

# The WIRED

An award-winning  
JTF journal

Football season enters playoffs

## Losers Go Home

**The Waltons**  
No, not the TV show

**Righteous Music**  
Trooper Chapel, Sunday  
Nights - Be There!

# Trooper to Trooper

featuring

## Senior Chief Petty Officer Brian Domino

Joint Medical Group, Senior Enlisted Leader

Today I would like to talk about living a healthy lifestyle. With such beautiful weather here on Guantanamo Bay, fitness and exercise should play an integral role in our general health. Daily physical activity can re-energize those long, arduous duty-days of Troopers, motivate local residents, and of course, help improve health, body and mind. The list of benefits from exercise is well-documented.

While any exercise is good, running is considered to be one of the most invigorating. By starting with a light jog, you can improve your motivation and reduce tiredness immediately. Other ways to improve your inner core strength is through aerobics and weight-lifting exercises. These activities promote healthy muscles and will assist in burning fat cells and increasing healthy weight loss.

When deciding to exercise, you must not only consider the immediate affects but the long-term ones as well including hereditary diseases and injuries. Those with family history concerns need to take extra care by first visiting a physician or nutritionist to evaluate your condition prior to beginning any physical regime.

After checking in with your health care provider and planting yourself on an exercise path, there are plenty of resources available to keep you focused on your goals. Current health articles and websites can



provide help indentifying potential dangers associated with particular exercises and recommend rewarding work-out plans, mentor support and proper exercise attire needed for success in attaining fitness goals.

To achieve your goal, there is no need to work out 60 minutes a day, 7 days a week. Large gains can be made with a small investment. Working out as little as 20 minutes a day, 3-4 times a week is more than enough to attain any goal. Another key to success is changing up your routine.

After a while, just running can become redundant and boring. I highly encourage

riding a bike, elliptical, or swimming. Allowing yourself a variety of opportunities will keep you fit, trim and quite intrigued with exercising.

Here on Guantanamo Bay, there are many fitness-oriented programs promoted by MWR: yoga, aerobics, kickboxing, 5k fun runs, weight-lifting and so much more. It is up to you to explore the available opportunities. This will not only benefit you while you are here on the island but will also get you through the everyday stressors of work, your energy levels, improve your posture, strengthen your immune system and make you look and feel better.

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Mass Communication Specialist 1st Class  
Sally Hendricks: 3649

### The Wire

**Command Information NCIOC:**  
Sgt. 1st Class Benjamin Cossel: 3499  
**Executive Editor:**  
Spc. Meredith Vincent: 3651  
**Photojournalists:**  
Mass Communication Specialist 2nd Class  
Maddelin Angebrand  
Mass Communication Specialist 2nd Class Jason Tross  
Mass Communication Specialist 2nd Class Joe Ebaló  
Army Sgt. Mathieu Perry  
Spc. Kelly Gary

### Contact us

**Editor's Desk:** 3499  
From the continental United States  
**Commercial:** 011-53-99-3499  
**DSN:** 660-3499  
**E-mail:** thewire@jftgmo.southcom.mil  
**Online:** www.jftgmo.southcom.mil



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**COVER: With the 2011 flag football season playoffs just around the corner, teams of the league are sharpening their plays and preparing themselves for the second half of the season. - photo by Mass Communication Specialist 2nd Class Joe Ebaló.**



Maj. Gen. John Campbell, commander, Regional Command East, presents a eagle statue to Afghanistan President Hamid Karzai. (file photo)

## Regional commander: bin Laden's death hasn't altered pace of the fight in Afghanistan

Chris Carroll  
Stars and Stripes

WASHINGTON, D.C. — The death of Osama bin Laden hasn't taken the fight out of Afghan insurgents, but there's also no sign it's spurring them to new heights of violence as the fighting season commences, the U.S. commander for Afghanistan's eastern region said Tuesday.

"Bin Laden was certainly the leader of al-Qaida, [and] certainly an important man to that organization, but one man does not make this war on terrorism," said Army Maj. Gen. John Campbell, commander of Regional Command-East.

Coalition and Afghan forces face a complex threat in the region, he said, ranging from homegrown Taliban to the Pakistan-based Haqqani network, a group targeting Afghan civilians that has a great ability to regenerate after large numbers of fighters are killed.

About 4,000 insurgents of all stripes have been killed or captured in the eastern region since summer 2010, and several hundred more have stopped fighting and reintegrated into Afghan society, he said.

With a troop drawdown set to begin this year, Campbell said that in the mountainous east, where insurgents slip in and out of the country from Pakistan's tribal region, time is needed for the troop surge to take effect, adding that the final decision on any

reduction in troop numbers would be made by his superiors.

"We're just now being able to see the effect of having the coalition surge over the last several months," he said. "We've got to let this counterinsurgency — our operations here — take effect, and it's going to take some time."

When he sent 30,000 more troops to Afghanistan last year to stabilize the country, President Barack Obama said he would begin a pullout in July.

The Wall Street Journal on Tuesday published a story detailing preliminary plans for 5,000 troops to be withdrawn in July and another 5,000 to leave by year's end. The Pentagon, however, dismissed the story.

"General [David] Petraeus is the four-star action officer on this. Any speculation about what General Petraeus is working on is just that: speculation," said Col. David Lapan, Defense Department spokesman. "It's not as if staff officers are involved in the process."

Lapan said Petraeus is working directly with Central Command chief Gen. James Mattis, Chairman of the Joint Chiefs of Staff Adm. Mike Mullen and Defense Secretary Robert Gates, who then will pass the recommendation to the president.

Campbell said the Tuesday press briefing was to be his last as head of RC-East. The Army 1st Cavalry Division, led by Maj. Gen. Daniel Allyn, is scheduled to take over command next week, he said.

### Al-Qaida warns of more attacks

Voice of America News Service

The leader of al-Qaida in Yemen is warning the United States of more attacks in retaliation for last week's killing of Osama bin Laden in Pakistan.

In a statement posted on the Internet Wednesday, Nasser al-Wahishi tells Americans that the "ember of jihad is brighter" following bin Laden's death and that "what is coming is greater and worse."

The warning from the leader of al-Qaida in the Arabian Peninsula came as top U.S. Senator John Kerry announced he will travel to Pakistan next week to try and put relations with that country "back on track" after bin Laden's death.

U.S. special forces killed the al-Qaida leader during a May 2 raid on a compound in Pakistan's garrison city of Abbottabad.

The discovery of bin Laden's hideout in Pakistan and his subsequent killing in the raid has further strained relations between the U.S. and Pakistan.

Kerry, the chairman of the U.S. Senate Foreign Relations Committee, told reporters in Washington he plans to discuss bilateral ties with Pakistani officials during his trip to Islamabad.

Earlier this week, Pakistani Prime Minister Yousuf Raza Gilani rejected allegations that Pakistan's military and spy agency were complicit or incompetent in failing to detect bin Laden's lair.

The Pakistani leader also criticized the U.S. raid, warning of "serious consequences" from such unilateral actions.

### Cuban dissidents push for death probe

Voice of America News Service

Cuban dissidents are calling for an international forensic investigation into the recent death of fellow dissident Juan Wilfredo Soto, who they say died after being arrested and beaten by police.

The dissidents issued the call Tuesday, two days after Soto died at the age of 46. They say Soto died in a hospital in the central Cuban city of Santa Clara, where he was taken following the altercation with police in a park last Thursday.

Cuba's government has denied that Soto was beaten. It says he died of natural causes. The dissidents have acknowledged that Soto had health problems, but they have accused the government of lying about the cause of his death.

Fifteen months ago, imprisoned dissident Orlando Zapata died following a nearly three-month hunger strike to protest Cuban prison conditions. Zapata's mother blamed Cuban authorities for his death.

# News from the Bay

Stories and reporting by Spc. Meredith Vincent and Mass Communication Specialist 2nd Class Maddelin Angebrand

## Marina offering next boat license test prep

Morale Welfare and Recreation's Marina staff is offering a free boat license preparation course, May 18, at 5 p.m.

The class is scheduled to last 20 minutes and prepares Troopers for the process of obtaining a boat license. Instructor Cory Geiger, MWR outdoor recreation director, highlights how to get your boat license, how to be safe and how to have fun out on the water.

Geiger said he started the sessions because people kept asking him about the process of getting a license.

"I had people coming up to me and saying 'I need to come down and see you, I have been on island for 3 months and haven't got my boat license,'" said Geiger.

Troopers will get all the information they need before taking to the seas.

"We are here to help you feel comfortable on the water," said Geiger. "If you haven't driven a boat in a while or have never driven one before, we will teach you how to so that you can enjoy the water."

For more information about the boat preparation course, call Geiger at x2345.

