

THE WIRE

A JTF Journal



Digging In
Seabees supporting JTF

Army Brig. Gen. O'Ferrall
New JTF Deputy Commander

Watching for stress in a stressful environment

**Air Force Master Sgt.
Russell Holland**
1st Sergeant, 474th ECES

Throughout history, military leaders have viewed the first sergeant as the key role model for good order and discipline. The morale and well being of the troops must be at the top of the first sergeant's priorities. One of the primary morale issues facing members of the armed forces today is stress management.

We all come from different geographical locations, branches of service and career fields, and are thrown into an environment that changes on a daily, hourly and sometimes minute-by-minute basis. These types of environments are perfect breeding grounds for stress.

Webster's dictionary defines stress as "a physical, chemical or emotional factor that causes bodily or mental tension and may be a factor in disease causation." It is important, though, for people to remember that there is good stress and bad stress. Good stress is when you need to take a test for promotion and the fear of not scoring high enough drives you to study harder. Good stress keeps you sharp and motivated. An example of bad stress is dealing with the separation of loved ones for long periods of time. Long-term stressful situations can produce low-level stress that's hard on your body and mind. Some common stress symptoms include irritability, muscular tension, an inability to concentrate and a variety of physical reactions such as headaches and accelerated heart rate. How many times have all of us experienced these symptoms and just blown it off?

As a first sergeant it is part of my job to look for signs of stress and find avenues to help Soldiers, Sailors, Airmen and Marines to relieve bad stress. A couple of ways a person can relieve stress include exercise (caution – over-exercising can cause stress as well, so be careful) and a good night's sleep.

When you are confronted with many problems or tasks, start with the smallest problem and then proceed to the larger ones. Always allow yourself some personal time. Here at Guantanamo Bay there are many opportunities to do many different things – take advantage of them.

We as leaders must stay focused on the day-to-day issues impacting all of us. We must always look for ways to deal with the stress related to our personal problems, work environment, living, and social conditions. By staying involved and in tune with the people around us, we make for a more informed, understanding and capable fighting force. 🇺🇸



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COVER:

Participates in the Dr. Martin Luther King Jr. Birthday Celebration sung enthusiastically at the Naval Station Chapel to conclude the ceremony Jan. 19.

– JTF Guantanamo photo by Army Spc. Megan Burnham



The WIRE is the official news magazine of Joint Task Force Guantanamo. It is produced by the JTF Public Affairs Office to inform and educate the Troopers of JTF Guantanamo through news, features, command guidance, sports and entertainment. The WIRE seeks to provide maximum disclosure with minimum delay with regards to security, accuracy, propriety and policy. This DoD news magazine is an authorized publication for the members of the Department of Defense. Contents of The WIRE are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, or Joint Task Force Guantanamo. It is printed by the Document Automation & Production Service with a circulation of 1000.



A general for the Troopers

Brig. Gen. Rafael O'Ferrall thanked this Trooper for her hard work and awarded her with a coin to show his appreciation for her duty and service to Joint Task Force Guantanamo.

**Army Staff Sgt.
Emily J. Russell**

JTF Guantanamo Public Affairs

Like an ocean's tide, a new wave of Troopers have arrived at Joint Task Force Guantanamo bringing fresh faces, ideas and the continued determination to accomplish our mission in a safe, humane, legal and transparent manner. Among the new faces is Brig. Gen. Rafael O'Ferrall, the new JTF deputy commander.

As the first general from Puerto Rico supporting a joint forces mission of this caliber, O'Ferrall understands the importance of the mission and what it means to really know the job.

"I work with passion, dedication and enthusiasm," O'Ferrall said.

In Puerto Rico, O'Ferrall is the assistant adjutant general and deputy commanding general, supervising training, readiness, personnel and other areas for more than 8,000 citizen-soldiers and full-time members of the Puerto Rican National Guard. He remains in that position while deployed here.

"I [am] the deputy commander for the entire [JTF] operation, not just Puerto Rico," O'Ferrall said, explaining his preparation for the job. "It's been a long ride."

"When I first [learned] about the mission, I started reading the material that pertained to it. You have to prepare mentally," he said.

O'Ferrall explained his concept of management and the importance of "clearing the path" so [Troopers] can do their job in a

relaxed and efficient manner, and accomplish the entire mission to the leadership's expectation.

"I work for them," O'Ferrall emphasized, "they don't work for me."

"It's a historical time," O'Ferrall continued. "Because of the situation with the economy, the war on terrorism and a lot of things happening in the U.S. and around the world, the expectations are big. Anything can happen, you have to be flexible and understand what is going on. What happened yesterday is not [necessarily] what's going to happen today. So you have to adapt and accept changes."

After a brief left-seat right-seat training period, O'Ferrall is enthusiastic about his mission.

"The [Troopers] from the 2008 rotation have done a tremendous job working over here," O'Ferrall said. "Now the challenge is to maintain that [momentum] and keep [everything] working the proper way so our mission can be accomplished successfully."

"We are here for a year," he added. "We will continue to sustain the mission in the same manner I know the mission will be accomplished." ☆



Brig. Gen. O'Ferrall climbs down the ladder of a guard tower after visiting with a Trooper during his watch over Camp Delta. Speaking with the guard force and checking on the welfare of all JTF Guantanamo Troopers is a priority that helps O'Ferrall accomplish his mission.

