JTC Dental Services
One smile at a time

SUDS
Volunteers help Wounded Warriors
Mentorship

Army Master Sgt.
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According to leadership and mentoring guides, mentorship refers to a personal development relationship in which a more experienced or more knowledgeable person helps a less experienced or less knowledgeable person. The receiver of mentorship was traditionally referred to as a protégé or apprentice, but with the institutionalization of mentoring, the more neutral word mentee was invented and is widely used today.

Although one can find a written definition of a mentor or mentorship, there isn’t a specific process to choose a mentor. Mentors may be chosen by mentees based on a myriad of reasons. It may be because of a specific skill set, work ethic, similar religious beliefs - or they may simply work in the same professional environment.

Mentors create and inspire new leaders by instilling faith in their current abilities. They develop and teach the leadership skills which help mentees realize their future potential. A responsible mentor also provides guidance that supports the mentee’s career goals, ensuring that success is based upon the accomplishment of the mission and not just personal desires.

Mentors can be trusted to foster a positive working environment by helping Troopers understand their individual roles, as well as the importance of team effectiveness. Some mentors do not realize they are even being looked at as mentors, as they are often being viewed from a distance. That is why it is important that a posture of “leadership by example” is maintained at all times.

A mentor comes with a wealth of knowledge, and experience and acts as a role model. Mentors, as the old cliché goes, that have “walked the walk,” can actually “talk the talk.” Having this knowledge and experience makes it easier for the mentor and mentee to relate. A good mentor will be able to not only identify strengths, but the weaknesses of a potential leader. By identifying these critical areas, courses of action can be taken to affect a specific change, if required.

A mentor is knowledgeable and focused on accomplishing the mission, yet understands that patience is a necessary virtue in a leader. With changing times and changing mindsets, change is something a mentee must go through. Change is an inevitable part of the process; therefore a certain level of patience is required in order to influence the outcome of certain actions, events or missions.

Mentors facilitate the very important role of preparing their mentees for upcoming windows of opportunity. Good mentors can provide a great foundation for future leaders, but it is important that we all understand that learning should be put ahead of competition. Although healthy competition is good, accomplishment of the mission is the purpose for which we serve.

I know that all mentors are not chosen, but everyone plays an important role in affecting or not affecting change. Have you chosen a mentor? Who are you mentoring? 🌟
One smile at a time

Service members at Joint Task Force Guantanamo do not have to travel far for the promise of a great smile. The Joint Trooper Clinic provides dental services such as routine cleanings, fillings, surgeries, root canals and extractions to keep Troopers’ teeth healthy.

“If a servicemember is part of JTF-GTMO, they will be seen here for medical and dental services,” said Navy Hospitalman 3rd Class Dominique Navarro, a prophylaxis technician at the dental clinic.

The staff at the dental clinic offers preventive care, which includes yearly exams, cleanings, additional applications of fluoride or sealants, some oral surgeries, fillings, x-rays, and sick call services for JTF personnel. While they take care of many things, there are some procedures that the clinic’s regular staff cannot perform, such as certain types of root canals.

“The teeth in the back have more than one root so the procedure can become complicated,” said Navy Lt. Cmdr. Richard Adcook, a JTF dental officer.

For more complex procedures, like endodontics, a branch of dentistry that deals with diseases of the tooth pulp and the tissues surrounding the root of a tooth, a specialist is flown in periodically to perform surgery.

“The dentist will evaluate the patient first and if a root canal is needed, the patient’s name is added to a list of personnel requiring that specific treatment,” Navarro said. “When the endodontist is on island, which is about every three months, all service is suspended to accommodate the patients in need of the specialist’s services.”

According to Navarro, the staff follows a daily routine to ensure they can accommodate the most patients.

“In the mornings we conduct sick call. I also have on average three cleanings a day, and the dentist sees at least three patients in the afternoon as well,” Navarro said.

While many of the services offered are by appointment only, JTF personnel can walk in for dental exams. The dentist reviews the patient’s dental records to see if the x-rays are up to date and physically examines the patient’s teeth to determine the patient’s needs.

“Walk-ins are for sick call and exams,” Navarro said. “If personnel need a yearly exam, they can just walk in.” The dental clinic walk-in hours are from 7:30 to 10 a.m. every weekday except Thursday. Cleanings are from 7:30 a.m. to 3 p.m., and fillings are performed from 1 to 3 p.m.

Navarro says the waiting time to be seen is generally not long, so Troopers who need to see the dentist should not worry about spending a lot of time in the waiting room.

“It is rare that we are booked up. Last month, we had a company leaving and they wanted all the members to see the dentist. The staff handled the huge flood of patients in a week and a half,” Navarro said.

One situation that can hinder the staff from offering their services to the Troopers is if the patient’s dental records are not on file at the dental clinic. Adcook says Troopers need to make sure to bring their records with them if they are not already on file at the clinic.

