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
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, training, 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, to stop, and when to call for help.

We have a mission. We have each other.

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

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 leadership, 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 to detainees. We collect intelligence. And we provide support to the Office of Military Commissions.

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 8386 or katherine.a.baker@jgtnms.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!


To RSVP, call 8171, or email mericia.n.namer@jgtnms.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 CVP Fun Zone at the Bayview Club from 6-9 p.m., offering fun events for all ages. Folk rocker Amber Lyn 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?

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 bring your current registration as proof of ownership. Contact Naval Legal Service Office Southeast at 4602.

Call Safe Ride!

Our drinking? Thinking about driving? Put the keys down! Save your life, the lives of others, and your career. Call 84913/84871.

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 Hoser at scaddhosier@usnbgtmo.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.
Trooper to Trooper

Importance of Traditions

By Army Sgt. Saul Rosa

Trooper to Trooper

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, courtesies, and traditions that maintain the rich history of the American fighting forces that defend our 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 honor given to any military or foreign dignitary.

Each of the military branches has its own set of customs, courtesies, ceremonies 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 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.

A night with no movies: MWR goes digital

By Army Sgt. Saul Rosa

A night with no movies: MWR goes digital

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,” said Stephen Prestesater, the Morale Welfare and Recreation Community Activities Director. “That was to update all systems to digital.”

The Downtown Lynceum 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.

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.

According to David Hancock, Head of Film and Cinema for Information Handling Service, HIS 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.

“‘I believe it is a better service and better quality of picture,’ said Prestesater. ‘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.”

Are your Facebook friends really your “friends”?

Do you have over 100 friends on Facebook? Over 2007? 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!
Boots on the Ground

How are you going to celebrate Independence Day?

---end---
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.


“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 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.

“Rear Adm. Woods is a highly experienced officer who has been a leader for all of our guys, and he’s a very capable leader,” 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.”

By Army Spc. Saul Rosa
He’s a Ranger. She’s a gymnastics state champion.

Father and daughter together again at Guantanamo Bay.

H

is 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 championships. “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 here 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 had just fun, and that’s basically what you have to do. You have to go ten times harder, you have to believe, 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 skills. 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.
Team USA loaded with Soldiers for London Olympic Games

By Tim Hicks

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 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 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 represented by the Army. The Army has won a total of 11 national team titles in Greco-Roman wrestling, 20-kilometer event at the 2004 Athens Olympics and more than 100 medals in World Cup events.

The 2012 U.S. Olympic Track and Field Team trials are important because it marks the beginning of the road to London.

The U.S. Army’s highest him to the 2012 Olympic Games is Four-time Olympian and Army World Class Athlete Program head coach Maj. David Johnson, 45, of Oakland, Calif., 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 for bringing the governing body for wrestling in the United States.

Two-time Olympian Sgt. Spenser Mango, 23, 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,” he said.

Four-time Olympian Sgt. 1st Class Daryl Szarzenski, 44, of Saginaw, Mich., will compete in the 60-kilogram/132-pound Greco-Roman class. He finished 13th at the Olympics in Athens, Greece, in 2004 and 13th in Beijing in 2008. He’s aiming for a spot on the podium at the 2012 London Games. “I’m hoping to keep wrestling them down and get in there and get a medal out of it,” Szarzenski 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 St. Antonio, Texas, will compete in the 66-kilogram/145-pound Greco-Roman division. Lester has more than 12 national team titles in Greco-Roman wrestling, three Olympic medals and a world championship. Lester was more than ample motivation to succeed in London. “I’ve had two bronze medals, and it’s 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. 1st Class Dremiel Byers, 37, of Kings Mountain, N.C., is the first American wrestler to win gold at both the Greco-Roman division. He also is the only World Games. Byers headlined the Army’s 2008 World Games effort. 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 represented by the Army. The Army has won a total of 11 national team titles in Greco-Roman wrestling, 20-kilometer event at the 2004 Athens Olympics and more than 100 medals in World Cup events.

Two-time Olympian Sgt. 1st Class Dennis Bowsher, 29, of Dallas, Texas, 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 four-time national champion and a 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 boxers in London. At a WCAP boxer, Guzman was a three-time armed forces champion.

Four-time Olympian Basheer Abdullah, a retired Staff Sergeant, 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 2004.

