

The WIRE

An award-winning
JTF journal



Guantanamo Celebrates Fourth of July

The Army's 237th Birthday

| Four rats for "Five Year"

COMMAND CORNER

SGT. MAJ. SCOTT SMITH

SERGEANT MAJOR, JTF GUANTANAMO

With the recent passing of the 4th of July holiday, I am taken back to memories of those patriotic celebrations of my childhood where everything was red, white and blue. The annual parade that took place in the small town near my western Pennsylvania home was the highlight of the day. I remember standing with my father as the national ensign would march by as part of a Veterans of Foreign Wars color guard. I would look up at my father with great awe as he would stand at attention, though it had been over 30 years since he had served in the Pacific during World War II.

It was at this time as a young boy when I learned what the Stars and Stripes represented. My father and mother would go on to teach me that many Americans had shed their blood and had given their lives for what this flag stood for. It gave me a great sense of pride which still endures today when I see the flag and hear the national anthem...I still get shivers down my back. Eventually, that same sense of pride for our flag and nation would lead me to a point where I would have to go through some of the most difficult experiences in my life as a Marine.

"On behalf of the President of the United States, the Commandant of the Marine Corps, and a grateful nation, please accept this flag as a symbol of our appreciation for your loved one's service to Country and Corps." I am not exactly sure how many times I had to recite those words while serving as a member of a Marine Burial Detail, but each time was equally difficult. Whether it was a World War II veteran who had passed due to old age or

Take a few minutes to think about who would take your flag. I do not want to see any more flags presented needlessly.

of my uniform torn off. Other times I found myself hugging, consoling, listening to stories and partaking of a beer at the wakes that followed. This is the result of presenting a tri-folded piece of red, white and blue material that had, just moments before, been draped over a dead Marine's coffin.

Ok, Sergeant Major, got it. Thanks for sharing your experience, but "so what?" The "so what" is the point...in that my hope and intent is that every Soldier, Sailor, Airman, Marine, Coast Guardsmen, and Civilian within Joint Task Force Guantanamo take a few moments to think about who would take the flag from their own coffin. All too often, humans do not take into account the

see SCTMAJ next page

Cover: U.S. Naval Station Guantanamo Bay and Joint Task Force Guantanamo celebrated America's 236th birthday Wednesday with a fireworks display over the bay. Troopers and Naval Station residents watched from the shore and from rented boats as pyrotechnics – and a nearly full moon – lit up the sky. –photo by Army Staff Sgt. Lewis Hilburn

JOINT TASK FORCE GUANTANAMO

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NEWS FROM THE BAY

Navy advancement exams

JTF Sailors: exams are coming up. If you are an individual augmentee to Guantanamo, contact NCCS Stanford at 9541 or email PS1 O'Hara at christina.ohara@usnbgmo.navy.mil as soon as possible to get your name on the exam list. It's your career!

Navy College Program temporarily relocated

Due to construction work at the Chapel Hill Complex, the Navy College Office will be temporarily relocated to the first floor NAVSTA GTMO headquarters, Classroom B, Room 118, from July 2-13.

For service, assistance, and appointments, email nco.gtmo@usnbgmo.navy.mil.

Jewish religious support available

Jewish chaplain support will be available July 10-24.

For more information, call the NAVSTA Religious Ministry Department at 2323.

Getcha T-shirts heah!

The fire department will sell T-shirts in the NEX Atrium tomorrow and Sunday in order to raise funds for the 2012 Fire Department Ball.

For more information, call the fire station at 4577 or Air Sunshine at 74915.

Adult swim contest

MWR is hosting a 1000-yard swim tomorrow at Marine Hill Pool from 9 a.m.-12 p.m. Registration is free and open to all hands ages 16 and up. All participants receive a free T-shirt, and the top three contestants win a trophy.

For more information, call 2205 or 84968.

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aftereffects of their actions...especially when drugs and alcohol are involved. It is not just you, but a number of people in your life that are impacted when you decide to get liquored up and then drive a car, or engage in activities that are potentially life threatening. The adage that "it's all fun and games until someone gets hurt" does not apply when we are confronted with the loss of a Trooper's life. As painful as a death in a unit is, I am willing to accept that death as a result of combat operations or in support of the mission. But I refuse to accept a Trooper's death when it could have been prevented. Having personally been on the presenting

Selling your vehicle?

