

THE WIFE



Gitmo Ghosts
We're not alone

Trooper Appreciation
Thanks for the hard work

Make goals reality

Senior Chief Petty Officer Duncan Smith

Escorts Leading Chief Petty Officer

Many times in our military careers we are asked to serve in locations that are remote, dangerous and far away from loved ones and family. It doesn't matter whether we are Army, Navy, Coast Guard, Marine Corps or Air Force. We all make personal sacrifices to protect our country and liberties. However, during our sacrifices and long deployments, we can often set goals and personal resolutions that benefit us personally, financially and spiritually. Goals and resolutions are far cries from being with our families, but they can provide something tangible or spiritual that can help pass time and improve our personal lives.

My personal goals while at Gitmo were to retake calculus, pre-calculus, pass the Florida state junior and senior high school math teacher certification exams and most of all, pay off my truck debt. Proudly, I have accomplished three of the goals and very close to accomplishing the other two. Despite the long working hours, frequent deployments give many of us more time individually to accomplish personal goals. Let us discuss some individual goals that can be accomplished in our tours behind the wire.

First, Gitmo is an excellent place to get in touch with God. The base has many services for many denominations to practice one's faith. Being away from love ones is always a good time to pray for our friends and family and get a relationship with God. I believe that being rich in spirituality sets the stage for the rest our lives.

Saving money is always an excellent goal on deployment. Especially since some of us are receiving extra money, why not save some of that money for that something special or better still, use it to pay off excessive debt. Living in Gitmo can be inherently cheaper than the "lives" we live in the United States. Despite the cost of gas here, our transportation costs are minimal. Lunch meals are cheaper due to the fact that in the States, we tend to "eat-out" for lunch and believe me, it costs much more than \$3.85. I love the theatres and here, they are absolutely free. I personally know of a young sailor that saved over \$22,000 in 10 months.

Whether your intention is to stay in the military or depart the Armed Services, a college or vocational education is a worthy pursuit. When I joined the Navy, the main reason was for the college education. I highly recommend that service members take advantage of the educational opportunities and be aware that this not only includes college classes but vocational studies as well. Tuition assistance can also be used for certain certifications and licenses. Many disciplines in the military do not exactly convert over in the civilian world without certain certifications. Any education or vocational training one receives not only benefits the military but also benefits one's personal goals.

Physical fitness is always an excellent personal goal. For one, it is free! Second, the health benefits are priceless. Third, physical fitness promotes self confidence in one's physical appearance and mental well being.

My hope is that all service members accomplish both professional goals as well as personal goals. Make your time in Gitmo productive. Good luck to all of you and may all your goals and resolutions become realities. ★



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COVER:

Navy Master Chief Petty Officer Craig McVeay biked the challenging 22-mile course along the fence line of U.S. Naval Station Guantanamo Bay as part of the Marine Corps Security Force Company Tour de Fence, Oct. 18. The route began at Kittery Beach and finished on Leeward side at the ferry landing. - JTF Guantanamo photo by Navy Petty Officer 3rd Class Christopher Little



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.



**Joint Task Force Guantanamo
Commander Navy Rear Adm.
Dave Thomas, frequently
visits the detention camps to
observe daily operations and
visit Troopers at work.**

Attention to detail

**Staff Sgt.
Emily J. Russell**

JTF Guantanamo Public Affairs

Since taking command of Joint Task Force Guantanamo, Navy Rear Adm. David M. Thomas, Jr. has kept an eye on all aspects of the JTF, from quality of life for the Troopers working in the detention camps to the quality of service provided to all JTF Troopers. Nothing goes unnoticed, not even the smallest bit of misplaced trash.

“My priorities are executing the mission,” said Thomas. “I identified three focus areas when I got here.”

Thomas listed the areas of focus as: Trooper and JTF staff quality of service, strategic communication and security.

The mission remains the same for JTF Guantanamo – Safe, humane, legal, transparent care and custody of detained enemy combatants. But in order to continue the mission with high standards and maintaining the morale of the Troopers in a challenging environment, Thomas takes a closer look at what really holds the mission together – people, process and planning.

“Everyone has a right to a work environment conducive to high morale and high productivity,” said Thomas. “While everyone has the right to that, everyone –

from me down to the most junior [Trooper] – also has the responsibility to bring to the attention of their chain of command any bad behavior or inappropriate work environment.”

In addition to enforcing a safe and comfortable office climate and culture, Thomas looks at the physical aspects of where Troopers work, and assesses what measures must be taken to continually improve.

“As I got [around] the JTF, I was seeing a need for processes that aren’t inherent to an established JTF,” said Thomas.