Men of steel

**Army Staff Sgt.
Emily J. Russell**

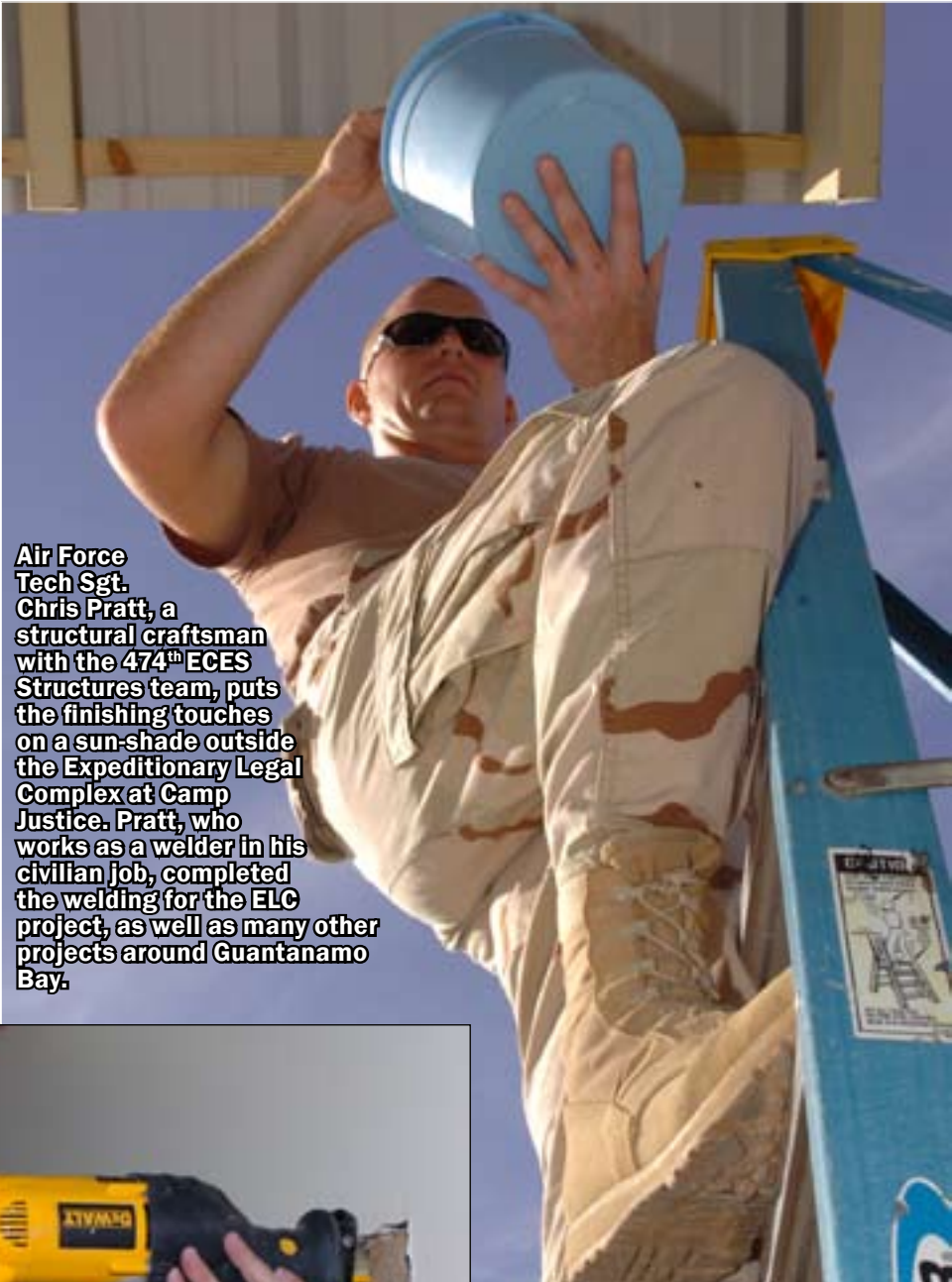
JTF Guantanamo Public Affairs

No project is too big – or too small – for the 474th Expeditionary Civil Engineering Squadron’s structures shop.

