

# The WI**RE**

An award-winning  
JTF journal

The bands! The fireworks! The food!

## GTMO celebrates Independence Day

**PLUS:**

**Camp X-Ray history lesson:**  
Past, present and future

**The cornhole craze:**  
Do you have what it takes to be a cornholer?

# Trooper to Trooper

featuring

## Master Chief Petty Officer Dwayne White

Senior Enlisted Leader, Task Force Platinum



Sound decision-making: let's talk about that for a minute. Every day we are faced with choices – some are simple, like what to have for lunch. Others are more serious and can have long-term impact on our lives. In a perfect world, decisions that could harm us or change the course of our lives would be easy to spot. However, all too often the decisions that end up hurting appear harmless.

So what are these hard to spot decisions I'm talking about? They can be as simple as deciding what to do on a Friday night. Let's say you plan on going out to dinner and then clubbing with a group of people from your command. Your best friend has to work late and won't be able to join you but, no problem – you've gone out with the group before and always had a good time. Besides, you're not planning to stay out past midnight and you can hang out with your friend tomorrow. About half way through the night, a couple people from your group ask if you want to go outside and smoke some Spice. You have heard some of them smoked Spice before, but that wasn't your business. Even though you've had a few drinks, you decide there's no way you're going to risk your career and decline. A couple hours later you realize you've drank more than you intended and the room is starting to spin a little. When the bar finally closes, one of the guys who's been talking to you and buying you drinks all night offers to let you crash at his place...bad decision?

Our friend in this scenario started out making sound decisions, including having a liberty buddy and a plan, but didn't take all of the events into account as the evening wore on. Although she dodged one bullet to her career, she ended up putting herself in a situation that could potentially be worse. Could this situation have been avoided with better planning and decision making? I believe so.

It is impossible to get to adulthood without making a few decisions along the way. From the time we're old enough to understand, we are taught right from wrong. It begins with simple

lessons like looking both ways before crossing the street or learning to not take something that doesn't belong to you. When we're young, most of our decisions are made for us. As we grow older, we begin to make decisions for ourselves. As teenagers,

see TROOPER page 19

### JTF Guantanamo

**Commander**  
Navy Rear Adm. Jeffrey Harbeson  
**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**  
Spc. Meredith Vincent: 3651  
**Photojournalists:**  
Mass Communication Specialist 2nd Class  
Maddelin Angebrand  
Mass Communication Specialist 1st Class Sally Hendricks  
Mass Communication Specialist 2nd Class Joe Ebal  
Army Sgt. Mathieu Perry  
Spc. Kelly Gary

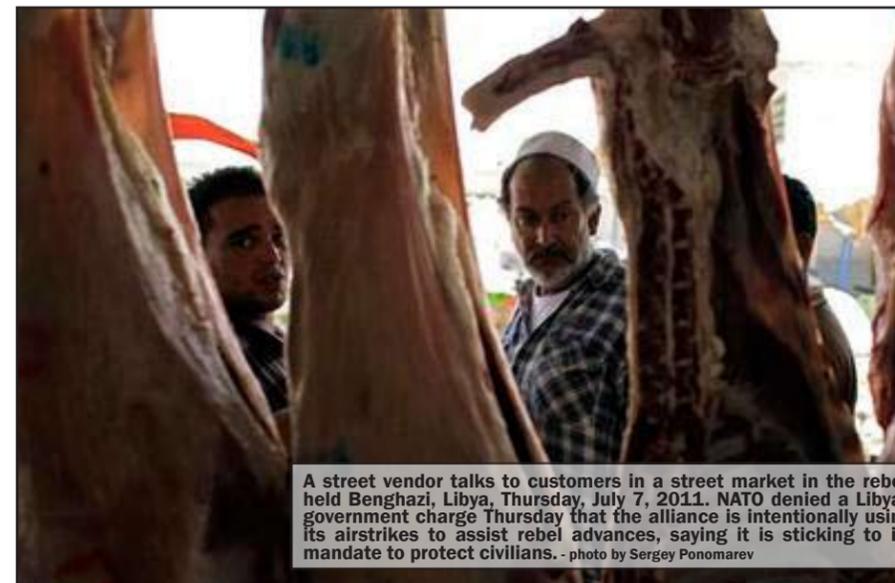
### Contact us

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



The WIRE is the official news magazine of Joint Task Force Guantanamo. It is produced by the JTF Public Affairs Office to inform and educate the Troopers of JTF Guantanamo through news, features, command guidance, sports and entertainment. The WIRE seeks to provide maximum disclosure with minimum delay with regard to security, accuracy, propriety and policy. This DoD news magazine is an authorized publication for the members of the Department of Defense. Contents of The WIRE are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, or Joint Task Force Guantanamo. It is printed by the Defense Logistics Agency Document Services with a circulation of 1,200.

COVER: Fireworks explode over the bay behind the Tiki Bar during Morale, Welfare and Recreation's Independence Day celebrations, Monday night.



A street vendor talks to customers in a street market in the rebel-held Benghazi, Libya, Thursday, July 7, 2011. NATO denied a Libyan government charge Thursday that the alliance is intentionally using its airstrikes to assist rebel advances, saying it is sticking to its mandate to protect civilians. - photo by Sergey Ponomarev

## House rejects effort to prohibit funds for Libya

Stars and Stripes

WASHINGTON, D.C. – The House on Thursday turned back an effort to prohibit funds for the U.S. military operation against Libya, a win for President Barack Obama in the ongoing constitutional showdown with Congress over war powers.

The vote was 229-199 against the measure that would have barred funds for U.S. participation in the NATO-led mission against Moammar Gadhafi's forces.

Lawmakers argue that Obama violated the 1973 War Powers Resolution that requires a president to seek congressional approval within 60 days of the first military strikes, a move the commander in chief did not make. Instead, Obama informed Congress last month that such assent was unnecessary because the limited U.S. role does not rise to full-blown hostilities.

Incensed House Republicans and Democrats voted overwhelmingly last month to deny Obama the authority to continue the mission, a largely symbolic vote that was still a rebuke to the president. But they stopped short of cutting off funds for the operation, muddling the message from the House.

The signal from the House Thursday also was less clear as lawmakers voted for a measure barring the Pentagon from providing "military equipment, training or advice or other support for military activities," to an outside group, such as rebel forces, for military action in or against Libya. The vote was 225-201.

The intent of the measure is to prohibit aid to the rebels such as weapons and assistance to the Transitional National Council including operational planning. The broad effort also would target contractors in Libya.

"Congress has allowed the president to overreach in Libya," said Rep. Tom Cole, R-Okla., sponsor of the amendment. "We should not be engaged in military action of

this level unless it is authorized and funded by Congress."

The votes Thursday ratcheted up the pressure on the administration as Libya remained a stalemate between Gadhafi and rebel forces, and war-weary NATO allies signaled their patience was wearing thin. Italy announced that it was reducing its participation in NATO's campaign by removing an aircraft carrier from the region and pulling thousands of troops home.

Calling the conflict "illegal and unauthorized," Cole said Libya "did not attack us, did not attack NATO ... quite simply, however much we detest Mr. Gadhafi and his regime, we have no reason to be at war."

Rep. Justin Amash, R-Mich., a co-sponsor of the failed measure, said the House had an "opportunity to stop this unconstitutional war against Libya."

Opponents, such as Rep. Norm Dicks, D-Wash., argued that the United States should be allowed to continue the mission along with its NATO allies. He reminded Republicans that former President Ronald Reagan had challenged Gadhafi, and the U.S. should finish the job.

