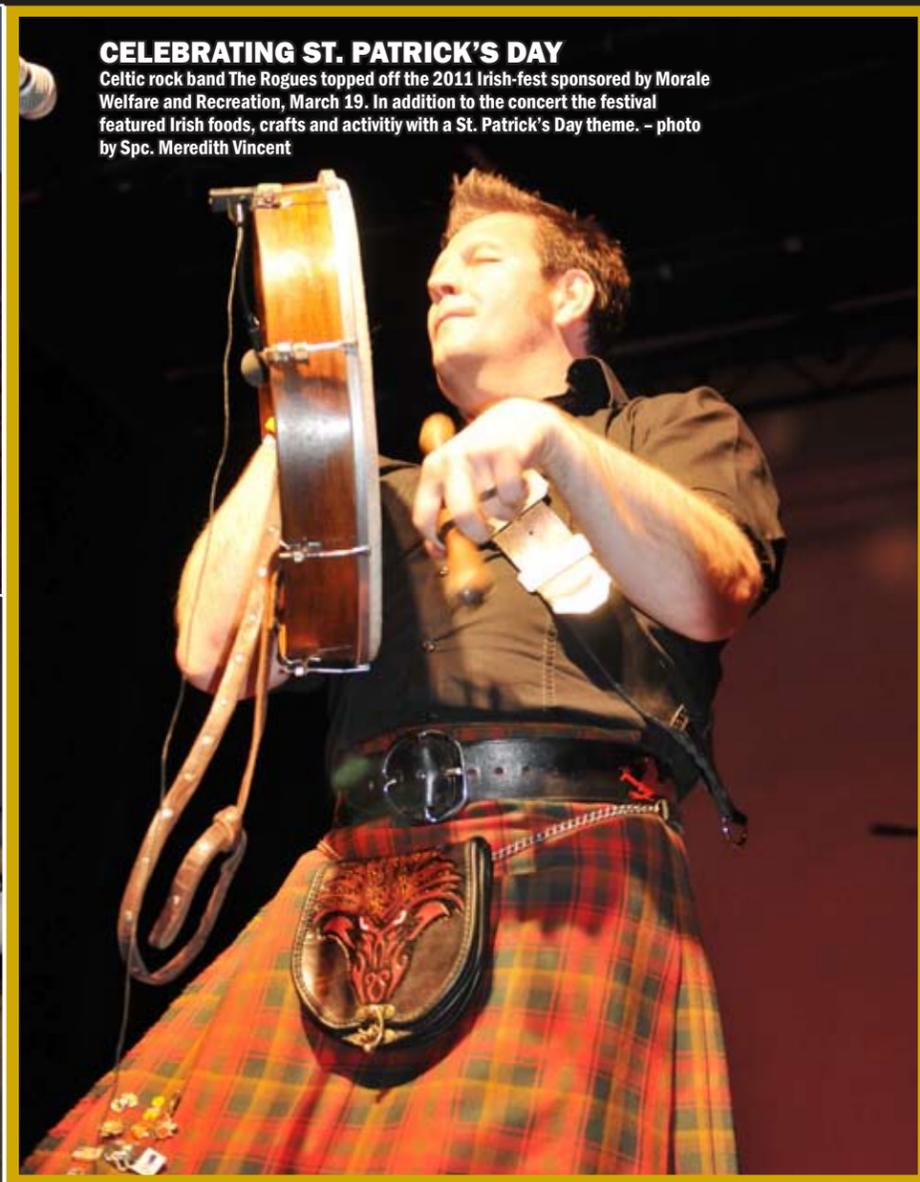




CLOSE ENOUGH TO TOUCH
Saturday's full moon was the largest in nearly 20 years as the super perigee rose over Guantanamo Bay. Scientists said the next time the moon will appear so large in the sky is not expected to come again until 2029. - photo by Chris Hileman



AFTERNOON PRAYERS
Detainees pray in a communal area of Camp Six at Joint Task Force Guantanamo, Mar. 18. - photo by Mass Communication Specialist 1st Class David P. Coleman



CELEBRATING ST. PATRICK'S DAY
Celtic rock band The Rogues topped off the 2011 Irish-fest sponsored by Morale Welfare and Recreation, March 19. In addition to the concert the festival featured Irish foods, crafts and activity with a St. Patrick's Day theme. - photo by Spc. Meredith Vincent



CONGRATS GRADUATING CLASS!
Graduating students of Columbia College participated in Commencement Exercises, March 20. - photo by Mass Communication Specialist 2nd Class Elisha Dawkins.



GETTING UNDERWAY
Boatswain's Mate 1st Class Donovan Henderson (left) transport Navy Capt. Chuck Hollingsworth (right), commanding officer, Center for Personal and Professional Development and Command Master Chief Steve Fontenot, Mar. 22. - photo by Mass Communication Specialist 2nd Class Joe Ebalo

The WIRE

An award-winning JTF journal

NRA visits GTMO

Range instructors learn a thing or two

Meet the guy in the robe

ICRC visits JTF Guantanamo

Check out The Wire - Now Published on Thursdays

Trooper to Trooper

featuring

Senior Chief Petty Officer Frank Lewandowki Joint Detention Group

I would like to bring to all of your attention the words "Honor Bound." When my company was in Fort Bliss, Texas we heard these words for the first time. Most of us just thought this was just a variation of the uniformed services' core values. The next question that came to mind was why does Guantanamo Bay have these words as a greeting?

Lately there have been some issues with Troopers who have not conducted themselves "Honor Bound." Whether it is theft, not following the SOP, over consumption of alcohol, or just acting inappropriately, I immediately wonder, where was that Trooper's mind when he or she made these decisions? I know a lot of you say Honor Bound at guard mount. I truly believe most of you take these words to heart. However, there are some who have not. If everyone were to follow these words there would not be one Trooper in trouble here or outside the wire. We are here to support an important mission that has international attention. Just the sheer number

of high ranking officials who come here should give you an idea of the importance of this operation.

No one joins the service to be unsuccessful. I am a firm believer that most did it out of patriotic duty to serve their country and to make a better life for themselves in the process. Although not everyone volunteered to be here, we all raised our right hand and took the oath. Orders are not invitations and need to be followed. When your actions and lack of honor goes against policy and regulations, the mission is jeopardized as well as your career.

From your first to last day, all of you need to stay focused on what is required to successfully complete your tour and leave Guantanamo with honor. Getting yourself into legal trouble not only creates stressors on yourself but also your battle buddies. Someone has to pick up the slack and do your job while an investigation is conducted and then you are processed off the island. Ask yourself if this is



fair to your shipmates and battle buddies? The COC is counting on each of us to do our part to complete this mission. If you see a shipmate or battle buddy heading down the wrong path, it is your duty to help him or her out. Senior enlisted leaders need to be engaged with our Troopers. It is imperative that each of us take personal responsibility to do the right thing even when no one is looking. Trust me, someone is always looking.

I hope I have reached some of the Sailors and Troopers who are not conducting themselves

Honor Bound. Stop and really think about what you are doing and how your actions impact the mission, your shipmates and battle buddies. Make course corrections now before you become an entry on the police blotter.

Brothers and sisters in arms, all of us are part of a group that can be proud of what we do here and go home with our heads held up high. Don't let your branch of service, family or yourself down. I ask all of you to stay focused and stay Honor Bound. Press on!

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: Instructors from the National Rifle Association Law Enforcement Division visited Guantanamo Bay to teach marksmanship and maneuver tactics. - photo by Mass Communication Specialist 2nd Class Jason Tross

