

The WIRE

An award-winning
JTF journal

In this issue:
Gone fishing,
GTMO-style
PT! All day!
Every day!
With music!

GTMO according to Sgt. Maj. Smith:
'Everyone's a Marine
in a different uniform'

COMMAND CORNER

REAR ADM. DAVID WOODS
COMMANDER, JTF GUANTANAMO

This is my farewell Command Corner. The Change of Command will be at 10:30 on Monday morning at the Downtown Lyceum. Everyone from the JTF and the Guantanamo community are invited. It will really be a “don’t miss” event because we have the unique opportunity and honor to have Gen. Douglas M. Fraser, Commander, United States Southern Command here as our guest speaker. He is at the pinnacle of our military as one of only a handful of four-star Combatant Commanders. He not only leads all military operations in the Southern Command Area of Responsibility (AOR) but he personally advises the Secretary of Defense, the Chairman of the Joint Chiefs of Staff and the President of the United States on issues in this region. Monday marks Gen. Fraser’s third anniversary as our Commander and as such has keen insight into the mission here at Guantanamo. Don’t miss the opportunity to benefit from that insight!

As I leave command here at Joint Task Force Guantanamo, I can’t help but reflect on the events of this journey. I arrived last August to take command and Hurricane Irene was building in the Caribbean and threatening Guantanamo. As luck would have it, she bypassed Cuba. However, her path up the East Coast of the U.S. precluded travel, meaning we had no off-island visitors here for the Change of Command. I remember thinking that I hoped this storm wasn’t an omen of things to come for my tour here. I have been reminded of my first impressions of this place and the mission we do here as I have conducted the “right seat/left seat” with my successor, Rear Adm. John “Boomer” Smith the last two weeks. I was and am still awestruck by the complexity of the JTF Guantanamo mission. I remember wondering how to get my arms around the task ahead of me, let alone lead this diverse organization. These questions were quickly answered when I started to engage with the great Americans that are the heart and soul of our mission. I realized quickly that our motto, “Honor Bound to Defend Freedom” was more than words and really reflected the attitude of those that have been chosen to conduct this

important mission.

I commented at the Change of Command that the forecast was for interesting times ahead and the “eyes of the world” would be on JTF Guantanamo. Looking back I had no idea at the time how right I would be in that prediction. Over the past year we observed the 10th anniversary of the tragic events surrounding the attacks of Sept. 11, 2001; we also marked the 10th anniversary of JTF Guantanamo in January 2012. We prepared for and facilitated the restart of Military Commissions. These hearings included the arraignment and motions hearings for the suspected USS Cole bombing mastermind, the arraignment of the suspected “9/11 Five” co-conspirators and the conviction of the first High Value Detainee. We expertly conducted the transfer of two detainees which marked the first detainee transfer in 16 months. The reduction of our force deployments to the Middle East facilitated the transition of our Guard Force from a 50/50 split between Army and Navy to a ratio of 85/15. We also transitioned from one-year deployments for the Army and Navy to 9-month rotations. We have increased representation across the JTF of Reserve and National Guard Troopers. Certainly there are other JTF Guantanamo accomplishments and milestones that are too numerous to mention here. The amazing fact is that we have met all of these challenges flawlessly and without fail utilizing the skills and professionalism of our “all-volunteer” force!

I want to take this opportunity to thank each and every one of you: Sailors, Soldiers, Airmen, Marines, Coast Guardsmen, government civilians and contractors. Your dedication and hard work in conducting this important mission is truly awe-inspiring. Also please pass on my gratitude to your loved ones who have supported you and enabled you to focus on the performance that has reaped our successes. Debbie and I know first-hand that none of this happens with significant personal sacrifice. We wish you all the very best in the future! I have been honored to be called your “Commander” and to serve with the “Best of the Best!” Honor Bound to Defend Freedom!



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Cover: Joint Task Force Guantanamo Command Sgt. Maj. Scott Smith stands before a super-imposed background of four camouflage patterns representing the Troopers from different branches of the armed forces he leads.
— photo by Mass Communication Specialist Second Class Joshua Hammond
— photo illustration by Mass Communication Specialist First Class D. Keith Simmons

NEWS FROM THE BAY

Don't mail lithium batteries

Customers may not mail or receive electronic devices containing lithium batteries, including equipment with non-removable batteries, to or from any APO, FPO, and DPO offices. Lithium remains useful, as always, for treating bipolar musicians.

For more information about shipping restrictions, call 2156.

You'll have a ball!

The 237th Army Birthday Ball is scheduled for June 30 at the Windjammer Ballroom. Cocktail hour will begin at 5:15 p.m.

The menu offers filet mignon with either shrimp skewers or vegetable lasagna.

Tickets are \$40 for E-7 and above or civilians, \$35 for E-5 and E-6, and \$30 for E-4 and below.

This is a formal event, and the attire for civilians is formal evening wear or black tie. Military personnel should wear dress uniform.

For more information or to buy tickets, call Staff Sgt. Baker at 8586.

CPOA bake sale

Missing the tastes of home? Nobody can make chocolate chip cookies quite like your mom... but it can't hurt to try some! The JTF Chief Petty Officer Association is holding a bake sale at the NEX Atrium Saturday from 10 a.m. to 2 p.m. Go get some baked goods!



Bake Sale – June 23

NAVSTA Security car wash

They may see you rollin', but they're not hatin'. This Saturday, let the MAs catch you ridin' dirty, and they'll wash your car for a donation to the Security Social Committee.

The car wash will be held at the Downtown Lyceum car wash center from 9 a.m. to 1 p.m.

Use travel insurance!

If you have friends or family visiting over the summer, U.S. Naval Hospital Guantanamo recommends you get travel insurance if your visitor is not active duty or an active duty dependent.

The average price of an urgent medevac is \$30,000. The rotator and C-12 flights are not an option for those who have to be medically evacuated off-station.

Motorcycle Ride

Calling out all riders who would love the chance to ride along the complete Cuban fence line!

The ride departs from Marine Hill June 23 at 8:30 a.m. Check in at 8 a.m.

See the fence line and learn the history about the North East Gate.

