

The WIRE

An award-winning
JTF journal



Gitmo 5-0

JTF and NAVSTA recognize
National Police Week

Also:

- Prevent sports injuries
- Follow the safety rules
- See 'The Avengers'

COMMAND CORNER

CAPT. ROBERT DURAND

DIRECTOR OF PUBLIC AFFAIRS, JTF GUANTANAMO

What are you planning to do while assigned to duty at Joint Task Force Guantanamo?

Of course, we all have our duties, and the work here is both challenging and rewarding. Serving with JTF Guantanamo is an incredible chance to be part of an important mission, to serve with all branches of the military, and to be a part of history. This is my second tour here, and when presented with the opportunity to return, I jumped at the chance.

And while some might view life on a 45-square mile base as limiting, there are more recreation, education, fitness, volunteer and professional growth opportunities here than any duty

station I can imagine. The opportunities are almost limitless. You owe it to yourself to make the best use of your time here, both on and off duty.

I was lucky enough to get a wake-up call midway through my career. While visiting the U.S. Naval Academy during my 10-year reunion, I thought, "Wow! Look at all these cool activities they have here!" And then it dawned on me – all those activities were there when I was a Midshipman. I just didn't take advantage of them.

Oh, I had my reasons. I reasoned that any more activities would cut into my study time (though a quick review of my transcript will indicate that I did not invest that time back into my classwork). Volunteer? I'm already doing that by just being here, right? And try out for a sport, the choir, the school play – what if I'm not good at it? I passed up a lot of

exciting opportunities.

I repeated this mistake as a junior officer. One of my collateral duties on my first ship was serving as the Morale Welfare & Recreation officer. In Spain, I set up trips to the bull fights. In France, it was the high-speed train to Paris, the Louvre, the Eiffel Tower, Notre Dame cathedral. In Egypt, it was the pyramids of Giza and the temples in Luxor.

**What will you do?
Hit the gym. Hike a trail. Take a college class. Learn to swim. Try something new. Get involved.**

In Israel, there were trips to Jerusalem and Calvary. The smart Sailors went on every trip they could. I, the not-so-smart MWR officer, was "too busy" to go on them.

What I didn't understand then was the benefit you get from being involved, trying new things and taking advantage of every opportunity.

Sure, there is a time commitment, but you will actually get back more in energy and attitude than the time you invest.

Before my first tour of duty here, a friend told me to try diving – the MWR classes were about half the cost of what I'd pay in the states, and once qualified, the diving here is world-class and right at the water's edge – it would never be this affordable and accessible again.

I did it and I was hooked. I took the PADI Open Water, Advanced Open Water, Rescue Diver and Divemaster courses. I tried my hand at underwater photography and was able to share the world below the waves with friends and family – and made a lot of great friends and memories in the process. It's now a hobby I can enjoy for the rest of my life.

see COMMAND page 4



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JOINT TASK FORCE GUANTANAMO

SAFE • HUMANE • LEGAL • TRANSPARENT

NEWS FROM THE BAY

Stand down!

Enjoy your summer safely! The Naval Station Security Office will sponsor a safety stand-down. The event is scheduled for May 24 from 8 a.m. to 2:30 p.m. in the NEX atrium. JTF personnel are encouraged to attend the safety demonstrations and presentations.

Soggy Bottom Regatta

Have you seen trouble all your days? Fight those blues away and register for the Soggy Bottom cardboard boat regatta!

To compete in the regatta, you must build a person-powered cardboard boat that can survive two trips around a 100 yard course. Each team will also race their boats for 100 yards. Prizes will be awarded to the fastest, most GTMO, best Titanic, and best in show boats.

The event is scheduled for May 26 at Ferry Landing Beach from 9 a.m. to 12 p.m. Register your boat at the marina by May 23.

For more information, call 2345.

S*U*D*S*

Soldiers Undertaking Disabled Scuba (SUDS) will be visiting GTMO May 24-29. The Reef Raiders dive club is seeking motivated volunteers to help out during this time. Volunteers are not required to be dive certified to help out. For more information, email ReefRaidersGTMO@gmail.com.



Soldiers Undertaking Disabled Scuba

Talent Show

The Burns and Roe Leaders League is hosting "Kabyan Nights," talent shows featuring singing contests, live bands, good food and more. The talent shows are scheduled for May 19 and June 2, from 8 p.m.-midnight at Mabuhay Garden.

For more information, call 90548.

Memorial Day 10k

Can't get enough running? Celebrate Memorial Day by running a free 10k! The race is scheduled for May 26 6:45 a.m. at Christmas Tree Hill. Register at Denich Gym by May 23. The first 100 to register receive a free T-shirt!

For more information, call 2113.

Summer sports galore!

Are you eager to get out of your quarters? Why not play soccer, softball, basketball, tennis, or sand volleyball this summer?

The men's and women's soccer and coed softball seasons start May 29. Register to play by May 18.

Coed basketball season begins June 4. Register to play by May 24.

Men's and women's sand volleyball season begins June 20. Register to play by June 6.

Tennis season begins June 24. Register to play by June 14.

To register for any of these events, go to Denich Gym or call 2113.

Memorial Day sports!

All hands are invited to participate in free sports tournaments over Memorial Day weekend, May 26-28. The schedule includes softball, indoor basketball, and sand volleyball. The events are open to anyone 16 or older. Register by May 18 at Denich Gym.

For more information, call Alana at 2113.

Growing up Cuban

Internationally known, award-winning Cuban-American children's book author Carmen Deedy is coming to visit GTMO! Deedy's family emigrated to the U.S. in 1963 following the Cuban Revolution. Deedy will speak about her childhood and her experience growing up Cuban in Decatur, Ga., in a free community event 7 p.m. May 25 at the Naval Station Chapel. For more information, call Chris Dickson at 84616.

Armed Forces Day 5k

Celebrate Armed Forces Day by running a free 5k! The run is scheduled for May 19 at 6:45 a.m. at Cooper Field. Register at Denich Gym by May 16. There are free-T-shirts for the first 100 to register.

For more information, call Alana at 2113.

6th Street Closed

6th Street in the Villamar housing area will be closed until July 9th.

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Trooper to Trooper

Policing up JTF Guantanamo

SGT. 1ST CLASS MARTIN SULLIVAN

JDG S-2 ASSISTANT NCOIC

I didn't start life as a military police Soldier, but it didn't take long to discover a great career.

I joined the National Guard in 2000 with the engineers, but soon switched to the MPs. After Sept. 11, 2001 I deployed to Guantanamo Bay for the first time. Just six weeks after that deployment, I supported a Law and Order mission at Fort Benning. These deployments made me realize I had found an occupation I thoroughly enjoyed. Being an MP and protecting our own was a great experience.

Shortly after Benning, I then deployed three times to Iraq and worked to secure the U.S. Border in New Mexico. After returning home from the second tour in Iraq, I decided to join civilian law enforcement. Being able to protect and serve the community I live in is very fulfilling. It is an opportunity to give something back and be a part of something greater than yourself.

At home, community policing is one thing, but at Guantanamo it is something totally different. We live in a unique place with unique considerations and requirements.

Training from previous deployments and civilian law enforcement experience certainly helps. Situational awareness is paramount: not only are we in the international spotlight because of our mission, but we are next door to a communist country. Knowing their capabilities and desire to collect information is a

great cause for concern. Remember operations security: you never know who you're talking with or who is listening. We have news media, lawyers, the International Committee of the Red Cross, civilian contractors and third-country nationals around us each day. Even the detainees pay close attention to our everyday actions and conversations. All of them want to know what you do here, and you never know their intentions.

I believe any previous deployments you may have been on, as well as life experiences, better prepare you for the mission. Law enforcement ingrains in you that you can't be the judge, jury or prosecutor. You have to carry yourself professionally at all times, safeguard the detainees and your fellow Troopers on and off the job, and allow the justice system to work.

