

The WIRE

An award-winning
JTF journal

Tropical Storm Isaac?

Isaac leaves GTMO a little wet, but unharmed

Flag football is back

Play like you're in the NFL – with flags

Plus

The body of Cook

EOD makes things go boom

A Baker's volunteer story



COMMAND CORNER

CAPT. W. ANDREW DOCHERTY
CHIEF OF STAFF, JTF GUANTANAMO

“Now is the time for us to reflect, not just on the lessons of war, but on who we are and what we do. We are a Profession of Arms, guardians of the Constitution who reflect our Nation’s ideals. We are military professionals – every officer, enlisted and civilian – not because we say so, but because of how we serve.” – Gen. Martin Dempsey, Chairman of the Joint Chiefs of Staff

With a room full of Commanders, Deputy Commanders, executive officers, command master chiefs and senior enlisted leaders, I attended an excellent training session on sexual assault prevention earlier this week, during which we looked at the problem from a slightly different angle and worked to identify the various shades of wrong that enable this devastating crime to continue pervading our ranks. It was called Sexual Assault Prevention and Response (SAPR) Triad training, and the session was designed to help us kick off a campaign in which we’ll work together as a Joint Force to increase sexual assault awareness, reinvigorate efforts to encourage open communication and timely reporting, appropriately hold offenders accountable, and provide responsive victim services.

We’ve all been through some level of sexual assault prevention training in the past, and I believe we are a better force because of it. The training, awareness, and leadership efforts we have made so far have helped prevent countless incidents and have led to immeasurable improvements in trust, respect, and communication in our workplaces and across our units. But we have so much further to go in order to completely eradicate this criminal behavior

which is destroying cohesiveness, crushing morale, and leaving so many devastated lives in its wake. Only by working together can we bring the number of assaults down to zero and free our ranks from the grip of this insidious crime which victimizes individuals, units, and our entire force.

For units, efforts start with training to ensure members fully understand the crime, recognize inappropriate behavior, and are aware of the various tools available to help stop potential assailants before they have the chance to victimize a shipmate, a battle buddy, a family member, a friend, or a stranger.

Only by working together can we bring the number of assaults down to zero.

For individuals, most of us were equipped with the most fundamental tools for sexual assault prevention at a very young age: a moral compass, the understanding of right and wrong, and a desire to treat others with the dignity and respect with which we would like to be treated in return. Those tools are exceptionally important, and when used correctly, they can make all the difference in the world. Please keep these basic tools in mind during training and discussions regarding sexual assault prevention.

Every one of us knows what is right and what is not right. We all can recognize criminal behavior when we see it. And we serve and sacrifice in the profession of arms because we are called to do what we know to be honorable and right. Over the coming months we will come together in a campaign to heighten our awareness of this continuing scourge and to hone our skills in applying every available resource to stamp out sexual assault once and for all.



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JOINT TASK FORCE GUANTANAMO

SAFE • HUMANE • LEGAL • TRANSPARENT

NEWS FROM THE BAY

Safe Ride!

Out drinking? Thinking about driving? Put the keys down! Save your life, the lives of others, and your career.
Call 84913/84781.

Display good Mule or Gator etiquette!

How would you like to receive a smile and a friendly wave from other drivers? Practice good etiquette when driving a Gator or Mule. That doesn’t mean a gator reading Emily Post and wearing a monocle; it means thinking about others on the road. Pull over for faster-moving vehicles and you will receive a friendly wave. Consideration of others on GTMO roadways is part of defensive driving. Do your part!

Filter in concert

Looking for excitement this Sunday? Come out and see alternative band Filter, known for their song “Hey Man, Nice Shot,” performing at the Tiki Bar from 10 p.m. to 12 a.m. This is a free event for all hands 21 and up.
For more information, call 4882.

I need a damage report, Mr. Scott!

To report any weather-related damage, please call the Public Works Trouble Desk at 4424.



Report your storm damage to Public Works!

Use J-4 for all your official travel needs!

Need to go on official travel, but not sure how to do it? Don’t sweat it! You have people for that!
For all inquiries regarding official travel, such as emergency leave, temporary duty, permanent change of station, R&R leave, or medevac flights, please contact Staff Sgt. Williams, J-4’s passenger/embarkation chief, at 3011 between 8 a.m. and 4 p.m. Monday to Friday.
J-4 is located in Building 906, Room 101.
For Space A travel, call the NAVSTA Air Terminal at 6204.

Enrich yourself!

CLEP and DSST testing have returned. You can earn college credit for free! Register at www.ccis.edu/guantanamo.

Ladies Night at the Windjammer

Every girl needs a night out with her friends. What better way than with cocktails, snacks, music, prizes and “Magic Mike?” MWR will host the “Live Laugh Love” ladies night tomorrow from 5:30 to 7:40 p.m. at the Windjammer Ballroom.
Catch a bus from there to the Downtown Lyceum to watch the premiere of “Magic Mike” at 8 p.m.
For more information, call 75351.

Learn to read music!

Want to learn what all of those weird arcane symbols on sheet music mean? There’s a class for that!
An eight-week basic music theory for adults class begins Sept. 14 at the W.T. Sampson High School band room. Class runs from 5:30 to 6:30 p.m. and costs \$120.
Register by Sept. 7 at the Child Development Center to secure your seat.
For more information, call 77302.

Don’t get eaten alive!

As the bites on my legs can attest, all the rain we’ve been having has created ideal mosquito breeding conditions.
If you’d like to see fewer mosquitoes, drain as much standing water as you can, turn over unused containers that can collect water, and do not disturb any mosquito trapping equipment that might be in use.
You can also avoid being outdoors at dawn and dusk, wear pants and long-sleeved shirts, and use insect repellent containing DEET.

If you experience headaches, body aches, and have numerous bites, call 72944. Your health could depend on it!

Red Cross closed

The American Red Cross office will be closed until September 10. Red Cross messages can still be sent to 1-877-272-7337.

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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 1,200.

Trooper to Trooper

What does integrity mean to you?

CHIEF PETTY OFFICER GLEN POWELL
MSST SECURITY DIVISION NCOIC

As members of the United States military, we hear words like integrity, honor, commitment and responsibility every day. Of these, perhaps the most confusing idea to grasp is integrity. Is it a complicated set of ethics that can vary according to a particular moral consideration or a specific set of circumstances, is it abiding by the laws in the civilian world and by military orders without causing problems or complaining, or is it simply doing the right thing because it is the right thing to do?

I have always believed that the concept of integrity collectively encompasses many of the other beliefs and ideas that we as military members hold as our core values. One way to think of integrity is the quality of having principles, of being responsible, reliable, and trustworthy.

Webster's defines integrity as: firm adherence to a code of especially moral values; an unimpaired condition; the quality or state of being complete or undivided.

