



Utilitiesman 1st Class Kevin Geegan checks a level for the installation of batter boards as part of the construction of a new enlisted club at Camp America, Mar. 2. — photo by Mass Communications Specialist 1st Class Jordan Miller.



Sailors from Naval Station Guantanamo Bay and Joint Task Force Guantanamo take the Navy-wide first class petty officer advancement examination at the Windjammer Ballroom, March 3. — photo by Mass Communications Specialist 1st Class David P. Coleman.



Service members from Naval Station Guantanamo and Joint Task Force Guantanamo participate in a team building run, March 3. — photo by Mass Communications Specialist 1st Class David P. Coleman.



Spc. J Woodard, with the 525th Military Police Battalion has the hood strings of his joint lightweight integrated suit technology (JLIST) coat loosened at Buckley Field, Mar. 3. — photo by Mass Communications Specialist 2nd Class Jordan Miller.



# Around the ★ JTF

Volume 12, Issue 12

# The WIRe

An award-winning  
JTF journal

Friday, March 11, 2011

Weekend full  
of rivalries

*Theater of War*  
dramatizes cost  
of service

## *A Day in the Life* *Following the NEGB — Part 1 of 2*

*Daylight Savings Time begins  
Sunday! Don't forget to set  
your clock ahead an hour.*

# Trooper to Trooper

featuring

## Sergeant Major Steven Townsend

Operations Sgt. Maj., 525th Military Police Battalion



Ask 10 Troopers why they joined the military and undoubtedly one of the reasons you will hear is “for the discipline” or “I needed the structure in my life.”

As leaders we are charged with enforcing standards. Leaders at all levels should take a look at ourselves first. Are we living up to the standards and setting good examples to those we lead? Further, if you are already living up to the standards yourself, are you correcting deficiencies with on-the-spot corrections as you see them? Somewhere along the way I heard the saying, “If you walk by or fail to correct a deficiency, you have just set the new standard.”

Troopers’ personal discipline is usually a good indicator of what is happening in a command. It concerns me when a few among us continue to show a lack of discipline. Take a look around – what is your Troopers’ off-duty conduct like? Are courtesies and honors being rendered properly? How many uniform violations do you see?

Small things usually lead to bigger things, so if your Troops aren’t conducting themselves in accordance with prescribed regulations, ask yourself what other shortcuts they could be taking. Are they maintaining their weapons and equipment

properly? When they assume a post are they executing their duties professionally and as directed by post orders?

Some may see uniform or conduct on-the-spot corrections as being petty in the grand scheme of things. General George Washington considered discipline so important that through Benjamin Franklin he enlisted the aid of a Prussian Officer, Baron Friedrich von Steuben, to help train an otherwise undisciplined force. Upon his arrival to Valley Forge in 1779, von Steuben wrote the first Army field manual, aptly titled *The Regulations for the Order and Discipline of the Troops of the United States*. Discipline, precision and teamwork were instilled into the Soldiers of the Continental Army,

ultimately leading to the independence of our great nation.

For a more recent example of the importance of discipline, one can take a look at the insurgent attack of a military supply convoy in Iraq on March 20, 2005. Because Sgt. Leigh Ann Hester and the rest of her squad members were so disciplined, even in a task that would appear so trivial to some – vehicle load plans – her squad was able to counter and defeat the insurgent ambush. Hester stated because her squad had adhered to strict vehicle load plans to vehicle during the ensuing gun battle and immediately secure what was needed to continue the fight.

### JTF Guantanamo

**Commander**

Navy Rear Adm. Jeffrey Harbeson

**Command Master Chief**

Command Sgt. Maj.

Mark Porrett

**Office of Public Affairs Director**

Navy Cmdr. Tamsen Reese: 9928

**Deputy Director**

Air Force Lt. Col. Don Langley: 9927

**Operations Officer**

CW2 Raymond Chapman: 3649

**Senior Enlisted Leader**

Mass Communication Specialist 1st Class

Sally Hendricks: 3649

**COVER:** An assistant watch commander with the Naval Expeditionary Guard Battalion checks-in with his Sailors inside Camp 6. - photo by Army Staff Sgt. Benjamin Cossel

**BACK COVER:** Air Force Master Sgt. Marcus Wilkins rakes gravel on top of a mound made to cover an old bunker outside Camp Justice, Mar. 10. Wilkins is attached to the Base Emergency Engineer Force of the 138th Fighter Wing, Oklahoma Air National Guard - photo by Mass Communication Specialist 2nd Class Jordan Miller.

### The Wire

**Executive Editor**

Army Staff Sgt. Benjamin Cossel: 3499

**Assistant Editor**

Spc. Meredith Vincent: 3651

**Photojournalists:**

Mass Communications Specialist 2nd Class Elisha Dawkins

Mass Communications Specialist 2nd Class Jason Tross

Mass Communications Specialist 2nd Class Jordan Miller

Mass Communications Specialist 2nd Class Wesley Kreiss

Spc. Kelly Gary

Spc. Justin Pierce

### Contact us

**Editor's Desk:** 3499

From the continental United States

**Commercial:** 011-53-99-3499

**DSN:** 660-3499

**E-mail:** thewire@jftgmo.southcom.mil

**Online:** www.jftgmo.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 1,000.

# Obama Approves Resumption of Guantanamo Bay Military Trials

Voice of America News Service

President Barack Obama on Monday approved the resumption of controversial military trials for suspected terrorists at the U.S. detention center at Guantanamo Bay, Cuba. The decision, which ends a two-year ban on military trials of detainees at the facility, is disappointing for some legal scholars.

The White House released a new executive order for Guantanamo trials to resume, after a long review of judicial options concerning alleged terrorists.

Obama promised better safeguards for the rights of detainees, following criticism by human rights groups and other countries for a lack of fairness.

The executive order states that the Obama administration remains committed to eventually closing the detention facility, where about 170 detainees remain in custody. It also said the U.S. system of justice remains a key part of the war against al-Qaida terrorists.

In a background briefing, senior administration officials said the order strengthens U.S. security needs and American values.

Mason Clutter, an attorney for the Washington-based Constitution Project, says her organization has mixed feelings about the president's decision to resume the military trials.

“The Constitution Project is pleased that the administration remains committed to

using our civilian criminal justice system,” said Clutter. “However, we are disappointed that the administration is not going to be proceeding with parallel trials in the civilian justice system while they are trying cases in the military commission system.”

Clutter said many of the detainees at Guantanamo Bay are being charged with material support of terrorism and conspiracy, and that it is debatable whether these charges qualify as war crimes.

The chairman of the House of Representatives Armed Services Committee, Republican Howard McKeon, said he was disappointed that Obama had made his policy through an executive order rather than through legislation. But he welcomed the resumption of military trials at Guantanamo Bay. Another Republican, House Judiciary Committee Chairman Lamar Smith, said he hoped Obama would abandon his promise to close the detention center.

The White House stated that some of the detainees must continue to be held at Guantanamo Bay even though they have not been formally charged because they remain at war with the United States.

One of the first trials likely to proceed under the new order would involve Saudi national Abd al-Rahim al-Nashiri, the alleged mastermind of the 2000 bombing of the USS Cole. Legal scholars say that case presents challenges for the Guantanamo military

commissions because it concerns an attack that took place before the 2001 terrorist attacks on the United States, which led to the establishment of the Guantanamo Bay detention center. They also say the trial might involve the death penalty, which has not been considered in previous Guantanamo trials.

Clutter said she hopes the executive order is a start and that the Obama administration will continue to make progress on the issue.

“The way that we have proceeded to date has caused quite a bit of conflict between the United States and our allies, and I think it is in our best national security interests to work toward a system that is more consistent with the rule of law and with our constitution to better protect our relationships with our allies abroad,” she said.

Legislation passed earlier this year denies the use of defense funds to transfer Guantanamo Bay detainees to the United States to face trial in the U.S. civilian justice system. And there are efforts underway in Congress to ban the use of government funds for such transfers.

Prior to becoming president, Obama promised to close the Guantanamo Bay detention center, move detainees to the United States and shift cases to U.S. civilian federal courts. But those plans have met stiff resistance from many U.S. politicians, including from those in the president's own Democratic Party.

## Trial of U.S. contractor resumes in Cuba

Voice of America News Service

The American contractor accused in Cuba of supplying dissidents with communications equipment could be facing a verdict on day two of his trial, Mar. 5.

An official statement said lawyers would give evidence and closing remarks Saturday in the case against Alan Gross. Under Cuban law, judges can give verdicts immediately following the presentation of evidence.

