

The life of an NCO

"Today's NCO is an innovative, competent and professional enlisted leader grounded in heritage, values and tradition. Today's NCO embodies the Warrior Ethos, champions continuous learning and is capable of leading, training and motivating diverse teams. Today's NCO is an adaptive leader who is proficient in joint and combined expeditionary warfare; continuous-simultaneous full-spectrum operations; and is culturally astute and resilient to uncertain and ambiguous environments. Today's NCO must lead by example, train from experience, maintain and enforce standards, take care of Soldiers and adapt to a changing world."

- www.army.mil/yearofthenco

Army 1st Sgt. Willia<mark>m Gambl</mark>e 193rd Mil<mark>itary</mark> Po<mark>lice Comp</mark>any 1st Sgt.

I'm the light in darkness; I take intent and turn it into action; I am expected to know the unknown; I take care of others before myself; I take coal and turn it into diamonds; Many dislike me, but they all call upon me; I am the last one to sleep and the first one to wake; I am always on guard protecting my officer's 360; I am closer to my Soldiers than their mother and father; I expect no off days, I take a break when I can; At the end of the day, all I have to look forward to,

is the satisfaction of doing it again tomorrow.

JTF GUANTANAMO

Navy Rear Adm. Tom Copeman **Command Master Chief:**

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Office of Public Affairs

Director:

Navy Lt. Cmdr. Brook DeWalt: 9928 **Deputy Director:**

Army Maj. Diana Haynie: 9927

Supervisor:

Army 1st Sgt. Shellie Lewis: 3649

The Wire

Executive Editor:

Army 1st Lt. Chris Cudney: 2171 **Command Information NCOIC:**

Army Sgt. 1st Class Michael Gholston: 3651

Army Staff Sgt. Blair Heusdens: 3594 Staff Writers:

Navy Petty Officer 2nd Class Shane Arrington Army Sgt. Emily Greene Navy Petty Officer 3rd Class Justin Smelley Army Spc. Rebecca Robinson

Army Pfc. Christopher Vann

Contact us

Editor's Desk: 3594 or 2171 From the continental United States: Commercial: 011-53-99-3594

DSN: 660-3594

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

COVER:

Navy Petty Officer 1st Class Laryl Helberg, is introduced to Dexter, an American Red Cross therapy dog at Naval Station **Guantanamo Bay.** – JTF Guantanamo photo by Navy Petty Officer 1st Class Katherine

BACK COVER:

Troopers and residents of Naval Station Guantanamo Bay participate in a Texas Hold 'em tournament, sponsored by the Junior Sailor Association. - JTF the Junior Sailor Association. Guantanamo photo by Army Staff Sgt. Blair Heusdens



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.



Keeping the JTF connected

Navy Petty Officer 3rd Class Justin Smelley

JTF Guantanamo Public Affairs

In today's society, communication is one of the most important things to keep people connected and businesses running. Communication is extremely important to Joint Task Force Guantanamo by helping keep the mission up and running. Communication is one of the main tools that applies to all Troopers, whether it's the radios the guards use to communicate within the detention facilities or even just sending an e-mail to a family member back home, it's a big part of our lives daily.

The JTF communication shop located in the Trooper one-stop, helps support the joint task force by trouble shooting antennas, supplying cell phones and radios and keeping land lines operable.

"Our shop is important to the mission of the joint task force, because we support everybody's communication issues. We deal with cell phones, radios, crypto, land lines and anything dealing with comms. If the camps need radios we issue them out, if a colonel or the admiral goes off island and they need cell phones to contact [the naval station], we handle that," said

Marine Corps Cpl. Julius Fairfax, land line manager.

With communications being such a necessity to the overall mission, the hours for the J-6 shop can become vigorous for the three-man team.

"We're on call seven days-a-week and 24 hours-a-day in case any issues occur. I've gotten calls around three or four in the morning saying that a cell phone is not working and I had to help walk them through the steps to get the phone back up and running," said Fairfax.

and running," said Fairfax.

Technical malfunctions aren't the only problems that can cause hardware and antennas to go out and stop working properly. Sometimes Mother Nature can cause issues with bad weather and less than desirable conditions.

