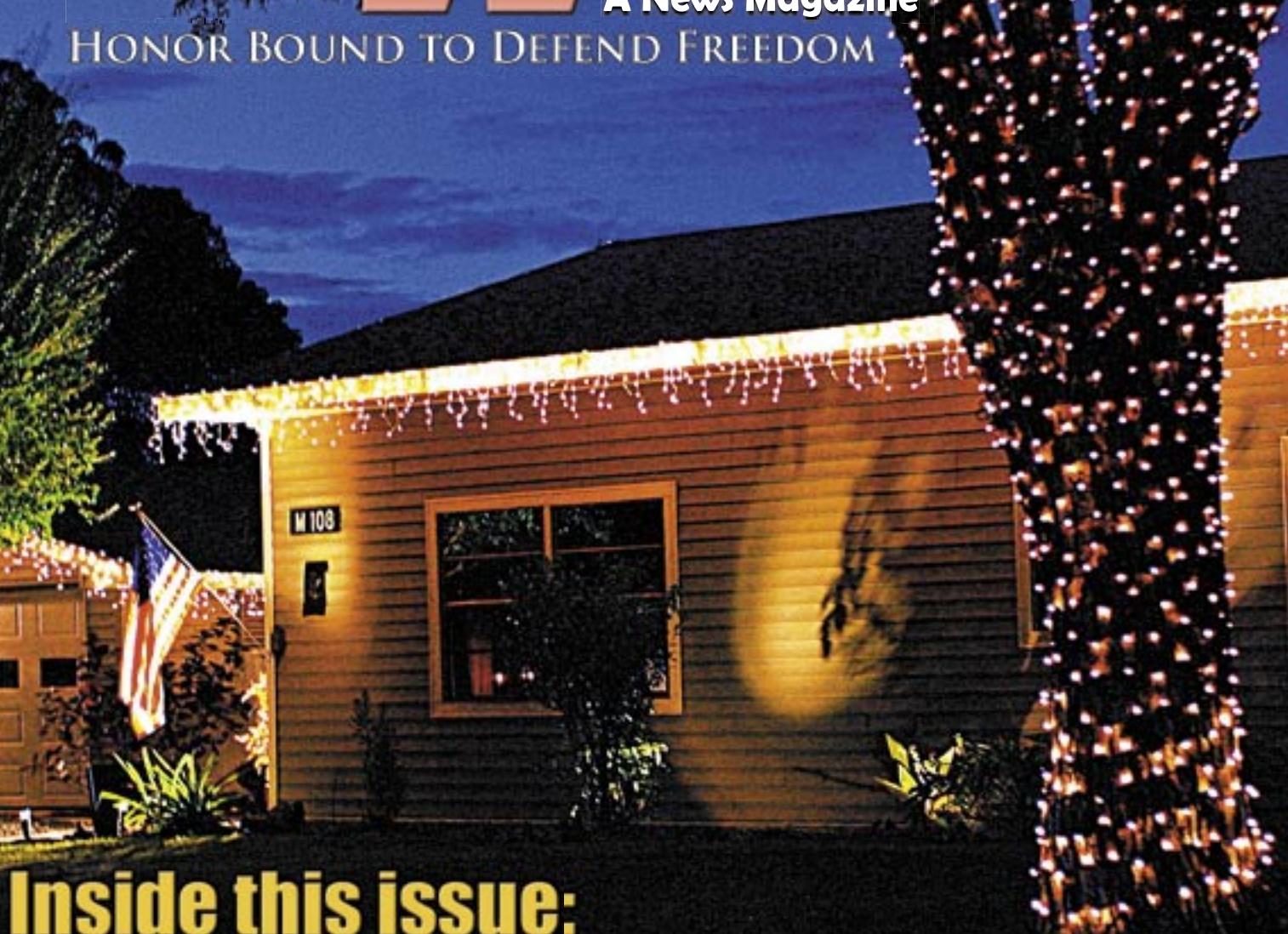


# THE WIRE

A News Magazine

HONOR BOUND TO DEFEND FREEDOM

Joint Task Force  
Guantanamo's  
Finest News Source



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## Physical Fitness: A Great Way to Deal With Stress

**By Navy Master Chief Petty Officer  
Ira Wenze**

JTF-GTMO JMG Command Master Chief



Photo by Army Sgt. Jonson Tulewa-Gibbs

I am often approached by Troopers and asked advice on how to get in shape and lose weight. My first reply is usually, "Do you PT on a regular basis?" I usually get a variety of answers to the question.

One of the true advantages of being assigned to the Joint Task Force at Guantanamo Bay, Cuba is the mild weather. As long as you follow all the safety and weather precautions, you can always find a great time to PT outdoors. One of my favorite responses when someone tells me they do not have time to PT is that there are 24 hours in a day and you should set aside at least one hour for exercise. After a long day at work, a great way to decompress is PT. It will relax you and help alleviate the anxieties associated with this demanding duty.

Your PT program should consist of the three primary components of physical fitness: cardiovascular, muscular strength and endurance, and flexibility.

The cardiovascular portion of your training regimen is very important because it will help reduce body fat, improve blood flow in the body, and allow the heart to work more efficiently. My favorite choices are the treadmill, outdoor running, stationary bike, and elliptical trainer.