Gross was arrested in Cuba in December 2009. He is alleged to have violated the “integrity and independence of Cuba” by distributing Internet equipment and satellite phones to Cuban dissident groups. He could face 20 years in prison if convicted.

Gross's wife and U.S. officials were present in the court. However, the trial is closed to the media. Gross's American lawyer said the contractor and his Cuban attorneys presented a vigorous defense during the first day of the hearing Friday, and urged Cuba to release the ailing 61-year-old on humanitarian grounds.

U.S. Secretary of State Hillary Clinton Friday appealed to Cuba to release Gross “unconditionally” and allow him to return to his family.

Gross was working for a private firm, Development Alternatives International, contracted by the U.S. Agency for International Development, when he was arrested.

The company says Gross was working on a project to bring Internet communications equipment to members of Cuba's small

Jewish community, and denies he was working with dissidents. The firm has since ceased its activities in Cuba.

The United States has repeatedly called for his release and says he was not doing anything illegal.



Surrounded by security forces, US government contractor Alan Gross, left, arrives to a courthouse to attend a trial in Havana, Cuba, March 5, 2011 — photo by AP

# News from the Bay .....

## MWR outdoor rec gets some March Madness

Boaters and outdoor sportsmen have plenty to be thankful for this month, as Morale Welfare and Recreation kicks off their version of March Madness with numerous deals and discounts.

"We try to have at least eight events every month," said MWR Outdoor Recreation Director Cory Geiger.

For March Madness, every Wednesday all boats are half-price to rent, Geiger explained. That means kayaks are \$1 an hour, fishing boats are \$3 an hour, pontoons are \$5 an hour and Sea Chasers are only \$10 an hour. The half-off special will also run on St. Patrick's Day, March 17.

"The marina is more than just a place to rent boats," said Geiger. "It is a one-stop shop for everything outdoors. Kayaks, mountain bikes, road bikes, tents, generators, canoes, sailboats, rolling coolers and much more."

The day after St. Patrick's Day, March 18, MWR will offer another of their sunset cruises at 6 p.m.

"You will be driven out to the southern

boundary, watch the sun set on the water and then cruise back to the marina," said Geiger, adding coolers and cameras are welcome, but the event is always popular so it would be a good idea to call ahead.

"Outdoor recreation is a great way to get fit, and meet people," Geiger said. "There are so many things available to the community at little or no cost."

For more information about outdoor MWR events, contact x2345.

Spc. Meredith Vincent

## Triathlon marks Chief rank anniversary

Celebrating the 118th birthday of the Chief Petty Officer rank – established April 1, 1893 – members of the Guantanamo Bay chief petty officer community will sponsor a triathlon, April 2.

Registration for the 200-yard swim, 10-mile bike ride and 5k run event is already underway at the Navy Exchange atrium, Monday through Friday, 1 p.m. to 4 p.m. The first 150 individuals to sign up will receive a commemorative t-shirt for the event.

Participants can compete in the event as

either a single contestant or as a team of no more than three. Individual registration is \$25, groups can register for \$70.

"Proceeds generated from the triathlon go to our annual scholarship funds given to W. T. Sampson Senior Student," said Navy Counselor Chief Robert Pagtakhan, one of the lead organizers of the event.

Army Sgt. Benjamin Cossel



# trooper focus

## Staff Sgt. Tyler Smith

Spc. Kelly Gary

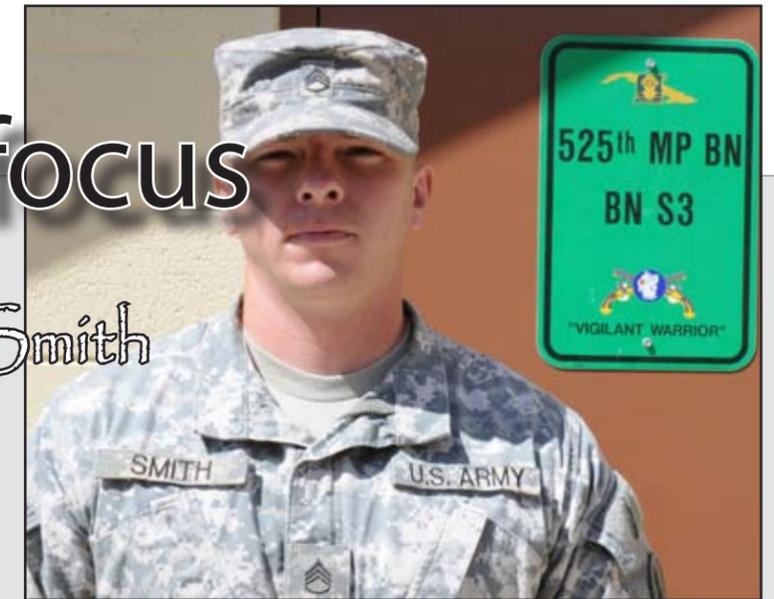
Nearing the end of his deployment, Staff Sgt. Tyler J. Smith has made a positive impression on Soldiers he has trained as well as his leadership.

"He is not afraid to take charge," said Sgt. 1st Class Alex Hedges, internment resettlement plans noncommissioned officer in charge for the 525th MP Battalion. "If he sees something that doesn't look right or needs to be corrected he is one of the first to correct it or step in to get it going in the right direction," he said.

Smith, a movement control NCO in the 525th Military Police Battalion S3 shop, has worked hard and excelled in his duties.

"Staff Sgt. Smith has jumped in to lend a hand in several areas," said Sgt. Maj. Steven Townsend of the 525th MP Battalion. "He is personally responsible for training five company training NCOs in the use of the Digital Training Management System."

In addition to DTMS training, Smith is the pre-service manager, responsible for coordinating the training all MP guards



must complete before taking their post in the detention facilities.

"[The Soldiers] go through a whole confidence course," Smith explained.

When he is not training Soldiers, Smith also plays guitar and poker. However, most of his time and energy outside of work is focused on volunteer opportunities.

When Soldiers Undertaking Disabled Scuba came to town, Smith was among those who stood up to help. SUDS helps wounded warriors obtain scuba certification and facilitate the rehabilitation process as well as promote mobility.

"I don't care about the volunteer hours," he acknowledged. "It's about helping these

see FOCUS, page 19

## Bullet Bio

**Time in service:** 9 years

**Hobbies:** going to the gym and UFC

**Pet peeves:** laziness and lack of communication

**Next goal:** deploy as many times as possible until retirement

**Advice to junior Troopers:** do your best with any task given to you

## What have you accomplished here on Guantanamo Bay that you are most proud of?



"My preparation for retirement."

Army Sgt. 1st Class  
Mustafa Abdullah



"I paid off my car."

Petty Officer 3rd Class  
John Sullivan



"Completed advanced diving certification."

Spc. Thomas Johnson



"Helped find a charity hospital for a Jamaican burn victim."

Religious Programs  
Specialist 3rd Class  
Jeffrey Lauber

## Boots on the Ground

## 'Theater of War' encourages discussion on challenges of combat

Story and photo by Mass Communication  
2nd Class Jason Tross

Hospital Corpsman 2nd Class Jau Yun spent Saturday night getting very personal with a group of strangers who have something very meaningful in common - combat experience in Iraq and Afghanistan.

Yun shared his story with the audience during a performance by the critically acclaimed Theater of War Productions. The group's four performances, split between Camp Bulkeley and W.T. Sampson School, attracted hundreds of Joint Task Force Guantanamo Troopers, their families and Guantanamo Bay residents.

"Theater of War" is a traveling group of actors and creative directors who read

ancient Greek plays, then organize a four-person panel of speakers to stimulate thought and understanding between audience members who have combat experience and those who don't.

"I spoke about what I experienced in combat and how that relates to the plays performed here tonight," said Yun. "Hopefully I touched bases with the audience and they can relate to what I was talking about."

Each "Theater of War" performance begins with actors reading the plays aloud to the audience. The panelists then share their thoughts on how the 2,500-year-old play about combat-related behavior resonates with their own experiences. The



Brian F. O'Byrne, an actor with the Theater of War production group, reads the part of Ajax during a performance of Sophocles' Ajax Mar. 6 at W.T. Sampson School.

idea is to get a dialogue rolling between everyone in attendance.

