

THE WIRE

A JTF Journal



Alcohol abuse

The dangers and consequences

Guardians of the rock

New commander and senior enlisted leader take charge of 193rd



Don't get caught by complacency

Air Force Master Sgt. John Asselin

JTF Public Affairs Senior Enlisted Leader

Complacency is a disease. It won't just cause harm to you in Southwest Asia, it will come after you here in Guantanamo Bay, or even in your home. It will sneak up on you if you're not watching for it.

We tend to go on autopilot when we do the same tasks for a period of time. That's not all a bad thing – you want that “muscle memory” to quickly react to normal situations while doing those tasks. It turns bad when you get so used to the tasks that you lose your focus and aren't ready to quickly react to an unusual situation. That's when you have become complacent.

The dangers of complacency are obvious in Afghanistan and Iraq, but maybe not so much at JTF-GTMO. No matter how calm and under control a situation is, it always has the potential to erupt. Usually, calm situations make us less likely to expect the worst, making complacency much more likely at JTF-GTMO. When you have a well-oiled machine running and everything seems like it is going great, that's when you need to start watching around you. It doesn't take a lot of heat and debris to shut down that well-oiled machine.

Complacency also affects morale – some people call it “the daily grind.” It's usually not a lot of fun doing the same thing day after day, and if you focus on that, it will eat you up inside. Throw complacency out the window, and “the daily grind” will go with it.

Combating complacency is not a difficult chore. Listen to the leadership when they use clichés like “keep your head on a swivel,” or “check your six.” It just means to pay attention to what's going on around you – whether you are in combat, guarding detainees or driving down the highway. You need to stay focused on the task, but you also need to pay attention to what could be coming up behind you.

Paying attention to what is outside your normal focus – looking at your surroundings with a fresh set of eyes – helps make your job more interesting and less of a grind. Work with other people in your team to identify what situations could arise and how to prepare for them – the complacency of others is just as much a threat to you.

You're doing an outstanding job here at JTF-GTMO providing safe and humane care and custody of detainees; let's all make sure we don't get caught by complacency. ☆



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COVER:

Army 1st Sgt. Michael L. Baker Jr. and Soldiers of the 193rd Military Police Company stand in formation during the conclusion of the 193rd MP Co. change of command and responsibility ceremony, June 4. - JTF Guantanamo photo by Air Force Tech. Sgt. Michael R. Holzworth

BACK COVER:

A lion fish swims in the waters of Guantanamo Bay. - JTF Guantanamo contributed photo

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



One of the many refugee camps in Haiti where people devastated by the January earthquake took shelter. – Photo courtesy of Army Spc. Jesse Jean

SOUTHCOM transitions Haiti efforts

U.S. Southern Command Public Affairs

The U.S. Southern Command's Joint Task Force Haiti officially completed its mission on June 1, marking the end of Operation Unified Response, almost five months after a 7.0 magnitude earthquake Jan. 12 devastated the country.

However, Southcom's commitment to Haiti continues with engineering projects as part of New Horizons, as well as visits by medical assistance teams. Additionally, the medical staff aboard the U.S. Navy amphibious assault ship *Iwo Jima* will provide basic medical care and perform specialized surgeries during a visit to the Caribbean nation this summer.

According to Gen. Douglas Fraser, commander, U.S. Southern Command, "These engineering projects and medical services were coordinated and approved by the Government of Haiti and United States Agency for International Development and demonstrate our continued support to the people of Haiti. We also have a robust capability to rapidly respond to any future disaster situation in Haiti."

New Horizons is a humanitarian assistance exercise involving approximately 500 National Guard troops, and will take place in various locations in Haiti outside the country's capital, Port au Prince, from June to September and includes the construction of schools, clinics, and community centers that can also serve as hurricane shelters. USS *Iwo Jima* is scheduled to arrive at the Port de Paix area in July.

In addition to these New Horizons activities, U.S. Southern Command will

fund \$13 million in disaster preparedness and humanitarian assistance projects designed to enhance the capacity of the Government of Haiti to provide essential services to its citizens. The projects include the construction of four emergency operations centers and four disaster response warehouses that will increase the Haitian government's ability to respond to future natural and man-made disasters.

There were many significant accomplishments achieved by JTF-Haiti during its tenure in Haiti. U.S. military medical professionals evaluated and treated thousands of earthquake survivors and military surgeons conducted nearly 1,000 surgeries. The majority of the surgeries were performed onboard the hospital ship USNS Comfort.

