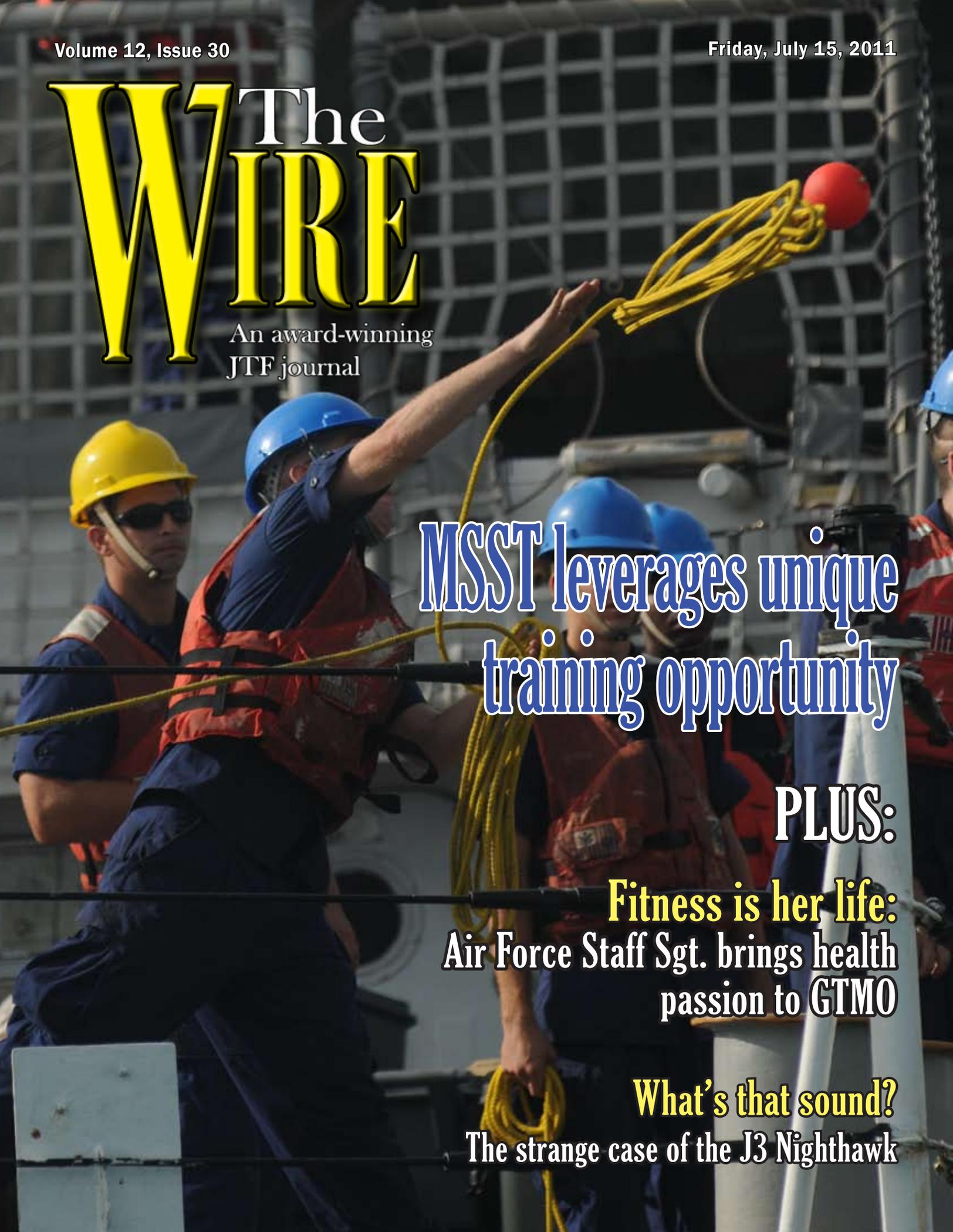


The WIRE

An award-winning
JTF journal



**MSST leverages unique
training opportunity**

PLUS:

Fitness is her life:
Air Force Staff Sgt. brings health
passion to GTMO

What's that sound?
The strange case of the J3 Nighthawk

COMMANDER'S CORNER

Communication is essential to the success of any organization, large or small. In order for communication to be effective, it must flow up and down the chain of command.

Last week I asked all of you to attend one of four all hands meetings. This gave me an opportunity to speak to some of the issues that have been raised since my last all hands as well as bring everyone up to speed on where the JTF is today and how we are organized for the future.

It also provided each of you an opportunity to ask me questions and provide critical feedback. As I stated, if I did not have the answer, one would be forthcoming. That is a promise I intend to keep. With that in mind, I'd like to introduce you to the "Commander's Corner" a section of *The Wire* where I'll be answering not only the questions posed during the meetings but also some of those raised through various means of communication we've recently implemented. I do, however, encourage you to use your chain of command first to give your leadership an opportunity to address your concerns.

When you walk into each of the JTF galleys, you will notice a brown box labeled "JTF Comments" The comment box in Seaside galley is located immediately to your right on the coffee table between the chairs. At Kittery, the box is near the door as you walk out the exit. Command Master Chief Tiong will remove the contents of those locked boxes on a weekly basis

and we will source the questions. Once we have an answer, we'll publish it here in *The Wire* or respond to you via the chain of command, as appropriate. This is a completely anonymous way for you to bring up issues you feel need to be addressed within the command.

I've also established an email address that goes directly to me. **commandersquestions@jftgmo.southcom.mil**. Much like the suggestion box, use this email to send me feedback directly. I'll make sure the information you're requesting is routed to the subject matter expert and is answered in a timely manner. I do ask that you be as specific as possible when submitting your question so that I may return a detailed response.

Your feedback is important and makes a difference. An example is the feedback you provided during the all hands call concerning the bus routes and how often they run. One Trooper mentioned it was great the gym hours had changed but without a bus running at that time, many of you were still unable to get to the gym. Effective Monday, the bus servicing the Tierra Kay will run an hour earlier. We are going to do this for a month to see if the numbers support adding the additional hours. Also, please provide your feedback regarding the new service.

Again, you provide the ground truth on the real issues and most importantly, you have insight and perspective that offers the best solutions that can improve



the command and quality of life for your fellow Troopers. In the weeks and months ahead, I hope you will utilize one of the several new communication methods we have implemented. We have an amazing team here at Joint Task Force Guantanamo and the only way to make it better is through continued effective communication among everyone.

JTF Guantanamo

Commander

Navy Rear Adm. Jeffrey Harbeson

Command Master Chief

Command Master Chief Reynaldo Tiong

Office of Public Affairs Director

Navy Cmdr. Tamsen Reese: 9928

Deputy Director

Air Force Maj. Amy A. Oliver: 9927

Operations Officer

CW2 Scott Chapman: 3649

Senior Enlisted Leader

Sgt. 1st Class Benjamin Cossel: 3499

The Wire

Executive Editor

Spc. Meredith Vincent: 3651

Layout Assistant

Mass Communication Specialist 2nd Class

Maddelin Angebrand

Photojournalists:

Mass Communication Specialist 1st Class Sally Hendricks

Mass Communication Specialist 2nd Class Joe Ebaló

Army Sgt. Mathieu Perry

Spc. Kelly Gary

Contact us

Editor's Desk: 3651

From the continental United States

Commercial: 011-53-99-3499

DSN: 660-3499

E-mail: thewire@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 1,200.

COVER: U.S. Coast Guard Cutter Mohawk Coastie throws a line to the pier to moor the ship, Saturday.
- photo by Mass Communication Specialist 2nd Class Maddelin Angebrand

Trooper to Trooper

featuring

Chief Petty Officer Marian Precht

Leading Chief Petty Officer,
Joint Medical Group



Lack of activity destroys the good condition of every human being, while movement and methodical physical exercise save it and preserve it. ~Plato

You may have noticed there have been a lot of articles on fitness lately. Maybe it's because physical readiness is so important. In today's military, being physically fit is crucial. Not only for the testing that is done, but also to be prepared for deployment, wherever that may be.

I am a firm believer that a healthy body leads to a healthy mind. As we all know, the day-to-day grind can make stress build up in all of us. Exercise is a great way to channel stress and give it an outlet. Whether it's walking, running, lifting weights, or doing Yoga, any type of exercise will help settle your mind and relieve the tension that stress builds up. Exercise can ward off feelings of depression

and anxiety. Meditation and deep breathing techniques may be helpful in relieving tension and stress as well. Find healthy ways to handle the everyday stressors and avoid alcohol. Alcohol only adds to the problem and increases any feelings of depression.