For more information, contact SSgt Whately at 2277 or 2002. Registration costs \$20 and all funds go to the Marine Corps Birthday Ball.

Selling your vehicle?

Need to sell or transfer ownership of a vehicle?

If you buy a vehicle on island, you will need a bill of sale to properly register the vehicle. Current owner has to complete the bill of sale. Vehicle must be registered to current owner (seller). To obtain the bill of sale you are required to show your current registration as proof of ownership.

Contact Naval Legal Service Office Southeast at 4692.

Call Safe Ride!

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

Call 84913/84781.

Think before you act

The Coalition of Sailors against Destructive Actions is looking for new members! CSADD holds meetings every first and third Thursday of the month at 11 p.m. in the Windjammer Cafe.

For more information, contact RP2 Hosier at Sandra.Hosier@usnbgmto.navy.mil.

Help the Red Cross

The Red Cross is requesting volunteer instructors to lend support to the community. If you are a Red Cross-certified instructor, please call the station manager at 2511.

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The WIRE is the official news magazine of Joint Task Force Guantanamo. It is produced by the JTF Public Affairs Office to inform and educate the Troopers of JTF Guantanamo through news, features, command guidance, sports and entertainment. This DoD news magazine is an authorized publication for the members of the Department of Defense. Contents of The WIRE are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, or Joint Task Force Guantanamo. It is printed by Defense Logistics Agency Document Services with a circulation of 1,300.

Trooper to Trooper

Fatherhood and Leadership

MASTER SGT. BRIAN STUCKEY
525TH MP BN S-2 NCOIC

During this month we celebrate Father's Day; a day that most people, no matter their relationship to their father, try to find a way to say "thank you, Dad." I know that I would tell my dad "thank you" every day and twice on Sunday if he were still with me.

As I think about the qualities I admired in my dad, I think about the striking parallel fatherhood has to military leadership.

As fathers, we strive to always be there for our kids. We want to share in celebrations and congratulations in our kids' victories and brush away the tears in failure but encourage them to keep trying. We are there with arms to catch him when he takes his first steps and stumbles so as to keep him on his feet. We

"As I think about the qualities I admired in my dad, I think about the striking parallel fatherhood has to military leadership."

teach her how to color inside the lines, but encourage her creativity to color outside the lines or add to the picture to make it her own.

As dads, we are there to put up with his teenage moods and give him guidance about his co-ed relationships. We open doors and treat her like a lady to teach her, at the youngest age, how valuable she is as a person even though she might not understand. As dads, we are there to disapprove and approve, admonish and forgive.

I am not saying that leaders are fathers to the Troopers, but, in some sense, they assume a similar role. We are an authority figure with a lot of influence over them. Like a father, a true leader is also always there. We are there as a new recruit steps off the bus to hear the drill sergeant barking orders. We are there when that young Trooper looks lost at the exchange and we give them directions. We are sometimes the first person a Trooper comes to and says they want to get married. We are there to help that Trooper who wants to purchase a used car that is going to cost them half their paycheck. We are there when a Trooper comes to us and tells us that they are having trouble paying their bills. We are there when, in the middle of the night, we get a call asking for a ride because they are not able to drive. We are there when they make a mistake and we help them overcome it.

We are there as that Trooper grows and continues to make rank. We are there to say "yes, it would be my honor to promote you." We are there when...well you get the picture. As leaders we are there during all the times that matter. But can you, as a leader, be there when there is nothing going on? Can you be there when a Trooper does not actually need you but looks for your advice and confidence in them anyway? Do you allow yourself to walk by a Trooper and, because of your rank, wait till the subordinate says good morning before you do? We all have



been there at some point in our careers. Remember how it made you feel when those above you noticed us not because we did something wrong or something great but simply because we were there?

Although there is only one day in the month of June to celebrate Father's Day, every day we should acknowledge our Troopers. We need to take the time out of our busy schedule to offer something as simple as a hand shake or a pat on the back with a "thank you for what you do." We may be above them in rank, but at the end of the day, we stand beside them in battle!

Guardians of the trophy

By Army Sgt. Landis Andrews

The 525th Military Police Battalion is a hard-working group of soldiers, but that doesn't stop them from having fun in their down time. On Saturday, the 193rd Military Police Battalion won the latest iteration of the Pig Bowl. From eight in the morning until noon, teams representing each company in the battalion played in a softball tournament, hoping for a shot at the trophy.

Fresh off of his victory in the home run

There was even action outside of the field of play. Each company was armed with a jubilant set of fans that verbally squared off against each other across the field.

Leading cheers and hurling quips, Sgt. Jessica Summerlin was the de facto ringleader in the 193rd bleacher section. She was as much a part of the tournament as the players on the field. Her excitement for the win was also as much as the players.

"It feels pretty epic since we're holding the trophy for the second time in a row,"

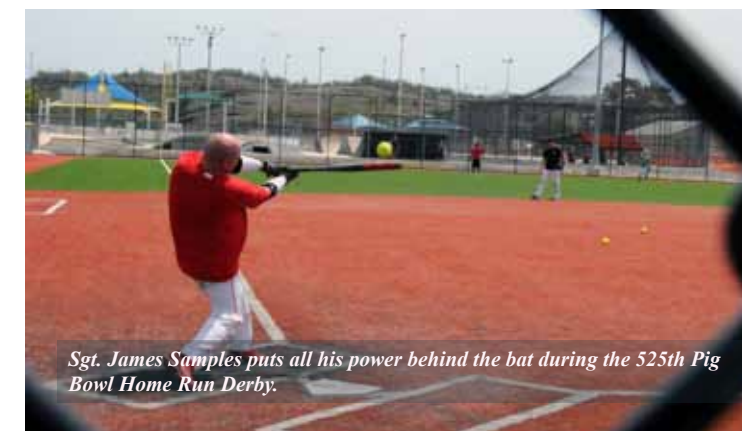
Even in defeat, Sgt. James Samples of the second place 189th team said it was a great day.

"Anytime you get an opportunity to play a sport it's a good feeling," he said. "It's a chance to get out and bring the battalion closer together through competition."