## NEX, MWR co-sponsor fun, family fitness

Morale Recreation and Welfare is partnering with the Navy Exchange to bring you a Family Fun and Fitness Day, Saturday, from 10 a.m. to 2 p.m. at the NEX.

MWR will provide fitness demonstrations, information about healthy lifestyles and a bounce house for the kids. There will also be a run for kids hosted by the Child and Youth Programs team starting at 8:30 a.m.

A push-up contest will be conducted with prizes for both participants and winners. MWR staff members will demonstrate belly dancing, Zumba and kick-boxing techniques.

"Fitness is a huge part of well-being and builds morale for the active duty members here," said Jen Norton, MWR fitness director. "We offer command PT and group exercise as a different way of having fun and staying fit here in GTMO."

Schedules of monthly fitness classes will also be available with MWR staff members standing by to answer fitness and nutritional questions.

For more information contact Norton at x2157.

## Frisbee tournament registration begins

Registration for Morale, Recreation and Welfare's Ultimate Frisbee League begins Tuesday at Denich Gym.

There will be a coaches' meeting May 19 and league play is scheduled to start May 23.

Each team will have seven players. Games will be played two to three times per week for a total of eight weeks at Cooper Field.

Alana Morrison, MWR sports coordinator, encourages Troopers to join the league for the added fitness benefits.

"It's really fun – like a cross between flag football and soccer," she said. "It incorporates a lot of cardio, making it a great workout for everyone."

Referees will call the games based on ultimate Frisbee official rules, which can be found online. Other Guantanamo Bay bylaws and league rules will apply.

Registration is free and open to all Guantanamo Bay residents.

For more information regarding sign up and rules, call Morrison at x2113.

## Should females be allowed in combat arms?



"Sure they should, as long as they can meet the same requirements as everyone else."

Senior Airman Rodrigo Moreno



"Everyone has the right to serve their country, so if that means putting their life in harm's way ... she should be able to do that."

Hospital Corpsman Daniel Fitch



"If they can jump that hurdle, then let them do it."

Spc. Davin Wyche



"I think we're the same and equal as men, and if we had to do a male's job then we should be able to."

Yaoman 3rd Class Brittany Epps

## Boots on the Ground

# trooper focus

## Staff Sgt. Kellie Bell

Spc. Kelly Gary

Several years ago, Army Staff Sgt. Kellie J. Bell lost her grandmother, who served as Bell's surrogate mother, role model and best friend. It wasn't long after that she decided to join the Army.

"I realized I needed to do something not only to better myself but to bring back my self confidence," said Bell. "I wanted to make my grandma proud and [enlisting] seemed like the best thing."

Bell, supply noncommissioned officer for J6, issues, delivers and keeps equipment accountability for hundreds of assets.

"She will never leave work without making sure that her tasks are complete or have a plan of action for completing it the next day," said Sgt. 1st Class Yesenia S. Cooper, J6 superintendent.

For Bell, working hard is only one trait a leader should possess. Helping junior Troopers is key as well.

"Being a good leader and providing the lower enlisted with a path they want to go down is important," she said, adding she is always happy and willing to help others.

Cooper sees her sergeant's eagerness to give her Troopers a boost.

"Whether be it with weight loss, fitness, promotions or classes she is always helping others," Cooper said.

Bell's contribution to her colleagues and community goes beyond the duty day. Her leadership skills and ability to work in a team environment show in her afterhours activities.

"She is outstanding not only in uniform, but out of uniform as well," said Cooper.

When out of uniform, Bell can be found on the baseball diamond or the football field. When she was four years old, her mother signed her up for T-ball. Although the age



limit was five, she was allowed to play because of her talent. She has loved softball ever since.

"The most comfortable I have ever felt in my life is on the softball field," said Bell. "I don't have to think, just react."

Bell played on the intramural softball team the Beach Bums this past season and is currently on the flag football team, the Knights.

"I am very competitive," Bell said. "I love the adrenaline, trying to anticipate the next play and of course the camaraderie."

In her seven years in the Army, Bell said the comradeship she has found through work and play is most important.

"The best part is the people I meet," said Bell. "The connection, the relationships and the friendships that I have built are the most rewarding."

These connections mean the world to her, she continued, adding the positive leadership and companionship she has experienced since being on Guantanamo Bay surpasses any previous.

"J6 is definitely a family," said Bell. "I wouldn't trade this for anything."

Bell already has two Iraq tours under her belt but this deployment has given her deeper friendships than the previous two. Having seen the very examples of the kind of NCO she did not want to be, she now wants to be sure she gives more care to the people around her.

Bell's compassion and genuine concern for others are just two aspects contributing to

## Bullet Bio

**Time in service:** 7 years

**Hobbies:** softball, football, fishing

**Pet peeves:** NCOs who don't take care of their Troops

**Next goal:** to win Trooper of the Quarter

**Advice to junior Troopers:** "Always turn the negative into positive – and drink water!"

her future as a senior NCO. Her peers and seniors believe Bell has what it takes to

see FOCUS, page 7



## 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 looks as if someone is home? If you did, then you used OPSEC. We do these things to keep ourselves and our things safe from people who mean to harm us. 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.

# NFL draft forgotten as GTMO football playoffs begin

Story and photos by Mass Communication Specialist 2nd Class Joseph Ebaló

Anxious American football fans all over the world gathered around their television sets as the National Football League held their annual 2011 College Draft at Radio City Music Hall in New York City.

Some teams needed a quarterback while others needed help on defense or special teams. At the conclusion of the three-day event, more than 200 college players were officially drafted into the NFL and received professional contracts to step up and fill those positions.

Many fans are already strategizing and deciding on how their teams should use their new additions to generate victories and ultimately win the 2011 Super Bowl. Unfortunately, with a looming NFL players'

lock-out and strike, fans might not get to see the upcoming season's action as early as they think.

For many hard-core football players and fans stationed on Guantanamo Bay, the draft was an intense, nail-biting ordeal as they awaited news on their favorite teams. For others, the NFL is the farthest thing from their mind as there is plenty of football going on right here and playoffs are just around the corner.

"I love the NFL and, deployed or not, I rarely miss the details of a game or any big news," said Jamal "Doc" Jones, wide-receiver for the defending Morale Welfare and Recreation flag football league champion Spartans. "But honestly, I can't worry about the NFL right now because we're trying to go back-

to-back and win another one."

MWR's 2011 Flag Football League is in week 7 of an 8-week regularly scheduled season, with a two-week playoff. All 10 teams are fighting for a spot to continue on.

"The season is counting down and you can tell by how hard the players are fighting to win," said Alana Morrison, sports coordinator for MWR. "For some it might be too little, too late – for others they just might barely make the cut. The truth is some teams just aren't going to make it."

Six of the original 10 teams will compete in the tournament-style, double-elimination playoff season where they will get another chance to face off against some of the teams they may have lost to in the regular season.

"Once you're in the playoffs it's a whole different ball game," said Craig Smith, tight-end for the Black Knights. "It doesn't matter if you were the best or the worst team in the regular season because that's all behind you. It's all about who takes their game up a notch to get the victory."

Joe Paddy, quarterback and lineman for the Sharks, agrees – the playoffs are a clean slate.

"Once you get into the playoffs, you know what to do against certain teams because you've seen their strengths and weaknesses," said Paddy. "Hopefully you know how to take advantage, because that's what we're planning to do – go hard or go home."

For more information about the flag football season, contact Denich Gym at x77262.



Bryant Curry, a quarterback for the Black Knights, dodges defenders from the 525th Military Police Battalion's "Bad Boys" team during their last regular season game of the MWR Guantanamo Spring Flag Football Season at Cooper Field, May 10. The Black Knights defeated the Bad Boys 27 to 6, but the teams could meet again during the playoffs, beginning May 16.

# Readying GTMO for refugees, sudden population increase

## Naval station, JTF can 'handle it when it happens,' says MigOps officer

Story and photo by Mass Communication Specialist 2nd Class Jason Tross

When citizens must flee their Caribbean nations, Guantanamo Bay is historically one of the first places they come. As displaced refugees arrive on base, Joint Task Force Guantanamo Migrant Operations are first to react.

Migrant Operations – or Mig Ops – is the island's designated response to a sudden population increase and have played a definitive role in JTF and Naval Station Guantanamo Bay's long history.

Army Capt. Dave Rodriguez, J3 plans officer and single point of contact for MIG OPS said, what was a large component of the JTF is now just himself and only goes into action when the need arises.

"There is no JTF MIG OPS unless we get an executive order from the President," said Rodriguez. "It's just a plan right now because there is no mass migration happening here. We just make sure this base can handle it when it does happen."