“Since those individuals that do not have records here, we may be able to only treat them for current problems that arise, like pain or infection,” Adcook said.

With a minimal staff to serve the more than 2,000 GTMO Troopers, Adcook and his staff show their commitment to healthy smiles and personnel.
Imagine yourself on patrol in Afghanistan or Iraq and all of a sudden your convoy comes under attack; small arms fire and explosions surround you. A loud blast goes off near your vehicle and the next thing you know you are in a field hospital getting ready to be medically evacuated to Walter Reed Army Medical Center.

Most of us wouldn’t be thinking of scuba diving after this experience, but that is exactly what is waiting for them if they are willing.

Wounded service members at Walter Reed Army Medical Center and the National Naval Medical Center get the opportunity to heal both physically and mentally by learning scuba diving with Soldiers Undertaking Disabled Scuba. SUDS teaches adaptive scuba to service members disabled in Operation Enduring Freedom or Operation Iraqi Freedom who participate in physical therapy or occupational therapy programs.

Eight wounded warriors came to Naval Station Guantanamo Bay with certified scuba instructor John Thompson for a four day dive excursion from Aug. 26–31. Thompson, the president of SUDS, has certified more than 150 injured service members since 2007.

“This continues to be the most rewarding project I’ve ever been involved in,” Thompson said. “These men and women have amazing stories and are great Americans; all I want to do is give them back a sense of normalcy.”

Air Force Explosive Ordinance Disposal Technician Tech. Sgt. (Ret.) Adam Popp was defusing an Improvised Explosive Device in Afghanistan’s Paktia province Dec. 7, 2007, when a secondary IED exploded, injuring his right leg. Popp’s leg was amputated, and he was medically evacuated to Walter Reed Army Medical Center where he underwent multiple surgeries before meeting Thompson during a physical therapy session at the Walter Reed pool.

“John was persistent about me learning how to scuba, and before I knew it, I was getting certified in the pool at Walter Reed,” Popp said. “Now I’m here in Guantanamo on my third trip with SUDS.”
I left “The Expendables” feeling like I’d watched an hour and a half of amazing YouTube clips. The movie has no story to speak of, but the action is awesome. Viewers will leave the movie wondering what the heck just happened, but will also be screaming over one another to say which action scene is their favorite.

The movie opens on board a ship in the Gulf of Aden that is being hijacked by Somali pirates. To save the poor shaking civilian sailors, in swoops an eclectic group of mercenaries, the Expendables. The team is made up of leader Barney Ross (Sylvester Stallone), blade specialist Lee Christmas (Jason Statham), martial artist Yin Yang (Jet Li), sniper Gunnar Jensen (Dolph Lundgren), weapons specialist Hale Caesar (Terry Crews), and demolitions expert Toll Road (Randy Couture). The all-star cast works well together in creating humorous rapport throughout the movie.

The team takes down the pirates with ease, but friction is caused when Yang attempts to stop Jensen from hanging one of the pirates. Ross intervenes and stops the obviously psychotic Jensen from killing Yang. Once they are home, Ross decides to cut Jensen due to his mental instability.

The next job is set up quickly when Ross and fellow mercenary Trench (Arnold Schwarzenegger) meet with killing organizer extraordinaire Mr. Church (Bruce Willis). Trench is too busy with political endeavors to accept the latest job, so Ross hops on the chance to take more lives and rack up more property damage.

Ross and Christmas head down to Vilena, a fictional island in the Gulf of Mexico, to conduct reconnaissance before sending the full team in to overthrow the brutal dictator in charge there. Not long after they land, Sandra, their contact for the mission, meets them and shows them around. The mission goes wrong when Ross finds out some shady information that causes him to abort the mission.

Getting off the island proves to be difficult as Ross and Christmas fight their way back to their plane and then pull off some spectacular stunts, such as dropping fuel on a pier and setting it ablaze with a flare as they fly off.

Once back stateside, Christmas goes to see his ex-girlfriend Lacy (Charisma Carpenter) and finds out her new boyfriend is beating her. They drive to a basketball court where the guy and his friends are playing. Christmas makes quick work of all of them, finishing with a nifty flare when he hits the guy in the chest with a basketball while he’s on the ground and flips out his knife to deflate it. After this display of hardcore manliness, Lacy decides the mystery surrounding Christmas is not so bad anymore.

While Christmas is taking names, Ross is facing his own woman issues. Even though he scrapped the mission in Vilena, he cannot stop thinking about Sandra. He decides to go back and fix the problems oppressing her. He tries to do it on his own, as it’s now a personal issue for him, but the Expendables will not have any of it, so the gang gears up and heads out.

Vilena round two goes pretty much the same as round one, with the only difference being the whole gang is there and more things go boom.

