

The WIRE

MARINE

"FAIR WINDS AND FOLLOWING SEAS"

SGT. MAJ. SCOTT SMITH

HIS FAREWELL COMMAND CORNER

Getting to know
the 128th MPs

PERSPECTIVE: YOUNG VS. OLD
TROOPER FOCUS: SENIOR AIRMAN
DEMETRIUS DANIEL



COMMAND CORNER

SGT. MAJ. SCOTT SMITH

SENIOR ENLISTED LEADER, JOINT TASK FORCE GUANTANAMO

“Everyone leaves GTMO.” At least, that is what the deputy commander of Joint Task Force Guantanamo has been telling me for the past 51 weeks.

Every Saturday, a kind of ritual takes place with the 10:30 a.m. ferry departure from the Windward side of Naval Station Guantanamo Bay. As the ferry pulls away from the dock, the start of a significant journey for departing JTF Troopers begins. Whether this trip is destined to lead you back home, to a new duty station, or to yet another deployment, I am extremely confident that you will feel a sense of pride having served in an organization that has played a major role in the support of the Global War on Terror.

I know that in my case, I will feel very proud to have served with and for all of you over this past year. I could not have asked for a better way to cap off a career of 30 years in the Marine Corps by serving here at the JTF. You are all a part of history, and it is my hope that you will look back on this deployment with fond memories and remember the importance you had in serving here at GTMO. Try as you will to explain to others what you did while you served here, they will not be able to fully comprehend the mission that you undertook.

So, as I have done over the past year in citing some great speeches and quotes from others. I leave you with my most favorite and inspirational:

The time and place – 1974 Ohio Democratic U.S. Senate primary.

The individuals – U.S. Sen. Howard Metzenbaum and John Glenn.

Sen. Metzenbaum to John Glenn: “How can you run for Senate when you have never held a real job?”

Sen. Glenn: “I served 23 years in the United States Marine Corps. I served through two wars. I flew 149 missions. My plane was

hit by anti-aircraft fire on 12 different occasions. I was in the space program. It wasn't my checkbook. It was my life on the line. It was not a nine-to-five job where I took time off to take the daily cash receipts to the bank. I ask you to go with me, as I went the other day to a veterans hospital and look at those men with their mangled bodies in the eye and tell them they didn't hold a job. You go with me to the space program and

go as I have gone to the widows and orphans of Ed White, Gus Grissom and Roger Chaffee and you look those kids in the eye and tell them that their dad didn't hold a job. You go with me on Memorial Day, coming up, and you stand in Arlington National Cemetery, where I have more friends than I'd like to remember, and you watch those waving flags. You stand there, and you think about this nation, and you tell me that those people didn't have a job. I'll tell you, Howard Metzenbaum, you should be on your knees every day of your life thanking God that there were some men – SOME MEN – who held a job. And they required a dedication to purpose, a love of country and a dedication to duty that was more important than life itself. And their self sacrifice is what made this country possible. I HAVE HELD A JOB, HOWARD! What about you?”

Continue to take care of one another, always do the right thing even when no one is looking and continue to serve your nation with pride.

Honor Bound and Semper Fidelis.



Cover: Marine Sgt. Maj. Scott Smith, senior enlisted leader of Joint Task Force Guantanamo, stands tall and proud while carrying the noncommissioned officer sword at a previous Relief and Appointment Ceremony at Marine Corps Base Hawaii. Smith is preparing to depart GTMO and is retiring after 31 years of service in the Marine Corps. Photo courtesy of Marine Forces Pacific combat camera.

JOINT TASK FORCE GUANTANAMO

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NEWS FROM THE BAY

Mother's Day Brunch

Sunday is Mother's Day, so if your mother is here at GTMO with you, treat her to a delicious meal. If she isn't here, enjoy a delicious meal in her honor. The Bayview Club will serve a special brunch from 10 a.m. to 2 p.m. on Sunday. The cost is \$14.95 for adults, \$6.95 for children ages 6-12, and free for children under 5. The brunch includes all of the usual favorites, plus a 16-flavor waffle and ice cream station with assorted danishes, pastries and desserts. For reservations or more information, call 75604.

Liberty Center closed

The Marine Hill Liberty Center is closed for renovations through September. The Liberty Program thanks its patrons for their patience as the improvements are made.

Sports and fitness

Naval Station Guantanamo Bay Morale, Welfare and Recreation is slated to host a Memorial Day 10K and 5K run on May 25. Both races will start at 7 a.m., and both will start and end at the Downtown Lyceum. Participants must register by May 22 at Denich Gym. MWR is also scheduled to host a 4-on-4 basketball tournament on May 25. Teams must register by May 21, and a coaches meeting will take place on May 22. For more information or to register call ext. 2113.

Volleyball courts

The Camp America volleyball courts have been cleaned and are ready to use. For more information contact the chaplains office at ext. 2305.

Liberty Program

Unaccompanied Troopers are encouraged to check out this month's Liberty calendar to see what events are going on around the base. Upcoming activities include night fishing Friday at 6 p.m. at the marina, a wakeboarding trip on Monday at 1 p.m. at the marina, night fishing on May 24 at 6 p.m. at the marina, a pool tournament on May 26 at 3 p.m. at the Deer Point Liberty Center, and a sunset cruise on May 28 at 6 p.m. at the marina. Pre-registration is required for all Liberty events. Liberty also offers free bowling every Wednesday from 6 to 10 p.m. at Marblehead Lanes and a free kayak trip every Thursday at 6 p.m. Bowling will accommodate all of the bowlers up to 150 patrons, and trip participants must sign up the day before. For more information, contact 2010 or libertygtmo@yahoo.com.