The House considered the amendments as part of a \$649 billion defense spending bill that wouldn't go into effect until Oct. 1. The defense bill includes no funds for the Libyan operation - the Pentagon has said it could cover the expense with existing funds - but the measures would effectively bar funds for the mission.

Last month, the White House put the cost of U.S. military operations in Libya at about \$715 million, with the total increasing to \$1.1 billion by early September.

Since NATO took command of the Libya operation in early April, the U.S. role has largely been limited to support efforts such as intelligence, surveillance and electronic warfare. The U.S. has launched airstrikes and drone attacks, flying more than 3,400 sorties.

## Somali man to face terror charges in U.S.

Voice of America News

U.S. officials say a Somali man accused of ties to Islamist militant groups was interrogated for nearly two months aboard a U.S. warship and is now in New York to face terrorism charges.

The officials say Ahmed Abdulkadir Warsame was questioned at sea by intelligence officials for his connections to the Somalia-based al-Shabab militant group and the Yemen-based al-Qaida in the Arabian Peninsula.

They say Warsame gave up important intelligence about the relationship between the two groups.

After the interrogation was complete, U.S. officials say a separate group of interrogators came in and began to question Warsame again in a way that could be used in court. The interrogators informed Warsame of his rights under U.S. law to remain silent and to have an attorney, but officials say Warsame continued to cooperate.

The case provides insight into how the United States plans to interrogate detainees now that the Obama administration has closed the CIA's secret prison network.

U.S. officials say Ahmed Abdulkadir Warsame will now be tried in a civilian court.

## New breakdown shows US getting fatter fast

Voice of America News

A state-by-state breakdown shows Americans are getting fatter, with almost one-third of the adult population in 12 states now classified as obese.

The findings are part of a report released Thursday by two private organizations, the Trust for America's Health and the Robert Wood Johnson Foundation.

The report found obesity rates increased in 16 U.S. states from 2009 to 2010. It also found that obesity rates are highest in the southern U.S., home to nine of the 10 fattest states.

Even in the U.S. state with the lowest percentage of overweight adults – the central state of Colorado – almost one out of every five adults is considered obese and at a higher risk for ailments like diabetes and heart disease.

The executive director of the Trust for America's Health says the findings are worrisome. Doctor Jeff Levi warns the increasing obesity rates will have a growing impact on the country's health care spending.

The study also found differences in obesity rates along racial and ethnic lines and among those with different levels of education.

# News from the Bay

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

## Four mile guided tour of Ridgeline Trail

See Guantanamo Bay from a different perspective by hiking Ridgeline Trail on a Morale, Welfare and Recreation sponsored tour, July 13 at 5:30 p.m.

“The ridgeline cuts through the heart of the base allowing you to see almost the entire base, from the southern boundary to the northern fence line,” said MWR’s Outdoor Recreation Coordinator, Cory Geiger. “It’s a great workout and a fun way to meet people as you walk the trail.”

The trip is one of Geiger’s favorite tours to guide.

“It allows me to meet people and learn about their experiences in the military and back home with their families,” shared Geiger. “It is nice to see groups start in small packs and after 15-20 minutes they turn into large groups.”

The hike is 2.25 miles each way, totaling 4.5 miles.

“We go as fast as our slowest hiker,” said Geiger. “So, it’s always different.”

Cameras are welcome and Geiger will explain what pictures can be taken before the hike.

For more information, call x2345.

## Design uniforms for dodgeball tourney

Design team uniforms and bring the fight this Saturday to the Morale, Welfare and Recreation Dodgeball Tournament at the hockey rink next to Denich Gym.

“This tournament is a great way to just relieve stress and have fun,” said Alana Morrison, MWR sports coordinator. “Unlike leagues and some other traditional tournaments, it is just a fun, laid back event.”

Morrison said the event is themed after the movie “Dodgeball” because of the spirit it brings to the field.

“We are giving away awards for the 1st and 2nd place finishing teams,” Morrison added. “The team with the best team uniforms or outfits will also be awarded.”

Keep uniforms within base attire regulations.

Gatorade and water will be provided

and games begin promptly at 5 p.m.

“All teams will be required to be there at this time because games go by quick,” Morrison noted.

To register, call Morrison at x2113.

## Take kayaking trip to Mangroves with MWR

Register by Saturday to go kayaking to the Mangroves. Sponsored by Morale, Welfare and Recreation, the free trip is scheduled to take-off at 9 a.m. from the MWR marina.

“Kayaking is a great pastime in GTMO,” said Cory Geiger, MWR outdoor recreation coordinator, “because of the beautiful scenery both above and below the water.”

Geiger added the bay provides many areas for adventurers to explore.

“You are able to reach so many different areas that are only 20 to 30 minute paddles,” Geiger said. “Troopers should participate because it is a good way to relieve stress and meet people.”

Try something new and enjoy the island through MWR’s free and guided trips.

Call x2345 for more information.

## What is your most memorable summer and why?



“Graduating high school because I didn’t think I would.”

Aviation Structural Mechanic 3rd Class Clayton Goode



“The summer before I joined the military. I got to spend six months with my dad and we played paintball the whole time. It was great!”

Intelligence Specialist 3rd Class Clayton Whitman



“Here in GTMO has been my most memorable summer because it’s my first deployment.”

Spc. Anya Genoval



“When my son was born, that was great.”

Army Staff Sgt. Ricardo Davidson

## Boots on the Ground

# TROOPER FOCUS

## Master-at-Arms 2nd Class James Jones

Spc. Kelly Gary



Master-at-Arms 2nd Class James Jones had plenty of aspirations. Yet after going to college and finding it was not the right path, he found himself in a stagnant state. It wasn’t until a friend asked Jones to give him a ride to a recruiter’s office that he considered the military. Despite having a father and multiple family members serving in the military, Jones was still hesitant.

Seven years later, Jones is now finishing up his fourth deployment and working for the Naval Expeditionary Guard Battalion.

When his father heard Jones joined the Navy, he couldn’t wait to ship him off to the nearest Military Entrance Processing Station.

“He would have pushed me out the door,” laughed Jones. “He would have put me on his back and ran me to MEPS if he had to.”

Jones credits his family for getting him to where he is today and they remain his number one priority. After returning home from his deployment to Fallujah in 2008 as a newly pinned petty officer second class, his father couldn’t have been more proud. Jones is confident his father, before passing away last year, was proud of everything his son accomplished.

Jones’ mother, who wasn’t sure about his career choice at first, has stood by her son through thick and thin.

“My mom is my heart, my rock, my

everything,” said Jones. “Throughout all of this, she has been there for me.”

Jones believes that sense of family extends to his leadership, peers and junior Troopers as well.

“He is a go-to guy for the junior troops,” said Master-at-Arms 1st Class Michael Tucker, Camp 6 lead petty officer for the NEGB. “He will get down on a one-on-one level with the junior Sailors and help them out.”

Being able to lead and assist Sailors is one of the most rewarding experiences for Jones. Respect from peers and lower-enlisted is what counts in his book.

“For my juniors to come up to me or to someone and say, ‘[MA2 Jones] can take care of you if you need anything’ – to me that is better than any award,” said Jones.

When Jones is not on the job he can be found writing poetry, knocking down pins at the bowling alley or pumping up his fellow teammates at Cooper Field and Sports Complex. He recently finished up last football season with the Spartans, taking second place. He also played in the Army/Navy game last winter.

