

# THE WIRE

An award-winning  
JTF journal

## Marathon man BEEF commander's *running* motivation

### Total Recall

Not worth  
remembering

### GTMO Ink

What does your *tattoo*  
say about you?



# COMMAND CORNER

BRIG. GEN. JAMES LETTKO  
DEPUTY COMMANDER, JTF GUANTANAMO

For many of us, watching the summer Olympics was a nice change from the day to day operations here at Joint Task Force Guantanamo. The Olympics is an athletic event which also serves as a venue to display many aspects of different cultures that all come together for one purpose.

When following the Olympics, one can wonder about the background and experiences of the athletes. The athletes are as diverse as the sports themselves. There are athletes from countries in various stages of development all representing as best as they can. They each have a story. In some cases team members were only recently brought together from

within their respective country to perform as a team. The teams have had very little time to get to know each other and train together, as well as develop the intricate team work required to win that gold medal.

The athletes worked very hard to be able to represent their country at the Olympics. They are dedicated to their sport and train under a variety of conditions to win the privilege to represent their country in such a world renowned event. The athletes are committed to their sporting event, sacrificing other activities in order to maintain their physical fitness and mental stamina required to perform their very best in the eyes of the world.

Do you see any parallels between the athletes at the Olympics and the Joint Task

Force Guantanamo team?

We are all professionals representing our country, our branch of service or other government agency. We are committed to our country and, in fact, have sworn to defend our country against all enemies foreign and domestic. We train, both physically and mentally, in order to perform our job and consistently win on our battlefield. All of us are sacrificing something to be part of the team, but we are sacrificing knowing that our individual contribution to the team effort will have overwhelming results in support of our mission. We understand that it's not about the individual, but it's all about the team and

how that team performs our mission every day.

Just as the Olympics brought out the very best athletes to compete as teams or individuals, JTF Guantanamo has brought out the very best in our Troopers and civilian employees. As the Olympics come to a close, look back at the individual and team accomplishments made at the 2012 Olympics. Think about your objectives and achievements while assigned here. Make the commitment to achieve some of your objectives, develop a strategy, and implement that strategy. You have already proven you are committed, dedicated and professional. Use those same skills to achieve your GTMO objectives. Learn and grow during your tour at JTF Guantanamo.

*Just as the Olympics brought out the very best athletes to compete as teams or individuals, JTF Guantanamo has brought out the very best in our Troopers and civilian employees.*

**Cover:** Lt. Col. Elmer Norvell, commander of the Base Expeditionary Engineering Force (BEEF), ties his laces after running one and a half miles with his fellow Airmen. The Alabama Air National Guard recently took over the BEEF and has been on island for more than a month. Thanks to Norvell, the BEEF has been logging their miles, which have totaled over 1,000 to date.  
— photo by Mass Communication Specialist 3rd Class Brian Jeffries

## JOINT TASK FORCE GUANTANAMO

SAFE • HUMANE • LEGAL • TRANSPARENT



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### The Wire

**Senior Editor** Army Sgt. Ryan Hallock  
**Layout Editor** Army Pvt. Loren Cook  
**Copy Editor** Spc. Vanessa Davila  
**Assistant Editor** Mass Communication Spc. 3rd Class Brian Jeffries  
**Photojournalists**  
Sgt. 1st Class Kryn Westhoven  
Army Staff Sgt. Lewis Hilburn  
Mass Communication Spc. 2nd Class Joshua Hammond  
Mass Communication Seaman Hannah Wilhide  
**Webmaster**  
Mass Communication Spc. 1st Class Keith Simmons

### Contact us

**Editor's Desk:** 3499  
**Commercial:** 011-5399-3499  
**DSN:** 660-3499  
**E-mail:** thewire@jtfgtmo.southcom.mil  
**Online:** www.jtfgtmo.southcom.mil/wire/wire.html

# NEWS FROM THE BAY

## Safe Ride!

Out drinking? Thinking about driving? Put the keys down! Save your life, the lives of others, and your career.  
Call 84913/84781.

## Fall sports!

MWR offers a men's and women's kickball league and a coed indoor volleyball league this fall! The season begins Aug. 27. Register at Denich Gym for free by 7 p.m. Aug. 17. Registration is open to those 16 and older.

The kickball league is scheduled to have a coaches meeting Aug. 22 at 5:30 p.m. at the Denich Gym. Volleyball has a coaches meeting at 6:30 p.m., also at the Denich Gym.

Beginning Sept. 3, MWR will also offer men's and women's flag football leagues. Register at Denich Gym by Aug. 24. A coaches meeting is scheduled for Aug. 29 at 5:30 p.m.

First and second place teams in each league will earn a trophy for their efforts! For more information, call 2113.

## Feds Feed Families

The 2012 Feds Feed Families food drive is going on right now! A collection table for cash donations will be located in the NEX Atrium from 11 a.m. to 3 p.m. on Saturdays until Aug. 31. A donation box for nonperishable food items is located inside the NEX. Do your part to help those less fortunate!

For more information, call HM1 Sarro or NDC Bolen at 4444.

## More volunteer work available!

Your country needs you! Your community needs you! The children of Guantanamo need you! How do they need you, you ask? Well, I'll tell you if you just let me finish!

W.T. Sampson Elementary School is requesting volunteers over the next two weeks to help move heavy furniture and set up and rearrange classrooms before school starts.

Would you like to know more? Please contact Mr. Carl Davis at 3678 or 3500, or email carl.davis@am.dodea.edu.

## Learn Jiu Jitsu!

Are you a hardcore UFC fan? Do you want to boost your self-confidence? Learn jiu jitsu, whether for self-defense or as a combat sport.

MWR will offer a six-week jiu jitsu class for adults 13 and up, starting Aug. 20. Classes will be held at 8 p.m. on Monday, Wednesday, and Friday at the Marine Hill Fitness Center. Register at Denich Gym by Aug. 20 for \$95.

A youth class for ages 7-12 will be held at 5 p.m. on Tuesday, Thursday, and Saturday. Registration for the youth class costs \$75.

For more information, call 2113.

## Enrich yourself!

CLEP and DSST testing have returned. You can earn college credit for free! Register at www.ccis.edu/guantanamo.

## Learn to read music!

Want to learn what all of those weird arcane symbols on sheet music mean? There's a class for that!

An eight-week basic music theory for adults class begins Sept. 14 at the W.T. Sampson High School band room. Class runs from 5:30 to 6:30 p.m. and costs \$120.

Register by Sept. 7 at the Child Development Center to secure your seat.

For more information, call 77302.

## Labor Day softball tournament

MWR is scheduled to hold a one-pitch softball tournament at Softball Field 2 Labor Day weekend. The tournament will begin at 7 p.m. Sep. 1 and continue overnight until about 6 a.m. Sep. 2. Registration is limited to 12 teams and teams should register by Aug. 24. A coaches meeting is scheduled for Aug. 29.

Prizes will be awarded to the 1st and 2nd place teams and the winner of a home run derby.

For more information, call 2113.