The Wire

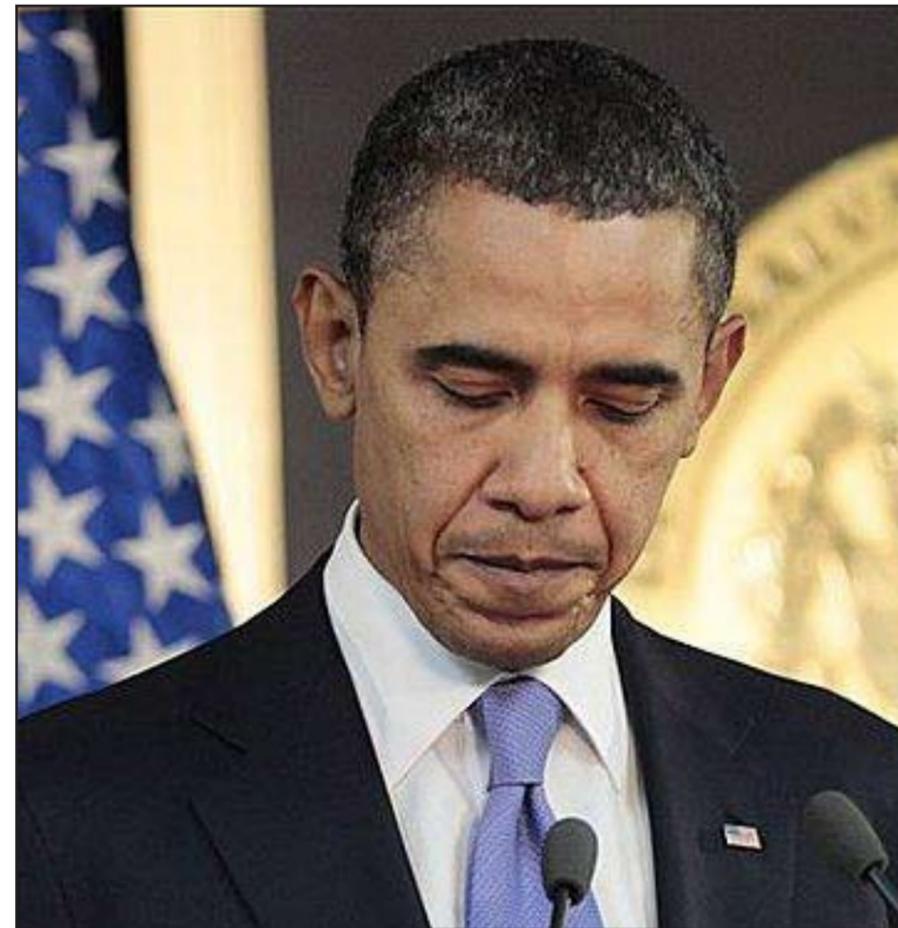
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The WIRE is the official news magazine of Joint Task Force Guantanamo. It is produced by the JTF Public Affairs Office to inform and educate the Troopers of JTF Guantanamo through news, features, command guidance, sports and entertainment. The WIRE 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.



President Barack Obama pauses after answering questions on the ongoing situation in Libya during his joint news conference with President of El Salvador Mauricio Funes at the National Palace in San Salvador, El Salvador, March 22. - photo by AP

Obama leaving Latin America to focus on Libya

Voice of America News Service

U.S. President Barack Obama is skipping a visit to El Salvador's ancient Mayan ruins to focus on the growing crisis in Libya.

Obama was scheduled to fly back to Washington hours earlier than originally planned Wednesday.

The U.S. president has come under some criticism for remaining out of the United States while authorizing U.S. forces to help enforce a no-fly zone in Libya.

White House officials have taken special care to show that Obama is getting regular briefings from his staff. And before departing, the president is scheduled to hold a conference call on the situation in Libya with national security advisers.

Tuesday, Obama met with El Salvador President Mauricio Funes in San Salvador. The president promised a new partnership across Central America to increase trade, target drug trafficking and create job opportunities.

The five-day tour took Obama to Brazil, Chile and El Salvador and was designed to re-establish U.S. leadership in the region. All three countries on the trip have undergone

political transformations over the past decades.

Obama highlighted a U.S. pledge to provide \$200 million to Central America so governments in the region can better police their borders and expand community anti-gang programs.

The president also addressed immigration reform in the United States. He said comprehensive immigration reform, including addressing the millions of undocumented workers in the United States is the right thing to do. Obama said he will continue to push for it but acknowledged that the politics of the issue are not easy.

The United States has more than two million immigrants from El Salvador, both legal and illegal.

Following his meeting with President Funes, Obama made a highly-symbolic visit to the grave of Archbishop Oscar Romero, the revered Catholic figure who was assassinated in 1980 by a member of a right-wing death squad. Romero spoke out against repression by the U.S.-backed Salvadoran army during El Salvador's 12-year civil war.

U.S. Soldier to Plead Guilty to Afghan Civilian Murders

Voice of America News Service

A U.S. soldier faces a court martial in Washington state on charges of murdering Afghan civilians.

A lawyer for 22-year-old Army Specialist Jeremy Morlock said his client has agreed to plead guilty to three counts of murder, one count of conspiracy to commit assault and battery, and one count of illegal drug use.

He faces a maximum of 24 years in prison with the possibility of parole.

Morlock is one of five Soldiers charged with murdering three civilians in Kandahar province last year as part of a plot to kill civilians. He is expected to testify against the other Soldiers.

The court martial comes days after the German news magazine "Der Spiegel" published graphic photos showing Soldiers posing and smiling over the bodies of dead civilians.

Gates Makes Unannounced Visit to Cairo

Voice of America News Service

U.S. Defense Secretary Robert Gates is making his first visit to Cairo since ex-Egyptian President Hosni Mubarak was ousted by protests.

The previously unannounced two-day visit began Wednesday as Gates monitored U.S. and allied military operations enforcing a no-fly zone in neighboring Libya.

Gates planned to meet Field Marshall Mohamed Hussein Tantawi, the leader of Egypt's ruling military council. The two men have been in telephone contact during Egypt's political crisis.

The defense secretary will also meet Egyptian Prime Minister Essam Sharaf.

Gates' visit comes after U.S. Secretary of State Hillary Clinton toured Cairo last week and met with several officials and other political figures.

Yemen Parliament Approves State of Emergency

Voice of America News Service

Yemen's parliament has approved a law imposing a state of emergency in the country amid protest-related violence.

Adoption of the emergency law was expected Wednesday.

Yemeni President Ali Abdullah Saleh announced a state of emergency after gunmen loyal to the president opened fire on a group of protesters calling for his ouster Friday, killing 52 people.

A wave of government officials, tribal leaders and diplomats defected to the side of opposition protesters after the bloody crackdown. Yemen's top military figure, Major General Mohsen al-Ahmar, also defected to "support the peaceful revolution."

News from the Bay

Stories and reporting by Spc. Meredith Vincent and Army Staff Sgt. Benjamin Cossel

Upcoming events for bike enthusiasts

An eight to 12 mile guided scenic bike tour scheduled for 9 a.m. Saturday will take participants to different locations around the island, said Morale Welfare and Recreation Outdoor Recreation Director Cory Geiger.

"It is a great way to see GTMO from a different perspective," said Geiger. "[It is an opportunity to] take in the sights of the island while meeting new people and getting exercise."

Geiger added the event is open to all levels of riders, from beginning to experienced.

Another upcoming event for bike enthusiasts is coming up April 9. The 2011 Poker Ride will begin at the marina and visit five locations, which will remain unknown until the beginning of the event. At each location, participants will draw a playing card and return to the marina, where two other cards will be flipped. Participants win based on the best card hands created from their individual cards and the two flipped at the marina. Geiger said the rewards are especially worth it.

"We are giving away beach cruising bikes, camel paks, helmets and more," he said. "Over \$800 in prizes."

Geiger said this event is unique and will challenge riders in ways they don't expect.

"[It's] exciting because there is no set route," he explained. "The riders will find out the five locations at the start ... and can visit them any order the like."

For more information, contact Geiger at x2345.

Cheslea Handler brings the funny to GTMO

Comedian, talk show host and best-selling author Chelsea Handler is scheduled to provide Guantanamo Bay Troopers some laughs and entertainment Saturday at 8 p.m. at the Downtown Lyceum.

Handler is the host of *Chelsea Lately*, a late-night talk show the E! Cable Television Network. She has also written three books on the New York Times Best Seller List, two of which reached number one.

"MWR is very grateful for the opportunity to bring the Cheslea Handler comedy tour to GTMO," said MWR Community Activities Director Amiee MacDonnell. "The USO has been a great partner in making this event available to the GTMO community."

Handler will be accompanied by comedians Sarah Colonna, Chris Franjola

and Josh Wolf, all regulars on *Chelsea Lately*.

This event is an 18 and over show, reminded MacDonnell. No coolers or video recording allowed at the performance. However, still photography is permitted. For more info, contact x4882.

Free phone cards available to Troopers

The Naval Station Guantanamo Bay Red Cross has 500-minute Sprint phone cards available for JTF Troopers, free of charge on a first come, first served basis.

Red Cross station manager, Sharon Coganow said she hadn't seen the same level of response from JTF Troopers as she did the last time the free cards were made available and wanted to make sure everyone knew where the free phone cards were available.

"My office has been relocated to Center Bargo 1208," Coganow said, explaining the building is a pink house with a red cross on it.

Troopers interested should compile a list and submit it to Coganow in person or via email at Sharon.coganow@usnbgmto.navy.mil.

What is your favorite cereal?



"Peanut Butter Crunch - it's the best!"

Hospital Corpsman
2nd Class Kyle Coven



"Lucky Charms, they are magically delicious."

Army Sgt.
Jaime Espinoza



"Captain Crunch, because I remember way back when he was still an ensign."