## Bullet Bio

**Time in service:** 7 years

**Hobbies:** gym, writing and sports

**Pet peeves:** self-chosen ignorance

**Next goal:** pin on E6

**Advice to junior Troopers:** “Take a piece of leadership from everyone you come into contact with.”

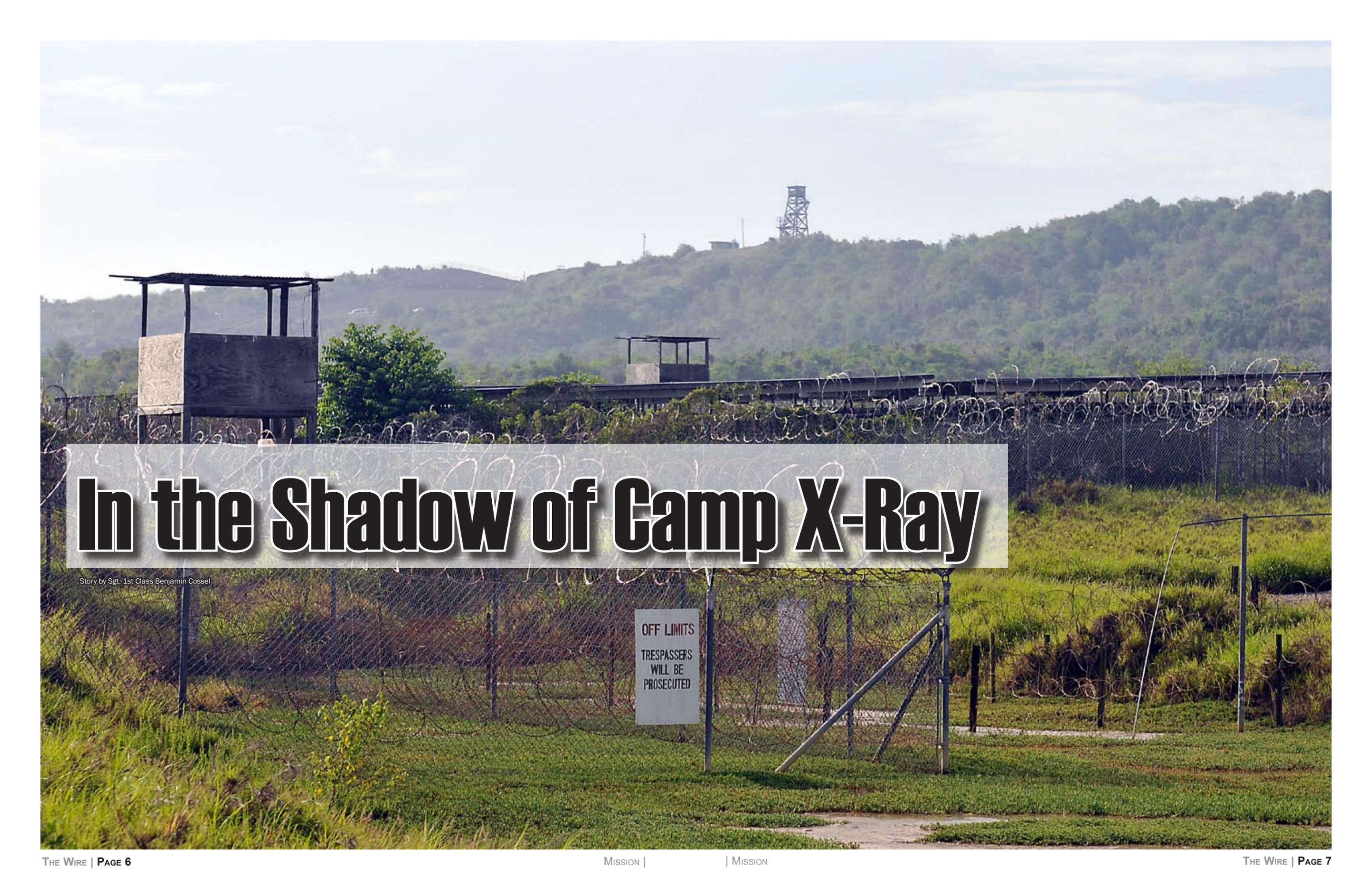
“I love anything sports-oriented,” said Jones. “It is all about the camaraderie and the togetherness.”

see FOCUS, page 19



## Cyber criminals want your information!

Don’t give it to them! Make sure you safeguard your passwords. Don’t use the same passwords or login names for multiple websites. Don’t use obvious passwords like names of pets or children. Do not use birthdays or social security numbers as passwords either. Make unique and strong passwords for all your online accounts. Don’t make it easy for cyber criminals to access your accounts or personal information!



# In the Shadow of Camp X-Ray

Story by Sgt. 1st Class Benjamin Cossel

OFF LIMITS  
TRESPASSERS  
WILL BE  
PROSECUTED



Guantanamo Bay's most notorious legacy, Camp X-Ray was built in the mid-1990s. The facility was originally established to house the criminal element that came along with the waves of Cuban and Haitian migrants at the time.

"During the Haitian migration and Cuban migration of the mid-1990s, we had about 40,000 migrants here on Naval Station Guantanamo," said Navy Cmdr. John Rhodes.

When combatants were taken from the battle fields of Iraq and Afghanistan in 2002, the decision was made to place them at Camp X-Ray. The camp was used to hold the detainees for just over four months, closing down on April 29, 2002. While conditions for detainees are constantly improving, in the nearly ten years since the last detainee walked through X-Ray's doors, the image built over the course of those early days still persists.

Since assuming his duties as deputy commander of the Joint Detention Group in September 2010, Rhodes has become something of a subject matter expert on Camp X-Ray. He explains the original facility had no slots – bean holes – by which detainees could place their hands to be shackled.



"Even here," Rhodes said as he waved across the camp's landscape, "you can tell where we were gradually increasing the conditions by which they (detainees) stayed."

It's hard to square the images of Camp X-Ray as seen in the news with what exists

today. Mother Nature is winning the war in reclaiming the land. Vegetation swallows whole the barbed wire fence while the elements are doing their best to make a mockery of the once strong, imposing guard towers. Walking to the gate, Rhodes gives the rusted lock an extra tug to open it and then



(opposite page, top) Overgrown shrubbery covers the chain-link fence at Camp X-Ray, while bare wooden rooms (opposite page, bottom) that housed detainees in 2002 stand empty. - photos by Sgt. 1st Class Benjamin Cossel

(top left) Today, Camp X-Ray is left in shambles, including a door hanging off its hinges. - photo by Sgt. 1st Class Benjamin Cossel

(top right) An aerial view of Camp X-Ray as it was being constructed in 2002. Detainees were only held at the camp for barely four months. - file photo

(bottom right) The infamous Camp X-Ray photo taken in 2002. The Joint Task Force has made extraordinary improvements since the early days of the camps, culminating in the state-of-the-art facilities of Camp 5 and 6, where detainees live communally with one another and have access to crafts, entertainment and other amenities. - file photos



forces the gate over the weeds.

"The original Alpha Block was here well before 2002," Rhodes explained. "Bravo, Charlie, Delta, Echo and Fox – those were later constructed during January and February of 2002 to provide some sort of living conditions for detainees."

"When they went over to Camp 1 in April of 2002, suddenly they had a sink and an eastern-style toilet, as well as enclosed surfaces to where they could close the shutters and be out of the elements," he recalled.

