

Volume 8, Issue 22

www.jtfgtmo.southcom.mil

Friday, July 27, 2007

THE WIRE

A News Magazine

Joint Task Force
Guantanamo's
Finest News Source

Aquatic Adventures

Cuzco Expansion

Sun Safety



No Secrets in Leadership



By Navy CMDCM Brad LeVault
JTF-GTMO Command Master Chief

There are no secrets in leadership. As a young Chief aboard USS Dwight D. Eisenhower CVN-69, I was in charge of two Work Centers. The ship was preparing to go to sea after a yard period and there was substantial work to be done. My Work Centers were not making much progress and I was becoming distraught. Master Chief Petty Officer Garvey noticed and asked what was up. I explained and he immediately went from concerned mentor to teacher and put my situation into perspective.

“Shipmate,” he said, “It’s simple if you know what you are dealing with.” He continued to explain, “There are no secrets in leadership. What I am telling you, someone told me. Everyone understanding their environment is one of the key elements to good leadership.”

While we stood in the hangar bay, Master Chief Garvey re-explained to me group dynamics. I learned about group dynamics at a leadership course, but had not been able to put the information into context and, therefore, was unable to use it – that is, until that day on the hangar bay.

Remember this he said, “Formin’, Stormin’, Normin’ and Performin’.” He went on to give a simple explanation of each phase of group dynamics.

- Formin’ – Everyone is courteous and excited about the new situation.
- Stormin’ – Everyone knows each other and begins to jockey for position and there is a lot of posturing going on.
- Normin’ – Positions are established and the mission is becoming the focus.

• Performin’ – Everyone knows their job and is conducting the mission via the established hierarchy.

He added that the dynamics change as you receive, lose and advance personnel and that I must pay attention and talk to my Work Center Supervisors. Obviously, I remembered his words, partly because they were put to me in simple terms, but mostly because they worked. My coach knew all I needed was a bit of leadership myself in order to calm down, gain perspective and then motivate my work centers.

After our group dynamics conversation, I spoke with Master Chief Garvey almost everyday. Now some more senior noncommissioned officer perspective; if you thought this article was about group dynamics you would be wrong. This article is about senior noncommissioned officers constantly mentoring, teaching, coaching, talking to and leading their Troopers. It’s also about the impact leadership has on them and the performance of their mission.

Don’t just remember group dynamics - pass the concepts on, because there are no secrets in leadership.

JTF-GTMO

Commander:

Navy Rear Adm. Mark H. Buzby

Joint Task Force CMC:

Navy Command Master Chief Brad LeVault

Office of Public Affairs:

Director: Navy Cmdr. Rick Haupt: 9928

Deputy PAO: Army Lt. Col. Edward Bush: 9927

PAO Supervisor: Army 1st Sgt. Patrick Sellen: 3649

The Wire

Editor:

Army Staff Sgt. Paul Meeker: 3651

Assistant Editor:

Navy Petty Officer 2nd Class Jeff Johnstone: 3594

Layout and Design:

Navy Petty Officer 2nd Class Gary Keen: 3594

Army Sgt. Scott Griffin: 3594

Army Sgt. Jody Metzger: 3592

Web Design:

Navy Petty Officer 1st Class Richard Wolff:

8154

Navy Petty Officer 2nd Class Patrick Thompson:

97858

Staff Writers:

Army Sgt. Jody Metzger: 3592

Army Spc. Shanita Simmons: 3589

Army Spc. Daniel Welch: 3589

Contact us:

Base Information: 2000

Public Affairs Office: 3651 or 3596

From the continental United States:

Commercial: 011-53-99-3651

DSN: 660-3651

Cover Photo By:

Army Sgt. Jody Metzger

Online:

www.jtfgtmo.southcom.mil



The 241st Mobile Public Affairs Detachment, Joint Task Force-Guantanamo, produces *The Wire*, which is printed under the provisions of Department of Defense Instruction 5120.4

WANTED

Wearable Power System for Combat Effectiveness

By John J. Kruzzel

American Forces Press Service

During a conference call with Internet “bloggers” Wednesday, July 25, William Rees, Deputy Undersecretary of Defense for Laboratories and Basic Sciences, explained the department’s “wearable power” competition announced earlier this month.

Currently, an individual servicemember on the ground in Iraq or Afghanistan carries roughly 40 pounds of batteries to provide four days’ worth of power. The department’s goal, he explained, is to lower the load to less than nine pounds.

The essential electronic equipment that dismounted warfighters carry today – radios, night-vision devices, global positioning systems – runs on batteries. This competition will gather and test good ideas for reducing the weight of batteries that servicemembers carry.

“We are setting the bar high,” Rees told the bloggers. “We don’t think

it’s unrealistically high, but we acknowledge it’s a challenge.”

To spur private citizens, companies or international organizations into designing a light, wearable electric power system for warfighters, the department is offering \$1 million for first place,



Photo courtesy of www.thedenovan.com

\$500,000 for second place and \$250,000 for third place in the competition.