Religious Programs
Specialist 3rd Class
Jeffrey Lauber



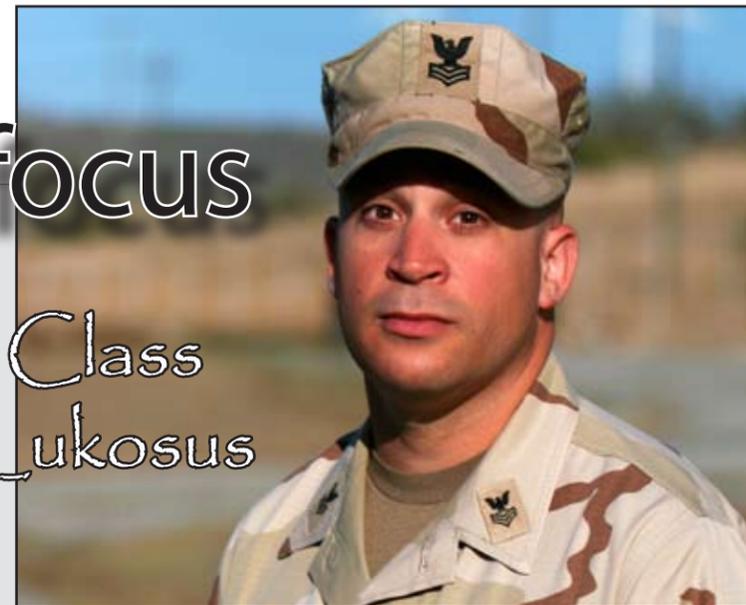
"Cinnamon Toast Crunch. The milk is so delicious with the cinnamon and sugar."

Spc.
Roshaunda Figgers

Boots on the Ground

trooper focus

Petty Officer 1st Class John Lukosus



Army Sgt. Mathieu Perry

Six days after his high school graduation, Petty Officer First Class John J. Lukosus signed his name on the line and swore to protect the Constitution of the U.S. while serving in the Navy.

Lukosus, a Master-at-Arms, said he enlisted in order to begin doing things on his own and to stop relying on his parents.

"I joined to earn money for college and to get out of the house," said Lukosus.

He also remembers precisely where his military career began.

"I didn't have a rate when I first came in, so I worked in the bottom of the ship called the pit," said Lukosus.

The Camp 6 leading petty officer was so greatly influenced by the experience, he became determined to see others didn't have to repeat it.

"I told myself once I made it along that I am not going to let my juniors experience what I went through, Lukosus said. "I am going to make it better for them."

Lukosus has been doing exactly that for nearly 14 years and it hasn't gone unnoticed.

"I am selection board eligible for Chief, but I won't know until sometime in August if I have it," explained Lukosus.

He credits his success in the military directly to his leadership.

"I have been fortunate in my career

in that I have always been mentored by someone who took the time and really cared," said Lukosus. "If we did that in today's military we can set up our forces for future leaders and success."

The petty officer isn't just all talk.

"He sets the bar and he's not afraid to get his hands dirty," said Senior Chief Petty Officer Jeremy Harris.

The Camp 6 leading chief petty officer said Lukosus leads by example and doesn't ask Sailors to do something he hasn't already done.

Harris said one of the biggest challenges in the Navy Expeditionary Guard Battalion is all the documentation for Sailors who belong to another command.

"He will tirelessly contact those commands and track down any issues our Sailors have in order to make sure they are being taken care of," Harris said.

Lukosus' organizational skills, he said, helps keep everything rolling smoothly.

"If a wrench gets thrown into the routine, he is really good at adapting to the new situation, delegating responsibility and trusting his Sailors to make sure they can get the job done," said Harris.

Bullet Bio

Hobbies: running, going to the beach

Inspiration: my grandpa

Next goal: to make chief petty officer, earn bachelor's degree and provide a stable life for my family

Advice to junior Troopers: "Don't give up. Set your goals. You will get frustrated but shake it off and get back on track. Ask questions if you don't understand."



Did you know most people on Facebook are NOT U.S. citizens?

This means that when you post things on Facebook you are potentially communicating to a world-wide audience. Unless you use strict privacy settings, people other than your "friends" can see everything on your page. Make sure you check your privacy settings and protect your pictures and personal information from inadvertent disclosure. Once you've posted something online, it's almost impossible to take it back. Remember, "Once online, always online!"



Education, awareness key to preventing alcohol abuse

Story by Mass Communication Specialist
2nd Class Elisha Dawkins

In 1974, the Navy made fighting alcohol abuse a priority. Today, the effort is known as the Navy Alcohol and Drug Safety Action Program.

According to NADSAP, “The purpose is the prevention of alcohol misuse and illegal drug use through the process of individual education.”

NADSAP identifies early problems related to alcohol abuse and offers training to commands upon request by the command’s Drug and Alcohol Program Advisor, also known as the command DAPA.

At Naval Station Hospital Guantanamo, the responsibility of DAPA is providing prevention, screening and counseling programs to all servicemembers.

Under the NADSAP, “the Right Spirit campaign” emphasizes personal, shipmate leadership and command responsibility for alcohol abuse while promoting healthy lifestyles for all Navy members.

“Many professional careers and family

relationships have been ruined by the choice of drinking excessively,” said Command Sgt. Maj. Mark Porrett, Joint Task Force Guantanamo. “This decision to consume alcohol is not a mistake, but a choice.”

JTF policy memorandum number five governs alcohol consumption and applies to all military and civilian personnel assigned to JTF Guantanamo.

“The legal drinking age for JTF assigned personnel is 21 years of age,” said Porrett. “The privilege to drink may be revoked by a commander if the action is considered detrimental to good order and discipline, in addition to recommendations by medical or legal professionals.”

In such cases where drinking privileges are revoked, it can lead to punishments under the Uniform Code of Military Justice. However, help is available for JTF Troopers with substance abuse problems.

“When alcohol becomes an excessive habit, the Joint Stress Mitigation and Restoration Team provides necessary support system to resolve this issue,” said

Navy Lt. Jason Duff, officer in charge. “JSMART offers cognitive behavioral therapy which helps an individual with recognition of self and drinking usage.”

Troopers are encouraged from JTF leadership to seek assistance for alcohol abuse.

“Personnel who believe they have a drinking problem can benefit from professional assistance in control,” said Porrett. “They should be self-referred to the substance abuse professional assigned to Naval Station or Joint Task Force Guantanamo.”

Alcoholics Anonymous has meetings in room 4A on Chapel Hill Monday, Wednesday and Saturdays at 6:30 p.m., and the naval station hospital offers a Substance Abuse Rehabilitation Program to provide counseling for those with substance abuse problems. If you are experiencing issues with alcohol use, contact JSMART at their 24 hour hotline at x3566. Walk-in service is available Monday through Friday 8 a.m. to 5 p.m.

ICRC links families separated by conflict, disaster

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

The International Committee of the Red Cross concluded a two-week trip to Guantanamo Bay March 20.

The 21-person team spent their time providing a variety of humanitarian services, to Joint Task Force Guantanamo detainees, including providing communication between them and their families in accordance with the Geneva Conventions.

“One of the most important things we do here is the family link,” said ICRC Detention Coordinator for Guantanamo Bay Ralph Wehbe. “The delegates – our colleagues joining us from – have met and visited the [detainees] families on the spot. So they bring with them fresh news.”

Family link is what the ICRC calls reuniting family members separated by conflict and disaster. It is one of their primary and most basic functions as a neutral and independent worldwide humanitarian organization. Just last year alone, the ICRC sent more than 250,000 Red Cross messages between family members separated as a result of armed conflict and other disturbances, according to the ICRC website.

“One of our key points is the importance of family contact – be it war or any sense,” said Jean Paul Corboz, protection coordinator for the ICRC. “Today, in Japan you have the earthquake and tsunami. Look at the people. They search for their relatives. It’s the first thing they want to do. In a war, if you are arrested, let’s say in Helmand Province [Afghanistan], and suddenly news broke that 50 American Soldiers were captured – your family would quickly try to grab a phone, knowing you were in the region.”

“And if they don’t have news about you they will wait anxiously for a Red Cross message or anything,” he added. “This is part of who we are as human beings. We want to know what will happen to our relatives. And something we do in every detention facility is ensure key and important message from detainees, basically ‘I am alive’ or ‘I am well,’ are going through and reaching the families.”

These often hand-written messages were introduced nearly 150 years ago in Europe to help detained and wounded soldiers communicate with family members. Today they are the same Red Cross messages used to relay emergency information to deployed U.S. servicemembers and detainees at Guantanamo Bay alike.

“These are exactly the same thing,” said Corboz. “Some of these messages look slightly different - like right here we have Red Cross messages with some parts written in Arabic or Pashtu languages. The U.S. servicemembers



A Camp 6 guard and International Committee of the Red Cross Detention Coordinator for Guantanamo Bay Ralph Wehbe walk through Camp VI to visit detainees.

would receive Red Cross messages only in English or maybe some in Spanish. And the logo here is the ICRC logo while yours would be American Red Cross messages.”