U.S. military forces delivered more than 2.6 million bottles of water, 2.2 million food rations, 17 million pounds of bulk food and 149,000 pounds of medical supplies into Haiti. Specialized units also improved and increased the capacity at the south pier at the Port au Prince's main port facility.

Further, U.S. troops looked ahead by assisting the Haitian government and the international community in planning for the next stage of the humanitarian response. For example, JTF Haiti assessments teams evaluated public health requirements, the structural integrity of critical infrastructure, and longer-term food and nutrition needs throughout their tour.

Perhaps the most renowned U.S. military contribution to Haiti's recovery was the reopening and operation of Toussaint L'Ouverture International Airport in Port

au Prince by the airmen of the 1st Special Operations Wing. Within 30 hours of the earthquake and less than 30 minutes after landing, they controlled airfield operations from a card table and used hand-held radios to safely land and take-off hundreds of aircrafts.

"I am proud of Joint Task Force Haiti's accomplishments and the men and women who filled its ranks," said Lt. Gen. Ken Keen, the first commander of the JTF. "We could not have done our mission, however, without the collaborative support and interaction with the Government of Haiti, MINUSTAH, other agencies of our government; especially Department of State and USAID and numerous NGOs all of whom were dedicated to helping the people of Haiti recover from this disaster."

New Horizons missions began in the mid-1980s as an annual series of joint and combined humanitarian assistance exercises that Southcom conducts with Latin American and Caribbean nations. The exercises typically last several months, providing medical and infrastructure projects. These missions give deployed U.S. military forces invaluable training opportunities to work with partner nations.

USS *Iwo Jima* is part of Continuing Promise 2010, an annual humanitarian civic assistance exercise supported by U.S. and international military medical personnel, U.S. government agencies, regional health ministries, NGOs and U.S. academic institutions. In addition to Haiti, USS *Iwo Jima* will also visit ports in other countries in the region over the course of the summer and fall. ★

193rd changes command, responsibility



Army Lt. Col. Alex Conyers, 525th MP Battalion commander, passes the 193rd MP Co. guidon to Army Capt. Nick S. Francois, incoming commander of the 193rd MP Co., during a change of command ceremony, June 4. – JTF Guantanamo photo by Air Force Tech. Sgt. Michael R. Holzworth

Army Sgt. Tiffany Addair
JTF Guantanamo Public Affairs

The officer and enlisted leadership of the 193rd Military Police Company at Joint Task Force Guantanamo changed hands during a change of command ceremony at Bulkeley Field in Camp America, June 4.

Army Capt. Nick S. Francois and Army 1st Sgt. Michael L. Baker Jr., incoming commander and senior enlisted leader for the 193rd MP Co., replaced Army Capt. Pedro E. Vasquez, outgoing commander, and Army 1st Sgt. William L. Gamble, outgoing senior enlisted leader.

The 193rd MP Co. was established at Naval Station Guantanamo Bay in October 2005. Vasquez was the first company commander to serve two years in this tough environment.

“Over the past 24 months, Captain

Vasquez has led this unit with distinction while also serving as the Camp 5 officer-in-charge during some of our most challenging times,” said Army Lt. Col. Alex Conyers, 525th MP Battalion commander. “You met every challenge from detainees, a constant turnover of Soldiers and balancing our daily mission, and maintaining our warfighting capabilities and skill sets head on.”

Francois brings a wealth of knowledge, experience and leadership to this command. He joined the Army in June 2000 and later attended Officer Candidate School. He was commissioned as an MP officer in 2004. His most recent assignment was as the detainee operations officer for United States Army Forces Central Command at Fort McPherson, Ga.

“His previous assignments have served him well as he tackles the unique challenges within this demanding environment,”

Conyers said. “I am confident that Francois will ensure the Soldiers of the 193rd will remain ever vigilant and will create an even greater synergy within this command, while taking it to new heights.”

Following the change of command ceremony, a change of responsibility between Gamble and Baker took place.

Gamble enlisted in 1985 and has served in several corrections capacities. Army Command Sgt. Maj. Steven M. Raines, 525th MP Battalion senior enlisted leader, spoke highly of Gamble and his important role.

“You have upheld the traditions bestowed to you in this position,” Raines said. “Over a year ago, I told you it would be tough and demanding, but very rewarding. You displayed technical and

See **CHANGE/12**

Ensuring physical readiness

Marine Corps Lance Cpl. Justin R. Wheeler
JTF Guantanamo Public Affairs

Deployment to Joint Task Force Guantanamo is physically and mentally strenuous and can cause damage to muscles or bones.

The JTF Guantanamo physical therapy clinic ensures that injured Troopers receive a safe, timely and efficient physical recovery.

