

# The WIRE

An award-winning  
JTF journal

A man in a military uniform is playing an acoustic guitar and singing into a microphone. He is wearing glasses and a camouflage uniform. The background is a dark screen.

## A song of resilience

### JTF prayer breakfast revitalizes Troopers

Read on...

GTMO sports return to The Wire

Pirate's Cove opens near Camp America

Seabee Ball energizes Naval Station, JTF

# COMMAND CORNER

REAR ADM. DAVID WOODS

COMMANDER, JTF GUANTANAMO

“St. Paddy’s Day” and the “Luck of the Irish” both have similarities and ties to Joint Task Force Guantanamo. How so? Read on and I will make the case:

First, St. Patrick: Although most know he is the patron saint of Ireland, it is not widely known that he was not born in Ireland. He was born in the latter half of the 4th century in England or Scotland. (Ireland, England, Scotland – all are islands. Cuba is an island... coincidence? I think not). It is believed that his name was Maewyn Succat. Patricius was his Romanized name, which led to the familiar “Patrick” (note: this is fortuitous because “St. Succat Day” probably would not have been as widely embraced!)

Patrick was the son of Calpornius, a Roman-British army officer. (This is our military connection to St. Patrick!) He was growing up in south Wales when one day a band of pirates landed and kidnapped Patrick and several others. He was sold into slavery in Ireland where he remained for six years. He escaped on a ship (here is the Navy connection) bound for England then France where he spent about 12 years in a monastery gaining his religious education. It was then that he received his calling (his orders) to return to Ireland and spread the gospel.

One legend often associated with St. Patrick is that he put the curse of God on venomous snakes in Ireland which allowed him to drive all the snakes into the sea where they drowned. (Cuban Boa Constrictors are not venomous. Again, more than just coincidence?)

Next, the “Luck of the Irish,” interestingly, has multiple meanings or disputed origins. Most today consider the reference to the “Luck of the Irish” to mean good fortune. The good fortune legacy traces its roots back to the Gold Rush in the United States where a large number of Irish emigrants struck it rich. Often this connection is perpetuated by the Irish leprechaun “pot of gold”

legend. Some believe that the term really was intended to have an ironic meaning of a history of Irish misfortune: everything from Ireland being the target of conquerors, and repression spanning several centuries, to the Irish Potato Famine, which caused one million deaths and the migration of a million more.

Here at Guantanamo I believe you make your own luck and control your destiny. Your goals, drive, attitude and motivation are key ingredients in making your own luck. You have the ability to positively impact your future with your performance and actions. Very little

*I believe you make your own luck and control your destiny.*

misfortune or bad luck is preordained; most is shaped by our ill-advised or misguided actions. So I invite each of you to use St. Paddy’s Day to rededicate yourselves to improvement and make your luck for the future!

We have all been sent to Guantanamo Bay to accomplish a visible mission which is very important to our military and our nation. We have the opportunity to positively impact that mission execution and those we work with every day. The goal should be to leave here at the end of our tour having moved this mission forward and having grown individually from this experience. Optimally, this growth will be both professionally and personally. Along those lines, it has been two and half months since you made those New Year’s resolutions...How is your progress? If you didn’t commit to a resolution, it is not too late. Start today and let St. Paddy’s Day mark the occasion of that turning point or re-focus!

You can start by taking advantage of the many events planned, like the “Lucky Clover Ridgeline Run” or the Liberty “St. Paddy’s Day Kayak Paddle” to Hospital Cay. Have a great St. Paddy’s Day. Celebrate sanely, safely, and make your own luck!

Honor Bound!

Cover: Joint Task Force Guantanamo command chaplain Capt. Bradley Thom led the JTF prayer breakfast March 9 with a song entitled “Lord, Listen to your Children Praying.” –photo by Sgt. 1st Class Jerome Grant



## JTF Guantanamo

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Army Maj. Jon Powers: 3649  
**Senior Enlisted Leader**  
Sgt. 1st Class Jerome Grant: 3649



## The Wire

**Editor:** Army 1st. Lt. Amelia Thatcher  
**Assistant Editor:** Army Sgt. Saul Rosa  
**Photojournalists**  
Sgt. 1st Class Kryn Westhoven  
Mass Communication Spc. 1st Class Ty Bjornson  
Mass Communication Spc. 1st Class Keith Simmons  
Mass Communication Spc. 2nd Class Kilho Park  
Army Sgt. Landis Andrews

## Contact us

**Editor’s Desk:** 3651  
**Commercial:** 011-5399-3651  
**DSN:** 660-3651  
**E-mail:** thewire@jftgmo.southcom.mil  
**Online:** www.jftgmo.southcom.mil/wire/wire.html

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# NEWS FROM THE BAY

## Red Cross Hike

Show your support for Red Cross Month by taking part in a Red Cross hike up the Ridgeline on Mar. 24. Meet at Christmas Tree Hill at 7:30 a.m. This is a free community event. There will be face painting and other activities.

For more information, call Sharon Co-ganow at 2511 or 2512.

## Kayak trip

Take a relaxing trip in a kayak from the Marina to Hospital Cay tomorrow morning at 9 a.m. At the destination you will be able to swim and jump off the pier. Sandwiches, chips and drinks will be provided.

Kayaks are limited, so call 2010 by today to reserve a spot.

## Tennis league

Spring is time for tennis. Sign up for round robin singles and doubles tennis leagues at Denich Gym by 5:30 p.m. on March 22. The season starts Apr. 2. The league is open to anyone 16 and older. This is a participation league and all active participants will receive a T-shirt.

For more information, call 2113.

## Attention divers and snorkelers

Conch season is now closed and will re-open in June. As a reminder, taking starfish is prohibited at all times.

To report violations, or for more information, call 4105 or VHS channel 12.



## CPO Birthday Triathlon

All base residents are invited to take part in the Birthday Triathlon on Apr. 7 at 6 a.m. hosted by Guantanamo Bay’s Chief Petty Officers. The events will be a 500 meter swim, 10 mile bike ride and a 3.1 mile run. Sign up in a three-person team or individual. Registration fee for teams is \$30 and \$20 for an individual.

Signup will be at the NEX Atrium every Saturday in March from 10 a.m. to 1 p.m.

## Underwater photography course

Are you tired of your underwater photos being fuzzy? Do you want to show your friends and family exactly how beautiful Gitmo waters are? Sign up for the Digital Underwater Photography Course, which starts March 20. This course is tailored to cameras available at the Dive Shop.

For more information, call 75336.

## Indoor volleyball league

Go to Denich Gym and sign a team up for the indoor volleyball league by 7 p.m. tonight. The season starts March 26. There are separate leagues for men and women. The league is open to anyone 16 years and older.

For more information, call 2113.

## Specialty care providers at USNH

Specialty care providers will be available for appointments at U.S. Naval Hospital Guantanamo in the upcoming months:

GI – March  
ENT – March/April  
Audiology – April  
Dermatology – April  
Podiatry – April  
Urology – April

For a referral, NAVSTA personnel can schedule an appointment with Primary Care Clinic at 72110. JTF personnel can call 3394.

## TRICARE office moved

Due to ongoing hospital renovations, the TRICARE Office has temporarily relocated to building H-11, behind the barracks.

## North East Gate tour

Want to learn the history and lineage of the North East Gate and the United States Marines at Naval Station Guantanamo Bay? Meet at the Marine Hill Parade Deck at 11 a.m. on the third Friday of every month for the North East Gate Tour.

For more information, call 2334.

## Pasta’s on the barge

Tuesday Night Trivia and Pasta Dinner at the Windjammer Cafe will be discontinued until further notice.

For more information, call 75503.

