

The WIRE

An award-winning
JTF journal

Change of Command

- ◆ A little rain for good luck
- ◆ Fair winds, Rear Adm. Woods
- ◆ Welcome, Rear Adm. Smith

PLUS:
Marine Corps ride
Digital movies: a new era
Gymnastics champion

REAR ADM. JOHN W. SMITH JR.
COMMANDER, JTF GUANTANAMO

On Monday, I had the honor of assuming duties as the Commander of Joint Task Force Guantanamo from Rear Adm. David Woods – the second time I have relieved him in my career. For all who worked to help our turnover, with briefings, tours, reports and interviews, I thank you for your time, patience, professionalism and thoroughness. I have much yet to learn, but you did everything in your power to help me be well-prepared to lead this fine organization.

My turnover process underscored a fundamental truth about JTF Guantanamo: as we are in a constant state of rotation, we are in a constant state of teaching, learning, reviewing and refining our procedures. The operation here is complex and multifaceted, with many moving parts that must work together. While the mission here is unique, the concept is familiar. For the first 20 years of my career, I flew Navy helicopters – the old joke is that a helicopter is not actually an aircraft, but a collection of 10,000 parts flying loosely in formation.

JTF Guantanamo is no different. Like a helicopter, the JTF is a complex system of moving parts which must work together flawlessly to perform the mission. Each part of our organization is important. Each must perform their individual function flawlessly. And each part is dependent upon other parts.

We are here performing a no-fail mission of national importance. Our mission is clear: we provide safe, humane, legal and transparent care and custody of detainees. We collect intelligence. And we provide support to the Office of Military Commissions.

We have highly trained, motivated and well-led personnel from all services and components, as well as government civilians and contractors. We have excellent facilities. We are a tenant command on a base which provides an outstanding level of support.

In short, the JTF has everything necessary for continued success – just as helicopters have what they need to fly. But they don't fly themselves. A helicopter must be fueled, cleaned, and inspected. Maintenance checks must be accomplished on a regular basis. The crew must maintain qualifications and training to be proficient. Performance must be monitored to ensure everything is operating within the right parameters, from rotor speed to transmission oil temperature. Any warnings must be heeded, corrective measures taken, and root causes investigated.

So too with the JTF: this command will not run itself. Each Trooper must maintain personal readiness – and that means eating right, hydrating, exercising, and getting enough sleep. Each of us must know our jobs and all of the Standard Operating Procedures for each task. We need to monitor one another – leaders, peers and subordinates – to look out for a shipmate who may be fatigued, stressed or distracted. We need to know when to slow down, when to stop, and when to call for help.

We have a mission. We have each other. I'm proud to be your Commander, and look forward to meeting you all in the near future as we work together to carry out our mission safely, humanely, legally and transparently. Honor Bound!

**Like a helicopter,
the JTF is a complex
system of moving
parts which must
work together.**



JTF Guantanamo

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Cuban Club returns to normal hours

The Cuban Club restaurant resumes normal hours today. The club is now open Monday-Saturday from 11 a.m. to 9 p.m., and closed on Sundays and holidays.

For more information, call 75962.

You'll have a ball!

The 237th Army Birthday Ball is scheduled for tomorrow at the Windjammer Ballroom. Cocktail hour will begin at 5:15 p.m.

The menu offers filet mignon with either shrimp skewers or vegetable lasagna.

Tickets are \$40 for E-7 and above or civilians, \$35 for E-5 and E-6, and \$30 for E-4 and below.

This is a formal event, and the attire for civilians is formal evening wear or black tie. Military personnel should wear dress uniform, or the nicest uniform they have.

For more information or to buy tickets, contact Staff Sgt. Baker at 8586 or katherine.a.baker@jtfgtmo.southcom.mil.

Firecracker 5000!

MWR is holding a 5k race July 4th at Cooper Field. The race is scheduled to begin at 6:30 a.m. Register by Sunday at the Denich Gym; registration is free and open to all hands. Hurry! The first 100 to register will receive a free T-shirt.

For more information, call 2113.

Another change of command ceremony!

The 525th Military Police Battalion invites you to its change of command ceremony. Lt. Col. Christopher Wynder will hand command to Lt. Col. Darcy Overbey.

The ceremony is scheduled for July 5 at Phillips Dive Park. Please attend in duty uniform.

To RSVP, call 8171, or email mercier.n.turner@jtfgtmo.southcom.mil.

Use travel insurance!

If you have friends or family visiting over the summer, U.S. Naval Hospital Guantanamo recommends you get travel insurance if your visitor is not active duty or an active duty dependent.

The average price of an urgent medevac is \$30,000. The rotator and C-12 flights are not an option for those who have to be medically evacuated off-station.

Independence Day Fun!

Celebrate Independence Day this Wednesday! MWR is hosting the CYP Fun Zone at the Bayview Club from 6-9 p.m., offering fun events for all ages. Folk rocker Amber Lynn will perform at the Tiki Bar from 7-9 p.m. The night is scheduled to end with a bang... many bangs, in fact, during a 30 minute fireworks display scheduled for 9 p.m.

For more information, call 4882.

Selling your vehicle?

Need to sell or transfer ownership of a vehicle?

If you buy a vehicle on island, you will need a bill of sale to properly register the vehicle. Current owner has to complete the bill of sale. Vehicle must be registered to current owner (seller). To obtain the bill of sale you are required to show your current registration as proof of ownership.

Contact Naval Legal Service Office Southeast at 4692.

Call Safe Ride!

Out drinking? Thinking about driving? Put the keys down! Save your life, the lives of others, and your career.

Call 84913/84781.

