

The WIDE



Woods takes the helm

JTF welcomes new commander

PLUS:

Chronicling the reef
Part 2 of last week's
in-depth science feature

Razzle, dazzle
Cirque Odessey delights
GTMO audiences

COMMAND CORNER

As I assume command of JTF Guantanamo, I am extremely impressed with both the warm welcome I have received and the professionalism I have seen in the past few days. It is apparent to me there is broad understanding of the importance of this critical mission. Leadership throughout the chain of command is engaged to ensure the “safe, humane, legal and transparent care and custody of the detainees” entrusted to us. They are equally focused and engaged to ensure our Soldiers, Sailors, Marines, Airmen, Guardsmen, civilians and contractors are taken care of in both quality of life and career development. I assure you that during my tour we will maintain this focus and strive to make incremental improvements to remove distractions.

This is a unique command, and I will work hard to build my situational awareness across the JTF and engage on issues quickly, but thoughtfully. We will consider appropriate changes that are condition-based and fully vetted – and will implement only those in which we understand the associated risk. I do not intend to start a “countdown calendar,” but do intend to drive down issues that divert our focus.

I am a Naval Flight Officer and have been operational for the majority of my career. This is my fifth command tour and second joint command tour. Each of my previous commands came with challenges, and JTF GTMO is no different in that respect. We will tackle significant events over the next year to eighteen months. These events combined with fiscal challenges will result in changes across the Department of Defense which will affect our command. I want each member of the JTF to stay locked on to our mission and let me deal with these external factors to minimize their impact on you.

Again, I want to say thank you for the warm welcome from each of you and from Naval Station Guantanamo. You are all true professionals and I am honored to be joining such a diverse and effective team. I look forward to putting my all into this significant mission which we will continue – without fail. Our motto “Honor Bound to Defend Freedom” is just as meaningful today as the day it was adopted. The nation expects our success and we will not disappoint. Honor Bound!



Trooper to Trooper

featuring

Senior Chief Petty Officer Robin Guy

Senior Enlisted Leader, J2

This week Joint Task Force Guantanamo said farewell to Rear Adm. Harbeson and hailed the arrival of Rear Adm. Woods. With the arrivals and departures of military members, the Navy traditionally takes the time to hold ceremonies and celebrations to commemorate this change. We show our enthusiasm and acceptance of the new arrival and let the departing member know we appreciate a job well done.

The Navy Chief’s Mess has a responsibility to teach and pass along these Navy traditions. In keeping with that sentiment, let me provide this wisdom to you: Hail and Farewell is a translation of “ave atque vale,” the last words of the poem Catullus 101, written by the Latin poet, Gaius Valerius Catullus (ca. 84 BC – ca. 54 BC). The Hail and Farewell is a traditional military event whereby those coming to and departing from an organization are celebrated by those who served with them. This may coincide with a change of command, be scheduled on an annual basis or be prompted by any momentous organizational change. This celebration builds organizational camaraderie, esprit de corps and supports a sense of continuity through change. These events are often an emotional time for military members as we say goodbye to those who made an impact on our lives and we look forward to opening the door for the next exciting adventure awaiting us.

When I started this article, I focused on the arrival and departure of our leadership. I realize we are all in a time of transition at JTF GTMO. As I look around the JTF today, I notice many new faces and am saddened by the memory of the familiar faces who recently left the island. This article is for all those who have recently arrived; we hail you and look forward to working with you. For all who have moved on to meet the next challenge, it has been an honor and privilege to serve with you, farewell.

On behalf of the JTF GTMO team: Rear Adm. Harbeson, we



salute you. Farewell and following seas, Sir, we will see you in the fleet! To Rear Adm. Woods, welcome aboard, Sir! We are “Honor Bound to Defend Freedom.”

JTF Guantanamo

Commander
Navy Rear Adm. David Woods
Command Master Chief
Command Master Chief Reynaldo Tiong
Office of Public Affairs Director
Navy Cmdr. Tamsen Reese: 9928
Deputy Director
Air Force Maj. Amy A. Oliver: 9927
Operations Officer
CW2 Scott Chapman: 3649
Senior Enlisted Leader
Sgt. 1st Class Benjamin Cossel: 3499

The Wire

Executive Editor:
Army Sgt. Meredith Vincent: 3651
Layout Assistant:
Mass Communication Specialist 2nd Class
Maddelin Angebrand
Photojournalists:
Mass Communication Specialist 1st Class Sally Hendricks
Mass Communication Specialist 2nd Class Joe Ebalo
Mass Communication Specialist 2nd Class Kilho Park
Mass Communication Specialist 3rd Class
Marquis Whitehead
Army Sgt. Mathieu Perry
Spc. Kelly Gary
Pfc. Justin Pierce

Contact us

Editor’s Desk: 3651
From the continental United States
Commercial: 011-53-99-3499
DSN: 660-3499
E-mail: thewire@jftgtmo.southcom.mil
Online: www.jftgtmo.southcom.mil



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COVER: Rear Adms. David Woods and Jeffrey Harbeson render hand salutes during the playing of the national anthem at the Joint Task Force Guantanamo change of command ceremony, Wednesday. Harbeson was relieved by Woods as commander of the JTF.



PROTECT YOURSELF FROM IDENTITY THEFT!

OPSEC ALERT

The Math of Risk

Have you ever wondered how we calculate risk? Risk is the probability an adversary will gain knowledge of your critical information and the impact if the adversary is successful. To have any type of risk you must have three things: threat, vulnerability and impact. If any one of those are missing, then there is no risk. So with this information we can use the following equations: Threat x Vulnerability x Impact = Risk, or Probability x Impact = Risk. So use these equations in calculating risk. You might be higher in risk than you think.

News from the Bay

Stories and reporting by
Mass Communication Specialist 2nd Class Maddelin Angebrand
and Mass Communication Specialist 1st Class Sally Hendricks

MWR offers free sailing classes - try it

Morale, Welfare and Recreation offers free sailing lessons at the marina to all Guantanamo Bay residents.

Anthony Henry, sailing instructor at the MWR Marina, has been giving sailing lessons for the past eight years to those brave enough to give sailing a try. Don't miss the opportunity while stationed on the island.

"You don't need any qualifications to begin taking lessons," said Cory Geiger, MWR business manager. "We will teach an avid boater or someone who has never stepped foot on a boat before."

