

THE MATE



JTF's 'Rising Six'

Lower enlisted take voice

Captain's Cup Golf Tourney

Hitting the links

Teamwork, the key to our success

**Master Chief
Jeffrey Miller**

Joint Detention Group

Throughout the Navy's history, our mission has constantly changed to meet the challenges faced by our great nation. Today is no different. The Navy recently celebrated its 233rd birthday. As we reflect back over our long, proud history, we are reminded of our obligation to meet those challenges to secure our country's freedom. Although the times have changed, our overall purpose has not: secure our freedom and the American way of life.

Over the years, the Navy has accomplished this defense in several different ways, such as providing safe shipping lanes throughout the globe and supporting joint military operations during several armed conflicts. Today we continue that mission and provide support for joint operations involved in the Global War on Terror. Our hard work and dedication here at Joint Task Force Guantanamo is a vital part of that endeavor.

Throughout my tour at JTF Guantanamo, it has been my distinct honor to work with highly professional members of our Navy, as well as other branches of our Armed Forces. Their dedication to duty has been nothing short of exemplary. Day in and day out, they commit themselves to completing the mission and doing what their country calls upon them to do.

From the moment we enter the military service, we are taught the basic concept of teamwork. Teamwork is an essential part of every organization, employing coordinated efforts to achieve a common goal. The need for a cohesive team cannot be over-emphasized during our tour here at JTF. Daily, we are tasked with demanding assignments to carry out. In order to complete these requirements, we must utilize the resources around us for assistance and guidance. We are fortunate to have such a professional and knowledgeable group to rely on for support.

On top of teamwork, we need to always remember our greatest asset: the individuals who make up our team. They are the ones whose combined undertakings lead to our overall success. Trooper quality of life and morale must be at the forefront of our commitment. Their well-being and training is one of our top priorities. The Troopers that make up JTF Guantanamo are some of the most experienced and proficient in the military. They continuously prove their excellence and caliber, earning respect from all around them.

The unified teamwork we exhibit among the military branches is yet another example of what makes our nation great. We, as Americans, have strived from one generation to the next, to make our country and the world a better and safer place. Let us reflect on the achievements of the past, while aspiring for a promising tomorrow. May we continue our work as a joint force, in which I am proud to serve. 🇺🇸



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COVER:

Race trophies from the Halloween 5K held on Oct. 25, are decorated as vampires. The Morale, Welfare and Recreation program hosted the race and invited participants to run in their costumes. - JTF Guantanamo Photo by Navy Petty Officer 2nd Class Jayme Pastoric.



The WIRE is the official news magazine of Joint Task Force Guantanamo. It is produced by the JTF Public Affairs Office to inform and educate the Troopers of JTF Guantanamo through news, features, command guidance, sports and entertainment. The WIRE seeks to provide maximum disclosure with minimum delay with regards to security, accuracy, propriety and policy. This DoD news magazine is an authorized publication for the members of the Department of Defense. Contents of The WIRE are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, or Joint Task Force Guantanamo. It is printed by the Document Automation & Production Service with a circulation of 1000.

Making it (almost) feel like home

**Army Pfc.
Eric Liesse**

JTF Guantanamo Public Affairs

When a soon-to-be Joint Task Force Guantanamo Trooper first gets his or her notice of temporary duty here, the same important questions always come up: What will my housing be like? Where will it be in comparison to my office, the gym or the Navy Exchange? What sort of things will be given to me? What will I have to purchase or bring?

Navy Lt. Joseph Singer, JTF housing officer, ensures all JTF Troopers living outside of Camp America have their basic housing amenities, whether they are new officers staying in the Windward Loop housing complex or junior enlisted heading to the Cuzco Barracks neighborhood.

“My job is to make sure people are as comfortable as possible,” said Singer. In addition to Cuzco and Windward Loop, Singer also oversees the housing areas of Tierra Kay and the senior enlisted housing area of Bay Hill.

“If they’re happy where they live, their morale is better; if their morale is better, they’ll work better,” said Singer, who took the position about six weeks ago and has a background in engineering.

In total, Singer controls 520 housing units. While Cuzco and Bay Hill all house one Trooper per unit, Windward Loop may house up to four per unit, and some Tierra Kay units hold up to six Troopers per apartment. Singer said the exact Trooper-to-unit numbers vary with individual deployment times and rotations.