The next battalion tournament is scheduled for August, when each team will have a chance to assemble a soccer team and vie for the trophy once more. Don't miss your opportunity to be a part of the action.



The 193rd Military Police Company takes home the trophy of the Pig Bowl.



Sgt. James Samples puts all his power behind the bat during the 525th Pig Bowl Home Run Derby.

derby, the 193rd Military Police Company Staff Sgt. Max Soellner stepped to the plate in the bottom of the ninth inning with two outs, a 3-3 tie and a runner in scoring position. He wanted to cement the victory in the final game of the tournament.

Having just seen Soellner's prowess in the homerun derby, the outfielder for the 189th MP Co. played the power hitter a little deeper than normal. The Pa. native used that to his advantage and hit a line drive into the left field gap and then it became a foot race for Staff Sgt. Bart Khan, the runner on second base.

Khan knew he was the deciding run and said when he saw Soellner's bat hit the ball, he had only one thought.

"Run," he said. "Run! Run! Run! And don't stop."

When Khan crossed the plate, putting an end to the morning-long tournament, he knew he earned his company a little bit of bragging rights.

"We'll definitely walk a little taller around the other companies," he said. "Especially the 189th and their sergeant major when he comes around."



Sgt. Devin Hurd stretches to catch the ball during the Pig Bowl.

Summerlin said. "I love my company and I really wanted to show my support."

All of the 193rd fans took cues from Summerlin, who led the attack against the 189th section during the final game. When the game got tight, she even left the bleachers and took her section behind the backstop, increasing the palpable presence of the audience.

"It felt awesome having my company behind me," she said. "I love the motivation my company has."



First Sgt. Chris Fiek reaches home plate before being tagged during the Pig Bowl.

PROTECT YOUR INFO! PSEC ALERT

Gone Phishing?

Phishing is a way a hacker will try to get your username and password by using a link to a fake website. You will get an email asking you to follow a link to a website that you need, like your bank. The email will say something that sounds important, like you need to update your password or you'll get hit with a fee. They want you to click on a link in the email. When you click the link it takes you to a fake website that looks almost identical to the real one. When you enter your username and password, the hacker will use it to log into the real bank website and steal all your money. This type of cyber crime is very difficult to stop and phishing emails get sent out everyday. The bottom line is, be very careful when following links that were emailed to you: many are fake. You're better off typing the web address into your browser and avoiding the link altogether. Banks and credit card companies don't usually send emails, so if you get an email from your bank you should call to make sure it's legitimate. Be safe online. Use OPSEC!

Trooper Focus

Spc. Marysol Ramirez-Martinez



—the boss says
 “She’s by the book. If she doesn’t know, she finds the answer.”

By Spc. Vanessa Davila

Having and (more importantly) keeping a positive attitude in the Army is a core value no one really talks about. They should though, because without a consistently positive attitude a Soldier could easily accept small defeats on a daily basis. Spc. Marysol Ramirez-Martinez has one of the best attitudes a noncommissioned officer could ever want out of his or her Soldier; an attitude a junior Trooper would be lucky to work under.

“I have the most amazing job ever,” said Ramirez-Martinez. “I’ve been through a lot in the Army. In my very short time... I’ve experienced a lot but I overcame it and I see it as a tool to [help me] help Soldiers coming up [through the ranks].”

Ramirez-Martinez knows more about the Army than your average specialist – her mother and father are both prior Army, as well as a slew of other family members. Growing up, her father missed many a

special moment; she says she can count on two hands how many birthdays her father actually made it to, but the pang of resentment she might have felt at one time quickly dissipated with her ever-great attitude. There was no hesitation on Ramirez-Martinez’s part to enlist right out of high school, and now that she’s been at it for almost five years she understands why her father wasn’t there sometimes.

“My dad was very much dedicated to his Soldiers,” said Ramirez-Martinez. “When I joined and I’m living it and experiencing it I understand now. You have pride in your Soldiers and your unit and you know you have to take care of your Soldiers. When you’re out there getting shot at it’s not going to be your child protecting your back – it’s



your Soldier. It’s that guy next to you.”

There doesn’t seem to be much out there that can defeat Ramirez-Martinez’s positive attitude. She’s got that ability to see the good, not just the bad, in all.

Bullet Bio

Hobbies: Beer snobbery, playing old school video games, being out and about

Organic granola or Wheaties(aka “sugary American cereal”): I’m a hippie, dude.

Advice to junior Troopers: “Inform yourself. Knowledge is power.”

Advice to junior Troopers: “Listen. When the idea fairy comes and it’s some ridiculous thing, really think it through.”

BOOTS ON THE GROUND

What’s the first thing you’re going to do when you redeploy?



“I’m going to go to a baseball game and see the Orioles beat the Indians.”

Rear Adm.
David Woods



“I’ll go to every fast food place humanly possible, and Target.”

Staff Sgt.
Katie Baker



“Spend time with my family.”

Staff Sgt.
Anselmo Allende



“See my baby!”

Builder 2nd Class
Angel Zalamar

Thinking Outside the Tackle Box

By Mass Communication Specialist 1st Class
Keith Simmons

If you know names like Abu Garcia or Guy Harvey, the difference between a ballyhoo and a snook, or even how to read a solunar calendar, you have probably been fishing more than a couple of times in your life.

The opportunity to fish the waters of Guantanamo Bay is accessible only to those of us stationed here and it’s an experience which can be fun and rewarding; if you know what you’re doing.

There are all sorts of conditions that play into where different kinds of fish will be, when, and how they’re going to act. This article is meant to take all of the scientific mumbo-jumbo and put it into terms that even the most novice outdoorsman (or woman) can understand.

If you have a fishing pole, some bait and tackle, and spend time on the water, you can catch fish.

First, knowing where the hotspots are can aid in bringing home an ice chest full of fish. There is an underwater geography unique to Guantanamo Bay which plays a huge part in where you should drop your line.

