

THE WIRE

A JTF Journal



Librarians behind the wire

Distributing an array of books

JSMART

Providing an important service



The true value of education

Navy Master Chief Petty Officer Evan Cutler
JIG Senior Enlisted Leader

Today, it's very common for Troopers to get college degrees. Some already have them, while others have yet to start. However, what concerns all Troopers here in GTMO, when it comes to education, is the knowledge that it will take time, hard work and perseverance to get a degree.

Each branch of service has made a significant amount of money available that enables Troopers to earn their degree. Getting an education should be a vital part of everyone's life. It isn't just the type of job that you could get after your enlistment; it's a change in how you perceive the world. Oh, and by the way, it's mostly free. I like free.

Getting an education is basically learning how to learn. An education provides Troopers a different perspective, with regards to their surroundings, in a way that helps themselves, their mates and the organization as a whole. I've heard many times that a degree doesn't help with military advancement except in regards to the point values granted by each service. I disagree. The trials a Trooper goes through to obtain a degree guides the Trooper into understanding how to assimilate large volumes of new information into their surroundings. It is interesting to me how a Trooper will complain that he or she cannot memorize a military regulation, but just received an "A" for reading 150 pages of history or literature. By learning how to memorize, or at least be familiar with that information, that Trooper is learning how to learn.

That being said, when it comes to understanding the publication, instruction or policy, the same rules apply. Understanding how to research, analyze, interpret, assimilate and associate new information is a trait in every successful Trooper. This allows Troopers to understand more of their surroundings, and how their job relates to the job of the Trooper next to them. Many state that belonging to something larger than themselves is an important factor of service. Knowing how is even more important.

Even though getting an education is not a requirement for advancement, nothing replaces what is gained from doing so. The only thing I recommend to Troopers is that the degree they seek is something they are willing to defend. I have seen people attempt to get degrees from fly-by-night institutions sounding like Aunt Edna's college for underwater bingo playing. A college education stays with you for the rest of your life. You should be proud of the result gained from the effort. And for those of you who haven't started, start soon. If you don't have time for classes, try CLEP, DANTES or any number of technical or professional certifications. If you don't, sometime in the future you will realize you should have, because you could have used it. So pick up those books and start studying. ✪



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COVER:

Navy Lt. Kenneth Brooks of Joint Task Force Guantanamo's Cool Guys intramural soccer team holds off a defender from the Fire Department while playing a match at Cooper Field, July 23. - JTF Guantanamo photo by Air Force Tech. Sgt. Michael R. Holzworth

BACK COVER:

Concertina wire lines a fence at Camp Justice.
- JTF Guantanamo photo by Navy Mass Communication Specialist 3rd Class Joshua R. Nistas

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

A day in the life of JTF librarians



Navy Aviation Maintenance Administrationman 2nd Class Matthew Barnes logs a returned book, July 15.
- JTF Guantanamo photo by Navy Mass Communication Specialist 2nd Class Shane Arrington



Navy Aviation Maintenance Administrationman 2nd Class Matthew Barnes shows the day's selection of books to detainees, July 15. - JTF Guantanamo photo by Navy Mass Communication Specialist 2nd Class Shane Arrington

**Navy Mass Communication Specialist 2nd Class
Shane Arrington**
JTF Guantanamo Public Affairs

Joint Task Force Guantanamo is made up of Troopers from every military branch and a great many professions. Some of the Troopers stay within their career fields, such as public affairs, supply and intelligence specialists, but many find themselves doing things outside of their job field. A good example is the guards who work inside the facility that houses JTF Guantanamo detainees.

The majority of those going outside their comfort zone are those from the Navy Expeditionary Guard Battalion, made up of Sailors from every career field, but there are also many security-trained Soldiers who end up doing something new.

"The job we do here is very important," said Navy Lt. Robert Collett, director of detainee programs. "The guards who are with the detainees daily, the ones who work as librarians and programs specialists, all

play part in fulfilling the mission."

