

# The WIRE

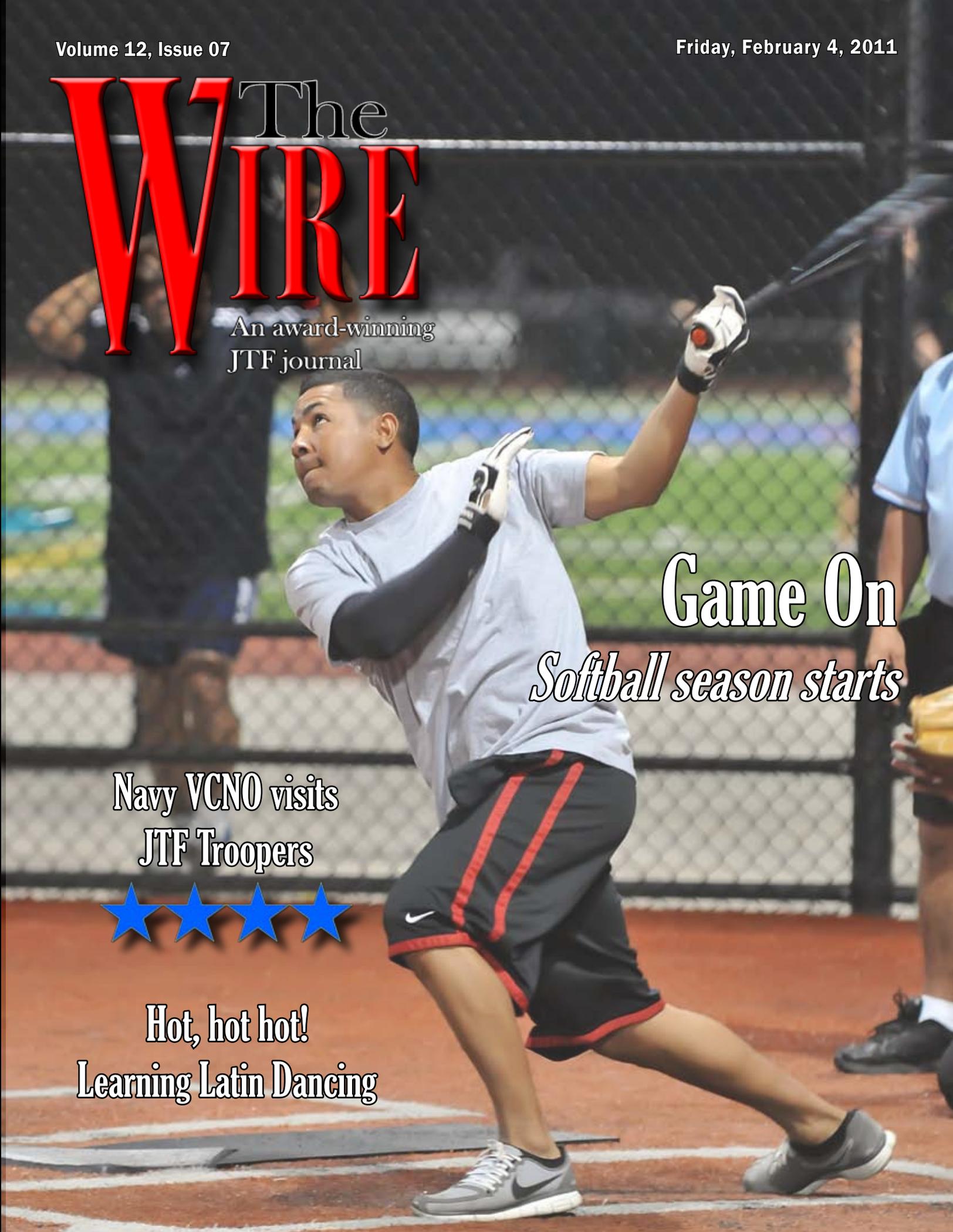
An award-winning  
JTF journal

Game On  
*Softball season starts*

Navy VCNO visits  
JTF Troopers



Hot, hot hot!  
Learning Latin Dancing



# Trooper to Trooper

featuring

## Chief Hospital Corpsman Patrick Updegraff

Joint Medical Group, Leading Chief Petty Officer

All branches within the Armed Forces have established *Core Values*. Common throughout our military is the value of honor. Honor is used in many different senses. We speak of a person's honor and we talk about giving honor to another. A person's honor is his or her integrity. It is the idea of doing what is right in all situations.

Taking the time to legitimately get to know my people is something I take great pride in. Getting out from behind the desk and walking through my work centers is the best way to get to know my people and show them I have a direct interest in how they are doing and that I truly care about them. Honesty and integrity in a leadership position go a long way in earning the trust of our troops.

I have, unfortunately, found through trial and error, people will work for you either because they want to, or because they have to. Leadership is not a perfect science, and I had to learn the hard way many years ago how to treat Sailors honorably. Just because I was in a position of authority, didn't mean I always had the best approach, or I was always right. Earning the respect of Sailors was the keystone to them consistently producing quality work.

We as servicemembers and leaders strive daily to do our best, especially here at Joint Task Force Guantanamo. The separation from friends and family only adds to the challenges we face in this unique working environment. Consistency is something hard to find these days, but something we should strive to maintain. Troopers should know what to expect from us on a daily basis.

Our leadership style should not change because we are having a bad day. Offering sound leadership and good counsel is something I seek to do at every opportunity. As leaders, we have the honor of showing our people the door to success while steering them clear of pitfalls and distractions that can derail their careers.

At the end of the day, it is you who must live with your decisions and actions. There is no worse feeling than being unable to sleep at night because of poor decisions made throughout the day. A wise man once said "The decisions you make today, will impact you tomorrow." Will your choices be *honorable* ones?