Prizes will be awarded to the top three teams in a final competitive demonstration, planned for Fall 2008. At this “wear-off,” individuals or teams will demon-

strate their prototype systems under realistic conditions, Defense Department officials said.

will win the prizes. “The mantra is four days, four kilograms,” Rees said during an interview earlier this month.

Information about the technical details, contest rules and qualification requirements is posted on the Defense Department Web site.

The Defense Department is offering \$1 million to any individual or organization who invents a way for combat Troopers to cut their battery load from 40 pounds to 9 pounds and still have three days of power.

A forum to be held in Washington in September will review these details for potential competitors.

Competitors must register to participate in the prize program by Nov. 30. The competition is open for international participation;

however, the individual or team leader must provide proof of U.S. citizenship. Details on the forum, as well as contest registration and rules, are posted on the Defense Research and Engineering Prize Web site, www.dod.mil/ddre/prize.

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By Army Sgt. Jody Metzger

JTF-GTMO Public Affairs Office

Joint Task Force – Guantanamo Troopers will soon get more elbow room. Navy Engineer, Capt. William Vaughan, assigned the expression ‘elbow room’ to highlight the inadequate housing that many members of the Joint Task Force (JTF) have had to deal with over the past several years. Until the summer of 2005, when Cuzco Barracks Phase One was built, almost all JTF Troopers battled the funky smells, excessive noise, exaggerated inconsideration and non-existent personal space that comes from sharing living spaces with up to six people per room.

According to Vaughan, it was the Office of the Naval Inspector General that took note of the situation and advocated spending the money required to develop, and now expand Cuzco Barracks as a viable housing alternative for JTF Troopers.

With a project budget reaching \$11 million, Cuzco Barracks presents a new face and greater degree of comfort for

JTF Troopers. The modular barracks are not the high rise hotels you’d find in a resort city, but to those who have been living in overcrowded housing units, they might as well be.

The newest edition of Cuzco Barracks, known as Phase Three, has already broken ground and is planned to be operational in late September. Phase Three will add an additional 100 modules, which will accommodate 192 Troopers and includes connected laundry facilities.

In addition to the new Cuzco construction, a brand new modular barracks to be called Bay Hill will be in production soon, with a target completion of late September to parallel Cuzco Phase Three. Bay Hill will be located behind the Navy Exchange. It will consist of exclusive billets for senior enlisted non-commissioned officers and junior officers. Each of Bay Hill’s apartments will have 272 more sq. feet than Cuzco’s and will consist of a bedroom, living area and bathroom.

Bulkeley Barracks, Camp America Barracks and Tierra Kay will see the biggest changes in population density. The goal is to tear down Bulkeley Barracks, reduce the crowding at Tierra Kay and convert Camp America Barracks to temporary quarters for Troopers working swing shifts at the detention facilities.

Some Troopers have questioned whether these housing initiatives will be completed due to the uncertainty of JTF operations here. Vaughn sought to allay those worries, saying that the JTF command is committed to improving Troopers’ living conditions regardless of the future of the current JTF mission.

The JTF has leased the modules from the contractor, Prime Projects International, for a three year period. “It is a flexible plan. If we don’t use them within those years they can take them and use them elsewhere. They could buy them, give them to JTF-Bravo or take them over to the [Iraq]. They are leased, so we haven’t lost,” Vaughan said.



Cuzco Barracks provides individual Troopers with their own living spaces. Cuzco Phase Three, scheduled for completion later this fall, will relieve overcrowding in other housing areas. (Photo by Army Staff Sgt. Paul Meeker)

Get your motor running

Story and photo by Army Spc. Shanita Simmons

JTF-GTMO Public Affairs Office

Is your Gitmo special on the blocks? Does it look like it should be? If you've got the patience and the time, the mechanics at the Morale, Welfare and Recreation Auto Skills shop (Auto Skills) can help you keep your motor running.

Whether Troopers need an oil change or a tune up, they can stop by Auto Skills on Wednesdays and Fridays from 11 a.m. to 8 p.m., and weekends from 8 a.m. to 5 p.m. for assistance. Shop Attendant Lloyd W. Smith said Troopers can seek service from their mechanics, bring their own mechanic or tackle the job themselves.

"We provide this kind of service to help accommodate military personnel who would like to work on their vehicles themselves. There are nine bays available where Troopers can change their oil, spark plugs, water hoses and tires," said Lloyd. "We can also assist Troopers with minor engine repairs including replacing a starter."

Since Troopers are prohibited from conducting major vehicle repair within the housing areas, they can use one of Auto Skills' bays for a minimal fee. Auto Skills is a full service shop that has all the equipment needed for many repairs, e.g., alternators, brakes and radiators.

