

Volume 13, Issue 4

Friday, December 2, 2011

The WIRE

An award-winning
JTF journal

Also:
Thrift Savings Plan
MSST San Diego
'Twilight'

A photograph of a baseball player in a red jersey and white pants, captured in the middle of a swing. He is wearing batting gloves and has a focused expression. A yellow baseball is visible in the air to the right of the player. The background is a dark, out-of-focus field with a chain-link fence.

The Sports Pages

Working off the turkey all weekend long

COMMAND CORNER

BRIG. GEN. JAMES LETTKO

DEPUTY COMMANDER, JOINT TASK FORCE GUANTANAMO

Fitness is an individual responsibility. How do you balance your professional duties and personal time while maintaining an appropriate level of physical fitness and health here at Joint Task Force Guantanamo? Guantanamo Bay offers a wide array of physical fitness opportunities which will challenge you, and that are fun too.

Maintaining an appropriate level of fitness is our business and a condition of our service. Each of us must maintain our fitness according to our service standards and be prepared to succeed in our service physical fitness test as well as to maintain our height/weight and body mass requirements. Our chosen profession requires us to be healthy and fit.

There is nothing like getting up early and working out before dawn. The stars are out, the air is still and the humidity lingers in the air. As your workout continues the sun starts to light the early morning sky, the roosters crow and Guantanamo Bay starts to wake. What a great way to start off your day.

Evening hours offer opportunities to work out in the gym or outside on your own or with other Troopers participating in organized sports. Morale Welfare and Recreation offers opportunities to maintain your fitness levels in various competitive fields “under the lights” or indoors.

Fitness is one way in which we train and maintain discipline. Each of us decided to become a member of our service because, among other reasons, we wanted to be part of an organization of

standards and discipline. Think about it: it takes discipline to maintain your levels of fitness and body weight. Working out routinely even when you may not feel like it takes discipline. Discipline is a key component of military service.

Participation in a physical fitness regime plays an important role in stress relief and mental health. It helps you to “clear your mind” and can provide a new perspective on issues. Some people like to run and think through issues or concerns. Others like the physical or mental challenge that comes with competitive sports. Regardless of the type of physical fitness you choose, the key is to participate on a routine basis.

Diet goes hand in hand with fitness. Here at Guantanamo Bay, the galleys offer balanced meals that provide the proper nutrients which allow you to take care of your body. Care must be taken not to overindulge, but to balance your intake along with your physical activity. Eating fresh fruits and vegetables, food rich in fiber and protein, and drinking plenty of water will provide you the proper balance of nutrients. Avoiding tobacco and moderating alcohol consumption will help you perform at your peak.

As Troopers at JTF Guantanamo, we have a responsibility to maintain our bodies through proper diet and fitness. Good eating habits and routine exercise will make you feel better and more satisfied. Your shipmate, battle buddy and wingman are counting on you to perform at your best.

Fitness is one way in which we train and maintain discipline. Each of us decided to become a member of our service because, among other reasons, we wanted to be part of an organization of standards and discipline.



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Cover: Army Sgt. James Samples of the “Warriors” at bat during Nov. 26’s all-night softball tournament. He scored a home run for his team, which won overall third place, during that particular game. —photo by Army Sgt. Saul Rosa

NEWS FROM THE BAY

Last call: Army vs. Navy females

Females interested in playing in the Army vs. Navy football game on Dec. 10 have one more chance to contact the appropriate POCs. For Army, contact william.mon-serrate@jtfgtmo.southcom.mil or jertziboi@gmail.com. For Navy, contact Petty Officer 3rd Class Ollie Howard at 72420, 58356, or olloie.howard@med.navy.mil; or Petty Officer 1st Class Tanya Rush at 4124 or tanya.rush@usnbgmto.navy.mil. Remember: last year’s game was the most-attended Guantanamo Bay sports event of the year!

Stress management class

The Fleet and Family Support Center will hold a stress management class Dec. 6 from 9 a.m. to 11 a.m. The class will teach techniques of managing stress by recognizing triggers and signs, learning relaxation mechanisms, and altering the way one thinks about stress. Availability is first-come first-serve.

For more information or to register, call 4141.

Stocking Stuffer Shuffle

The Naval Station Intelligence Department will host a 2K-5K walk/run on Dec. 9 at 4 p.m. starting at Ridgeline parking lot next to the large Christmas tree on Sherman Ave. Admission for the walk/run is free and participants may donate toys and other small items to the Operation Christmas Stockings charity drive.

For more information, call Staff Sgt. Edwin Latrell at 5111.

Half price boat rentals

Every Thursday in December will be half price boat rentals at the MWR Marina. For more information, call 2345.

Reading bingo in progress

The MWR is holding a reading bingo game at the library. Pick up your bingo card and read a book within the genres specified on the card. Once you have read a book, put the title on the card in the corresponding genre, along with a major event in the book. Do this until you have successfully completed a row on the bingo card. When you’ve got Bingo, place the card in the drop box at the library to enter your name into the drawing for NEX gift certificates and other prizes.

Twelve Days of Fitness

Grab a buddy and compete in the 12 Days of Fitness at the Denich, Marine Hill or Camp Bulkeley Gyms. The competition begins Dec. 12. Go to any gym, learn the exercise of the day, log your results and track your progress. For more information, call 2113 or 77262.

Guantanamo holiday parade and concert

The parade will take place on Sherman Ave. Dec. 3 at 6 p.m. Line up for the parade is a 4:15 p.m. at the SCSI parking lot. All entrants must be parked by 5:45 p.m.

The Liberty Center will make golf carts available for decoration at 9 a.m. Some decorations will be provided and participants are highly encouraged to bring their own.

For more information, call 2010.

Seabee Fun Run

There will be a 3.7 mile run on Dec. 10, the morning of the Army vs. Navy game. The run is from Phillips Dive Park to McCalla Field and back. Register at the NEX Atrium from 12 p.m. to 3 p.m. Dec. 3–4 or on the day of the run at 6:30 a.m. The top 10 runners will receive a Seabees coin. The first 50 participants get a T-shirt.

Registration is \$15. For more information, call 84984.

Fishing trip

There is a free fishing trip for single, unaccompanied Troopers Dec. 3 from 6:30 a.m. to 1:30 p.m. Boats depart from the Marina. For more information, call 2010.

GTMO Toasters

Learn how to speak publicly without fear. MWR Liberty’s version of Toastmasters, called GTMO Toasters, will meet Dec. 6 from 6–8 p.m. in the Community Center.

For more information or to sign up, call 2010.

Fleet and Family Support Center job classes

The Fleet and Family Support Center will host a series of classes to aid service members who are transitioning out of the military, or anyone who is looking into the civilian job market. To register, or for more information, call 4141. Availability is first-come first-serve. All classes will be at building 2135:

Job Search – Dec. 5 – 1:30 p.m. to 3:30 p.m. Learn effective job search methods for today’s competitive job climate.

Navigating Federal Employment class – Dec. 7 – 1:30 p.m. to 3:30 p.m. Learn guidelines for writing and submitting federal applications.

Career Assessment and Skills class – Dec. 13 – 9:30 a.m. to 11:30 a.m. Learn to match your skills and abilities to an occupational field through the use of career and interest assessments.

INDEX THE WIRE DECEMBER 2, 2011

Sports weekend roundup	5
Smart savings tips	7
Swim ‘Across the Bay’	8
JTC revitalized	9
Army/Navy game training	10
Holiday tree event	12
Welcome MSST San Diego	13
Movie review: Twilight	18

Trooper to Trooper

SGT. MAJ. MIKE BARNES
525TH MILITARY POLICE BN.

As Troopers assigned to Guantanamo Bay, Cuba, we are part of a unique team with a specific mission that compares to no other. In this article, I would like to sit under the proverbial “old oak tree” and talk to the junior enlisted leaders. It does not matter if you are a sergeant in the Army or a petty officer in the Navy: you are the backbone of this prestigious operation, where leading Troopers is more than just a privilege.