Here are several “hotspots” you should consider when planning your fishing trip. Buoy Five is a typical hangout spot for herring in the morning, and mackerel, jacks and snapper can be found there throughout the day; the mouth of the river is a top spot for croaker and also a good place to find snook. The south point of Hospital Cay is a prime setting to find predators like barracuda and

If you have a fishing pole, some bait and tackle, and spend time on the water, you can catch fish.

young black-tip sharks. Obviously, these aren’t the only places to catch fish; many species will congregate near grass beds, rocky bottoms or shallow reefs which can often be reached from a pier or shore.

Second, choosing the right fishing tackle can make the difference between pulling in an 8 oz. snapper and fighting a 9 lb. jack. Knowing whether to “walk-the-dog” with a top-water popper or put a sabiki rig 10 feet

underwater may sound crazy, but using the right bait is all part of the game.

Most of the game fish you will find in the tropics will eat by smell and bait doesn’t get much smellier than cut squid. I’ve seen jacks, snappers, tarpon, sharks, croaker, bonefish, barracuda and even pufferfish bite a hook with squid on it. Using either a single or double drop rig with size 8 hooks just a few meters above the bottom is a good way to catch these fish.

Mackerel are more likely to bite after a live



herring, and to catch herring, nothing works like a sabiki rig. Attach a 2 oz. weight to the bottom of the rig and let it drop just out of sight, raising and lowering it a few feet to draw

attention to it as a school of herring swim by. Once you’ve got a live one, hook it through the lip, below the dorsal fin or near the tail (your preference here) and add a float about 4-5 feet up the line to attract any large predators looking for an easy meal.

Third, now that you know where to go and have the right gear, you need to find out what time the fish like to feed. This way, the smorgasbord of hooks you put on your line

will have the best chance to get swallowed up by a real lunker.

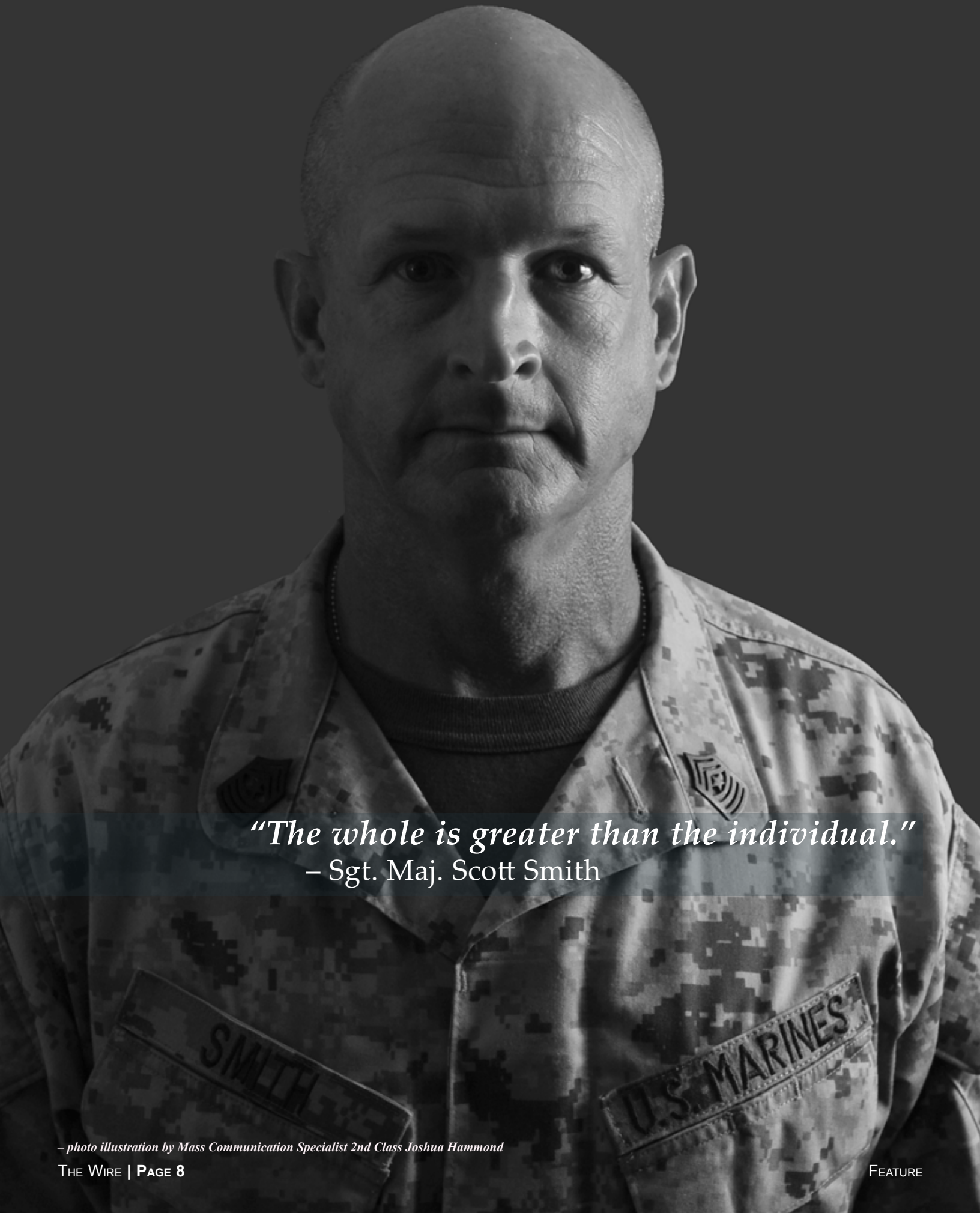
Many tropical fish have a tendency to eat near sunrise and sunset, but some days may be more active than others. The moon’s rotation around the earth creates a gravitational pull that creates high and low tides. Your best opportunity to catch fish is when the water is moving; incoming tides tend to be more fruitful as rising waters grant access to new feeding areas.

Fourth, once you’ve landed the biggest

fish of your life, you need to know whether or not you can keep it. Just because there are no game wardens here to check your cooler and count your catch, doesn’t mean you can just keep whatever you want.