Many studies support the idea that the best time to reduce body fat is the first thing in the morning while your stomach is empty. The reason being, the body is in starvation mode while you sleep, so a great portion of the daily calories you consume are burned off and the body can go right to fat storage. Remember, the body stores calories to be utilized for energy as needed. The excess calories not needed may be stored as body fat. I recommend at least 30-45 minutes of cardio four to five times weekly for decreasing body fat and improving your overall fitness.

The muscular strength and endurance portion is where I have the most expertise. I was the Armed Forces Bodybuilding National Champion in 1996, Bodybuilder of the Year in Florida, and the winner of several other bodybuilding championships.

The most important thing to remember when building muscle and strength is not to overdo it. It takes several days for muscles to recuperate after performing strength building exercises. For example, if you go to the fitness center and exercise your chest three times a week, it will not give you the desired results you're looking for. You may also injure yourself due to overuse.

I strongly recommend some of the fitness magazines available in the Navy Exchange or a visit to Denich Gym for help in constructing a fitness program to fit your needs.

The last portion of the physical fitness workout is the stretch or cool down. Stretching is very important in maintaining elasticity in your muscles, the prevention of injuries and speeding up the healing process after you have taxed your body physically. Additionally, you should hydrate your body well during this phase to prevent cramps and electrolyte imbalances in the body.

This was intended to be a brief snapshot of physical fitness based on some of the questions I am often asked by Troopers. Please continue to seek assistance from experienced individuals for fitness advice. ■

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# HSO Holiday Tour of Homes

**By Navy Petty Officer 2nd Class Trevor Andersen**

JTF-GTMO Public Affairs Office

Ever want to see the Johnsons' house from the inside? Well nosy neighbors rejoice. Guantanamo Bay's Hospital Spouses Organization is hosting its Holiday Tour of Homes to kick off the holiday season.

"People volunteer to decorate in a holiday spirit and open their homes," said Kristen Swart, editor for the HSO newsletter. "It's to get Gitmo into Christmas."

Residents decorate with different styles for the holiday.

"Last time one home was decorated for Christmas in all seashells. The tree was covered in them," said Swart. "Another home was all Santas. I've never seen so many Santas in my life."

GTMO is diverse and not everyone celebrates Christmas, but that won't keep anyone from participating.

"We have a Jewish family whose house is decorated for Hanukkah," Swart said. It should be a learning experience for people who don't know about other holidays during this season, she added.

So far they have 11 homes but the folks at HSO are looking for more volunteers.

"We've never had anyone from the Joint Task Force in Tierra Kay volunteer, but they have some great decorations. We'd really like to have a few from there," Swart said. "This is something we can't do back in the states because we don't live this close together," she explained.

For \$5, participants can visit all the homes in an open house format on December 3. Swart will be selling tickets at the exchange on Sunday. Troopers interested in purchasing tickets or volunteering their homes can contact Kristen Swart at ext. 75634 for more information.

Whether you celebrate Christmas or not, HSO's Holiday Tour of Homes offers you a chance to get into the holiday spirit in GTMO's unique environment. ■

With the holiday season upon us, GTMO Troopers and civilians alike are getting into the spirit of the moment by decorating their homes with lights, baubles and other things. Maxine Becker (below), makes some adjustments to the decorations adorning the evergreen tree in her home. Although many of the decorations seen in homes and around GTMO may seem labor intensive, it's all getting into the spirit of things.



Photo by Army Sgt. Jonson Tulewa-Gibbs



Photo by Army Sgt. Jonson Tulewa-Gibbs

# MCPON announces change of course for Navy Chiefs

**By Army Spc. Phil Regina**

JTF-GTMO Public Affairs Office

Newly selected Master Chief Petty Officer of the Navy Joe Campa explained in a recent interview for Navy Times how the Navy's enlisted leadership is in desperate need of a "course adjustment."

Campa, the former Joint Task Force Command Master Chief, explained that the numerous tasks placed on chiefs in today's Navy has caused many of them to "drift" from their "deck-plate" responsibilities of molding and mentoring junior sailors and officers.

It is Campa's intention to reinstate the chiefs' role as leaders who give no-holds-barred guidance up and down the ranks, he said. This guidance is divided into seven main points, deck-plate leadership, institutional and technical expertise, professionalism, character, loyalty, active communication and a sense of heritage.

According to Campa, chiefs are

visible leaders who set the tone. They must know the mission, know their sailors and develop them beyond their expectations as team members and as individuals.

"You can't lead from behind a computer," Campa said. "Your sailors need to hear the tone of your voice, they need to hear the conviction in your voice; they need to see you out and about."

Campa went on to explain that chiefs are experts in their field. They must use experience and technical knowledge to produce a well-trained enlisted and officer team.

"We as chiefs must maintain our credibility with our sailors," said Campa, adding that credibility starts with rating knowledge.

Campa also described professionalism; Chiefs will actively teach, uphold and enforce standards. They should measure themselves by the success of their sailors.

He then went on to describe charac-

ter; Chiefs abide by an uncompromising code of integrity, take full responsibility for their actions and keep their word. This will set a positive tone for the command, unify sailors and create esprit de corps.

Campa then described loyalty; chiefs remember that loyalty must be demonstrated by seniors, peers and subordinates alike, and that it must never be blind. Few things are more important than people who have the moral courage to question the appropriate direction in which an organization is headed and then the strength to support whatever final decision is made.

According to Campa, chiefs should encourage open and frank dialogue, listen to sailors and energize the communication flow up and down the chain of command.