"We know servicemembers here are dealing with one of the most challenging and difficult ethical situations of our time,"

said Theater of War Artistic Director Bryan Doerries. "And with these plays and discussions, we hope we might

see WAR, page 19

## Seabees celebrate 69th birthday at The Windjammer

Story and photo by Mass Communication Specialist 2nd Class Elisha Dawkins

Two hundred servicemembers and their guests attended the Seabee Ball at the Windjammer March 5, to honor the Seabees' 69th birthday.

"This is our time to celebrate our legacy and reflect upon what all the Seabees have done in the past and the great future ahead," said Cmdr. Wendy Halsey, public works officer for Naval Station Guantanamo Bay.

Navy Capt. Thomas Karnowski with Civil Engineers Corps led the audience in a toast to honor those lost in battle or who have passed away. On stage, a circular dining table with five empty seats was displayed. A

member from each military branch placed his cover onto the table in tribute to prisoners of war and servicemembers missing in action.

Guest speaker Navy Capt. J. Heinzel, commanding officer, Naval Facilities Engineering Command Southeast, focused on the unique roles both Naval Station Guantanamo Bay and the Seabees have today.

"Naval Station Guantanamo Bay is one cool location to celebrate the Seabee Ball," said Heinzel. "In today's conflict, Guantanamo Bay is one-of-kind and the United States Seabees are one-of-a-kind."

The Navy introduced the first Naval Construction Battalion on

March 5, 1942 which became the official Seabee birthday.

"It's really important to celebrate the history and all the great accomplishments of the Seabees," said Rear Adm. Jeffery Harbeson, commander, Joint Task Force Guantanamo. "They do a fantastic job for us in the Navy and the military."

During the ceremony, Heinzel presented a Seabee Combat Warfare device to Construction Mechanic 2nd Class Bryant Curry of Naval Mobile Construction Battalion 28.

"The award symbolizes his ability and proficiency in combat skills, especially those needed in contingency operations," said

Equipment Operator 1st Class Lori Roberts.

After the award presentation, the oldest Seabee, Capt. Thomas Karnowski, age 58, and the youngest Seabee, Engineering Aide 3rd Class Roger Alexander, age 21, were asked to cut the cake.

Junior officers attached to NAVSTA Guantanamo Bay's Public Works Department provided another highlight when they led the audience in singing "The Song of the Seabees."

The evening event was made possible by a wide variety of people who offered their time and effort.

"I want to thank the Seabee Ball committee who has been working on this for six months as well the Navy Exchange who donated goods, the Windjammer staff and the entire community who has supported events like our Mud Run and auctions," concluded Halsey.

Presently, Seabees from NMCB 28, a reserve unit from Shreveport, La., are constructing a new Club Survivor building in Camp America. Seabees are highly trained and experienced in their specialty.

"The average age of a Seabee in a reservist battalion is about 36 years old," explained Logistics Specialist 1st Class Terry Keck. "Most of these Sailors do construction outside the military. They are knowledgeable about concrete and some work on million dollar projects when they are not doing reserve drills. These guys are phenomenal in their fields."



**Capt. J. Hienzel, commanding officer, Naval Facilities Engineering Command Southeast and Capt. Thomas Karnowski, perform a line dance at the 69th Seabee ball in the Windjammer Ball Room, Mar. 5.**

## Medics get creative, solve fitness scheduling challenges

Story by Army Staff Sgt. Benjamin Cossel

"We can't get to the gym with our schedule."

This refrain is what Gilman Fortin, a hospital corpsman first class with Joint Task Force Guantanamo's Joint Medical Clinic, was used to hearing from his Troopers working shifts spread around the clock.

"Trying to keep up with the regular gym hours on base was getting irritating for my guys working the odd shifts, holidays, weekends, things like that,"

Fortin said.

Fortin decided to do something about it. Finding a pavilion on Camp America not in use, he gathered up a few pieces of equipment and set up an "always open" CrossFit (a strength and conditioning program used by many police academies and tactical operations teams, military special operations units, champion martial artists, and hundreds of other elite and professional athletes) style gym.

"Building this will allow Troopers to be well rounded in

their physical fitness, 24-hours a day, without having to leave the area," he explained.

Fortin marshaled his fellow Troopers into action and the crew began the task of cleaning out the pavilion and prepping it as a work-out space.

"It started out as a patio area that was dirty and being used for nothing," he said. "I asked people what they desired for equipment. They would give me a request, I would hunt it down and if it was not easily acquired I would make it from scratch."

Unlike a traditional gym, Fortin said one of the benefits of the open air gym is the ability to drop the weights.

"The type of work-out a lot of my guys do involves pushing the exercise to muscle fatigue," said Fortin. "This means sometimes weights or equipment gets dropped. They really frown on you doing that at the gyms here on base."

Fortin added much of the equipment was extremely

see **FITNESS**, page 19

## USCG leadership training open to all services

Story and photo by Mass Communication Specialist 2nd Class Jason Tross

Joint Task Force Guantanamo Troopers got a rare opportunity to attend the Coast Guard's Leadership and Management School this week at the Naval Station Guantanamo Navy College Office.

The five-day course, traditionally reserved for Coast Guard E-5s, was expanded to include all five services represented on Guantanamo Bay. While each branch has its own leadership training, students found value in this service-unique class.

"This is a Coast Guard-specific requirement for advancement to E-6," said LAMS Instructor Yeoman Chief Brian Giles. "These other services have different advancement requirements, but it's great to have them here because they bring a different perspective."

In all, 22 JTF Guantanamo Troopers



**U.S. Coast Guard Leadership and Management School Instructor Yeoman Chief Brian Giles shows students stress-relief techniques during the week-long course at the Navy College Office.**

attended the five-day course, concentrating on various aspects of organizational leadership.

"This is really for middle management – which is very important," said LAMS Student USCG Yeoman 2nd Class Melissa Lewis. "Helping everyone understand what and why their leaders are tasking them to do."

While the course is designed to help Coast Guardsmen, instructors and other

servicemembers found many similarities between the various branches present in class.

"Sure some things are different, but you see a lot of commonality between the services' leadership approaches," said Navy Boatswain's Mate 2nd Class Laura Coss. "Good leadership comes down to the way you lead people in general, not just your service. Treat people like you want to be treated. I think that's the same with all services."

LAMS instructors use the Coast Guard's core values of honor, respect and devotion to duty as a fundamental backbone to the curriculum.

"We covered the Coast Guard core values today," said Coss. "Theirs are different from ours in the Navy and the Army and Air Force but all the core values get at the same idea."

The LAMS students got an opportunity

see **LEADERS**, page 19

## FFSC ready to answer questions, concerns about deployment

Story by Mass Communication Specialist 2nd Class Jordan Miller

Regardless of military service, personnel assigned to Joint Task Force Guantanamo are offered the opportunity to acquire professional and personal knowledge for success and improvement at the Fleet and Family Support Center.

The FFSC provides a wide variety of life skills services to servicemembers in the form of informative brochures, classes, workshops and counseling. These resources cover a broad range of subjects from personal finance and parenting to sexual assault prevention and response.

"It really is all about support," said Angel Holland, FFSC work and family life specialist. "The most important part is people should feel free to come in, whether it's financial issues or counseling issues."

With all the assistance offered, Holland said she'd like to see more JTF Troopers at the center. She remarked that many times, the only time she sees Troopers is when they are checking out.

"I've had guys say, 'Oh, we didn't know you were over here' or 'we didn't know you had a satellite office,'" Holland noted.

Holland acknowledged possible disadvantages JTF personnel have compared to Sailors assigned to Naval Station Guantanamo Bay. She pointed out servicemembers working at JTF Guantanamo are deployed and are consequently without their families, while personnel billeted to NAVSTA Guantanamo Bay might be afforded the option to have their family with them.

"If you don't have friends and family around, you could become isolated," Holland said. "A place like Guantanamo Bay - where it truly is an isolated place - it really

isn't a good thing."

She said FFSC has resources on how to keep in contact with loved ones and activities to do with your children when separated.

Family or no family, the FFSC is always ready to answer concerns connected to Troopers' present deployment.

"If you're deployed here and having trouble, we have counselors that can work with you on those issues," Holland said.

Other relevant tools extended to JTF personnel are return and reunion briefings for those departing Guantanamo Bay. Carol Leaphart, family advocacy program educator and advocate, explained in these briefings it is FFSC's intent to prepare servicemembers for their arrival home.

"My job before they go home is to make sure they know what

to do in case something violent occurs so they can get the help they need," Leaphart said.

Holland said the FFSC is also here for those members separating from the military, providing guidance for landing a civilian job and achieving a smooth adjustment to life outside the military.