Moving detainees from Camps 1-3,

where they were held in individual cells, to the communal-style living conditions of Camp 4 to the ultra-modern, \$53 million dollar facilities of Camps 5 and 6, Rhodes was struck by the constant march toward improving conditions for those held. Now, where detainees were once subject to the elements in the open air, chain-link fence cells of Camp X-Ray, they now fuss about which PlayStation game they want to play, which movie they want to watch, or, from the more than 22,000 items available to them in the detainee library, they want read. Standing in stark contrast to Camp X-Ray, Camps 5



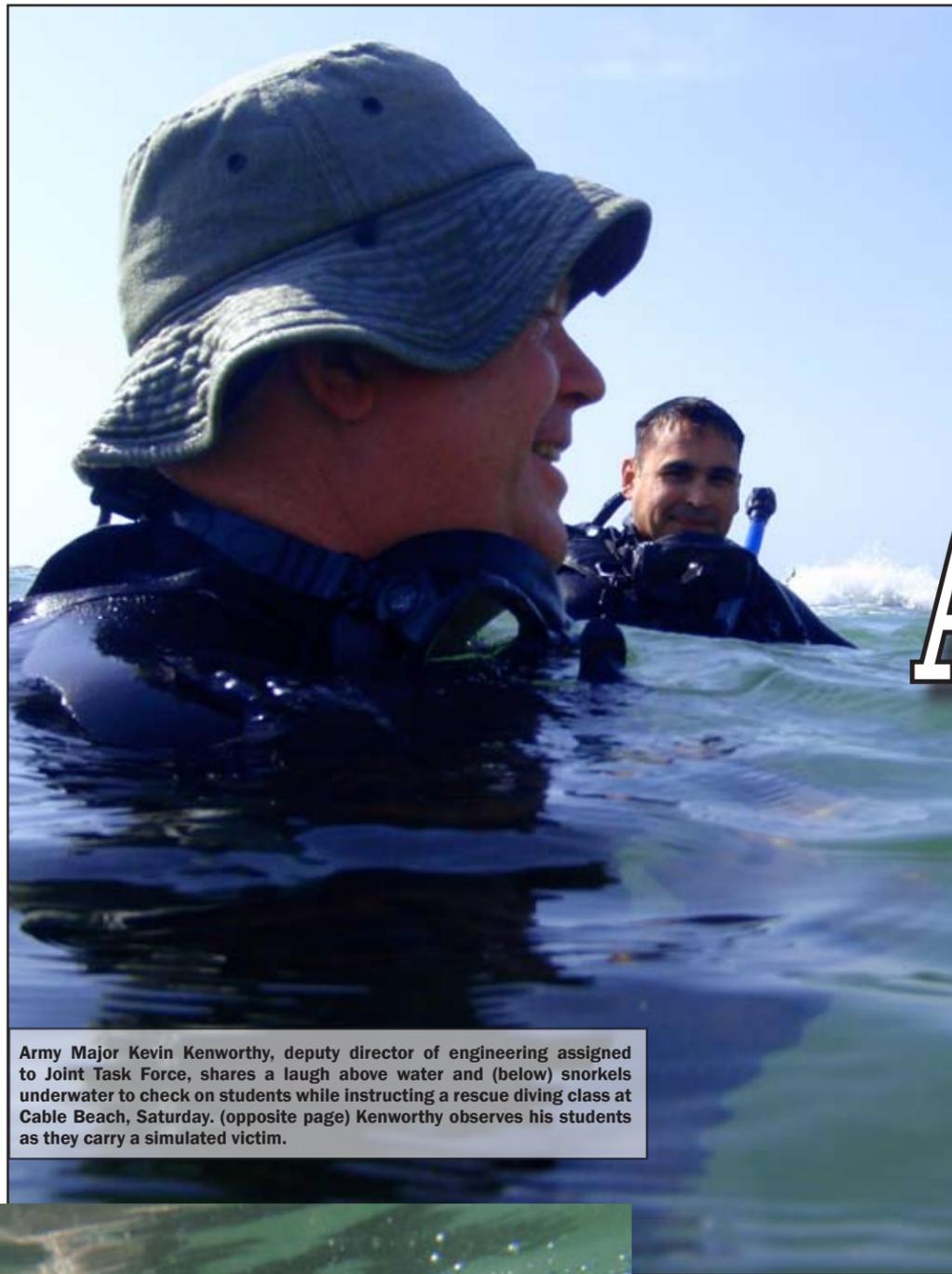
and 6 are evidence of how far the Joint Task Force has come.

The two camps housing the majority of the detainees today were modeled after facilities in the United States, explained Army Col. Donnie Thomas, JDG commander.

"Camp 6 is full communal," Thomas said. "Communal is comprised of detainees having much more freedom."

Thomas explained in the communal setting of the camp, detainees are allowed to pray with their brothers, have joint recreation time, can watch TV around the clock and eat together.

"They are granted a lot of opportunities



Army Major Kevin Kenworthy, deputy director of engineering assigned to Joint Task Force, shares a laugh above water and (below) snorkels underwater to check on students while instructing a rescue diving class at Cable Beach, Saturday. (opposite page) Kenworthy observes his students as they carry a simulated victim.

# BIG ADVENTURES

Story by Mass Communication Specialist  
2nd Class Maddelin Angebrand

**B**ig and tall - that's how one describes Army Major Kevin Kenworthy, deputy director of engineering for Joint Task Force Guantanamo. There's just no other way to put it. Surprisingly soft-spoken, Kenworthy is a gentle giant, the kind noticed first for his size, then for his demeanor.

Kenworthy has been the big guy since he can remember. As a kid, he became a gauge for others to determine rather interesting feats. He remembers using his size as a tool during adventures with his two brothers while growing up in the Black Hills of South

Dakota.

"My brothers and I used to go splunkin'" he shares. "I would go through first because I was the biggest and if I could get through, then everyone else would follow me."

"Splunkin," Kenworthy clarifies, is a term used for cave crawling.

"I've actually gone into holes that I couldn't go through," he laughs. "I got stuck, then my brothers would pull my legs out and we'd go somewhere else."

Kenworthy's massiveness and sense of adventure still remain. He currently fills his need for exploration as a master scuba diver on Guantanamo Bay and again finds himself in hard-to-fit spaces.

"I was about 130 feet down and I got stuck inside this wreck," Kenworthy describes. "I saw this guy, a little smaller than me - he twisted and got through this little area. Well, I thought I could too and I couldn't. I was jammed up for about a minute or two."

Despite getting stuck from time to time, it's worth the release he gets from being underwater.

"It's an adventure - it's relaxing," he says. "It's the only sport that I know of that's non-competitive. If you are competitive with it, you're wrong. It is only for relaxing and a little bit of work if you want to get into commercial diving."

Wanting to share this particular sport with others, Kenworthy decided to become a qualified instructor. He's taught for 13 years now and said upon first meeting a class of students, he tries to explain what it is he loves most about diving.

"What I tell my open water students is, diving to me is the feeling you have when you come home from a real hard day's worth of work and you sit down on your favorite couch or chair, put your feet up on the coffee table and pop the top on your," he emphasizes, pointing his finger, "favorite beverage!"

"That feeling right when you put your feet up on the coffee table? Multiply that feeling by an hour - that's underwater."

In his eight months attached to the JTF, Kenworthy has taught 80 students and said the opportunity for Troopers to dive here is like nowhere else in the world.

"Diving in GTMO is special because it's the only place in the world where you can take conchs legally and spear fish in scuba gear," Kenworthy explained. "Most people can't afford to dive in this area, making this a very unique opportunity for us. It's also some of the best, biggest corals I've seen in the world - huge!"



