

W^{The} WIRE

An award-winning
JTF journal

PLUS:

Beacon of Light
Therapy pup offers
comfort to Troopers

Bees from the Sea
Checking in with
the new Seabees

No Ordinary Saturday Morning:
MCSF Co. triathlon tempts, tests GTMO athletes



COMMAND CORNER

WHAT ARE YOUR GOALS?

This may be a tough question for most of us to answer honestly. Sure, we all can come up with a list of goals that sound commendable. And we may even actually believe we are working toward achieving those goals. But, if we truly examine our actions (and inactions), we may find we are motivated on a day-by-day basis by external guidance, rather than internally-driven goals.

This external guidance consists largely of rules – and most rules tell us *what not to do* (e.g. don't drink and drive; don't do drugs; don't lie, cheat, or steal; etc). It's easy to become too focused on what not to do. Many people take pride in not breaking rules – and/or criticize those who do.

Likewise, some of us are overly driven by external guidance which tells us *what to do*. This can be especially true in the military – as we generally have a career path laid out for us, describing what actions are required to advance and succeed.

Following the rules is not bad! I hope we can all follow all the rules. But we should attempt more. Don't settle for simply following the rules; rather, strive to achieve internally-driven goals. Make a difference! Leave things better than you found them. Help a friend (or a stranger) when able. Develop an improved process.

Life can be compared to sailing. Simply following the rules is like maintaining the same tack (sail setting) no matter how the wind changes – you may make good speed, but you'll end up wherever the wind takes you. However, if you have internally-driven goals, you'll be more like the helmsman who adjusts sails as necessary (always keeping them trimmed properly) to get to a particular destination.

Endeavor to *do more* than to simply follow the rules. Set (and live up to) personal goals that will truly make a difference.



Trooper to Trooper

featuring

Senior Chief Petty Officer Steven Haig

Senior Enlisted Leader, MSST Boston

Today I would like to take a minute or two to talk about driving under the influence and drinking alcohol in excess.

Command parties, family gatherings and casual get-togethers with friends and family take place in abundance throughout the summer season. Most people enjoy the opportunity to attend social gatherings away from the work place, but it can lead to a potential for alcohol overconsumption and increase the risk of impaired driving.

Of course, the majority of our Troopers do the right thing and manage the risk by drinking responsibly and designating sober drivers. But, we cannot become complacent. We need to take what we've learned and build on that so we can continue to move in the right direction.

Everyone needs to stop and think about how they handle alcohol. There are going to be parties, and typically, there's alcohol involved. Pay attention, and remember that you don't need to drink, or drink excessively, to have a good time. It's important to plan for success if you do choose to drink alcohol at a party. That plan should be in place before taking the first sip of alcohol so it's easier to make smart decisions, even if you're under the influence. There are a few steps you can take to minimize the risk of driving under the influence: Designate a driver, use base transportation or utilize your command's

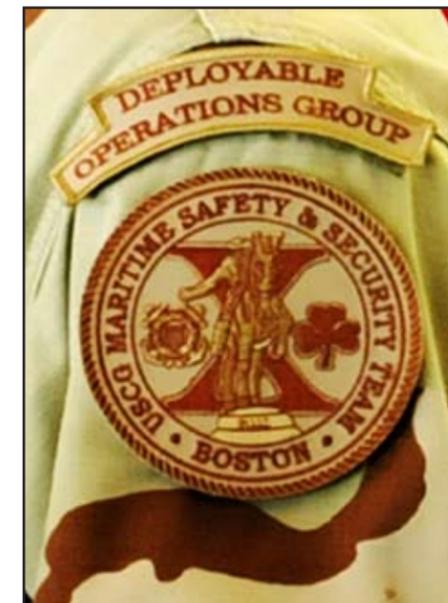
courtesy patrol/safe ride program (x84781) and be accountable to yourself and your fellow servicemembers.

When it comes to accountability, everyone plays a part. Bystander intervention is a concept that empowers Troopers, up and down the chain of command, to step in when they see a potentially dangerous situation, such as a shipmate who wants to drive after a night of drinking.

When commands hold parties, remember some Troopers who don't ordinarily drink might get carried away which could lead to excessive drinking. Leaders need to talk about responsible consumption before a command-sponsored event and plan for safe rides home for anyone who's had too much.

This is risk management on duty. In an operational environment, we train our people in advance to get the job done safely. A social environment should be no different when it comes to risk management. It's still vitally important, because it doesn't matter whether we lose someone in an on or off-duty mishap – it remains a tragedy for the team and diminishes our readiness.

While a lot of effort is expended to eliminate drunk driving, many fatalities and injuries reported have nothing to do with motor vehicles, but do involve Troopers who made bad decisions because they were drunk. Decisions such as participating in a high-risk



activity without proper training or personal protective equipment are common in mishap reports involving alcohol. Alcohol is also implicated in a number of sexual assault cases, so it's important servicemembers know they are accountable for their actions and that intoxication is no excuse for bad or even criminal behavior.

To our leaders, clearly communicate the command's expectations. Don't beat them down – talk to them and foster an environment where Troopers can talk to each other. Give them ownership of the risk management process.

To our Troopers, take care of each other. It may be difficult, but have the courage to do what's right.

JTF Guantanamo

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COVER: Teri Wanger makes her way through the obstacle course during the Marine Corps Security Force Company's triathlon, Saturday, to complete the last leg for Team Girl Power. - photo by Spc. Kelly Gary



THINK BEFORE YOU SEND!
PSEC ALERT

Do you Yahoo?

How about Gmail or Hotmail? Is the e-mail account you use one that you got for free just for signing up? If so, remember things acquired for free may not be all they're cracked up to be. Most "free e-mail" accounts do not use very strong security. Make sure you are careful and avoid sending sensitive information via e-mail. Hackers are known to target personal e-mail accounts of military people, looking for sensitive, personal information or information about military operations. Do not send work information on an unsecured "free" e-mail account. Think before you hit the send button. Be safe, use OPSEC!

News from the Bay

Stories and reporting by
Spc. Kelly Gary and

Mass Communication Specialist 1st Class Sally Hendricks

MWR Pirates Day Fun Run at Ferry Landing

Avast, me hearties! Morale, Welfare and Recreation is sponsoring a Pirates Day Fun Run, Saturday, at Ferry Landing.

There is no need to register, show up time is 7:30 a.m. The actual race will begin at 8 a.m. It will be brief but fun, matey!

This is only a two-mile run and, if brave enough, walking the plank is on the agenda.

MWR's fitness coordinator Tanya Henigman remembered Sept. 19 was Pirates Day and said she wanted to put on an activity that would be appropriate. After searching through the internet, she discovered the history of Pirates Day and felt it would be something the community would enjoy.

"I thought this was the perfect place to do a pirates run," said Henigman. "This is where all of those scallywags sailed their boats. Where do you think all of that sea glass came from?"

For more information, call Henigman at x2113 or Denich Gym at x77262.

Flu vaccinations in time for season

Flu season is coming up and the Joint Trooper Clinic is giving out the vaccines beginning Sept 22 at various locations.

Army Sgt. Darol Burdge, non-commissioned officer in charge of the JTC,

and his staff will begin administering the flu vaccinations this week. They will be traveling to different areas to accommodate everyone.

"This way we can better assure that everyone will get the vaccination," said Burdge. "We will accommodate everyone this way for a couple of weeks and then finish at the trooper clinic."

Flu shots this year will protect against three strains of influenza, including H1N1. It is the same vaccine given last year and no shortages are expected. It takes approximately two weeks for a flu shot to fully take effect so be cautious.

For more information, contact the JTC at x3395.

Vaughn Anthony sings blues at the Tiki Bar

Morale, Welfare and Recreation is bringing some rhythm and blues to the island this Saturday at 10 p.m. as Vaughn Anthony performs at the Tiki Bar.

Anthony was born into a very talented musical family. His brother is John Legend, singer of the 2005 hit "Ordinary People," who also bares his soul through music.