"The hardest part about the job is dealing with the weather conditions. Say something goes out and we have to go out to fix the antennas; it's a difficult process because we have to bring our trucks and coordinate everything with the contractors to get the problem taken care of," said Fairfax.

Although the shop may be small, the efforts of these Troopers help support the overall mission of the joint task force in maintaining the safe, humane,

legal, transparent care and custody of the detainees.

If you have any further questions about cell phones, land lines or radios you can contact the JTF communications shop at ext. 8168 or 8169. ❖





Army Pfc.
Christopher Vann

JTF Guantanamo Public Affairs

The life of a guard is not a glamorous one, but the Troopers of the Navy Expeditionary Guard Battalion and the 525th Military Police Battalion provide this service every day, and they do it undauntedly, despite the negative portrayal of the detention facilities at Naval Station Guantanamo Bay in the media.

Guards at Joint Task Force Guantanamo come from both the Army and the Navy and fall under either the 525th Military Police Battalion or the Navy Expeditionary Guard Battalion. Currently, the JTF Joint Detention Group is made up of approximately 3/4 Navy and 1/4 Army guards. The guards serve varying tours or

A Trooper with the 525th Military Police Battalion logs information according to standard operating procedure at one of Joint Task Force Guatnanamo's detention facilities, Oct. 22. – JTF Guantanamo photo by Army Pfc. Christopher Vann

deployments at the JTF, ranging from six months to two years.

The 525th was established at U.S. Naval Station Guantanamo Bay in October of 2004 to provide a guard force for Joint Task Force Guantanamo. Service members from the 525th provide internal security within the detention facilities in support of the JTF mission to provide safe, humane, legal and transparent care and custody of detainees.

The NEGB, established in 2005 as a joint-service support for the Army guard mission, has the overall mission of manning, training and equipping a guard force to support the JTF Joint Detention Group and helping to provide for the care and custody of detainees.

Before arriving here, all guards go through extensive training, first in Gulfport, Miss., then at Fort Lewis, Wash., with training facilities modeled after those at Guantanamo Bay. They learn the skills essential to undertake the demanding work associated with guarding detainees removed from the battlefield, to include cultural awareness training. Some guards have prior experience in detention or corrections, some do not.

Upon completion of their training in Fort Lewis, they arrive at Naval Station Guantanamo Bay and complete a two-week, "right-seat, left-seat" training session with their outgoing counterparts before assuming their duties.

Whether it is walking the tiers or controlling the gates, the guards uphold the same vigilance and professionalism. Often subject to violent behavior and constant verbal abuse from detainees, the guards continue to perform their mission every day.

"We are constantly roving, back and forth, checking the tiers, and the recreation yards" said Army Spc. Theodoro Torres, a corrections specialist.

Guards at JTF Guantanamo are both male and female and work long, shifts, several days a week. They are the first line of defense in the detention facilities and deal directly with detainees needs and complaints.

"We handle everything from getting the detainees' food, to escorting them to rec. time and taking care of their linen needs," said Torres.

The guards who control the tiers can walk an average distance of approximately four miles, on any given day. They conduct three minute, one minute and line-of-sight checks on all detainees, depending on the level of compliance, throughout their shifts.

The guard force makes up the largest portion of the JTF, but there are many other support services and personnel who come together in support of the guard force to enable the mission at JTF Guantanamo to continue to run smoothly.

Although they come from different branches of the military, all Troopers at JTF Guantanamo share a common goal; 'Honor Bound To Defend Freedom.'

Counterintelligence: It's not just for the CIA

Army Staff Sgt. Blair Heusdens

JTF Guantanamo Public Affairs

Those of us who work and live at Naval Station Guantanamo Bay and Joint Task Force Guantanamo know there are certain suspicious activities or behaviors that could compromise the security of the service members and residents at the naval station. But, do you know where to report these suspicious activities and would you have the courage to bring potentially valuable information to the proper authorities so an investigation could be made?