Need to sell or transfer ownership of a vehicle?

If you buy a vehicle on island, you will need a bill of sale to properly register the vehicle. Current owner has to complete the bill of sale. Vehicle must be registered to current owner (seller). To obtain the bill of sale you are required to show your current registration as proof of ownership.

Contact Naval Legal Service Office Southeast at 4692.

Call Safe Ride!

Out drinking? Thinking about driving? Put the keys down! Save your life, the lives of others, and your career.

Call 84913/84781.

JSMART extended hours

The Joint Stress Mitigation and Restoration Team now has extended hours! Stop by JSMART, located by the Trooper Chapel and Camp America Post Office before work and grab a little relaxation time. Operating hours are now 6 a.m. to 5 p.m., Monday through Friday.

Help the Red Cross

The Red Cross is requesting volunteer instructors to lend support to the community. If you are a Red Cross-certified instructor, please call the station manager at 2511.

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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. 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 Defense Logistics Agency Document Services with a circulation of 1,300.

Trooper to Trooper

—Taking care of each other under arduous circumstances

FIRST SGT. JEFFREY CULBERSON

FIRST SERGEANT, 348TH MP COMPANY

We as Soldiers need to realize the importance of taking care of our fellow Troopers both on and off duty. Active Duty, Reserve and National Guard alike, we are all here at Joint Task Force Guantanamo to complete a mission to the best of our ability. This is a combined, not individual, effort to make the mission a success, and in order to be successful we must set each other up for success. We are in the world spotlight by virtue of being at Guantanamo, and there are factions that are waiting for us to stumble so they can point out our flaws. It is unfortunate that it is uncommon to be praised for a mission well done by the international media; instead they focus on past mistakes. We, as a professional detention force, learn from our mistakes, no matter how minor, and strive to improve. Just as any infantryman would continue to improve his foxhole we are continuing to upgrade ours but within the confines of concertina wire and layers of fencing. Remember we are the ones who are consummate professionals and



and Recreation activities on base to keep Troopers occupied; unfortunately it only takes

"If at any point you have to ask yourself if it is a good idea, then it's probably not, especially when involving alcohol."

subject matter experts in the detention operations arena.

Our activities off duty also affect the mission here at Guantanamo. If at any point you have to ask yourself if it is a good idea, then it's probably not, especially when involving alcohol. There are plenty of Morale, Welfare

is that we need to take care of each other as a family member would take care of his or her own. Someone once said that you can choose your friends but not your family. With that being said, you may not like all of your family down here but you still cannot let them do something stupid and sully the family name.

As I look around at the Soldiers, Sailors, Airmen, Marines and Coast Guardsmen here at JTF Guantanamo, I think to myself what a truly professional force we have on duty here in the Joint Task Force, and I would like to thank everyone for their professionalism that makes this mission a success.



The Math of Risk

Have you ever wondered how we calculate risk? Risk is the probability an adversary will gain knowledge of your Critical Information and the impact if the adversary is successful. To have any type of risk you must have three things: 1) Threat 2) Vulnerability and 3) Impact. If anyone one of those is missing, then there is no risk. So with this information we can use the following equations: Threat X Vulnerability X Impact = Risk, or Probability X Impact = Risk. So use these equations in calculating risk. You might be riskier than you think.



Navy Capt. John R. Nettleton, Commanding Officer of U.S. Naval Station Guantanamo Bay, exits through the side boys after assuming command during a change of command ceremony at the Naval Station Main Chapel. Nettleton recently served as the Assistant Chief of Staff – Force Safety, for Commander, Naval Air Forces in San Diego. —photo by Mass Communication Specialist 2nd Class Joshua Hammond

re: information assurance

Stop the shoulder surfers!



Hi, I'm Gert, the IA Buzzard. When I am not out cruising for fresh road kill from last night, I am out educating Joint Task Force Guantanamo about Information Assurance. Hey there is Clete and Buzz, fellow buzzards, hanging out by the Pirates Cove! There must be something tasty there!

Hey Clete, what are you two doing with a laptop and a pair of binoculars?

"Well Gert, Buzz is getting user names and passwords from people and I am using the laptop to log into their social media. See, look at this Trooper's Facebook; we changed his default picture to a picture of us. Don't we look handsome!"