MWR continues to attract talent to entertain the Guantanamo Bay population. Anthony's soulful sound will bring a fresh, new rhythm to the island.

For more information, call Ebony at x84068.

UFC: Jackson versus Jones at O'Kelly's Pub

O'Kelly's pub will be showing the UFC Championship fight Saturday at 9:00 p.m.

Two ferocious 205lb fighters go to war in the 303 for a belt they've both had and both want again. Jon Jones will fight Rampage Jackson in the main event. Josh Koscheck fights Matt Hughes in the co-main event.

"There is usually a core group of people who always show up for these fights," said Jim Estep, Morale, Welfare and Recreation's director of hospitality. "They look forward to their time when the fights begin."

For more information, call Jim Estep at x55102.

Come clean up the Slot...and then dive it

If you love diving the Slot but are tired of worrying whether or not your tetanus shot is up to date, now is the time for action! Come join Reef Raiders as they clean up one of the best dive sites on Guantanamo Bay.

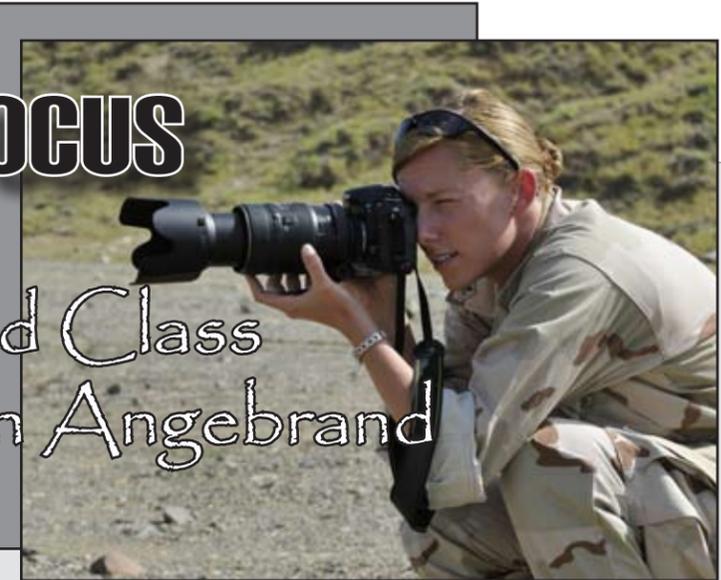
Cleaning will be on Saturday at 8 a.m. until the beach sparkles...and then a dive.

The person who collects the most intriguing piece of flotsam or jetsam will receive a door prize.

For more information, contact Reef Raiders at x77315.

TROOPER FOCUS

Petty Officer 2nd Class Maddelin Angebrand



After six months of writing feature stories for *The Wire*, finally I get to be conversational. When my editor asked if I'd be interested in writing a farewell column, you better believe I jumped at the opportunity. I learned the hard way (by the wrath of many red hash marks during the editing process of my stories) that "I" doesn't belong in feature stories – only in a few regular columns of *The Wire* like the Trooper to Trooper or the movie review. So, here I am, at last, writing from my perspective!

Let me introduce myself; I'm Mass Communication Specialist 2nd Class Maddelin Angebrand, also known as "that girl who writes for the Wire." It's been a wonderful adventure telling the stories of you – the Troopers - who make this mission happen. I can't tell you enough how much I've learned from all of you as you opened your hearts to my pen and lens. I've interviewed and photographed countless Troopers on this deployment in an effort to share with my audience real stories about real Troopers doing what they love. One had a passion for swimming, another for leather working, another for flower making, another for BMX riding – the list goes on and I can truly say it's been a blast and each of you touched my life by letting me into yours.

There were weeks where I wondered what my next story would be and magically I'd get a phone call or email asking me to

highlight another Trooper's journey. Many of the stories found their way to me, as if I were destined to meet these people and share their lives with others. It often amazed me how people opened up and talked about their dreams, struggles and families.

I must admit though, I couldn't have told these tales if it weren't for my two wonderful editors, Army Sgt. Meredith Vincent and Sgt. 1st Class Benjamin Cossel. Thank you both for every single correction made to each story I wrote. If it weren't for the both of you, there would be no *Wire*.

Lastly, as I look back on all the stories, I see a common trend – a deep desire to be heard and understood, along with an even stronger longing to reach families back home. I can only hope the Troopers I was fortunate enough to meet and talk with feel I did their stories justice.

As for the readers, I will leave you with this – embrace your story, share it with others and teach from your experiences. I believe we all have something to offer, but can only do this by looking back on our lives at the good, the bad and the ugly to find truth, meaning and guidance to share with our peers. So, let your story be told! It could be the one that motivates someone to live their life differently.

Bullet Bio

Time in service: 6 years

Hobbies: volleyball, running, playing drums, reading

Pet peeves: negative attitudes

Next goal: become an officer

Advice to junior Troopers:

"Something my volleyball coach always said: 'Never say, 'I can't.'"

Where in the world would you travel and why?



"I want to go to Japan. It sounds like a very exotic place to me. I have always been fascinated with the culture. It seems so interesting."

Spc.
Christyal Murray



"I would travel to Rio. I heard the women there are great! I think that would be a wonderful trip. What better reason could there be?"

Culinary Specialist
2nd Class
Peter Torres



"I would go to Peru. I want to climb Macchu Pichu. My husband and I want to climb it together next year after our deployments."

Army Sgt.
Veronica Arquette



"I want to go to Australia for scuba diving. I heard it's awesome. I love the scuba diving here so I know it will be fantastic there."

Logistics Specialist
2nd Class
Yanbin Kuang

Boots on the Ground



The center for Team 'You Don't Want None' attempts to score over opposing Team 'Lights Out' on Tuesday at Denich Gym on the second day of the fall basketball season.

Competition heats up as MWR's basketball season gets underway

Story and photo by Mass Communication Specialist 3rd Class Marquis Whitehead

Basketball season is back on Guantanamo Bay for only the second time this year.

Usually having three full seasons a year, basketball had a lengthy drought due to a lack of officiating personnel to support another tournament. As a result, the Morale, Welfare and Recreation department worked around the clock to build a strong officiating core, securing a new season of basketball highlights.

The fall league consists of eight male teams and two female teams. Alana Morrison, sports coordinator for MWR said that the renewal of the female basketball teams is a top priority for her.

"We have enough females for three teams, but since we're in a rebuilding phase of female basketball, we're only going with two," said Morrison. "The females will play against each

other as well as volunteer male teams on Fridays."

The basketball league abides by NCAA rules and has two, 20-minute halves with a continuous clock that only stops when there is two minutes left in the second half. Good sportsmanship is emphasized in all MWR sports leagues and programs and is incorporated at every coach and staff meeting.

Coach of Team Militia, Jason Oprien said team unity and control will help them win.

"I'm going to let my team know that arguing won't do anything but divide us," said Oprien. "Just stick by each other and we will succeed."

Of the teams returning from the previous season, Shottas, Militia and the Naval Station Medical team are considered very strong. Army Division Team 525 are the defending champions of the winter/spring season;

see BASKETBALL , pg. 19

Players host two-week-long tennis tournament

Story by Mass Communication Specialist 2nd Class Joe Ebaló

Servicemembers attached to Joint Task Force and Naval Station Guantanamo participated in a Morale, Welfare and Recreation sponsored Fall singles and doubles tennis tournament, Sept. 17.

The one-of-a-kind event was unique as the players organized and officiated the two week-long tournament without any MWR personnel present at the base tennis courts.

"All we did was set up a draw and reserve the courts," said Alana Morrison, MWR athletic director. "The rest was up to the players."

More than 15 Troopers, civilians and family members competed in the tournament, not for a trophy or T-shirt, but for pure sport and challenge. Many of the participants were at beginner or intermediate skill levels while others had extensive experience and training in the game, but the main point was to improve their playing ability.

"Tennis is different from most of the sports leagues we host because, often times, the players know the rules and regulations better than we do," said Morrison. "Because they are such a tight knit group with a shared love for the game, it just makes sense for them to host a tournament by and for the local players."