Exercise is a great way to shake off the morning cob webs and get your day started. Who doesn't want to roll over in the morning and go back to sleep? Get up and go for a run, a bike ride, go to the gym and lift weights or do sit-ups and pushups in your room. Some form of exercise will make

you wake up and you will feel good all day long. Once you get into a routine and you are exercising regularly, you feel lethargic when you aren't able to exercise.

Exercise can give you a tremendous sense of accomplishment. I remember the first time I ran a half marathon. You start out not quite sure what to expect, yes you have trained for this, but you never know what could happen, then mile after mile fall away, you have people cheering you on and the battle between your mind and body rages on. Then, at the last quarter mile when you can see the finish line, a sense of pride rushes in, you speed up to finish strong and when you cross that finish line, it's one of the most rewarding experiences ever. Whether you are running, biking, swimming, or whatever physical activity you are doing, set a goal for yourself and push forward.

Have a good Idea? See an issue that needs addressed?

Drop an anonymous note in the JTF Guantanamo Suggestion Box!

Located at the Seaside and Kittery Galleys



DON'T LET THIEVES STEAL YOUR INFO!

PSEC ALERT

Cyber crime is real.

Cyber criminals are out there. In 2010 there were over 300,000 cases reported to the Internet Crime Complaint Center. Internet scams and identity theft were two of the top three crimes reported. California and Florida are the two States with the highest reports of cyber crime. Beware of websites offering "Free Samples" if you pay shipping costs, or people from foreign countries offering a reward if you wire them money. There are also scams involving "mystery shoppers" or "make money from home". These scammers ask for your information or credit card numbers only to steal your identity or charge up your credit. Don't fall for it! Be safe and protect yourself from cyber crime, USE OPSEC.

News from the Bay

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

MWR hosts night time fishing trip for Troops

Try something new and experience the bay at night time on a Morale, Welfare and Recreation sponsored night fishing trip, Friday at 6 p.m.

“It is a great time to meet new Troopers and relax and make new friends,” said 1st Sgt. Kevin Stapleton, a Joint Task Force member who volunteers his time as a boat captain.

Stapleton added, there’s no need to buy anything, MWR provides all the boats, bait and fishing poles.

Non-alcoholic beverages and snacks are also complimentary. If you signed up already be sure to show up because five boats have been reserved.

Call x2345 for more information.

Group exercise expo coming soon to Denich

Get some free workout advice and break a sweat at the Group Exercise Expo, July 28 at Denich Gym.

The interactive event will include a variety of group exercises including kickboxing, functional training, and circuits.

If you are looking to relax your mind and body try a yoga session that will also be available.

The event starts at 6 p.m., so bring your waterbottle and motivation to workout with Morale, Welfare and Recreation’s team of professionals bringing you a fun-filled night of exercise.

For more information, call Alana Morrison at x2113.

Read to your kids with United Through Reading

Record a book and send it home to your children by way of the united through reading program hosted by the JTF Chaplain’s office.

The program is available to all deployed military commands and is easy and inexpensive to implement. It allows the deployed parent, aunt, uncle or sibling to make powerful connections with the child.

It also reassures the child that mom or dad is safe and thinking of home.

Sgt. Nazario Castro took advantage of the program and read a Peter Pan book to his children and said it was a good way to reach his family.

“They know that no matter how far I am that they are always in my heart,” said Castro. “This program helps with that.”

What was your reaction to Casey Anthony’s verdict?



“I don’t think she was guilty.”

Engineman 1st Class
Ricardo Usita



“I don’t know, but I think she should have at least been charged with child neglect.”

Hospital Corpsman
3rd Class Kenya Ratcliff



“It’s hard to tell because the judge said she’s not guilty, but only Casey Anthony knows for sure.”

Army Sgt.
Chi Law



“She’s guilty!”

Army Sgt. 1st Class
Maria Limbo

Boots on the Ground

TROOPER FOCUS

Staff Sergeant Joseph Hansen

Sp. Kelly Gary

As a kid, Staff Sgt. Joseph Hansen dreamed of one day joining the military and seeing the world beyond his home in the Hawaiian Islands. Directly after high school, Hansen swore the oath which would lay the path for his career and life in the Army. Six years down the road, he has two purple hearts from his deployment to Iraq in 2006 and is going up for noncommissioned officer of the year for the U.S. Army Forces Command. Hansen has shown he is dedicated to service and is constantly evolving into a better Soldier.

“Staff Sgt. Hansen is an exceptional noncommissioned officer who has his goals set on being a command sergeant major and possibly the command sergeant major of the Army,” said Command Sgt. Maj. Daniel Borrero, command sergeant major of the 525th Military Police Battalion.

Hansen, Joint Detention Group engineer noncommissioned officer in charge, has aspirations many would deem idealistic but with all he has accomplished so far they look as if they may come to fruition.

Initially, Hansen won the NCO of the month competition for the 525th. He then went on to win the NCO of the quarter and then of the year. From there, he competed for the Army South NCO of the quarter and consecutively the year, walking away with the latter title. He will now vie for the FORSCOM NCO of the year and if he is successful he will move to the final challenge, the NCO of the year for the Army.

The competitions are comprised of a variety of events to test a Soldier’s skills such as warrior tasks and drills, physical fitness, weapons knowledge and the capacity to divulge military knowledge on paper as well as discuss it with a formal board. In addition, there are mystery events which challenge a Soldier’s ability to perform a random task, which may be something as simple as laying out gear or a mission which is more stressful. Hansen described a mystery event he was faced with.

They were physically exhausted, doing

intense PT for half an hour, Hansen said. Then they had to run to the firing line and qualify with the M9 pistol. Some of the magazines would be empty or jammed – this was a test of ability to perform fatigued and under pressure.

“Being under stress works well for me,” said Hansen. “All of my training suddenly comes back to me and I am able to accomplish the task.”

Borrero believes Hansen has made it this far because he is a well rounded Soldier whose deployment background has only increased his aptitude. Hansen’s deployment did not only give him experience with his warrior skills, but also provided him with a new perspective.

“You gain a new appreciation for life,” said Hansen about being in combat, “especially when you get close to death.”

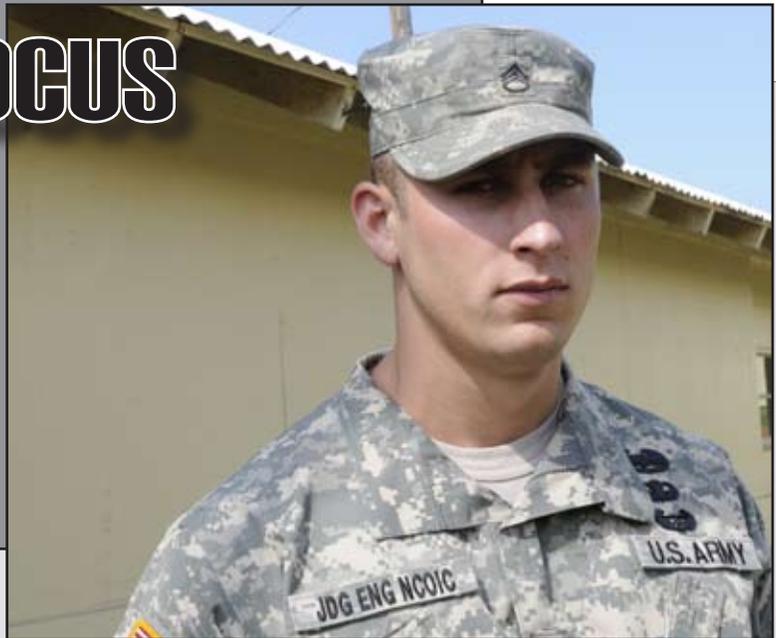
Even after encountering multiple anti-tank mines and improvised explosive devices on top of being shot in the leg, Hansen pushed through the deployment and used all of his experiences to become a stronger person and a superior Soldier. In Hansen’s eyes, loyalty is the foundation that allows all of the Army values to be employed.

If you are loyal to each other then you will perform selfless service,” Hansen said. “If you are loyal to the Army and its values, honor, duty and respect will fall into place.”

Hansen tries to live these values and set the bar high for himself as well as others, but believes it is important to first know and excel at even the most basic Soldier elements.

“It starts with the simple things, basic Soldier things – good appearance, professionalism, and leading from the front,” said Hansen. “I try to always set the example in everything I do.”