Sailing is a skill to learn, but is also a good way to relax. It may be just the thing to alleviate a chaotic work week.

"This is a good way to relieve stress," explained Henry. "There is no engine to make noise. It's very peaceful."

While sailing, participants will see marine life and other sites of interest.

"We see turtles, manatees, dolphins and even sharks," said Henry. "It's so quiet they don't even hear us and it's easy to see them."

For more information, or to make a reservation, call Henry at x2345.

Be a youth soccer coach for GTMO community

Take this opportunity to influence Guantanamo Bay's youth. The local soccer league is looking for volunteer coaches.

Troopers interested can pick up a volunteer packet at the Youth Center from 2:30 to 6 p.m. Monday through Friday.

Volunteers should enjoy working with children, have some soccer knowledge and should plan on attending all training and coaches meetings.

Be a leader and develop the next generation of USA Soccer and earn hours toward community service at the same time.

For more information on becoming a coach, call x55346.

Liberty hosts Ferry Landing Beach Day

Morale, Welfare and Recreation's Liberty team is hosting a fun day at Ferry Landing Beach, Saturday starting at 10 a.m.

MWR's Liberty Program Coordinator Jill Lynch said it is a day to relax and float for all unaccompanied active duty military members.

The event is free and snacks, drinks, rafts and beach games will be available.

"It's a great way to unwind after a long week at work," Lynch concluded.

For more information, call MWR Liberty at x2010.

Group exercise class incentive program

Now, reap more benefits to working out than ever before with Morale, Welfare and Recreation's new group exercise incentive program.

The program gives each participant an exercise card for a designated prize. Once the card is filled up by attending fitness classes, the member will receive a gift.

"For each class they attend, the instructor will put his or her initials on the card," said Tanya Henigman, MWR fitness coordinator.

Once that prize card is filled, the Trooper will bring the card to Denich Gym, receive their prize and get the next level card.

"This is a win/win program - not only can you get in the best shape ever attending classes, you get prizes now, too," Henigman explained.

Henigman hopes the program will get more patrons interested in attending classes and let those who do attend know that MWR appreciates their attendance.

"We want to provide the best we can for the Troopers who give 100%," she added.

For more information, call x4113.

Calling all talented musicians: turn it up

Guantanamo Bay is looking for the musically inclined, in particular those that play country, rock and R&B styles of music.

Musicians must have their own equipment and instruments.

Auditions are required for the selection process. Contact Jim Estep at x55102 for more information or email ron@parkerandparker.com.

Don't forget to sign up for softball all-nighter

Sign up by Aug. 30 for the Labor Day weekend One-Pitch, All-Night Softball Tournament taking place Sep. 2. Space is limited to 12 teams and rosters are open to ages 16 and up.

"This One-Pitch, All Night tournament is a great opportunity for those Troopers who are usually up all night on shift work to relax and have some fun," said Morale, Welfare and Recreation Sports Coordinator Alana Morrison. "If a Trooper does not have a team, they are more than welcome to sign up on our players pool and we will place them on a team for the tournament."

Softball is one of the most popular sports on the island, Morrison added.

"Softball is a great sport to have in GTMO, because it is not only fun but it is a great way to socialize with your teammates and also get to know new people here on base. If you have wanted a more competitive softball game, this tournament is a great opportunity since it is only One-Pitch and you either hit or you are out!"

Morrison who has been involved with softball and baseball since she can remember also shared her personal feelings toward the sport.

"I love this sport because it is a little slower pace and it gives me a chance to get my mind off all the behind the scene work it takes to put a sporting program on. I really get the chance to hear from not only my team but from other teams what they like and what they don't like about the sport."

For more information, call x4113.

TROOPER FOCUS

Petty Officer 3rd Class Marcus Salmon

Sgt. 1st Class Benjamin Cossel



Since his days in elementary school when he penned the words on a piece of paper, Marcus Salmon wanted to be a Sailor. Enlisting in the Navy in 2009, he followed his life-long dream and the footprints left by a sibling.

"My older brother has been in for nine years as an AWF2 (naval aircrewman, mechanical 2nd class)," Salmon said.

Originally, the Cryptologic Technician, Maintenance, 3rd Class wanted to follow his brother's chosen rate as an aircraft mechanic but problems with his initial enlistment put him on a different career path.

"I'm actually really happy things worked out this way," the east Texas native said. "There's more you can do (in the civilian sector) coming from my rate."

Since starting work for Joint Task Force Guantanamo's J2 section, Salmon's leading chief petty officer, Cryptologic Technician, Interpretive Chief Andrew Meyer said he's been impressed with the young Sailor's willingness to ask for assistance without fear.

"If he (Salmon) doesn't know something, he's willing to ask," the chief said. "That's an important characteristic for a future leader."

Meyer said he remembers when Salmon first arrived at the shop and initially, the chief

had his concerns.

"I look at this Sailor with a broken foot, taking over the job of a second class and I'm thinking to myself, 'What did Norfolk (Va.) send me?'" Meyer recalled. Fortunately, Salmon quickly put any fears to rest.

"Since he's taken over maintenance of our equipment, we've had about a 98 percent uptime," he said. "And that last two percent were things beyond his control."

Looking at his Sailor's future, Meyer said he expects Salmon to eventually overtake his brother in rank. Salmon attributes much of that to his upbringing.

"I may not have always agreed with my parents, but they raised me right," said the soft-spoken Sailor with a slight Texas drawl, who stressed the manners and work ethic instilled in him has been instrumental to his success.

"Fact, I actually got in trouble while in boot camp for calling someone ma'am," he said.

Salmon said while he's still undecided, a

Bullet Bio

Time in service: 2.5 years

Hobbies: motorcycles, playing pool and paintball

Pet peeves: drama

Next goal: make 2nd class

Advice to junior Troopers: "Show initiative, never tell someone 'no' and compete with yourself."

career in the Navy is a possibility. Whatever course this 3rd class petty officer decides to take, the qualities that have carried him this far will continue moving him forward.

What is your favorite song to sing or listen to at Wednesday night Karaoke?



"What I Got' by Sublime is what I like. Most people remember the words to that song and then they can all sing along."

Army Staff Sgt.
Tim Brooks



"I would like to sing 'Can't Tame Me' by Hannah Montana. If you just look at this face of mine then you'll know why I like this song so much."