Clete and Buzz are shoulder surfing, which is a social engineering attack to steal names and passwords from unsuspecting persons. To combat this type of attack, be aware of your surroundings, use screen guards, and look around to see if someone is interested in what you are doing. Don't sit next to windows where your screen is exposed to the outside. Doing these simple things will help you eliminate your risk of being a victim of a social engineering attack.

Okay, I'm heading to the beach now. While you humans have UFC, we have crab fighting, and rumor has it Carlos, The Most Interesting Crab in Cuba is going to be there – I need his autograph for my collection.

Super Troopers

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

SGM Berlin

MAJ Thompson

CPT Jackson

Paige Durrett

Mason Brooks

Francis Deloizaga

Jake Cangelosi

George Sloan

Jeffery Hail

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TROOPER TO TROOPER

COMMAND INFORMATION

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America's Focus



—the boss says

"Happy 236th birthday, America, and happy birthday to everyone who will be away from home!"

By Army 1st Lt. Amelia Thatcher

Military life guarantees that all of us will miss important occasions, even our own birthdays. It goes without saying that it's difficult to be

away from family and friends and home. But think about what you're doing here: out of 70 or so birthdays, how many of them will you spend in the Caribbean?

I celebrated my first quarter-century on Wednesday, with all the 4th of July amenities Guantanamo Bay had to offer. The running joke for us "fireworks babies" is that all the fanfare is for us, with the added benefit of people almost never forgetting our birthdays. Having such an auspicious date, however, comes with its drawbacks – even on the civilian side of life. Although nearly everyone has the day off from work, other people's 4th of July parties and family commitments tended to keep birthday gatherings throughout my childhood very small. And my first military birthday (19, military police one station unit

training, Fort Leonard Wood, Mo.) was partly spent low-crawling through dusty, smelly rubber chips as collective punishment for someone else's raucous behavior at the USO fireworks show. But so far in my budding military career, it always goes to show that things get better!

I spent my second military birthday (22, cadet camp, Fort Lewis, Wa.) running 12 hours of training missions followed by four hours of gate guard duty and getting "attacked" by the month-old butter bars, appropriately armed with fireworks. I had a lemon poppy seed Meal Ready to Eat pound cake topped with squeezable buttercream frosting someone sent in a care package. My cheeky West Point pal, after helping me consume this field-expedient decadence, lit one of the waterproof matches for me in lieu of candles.

My third military birthday (24, Defense Information School, Fort Meade, Md.) was mostly on the road, as home was a few hours away and the powers that be let us take a long weekend. No fireworks until I was racing back to Maryland on Interstate 95 (abiding the speed limit – I hadn't had a drop of



BOOTS ON THE GROUND

What's your favorite kind of ice cream?



"My favorite is Bunny Tracks from Blue Bunny."



"I can't go wrong with chocolate chip ice cream."



"The Mint Oreo Blizzard from Dairy Queen."



"My favorite ice cream is cookies and cream."

Pfc.
Orrin Goerdt

Yeoman 2nd Class
Claudia Toledo

Sgt.
Luke Klein

Master Sgt.
Jason Jordan

My frozen true love

By Army Capt. Jennifer Palmeri

the banana of course. There are worse family traditions.

I fell crazy, head-over-heels in love with vanilla soft serve ice cream when I was six months old sitting at Dairy Queen with my parents. It was the beginning of my obsession with the ice cream cones, Blizzards, and specialized banana splits that defined my childhood. Growing up with a family-owned ice cream parlor, I learned the art of mixing and flipping Reese's Peanut Butter Cup Blizzards, how to dip cones, and could explain the difference between cold, hot and cocoa fudges, way before I ever played t-ball.

I can't remember ever not liking or wanting ice cream. I was born into the perfect family because I grew up around "ice cream aficionados," who never let us chase down the local ice cream truck for a frozen bar. You know, not all ice cream is created alike...

It is a rarity for me to not succumb to my addiction for cold treats; whether I am enjoying soft serve blended with candy at DQ, savoring the sweet and creamy taste of frozen custard, or, on special occasions, ordering jumbo banana splits at the ice cream stand down the street. I can only imagine the different thoughts running through people's minds as they walked by our family; each child devouring a 5-scoop banana split with hot fudge and peanut butter topped with whip cream and rainbow sprinkles...minus

without.

