

Medicine for the soul

Senior Master Sgt. Alvin O. Porterfield

JTF Future Operations NCOIC

When we hear the word, "family," it immediately makes us think of our parents, siblings, spouses, children or our friends, co-workers and loved ones. These are the people who communicate with us constantly. They keep us grounded and always seem to know what to say, when to say it and how to say it. So, what are we doing to take care of the members of our family?

As we evolve into a more expeditious armed force, we find ourselves deployed more and more each year. This puts a tremendous amount of pressure

on families, friends and loved ones to keep the home fires burning. Change may be the only thing that is consistent. Constant communication is one of the ways we can

constant communication is one of the ways we can get through these difficult times. It requires availability, listening and being non-judgmental. Being available says that you are ready and willing to do whatever needs to be done. It shows our loved ones that their issue is a top priority. Listening doesn't mean talking, nor does it mean problem solving. It means being attentive and understanding. Being non-judgmental is probably the hardest attribute to maintain, yet may be the most rewarding stance that can be taken. It allows open dialogue about sensitive subjects, which sometimes require professional help. It keeps family members accountable to one another, rooted and grounded so they can live through some of life's most difficult challenges.

Our friends and family mold and shape us. They stick by us through good and bad, help us form our foundation and keep us grounded. Staying grounded helps us avoid the roller coaster ride that we call life. Find balance in your life – it's full of ups and downs. Remember to not let your highs be too high, nor your lows too low. Find middle ground. There is a gift waiting once you

find it - it is peace.

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Maintaining balance is as important as anything we do. Balance ensures we do the little things that make life worth living. Whether it is being creative, artistic or participating in an activity you really like, balance helps us to strike a healthy chord in our lives.

Don't take yourself so seriously. You aren't going to be right all the time and things don't always have to go your way. When those times come, don't become defensive. It is OK to lose the battle as long as you win the war. When you feel stress building, an exercise routine is an excellent outlet. When your emotions are getting the best of you, it may be time to take some leave and relax.

I have heard it said that all work and no play makes Jack a dull boy. With this in mind, taking care of family also means relaxing. Enjoy your favorite hobby, perhaps take some time to travel or learn the culture, cuisine and the history of your local surroundings.

Thank the people who have supported you on this journey. Tell them – and show them – how much you appreciate them. Smile, because it is contagious. Once you start, those who love you will smile back. Finally, laugh, because it is like medicine for the soul.

Take care of your family by communicating with them regularly, living through the difficult moments in life and enjoying the ride. Remember, winning the war means coming out on the other side, together.

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The Wire

Executive Editor:

Army 1st Lt. Chris Cudney: 3596 Command Information NCOIC:

Army Sgt. 1st Class Michael Gholston: 3651

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Associate Editor:

Army Staff Sgt. Blair Heusdens: 3594 Staff Writers:

Army Sgt. Michael Baltz: 3589 Army Sgt. Emily Greene: 3589 Army Spc. April deArmas: 2171 Army Spc. David McLean: 3304

Contact us

Editor's Desk: 3651 or 3596 From the continental United States: Commercial: 011-53-99-3651

DSN: 660-3651

Email: thewire@jtfgtmo.southcom.mil **Online:** www.jtfgtmo.southcom.mil

COVER:

Coast Guard Petty Officer 3rd Class DeMario Johnson, deployed with Port Security Unit 305, fires a 9 mm pistol during the Practical Pistol Course at Kittery Range, April 7. – JTF Guantanamo photo by Army Spc. Cody Black



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. The WIRE seeks to provide maximum disclosure with minimum delay with regards to security, accuracy, propriety and policy. 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 the Document Automation & Production Service with a circulation of 1,000.



Army Spc. Juan Jackson, Army Staff Sgt. Johanna DeJesus and Army Sgt. 1st Class Jorge Moreira keep a steady pace with team members during the Bataan Memorial Death March at White Sands Missile Range, N.M., March 29. Team members from the 525th MP Bn. trained for six weeks before the event. – Photo courtesy of Army Sgt. Jonathan Vasquez

Army Staff Sgt. Emily J. Russell

JTF Guantanamo Public Affairs

Six members of the 525th Military Police Battalion tested their endurance when they participated in the Bataan Memorial Death March at White Sands Missile Range, N.M., March 29.

Training for the 26.2-mile march began in February and lasted approximately six weeks.

"We trained as a group and progressively increased our distance by about four miles each Saturday until we reached 26 miles," said Army Sgt. 1st Class Jorge Moreira, non-commissioned officer-in-charge of the team. "We did 26 miles on the last two Saturdays, back-to-back."

