

The WIRE

An award-winning
JTF journal

Roosevelt's Guardians

Soldiers of the 296th
protect JTF entrance

MWR's summer
softball begins

Thrift store
expands hours

Trooper to Trooper

featuring

Command Sgt. Maj. Mark Porrett

Command Sgt. Maj., Joint Task Force Guantanamo



Lately there has been a rise in the alcohol-related incidents on base and in the Joint Task Force. I have seen more careers end over alcohol than any other one contributing factor and heard every reason to excessively drink while here – none really pass the common sense test. We've all seen the silly drunk who tries to explain the ways of the world and how they would fix it. All they really do is embarrass themselves and others. This is not how we want to be known or remembered.

We all recognize the movie stars whose mug shots become plastered on TV after they are arrested for an alcohol-related incident. Our Troopers often look just as bad. Leaders, formal and informal, must help de-glamorize the consumption of alcohol. I can't imagine our highest military leaders drunk and trying to represent the military – we wouldn't expect this either. Often, overdrinking is due to immaturity, a dare, a drinking game or blaming it on geographical location. None of these are legitimate excuses – drinking is a personal choice.

So if you don't drink, what do you do? There are many alternatives to drinking alcoholic beverages. For your first 21 years of being alive, you cannot legally drink. You make it that far having fun and learning, so it can't be that bad to be abstinent. Consuming alcohol is a choice and must be done in moderation. Alcoholism is a true disease and remains high on the list of reasons why families and careers suffer. Society recognizes alcohol as part of our lifestyle – we have agencies ready to assist Troopers when they think they need help, hopefully before an incident occurs.

It is everyone's responsibility to intervene when they see someone embarrassing themselves with too much alcohol. All too often, leaders come forward and say how good the Trooper who got into trouble has been. My usual question is, what systems were in place to prevent the situation? Good commands have good systems. The best system of prevention is having caring leaders

who know their Troopers. They know who is most at risk. They know who is disciplined enough to be a designated driver and not "just have one."

I have a challenge for the JTF: while alcohol is the most abused legal drug in our society, it doesn't have to be here. Can you go 30 days without consuming any alcohol? If not, how come? I think that if you can meet this 30-day challenge, you'll see more money in your pocket, your career still intact and you feeling better. You will also be there for anyone who is drinking and can help them before they get into a problem. Honor Bound!

JTF Guantanamo

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COVER: A reflection of traffic glimmers off of Sgt. Aljady Soto's sunglasses as he stands guard duty at Roosevelt Gate, Friday. Aljady is assigned to Company B, 296th Infantry Regiment, Puerto Rico Army National Guard, which plays a major role as the first impression Troopers and visitors see when entering Joint Task Force Guantanamo.



Newly appointed Secretary of Defense Leon Panetta, testifies on Capitol Hill in Washington, before the Senate Armed Service Committee, June 9. - photo by AP

Senate confirms Panetta as U.S. Defense Secretary

Michael Bowman
Voice of America News

The U.S. Senate confirmed Leon Panetta as defense secretary by a unanimous vote of 100 to nothing, Wednesday. The current director of the Central Intelligence Agency, Panetta will shift to the Pentagon, replacing outgoing Defense Secretary Robert Gates.

Panetta's already-impressive resume is about to get longer. The onetime congressman, White House chief of staff and current CIA director will oversee the military as the United States winds down two wars and engages in a limited mission over Libya.

Ahead of Tuesday's vote, senators lined up to praise Panetta and endorse his nomination.

Senate Armed Services Committee Chairman Carl Levin called him a "wise and solid" choice.

"Director Panetta has given decades of dedicated service to this nation, and we should all be grateful that he is once again willing to answer the call and take the helm of the Department of Defense. He is going to bring a reassuring level of continuity and in-depth experience. The Department of Defense will need Director Panetta's skill and wisdom to navigate the extraordinarily-complex set of challenges in the years ahead," Levin said.

The top Republican on the Armed Services Committee, John McCain, noted Panetta's vast experience in matters of state.

"Director Panetta has had an extraordinary career of public service. He served in the House of Representatives, representing his California district for eight terms. He served in the White

House as President Clinton's chief of staff, and director of the Office of Management and Budget. Since 2009, he's been the director of the Central Intelligence Agency, strengthening that agency and forging positive relationships," McCain said.

At his confirmation hearing on Capitol Hill earlier this month, Panetta predicted Iraq will ask the United States to keep some American troops in the country beyond the end of this year. He endorsed a draw-down of U.S. forces in Afghanistan, but said reductions should be based on ground conditions there. He said Libyan Leader Moammar Gadhafi's grip on power is weakening, and described Pakistan as a critical, if frustrating U.S. ally.

Panetta takes over from Robert Gates, who is leaving the Pentagon after four and a half years as defense secretary, spanning both the Bush and Obama administrations. Senators also lauded Gates for having overseen U.S. efforts to stabilize Iraq, refocused the U.S. campaign against the Taliban in Afghanistan, and initiated a restructuring of the massive Pentagon budget.

Senator McCain described Gates as one of America's greatest secretaries of defense. Speaking of Panetta's task in replacing Gates, Democratic Senator Richard Durbin of Illinois put it this way:

"Big shoes to fill. Secretary Gates has had a remarkable term as secretary, and a remarkable career in public service," Durbin said.

President Barack Obama's pick to replace Panetta at the CIA is General David Petraeus, who has commanded in both Iraq and Afghanistan. Petraeus is also expected to be confirmed by an overwhelming vote.

Slack economy for U.S., growing war costs

Voice of America News

Some U.S. officials are voicing increasing concern about the burgeoning cost of American military involvement in simultaneous wars in Iraq, Afghanistan and now Libya.

By various government and private accounts, the U.S. has spent more than \$1 trillion over the last decade on the wars in Iraq and Afghanistan, and already more than \$700 million in the three-month-old NATO air war against troops loyal to Libyan leader Moammar Gadhafi.

President Barack Obama announced U.S. troop withdrawals from the war front in Afghanistan in a televised address Wednesday night, and the U.S. involvement in Iraq is winding down this year. Some Americans, though, weary of a decade of warfare spawned by the 2001 terrorist attacks on the U.S., are saying that with the sluggish national economy, the money spent on the wars instead should be spent on domestic needs.

The U.S. Conference of Mayors this week approved a resolution calling for an early end to the U.S. involvement in Iraq and Afghanistan, and requesting the savings be spent at home. In Afghanistan, where 100,000 U.S. troops are stationed, the war tab is expected to reach nearly \$120 billion this year.

One freshman U.S. senator, Joe Manchin of the eastern state of West Virginia, is a Democrat, as is the president. But on Tuesday, he called for a substantial troop withdrawal from Afghanistan, more than the president appears ready to endorse. Manchin said it is time "to rebuild America, not Afghanistan." In an unusual coupling of political thought in the U.S., some of the most conservative Republican lawmakers have called for a diminished U.S. military force overseas, as have some of the country's most liberal Democrats who normally would be aligned with Obama on other issues.

Yet Senator John McCain, the Republican Obama defeated in the 2008 presidential election, criticized Manchin's call for a quick reduction in U.S. troops in Afghanistan. McCain, a U.S. Navy veteran once held as a prisoner of war in the Vietnam War, said Manchin's comments were indicative of the "isolationist-withdrawal, lack-of-knowledge-of-history attitude that seems to be on the rise in America."

