

# The WIRED

An award-winning  
JTF journal

## New Kids on the Block

NEGB changes over

Alleged Cole bomber charged  
Prosecutor pushing for capital charges  
against GTMO detainee

**Hazing**

Any way you look at it,  
it's a crime

# Trooper to Trooper

featuring

## Master Chief Petty Officer Dwayne White

Senior Enlisted Leader, Task Force Platinum

Hello JTF! I hope this issue of The Wire finds you all doing well. First off, I want to share a story with you I have enjoyed over the years and then I will provide you with some career advice.

*In ancient times, a king had a boulder placed on a roadway. Then he hid and watched to see if anyone would remove the huge rock. Some of the king's wealthiest merchants and courtiers came by and simply walked around. Many loudly blamed the king for not keeping the roads clear, but no one did anything about getting the stone out of the way.*

*Then a peasant came along carrying a load of vegetables. Upon approaching the boulder, the peasant laid down his burden and tried to move the stone to the side of the road. After much pushing and straining, he finally succeeded.*

*After the peasant picked up his load of vegetables, he noticed a purse lying in the road where the boulder had been. The purse contained many gold coins and a note from the king indicating the gold was for the person who removed the boulder from the roadway.*

- Author Unknown

I sat on the Senior Chief Selection Board a few years ago and saw many evaluations that had the two letters we like to see in evaluations ... IA. What I didn't see was what was really accomplished while on that IA. To me that seemed like a waste of opportunity since many of the things we do at parent command USA can be done while on an IA or at least here at GTMO. Since reporting to NEGB three

months ago for my first IA, I am still seeing missed opportunity.

We all work hard and often under very stressful conditions. While helping out with the mission here at GTMO, some of us may have stressful situations going on at home. Even so we have to work through that and stay focused on the job. It was a good move going on an IA, but there is so much more you can do to make your evaluation even better.

If you have not started studying for the September advancement exam or next promotion board you are falling behind. Once the work day is over, the distractions we normally have (kids, spouse, home or vehicle repair etc) are not here. Take the opportunity to spend quality time preparing for the September exam or your next promotion board.

An item that will look good in your evaluation and at selection boards is off-duty education/professional development, specifically college. Take advantage of college classes, correspondence courses and CLEPS here at GTMO. Don't do it just for your career, do it for what it can add to your post military resume. In most cases the costs, thanks to TA and other programs, is really just your effort.

Volunteerism can also score major points on an evaluation. While it may not carry the same weight as warfare pins or college credit, the inclusion of volunteer opportunities will



give you an advantage, not to mention the sense of accomplishment you will feel from your selflessness.

Don't look back on your time at JTF and think about what you could have done. Take advantage of all the opportunities here at GTMO and do whatever you can to ensure you have the best possible eval/report card to increase your chances at a selection board or promotion board. Like the peasant in the story, it may be hard work to remove the boulders from your education/volunteering/correspondence roadway but in the end, your personal accomplishments will be like gold in your pocket. This is probably some of the best "me" time you will ever have ... make this IA count in every aspect.

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COVER: A member of the incoming NEGB, Company 12.0E, stands inside Camp 6, April 15.

# Raul Castro named head of Cuba's Communist Party

Voice of America News Service

Cuban President Raul Castro has been named the head of the nation's ruling Communist Party, officially replacing his brother, former President Fidel Castro, who held the post since the party's founding 46 years ago.

President Raul Castro was named First Secretary Tuesday during a Communist Party Congress in Havana.

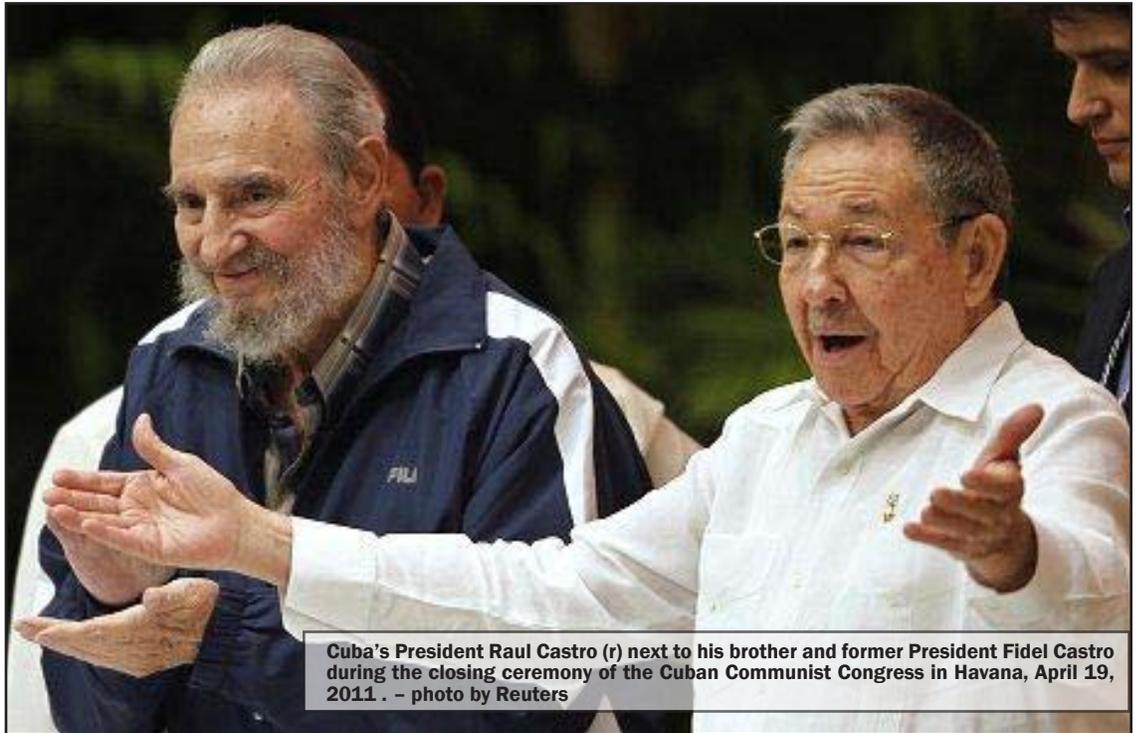
Despite raising hopes during the gathering that a new generation of leaders could step up to top posts, the 79-year-old president said 80-year-old Vice President Jose Ramon Machado Ventura would be his No. 2 in the party.

Raul Castro has introduced economic reforms in Cuba, but told the party congress that he will never allow the return of capitalism.

Fidel Castro, 84, making a rare public appearance, also attended the event, wearing a blue tracksuit and looking unsteady on his feet.

Fidel Castro has faced severe problems with his health during the past few years.

In an opinion article in state-run media last month, Fidel Castro said he resigned five years ago from all his official positions, including as head of the Communist Party, when intestinal



bleeding nearly killed him in 2006.

Even though it was widely known that Fidel Castro was not working as the day-to-day head of the party, the article was the first time he acknowledged resigning from the post.

Fidel Castro ceded power to Raul Castro in 2006, and in 2008, the younger Castro officially took office as president.

On Monday, Cuban state-run media reported that the Communist Party had approved economic reforms offered by President Raul Castro.

About 1,000 delegates convened for the four-day party convention, which is only the sixth time the party has met in its nearly 50-year history. The last gathering was in 1997.

Raul Castro's proposed reforms come during tough economic times for Cuba.

The reforms include significant changes to Cuba's economic system, including decentralization of the island nation's economy, a shift toward private enterprise and the eventual elimination of ration books and other subsidies. Reforms also include two, five-year term limits for politicians.

## Charges sworn against GTMO detainee, alleged USS Cole bomber

Department of Defense Public Affairs

WASHINGTON – The Department of Defense announced Wednesday that military commissions prosecutors have sworn charges against Abd al Rahim Hussayn Muhammad al Nashiri of Saudi Arabia.

The chief prosecutor has recommended that the charges against Nashiri be referred as capital. Capital charges may only be pursued with the convening authority's approval.

The charges allege that Nashiri was in charge of the planning and preparation for the attack on USS Cole (DDG 67) in the Port of Aden, Yemen, on Oct. 12, 2000. The attack killed 17 sailors, wounded 40 sailors, and severely damaged the ship by blowing a 30-foot hole in her side. The charges also allege that Nashiri was in charge of planning and preparation for an attempted attack on USS The Sullivans (DDG 68) as that ship refueled in the Port of Aden on Jan. 3, 2000.

It is further alleged that Nashiri was in charge of the planning and preparation for an attack on the French civilian oil tanker MV

Limburg in the Gulf of Aden on Oct. 6, 2002. This attack resulted in the death of one crewmember and the release of approximately 90,000 barrels of oil into the gulf.