## Discount recreation in March

Golf cart rentals will be half price every Thursday in the month of March. \$5 covers one person and \$7.50 pays for two riders.

Boat rentals will be 50 percent off every Monday this month. Prices vary based on the boat.

For more information, call 2345.

## GTMO track meet

There will be a track meet at Cooper Field at 4 p.m. on March 24. Today is the last day to register for the meet by today at Denich Gym. The events include 100, 200, 400, 800 meter sprints, 100 and 300 meter hurdles, 1500 and 3000 meter dash, 4x100 and 4x400 meter relay. This meet is open to anyone 16 years and older. There are no age categories and there are separate heats for men and women.

For more information, call 2113.

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# Trooper to Trooper

## is your leadership contagious?

SGT. 1ST CLASS CAROLYN KINSEY

COMMAND ELEMENT OFFICE MANAGER

My first experience as a leader was as a new young E-4 stationed in Germany, and I had just three Soldiers under my leadership. During that time I often thought about my first noncommissioned officer, Staff Sgt. Bell. His leadership style left such an impression that I emulated my own leadership style after his.

Staff Sgt. Bell left me with the need and desire to give back to Soldiers the outstanding leadership that he had given to me. I collected everything positive that gave his presence strength and put it in my pocket. What stood out the most is how he was liked, and respected even more.

I quickly learned that respect is something that has to be earned. Respect is not issued to you as you advance in rank. Every Soldier knew if we were given a directive to complete a mission, it was a mission that had already been completed by Staff Sgt. Bell. His belief in taking care of Soldiers stood out over other leaders. Taking care of Soldiers is a vague statement that has different meaning to different people.

Staff Sgt. Bell provided us with the training, mentoring and guidance we needed to grow as young Soldiers. I am sure you have heard leaders make the

statement of “what right looks like.” There is something about an NCO’s confidence that shines in his or her leadership style. Whatever you want to call it, Staff Sgt. Bell had it in his walk, talk and job performance. His expectations and standards were put in our performance counseling. Not only did he talk to us when we made mistakes, but he also provided positive feedback to us. We always discussed our short term and long term goals. The communication was open and effective for all Soldiers.

Staff Sgt. Bell never did anything unethical, nor ever used his rank or position as an excuse. Integrity is what we do and what we say, and more than anything, what we say we do. As your integrity is recognized by others more trust is placed in you by your Soldiers and your leaders. You often hear leaders say how they are taking care of Soldiers. Well, what does that mean? Because of contagious leadership, I truly know the meaning of taking care of Soldiers.

When I pinned on the rank of E-5, I knew I wanted whatever Staff Sgt. Bell had as the foundation of my leadership. There are not enough leaders who think about their leadership styles being passed on to their



junior Soldiers.

Leadership is action! It is about showing, not telling; it is about setting the right example and doing what is right even when you think no one is watching. Someone is always watching! Leadership is not rank specific. You can come in contact with

outstanding leadership at any time. Leadership is contagious, just like a smile. I just have one question. If leadership was contagious, would you want to catch yours? Here it is 23 years later and I am still talking about Staff Sgt. Bell’s leadership skills. They are contagious!



### What is PII?

**PII is an acronym that means “personally identifiable information.” PII consists of information that is unique to us. Things like your name, social security number, phone number, local address, home of record, birthday, place of birth, and mother’s maiden name are all considered PII. Putting this type of information on Facebook or other websites can put you at a much greater risk of financial fraud, stealing credit and identity theft. Any information that is tied directly to you or could be used to identify you should be protected. Many people don’t think about the need to protect this information until it’s too late. Don’t let this happen to you or your family. Use OPSEC to protect your PII.**

## Super Troopers

Congratulations to the Joint Task Force Troopers who recently received commander’s coins!



## Sesame Street, USO launch tour for military families

By Elaine Sanchez

American Forces Press Service

In a few weeks, military families around the nation will have a chance to take their own walk down memory lane -- and create some new memories for their children -- when Sesame Street comes to town.

The Sesame Street and USO Experience for Military Families, a free traveling show, is about to embark on its 2012 tour. The show, exclusively for military families, premieres April 7 at Scott Air Force Base, Ill. Families at more than 70 military installations across the nation will have the chance

to see the show over the next eight months.

The 30-minute musical show features Sesame Street favorites Elmo, Grover, Cookie Monster and Rosita, as well as a new addition, Elmo’s friend, Katie. Katie is a character from a military family dealing with a military move.

During the show, Katie opens up to her Muppet friends about her fears and excitement about the move. With the help of a few songs, Elmo and other pals reassure her that she’ll make new friends while still remaining close with old ones.

The Sesame Street and USO Experience for Military Families debuted in

July 2008 to help families deal with the challenges of deployment and homecomings. Since its inception, the tour has taken its message to more than 248,000 troops and military families, and performed 433 shows on 131 military bases in 33 states and 11 countries, a Sesame Street news release said.

Background: Elmo and friends sing with Katie, a new character on Sesame Street, during the kickoff of the fifth installment of the Sesame Street/USO Experience for Military Families in Columbus, Ohio, April 14. Katie is a military child dealing with a military move. --DoD photo by Elaine Sanchez

## Risk of major cyber attack ‘worrisome’

By Jim Garamone

American Forces Press Service

LOUISVILLE, Ky. – When Defense Secretary Leon Panetta was asked what keeps him awake at night, he didn’t hesitate: a major cyber attack.

“We are literally getting hundreds or thousands of attacks every day that try to exploit information in various [U.S.] agencies or departments,” Panetta told an audience at the McConnell Center at the University of Louisville. There are plenty of targets beyond government, too, he added.

“There are, obviously, growing technology and growing expertise in the use of cyber

warfare,” he said. “The danger is, I think, [that] the capabilities are available in cyber to virtually cripple this nation: to bring down the power grid, to impact on our governmental systems, to impact on Wall Street and our financial system and to literally paralyze this country.”

The country needs to defend against that kind of attack, but also develop the intelligence resources to understand when those possible attacks are coming, the secretary said.

“So the one thing I worry about is in knowing these things are possible and feeling that we haven’t taken all the necessary steps we need to protect this country,” he said.

# TROOPER FOCUS

By Sgt. 1st Class Jerome Grant

The Wire spent some time this week getting to know Spc. James R. Johnson, the Command Chaplain Assistant for Joint Task Force Guantanamo.

“Spc. Johnson is absolutely crucial to the overall success of the JTF Command Chaplains office for a variety of reasons,” explained Air Force Chaplain Lt. Col. Alan Chouest, Deputy Command Chaplain for the Joint Task Force. “He is often the eyes and ears of the chaplains around JTF and often provides spiritual triage before someone gets to the Chaps.”

“I love that I get to serve the entire JTF as a whole,” Johnson explained “From contact with senior leadership to the most junior Trooper, I get to help people. I also love that I can be proud to serve my country doing what I’m doing.”

“When we’re talking about the people who are behind the scenes who make things happen, we are talking about Specialist Johnson,” said Sgt. 1st Class Carolyn Kinsey, office manager for the Joint Task Force command element. “He never complains and always has an ear for everyone. He’s always seeking to learn different things, whatever it takes to get the job done.”

“My job here is very fulfilling,” Johnson said “I support Troopers

by giving spiritual and moral support with compassion and understanding. And mostly it’s just by lending an ear to listen and providing direction by giving religious items or arranging appointments with a chaplain.”

“Sometimes all it needs to be is just listening, just giving people an opportunity to vent,” added Johnson.

When Johnson leaves Guantanamo he will return to the 641st Regional Support Group in Florida where he is also a Chaplain’s Assistant.