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**COVER:** The Morale, Welfare and Recreation department's winter softball league got underway with a series of games, Jan. 24. The regular season will continue through the second week of March. — photo by Army Staff Sgt. Benjamin Cossel

**BACK COVER:** Marines from Marine Corps Security Force Company Guantanamo led the 42nd Guantanamo Cuban- American Friendship 5k fun run, Jan. 28. — photo by Navy Mass Communications Specialist 2nd Class Elisha Dawkins

### The Wire

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UN soldiers escort UN staff based in Egypt after they arrive in Cyprus' Larnaca airport, February 3, 2011. AP Photo

## United Nations Evacuates Staff From Egypt

Voice of America News Service

As the security situation in Egypt worsens, the United Nations has begun to withdraw its staff from Egypt, with around 600 personnel and their families being evacuated to Cyprus.

Those being evacuated represent U.N. agencies, including the World Health Organization, the U.N. Educational, Scientific and Cultural Organization, and the U.N. High Commissioner for Refugees.

Spokesman Rolando Gomez said staff and their families had been given the option to fly either to Cyprus or Dubai.

"The U.N. in Cyprus has made arrangements to receive a number of U.N. staff and their family members who are based in Egypt, who will be temporarily relocated to Cyprus," he said. "We have made preparations for up to four U.N. chartered flights to land at the Larnaca airport.

The first flight to Larnaca from Cairo arrived mid-afternoon Thursday, despite some calls from within Egypt for the United Nations to keep its presence there. However, the increasingly volatile situation led U.N. decision-makers to call for a pullout of "less essential" personnel.

A number of U.N. staff members are remaining behind in Egypt to carry out essential tasks, so this isn't a full evacuation - it is a relocation of a number of staff who will be received by the UNFICYP (United Nations Force in Cyprus) members at the airport.

In a separate development, the United States says more than 1,900 Americans have been evacuated since Monday, with additional flights planned.

For those that had spent days of uncertainty at Cairo airport, the relief at finally touching down at so-called "safe haven" airports such as Cyprus is evident - and everyone has a different story to tell.

Reports suggest that around 5,200 passengers of various nationalities were at Cairo airport on Thursday, waiting for commercial or government-chartered flights.

An estimated 50,000 Americans live and work in Egypt, many of whom have been calling their embassy requesting assistance to leave.

The unrest is also harming the lucrative tourism industry, which attracts more than \$10 million visitors a year and up to \$11 billion in revenues.

### Detainee dies of apparent natural causes at Guantanamo

U.S. Southern Command  
Public Affairs Office

Joint Task Force Guantanamo announced today that a detainee died of apparent natural causes late Tuesday evening. The detainee is identified as Awal Gul, a 48-year-old Afghan. He arrived at Guantanamo in October 2002.

Gul was housed in Camp 6, which provides communal living areas for up to 20 detainees. He collapsed in the shower after exercising on an elliptical machine. Other detainees in his cell block then assisted Gul to the guard station for medical attention. The guards immediately alerted medical personnel, who upon arriving at the cell block found him unresponsive. He was immediately transported to the Camp 6 medical bay, and subsequently transferred to the U.S. Naval Hospital Guantanamo Bay. After extensive lifesaving measures had been exhausted, the detainee was pronounced dead.

Per standard procedure, the Naval Criminal Investigative Service has initiated an investigation of the incident to determine the cause and manner of the death.

The remains of the deceased detainee were treated with the utmost respect. A Muslim chaplain assisted the Joint Task Force to ensure that the remains were handled in a culturally sensitive and religiously appropriate manner. The remains were autopsied by a pathologist from the Armed Forces Institute of Pathology. Upon completion of the autopsy, the remains were repatriated.

Awal Gul was an admitted Taliban recruiter and commander of a military base in Jalalabad. While in Jalalabad, Awal Gul associated with senior members of Hezb-e-Islami Khalis and operated an al-Qaida guesthouse. Gul also admitted to meeting with Usama Bin Laden and providing him with operational assistance on several occasions.

Joint Task Force Guantanamo continues to provide safe, humane, legal, and transparent care and custody of detainees. This mission is being performed professionally by the men and women of Joint Task Force Guantanamo.

*Editor's Note: Public questions concerning the detainee death should be directed them to the JTF Guantanamo Public Affairs office at 2130.*

# News from the Bay

## J-8 smoothes out, speeds up DTS process

Upon arriving to Guantanamo Bay, Cuba in mid-October, six members of Joint Task Force Guantanamo's J-8 section found themselves in a bleak situation: the Defense Travel System had more than 100 travel vouchers in queue waiting to be paid.

Due to several errors in the computer accounting system, processing time was taking three to four months – a few cases were pending for almost a year.

Many steps have to work in order for the process to go smoothly and that was not happening, said J-8 Director Maj. Eric Isler. The result was Troopers were not getting paid and travel cards were going over due.

Rolling up their sleeves, the J-8 staff worked to get the back-logged travel vouchers current.

“To get it under control, we had to work nights and weekends,” said Isler. “Now, as long as users manage it correctly we will be able to handle it during our regular work week.”

In addition to technical problems, Army Staff Sgt. Heather Elias explained another wrench in the machine was users' inexperience with the system, especially reserve component Troopers.

“DTS is new to most people in the National Guard and Reserves,” said Elias, J-8 non-commissioned officer in charge. “Most of the Troopers in those organizations who use it are commanders, senior leadership or full-time active guard.”

Most reserve Troopers do not travel enough in their military capacity to use this system, Elias explained.

Isler said DTS is a digital system designed to replace the official, paper travel voucher and streamline the official travel reimbursement process.

“The Government Accounting Office did an audit on the travel system and found more than 30 percent of the overall cost the government was spending for us to travel was being eaten up by administrative costs,” he said.

When submitted correctly, Troopers should receive payment in a more timely manner versus the delay typical of the old system.

“The benefit of DTS is that you can

fill out your authorization and once it is approved, you complete your travel, come back and file your voucher online,” Isler added. “You should have your payment in the bank within 72 hours instead of 30 days like it used to be.”