What makes the shop unique is that Troopers are allowed to use the equipment at the facility and leave without having to pay a large bill. Select parts may be ordered online, or through the Auto Skills shop. Items required for minor repairs may be purchased through the shop or at the naval station Auto Port. (The Auto Port is a full-out line service auto repair shop where certified technicians can work on servicemembers' automobiles. Unlike the Auto Skills shop, the Auto Port can only be used by their staff.) Lloyd said most parts are ordered since the Auto Port has a limited stock. Troopers can purchase many items such as oil, antifreeze, brake fluid, engine degreaser, battery posts, head lights, break lights and water hoses at the Auto Port.

Although mechanics will assist Troopers

only upon their request, Lloyd said they must offer their assistance if they observe any unsafe practices.

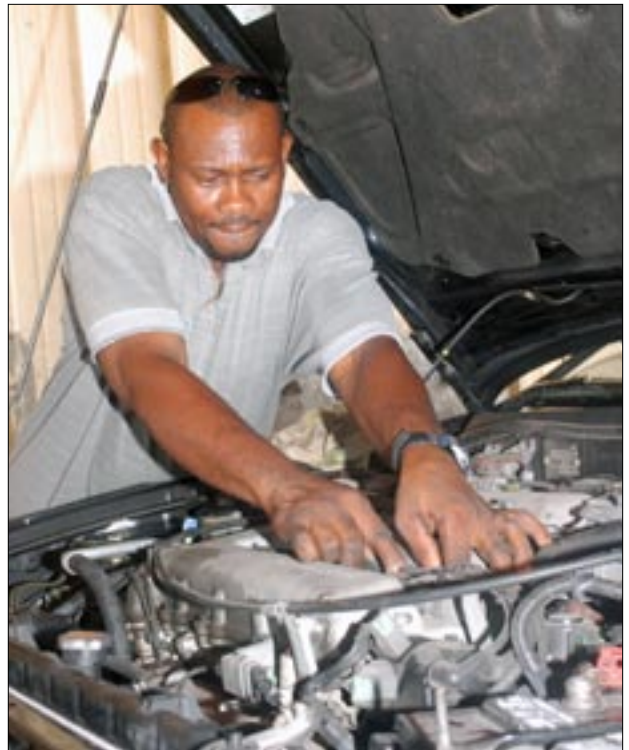
"It is our duty to come over when it looks like a person is having problems," said Lloyd. "We are patient enough to assist them and tell them what they are doing wrong."

Troopers who don't like getting their hands dirty can also hire an Auto Skills mechanic to repair their cars. Lloyd added that if a Trooper explains the nature of a job, he and his mechanics can educate them on the tools and equipment needed to complete the job. Other services offered include towing, pressure washing, as well as tire repair and replacement.

Navy Senior Chief Petty Officer Sam Robinson purchased a 20-year-old Ford shortly after arriving at Guantanamo. Robinson said he brought his truck to Auto Skills to get help changing the brake pads and replacing the master cylinder. Although he has experience working on cars, Robinson said he wanted the guidance and tools necessary to ensure the job was done right.

"If you know the basics, you can use their [Auto Skills] tools and equipment. They will show you how to operate the lifts and equipment, and they make sure you are safe about it," said Robinson. He added that thanks to Auto Skills he spent only \$200 on a job that would normally cost \$1200 to complete using any other commercial auto shop.

Troopers are required to check with the attendant before coming and leaving and are asked to complete a contract. Troopers are required to wear steel-toe boots. Slippers and flip flops are prohibited. When Troopers are finished using the facility, they must clean up after themselves, or they can be charged a shop clean-up fee. Storage contracts are also available for Troopers who wish to leave their vehicles and motorcycles while they wait for parts.



Steven Sterling, a mechanic at Morale, Welfare, and Recreation Auto Skills, tightens a cap after completing an oil change on a car.

Lloyd wants to remind Troopers that they are mandated by the naval station to get their car engines and undercarriages cleaned before leaving the island. Lloyd mentioned this his mechanics will perform the work for a small fee and ensure that cars bound for the states are inspection ready.

Troopers wanting to smooth out those dents or change that rickety muffler can also get certified to use the shop's welding equipment. Lloyd said that the mechanics can train Troopers on how to use the electric and acetylene welding machines. Once Troopers successfully complete the certification exam, they can use the welding equipment to make desired repairs.

Navy Petty Officer First Class Clive Waithe said he sought the skills of mechanics at Auto Skills to recharge his air conditioning system and to repair a surface defect on his car door. After seeing the quality of services offered, he pays a small fee to have the Auto Skills personnel wax and buff his car.

"Most of the guys are experienced mechanics from Jamaica who are certified and they know what they are doing," said Waithe. "I like coming here because the mechanics are straightforward with you and are not just trying to get your money."

THE NBA'S BAD RAP

This time, it's the OFFICIATING!

By Army Spc. Daniel Welch

JTF-GTMO Public Affairs Office

Last season, in Siera A, the top level of Italian Soccer, a major scandal broke regarding a host of unscrupulous activities perpetrated by the Juventus Football Club. The team attempted to pay off league officials, other clubs, players and referees. Juventus was heavily fined and demoted to the less prestigious Siera B league.