Within all communal housing neighborhoods, Singer pointed out the need for keeping in mind common courtesies. He stressed a “friendly reminder for people to pick up their trash and to keep the noise down,” noting posted quiet hours at housing complexes are from 10 p.m. until 6 a.m. every night.

With items bought by JTF, Naval Station Combined Bachelor Quarters employees hold scheduled drop-off times for JTF Troopers to receive basic cleaning supplies such as sponges, toilet paper, air freshener and other small items. These free-for-Trooper supplies can be picked up at the delivery truck with just a signature and then

used to help keep all living areas in good condition.

“We try to get all the comforts of home we can give them,” said Singer. At Cuzco, new residents are furnished with a television, a mini-fridge, a microwave and bedding. Tierra Kay Troopers have one – usually two – full-sized refrigerators for their apartments.

When a newly-opened unit doesn’t hold all the basic amenities, CBQ maintenance is tasked by the JTF to remedy the situation.

Some renovation and small construction projects are currently in the works. Tierra Kay housing units have been under renovation for some time and are set to be finished in mid-December. Also, some roads around Cuzco and Bay Hill are in the works to be paved – especially the road leading up to and down from Bay Hill.

Singer added that it takes time for pavement projects because he must work with both NAVSTA and JTF Engineering offices because JTF doesn’t have complete control of all the roads and parking lots in those housing areas.

Around Cuzco, three new pavilions are set to be erected on the southern outskirts of the housing complex. These will allow Cuzco residents to enjoy the sun and weather away from the Cuzco decks and possibly disturbing their neighbors.

Recently, Singer said he has seen repairs needed on small items around housing areas as a result of vandalism.

“It does suck up repair time, and it costs money,” said Singer.

The Troopers who live there during the next rotation are the ones who are most affected by the illegal and unneeded actions as they “are the ones who’ll end up paying for it in the end,” he said. ★

Free JTF Cleaning Supplies Truck Schedule

Tierra Kay - *in front of TK58*
Wednesdays, Saturdays: 6-7 p.m.

Windward Loop - *beside WL 3-A*
Mondays, Thursday: 6-7 p.m.

Cuzco Barracks - *near D-block*
Tuesdays, Fridays: 6-7 p.m.



Mentorship

Service

Esprit de Corps

Members of the “Rising 6,” an organization intended to promote leadership and camaraderie throughout all branches of service, meet to discuss important issues that contribute to the greater good and well being of all Troopers.

Take action for satisfaction

**Army Staff Sgt.
Emily J. Russell**

JTF Guantanamo Public Affairs

For some junior enlisted, voicing a concern to senior leadership can be a difficult task. Whether the subject is sensitive or the Trooper thinks their concern isn't important enough, someone should be there to encourage or assist in addressing issues, big and small.

“Rising 6” is an organized group of junior enlisted airmen from the 474th Expeditionary Civil Engineer Squadron who have joined voices to support the needs and concerns of all junior enlisted members.

The group is named for the progression of pay grades and responsibility, or rise, from E-1 through E-6. When they refer to the “Top 3,” they're addressing their supervisors, pay grades E-7 to E-9.

“A Trooper can address a concern anonymously if they're in fear of reprimand,” said Air Force Senior Airman Leslie Minus, vice president of “Rising 6.”

The mission of the group is to “foster

good community relations and establish camaraderie, while promoting esprit de corps among all service branches and voicing concerns or suggestions to the ‘Top 3.’”

Currently, only the 474th ECES is involved in the organization, although “Rising 6” is open to all branches of service.

“We're trying to get more members,” said Air Force Staff Sgt. Christopher Johnson, secretary of the organization. “Anyone E-6 and below is encouraged to join.”

While the organization is new to Guantanamo Bay, the concept of “Rising 6” is not new. Some ECES service members were involved in a similar group at their previous duty stations and saw Trooper interest and the potential to gain membership here.

Air Force Staff Sgt. Brandon Scott initiated the program here after another senior airman suggested they start a chapter.

“The main reason we brought it up was to [facilitate better communication] with the senior leaders,” said Air Force

Senior Airman Kevin Tallmon, president of “Rising 6.”

Tallmon maintains that being able to take issues directly to the “Top 3” without abusing the chain of command system facilitates action in a timelier manner, which in turn helps the morale of the junior Troopers.

Issues range from suggestions for Morale, Welfare and Recreation activities to Cuzco improvements and dining facility suggestions. Work-related subjects are a priority, as is Trooper mentoring.