"We want people to come forward and report," said Justin Siemonsma, a special agent with the joint task force counterintelligence field office. "We can't be all over the JTF all the time, so we need Troopers to be our eyes and ears."

The primary mission of the JTF-GTMO

counterintelligence field office istoprovidecounterintelligence support to force protection for personnel, facilities and equipment assigned to the JTF. Within their mission, they also provide operational security counterintelligence awareness training to all Troopers assigned to JTF Guantanamo.

While all members of the U.S Armed Forces are familiar with the term OPSEC, Sailors, Marines, and Airmen outside of the Army may not be familiar with the term SAEDA. SAEDA stands for Subversion and Espionage Directed against the Army; and is an acronym the Army uses to help its Soldiers keep security in the forefront of their minds. Under Department of Defense directive 5240.6, all service members are required to receive annual training on counterintelligence coordinated through the various service counterintelligence divisions - U.S. Army counterintelligence, Navy Criminal Investigation Service and Air Force Office of Special Investigations.

At JTF Guantanamo, CI personnel provide a briefing to Troopers when they first arrive through the JTF newcomers' briefing. There, Troopers are briefed on what behaviors to look for as they are conducting their daily missions.

'Some of the security violations we could potentially see here at Guantanamo Bay include taking photos in restricted areas, inappropriate contact with detainees, unauthorized removal of classified material from the work place and discussing classified or sensitive information in unsecured environments," said Brian Velazquez, the assistant special agent in charge of the CI field office.

According to Siemonsma, the training

We rely on proactive Troopers, **DoD civilian and contractors from** the community to bring security violations to our attention. Good **OPSEC** is everyone's responsibility.

- Brian Velazquez

the CI office provides to Troopers is designed to remind them that in every environment, to include Guantanamo Bay, security compromises will and do happen. Security compromises may not always be intentional, and to the casual observer may seem trivial. However, these seemingly minor, unintentional infractions may be a small part of a much bigger threat to security here at Guantanamo Bay. That's why it is important for Troopers to always

"Even small, repeated security violations could turn into patterns," said Siemonsma. "People could be collecting information to be used against the JTF."

Some security violations to be on the lookout for are:

- Unusual questioning;
- Taking photos of restricted areas;
- Unauthorized access or removal of classified material;
- Discussion of sensitive information in a non-secure area:
- Repeated security violations;
- Contact with detainees beyond what duties call for;
- Working late or unusual hours (not shift work);
- Excessive use of copier or computer equipment without justification;
- Displaying signs of undue affluence.

The CI field office is also responsible for investigating security violations that

occur within the JTF. These investigations help ensure Guantanamo Bay remains a safe environment.

"It is important for everyone here at Guantanamo Bay to remember the CI team assigned to the JTF can not be everywhere all the time," said Velazquez. "We rely on proactive Troopers, DoD civilians and contractors from the

community to bring security violations to our attention. Good OPSEC is everyone's responsibility."

All suspected security violations or concerns should be reported to the CI field office at ext. 3471 or ext. 3468, or 24 hours a day at ext. 84110. For more information on the procedures for reporting security violations, consult JTF Policy Memo No. 37, Reporting Incidents of Counterintelligence Interest, available on the intranet at https:// intranet/resources/pubs/policies/policy37.

practice good OPSEC.

OPSEC is everyone's responsibility

General categories of potential critical information that should be protected include:

- Current and future operations
- Travel iteneraries
- Usernames and passwords
- Access cards and ID badges
- Operations planning information
- Personal identification information
- Entry and exit security procedures
- Capabilities and limitations
- Address and phone lists
- Budget information
- Building plans
- VIP and distinguished visitor movements

For any questions concerning OPSEC, please contact the JTF OPSEC office at ext. 8505/8506/8507.





A kickball player pitches the ball during the JSA all-night kickball tournament, Oct. 16. – JTF Guantanamo photo by Navy Petty Officer 3rd Class Justin Smelley

Navy Petty Officer 3rd Class Justin Smelley

JTF Guantanamo Public Affairs

Kickball is a classic American pastime most of us as kids or adults have played at least once in our lives. Whether it was in gym class or just playing a game during recess, the game has been popular since it was invented in the United States in the 1940s.