In the United States this news was put at the back of the sports pages and in brief segments towards the end of nightly sports casts, if at all.

"That is one of those things we will never see happen here in the United States," exclaimed New York Daily News columnist Mike Lupica, on ESPN's "The Sports Reporters" back in July of 2006.

Unfortunately, with the news this week of the Tim Donaghy refereeing scandal in the National Basketball Association (NBA), the American basketball fan is now faced with a debacle every bit as ugly as the Juventus scandal with gambling and its links to organized crime striking at the core of the game.

Donaghy, an NBA referee for 13 seasons, has yet to be indicted on any charges. However, the FBI is investigating allegations that he bet on NBA games, including ones that he refereed, after his name surfaced during a wiretap of Gambino crime family associates in New York City.

The investigation may not end with just Donaghy and unnamed criminal elements. The New York Post reported Sunday that the FBI's investigation may also include other NBA players and referees.

These allegations are incredibly difficult for the NBA. In basketball, a single referee has a tremendous im-

pact on the addition or subtraction of points on the scoreboard. Consequently, NBA officials suffer routine, and often bitter, criticism for their officiating – by team owners, coaches, players and fans.

As ESPN.com columnist Marc Stein pointed out, "Many conspiracy theorists suggest that the league has been manipulating outcomes to support its superstars or big-market franchises in the quest for better TV ratings for years."

This past weekend NBA commissioner David Stern made the following statement to reporters: "We would like to assure our fans that no amount of effort, time or personnel is being spared to assist in this investigation, to bring to justice an individual who has betrayed the most sacred trust in professional sports, and to take the necessary steps to protect against this ever happening again."

However, the damage caused by this scandal may be too much to overcome. This is not a high-priced quarterback indicted for fighting pit-bulls, or a power hitter suspected of taking steroids. This is much worse.

What separates professional sports from other forms of popular entertainment is the anticipation and uncertainty. Unlike professional wrestling, or movies even, the unknown outcome of a sporting event is what captivates the audience, and keeps it coming back for more.

In a media culture that over-scru-



(AP Photo / Jeff Lewis)

tinizes every facet of professional athletics, damage resulting from the allegations against Donaghy will permeate every part of the NBA game for the foreseeable future.

Commissioner Stern has said that he will "do everything in his power to ensure this never happens again." However if allegations are true that Donaghy is not alone and multiple conspirators reside in the NBA, every questionable call will be held up to scrutiny and every close outcome will be challenged.

The NBA has the unenviable task of cleaning up a league now tainted with the indelible stamp of big-money gambling, allegedly perpetrated by an individual, Donaghy, (along with criminal associates) who was tasked with holding up the integrity of the game and the league.

With training camps scheduled to open in only a few months, fans of the NBA, for the foreseeable future at least, will not be able to watch a mammoth LeBron James dunk or a magical no-look pass from Steve Nash without thinking that the scores of their favorite game may be tainted by the machinations of unscrupulous officials and the infiltration of organized crime.

Nothing stops "Nothing Drops!"

N.D. snags first place in volleyball standings



Story and photos by Navy Petty
Officer 2nd Class Jeff Johnstone

JTF-GTMO Public Affairs Office

This week's sports action was headlined by a battle for the top spot in the Morale, Welfare & Recreation's Intramural Volleyball league standings Tuesday, July 24 as Nothing Drops took on DHS-PPI at G.J. Denich Gym. While Nothing Drops took both match-

es against PPI, the contest was close enough to excite the many spectators on hand for the event.

The first match was a see-saw battle in the opening minutes, as N.D. lived up to their name, and PPI did their best to send back every ball nailed to their side of the net. PPI, who shadowed their opponent's score throughout the early going, found itself trailing 9-8 before N. D. upped their lead to 3 points, at 14-11. N. D. continued to distance itself from PPI, as they refused to allow their opponents to get

within striking distance of their lead. N. D. closed out the first round of play



up 25-18.

The second match saw PPI turn the tables on N. D., albeit briefly. PPI leaped out to a 7-4 lead, drumming up support from bleachers full of dedicated PPI fans in the process. When N. D. finally retrieved the right to serve, they took advantage as service from Michael Moore and Oswald Brooks helped orchestrate an impressive rally and N. D. was again in the drivers' seat with an 11-8 lead. After PPI took back over on offense, they gave the ball right back up again. N. D. put another two points on the board and momentum was back in their favor.

As seemingly dejected PPI fans looked on, N. D. took their biggest lead of the night, ten points, at 21-11. The end looked to be near for PPI, until they managed to seize the momentum for one final push. Outscoring N. D. 9-1 in the next two series of play, PPI cut the lead to 22-20. PPI would get no closer and ran out of steam at the end, as N. D. secured the second match and the victory, 25-21. The win gave Nothing Drops sole possession of first place in the league, with PPI holding on to second. The Bubble Gang is currently in third place, following a victory earlier in the evening over Team PAO.