Above all, Campa explains chiefs must maintain a sense of heritage; it defines our past and guides our future. Chiefs should use heritage to connect sailors to their past, teach values and enhance pride in service to the U.S.

Campa's expectations of chiefs are an inspiration and his lead by example mentality will surely help guide the Navy in a positive direction. ■

# Security bulletin: In the Line of Fire

**By Frank Perkins**

JTF-GTMO Special Security Office

Your risk of becoming an intelligence target increases greatly when you travel abroad. Most foreign security and intelligence services have various means of screening incoming visitors to identify persons of potential intelligence interest.

While traveling abroad, you are on the other country's home turf, where the local security and intelligence services have many resources available. They can monitor and, to some extent, control the environment in which you live and do your work.

As an American government official, scientist, or business traveler, you can become a target of the local intelligence or security service in almost any country.

Some of the activities that may be directed against you will be quite sophisticated, and you are unlikely to notice them or to identify them for what they are. Others may be crude and obvious.

Hotel and conference rooms abroad may be wired for audio and visual surveillance. It is noteworthy that legal restrictions against technical surveillance that apply in the United States have not been adopted by other countries with which we have close trading ties.

The U.S. Government, as a matter of policy, does not identify publicly which foreign countries represent the greatest intelligence threat. To do so would create a false sense of security when dealing with any of the unnamed countries.

The reality is that most technologically advanced or developing countries, including some democratic countries that are closely allied with or supported by the United States, place a high priority on acquiring U.S. technology by both fair means and foul.

Serious security incidents should be reported to the nearest U.S. diplomatic facility when traveling overseas. After returning from your trip, report any suspicious things that occurred to your organization's appropriate security component immediately.

Mission First - Security Always! ■

# Thrillseekers take the plunge

**By Navy Petty Officer 2nd Class Trevor Andersen**

JTF-GTMO Public Affairs Office

The clock says 6:30 a.m. and anyone in their right mind would be in bed sleeping on this cool Saturday morning in Guantanamo Bay, Cuba. Yet 50 men and women stand at the water's edge in swimming gear. The water is full of Morale, Welfare and Recreation boats, SCUBA divers and lifeguards just waiting for the adventurers to take the plunge.

It's not everyday you get a chance to swim across the bay in GTMO, and the opportunity has drawn a crowd. After some safety tips and guidance from the MWR staff, the swimmers take off on their nearly two-mile journey.

It's time now. In the water, their heads stick out like a patch of cabbages. The current is strong, but they came here for a reason and they are determined to finish.

And finish they would.

"39 out of the 50 people finished, the rest were picked up by the MWR boats," said Anthony Roberts, GTMO's MWR aquatic supervisor.

Swimmers knew what they were facing when they took on the challenge and they accepted the risk.

"The ocean is a dangerous place, that's why we took the precautions we did ... but you can't take precautions for jellyfish; that's up to the jellyfish," said Roberts.

Almost all swimmers were stung, but that didn't stop many. Though some finished well under two hours, time wasn't the issue.

"It wasn't a race. It was an accomplishment. A chance to say 'I did it' and show off their certificate as proof," he said.

The idea for the event came from

# Network News

## The Weakest Link

**By Air Force 1st Lt. Jim Northamer**

JTF-GTMO Information Assurance Officer

We've all heard the cliché, "you're only as strong as your weakest link." This phrase applies in many instances, including when talking about the security of our computer networks. The weakest link in our networks could be a number of things at any given time. Here are a few things that typically are our weakest links in the information system chain and what we can do to strengthen them:

**Weakness:** Newly-discovered hardware/software vulnerabilities. Each day, vulnerabilities are discovered in the hardware and software that we use. Unless resolved, "bad guys" could potentially take advantage of these vulnerabilities to access our network.

**Resolution:** disseminating "patches" across the network that fixes the respective vulnerability.

**Weakness:** Computer system users. Users are constantly bombarded with junk e-mails containing malicious attachments, links, etc. If a single user clicks on an attachment, link, or other malware, the entire network can be compromised.

**Resolution:** continuous user training and awareness. Most users have no intention of introducing a vulnerability to the network. However, with the increased sophistication of spoofed e-mails, social engineering tactics, etc. that

"bad guys" are using, a complacent user could unwittingly introduce a vulnerability to the network simply be clicking on a link or executing an attachment. Users must remain informed and constantly skeptical to ensure they don't unknowingly create a vulnerability on our networks.

**Weakness:** Insider threat. This is the threat that a "trusted user" (somebody with a user account) poses to the system because of the inherent rights that they have on the network.

**Resolution:** restricted rights and constant monitoring of network traffic. Generally, everybody on the network (including system administrators and the like) is restricted to what they can and cannot do on the network. Additionally, network traffic is constantly analyzed to ensure that everything that occurs on the network is legitimate. These two controls minimize the potential damage a user can cause to the network.

Knowing where our weaknesses are and how to strengthen them are keys to securing our networks. Although our network is only as strong as our weakest link, if we can constantly strengthen that weakest link, the security of our networks will continually improve.

If you have any questions or concerns about a computer security issue, please feel free to contact the JTF-GTMO IA Office at j6-ia@jftfgtmo.southcom.mil or ext. 3333. ■

a light hearted comment in response to requests from members of the Joint Task Force.