## Firefighter Ball

You've bought the T-shirts and gone to the fundraising events. Now it's time for the main event! Naval Station Guantanamo Bay's fire department is holding its Firefighter Ball 5:30 p.m. Aug. 25 at the Windjammer. For tickets or more information, call 4577.

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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 1,200.



Mr. T pities the fool who doesn't get free college credit!

# Trooper to Trooper

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## Steady Course Ahead

SENIOR CHIEF JOSE ESQUILIN

SENIOR ENLISTED LEADER, JOINT MEDICAL GROUP

With the existence of Joint Task Force Guantanamo, leadership, as a whole, takes on a new meaning. As senior enlisted service members, we must carry on the expectation of leadership without compromise but take it to a much higher degree than perhaps ever encountered. Our development was primarily focused and fundamentally built upon the aspect of our specific service; throughout the years we've improve those attributes to what they are today. Within this environment we are exposed to a diverse military force that, on so many levels, differs from our own; from the obvious differences in uniforms, to the different ranks, to the sound of the specific motivational acknowledgement – HOOYAH, OO-RAH, HOOAH. The expectations of developing our relief and mentoring our junior troops remain the same, so how can you be effective in an environment that, for many of us, presents new challenges?

Leadership is leadership no matter the situation. It is a cause for one to step up and continue the integrity that we know is required. The statement of "Honor Bound to Defend Freedom" mirrors my own specific grassroots of "Honor, Courage and Commitment." We must instill these basic

components into our most junior Troopers. I would like to share these three tenets that, for me, are the most efficient and direct ways of doing so and for all troopers to strive and maintain:

**Mission.** Maintain focus on the primary reason that we have been deployed to JTF Guantanamo: Safe, Humane, Legal, and Transparent treatment of detainees. Plain and simple, this is what we all do, no matter how significant or mundane; if you know how you directly impact the mission and how it contributes to the way others are able to conduct their portion, there is mission sustainment.

**Personal.** Our ability to cope with the day to day stressors is paramount to our mission and individual success. One important characteristic is the ability to speak with others and not allow for a situation to escalate. We have the ability to often communicate with loved ones back home either by email or phone or perhaps even Skype. Identify a peer or a close friend who is able to listen or perhaps provide advice. Utilize resources such as JSMAART, which are often there when we least expect it. I happen to have a few of the stress balls in my office with their convenient contact information written on them; simply sitting in a relaxing massage chair may do the trick. No one is more aware of your specific challenges than you as the Trooper. Maintain your personal well being also by physical



fitness. From the individual to the group physical training, this base provides every venue to maintain our peak performance. The terrain alone contributes to higher levels of performance, either by the hills or the scenic visuals along the beach. However, it requires higher attention to the environment with the higher temperature, so hydration is very important. It's understood that many of us have deployed to other parts of the world significantly hotter in temperature. To that I

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## BOOTS ON THE GROUND

If you could go back in time, what would you change?



"I'd give clean energy sources to people a hundred years ago."

Sgt.  
Elias Rivera



"I would have stayed in the military until retirement instead of having a break in service."

Spc.  
Laura Laird



"Nothing. If I changed something, I don't know what else would change with it."

Staff Sgt.  
Matthew Couchman



"I wouldn't change a thing. I like my life the way it is."

Hospital Corpsman 1st Class  
Arkeshia Deveaux



**THE REAL LIFE FUNNY  
SORT-OF-IMPROV SHOW**  
ABOUT A GUY, A GIRL, DATING & OTHER STUFF  
**ARE YOU GETTING THE SIGNAL?**

A CATHARSIS PRODUCTIONS PRESENTATION

# SEX SIGNALS

**WHERE TO SHOW UP**

WINDJAMMER BALLROOM

**DATE & TIME**

MONDAY, SEPTEMBER 17  
8 A.M., 1 P.M., 6:30 P.M.

CONTACT YOUR CHAIN OF COMMAND FOR ATTENDANCE REQUIREMENTS

# A Sikh-American's thoughts about the Oak Creek shooting

By Navy Lt. Jaspreet K. Saini

As I watched the London Olympic Games over the past two weeks, I felt such pride seeing so many people of different races and backgrounds playing under our national flag. There are very few countries in the world that have the same level of diversity that we do. It makes us unique and shows the world that anyone who shares our values can be an American. Because I strongly believe this to be true, the shooting incident in Oak Creek, Wisconsin last week was all the more tragic and upsetting for me.

On Sunday, Aug. 5, Wade Page drove to a gurdwara (a Sikh house of religious worship) and opened fire on the congregants preparing for the day's services. He killed six people and wounded three others, including a local police officer. My parents called me to let me know about the shooting because it was our faith community that was being targeted. As a Sikh-American, I was heartbroken and could not understand how such hatred was still living in our society. My sense of American pride was shattered. I worried that copycat events like we have seen in Aurora, Colo., Virginia Tech and Columbine might happen at Sikh gurdwaras all over the country. I was reminded

of the post-9/11 violence that the Sikh community and others have faced. I thought of Balbir Singh Sodhi, a Sikh-American, who was shot and killed on Sept. 15, 2001, and whose killer later shot a Lebanese-American and an Afghan family in Mesa, Ariz. When arrested, the killer claimed he was an American patriot. I also thought of my older brother, who in 2001, took a semester off from his position at Teach for America to go home and ensure my younger brother, who also wears a turban, had support in case he was bullied or attacked at his high school. I feared that despite all of the work and educational outreach that many Sikh civil rights organizations had done since 9/11, the Sikh community would become targets once again.

My parents migrated to the United States in 1975. Eventually, we settled in California, and I grew up in the relatively small agricultural towns of Delano and Bakersfield. My father and brothers wear turbans, and though I knew my family was different, I seldom realized that I was a minority. My friends never focused on my differences, and no one treated me any differently or like an outsider.

After Sept. 11, 2001, my world changed dramatically. People thought it was okay or comical to call my brothers "Bin Laden" or tell

also an understanding that we must carry on those expectations of being the most professional and effective force in the world. Your responsibility is to make sure that you are the most professional Soldier, Marine, Sailor, Airman or Coast Guardsman that you can possibly be; one to be emulated and one to be compared to. Do not convey conduct that is unprofessional and strays from the core values that you were once shown. Boot camp is not an online class; the values and professional instruction were very much a pertinent part of our lives at some point. Reflect on that period and maintain course.

Senior enlisted service members must convey and continuously develop these elements for ourselves and for the Troopers in one way, shape or form. We may not always have a set approach for every scenario presented, but the experience and aptitude to lead will prevail and reveal how best to take care of the situation and the Trooper. My recommendation is for all of us individually to set the example, do your absolute best, and focus on the three tenets. It is the basis that allows the best daily preparation to execute the mission and sustain operations to the best of our ability and above the expectations of our superiors.

me that I should return to "Arabia." In the past 11 years, several Sikh-Americans have been killed, countless others have been bullied and assaulted and numerous religious centers have been desecrated simply because of racial and religious differences. As a Sikh-American, I was shocked that other Americans questioned our loyalty simply because of our religion or the way we looked. Our experiences and values are no different than millions of other Americans. We believe that every person should be treated equally regardless of gender, social status or wealth. Justice and inclusivity are hallmarks of our religion. Gurdwaras are not only religious centers but also serve as community centers open to people of all faiths. If a non-Sikh arrives at a gurdwara, he or she will be fed and sheltered. As such, community service is a central tenet of our faith, and community is not restricted to Sikhs: everyone around us is our community, and we believe in providing for anyone who needs assistance.