Oswald Brooks (24) and Michael Moore (21) attempt to block a spike during Tuesday's victory over DHS-PPI at Denich Gym.

AQUATIC ADVENTURES

Photos by Army Sgt. Jody Metzger
JTF-GTMO PAO



Some Troopers begin their free time by scrambling to the beach with towels and coolers in hand. Others select more ambitious options for fun in the Caribbean sun - aquatic adventures such as those pictured here: sailing, knee boarding and scuba diving. Whether in the water or on the shore, Troopers know how to have a good time.



Sun Safety

By Army Sgt. Jody Metzger

JTF-GTMO Public Affairs Office

Once the sun sails into the sky, the ravaging heat and humidity here at Guantanamo Bay becomes pretty much inescapable. During the long work week, many Guantanamo residents can be seen scuttling from one air-conditioned environ to another, yet on their time off maximum exposure to the sun seems to rule the day. Sun junkies, fishermen, snorkelers and sand-pit volleyball players are out enjoying long, overexposed days of recreation in the sun.

What people need to remember most, says Army Sgt. Wanda Gonzales, Joint Aid Station Treatment Floor Non Commissioned Officer, is to use appropriate protective measures to prevent overexposure to the sun. The side effects and resulting complications that arise from too much sun can have very serious health risks.

With one in five Americans developing some form skin cancer during their lifetime, it is vital for Guantanamo residents to practice good sun safety. And it's not just the possibility of skin cancer that people need to worry about; too much sun can result in first, second or third degree skin burns.

According to Gonzales, sun worshippers need to be aware of the dangers of sun overexposure and the

protective measures that can be applied to prevent sun damage.

"Wear sunblock regardless of whether you are out for a couple of minutes or even hours," she said. Wearing sun block, drinking plenty of water and covering up during the long hours at the beach or on the water will help stave off the dangerous effects of prolonged sun exposure.

The American Cancer Society reports that skin cancer is the most common of all cancers, occurring more frequently than breast, lung, prostate, colorectal, and kidney cancers combined. In the United States alone, about one million cases of skin cancer are diagnosed each year with one American dying every hour from the disease.

Basal Cell and Squamous Cell Cancers are the most common of skin cancers and both result in serious health problems.

Basal cell carcinoma affects nearly 75 percent of skin cancer victims. It usually appears on overexposed skin of the face, ears, lips, and particularly, the nose. Basal cell carcinoma usually starts as a red patch or shiny bump that is pink, red or white. It may be crusty or have an open sore that won't heal.

Squamous cell carcinoma is the second most common of skin cancers and accounts for about 20 percent of skin cancers. Unlike Basal cell car-

cinoma, it is more aggressive and can spread to other parts of the body. Squamous cell carcinoma appears as a scaly patch or raised warty growth and may result in death if untreated or treated too late.

Malignant melanoma is the most deadly of the three major skin cancers, causing approximately 75 percent of all skin cancer deaths. In fact, melanoma cases in the United States have almost doubled in the past two decades. According to the American Academy of Dermatology (AAD), individuals who get blistering sunburns before the age of 18 double their risk for developing melanoma. Melanomas are usually dark brown or black mole-like patches with irregular edges. If it is not caught early, melanoma can spread to other parts of the body and can be fatal.

Other damaging effects reported by the AAD include eye damage, especially when sunglasses are not worn, and photo-aging. Photo-aging can give the skin a hardened, leathery appearance and seriously weakens the elastic properties of the skin. Furthermore, the AAD cites research that shows that prolonged sun exposure can negatively affect the immune system, especially the functions of disease-fighting white blood cells.

A good key indicator for playing it safe in the sun is to limit the exposure to the sun during its strongest intensity, generally the hours between 10 a.m. and 4 p.m. The AAD reports that paying attention to your shadow is a good indicator of the sun's intensity. If your shadow is shorter than you are, the sun is at its highest intensity and you are likely in danger of overexposure.

Whether you're exercising or sunbathing, remember to hydrate frequently, limit the intensity of your activities during high temperatures, wear clothing that covers and cools, and know when to go inside.



Joint Task Force Value of the Week: *Selfless Service*

By Army Command Sgt. Maj. Avery Jones

A Trooper gets to work and soon learns he or she has an emergency at home. The Trooper tells his first-line leader about the emergency. The leader, just coming off duty for the last twelve hours, nevertheless tells the Trooper to leave work and take care of his family emergency while he or she then assumes the Trooper's duties without question, regret or complaint. This is an example of what I believe selfless service is. Selfless service is taking action on behalf of another without thought, regret or expectation of recognition or reward.

Copy, Scan, Fax, Steal

JTF-GTMO Security Office

Joint Task Force - Guantanamo spends countless dollars securing the government's intellectual property in its safes and servers. As a responsible Trooper, you make sure that sensitive information is not being made public, as required by regulation and common sense. Meanwhile, your copy machine could be exposing this data to the world.