Isler said if individuals don't submit their voucher properly or upload their supporting documents such as receipts, it will be rejected.

“This is what we need everyone to understand,” said Isler. “If they travel, make sure they have their authorization before they go. When they return, they need to file their voucher within three days and upload their supporting documents and we will have them paid within 3-5 days.”

Army Sgt. Mathieu Perry

## 525th hosts Pig Bowl football tournament

This Saturday, a long-standing tradition will continue as the 525th Military Police Battalion hosts its flag football tournament, the Pig Bowl.

The first game is scheduled to begin at 9 a.m. This a double-elimination tournament, with five teams expected to compete, said Sgt. 1st Class Matt Chowen, battalion operations chemical, biological, radioactive and nuclear non-commissioned officer.

Morale, Recreation and Welfare will sponsor a Punt, Pass and Kick competition at 1 p.m., with the championship game following directly after.

Spc. Meredith Vincent

## Coffeehouse Series begins this weekend

Morale, Welfare and Recreation for Guantanamo Bay will be introducing a Coffeehouse Series, featuring singer/songwriter Kari Nicole, beginning today, from 7 to 10 p.m. at the Triple C patio.

“MWR has not hosted a Coffeehouse Series since I have been in GTMO,” said Amiee MacDonnell, community activities

director for MWR. “The idea is that the venues will provide a small, intimate, relaxed setting with live acoustic music that you might actually hear at a coffee shop or low-key bar.”

Nicole is a regionally recorded artist who has written and recorded a mixture of pop, rock and country music. She has opened for Lisa Marie Presley and Bad Company as part of their Toledo, Ohio Tour, and her latest release, “A Walk in the Park,” has found Nicole her own audience.

MacDonnell is optimistic about the new event.

“We expect to have a great turnout this weekend and continue the Coffeehouse Series on a quarterly basis,” she explained. “Overall, we want to provide the GTMO community with a unique experience to relax, enjoy time with friends, and even meet new people.”

The series will continue into the weekend, with performances scheduled Saturday, from 9 p.m. to midnight at O'Kelly's and Sunday, from 10:30 a.m. to 1:30 p.m. at the Bayview Patio. For more information, call x4882.

Spc. Meredith Vincent

## Cheerleaders visit GTMO for Super Bowl

Super Bowl Sunday will have some very special guests this year as the Miami Dolphins cheerleaders visit Guantanamo Bay, Sunday at the Windjammer Patio.

Before the game, Morale, Welfare and Recreation is scheduled to host a few football-related events at Cooper Field, starting with a Youth Cheerleading Clinic at 2 p.m. Following will be a Punt, Pass and Kick competition and then a live performance by the Dolphins cheerleaders at 4 p.m.

“Having the cheerleaders here for Super Bowl Sunday is one more way people can have fun and watch the game in good company,” said Amiee MacDonnell, community activities director for MWR. “(We) welcome the community to come out and meet and greet with (them) for autographs and photos.”

Spc. Meredith Vincent

# Port control has eyes on GTMO beaches

Joint Task Force Guantanamo Public Affairs

While ‘Swim At Your Own Risk’ is a warning most Troopers are used to seeing along the beaches of Guantanamo Bay, a group of dedicated Sailors stand at-the-ready to assist anyone who finds him or herself in trouble in the water.

“If there is something that goes wrong and you lose your swimming, snorkeling or diving buddy, then we would be the central hub to call,” said Boatswain's Mate 1st Class Lisa Alkire of Naval Station Guantanamo Bay's port operations.

Alkire said approximately twice a year, port operations is called to handle such emergencies. When the call does come, nearly everything else in the water halts. Alkire stressed if a person finds themselves in a similar situation, port operations is the first number Troopers should call. The number is 4188.

“We have all the emergency

contacts on speed dial in order to facilitate the rescue efforts,” she explained.

Alkire said the next step is to call security, the hospital and the command duty officer so everyone is aware of the situation.

“If they are on a boat, we will get the signs and symptoms,” Alkire said. “That way we can gauge time and have an ambulance meet them at the shore.”

Providing emergency services is just one piece of a very large pie baked by port operations. The organization also handles such tasks as receiving mail, managing ferry service and handling all aspects of incoming and outgoing ships.

“We are the center of information for all boats, diving and vessel traffic,” Alkire said.

Quartermaster 2nd Class Carlton Jones elaborated on Alkire's description.

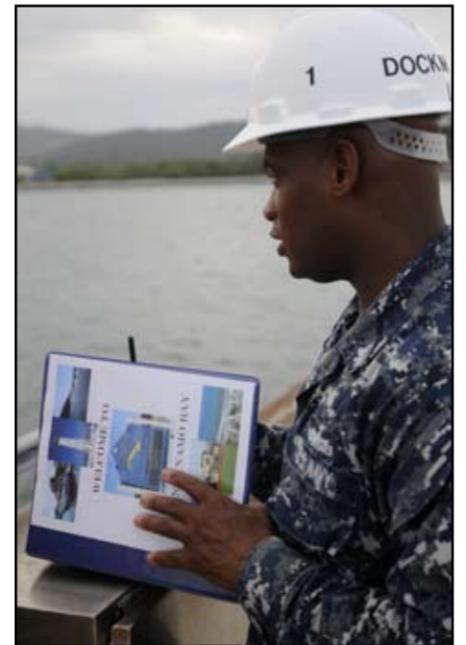
“Civilian and military vessels that come in and out have to communicate with port control so all the other vessels in the bay know who is entering or exiting,” Jones said.

In addition to serving as bay traffic control for large vessels, Alkire said port operations also monitors recreational, boats noting number of passengers, destination and expected activity time is all tracked.

Alkire said the bottom line was everyone should have fun and enjoy the amazing waterways available to Guantanamo Bay residents.

“But,” she said. “We also want them to be safe.”