While Red Cross messages serve as a means of communication, the content nature is very limited. Only emergency and strictly immediate family news is allowed.

“So the family members or detainees would write family news here and the text would be censored by the authorities,” said Wehbe. “We make sure everything is being cleared. We also extend to those concerned that the news must be family news only. So this way the detainees and the families can communicate. That is what the delegates are mainly doing here.”

Arman Atal, a linguist and ICRC delegate to Afghanistan, explained restricting this communication has its own difficulties. Many Afghan families are both very large and close. However, friends and those outside the immediate family often cannot be easily

verified and properly identified. Security and confidentiality are serious concerns for ICRC.

“We call it Salamat – family news,” said Atal. “That is how the mother is, the wife is, brother is (etc...). So we take this news when I travel to Afghanistan. I find the mother and take pictures [of her] and family members. Then next visit I bring these pictures and this message. And then this message and the photos I pass to the authorities for censorship. Then we give it to the detainees here.”

Although the ICRC is continuously and intimately involved in armed conflicts around the world, their commitment to neutrality, the Geneva Conventions and basic human rights is their driving force.

“This is purely humanitarian,” said Wehbe. “Maintaining that family link is not only an obligation and something nice to do. We would be offering the same thing to any American Soldier or POW anywhere in the world just like we offer it to the detainee population in Guantanamo.”

Guantanamo Bay is a small community and, like any small American town, one starts to recognize the faces roaming the roads, galleys and stores. To familiarize our readers with some of their more original neighbors, The Wire is introducing a section called Familiar Faces. This is your opportunity to get to know some of those quirky individuals everyone seems to know about.

Many people do not recognize the name Tyler Hardesty. Yet, mention “the guy in the robe,” and inevitably there will be a light bulb of recognition. In only seven months, Petty Officer 2nd Class Hardesty has made a name for himself by wearing pajamas and robes everywhere he goes. With an air of confidence and sophistication beyond his 23 years, he balances both the disapproval and cat calls with simple ease. There is more to this guy than his unique attire.

“He seemed a little strange at first,” said Petty Officer 1st Class Michael Hoag, who first met Hardesty ten months ago in Mississippi during their training to come to Cuba. “There was something about him; he seemed confident and smart, but a little different. Wasn’t really sure what it was right then.”

Hardesty, whose father was in the Air Force for 22 years, is no stranger to the military lifestyle, yet he never thought it would be for him.

“I was working at Wal-Mart and really bored – and living in Kansas,” remembers Hardesty, who speaks in a slow, distinguished yet clipped drawl. “My brother joined the Marines and I thought, ‘Damn, I should probably do something like that.’”

Fast forward five years and Hardesty is now one of the most well-known faces around Naval Station Guantanamo Bay.

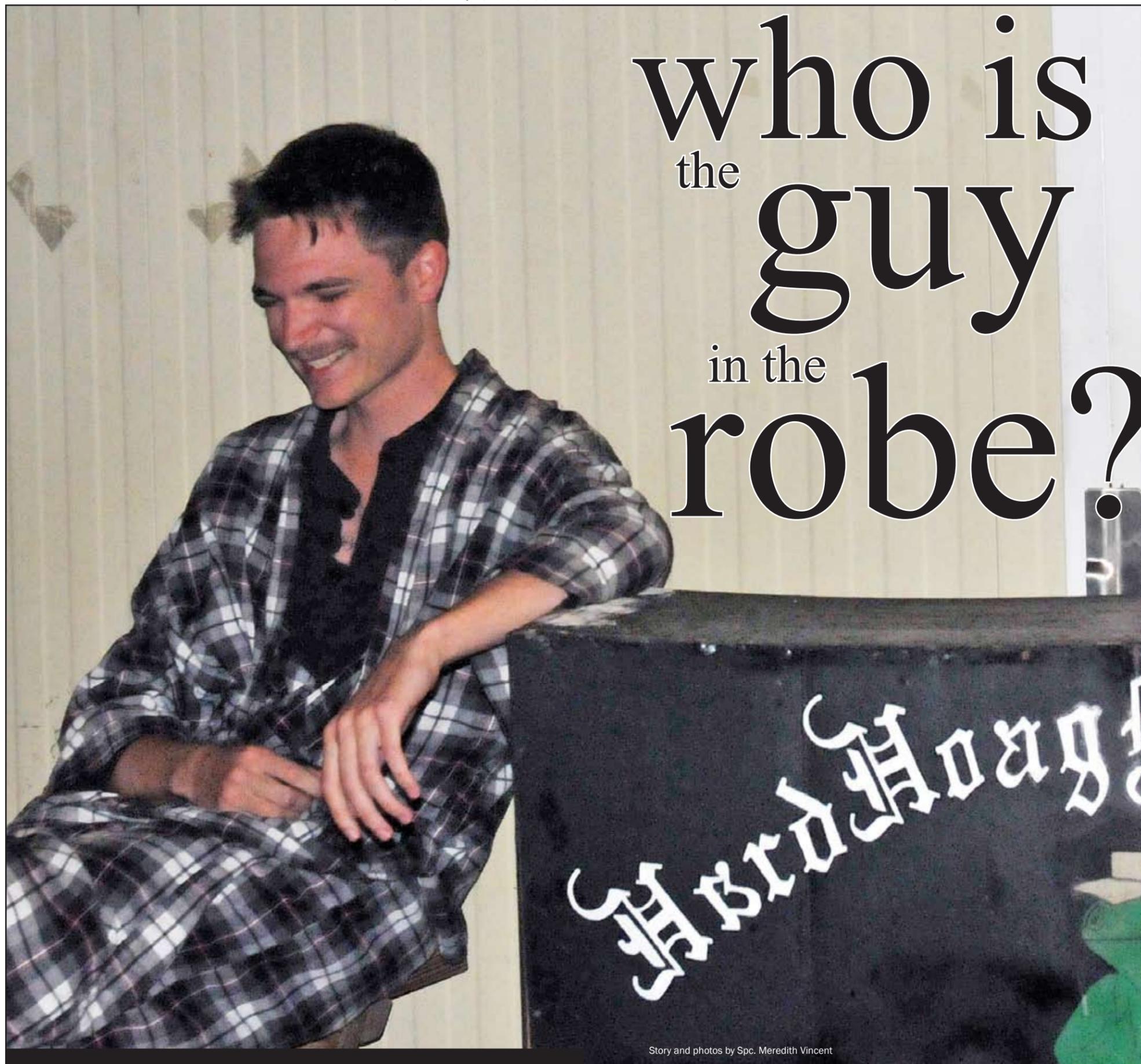
Hoag is Hardesty’s roommate, as well as his supervisor. He recalls when the inspiration to wear the robe took root.

“He just walked outside with a robe one day and someone said, ‘Hey that’s a nice robe,’ and he was like, ‘I know,’ Hoag said. “After that, he just enjoyed wearing pajamas everywhere he went, no matter what anyone said to him. He wears pajama pants to the NEX, wore a robe to the NEX, to the bar.”

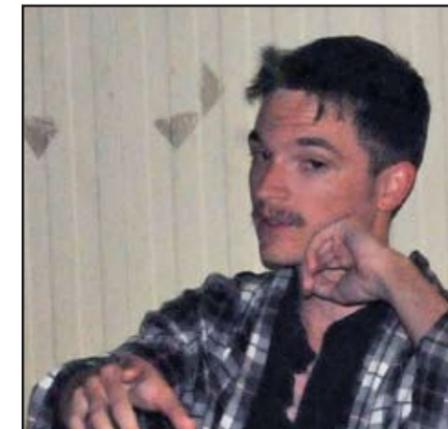
Petty Officer 3rd Class Cody Kretschmer lives across the Cuzco from Hardesty. He said once people look past the robe and pajamas, they will see the originality underneath.

“Tyler has that personality where when you talk to him you trust him automatically,” said Kretschmer. “When you talk to Tyler, you feel comfortable.”

Hoag agrees, adding it is Hardesty’s easy-



Story and photos by Spc. Meredith Vincent



see **FACES**, page 19

NRA visits GTMO ranges

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

The National Rifle Association's Law Enforcement Division is currently training and certifying range instructors here from both Joint Task Force Guantanamo and Naval Station Guantanamo Bay.

The Navy-sponsored courses provide a unique opportunity for advanced shooters and military-certified instructors to become NRA-certified firearms instructors.

"As an instructor course, we're teaching the teachers," said NRA Law Enforcement Division Staff Instructor Tim Lose. "But we teach everything from how to load and unload the rifle on up to moving drills."

Lose and his LED colleagues travel across the United States training law enforcement agencies, private security groups and military units on a variety of tactical firearms courses.

