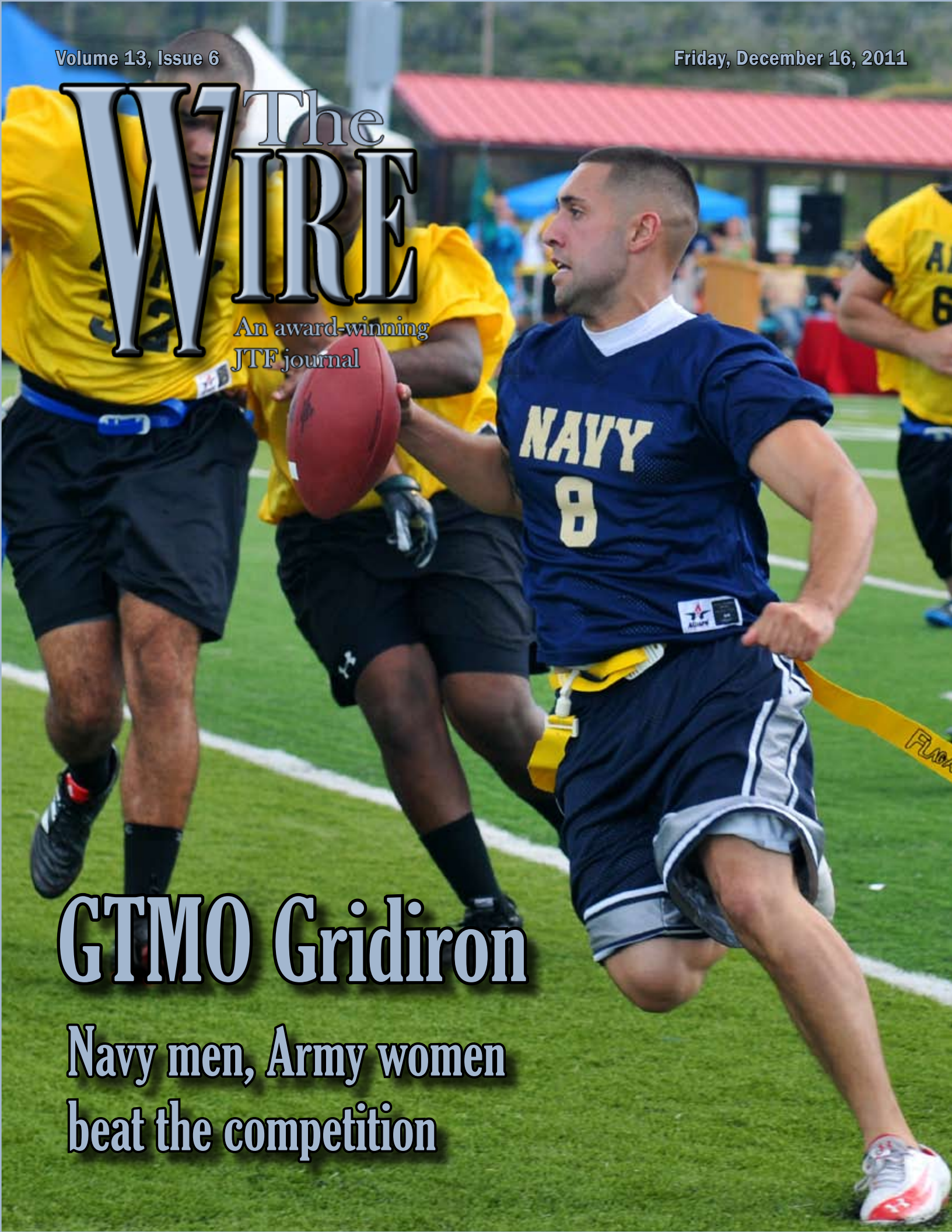


The WIRE

An award-winning
JTF journal

GTMO Gridiron

Navy men, Army women
beat the competition



CAPTAIN PATRICK RABUN

CHIEF OF STAFF, JOINT TASK FORCE GUANTANAMO

Watching the news these days can be troubling. Not only do we see frequent allegations of wrongdoing, we also see bickering and a disturbing lack of coordination to actually pursue real accomplishments. We wonder, "What is going wrong?" Many are questioning the country's commitment to ethics.

Just writing the word "ethics" will cause some people to stop reading this article right now. If you haven't been bored or insulted by poor attempts at ethics training, you are the exception. The typical ethics training focuses almost exclusively on telling us what we shouldn't do. Don't cheat, don't steal, don't lie, etc. We easily recognize these blatant examples of unethical conduct – and generally don't benefit much from being lectured on "what not to do." I prefer to focus on the other (often neglected) side of ethics.

Tous, ethics implies an OBLIGATION to make improvements to the mission/organization during every one of our tours. Finishing a job without being fired or reprimanded is sometimes seen as success. In fact, some people expect to be rewarded for that. I'd like to think that we in the military (this includes our military-related civilians) have higher standards. We rotate through different billets and different locations as a natural part of our career development. Simply "finishing" without getting in trouble is a sad goal. Ethics motivate us to strive to make a difference every day. This is especially true here at Joint Task Force Guantanamo, where our time is limited. Yet everyone can make something better every day. We don't settle for just finishing. We try. We don't sit on the sidelines and critique others' performance. We're on the field.

A full appreciation for ethics drives us to pursue progress. Simply being cautious to avoid mistakes is not a complete view of ethics.

However, striving to make a difference is perceived by some as foolish. It makes us stand out from the crowd, and we typically don't get paid extra for harder work. We expose ourselves to possible criticism, and we might make mistakes. This gets us back to the traditional thought of ethics – which is sometimes narrowly interpreted as avoiding mistakes.

Ethics motivate us to strive to make a difference every day. This is especially true here at Joint Task Force Guantanamo, where our time is limited.

Yes, there are risks in endeavoring daily to make improvements. Hopefully our military mindset convinces us to accept those risks – knowing that by being honest with ourselves and others, we can move beyond innocent mistakes. Obviously, when we make mistakes, we should admit it: don't lie. But we should do more. We should learn from our mistakes, put steps in place to avoid their reoccurrence, and move on. Dealing with mistakes is a vital part of our ethical development. Unlike the general public, we are not so fixated on avoiding mistakes that we become paralyzed from taking action.

You've probably seen opinion polls which show the public has higher trust in the military than any other profession. I believe that's because our view of ethics doesn't just address "what not to do" – we also feel an obligation to make things better. We take actions daily to make improvements. We are mission-focused. This mindset should be especially evident during our short tours at GTMO, since we only have a limited time to make a difference. Thanks for your dedication and motivation. Thanks for realizing that ethics drive us to take actions.

Cover: The men's Navy team won out 15-9 over Army Saturday in Guantanamo Bay's biggest sports event of the year. Petty Officer 2nd Class Gerald Provost, who played quarterback for the Navy, scored the two winning touchdowns. –photo by Mass Communication Spc. 2nd Class Louis Batchelor



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12 Days of Christmas Aerobathon

MWR will demonstrate four of the group fitness classes at G.J. Denich Gym Dec. 21 from 6-8 p.m. There will be a half hour session each for kickboxing, Total Body Conditioning, and yoga, as well as High Intensity Training. Win hats, t-shirts and lots of other prizes while learning new fitness options.

For more information, call 2157.

Jingle Bells 5K Fun Run

Radio GTMO and MWR will host the Jingle Bells 5K Fun Run on Dec. 24 at 7 p.m. There will be prizes given to the participant with the most jingle bells and the participant with the most creativity. Free water and Santa hats will be given out, while supplies last. Santa will be available for pictures.

For more information, call 2113.

Car wash fundraiser

The Joint Task Force Guantanamo First Class Petty Officers Association will be washing cars at Downtown Lyceum Saturday from 10 a.m. until 2 p.m. Donations will go to the JTF FCPOA.

For more information, call 8228.

Flock your friends

Surprise your buddy with a flock of flamingos. From now until March 1, the Seabee Ball Committee will adorn a yard with plastic flamingos for three days for \$20. If you want to get unflocked earlier than three days, they will remove the birds for \$10. All proceeds will fund the Seabee Ball on March 10.

For more information, or to schedule a flocking, call Patty Hinton at 4518.