During the event, competitors and teams played two out of three sets per match in both the singles and doubles divisions. The tournament was double elimination, giving everyone at least two chances to make it to the championships.

For Patricia Charles and Ed Limonta, it was their first time playing together as a team. Fortunately, they reached the finals of the doubles section.

"It was a learning experience for us and a lot of fun," said Charles. "We didn't have to wait for a referee or try to cram our matches into our workdays and that really helped us play at ease and enjoy ourselves."

"I love tennis, but I just haven't played at a competitive level in years," agreed Limonta. "The flexible schedule allowed me to go out there and play hard, then rest when I needed to."

One of the youngest players in the tournament, Edward Belch, said he learned a valuable lesson when it comes to tournament play.

"It is not the same as just coming out and just hitting around," said Belch. "I played singles and doubles and in all of my matches everybody played really hard almost every point – I hope we have more tournaments because I want to improve my game!"

Retired Navy chiefs transport Troopers

More than 100 years experience between island's five ferry pilots

Story and photo by Mass Communication Specialist 2nd Class Joe Ebaló

All servicemembers and civilians on Guantanamo Bay have at one time or another made their way from the Leeward side of the base to the Windward side and back by way of the island's ferry.

For some, being on a large boat transiting across the bay might be a little bit unnerving; others find the ride enjoyable and relaxing. All should know they are in good hands while taking the ferry or any other water transportation in the Guantanamo Bay Harbor.

For more than 10 years, five U.S. Navy Craftmasters – boat captains – have piloted ferries, tugboats and small boat vessels for the Joint Task Force and Naval Station Guantanamo community. Each of them retired from the U.S. Navy as Chief Boatswains Mates and a few of them even served with NAVSTA Guantanamo Port Operations while on active duty.

Retired Sailors Martin Bryant, Jack Tomlin, John Walker, Mike Spiker and J.R. Owens are responsible for manning all ferry routes on Guantanamo Bay, seven days a week.

Between them, there is more than 100 years of experience behind the helm.

"They are an incredibly weathered crew and we're lucky to have them," said Senior Chief Boatswains Mate Carelton Jakebec, NAVSTA Guantanamo assistant port operations officer. "They know the waters, the boats and the weather – the community couldn't have better ferry pilots."

In 1999, Bryant was the first to accept a position as a civilian Craftmaster at port operations.

"As soon as the command opened up the job for civilians, I applied and I'm happy it was available, because I love what I do," said Bryant. "It has been more than 10 years and I still love it."

Bryant said the local knowledge and experience the Craftmasters have is invaluable.

"More than half of our team has worked here in GTMO as an active duty Navy Boatswains Mate and it shows in our outstanding safety record," Bryant said. "It



Boat Captain's Martin Bryant (right), Jack Tomlin (center) and J.R. Owens (left) pilot a ferry into the Naval Station Guantanamo pier, Wednesday. The boat captains are part of a five-man team of retired U.S. Navy Chief Boatswains Mates who are responsible for manning all the ferry routes on Guantanamo Bay, seven days a week.

is critical for us to be up to speed on all the factors that can affect us out there."

To qualify for civilian employment, Craftmasters must have worked with the Navy or U.S. Coast Guard and have at least five years of documented experience operating harbor tugs or point-to-point ferry operations. They are also required to demonstrate specific proficiencies such as radar navigation, close quarter maneuvering and precision anchoring as well as an overall charge of the vessel.

In addition to their duties as boat

captains, Bryant and Tomlin are also qualified as harbor pilots. When working in this capacity, they are responsible for visiting ships, advising them on weather and water conditions, supervising tugboats, dock masters and line handlers mooring the ship to the pier.

"We are all here because we love being on the water and taking care of the harbor," said Tomlin. "Even more than that, we want to support our troops and give back to the military community in the best way we know – on the water."

Puppy Love

Red Cross volunteer, “Beacon,” sheds light on animal-assisted therapy, stress relief.

Story by Sgt. 1st Class Benjamin Cossel
Photos by Mass Communication Specialist 2nd Class Kilho Park

Like so many Troopers, when the call came, Spc. Amanda Russell put away her belongings, said goodbye to friends and family, kissed her beloved dog on the head and joined her unit for a year-long mobilization to Joint Task Force Guantanamo.

But, unlike so many, Russell, a broadcaster for JTF’s public affairs office, found a way to bring a member of her family – her 90-pound bull mastiff, Beacon—with her. And she didn’t stop

there.

Before deploying, Russell researched animal-assisted therapy and how to get Beacon into the program; her deployment brought those thoughts to an end.

“But the idea stuck with me,” Russell explained. “When we got here, I reached out to the American Red Cross to see if there was a need or desire for a therapy animal.”

Russell said the American Red Cross was enthusiastic about the

idea. There was just one problem - Beacon was still in the states.

After a somewhat arduous process, Russell found a foster family on Naval Station Guantanamo Bay to shelter Beacon and while on leave, drove him to Florida and loaded him on an Air Sunshine flight destined for Guantanamo Bay.

“Beacon is a road warrior,” said Russell, “But that was his first airplane trip.”

Before Beacon could bring his love to the island, the Naval Station veterinarian put him through a rigorous series of stress and temperament tests.

“They poked him, prodded him, scared him,” she said, describing the scenario, “Trying to see how he would react,” Beacon passed with flying colors.

Russell said she’d like to take credit for Beacon’s great behavior and while she did spend time training him, she credits most of it to the pup himself.

“He’s just a really good, lovable dog with a great temperament,” she said.

It was through the vet that Navy Lt. Lindsay Gleason learned of Russell and Beacon. Already well versed in animal-assisted therapy, Gleason, Joint Stress Mitigation and Restoration Team officer in charge, said she was very keen on using Beacon as an additional tool at JSMART.

“I wish I had found out about him sooner,” Gleason admitted.

Gleason has already worked Beacon into part of one patient’s therapy regime and the benefits are showing. She detailed one session

