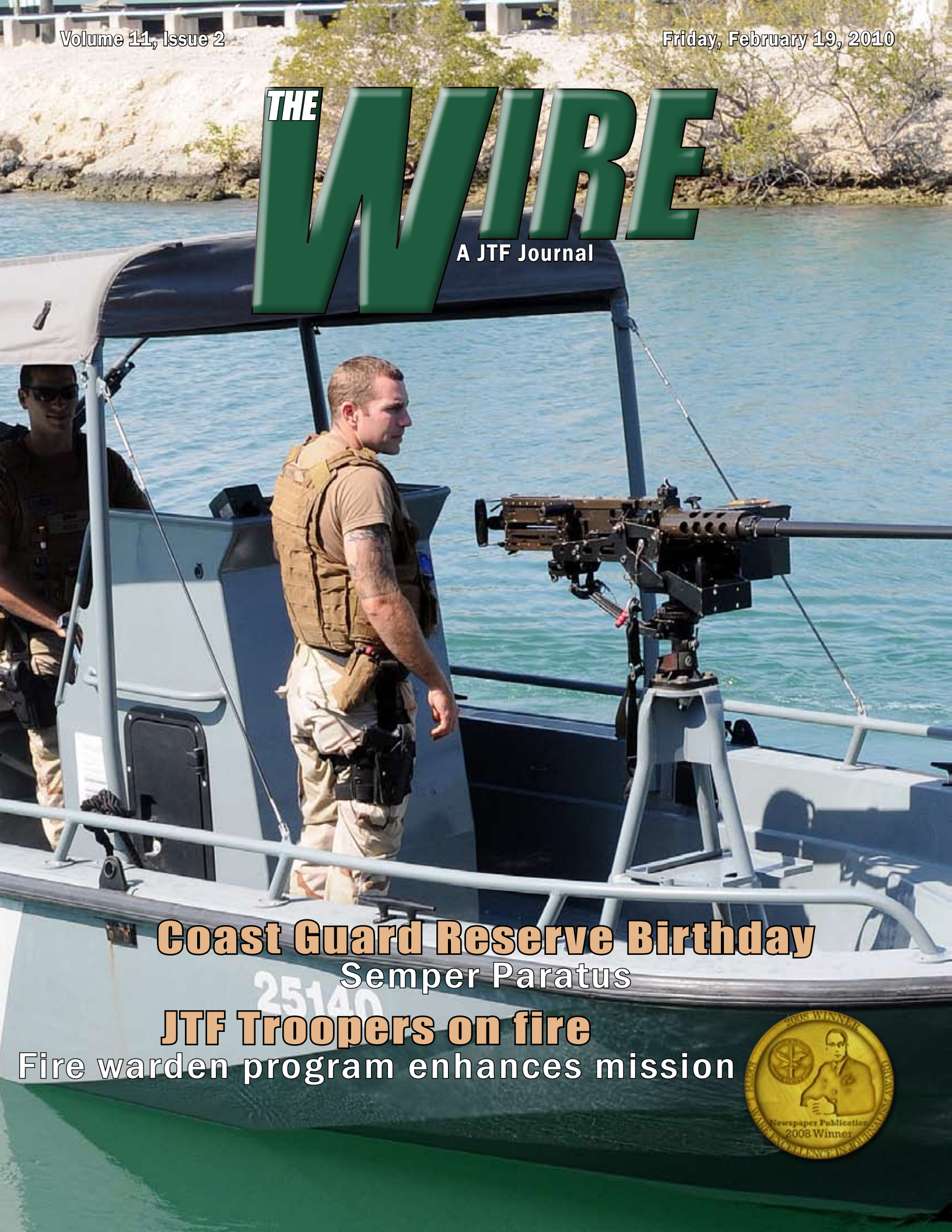


THE WIRE

A JTF Journal



Coast Guard Reserve Birthday
Semper Paratus

JTF Troopers on fire

Fire warden program enhances mission



Leaning Forward

Army Master Sgt.
Lee Markwell

JTF 525th MP Battalion SGM

Nothing in life that is worth having is free; therefore, once we set our mind on where we intend on going in life, we have to lean forward and go after it. A college education is no different. In the beginning, it appears to be an unreachable far away goal, but when you look at it in the small picture, you can take it "one class at a time" and it will shortly be within reach of completion.

Not everyone is blessed with the opportunities or the patience to attend college directly out of high school. That is why many of us have chosen the route we did with the military. The military provides you with ample opportunity to get ahead in life by offering tuition assistance for college. It is all too common for us to go through our military career, no matter how long or short it is and not take advantage of these benefits.

Here at GTMO, you have the opportunity to initiate or to continue your pursuit of a degree. Many of us will never have a better opportunity than now to provide a better future for ourselves. This is why it is imperative to look into options that are available and pursue a degree.

Everyone within Joint Task Force Guantanamo has a skill to bring to the table and that makes them marketable to the civilian sector. Having a degree is what will open the door and allow you the opportunity that will never be available without one. In many cases, a degree is one of the prerequisites when applying for a job.

Time management is the key to success. While stationed here at GTMO, many of us work long hours. Understandably, everyone needs the time to relax, but this is also an opportunity to get a grasp on your future by taking advantage of the available benefits the Department of Defense offers. This is one of the points in life where we have to make a decision, and that decision is... "do I take advantage of the opportunities I have at hand or do I just let life pass me by?"

The bottom line is a degree will provide you with the ability to have full control of your life. If you one day wake up and the fun meter is pegged out, and you decide you have had enough of the military, a degree will assist you with opening doors for your future.