I know the concept of integrity can be quite frustrating in this day and age, and at times disheartening. It seems that every other day we see in the news where another investment banker has cheated clients; where a doctor is found billing the government for Medicare treatments

that may not have been needed. And as a group, our elected leaders are losing the confidence of the American people because they say one thing and do another, and as a group, "we the people" are being so conditioned and inundated by it that we hardly notice anymore. But, who are you when no one is watching? What type of person do you want to be? As you become increasingly self-aware of who you are, of the quality of job you do, and of how you are seen by those around you, the question then becomes, how much do you care?

If your definition of integrity is doing the right thing when nobody knows or even notices, then you understand the concept more than you might think. Doing your job to the best of your abilities everyday not only makes you a better Soldier, Sailor, Marine, Airman or Coast Guardsman, it makes you a better person. By acting and behaving consistently, being reliable, and trustworthy, and by using your own

principles (and not those of people around you), you will begin to find that those close to you will see you as a person of integrity: as someone they trust. It is a description that is earned, and one that should be valued.

Whether it is military leaders, business leaders or public officials who shamelessly enrich themselves at the expense of those they lead, or just the public in general, they reflect poorly on themselves and their respective organizations. Their actions enrage us, and at the same time, disappoint us greatly. Why? Because they failed to do the right thing. It need not be any more complicated than that.

So, what does integrity mean to you?



BOOTS ON THE GROUND

How did you prepare for the tropical storm?



"I stayed in a K-Span (steel building) overnight."

Steelworker 2nd Class
William Jenkins



"I moved boxes of MREs for the MPs."

Construction Mechanic 2nd Class
Andrew Burns



"I checked my SGLI and emergency contact data. Most of all, I listened to the advice of our fantastic leadership."

Spc.
John Dupree



"I issued out a lot of communications equipment and then followed the hurricane preparedness checklist."

Cpl.
Jeremy Risner

Buy a brand new set of wheels with ENCS!

By Sgt. 1st Class Kryn Westhoven

For more than 45 years service members stationed around the world have taken advantage of the opportunity to purchase a new car, truck or motorcycle at discounted prices. That tradition of providing a unique service overseas is offered by the Exchange New Car Sales (ENCS) office in the Navy Exchange plaza at Guantanamo Bay.

The ENCS is similar to web-based car-buying services offered by USAA and Navy Federal with one big difference. You get to work directly with a person. "We are an elevated form of a liaison," said Amy Duley, ENCS consultant.

A drawback is if you wanted to buy a Chevrolet Silverado or Cadillac Escalade, you're out of luck. ENCS only offers vehicles from Chrysler, with the Dodge and Jeep brands, and Ford, along with its luxury brand of Lincoln.

If you are looking for a two-wheel mode of transportation, this is one of a few ways to purchase a Harley-Davidson motorcycle at a discount.

Using the vehicle manufactures' websites, decide from the myriad of options and colors to get a MSRP (Manufacturer's Suggested Retail Price) cost. While surfing the web you can research the financing or rebates being offered by the car makers.

The ability to customize the vehicle is one of the most popular comments made by customers to the www.encs.com website. "You're starting from scratch," noted Duley. Consumers are not restricted to what is available on a dealer's lot.

A total customized purchase can add time to stateside delivery. It is recommended that you start the process a month before your scheduled return to the U.S. If the exact color or options for the vehicle are not available at local dealers, the ENCS can view inventories across the country to find a match.

When you visit the ENCS office you need to bring an ID card and your orders. You fill out a form to outline the vehicle and options you want. The customer service representative starts the process by going through each available choice or package of options for that vehicle.

The conversation will go into optional warranties and vehicle protection services, but there is no pressure from the ENCS



representative. Instead they provide information on the services so the consumer can make a thoughtful decision.

Review the Order Acceptance paperwork to make sure it is everything you want and all possible rebates have been applied. The order sheet shows the pre-negotiated price versus the MSRP to highlight the savings. Sign the papers and provide a \$1,000 cashier's check as a deposit.

Consumers now have to secure the financing for the vehicle. Visit your finan-



cial institution either online or in person for the required loan. If for any reason you do not secure financing within 10 days of your order, ENCS will refund your deposit. The lender will need to provide a Letter of Intent once the loan is approved.

Refunds are another plus with purchasing through ENCS. If a change in your PCS or TDY orders affects the delivery of your new car, the customer has the right to cancel your order and receive a full refund.

Additional customer protection is provided in the guarantee your vehicle will be delivered exactly as specified on your Order Acceptance, or ECNS gives you a full

refund. This protects consumers against factory increases in the price of the vehicle and changes in rebates before delivery. When it comes to rebates if the amount increases from the date of Order Acceptance until delivery, you will receive the benefit of the higher rebate.

When it comes to price ENCS guarantees the lowest price or you get a refund for the difference. You have 14 days after delivery to get the refund. Speak to the ENCS consultant for the details on the program.

Take your Letter of Intent from the lender to the ENCS office. Confirm the delivery date and the dealer where you will pick up the vehicle. ENCS guarantees that your vehicle will be delivered at the exact location and time promised on the Order Acceptance. Buyers can track the order through the ENCS website or speak with their consultant.

Finally, get to the dealership on the delivery date to pick up the exact vehicle you ordered. The buyer should be in contact with dealer to make sure the delivery date is good and everything will be ready.

"We just want people to have good deal," added Duley. A smart consumer can get just that and a good deal more from the Exchange New Car Sales program exclusive rebates and discounts.

The ENCS office is open weekdays 3 to 6 p.m. and Saturdays from 10 a.m. to 1 p.m. Call 74227 to see how busy they are before you stop in.

Breaking through the language barrier

By Army Sgt. Saul Rosa

Communication is a leading factor to success in any work environment. But, when a group is hindered by barriers, success is hampered as well. Many would consider language one of those barriers.

However, you couldn't consider language a barrier in the Joint Personnel Center. With nearly half the staff native Spanish speakers and the other half not able to speak Spanish, trust, open communication and understanding is the key to success.

"We learn more about each other every day," said Air Force Capt. Andrea Tileston, the Joint Personnel Center officer in charge. "We're a really good team."

"If I have any doubts [about what people are trying to ask], I just ask," said Spc. Heide Diaz, a native Spanish speaker. "The teamwork here is really good and most of us are fully bilingual. But, I ask people to just speak slower. If I'm not sure about what I am trying to say, I slow down and think about it and then answer the question. I try to make sure people understand what I said and I understand what they said, but if I have any doubts I just ask."

Diaz and her fellow Spanish speakers strengthen the office through their diverse backgrounds and experiences.

"I'm a proud member of the Puerto Rico National Guard," said Diaz, a Puerto Rico native.

"[People] join for many different reasons," said Diaz. "But I joined because I wanted to do something different. I wanted more opportunities."

Diaz has served in the Puerto Rico National Guard for four years.