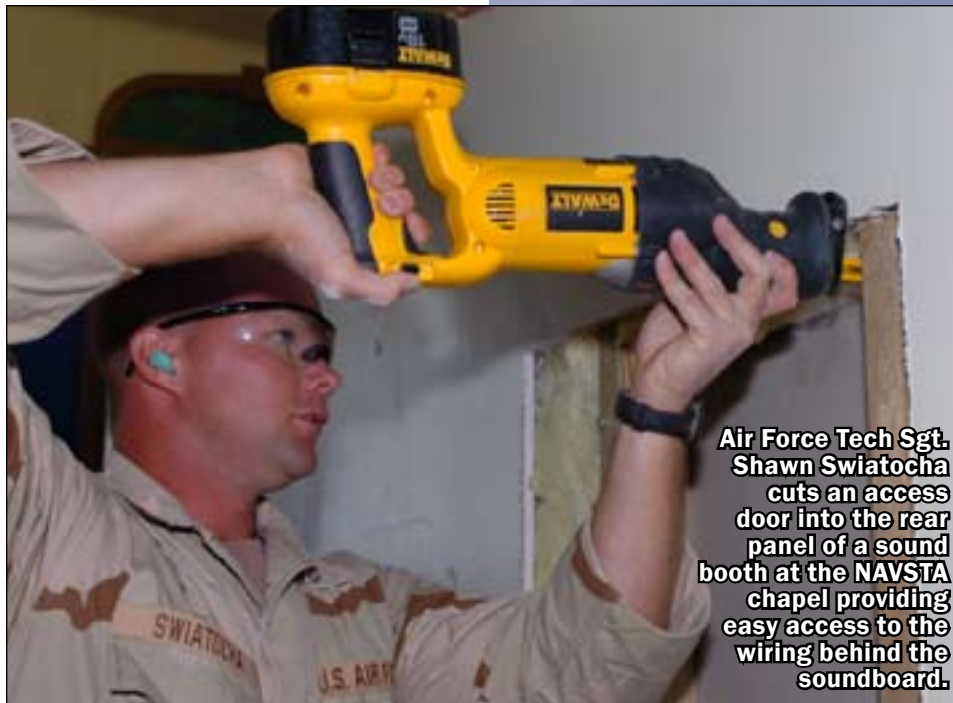
Whether it’s remodeling a trailer in support of legal visits at Camp Delta, rebuilding decks in housing areas to ensure safety for Troopers, or addressing smaller projects that contribute to the quality of life around Guantanamo Bay, the structures shop will get the job done quickly and professionally.

“Each job is a little different,” said Air Force Master Sgt. Stephen Hammond, shop manager. “I’ve been really fortunate because I have guys that really know what they’re doing. [Tech] Sgt. [Shawn] Swiatocha is a full-time construction worker back home so he really takes the ball and runs with it – he knows what to get, and helps me with the other fellas.”

Some of the work the four-man shop tackles is routine maintenance and some



Air Force Tech Sgt. Chris Pratt, a structural craftsman with the 474th ECES Structures team, puts the finishing touches on a sun-shade outside the Expeditionary Legal Complex at Camp Justice. Pratt, who works as a welder in his civilian job, completed the welding for the ELC project, as well as many other projects around Guantanamo Bay.



Air Force Tech Sgt. Shawn Swiatocha cuts an access door into the rear panel of a sound booth at the NAVSTA chapel providing easy access to the wiring behind the soundboard.

comes from project requests submitted by various work groups, both Joint Task Force Guantanamo and Naval Station Guantanamo Bay.

“We’ve done well over 150 jobs,” Hammond said. “Whether it’s removing or replacing wire or fencing, laying carpet or designing and installing curtains in the

media briefing room, we’ve done a lot. The most visible [project] that directly impacts [the JTF] would be the habeas trailer project and the gallery seating in the Expeditionary Legal Complex.”

Most recently, the team built a sun shade attached to the entrance of the ELC to protect people from the hot sun or

inclement weather when entering or exiting the court room.

“As soon as [people] walk out the door they have a little time to adjust to the sunlight,” Swiatocha, a structural craftsman with the 474th ECES. “It’s for comfort and quality of life, so they’re not getting blinded.”

“We fabricated the metal structure in our camp,” continued Swiatocha. “[We] welded everything together, brought it over in pieces and put it together here. We did everything from the ground up.”

Success is measured in safety. The shop plays an instrumental role in the safety of the camp for everyone who visits.

“The Cuzco [trailers] where the lawyers and judges stay have seen improvements,” Hammond said. “The deck boards were warped, causing a safety issue with tripping hazards. That project took us about two-and-a-half weeks to [complete]. We rebuilt and reinforced the structure.”

See **STEEL/12**



Digging in

■ *Seabees dedicated to keeping all missions moving forward*

**Army Staff Sgt.
Gretel Sharpee**

JTF Guantanamo Public Affairs

Helping to ensure the safe and humane treatment of detainees is a responsibility undertaken by more than just the personnel in Joint Task Force Guantanamo. For the Seabees of Navy Mobile Construction Battalion 4, doing construction projects for the JTF is just another way to keep the mission moving forward.

For the past few weeks, a small crew of Seabees has been working in various parts of the camps building new fence lines to help make the care and detention of detainees as safe as possible.

“We built a fenced in area to the classrooms so the detainees could walk right there, hopefully making it easier for the detainees and the guards,” said Navy Petty Officer 1st Class Jeffrey Wyttenbach, a builder with NMCB 4. “[We] help the mission move forward.”

“What we are working on now will be a new [recreation] yard, so we are putting in fencing and concrete underneath [the fencing],” Wyttenbach said.

For NMCB 4, this will be one of their last projects in the six months they have been here before they return to Port Hueneme, Calif., which is primarily an engineering, maintenance and construction base.

“When we work [for the JTF] we actually see right away how we help the mission,” said Navy Petty Officer 3rd Class Nathan Britton, a builder with the NMCB 4. “If we didn’t do this, it would be a delay and that isn’t what works around here.” ☆

Navy Petty Officer 3rd Class Reynoldo Castro helps Navy Petty Officer 2nd Class Heranio Wagayen complete the last corner of fencing in a new recreation area. Both Castro and Wagayen are utilitymen with the Navy Mobile Construction Battalion 4 and have been deployed here since mid-August 2008.