Twice a week, each member was responsible for training on their own. For some members, this meant participating in physical fitness training with their unit three days a week, and then training on their own an additional two days.

"It was pretty much normal [physical training] except for the Saturdays when we marched all over Guantanamo Bay," said team member Army Staff Sgt. Johanna DeJesus. "It was pretty hard."

The team marched up and down many steep hills, including John Paul Jones Hill, which is known for its challenging climb.

For DeJesus, the biggest challenge was bonding with the rest of the team.

"I was the only female there and I didn't have a bond with the rest of the team," DeJesus said. "I was the only one from my unit, and there was a bit of a language barrier."

It wasn't until the last week of training

that the entire team was able to come together to train at the same time. With two members off-island for the Soldier and NCO of the Year competition at U.S. Army South, and other members attending schools and training, it posed a small challenge when it was time to get everyone together and in step.

"We had a lot of support from the unit," Moreira said. "They were very accommodating to the Soldiers to help them participate in training."

With different work schedules, varying shifts and other important events that kept team members apart, the unit supported the team and helped them find time to come together and train.

"The real challenge was during the last week when we came together for the first time, with all our members," Moreira continued. "We had to train at the same speed, and make sure that we didn't discourage each other because everyone is at a different [athletic] level."

After training for weeks, the team began to form, providing support and cheering each other on.

"[During the race, Army] Spc. [Juan] Jackson talked to me the whole 26 miles. He'd cheer me on saying, 'Let's go sergeant, you can do it!' It started annoying everyone else," DeJesus said with a laugh. "It was good to have someone to support me. The whole team supported me a lot."

The Friday before the race, the team registered – along with nearly 6,000 other competitors – and had the opportunity to meet survivors of the Bataan Death March, which took place in the Philippines during World War II.

The Bataan Memorial Death March

honors tens of thousands of American and Filipino Soldiers who were marched for days – enduring extreme heat through the Philippine jungles – after they surrendered to Japanese forces on April 9, 1942. These brave men, after fighting through deadly conditions, facing malaria and surviving on minimal rations with little or no medical help, faced incredible hardship in the prison camps, if they survived.

Many of the men who endured this brutal march were members of the New Mexico Army National Guard. In 1989, New Mexico State University's Army Reserve Officers' Training Corps began the memorial march as a tribute to the survivors and the families who lived in the state. Over the years, it has grown from a small university-sponsored event to one that is recognized worldwide.

"It was awesome to meet the survivors," DeJesus said. "To think this person was a prisoner of war for so many years, and he survived, and wants to tell his story ... is amazing."

The team competed in this event for many reasons. Whether it was for the challenge, or to honor those who served, or for the sake of camaraderie, each member trained hard, came together as a team and proved their mettle as one of 30 teams.

"We competed in the co-ed bracket with 29 other teams, and we were the last to depart the starting line," Moreira said. "Mile-by-mile, step-by-step, we passed 25 teams, which was a real challenge. By mile 20, we were in approximately fifth place, but then we hit the 'sand pit.'"

The sand pit was a four-to-five-mile stretch of soft sand that takes the participants



Army Spc. Tiffany Addair (4th from left) poses with Troopers from the JTF safety office, her commander and members of the base fire department after she received a certificate for a perfect score on the final test for fire warden training.

– JTF Guantanamo photo by Army Pfc. Christopher Vann

Army Staff Sgt. Blair Heusdens

JTF Guantanamo Public Affairs

Joint Task Force Guantanamo's first line of defense against fires is a trained group of individuals known as fire wardens. Though not trained to put out fires, these Troopers are trained to look for safe conditions in JTF buildings to prevent fires from happening.

In keeping with Benjamin Franklin's philosophy, "An ounce of prevention is worth a pound of cure," the fire warden program works to prevent fires at GTMO before they have the chance to start.

"Even small fires can be deadly," said Coast Guard Chief Warrant Officer Monty Willaford, a member of Port Security Unit 305. "We want to totally prevent fires to totally prevent deaths."

Willaford, with 34 years of firefighting experience, assists the base fire department with the training, which is conducted jointly by the JTF safety office and the naval station. In accordance with Department of Defense regulations and Naval Station Guantanamo Bay regulation, the fire warden program serves to advance the safety and readiness of the JTF.

"The fire prevention program is part of our safety campaign," said Army 1st Lt. Roberto Flores Martinez, the Joint Task Force safety officer.

Fire wardens must be appointed by commanders and must undergo training through the Joint Task Force safety office. Generally, one fire warden is assigned to each building on base.

The training includes basic fire inspection principles such as becoming familiar with basic safety equipment, smoke detectors and fire extinguishers. Troopers learn about evacuation plans and who to contact in case of an emergency. They are also taught how to inspect smoke detectors and fire extinguishers in their areas and to make sure buildings are up to code, with exits clearly marked and free of clutter.