“So far it's been a success,” said Johnson. “Our supervisors are doing a better job in terms of updating our training records and guiding young Airmen toward promotion.”

“We're getting Troopers involved in volunteer projects and giving them a voice,” said Tallmon. “We've had four meetings and held officer elections the first week.”

“Rising 6” meets every Thursday at 4:30 p.m., at the California tent located at Camp Justice. For more information, contact Tallmon at 79212 or call the Camp Justice work control office at 5025. ☆

Core skills of being a Soldier

**Staff Sgt.
Gretel Sharpee**

JTF Guantanamo Public Affairs

The ground feels cool as you lie down, the stock of your weapon fitting into the pocket of your shoulder and your eye focuses through the iron sight of your M16A2. You then turn your focus to breathing – in, 2, 3... out, 2, 3... pause and squeeze the trigger.

For some Soldiers, qualifying with your assigned weapon brings back marksmanship skills learned in basic training, such as setting the same focus area, aiming for center mass and squeezing the trigger at the natural pause in your breathing. Whatever techniques Soldiers use, staying qualified on your assigned weapon is a core skill that is required at least twice a year.

Joint Task Force Headquarters and Headquarters Company Soldiers qualified on that core skill at the Windward range, Oct. 20-22.

“It is important that each Soldier be familiarized and qualified with their weapon,” said 1st Sgt. Alfred Gomez, JTF, HHC. “Even though we aren’t in a combat zone, a Soldier’s next deployment could be [to one] and there your life could depend on your marksmanship.”

The Windward range consists of 15 lanes with paper targets 25 meters away from the firing line. On the paper target there are silhouettes meant to look as if they are at different distances: two at each distance from 300 meters to 50 meters, in increments of 50 meters.

Soldiers have 40 rounds to qualify with and need to fire 20 rounds lying on their stomach with the help of sandbags to support the weight of the weapon, otherwise known as the prone supported position. Then they fire 10 rounds in the prone position without the help of sandbags and 10 rounds in the kneeling position.

The range was run by Soldiers from the 193rd Company, 525th Military Police Battalion. They provided range safeties and medical support throughout the three-day qualification period. The 193rd also had its own Soldiers qualifying and familiarizing on their assigned weapons - the shotgun, the M-16 rifle and 9mm handgun.

Spc. Lebron Adam, 193rd MP Company said he has been to the range 12-13 times in the two-and-a-half years he has been in the Army.

“By being out here so much, just my overall familiarization has improved and I’ve been able to review the finer points of weapon qualification,” said Adams.

Over three days, approximately 85 HHC Soldiers were able to qualify on their assigned weapon.

“Anytime you take a large group of people to the field, especially for range qualification, and come back safe, it was a successful training event,” said Gomez. ☆



Spc. Lebron Adams, 193rd Company, 525th Military Police Battalion, takes aim with his M16A2 rifle in the prone supported position utilizing the sandbags in front of him as a support for hand and weapon.



Guantanamo Bay residents and Joint Task Force Troopers show their off their best Halloween face, eat free candy and run in the spookiest race of the year.

Frightening 5K

**Navy Petty Officer 2nd Class
Jayme Pastoric**
JTF Guantanamo Public Affairs

Have you ever had a dream where you run away from a vampire? Or saw Medusa running with a six-foot cheerleader in a uniform two sizes too small? But then you realized you weren't dreaming, you were actually seeing them, along with other great costumes at the Halloween five kilometer run.

Guantanamo Bay residents and Joint Task Force Troopers woke early Saturday morning and made their way to G.J. Denich Gym to admire costumes, eat free candy and run in the spookiest race of the year.

First place female winner Rebecca Tilton attributes her success to the amount of training she does on a weekly basis.

"I normally run three to five days a week," said Tilton. "Mondays and Fridays I run six and a half miles; on the other days I choose to run a shorter distance, anywhere from one-and-a-half to five miles."

"I'd have to say the race went better than I had expected," said Tilton. "I was

quite surprised when I was told I was the first female across the finish line."

Event coordinator Karissa Sandstrom, a six-year veteran of the Halloween race, helped organize the event and found time to dress as her favorite cartoon character.

"I was Daphne from the Scooby-Doo gang," said Sandstrom.

He credits the success of the event to participant involvement.

"I think they liked getting T-shirts for participating and dressing up in costume because it made it fun," added Sandstrom.