Keeping it jumpin'



Members of Corpsman Up score a with a jump shot against Tek Weh Yuself Wednesday night at G.J. Denich Gym as the Captain's Cup Basketball league continued. There are 15 teams in the league which will each play 15 games before a single elimination post-season tournament begins on Feb. 27.

Army Staff Sgt. Gretel Sharpee

JTF Guantanamo Public Affairs

Wednesday night play continued for the Captain's Cup Basketball League at G.J. Denich Gym. Three games filled the night starting off with W.T. Sampson taking on C-Block. The very physical game was close until W.T. Sampson pulled ahead with an almost 10-point lead and won the game.

The next match-up was between the visiting team, Corpsman Up, and the home team, Tek Weh Yuself. The number 12 and 14 ranked teams respectively seemed to be a close match-up, but Corpsman Up won the game with a final score of 46-40.

Rounding out the night was a game between the Hawks and Terror Squad. The win was claimed by Hawks who are fittingly ranked first in the league.

You can contact the Denich Gym for more information or for the exact time your favorite team is playing at x3242. ☆

2009 Captain's Cup Basketball League Standings As of Jan. 19

MEN'S	Wins	Losses	PF	PA	Points
1. Hawks	3	0	174	81	9
2. NBN Royals	3	0	161	84	9
3. Pinoy Express	2	1	135	95	6
4. Underdogs	2	1	133	155	6
5. Illmatics	2	1	129	97	6
6. DOC'S	2	1	122	113	6
7. W.T. Sampson Pirates	1	1	79	91	3
8. GTMO Latinos	1	1	71	69	3
9. Old Glory	1	1	70	72	3
10. C-Block	1	1	70	79	3
11. Terror Squad	1	2	80	127	3
12. Corpsman Up	0	2	81	87	0
13. Pinoy GTMO Idols	0	2	62	83	0
14. Tek Weh Yuself	0	2	60	101	0
15. JTF-IOF	0	3	58	151	0

PF: Points For
PA: Points Against

2009 Open-Recreation Winter Softball League Standings As of Jan. 20

TEAM	Wins	Losses
1. NAVSTA	2	0
2. Antagonizers	2	0
3. Untouchables	2	0
4. Mariners/PSU	1	1
5. DOCs	1	1
6. Infidels	1	1
7. GTMO Latinos	1	1
8. OARDEC	0	2
9. The Beef	0	2
10. The Exhibitionists	0	2



Dirty Mouth

**Army Spc.
Eric Liesse**

JTF Guantanamo Public Affairs

Clint Eastwood has been a living American film legend for decades. Yet he has yet to play the crotchety old man who lives next door, spending hours sitting on a porch judging passersby.

However, with his latest film, “Gran Torino,” he’s not just a crotchety old man, he’s a racist crotchety old man.

Eastwood plays Walt Kowalski, a Korean War veteran who’s retired in Detroit after 40 years in the Ford automotive plant. The film opens at the funeral of Walt’s wife, showing him complaining about his ungrateful family, even during the ceremony.

Walt’s disconnect with his two sons – and especially his grandkids – is a constant theme, providing worthwhile justification to his people-hating ways. Also, Walt seems far from over his experiences in the Korean War.

Walt keeps his home and yard in top shape, but his neighborhood has descended into a shallow ghetto with mostly Hmong

residents. Next door lives a large Hmong family with a teenage son named Thao Vang Lor (Bee Vang) – whom Walt affectionately calls Toad.

The film’s story follows Walt as he takes Thao under his disgruntled, racist wing. Early, Thao and his older sister Sue (Ahney Her) are tormented by a local gang, led by their cousin Spider (Doua Moua). Spider tries to recruit young Thao, who spinelessly agrees against Sue’s urges.

For Thao’s initiation, he attempts to steal Walt’s prized muscle car: his Ford Gran Torino. Brandishing his Korean War-era M1 rifle, Walt stops the theft in action. The next day, however, Walt saves Thao by scaring away Spider and his gang during an attempt to pull Thao from his family. This causes many neighborhood Hmong to view Walt as a true hero. To repay him, Thao’s mother and sister force him to work for Walt.

During Thao’s time with him, Walt helps Thao build his masculinity and self confidence and plays the father-figure both Thao and Sue don’t have. Walt’s sharp use of racial slanders even begins to somewhat diminish, opening his mind at his rather old age.

The script by first-time writer Nick Schenk makes good use of quick, biting dialogue. In a rare but well-executed move, the majority of the film’s cast is genuinely Hmong actors, with this film being the first role for all but one of them. Eastwood does at times seem far too talented to be with such inexperienced actors, but the

young talent comes through in almost every scene – especially Her as the outspoken Sue.

The permanent scowl Eastwood gives Walt can bring the feeling that this is really the sixth Dirty Harry movie. However, when he opens his mouth to spout outlandish racial slurs, you realize the character of Walt is anything but a retreat of Eastwood’s past. Rather, “Gran Torino” a well-written story that does the impossible: it makes a crotchety old racist neighbor sitting on his front porch a true American hero. 🇺🇸

R
1 hour, 56 minutes

Rating: ★★★★★



Remember, celebrate, act

The celebration and remembrance of Dr. Martin Luther King Jr. September 19, 2009, was even more memorable as it preceded the inauguration of our first African-American President Barack Obama, September 20.