“Back home, in the Reserves, see FOCUS next page



## BULLET BIO

**Time in service:** 5 years

**Hobbies:** Learning different types of computer software, digital photography, reading the Bible and reading about history in general

**The boss says:** “Johnson is a fantastic partner in ministry. It’s refreshing to

see an individual give glory and honor to God.”

**Advice to junior Troopers:** “Always stay motivated in doing the right thing and remembering your service values, most importantly when no one is watching. And when taking care of Troopers: ‘What we learn we should teach, and what we get we should give.’ I borrowed that from Annie Henderson.”

## Who is your favorite pirate?



“One-eyed Willie from the Goonies.”

Sgt. Chad Hawkins



“Jack Sparrow from Pirates of the Caribbean... all of them.”

Staff Sgt. John Cheatham



“Capt. Hook from the live action Peter Pan.”

Spc. Davon Gaines



“Blackbeard.”

Tech. Sgt. Rick Thompson

## BOOTS ON THE GROUND

# Leaders recall Japan disasters, relief efforts



This apartment building in Ishinomaki, Japan, was destroyed in last March’s 9.0 earthquake and resulting tsunami. –Voice of America photo by Steve Herman

By Karen Parrish  
American Forces Press Service

WASHINGTON – President Barack Obama, Vice President Joe Biden and Defense Secretary Leon E. Panetta issued statements today marking the upcoming one-year anniversary of the “3/11” earthquake, tsunami and nuclear disasters that devastated Japan.

Obama said he and First Lady Michelle Obama join all Americans in honoring the memory of the 19,000 victims lost or missing. “We continue to be inspired by the Japanese people, who faced unimaginable loss with extraordinary fortitude,” he said.

The 8.9 magnitude earthquake struck northeastern Japan in the afternoon of March 11, triggering a tsunami. The disasters killed an estimated 16,000 people and destroyed coastal villages, towns and cities in the Tohoku region. The earthquake damaged the Fukushima Dai-Ichi nuclear plant, which suffered cooling system failures, fires and explosions continued through March 15.

Japanese Prime Minister Naoto Kan said the disasters were the worst crisis his nation had faced since World War II. Some 3,000 Japanese people remain missing.

In today’s statement, the president said the United States mobilized immediately to aid Japan in a relief effort named for the Japanese word for “friend.”

“At the peak of Operation Tomodachi – our single, largest bilateral military operation with Japan ever – the Department of Defense had 24,000 personnel, 190 aircraft, and 24 Navy ships supporting humanitarian assistance and disaster relief efforts,” Obama noted.

Japan’s government has led rebuilding efforts over the past year, Obama said, while U.S. experts “continue to support Japan’s ongoing efforts to deal with the challenges associated with Fukushima.”

Obama said he and the first lady are grateful for the contributions American civilians and service members have made to Japan’s recovery.

“On this day when our thoughts and

### FOCUS cont.

I only come in contact with someone if they come into the Reserve Center,” said Johnson. “But that is only one weekend a month and two weeks out of the year. Here I get to help people every day and the affect isn’t just in the moment. I can follow up and it can have a world-wide effect.”

When he isn’t in the office, Johnson likes to unwind by listening to music and spending time in prayer.

“And I talk to my family every day,” said

prayers are with the Japanese people in remembrance of the hardship faced one year ago, let us also celebrate the recovery under way in Japan and pay tribute to Japan’s unflagging dedication to bettering the lives of others throughout the world,” the president said.

Biden, in his statement, recalled his visit to Japan five months after the disasters.

“The survivors I met in Natori and Sendai made clear to me that the disaster met its match in the resilience and fortitude of the Japanese people,” the vice president said. “While struck by the scale of the devastation, I also witnessed remarkable and inspiring progress in rebuilding homes, schools, and workplaces.”

In Sendai, Biden said, he visited an airport that had been flooded and later became a refugee center.

“A week after the tsunami, Japanese and American forces reopened a runway, allowing the arrival of hundreds of relief workers and more than two million tons of humanitarian supplies,” he said. As Japan rebuilds, America will stand with its allies as long as it takes, Biden added.

“We join the Japanese people today in honoring the memories of those lost as they continue to work for a better future,” he said.

Panetta also expressed admiration “for the strength and resilience of the Japanese people,” adding that he too, in a visit last year, had seen their determination to rebuild their country even stronger than before.

“The U.S. military was proud to support the government of Japan in responding to this disaster, and the success of these efforts is a testament to the strength of our alli-

see JAPAN page 11

# Ahoy, mateys!

By Mass Communication Spc. 1st Class Ty Bjornson



It's been a long time coming. Troopers have been asking for it. Now it is finally here. Morale Welfare & Recreation's "Pirate's Cove" had its grand opening March 9, to the merriment of Joint Task Force Guantanamo and Naval Station staffers and Troopers who were on hand for the ribbon cutting ceremony.

"'Pirate's Cove' is a much needed social environment out in Camp America," said JTF Guantanamo commander Rear Adm. David Woods. "We took the suggestions from the Troopers to bring back a social hub."

"We knew there was a need," added MWR director

Tara Culbertson. "We partnered with JTF to make this happen."

"Pirate's Cove" is next to the Seaside Mini-NEX at the former location of the off-hours social spot, "Club Survivor." "Club Survivor" was in a group of old SeaHuts which were demolished in the last few years.

The establishment offers a place for Troopers to enjoy their off-hours time in a social setting that features Wi-Fi, Direct TV, music, Starbucks coffee and other beverages. There is an indoor foosball table and an outdoor pool table as well. Though "Pirate's Cove" doesn't serve food, Troopers are welcome to bring their own.

"It's a great opportunity for the Troopers to be able to come here," said Capt. Matt Perry of Joint Task Force Preventive Medicine, after a pool game. "I like the view. Great view."

"Pirate's Cove" is definitely a place for Camp America Troopers to call their own. Everyone is welcome, though the location does cater to those members who do not have transportation to travel across base from Camp America.

"I'm very excited about this," said Spc. Nicolas Thomas of the 107th Military Police Company. "It's a lot easier than going to O'Kelly's when you live in Camp A."

"Pirate's Cove" is open Thursday, Friday and Saturday from 5 p.m. to 12 a.m.



## This Week in Guantanamo Bay History

### Unmanned Aerial Vehicle tests conducted 73 years ago

By Sgt. 1st Class Michael Shimer

Unmanned Aerial Vehicles (UAVs), radio-controlled drones, and guided missiles are all fixtures of modern warfare. But 73 years ago in March 1939, a U.S. Navy experimental program known as Project "Dog" was operational here at Guantanamo Bay during Atlantic Fleet training.

Project Dog consisted of one officer, one warrant officer and sixteen men; plus three TC control planes and five N2C-2 (Curtiss biplane) drones. The TC aircraft arrived via Key West, Cienfuegos, Cuba and Camaguey, Cuba, and set up operations on Leeward Point Field. The N2C-2 drones arrived aboard the USS Ranger from Norfolk and were then flown to Mc-

Calla Hill Field upon arrival. Project Dog's mission: conduct anti-aircraft training for the US Navy, including the destroyer USS Patterson and the battleships USS Maryland, USS California and USS Utah.

Accommodations for the Project Dog Sailors were quite austere. According to Rear Admiral M.E. Murphy's History of Guantanamo Bay: "flights were run from Leeward Point Field, known then as 'Hungry Point' due to lack of messing and berthing facilities; in fact it was just a wide open space of coral rock, dust, and scrub palm. During all operations of Project DOG, only one drone was shot down by Fleet vessels."



Above: Capt. Matt Perry tested the billiards table March 9 at the newly opened Pirate's Cove.