Operation Christmas Stocking

The Guantanamo Bay Main Chapel Fellowship Hall is looking forward to distributing 1,300 stockings to people who have to work on Christmas Eve and Christmas Day. To do this, the chapel is asking for donations of stockings, candy canes, non-perishable snack foods, Christmas cards and Christmas cookies. Donations can be dropped off at Fellowship Hall on Dec. 22 between 8 a.m. and 1 p.m.

Additionally, there will be many volunteer opportunities available to stuff and distribute stockings:

Dec. 22, 12-4 p.m.: Arrange volunteer tables at Fellowship Hall and organize donations.

Dec. 23, 12-4 p.m.: Operation Christmas Stockings will be filled with donated items.

Dec. 24, 9 a.m. to 12 p.m.: Stocking distribution, based on volunteer availability.

Dec. 25, 1-3 p.m.: Stocking distribution, based on volunteer opportunity.

For more information, call 2323.

Scott Kirby performs at Tiki Bar

Singer-songwriter Scott Kirby will perform live at the Tiki Bar tonight and Saturday at 9 p.m.

Kirby, who hails from Key West, Fla., plays coastal-inspired folk rock, referred to by fans as "beach folk." His latest album (below), "Row Me Home," features a variety of guest vocalists and instrumentals, including fiddle and saxophone.

The Tiki Bar will be serving up island drink specials in souvenir cups.

For more information, call 4882.



Military Spouse 101

If you are a new military spouse or civilian spouse living on base, arm yourself with the knowledge and information needed to help you thrive in your new community Dec. 22 from 9-11 a.m. at the Fleet and Family Support Center, building 2135. Even seasoned spouses can benefit from this workshop.

For more information, or to register, call 4141 or 4153.

GTMO Rock n' Roll half marathon

MWR is looking for local talent to perform during the GTMO Rock n' Roll half marathon on Jan. 28 at 7 a.m. Each mile of the 13.1 mile run will have a station for cheering, supporters or musical talent.

If you are interested in participating, contact Jen Norton at 2157 or email Jennifer.Norton@usnbgto.navy.mil.

Capture the Santa paintball

MWR is hosting a free, all hands Capture the Santa paintball event at the paintball field on Dec. 21 from 5-7 p.m. Teams will be created at the start of the game and prizes will be awarded to first, second and third place.

For more information or to sign up, call the Marina at 2345.

Breakfast with Santa

Enjoy a morning meal with Santa Claus at McDonald's Saturday at 9 a.m. Don't forget your camera!

INDEX THE WIRE DECEMBER 16, 2011

| | |
|-----------------------------|----|
| Stocking Stuffer Shuffle | 5 |
| Online banking tips | 7 |
| Army-Navy football game | 8 |
| NASCAR-USO tour | 10 |
| Christmas carols at Bargo | 12 |
| Run/walk safety notice | 13 |
| MBS: Recovering from injury | 17 |
| Movie review: The Thing | 18 |

Trooper to Trooper

GTMO: the land of activity opportunity!

SGT. MAJ. KARIUM EDWARDS
JTF GUANTANAMO J3

Guantanamo Bay offers our Troopers a wonderful opportunity to get out and do things that many of them have never had the opportunity to do before. When the day's work is complete, there's more to the off hours than take-out and Xbox.

The naval station is dominated by two features: open water and rugged trail-crossed hills. Both are excellent locations for adventure. The Morale, Welfare, and Recreation (MWR) program here goes to great lengths to facilitate opportunities for our Troopers to get out and experience a wide variety of outdoor fun on their off hours.

On the water, the possibilities are nearly endless here. Boating, sailing, kayaking, paddle boarding, fishing, and other water sports activities such as wakeboarding, skiing, and tubing; all are available for a very reasonable price. The MWR and Liberty Centers offer many guided tours on the bay, such as kayaking tours and day and night chartered fishing trips. Other opportunities, such as half-priced boating and even free boating days are offered each month. All that is needed is the motivation to get off the couch and get out there!

Waterborne adventures at Guantanamo Bay aren't restricted



to the surface though. Some of the best open water diving opportunities in the Caribbean are just a few lessons away! Sign up at the dive shop next to the laundromat and Navy Exchange and get in the water!

For those of you who don't want to dive, the coral reefs near the beaches here offer a great opportunity for snorkeling. Pick up snorkeling gear at the NEX and maybe a waterproof camera for some phenomenal views under the sea.

Onland (and not to be outdone),

there are many opportunities to see the variety of wildlife here, either hiking or mountain biking the trails. The Marina has a map of the trails and some rules to abide, and you can rent a mountain bike daily, weekly, or monthly. If you have your own mountain bike and need a good mechanic, they have one there too.

Make fitness a part of your recreational routine, and set reasonable, attainable goals. Early-morning unit PT as well as individual workouts will help you reach your desired level of fitness,

as well as keep unit morale elevated and mission oriented.

Here at Guantanamo Bay you can also volunteer your time as well, and maybe work towards earning the Military Outstanding Volunteer Service Medal instead of staying in your room during your off hours. Sporting events, cook outs, trail and beach clean ups, water events for boat captains, runs, the DPW nursery; all need a steady supply of Troopers to volunteer to keep things running.

So what are you waiting for? Get out there!

The making of a community event: The Stocking Stuffer Shuffle 5K Run



By Army Sgt. Saul Rosa

Hosting a community event is a great way to develop camaraderie within a unit, and also step out to meet people around the base. The Naval Station Intelligence Department's (NSID) Stocking Stuffer Shuffle 5K run, held Dec. 9, is an example of a community event that Joint Task Force Guantanamo Bay Troopers can host.

"As a Department of Defense organization, the intelligence department can't do fundraising," said Marine Staff Sgt. Edwin Latrell, the NSID staff noncommissioned officer in charge. "But we can run a community activity, like a 5K, and say 'hey we are trying to tell you about this other message.'"

Members of the military are generally allowed to host fundraising events; however, there are specific rules which must be followed. The NSID run, for example, raised awareness of the Guantanamo Bay Main Chapel's Operation Christmas Stocking event. Volunteers will distribute stockings to Troopers and naval station personnel who are working

through the Christmas holiday.

"We didn't actually do any of the fundraising," Latrell said. "We just set everything up so that people who wanted to make a donation could do at a time and place that was advertised."

The idea of the 5K run came from a Marine and a yeoman who wanted to do a holiday event similar to Morale Welfare and Recreation offerings. Lance Cpl. Tyler Truesdale and Sailor Richard McPherson brainstormed ideas and came up with the Stocking Stuffer Shuffle 5K run.

"We were looking to somehow get involved with any volunteer or community type activity to make our shop come together in a camaraderie building exercise and get some volunteer hours under our belts," said Truesdale. "So when we heard about the Operation Christmas Stocking, things just came together like one plus one."

After putting together the 5K's rough draft, they presented it to Latrell, who reviewed and refined the idea.

Top: Petty Officer 1st Class Percival Valenzuela, a hospital corpsman, pushes himself in the Stocking Stuffer Shuffle 5K Run. Above: 5K organizer Marine Staff Sgt. Edwin Latrell runs through Guantanamo Bay's trails. —photos by Army Sgt. Saul Rosa

"What they came up with was this idea that they could do a fundraiser as a 5K event and give donations," said Latrell. "These two motivated Troopers said 'we want to do something' and they took the ball and ran with it."

This was the NSID's first community event and through the process they learned a lot about how to organize and advertise for

a base wide event.

"I learned to get our message out and make everyone aware in an earlier timeframe," said Truesdale.

"It gives us an opportunity to do something bigger in the future," said McPherson.

For information about volunteering for Operation Christmas Stocking, call 2323.



Would you tell a stranger when you're not home?

Have you ever left a light on at your house when you're not home? When you're on vacation do you have a friend pick up your mail, or take the paper off the lawn so it won't look like there's nobody home? If you did, then you used OPSEC. We do these things to keep ourselves and our things safe from people who mean us harm. So why would you post your travel plans online? Putting travel plans online is the same as putting a sign in front of your house that says "I'm not home." Stay safe. Protect your travel plans. USE OPSEC!

TROOPER FOCUS

By Army Sgt. Saul Rosa

Spc. Orlando Rivera understands that every Trooper contributes to the Military no matter what your job or specialty may be. As an admin clerk he feels he contributes by assisting other Troopers.

"I like my job," said Rivera. "I get to help soldiers out."