The initial magnitude of what it takes to complete a degree can be overwhelming. Keep things in perspective. There are many ways to eat an elephant but in the end it comes down to "one bite at a time." The sooner you start the quicker you can finish. Degree completion is no different. ★



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COVER:

As we honor the proud military service of the Coast Guard, we also celebrate Feb. 19, as the official birthday of the Coast Guard Reserve. We pay tribute to a proud military tradition of always keeping faith with their motto: Semper Paratus.

Always Ready. – JTF Guantanamo photo by Navy Mass Communication Specialist 1st Class Edward Flynn

BACK COVER:

The Guantanamo Bay Express, a barge carrying supplies for Naval Station Guantanamo Bay, is docked while being unloaded, Feb. 12. – JTF Guantanamo photo by Navy Mass Communication Specialist 3rd Class Joshua Nistas

The WIRE is the official news magazine of Joint Task Force Guantanamo. It is produced by the JTF Public Affairs Office to inform and educate the Troopers of JTF Guantanamo through news, features, command guidance, sports and entertainment. The WIRE seeks to provide maximum disclosure with minimum delay with regards to security, accuracy, propriety and policy. This DoD news magazine is an authorized publication for the members of the Department of Defense. Contents of The WIRE are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, or Joint Task Force Guantanamo. It is printed by the Document Automation & Production Service with a circulation of 1,000.

Keeping faith: *Semper Paratus*



Mass Communication Specialist 1st Class

Edward Flynn

JTF Guantanamo Public Affairs

For almost 70 years, the men and women of the U.S. Coast Guard Reserve have answered the country's call to service.

In that spirit, it is fitting to honor their professional service and sacrifice. As we honor the proud military service, we also celebrate Feb. 19, as the official birthday of the Coast Guard Reserve.

The Coast Guard is one of America's five armed forces and traces its roots back to Aug. 4, 1790, when it was then known as the Revenue Cutter Service. Serving in harms way when a natural disaster hits or in times of armed conflict, these dedicated professionals have diligently stood the watch at home and abroad.

The Coast Guard Reserve was created in 1941 when Congress amended the Coast Guard Auxiliary and Reserve Act that separated the Coast Guard into the reserve and auxiliary components. The Coast Guard is the nation's oldest continuous seagoing service with responsibilities including search and rescue, maritime law enforcement, aid to navigation, ice breaking, environmental protection, port security and military readiness.

While those on active duty often rely on formal educational programs, shipboard experience and on-the-job-training, reservists have their civilian experiences from which to draw. In the joint environment of Joint Task Force Guantanamo, Coast Guard Reserves are an important part of the total force team.

"Reservists bring an invaluable skill set to the table that greatly enhances the JTF mission," said Coast Guard Lt. Bryan Burkhalter, executive officer of Maritime Safety and Security Team 91103. "These reservists are a tremendous resource. They are highly motivated and capable."

MSST 91103 is deployed here to perform maritime anti-terrorism and force protection duties for JTF.

While celebrating the Coast Guard Reserve birthday, we also celebrate and pay tribute to a proud tradition of always keeping faith with their motto: *Semper Paratus*, Always Ready. It is that spirit that members of the Coast Guard continue to answer the call to freedom on the sea and on land.

"I'm proud to be a member of the Coast Guard Reserve," said Coast Guard Chief Petty Officer Brian Putnam, shore side leading chief petty officer of MSST 91103. "Since Sept. 11, 2001, many Coast Guard reservists have spent considerable time on active duty. We are valued and make an important contribution to this JTF mission. We are always ready and proud to do our job." ★

A Coastguardsman with Maritime Safety and Security Team 91103 prepares a patrol boat before heading out in Guantanamo Bay, Feb. 15. - JTF Guantanamo photo by Navy Mass Communication Specialist 1st Class Edward Flynn

Naval Reservists support OUR

Army Spc.
Juanita Philip

JTF Guantanamo Public Affairs

When Mother Nature knocked the Caribbean Island of Haiti to her knees, a proud group of Navy Reservists stepped up to help get her back on her feet.

Naval Cargo Handling Battalion 13, a reserve logistics unit headquartered in Gulfport, Miss., responded with virtually no notice to support Operation Unified Response – the organized relief effort that sent food, supplies and medical equipment to the region devastated by a Jan. 12 earthquake.

The reservists were activated to be a part of Combined Task Force 48, which was established on January 17 as a Joint Logistics Hub coordinated through Guantanamo Bay. The task force is providing humanitarian assistance and disaster response operations through interagency and international channels.

Within days of the earthquake in Haiti, unit members were called to active duty from Navy Operations Support Centers out of Mississippi, Missouri and Texas to perform this mission.

“They asked for volunteers on Friday,” said Logistics Specialist 2nd Class Ann-Marie Shy. “On Sunday we were told to put our orders in.” Later that night, they were notified of their departure for the next day, which happened to be a federal holiday.

For many of the unit members, this is their first humanitarian mission. “I’ve never worked on a humanitarian mission,” Shy said. “The work really is not a lot different since we’re trained to unload planes. And, that’s what we’re doing.”

With the use of forklifts, including some called Millennia Military Vehicles, which are extended forklifts, the unit makes quick work of unloading the pallets of



Navy Boatswain's Mate 1st Class Jose Martinez, from Navy Cargo Handling Battalion 13A, works on the front of a Millennium Military Vehicle at Naval Station Guantanamo Bay, Feb. 12. – JTF Guantanamo photo by Navy Mass Communication Specialist 3rd Class Joshua Nistas

humanitarian supplies, which include food, water, meals ready to eat, bedding and dry good. They are repackaged and sent directly to Haiti.

For some of the unit members, the mission here is personal and emotional, even though they don't physically see the supplies delivered on the ground in Haiti.