Think before you act

The Coalition of Sailors against Destructive Actions is looking for new members! CSADD holds meetings every first and third Thursday of the month at 11 p.m. in the Windjammer Cafe.

For more information, contact RP2 Hosier at Sandra.Hosier@usnbgmto.navy.mil.

Help the Red Cross

The Red Cross is requesting volunteer instructors to lend support to the community. If you are a Red Cross-certified instructor, please call the station manager at 2511.

INDEX THE WIRE JUNE 29, 2012

Lyceum goes digital	5
Welcome, Rear Adm. Smith!	7
JTF Change of Command	8
Reunion at GTMO	10
Movie: The Raven	14

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. 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 Defense Logistics Agency Document Services with a circulation of 1,300.



Happy Independence Day!

Trooper to Trooper

Importance of Traditions

SGT. 1ST CLASS ARRILL WARREN

BSCT NCOIC

It is widely accepted that one of the great strengths within the United States military does not lie in high-tech weapons, but in the Marines, Sailors, Airmen, Soldiers, and Coast Guardsmen who serve their nation everyday throughout the world. The foundation for this strength is a military rich in honored customs, courtesies and traditions that symbolize our nation's power and instill a sense of pride, particularly in our armed forces. As we approach our nation's 236th birthday, all service members should take a moment to recognize our proud heritage.

Each of the military branches has its own set of customs, courtesies, ceremonies, and practices that it hands down from generation to generation. It is these military traditions that provide our young service members with a sense of understanding and identity within the military ranks. These traditions also create unity, which ultimately provides the team building skills necessary for individuals to successfully accomplish the mission by working together as a single unit. As Americans, military rituals instill a sense of pride that can be recognized during official military ceremonies such as saluting the flag during reveille and retreat and the National Anthem at sporting events.

As leaders, we are responsible for the mental, physical, emotional and character development of our subordinates. Through strong leadership, we develop their sense



of belonging within the unit, reinforce trust throughout the Chain of Command and prepare our subordinates to become the outstanding leaders of tomorrow. It is imperative that we continue to teach, coach and mentor our future leaders on the importance of military customs, traditions, and courtesies that maintain the rich history of the American fighting forces that defend their nation's freedoms.

I would like to challenge every Trooper to recall particular military traditions, customs, courtesies, ceremonies or practices that have a special meaning to them and share that with another service member. For me, the first thing that comes to mind is the "Changing of Guard" at Arlington Cemetery, Va. Watching the sentinel of the "Old Guard" demonstrate the highest military standards every day, no matter the

weather conditions, is a powerful experience. It is even more impressive knowing the physical demands, hours of training, and commitment that they have to make in order to be afforded the opportunity to earn one of the highest honors a service member can achieve. Watching that sentinel take 21 steps, face the tomb and pause for 21 seconds, and then continue his walk across the Tomb of the Unknowns is an emotionally charged event. It denotes the 21-gun salute, which signifies the highest honor given to any military or foreign dignitary.

As you take the time to share your personal reflections with others, you will continue to build upon our foundation of strength in rich traditions that qualify the livelihood of every Soldier, Sailor, Airman, Marine and Coast Guardsman for future generations.

A night with no movies: MWR goes digital

By Army Sgt. Saul Rosa

You may have noticed a slight difference in video quality at the movies this weekend, but you were sure to notice that no movies played last week. The reason behind both the video quality improvement and the lack of movies last week is the conversion from 35 millimeter film to digital media at the local theaters.

"Command Navy Installation Command Headquarters mandated that all Navy Motion Picture Services must comply with new guidance," said Stephen Prestesater, the Morale Welfare and Recreation Community Activities Director. "That was to update all systems to digital."

The Downtown Lyceum and Camp Bulkeley movie theaters are now part of those digital-cinema screens. The main reason the CNIC has put out the new guidance to go digital is to keep up with civilian movie theaters.

"We are updating from the 35 mm to the new digital system to ensure that we are providing the services you'd expect and normally find off base," said Prestesater.

Over the past decade, the civilian movie theaters have been converting to digital media.

According to David Hancock, Head of Film and Cinema for Information Handling Service, IHS, Screen Digest, there are more digital-cinema screens in the world than 35 mm ones. Hancock described three factors that allowed digital cinema to take over.

"At a time when the price of silver, a key raw material for film processing, has risen from its habitual \$5 an ounce (stable for almost two decades) to around \$25 an ounce (peaked at \$50), the demand for film print is plummeting," said Hancock. "This industry shift is having an impact across the entire value chain for film stock, film processing and film distribution."

In short, with the increase of cost in natural resources and less demand, film providers are losing money. Kodak's CEO estimates that for every one-dollar rise in the price of silver the company loses \$10 to \$15 million in profits.

The second factor that Hancock points out is film processing labs.

"The main volumes are taken up with bulk release printing, but as digital content finds its way into cinemas, the amount processed is dropping and the two major labs are now in the business of managing decline," said Hancock.

Hancock explained that two leading

companies are working together to handle 35 mm bulk release and delivery to bring down the cost of operations in line with market demand.

"In the short to medium term, it is likely that similar cooperation will be necessary in a declining volume-driven business," said Hancock, "which could lead to one supplier by region or globally."

The final factor is movie distributors.

"As a country approaches full digitization of its screen base, say 80 or 90 percent, there is little clear reason to provide 35 mm and maintain a dual-format theatrical sector," said Hancock. "Distributors need to look carefully at the economics of providing 35 mm."

Being a self-sufficient installation, Joint Task Force Guantanamo and U.S. Naval Station Guantanamo Bay are able to enjoy a new taste of home in the digital theaters.