Recently, the Junior Sailor Association held an all-night kickball tournament for Troopers and civilians who wanted to release their inner child.

"We just thought that we needed a variety of things to do here on Guantanamo Bay and what better way than to play a sport that we played when we were kids," said Navy Petty Officer 2nd Class Kelly Haynes, a Junior Sailor Association member.

The tournament was a double elimination that started with seven teams determined to go home that night with the first place trophy. The crowds were loud and the teams were hyped as the games started around 7:00 p.m. Both of the softball fields held intense and competitive kickball games. Teams came out from all over the base to compete in the all-night competition.

"We decided to come out and play tonight because we figured it would be a good morale event for the unit and we wanted to have a good time," said Coast Guard Petty Officer 3rd Class Nick Hanson, with the 91101 Maritime Safety and Security Team.

The tournament ended with the championship game between the MSST and the Dirt Merchants. The game was heated and ended closely as MSST won by only one point.

"It feels good to win, especially since we are about to head home from this deployment," said Coast Guard Petty Officer 2nd Class William Cline. The Coast Guard team couldn't ask for a better way to end a tour in Guantanamo Bay then getting first in the all-night kickball tournament.

"Overall, I think the event went pretty well. People had a really good spirit about the game and we had a good time," said Navy Petty Officer 3rd Class Danielle Mugford, JSA President. "The tournament was a good chance for people to get out in the community, get involved and be active."

The overnight kickball tournament was just a beginning in kickball events.

The overnight kickball tournament was just a beginning in kickball events taking place at Naval Station Guantanamo Bay. Starting October 27, MWR will be conducting the Captain's Cup Kickball League for all interested Troopers. The sign-up deadline is Oct. 22 at Denich Gym. For more information, call the sports office at ext. 2113.



'Post Grad' blues

Army Sgt. Emily Greene

JTF Guantanamo Public Affairs

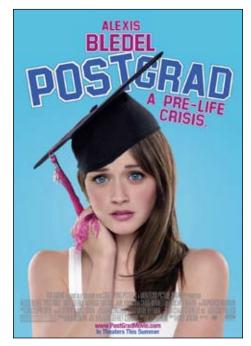
You see, what had happened was... exactly the opposite of what she had planned. But seriously, when do things ever work out the way we plan them?

ever work out the way we plan them?

Ryden Malby (Alexis Bledel) has spent her whole life working on "the plan." You know, the grand plan? The one where the stars align and your moon is in the right house and *poof!* It all works out. The problem with Ryden's plan is that, well, it fell through.

It isn't like she didn't do everything right. She got good grades in high school, won a scholarship to the college of her dreams, had a good time and graduated on time. Ryden even managed to line up an interview for her dream job and select the apartment she totally planned to move into.

But, things went awry. Her obnoxious arch-nemesis got Ryden's job. Which meant Ryden couldn't afford the apartment. Her car barely survived a random traffic accident, leaving her high and dry for a ride. And so, every post-graduate's nightmare comes true for Ryden Malby. She has to move back home and hit the streets (on her



PG-13 88 minutes Rating: ★★★

little pink bicycle) looking for a job, any job. The horror.

The good news is that Ryden has a sweet family to help her out. The bad news is that to describe them as "kooky" would be an understatement. Her father (Michael Keaton) is seriously scatterbrained and gullible. Her little brother (Bobby Coleman) is more than just a little weird. Her mother is harried and her grandmother is well.... insane. And so, hilarity ensues.

But wait; there is a man in Ryden's life. Well, two men to be exact. The affable college buddy who just loves to hang out and is always there for her no matter how much she walks on him and the exotic, older next-door-neighbor. It's a terrible choice.

Now, this plot may not appeal to everyone. Perhaps there are some who have not faced the death of a dream, or the humiliation of the aftermath. Maybe we all have perfectly normal families who would *never* embarrass us in public. But, for those of us who have run through plans A, B and C and who know for a fact they would rather eat glass than move back home, this film strikes a chord. And besides, who doesn't love to watch someone else suffer the absurdities of life? For real.