“We’re here for the convenience of JTF Troopers and detainee operations,” said Navy Hospital Corpsman 2nd Class Allen Lara, physical therapy technician. The clinic provides physical therapy care for detainees and Troopers

Physical therapy helps to heal a wide variety of injuries caused by aging, disease or environmental factors, and is intended to increase patients’ overall physical quality of life.

For Army Master Sgt. John Espinosa, 525th Military Police Battalion S-6 and S-4 non-commissioned officer-in-charge, the physical therapy clinic’s services will produce positive benefits for his injury.

“I was very impressed with the initial assessment and their recovery process plan,” Espinosa said. “I feel confident with the continuation of that plan.”

Throughout the morning, afternoon and sometimes evening, the physical therapy clinic receives patients with physical recovery needs.

Lara helps patients with daily stretches and works toward helping them with recovery exercises.

Over the time that Lara has been working within the physical therapy office he has noticed that lower extremity injuries are common among his patients: ankle, knee or lower back injuries, and sometimes shoulder injuries.

“One of the main reasons you see lower extremity injuries is because of the amount of physical activity at GTMO,” Lara said. “Since the sports season began, we’ve received a lot of injuries from that alone.”

These problems persist, because of a lack of warm-up and stretching, he said.

“The idea behind a warm-up is to prepare your muscles for the physical activity you’ll soon perform,” Lara said. “Whenever you stretch the warm muscles, you’ll have a much better stretch than without warm-up exercises. When working out, you may overstretch a muscle or pull a muscle. Pulled hamstrings are especially common.”

The warm-up could be anything from jumping jacks to running in place, as long as it increases the heart rate with muscle strain. Lara introduces his patients to lighter exercises to compensate for that warm-up and maintain Troopers’ physical fitness.



Navy Hospital Corpsman 2nd Class Allen Lara adjusts the position of an electrotherapy machine at the physical therapy clinic, June 7. – JTF Guantanamo photo by Marine Corps Lance Cpl. Justin R. Wheeler

Overall the patients are satisfied with the services of the physical therapy clinic.

“The Camp America physical therapy clinic is providing excellent service for Troopers to return to the mission,” Espinosa said. “They provide us with the [support needed to complete] the mission without that daily pain or discomfort.”

The physical therapy clinic is also placed within Camp America for the

convenience of JTF Troopers.

“If the physical therapy shop was on the Naval Station Guantanamo side of the base, then JTF Troopers would spend an hour or more to travel back and forth to make an appointment,” Lara said. “We are placed close to the majority of our patients.”

The physical therapy clinic can be reached at ext. 2309. ☆

Finest finish first

Navy Mass Communication Specialist 2nd Class Zachary Harris
JTF Guantanamo Public Affairs

On a balmy night in Guantanamo Bay, two teams that had begun the season as one went head-to-head in the women's softball championship, June 3. The tensions were high, and the competition fierce, as the GTMO Divas and GTMO's Finest battled it out during seven innings, with the Finest coming out on top.

The Divas came out strong taking an early lead, but after a major rally, the Finest took an 11-run lead.

"It was awesome," said Navy Hospital Corpsman 1st Class Victoria Ferguson, Joint Task Force Guantanamo's Joint Medical Group dental lead petty officer and left-center fielder for the Finest. "We made a good comeback. Our pitcher got hurt and missed a game, but she came back to play, still hurt."

"We went out there and gave it our all," said Army Spc. Shalia Moolenaar, Joint Visitor Bureau driver and GTMO's Finest outfielder. "We stayed calm and did what we had to do."

Moolenaar said the tension was running high during the final game of the tournament.

"[The hardest part was] keeping our nerves down when we were up against the Divas," Moolenaar said. "They are the champion for the league, but that doesn't matter because we are the champions of the *championship*."

She also thought that while the Divas are a great team, they did not play as hard as they could have.

"I think they came out and tried hard and showed good teamwork," Moolenaar said. "But, it wasn't their best, they needed a little more [oomph]."

With the softball tournament, and other Morale, Welfare and Recreation sports events, the main reason for the competition is to give Troopers a way to relax and blow off steam in a positive way. Army Spc. Henry Kenya, JTF Guantanamo's J-3 administration clerk and GTMO's Finest right-fielder, said this was important to the victory.

"We stayed calm, cool and collected the whole time [during the game]," she said. "We talked to each other [out there] and we just had fun."

In the end, the victors lived up to their team name with the Finest coming out on top 14-9.

"[The GTMO Divas] were competitive, but it just wasn't the best, we were," Kenya said. ☆



Army Sgt. 1st Class Susanatte Grosvenor, GTMO's Finest, rounds the corner after tagging home during the championship game, June 3.