Unlike humans, most member of the animal kingdom (fish included) will only breed during specific times of the year. Fishing and hunting seasons are strongly based on these schedules to allow the species the time and space to procreate. It’s important to release any species of fish you catch out of season because it could be full of eggs which will grow into next year’s keeper.

So after shopping for the right gear, picking a spot you’ve been thinking about all week, and timing your outing just right, enjoy the adventure of fishing the exclusive waters of Guantanamo Bay, Cuba.



"The whole is greater than the individual."
– Sgt. Maj. Scott Smith

–photo illustration by Mass Communication Specialist 2nd Class Joshua Hammond



Sergeant major brings Corps values to JTF

Story by Sgt. 1st Class Kryn Westhoven

You would never be able to tell when you first meet the new Joint Task Force Guantanamo senior enlisted leader that way back when, just for a moment, Marine Sgt. Maj. Scott Smith was reluctant for a new assignment.

Smith had spent a decade as an aircraft mechanic. So the words "Devil dog, you are going to be a drill instructor" just didn't fit into Smith's vision of the future.

"I attribute my success in the Marine Corps and me being able to be a sergeant major because of that moment," said Smith. There were a few choice words from his senior enlisted leader when he questioned the wisdom of the decision.

That might have been the second moment of doubt; the first was when he got off the bus at Parris Island, S.C. to start Marine Corps basic training August 18, 1983. As a DI got into his face he thought, "Oh, what did I do?"

The decision to join the Marines came in 1982, as part of the Delayed Entry Program. At age 17, Smith raised his right hand. The youngest of five boys in rural Jefferson County, Pa., Smith wanted to attend Penn State to study forestry, but money for school was a problem. Solutions to affording college included driving a truck or working in a strip mine, until a friend of one of his

older brothers contacted Smith as a Marine recruiter offering the Corps as an option.

Smith's dad served in the Marines, and the DEP allowed him to continue at Penn State's Conservation Leadership School before heading off to basic. So he signed the paperwork. It would be several years later as a DI at the Marines Corps Recruit Depot in San Diego that the path bringing Smith here to Guantanamo Bay was laid.

"The whole is greater than the individual," noted Smith, using this philosophy as the foundation of his leadership. All manner of roles, from a stint as an Ohio State University Reserve Officer Training Corps instructor to first sergeant in a combat engineer battalion, were among the many assignments leading to his promotion to sergeant major in November 2005.

Every two to three years Smith faced a new experience, a different challenge. "I feel that is what keeps me so happy, so motivated and fired up," he said.

After two tours to Iraq in 2008 and 2009, Smith attended the two-week Keystone Course conducted by the National Defense University where he, as he puts it, "was bit by the joint bug."

He requested and served as the sergeant major for the Headquarters and Service Battalion, Marine Forces-Pacific in Hawaii for two years before taking the position here

at JTF Guantanamo.

Now the Troopers are meeting the sergeant major every day and getting a dose of his DI-inspired leadership and wisdom as he sits down with them for lunch. "You are the lucky winners today," says Smith as he asks questions and listens to the Troopers. "It is knowing people; that is what we do as leaders," noted Smith.

Smith wants to see where the Troopers live and work; and what they are doing on their off time, adding, "I remember what it is like to be a lance corporal."

Smith's goal for his year on the island is simple, to make sure everyone stays safe and the mission is accomplished. Enforcing regulations, maintaining standards and good order and discipline are bedrocks that separate the American military from other organizations.

"I learned that being a drill instructor," added Smith, who also believes common sense and working hard can make the difference.

Smith is an avid runner, hiker, biker and loves Crossfit training, which fits his belief that "PT fixes everything."

"To me everybody is a Marine," is Smith's view of the Troopers. "Some of you Marines are wearing different uniforms."

"Oo-rah," sergeant major, and welcome aboard!



Col. Brent Willson presents the Meritorious Service Medal to Sgt. Maj. Scott Smith at Camp Smith, Hawaii May 11.



Sgt. Maj. Scott Smith salutes at his relief and appointment ceremony at Camp Smith, Hawaii May 11.

Music to work out to



Alkaline Trio Charges my batteries

By Sgt. 1st Class Richard McNamara

My taste in music is as eclectic as my workouts. From Nas to Regina Spektor, my taste in music spans the spectrum and I have no shame admitting that I love to fist pump to Ke\$ha. Each band and genre has a time and place where I pull them up for my pleasure and while I sometimes listen to a playlist of angry Eminem songs in the gym, the one band that I regularly listen to as I work out is Alkaline Trio.

Their most recent album, *Damnesia*, is a compilation of their greatest hits redone. The album's acoustic harmonies and lyrics remind me of different times in my life; deployments, my wife, good friends, good times and a few not-so-good times.

I don't imagine that there are many people who could work out to Alkaline Trio, but it's more about being able to zone out as I forget where I am and allow their music to trick my mind into remembering past emotions and images. They're my mental escape as I pursue physical exhaustion. But then again there's always Eminem when I just need to be angry for no reason other than to get out of my room to work out.



Running to growly metal

By Army 1st Lt. Amelia Thatcher

I learned very quickly as a young enlisted military police Soldier that calling cadence while running was a painful, gasping endeavor. Therefore, I choose music for solo PT that will discourage me from singing along and losing oxygen. What better choice than metal with indecipherable lyrics? The instrumentals are outstanding. It has a hard beat. I absolutely cannot sing along to it. It's called *Finntroll* and is typically billed as Scandinavian folk metal.

Finntroll and others like it, such as *Suidakra*, *Eluveitie* and *Dimmu Borgir*, more often than not feature traditional instruments within their lineups. Full orchestra, pipes, tin whistle, concertina, mandolin, and a bagpipe-guitar hybrid called a hurdy-gurdy complement the sound expected from a metal band. They put a somewhat softer edge on the whole composition. An album often has one or two instrumental-only numbers or an extended solo within a song. And they rarely sing in English, let alone in words recognizable as words. GRRR!

I wouldn't necessarily call the music angry, but anger has always been a productive emotion for physical activity. Adrenalin responds well to metal music. Whether or not I'm on the track, road, or elliptical, I just like this stuff. And if a growly voice helps me run faster, then why not?