Tour de Fence



Bikers ride along the fenceline road. – JTF Guantanamo photo by Army Sgt. Emily Greene

Service members and residents of Naval Station Guantanamo Bay participated in the Marine Corps Security Forces Company annual Tour de Fence run, walk and bike event, Oct. 17.

Participants could chose to run or walk eight miles or to run or bike 19 miles. The event started at Kittery Beach and ended at a Marine Observation Post for the 8-mile participants or at the Leeward Ferry Landing for those who chose to complete the full 19 miles.

The route provided participants an opportunity to experience views of the naval station fenceline, usually only available to the Marines who guard it.

The event raised funds for the upcoming Marine Corps Ball, Nov. 14.



Participants gather for fruit and water after finishing at Leeward Ferry Landing. – JTF Guantanamo photo by Navy Petty Officer 1st Class Katherine Hofman



Runners and bikers exit the landing craft utility boat on the Leeward side to finish the last 11 miles. – JTF Guantanamo photo by Navy Petty Officer 1st Class Katherine Hofman









Army Spc. Rebecca Robinson

JTF Guantanamo Public Affairs

Morale, Welfare and Recreation plays a big part on a military base. Commonly, when military personnel are away from friends and family, their morale level seems to drop. It is the mission of MWR to raise and maintain a high level of morale within the service members it supports. Their goal is primarily obtained by offering a variety of different services designed for individuals from all walks of life.

"I really enjoy being part of a team that exists to enhance the quality of life and contributes to and maintains the morale of the military community," said Robert Neuman, MWR Sports Program Manager.

MWR enhances deployment life for service members by offering an assortment of activities, events and locations that offer something special to each individual. The library, for example, offers free Internet access, so Troopers can not only keep in contact with loved ones back home, but can maintain their finances and other obligations. There are also a fair number of liberty centers located on base, which give Troopers an opportunity to get away and clear their minds through video games, free movies, or pool and other table games. Liberty centers often serve as a gathering area for socializing, games and Internet.

as a gathering area for socializing, games and Internet.

During deployment, "I'm bored," becomes a common phrase. To combat this trend, MWR offers a vast array of activities and events that keep Troopers actively engaged from day to day. For the people that prefer the indoors, MWR offers inside fitness programs that are designed to keep Troopers in shape with the added bonus of shade. They offer activities such as cardio kickboxing, spinning, yoga, step-n-sculpt and step aerobics. There is also a ceramic shop, bowling center and a variety of food and restaurant choices to make Guantanamo feel more like home. For outdoor lovers, there is surfing, scuba, water sports, paintball, boating, kayaking, canoeing, fishing and many more activities.

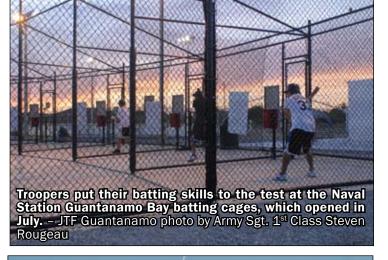
"Sports are important to relax, relieve stress, stay fit, healthy and to have fun," said Neuman. Physical fitness is a vital aspect of the military, and the many sports programs MWR offers keeps the Troopers both entertained and fit to fight.

For Army Sgt. Christine Moorhouse, a Trooper assigned to the 525th Military Police Battalion of Joint Task Force Guantnamo, the fun and opportunities have placed a spin on typical deployments. "In comparison, MWR offers way more here in GTMO – it is paradise," she said.

On a typical deployment, MWR has trouble providing all they normally have to offer in the states. This differs in many ways compared to the deployment to Guantanamo Bay. Many people wonder how and why MWR chooses what to provide. Representatives from every section of the JTF meet frequently to discuss and plan upcoming events. These meetings are beneficial to all, and are an opportunity to voice opinions and stay informed on what's happening.

Many forms of advertisement, including intranet, facilities, flyers and social networking are used by MWR to its advantage. Every week updates of fun-filled events and activities are displayed at access sites for all naval base personnel. Activities taking place in Guantanamo are very well advertised and located in easy to find locations. Troopers can find the majority of events at the frequently-used G.J. Denich gym. There are many ways to get involved in events. Explore your options and take advantage of what MWR has to offer.