Right: (from left to right) Joint Task Force Guantanamo deputy commander Brig. Gen. James Lettko, U.S. Naval Station Guantanamo Bay commanding officer Capt. Kirk Hibbert, flag aide Lt. Cdr. Jay Haddock, MWR Director Tara Culbertson, engineer director Capt. Michael Merino, and JTF commander Rear Adm. David Woods cut the Pirate's Cove ribbon March 9. Avast ye bored Troopers, now ye have something to do when ye can't get across base on yer day off! Yarr!

—photos by Mass Communication Spc. 1st Class Ty Bjornson

# Food for the body, food for the soul

By Sgt. 1st Class Jerome Grant

## *Prayer breakfast revitalizes Troopers, encourages resiliency*

More than 70 Troopers from the various commands in Joint Task Force Guantanamo attended the prayer breakfast held at Seaside Galley the morning of March 9. The event's theme was "Prayer: A Tool of Resiliency."

After the welcome, conducted by Navy Capt. Bradley Thom, JTF Guantanamo Command Chaplain, Spc. Sherrella Nixon of the 525th Military Police Battalion sang the national anthem. Nixon was followed by Air Force Chaplain Lt. Col. Alan Chouest, who led the invocation and a reading of Psalm 46.

Three speakers then shared sermonettes that focused on prayer or trusting God.

The first person to share his thoughts was Spc. James Johnson, JTF Command Chaplain's Assistant. Johnson read the parable of the persistent widow found in Luke 18 of the Bible.

"What we see here," said Johnson, "is that we should pray without wearying, especially in our darkest hours. God will answer our prayers."

Following Johnson, Chaplain Thom and Air Force Maj. Jeff Bell, Officer in Charge of Intel Operations played guitar and sang a song called "Lord, Listen to Your Children Praying."

"One way to pray is through music," said Thom. "Most times when I sing, I do so by myself as a way to pray to God."

The final speaker, Army Capt. Chris McCann, Assistant J-3, read Psalm 18 verses 6 and 18, and Matthew 26:39 as he spoke about how to rely on God to help work through individual weakness.

"He is like a spotter in weight-lifting," McCann said "He is there to help when you're out of your own strength. It isn't about what you can do in your strength it's about what you can do in God's strength."

"This is my first prayer breakfast," explained Sgt. Rosa Tucker, of the 189th Military Police Company. "I thought it was wonderful. I liked the message. I liked the spotter analogy that Capt. McCann used because that is how God is working with me right now."

Following the speakers, the breakfast was rounded out with a prayer for the nation led by Navy Expeditionary Guard Battalion Chaplain Lt. Jeremy Selitto, and the benediction and dismissal by 525th MP Bn. Chaplain Capt. Garland Mason.

If you missed this inspirational morning, keep your eyes and ears open as there are undoubtedly more to come.



Below: Joint Task Force Guantanamo Command Chaplain Capt. Bradley Thom welcomed Troopers to March 9's prayer breakfast. More than 70 were in attendance, and received guidance on "Prayer: A Tool of Resiliency."

Top right: Maj. Jeff Bell (left) and Thom performed "Lord, Listen to your Children Praying" for the Troopers at the prayer breakfast.

Below right: Spc. James Johnson, the Joint Task Force Command Chaplain's Assistant, read Bible verses for the prayer breakfast audience.

—photos by Sgt. 1st Class Jerome Grant



### JAPAN cont.

ance," the secretary said.

The United States remains committed to helping Japan rebuild, Panetta said, and the U.S. military will continue to deepen its partnership with Japanese forces.

"Japan is more than just an ally," the secretary said. "It is also a great friend of America. Together we will continue to forge ahead to achieve peace, prosperity, and a better future for both of our countries."

Panetta thanked the thousands of Defense Department men and women who responded to Japan's disasters.

"Within moments of disaster striking, the United States armed forces, under the leadership of [Navy] Adm. Robert Willard, were fully mobilized to support the Japa-

nese government in its response and recovery efforts," he said.

Willard commands U.S. Pacific Command, the nation's largest combatant command, and led U.S. relief efforts after the earthquake struck. Willard, who is retiring after a 39-year career, will hand that position over to Navy Adm. Samuel J. Locklear III in a ceremony later today.

Panetta said the greatest service anyone can perform is to help fellow human beings in need.

"Together, Japanese and American forces helped those in need, and solidified the friendship between our two great nations for generations to come," the secretary said.



STUDENT OF THE GAME

GTMO's own sports stars

The 525th Military Police Battalion's "Militia" broke the "Warriors" undefeated hold on Guantanamo Bay basketball Monday night. As the season concludes soon, Joint Task Force Guantanamo Troopers can look to other sports to participate in as well, including indoor volleyball, softball, tennis, and track. —photo by Mass Communication Spc. 1st Class Ty Bjornson

By Army Sgt. Landis Andrews

Where will Peyton Manning play football next year? Will it be Andrew Luck or Robert Griffin III who replaces him? What team does Dwight Howard want to play for when his contract expires? Will Albert Pujols be the phenom in California that he was in St. Louis? Can David Beckham lead the Los Angeles Galaxy to another MLS Cup after signing a two-year extension?

It's easy to get caught up in the story lines of professional sports – trust me, it's what I love to do – but let's not forget that we have sports going on here at Guantanamo Bay too. The softball playoffs are this weekend, so come down to Cooper Field and watch your buddies and coworkers compete in an all-day tournament starting at 1 p.m. on Saturday and 2 p.m. on Sunday. The championship game is 8 p.m. on Tuesday night. Better yet, get your team ready and sign up for the next softball league that begins in a few months.

The basketball season is also about to reach its climax. After the regular season, the Warriors representing the 525th Military Battalion were the favorites to win the championship having gone undefeated and

winning the majority of the games by a large margin.

However, much like March Madness, the "Warriors" found out that the powerhouse doesn't always have the easiest route to the big dance. The "Warriors" suffered their first loss of the season to the defending champions, the "Militia."

"I really think we needed that loss," 525th's guard Alvorn Richmond said. "It made us bring our best to the next opponent and get our game back."

Point guard Spc. Joe Martinez knows the team has the chance to avenge their sole loss en route to the championship game on Monday night at 8 p.m. at Denich Gym.

"Militia' is a very versatile team and they can turn it on at any time," he said.

But Martinez says his team is up for the task. "We beat them earlier in the season, but we are our own worst enemy," he added.

Even if you don't play basketball you can take part in the entertainment. Basketball games at Guantanamo Bay are a social event. Large, rambunctious crowds fill up the bleachers to be a part of the action. The players even feel the positive energy.

"It helps the mindset," Martinez said. "It always helps to hear the people that believe in you and cheer for you."

So, don't worry about how much of a signing bonus Peyton Manning will get from the Denver Broncos. Leave the draft selection process to the teams that are involved. Forget the fact that LeBron James yields to lesser players in crunch time. Get off of your fourth point of contact and get involved in MWR sports.

Register today (the last day) for the indoor volleyball league. Try out for the travel softball team on March 24-25. If you make it, you go to Naval Station Mayport in Florida. Registration for the tennis league is open until March 22. In this league, you schedule your match with your given opponent for whenever fits your schedule. Test your speed and agility against other Guantanamo athletes at the track meet. Sign up at the participant meeting starting at 5:30 p.m. at Denich Gym. Get a flag football team registered by April 9 and get it in on the Gitmo gridiron. Keep your eyes peeled for opportunities to play on an MWR sport team and maybe you can be a story line as big as Andrew Luck.

# Seabee Ball boosts GTMO energy Hicks: 'Navy leading all services'

By Sgt. 1st Class Kryn Westhoven

The Department of Defense last week announced a plan to cut energy consumption to reduce operating costs, improve security for U.S. forces transporting fuel into combat zones and lessen reliance on foreign oil.