Rivera is the admin clerk for Joint Task Force Guantanamo J3. He handles all of the administration duties for the J3 office as well as some additional duties.

"I'm the mail guy and I love that job," said Rivera. "Everyone is so happy when they get mail."

Rivera, who hails from Florida, worked as a family programs assistant for the Army Reserve before being deployed to Guantanamo Bay.

"That was the best job I ever had," said Rivera. "Our job during the week was to make sure the family members were ok. We were the middlemen between the family and the end solution."

Before the Reserve, Rivera served for three years in the active component as an admin clerk with an infantry unit. Rivera left the military for nearly

two years before joining back up with the Reserve.

"I missed it," said Rivera. "I worked in a civilian job and I didn't like it. No one was held accountable for their actions, unlike the military."

Although Rivera loves helping Troopers, when he returns home he wants to concentrate on improving himself.

"I'm trying to focus on my military career," said Rivera. "I've put it on the back burner these past couple of years, so I want to go full force and get promoted and continue to go up in rank."

When Rivera does find some down time, Rivera plays softball for the Guantanamo Bay "Swordslingers" and cooks for the office.

"I made shish kabobs and everybody liked them," said Rivera. "I cook traditional Puerto Rican foods. It helps morale."

Rivera offers this advice to Troopers arriving on island.

"Find something you like and stick to it," said Rivera. "Otherwise you're going to go crazy watching television or playing video games and that's not productive at all."



BULLET BIO

Time in service: 10 years

Hobbies: Playing softball with the "Swordslingers" and cooking

The boss says: "He's willing to assist and accept responsibilities in areas that he's not familiar with."

Advice to junior Troopers: "Be openminded and don't complain. The number one goal is completing the mission."

Which is holiday beverage do you prefer, eggnog or cider?



"I like eggnog better. You can mix it with everything."

Spc. Stanley Victor



"I would say cider. It's sweet. I'm a sweet guy."

Staff Sgt. Wellington Jose



"Eggnog, because it's traditional for the holidays. Cider is more for the fall."

Petty Officer 2nd Class Angela Lanter



"Warm apple cider! I'm the only one in my family who enjoys it."

Petty Officer 3rd Class Rheyra Burley

BOOTS ON THE GROUND

Let's get fiscal (fiscally responsible, that is)

By Army 1st Lt. Amelia Thatcher

When you enlist in the military, one of the first forms you fill out is the direct deposit form. This means your pay goes straight into a bank account, sometimes a day or two before the actual payday, instead of being sent to your house in the form of a check. You get your money fast, you can access it right away, and it saves a deposit slip and a trip to the bank. Why not do all your banking this way?

Of course, all Internet applications have their own security concerns, but things like identity theft and forgery can happen with or without an online account tracker. But unlike a paper statement, any unusual bank account withdrawals or suspicious charges to a debit or credit card can be checked right away and disputed immediately. Don't wait for the next billing cycle to find out you're tapped out. Monitor all accounts to ensure your money is where it's supposed to be.

While deployed, you probably won't have access to a regular bank branch. The ATM fees could start piling up and if Grandma sends you some bucks for your birthday, it might be awhile before you can deposit the check. It's time to set up online account access, for both banks and credit cards.

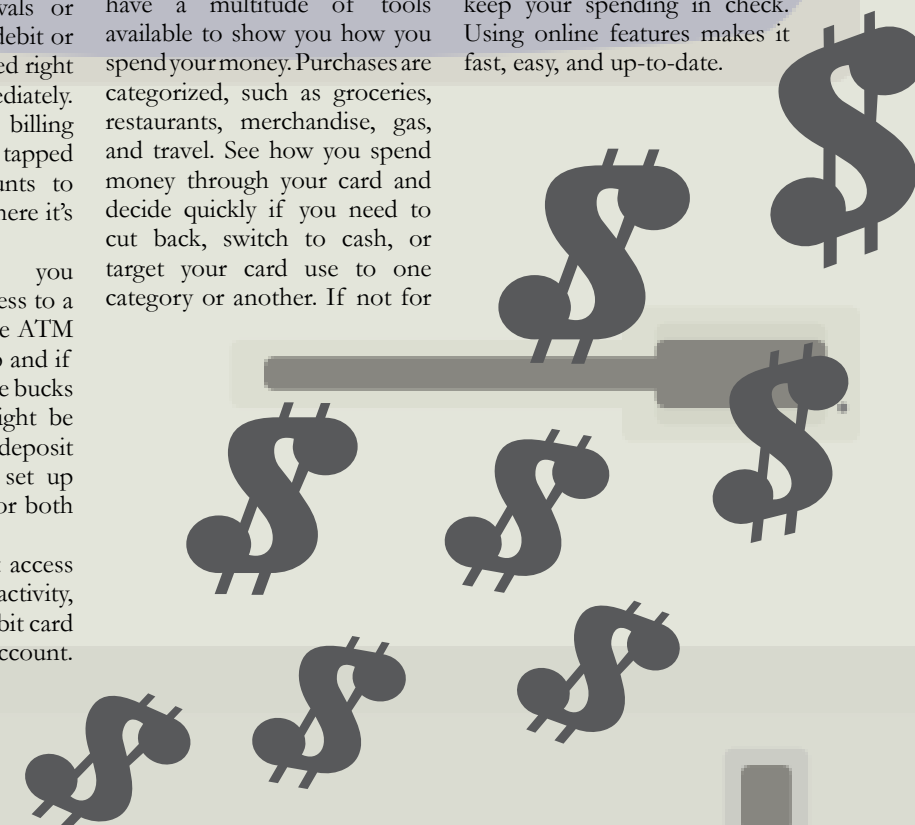
Online bank account access allows you to monitor activity, especially if you use a debit card linked to a checking account.

Some banks allow you to scan and email checks and deposit them right away. Many banks and credit cards offer bonuses or entries in giveaways for signing up for "paperless" or "green" accounts, and every statement will be accurate to within a few days. No more getting weeks-old statements in the mail! Have your statements sent to a secure, regularly monitored email. Keep PDF copies of bank statements: interest-bearing accounts often require a tax form, usually furnished by the bank in early January. It's just like the downloadable W2 on MyPay and you'll need it for tax time. Write down your login information and safeguard it like you would a paper statement.

Credit card online accounts have a multitude of tools available to show you how you spend your money. Purchases are categorized, such as groceries, restaurants, merchandise, gas, and travel. See how you spend money through your card and decide quickly if you need to cut back, switch to cash, or target your card use to one category or another. If not for