Just as good as the first

Navy Mass Communication Specialist 2nd Class Zachary Harris
JTF Guantanamo Public Affairs

Billionaire genius Tony Stark (Robert Downey Jr.) returns for more narcissistic humor and over-the-top action in "Iron Man 2," the sequel to the 2008 blockbuster "Iron Man" based on the Marvel Comics series of the same name. The sequel picks up where the last movie left off: Stark announcing that he is, in fact, the hero Iron Man. As the press conference is being televised, it is being viewed by the dying Anton Vanko (Yevgeni Lazarev) and his criminal son, Ivan Vanko (Mickey Rourke). As Stark makes the announcement of his success as the world's newest solution to war, Anton dies in the arms of Ivan. This prompts Ivan to seek revenge on Stark and avenge his father's death, which is presumed to be the indirect effect of Stark's success. Over the next six months, Ivan constructs his own exoskeleton based on the design of Stark's Iron Man suit.

While this is going on in Russia, Stark is dealing with his own problems in America. The U.S. government wants to take possession of the Iron Man "weapon," which Stark is vehemently against. While Stark appears before a Senate sub-committee on the matter, his long-time friend, Lt. Col. James "Rhodey" Rhodes (Don Cheadle) presents his findings on the matter based on his intimate relationship with both Stark and the Iron Man suit. His findings are taken out of context and are manipulated to do harm to Stark's character. In the same hearing Justin Hammer (Sam Rockwell), an industry competitor to Stark Industries, claims to be able to deliver the same weapons systems as the now defunct arms wing of the Stark Empire. Hammer appears to have underhanded dealings with foreign governments as Stark displays video of Hammer's failed attempts at recreating the highly sought-after suit.

To top this all off, the arc reactor that helps keep Stark alive is

slowly poisoning him. So what does Stark do to combat the stress of all of this? He starts to become a rampant alcoholic, which does nothing to help any of his issues. He also begins a streak of high-risk behavior including an impromptu Formula One race while in Monaco. It is here that he is confronted by Ivan and the fruits of his labors, an exoskeleton powered by an arc reactor with electrical whips that are capable of mass destruction. After seeing this, the U.S. government becomes adamant in its goal of obtaining the Iron Man suit from Stark.

This is a great follow-up to the 2008 film. Downey Jr. is able to maintain the quick-witted spontaneity of his character and still delivers in a fresh way that feels completely natural. In this installment we also meet Nick Fury (Samuel L. Jackson) who is scheduled to reprise the role in the upcoming films "Thor" and "The Avengers," the former of the two movies being referenced in a short scene at the end of the credits for the film. Director Jon Favreau does an excellent job in his role as Stark's chauffeur and friend, "Happy" Hogan. Gwyneth Paltrow also appears again as Pepper Potts, Stark's faithful assistant and love interest. Sam Rockwell portrays a great, flamboyant and naive villain while Rourke plays Ivan with chilling accuracy that suits the actor perfectly. Don Cheadle taking the reins as Rhodey in this film was a controversial move when the cast of this sequel was originally announced. However, he is perfectly suited to portray him and does justice to the legacy that Terrence Howard, who played the Lt. Col. in the first movie, created.

Overall, this movie is an excellent addition to the original Iron Man. Favreau flawlessly directs the film and tells the story in a vivid manner that will leave the audience thoroughly satisfied. With the allusions to other characters of the Marvel Comics Universe, most predominantly "The Avengers," it is inevitable that we will get to see Iron Man in action again. ★



PG-13

124 minutes

Rating: ★★★★★

JTF Guantanamo photos by
Navy Mass Communication Specialist 3rd
Class Joshua Nistas



Navy Chief Intelligence Specialist Jared Pringle, Navy Master-at-Arms 1st Class Laryl Helberg and Navy Yeoman 3rd Class Brian Logan pick up trash as they clean up a nature trail near the marina, June 2. The clean-up is the first of many events the JTF Guantanamo's First Class Petty Officer Association will host this summer in an effort to get more service members out on the trails.



Trail clean-up

The powerful grip of alcohol

■ Help is readily available for Joint Task Force Guantanamo Troopers

Navy Mass Communication Specialist 1st Class Edward Flynn
JTF Guantanamo Public Affairs

Alcohol abuse and illegal drug use continues to wreck havoc in today's society; the U.S. military is no exception. From failed marriages and destroyed careers to heartache, suffering and lives cut short, alcohol does not discriminate.