Derek Johnson, the overall winner with a time of 18:33, took home a special trophy.

"The trophy is outstanding," said Johnson. "Only in Gitmo, a skull head replacing the original head of a traditional figure of a man running, it's definitely a keeper!"



"The Morale Welfare and Recreation folks changed the course for this run," said Johnson. "The stretch along Kittery Beach Road is a good place to run. There were lots of participants and some very creative costumes. I always enjoy a good run." ★

Halloween 5K results

Male

1st Derek Johnson 18:33
2nd Patrick Pholen 19:14
3rd Joseph McQuade 19:37

Female

1st Rebecca Tilton 27:16
2nd Desideria Zenaida 28:08
3rd Yara Munoz with 28:34

The little engine that almost could

**Army Pfc.
Eric Liesse**

JTF Guantanamo Public Affairs

Biographical movies, or ‘biopics,’ are often hit or miss. The film’s subject and the actor portraying the character are what makes or breaks the film’s success. The supporting cast and the camera work hold weight, but if the leading man or woman can’t embody the character, then nothing else matters.

With “The Express: The Ernie Davis Story,” the story of the star is moving, courageous and inspirational. It tells “The Elmira Express” Ernie Davis’ story of playing for Syracuse University from 1959 to 1961 and eventually becoming the first African-American to ever win the prestigious Heisman Trophy. Davis faced constant and overwhelming discrimination from almost all sides yet continually looked at his inspirations to become one himself.

Rob Brown, the actor who portrays Davis, leaves much to be desired. Brown is usually static and doesn’t bring out noticeable emotion. It is obvious he knows how to play football, but Brown appears to be over his head acting in such an emotionally heavy and stoic role.

Brown stars alongside Dennis Quaid, whose face portrays more emotion than Brown does with his entire performance. Quaid plays Ben Schwartzwalder, Syracuse’s varsity head coach and a source of Davis’ honed talent and inspiration. Quaid’s Schwartzwalder is perpetually determined to improve every aspect of his team and players, rejecting even the best player if he thinks they weren’t giving their hardest efforts in school as well. Schwartzwalder is the main source of Davis’ improvement as a big running back, taking Davis from a small high school to make him an All-American player and all-around amazing athlete.

Davis looks up to legends such as Jackie Robinson for breaking barriers in sports while idolizing then-Syracuse running back Jim Brown for his football prowess. In the film, Jim Brown (Darrin Dewitt Henson) goes with Schwartzwalder to one of Ernie Davis’ high school practices to help recruit him for the New York university.

Rob Brown attempts to play Davis as jittery and awe-struck by Jim Brown’s presence. Still, he seems too stiff and unchanged to really be believable. He attempts to display needed feelings, but falls short throughout almost the entire movie. His cardboard-like performance seems to get perpetually more annoying, adding to the feeling that the movie is about 30 minutes longer than it should have been.

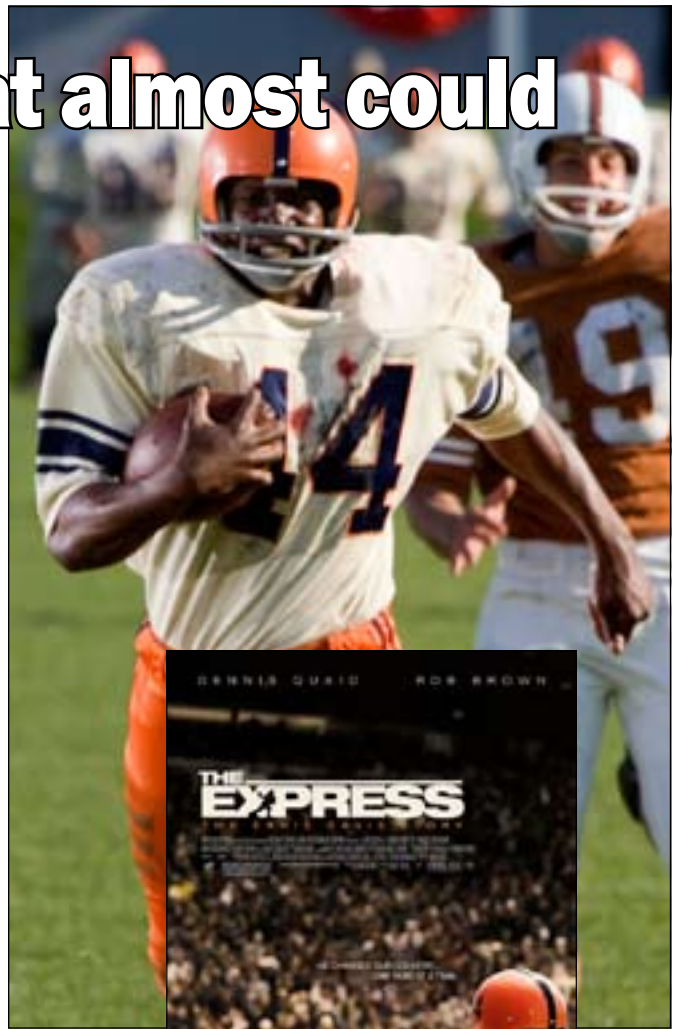
The film’s main story arc is Ernie Davis standing up in the face of institutionalized