Kenworthy currently teaches three classes a month totaling about 10 hours a week. He makes sure to also give himself one weekend a month off to dive with friends.

"He's just an easy-going guy," said Russ Wampler, a civilian contractor who has been on about 15 dives with Kenworthy, "I really learn a lot from him. We won a Lion Fish tournament together. I dive with him so I can better myself."

Kenworthy loves teaching. He likes introducing new and challenging ideas to people - ideas that take them out of their element and show them extraordinary things.

"Most people can't go to outer space," he explains. "Being underwater is the closest most of us will ever get to that type of experience. The beauty of being underwater with the coral, the colors, the shells, crabs, lobsters and everything else is just phenomenal."



Airiel Down's rhythm guitarist Michael Abe teaches the crowd a thing or two about shredding as frontman Beaux Foy looks on. - photo by Spc. Meredith Vincent (below) Barry Privett, lead vocalist for Carbon Leaf, and his band opened the Independence Day festivities with their mix of celtic and bluegrass rock, Monday night at the Tiki Bar. - photo by Army Sgt. Mathieu Perry

## GTMO community comes together for Independence Day

Story by Army Sgt. Mathieu Perry

Morale, Welfare and Recreation packed the holiday weekend full of events including sports tournaments, family activities, and concerts, culminating with a spectacular fireworks show Monday night at the Tiki Bar as part of their Independence Day festivities.

Aimee MacDonnell, MWR community activities director, said the aim was to give the



community plenty of options to fill the holiday weekend.

"The troops have extra free time on a holiday as opposed to a normal weekend," MacDonnell said. "And we wanted to fill it with as many positive activities as possible."

The triple threat of live entertainment would not have been possible without the teamwork and cooperation of other agencies, said MacDonnell.

After re-scheduling due to inclement weather, MWR successfully brought Jacksonville, Florida's Something Distant to the Tiki Bar Friday and Saturday, while Navy Entertainment and Armed Forces Entertainment sponsored the two Independence Day bands, Carbon Leaf and Airiel Down.

Kicking off the fun Monday night was Carbon Leaf, a celtic/bluegrass rock group from Richmond, Va.

"This is our first time playing for a military audience and it's a big deal, especially on the 4<sup>th</sup> of July," said Carbon Leaf's lead vocalist Barry Privett. "It's easy to get wrapped up in the holiday and forget its meaning. It's special to be dialed-in to something so much more significant and symbolic."

Following Carbon Leaf, Airiel Down took the stage, led by frontman Beaux Foy. Foy paused a few songs into the set as the Tiki Bar went silent and colors rang over the speakers. Along with providing a rocking soundtrack for the evening, the band took frequent breaks to

give away merchandise and items donated by organizations back in the states.

"Being with all of you on the fourth," Foy said to the crowd, "that's what it's all about."

Social opportunities on Guantanamo Bay are important to give servicemembers a way to get out and meet new people.

"The concerts break up the monotony," said Intelligence Specialist 3<sup>rd</sup> Class Clayton Whitman. "I love hearing live bands. It's made my days here better."

Directly after Airiel Down's hard rock set, a display of fireworks launched from the fueling platform on the bay behind the Tiki Bar.

Many people expect Independence Day festivities to be the most memorable of the year, said MacDonnell.

"There is something truly special and patriotic about fireworks on Independence Day," said MacDonnell. "[Fireworks company] Pyroshows put on an amazing 20-minute show for the community."

Concessions and refreshments including hamburgers, hotdogs, potato salad and baked beans were provided by the Bayview. Months of preparation went into making the night a success.

"We have been planning the fireworks show since February," revealed MacDonnell. "There were a lot of departments involved, requiring a great deal of coordination to put on a safe, enjoyable show for the audience."

## Admiral addresses JTF Troopers in series of All-Hands

### Sexual harassment, quality of life among topics discussed

Story and photo by Sgt. 1st Class Benjamin Cossel

Joint Task Force Commander Rear Adm. Jeffrey Harbeson spoke with task force Troopers, addressing the state of the task force, quality of life issues and other topics of interest yesterday during one of several All-Hands calls held Wednesday, yesterday and today.

Laying a foundation for the meeting, Harbeson started by giving a quick overview of where the JTF finds itself following the reorganization started in February.

"When you look at where we've been over the last year, the big event was the reorganization," Harbeson said.

The downsizing of the task force was complete April 1. Immediately following, the task force launched a command climate survey and came under the scrutiny of an Inspector General's inspection.

"Taking that command climate survey ... all that information ... the sensing sessions during the IG inspection and piecing all that together ... we've put together a team to look into parsing the data down," Harbeson said.

Leading the team is Army Brig. Gen. Samuel Nichols, JTF Guantanamo deputy director, along with members from the equal opportunity office and other staff members.

"To take this organization to the next level, to take it higher, requires your feedback," Harbeson said. "And with that, now we'll have to take a look at everything critically and say, 'what can we do to make things better?'"

During his speech, Harbeson also spoke of the current JTF awards policy, explaining why Troopers in the past earned joint service awards and how Troopers should submit joint award packages.

"Some of those joint awards given out in the past were illegal," Harbeson said, going into a detailed explanation of Department of Defense and Southern Command policy around awards.

"Of the 2000 or so Troopers in the JTF, only those on the JMD (Joint Manning



Joint Task Force Commander Rear Adm. Jeffrey Harbeson speaks to Troopers Thursday morning at the Windjammer Ballroom.

Document) - which is about 300 or so individuals - are eligible for joint awards," Harbeson explained.

Those submitting joint awards for Troopers not on the JMD must include an exception to policy letter. The award package will then be submitted to SouthCom for approval.

"If you're on that JMD, I can approve your joint award. If you're not, it's got to be approved by SouthCom," the admiral said.

Harbeson added he didn't agree with the policy and was working to change it but at the moment, it is the law of the land.

In addressing some of the housing issues, Harbeson explained work is being done to secure the nearly \$6.1 million dollars needed to begin a mildew remediation project at the Tierra Kay housing complex.

"The 6.1 million dollars includes all the ventilation upgrades, the insulation on the actual outer area and also replaces the doors and windows around there," Harbeson said. "It looks like we've got that funding."

The good news was securing the money, the bad news is it will take some time to get all the contracts in place, Harbeson said. The goal is to get the contracts in place before September 30, (before the

end of the fiscal year) and hopefully work will begin within 10 to 11 months of final contract approval.

"Not ideal," Harbeson said. "It just takes time to get contracts in and approved."

Moving to the Cuzcos and Camp America, Harbeson spoke about the recent improvements to the laundry facilities, explaining between the two housing facilities 36 units were replaced.

Harbeson said another source of irritation for Troopers was the quality of internet service provided.

"It's a valid concern," Harbeson said, noting the high price and slow connection currently available to Troopers.

"The solution to the problem is getting fiber to the island," he said, noting efforts were on-going to find financing to bring a fiber-optic connection to the naval station.

"I have no control of SCS, that's a base function," the admiral said.

Following the overview, the admiral took time to answer questions from Troopers ranging from rest and recuperation leave policy to dedicated DSN operators.

Answering what questions he could, the admiral said those he couldn't he would take down and, through the senior enlisted leaders, get the information back to the Troopers.



# USS Philippine Sea rescues Brilliante Virtuoso crew

From Combined Maritime Forces  
Public Affairs

GULF OF ADEN – USS Philippine Sea responded to a distress call issued by the Marshall Islands-owned, Liberian-flagged motor vessel Brilliante Virtuoso at approximately 3:30 a.m. (local time), Wednesday.