The Department of Defense and Department of Homeland Security employ MIG OPS when refugees leave their home nations. Many refugees – most notably from Haiti and Cuba – end up on Guantanamo Bay.

Just last year, Guantanamo was prepared to host hundreds of thousands of Haitian refugees in the wake of the 7.0 magnitude earthquake that killed an estimated 200,000 thousand people and left nearly one million homeless, according to the U.S. Geological Service. This demonstration of preparedness

is the result of previous migrations and population problems on the base. The largest migrant operation to date for the JTF was Operation Sea Signal, when thousands of people fled Haiti and Cuba seeking refuge in the United States. Refugees were intercepted and brought to Guantanamo Bay.

"We had 45 to 50,000 migrants here on Guantanamo Bay back in the early 90s during Operation Sea Signal," said Rodriguez. "They ended up staying on the base from early 1994 to mid 1996. There were so many people, they were living on the golf course and where the JTF is now. Servicemembers' families had to be evacuated because there were just too many people."

Army South is identified to assume responsibility for all future MIG OPS on Guantanamo Bay. However, that will not completely take JTF Guantanamo or Rodriguez out of the equation. The captain will remain the JTF Guantanamo MIG OPS officer to execute the initial phases of a large-scale migration and serve as a liaison to Army South for the phases following.

"My job is to get our Migrant Operations Center on the leeward side [of Naval Station Guantanamo Bay] up and running and make sure we are ready to handle a massive influx of people," said Rodriguez.

That swell in population is not limited to refugees. Planning requires additional Troopers for

support – upwards of 10,000 at full capacity. Rodriguez has locations across both the leeward and windward sides of Naval Station Guantanamo where tent cities, much like the one currently at Camp Justice, can be erected to house refugees and servicemembers separately.

Hosting more than 50,000 immigrants, often poverty-stricken and in dire need of medical attention, may seem like a daunting and overwhelming task. For Rodriguez, having this plan in place and being able to successfully execute it is essential.

"This plan is here for a very good reason," said Rodriguez. "If we don't respond, thousands of people will die. We are not going to let that happen."



Old boats and rafts sit on display at the Lighthouse museum. The worn and dilapidated boats and rafts were once used by Cuban and Haitian refugees to come to Guantanamo Bay. – file photo

### FOCUS cont.

excel. "She is a very strong female," said Cooper. "She has a heart of gold and she is an outstanding leader."

Bell is competing for Trooper of the Quarter – a goal she said can be reached with the help of her NCOIC and friends.

"It is something that I never thought I could do but with [Cooper's] support and the support of the people here I know it is possible," she said.

In addition to the award, Bell hopes to earn her bachelor's in Logistics and Transportation from American Military University.

Cooper is confident Bell can excel all the way to the top, and sees her moving forward with great momentum.

"I honestly see Bell as a command sergeant major," said Cooper. "I think she has it in her to lead troops."

At the bottom of her email,

Bell has chosen to inlay a quote from former president John Quincy Adams: "If your actions inspire others to dream more, learn more, do more and become more, you are a leader." Cooper said the quote fits Bell perfectly.

"[Bell] embodies that quote," said Cooper.



Guitarist and lead vocalist Machinist Mate 3rd Class Daniel Kurtz (left), bass guitarist and back up vocalist Aviation Warfare Systems Operator 1st Class Sam White and drummer Mass Communication Specialist 2nd Class Maddelin Angebrand practice their song line up before playing in the Sunday service at the Trooper Chapel, May 8. - photo by Mass Communication Specialist 2nd Class Carlos Cepeda.

# Something to Sing about



My biggest concern while traveling to Guantanamo Bay was getting my guitar here - safely. In transit my luggage was lost, but thankfully the guitar stayed safe and snug at my side.

I actually play the drums; however, transporting an entire drum set here seemed improbable, so I decided to make learning something new a priority. I didn't expect to see a drum set anytime soon.

On my first assignment, I was photographing an Army sergeant reading to his children for the United Through Reading Program in the Trooper Chapel

when I noticed a glimmering gold drum set in the corner. I was itchin' to make noise, but managed to patiently wait until my subject was finished with his story.

After the shoot, I jumped behind the set and took to the tom toms like a kid in a candy store. Religious Programs Specialist 3rd Class Jeffery Lauber heard and informed me the drummer for the praise band was leaving soon. Lucky for me, they were looking for a replacement! He got me in touch with the band's bass guitarist, Aviation Warfare Systems Operator 1st Class Sam White also a Joint Task Force member.

When I talked to White, he invited me to practice the following Tuesday - of course I accepted. I was nervous at first and almost frozen behind the drum set. I had never played with a praise band before. My experience was with my high school band and playing various beats on friends' drum sets growing up.

With first time jitters out of the way, I got to know these guys a bit and realized this was a story needing to be told -volunteering to do this every Sunday regardless of 12 hour shifts, lack of sleep and inevitable exhaustion convinced me to start writing.

White assured me and understood my nervousness. He said he had grown as a bassist here and that I, too, would develop as a drummer.

"We are blessed to have you with us," he told me. "It's kind of ironic how our last drummer left no more than two weeks ago and we found you a week after."

White was sitting at an indoctrination briefing at the Trooper Chapel when he, too, noticed the drum set.

"I asked one of the chaplains [at the brief] if they had a praise service here," said White, "Later on he emailed me to ask if I would like to play with them."

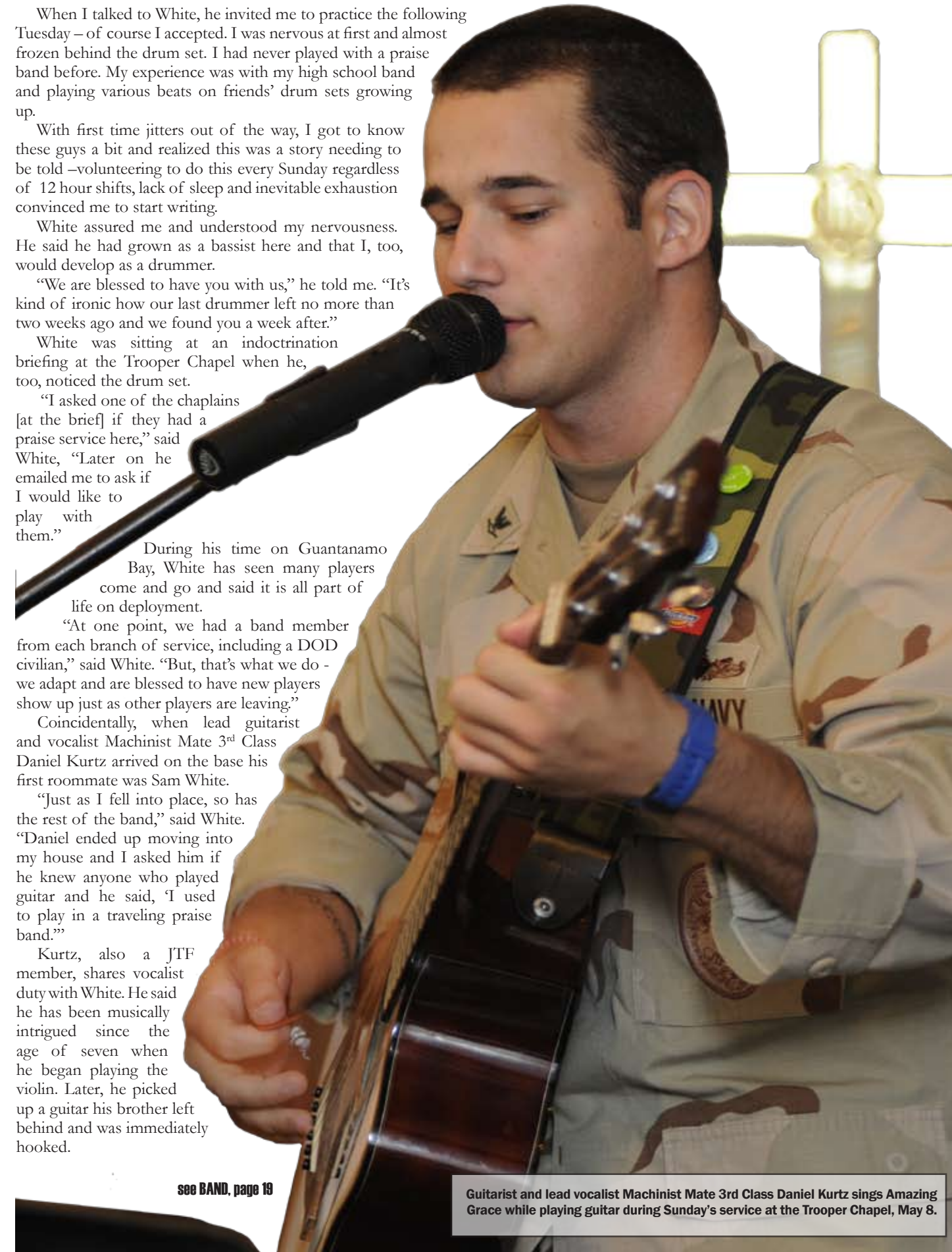
During his time on Guantanamo Bay, White has seen many players come and go and said it is all part of life on deployment.