"The intent of the program is to make the JTF safer and promote awareness of fire safety," Willaford said.

The base fire department has trained specialists to conduct fire inspections. These fire inspectors in turn train the fire wardens to be their extra eyes and ears in providing assistance throughout the base.

"We use the fire wardens to help us," said Steve Deida, one of the fire inspectors for the naval station fire department. "They know their surroundings better than we do and are more aware of potential hazards."

Recently, a JTF Trooper became the first to receive a perfect score on the final test for the fire warden training. Army Spc. Tiffany Addair, with JTF public affairs, was chosen to be fire warden for her building and received a certificate for her achievement.

"The fire warden training was very thorough and informative," Addair said. "After receiving a perfect score, I was very surprised at the fire department's efforts in recognizing my achievement. It was greatly appreciated."



Coast Guard Chief Warrant Officer Monty Willaford instructs Joint Task Force Guantanamo Troopers during fire warden training, January 30. The training is part of an ongoing JTF safety office campaign to constantly improve the health and welfare of those stationed here. – JTF Guantanamo photo by Navy Petty Officer 1st Class Richard M. Wolff



Army Spc. Cody Black operates a personal watercraft in Guantanamo Bay, March 22. Black understands wearing a life jacket while participating in water sports is essential to the safety of all Troopers and residents. - JTF Guantanamo photo by Army Staff Sgt. Blair Heusdens

Army Staff Sgt. **Emily J. Russell**

JTF Guantanamo Public Affairs

Water safety is a serious topic when it comes to working and playing in and around the waters of Guantanamo Bay. As a measure of protection, the Joint Task Force safety office, in conjunction with Coast Guard Port Security Unit 305, will host a boating and water safety seminar, April 18.

"The JTĚ safety officers approached the PSU commander and inquired about supporting a boating safety event," said Coast Guard Lt. Cmdr. Andrew Zavanelli, executive

officer of PSU 305. "We were happy

to help.

The Coast Guard unit comes well prepared – not just by default – but because many members of the unit have additional civilian certifications and skills that make them an authority on water safety.

The purpose of this event is to educate the public about the importance of safe boating, proper life jacket selection and to provide simple solutions for stranded boaters.

Some of the safe boating topics include; filing a float plan, environmental and weather awareness, and the danger of alcohol consumption while underway.

"Any time you get in a boat, you should tell someone where you're going," Zavanelli explained. "If you don't return, the float plan gives us a place to begin our search and rescue mission.

"People can fall off without warning, especially when they're boating under the influence," Zavanelli continued. "If you wouldn't [drink] while driving your car,

If you wouldn't [drink] while driving your car, you shouldn't do it in a boat.

Lt. Cmdr. Andrew Zavanelli

you shouldn't do it in a boat."

A selection of life jackets will be on hand to demonstrate how to ensure a proper fit, especially for children.

"People often buy life jackets thinking [children] will grow into them," Zavanelli said. "If [a child] falls in the water and the life jacket is too big, they'll slip out of it."

Inspecting watercraft, especially rental craft, is an important way to prevent potential water hazards and protect Troopers from damage charges they did not incur. With some basic knowledge, even a novice can learn to identify safety considerations.

"We'll have our engineers there to explain common troubleshooting techniques , which boaters can perform on their engine if the boater is having trouble," Zavanelli said. "Our engineers are outboard motor experts and can teach people to inspect their boats before leaving the marina."

The water safety expo will also provide members of the naval station and JTF, who own personal watercraft, a free boat inspection.

'A courtesy marine examination is a non-law enforcement project. You can bring your boat, we'll inspect it with you, offer suggestions and check your life jackets," Zavanelli said. "It reinforces the boating safety message in

a positive way."

Morale, Welfare and Recreation Services is also supporting the event and will have various watercraft on display. There will also be free food and even coloring books for children. The event is free and will take place at the PSU 305 operations area, located behind the Navy Exchange. For more information, call Army 1st Lt. Robert Flores at the JTF safety office at 9948 or 84886. For boating safety information visit www.uscgboating.org.

Goat run supports scholarship

Army Sgt. Michael Baltz

JTF Guantanamo Public Affairs

Navy Lt. Patrick Saluke, a member of the Commissions Support Group at Joint Task Force Guantanamo, ran faster than a goat during the Chief Petty Officers' Association 2nd annual 5K Goat Run, April 4.

Saluke was able to hold off Air Force Lt. Col. Rodney Furr, a member of the Office of the Administrative Review of the Detention of Enemy Combatants, with a time of 17:42.