Brilliante Virtuoso, a 144,000-ton very large crude carrier, was approximately 20 nautical miles southwest of Aden, Yemen when they issued the call, stating they believed they were under attack by suspected pirates and required assistance. The motor vessel was travelling eastbound from the Suez Canal through the Gulf of Aden at the time of the attack.

Shortly after the suspected attack, Brilliant Virtuoso reported a fire on board beyond their control and that their intention was to abandon ship.



Cruiser USS Philippine Sea approaches a life boat to rescue crew members from the Liberian-flagged motor vessel MT Brilliante Virtuoso. - photo by Chief Intelligence Specialist Reynald Lenieux

Philippine Sea, operating under Combined Maritime Forces, responded to the distress call. Upon their arrival, they observed smoke coming from the superstructure of the ship and that the crew had abandoned ship in a life-raft. They found no evidence of pirates and concentrated their efforts on assisting the crew members.

The owner of Brilliante Virtuoso has confirmed that all 26 Filipino crew members have been recovered safely by Philippine Sea.

CMF will continue to assist as appropriate.

Combined Maritime Forces is a 25 nation maritime coalition that operates maritime security task forces in the Gulf of Aden, Red Sea, Somali Basin, Arabian Sea and the Arabian Gulf.

## INSIDE THE JAR

### PREP workshop enhances couples' communication

By Cpl. Salvador R. Moreno

MARINE CORPS BASE CAMP PENDLETON, Calif. – A servicemember returns from deployment to his spouse. He's back to his daily routine and in high spirits. Then a few months go by and he realizes there is trouble in his relationship. No matter what he says or does it just seems to make matters worse. What does he do?

The Prevention and Relationship Enhancement Program helps couples identify and solve marital problems before they begin.

PREP, a one-day workshop to enhance couples' communication skills, is held every other month at the Marine Corps Family Team Building.

"It's a couples communication workshop that's going to help both partners understand each other and get some new tools for their tool box, so they can talk to each other in a more productive manner when they

are having a disagreement or misunderstanding," said Lizz Carty, family readiness program trainer with MCFTB.

The class hosts a variety of couples including those currently dating, newly married and couples who have been married for years. The class is based on 30 years of research and has developed along the way. But the common theme at the workshop is a variety of communication techniques and the benefits of developing those skills. The MCFTB trainers partner with PREP-trained chaplains to divide the different sessions to give a variety of communication examples and techniques during the day-long workshop.

"We give our participants a different style of presentation for every section so it's engaging, and you get the perspectives of different trainers as well," Carty said. "We use video-clips, posters, workbooks and a personality activity to try to get everybody up and sharing."

Navy Lt. Justin Hayes, Marine Corps Air Station Camp Pendleton chaplain, said Marines don't go into battle without training first and it wouldn't be wise to jump into marriage without preparation either.

"We all come out of high school with under-developed communication skills," Hayes said. "We have a mixed bag of good and bad skills. We seem to excel at the bad ones and that's what we use to beat our marriages up with."

Some of the techniques and topics covered during the workshop are relationship risk factors, communication danger signs, safety and structure in communication and forgiveness.

"The techniques my wife and I learned from the class, we use at home to help us be more effective communicators," said Lance Cpl. Samuel Zaragoza, a PREP participant. "We are pretty open and talk about everything. That's one of the things we pride our relationship on. This just gave us

extra tools in our bag should we have any problems."

Servicemembers, dependents and civilian employees are encouraged to attend the workshop.

There are no requirements to attend the class. Participants don't have to be married or attend with a partner, but are encouraged to come as a couple.

It's a great opportunity for couples who are dating or engaged to start a relationship with a strong foundation for communication, Carty said.

"Our main goal is to make sure our Marines and families are ready to meet their mission, life and career events," he added. "We want to make sure you have all the education readiness tools at your disposal to be ready to meet all the challenges you might face."

The next workshop is scheduled for Sept. 22.

For more information on how to sign up or other MCFTB programs and classes, call (760) 725-9052.



### Soldiers recite Oath of Naturalization during citizenship ceremony

By Staff Sgt. Todd Pouliot

KABUL, Afghanistan – On a day marking the 235th birthday of the United States, five Soldiers from the 10th Combat Aviation Brigade, 10th Mountain Division, Task Force Falcon, took the Oath of Naturalization, becoming some of the nation's newest citizens during a ceremony, Monday.

"You are representative of the values and diversity that make our country stronger," said U.S. Ambassador to Afghanistan Karl Eikenberry as he addressed 48 servicemembers from 25 countries. "The great patriots who founded our nation have a lot in common with you. Like them, you've fought to keep America safe and you've served with distinction."

The TF Falcon Soldiers who became U.S. citizens during the Independence Day naturalization ceremony included:

Pfc. Felipe Andrade, a pathfinder with Company F, TF Knighthawk, 10th CAB, originally from Brazil.

Pfc. Robert Holm, an automated logistics specialist with Company E, TF Tigershark, 10th CAB, originally from Jamaica.

Pfc. Zeiko Ifill, an automated logistics specialist with Company E, TF

Tigershark, 10th CAB, originally from Barbados.

Spc. Tod Lanki, a human resources specialist with Headquarters and Headquarters Company, TF Knighthawk, 10th CAB, originally from the Marshall Islands.

Spc. Jeridine Stewart, a communications specialist with Headquarters Support Company, TF Mountain Eagle, 10th CAB, originally from Palau.

Andrade said he lived in the U.S. for 12 years, and although over that time he has come to feel like a citizen, he now can truly call himself one.

"There's no greater feeling than to be called an American," he said with a smile.

For Stewart, who has served in the U.S. Army for seven years, the Fourth of July reminds her the U.S. is a nation of immigrants who've come from all over the world.

"I believe the U.S. is a melting pot of people of all races, all of who share the same freedoms," she said. "Now, I get to be a part of it"

Eikenberry, who will leave Afghanistan this summer, told the new citizens he is proud to call them American patriots.

"I want to thank each of you personally," Eikenberry said. "You are the real U.S. ambassadors here in Afghanistan."

## ON THE WING

### Air Force Reserve wing delivers aid to Haiti over holiday weekend

By Staff Sgt. Rashard Coaxum

JOINT BASE CHARLESTON, S.C. – Members of the Air Force Reserve's 315th Airlift Wing departed here July 1 aboard a C-17 Globemaster III on a humanitarian aid mission to Haiti.

The aircraft delivered 20 pallets of humanitarian aid containing more than 50,000 pounds of rice as well as a 24,000-pound dump truck in support of ongoing relief efforts.

The mission flew in support of the Denton program which has been providing aid to Haiti since it was ravaged by an earthquake in 2010. Much of the aid provided to the people of Haiti is destined for orphanages and villages across the island where the ability to access those resources is scarce.

The Denton program provides direct transportation of disaster-relief materials to countries in need. It gives organizations and individual citizens of the U.S. the opportunity to transport the donations via U.S. military planes on a space-available basis to eligible countries.

Air Mobility Command, which has been directed to fly many of the missions, uses Joint Base Charleston-based C-17s to deliver the aid.

"This is not just another mission," said Master Sgt. Ron Newbold of

the humanitarian efforts in Haiti.

Newbold, a loadmaster with the 300th Airlift Squadron, has flown on several other humanitarian aid missions worldwide.

"We get the chance to help people who are in need and who have no other way to get the necessary things just to live life from day to day," he explained.