Thomas explained that a joint task force is not typically a long term sustained organization. In the case of JTF Guantanamo – nearing its seventh year of existence – infrastructure, sustainment, phased maintenance and repair processes are key to keeping the JTF running smoothly.

The Joint Detention Group and JTF engineers have created plans for routine care of the JTF ‘physical plant.’ This includes the sea huts and buildings throughout the JTF area.

In addition there is a focus to maintain comfortable housing for Troopers.

“We’re updating the [regulations] on housing to make sure it accurately reflects reality so everybody understands the importance of personal privacy and the

need to express oneself,” said Thomas. “Housing is a big concern ... constant improvement is what we’re about.”

Aside from the quality of life and services, Thomas has scrutinized the processes of the JTF day-to-day work environment.

“Some folks are here for four months ... some are here for a year,” said Thomas. “We have a high turnover so there is no ‘corporate knowledge.’ What you know about your job is what your successor managed to infuse in a short turnover period. So, there’s a lot of myth and folk lore... People think they understand why things are they way they are, ... but in fact, there have been seven years since the first group of [Troopers] turned up here.”

Thomas’ point emphasizes the need for being methodical, and the importance for standard operating procedures.

“In certain areas we’re great at that,” said Thomas. “The JDG detainee operations SOP is awesome. It’s maintained, ... easy to update. When it’s updated the changes are approved at the right level, and then it’s trained to the guard force. They’ve got a magnificent process that is exactly perfect.”

Over time, some of the processes that take place at the JTF are subject to break

See **QUALITY/11**

Navy Rear Adm. Dave. Thomas, JTFs commander, thanks all his Troopers at the Trooper Appreciation Day free barbecue at Windmill Beach Saturday, Oct. 18.

A day for 'Joe the Trooper'

**Army Pfc.
Eric Liesse**

JTF Guantanamo Public Affairs

Joint Task Force Guantanamo receives significant public scrutiny due to its mission in support of the War on Terror. Although Navy Rear Adm. David M. Thomas, Jr. leads the show, he understands that his Troopers are the ones who make the whole production a success.

For this, he gave some words to the Trooper Appreciation Day festivities at Windmill Beach Saturday, Oct. 18.

"We all swore the same oath to the same constitution," said Thomas in his short speech. He stressed his thanks to all

personnel, from the senior enlisted to the junior Troopers.

"On behalf of this country, I thank you," Thomas added. He said that although much of the nation doesn't see the amazing effort and professionalism throughout the JTF, he does and he appreciates all of it.

Thomas' speech kicked off the afternoon's free barbecue. Senior enlisted Troopers manned the grills, while the attending Soldiers, Sailors, Airmen, Marines and Coast Guardsmen enjoyed the festivities. The day also included a 5-kilometer fun run, a beach volleyball tournament, horseshoes and disc jockeys from Radio Gitmo's 103.1 FM "The Blitz."

"This is important so Troopers can come out ... and see each other in a different light," said Army Sgt. Brandin Schumann, JTF's Morale, Welfare and Recreation liaison and one of the day's organizers.

The event was put on after the Troopers' Ball was canceled. The senior leadership still wanted some large event for the Troopers to show their appreciation.

At the barbecue, Joint Detention Group commander Army Col. Bruce Vargo also spoke, sending his thanks to his senior and mid-level noncommissioned officers. He quipped that stepping aside to allow NCOs ensure mission objectives are carried out was the smartest thing the officer corps

See **TROOPERS/12**



Army Spc. Juan Jackson of the 525th Military Police Battalion receives a trophy from JTF commander Navy Rear Adm. Dave Thomas, for winning first place in the JTF Trooper Appreciation Day 5k Fun-Run Saturday, Oct. 18. Also pictured is the 525th Command Sgt. Maj. Gary Fowler (left), 525th commander Lt. Col. Alexander Conyers (second from right) and Navy Petty Officer 1st Class Christopher Thompson, organizer of the run.

Injured no more!



A packed weight room at Denich Gym is a good sign that Troopers are making an effort to strength train on a daily basis. Strength training, along with stretching, are two great ways to stay injury free while engaging in active team sports.

Army Staff Sgt. Gretel Sharpee

JTF Guantanamo Public Affairs

It's Guantanamo Bay in the fall, the air is ever-so-slightly less humid and the sun doesn't burn as hot as merely a month ago, making outside team sport activities a great way to pass the time.

Flag football games, countless volleyball tournaments, soccer games and fun runs can be seen most evenings here in Gitmo, but what is the one thing that can turn that fun into something that can affect your performance as a Trooper? An injury.