"People from the JTF kept asking for a way to get across the bay without having to take the ferry. I said 'the only way is to swim,'" Roberts said with a laugh.

It was a fun event, but they took safety seriously by limiting the event to 50 participants and keeping watch from above and below the water.

"The safety was awesome," said Roberts. "Everyone made it back and we came out victorious." ■

# Army Battles Navy in 107th Renewal of America's Classic

**Story courtesy Army Athletic Communications**

One of the most revered rivalries in all of sports will be revisited on Dec. 2 when Army and Navy battle for the 107th time. Rich with tradition, drama and excitement, the series is widely viewed as the premier rivalry in all of sports.

The Army-Navy Classic returns to the city of Philadelphia for the 80th time, pitting the 3-8 Black Knights opposite the 8-3 Midshipmen. Meineke Car Care Bowl-bound Navy can clinch its fourth straight outright Commander in Chief's Trophy title with a victory over Army.

The Black Knights will be looking to gain a share of their first CIC title since 1996 with a win. Army will also be out to avenge four consecutive losses to its arch rival, with Navy outscoring the Black Knights by a combined 176-54 margin the last four years. The Midshipmen can equal their longest winning streak in the series with a defeat of Army on Dec. 2. Navy has registered a pair of five-game series winning streaks, most recently from 1959 through 1963.

No team has won six consecutive contests against its arch rival. A sellout crowd of more than 68,000 is expected to fill Lincoln Financial Field with worldwide television and radio audiences tuning in. Navy leads the all-time series by a narrow 50-49-7 margin, grabbing its first lead in the matchup since 1991 with four straight wins over the Black Knights. Army must find a way to control's Navy's top-rated rushing attack, which averages 333.2 yards per game.

Navy carries an impressive 8-3 record into its battle with Army, featuring its customary high-powered option attack. The Midshipmen, who have already accepted a bid to the Meineke Car Care Bowl where they will face an opponent from the Atlantic Coast Conference on Dec. 30, boast the nation's top rushing attack. Navy averages 333.2 ground



yards per contest and sports a very balanced rushing attack. In fact, four different Mids have rushed for at least 400 yards.

Despite losing standout senior QB Brian Hampton due to a season-ending knee injury in October, Navy has continued to flourish. FB Adam Ballard tops the club with 782 rushing yards and is averaging 5.1 yards per carry. Sophomore QB Kaipo-Noa Kaheaku-Enhada has filled in admirably for Hampton, running for 416 yards and a team-leading 10 TDs. The Mids rank 24th nationally in total offense (391.0) and 27th in scoring offense (28.8). Defensively, Navy has allowed an average of just 20.2 points per contest to stand 43rd among Division I-A clubs. The Mids also rank 42nd in rushing defense (122.0) and 87th in passing defense (222.5). Rugged senior LB Rob Caldwell heads Navy's stop unit, topping the club in tackles with 95. Navy enters the 107th Army-Navy Classic on a roll, carrying a three-game winning streak into the clash. The Mids have outscored their opponents (Duke, Eastern Michigan and Temple) by a whopping 129-40 margin during the span, marking their second three-game winning streak of the season. ■

Pigskin Picks	Army Col. Dennis Army Command Sgt Maj. Plemonns Joint Detention Group	Army Maj. Pearson Army Command Sgt. Maj. Vanwyngarden Joint Detention Group	Navy Cmdr. Winter Navy Command Master Chief Conley Joint Detention Group	Army Lt. Col. Tucker Army Sgt. Maj. Diaz Joint Task Force Public Affairs	Army Capt. Hughes Army 1st Sgt. Fitzgerald Headquarters, Headquarters Company
<b>Last Week</b>	7-6	8-5	7-6	9-4	7-6
<b>Season</b>	90-66	99-57	93-63	99-57	95-61
Army vs Navy	Navy	Navy	Navy	Navy	Army
Georgia Tech at Wake Forest	Georgia Tech	Georgia Tech	Wake Forest	Wake Forest	Wake Forest
Florida at Arkansas	Florida	Florida	Arkansas	Florida	Florida
Oregon State at Hawaii	Hawaii	Hawaii	Hawaii	Hawaii	Hawaii
Baltimore at Cincinnati	Baltimore	Baltimore	Baltimore	Baltimore	Baltimore
Jacksonville at Miami	Miami	Jacksonville	Miami	Miami	Miami
Atlanta at Washington	Atlanta	Washington	Atlanta	Washington	Atlanta
Kansas City at Cleveland	Kansas City	Kansas City	Kansas City	Kansas City	Kansas City
San Diego at Buffalo	San Diego	San Diego	San Diego	San Diego	San Diego
N.Y. Jets at Green Bay	N.Y. Jets	N.Y. Jets	Green Bay	N.Y. Jets	N.Y. Jets
Dallas at N.Y. Giants	Dallas	Dallas	Dallas	N.Y. Giants	Dallas
Houston at Oakland	Oakland	Oakland	Houston	Houston	Oakland
Seattle at Denver	Denver	Denver	Denver	Denver	Seattle

# Fire Department hoses NEX in soccer action



**By Army Staff Sgt. Vince Oliver**

JTF GTMO Public Affairs Office

Wednesday night soccer action showcased three games for week four of Morale, Welfare and Recreation sponsored Captain's Cup men's soccer here at Guantanamo Bay.