"For finding jobs we go through all aspects, anything you can think of," said Holland. "The Transition Assistance Program is for the guys getting out of the military."

For personnel planning to stay in the military and thinking of what station to transfer to, FFSC has a career center, for researching different commands to make an informed decision.

For those interested in FFSC services, contact x4141 or x4153 or contact their satellite office at x8127.

**The First Classes try to rewrite history, while MPs battle it out. In a weekend of epic clashes, who was left standing?**

Stories by Army Staff Sgt. Benjamin Cossel

# RIVALRY WEEK

(opposite page) Scott Evans, first baseman for the Chiefs, reaches for the incoming ball as Michael Fisher sprints toward the base. - photo by Mass Communication Specialist 1st Class Sally Hendricks

(below) Jeffery Porter, shortstop for the Vigilant Warriors, and Tara Schellhammer collide with the Semper Lex catcher as they race into homeplate, March 6 at Cooper Field. - photo by Spc. Meredith Vincent



## | First Classes vs. the Chiefs |

Down four runs and their final at-bats pending, members of the Chief Petty Officers Association softball team stopped for a minute to gather their senses. Huddled tightly, the team let out a rousing chant of “Navy Chiefs! Navy Pride!”

The rally had the desired effect; scoring five runs, the Chiefs held the First Classes scoreless in the bottom of the seventh for a 15-14 victory.

While not the drubbing from their December match-up, this was a contest the First Classes wanted to win as evidenced in their pregame smack talk.

“We’re going to kick their butts,” said John Lukosus, a member of the First Classes’ team. “They only got like five players that can play; the rest are coming out of retirement.”

Undeterred and un-rattled by the lopsided support for the First Classes, the Chiefs took to the field with their own brand of swagger.

“We’ll put our talk on the field,” said Frank Lewandowski. “We put them to shame the last time.”

From the start it looked as though the Chiefs were being fed a healthy diet of crow as hit after hit the First Classes built a substantial lead, stymieing attempts by the Chiefs to even things up.

Inning after inning, the jeering and snarky comments coming from the side of the First Classes grew louder culminating in the bottom of the sixth when it appeared the First Classes would get the job done and bring home the win.

Then the seventh inning came along.

Confidently, the Chiefs placed balls to short right field, confounding the defense of the First Classes. For the first time in the game, the First Classes were on the wrong side of a winning score with three outs separating the Chiefs and a victory.

As the First Classes took to the field for the bottom stanza, the heckling from the First Classes side turned against their own, begging for a hit, anything to drop the Chiefs – but it wasn’t to be.

“Even though they spotted us eight in the first half, we still beat them,” said Edgar Gomez of the Chiefs team.

First Classes’ shortstop, Troy Clark, who played in both contests, was resigned in the defeat.

“We played a lot better and it was more exciting,” he said. “We’ll get ‘em next time!”

## | Vigilant Warriors vs. Semper Lex |

While the regular 2011 winter softball season is grinding down, the rivalry on the field, Mar. 4, got heated when the Vigilant Warriors (comprised mostly of members of the 525<sup>th</sup> Military Police Battalion) and Semper Lex (Soldiers from Company B, 1-296 Infantry, attached to the 525<sup>th</sup> MP Battalion) took to the confines of Cooper Field for the 8 p.m. game.

The Semper Lex sluggers did their best to fend off the Vigilant Warrior’s bats but a combination of clutch hitting and superb defense on the part of the Warriors took the day, 21-13.

“Tonight’s game was about esprit de corps within the 525th MP Battalion,” said Christopher Wynder, 525<sup>th</sup> MP Battalion battalion commander and first baseman. “Even though B/296 came up short tonight, they still won at the end of the

day because they are a part of the Vigilant Warrior Battalion.”

Roberto Dekony, Company B, 1-296 Infantry commander and Semper Lex outfielder, echoed Wynder’s comments.

“It was a fun game,” Dekony said. “Especially when you play against your boss. Everyone within the battalion had fun.”

Adding an extra element of excitement to the game was Willie Oden, 525th MP Bat. who brought his mobile PA system to the match up and announced the game – a first for the season.

The Vigilant Warriors got things started with a slew of runs in the first inning. During their half of the first inning, Semper Lex responded back but only one runner crossed the plate.

Heading into the fifth, the Vigilant

Warriors realized they had a game on their hands when Semper Lex hitters strung a series of hits together to drive in nine runners, bringing the score within four, 15-11.

Dekony credited the Vigilant Warrior’s defensive play as a crucial factor in the game.

“Vigilant Warriors had a good night,” Dekony said. “Their defense was effective.”

“I think everyone in attendance enjoyed the camaraderie and sportsmanship on display by both teams,” said Wynder.

With the rivalry game off their schedule, the two teams will focus on the pending playoffs – both teams are still alive in the hunt. But the game Friday will stick with all of them as more than just another game at Cooper Field.

# A DAY IN THE LIFE

## Part One

Story and photos by Army Staff Sgt. Benjamin Cossel

Standing before his guards, the assistant watch commander looks over his notes. His eyes close and a deep sigh escapes as he shakes his head from side to side.

"Be advised," he calls out in a calm voice. "All guards working on the block -- we've received word someone is getting number two-ed today."

Without even knowing, a quick glance around the room will tell you who they are. Pained expressions flash across the faces of those working the block only to be quickly replaced with solemn resignation. For these Troopers of the Naval Expeditionary Guard Battalion, it's just another day working the camps of Joint Task Force Guantanamo.

The infamous number two. A mix of feces, urine and other bodily fluids rolled into a putrid cocktail and thrown on the guards by detainees of the facility.

"They'll wait, they're very patient," the AWC explains. "You'll be talking to one detainee and get involved in a conversation with them and not be paying attention to everything that is going on around you."

That's when they strike. While the guard is preoccupied by one, another detainee will appear and deliver the foul payload.

"I try and keep my head on a swivel," the AWC says. "I try and be aware of everything that is going on around me from every direction."

Sometimes the detainees miss, but typically the fire for effect is on target. Either way, the psychological affect is the same.

Its 5:30 in the morning. This group of guards are just starting their day and already the specter of a number two weighs on their minds. The leading chief petty officer walks amongst the group inspecting uniforms, checking haircuts, ensuring every Sailor is squared-away. The AWC finishes relaying all the significant activities from the previous watch and the guards head out to assume their duties.



The day begins with breakfast. This place is like Burger King -- they make it your way, right away.

"There are some detainees who are on a very strict diet for health reasons and there are some detainees who have special requests," one of the guards explains as he lines up carts for each of the blocks at the facility.

"If you screw anything up, if a detainee doesn't get exactly what he is supposed to get, that could cause problems on the block," he says. "We don't want any problems on the block."

The two guards separating the breakfasts are experienced. They know which detainee is where and they quickly separate the meals by blocks. Finished, the convoy of carts makes its way to the rotunda from which all blocks are accessed. Breakfast goes off without a hitch but a detainee wants to talk to the AWC about his cancelled phone call.

"He's very upset and will only talk to the tall AWC," the guard explains to the AWC.

Every guard, every AWC, every watch commander has a nickname -- the stupid one, the tall one, the one who gets things done -- the detainees have devised a system shared only with the guards who work the block.

"He said the stupid AWC doesn't know

what he's doing and he wants to talk to the tall AWC," the guard explains further.

"Tell him I'll be there in a few minutes," the AWC responds.

The AWC is currently caught in a flurry of moving detainees.

"Man," the AWC exclaimed. "I know some people think the AWC doesn't do a whole lot, but moving all these detainees to their medical appointments, getting to their classes and everything else keeps me busy."

"That's okay though," he says. "It makes the day go by faster."

Each of the AWC's has a system to make sure they know which detainee is out of their block and what block they're supposed to go back to.

"Putting a detainee in the wrong block is something you really don't want to do," explained the AWC.

After nearly half an hour of making sure the rotunda is clear, moving detainees to a van outside waiting to take them to an appointment, getting them to classes and the myriad of other movements that take place within a day, the AWC makes his way to another block. He knocks on the door to announce his presence to the guards inside, then asks one of the guards to step into the rotunda.

"Why was his call cancelled?" the AWC

asks the guard.

The guard explains the International Committee of the Red Cross couldn't get the detainee's family to the call location in the detainee's home country in time to make the appointment.

The AWC notes there's only one place in that country where these types of phone calls can take place. If the families don't make it to that location in time, the call doesn't go through.

"Just getting to the families and letting them know when the call is going to take place seems to be difficult," the AWC says, a sigh of exasperation punctuating his words.