"It's [Physical Readiness Test] season as well as flag football season," said the Joint Task Force and Naval Station Physical Therapist. "On a regular basis I see a lot of low back pain, shoulder pain/dislocation as well as knee pain."

It can be the loud pop you hear when landing on your ankle wrong or the finger that instantly throbs after connecting with a volleyball – whatever the injury, large or small, once it happens in can take weeks or months to heal and maybe even keep you

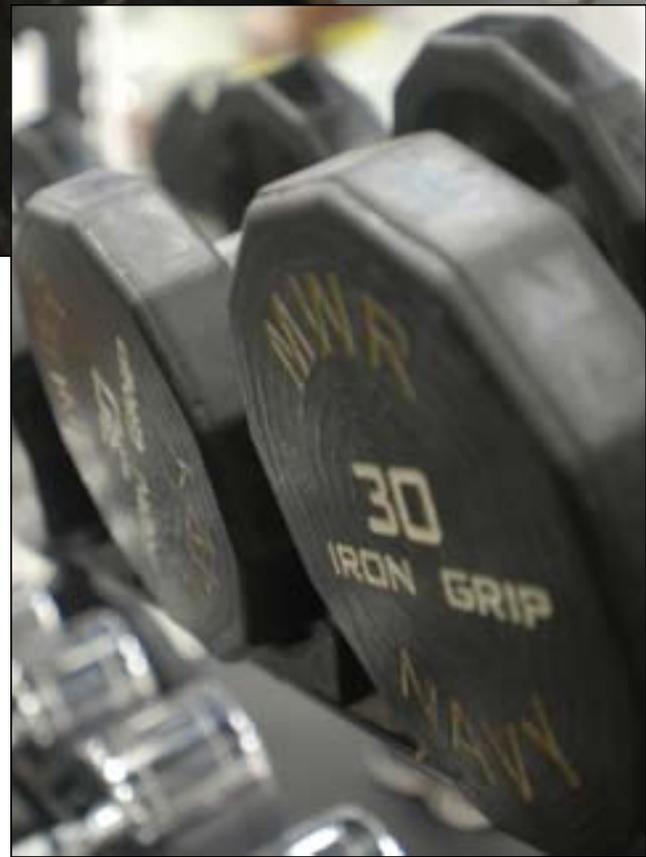
from completing your mission at work.

"[Troopers] should train for the sports they play. Pro football players lift weights not to get 'big muscles' but to be in the best condition they can be to prevent injuries."

Along with recommending a weight training program, the base Physical Therapist also recommends stretching before and after each activity and listening your own body's limits. This means paying attention to if you feel dehydrated or over-exerted, as well as if you are in the right condition to play at the level of intensity the sport requires.

However, when an injury does occur or if you notice a persistent pain with normal everyday activities, the base physical therapist encourages Troopers to seek medical attention.

"Don't be afraid to come in. Often times the longer you wait to be seen, the longer rehabilitation takes," commented the base



With free weights ranging from five pounds to over 80, Troopers at all levels of conditioning can find a weight to challenge their fitness level.

Physical Therapist. "But once an injury has occurred always remember RICE: Rest, Ice, Compression and Elevation."

The slightly cooler weather may bring more Troopers outside to have fun, just make sure "the fun" doesn't keep you from completing your mission. ★



Volleyball teams utilize team work and luck to avoid elimination during the Trooper Appreciation Day volleyball tournament held at Windmill Beach. – JTF Guantanamo photo by Army Staff Sgt. Gretel Sharpee

Battle on the beach

**Navy Petty Officer 2nd Class
Jayme Pastoric**

JTF Guantanamo Public Affairs

Bump, set and spike when executed in the right order will make any beach volleyball team a force to be reckoned with. The Joint Task Force team “The Scrubs” had that right order and served up that winning combination to walk away as winners of the Trooper Appreciation Day volleyball tournament.

Nestled into a packed day of events in honor of the JTF Trooper, volleyball took main stage.

“The Trooper Appreciation Day provides JTF Troopers with different activities and tournaments allowing them to get together and share with each other,” said tournament organizer Army 1st Lt. Eli Torres. “It also provides an opportunity for the senior enlisted to spend some time with their troops.”

With a Caribbean sun shining, eight teams faced off on the court. Teams like the “GTMO Assassins,” “Team X” and “Sets on the Beach” battled each other in epic fashion. Before each match, eight volleyball players walk onto the warm sand, but only a team of four will advance.

Michael Kubiak, a member of Team

X, felt the competition was fair and the tournament ran smoothly.

“My team played strong. We could have played better than we did,” said Kubiak. “We ended up beating ourselves by not getting good serves and returns.”

To make sure all teams were officiated equally, the tournament rules and regulations were governed by the USA Outdoor Volleyball rules.