News from the Bay

Stories and reporting by Mass Communication Specialist
2nd Class Maddelin Angebrand

Rock sensation Saving Abel comes to GTMO

International rock sensation Saving Abel is scheduled to perform Friday at the Downtown Lyceum at 8 p.m. and Saturday at the Windjammer Ballroom at 9 p.m.

Saving Abel was formed in 2004 and gradually came together as a five-member group. When their single "Addicted" made its way into the hands of producer Jason Flom, the band was signed days later.

"Our goals are always to concentrate on the song, not just one cool part to make a kid bop his head," said Jason Null, lead guitarist for Saving Abel. "Every person I talk to loves a different song of ours."

With a radio-ready sound combining big riffs and memorable melodies, Saving Abel has a polished sound sure to reach any audience.

For more information call x4882.

MWR Liberty hosts fun day at Windmill Beach

Morale, Welfare and Recreation's Liberty Team invites you to a fun-filled beach day, Saturday, 2 p.m. at Windmill Beach.

Snorkel gear and rafts will be provided. Sand

volleyball, corn hole and horseshoes will also be offered, as well as burgers and beverages.

"It is just a fun, free day at the beach," said Jill Lynch, MWR Liberty representative. "I am offering rides for anyone who needs one as well!"

To coordinate a ride or receive more information, call Lynch at x2010.

JTF broadcasters bring news, stories to roller

The Wire Magazine is making its way to your local Roller Channel! Hear and see more of your favorite stories during meal hours in "The Wire Update."

Joint Task Force Guantanamo broadcasters will be taking their journalistic talents to new heights, researching and answering your questions about day-to-day happenings on Guantanamo Bay.

"Every time the broadcast team puts together a story, it can be hard for the people involved to see themselves on Facebook and YouTube," shared Pfc. Amanda Russell, broadcaster for JTF public affairs. "By broadcasting on the roller channel, we'll still be able to reach stateside markets, but the Troopers and families here will also be able to enjoy them."

For more information, call or e-mail Pfc. Amanda Russell (Amanda.M.Russell@jtfgtmo.southcom.mil) or Pfc. Justin Pierce

Fishing class offers bait and troll basics

Learn the basics of baiting and trolling at the Morale, Welfare and Recreation Marina Fishing Workshop Wednesday, at 5 p.m.

Participants will learn how to make their own trolling rigs and proper trolling techniques, said Cory Geiger MWR's outdoor activities coordinator.

"The water in GTMO provides the Troopers a great way to relax, have fun and not only pass the time, but make great memories," said Geiger. "Learning how to fish here will provide an awesome pastime and the rental rates here are the cheapest you will find in the world."

Boat rental in Key West, Fla. from MWR is \$240 a day plus gas, for example.

"We have boats for \$6 an hour or \$30 all day or night. We also have half price days," Geiger added. "If you rent a boat 10 times, we give you free hours for that as well."

Rigs and parts will be available to practice with and Geiger said the class will give participants the know how to go home and make their own rigs.

Register for the fishing class by Tuesday and call Geiger at x2345 for more information.



A view of the ocean from Windmill Beach during the record-breaking rainstorms, June 7. Beaches were temporarily closed on Guantanamo Bay due to increased levels of E. coli caused by the rainfall. - photo by Mass Communication Specialist 2nd Class Maddelin Angebrand

High E. coli levels prompt beach closure

Story by Sgt. 1st Class Benjamin Cossel

The more than 10 inches of rain that fell between June 6 and 10 not only contributed to washed out roads and flood damage in low-lying buildings, it also played a key role in shutting down Guantanamo Bay's beaches.

"During post rainfall testing, water from Windmill Beach to Cable Beach was found to be 12 times the local, normal level for contamination and more than three times an acceptable level," said Naval Station Guantanamo Bay Commander, Capt. Kirk Hibbert in a prepared statement.

In the statement, Hibbert specifically highlighted unacceptably high levels of E.coli. Hibbert explained Guantanamo Bay's normal level of E.coli is around 30 milliliters for all the beaches. When officials from the Naval Station hospital's preventative medicine department performed water quality tests following the rains, E. coli levels at Windmill Beach topped 360 mL

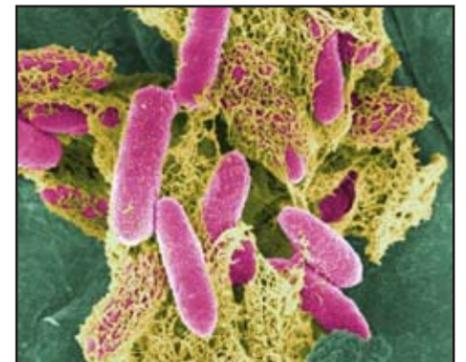
with acceptable levels set at 100 mL. The preventative medicine staff checks water quality at the beaches on a regular, biweekly basis.

"I know that several hundred Guantanamo residents swim, dive and snorkel in the water every weekend," Hibbert said. "As the commanding officer, it is my job to protect residents from harm when possible."

Hibbert said with the information provided him, he ultimately decided to shut down all beaches until normal contamination levels returned.

"I closed the beaches to keep residents, especially our small children, from becoming sick with E. coli ... I did not want to see any of our residents, who work so hard to keep the base operationally sound and mission-ready, to become ill because I had not taken action."

Following water quality tests this past



A microscopic image of the E. coli bacteria.

weekend, Hibbert said all beaches have been reopened with the exception of two.

"Please keep in mind that Kittery Beach and Chapman Beach will be closed indefinitely," the captain said. "We will keep everyone informed of any changes through the roller, 'Gazette,' marquee signs and the Naval Station Guantanamo Bay Facebook page."

What is your favorite summer song?



"'Summertime' by a country singer. I can't think of the name."

Navy Lt.
Lindsey Gleason



"'Pump It Up' by Joe Budden, it makes me think of summer."

Spc.
Brandon Cummings



"'Sisqo's 'Thong Song.' That's funny."

Hospital Corpsman
3rd Class Gernardo Wright



"'Hotel California,' by The Eagles, makes me feel like summertime!"

Army Sgt.
Pedro Navarro

Boots on the Ground



Who has the "need to know?"

Have you ever had someone ask you questions you thought were unusual or a bit too personal? Questions from strangers about your job, family or private life can feel uncomfortable. So how do we know what to say? How much information do we give about ourselves? Use the "Need to Know" principle. Ask yourself, why this person might be looking for information? Then ask yourself, do they have the need to know? Some people do need to know things about us – our work supervisors, doctors, even security personnel might need to know things as part of their jobs. But does the person next to you in line need to know how you do your job? Does the guy at the laundromat, or the next door neighbor? Think before you speak. Don't just give out information because someone asks for it.

Summer softball season starts sizzling



April Settles, outfielder for the PWD team, sizes up an incoming pitch during an MWR Summer Softball League night game at the Cooper Field and Sports Complex, Monday.

Story and photo by Mass Communication Specialist 2nd Class Joe Ebaló

Morale, Welfare and Recreation kicked off their annual summer softball league last week on Guantanamo Bay as a dozen teams – made up of Joint Task Force and Naval Station Guantanamo personnel – took to the fields in the first round of games.

The two-month long sports league schedules back-to-back games almost every evening of the work week at Cooper Field and Sports Complex, starting at 6 p.m. and sometimes ending late into the night.

“Growing up, I played baseball every summer at the local park and the lights didn’t turn off back then,” said Rich Buenaventura, an outfielder with the GTMO Latinos. “My job here is pretty tough, but when I’m out on the field I get so into the game, I kind of forget that I’m even in GTMO, I’m just playing ball.”