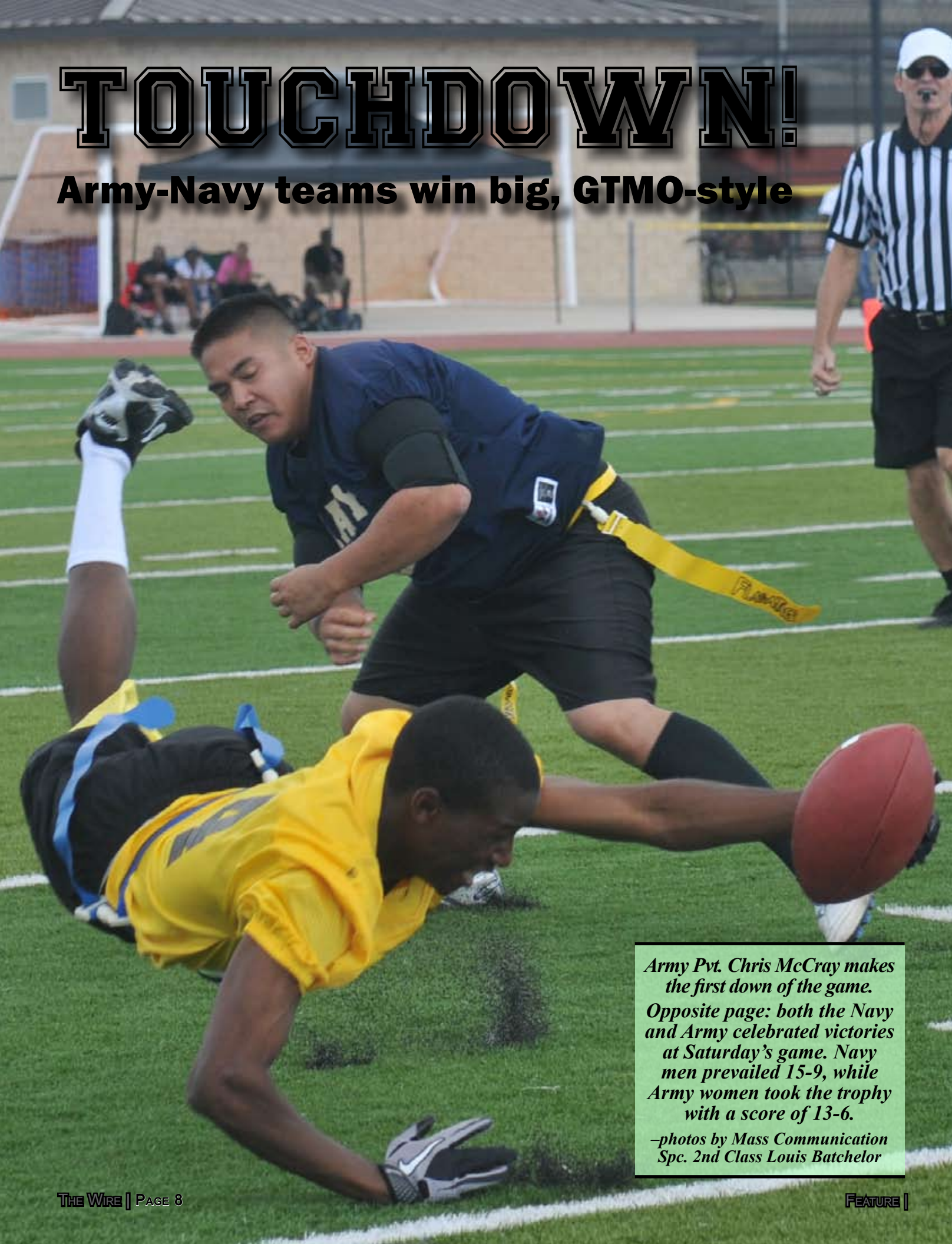
emergencies only, research your card's bonus programs and only use the card on purchases which will earn extra points. If it's gas and groceries month for 5 percent extra cash back, use that card at every supermarket stop. But don't go nuts – always pay off as much as you can every month. Have your account set up so that it sends you an email reminder before the bill is due. If you spend wisely, use the bonus points, and pay off the entire balance each and every time, you can increase your credit limit and make money off the credit card company!

Use a few minutes of your Internet time every week to keep an eye on your finances. Know how much money is coming in and out of your accounts and keep your spending in check. Using online features makes it fast, easy, and up-to-date.



TOUCHDOWN!

Army-Navy teams win big, GTMO-style



Army Pvt. Chris McCray makes the first down of the game. Opposite page: both the Navy and Army celebrated victories at Saturday's game. Navy men prevailed 15-9, while Army women took the trophy with a score of 13-6. —photos by Mass Communication Spc. 2nd Class Louis Batchelor

By Army Sgt. Landis Andrews

On the same day West Point and Annapolis squared off in Washington, men and women on Guantanamo Bay met at Cooper Field to have their own flag football festivities, mirroring our collegiate counterparts.

The Army women took the trophy for the second year in a row by the score of 13-6. Navy men defeated Army's team by a score of 15-9.

Quarterbacked by Sgt. Maj. Callie Leaver of the Joint Detention Group, the Lady Knights became a pass heavy offense and marched down the field to set up the 525th Military Police Battalion's Sgt. Sherry Watkins' winning touchdown.

Leaver said the coach and his halftime adjustments made all the difference.

"We were able to get to our passing game," she said. "The coach did some modification to our blocking so we could get the passes out.

Watkins relied on persistence and confidence in the team more than she did her personal ability on the winning scamper.

"Truthfully, I do not know anything about football but if you tell to do something I am going to do it," the military policeman said. "I knew [Leaver]



was going to get it to me."

Even though the first half was run-heavy, Leaver knew her receivers would be ready when it was time.

"I had some great receivers with good hands and I knew if I could get through the defenders hands they would catch it," she said.

When the final seconds ticked off the clock, cheerleading groups from the Guantanamo Bay community entertained the audience and then the men's

game kicked off.

Quarterback Thomary Winslow dinked and dunked the Army offense down the field until the drive ended on an interception. This fed right into the Navy's defensive plan.

"Our plan was to let them get the deep throws and give them two or three yards and not beat us deep," Navy quarterback Petty Officer 2nd Class Gerald Provost. "It was kind of nerve-racking, but I knew our defense could hold it together."

The Army did just as good of a job knocking the naval squad off of their game.

"Our offensive plan didn't work out too well," Provost said. "Both of our touchdowns I ran in. They did pretty well as far as holding me back passing, but they couldn't stop the run. It ended up working."

Navy staved off a late charge sparked by a well-timed interception late in the fourth quarter. Winslow, again, led the Army team to the redzone. The final play was an example of excellent play-calling, when Winslow tossed a shovel pass up the gut of the Navy defense which sent the receiver sprinting into the endzone. Unfortunately for Army, Winslow's flag was stripped a split second before he got the pass off.

Provost and Leaver both enjoyed the victories, but the real winners were the people of Guantanamo.

"It was good for the community to get out here," Provost said. "We practice for that game for three weeks and I'm glad we could put on a show."

Leaver concurred.

"This is what it's all about," she said, "coming together to honor our country and our community. It's a great experience and I'm very proud to be a part of this."



A DAY AT THE RACES

By Army Sgt. Saul Rosa

Resident iguanas fled the streets and took to their drainpipes Dec. 13 when NASCAR stars Brad Keselowski and Joey Logano visited Guantanamo Bay. The two drivers shifted into low gear while visiting the base during their USO tour.

Brad Keselowski drives the #2 Miller Lite Dodge Charger in the sprint Cup series and the #22 Discount Tire Company/ Ruby Tuesday Dodge Charger in the Nationwide series for Penske Racing. Keselowski has had an exciting season, scoring 14 top 10 finishes, and is ranked 5th in the final driver standings.

Keselowski can relate to the changes that military members face as they deploy.

"Change is a part of life and it's certainly no different in racing," said Keselowski. "Change can be bad and it can be an opportunity for good. I know I'm committed to making sure the changes we make are good and we'll just have to see how they play out."

A change that Keselowski will be facing is his new role as Penske Racing's top driver, as Penske Racing announced that they are

parting ways with Kurt Busch.

Joey Logano drives the #20 Home Depot Toyota Camry in the Sprint Cup Series and the #20 Gamestop/Sports Clips Toyota Camry in the Nationwide Series for Joe Gibbs Racing. Logano's season hasn't been his best, scoring only 6 top 10 finishes, but it has provided him with an opportunity to learn from his mistakes. Logano is ranked 24th in the final driver standings.

"The guys at the shop are rebuilding everything from the cars to

the pit boxes and some people are rebuilding teams," said Logano. "You're trying to improve yourself and your whole team for next year. We're going to have to work really hard right now to get back to where we were last year."

The two drivers made two meet-and-greet visits: one at the Gold Hill Galley and the other at Kittery Beach Cafe. They also made a stop at O'Kelly's Irish Pub. Along with their autographs, Logano and Keselowski handed out phone cards to Troopers.

"They're sitting right here in our galley and you can go right up to them and talk to them," said Petty Officer 3rd Class Kathy Richards, a hospital corpsman. "They're very warm and welcoming. You would think people like this would walk around with an entourage, but they don't and that's cool. They're celebrities."

The drivers later met with Radio GTMO for an interview on the 103 GTMO Country for an on-air tour interview and a shout out to the community.

"I don't think you can do enough of these trips," said Keselowski. "This one has been a blast so far and hopefully I'll get invited back."

The local speed limits may be a little slow for their taste, but the NASCAR drivers hope to return to Guantanamo Bay for another USO tour.

"I jumped at the opportunity at doing something like this," said Logano. "I asked myself, 'What am I getting myself into?' But I would love to do it again."