The man who is guiding the Navy on this DoD roadmap, Thomas Hicks, was in Guantanamo Bay as the guest speaker for the Seabee 70th Birthday Ball held at the Windjammer on March 10.

"The Navy is leading all services," said Hicks, who is the Deputy Assistant Secretary of the Navy for Energy. He told the audience about the increase use of a 50/50 blend of fossil fuel and biofuel, which is algae-based and made with used cooking oil and non-food-grade animal fats.

Biofuel is being tested by the Navy in the air and on the sea, from the Blue Angels flight demonstration team using the fuel mixture in the jets; to the upcoming Rim of the Pacific or RIMPAC maritime exercise off Hawaii using biofuel for the carrier group, were examples cited by Hicks.

The RIMPAC demonstration will lead to a multi-month carrier group deployment using 50 percent biofuel for surface ships and aircraft in 2016. Hicks called this the "Green Fleet" and likened it to the historic "Great White Fleet," which consisted of 16 new battleships sent around the world in 1907 as a show of American naval power.

The use of biofuels by the Navy fits into the energy plan's call for promoting the development of alternative fuels and helps the Navy meet the goal to reduce fuel consumption afloat by 15 percent by 2020. That is the Navy's goal in the DoD roadmap to reducing energy use.

The just released energy implantation plan is the next step in a strategy outlined in June 2011, which focused on the need for energy conservation in military operations. It is a three-part strategy of reducing the demand for energy, securing diverse options beyond fossil fuels, and building energy security con-

Maybe all the energy is a sugar high from delicious cake: Deputy Assistant Secretary of the Navy for Energy Thomas Hicks cut the Seabee Ball cake Saturday with the youngest and oldest Seabees of Naval Mobile Construction Battalion 23 from Fort Belvoir, Va., Constructionman Jake Lee and Senior Chief Michael Blank. The Seabees celebrated their 70th birthday at the Windjammer, with much of U.S. Naval Station Guantanamo Bay and Joint Task Force in attendance. —photo by Sgt. 1st Class Kryn Westhoven

siderations into all military planning.

"Energy security means a reliable, secure and affordable supply of energy for military missions, today and in the future," said Defense Secretary Leon Panetta in DoD press release.

The plan creates a Defense Operational Energy Board to review each of services progress in reducing energy consumption.

The services have all set goals from the Air Force planning to increase aviation energy efficiency by 10 percent by 2020; to the Marine Corps to increase energy efficiency on the battlefield by 50 percent by 2025. The Army looks to have 16 "Net Zero" installations by 2020 and 25 by 2030, these are installations that do not use more energy or water than they produce and reduce waste by recycling.

The plan also calls for improving operational energy security at fixed installations; incorporating energy security considerations into requirements and acquisitions; and adapting policy, doctrine, military education and combatant command activities to support reduced demand of energy.

As part of the implementation plan, Panetta wrote that the rising global demand for energy, changing geopolitics and new threats will make the cost and availability of energy even less certain in the future.

"Energy security is an imperative – our economic well-being and international interests depend on it," he said.

*American Forces Press Service contributed to this story.*



# Marine dad plans trek across country

By Cpl. Andrew Johnston

2nd Marine Division

MARINE CORPS BASE CAMP LEJEUNE, N.C. – When it comes to giving back to his country, Mike Mobley has given it his all. His twin sons joined the service in the fall of 2004, one joined the U.S. Marine Corps and the other joined the U.S. Army. With both sons in the military, his drive for supporting troops throughout the country quickly became evident to those around him.

Stationed out of Marine Corps Base Camp Lejeune, N.C., Mike's son, Sgt. James R. Mobley, an infantry team leader with Weapons Company, 2nd Battalion, 9th Marine Regiment, 2nd Marine Division, is currently deployed to Afghanistan. When Mobley told his family what he planned on doing to support his son and fellow service members, their reaction came as no surprise, he said.

"It's called Operation Hero Trek and basically what I am doing is walking from our hometown in Colorado all the way to Lejeune, which is roughly 2,000 miles," said Mobley. "The first response I get from most people is, 'you're crazy!' But once they start thinking about it and realize how much I've been planning and what it's for, they start asking me what they can do to help."

Mobley hits the road March 24, and preparation for the trek started more than a year ago. He said he trains each day and has been pushing himself harder and harder so he can make it to Camp Lejeune in time for his son's homecoming.

"I've been training for about the last eight months at about 10 to 20 miles of walking per day, depending on how tired I get," said Mobley. "Once the trek starts my objective is to walk 20 miles per day with a goal of arriving at Camp Lejeune on or before the 30th of June."

Because the military isn't allowed to give homecoming dates so far in advance, Mobley said he had to estimate the date his son was coming home and left plenty of room for error so he wouldn't miss it. He explained it was better not know the date. He didn't want to arrive there on the exact day and have all of the attention on him. He said the focus of his trek is supposed to be on all of the service members who

sacrificed their lives in the line of duty and the ones who are currently serving.

"He wants to raise awareness and keep people informed on what's going on in the U.S. military to keep it in the forefront of everybody's mind," said Mobley's long time friend and neighbor Tom Witowski. "It helps people remember that these people are out there fighting, getting injured and dying for us and to not just take light of it."

Witowski spent more than 20 years in the Navy where he spent a lot of time preparing missions and retired as a lieutenant commander, he said. When Mobley told him about the trek, Witowski said there was no way he was going to let his friend do it alone and they both started planning together.

"We had ideas going back and forth off each other and we wanted to get some foundations involved, so we called around and got some participants," said Whitowski.

It didn't take long before a whole slew of supporters and organizations jumped on board. People all over the country started donating money and volunteered to join them at different stopping points along the way where they would hike for certain distances, said Whitowski.

"So far we've got Adaptive Adventures, The Fisher House Foundation, The Greatest Generations Foundation and the Wounded Warrior Project that we're raising money for," said Mobley. "All of the contributions go completely to the foundations; we're not keeping anything for ourselves. If people want to help they can go to my website at [www.operationherotrek.com](http://www.operationherotrek.com)."

Mobley plans on staying at campgrounds along the way and contacted several churches who said they had no problem giving him a place to stay, a warm meal and a hot shower. Although he's going to miss his grandchildren, two daughters and wife, he said the physical aspect of the trek will be the toughest to overcome.

"Walking those 2,000 miles is going to be the hardest," said Mobley. "Doing this is kind of like facing the unknown because I don't know what's going to be at the next stop. A lot of preparation has gone into this but I know it will be worth all of the time and effort in the end."

# AT THE READY Combatives instructor to represent NYARNG

From the New York National Guard

BINGHAMTON, N.Y. – Army Staff Sgt. Theodore Albright, a member of the 204th Engineer Battalion, will represent the New York Army National Guard in a nationwide hand-to-hand combat competition at Fort Benning, Georgia March 16 to 18.

The competition pits 160 experts in combatives – the hand-to-hand combat the Army teaches Soldiers – against each other to pick the best in the 360,000-man Army National Guard, said Army Staff Sgt. Vincent Cruz, the senior combatives instructor at the Army National Guard Warrior Training Center.

The top three finishers in the Army National Guard competition will square off against counterparts from the active Army and Army Reserve in July to pick the best hand-to-hand combat warriors in the Army, Cruz said.

Just being picked to compete is an honor, he said.

Albright, a 14-year veteran of the Army National Guard, is a full-time supply sergeant in the Binghamton-based 204th Engineer Company. He serves at the combatives instructor for the battalion.

He has been involved in martial arts training since he was a kid and competes in mixed martial arts as a civilian.

The competition involves grappling as well as open handed striking, Albright said.