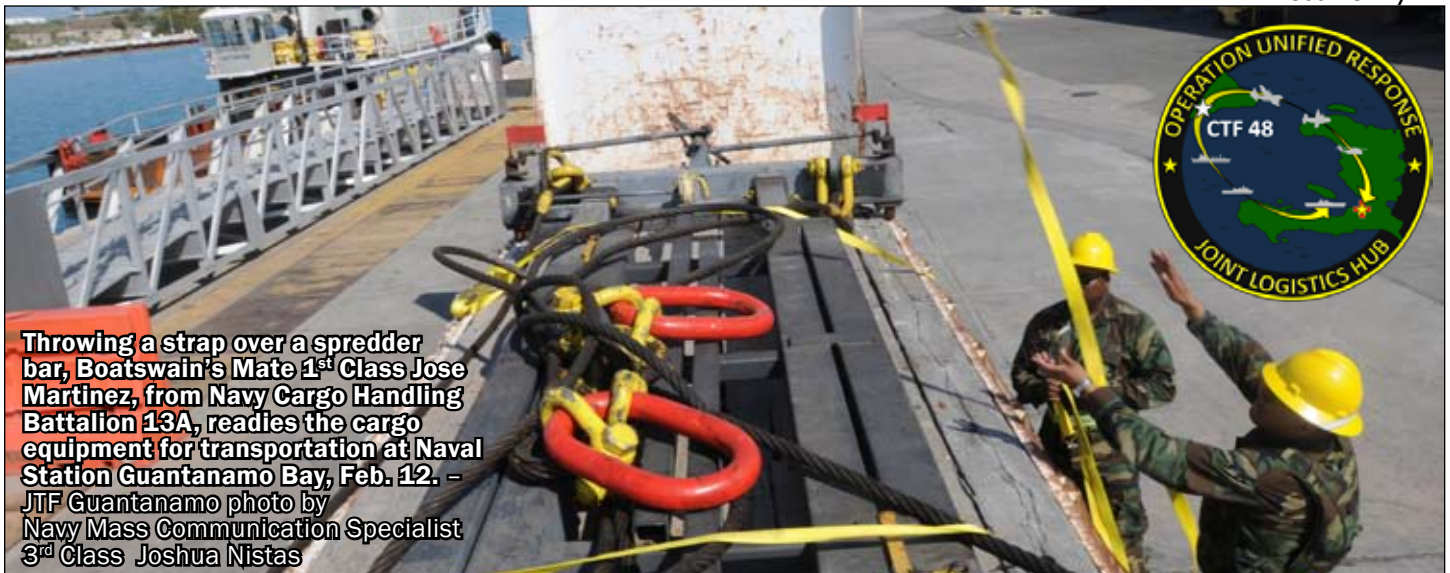
“To feel like you’re doing something (to help) makes you feel good,” Shy said.

“Everybody can do something in the states by giving money. But, we’re here doing our Navy jobs.”

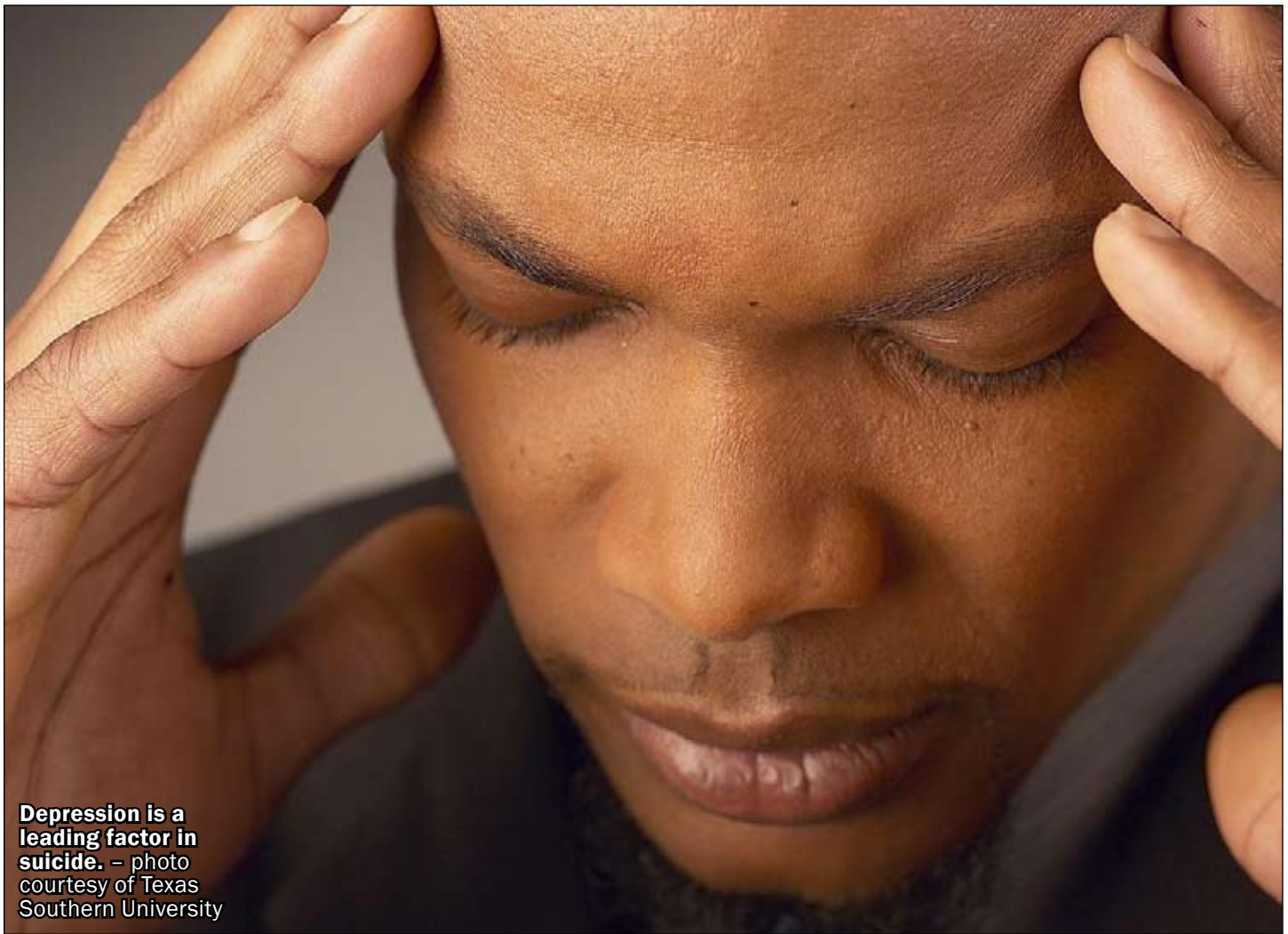
The unit is also in charge of moving supplies not just from the U.S., but from other countries as well.