The run started at Phillips Dive Park and turned around at a point past the pottery shop. There were 124 participants. Furr, who won a 5K race last month, was the runner-up with a time of 17:54, and third place was Air Force 1st Lt. Ryan Silva, who completed the course in a time of 18:40. Jennifer Iosue, a member of the Federal Bureau of Investigation, was the first woman to finish with a time of 20:40.

Saluke, surprised with his victory, said, "I am proud to be able to support the Chief Petty Officers' Association in my first 5K.

Partipants trained prior to the 5K, including Furr, who has been training for several weeks.

"I run 40 to 50 miles a week," Furr said. "I also do deep

water running while training."

The benefit of deep water running is that there is no impact on joints while running in the water. According to Furr, it works out the same muscles that you use while running.

"In addition to boosting morale and bringing people you work with everyday together to have fun, you are also supporting a good cause by raising money for a scholarship," Navy Chief Petty Officer Thomas J. Buda, a CPOA member, said.

"April 1st, 1893, is the birthday of the chief petty officer rank," Navy Senior Chief Petty Officer Rick Kaczmarek, CPOA president, said. "The run is in celebration of the creation of the rank, and we use this as a fundraising opportunity to provide a \$1,000 scholarship to a high school senior."

An application packet for the scholarship is given to the counselor at the high school. According to Kaczmarek, they disseminate it to all the seniors, who may then apply to a panel that selects the recipient for the scholarship.

"The purpose of the CPOA is to build a tight-knit group of the senior enlisted members throughout all services, and it affords us the opportunity to do community service projects and fundraising endeavors," Kaczmarek said. "Outreach with the community makes our presence known."

Kaczmarek is thankful for everyone's support of the CPOA.

"It is an honor and a pleasure to be able to provide for the community, especially something like a scholarship for someone who aspires to go to college," Kaczmarek said.

> Air Force Lt. Col. Rodney Furr, on the right, leads at the start of the CPOA 5K Goat Run, April 4. Furr went on to finish second in the race.

 JTF Guantanamo photo by Army Sgt. Michael Baltz



Jennifer Iosue and Navy Lt. Patrick Saluke, after the successful completion of the CPOA 5K Goat Run. Saluke won the race while losue was the first woman to finish the fundraising event. - JTF Guantanamo photo by Army Sgt. Michael Baltz



LOCAL SPORTS | FRIDAY, APRIL 10, 2009

"Monsters vs. Aliens" falls short of expectations for DreamWorks

Army Sgt. Carmen Gibson

JTF Guantanamo Public Affairs

Army Sgt. Michael Baltz

JTF Guantanamo Public Affairs

"Monsters vs. Aliens" has the tough job of following the sidesplitting, knee-slapping, entirely lovable animations of "Shrek," 'Madagascar" and "Over the Hedge." These DreamWorks creations consistently stretched the "family film" genre into covering all bases – subtle innuendos, playful characters and decent moral-ofthe-story endings. Unfortunately, this spacy knock-off misses the

First of all, Reese Witherspoon, in cartoon form, complete with poorly drawn gargantuan-head syndrome, cannot count on her beautiful looks to carry her gracefully through to the end of the film. Relying solely on her mediocre ability to convey basic emotions and nail comedic deliveries, Witherspoon portrays Susan Murphy, a weak, small-town socialite.

The story centers on Susan, who was struck by a meteor moments before her wedding, leaving her towering over the groom and all their guests at about 20 stories tall. The mile-high woman was then whisked quickly away via tranquilizer and an overly spacious aircraft to a secret detention facility for monsters the government has kept hidden from the public eye since the early 1950s. Since the utterance of "Susan" doesn't warrant terror and panic, government officials aptly renamed her Ginormica.

When a squid-like alien makes a beeline for Earth in order to salvage the same power that transformed her, the creatures are released from their holding cells to save the

day. Accompanied by a brainless blob, the missing link, a supersized butterfly, and a genius cockroach, Ginormica focuses her newly-acquired gifts on combating the deranged alien ruler Gallaxhar (Rainn Wilson) and his army of clones.

Seth Rogan, Will Arnett, and Hugh Laurie lend their talents to add a little humor to the hodgepodge gang of oddities. Despite their impressive resumes, the material is weak and riddled with a string of repetitious oneliners as the same joke continues throughout the entire movie. The title is also extremely misleading because it's one alien against not exactly a monster, but just an extremely tall woman. While the other characters are in no way original, the opportunity to enjoy their unique personalities is there, but frankly not enough time is allotted for bonding with them before they spring into chaotic action.