racism in the collegiate community and becoming one of the greatest running backs ever known. The constant discrimination is so extreme that it almost seems impossible—especially during Syracuse’s game against West Virginia University’s Mountaineers.

In the most extreme shows of hate in recent movie memory, Coach Schwartzwalder leads his Orangemen to WVU with the intention of playing Ernie Davis, despite the overwhelming racial threats and hate speech from the locals. Schwartzwalder has the team wear their helmets even when not playing to avoid damage from thrown bottles, and Davis is virtually assaulted after every tackle – with no penalties being called.

The racial vitriol of the scene is unbelievable and appears impossibly overdone. It’s also interesting to note still-living former teammates of Ernie Davis who saw the film say that game never even took place, and West Virginia would never have been so intolerant.

By the end of the game, after Schwartzwalder benched Davis in an attempt to end the assaults, Davis demands to be put back in the game to prove to the fans and the Mountaineers that he can not be kept down. This constant drive to answer hate, with perseverance and heart, is the story of Ernie Davis. Thankfully, Rob Brown’s fumbling of his performance could not stop this inspiring train. ☆



PG
2 hours, 9 minutes

Rating: ★★★★★☆



A Gentlemen's game



The Yatera Seca Golf Course was host to the Captain's Golf Tournament, Oct. 25. Nine teams of four players started out, one team per hole, and played the entire nine-hole course starting at 9 a.m.

First and second place teams were identified after nearly three hours of play

First Place

Ricky Pino, Mike Terres, Steve Gant, Jack Hollis

Second Place

Alfred Perez, Cedric Davis, Cory Becherer, Andy Leal



JTF Guantanamo photos by
Army Staff Sgt. Gretel Sharpee



Faith across cultures

Navy Chaplain Sal Aguilera, command chaplain for U.S. Naval Station Guantanamo Bay and also the Roman Catholic chaplain for Joint Task Force Guantanamo, celebrates mass on a Sunday morning at Troopers' Chapel. -JTF Guantanamo photo by Army Sgt. 1st Class Vaughn R. Larson

Army Lt. Col. Joe Romero

JTF Joint Visitors Bureau

Fortunately for U.S. Naval Station Guantanamo Bay's Catholic community, Navy Cmdr. Salvador Aguilera is on board and on duty as the naval station's command chaplain and Joint Task Force Guantanamo's ad hoc deputy command chaplain.

As Gitmo's only Catholic priest, he leads the Catholic community in worship by celebrating mass, performing the sacraments of the Roman Catholic church, providing religious counseling and maintaining a religious home for Gitmo's Catholics. His mission is all the more challenging given Gitmo's diverse Catholic community, consisting of Catholics representing all military branches and from throughout the United States, and civilian workers around the world.

Dealing with diversity, however, is nothing new to Aguilera. When you walk into his office, your attention is immediately drawn to a prominently displayed, large and colorful portrait of the religious icon known as "Our Lady of Guadalupe."

This icon is popular throughout Mexico, Latin America and the American Southwest. Not only is it widely displayed in churches, homes and car windshields, it is also commonly seen as a religiously-inspired tattoo. This religious icon represents the

Virgin Mary as a mixed race "Mestiza," part European and part Native American, who by her very image affirms the diversity of cultures and races that make up the Catholic church in Latin America.

In the United States, the Roman Catholic population has grown dramatically over our country's history, from a small minority during the time of the 13 colonies to being the country's largest faith today. The 2008 Yearbook of American and Canadian Churches, a statistical listing of major religious bodies, reports there are approximately 67 million Roman Catholics in the United States. Modern Catholic immigrants come to the United States from Latin America, especially Mexico and the Philippines.