Whether it is on or off duty, Hansen is leading from the front. He is not afraid to get



Bullet Bio

Time in service: 6 years

Hobbies: gym, writing and sports

Pet peeves: People who don’t care

Next goal: Eventually pin on sergeant major and keep improving leadership skills

Advice to junior Troopers: “You will have good and bad leadership, take something away regardless.”

his hands dirty and believes it is important in the military as well the community. He’s spent many hours volunteering for various beach clean-ups, holiday runs and recently helped with the Tierra Kay volleyball court renovation. When he isn’t working or studying for the next board, Hansen can be found enhancing his physical fitness at the gym or trying for a perfect game at the bowling alley.

Hansen is already influencing Soldiers within his section and command as well as Army South. If he makes it to NCO of the year for the Army he will be setting the

see FOCUS, page 19

Busy weekend for MSST Boston

Story by Mass Communication Specialist 2nd Class Maddelin Angebrand

Maritime Safety and Security Team Boston, assigned to Joint Task Force Guantanamo, greeted Coast Guard Cutters Mohawk and Gallatin as they entered Guantanamo Bay, each for a scheduled port call, Saturday.

MSSTs are anti-terrorism teams established to protect local maritime assets. They are units with both shore and waterside capabilities used to detect and, if necessary, stop threats.

MSST Boston is currently serving a six-month tour supporting JTF Guantanamo security operations. The unit's Operations Officer, Lt.j.g. Thomas Wieland, said his team volunteered to come out on a Saturday to conduct extra training and greet their fellow Coasties entering the bay.

"Because we're always operating, its can be difficult to get training involved in the schedule," said Wieland, "so coming out here on a Saturday to get some training done and watch how the ATFP [anti-terrorism force protection] boat does their job is very beneficial."

The ATFP watch provides an important aspect of security to the JTF and Naval Station while ensuring a constant eye is kept on watch.

"Throughout the week we have cutters coming in," said Wieland. "As part of our mission, we stand a 24-hour anti-terrorism force protection watch out here."

Chief Boatswain's Mate Scott Braithwaite, waterside crew chief for MSST Boston, said he's been stationed on cutters, but never conducted small boat operations.

"I needed to get some good training on this platform," said Braithwaite. "It's getting the basics down. We have a qualifications process we have to go through, so one of our top coxswains is helping us."

Boatswain's Mate 1st Class Tom Pease, a tactical boat coxswain with 12 years in the Coast Guard, drove the training platform for the day and explained what the watch boat was doing as the cutters came in.

"Basically we scan the area," said Pease, "and make sure there are no other vessels around to ensure their transit is clear and safe coming in."

After the cutters came in, the morning continued with basic man overboard and towing drills.

"It's important to make sure everyone stays current on their qualifications," said Pease, who looks for maturity, good decision making and safety while training his crewmembers.

"So, we're running them through some drills today and continuing their qualifications."

Aside from their regular 24-hour watch, MSST Boston also assists with distinguished visitor transportation and supports all applicable missions both on shore and on the bay.

"This gets them a good amount of training in a short period of time," said Wieland.

"We are out today conducting training on security zone enforcement, a common skill we are required to use when we are working CONUS back in Boston, or deployed throughout the country."



Air Force Capt. Linsey Cousins competes in the butterfly stroke event during the Morale, Welfare and Recreation Adult 100-yard swim meet at Marine Hill pool, July 9. (Below) Alana Morrison, Morale, Welfare and Recreation times competitors during the MWR Adult 100-yard swim meet at Marine Hill pool.

GTMO swimmers compete in MWR tourney

Story and photos by Sgt. Mathieu Perry

More than 20 servicemembers from both Joint Task Force and Naval Station Guantanamo participated in the Morale, Welfare and Recreation Adult 100-yard Swim Meet at Marine Hill pool, July 9.

The competition was divided into several events, ranging from the 50-yard butterfly stroke to the 100-yard freestyle.

The event marked the first time this year Troopers competed in a swimming event, featuring competitors from a range of commands. Navy Cmdr. Michael Kohler, Joint Medical Group division officer, participated in each of the men's swimming events.

"MWR puts on a great competition here," said Kohler. "I like all the MWR events. For me it's good because I'm here on a deployment so I try to compete in almost every athletic event they have."

Morale, Welfare and Recreation Athletic Director, Anthony Baltimore said he organized the event to get people out and bring them closer as a community.

"I just wanted to bring people together," said Baltimore. "The competition was excellent and we had a great turn-out."

Among the competitors was Air Force Capt. Tommy Chung, J6 commissions

support group liaison, who placed 1st in the 100-yard freestyle 20-30 age group.

"I liked winning and getting a free shirt," said Chung. "I also like the competitive aspects."

Chung enjoyed seeing people come together with one goal in mind - to have fun.

"I think they should put on more events like this," Chung suggested.

Air Force Capt. Linsey Cousins, J6 future operations officer, echoed Chung's athletic spirit.

"I like the challenge to always do better," shared Cousins, who won all three events in her age group.

Kohler joined Chung and Cousins in their success streak.

"I won everything in my age group," said Kohler. "I enjoyed it, but it's a little different because the competition wasn't all that strong in my age group."

Kohler's advantage was not just his 40+ age group.

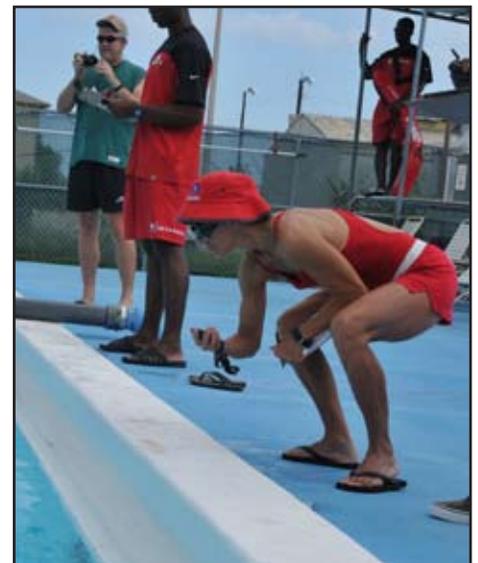
"I haven't ever stopped training for events like this," said Kohler. "I train six days a week and I started at least 25-years-ago."

Kohler enjoys staying fit, being athletic and competing. He believes this way of life correlates with a person's work ethic.

"Competition helps with the everyday work environment," he explained, "in the way you work with people and deal with perceived problems."

Kohler noted the event was a success and hopes MWR will continue doing similar activities.

"I like all MWR events and think they are doing a great job," Kohler commended. "It's good for the base and different events bring out different people."



Walking the road less traveled



Air Force Staff Sgt. Casey Glass and Logistics Specialist 1st Class Jerome Breaux perform “high-five” push-ups, Wednesday at Cooper Field.

Story and photos by 1st Class Benjamin Cossel

Four years ago, Casey Glass heard a calling. The patter of her husband’s footsteps reverberated with the Air Force staff sergeant who followed suite on the road less traveled of health and fitness.

“My husband became a personal trainer in 2006 and in 2007 I did as well,” Glass said, adding, “I feel this is God’s plan for me – to be of service to others.”

Earning her certification as a HardStyle Kettlebell Instructor through RKC, Glass went on to work with her husband, bringing the mantra of fitness and health to their local area.

“Personal training is always evolving and I evolve with it,” she said. “At this point

I am working on my Movement Coach certification.”

After serving seven years in the active duty Air Force, Glass then transitioned to the Air Force Reserve. Through the Reserves, Glass finds herself deployed to Guantanamo Bay, Cuba where she works for Joint Task Force Guantanamo’s staff judge advocate office as a paralegal.

Being deployed has not slowed her down. During her off time she works with Troopers of the JTF helping them toward better fitness.

“She’s fantastic,” Logistics Specialist 1st Class Jerome Breaux explained one early morning as beads of sweat dripped from his forehead.

Breaux, along with a handful of Troopers,

work with Glass on a voluntary basis three times a week. Their workout begins at 5 a.m. and typically lasts for an hour and a half.

Proving her dedication to helping others, night time finds Glass working with Troopers assigned to the remedial fitness program.