"I believe it is a better service and better quality of picture," said Prestesater. "We are the unique breed of military that's not allowed off the installation. Those 43 square miles are all we have and so we need to make sure we are providing the best possible product and service we could. I feel that the upgrade is essential to ensure we are meeting our mission statements and goals as MWR."



PROTECT YOUR INFO! PSEC ALERT

Are your Facebook friends really your "friends?"

Do you have over 100 friends on Facebook? Over 200? How about more than 500? It might seem unusual to some of us but there are people with over 1000 "friends" on social networking sites. Now think about what information you give to these friends, your address, phone number, birthday, names of family members and other friends? This may seem harmless on the surface, but to someone whom you met once and then became "friends" with, they might have other uses for your information. Crimes could be committed using your information. Your house could be robbed, your identity could be stolen or credit could be obtained in your name. You need to protect yourself and your information. Next time you're online take a good hard look at your "friends" list and ask yourself if you would really trust all the people on that list with your information. Think before you post. Use OPSEC!



Trooper Focus

Sgt. Matthew Baker



“ —the boss says
Sgt. Baker was mentored by some of the best NCO leadership that the MP Corps has to offer and has chosen to emulate their leadership styles, which helped him become one of the best NCOs I have ever had the opportunity to work with.”

By Spc. Vanessa Davila

In Ancient Greece a great poet once watched a banquet hall collapse onto host and guests. The bodies were so severely mangled that the deceased’s families could not identify their loved ones’ remains. The poet, having been a guest at the banquet hall but a few minutes before the tragedy, called to memory the image of the banquet table with all of the guests around it and identified the bodies thus allowing the mourners to properly bury their dead. Legend has it that Simonides of Ceos’ call to memory was the moment that the art of memory was created.

Sgt. Matthew Baker of the 525th Military Police Battalion had nine days to master the art of memory when he received a call from his platoon sergeant informing him that they wanted to send him to the U.S. Army South Best Warrior Competition (noncommissioned officer category). He must have mastered it because Baker won, and now he’s getting ready to represent Army South in the U.S. Forces Command-level competition.

His call to memory didn’t provide anyone with a proper burial, but it did bring pride to

his company, the 193rd, as well as his wife Staff Sgt. Katherine Baker.

“My wife is the training NCO for the 193rd MP company,” said Baker, explaining how he came to be considered for the competition. “She was like ‘he’s really good at boards, he’s really good, he’s very smart... you tell him to do this and he’s going to do it.’”

Baker says his wife quizzed him nonstop in the days leading up to his flight to Texas where the competition took place. Husband credits wife with much of his success.

“It’s all just repetition. My wife helps me out a lot. She’s the one to really thank for this,” said Baker. She’ll sit down with me and we’ll study board questions for four hours straight, no break, and she’ll just drill them into my head one after the other after the other. During breaks I’ll go over things like land navigation and STX lanes.”

Many of those who know Baker compare him to a sponge – he retains everything – but this NCO was far from cocky going into the challenge.

“Some of the [Soldiers] actually trained up for a month or two before the competition. I



did feel like I was at a disadvantage but when I got there I got the nerves out,” said Baker of only having nine days to prepare. “It was different events on different days. Like one day was all range and I get to the range and I start firing off my rounds and I said ‘ok, I’m better [than them].’”

Baker soundly beat out the competition; he had 494 points and the closest competitor about 420. If he wins FORSCOM NCO of the year he will represent that command in the big one – the Army-level competition. Baker is confident in his chances.

John ‘Boomer’ Smith going the distance

By Mass Communication Specialist 3rd Class Brian Jeffries

There were two things I would never do, “said Rear Adm. John W. Smith Jr., Commander Joint Task Force Guantanamo. “Join the military or get married.”

Clearly, Smith is a testament to the idea that you never know what life has to offer you. He has been in the military for 30 years and has been married for 28. Smith comes from humble beginnings; he grew up in Brooklyn, NY; Bedford Stuyvesant to be exact. He has come a long way, and on Monday he set his sights on bringing his wealth of experience and knowledge to Joint Task Force Guantanamo.

Back in New York and before the Navy, Smith started out as an accountant at Arthur Anderson Accounting before realizing that he needed a change in his life. He joined the Navy, going through Aviation Officer Candidate School, a direct entry program for individuals who already have a degree.

Smith began his Navy career as a helicopter pilot, although at the time he had no plans to make it a career; he simply wanted a change. He never put much thought into how long he would stay in. The only thing on his mind was the mission and the travel.

“30 years later, here I am,” said Smith.

And 30 years later he’s got the same nickname his fellow Sailors gave him when he began his career, “Boomer.” No epic

squadron. That opportunity set his career on track to continue commanding and climbing the corporate ladder, so to speak.

“Becoming a squadron Commanding Officer had been a goal of mine,” Smith said. “Once I accomplished it, I was ready to set more goals and achieve them.”

Smith has learned a lot in his time in the Navy. Transitioning from command to command and country to country, he insists that the most important lesson he’s learned is looking out for the people that he commands. His main goals are to ensure that the mission is completed and his people are taken care of.

“We can do nothing without well-trained, highly sought after, very talented and very energetic individuals,” he said. “Otherwise we are just ships, planes and boats. We need the critical skill set that comes with the talented pool of individuals that we have, to ensure that we do our business. It’s about the people.”

I hope to enrich the lives of those around me and those working for me.

story here though; he received the moniker because as a helicopter pilot, that’s what he hunted – Boomer-class submarines.