"Once I joined, I realized I liked what I did," said Diaz. "Being in the National Guard let me work in my civilian [career], and just do something else for my own country. You're capable of doing things that not a lot of people can do, so I'm proud of being part of it."

Raised in southern Puerto Rico, Diaz learned English as a second language in school.

"It was difficult to learn how to speak English, because we learn how to write it and read it before speaking it," said Diaz. "I think that's why some of us have accents."

Diaz explained that for her to improve



her English, she spoke with people who knew the language well and watched movies in English with Spanish subtitles.

Even though Diaz speaks English well, she explained that she and other Spanish speakers slip into their native language out of habit and comfort.

"[I] don't do it on purpose," said Diaz. "I feel like I'm in my own environment when I'm speaking my own language. You don't feel like a stranger in another place."

Troopers who are deployed use many methods to remember home, for Diaz speaking Spanish is a means for remembering her home and family.

Although this is Diaz's first deployment, she used Spanish as a comfort tool and a way to connect to others in basic training and advanced individual training (AIT). However, in AIT she ran into issues with non-Spanish speakers who were upset by not being able to understand what she was saying.

Diaz explained that her drill instructor spoke with them about the conversations and then explained to the Soldiers the rules for speaking other languages in the Army.

"He told us 'they are on their free time,'" said Diaz. The drill instructor

Service guidelines for language in the workplace

Because there are many Troopers who are bilingual in the modern military, there are times when one language needs to be used to enhance communication for the group and every branch has set up regulations to help leaders establish this.

- Operational Navy Instruction 5334.1F explains for the Navy, commanders may issue an order that only English may be spoken in a work place when they have a legitimate, non-discriminatory reason for the rule, such as ensuring everyone on the bridge understands the orders to the helm.

- The U.S. Marine Corps and Coast Guard follow the Equal Employment Opportunity Commission's Code of Federal Regulations. Rule 1606.7 explains that commanders can issue rules requiring English be spoken when conducting official duties.

- The Air Force's official language is English. Air Force personnel must maintain sufficient proficiency in English to perform their official duties, according to Air Force Instruction 36-2706 Section 1A Line 1.12.

- Similar to the Air Force, the Army Regulation 600-20 Paragraph 4-13 states that Soldiers must maintain sufficient proficiency in English to perform their military duties. Their operational communications must be understood by everyone who has an official need to know their content, and, therefore, must normally be in English.

explained that they can speak the language they want and that our Army is getting more diverse so Troops need to respect other cultures.

Language may be viewed as an obstacle to some, but it is part of a Trooper's identity and, like the Trooper, adds to team morale and success.

"They really add a lot to the team," said Tileston. "We work through our differences and everyone benefits."

NAVY ENTERTAINMENT

Presents



FREE

FILTER

10PM-12AM

SUN SEPT 2

TIKI BAR



Live in Concert
Labor Day Weekend
Open to all Hands 21+



Controlled Chaos: EOD disintegrates old ordnance

By Army Sgt. Saul Rosa

Explosions could be heard throughout the Joint Task Force Guantanamo Wednesday and Thursday. But this was the sound of controlled chaos as the U.S. Naval Station Guantanamo Bay Weapons Department disposed of expired explosive ordnance.

“People don’t believe, but even explosives have shelf lives,” said Petty Officer 1st Class Homer Small, the leading petty officer for the weapons department.

During the weapons department’s explosive ordnance disposal operations, more than 60 composition C-4 explosives, expired ammunition, and an 80 mm mortar were detonated.

To conduct the operation, the weapons department flew in two explosive ordnance disposal technicians from Explosive Ordnance Disposal Mobile Unit 6 Detachment 6, Mayport to detonate the expired munitions.

“They come down and assist in the demolition of all ordnance,” said Small. “It’s a lot more cost effective for the military to bring EOD down here and, in conjunction with the Weapons Department, blow everything up.”

Small explained that the alternative would be loading the munitions in a C-130 aircraft and flying them off the island.

“We’re saving about \$560,000 for each one of these events that we do,” said Navy Lt. Tim Proctor, the Weapons Department officer in charge. “Transport costs for hazardous materials are excruciatingly

high, and the only way to get it off the island is to schedule a C-130.”

However, Naval Station Guantanamo has a range specifically designated for explosive ordnance.

“The Weapons Department controls all the ranges on base,” said Small. “One of our facilities is the EOD range. It’s the only place where we’re approved to do this. It’s out of harm’s way, away from the civilians and the housing, so nothing is really bothered and there is not a hazard.”

In addition to the operation, the Weapons Department used this as a training opportunity.

Proctor explained that this gives the Weapons Department’s gunner’s mates an opportunity to come down and work alongside the EOD technicians. They also brought Navy divers, because they work closely with the EOD personnel, and this gives them a chance to do a training event with the EOD.

“It’s a good experience,” said Petty Officer 2nd Class Cody Cash, a Navy diver. “Every time we get to come and work with them, we learn new skills.”

Petty Officer 1st Class Ryan Waller and Chief Petty Officer Jack Hanson, both EOD technicians, oversaw the training and operation, and conducted the safety checks in between the detonations.

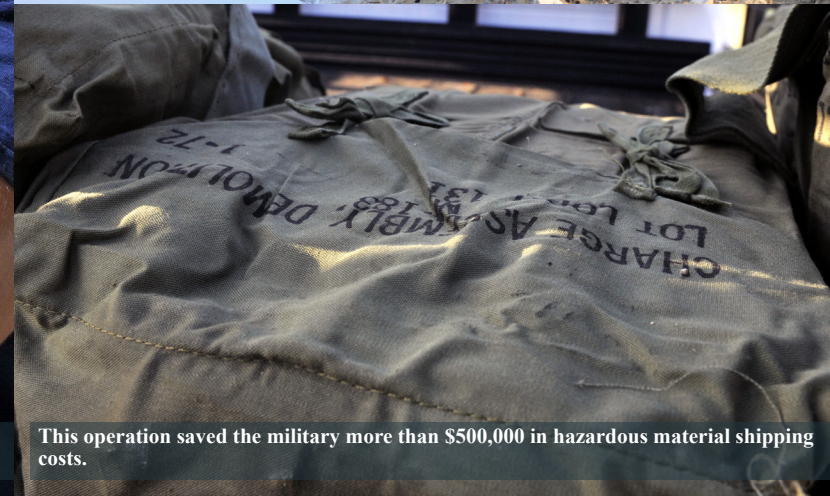
“We enjoyed working with Navy divers and gunner’s mates,” said Hanson. “It’s great for them to be hands on and practice their skills, but whenever you’re dealing with explosive ordnance, it’s best to play it safe and follow the procedures.”



Explosive Ordnance Disposal Chief Jack Hanson watches as a member of the navy divers detonated the explosion. – photo by Army Sgt. Saul Rosa



Explosive Ordnance Disposal Chief Jack Hanson sets up C-4 explosives for detonation. – photo by Army Sgt. Saul Rosa



This operation saved the military more than \$500,000 in hazardous material shipping costs.