The program, managed cooperatively by the U.S. Agency for International Development, the State Department and the Department of Defense, took flight immediately after the island of Hispaniola was struck by an earthquake Jan. 12, 2010. Since that time, the 315th AW has been called to fly multiple missions to the island, helping to deliver more than 2 million pounds of aid cargo. Besides food, C-17s have delivered other items such as furniture, clothing and school supplies in support of the program.

"We know this (mission) has a direct impact in helping get this rice down to folks who need it," said Lt. Col. Jeffrey Smith, the aircraft commander from the 300th Airlift Wing, of the aid delivery mission. "We know Haiti is still suffering after the earthquake."

"It's not about us," Newbold said. "This mission is about the heart, and the heart of it is the people in need."



Sp. Meredith Vincent

“We have nothing to fear but fear itself.” Or, really bad comic book movies that cast “fear” as a multi-tentacled smoke monster-thing that goes around the universe gobbling up souls.

Give me some credit – it’s been quite a long time since a movie’s been given a really bad review. And being a rabid Ryan Reynolds fan, this hurts me much more than it hurts you. But twenty minutes into “Green Lantern,” my own movie sidekick turned to me and said simply, “This is awful.” That’s all the push I need.

But where should we start? In this movie-magic age of dazzling CGI technology, I never thought I’d see a character look completely *un*-lifelike. Thank goodness “Green Lantern’s” pint-size Guardians came along and showed me how wrong I could be. The tiny, Yoda-esque Guardian who succumbs to the power of fear in particular reminded me of Hoggle in “Labyrinth,” a movie that’s 24 years old. Not the stellar progress one likes to see.

Moving on. Let’s check out the messy, hodgepodge of a plot. Hotshot pilot Hal Jordan (Ryan Reynolds, why do you make me do this?) is chosen by some serious out-of-this-universe bling to be the first human in the Green Lantern Corps, a galactic army of do-gooding badasses who police up the universe. And just in time too, because the aforementioned floating gob of fear embodiment (or, as he’s known to his friends, Parallax) is, like, swimming – or something?



– toward Earth.

Reynolds has been toying with leading man status for several years, and perhaps given a better script, director and leading lady, things could’ve been different. Here, his trademark, unimpressed snark is replaced with limp one-liners, not to mention the movie’s fascination with his torso. Don’t get me wrong – the best scene in the whole film hands-down is when he’s lounging in a wife beater tank, but chiseled abs does not a character make. You know why the “Iron Man” franchise did so well? Because the filmmakers were smart enough to allow Robert Downey Jr. to go nuts, letting him mold Tony Stark from his own personality. Unfortunately, that’s not the case here. Reynolds has an uncanny ability

of firing a line with humor and zing, making his retorts have the effect of a metaphorical whiplash, snapping the receiver square in the jaw. But in “Green Lantern,” he’s smothered by overproduced, blockbuster hash and not allowed to breath any life into his character, let alone the movie. As Hal, Reynolds is stiff, flat and underwhelming. Not the kind of super you need when watching a superhero movie.

I’d rather not even mention Blake Lively as Carol, Hal’s playmate both in the sky and on the ground. Since she’s kind of the second lead, however, I will grant her exactly three sentences, starting...now.

Completely unbelievable in her roles

see MOVIES page 19

PG-13  
114 min.



# Cornholing enthusiasts unite for tournament

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

Cornhole. A bag full of corn being tossed at a small hole near the top of a slightly angled wooden platform.

Also known as Bean-O, the aim of the game is to make a three-point “hole in one.” Just getting it on the board is worth one point. So, let the games begin.

This weekend, Morale, Welfare and Recreation hosted a cornhole tournament, inviting the best of the best in the cornhole community to come out and battle with their bags, Sunday at the Tierra Kay Liberty Pavilion.

Teams of two faced off in an epic showdown of cornhole competition. Furiously intense and rearing to toss their bags of corn, team “Redneck Poop” chipped away at the other contenders.

“Cornhole is a game mostly played at tailgating, which is awesome,” said Jyl Bucano, attached to Joint Task Force Guantanamo. “Bringing it out here, there’s so many people and so much diversity that everybody has played cornhole before or everybody’s seen it even if they haven’t played it.”

Bucano said cornhole newbies will be addicted after trying it once; it won’t take long before they are calculating and strategizing game plans. Bucano’s “Redneck Poop” devised such a plan, landing them in the semi-final round.

“My teammate carried us - he is awesome,” exclaimed Bucano, offering advice to other cornholers. “Get on the board, it’s all about aim.”

Jill Lynch, MWR liberty event coordinator, said the tournament had a great turnout, with 16 people making up eight teams.

“It’s such an easy game to play,” Lynch explained. “They don’t have to have a whole lot of skill, anybody can play it!”

For the champion cornholers, team “Who,” the game is a bit more mathematical in nature.

“The strategy was to get the wind and air temperature right,” said Matthew Gillette, team “Who” member. “There’s a mathematical equation, but I can’t tell you that.”

Underestimated by other contenders, team “Who” worked their way out of the loser’s bracket and onto victory.

“I don’t think we should have been in the loser’s bracket, but that was kind of our plan from the start,” admitted Joseph



Powe, Gillette’s cornhole partner. “We wanted to make it dramatic - winning from the winner’s bracket is not exciting for anyone, that’s just easy.”

After a long day of tossing corn-filled bag after bag high into the air in the island heat, team “Who” said they planned on icing their shoulders for the rest of the night while preparing for future competitions.

“We hope to hit the gym soon and get ready for nationals,” said Powe. “I just work the one shoulder. Practicing balancing a beverage in one hand is also crucial.”

When asked what advice they would give to new cornholers, team “Who” said it’s all in the hips and wrist.

Oh, and one more thing, they advised: “Don’t play us!”

(top) A competing cornholer tosses his bag of corn toward the platform, Sunday, at the MWR’s cornhole tournament. (right) Participants retrieve corn-filled bags and prepare to reshoot. The tournament attracted both old and new cornhole fans.



	8 FRI.	9 SAT.	10 SUN.	11 MON.	12 TUES.	13 WED.	14 THURS.
<b>Downtown Lyceum</b>	Cars 2 (G) 8 p.m.	Jumping the Broom (PG-13) 8 p.m.	Water for Elephants (PG-13) 8 p.m. (last showing)	Super 8 (PG-13) 8 p.m. (last showing)	Madea's Big Happy Family (PG-13) 8 p.m. (last showing)	Green Lantern (PG-13) 8 p.m.	Fast Five (PG-13) 8 p.m.
<b>Camp Bulkeley</b>	Transformers: Dark of the Moon (PG-13) 10 p.m.	Bridesmaids (R) 10 p.m.					
	Water for Elephants (PG-13) 8 p.m.	Super 8 (PG-13) 8 p.m. (last showing)	Jumping the Broom (PG-13) 8 p.m.	Madea's Big Happy Family (PG-13) 8 p.m. (last showing)	Fast Five (PG-13) 8 p.m.	Thor (PG-13) 8 p.m.	Transformers: Dark of the Moon (PG-13) 8 p.m.
	Bridesmaids (R) 10 p.m.	Green Lantern (PG-13) 10 p.m.					

Call MWR at ext. 2010 for more information.

Movie Hotline - call 4880.