The Expendables will not win an Oscar for best screenplay any time soon, but if there was a category for most original killing scenes or one for pretty sweet blade work, it would take those easily. The cast is full of talent, and the action reminds you of old school Segal or Van Damme. Even Randy Couture, who I was expecting to make fun of, subtly of course as to avoid him taking my life, did a good job in his role.

R
103 minutes
Rating: ★★★★★
Diving from the secluded beaches at Naval Station Guantanamo Bay offers a unique look at some of the most pristine dive spots in the Caribbean.

"The diving is great, you’re one-on-one with the volunteers who really know the dive spots," Popp said.

The wounded warriors look forward to Guantanamo dive trips, Thompson said.

"We go on a bunch of trips throughout the year, but this is the trip everyone wants to come on," he said. "The people here are so welcoming and helpful, the volunteers are incredible."

Volunteers from Naval Station Guantanamo Bay and Joint Task Force Guantanamo were eager to help the wounded warriors.

"SUDS is an incredible cause - these guys have given everything for this country so it’s nice to give a little back," said Air Force 1st Lt. Jessica Rapagnani of the Joint Task Force J-1 Directorate.

The wounded warriors appreciate the support given to them by all the service members assigned to Guantanamo.

"I want to personally thank everyone here in Guantanamo. They don’t get enough thanks for what they do. They have a tough mission and they have made it really easy for us to dive," said Army Maj. (Ret.) J.D. Greer.

All the wounded warriors, who made the trip to Guantanamo dive for their own personal reasons and are very independent people who don’t dwell on their disabilities.

"When you get in the water all of your disabilities go right out the window and everyone is on a level playing field," Popp said. "It is really soothing and really relaxing… there are no worries when you are underwater."
Air Force Chaplain (Capt.) Sharior Rahman, an imam, recently provided Muslim service members and civilians with counseling and religious services during his visit to Joint Task Force Guantanamo and Naval Station Guantanamo during the beginning of Ramadan.

Rahman said there are approximately 25,000 active duty service members who follow the teachings of Islam, with about 20 of those currently stationed at GTMO.

“It is great being here and talking to everyone,” Rahman said. “I consider it an honor to be the one to come and hold services for Ramadan.”

This trip to GTMO is not the first for Rahman, he was stationed here in 1998 as a Navy Hospital Corpsman. During that time, he was a base Islam lay leader and spent time helping base chaplains. After leaving the Navy, he went through many obstacles to put the crescent, the symbol of his faith, on his uniform.

“No many institutions have the program to allow one to become a Muslim chaplain,” Rahman said. “You need a lot of graduate-level credits, and the classes are very strenuous.”

His hard work to become one of only two Air Force Muslim chaplains, and one of only 11 in the entire U.S. military, is appreciated by those at GTMO who do not have regular access to an imam.

“Some people may be uncomfortable being open about their faith, especially in these times,” said Zak, JTF-GTMO cultural advisor. “Whenever the chaplain comes, it gives the message everyone has the right to practice their religion.”

The jumu’ah prayer is mandatory for all Muslim males above the age of puberty and takes place Friday shortly after noon. Those with legitimate reasons for missing jumu’ah are excused. Service members are a prime example of those who would be too busy to attend jumu’ah prayer.

DoDD-1300.17, the military’s guidance on religious worship, states “worship services, holy days and Sabbath observance should be accommodated, except when precluded by military necessity.” Rahman says this directive is especially helpful to Muslims, whose holy day is Friday.

Mission comes first, and Rahman mentioned that fasting, which is mandatory during Ramadan with exceptions for the elderly or pregnant women, can be difficult for those at GTMO, especially the camp guards, who spend many hours in the sun. Those fasting should make sure to properly hydrate once the sun goes down.

Rahman’s visit to GTMO is beneficial not only for the Muslims living here, but also to those who have never had the chance to attend an Islamic service or receive information on the religion from one of its leaders.

“The most important thing we can do as humans is educate ourselves,” Zak said. “Education and respect will change the world.”
Reserve your vote

JTF Guantanamo Public Affairs

Deployment can happen at a moment’s notice for service members, and it is not uncommon to be deployed thousands of miles from home.

During an election year, this makes local polling offices out of reach. Absentee ballots are available to ease the voting process from abroad, including those here at Joint Task Force Guantanamo.

Making your vote count is easy through the Federal Voting Assistance Program (FVAP) which has a website at www.fvap.gov. Many service members received information about the FVAP via mass email which included a link to the site and a brief description of the services offered.

There are 67 days until the Nov. 2 election, and service members are encouraged to exercise their right to vote.

The FVAP recommends that absentee ballots be requested as soon as possible. Federal law requires all states to begin mailing ballots at least 45 days prior to the election, but this may not be enough time for service members to receive their ballots.

To aid in the delivery of ballots, the Military Postal Service Agency, along with the U.S. Postal Service, will provide free expedited ballot delivery and tracking beginning Sept. 1.