Navy Petty Officer 2nd Class Shane Arrington

JTF Guantanamo Public Affairs

Back home, Air Force Senior Master Sgt. Roy Wann is a member of the Western Arkansas – Eastern Oklahoma Beekeepers Association. The hobby that began after bees started a hive in his water meter box just over a year ago, is one he never thought he'd have to show off during his deployment to Joint Task Force Guantanamo at Naval Station Guantanamo Bay, but when the chance came around, he was more than happy to share his knowledge.

A hive of bees was discovered in a fire training tower that was scheduled for repairs. Simply moving the hive was out of the question, and without Wann's bee know-how, it's very possible those bee's lives would have ended that day. Luckily for them, and for those around interested in bee keeping, Wann was there to save the day.

"I got lucky and was able to get my hands on a bee vacuum," said Wann. A bee vacuum, which you can buy or

A bee vacuum, which you can buy or find plans to make your own, is a special vacuum that allows bees to be collected, stored and safely transported to their new hive in Camp Justice. In this case, the new hive was one Wann built himself.

"I built the hive bodies from materials already here, but the frames that go inside

the hives had to be sent from home," said Wann.

According to Josh Roach, in an article for National Geographic News, bees, via pollination, are responsible for 15-30 percent of the food U.S. consumers eat. But in the last 50 years, the domesticated honeybee population, which most farmers depend on for pollination, has declined by approximately 50 percent. This decline makes it even more important that there are people like Wann who know how to properly transport bees from places where they impede human life, to places they can live that are safe to both them and humans.

"Most people don't know that it's illegal to just kill bees," said Wann. "This is one of the reasons I got into trying to remove and relocate them. It's actually a side job back home."

Wann said not only is it important to safely remove them from where they are causing trouble, but also to make sure where you're taking them is a place they can thrive.

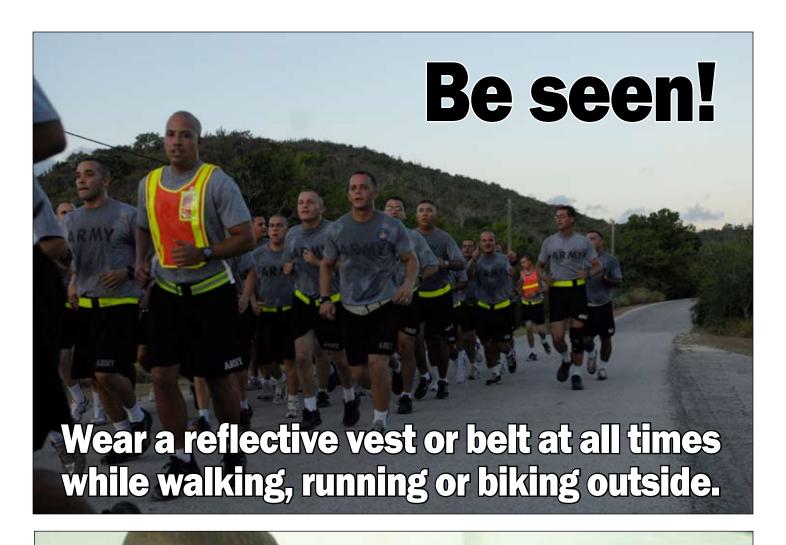
"You want to make sure there are enough food sources for them to eat and gather nectar to make honey," Wann said. "It's really not that hard, they pollinate just about everything."

Air Force Senior Master
Sgt. Roy Wann and Master
Sgt. James Cheater, with
the 474th Expeditionary
Civil Engineering Squadron,
prepare to transplant a bee
colony away from a training
location at Naval Station
Guantanamo Bay, Oct. 13.

– JTF Guantanamo photo by
Army Spc. Cody Black

Wann is happy that he's had the chance to work with bees in Guantanamo Bay and said he looks forward to going back home and sharing his experiences with fellow bee keepers.