The special duty assignment of librarian is one that plays a greater role than many may think. Navy Aviation Maintenance Administrationman 2nd Class Matthew Barnes, a guard and librarian, says it's definitely an interesting mission.

"I started out as a regular guard," Barnes said. "After spending many months out on the blocks, I had the opportunity to come here and be a librarian. I didn't know what to expect at first, but it's a great job."

As a librarian, Barnes directly contributes to the JTF's mission of humane care and custody of the detainees. Bringing literature to the detainees is certainly humane, and judging from the library's popularity with the detainees, the service is appreciated.

Each detainee is allowed to have a certain number of books at a time that depends on his level of compliance, with the majority allowed the max allotted – eight. Barnes estimates he and his fellow librarians give out 200 to 300 books a week.

"We distribute books to different camps on different days," Barnes said. "A typical

day starts off with us loading the books into the vehicle. We head out at our scheduled times and retrieve borrowed books and give out new ones."

Barnes said after a while, he started to figure out which books were popular in which camps.

"Some like language books, some comics," Barnes said. "In some camps, for instance, religious books are the most popular."

Once all the old books are retrieved and the new ones are distributed, Barnes and his fellow librarians head back to the office. There they unload all the books, take them back into the library, scan them into the database and put them back on the shelves.

The library has a great system in place, according to Barnes. A computer database catalogs all the library's holdings. Once everything is put away, the librarians start preparing for their next run. Barnes says while he's not out on the blocks full-time anymore, there's definitely no lack of work in the library. ☆

Legal office here to help



Navy Legalman 2nd Class Sundae Lewis and Army Pfc. Charone Shivers peruse a reference book, July 21. - JTF Guantanamo photo by Spc. Juanita Phillip

Army Spc. Juanita Phillip

JTF Guantanamo Public Affairs

Before deploying to Guantanamo Bay, all Troopers must perform a legal review to ensure everything is in place in the event of an emergency. For those who may still need legal support, the Office of Legal Assistance is here to help.

“The Legal Assistance Office of Joint Task Force Guantanamo is available to its personnel, family members, Department of Defense civilian employees and civilian contractors,” said Navy Lt. Albert Cho, legal attorney officer-in-charge. “We offer legal advice on personal legal issues such as family law, military law, economics, consumer protection and personal property concerns, while serving as an advocate in a competent, caring, professional and expedient manner.”

Army Pfc. Charone Shivers, a paralegal specialist with the legal office, explains some of the services that the office offers.

“We offer many services here,” Shivers said. “The ones used the most are walk-in services like notaries, bills of sale for vehicles here at GTMO, last wills and testaments, and powers of attorney. We all

have business to handle before we come here, and your sanity is not intact until you handle certain things legally.”

Shivers explains that many Troopers may experience a change in circumstance that necessitates a visit to the legal office to draft new documents.

“I think most Troopers come in here to get powers of attorney,” Shivers said. “This gives loved ones back home the resources to handle their business.”

While walk-in service can take care of some issues, there are some the legal office would recommend the Trooper make an appointment for. Some of these services are divorce, information on separation, child custody and civil services.

The legal office also provides information that may impact a Trooper’s bank account. Most Troopers don’t know that if you have a loan or other financial obligations, there is a way to postpone or suspend payments on it. That valuable benefit for deployed service members is part of the Service Members Civil Relief Act, or SCRA.

SCRA provides a wide range of protection to deployed service members. A few examples of financial obligations that

Troopers are protected against are credit card debt, mortgage payments, trials, taxes and terminations of lease.

“A lot of service members have heard about [SCRA], but I don’t think they understand just how the service is there for them,” Shivers said.

Another aspect to the SCRA that the legal office can help Troopers with is the rate of interest charged on debt.

“We can draft up a letter for the Troopers that gets interest on debt down to six percent while they are on a deployment,” Shivers said.