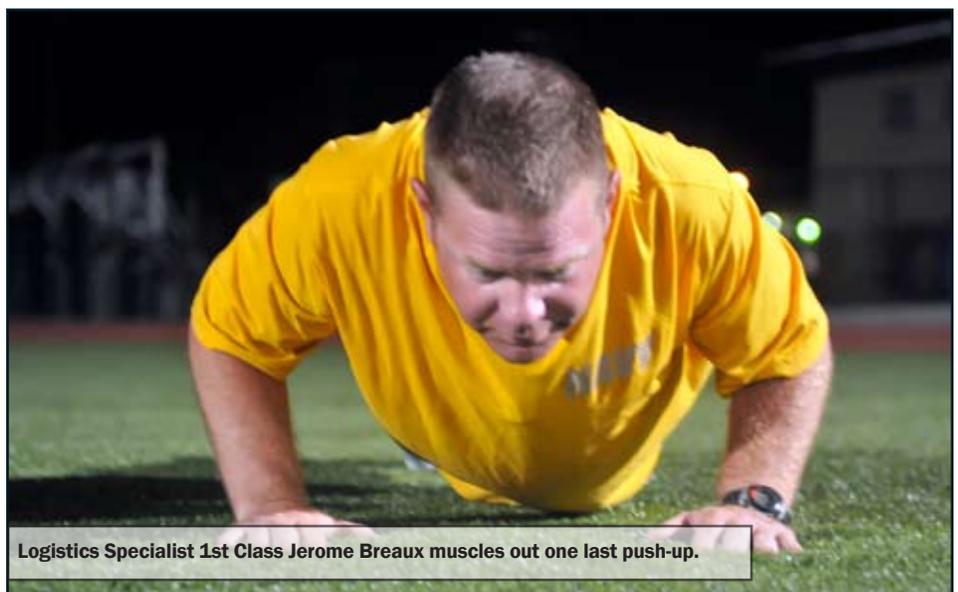
“This is really changing up my normal routine,” Breaux said, explaining before he began working with Glass, he typically followed a regiment of push-ups, sit-ups and running.

While he’s added muscle and strength to his frame, Breaux said it’s his near 30-pound weight loss he is most proud of.

“I believe each individual can be better,” Glass said, explaining her philosophy. “I’m just there to help them along the road.”



Religious Program Specialist 3rd Class Jeffrey Lauber carries chaplain assistant, Pfc. Kevin Daniels for 30-yards, Wednesday as part of their work-out routine.



Logistics Specialist 1st Class Jerome Breaux muscles out one last push-up.

Through her years, Glass said she's encountered several misconceptions about fitness and spends time with her clients and Troopers dispelling them.

"Just because one person can do something, doesn't mean you can," Glass said. "Each person is different and fitness programs need to be tailored to the individual."

Glass also stressed the hazards of overexertion when beginning a fitness program noting her programs use the least amount of work needed to achieve maximum goals.

"So many people start out a program all gung-ho and really hit things hard," she said. "This can lead to injury and where are you

then?"

For chaplains assistant, Pfc. Kevin Daniels, those goals include getting his two-mile run time down.

"Since I began working with Staff Sergeant Glass, I've taken about four minutes off my run time," Daniels said.

"She really keeps you moving," he added, explaining the unorthodox looking workout session. "Everything is about pushing you to your limits without breaking you."

Finishing up a repetition of push-ups, Glass corrects Daniels' form explaining how he can maximize his strength through proper technique.

"If you don't have a good foundation, the whole house will fall down," she said to

him.

In addition to physical fitness, Glass emphasized the importance of proper nutrition and maintaining stress levels. She encourages those who work with her to keep a food journal and monitor what they eat.

"It's not just about diet," she said, "proper fitness is a lifestyle."

Glass said such tools as the journal enable a person to define a starting point for their routine and helps them keep an eye on their progress.

"Keeping a journal has really been an eye

see Glass, page 19

Can you find the camouflaged bird and her chick among these rocks?

NESTING

Story by Mass Communication Specialist 2nd Class Maddelin Angebrand

Anyone who's been stationed on Guantanamo Bay would likely mention the iguanas, banana rats and stray cats, but not so often do we hear of the Antillean Nighthawk, a bird nicknamed Goatsucker.

These camouflaged, ariel insectivores are commonly found in Cuba, the Dominican Republic and Haiti. Their natural habitat is tropical, lowland forest areas. Their nickname comes from a mistaken belief that they suck milk from goats.

Nighthawks are nocturnal and tend to catch their meals, such as moths and large insects, in their wings when taking flight during the night.

Although these birds sleep during the day, one has been

spotted nesting near Joint Task Force Guantanamo's J-3 building. It seems to have taken a liking to the area and Troopers who work there.

J-3 members noticed the bird nestled in the gravel near their walkway and thought it was weird to see a bird standing its ground.

"I thought it was injured at first," said Mass Communication Specialist 2nd Class Carlos Cepeda. "It would make this barking noise at me anytime I walked by."

This noise is the Nighthawks' warning signal to ward off predators, because they tend to nest low to the ground, often in gravel beds like the one in front of the J-3 building.



An Antillean Nighthawk protects it's recently laid egg from onlookers outside the J-3 building, July 3.
- photo by Mass Communication Specialist 1st Class Bryan Dunn



NIGHT

“She’s really hard to see,” said Cepeda. “She blends right in and I worry I might step on her.”

Cepeda and his coworkers were intrigued by the bird’s steadfast devotion to the area, and wondered if maybe the friendly bird was looking for a place to lay an egg. They decided to protect her from other Troopers walking by.

“Our chief put these rocks around her,” shared Cepeda, “which are larger than the ones she nested in, so others don’t accidentally step on her.”

That’s right, just as they suspected the little strong-willed bird laid an egg right in their front yard and seems to not be bothered by their company.

Mass Communication Specialist 1st Class Bryan Dunn, Cepeda’s coworker, said he has always been fascinated with wildlife and couldn’t help but take a liking to their visitor.

“She’s a neat bird,” said Dunn. “I was surprised to see she has been there day after day and even with us coming by to check her out, she stays.”

Dunn, who said he loves to photograph nature, took some photos of the nighthawk and in one image it’s difficult to see the bird among all the rocks – and the egg - good luck trying to find it.

This camouflaging technique is an important Nighthawk trait; when the bird sleeps during the day, their brownish grey and white mixture of feathers aides in keeping them virtually invisible to predators and humans.

“They really blend right in,” admitted Dunn. “There’s one up on Ridgeline Trail who has a baby chick with her. I happened to find her by chance.”

Dunn and a few friends climbed the trail to watch the Independence Day fireworks and unknowingly set their chairs right next to a nesting Nighthawk and her newborn.

Nighthawks are said to incubate for around 20 days, so the J-3 office should be expecting another furry friend in about two weeks.

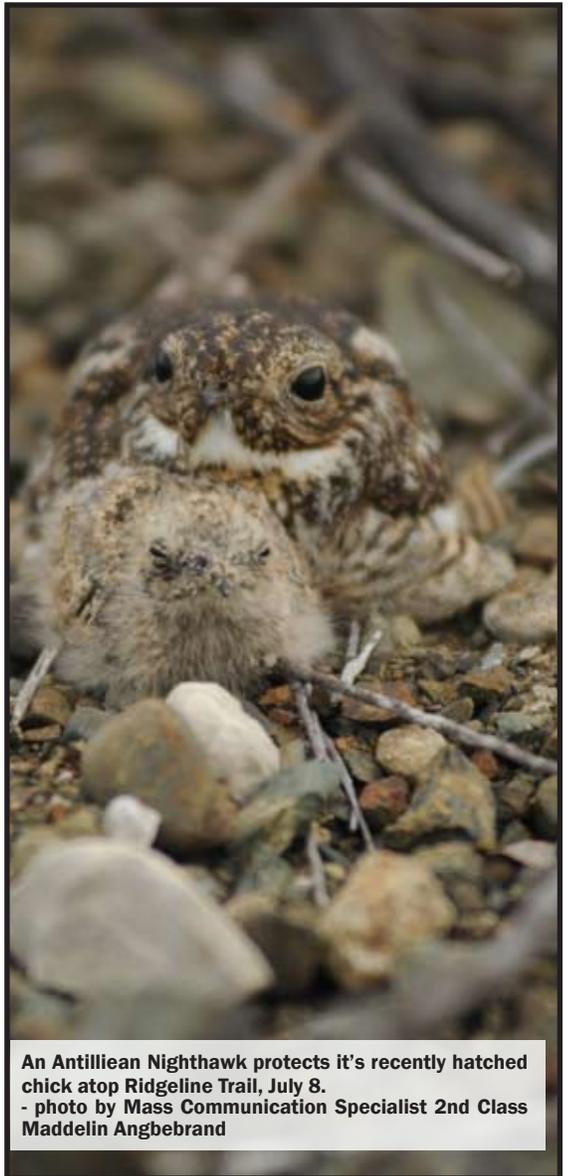
They haven’t decided on a name for either friend, but say they are excited to greet the little one.

“We hope she stays safe there, and no one steps on her, said Dunn. “I want to see this egg hatch!”