It soon became clear to Smith that a military career was exactly what was coming to fruition. About 15 years after walking into that recruiting station in Manhattan, Smith started to look at his long-term military options. As a lieutenant commander, Smith was given the chance to command a

Another nugget of knowledge he has acquired throughout his diverse career is that working in a joint situation is good for everyone. Learning how to cooperate with all branches of service makes for better Soldiers, Sailors, Airmen, Marines and Coast Guardsmen and gives true meaning to the phrase “one team, one fight.”

Smith plans to continue the course that was set by Rear Adm. David Woods and his predecessors to provide safe, humane, transparent and legal treatment of all detainees at



JTF Guantanamo.

“I hope to enrich the lives of those around me and those working for me,” he said.

Outside of the workplace, Smith is a family man. He has two children and a granddaughter and is very much looking forward to having them visit him and his wife here on island. Smith says he is extremely excited to be here, and he and his wife look forward to becoming an integral piece of the tight-knit community of Guantanamo Bay.

Rear Adm. John Smith has come a long way since his modest start in “Bed-Stuy, Brooklyn” but he is far from through as he embarks on the very important mission of commanding Joint Task Force Guantanamo. In the words of the new Commander, “Let’s get jiggy with it!”

BOOTS ON THE GROUND

How are you going to celebrate Independence Day?



“I’ll call my mom. It’s her birthday.”

Sgt. Donald Hancock



“I’m taking a 96-hour pass the weekend before so I have a long weekend.”

Senior Airman Sherri Smith



“I’m volunteering in the Firecracker 5k race.”

Sgt. Sonji Brown



“I’m renting a boat and going wakeboarding with my friend.”

Yeoman 2nd Class Andres Escobedo

Joint Task Force GTMO Changes Command



Rear Adm. David Woods is ceremoniously welcomed to the change of command ceremony. Following Navy tradition, the admirals and general were welcomed by boatswains "piping the side".
— photo by Mass Communication Specialist 2nd Class Joshua Hammond

By Army Sgt. Saul Rosa

According to the old axiom, rain at a wedding ceremony brings good luck to the couple. Joint Task Force Guantanamo experienced a little rain at the JTF commander's change of command ceremony.

Rear Adm. David Woods transferred command of JTF Guantanamo to Rear Adm. John Smith June 25 before a full house at the Downtown Lyceum. Air Force General Douglas M. Fraser, Commander, U.S. Southern Command, oversaw the ceremony.

"You may say his turnover was a little bit auspicious," said Fraser in regards of last year's event. "There was a tropical storm that was threatening the region at the time, so I wasn't able to make that ceremony."

Woods' time as Commander, JTF Guantanamo showed that a little rain can be a sign of good luck as Fraser stressed the successes of his tour.

"[Woods] has taken very important steps to improve the detention operations here at Guantanamo, enhancing the safe and humane treatment of the detainees," said Fraser. "He took an in-depth look at the procedures and made sure they were standardized across the camps. He enhanced ongoing quarterly assessments to ensure compliance with international standards, ensuring people around the world understand the standard of humane detention here at Guantanamo."

Fraser also complimented Woods' focus on improving Troopers' quality of life.

"He has enacted numerous improvements to the facilities, he has focused on Trooper housing, and he has advocated for personnel support programs," said Fraser.

Before Woods took command of JTF Guantanamo last year, he sought the advice from two past commanders, Vice Adm. Harry Harris and Rear Adm. Thomas Copeman. Both commanders stressed two things to Woods.

"They talked to me about how operational and tactical this mission is; how the battle update brief every morning with the Joint Detention Group commander could be a battle update brief from anywhere around the world," said Woods. "And both of them talked about the people engaged in this mission."

Once Woods took command of the JTF, he soon realized that although he wasn't commanding the same Troopers as Harris and Copeman, there was still that the same level of commitment and professionalism amongst his Troopers.

"What I found when I got here was that it's the same people, just different name tags," said Woods. "They're all great Americans doing a tough job."

Smith also relieved Woods from command in Iraq in 2008.

"As Gen. Fraser said, he's relieved me

twice," said Woods "When he got off the airplane on the Leeward side, he said, 'Woody, I'm always relieving you in someplace overseas and someplace hot.'"

Smith will be the second aviation officer to command the troopers of JTF Guantanamo.

"I am extremely honored and blessed to have the opportunity to continue to serve this great nation," said Smith. "I will work and conduct myself in a manner to ensure that I secure the trust of the American public as well as that of the international community. But more importantly, I am humbled at the opportunity to lead the great men and women of Joint Task Force Guantanamo."

With Tropical Storm Debby bringing a little rain to another change of command, it's in the hands of Rear Adm. Smith to make his own luck and continue the success of the mission and the safe, humane, legal and transparent care and custody of the detainees at JTF Guantanamo.

"Rear Adm. Woods has provided me with a well trained, knowledgeable, and extremely professional guard force as well as staff and civilian counterparts to accomplish the three pillars of our mission set," said Smith. "So long as each and every one of us continues to wear the uniform, even those of us that do not, and we serve our respective services, we will do our utmost best to ensure that we sustain mission excellence."



Rear Adm. David B. Woods salutes Air Force Gen. Douglas M. Fraser, Commander, U.S. Southern Command, symbolizing his relinquishing of control of Joint Task Force Guantanamo, while Rear Admiral John W. Smith Jr. awaits his salute from General Fraser, symbolizing his gain of control of JTF-GTMO. Rear Admiral Woods was relieved of his duty by Rear Admiral Smith after he completed his one year tour of duty at JTF-GTMO.
— photo by Mass Communication Specialist 2nd Class Joshua Hammond



Ms. Liana Merrill, a recent graduate of W.T. Sampson High School, Guantanamo Bay, Cuba, sings the national anthem at the beginning of the change of command ceremony for Joint Task Force Guantanamo.
— photo by Mass Communication Specialist 2nd Class Joshua Hammond

Vacation OF A Champion

He's a Ranger. She's a gymnastics state champion.
Father and daughter together again at Guantanamo Bay.