As service members, we took a vow to uphold these very principles of justice and equality and to safeguard the freedoms our country was founded upon, including the freedom to practice any religion. The American democracy is truly unique, and it attracts tens of thousands of people every year who emigrate here to live the American dream. We are a country founded by immigrants for immigrants. Yet, when I read that the shooter at Oak Creek was formerly enlisted in the Army, I felt like I had been stabbed in the back.

We should not be fighting ourselves over our differences. We should celebrate our diversity and take pride that our military welcomes people of all races, religions and backgrounds to fill its ranks. It is moving to see how many different people are working together, side-by-side, including here at Joint Task Force Guantanamo. We are all striving toward one goal, no matter who we are or where we came from. The military is part of my community as well, and I want to believe that Wade Page's beliefs are isolated in the military and within our greater American society. It has been reassuring to hear from coworkers here at JTF Guantanamo and from commands across the globe that they are standing in support of the Sikh-American communities in Oak Creek and throughout the country. By standing together in condemning the violence at the Oak Creek Gurdwara, we are stating that such hatred and bigotry have no place in America. As President Abraham Lincoln once said, it is truly inspiring to see how strong we are when we stand together. I hope that we move and grow together as a country and use the recent tragedy as a starting point to learn about our fellow Americans.

## Car Buying with Walt Getting new wheels without speeding into the financial ditch

Story and photo by Sgt. 1st Class Kryn Westhoven

As the traditional start of the automotive model year approaches, the thought of buying new wheels excites many. The 2013 lineup hits showroom floors after months of reviews and first looks in the automotive press.

The allure of shiny new sheet metal is one thing; how it fits into your life, and more importantly, your wallet, is another.

"We kind of figure out how to pay for it after we buy it," said Walter Barrett, personal financial specialist with the Fleet and Family Support Center at U.S. Naval Station, Guantanamo Bay.

This inverted thought process is driven by how good you will look behind the wheel.

"I want this and not that; I need this particular vehicle to get me back and forth to work," added Barrett, who outlined the parts to a vehicle purchase.

Barrett noted that doing an honest budget is the most painful part. That assessment looks at take-home pay and current household expenses. This will generate the base dollar amount you can spend per month. Insurance costs have to be added to that number later.

Once the monthly amount you can afford is determined, then start looking at vehicles to meet your needs. That big pickup truck might not be the best vehicle if you have a spouse and two kids to haul around or you have many miles to commute every day. Your personal situation will play an important role in the final choice.

Most manufacturer websites will help to build a vehicle and give a rough price. You can determine options, pick exterior and interior colors and compare fuel mileage. There are Internet resources to independently check the reliability of models and read consumer reviews to help determine if the vehicle is a good choice.

Next the consumer needs to determine how to pay for the vehicle. You might be thinking "doesn't the dealer do that?" Well yes, but that might not be the best method of financing. This is especially true for a young Trooper being lured by the offers of low-rate loans. Those offers are for the most qualified



American car companies are bringing out new high-performance compact cars this fall to lure younger buyers. The 2013 model year will see the debut of the Chevy Sonic, Dodge Dart and Ford Focus ST, as seen here at a Ford performance driving event in Secaucus, N.J.

borrowers.

"If you are 18 years old, you are not going to have a 720 or higher credit score," said Barrett. "It is just so easy to get in over your head really quickly."

The next step will be the financial institution websites that offer payment calculators. Set a loan amount, length of loan and interest rate and select a higher interest rate to be on the safe side. The will provide an estimate of your monthly payments.

With that information visit your credit union or bank before you walk into the dealership. Being pre-qualified gives you the bargaining power. To the dealer you have the money and it is not dependent on financing.

It allows you to compare what the dealer can offer financing wise and decide which is better for you.

The conversation with the salesperson should be on your terms according to Barrett. "I am going to insist that we are not going to talk financing or trade-in until I have a written quote for the price of the vehicle," said Barrett.

Know the incentives or rebates available. "You've got to educate yourself or you are going to be taken advantage of," Barrett added. Most salespeople are working on commission, so be careful when they try to up-sell with dealer add-ons like pin striping, rust proofing or window tinting.

You have a price and now it is time to talk about your trade-in. Use resources like Kelley Blue Book ([www.kbb.com](http://www.kbb.com)) to determine the vehicle's value to the dealer or what it might fetch as a private sale. "It is better to try and sell it on your own and get the cash to add toward your down payment," noted Barrett.

But wait: you are not done. When most vehicles are financed you will need collision and comprehensive insurance coverage. Insurance prices are just a mouse click away. Get a few to compare prices; just make sure to input the same coverage limits for each quote.

With the quick depreciation of vehicles leaving a dealer's lot, the question of Guaranteed Asset Protection (GAP) insurance arises. An example is your new vehicle loan is for \$23,000, the value of the vehicle drops three grand in the first week and you are in an accident that leaves the vehicle un-repairable. Your collision coverage pays the \$22,000 value of the vehicle and the \$3,000 difference would be covered by GAP insurance. This coverage is a consumer's option after evaluating the risk.

If you are not in the mood to haggle, try a vehicle buying service. You pick the vehicle and options; the service comes back with a price and a listing of dealers who will accept the offer. Imagine that, buying a car without the drama.

No matter what road you take to a new vehicle, use all the options to happy motoring.

T2T from Page 4

say, we are not there; condition yourself to your present environment and not carelessly dismiss it. Know your limits and do not overdo it on your first day out. There are more opportunities to expand your abilities here than any other place I have ever been deployed to; snorkeling, diving, boating, swimming, education, hiking, and biking, along with an opportunity to get some Starbucks and enjoy a good book. Our living arrangements vary, but nobody is living in a tent or truly open bay. Our personal well being also extends to how we live and share spaces with our neighbors. Being respectful to others includes the way you maintain your living areas, showing respect after hours rules in regards to noise levels, and, in general, our conduct.

Professional. Military bearing is standard! The courtesies may slightly vary, but a salute is a salute. A squared-away uniform before stepping off should be the first factor in starting our work day. On the weekends we are not off or excused from carrying on these core elements. Our professional conduct must never be compromised. There is a reason why many of us hear "Thank you for your service!" It is an earned right, and

# OTZ TATTOOS



Army Sgt. Jessica Summerlin



Petty Officer 2nd Class Kyle Steckler



Chief Petty Officer Sean Lennon

Story by Army Sgt. Dani White  
Photos by Army Staff Sgt. Lewis Hilburn

Body art has always had a place in society. People get tattoos on their bodies to represent their religion, social status, beliefs, etc. Researchers have even found tattoos on the 5,200-year-old “Otzi the Iceman,” discovered along the Italian-Austrian Border in 1991, according to Smithsonian Magazine.