see BEACON, pg. 19

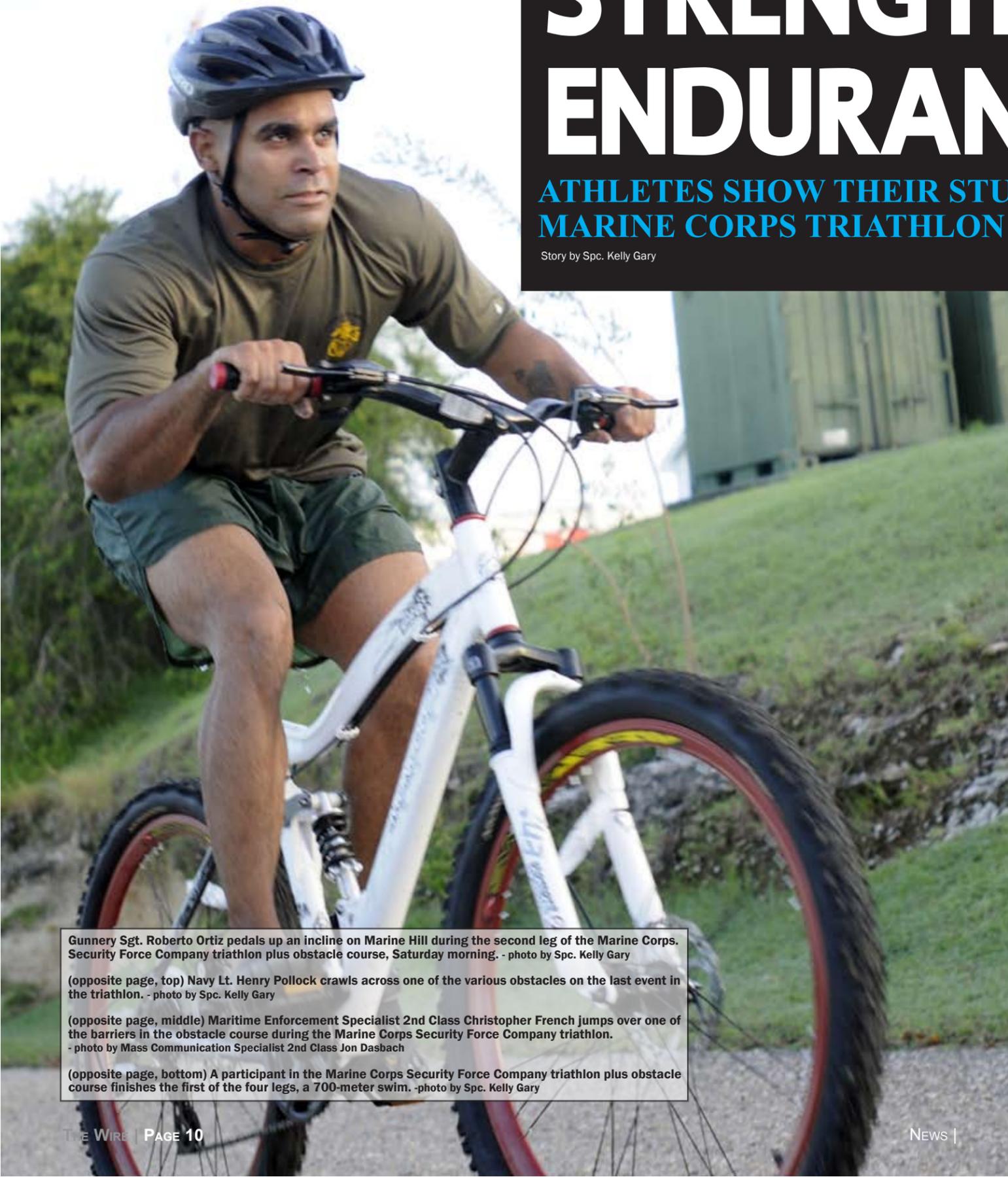


Beacon, a Red Cross volunteer and animal-assisted therapy dog, has a calm, soothing temperament, says his owner, Spc. Amanda Russell (pictured with Beacon on opposite page), making him perfect for the job.

STRENGTH & ENDURANCE

ATHLETES SHOW THEIR STUFF IN MARINE CORPS TRIATHLON

Story by Spc. Kelly Gary

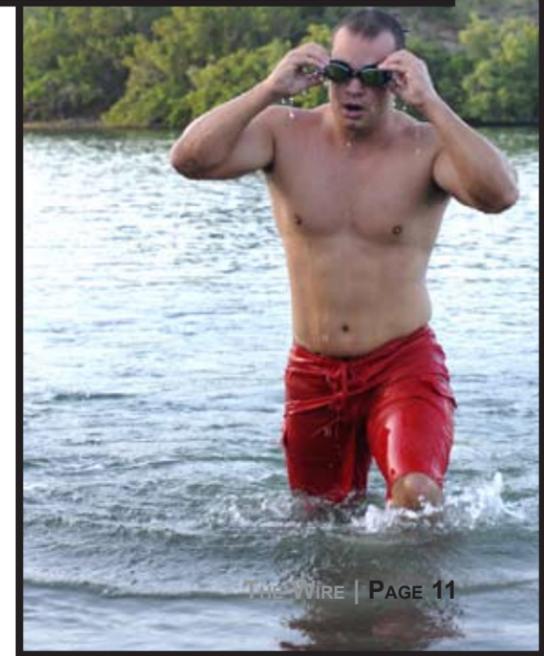


Gunnery Sgt. Roberto Ortiz pedals up an incline on Marine Hill during the second leg of the Marine Corps Security Force Company triathlon plus obstacle course, Saturday morning. - photo by Spc. Kelly Gary

(opposite page, top) Navy Lt. Henry Pollock crawls across one of the various obstacles on the last event in the triathlon. - photo by Spc. Kelly Gary

(opposite page, middle) Maritime Enforcement Specialist 2nd Class Christopher French jumps over one of the barriers in the obstacle course during the Marine Corps Security Force Company triathlon. - photo by Mass Communication Specialist 2nd Class Jon Dasbach

(opposite page, bottom) A participant in the Marine Corps Security Force Company triathlon plus obstacle course finishes the first of the four legs, a 700-meter swim. -photo by Spc. Kelly Gary



As the sun peeked over the horizon, reflecting upon the water, competitors prepared for the challenge ahead. Unlike the typical triathlon, this morning's events would have partakers aiming for the shore and the top of a rope as well as two finish lines. Swimmers donned their goggles, leapt off the pier and the race began.

Hearts raced and sweat poured as 24 athletes competed in the Marine Corps Security Force Company's second annual triathlon plus obstacle course, Saturday morning.

Individuals as well as teams of four from around Naval Station Guantanamo Bay competed in the four events. A total of four teams and 12 individuals raced against the clock, their contenders and themselves.

MCSFCO Supply Chief Staff Sgt. Aaron Tucker, outlined reasons why the triathlon and obstacle course were chosen as a fund raiser for the Marine Corps birthday ball. Tucker said the aim was not only to raise money but also to promote physical fitness.

"[The whole course] is challenging," said Tucker. "It offers individuals the opportunity to prepare themselves, which will ultimately put them in better shape before making the commitment."

The event kicked off with a 700-meter swim in the bay alongside Marine Hill. Through salt water and the occasional jelly fish, challengers made their way to the shore. After surfacing, participants went straight from the water to their bicycles, pedaling a 12.1 mile loop to Windmill Beach and back. Following the ride was a 3.1 mile run along Sherman Avenue, and to complete the course, they jumped, scaled and climbed their way through the obstacle course behind the Marine Corps Security Forces headquarters building.

Built last year by the Naval Mobile Construction Battalion 25, the course was a new addition to the Marine triathlon.

"As soon as the Seabees got the obstacle course finished, of course it was going to be part of the event," said Tucker.

Aviation Electronics Technician 2nd Class Anthony Ryan finished first as an individual as well as overall. By the end of the first three legs of the competition, Ryan said he was tired, with nearly no energy to complete the last portion.

"Doing the entire triathlon and then doing the obstacle course at the end was the most challenging part," said Ryan. With the additional feat, the competitors

see TRIATHLON, pg. 19



Seabees

LEAVE THEIR MARK

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

Ever reach down to pick up a coin from the ground only to realize that it's, in fact, stuck there? Be weary of this scenario near the Joint Task Force mini-NEX because Navy Mobile Construction Battalion 23 has left their mark by way of two dimes and three pennies held snugly in place by concrete.

This hardworking group of men and women are sprucing up the JTF one project at a time. This

week it's fixing an eighty-seven foot stretch of broken asphalt, that has been creating a bumpy, unsafe entrance to the JTF mini-NEX and galley parking lot.

A team of more than 10 Seabees dug out the old, broken concrete and created an even, six-inch deep area to begin rebuilding a new surface.

"The road was really bad here where the asphalt meets the sidewalk and could have caused accidents," said Builder 1st Class Dave Sprout, NMCB 23 project leader. "We've had some problems with potholes in the roads, so it's important that we get out here and fix what we

can."

Before new concrete could be poured, the team followed proper procedures to ensure the new road portion could withstand heavy traffic loads.

"We filled it with wire mesh," Sprout explained. "This is to help with strength of the concrete and prevents cracking."

Steel Worker 1st Class Adam McNamara, a Seabee with NMCB 23, said the most important part of not only laying concrete, but for any Seabee project, is coming together as a whole to get the job done.

"It's just a huge team effort out here from the most senior

guy all the way down to the lower-enlisted," said McNamara. "We work hard and help each other out. One guy might do this every day in their civilian job and the other might not, so we teach each other."

Having a great leader to motivate the group is also important to the success of NMCB 23, McNamara shared.

"Sprout is a great project lead," said McNamara. "He gives guidance and let's the guys do their jobs. He knows if he does everything for them, they won't learn."

As the new concrete was poured each Seabee had a job

to do; some shoveled the heavy mixture as it rolled out of the truck, while others scraped excess from the edges and seams of the newly dug area.