Out of all the MWR sports leagues held on Guantanamo Bay, softball attracts the most participation, with more than 150 players from the base community signing up, said MWR Sports Coordinator Alana Morrison.

“I’m excited with the turnout and I think

it’s awesome that our players are so into the games that they lose themselves in it,” exclaimed Morrison. “It just makes me love my job more when I hear that our events are helping our Troopers have fun and relieve stress.”

It is important for players to leave their work off the field and even more critical to bring their best performances onto the field.

“I played a lot of baseball growing up too, but everyone was really good so you had to play extra hard if you wanted to win,” said Daisy Estevez, third baseman with the GTMO Latinos. “It’s pretty much the same here because the competition is tough and even the best teams can get beat.”

Last season’s defending champions the GTMO Crush, did not enter to defend their title.

“Even though the Crush isn’t playing, many of their players have been picked up by other teams,” said Morrison. “Now the teams that were already good are even better with some of the added players – every team has a chance to win.”

For more information on Guantanamo Bay’s sports leagues, activities and schedules, contact the Denich Gym at x77262.

Blistur brings big beats, classic covers to Tiki Bar

Story by Spc. Meredith Vincent

Jacksonville, Fla. alternative metal trio Blistur brought their brand of rock n’ roll to Guantanamo Bay this weekend, playing for more than 100 people both Friday and Saturday nights at the Tiki Bar.

AmieeMacDonnell, community activities director for Morale, Welfare and Recreation, said both shows were a success, mostly due to the band’s willingness to play audience requests.

“I heard great feedback from the community, saying they were pleased with the quality of music... each night and their talent in accommodating a variety of song requests,” said MacDonnell.

Blistur consists of drummer Neal Gupton, guitarist/vocalist Chris Kellam and bassist/vocalist Bart Hammond. The trio released their debut EP “Before There Were Seasons,” in 2007, followed by a full-length album the

same year with the cheekily-titled “Greatest Hits, Vol. 2.” While their albums boast original music, it is the band’s ability to cover radio hits with eerie accuracy that has helped them make their mark on the Florida rock scene.

The shows here on Guantanamo Bay were not their first time playing for a military audience, having previously performed at the Mayport Naval Air Station in Florida. Gupton, said he’s pleased with the relationship the band has developed with the MWR.

“The people are great,” praised Gupton. “Everybody’s been very, very kind and the hospitality from MWR has been fantastic.”

The Blistur show was just the latest in MWR’s Summer Concert Series. The Fourth of July will offer more opportunities to rock, with the Celtic-influenced Carbon Leaf from Richmond, Va., and progressive rock band Airlie Down, from Raleigh, N.C.



Chris Kellam (left) and Bart Hammond of the rock group Blistur melt faces Friday night at the Tiki Bar. - photo by Mass Communication Specialist 2nd Class Maddelin Angebrand

where THRIFTY meets CRAFTY

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



When April Anderson, a Marine spouse, moved here she didn’t plan on working full time in front of a cash register. Having worked a lot in the States she wanted to take a part-time position and have more free time to support her husband’s unit. Little did Anderson know, she was in for a heartwarming surprise.

She found her time invested in the Guantanamo Bay community more than expected after accepting a management position at the Treasures and Trivia Thrift Store. A year and a half later, the store is thriving and Anderson recently expanded the hours.

“It gives the community a lot more time to come in,” said Anderson. “I have people who come in at lunch and those who can only come in after 4 p.m.”

When Anderson started working at the thrift store, it was only open 15 hours per week and the hours were sporadic and confusing to customers.

“The more we’re open,” Anderson said, “the more successful we’re going to be.”

The store is now open a total of thirty-five hours per week and serves as the Spouse’s Club main fund-raiser, providing the community with scholarships and assistance as requested.

“If an organization on this island needs a little help, they can submit a request and we have that money available to them,” said Anderson. “Like the Boy Scouts or Girl Scouts, we are able to help them out, for example.”

Anderson, who worked as a surgical assistant before moving to Guantanamo Bay with her husband, said she was happy to take what seemed at first to be a small job. She soon noticed, however, the bigger impact Treasures and Trivia has on the Guantanamo Bay community.

“Once I came in and realized how much it gave back to the community,” Anderson explained. “I knew I would never leave until I leave the island. I see the more work I put in, just like anything else, the more the community gets from it.”

Most items are dropped off during the weekend, so Anderson spends Mondays sorting and organizing donations, which are placed on a ‘new arrivals’ rack for quick access by customers.

Luckily, she has the help of volunteers who donate their time to assist with the store upkeep.

“The volunteers are the one thing that keep us running,” praised Anderson. “I’m here everyday, but if it weren’t for them I’d go crazy. They come in and do those daily tasks that, because I’m up here working the register, I can’t do.”

All volunteers, to include Joint Task Force Troopers, sign in on

a small white board and log their time before leaving. They perform tasks such as retrieving hangers from the clothing racks or organizing sections of the store.

Master-at-Arms 2nd Class Walter Rappel works in the JTF behavioral health unit and started volunteering at the store five months ago.

“The most rewarding part is helping people find stuff they really need,” said Rappel. “It’s part of giving back to the community and represents the Navy too.”

“I have a lot of JTF who come in,” said Anderson. “He’s [Walter] wonderful; he’ll do anything I need him to do.”

Treasures and Trivia even sells slightly used uniform items, but only to military members. All shirts and pants are \$1 while boots are \$3.

“People move here and accumulate a lot of uniforms they won’t use in the States,” said Anderson. “We have a small room in the back that is always secured, so you have to ask and show valid military ID to purchase these items.”

Anderson encourages Troopers to stop by on Saturdays for the \$5-Fill-a-Bag-Sale. Shoppers receive a small bag and pay only \$5 for all items they can fit in the bag. Fill-a-Bag-Day helps alleviate some of the inventory and also clears out the store for new merchandise.

Shoppers may be surprised to find items are either lightly used or brand new. Regardless of quality or name brand, all shirts are \$1 and pants are \$3.

“There’s a lot of designer items that come in here like the Prada bag, Abercrombie pants, a lot of Billabong and Hurley too,” said Anderson. “Brand new clothes come in, but a lot of people think it’s just second hand stuff.”

The best treasures may be found after an hour of searching, Anderson said.

“That’s the fun of a thrift store,” she said. “To look, to dig and find that treasure.”