Game one pitted the 1-4 WT Sampson Pirates against 6-2 GTMO United. The more experienced GTMO United team controlled the action from the beginning of the game and though the younger Pirates played tough, they were no match for the stronger GTMO United team.

After two halves of play, GTMO United prevailed 6-2, bringing their season record to 7-2.

The 0-5 OARDEC Enforcers took the field against 2-5 Showtime in game two Wednesday night. Despite a losing season, the Enforcer team came out strong and took advantage of Showtime who couldn't seem to get settled into their game strategy.

The Enforcers played solid team-based soccer and capitalized on Showtime's slow start by scoring two goals in the first half while defending their goal to take a halftime lead of 2-0.

During the halftime break, Showtime head coach Tyler Thomas told his team they needed to slow the ball down and look for offensive openings close to the goal. Unfortunately his advice was too little too late and the result was the Enforcers enjoying their first win of the season with a score of 3-1 at the end of regulation play.

The highlight game of the night saw the 6-1 Fire Department playing against their stiffest competition this season, the 6-0 NEX team.

In their first meeting earlier in the season, the NEX team prevailed over the Fire Department by a single goal. Fire Department head coach Denaroy Tulloch promised this match would have a different outcome.

Within one minute of regulation

play the aggressive Fire Department team successfully attacked NEX's goal, scoring the game's first goal and in turn dumping fuel on the fire of the already fierce rivalry between the two teams.

The game went back and forth over the mid-field line as both teams proved they were master technicians at ball control. NEX missed two close opportunities to score against the Fire Department mid-way through the first half which was marked with some very physical play.

Finally, just before the half ended, the NEX capitalized on a penalty kick, bringing the score to 1-1. The Fire Department's goalie masterfully defended his team's goal against a second penalty kick, helping them beat back an increasingly fierce offensive attack from the NEX.

The second half of play saw the NEX team go on the attack and as the game progressed, tempers flared and the penalties became more of an issue. Neither team was able to breach the other's goal and the score was 1-1 at the end of regulation.

After a no score overtime period, the game was finally decided by penalty kicks and in the end it was the Fire Department who claimed the win over the NEX 4-2. ■





# CHRISTMAS CARDS





# VCNO visits GTMO, positive remarks for leadership



Photo by Army Sgt. Jonson Tulewa-Gibbs

**By Navy Petty Officer 2nd Class Trevor Andersen**

JTF-GTMO Public Affairs Office

The Vice Chief of Naval Operations visited Guantanamo Bay, Cuba Monday to talk to Sailors and learn about GTMO operations. He held an All Hands meeting where he discussed Individual Augmentees, future monetary incentives and shaping the Navy for the Global War on Terror.

Navy Adm. Robert F. Willard also brought his wife, Donna to evaluate the quality of life of the Troopers.

"The Vice Chief doesn't normally travel but the CNO and I decided to alternate visits to locations in the GWOT," said Willard. He volunteered to visit

GTMO and the CNO thought it was an excellent idea, he said.

Willard expressed his gratitude to the Sailors working for the Joint Task Force.

"I just want to give a big, fat thank you. This isn't traditional duty; it's expeditionary, it's isolated. This is tough duty and you deserve recognition for what you're doing," he said.

"I'm here trying to understand what's going on to find out if we can help because there are some things only 'big Navy' can solve," he added.

His message for the GTMO Troopers was a promise of support.

"Count on me to take these things back to Washington. There are some compelling things to talk about and I intend to talk about them for you," said Willard. "I want you to know you have our support, the troops have our support ... keep up the good work," he added.

During his visit, Willard had lunch with Sailors and toured the detention facilities.

"You have great leadership here. Capt. Leary is doing an excellent job, Rear Adm. Harris is doing an excellent job. The reports coming from here are generally positive," said Willard.

In his career, Willard has been a Naval Aviator, the Operations Officer and Executive officer at the Navy Fighter Weapons School (Top Gun), and was the Aerial Coordinator for the Paramount movie "Top Gun."

Beyond that, Willard played football for the Naval Academy. His prediction for the upcoming Army vs. Navy game was confident.

"We're gonna stuff 'em," He said with a laugh. ■

## NEGB reload with new Sailors

**By Army Spc. Jonathan Mullis**

JTF-GTMO Public Affairs Office

The Navy Expeditionary Guard Battalion will be undergoing a turnover for the next few weeks in an effort to transition the recent Sailors who have come to Joint Task Force Guantanamo Bay to perform guard duties.

The incoming Sailors have gone through the same arduous training that those they're replacing went through, said Navy Cmdr. Kris Winter, Commanding Officer of the NEGB.

"We expect the turnover process to be a smooth one and it should be completed by December 6th," said Navy Command Master Chief William D. Conley, non-commissioned officer in charge of the NEGB.

The group will be going through some initial briefings before they can actually start the "left seat-right seat" training; however, after the processing phase is over they will begin actually working inside of the camps.

"Following the left seat-right seat training our newest Sailors will take over the responsibilities of their predecessors," said Winter.

"The recent arrival of these Sailors marks the end for our old guys who have done an exceptional job under some very tough conditions," said Winter. "The new Sailors come with a great reputation and I am looking forward to working with each of them," added Winter.