This increasing diversity is reflected in Gitmo's Catholic community. In addition to Catholics whose ancestors immigrated to the United States from Europe, Gitmo's Catholic community consists of a significant number of Catholics from Puerto Rico, Mexican-Americans from the American Southwest and Filipino Catholics.

Father Sal was born and raised in El Paso, Texas. His grandparents arrived in El Paso in the early 1900s after fleeing the violence of the Mexican Revolution. In the El Paso Catholic diocese, in which Aguilera grew up in and later served as a priest, he seamlessly ministered in Spanish and English.

In a preview of his future military

career, and while a priest with the El Paso diocese, Aguilera volunteered as a chaplain ministering to Soldiers at Fort Bliss, Texas.

Ministering to Gitmo's multi-ethnic and multi-cultural parish, Aguilera celebrates mass and preaches in Spanish as well as English. On Sundays, he integrates and welcomes Gitmo's Filipino Catholics into his Sunday Catholic mass at the naval station's chapel. He incorporates Filipino music into the Sunday mass, and Filipino parishioners participate in all facets of the mass. For Gitmo Catholics who are more fluent in Spanish than English, Aguilera celebrates a Spanish mass every Wednesday at the JTF Troopers' Chapel.

Aguilera's sermons utilize language easily understood by all his listeners. He usually focuses on a particular text of Scripture, and from that text he communicates his central point in language and images sure to be understood by everyone in attendance. He will simultaneously refer to parables, real-life incidents, current events or humor – to insightfully and simply illustrate the message he is trying to convey.

At the conclusion of Aguilera's career as a U.S. Navy Chaplain, he will return to El Paso to resume his service as a priest and likely also as a volunteer chaplain at Fort Bliss. Meanwhile, the U.S. Navy and Gitmo community are fortunate and blessed to have Aguilera staying put right here, right now. ★

Saving the sea turtles

**Army Spc.
Megan Burnham**

JTF Guantanamo Public Affairs

The beginning of a sea turtle's life is not an easy one. First it must tear out of its shell, in pure darkness, and crawl through 16 to 20 inches worth of sand to reach the surface and finally breathe fresh air. It must also crawl to the ocean with predators watching its every move – and to top it off, the parents are nowhere in sight.

September through November is the peak of the sea turtle nesting season as adult female sea turtles return from the ocean and nest their eggs.

For the nesting season at U.S. Naval Station Guantanamo Bay, female hawksbill turtles and green turtles return to the same semi-sandy beaches from which they hatched, to lay their own eggs, also known as a clutch. The clutch size of a green turtle varies from 75 to 200 eggs while a hawksbill lays approximately 140 eggs per nest.

Sea turtles normally nest between four to seven times a season and it takes approximately 45 to 60 days for sea turtle eggs to develop and hatch. When it is time to return to the ocean, which normally occurs at night, a hatchling will tear out of its egg shell, crawl to the sand surface and make its way to the water.

Despite how many sea turtle tracks are seen on the beaches here, most species of sea turtles—to include the green turtle and the hawksbill turtle—are currently endangered due to predators, degradation of nesting and foraging habitat, pollution, and hatchling disorientation.

The numbers of sea turtles are continuing to decline as a result of egg poaching and hunting, as well as drowning in fishing nets. Guantanamo doesn't partake in these sorts of acts. However, hatchling disorientation has occurred on base.

When a turtle hatchling reaches the surface, its basic instinct is to move in the brightest direction. This would normally be towards the water where the moon shines and reflects off the water. This has become more difficult for hatchlings however, due to artificial lighting installed at beaches including Cable and Windmill Beach. Instead of following the natural light to the water, they become disoriented and head towards the brighter artificial light, resulting in death from exhaustion, dehydration and heat exposure.

A study done by the Naval Station Natural Resources Office in 2007 showed that thousands of hatchlings were dying each year from hatchling disorientation



These tracks are from an adult female hawksbill sea turtle crawling back to the ocean after laying a nest of eggs in the pebbled sand at Windmill beach during the night.

and Guantanamo was contributing to this statistic.

Since then, Jose Montalvo, Naval Station Natural Resources Manager, has made it a priority to decrease the number of hatchling deaths during the peak of nesting season. This has been done by stressing the importance of turning off lights at the cabana areas, having floodlights angled away from the shorelines and replacing high-intensity lighting with low-wattage bulbs.