As a law enforcement officer you learn patience. Though you may not always agree with the outcome, each day is a new day. You learn that what is most important; situational awareness, do the right thing, and to come home safe at the end of each day.

COMMAND continued from page 2

This time around, I'm enrolled in a distance learning course to complete Phase I of my Joint Professional Military Education (JPME). I'm volunteering with the SUDS program – Soldiers Undertaking Disabled Scuba. And now that I've tasted fresh lobster and lionfish, I may well put the camera down and bring a spear and a mesh bag with me next time I get underwater.



What will you do? Hit the gym. Hike a trail. Take a college class. Learn to swim. Try something new. Get involved. The time you invest in off-duty activities is an investment in yourself.

You'll be happier at work and have something to look forward to when you're off duty – and memories, hobbies and learning that will last a lifetime. Don't leave it to chance – make a plan and do it!

MONEY MATTERS

Protecting against the unknowns

Ensuring your loved ones' future

By Sgt. 1st Class Kryn P. Westhoven

I always tell my wife that the Servicemembers Group Life Insurance (SGLI) paperwork is her ticket in the human lottery and she only needs one number to win; unfortunately, that would be when my number comes up.

For those in uniform, SGLI is a benefit which can be overlooked, but as with all types of insurance it plays a role in your financial planning strategy and can protect you from monetary losses.

"You decided to purchase insurance whether you realize it or not. You had to say, 'yeah I want this, I want SGLI,'" said Walter Barrett, personal finance specialist for the Fleet and Family Support Center, U.S. Naval Station, Guantanamo Bay.

These decisions about insurance will come up throughout your life. The Navy's Command Financial Specialist Training program teaches to use the life cycle approach in determining when and then how much insurance would be appropriate.

An example would be a young Trooper who is not married, living on base or still at home and is not providing any financial aid to the beneficiary on the SGLI policy. In that scenario Barrett would say stay away from additional coverage.

"Why would I buy more insurance for a person who didn't need my money right now to begin with?" he said. "That just takes away from available income to do things for you."

Later in life, things might change with marriage. Having a spouse who relies on your income and increasing financial obligations like a car loan or mortgage require greater amounts of insurance. It might be as simple as taking your SGLI coverage to the \$400,000 maximum and enrolling your spouse into the Family Servicemembers Group Life Insurance (FSGLI) insurance program.

The life cycle approach would again revisit insurance requirements if you have children. An expanding family brings long-term financial responsibilities, from the cost of basic necessities for a child,

all the way to future college education expenses. Under FSGLI, kids under age 18 receive \$10,000 in coverage automatically.

Consider the young Trooper Barrett used as an example. That Trooper would need to make an analysis of upcoming life responsibilities, like a spouse, children, aging parents, home, et cetera and figure how much money is needed to cover these obligations.

To help determine what coverage gaps you might, have the Veterans Administration has an easy-to-use web-based insurance needs assessment calculator at www.insurance.va.gov. The software starts when you input financial obligations. These would include monies currently owed on credit cards, mortgage, vehicle or personal loans, estate taxes and funeral expenses, to name a few. Children's future college expenses can be included to the list of the immediate needs.

On the opposite side of the financial ledger: income that will be available to your survivors. Many of these items will be estimated, such as pension payments, Social Security survivor benefits or VA survivor compensation. The calculator provides several other sources of income you can list.

Next, you decide on the amount of annual income and the number of years that money would be needed. Listing of assets is next, to include SGLI and other life insurance policies; current investments to include the Thrift Savings Plan and any other lump sum payments payable after death.

The calculator then adds financial obligation and income needed to support survivors and subtracts from your assets showing if there is need for additional life insurance and if so, how much to cover the gap.

Once you have this information, it answers Barrett's financial advice question: "Why would I want to spend more money on insurance when I am already covered?"

The one category separate from the calculations is free and clear assets, like real estate or rare comic books. Items that

Money really does matter, especially when it comes to ensuring your loved ones are taken care of. This is part one of a two-part series on Servicemembers' Group Life Insurance.

are debt-free and increase in value are another way to support surviving family members.

"The goal there is at certain point you don't need a whole lot of life insurance, because the beneficiary can sell assets," asserted Barrett.

Let's say your home is not paid off or you are not the owner of the first Superman, and the VA insurance needs assessment calculator tells you there is deficiency. The dilemma: what type of life insurance do you purchase?

Next week we look into the very complex world of life insurance products available to consumers.

Besides his office at the naval station, Barrett is available every Thursday from 8 a.m. to 12 p.m. at the Fleet and Family Support Center satellite office located next to the Camp America post office. Call 4050 or 4141 to set up an appointment.

Super Troopers

Congratulations to the Joint Task Force Guantanamo Troopers who recently received commander's coins!

MAC Charles LN1 Roundtree
 SFC Conwell AE2 Ryal
 MA2 Eaker MA1 Santana
 RM2 Gersky MA2 Santos
 MA3 Gianfala CPT Sham
 MA3 Keller MAC Staudinger
 HMC Laxa MACS Walton
 MA1 Mendoza LCDR Wren
 SGT Olivares



Protect your Personally Identifiable Information (PII)

Most of us understand that if someone were to have our name and social security number that we would be susceptible to identity theft. What most people don't know is that people finder websites have made it easy to obtain public information like addresses, phone numbers, names of relatives, etc... Before the internet, much research had to be done to gather this information. Now all this information is at the touch of a keyboard. So protect your personal information from people who don't need to know. Use OPSEC to protect your PII.

Trooper Focus

Sgt. Ronald Stern



—the boss says
 “When the operations tempo is high and many tasks are in his path, his ability to handle each task with flying colors is a testament to his leadership ability.”

By Spc. Vanessa Davila

Community policing is always made easier when the officer patrolling his assigned neighborhood is eager to help. Sgt. Ronald Stern is the noncommissioned officer in charge of the S-6, or technology shop, at Joint Task Force Guantanamo, but back home in Georgia he is a patrol officer and is always eager to help.

“It’s knowing that what I do, right then and there, can affect the community as a whole instantly,” Stern said about his favorite part of the job. “You sit out on the street with a radar gun: people instantly slow down, making the neighborhood a little bit safer ... you can make an impact almost instantly by just driving through the neighborhood.”

Stern joined the Army right out of high school. He left active duty when his contract was over. He moved around a bit

and had different jobs but when he landed in Atlanta he stayed and he settled on a career with the police department. During all of it he made the decision to join the Army once again, this time as a National Guardsman.

Sgt. Stern is a man of all trades: he is MOSQ (military occupational specialty qualified) in four different jobs, one of those being a military policeman. He said being a policeman in the military is quite different from being one in the civilian world but there is one similarity: people.

Therefore, this policeman has no desire to leave the “beat”: Stern doesn’t want to sit behind the desk as a detective. He likes the variety and interactions patrolling affords him.

“You learn how to talk to people,” Stern said.



Bullet Bio

Hobbies: Camping, hiking, road racing

Coke or Pepsi: Whichever one is cheapest

Advice to junior troopers: “Learn as much as you can. Take as many schools as they offer you.”

BOOTS ON THE GROUND

If you could have any super power, what would it be?



“I want Tony Stark’s suit, money, and personality. I guess I just want to be Tony Stark!”

Airman 1st Class
Tony Monroig



“Teleportation. Transportation takes too long.”

Hospital Corpsman Hospitalman
Tony Rinckenberger



“Invulnerability. I’d be unstoppable!”

Hospital Corpsman Hospitalman
Billy Tinkham



“Invisibility. I’d be able to see what people are really like when nobody else is around.”