Petty Officer 2nd Class Kyle Steckler of the Joint Task Force Guantanamo Public Affairs Office may not be as old as the “Iceman,” but his tattoo identifies who he is. Steckler got the concept of having the Green Lantern logo tattooed on his left bicep from his passion for comics.

“The idea that anyone could become a Green Lantern, so long as they were seemingly fearless, amazed me,” Steckler said.

The original idea was for the tattoo to be a sleeve covering a third of his arm. Unfortunately, when he returned from a nine-month deployment at sea, his tattoo artist disappeared off the face of the planet.

“Since then, I’ve decided to go another route with my left arm, but that little piece of my Green Lantern fandom will always be there,” said Steckler.

Body art can become more than it started out to be. Army Sgt. Jessica Summerlin of the 193rd Military Police Co. went with her sister and mother to get matching tattoos. What started as a flower on her left shoulder has grown to represent the love she has for her family.

“I added to the flower with an angel (representing my mom), and three little angels (representing my older brother, my younger sister and myself). I ended up having to add two more little angels, because

my mom had just adopted two little boys who we fell in love with when they were in our foster care,” said Summerlin.

Then there are those moments when a piece of body art falls into your lap and you have to get it at that moment. Chief Petty Officer Sean Lennon of the Joint Medical Group went with friends to a tattoo parlor in Okinawa, Japan expecting to watch them getting their tattoos; only to get into the chair himself.

“The tattoo artist designed this tattoo for me. The design has turbulent waves going in each direction; that way, no matter what position my arm is in, you can see the waves,” said Lennon.

It may have been a spur of the moment decision, but to Lennon, the piece has a deeper meaning.

“It represents what I think about life. In life, you always find yourself fighting through turbulent times, no matter which way you go. But it is a part of life and it is what helps make you who you are as a person,” Lennon said.

The next time you see someone with ink decorating their body, ask them about that tattoo’s meaning and how they came to get it. You may be surprised by what a tattoo enthusiast may tell you.

## For guidance on body art, please refer to the following regulations.

- Army Regulation 670-1, Paragraph 1-8e
- Navy Administration Message 110/06, Paragraph 3a-d
- Air Force Instruction 36-2903, Chapter 3, Paragraph 4
- Marine Corps Order P1020.34G, Chapter 1, Paragraph 1004c
- Coast Guard Commandant Instruction 1000.1B

# MARATHON MAN

Story and photo by  
Mass Communication Specialist 3rd Class Brian Jeffries



People who train for marathons and other road races all have their own stories to tell. Some runners pound the pavement to test their mental and physical endurance and others to raise money for charity. Others do it for the camaraderie of race day.

Air Force Lt. Col. Elmer Norvell, Commander of Joint Task Force Guantanamo's Base Expeditionary Engineering Force (BEEF) from Alabama, most certainly has a story to tell. "I thought it was a bear coming from behind me, or maybe a freight train!" Norvell said.

Through the darkness however came another marathon runner charging along. Not only were the two men battling their individual aches and pains – they were both about 72 miles into a grueling 100 mile marathon – they also were battling the darkness, concentrating on just getting one foot in front of the other.

Norvell and the man ran together through the rest of the night, fueling each other forward. While they ran they chatted, and Norvell found out that the gentleman who was keeping pace with him through the night was almost 30 years his senior.

As day broke so did the pairing of Norvell and the mystery man, as he beckoned Norvell to go ahead without him. The memory of that old man running was ingrained within Norvell for a long time, but he wasn't sure why... Norvell went on to realize that it was because he envied the man so much.

"I didn't want to BEAT him in that race, I wanted to BE him in that race" he said. "I want to run until I'm old and gray."

Norvell doesn't expect running to lead to a longer life, but he does believe that running saved his life.

For a man who was beginning to teeter along the line of physically unacceptable, measuring in at 68 inches and 195 pounds, running was the last thing on his mind.

"I really was starting to lose touch on what mattered to me," Norvell said, remembering back to the days before running engulfed his life.

With obvious dismay in his eyes for how he once lived you can see that he has no intention of going back.

It all started at a bar with some friends.

"Isn't that how it always starts?" Norvell said jokingly.

He and a few of his buddies were watching the Boston Marathon on television. Boys will be boys and before long a debate broke out about how they could run a marathon easily.

"They were laughing and slurring their words, but for me it was the perfect idea," said Norvell.

It was very intimidating for Norvell to run a marathon at that time. He looked at the men on television as super heroes, being able to keep the paces they were keeping for so long. He was not sure if he could do it. He set up a 6-week program for himself, following the plan to the letter. Of all his buddies that sat around that bar table, Norvell was the only one to actually do it.

Those "superheroes" and Norvell are now one in the same. Since talking about running that day, he has gone on to complete the Boston Marathon twice and plans to run it again in 2013. He has also competed in countless other marathons, including one of the most daunting of all: the ultra marathon.

An ultra marathon is any sporting event involving running longer than the traditional marathon length of 42.195 kilometers (26.2188 miles).

There are two types of ultra marathon events: those that cover a specified distance, and events that take place during

specified time, where the winner covers the most distance in that time. The most common distances are 50 kilometers (31.069 miles), 100 kilometers (62.137 miles), 50 miles (80.467 kilometers) and 100 miles (160.934 kilometers), although many races have other distances.

So I bet you're wondering why just a regular marathon wasn't enough for Norvell.

"Your running buddies will get you into a lot," Norvell said.

A buddy of his decided he was going to run a 50 miler and asked Norvell to join. Of course Norvell accepted the invitation and the rest is history.

Norvell strives to constantly to push himself past his comfort zone. He tries to instill this mindset on all the troops he comes in contact with. He always likes to assure them that they are capable of doing far more than they think they can do. This mind set is what has propelled Norvell to finish three 100-mile marathons in less than 24 hours apiece. His personal best was 20 hours and 51 minutes. When you perform such a feat it is called buckling in the marathon community because instead of receiving a medal when you finish, you receive a belt buckle.

When running for distances like this though, Norvell believes that it's not about the speed in which you complete it, but more about just finishing.

"My crowning achievement was completing the Penotti 100, a 100 mile marathon, in 28:05 hours. After taking a spill at mile 27, I was forced to continue the event with a bloody knee. For 83 miles, bleeding and in pain, through the night on a single-track trail, my mettle was truly tested," Norvell said.

Running through the night and seeing the dawn is one of the greatest feelings Norvell has ever had and has a hard time putting it in words. He compares it to some of the greatest things in life. For example, have you ever had a friend tell you about the Grand Canyon, or better yet, have you ever seen a picture of it or seen it in a movie? Well until you stand at the edge of it and scream down into it, you will never truly understand its grandeur. That's how Norvell feels about running through the night.

"It is a transcendental, para-psychotic utopia," Norvell said.