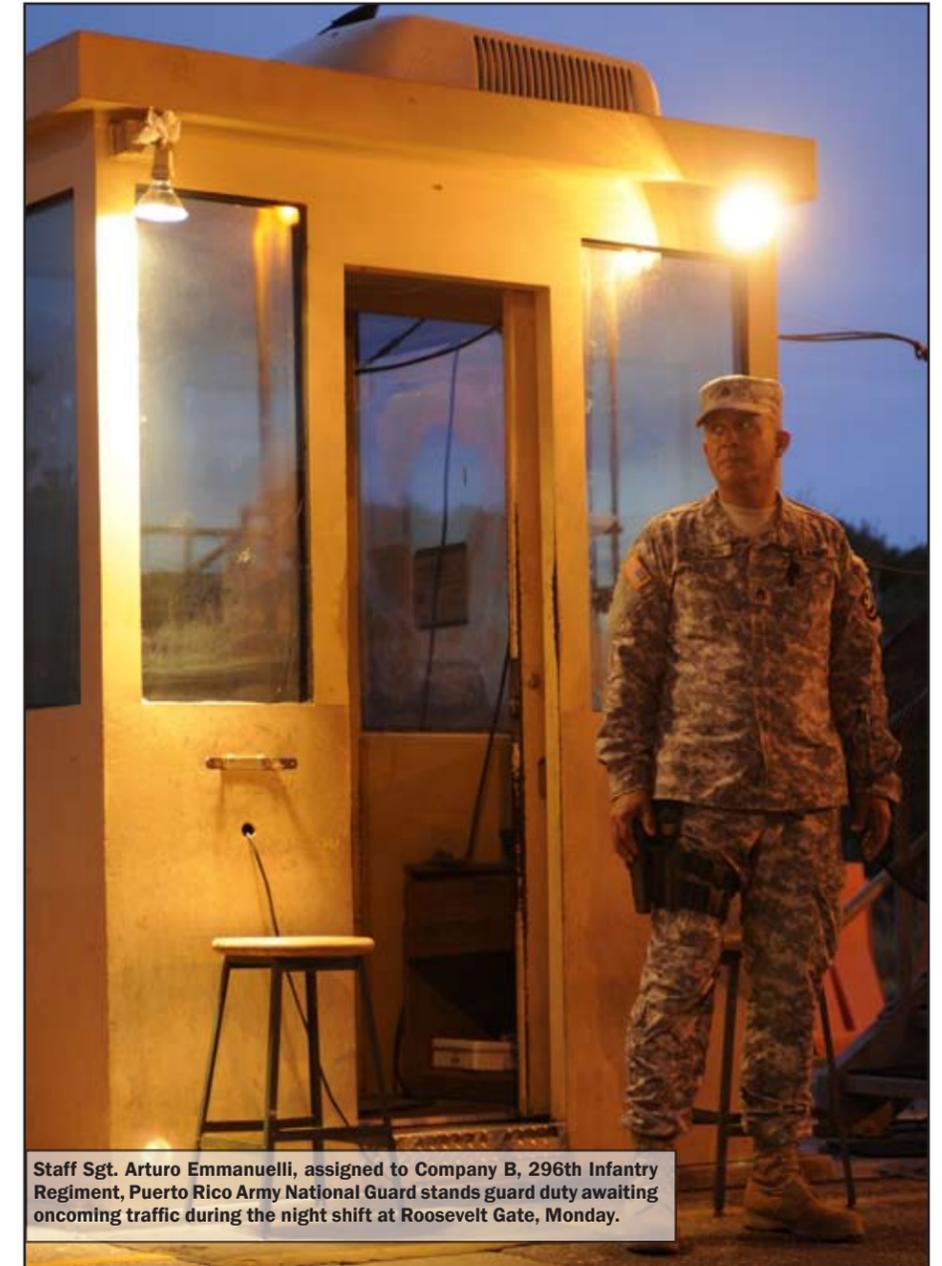
Anderson also explained if a customer is looking for something specific and cannot find it, she will gladly take their number and call them when the item comes in.

With hundreds of items such as books, clothes and household items donated weekly, Treasures and Trivia is the place where thrifty meets crafty. The store is now open Monday through Friday from 10 a.m. to 2 p.m. and 4 p.m. to 6 p.m. with Saturday open from 9 a.m. to 2 p.m. and closed on Sunday.



GUARDING THE GATE

Sgt. Aljady Soto assigned to Company B, 296th Infantry Regiment, Puerto Rico Army National Guard waves a familiar hand signal letting the next driver know it is OK to move forward at Roosevelt Gate, Friday



Staff Sgt. Arturo Emmanuelli, assigned to Company B, 296th Infantry Regiment, Puerto Rico Army National Guard stands guard duty awaiting oncoming traffic during the night shift at Roosevelt Gate, Monday.

“!Dejate llevar!”

English translation: go with the flow.

As the first greeting to Troopers and visitors when they enter Joint Task Force Guantanamo, the Company B, 296th Infantry Regiment, Puerto Rico Army National Guard have a sometimes tedious and always essential mission. To combat the long days, members of the 296th use this battle cry, reminding them to focus on their tasks at hand.

“!Dejate llevar!” The simple phrase is their way of dealing with the stress and pressure that come with not only being a guard, but with most any job within the JTF.

“Working in the heat with high-ranking members as an E4 can be a little challenging,” said Spc. Jose Montalvo. “You may want to

do something your way, but you just have to listen and do the right thing.”

Montalvo said he enjoys meeting and working with Navy and Air Force personnel as they come through the gate and likes to learn about different cultures within the JTF.

“Actually, it’s nice because a lot of people will speak to us in Spanish when passing through,” said Montalvo. “We get a sense of being home because we’re in the tropical weather here, too.”

When traffic dies down things can get monotonous at the gate, said Montalvo, but thinking about his future helps to pass the time.

“I want to study and become an officer

through the ROTC program,” said Montalvo. “Being enlisted first means once you become an officer, you can understand what the people under you are going through.”

Spc. John Morales agrees time at the gate tends to go slow at times.

“We are always looking for entertainment and most of us have a good imagination,” said Morales. “We will call the other posts for radio checks and look around for different animals or the one deer we call Bambi.”

Morales plans to stay in the Army after this deployment and said “Dejate llevar!” can help when things are tough.

“You know sometimes we question things,” said Morales, “like ‘why do we have to do this or that,’ but then we say ‘just go with the flow’ and it helps us to not worry about the little things.”

Sgt. Angel Bringas, another Trooper with the 296th, said he wanted to join the military since he was a kid and is now thankful for the opportunities the Army gives him.

“I got my master’s degree,” said Bringas. “So, I serve my country and the Army served me, too. I’m very happy because of that. I thank them for the opportunity and help they’ve given me.”

Bringas, who works as a car part salesman as a civilian, said his experience with both jobs compliment each other well.

“As a salesman, you have to speak with people and learn to have a good customer relationship,” he said. “You have to smile at people all the time. I can use that here when

see GATE, page 11

“It’s nice because a lot of people speak to us in Spanish when passing through... we get a sense of being home.”



Staff Sgt. Arturo Emmanuelli, assigned to Company B, 296th Infantry Regiment, Puerto Rico Army National Guard, conducts a radio check during his guard duty at Roosevelt Gate, Monday night.



Sgt. Aljady Soto salutes two officers allowing them to enter Roosevelt Gate during his guard duty, Friday.



“We are the first faces people see – we have to make a good impression and be professional at all times.”

GATE cont.

I’m on post to make it easier. I challenge myself to stay in a good mood.”

To Bringas, being a gate guard is a small piece of a larger puzzle.

“Everyone has a mission here that is very important and sometimes you do something that looks very small, but when you put it all together you see the big picture,” explained Bringas. “Here I do my part, other people do their part and together we make it better.”

Although their tour here is almost done, the Soldiers of the 296th will pass on the professionalism and “go with the flow” positivity to the next group of guards to keep their part of the mission alive.

“We are the first faces people see on JTF,” said Gringas. “We have to make a good impression and be professional at all times. I like it, because I serve my country and I serve the JTF. I put my grain of sand in the War on Terror.”

Afghan, coalition force combats terrorists

WASHINGTON, D.C. – A combined Afghan and coalition security force killed several insurgents, including a senior Haqqani leader, during a nighttime security operation in the Zurmat district of Paktiya province Tuesday, military officials reported.

The deceased leader, Yasin, was the preeminent source of roadside bomb attacks in the Zurmat and Gardez districts. He was a bomb expert who constructed and facilitated explosive weapon systems throughout the province, targeting Afghan and coalition forces.

The Afghan-led security force found themselves under attack by several armed insurgents shortly after arriving at the targeted compounds. After receiving extended heavy fire, the security force responded by killing several insurgents, including Yasin.