Air Force Master Sgt.
Debbie Davis

Mitigate sports injuries and stay fit

By Army Capt. Stephen Overholser
 525th Military Police Battalion Surgeon

Inamural sports are a crucial element to military life, especially here at Guantanamo. In addition to their positive impact on cardiovascular and physical fitness, they provide a healthy outlet for stress management, unit morale and cohesion, and Trooper camaraderie. Most of all, they are fun! And while intramural sports are ultimately beneficial to mission readiness, intramural sports can be detrimental to both the Trooper and the mission. In this article, I will highlight several ways to not only maximize performance, but also to minimize injury risk while enjoying any intramural activity.

Acclimation

Just because you can run two miles in 12 minutes does not mean your body is ready for the specialized movements of competitive sports. Changing directions, cutting, accelerated jumping, overhand throwing - these activities require unique muscle groups and movements and can cause injury if the body isn’t acclimated to their specific demands. Before any intramural season or participation begins, each trooper should acclimate to these activities ahead of time. For example, before throwing a softball with maximum effort in a game situation, you should spend at least a week throwing and stretching to reintroduce your body to that activity. This can prevent injury and maximize performance!

Stretch Before, During, After

No activity is underutilized more than proper

stretching. There is a reason why calisthenics are fully integrated into the physical training programs of all branches of service: stretching prevents injury and maximizes performance. It is even more important to stretch prior to, during and after intramural sports as the demands of these activities tend to cause more injuries than the more standardized movements of physical training. Getting and staying warmed up while participating in sports is probably the most crucial element to preventing injuries. Additionally, daily emphasis on improving your flexibility will reduce injury risk on the job, during PT and on the field, guaranteed.

Prioritize Effort

Most sports injuries result from “max effort” plays such as diving for a catch, taking a charge in basketball or jumping in proximity to other participants. There is no amount of acclimation, stretching or preparation that can completely prevent injury in these scenarios. In these cases, it is important to prioritize your effort. Know your limitations and assess your risk before and during the game. Assume the mentality that you want to compete, have fun and protect yourself and others while playing. You will be surprised at how much effort you can give and still prevent injuries by avoiding high risk situations on the playing field. Remember, intramural sports are provided to make you healthier for the mission and not the other way around.

Recovery

Between duty, PT, hobbies and intramural activities, there can be significant physical strain placed on the body. All Troopers need proper

rest, sleep and nutrition to be able to recover. While playing multiple sports and maintaining an aggressive training schedule may seem ideal, more is not necessarily better in this case. Overtraining can not only lead to injuries but can also reduce your performance. Proper nutrition, rest and recovery, as well as being selective in your intramural activities can prevent overtraining.

Also, remember to RICE (Rest, Ice, Compress, Elevate) any minor injuries sustained, with ice being the key. It is a commonly known, yet another underutilized therapy that can prevent minor strains and sprains from becoming a major issue. If these minor injuries are not improving during your recovery period, do not push it—seek medical care for an assessment. Recovery is absolutely essential and requires emphasis when intramural sports are added to the already rigorous demands of military life.

Intramural sports can require focus and concentration or be fun and relaxing, or both. When they lead to injuries, however, not only does your team suffer, but your physical fitness and mission readiness do as well. Remember to acclimate, stretch, prioritize your effort and emphasize your recovery to prevent injuries and maximize your performance. Your goals for getting into intramural sports should include staying injury-free so that you can continue to execute your duties and responsibilities. This will only enhance the positive impact of your intramural experiences. Good luck, and see you out there!

+ Happy 104th Birthday, Navy Nurse Corps!



The senior and most junior nurses assigned to U.S. Navy Hospital Guantanamo Bay (USNH GTMO) and Joint Medical Group (JMG) Guantanamo cut the cake celebrating the 104th birthday of the Navy Nurse Corps. The Navy Nurse Corps was founded on May 13, 1908, by President Theodore Roosevelt.

(Far left, far right) Ens. Jessica Howell, NC, and Capt. Kristen Atterbury, NC, cut the cake for USNH GTMO nurses, and (center) Lt. Sonya McKay, NC, and Cdr. Catherine Riley, NC, cut the cake for the JMG nurses as co-workers gathered around. More than 50 nurses (military, civilian and family members) stationed and living at Guantanamo Bay, were invited to the celebration.

—U.S. Navy photo by Stacey Byington

The acoustic experience at the Bayview Club

By Army Sgt. Saul Rosa

Atmosphere is a vital part of de-stressing after a long week. The combination of lighting and music create a mood that melts away any work week blues. The Bayview Club has created this type of atmosphere every Friday with the help of Marti Castillo.

The Bayview's Acoustic Night is aimed at creating an alternative dining experience for those stationed or deployed to Guantanamo Bay, Cuba. Castillo helps create this experience by performing live for dinner guests.

"I'm bringing a little ambiance to the restaurant," said Castillo. "It's peaceful and personal because someone is creating music for you."

Castillo has been playing the guitar for years as a passion. But this isn't the first time he's performed for an audience; Castillo has played in pubs and bars throughout his life.

"I never had a band," said Castillo. "But I don't want to say hobby because it's a part of my life. It's not about the money, it's about the venue."

As a self-taught artist, Castillo has formed his own theories on music and style.

"I honestly believe music goes right to your soul," said Castillo. "You don't have to interpret it, you don't have to understand it, but music itself goes right to your soul. You sense it. You feel it. It calms you or excites you. It immediately goes into your being and takes you

somewhere."

Castillo's approach to performing covers comes from his own experiences and the advice from well known artists.

"I try to make the song my own," said Castillo. "I try to feel the song and understand what the song is trying to say. Each song speaks to you differently."

As a musician, Castillo plays because he enjoys playing the music and hopes that the audience enjoys it as well.

This approach has made an impact on listeners, especially when Castillo takes suggestions from the audience. The feedback from one young listener impacted him greatly.

"I asked her if she wanted me to play something," said Castillo. "She called out some young group who I didn't know but I said 'I think I have something you'll like.' So, I started playing 'Hey there Delilah' from the Plain White T's."

He explained that when he finished playing he looked over and saw she was clapping. He asked her if she liked it and she told him that she liked his version better than how the original artists do it.

"That made me feel really great," said Castillo.

Castillo has also written his own music from his own personal experiences.

"I have written some of my own songs and someday I'll play them at the show," said Castillo.

Try the acoustic experience at the Bayview, where stress can melt away to the chords of a guitar and a passionate voice.



Marti Castillo's live performances are the Bayview's new weekly attraction. —photos by Army Sgt. Saul Rosa

MSST San Diego leaves strong, proud legacy

By Army Sgt. Saul Rosa

"I think our mantra in this community of specialized forces is quiet professionalism."

That was how Coast Guard Cmdr. Eric Cooper described his team, the Maritime Safety and Security Team San Diego, last November. Now six months later, the team is departing after a not so quiet tour with Joint Task Force Guantanamo Bay.

"The MSST has been phenomenal," said Cooper. "We put over 4000 hours in the water that was mishap free. We supported the JTF with its highly strategic mission and it's going to affect how the United States is perceived around the world and history as it moves forward."

The MSST's support in the JTF mission didn't go unnoticed by the JTF Commander Rear Adm. David Woods, who presided over the change of authority.

"They have set the standard for the MSST at Guantanamo," said Woods. "The internal security has done a fantastic job."

One of the most important aspects of the mission has been the safe and professional transportation of distinguished visitors.

"They transported almost 750 distinguished visitors," said Woods. "That seems like a mundane thing but it is so important. It is the first impression that people have of Naval Station Guantanamo and the JTF."

The MSST not only performed their mission to the best of their abilities, but also volunteered to help the community restore a piece of its history.

"The other job they have done is work on the lighthouse here," said Woods. "[They] invested over 600 man hours in restoration of it. It is a piece of Coast Guard history at Guantanamo and it's pretty neat to have that accomplishment under your belt."