The charges allege that Nashiri committed offenses that are chargeable under the Military Commissions Act of 2009, 10 U.S.C. §§ 948a, et seq. Under that act, he may be convicted only if his guilt is proven beyond a reasonable doubt. Specifically, Nashiri is charged with the following substantive offenses: terrorism; attacking civilians; attacking civilian objects; intentionally causing serious bodily injury; hazarding a vessel; using treachery or perfidy; murder in violation of the law of war; attempted murder in violation of the law of war; conspiracy to commit terrorism and murder in violation of the law of war; destruction of property in violation of the law of war; and attempted destruction of property in violation of the law of war.

These charges go beyond what is necessary to establish that Nashiri may be lawfully detained under the 2001 Authorization for Use of Military Force, as informed by the laws of war – an issue that each Guantanamo detainee may challenge in a habeas petition in federal court.

# News from the Bay .....

Stories and reporting by Spc. Meredith Vincent and Army Staff Sgt. Benjamin Cossel

## Scheduled power outage at Denich Gym

In order to keep renovations underway for the new fitness center, Denich Gym will have a scheduled power outage April 28 from 8 a.m. to 2 p.m., said Jen Norton, Morale, Welfare and Recreation fitness director.

The gym will be closed at this time. Norton reminded Guantanamo Bay residents Marine Hill will be open for all their fitness needs.

For questions, please contact x2157.

## Community Easter Egg Hunt at golf course

Spring fever will kick into high gear on Guantanamo Bay as the Easter weekend descends. Morale, Welfare and Recreation has several weekend activities and events planned for the upcoming holiday.

Golfers will have to move aside for the Easter Bunny this Saturday as the Community Easter Egg Hunt gets underway at the Lateral Hazard Golf Course.

Festivities begin at 9 a.m. and will go to approximately noon, said Karen Simon, representative for MWR. In addition to the hunt itself, there will be carnival games and concessions. The event is open to all ages and free of charge.

For more information, contact Simon at x2005.

The Liberty Easter Eggstravaganza and Floatie Fun Day is scheduled to be held at Ferry Landing, Saturday at 10 a.m. There will be free food, lawn games and an egg hunt as well. These events are being held for unaccompanied, active duty personnel only. For more information, contact x2010.

After celebrating all day Saturday, take a relaxing Sunday with an Easter Champagne Brunch at the Bayview. Food will be served from 10 a.m. to 2 p.m. Cost is \$14.95 for adults and \$6.95 for 11 years old and younger.

For more information about the brunch, contact x75604.

## Final racquetball tourney for old gym

Morale, Welfare and Recreation is sponsoring a racquetball tournament this weekend at Denich Gym.

“This tournament is filled with both beginners and advanced racquetball players,” said Alana Morrison, sports coordinator for MWR. “No matter the skill level of the player, these participants are ready to racquet-it-up and have a great time!”

Games will begin on Saturday and finish Sunday. All participants will receive an MWR

water bottle while the top two finishers will be presented champion and runner-up trophies.

“This will be the last racquetball tournament until we have our new courts built,” said Morrison. “So it may be anywhere from a couple of months to a year!”

For more information contact the Denich Gym at x77262.

## Contest to rename Club Survivor begins

With the grand reopening of Joint Task Force Guantanamo’s Club Survivor, the Task Force is looking to christen the club with a new name with the help of all Troopers.

Send an email to [thewire@jtfgtmo.southcom.mil](mailto:thewire@jtfgtmo.southcom.mil) by noon, April 27 with your idea for a new name. JTF Guantanamo Commander Rear Adm. Jeffrey Harbeson and Command Sgt. Maj. Mark Porrett will narrow the list to three names. In the April 28 issue of *The Wire*, the top three entries will be listed for readers to vote on their favorite.

Again, send an email to [thewire@jtfgtmo.southcom.mil](mailto:thewire@jtfgtmo.southcom.mil) with your favorite of the three names. The winner will be announced in the May 4 issue and will receive a \$100 prize.

Following the renaming contest, the newly branded club will be looking for a new logo. Details for the logo contest will be presented in a future issue of *The Wire*.

## What will you miss most about Guantanamo Bay?



“Scuba diving!”

Pfc. Kevin R. Daniels



“The dry weather.”

Sergeant 1st Class  
Nidza Crespo



“Hanging out with friends on M-block.”

Staff Sgt.  
Derek Latson



“Swimming laps in the H-block pool.”

Religious Programs  
Specialist 3rd Class  
Jeffery Lauber

## Boots on the Ground

# trooper focus

## Aviation Ordnanceman 1st Class Robert Peetoom

Spc. Kelly Gary

Devotion means a lot to Aviation Ordnanceman 1st Class Robert E. Peetoom who believes one must be committed to his or her family, troops and leadership.

Peetoom, leading petty officer for Task Force Platinum, said family is one of the most important things to him. Coming from generations of military service, he reflects on the advice his father passed on to him.

“My father always told me to never give up on anything,” said Peetoom, a father of four himself. “So far I have lived up to that.”

After more than eight years in the service and nearing the end of his third deployment, Peetoom has learned a lot about being a leader. His leadership skills were displayed when he was selected as Task Force Platinum LPO.

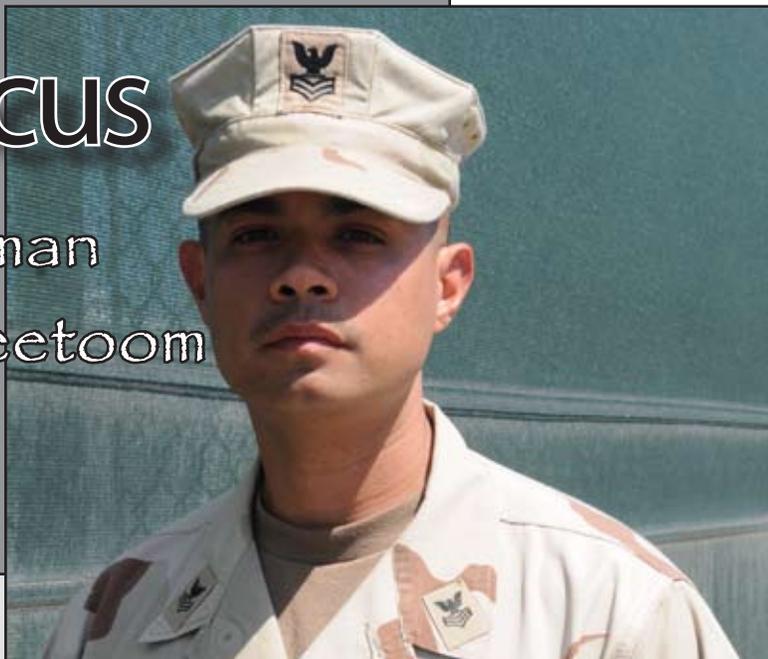
“From the time that I have known him, AO1 Peetoom has been an outstanding example of what a Sailor should be,” said Army Master Sgt. Jamie A. Kleppen, operations officer for Task Force Platinum.

“He represents a high degree of character and professionalism,” Kleppen said. “He is definitely someone all the other Sailors can look up to.”

Sailors have christened Peetoom with the nickname ‘the enforcer’ due to his firm belief in standards and discipline.

Even though he is well known for having a stern approach, Peetoom said he is always there for his troops whether they need a leader, mentor or friend.

Peetoom recently began helping Sailors at risk for early release in the recent order to



cut 3,000 Navy personnel.

“He has already put himself out there to help each Sailor who falls into those categories to cross rate them or help them out any way he can,” explained Kleppen.

When he is not helping out his Sailors, Peetoom is either participating in or volunteering for the various 5Ks and community events held around the naval station.

To Peetoom, the best part of this deployment is being able to unwind in his off time and call home whenever he wants to.

Another benefit of deploying to Guantanamo Bay, Peetoom added, is the opportunity to work in a joint environment.

“I have learned leadership skills from all the branches,” he said. “You are able to pick and pull different leadership traits. That is what makes you a true leader, learning from your people.”

Peetoom plans to continue learning as well as advancing in his Navy career. Working on a degree in criminal justice, he has officer aspirations. He and his leadership are looking for him to pin on chief in the near future.

“Hopefully the board sees the same

### Bullet Bio

**Time in service:** 8 years

**Hobbies:** watching basketball and movies

**Pet peeves:** people who give up

**Next goal:** to make chief or go officer

**Advice to junior Troopers:** “If the opportunity is there, take it!”

things I do,” said Kleppen.

Peetoom has come this far and said he plans on taking advantage of all the Navy has to offer.

“[Enlisting] turned out to be the best thing I ever did.”



DON'T BE A VICTIM! USE OPSEC EVERYDAY!

## PSEC ALERT

### OPSEC everyday!

It doesn't matter if you are on-duty or off – Use OPSEC everywhere at all times. OPSEC keeps our sensitive information safe and secure. Use OPSEC at work and at home. Think OPSEC on the job, at the gym, on the beach and at the galley. Remember information can be gathered at the club or the camp! Don't take a day off of OPSEC, it's a twenty-four hour, seven-days-a-week, three-hundred and sixty five days a year job!