“We received a shipment from the Columbian Red Cross, with mattresses, cots and dry goods”, said Logistics Specialist 2nd Class Yvonne Macias. “There was even

See **NCHB/12**



Throwing a strap over a spreader bar, Boatswain's Mate 1st Class Jose Martinez, from Navy Cargo Handling Battalion 13A, readies the cargo equipment for transportation at Naval Station Guantanamo Bay, Feb. 12. – JTF Guantanamo photo by Navy Mass Communication Specialist 3rd Class Joshua Nistas



Depression is a leading factor in suicide. – photo courtesy of Texas Southern University

Depression and suicide awareness

**Marine Lance Cpl.
Justin R. Wheeler**

JTF Guantanamo Public Affairs

Since the war in Iraq and Afghanistan began, numbers of suicides have increased in all branches of service.

Suicide in the military has remained in the top three causes of death of U.S. service members worldwide, said Navy Capt. Robert Schlegel, clinical psychologist and officer-in-charge at Joint Stress Mitigation and Restoration Team.

To understand suicide, one must understand the illness leading to depression and suicide, he said.

Depression is when someone goes into a state of illness that affects rational thinking and daily efficiency during work, sleep and eating, Schlegel said.

“[Depressed people believe] that things will not get better,” said Schlegel.

Schlegel said that those suffering from depression often become helpless and often look for a way to end the pain.

However, depression is not basic sadness. It takes an understanding of a person to differentiate between them being

sad or depressed.

Recognizing when people are depressed is a key step in prevention, said Schlegel.

“Supervisors need to get to know their people,” Schlegel said. “There are no signs and symptoms that can be seen from a distance.”

Some symptoms to look for include withdrawal, poor sleeping, carelessness or no appetite. Approaching a depressed person and asking questions can reveal their situation.

“It’s important to tell them that they can feel better,” Schlegel said. “[Tell them] ‘I’m not going to leave you until we get some help.’”

Emphasizing hope to a suicidal person can build the person’s confidence in living, said Schlegel.

“There is some part of their brain hoping to get better,” Schlegel said.

In the military, suicide becomes an increased problem because of service member access to weapons and alcohol, he said.

“Alcohol abuse is implicated in a huge percentage of military suicides,” Schlegel said. “Chronic alcohol use leads

to depression.”

With access to alcohol and lethal weapons, service members have more of an opportunity to make an irreversible decision, he said.

Service members also have problems with depression due to deployments distancing them from loved ones, which in turn, deteriorates relationships. It is often determined that the winter holidays have an increase in suicides but that is a misconception. Suicides dip during the holidays and increase in the summer, he said.

To combat these issues of depression and suicidal tendencies, Joint Task Force Guantanamo offers counseling at JSMART, the chaplain’s office, Fleet and Family Support or military health providers, said Navy Hospital Corpsman 3rd Class Woodrow Scott, of JSMART. Support is also offered worldwide for service members by Military One Source or other prevention hotlines, or by a fellow Trooper.

For more information, contact the JSMART office at ext. 3566 or visit building A3205, next to the post office on Camp America. 🇺🇸

Practicing Running Safety

**Marine Lance Cpl.
Justin R. Wheeler**

JTF Guantanamo Public Affairs

It was dark when Bob, a runner, was running his usual course. He was playing his favorite rock song on maximum volume when a car was closing in on him. Bob and the car driver were both unaware of each other. The result was tragic.

Bob didn't wear a reflective belt.

Running can be dangerous on Guantanamo Bay roads, especially with people doing physical training at all hours of the day and night. Thus, maintaining safety precautions can decide whether the ending result is between avoiding injury or death.

Karissa Sandstorm, Morale, Welfare and Recreation fitness director, offers some advice for runners.

"The first thing is, people need to make sure they are fit enough to run," she said.

Next, wearing a reflective belt can help drivers identify the runner on the road.

In addition, by using the buddy system, runners have a backup plan in case there is an emergency.

She said if you choose to run alone, it is good to have both emergency contact information and a form of identification. This is to include an identification card and written emergency contact names and phone numbers or a cell phone with the information included.

Sandstorm mentions that items that make carrying cell phones or ID cards while running more comfortable are available for purchase.

Sandstorm also recommends running on lighted streets that are not busy. And, despite them being legal, she recommends not running with headphones on.