Mass Communication
Specialist 1st Class
Brian Dunn



"I don't think I sing great but I would like to perform. I like Jamie Fox's song 'Fall for you.'"

Spc.
William Barnett



"Deeper than the Holler' by Randy Travis. That's the song that I sang to my wife when I asked her to marry me."

Senior Chief
Master-at-Arms
Cecil McQuain

Boots on the Ground



Justin Abayor, a striker for the Stingers soccer team, kicks the ball off the pitch during warm-ups for their first game of the Morale Welfare and Recreation Summer Soccer League at the Cooper Field Sports Complex, Tuesday.

Summer soccer season kicks off

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

Morale, Welfare and Recreation kicked off their annual men's and women's summer soccer leagues this week as two dozen teams – made up of Joint Task Force and Naval Station Guantanamo personnel – took to the pitch in the first round of matches.

The two-month sports league schedules matches two to three evenings a week at Cooper Field and Sports Complex, starting at 6 p.m. and sometimes ending late into the night.

"Growing up, I played soccer every day with my family and friends," said Arturo Diaz, a forward with the Joint Medical Group Strikers. "I just got to the island – from what I understand the job here is pretty tough. I'm happy to have a little piece of home to look forward to after work."

Out of all the MWR sports leagues held on Guantanamo Bay, soccer is the only one with a year-round following, drawing more than 50 players from the base community regularly said, MWR Sports Coordinator Alana Morrison.

"I'm excited with the amount of participation and I think it's great that some

of our new Troopers have already signed up to play," exclaimed Morrison. "It just makes me love my job more when I hear that our sports 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 playing ground.

"I played a lot of soccer growing up too, but the recreational league at my last duty station was very competitive," said Edwin Garza, a goalie with the Joint Medical Group Strikers. "I feel like it's going to be the same here because there are a lot of teams signed up and the military community is very diverse."

Last season's defending champions, the Fire Station, did not enter to defend their title.

"Even though the fire department team isn't playing, many of their players have been picked up by other teams," Morrison said. "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.

Troopers commemorate Women's Equality Day

Story by Spc. Kelly Gary

The words of suffragist Alice Paul, spokeswoman Susan B. Anthony and poet Maya Angelou echoed through the Trooper Chapel, Friday, as eight female servicemembers delivered speeches to commemorate Women's Equality Day.

To offer a variety of perspectives, the speakers ranged in ages, ranks and services, from Army Pfc. Amanda Russell to Air Force Capt. Coulette Swiggette. Many of the speakers began with quotes from past heroines whose legends have stood the test of time.

Air Force Master Sgt. Chrystal Davis Vails spoke first, quoting Angelou and describing a multitude of challenges women have overcome throughout history and in the military in particular.

"We always need to remember our past to appreciate our present and future," said Davis Vails, Staff Judge Advocate law office superintendent.

Davis Vails said she believes recognizing women's equality is especially important to Joint Task Force Guantanamo.

"[Our] mission deals with detainee operations and confinement and that traditionally has been male-dominated," explained Davis Vails. "Having women here doing their part shows that it takes a team – women and men – to get the job done."

After Coast Guard Maritime Enforcement Specialist 3rd Class Desirae Villa gave the last of the eight speeches, guest speaker Army Col. Linda Ross, director of the Behavioral Science Consultant Team, delivered a narration of her experience in the military and what women's equality means to her.

Ross said she was glad to see such a varied audience taking time out of their day to witness the presentation.

"I appreciate the turnout ... and hope that those who came were able to stop for a moment and reflect on the bigger picture," said Ross. "Despite whatever personal challenges each of us face everyday, we are a part of something much larger."

"No part is too small," she continued. "We need everyone's contribution to be successful in our mission here in GTMO."

Davis Vails agreed women play a large role in succeeding in operations here as well as abroad. As the mother of two girls, she believes in the example she is setting as a female servicemember.

"It means that I have a place in history," said Davis Vails. "It shows my daughters that they can, that their mother did things significant for our country and for them as a mother, woman and Airman."



Cmdr. William Johnson (center), commanding officer, Navy Expeditionary Guard Battalion, stands with his chain of command, Wednesday, during the NEGB change of command ceremony.

Naval Expeditionary Guard Battalion changes over

Story by Mass Communication Specialist
3rd Class Marquis Whitehead
Photo by Mass Communication Specialist
2nd Class Kilho Park

Navy Cmdr. Bill Johnson relinquished command of the Navy Expeditionary Guard Battalion to Navy Cmdr. Alan Dorrbecker during a change-of-command ceremony, Wednesday, at the Windjammer Cafe.

Guest speaker Army Col. Donnie Thomas, commander of Joint Task Force's Joint Detention Group, gave a few encouraging words as well as expressed his gratitude for Johnson's work ethic and diligence.

"He was focused on the right thing – Sailors' welfare, the mission and readiness," said Thomas. "He is a true hero to the very Sailors who stand before us."

During his time as commanding officer, Johnson was in charge of more than 500 Sailors and oversaw the consolidation of two JTF's detention camps. Johnson helped

improve communal living for detainees by 40 percent and drastically reduced the number of assaults against the guard force by 30 percent. He went on to improve working and living conditions for Troopers and reduced disciplinary infractions by nearly 50 percent.

During his speech, Johnson thanked many of the fellow Soldiers, Sailors and contractors attached to NEGB for their unwavering support and diligent work ethic. Johnson also stressed how this command, among others, is one of the toughest and he could not have been as successful without his Troopers.

"The dynamic and the speed here, you can't replace it. You have to learn a lot on the job, and the level of responsibility is huge," he said. "I'm departing ready to see my family, but not ready to give up command because of the great Sailors who work for me."

Incoming NEGB Commander

Dorrbecker expressed his appreciation for the opportunity to work with such a fine group of servicemembers, but acknowledges the task ahead of him will be challenging.

"I'm looking forward to it," Dorrbecker said. "I know it's tough to be away from family but it's the job and I have a lot of good Sailors working for me – I'm ready to go forth and complete the mission."

The NEGB provides security inside Joint Task Force Guantanamo's detention facilities and is currently in charge of five of seven detention facilities.

For his next assignment, Johnson will assume command of the Combat Systems Department aboard aircraft carrier USS Dwight D. Eisenhower (CVN-69).