I joined the KISS Army!

By Sgt. 1st Class Kryn Westhoven

Before joining the Army National Guard in 1975, I had already enlisted in the KISS Army a year earlier. Now as a walker, my song list is full of KISS classics that keep me moving.

"Strutter," from their first album, was written by band co-founders Gene Simmons and Paul Stanley. With other songs like "Firehouse" and "Cold Gin" on the album, who would not keep moving along at a good pace?

If I start feeling my age I think about Simmons, who at age 62, was in full KISS Army uniform last year when I saw the band live. Simmons is eight years older than me and if he can perform for two hours in platform shoes and leather pants, carrying a bass guitar in full face make-up, I can certainly walk fast enough to cover two and a half miles in under 37 minutes.

I prefer the live versions of feet-moving tunes like "Lick it Up," "Detroit Rock City" and of course the classic "Rock and Roll All Nite" as I can just imagine all the pyrotechnics going off during the show.

So I "Shout It Out Loud" for the KISS Army because when I walk "I Love It Loud."



Music that PUMPS ME UP!

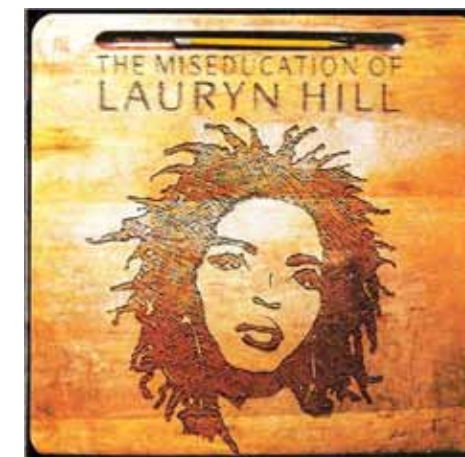
By Army Pvt. Loren Cook

I find progressive rock and metal to be a useful tool while I'm running. I like going on two or three mile runs and using songs by the band Dream Theater to time myself, since a typical song tends to last 15-20 minutes. Unfortunately, this can also backfire. These songs usually have multiple sections of varying intensity. A lightning-fast, hard-rocking, fret-shredding, head-banging segment might have me sprinting headlong



for the duration, but when a slower, more introspective segment comes along, I inevitably slow down to match the more sedate rhythm of the new musical movement. The alternation between sprinting and jogging averages out to a regular time, but it also gives my running an inconsistent, almost bipolar quality. If I could find a song that segregated itself into 60-second fast parts and 120-second slower parts, I'd be set for 60/120s.

If I go running with the intention of sprinting, I can't go wrong with Iron Maiden's "The Trooper." Its raucous, galloping beat and unflinching martial bravado never fails to elicit a burst of speed from my legs, no matter how weary they may be. I can't sprint at full speed for the entire four-minute duration of the song, but since the song is about a heroic failure, I don't feel too bad about it. For bonus points, with a title like "The Trooper," I can pretend it's a song about Joint Task Force Guantanamo instead of the Charge of the Light Brigade at the Battle of Balaclava during the Crimean War. If I can fool myself into thinking that Bruce Dickinson is singing about me, that puts me in a state of mind where I believe I can do anything.



Running into the future

By Spc. Ryan Hallock

When I run it is never for pure love of putting one foot in front of the other and moving faster than I walk. I run to get to the beach and deal with emotions. Music is the one outlet to funnel all of my emotions into. If I'm longing to hold my baby in my arms, I'll scroll through my iPod and hit play on "The Miseducation of Lauryn Hill." Running has a unique quality of allowing me to zone out and adding music adds to the zone-out capability. When Lauryn's sweet voice comes through my earbuds, I imagine a time when my baby was in my arms and how close the time is to when I will hold her again. In Portuguese these strong feelings of missing someone are called *saudade*. Running with Lauryn Hill is like running into my lovely future. It's like when Frodo from the *Lord of the Rings* gets sucked into the burning eye of Mordor, when he is millions of hobbit miles away.

When I want to completely leave this world and have nothing to do with Earthly things, besides my expensive Nike running shoes, sunglasses, and iPod, I scroll through my iPod and hit shuffle on the Fleet Foxes. This folk band from Seattle really has a way of removing your from this era. I'm not sure what era exactly I am transported to, but it is the perfect sound for trail runs. Life is more than showing up to work and facing the day's problems. Sometimes it's about running away from your problems, on foot, and completely tuning the world out with your favorite jams.

Locklear backs Law of the Sea Treaty

By Karen Parrish
American Forces Press Service

WASHINGTON – The Law of the Sea Convention is one avenue toward peacefully resolving competing maritime claims that could otherwise lead to conflict, the leader of U.S. Pacific Command said Monday.

Navy Adm. Samuel J. Locklear III spoke to Pentagon reporters following his testimony yesterday as part of a military panel addressing the Senate Foreign Relations Committee on the Law of the Sea Convention.

The United Nations treaty opened for signature in December 1982 and took effect in November 1994, after 60 countries had signed. The United States has not ratified the treaty, but the nation's military leaders have in recent months urged U.S. accession to the agreement.

Locklear told the committee yesterday the convention "is essential to locking in a stable, legal framework for the maritime domain that is favorable to our national interest and preserves our access to this critical region."

As a Pacific power, the United States has defended freedom, enabled prosperity and protected peace in the region for more than six decades, and it must continue to lead security efforts, the admiral said in testimony.

He told senators, "The convention specifically codifies the rights, the freedoms and the uses of the sea that are critical for our forces to transit through and operate in the waters of the Asia-Pacific region."

Population and economic growth in the Asia-Pacific make competing maritime claims both more numerous and more contentious, he said.

"Nowhere is this more prevalent than in the South China Sea, where claimants have asserted broad territorial and sovereignty rights over land features, sea space and resources in the area," Locklear noted.

"The convention is an important component of a rules-based approach that encourages peaceful resolution of these maritime disputes," he said in testimony. "Moreover, the convention codifies an effective balance of coastal state and maritime state



rights, a stable legal framework that we help to negotiate that is favorable to our interests and that we should leverage as a check on states that attempt to assert excessive maritime claims."