After the engagement, the force discovered and destroyed a rocket-propelled grenade launcher with three warheads, several grenades, a machine gun, multiple AK-47 rifles and numerous rounds of ammunition.

The force also detained several suspects.

In other operations in Afghanistan:

A combined Afghan and coalition force detained several suspects during an overnight security operation at a Taliban leader's suspected compound in the Archi district of Kunduz province. The target is a leader with the Kunduz attack network and is responsible for planning and conducting suicide attacks against Afghan government officials within the district.

The ISAF confirmed the capture of a Taliban leader during a June 14, security operation in the Archi district of Kunduz province. The leader was the Taliban-appointed governing official for the district.

A combined Afghan and coalition security force in Kandahar province captured a Taliban facilitator and more than five associates during a security operation in the Arghandab district. The facilitator was responsible for the movement of lethal materials for other Taliban networks.

In Helmand province, a combined Afghan and coalition force captured a Taliban facilitator and an associate during a nighttime security operation in the Nahr-e Saraj district. The facilitator was a key transfer agent,

smuggling materials and resources from Iran for senior Taliban leaders in Helmand.

A combined Afghan and coalition force captured a Taliban leader during a security operation in the Qalat district of Zabul province. The leader was responsible for kidnapping and assassinating local Afghan civilians.

The ISAF confirmed the capture of a Taliban facilitator during a June 14, security operation in the Tarnak wa Jaldak district of



Army field artilleryman Sgt. Ryan Kennedy and Spc. Douglas Petty, serving with Battery B, 1st Battalion, 6th Regiment, 3rd Brigade, 1st Infantry Division, Task Force Duke, pull security and discuss possible enemy locations while in Katalai village, Khowst province, Afghanistan, June 15, 2011.

Zabul province. The facilitator assisted in the transfer of Uzbeks and Farsi-speaking foreign fighters from Pakistan into Afghanistan to fight for the Taliban.

A combined Afghan and coalition force killed two insurgents and detained another during an overnight operation in the Mota Khan district of Paktika province. The target of the operation was a Haqqani leader who conducts, coordinates and directs roadside bomb attacks against Afghan and coalition forces. The security force provided medical aid for a wounded insurgent and transported him to a medical facility. Additionally, they found multiple grenades, AK-47 rifles and chest racks.

A combined Afghan and coalition force in Khost province captured a Haqqani network leader and a network facilitator during separate security searches in the Sabari district. The leader directed 20 fighters who carried out Haqqani operations in the district and was actively involved in building roadside bombs.

Also in Sabari, a combined Afghan and coalition security force captured a Haqqani network facilitator and detained several

associates during a nighttime security search. The facilitator purchased, sold and transported weapons and ammunition in support of Haqqani operations.

In Wardak province, a combined Afghan and coalition force detained two individuals for questioning during an overnight security search in the Chak-e Wardak district. The targeted leader is responsible for financial and logistical support to insurgents within the Onkhai Valley area.

The ISAF confirmed the capture of a Haqqani facilitator during a June 10, security operation in the Sabari district of Khost province. The facilitator was responsible for the purchase and sale of weapons and supplies to Haqqani insurgents in the district. He also prepared homemade bombs for attacks against the Afghan National Army.

Combined Afghan and coalition security forces discovered two caches in different districts of Farah province. In Farah district, a combined force patrol discovered a weapons cache consisting of nine mines, two 122 mm rockets and one 107 mm rocket. A separate

Afghan and coalition-force patrol operating in Bakwa district discovered a drug cache consisting of 441 pounds of opium. All the drugs and weapons will be destroyed.

A combined Afghan and coalition force discovered a drug cache in the Maiwand district of Kandahar province. The cache consisted of 3,307 pounds of hashish, 661 pounds of marijuana and 146 pounds of opium.

In the Zharay district of Kandahar province, a combined Afghan and coalition force discovered a drugs cache consisting of 220 pounds of hashish.

A coalition force patrol conducting a security operation in the Sangin district of Helmand province discovered a weapons cache containing four 82 mm mortar rounds, one rocket-propelled grenade and several improvised explosive device components.

In the Sabari district of Khost province, a coalition force discovered a weapons cache consisting of five anti-personnel mines, five rocket-propelled grenades, one 82 mm mortar round, 400 12.7 mm rounds and several improvised explosive device components. All the weapons were safely destroyed by the security forces.

Coast Guard responds to dive accident

13th District Public Affairs

FORT MACON, N.C. – A Coast Guard boatcrew responded to a dive accident involving a 60-year-old man approximately 29 miles southeast of Beaufort Inlet, N.C., Tuesday.

A crewman aboard the dive boat Olympus contacted Coast Guard Sector North Carolina via VHF-FM channel 16 at 9:39 a.m., reporting that a diver was recovered from the bottom of a 120-foot dive unresponsive and not breathing.

An Olympus crewmember immediately started administering CPR.

A Coast Guard 47-foot Motor Lifeboat crew was dispatched from Station Fort Macon with a Coast Guard EMT aboard. Upon arrival, the EMT was transferred to the Olympus and both boats returned to Fort Macon to await emergency medical service personnel. The diver was then transported to Carteret General Hospital in Morehead City, N.C. where he was declared deceased.

The Coast Guard is investigating the cause of the incident.

"This is the fourth diving accident in eastern North Carolina in the last two months," said Lt. Kevin Sullivan, of Sector North Carolina. "Cases like this are a reminder that diving is an inherently dangerous sport. Those participating are encouraged to exercise all due caution."

For more information visit www.coastguard5publicaffairs.com

OPERATION DRY WATER



CAPE MAY, N.J. - Boater David Wetten hands Coast Guard Auxiliary member Jim Kight his boat registration documents during his free, no-fault vessel safety exam at Snug Harbor Marina, May, 21. - photo by Petty Officer 2nd Class Crystalynn A. Kneen.

Coast Guard enforces BUI regulations on the water

Public Affairs Detachment
Los Angeles

SAN PEDRO, Calif. – State and federal marine law enforcement officers will be working together during Operation Dry Water, June 24 - 26, looking for boaters whose blood alcohol content exceeds the legal limit of .08 percent.

Operation Dry Water will include increased patrols, breathalyzer tests, and boater education. Boaters found to be impaired can expect penalties to be severe.

During the nationwide operation last year, 322 boating arrests

were made and 4,171 citations handed out.

Studies conducted by the Coast Guard's Office of Boating Safety reflect the dangers of the overuse of alcohol over the past nine years. In the reported number of boating fatalities, nearly 80 percent of victims were not wearing a life jacket. In those same fatal cases, 59 percent of victims were found to have a blood alcohol content over .04. During non-fatal accidents, 22 percent were found to have a BAC higher than .04.

Alcohol is even more hazardous on the water than on land. The marine environment – motion, vibration, engine noise,

sun, wind and spray – accelerates a drinker's impairment. These stressors cause fatigue that makes a boat operator's coordination, judgment and reaction time decline even faster when using alcohol.

Operation Dry Water is a multi-agency, education and enforcement initiative launched by the National Association of State Boating Law Administrators in partnership with the Coast Guard, putting thousands of local, state and federal marine law enforcement officers on the water nationwide the last weekend in June to give BUI enforcement high visibility during the peak boating season.