Master Sgt. Gregg Ramsdell and his daughter, Faith Marie Ramsdell, catch the sunset at Girl Scout Beach at Guantanamo Bay, Cuba June 25.
—photo by Spc. Ryan Hallock.



Faith Marie Ramsdell, Florida gymnastics state champion, launches off the vault at a Florida state meet.



Faith Marie Ramsdell, Florida gymnastics state champion, does a handstand at Cable Beach at Guantanamo Bay.

By Spc. Ryan Hallock

His shirt says Ranger: a black long-sleeve shirt donning the iconic tab which has defined his Army career. The tears rolling down his cheeks say loving and devoted father. Each one symbolizes an unaccompanied tour that has kept father and daughter apart.

Master Sgt. Gregg Ramsdell is a veteran Ranger. His daughter, Faith Marie Ramsdell, is the Florida gymnastics state champion. The two lifestyles, Soldier and athlete, run a near-identical path. Faith trains four hours a day, five days a week, and her vacation at Guantanamo Bay, Cuba hasn't deterred her strict regimen. The two hiked five miles after a three-mile run – the vacation of a champion as her dad calls it.

"She likes to challenge herself," says Ramsdell. "If she can't challenge herself, she gets bored."

Faith is 12 years old and has been challenging herself since the first grade when her passion for gymnastics began. She trains with Olympic coaches and after winning events at all of her gymnastics meets, she elevated her game to the next level.

"It takes a lot of training," said Faith about competing for the state championship. "There are a lot of competitive girls out there. You really have to go for it. To win, you have to go hard and make sure you train hard."

Her natural talent for gymnastics is coupled with her spirit and tenacity, which have driven her to compete both nationally and internationally. Her dad calls her a "71-pound bag of dynamite."

"I've won money with her doing pull-ups, beating out Marines," Ramsdell said, laughing. "It's been great."

After 28 years of service and 12 tours, Ramsdell has missed most of his daughter's life. Between Afghanistan and Iraq, he

hasn't been there; a fact, however, that hasn't changed their incredible bond. She carries his Ranger tab everywhere she goes. It distinguishes a Ranger and is something he gave her for strength whenever things are tough and when dad's not around.

"The relationship between a father and daughter is so powerful," said Ramsdell, now choking up. "If done right, it's so strong and lasts forever. I'm about as tough as they come, but when it comes to my daughter, I'm a wimp."

Faith is following in her father's footsteps of being a collegiate athlete. Ramsdell played linebacker at San Diego State University, and Faith is on her way to earning a scholarship from the University of Florida for gymnastics.

"My goals are to get a scholarship first and eventually move on to the Olympics," said Faith confidently.

"We in the military have developed our own warrior ethos, and Faith has developed her own warrior ethos," said Ramsdell. "A week before she competes, she has mastered the idea of visualization. Her warrior ethos have kicked in, and she's developed the idea of destroying her competition. Spoken like a true daughter of an Army Ranger."

The world is hers and she knows it. She's not scared to fail because she has before, and she's not scared to go as hard as it takes to win a state championship, a moment in her life where she felt accomplished.

"I went for it," said Faith, who competes at all four gymnastics events – vault, floor, beam, and bars. "I just had fun, and that's basically what you have to do. You have to go ten times harder, you have to believe,

"If you don't believe in yourself and you're scared, then there's really no place for you in gymnastics."

and you have to have fun. The key thing is to believe in yourself. If you don't believe in yourself and you're scared, then there's really no chance for you in gymnastics."

Ramsdell isn't scared either. He's not scared to say sorry if he misses a call home, and he's not scared to cry with his daughter. Being separated by distance hasn't separated their hearts.

"It's so easy to get trapped in this world and taken away from reality," said Ramsdell. "I tell my troops to stay in contact with their families daily, weekly, however you can do it. Take advantage of the little things like fishing and playing dolls. It's so important for a dad to be a part of every little thing."

Ramsdell's career is near its finish. He's done it all, from serving on President Obama's Inauguration team to being selected to work for the Secretary of State Hillary Clinton. He plans to retire with 30 years of dedicated service after possibly serving his last years in Germany, where his career began.

"At that point in my life, it will be time for dad to be there on a full-time basis," said Ramsdell. "I just feel like I've lost a lot. I really haven't, but I just feel that way. It's time to move on; my family is the most important thing."

Until her father returns to active-duty fatherhood, Faith is in good hands and has a strong support system between family, friends, and coaches.

"It's like going through the chain of command to date my daughter," jokes Ramsdell.

As Faith grows in the sport, she will pursue her dreams of competing in the 2016 Olympic Games. She will be 17 years old when her time comes to compete for the gold, and her father will be there to support her full-time.

Tears are only temporary. Family is forever, and Ramsdell will be there with his daughter to experience her dreams come true.

THIS WE'LL DEFEND

Team USA loaded with Soldiers for London Olympic Games



By Tim Hipps
Army Installation Management Command

EUGENE, Ore. – The U.S. Army World Class Athlete Program will send what it describes as its strongest contingent of athletes and coaches ever to the 2012 Olympic Games in London.

Eleven WCAP coaches and athletes have already qualified to participate. Several more are competing for spots on Team USA at the 2012 U.S. Olympic Track and Field Team trials here, which began June 21 and conclude July 1.

WCAP provides soldier-athletes the support and training needed to successfully compete in Olympic sports on the national and international levels, including the winter and summer Olympics, Pan American Games, world championships and Conseil International du Sport Militaire's Military World Games.