Quartermaster Second Class Carlton Jones looks over the manning roster Saturday at pier Alpha. -photo by Army Sgt. Mathieu Perry



Quartermaster Second Class Carlton Jones radios instructions while Boatswain's Mate 1st Class Donovan Henderson waves to the USCG Vigorous as it pulls up to pier Alpha for refueling, waste removal and fresh water. -photo by Army Sgt. Mathieu Perry

# GTMO galleys garner grand prize

## Ney Award recognizes food service team as best in the Navy

Story by Spc. Meredith Vincent

The galleys of Guantanamo Bay were acknowledged Jan. 27 with the Capt. Edward F. Ney Memorial Award, recognizing their performance and dedication to the mission here.

The Ney Award was established in 1958 by the secretary of the Navy and co-sponsored by the International Food Service of America to improve and recognize the quality of food service in the Navy.

"This is the most prestigious food service award in the Navy," said Lt. j.g. Vivian Maner, food service officer. "It tells you that you are the best of the best. There's no other food service operation better."

Maner was quick to explain the award is a result of a unified team effort. Her group is made up of seven servicemembers and 125 contractors, without whom, she said, this accomplishment would not have been possible.

"It's not just one person (who deserves

this)," she stated. "We all work together to accomplish one goal, and that goal was met."

In fact, Pentad contractors have in particular become an essential part of what makes the galleys here so unique. Maner said the people she works with are a constant reminder of why she enjoys her work.

"(The contractors) love what they do and take pride in it," she said. "They are happy, spirited people and I love working with them. They go to heights unknown to get any task done."

Going the distance is a goal Maner is continually striving for. When people suggest or complain about not having a particular item in the galleys, Maner is the one to track it down. However, considering Guantanamo Bay's remote location, this has proven to be difficult.

"Anything they ask for, I research," she explained. "I will try to get it on the island. That's what separates us from other places."

This dedication to detail is what is sending Maner's team to Illinois in March to not only accept the award, but also attend several training seminars offered by IFSEA.

"Training is a very big part of this award as well," explained Maner. "Training is knowledge and no one can ever take that away from you."

The team will go to the Coastal Culinary Institute in Florida and the Culinary Institute of America in New York. The classes will teach junior Sailors a variety of techniques, from cake decorating to current culinary trends, to the production of various foods.

Looking back, Maner said she is overwhelmed by the team's accomplishment. Working in food services for 18 years now, she said this was a defining experience.

"On a scale of one to ten of personal achievement, this is a ten for me," she said with a smile. "I'm truly blessed by being here. This operation is top notch and I'm very grateful."

# Inspectors provide safe and healthy food to Troopers

Story and photo by Mass Communication Specialist 2nd Class Elisha Dawkins

Ever sat at a table in the galley and wondered if the food was safe and healthy? Thanks to Naval Station Guantanamo Bay food inspectors, there is no need to worry.

"Our mission is the prevention of food-borne illness" said Army Staff Sgt. Angela Dominguez, non-commissioned officer in charge of food inspection for Naval Station Guantanamo Bay, Cuba.

While most food preparation for Troopers is relatively standard fare, the detainees require special considerations for a host of reasons.

"It [detainee food] is not much different from the Trooper meals," said Timothy Pfingsten, detainee food manager for Pentad Corporation. "The meat is Halal, so we don't want to mix it up with the regular Trooper meals. If they get anything but



**A food handler prepares tuna for the detainees' lunch meal, Jan. 28.**

the Halal meat that can be an issue."

Halal is a very specific and strict food-preparation method widely practiced in Islamic culture. Animals must be butchered in strict accordance with Muslim law. Also, detainees are not served any form of

pork.

Whether meat or any other kind of food, all of it is required to meet certain standards in order to create balanced meals.

The food safety staff verifies every product for quantity and quality. They are responsible by regulation for surveillance-type

inspection of all goods stored and issued. This procedure ensures hygiene, safety, food defense and quality assurance.

"I ensure the product looks like what it's supposed to and fits the national stock description. We're checking for identity, amount and expiration date of food," said Spc. Ria Coutts, a Naval Station Guantanamo food safety inspector. "Only the top-quality products are supposed to come to us."

Coutts explained that food safety also protects children and elderly.

"Children, elderly persons and pregnant women are at higher risk for communicable diseases such as salmonella, E.coli and listeria mono cyctogenes poisoning," she added. "No matter the disease they will get sick first because their immune system is low."

The food safety team also performs daily, weekly, monthly

see FOOD, pg. 15.

# Vice Chief of Naval Operations speaks with Sailors

Story by Staff Sgt. Benjamin Cossel

Vice Chief of Naval Operations, Adm. Jonathan W. Greenert spoke with Troopers of Joint Task Force Guantanamo during a visit to the island, Monday.

Greenert visited the task force three years ago and said a return to see some of the changes was in order.

"It was time to come back and see what is really the face of America and our battle with al-Qaeda," Greenert said. "This is an important mission, maybe not one we talk about everyday, but amazingly important."

Following a command discussion with JTF Guantanamo Commander Rear Adm. Jeffrey Harbeson, Greenert held an All Hands call for Sailors of the task force. Greenert said he was impressed by the thoughtfulness of the Sailors and the questions he fielded during the meeting.

"It wasn't just about what's wrong with me or my lot - I didn't get a lot of complaints," he said. "What I got a lot of was 'what's the future of the Navy and the mission here?'"

During the All Hands call, Greenert spoke about the repeal of the Don't Ask, Don't Tell policy and the Navy's implementation plan.

Greenert said clarification of existing benefits, training and other polices would soon trickle down the chain of command

Navy-wide.

"This will be a tiered approach to implementation," Greenert said concerning the repeal.

Greenert explained tier one will involve training chaplains, master-at-arms and other such personnel while tier two will train leadership, culminating in full

**"This is an important mission, maybe not one we talk about everyday, but amazingly important."**

*Adm. Jonathan W. Greenert  
Vice Chief of Naval Operations*

implementation with tier three.