My dependence on ice cream has yet to falter...something my fiancé was quick to take notice of when we first met. Not one to enjoy running, but also a lover of ice cream, I soon found a way to exploit his weakness for frozen concoctions. I hate mornings that I don't begin with a run, so every weekend I drag him into morning runs with the promise of a Blizzard at the end of the trail. He was quick to convert his disdain for running as he was convinced that if he didn't learn to tolerate running, we would rarely see one another.

I don't need a special month or a great run to enjoy the heat with a banana split and a spoon. The frozen dairy treat is quite possibly the perfect food. For those of you who may feel like you need a little justification or excuse to enjoy a hot fudge sundae or a freshly baked waffle cone with cookie dough ice cream, President Ronald Reagan is your hero. Proclaiming almost 28 years ago that ice cream is "the perfect dessert and snack food," Reagan encouraged all Americans to celebrate frozen treats with "appropriate ceremonies and activities."

So, to mark July as the National Ice Cream Month, I suggest that you make your way to the closest ice cream parlor to enjoy a delightful ice cream dessert. After you go for a run.





"IT OUGHT TO BE SOLEMNIZED WITH POMP AND PARADE, WITH SHEWS, GAMES, SPORTS, GUNS, BELLS, BONFIRES AND ILLUMINATIONS FROM ONE END OF THIS CONTINENT TO THE OTHER FROM THIS TIME FORWARD FOREVER MORE."

JOHN ADAMS

-fireworks photos and illustration
by Army Staff Sgt. Lewis Hilburn

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LET FREEDOM REIGN

By Spc. Vanessa Davila

"The Second Day of July 1776, will be the most memorable Epocha, in the History of America. I am apt to believe that it will be celebrated, by succeeding Generations, as the great anniversary Festival. It ought to be commemorated, as the Day of Deliverance by solemn Acts of Devotion to God Almighty. It ought to be solemnized with Pomp and Parade, with Shews, Games, Sports, Guns, Bells, Bonfires and Illuminations from one End of this Continent to the other from this Time forward forever more."

John Adams wrote those words to his wife Abigail the day after the Second Continental Congress approved the "Resolution of Independence." Since declaring independence from Britain, Americans have been commemorating our independence day on July 4 because that is when the highly publicized "Declaration of Independence" was approved. He got the date wrong but he was spot on about the celebrations.

There is much "pomp and parade" all over the United States on July 4: fireworks, concerts, parades, cook outs, etc... Even though Guantanamo Bay inhabitants don't reside in one of the 50 states, there was still much celebration on Wednesday night.

Guantanamo Bay's Morale Welfare and Recreation organized a great party for island residents. The festivities included a family fun zone, a show by the band Anberlin, and fireworks.

"I think it's awesome just because at home sometimes I don't go out," said Sgt. Jessica Sluk, one of the spectators at the Fourth of July extravaganza. "I just stay in and hang out. Here, I'm glad I came out because I wanted to see the fireworks and just be out here and say that I came out."

Without MWR on the island, the festivities might have been lacking. Stephen Prestesater, MWR Community Activities Director contacted Anberlin and got the rockers to fly out and perform for the troops.

"We talked about it and we could come and be with all these people who can't be with their families," said band member Deon Rexroat. "When there's not a lot to do here, to be able to come here and play a show and entertain people and give them a good time and show them we care, it's really important."

The event began at 6 p.m. in and around the Tiki Bar where attendees began to trickle in. By 8 p.m. the place was packed as the crowd watched Anberlin's performance and eagerly awaited the fireworks that were set to begin at 9 p.m.

As MWR's name implies, the night's festivities were a great morale booster for those Troopers who are away from their loved ones.