The soldier-athletes serve as ambassadors for the Army by promoting it to the world and assisting with recruiting and retention efforts. Since 1948, more than 600 soldiers have represented the United States as Olympic athletes and coaches. They have collected more than 140 medals in a variety of sports, including boxing, wrestling, rowing, shooting, bobsled and track and field.

WCAP wrestling head coach Shon Lewis, a retired staff sergeant who has led the Army to 11 national team titles in Greco-Roman wrestling, will lead three of his wrestlers to London as an assistant coach for Team USA.

As a WCAP athlete, Lewis, 45, of Oakland, Calif., is a 12-time armed forces champion and a 10-time national team member. He was named Greco-Roman Coach of the Year five times by USA Wrestling, the governing body for wrestling in the United States.

Two-time Olympian Sgt. 1st Class Dremiel Byers, 37, of Kings Mountain, N.C., will wrestle in the 120-kilogram/264.5-pound Greco-Roman division. He also is the only American wrestler to win gold at both the open and military world championships.

Spc. Justin Lester is a strong medal contender in the 66-kilogram/145.5 pound Greco-Roman division. Lester, 28, a native of Akron, Ohio, heads to England as USA

Wrestling's reigning Greco-Roman Wrestler of the Year. A two-time bronze medalist at the world championships, Lester has more than ample motivation to succeed in London. "I've had two bronze medals, and they're all right, but I need an Olympic gold medal," he said. "That's eating at me more than anything, that I don't have that gold medal."

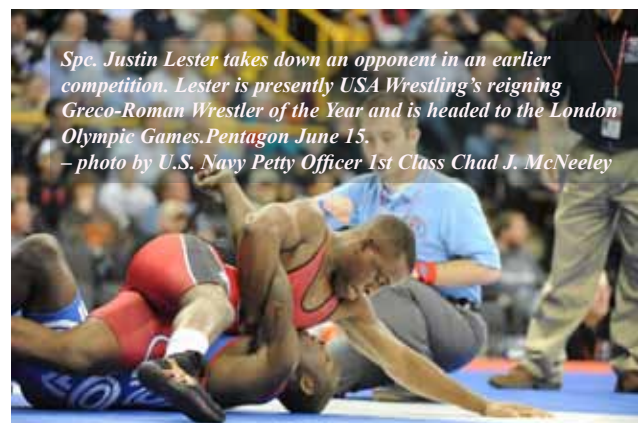
Two-time Olympian Sgt. Spenser Mango, 25, of St. Louis, will compete in the 55-kilogram/121-pound Greco-Roman class. A four-time national champion, Mango is eager to return to the Olympics. "The first time, I'll admit, I was surprised myself," Mango recalled of his Olympic debut in Beijing. "I knew I could do it, but I hadn't done it yet. This time, it's all business – need to bring home some medals."

Four-time Olympian Sgt. 1st Class Daryl Szarenski, 44, of Saginaw, Mich., will compete in both the 50-meter free pistol and 10-meter air pistol. He finished 13th at the Olympics in Athens, Greece, in 2004 and 13th in Beijing in 2008. He's aiming for a shot at the podium in London. "I'm hoping to keep wearing them down and get in there and get a medal out of it," Szarenski said. "I've changed a couple technical issues and I think I'm heading in the right direction. I feel that I'm shooting the best now that I've ever shot."

Two-time Olympian Sgt. 1st Class Keith Sanderson, 37, of San Antonio, will compete in the 25-meter rapid-fire pistol event. He set an Olympic record during the qualification rounds in Beijing but left China without a medal. "I remember the excitement," Sanderson said. "That was more than I was ready for. I didn't sleep for two or three days after I competed – not a wink – from all of the adrenalin."

Four-time Olympian Maj. David Johnson, 48, of Hampton, Va., has coached three athletes to Olympic medals and led shooters to 25 medals in World Cup events. He will again coach Team USA's rifle shooters in London.

Two-time Olympian Staff Sgt. John Nunn, 34, of Evansville, Ind., already qualified for



the 50-meter race walk and might attempt to qualify in the 20-kilometer race walk on June 30 at the U.S. Olympic Track and Field Team Trials in Eugene, Ore. Nunn competed in the 20-kilometer event at the 2004 Olympics in Athens but did not make Team USA for the 2008 Beijing Games.

Spc. Dennis Bowsher, 29, of Dallas, will compete in modern pentathlon, a five-sport event that includes fencing, swimming, equestrian show jumping, cross country and laser pistol shooting all in the same day.

Staff Sgt. Charles Leverette, 39, of Brent, Ala., will serve as Team USA's assistant boxing coach in London. A former WCAP heavyweight boxer, Leverette was a bronze medalist at the 2004 U.S. Olympic Boxing Team Trials.

Staff Sgt. Joe Guzman, 32, of Eloy, Ariz., will serve as the trainer and help work the corners for Team USA's boxers in London. As a WCAP boxer, Guzman was a three-time armed forces champion.

Four-time Olympian Basheer Abdullah, a retired staff sergeant and head coach of the WCAP boxing team from St. Louis, will serve as Team USA's head boxing coach in London. He also led the U.S. boxing team in the 2004 Athens Games and served as a technical advisor for Team USA at the Olympics in 2000 and 2008.

Several other WCAP soldiers are vying for Olympic berths at the 2012 U.S. Olympic Track and Field Team trials.

WCAP also features a Paralympic program for wounded warriors and expects to qualify at least one soldier for the London Paralympic Games.