Master-at-Arms 2nd Class Manoah Zurn (right), attached to Joint Task Force Guantanamo, gives Machinist Mate 2nd Class Agustin Valdez driving instructions during a 44-passenger bus driving class on Naval Station Guantanamo, April 12.

# Trooper serves up training by the busload

## Singular qualified bus-driving instructor plays crucial role in JTF mission

Story and photo by Mass Communication Specialist  
2nd Class Maddelin Angebrand

Aviation Boatswain's Mate (Handler) 2nd Class Sinclair Smalls never considered becoming a bus driver. However, as of April 15 this ABH2 with Joint Task Force Guantanamo is qualified to drive a 44-passenger bus, thanks to one dedicated Trooper who not only knows the rules of the road, but is qualified to teach them.

"It's big and intimidating, not like driving a car," said Master-at-Arms 2nd Class Manoah Zurn. "People are scared of it at first but by the end of class they are fine."

Zurn is the only Trooper on JTF Guantanamo qualified to instruct the five-day bus driving class and has earned the respect of his students.

"He tells it like it is," said Smalls, who recently took the class. "He'll let you know to take wide turns and say 'hey, you're a bus! Take as much space as you need.'"

Zurn has taught more than five classes and is credited with qualifying 50 servicemembers. This makes him directly

responsible for a crucial part of the JTF mission.

Without buses, many servicemembers would not get to their watches or work on time. Qualified Troopers rotate as bus driver for the day, providing reliable transportation to every servicemember working in the camps.

"It's important because every big group here has their own bus," said Smalls. "The Army has a bus and the island has a bus. Now, we as guards can get off work and go straight to a bus without waiting to be picked up."

"It's a big morale booster to get out of work, get straight on a bus and get home," added Zurn. "Nobody likes waiting at these bus stops."

The course requires each student receive 40 hours of training, combining classroom and driving time. After the initial day of familiarization, road safety and hazards training, students are able to take turns in the driver's seat.

The driving portion of the class starts in a big open parking lot with orange cones

set up. Later, they take to the road. Zurn makes sure each student is ready before driving the actual routes.

"I like to see people avoiding tunnel vision, looking around, looking through the turns, using proper techniques," Zurn said. "I like to see people using those wide right-hand turns mostly. I can't stress that enough with these guys!"

Zurn also emphasized the importance of driver confidence and the ability to make passengers feel safe. To earn their license, Zurn said students need to "build his confidence in their abilities."

At the end of the course, when each driver has passed the official road test, Zurn adds his words of bus driver wisdom.

"Be on time! The rest of your shifts and the rest of the people you're picking up depend on you," Zurn expressed. "You need to be on time everyday, without fail... it's a thankless job really. The guys getting on and off everyday will sometimes say thanks, but you go largely unnoticed. You've got to be on point and if you're not, people notice!"

# Soldier collects, donates thousands of caps for cancer research

Story and photos by Mass Communication Specialist 2nd Class Joseph Ebaló

U.S. Military members, regardless of their service branch, are often reminded of the importance of staying hydrated. During basic training or boot camp, Troops are taught about the dangers of not having enough water in their systems and the negative effects of dehydration on their bodies, especially while in a combat or high stress environment.

Another common theme amongst servicemembers is giving back to the community. Just like the mantra of staying hydrated, helping others is positively reinforced by military leaders and health providers to their Troops.

For one Soldier deployed to Joint Task Force Guantanamo Bay, the thought of doing what she could to help out, no matter how little the contribution, inspired her to invest her time, energy and a bit of her own money for the benefit of others.

Sgt. 1<sup>st</sup> Class Nigza Crespo, a platoon sergeant for 2<sup>nd</sup> Platoon, Company B, 296<sup>th</sup> Military Police Company, collected and donated approximately 15,000 water bottle caps to a program focused on finding a cure for cancer.

She heard about the program from her son in high school, who was participating in a local recycling drive to help cancer patients.



**Sgt. 1st Class, Nigza Crespo collected and donated approximately 15,000 water bottle caps to a program focused on finding a cure for cancer.**

“I thought about how much water my Troops and I drank and I knew it was just a very small way to help out my son” said Crespo. “At first I wasn’t sure that I was going to be able to have enough caps, but with the help of all the good people here at GTMO, we were able to really send a lot.”

Crespo talked to some of her fellow Soldiers and set up a recycling box for the bottle caps at several locations and offices including the base hospital, security department and some

of the recreation centers. She was surprised to find such a good turnout from the JTF and Naval Station Guantanamo community.

“As soon as my workplace heard about it, we wanted to help out,” said Army Sgt. Jane Ebolbe, a health administrator noncommissioned officer at Kittery Clinic. “Everybody who came into the hospital asked about it and started bringing in some bottle caps too. It’s nice to know that the community here cares about helping others.”

At the end of the three-month recycling drive in March, Crespo used her own money to send at least five big boxes and several small ones filled with thousands of bottle caps to her son.

“It was wonderful how many we were able to contribute,” Crespo said. “It really didn’t matter that I had to pay to send them – my commander even asked me to find out if we could raise funds so I wouldn’t have to

**see CAPS, page 19**

# Weather report: JTF conducts command climate survey

Story by Mass Communication Specialist 2nd Class Jason Tross

The commander for Joint Task Force Guantanamo wants to know what his Troopers are thinking – and so does his boss at U.S. Southern Command. They are using a command climate survey to find out and Troopers have until May 6 to speak up.

“This gives everyone a voice,” said Sgt. 1<sup>st</sup> Class Edward Wilhite, Southern Command headquarters equal opportunity advisor. “If you want to be heard you need to vote. People have complaints all year and go unheard. The only way for us

to make a change is to find out what needs to be changed.”

The two-part online survey can be accessed from any computer and takes about 20 minutes to complete. It provides a wide range of information for commanders and EO personnel to evaluate the effectiveness of their organization.

“Perceptions of how likely specific activities are considered within the organization are reported along a five-point scale, from ‘Strongly Agree’ to ‘Strongly Disagree,’” said Air Force Capt. Jennifer Fillmore, J1 deputy director. “Troopers are

encouraged to provide honest feedback regarding the current human relations climate, unit cohesion, work group operations and any organization concerns.”

The first part of the survey covers topics including sexual harassment and discrimination, behavior toward minorities, positive equal opportunity behaviors, racist behaviors and discrimination against religion, age and disabilities.

The second part is more mission-oriented, addressing organizational commitment, trust in the organization, work group effectiveness and

cohesion, leadership cohesion and overall job satisfaction.

Honest answers in these areas are directly proportionate to participation numbers. The more people who take the survey and answer truthfully, the more accurate the final analysis is.

“We aim for 100 percent participation,” said Wilhite. “That’s how we get the most accurate picture of what’s going on. Otherwise we are still guessing.”

One unique aspect of the

**see SURVEY, page 19**

# Wyo. governor visits deployed Troopers, tours JTF

Story by Army Staff Sgt. Benjamin Cossel

Making his first trip abroad to visit deployed Wyoming Soldiers since assuming duties as Wyoming's Commander in Chief and Governor, Matt Mead made a trip to Guantanamo Bay, Cuba, April 18 and 19.

During his visit to the island, Mead spent time with Soldiers from the Wyoming Army National Guard's Casper-based 197<sup>th</sup> Public Affairs Detachment assigned to Joint Task Force Guantanamo's public affairs division as well as touring detention facilities.

Traveling with the Governor were First Lady Carol Mead, Wyoming National Guard Adjutant General Maj. Gen. Luke Reiner and the Wyoming National Guard's Senior Enlisted Leader, Command Sgt. Maj. Thomas Allen.

Mead said many of his initial ideas of the detention facility and the mission of JTF Guantanamo were immediately dispelled.

"The public perception, my perception, of Guantanamo was Camp X-Ray," Mead said



Wyoming governor Matt Mead speaks with Spcs. Justin Pierce and Meredith Vincent, both members of the Wyoming Army National Guard's Fighting 197th Public Affairs Detachment, deployed to Joint Task Force Guantanamo, Tuesday.

referring to the camp used to house detainees for 92 days in 2002 while more permanent facilities were constructed. While Camp X-Ray has not been in use since April 2002, when referring to Guantanamo Bay facilities, major media outlets, often use footage of the facility in operation.

"Too many in the public fail

to really know and understand what goes on here," Mead said, "Because they have not been given accurate information."

Mead was given a tour of the ultra-modern, \$54 million Camps 5 and 6 where detainees are currently housed.

"I was immediately struck by the complexity and importance of the mission down here," Mead said.

Reiner echoed the Governor's remarks.

"It was a pleasure to see the upgraded facilities and the professionalism exhibited by those working there," the Adjutant General said.

Along with touring the camps, Mead spent time visiting with the eight Wyoming Soldiers deployed in support of the Task Force's public affairs division. Mead said his Wyoming Soldiers were performing

beyond lofty expectations.

"As Commander in Chief, you always hope when you deploy a unit they will go out there and do a good job," Mead said "To come here and see them delivering in such an excellent manner makes all of us extremely proud."