The turnover will include roughly 245 Sailors who have all gone through the hands-on training conducted at Ft. Lewis, Washington. Half of the newest NEGB Troopers are considered individual augmentee's and will only be here for six-months, however, the rest will stay for a year, said Conley. ■

# The beat on the street about GTMO housing



Photo by Army Spc. Dustin Robbins

**Work continues at Cuzco Barracks to improve living conditions for JTF Troopers. Upcoming improvements scheduled to be completed at a future date include the addition of laundry facilities and the construction of more housing at the site of Cuzco Barracks. The other housing facilities, including West Iguana, Windward Loop, Tierra Kay and Kittery Beach, are also scheduled to receive improvements such as the installation of new carpeting, furniture and appliances.**

**By Army Spc. Dustin Robbins**

JTF-GTMO Public Affairs Office

Joint Task Force Guantanamo Bay's housing areas will be getting a slew of improvements and modifications aimed at making Troopers lives a little easier.

Preparations for significant improvement projects are being hammered out. Work on some of these projects is slated to be completed sometime after the current cycle of Troopers have left, while other projects should be completed in the near future.

Cuzco Barracks is an ever developing settlement for JTF Troopers. It was opened to better accommodate the existing force and achieve a more comfortable living environment for its residents, said Army Sgt. Maj. David Hare, JTF GTMO's Camp Commandant. Future JTF Troopers will see a second array of new housing blocks that will double Cuzco Barrack's current capacity.

"We've taken to calling it 'Cuzco 2, the Sequel,'" said Hare, the JTF GTMO's Camp Commandant. "It will be laid out a little differently than the first set of Cuzco blocks, but will house the same amount of people."

Along with the future housing area, come future road improvements around the Cuzco Barracks. The access road into Cuzco Barracks from Sherman Avenue will be getting a sidewalk and will be accompanied by road lights. This will make it easier for pedestrians to walk to and from Cuzco Barracks during trips to the Naval Exchange or other locations.

One road improvement Troopers should see soon is the addition of speed limit signs on the Cuzco Barracks access roads. The limit will be set for the default speed of all unimproved GTMO roads at a speed of 15 mph.

Another improvement you're likely to see in Cuzco Barracks before re-deploying is the addition of a laundry facility.

"I'm hopeful that the laundry facilities will be completed by January 2007," said Hare. "There may also be a laundry facility in the middle of Cuzco 2 sometime."

Two rooms within Cuzco Barracks have been given to Morale Welfare and Recreation and will be used as computer rooms, said Hare. Pavilions will also be placed by the parking area which will house grills for Troopers to cook out on.

"There is also a major renovation project in the works for all of West Iguana, Windward Loop, Tierra Kay and Kittery Beach to include new carpeting, furniture and appliances in most of the units," said Hare. "I believe it will start in the late winter or early spring. It is a very ambitious undertaking that's in the works."

While the Naval Station and the JTF are working towards making our lives more comfortable and enjoyable, it is important to remember to give thanks in the form of respecting the facilities that are provided for us.

"Treat it like it's yours. Now, for some folks that means trash, but for the majority of Troopers it means treat it right," explained Hare. "JTF and the NAVSTA are going to a lot of expense to make life a little more comfortable for us while we are serving here. Let's not throw that money away."

"I've been to many meetings where topics cover not only what major improvements, overall, need to be done and how, but what else can be done to make things better for our Troopers. But the comment always pops, 'Will they appreciate it and take care of it?'"

So, remember to be thankful for what you have and treat it with respect, knowing that the JTF and NAVSTA are doing everything they can to make each Troopers lives a little better. ■

# Mission: Morale REUNION ISSUE

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

JTF Command Chaplain

Personnel at GTMO are constantly arriving and departing. Some of us are serving here briefly and other of us are here for an extended period of time. The longer we are deployed the more we need to pay attention to the eventual reunion we will experience with family and friends. This reunion is even more important if we are married, have children, or are a reservist returning to a civilian employer, but it is also important if our component is active duty. One key thing to remember for reunion after a deployment is to forget your fantasies.

Most of us have been mentally

planning what we will do when we return home. We have been creating a picture in our minds of what we will eat, where we will go, how we will spend time with the people we love and the friends whom we have missed.

Our fantasies tend to be unrealistic and set us up for disappointment and frustration. Therefore, we need to discard the fantasies we've been using to get us through the deployment before we go home.

Success tip: Take it easy and let things happen naturally. Don't rush the process of reunion and try to do everything you've wanted to do in 24 hours. The more time you give yourself to ease back into your family and home routines the easier it is to adapt to any changes and adjust past behaviors. ■

## MWR's Winter Wonderland

Morale Welfare and Recreation's Winter Wonderland Skating and Craft Fair is scheduled to be held Friday, December 15 at the Hockey rink next to D. J. Denich Gym. The event begins at 6 p. m. Skates will be provided, but you are welcome to bring your own. Festive holiday music and refreshment will be available. For more information, call ext. 75225. ■



## WEEKEND WEATHER FORECAST

### Saturday, Dec. 2

Partly cloudy. Highs in the upper 80s and lows in the low 70s.



Partly Cloudy

Sunrise: 6:19 a.m.  
Sunset: 5:20 p.m.

Chance of Rain: 10%

### Sunday, Dec. 3

Partly cloudy. Highs in the upper 80s, and lows in the low 70s.



Partly Cloudy

Sunrise: 6:20 a.m.  
Sunset: 5:21 p.m.

Chance of Rain: 20%

### Monday, Dec. 4

Partly cloudy. Highs in the upper 80s, and lows in the low 70s.