The Guantanamo Bay African American Association held a Dr. Martin Luther King Jr. birthday celebration at the Windjammer Ballroom. A special thanks was given to Navy Capt. Steven Blaisdell, Navy Capt. Bruce Meneley, Army Lt. Col. Alexander Conyers and Chaplain Mowbray for attending the ceremony.



Candles lit at the Chapel symbolized how the flame cannot be easily distinguished. This was another example of how King used nonviolent ways to protest inequality and injustice during the civil rights movement.



GBAAA President Maurice Elkins led the march from the Windjammer to the Naval Station Chapel. Songs sung along the way include "Lift every voice and sing," "Lean on me" and "We shall overcome." The march was a reenactment of the 1963 march in Washington, D.C. that demonstrated a nonviolent way of protest.



The finale of the program consisted of attendees singing "This Little Light of Mine," while holding their lit candles.

JTF Guantanamo photos by Army Spc. Megan Burnham

Conyers, whose life motto is serving country, college and community, was the ceremony's guest speaker.



Teresa Moses was the emcee of the evening program.

Leader emphasizes social responsibility

**Army Sgt. 1st Class
Vaughn R. Larson**

JTF Guantanamo Public Affairs

Army Lt. Col. Alexander Conyers, commander of the 525th Military Police Battalion, challenged his audience at last week's prayer breakfast to leave the world a better place than how they found it.

"That phrase is daunting to the average person, and I consider myself an average person," Conyers said. "But we also use the phrase, 'It's a small world.' Once you realize just how small, you really can make a difference."

Conyers observed that the U.S. military is largely comprised of small-town residents seeking to make a difference.

"After serving our country, we are much better equipped to make the world a better place," he said. "We know what right and wrong look like."

Conyers spoke about personal satisfaction drawn from accomplishing tasks only he could do, in part because only he would do it. He also referred to Nehemiah from the Old Testament, the Jewish cup-bearer to the Persian king Artaxerxes who sought a leave of absence to rebuild Jerusalem.

"Nehemiah knew he had to go home," Conyers said, using the story to emphasize civic responsibility. He spoke of some of his own actions, such as donating a building to a youth mentoring program and persuading a county board to relocate a public social service office out of the space it had used in the county jail. He also started his own college scholarship fund after realizing that conventional scholarship requirements often left out deserving students.

"Somewhere in America, someone needs your help," Conyers explained. "Someone needs your assistance. If we don't reach out, they may not be reached."

"There's no greater feeling on this earth than helping someone else," he added.

Conyers named his scholarship after the poem, "The Bridge Builder," by Will Allen Dromgoole, which details how an old man crosses a perilous gorge and then builds a bridge even though he will not cross that way again.

"The builder lifted his old gray head: 'Good friend, in the path I have come,' he said, 'There followeth after me today a youth, whose feet must pass this way. This chasm, that has been naught to me, to that fair-haired youth may a pitfall be. He, too, must cross in the twilight dim; good friend, I am building this bridge for him.'"

This is the first prayer breakfast in the past year that has not been led by a flag officer. It is also the first prayer breakfast in the past year sponsored by the 525 M.P. Battalion instead of Joint Task Force. ★

Army Lt. Col. Alexander Conyers, commander of the 525th Military Police Battalion, speaks about responsibility to others during a Prayer Breakfast Jan. 14 at Seaside Galley. – JTF Guantanamo photo by Army Staff Sgt. Emily J. Russell



Tax season approaches, are you ready?

**Army Spc.
Megan Burnham**

JTF Guantanamo Public Affairs

The time approaches, again, for all people who made the required amount of income in 2008 to file a U.S. Individual Income Tax Return and go through the process of completing their forms. The tax season can be very strenuous for people who are unsure as to what information is required to properly complete the form and avoid any errors.

For most Joint Task Force Guantanamo personnel, help has arrived as the Volunteer Income Tax Assistance Center opens its doors to offer free tax help for people who made low to moderate income and can't prepare their own tax returns.

"All personnel must understand that this is a tax assistance office and run strictly on volunteer efforts; any overly complex tax filings cannot and should not be dealt with at this center," said Navy Petty Officer 1st Class Scott Williams, a volunteer. "Personnel owning their own businesses, rental property, overly complex and in-depth investments, etc., should seek professional guidance on filing their taxes."

The VITA Center for JTF Guantanamo personnel is located in Bldg. 6106 in Camp America, behind the Troopers' Chapel and operates 8 a.m. to 5 p.m., Monday through Friday. The center

opens Jan. 23 and closes May 1.

"The VITA program is offered every year as part of the Department of Defense Legal Assistance Program," said Williams.

The center is available only to active duty members and their dependents and DoD civilians and their dependents. This assistance is not offered to contractors.

The following paperwork needs to be brought to the appointment:

1. All tax forms sent electronically or through the mail for the individual and their dependents, if filing for both
2. Valid proof of identity (Military ID cards, etc.)
3. All paperwork authorizing personnel to file on behalf of spouses (Power of Attorneys, etc.)
4. Any other forms personnel may deem necessary for purposes of filing taxes for individual and dependents

It is estimated that appointments will last no more than one hour. However, personnel scheduling appointments are asked to allot a minimum of one hour to allow the tax assistance volunteers to correctly and sufficiently complete their tax preparations.