The San Diego MSST found a personal attachment to the lighthouse and what it symbolizes for Guantanamo.

"The lighthouse is part of Coast Guard history and it had become run down over the years," said Cooper. "We took that as our own personal responsibility and put the



Coast Guard stripe on the side."

Although the JTF is saying goodbye to the silent professionals of San Diego, it is also welcoming the newest members of the joint mission.

"This is a bittersweet ceremony," said Woods. "It's bitter to say goodbye to San Diego Cmdr. Cooper and his team. But, it's sweet to say hello to New Orleans and Lt. Cmdr. Joseph Meuse and his team."

Burning down the house!

By Pvt. Loren Cook

You've probably been there. You're curled up in bed, safely ensconced in your Cuzco trailer, and you're snoozing away contentedly when you're jerked awake by the fire alarm going off.

You stumble outside, bleary-eyed, badly-dressed, half-deafened and ill-tempered. You stand outside your housing with others from your block and look for smoke or flames. You and your friends will probably start to wonder whether there's an actual emergency or not. If you're anything like me, you'll also wonder if you should have taken some of your valuables from your room when you left, just in case.

Finally, the fire department shows up. Provided your block isn't engulfed in flames, they quickly turn off the alarm. With the crisis averted, you go back to your room and are free to resume sleeping. Even so, you find yourself angry at whoever set off the alarm which so rudely interrupted your peaceful slumber. You vow that you will never be "that guy."

It's a maddening scenario, one we could all do without. Fortunately, the steps for not setting off the fire alarm are the same steps for not causing a fire.

"Fire safety is as simple as following the rules," said Builder 1st Class Mark Anderson, an engineering assistant with Joint Task Force Engineering. "It sounds too easy, but that's the single most effective way to prevent a fire."

"People think they're responsible enough that they won't cause a fire," Anderson explained. "Unfortunately, there are a lot of fires started every year because people thought they knew better than the rules."

Candles, or any kind of open flame, are not allowed in housing. Despite that prohibition, Anderson has seen two occasions where people left burning candles in their rooms while they went to work.

"If we've caught it twice, it makes me wonder how many people don't get caught," Anderson said.

Smoking is only allowed in designated areas. The boardwalk outside rooms in the

Cuzco Barracks is not an authorized smoking area.

According to Anderson, there have been multiple instances here at Guantanamo where personnel covered their smoke detectors with plastic bags.

"If the people who cover up their smoke detectors are lucky, it gets caught in a room inspection. If they're not so lucky, the fire department figures it out when they're investigating what caused a fire," Anderson said. "You wouldn't tamper with the smoke detector in an airplane bathroom. Your room shouldn't be treated any differently."

Daisy-chaining power strips is another common cause of fires. It may be inconvenient to rearrange your room just because you don't have an open outlet, but it's a lot more inconvenient to lose everything in an inferno.

"These rules are the best ways we've found to help prevent loss of life and destruction of property," Anderson said.

So if you want peace and quiet while you live a blissful, unburnt existence, the best way to get there is to know and follow the rules.

GUANTANAMO BAY COPS

Bottom: MASN Franko Hunter and MA3 Emily Wruk, patrolmen with NAVSTA Security, communicate with headquarters.

Opposite page, at top: MA1 Reg Leavitt patrols near Deer Point.

Opposite page, at bottom: Wruk next to her vehicle.



By Pvt. Loren Cook

If you ask a Trooper to name the most important section here at Guantanamo Bay, most would be tempted to say their own. Their final answer would probably be a section from Joint Task Force. It's doubtful that many would mention Naval Station Security.

Sadly, the hard-working men and women in blue who patrol our little chunk of Cuba are often marginalized. Many of us only turn to them when we need them, and try to avoid them under other circumstances.

"It's frustrating, because most of the people we deal with aren't too happy to see us. We don't make many friends on the job," said Master-at-Arms 2nd Class Matthew Weaver, a watch commander with NAVSTA Security.

This week, in honor of National Police Week, take a moment to hear from our often underappreciated protectors.

NAVSTA Security is the largest component unit of the naval station, with approximately 160 personnel. Much like Robocop, NAVSTA Security personnel have three main duties. Personnel serve the public trust, protect the innocent, and uphold the rules and regulations of the installation.

NAVSTA Security has exclusive jurisdiction over GTMO—not just over the main stretch of the cantonment area, but installation-wide, including Camp America and other sections predominantly populated by Joint Task Force Troopers. They also patrol inland areas of the bay, ensuring the safety

and security of the beaches and coastline.

The master-at-arms rate covers a wide variety of duties, including law enforcement, antiterrorism, and force protection. At many stations, standing guard is the extent of what MAs do, said Master-at-Arms 1st Class Reg Leavitt, operations lead petty officer with NAVSTA Security.

"A lot of our newer personnel have never done law-enforcement before they get here," Leavitt said. "They've stood guard at a gate for several years, and then they get here and have to work traffic when they've never seen a ticket pad before."

"This is one of the best places to learn," said Master-at-Arms Seaman Franko Hunter, a NAVSTA Security patrolman. "You learn just about every aspect of the job because we do it all."

MAs also train every Tuesday, Leavitt said, covering subjects all the way from proper handcuffing procedure to taking witness statements.

"We have to cover a lot in our training because we do so many different things," Leavitt said. "There's no such thing as a typical day for an MA. Every day is different."

Security personnel start their shift with a briefing from their watch commander, in which they find out what their assignment will be that day. Typically, they will work a 13-hour shift.

"With law enforcement, we might not have anything happen one day, and then the next we're going nonstop," Leavitt said. "We

never know what's going to happen."

"It's kind of rough sometimes when not much is going on and all we have to listen to is AFN Radio," said Master-at-Arms 3rd Class Emily Wruk, a NAVSTA Security patrolman.

Security personnel will typically be split between vehicle patrols, segregated by area, and static patrols, usually in the form of speed traps or DUI checkpoints.

"We definitely try to be proactive and prevent crimes, rather than reactive to crimes that already happened," Weaver said. "Sitting by the road with a radar gun isn't fun or exciting, but it's better than getting called out to the scene of an accident."

When a call does come in, a patrolling unit is typically diverted to the scene.

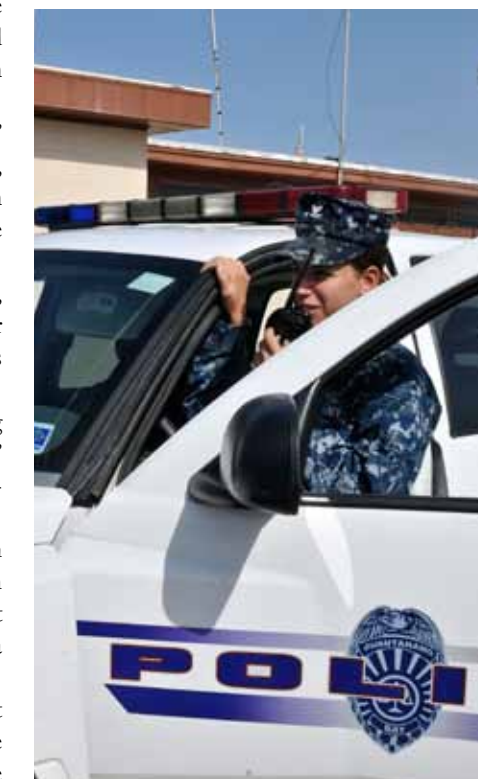
"Some of the most common things we respond to are alarm activations on the JTF side, and traffic accidents," Leavitt said. "Our most important job is to patrol, because presence is the greatest crime-deterrent."

Wruk also thinks that patrolling is the greatest deterrent.

"I think people take us seriously," said Wruk. "If they see us, they slow down or stop what they're doing."

So spare a thought next time you want to make a right turn out of Windward Loop or speed through a school zone that it's against the law, and the law exists for a reason.