According to Shivers, it’s not uncommon for Troopers to be completely unaware of their rights.

“I don’t know if Troopers know that legal assistance is available to them,” Shivers said. “They are so diligent in their tasks, they just forget that they are offered so many legal services.”

Both Cho and Shivers emphasized that the most important message they can give Troopers is if there’s something they don’t know about, they can come to the legal office and the personnel there will go the full mile to help. 🇺🇸

GET HIM TO THE GREEK

ROCKS

Navy Mass Communication Specialist 2nd Class
Shane Arrington
JTF Guantanamo Public Affairs

I went into "Get Him to the Greek" fully expecting it to be one of those stupidly funny movies that I could enjoy, laugh at, and still find plenty of things at which to point the bash finger. I admit, I was surprised. I'm not saying it wasn't stupidly funny, because it was, but it was also intelligently written, more funny than stupid, and not a bad way to spend a couple hours.

"Greek" tells the story of Aaron Green (Jonah Hill), a soft-spoken intern with Pinnacle Records, who comes up with the idea of setting up an anniversary concert for his idol, rocker Aldous Snow (Russell Brand), to make the money needed to bring Pinnacle back to the top. The only catch is Aldous hasn't been in the spotlight for years, and after being dumped by his partner, Jackie Q (Rose Byrne), has filled every second with women, booze and drugs.

Aaron's job is simple: get Aldous from his home in London to the Greek Theater in Los Angeles. This simple job takes a ridiculous amount of twists and turns, most of which can't be discussed in this family-friendly publication. Every pit stop finds Aldous and Aaron at a new party with new drugs and new women.

After London and New York, the duo takes a detour to another party spot, Las

Vegas. It's here that the head of Pinnacle, Sergio (Sean "P. Diddy" Combs), comes to put his foot down to get Aldous to the Greek.

Sergio decides laying down the law with Aldous obviously is not working, so he sets up a plan to party him into submission. The main event during this part is the "Jeffrey." The Jeffrey is a concoction of a bunch of drugs, all rolled into one paper and smoked. Aaron, not a rock star who is used to this level of high, predictably begins to freak out. Aldous, the veteran partier that is he, directs Aaron to a furry wall and says "When the world slips you a Jeffrey, stroke the furry wall." Apparently this is a wonderful cure to freaking out, so Troopers, if you find yourself particularly stressed one day, find a furry wall.

The gang eventually makes it to Los Angeles, and eventually to the Greek Theater for the show. While the journey is full of shenanigans, it is a journey that helps Aldous realize how much he misses the music.

Again, I won't try and convince you this movie wasn't full of stupidly funny humor, but I promise it will surprise you with its moments of depth, as few and far in between as they are. Jonah Hill does a great job pulling of the serious character, which is different than his normal role as the funny sidekick, and once again Russell Brand rocks his character originally from "Forgetting Sarah Marshall." ★