JTF Guantanamo

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Deputy Commander
Army Brig. Gen. James Lettko
JTF Senior Enlisted Leader
Marine Sgt. Maj. Scott Smith
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Photo Of The Week
by Army Staff Sgt. Joel Shively

GTMO JOE by Spc. David Marquis





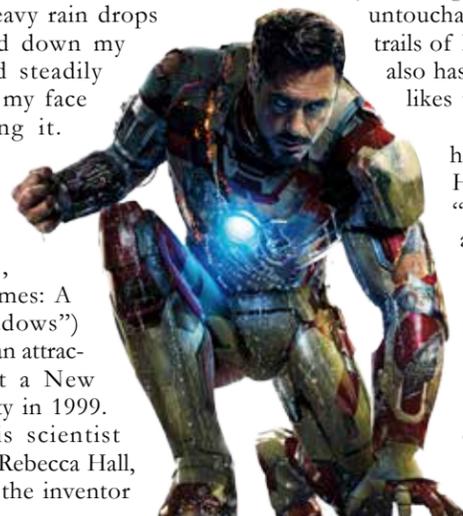
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Movie Review 130 min.

By Army Staff Sgt. Michael E. Davis Jr.

Wow! How can I describe this film without sounding like a Marvel maniac, a comic con fanatic or just a plain geek? I know - "Iron Man 3" is awesome!" That was easy! I must admit, I had high expectations for the film, but I did not think it was going to be this good. I wasn't too impressed with the teaser trailer, but I guess new director and co-screenwriter, Shane Black ("Kiss Kiss Bang Bang"), wanted his audience to watch this blockbuster film with anticipation and eagerness.

I was very satisfied with the dramatic flow of this film, so much that I somehow ignored the heavy rain drops that splattered down my bald head and steadily trickled down my face while watching it.

The film begins with Tony Stark (Robert Downey Jr., "Sherlock Holmes: A Game of Shadows") accompanying an attractive female at a New Years Eve party in 1999. The woman is scientist Maya Hansen (Rebecca Hall, "The Town"), the inventor



of Extremis - an experimental regenerative treatment intended to allow recovery from crippling injuries. They are approached by Aldrich Killian (Guy Pearce, "Breathe In"), a disabled scientist who desperately wants them to join his company, Advanced Idea Mechanics. The conceited person Stark is today was the same way then. He manages to disrespect both scientists by the end of the night only to later regret.

Fast forward, the egotistical billionaire must don his suit again to face another villain who will stop at nothing to get uncontrollable power, terrorize mankind and ultimately try to kill Iron Man.

The antagonist in this film is the Mandarin (Ben Kingsley, "The Dictator") - an untouchable terrorist who leaves no trails of his strings of bombings. He also has a great narrating voice and likes to showcase his evil doings.

After Stark's friend and his industry's chief security, Happy Hogan (Jon Favreau, "Identity Thief") - who is actually the director of "Iron Man" and "Iron Man 2" - gets badly hurt by one of the bombings, Stark invites the Mandarin to his home, out of anger and frustration. The Mandarin does not come himself but sends his goons with shooting missiles as gifts.

Again, Stark's vanity has led him to get his home demolished, put his lovely Pepper (Gwyneth Paltrow, "Thanks for Sharing") in harm's way and put himself in a situation where he must find bad guys who literally give off heat and spit fire. He must save the president (William Sadler, "666 Park Avenue" TV series), save Pepper and deal with panic attacks, all while having limited use of his Iron Man suit. Without Jarvis and the suit, Stark's heroism is tested - which creates many conflict scenes in this film.

However, Stark does get help from Colonel James Rhodes (Don Cheadle, "House of Lies" TV series), otherwise known as War Machine, and an innocent little boy name Harley (Ty Simpkins, "Extracted").

"Iron Man 3" is filled with excitement, action, comedic scenes, woo-hoo! moments and twist and turns in the plot that'll make you feel like you're in a roller coaster with Downey Jr. and a bunch of the other lively cast who all yell, "Raise your hands!" every time you reach the free-fall scenes.

Not really sure why directors were switched, but Black used his screenwriting skills to juice up the dialogue and overall story to make it an enjoyable way to spend 130 minutes of your life - even if you're soaked and sitting on hard and uncomfortable metal chairs.

Tony Stark - "Jarvis, how many banana rats do you think we deserve?"

Jarvis - "Four and a half banana rats, Mr. Stark. You saved the day and you did it in style."



Story and photo by Spc. Cody Campana

Naval Station Guantanamo Bay held the GTMO Open Golf Tournament at the Lateral Hazard Golf Course Saturday and Sunday. The participants were charged a \$35 participation fee for two rounds of golf, a cart rental for both days, a gift bag, and free range balls each morning.

Twenty-one residents of varying skill signed up for the individually scored tournament, which consisted of 18 holes of golf. The Callaway scoring system used during the competition made the competition fierce, as it greatly helped less talented players compete with the seasoned golfing veterans.