"This is the type of mission where the entire world is watching," said Reiner. "And these Troops of the PAD have been out there putting Wyoming's best foot forward."

Currently deployed Soldier, Spc. Kelly Gary was one of the Troopers the Governor spent time with.

"It was an honor to have such senior leadership come see for themselves how we carry out this mission," Gary said. "It's comforting to know we have their support and they've seen first hand what we see and do day-in and day-out as we move forward."

"The people of Wyoming should know they have an outstanding group of men and women serving down here and in their National Guard," said Mead. "And while Guantanamo may seem a long way away from us, this is a mission that is close to all of us."



Cmdr. John Rhodes walks with Wyo. Gov. Matt Mead and Wyoming National Guard Adjutant General Maj. Gen. Luke Reiner inside Camp 6, Monday during their tour of the detention facilities.

**T**raditions – the U.S. Armed Forces is full of them. From saluting a senior officer to hearty, raucous celebrations during a dining-in/out, our traditions define who we are as a service and give us a sense of connection to those who came before us. But there is one so-called tradition that has no place in today’s military – hazing.

During a recent promotion ceremony for an officer, a senior noncommissioned officer and junior noncommissioned officer--members of the congratulating audience – thought it appropriate to punch in the chest those being promoted. This is not how we celebrate well-earned and well-deserved promotions or awards.

Just like muskets and wooden ships, gone are the days of blood stripes, blood wings, tagging rank, etc. There are no more initiations of this type disguised beneath a congratulatory umbrella.

The positive piece out of this particular situation was that it was stopped by someone with the personal courage (an Army value) to object. Getting promoted or receiving an award should be a positive and professional ceremony. Senior NCOs have the responsibility to master the customs, courtesies and ceremonies of their service. But hazing is more than just a senior enlisted leader issue — it’s a crime that should be challenged by everyone, regardless of grade.

I don’t exaggerate when I say hazing is a crime. It is abusive behavior, meeting every element of proof for assault consummated by a battery – UCMJ Article 128. This has been the case for some

Hazing belongs  
in the same  
dustbin of  
history as the  
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sail-powered  
warships and  
hardtack.

# HAZING IS A CRIME

Command Sgt. Maj. Mark Porrett

time, but it seems there are still a rare few who haven’t gotten the memo. We all have the responsibility for ensuring everyone knows the standard in this area. Things are not the same as they were two centuries ago.

Army Regulation 600-20, section 4-20, Paragraph a.(1) clearly states - and each service’s similar regulation mirrors the wording - hazing includes (but is not limited to) any form of initiation or “rite of passage” or congratulatory act that involves physically striking another in order to inflict pain or piercing another’s skin in any manner.

Hazing belongs in the same dustbin of history as the bolt-action rifle, sail-powered warships and hardtack. None of them are useful or appropriate and we don’t need any of their distractions. Honor Bound!

# Out with the in with the

It was just a few short months ago when Patrick King found himself on patrol along the docks of Naval Base Kitsap, Wash. Now the Master-at-Arms 1<sup>st</sup> Class is leading an entire guard section inside Joint Task Force Guantanamo's Camp 6 with a singular focus – get himself and his guards trained and qualified to stand around-the-clock watch.

King is just one member of more than 100 Sailors who arrived on Guantanamo Bay recently. As the latest Naval Expeditionary Guard Battalion, Company 12.0E is a welcome sight for the outgoing NEGB company.

“Myself and most of the rest of the company have turned over with the outgoing group,” said King. “Now we’re working toward getting qualified in our respective positions.”

Qualifying at individual watch stations is the culmination of more than two months of intense training for this

diverse cross-section of career fields.

“The beauty of all this is that it’s not just one rate,” said Navy Aviation Warfare Operator Chief Eddie Gomez, training leading chief petty officer for the NEGB. “You have master-at-arms’, culinary specialists, enginemen, missile techs, yeomen, and all the aviation rates you can think of.”

Gomez first met Company 12.0E in mid-February when he and a small team of task force experts traveled to the Navy’s mobilization center in Gulfport, Miss. He said the current training is really the last phase of a nearly two-month process that started in Gulfport and brought the team through Army guard training at Ft. Bliss, Texas.

Once Company 12.0E assumes its role on the blocks, each guard must complete about two weeks of training to qualify at their watch station. The E-4s are only required to be guard-qualified, while E-5s also qualify as guard block NCO. The E-6s qualify as all of the above, as well as assistant watch commander.



An incoming NEBG Sailor (left) learns the ropes in a tower located inside Camp 6.

# The old, the new

While each guard must qualify up to their rank, they can choose to qualify up to the next position. They are introduced to those positions during initial training at Ft. Bliss, but there are some things that cannot be taught outside the specific camps. That's where the outgoing NEGB company comes in.

"We try to keep them here for two weeks so the new company can do the left and right seats," said Gomez. "Left and right seat basically means someone is going to walk them through it and show them how to do it. Then once you get qualified, they cut the umbilical cord - they're running for it."

Gomez said improvements are constantly being made in the hand-over process.

"Everyone is getting qualified and learning a lot in a short amount of time. We're very thorough," he said.

King and his company-mates agree. In just two weeks, they've completely taken over – something King attributes to experience

and a willingness to share hard-earned experience.

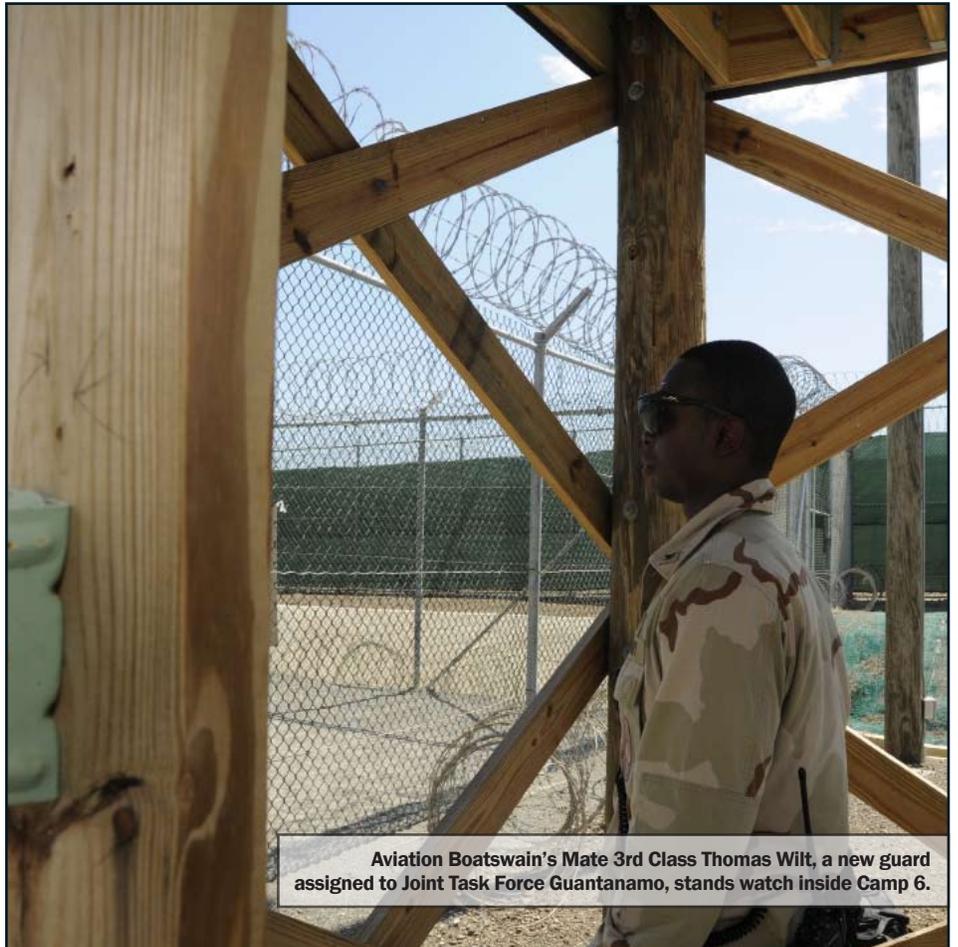
"This is the first time I've been here, but it's not the first time I've been to a new duty station," said King. "Typically when you're the new guy, you get a little bit more flack than anyone else. Instead they're giving us those tips that usually take three or four months to earn."

King is referring to the type of knowledge not in a book or operating procedure. For example, some detainees get what guards call 'special meals.' It could be something like the detainee requesting two cups of kidney beans – each filled to the brim. If he gets less, it may cause problems for days. These kinds of details are invaluable to the new guards.

"That's the difference between a good day and a bad week," said King.



Two guards walk and discuss watch stations inside JTF Guantanamo's Camp 6 detention facility, April 15.



Aviation Boatswain's Mate 3rd Class Thomas Wilt, a new guard assigned to Joint Task Force Guantanamo, stands watch inside Camp 6.