Partly Cloudy

Sunrise: 6:21 a.m.  
Sunset: 5:21 p.m.

Chance of Rain: 10%

Weather forecast provided by www.weather.com



# GTMO Movie Review Corner

**with Army Staff Sgt. Vince Oliver's review of:  
"DEJA VU"**

If the summertime is made for cinematic blockbusters, then Jerry Bruckheimer's "Déjà vu" definitely snuck through this winter. This movie is what Oscar Awards were made for.

Denzel Washington fronts an impressive cast of characters as New Orleans Ammunition, Tobacco and Firearms (ATF) agent Doug Carlin. Carlin finds himself in the center of every law enforcers nightmare; a homegrown terrorist attack.

After being recruited into a very specialized and a very secretive investigative team headed by Val Kilmer's character, Carlin embarks on a journey that, in the end, can only be described by that "I've-been-here-before" feeling, known as déjà vu.

"The Passion of the Christ's" Jim Caviezel plays the bad guy in this one and gives every bit as convincing a performance as he did in his Mel Gibson film role.

Déjà vu sprints from the first frame through to the final credits with a somewhat far-fetched plot, but excellent script-writing and seamless cinematography makes you want to believe this story.

For those that usually have no problem predicting the ending of a movie, this one will present a challenge to even the savviest movie-goer. The ending of this movie is every bit as satisfying as the ride that gets you there.

I gave Déjà vu four and a half stars and recommend everyone see this excellent film. ■

- DEJA VU -

Rating: ★★★★☆

## Boots on the Ground:

"What would you like to see at the NEX?"



**"A different variety of ladies clothing. Sometimes we like to dress up a little"**

-Army Staff Sgt.  
Denise James, Joint  
Detention Group Chap-  
lain assistant



**"It seems like its pretty well stocked, most of the stuff I want I can usually find."**

-Navy Chief Warrant Of-  
ficer George Gilliland, JIG  
Fusion



**"I want to see ACUs for Army personnel."**

-Army Spc. Markelle  
Hemingway, 525 Mili-  
tary Police Battalion  
executive assistant



**"I know they already have a lot, but I'd like to see more rock mu-  
sic at the exchange."**

-Navy Petty Officer 3rd  
Class Jason Guenther,  
JTF-GTMO Post Office

# CHRISTMAS IS COMING

**By Army Chaplain (Capt.) David Meyer**

525 Military Police Battalion Chaplain

I surfaced from a dive at Cable Beach a couple of weeks ago, and as I was taking apart my gear I became aware of the music the workers constructing the new cabana there were playing. I heard the familiar strains of "*Hark, the Herald Angels Sing.*" It was a strange paradox for me, someone who has spent most of my life in parts of the world with much more distinctive seasonal changes than the southern coast of Cuba, to have come up from a beautiful dive in 86 degree water with tropical wildlife all around and be listening to Christmas music.

*"We can share what our traditions from home would look like and we can do the best we can to carry on with those traditions here."*

building more and more on the look and feel of Christmas. Somehow, though, it still doesn't seem quite right.

I guess the feel of the Christmas season is very different than what I'm used to. My family is a long way away, the weather is too warm and it just doesn't seem quite right. I'm sure I'm not the only one feeling this as we prepare for the winter holidays. As I've thought about

It has continued as I've seen toy soldiers and Christmas Trees appear in front of the Navy Exchange, lights have been placed along the lamp posts on Sherman Avenue. Each of these things are

this time of year and how best to celebrate it, I've become more and more convinced that there are some strategies to get through it and have it be a time of celebration that, although different, is no less special than what I am used to.

I think the first thing that we can do is to make sure that we work to maintain traditions as best we can. It is important that we celebrate the holidays with people much like we would at home. OK, they won't be the same people, but rather people who we've come to know and care about during our time working with the Joint Task Force. We can share what our traditions from home would look like and we can do the best we can to carry on with those traditions here. Certainly we can continue to stay in contact with family and friends from home as well.

For many religious services and ceremonies is also an important part of the season. There are many services and activities scheduled around Guantanamo Bay. Find out what they are, take time and make an effort to participate in the things that will be familiar, helpful and hopeful to you. Let the joy of the holidays overcome some of the difficulty of separation.

May God richly bless each of you and your families as you continue this historic task. ■

## CAMP AMERICA WORSHIP SCHEDULE

Sunday	9:00 a.m.	Protestant Service	Troopers' Chapel
	6:00 p.m.	Confessions	Troopers' Chapel
	6:30 p.m.	Catholic Mass	Troopers' Chapel
	7:30 p.m.	Evening Prayer	Troopers' Chapel
Wednesday	7:30 p.m.	Soul Survivor	Camp America North Pavilion

## NAVAL BASE CHAPEL

Sunday	8:00 a.m.	Pentecostal Gospel	Room 13
	9:00 a.m.	Catholic Mass	Main Chapel
	9:00 a.m.	Church of Jesus Christ of Latter-day Saints	Sanctuary A
	9:30 a.m.	Protestant Sun. School	Main Chapel
	10:00 a.m.	Protestant Liturgical	Sanctuary B
	11:00 a.m.	Protestant Service	Main Chapel
	1:00 p.m.	Gospel Service	Main Chapel
	5:00 p.m.	Pentecostal Gospel	Room 13
Monday	7:00 p.m.	Prayer Group Fellowship	Fellowship Hall
	7:00 p.m.	Family Home Evening	Room 8
Tues. to Fri.	12:00 p.m.	Daily Mass	Cobre Chapel
Wednesday	7:00 p.m.	Men's Bible Study	Fellowship Hall
Friday	12:30 p.m.	Islamic Prayer	Sanctuary C
Saturday	4:00 p.m.	Confessions	Main Chapel
	5:00 p.m.	Vigil Mass	Main Chapel

Jewish Shabbat Services held every second Friday at 7:30 p.m. in the Naval Base Chapel complex Room 11.