"I've met a lot of great Sailors," concluded Johnson. "We're always striving to find our relief in the Navy. I've found a good 500 to 600 reliefs for me; it's always sad to see a company leave but great to see a company come in."

journey with Cirque

Story by Army Sgt. Meredith Vincent
Photos by Army Sgt. Mathieu Perry

Morale, Welfare and Recreation treated Guantanamo Bay residents to the razzle, dazzle and excitement of Cirque Odyssey, Friday night, at the Downtown Lyceum.

MWR teamed up with Peyton Entertainment from Orlando, Fla., to offer the naval station something new.

"Other bases I have worked at sold tickets for attractions to concerts and shows like Cirque," said Amiee MacDonnell, MWR community activities director. "Knowing that we don't have the ability to go out in town to

a show like this, we decided to bring the show to the GTMO community."

The event featured dancers, contortionists, acrobats, hand-balancing strongmen and an aerial chiffon performer. After the show, audience members were encouraged to approach the stage to get pictures with the crew.

"We received an overwhelming positive response from the audience after the show," MacDonnell said. "We are always looking for diverse entertainment to bring to the troops and community and this proved to be a fantastic choice."

Scott Loeser, hand-balancer for the Cirque show, said despite being with the group for approximately nine years, this was the first time he has performed for a military audience.

"It's a very memorable time," exclaimed Loeser, "to be able to come here and not only interact with the troops, but to perform for them as well."

With an estimated 1,500 spectators, Loeser and his colleagues consider their stop to Guantanamo Bay a success.

"Being able to put a smile on people's faces," shared Loeser, "doing what we love to do – it's a win/win situation for us."



Cirque Odyssey performers (from left) Devon Gery, a trapeze artist, Olga Karmansky, contortionist and hand-to-hand balancers Scott Loeser and partner entertain the crowd Friday night at the Downtown Lyceum. More than 1,500 Joint Task Force Guantanamo Troopers, Naval Station Soldiers and civilians attended the Cirque Odyssey production sponsored by Guantanamo Bay Morale, Welfare and Recreation.





JOINT TASK FORCE CHANGES HANDS

Photos by Mass Communication Specialist 2nd Class Kilho Park

Story by Army Sgt. Mathieu Perry

Rear Adm. Jeffrey Harbeson relinquished command of Joint Task Force Guantanamo to Rear Adm. David Woods during a change of command ceremony at the Bayview Officer's Club complex, Wednesday.

Air Force Lt. Col. Gary Bertsch, JTF chaplain, opened the ceremony with a few encouraging words.

"We thank you for your dedication to duty, your focus for keeping the mission on course and unwavering amidst the ever-changing challenges unique to this command," said Bertsch. "As you transition from this command, may you do so knowing its future mission is based on a firm foundation."

Harbeson expressed his thanks to key individuals and groups involved with the success of JTF Guantanamo's mission, including Air Force Gen. Douglas Fraser, commander of United States Southern Command, and his staff.

"Their [Southern Command's] support,

see JTF, page 19



(bottom left) Ceremonial sideboys stand in formation, Wednesday, during the Joint Task Force Guantanamo change of command.

(top left) The Ceremonial color guard present colors during the playing of the national anthem.

(middle) Outgoing JTF Commander Navy Rear Adm. Jeffrey Harbeson and Incoming JTF Commander Navy Rear Adm. David Woods cut the ceremonial change of command cake.

(bottom right) Navy Rear Adm. David Woods, new JTF Commander, is piped aboard during the JTF change of command ceremony.

(top right) Navy Capt. Patrick Raburn, JTF Chief of Staff, emcees the JTF change of command ceremony.



The World Below: Part 2 of our science feature

Story by Mass Communication Specialist
2nd Class Maddelin Angebrand
Photos by Army Sgt. Mathieu Perry

In January 1998, more than 1,600 scientists worldwide declared the world's oceans are threatened. Pressures on fisheries, coral reefs and other marine resources became recognized as serious environmental issues. Compounding these strains is a lack of understanding about the extent and variety of marine species.

According to the Bermuda Institute of Ocean Sciences website, "Marine biodiversity is a critical component of ecosystem function, global balance and, ultimately, human existence."

Because of the inaccessibility and vastness of the oceans, a description of marine biodiversity is limited even though there is a greater diversity in the marine environment than in the world above water.

BIOS' mission is to document marine biodiversity globally to enhance expertise and understanding of this ecosystem's function within specific regions of the world. This approach focuses on entire

environments, rather than fragments within a system.

This is why BIOS researchers teamed up with Navy Facilities Engineering Command to study coral reef beds in Guantanamo Bay. Last week, researchers from NAVFAC collected sediment samples in and around the bay as part of the collaborative study. The team's research will help track the life span of the reef beds over time.

Dr. Eric Hochberg, a BIOS scientist, was the chief investigator for the study.

"We are evaluating the reef ecosystem," said Hochberg. "A lot of people fixate on the corals, but the ecosystem is complex. We are trying to get a picture of the entire reef scape and what condition it's in."

To gather the data needed to fully evaluate Guantanamo Bay's reef life, the team used various methods, including one called photoquadrates.

Using an underwater tripod with a camera attached, a diver swims along and takes a series of nine images at each reef site. At the same time, other team members take written observations.

"We would swim up to a site and mark it with a GPS," Hochberg explained. "Then, a guy would come up and count the fish with a data sheet underwater and count the species he could see. [Before leaving the site,] he would hammer a rebar in and make a permanent marker there."

The rebar combined with GPS coordinates provides the team with a pinpoint location to accurately return to in the future for continuous studying.

With the looming notion that corals around the Caribbean are declining in health, researchers are looking for particular signs of loss.

"When you have an increase in sea-surface temperature, sometimes the warming of the water will cause bleaching," said Don Marx, one of only two NAVFAC divers with a marine biology background. "If you see a colony of coral that's white, that's what has happened."

There are other stressors to look for, like disease and unusual amounts of algae that may not necessarily be a bad thing; it could just be a cycle during that time of year, Marx said.

Students from the University of Miami were also present testing a new technology that combines a camera and software to create a photo mosaic of the ocean.

"It's a faster way to do it," said Kevin Franz, who works in technology integration for NAVFAC. "The software recognizes these frames and puts them together so you can just see it quickly instead of someone sitting for days and days trying to match a puzzle together."