## Army to transfer Manning to new Leavenworth correctional facility



Rob McIlvaine  
Armed Forces Press Service

WASHINGTON, D.C. — The Army plans to transfer Army Pfc. Bradley Manning, charged with leaking classified military information in the WikiLeaks incident, to a new Joint Regional Correctional Facility at Fort Leavenworth, Kan., Jeh C. Johnson, the Defense Department's general counsel, announced today.

“At the request of Private Manning’s defense counsel, an assessment is under way to determine whether Private Manning is mentally competent in this case in the event it goes to trial,” he said. “On Saturday, April 9, the inquiry phase of that process, known in military justice terms as a 706 board, was completed, and Private Manning’s presence in the Washington, D.C., area is no longer necessary for that purpose.”

“At this juncture of the case, we have decided that the new joint regional correctional facility at Fort Leavenworth, Kan., is the most appropriate facility for Private Manning for continued pre-trial detention,” he said.

Manning’s transfer from the pre-trial confinement facility at Marine Base Quantico in Virginia, is “imminent,” Johnson said, but according to standard policy he declined to provide precise details.

“This is the right decision at the right time,” Army Undersecretary Joseph W. Westphal said, reinforcing Johnson’s explanation.

“This [facility] became available in January for pre-trial [confinees],” Westphal said. “We were looking at the situation where he would need an environment that was more conducive to a longer-term period, and this is why we made the decision to move him at this time. We needed to wait until the 706, and his participation in the 706 review process, was over, and that

just became over.”

With the medical review of Manning’s competence to stand trial expected to take additional time, and a pre-trial phase that “may continue for months beyond that,” Johnson said the decision was made to transfer him to Fort Leavenworth.

Army Corrections Command reviewed the new facility and determined it has the expertise and capability to provide continued, long-term pre-trial confinement for Manning, Johnson said.

“The facility, which opened in October and opened a pre-trial confinement capability in January, is a state-of-the-art complex with the best and widest range of support services available to pre-trial prisoners within the Department of Defense corrections system,” he said.

The facility has resident medical and mental-health care staff “appropriate to meet Private Manning’s health and welfare needs for the remainder of the 706 Board process into the pretrial phase, Johnson said.

“When he is transferred to the Joint Regional Correction Facility, he will receive support from experienced, trained professional staff that has been doing this for well over 20 years,” said Army Lt. Col. Dawn Hilton, the facility commander. “And he will receive the mental health, physical health and emotional health [support] that he needs to go through this judicial process.”

“The Quantico brig is a level 1 facility that is not intended for long-term incarceration either pre- or post-trial,” she said. Typically, pre-trial prisoners are not incarcerated at a level 1 facility for more than a couple months.”

The Joint Regional Correctional Facility in Kansas is a state-of-the-art, level 2 facility,

Hilton said. “So what that means is that I have the capacity to hold not only the pre-trial prisoners but post-trial prisoners with sentences up to five years. And with that comes all the support staff that Pfc. Manning may need,” she said.

“I have the experienced staff who not only work at the Joint Regional Correctional Facility but also at the United States Disciplinary Barracks at Fort Leavenworth,” she continued. “So it’s more than just the facility. It’s the staff that comes with the facility. My facility is different than the [Quantico] brig. I am developed, designed and staffed with the experienced staff to provide those services for long-term incarceration.”

Johnson emphasized that the decision to transfer Manning should not be interpreted as any criticism of the pretrial facility at Quantico.

“We remain satisfied that Private Manning’s pretrial confinement at Quantico was in compliance with legal and regulatory standards in all respects,” he said. “And we salute the military personnel there for the job they did in difficult circumstances.”

As at Quantico, Manning will be allowed to receive a limited number of outside visitors at Fort Leavenworth, subject to his and the command’s agreement, Johnson said. In addition, he said the Army will allow a limited number of media to tour the Leavenworth pre-trial facility.

Manning will return to Washington, D.C., as necessary, for legal proceedings, with his case remaining under the jurisdiction of the U.S. Army Military District of Washington.

Johnson emphasized that as the case progresses, Manning will be assumed innocent until proven guilty.

“It is important to remember that while Private Manning is charged with very serious offenses involving classified information and national security, in our system of military justice, as in our system of civilian justice in this country, he is presumed innocent until proven guilty,” he said.

Pre-trial confinement, common to both systems, “has been determined to be appropriate in this case,” he said.

Manning, an Army intelligence analyst, is suspected of being involved in one of the largest leaks of classified material in U.S. history, Johnson said. The leak involved hundreds of thousands of diplomatic and military documents, including classified records about the wars in Iraq and Afghanistan.

The WikiLeaks organization published many of these documents online, drawing criticism of Defense Secretary Robert M. Gates and other defense officials who charge they put deployed U.S. servicemembers at increased risk.



# Every Sailor empowered to stop sexual assaults

Chief of Naval Personnel Public Affairs

WASHINGTON — In an April 7 announcement in support of Sexual Assault Awareness Month, Navy described sexual assaults as crimes that devastate victims, undermine teamwork, threaten unit cohesiveness and ultimately reduce Fleet Readiness.

NAVADMIN 122/11 reinforces Navy's "zero tolerance" sexual assault policy and directs active support from all Sailors – from the deck plates to the blue tile - to successfully eliminate this egregious act from the ranks. In keeping with the Department of Defense's theme, "Hurts one, Affects all: Preventing Sexual Assault is Everyone's Duty," the message empowers commands throughout the Fleet to use this month to dedicate focused attention on the importance of

eliminating this crime.

"One sexual assault is one too many," declared Vice Adm. Mark Ferguson, chief of naval personnel. "Every Sailor must fully support Navy's zero tolerance policy for sexual assault and create a culture that promotes active bystander intervention and one that does not tolerate this reprehensible behavior. With determination and commitment, we can eliminate this crime from our ranks."

Commands worldwide are encouraged to plan events throughout April that emphasize a climate that values responsible behavior, active bystander intervention, and safety from sexual assault for all. Leaders from across the Navy should look to address two questions when planning these activities: What is our organization planning to

do and what are we asking our shipmates to do differently to eliminate sexual assaults?

Sexual Assault Awareness Month activities that have been used successful throughout the Fleet have included waterfront leadership and first responder training, discussion forums, command General Military Training and workshops, information booths, media events, and sports and athletic training events like runs or walks featuring a sexual assault awareness theme. The common factor among these successful events has been strong leadership, active participation throughout the command and the use of strong and consistent messaging to all Sailors.

By engaging with the local public affairs office, Sexual Assault Response Coordinator, Coalition of Sailors Against Destructive Decisions chapter or other Sailor advocacy groups, leaders can tailor themes to their command and find creative ways to disseminate these messages. Whether asking Sailors to tag their emails with slogans like "Sexual Assault Vigilance - Consider, Recognize and Intervene" or using command rosters to send text messages saying "Integrity is the foundation of our conduct, respect for others is fundamental to our character," every command can find creative ways throughout April to raise awareness of these crimes.

## Carrier Enterprise Sailor found dead

A sailor assigned to the carrier Enterprise was found dead Tuesday, according to a Navy news release.

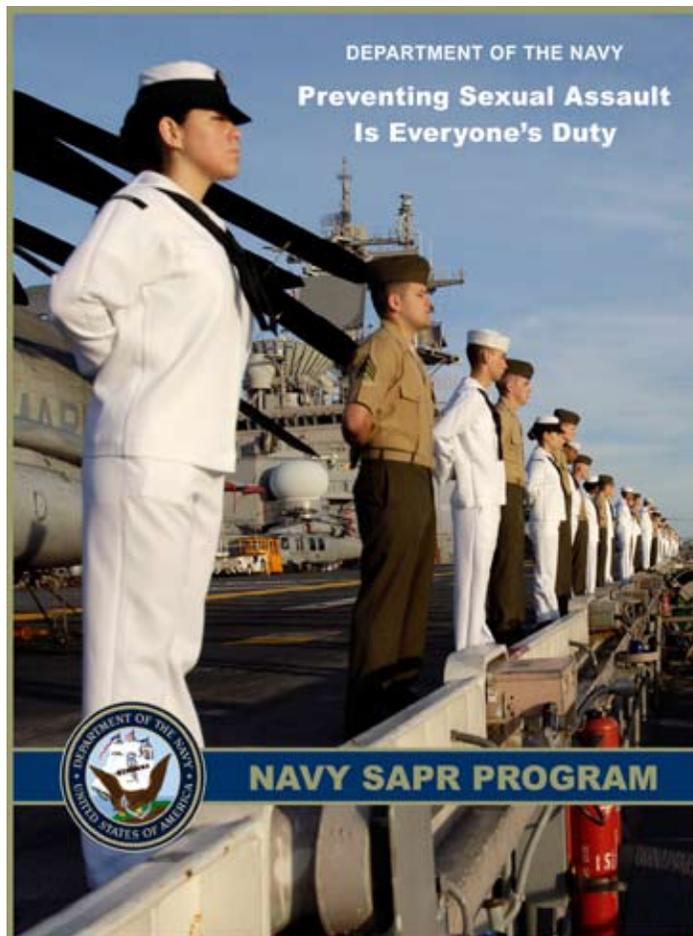
Details about the death, including the sailor's identity, were not available. The ship is in the Persian Gulf.