R

109 minutes

Rating: ★★★★★



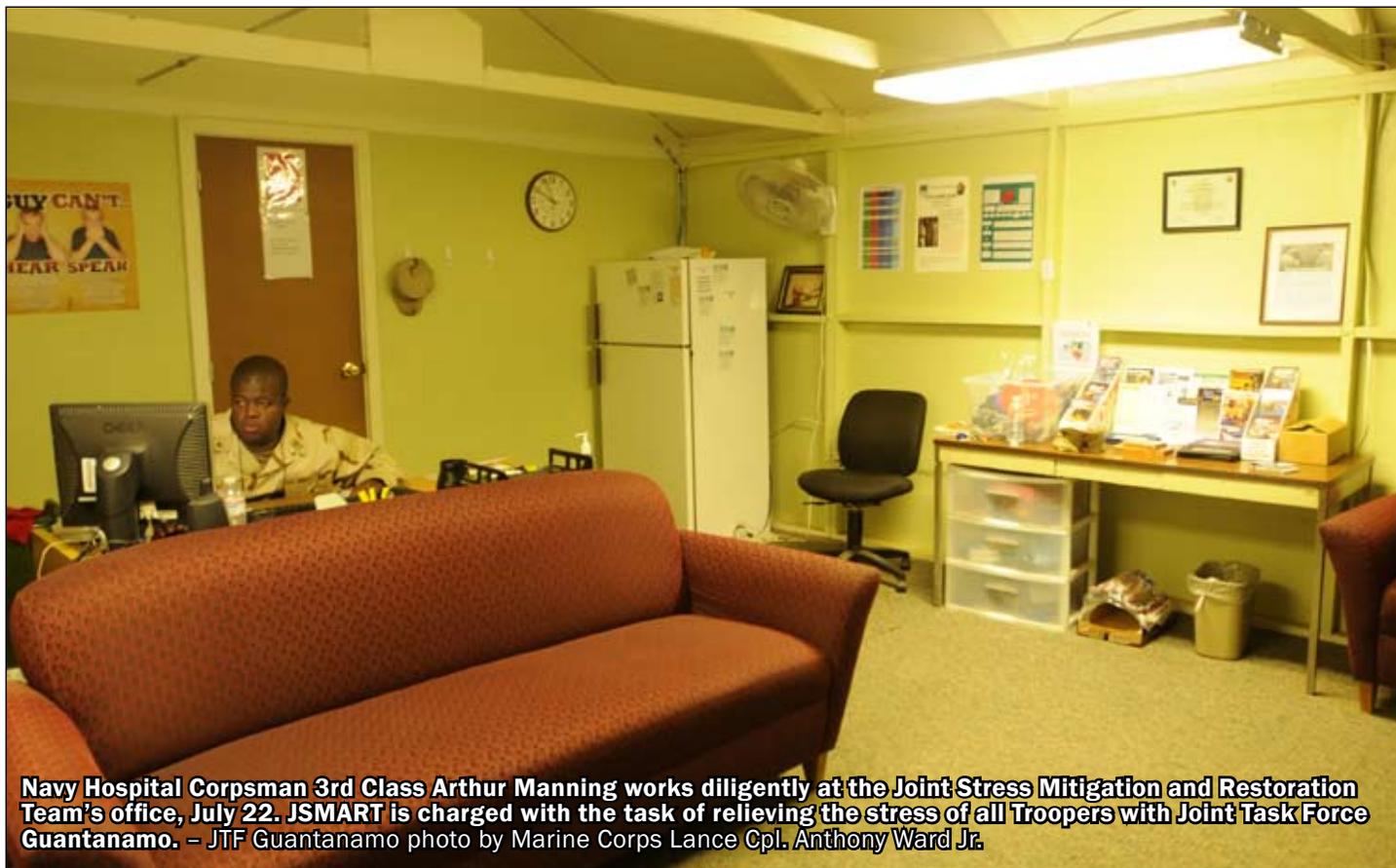
Delivering cookie goodness



JTF Guantanamo photos by
Air Force Tech. Sgt.
Michael R. Holzworth

Girl Scout cookies were delivered to Naval Station Guantanamo Bay, July 20. The cookies came from the Girl Scouts of Gulf Coast, Fla., through a program called "Mints for the Military." There were 1,550 cases flown down to distribute.

JSMART offers help to Troops



Navy Hospital Corpsman 3rd Class Arthur Manning works diligently at the Joint Stress Mitigation and Restoration Team's office, July 22. JSMART is charged with the task of relieving the stress of all Troopers with Joint Task Force Guantanamo. – JTF Guantanamo photo by Marine Corps Lance Cpl. Anthony Ward Jr.

Marine Corps Lance Cpl. Anthony Ward Jr.
JTF Guantanamo Public Affairs

For service members, a certain amount of stress is common. To those deployed or assigned to a more stressful environment, it is a lot more prevalent.