NASCAR drivers Brad Keselowski (left) and Joey Logano (center) meet-and-greet with members of Joint Task Force Guantanamo, including Petty Officer 3rd Class Kathy Richards. —photo by Army Sgt. Saul Rosa

Keselowski and Logano drive the #2 Miller Lite and #20 Home Depot cars, respectively. —photos courtesy NASCAR.com





The Naval Station Intelligence Department and its Joint Task Force Guantanamo counterparts sang Christmas carols at the Cuban Community Center Dec. 12. Frequented by residents of the Bargo Housing area, the Cuban Community Center supports many of Guantanamo Bay's seniors. —photo courtesy Cuban Community Center staff

Troopers reach out to Bargo, Cuban Community Center through song

By Army Sgt. Saul Rosa

Many hidden treasures are scattered about the Guantanamo Bay community and two were revealed Dec. 12 at the Cuban Community Center. These treasures are the amount of compassion and respect that Troopers can have for a community group which literally helped build Guantanamo Bay.

The Naval Station Intelligence Department (NSID) partnered with its Joint Task Force counterpart to sing Christmas carols at the Cuban Community Center and Bargo Housing area.

"We knew that the Cuban Community

Center can be overlooked at times," said Marine Staff Sgt. Edwin Latrell, NSID staff noncommissioned officer in charge. "This was a way to say hello, how are you, and Merry Christmas to the people who literally built the roads we use and helped the infrastructure develop to the point it is today."

The residents who attended the holiday event were grateful for the Troopers coming out and singing the holiday carols.

"Any time we have anyone who has the courage to meet a totally different group of people, we are appreciative," said Melanie Resto, the Cuban Community Activities Program Manager.

Those feelings of appreciation could be felt by Troopers who sang for the Bargo residents.

"They really appreciated us taking the time out of our day to make them feel a little better for all they've given to us," said Seaman Richard McPherson. "We just wanted to give a little back."

The caroling at the Cuban Community Center allowed Troopers to experience something new and different.

"Personally I think it's awesome because I love to set new bars for myself," said Latrell. "I'm doing this because I wanted to do something else and encourage the people in my shop to do good things and be active."

Every Trooper had a positive attitude about the holiday event.

"I realized when somebody comes up to me and says 'thank you for serving our country' its not me doing my job but what I give back to the community that makes me feel honored," said McPherson, a yeoman. "It was a really good reflective period for me to understand my purpose for joining the military to serve and protect everyone else."

For more information about the Cuban Community center, call 2093.

Reflecting on safety

By Sgt. 1st Class Jerome Grant

You may have seen them before and after sunset, scampering across the street after coming down Skyline Drive or Tarawa Road, glancing at any approaching vehicle with a scowl. Sometimes they hesitate at the side of the road, seemingly calculating whether or not the dart into traffic is worth the risk. Other times they saunter into the street like water buffalos, acting as if they are indestructible.

Unfortunately, I'm not talking about Cuban wildlife. I'm referring to some walkers and runners here at Guantanamo Bay.

Before you get your running shorts in a bunch, I need to point out that I too am a runner and some of the following information applies to me too.

Paragraph 7, part "a" of the Naval Station Instructions NAVSTAGTMOINST 1710.10B, deals specifically with running and jogging (and walking). It reads:

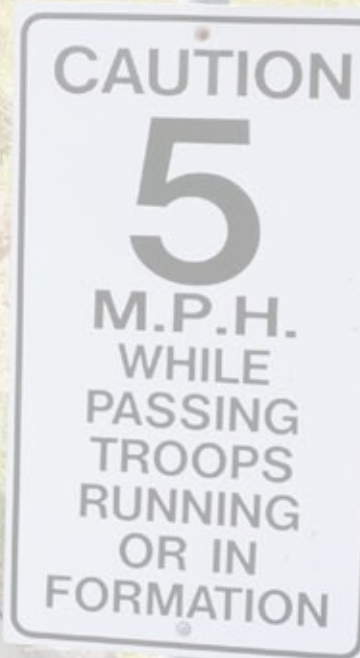
"For safety reasons, all pedestrians are required to use sidewalks when available. However, when sidewalks are not installed, running and jogging are permitted in the area immediately adjacent to the roadway facing traffic. Walkers, runners, and joggers are required to wear either a reflective belt or

harness at night. Navy PT uniform is reflective in nature and therefore suffices this requirement. Reflective arm and leg bands may be worn in conjunction with a belt or harness, but are prohibited from being worn as the sole reflective gear. Headsets may be worn on one ear only while on sidewalk or roadway."

On my distance running days, I have been running on the road (against traffic, wearing a reflective belt) because I don't like running on concrete. However, I did not know that I was "required to use sidewalks when available." That's an easy fix: I will be running on sidewalks when available.

For those of you who are already wearing your reflective gear and running in allowed areas, good job! For those who are not, there's another easy fix: Put on your reflective gear before leaving your house in the morning, or if there is even a slim chance you won't be back before sunset. And for your own safety, obey the posted signs and stay off Tarawa Road and Skyline Drive after sunset and before sunrise.

Motor vehicle drivers need to do the right thing as well. Always yield to pedestrians in crosswalks and slow down to 5 miles per hour when passing runners, walkers, and Troopers in formation. It's the law!



Illustrations by Sgt. 1st Class Jerome Grant
No banana rats were harmed in the creation of this issue.

Academy a cappella group performs at White House

U.S. Air Force Academy Public Affairs

U.S. AIR FORCE ACADEMY, Colo. – The Air Force Academy’s a cappella group “In the Stairwell” performed at the White House for a holiday reception Dec. 9.

The group was approached by the White House Social Office and asked to submit samples of their music to be compared to other performers. A few weeks later, they were notified that they had been selected for the performance.

“I remember getting the email from the other cadet in charge, Cadet (2nd Class Erik) Clark, saying, ‘You’re not going to believe this. We just got contacted by the White House,’” said Cadet 1st Class Julian Gluck, the cadet in charge of “In the Stairwell,” who also beat-boxes and sings bass. “I said, ‘The White House? Like where the President lives?’ ... It just blows my mind.”

“I thought it was a joke,” said Cadet 1st Class Kevin McMullen, one of the main baritones in the group. “It was kind of just a prospect at first, but once we got the final word, we were pumped.”

Even with finals right around the corner, the cadets weren’t willing to pass up an opportunity like this.

“As cadets, we’re used to being under a lot of pressure with our academic and athletic requirements,” Gluck said. “A lot of us have been working ahead of time, and (we had) time to study on the plane.”

During the performance, the group went back and forth between traditional holiday songs and some of their current pop routines, Gluck added. The event also allows the group to showcase some of the many talents of cadets at the Academy.

“When you think of the Academy, you don’t think of the male a cappella group,”

said Cadet 2nd Class Trey Lowman, a mid-range singer for the group. “This gives us a unique opportunity to show people we’re not just about military training and athletics; we have so much more we bring to the table.”

“In the Stairwell” was created when members of the Air Force Academy’s Class of 2007 had to find a location for freshmen who enjoyed singing together. The name came from where the group met for rehearsals.

ON THE DECK Stranded mariners rescued off San Clemente Island

USS Benfold Public Affairs

USS BENFOLD – Guided-missile destroyer USS Benfold (DDG 65) assisted four stranded mariners in the waters off San Clemente Island Nov. 28 while conducting routine training operations in the Pacific Ocean.

“The United States Navy always stands ready to provide assistance,” said Cmdr. David Oden, Benfold’s commanding officer. “It was our privilege to help these seamen.”

Benfold initially detected the small fishing craft using the ship’s state-of-the-art optical sight system. The ship deployed a rigid-hull inflatable boat with engineers and medical personnel aboard to assess the condition of the vessel and crew, as well as render assistance. A helicopter assigned to the “Wildcards” of Helicopter Sea Combat Squadron (HSC) 23 provided aerial support during the assistance operation.

After determining that the small boat was no longer seaworthy, the U.S. Coast Guard Cutter Sea Otter quickly responded in order to take the mariners aboard and their vessel in tow.

“I couldn’t be more proud of my crew for going above and beyond,” said Oden. “Particular credit was given to Fire Controlman 3rd Class Lisa Stamp for first sighting the craft. It’s exceptional Sailors like FC3 Stamp that make this the best ship in the Navy and the best Navy in the world.”

Benfold is an Arleigh Burke-class destroyer homeported in San Diego. The ship has a crew of approximately 300 Sailors and serves as one of the Navy’s premier ballistic missile defense ships.

Coast Guard rescue team: how to dive safely

By 7th Coast Guard District Public Affairs

SAN JUAN, Puerto Rico – Coast Guard rescue crews combined efforts with a St. John Rescue marine unit to save a missing diver Sunday in waters approximately 1.5 nautical miles southeast of Dog Island, St. Thomas, U.S. Virgin Islands.