"While running with an Ipod, or other media device, you can't hear sounds that would make you aware of safety issues," Sandstorm said. "Sounds like car horns or barking dogs are drowned out. Without headphones, the runner has an opportunity

to move away or run faster."

According to Sandstorm, overall running fitness is determined by hydration, flexibility and strength of the leg muscles. Being fit for running helps avoid pulling muscles or developing cramps. Stretching exercises for calve, hamstring and quad stretch and ankle rolling enable running with less chance of injury.

Weightlifting exercises like calf raises, squats, hamstring curls, hip exercises like abductor and adductor exercises can strengthen muscles to withstand the stress caused by distance running, she said.

Durable running shoes with strong cushioning are especially recommended when running on paved roads because the hard surface can do damage to the feet and legs, she said.

If Bob could have heard the sound of the car closing in on him or if the car would have seen the glimmer of a glow strap, a dangerous situation would have been less likely to happen. ☆



The cushioning from proper running shoes is a necessity when running on paved roads.

-Photo courtesy of www.ironann.wordpress.com



Don't judge this book by its cover

**Navy Mass Communication Specialist 2nd Class
Zachary Harris**
JTF Guantanamo Public Affairs

Over the past few months, many movies have speculated how the world will end. "The Book of Eli" continues the trend but delivers a story that is more parable than cautionary tale.

The film opens with Eli, played by Denzel Washington, wandering a desolate wasteland where life has all but ceased to exist. There is a very noticeable lack of dialogue which helps reinforce the isolation of this new world. Cinematographer Don Burgess creates an eerie backdrop of washed-out color, enhancing the utter destruction of the surrounding landscape.

We learn that Eli is a man not to be messed with in the opening moments of the film. He is a peaceful man of few words and great action who fiercely protects the contents of his backpack. When he enters a town run by Carnegie, the antagonist of the film played by Gary Oldman, his life takes a turn for the worse.

Eli is confronted by Carnegie's henchmen in a bar while attempting to get some water. After a confrontation with an unassuming thug, it becomes apparent to Carnegie that Eli is a man of intrigue. He tries to coax him into joining his gang. When Eli refuses, Carnegie "insists" that he spend the night to think about his options.

It is then that we meet Solara, played by Mila Kunis. She is forced to spend the night with Eli and notices him reading a book, the last remaining Bible on Earth. When Carnegie learns of its existence from Solara, he stops at nothing to take it from Eli.

The rest of the movie follows Eli and Solara as they attempt to escape Carnegie and his gang. The events that lead up to the climax of the movie keep the viewer

wondering if Eli's abilities are superhuman or a gift from God for carrying the last Bible.

The movie's ending left jaws gaping wide open at the Lyceum. The twist that writer Gary Whitta penned is extraordinary and the majority of film-goers will not see it coming.

While this movie does paint a dire picture of the future, what separates this from other post-apocalyptic movies is the lack of preaching or "message" being thrown in your face. Some might complain about a religious subtext given the fact that Eli's book is the Bible, but again, it does not get in the way of an excellent story. ★



R

118 minutes

Rating: ★★★★★



Marine Corps Lance Cpl. Justin S. Neel with Marine Corps Security Force Company Guantanamo Bay, peers off into the distance at Grenadillo Range, Feb. 17.



Marines with MCSFCO move down range to check targets after firing at Grenadillo Range, Feb. 17.



Marine Corps Lance Cpl. Mark T. Pearce loads rounds into his magazine in preparation to enter the firing line at Grenadillo Range, Feb. 17.

Devil Dogs hit the range

According to tradition in the Marine Corps, the title "Devil Dogs" was assigned by German soldiers to U.S. Marines who fought in the battle of Belleau Wood in 1918. The Marines fought with such ferocity that they appeared to be "Dogs from Hell."



A Marine with Alpha Fast 5th Platoon Marine Corps Security Force Company Guantanamo Bay engages his target at Grenadillo Range, Feb. 17.



Marine Corps Capt. Nathan T. McAndrews (back right), Marine Corps Gunnery Sgt. Christopher M. Sliva (front right) both prepare .556-caliber ammunition at Grenadillo Range, Feb. 17.

JTF Guantanamo photos by
Army Spc. Cody Black

Fire wardens enhance JTF safety



**Army Spc.
Juanita Philip**

JTF Guantanamo Public Affairs

Joint Task Force Guantanamo Troopers participated in a Feb. 5 fire safety class, conducted by Naval Station Guantanamo Bay's Fire Prevention Office, at Bulkley Hall.

Training was held for more than 25 JTF Troopers who assumed the duties of fire warden and to educate incoming JTF personnel on fire safety precautions.

With the transition of JTF units from the Puerto Rico National Guard to the 786th Combat Support Sustainment Battalion of the Virgin Islands National Guard, new personnel were designated as incoming fire wardens, in addition to their other duties.

"This is mandatory training for designated new fire wardens and alternates," said Steven Deida, assistant fire chief of Naval Station Guantanamo Bay's fire department, assigned to the windward station. "Fire wardens are a part of the safety community. Without them, our jobs would be that much harder."

Deida also stressed the importance of being alert and aware of your surroundings at all times and that every building should be equipped with a fire extinguisher. He touched on certain things to look for and to be aware of in the fire warden inspections every month.

- Make sure the fire extinguisher is in good working order and has no visible corrosion.

- Test the emergency lighting monthly.

- Ensure that designated smoking areas are policed daily and all materials properly extinguished and disposed of.

- Flammable materials/liquids should be stored in an approved container.