Lance Cpl. Dennis Wiatt, a data technician specialist with 3rd Battalion, 24th Marine Regiment, Special Purpose Marine Air Ground Task Force Marine Week, uses fast footwork to defend himself against his opponent during the amateur boxing tournament in St. Louis, Monday. Wiatt said he and the other Marines were excited about the opportunity to fight while at the same time raising money for charity. - photo by Lance Cpl. Chelsea Flowers

Marines fight police, firefighters to raise money for charity

Lance Cpl. Chelsea Flowers
Headquarters Marine Corps

ST. LOUIS — Every Marine is instilled with a warrior ethos, always poised and ready to fight when needed. At the First to Fight Boxing Event Monday, Marines participating in Marine Week St. Louis, were invited to prove their fighting prowess against St. Louis police officers and firefighters.

The Scotttrade Center was packed with supporters of both the Marines and local boxers. Some of the crowd sat at tables around the ring, eating, drinking and cheering on their fighters while the rest filled the front rows of the arena.

The thrill of the fight, while the most entertaining, was not the focus of the night. All proceeds from the event went to Toys for Tots, Backstoppers and the Semper Fi Society of St. Louis, organizations that support the families of fallen first responders and Marines,

respectively.

“As long as the money gets to the right people, that’s all that matters. And to have fun doing it,” said Sgt. Seth Forbes, a boxer in the competition and a motor transport mechanic with 3rd Battalion, 24th Marine Regiment, Special Purpose Marine Air Ground Task Force Marine Week.

Each Marine boxer was pitted against a member of the St. Louis police or fire departments for three rounds or a knock-out, whichever came first. A majority of the Marine boxers had never boxed professionally and jumped on this unique opportunity at the last minute.

“Who doesn’t want to box a police officer

and get away with it?” said Lance Cpl. Dennis Wiatt, a competitor and a data technician specialist, 3/24, and St. Louis native. “That’s what sold me over.”

Throughout the course of the evening, there were enough blows to the head, hooks, knock-downs and even one near topple over the ropes to keep the crowd

roaring all night.

While the Marines came out victorious, the amateur boxing event gave Marines and St. Louisans a chance to engage in some friendly competition while giving back to the families of those who were lost or injured protecting them. The Marine Corps and the people of St. Louis will never forget the dedication and sacrifice of those brave men and women.

“Who doesn’t want to box a police officer and get away with it?”
Lance Cpl. Dennis Wiatt

Abandoned paintings make Air Force history

CHEYENNE MOUNTAIN AIR FORCE STATION, Colo. — Nine paintings depicting the evolution of air and space, displayed in the Cheyenne Mountain Air Force Station technical support building lobby, will be adopted into the Air Force Art Program this year.

The paintings were rescued years ago after being abandoned inside a storage closet at the Chidlaw Building, the then-headquarters building for the Aerospace Defense Command of the North American Air Defense Command.

Since their rescue, the 3-by-4 paintings have been displayed in various CMAFS conference rooms and offices. Once the paintings become part of the Air Force Art Program, no one can ever put them in a closet again.

“The big significance is that we capture some heritage, so it doesn’t get lost,” said Col. Russell Wilson, 721st Mission Support Group commander at CMAFS.

The paintings will be assigned inventory numbers with instructions that they are not to be moved without notifying the Air Force Art Program, said Russell Kirk, Air Force Art Program director.

“If we didn’t accession them, they could be put in a closet and be forgotten,” Kirk said. “With accession numbers, if someone were remodeling and didn’t want those paintings anymore, they would come back to us.”

For years, the paintings have been a source of conversation and mystery, Wilson said. The only clue about the paintings’ origins is the signature, “T. Patterson.” Beyond that, the paintings are not dated and no one knows who T. Patterson was.

“We still ask the question, where did these paintings come from?” he said.

Art Marthaller, a retired chief master sergeant and retired Department of Defense civilian, found the discarded paintings in the mid 1980s in the Chidlaw Building. The paintings were covered in dust, but he liked them, he said.

“I knew those paintings were something special,” he said.

Marthaller asked around and no one objected, so he took them up to the mountain and put them up in the conference room.

The paintings run as a series that begin with Greek mythology and the depiction of Icarus, the Greek man who made wings of feathers and wax to escape Crete. However, he flew too close to the sun and melted his



A painting by T. Patterson, an unknown artist, is now on display at Cheyenne Mountain Air Force Station, in Colorado Springs Colo. The art will be adopted into the Air Force Art Program in 2011. (Courtesy photo)

wings causing his crash to earth.

Each painting has a number of faces or images that represent different eras of flight history. The paintings depict the first manned balloon flight in France by the Montgolfier brothers in 1783 and the first successful airplane flight by the Wright brothers in 1903.

T. Patterson also paid homage to World War I German fighter pilot Manfred von Richthofen, also known as the Red Baron, and in a separate painting to Valentina Terskova, a Soviet cosmonaut who in 1963 became the first woman in space.

The paintings also treat viewers to the Flying Tiger, the P-38 Lightning, the Supermarine Spitfire and the CH-47 Chinook, which spans 1941 to the early 1960s in three paintings. The artist also paints the Apollo 11 moon landing of 1969 and then the more modern F-15 Eagle tactical fighters and the all-weather surveillance E-3 Sentry, which would indicate the paintings were done after 1977, when those aircraft were introduced.

“As you look at them, they really show the transition of air power,” Wilson said. “There are a lot of famous people in the paintings – it’s fun, a lot of folks will stop here and try to figure out who they are.”

The paintings have been examined by the 21st Space Wing and Air Force Space Command historians, but neither had ever seen the paintings or knew anything about the artist, Wilson said.

“I heard comments and rumors that the painter was a Vietnam veteran doing some art therapy,” said Jim Burghardt, 721st MSG test control operations chief. “I would like to know who he is.”

Another theory is that the artist was a professional because of the detail and quality of work, said Jeff Lucas, 721st MSG test control division chief.

Last year, Wilson bought new frames for the paintings and invited a representative from the Air Force Art Program to take a look at them.

The AF Art Program, headquartered at the Pentagon, began in 1961 and now has adopted 10,000 works, Mr. Kirk said. The Air Force commissions a cadre of artists from the New York and Los Angeles Society of Illustrators and works with the nation’s top aviation artists. Not just any art gets accepted into the program, Kirk said.

“These paintings (at CMAFS) are of the quality that fits with our program,” he said.

Wilson and other CMAFS employees have searched for T. Patterson on the Internet, but have never found any news of an artist by that name.

Wilson said he would like to find the artist.

“I would like to set up a little plaque that tells the significance of each painting and even a little bit about the artist, and if he is still with us, maybe we could get him to paint another one to continue the series,” Wilson said.

No matter what, T. Patterson is now a part of Air Force history, said Lucas, who remembers when Marthaller first found and displayed the paintings.

“It’s about time,” he said. “They are historic in their own way.”

Anyone who has information about the paintings or the artist, T. Patterson, can call Lucas at 719-474-2031.

Navy Dive Southern Partnership Station 2011

by Mass Communication Specialist
2nd Class Gregory N. Juday

BRIDGETOWN, Barbados – U.S. Navy divers from Mobile Dive and Salvage Unit 2 Company 23, concluded a two-week training evolution with multinational Caribbean divers in Barbados, Friday.

MDSU 2 Company 23 trained divers from seven Caribbean countries on basic dive medicine, anti-terrorism force protection diving, lift bag procedures and chamber operations.

“It was an overall great experience working with the Caribbean divers,” said Navy Diver 2nd Class Ryan Arnold, MDSU 2 Company 23. “I especially enjoyed the exchange of knowledge amongst each other.”

Many difficulties can arise while working in different countries. One of the most prominent is cultural differences.

“Dealing with cultural differences was a challenge at first,” said Arnold. “It was great to see everything smooth-out and come together in the end.”