With stress having such a great presence throughout the military, each individual unit has steps in place to help their fellow Troopers. At Joint Task Force Guantanamo, it is the Joint Stress Mitigation and Restoration Team.

JSMART is tasked with the job of aiding Troopers stationed at GTMO and helping them deal with various levels and types of stress.

"We do more than just hand out toys," said Navy Hospital Corpsman 3rd Class Arthur Manning, referring to a variety of stress balls, yo-yos and other fun things JSMART keeps in stock.

Manning and the other Sailors with JSMART tend to use the toys as a way to relax Troopers.

"We know the stigma behind going to medical or seeking help," Manning said. "That is why we come to you, and hand out the gifts to break the ice and maybe get you to talk."

Receiving help for problems that a person is having can come in many different forms. JSMART understands that, and offers other means of relief for those stresses.

"Therapy can come in many different forms, from just coming in the office, sitting down on the couch

and laughing, to one-on-one counseling," Manning said.

Depression, phobias and anger problems are also some of the things JSMART is equipped to handle. They also offer relaxation classes every Thursday.

Hospital corpsman bring their expertise to JSMART and also attend additional classes in order to fulfill this particular billet.

All of the corpsmen are psychology technicians, which is training received after going through basic training and corpsman school, said Hospital Corpsman 2nd Class Christopher Parker.

Parker, the lead petty officer for JSMART, has been in the Navy for more than 18 years, and has dealt with members of all services and ranks.

"It is beneficial that people have an outlet. JSMART provides that outlet," Parker said. "The mission here in Guantanamo Bay is a very stressful one and the Troopers here need stress relief."

Parker has seen the highs and lows of the human psyche throughout his career, and can attest to the wonders that just talking to someone or just having a good laugh with a group of friends has.

Many people do not believe in the power of psychological help because it is not like a broken arm – you can't see the pain, Parker said. It takes a certain type of individual to assess this pain and realize it is a problem and become part of the solution.

For any questions or additional information on the services offered by JSMART, contact the team at ext. 3566. ★



A large, detailed photograph of a nuclear mushroom cloud, likely from the Nagasaki atomic bombing, serves as the background for the page. The cloud is massive and billowing, with a dark, dense column rising from the ground and a large, white, cauliflower-like head at the top. The sky is a pale, hazy blue.

Beginning of the Atomic Age

Navy Mass Communication Specialist 2nd Class Wesley Kreiss
JTF Guantanamo Public Affairs

The Manhattan Project was the code name for a project conducted during World War II to develop the first atomic bomb.

Designated the Manhattan Engineering District (MED), this refers to a period of time for the project dating from 1942 to 1945. The Manhattan Project began as a small research program in 1939, which eventually cost almost \$2 billion. Adjust that for inflation, and today that would come to approximately \$22 billion. All production and operations were classified secret or higher.

It was widely believed that the Manhattan Project's name was simply a code name. The fact is the project was named after Manhattan Island, N. Y., as that was the location where many of its early operations were conducted. With the need for secrecy in the midst of war, selecting a name for the project was difficult.

The scientific research was directed by American physicist J. Robert Oppenheimer, and the overall project was under the authority of General Leslie Groves, U.S. Army Corps of Engineers.

Research took place at more than 300 sites. The three primary research and production sites were the plutonium-production facility at the Hanford Site, in east Washington state, the uranium-enrichment facilities at Oak Ridge, Tenn., and the weapons research and design laboratory at the Los Alamos National Laboratory in Los Alamos, N.M.

By 1940, there were still many unknown factors in the development of a nuclear bomb; however, it was considered theoretically possible. One of those factors was the properties of pure uranium-235, as well as plutonium, which had only been discovered in February of 1941.

In June 1942, many theorists such as Hans Beth, John Van Vleck, Edward Teller, Felix Bloch, Emil Konopinski, Robert Serber, Stanley S. Frankel and Eldred C. Nelson, confirmed that a fission bomb was feasible.