“We have also started collecting data to keep track of the sea turtle population,”

Montalvo said, “to see if [the hawksbill and green turtles] are increasing or decreasing.”

To collect this data, Montalvo, along with local high school students, are patrolling the beaches and counting the number of tracks. The patrol group can also determine which species are coming here to nest depending on the tracks themselves.

Residents can help minimize hatchling deaths by the solutions listed above as well as reporting any violations to the Natural Resources Office at 4105. ☆



Heart Healthy

Army Master Sgt. Leonard Pimentel stops to get his blood pressure checked at a health fair set up at the Seaside Galley during lunch hours, Wednesday. The fair brought information to Troopers on common health concerns such as smoking cessation, high blood pressure and the annual flu vaccination. - JTF Guantanamo photo by Army Spc. Erica Isaacson

Heat kills...

- ↳ Don't wait to feel thirsty, your body may need water before you feel thirsty.
- ↳ Drink enough water to replace your sweat losses.
- ↳ Remind your buddy to drink water.
- ↳ Look at your urine. If it is dark or if you have not urinated, you need to hydrate.

Prevention works!

For more information, please email safety@jftgmo.southcom.mil



New Glasses

Navy Hospital Apprentice Bryce Mancherster helps Army Sgt. Sarah Stannard, 112th Mobile Public Affairs Detachment, select a pair of glasses at the optometry clinic in the U.S. Naval Station Guantanamo Hospital, Tuesday. Stannard and her fellow Joint Task Force Guantanamo Troopers have access to the health care services provided by the hospital. - JTF Guantanamo photo by Army Spc. Erica Isaacson

Boots on the Ground

Which do you prefer, trick or treat?

by Army Staff Sgt. Gretel Sharpee

Army Spc. Raul Fuster



"Treat: Chocolate, strawberry or mint. Those are my favorites."

Army Staff Sgt. Krystal Cole



"Trick - because candy is bad for you."

Army Master Sgt. Oscar Fraire



"Treat - M&Ms. Candy is always a good motivator."

Navy Lt. Chaplain David Mowbray



"Trick - because I am a Dennis the Menace at heart."

Self-control: the main ingredient for inner peace

**Army Chaplain
Eric Bey**

525th Military Police Battalion Chaplain

I haven't been able to verify this, but someone once told me that the word "sincere" came to us from the Latin language. I was told that it originally meant "without wax."

It seems whenever a sculptor created a work, occasionally they would slip up and accidentally chip off a body part like an ear, nose or finger. When this happened they would fashion a replacement out of wax and sell the work. It wouldn't take long for weather to take its toll and the appendage would fall off, revealing the flawed work. It was common practice.

On the occasion that the artisan didn't mess up he would advertise the work as sincere, or "sin cera," that is to say, without wax. Today the word has come to mean genuine, without falsehood.

How about the phrase, "mind your Ps and Qs?" Apparently it comes to us from England and was commonly used in pubs. It seems that beer, then and now, comes in measurements of pints and quarts and when things were beginning to get out of hand in billiards or conversations, the general order from the owner would be to shout above the roar, "Mind your Ps and Qs!"

It meant that everyone was to tend to their drinking and cease and desist with the ruckus. The penalty for not obeying could be expulsion or even worse, banishment from the establishment and fellowship. It really was quite a big deal, so you listened or suffered the consequences.

Can we talk without wax? As chaplains, we see and counsel a multitude of service members on a plethora of subjects and if the truth be told, many issues can be boiled

down to a very simple solution - minding our As and Ps. Minding one's own business can keep a person out of a lot of trouble, but minding one's attitudes and perspectives are vital for peace of mind in every situation.

I think the problem is that we surrender our ability to determine how we process things. All too many times we defer to saying, "it's out of my control," or, "what can I do about it?"

The truth is we always have the ability to determine how things affect us. It takes strength of character and discipline, but it is attainable.

While doing my rounds checking on Soldiers' morale and effecting ministry of presence, I have noticed that there are two different types of Soldiers. There are those who are pessimistic and down-trodden by life, issues, circumstances and situations. Then there are those Soldiers who always seem to have a smile on their face and an inner spark that cannot be extinguished. They have the same job and yet there is a vast difference.

The Soldiers with the smiles are the ones that have chosen the harder path of disciplining themselves to look for the silver lining. They are the ones who always rise to the top.