"Down here we're doing three weeks and three different disciplines," said Lose.

"The first week was handgun and shotgun instructor. That's a course approved by the Department of the Navy to qualify Navy personnel as firearms instructors. Building on that, this week we're doing our patrol rifle instructor school. Next week we're doing tactical shotguns."

Lose brings 20 years of Army shooting experience and an additional 20 years as a county sheriff. His adjunct instructor counterpart, Cathy Schroeder, brings more than 30 years experience as an FBI agent.

Coast Guard Gunner's Mate Chief William Robertson, a certified Coast Guard small arms range instructor, is finding the courses incredibly valuable.

"It's not that they taught me a lot of new things," said Williams. "We all do the same things. We word it different, might position ourselves a little different, but all the marksmanship and the safety requirements are all the same. Sometimes someone saying it a different way or doing it a bit different ... can give you a

different aspect on how a different agency does it."

The NRA tactical law enforcement firearm courses are the only certifications recognized and accepted by the DoD in law enforcement agencies in nearly every state. Since beginning training law enforcement agencies in 1960, the NRA has evolved to keep people winning gunfights.

"People used to consider that [tactical rifle training] more advanced," said Lose. "Only SWAT teams would get that. Now they've realized patrol officers get in gun fights too, so they need to know how to shoot, move and communicate and reload all in the same class."

While the course curriculum is aimed at the end user, the instructors are finding new ways to be more effective training their own students.

"The benefit is more for myself as an instructor," Williams said. "When I have a problem shooter, I have more tools in my toolbox to help. I can use that when I go home to help out that person."



National Rifle Association Law Enforcement Division Firearms Instructors Tim Lose (left) and Cathy Schroeder brief students on their performance during an NRA tactical rifle course.



U.S. Coast Guard Gunner's Mate Chief William Robertson helps shooters during an NRA tactical rifle course.



A U.S. Navy Small Arms Instructor prepares to shoot.



U.S. Coast Guard Gunner's Mate Chief William Robertson clears his weapon after an NRA tactical rifle course at Grenadillo Range.

Karzai announces areas to transition to Afghan control

Karen Parrish
American Forces Press Service

WASHINGTON, D.C. – Afghan President Hamid Karzai announced the first seven areas of his country that will transition to full Afghan security control.

The announcement marks the beginning of the process that will see Afghan forces responsible for security across the whole country by the end of 2014.

In a speech in the Afghan capital of Kabul, Karzai announced that the area around Kabul, except the Sarobi district, will transition. Afghan forces already are in charge of security for most of the area.

Officials in Afghanistan and the United States stressed this was an Afghan decision.

“This heralds the beginning of the transition process for those areas,” said Lt. Col. Beth Robbins, a Pentagon spokeswoman.

Other areas that will transition are Panjshi and Bamiyan provinces, the city of Herat in western Afghanistan and the city of Lashkar Gah in Helmand province.

Afghan forces will take the lead in Balkh province’s capital of Mazar-e-Sherif and in Laghman province’s Methalam City.

The announcement follows a careful process in choosing the areas. A joint Afghan-NATO group examined the capabilities of Afghan forces

and areas where the security, governance and development processes are sufficiently advanced.

The conclusions were forwarded to NATO defense ministers, who accepted the recommendations during a meeting earlier this month. However, the transition decision was completely in Karzai’s hands, officials said.

“We understand taking complete responsibility of governance, security and reconstruction in our country is not an

easy task in a situation in which, on one hand we suffer from the legacy of 30 years of war, and on the other hand destruction and interference is still going on,” Karzai said, according to a translation of his speech at the National Military Academy. “We know that the people of Afghanistan do not want the defense of their country to be on others,



Spc. Carlos R. Hansen and fellow Soldiers of the personal security detachment for Headquarters and Headquarters Troop, 1st Squadron, 113th Cavalry Regiment, Task Force Redhorse, patrol the villages in the Bagram Security Zone. - photo by U.S. Army.

and also those who have helped us during the last 10 years cannot afford any more sacrifices for our security and defense.

“This is also for the sake of this reason,” he continued, “that we have agreed with the international community that the Afghan government responsibilities should be handed over to Afghans.”

Lewis-McChord assists family members back from Japan

Ingrid Barrentine
Northwest Guardian

JOINT BASE LEWIS-MCCHORD, Wash., – An influx of people arriving this week at the Seattle-Tacoma International Airport from the earthquake and tsunami-ravaged country of Japan have prompted a multi-agency response by the federal government.

The Defense Department offered eligible family members of U.S. servicemembers and some civilian employees the opportunity to voluntarily leave the country at government expense.

As of Monday, nearly 400 people had arrived at Sea-Tac with thousands more expected during the next few days.

Local Air Force, Marine, Navy and Army civilian and service personnel are working around-the-clock to ensure a quick transition for the family members and civilians en route to destinations across the U.S.

“It’s not a service-specific operation,” said Lt. Col. Rich Whitaker, deputy commander of the 1st Joint Mobilization Brigade and the officer-in-charge at Sea-Tac. “This is taking care of family members.”

“We’re trying to provide a smooth process so that when they arrive, we can call up the commercial ticket office at [Joint Base Lewis-McChord] and get them flights to their final destinations,” Whitaker said.

Joint Base Lewis-McChord Army Community Service Mobilization and Deployment Program Manager Wayne Johnson said he was overwhelmed by the response.

“All of our military agencies are coming together - all aspects of it, not just the family support - but all who support what we are. That is probably (what is most) impressive to me.”

Johnson said the family members and civilians have been “very courageous” despite suffering from travel fatigue.

“We’re trying to make them comfortable as quickly as possible,” he said, “do the processing, get their paperwork taken care of and any needs that they may have.”

Once connecting travel arrangements are made, people who need lodging support are bused to nearby hotels. Johnson estimates they spend about three hours transitioning at Sea-Tac.

According to Whitaker, most people leave for their final destination in 24 to 48 hours.

Throughout this operation, more than 20 flights from Japan are scheduled to arrive in the United States.

“We’re adding staff in some areas to improve thru-put and we’ve also made contingencies, if we have flights stacking up on each other,” Whitaker said.

Medical supplies including over-the-counter pain, cold, flu and other common medications are available for dispensing by a medical team working at Sea-Tac, Madigan’s Strategic Communication Director Jay Ebbeson said via e-mail.

“My priority is that whatever medical needs (they) may have upon arrival, our medical team is prepared to provide the care needed, either at Madigan or the closest available medical treatment location,” said Col. Dallas Homas, Madigan Healthcare System commander.

Col. Kevin Kilb, 62nd Airlift Wing commander, greeted the first group of travelers arriving at Sea-Tac on Saturday.

“This is a tremendous team effort from the entire Joint Base community aimed at easing a difficult time for DOD families,” he said.



Adm. Robert F. Willard, commander of U.S. Pacific Command, speaks with Cmdr. Bharat Patel, officer in charge at the Hai Cang medical clinic during a medical community service project. - Photo by Mass Communication Specialist 3rd Class Matthew Jackson

PACOM commander addresses concerns at Yokosuka townhall meeting

Mark Elrod
Navy News Service

YOKOSUKA, Japan (NNS) – The U.S. military’s top Pacific leader spent several hours at Commander, Fleet Activities Yokosuka (CFAY) March 22 to answer questions and address concerns regarding events in the wake of the 9.0 earthquake and subsequent tsunami that devastated northeastern Japan March 11.

Commander, U.S. Pacific Command, Adm. Robert Willard, along with his wife Donna Willard, addressed the community on the current situation with the Fukushima nuclear-power plants, voluntary departure of dependents, and thanked families for their support to their Sailors who are fully engaged in Operation Tomodachi.

“The purpose of my visit to Japan was multi-faceted,” said Willard. “I needed to talk to my forces out here that are conducting the humanitarian assistance

and disaster relief operation, in northern Honshu, to help the Japanese. So, I’m working the disaster side of this, but while we’re here Donna and I both wanted the opportunity to visit the sites, interact with the families, and perhaps share some information that would be helpful under these circumstances,” he added.

Willard began the meeting reassuring the community that leadership at all levels has the safety of service members and their families at their top priority. He also put the conditions of northeastern Japan into perspective.

“Just imagine 440,000 people that are in an area where infrastructure is pretty much destroyed, and more than one thousand roads are gone. There’s no power, no water and people are relying on relief efforts that we are assisting in,” Willard told the crowd of approximately 700 people.

He also addressed the Japanese members of the audience and

expressed his concern for the people of Japan and praised the courage they have displayed throughout catastrophic circumstances.

“From all of us in America, and from all of us in the United States military, and in the Pacific Command, I would like to express our profound condolences for what your country is enduring”

To help share information during the meeting, Willard held a question and answer session with community members to address community concerns.