It is also important to consider the dangers and consequences of driving under the influence of alcohol or drugs. On average, someone is killed by a drunk driver every 45 minutes, according to Mothers Against Drunk Driving. Additionally, about three in every 10 Americans will be involved in an alcohol-related accident at some point in their lives. The pain from one wrong decision can, and often does, last a life time.

Being deployed to a remote area such as Naval Station Guantanamo Bay can be stressful. Family separation and isolation can increase alcoholism. Fortunately, living and working in difficult and often hazardous conditions is not something you have to experience alone. While deployed to JTF, help is available to any individual seeking alcohol counseling or just someone with whom to talk. Providing service members with the needed support system has been the cornerstone of the Joint Stress Mitigation and Restoration Team.

"JSMART will assist in providing alcohol awareness assistance and help arrange counseling through the Substance Abuse Rehabilitation Program," said Navy Hospital Corpsman 3rd Class Arthur Manning, a

neuropsychiatric technician and member of the JSMART team. "We stress to Troopers that help is available and they are not alone."

This alcohol counseling program provides focused education on the negative aspects of drinking and drugs. Additionally, individual counseling from JTF chaplains and Alcoholics Anonymous meetings are also readily available to JTF Troopers.

"The JTF chaplains provide exceptional counseling and support, especially during times of need and stress," said Navy Religious Program Specialist 3rd Class Tania Gedeon. "I'd encourage anyone dealing with this issue to seek professional assistance."

Another key component to living a healthy life is physical fitness. Naval Station Guantanamo Bay's Morale, Welfare and Recreation team offers a variety of sports and recreation.

"MWR is committed to providing positive and healthy recreation activities, such as sports and many outdoor recreation opportunities," said Tara Culbertson, director of MWR. "In fact, our Liberty (or Single Sailor) programs are specifically geared to provide alternatives to alcohol and tobacco use."

Sports and physical fitness also improves social cohesion and is a great stress reliever.

"It is a great source of relaxation, fun and recreation," said Robert Neuman, MWR sports coordinator. "Physical fitness also improves the quality of life and contributes to a healthier lifestyle."

Although alcohol abuse is often a lonely and painful road, help is available here at JTF and throughout the base. ♡

U.S. paratroopers fix their static lines prior to a jump before dawn over Normandy on D-Day, June 6, 1944, in France. – AP photo/Army Signal Corps

D-DAY LANDINGS

Army Sgt. Tiffany Addair
JTF Guantanamo Public Affairs

The battle of Normandy was fought between Allied nations and German forces occupying Western Europe during the summer of 1944. As the 66th anniversary of the watershed event D-Day passes, we honor veterans and keep alive the principles and lessons learned from World War II.

The United States and Allies joined forces to end the German occupation of France on June 6, 1944. With the territory more favorable to the defenders than to the invaders, the United States would have to contend with several obstacles in order to be victorious.

The amount of time, effort and training necessary to prepare for an invasion of this magnitude is almost unimaginable. Training exercises began as early as September of 1943. Troops were well-trained and large numbers of ships were accumulated. Clever deceptions confused the enemy of when and where the forces would strike. The operation was carefully calculated and then executed.

After careful groundwork and planning, the eve was upon the U.S. troops and Allied forces. Soldiers of six divisions (three American, two British and one Canadian) came ashore in five

main landing areas, named “Utah,” “Omaha,” “Gold,” “Juno” and “Sword.” After hard fighting, especially on Omaha Beach, by day’s end a foothold was well established.

The commanders of the German forces began to take the invasion seriously late on the night of June 7, but it was too late.

The D-day landings had various meanings for different people and different countries. For the Americans, the D-Day landings were an opportunity to demonstrate their forces could be highly effective in providing the majority of the strength needed to carry out a massive invasion. D-Day also demonstrated the strength and success of the United States’ alliance with Great Britain. For the Americans, the D-Day landings were considered to be instrumental in the defeat of Nazi Germany, and the restoration of democracy throughout Western Europe.

In a larger strategic sense, the successful Allied landing in France was a psychological blow to the German occupation of Europe. It gave credibility to questioning whether or not the German Army could control Western Europe. The balance of power on the continent was tipped into Allied favor. From that point on, the Allies would begin the drive into Germany that ultimately shattered the Nazi regime and led to the German surrender on May 7, 1945. ★

CHANGE from 4

tactical knowledge that was unsurpassed. You provided immeasurable leadership by example to more than 124 Soldiers who provided safe, humane, legal and transparent care and custody of detainees assigned to three separate detention facilities. It was a pleasure serving with you.”