"No matter how we do this, we must always treat everyone with the dignity and respect we are all owed," Greenert said.

Noting today's high operations tempo, Greenert emphasized the need to deal with stress in a healthy manner.

"The family programs available today have come a long way in the three years since my last visit," Greenert said. "Take advantage of the programs available to you; stress is something you must deal with in a healthy manner."

Following the All Hands call, Greenert and his staff toured different detention

camps around the task force where the vice chief spent time talking with guards working at the facilities. Many of the Sailors who make up the guard staff are individual augmentees, typically working outside of their rate.

"These guys were motivated, they were focused on the job at hand even though

they were hooked into something that was different from what they signed on to do," Greenert said. "This is a joint solution and they were very much engaged in that."

Greenert said one of the biggest differences between his past visit and today is the integration of the services. Greenert noted the different branches comprising the JTF seem to work more seamlessly today.

"It was a little bit different back then," said Greenert. "They [the Sailors] weren't nearly as comfortable working in a joint environment. Vigilance is the key here and they're all doing a great job."

**Vice Chief of Naval Operations Adm. Jonathan W. Greenert addresses the crowd in the Trooper Chapel at Camp America, Monday. Greenert was last here at Guantanamo Bay three years ago.** -photo by Mass Communication Specialist MC2 Jason Tross





# Latin FUSION

Story and photos by  
Spc. Kelly Gary

The Windjammer ballroom heated up Jan. 20 with a spicy mix of salsa, bachata and meringue dances. These fast-paced Latin dances are performed with a partner and are often characterized by sensual hip movement.

Lessons were provided for all three forms but participants were encouraged to bring their own style to the dance floor as well.

"Dancing is fun," said Matt Gonzales, dance instructor and administrative assistant for Joint Task Force J6 Helpdesk. "It brings people together and provides a good way to pass the time."

Gonzales said dancing is about meeting people, socializing and learning about a new language and culture.

Spc. Damille Flores from the Puerto Rican National Guard also taught others some moves. She said dancing is about having a good time but it's just one advantage.

"It is good for people working on the JTF side," said Flores. "This is a good way to relieve stress, through dance and music."

Also from the Puerto Rican National Guard, Staff Sgt. Ruiz Natanael agreed dancing helps to wind down after the work week.

"Dancing for me serves as fun and exercise," Natanael said.

Gonzales, Flores and Natanael are Puerto Rican natives. All three felt dancing plays a



(above) Matt Gonzales, dance instructor and administrative assistant for Joint Task Force J6 Helpdesk, demonstrates the basic form of bachata at the Windjammer ballroom Jan. 30. Gonzales teaches salsa and meringue as well as bachata during Latin night.



Dancers practice the salsa during Latin dance night at the Windjammer ballroom Jan. 30. Salsa is a fusion of Mambo, Guaguanco and other Afro-Cuban folkloric dances.

huge role in their Hispanic heritage.

"Dancing is a large part of our culture," said Flores. "In Puerto Rico, people dance from Monday to Sunday."

Gonzales explained for him and his fellow Puerto Ricans it is important to keep the tradition alive.

"We are here deployed; being able to dance is like bringing a piece of home here," Gonzales said. "I am reminded of home dancing with my wife," he reminisced.

Latin dancing brings a piece of Puerto Rico to the troops as well as an entirely new experience to others.

Coming from Suffolk, Va., Operations Specialist 2<sup>nd</sup> Class Chris J. Sheffield with the Coast Guard Maritime Safety and Security Team Miami learned Latin dance for the first time.

"I'm used to country and hip-hop so it was cool to learn a new dance," said Sheffield adding he had a great time and he plans on returning.

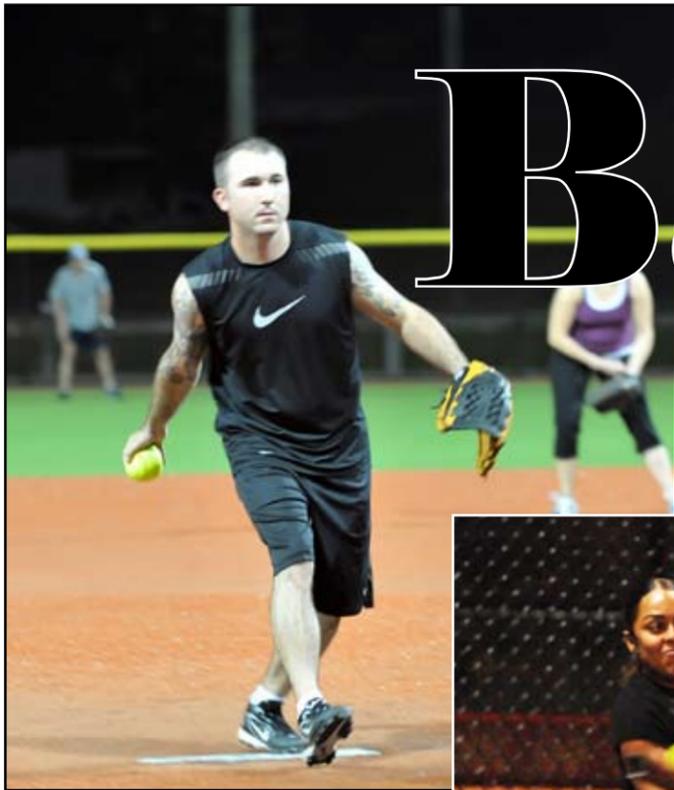
Although the majority of the dancers were first-timers, Sheffield said he thought everyone did well and had a good time.

"I think tonight was a lot of fun, people gave it their all," Sheffield said. "Through the mistakes and challenges we did our best. We tore up the dance floor."