Reinhold Neibuhr's Serenity Prayer has brought people much comfort and wise guidance throughout the years. It reads, "God grant me the serenity to accept the things I cannot change; courage to change the things I can, and the wisdom to know the difference!"

So just remember that when circumstances and situations are beyond your control, the one thing that you CAN ALWAYS control is YOU and how YOU process them! ☆



JTF CHAPEL SCHEDULED PROGRAMS

Catholic Mass

Sunday: 7 a.m. Confession
7:30 Mass
Wednesday: 11 a.m. Mass

Protestant Worship

Sunday: 9 a.m.
Spanish Protestant Worship
Sunday: Noon



Community involvement: ‘It’s what it’s all about’

■ *Help keep GTMO beautiful*

Navy Ensign Ian Underwood organized and participated in the trash clean-up at The Slot and Cable Beach Sunday morning. This occasion was created as a community service opportunity as well as a way to ensure Guantanamo Bay stays clean and beautiful.

**Army Spc.
Megan Burnham**

JTF Guantanamo Public Affairs

When Navy Ensign Ian Underwood traveled to U.S. Naval Station Guantanamo Bay to begin his deployment as the public works construction projects manager, he noticed certain things that could be improved around the base. Instead of simply noticing, Underwood took it to the next level and made it a reality through community activism.

“This is my first tour as an officer,” said Underwood. “I’ve always been interested in doing volunteer service throughout my career and when I got here there wasn’t much community involvement going on.”

It was from this mindset that Underwood went to his executive officer, the security office and other departments to ask for permission to organize community service opportunities.

“Being in public works and going all over base and seeing the facilities, I saw there was definitely an opportunity to clean things up,” said Underwood.

After receiving approval for projects both around the Naval Station and the Joint Task Force, Underwood began advertising on the “roller” with himself as a point of contact.

“It’s always kind of strange that people ask me if I’m in charge of it or if it is my project,” said Underwood. “I don’t think of it like that. I’m just doing it because I want to and I’m inviting people to come along.”

While some project opportunities come from Underwood’s own observances, he also receives ideas from many different venues, to include people calling in response to advertisements from the roller and *The Wire*.

“The environmental department gave me a list of [projects] to look at as a starting point,” said Underwood. “I also kept my eyes out for other things I wanted to see taken care of.”

Previous projects have included a wide array of work to include trash pickup, tree removal, building construction and painting.

“This type of volunteering is a lot of work,” said Underwood. “The beach clean-ups are the easy stuff but a lot of times there’s lifting, hauling and cutting stuff up. It makes you sweat, makes you tired.”

While this experience has given Underwood the chance to “bust hump on the weekends and do something with [his] hands,” it has also helped him to improve his ability to coordinate these events.

“There are times when I realize that I

haven’t prepared enough,” said Underwood. “I’ll be running around getting things accomplished and it’s good to learn from experiences like these. I can apply these experiences in my job later on in life and further down my career.”

In preparation for the community involvement opportunities, Underwood makes sure there is water and coordinates necessary tools being available while all safety concerns are taken care of. Also, Underwood keeps track of anyone who is working towards a volunteer service medal by emailing them to make sure they log their hours and updating their information on his own computer.

“I’m really proud of the people that have come out,” said Underwood. “I’d like to encourage other people to volunteer as well as give me suggestions on stuff they want to see done.”

Since Underwood’s tour is far from over, volunteer opportunities will continue to be advertised in the roller, *The Gazette* and *The Wire*. ☆

For more information or to suggest a potential project, contact Ensign Ian Underwood at 4524.



Coast Guard Petty Officer 2nd Class Christopher Kalavsky, a storekeeper with Port Security Unit 307, makes routine repairs on a Viper patrol boat motor. – JTF Guantanamo photo by Army Spc. Erica Isaacson



Allison Browning closes in on the finish line in her Halloween costume. Morale, Welfare and Recreation hosted a Halloween 5K run and invited participants to run in their costumes. – JTF Guantanamo photo by Navy Petty Officer 2nd Class Jayme Pastoric



Army Sgt. Sean Reeves adjusts the projector in Troopers' Chapel at Camp America while Army Capt. Chaplain Eric Bey and Navy Petty Officer 2nd Class Cory Becherer steady the ladder. – JTF Guantanamo photo by Army Spc. Erica Isaacson

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