"We're not out there trying to get people in trouble. We're trying to make this place safe for everyone," Leavitt said.



Defending the Constitution:



Above: Army Capt. Paul Tremblay of the 170th Military Police Battalion works as a patrol officer in Georgia.

Below: Army Staff Sgt. Fredrick Plimpton of the 314th MP Battalion at the daily guard mount passing information to his Soldiers.

—photos by Army Sgt. Saul Rosa



By Army Sgt. Saul Rosa

Of the people who are called upon to uphold and defend the constitution of the United States, two exemplary types are police and service members. For those whose shoulders are able to bear both burdens, they are both service members and police officers. The Military Police Battalions that are deployed to Joint Task Force Guantanamo Bay have many Soldiers who are also police in their civilian lives.

When he's not deployed with the 314th Military Police Battalion, Cpl. Blake Mulcahy mans the beaches and Venice boardwalk of California as a patrol police officer with the Los Angeles Police Department.

"I'm with the Venice Beach Task Force," said Blake. "We have some Special Forces unit tendencies like plain clothes details but for the most part it's a lot of observation police work."

Being on the beach in plain clothes is a little different than being in uniform, but having the presence makes a big difference in the safety of the area.

"I had to attend one day training to wear plain clothes," said Mulcahy. "They basically teach us the difference in how you're going to be treated in uniform and in plain clothes, and how you need certain things with you when you're in plain clothes."

"A lot of businesses owners enjoy our presence," said Mulcahy. "That presence is the key because a lot of stuff happens when we don't have police presence there. I've caught people trying to steal a car by just pulling up next to them."

Mulcahy began his law enforcement career when he joined the U.S. Army Reserve's 314th Military Police Battalion out of New York when he was 18.

"I was always interested in the police background," said Mulcahy. "But I didn't realize I would pursue it at a younger age."

Mulcahy explained that he was in a ride along with a police officer when his recruiter called him. He sat with the recruiter and was sold on the idea of becoming member of the Army's Military Police.

After completing basic training and advanced individual training, the young MP deployed with his unit to Iraq. This deployment would give him the experience he needed to join the LAPD when he returned home.

On his first day with the LAPD, the new police officer would learn one of the most vital lessons in his career: you never know what's going to happen.

"My first day on patrol ever and the call I got at the end of my shift was that one of my buddies was shot and killed by someone who didn't agree with him," said Mulcahy. "The thing is, you never know what is going

as a Soldier and a police officer

to happen."

Another MP deployed to Guantanamo Bay uses his military experiences and vast police background to mentor his soldiers.

Staff Sgt. Fredrick Plimpton's career started 35 years ago when he raised his hand and swore an oath to uphold the U.S. Constitution as a Marine.

After a short career in the Marine Corps, he attended college and then returned to law enforcement with the New York State Police.

"The Marines prepared me for my future career," said Plimpton.

On September 11, 2001 Plimpton responded to the call in New York and was one of the 300 state troopers who went to the World Trade Center to assist in rescue operations.

Although the operations were exhausting, it was during those three days that Plimpton was inspired to return to the armed services.

"We were exhausted having worked for three days straight with almost no sleep," said Plimpton. "I heard the sound of the Humvee before I saw it. It rolled up with a young staff sergeant leaning out of the door. He jumped out and I swear he saluted me. He said to 'Sir, we have it from here.'"

Plimpton was so impressed that he did everything in his power to enlist in the Army Reserve. With the help of his senator and an age waiver, he was able to enlist and serve with very unit that relieved him during the rescue operations, the 107th Military Police Battalion.

With 35 years of experience, Plimpton mentors his soldiers using three rules: setting a good example, adhering to the standards, and constant accountability.

Plimpton sees the result of his mentoring every day.

"I see the results almost every day at guard mount, when I post well trained-troops and I see myself 35 years ago," said Plimpton.

Standing in the middle of his career, Capt. Paul Tremblay of the 170th Military Police Battalion can relate to other reservists about balancing a family, civilian profession, and his military career.

Even though he had a family background in the military, it wouldn't be until Tremblay joined the Air Force Junior ROTC in high school that he realized he enjoyed the positive impact he had to the community as a service member.

While still in high school, he enlisted with

the National Guard, and when he graduated he enrolled into North Georgia College and State University for Criminal Justice. However, during his first year he was deployed to Afghanistan in response to September 11, 2001.

"I got a phone call the day of the attacks from my unit saying that we were on standby," said Tremblay. "We deployed about three months later."

Tremblay explained that after his deployment he was motivated to become the best officer he could be, so he focused on excelling in school and his military duties. It was during those college years that he was able to intern with the Gwennett County Police Department.

"I really enjoyed riding around with the officers and listening to their experiences," said Tremblay. "I decided it looked like a good job to see the benefit to your community. You have a direct impact on how that community is going to view police and how the public is going to view that community in terms of safety."

Tremblay then began working for the same department he interned with. Now, he has seven years in and a family to take care of.

As a husband and father of two, Tremblay understands the dangers of his two professions, but feels his dual training is beneficial. Tremblay recalled one experience he had right before deploying to Guantanamo.

"I was working a suspicious vehicle call

where a woman and child were unconscious in a car," said Tremblay. "I got to the call, assessed the call and was investigating that incident when I noticed two people walking by giving us the evil eye. About 10 minutes later, I was sitting in my patrol car writing things down for this female who was part of the initial investigation. She was standing in front of my car when I heard something that sounded like a gunshot."

While assessing the situation several more shots rang out. Tremblay realized that someone was shooting at his patrol car.

"Luckily they didn't hurt anybody," said Tremblay.

Tremblay explained that his back up had already arrived so they were able to get civilians out and search the area.

"We did a coordinated search and that's what we do as MPs," said "That ties into being a MP and a civilian law enforcement officer. Although there are differences, there's a lot of similarities."

Those who choose to not only defend the Constitution but enforce and uphold the laws have dual responsibility. They bring honor not only to the United States military but to the police departments which they represent when they put on either uniform.

Army Cpl. Blake Mulcahy of the 107th Military Police Battalion works with the Venice Beach Task Force in California.

—photo by Army Sgt. Saul Rosa



Got a pirate problem? There's an app for that

By Grace Jean
Office of Naval Research Public Affairs

ARLINGTON, Va. – The Department of Defense will begin funding an Office of Naval Research (ONR)-sponsored project aimed at developing Web applications to help multinational navies police the world's oceans, officials announced May 14.

The International Collaborative Development for Enhanced Maritime Domain Awareness (ICODE MDA) was one of 14 projects selected by the Office of the Under Secretary of Defense for Acquisition, Technology and Logistics to receive \$1 million awards beginning this fall through the Coalition Warfare Program, which funds international collaborative research efforts.

The ICODE MDA project is a research alliance between ONR and Space and Naval Warfare (SPAWAR) Systems Center Pacific (SSC Pacific). ONR is partnering with scientists in Chile to build widgets, or Web-based applications, for use by sailors and maritime operators to analyze data and other information to combat pirates, drug smugglers, arms

traffickers, illegal fishermen and other nefarious groups.

"A lot of maritime threats occur in developing parts of the world," said Dr. Augustus Vogel, associate director for Latin America and sub-Saharan Africa in ONR-Global's Chile office. "Our goal is to develop partnerships with countries that have maritime threats to help solve those problems."

ONR will tap researchers at the Technical University of Federico Santa Maria, one of Chile's top engineering schools, to create Web-based tools in an open source environment. The work will focus on producing software to improve automation, small-target detection and intent detection.

Ultimately, the software will be compatible with multiple maritime network systems so that navies around the world can use the tools and share information for global operations.

"We'll take those tools and integrate them into a widget framework that can be part of a coalition-accessible Web portal," said John Stastny, an engineer in the advanced analysis systems branch at SSC Pacific, who is helping

ON THE DECK



to lead the ICODE MDA project.