Nodding to the guard in understanding, the AWC slips into the narrow passageway separating the detainee and the guards. The detainee and the AWC engage in an animated conversation while the AWC tries to explain the complications of the situation. As the AWC talks to the longhaired detainee, his eyes shift from left to right, never stopping for more than a few seconds. The conversation comes to a close and the AWC walks back into the rotunda.

*Be sure to pick up a copy of next week's Wire for the conclusion to our in-depth report on the life of a Joint Task Force Guantanamo guard.*



## Commission recommends women be allowed in combat arms

Alexandra Hemmerly-Brown  
Army News Service

WASHINGTON, D.C. – A report released to the president and Congress Monday recommends 20 changes in the way the military facilitates diversity, and suggests gender barriers be lifted on all career fields.

The Military Leadership Diversity Commission, established under the 2009 National Defense Authorization Act, is a group of 31 active-duty and retired officers, enlisted personnel and senior executives from major corporations. Research the commission conducted included finding a new universal definition of diversity and how to increase language, regional and diverse cultural knowledge in military leaders.

The commission is also recommending that the Department of Defense eliminate its combat-exclusion policies, which currently bar women from combat-arms specialties and from assignment in units battalion-size or smaller that have a routine mission to engage in direct combat.

According to the report, the commission would like the military to immediately allow women to be assigned to any unit that requires their military occupation, regardless of the type of unit. It would also like the DoD to take steps to open up career fields traditionally not available to women, including combat arms.

Several of the changes recommended will need a congressional vote, while others could be implemented at the level of the secretary of defense.

Sgt. Amanda Solitario, an Army Reserve Soldier with the 304th Public Affairs Detachment at Joint Base Lewis-McCord, Wash., said she doesn't agree with the idea of women serving on the front lines.

"I don't really feel that women should be serving in combat-arms positions," she said. "I don't know how the average American feels about this, but I think that even if the woman is qualified for the position, I think it would be detrimental to put her in an all-male unit."

Solitario, who served in Iraq in 2007, explained that while there, on one occasion, she was the only female Soldier traveling with an all-male infantry unit. Solitario convoyed with the unit, and spent the night in an empty building with them en route to their destination.

She explained that even though the unit was stand-offish toward her at first, they warmed up to her after one day. However, sleeping in a room full of men with no privacy to change her clothes or use the



**Spc. Crisma Albarran detaches an ammunition case from its mount after a UH-60 Black Hawk helicopter flight over Iraq, March 14, 2010.**  
– Photo by U.S. Army

bathroom was uncomfortable for Solitario.

Solitario's main concern of having women in combat-arms units, is she thinks women would simply slow the men down. She said she thought women would hold them back in training, and in a combat situation, men might be more worried about protecting the female Soldiers than their mission.

"There are separate standards, so how can you ask to put a female in an all-male unit?" Solitario said, pointing out the differences in scoring for the Army Physical Fitness Test as an example.

Solitario also said she was worried that more female Soldiers being killed in combat could have a detrimental effect on the country.

"If you put women in combat-arms positions, there are simply going to be a lot more female fatalities," she said.

Conversely, Staff Sgt. Genevieve Chase, a military intelligence Soldier and founder of American Women Veterans, has a very different point of view.

"We serve in normal society as equals now," Chase said, explaining that she thinks women should be allowed to join combat-arms units – if they can keep up.

Chase said she doesn't think standards should be altered to cater to women, noting that she knows some female Soldiers who are just as physically fit as their male counterparts, so they should have an equal shot at any career path they choose.

"The infantry is not for every female Soldier, just like it's not for every male," Chase explained. "There are a lot of men in the Army, and not all of them want to be

infantry."

As a military intelligence specialist, Chase, who speaks fluent Pashtu, said she's often been in circumstances where she is the only woman in a group of male Soldiers, and she's fine with that. She said her experiences with otherwise all-male units have been good ones, and she would like to see all jobs opened up to women – if they can make the cut.

Chase also said she would like to see more acknowledgment for female servicemembers killed in combat, which is part of the reason she started American Women Veterans. She said that American society largely ignores the fact that more than 140 female servicemembers have been killed in Iraq and Afghanistan, and that women are already unofficially serving in combat-arms positions in jobs like military police.

Overall, she said she supports what the Military Leadership Diversity Commission is trying to accomplish, but said the hardest thing to change will be the culture of the military.

"The commission envisions expanding opportunities while maintaining the military's high standards," said retired Air Force Gen. Lester Lyles, chairman of the commission in an Military Leadership Diversity Commission press release. "This could be done by removing barriers that are unrelated to doing the job, such as barriers related to the individual's demographic membership, rather than their ability."

To view a copy of the Military Leadership Diversity Commission's final report, visit <http://mldc.whs.mil>.



**Secretary of the Navy, the Honorable Ray Mabus addresses students, professors and veterans at Harvard University, Mar. 26, 2010.**  
– Photo by Mass Communication Specialist 2nd Class Kevin S. O'Brien

## Navy ROTC returns to Harvard

Secretary of the Navy  
Public Affairs Office

WASHINGTON, D.C. – Secretary Ray Mabus and Harvard University President Drew Faust signed an agreement March 4, to bring the Naval Reserve Officers Training Corps (NROTC) program back to Harvard for the first time in 40 years.

Under the agreement, the NROTC program will have an office on the Harvard University campus. This returns an NROTC presence to Harvard, one of the six original partner institutions of NROTC when the program was established in 1926.

"NROTC's return to Harvard is good for the university, good for the military, and good for the country," said Mabus. "Together, we have made a decision to enrich the experience open to Harvard's undergraduates, make the military better, and our nation stronger. Because with exposure comes understanding, and through understanding comes strength."

"Our renewed relationship affirms the vital role that the members of our Armed Forces play in serving the nation and securing our freedoms, while also affirming inclusion and opportunity as powerful American ideals," Faust said. "It broadens

the pathways for students to participate in an honorable and admirable calling and in so doing advances our commitment to both learning and service."

NROTC active duty Navy and Marine Corps officers will meet with Harvard NROTC midshipmen on the Harvard campus during routinely-scheduled office hours. This partnership will enhance the mentoring and development of Harvard NROTC midshipmen and provide an opportunity for the Harvard community to learn more about the Navy and Marine Corps.

"The commitment of the university to educating active duty officers and military veterans is absolutely tremendous; over 100 current members of the university are serving or have served. And it is a relationship that, quite literally since the birth of our nation has benefited and enriched the experience of both Harvard and the military."

The NROTC program develops young men and women morally, mentally, and physically, and instills in them the highest ideals of honor, courage, and commitment. The program educates and trains young men and women for leadership positions in an increasingly technical Navy and Marine Corps.



## MCPON Sends Navy Reserve Birthday Message

WASHINGTON (NNS) -- Master Chief Petty Officer of the Navy Rick D. West released the following Navy Reserve birthday message to the fleet Mar. 3.

"Shipmates,

As the Navy Reserve celebrates 96 years of service, we can look back at a rich history of service to our nation and our Navy, from World War I to today.

As I travel the world to meet and talk with Sailors, I could not be more proud of the day-to-day efforts and tenacity of our Sailors. I'm amazed at the integration that has taken shape over the years between our Active and Navy Reserve. We are one Force working side by side in all corners of the world; a Total Force integrated and executing the Navy's mission wherever and whenever called.

Our Navy Reserve provides our nation with a pool of trained and talented Sailors who live up to their motto Ready Now, Anytime, Anywhere. I am proud of the operational capabilities our Navy Reserve provides every day, and those capabilities are made possible by our outstanding Sailors, their families and civilian employers.

Our Sailors are able to serve when called because of their unique support network that makes their service to our Navy and our nation possible. It's because of the devotion and care of Navy families and the Ombudsmen who help them become strong and resilient that our Sailors can serve in harm's way knowing their families have the support they need; and it's because of the support of civilian employers our Sailors can serve when called and return to work when their mission is complete; and it's because of this support network that our Sailors are able to serve with honor, courage and commitment making America's Navy truly a global force for good.

To our more than 64,000 Navy Reserve Sailors, thank you for what you do every day and for your continued service and dedication to our nation and our great Navy.

Happy 96th Birthday Navy Reserve!  
HOOYAH!  
Very Respectfully,  
MCPON"

## AF launches unmanned spacecraft

*Second flight of new reusable vehicle to last up to 270 days*

CAPE CANAVERAL AIR FORCE STATION, Fla. (AFNS) – In the latest step to improve space capability and further develop an affordable, reusable space vehicle, Air Force technicians launched the second X-37B here March 5, officials said.