The colorful animation flick in no way matches the fun-for-all-ages pull of "Shrek," or the loveable and laughable backyard dwellers in "Over the Hedge," and for that matter deserves two stars and an explanation from the bigwigs at DreamWorks, if they haven't been replaced by alien cyborgs yet.

PG-13 94 minutes

Rating:

I never thought I would find myself cheering on a giant blue blob with one eye, a genius cockroach, a 49-foot-tall woman, a fish-ape hybrid macho jock and a 350-foot butterfly.

"Monsters vs. Aliens" is written and directed by Rob Letterman, who directed the 2004 Oscar-nominated "Shark Tale," and codirected by Conrad Vernon, who was part of the team behind "Shrek 2," another 2004 Oscar nominee.

This movie marks a milestone for the entertainment industry because DreamWorks Animations will produce all of their future movies in 3-D format.

The movie, which is a spoof from a 1950s B-movie classic, begins when a meteorite from outer space hits Susan Murphy (Reese Witherspoon), who turns into a giant monster and is then taken to a secret government compound where she meets a ragtag group of monsters also rounded up over the years.

Aliens then invade the earth. The president and advisors release

monsters they have captured over the past 50 years and, in exchange for their freedom, they have to save the world from the intruders.

The wacky characters are able to provide humor that will tickle your funny bone from start to finish. The broad humor stretches from "stupid funny" to slightly crude.

B.O.B., (Seth Rogen), the one-eyed blob, is the go-to character for laughs. You will fall in love with him. He has no brain, but his willingness to help is comical.

I am not exactly the biggest fan of animated productions, but anyone looking for an enjoyable night at the movies will hit gold by going to see this







The two final teams, the Untouchables and the Mariners, pose for a group photo after the tourney. The Untouchables – in the white shirts – won the tournament 17-10 in

Eleven teams battled it out April 3-4 at Cooper Field for the 2009 April Fools' Softball Tournament. The tournament was unique in that batters ran the bases backward – starting with third base and running to first base – in honor of April Fools' Day.

The Untouchables won the tournament Saturday, beating out the Mariners in the last game, 17-10.

The Captain's Cup Softball league started Tuesday, April 7. Games will be played Tuesdays through Fridays from 7:00 p.m. to 10:00 p.m.







the last game over the Mariners.





Army Sgt.
Christopher
Cumming
(center) won
the home run
derby Saturday,
with Navy Petty
Officer 2nd Class
Shawn Benson
(left) and Navy
Petty Officer 2nd
Class Michael
Cornista (right)
both coming in
second place.

JTF Guantanamo photos by Army Staff Sgt. Blair Heusdens

lose to the Mariners.

Small gestures, big projects save energy

Army Staff Sgt. Blair Heusdens

JTF Guantanamo Public Affairs

Green isn't the first thing people think of when they think of Naval Station Guantanamo Bay. In recent years, however, the base has taken great steps to save energy and lower pollution in this small community, through projects big and small designed to make the base more energy

efficient.

Four wind turbines stand more than 50 meters high on what is already the base's highest point - John Paul Jones Hill. Built in 2004, all of the materials had to be brought by barge or ship to the island and mounted with the help of two cranes perched precariously on the narrow ridge.

"The wind turbines are self-sufficient and automated," explained Bill Keenan, a project manager for Noresco, the company that maintains the turbines. The turbines monitor wind speeds and rotate as the wind direction changes. Energy output and any problems with the turbines can be monitored remotely through computers at the base power station and by Keenan in case repairs need to be made.

The wind and diesel hybrid system reduces fuel consumption on base by 650,000 gallons each year. The energy produced provides approximately 10 percent of the energy for the naval station. The system also keeps the air cleaner by preventing the production of 13 million pounds of air pollutants each year, according to Noresco officials.

Guantanamo's turbines are small in comparison to those currently found in the U.S., but will provide significant fuel and oil savings over a number of years.

According to the base utilities energy manager, Fred Burns, there are smaller projects happening throughout the naval station to reduce the amount of energy used.

"Air conditioning is the biggest electric load on base," Burns said. Each time an air conditioning unit is replaced, a new unit with magnetic bearings is put in its place. The new units' design provides an 80-90 percent reduction in electrical bills, he said.

The Joint Task Force installed solar lights at the Expeditionary Legal Complex and many lights around the base are solarpowered. Other lights around the base use incandescent instead of regular light bulbs to reduce the amount of energy used.