The effort in Chile is part of a larger collaborative project that encompasses nations in Africa, where ICODE MDA has been underway with researchers at the University of Ghana, University of Pretoria, University of Mauritius and the Council for Scientific and Industrial Research in South Africa.

ONR provides the science and technology necessary to maintain the Navy and Marine Corps' technological advantage. Through its affiliates, ONR is a leader in science and technology with engagement in 50 states, 70 countries, 1,035 institutions of higher learning and 914 industry partners.

President Obama welcomes new stage of Afghan security transition

By American Forces Press Service

WASHINGTON – President Barack Obama welcomed Afghanistan President Hamid Karzai's announcement of his government's list of areas intended for the third stage of the transition of security responsibility from NATO's International Security Assistance Force to Afghan security forces.

"As transition proceeds in these areas," Obama said, "nearly 75 percent of the population of Afghanistan will be living in provinces, districts and villages where Afghan forces are leading."

The Afghan government will now enter the third of five tranches or stages, as they continue to move forward in the process of taking the responsibility of national security, ISAF officials said in a news release issued today.

Meanwhile, Afghanistan's national security forces "are strengthening their capacity as we remain on track to meet our goal of having the Afghan government fully responsible for security across the country by the end of 2014," Obama said in his statement.

A week from now, Obama said, world leaders will gather at the May 20-21 NATO Summit in Chicago "to discuss how we can effectively advance the transition process as our forces move from combat to a support role and demonstrate our enduring support for the Afghan government and Afghan National Security Forces."

Obama said he "looks forward to meeting with President Karzai and my fellow leaders in Chicago to discuss these critical steps that will strengthen Afghan sovereignty while responsibly winding down the war."



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ON THE WING



Panetta orders Air Force to take further steps on F-22

By Jim Garamone
American Forces Press Service

WASHINGTON – With safety remaining his top concern, Defense Secretary Leon E. Panetta has ordered the Air Force to take additional steps to mitigate risks to F-22 pilots, George Little, acting assistant secretary of defense for public affairs, said today.

Beginning in 2008, a few pilots experienced hypoxia-like symptoms when flying the aircraft, Little told reporters at a Pentagon news conference. Hypoxia is a deficiency of oxygen. There have been a total of 12 cases of these hypoxia-like symptoms affecting pilots.

Little said the secretary has followed developments in the F-22 closely and has directed the Air Force to expedite the installation of an automatic backup oxygen system in all of the planes.

In addition, effective immediately, all F-22 flights will remain near potential landing locations to enable quick recovery and landing should a pilot encounter unanticipated physiological conditions during flight," Little said.

Finally, Panetta directed the Air Force to

provide him with a monthly progress report as the service continues the search for the root cause of the problem.

These steps are in addition to the measures the Air Force is already taking to determine the root causes of the hypoxia-like symptoms pilots have experienced.

Panetta made this decision in part due to the reluctance of some pilots to fly the aircraft, Little said.

"Secretary Panetta believes the department must do everything possible to ensure pilot safety and minimize flight risks," Little said.

The secretary's directions take into account the need for determining the cause of the problem, while still allowing the military to use the unique capabilities provided by the F-22 Raptor. The aircraft are based in the United States and are now deployed to Southwest Asia, Little said. As the only fifth-generation aircraft in the world, he added, the plane is the most capable fighter in the air and is necessary to maintain U.S. air dominance.

"Safety is a zero-sum game," Pentagon spokesman Navy Capt. John Kirby said at the

news conference. The automatic backup oxygen system will complete testing by the end of November, with installation in line fighters beginning in December. Ten Raptors will be retrofitted with this system per month, he said.

Keeping the F-22 fleet flying allows the service to examine the aircraft closely. "There's a troubleshooting process going on right now," Kirby said. "So the aircraft being in operation assists that process. We believe we've mitigated the risks as much as possible."

But safety is the paramount concern, he said, and if he needs to, the secretary will ground the fleet. "But right now, he believes ... this is the right course," Kirby said.

The Air Force has been studying the problem since 2008. "The root cause of hypoxia-like events has not been determined," Little said. "It is possible ... that it could be attributed to the oxygen system in the airplane – thus the installation of a backup system. But it could have other causes, too, and the Air Force is aggressively looking at other factors that could be contributing."

Growing number of runners opt to run in bare feet

By Elizabeth Lee
Voice of America News

LOS ANGELES – A growing number of people are choosing to run without shoes. Many barefoot runners say running with no shoes actually helps reduce injuries and joint pain. In Los Angeles, the mild weather allows people to run barefoot throughout the year.

Michelle Musacchio runs without shoes whenever she can. She started running in her bare feet nine months ago because she was looking for a way to exercise without joint pain.

"My hips had been hurting, my knees had been hurting, not a problem with the running," she said.

President of the Los Angeles Barefoot Runners Society, Ken Bob Saxton believes the cause of joint pain is often shoes.

"They allow us to run very sloppily, they

allow us to slam our feet into the ground with higher impact with a straight leg with our knee locked up so that all that impact go straight into the knee and into the hips," he said.

Saxton has run 79 marathons in his bare feet. He says when he sees sharp objects such as glass on the ground he runs around it or on top of it without getting cut.

"Most of the glass just lays there and as long as you come straight down like this and pick your foot up nothing happens," he said.

Harvard University Professor Daniel Lieberman has studied how shoes have changed the way people run. In a Skype interview with VOA, he says 30 to 70 percent of runners suffer injuries.

"Why have we failed to lessen this epidemic of injury? I would argue is that we put too much faith technology in shoes, in orthotics, in things you can buy, and what really matters is how you run," said Lieberman.

Lieberman studied runners, from members of the Harvard track team, to runners in Africa who have never worn shoes. He says barefoot runners have better form.

"They tend to have good posture. They tend to take shorter strides. They tend to not land hard on their heels," he explained.

Lieberman says barefoot runners tend to land on the balls of their feet. He says most people who run in shoes land on their heel, which could cause damage to the body.

Physical therapist Robert Forster specializes in proper running technique and has worked with Olympic Gold Medalists Jackie Joyner-Kersey and Florence Griffith Joyner. He says running without shoes may help strengthen the foot, but can also lead to foot injuries.

"I just see it as a movement, that's not necessary," he said.

see BAREFOOT page 16

AT YOUR SERVICE

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By Army Sgt. Brett Perkins

REEL STORIES, LOST LUNKERS

with the single-minded intent of fishing to our hearts' content. We succeed; they will stay in the car while we engage in a few carefree hours of fishing. It is my young bride's birthday, I know, but I can only see the big picture. Sunset is only three hours away; it is prime bass hour. Surely she will forget this insult. We get a boat and head for "bass bay." My friends, always with luck on their side, are catching quite a few fish. However, not one is very impressive. Through glassy eyes we have a hazy view of my wife and her friend on the opposite shore; they look like they're waving encouragement! In the throes of my madness that is how I interpret it.

We continue fishing. No luck for me; small luck for my pals. The sun, like opportunity, begins to set behind the horizon and we decide to pull in the lines. I begin reeling in when suddenly a super smallmouth bass inhales my lure. With a shriek of delight I begin the battle. Up and down I go, up and down watching this armored tank of a fish attempt to escape. A furious battle ensues, and soon the last cast has turned into an epic struggle of wills, me against this fish. Through the hysteria my brain registers a strange noise, much like a car honking from shore, and I think, "What could that be?"

I stop reeling long enough to make out the image of my wife. She is honking the horn. In this time the fish spits up my lure, and my last glimpse is of him gliding into my memory.

My wife has never forgiven me.