For many of the divers, U.S. and Caribbean, this is their second venture together.

“It is a wonderful experience for the Caribbean divers, learning the different equipment and technology that U.S. divers have to offer,” said Chief Petty Officer Austin Howell, Barbados coast guard. “It allows us to work together safely as a team, sharing tactics in the water.”

The Barbados coast guard hosted a closing ceremony in celebration of the event and continued the camaraderie with a fish cookout and socializing.

U.S. Naval Forces Southern Command and U.S. 4th Fleet supports U.S. Southern Command joint and combined full-spectrum military operations by providing principally sea-based, forward presence to ensure freedom of maneuver in the maritime domain, to foster and sustain cooperative relationships with international partners and to fully exploit the sea as maneuver space in order to enhance regional security and promote peace, stability, and prosperity in the Caribbean, Central and South American regions.



The Nimitz-class aircraft carrier USS Dwight D. Eisenhower conducts rudder turns during sea trials, June 14. Dwight D. Eisenhower completed a nine-month planned incremental availability at Norfolk Naval Ship Yard, June 10 and is scheduled to resume underway operations this summer. - photo by Mass Communication Specialist 1st Class Christopher Stoltz

IKE completes sea trials, returns home

Mass Communication Specialist 3rd Class
Christopher Marshall

NORFOLK, Va. – USS Dwight D. Eisenhower completed sea trials June 15, marking another milestone in the warship’s long and storied career.

During the sea trials, the aircraft carrier engaged in high-speed turns and various other tests. Along with testing the ship and its equipment, Sailors participated in drills ranging from man overboard to general quarters, as well as various other evolutions.

As the crew took their ship out to sea, it was proven that IKE can withstand the rigors of at-sea operations following a nine-month pierside shipyard availability period.

“At this stage, I could not be happier to see the way the crew and this ship have responded,” said Cmdr. Paul A. Beckley, IKE’s operations officer. “[The maintenance period] was critically important to the longterm maintenance of IKE, and the shipyard did an outstanding job.”

IKE’s crew accomplished nearly 300 Board of Inspection and Survey items in three days.

“Whatever needed to be done was done at the end of the day,” said Quartermaster 3rd Class Taquia Stokes from IKE’s navigation department.

“I’m looking forward to getting to do the job I joined the Navy to do,” Stokes added.

The sea trials tested IKE materially and physically, said Beckley.

“It is a testament to the crew that we were able to do this safely and with pride,” he added.

Eisenhower’s crew enhanced many of

the communication systems, ship’s radio systems, telephone systems and combat systems suites. Basic maintenance and habitability upkeep, tiling, lagging and painting were done as well.

During the availability, more than 260,000 man days of work were completed and major jobs such as refitting the reactor training spaces, main coolant check valve replacement and a brand new media center.

“We came out of the shipyard in better shape than when we entered it,” said Boatswain’s Mate 2nd Class Tommy Hernandez, of IKE’s deck department.

The crew’s extensive training during the availability, was key in preparing themselves for the arduous task of getting IKE underway after a long layoff.

Sailors’ training during the planned incremental availability prepared them to get the ship back to the fleet and transition to being operational “mainly by preparing for AIRLANT-directed training evaluations and conducting general quarters drills, reviewing all watchbills, and performing additional medical, navigation, and air drills,” said Lt. Cmdr. Brock Miller, IKE’s training officer.

Now that IKE has successfully completed the PIA, she has commenced at-sea operations, working toward becoming surge ready. Her next major milestone will be flight deck certification. Those evolutions, along with on-loading ammunition and preparing for INSURV, will allow IKE to increase its combat readiness.

For more news from USS Dwight D. Eisenhower, visit www.navy.mil/local/cvn69/.

Mind, **Body** & Soul

Pfc. Justin Pierce

Any given weekend presents one very simple fact here on Naval Station Guantanamo: alcohol use is a common activity for most weekend events. Whether dancing at the club, barbecuing out back or just conversing with friends, many Guantanamo residents also choose to add alcohol to their mix of fun and revelry. By no means am I condemning the use of alcohol or pointing fingers at anyone. Instead, as the title suggests, this article is meant purely for education. Alcohol by definition is a drug and like any other drug, it has positive and negative effects along with potential hazards with overuse.

Let’s start with a closer look at what alcohol is and how your body treats it. If you’re familiar with the term “drinking your dinner,” it should come as no surprise alcohol contains calories just like any other food. Medicine.net notes the ratio of calorie to substance for alcohol at seven calories to every one gram of alcohol. Comparably, proteins and carbohydrates hold four calories to every one gram and fats contain nine calories per every one gram. So right off, it is clear alcohol acts as a more concentrated food source than proteins or carbs, nearly twice as much. In itself, this should not cause too much concern – but there is a deeper problem in the relative emptiness of these calories. Unlike proteins, carbs and even fats, alcohol contains nearly nothing in the way of essential vitamins, minerals, acids or really anything your body actually needs to sustain itself. Over consumption of alcohol becomes



problematic as it gets in the way of delivering more useful food sources to your body, and this emptiness can lead to overeating when it comes time to sit down for a real meal. This is especially the case with hard liquors, which on average contain 90 calories per ounce (plus whatever you mix it with).

Ninety calories per ounce of hard liquor may set your internal calculator reeling, leaving you to wonder how on earth alcohol could be considered beneficial. The key to alcohol’s benefit lies within maintaining moderate limits. The Department of Health

and Human Services considers moderate consumption to be not more than four drinks per day for men, three for women – due primarily to a lower relative body weight (sorry ladies, sexual dimorphism isn’t your friend here). With these responsible limits, a weight-watching gentleman would be consuming only 360 calories with two double jack and diets. Think of it as dessert. At a moderate level, alcohol doesn’t look so bad

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
Iglesia NI Christo
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

SCREAM 4

Sp. Meredith Vincent

Think back to the original cast of 1996's "Scream" and play a game of "Where Are They Now?" Skeet Ulrich's latest gig was as Detective Rex Winters on "Law & Order: Los Angeles." Courtney Cox moved on from "Friends" to "Cougar Town." Rose McGowen is now ex-Mrs. Marliyn Manson. Jamie Kennedy and Matthew Lillard have all but dropped off the pop culture map. And the lovely Neve Campbell, so promising as heroine Sydney Prescott, hasn't done anything of note since 2003's "The Company."

The scariest, cruelest joke in "Scream 4" is a generation's forceful acknowledgment that their time is up. Move over, 90's nostalgia - the Facebook Era is here to stay.

To enjoy this movie, it's important you're "in" on the joke. Director Wes Craven (not exactly a fresh face to the industry at 71 years old) and writer Kevin Williamson (who gave my generation "Dawson's Creek" and who I hold responsible for Tom Cruise's couch-hopping shenanigans over wife and "Creek" star Katie Holmes) are well aware their Ghostface Killer - the raspy-voiced, butcher who terrorizes residents of Woodsboro, N.C. - is outdated, practically a relic. Since the last sequel, "Scream 3," hit theaters in 2000, audiences have been subjected to the new, gruesome "torture porn" trend - done to ghastly perfection in the "Saw" movies - and our shock tolerance has become practically nonexistent. Therefore, true gore is replaced with a cheese-factor so thick, you could add two slices of bread and make a



damn good grilled cheese sandwich.

Knowing this, what "Scream 4" lacks in creative kills it makes up for in subversive self-awareness. Nearly every scene is tailored around the movie's interest in analyzing itself, which is actually the perfect metaphor for today's Twitter-obsessed society.