"The Calloway rules are whatever you shoot, you take about five holes from it," The Lateral Hazard greens keeper Bez Thompson said. "For example, if they shoot a 98 or an 88, then you take the two worst holes and subtract that, which would handicap their score by reducing it. [The scoring system] makes it a lot easier. If you're a high handicapper or not that good, it will give you an advantage. Anyone has a chance to win"

The winners of the tournament received the much missed Morale, Welfare, and Recreation prizes that have become sparse during the military financial strife.

"We have a Calloway bag and a Nike bag, which is for first place," Thompson said. "We have a water bottle, plus one of our golf shirts for the second place. Apart from that, we give everyone some caps and some t-shirts."

Along with the prizes, the first place winners of the competition, Thomas Croad and Meredith Maneri, will have their legacy demonstrated by the rather large trophy on display at the golf course. "The trophy is inscribed with your name and it stays on the shelf for your bragging rights," Thompson added.

Army Capt. Gregory Archbold, the 525th Headquarters and Headquarters Company Commander, tees off during the GTMO Open Saturday at the Lateral Hazard Golf Course.

The Battle of Cuzco Well

U.S. takes control of land for a naval base during war with Spain



This monument sits on top of a hill overlooking Cuzco Well to indicate where two Marines, Sgt. John Quick and Pvt. John Fitzgerald, exposed themselves to enemy fire and signaled for support from the USS Dolphin during the Battle of Cuzco Well during the Spanish-American War in 1898.

Story and photos by Army Sgt. Jonathan Monfiletto

Less than two months after the United States and Spain declared war on each other and started what became known as the Spanish-American War, the U.S. Navy was in need of a coaling station to fuel its pursuit of the Spanish fleet in Cuba.

With a natural harbor, the area around present-day Naval Station Guantanamo Bay was considered an ideal location for a coaling station, according to a September 1998 article from *Leatherneck* magazine, so the 1st Marine Battalion was ordered onto a ship to prepare to take possession of the land for a base from which to fight the Spanish in nearby Santiago de Cuba.

The battle that established GTMO as a U.S. naval station was called the Battle of Cuzco Well, and nearly 115 years later, traces of the battle can still be seen around the base today and stories can be told by those who know its history.

On June 6, 1898 – four days before the fighting officially began – two Marines, Pvt. William Dumphy and Pvt. James McColgan, were killed by Spanish snipers while on sentry duty. A monument just off of Sherman Avenue near the craft shop marks where they died, likely never knowing what hit them.

On June 10, a group of 40 Marines, according to *Leatherneck*, landed at Fisherman's Landing – present-day Windward Ferry Landing – to set up camp on what became known as McCalla Hill and to scout the area. From the camp, they marched out to meet the Spanish.

Though there were no roads at the time, the route along what is now Sherman Avenue

provided a natural path through the hills. Stacey Byington, public affairs officer for U.S. Naval Hospital GTMO, said the Marines likely followed this route to present-day Cable Beach.

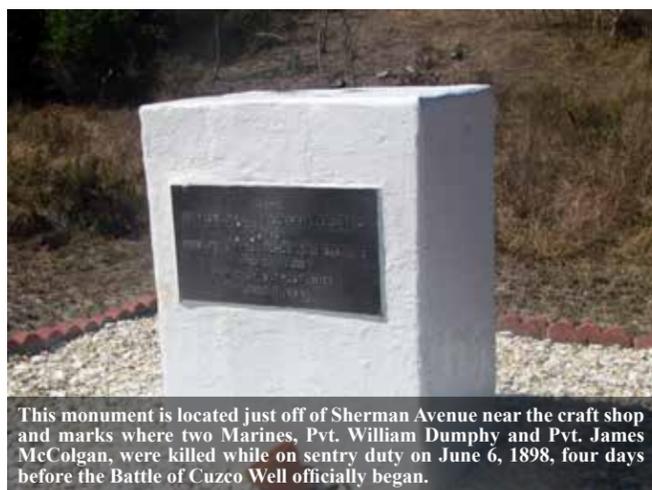
"They were being fired on through all of this," Byington said, noting the Marines marched by day because they couldn't see at night and became targets for snipers.

The Marines climbed the hill that overlooks Cable Beach and two more after that before meeting the Spanish at Cuzco Well, where the naval station cemetery is now located. According to *Leatherneck*, the well provided the only source of drinking water in the desert area, so the Marines set out to destroy the well and take that advantage away from the Spanish.

"This is the desert of Cuba. This is to Cuba what Arizona is to the U.S.," Byington said of the area around the bay and, in particular, at Cuzco Well.

There, another marker indicates where two Marines, Sgt. John Quick and Pvt. John Fitzgerald, stood on a hill exposed to the enemy and signaled for gunfire support from the USS Dolphin, which was docked at Cuzco Beach during the battle.

In the end, according to *Leatherneck*, a combined force of Marines and Cuban



This monument is located just off of Sherman Avenue near the craft shop and marks where two Marines, Pvt. William Dumphy and Pvt. James McColgan, were killed while on sentry duty on June 6, 1898, four days before the Battle of Cuzco Well officially began.

insurgents defeated a Spanish force more than double its size. For their part, the Spanish initially thought they were dealing with a much larger number of troops because of the Marines' mighty firepower, which included a type of machine gun that was innovative for the time.