"At one point, we had a band member from each branch of service, including a DOD civilian," said White. "But, that's what we do - we adapt and are blessed to have new players show up just as other players are leaving."

Coincidentally, when lead guitarist and vocalist Machinist Mate 3rd Class Daniel Kurtz arrived on the base his first roommate was Sam White.

"Just as I fell into place, so has the rest of the band," said White. "Daniel ended up moving into my house and I asked him if he knew anyone who played guitar and he said, 'I used to play in a traveling praise band.'"

Kurtz, also a JTF member, shares vocalist duty with White. He said he has been musically intrigued since the age of seven when he began playing the violin. Later, he picked up a guitar his brother left behind and was immediately hooked.



see BAND, page 19

Guitarist and lead vocalist Machinist Mate 3rd Class Daniel Kurtz sings Amazing Grace while playing guitar during Sunday's service at the Trooper Chapel, May 8.



Standing in the hallway at the famed White House that sits atop Marine Hill, Robert G. Walton looks down at his feet. “The floors are the same!” he exclaimed. “The floors are exactly the same.”

It’s been a little more than 50 years since Robert stood in that hallway. The last time he was just a boy, a senior in high school, and his father was the commanding officer of the Marine barracks.

Col. Robert C. Walton led the Guantanamo Bay chapter of Marines from 1958 to 1960. His wife and three sons lived on the base with him during that time. And today, there is a family reunion of sorts happening on the island. Not just father and son, but three generations of Guantanamo Bay residents.

“It’s kind of a nice continuity,” said Navy Lt. Cmdr. R. Howard Walton, son of Robert G., grandson of Col. Walton and the assistant staff judge advocate for Joint Task Force Guantanamo who is now deployed here. “It really brings a new dimension to my experience here.”

When Howard learned he could bring his father back to a major site of his youth, he seized the opportunity. Showing both his father and mother, Barbara Walton, around the base was a family trip down memory lane, led by the elder Walton.

“My wife says I’m walking around in a daze,” he chuckled.

Robert G.’s father originally enlisted as a Sailor in the Reserves when he was 17. After his commission, Robert C. transferred to the Marine Corps, where he retired as a full-bird colonel.

“In ’58, the gate was open,” Robert G. recalled. “You could go into Caimanera or Guantanamo City. Then in January of ’59, the revolution took over and things changed.”

Robert G. was in high school at the time. He was putting radios together and racing sailboats. Looking back, he understands what a unique experience his teenage years here afforded him.

“I watched Cuban gun boats sail up the center of the harbor,” he said. “I woke up to the sound of .50 calibers and mortars and all the rest of it.”

The Walton family found themselves in the middle of a historic period for both the United States and Cuba, and little was left unchanged.

“When we arrived [to Guantanamo Bay], Father had command of an understrength company, essentially the gate guards around the post,” explained Robert G. “When we left, he had a reinforced battalion with tanks and armor and artillery and all kinds of things. It was a whole different ball game.”

The community around him changed, too. What was once a peaceful town-like atmosphere quickly spiraled a frontline in the Cold War.

“It changed,” he said, remembering his boyhood home. “It went from being this sleepy little place to being a place on the front page of all the newspapers.”

This visit marks the first time Howard’s father has come back to his high school alma mater. A former Marine himself, Robert G. did a short stint as a Reservist from 1961 to 1965. There is, predictably, plenty of good-natured ribbing between father and son over why the lieutenant commander chose the Navy over the Marines.

“I say it was because the Navy made him a better deal,” said Robert G., patting his son lightly on the back.

“Actually, I just liked the uniforms better,” fired back Howard.

see WALTONS, page 19



# all in the FAMILY

Story and photos by Spc. Meredith Vincent



(far left) Col. Robert C. Walton works at his desk in the Marine Corps Security Forces Headquarters building, circa 1959. The office now belongs to the first sergeant of today’s Marine contingent. - photo provided by the Walton family

(middle) Lt. Cmdr. Howard Walton stands with his father, prior Marine Robert G. Walton, and his grandfather’s picture, April 9, inside the Marine Corps Security Forces Headquarters.

(top right) The colonel’s name engraved on the Commanding Officer’s U.S. Marine Barracks plaque just inside the doors to the White House on top of Marine Hill.

(bottom right) Robert G. Walton works on his homemade radio inside his home on Guantanamo Bay. That house is now home to the Joint Task Force Guantanamo commander, Rear Admr. Jeffrey Harbeson. - photo provided by the Walton family



Maj. Gen. Karl R. Horst dedicates a stone recovered from the Pentagon after the attacks on September 11, during a ceremony, May 9 at Fort McNair, Washington, D.C. – photo by U.S. Army

## Pentagon stone dedicated at Fort McNair

Grace Ohlhaut,  
JFHQNCR/MDW Public Affairs

WASHINGTON, D.C. – A stone recovered from the Pentagon after the Sept. 11, 2001, attack was dedicated Monday in commemoration of actions taken by members of the U.S. Army Military District of Washington following the attack.

Maj. Gen. Karl R. Horst, the Joint Force Headquarters-National Capital Region and the U.S. Army Military District of Washington commanding general, spoke at the ceremony held at Fort Lesley J. McNair, Washington, D.C.

Soldiers from the 911th Technical Rescue Engineer Company played an integral role in

the ceremony, assisting with the unveiling of the stone and presenting the accompanying plaque.

For 10 days following the Sept. 11, 2011, attacks, the unit, then called the Military District of Washington Engineer Company, was engaged in rescue and recovery operations for which the unit and Soldiers assigned were awarded the Army Superior Unit Award.

Also recognized at the ceremony were the servicemembers and employees of Military District of Washington who were with the command on 9/11. Maj. Gen. James T. Jackson, who was the commanding general of Military District of Washington during the attack, also participated in the ceremony.

The limestone block, marked DB849 and weighing 225 pounds, was recovered from the west facade of the Pentagon, about 50 meters from the area where American Airlines flight 77 crashed into the building nearly 10 years ago.

“The stone will serve as a tribute to the 184 people who perished and to those who assisted in the rescue and recovery efforts at the Pentagon; and the lives lost in Shanksville, Pennsylvania, and at the World Trade Center. It also serves as a daily reminder of just how much we have grown as a command since Sept. 11, 2001,” said Horst during the dedication.

This is the fourth and final commemorative ceremony recognizing the rescue and relief efforts held over the past three months. MDW presented pieces of stone recovered from the Pentagon to the Arlington County Fire Department on March 24, 2011; the FBI Washington Field Office on April 27, 2011; and the Fire Department of New York City on May 6, 2011.

This final piece of stone will be positioned in a place of honor within the JFHQ-NCR/MDW headquarters building at Fort Lesley J. McNair.

## Army initiates Medical Evaluation Board improvements

Medical Command Public Affairs

The wars in Iraq and Afghanistan have generated over the past ten years a significant number of Soldiers with multiple and complex medical conditions that require a disability evaluation.

### What the Army has done?

The U.S. Army and Army Medical Command (MEDCOM) implemented an expansion strategy on April 1, 2011, to deploy an augmentation team comprised of activated Reserve Component Soldiers and TRICARE Management Activity support contractors to Dwight D. Eisenhower Army Medical Center, Fort Gordon, Ga. The augmentation team supplements existing resources at the medical center and enhances the Army’s ability to provide timely, quality and compassionate Medical Evaluation Board (MEB) disability processing for Soldiers. The expansion also helps ensure the Army has adequate personnel and resources available to process MEB cases and enhance continuity of care so Soldiers do not lose entitlements or benefits.

The Integrated Disability Evaluation System (IDES) is another initiative the Army, Department of Defense and Department of Veterans Affairs (VA) collaborated on to improve the disability process. The IDES, which began as a pilot program in the National Capitol

Region in 2007, combines the separate rating systems used by the Army and VA into a single disability rating that the VA prepares for use by both departments. The Army will deploy IDES to all of its military treatment facilities by the end of the fiscal year. The Army also recently opened a new Reserve Component Soldier Medical Support Center in Pinellas Park, Fla., to transform and improve the disability evaluation process for Reserve Component Soldiers.