Walter Zapf, a team member from the tournament’s winning team, “The Scrubs,” enjoyed the level of competition and felt his team did an outstanding job.

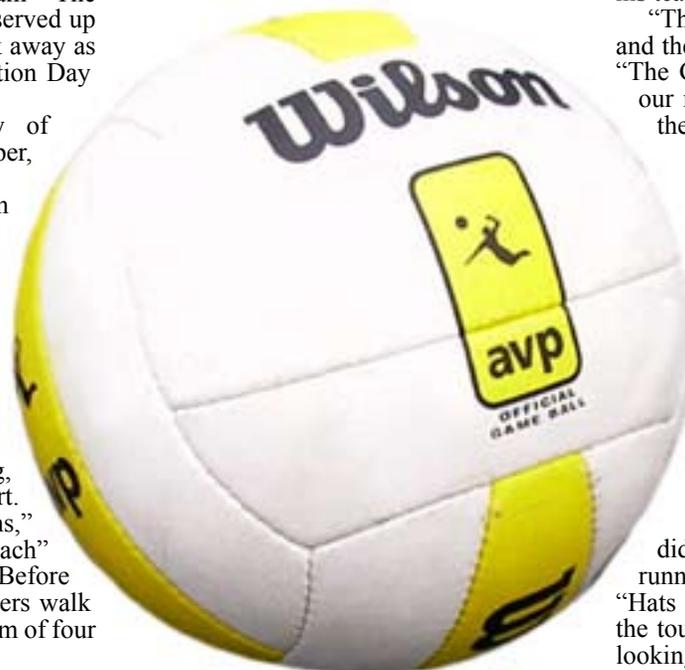
“There were some great teams out there and the competition was great,” said Zapf. “The GTMO Assassins gave us a run for our money like they always do because they are a great team.”

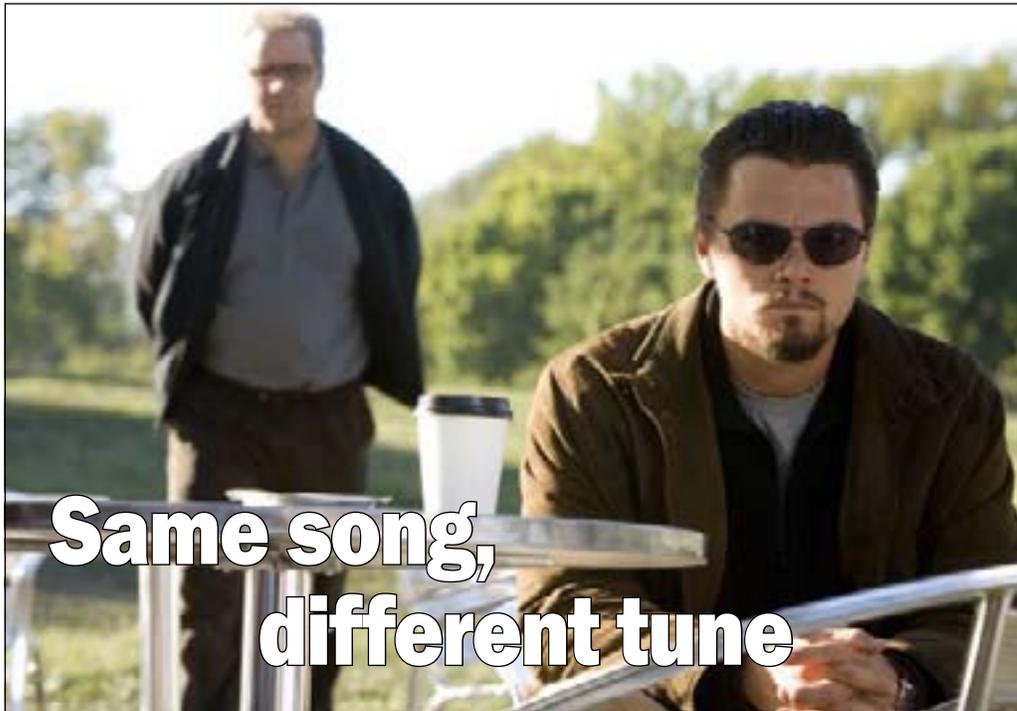
The recipe for team success according to Zapf was teamwork and smart plays.

“I was very surprised on how well we played this weekend seeing how this is the first time we played together as a team,” said Zapf. “I do believe a major factor in winning the tournament was overall hustle and smart play.”

Zapf and his team were very thankful to Torres for organizing a great tournament.