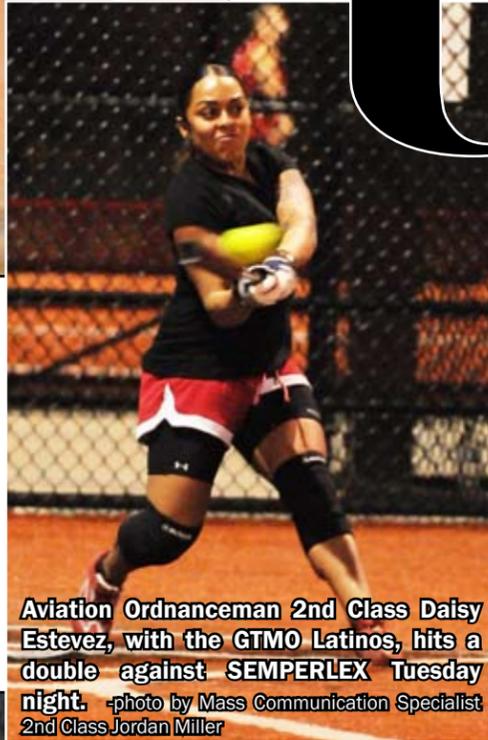
Flores said dancing is beneficial to many aspects of life.

"[Dancing] is good for the mind, body and soul," concluded Flores. "I can be me and express myself."

# Batter Up!



**Intelligence Specialist 2nd Class Damon Roark prepares to pitch the ball for the El Diablo and the Magic Man, Tuesday night at Cooper Field. El Diablo won 20-9.** -photo by Spc. Meredith Vincent



**Aviation Ordnanceman 2nd Class Daisy Estevez, with the GTMO Latinos, hits a double against SEMPERLEX Tuesday night.** -photo by Mass Communication Specialist 2nd Class Jordan Miller



**Batting for El Diablo and the Magic Man, Intelligence Specialist 2nd Class Benny Salazar takes a swing.** -photo by Army Staff Sgt. Benjamin Cossel

Story by Mass Communication Specialist 2nd Class Jordan Miller

Six teams took to Cooper Field Jan. 24 as the 2011 winter coed softball league commenced regular season play.

Defending champions the GTMO Latinos defeated El Diablo and the Magic Man 20-13 in game one. Directly following, Juice Box prevailed over USCG Gold 13-12 and in the final game, PWD easily overcame the 124<sup>th</sup> MP Battalion 28-1.

For participating military members and civilians, the softball league yields many appreciated benefits.

“We can get out of our minds and our jobs,” said Maj. Juan Serrano, left fielder for the 124<sup>th</sup> MP Battalion. “If we win, we win. If we lose, we lose. We just want to have fun.”

The league also offers a way for servicemembers to spend time with different branches and come together with people they would normally not meet.

“It’s a great opportunity for the Troopers to share time with other Soldiers, Sailors and Marines,” said Maj. Edward Toro, third baseman for the 124<sup>th</sup> MP Battalion.

Karen Simon, MWR child and youth program administrator, likewise sees value in time spent socializing with others, especially co-workers.

“Getting together with co-workers builds teamwork and morale,” said Simon, right fielder for GTMO Crush. “It’s good . . . to get to know people outside of work and find common interests.”

Participating also offers an avenue for fellowship regardless of occupational affiliation.

“I really like the camaraderie throughout the league,” said Maritime Enforcement Specialist 2<sup>nd</sup> Class Kyle Snow, third baseman for the Rebels. “It doesn’t matter the command or what part of the base you’re from; we can come together and everyone is having a good time.”

Softball regularly sees the biggest turnout of the sports offered by MWR Guantanamo and this season is no different.

“There are three more teams in the league than last season, totaling 16 teams and equaling more than 320 players,” said Alana Morrison, MWR Guantanamo sports coordinator.

Last season, games were played four out of the five work days of the week. Subsequently, with additional teams competing, this season’s games are scheduled for every day of the work week, more proof of the sports popularity at Guantanamo said Morrison.

Whether it’s a hobby, stress reliever or a means for establishing or strengthening relationships, softball is providing to those playing an edifying outlet.

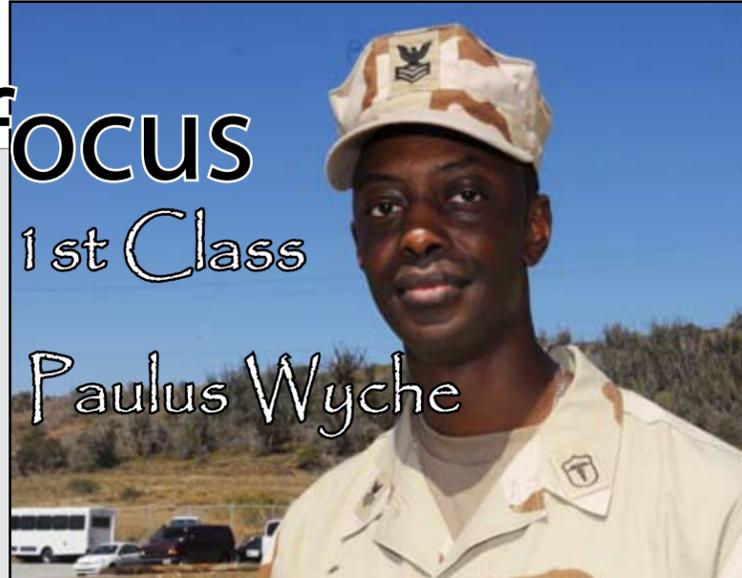
**(right) Pfc. Alvin Roman, catcher for SEMPERLEX, tags out Chief Petty Officer John Burch near homeplate Jan. 24 at Cooper Field.** -photo by Mass Communication Specialist 2nd Class Jordan Miller



**A runner for SEMPERLEX BCO 11296 makes it safely to first Tuesday as the first baseman for the El Diablo and the Magic Man reaches for the ball.** - photo by Army Staff Sgt. Benjamin Cossel

# trooper focus

## Hospital Corpsman 1st Class



Paulus Wyche

Approaching 20 years of service, Hospital Corpsman 1st Class Paulus Wyche has achieved a simple but confounding goal, especially for military members: he has never yelled at anyone.