Baker joined the Army in January 1995 and has a rich background in shaping and leading Soldiers. According to Raines, he is no stranger to detention operations or leadership positions. Raines charged Baker with keeping his head on a swivel and spared few details on how tough and demanding his new position would be.

“This is no easy job and one that should be taken seriously,” Raines said. “There will be long days and hard decisions that you will have to make, these decisions will not just affect Soldiers’ lives, but also have an adverse and positive affect on their families as well. I know you are up to the challenge and will serve the Soldiers of the 193rd MP Co. well.”

After the company guidon was passed from the outgoing commander to the incoming commander and the passing of the non-commissioned officer sword, Conyers expressed his gratitude to the Soldiers of the 193rd MP Co.

“Thanks for being the true professionals while under the national and international spotlight,” Conyers said. Thanks to each of you for what you do every single day. Although the key on our coin of excellence is symbolic of the key used on the blocks, each of you is the real key to our success.” ☆

Army 1st Sgt. William L. Gamble, outgoing 193rd MP Co. senior enlisted leader, calls the company to attention during the change of command and responsibility ceremony, June 4. - JTF Guantanamo photo by Air Force Tech. Sgt. Michael R. Holzworth



WHEN THE BODY IS UNABLE TO COOL ITSELF BY SWEATING, SEVERAL HEAT-INDUCED ILLNESSES SUCH AS HEAT STRESS OR HEAT EXHAUSTION, AND THE MORE SEVERE HEAT STROKE, CAN OCCUR - AND CAN RESULT IN DEATH.

- Know the signs and symptoms of heat-related illnesses; monitor yourself and your co-workers.
- Block out direct sun or other heat sources.
- Use cooling fans/air-conditioning; rest regularly.
- Drink lots of water; about 1 cup every 15 minutes.
- Wear lightweight, light colored, loose-fitting clothes.
- Avoid alcohol, caffeinated drinks, and heavy meals.



Honoring Herron

Coast Guardsmen deployed with Maritime Safety and Security Team 91104 out of Galveston, Texas, conduct a flag ceremony in honor of Coast Guard Senior Chief Petty Officer Hoyt S. Herron's retirement, June 4. Herron gave more than 20 years of honorable service in both the Marine Corps and the Coast Guard. - JTF Guantanamo photo by Air Force Tech. Sgt. Michael R. Holzworth

Boots on the Ground

by Marine Corps Lance Cpl. Justin R. Wheeler

What is your favorite beach?

Army Sgt. Mary Gordon



"Cable Beach. It's relaxing."

Navy Religious Program Specialist 2nd Class Ellyse Corbell



"Kittery Beach. It is an amazing snorkeling spot."

Air Force Airman 1st Class Justin Millender



"Glass Beach, because it's close to work."

Coast Guard Machinery Technician 3rd Class Mindy Fendley



"Glass Beach, because it's not as crowded as other beaches usually are."



■ Perspective from an optimist

Navy Lt. Anthony T. Carr
NEGB Command Chaplain

After being on a few deployments, I understand that what you put into it is what you get out of it. You can get in great shape, take some classes, get out of debt, save up for a family vacation, learn to dive or take up a new hobby. Along with the challenges of family separation and the stressors of work, a good attitude helps you go a long way.

I think I was born an optimist. My mom said that as a baby I didn't cry very much, and I was never the type of person who let hardships get me down. I remember a song from the '80s performed by Matthew

Wilder called "Break My Stride," sampled by Puff Daddy in the '90s: Nobody's going to break my stride. Nobody's going to slow me down, oh no, I've got to keep on moving.

That has been a song that has helped me in the worst of situations.

The military attracts a lot of stern people. A lot of people radiate a faux military bearing to look grim and miserable to be taken seriously. If you are naturally a pessimist there is nothing wrong with that. A world of optimists would actually be pretty annoying. It is important to have people to tell us if the sky is falling and we need to move out of the way.

But being a pessimist doesn't mean you have to be miserable. Actually some pessimists are pretty funny and make a great living out of seeing the bad sides

of situations. Misery is a choice. You can choose to mope, whine and complain, or you can choose to see the bright side of a situation. Being an optimist doesn't mean that you don't have to live with sorrow, discouragement and pain; those things are part of life and have to be taken seriously, but you don't have to let negative circumstances rule your life.

I am an optimist, I can see the silver lining of the cloud, but that does not mean I don't see the cloud. And if you are living under a cloud it doesn't mean you shouldn't look for a silver lining.