The Orbital Test Vehicle-2 launch comes on the heels of the successful flight of OTV-1, which made an autonomous landing at Vandenberg Air Force Base, Calif., Dec. 3 after 224 days in space. According to officials, post-flight analysis of OTV-1 revealed OTV-2 needed no significant changes, but detailed assessments of the first mission are ongoing.

“Launch is a very demanding business and having what appears to be a successful launch is always welcome news,” said Deputy Under Secretary of the Air Force for Space Programs Richard McKinney, adding he is pleased with the vehicle’s initial status reports. “It is important to remember that this is an experimental vehicle; that this is just the second launch; and that we have just started what is a very systematic checkout of the system.”

Mr. McKinney explained the second X-37B flight will help Air Force scientists better evaluate the vehicle’s performance characteristics and expand upon the tests from OTV-1.

One performance test, for example, will evaluate a change following the flight of OTV-1, which showed potential for greater flexibility in the landing parameters.

“We look forward to testing enhancements to the landing profile,” said Lt. Col. Troy Giese, X-37B program manager for the Air Force Rapid Capabilities Office, which leads the Department of Defense OTV program. Colonel Giese added that program officials want to test landing capabilities in stronger wind conditions.

“The X-37B really is a remarkable scientific and aerospace achievement,” he said. “We’ll also be looking at the performance of its advanced thermal protection systems and tiles, solar power systems and environmental modeling - all important system capabilities for a space vehicle that we want to be able to bring back and then re-launch quickly.”

Power and environmental protections are also important to one of the most promising capabilities of the vehicle: its orbit duration, which is much longer than a manned mission like NASA’s space shuttle, Colonel Giese said.

Similar to OTV-1, OTV-2’s actual mission duration will depend on the vehicle achieving its test objectives, but he expects it to remain on orbit for approximately 270 days.

“We may extend the mission to enhance our understanding of the OTV capabilities,” Colonel Giese said, “especially since the performance data from the first flight suggest that the vehicle could have gone beyond the 270-day requirement.”

Officials believe the program has potential to make space experiments more affordable.

“This program provides a test capability that was difficult to achieve through other means, the ability to examine how highly complex technologies will perform in space before they are made operational,” Mr. McKinney said, “But right now our focus is on the X-37B itself, and this second flight is important to our further understanding of its capabilities.”

Air Force officials anticipate multiple missions will be required to satisfy the X-37B program test objectives, but a third mission has not yet been scheduled.

## Some prior-service officers now eligible for early retirement

WASHINGTON, D.C. (AFNS) – Air Force officials announced plans recently to allow some prior-service officers the opportunity to retire earlier than expected.

As a result of the Fiscal 2011 National Defense Authorization Act, eligible officers with prior enlisted service who have completed 20 years of total active federal military service may apply to retire by Sept. 1 with less total active federal commissioned service.

“This new legislation gives the Air Force the ability to allow most prior service officers the option to retire with eight rather than 10 years of active commissioned service,” explained Brig. Gen. Sharon K. G. Dunbar, the director of Air Force Force Management Policy.

More Airmen are choosing to stay in the Air Force, and retention is at the highest level in 16 years. For that reason, the Air Force introduced voluntary and involuntary force-management programs to

better size and shape the current force. A two-year waiver of active commissioned service is one of many voluntary programs available to eligible officers this year as part of the Air Force’s initiative to reduce end strength.

“We want to leverage voluntary separation and retirement programs to the maximum extent possible, and so we’re pleased this early retirement option is now available,” General Dunbar said.

Most officers in the line of the Air Force, judge advocate general, chaplain, biomedical science corps and medical service corps competitive categories are eligible. Additional program eligibility and information will be sent out from the Air Force Personnel Center.

For more information, visit the Air Force personnel services website or call the Total Force Service Center at 800-525-0102.

## Airmen deliver aid to Libyan evacuees

DJAERBA, Tunisia – Airmen from Ramstein Air Base, Germany, delivered humanitarian aid March 4 to Libyan evacuees and foreign nationals, who have fled here due to a political uprising in Libya.

The Airmen, assigned to the 37th Airlift Squadron, piloted two C-130J Super Hercules and carried 2,000 wool blankets, 40 units of tarps and 9,600 water containers from the U.S. Agency for International Development in Pisa, Italy.

Lt. Col. Charles Schlegel, the 435th Air Mobility Squadron commander, is leading a contingency response team working with aircrews from the 37th ALS on the humanitarian missions. He said his team is excited to partner with 17th Air Force members to support State Department officials.

“We know that there are a lot of folks (who) are currently displaced, (who) will hopefully soon be able to return to their home countries and, hopefully, we can expedite that and bring humanitarian assistance to people who need it,” Colonel Schlegel said. “This is being driven by the State Department, and we are ready to support any requests they have.”

Army Col. Alberto Chidini, coordinator of the Army’s Camp Darby humanitarian assistance program at Pisa, was on the flightline for the pickup, making sure the humanitarian cargo was ready to load.

“I’ve seen the reports,” Colonel Chidini said. “The situation is very bad, and our people are ready to react. This could happen to anyone and hopefully someone is ready to help. In this case, (it’s) us.”

## Biometrics becomes next battlefield in War on Terror



**Marines with Military Police Company, Combat Logistics Regiment 37, 3rd Marine Logistics Group, III Marine Expeditionary Force, interview an actor playing the role of an Afghan farmer at the Central Training Area March 8. The training teaches Marines how to process personnel found at tactical sites along with processing the sites for biometric data. – Photo by Lance Cpl. Mark W. Stroud**

Lance Cpl. Mark W. Stroud  
Marine Corps Bases Japan

CENTRAL TRAINING AREA, Okinawa, Japan — Terrorists concealed within a civilian population are a prevalent enemy of Operation Enduring Freedom. Veiled behind a cloak of anonymity, they strike and then recede back into the shadows disappearing once more into the local populace.

Putting down the typical weapons of an insurgent and picking up the staff of a shepherd or tools of a carpenter may temporarily disguise a hostile person but it will not deceive trained eyes for long, said a forensics expert at the Central Training Area.

“The people we are dealing with right now are not wearing distinctive uniforms, and we need to identify them somehow,” said Tim Seguin, a latent print examiner and Forensic Material Collection and Exploitation Course instructor. “We are identifying them by biometrics.”

Biometrics are the unique biological traits, such as fingerprints or DNA, used to identify individuals, said Seguin.

Members of Military Police Company, Combat Logistics Regiment 37, 3rd Marine Logistics Group, III Marine Expeditionary Force, and Army soldiers from 441st Military Intelligence Battalion, 500th Military Intelligence Brigade, Intelligence and Security Command, participated in FMCEC training at the Central Training Area March 8 designed to teach them to capture and document biometric data at tactical sites in a forward operating environment.

Troops trained in battlefield forensics will be able to collect evidence and process a scene for clues such as fingerprints that could lead to the capture of a bomb maker, said Seguin.

“We are building a database of latent fingerprints with the automatic-biometric-identification-system,” said Seguin. “That’s where all these

fingerprints are being deposited, just like a criminal database (in the United States).”

As the database grows and becomes a more inclusive collection of insurgents, servicemembers operating in theater will be better able to identify and confront this enemy, he said.

The technology and techniques behind the FMCEC have found new applications in the war on terror but are not themselves new, having been a domestic crime-fighting staple for some time.

“It’s the same procedure I’ve used stateside for 20 years (as a sheriff),” said Seguin. “You take your photographs, you collect your evidence, and you process whatever you can’t put in an evidence bag.”

In addition to helping identify and stop bomb makers in war zones, biometric data captured by forensic material collection teams is being shared with domestic U.S. government agencies and foreign allies to restrict the travel of terrorists.

“It’s a huge part of the global war on terrorism, and on top of that, we are benefitting the homeland,” said Senguin. “What we are gathering is being shared with (Homeland Security), and we are sharing it with our allies.”

As more FMCEC-trained servicemembers are deployed and allowed to utilize this skill set to capture and record the biometric data of more insurgents, the growing database will see increased effectiveness, according to Fred Hines, FMCEC team leader.

“The goal is to train every Marine, every Soldier, everybody that is deploying,” said Hines.

The FMCEC here was a three-day, 30-hour evolution that educated Marines and soldiers then tested them with progressively more challenging practical application portions, said Seguin.