Winners are determined by knocking their opponents out, when the opponents submit, or on points, he explained. The competition is very demanding, he said.

Normally he would spend a couple of months preparing for a competition, but in this case he had two weeks notice, Albright said. His goal, he said, is to do a good job for the New York Army National Guard.

"It's a little short notice but I figured it would be an opportunity of a lifetime, as someone who is passionate about mixed martial arts," he said.

"Everybody that legitimately does martial arts knows you leave your ego on the mat," Albright said. "You go down there and do the best you can."

# JTF-Bravo medics see 1,000 patients



U.S. Air Force Staff Sgt. Melissa Sparks, a Medical Element member who works in preventive medicine at Soto Cano Air Base, Honduras, gave a child de-wormer after a preventive medicine briefing on the last day of the medical readiness and training exercise March 10. –U.S. Air Force photo

By Capt. Candice Allen

JTF-Bravo Public Affairs

SAN JUAN, Honduras – Members from Joint Task Force-Bravo, Soto Cano Air Base, Honduras, saw more than 1,000 villagers during the four-day medical readiness and training exercise in the Montana de la Flor region March 7-10.

"It was a very successful MEDRETE," said U.S. Air Force Lt. Col. William Fecke, deputy commander of the Medical Element. "We saw more people than we had anticipated."

Over the past four days, medical professionals treated illnesses including respiratory

infections, skin infections, women's health check-ups, HIV testing, diabetes and high blood pressure.

The MEDRETE team which consisted of members from JTF-Bravo, Honduran Ministry of Health, South Dakota State University nutritional team and Mission Honduras LeMars provided 661 patient screenings, 36 vaccinations, 254 dental treatments and over 652 medications distributed.

The members conducted the exercise in the villages of La Ceiba and San Juan, spending two days at each location.

"We've definitely provided care to people who live in remote, austere locations where they had to hike for hours just to receive

medical attention," said Capt. Virginia Aguilar, the MEDRETE planner. "In addition to people hiking to see us, we hiked to see them by way of the nutritional team and their door-to-door surveys."

Mission Honduras LeMars, a non-governmental organization, provided dentists, pharmacists and doctors to support the MEDRETE.

While the SDSU medical team conducted a pediatric nutritional survey in homes within the surrounding areas here as well as created a nutrition station. Additionally, when the SDSU team conducted their home surveys, the JTF-Bravo medics provided de-worming treatment to children.

"This is a good example of the cooperation we have with our partners here," Fecke said. "Without us the Mission Honduras LeMars and the SDSU would not be able to get as much supplies to as many people and without them we would probably not have gone door-to-door providing preventive medicine treatment nor had as many providers to see patients."

"This is a win-win for everyone," he said.

The focus of Mission Honduras LeMars is to improve living conditions through healthcare and medicine, water projects and supplemental food programs in Montana de la Flor, El Guante and Esquias, Honduras.

The professional exchange between U.S. and Honduran doctors and nurses will allow improved patient treatment and enhance the U.S., Honduran partnership.

In 2011, JTF-Bravo and Honduran Ministry of Health clinicians provided general medical care to 14,401 patients and dental care to 1,061 patients for a total of 15,462 local Hondurans receiving much-needed assistance.

# Inaugural African Partnership Flight takes off

By Staff Sgt. Brok McCarthy

U.S. Air Forces Africa Public Affairs

ACCRA, Ghana – U.S. Air Forces Africa Airmen participated in the opening ceremony of the inaugural African Partnership Flight event March 12 at Air Force Base Accra, Ghana.

The event, hosted by the Ghanaian air force, is a two-week, military-to-military multilateral and regional engagement designed to improve regional cooperation partnerships, and the readiness of all countries' service-members.

More than 160 airmen from the Ghana, Togo, Benin, Nigeria and Senegal air forces were welcomed to the event by Air Commodore Emanuel Ahadome, Ghana air officer, logistics.

"The importance of training to our military profession cannot be over emphasized," Ahadome said. "The need to be educated and have good knowledge of best practices in ways of carrying out our tasks is very crucial to the success of any modern air force."

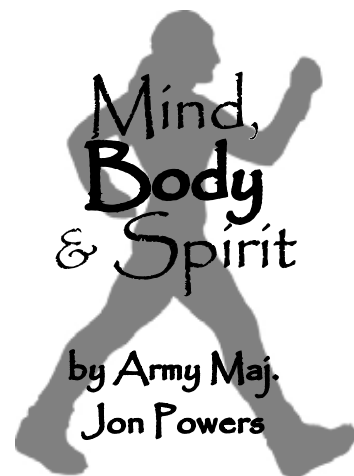
He continued by saying the program would enable participants to exchange ideas and upgrade knowledge of best practices in

modern air forces and the aviation industry.

Several Airmen from U.S. Africa Command, U.S. Air Forces in Europe, Air Mobility Command, Air Combat Command and North Dakota National Guard will support APF.

"At the end, if we do nothing more than strengthen relationships, old and new, that's value added," said Col. Dave Poage, APF mission commander. "Just getting to know each other and creating partnerships among a myriad of organizations will make it successful."





# I hate stretching!

would end up hurting myself. If I could take a fresh look at that data I think I know what I would find. Older recruits sustained more injuries later in the training regimen and may have zero correlation to stretching. You can't stretch the old out of your legs, nor can you cure slow-healing muscles to prevent overuse types of injuries. But that didn't stop the media from reporting the findings, nor did I give up on rationalizing my hatred of stretching. Faulty data be darned!

Shortly after that, BIU (Big Important Universities), sensing yet another chance to prove something is bad for you that was once previously thought to be good for you, seized bucketfuls of research grant money and created more hypotheses, theorems and postulates, all of which promised to deliver humans once and for good from the dreaded standing-front-hamstring stretch.

They concluded everything from "stretching does not reduce muscle soreness" to "stretching (yoga) does not increase your intelligence." (Duh) There was no proof to say that it increases performance, and best of all, they conducted a study on how to interpret studies on stretching! (American College of Sports Medicine 2004) A few studies did note that stretching cold muscles could actually cause injury. Really? Rolling out of bed into a full split might hurt? Never saw that one coming. So yes! Finally something I could hang my jockstrap on. But where was my keystone scientific

study to put an end to senseless stretching forever?

Sadly, it does not exist. If this were an email I would put a frowny-face emoticon here. That is what the beloved Professors Platypus of the world ultimately realized. There was no scientific study that produced "evidence of significant predictors of injury." "No evidence" means "I don't know" in egghead language. Imagine what your college biology professor looked like, because I think mine would brain-hemorrhage after a few push-ups. Maybe the world of academia was not the holy grail of sports stretching knowledge I searched for.

So where could I turn next? Why, where every American turns after pure science and cable TV fails them: emulate rich people! What do the folks who make millions do to prepare for their sport of choice? I am pretty sure they wouldn't do a single thing to jeopardize their huge, envy-inspiring salaries. Not to mention the fans' adoration and accolades – in my mind I still see Michael Jordan flying but I can't for the life of me remember seeing him sitting on the floor center-court in the all-too-embarrassing butterfly groin stretch.

So everybody understands running. Some hate it, others loathe it. But it is the base for all military fitness. I thought about who would make the best research subject. Professional runners must have this figured out, right?

I started with Usain Bolt. After all, his event only lasts 10 seconds (9.58 on a good day) so he would be done racing before stretching could possibly make a difference. As it turns out, he warms up, stretches, dances, eats

chicken nuggets, lies down, jogs a few laps, stretches again, dances some more and maybe eats two more nuggets 90 to 120 minutes before his race. Drat! The word I least wanted to see – stretch – though I like the eat nuggets part. Two whole hours of warming up and stretching to run 100 meters!