Once the thick, gritty substance began setting, Seabees worked quickly spraying water onto the surface to assist in the smoothing process, which helps create a level finish on top.

Sprout and McNamara, satisfied with the week's worth of effort by their team, asked around for two dimes and three pennies. It seemed like an odd request, but the others knew what they meant.

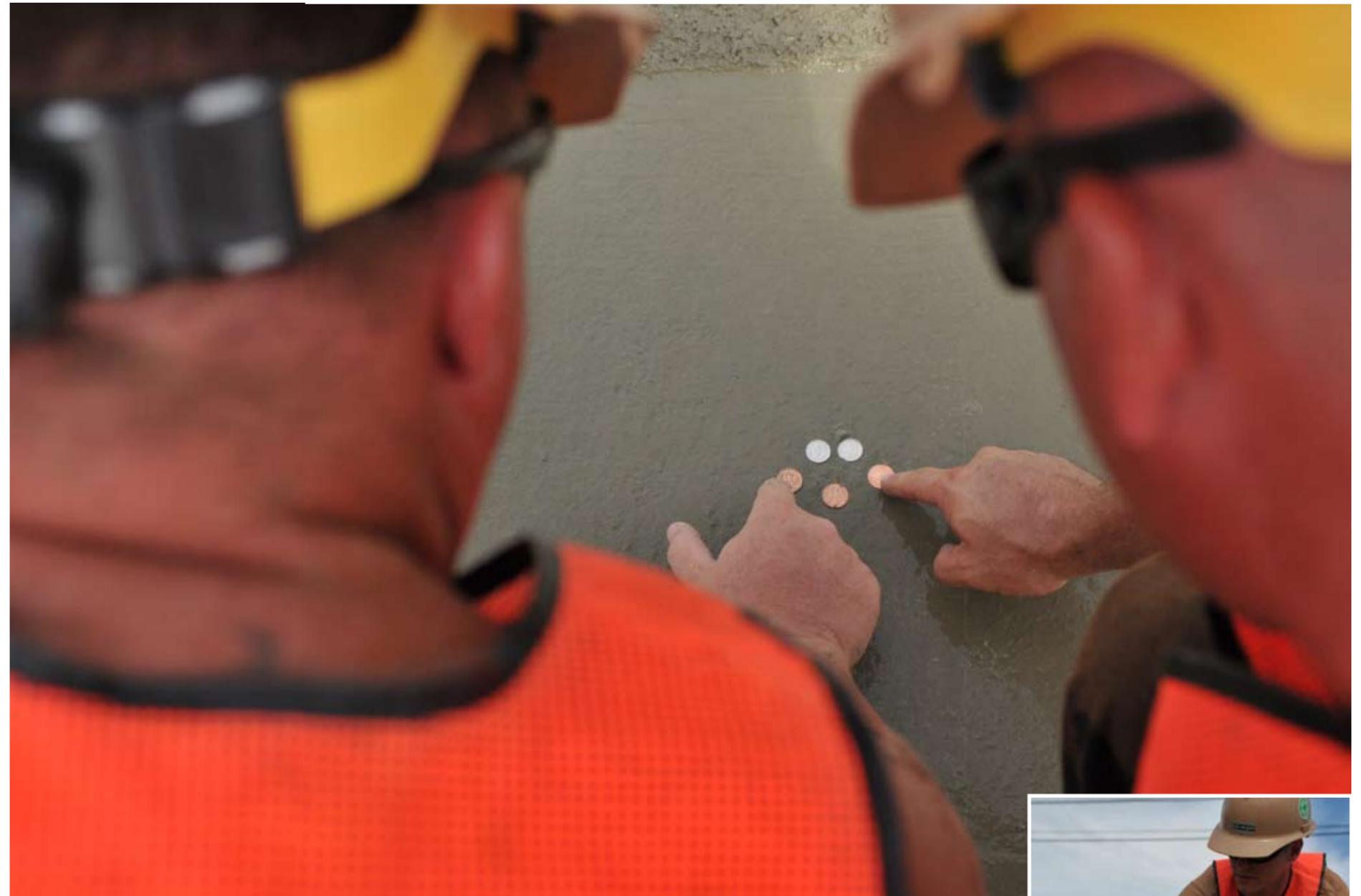
They needed 23 cents to

represent NMCB 23.

"We didn't have a battalion coin with us so we thought it was a unique way to represent [NMCB] 23," Sprout explained. "This way we're not actually drawing into the concrete - it's more professional."

McNamara said the coins represent the unit's ownership in their work and willingness to set a good example for other battalions deployed here.

"We take great pride in our work," said McNamara. "As you can see from the result today, it's why we like to leave our mark, that way people know what we are all about."



(top) Builder 1st Class Dave Sprout (left) and Steel Worker 1st Class Adam McNamara, both attached to Navy Mobile Construction Battalion 23, lay coins in newly laid concrete, Friday, to represent NMCB 23.

(right) Equipment Operatorman Justin Holden smooths an 87-foot area of concrete for a construction project near Seaside Galley.

(opposite page) Builder 2nd Class Phillip Grindstaff (center), Holden and McNamara level out the concrete of the newly reconstructed parking lot entrance.



IN THE TRENCHES

Soldiers practice supporting 'fast, furious' light infantry

By Sgt. Michael J. MacLeod

FORT BRAGG, N.C. – Light infantry troops are like little birds. They get up into the highest mountains, and they say, “Feed me, feed me,” according to one sustainment officer in the 82nd Airborne Division involved in supply-by-air training Sept. 6-11.

“As a logistician, how do you get the stuff that they need to them when they are in the most inaccessible spot, where there are frequently no roads?” asked Lt. Col. Paul Narowski, commander of 1st Brigade Combat Team’s 307th Brigade Support Battalion.

“You’ve got to learn to use the third dimension,” he said.

During a Large Package Week exercise, paratroopers with 1BCT and air crews from a number of Air Force units learned to coordinate parachute drops of vehicles, artillery pieces, supplies and troops.

Narowski’s sustainment Soldiers prepared to drop 150 paratroopers and 60 containerized

delivery system, or CDS, bundles to support the training objectives of the Air Force, he said. Each CDS bundle can be loaded with up to 2,000 pounds of supplies.

“The nice thing about a CDS bundle is that it’s immediately configurable to be slung under a helicopter,” said Narowski, who was part of the original team that developed what’s known as a low-cost, low-altitude resupply.

LCLA employs small bundles, often fitted with non-serviceable troop parachutes and other low-cost rigging supplies, dropped from small aircraft at as little as 150 feet. It’s cheap and accurate, and Narowski’s team proved its worth in Afghanistan during his last tour there with 4th Brigade Combat Team’s 782nd Brigade Support Battalion.

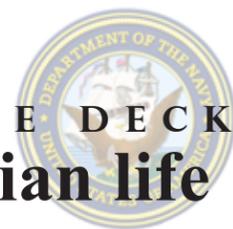
“Based on my combat experience, my primary method of resupply is always by air,” he said. “I will ensure that the staff maximizes every aerial-delivery asset before I start tasking

trucks to get out on the road. If we can do it in a dimension that won’t get interdicted by the enemy and put our paratroopers at most risk, that’s a win-win for me.”

Narowski said the learning curve is steep for logisticians trying to keep up with the “fast-and-furious” light infantry.

“The important thing about the way the 82nd and 101st fight is, we don’t fight head-on,” he said. “We go for the soft flank around his strength. If he’s strong along the road, then we can’t send a convoy up the road. If we get a force into his rear area, how do we resupply them? You’ve got to have that agility and familiarity with things like air drop and sling load and use those to our advantage.”

Narowski noted that, importantly, the enemy faced by the Army in recent years has neither surface-to-air missiles nor night vision capabilities, making airdrops and slingloads at night highly advantageous.



ON THE DECK

TAMP helps prepare Sailors for civilian life

By Mass Communication Specialist
1st Class Monique K. Hilley
Navy Installations Command Public Affairs

WASHINGTON, D.C. – The Transition Assistance Management Program (TAMP) provides a wide-array of services and opportunities to servicemembers preparing to transition out of the military.