“It’s amazing to watch ... how much they will have picked up,” said Hines.



# Florida Keys to implement paddle craft labeling program

Coast Guard News Service

KEY WEST, Fla. – The Coast Guard and Coast Guard Auxiliary in Sector Key West are teaming up to launch Operation Paddle Smart, a campaign benefiting the Florida Keys and the U.S. maritime community.

The goal of Operation Paddle Smart is to educate small watercraft owners on water safety and provide them with a sticker that could be beneficial to everyone involved, whether they're kayaking or part of a search and rescue operation.

Large recreational or commercial vessels include hull registration numbers and a vessel name, which identify the owner. Kayaks and other forms of paddle watercrafts often don't include identifying features that allow the owner to be contacted.

Operation Paddle Smart will feature safety messages and provide small-watercraft owners with reflective, waterproof stickers offering space for boaters to write their name and two phone numbers in case their watercraft is found drifting. Stickers will be available at boating safety events, boating supply stores and through partner agencies.

"With the ability to contact the small-

watercraft owners, Coast Guard and partner agency responders can cut back on the number of unnecessary risks placed on search and rescue operators and reduce the money and resources expended," said Capt. Pat DeQuattro, commander, Coast Guard Sector Key West.

The campaign will begin with a proclamation presented to DeQuattro from the Mayor of Monroe County Heather Carruthers at the March 16 County Commission meeting in Marathon, Fla., declaring April "Paddle Smart Identification Month" in Monroe County.

The Safe Boating Fair will be offered at the Key West Sail and Power Squadron Building at 5205 College Road in Key West, April 2.



Beginning at 9 a.m., this day-long event will team the Coast Guard Auxiliary, the U.S. Sail and Power Squadron and other partner agencies to demonstrate numerous aspects of safe boating, including paddle craft labeling.

For more information on Operation Paddle Smart or to obtain a sticker, please contact the Coast Guard Auxiliary in Monroe County at 888-470-5566.

## Coast Guard Training Center Petaluma to receive Environmental Sustainability Award

Coast Guard News Service

PETALUMA, Calif. – Coast Guard Training Center Petaluma is slated to receive the Coast Guard's 2010 Environmental Sustainability Award in recognition of the commands dedication to environmental stewardship Friday.

The Training Center is winning this award for the second consecutive year after also claiming the top award in 2009. It recognizes Petaluma's personnel for their superior environmental performance and commends them for their significant achievement and commitment to being environmentally friendly in 2010.

Vice Adm. Sally Brice-O'Hara, vice commandant of the Coast Guard,

will be presenting the award on March 11, at the Training Center.

Capt. Christopher Hall, commanding officer of Petaluma, and Cmdr. Jeffrey Good, the facility engineer, will accept the award in recognition of the Training Center's strategic planning and renewable energy and water initiatives. They achieved significant savings and pollution prevention through innovative storm water management, spill prevention, landscaping, and recycling practices.

"Winning the environmental award two years in a row is a great honor for us," said Hall. "I believe it reflects the values of those that live and work at Training Center Petaluma – I'm extremely proud to be a part of this community. One of my goals is to make this the most environmentally friendly Coast Guard base in the world."

Upon arriving in Petaluma two and a half years ago, Hall created a four year program called Petaluma Green. The first two years of the program focused on renewable energy and energy conservation measures. The second two years will focus on water conservation and the protection of natural resources.

Highlights so far include a five acre solar array that provides 1MW of solar power and prevents the release of approximately 2,500,000lbs of carbon dioxide greenhouse gases per year into the atmosphere. The base also installed a solar thermal array for the swimming pool, solar street lights, and upgraded to more efficient windows and siding in housing. The Training Center has also focused on reducing its water usage through low flow fixtures and a comprehensive landscaping strategy saving water by requiring less irrigation. Additionally, 400 native plants and trees were planted across the base. Future plans include a comprehensive energy audit strategy that will allow the Training Center to modernize its buildings and significantly reduce its energy footprint.

## Ceremony posthumously honors Emlen Tunnell with Silver Lifesaving Medal

Coast Guard News Service

ALAMEDA, Calif. – During a ceremony Thursday, the Coast Guard posthumously honored former Coast Guardsman and Pro Football Hall of Famer, Emlen Tunnell, with the Silver Life Saving Medal and gymnasium dedication. Tunnell's sister, Vivian Robinson, accepted the award on his behalf.

Tunnell was awarded the SLM for conducting two life-saving rescues during his short Coast Guard career from 1943-46. His role as an athlete throughout his lifetime before, during and after the Coast Guard made it fitting and appropriate to name the Coast Guard Island gym after him. He pursued a professional football career after the Coast Guard and helped break the color barrier in sports history.

Spc. Justin Pierce

As servicemembers, fitness is a part of our daily routine. Our command expects us to maintain a high level of strength and endurance so we can accomplish our mission to the best of our abilities. Individually, we should also all feel driven toward fitness. Regular exercise benefits the body psychologically as well as physiologically. The rush of endorphins following a good long run takes away stress, relaxes the body and makes you feel better. As you get further along in your fitness routine you may start to feel an urge to do more and more. While this is inherently a good thing, there can be a negative side if you are not properly resting and feeding your muscles. This negative side is often referred to as overtraining syndrome.

Overtraining syndrome is exactly what it sounds like. It's the continual overuse of a muscle without proper rest or nutrition. That being said, what constitutes overtraining varies greatly from one person to another. Everything from genetics to diet affect what your body can handle in a workout session and how long you need to recover to be at your best again.

So how can you tell if your body is reaching its breaking point with your current routine? The first sign of overtraining is plateauing. This term refers to your body's inability to still produce gains. Because over-trained muscles don't receive proper time for recuperation, when you come back around to working that same muscle again, it still isn't ready and it can't operate at the full potential.

Lethargy prior to a workout is another sign of overtraining. Hitting up the gym or going for a run should be something you are eager

to do. If you're already tired before you even get started, how can you possibly expect to get anything positive out of the session? Take a rest and regroup later.

Lastly, in the advanced stages of overtraining syndrome, an individual may start to experience depression or anxiety. This factor of overtraining is probably the most compounding. Because your body is in a constant state of recovery, you can start to feel stressed by the lack of gains and constant fatigue. Where are those



endorphins now and why can't they help you feel better right? This stage of overtraining should be a red light to anyone. Once you've reached a point where working out doesn't leave you feeling great afterward, it's time to hit the breaks and evaluate your routine.

Reaching the severe stages of overtraining can sound drastic, but correcting the behavior is actually simpler than you may think. First off, REST! Do not completely shut down

# Working out without wearing down

all physical activity – just turn it down. This same approach works well when you're feeling under the weather or have a strain. Keep the same routine, just lighten the load. Even if this means benching an empty bar, it's better than getting hurt or becoming chronically fatigued. You will be surprised what even light lifting can do to continue your fitness.

Once you've rested a bit, it's time to kick things back up, but not to 100 percent effort. One of the best ways to fall into an overtraining cycle is to assume you need to give your all every minute of every workout. If you're the type of person who likes doing two and three-a-days, understand you should not exhaust yourself at each session. Your workout schedule should compliment your sleep schedule. In the mornings, start out a little slower, 60 – 80 percent effort. Around the middle of the day, you're fully awake, presumably eating healthy and you're ready for 80 – 90 percent effort. As the day progresses, you should be planning for bed, eating your last meal about four or five hours out from bed time and working out no later than six hours before bed. Again, as your body is readying itself to sleep, this work out should be low effort 50 – 60 percent.

Just like overtraining, these percentages are relative to the individual. The more in shape you are, the more work you can handle without burning out. However, keep in mind you didn't get to a high level of fitness by over doing it. You got there by doing it right. Know your body and your limits. Listen to what your body is telling you before, during and after a workout and overtraining won't get the best of you.

## GTMO Religious Services

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

**Protestant Worship**  
Sunday 9 a.m.  
Troopers' Chapel  
**Islamic Service**  
Friday 1:15 p.m.  
Room C  
**Jewish Service**  
Friday 7 p.m.  
Chapel Annex  
**LORIMI Gospel**  
Sunday 8 a.m.  
Room D  
**LDS Service**  
Sunday 10 a.m.  
Room A

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

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

**GTMO Bay Christian Fellowship**  
Sunday 6 p.m.  
Main Chapel  
**Bible Study**  
Wednesday 7 p.m.  
Troopers' Chapel  
**The Truth Project Bible study**  
Sunday 6 p.m.  
Troopers' Chapel

**HALL PASS**  
GOOD FOR ONE WEEK OFF MARRIAGE

Sp. Meredith Vincent

It's been 12 long years since the Farrelly brothers brought us the gem among gross-out comedies, "There's Something about Mary," – as well as launching a million hair gel jokes – and longer still since Jim Carrey and Jeff Daniels showed just how dumb (and dumber) they could be. The early and mid-nineties were years of comedic gold for Bobby and Peter Farrelly as audiences ate up their crude, crass and oftentimes hysterical stories of men behaving stupidly.