Water consumption is also a concern at Guantanamo Bay. Most U.S. military facilities bring in power and water from outside but, because of its location, GTMO

Two of the four wind turbines at Guantanamo **Bay Naval Station stand** atop John Paul Jones Hill on a relatively calm day. The turbines supply approximately 10 percent of the power for the base. - JTF Guantanamo photo by Army Staff Sgt. Blair must generate its own power and water. help to save water. therefore, a lot of fuel. There are ways individuals can cut down

Water at Guantanamo Bay comes from the ocean and is desalinated at a plant on base. This process uses a lot of energy and,

on water consumption to take the strain off of the system, especially in the dry months of January through May. Residents on base are encouraged to not water their lawns for more than one hour each day and to set their mowers at their highest level. Troopers can also re-use water from boiling or cooking to water plants and be sure to turn hoses and faucets all the way off.

The base car wash helps to reduce water consumption by recycling almost

90 percent of the water used through a filtration system. Washing vehicles at the car wash instead of with personal hoses can

Heusdens

As Earth Day approaches this month, Troopers should remember that every little bit helps when it comes to energy conservation.

"It all starts with each individual doing his or her small part," Burns said.

Other energy-saving tips include turning up the thermostat in your room or making sure the lights are out when you leave.

"One light doesn't make much of a difference," explained Burns. "But if everyone shuts off their lights, it would have a big impact."

Calling all poets

Army Sgt. Michael Baltz

JTF Guantanamo Public Affairs

Everyone has an outlet. Whether playing basketball to relieve stress or reading a book to relax, people develop numerous ways to create balance in their lives. At Joint Task Force Guantanamo, it is no different.

Troopers revealed their love for poetry during An Evening of Verbal Essence, March 28, hosted by A Smoove Production. Poetry enthusiasts will have another opportunity to listen to poetry during "Javaetry" Night, taking place, April 16, 7 p.m. at Caribbean Coffee and Cream.

When you're doing your poetry it lets others see your mindset in a different light," said Navy Chief Petty Officer Karey Tucker, An Evening of Verbal Essence participant. "It is a fulfillment of self-conscious thinking."

Navy Petty Officer 2nd Class Orlando Quintero, a mass communication specialist, is coordinating poetry night with the library.

"I explained to Rebecca Creed with Morale, Welfare and Recreation what I want to do and she directed me to the base librarian," Quintero said. "I want to do something like they do back in the states where you go to Starbucks and they have an open microphone for poetry and performances."

Though Quintero supports poetry now, it hasn't always been

"I'm not a poet and I did not like poetry in school," Quintero said. "It came to me during a bad time in life. One night when I couldn't sleep I went to my home office, took a pen and wrote down all the questions I had in my head. When I was finished, it was in such a way a poet would write. It inspired me to start writing every time I feel troubled."

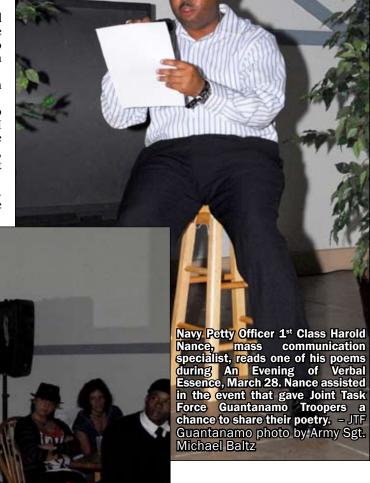
Poetry often brings a sense of awareness, according to Quintero. Whether it is about love or reality, it touches deep into what people

are feeling.
"There are different things that inspire poets," Quintero said. "It is something I learned to love and enjoy as I progress in life. I have a deep appreciation for the art of poetry as well as music, and I want to create an event to combine the two.

"There is enough talent on this island to do it every month," he continued. "But to keep it interesting, I would like to see it every

If you would like more information or want to get involved, contact library technician Kenisha Stewart at ext. 4700.

"Everyone is welcomed," Quintero said. "It is an adult event and even if you do not have a passion for poetry or music, your support is more than welcomed."

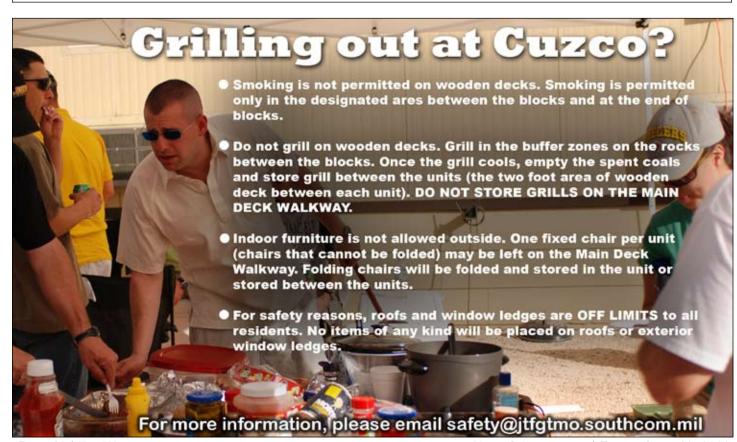


Navy Petty Officer 2nd Class Cornelius Singleton, energetically reads one of his poems during An Evening of Verbal Essence, which took place at the community center. Singleton was one of approximately 10 poets who shared their poems with the audience. - JTF Guantanamo photo by Army Sgt. Michael Baltz