The rescued diver is a 60-year-old man, U.S. citizen and U.S. Virgin Islands resident, who had gone on solo dive during a diving trip with two friends aboard the recreational vessel *Swordmaster III*.

“This rescue was possible thanks to successful coordination between the Coast Guard and multiple local agencies such as St. John Rescue and St. John Park Services,” said Petty Officer 2nd Class Chris Harper, Sector San Juan Operation Unit Controller. “They remained vigilant throughout the search and offered their services and responded rapidly upon the Coast Guard helicopter spotting the diver.”

The Coast Guard helicopter crew located the diver alive at approximately 1:30 p.m. Sunday floating with the assistance of his diving buoyancy compensator and a yellow inflatable signaling device.

Diving safety tips:

- Never dive by yourself.
- Ensure you have a dive plan and a diving buddy.
- File a float plan with a family member or friend. If you decide to deviate from your original intended plan, notify your emergency contact immediately.
- Check your dive equipment carefully and ensure that equipment functions correctly.
- Mark the area in which you are diving with a dive flag and a light.
- Know the signs and symptoms of heat exhaustion, hypothermia and dehydration, as well as procedures for emergency treatment.
- Check local weather conditions before diving.
- Boat operators should be alert and aware of dive flags.
- If you have not been SCUBA diving in the past year, ensure you are physically capable of handling ocean conditions before diving.
- Divers should have proper diving signaling equipment in case of distress.

First female Army surgeon general appointed

By Rob McIlvaine

Army News Service

ARLINGTON, Va. – Lt. Gen. Patricia D. Horoho, the first nurse and first woman appointed, became the Army’s 43rd surgeon general Dec. 7.

She was nominated to the position by President Barack Obama May 10 and was later approved by the Senate. She succeeds Lt. Gen. Eric B. Schoomaker, who will retire in January.

“Over the past decade, Army medicine has led the joint health effort in the most austere environments,” Horoho said. “As part of the most decisive and capable land force in the world, we stand ready to adapt.”

A decade of this war, she said, has left a fighting force with both physical and psychological scars.

“We are dedicated to identifying and caring for those Soldiers who have sustained psychological and physical trauma associated with an Army engaged in a protracted war,” she said.

Army Chief of Staff Gen. Raymond T. Odierno, who passed the U.S. Army Medical Command flag to Horoho in a ceremony Dec. 5 at Fort Sam Houston, Texas, promoted her to lieutenant general and administered the oath to swear her in as the Army’s top medical officer.

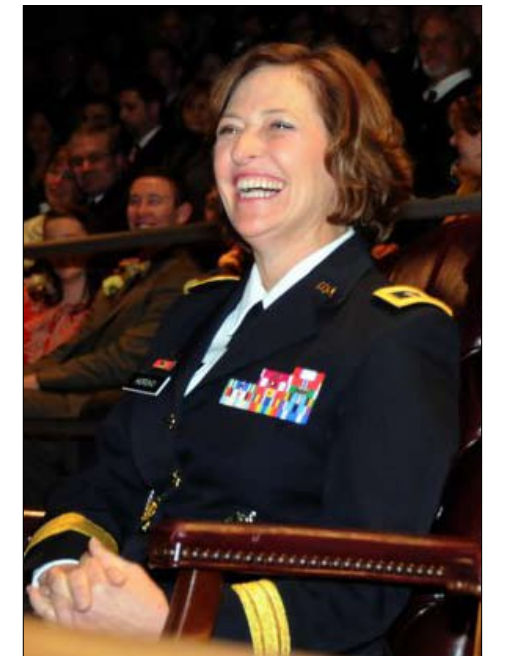
“The Army cannot provide trained and ready forces to the nation without our talented medical professionals and leaders. In everything we do, we rely on medical command and the surgeon general to set the vision for this community and have the courage to carry it out,” Odierno said.

Horoho has commanded the Army Nurse Corps since 2008, when she received a rare two-grade promotion from colonel to major general.

As Army surgeon general, she will direct the third-largest healthcare system in the United States, behind the Department of Veterans Affairs and the Hospital Corporation of America.

“This position requires a special officer who can lead change and achieve unity of effort in a dynamic, joint interagency and also in a multinational role, working with our allies and partners around the world,” Odierno explained. “For these reasons, it’s important to pick the right person. And we are absolutely, incredibly lucky to have Lt. Gen. Patty Horoho as the 43rd Army surgeon general.”

One of Army medicine’s greatest challenges over the next three to five years, Horoho said, is managing the escalating cost of providing world-class healthcare in a fiscally constrained environment.



Lt. Gen. Patricia D. Horoho, the Army’s 43rd surgeon general. Horoho is the first nurse and the first woman to be appointed to this post. –photo courtesy army.mil

“I see these challenges as windows of opportunity for us to shape the future of Army medicine and I am confident, regardless of the environment or the landscape, we will meet all challenges in true Army medicine fashion – with innovation, dignity and strength. Together, we will usher in the new era of possibilities.

While deployed to Afghanistan, Horoho remembered asking a young medic how he would describe Army medicine.

“He replied, ‘We carry healthcare on our backs.’ As we sit here today there are young men and women willing to put their lives on the line to protect the freedoms we enjoy as Americans. Thank God we have young medics who are carrying innovative quality and precision healthcare on their backs, regardless of risk to personal safety. This is our privilege. This is our honor, and this is why Army medicine will face all challenges with strength, resolve and dedicated focus,” she said.

Maj. Gen. Gale Pollock served as acting Army surgeon general from March through December 2007, temporarily filling the post after Lt. Gen. Kevin Kiley was relieved as a result of aging facilities at Walter Reed Army Medical Center. But Horoho is the first nurse and first woman to be nominated for the position and confirmed by Congress.

“With Soldiers deployed, taking care of families, taking care of wounded warriors – she is exactly the kind of leader we want to be our surgeon general,” Odierno said.

Marines look to new tuition assistance program

By Pfc. Victoria Fairchild

Marine Corps Logistics Base Barstow

MARINE CORPS LOGISTICS BASE BARSTOW, Calif. – The Marine Corps has reverted from the tuition assistance cuts recently announced more than two weeks ago, to the former 2011 TA policy for the upcoming year.

According to MARADMIN 639/11, the policy was restored to 2011 levels, which set a cap at \$250 per credit hour and \$4,500 per fiscal year. It also adds that students affected by the MARADMIN released Oct. 17, will be eligible for TA coverage for any costs that would have been covered prior, under the TA in 2011.

“The policy hasn’t changed but the Marines should look for help now,” said Francis Villeme, the education services officer aboard Marine Corps Logistics Base Barstow. “It’s important that they get started now so they can get all the help they need with financing.”

The message advises Marines to wisely use tuition assistance to maximize Marine Corps financial resources.

Stated in the MARADMIN, “Even with prudent utilization measures in place, it is likely that FY-12 tuition assistance funds will be exhausted well before the end of FY-12.”

According to the MARADMIN, the TA policy covers the price of tuition, labs and distance learning fees, although graduate stu-

dents are only afforded \$250 per semester hour instead of the original \$350.

Active duty military spouses are still eligible to receive up to 100% TA for education. Pursuing off-duty education is beneficial to service members, whether they continue their service or decide to leave the military, said Staff Sgt. Arturo D. Padilla, a career retention specialist at Marine and Family Programs aboard MCLB Barstow.

Not only does it enhance your career but it creates a sense of accomplishment as an individual, Padilla added.

MCLB Barstow is an ideal place to pursue further education with its small Marine population and its unique work tempo.

“Being stationed here makes it easier to go to school because the work load is smaller due to the number of Marines on base,” said Lance Cpl. John C. Ordonez, an administration specialist at S-1 Manpower aboard MCLB Barstow. “I have more time to myself to go to school and complete my homework. There are many online schools you can enroll with and there are two colleges in town.” Barstow Community College and Victor Valley Community College both offer a variety of classes for Marines and their dependents.

For more information on how to utilize tuition assistance, contact Francis Villeme at the education office at (760)577-6118 or villemefr@usmc-mccs.org.

U.S. may freeze \$700 million in aid to Pakistan

Voice of America News Service

WASHINGTON – The U.S. Congress is expected later this week to pass a measure that would freeze up to \$700 million in aid to Pakistan because of fears that Islamabad is not doing enough to combat the spread of homemade bombs.