The new technology, if adopted by the Navy, will give researchers a quicker method of data gathering. For now, head researcher Hochberg has his work cut out for him when he returns to Bermuda to sift through the data.

see REEF, pg. 19



Brooke Gintert, a post doctoral coral reef ecologist from the University of Miami, marks the reef monitoring site number on an underwater slate before photographing the surrounding area. The photos will be stitched together in a photo mosaic using cutting edge software and then used as a historical reference to monitor the health of the reef.



Don Marx, a marine biologist Navy Diver for Naval Facilities Engineering Command, uses a camera mounted in an underwater housing and modified tripod to photograph the reefs around Guantanamo Bay, Aug. 16. The photographs will be stitched together and used for future comparisons to measure the health of the reef around the naval station.



ON THE DECK

Second Fleet sets sortie condition Alpha for hurricane

By U.S. 2nd Fleet Public Affairs

NORFOLK, Va. – Commander, U.S. 2nd Fleet ordered all U.S. Navy ships in the Hampton Roads, Va., area to set Sortie Condition Alpha, Wednesday.

Ships will make final preparations overnight in anticipation of getting underway early Aug. 25.

The setting of Sortie Condition Alpha does not mean the actual sortie is inevitable.

Should overnight weather forecasts indicate a decrease in the strength or change in the track of the storm, the sortie condition may be downgraded.

Vice Adm. Daniel Holloway, commander, U.S. 2nd Fleet, said that the decision to sortie the ships from Hampton Roads

is based on Hurricane Irene's current track that indicates the storm will produce at least 50 knots of wind and a five to seven foot storm surge, which meets the criteria for getting the fleet underway to avoid storm damage.

"Our ships can better weather storms of this magnitude when they are underway," said Holloway. "The forecasted destructive winds and tidal surge is too great to keep the ships in port. There is a much greater potential of not only the ships being damaged, but also the pier infrastructure. Having the ships underway also makes them ready and available to respond to any national tasking, including any needed

disaster response efforts in the local area after the storm has passed."

Foul weather preparations start with Sortie Condition Charlie, with ships prepared to get underway in 48 hours. At Sortie Condition Bravo, ships must be prepared to get underway within 24 hours. Sortie Condition Alpha indicates the execution of the sortie.

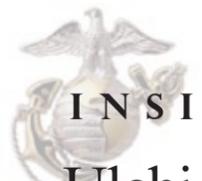
A variety of information is available in support of family readiness during hurricane season including:

- Navy Family Accountability and Assessment System, <http://go.usa.gov/kQ4>, which provides a standardized method for the Navy to account, manage and monitor the

recovery process for personnel and their families affected and/or scattered by a wide-spread catastrophic event.

- State of Virginia Emergency Management, <http://www.vaemergency.gov/readyvirginia>, which has many resources for planning and preparing emergency kits, developing evacuation plans and addressing specific special needs for children, the elderly and others.

- Virginia Department of Transportation Hurricane Evacuation Guide, http://www.virginiadot.org/travel/hurricane_default.asp, which provides more detailed information for preparing for a hurricane, hurricane evacuation and public shelters in Virginia.



INSIDE THE JAR

Ulchi Freedom Guardian Marines reset after typhoon passes

By Lance Cpl. Tyler Vernaza, Marine Corps Base Japan

CENTRAL TRAINING AREA, OKINAWA, Japan – Marines with 7th Communication Battalion reestablished communications Aug. 8 for Exercise Ulchi Freedom Guardian, immediately after Typhoon Muifa's passing.

UFG is an annual joint/combined command post exercise which demonstrates the U.S. commitment to the ROK-U.S. alliance.

UFG is a defense-oriented, routine exercise that enhances the ability of the ROK-U.S. alliance to defend the ROK, deter against external aggression, and maintain stability on the Korean peninsula.

More than 530,000 troops

from the Republic of Korea, the U.S. and seven nations from the United Nations Command are participating both in the Republic of Korea and at U.S. military headquarters in the Pacific and the U.S.

The exercise is designed to improve the alliance's ability to defend the Republic of Korea by exercising senior leaders' decision-making abilities and by training commanders and staffs from both nations in planning, command and control operations, intelligence, logistics and personnel procedures.

"It is challenging and realistic training focused on preparing, preventing and prevailing against the full range of current and future external threats to the Republic of Korea and the region," said Gen. James

D. Thurman, commander of Combined Forces Command.

"We are applying lessons learned out of Iraq and Afghanistan, as well as those garnered by the alliance's recent experiences with North Korea provocations on the peninsula and past exercises," Thurman said.

On Okinawa, Marines were preparing for the exercise but had to retrograde to their respective camps before Typhoon Muifa hit the island Aug. 5.

When the "all clear" was issued Aug. 6, Marines with 7th Comm. Bn., III Marine Expeditionary Force Headquarters Group, III MEF, began reestablishing communications at Kin Blue, while other Marines with III MEF Headquarters Group

prepared for the exercise on Camps Courtney and Schwab Aug. 7. The Marines worked through the night to set up tents, barriers and communications equipment.

"This is 7th Communication Battalion's biggest exercise of the year. It's important that we set up in a timely manner to not waste time," said Cpl. Chelsea Sanchez, satellite operator and maintainer with 7th Comm. Bn.

"The storm caused a (temporary) delay to the communication mission in support of UFG," said 1st Lt. Dustin Dvorak, platoon commander, with 7th Comm. Bn., "but these Marines are committed to this exercise and strengthening our relationship with our South Korean allies."



IN THE TRENCHES

Annual info-tech conference kicks off in Tampa

By J.D. Leipold

TAMPA, Fla. – "Transforming Cyber While at War" set the theme as LandWarNet 2011 launched Tuesday, with the Army's chief information officer telling the audience that the Army must change how it acquires information technology.

The Army must not only close the technology gap, but eliminate it, said Lt. Gen. Susan S. Lawrence to the crowd at the Tampa Convention Center. She said the bottom line was to keep a committed partnership with academia and industry to find the right solutions and venues, then bring that technology to the force simultaneously with the civilian sector.

Lawrence also told the audience the Army's network "must be a single, secure standard-based network."

She said the network was about taking a Soldier with a single identity -- a common access card -- and being able to communicate on any government computer around the world and getting to their data.

"Whether he's sitting at home, TDY or forward deployed, it's all about how he will be identified, it's all about the data, so how do we clean this up; where do we store this information; how do we tag it and how do we get access to it," she said, challenging the audience.