“I thought Torres and his crew did an outstanding job preparing and running the tournament,” said Zapf. “Hats off to all the volunteers who made the tournament a success. We are already looking forward to the next tournament and day of fun.” ✦





Same song, different tune



Army Pfc. Eric Liesse

JTF Guantanamo Public Affairs

With stars like Leonardo DiCaprio and Russell Crowe being directed by Ridley Scott, it takes a special effort to make a dud of a film.

Yet with “Body of Lies,” dud is a partially accurate label. That’s not because the film is bad – one could call it “good” – but rather, because this movie has been made more times than anyone can count.

Looking only at the film’s theatrical release poster, you can deduce that DiCaprio plays some law enforcement officer, while Crowe is some big boss overseeing something involving copious amounts of lies. I’ve seen this movie before, and it was just decent then too.

For this film, DiCaprio plays Roger Ferris, a hot-headed CIA operative in Iraq attempting to capture terrorist leader Al-Saleem. After his local contact in Iraq is killed, he is sent to a known Al-Saleem safe-house in Jordan.

Against the wishes of local U.S. Embassy intelligence officials, Roger elicits the help of Hani Salaam (Mark Strong), the head of the Jordanian General Intelligence Department. This paper-thin alliance based on mutually sharing intelligence makes up the majority of the film’s conflicts.

Crowe, who put on 63 pounds for the role, plays Ed Hoffman, Roger’s manipulative CIA boss. Ed spends the vast majority of the movie in Washington, D.C., using a telescope to watch Roger run around getting shot at in the Middle East. He connives his way into all Roger’s dealings, even when Roger swears off the whole operation.

Crowe’s performance, while perfectly menacing, is thwarted by his basic role. He spends the vast majority of the film on a wired earpiece talking on his mobile phone to DiCaprio. That little microphone he uses has enough screen time and use to make it eligible for an Oscar.

DiCaprio dominates throughout the film. He is in almost every scene and is the leading operative in most missions. Thankfully

DiCaprio has the acting chops to carry a film, because otherwise

this one would have no legs to stand on.

The movie has an episodic feel as it occasionally changes to different countries, following different leads to capture Al-Saleem. Near the end, however, it all starts to seem way too implausible to be truly believable.

By the end, enjoying the movie is easy since DiCaprio’s and Crowe’s conflicts with each other, as well as the action around it, carry plenty of weight. Being amazed by the film, however, is not going to happen. As strong as the stars may be, and as gritty-real the cinematography and settings make the feel of Middle Eastern espionage/terrorism, this film has been done before. It tries to put current political conflicts into a classic genre, but it ends up feeling like more of a big-named retreat. ☆

R
2 hours, 8 minutes

Rating: ★★☆☆☆



'TOUR DE FENCE'



REPUBLICA DE CUBA
TERRITORIO LIBRE DE AMERICA.

Whether on foot, bike or Jeep, the Marine Corps "Tour de Fence" event was a challenge for residents of Guantanamo Bay. For runners, walkers and bicyclists, an eight-mile course beginning at Kittery Beach, winding past the Northeast Gate, and to the water's edge on the Windward side, was enough. For some, it was just the beginning. With a quick boat ride across the water to the Leeward side of the bay, the race continued to the finish line and a total distance of 22 miles. For the off-road enthusiast, the Jeep tour to North Toro Cay put drivers' skills and transfer cases to the test as the Jeeps climbed steep hills, dodged washouts and conquered rocky terrain.

JTF Guantanamo photos by
Navy Petty Officer 3rd Class Christopher Little,
Navy Petty Officer 3rd Class Benjamin Dennis and
Army Staff Sgt. Emily J. Russell





Haunted Guantanamo

**Army Sgt.
Sarah Stannard**

JTF Guantanamo Public Affairs

You are never alone in the Bayview – even when you’re by yourself.

The shadows aren’t just shadows, the creaking isn’t just the building settling, and the figures in the window, those aren’t party goers – at least not from this decade.

Marlene Diaz, former manager of the Bayview complex, swears to it. She’s certain she’s seen someone or something lurking in the upstairs windows, moving chairs and impishly turning lights on and off.

Though it is not the only place at U.S. Naval Station Guantanamo Bay with stories of lingering spirits and accounts of apparitions, the Bayview has become well known for its weird tales of ghost sightings and strange phenomena. The legends have been passed between the club’s patrons over late-night cocktails for generations – recounted in hushed voices, on the off chance one of “them” might actually be listening.

The Bayview complex was built in 1943 and served as the Naval Station’s Officers’ Club. The second floor of the complex’s

main building housed the Terrace Room – a stately ballroom looking out over the club’s large patio and beyond to the bay. The Terrace Room played host to grand parties, which anyone who was anyone in Guantanamo Bay, would attend. These parties were one of few places the base’s residents-of-the-day could flaunt their latest, and most elegant, party wear. It is in this scene that the Bayview’s first tale of frightening folklore is set.