“TAMP helps Sailors get ready for civilian life,” said Margarita Mason, transition manager, Joint Base Anacostia-Bolling Military and Family Support Center. “For many Sailors, the Navy was either their first job or their only career. TAMP helps these Sailors who have no clue how to adjust to the civilian world and acts as a stepping stone to ensure they are well prepared.”

Although every Sailor must complete DD Form 2648 prior to separating, the form is just a small part of the over arching Transition Assistance Management Program.

While completing the form with a command career counselor, servicemembers will be offered the opportunity to receive counseling on a range of services and benefits, including, but not limited to, the transition assistance program, employment assistance, relocation assistance, education and training, health and life insurance and developing an individual transition plan.

DD Form 2648 should be completed one year prior to separation or two years prior to retirement.

“Many military members think that TAMP and TAP are the same thing, but they’re not,” said Mason.

“TAP is a U.S. Department of Labor workshop typically held at Fleet and Family Support Centers. FFSC’s own TAMP program goes far beyond just TAP and provides Sailors with opportunities to receive one-on-one counseling, as little or as much as they need, whether they come once or every day, so that they are as prepared as possible to depart the military and enter the civilian workforce.”

Once the checklist is complete, servicemembers will use the options they have selected to develop an individual transition plan. This plan is not a military

form, it is a plan developed by the Sailor, for the Sailor. The ITP can be used to identify educational, training and employment objectives and to develop a plan to help the servicemember achieve these objectives.

Many times, a large part of that plan should be to visit the local FFSC to obtain counseling and receive assistance with things such as job fairs, resume writing, financial counseling, relocation counseling, questions about veteran’s benefits, and educational benefits and opportunities.

Mason reiterated whatever the final goals are, the key to a successful transition from the military is to “start early and plan well.”



ON THE WING

Chief master sergeant of Air Force shares enlisted perspective

By Staff Sgt. Mareshah Haynes
Defense Media Activity

NATIONAL HARBOR, Md. – The chief master sergeant of the Air Force discussed his enlisted perspective during the Air Force Association’s 2011 Air & Space Conference and Technology Exposition Sept. 21.

Chief Master Sgt. of the Air Force James Roy shared with the audience what he feels are some of the most pressing issues for Airmen today and what Air Force leaders are doing to address them.

Roy said, during his travels around the Air Force, Airmen have brought several concerns to his attention, including the transition to electronic study materials and possibly losing retirement benefits due to budget cuts.

“(Not printing study materials) was one of those secondary effects of an efficiency initiative we started and didn’t look at all the way through,” he said. “That’s the lesson. We cannot simply cut something without looking at what the effects are going to be.”

Roy reiterated points recently made by the secretary of defense and Air Force chief of staff regarding changes in retirement benefits.

“In my tenure in our Air Force, personnel costs have risen over 65 percent, while the end strength has come down well over 45 percent,” he said. “There’s something going on that we need to address.”

Although senior leaders are exploring ways to address personnel costs, the chief

stressed the need to take care of today’s Airmen.

“We have a commitment to our all-volunteer force,” Roy said. “We need to stick with that commitment.”

While military retirement benefits have not changed, some programs will need to be adjusted in the future.

“Our program and our force structure will change,” Roy said. “It has to change. We are looking at this as a program, rather than just a force structure change.”

Pending a final decision at CORONA, another change Airmen can expect to see is AEF Next, which restructures the way Airmen deploy. They will be assigned to Air Power Teams and deploy as a unit, instead of individually.

“This is a little bit different than what we do today,” Roy

said. “Is that good? Absolutely. (To) fall in with your own commander and your own first sergeant and superintendent - there’s a lot of goodness in that.”

Other issues Roy addressed were training, professional military education opportunities, personnel compensation and the Comprehensive Airman Fitness program. He assured Airmen, the issues that concern them are issues that concern Air Force leaders.

There are a number of items that are certainly on Air Force leaders’ minds and some of those issues are controversial, he said. “But at the end of the day, you’re part of the finest air force in the entire world and part of the best military that has ever existed. Why (is it the best)? Because of the Airmen.”

INSIDE THE JAR

Killing Time: A sanctuary of spades

By Cpl. Reece Lodder

TWENTYNINE PALMS, Calif. — Dimly lit by the neon glow of chem lights, Lance Cpl. Jared Honeyman escapes from his day into a sanctuary of spades.

Seated in his tent on a box of MRE’s, he draws a deck of cards from the cargo pocket of his utility trousers. He deals cards out to three friends seated around him, and in return, receives an equal number of sarcastic comments. A balmy desert heat permeates the air, ignoring the fact the sun has long since disappeared below the horizon.

Honeyman’s days are long and often boring. He rotates through a tedious cycle of standing post, picking up trash and practicing infantry skills. Playing spades is his escape from the grind of grunt life.

“After training and working in the heat all day, it’s a good mental break from the stress and monotony of being here,” Honeyman said. “Everything we’re doing has a purpose, but there is always down time. Sleeping gets old.”

Though Honeyman sits among infantrymen, he isn’t one. He’s an admin specialist-turned-grunt with 3rd Battalion, 3rd Marine Regiment’s Guard Force Platoon. Since he’s a POG — the grunts’ affectionate name for “personnel other than grunts” — there’s a gap he needs to bridge. By opening conversation over spades, he steps into their daily lives.



Marines with 3rd Battalion, 3rd Marine Regiment catch some down time and enjoy a game of spades. - photo by Marine Cpl. Reece Lodder

“Even if we only have a few minutes, we throw down a game, open up and break the ice ... that barrier,” Honeyman said. “A simple card game builds a common bond and gives us a chance to compete. We’re Marines; competition filters into everything we do.”

Necessity didn’t lead him here. At home in Tulsa, Okla., a short while ago, the 26 year old was near completing a bachelor’s degree and managing his successful lawn maintenance business. But he knew money and book knowledge didn’t equal life experience.

As he relaxes and festers in a filthy, sweat-starched uniform, he’s experiencing life. Honeyman doesn’t say it, but he knows he’s somewhat crazy to have left what he had. He wanted a challenge, and in this moment, it’s winning a card game and fighting to convince

those around him he’s been wearing sunscreen. A toothy grin and leathery red face kill his argument.

In the desert, Honeyman’s been humbled by filling sand bags and serving chow. These menial tasks have adjusted his perspective. They’ve helped him relate to the boiling pot of Marines he lives and works with.

“We’ve come from different walks of life, been thrown into this platoon and are expected to ace our mission,” he said. “Simple things like playing cards help us build trust, so when crap hits the fan, you know the other Marines will be there for you — whether it’s in our personal lives or on patrol.”

The days leading up to his deployment are long, but the weeks go fast ... and Honeyman’s key to relaxation is only a cargo pocket away.

CRAZY STUPID LOVE

PG-13
118 min.



Army Sgt. Meredith Vincent

There is a scene a little more than halfway through in the sweet and delightful “Crazy, Stupid, Love” that plays between Steve Carell and Julianne Moore. As the newly separated Cal and Emily Weaver, the two sit in a hallway waiting for a parent/teacher conference. The dialog is bittersweet as the two reminisce. The longing is still there, the history and the affection still palpable. And just as the audience settles in a little too comfortably, hoping and waiting for the main couple to get their act together, hilarity ensues.

I’m a big believer in keeping spoilers sacred, so I will not divulge the reasons for said hilarity. You’ll just have to trust me when I tell you that “Crazy, Stupid, Love” is a fantastic movie for all genders, all ages (well, 13 and up, per the MPAA rating) and all walks of life.

The movie opens as Cal, a typically square, average kind of fellow, learns his wife has been cheating on him and now wants a divorce. Since his unexpected break-out in “The 40-Year-Old Virgin,” Carell has since honed his sad, awkward middle-aged man bit, but in “Crazy, Stupid, Love” he finds new depths of loneliness.