The students were taught the fundamentals of being a fire warden, how to conduct monthly inspections of fire extinguishers and to keep the building in a ready-state for inspections from the fire



Assistant Chief Steven Deida of Naval Station Guantanamo Bay Fire Department inspects a fire extinguisher to ensure that it is in compliance with safety regulations. – JTF Guantanamo photos by Army Spc. Juanita Philip

department.

The training included pointers on how to keep the inside and the outside of the building in compliance with various fire codes and safety regulations. At the conclusion of the two-hour class, each student was tested and awarded a certificate of achievement.

Army Sgt. Delicia Henley, assigned to JTF Headquarters and Headquarters Company, was secure in her newly acquired training.

"I am confident that I can do my job more effectively with this training," Henley said. "I have already spotted violations and pointed them out to my fellow unit

members."

Some of the students viewed the class as useful training and a great learning opportunity.

"The training was very informative and a great learning tool," said Army Sgt. William Lawrence, the non-commissioned officer-in-charge at the JTF warehouse. "It also provided us with the basic instructions to accomplish our mission as fire wardens." Prior to being deployed, Lawrence worked as a firefighter for four years with the Virgin Islands Fire Department.

Deida also cautioned to always be on guard. "Always be vigilant. You don't know when a fire will start." ★



Grillin' at GTMO

Navy Intelligence Specialist 1st Class "Dean", a Sailor attached to Joint Task Force Guantanamo, prepares to place a slab of beef short rib on a flaming grill near Cuzco barracks, Feb. 15 – JTF photo by Mass Communication Specialist 1st Class Marcos T. Hernandez

**Navy Mass Communication Specialist 1st Class
Marcos T. Hernandez**
JTF Guantanamo Public Affairs

Achieving a fire tetrahedron requires heat, fuel, fire, oxygen and a chain reaction. At Guantanamo Bay, all Troopers need is charcoal, a grill and a bunch of food to cook.

Surrounded by cliffs that drop off into an open ocean and a landscape of rugged beauty, Joint Task Force Guantanamo is located aboard a more than 100-year-old naval station. This small corner in the Greater Antilles has been a for many years a haven for grilling warriors.

"I've turned into the unofficial cook in the block at the Camp America barracks," said Navy Interior Communications Electrician 2nd Class Gates, (who preferred not to use his first name), attached to JTF. "We usually cook chicken, ribs, steak and pork."

Walking near the Cuzco barracks boardwalks or driving past the Tierra Kay barracks, one can appreciate the sight of Troopers cooking out and sitting on their

portable beach chairs in what seems to be a circle of food tasting and conversations. These get togethers last until late in the evening and sometimes early morning.

"When you grill with a group of people you get to know one another and come

While back home grilling burgers and hot dogs is a common thing to do, most Troopers in Guantanamo see it as a means to unwind after a full week's work.

"It's the perfect thing to do on the weekends," said Navy Intelligence Specialist 1st Class Dean (who preferred to not use his last name). "We usually grill rib eye steak seasoned with an all purpose special BBQ cajun blend and add moist wood chips in the fire for a smoked flavor."

Guantanamo, being a gated community, lends itself for a great camaraderie experience within the Troops.

"Grilling at GTMO is a part of the camaraderie we all share," said Navy Hospital Corpsman 2nd Class Joy Wilson, a Sailor with Joint Stress Mitigation and Restoration Team. "Here at GTMO, friendship and grilling go hand in hand."

Remember that grilling must be conducted in approved areas, away from the wooden boardwalk and similar high-risk areas. ⚠

It's the perfect thing to do on the weekends,"

-Navy Intelligence Specialist 1st Class Dean

together as a family" said Spc. Anthony Saunders, a Soldier with the 525th Military Police Battalion, attached to JTF. "This matters, especially since a lot of us are away from our families back at home"

With the ever fluctuating working hours in the JTF, there is really no right time for throwing food on the grill.

"We grill anytime," said Saunders. "Day or night."

a pallet with a small bike. That was nice to see.”

The unit works quickly, especially when perishable supplies come in, to ensure that they're unloaded, palletized and staged to ship out to the relief effort as soon as possible.

A pallet of peanut butter came in and within hours of its arrival, it was ready to go on a ship for transport, said Macias.

In the short amount of time the task force has been established, the Joint Logistics Hub has been the focal point for the receipt and transfer of more than 1.86 million bottles of water, 962,000 individual meal rations, 52,000 bedding cots, 850 temporary tent shelter units and 850 Navy pallets filled with urgent medical supplies and equipment to the Haiti joint area of operations.

Even though this operation is global, there is still a personal touch to what they are doing. Cases of baby food came in and while they were being palletized, the reservists were told that the Marines would be passing them out from the back of their vehicles directly to the people who needed it most.

“What I've touched here will go directly

into the hands of a Marine and then into the hands of a person in need,” Shy said. “That I can visualize.”

Although the unit has been working long hours to move the supplies, this side of the relief effort seems to be winding down a month after the earthquake.

Chief Yeoman Tracey McDonald, who is the leading chief petty officer at the air terminal ticket counter of Naval Station Guantanamo Bay, foresees a resurgence of activity when it is time for the military to pull out of Haiti.

“There are a tremendous amount of people on the ground that will have to come back through,” McDonald said of the personnel stationed in Haiti. “That will become part of our mission as well – to make sure they get through here as painlessly as possible.”

When the relief efforts have wrapped up, the Joint Logistics Hub will be seen as a prime example of the U.S. Navy carrying out its role as a “Global Force for Good” in the international community.