An implosion design plutonium device was first tested at Trinity Site, July 16, 1945, near Alamogordo, N.M. The Trinity detonation produced an explosive equivalent to the explosive power of approximately 20 kilotons of Trinitrotoluene (TNT) explosive. This date is usually considered the beginning of the Atomic Age.

The Manhattan Project produced the Aug. 6, 1945, Hiroshima bomb, named "Little Boy," which was made of uranium-235, and the Aug. 9, 1945, Nagasaki bomb, "Fat Man," which was made primarily of plutonium-239. ☆



Inside look at joint command

Senior non-commissioned officers participating in the Keystone program take a tour of Camp 4, July 25. Keystone is a two-week course that takes command senior enlisted leaders serving, or slated to serve, in a flag or general officer-level joint or service headquarters on overseas field studies to learn about joint and combined doctrine, interoperability and key allied nation issues. – JTF Guantanamo photo by Air Force Tech. Sgt. Michael R. Holzworth

Boots on the Ground

by Navy Mass Communication Specialist 3rd Class Joshua Nistas

What was your first job?

Army Spc. Renee Thomas

Coast Guard Lt. j.g.
Jacqueline Bethel

Marine Corps Cpl.
Jose Reyes

Army Capt. Eric Bey



“I was a perfume samples saleswoman at a perfume store when I was 16.”



“A sales associate at a sporting goods store when I was 16.”

