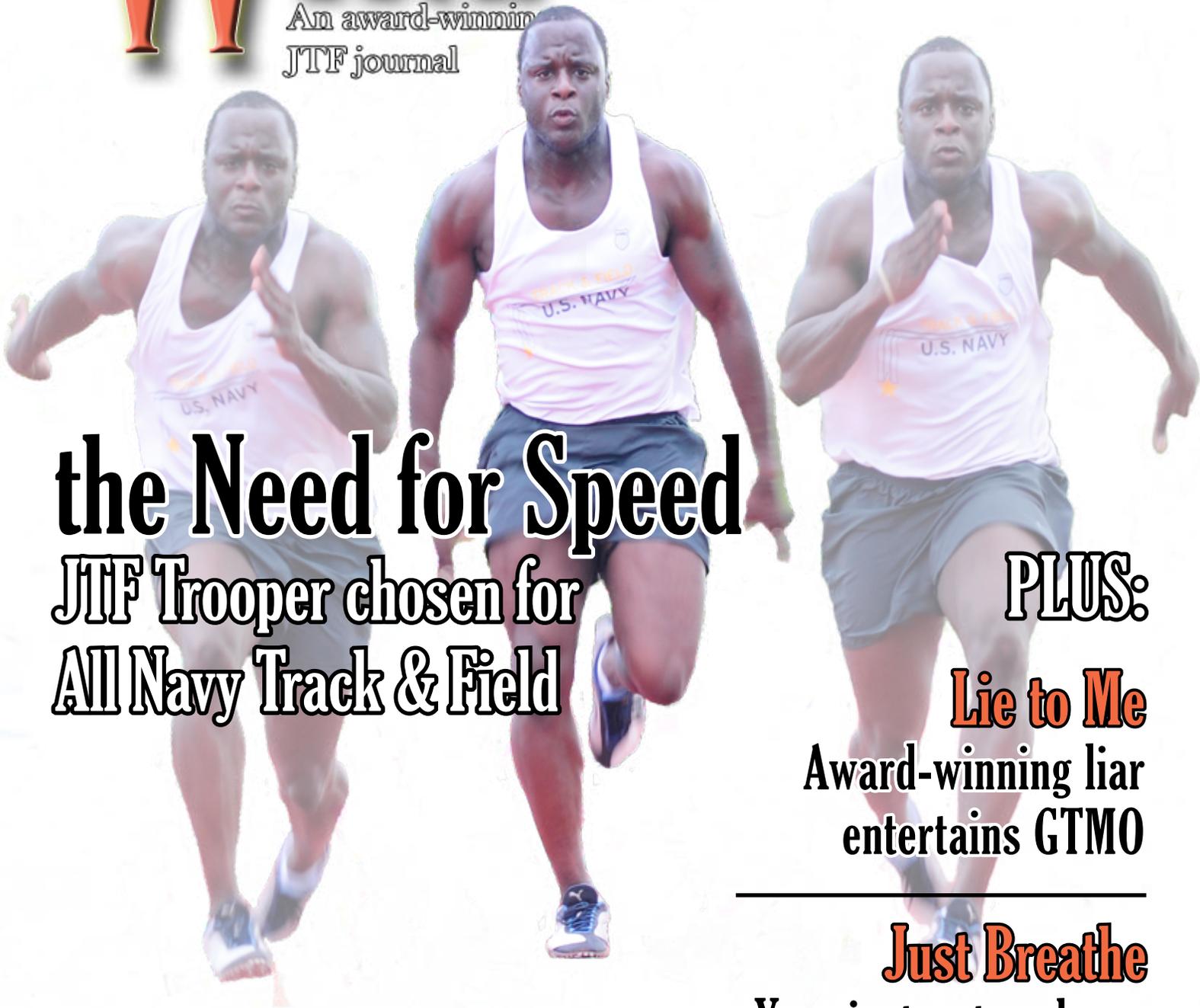


The WIRE

An award-winning
JTF journal



the Need for Speed
JTF Trooper chosen for
All Navy Track & Field

PLUS:

Lie to Me
Award-winning liar
entertains GTMO

Just Breathe
Yoga instructor shows
Troopers how to relax

COMMAND CORNER

It's a Wonderful Life is a 1946 American comedy/drama film produced by Frank Capra and based on the short story "The Greatest Gift." written by Phillip Van Doren Stern. The film stars James Stewart as George Bailey, a man whose thoughts of suicide on Christmas Eve brings about the intervention of his guardian angel, Clarence Odbody. Clarence shows George all the lives he has touched and the contribution he has made to his community.

Now, you may be asking yourself, "Why is the general writing about a 65-year-old movie?" It's simple: the life you live truly is a wonderful life. Real life is a better example than this movie; people touch our lives on many levels and we all make contributions in our relationships, work place and communities. The most important thing we do in life is about our relationships with people. Guantanamo Bay has impacted my life and I want to share some of my relationship experiences. It will become clear as mud why I wrote this article.

I am very humbled to have met the people I mention in this article and it illustrates how our relationships are important to our every day living. I met a great person and his wonderfully gracious wife, learned about their three children, visited their house and learned about how passionate they are about their children and their schooling and careers. The husband has been a dedicated officer for three decades and is very passionate about the people he's been in charge of and especially proud of unit/collective awards.

I will always cherish the Christmas holiday caroling, going from neighborhood to neighborhood. In particular, I will remember a special visit to the Cuban nursing home, bringing joy to another human being not knowing it was for the last time. The next time we saw her was at her funeral. It goes to show you life is really fragile. I will always cherish our friendship.

Now, there's another great person - kind of from my home state - who loves Blue & Gold and may be called a Bengal tiger (growl) by any name and me being a proud Bulldog, can only say, "Bow-wow." It's all in fun!