A statement from 5th Fleet said the death is being investigated.

It's the second time in a month that an Enterprise sailor has died. On March 22, Aviation Ordnanceman 1st Class (AW) Vincent Filpi of Fort Walton Beach, Fla. died in a non-combat incident. He was the leading petty officer for the carrier's Safety Department.

The Enterprise has seen an unusual share of tragic and high stress events in the last two days. On Monday, a sailor went overboard before being rescued by a SH-50F Seahawk from Helicopter Anti-submarine Squadron 11. The sailor, who has not been named, was not injured. A little over two weeks earlier, another sailor went overboard. He too was rescued but he received minor injuries.

A 5th Fleet spokesman confirmed that the sailor who was found dead Tuesday was not the sailor who went overboard Monday.



## Perform-To-Serve shared responsibilities

Sailors whose Perform-to-Serve quotas expired March 1, in accordance with NAVADMIN 352/10, have until May 1, to request reinstatement.

Eligible Sailors must submit a NAVPERS 1306/7 to their respective enlisted community manager to have their PTS quota restored. Reenlistments or extensions to meet obligated service requirements must be executed no later than 45 days from ECM approval.

"If you're in a leadership position, this should be a top priority," said Navy Personnel Command Force Master Chief (AW/SW/NAC) Jon D. Port. "Sailors E-6 and below with up to 14 years active service must use PTS/Fleet Rating Identification Engine to remain in the Navy. They must carefully watch those time lines and work with their command retention team to ensure timely application."



# The wrath of the storm, the strength of the people

## Tarawa Terrace, Jacksonville respond to tornado damage

Cpl. Jonathan G. Wright  
Marine Corps Base Camp Lejeune

MARINE CORPS BASE CAMP LEJEUNE, N.C. — All day this past Saturday, the sky was overcast. Warm breezes blew through Jacksonville, N.C. as if a herald to the impending summer. As the day wound down the wind started to pick up and the clouds chased each other across the sky. As the sun sank below the horizon and the clock hands rested slightly after 8 p.m., the residents of the Tarawa Terrace housing community aboard Marine Corps Base Camp Lejeune looked toward the southwest in horror.

From the clouds descended a mighty vortex over the New River, bearing right into the middle of the military housing community. Taking many by complete surprise, it bulldozed a surgical path of destruction, diagonally cutting the area in half decimating anything unlucky enough to stand in its path.

After reaching the edge of Lejeune Boulevard, the grotesque funnel left the ground and continued onward, dropping its vortex upon the Holiday City Mobile Home Community, overturning trailers, many residents still inside of them.

Ripping through the mobile home community, the tornado continued north-eastward until it shortly died out. Nearly four miles of Camp Lejeune and Jacksonville area was selectively obliterated, momentarily stunning the residents in its wake. However, these residents did not bar themselves inside their houses and sit in shock and wonder after the tornado hit.

“We had just gotten back from a fishing trip in Emerald Isle when it hit,” said Cpl. Dustin Marks, a maintenance management specialist with Communications Company, Headquarters Battalion, 2nd Marine Division. “I had gotten out of the shower and just as I was leaving my room, a (board) crashed through the window.”

He and his wife Amy had no idea what hit them. Everything on their patio was taken away by the wind; the screen door was ripped off its hinges and debris slammed against the house.

“It didn’t last more than five seconds,” said Amy. “After it passed, we went outside to go help the people in the houses with much more damage than ours.”

The Marks’ house escaped nearly unscathed. Except for minor cosmetic damage and a momentary loss of power, they were lucky. Unconcerned with the state of their own house, they ran outside in the pitch black darkness to aid the more unlucky – those like Ashleigh Seniw.

“My husband is deployed, so it was just me in the house,” said Seniw. “I was in the bathroom



**Petty Officer 2nd Class Fredrick Lacy, head operation’s petty officer for 2nd Dental Battalion, 2nd Marine Logistics Group, embraces his wife after surveying the remains of their house aboard the Tarawa Terrace housing community, Marine Corps Base Camp Lejeune, April 15. – photo by Cpl Jonathan Wright**

when, out of nowhere, it hit.”

Seniw’s house was demolished, trapping her inside the rubble of what was left of her house. It took four firefighters to eventually remove her from the rubble. Amazingly, she made it out unscathed.

After a detailed assessment following the tornado, 10-12 homes were destroyed, 40-60 homes sustained significant structural damage and 40-60 more homes sustained minor cosmetic damage.

However, there were some even more unlucky than Seniw. Ten residents were airlifted to Pitt County Memorial Hospital in Greenville, N.C., and until now, nine have been released following full recovery. The only remaining tornado casualty is an infant in critical condition, sustaining a broken leg, broken ribs and a punctured lung among other injuries.

With the quick, yet devastating tragedy that laid a path of demolition through the area, the residents both on base and in town showed their true colors of military and neighborly support.

“Not even a minute after the tornado passed, there were people outside with flashlights and flares making sure everyone was ok,” said Marks. “Shortly after that, people with shopping carts were going around giving out free food and a van made rounds with free water.”

The following day, after emergency teams cleared the roads of downed power lines and obstructing debris, the community came together in an effort to aid others. Marine working parties from Camp Lejeune combed through TT alongside civilian volunteers to pick up as much rubble and trash as they could while donation efforts for the affected families took off in full swing.

“Since (Sunday morning), donated food, clothes and children toys have been coming

in non-stop,” said Raechel Richards, assistant director with the United Service Organizations – Jacksonville Center. “From Sunday morning to Monday afternoon, the two spare rooms (in the TT Community Center) are completely filled.”

Along with the food and clothing donations, Richards was handing out food vouchers for the base commissary for the families whose houses were deemed uninhabitable. She said that along with the community center aboard TT, the local USO was flooded with donations and requests to help the families. The families who were unable to return to their homes following the tornado who had no other place to reside were put up in hotel rooms, paid for by Atlantic Marine Corps Communities aboard the base.

“Everyone is coming out of the woodwork to help,” said Richards.

In terms of child care, the tornado struck Tarawa Terrace in the middle of the Saturday night care hours for the TT Child Development Center. While many parents were unable to retrieve their children before the havoc ensued, the skilled child care providers made the children’s safety top priority.

“I’m very proud of the providers and how they acted during the tornado and the loss of power,” said Marla Talley, director of the Children, Youth & Teen Programs aboard the base. “They cared for the children and acted accordingly during a time of emergency.”

“All this volunteer work and donations go to show how great a community this is,” said Col. Daniel Lecce, commanding officer of MCB Camp Lejeune. “It is very typical of Marines and their families to come together in a time of need and work as a team, and the outpour of help with all of this is tremendous.”



## AF ends enlisted force management programs

*Service continues officer reduction in order to meet FY11 end-strength*

WASHINGTON (AFNS) – Air Force officials announced the closure of enlisted voluntary and involuntary force management programs for fiscal 2011 after meeting goals to ensure the service remains within its authorized end-strength for enlisted Airmen.

“Because we met our fiscal year 2011 enlisted end-strength goal, we won’t need to conduct the two remaining date of separation rollback phases planned for this year,” said Maj. Gen. Sharon K.G. Dunbar, the director of force management policy. This involuntary program accelerated the separation of enlisted Airmen with less than 14 years or more than 20 years of service who were not recommended for retention by their commanders.

Airmen in the rollback program must separate by May 31.

The enlisted voluntary programs included Palace Chase transfers to the Reserve and a variety of waivers, to include certain active duty service commitments and enlistment contracts, that allowed enlisted Airmen to voluntarily separate or retire.

“Although both voluntary and involuntary programs have closed for enlisted Airmen this fiscal year, we will continue to shape the skills balance essential to the current and future fight,” General Dunbar said.

“Force management entails a tailored, multi-year approach to cultivating skilled Airmen over the continuum of service. We need to analyze each career field to calibrate accessions and various force management measures that optimize a career field’s 30-year outlook.”

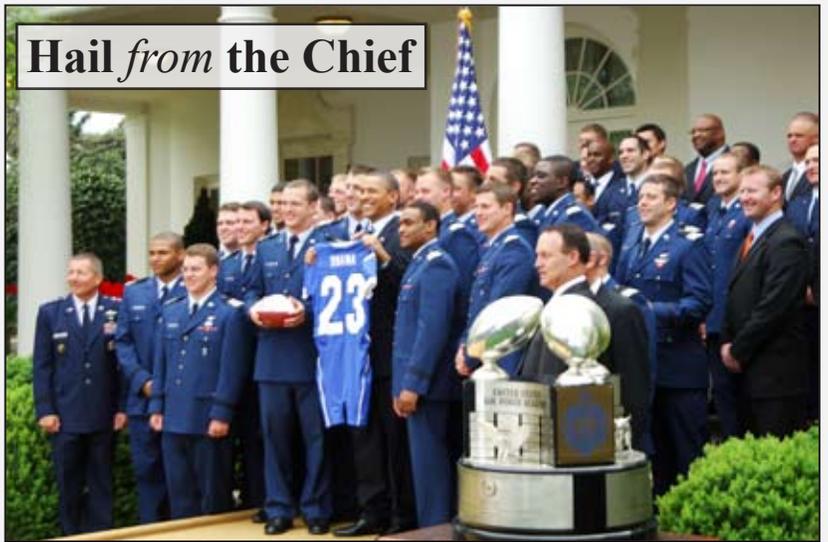
Chief Master Sgt. of the Air Force James A. Roy also reiterated the importance of the overall force management program.