Even though Norvell is deployed here at Guantanamo Bay, a base that's only 45 square miles, he still drives himself to stay in elite marathon shape. He is planning a 65-mile run for Labor Day weekend to honor the Air Force's 65th anniversary. Along with his own personnel fitness ventures, he has influenced the Airmen that he commands to push for higher fitness goals. Norvell and the BEEF keep track of the miles that they run on GTMO and several members have even pushed past 100 miles in the less than 40 days that they have been on island.

While Norvell is very accomplished in his running endeavors, he remains humble and doesn't look for fanfare. He enjoys running for how he feels when he's done and the camaraderie he shares with his running partners. It is also a time for him to relax, away from the world. He can take time to enjoy himself and the trail or the road, which ever will have him.

He wants nothing more than to help his Airmen be successful and do a little bit of running.

When his time in the military is done and he goes back to his log cabin with his wife and pet shi-tzu, his only goal is to be like the older gentleman that he ran into that night so many marathons ago; just old and gray but still running.

# Trooper Focus



PFC. JAIMÉ IBARRA



By Spc. Vanessa Davila

Photo illustrations by Army Staff Sgt. Lewis Hilburn

**P**fc. Jaime Ibarra is a dedicated family man. There is a woman and a young man back in Texas grateful for his commitment – his mother and his younger brother. Ibarra is only 19 years old, but he is the man of his family, helping them out in whatever way he can.

“I got to San Antonio when I was 13 years old, and a good year in, my parents got a divorce. It was a little hard growing up, being a kid going through that stuff in middle school,” said Ibarra. “It was just me, my mom and my brothers. My dad wasn’t really around.”

The young man’s devotion wavered some after the divorce, but not for long.

“My friends and I had this crazy idea that we’re all going to graduate and we’re all going to move into an apartment together; all have dead-end jobs together and we’ll all be alright,” said Ibarra. “Things that aren’t meant to be eventually fall apart.”

He credits his mom with helping him make it through that time.

“A lot of it had to do with my mom being patient with me. She never once got frustrated with me and said ‘you know what, leave if you want to,’” said Ibarra. “No, she was always patient and said ‘you always have a home here if you need it.’”

Before joining the military, Ibarra was holding down two fast food jobs while trying to attend college, but he says it just wasn’t cutting it; he wanted more in life. His father has been in the military throughout Ibarra’s entire life, and so father planted

within son the idea of joining. Even though the two don’t have the best relationship, with Ibarra describing it as “kind of neutral...he’s not completely out of my life but he’s not really in it as much as I’d like to,” son took father’s advice and they went to the recruiter together.

The military never entered Ibarra’s mind

has also allowed the young man to discover a new passion.

“Eventually I want to get my master’s degree in kinesiology. It’s the study of the body... it’s just knowing all sorts of things like how your body should move and shouldn’t move,” said Ibarra. “I enjoy helping other Soldiers with [physical training] and helping them be fit.”

The pudgy kid has turned into a work out fanatic. He admits that his weight has fluctuated since leaving basic training but Ibarra is a hard worker, and his leaders know it.

“Pfc. Ibarra used to have trouble when it came to physical training and making weight, but he has pushed himself,” said Ibarra’s squad leader, Staff Sgt. Shane Nickols. “He keeps himself in shape by



going to the gym and eating right.”

The private first class’ leaders believe in him; if they didn’t, they wouldn’t have sent him to the Joint Task Force Guantanamo’s Trooper of the Quarter board to represent the Army. He won that board and it’s not the first time. He had only a few days to prepare for his very first board – one for Soldier of the month – and he won that as well.

Jaime Ibarra had to grow up sooner than most kids have to, but he has faced the challenges of life with honesty and a smile. Guantanamo is his first duty station and, while most young men would want out of this small town as quickly as possible, Pfc. Ibarra extended for another year. He’s saving money and providing for his family; he couldn’t ask for more.

because, as he says, he was a “pudgy kid” at that time. “I was 235 pounds,” said Ibarra. “I didn’t know what I was going to do. I was like ‘well can I even join the military?’” The Army recruiter said yes. He confesses that he did do a little shopping around, going to the Air Force first, then the Marines, and finally the Army recruiting station. He was too heavy for the Air Force and the Marines wouldn’t let him pick his job. The Army said they would help him lose weight and let him pick his job so the Army it was!

Basic training was tough for Ibarra, but he seems to have loved the experience in that weird “I love tough love” kind of way; he lost 60 pounds. The Army has not only allowed Ibarra to provide for his family but

# social media

=

# DEATH OF HUMANITY

SMASH THE SERVERS  
SAVE THE HUMANS



By Mass Communication Specialist 2nd Class  
Joshua Hammond

In the beginning God created the heavens and the Earth. If you believe this then cool; if not, cool. The one thing that we do know for sure is that if you wanted friends you went out and started talking to other cavemen, if you wanted enemies you went out and started clubbing their pet dinosaurs, but if you wanted to steal their identities... let's just say it's easier now than it was back then.

The next time you find yourself either at work or in a computer lab, do yourself a favor and take a look around. TRY NOT TO GO ALL CREEPY MC CREEPERTAIN, but even if you did, it's ok; chances are the shoulder you're looking over is creeping on their co-workers, ex-girlfriends or maybe even on one of their friend's friends too.

Why is it that we think it's fun to check out people on Facebook when in reality

our actions would be considered stalking if it were face to face? All you have to do is type in a name. I'll do it right now while you wait.

So the name I entered isn't anyone I know, and I actually had a co-worker make it up for me. I typed it in and within minutes - remember Guantanamo Bay Internet access is slow - there were some 20 people with this name on my screen.

Chances are that at least one out of ten people don't have their pages set to block a perfectly good stranger from viewing their page. I now can look all through this person's stuff (my coworker gave me a man's name).

Tell me this isn't creepy. I'm looking at all of his pictures, things he "posts" and I also know how big his family is and what their names are. I even know where he ate dinner last Friday; his girlfriend was nice enough to tag them at the Gus's Fried Chicken right outside Memphis, Tenn. There are a lot of things that I can now do with this information.

I can apply for copies of his high school and college transcripts (he was nice enough to tell everyone where he went and what graduate class he was in). On said paperwork I can find his Social Security number and the hospital where he was born. From there I can apply for a brand new birth certificate and then I can obtain a "legal" I.D. with my photo but his information.

OR

I can copy and paste a photo into Photoshop, crop it down so that it looks like a head shot, make a fake I.D., and alter my face to look like his. Now I'm someone entirely new. The next time I go after Sarah or John they won't know that it's me. I'll be able to walk up behind them undetected, and kill John Connor.

THE MACHINES RULE!

Moral of the story:

Either don't use social media sites or set your pages to private, because you may just find yourself in next week's Wilhide's World.

By Mass Communication Seaman  
Hannah Wilhide



## Wilhide

Hey ya'll, I'm Seaman Hannah Wilhide. I was born in a really Mexican part of California, moved to the Amish part of Pennsylvania, and I speak with a southern accent, but I've never lived anywhere near the south. I've been at Guantanamo since July, and ever since my very first week I knew that these people are just too weird for me and I probably won't get to know any of them. It doesn't help that I'm under 21! So what do I do all day without friends or alcohol? I Facebook creep, that's what! When there's nothing on Facebook, I try to old-school creep. Who's next on my creep list?