A

W

K



An Antillean Nighthawk protects it’s recently hatched chick atop Ridgeline Trail, July 8. - photo by Mass Communication Specialist 2nd Class Maddelin Angebrand

The Wire takes to the airwaves of GTMO

Story and photos by Spc. Kelly Gary

On July 1, broadcasters with Joint Task Force Guantanamo's Public Affairs Office launched an exciting, new initiative - taking to the airwaves of Naval Station Guantanamo Bay. Five times a day, on the command information channel, "The Wire Update" will inform and entertain area residents with a mix of news and highlights of the previous week's events.

The project began as a mere idea, but came to fruition over the past few months through the dedicated efforts of Naval Station Public Affairs personnel, Radio GTMO staff and Troopers of the JTF PAO.

"It's really good we have such a solid working relationship with the different public affairs sections," explained JTF PAO Operations Officer, Army Chief Warrant Officer 2 Scott Chapman. "They're another resource for ideas, bring in new users and it helps form a unity between the JTF and Naval Station."

"This endeavor is as joint as you can get," added JTF PAO Broadcaster, Pfc. Justin Pierce.

The regularly updated, 90 second to three minute, segments will closely follow stories printed in the JTF's flagship publication, "The Wire."

"The Wire Update" is a video version of "The Wire" magazine," explained Pfc. Amanda Russell, JTF PAO broadcast team member.

"It's another outlet, a new medium for us and provides an alternative for those who prefer a live version of their news vice reading it in a print publication," Chapman added.

Before the show could go live, workers behind the cameras spent countless hours combining the modern broadcast automation system with Radio GTMO's legacy system.

"IC1 Corliss (Interior Communication



Pfc. Justin Pierce films Pfc. Amanda Russell introducing a story for "The Wire Update." The program went live at the beginning of the month and features a mix of news and features stories highlighting base activities.

- photo by Spc. Kelly Gary

Specialist 1st Class Norman Corliss, Radio GTMO officer in charge) did a phenomenal job integrating the unit into their system," Chapman said.

Prior to flipping the switch on the PlayBox system, new stories completed by the broadcast team were broadcast on YouTube, Facebook and other web-based outlets.

"This gives us a way to broadcast our video pieces to the residents of Guantanamo Bay who do not have access to the internet," Russell said.

The clips can still be viewed on the web but now, those without an internet connection or the time, can simply tune in to the roller channel at one of the set times to get an idea of what is going on around base.

"There is a new element of visibility and local feel," Pierce said.

The updates can be viewed twice in the morning at 6 a.m. and 7 a.m., once during lunch

at 11:50 a.m. and twice again at dinner - 5 p.m. and 6 p.m. The updates will highlight the JTF Troopers, but have ties to Naval Station side as well.

"We are looking to build up our reservoir of stories," Russell said, explaining the more stories in the mix, the fewer viewers would see repeats while new episodes could broadcast more frequently.

Before they can tailor the program to best serve the community, Pierce said they need viewer comments on the good, the bad and the ugly.

"We need awareness and thus feedback before we can change any programming," Pierce said.

Russell added viewers can send comments and suggestions about the programming to thewire@jtfgtmo.southcom.mil. In addition to the feedback, viewers can use the email address to ask questions about base policy and procedures and the team will find the right person to provide an answer.

In the meanwhile, Pierce is glad to provide a means for Troopers to see their work and know others are watching as well.

"I think Troopers will have a sense of pride knowing people are seeing what they do," he said. "And it's just another opportunity for them to share their day-to-day activities with the base."

Starting with "The Wire Update," the team and the growth of the station is only limited by imagination. As visibility increases and more organizations around the base leverage the technology, the future of the channel looks bright.

"I could even see this thing getting popular enough the radio station might bring back their live broadcasts," Pierce said, noting live programming was a regular part of the station's mission in years past.

But for now, residents of the base will get an on-the-ground view of what is happening around the JTF as well as see themselves participating in the myriad of Naval Station activities.

Information Assurance Tip of the Week

Ensure that all Computers,
Media, Phones and STE's have the
proper classification labels



Policemen inspect the site of a bomb explosion at Zaveri bazaar in Mumbai, India, July 13.- photo by AP

Indian officials: ‘Terrorists’ coordinated deadly blasts

Voice of America News Service

India’s home minister says authorities believe the back-to-back blasts that killed at least 13 people in Mumbai were a “coordinated attack by terrorists.”

P. Chidambaram appealed for calm after three separate explosions struck India’s financial capital Wednesday evening. The home minister said more than 54 people were wounded, and authorities expect the number of casualties to rise.

Police say two of the blasts occurred in the south of the city, near the popular Opera House and famed jewelry market Zaveri Bazaar. The other blast hit the crowded Dadar neighborhood in the center of the city.

Mumbai’s police commissioner, Arup

Patnaik, told reporters that bomb disposal squads have been deployed. He said a preliminary investigation found that an improvised explosive device was placed in an umbrella at one of the scenes. He refused to comment on whether authorities had intelligence suggesting a terrorist attack was imminent.

So far, no one has claimed responsibility for the blasts.

Local television showed chaotic scenes with debris scattered at one explosion site and medical teams treating the injured elsewhere.

Mumbai is no stranger to attacks. In 2008, Pakistan-based militants laid siege to the city, killing 166 people. Domestic militant groups also are active in the country and have carried out attacks in large cities.

Astronauts complete final spacewalk of U.S. shuttle era

Voice of America News Service

U.S. astronauts Ron Garan and Mike Fossum have completed the final spacewalk of NASA’s 30-year shuttle program.

Garan and Fossum spent about 6.5 hours outside the International Space Station (ISS) Tuesday. The two astronauts performed a variety of tasks, including retrieving a broken ammonia pump from outside the space station and installing a robot used for refueling and repairing satellites.

This has been the only spacewalk scheduled while the space shuttle Atlantis is docked at the orbiting outpost. The four astronauts aboard Atlantis assisted with the spacewalk.

The Atlantis crew arrived at the ISS on Sunday to deliver more than four tons of spare parts, equipment, food, and other supplies that will sustain space station

operations through 2012.

Upon its return to Earth next week, Atlantis will be retired and the three-decade U.S. space shuttle program will end.

In other developments, NASA says a piece of Soviet space debris it has been tracking poses no risk to the space station or shuttle. There had been concern the debris could collide Tuesday with one of the spacecraft. The debris was expected to make its closest approach during Tuesday’s spacewalk.

NASA is stopping the shuttle program to concentrate resources on deep-space exploration. The agency is working with several commercial U.S. aerospace companies to develop vehicles to replace the shuttles. Until then, Russia’s Soyuz spacecraft will ferry U.S. astronauts to and from the space station, while Russian, European and Japanese cargo spacecraft will continue their resupply and waste disposal missions to the station.

U.S. building new jails across Afghanistan despite drawdown

Voice of America News

The U.S. is supposed to hand over control of its massive new detention center outside Bagram Air Field to the Afghans this year, but new contracts reveal plans to build more jails in the war zone, Danger Room reports.

Afghanistan will take over the Parwan detention facility later this year, although negotiations have been difficult because of worries regarding the country’s corruption-prone judicial system. Hoping to create a new justice model, the U.S. military set up a judicial complex near the prison, but complaints from troops and Afghans persist throughout the country.

Despite the transfer at Parwan, high-risk detainees from Parwan will likely remain in U.S. custody and be transferred to new U.S.-run facilities, according to Danger Room.

The Army recently awarded a no-bid contract to an Afghan contractor to build a new U.S. government-controlled detention facility and plans to build another larger facility equipped with maximum-security holding cells, the military and technology blog noted.

U.S. Businesses: Outlook dire without debt deal

Voice of America News

Some of America’s leading business organizations are pleading with the president and lawmakers to raise the country’s debt limit.

A coalition of business groups sent a letter to President Barack Obama and lawmakers Tuesday, warning that any default would have a disastrous impact on the economy, and calling it “a risk our country must not take.”

The letter said the two sides need to reach a long-term agreement on cutting the country’s budget deficits in order to promote investment and job creation.

The call from groups including the U.S. Chamber of Commerce, the Business Roundtable and the National Association of Manufacturers comes with just weeks to go until an August 2 deadline to raise the debt ceiling.

Talks between the president and lawmakers have stalled over disagreements about taxes and spending, but the business groups said such partisan differences must be set aside.

Chamber of Commerce President Thomas Donohue said any failure to reach a deal would have “dire consequences” for everyone, from big businesses to consumers. The National Association of Manufacturers said a default would be “catastrophic.”