She then introduced Maj. Gen. Alan R. Lynn, commander of the Army Signal Center of Excellence, who said big changes were coming in equipment, training, education and the way signal forces were employed.

While Lynn didn't elaborate, he did say that avatars were coming to the Army and when future Soldiers join the Army, avatars will be made of the individuals which will have their characteristics and emulate their real performance.

Following Lynn, Kent Schneider, president and chief executive officer of the Armed Forces Communications and Electronics Association which sponsors the conference, said that to save the Army travel funding, the format for 2012 will be changed to three regional programs. It will be called TechNetReenforces and brings the Marine Corps and joint pieces as well.

Lawrence then introduced Sgt. Joel Tavera and singer-songwriter Theresa Sareo who was performing at her fourth LandWarNet

conference and speaks regularly for the Army and wounded warriors. She lost her right leg when a drunk driver ran into her in 2002.

Sareo dedicated her song "Through a Soldier's Eyes" to Tavera whose Humvee was hit by five rockets in Iraq in 2008. Three Soldiers were killed. Tavera lost his vision completely, his right leg, several fingers and suffered 60 percent third-degree burns over his body as well as severe head trauma. The audience gave Tavera and Sareo a standing ovation.

Vincent Viola, founder of the Combating Terrorism Center at West Point, N.Y., was then introduced by Lawrence. Viola, a graduate of West Point and Ranger School, served with the 101st Airborne Division, then later served as a major in the Army Reserve.

When he left the Army he became a trader on the stock exchange and an eventual entrepreneur, launching a number of successful businesses, including Pioneer Futures, one of the top 50 futures commission merchants in the U.S.

"I'm not a businessman and I'm not a technologist, what I really am in my heart and soul is a Soldier and that is the approach I've taken in my business career," he said.

He noted that innovation, staying six or seven steps ahead in technology, was an absolute to the U.S. military. He also encouraged buying off-the-shelf products and equipment and hiring personnel who are driven by passion in their work rather than a paycheck.

Following track sessions covering computer hardware enterprise software and solutions, or CHESS, and forums on Army enterprise email, as well as sessions on information technology security, Lawrence hosted an awards luncheon where she served as the keynote speaker.

Information Assurance Awards were presented to Lt. Col. Terry McGraw of the Army Cyber Operations and Integration Center and Dwayne Tanner of Acquisition, Logistics and Technology Enterprise Systems and Services.

Capt. Joseph Clar of the 650th Army Regional Support Group and Dwayne Smith of the Army Signal Network Enterprise Center received Information Assurance Professional of the Year awards.

Most Innovative Information Assurance Project and Implementation awards went to the Information Assurance Division of the Cyber Leader College and Chris Hwang from the 1st Signal Brigade, Korea.

ON THE WING

Biden visits Yokota, thanks members for role in Operation Tomodachi

By Airman 1st Class Earlandez M. Young, 92nd Air Refueling Wing Public Affairs

YOKOTA AIR BASE, Japan – Vice President Joe Biden spoke before approximately 1,000 military and civilian personnel from the Kanto plains Wednesday at Yokota Air Base, Japan, thanking them for their role during Operation Tomodachi.

"I've visited military bases all over the world and what you did here in Japan over the past few months is nothing short of astounding," Biden said.

In his speech, the vice president shared his pride in the service members for their role in aiding the people of Japan.

"All the American people are in awe of what you do day in and day out, especially when you rise to the occasion of the most difficult times," Biden said.

The vice president closed by remarking on the partnership between the U.S. and Japan.

"The role you all play is going to become increasingly important," the vice president said. "And our alliance with Japan will be more important



Vice President Joe Biden speaks to military personnel at Yokota Air Base, Japan, Wednesday. -photo by Air Force Staff Sgt. Samuel Morse

than in the past. It continues to be absolutely critical, and you are the glue that holds this all together. You're the ones ensuring this alliance remains effective."

Movie Review
LARRY CROWNE

Army Sgt. Meredith Vincent

In "Larry Crowne," a coming-of-middle-age story co-written and directed by its star, Tom Hanks, we are supposed to believe that the title character, a likeable, hard-working everyman, is fired from his job due to not having a college education and thus making him unpromotable. We are also asked to believe that someone with Julia Roberts' smile could be a lonely, embittered lush. Despite its humble yet polished exterior, this is, after all, a fantasy and try as you might, you can never quite forget it.

Perhaps if lower-watt actors were attached, the story would ring with some level of authenticity. But come on, American audiences cannot be fooled that easily. These are two of our hugest, most gigantic Hollywood stars! It's Forest Gump and Erin Brockovich! Short of Brad and that other Tom, you'd be hard pressed to find two bigger movie giants wandering the streets of Los Angeles. The shine gleaming off either of them causes the viewer to squint, and whatever realism the filmmakers were striving for is lost.

It's the worst for Julia. While Hanks still displays the features and mannerisms of a commoner, Roberts' wattage cannot be denied and it throws the entire film off balance. No longer just a "pretty woman," the mother of three - including twins - is positively luminous. Why is this a problem? Because she's supposed to be Mercedes Tainot, a joyless, jaded college professor who makes a whiskey slushy the moment she



walks in the front door. Does that sound like the Julia you know?

While Hanks and Roberts battle with their own fame, it's the supporting players who make the film worth watching. Tribute Hanks for collecting possibly the most random and eclectic group of actors to keep the action moving. Cedric the Entertainer and Taraji P. Henson are Larry's mouthy, adorable neighbors (Hanks actually shows more chemistry with Cedric than he does his leading lady - odd). Once at college, Larry falls in with a scooter mob - seriously - and is promptly adopted by Talia (Gugu Mbatha-Raw), an "edgy" all-around sweetheart who sees potential in Larry despite his tucked in polo shirts. Wilmer Valderrama (Fez!) stops by as Talia's harmless boyfriend, and Pam Grier is inexplicably cast as Robert's friend

PG-13
98 min.



and colleague.

But nothing - nothing! - can top the movie's ace-in-the-hole guest star. Ladies and gentlemen, I present to you... Mr. Sulu!