### What does the Army have planned for the future?

The Electronic Medical Evaluation Board (eMEB) is another initiative the Army recently implemented to enhance the MEB process for Soldiers. In the future, an Electronic Physical Evaluation Board (EPEB) will be added to enhance the disability evaluation process even more to allow for the seamless transfer of Soldiers’ medical information between the Army and VA.

### Why is improving the MEB process important to the Army?

The Army and MEDCOM want wounded, ill and injured Soldiers to get the care they need at the right time and right place. The improvements streamline the MEB process; helps Army meet current and future demand for MEBs; enhances continuity of care and benefits entitlement for Soldiers; promotes and supports readiness and the Army mission “To Conserve the Fighting Strength.”



## George H.W. Bush strike group to deploy

Commander  
U.S. 2nd Fleet Public Affairs

NORFOLK, Va. – The George H.W. Bush Carrier Strike Group (GHWB CSG) will depart for its maiden combat deployment May 11.

The strike group, which includes the Navy’s newest aircraft carrier USS George H.W. Bush (CVN 77), is scheduled to conduct operations in the U.S. 5th and 6th Fleet areas of responsibility.

This deployment is part of an ongoing rotation of U.S. forces supporting maritime security operations in international waters around the globe. Working with allied and

partner maritime forces, GHWB CSG units will focus heavily on maritime security operations and theater security cooperation efforts which help establish conditions for regional stability.

“The George H.W. Bush Strike Group is ready to go,” said Rear Adm. Nora Tyson, commander, GHWB CSG. “These Sailors have worked extremely hard over the last year, and we are fully prepared to execute any and all tasking in support of the nation’s Maritime Strategy.”

The five ships and eight aircraft squadrons of GHWB CSG consist of approximately 6,000 Sailors who have spent the last year conducting intensive training and certification exercises to

establish a safe, cohesive organization capable of performing a wide variety of missions across the globe, ranging from anti-piracy and ground support operations to humanitarian assistance and disaster relief.

The George H.W. Bush Strike Group is made up of Carrier Strike Group (CSG) 2, the Norfolk-based USS George H.W. Bush (CVN 77), Carrier Air Wing (CVW) 8, Destroyer Squadron (DESRON) 22 staff, guided-missile cruisers USS Gettysburg (CG 64) based at Naval Station Mayport, Fla., Norfolk-based USS Anzio (CG 68), and Norfolk-based guided-missile destroyers USS Truxtun (DDG 103) and USS Mitscher (DDG 57).

## Conversion opportunities for ERB-eligible Sailors

Chief of Naval Personnel Public Affairs

WASHINGTON, D.C. – In an effort to provide conversion opportunities ahead of the Enlisted Retention Board, NAVADMIN 160/11 was released May 9, to waive some standard conversion requirements and provide Sailors with the guidelines for submitting applications.

The goal of the ERB is to re-balance manning in 31 overmanned ratings, improve advancement rates, and increase Perform to Serve (PTS) opportunity.

“Leadership respects and values the service of our Sailors,” explained Rear Admiral Tony Kurta, head of personnel policy. “By providing increased opportunity to convert to undermanned rates, our goal is to keep high performing Sailors in the Navy while increasing competition and advancement opportunity in

those overmanned ratings.”

As part of Navy efforts to increase conversion opportunities for ERB eligible applicants, some of the waived conversion requirements include:

- Years of Service: Personnel with greater than 12 years of service will be considered for conversion.
- Paygrade: All personnel, regardless of paygrade, will be considered for conversion.
- Personnel who are more than 12 months from their rotation date will be considered for conversion.
- Minimum activity tour requirements are waived.
- Personnel in receipt of PCS orders will be considered for conversion.
- Existing obligated service requirements incurred as a result of reenlistment, training, or other programs are waived.

Sailors who desire a conversion will need to submit, by June 15, a NAVPERS 1306/7 signed by their commanding officer or officer in charge, a signed memorandum prioritizing conversion requests, copies of all evaluations for the previous three years, a PRIMS print-out showing PFA scores for the previous four years, a print out of FleetRIDE qualification to the rating(s) they are applying for and any additional documents required for their targeted conversion ratings.

To learn more about the ERB, including eligibility requirements, read NAVADMIN 129/11 on Navy Personnel Commands website at [www.npc.navy.mil](http://www.npc.navy.mil).

To learn more about the conversion opportunities available, to include a list of the eligible undermanned ratings, read NAVADMIN 160/11 at [www.npc.navy.mil](http://www.npc.navy.mil).

## F-35 production 'takes off'



The third production model of the F-35 Lightning II, F-35A AF-8, completed its inaugural flight May 6, 2011. On May 9, the Air Force formally accepted its first production-model F-35 aircraft at a ceremony in Ft. Worth, Texas. The service plans to purchase a total of 1,763 F-35 fighters - Photo courtesy Lockheed Martin

## Gates: flexible capabilities essential

SEYMOUR JOHNSON AIR FORCE BASE, N.C. (AFNS) – The lesson Americans should take from recent military operations is that we cannot predict where or how U.S. forces will be engaged, and having flexible capabilities is the best defense for the nation, Defense Secretary Robert M. Gates said here May 6.

Since the Vietnam War, U.S. leaders have a “perfect” record in forecasting where America is going to use military power next: “We have never once gotten it right,” Secretary Gates said to about 450 Airmen in a hangar at this F-15 Strike Eagle base.

“We just don’t know, and that’s why we have to be prepared,” he said.

Given that record, Secretary Gates said, the equipment the military buys and the capabilities it develops must be broad-based. Especially in a time of budget constraints, he said, “we need to buy capabilities that have the maximum possible flexibility for the broadest possible range of conflict.”

Americans should be cautious about significant cuts in the defense budget, Secretary Gates said. Four times in the last century America has significantly reduced its military capabilities after a war: World War I, World War II, Vietnam and the Cold War. Each time it was because people thought the world had changed, that challenges had gone away.

“Human nature hasn’t changed,” he said. “There will always be despots out there, there will always be aggressors and tyrants.

“The United States must keep its military capabilities strong as it look to the future, because we can’t tell what the future will hold,” he said.

The federal debt crisis is dire, but that seems to be the only time a democracy will confront a problem, the secretary said.

“All through our history, people will try and put off dealing with a crisis for as long as they can, until it cannot be put off any longer,” he said.

“If there is a consensus in Washington on one thing, it is that we cannot put off dealing with this crisis any longer.”

A strong defense needs a strong economy, and the Defense Department has a role to play in cutting the deficit, Secretary Gates said.

There are more savings to be made, particularly in infrastructure and medical coverage, which is eating away at the defense budget, he said.

“What I have been trying to do - in dealing with the Congress and the White House - is say, ‘Let’s not do this as math, as opposed to strategy,’” he said. “Let’s take a look at our capabilities; let’s take a look at scenario-based force planning and see where we can take additional risk.”

The country needs a process that provides the president and Congress options that make sense, the secretary said.

The options would be realistic and convey, “if you want to reduce Defense by this much, these are the changes in assumptions you have to make, and here is the added risk you face if you head in that direction,” he said.

If the country has the time to adopt this budget strategy, and plans for reductions, “and do it intelligently, we can do our part without weakening our national security,” he said.

## AF receives first production F-35

The U.S. Air Force has accepted into its fleet the first of a planned 1,763 production-model Lockheed Martin F-35 Lightning II stealth fighters.

The signing of formal documents for the jet, known as AF-7, took place at Lockheed Martin’s F-35 final assembly plant in Fort Worth, Texas, Thursday, May 5. The jet flew to Edwards Air Force Base, Calif., on Friday to begin its flight testing program.

“This first aircraft is the beginning of the modernization of U.S. Air Force, Marine and Naval Air power and for our coalition partners around the world,” said Larry Lawson, Lockheed Martin executive vice president and F-35 program general manager.

“The F-35 family of aircraft will bring an incredible increase in capability that our men and women defending us deserve. Today we begin to fulfill the vision of our government and international customers.”

F-35s have completed more than 865 flights since flight-testing began in late 2006. In addition to AF-7, eight more production-model F-35s have rolled out and are being prepared for delivery.

## New travel card system changes lodging billing

SAN ANTONIO (AFNS) – As part of the Air Force’s recent implementation of the new Citibank controlled spend account travel cards, funding for lodging costs will be pre-loaded on the card once authorization is approved in the Defense Travel System.

As a result, Air Force Inns guests paying with the new CSA travel card will be charged the total room charges up to a long-term stay of 30 days upon check-in. Guests staying longer than 30 days will have their credit card charged on day 31 to cover previous miscellaneous charges and room charges to cover up to another 30 day stay.