“I really think someone had the time of their life here,” said Diaz. “If you can imagine what it must have been like! The parties here were elegant, with food and drink. It must have been such a good time!”

In the 1940s the Naval Station was not the quiet, out-of-the-way base it is today. Rather, it was expanding rapidly through the early part of the decade, serving as a major refueling station for the allied forces of World War II as they passed through the Panama Canal.

“I think the couple is from right around [the time of World War II],” Diaz said. “They stand in one of the windows and look down on the patio – like they are watching a party. She is dressed in a party dress and he’s in a suit,” said Diaz, pointing up to one of the Bayview’s second story windows.

“These phantoms are relatively passive,” Diaz said. “They appear to be holding one another – reliving one of their best memories.”

In the early 1950s the Terrace Room underwent the first of many renovations. It was converted to a distinguished visitor’s quarters and then later to the Naval Station’s Special Services Office and an apartment for the director of the SSO. Many people came and went through the Bayview’s guest apartment over the next decade. However, it is rumored there is one woman whose spirit has made these transient quarters a permanent home.

“No one really knows too much about her,” Diaz said, as she walked into the apartment’s dimly lit bathroom – the light from the old fixtures reflected off the bathroom’s green tile making the room appear as though there was a haze hanging in the air.

“She was the wife of the [special services officer] – an older woman. As far as I know there was nothing [medically] wrong with her, but one day she just turned up dead,” said Diaz, motioning toward the bathtub. “The rumor is that she died of natural causes, but I have my doubts.”

See **GHOSTS/11**

Quality assured

QUALITY from 3

down without proper documentation. By being diligent and documenting every process that supports the mission, Troopers can ensure continued success.

Thomas explained that communication has become a key element in the collaboration to streamline command and control practices and that the aspects of working together have been exercised and proved successful.

In only four months aboard, Thomas has identified changes that will positively impact the JTF for future rotations of Troopers. With a push for personal responsibility and a sense of ownership among those who live and work here, Troopers can take pride in not only their work, but their surroundings.

“I am so proud of the folks at Gitmo. There is no other mission...as scrutinized as we are,” said Thomas. “We don’t take ethical and moral shortcuts [here], and I think the American people would be proud if they really understood what goes on here.” ★



Joint Task Force Commander Navy Rear Adm. Dave Thomas attended a meeting with Joint Detention Group Commander Col. Bruce Vargo to review the day-to-day tempo of the detention facilities.

What lurks around Gitmo

GHOSTS from 10

Diaz calls this apparition “The Lady in White,” as she appears to be wearing a long white nightgown as she sits in a rocking chair looking out one of the Bayview’s upstairs windows.

The Lady has been blamed for everything from unpacking boxes and scattering things around the room to the Bayview’s 2002 fire.

“The marketing office and t-shirt shop were up here then,” Diaz said. “The crew all left for lunch, and swore they turned the sewing and screening machines off, but when they came back all of the machines

had over-heated and started on fire.”

The final – and perhaps the strangest of the Bayview’s banshees – is the sole first-floor spirit.

“I don’t think anyone has actually seen the ghost in my office,” Diaz said. “As a matter of fact, I don’t know if it really *looks* like anything...”

“The downstairs ghost doesn’t have a name – no one is absolutely sure it’s there,” Diaz continued. “There will be nights when I know I’m the last one out of the building, then I’ll come back in the morning and everything from my desk will be in the trash can...or turned upside down...or sometimes things will be just plain gone.”

Diaz also reports strange temperature changes near her desk.

“Sometimes, in the middle of the day with the sun blasting in my window, it will just – all of a sudden – be freezing at my desk,” she said. “There is no reason in the Caribbean in the middle of the day it would be freezing at my desk.”

The Bayview’s tales of the supernatural have not been substantiated by any “hard evidence.” Rather, they are perpetuated by the people who claim to have felt their presence, heard them moving around, or have seen them sitting in a window. These ghostly figures may only be stories, but they are good stories for the season. ★

Troopers honored with free day

TROOPERS from 4 ever did.

Navy Master Chief Petty Officer Edward Moreno, JDG Command Master Chief, stressed that the work of the event's organizers – Schumann and Navy Petty Officer 1st Class Christopher Thompson – did not go unnoticed.

“I just want to make sure [people know] they're the ones who were the main organizers of this whole day,” Moreno said. “We may have pushed them a bit, but they're the ones who did the work.”