"This was stuff the Spanish didn't know about," Byington said. "They basically forced the Spanish out of this whole area and back to Guantanamo City."

Now, the area around the well and the cemetery lies in a restricted area that can be accessed only with special permission. The general public is allowed in typically just one day a year for the base's Memorial Day ceremony, Byington said, so the area sees very little manmade influence and probably remains the way it was nearly 115 years ago.

"I bet a lot of this looks the way it did in 1898, to tell you the truth," she said.

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Interview by Army Sgt. Ferdinand Thomas
Photos by Army Sgt. Ferdinand Thomas & Spc. Cody Campana

BACK TO THE FUTURE

Navy Chief Petty Officer Curtis Mahaffey and Navy Petty Officer 2nd Class Christopher Erhart are both from a small town in Texas called Deer Park. It's rare to meet someone from your hometown while in another country... Especially a town as small as Deer Park. These two gentlemen just so happen to have a 30 year age difference and have two different perceptions of Deer Park, the military and the world as a whole.

How long have you been in the military?

This year will be 25 years.

How does it feel to be one of the few who made it to that age while still in the military?

It's an honor and privilege to still be serving and be physically able to still serve in the military right now. Every day is a plus. Every day here is a good day.

How many generations of military have you witnessed?

I was raised by the greatest generation since I was a baby boomer. I'll be 60 this year. Seems at that time everyone had served in one of the World Wars. And then you learned a lot from them. As time goes on, I've been able to serve with people who are my age and now I'm able to serve with people who are much younger than me. Seems a lot of the servicemembers at Guantanamo Bay I'm older than their fathers. In some cases, with some of the youngest ones, I'm close to the age of their grandfathers.

How often do you meet someone from Deer Park High School?

Not very often. You meet a lot of people from the same state. Deer Park is a very very small town; not even the size of this base.

Do you see any similarities in Chris that mirror yourself since you two are from the same hometown and serve in the same branch of the military?

He and I have served in some of the same duty locations abroad. The similarities are that he went to the same school I went to but the interesting fact is some of the students I attended with were his teachers and principals. He knows some of the same people I know.

How has our military changed over the years from your perspective?

My graduating class was the last graduating class to be drafted. I remember my draft number. The military has changed back and forth. The opportunities and the budget change back and forth. The end of the 1960s the military wasn't as respected as it is now. Everything changed after the 9/11 Terror Attacks. These issues with budgeting, we're having now, aren't new. It's happened before.

How long have you been in the military?

13 years

How did you meet Curtis?

I was out doing laundry one night and started talking to him. We, from Deer Park, have a way of talking and he noticed immediately that I was from Deer Park. He told me that he graduated in 1972.

What connection do you guys have outside of the fact that you two went to the same high school?

He actually knows my parents. I told him where my dad works at and he was telling me how he used to work with him years ago.

Some of Curtis' former classmates were your teachers and administrative leaders... How wild is that?

Pretty wild. It makes the world feel a lot smaller.

What's the saying your father told you before you joined the military?

No matter where you go you'll meet someone from Texas or even Houston.

What's your perception on the military from what Curtis has told you about it to what you know from experience?

I would summarize it in one word; growth. It is growing with the times. Now everyone is more expected to be a little more international. Our image seems to be even more important now.

How does it feel to have someone like Curtis still in the military?

I have a lot of respect for his decision to continue serving. The military is a very small community so someone willing to stick with a physically demanding job like this for so long is commendable.

Army Sgt. Inge Teal-King motions for a vehicle to come forward at an access control point. Teal-King is part of the external security force of the 128th Military Police Company.

128th MP Company

"Respect and Honor"

Story and photos by Spc. Chalon Hutson

To those who travel across Naval Station Guantanamo Bay every morning and pass through Access Control Point Roosevelt, the faces of the 128th Military Police Company have become familiar.

The company, which is part of the Alabama Army National Guard is tasked with several important missions to Joint Task Force Guantanamo.

The external security force stands guard at the various gates and checkpoints, and the job allows the guards to meet new people every day.

"The best thing about this job is talking to everyone," said Army Sgt. Jared Price who is often seen in the mornings with a positive attitude toward those going to work. "We try to keep everybody motivated."

Price said that many people are determined to be unhappy in the morning, but he doesn't let that affect the way he treats everyone else. He motions vehicles to come through the ACP, conducts an inspection with a partner, and greets them, often with what he calls a "word of the day."

The work he does can often get monotonous, so instead of saying "have a nice day" as a vehicle departs, he will say "have an immaculate day" or whatever the word of the day is. This can get people's attention, and Price said that sometimes people just



Spc. Chantelle Colbert (right) and Spc. Sophia Starks (left) observe a naval vessel in the distance off the coast of Guantanamo Bay. Colbert and Starks are part of the external security force of the 128th Military Police Company.

need to speak with someone with a positive attitude in the morning to start the day off right.

Their job does not come without challenges, though. Army Sgt. Inge Teal-King also believes that the best part of her job is being able to interact with everyone who comes through the checkpoint. She has had trouble adapting to GTMO's weather, however.

"Some of the challenges I would say would have to be the weather. I was born in December, and I am a cold weather baby," she said. "My father is retired from the military, formerly from Germany. Cold weather is all I know. Adapting to this weather is a challenge."