According to Capt. Bruce Staufer, the chief of lodging at the Air Force Services Agency, the new payment procedure will help avoid card declines for insufficient funds and ensure lodging officials capture the funds authorized for the traveler’s lodging stay.

An added benefit to this new procedure is speedier check-out times. The elimination of the need to preauthorize charges means guests don’t have to return at the end of their stay to pay the bill, Captain Staufer said.

For more information about Air Force lodging and other quality of life programs, visit [www.usafservices.com](http://www.usafservices.com).

## The New Breed: Corps unleashes Labradors in counter-IED fight

Sgt. Jesse Stence  
Regimental Combat Team 1

CAMP DWYER, Afghanistan – The Marine Corps believes it has found the right dog for the counter-IED fight, but it’s not the traditional military working dog.

It’s a Labrador Retriever, and it resembles Old Yeller more closely than Rin Tin Tin.

Unlike the German Shepherd, which was carefully bred to herd sheep and fend off predators, the Labrador Retriever was bred to go fetch.

Originally created to help Canadian hunters catch game, today’s typical Labrador is catching Frisbees. The energetic yet even-tempered canine has become arguably the most common household pet in the world.

Yet the Labrador remains an able hunter, and therefore a competent aid to Marines conducting the delicate search for makeshift explosives, say those familiar with the Marine Corps’ counter IED efforts.

Sgt. Steven Basham, the kennel supervisor with 2nd Battalion, 8th Marine Regiment, said the Marine Corps began taking more interest in Labradors after an Auburn University study highlighted the breed’s hunting instinct, disposition and controllability, or “how you could control the dogs with whistles and arm signals.”

“Bomb dogs were mainly created for the urban terrain, whereas the [Labradors] were meant to work off leash,” explained Basham, from Hawesville, Kentucky.

Typically, Marines push the Labradors out front during patrols, Basham said. Labradors can smell 17 different odors associated with homemade explosives, and the dogs’ noses can sometimes detect what the Marines’ combat metal detectors can’t, he explained.

With its unique abilities, the Labrador has created a tactical niche for itself within the Corps’ counter-IED strategy. The trained Labradors are officially called IED Detection Dogs, and Marine Corps Systems Command has designated a program manager to further incorporate the IDD’s into counterinsurgency operations.

Lt. Col. Kenneth Burger, the program manager, said the IDD force is already slated to increase from 315 to 647 dogs.

“The first handler course that reflects the increase in IDDs started April 9, 2011, but will not be realized in-theater until September 2011, when the first unit will deploy with an increased number of dogs,” said Burger, from Tacoma, Wash. “The number of IDDs deployed will go for some 130 to approximately 285. A typical infantry battalion that used to get 13 dogs will now get 34.”

Not only is the program increasing in size, it’s increasing in sophistication.

Burger said the Marine Corps is signing on more Field Service Representatives to provide

ongoing training to the IDDs and their handlers.

“In conjunction with the increase in IDDs,” Burger said, “each unit receiving IDDs will also be given a FSR who will not only train in the [U.S.] with the unit, but will deploy with them as well.”

The FSRs are necessary because IDD handlers receive limited training, Burger said.

Traditional dog handlers attend a formalized Department of Defense school to earn a secondary military occupational specialty, whereas IDD handlers receive about five weeks of basic instruction and four weeks of integration training with their unit. The IDD training is simply designed to give the handlers basic skills without interfering with their predeployment training, he said.

“Due to the limited training the IDD handlers receive,” Burger said, “FSRs become very important, as they provide oversight on in-theater training and can conduct in-theater homemade explosive imprinting.”

“Our FSR requirement has increased dramatically,” added Burger. “Where we once had three FSRs in theater supporting the IDD program, we’ll now grow to 12: one per unit with IDDs, and two at [each Regimental Combat Team]. This increase in FSRs will not go into effect until Sept. 11, on par with the increase of IDDs in theater.”

Currently, two private contracting companies conduct the IDD training: American K-9 Interdiction, based out of Carrsville, Va.; and K2 Solutions, Inc., Southern Pines, N.C.

“The IDDs undergo 14 weeks of training prior to being presented for certification; however, even upon certification, IDDs must continually undergo sustainment training to maintain proficiency and conditioning,” Burger said.

The training for the handlers is also continuous, he said.

“Full unit integration training occurs during the unit’s participation at Enhanced Mojave Viper, [Marine Corps Air Ground Combat Center Twentynine Palms, Calif.],” Burger said. “Prior to deployment, handlers will also participate in one week of refresher training.”

According to Burger, there is plenty of anecdotal evidence to show the program is helping in the counter-IED fight; however, because the program is new, progress is difficult to quantify.

“We have just recently begun to receive



Marines and improvised explosive device detection dogs throughout the RCT-1 battalions gather to conduct training at Camp Dwyer, Afghanistan, April. 13. - photo by Sgt. Jesse Stence

qualitative data on a monthly basis that provides a correlation between the number of patrols with IDDs and the number of IED finds,” he said. “We continue to try to improve the reporting process and how to adequately determine IDD success.”

Basham said Marines should remember that there is no perfect solution to IEDs. Just as metal detectors can’t detect non-metallic bomb parts, dogs may not be able to smell trouble every time.

However, as the counter-IED fight evolves, the Corps has yet another weapon to unleash.

## New reenlistment standards brings big changes to Corps

Lance Cpl. Christofer P. Baines  
Headquarters Marine Corps

ARLINGTON, Va. – Recent changes in reenlistment procedures will help the Marine Corps identify and retain only the most qualified Marines by approving them through selection boards.

Marine Corps Administrative Message 273/11, guidance to all Marines implemented May 5, outline new competitive reenlistment procedures, which can affect Marines in both First and Subsequent Term Alignment Plans.

For fiscal year 2012, beginning Oct. 1, the system will change from the standard commander’s recommendation to a career planner’s tool with four ratings, which will allow commanders to evaluate the Marines based on their performance and eligibility to take on a boatspace, or designated slot, for fast filling military occupational specialties.

The highest rating, Tier 1, is for Marines with outstanding performance records, whereas Tier 4 is for Marines closer to the minimum standards for reenlistment. Marines will be evaluated against others in the same military occupational specialty and year group.





### Coast Guard aircrew rescues two 120 miles off Nantucket

BOSTON – The Coast Guard rescued two people Tuesday, 120 miles southeast of Nantucket, Mass., after their sailboat lost its mast and began taking on water.

The two-man crew of the sailing vessel Eva contacted the Coast Guard Command Center in Boston via satellite telephone at 1:45 p.m. stating that their 45-foot sailboat had lost its mast and was taking on water. They also stated the vessels dewatering pumps were not operating. Weather on scene at the time of the report was 25-35 knot winds with 12-foot seas. The vessel was equipped with a life raft.

They two men were hoisted by an Air Station Cape Cod MH-60 helicopter crew and are en route the Coast Guard air station in Bourne, Mass. Both men are reported to be in good condition

### Rescue crews search for six missing from Tarawa

HONOLULU – A Coast Guard search and rescue crew from Air Station Barbers Point has joined the search for six young people missing in an outrigger canoe in the Pacific Ocean Tuesday.

Aboard the canoe were two men, age 19, four girls ages eight, nine, 12 and 14. The canoe was collecting palm leaves for roofing off the west coast of Tarawa.

They were last seen at 8 p.m., May 5, Hawaii Standard Time. The canoe was spotted adrift and swamped by local fisherman Saturday. The canoe was also towing a 7-foot aluminum skiff which was no longer attached to the swamped canoe.

The New Zealand Rescue Coordination Center personnel reported the vessels were believed to have drifted out of a lagoon and into the open sea.

The Ministry of Foreign Affairs and Immigration of the Republic of Kiribati requested U.S. Coast Guard assistance Monday at approximately 8 p.m.

The Coast Guard HC-130 Hercules rescue crew arrived on scene approximately 2:30 p.m. Tuesday.

A vessel from Tarawa has been designated as the surface recovery asset. Local fishermen have also been actively engaged in search efforts. The crew has been missing for approximately five days.



## Coast Guard Cutter Mackinaw facing busy summer, upcoming change of command

CHEBOYGAN, Mich. – Crewmembers from the Coast Guard Cutter Mackinaw are preparing for a busy summer, including participation in upcoming events such as the 103rd Chicago to Mackinac Yacht Race, and the 2011 Coast Guard Festival in Grand Haven, Mich., where the cutter is scheduled to hold its change-of-command ceremony.

As the current commanding officer, Cmdr. Scott J. Smith, approaches the end of his third year on board, he will pass the mantle of command to Cmdr. Michael J. Davanzo during a formal change-of-command ceremony Aug. 3, 2011, at the Coast Guard Festival in Grand Haven. The ceremony is scheduled to take place at Escanaba Memorial Park at 1:30 p.m.