You are the dedicated warriors who are in our camps, supply rooms, motor pools, and orderly rooms providing purpose, direction, and motivation to those they lead. You make well thought out, common-sense recommendations to senior noncommissioned officers, and set the example for our officers each and every day with their orders, intent, and direction.

As junior noncommissioned officers, you have the necessary leader tools to guide our Troopers on a day-to-day basis. Initially, leadership guidance from one junior person to another may seem awkward or heavy-handed. However, as time goes on, you will learn this isn't always necessary. You will find that sometimes it takes just a few minutes of talking to your Trooper to ensure his or her



Sgt. Maj. Mike Barnes and Soldiers of the 525th Military Police Battalion discuss leadership techniques, not all of which need include a heavy-handed approach. —photo by Mass Communication Spc. 1st Class Ty Bjornson

success. At times we feel that we talk to our Troopers until we are blue in the face; sometimes you just have to listen. As a Sergeant Major, when I look into my leadership toolbox, I reflect on all those who have mentored me.

As a junior leader, adopting a mentor is important. As we grow in the military, the mentors we have as junior leaders will always be there. As we mature we need to look to those that will guide us to the next level. As a senior NCO, I have had

the honor to serve with a vast number of outstanding officers and noncommissioned officers that have mentored me along the way.

There is no greater reward than to lead the sons and daughters of this great nation. Train, prepare, and deploy your Troopers to battle and bring them home. For those who don't make it home, honor them. Honor them every day in both your actions and how you lead. In garrison, ensure your Troopers know and understand

their obligations. Vigorously train your team, make them competitive and inculcate esprit de corps. Live by the motto I adopted 21 years ago when I put on my hard stripes: “One Team...One Fight.” Require your team to live by our nation's values and instill respect for one another. Make them tough, and teach them to fight so when they find themselves on the battlefield facing the enemy they know they have been led by the best.



All 800 Million people on Facebook are not your friends.

Did you know that most people on Facebook are not U.S. citizens? This means that when you post things on Facebook you are communicating to a worldwide audience. Unless you use strict privacy settings, people other than your “friends” can see everything on your page. Make sure you check your privacy settings and protect your pictures and personal information from inadvertent disclosure. Once you've posted something online, it's almost impossible to take it back. Remember: “Once online, always online!” USE OPSEC!

MWR counters Thanksgiving calories



Tim Baugh, the outdoor recreation director for Morale Welfare and Recreation, leads the bike tour from the Marina, up Ridgeline, down through Tierra Kay and back to the Marina. —photo by Army Sgt. Landis Andrews

By Army Sgt. Landis Andrews

After indulging in a hearty holiday meal, the Morale Welfare and Recreation organizations did their best to help servicemembers and civilians counter the extra calories from Joint Task Force Guantanamo's Thanksgiving dinner.

MWR led a mountain bike ride on Saturday, and MWR Liberty took a group of servicemembers on a kayak outing to a cave.

Sgt. First Class Michael Shimer, a J3 military policeman opted for the off-road bike.

“I haven't been on the bike in about a month, so this is a great way to burn off that Thanksgiving meal,” he said.

Tim Baugh, the outdoor recreation director for the MWR, led the bike tour from the Marina, up Ridgeline, down through Tierra Kay and back to the Marina.

“The views are so amazing that they make you forget that you're on a military base for a little while,” Shimer said. “It was great to see

parts of the base that you don't normally get to see on your daily routine.”

Baugh said this event wasn't only about fighting tryptophan.

“This is a great workout, especially after the big meal,” he said. “But it's not just about that. It's about getting out there and experiencing what MWR has to offer.”

On the other end of Guantanamo Bay, MWR Liberty's kayak trip was a new experience for plenty of troops.

Army Sgt. Joseph Surace, of the 107th Military Police Company, was one of the rookies.

“The kayaking was great,” Surace said, “but it was a little further than I expected. It was still lots of fun.”

The trip launched from Ferry Landing Beach and maneuvered to a cave between Phillips Park and the lighthouse before doubling back to the beach, where they were treated with homemade cookies, brownies and other holiday goodies.

“The cave was amazing,” the New York National Guardsman said. “We had

a waterproof camera so we got some great shots of it and we got to see some bats flying around us.”

Some explorers dismounted and experienced the cave for themselves. They swam in the cave, posed for victorious pictures after scaling large rocks and walked on the miniature shoreline in the very back of the hideaway.

Jill Lynch, MWR Liberty manager, was glad to offer such a unique Turkey Day experience to Troopers at Guantanamo Bay.

“There were some people that have never kayaked before and I love organizing events like this to give the troops something new.”

Lynch enjoys having a job that causes work and play to coincide.

“I spent Thanksgiving morning on a kayak while my husband was home cooking,” she said. “This is really pretty great.”

Spending the holidays on a tropical island has been a new experience for most Troopers and many Guantanamo Bay civilians, and that experience includes new ways of burning Thanksgiving calories.

By Mass Communication Spc. 2nd Class Louis Batchelor

As a Trooper in the S3, Spc. Brandon Cummings of Joint Task Force Guantanamo's 525th Military Police Battalion not only helps take care of all Army training provided to JTF Troopers, he helps motivate them as well.

"I joined the Army because I wanted a new challenge," Cummings said. "I didn't want to jump back in to more school off the bat. This way I get to experience more of what life has to offer and I can still take college courses. I get education and a little adventure."

Cummings encourages junior Troopers to take advantage of educational courses. He said it is important to make education a priority, but also to ensure one is getting enough well-rounded experiences.

The North Carolina native's S3 department handles training, disseminates operational information and tasking, and assists the 525th commander in getting his message out to Troopers.

"My main duty is to assist with pre-service training," Cummings said. "I also help take care of our weekly office admin and management."

Cummings said pre-service training is a course provided to all 525th Soldiers to help

BULLET BIO

Time in service: 2 years

Hobbies: Dancing and new challenges

The boss says: "He does a lot of good things for us and represents the battalion in a positive way."

Advice to junior Troopers: "Find that one battle buddy who will always stick with you."

them get familiarized both with the command and their job specialties.

Staff Sgt. Richard Renn is the S3 Plans noncommissioned officer. He said Cummings is always motivated and ready for new and different challenges, such as excelling in all soldiering skills.

"Cummings has represented us at two warfighter competitions," Renn said. "He also stays actively involved with our battalion by doing things such as sports. He does a lot of good things for us and positively represents the battalion wherever he goes."

Cummings believes camaraderie is what helps junior Troopers reach the next level of NCO leadership. He said those you keep

around you make a difference in who you become as a person and family and friends are instrumental in every Trooper's future in the military.

"My family and friends are the driving force in my career," Cummings said. "When I first joined it was difficult to be away from them, but motivation will get me through. Motivation is key when you are away from your family but, above all, be confident in yourself."



What was your best post-Thanksgiving Black Friday purchase?



"A Guess watch."

Sgt. 1st Class
Undrey Bostic



"The new Kindle Fire."

Sgt. 1st Class
Meta Bailey



"I bought some scuba gear, because there was a big sale."

Air Force Master Sgt.
James Reeves



"Beats by Dre headphones."

Petty Officer 2nd Class
Michael Marquette

BOOTS ON THE GROUND

A primer in smart savings Start building your 'nest egg'

By Petty Officer 1st Class Alexander Bates

Special to The Wire

There is much conversation about our retirement and how the government is trying to change the way the system currently functions. No matter what option the government decides to take you should still be setting aside funds for the biggest bill you will ever pay: your retirement. It's impossible to start saving too early. Generally, the sooner you start, the more likely you'll be to reach your retirement goals with investing less due to the seeming magic of tax-deferred compound interest.

Back in the day, the military didn't offer the Thrift Savings Plan, but now it's a wonderful tax-advantaged way to save for retirement. You get a tax deduction for your contribution, the money grows tax-deferred (no taxes due each year on earnings) and, finally, you pay ordinary income taxes on withdrawals once age 59-½ or older. The plan currently does not offer a matching contribution, but I still highly encourage service members to contribute to it and the sooner the better. Time can be your ally. The younger you start saving, the better. Let me provide an example of that theory. Let's say, you start saving in a Roth IRA...