After a trio of cheeky false starts, the plot settles once again on Sydney and her return to Woodsboro after writing a self-help book about how all her friends and family were hacked to death but she ended up OK after all. Isn't that nice?

Instead of a sequel, the movie is being marketed as a "reboot," allowing the filmmakers to introduce a host of perky, glossy faces to

the franchise, including Jill, Sydney's bland, good-girl niece (played by Julia's actual niece, Emma Roberts), Jill's BFF Kirby (a saucy Hayden Panettiere) and movie geek Charlie (Rory Culkin, Macaulay's little brother.) These youngsters teach the veterans a thing or two about making a horror movie in the 21st century - first and foremost, everything must be filmed. Well done, YouTube.

The body count is large and the laughs are plentiful, but "Scream 4" still does not match the spark of the original. If anything, it forces fans of the first "Scream" to accept that we, like Sydney, are all grown up and perhaps out of touch with the meta-fied generation nipping at our heels. And isn't that a scary thought?

R

111 min.



BODY cont.

in terms of calories. This level of drinking also holds the key for alcohol's health benefits. Moderate drinking can be linked to numerous positives in relation to good health, as studies conducted by the National Institute on Alcohol Abuse and Alcoholism show moderate drinkers live longer, suffer less acute hospitalizations, have healthier, more resilient hearts and generally maintain a better level of health than BOTH heavy drinkers AND non-drinkers. Coupling a routine exercise regimen with moderate drinking increases the likelihood of these benefits.

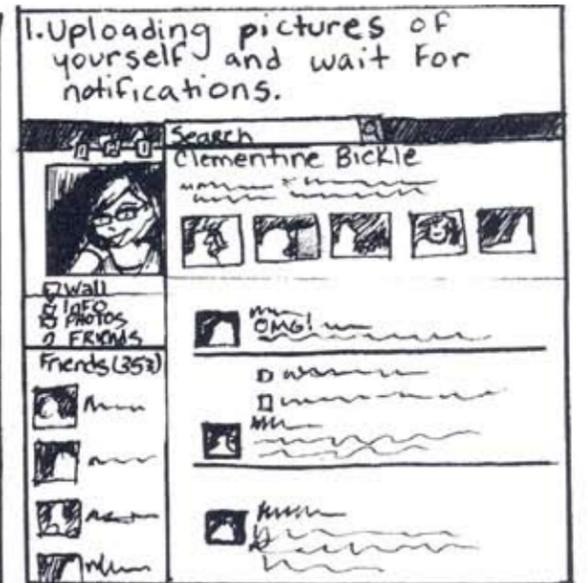
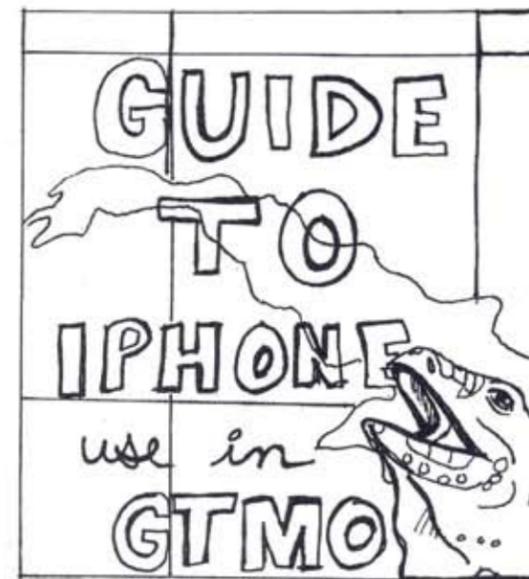
The major key with all of these benefits is they're only available to those who maintain responsible limits. Heavy drinkers often find themselves far more likely than non-drinkers to succumb to heart conditions, cancer, serious and fatal accidents, obesity, etc. The

Center for Disease Control and Prevention notes the end state for heavy drinkers isn't a pretty picture - on average, 79,000 deaths annually in the U.S. can be attributed to heavy drinking and binge drinking. The larger tragedy here is of these 79,000 lives lost, roughly half are from sporadic periods of binge drinking, resulting in fatal accidents. That's roughly 40,000 people who woke up fine in the morning, but never made it back to bed and for no greater reason than a poor decision. The other 40,000 suffered the unfortunate circumstance of knowing their days were drawing to a close as their bodies failed them throughout months and years in and out of hospitals - not exactly gilded plans for the golden years.

The reality of heavy drinking is a sobering fact, but it's important to note these statistics, like all statistics, only represent what HAS

happened in the past - future stats will be as bright or dark as we make them. Making a choice to drink responsibly or not at all may not correlate directly into reducing alcohol-attributed deaths, but it does make a difference for the better. And more so, it honors the memory of our predecessors and encourages all those who will follow in our footsteps.

If you or your friend's drinking patterns make you worry, please don't hesitate to take advantage of the numerous avenues of support offered through Behavioral Health, JSMART, or even your local chaplain. We all owe it to ourselves and each other to maintain the proud moral standards of America's Fighting Force. There's no embarrassment in being strong enough to seek help - I've been there before and I'd like to think I'm a better person today because of it.



	24 FRI.	25 SAT.	26 SUN.	27 MON.	28 TUES.	29 WED.	30 THURS.
Downtown Lyceum	NO MOVIES - Saving Abel Concert	Kung Fu Panda 2 (PG) 8 p.m. Scream 4 (R) 10 p.m.	Water for Elephants (PG-13) 8 p.m.	The Hangover: Part 2 (R) 8 p.m.	Hookwinked Too: Hood vs. Evil (PG) 8 p.m.	X-Men: First Class (PG-13) 8 p.m.	Green Lantern (PG-13) 8 p.m.
Camp Bulkeley	Kung Fu Panda 2 (PG) 8 p.m. Water For Elephants (PG-13) 10 p.m.	Hoodwinked Too: Hood vs. Evil (PG) 8 p.m. Super 8 (PG-13) 10 p.m.	Green Lantern (PG-13) 8 p.m.	The Hangover: Part 2 (R) 8 p.m.	X-Men: First Class (PG-13) 8 p.m.	Scream 4 (R) 8 p.m.	Madea's Big Happy Family (PG-13) 8 p.m.

Call MWR at ext. 2010 for more information.

Movie Hotline - call 4880.

The JTF AT SHUTTER SPEED



CORPSMAN BALL

The Joint Medical Group Guantanamo Color Guard presents the colors during the 113th Hospital Corpsman Ball at Windjammer Ballroom, Friday. More than 100 Hospital Corpsman stationed at Joint Task Force and Naval Station Guantanamo attended the event. - photo by Sgt. Mathieu Perry



STAY HYDRATED

Staff Sgt. Tim Brooks (left), rotation noncommissioned officer in charge at Joint Task Force Guantanamo and Sgt. Shawn Kirk, warehouse noncommissioned officer in charge, load cases of water from the warehouse, Monday. - photo by Sgt. Mathieu Perry



SAYING GOODBYE

Sailors attached to the Navy Expeditionary Guard Battalion Guantanamo load duffel bags and luggage onto a cattle truck near the Naval Exchange store in the pre-dawn darkness, Tuesday. More than 100 Sailors prepared to fly home after completing a year-long deployment to Guantanamo Bay, Cuba. - photo by Sgt. Mathieu Perry



FORM IT UP

1st Sgt. Phillip Dietz, of the 139th Military Police Company, salutes his commander, Capt. Christopher McCann, before leading his unit on a 2.7-mile company run, Monday. - photo by Mass Communication Specialist 1st Class Sally Hendricks