I've officially been here for six weeks and fortunately, or unfortunately - depending how you look at it - I've had the chance to meet and get to know quite a few people down here. While meeting these unique people, I've been invited on some pretty interesting excursions, and usually after these... joyful... adventures, I friend them on Facebook.

Speaking of Facebook, when I logged in today, I noticed that one of my friends posted a video of himself on a sailboat.

Now when I say friend, I really mean Facebook friend. Last weekend I went sailing with three Soldiers from the public affairs office. One of those Soldiers is the one who posted the lovely Facebook video. I'm getting ahead of myself; let me explain the contents of this expertly shot and edited piece of digital media. In the video the Soldier says hello to all of his friends and family and calmly, key word, CALMLY, explains what he is currently doing: sailing. What he fails to show the audience is how just a few minutes earlier, when the seas were rougher and winds were stronger, the sailboat was rocking, and he was on the deck rolling around, nervously thinking the boat was going to capsize. When I saw this video all I could think about was the Soldier "spazzing" out, crawling around on his hands and knees. If only his Facebook friends knew.

Well, that's all in the World According to Wilhide, ME! Come back next week to read about my next mind-blowing (NOT!) adventure. And remember, I'm out and about until at least January, so you might find yourself in the next Wilhide's world. Be on your best and honest behavior!! Bye!

## KNOW HOW TO CALL HOME FROM YOUR PHONE



FOR SCSI PHONE CARDS  
USE 2980

FOR ALL OTHER PHONE CARDS  
USE 2935

TO CONNECT TO A MORALE LINE  
USE 2800 AND ENTER YOUR PIN

TO USE YOUR HOME BASE  
MORALE SYSTEM DIAL 96 AND  
THEN YOUR BASE'S MORALE LINE

### PROTECT YOUR INFO!

## ALERT COMMISSIONS

Commissions are a time of increased focus on both NAVSTA and JTF-GTMO. It is important to remember that we will have an increase in media and other visitors to the base in support of this very important operation. Here are some OPSEC reminders: Always use the "need to know" principle. Do not talk about work related material outside of your work environment. Practice 100% shred with paper materials. Remember to stay clear of commission



Meet the JTF Chaplain:

# A life of service to others

By Army Sgt. Brett Perkins  
Photo illustration by Army Staff Sgt. Lewis Hilburn

Some join the service to serve their country; others to find their way in life. Navy Chaplain Capt. Daniel L. Gard found his motivation was helping others in their journey through life. I wondered what would drive a person in this endeavor and when questioned about this career choice he replied, "How do you serve God who owns and controls everything, and all I am is this little speck of nothing? What do I have to offer?"

After a brief pause he expands further, "Serving his creation and the crown of his creation is the human being, whether that person shares your faith or not [and] wherever that person may be in his or her life."

As a chaplain for the Navy Reserve, helping people seems part of the job description, but his decision to help others doesn't end there. His other job? What other job could there be for someone who has devoted his life to the service of people? Why, teaching, of course.

Growing up as the son of an Air Force chaplain, Gard said that the motivation behind becoming a chaplain didn't start with his father's urging.

"He never really encouraged me to do so. In fact, he tried to talk me out of it," said Gard. "When it was over and I finally became a pastor and I became a chaplain, when I asked him why he had tried to discourage me, he replied that he wanted to make sure it was what I wanted to do, and not something I was doing because he'd done it."

In fact, as he was attending seminary school he had wanted nothing more than to become a country pastor.

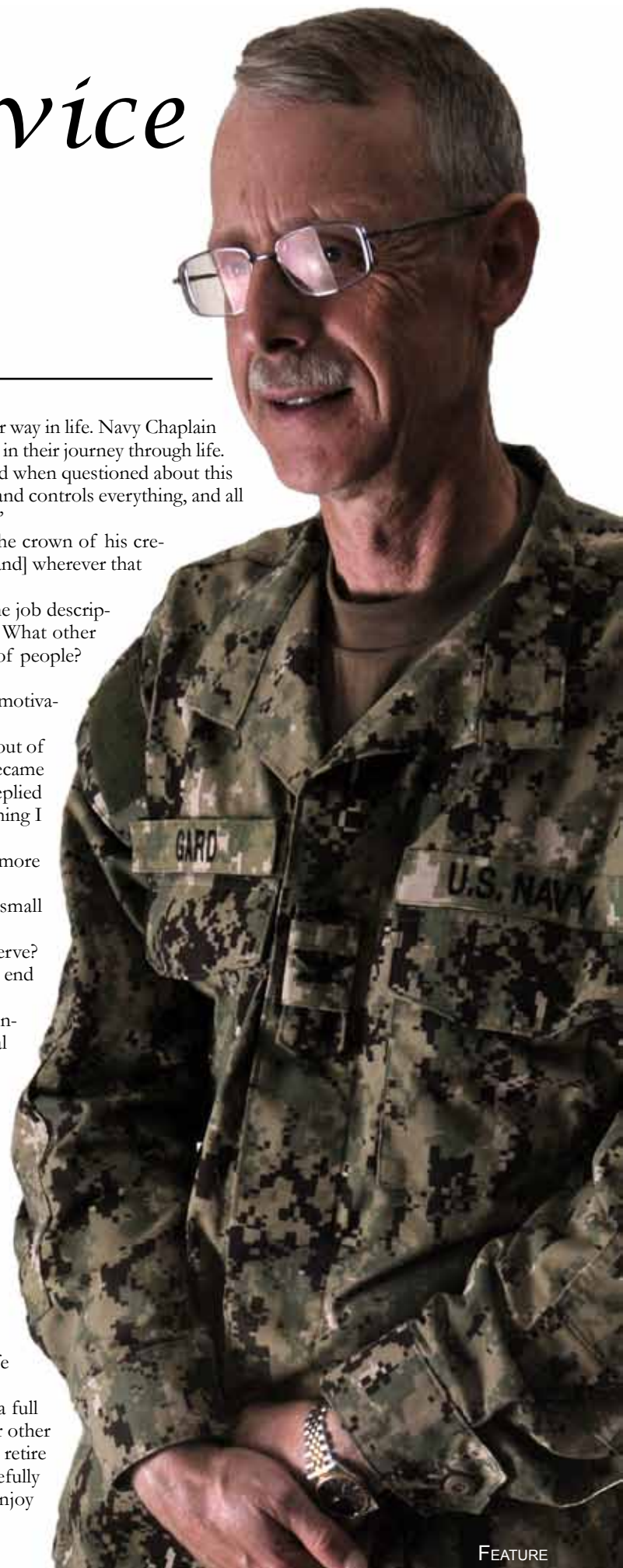
"The plan was to have a small country church and take care of a small group of people and read books," said Gard.

How did this original plan lead to 24 years of service in the Navy Reserve? How did a man who wanted nothing more than a small country church end up with three mobilizations?