U.S. lawmakers are concerned that militants in Afghanistan are using fertilizer produced in Pakistan to develop improvised explosive devices – one of the militants’ most effective weapons against U.S.-led forces there.

State Department spokesperson Victoria Nuland said Tuesday that the proposed suspension would not automatically cut the funding, but will make it dependent on making progress with Pakistan on the issue of homemade bombs.

“We have not cut 700 million [U.S. dollars] in aid to Pakistan,” Nuland said. “What we have is something on the defense authorization bill, which is currently moving in the Congress, which would require the Department of Defense to continue providing a strategy on how we will use certain military systems and measure its progress, in particular, on progress that we are making on the IED issue.”

The aid suspension is part of a larger defense spending bill that U.S. lawmakers are expected to pass later this week.

Several Pakistani officials criticized the move on Tuesday, saying it would only lead to worse relations with Washington.

U.S.-Pakistani ties have suffered since a

secret U.S. strike killed al-Qaida leader Osama bin Laden in Pakistan in early May.

Relations reached a new low following a NATO airstrike in November that killed 24 Pakistani troops along the border with Afghanistan.

In response to the airstrike, Islamabad ordered the United States to vacate a Pakistan airbase and has indefinitely closed the two main overland routes NATO uses to send supplies to Afghanistan.

But the top U.S. commander in Afghanistan, General John Allen, said Tuesday that he achieved progress during talks with Pakistan on rebuilding cross-border security cooperation after the incident.

“I do have a sense of progress, and, in fact, I have had a conversation with [Pakistani] General [Ashfaq Pervez] Kayani. The intent of the conversation, the outcome of the conversation, was that we stated our mutual commitment to address any shortfalls that might have caused this event, but also to ensure that we work closely together, because the border is always going to be there.”

Allen said he spoke on the phone Monday with Pakistan’s army chief Ashfaq Pervez Kayani.

Many in the U.S. have become increasingly frustrated with what they see as Islamabad’s lack of cooperation in fighting Pakistani-based militant groups who attack U.S. forces in Afghanistan.

Earlier this year, the U.S. suspended \$800 million of the \$2.7 billion in annual military aid it gives to Pakistan.

bullets hit the executive mansion, including one that authorities say broke a window but was stopped by a layer of bulletproof glass.

President Obama and his wife, Michelle, were not home during the shooting incident. They were in California before heading to Hawaii, where Mr. Obama hosted an Asia-Pacific economic summit.

If convicted, Ortega-Hernandez could get life in prison.

Ortega-Hernandez was detained in a hotel in Pennsylvania a few days after the shooting incident occurred after someone recognized his picture. Authorities began pursuing him after linking him to an abandoned car found with a weapon in it.

Mental health hearing set for accused White House shooter

Voice of America News Service

WASHINGTON – A U.S. federal judge has scheduled a hearing to assess the mental capacity of a man charged with firing shots at the White House in an apparent attempt to assassinate President Barack Obama.

The judge Wednesday ordered today’s hearing in the case of Oscar Ramiro Ortega-Hernandez to further determine the state of his mental health and ensure he can be held legally liable for his alleged actions.

Officials say that on Nov. 11, Ortega-Ramirez fired shots at the White House. The U.S. Secret Service, which protects the president and other top officials, says two

2nd Cav drops Stryker from name

Stars and Stripes

GRAFENWÖHR, Germany – One of Europe’s four U.S. Army brigades is going by a new name, reaching back to the unit’s history.

The 2nd Stryker Cavalry Regiment, out of Rose Barracks in Vilseck, Germany, has quietly become the 2nd Cavalry Regiment. The new commander, Col. Keith Barclay, chose to drop the name of the unit’s platform vehicle, according to press officer Maj. Robert Hoover.

The decision moves the regiment closer to a name it first held in 1861, Second Cavalry, 25 years after the unit’s founding as the 2nd Regiment of Dragoons during the Second Seminole War, according to a timeline on the regiment website. The name has changed over time—after World War II the regiment was redesignated the 2nd Armored Cavalry Regiment, and in 2006 it became the 2nd Stryker Cavalry Regiment.

Only the name is changing, Hoover said. The regiment, in reset after returning from Afghanistan in the spring, recently received its Strykers for training.

Overseas school lunch prices to increase Jan. 1

Stars and Stripes

CAMP FOSTER, Okinawa – School lunch prices will increase more than 15 percent at overseas military bases next year due to a new federal law designed to improve nutrition and fight childhood obesity, the Defense Department announced Friday.

School meal prices will jump by 35 cents to \$2.40 for elementary students and \$2.55 for secondary students, the Department of Defense Education Activity Pacific said. The cost of reduced-price lunches will remain at 40 cents.

By 2014, lunch prices are slated to rise by another 40 cents under the law.

The additional money gives school nutrition programs “critical resources to bring more fresh produce, whole grains and low-fat dairy products into cafeterias,” according to the School Nutrition Association.

Meanwhile, the prices of military school lunches have not kept pace with the increased cost of providing the food to students over the past seven years and needed to be raised, according to Navy Installations Command Headquarters’ Fleet and Family Readiness.



Recover from injury and stay in the fight

So there I was, walking from Cooper Field back to my room when I heard the sounds of a tiny whip crack. I didn’t see anyone behind me, so I looked down. Intently scowling at me was a banana rat holding a whip in one paw and reins in the other, mounted on an iguana with a bit in its mouth. The hutia struck the reptile with the whip and they took off after me.

I bolted in the opposite direction when I decided to take cover near a buddy’s room. In an attempt to escape, I cut through a ditch and on my way up the other side of the valley, my foot found a hole camouflaged in grass. I turned around to see if my life was still in danger as the banana rat was snickering and high fiving his scaly steed.

That’s my story and I’m sticking to it.

No matter how an injury occurs, you still have a commitment to your command and yourself to stay in shape. Don’t let a physical ailment keep you from being combat effective.

Jen Norton, the fitness director for Morale Welfare and Recreation, says it’s important to work within your physical limitations.

“Don’t start running just because you think it feels better,” she said. “Build yourself back up to your previous form. Don’t just go straight for it.”

During the rebuilding process, there are lots of alternative exercises that can build strength and agility. Because of her own shoulder surgery, the fitness director offered first-hand advice.

“Resistance bands are a great way to safely work yourself back into shape,” she said. “I use bands religiously. I use them at the gym and I even use them at home.”

These bands offer varied levels of resistance to force your muscles to repeatedly contract without making you bear an exceeding amount of weight. Overbearing an injury can prolong your rehabilitation.

“If you have a shoulder or elbow injury, make sure you progress back

to weightlifting at a slow and controlled pace,” she advised. “Lower the weight you push and raise the amount of repetitions you do. You can even try the cable machines for lighter weights and maintaining range of motion.”

If your injury is an ankle or leg injury, find alternative options for your cardio workout.

“You can do some water jogging or swim laps at the pool,” Norton said. “You can jump on a bike or an elliptical machine at the gym if it’s less stress on the injury.”

When it’s time to put your feet back on the street, don’t run the same distances that you are accustomed to. Norton advises the use of a walk-run program, and to remember that getting back to your old self isn’t always the number one goal.

“It’s easy to get an injury back to the level it was at, but if it’s acute injury or pulled muscle, the challenge is to keep the body part moving,” she said. “Don’t immobilize the injury or compensate for the pain.”

Now, more than ever before, you need to maintain physical combat readiness. Marines have altered their physical training to be combat effective. The Navy has a proposed change that will test Sailors’ physical ability within their skill set. New Soldiers are put through physical readiness training that lessens the rate of injury so they can make it to the battlefield.

Gyms at Guantanamo Bay can help warriors stay fit and healthy. Each gym has fitness trainers you can consult to build a regimen catered to your physical needs or personal goals. Norton asks that you seek medical guidance first.

“We are not medical professionals,” she said. “We can aid in whatever your physician says is best for you.”

For more information on fitness trainers, call Denich Gym at 77262 or Marine Hill Gym at 2284. And whatever you do, don’t let mounted banana rat attacks happen to you!

ONLY AT GTMO by Mass Communication Spc. 1st Class Ty Bjornson



THE THING

Movie Review

By Mass Communication Spc. 1st Class Ty Bjornson

Oh my, my, myyy! Just two weeks ago I was poking fun at a certain 'tween-vamp-romp when I made a reference to a certain '80s monster movie. Who knew "Twilight" would ever foreshadow "The Thing"?