Wann is a member of the 474th Expeditionary Civil Engineering Squadron which provides engineering assistance to the naval station.





Symptoms include fever, cough, sore throat, runny or stuffy nose, headache muscle aches and extreme fatigue.

There are several ways to reduce your risk of getting the flux

- 1) Get your vaccination!
- 2) Sneeze into your sleeve.
- 3) Practice good hygiene and hand washing.
 - 4) If you feel sick, STAY AT HOME!

For more information, visit www.flu.gov or call preventive medicine at ext. 72990.



O'Ferrall speaks to members of the Puerto Rico National Guard

Army Brig. Gen. Rafael O'Ferrall, deputy commander of Joint Task Force Guantanamo, speaks to members of the Puerto Rico Army National Guard at Troopers' Chapel, Oct. 16. Soldiers from the Puerto Rico Army National Guard are deployed to Joint Task Force Guantanamo on a year-long deployment with the JTF's Headquarters and Headquarters Company. – JTF Guantanamo photo by Army Spc. Cody Black

Boots on the Ground

by Navy Petty Officer 2nd Class Shane Arrington and Navy Petty Officer 3rd Class Justin Smelley

What celebrity annoys you the most?

Navy Petty Officer 2nd Class Sam Edwards



"Simon Cowell, because he belittles people and crushes their dreams."

Navy Petty Officer 3rd Class Kayla Lampert



"Dr. Phil, because he thinks he knows everything."

Army Staff Sgt. Nicholas Taylor



"Jon and Kate, because they are famous just for having kids."

Army Pvt. Cory Donahue



"Kevin Federline, because he left Britney Spears."

An attitude of to

Army Capt. Scott Brill

Joint Detention Group Chaplain

Starting out as a chaplain in chaplain school was an adventure. I was so new to the military, when I asked what BDUs were, the class leader laughed and said, "You are wearing them." It was going to be a long three months of training.

One of our assignments was to attend a variety of worship services. This included every faith group who had services on base at Fort Jackson. So after attending our own service, we would head off to one of the Protestant, Catholic, Jewish, Buddhist and Muslim services.

At first it was all new, but I loved it. I quickly learned why the chaplain school had such a requirement. It gave us an opportunity to appreciate the common good in other religions, without ever having to compromise our own beliefs. Now that I am in GTMO, with a command that is 100 percent supportive of providing for the religious needs of the Troopers, I've had the

opportunity to serve with and learn from an Orthodox chaplain, a Muslim chaplain and a Jewish chaplain, all of which have visited us recently. What a blessing.

I believe that building interfaith understanding is rooted in fundamental gospel principles – humility, charity, respect for eternal truth, and recognition of God's love for all mankind. The Savior repeatedly affirmed the Heavenly Father's boundless concern for the well-being of each of His sons and daughters, as in the parable of the lost sheep. (Luke 15)

In the parable of the good Samaritan, He taught that one of the keys to true discipleship is to treat others kindly and compassionately in spite of political, racial, or religious differences (Luke 10:25-37). Every time I read this parable, I am impressed with its power and its simplicity. But have you ever wondered why the Savior chose to make the hero of this story a Samaritan? There was considerable antipathy between the Jews and the Samaritans at the time of Christ. Under normal circumstances, these two

groups avoided association with each other. It would still be a good, instructive parable if the man who fell among thieves had been rescued by a brother Jew. Then Jesus delivered His final instruction to the lawyer – and to all who have read the parable of the good Samaritan, "Go, and do thou likewise." (Luke 10:25-37)

His deliberate use of Jews and Samaritans clearly teaches that we are all neighbors and that we should love, esteem, respect and serve one another despite our deepest differences—including religious, political and cultural differences.