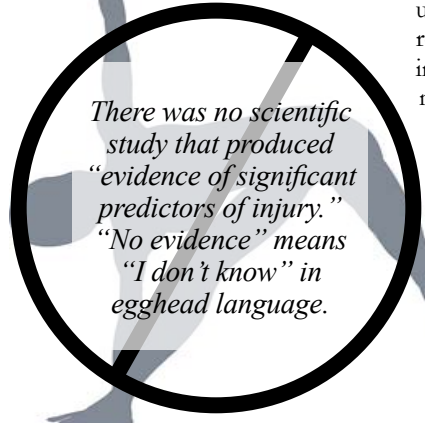
Ok, so here's a runner whose race is so long that stretching could mean nothing: Grete Waitz, one of the best marathoners ever. Her pre-race routine begins with a five mile warm-up (absolute insanity – five miles to warm up to run 26.2 miles!) on the hotel treadmill, then stretch, get a massage and then rest. One hour before the start, she would run 10 minutes more! Yay! Now I can add massage to my regimen. I knew studying the greats would lead me to the perfect routine. But there were still the all-too-noticeable inclusion of warming up and stretching.

That's it. Forget runners. Running is hard anyway. Team contact sports! What could stretching possibly do for a 300-pound lineman? And those dudes make mega-bucks and have whole teams of professionals to train them. Whatever they do, it has to be for a reason because I don't think there are many men that could make Bubba Smith do anything Bubba Smith didn't want to do. Thinking back to my teenage years, I would show up hours before a Giants game to see them warm up and do the team drills and stretching... wait there it is again. From the misty colored memories of the way things were... stretching. Yikes, it is everywhere! Baseball, same thing. In fact, when you examine the process closely you notice

continued next page



# I still hate stretching... Mind Body & Spirit continued



every athlete who gets paid to play has a pre-sport routine. Warming up, stretching and then the sport drills. So that certainly did not make a case for never stretching again. Dejected, I decided to ignore all outside sources and find my own internal excuse to stay eternally inflexible.

Lastly, and most simplistically – I experimented on my own body. It turns out there is no remedy for tight hamstrings like a nice easy stretch. Crud. I give up. Truth is, if you actively pursue flexibility through yoga or pilates you will be plagued by fewer lower back aches and general morning stiffness. Beats your body makes sounds similar to an ammo can of broken glass and rocks falling down a staircase for the first 30 minutes each day.

So, here it is. The all-kidding-aside-once-and-for-all-definitive-you-heard-it-here-first-answer-to-stretching-sports-life-the-

universe-and-everything. Drum roll please... depending on the intensity and kinesio-ballistic nature of your sport, you must follow this simple program for injury prevention. Through the research – not some Cable Channel fitness guru of the month – I found dozens of credible authorities including Lance Armstrong (who happened to win the most grueling bicycle race in the universe seven times; drugs or no drugs, that rocks!), certified trainers, sports medicine associations and performance oriented articles that say essentially the same thing. Stretching is an important part of a process to prepare for exercise. Here is a summarized routine:

## – General warm-up and "limbering"

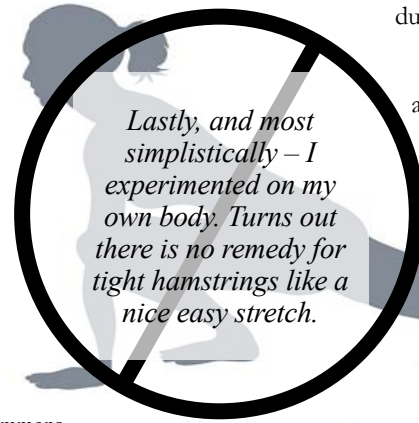
The general warm-up should consist of a light physical activity. Walking, easy jogging or jumping jacks are good. The intensity and duration depends on your fitness level and the activity. A basic warm-up for should take about five to 10 minutes and result in a light sweat. Next, gently go through a series of range of motion movements like head and neck rotations or arm and shoulder rotations for all your joints.

## – Static stretching

Never stretch a cold muscle- it does you no good and it aggravates the muscle. Static stretching is safe and effective if you follow three simple ideas. Stretch slowly and gently, relax and breathe throughout the stretch and hold the stretch for 15 to 30 seconds depending on your goals. Static stretching should include all the major muscle groups, with emphasis on those muscles involved on the sport or activity. Runners, for example, should spend more time stretching their legs than their arms. Shocking!

## – Dynamic stretching

A correct warm-up should finish with a series of dynamic stretches. Don't get carried away and flail your legs side to side. This form of stretching carries with it an increased risk of injury if performed incorrectly. Just swing them through their entire range of motion. The force of the



bounce or swing is gradually increased but should never become radical or uncontrolled. The goal is not to look like you are having an seizure but to release any tension held in your muscles.

## – Higher intensity warm-up

Here, fast twitch muscles are activated with drills designed for speed, power or agility. Slowly build up to near-full intensity to prepare both mentally and physically. Shuttle runs, high knee runs, carioca steps and fast laps on the track are examples.

## – Sport specific warm-up (pre-contest, if applicable)

During this part of the warm-up, specific vigorous activity begins. If you are getting ready for a game, now is when you throw a ball or hit the sled. Your body is warm, loose and ready to go. Finally, activities should reflect the type of movements and actions that will be required during the sporting event.

Now if you will excuse me, I am feeling a little tight from all this writing. Time to work on the quadruple-lotus sunrise pose while repeating my new mantra. Now go stretch yourself... for science!

## ONLY AT GTMO by Mass Communication Spc. 1st Class Keith Simmons





Movie Review  
PG  
95 min.

# THE LORAX

By Mass Communication Spc. 1st Class Ty Bjornson

Dr. Seuss is a hot commodity for Hollywood. In the last decade, at least three of his books were made into big-screen live action pictures. Those preceding films boasted excessive budgets with fantastic production values, great special effects, weak scripting and big name comedians layered in prosthetics to “get them into characters” that rendered them unrecognizable as actors.

“Dr. Seuss’ The Lorax” is the first film to rely on CGI animators to create the visual look of the characters and the world they inhabit. CGI animated films are nothing new. One would think that the works of Dr. Seuss would have been made into a CGI movie much sooner than now.

Though Seuss himself had always claimed his books are written without a “moral of the story” element, you could have fooled me. If “The Lorax,” the latest Seuss film adaption, isn’t about environmental conservation and anti-commercialism, then I don’t know what is.

“The Lorax” opens with the idealistic 12-year old Ted (Zac Efron, “High School Musical”). He secretly desires the acceptance and affection of the lovely Audrey (Taylor Swift). Ted is willing to do whatever it takes to have Audrey notice him.

Ted and Audrey live in the bustling “Thneed-Ville.” This city has been blocked off from the rest of the world. Its GNP is bottled and canned fresh air. Their world used to be bountiful with fresh air, until all of the trees became extinct. Without trees to generate fresh air, it is now mass produced and marketed by the greedy Aloysius O’Hare (Rob Riggle, “21 Jump Street”), the wealthy mayor of Thneed-Ville.

Upon learning Audrey will only marry someone who would give her a real tree, Ted is on a quest to meet the only man that

knows anything about trees: the Once-ler (Ed Helms, “The Hangover”). He lives in the barren wasteland far beyond the protective walls of Thneed-Ville. The Once-ler agrees to share with Ted in a series of visits the tale of what happened to all the trees.

The Once-ler also explains his role in how Thneed-Ville came to be. As a youth, the Once-ler discovered how processing truffula trees could be manufactured into “Thneeds,” which can be used for just about anything from fashionable hats to hammocks. No one could live without having a thneed and everyone absolutely had to acquire one. However could anyone live without a thneed?