“The Air Force must balance the desire of Airmen wanting to serve with the need to operate within its congressionally authorized end strength,” Chief Roy said.

“We recognize these actions may be difficult for Airmen who have been asked to transition from the Air Force,” he continued. “We will continue to communicate with our Airmen in clear and candid terms to minimize uncertainty and maximize options.”

Officer force management programs will continue as previously announced.

## Hail from the Chief



**President Barack Obama poses with members of the 2010 Air Force Academy football team after presenting them with the Commander-in-Chief’s Trophy April 18, 2011, at the White House. The trophy, first awarded in 1972 by President Richard Nixon, is presented to the service academy football team with the best regular season record against the other two teams. The Air Force has the youngest service academy football program, but leads the Commander-in-Chief’s trophy count, with 17 wins thus far.**

- photo by Air Force Staff Sgt. Raymond Hoy

## High School Senior Assignment Deferment Program automated

In an effort to better serve its customers the Air Force automated the High School Senior Assignment Deferment program application.

The HSSAD program increases stability for military family members entering their senior year of high school. Active-duty officers lieutenant colonel and below, and enlisted members senior master sergeant and below, stationed in continental United States locations can apply.

Members who meet eligibility requirements can defer an assignment for up to one year.

Approval is not automatic. Air Force needs will still dictate approval or disapproval of individual requests.

Airmen can complete

the application on the Virtual Military Personnel Flight website, where it will be automatically routed to their squadron commander and to the appropriate assignment team at the Air Force Personnel Center.

Senior Master Sgt. Dennis Carlson, AFPC’s assignment procedures superintendent, said this change to the application process gives Airmen the convenience of applying for the deferment without having to manually route the application.

“Online applications allow individuals to complete personnel actions from any computer,” Carlson said. “They can be deployed, at home, or on leave and still take care of a number of personnel actions on

their own.”

The Air Force is consolidating and modernizing many of its business processes, and transforming online personnel services was one initiative to help accomplish its goals.

“The Air Force is committed to ensuring that all active-duty Airmen are given the tools and resources to perform personnel services online,” said Col. David Slade, AFPC’s assignments director.

For more information about the HSSAD, visit the Air Force Personnel Services website and search for “HSSAD” or call the Total Force Service Center at 800-525-0102 or DSN 665-5000.



## Michigan-based Coast Guardsmen use airboats to assist Red River flood victims

CLEVELAND – Personnel and equipment from various Great Lakes Coast Guard units are in the Fargo, N.D., area this week sharing their knowledge and expertise to help evacuate and provide aid for Red River flood victims in the region.

Stations Marblehead, Ohio, and Belle Isle in Detroit, each sent an airboat and personnel to the region. Air Station Traverse City, Mich., sent one MH-65C Dolphin helicopter, one aircrew and one aircraft maintenance team.

With dozens of active-duty, reserve and civilian Coast Guard personnel responding, 26 of them, more than one-third, are from the Ninth Coast Guard District.

“We are glad to be able to send our people and assets to help those that have been affected by the flooding,” said Chief Warrant Officer Robert Clark, commanding officer of Station Belle Isle. “And while we have people and assets deployed in support of those rescue efforts, we still ensure our readiness and ability to respond to any emergencies in the Detroit area.”

## Coast Guard, Coast Guard Auxiliary support multi-agency exercise

KA'ANAPALI, Hawaii – Coast Guard members from Station Maui, Air Station Barbers Point, and Coast Guard Auxiliary are teaming with local agencies to conduct a series of search and rescue exercises off the coast of Ka'anapali Beach, Maui, Wednesday.

Also scheduled to participate are Maui County Fire Department, Maui County Police Department, and Ocean Safety.

The participants in the exercises will be responding to several events including a disabled vessel with a crew member who needs medical assistance, and a missing snorkeler. These exercises will allow the agencies to test communications equipment, including the 800 megahertz trunked system.

“Through a Memorandum of Agreement signed this past January between U.S. Coast Guard Sector Honolulu and the County of Maui; Station Maui has recently begun utilizing the same 800 megahertz trunked system that Maui County responders are utilizing. This allows a better flow of real time information throughout local and federal agencies during response operations,” said Lt. Cmdr. Matthew Derrenbacher, chief of the Incident Management Division at Sector Honolulu.



## Cutter Sherman interdicts \$153 million of cocaine

EASTERN PACIFIC OCEAN – The crew of the Coast Guard Cutter Sherman interdicted a self-propelled semi-submersible vessel (SPSS) and took four people into custody 300 miles off the coast of Costa Rica April 3, 2011. The SPSS and its crew were carrying an estimated 5.8 metric tons of cocaine.

At approximately 10 a.m., the Sherman spotted the suspect SPSS about half a mile away. A Sherman crewmember noticed a man on top of the SPSS who appeared to be acting as a lookout. Within two minutes, three more men wearing life vests appeared on the small deck of the SPSS. Shortly thereafter, the SPSS slipped under water with all four men seen floating in its wake.

As the Coast Guard observed these developments, the Sherman's law enforcement boarding teams prepared to intercept the vessel. The boarding teams approached the men and brought them safely aboard the cutter. The boarding team also noticed and recovered two bales floating within the vicinity of the SPSS. The bales tested positive for cocaine.

An extensive search of the area yielded six more bales and three bricks of cocaine, which together totaled 93 kilograms and disrupted an additional 5,700 kilograms with an estimated value of more than \$153 million.

“The crew has been training hard in

preparation for our Counter Drug mission and the hard work and vigilance was apparent that morning when our amazingly alert watchstanders on the bridge detected the extremely low profile of the SPSS over a half mile distant,” said Capt. Michael Haycock, commanding officer of the Sherman. “Our motivated boarding teams and boat crews responded quickly to save the lives of the crew members and bring aboard the evidence. I couldn't be more proud – the whole Sherman team worked together like a well-oiled machine and prevented these drugs from reaching our streets.”

Self-propelled semi-submersibles are a class of vessels used for smuggling large loads of narcotics across the ocean from South America to Central America. The vessels ride very low in the water and are generally made of fiberglass, making them very difficult to detect either visually or by radar. SPSS crews often scuttle their vessels before the Coast Guard can interdict them.

The cutter Sherman is a 378-foot high-endurance cutter homeported in Alameda, Calif. Its crew conducts missions in Homeland Security, Search and Rescue, Maritime Law Enforcement, and Drug and Alien Migrant Interdiction Operations from the Bering Sea to South and Central American waters.

# Speed play: Mixing it up in GTMO

Spc. Justin Pierce

Whether the title caught your eye or quirked your eyebrow, this article's for you. For anyone worrying about reading this in a public place, please, let me allay your fears. This piece isn't about anything you can't share with your kids or grandparents. It's about getting sweaty and breathing heavy. It's about going full bore, pushing hard, and just when you're about to burst, backing off just to do it all over again. Yes folks, today we talk

about something the Swedish call Fartleks. No, we're not talking about that guy you just don't like at work and we're not talking about something your dog does when he thinks you're not looking. We're talking about interval training! So pop your thought wagon out of the gutter and get on the track because it's time to go!

For the sake of keeping the cart behind the horse let's dig into the fundamentals behind interval training. The overarching concept is relatively simple. Utilizing moderate and high intensity phases, interval training stages a two-pronged attack on your body. During the moderate intensity phase, your body chugs along aerobically. This phase hits your oxygen system, enhancing your endurance. It also tends to comprise the majority of any

interval training session. As with any exhausting endeavor, having endurance is all well and good until it gets boring. Interval training breaks the monotony with spurts of high intensity, anaerobic phases. The anaerobic phase brings out the show-boater in even the most modest individual. During this phase, endurance takes a back seat to power. This phase rarely lasts more than a couple minutes, but that's because it just shouldn't. During the anaerobic phase, your body focuses on strengthening. Where aerobic grants the staying power, anaerobic grants the raw power.

Now that you've seen the benefits to this two-pronged attack, I'm sure you're itching to get cracking on your very own interval training program. Well, if you play physically demanding sports -- such as football, soccer or basketball -- you've already got a program going! Active sports fit all the criteria of interval training, whether it's a slow jog back to the huddle, or a full on rush to the quarterback, your body is undergoing periods of drastically different demand to your oxygen and muscle systems. Add in a competitive nature and the practical goals associated with these active sports and you'll even find yourself being more

motivated than you would just to run in circles all day.