One of the fruits of the spirit found in Christian scripture, Galatians 5:22, is joy. Joy is not based on emotion, but is a choice we all have to make in looking at situations. How are you going to choose to spend your time here in Guantanamo? 🍀

GTMO Religious Services

Daily Catholic Mass

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

Protestant Worship

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

Seventh Day Adventist

Saturday 11 a.m.
Room B
Iglesia Ni Cristo
Sunday 5:30 a.m.
Room A
Pentecostal Gospel
Sunday 8 a.m.
Room D
LDS Service
Sunday 9 a.m.
Room A

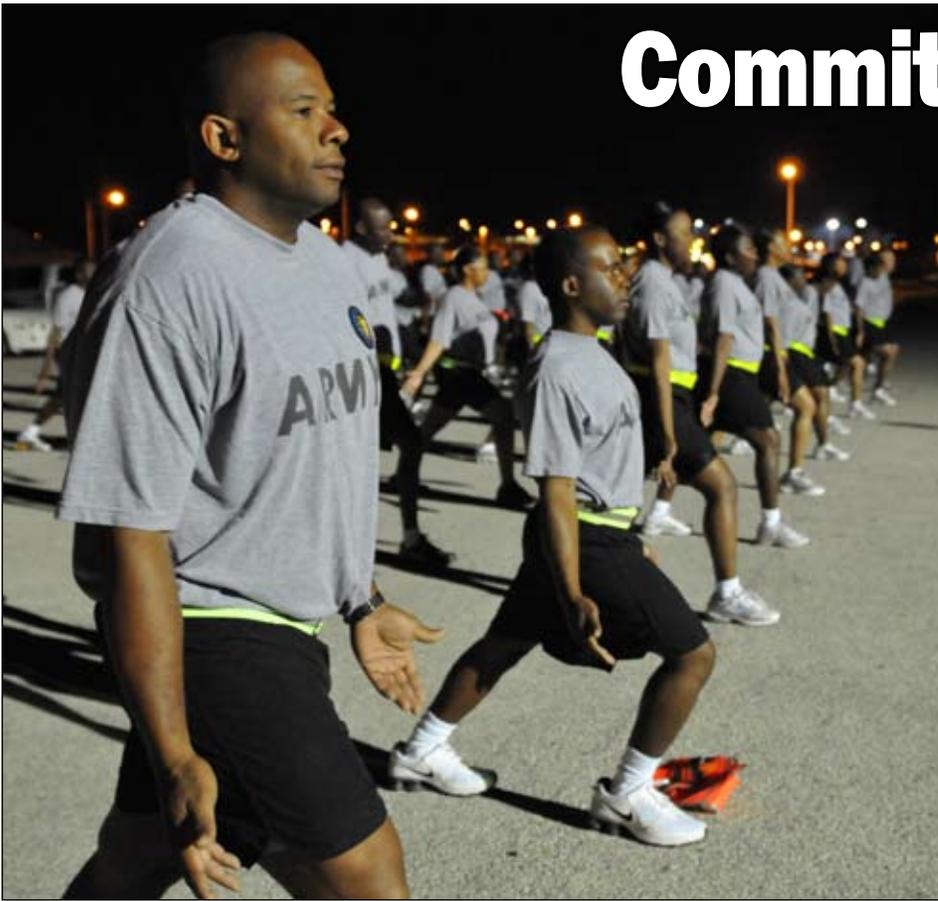
Liturgical Service

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

GTMO Bay Christian Fellowship

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

Committed to excel



Army Staff Sgt. Louin Chung Jr. stretches during a physical training session with members of the Virgin Islands National Guard 786th Combat Service Support Battalion, May 12. – JTF Guantanamo photo by Army Sgt. Athneil Thomas

Army Sgt. Athneil Thomas
JTF Guantanamo Public Affairs

When it comes to physical fitness and engines, Army Staff Sgt. Louin Chung Jr. believes ‘all-out’ is the only way to go. This extreme drive flows through his muscles, engines and most other activities in his life. For his full-throttle spirit of achievement, Chung has earned his 15 minutes of fame.

Whether serving as the J-4 motor pool transportation non-commissioned officer-in-charge with Joint Task Force Guantanamo, or as a mechanic with the Virgin Islands National Guard Combined Services Maintenance Shop, Chung stays committed to excellence in performance.

“For me it’s always all or nothing,” Chung said. “Anything I’m involved in I give it my all and work hard, and I expect those around me to excel as well.”

More than 10 years of Army physical fitness test scores show proof of Chung’s commitment to excellence as he has earned the right to wear the APFT badge on his physical training uniforms.

“I wear my badge proudly by living up to it,” Chung said. “Once I earned it, I had to keep performing at the same level.”