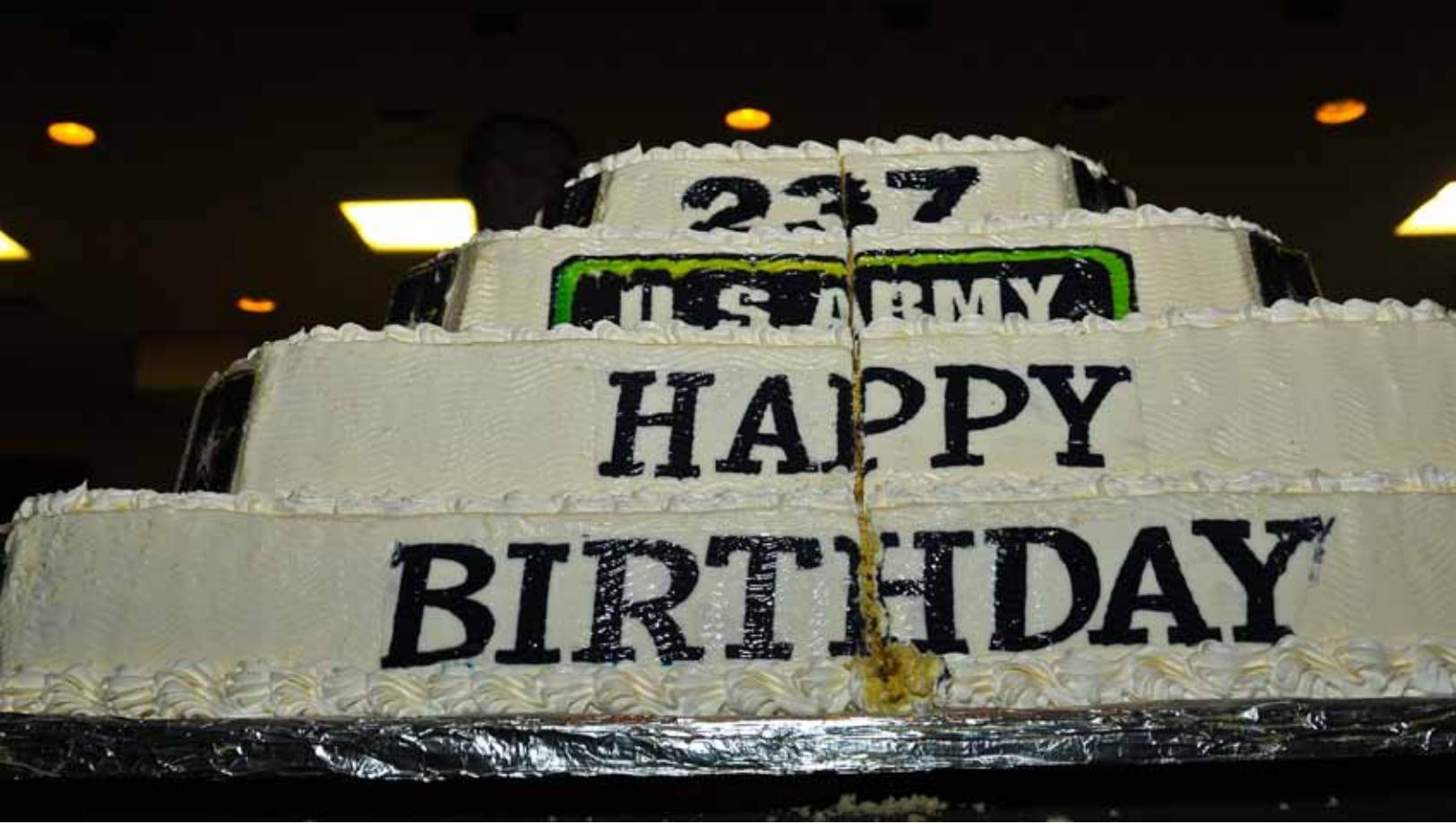
"It really boosts the morale. I don't think it's just on a personal level but on a level that's higher than people think," said Spc. Aaron Findley. "Even if you're in a war zone or a non-combat zone like we're in right now it really helps you relax. It helps you to keep your mind off the mission when you're not [at] the job."

At the end of the night, those in attendance and the rest of Guantanamo Bay residents were treated to a fireworks spectacular. And in the heat of the night as we all watched we also remembered what the day was all about: the independence of our country.

-Anberlin photos by Army Sgt. Saul Rosa

FEATURE

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Happy birthday, dear Army!

By Pvt. Loren Cook

Only days before the United States of America celebrated its 236th birthday on Independence Day, Soldiers of the 525th Military Police Battalion gathered at the Windjammer Ballroom June 30 to hold a ball in celebration of another important birthday: the 237th birthday of the United States Army.

The Continental Army, which would later become the U.S. Army, was created June 14, 1775, by order of the Second Continental Congress in order to defend the colonies against British forces. Although "Minutemen," irregular colonial militias, had a few early successes against the highly-disciplined British regulars, it had quickly become apparent that the fledgling revolution could not succeed on courage alone. An organized force would be necessary if the revolutionaries wished to be anything more than a footnote in history.