For JTF personnel who are qualified and need assistance with their tax return, contact the VITA Center at 8118 or 8119 to schedule an appointment; walk-ins are not allowed. ★

Big or small, Structures does it all

STEEL from 4

“We do preventative maintenance on tents,” Swiatocha said, then explained the process they use to ensure safety by repairing or replacing any deficiencies. “That way everybody that stays in the camp here has a nice place to stay.”

The shop continues to function despite the occasional need for supplies, which can slow progress down, when a necessary part is “on the barge.”

“I get the job requests and figure out how to get them [filled], including ordering parts, coordinating job access and the manpower to get the job done,” Hammond said. “It’s more of a hassle trying to coordinate parts because we don’t have a supply house here on the island, so everything has to be ordered off site. That can [take] anywhere from three weeks to three months.”

Whether the job is big or small, each job is completed with “quality and customer satisfaction” in mind.

“We put a raised floor in the ELC so people could have better visibility of the court proceedings,” Hammond said. “We also sectioned off an area for [Sept. 11] victim families – giving them a private area – [so] they could feel secure.”

With the completion of each project, Hammond reflects, “did we meet the customer’s needs and do it in a safe manner?”

“As long as nobody is hurt on the job,” he continued, “that’s number one.” ☆



Air Force Master Sgt. Stephen Hammond, shop manager, vacuums drywall and sawdust out of the sound booth in the NAVSTA chapel during a project to create an access door to the wiring system behind the soundboard. – JTF Guantanamo photo by Army Staff Sgt. Emily J. Russell

Air Conditioner Energy Conservation

- **Set your thermostat as high as comfortably possible in the summer. The less difference between the indoor and outdoor temperatures, the lower your overall cooling bill will be.**
- **Don't set your thermostat at a colder setting than normal when you turn on your air conditioner. It will not cool your home any faster and could result in excessive cooling and, therefore, unnecessary expense.**
- **Don't place lamps or TV sets near your air-conditioning thermostat. The thermostat senses heat from these appliances, which can cause the air conditioner to run longer than necessary.**
- **Clean or replace filters once a month or as much as needed.**
- **Keep the window coverings closed during the day to prevent solar gain.**

Information provided by the U.S. Department of Energy
For more information, please visit www.energy.gov



A night for theater

Jay Gilbo embodied the presence and persona of author Mark Twain Jan. 17 for 'An evening with Mark Twain' dinner theater at W.T. Sampson elementary school. Gilbo, the assistant principal for the elementary, middle and high school here, has performed as Mark Twain for more than 35 years, with Saturday's performance marking his final show. "Some audiences love the sophisticated, convoluted logic and they get it right away," Gilbo said. "It sometimes takes a few minutes to sink in. The audience didn't quite get the convoluted logic at first, but in a matter of seconds they did and kept the laughter going." – JTF Guantanamo photo by Army Staff Sgt. Emily J. Russell

Boots on the Ground

by Army Spc. Megan Burnham

What will you remember about the Inaugural ceremony?

Army Spc. Efrain Malave



"President Obama's speech, especially his interest in making relationships between cultures in America better."

Navy Petty Officer 1st
Class Thomas Murphy



"The number of people that attended the inauguration. It was the largest I've ever seen. It showed great support."

Navy Petty Officer 3rd
Class Verna Casey



"How memorable it was. This is our first African-American president."

Army Spc. Noriel
Maldonado



"All parties showed empathy for Sen. Ted Kennedy and gave support to his family when he became ill."

Praying the hours

**Navy Lt. Cmdr.
Clint Pickett**

JTF Command Chaplain

Religious people will say that prayer is important to leading a healthy spiritual life. A typical question would then be, how often ought one pray?

Looking in the Hebrew Bible, the psalmist writes: “Seven times a day I praise you for your righteous ordinances.” (Psalm 119:164) If

that seems like a lot, what are we to make of Paul’s exhortation to “pray without ceasing?”

You might find it interesting to know that the custom of praying at fixed times is shared and practiced by many different faith traditions and churches – Buddhism, Judaism, Christianity and Islam. One of the things a Trooper encounters here – first thing on the job for a guard – is prayer call, five times a day, in fact.

Fixed-hour prayer is the oldest form of Christian spiritual discipline and has its roots in Judaism, out of which Christianity came. When the psalmist says, “Seven times a day I praise you,” he is referring to fixed-hour prayer as it existed in ancient Judaism. We do not know the hours that were appointed in the psalmist’s time for those prayers. By the turn of the era, however, the devout had come to punctuate their workday with prayers on a regimen that followed the flow of Roman commercial life. Forum bells began the workday at six in the morning (prime, or first hour), sounded mid-morning break at nine (terce, or third hour), the noon meal and siesta or break at twelve (sext, or sixth hour), the recommencing of trade at three (none, or ninth hour), and the close of business at six