ON THE DECK

Restructuring of enlisted exams begins Sept. 2012

By Tom Updike

PENSACOLA, Fla. – The Navy announced the restructuring of advancement exams to give greater focus on technical rating knowledge, July 8, in NAVADMIN 197/11.

The restructured examinations decrease the number of questions from 200 to 175 and increases the emphasis on rating-specific technical questions. The first advancement examination cycle implementing the new change is Cycle 216 in September 2012. Advancement candidates who will take the September enlisted examinations include active duty, full time support, active guard and reserve, and canvass recruiters.

“The primary reason for the exam structure change is

to improve exam validity. We define exam validity as the adequacy with which the test questions successfully represent the content to be measured,” said Captain Katharine Reed, commanding officer of the Naval Education and Training Professional Development and Technology Center.

More job-specific technical questions improve exam validity and the Navy’s ability to rank-order Sailors by rating.

“If you know the technical aspects of your rating better than your shipmates, you’ll like the change in exam structure,” said Reed.

The restructured exams will consist of 25 Professional Military Knowledge and 150 job-specific technical ques-

tions for each pay grade. The biggest change will be seen by E-6 advancement candidates taking the Chief Petty Officer exam. Currently, the 200-question CPO exam contains 100 job-specific and 100 PMK questions. E-4 exams will have the same number of job-specific questions, and 25 rather than 50 PMK questions.

The exam changes will have no impact on the current Final Multiple Score. The FMS is a “Whole Person Concept” approach which considers exam score along with other factors to ensure the right Sailors are advanced. Other factors considered for E4/5/6 are performance mark average (how well one performs in their job and as a Sailor), service in pay grade (experience in the job), awards (accomplishments in

the job and as a Sailor), education points (self improvement through education (accredited college degrees), and pass/not advanced points (credit for doing well on previous exam cycles, but not enough quotas available). For those who are CPO board eligible, the FMS is computed using performance mark average and rating exam score only.

Enlisted exams are produced at NETPDTC’s Navy Advancement Center in Pensacola, Fla. Fleet Subject Matter Experts for each enlisted rating gather at exam development conferences to review the job scope and associated tasks at each pay grade.



INSIDE THE JAR

Marine Corps UAVs get new home in Afghanistan

By Cpl. Samantha H. Arrington
2nd Marine Aircraft Wing

Marine Corps unmanned aerial vehicles have a new home at Camp Leatherneck, Afghanistan.

Marine Unmanned Aerial Vehicle Squadron 3 formed a new detachment located here to help 2nd Marine Aircraft Wing (Forward) provide intelligence, surveillance and reconnaissance support in southwestern Afghanistan.

The new detachment became fully operational when it launched its first unmanned aerial vehicle from Camp Leatherneck, an RQ-7B Shadow in support of 2nd Battalion, 8th Marine Regiment, June 30.

The unmanned aerial vehicle squadron began planning for a detachment at Camp Leatherneck prior to its de-

ployment from Twentynine Palms, Calif., explained Maj. Matt L. Walker, the officer in charge of VMU-3 Marines at Camp Leatherneck.

Deployed Marine unmanned aerial vehicle squadrons have traditionally maintained multiple operating points for UAVs, including Camp Dwyer, Combat Outpost Payne, and Forward Operating Bases Edinburgh and Delaram II.

“The squadron took a look at where our UAVs were going to be positioned, and the area we were capable of flying missions over before we deployed to Afghanistan, and saw that we had some uncovered areas,” said Walker. “We thought about how we could better position ourselves to support ground troops. When the advance party of VMU-3

Marines deployed to Afghanistan the idea of having a second detachment located at Leatherneck was presented to 2nd MAW (Fwd.)”

The proposal to 2nd MAW (Fwd.) was approved, and within a month the squadron was set up and fully operational on Camp Leatherneck, Walker said.

“A portion of the decision to set up a detachment at Camp Leatherneck was preparation for the summer fighting season,” he said. “We can better support dismounted patrols and we can help protect the troops on the ground.

“We will do everything we can to give those Marines on the ground the coverage and eye in the sky they need,” Walker added.

Marine Corps UAV squadrons use small, lightweight

vehicles that are able to stay in the air for several hours to supply Marines and their coalition partners with aerial information throughout combat missions.

“We are in the best position to support Marines on the deck across Regional Command Southwest, which is what this is all about,” said Walker. “This move just gives us greater flexibility with the area we can fly over.”

“I think this move was a great idea,” said Cpl. Ryan P. Pavin, an unmanned aerial vehicle operator with VMU-3, and a native of Chicago. “I knew at first it would be a lot of work to get set up but I think we can do a lot to help the Marines on the ground and get the information they need.”



Petry awarded Medal of Honor from President Obama

By Megan Neunan

WASHINGTON – Sgt. 1st Class Leroy A. Petry received the Medal of Honor from President Barack Obama during a historic ceremony in the East Room of the White House, yesterday.

Petry is only the second active-duty servicemember since Vietnam to live to accept the nation’s highest military honor. The first Soldier, Staff Sgt. Salvatore Giunta, was seated in the audience that included Vice President Joe Biden, Army senior leaders, several rows of decorated Army Rangers, and more than 100 of Petry’s family and friends, including his wife, mother, father, grandparents, brothers and four children.

“This could not be happening to a nicer guy or a more inspiring family,” the president said. “Leroy, the Medal of Honor reflects the deepest gratitude of our entire nation.”

Obama took the audience back to May 26, 2008, to Pakyta, Afghanistan. It was the day Petry’s act of conspicuous gallantry saved the lives of Sgt. Daniel Higgins and Pfc. Lucas Robinson.

The president explained how Petry and members of his Co. D, 2nd Bn., 75th Ranger Regiment, took on a rare daylight raid on an insurgent compound to pursue a top al-Qaida commander sequestered inside, and how the mission left Petry and two of his comrades within feet of a live enemy grenade.

Petry was already shot through both legs, but with no regard for his life, still took action to save comrades Higgins and Robinson from certain death.

“Every human impulse would tell someone to turn away. Every Soldier is trained to seek cover. That’s what Sergeant Leroy Petry could have done,” Obama said. “Instead, this wounded Ranger, this 28-year-old man who had his whole life ahead of him, this husband and father of four did something extraordinary -- he lunged forward toward the live grenade. He picked it up. He cocked his arm to throw it back. What compels such courage that leads a person to risk everything so that others might live?”

Petry shook hands with the president today using a robotic hand, which replaced the one he lost when the grenade detonated as Petry released it.

The day of the incident even the loss of his hand failed to fluster him, though. Obama marveled that the war hero applied a tourniquet himself and then radioed for help.

“The service of Leroy Petry speaks to the very essence of America -- that spirit that says, no matter how hard the journey, no matter how steep the climb, we don’t quit,” Obama said.

Petry’s calm handling of a highly dangerous mission allowed other Rangers to kill enemy fighters. Spc. Christopher Gathercole gave his life



Army Sgt. 1st Class Leroy A. Petry received the Medal of Honor from President Barack Obama during a historic ceremony in the east room of the White House, yesterday.

in the battle. Gathercole’s brother, sister and grandmother stood as the audience gave them a thunderous round of applause in his honor.

Obama shared that in an earlier meeting in the Oval Office, Petry displayed a plaque he has mounted on his mechanical hand that bears the names of Gathercole and other Soldiers the regiment has lost.

Higgins and Robinson were able to celebrate with Petry at the White House.

“This is the stuff of which heroes are made,” Obama said. “This is the strength, the devotion that makes our troops the pride of every American. And this is the reason that -- like a Soldier named Leroy Petry -- America doesn’t simply endure, we emerge from our trials stronger, more confident, with our eyes fixed on the future.”

Petry continues his work to help wounded warriors. After re-enlisting, he even returned to Afghanistan for an eighth combat tour last year.

“Today we honor a singular act of gallantry,” Obama said in closing, “yet as we near the 10th anniversary of the attacks that thrust our nation into war, this is also an occasion to pay tribute to a Soldier and a generation that has borne the burden of our security during a hard decade of sacrifice.”



Panetta vows to protect U.S. Troops in Camp Victory Iraq

By Jim Garamone
American Forces Press Service

CAMP VICTORY, Iraq – The U.S. military will do what it needs to do to protect service members from weapons Iran is providing to Iraqi extremists, Defense Secretary Leon E. Panetta said, Monday.

“We’re very concerned that in June, we lost a hell of a lot of Americans because of those attacks,” Panetta said. “We cannot just simply stand back and allow this to continue to happen.”