Explosive Ordnance Disposal Unit 6 Detachment Mayport assisted in the disposal of more than 60 satchels of C-4 explosives and other expired ordnance. – Video captions of explosion by Army Sgt. Brett Perkins



HURRICANE ISAAC

Ain't No Such Things As Halfway Hurricanes

By Mass Communication Specialist 3rd Class Brian Jeffries

U.S. Naval Station Guantanamo Bay erred on the side of caution in preparation for Tropical Storm Isaac last Friday. Commissions proceedings were rescheduled and media personnel were evacuated. Meals Ready to Eat (MRE) and bottled water were passed out, and Camp America residents found more durable accommodations in the Windward Loop residential area. The entire island banded together and came to a complete halt, leaving nothing to chance and respecting the potential for disaster.

Tropical Storm Isaac didn't quite live up to the hype when the wind and rain finally came. In my opinion, it became the greatest nonhappening since Y2K. Even though there was no natural disaster, Isaac's anticipated hit on the island led to an impromptu training exercise. Soldiers and Sailors who reside in Camp America were relocated to Windward Loop for more sufficient housing during the storm. Senior enlisted personnel and officers were voluntold to open their homes for a couple of days for the

evacuated personnel. The homes there are safer and don't have to be evacuated until the threat of a Category 3 or higher hurricane is imminent.

While Camp America was being evacuated, the inhabitants of the Cuzcos were making provisions themselves. By passing out MREs and bottled water for their resident, the service members there would be better prepared for whatever the storm had to offer. As the Cuzcos can withstand up to a Category 1 hurricane, they were not evacuated.

"I knocked on doors until the person answered or until someone told me where they were," said Petty Officer 1st Class Keith Simmons, M Block Captain.

This was just another step in order to ensure everyone's safety.

Shortly after the island was deemed "all clear" of any sufficient wind or rain, Isaac unleashed its wrath. It swept through Guantanamo Bay throughout the night of August 25, about 24 hours after it was

originally anticipated. Its fury however only led to a few overflowing drainage pipes and puddles. Even though my lawn chair withstood the storm, its presence was enough.

"I want to take this opportunity to thank everyone for their outstanding efforts for the last four days in preparation for Tropical Storm Isaac," said the Naval Station Commander, Capt. John Nettleton, in reference to the base's cooperation preparing for the storm. "I know that many of you have been here for much longer than I have, and although you have been through this before it is extremely important that one does not become complacent."

Being as though it is hurricane season, I am sure that we will go through this process again over the next couple of months. We should all thank Tropical Storm Isaac for giving us something for nothing: a little training without the natural disaster.

"Stay classy, GTMO!" Nettleton added, asking Guantanamo Bay residents to keep up the good work.



Photo by Mass Communication Specialist 2nd Class Joshua Hammond



Photo by Mass Communication Specialist 2nd Class Joshua Hammond



Photo by Mass Communication Specialist 2nd Class Joshua Hammond



Photo by Mass Communication Specialist 2nd Class Joshua Hammond



Photo by Navy Capt. Robert Durand



Photo by Mass Communication Specialist 2nd Class Joshua Hammond

The weather gods are watching...

By Army 1st Lt. Amelia Thatcher

Underwhelming as Cuba's Tropical Storm Isaac experience was, one can never be too safe. As a precaution, Joint Task Force Guantanamo leaders moved Troopers to higher ground prior to the storm making landfall, and that included Soldiers of the 755th Military Police Co.

Long before U.S. Naval Station Guantanamo Bay sounded the all-clear, Maggie, Jackelyn, and Yenixa were ready to go back to Camp America to wait out the storm, which swung much further northeast than earlier weather models predicted.

"We're used to this," Maggie said. "We're from Puerto Rico."

The evacuated Soldiers bunked down with cots and three days' worth of bottled water and Meals Ready to Eat. They sweetened the deal with Hawaiian bread and Nutella. Thankfully, they only needed it for one (rainless) night. They loaded up their gear and moved to the rally point... whereupon the rain began.

"Put on your wet weather gear," Maggie, a non-commissioned officer, told the two privates first class. "You should have your tops."

They dug through their duffel bags and put on their jackets. The rain promptly stopped. Jackelyn started unzipping her plastic coat.

"No, don't take it off!" Maggie exclaimed. "The weather gods know! It'll start again!" Sure enough, a few hours later the tail end of Tropical Storm Isaac grazed Cuba, dumping 2 inches of rain overnight.

Though Murphy's Law of disaster preparedness prevailed (this time), both JTF Guantanamo and the Naval Station were well-prepared for the alternative. Now, it's back to work.

"Mission dictates," Maggie said simply.

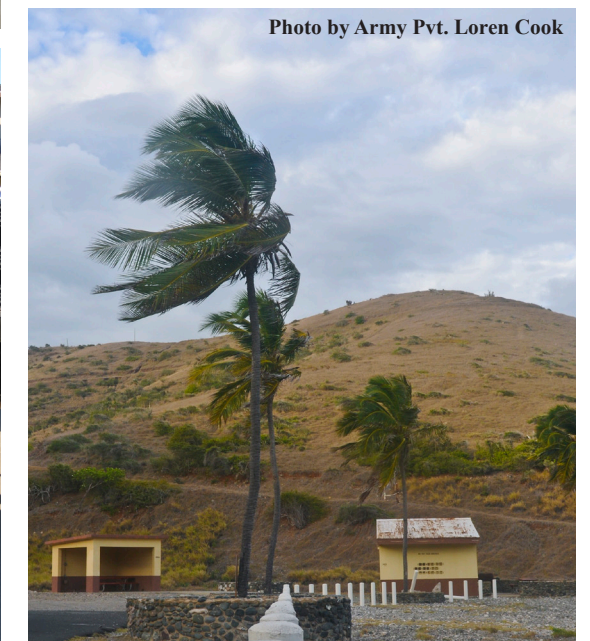


Photo by Army Pvt. Loren Cook



BAY OF PIGSKIN

“We refuse to acknowledge the strangers as our teammates, and the group still has no sense of cohesion, yet we are collectively dreading the upcoming practice.”

Story and photo illustration by
Mass Communication Spc. 1st Class Brett Custer

The entire group has been spontaneously uprooted from the comfort of our own home and relocated here. The move has forced us into a unique living arrangement: cohabitating with people we should relate to easily, yet we don't. Many years of differed customs, traditions, practices, and well, just an overall different way of life, has lead us to misunderstand each other. However, the people in charge, who make the big decisions, decided that the combination of our diverse skill sets might actually create a stronger unit. Out of necessity, our new team is born.