The fun run, starting at Windmill Beach at 7 a.m., was a 5km run/walk organized by Thompson. Army Spc. Juan Jackson of the 525th Military Police Battalion won first place overall with a time of 19 minutes, 35 seconds.

Schumann said he hopes he can continue to hold these kinds of events about “once every month or two.” Previous events such as this include bringing Radio Gitmo to spend a day at JTF's Kittery Café dining facility and holding a free barbecue with the chaplain's office. ♡

Trooper Appreciation Day 5km fun run results

Males:

1st - Juan Jackson 19:35
2nd - Timothy Daniels 19:36
3rd - Rafael Hernandez 19:49

Females:

1st - Jocelyn Thomas 23:24
2nd - Kelleigh Cunningham 24:14
3rd - Jodi Myers 26:44

**Fastest Overall Command:
525th Military Police Battalion**

Army 1st Sgt. Jose Perez, of the 525th Military Police Battalion, mans the grill during the Trooper Appreciation Day Saturday, Oct. 18 at Windmill Beach. – JTF Guantanamo photo by Army Sgt. 1st Class Vaughn Larson



Boating Tips

Did you know that waterways are second to only highways when it comes to accidental deaths, and that alcohol is a major contributing factor in recreational boating casualties?

- Learn to swim.
- Abide by the manufacturer's load capacity plate on the boat.
- Always leave a float plan with a friend or marina operator.
- Ensure everyone wears an approved Coast Guard personal flotation device.
- Discourage alcohol use.
- When passing marinas, fishing areas, or swimming areas, reduce speed to prevent wakes.
- Check the forecast and watch the weather while you're underway.

Prevention works!

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



Pros vs. GI Joes

Army Spc. Meghan Phillips, Spc. Cody Black, Staff Sgt. James Wagner, Spc. Liam Walsh and Pfc. Eric Liesse (kneeling) of the Joint Task Force Public Affairs Office play a game of "Halo 3" against Green Bay Packers players Mike Montgomery and Tony Moll Friday, Oct. 17 during a Pro vs. GI Joe event. 1st Sgt James Venske, at right, looks on. - JTF Guantanamo photo by Army 1st Lt. Adam Bradley

Boots on the Ground

by Navy Petty Officer 2nd Class Jayme Pastoric

What is one issue the new president should address immediately?

Air Force Maj. Yavontka Boose



"Address the economy, to secure our global power because it trickles down into housing, jobs and health care issues."

Navy Petty Officer 2nd Class Jeromy Romriell



"Give the military payraises and more benefits."

Army 1st Lt. Paul Gower



"He needs to address energy independence but we can't do that until the economy is fixed."

Navy Seaman Toni Garefalos



"Cut taxes for poor people."

Would you Change or die?

**Navy Lt. Cmdr.
Clint Pickett**

JTF Command Chaplain

What if you were given that choice – change or die? That is the question posed by Alan Deutschman in his article on change titled “Change or Die.”

What if you had, for real, that choice before you? If it were really a choice between life and death, could you change when it mattered most? Yes, you say?

Actually, you probably wouldn't.

The scientific odds are nine to one against you. Using the example of people with coronary disease, Deutschman shows how people who have undergone coronary-artery bypass grafting very seldom change their behavior. It is one thing for my mother to tell me I need to eat my vegetables at the dinner table. But here we have people who, even after going through pretty major surgery, two years later, 90 percent of them have not changed their lifestyles. Studies have shown this over and over again.

Change or die. Does this mean that change is impossible, that we are pretty much powerless in making changes in our lives? Dr. Dean Ornish, a professor of medicine, has figured out a way to make

change a lot more likely. Using a holistic program focused around a vegetarian diet with less than 10 percent of the calories from fat, he was able to actually reverse heart disease without surgery or drugs. His patients attended twice-weekly group support sessions and took instruction in meditation, relaxation, yoga and aerobic exercise. In one study, after three years, a surprising 77 percent of the patients had stuck with their lifestyle changes, and thereby avoided heart surgeries.

One of the insights I got out of the article is that “radical, sweeping, comprehensive changes are often easier for people than small, incremental ones.” When we see positive results quickly, we are more motivated to stick with our changes.

I thought about how that might apply to our spiritual lifestyles. Do you want to make some changes? Do you want more discipline? Then maybe you need to be more radical. Years ago my family gave up TV in the house. We watch movies and the like from the library or Netflix, but no cable or broadcast. (I am backsliding a bit here, however!) That has been a major change in what we do with our time at home. It has been much more sustainable than trying to

cut back an hour or two a week.