# Mind and body: Keeping the connection positive

Navy Lt. Lindsay Gleason, JSMART officer in charge

Have you ever considered how your perception and thoughts impact your physical and mental health? The reality is, your body responds to the way you think, feel and act. This is often called the mind-body connection. Because they are closely linked, the relationship between the mind and body can exert a positive influence on health and quality of life. Attitudes, beliefs and emotional states ranging from love and compassion to fear and anger can trigger chain reactions. That cause and affect can influence blood chemistry, heart rate and the activity of every cell and organ in the body. Emotions also affect the body's reaction to stresses and strains, causing headaches, backaches and other physical problems.

Over the past 20 years, mind-body medicine has provided evidence that psychological factors play a major role in illnesses such as heart disease. Chronic stress can also aggravate existing health problems – it can worsen angina, disturb heart rhythm, raise blood pressure and lead to stroke. It can also spark asthma and may affect the digestive system, making ulcers, acid reflux or make irritable bowel problems worse.

Have no fear, there is hope. Mind-body techniques can aid in the treatment of both physical and mental health problems. Clinical trials indicate mind-body therapies are helpful in managing arthritis and other chronic pain conditions. Exercise is a great way to improve your mood changing the body's stress response. If starting an



exercise program seems too difficult, go slowly. A few minutes are better than no minutes and you can gradually increase how much you exercise every day. Yoga helps many people relax, while others find peace of mind through prayer, meditation, music, reading or art. Getting enough sleep is also

very important for mental and physical wellness.

We can help ourselves stay healthy by paying attention to our emotional and

see MIND page 19

## 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 2323 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

### MOVIES cont.

Completely unbelievable in her roles as straight arrow fighter pilot (she's more Iceman than Goose to Hal's Maverick), stern boss (just because you wear a pencil skirt does not mean you look smart) or damsel in distress (it helps if you care about the damsel), Lively and her busty outfits are merely pretty, pouty props, adding nothing in substance and ultimately dragging the movie down with soul-sucking, sappy sweet scenes that only prove over and over she and Reynolds hold exactly zero chemistry.

Look at that, I did it in one.

Truthfully, the only one who bothered to act in this otherwise wasteland of uninteresting characters is Peter Sarsgaard. As Hector Hammond, a perpetually awkward, balding professor who's got the hots for Carol,

Sarsgaard – who, in real life, is actually pretty easy on the eyes himself – creates a sad, pitiful portrait of a harmless loner, the guy who never gets the girl. Of course, after Parallax sets up shop in Hector's psyche, creating a bulging brain hemorrhoid and causing him to get all sweaty and evil, it's kind of obvious he's going to bite the comic book bullet. Poor guy, he deserves better, being the only one who brought his "A" game and all. Or any game whatsoever really.

Fact is, forgoing all sense of playfulness or giddy geekery, the movie takes itself way too seriously, relying on stylized FX and Reynolds' glorified midsection to sell tickets. It might work, too – but not before a banana rat slaughter. Friends, I behold unto you, the first negative banana rat. Yes, it was *that* bad.

### FOCUS cont.

If he is not on the field himself, Jones cheers on his all-time favorite team – the Detroit Lions. Fittingly, while Jones exemplifies all three of the Navy core values, Tucker describes his best trait as the same his beloved Lions mascot is known for – courage.

"Jones is willing to do what is best for not only the command, for the Navy and his country but for his junior troops as well," said Tucker. "Regardless of what the consequences will be.

Jones consistently sets a good example in his position, a post usually held by a pay grade higher. In addition, even with his busy schedule, Jones finds time to give back to the

community. He volunteers for various Moral, Welfare and Recreation 5Ks and assisted W.T. Sampson Elementary School move furniture for the upcoming school year. For those looking to Jones as a role model, there are a lot of expectations – reaching to meet a higher standard is a part of Jones' canon.

"You should always shoot for the stars," said Jones. "If you don't make it then so be it, but you have set the bar that high."

Jones plans to pin on first class in the near future. Subsequently he will put in his officer's packet and move up from there.

"He will definitely pick up a commission," said Tucker. "His future is limitless – wherever he decides to go, he will excel."

### X-RAY cont.

of freedom inside Camp 6," the colonel explained. "It's just a better way, if you're going to be confined, of living here."

Thomas said Camp 5 is a more disciplinary camp, where detainees stay in individual cells, have their recreation time curtailed to two hours a day and privileges such as reading material are diminished.

"This is also the camp where we keep our prisoners," Thomas said, noting the facility currently houses four convicted prisoners.

Much like Rhodes, Thomas was impressed by the task force's efforts to improve detainee quality of life.

"I think over time, each commander who has sat in this seat, either here at the JDG or the JTF, has continued to improve their footprint," he said.

In addition to the infrastructure

improvements, efforts are continuously underway to improve the food served to detainees. They can also make phone calls more frequently (quarterly versus yearly) and recreational equipment was updated to include elliptical trainers and treadmills.

"We continue to look at ways to improve our battle space," said Thomas. "To not only make life better for the detainees but also for our guard force."

And yet, even with all the well documented improvements, Joint Task Force Guantanamo seems destined to continue swimming upstream when it comes to Camp X-Ray. As long as media outlets, whether for reasons of apathy, neglect or sensationalism, continue to brand JTF operations with photos nearly a decade old, Guantanamo's ghost will never be exorcised.

### MIND cont.

mental status, including our worries, outlook and moods. The key to mental and physical wellness is to live a balanced life. Try not to obsess about the problems at work or home that lead to negative feelings. This does not mean pretend to be happy when you feel stressed, anxious or upset – it's important to deal with these negative feelings. Instead, focus on the positive things in your life. Try using a journal to keep track of things that make you feel happy or peaceful. Research shows having a positive outlook can improve quality of life and physical well being. Be sure to make time for things you enjoy.

We all need to find our place of peace. Now, go find your happy place and give your mind and body a healthy boost.

## Information Assurance Tip of the Week

DO NOT PLUG anything into the NIPR or SIPR computers unless you are authorized.

### TROOPER cont.

we face choices about whether to stay out past curfew or take our first drink of alcohol; and decisions become even more complicated as we get older. In the end though, it always comes down to deciding what's right and wrong – weighing the gains against the risks.

There is a clear difference between making a mistake and making a conscious decision to ignore what you know is right. Anyone can misinterpret signals from a member of the opposite sex, but it requires a choice to ignore the rules on fraternization or engage in a sexual assault.

The decisions we make define us – not just who we are, but who we want to be. So before you make one, even one that appears relatively simple, consider all the options and consequences before making a sound decision. You'll be glad you did.

# The JTF At Shutter Speed



**GLOWING**  
A disc golf player takes score above a lantern as other players retrieve their discs from the basket at the Glow Golf Tournament hosted by Morale, Welfare and Recreation, Friday, at the Lateral Hazard Golf Course.  
- photo by Mass Communication Specialist 2nd Class Maddelin Angebrand



**ROCKIN' OUT**  
Something Distant drummer Chris Gondon performs, Friday, at the Tiki Bar as part of Morale, Welfare and Recreation's free summer concert series. - photo by Sgt. 1st Class Benjamin Gossel



**KICKIN' IT**  
Lt. Col. Patricia Charles, Joint Task Force Guantanamo logistics deputy director and avid tennis player, hits a slice backhand return during MWR's Fourth of July Tennis Tournament at the Deerfield Tennis Courts, Sunday.  
- photo by Mass Communication Specialist 2nd Class Joe Ebal



**READY, SET GO!**  
Participants in the 10K Independence Day Run, sponsored by Morale, Welfare and Recreation, check their watches before launching from the starting line, Saturday, at Denich Gym. - photo by Mass Communication Specialist 1st Class Sally Hendricks