"I'd always had a deep love for the military but did not see myself joining as a chaplain," he said. Gard had realized that by joining the National Guard he would be subject to bad jokes relating to his name and instead chose to join the Naval Reserve. Soon after, he became a professor at Concordia Theological Seminary in Fort Wayne, Ind. and has continued working there in various roles for 23 years. Balancing these jobs could not have been easy, and to that he offers a slight smile before replying, "I planned on staying in for four to six years and ended up staying in for ten," said Gard. "I realized I'd forgotten to get out and I was still having so much fun that I decided, 'I'm going to keep on doing this.' Next thing I knew, I was a careerist." He followed it with a slight laugh.

Gard is a family man as well; he is married and the father of three children. With all this on his plate, and never having mentioned plans to slow down, I asked him if he has any other hobbies; his response was exactly what one would expect from someone who has devoted his life to others.

"Between being a full time professor, and what amounts to almost a full time reservist even when I'm not mobilized, I don't have much time for other hobbies as much as I would like," said Gard. "The day will come when I retire from the Navy, and I'll suddenly have lots of extra time, I think." Hopefully when that day does finally come Gard is able to find some time to enjoy helping himself.



# Only you can bring yourself down

By Hospital Corpsman 3rd Class Vanessa Perez  
JSMART

Picture this: a unit is scrambling to prepare their shop for the inspector general; the tension is high; stress levels are elevated; people's moods and demeanors start to decline. As an individual Trooper, you do exactly what is asked of you and more. Despite your best efforts, your chain of command starts yelling at you and making you feel that what you are doing is wrong and/or not enough to support the current mission. Is it up to you to let that negative feedback affect you and your work ethic, even though you know that you are doing the right thing and are going above and beyond what was asked of you? Or do you think that you have no control over said situation and you can't help but feel down, aggravated, depressed and even enraged, nor have any control on taking what was said or done to you to heart?

Psychologist Carl Rogers stated, "Each client has within him or herself the vast resources for self-understanding, for altering his or her self-concept, attitudes and self-directed behaviors – and that these resources can be tapped by providing a definable climate of facilitative attitudes." So, how does one go about accomplishing that? How can we tap into ourselves to change the way we take in negative feedback?

For one, we must all accept the fact that there are certain things that we cannot change no matter what. Turn those negative situations upside down, and make them work in your favor. Easier said than done? Not really. Remember, if you veer off slightly by losing your temper, you can actually set

yourself way off the path that you have worked so hard to get on. You may actually prevent yourself from accomplishing your goals. Just remember what health care professionals always say: take a deep breath and collect your thoughts, your comments and yourself. Take a step back, and try to look at the whole picture. Sometimes when we

are so angry or so involved in a situation, we become narrow-minded and only see what's in front of us. We may get tunnel vision when there are a lot of things going on at once. It might be helpful to put yourself in someone else's shoes. What are they going through? Maybe your chain of command is under extreme pressure preparing for the IG inspection. How

many higher ranking people are over their shoulders telling them what to do, and at the same time, how many of them are giving them negative feedback?

We are all responsible for our own actions. Sometimes we cannot help but feel aggravated, or even annoyed, due to situations that we cannot change. But, we do have it in ourselves to change the way we see things and the way we allow them to affect us. Some days are harder than others. That's when you ask yourself, "Who's getting the best of me?" If something seems to be

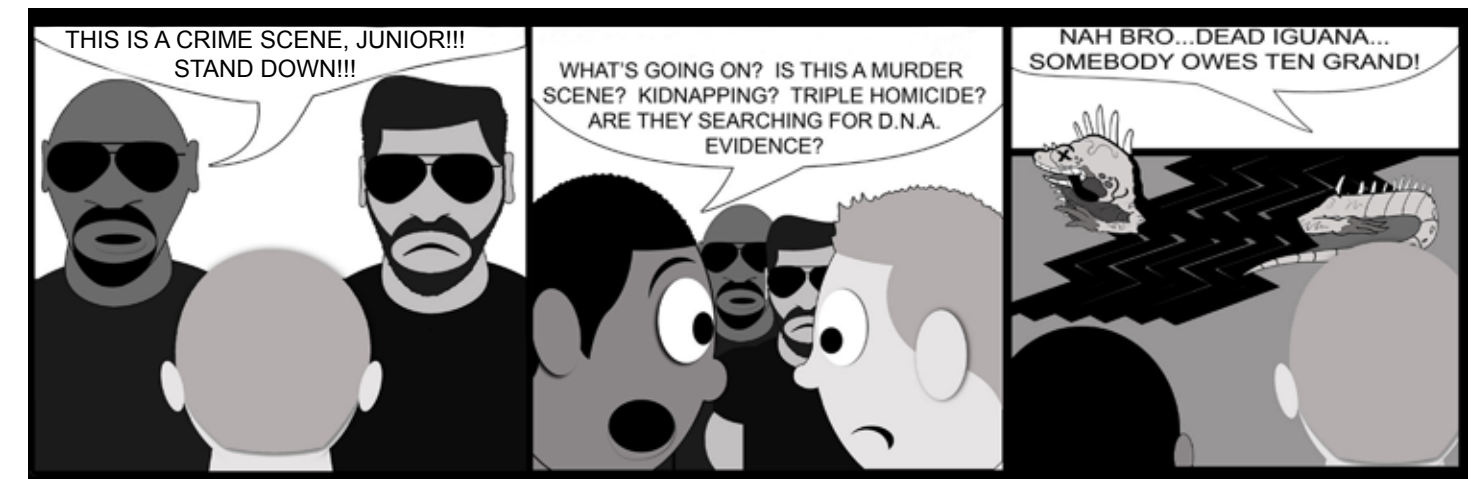
getting to be too much for you, you should communicate with your chain of command, and see if they can help you. If that is completely out of the question for you, there are many resources that are available to you. There is the chaplain's office, and you also have your friendly Joint Stress Mitigation and Restoration Team staff; we are more



than willing to listen and to help you as best we can. But remember, it all starts with you.

JSMART helps service members assigned to Joint Task Force Guantanamo. We are open Monday through Friday from 6 a.m. to 5 p.m. and closed on weekends and federally recognized holidays. We are available at the clinic outside of normal working hours by request only. Our services are provided voluntarily and on a walk-in basis. You can contact us at 2321 during our working hours. For emergencies, a staff member is on call 24 hours a day at 3566.

**ONLY AT GTMO** by Mass Communication Specialist 1st Class Brett Custer





By Pvt. Loren Cook

After last week's trial of watching "The Chernobyl Diaries," I had a lot more movies to choose from for my review this week, so I elected to watch "Total Recall."

"Total Recall" could be called a remake of the 1990 film of the same name, although it would be just as accurate to say that they're both adaptations of the Philip K. Dick short story "We Can Remember It for You Wholesale."

The movie is set on Earth in the late 21st century. Chemical warfare has rendered most of the earth's surface uninhabitable, except for part of Great Britain, now known as the "United Federation of Britain," and Australia, now a melting pot of different cultures known as "The Colony." Travel between the two areas is accomplished through "The Fall," in simple terms, an elevator through the center of the Earth. Even in a post-apocalyptic world there are still "haves" and "have-nots" and the UFB are the haves. The Colony of have-nots supplies the UFB with cheap labor and is generally mistreated by the UFB. Perhaps inevitably, a resistance movement has taken hold in The Colony.