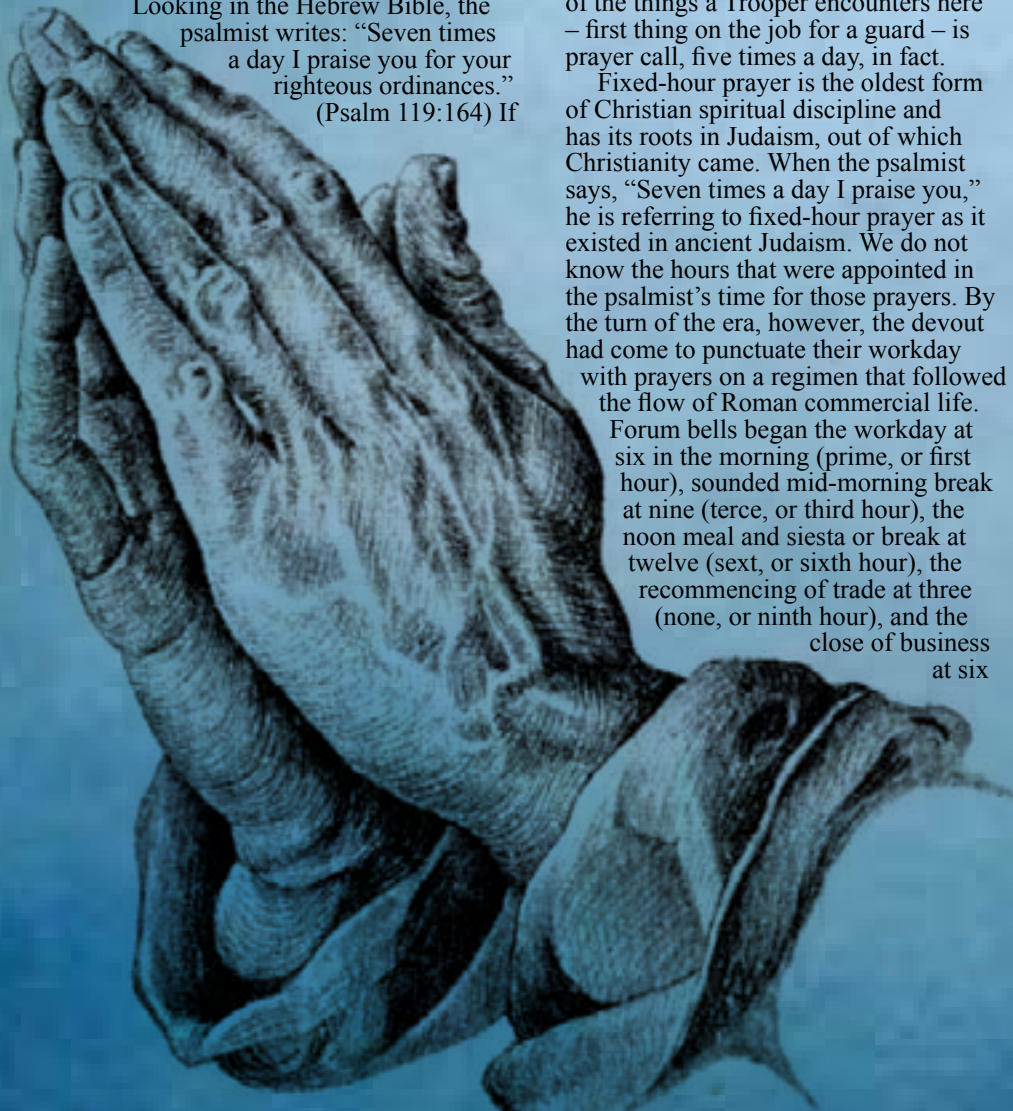
(vespers). With the addition of evening prayers and early prayers upon arising, the structure of fixed-hour prayer was established in a form that is very close to what Christians still use today.

“Well,” we might say, “in our busy lives how could we afford to take the time to do that today? Wouldn’t that take a chunk out of our day?”

When Chaplain Walid Habash was down here a few weeks ago, he used this analogy: If you were at work, and your boss sent word for you to come to his office, what would you do? Wouldn’t you drop whatever you were doing and go to his office?

I would carry that analogy even further. I imagine my spouse calling or asking to sit down and talk with her. Imagine your spouse, your significant other, your beloved – wouldn’t you want to spend the time, if at all possible? Whether or not we set the time aside for our families, we at least acknowledge that setting apart regular times to share is a good thing.

So it is with prayer. When we say “sometime” I will do this or that, “sometime” becomes “never.” I thought about the National Anthem in the morning and colors in the evening. Each day, we pause for just a moment to honor our flag, the symbol of our nation and the values we hold dear. Who would say, “I am too busy to stop,” and keep on walking? How much more important, then, is prayer? Sure, we are busy. When I feel like time is too short for prayer, I remember a quote from John Wesley, an English minister and theologian who lived in the 1700s. “I have so much to do that I spend several hours in prayer before I am able to do it.” God’s blessings on your prayer discipline! ★



JTF CHAPEL SCHEDULED PROGRAMS

Catholic Mass

Sunday: 7 a.m. Confession
7:30 Mass

Wednesday: 11 a.m. Mass

Protestant Worship

Sunday: 9 a.m.

Spanish Protestant Worship

Sunday: Noon

High voltage work ethic



Air Force Tech. Sgt. Anthony Bowen poses in front of a generator used to provide electricity throughout the tents in Camp Justice, Jan. 20. Bowen, an electrician from the 474th ECES, supports Joint Task Force Guantanamo by maintaining the Expeditionary Legal Complex and Camp Justice facilities and infrastructure.