The 2011 incarnation of "The Thing" serves as the prequel to the 1982 John Carpenter horror film of the same name. Mind you, to call the 1982 film "the original" would be incorrect. Carpenter's movie is actually a remake of the 1951 film "The Thing from Another World" and was a silver screen McCarthyism metaphor. In comparison, the 1982 Carpenter version was an-all out horrific monster movie special effects extravaganza. In fact, when I first caught Carpenter's flick as a lad in the '80s, it definitely disturbed me. Though the 1982 film bombed at the box office, it gained cult status via cable television, home video and word of mouth. Now we have the 2011 prequel to Carpenter's movie. In fact, if you stick around for the end credits you will see "cookies" on how this movie directly ties into the introduction of the 1982 film.

This new film centers on what actually happened to the joint Norwegian/American research group whose camp has discovered at the beginning of Carpenter's film. Norwegian scientist Dr. Sander Halvorson (Ulrich Thomsen, "Fringe") finds an alien spacecraft under a 100,000-year-old layer of ice. He enlists the aid of Dr. Kate Lloyd (Mary Elizabeth Winstead, "Live Free or Die Hard") for the examination and research on the frozen life form found not far from the craft. Shortly thereafter, The Thing is revived from its icy cocoon and wreaks havoc on the camp. It is a malevolent grotesque oozing monstrosity that mimics the people and creatures it kills and absorbs. The Thing could be anybody or anything. It could be your best friend or your dog. Having said this, it is hard to say what the true appearance of The Thing might actually be. When it's not in a guise, it is shown only as a writhing bloody mass of organs, tentacles, teeth, beaks, crab legs, claws and exhibits other nasty, gooey monster qualities.

As the researchers fall prey to The Thing, mistrust and apprehension divides the group. They don't know who could be a Thing and who is human. Everyone is out for themselves. They are far from civilization at their remote Antarctic location without help or backup. All they have for self preservation is anything that can be used as a weapon, namely flame-throwers and guns. Where can they go? How can they escape? Will they make it through the night?

Though this new movie is faithful in tying into Carpenter's film, it just doesn't grab me the way that one did. Notably, it didn't seem inspired to me. I guess it has what some fans would want: more of the same. My problem with that is horror film audiences have seen it all before. These types of situations and monsters have been done better in other movies, not just the '82 film. I think therein lies the problem. When we first saw Carpenter's film, it was innovative, disturbing and original (though it was a remake). It was cutting edge at the time. Not this time. It's almost 30 years after the last movie came out. There have been all kinds of sci-fi horror thrillers since then with varying degrees of quality and success. That's when I realized The Thing is really a one trick pony. You don't get anything else from it because it can't do anything else. Even Winstead's heroine of this movie is borrowed from another, better monster film franchise: the "Alien" series. Both Dr. Lloyd and Ellen Ripley (Sigourney Weaver) are observant, logical, vocal and proactive. It is obvious this film wanted a new hero to contrast the one in '82's movie, MacReady (Kurt Russell), but now there is no reinventing the wheel. So when all else fails, borrow from "Alien." That's too bad.

I have to note the special effects. It's now weird to see The Thing as a computer animated character. When it splatters somebody, I know the blood is CGI. There's nothing realistic or threatening about it. I know the techniques used on movies now differ from those used on the '82 film. I only mention it here because I honestly felt like it was more of a distraction than an aid. There was something tangible and real about Carpenter's Thing due to the limitations in the medium Carpenter had to work with in the early '80s. The mannequin work and puppetry were performed so masterfully in that picture there was a sense of realism. Too bad that tangibility cannot be duplicated with CGI.

I'm sure that there are some people who will argue this film shouldn't be judged as a companion piece to Carpenter's film, but judged on its own merit. Fine. On those terms it would be just another forgettable monster movie. In this case, "The Thing" 2011 gets points for being a companion piece. As mentioned, it is faithful to '82 film's continuity.

Watch "The Thing" 2011 if you must, though it pales in comparison to the '82 offering. If anything, watch it for Carpenter nostalgia. As of this writing, his rendition is on IMDb's Top 250 at 162 with a user rating of 8.1/10. That's the one to watch, if you're into that kind of "thing"!

GTMO Quick Reference

Bayview Club - 75605
Wed.-Fri. 11 a.m.-8 p.m.
Sun. & Holidays 8 a.m.-5 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.

Caribbean Coffee - 77859
Mon.-Sat. 6 a.m.-10 p.m.
Sun. 1-10 p.m.

Jerk House - 2532
Sun.-Thu. 5-9 p.m.
Fri. & Sat. 5-10 p.m.

KFC and A&W Express - 75653
Daily 11 a.m.-10 p.m.

MWR Liberty Centers - 2010
Mon.-Thu. 11 a.m.-12 a.m.
Fri. 11 a.m.-1 a.m.
Sun. 9 a.m.-12 a.m.
Sat. & Holidays 9 a.m.-1 a.m.

Library - 4700
Mon.-Sat. 8 a.m.-9 p.m.
Sun. & Holidays 12-9 p.m.

Pizza Hut - 77995
Mon.-Thu. 11 a.m.-9 p.m.
Fri. 11 a.m.-11 p.m.
Sat. & Sun. 12-9 p.m.

Windjammer Cafe
Mon.-Thu. 11 a.m.-9 p.m.
Fri. 11 a.m.-10 p.m.
Sat. 5-10 p.m.
Sun. 5-9 p.m.

Windjammer Club - 77252
Fri. & Sat. 5 p.m. - 2 a.m.

Windjammer Sports Bar
Mon.-Thu. 5-9 p.m.
Fri. & Sat. 5 p.m.-2 a.m.
Sun. 5-9 p.m.

Safe Ride - 84781

December 17
3-5 p.m.
Caroling

Sing at the U.S. Naval
Hospital, Gold Hill and
Seaside Gallies, and
Guantanamo Bay
housing areas.

Operation Christmas
Stocking: Dec. 22-25
Volunteers needed!
Call 2323 for information.

December 24
Main Chapel services
5-6:30 p.m.
Roman Catholic
Christmas service

7-8 p.m.
Protestant
Christmas service

12 a.m.
Roman Catholic
Christmas Mass

GTMO Holiday Services

December 31
7 p.m.
New Year's
First Night service

January 7
9 a.m. - 12 p.m.
Decoration clean-up

Call 2323 for more
information on all
holiday events.

| | 16 FRI | 17 SAT | 18 SUN | 19 MON | 20 TUE | 21 WED | 22 THU |
|------------------------|--|--|---------------------------------|----------|---|------------------------------|-------------------------------------|
| Downtown Lyceum | Three Musketeers (NEW) (PG-13) 7 p.m. 50/50 (last showing) (R) 9 p.m. | Johnny English Reborn (NEW) (PG) 7 p.m. Dream House (last showing) (PG-13) 9 p.m. | The Big Year (NEW) (PG) 7 p.m. | No movie | Paranormal Activity 3 (NEW) (R) 7 p.m. | Arthur Christmas (PG) 7 p.m. | New Year's Eve (NEW) (PG-13) 7 p.m. |
| Camp Bulkeley | The Big Year (NEW) (PG) 8 p.m. New Year's Eve (NEW) (PG-13) 10 p.m. | Three Musketeers (NEW) (PG-13) 8 p.m. Paranormal Activity 3 (NEW) (R) 10 p.m. | 50/50 (last showing) (R) 8 p.m. | No movie | Dream House (last showing) (PG-13) 8 p.m. | Footloose (PG-13) 8 p.m. | Real Steel (PG-13) 8 p.m. |

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

Soldiers of the 193rd Police Company charged down to Cable Beach Dec. 13 at sunrise during the 525th Military Police Battalion run. –photo by Mass Communication Spc. 2nd Class Kilho Park

Hey Moe! Hey Larry! The 193rd Military Police Company's Dec. 9 picnic included a unique way to raise money for unit activities: buy a cream pie! –photo by Mass Communication Spc. 1st Class Ty Bjornson



The **JTF** At Shutter Speed

Background: "The Santis" (front, in red pinneys) defeated "No Mercy" to win Dec. 13's final round dodgeball tournament at the G.J. Denich Gym hockey rink. –photo by Army Sgt Saul Rosa