It is dark outside when the newly formed squad begins the first day's practice. The looming haze is so thick you could cut it with a Ka-bar. The entire team is already in a state of exhaustion, and our coach hasn't even blown the whistle to initiate our workout. We refuse to acknowledge the strangers as our teammates, and the group still has no sense of cohesion, yet we are collectively dreading the upcoming practice.

The workout takes us to our physical limits. We become so preoccupied with the burning acid in our muscles, the cotton in our mouths, and the perspiration soaking our skin, that we lose awareness of our surroundings. As our bodies reach muscle failure, the coach finally takes pity and allows us a much needed rest. He has purposely guided our workout to this historically significant location.

As we stand side by side on the grounds of this military field, our leader proposes a thought. We are no different than those

before us, required to serve here and make sacrifices for the greater good. If we do not come together, put aside our differences, and stand as a unit, we will fall as individuals. Despite our mental and physical exhaustion, the coach's valid point is taken. We are all gasping for air, but a sense of focus and determination overcomes our bodies. The squad accepts our mission. A football team is born.

Wait, wait, wait. Time out. Isn't that the beginning of "Remember the Titans"? Wasn't that Coach Herman Boone's process for integrating two segregated teams into one championship football powerhouse? There are definitely some undeniable similarities between the two establishments. Replace Academy Award winning actor Denzel Washington with generic service member, college dormitories with Cuzzcos and T.K.s, and Gettysburg with Guantanamo Bay, and you have the setting for the summer 2012 Morale, Welfare, and Recreation flag football season.

The program offers two options for play. There is a nine-on-nine men's league as well as 7-on-7 alternative for women. The season starts on Sept. 3, following a mandatory coaches meeting and roster submission. Trophies will be awarded to the first and second place teams. Though the season is still a few weeks out, there is already a buzz starting around the base.

It is hard to deny military members' love of the game. When I asked Petty Officer 2nd Class Javier Martinez from the Camp America Post Office why he loves playing flag football, it was impossible to ignore the excitement in his voice.

"We are all kids at heart. When I was younger I wanted to be just like the guys on

T.V. doing all those amazing things on the field. I might be 29 years old, but it isn't any different now. I wanna go out there and make exciting things happen for my team," Martinez said. "It also helps to keep my competitive fire burning. While I'm out there to have fun, I'm also there to beat the stuffing out of whoever we are playing."

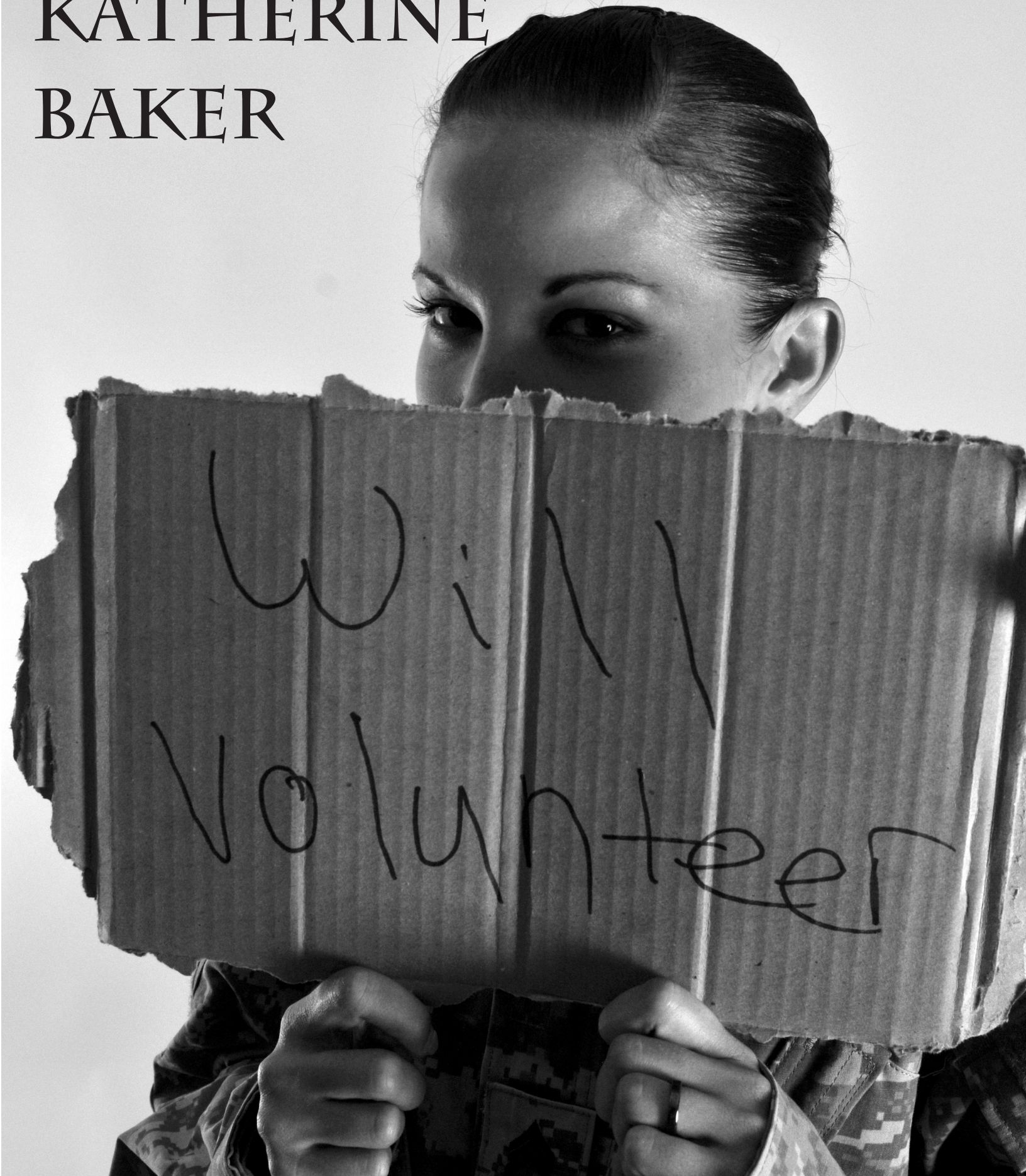
If you should decide to participate in the MWR flag football season, I offer you a few small suggestions. First, do not underestimate the "Rudy Ruettigers." Athletic ability does not always match one's physical appearance. An undersized player with heart is capable of outperforming a stereotypical, muscular adversary. If you underestimate your opponent, you lose. Next, bring your A game to every competition. Flag football players are trying to win the High School Championship, Heisman Trophy, BCS Bowl Championship, and Lombardi Trophy on every play. Match their enthusiasm, and put your all into every down, for yourself and your team. Lastly, have fun. Ignore your inclinations to let the testosterone and adrenaline control you and practice good sportsmanship.