"The U.S. Army is actually older than the U.S. itself, because if it weren't for people willing to fight for it, there wouldn't be a U.S.," said Staff Sgt. Katie Baker, assistant

operations noncommissioned officer for the 525th. "We owe all of our freedoms to servicemembers who were willing to sacrifice their freedoms and even their lives to get them for us."

Soldiers at the ball were given many opportunities to reflect on their long and honorable heritage, including watching a multimedia presentation on the Army's history. Hand-painted MP helmets decorated each table, honoring not only the Army's heritage but also that of the Military Police Corps. One lucky person at each table got to take a helmet home. Canteen cups, also hand-painted with the 525th MP Bn. distinctive unit insignia, were given to each guest, along with a coin commemorating the event.

Those in attendance enjoyed a cocktail hour prior to the arrival of the official party and the presentation of the national colors. After the singing of the national anthem, guests proposed a toast to the nation and the Army, and honored those who have fallen in defense of freedom.

"Events like these are a great opportunity for Soldiers to look back on where

they came from and to look forward into the future, at where they're going," Baker said. "The camaraderie generated between Soldiers, but also with those from other services here, is invaluable."

Guests enjoyed a formal steak dinner before dessert was presented in the form of a four-layer birthday cake. Chief Warrant Officer 2 Jesse Rhymes, Joint Detention Group Command Sgt. Maj. Michael Borlin, Joint Task Force Guantanamo deputy commander Brig. Gen. James Lettko, and Pvt. Michael Copley, the youngest Soldier present, cut the cake using a saber.

The cake—more than enough for everyone to have a piece and eat it too—was then served. Satisfied from filet mignon and cake, guests were treated to a short speech by Lettko about the proud history of the Army. Following his speech, the color guard retired the colors and the formal part of the evening concluded with the singing of the Army Song.

"We tried to give our Soldiers an exceptional ball because we have exceptional Soldiers. We couldn't give them anything less than that," Baker said.



Opposite: The 525th Military Police Battalion celebrated the Army's birthday with a four-layer birthday cake.



Bottom Left: Guests at the ball propose a toast to the U.S. Army.

Bottom Right: The 525th MP Bn. color guard marches away after presenting the national colors and the unit flag.

—photos by Pvt. Loren Cook

President nominates Grass as next National Guard chief

By Army Sgt. 1st Class Jim Greenhill
National Guard Bureau

President Obama has nominated Army Lieutenant General Frank Grass, the deputy commander of U.S. Northern Command, as the 27th chief of the National Guard Bureau, according to the Congressional Record.

If confirmed, Grass would succeed the current chief, Air Force General Craig McKinley, the first four-star general to hold the assignment who also became the first CNGB to serve as a statutory member of the Joint Chiefs of Staff.

"I am thrilled and humbled by the opportunity, if I am confirmed, to lead the best National Guard in our nation's history - a force of more than 460,000 men and women proven on the battlefield and during domestic crises," Grass said. "It is further humbling to be asked by the secretary of defense and the president to follow in General McKinley's footsteps. I look forward to ensuring the investment the American people have made in the National Guard as a ready and reliable operational force continues to pay dividends."

Grass also was nominated for appointment to the rank of general.

The nomination has been sent to the U.S.

Hasan trial set for Aug. 20 as judge denies continuance

Fort Hood News Release

FORT HOOD, Texas – The trial of an Army psychiatrist accused of killing 12 soldiers and a civilian employee here in a Nov. 5, 2009, shooting rampage that left 30 others injured will start as scheduled Aug. 20, a military judge ruled today.

Army Col. Gregory Gross denied Maj. Nidal M. Hasan's request for a further continuance until December.

Gross also submitted to questioning from Hasan's defense counsel concerning whether he was biased against the accused

Senate for confirmation.

Grass has served as NORTHCOM's deputy commander and as vice commander, U.S. Element, North American Aerospace Command, since 2010. He previously was NORTHCOM's operations director from 2008 to 2010.

Prior to his service at NORTHCOM, Grass was the director of mobilization and Reserve component affairs at U.S. European Command, a position he filled following his stint as deputy director of the Army National Guard.