“We couldn’t have been happier with the turnout and with the questions. I learned a lot and I hope they got a lot out of it as well,” said Willard. “Their safety is paramount on our minds. My responsibility is to manage that safety, look out for any future contingency that could occur, and to keep them informed.”

Willard reiterated to the local commanders the importance of

communications in keeping the community assured by keeping them informed.

“For the leaders that are here, keep leading keep supplying the information that’s required as we go about this great humanitarian assistance and disaster response effort,” stated Willard. “To the families here, we’re very, very proud of what they’re doing, the courage they’re showing, and the help that they are affording one another.”

Though Willard addressed the Yokosuka community concerns, he also, spoke of the catastrophes that the Japanese people are enduring.

“The Japanese people, I think, have shown just wonderful resilience and fortitude under the worst circumstances,” Willard expressed. “I know I speak for every American and every military member that we are very, very sorry for this great disaster that they’ve been subjected to.”



Marines rescue downed pilot after fighter jet crashes in Libya

Headquarters Marine Corps

ARLINGTON, Va. – Marines from the 26th Marine Expeditionary Unit rescued a U.S. Air Force pilot downed in Libya March 22.

The F-15E Strike Eagle crashed in northeast Libya March 21 while flying in support of Operation Odyssey Dawn, the joint coalition enforcing U.N. Security Council Resolution 1973 to protect the Libyan people from the country's ruler.

Using two AV/8B Harriers, two MV-22 Ospreys and two CH-53E Super Stallions carrying a quick reaction force, the Camp Lejeune, N.C., based Marines conducted a Tactical Recovery of Aircraft and Personnel mission to recover the pilot.

The Marine aircraft began launching off the the USS Kearsarge, which was roughly 130 nautical miles from the pilot - within 30 minutes of the crash - according to a senior Marine officer in the Pentagon.

Marine officials attributed the

quick reaction time to the versatility of the Osprey. "Total time from launch to return - 90 minutes roundtrip. That's what an Osprey gets you, that speed," the official said.

According to official reports, the Harrier close air support element dropped two laser-guided 500-pound bombs in the area in support of the downed pilot. One MV-22 Osprey landed and extracted the pilot.

Once extracted, the aircraft returned to the USS Kearsarge with the pilot. Navy Lt. Lauren A. Weber, a doctor with the 26th MEU, said the pilot returned in good condition.

The cause of the crash is still under investigation and the names of the pilots will be released pending next-of-kin notification.

The recovery force remains on standby while aviation assets are conducting operations in any environment. All seven Marine expeditionary units are trained, equipped and ready to conduct similar missions when called upon.

31ST MEU moves to the east coast of Japan, delivers aid

Sgt. Michael S. Cifuentes
Headquarters Marine Corps

WASHINGTON, D.C. – The U.S. Marines are strengthening their combat effectiveness by using renewable energy on the battlefield.

The Expeditionary Energy Office took the lead for this initiative by developing a plan to reduce fossil fuel consumption by 50 percent by the beginning of 2025.

"Our ethos demands that we increase the efficiency of our gear and the use of renewable energy," said Col. Bob Charette, director of the Expeditionary Energy Office, or E2O.

Marines deployed to the forward edge of the combat zone are reliant on the fuel, water and other expendable energy sources provided to them by combat support elements, and that reliance comes with a cost. A study conducted by the Marine Corps Combat Development Command found that for every 50 convoys in Afghanistan one Marine is either wounded or killed. Reducing the need for logistics simply means saving lives.

"Our strategy is taking that Marine who's burning about eight gallons of fuel per day and turning him into a Marine that's burning four gallons of fuel per day," Charette said.

Consequently, the Marine Corps moved to a more readily available source of energy, the sun. In the summer of 2010, Marines with Company I, 3rd Battalion, 5th Marine Regiment, entered their month-long predeployment training evolution at the Marine Corps Air Ground Combat Center in Twentynine Palms, Calif., with technology that absorbed the sun's rays and distributed its energy to their equipment. That power was used for more than a week, and saved an average of eight gallons of fuel per day that normally would have been used to run generators and vehicles.

Today the Marines of Company I are deployed to the Sangin valley in Afghanistan, and they're powering their patrol bases with nothing but renewable energy.

"India Company (Company I) went into the most dangerous region of Helmand Province, they battled a determined foe, and the entire time they were deploying and using small-scale renewable systems," said Charette.

1st Lt. Josef Patterson, platoon commander with Company I, said their entire forward operating base is solar-powered, and his Marines love it. When patrolling, they're using the Solar Portable Alternative Communications Energy System, or SPACES, which charges batteries, operates communications equipment and runs small electronic accessories. The system generates energy from solar panels on a tarp that can easily be rolled up and placed in a backpack when on the move.

Patterson said normally his platoon would take three to four days worth of batteries for a three-week patrol, which takes up a lot of space and weight in backpacks. But with SPACES, they're lightening the load.

"I was a little skeptical at first, but we're completely solar-powered, and I think it's a great thing," said Patterson.

Charette referred to these Marines as pioneers for using this kind of equipment in combat. By the summer of 2011, E2O will be able to deploy a battalion-level unit with renewable energy capabilities and energy efficient technology.

"The only fuels we'll see on the battlefield in the future are the fuels we'll need to move our airplanes and our vehicles," he said. "We're going to learn from that and start building on it to get to where we ultimately want to go in 2025."

Commandant of the Marine Corps Gen. James Amos said he needs all Marines to embrace this strategy and get in step, because it's important.

"You don't have to think too hard, much past the last thirty days, to see what's happening around the world," Amos said. "With all the issues, a lot of it in the oil-producing part of the world, we need to begin to wean ourselves off of fossil-based fuel. Not only that, we need to be able to lighten our load. This is about us. This is about what's best for the Marine Corps."

AF joins enforcement of 'no-fly zone' over Libya Strike Eagle crashes after equipment failure; crew recovered safely

(Compiled from AF News Service stories) – U.S. Air Force B-2 Spirits, F-15E Strike Eagles and F-16CJ Fighting Falcons launched during the early hours of March 20 in support of Operation Odyssey Dawn to enforce U.N. Security Council Resolution 1973, which is centered on protecting Libyan citizens from any further harm from Libyan leader Moammar Gadhafi's regime.

Coalition aircraft struck a variety of strategic targets over Libya, and U.S. fighter aircraft created airspace where no enemy forces could advance on Libyan opposition troops.

"It was a spectacular display of Airmanship watching this coalition come together the way it did to execute the first air strikes on behalf of the Libyan people," said Maj. Gen. Margaret H. Woodward, Operation Odyssey Dawn Joint Force Air Component Commander.

Two Airmen ejected from their F-15E Strike Eagle aircraft late Monday after the plane suffered an equipment malfunction and crashed in eastern Libya, said Navy Adm. Samuel J. Locklear III, commander of Joint Task Force Odyssey Dawn.

Coalition forces recovered one crew member, and Libyans found the other, he added, noting both are now safe and with U.S. forces.

Admiral Locklear spoke with Pentagon reporters by phone Tuesday from the USS Mount Whitney in the Mediterranean Sea. He said Gadhafi's air force was "not in good repair," even before coalition operations began and that his tactical capability consisted of several dozen helicopters. Against those aircraft, he said, "our airstrikes have been very effective."

Radar-evading B-2 bombers attacked Libyan airfields, flattening the hardened shelters Libyan fighter-bombers use, said Vice Admiral William E. Gortney, director of the joint staff, in a press briefing Monday. U.S., French and British aircraft also hit Gadhafi's ground forces 10 miles south of the opposition stronghold of Benghazi.

"We judge these also to have been highly successful at halting the regime ground movement in this region," Admiral Gortney said.

While the coalition continues to expand effectiveness of the no-fly zone, Admiral Locklear said, forces loyal to Gadhafi still pose a threat to the Libyan people.

"Despite our successes to date ... Gadhafi and his forces are not yet in compliance with the United Nations Security Council resolution,

'Pacific Passage' enables voluntary departures from Japan

(Compiled from AF News Service stories) – More than 500 service members, family members and civil service employees who voluntarily departed Japan arrived at Travis Air Force Base Tuesday aboard chartered military flights in support of Operation Pacific Passage.

The Defense Department authorized a voluntary departure of family members from Northern Japan due to the recent earthquake and tsunami disaster.

U.S. Army North coordinated with Travis AFB to activate the Joint Reception Coordination Center and officials greeted passengers on two flights. More than half the evacuees were children.

"Hats off to all the joint efforts of the Army, Air Force, Navy and Marines," said Lt. Col. U. L. Armstrong, acting defense coordinating officer of Region 9, Oakland, and lead local officer for U.S. Army North. "The wing commander here, Col. James Vechery, and his team provided a good, detailed plan as we arrived, enabling us to set up quickly and prepare to assist the families."