Date: Post-deployment leave
Place: Lake Bailey, Michigan

For a fleeting moment, upon my return from battle, I am self-indulgent; a shiny new twelve foot fishing boat is my reward. I take thirty days of leave, and with my wife and child in tow I head home for some freshwater fishing. The wife and I convince my mother-in-law to babysit our boy. I step onto

my new vessel, and instantly I am in constant motion: rigging lines, pulling off fish, re-rigging snapped lines. While I labor merrily about the boat my wife begins to hang her foot over the side. In a confluence of events her shoe falls off and tumbles into the water.

"Go back!" she screams in a cry of pure, utter rage.

I turn and head towards the drifting shoe. Immediately, my rod bends almost in half and the line begins to run. A lunker for sure! My wife grabs the pole and starts fighting, inexpertly.

"Give me the pole, give me the pole!" I beg.

"Get my shoe first then you can have it!" she retaliates.

As my wife struggles like a novice fisherman with my dream fish I snap to and retrieve her shoe.

"Gimme, gimme, gimme!" I call.

"Oh fine!" as she hands my Uglystik over.

I begin the fight. In and out. Up and down. This fish is a serious foe. However, he does not understand how prepared I am for his shenanigans. My lifetime's worth of fishing savvy has prepared me for this moment. "I will bask in triumph, my lunker of the lake!"

I fight him and keep fighting, never giving up ... even as he saws through my line and escapes.

Date: The present

Place: Guantanamo Bay, Cuba

I have not yet experienced the crushing loss of a lunker here. I know in my heart that it is sure to come. I catch small fish and madness still ensues. I watch large fish stubbornly ignore my line, and I begin to salivate. So friends, all I can do is continue fishing and wearing my shaded, polarized sunglasses to hide the fevered, glossy look in my eyes from those who have never experienced the insanity fishing breeds.

To be continued...

"Bruises at the ball of the foot, especially in the big toe can actually fracture some small bones in those tendons and that can be a real serious problem," he said.

Lieberman says many people get injured running without shoes because they do too much too soon.

"It is true that if somebody who has been wearing shoes their whole life and then suddenly takes off their shoes and go for a 10-mile run, they will injure themselves, for sure. I guarantee it," he said.

He says new barefoot runners have to take it slow and give the body time to adapt.

BAREFOOT cont.

"We just hate to see the injuries that could be avoided because there's not enough padding in the bottom of the shoe."

Forster has treated injuries caused by running without shoes.

Cheeseburger-eating runners

By Spc. Ryan Hallock

Mind, Body & Spirit

John Paul Jones: The black hill in the early morning hours, barely visible to those Guantanamo Bay residents awake for the challenge. Let's go to the top of it; to the last windmill where the view of this deployment is unmatched. Drenched with sweat and short of breath, let's sit with our legs crossed. There's time before the sun rises to close our eyes and think of everything that has brought us to this time and place.

Camp Iguana can be seen in the distance after blinking your eyes and noticing the first sign of light over the horizon. The sun will rise soon and a new day will start: a new day to start fresh, forget the mistakes of the past, and run into the future.

The steep road to JPJ and its beautiful panoramic view should not be surmounted by the use of four wheels. Rub the sleep out of your eyes and lace up or barefoot your way to the top.

Running. Sweat the stress out of your life. Sweat the calories out of your life. The best way to combat the decision to skip the salad bar for the burger bar is to run. Running makes you sexy. Cheeseburgers make you fat and greasy.

Ten thousand tons of Girl Scout cookies arrived on the island a few weeks ago. Each Trooper could get up to three boxes. It's 160 calories per serving size, which is only two cookies. If you have the self-discipline to eat two cookies at one time then by all means drive everywhere.

With the still sun beating down in the late afternoon, use your feet. Fulfill their purpose. Your body is a mode of transportation. Let it not only bring you to places



that sell cheeseburgers, but also to the natural beauties of this island.

When you look back on your time spent in Cuba, will you want to remember catching up on your favorite television show, or running into the sun each night on your way to the beach? The point is to relieve stress and both options will accomplish that, but maybe mix it up every now and again. Cheeseburgers and running mix well, in fact it is satisfying to have both. The combination can be avoided if the running comes first. Eat more chicken than Jim Morrison.

Music: Run with it or run without it. Music already has its way with your brain, seeping into every nook and cranny, teleporting you to the beach or a hillside. Combine running and music to double dip on life's cheese. Be a cheeseburger-eating runner. Be sexy.

There are reasons to run. Everyone has a different one, but it must be coupled with

the motivation.

Missing your loved one like never before? Throw on the "Miseducation of Lauryn Hill" and don't return home until your iPod has gone silent.

Didn't do so hot on a PT test? Throw on some Led Zeppelin and hit the trails. If a high PT score doesn't motivate you as much as just feeling healthy, then find what works for you.

Enter the zone. It's a place where you are so focused on one thing that the rest of life's seemingly small problems blow by you like the wind. May the wind be at your back, though it's not terrible to catch a nice breeze after running in 90 degree heat.

Find your reason to run. Who cares if you're running away from a problem, maybe running away from a problem is a way to solve it. In the long term, problems aren't that important anyway so why not run away? The war will still be here tomorrow.

ONLY AT GTMO by Mass Communication Spc. 1st Class Keith Simmons



The Avengers



By Mass Communication Spc. 1st Class
Ty Bjornson

Over the last four years, movie-goers have known that “The Avengers” was coming. It was inevitable. Since 2008, there have been “cookies” (short clips usually appearing after a film’s closing credits) in certain Marvel Comics-based movies. “Iron-Man” (2008), “The Incredible Hulk” (2008), “Iron-Man 2” (2010), “Thor” (2011) and “Captain America: The First Avenger” (2011). They served as the pre-cursors to this latest world-wide box-office phenomenon.

At the end of each movie, there was a cookie with Nick Fury (Samuel L. Jackson), director and agent of S.H.I.E.L.D. (Strategic Hazard Intervention Espionage Logistics Directorate), who would eventually recruit these Marvel icons into the superhero team known simply as “The Avengers.” This was truly a unique marketing strategy. It was essentially an ongoing “in-house” ad campaign and now it has finally paid off.

Currently, “The Avengers” has grossed over \$381 million domestically and over \$627 million overseas. Its total worldwide box-office take is over \$1 billion and climbing. It is presently the 11th highest grossing film of all time. This is an astonishing feat and there is no end in sight.

“The Avengers” opens with the global threat posed by the rotten scoundrel Loki (Tom Hiddleston), a god-like being from the distant Asgard at the other side of the universe. Loki plans to unleash his war-mongering monster minions to storm planet Earth and enslave the human race. Loki seeks to use the tesseract, which is essentially a weapon of mass destruction of insurmountable power, to aid in his quest for global dominance.

S.H.I.E.L.D. Special Agent Nick Fury is not down with this. Neither is Tony Stark (Robert Downey Jr.), a.k.a. Iron-Man, the brilliant billionaire philanthropist in a high-tech super-suit of epic proportions; Natasha

Romanoff/“The Black Widow” (Scarlett Johansson), an unparalleled martial arts expert; Steve Rogers/“Captain America” (Chris Evans), a genetically engineered super-soldier; Clint Barton/“Hawkeye” (Jeremy Renner) a hand-to-hand combat master; Thor (Chris Hemsworth), the god-like being, who is Loki’s brother; and the elusive Dr. Bruce Banner/“The Incredible Hulk” (Mark Ruffalo), a scientist with a powerful alter-ego of, well, “incredible” size, strength and endurance.

There are several characters in this movie who demand their own signature moments of screen-time and individual back-stories (which were primarily covered in the other Marvel pictures). All these elements must tie into the crisis at hand with a neat little bow on top of it all. Also vying for screen-time is the flying fortress of S.H.I.E.L.D., an elaborate flying aircraft carrier. I’ve never seen anything quite like it before in the movies. Points awarded for originality and making me go “hmm” as I watched our heroes venture into action on that aerial “marvel.”