In the cult classic college football movie "The Program," the coach asks maniac defensive end Steve Lattimer why he loves playing football. He emotionally responds that "it's the battle, the going to war with the other guys." To me, this metaphor highlights why military members love football. The parallels have always existed. Elements such as courage, strength, determination, and teamwork are necessary in both arenas. So whether you play flag football for the exercise, the camaraderie, the competition, or just plain old fun, get your team together and we'll see you on the gridiron.

GETTOW
BOWWL
MWR Flag Football

STAFF SGT. KATHERINE BAKER

Story By Spc. Vanessa Davila
Photos By Staff Sgt. Lewis Hilburn



Trooper Focus



Volunteerism takes a special kind of commitment. You don't get monetary compensation when you're done. You are often donating your spare time: the few hours you have to yourself after work or on the weekends. Sometimes all you get is a pat on the back. None of this matters to Army Staff Sgt. Katherine Baker of the 193rd Military Police Co. She's been volunteering her entire military career.

"When I was a private, I was the first Soldier at Pensacola, in like 30 years, to receive the STRAC award which is an award where you have like a high GPA, you have to serve in a leadership position, you have to have no negative counselings, and you have to do over 100 hours of volunteer service while you're in [Advanced Individual Training]."

Baker went the extra mile during her time in AIT and started the Blind Assistance Program where she and several other volunteers took blind children on activities that they wouldn't normally engage in because of their disability – swimming, bowling, and driving golf carts, just to name a few.

"When I was 18 years old I volunteered for everything on the face of the planet," said Baker about her time in AIT. "I actually [volunteered for] Saturday scholars where you go into inner city schools and you help children that have poor grade averages whether in math, English, science, whatever. You sit there on your Saturdays and you tutor them."

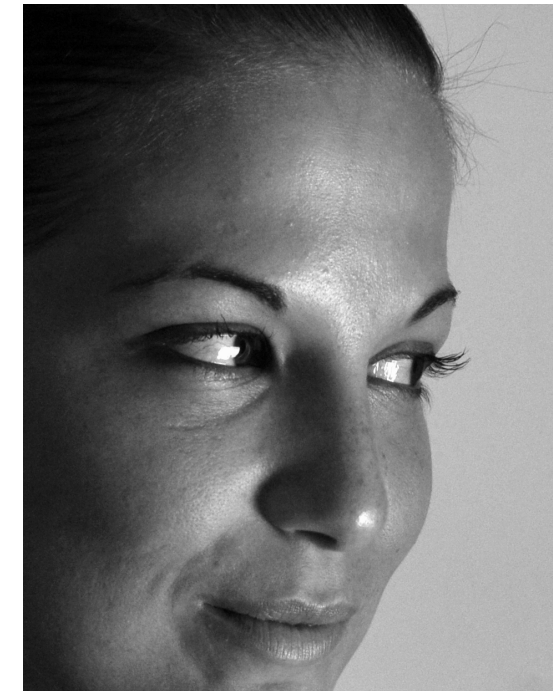
Baker is still friends with the then 8-year-old boy she tutored every Saturday. It's not just about exceeding volunteer hours for her. It's something more personal. Like when Baker and a number of others Soldiers from the 193rd MP Co. volunteered to cook breakfast for service members visiting Guantanamo to participate in the Soldiers Undertaking Disabled Scuba program.

"That was my proudest volunteering moment here at Guantanamo Bay," said Baker. "It was early in the morning on a Saturday. It wasn't an organized volunteer function. It wasn't something put out by the battalion. It was Soldiers who just wanted to give back to service members who had sacrificed more for their country than most of us will ever do."

Helping others is just about that – helping

others. Baker has even used her own vacation time to go on volunteering adventures. While she was stationed at Joint Base Lewis-McChord, Wa. (JBLM) she took leave to volunteer for the Warrior Adventure Quest, or WAQ.

According to the Army Morale, Welfare, and Recreation website, WAQ is "designed to introduce Soldiers to activities that serve as alternatives to aberrant behaviors often



associated with accidents involving recently re-deployed Soldiers. This tool presents coping outlets to help Soldiers realize their own new level of normal after deployment and 'move on' with their lives."

Baker's passion is the Army and its Soldiers, so using her earned leave time to help fellow Soldiers was an easy decision. She loves being around Soldiers and helping them so much so that after leaving the military as a staff sergeant in 2007 and taking a job with a military contractor she soon realized that she'd rather be a Soldier again.

"It's a really satisfying career but it's weird going in for set hours," said Baker about her civilian job at Survival Evasion Resistance Escape (SERE) school in Fort Rucker, Ala. "When you go in and you just punch a clock, and at the end of the day it's the end of your

day, it's a weird feeling. It made me miss the military; it made me miss being 100 percent involved all the time so that's why I came back on active duty."

Baker re-entered the military at the beginning of 2010 as a specialist and quickly made her way back up the ranks to staff sergeant. During her second stint with the Army she met her husband, Sgt. Matthew Baker, who some of you might remember from a previous "Trooper Focus." The duo is lucky enough to be stationed here at the same time and in the same MP company.

The Bakers met at Joint Base Lewis-McChord while... what else? Volunteering. In between taking leave to help WAQ, Katherine drove back to JBLM to volunteer at that year's Army Ball.

"He was going to be the Spanish-American War Soldier," said Katherine about the first time she met her now husband. "He needed black leather boots for his uniform. I met teaching him how to spit shine black leather boots at a volunteer function that neither of us was supposed to be at!"

The couple fuels each other to do better. They are always trying to one-up each other, in a good way. Katherine pushed Matthew to go to the U.S. Army South Best Warrior Competition, which you might recall he won, and Mr. Baker supports Mrs. Baker in whatever she does, like going to Joint Task Force Guantanamo's NCO of the Quarter board, which she won.

"They're both very competitive, and they want to try to push each other the best they can," said 1st Sgt. David Taylor of the 193rd MP Co. "The ones who benefit from that are the Soldiers that fall under them, because as they're working harder and harder to be better than each other, they're pushing their Soldiers to be better and better."

Baker is the first to say that she is a tough NCO and some of her Soldiers fear her when they first meet her. She says she does it for them – she wants them to live up to their full potential. When they get that, they stop being afraid.

"She'll do whatever she can for her Soldiers," said Taylor. "You talk to her Soldiers and her Soldiers love her to death. They would do anything for her; follow her anywhere."

Climbing past the plateau

By Army Pvt. Loren Cook

“This is it!” I said to myself. “I’m tired of being a skinny little girly-man. I’m going to become the strong guy that I’ve always wanted to be!”

Notice I said skinny, not weak. I couldn’t say I was weak. I had enough muscular strength and endurance to accomplish my mission. I had done just fine in Iraq, after all, and while I didn’t have a stellar PT score, I always passed my PT test. I even had unit PT five days a week, so I wasn’t leading a sedentary lifestyle like so many Americans back home.