Maintainers prepare B-2 Spirit bombers March 19, 2011, at Whiteman Air Force Base, Mo., in support of Operation Odyssey Dawn. – photo by Senior Airman Kenny Holston

due to the continued aggressive actions his forces are taking against the civilian population of Libya."

Admiral Locklear said President Obama laid out expectations that included requiring Gadhafi's forces to "stop advancing on Benghazi, and they have to pull back from Zawiyah, Ajdabiya (and) Misurata."

"They have not done that," the task force commander noted, pointing out that coalition action forced regime troops out of Benghazi, but they have not pulled back from the other three cities.

The coalition has grown and will continue to increase, Admiral Gortney said, noting that it includes the U.S., the United Kingdom, France, Canada, Italy, Qatar, Belgium, Norway and Denmark. Other nations will provide overflight rights, basing and logistics. The admiral said those nations will make announcements at their own times.

The U.S. leads the coalition effort now, but that will change, the admiral said.

"Our intent is to be a part of the coalition throughout, and transfer the command to a coalition command," he said.

The U.S. would shift to more of a supporting role that would include logistics, aerial tankers, electronic warfare aircraft and intelligence, surveillance and reconnaissance aircraft.

Upon arrival, passengers received assistance from Travis AFB agencies with lodging, transportation, follow-on travel arrangements and any other personal needs.

"Many passengers seemed tired, but they had nothing but good words to say about the teams and the efforts of all the volunteers," said Col. Robert Eatman, the 60th Mission Support Group commander. More than 100 volunteers were on hand to assist with childcare, luggage and pet care to ease the strain on passengers.

The airlift to Travis AFB is the second U.S. arrival location for these voluntary assisted departure flights. The first location, Seattle-Tacoma International Airport, received the first flight of relocating family members, including 190 children, Saturday.

For more information about the assisted voluntary departure program as well as the latest news about relief operations in Japan, visit the U.S. Forces Japan website at www.usfj.mil.



Panel reaches verdict in Court-Martial over San Diego boat collision

Coast Guard News Service

ALAMEDA, Calif. – A general court-martial convened March 7, 2011, at the 11th Coast Guard District headquarters in Alameda, Calif., has reached a verdict on Uniform Code of Military Justice charges filed against Petty Officer Paul A. Ramos. The charges stem from the Dec. 20, 2009, collision between a Coast Guard patrol boat Ramos was operating and a civilian vessel during an evening holiday boat parade on San Diego Bay.

RESULTS OF COURT-MARTIAL

A seven-member court-martial panel, the military trial version of a jury, found Ramos:

- * Not guilty of violating Article 119, involuntary manslaughter;
- * Not guilty of violating Article 134, negligent homicide;
- * Not guilty of violating Article 128, aggravated assault;
- * Not guilty of violating Article 110, negligently hazarding a vessel, and;
- * Guilty of one specification on the charge of violating Article 92, dereliction of duty for failure to conduct a risk assessment.

The court will now begin the sentencing phase.

COAST GUARD STATEMENT

“This is an important step in the military justice process, and in determining the cause of this tragic collision,” said Dan Dewell, an 11th District spokesman. “No legal ruling can restore lives lost or injured, and we know that recounting the details of a tragedy during a trial can be difficult for those affected by it. We take this opportunity to again extend our deepest sorrow and condolences to the victims of the crash and their families,” he said.

Because of other pending legal matters and investigations, and out of respect for the rights and privacy of everyone affected by the collision, no additional details about the case can be released at this time.

STATUS OF OTHER MILITARY JUSTICE CASES AND INVESTIGATIONS

Besides Ramos, three other patrol boat crewmembers were

charged with violations of the Uniform Code of Military Justice following the collision. A summary court-martial was held for Petty Officer Brittany N. Rasmussen in San Diego in Jan. during which she pleaded guilty to a violation of Article 92, dereliction of duty in her role as a lookout on the boat, and received a letter of reprimand. A charge of violation of Article 92, dereliction of duty, against Petty Officer Lavelle M. Teague, was dismissed because of insufficient evidence late last year at a non-judicial hearing held in Alameda. A court-martial for Petty Officer Ian M. Howell is scheduled for May.

A fifth Coast Guardsman, who was aboard the boat for training and was not a qualified crewmember, was not charged.

The UCMJ is a complete set of criminal laws that covers most crimes contained in civilian law in addition to other military-specific offenses. UCMJ charges are accusations. The accused are presumed innocent unless proven guilty. In Ramos’ court-martial, verdicts required a two-thirds vote of the panel.

The Coast Guard’s internal investigation into the collision and an investigation by the National Transportation Safety Board are ongoing.

BACKGROUND INFO ON BOATING ACCIDENTS

Although serious boat accidents in the Coast Guard are rare, they do happen. In the past five years, during 2.6-million operating hours and thousands of patrols, there have been three Coast Guard boat-related accidents resulting in fatalities. The Dec. 2009 San Diego collision was the only incident involving the death of a civilian. In March 2007 a Coast Guard member died after being ejected from a patrol boat in Alaska. Another Coast Guardsman died in Oct. 2010 during a training mission in Virginia after he fell into the water while transferring between a small patrol boat and a cutter. Guard Meritorious Unit Commendations, seven Coast Guard “E” Ribbons, Navy Occupation Service Medal, three National Defense Service Medals, two Humanitarian Service Medals, and two Coast Guard Special Operation Ribbons.

Coast Guard monitors radiation risk to Pacific ports

GUAM—The U.S. Coast Guard is working to ensure the safety of the maritime transportation system in the aftermath of the tragedy in Japan. Based on an analysis by the Nuclear Regulatory Commission, there is no indication that harmful radiation will reach the U.S., whether it is the West Coast, Hawaii, Alaska, or U.S. territories including Guam and the Commonwealth of the Northern Mariana Islands.

The U.S. government has determined that radiation levels outside a zone of 50 miles centered on the Fukushima Daiichi Nuclear Power Plant do not pose a human health hazard.

As vessels and cargo which remain outside of the precautionary area do not pose any human health hazard, they will not be subject to additional screening or evaluation. Vessels known to have transited the precautionary area shall be considered for additional screening. However, the probability of contamination

remains low for these vessels and any hazards are likely below levels considered to be hazardous to human health. Coast Guard Sector Guam



will employ a three-part protocol to ensure the safety of vessels and cargo that have transited the precautionary area en route to Guam and the Commonwealth of the Northern Mariana

Islands:

1. Perform an at-sea boarding to check for elevated levels of radiation on the vessel and its cargo.
2. Ensure on-dock screenings of all cargo offloaded from Japan to the Ports of Guam, Saipan, Tinian and Rota.
3. Ensure availability of appropriate emergency response teams if harmful levels of radiation are detected.

To date, there have been no vessels that have transited within the 50-mile zone around the Fukushima Daiichi Nuclear Power Plant en route to U.S. ports. Moreover, normal shipping routes of vessels departing ports open for operations in Japan do not place any vessels within 100 nautical miles of the Fukushima Daiichi Nuclear Power Plant. The Coast Guard, at the highest levels, will continue to monitor the situation at the Fukushima Daiichi Nuclear Power Plant.

Mind, Body & Soul



Navy Lt. Jason Duff

In Greek and Roman mythology, the Gordian knot was an extremely complicated knot tied by the king of Phrygia in Asia Minor. According to legend, a man named Gordius, born a peasant, became king of Phrygia. Upon assuming his throne he dedicated his chariot to Zeus and fastened it to a pole in the center of the city with an extremely intricate knot. The knot was purportedly impossible to unravel; however, an oracle predicted it would be undone by the future king of Asia. Many came to the city to try their luck at unraveling the famed knot with no success.

It is believed that Alexander the Great entered the city in 333 B.C. and quickly set upon the impossible knot. Surveying the enigma before him and searching for the ends of the seemingly infinite knot, in an audacious move Alexander unsheathed his sword and cut through the knot with one bold stroke. The oracle’s prophecy

Therapy not just a quick fix

thus fulfilled, Alexander went on to conquer most of the known world. A problem solving approach such as this came to be known as the Alexandrian solution. “Cutting the Gordian knot” has become a metaphor for radical solutions to complex problems.

Many times in our lives we are faced with intricate, even vague, multifaceted problems that may benefit from swift action and bold decision making. Conversely, there will be moments in our lives where such haste could exacerbate our problems and leave them unsettled. It is during these times we should take stock of the resources available to us so we may proceed with prudence and forethought.

Our modern military has made it relatively easy to obtain the mental health services that can aid in such focused and calculated decision making. Mental health services are varied, yet most exist to allay the continuum of contemporary and traditional stressors we face daily.