“I absolutely believe that this is an important mission,” McDonald said. “I am certain that in my time of need, that the Navy would be there for me as well.” ☆



Navy Logistics Specialist 2nd Class Yvonne Macias operates an extended forklift as part of her daily duties in the Joint Logistics Hub, Feb. 12. – JTF Guantanamo photo by Navy Mass Communication Specialist 3rd Class Joshua Nistas



Reflective Belts

- *Wear a reflective belt both day and night
- *Make sure it is worn properly, visible at all times
- *Wear it any time you are walking or running for exercise or leisure
- *Reflective belts must be worn on both Windward and Leeward sides of the base
- *Safety belts increase your visibility and safety
- *For more information, contact your chain of command



Navy Lt. Anthony Carr, Navy Expeditionary Guard Battalion chaplain, draws a cross with ashes on the forehead of Air Force Maj. William S. Wiecher, Joint Task Force Guantanamo deputy command chaplain, during an Ash Wednesday service at Troopers' Chapel in Camp America, Feb. 17 - JTF Guantanamo photo by Army Sgt. Athneil Thomas

Boots on the Ground

by Marine Lance Cpl. Justin R. Wheeler

With Presidents Day being last week, who is your favorite president and why?

Army Pfc. Christyal Murray

Army Pvt. Ryan Johnson

Navy Intelligence Specialist
3rd Class Anastasia Teres

Army Spc. Barbara Guishard



"Bill Clinton. A lot of positive things happened while he was in office."



"Bill Clinton, because the economy was up and everyone had jobs."



"Abraham Lincoln. He was about equality and unity. That's the most important thing."



"Obama, because he is an excellent leader."

The GTMO blues



**Navy Lt.
Anthony Carr**
JTF NEGB Command Chaplain

Trouble in Mind/ I'm blue/ but I won't be blue always/ 'Cause the sun's gonna shine/ In my back door someday.

After a harsh break up with a girlfriend, I was a moping, self-pitying mess. A few weeks later, after the break up, I heard Bonnie Raitt's song, "I Can't Make You Love Me If You Don't" on the radio.

As I was listening to the words of that song, I could relate and, somehow by relating, I felt better. The sad words of that song had a positive impact on me. I knew I was not alone and started having a lifelong appreciation for the Blues.

It being African-American History Month, I would be remiss not to mention

the Blues Greats like Billie Holiday, B.B. King, Bessie Smith, Robert Johnson, Muddy Waters, Etta James, John Lee Hooker and many others who had a great impact not only in the blues but in jazz, country, classic rock, and world music.

Sometimes, you have to have life push you around before you can relate to blues music. A broken relationship, a betrayal of a friend, the loneliness of isolation, money problems and even bad news from home can all bring on the blues.

You can even find the blues in the Bible. Hannah got the blues when she couldn't conceive a child (I Sam 1:5-8).

Elijah got the blues after barely escaping from Queen Jezebel with his life (I Kings 19:1-4) and the Israelites gave Moses the blues for 40 years wandering in the

wilderness (see Exodus).

In the lyrics to the blues standard "Trouble in Mind," it speaks both of life extinguishing sorrow and a profound hope for the future. When you have the blues, you have a sadness of your current situation and still have hope for the future.

The bible states it well in Psalm 30:5, "Weeping may endure for a night, but joy cometh in the morning."

If you think what you are experiencing is a little more than the blues, you might want to drop by and see one of your friendly neighborhood chaplains, Fleet and Family Support or the Joint Stress Mitigation and Restoration Team.

Remember you won't be blue always, because the sun is going to shine on your back door someday. ☆

GTMO Religious Services

Daily Catholic Mass
Mon. - Fri. 5:30 p.m.
Main Chapel
Mon. - Fri. 12:30 p.m.
Troopers' Chapel
Vigil Mass
Saturday 5:00 p.m.
Main Chapel
Mass
Sunday 9:00 a.m.
Main Chapel

Protestant Worship
Sunday 9:00 a.m.
Troopers' Chapel
Islamic Service
Friday 1:15 p.m.
Room C
Jewish Service
FMI call 2628
LORIMI Gospel
Sunday 8:00 a.m.
Room D

Seventh Day Adventist
Saturday 11:00 a.m.
Room B
Iglesia Ni Christo
Sunday 5:30 a.m.
Room A
Pentecostal Gospel
Sunday 8:00 a.m.
Room D
LDS Service
Sunday 9:00 a.m.
Room A

Liturgical Service
Sunday 10:00 a.m.
Room B
General Protestant
Sunday 11:00 a.m.
Main Chapel
United Jamaican Fellowship
Sunday 11:00 a.m.
Building 1036
Gospel Service
Sunday 1:00 p.m.
Main Chapel

GTMO Bay Christian Fellowship
Sunday 6:00 p.m.
Main Chapel
Bible Study
Wednesday 7:00 p.m.
Troopers' Chapel
The Truth Project
Bible study
Sunday 6:00 p.m.
Troopers' Chapel



Sgt. Lee McClure's 1962 Chevy Nova

Army Sgt. Lee McClure, combat medic with the 525th Military Police Battalion, logs patient information at the Joint Troop Clinic, Feb. 17. – JTF Guantanamo photo by Army Sgt. Derrol Fulghum

McClure receives racing stripes

Army Sgt.

Derrol Fulghum

JTF Guantanamo Public Affairs

An unabashed passion for auto racing has put a Joint Task Force Guantanamo medic in the national spotlight.

Army Sgt. Lee McClure will make his TV debut this summer behind the wheel of a 1962 Chevrolet Nova on the Speed TV series "Pinks."

That notoriety gives McClure his 15 Minutes of Fame.

Lee is the floor non-commissioned officer-in-charge for the Joint Troop Clinic. He's the Soldier who takes down basic information and checks patients in when arriving for sick call.

Lee was in his third year of college at Pittsburg State University in Kansas when he enlisted, interrupting his aeronautical engineering degree.