Fans will probably gobble “The Avengers” up with repeat viewings, strong word of mouth and what will likely be high volume DVD and Blu-ray sales. For them, the movie showcases in spades these superheroes uniting together in the same superhero film. Each superhero looks great and they certainly deliver the goods in terms of characterizations, use of super-powers and super-strength as they battle dark forces side-by-side.

“The Avengers” is a very busy film. This film really is a superhero smorgasbord. It’s ambitious in its approach as a piece of pop culture cinema. How the film manages to balance all of its multiple components is a strong suit. A movie like this could have felt like an enormous hodgepodge collage. To the film’s credit, all the pieces fit together rather nicely. Sure, there are some loose ends that go in different directions. That’s okay. The pendulums are set in motion for other

story arcs in subsequent movies to follow. “The Avengers” accomplishes this without becoming an incoherent mess. If filmgoers haven’t seen the other films, and if they don’t plan to see an Avengers’ spin-off to see what else happens, that is fine. This picture is relatively self-contained. How many other films of this magnitude can pull that off?

While I enjoyed it, I did feel this movie could not be more than what it is. From my perspective, it meets only the checkpoints. Here’s what I mean: Do we see our Marvel heroes together? Yes. Do they bicker and fight each other at first? Yes. Do they overcome their sub-cultural differences to work in tandem against the Loki/WMD/alien invasion threat? Yes. Are there a few good jokes and a Stan Lee (the founder of Marvel Comics and co-creator of many of its characters) cameo thrown in for good measure? Well, funny you should ask . . .

This film adaption of “The Avengers” was directed by Joss Whedon, who is well-known in fantasy-television circles as the driving force behind “Buffy the Vampire Slayer” (1997-2003), “Angel” (1999-2004), “Firefly” (2002) and “Dollhouse” (2009-2010). Given his track record and reverence for the fantasy genre, he was a natural choice to head this film. Why he had not broken into big-screen comic book film adaptations earlier is hard to say. Though, a few years back, he did try to bring DC Comics’ “Wonder Woman” to the screen in a failed attempt. He is clearly a story-teller who knows how to get his audience dialed-in and he gives them exactly what they want.

Though likeable, I personally found “The Avengers” merely satisfying and nothing more. I know there are people who absolutely loved this film, while I only liked it at arms length. Perhaps that’s due to my own tastes and sensibilities. Again, I felt this film only met checkpoints and it didn’t do anything to exceed that. That’s okay. This film will still be treasured by its fans, and I still managed to have fun with it too.

GTMO Quick Reference

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

Jerk House – 2535
Sun.-Th. 5-9 p.m.
Fri. & Sat. 5-10 p.m.

Bowling Center – 2118
Mon.-Fri. 6-11 p.m.
Fri. 6 p.m.-12 a.m.
Sat. 1 p.m.-12 a.m.
Sun. & Holidays 1-11 p.m.

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

MWR Liberty Centers – 2010
Deer Point: Mon.-Fri. 4 p.m.-12 a.m.
Sat. & Sun. 9 a.m.-12 a.m.

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

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

Camp America - open 24 hours

Pirate’s Cove
Th.-Sat. 7 p.m.-12 a.m.

Cuban Club – 75962 (call ahead!)
Mon.-Sat. 11 a.m.-9 p.m.

McDonald’s – 3797
Mon.-Th. 5 a.m.-11 p.m.
Fri-Sat. 5 a.m.-2 a.m.
Sun. 6 a.m.-11 p.m.

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

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

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

O’Kelly’s Irish Pub
Mon.-Th. 5-9 p.m.
Fri. & Sat. 5 p.m.-2 a.m.
Sun. 5-9 p.m.

Safe Ride – 84781

NAVSTA Main Chapel

Daily Catholic Mass
Tues.-Fri. 5:30 p.m.

Vigil Mass
Saturday 5 p.m.

Mass
Sunday 9 a.m.

General Protestant
Sunday 11 a.m.

Gospel Service
Sunday 1 p.m.

Christian Fellowship
Sunday 6 p.m.

Iglesia Ni Cristo
Sunday 5:30 a.m.
Room A

Pentecostal Gospel
Sunday 8 a.m. & 5 p.m.
Room D

LDS Service
Sunday 10 a.m.
Room A

Islamic Service
Friday 1 p.m.
Room C

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

GTMO Religious Services

JTF Trooper Chapel

Intense Spiritual Fitness Power Lunch!
Study the Book of Romans with Chaplain Chouest
Thursdays 11-11:30 a.m.
JTF Command Chaplain’s Office

Protestant Worship
Sunday 9 a.m.

Bible Study
Wednesday 6 p.m.

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

	18 FRI	19 SAT	20 SUN	21 MON	22 TUE	23 WED	24 THU
Downtown Lyceum	Mirror Mirror (NEW) (PG) 8 p.m. The Avengers (PG-13) 10 p.m.	Dark Shadows (NEW) (PG-13) 8 p.m. Wrath of the Titans (PG-13) 10 p.m.	Dr. Seuss’ The Lorax (last showing) (PG) 8 p.m.	The Vow (last showing) (PG-13) 8 p.m.	21 Jump Street (R) 8 p.m.	John Carter (PG-13) 8 p.m.	Silent House (R) 8 p.m.
Camp Bulkeley	The Lucky One (PG-13) 8 p.m.	Mirror Mirror (NEW) (R) 8 p.m.	Dark Shadows (NEW) (PG-13) 8 p.m.	Dr. Seuss’ The Lorax (last showing) (PG-13) 8 p.m.	The Vow (last showing) (PG-13) 8 p.m.	Wrath of the Titans (PG-13) 8 p.m.	21 Jump Street (R) 8 p.m.

Call the movie hotline at 4880 or see <https://intranet/movies.html> for more information.



In the Line of Duty: Guantanamo Conference Center Honors Fallen NYPD Officer, MP

New York City is far away from Guantanamo Bay, but they are tied together by the events of 9/11. Because of this special bond, Joint Task Force Guantanamo's operations building – McNaughton Hall – is dedicated to the memory of New York Police Officer and Army Staff Sgt. James McNaughton, who, on Aug. 2, 2005, was killed in the line of duty by enemy gunfire. He was the first NYPD officer to be killed in Iraq.

McNaughton, a member of the "9/11" class at New York's police academy, was one of the first recruits to graduate following the events of September 11, 2001. His class term, the longest in the history of the academy, was extended three months to respond to the terrorist attacks.

McNaughton, of Centereach, NY, was a member of what his stepmother, Michele, calls a "cop family," as McNaughton's father, stepmother, uncles and even his fiancé all served as police officers.

A volunteer for service in Iraq, McNaughton was performing his duties as the noncommissioned officer in charge of the Iraqi Highway Patrol Mentorship Program when he was ultimately felled by a sniper's bullet at Camp Victory, near Baghdad's International Airport.

"He was a true Patriot," Mrs. McNaughton said of him. "He was actually born at West Point, because his father was stationed there then. I guess he was sort of destined to be an American hero that way."

McNaughton served his country as an Army Reservist with the 306th Military Police Battalion, 800th MP Brigade, and as a New York City Police Department's District 2 transit officer. He served five years of active Army duty prior to becoming a Citizen Soldier and police officer.

While he never served in Guantanamo himself, the family of Staff Sgt. James McNaughton came here in November 2007 to dedicate the building.

"It really is an honor," Mrs. McNaughton said at the dedication ceremony. "I know that he would be so proud. Not because he was arrogant, but because I think he would like to inspire people with his story. He was a role model for people, and I think he would have wanted to be a person kids would look up to."

"He truly marched to the sound of guns twice," said Rear Adm. Mark Buzby, then commander of JTF Guantanamo. "He served his country honorably and so we will honor him."