'Anger clouds your mind'

By Spc. Ryan Hallock

Possess the right thinking. Only then can one receive the gifts of strength, knowledge, and peace. Anger clouds the mind. Turned inward, it is an unconquerable enemy."

Master Splinter imparts this wisdom to Raphael when the Teenage Mutant Ninja Turtle tries to face life's challenges by himself. Emotions undoubtedly get the best of even the toughest from time to time, but it's the quickness which one comes to a decision based on emotions that can set you up for failure.

What is anger? How can we receive the gifts of life that Master Splinter was talking about? We know anger to be someone cutting us off on the highway, someone disrespecting us or our loved ones, and other minor annoyances that trigger a switch in our brains. Anger clouds our minds.

Anger is not necessarily always bad though. Going into beast mode has its advantages. When the opposite team is up 10 runs and throwing harsh words your way, anger can get you fired up to rally back and win the game. It's adrenaline that starts pumping after one wrong comment that can give you the fuel to succeed.

Channeling our anger into something positive is a healthy way to deal with a naturally occurring emotion. The brain is capable of many things. If it formulates the right sentence at the right time, the woman or man you have been admiring might respond back in a friendly manner. An unfriendly response might get your blood pumping; your pulse racing. Chill out. If she

or he was really the one for you, you would have said the only thing that could be said to gain their love. Shake off the anger and hit the gym or something. Everything happens for a reason.

Strength

Buddha says, "Holding onto anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned."

In Star Wars, the dark side of the Force is very powerful because of anger. What we choose to do with that power is very important. Anger can give you the strength to save a loved one, but it sometimes takes more strength to bury our anger inside. Anger is fire. It's a double-edged sword. Spouting off to friends, family, or a superior can damage your relationship, career, and



Don't let your anger build and build throughout the week because something you dread is coming up. What if that despised something never actually occurs and you just spent the whole week snapping at people because of it? There is much knowledge to be gained by avoiding succumbing to anger. If you always react the same way to a frustrating situation, all you learn is that your anger doesn't solve anything.

Changing your reaction to the same situations you face daily will leave you with a broadened perspective on what makes you feel better. Does getting angry and burning bridges leave you satisfied or does keeping cool leave you feeling cool?

Peace

Mick Jagger says, "Yesterday don't matter, if it's gone."

Be at peace with your past. Focusing your time and

reputation. Think about all the times anger has affected you negatively and just move on. It will be to your great benefit to overlook an offense.

Knowledge

Jesus says, "So don't worry about tomorrow, for tomorrow will bring its own worries. Today's trouble is enough for today."

attention on mistakes of the past leaves your mind clouded in the present. If you're going to get angry about something, at least let it be something that happened today. Place your anger on something you can control, because the past is history and history shows doing the same thing over and over and expecting different results is insanity.

ONLY AT GTMO by Mass Communication Specialist 1st Class Keith Simmons



Movie Review

PG-13

110 min.



By Pvt. Loren Cook

It seems that every high school in America has at least one kid who is a hardcore fan of Edgar Allan Poe. He or she often has a morbid outlook on life, dresses only in somber colors, and idealizes a miserable existence.

I was never the hardcore Poe fan, but I do consider myself a casual fan. I haven't come anywhere close to reading all of his stories, nor do I intend to do so, but I enjoy the stories that I have read. Poe was clearly a talented wordsmith and spinner of tales, and one of the first writers to attempt to make his living exclusively from writing.

Poe's death is shrouded in mystery. There are many theories for the cause of his death, running the gamut from mundane natural causes such as cholera; unusual natural causes, including rabies; to suicide or murder. "The Raven" has its own ideas about what caused Poe's death.

Our film begins with Poe's (John Cusack, "Hot Tub Time Machine") life in shambles. He's a penniless drunkard, and his stories haven't been published in quite some time. He is surrounded by "philistines" who fail to recognize his genius. His only relief is found in the bottle, and in the arms of his lover, wealthy debutante Emily Hamilton (Alice Eve, "Men in Black 3"). Emily's father, retired Navy Capt. Hamilton (Brendan Gleeson, "Harry Potter and the Deathly Hallows") despises Poe to the point of threatening physical violence and forces their romance to be a secret one. Despite the risk, Poe and Emily plan to announce their engagement at

Hamilton's upcoming masquerade ball.

The next day, Poe is approached by Inspector Fields (Luke Evans, "The Three Musketeers"), who is investigating a pair of murders seemingly inspired by the story "The Murders in the Rue Morgue." Rather than immediately concluding that the double murder was perpetrated by an escaped orangutan, as in the story, Fields brings Poe in for questioning and asks for his assistance in tracking down the killer.

Another body is found, this one cut in half by a revolving pendulum, mirroring "The Pit and the Pendulum." Another clue alluding to "The Masque of the Red Death," is found at the crime scene. Poe and Fields realize that the killer is threatening to strike at Capt. Hamilton's annual masquerade ball, at which Poe and Emily were to announce their engagement. Fields tells Hamilton his life is endangered and persuades him to allow undercover police at the ball.

Despite the precautions, the killer manages to kidnap Emily at the ball. In a note left at the scene, the killer says he will continue to kill and will leave clues about Emily's location with each body. He will kill Emily unless Poe writes about the brutal murders for the local newspaper. Poe complies, desperate to save her life.

A game of cat and mouse ensues. A clue will be found corresponding to one of Poe's stories, and Fields and Poe will arrive on the scene only to find a body and another clue.

To make a long story short, Poe eventually decides to trade his life for Emily's.

The killer agrees to the trade, and in the conclusion of our movie, Poe is found

delirious and near-death on a park bench in Baltimore, the real circumstances of his death.