"I always had a fascination for moving parts and anything mechanical," McClure said. "I was the kid that took everything apart."

That fascination led to his pride and joy – a 1962 Chevy Nova that has

been converted into a full-blown race car. Hearing from a friend about the car, McClure bought it in 2007. Although he has raced it in small circuit races, two years and \$30,000 later, the 1962 Chevy Nova is ready for Lee's first big race.

"I used to go 'barnstorming,'" McClure said. "I'd throw the Nova in a trailer and drive all over Kansas. I'd compete in one race after another and try to make it back in time for work."

"Pinks" is a show on Speed TV, a channel dedicated solely to racing. The show derives its name from the colored slips of paper – or car title – denoting the owner of a vehicle. Some drivers put pink slips on the line when they race but this show takes a different track.

Amateur drivers from around the country register online and the winner earns \$10,000. "Pinks" producers select 500 races to participate in the show.

Hailing from Augusta, Kansas, the 26 year-old combat medic enlisted in the Army after watching the 3rd Infantry Division invasion of Iraq. McClure leans back and looks at the ceiling as he recalls the day he

went to see the recruiter.

"I wasn't looking for anything in particular," he said, the lines of his 3rd ID combat patch catching the light in the small doctor's office. "Combat Medic sounded really interesting, so I said, 'Sure.'"

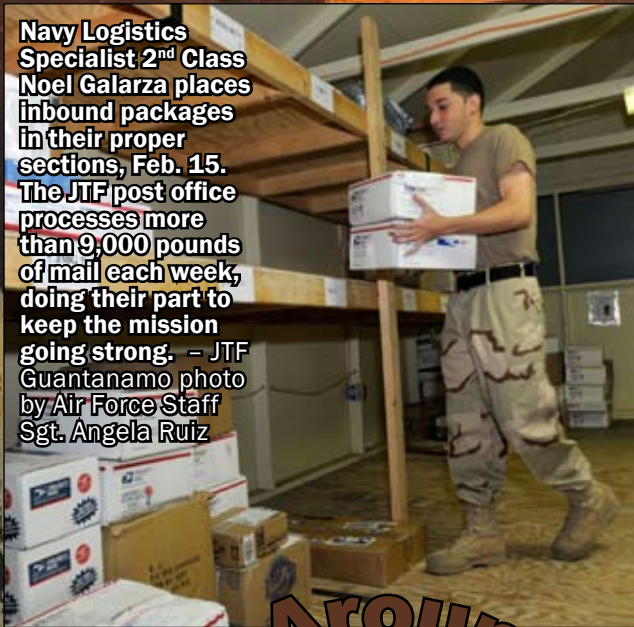
For McClure, racing is just a hobby. But the Army is his life. Even though he's only been in for six years, he has plans to eventually retire from the military. For now, he's attending Columbia College and studying education. His post-military career plans include obtaining a teaching certificate and teaching high school history.

"GTMO is a unique place and serving here has been an invaluable experience," McClure said. "It is a nice change of pace – something you can say you've done once in your life."

After six months at Joint Task Force Guantanamo, McClure is in no hurry to leave. After all, he has to earn more money to put into his Nova.

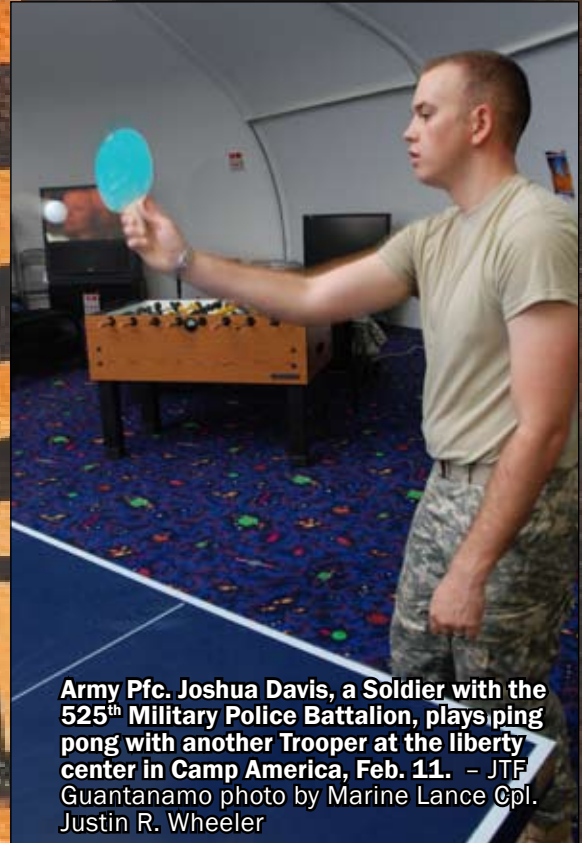
"The car is never complete," Lee said. "I could put another \$100,000 in her and still not be done." ☆

Navy Logistics Specialist 2nd Class Noel Galarza places inbound packages in their proper sections, Feb. 15. The JTF post office processes more than 9,000 pounds of mail each week, doing their part to keep the mission going strong. - JTF Guantanamo photo by Air Force Staff Sgt. Angela Ruiz



Around the

JTF



Army Pfc. Joshua Davis, a Soldier with the 525th Military Police Battalion, plays ping pong with another Trooper at the liberty center in Camp America, Feb. 11. - JTF Guantanamo photo by Marine Lance Cpl. Justin R. Wheeler



Troopers, assigned to Joint Task Force Guantanamo dine together at the chaplain's Burger Bash in Camp America, Feb. 12. - JTF Guantanamo photo by Marine Lance Cpl. Justin R. Wheeler