Adapting to the heat and guarding an ACP is not the only job that Soldiers in the 128th have. Many are part of a QRF, or Quick Reaction Force. Some of these Soldiers are a maverick or roaming patrol, traveling on Humvees ready to respond to any situation. Others who are part of the QRF often spend days training for possible situations they would have to react to.

"I don't think a lot of people realize exactly how much we train," said Army Staff Sgt. Kevin Thompson, the training non-commissioned officer for the QRF. "We train every day. ... We aren't always waiting around for something to happen. We are preparing if something happens."

Thompson said that they train often with their less-than-lethal weaponry. They have a variety of equipment to help prepare if they should encounter a situation they must respond to.

"We train hard, we train often. ... If something happens, we are ready," said Army Sgt. Devin Lanier, with the QRF. Soldiers in the QRF are not always out guarding the gate and don't always interact with people, so Lanier believes there may be a "mystique" to their job.

Their training not only allows them to learn to trust their equipment but also each other. Lanier described a training exercise where they threw rocks at each other with protective gear on. It allowed them to practice a possible scenario, as well as have fun with each other.

"We look after each other. We are a real close team. ... When we go inside, we have to rely on each other. We are all we have," he said. "From the time we got here until now, I feel that we have really bonded with each other and come together. And we are getting the mission done."

After a long work day in the GTMO sun, Soldiers in the 128th have a variety of ways to enjoy their time off. Several of them participate in the various Morale, Welfare, and Recreation activities on the base, while some enjoy watching movies, playing board games, going swimming, diving, snorkeling, golfing and more.

In fact, Price enjoys his time here so much that he joked he was afraid he would be sent a bill for this vacation.

So, whether they are with the external security force, the quick reaction force, or one of the other important jobs to the JTF-GTMO mission, the Soldiers of the 128th MP Company are staying true to their company motto, "Respect and honor," by being professionals and trying to enjoy GTMO at the same time.

Trooper Focus

Getting to know

Sgt

Demetrius Daniel

Interview and Photo by Spc. Jessica Randon

Wite: So, I've been told that you used to play basketball for the University of Arizona and you also play some instruments.

D: Yeah, I did play ball for them, and I play the drums and am working on picking up the keyboard.

Wite: So, what was the time frame that you played ball for that school?

D: '07-'08

Wite: And did you graduate from there?

D: Oh, no, I joined the military in '08. I just did one year there.

Wite: So, what made you decide to switch from playing ball for U of A to joining the military?

D: Because I was messing up in school, and I figured the only real way to better myself without going into debt was to join the military

Wite: Do you think you were messing up because you were still learning life lessons?

D: Yeah, I would say that was it.

Wite: And do you think that being

in the military has caused you to make a change?

D: Yeah, being in the military has truly caused me to make a whole lot of changes and has helped to make me the man that I am today.

Wite: Where are you from?

D: I was born in Honolulu, Hawaii.

Wite: Were your parents in the military?

D: Yeah, the Army.

Wite: So, if your parents were in the Army, what made you decide to go into the Air Force?

D: The Air Force has a better lifestyle and a more structured military [routine], and it's not all about being a Soldier. It's about mastering your job.

Wite: And what is your job?

D: Operations management in civil engineering.

Wite: Can you give a brief description of what you actually do?

D: I am like the customer service focal point for civil engineering. I pretty much

take calls from facility managers who have problems with their facility and put them into a system, so that the work can be sent out to the appropriate shop, and then the shop goes out and fixes the problem.

Wite: So, earlier you mentioned how being in the military has shaped you into the man you are today. So, what kind of man would you say that is?

D: Dependable, organized, fit, hard working, honest.

Wite: So, you play ball, and you work hard for the Air Force. What do you do for fun?

D: I love cleaning cars and learning how to play instruments

Wite: Cleaning cars?

D: When I was younger, cleaning people's cars was like my little hustle to get some money in my pocket, and I always loved the fact that I could help somebody out and bring a smile to their face by cleaning their car. That and I hate seeing people driving around in a dirty car.

Wite: I know you mentioned you play the drums and are learning to play the keyboard. How long have you been playing?

D: I've been playing the drums since I was 12 and started the keyboard about one year ago.

Wite: Do you play here on your off time at all?

D: Yeah, I actively play in church for the 1300 Gospel service.

Wite: What are your plans for the future as far as the military goes? And what are your plans for after the military?

D: My plan for my military future is to finish my degree in criminal justice and become an officer. To be honest, after I get out, my plan is to have a good enough retirement that I won't have to work for the rest of my life.



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INFORMATIONAL MEETING

Thu., May 9 at Denich Gym (1830)

All coaches/players will receive more info & can ask questions

Registration due to Denich Gym by Tues., May 14

(Limit of 2 teams per event per service)

10
TOTAL
EVENTS

Troops plan for the future



Troopers listen to a Veteran's Affairs representative during the Goals, Plans, and Success workshop at the Fleet and Family Support Center May 3. The GPS workshop is a part of the Transition Assistance Program.

Story and photos by Spc. Raechel Haynes

Adaptability is a defining factor of the U.S. military, no matter what service. Troopers can adapt to changing environments, standards, and stations. Change can be difficult for some Troopers, but they overcome it. One of the hardest changes can be transitioning to civilian life after leaving the military.