- At age 31, max it with \$416 per month and earn an average annual eight percent return. At age 60 you'll have over \$550,000. That's a nice nest egg.

- Or, start at age 21, contribute

\$416 per month and earn an average eight percent return. At age 60—wait for it—you'll have a whopping \$1,336,000! That's an additional \$786,000 even though you saved only an extra \$50,000!

Finally, there's more great news. Thanks to the HERO Act of 2006, you can contribute tax-free combat pay into a Roth IRA. It's a sweet deal unique to the military, the money goes in tax-free and comes out tax-free after (hopefully) decades of growth.

Start saving now for your financial future. Remember, no matter how things play out with military retirement in the coming months, you're responsible for creating your own retirement paycheck.

Once you have made the commitment to start a savings plan, and you have decided into which banking institution to place your money, the crucial question you may ask yourself is, "Where am I going to find extra money to put away?" Listed below are ways to save that may help you in your effort to build a substantial nest egg. Have fun!

- When payday comes around, always pay your savings account first as though it was a regular bill. Direct deposit is probably

the easiest way to do this. Remember, the amount you deposit is not as important as depositing something on a regular basis.

- Save all of your change in a jar. Pick a designated date and take it to the bank to deposit into savings.

- Put any unexpected sums of money into savings (re-enlistment bonuses, tax refunds, birthday checks, year-end bonuses, lottery jackpots!).

- Scrimp and save one month out of the year! Let your imagination go wild on how you can save as much as possible for one month. Knowing that this episode of frugality will end in 30 days may help add to your motivation.

- Give up one trip to a fast food restaurant per week and make a sack lunch to eat instead. Put the money you saved into your account!

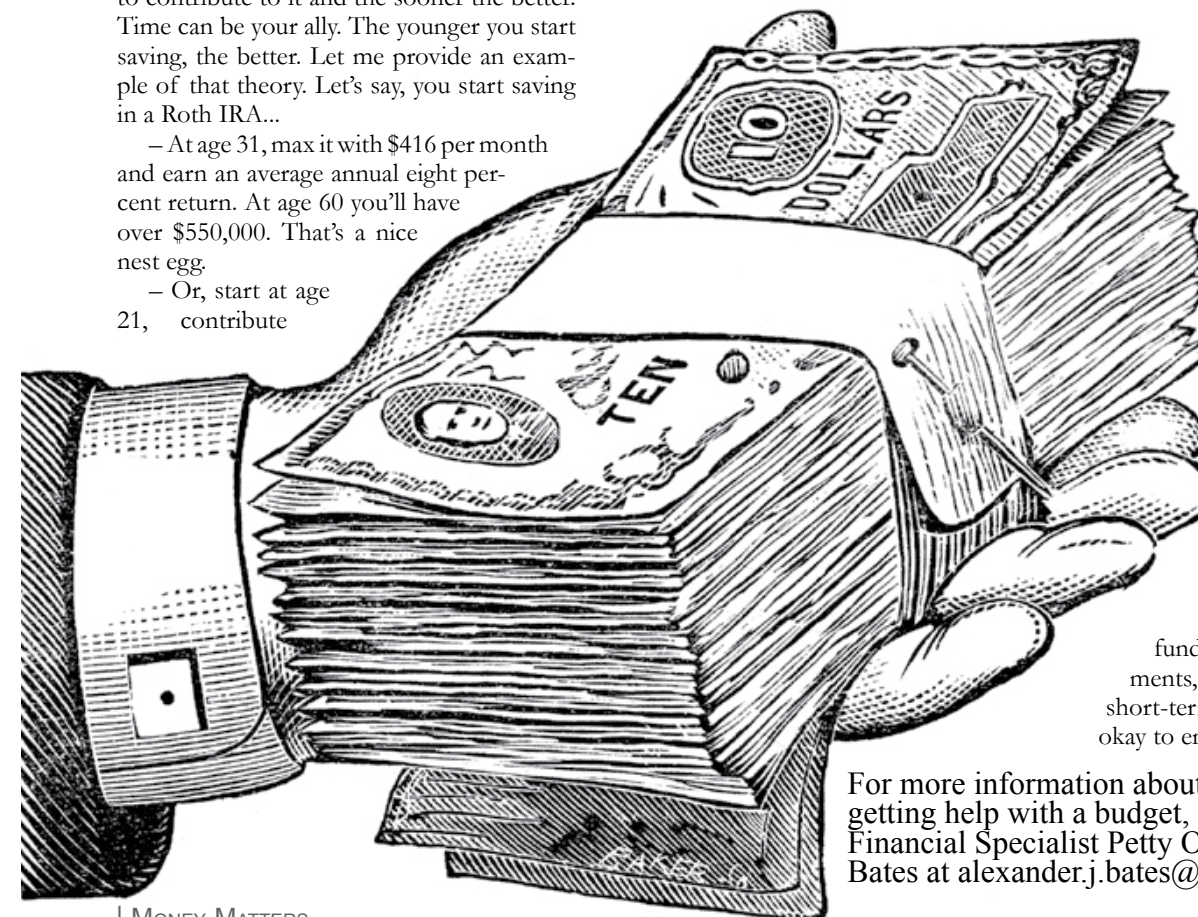
- Cut back on utilities (electricity, gas, phone) for a month. If your next bills are less than what you budgeted for, stick the extra money into savings! If you have a family, get everyone involved.

- Make some family savings goals together (save for vacation, a dinner out, or a trip to an amusement park).

Once your management tools are in place, there is another level to emphasize before you start investing and establishing savings. Although you can certainly save and invest at the same time, you should focus on establishing your savings, especially emergency savings, before you concentrate on the investment levels. Have an emergency fund set up in a safe, easily accessible savings account to provide money for unexpected financial situations, such as emergency leave, car repairs, or illness. Keep a reserve fund to cover large, less frequent expenses such as car insurance and maintenance.

Finally, plan for a "goal-getter fund." Put money away for down payments, vacations, or buying a car. Think short-term goals; about five years or less. It's okay to enjoy your earnings too!

For more information about financial planning or getting help with a budget, contact Command Financial Specialist Petty Officer 1st Class Alexander Bates at alexander.j.bates@jftgmo.southcom.mil.



GOING ALL THE WAY 'ACROSS THE BAY'

Chief Warrant Officer 2 Wendy Mathisen, the winner of the female swimmers, at the "Swim Across the Bay" starting point. —photo by Army Sgt. Saul Rosa

By Army Sgt. Saul Rosa

Dozens of swimmers from the Guantanamo Bay community accepted the challenge and swam "Across the Bay."

Morale Welfare and Recreation dared the community to swim 1.7 miles out into Guantanamo Bay from Phillips Park Pier Nov. 26.

"This is an annual Thanksgiving swim that we've been doing for the last eight years and it's been pure success," said Anthony Roberts, the MWR aquatics supervisor. "We've been getting great support from the community."

MWR advised swimmers to thoroughly train for the challenge. To help ensure their safety, MWR held a pre-registration swim test.

"This is not a 10K run," said Roberts. "You can't just go out there and do it; you should have trained for this event."

The swim was broken into two heats and limited to only an hour and a half to two hours per heat. Participants swam nearly two miles out to boats which would bring them back to shore, or if necessary, pull them out of the water. Top swimmers won trophies, T-shirts, and MWR beach towels.

The top male swimmer was Petty Officer 2nd Class Anthony Ryan. "To be honest I didn't think I was going to win it," said Ryan, an aviation electronics technician. "I just wanted to finish."

The top female swimmer was Joint Task Force Guantanamo J4 Chief Warrant Officer 2 Wendy Mathisen.

"My biggest thing was keeping my head above the water and my

pace," said Mathisen. "The current was the greatest challenge. We thought we were swimming towards the boats but we were actually way off to the right."

Both swimmers offered similar advice to those who want to participate next year.

"Train," Ryan advised. "There is nothing worse than coming out here and thinking you can handle 'Across the Bay' and all of the sudden you fall out."

"You can't over-train for this," Mathisen added.