Unfortunately, the new millennium has not been as kind to the director/producer team as they have not been able to connect with movie-goers quite like they used to.

Take "Hall Pass," for example. The plot is fairly simple: Rick (Owen Wilson) and Fred (SNL's Jason Sudeikis) are best friends whose wives, motivated by frustration at their husbands' unrelenting and boorish sexual appetites, decide to allow them one week "off marriage." It's an act of desperation, advised by "The View's" Joy Behar, to save their marriages and force their adolescent partners to let go of their glory days and focus on the present.

Of course, the joke is these guys think being married is what is preventing them from having unrestrained sex lives, when in reality, between the two of them, they don't have game enough to fill a small Viagra bottle. Upon release from their marital chains, they promptly infiltrate an Applebee's looking for girls, then eat themselves into a stupor. What chick can resist a guy with a BBQ sauce ring around his lips?



And so it goes, a day-by-day account of Rick and Fred's misadventures as they attempt to recreate their bachelor glory days. Sudeikis is actually the most lovable of the two, if not the most delusional. Wilson, with tucked-in plaid shirts and dweeby square-guy haircut, triggers a desperation and awkwardness that's sometimes just short of creepy.

Jenna Fischer and Christina Applegate are the duo's wives, and although they are given plenty of screen time and their own subplots, there's nothing much for them to do but stand around complaining about the men they married.

Peppered throughout are the shocking

"Oh-no,-they-did-not-just-show-that!" scenes the Farrelly brothers are famous for, most of which I cannot describe in these pages. Instead of helping to drive the plot, these scenes feel disconnected and unnatural – shock for shock value alone. Did I laugh when Rick and Fred, accompanied by their diverse few friends that every male comedy must come with, scarf brownies on a golf course, only to watch one of those said friends defecate on a bunker? Yes, I did. In fact, I laughed a lot during this movie. But I have to wonder if I wasn't tricked into laughing, or if it was genuine amusement. Three banana rats, because I'm pretty sure it's the former.

R  
105 min.



**LEADERS cont.**

to test their inter-service leadership skills with several team-building exercises. The first challenged everyone to work together shuttling a ping-pong ball through various pieces of long trays down a hallway and into a box.

"That was a good project," said Coss. "They [instructors] were just trying to get us to work together as a team. It was funny because afterward they asked us if anyone got angry during it and everyone said no."

The LAMS instructors didn't tell the students, but they took notes about how the various team members were responding during what appeared to be a joking exercise. Afterward, they shared their notes with the students.

"We see the same thing every time," said McCoy. "Some people try to take charge, some people run to the end and some people just stay quiet in the middle. Even though people are laughing and having fun with each other, we see things and hear things they're not aware of. They're surprised when we show them what we notice."

"We saw there was anger during the whole thing and we didn't even realize it," said Lewis. "We thought we were working together as a team, but we weren't. By the end we got the task done, but a bunch of people were trying to take charge and not communicating with each other in the process."

Lewis brings ten years of military service and experience to the class. She feels

even long-time leaders and graduates from leadership programs can find value in LAMS. Like all other things, the tactics change over time.

"Today, I see more respect for people as individuals and more respect for their ideas - what they do and what they can bring to the table," said Lewis. "There's more idea flow and leadership is much more open to doing things differently to get the mission done than before."

New ideas play a big role in the LAMS and other classes, but taking pride in passing on knowledge and success remains.

"I love to watch people grow and shape into leaders," said Lewis. "This is the future of the Coast Guard – and our military."

**FOCUS cont.**

guys, I could just as easily be in their situation."

Smith encourages Troopers to participate in programs like SUDS.

"It's just inspiring to see these young Soldiers," Smith said. "These guys have been through a hell of a lot more than I have."

Deployed to Iraq multiple times, Smith acknowledges how lucky he is to be healthy and unharmed. Military service runs in his family Smith said, so he is familiar with the sacrifices.

Smith's father, a former Soldier himself, showed his appreciation for his son's dedication by presenting a welcoming gift for Smith upon his return home.

"I was home from deployment on R&R and he had the whole city council in his office and gave me an award," remembered Smith.

There may be more awards in Smith's future. He not only plans to deploy to Afghanistan soon, but says he wants to continue deploying until his retirement.

"I am hoping to end up with 10 years deployed," Smith said.

As Smith draws near the end of this tour, the hard work he has done has not gone unnoticed.

"Everyone is stepping up to fill his shoes," said Hedges.

**WAR cont.**

have something to say to them – specifically how they're relevant to their struggles and with their stress and feelings."

Doerries and the "Theater of War" actors also see these age-old stories having a potent effect on common misunderstandings between combat veterans and civilians – including the performers themselves.

"People would ask me before, 'How do you feel about the military?'" said actor Bryce Pinkham. "And all I had to go by was the media. Working on this project has completely changed

my entire outlook on the military/civilian relationship."

The March 6 evening performance was "Theater of War's" 145<sup>th</sup> – having now reached more than 30,000 servicemembers across the globe. The actors who performed here are just four of more than 100 who have rotated through the program. Doerries sees something special about this particular stop.

"This crew is the best actors we've ever had," said Doerries. "Tonight, as evidenced by the panel, we had an incredibly forthcoming audience too. I think

we heard what we were looking for – which was really honest and insightful reflections about what they [combat veterans] are doing now."

The "Theater of War" group hopes those who attend their performances came away feeling better about themselves and each other and carry that forward. Yun feels he achieved that.

"Just knowing there's somebody there who is with you ... I think people can really relate to that," said Yun. "I thank JSMART for bringing these guys here. This is a very good thing."

**FITNESS cont.**

durable, and said it was a tremendous stress relief to "throw, beat and lift away your daily frustrations."

The area is intentionally designed to be spaced out and open. Troopers using the facility don't feel like they are stacked on top of each other, Fortin said.

"It [the gym] allows Troopers the space to be able to set stations in any location and in a style they desire without interfering with normal gym activities," he

said. "You really can't do a real circuit course without running into another gym user at the facilities on base."

Because the gear was selected with the circuit training method in mind, Fortin said much of the available equipment – free hanging gymnastic rings, kettle bells, sandbags and plyometric boxes – are not available at Naval Station Guantanamo Bay gyms.

Fortin stressed anyone can use the gym.

"Some of the gear is secured

when it is not used but all of us at the JMG have the combo to the lock," said Fortin.

With the equipment in place and the area made fit for duty, Fortin said there is no reason for anyone not to develop a fitness routine.

"There are no excuses," he said. "It's right there, every day, rain or shine and we never close. Being unfit is no one's fault but your own."

|                        | 11  | 12   | 13                          | 14                        | 15                       | 16                     | 17                                 |
|------------------------|---|--|-----------------------------|---------------------------|--------------------------|------------------------|------------------------------------|
| <b>Downtown Lyceum</b> | Rango (PG) 7 p.m.<br>Country Strong (PG-13) 9 p.m.                | Just Go With It (PG-13) 7 p.m.<br>No Strings Attached (R) 9 p.m. | Hall Pass (R) 8 p.m.        | The Dilemma (PG13) 8 p.m. | The Fighter (R) 8 p.m.   | Unknown (PG-13) 8 p.m. | Season of the Witch (PG-13) 8 p.m. |
| <b>Camp Bulkeley</b>   | Just Go With It (PG-13) 8 p.m.<br>No Strings Attached (R) 10 p.m. | Rango (PG) 8 p.m.<br>Country Strong (PG-13) 10 p.m.              | The Dilemma (PG-13) 10 p.m. | Hall Pass (R) 8 p.m.      | True Grit (PG-13) 8 p.m. | The Fighter (R) 8 p.m. | Green Hornet (PG-13) 8 p.m.        |

Call MWR at ext. 2010 for more information.

Movie Hotline - call 4880.

**MOVIE TIME CHANGE BEGINS THIS SUNDAY! Please note that movies at the Downtown Lyceum will begin playing at 2000 & 2200 with Daylight Savings.**