Naval Station Guantanamo Bay's Fleet and Family Support Center strives to make that transition as smooth as possible by providing a variety of transition services. Among these services is the Transition Assistance Program, or TAP, a Department of Defense-mandated course for all services.

"The TAP program itself is designed for transitioning service members," work and family life specialist Angel Holland said. "Those who are retiring within two years and those who are separating within a year. The TAP program consists of relocation services. We can discuss where you are going to, what the job outlook is there, also how to search for a job, job skills, and how to interview for a job."

Part of the TAP program is the Goals, Plans, Success workshop, or GPS. Fleet and Family provided a GPS workshop April 29 to May 3.

"The GPS workshop consists of a three-day Department of Labor workshop," Holland said. "We go over job skills, writing

resumes, interviewing skills, and then there is also a portion where the VA representative comes and speaks with service members regarding their benefits after they leave the service. Then there is also a portion where we, Fleet and Family, speak to the class also."

Generally, each service provides its own service-oriented class. In GTMO, things are a little different, given the variety of services on base.

"The program is for all services," Holland

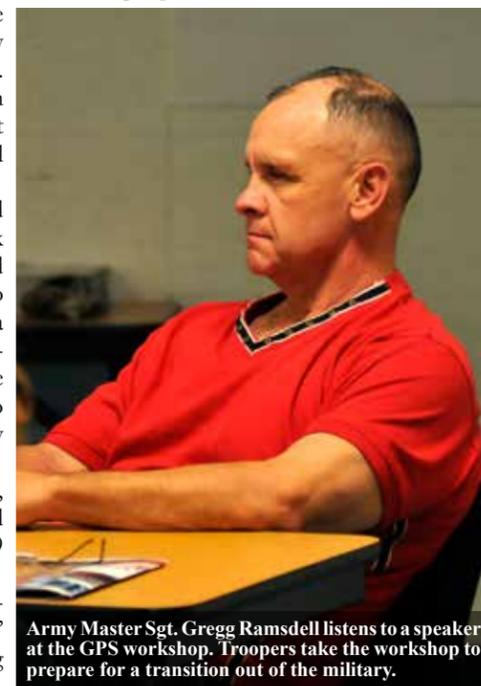
said. "We really can help anyone, from the Coast Guard, the Marines, the Navy, the Air Force, or the Army. We help them all, especially here in Guantanamo Bay. It is a pretty mixed bag. We are a smaller base, so it is pretty mixed. We are the one place to go for transition services, so we see it all."

Among the Troopers in the class was Army Master Sgt. Gregg Ramsdell. Ramsdell is preparing to retire from the Army after years 30 of service.

"The most important thing this class covers is resumes," Ramsdell said. "It can be hard for Troopers to brag about themselves, but this is the chance to brag about yourself. Show employers who you are, not just what you have done."

Ramsdell also stressed the importance of taking the transition classes at the earliest opportunity. Holland feels that Troopers need to be aware of what is out there in the civilian world and how to plan for it.

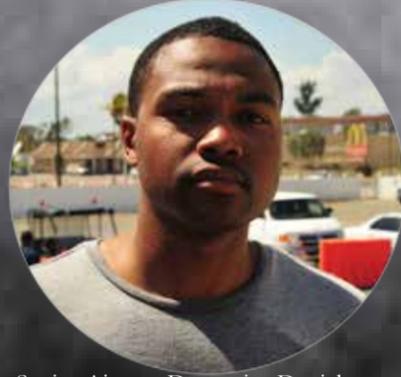
"It is important that service members get a true representation of what they'll be faced with when they do transition out of the military," Holland said. "It is really all about getting the service member to think about their family considerations when they get out - their economic situations, their budget, and the general job outlook. It is good for them to understand that this is a big milestone, but they have overcome other milestones in their life, and that it is something that they can work through successfully."



Army Master Sgt. Gregg Ramsdell listens to a speaker at the GPS workshop. Troopers take the workshop to prepare for a transition out of the military.

GTMO Says...

What NBA teams do you think will make it to the Finals and why?



Senior Airman Demetrius Daniel -
"Memphis and Miami. LeBron James is going to pull through at the end and get his second ring, and Zach Randolph is old school. He doesn't have any skills. He's washed up."



Air Force Staff Sgt Marcos Diaz -
"Chicago, because Derrick Rose is coming back, and then we've got the Memphis Grizzlies because they're just fundamentally sound."



Air Force Staff Sgt Elliot Session -
"I say the Spurs because Westbrook is hurt, and of course, the Heat because LeBron is a beast. Haha!"



Airman 1st Class Ty Brown -
"It's going to be the Miami Heat and the Spurs. LeBron, of course, is going to be there, and then the Spurs only because Kobe Bryant got hurt. Otherwise, the Lakers would be there."



Trooper to Trooper

Good thoughts are good for you

SGT. 1ST CLASS JEFFREY VERNON
WATCH COMMANDER, 602ND MP COMPANY



I wish I had a nickel for every time I have heard someone say, "Think positive," when someone is feeling down, angry, frustrated or just down-right negative. It is probably not something a person wants to hear at that moment, but it could be the best advice you can give (or receive) for emotional and physical health.

Recently, I read an article that confirms what I have believed for as long as I can remember: Positive attitude, positive thinking, and optimism are now known to be a major multiplier of many positive life benefits. Studies show positive people can experience increased life span, lower levels of stress and depression, greater resistance to sickness, reduced risk of death from cardiovascular disease and better coping skills during times of hardship and stress.