Roberts explained that many precautions were made to ensure swimmers safety. An ambulance stood by just in case of emergencies and boats and kayaks followed swimmers in case they needed assistance or wanted to get out of the water.

"My goal is to get 'Across the Bay' back on track, since it didn't happen last year I was worried it wasn't going to be approved this year," said Roberts. "With the help from the community and the different commands we were able to pull this off. This was a great first step and with all the safety precautions it was nothing short of amazing."

The Guantanamo Bay community stepped up to the MWR challenge and exceeded their expectations.

"The turnout exceeded my expectations because a swim like this is not a walk in the park," said Roberts. "Today we had 50 people sign up and 47 showed up, so for 47 people to swim across the bay that's more than a great turnout."

Joint Trooper Clinic revitalized Facilities, services to Troopers improved



The renovated Joint Trooper Clinic facility sports a fresh coat of paint and other improvements, meeting Joint Task Force Guantanamo's modernization plan to support Troopers and the mission. —photo by Army Sgt. Saul Rosa

By Army Sgt. Saul Rosa

The Joint Trooper Clinic (JTC) recently received a renovation inside and out. The renovations focused on improving the structure and creating a more modernized atmosphere.

The clinic was originally a duplex in the Kittery Beach housing area and needed to be modernized to fulfill the needs of the mission.

"This is converted housing, so they wanted to make it a little more clinical and update it because they plan on keeping it open for the next few years," said Staff Sgt. Darol Burdge, JTC noncommissioned officer in charge.

Army Maj. Eduardo Limonta, the JTC officer in charge, explained that the idea came from a meeting with the commanding officer in the hospital to discuss the future of the JTC.

"They came by and took a walk through and they saw how the facility was," said Limonta. "The building was about 15 to 20 years old

and not much renovation had been done to it, so we had a meeting about it."

The renovations started in September and will be completed in December. The improvements included a fresh coat of paint on the building to a new seating arrangement in the lobby.

"They redid all of the treatment rooms, the front desk areas, and the waiting areas," said Burdge.

Burdge explained every room had its own challenges and the staff had to adapt to meet the needs of the mission.

"When they were working on the office space, we had the providers working in the treatment rooms with computers in there for that week," said Burdge. "The front desk was a real chore. We actually brought in folding tables and worked on those instead."

Part of the renovation included new layouts for rooms. Burdge explained that the front desk and laboratory was totally remodeled with new cabinets and storage.

"Having the new layout of the clinic definitely helps with organization, which

overall helps the efficiency of the clinic," said Burdge.

During the renovation the clinic stayed open to support the Joint Task Force's mission.

"We rotated through rooms," said Burdge. "Basically, we had them work on one treatment room at a time, so we would close one and work out of another."

Although maintaining operations during the renovation was stressful for Burdge and his staff, he explained that overall it was a good investment.

"It's rewarding, when everything is all done," said Burdge. "You look back to what it was and to what it is now and you can see how much better it is."

The renovations improved many aspects of the clinic and were beneficial for both the patients and the staff.

"For the staff, it improved morale because they are working in a new facility that's more efficient," said Limonta. "For the quality of medicine it was better because we have the facilities needed to do various small procedures that we couldn't do before."

GUANTANAMO BAY: GAME DAY, EVERY DAY



Story and photo by Mass Communication Spc. 2nd Class Louis Batchelor

Naval Station Guantanamo's Soldiers, Sailors and families will come together on Dec. 10, in honor of a football rivalry dating back to 1890.

The two branches will face off for bragging rights in U.S. Naval Station Guantanamo Bay's annual Army/Navy football game.

"Now that we have our final roster, we will be working on our starting offense and defense," said Petty Officer 2nd Class Gerald Provost, Navy team captain. "We are trying to find the best fit for the team including numerous drills and conditioning."

Army Master Sgt. Gregg Ramsdell coaches the Army team. He expects to see a show of force from the community, Joint Task Force and naval station chains of command. He encourages the participating service

members' chains of command to be actively engaged with and supportive of their personnel.

"This is for all the NCOs. Support your athletes," Ramsdell said. "It goes much deeper than football. They come out after working for 12 hours at a time to train hard for a show they will put on for you."

Provost, who is also quarterback of "Militia," has been putting in double duty, training for the Army/Navy game on top of practices and games during the regular season. He said he has seen a lot of other Soldiers and Sailors doing the same and believes the community will be treated to a special game, due to both sides' work ethic.

"I would like to see a large amount of support from the community like we have had in past years," Provost

said. A lot of people are putting in a lot of effort to make this work and I think the community would definitely enjoy the game."

Ramsdell encourages Troopers and families to use this game as a time to rest and enjoy each other's company, while meeting with old friends and making new ones.

"This is a family day," Ramsdell said. "This is a day for friends and camaraderie. Everyone can get together and have a great time. Only by points is there a loser. In the heat of the moment no one likes to lose but the important thing here is just to have fun."

Provost appreciates having the chance to honor the game's institution. He said even though this is not the real game he is honored by the thought of services coming together not only in appreciation of one of football's oldest rivalries, but also of displaying military cohesion between branches.

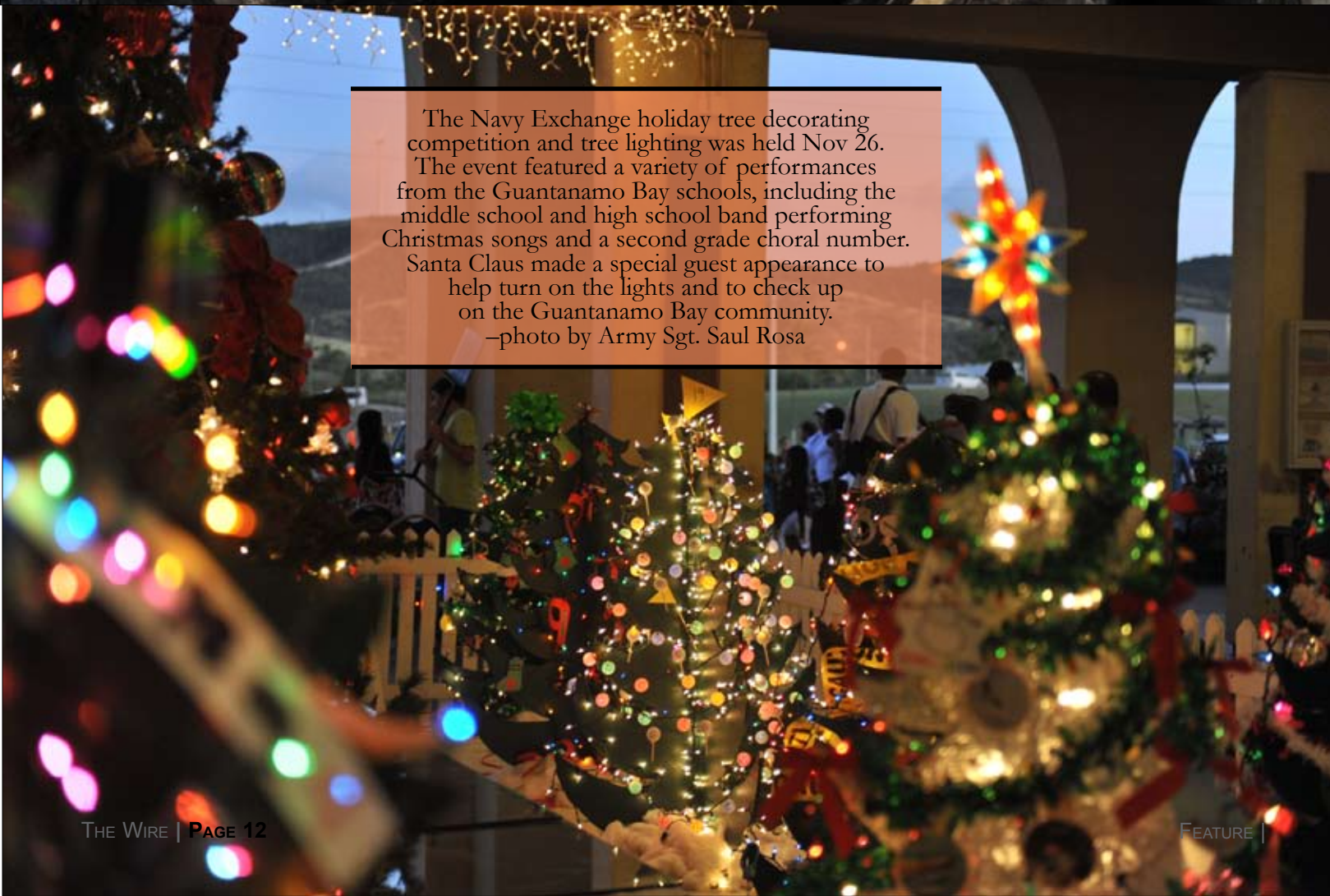
"There is a lot of competition involved in this game, but it is about more than football," Provost said. "It's a tradition celebrating out two great services and what we do together to serve our country."