He denounced intolerance and rivalry among religious groups and the tendency to extol one's own virtues and deprecate the spiritual status of others. Addressing a parable to those who, "trusted in themselves that they were righteous, and despised others," Jesus condemned the pride of the Pharisee who prayed, "God, I thank thee, that I am not as other men are," and commended the humility of the publican who implored, "God be merciful to me a sinner." (Luke 18:9-14)

A mentor of mine, Russell M. Nelson, once said, "We seek to enlarge the circle of love and understanding among all the peoples of the earth. Thus, we strive to establish peace and happiness, not only within Christianity, but also among all mankind. All people everywhere to recommit themselves to the time-honored ideals of tolerance and mutual respect. We sincerely believe that as we acknowledge one another with consideration and compassion, we will discover that we can all peacefully coexist despite our deepest differences." He then added, "United, we may respond. Together we may stand, intolerant of transgression but tolerant of neighbors with differences they hold sacred. Our brothers and sisters throughout the world are all children of God.'

May we never act in a spirit of arrogance or with a holier-than-thou attitude. Self-righteousness is like an illness, that makes everyone sick, except the guy who has it. Rather, may we always continue to show love and respect and helpfulness toward others.

JTF CHAPEL SCHEDULED PROGRAMS

Catholic Mass Sunday - Friday: 6:30 a.m. Mass

Spanish Catholic Mass Sunday: 5 p.m. at NAVSTA Chapel **Protestant Worship Sunday:** 9 a.m.

Spanish Protestant Worship Sunday: 11 a.m.

Bible Study Sunday: 6 p.m. **Wednesday:** 7 p.m.



Trooper finds time at GTMO for MMA

Army Pfc. Christopher Vann

JTF Guantanamo Public Affairs

From such high-profile and respected names as undefeated Lyoto Machida and Randy Couture, to others like Brock Lesnar (former World Wresting Entertainment superstar) and Kimbo Slice (street fighter), mixed martial arts (MMA) has become a viable sport in the United States and around the world.

Army Sgt. Clint Fielder, a training non-commissioned officer for Joint Task Force Guantanamo Headquarters and Headquarters Company, competes in MMA back home in Kentucky, for Submission Street Fighting.

SSF is a submission academy in Clarksville, Tenn., which specializes in MMA, Brazilian Jiu-jitsu and other combative styles.

While different forms of unorganized, no-rules, unarmed combat predate history and civilization, the earliest documented, organized, minimal-rules fighting event was the ancient Greek pankration (a blend of boxing and wrestling), which was introduced into the Olympic Games in 648 B.C.

Over the years, it has developed and transformed to the modern day sport, with companies like Strikeforce and the more popular Ultimate Fighting Championship leading the way. The sport of mixed martial arts also welcomes female athletes. There has been a growing awareness of women in the sport due to popular female fighters and personalities such as Gina Carano.

Fielder got his start as a four-time high school wrestling champion at Mishawaka High School, in Mishawaka, Ind. After high school, he tried out for SSF at a local bar called Froggy's. Following his try-out, which he won, he has since compiled a record of two wins, and one loss.

"In addition to being the training NCO, I also am the company finance and S2 representative, and the special population PT NCO, so I have my hand in a lot as far as work," said Fielder.

While deployed, Fielder must put his fights on hold, but continues to train, as much as possible.

"I train six days a week, which includes two hours of weight lifting and a half hour of running, I train on the punching bag three times a week and I also practice my wrestling twice a week," said Fielder.

The training that Fielder does enables

him to remain in shape, which helps to keep him prepared for his physical fitness test.

Fielder plans to return to New York after his deployment, to better his wrestling skills and Ju-Jitsu, and also to learn Krav Maga, an Israeli martial arts form.

Fielder first learned of the Israeli fighting style, Krav Maga, while he was deployed in Afghanistan.

"I learned about Krav Maga when I was stationed with the Israelis, while on a Chinook, they said I was in pretty good shape and asked if I did any fighting. I told them I wrestled and they offered to teach me Krav Maga, in return, if I taught them to wrestle," said Fielder.

With a small, fledgling group of residents at Naval Station Guantanamo Bay who participate in MMA, Fielder sometimes has a hard time finding people to spar with.

"It's kind of rough being down here, I have to go out and find people to train and spar with, on my own," said Fielder.

So for anyone thinking of getting into the sport, Fielder has some cautious advice.

"If you know you're going in there, getting knocked around, it's probably not wise to stay in the sport for very long," said Fielder.