Going to a therapist can be a valuable experience that allows for growth and stabilization. You do not need to have a complex problem to go to a therapist. There are times when just a few education classes or counseling sessions are appropriate and even favored. Mental health clinics, JSMART for example, offer myriad educational briefs on topics such as sleep hygiene, stress management and anger management.

There will be other times, when a concentrated, collaborative and expanded effort between therapist and patient - over weeks to months - may be necessary. During these times rash actions are ill advised. Time will need to be spent conceptualizing the problem so that one can understand the exact nature of the dilemma. Subsequently, a plan can be established that will utilize the time between the patient and the therapist in the most efficient way.

Often times therapists work with patients to change long standing patterns of behavior and ingrained beliefs that may, at times, be less than accurate and not serve us. These beliefs often lead to behaviors that become habit because at some point they worked. The behavior may have initially served a purpose, yet later became less effective and began to cause more harm than good. For example, avoiding a problem you are not ready to confront initially may be acceptable in the short term, however, when you continually avoid tackling problems you may allow them to get out of hand. If that avoidance is reinforced, the habit of continually putting off a challenge may lead to chronically negative consequences.

see MIND, page 19

GTMO Religious Services

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

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

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

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

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

PG-13
111 min.

THE DILEMMA

Spc. Kelly Gary

"The Dilemma" is a fitting title for this confused drama/comedy starring Vince Vaughn and Kevin James. The bro-fabulous duo at first promises to be a hilarious addition to a library of dude flicks in the tradition of "Old School" and "Hitch." Had different movie-makers been at the helm, this would have been true. But under the direction of Ron Howard and Brian Grazer – both known more for their Oscar hopefuls than their comedic chops – the film veers awkwardly from buddy comedy to dismal drama.

Vaughn and James are Ronny and Nick, business partners and best buds. Nick is the devoted, slightly chubster husband to Geneva (Winona Ryder, where have you been?) and Ronny is the obnoxious (Vince Vaughn obnoxious? No!) barely likeable motor mouth with an impossibly perfect girlfriend.

The guys land a business opportunity with Dodge to produce an electric "muscle car" (far from subtle advertisement.) Nearing the most demanding stage of the project, Ronny spies Geneva with another man. He is torn between telling his friend right away or waiting until the business deal comes to a close, hence his "dilemma."

Up until this point the film offers a decent enough premise. However, Geneva's betrayal and Ronny's inner battle of how to do right by his friend sink the fun. Bursts of displaced slapstick don't do anything except jerk the audience around, including a violent encounter with Geneva's tattooed, druggie lover (Channing Tatum). The movie is filled with sexual dysfunction, betrayal and



blackmail which should be somewhat enticing but instead manages to be surprisingly boring.

After at least a dozen movies playing essentially the same character, Vaughn perfected the slick, ego-maniac best friend with no edit button long ago. He got away with it because under all that alpha-male bravado, there was still a little boy just wanting to be loved. This time, though, his charm falls completely flat. Ronny is grating and crass, without a shred of humanity. One wonders why his girlfriend, Beth (Jennifer Connelly, you're better than this) is wasting her time with such a tool.

"Dilemma's" real problem is, because it's

masquerading as a dude flick, it doesn't know what to do with its women. After all, it is the women who stir up the trouble, cause the drama and basically drive the plot. Ryder and Connelly are tragically under utilized – these gals are masters of their craft and they are regulated to simple scenery chewing or, in Connelly's case, staying as perfectly still as possible and looking beautiful. Such a waste.

The truth is, Ronny and Nick probably don't care as much about their women as they do each other. Like true bros, they would rather drink, watch sports and make off-color jokes, growing old together in blissful Bro-hood. Coupled with such heavy material, this picture just does not compute.

	25 FRI.	26 SAT.	27 SUN.	28 MON.	29 TUES.	30 WED.	31 THURS.
Downtown Lyceum	Battle: Los Angeles (PG-13) 8 p.m.	Chelsea Handler (18 and over) 8 p.m.	The Rite (PG-13) 8 p.m.	The Roommate (PG-13) 8 p.m.	Just Go with It (PG-13) 8 p.m.	Unknown (PG-13) 8 p.m.	Tango (PG) 8 p.m.
	The Mechanic (R) 10 p.m.	Chelsea Handler (18 and over) 10 p.m.					
Camp Berkeley	No Strings Attached (R) 8 p.m.	Battle: Los Angeles (PG-13) 8 p.m.	The Roommate (PG-13) 10 p.m.	Sanctum (R) 8 p.m.	Country Strong (PG-13) 8 p.m.	Just Go with It (PG-13) 8 p.m.	Unknown (PG-13) 8 p.m.
	The Rite (PG-13) 10 p.m.	The Mechanic (R) 10 p.m.					

Call MWR at ext. 2010 for more information.

Movie Hotline - call 4880.

FACES cont.

going disposition that brings people to their block.

"He has something about him that people want to be around him," explained Hoag. "As a roommate I guess I couldn't have asked for anybody more laid back. Without him as my roommate, I probably wouldn't be having as much fun as I'm having here."

Hardesty seems surprised to hear his presence puts other people at ease, but, he explains, it's just all part of his no-nonsense approach.

"I like to think I put off a pretty good vibe," he commented. "I'm not particularly hostile or aggressive toward people, so they feel like they can talk to me."

That trust and confidence Hardesty gains with his friends and neighbors applies to his work as well.

"Honestly his work, when he wants it to be, is far above everyone else," Hoag said. "He is really intelligent and his sense of humor and calm demeanor really keeps a light mood [at the office]."

"He definitely thinks outside the box and looks at things in a different way than a lot of people," continued Hoag. "He adds a really valuable insight into what we do."

When considering the fuss made over his fashion choices, Hardesty just shrugs it off, displaying his patience and tolerance for those not in on the joke.

"You get the occasional jeers and taunts from people who just don't understand," he said with a sly smile. "Or who perhaps are jealous."

"There's never a time when we walk somewhere and someone doesn't see him and say something," acknowledges Hoag. "Usually it's all in fun, but every once in a while there's a guy that'll give him crap about [his clothes]."

Hardesty insists most of the attention is positive. In fact, in the rare occasion he does wear regular clothing in public, he said people tend to react just as negatively.

"People don't recognize me," he chuckled mischievously at the irony. "And then they ask me why I'm wearing normal clothes."

Hardesty's friends said despite the ado made about his wardrobe choices, he remains calm and unruffled.

"He's not a dramatic person," said Kretschmer. "He doesn't cause trouble, doesn't try to pick fights with people. He's one of those guys that you can tell you're never going to get mad at."

"Tyler has kind of a 60s and 70s feel to him," shared Hoag. "He has that classic rock, carefree attitude. I think he's just a man born in the wrong generation and is misunderstood by a lot of people in the military."

Those who do appreciate Hardesty's particular contribution to Guantanamo's scenery have reached out to him in traditional military fashion and given a sacred gift: a nickname.

"People started calling me 'Hugh,'" revealed Hardesty. "I think some of those cats over on I block started that ... and it caught on. Now I get random people yelling, 'Hey, it's Hugh!' as I'm walking places."

Hoag tells a story that happened early in his relationship with Hardesty, before they arrived on Guantanamo Bay.

"One of the things I remember ... he had already shipped his stuff to Cuba and we were [in Arizona] for a month," Hoag began. "All he had were sandals and he refused to buy basketball shoes – or any kind of shoes. So when we played basketball, he would play barefoot."

"That's the kind of guy he is," Hoag grins at the memory. "He's an original and I wouldn't want him to change anything."

MIND cont.

There are going to be times when one should be prepared to invest some time in taking care of him or her self. Therapy can serve to empower an individual; however, it requires a certain amount of commitment. Below are just a few particulars and guidelines to get the best out of therapy:

- Set goals
- Immediate and long term
- Goals and time frames must be realistic
- One must be willing to cooperate and even compromise at times

You must agree to actively work on issues outside of the therapy session. For example, if you were taking music lessons for one hour once a week and never practiced or studied outside of the session then you would not get better very quickly.

At times you may need to be prepared to have difficult conversations about tough subjects.

Therapists may help you recognize patterns of behavior

and thinking that you may otherwise be unable or unwilling to see. Also, recognize that therapists can help to identify strengths, not just point out weaknesses.

Therapy can help to develop skills to increase preservation and coping in situations where there is an actual or perceived lack of control

- Additionally, therapy can:
- Enhance communication skills
 - Enhance decision making skills
 - Improve insight
 - Decrease self-doubt
 - Improve self-esteem

The impetus for therapy is as distinctive and diverse as the individuals seeking help. Regardless why a person has sought out help they should be prepared to not always look for the quickest fix by "cutting the Gordian knot," but rather spend some time improving their understanding of themselves, other people and the world around them. For more information, call JSMART at x2321.

