred Pennyworth (Michael Caine, "Journey 2: The Mysterious Island"). He is a loving father figure who fears Bruce is on a path of self-destruction. There aren't many scenes between Alfred and Bruce, but the scenes they do have are touching and resonate with you after the film is over.

2008's "The Dark Knight" was a pitch-perfect movie (five banana rats!). That film was bold in a way comic book movies had never been before its release (though eight months later the "Watchmen" would also take the genre to new ground). In comparison "The Dark Knight Rises," though it is satisfactory entertainment, comes up a little short both as a third part of a trilogy and as a stand-alone movie. But it does deliver.

This is a Batman movie that barely has Batman in it. With a running time of less than three hours, Batman makes a few short appearances and then a longer one during the climax of the picture. For a flagship superhero movie, why is he barely in it?

This new picture is unusually grim for big-budget superhero film about a mainstream comic book icon. It is a good feature, though I cannot say that it is much fun. It is bleak and depressing. I felt all of the series regulars (Batman/Wayne, Gordon and Fox) were somewhat restrained from their usual positions of proactivity against adversity. I realize every situation and movie is different. It just felt a little off to me. When the Batman regulars do band together to oppose the terrorism threat, it feels a bit too little, too late. At least they're trying, though the middle part of the movie seemed to sag. I honestly feel the movie's middle section could have been consolidated or re-worked to fix the momentum, or the lack thereof. Though the finale is grand, the resolution of all the main characters felt a little rushed and a little forced. This is a minor complaint, as I'm sure many people will love the ending and it will be talked about in the years to come.

"The Dark Knight Rises" is at its core a wartime disaster picture. It is an extremely tangible commentary on social inequalities and terrorism of this age. Though not perfect, Christopher Nolan delivers an extremely ambitious and very intense film. The movie's last third is "Escape from New York" times 10 (you'll see why). This film does ultimately accomplish what it set out to do: the Batman legend does end in style. It is a fitting conclusion to the Dark Knight saga.

GTMO Quick Reference

Caribbean Coffee & Cream – 77859

Mon.-Sat. 6 a.m.-10 p.m.
Sun. 1-10 p.m.

Jerk House – 2535

Sun.-Th. 5-9 p.m.
Fri. & Sat. 5-10 p.m.

Bowling Center – 2118

Mon.-Fri. 6-11 p.m.
Fri. 6 p.m.-12 a.m.
Sat. 1 p.m.-12 a.m.
Sun. & Holidays 1-11 p.m.

MWR Liberty Centers – 2010

Deer Point: Mon.-Fri. 4 p.m.-12 a.m.
Sat. & Sun. 9 a.m.-12 a.m.

Marine Hill: Mon.-Th. 11-12 a.m.
Fri. 11-2 a.m., Sun. 9-12 a.m.

Tierra Kay: Sun.-Th. 7-12 a.m.
Fri. & Sat. 7-2 a.m.

Camp America - open 24 hours

Pirate's Cove

Th.-Sat. 7 p.m.-12 a.m.

Cuban Club – 75962 (call ahead!)

Mon.-Sat. 11 a.m.-9 p.m.

McDonald's – 3797

Mon.-Th. 5 a.m.-11 p.m.
Fri.-Sat. 5 a.m.-2 a.m.
Sun. 6 a.m.-11 p.m.

Windjammer Cafe

Mon.-Th. 11 a.m.-9 p.m.
Fri. 11 a.m.-10 p.m.
Sat. 5-10 p.m.
Sun. 5-9 p.m.

O'Kelly's Irish Pub

Mon.-Th. 5-9 p.m.
Fri. & Sat. 5 p.m.-2 a.m.
Sun. 5-9 p.m.

SAFE RIDE
84781

Guantanamo Bay Bus Schedule

All buses run on the hour, 7 days/week from 5 a.m. – 1 a.m.