George Takei (or, as my movie sidekick said it - about a dozen times during the movie - GEORGE TAKEI!) is wonderfully hilarious as Larry's economics prof. Dripping with deadpan sarcasm, his wry delivery and sadistic smile punch up every scene. Bravo, Hanks, for reminding us about George Takei. Wait I mean, GEORGE TAKEI!

Overall, "Larry Crowne" was a pleasant enough experience. Sweet, sappy and not at all realistic, it's like a Hallmark greeting card: It's kind of pointless, but it's the thought that counts.

Plus...
GEORGE TAKEI!

| | 26 FRI. | 27 SAT. | 28 SUN. | 29 MON. | 30 TUES. | 31 WED. | 1 THURS. |
|------------------------|---|--|-------------------------------|---------------------------------------|--|---------------------------------|----------------------------|
| Downtown Lyceum | Zookeeper (PG) 8 p.m. Transformers 3 (PG-13) 10 p.m. | Monte Carlo (PG) 8 p.m. Bad Teacher (R) 10 p.m. | Larry Crowne (PG-13) 8 p.m. | Super 8 (last showing) (PG-13) 8 p.m. | Mr. Popper's Penguins (last showing) (PG) 8 p.m. | Cowboys & Aliens (PG-13) 8 p.m. | Horrible Bosses (R) 8 p.m. |
| Camp Bulkeley | Cars 2 (G) 8 p.m. Larry Crowne (R) 10 p.m. | Super 8 (last showing) (PG-13) 8 p.m. Horrible Bosses (R) 10 p.m. | Transformers 3 (PG-13) 8 p.m. | Cowboys & Aliens (PG-13) 8 p.m. | Monte Carlo (PG) 8 p.m. | Bad Teacher (R) 8 p.m. | Zookeeper (PG) 8 p.m. |

Call MWR at ext. 2010 for more information.

Movie Hotline - call 4880.



Pakistan's Foreign Minister Hina Rabbani Khar speaks near a portrait of Pakistan's Prime Minister Yusuf Raza Gilani at the Pakistan Embassy in Beijing, China, Wednesday.

Pakistan denies link to Chinese terror group

By Stephanie Ho
Voice of America News Service

Pakistan's foreign minister is denying claims made by some Chinese officials that her country had anything to do with terrorist attacks late last month in Xinjiang, in China's far west.

At the end of July, two bombs exploded in the streets of Kashgar, in China's far-western Xinjiang region. The blasts were followed by deadly mayhem. The violence left at least 19 people dead, including five attackers, and injured more than 40 others.

At the time, the Kashgar government issued a statement saying the terrorist ring-leader received training from a Pakistan-based camp of the East Turkestan Islamic Movement (ETIM), a banned organization that seeks independence for Xinjiang.

Pakistani Foreign Minister Hina Rabbani Khar, who is visiting China, said officials clarified to her that Beijing is not accusing her country of being behind the Xinjiang terrorist attacks.

"The statement, vis-à-vis Pakistan's involvement of any sort, was misconstrued, was not from the Chinese government," said Khar.

At the same time, she said Pakistan has worked with China regarding the East Turkestan Islamic Movement (ETIM) and is ready to do more.

"If you are saying, 'Does it [ETIM] have any base in Pakistan?' We do not know. And if there is any such issue, as far as this particular group is concerned, then as I have said clearly, we would like to cooper-

ate further to ensure - and we have already cooperated on this particular group within Pakistan," added Khar.

The East Turkestan Islamic Movement is made up of ethnic Uighurs, a Chinese minority group that calls Xinjiang its homeland.

Barnard College Political Science Professor Alexander Cooley said he thinks any ETIM presence in Pakistan is not likely to be a top priority for Pakistani authorities.

"My sense is you do not have the same kind of ties between the Pakistani military and the intelligence services, with the Uighur groups, that you do with some of the other Islamic groups, where they [Pakistan] maintain connections," noted Cooley.

This is Khar's first trip to China since taking office in July. She described the Pakistan-China relationship as going "beyond any two governments." She said the friendship has withstood the pressures of time, and especially has adapted to the changing global and regional environment.

She represents two firsts; the first woman to be Pakistan's foreign minister, and, at 33 years old, the youngest.

She met Wednesday with Chinese Premier Wen Jiabao and Foreign Minister Yang Jiechi.

This year is the 60th anniversary of diplomatic ties between China and Pakistan. The Chinese foreign minister hailed the two countries' relationship as a "high-quality strategic cooperative partnership" and an all-weather friendship

Hurricane Irene strengthens on path toward U.S. coast

Voice of America News Service

Hurricane Irene has strengthened as it bears down on the Bahamas on a path toward the eastern United States.

The National Hurricane Center said in its latest bulletin Wednesday that Irene's sustained winds are nearly 185 kilometers an hour, making it a category three storm on a five-point scale. The center says Irene could become a category four hurricane by Thursday.

The storm's center is forecast to move across the southeastern and central Bahamas Wednesday, and over the northwestern Bahamas on Thursday.

The hurricane center's director, Bill Read, says tropical storm force winds could approach the U.S. state of North Carolina as soon as early Saturday morning. Evacuations were already under way in parts of the state.

Read says the storm could become a "big threat" on Sunday to the northeast United States, including New York's Long Island.

Irene is the first hurricane to seriously threaten the United States in three years. The Federal Emergency Management Agency says that emergency personnel are preparing all along the coast.

At last report, forecasters said the storm was about 460 kilometers southeast of Nassau, Bahamas, moving northwest at 19 kilometers per hour.

The storm lashed the British territory of the Turks and Caicos Islands Tuesday.

Authorities say Irene could cause flooding in the U.S. mid-Atlantic and New England regions, where soil is saturated from recent heavy rains. They say Irene's tropical storm-force winds extend 335 kilometers from the center.

The U.S. State Department has warned Americans to carefully consider the risk of traveling to the Bahamas and Turks and Caicos due to the hurricane.



Suspension training: Bridging the fitness gap

Pfc. Justin Pierce

Command fitness programs present many challenges for the armed services. While every Soldier, Sailor, Airman, Marine and Coast Guardian is expected to maintain a high standard of physical readiness, the abilities of each individual within any command may vary widely. Creating a fitness routine that engages everyone within a command can prove difficult due to the strengths and weaknesses of each individual. One new trend to fitness that goes a long way in bridging this gap is suspension training.