Buddy aid

Army Sgt. Benjamin Dippolito, Spc. Glen Westfall, Spc. Depina Helder and Navy Petty Officer 1st Class James Richardson carry a mock wounded Soldier during Combat Lifesaver Course training at Camp America, April 3. Pfc. Jerry Castellano, observing, also attended the class. – JTF Guantanamo photo by Navy Petty Officer 1st Class Richard M. Wolff





Army Pfc. Chad Hostetler, Spc. Juan Jackson, Sgt. Jonathan Vasquez, Staff Sgt. Johanna DeJesus and Sgt. 1st Class Jorge Moreira wait for the start of the **Bataan Memorial** Death March. March 29. -Photo courtesy of Army Sgt. Jonathan Vasquez

525th team completes 26.2 mile march

MARCH from 3

mostly uphill.

"We really lost steam during this stretch," Moreira continued. "Our goal was to remain as a team and finish as a team."

The team, determined to finish together, helped each other through the mental roadblocks.

"DeJesus has a lot of will," said Army Sgt. Jonathan Vasquez. "When it got rough, she found it within herself to push through. We sang cadences to motivate everyone and before we knew it, she was out front, leading the way."

The team, comprised of Army Pfc. Chad Hostetler, Spc. Juan Jackson, Sgt. Jonathan Vasquez, DeJesus and Moreira, celebrated their achievement of completing the march, and finished in ninth place.

Another Soldier, Army Sgt. Steven Jones, competed in an individual category and placed 13th out of 401 competitors.

"The feeling was overwhelming when

we crossed the finish line," DeJesus said.

"Completing it was painful, but very satisfying," Vasquez said. "I recommend it to anyone."

"We passed hundreds of people left behind along the way, blistered and bleeding. Some gave up because they were discouraged because they were left behind," Moreira said. "I was really proud because nobody gave up. We started together and we finished together, that's what matters."

Boots on the Ground

by Army 1st Lt. Christopher Cudney

What is the worst song Radio GTMO has played during the Radiothon?

Air Force Staff Sgt. Josh Runkles



"It's got to be that Milkshake song. It's obnoxious."

Navy Petty Officer 1st Class Alicia Romero



"Barbie Girl. That song is so dumb."

Air Force Senior Master Sgt. Bernadette Hamilton



"The worst song is Wild Thang. It gives women a bad name."

Army Capt. Eric Bey



"I'm Sorry, because it's pretty sorry."



Army Capt. Eric Bey

525th Military Police Battalion Chaplain

John the Baptist came on the scene like a football halfback, breaking through the line with the lead block. He was strong, brash and non-compromising. He had only one message, "Repent! For the kingdom of heaven is at hand." Jesus then breaks through the line like the star fullback and carries it in for the game – winning touchdown. His message – the kingdom is here; the kingdom is now.

Jesus said from the time of John the Baptist until now, the kingdom of heaven is forcefully advancing and forceful people grab hold of it. His entire ministry from start to finish was to introduce, explain and demonstrate the power of the kingdom of heaven and its principles. Throughout the Bible there are multiple times during Jesus' teaching sessions that he starts out with the phrase, "The kingdom of heaven is like..." With very simple stories he tried to explain aspects about the kingdom and then he performed miracles to prove that the kingdom is real and that it is not of mere

words, but a demonstration of God's power to backup or prove the words were true.

So what does the kingdom of heaven look like, and what are some of the operating principles? We are told that there are streets of gold and gates of pearl but what about the social issues of poverty, sickness, disease and injury? It is widely accepted that the answer is no, that there are none of the above. It is a place where the Lord's will is perfectly performed. The only tears in heaven will be tears of joy.

One day the Lord, at the request of his disciples, taught them how to pray. In the prayer He said that they should pray that His will would be done on earth just as it is in heaven. The message of the kingdom should be as important to us as it was to Him. We should concern ourselves with learning its principles and operating in its

The kingdom of heaven is like the story of Robin Hood. King Richard is still the king even though he is away. It is up to forceful men to enforce the king's rules, laws and statutes and to enforce his authority. We, like Robin Hood, are charged by God to continue operating in the kingdom authority. Even though the King of Kings has gone to prepare a place for us, we are to live like the heirs that we are and enforce our father's rule. Every time we witness the kingdom of this world and its realities in effect - sickness, poverty and death, et cetera – we are to recognize that it stands in direct opposition to the kingdom of heaven.