The Colony is where our hero, Doug Quaid (Colin Farrell, "Fright Night") lives with his police officer wife, Lori (Kate Beckinsale, "Underworld: Awakening"). He's doing alright for himself, but he finds himself haunted by a recurring dream in which he and a strange woman are running away from the same robots he spends his days building.

One day, Quaid is waiting in line for The Fall when he sees a billboard for ReKall, a company that implants artificial memories. A new trainee at work tells him that ReKall can fix a boring reality by giving you false memories. They may not be real, but if you believe them, what does it matter? Quaid decides

that this is just what he needs in his dull life, and pays ReKall a visit.

At ReKall, Quaid asks for exciting memories of being a secret agent. ReKall employee McClane (John Cho, "A Very Harold and Kumar 3D Christmas," in a bit role) gives him the rules of ReKall: false memories can't match any of your real memories. Quaid is put through a battery of tests and is about to be given his memory when the procedure is quickly aborted: he can't be given false memories of being a secret agent because he really is one!

A SWAT team bursts into the ReKall office and tries to arrest him. Quaid instinctively kills the SWAT officers and escapes. He makes for his home and seeks comfort in his wife's arms, but Lori reveals that she is not his wife of the past seven years after all: he has been given false memories and she is an undercover UFB agent who has been monitoring him for the past six weeks. Quaid flees and leads her on a merry chase through The Colony's crowded urban streets.

The rest of the movie finds Quaid on the run, alternating between shootouts and chase scenes. He can never be sure who to trust, until he runs into the woman from his dreams, Melina (Jessica Biel, "The A-Team"). Together, the two must unravel the threads of a conspiracy and fight the injustice of the UFB!

I think both "Total Recalls" are mixed bags. Colin Farrell is a better actor than Arnold Schwarzenegger, but the material he is given to play isn't as good.

Paul Verhoeven, the director of the 1990 "Total Recall," isn't known for crafting subtle movies—quite the opposite, in fact—and no one could ever accuse Arnold Schwarzenegger of subtlety, but the first Total Recall put some emphasis on the mind games Quaid was being put through.

This movie deemphasizes the mental

turmoil our hero is facing. Quaid can never be sure who to trust. This element was played very strongly in the original film. Here, it's brought up to be sure, but it takes a back seat to the many, many chase scenes and shoot-outs we see instead.

Fortunately, the action scenes are done very well, moving with a fast and furious pace in exciting environments. *This* is how to make an action scene!

I think I prefer this movie's settings to the 1990 film's setting on Mars. This movie stays earthbound but with two distinct environments. The Colony is a crowded, dirty place that looks like a cross between Rio de Janeiro and "Blade Runner's" vision of Los Angeles. ("Blade Runner," you may totally recall, was itself based on the Philip K. Dick short story "Do Androids Dream of Electric Sheep.") The UFB is a high-tech world of hovercars, gleaming skyscrapers, and robotic cops. (The hovercars bring to mind "Minority Report," which was based on a short story of the same name by, naturally, Philip K. Dick, while the robots resemble those from "I, Robot.")

Besides the mind game of Quaid not knowing who to trust, both "Total Recall" movies bring the very situations into question: Is this the real life? Is this just fantasy? Is the fact that I just quoted Queen lyrics while staying on-topic in my review awesome, or totally awesome? Joking aside, all of the excitement happens when Quaid is about to be given false memories. Was the procedure truly aborted, or was that simply the first false memory he was given?

Neither movie answers the question for you, deliberately leaving it ambiguous. Again though, the 1990 film addressed it to a greater extent. In this movie, they only have one scene that even brings up the question, and it's never mentioned again.

All in all, the 1990 film was both more cerebral and more ridiculous. This movie



## GTMO Quick Reference

### Caribbean Coffee & Cream – 77859

Mon.-Sat. 6 a.m.-10 p.m.  
Sun. 1-10 p.m.

### Jerk House – 2535

Sun.-Th. 5-9 p.m.  
Fri. & Sat. 5-10 p.m.

### Bowling Center – 2118

Mon.-Fri. 6-11 p.m.  
Fri. 6 p.m.-12 a.m.  
Sat. 1 p.m.-12 a.m.  
Sun. & Holidays 1-11 p.m.

### MWR Liberty Centers – 2010

Deer Point: Mon.-Fri. 4 p.m.-12 a.m.  
Sat. & Sun. 9 a.m.-12 a.m.

Marine Hill: Mon.-Th. 11-12 a.m.  
Fri. 11-2 a.m., Sun. 9-12 a.m.

Tierra Kay: Sun.-Th. 7-12 a.m.  
Fri. & Sat. 7-2 a.m.

Camp America - open 24 hours

### Pirate's Cove

Th.-Sat. 7 p.m.-12 a.m.

### Cuban Club – 75962 (call ahead!)

Mon.-Sat. 11 a.m.-9 p.m.

### McDonald's – 3797

Mon.-Th. 5 a.m.-11 p.m.  
Fri.-Sat. 5 a.m.-2 a.m.  
Sun. 6 a.m.-11 p.m.

### Windjammer Cafe

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

### O'Kelly's Irish Pub

Mon.-Th. 5-9 p.m.  
Fri. & Sat. 5 p.m.-2 a.m.  
Sun. 5-9 p.m.

## SAFE RIDE 84781

## Guantanamo Bay Bus Schedule

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

### NAVSTA Main Chapel

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

Vigil Mass  
Saturday 5 p.m.

Mass  
Sunday 9 a.m.

Spanish-language Mass  
Sunday 4:35 p.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.

LDS Service  
Sunday 10 a.m.

Room A

Islamic Service  
Friday 1 p.m.

Room C

Eid al-Fitr Prayer  
Sunday 9 a.m.

Room C

### GTMO Religious Services

JTF Trooper  
Chapel

Protestant Worship  
Sunday 9 a.m.

Bible Study  
Wednesday 6 p.m.

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

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

	17 FRI	18 SAT	19 SUN	20 MON	21 TUE	22 WED	23 THU
Downtown Lyceum	The Bourne Legacy (NEW) (PG-13) 8 p.m. The Campaign (NEW) (R) 10 p.m.	Ted (NEW) (R) 8 p.m. Total Recall (PG-13) 10 p.m.	Brave (PG) 8 p.m.	Chernobyl Diaries (Last Showing) (R) 8 p.m.	Snow White and the Huntsman (PG-13) 8 p.m.	Men in Black 3 (PG-13) 8 p.m.	The Best Exotic Marigold Hotel (Last Showing) (PG-13) 8 p.m.
Camp Bulkeley	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED

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

Iguanas eat  
plants, not  
table scraps.



**STOP Feeding Iguanas**

NAVSTAGTMOINST 1710.10B-section 5.b  
The feeding, keeping, or breeding  
of iguana or other lizards, hutia,  
chickens, snakes, pigeons, or feral  
cats and dogs, is strictly  
prohibited.