Fifteen Americans died in Iraq in June, most killed by Iraqi extremists who received weapons and training from Iran, the secretary said. The weapons killing these troops are improvised rocket-assisted mortars and explosively formed penetrators, which are shaped charges designed specifically to pierce armor. Both types of weapons have been traced directly to Iran’s Quds Force.

“My first responsibility as secretary of defense -- the first responsibility of your commanders -- is to make damn sure we do

everything we can to protect you,” Panetta said.

The first effort is to push the Iraqi government and military to take on the responsibility of going after these Shia groups and going after the weapons caches, the secretary said.

“They are starting to do that,” he added. “We are involved in a number of joint operations with the Iraqis.”

American forces also can take unilateral action against the groups launching the attacks, Panetta said.

Finally, he added, the U.S. must bring pressure on Iran to stop this behavior.

“They need to know that our first responsibility is to protect those defending our country, and that is something we are going to do,” he said. “This is not something we are going to walk away from. We’re going to take this straight on.”



TRANSFORMERS

Dark of the Moon

Spc. Meredith Vincent

Last week was rough. While I stand by my negative rat rating for the dismal “Green Lantern,” nothing could have prepared me for this week’s atrocity. Of course, that’s not true at all. Having sat through both previous Transformers movies, there should’ve been no doubt in anyone’s mind what they were getting themselves into. Metal crashing upon metal, a svelte, bronzed hottie with porn star lips and Shia LaBeouf running around in the middle of it, attempting to anchor all the chaos.

Director Michael Bay has turned the art of filmmaking into a veritable testosterone showdown: more action, more babes - less dialogue and character development. Why else would you go to the movies anyway?

The good? LaBeouf does his very best as the centerpiece to a movie that really only cares about robots. His fast-talking Sam Witwicky is still amusing enough to garner a few chuckles. The special effects, while wildly overused, do dazzle at times. The destruction of Chicago is thrilling, as is a neat scene with Buzz Aldrin landing on the moon way back in 1969. Taking the place of Megan Fox, (rumor is she compared Bay to Hitler. Not a good idea when the director of “Schindler’s List” is also your producer. She’s a talented girl, I’m sure she’ll bounce back) is British Victoria’s Secret model Rosie Huntington-Whiteley. Thankfully, Bay is so distracted by her “talents,” he forgets to give her hardly any lines



whatsoever. And finally, the razzle-dazzle of the Transformers franchise attracted some higher-profile actors, probably looking for the movie making equivalent of a one-night stand. John Malkovich shows up to chew the scenery as Sam’s boss, while Oscar-winner Frances McDormand frighteningly engages the robots in conversation. They really were shooting for the moon here.

The bad? There’s not enough room in this column.

The chemistry between Huntington-Whiteley and LaBeouf is pitiful. It’s insulting to audiences that Bay thinks he can convince us Sam can keep landing these ridiculous sex kittens. Bay manages to mangle any promise of a compelling plot by tossing in any excuse there is for more

robot on robot violence. He also manages to take both new, promising actors as well as established, respected actors and make them seem bereft of any talent whatsoever. And, more disturbing than anything, clocking in at 154 minutes, the running time of third turd of a robot flick is well beyond that of its predecessors. Necessary? By all means, no. But Bay, like a bad date who thinks he still might get lucky, just doesn’t know when to quit. After last week’s banana rat slaughter, there’s no where to go but down. Negative two it is. Side note: As I will be off-island next week, the movie review will be brought to by the very capable Pfc. Justin Pierce. Hopefully he can move the rating back into the black. Have faith.

	15 FRI.	16 SAT.	17 SUN.	18 MON.	19 TUES.	20 WED.	21 THURS.
Downtown Lyceum	Zookeeper (NEW) (PG) 8 p.m.	Hoodwinked Too (last showing) (PG) 8 p.m.	Transformers: Dark of the Moon (PG-13) 8 p.m. (last showing)	Prom (PG) 8 p.m.	Fast Five (PG-13) 8 p.m. (last showing)	Green Lantern (R) 8 p.m.	Something Borrowed (PG-13) 8 p.m.
	Priest (NEW) (PG-13) 10 p.m.	Horrible Bosses (NEW) (R) 10 p.m.					
Camp Bulkeley	Jumping the Broom (PG-13) 8 p.m.	Zoo Keeper (NEW) (PG) 8 p.m.	Horrible Bosses (NEW) (R) 8 p.m.	Fast Five (PG-13) 8 p.m. (last showing)	Hoodwinked Too (PG-13) 8 p.m. (last showing)	Something Borrowed (PG-13) 8 p.m.	Transformers: Dark of the Moon (PG-13) 8 p.m.
	Bridesmaids (R) 10 p.m.	Priest (NEW) (PG-13) 10 p.m.					

Call MWR at ext. 2010 for more information.

Movie Hotline - call 4880.

A little off the middle please

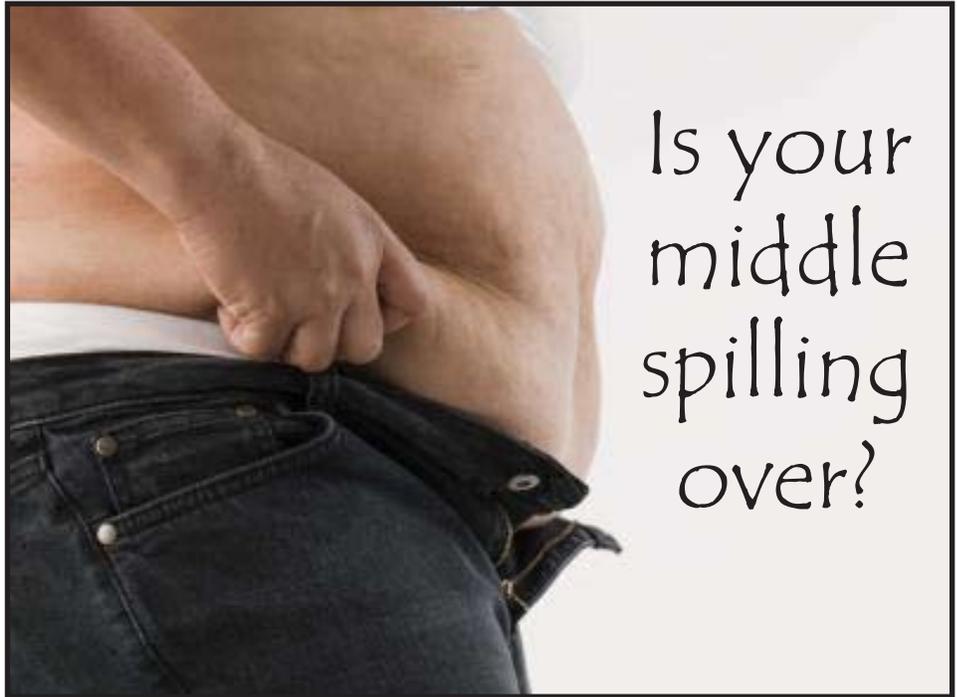
By Pfc Justin Pierce

Afternoons of watching “The Hoff’s” rippling body gallop across the shores of Los Angeles’ beaches may be gone, but fantasizing over a glorious six-pack of your own is still a dream many long for. Sadly, for some it may always be more of a dream than a reality.

Peyton Manning put it best, “Unless you’re under 23 or a professional football player, it’s probably not going to happen.” The facts are as simple as they are brutal, achieving a professional looking body requires professional training – a youthful metabolism and solid genetics don’t hurt either. Before you get too down in the dumps over this dilemma, let me say there’s always hope for at least a little improvement. And while the Hollywood six – pack may be further out of reach; just slimming down your mid-riff is very attainable. Here are a few helpful tips for taking a chunk out of your midsection.

1. Adjust your diet: If upon prodding at your stomach you can feel abs but can’t see them, chances are your diet is largely to blame. While I’m not a huge fan of calorie counting, it does have its uses when it comes to trimming up. Weight loss requires a calorie deficit, meaning you have to burn more calories than you eat. Calorie counting comes into the equation because when you limit your intake, what you choose to eat becomes increasingly important. Steering clear of unhealthy fried foods and alcohol frees up more calories for nutrient dense foods that contain all the vitamins, minerals, amino acids, and so on that your body needs for progression.

2. Don’t be a crunch king: Doing crunches



till you’re blue in the face will just leave you looking like a Smurf with a sore gut. While crunches do build parts of your midsection, they fall short in the overall scope. When you work out your abs, just think about the different portions. Though abdominal muscles are a cohesive group, certain exercises will always hit one area more than others. Leg raises are great for the lower abs while side planks are great for the obliques. Along this thought, performing standing lifts, squats and lunges will also help tighten your core via the

transversus abdominis. This muscle is like a jacket for all your organs and contributes largely to core strength.