This service is not limited to members of the uniformed services, but is also offered to family members who are also stationed abroad.

Voter registration requirements have to be met in order to vote while out of state. If you have not registered in your home state, it can be done along with the absentee ballot request submitted on a Federal Post Card Application.

With many moving parts in this process, the possibility of mail not being delivered in a timely fashion depends on how far it has to travel.

If a service member has requested an absentee ballot prior to Oct. 2 and has not received it by then, he or she can use the Federal Write-In Ballot. This ballot acts as a back-up ballot. In order to be eligible for its use one must have requested a regular ballot from respective state no later than 30 days before the general election, not received a regular ballot and be absent for voting in their U.S. place of residence.

Dwight D. Eisenhower once said “The future of this republic is in the hands of the American voter.” Take advantage of this opportunity and cast the vote that may decide the an election.
Labor Day Weekend

Event Schedule
Saturday, Sept. 4

0800   Golf Tournament, $20 per team
0800   Paintball Tournament, $20 per team
1900   Meet & Greet “Bowling for Soup” at O’Kelly’s Irish Pub, Free!

Sunday, Sept. 5

0900-1800 Floatie Fun Day at WJ Pool
1900   Major League Eaters at Tiki Bar
2000   “Bowling for Soup” Concert at Tiki Bar, Free!

Monday, Sept. 6

1400 - 1700 Family Bowling Fun!
          Only $1.75 per game, includes shoes
1700   “Bowling for Soup” Meet & Greet at Teen Center, Free!

MWR Guided Scenic Bike Rides

Sept. 4, Beginner - 6.8 miles
To the Lighthouse Museum
Will be able to view the museum

Sept. 11, Beginner - 8 miles
To Cable, Girl Scout and Glass beaches
Sept. 18, Intermediate - 11 miles
To Windmill Beach

Boots on the Ground

With the NFL season coming up, which team will you be rooting for? Why?

Air Force Master Sgt. Richard Jones

“Dallas Cowboys — one of the NFL teams with five Super Bowl wins and great cheerleaders.”

Coast Guard Machinery Technician 2nd Class Julian Rossi

“Chicago Bears — because I am from there.”

Army Spc. Jennifer Norigenna

“New England Patriots — I’m a New England fan all the way.”

Marine Lance Cpl. Kyle Reniere

“Denver Broncos — they’re my favorite team.”

by Army Spc. Juanita Philip
“In those days...every man did what was right in his own eyes. Judges 21:25

A noted broadcaster once stated, “I have become convinced there is no one truth, nor two; there are often several truths.”

While such thinking might be acceptable when attempting to decide whether mountains are more beautiful than beaches, or whether chocolate or vanilla ice cream tastes better, this philosophy leads to the disturbing state of moral relativism.

When truth is in the eyes of the beholder, society deteriorates into moral chaos where each individual chooses for himself what is right. In such instances restraint on the vices of society can only be attained through fear and intimidation of the powerful. When the nation of Israel followed this path in the Old Testament the result was lawlessness; period of decline known as the “Dark Ages of Israel.”

Just as the laws of physics and mathematics do not become null and void because they are beyond our ability to comprehend, so should moral absolutes, regardless of our willingness to accept their existence. These truths are not the invention of religious fanatics seeking to impose theocracies on the public, but are God-given principles which govern human behavior. God expects us and commands us to do what is right. He does not offer this as an option, but as that which is necessary for a society to function orderly and decently, and for us individually to be happy and coexist with our neighbors.

“He has told you, O man, what is good. And what does the LORD require of you, but to do justice, to love kindness, and to walk humbly with your God?” (Micah 6:8) Moral absolutes are given to us by God. These should be viewed as nonnegotiable and serve as a foundation of our value systems. Good and evil are not esoteric concepts, but realities which shape human behavior. The best criteria to use, when struggling, with a decision is to ask yourself, “What is the right thing to do?” This always leads to the best result. Let us strive to be good in all that we do and say.

(Right) Army Sgt. Edward Jones, a combat medic with the 525th Military Police Battalion, evaluates a simulated casualty during Warrior Task Training, Aug. 25. — JTF Guantanamo photo by Navy Mass Communication Specialist 3rd Class Joshua Nistas

(Left) Army Sgt. Damita Furlonge, with the 786th Combat Sustainment Support Battalion, stamps a check-out sheet. — JTF Guantanamo photo by Navy Mass Communication Specialist 3rd Class Kellie Bliss

(Right) Army Sgt. Edward Jones, a combat medic with the 525th Military Police Battalion, evaluates a simulated casualty during Warrior Task Training, Aug. 25. — JTF Guantanamo photo by Navy Mass Communication Specialist 3rd Class Joshua Nistas

(Around the JTF) Friday, Sept. 3, 2010