Ramsdell wants everyone to understand the importance of having fun above the thrill of the inter-military rivalry. He said Troopers playing the game and football fans alike need to remember that we all live and work together. He said we have developed great working relationships between services here that should not be compromised due to a game.

"Even though this is a big rivalry, there are no contracts out here," Ramsdell said. "It is great to rival, but at the end of the day we are all a team. We work together, we live together. When it is all said and done, the first two letters on all of our uniforms are U.S. That is important for everyone to remember."



Lance Cpl. Noah Gerdes, a designated marksman in the overwatch position with the Marine Corps Security Forces (MCSF) Company, Guantanamo Bay, Alpha Fox 5th Platoon, observes from a rooftop during a site security exercise at Marine Hill. MCSF GTMO is conducting a training evolution reinforcing and securing a United States embassy overseas. MCSF GTMO provides 24-hour security to both the Joint Task Force and Naval Station. -photo by Mass Communication Spc. 2nd Class Kilho Park



The Navy Exchange holiday tree decorating competition and tree lighting was held Nov 26. The event featured a variety of performances from the Guantanamo Bay schools, including the middle school and high school band performing Christmas songs and a second grade choral number. Santa Claus made a special guest appearance to help turn on the lights and to check up on the Guantanamo Bay community. -photo by Army Sgt. Saul Rosa



San Diego MSST prepares for duty



Petty Officer 1st Class Justin Farris, of the United States Coast Guard Maritime Safety and Security Team San Diego, adjusts his vest before setting out on patrol. MSST San Diego is responsible for perimeter maritime operations and internal security operations at Joint Task Force Guantanamo. -photo by Mass Communication Spc. 2nd Class Louis Batchelor

By Mass Communication Spc. 2nd Class Louis Batchelor

Joint Task Force Guantanamo's service members come together as a team to complete the mission every day. One of the most crucial elements of the Joint Task Force mission is learning how to function as one unit, rather than as different branches of military service.

Recently, JTF Guantanamo ushered in its newest Troopers, San Diego Maritime Safety and Security Team. The San Diego MSST takes over for MSST Boston, and they welcome the challenges of a new mission and learning how to work with other services.

"It is a standard watch," said Petty Officer 1st Class Zac Horne, Lead Petty Officer for the MSST Internal Security Force. "When things kick off we will be ready to go."

Internal security is only one facet of the job MSST San Diego undertakes. According to Lt. Andrew Phipps, MSST San Diego's Operations Officer, the Joint Task Force's Coast Guard unit is the primary anti-terrorism and force protection element for JTF Guantanamo, and augments Naval Station Guantanamo's Maritime Security Force on

the waterfront.

"Our unit is totally self-sustaining," Phipps said. "We also have our own logistics group, engineering support element and an armory that maintains our crew-served weapons."

Units may have different obstacles while trying to find where they fit into the JTF Guantanamo mold, but Phipps said his MSST works into the Joint Task Force mission perfectly. Using his own unit as an example, he recommends effective communication as the driving force behind a smooth transition.

"I think the only thing for us to have to adjust to really would be the laws of the sea here," Phipps said. "When we are stateside, the Coast Guard is in charge of maritime force protection. Here, [the naval station] takes the lead on all law enforcement issues. I

feel the JTF command structure is beneficial. The level of communication here between everyone of every branch is great and essential to getting the mission done."

Most of all, Phipps and the MSST look forward to their mission's significance.

"With the commissions process, being a part of something historical is big to me," Phipps said.

Remaining resilient amid uncertainty

Airmen, AF civilians must stay strong

By Air Force Col. Bruce Smith

366th Fighter Wing

MOUNTAIN HOME AIR FORCE BASE, Idaho – With the recent announcements from Air Force officials regarding civilian workforce restructuring and continuation of the enlisted date of separation rollback program, there is understandable potential for a feeling of fear about the uncertainty of what the future may hold.

While these changes may not directly impact all of us, not one of us is unaffected by these changes – we are in this together as Airmen, civil servants and wingmen.

We need to focus not on what we don't know, but what we do know. We know that we are the world's finest Air Force because of our personnel, both military and civilian. We know that in order to move forward boldly into an uncertain future, we need to focus on what makes us great and improve upon it – our people.

"It's important, now more than ever, we continue to build our strength," said Gen.

Norton Schwartz, Chief of Staff of the Air Force. "Good wingmen stay ready for the mission – physically and emotionally."

It is with this goal in mind we need to stress the importance of resiliency and how the Comprehensive Airman Fitness concept can help all of us stay fit to fight any fight, mental or physical. The recent news and subsequent battle with fear is no less a real fight than being engaged in physical combat.

"Being fit to fight means more than just being physically fit. With all of the demands on our Airmen and their families, psychological and emotional health are just as important to our overall fitness, and to our readiness as a command," said Gen. William Fraser, the former commander of Air Combat Command.

Some might argue the general's words apply only to Airmen.

The general's words ring true for more than just Airmen in ACC. Our Air Force consists of 10 commands filled with military and civilian personnel who all have one thing in common in spite of rank, age, gender location or education – they are all humans whose lives are affected by their mental, physical, social

and spiritual fitness.

It's almost certain that some will look at the news and proverbial writing on the wall and think there is no hope.

That hope is not gone. As long as there is an Airman willing to uphold his end of the Airman's Creed, no one will be left behind and we will not fail. We need to be good wingmen, especially today, and watch out for our fellow servants, civilian and military alike. We need to be innovative, conscientious, frugal and resilient as we look to the days ahead. The future may seem bleak, but it is our future. What are we going to make of it?

What is certain is that as we forge the way ahead in these uncertain times, we must fight that fear so as not to let it paralyze us, cause us undue stress or even endanger our wellbeing. We must remain resilient.

COAST TO COAST

USCG medevacs cruise ship passenger

By 11th District Coast Guard Public Affairs

United States Coast Guard

SAN DIEGO – A U.S. Coast Guard helicopter crew from San Diego medically evacuated a 77-year-old woman aboard a cruise ship 230 miles southwest of San Diego Saturday afternoon.

The crew of the Carnival Spirit contacted the Coast Guard at 12:30 p.m., requesting a medevac for the woman who they said was experiencing symptoms of a stroke.

A Coast Guard flight surgeon was consulted, and recommended an immediate medevac.

An MH-60 Jayhawk helicopter crew launched from Coast Guard Sector San Diego to perform the medevac, and a C-130 Hercules plane from Air Station Sacramento also launched to provide communications support and coordination for the case, and served as an escort for the helicopter.

Once on scene, the helicopter crew hoisted the woman and the ship's nurse and transported them the Sector San Diego at approximately 6 p.m.

The woman was transferred to emergency medical personnel for further care.

50th birthday theater showcases USS Enterprise

By USS Enterprise Public Affairs

NORFOLK, Va. – The world's first nuclear-powered aircraft carrier, USS Enterprise (CVN 65), took center stage Nov. 28, when Enterprise Sailors performed in a theatrical production for honored guests in attendance for the ship's 50th birthday celebration.

The production included scenes from the history of all eight ships bearing the Enterprise name, including emotional recreations of events taking place onboard the most decorated ship of World War II, the seventh Enterprise, CV 6.