Multifunction printers (MFPs) – the combination copy machine, scanner, fax machine and printer found in many offices – are similar to personal computers in that they have processors and use memory.

They create an electronic image of documents so that these documents can be repaginated or reprinted without having to be scanned again. In doing this, the machine stores a digital image of the document on its hard drive. This drives the caution exercised when the machine is replaced and moved to another office,

yet those latent images remain in the device, thus potentially exposing data.

For this reason, many MFPs are offering increasingly sophisticated functions, such as features that automatically overwrite the image created on the machines' hard drives with each copy made. Some MFPs also offer encryption so that images in storage cannot be seen by unauthorized users.

Another hazard arises from the fact that these machines are typically connected to the corporate network and the Internet, meaning that they could be used to propagate attacks through the organization if not properly secured. They can even be subject to denial-of-service attacks.

Some MFPs provide a web-based administration page where security can be configured. Address filtering, in which only certain IP addresses can access the device, is also recommended, as well as the

use of port management features that keep the machines safe from port-scanning programs by looking for holes in the network.

Physical security measures are also needed because MFPs may store the intellectual property that represents a company's competitive advantage. They create legal liabilities if they store or transmit sensitive government, patient or corporate data subject to legislation such as the Gramm-Leach-Bliley Act for financial services companies or the Health Insurance Portability and Accountability Act for the healthcare industry. Therefore, physical security features must be considered along with functionality when MFPs are purchased.

If you have questions about the security features on the machines in your office, be sure to communicate them through your chain of command. For further guidance, contact the security office at 9965 or 9757.

Reunion Issue #5

By Army Chaplain (Lt. Col.) Ron Martin-Minnich

JTF Command Chaplain

Deployment Cycle Support (DCS) briefings and specific tasks were created by the military to safeguard the Troopers and their families against the pitfalls of post-deployment reunions. Troopers and their family members have similar experiences, but each has a different way of looking at his experience. The process of reuniting involves each party taking the time to understand the other's point of view: the time of separation, the challenges that were experienced, the anger that was felt and the changes that Troopers and family members have experienced.

The briefings required by all out-processing members of the Joint Task Force are Department of Defense mandated briefings. No one is allowed to leave Guantanamo Bay without completing these DCS briefings.

Our families have similar reunion briefings provided to them with their specific experiences addressed. Simply, our family members did not experience service at Gitmo, so they don't receive our identical briefings. Family Readiness (Reserves and National Guard), Family Assistance Centers and Fleet and Family Support Centers (Navy) provide the briefings for our families.

The difference with them is that no one can order them to at-

tend. Our personal encouragement may be the deciding factor in their participation. The benefit for them, and for the Troopers, is a smoother, better informed reunion process. For example, the more they understand why we may have problems sleeping at first and the more we understand their desire for us to take back some of our responsibilities to them, the sooner our feelings about being home will return to normal.

Seek professional and sympathetic support if you are having a difficult time adjusting to your stateside life through your chaplain and family readiness and support programs and staff.

SURVIVING SEPARATION

From the JTF-GTMO Command Chaplain's Office

This week's action item is:

Action Item #5 – Attend Reunion Briefings.

Tell Your Family to attend their Reunion Briefings back home. Family members need the same information that we are required to have.

WEEKLY WEATHER FORECAST

Weather forecast provided by www.weather.com

Saturday, July 28

Highs in the low - 90's, and lows in the high-70's.



Isolated T-storms

Sunrise: 6:34 a.m.
Sunset: 7:40 p.m.
Chance of Rain: 40%

Sunday, July 29

Highs in the low - 90's, and lows in the high-70's.



Isolated T-storms

Sunrise: 6:35 a.m.
Sunset: 7:39 p.m.
Chance of Rain: 40%

Monday, July 30

Highs in the high - 80's, and lows in the high-70's.



Isolated T-storms

Sunrise: 6:35 a.m.
Sunset: 7:39 p.m.
Chance of Rain: 40%

Tuesday, July 31

Highs in the high - 80's, and lows in the high-70's.



Sunrise: 6:35 a.m.
Sunset: 7:38 p.m.
Chance of Rain: 40%

Isolated T-storms

Wednesday, Aug. 1

Highs in the low - 90's, and lows in the high-70's.



Sunrise: 6:35 a.m.
Sunset: 7:38 p.m.
Chance of Rain: 60%

Scattered T-storms

Thursday, Aug. 2

Highs in the low - 90's, and lows in the high-70's.



Sunrise: 6:36 a.m.
Sunset: 7:37 p.m.
Chance of Rain: 60%

Scattered T-storms

Friday, Aug. 3

Highs in the low - 90's, and lows in the high-70's.