Suspension training is a simple concept, using a strap attached to an anchor point along with your own bodyweight as resistance to create a work out. Across the board, suspension training pours forth a multitude of benefits toward military personnel. It caters to all abilities, focuses on core strength, can be conducted virtually anywhere and, under a trained fitness leader, provides an efficient workout in less than an hour.

One of the biggest advantages to suspension training is it uses bodyweight in conjunction with leverage for all of its exercises. In doing so, suspension training opens the doors, not just for the weak and the strong, but also for those recovering from injuries. Everyone can vary their own resistance level based upon the leverage created with a suspension system. Even a servicemember recovering from injury can perform all exercises simply by reducing

see BODY, pg. 19



- photos by Mass Communication Specialist 1st Class Sally Hendricks

JTF cont.

guidance and willingness to assist in the many difficult issues we face, have enabled JTF Guantanamo to be prepared to respond to the day-to-day challenges of detention operations," said Harbeson.

Additionally, Harbeson included the Office of the Secretary of Defense and said their willingness to share insight and perspective on detention policy here on the island helped provide greater understanding of how operations were viewed at the Capitol.

"The office of OSD has provided constant support, allowing us to ensure mission success," said Harbeson. "The phrase 'detention operations' is very deceptive. It sounds so simple, yet it belies the complexities inherent in this mission."

The outgoing commander also reflected on what he learned during his 14 months on the island.

"Your performance was inspiring to me

and to all who have witnessed it and your service reminds me that the future of our country is in good hands as our future leaders will come from your ranks," said Harbeson.

The efforts made by JTF Troopers make a difference and are a part of history, he said.

"No doubt, we will continue to draw world-wide attention, but the unique talents and contributions of our servicemembers will ensure continued success in the future," he continued. "Being in command of JTF Guantanamo has been an honor beyond description and you are all heroes to so many people and to me; I will treasure these memories for as long as I live."

Incoming JTF Guantanamo commander Woods continued the momentum of the ceremony with a brief overview of Navy slogans.

"The latest branding for the Navy

probably captures the essence of the mission here," said Woods. "A global force for good? We are truly global and a force for good in both senses of the word."

Upcoming events will be challenging, Woods warned, and will put JTF Guantanamo on center stage for the entire world to see.

"After my short time here with our Soldiers, Sailors, Airmen, Marines and Coast Guardsmen, I am confident we will conduct ourselves appropriately to show exactly how safe, humane, legal and transparent we are as a nation with the custody of detainees here, Woods stated.

Before leaving, Harbeson said JTF Guantanamo has the talent, level of professionalism and energy that is unmatched at any command.

"Do what is right and never be satisfied with the status quo," said Harbeson. "Lead confidently and challenge those who resist change and delay the future."

BODY cont.

the impact that bodyweight plays on the exercise.

Aside from taking all levels of fitness, suspension training holds even more benefits. Since this type of training relies on suspended body weight resistance, every single workout engages core strength and stability. Core strength rarely gets the look it deserves even though it's crucial to our day-to-day actions. This type of strengthening makes repetitive actions like moving sand bags, boxes – or even just the additional weight of armor – less taxing on the body. It also encourages good biomechanics, making a well-strengthened individual less prone to occupational injuries.

As far as mobility is concerned, suspension training is hard to beat. Since it's based on body weight, you carry the resistance needed for it everywhere you go. All the accessories you need to conduct a good suspension training workout can be easily improvised with rope, tow straps, etc., and an elevated anchor point – at least six feet above the ground. Some companies have even begun to sell specialized suspension training equipment that is extremely portable. TRX is an example of this, and was designed by former Navy Seals, so I'll let that just speak for itself as far as portability and effectiveness.

Benefiting from a scalable level of difficulty, focus on core strength and portability, suspension training holds a natural fit with the armed forces. It should come as no surprise then, to learn that Guantanamo's own fitness and recreation team has bought into this remarkably useful system, installing a TRX suspension system next to Cooper field. As early as next week, suspension training classes will be offered to Guantanamo Bay's Troopers. Having this equipment at the ready will allow base residents a chance to try a new type of physical training, one that will engage a wide group of participants equally, while also keeping them fit and in shape.

REEF cont.

The photomosaicing was only done as a demonstration and will not be used in the analysis portion of the study, said Hochberg, who will ultimately view 2,000 individual photos from the team's two-week study.

"I go through every photo and analyze them for all the corals, types of algae, some of the other invertebrates like sea cucumbers and starfish and make notes," Hochberg explained. "I have to identify everything in every photo. We will be able to look at trends up and down the reef, and that's what's important ecologically."

The team concluded the reefs in Guantanamo Bay look youthful and show signs of good health, but only time will tell.

"The GTMO coral has been the gold standard for the longest time in this region," Marx shared. "Compared to other areas, I would say it looks as good or better – the diversity's better here and they are bigger coral. As far as algae goes, there are so many variables going on that we don't know enough yet – and that's why we're doing these studies."

GTMO Religious Services

Daily Catholic Mass
Tues. - 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 5:30 p.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
LDS Service
Sunday 10 a.m.
Room A

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. & 5 p.m.
Room D
Liturgical Service
Sunday 10 a.m.
Room B
Church of the Sacred Well
Call x2323 for information

General Protestant
Sunday 11 a.m.
Main Chapel
United Jamaican Fellowship
Sunday 11 a.m.
Sanctuary B
Gospel Service
Sunday 1 p.m.
Main Chapel
GTMO Bay Christian Fellowship
Sunday 6 p.m.
Main Chapel



The JTF At Shutter Speed



BOB THE BUILDER

Tech Sgt. Antonio Canuto, a builder attached to the Base Emergency Engineering Force known as BEEF, places a hook on a forklift during a project at the media operations center, Wednesday. - photo by Army Sgt. Mathieu Perry



WOMEN'S EQUALITY

Maritime Enforcement Specialist 3rd Class Desirae Villa delivers her speech in honor of Women's Equality Day, Friday at the Trooper Chapel. She was joined by seven other women in the commemoration. - photo by Spc. Kelly Gary



STAYING FIT

Electronics Technician 1st Class Tom Whissel throws a frisbee at the first basket on the Lateral Hazard Disk Golf Course, Friday. - photo by Army Sgt. Mathieu Perry



THROUGH CLOUDS

The sun sets over Naval Station Guantanamo Bay, Sunday. - photo by Mass Communication Specialist 2nd Class Kilho Park