**Army Pfc.
Carlynn M. Knaak**

JTF Guantanamo Public Affairs

The expression, “It’s not a race, it’s a marathon,” is a saying that implies a person should do something well instead of just fast. Air Force Tech. Sgt. Anthony Bowen, an electrician from the 474th Expeditionary Civil Engineering Squadron, understands that concept well.

Bowen relishes the opportunities he has gained through his deployment here.

“It’s a great reward being an electrician and helping people out,” said Bowen. “Imagine if you couldn’t have air conditioning down here or even your computer to communicate with family or friends back at home. I help keep those things going.”

Bowen’s field of expertise is imperative to missions across the entire base.

“We’ve [members of the 474th] worked on

repairs in the Expeditionary Legal Complex to last-minute chow hall electrical problems to security lighting in the camps,” he said. “It’s definitely an action-packed job.”

“One of the things about being in the electrical field — there are days that nothing happens and then there are days filled with high-voltage workloads.”

Bowen’s ever-changing job and ability to adjust to his surroundings will be beneficial in another aspect of his life as well.

“I’m currently training to do a triathlon when I return home,” explained Bowen. “One of my favorite hobbies is mountain biking so I’ll be participating in the XTerra triathlon.”

XTerra is a series of off-road triathlon races that include swimming, mountain biking and trail running.

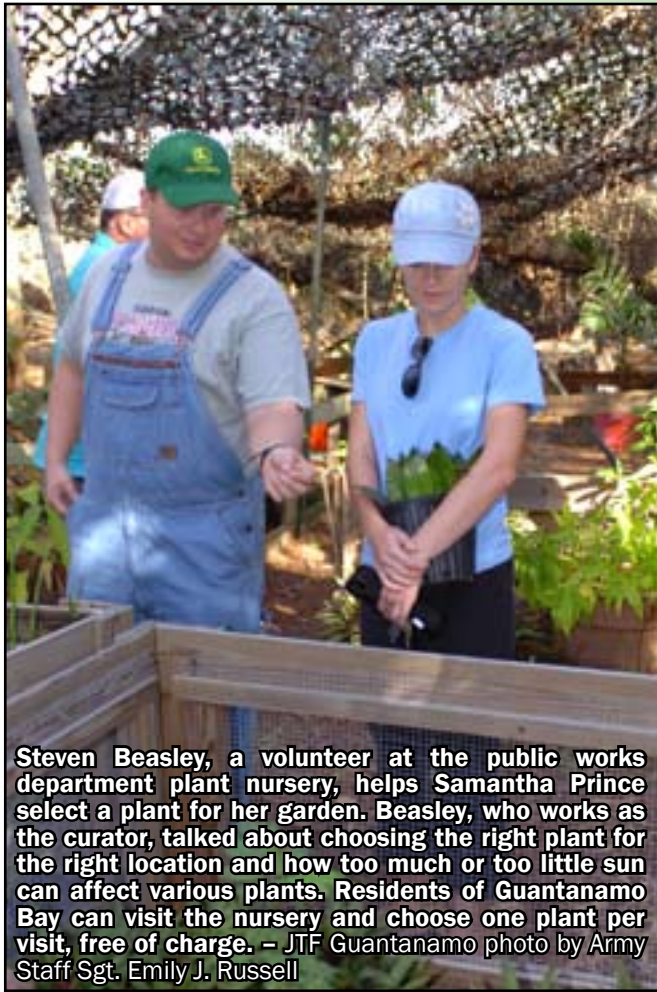
“Guantanamo is the perfect place to prepare for the triathlon,” he said. “I did half a marathon here and ran the Tour de Fence — it was interesting.”

Always give 110 percent. Be open in everything you do and support the people around you
— Tech. Sgt. Anthony Bowen

Bowen is determined to always have a middle of the road viewpoint and give 110 percent in everything he does, whether it is his job or his extracurricular activities.

“I believe it is imperative to be open in everything you do and support the people around you,” Bowen said. “When you do that, it makes the mission happen.”

Pushing himself and implementing the mission to the best of his ability is a standard that Bowen has set, whether during work or working out, because he knows “life is not a race, it’s a marathon.” ✪



Steven Beasley, a volunteer at the public works department plant nursery, helps Samantha Prince select a plant for her garden. Beasley, who works as the curator, talked about choosing the right plant for the right location and how too much or too little sun can affect various plants. Residents of Guantanamo Bay can visit the nursery and choose one plant per visit, free of charge. – JTF Guantanamo photo by Army Staff Sgt. Emily J. Russell



Ronald Cribbs hits a home run during a softball game Jan. 17 which pitted the BEEF against NAVSTA. Cribbs, a member of the 474th Expeditionary Civil Engineering Squadron, brought in two runners to make a total of three runs for the BEEF. – JTF Guantanamo photo by Navy Petty Officer 1st Class Linda Andreoli

Around the

 A stylized map of the Guantanamo Bay area with a white star indicating a specific location.

JTF



James Butts is right on target while warming up before a game of disc golf Jan. 17. Butts, a member of the 474th Expeditionary Civil Engineering Squadron, is preparing for the upcoming BEEF Squadron Olympics, which will include disc golf, bowling, swimming and many other activities– JTF Guantanamo photo by Army Staff Sgt. Emily J. Russell