The badge is awarded to those who score and maintain 270 or higher, out of a possible 300 points on their APFT.

Even Chung’s supervisor has first-hand

knowledge as to how committed he is to excellence. Just five months after delivering a baby girl, Army Warrant Officer Diane Wescott started training with Chung for the rigors of serious Army training.

“After my operation, I was back at zero,” Wescott said of her level of conditioning. “For two months he worked with me during his lunch break and after work to get me in shape for Warrant Officer Candidate School. It’s rare for someone to be so willing to give of their own time and

go out of their way to help someone else.”

In this instance, Chung helped a colleague become his boss. Wescott at the time was a staff sergeant before attending WOCS. Here at JTF Guantanamo, Wescott is the J-4 motor pool transportation officer-in-charge, and she recently scored her first perfect score on her APFT.

Chung not only puts his all into his physical fitness and helping others achieve their fitness goals, he puts passion and dedication into jet skiing while back home in the Virgin Islands.

After purchasing and tweaking a personal watercraft to the tune of more than \$25,000, Chung now stands alone as the leader of 2-cycle engine class for PWC racing in the Virgin Islands.

According to Chung, his heavily enhanced PWC has to run on aviation-grade fuel because any other fuel will cause catastrophic engine failure. All of the enhancements cause the engines to run super hot and regular gasoline would ignite in minutes. Racing officials even asked Chung to race in a higher class because he has no competition in his class.

His all-out attitude has even pushed him to riding his PWC 40 miles across the Caribbean Sea from St. Thomas to St. Croix – and of course he had to come back home.

Chung credits his discipline for commitment back to his father, who instilled discipline in all of his children. Louin Chung Sr. served as a Marine at Naval Station Guantanamo Bay, Cuba, in the early 1960s.

Currently, Chung has a sister in the Air Force and a brother each in the Army, Navy and Marines. Hopefully, the other Chung siblings are just as passionate about their physical fitness routine and are inspiring a full-throttle spirit throughout their branch of uniformed service. ★



Army Staff Sgt. Louin Chung Jr., inspects a personal watercraft, March 22. – JTF Guantanamo photo by Army Sgt. Athneil Thomas

Army Capt. Nick S. Francois, 193rd MP Co. commander, passes the non-commissioned officer sword to Army 1st Sgt. Michael L. Baker Jr., incoming 193rd MP Co. senior enlisted leader, signifying his acceptance of the responsibility of authority, June 4. - JTF Guantanamo photo by Air Force Tech. Sgt. Michael R. Holzworth

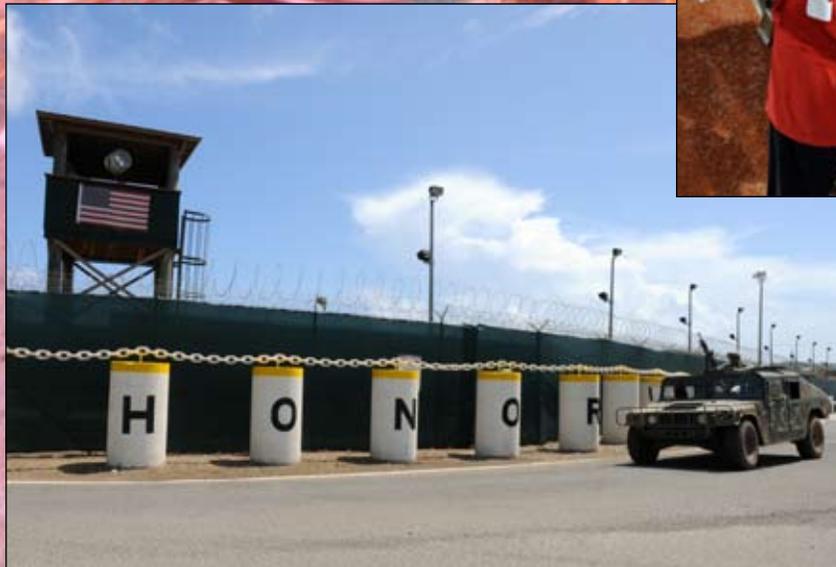


Around the

JTF



Members of GTMO's Finest circle up for a victory huddle after winning the women's spring softball championship game, June 3. - JTF Guantanamo photo by Navy Mass Communication Specialist 3rd Class Joshua Nistas



Soldiers with the Rhode Island Army National Guard 115th Military Police Company drive a Humvee in front of the 'Honor Bound' pillars by Camp Delta, June 3. - JTF Guantanamo photo by Navy Mass Communication Specialist 3rd Class Joshua Nistas