Navy Lt. Jonathan Pohnel, a tactical action officer onboard CVN 65, wrote and directed the performance, which featured Enterprise Sailors in roles such as Col. Benedict Arnold, President John F. Kennedy and President George W. Bush. For Pohnel, bringing 50 years of history to life was no easy task.

"It was a little intimidating at times; putting over 300 hours of research, writing and preparing Sailors to represent so many important historical events," he said. "My hope is that the production will inspire Enterprise Sailors, past and present, and remind them why their service is so very important."

The 45-minute performance took place in the hangar bay and included scenes from historical events such as the Battle of Midway, Cuban Missile Crisis and Sept. 11 terrorist attacks.

Chief Petty Officer Stephen M. White played the commanding officer of the USS Enterprise (CV 6) during the Battle of Midway.

"As a student of history, I really enjoyed recreating such an integral event in our ship and our nation's history," said White.

Many of the scenes, especially the recreation of the 1969 Enterprise flight deck fire and the video footage of Vietnam with guitar accompaniment, were extremely moving to veterans in the audience who experienced these events firsthand.

"The performance brought a tear to my eye, especially when I saw how moved the veterans were during the fire scene," said Mark Douglass, a veteran Enterprise Sailor, who traveled from California to attend the celebration.

Pohnel's goal for the production was, in his words, to celebrate the ship's 50th birthday. The ship will make its final deployment in the spring, followed by a deactivation period and decommissioning, currently scheduled for 2015.

Largest OEF air load dropped in E. Afghanistan



By Army Sgt. Andrea Merritt

Combined Joint Task Force 1 – Afghanistan

PAKTIKA PROVINCE, Afghanistan – With the inhospitable, mountainous terrain surrounding Forward Operating Base Curry making vehicle maneuver nearly impossible, units have relied heavily on air assets to receive supplies.

Soldiers from B Company, 9th Engineer Battalion usually recover water, food, fuel and other classes of supplies from the drop zone, but this delivery was unlike all others and was the first of its kind in the history of Operation Enduring Freedom.

"Today we air dropped a 16-foot platform carrying an all-terrain forklift. It is one of six platforms ever dropped in theater," said 1st Lt. Chelsea Craig, the 11th Quartermaster Detachment commander. "It is the first forklift dropped in theater and weighing in excess of 15,000 pounds. It is the heaviest platform ever dropped."

As the C-130 Hercules aircraft flew overhead, the back hatch opened and the crew pushed the platform carrying the historic load from the plane.

Within seconds, three parachutes opened and the platform descended onto the drop zone. Upon landing, the platform made a loud cracking noise as it came in contact with the earth's surface.

"Uh oh. That didn't sound good," said Maj. Michael Laporte, the 172nd Infantry Bri-

gade support operations officer, as he watched from a tower overlooking the drop zone.

Once on the ground, engineer Soldiers ran over and inspected the new piece of equipment. Although the packing material encasing the equipment broke during landing, the forklift remained intact.

Every shadow of doubt about the operation's success disappeared when the Soldiers were able to start up the forklift and use it to load boxes onto the trucks.

"It went excellent," said Laporte. "When it came out, it didn't look good, but we pulled off the drop and they were able to pick up kicker boxes using the forklift."

The company's material handling equipment contract expired Nov. 19, so the forklift was necessary to help complete tasks they conduct around Forward Operating Base Curry on a daily basis.

"Our daily [combat outpost] sustainment tasks include picking up supplies from the [helicopter landing zone], recovering container delivery system drops and also moving equipment around the (command outpost)," said 1st Lt. Timothy Smith, executive officer for B Company, 9th En. Bn.

Although the load made history as the first forklift and heaviest load ever air dropped in theater, it is the added capabilities the forklift brings that made the drop worthwhile.

"It will now take the unit half the time to recover bundles that come in, which means they will spend less time on the drop zone and more time out of harm's way," Laporte said.

Marines support training missions in Spain

By Marine Forces Europe

ROTA, Spain – As part of the bilateral exercise Lisa Azul, Marines attached to Fleet Antiterrorism Security Team (FAST), Company Europe conducted military operations on urban terrain, or MOUT, training with Marines attached to the Spanish Armada Infantería de Marine.

MOUT training, which focuses on urban combat and building clearing, allows warfighters the chance to improve their tactics, techniques and procedures and to conduct mission rehearsals, using blank rounds, man-marker rounds or short-range training ammunition. The training was conducted at Hogan's Alley, a staged training site on the naval base.

This year 52 U.S. Marines and 72 Spanish marines participated in the training.

"The Spanish marines are just as knowledgeable as my Marines concerning MOUT training," said Alpha 2 Commander Capt. Daniel Wendolowski. "We are providing additional training to help fine tune some of their tactics."

During the exercise, FAST Company Marines conducted building searches in full battle

dress, and displayed the proper procedures for entering and clearing buildings when placed in a hostile environment.

"This is the first time that I've had the opportunity to participate in a joint exercise like this," said Spanish Armada Infantería de Marine 2nd Company Commander Capt. Alejandro Santa-Eufemia. "This is one of the best experiences that I've had. This exchange of knowledge has been very beneficially for me and my marines."

"Exercises such as Lisa Azul promote the participating countries' maritime strategies," said Wendolowski. "We want to ensure we are providing exceptional training to our counterparts."

Santa-Eufemia said this training will better prepare the Spanish marines for their future deployment to various combat areas of responsibility.

"We will definitely take what we learned and use it then we deploy," said Santa-Eufemia. "I hope to take this knowledge and experience to other marine battalions throughout Spain and show them that our relationship with the U.S. is stronger than ever."

Labor dispute = more guard duty for Soldiers in S. Korea

By Ashley Rowland and Yoo Kyong Chang

Stars and Stripes

SEOUL – U.S. soldiers could be manning the gates at Army bases in South Korea beginning Thursday as hundreds of South Korean security guards are threatening to walk away from their posts rather than work for a new company that is offering them lower pay and longer working hours.

The United Kingdom-based G4S will take over security operations at a number of Army bases across the peninsula at midnight Thursday, when the military's contract with its former security provider, Joen Systems Corp., ends.

Many of the estimated 850 guards who worked for Joen are expected to protest outside four bases beginning Thursday morning: U.S. Army Garrison Yongsan in Seoul, Camp Red Cloud in Uijeongbu, Camp Casey in Dongducheon, Camp Humphreys in Pyeongtaek, according to leaders from several labor unions representing the security guards. One union leader said there would also be protests outside Camp Carroll in Waegwan and Camp Walker in Daegu.

Though technically not a strike because the guards have not signed a contract with G4S, the protest is expected to leave G4S short of the number of guards it needs to operate entry points at bases.

Eighth Army spokesman Col. Andrew Mutter said Wednesday afternoon that garrison commanders were in the process of determining how many soldiers might be needed to staff entry gates, and whether any gates would be closed.

"We expect minimal disruptions to entry procedures during this transition," he said,

adding that terms of employment were a matter between G4S and the guards.

Although G4S was selected through normal bidding process, labor union leaders have said the guards will continue protesting until U.S. Forces Korea selects another security company. The U.S. military extended its contract last year with Joen, which began working for USFK in 2006.

"We will fight to the end until our requirements are fully satisfied," said one union leader, Park Deok Seo.

In a Nov. 28th letter sent to U.S. Forces Korea commander Gen. James Thurman, Park said guards decided to protest "in order to get back the right to maintain our own lives" after negotiations with G4S broke down.

Security guards distributed letters this week to people entering U.S. Army Garrison Yongsan that outlined their concerns.

Eunho Peck, who leads another labor union, wrote in the Nov. 25 letter that the G4S demands would "critically undermine morale and life quality of those ordinary security guards, and in turn it will create the difficulty in recruiting new security guards."

G4S operates in more than 125 countries and has more than 625,000 employees, according to the company's website.

Army installations in South Korea use contracted security guards to allow soldiers to focus on their military duties, military officials said.