Because the United States is not a party to the convention, he said, "Our challenges are less credible than they might otherwise be."

Joining the convention would place the United States "in a much stronger position to demand adherence to the rules contained in it -- rules that we have been protecting from the outside since the '80s and before," he said.

Locklear told reporters the convention and "customary law" set standards for military vessels' passage through territorial waters, archipelagos and major straits.

"There are a number of countries in the world -- I think China being one of them -- who from our perspective place excessive claims and excessive restrictions that are not consistent with international [law] and aren't consistent with Law of the Sea," he added.

Those restrictions, if added together and enacted, would limit international use of roughly a third of the world's ocean area, Locklear said, and would affect every major strait and every "sea line of communication" -- the primary maritime trade, logistics and naval routes between ports.

All nations concerned with shipping access will be "further at risk if these excessive claims

aren't resolved," the admiral said.

The Law of the Sea Convention could form the basis for an international forum allowing countries to express competing claims, he noted.

"Then there will have to be some compromise," he added, "because you can't just have continually competing claims that end up causing miscalculation at some point in time, which would lead us to conflict."

Locklear said there are enough maritime resources "for everybody in the world," and competing claims should be resolved peacefully.

Responding to a question on U.S.-China military relations, the PACOM commander said he has been encouraged by the receptiveness he has seen from his Chinese counterparts.

"I look forward to continuing our dialogue and to doing some visits," he added. "I plan to visit [China] within the next several weeks, at their invitation."

That visit will involve discussions about "military claims and all of the other issues that surround that," he said.

A productive partnership between the two nations is "very important" to Asia-Pacific security, the admiral said.

"I think the good news is that ... we're in a position in the coming months and years to continue to have a productive dialogue," he added.

ON THE DECK



Strengthen your spiritual walk

By Air Force Lt. Col. David Buttrick
Deputy Command Chaplain

As an Air Force chaplain, I've had the privilege of serving with military warriors around the globe during times of peace and war. No matter which branch of the service they serve in or what faith background they come from, there has always been a common theme they shared with me -- the desire to be happy and be at peace with self, family and God. Without question, the number one reason warriors seek my counsel as a chaplain is because they struggle to have an active, vibrant, joy-filled experience with the Holy. No matter their faith background, they desire to connect with their God in healthy ways but are not able to. I don't know about you, but I like practical solutions to challenges and problems in our lives. I would like to share from my heart how I believe you can revive the spiritual part of your life, which will no doubt help you to be more spiritually resilient.

In the Air Force, we have an initiative called "Comprehensive Airman Fitness" (CAF). It is considered a holistic approach to helping our fighting forces to be more resilient. It encompasses the four pillars of physical, mental, social, and spiritual fitness. We usually never have a problem talking or writing about the first three but often neglect the spiritual pillar. We are reluctant to say or write anything related to religion or spirituality, or even mention the name of God. This troubles me as a chaplain, because I believe it is the foundation of what gives the other pillars their strength and how we experience the desires of our heart... to be at peace and



Mind, Body & Spirit

filled with joy!

Most of us would not think twice about needing to eat, exercise, read, or socialize on a daily basis, but we often neglect the spiritual. I respectfully suggest you exercise this pillar "daily" if you hope to foster spiritual growth in your lives. Spirituality can be a set of belief systems, values, and morals that give you a sense of purpose and peace. Spirituality helps you connect to something bigger than yourself, which ultimately, coupled with the other pillars, will build and make you a more resilient individual. For me personally, spirituality is exercised through a relationship with God, prayers, and practicing a set of religious beliefs that help promote a healthy connection with God.

For others it is found in non-religious ways to include family, friends, and nature. The way in which you express spirituality helps promote a healthier you, which leads you to experience the peace which you long for. Secondly, spiritual formation must be seen as a process or journey, not a one-time event. Like eating and exercise, we must continually connect with the Spiritual, Holy, or Divine which in turn will deepen our connection and responsiveness to God, family, friends and fellow warriors. Lastly, we must connect our heart and mind as we exercise spiritual growth. By uniting what we know, with that which we feel, then we begin to experience the Holy in our lives and become more spiritually resilient.

ONLY AT GTMO by Mass Communication Specialist 1st Class Ty Bjornson



Movie Review

PG-13
127 min.

Prometheus

By Mass Communication Specialist 1st Class
Ty Bjornson

When I was a Seaman Recruit, just before I reported to my first aircraft carrier, I went on a camping trip in the Wisconsin north woods with my friend John. After we watched a lunar eclipse, John told me about “the greys” and several other alien races that watch planet Earth. He explained that alien hybrids walk among us (apparently one was really good friends with his mom). John was also very big on the notion the human race had been “planted” on Earth by the alien race of “the greys” who watch us from the dark side of the moon. Not that I bought into this theory, but I let him speak his piece.

That night, I learned about panspermia, the hypothesis that life exists throughout the universe and it is deposited on planets by celestial objects and/or other beings. I thought of John while I watched “Prometheus,” the latest Ridley Scott (“Blade Runner,” “Gladiator”) film. This film uses the premise of panspermia as the springboard for its story.

This film is loosely (though not necessarily) set in the “Alien” film continuity originated by Scott in 1979’s “Alien.” The “Alien” films run the gamut of sci-fi horror flicks. The first was a “bump-in-the-night” kind of movie. The other offerings were creepy action pictures. “Prometheus” is the first time the series questions mankind’s origins.

This film opens in the side of a cliff high in Scotland where a group of researchers discover a cave with primitive paintings on its walls. The paintings are similar to

other paintings found throughout time around the world. All of the paintings pre-date recorded history and each contain an identical star chart. Peter Weyland (Guy Pearce, “Lockdown”) the elderly CEO of the Weyland Corporation (a forerunner of the Weyland-Yutani Corporation as seen in the “Alien” pictures) finances the interstellar craft “Prometheus” to journey with a research team to the location depicted in the ancient graphs.