"I'm kind of soft-spoken," Wyche explained. "I stay away from the salt and use sugar. I've never yelled in my whole career at (junior enlisted). And for me, it's worked, because I've never had to."

Wyche's unique way with junior Sailors has not escaped the notice of his own leadership, said Senior Chief Hospital Corpsman Brian Domino, senior enlisted leader of the Joint Medical Group.

"HM1 Wyche is a natural leader, mentor and all around Sailor who practices what he preaches," said Domino. "Most noteworthy is his work ethic; he can adapt to any situation while staying level-headed and getting the job done."

Chief Hospital Corpsman Patrick Updegraff, leading chief petty officer for the Joint Medical Group, echoed Domino and said he has witnessed first hand Wyche's dedication.

"He has provided career development boards and financial counselings to our junior enlisted, helping them establish both personal and professional goals," Updegraff said. "(He) is most certainly one of our most valuable assets here within the Joint Medical Group."

Wyche was inspired to sign up by his mother, who had her own dreams of joining the military.

"I did it for my mom," he explained. "She wanted to join, but then she had me when she was really young ... and couldn't. So I did it for her."

His decision to enlist was met with several deployments over the years, including time spent in Dubai, which he describes as his favorite experience.

"There are so many different cultures that you are immersed into and you see ... their way of life," he said. "It opens you up ... and you find more appreciation for it."

Despite all the places he has been, Wyche said Guantanamo Bay has been its own unique venture, mostly because of the people he sees every day.

"The people we work with are really close knit so it's more like an extended family," he said. "Most of them are younger, so as leaders we have a chance to mold them in the right direction."

### Bullet Bio

**Time in service:** 19 years

**Hobbies:** photography and Capoeira, a form of martial arts

**Education:** graduated from the University of Maryland

**Pet peeves:** lack of respect for leadership

**Advice to junior Soldiers:** learn as much as you can and have a passion for it.

### What are your plans for the Super Bowl?



"Hanging out by my room, watching the game on the big screen."

Religious Program Specialist 3rd Class Jeffrey Lauber



"Barbecuing and relaxing."

Spc. Eric Hus



"Hanging out with friends and watching the Steelers."

Fire Control Technician 2nd Class Mike Argenio



"Having a barbecue and some adult beverages. Go Steelers!"

Spc. Jonathan Williams

### Boots on the Ground

### Movie Review

## LOVE & OTHER DRUGS

Spc. Meredith Vincent

What can you say about a film referred to in polite company as "that naked Anne Hathaway movie"? I was skeptical going in, and it definitely didn't disappoint. Hathaway and her equally easy-on-the-eyes co-star Jake Gyllenhaal spend a good portion of the movie sans clothes, which seems to make what happens in between those scenes almost irrelevant.

To be fair, I will say I was tickled by Hathaway. Born of "The Princess Dairies" fame, she has stripped (no pun intended) her former Disney cuteness and evolved into a full-fledged star with serious acting chops. Hathaway plays Maggie, a free spirit with early onset Parkinson's. While open about her disease, Maggie understandably has a physical-contact-only rule when it comes to the opposite sex. She's cautious and paranoid and refuses to feel for anyone on any profound level. Enter Jamie.

As Jamie Randall, Gyllenhaal has never been more charismatic - or as unlikeable. I'm a longtime fan of Gyllenhaal, (the actor, not the abs) and was disappointed in his one-note performance. His eyes are practically popping out of his head as he desperately tries to maintain his leading-man status. Working opposite someone like Hathaway, who obviously doesn't have to try so hard,



must be frustrating, but the poor guy needs to take a breath and calm down.

Jamie is a med-school dropout black sheep who wants nothing more than to get it on with as many chicks as the day will allow. A gig as a pharmaceutical rep leads him to Maggie, who not only shares his carnal instincts, but matches them tenfold.

The major thorn in this movie's side is it can't decide which story it's telling. Does it

want to be a romantic tear-jerker? Does it want to be a study on sex vs. love? Does it want to be a commentary on this country's flailing health-care system and the dawning of the pharmaceutical takeover? Meeting Maggie is supposed to humanize Jamie and show what kind of mushy soul his has under all that testosterone. And it does. But by the time it happens, we don't really care. We just want to see them naked again.

R  
112 minutes  
Rating:



	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
Downtown Lyceum	Chronicles of Narnia - Voyage of the Dawn Treader (PG) 7 p.m.	Harry Potter & the Deathly Hallows (PG) 7 p.m. Last Showing	Burlesque (PG13) 7 p.m.	True Grit (PG13) 7 p.m.	Green Hornet (PG13) 7 p.m.	Tangled (PG) 7 p.m.	Love & Other Drugs (R) 7 p.m.
Camp Bulkeley	The Tourist (PG13) 9 p.m.	The Next 3 Days (PG13) 9 p.m. Last Showing					
	Harry Potter & the Deathly Hallows (PG13) 7 p.m.	Chronicles of Narnia - Voyage of the Dawn Treader (PG) 8 p.m.	Green Hornet (PG13) 8 p.m.	The Tourist (PG13) 8 p.m.	Burlesque (PG13) 8 p.m.	True Grit (PG13) 8 p.m.	Green Hornet (PG13) 8 p.m.
	True Grit (PG13) 10 p.m.	Love and Other Drugs (R) 10 p.m.					
Clipper Club							

Call MWR at ext. 2010 for more information.

Movie Hotline - call 4880.

Hospitalman Michael Hashek

What is sleep? Sleep is the natural periodic suspension of consciousness during which the powers of the body are restored. In short, sleep is when your body and mind heal and strengthen. Simple right? So why are so many of us struggling to get those Zzz's?