In his current role at NORTHCOM, Grass has helped lead the command to anticipate, prepare and respond to threats and aggression aimed at the United States, its territories and interests within the assigned area of responsibility and - as directed by the president or defense secretary - provide defense support of civil authorities.

Vermont's adjutant general, Air Force Major General Michael Dubie, was confirmed as Grass' successor at NORTHCOM.

Lieutenant General Grass enlisted in the Missouri Army National Guard in 1969. He was commissioned in 1981 after 12 years' service as an enlisted Citizen-Soldier. On the civilian side, Grass was employed by the Army Corps of Engineers.



He has served in a wide variety of command and staff positions as a traditional Guard member, in the Active Guard and Reserve program and on active duty.

During his time at NORTHCOM, Grass repeatedly stressed the importance of the relationship between the combatant command and the National Guard.

NORTHCOM's key homeland defense and defense support of civil authorities missions match key National Guard missions.



AT THE READY

How do you deal with being away?

By Staff Sgt. Gregory Laffrey
JSMART

Why is being away from home so tough? The truth is there are many reasons, and these reasons will vary from person to person. They may even vary from deployment to deployment. I have been deployed three times, and each deployment has been unique. I will address a few of these reasons based on my own experience and those I have spoken to throughout my career.

Many troopers may miss creature comforts from home such as faster internet, favorite foods, or a vehicle. As military members, we have to deal with missing these comforts at home station and while deployed. I would encourage you not to make unfair comparisons. I'll give you an example I use personally. I grew up in New Mexico, and my favorite food is chicken green chile enchiladas. I am currently stationed in North Carolina, where they do not even know what a green chile is. Although Mexican cuisine in North Carolina may not be just like home, I still do my best to enjoy what I am eating until I can take some leave and go home. Put some jalapenos with the enchiladas at the galley, and I'm set. Basically, if you constantly focus on what something is not, you may never see it for what it is.

If you are new to Guantanamo Bay and find yourself more irritable or feeling down, it may be due to a change in your routine. We are often creatures of habit, and a sudden change in routine due to deployment, PCS, or shift change may cause a change in one's mood. If this sounds like you, especially if you are having sleep difficulties, I recommend

developing a new routine. In addition to working, exercising, eating, and sleeping, try incorporating other activities into your routine. While it is important to take care of these basic needs, things like bowling, snorkeling, and bingo can provide excellent stress relief. If you are tired of your routine, look for ways to change it up. Try a new restaurant, go somewhere you have never been, or meet new people.

Another stressor for many people I talk to is a perceived loss of support when separated from families and close friends. Often times we do not want to stress out those at home by talking about what we go through while we are away, but keeping quiet about what we're going through may in fact induce stress. It is important to communicate with loved ones about how much they want to know, and how much we can tell them. Within the limits of OPSEC, talk to friends, loved ones, and coworkers about how you are doing while you are here. They want to know how you are doing just as you want to know how they are. Also, talk to them about what to expect when you get home. This will help manage expectations and hopefully avoid a conflict when you return. Problems often arise while we are gone, whether it's car trouble or a child who is acting out. Most

commonly, service members feel frustrated and/or helpless when we cannot be there to fix the problem. Do what you can from where you are, and usually those on the other side will recognize you are trying. Focus on what you can control rather than what you cannot.

Rely on what has worked for you in the past. If that is not working, then try something new. Ask others you see doing well, "How do you deal with being away?" Every deployment is different even if it's to the same place. Be patient with yourself and those around you as you make changes. Trying something once may not be enough. There is always a battle buddy, chaplain, or JSMART personnel to help as well. JSMART is located on the JTF side next to the post office and Chaplain's Office. JSMART office hours are Monday through Friday, 6 a.m. to 5 p.m.

ONLY AT GTMO by Mass Communication Specialist 1st Class Brett Custer





After the run, Sgt Maj. Mike Barnes says farewell to 525th Military Police Battalion Commander Lt. Col. Christopher Wynder.

- photo by Mass Communication Spc. 2nd Class Joshua Hammond



The 525th Military Police Battalion conducted one last battalion run June 29 with the Commander, Lt. Col. Christopher Wynder. The 525th MP Bn. welcomes Lt. Col. Darcy Overbey today as Wynder's relief.

- photo by Mass Communication Specialist 2nd Class Joshua Hammond