Sunrise: 6:37 a.m.
Sunset: 7:37 p.m.
Chance of Rain: 60%

Isolated T-storms



MOVIE REVIEW CORNER

TRANSFORMERS

By Army Spc. Daniel Welch

Rated: PG-13

Duration: 144 minutes

What more is there to say about “Transformers” but giant freakin’ Robots beating the &^% out of each other!

To be fair, the first 90 minutes of this movie is pure schlock with horrible acting and a bizarrely laid-out plot that makes little sense. It is a testament to director Michael Bay (of “Armageddon” and “The Rock” fame) that he can make a movie purely on the merits of the action sequences and dramatic theme music.

Sam Witwicky (Shia LeBeouf) is a lucky kid; a lot of kids in America don’t get a 70’s era Camaro as their first car. And they certainly don’t get a 2008 prototype Camaro that can turn into a giant robot from outer space on its own accord.

The giant robots – or Transformers – began to migrate to earth after a disastrous civil war laid waste to their home planet. There is something more about a giant cube called the “All-Spark” that holds some sort of power or key. After Sam and his love interest, Mikaela Banes (Megan Fox), find out about the secrets of his car, they soon meet an entire group of Transformers called Autobots, led by Optimus Prime, who are searching for the “All-Spark,” which landed on Earth some years ago.

Meanwhile, the Autobots’ enemy, the Decepticons, have also come to Earth to find the “All-Spark,” and have caused a panic inside the U.S. Government after laying waste to a U.S. Air Force base in Qatar.

Going further into the plot almost does a disservice to the rest of the movie. Giant freakin’ robots beating the %&# out of each other is what makes the film. Suffering through the movie’s first two acts is well worth the final battle sequence when the Autobots and Decepticons finally get it on.

The summer blockbuster season was made for movies like “Transformers.” Who needs a good plot?

Plot rating: ★★★★★

Giant freakin’ Robots beating the &^% out of each other rating: ★★★★★

Boots on the Ground

By Army Spc. Jamison Self

“If you could pursue a college degree, what would it be and why?”



“I would like to pursue a Homeland Security Degree. It would help advance my military career.”

-Navy Petty Officer 3rd Class Jeremy Brensberger



“I already have a Bachelors Degree in Criminal Justice.”

-Army Spc. Aoneri Cruz



“I would like to go into community health education.”

-Navy Petty Officer 3rd Class Shannon Brown



“I already have a degree in electronic engineering.”

-Army Sgt. Herbert Hernandez

Grapes and Gripes

From the JTF-GTMO Chaplain's Office

A man joined the Navy and was issued his identification tags. It noted his blood type, RH factor and religion. Following the name and Social Security number were the words, "A Negative Protestant."

Here are some questions for you: Do you find difficulty in every silver lining? Do you find difficulty in every opportunity? Do you wear black just in case someone dies? When you smell the flowers, do you immediately look for the coffin? Do you shake your head instead of hands? If you answered yes to any of these, you are likely going to be seasick for the entire voyage of your life.

There are always two groups of people in every crowd. One sees the glass half-full and the other half-empty. Some see grapes and others see gripes.

Most gripers have a pained expression on their face. A famous Baptist preacher, Charles Spurgeon, was teaching young preachers about proper facial expressions to wear during their preaching. He said, "Now, when you preach on heaven, you ought to have a smile – joy ought to radiate from your face." One of the young preachers on the front row then said, "Well, Mr. Spurgeon, what's your face supposed to look like when you preach on Hell?" He replied, "Just look normal, young man, just look normal."

The gripers are everywhere. In fact, there is a little complainer

in all of us. We are never satisfied.

There is a great story about a grandmother who took her little grandson to the beach. She put on a sun-hat on him and he brought his little bucket and shovel. After they were settled, grandma went to sleep. All of a sudden, she woke up and realized the boy was gone. "What's happened?" she thought and then she looked out and saw that the boy had drifted far out into the ocean. Others on the beach were in a panic, screaming and hollering. She got on her knees and prayed desperately for God to save him. Just then, a huge wave came roaring in and dumped the little boy right in front of her. She looked at the boy, looked up toward heaven, put her fists on her hips and said, "Lord, he had a hat on when I lost him."

Grippers are discouraging to be around. They say things like, "Nice suit – too bad they didn't have your size." Or "Great dress – do you think that will be coming back in style?" One lady told a preacher she never truly understood suffering until she heard him preach. Some people bring joy whenever they arrive; gripers bring joy whenever they leave. The problem with gripers isn't the facts of life, but it is their focus on life.

So the question is: What are we focusing on in our life? It is easy to focus on the negative stuff and become a griper. Maybe sometimes we need to stop and smell the roses and not look for the coffin. Just enjoy what you have been blessed with and help others to see the joy in life, even here in Guantanamo Bay. Its your choice.