# 15:00 Minutes of Fame

## NAVY PETTY OFFICER 3RD CLASS KENT LANDIS

**By Army Spc. Phil Regina**

JTF-GTMO Public Affairs Office

The cramped quarters of Cuzco Barracks are fertile grounds for friendship. Each weekend the somber silence of the night is broken by the Troopers here, sharing childhood stories over cold brews, to friendly faces. But sometimes you just want to roll the dice and take a chance on something a little different.

Navy Petty Officer 3rd Class Kent Landis, a Joint Task Force postal clerk lives by the roll of



Photo by Army Spc. Phil Regina

**Navy Petty Officer 3rd Class Kent Landis lives life on the edge, putting it all on the roll of a dice, at least when it comes to game play.**

the dice and lives his life with a youthful exuberance.

Landis indulges in a pastime that most people have left behind in the process of growing up...board games. Like most people he started playing at a very young age.

"I've been playing board games with my family my whole life. Monopoly, Life, Clue, my family and I would play these games together like every week," said Landis.

By the time Landis reached the age of 13 he left behind his board gaming ways, only to rediscover his youth by "settling Catan."

"I got back into playing board games when I was 20 years old. What got me back into it was a game called 'Settlers of Catan.' Like most people nowadays, my friends and I would usually hang out and play video games. A friend of a friend left a copy of the game at my friend's house, we started playing and I just got really into it," explained Landis.

Since that decisive day three years ago, Landis has continuously

played board games. His reasons are various.

"Playing board games uses a part of your brain you don't use in your daily life. It's challenging and it's actually really fun. I think most people just write off playing board games as geeky or for children," added Landis.

Aside from the challenge offered by board games, Landis feels that there is something far more important that comes along with playing them.

"I'm trying to revive a part of people that they've probably forgotten. In today's society where you can play video games over the internet, the social interaction of just sitting down with friends and playing a game has been lost," Landis added.

Landis' mentality is a throwback to the good old days of four square, pig-tails and "Garbage Pail Kids." In many ways Landis' enthusiasm keeps him young at heart and with a daughter on the way, this youthful enthusiasm is sure to be useful.

"I'm really looking forward to the birth of my daughter. You know, most people grow up, leave behind their childhood and have kids. In a lot of ways, me having a child is just a way for me to have a lifelong board game partner," Landis explained. ■

### 15 Minutes of Fame

Know a Trooper worthy of being highlighted in "15 Minutes of Fame?" Call Army Staff Sgt. Vince Oliver at ext. 3593.



Photo by Army Spc. Dustin Robbins

**Army Capt. Dexter Craig, the JDG S-5 officer-in-charge, presents a re-enlistment certificate to Navy Petty Officer 3rd Class Lester Belmar after Belmar completed the oath of enlistment yesterday.**



Photo by Army Spc. Dustin Robbins

**Navy Petty Officer 1st Class Ricardo Buenrostro records a JTF vehicle's condition while taking part in a vehicle inspection Thursday morning.**

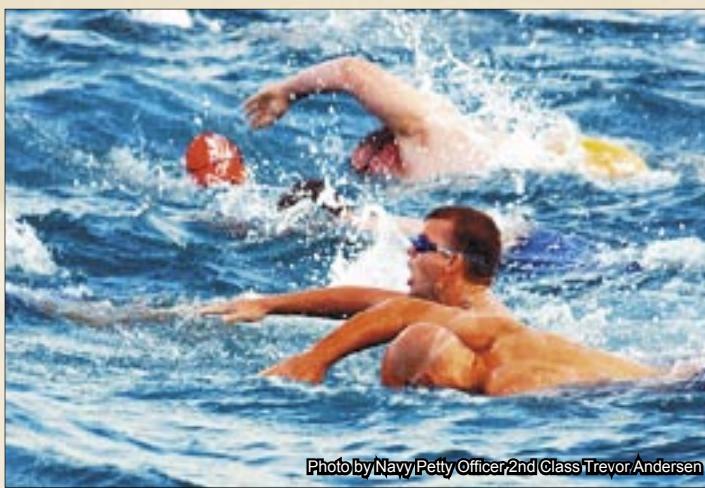


Photo by Navy Petty Officer 2nd Class Trevor Andersen

**Swimmers make their way through Guantanamo Bay waters in the Across the Bay Swim event held last weekend.**

# AROUND THE JTF



Photo by Army Command Sgt. Maj. Gerald Adkins

**Members of the Chickahominy Dance Troup pose for a group photo. The dance troupe performed for Joint Task Force Troopers at the Windjammer Club last weekend.**



Photo by Army Spc. Jonathan Mullis

**Aquatic Supervisor Anthony Roberts offers some valuable knowledge on water safety to the Soldiers of the 525th Military Police Battalion.**