3. Don’t forget to run: the thought of cardiovascular exercise generally evokes a strong reaction in anyone. Either you’re crazy about running or you’d just as soon stomp on a nail to avoid it. The simple fact is, it’s the best way to burn calories and especially fat. For those of you casually looking around for a board with a nail in it, take heart in knowing that it really doesn’t take a lot of cardio to

see MIND page 18

GTMO Religious Services

Daily Catholic Mass

Tues. - Fri. 5:30 p.m.

Main Chapel

Vigil Mass

Saturday 5 p.m.

Main Chapel

Mass

Sunday 9 a.m.

Main Chapel

Catholic Mass

Saturday 5:30 p.m.

Troopers’ Chapel

Protestant Worship

Sunday 9 a.m.

Troopers’ Chapel

Islamic Service

Friday 1:15 p.m.

Room C

Jewish Service

Friday 7 p.m.

Chapel Annex

LDS Service

Sunday 10 a.m.

Room A

Seventh Day Adventist

Saturday 11 a.m.

Room B

Iglesia Ni Cristo

Sunday 5:30 a.m.

Room A

Pentecostal Gospel

Sunday 8 a.m. & 5 p.m.

Room D

Liturgical Service

Sunday 10 a.m.

Room B

Church of the Sacred Well

Call 2323 for information

General Protestant

Sunday 11 a.m.

Main Chapel

United Jamaican

Fellowship

Sunday 11 a.m.

Sanctuary B

Gospel Service

Sunday 1 p.m.

Main Chapel

GTMO Bay Christian Fellowship

Sunday 6 p.m.

Main Chapel

MOLD AND MILDREW

A Resident's Guide to Control and Stop Mold

**Controlling moisture is the key to
stopping indoor mold growth.**

Identify the Warning Signs

- Recent flooding from inside (plumbing problems with sink, tubs and toilets) or outside (storm water, overflowing lakes).
- Water leaks in floors, walls or ceilings.
- Broken water pipes.
- Wet or damp carpets.
- Poor ventilation in kitchens and bathrooms.
- Overwatering houseplants.
- Overusing humidifiers.
- Keeping large fish tanks or aquariums.

If your home has one or more of these warning signs, it is possible you may have a mold or mildew problem.

Identifying and Inspecting for Mold

- Look for visible mold growth—it may look cottony, velvety, rough or leathery and have different colors like white, gray, brown, black, yellow or green.
- Mold often appears as staining or fuzzy growth on furniture or building materials.
- Check around air handling air conditioners and furnaces for standing water. Routinely inspect the evaporator coils, liner surfaces, drain pans and drain lines.
- If you can smell an earthy or musty odor, you may have a mold problem. Search areas where you notice these smells.

Stop mold before it starts by cleaning up water spills and leaks quickly!



When to clean up mold yourself and when to report to building management:

If you already have a mold problem—act quickly! Mold damages what it grows on. The longer it grows, the more damage it can cause.

As a resident, it is your responsibility to clean up moisture and spills quickly to prevent mold. It is also your responsibility to report moisture and mold problems as soon as you become aware of them.

- If the mold area is less than 10 square feet (or a 3' x 3' patch) then you can handle the job yourself by following the directions in *Killing Black Mold Spores and Mildew Removal* (see opposite page).
- If there has been a lot of water damage or mold growth covers more than 10 square feet, contact your building/property manager.
- If you are unsure, contact your building/property manager.

MIND

fat. Adding about 20-30 minutes of high intensity interval training, HIIT, two to three times a week is enough to make a difference. HIIT training also lets you cheat on fat loss, in that a good deal of the actual loss occurs during recovery. So technically, you're burning fat while doing nothing.

4. Don't ignore your back: A good portion of your waist line is made up of abs, however, an almost equally sized portion of it is behind you in your lower back. Back muscles tend to receive the least amount of attention in the gym and the most amount of use outside of it. For this reason alone, it never hurts to try and give them some special attention. Back extensions, good mornings, and stiff-legged dead lifts are all great ways to rehabilitate your lower back. Not only will this trim your waist, it will improve your posture, and make you less prone to on-the-job injury.

5. Do a magic trick: One last tip for trimming your mid-section is actually an optical illusion. When anyone, including yourself sees you, they don't simply stare at your stomach the whole time... well, hopefully they don't. That being the case, your body generally receives assessment based on how everything looks together. So if you want your midsection to LOOK smaller, focus on making your shoulders bigger. While this tip may not be as appealing to women out there, it works very well for men. All that really matters here is that you're pulling attention away from your center. None of these tips will guarantee a six-pack or even a firm stomach. We don't live in a bubble and it's impossible to fully assess how someone's diet, daily routine, genetics and so on affect their health and, literally, their shape. However, they will help and also hopefully improve overall health, which at the end of the day is what's most important. Aside from your health, it's only important that you're comfortable with your body. If it doesn't take a Hollywood six-pack in the mirror to make you happy, then more power to you.

FOCUS

example for Soldiers and NCOs worldwide.

"I am a natural born leader," said Hansen. "It just comes easy to me."

First, though, Hansen will have to compete and prevail at the FORSCOM level.

"It is like the super bowl," said Borrero, "and he is in the conference finals."

Hansen plans on carrying his skill set over to civil affairs after this deployment. Yet, if Hansen makes Army NCO of the year, he will have to put his plans on

hold.

"Civil affairs will gain a great noncommissioned officer and the engineers will lose a great noncommissioned officer," said Borrero. "The Army still wins either way."

As aforementioned, Hansen plans on making the Army his career. His dream is to lead troops and he has already got a good start as a junior NCO.

"For a young sergeant, the future is there for him," Borrero said. "Clearly he has demonstrated that at the boards."

Hansen has many goals and appears to have a long and successful career ahead of him. As a recently pinned staff sergeant, he has already accomplished more than many will in a lifetime of service. The NCO of the year competitions are only the beginning.

"God willing [Hansen] will be a FORSCOM NCO of the year," said Borrero. "And when he wins the Army NCO of the year and sits up there with the Sgt. Major of the Army it will be great to know that it started here at the 525th."

GLASS

opener," Daniels said, noting he refers to it as his pie-hole journal.

Working with the morning group for a month and half, Glass is impressed with the gains made by each individual both mentally and physically.

"I've seen the change in attitude toward fitness," she said, "And that makes me very happy -- their results are a reflection on me."

Noting the hard work and effort exhibited,

Glass pointed out any fitness routine, no matter how good it may be on paper, is ultimately the responsibility of the individual.

"We sit in chairs for nearly eight-hours a day," she said. "You can't expect to just exercise three times a week and meet your goals. You've got to put some work in, you've got to work hard toward your goal. Ultimately, you get out of it everything you put into it."

MCSFCO Moonlight Run

**When: 23 July 2011 Check in starts at 1800 last
Check in at 1830 depart Marine Hill 1830**

Where : Starts at NE Gate, finishes at Kittery Beach



Sign up at Marine Hill Whitehouse Mon – Fri 1130-1300

Sign up Begins the 8th of July, Cost: 25.00

First 10 to sign up will receive a free T-Shirt

FMI Call SSgt Tucker at X-2643

All Proceeds will benefit the 236th USMC
Birthday Ball

The JTF At Shutter Speed



DIVE IN

Navy Diver 1st Class Bren Roberts (left), Navy Dive Locker Guantamamo training petty officer, receives a pre-dive equipment inspection before getting into the water at the Naval Station pier, Thursday.

- photo by Mass Communication Specialist 2nd Class Joe Ebaló



GEAR UP

Spc. Isavette Torres, an armorer for 296th Military Police Company, issues Staff Sgt. Hector Martínez a squad automatic weapon at the 525th Military Police Battalion armory, Friday. The armory currently supports Joint Task Force operations. - photo by Army Sgt. Mathieu Perry



GONE FISHING

Spe. Howard Jones (left), an armorer for the 189th Military Police Company, lets his line out during a joint military fishing trip on Guantamano Bay, Friday. Jones volunteers to teach in Morale, Welfare and Recreation sponsored basic fishing classes. - photo by Mass Communication Specialist 2nd Class Joe Ebaló



PADDLE

Cory Gelger (2nd from right), Morale, Welfare and Recreation outdoor recreation coordinator, gives a safety brief during an MWR sponsored kayaking trip on Guantamano Bay, Sunday. More than 20 servicemembers stationed at Joint Task Force and Naval Station Guantamano participated in the early morning event. - photo by Mass Communication Specialist 2nd Class Joe Ebaló