The spokesman for the trees is the two-foot tall, fuzzy orange fellow known as the Lorax (Danny DeVito, “It’s Always Sunny in Philadelphia”). “I speak for the trees” he asserts upon his arrival from the sky. The Lorax was opposed to the Once-ler’s logging plans to make thneeds for the mass consumers who demand them.

The Once-ler originally agreed to not cut down the trees. When his greedy family arrived, he changed his tune for the chance to become the wealthiest man alive. The Lorax and the woodland animals were powerless to prevent the harvesting of the truffulas.

Ted is humbled by the Once-ler’s account. Ted also ponders the meaning of a message from the Lorax etched on a stone in the Once-ler’s yard. “What does it mean? How does this apply to me today?” he wonders.

The new movie version of “The Lorax” is considerably broader in its telling compared to the original children’s book. There is more background on the Once-ler and Ted to help transition the material into a full-length feature. As a movie, “The Lorax” holds up on its own merits. This film is colorful,

detailed and kinetic in its approach. I admired the truffala trees that resembled white birch crossed with cotton candy looking much as they did in Seuss’ book. The Lorax himself is a true Seussian creation. This is welcome to see. The previous live-action Seuss-based movies offered comedians Jim Carrey and Mike Myers merely dressed up as Seuss characters, and they channeled themselves and not the characters. This time, the character of the Lorax feels right. Danny DeVito’s voicing doesn’t go over the top and he is believable.

Also refreshing is the sense of innocence in this film. The other big screen Dr. Seuss outings turned off parents with some crude humor and language that was present. “The Lorax” is fairly squeaky clean in content, despite its “PG” rating. There’s no foul language, crude humor or violence. I’m guessing the rating stands for “mild peril.” Even then, there’s nothing objectionable in this movie for children or parents to be concerned about.

“The Lorax,” like the book, has created a stir about its “eco-message” and anti-consumerism stance. A commenter on the science fiction site “io9” complained, “I’m pretty darn liberal and I still wanted this movie to shut up and stop lecturing me.”

Whether “The Lorax” is heavy-handed in a message or not, the sub-text of the film did not bother me. I felt it was a pure escapist family feature. “The Lorax” is light-hearted romp with bright colors, lively characters, some catchy musical numbers and a happy ending. The message I got was to let the movie entertain its audience. I am sure people can make up their own minds on any messages, perceived or otherwise, that may have been present in “The Lorax.” Hasn’t that always been the case with children’s stories?

## GTMO Quick Reference

**Caribbean Coffee & Cream – 77859**  
Mon.-Sat. 6 a.m.-10 p.m.  
Sun. 1-10 p.m.

**Jerk House – 2535**  
Sun.-Th. 5-9 p.m.  
Fri. & Sat. 5-10 p.m.

**Bowling Center – 2118**  
Mon.-Fri. 6-11 p.m.  
Fri. 6 p.m.-12 a.m.  
Sat. 1 p.m.-12 a.m.  
Sun. & Holidays 1-11 p.m.

**KFC and A&W Express – 75653**  
Daily 11 a.m.-10 p.m.

**MWR Liberty Centers – 2010**  
Deer Point: Mon.-Fri. 4 p.m.-12 a.m.  
Sat. & Sun. 9 a.m.-12 a.m.  
Marine Hill: Mon.-Th. 11-12 a.m.  
Fri. 11-2 a.m., Sun. 9-12 a.m.  
Tierra Kay: Sun-Th. 7-12 a.m.  
Fri. & Sat. 7-2 a.m.  
Camp America - open 24 hours  
Pirate’s Cove – Th.-Sat. 7 p.m.-12 a.m.

**Cuban Club – 75962 (call ahead!)**  
Mon.-Sat. 11 a.m.-9 p.m.

**Library – 4700**  
Mon.-Sat. 8 a.m.-9 p.m.  
Sun. & Holidays 12-9 p.m.

**Pizza Hut – 77995**  
Mon.-Th. 11 a.m.-9 p.m.  
Fri. 11 a.m.-11 p.m.  
Sat. & Sun. 12-9 p.m.

**Windjammer – 77252**  
Fri. & Sat. 5 p.m. - 2 a.m.

**Windjammer Cafe**  
Mon.-Th. 11 a.m.-9 p.m.  
Fri. 11 a.m.-10 p.m.  
Sat. 5-10 p.m.  
Sun. 5-9 p.m.

**O’Kelly’s Irish Pub**  
Mon.-Th. 5-9 p.m.  
Fri. & Sat. 5 p.m.-2 a.m.  
Sun. 5-9 p.m.

Safe Ride - 84781

## GTMO Religious Services

**NAVSTA Main Chapel**

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

**Vigil Mass**  
Saturday 5 p.m.

**Mass**  
Sunday 9 a.m.

**General Protestant**  
Sunday 11 a.m.

**Gospel Service**  
Sunday 1 p.m.

**Christian Fellowship**  
Sunday 6 p.m.

**Islamic Service**  
Friday 1 p.m.  
Room C

**Pentecostal Gospel**  
Sunday 8 a.m. & 5 p.m.  
Room D

**LDS Service**  
Sunday 10 a.m.  
Room A

**Protestant Communion**  
Sunday 10 a.m.  
Room B

**JTF Trooper Chapel**

**Protestant Worship**  
Sunday 9 a.m.

**Bible Study**  
Wednesday 6 p.m.

**Intense Spiritual Fitness Power Lunch!**  
Study the Book of Romans with Chaplain Chouest  
Thursday 11-11:30 a.m.  
JTF Chaplain’s Office

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

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

	16 FRI	17 SAT	18 SUN	19 MON	20 TUE	21 WED	22 THU
<b>Downtown Lyceum</b>	The Lorax (PG) 8 p.m. <b>One for the Money (NEW)</b> (PG-13) 10 p.m.	Darkest Hour (last showing) (PG-13) 8 p.m. <b>The Grey (New)</b> (R) 10 p.m.	Man on a Ledge (PG-13) 8 p.m.	The Devil Inside (last showing) (R) 8 p.m.	Girl with the Dragon Tattoo (last showing) (R) 8 p.m.	Haywire (R) 8 p.m.	Red Tails (PG-13) 8 p.m.
<b>Camp Bulkeley</b>	Man on a Ledge (NEW) (PG-13) 8 p.m. <b>The Grey (NEW)</b> (R) 10 p.m.	Haywire (R) 8 p.m. <b>One for the Money (NEW)</b> (PG-13) 10 p.m.	Girl with the Dragon Tattoo (last showing) (R) 8 p.m.	The Devil Inside (last showing) (R) 8 p.m.	Darkest Hour (last showing) (PG-13) 8 p.m.	The Lorax (PG) 8 p.m.	Contraband (R) 8 p.m.

Due to Daylight Savings Time, Downtown Lyceum showtimes are now 8 and 10 p.m.

Call the movie hotline at 4880 or see <https://intranet/movies.html> for more information.

# The JTF at Shutter Speed

Background: The windmills must be working overtime these days. Hold onto your hats!

Below right: A snorkler took advantage of the nice weather at Windmill Beach last weekend, but not to pick up conch shells.

—photos by Mass Communication Spc. 2nd Class Kilho Park

Below left: Joint Task Force Guantanamo deputy commander Brig. Gen. James Lettko (left) and chief of staff Capt. Patrick Rabun didn't seem particularly menaced by pirate and flag aide Lt. Cdr. Jay Haddock March 9 at the grand opening of Morale Welfare & Recreation's Pirate's Cove. Yarr!

—photo by Mass Communication Spc. 1st Class Ty Bjornson