Cal begins frequenting a sleek, high-priced night club, a place where no one expects to leave with who they came with. In his misery, Cal drinks himself into a senseless stupor, telling anyone within shouting distance all the



details of his impending split.

It is this unsightly display that attracts Jacob Palmer, a regular playboy at the bar, played by the increasingly talented Ryan Gosling. Jacob sees something in the pitiful Cal that urges him to help him find his man card again. This plot is nothing new to cinema – Will Smith had the similarly-themed “Hitch” and Tom Hanks did it just a month or so ago in “Larry Crowne.” But the key to “Crazy, Stupid, Love” is that the makeover and bonds of dudehood are only the first act.

Along for the crazy, stupid ride of love is Cal’s teenage son, Robbie (sincerely adorable Jonah Bobo). Robbie is head-over-heels for the family babysitter, Jessica (a lovely Analeigh Tipton – remember that name, this girl’s amazing) who in turn has the hots for Cal. Ruh

roh, awkward much? And don’t forget about Emily, who, now that she’s pulled the plug on her marriage, is wistful about dating again. Or Hannah (Emma Stone) a law student who rejects Jacob’s advances early on, only to realize she doesn’t want to play it safe when it comes to her heart. At 22, the poised and beautiful Stone is as bright a rising star as there can be – she’s what Lindsey Lohan could’ve been but never was.

She’s also the perfect match for Ryan Gosling, who tossed off the “serious actor” heavy lifting for this flick and came out the other end with surprising comedic chops. We’ve known about Gosling’s talents as an actor (he’s

see MOVIES, pg. 19

House fails to extend funding for US federal government spending

By Cindy Saine
Voice of America News Service

The Republican leadership of the House of Representatives supported a continuing resolution bill that would have extended funding to keep the federal government running until November 18th. But the measure was unexpectedly defeated by a vote of 195 in favor and 230 against, with 48 Republican members rebelling against their leaders.

Democratic Representative Louise Slaughter of New York explained that, just like last April, the House and the Senate have failed to pass appropriation bills to fund the various departments of the federal government, and are now coming up against a September 30 deadline for current funding to end, which would force a partial government shutdown if action is not taken before that date.

“In a few days the fiscal year will end, and without a stopgap measure, funding for essential government services will run out,” she said.

Leading Republicans in the Republican-controlled House called for passage of the temporary funding measure, saying it is line with the cuts to government spending agreed on by both houses of Congress and President Barack Obama to avert a default on the nation’s debt in early August. Republican Congressman Rob Woodall of Georgia urges lawmakers to pass the measure.

“Consider this continuing resolution, that for just really one and a half short months, through November 18th, will extend the operations of the government,” he said.

But the continuing resolution included what some Democrats referred to as a poison pill, which caused 189 Democrats to vote against it, and only 6 Democrats to vote for it. Democrats were furious over

a provision in the bill that said federal funding for disaster relief must be offset by cuts in government spending elsewhere. A number of Democrats listed a number of major disasters that have hit the United States over the past couple of weeks, including raging wildfires in Texas, a hurricane and tropical storms that caused major flooding along the East Coast.

Democratic Minority leader Nancy Pelosi asked why Americans who have lost everything in a disaster should worry about whether their government will help them in their time of need, when the Congress has passed plenty of other bills without stipulating that they be paid for by cuts in the budget elsewhere.

“We never paid for the tax cuts for rich, they never were paid for,” she said. “We never paid for the wars in Afghanistan and Iraq, they were never paid for.”

House Republicans wanted to cut by \$1.5 billion a program subsidizing the development of more fuel-efficient cars to offset the cost of funding emergency relief programs. Democrats rejected this proposal, saying the program for green cars created jobs, at a time of soaring national unemployment.

Some Republican lawmakers, especially Tea Party supporters, said they would vote against the bill because they want deeper cuts to government spending than those agreed on in the August debt ceiling showdown.

Now, House leaders will have to start over with a new bill. Lawmakers from both parties in both the House and the Senate were hoping to quickly pass a measure to fund the government because they plan to be in recess next week, when current funding expires.

Inmate executed despite global calls for mercy

By Richard Green
Voice of America News Service

After more than two decades of legal appeals and delays, condemned inmate Troy Davis was executed late Wednesday night in Georgia for the 1989 shooting death of a police officer. His claims of innocence attracted growing international attention, but last-minute efforts to stay the execution were rejected.

Troy Davis had been scheduled to die by lethal injection Wednesday evening, but the execution was delayed while the U.S. Supreme Court considered a desperate, last-minute request from his lawyers - which the court eventually rejected, removing the final barrier to the execution.

Atlanta radio reporter Jon Lewis was an official witness to the execution. Afterwards, he spoke to reporters.

“The warden, while we were there, read the order from the Chatham county judge, asked Troy Davis if he had any statement, Davis made his statement. They ordered the procedure to go on,” he explained. “He asked if he had a prayer first. There was no response, [the] warden stepped out of the death chamber and then it started.”

Davis was convicted for killing Mark MacPhail in the city of Savannah, Georgia in 1989, after MacPhail rushed to the defense of a homeless man prosecutors say Davis was beating in the parking lot of a fast food restaurant. But doubts about his guilt grew after several witnesses stepped forward to



Vizion Jones, center, holds Mercedes Binns, left, after hearing the news of the execution of Georgia death row inmate Troy Davis in Jackson, Ga. Davis was executed Wednesday for killing off-duty Savannah officer Mark MacPhail in 1989. - photo by AP

change or even renounce their initial testimony. There was also no physical evidence linking Davis to the off-duty police officer’s murder.

As Davis fought against the conviction, winning three separate reprieves from execution, he gained support both in the United States and around the world. Former U.S. president Jimmy Carter, South African Archbishop Desmond Tutu and Pope Benedict issued personal pleas on Davis’s behalf, urging state authorities to spare his life.

But the Georgia pardons board turned down his appeal, earlier this week.

Davis maintained his innocence until the end. Lewis described Davis’ final moments.

“I don’t believe he did have a last meal and I don’t believe he made a final statement when he was being given the opportunity to record one. But he did make the statement, as we said, while he was strapped to the chair, strapped to the gurney, and again addressed directly to the MacPhail family first to let them know that he said, [claimed] he was innocent,” said Lewis.

Amnesty International immediately criticized Davis’s execution, calling it a “catastrophic failure of the justice system.”

	23 FRI.	24 SAT.	25 SUN.	26 MON.	27 TUES.	28 WED.	29 THURS.
Downtown Lyceum	Planet of the Apes (PG-13) 8 p.m.	The Smurfs (G) 8 p.m.	Cowboys & Aliens (PG-13) 8 p.m.	Harry Potter & the Deathly Hallows: Part 2 (last showing) (PG-13) 8 p.m.	Winnie the Pooh (last showing) (G) 8 p.m.	Crazy, Stupid, Love (PG-13) 8 p.m.	Friends with Benefits (R) 8 p.m.
	The Change-Up (R) 10 p.m.	Captain America (PG-13) 10 p.m.					
Camp Bulkeley	Harry Potter & the Deathly Hallows: Part 2 (last showing) (PG-13) 8 p.m.	Planet of the Apes (PG-13) 8 p.m.	The Smurfs (G) 8 p.m.	Friends with Benefits (R) 8 p.m.	Crazy, Stupid, Love (PG-13) 8 p.m.	Captain America (PG-13) 8 p.m.	Planet of the Apes (PG-13) 8 p.m.
	Cowboys & Aliens (PG-13) 10 p.m.	The Change-Up (R) 10 p.m.					

Call MWR at ext. 2010 for more information.

Movie Hotline - call 4880.

Cultural diversity: Accepting more than one idea

Air Force Lt. Col. Gary Bertsch,
Command Chaplain

Under a cultural exchange program in Roanoke, Texas, a Jewish family were hosts to a rabbi over Christmastime. They decided to take him to dinner to their favorite Chinese restaurant, which was owned by a Buddhist family. As they finished eating, the waiter brought the check and presented each of them a small brass Christmas ornament as a seasonal gift.