That wasn’t enough for me, though, and it shouldn’t be enough for you either. I wanted to reinvent my body image, and I was bound and determined that I wouldn’t stop until I had the body I wanted.

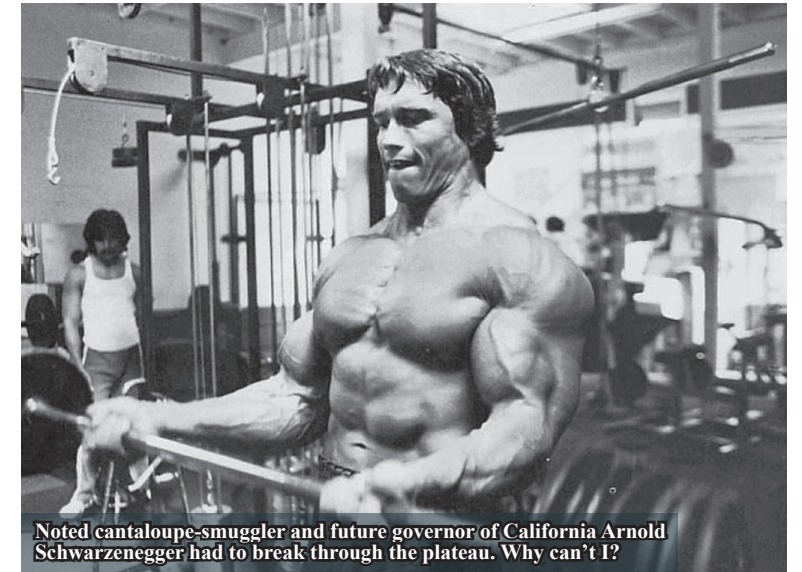
So I started to work for it in my spare time. I tend to dislike working out in the gym since it looks like everyone there is smuggling cantaloupes in their arms and I feel like they’re laughing at me behind my back, so I try to do as much as I can in my room. In my room, I can watch whatever I want on TV and actually hear it, and I’m safely away from the prying eyes of the gorilla/human hybrids who spend their evenings in the gym grunting and comparing the size of their arm-cantaloupes, or whatever it is they do in there.

I bought some gym equipment from the NEX, including some rotating pushup stands, a pull-up bar for my doorframe, a jump rope, a yoga mat (for sit-ups), and a shake-weight. (Hey, it came with the pull-up bar and the pushup stands.) Soon, I was on the road to the body I wanted.

The road is really more of a mountain, with a moderate slope leading up to a plateau. I began my program to fitness by climbing the moderate slope. I pushed up with all of my strength; I pulled up with all of my heart, I jumped rope with all of my spirit, I sat up with all of my core, and I (rather sheepishly) shook a weight while I watched TV. When I was done, I would take a supplement containing branched-chain amino acids (BCAA) to help heal my torn muscle fibers and stimulate the growth of more muscle mass.

Soon, a transformation was evident. I looked better, I felt better, I slept better, and I had more energy. Things were going great! It hadn’t been easy to reach this point, but it hadn’t been *that* hard, either. If this was all it took, I thought, I’ll be there in no time.

That was how I felt, but intellectually, I knew that wasn’t the case, and soon enough, I reached the plateau. Suddenly, what had worked so well for me recently didn’t work anymore. Sure, it was doing *something*, and any physical activity that doesn’t result in injury is ultimately good for you, but I wasn’t getting



Noted cantaloupe-smuggler and future governor of California Arnold Schwarzenegger had to break through the plateau. Why can’t I?

the rapid (and sexy) results to which I had grown accustomed anymore. Something needed to change.

The marketers of the P90X program would say that I needed muscle confusion, but that’s just marketing. It’s true that your muscles will adapt to the workout you’ve been giving them, but the way to break them out of their comfortable state of affairs isn’t to “confuse” them. They’re muscles! They don’t get bored with your workout and seek something to shake up their routine.

No, the real solution doesn’t require an “advanced” new fitness program. It’s much simpler than that. You just increase your repetitions, or, if you’re weightlifting, you lift more weight. That’s all there is to it! It’s not

See BODY Page 19

ONLY AT GTMO by Mass Communication Specialist 1st Class Keith Simmons



PROTECT YOUR INFO!

ALERT CYBER-SECURITY

Cyber criminals want your information!

Don’t give it to them! Make sure you safeguard your passwords. Don’t use the same passwords or login names for multiple websites. Don’t use obvious passwords like names of pets or children. Do not use birthdays or social security numbers as passwords either. Make unique and strong passwords for all your online accounts. Don’t make it easy for cyber criminals to access your accounts or personal information! Use OPSEC!

OPSEC

re:
information assurance



Keep your SIPR updated!

Hi, I’m Gert the IA Buzzard. Whenever I’m not eating carcasses along the road I like to help the JTF better secure its information. Today I’m scuba diving at Kittery Beach to see one of my favorite friends of the ocean – Clyde the Conch!

“Hi Clyde, what’s been going on here on the bottom of the ocean?”

“Hey Gert! I’m hiding in my shell using my SIPR computer to catch up on a bunch of e-mails I haven’t gotten around to for a week or so – conches are very slooow, as you know.”

“That’s good, Clyde, but is this the first time in a while that you plugged in your SIPR drive and turned on your computer?”

“Ya, Gert, what else did you expect from a giant sea slug like myself? I just like being slooow and goeey while wearing an awesome shell.”

“Sure, Clyde, but did you know that if you don’t insert your hard drive into your SIPR computer and power it up on a regular basis, your computer misses out on regularly scheduled updates it needs to run correctly on the network? If you forget to turn on a computer for a really long time, it won’t get any updates and then might be quarantined from working on the network. Your account may be deactivated over time as well for lack of use. All these are precautions to keep the network safe and in good working order but can cause users a lot of headaches and lost work hours if they don’t use their computers often. So make sure you turn on ALL your NIPR and SIPR computers regularly, even the ones you think nobody uses, so your computer will work correctly and stay current on its security posture.”

“Wow, Gert, thanks! I guess I’d better go tell all the other conchs! I have to go, the nearest conch I need to tell is three feet away so it will take me a day to get there! Hey, by the way, Gert... how are you talking underwater anyway?”

“Uh, don’t ask...”

Anyway folks, just remember follow J6’s guidance to make sure your computers are powered on when they need critical updates. Well, I’m swimming back to the beach to eat a dead crab now – toodles!

THE **BOURNE LEGACY**
PG-13
135 min.



By Army 1st Lt. Amelia Thatcher

Is a Bourne by any other name still a Bourne? Why, yes! Ladies (especially the ladies) and gents, meet bachelor number two: Aaron Cross!