I thought this film had a good atmosphere. Environments throughout the movie are suitably dark, and the filmmakers used every horror cliché in the book to add to the atmosphere.

Unfortunately, atmosphere is great for a travelogue, but this is a suspense movie. A suspense movie is only suspenseful if we care about the characters, and this movie doesn't give us enough character moments to care.

John Cusack is the only "star" starring in this movie, and his performance is uneven. Cusack seemed a perfect fit for the role of a cynical has-been, and in scenes where he's playing Poe as an unsuccessful eccentric, his performance shines. Unfortunately, these scenes are outnumbered by scenes where he's playing Poe as an amateur detective, where his performance is flat and uninspired.

Emily, our hero's obligatory love interest, spends most of the film buried alive. She has a grand total of two scenes prior to her kidnapping, and in one of those scenes she pretends to hate Poe. With only one romantic scene in the movie, it's difficult to see why she's so important that Poe is willing to trade his life for hers. We are told, rather than shown, that he loves her that much.

One of the basic rules of fiction is that the writer should show the audience what motivates a character rather than telling them. I guess screenplay co-writer Hannah Shakespeare thinks her famous name allows

see MOVIE page 15

MOVIE REVIEW

MOVIE from page 14

allows her to ignore Fiction 101.

Jeremy Renner was originally slated to play Inspector Fields, but dropped out to act in "Mission Impossible: Ghost Protocol." His gain was our loss. Luke Evans filled the opening, and did a serviceable job with

the material he was given. Unfortunately, the material he was given was completely forgettable.

The director, James McTeigue, described this film as "like the poem, 'The Raven,' itself, crossed with 'Se7en.'" The deaths in "Se7en," much like deaths in Edgar Allan Poe's stories, had great symbolic meaning.

The deaths in this movie meant absolutely nothing beyond shock value.

"The poem, 'The Raven,' crossed with 'Se7en,'" sounds like a great movie. I'd watch that movie in a telltale heartbeat. This isn't that movie. Should you watch "The Raven?" No. Will I ever watch it again? Nevermore!

SAFE RIDE 84781

Guantanamo Bay Bus Schedule

All buses run on the hour, 7 days/week from 5 a.m. – 1 a.m.

NAVSTA Main Chapel

Daily Catholic Mass

Tues.-Fri. 5:30 p.m.

Vigil Mass

Saturday 5 p.m.

Mass

Sunday 9 a.m.

General Protestant

Sunday 11 a.m.

Gospel Service

Sunday 1 p.m.

Christian Fellowship

Sunday 6 p.m.

Protestant Communion

Sunday 9:30 a.m.

Pentecostal Gospel

Sunday 8 a.m. & 5 p.m.

Room D

LDS Service

Sunday 10 a.m.

Room A

Islamic Service

Friday 1 p.m.

Room C

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

GTMO Religious Services

JTF Trooper Chapel

Intense Spiritual

Fitness Power Lunch!

Study the Book of

Romans with

Chaplain Chouest

Thursdays 11-11:30 a.m.

JTF Command

Chaplain's Office

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

Protestant Worship

Sunday 9 a.m.

Bible Study

Wednesday 6 p.m.

Camp America :00 :20 :40
Gazebo :02 :22 :42
NEX Trailer :03 :23 :43
Camp Delta 2 :06 :26 :46
KB 373 :10 :30 :50
TK 4 :12 :32 :52
JAS :13 :33 :53
TK 3 :14 :34 :54
TK 2 :15 :35 :55
TK 1 :16 :36 :56
West Iguana :18 :38 :58
Windjammer / Gym :21 :41 :01
Gold Hill Galley :24 :44 :04
NEX :26 :46 :16
96 Man Camp :31 :51 :11
NEX :33 :53 :13
Gold Hill Galley :37 :57 :17
Windjammer / Gym :36 :56 :16
West Iguana :39 :59 :19
TK 1 :40 :00 :20
TK 2 :43 :03 :23
TK 3 :45 :05 :25
TK 4 :47 :07 :27
KB 373 :50 :10 :30
Camp Delta 1 :54 :14 :32
IOF :54 :14 :34
NEX Trailer :57 :17 :37
Gazebo :58 :18 :38
Camp America :00 :20 :40

	29 FRI	30 SAT	1 SUN	2 MON	3 TUE	4 WED	5 THU
Downtown Lyceum	The Avengers (PG-13) 8 p.m. The Raven (R) 10 p.m.	Brave (NEW) (PG) 8 p.m. The Five Year Engagement (R) 10 p.m.	Think Like a Man (PG-13) 8 p.m.	The Pirates! Band of Misfits (PG) 8 p.m.	Madagascar 3 (PG) 8 p.m.	Prometheus (R) 8 p.m.	The Avengers (PG-13) 8 p.m.
Camp Bulkeley	Brave (NEW) (PG) 8 p.m. Think Like a Man (PG-13) 8 p.m.	The Raven (R) 10 p.m. Prometheus (R) 10 p.m.	The Avengers (PG-13) 8 p.m.	Madagascar 3 (PG) 8 p.m.	The Five Year Engagement (R) 8 p.m.	Think Like a Man (PG-13) 8 p.m.	The Pirates! Band of Misfits (PG) 8 p.m.

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



*Army Capt. Douglas Bazil, outgoing commander of the 193rd Military Police Company, is one of several motorcyclists to enjoy a nearly 30-mile ride in support of the Marine Corps Ball on Saturday. The group started at Marine Hill, visited the North East Gate, and rolled along the fence line to Kittery Beach and back before taking a U-Boat to the Leeward side and then the ferry back to Windward side.
— photo by Sgt. 1st Class Kryn P. Westhoven*