Generally, people with a positive attitude are optimists and believe that they are accountable for good things and that good things will generally come their way. If something bad happens to an optimist, they tend to write it off as an isolated incident or something out of their control. They continue to believe things will be better in the future. A pessimist is a person who nurtures a consistently negative attitude, expecting the worst of people and of situations.

Know this and be encouraged: Our way of thinking, whether positive or negative, is a habit, and habits can be changed. It takes practice. Thoughts are always under your control and can be changed. The article I read offers a few suggestions and tips to help a person create a more positive attitude:

1. Let go of the assumption that the world is against you, or that you were born with a gray cloud over your head. The sooner you can attribute your pessimism to a unique set of circumstances, rather than the state of the world itself, the easier it'll be to change your perspective.
2. Understand that the past does not equal the future. Just because you've experienced pain or disappointment in the past does not guarantee that everything else that starts badly will end badly.
3. Use positive affirmations. Write down short statements that remind you of what you're trying to change about the way you see the world. Put them in places where you'll see them every day, such as your bathroom mirror, inside your locker, or on a 3x5 card in your pocket. Some affirmations to start with are: "Anything is possible," "My circumstances do not create me, I create my circumstances," "The only thing I can control is my attitude towards life," "I have a choice

and I choose to live the positive side of life."

4. Finally, be a balanced optimist. Nobody's suggesting that you become an oblivious Pollyanna, pretending that nothing bad can or ever will happen. Doing so can lead to poor decisions and invites people to take advantage of you. Instead, be a rational optimist who takes the good with the bad, in hopes of the good ultimately outweighing the bad, and with the understanding that being pessimistic about everything accomplishes nothing. Prepare for the worst, but hope for the best - the former makes you sensible and the latter makes you an optimist.

Tips:

- o Look happy. Studies have shown that putting a positive expression on your face can actually make you feel happier and more optimistic about the future.
 - o Listen to optimistic music that you like and read books that have at least a little optimism in them. And avoid cynical/pessimistic entertainment - You are what you watch.
 - o Pass a blessing on to a friend or stranger. Let somebody have that parking space, and let somebody in front of you in line. Doing nice things for others is an instant positive pick-me-up.
 - o Try to avoid negative people. If you can't avoid them, learn how to not let them get you down.
 - o While it is true that you create your own circumstances, accept that the past is the past. Don't let negative circumstances trigger irrational guilt or pessimism.
 - o Realize that it's not about what happens to you. It's about how you react to what happens.
- See you around!

PROTECT YOUR INFO!

ALERT What's our main concern?

When the adversary targets our information, there is a process that is involved:

- 1) They establish a requirement for information.
- 2) They task someone to collect the information.
- 3) Collected information is processed.
- 4) Information is analyzed.
- 5) The final product is disseminated so terrorists or criminals can act on it.

When it comes to OPSEC, the only step that we are concerned with is 2) The collecting of information. This is where OPSEC puts in place countermeasures to mitigate both risk and vulnerabilities to our critical information. So, who is targeting you, and what information can they collect?



Whit's BBQ Pit

As told by Spc. Phil Whitaker
Photo by Spc. Chalon Hutson

Hello again, GTMO, and welcome back to Whit's BBQ Pit. A great barbeque meal does not always have to be covered in BBQ sauce. Believe it or not, there is a lighter, healthier side to grilling. Everybody knows somebody who wants to lose weight or live a healthier lifestyle. We constantly hear about the new Hollywood tricks to losing weight or the "miracle juice drink" for shedding pounds, but in reality, it starts with healthy eating. Grilling can go one of two ways, with the first being the not healthy (my previous articles) and the second being the healthy way. So, let's light the coals and grill up some margarita chicken and start the beach season right. This dish is very easy to make and the recipe serves four.

BBQ Tip of the Week: It's funny how the outdoors can make some people forget the basics. Always put your cooked food on a clean plate or chopping board and never add marinade that was used for raw meat on cooked meat. Simple.

Submit your recipes & photos to
phillip.r.whitaker@jtfgtmo.southcom.mil



Eating healthy does not mean that you have to eat bland, basic, boring food. Avoid the three B's of healthy eating by dusting off your grill and finding new ways to flavor your meals. Enjoy your margarita chicken and until next time **GO, FIGHT, WIN!**



RECIPE	SERVES
MARGARITA CHICKEN	4
CHEF Phil Whitaker RESTAURANT Phil's Grill	
LEVEL OF DIFFICULTY	
EASY REASONABLE WORTH THE EFFORT	

INGREDIENTS

- Margarita mix
- 2 small tomatoes
- 1 Bell pepper (your color choice)
- 1/3 cup fresh lime juice (4 limes)
- 1/4 cup olive oil
- 2 tablespoons tequila (optional)
- 1 teaspoon chili powder
- A pinch of salt and pepper
- 4 boneless, skinless, chicken breasts
- Shredded cheese
- Rice (optional)

METHOD

1. **Marinate thawed chicken** in your choice of margarita mix overnight.
2. **Place all of the ingredients**, except for the chicken, tomatoes, and bell pepper, into a gallon-sized zip top plastic bag. Squish to combine. Add chicken, seal bag, and turn until chicken is covered in mixture.
3. **Coat the grill** with a nonstick cooking spray. Cook chicken on low heat for 10-12 minutes on each side. Serve immediately. Grilling on low heat keeps the chicken tender and juicy while still cooking thoroughly.
4. **Dice the tomatoes** and bell pepper and mix in bowl with olive oil and lime juice.
5. **Prepare the rice** on the stove top or in the microwave.
6. **Place the chicken** on a bed of rice, top with tomato/bell pepper salsa, and finally add some cheese. An additional spray of lime juice will add extra flavor.