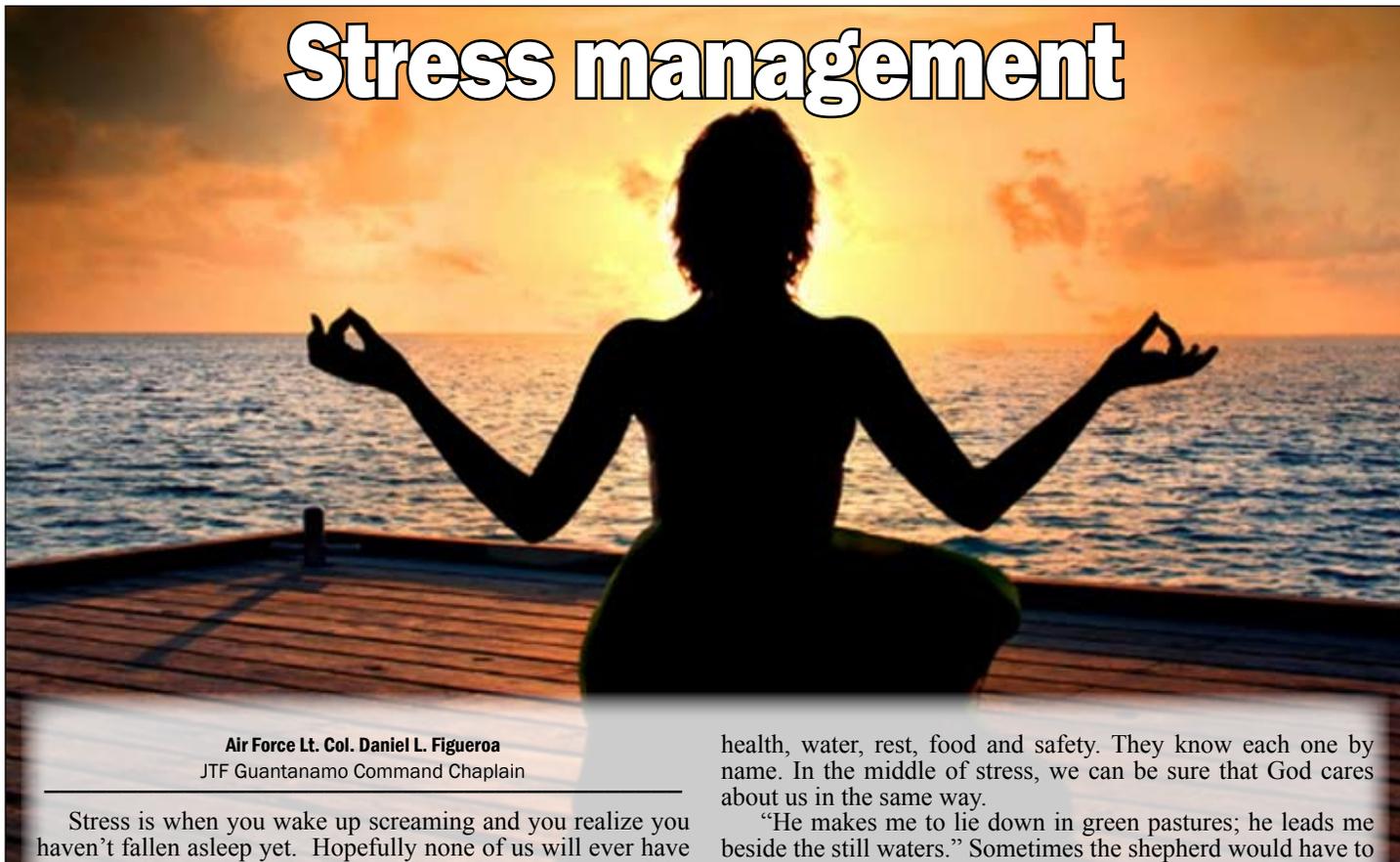


“I was a linen clerk at a hospital when I was 18.”



“Landscaping when I was 15 for \$2 an hour.”

Stress management



Air Force Lt. Col. Daniel L. Figueroa
JTF Guantanamo Command Chaplain

Stress is when you wake up screaming and you realize you haven't fallen asleep yet. Hopefully none of us will ever have that experience. Every deployment is unique and some of the stressors may be unique along with those that are common to all. Stress is a fact of life, and it can be the spice that keeps it from being boring, but too much stress can cause problems.

Channing Bete put out a booklet that says stress can contribute to allergies, muscle tension, upset stomach, tension headaches, sleep disorder and high blood pressure. Emotional symptoms can include anger, anxiety and being easily upset. The causes are many such as finances, health, family, work issues and little daily hassles, like misplacing something. You have the power to stop stress by accepting what you cannot change and choosing to be optimistic. Laughter and humor can help you relax. Watch a good comedy or comedian. Some other things you can do to reduce stress include planning ahead, getting organized, getting plenty of sleep, physical exercise, taking up a new hobby, learning to say no and listening to soothing music.

My favorite relaxation technique, as a chaplain, is meditation in a quiet place away from all the noise and distractions and to focus my mind on one thing; for example, the words to the 23rd Psalm. "The Lord is my Shepherd, I shall not want." In the ageless Middle Eastern profession of shepherding, the shepherds "care" for the most basic needs of their sheep, like

health, water, rest, food and safety. They know each one by name. In the middle of stress, we can be sure that God cares about us in the same way.

"He makes me to lie down in green pastures; he leads me beside the still waters." Sometimes the shepherd would have to push the sheep to the ground so they would lie down and rest. Sometimes we find ourselves in a constant state of agitation, fear and terror from worries and concerns. In the middle of the myriad of demands from family, the job, finances, etc., we must let God lead us into stillness and tranquility, and just relax through meditation.

"He restores my soul." Restore means to return to the way God originally created our souls to be: peaceful, prosperous and full of truth. Occasionally we find ourselves drifting away from that model.

"Yea, though I walk through the valley of the shadow of death, I will fear no evil; for you are with me; You ... comfort me." If you're going through hell ... don't stop. God can comfort us and strengthen us with his promises and His word if we meditate on them.

"Surely goodness and mercy shall follow me all the days of my life; and I will dwell in house of the Lord forever." Let meditation develop into a daily stress buster and attend a place of worship of your choosing on a regular basis. That's a small commercial to attend services at the Trooper Chapel or the Naval Station Chapel.