Another insight that was highlighted in the article is that it is vital to give people support as they make and sustain change. That is a big reason why 90 percent of the heart patients can't change their lifestyles but 77 percent of Ornish's patients could – because they had support groups to help them maintain. Alcoholics Anonymous understands this and that is why the meetings are so important. Jesus understood this, as he never sent out his disciples alone. Think what a difference it makes to have a workout partner versus going it alone.

Change or die. Most of the change we face is not that dramatic. But there are significant changes in our lives that many of us want and/or need to make. It may be our spiritual lives, our relationships or our career paths.

Remember, radical, sweeping changes are often easier to make than small, baby steps. And it is a whole lot easier to make changes when you have company and support. One of our roles as chaplains is to help build and develop community. Let me or any of your chaplains know if you ever need a hand in making the changes you want to make in your life! ✨

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



Army Sgt. Jonathan Goble and Spc. Tanya Romero have embraced Army core values, excelled as leaders and were recently honored as Soldiers of the Quarter. – JTF Guantanamo photo by Army Spc. Erica Isaacson

Setting the standard

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

Seven Army core values – seven ways to measure the progression of Soldiers. These core values are loyalty, duty, respect, selfless service, honor, integrity and personal courage, taught to new Soldiers when they arrive in the Army and throughout their career.

The Army values, when arranged form the acronym LDRSHIP, or leadership. Army Sgt. Jonathan Goble and Spc. Tanya Romero have embraced their core values, excelled as leaders and were recently honored as Soldiers of the Quarter.

Romero, a member of the Joint Detention Group preventative medicine office, inspects the detainee facilities for health hazards and monitors the purity of the water.

“I collect mosquitoes from around the base and send them off for analysis,” said Romero. “We do this to make sure there are no mosquitoes with any diseases.”

Romero takes pride in setting the example and uses the Army core values as a guide.

“Commitment means following through

with something that you have said you would do and giving it your all. Selfless service is the willingness to help others, even if it means that your needs have to be put on hold,” said Romero.

“Achieving excellence involves going above the standards, and setting yourself apart from the rest of the group in some way. The Army value of respect is about treating everyone with fairness and dignity, not just our superiors, but also our peers and subordinates.”

The key to success was Romero’s ability to prepare for the Solider of the Quarter board. While accomplishing her mission in the JDG, she credits her non-commissioned officers for giving her time to prepare.

“The competition was nerve-wracking. We had the weapons qualification the day before the board, and we weren’t told what our scores were, so we were all left wondering,” said Romero.

“The next morning we had to take a physical fitness test, and then the board was that afternoon. The board consisted of four questions in various categories, and I can’t honestly recall what any of them were since I was so nervous.”

Goble, currently competing in another Solider of the Quarter board in San Antonio,

Texas, is known for his ability to put the mission first and get the job done.

“He is a very motivated Solider - he is willing to help anyone,” said Romero. “A lot of my success is due to him.”

Army Spc. Angel Benitez works directly with Goble in the 525th Military Police Battalion arms room and feels Goble goes above and beyond his duties to take care of his Troopers.

Army 1st Sgt. Rodney Sanchez says Goble and Romero set themselves apart from peers by constantly going the extra mile to prepare themselves for the board.

“They studied hard, conducted their own physical training, and prepared their uniform during their off time,” said Sanchez. “It takes a lot of dedication and discipline especially in their jobs to take the time to prepare themselves.”

“Goble takes really good care of all of us in the arms room,” said Benitez. “He makes sure all of our paper work and training is in order so we are able to succeed.”

According to his Soldiers, Goble is a big fan of the Army and uses his actions, rather than his words, to influence. By providing a standard in all areas of the Army core values, junior Soldiers have a level of excellence they too can strive for. ☆

Army Sgt. Christopher Sandoval, a Trooper deployed with the New Mexico National Guard, transports a pallet of supplies here, Oct. 21. – JTF Guantanamo photo by Army Spc. Erica Isaacson



Army Master Sgt. Leonard Pimentel serves up a hamburger to a Joint Task Force Trooper during Trooper Appreciation Day, held Oct. 18. – JTF Guantanamo photo by Army Staff Sgt. Gretel Sharpee

Around the JTF



Lefty Wright, a civilian working in the Joint Task Force Guantanamo comptroller's office, processes a Trooper's paperwork to make him an approving authority for his directorate's travel finances, Oct. 20. – JTF Guantanamo photo by Army Spc. Erika Isaacson



Army Sgt. Christopher Sandoval, a Trooper deployed here with the New Mexico National Guard, issues supplies to Navy Petty Officer 1st Class Maurene Comers, a storekeeper assigned to the Navy Expeditionary Guard Battalion. – JTF Guantanamo photo by Army Spc. Erica Isaacson