As of August 2010, approximately 835 guards monitored 220 access control points at Army installations and the U.S. Marine Corps' Camp Mujuk, checking identification cards and controlling the entry of people and vehicles 24 hours a day.

Commissaries overseas will stop selling magazines

By Jennifer H. Svan

Stars and Stripes

KAISERSLAUTERN, Germany — Starting in February, commissaries overseas will stop carrying magazines and most newspapers due to declining sales and the expense of airlifting the periodicals from the States, Defense Commissary Agency officials said this week.

Commissaries in the United States will continue to sell magazines and newspapers, officials said. Overseas, those items will still be available at Army and Air Force Exchange Service retail stores.

Over the last four years, magazine sales at overseas commissaries have steadily dwindled, from about \$1.98 million in fiscal 2008 to about \$1.46 million in fiscal 2011, according to information from DeCA. That is due in part to DeCA purchasing fewer magazines, but stores still only were selling about half the magazine inventory, said Kevin Robinson, a DeCA spokesman at the agency's corporate headquarters in Fort Lee, Va. Between January and March of last year, for example, 49 percent of magazines on commissary shelves overseas went unsold, according to DeCA.

"No business model in the world could survive" with that type of sales rate, Robinson said.

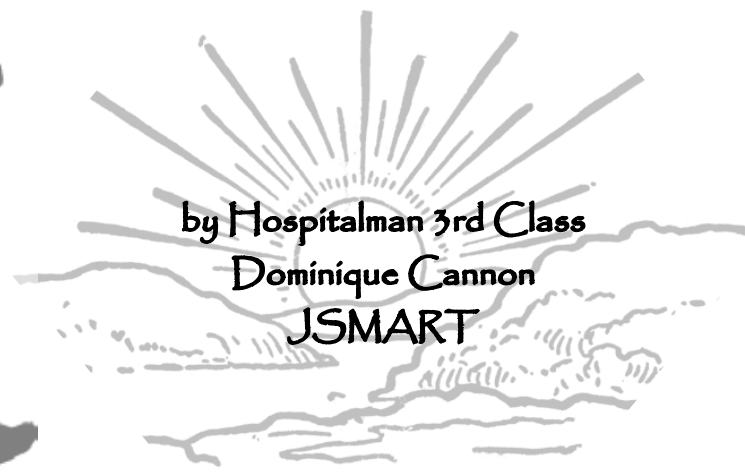
DeCA was also spending over half a million dollars on getting the magazines overseas, officials said. In fiscal 2011, DeCA spent about \$673,000 in taxpayer dollars — money appropriated by Congress — to airlift magazines to commissaries in Europe and the Pacific, according to figures from DeCA.

With budget cuts looming across the Defense Department, agencies are scrambling to find ways to cut costs. While stopping magazine sales overseas will save money, Robinson said, it's also a decision that makes good business sense "regardless of the budget climate."

"DeCA recognizes that it has an inherent responsibility to be a good steward of taxpayer dollars," he said in a written statement.

"This was something we could do as an agency to drive down our costs and not impact the customer as much," added Leslie Brown, DeCA-Europe spokeswoman. She said customers can read magazines online or purchase them at the base exchange.

Commissaries in Europe and the Pacific will continue to sell Stars and Stripes newspaper, which is produced overseas and not shipped from the States, officials said.



by Hospitalman 3rd Class
Dominique Cannon
JSMART

Stress and 'toys' – it's science!

The Joint Stress Mitigation and Restoration Team for the Joint Task Force holds something similar to celebrity status here in Guantanamo Bay, Cuba. And it comes as no surprise that while we offer a wide range of services to the men and women deployed or stationed here (to include stress management, rest plans, hygiene, smoking cessation, psychotherapy, and peer support), much of our recognition comes from our outreach and the famous stress tools that we provide during our visits to service members throughout the Joint Task Force.

Believe it or not, the "toys" (as many have come to refer to them) actually possess legitimate mental health applications as sources of stress relief while in the office and off duty. As difficult as it may be recognizing the benefits of back scratchers, glitter balls, and pen lights, each of these items have been selected because they provide a too-often-needed distraction from the tedium that can often take hold inside workspaces. As many know, Guantanamo Bay's stressors are rather unique. Regardless of the assigned duties someone might find themselves in (be it working detainee operations or an administrative role), anyone can fall victim to overwhelming stress and occupational burnout.

The stress relieving tools that JSMART gives out to Joint Task Force servicemembers are selected to address very specific issues that an assignment to Guantanamo Bay may cause. With more and more stress related problems reported every day, there is an increasing need for effective stress reducers. Our most highly demanded stress tool that has proven to be effective is the stress ball. Anger and tension (as well as those long, painful stretches at the keyboard for service members in clerical assignments) can be lessened through use of our renowned JSMART stress balls. Some people are still rather skeptical about the effectiveness of stress balls and whether they really help with alleviating stress. Stress balls help to bring about muscle relaxation. As the user squeezes the ball and contracts the muscles, blood flow

increases to the hand. Releasing the squeeze further relaxes the hand, and, according to StressFocus.com, it may also relax the person. Relaxation is also due to the fact that squeezing a stress ball is fun and helps achieve a positive and happy state anchored with the act of playing. Hence, on subsequent usage of these balls, even if there is no tension to be released from the body, the body will feel calm and relaxed because the positive state of calmness and relaxation has been anchored with the act of squeezing a stress ball.

In addition to stress balls, JSMART possesses a wide assortment of other stress relieving tools. Some sleep problems can be alleviated by the earplugs and sleep masks we offer. We also have towels, bags, calendars, glow belts, and many more items coming soon. Each item has our 24-hour duty phone number printed, so we're always available to service members in need. And should you feel the need to unwind, relax, and relieve some muscle tension, the JSMART office itself is home to two electronic massage chairs for all Joint Task Force staff to utilize at their convenience.

The stress tools of JSMART offer servicemembers of all branches an outlet for the pressure associated with working at Guantanamo Bay. But should the tools not be enough, JSMART offers comprehensive mental health services to meet the needs of military personnel stationed and deployed here. Should you feel that you require assistance in addressing your depressed mood or any other issue that may be affecting you, feel free to stop by or give us a call. We are currently located across the street from the Camp Bulkeley Gym, but will move near the Camp America Post Office later this month. Feel free to call extension 2321 during clinic hours, which are Monday through Friday from 7 a.m. to 5 p.m., and our 24-hour duty cell phone will always be manned at extension 3566.

Guantanamo Bay's stressors are rather unique. Regardless of the assigned duties someone might find themselves in, anyone can fall victim to overwhelming stress and occupational burnout.

Value of the Week: Selfless Service

Put the welfare of the nation, your organization and your subordinates before your own. Selfless service is larger than just one person. In serving your country, you are doing your duty loyally without thought of recognition or gain. The basic building block of selfless service is the commitment of each Joint Task Force Guantanamo team member to go a little further, endure a little longer, and look a little closer to see how he or she can add to the effort.

Calif.-Mex. border: suspected drug smuggling tunnels found

Voice of America News Service

SAN DIEGO – U.S. authorities say they have discovered a drug tunnel between Mexico and California, the second such tunnel found in less than two weeks.

A spokeswoman for U.S. Immigration and Customs Enforcement said Tuesday the tunnel opened into a California warehouse located in the same San Diego neighborhood as the previous find. The spokeswoman did not give any other details.

On Monday, a Mexican trucker was sentenced to nearly 16 years in a U.S. prison

for his role in smuggling drugs through two similar passageways discovered last year.

Raids on those two tunnels netted a combined 50 tons of marijuana on both sides of the border. They were equipped with rail systems, lighting and ventilation. The tunnels are among dozens that have been discovered in recent years.

Mexico is in the midst of brutal drug gang violence that has claimed an estimated 45,000 lives since President Felipe Calderon took office in late 2006 and began a crackdown on the cartels.



By Mass Communication Spc. 1st Class Ty Bjornson

the twilight saga breaking dawn

~part 1~

“Team Edward” is upon us once again, just in time for the holidays. This fourth installment, “Breaking Dawn Part 1,” is the beginning of the end for “The Twilight Saga” film series. Next year’s counterpart will close out the teen-vampire love story based on the popular books by Stephenie Meyer.