Davanzo will be reporting aboard from the Office of Cutter Forces at Coast Guard Headquarters in Washington, D.C. Davanzo is no stranger to the Great Lakes; his previous commands include the Coast Guard Cutter Hollyhock, based in Port Huron, Mich., and the Coast Guard Cutters Rambler and James Rankin. Davanzo has had an array of other assignments including tours aboard several other cutters, small boat stations, training centers and Coast Guard Headquarters.

Following the change of command, Smith and his family will head to Washington, D.C., where he will assume duties as the Coast Guard's program manager for visual aids to navigation.

## Coast Guard responds to rising water on Inland River System

NEW ORLEANS – The Coast Guard has stood up a Maritime Transportation System Recovery Unit Tuesday, in response to rising water levels on the Inland River System that have impacted commercial traffic.

The MTSRU is comprised of experts in maritime mobility, incident response and port operations who work with stakeholders to restore the commercial capacity of a waterway following a natural or manmade disruption.

As a result of high water in the Inland River System, the Coast Guard has established multiple safety zones and implemented vessel restrictions in several locations.

Restrictions are in place to help ensure the safe facilitation of maritime traffic and may vary according to geographic Captain of the Port zones. Information on these restrictions can be found on the Coast Guard's Homeport site.

Mariners are urged to take caution, proceed at a safe speed and adhere to established safety zones and restrictions, which will decrease wake impact to levees and other established flood control structures.

# Shake it like a salt shaker: "Healthy" food myths bedunked

Spc. Justin Pierce

Salt lovers may have noticed a recently published study touting the glories of their beloved condiment. This study, published in the May issue of the "Journal of the American Medical Association," strikes back against long held beliefs that salt intake and heart problems correlate. As with most nutritional studies, the exciting stuff is all in the title. Upon closer investigation, these results still leave us without the anticipated earth-shattering kaboom. The study only regurgitates what we already knew with a little more leeway for healthy adults under the age of 60. Findings from this study suggest that folks from the previously mentioned age group can benefit from salt, but only if they do not have a genetic history of heart disease. Moderation is still the key.

Studies like this do prove one thing very clearly: when it comes to nutrition, the general public is prone to hype. We fail ourselves when we forego the underlying logic in favor of fad notions. In light of salt's new-found fame, here are some other food misconceptions where logic often is kicked to the curb.

**1. Fat Free = Good:** There's some sense to this statement in that lowering your fat intake is good. The problem with fat free foods isn't that they don't have fat, but how they keep a satisfying flavor without it. More often than not, fat free foods use highly processed fillers to take back the lost flavor, reducing the calorie count, but trading it for relatively worthless calories in processed sweeteners. What's more, the general consensus on fat free foods runs something like this – "Since it has less/no fat, I can eat more of it." This just simply isn't the case. Unfortunately, since the flavor is never quite there, you'll want to eat more to fill that fat-craving void. Essentially, promoting fat free foods is like



saying it's better to drink two beers than eat two slices of bread. Sure there's less calories, but you'll still want that sandwich.

**2. Protein = Muscle Gain:** For those wanting to bulk up, this may come as a bit of a disappointment. Eating protein doesn't mean more protein for muscle. Unfortunately, your body comes pre-equipped with a recycling center of sorts. I like to call this strange contraption a "digestive system." No matter what you force down your throat, your body's recycling center breaks it down to the smallest element before beginning to use it. This doesn't mean you shouldn't eat protein – after all, no two sources of food process the same way and there are certain amino acids in protein you won't find in simple carbohydrates. At the end of the day though, 52 grams of protein in a shake just means roughly 300 calories of energy for your body to use.

**3. Salads = Healthy:** Here's the nutritional info for Iceberg lettuce:

Nutrition Facts	
Serving Size 72 g	
Amount Per Serving	
Calories 10	Calories from Fat 1
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 7mg	0%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	3%
Sugars 1g	
Protein 1g	
Vitamin A 7%	Vitamin C 3%
Calcium 1%	Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NutritionData.com

see BODY page 19

## GTMO Religious Services

**Daily Catholic Mass**  
Mon. - Fri. 5:30 p.m.  
Main Chapel  
**Vigil Mass**  
Saturday 5 p.m.  
Main Chapel  
**Mass**  
Sunday 9 a.m.  
Main Chapel  
**Catholic Mass**  
Saturday 7:30 p.m.  
Troopers' Chapel  
Sunday 7:30 a.m.  
Troopers' Chapel

**Protestant Worship**  
Sunday 9 a.m.  
Troopers' Chapel  
**Islamic Service**  
Friday 1:15 p.m.  
Room C  
**Jewish Service**  
Friday 7 p.m.  
Chapel Annex  
**LORIMI Gospel**  
Sunday 8 a.m.  
Room D  
**LDS Service**  
Sunday 10 a.m.  
Room A

**Church of Christ**  
Sunday 10 a.m.  
Chapel Annex  
Room 17  
**Seventh Day Adventist**  
Saturday 11 a.m.  
Room B  
**Iglesia NI Christo**  
Sunday 5:30 a.m.  
Room A  
**Pentecostal Gospel**  
Sunday 8 a.m.  
Room D

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

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

# FAST FIVE

Spc. Meredith Vincent

Let's just put this out there right away: the Fast and Furious franchise is not meant to be high art. In place of intelligent dialogue or distinguishable plot lines, these movies are, instead, judged on crumpled steel, body counts and of course, how good Vin Diesel looks in a wife beater. Awards season is over, ladies and gentleman, and summer's popcorn blockbusters are beginning their descent.

And for my next admission: I didn't watch F & F's second, third or fourth installments. Oops. However, I promise to remain as unbiased and impartial as I can. After all, I am a professional.

Having said that, "Fast Five" is a pretty horrible movie. But it's a *good* horrible movie. (Stay with me...) The real beauty of this car-racing saga is – and has always been – that it doesn't pretend to be something it's not. Director Justin Lin, who helmed the last two movies as well, knows his audience intimately and serves up heaping portions of flash, machismo and fist-bumping action – after all, why else would you come to see a movie like this?

It's definitely not for the acting. As street-racing alphas Dominic Toretto, Diesel again does his best impression of a tree stump, mistaking empty stares for unflappable swagger. His pretty, blond partner-in-crime, Paul Walker, is as bland as ever, but it's ok 'cause when he furrows his eyebrows over those sorrowful baby blues,



we know he's really worried or concerned or mad about something.

There's other people in the movie, too, but all you need to know about them is that they're all really tan, greasy and look good both behind the wheel and cocking a gun. Especially the chicks. To its credit, with nary a blond in sight (except for Walker, of course), "Fast Five" gives a well-deserved shout-out to hot brunettes all over the world. Word.

Not that it matters in the least, but here's a quick breakdown of the plot: After breaking Dom out of prison, Matt (Walker) and Mia – Dom's sister and Matt's prego true love, played by Jordana Brewster –



PG-13  
130 min.

head to Brazil to steal ridiculous cars off a train. Eventually they cross the one guy in Rio you don't want to piss off and naturally decide to rob him of millions of dollars. So what once was a high-octane narrative on street-racing now morphs into a heist movie comparable to "Ocean's Eleven," with Diesel and Walker in the George Clooney and Brad Pitt roles, respectively. Not something I think the world needed, but oh well.

And did you know The Rock is in this?! I didn't! But, boy, am I glad someone told

see MOVIES page 19

	13 FRI.	14 SAT.	15 SUN.	16 MON.	17 TUES.	18 WED.	19 THURS.
Downtown Lyceum	Thor (PG-13) 8 p.m.	Rio (G) 8 p.m.	Take Me Home Tonight (R) 8 p.m.	Adjustment Bureau (PG-13) 8 p.m. <i>*last showing*</i>	Fast Five (PG-13) 8 p.m.	Red Riding Hood (PG-13) 8 p.m.	Battle: Los Angeles (PG-13) 8 p.m.
	Paul (R) 10 p.m.	Limitless (PG-13) 10 p.m.					
Camp Bulkeley	Rango (PG) 8 p.m.	Thor (PG-13) 8 p.m.	The Adjustment Bureau (PG-13) 8 p.m. <i>*last showing*</i>	Take Me Home Tonight (R) 8 p.m. <i>*last showing*</i>	Battle: Los Angeles (PG-13) 8 p.m.	Fast Five (PG-13) 8 p.m.	Red Riding Hood (PG-13) 8 p.m.
	Limitless (PG-13) 10 p.m.	Paul (R) 10 p.m.					

Call MWR at ext. 2010 for more information.

Movie Hotline - call 4880.

WALTONS cont.