If you're not the competitive type, or just don't have a

see **BODY** page 19



## 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**  
Friday 7 p.m.  
Chapel Annex  
**LORIMI Gospel**  
Sunday 8 a.m.  
Room D  
**LDS Service**  
Sunday 10 a.m.  
Room A  
**Church of Christ**  
Sunday 10 a.m.  
Chapel Annex  
Room 17

**Seventh Day Adventist**  
Saturday 11 a.m.  
Room B  
**Church of Christ**  
Sunday 10 a.m.  
Chapel Annex  
Room 17  
**Seventh Day Adventist**  
Saturday 11 a.m.  
Room B  
**Iglesia Ni Cristo**  
Sunday 5:30 a.m.  
Room A  
**Pentecostal Gospel**  
Sunday 8 a.m.  
Room D

**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

## Easter Services

**Catholic**  
Good Friday - April 22  
5:30 p.m. NavSta Chapel  
Easter Mass - April 24  
9 a.m. NavSta Chapel  
**Protestant**  
Sunrise Service - April 24  
6:30 a.m. Windmill Beach  
Easter Service - April 24  
11 a.m. NavSta Chapel  
**Liturgical**  
Easter Service - April 24  
10 a.m. Sanctuary B  
**Gospel**  
Easter Service - April 24  
1 p.m. NavSta Chapel

# BIG MOMMAS

LIKE FATHER, LIKE SON



Sp. Meredith Vincent

In 2000, Martin Lawrence introduced audiences to “Big Momma’s House,” a gender-bending, unoriginal hour-long fat joke. Never mind that Robin Williams did it with way more class and humor seven years earlier in 1993’s “Mrs. Doubtfire.” Then, inexplicitly, in 2006 came “Big Momma’s House 2.” In that time, Tyler Perry had released his colossal hit “Diary of a Mad Black Woman,” launching his beloved Medea into the homes and hearts of millions of movie goers. Perry’s Medea, a sassy, snarky, over-the-top-with-no-excuses everywoman hit a nerve with audiences that Big Momma missed by a mile. So what’s the natural next move for Lawrence? Why, make a third – equally horrible – Big Momma movie!

“Big Momma’s: Like Father, Like Son” is an unwelcome, unnecessary addition to an already over-stuffed comedy franchise. Not only does it reheat Lawrence’s tired, drained slapslick as FBI agent Malcolm, but it teams it with a younger, blander version in Brandon T. Jackson, who plays Malcolm’s stepson, Trent, an arrogant, aspiring rapper. Jackson is most recognizable from his glorious turn as Alpha Chino in “Tropic Thunder,” so why is he wasting his time and talent on a dud like “Big Momma?”

Unsurprisingly, Lawrence and Jackson have zero chemistry as father and son, perhaps because Jackson is 27 playing a high school senior. Well done, casting



agent!

And now here comes the kicker – the nail in the proverbial coffin: after Trent witnesses a murder, Malcolm dusts off his fat suit and the two of them go undercover ... at an all-girls performing arts school. Oh yes, because what this unoriginal, flimsy comedy needs is a bunch of giggly, prima donnas running around. It’s like my worst nightmare, dunked in pink and sprinkled with glitter.

Lawrence and Jackson spend the excruciating 107 minutes talking in high-

pitched squeals, chasing after fat suit-induced wedgies, playing Twister and counting how many times the sight of a large “woman” in a muumuu going kersplat! will get laughs. As a longtime movie fan, I was insulted that I must watch this horrible of comedy hash. The things I do for you, readers, you will never appreciate.

The good news is this will presumably be the Big Momma’s last hurrah. The bad news is, it came one movie too late. I’m running out of rats. If this keeps up, next week is going to be a massacre.

	<b>22</b> FRI.	<b>23</b> SAT.	<b>24</b> SUN.	<b>25</b> MON.	<b>26</b> TUES.	<b>27</b> WED.	<b>28</b> THURS.
<b>Downtown Lyceum</b>	Rio (G) 8 p.m. Beastly (PG-13) 10 p.m.	The Adjustment Bureau (PG-13) 8 p.m. Take Me Home Tonight (R) 10 p.m.	Hop (PG) 8 p.m.	Just Go With It (PG-13) 8 p.m. <i>*last showing*</i>	The Eagle (PG-13) 8 p.m. <i>*last showing*</i>	Big Momma’s: Like Father, Like Son (PG-13) 8 p.m.	I Am Number Four (PG-13) 8 p.m.
	The Adjustment Bureau (PG-13) 8 p.m. Take Me Home Tonight (R) 10 p.m.	Rio (G) 8 p.m. Beastly (PG-13) 10 p.m.	Big Momma’s: Like Father, Like Son (PG-13) 8 p.m.	Hall Pass (PG-13) 8 p.m.	Unknown (R) 8 p.m. <i>*last showing*</i>	Hop (PG) 8 p.m.	Diary of a Wimpy Kid (PG) 8 p.m.
<b>Camp Bulkeley</b>							

Call MWR at ext. 2010 for more information.

Movie Hotline - call 4880.

**BODY cont.**

for sports, there's still hope for your entrance into interval training. Rather than reacting to a situation, as you would with football, interval training can be conducted based on markers, chronological or proximal – by time or distance respectively. This method of training allows for a pre-planned approach. Whether you're sprinting for 30 seconds and jogging for 60 or alternating between the two paces at every 50 yards, your body is still gaining the benefit from interval training. For solo training, distance based intervals generally gives the best success as it gives you a visible target to run toward. Time-based training forces you to keep glimpsing your watch, watching where you're going and sweating profusely, which makes paying

attention to the road and your time very difficult.

No matter how you cram it into your routine, interval training will only benefit your overall fitness. Even if you're not big on extensive cardio workouts, this tactic can still compliment your style with lifting. Many circuit training workouts encourage the incorporation of one to five minute stints of heavy cardio just to get your blood pumping. Also, interval training doesn't have to mean running, biking, rowing etc. Supersetting and varying resistance and repetition creates its own style of interval training. No matter the path you take, interval training will help if for no other reason than breaking the monotony of a dull, surprise-free routine.

**CAPS cont.**

pay, but it was okay. Many people helped out and I know this donation is going to help some people who need it."

The caps are about one and a half-inch around in diameter and are each made up of two small pieces of plastic weighing barely two ounces. After receiving the boxes in the mail Crespo's son thought "who knew such a tiny object could make such a big impact."

"I was surprised and grateful that my mother's co-workers were able to collect so much," said the teenager. "The hospital was happy to hear about the donations that my class had for their cancer research fund. I was proud and inspired by my mom and her Troops."

**SURVEY cont.**

One unique aspect of the command climate survey is its anonymity. Administrators and leaders are strictly prohibited from attempting to identify participants.

"It's an opportunity for all Troopers to provide quality and constructive feedback without fear of retaliation or

reprisal because it's completely anonymous," said Fillmore.

Wilhite said unit commanders across the services are required to perform at least one command climate survey every year, but often choose to do them at shorter intervals to stay abreast of what is happening in their organization – especially looking

for viral negative items. The last command climate survey at JTF Guantanamo was just a few months ago.

"Hopefully if there's anything bad going on we know about it," said Wilhite. "Hopefully there's nothing serious but if there is something, we'll learn about it, address it and get it

taken care of."

Troopers interested in participating in the command climate survey can simply follow the directions emailed to them or contact the Capt. Fillmore at x9905 or Sgt. 1st Class Wilhite at (DSN) 567-1021.

# Digital Underwater Photography Course

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**Learn how to use your underwater camera to take great photos. Course tailored to cameras the shop sells.**

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### SAY CHEESE!

A group of U.S. Coast Guardsmen, attached to U.S. Coast Guard Maritime Security Detachment, Joint Task Force Guantanamo, pose for a group picture during a tour of Naval Station Guantanamo's North East Gate. - photo by Mass Communication Specialist 2nd Class Maddelin Angebrand



### WHERE'S THE BEEF?

Air Force Staff Sgt. J.T. Peacock, chaplain's assistant, grills up some lunch during a burger burn, Friday. - photo by Mass Communication Specialist 2nd Class Joe Eballo



### MASTER OF CEREMONIES

Capt. Tito Arandela, Navy Expeditionary Combat Command's force security and anti-terrorism officer speaks to the master-at-arms community on Naval Station Guantanamo Bay after touring the Joint Task Force side of the base, Wednesday. Arandela spoke about upcoming changes to the community and emphasized warrior ethos throughout. - photo by Mass Communication Specialist 2nd Class Maddelin Angebrand



### WASH ME

Aviation Maintenance Administrator 1st Class Michelle SanNicolas, attached to Joint Task Force Guantanamo, writes on a dirty van before washing it at the First Class Petty Officers Association (FCPOA) car wash fundraising event on Naval Station Guantanamo, Saturday. - photo by Mass Communication Specialist 2nd Class Maddelin Angebrand