Whereas the previous three films' success hinged on Jason Bourne's ability to run everywhere and kill everyone, the sciencey "The Bourne Legacy" has the potential to appeal to nerds, conspiracy nuts, and action fans alike. True to form, "Legacy" has some overlap with "Ultimatum," so Bourne (Matt Damon, "Contagion") isn't totally absent from the film. Nor are CIA supervisors Pamela Landy (Joan Allen, "The Notebook") and Noah Vosen (David Strathairn, "Good Night and Good Luck"), who seek to expose and cover up, respectively, the mysterious Treadstone and Blackbriar operations. Well-placed backtracked scenes work marvelously to keep the series' continuity, while at the same time introduce the new leading man.

Once a mere tantalizing hint, the Department of Defense's black-ops programs are now known to focus on the creation of superhuman special agents. Bourne was somewhat of a failed prototype. Cross (Jeremy Renner, "The Avengers") is now one of the government's most advanced guinea pigs – and he too has gone rogue.

We first meet Cross floating, Bourne-style, in a pool of icy water in the middle of an Alaskan training range. He's on a strict gene-enhancing drug regimen and draws vials of his own blood regularly to send back to CIA labs. While alone in the snowy wilderness being stalked by wolves, he climbs over a mountain range and

loses some of his gear. His contact, ostensibly another special agent, is not thrilled that 1. Cross beat his record time for completing the exercise and 2. Cross dropped his bloodwork: the whole reason for the training.

Little matter. Led by retired Air Force Col. Eric Byer (Edward Norton, "Death to Smoochy"), headquarters attempts to shut the whole project down, starting with neutralizing the agents themselves. Moments after Cross realizes there are more "assets" in the Treadstone/Blackbriar-spawned Outcome program, he seems to be the only one left.

Meanwhile in Langley, Va., the scientists conducting various parts of the Outcome experiments are attacked by one of their own. Dr. Marta Shearing (Rachel Weisz, "Dream House") escapes, only to be attacked again in her home. Cross rescues her and reveals he is almost out of the pills he needs to remain superhuman. En route to the manufacturing plant in Manila, which has the pure form of the drug, Shearing tells him his true identity.

After Cross gets his fix, a challenger appears – yet another secret government project known as Larx-03 sent to kill him and Shearing. Culminating in a requisite motorcycle chase scene, a kindly Filipino boatman rescues the pair and they sail off into the sunset to the familiar "Bourne" series theme, Moby's "Extreme Ways."

The crux of the Damon trilogy relied on pure action sequences, sometimes to the detriment of exposition, dialogue and character development, but "Legacy" is more mentally engaging. Genetic manipulation begs a lot of questions: can science (and more ominously, the government) do this already? Do we have

a moral right to even try? What are the long-term consequences? What else is on this slippery slope? Do I need to break out a tinfoil hat or stop drinking fluoridated water, lest the government beam a tracking device into my DNA? The extent of my science knowledge more or less stops with the ability to spell deoxyribonucleic acid correctly, so I couldn't tell you the accuracy of this film's genetics lingo beyond it sounding legit.

Fortunately for the action fans, the excitement of guns, gadgets, and fight scenes doesn't get lost in the science-speak. Are our movies getting stronger, faster, smarter too? Let's wait to see how "Legacy's" legacy falls in on the series, which the talented Renner appears to be more than capable of carrying forward on his own. While just as confused as Bourne was in "Identity," Cross's origin story (particularly when presented to a theater full of Iraq and Afghanistan veterans) and Renner's gravitas as a serious-business action hero make Damon's Bourne look a little frantic and amateurish by comparison.

For my debut, one-and-only film review, I'm happy to give the fourth "Bourne" a four-and-a-half banana rat rating. The fifth rat wandered off somewhere in the 15 minutes or so which could have been trimmed from the film (zzz), the stock bad guy characters (double zzz), and my chronic underappreciation for the vaguely miscast Norton and his nasal voice. At least he didn't get that much screen time. The half rat wandered back to listen to the splendid "Extreme Ways" through the credits. And now that Tropical Storm Isaac abated (triple zzz) and the big screen didn't blow away, I can't wait to see "Legacy" again! For science!

BODY from page 17 —
rocket science! If you were about to pay money for a fitness program but have now changed your mind, feel free to pay me half of the money you just saved. I accept cash, checks, or money orders.

So I increased the intensity of my workout to match my increased level of fitness, and I am now improving again. The improvements aren't as drastic anymore, and I have (re)incorporated running into my workout plans, but I think it's safe to

say that I have crossed the plateau and am climbing the mountain again.

This part of the mountain is a lot steeper, and my progress is correspondingly slower. I'm beginning to think if I wish to reach the "summit" of the body I want, I'll have to buy more "mountaineering" equipment or use the "safety line" a gym provides, in conjunction with the "pitons hammered into rock" of lifting weights, being mindful of the "sudden drop" of laboring this mountaineering metaphor. These are not

opportunities I relish, as they leave me poorer or feeling emasculated by the gym crowd, but sometimes sacrifices are necessary in order to succeed.

One thing I will never sacrifice is the feeling of wellbeing I have received from my efforts. They call it working out because it's not leisurely; if you don't put anything into it, you won't get anything out of it, but I think the rewards are worth it. And hey, when I get home, I'll always be able to move furniture for my wife.

SAFE RIDE
84781

Guantanamo Bay Bus Schedule
All buses run on the hour, 7 days/week from 5 a.m. – 1 a.m.

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

Protestant Communion
Sunday 9:30 a.m.
Room B

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 C

GTMO Religious Services

JTF Trooper Chapel

Protestant Worship
Sunday 9 a.m.

Bible Study
Wednesday 6 p.m.

For more information, contact the JTF Chaplain's Office at 2305.

For other services, contact the NAVSTA Chaplain's Office at 2323.

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

	31 FRI	1 SAT	2 SUN	3 MON	4 TUE	5 WED	6 THU
Downtown Lyceum	Abraham Lincoln: Vampire Hunter (NEW) (R) 8 p.m. The Campaign (R) 10 p.m.	Magic Mike (NEW) (R) 8 p.m. People Like Us (NEW) (PG-13) 10 p.m.	The Bourne Legacy (PG-13) 8 p.m. The Amazing Spider-Man (PG-13) 10 p.m.	The Expendables 2 (R) 8 p.m.	Brave (PG) 8 p.m.	Total Recall (PG-13) 8 p.m.	Ted (R) 8 p.m.
Camp Bulkeley	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED

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

Live Laugh Love Ladies Night

Windjammer Ballroom
Saturday, September 1, 2012
5:30-7:40 pm

Every girl needs a night out with her friends; what better than with cocktails, snacks, music, prizes and

MAGIC MIKE!



FREE
Prizes, food
and live
entertainment.

Watch the premier of
Magic Mike
at 8:00 pm at the
Downtown Lyceum.
Transportation from
the Windjammer will
be provided.

Magic Mike is rated R and is 110 minutes.
those under the age of 21 may not consume alcohol.

For more information call 75351 or email:
liveaughloveladiesnight@gmail.com