In Greek mythology, the titan Prometheus created man from clay. Similarly, the science vessel Prometheus is seeking a potential alien race which may be responsible for planting mankind as a primordial DNA life form at the dawn of time on Earth. The scientific aspect of the mission is overseen by Dr. Elizabeth Shaw (Noomi Rapace, “Sherlock Holmes: Game of Shadows”). Though she considers herself a Christian with strong faith, she is in search of answers to assert her faith. What will she think if she learns an alien race really did plant mankind? What will become of her faith? Asking these kinds of “what if” questions is what “Prometheus” does best.

There are several characters on the expedition with different agendas. Some are looking for the answers to life while others are only on board Prometheus to “drive the bus” and collect a paycheck.

The mission director Meredith Vickers (Charlize Theron, “Snow White and the Huntsman”) is a bitter ice queen who is not enthusiastic about the mission. Being a consummate professional, she will overcome her skepticism and ensure the mission is carried out faithfully to give it the benefit of the

doubt.

Prometheus sets down on the foreboding world believed to be the location of “the engineers” who may have made the human race. Shaw leads the investigation team into a pyramid structure to discover humanoid remains and biological residue. Is it alive? That’s when we learn the explorers are not alone in there. Something lurks in the shadows and in the puddles. But what?

Creepy android David (Michael Fassbender, “X-Men: First Class”) is also asking questions about existence. When he asks a crew member why man created androids, David is disappointed with the answer of “Because we could.” David asks the crewman what he would think if the engineers would give mankind a similar answer. What then? The level of disappointment man would experience might be too much to bear.

“Prometheus” is grand in concept, scope and vision. Director Ridley Scott approaches the film in a thought provoking manner. This film challenges people to discuss creation, intelligent design and panspermia. All this and it’s a primarily a horror film. The scares are freaky. The sequence of a woman performing a self-abortion is both unsettling and claustrophobic. It echoes the original “Alien” dining scene with the alien’s first emergence. This new scene is expertly done and might be as memorable.

Though “Prometheus” deserves praise for its craft, I found the picture a little underwhelming as a whole. Sure, the vistas and scares are good, but I wonder if that’s going to be enough satisfy audiences. Questions

see MOVIE page 15

MOVIE from page 14

are left unanswered and new ones are asked. Though I realize the characters live in a dark world, I found the movie a little too grim, sterile and devoid of emotion for my taste. This is to the picture’s detriment. At least James Cameron’s “Aliens” (1986) provided top-notch scares with some comic relief in the form of Private Hudson (“Game over,

man! Game over!”). “Prometheus” lays the dread on pretty thick and heavy without ever looking back.

I marginally recommend “Prometheus” for its sharp writing, grand visuals, scares and overall creepiness. What the crew ultimately encounters ends anti-climatically, though hints at a possible sequel. There are traces of the feel of “Alien” thrown in for good measure, but is more of a homage to a

much better picture. “Prometheus” may disturb and entertain audiences, as it is designed to, but I doubt many people will ever care to see it again. That’s too bad. This movie has all the makings to be one of the great ones. Instead, you get a film where you settle. Though a decent offering, there’s nothing about it that sticks. Maybe it doesn’t have to, but I was really hoping for something a little more.

SAFE RIDE 84781

Guantanamo Bay Bus Schedule

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

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.

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

	22 FRI	23 SAT	24 SUN	25 MON	26 TUE	27 WED	28 THU
Downtown Lyceum	Think Like a Man (NEW) (PG-13) 8 p.m. The Five Year Engagement (NEW) (R) 10 p.m.	Madagascar 3 (PG) 8 p.m. The Raven (NEW) (R) 10 p.m.	NO MOVIE JTF Change of Command Stage Preparations	Prometheus (R) 8 p.m.	Think Like a Man (NEW) (PG-13) 8 p.m.	The Pirates! Band of Misfits (PG) 8 p.m.	Madagascar 3 (PG) 8 p.m.
Camp Bulkeley	The Raven (NEW) (R) 10 p.m. Madagascar 3 (PG) 10 p.m.	Think Like a Man (NEW) (PG-13) 8 p.m. The Five Year Engagement (NEW) (R) 10 p.m.	Prometheus (R) 10 p.m.	The Pirates! Band of Misfits (PG) 8 p.m.	Madagascar 3 (PG) 8 p.m.	Think Like a Man (NEW) (PG-13) 8 p.m.	The Five Year Engagement (NEW) (R) 10 p.m.

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

Capt. Bradley Thom, JTF command chaplain, lays down some harmonica during a song of inspiration performed at a prayer breakfast at the Seaside Galley June 15. The morning of breakfast, prayer, and music celebrated the 200th anniversary of the War of 1812 and the courage and resolve of a fledging nation.



Maj. Jeff Bell, former J-23 chief, leads a song of inspiration on his guitar.



Capt. Bradley Thom, JTF command chaplain, presents Rear Adm. David Woods, JTF commander with a Bible.

Story and photos by Spc. Ryan Hallock

The sunrise over the shoreline of Guantanamo Bay marked the start of a new day, a day which marks the 200th anniversary of the War of 1812. The GTMO community joined together to honor this occasion during a prayer breakfast that celebrated the courage and resolve of a fledging nation at the Seaside Galley June 15.

Chaplain Capt. Bradley Thom welcomed the audience to a morning of prayer, history, music, and some good chow. As the audience enjoyed their breakfast, Rear Adm. David Woods gave a speech on the history of the War of 1812.

“It’s something to remember,” said Woods. “It’s our heritage. It was the first all-volunteer force.”

Rear Adm. Woods quizzed the crowd on their history.

“Where was the treaty signed during the war of 1812,” and “what were the two states that were added, giving the American flag 15 stripes and 15 stars,” were questions he asked. Audience members with the right answers, modern-day Belgium and Kentucky and Vermont, received commander’s coins from the admiral.

“It’s something to remember; it’s a touchstone,” said Woods. “It’s something to cherish as we move forward. If we don’t celebrate it, we’ll forget.”

The morning closed with a song of inspiration performed by JTF Command Chaplain Capt. Bradley Thom, Maj. Jeff Bell, Lt. Cmdr. Geoffrey Maasberg, and Capt. Adam Ertsey.