Don't worry, be happy! 🍀

GTMO Religious Services

Daily Catholic Mass

Mon. - Fri. 5:30 p.m.
Main Chapel
Vigil Mass
Saturday 5 p.m.
Main Chapel
Mass
Sunday 9 a.m.
Main Chapel
Catholic Mass
Saturday 7:30 p.m.
Troopers' Chapel
Sunday 7:30 a.m.
Troopers' Chapel

Protestant Worship

Sunday 9 a.m.
Troopers' Chapel
Islamic Service
Friday 1:15 p.m.
Room C
Jewish Service
FMI call 2628
LORIMI Gospel
Sunday 8 a.m.
Room D
Non Denominational
Sunday 10 a.m.
Chapel Annex
Room 17

Seventh Day Adventist

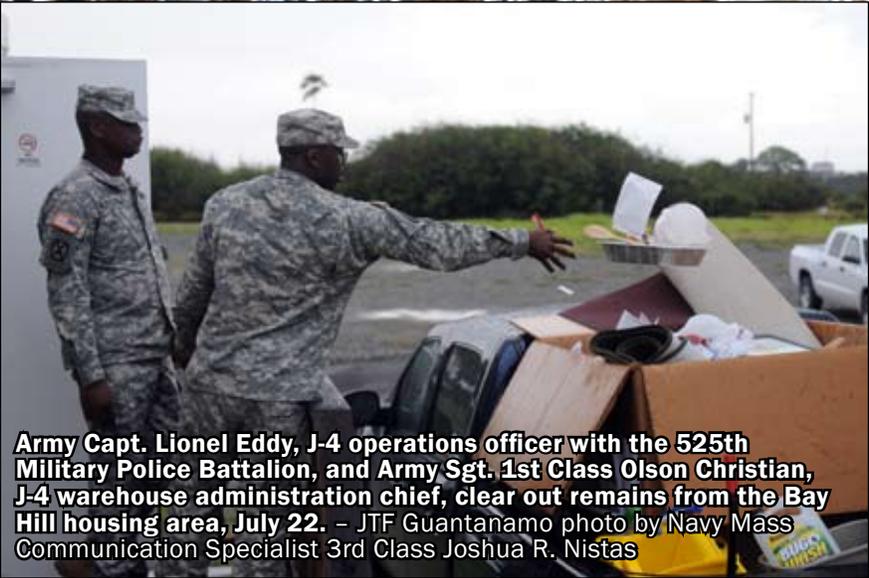
Saturday 11 a.m.
Room B
Iglesia Ni Christo
Sunday 5:30 a.m.
Room A
Pentecostal Gospel
Sunday 8 a.m.
Room D
LDS Service
Sunday 10 a.m.
Room A

Liturgical Service

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

GTMO Bay Christian Fellowship

Sunday 6 p.m.
Main Chapel
Bible Study
Wednesday 7 p.m.
Troopers' Chapel
The Truth Project
Bible study
Sunday 6 p.m.
Troopers' Chapel



Army Capt. Lionel Eddy, J-4 operations officer with the 525th Military Police Battalion, and Army Sgt. 1st Class Olson Christian, J-4 warehouse administration chief, clear out remains from the Bay Hill housing area, July 22. - JTF Guantanamo photo by Navy Mass Communication Specialist 3rd Class Joshua R. Nistas

Around the


JTF



Navy Hospital Corpsman 3rd Class Dominique Navarro, a dental technician with the Joint Troop Clinic, practices cardio pulmonary resuscitation on a CPR dummy, July 23. - JTF Guantanamo photo by Navy Mass Communication Specialist 3rd Class Joshua R. Nistas



Navy guards from the Joint Task Force Guantanamo's Navy Expeditionary Guard Battalion load bags onto a truck, July 26, as a group of Sailors prepare to depart GTMO after a year-long deployment. - JTF Guantanamo photo by Navy Mass Communication Specialist 3rd Class Joshua R. Nistas