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 you 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 it,” Sanderson said. “That was more than anything. That’s eating at me more than anything, that I don’t have that gold medal.”

Two-time Olympian Sgt. 1st Class Dremiel Byers, 37, of Kings Mountain, N.C., is the first American wrestler to win gold at both the Greco-Roman division. He also is the only World Games. Byers headlined the Army’s 2008 World Games effort. 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 represented by the Army. The Army has won a total of 11 national team titles in Greco-Roman wrestling, 20-kilometer event at the 2004 Athens Olympics and more than 100 medals in World Cup events.

Two-time Olympian Sgt. 1st Class Dennis Bowsher, 29, of Dallas, Texas, 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 four-time national champion and a 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 boxers in London. At a WCAP boxer, Guzman was a three-time armed forces champion.

Four-time Olympian Basheer Abdullah, a retired Staff Sergeant, 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 2004.

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.

Don’t let your anger build and build throughout the week because something you dread is coming up. What if that desire results in 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 such cumbining to anger. If you always react the same way to a frustrating situation, all you learn is that your anger doesn’t solve anything. Each time you react to the same situations you face daily, you will leave 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 more in control?

Focusing your time and attention on mistakes of the past leaves your mind clouded. 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.

Mind, Body & Spirit

Hey honey, I’m headed out to go fishing.

I just wanted to call and say I love you.

Hey babe, I’m gonna play some golf with my buddies. I’ll call you later.

Hey sweety, I’m going snorkeling with some friends, but I’ll be back tonight.

Oh, have fun.

Ok, have fun.

Oh, alright, I love you.

I thought you were supposed to be on deployment.

The Wire | Page 12

The Wire | Page 13
Emily plans to announce their engagement to be a secret one. Despite the risk, Poe and Fields realize that the killer is threatening to strike 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 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 Captain 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 compiles, 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.


By Pvt. Lauren Cook

Safes

SAFEBIKE

GUANTANAMO BAY

Main Chapel

Naval Station Guantanamo Bay

Sunday 9 a.m.

Catholic Mass

General Protestant Sunday 11 a.m.

Gospel Service

Sunday 1 p.m.

Christian Fellowship

Sunday 6 p.m.

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

GUANTANAMO BAY

SAFEBIKE

GUANTANAMO BAY

Main Chapel

Naval Station Guantanamo Bay

Sunday 9 a.m.

Catholic Mass

General Protestant Sunday 11 a.m.

Gospel Service

Sunday 1 p.m.

Christian Fellowship

Sunday 6 p.m.

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

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

29 Fri

The Avengers (PG-13) 8 p.m.

The Raven (PG) 8 p.m.

Sunday 1 Sun

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.

29 Fri

The Avengers (PG-13) 8 p.m.

The Raven (PG) 8 p.m.

Think Like a Man (PG-13) 8 p.m.

The Pirates! Band of Misfits (PG) 8 p.m.

30 Sat

Brave (NEW) (PG) 8 p.m.

The Five Year Engagement (R) 10 p.m.

The Five Year Engagement (R) 10 p.m.

30 Sat

Brave (NEW) (PG) 8 p.m.

The Five Year Engagement (R) 10 p.m.

The Five Year Engagement (R) 10 p.m.

31 Sun

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.

01 Mon

The Avengers (PG-13) 8 p.m.

The Raven (R) 8 p.m.

Think Like a Man (PG-13) 8 p.m.

The Pirates! Band of Misfits (PG) 8 p.m.

02 Tue

The Avengers (PG-13) 8 p.m.

The Raven (R) 8 p.m.

Think Like a Man (PG-13) 8 p.m.

The Pirates! Band of Misfits (PG) 8 p.m.

03 Wed

The Avengers (PG-13) 8 p.m.

The Raven (R) 8 p.m.

Think Like a Man (PG-13) 8 p.m.

The Pirates! Band of Misfits (PG) 8 p.m.

04 Thu

The Avengers (PG-13) 8 p.m.

The Raven (R) 8 p.m.

Think Like a Man (PG-13) 8 p.m.

The Pirates! Band of Misfits (PG) 8 p.m.

05 Thu

The Avengers (PG-13) 8 p.m.

The Raven (R) 8 p.m.

Think Like a Man (PG-13) 8 p.m.

The Pirates! Band of Misfits (PG) 8 p.m.
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