We are called to be the facilitators of a fight. We are to pray in that moment that God's will be done, there, in that situation. Here is the beautiful part. The kingdom never loses. NEVER LOSES! It is like when you see darkness and realize you want to see, you turn on the light and watch the fight. The light never loses against darkness, NEVER. So it is with the kingdom. The only hindrance to this process is us. Somehow in our minds and hearts we waver in our faith as if to make excuses for God. The thought that maybe God won't do His part, and we will be embarrassed, creeps up on us. Take heart and be courageous. Be the forceful person and grab hold of the kingdom of heaven and bring it to bear on all situations. Then let God do His part. He never fails!

JTF CHAPEL SCHEDULED PROGRA

Catholic Mass

Sunday: 7 a.m. Confession 7:30 a.m. Mass

> Wednesday: 11 a.m. Spanish Mass

Protestant Worship

Sunday: 9 a.m.

Spanish Protestant Worship Sunday: 11 a.m.

Bible Study Sunday: 6 p.m.

Wednesday: 7 p.m.

Thwaits, Dippolito lead the way for the 525th

Army Sgt. Michael Baltz

JTF Guantanamo Public Affairs

For a Trooper, going before a board of senior-ranking noncommissioned officers is a traditional event. Whether it is for a promotion or an opportunity to stand out among their peers, Troopers from all around Joint Task Force Guantanamo spend countless hours studying, attending mock boards and conducting physical training in preparation for these boards. Two Soldiers from the 525th Military Police Battalion

Two Soldiers from the 525th Military Police Battalion were successful and won the Soldier of the Quarter and Non-commissioned Officer of the Quarter competitions.

Army Pfc. Caroline Thwaits, Soldier of the Quarter, and Army Sgt. Benjamin Dippolito, NCO of the Quarter, competed in U.S. Army South Soldier and NCO of the Quarter boards at Fort Sam Houston, Texas, April 6-9.

"I am excited and nervous," Thwaits said.

This was her fourth board.

"My first board was in February," Thwaits continued. "I have been studying since the middle of January. I went over the study guide and had my senior leadership quiz me. I feel anyone can win if they apply themselves to studying."

Dippolito, with hopes of making his company in the 525th proud at Fort Sam Houston, is a veteran at this stage of his career. He has competed in 20 boards.

"This was my fourth consecutive board," Dippolito, from Scottsville, Ky., said. "When I got to my unit here, my first sergeant said I was going to keep going until I win one. The more practice you have at these boards, the better you will be. If you keep going to them – the more you know."

If you keep going to them – the more you know."

Ultimately, it is up to the individual whether they are successful, explained Sgt. 1st Class Don Chandler, platoon sergeant for Dippolito and Thwaits.

"My role was to ensure the Soldiers had adequate study material and time to prepare for the Soldier and NCO of the quarter boards," Chandler said. "I set up peer groups and mock boards. They help the Soldiers get a sense of what it feels like to report and stand in front of a board. It is their desire to want to excel above their peers that results in their success."

The Soldiers who compete in these boards face various tasks, such as land navigation, physical training, qualification and other military fundamentals.

"The benefit of going to a board is to prepare a Soldier for when they eventually present themselves in front of a promotion board," Chandler continued. "Every board they go to is for their benefit. Any board they can participate in now is just going to help them in the long run. Every board will not be the same."

The success of a Soldier is directly related to how much effort they put into it, explained Chandler.

"The Soldiers' success is a reflection of them and how much they desire to set themselves apart from their peers," Chandler said. "It has little to do with their leadership; the bulk of the responsibility lies on the Soldier. They have to want it."



Army Pfc. Caroline Thwaits, winner of the 525th MP Battalion Soldier of the Quarter competition. – JTF Guantanamo offical photo



Army Sgt. Benjamin Dippolito, winner of the 525th MP Battalion NCO of the Quarter competition. – JTF Guantanamo offical photo



Army Staff Sgt. Difred Pascual, a chaplain's assistant with the JTF, buys ice cream from the base ice cream truck, April 3. – JTF Guantanamo photo by Army Staff Sgt. Blair Heusdens





Army Spc. Reynaldo Salgado organizes supplies as part of his duties in the supply office April 2. – JTF Guantanamo photo by Army Pfc. Christopher Vann



Army Sgt. Jose Rojas and Army Sgt. 1st Class Rafael Roman practice on the steel drums April 4 at Windmill Beach. – JTF Guantanamo photo by Army Staff Sgt. Blair Heusdens