The series centers around high school girl Bella Swan (Kristen Stewart) who falls in love with Edward Cullen (Robert Pattinson), a 108 year old vampire teen. He lives with his own vampire family, which doesn’t prey on humans. They’re the good guys.

Naturally, any human-vampire romance isn’t without complications, especially if you’re an angsty teen. There’s Jacob Black (Taylor Lautner), who is part of a clan of shape-shifting werewolves: sworn enemies to vampires with extreme prejudice against the Cullens. Complicating matters is Jacob’s love for Bella and his intense hatred of Edward. What girl wouldn’t want a love triangle between herself, a walking undead teen who sparkles in the sunlight and an uppity canine shapeshifter who spends much of his time sulking around shirtless?

“Breaking Dawn Part 1” opens with the marriage of Bella and Edward. Jacob is heartbroken and upset. He’s deeply concerned for Bella’s safety in both a physical sense (as a wedding night with a vampire could be dangerous) and for her eternal soul, should she become a vampire which would be inevitable in this kind of union.

Bella and Edward’s Rio de Janeiro honeymoon is probably everything a teen girl’s fantasy could be: luxurious location, a secluded tropical getaway and a beautiful full moon over the ocean as our young lovers finally consummate their relationship. I really admired the photography of the South American country and the attention to art direction for this part of the movie. It’s a nice representation of complete wish-fulfillment in a “happily ever after” kind of way.

Then things take a turn. Against all odds, Bella is now pregnant with a human-vampire hybrid. In a daring move, she decides to keep the baby and refuses to consider the adverse effects on her health and life.

What’s interesting to note in “Breaking Dawn Part 1” is the fact Bella is carrying a baby whose very existence is the crux of the story. Sure, Bella’s life is at great risk, but it’s about the consequences of having the baby or not. I’m reminded of movies like “Alien” where an unknown creature gestates inside a human host and bursts through their

chest upon coming to term. Another scene that has potential horror flick connotations is when a local Rio de Janeiro demon expert puts her hands on Bella’s tummy to determine the length of the pregnancy. At that moment, the film unintentionally channels John Carpenter’s “The Thing” (1982) where the guy defibrillating the other guy has his hands bitten off at the wrists when “The Thing” bursts through the other guy’s chest.

Those horror movie clichés are inconceivable in the Twilight world. As far as everyone is concerned, it’s only a matter of whether Bella’s going to have this baby or not. That’s the big dilemma: not only for the Cullens, but also for Jacob’s werewolf clan which is hell-bent for war over the whole affair. Why they even care, I’m not quite sure. Something about protecting humans and abominations coming to life, I gather.

What I’ve never understood about these movies is why everyone makes a big deal out of everything. Bella’s decided to have the baby. She’s in dire straits with a complicated pregnancy while everyone fights and yells around her over it. But hey, that’s the Twilight universe for you. Everyone has to get huffy and puffy over matters which others would handle with more maturity. Can someone explain to me how Edward, who’s more than 100 years old, has the cognitive reasoning of an adolescent with his knee-jerk reaction to Bella’s pregnancy? So much for marital support.

Interesting to note: the film, where Bella carries a child of great significance like a vampirical Virgin Mary, is drawing heat for Bella’s decision to keep her baby. Natalie Wilson of the “Ms.” magazine blog criticized the film for a “latent anti-abortion message.” Sandie Angulo Chen of “Moviefone” saw the film as “one long pro-life debate.” In contrast, John Mulderig of the “Catholic News Service” praised the “strongly pro-life message being conveyed via Bella’s unusual plight,” saying it “presents a welcome counterpoint to the all-too-frequent motif in popular entertainment whereby pregnancy is presented as a form of disease or an almost unbearable curse.”

Well, think what you will of “Breaking Dawn Part 1.” I know I did, though I’m not the film’s intended audience. I appreciated the film’s craft, yet, like its predecessors, the dialog is utterly hokey and the character interaction is preposterous. I guess these observations are things best left alone here. The “Team Edward” and “Team Jacob” minions would not have it any other way. I’m sure this film will be heralded by their legions. That’s fine. It’s their call to make. I have mine too: Netflix, “True Blood” and “Team Sookie!”

GTMO Quick Reference

Bayview Club - 75605
Wed.-Fri. 11 a.m.-8 p.m.
Sun. & Holidays 8 a.m.-5 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.

Caribbean Coffee - 77859
Mon.-Sat. 6 a.m.-10 p.m.
Sun. 1-10 p.m.

Jerk House - 2532
Sun.-Thu. 5-9 p.m.
Fri. & Sat. 5-10 p.m.

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

MWR Liberty Centers - 2010
Mon.-Thu. 11 a.m.-12 a.m.
Fri. 11 a.m.-1 a.m.
Sun. 9 a.m.-12 a.m.
Sat. & Holidays 9 a.m.-1 a.m.

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

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

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

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

Windjammer Sports Bar
Mon.-Thu. 5-9 p.m.
Fri. & Sat. 5 p.m.-2 a.m.
Sun. 5-9 p.m.

Safe Ride - 84781

GTMO Religious Services

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

Vigil Mass
Saturday 5 p.m.
Main Chapel

Mass
Sunday 9 a.m.
Main Chapel

Catholic Mass
Saturday 5:30 p.m.
Troopers Chapel

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

Gospel Service
Sunday 1 p.m.
Main Chapel

GTMO Bay Christian Fellowship
Sunday 6 p.m.
Main Chapel

Protestant Worship
Sunday 9 a.m.
Troopers’ Chapel

General Protestant
Sunday 11 a.m.
Main Chapel

Islamic Service
Friday 1:15 p.m.
Room C

Jewish Service
Friday 7 p.m.
Chapel Annex

LDS Service
Sunday 10 a.m.
Room A

Iglesia Ni Cristo
Sunday 5:30 a.m.
Room A

United Jamaican Fellowship
Sunday 11 a.m.
Sanctuary B

Liturgical Service
Sunday 10 a.m.
Room B

Church of the Sacred Well
Call 2323
for information

	FRI	3 SAT	4 SUN	5 MON	6 TUE	7 WED	8 THU
Downtown Lyceum	No movie: holiday parade and concert setup	No movies: holiday parade begins 6 p.m. Emerson Drive performs 9 p.m.	Real Steel (NEW) (PG-13) 7 p.m.	Twilight: Breaking Dawn (PG-13) 7 p.m.	Ides of March (NEW) (R) 7 p.m.	The Muppets (PG) 7 p.m.	Happy Feet 2 (PG) 7 p.m.
Camp Bulkeley	Ides of March (NEW) (R) 8 p.m. Real Steel (NEW) (PG-13) 10 p.m.	Abduction (last showing) (PG-13) 8 p.m. Twilight: Breaking Dawn (PG-13) 10 p.m.	Moneyball (last showing) (PG-13) 8 p.m.	The Muppets (PG) 8 p.m.	Killer Elite (last showing) (R) 8 p.m.	Dream House (PG-13) 8 p.m.	50/50 (R) 8 p.m.

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



It was a twist to the traditional 10K run/walk as nearly four dozen participants took to the streets Nov. 26. The Glow-in-the-Dark event for breast cancer awareness was hosted by U.S. Naval Hospital Junior Enlisted Association. Donations for pink glow-in-the-dark items went to support the cause which began and ended at U.S. Naval Hospital Guantanamo Bay. —photo by Sgt. 1st Class Kryn P. Westhoven.



From left to right: Sgt. 1st Class Joshua Conwell, Sgt. Larissa Pillay, and Staff Sgt. Joseph Hansen from the Joint Detention Group Headquarters, 170th Military Police Battalion hang garland on their Santa-themed float. Once complete, the float will feature three reindeer pulling a sleigh, Santa Claus, two Mrs. Clauses, a squad of elves, and a big Georgia peach. The float will be featured in the Guantanamo Bay Holiday Parade. —photo by Army Sgt. 1st Class Jerome Grant.

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