On these busy deployments with so many stressors — missing family, shift work, working with detainees daily — it is difficult or sometimes even impossible to sleep. Regardless of what rank, position or branch you can't always fix the problem.

So what do you do? You adjust the factors you can control. This is sleep hygiene.

Sleep hygiene is the controlling of all behavioral and environmental factors that precede sleep and may interfere with sleep. There are many simple adjustments you can make starting tonight.

First, use your bed only for sleep or sex. This means you should not be sitting in bed watching TV, on your laptop or even talking on your phone.

Try to keep the room as dark as possible. Have a nightly routine. If you do the exact routine (i.e. take a shower, brush your teeth, then sit down in a dimly lit room and read) every night before bed, your body will respond to these cues and prepare itself for sleep.

No caffeine after 2 p.m. Caffeine blocks key receptors in your brain that trigger sleep. Try to exercise daily but not three to four



hours before bed.

If the problem is you just can't stop thinking about the stressors in your life right now, a great tool is a piece of paper and a pen. Write down your top five stressors, make a short list of anything important you may have to do the next day and then simply set the paper on a dresser and don't look at it again. This way you

know all those stressors are right there for tomorrow and there is no reason to dwell on them anymore tonight.

All these tips are just one set of tools to help you have more restful sleep. If you find

you still cannot sleep, you may need to speak one-on-one with a professional to find the right tools for you. You can contact JSMART at x3566. Thank you and have a JSMART day!

*“On busy deployments with so many stressors, it is difficult or sometimes impossible to sleep.”*

## GTMO Religious Services

**Daily Catholic Mass**  
Mon. - Fri. 5:30 p.m.  
Main Chapel  
**Vigil Mass**  
Saturday 5 p.m.  
Main Chapel  
**Mass**  
Sunday 9 a.m.  
Main Chapel  
**Catholic Mass**  
Saturday 7:30 p.m.  
Troopers' Chapel  
Sunday 7:30 a.m.  
Troopers' Chapel

**Protestant Worship**  
Sunday 9 a.m.  
Troopers' Chapel  
**Islamic Service**  
Friday 1:15 p.m.  
Room C  
**Jewish Service**  
FMI call 2628  
**LORIMI Gospel**  
Sunday 8 a.m.  
Room D  
**Church of Christ**  
Sunday 10 a.m.  
Chapel Annex  
Room 17

**Seventh Day Adventist**  
Saturday 11 a.m.  
Room B  
**Iglesia Ni Cristo**  
Sunday 5:30 a.m.  
Room A  
**Pentecostal Gospel**  
Sunday 8 a.m.  
Room D  
**LDS Service**  
Sunday 10 a.m.  
Room A

**Liturgical Service**  
Sunday 10 a.m.  
Room B  
**General Protestant**  
Sunday 11 a.m.  
Main Chapel  
**United Jamaican Fellowship**  
Sunday 11 a.m.  
Building 1036  
**Gospel Service**  
Sunday 1 p.m.  
Main Chapel

**GTMO Bay Christian Fellowship**  
Sunday 6 p.m.  
Main Chapel  
**Bible Study**  
Wednesday 7 p.m.  
Troopers' Chapel  
**The Truth Project**  
Bible study  
Sunday 6 p.m.  
Troopers' Chapel

### FOOD cont.

and quarterly facility inspections, ensuring clean and safe food preparation conditions.

Joint Medical Group preventive medicine department assists with this task to ensure the best sanitation in places where food is stored and cooked.

Hospital Corpsman 2<sup>nd</sup> Class Joshua Donnelly explained the main goal of public health inspectors is guaranteeing compliance of food sanitation with regulations set forth in manual of naval preventive medicine reference.

“We make sure proper temperature is maintained for both stored and cooked food,” added Donnelly.

Maintaining a high level of cleanliness in the food establishment is essential to safety. This is accomplished through the inspection of hand contact with ready to eat foods and hand washing.

“Foods for Troopers and detainees are inspected the same,” Donnelly said. “We make sure it's handled safely from storage to customer.”

Having the correct temperature will prevent food-borne illness and management control of cross contamination.

Proper sanitation is required by all food

handlers. Each handler receives an annual four hour food sanitation class. This includes personal hygiene and health requirements, using thermometers and keeping temperatures logs in addition to inspection and storage of food, preparation, serving and cleanliness.

“Inspections are unscheduled in the kitchens,” added Donnelly. “We observe the

facility from top to bottom for sanitation, appropriate hand washing and food handling.”

Together the food departments provide the detention facilities and galleys throughout the base the safest and healthiest food possible for all of their customers.



## Learning the ropes



**Lt. Cmdr. Brian Sims, (right) officer in charge of Camp VI, speaks with senior U.S. military officers participating in the Capstone program during a camp tour at Joint Task Force Guantanamo. The program takes newly selected general and flag officers on overseas field studies to learn about joint and combined doctrine, interoperability and key allied nation issues.** -photo by Mass Communication 1st Class David P. Coleman

Around the  
  
**JTF**



Steelers fans show enthusiasm during a recorded shout-out for the Super Bowl at Cooper Field Tuesday. The Green Bay Packers will face off against the Pittsburgh Steelers during Sunday's game. — photo by Mass Communications Specialist 2nd Class Jason Tross



A Sailor from detainee programs distributes a book from the detainee library in Camp Five, — photo Mass Communications Specialist 2nd Class Jordan Miller



The Kaplan Public Service Foundation hosted a beach barbecue for servicemembers of Joint Task Force Guantanamo, Jan 31. — photo by Mass Communication Specialist 2nd Class Elisha Dawkins



Steelworker 3rd Class Blake John (left) and Construction Mechanic 3rd Class Chris Covas screed wet concrete for the construction of a k-span near the Windjammer café, Feb. 2. — photo by Mass Communication Specialist 2nd Class Jordan J. Miller