The trip has been an eye-opener for the small family, said Howard. Robert G. found some of his old high school classmates through the Internet and is now fulfilling his promise to bring plenty of pictures for them to see. In a graduating class of 16, he said the relationships remain strong. Robert G. visited both his old high school building – the chaplain's office and Navy College occupy it now – and the new high school, where he related to teens growing up in a similar environment.

"I was talking to seniors at the school and said, 'Just remember, these people are going to be your friends for the rest of your life,'" he

said. "Being a service brat can be challenging at times, but it also has its rewards."

Comparing then-and-now perspectives of the naval station produces excited conversations. Both father and son are aware they are being given a gift not many receive. Laughter breaks out over Guantanamo Bay wildlife.

"Banana rats barely existed!" revealed Robert G. "And we would see iguanas wandering around the hills but not [on base]. They were treats for the Cubans ... so the populations were held in check."

"It's hard to imagine GTMO without the

banana rats," Howard pondered. "But he didn't even know what one was."

Banana rats aside, Howard often contemplates the two different worlds he, his father and his grandfather have known.

"It's just fascinating to think about what this place must've been like when it was open and you could go into Cuba," he mused. "Sometimes driving down Sherman Ave., I think about how I'm driving down the same street my grandfather and my father drove down many times."

"I didn't drive on it!" his dad interrupted. "I was on a bicycle!"

BODY cont.

As you can see... there's not a lot there. But who eats a salad of just lettuce? Smothered in dressing, meat, cheese, nuts and croutons, salads generally turn into a cholesterol sneak attack. Compare a McDonald's Big Mac with any of their gourmet salads and this point becomes abundantly clear. Also, keep in mind, the salad nutritional info is sans dressing.

The biggest danger all three of these examples show is when we select our food, we go into auto-pilot. The box says "X" so "X" must be right. And usually this "X" health claim is true. Granola bars do contain "healthy whole grains." The unspoken "Y"

is the problem though. Granola bars also contain heaps of corn syrup. Purely healthy grains taste remarkably like cardboard, so it's understandable to jazz them up for our finicky pallets. The best advice for eating healthy in the modern world is to revamp your hunter/gatherer instincts. We no longer need to stalk our prey in the wilderness, but we must stay vigilant when selecting. When you see "35% less fat," flip to the side of the box and see what's taking the place of that 35 percent. Be cognizant of what you're putting into your body and you'll be much more likely to fill it with good things.

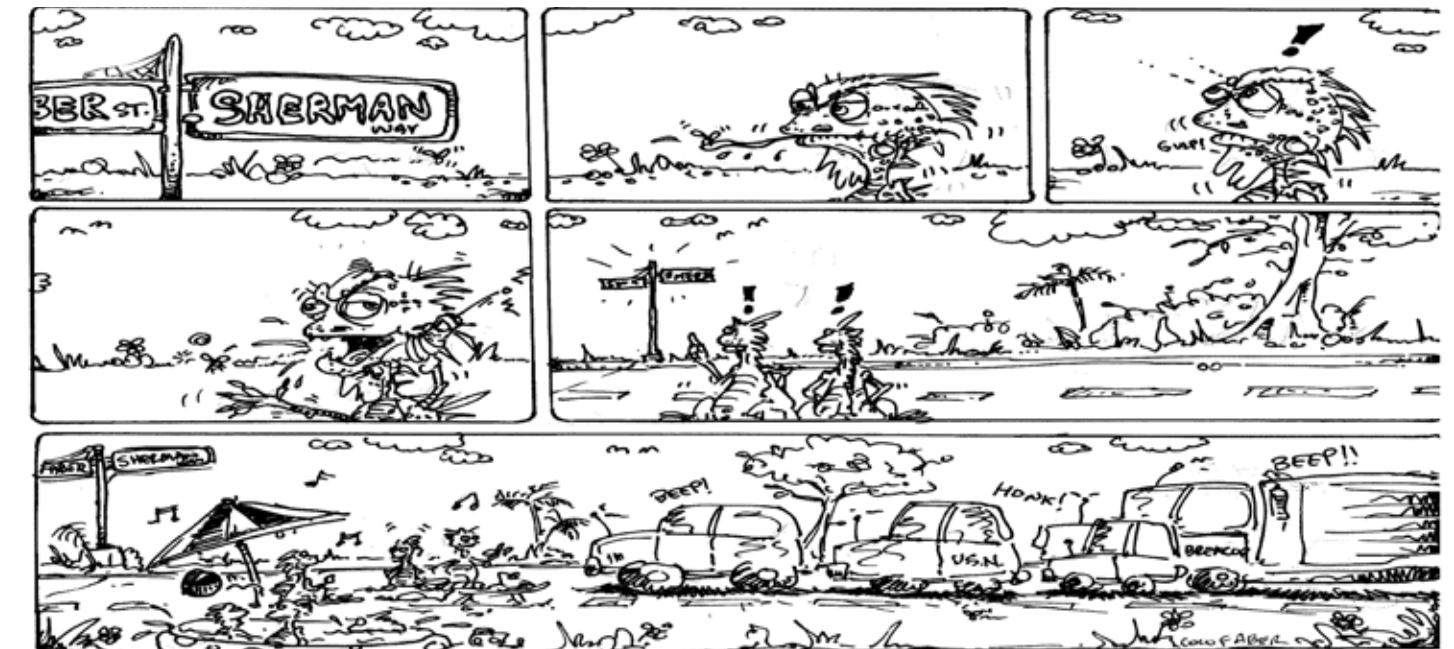
MOVIE cont.

me, because skies parted, galaxies collided and the stars aligned just perfectly to square off Diesel and Dwayne Johnson in all their bald, biceped, beefed-up glory. (Note: The planets did actually align this week. For realz.) Johnson is having way too much frenzied fun chewing the scenery; I'm pretty sure I saw his goatee twitching.

What "Fast Five" lacks in quality, it makes up for in quantity. This unexplainable phenomenon is the very same thing keeping

us fascinated with Snooki, The Situation and the rest of the "Jersey Shore" crew. It's a combination of self-indulgent escapism and over-the-top cheese, and it sucks us in so that the very reasons why we should hate it turns out to be part of its charm.

"Fast Five" was not for me. I watched it because it is my weekly duty and pleasure to report this review to you, the reader. And I'm here to tell you, it was not that good. But – it was just the right kind of awful.

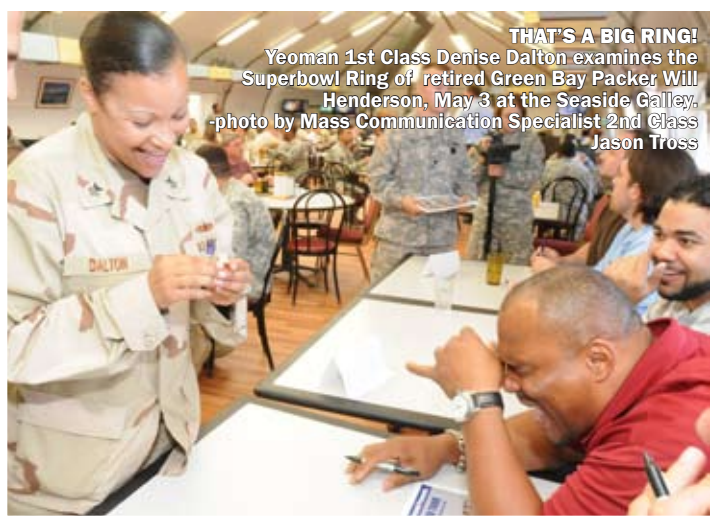


# The JTF

# At Shutter Speed



**TOPPING IT OFF**  
Air Force Tech Sgt. Christopher Dallas, part of Joint Task Force Guantanamo's Prime Base Engineer Emergency Force, fills perimeter barriers with water, May 5. - photo by Mass Communication Specialist 2nd Class Jason Tross.



**THAT'S A BIG RING!**  
Yeoman 1st Class Denise Dalton examines the Superbowl Ring of retired Green Bay Packer Will Henderson, May 3 at the Seaside Galley. -photo by Mass Communication Specialist 2nd Class Jason Tross



**Cinco de Mayo Fun Run**  
Residents of Guantanamo Bay competed in Morale, Welfare and Recreation's Cinco de Mayo 5k Fun Run, Friday. Following the race, runners enjoyed food and drinks provided by MWR. - photo by Mass Communication Specialist 2nd Class Jason Tross



**UP AND OVER**  
Petty Officer 2nd Class Justin Chait flips over Petty Officer 1st Class Sherron Carter, Saturday. Wakeboarding is just one of the many recreational activities available to members of Joint Task Force Guantanamo. - photo by Spc. Meredith Vincent