Jamaica Independence Day Celebration

<p>Domino Showdown July 28 at 8 p.m. at the Sunken Garden located beside Cooper Field</p> <p>Cricket Clinic & Exhibition Match July 29 at Cooper Field begins 11a.m. Cost is \$5, Ages 16 & up Exhibition Match begins at 2 p.m.</p> <p>Soccer Match Extravaganza July 30 at Cooper Field Womens Match begins at 7 p.m. Mens Match begins at 8 p.m.</p> <p>Basketball Madness Aug 1st at the base gym. Women's game begins at 7 p.m. Mens game begins at 8 p.m.</p> <p>9-Pin No Tap Tournament Bowling Center- August 3rd Start time 7:30 p.m., Entry Fee \$15. Contact Everton to sign up 1st, 2nd & 3rd Place Prizes</p>	<p>Luncheon & Awards Ceremony Aug. 4 11a.m. Windjammer Guest Speakers: U.S. Ambassador to Jamaica- Brenda Lagrange Johnson Minister of Tourism- Aloun D'nonbet Assanba</p> <p>Luncheon Menu Curry Goat, Grilled Chicken, Rice & Peas, Festival, Toss Salad, Jamaican Lemonade and Ice Tea</p> <p>Evening Celebration Aug. 4 8 p.m. at ferry Landing Performance by: Gumption Band, Maypole Dance, Quadrille Dance and Cumina Dance. Catered food will be available for purchase from the Jerk House</p> <p>Tickets Available for purchase from JIDC Committee Members.FMI call 2285/7750</p>
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15 MINUTES OF FAME

ARMY SGT. LUIS GARCIA

By Army Spc. Daniel Welch

JTF-GTMO Public Affairs Office

For some Troopers, a deployment may spur the opportunity to indulge in new and exciting hobbies. Some Troopers take advantage of their precious off-duty hours engage in these new-found activities and make the most of their time away from friends and family.

When one's deployment is to an isolated Caribbean island with one of the tropic's most beautiful, natural bays, new and exciting off-duty activities abound.

This is just the case for Army Sgt. Luis Garcia, Joint Task – Guantanamo's Headquarters and Headquarters Company supply sergeant. Since arriving in Guantanamo in February from his native Puerto Rico, Garcia is close to becoming a certified dive master after only five months on the island.

"I had never gone scuba-diving before I got to Guantanamo," said Garcia. "It is something that I had always wanted to pursue, but I was too busy to do it."

Garcia said that he has cherished his time in the service since joining the active duty Army as a parachute rigger in 1997. He said that his time in service has made him grow



A look at Garcia's watch confirms his 130 ft. deep dive. (Photos courtesy of Army Sgt. Luis Garcia)



into the man he is today, and that he's especially enjoyed interacting with people from around the world.

While actively pursuing other hobbies, including fishing and boating, Garcia said that he had always been attracted to scuba diving, but because of work and military requirements plus family obligations, he had little free time to pursue it.

Luckily for him, diving opportunities at Guantanamo were readily available.

"I started like everyone else, getting the scuba certification book and taking the initial open-water classes required to scuba dive here," said Garcia.

Garcia related that one of the most fascinating things about scuba diving is just how quiet and dark it is beneath the surface of the water.

"It is so calm and dark down there; once you go down far enough you can no longer see the sunlight from the surface," said Garcia.

Typically a diver stays within 40 to 60 feet of the surface, but one of Garcia's biggest accomplishments has been diving all the way down to a depth of 130 feet, which is the outer limit in recreational diving.

"It takes a long time to get to that depth," said Garcia. "Once we got down there, the water was pitch-black and you could not see a thing."

Another time, Garcia and his fellow divers encountered dolphins swimming in the bay. He explained that one of the communication devices that divers use to signal one another is called a 'clacker' which emits a sound similar to the call of dolphins. The dolphin, reacting to the sound of the divers' clackers initially acted aggressively towards them.

"At first I was worried because I thought they might be sharks, but after I realized what they were, it was really neat to swim with them, they followed us around for a while and were interested in what we were doing."

His immediate goal is to become a dive master. The certification process can take nearly six months, he explained. Even without that level of certification, his new-found expertise has allowed him to assist the diving instructors as they teach new students the sport.

"It is really enjoyable to teach people here about scuba diving," said Garcia, "Scuba diving is a really fun activity, but for someone just learning, you have to stress how careful they should be; you can get really hurt, really fast."

Once Garcia completes his one-year deployment here, he said that one of the things he would like to do when he gets back is teach scuba-diving part time to the many tourists that flock to Puerto Rico each year.

AROUND THE JTF



Contractors work diligently to reactivate electricity in Camp America following a scheduled power outage Monday, July 24. (Photo by Army Spc Daniel Welch)

Navy Petty Officer 1st Class Yvette Jackson extends her loyal service to her country by swearing the oath of reenlistment, Tuesday, July 24 at Camp Delta. (Photo by Army Spc. Daniel Welch)



Army Lt. Col. Todd Melton receives the Meritorious Service Medal from Commander, Joint Task Force Rear Adm. Mark H. Buzby during an award ceremony Tuesday July 24 at Camp Delta. (Photo by Army Spc Welch)