Camp America :00 :20 :40
Gazebo :02 :22 :42
NEX Trailer :03 :23 :43
Camp Delta 2 :06 :26 :46
KB 373 :10 :30 :50
TK 4 :12 :32 :52
JAS :13 :33 :53
TK 3 :14 :34 :54
TK 2 :15 :35 :55
TK 1 :16 :36 :56
West Iguana :18 :38 :58
Windjammer / Gym :21 :41 :01
Gold Hill Galley :24 :44 :04
NEX :26 :46 :16
96 Man Camp :31 :51 :11
NEX :33 :53 :13
Gold Hill Galley :37 :57 :17
Windjammer / Gym :36 :56 :16
West Iguana :39 :59 :19
TK 1 :40 :00 :20
TK 2 :43 :03 :23
TK 3 :45 :05 :25
TK 4 :47 :07 :27
KB 373 :50 :10 :30
Camp Delta 1 :54 :14 :32
IOF :54 :14 :34
NEX Trailer :57 :17 :37
Gazebo :58 :18 :38
Camp America :00 :20 :40

NAVSTA Main Chapel

Daily Catholic Mass

Tues.-Fri. 5:30 p.m.

Vigil Mass

Saturday 5 p.m.

Mass

Sunday 9 a.m.

General Protestant

Sunday 11 a.m.

Gospel Service

Sunday 1 p.m.

Christian Fellowship

Sunday 6 p.m.

Protestant Communion

Sunday 9:30 a.m.

Pentecostal Gospel

Sunday 8 a.m. & 5 p.m.

Room D

LDS Service

Sunday 10 a.m.

Room A

Islamic Service

Friday 1 p.m.

Room C

GTMO Religious Services

JTF Trooper Chapel

Intense Spiritual

Fitness Power Lunch!

Study the Book of

Romans with

Chaplain Chouest

Thursdays 11-11:30 a.m.

JTF Command

Chaplain's Office

Protestant Worship

Sunday 9 a.m.

Bible Study

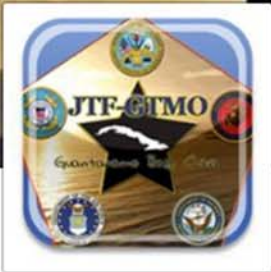
Wednesday 6 p.m.

**For more information, contact the
JTF Chaplain's Office at 2305.**

**For other services, contact the NAVSTA
Chaplain's Office at 2323.**

	27 FRI	28 SAT	29 SUN	30 MON	31 TUE	1 WED	2 THU
Downtown Lyceum	The Dark Knight Rises (NEW) (PG-13) 8 p.m. Chernobyl Diaries (NEW) (R) 11 p.m.	Ice Age: Continental Drift (NEW) (PG) 8 p.m. The Dark Knight Rises (NEW) (PG-13) 10 p.m.	The Amazing Spider-Man (PG-13) 8 p.m.	Ice Age: Continental Drift (NEW) (PG) 8 p.m.	The Amazing Spider-Man (PG-13) 8 p.m.	The Dark Knight Rises (NEW) (PG-13) 8 p.m.	The Best Exotic Marigold Hotel (NEW) (PG-13) 8 p.m.
Camp Bulkeley	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED

Call the movie hotline at 4880 or visit the MWR Facebook page for more information.



Joint Task Force Guantanamo

1,965 likes · 15 talking about this



Government Organization

Please visit our site at www.jtfgtmo.soutcom.mil



1,965

Joint Task Force Guantanamo
Facebook Privacy Se
As a follower of the

About

Photos

Likes

Notes 2



Joint Task Force Guantanamo

about a minute ago

Check out the latest issue of the Wire

<http://www.jtfgtmo.southcom.mil/wire/pdf/v13/issue37.pdf>



Like · Comment · Share

Were you the Trooper Focus, Boots on the Ground or just want to show off the Wire to friends and family?

“Share” it on facebook!



Like us on facebook!

www.facebook.com/jointtaskforceguantanamo