They all laughed as the host pointed out the ornaments were stamped, "Made in India." The laughter subsided when they saw tears streaming down the rabbi's cheeks. They were concerned if he was offended he had been given a gift for a Christian holiday.

He smiled, shook his head and said, "Nyet. I was shedding tears of joy for I am in a wonderful country in which a Buddhist gives a Jew a Christmas gift made by a



Hindu."

This true story illustrates the wonderful strength Americans exhibit as we share not only religious diversity, but cultural diversity as well. This is National Hispanic Heritage month and

we celebrate the countless contributions our Hispanic brothers and sisters have added to our nation's cultural landscape. This month has many opportunities to celebrate the wonderful kaleidoscope of

history, important pioneers, food, culture and the positive impact they have made upon our nation's cultural heritage. I hope you'll take the time to celebrate at some of the events. It makes us all stronger.

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 x2323 for information

General Protestant
Sunday 11 a.m.
Main Chapel
United Jamaican Fellowship
Sunday 11 a.m.
Sanctuary B
Gospel Service
Sunday 1 p.m.
Main Chapel
GTMO Bay Christian Fellowship
Sunday 6 p.m.
Main Chapel

MOVIES cont.

a two-time Academy Award nominee) and as a heartthrob ("The Notebook," anyone?) but who figured the guy could deliver a punch line so ruefully? He delivers several, in fact, and a whole lot more. (I blacked out for a couple seconds after he took his shirt off the first time. I'm not proud of it.)

The thing that really impressed me was the movie's lack of any real protagonists. Even as she admits to having an affair, we still feel for Emily and her frustration at what her marriage – and her husband – had become. Marisa

Tomei lets loose with the crazy as the first of Cal's rebound conquests and, of course, there's Kevin Bacon as the smarmy accountant who beds Emily in the first place. But the brilliance is that they are not portrayed as monsters – just normal people like the rest of us, trying to find someone to share time with. The film stays real in its depiction of modern day love – there are no villains in real life... unless you count Lindsey Lohan.

I'm always more paranoid writing positive reviews in these pages than negative ones.

Mostly because I really want people to go see this movie, and I'm at a loss for what I need to say to make that happen. "Crazy, Stupid, Love" is for anyone who's felt the rush of falling in love, and for anyone who's ever felt the pain of losing it. It elevates itself above all that "romantic comedy" gooey-ness and finds greatness in the smaller details. It will make you squirm, make you cry and make you think. But most of all, it will make you laugh. And it will most certainly anger all the "Transformers 3" fans when I give it four and a half banana rats!

BEACON cont.

disassociating, slipping back into a traumatic memory and without prompting, Beacon helped bring him back.

"Beacon sensed something was wrong, went over to the Trooper and laid down at his feet," Gleason explained. "The Trooper began petting Beacon and began working his way back from that painful memory."

Gleason said animal-assisted therapy is used frequently in the United States and is a large component used by the U.S. military's Wounded Warrior program.

"I'm surprised there aren't more therapy animals in use on GTMO," she said.

But the Beacon benefits don't end at JSMART. Russell often walks Beacon through the Cuzco living quarters together and says the response the pair receives almost always bring a smile to her face.

"You see these big tough guys in their uniforms and within two seconds of meeting Beacon they forget all about that and are loving up on him and petting him," she laughs, "It's funny really."

"Whenever I see someone new walking toward us, I make sure to tell Beacon to go say 'hi,'" Russell explained. "That way the person knows he's friendly."

Which is a good thing - at first glance, the bull mastiff can seem a

little intimidating. That is until the first time Beacon lazily walks up to someone and offers an ear to scratch or his belly to rub.

"He's actually fairly small by mastiff standards," Russell confided. "He's probably about 30-40 pounds smaller than the average, I like to call him my mini-mastiff."

In addition to the Cuzcos, Beacon and Russell are fixtures at the Windjammer's Country Night on Saturdays. Russell said she's convinced part of the reason the vibe at Country Night is so mellow is because of Beacon.

"He's kind of the unofficial mascot of Country Night," she said. "As he walks around, people

pet him and it just sort of adds to the relaxed atmosphere."

Nearing the end of her time with the JTF, Russell said she intends to continue on with Beacon and animal-assisted therapy.

"My aunt had a therapy dog she used to take all over upstate New York, to schools and VA hospitals," Russell said. "I'd really like to follow in her footsteps."

The young specialist hopes someone will follow in her footsteps and bring a therapy animal to replace her Beacon.

"It's totally worth it," she said. "I mean, this is a small base and with everyone you come in contact with ... why not? We're all in this together."

TRIATHLON cont.

navigated through various obstacles testing participants in more than just speed and endurance.

"People who have great cardio will finish the first three events with no problem," said Ryan. "The obstacle course challenges upper body strength they may not have."

Ryan used the last dredges of his energy to complete all four tasks in 1 hour and 24 minutes. Coming in only ten minutes later was Teri Wanger, the fourth member in team Girl Power. As the winning team, Girl Power also included Marty Bledsoe, Kristin Good and Susan Tussey. The first individual female, Lindsey Goris, finished in 1:42.

"I think most people who came here had personal goals," said Ryan. "My personal

challenge was to finish under an hour and a half, and I did it!"

Whether the aim was to place under a certain time or simply finish without passing out, each individual showed grit and courage by showing up in the first place. Tucker wished he could have taken part himself but expressed his respect for all those who did.

"It takes a special kind of person to sign up for an event like this and then to complete it," said Tucker. "First or last, everyone should be proud they participated because there are thousands of other people on this base who didn't."

Not far behind Ryan was MCSFCO Commanding Officer Maj. Winston Tierney.

He said he enjoyed the good competition the event fostered and trusted everyone felt similar.

"We're trying to promote exercise, good health and good fun," said Tierney. "I hope everyone had some fun and that everyone was challenged."

After the completion of the competition, Tierney coined the first place male, female and team, congratulating them on their effort and vigor.

Tucker and Tierney agreed the event was successful and they believe it will continue to be an annual tradition.

"I hope everyone had a good time," said Tierney, "and walked away with a sense of camaraderie and community."

BASKETBALL cont.

however, new teams are showing they are formidable as well.

"I watched a few other teams this week and Omega Red is very dangerous, they have a great team," said Oprien.

Team Omega Red made an early statement by scoring 67

points in their first game Monday night and holding the opposing team to only 30 before the "Mercy Rule" was enforced.

Oprien said defense is essential for the success of Team Militia.

"I've been with Militia for two seasons," he shared. "I played and

due to injury now I'm coaching. Our defense is what I'm going to bank on for us winning. Our offense isn't as strong so we have to rely on defense to help us through."

Games are held at Denich Gym on Mondays, Tuesdays, Thursdays

and Fridays with the first game starting at 7 p.m. and the last at 9 p.m.

"There are a lot of strong teams out there and as the season progresses, they're only going to get better," said Morrison. "It's anybody's game."

The JTF At Shutter Speed



ALL CLEANED UP
Boatswain's Mate 3rd Class Jacob Fischer makes sure Maritime Safety and Security Team Boston's weapons and gear are clean and operational at the Coast Guard Boathouse, Wednesday. - photo by Spa. Kelly Cary



ALL HANDS
Joint Task Force Commander Rear Adm. David Woods addresses Troopers at an all-hands meeting in the Windjammer Ballroom, Monday. - photo by Army Sgt. Mathieu Perry



ARMY BACKBONE
Joint Detention Group Commander Col. Donnie Thomas congratulates newly promoted non-commissioned officers from the 525th Military Police Company, Thursday, at the Windjammer Ballroom. - photo by Mass Communication Specialist 2nd Class Kilho Park



MOVING UP
United States Navy chief petty officers stand during the reading of the CPO creed at Chief Boatswain's Mate Randy Handshoe's pinning ceremony, Friday, at Joint Task Force headquarters. - photo by Mass Communication Specialist 2nd Class Kilho Park