	10 FRI	11 SAT	12 SUN	13 MON	14 TUE	15 WED	16 THU
Downtown Lyceum	The Great Gatsby (NEW) (PG-13) 8 p.m.	Evil Dead (NEW) (R) 8 p.m.	Temptation (PG-13) 8 p.m.	Olympus Has Fallen (Last showing) (R) 8p.m.	Admission (Last showing) (PG-13) 8p.m.	Zombie Land (R) 8 p.m.	The Croods (Last showing) (PG) 8 p.m.
Camp Bulkeley	Evil Dead (NEW) (R) 8 p.m.	The Great Gatsby (NEW) (PG-13) 8 p.m.	G.I. Joe: Retaliation (PG-13) 8 p.m.	CLOSED Note: Concessions at Camp Bulkeley are also closed every night until further noticed.	CLOSED Note: Concessions at Camp Bulkeley are also closed every night until further noticed.	CLOSED Note: Concessions at Camp Bulkeley are also closed every night until further noticed.	42 (PG-13) 8 p.m.

Call the movie hotline at 4880 or visit the MWR Facebook page for more information.

GTMO RELIGIOUS SERVICES

For more information, contact the NAVSTA Chaplain's Office at 2323 or the JTF Chaplain's Office at 2305

NAVSTA MAIN CHAPEL

Daily Catholic Mass
Tues.-Fri. 5:30 p.m.

Vigil Mass

Saturday 5 p.m.

Mass

Sunday 9 a.m.

Spanish-language Mass

Sunday 4:35 p.m.

General Protestant

Sunday 11 a.m.

Gospel Service

Sunday 1 p.m.

Christian Fellowship

Sunday 6 p.m.

CHAPEL ANNEXES

Pentecostal Gospel

Sunday 8 a.m. & 5 p.m. Room D

LDS Service

Sunday 10 a.m. Room A

Islamic Service

Friday 1 p.m. Room 2

JTF TROOPER CHAPEL

Protestant Worship

Sunday 9 a.m.

Bible Study

Wednesday 6 p.m.

GTMO BUS SCHEDULE

All buses run on the hour,
7 days/week, from 5 a.m. to 1 a.m.

Bus	#1	#2	#3	
96 Man Camp	:31	:51	:11	
Camp America	:00	:20	:40	NEX :33 :53 :13
Gazebo	:02	:22	:42	Gold Hill Galley :37 :57 :17
NEX Trailer	:03	:23	:43	Windjammer/Gym :36 :56 :16
Camp Delta 2	:06	:26	:46	West Iguana :39 :59 :19
KB 373	:10	:30	:50	TK 1 :40 :00 :20
TK 4	:12	:32	:52	TK 2 :43 :03 :23
JAS	:13	:33	:53	TK 3 :45 :05 :25
TK 3	:14	:34	:54	TK 4 :47 :07 :27
TK 2	:15	:35	:55	KB 373 :50 :10 :30
TK 1	:16	:36	:56	Camp Delta 1 :52 :12 :32
West Iguana	:18	:38	:58	IOF :54 :14 :34
Windjammer/Gym	:21	:41	:01	NEX Trailer :57 :17 :37
Gold Hill Galley	:24	:44	:04	Gazebo :58 :18 :38
NEX	:26	:46	:16	Camp America :00 :20 :40

GTMO Beach Bus Schedule

Saturdays and Sundays only

Location	Run #1	Run #2	Run #3	Run #4
Windward Loop/ East Caravella	0900	1200	1500	1800
SBOQ/Marina	0905	1205	1505	1805
NEX	0908	1208	1508	1808
Phillips Park	0914	1214	1514	1814
Cable Beach	0917	1217	1517	1817
NEX	0925	1225	1525	1825
Windward Loop/ East Caravella	0930	1230	1530	1830
SBOQ/Marina	0935	1235	1535	1835
Return to Office	0940	1240	1540	1840

SAFE RIDE – 84781

JOINT MEDICAL GROUP & JSMART PRESENTS

STRESSED OUT?

HAVING ANY DEPLOYMENT ISSUES AND NEED TO TALK TO SOMEONE? MAYBE JSMART CAN HELP!



-TRYING TO QUIT SMOKING?
-HAVING SLEEPING PROBLEMS?

LOCATION: ON THE JTF SIDE BEHIND THE MAIL ROOM AND CHAPEL

PHONE: 2321

PHONE (AFTER WORK HOURS): 3566

HOURS OF OPERATION: MON - FRI (0600 - 1700)

AVAILABLE AT JTC MON, WED, FRI FROM 0730 - 1130

TUNE IN TO 102.1 FM EVERY FRIDAY AT 1200-1400 FOR SOME
JSMART INTERVENTION ON VARIOUS TOPICS

BE **SMART** ABOUT YOUR WELL BEING... **JSMART**