Then there's the Trooper who raised siblings in the toughest of times in a family, just a teen who saw the military as the way for a better life. This Trooper's story is one that I want told to my children so they can learn the characteristic of what selfless service really is. It's about sacrifice, responsibility, caring and humility.

I recently met a Trooper who has been to GTMO several times and matured from the beginning of their military career and learned from



situations to become a great Trooper. I know they could tell a story that would help a lot of our Troopers see life in a different vein. Once again, this Trooper's story is about selfless service, volunteerism, sacrifice and more.

Most recently, I met another great individual with over three decades of service, a high flyer in his own right with a son who is looking for his wings also to "Aim High" for the future. His wife and family are precious to him, especially the two big dogs (smile). I could tell right off this officer has been in a lot of life's battles and will do well here. I have learned a lot from him in a very short time and certainly wish him well.

see **COMMAND**, page 5

JTF Guantanamo

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COVER: Aviation Maintenance Administrationman 3rd Class Jackie Wilson sprints down the track at Cooper Field, Tuesday evening.
- photo illustration by Spc. Kelly Gary

Trooper to Trooper

featuring

Command Sgt. Maj. Mark Porrett

Senior Enlisted Leader, Joint Detention Group

“I will never leave a fallen comrade...”

This piece of the Army’s Warrior Ethos and Soldier’s Creed goes beyond the single-service mentality and extends to all others. The term “comrade” refers not just to those Troopers with whom we share our mission and experiences. They are the uniformed military, civilians, elected officials, joint and inter-agency partners. They stand beside us and support us in all we do.

Our comrades surround us on and off-duty, on and off the installation. It’s our duty to be there for each other, whether labeled as a “battle buddy,” “shipmate” or “wingman.” It is non-specific to gender, service, affiliation, rank and position. All of us share the privilege and burden of being a comrade.

On the battlefield, it’s easy to discern who is on your left, right, front and back. You know the command, control and communications structure. There is never a question of what you must do if your comrade falls. “Falling” can mean a lot more than stumbling in the dirt and dust. Falling can be closely related to failing. Failing to keep up professional qualifications, failing to follow procedures, failing to do what is expected can all have catastrophic results. It’s our comrades who keep us from falling and failing.

Off the battlefield, the dangers are less evident, but just as important. This is where our comrades need to be vigilant in recognizing and mitigating risks. It’s the bad habits we dismiss as “playing hard.” Just as we keep each other safe on the battlefield, so to is our duty to keep each other safe off the battlefield.

We rarely do anything by ourselves. I can’t think of any one activity that doesn’t have someone else in on the action. There always seems to be someone who can see when you are doing something wrong, right or questionable. Just as the fictional character Pinocchio has a figurative cricket as his conscience, we are surrounded by comrades who will be quick to let you know whether you are about to fall. It may not be welcome, but is necessary.

So what does all this mean? I will never leave a fallen



comrade...on the battlefield, to their own demise or poor judgment. I challenge you to be the comrade who steps up and makes a stand to bring everyone home and keep them safe, no matter what the situation. Whether stopping a fight, being a designated driver, or grabbing a stranger about to do something stupid, it’s our duty to protect all our comrades before a situation becomes personally catastrophic. You rarely get second chances and most of the time you wish you did. We need you to have the courage to be the conscience of those you see falling.

As you see “Honor Bound” on signs each day, don’t forget that it is the comrades you keep from falling that preserves that honor. You are honorable in taking care of them and seeing that they return home.



**PROTECT YOUR INFO!
PSEC ALERT**

What is social engineering?

Social engineering is the art of manipulating people into performing actions or divulging confidential information, rather than by breaking in or using technical cracking techniques. While similar to a confidence trick or simple fraud, the term typically applies to trickery or deception for the purpose of information gathering, fraud or computer system access; in most cases the attacker never comes face-to-face with the victim. Social engineering using impersonation (e.g. to gain information over the phone, or to gate-crash) is known informally as blagging. In addition to criminal purposes, social engineering has also been employed by debt collectors, skip tracers, private investigators, bounty hunters and tabloid journalists. A study by Google researchers found that up to 90 percent of all domains involved in distributing fake antivirus software used social engineering techniques.

News from the Bay

Stories and reporting by Spc. Kelly Gary and
Mass Communication Specialist
1st Class Sally Hendricks

Domestic violence awareness 5k run

Guantanamo Bay's Morale, Welfare and Recreation and Fleet and Family Services, in conjunction with the Naval Hospital and Joint Stress Mitigation and Restoration Team, are hosting a 5K run, Saturday, at 8 a.m.

October is National Domestic Violence Awareness Month, observed every year all over the United States. The DVAM supports the rights of all individuals to live in peace and dignity, said Carol Leaphart, Fleet and Family Services Domestic Abuse Victim Advocate.

She continued to explain this walk and run is designed to bring attention to the victimization of women and men as well as boys and girls and the pattern of violence that is transmitted to the next generation.

"It's time to end the silence on domestic violence," said Leaphart. "We would like to invite everybody on GTMO to come out for this walk and run and make a difference."

There is no registration required for this race. The first 100 participants will receive a free T-shirt.

For more information, call Leaphart at x4243.

Camp America post office changes location

The Camp America post office will be changing locations, Saturday.

The office will now be located at building 2514b1, approximately 75 yards west of the Trooper Chapel.

A grand opening ceremony is scheduled Oct. 17 at 1:30 p.m. in the new post office. There will be three brief speeches by Logistics Specialist 1st Class Jerome Breaux, J1 Director Army Lt. Col. Pamela Shields and Joint Task Force Guantanamo Commander Rear Adm. David Woods.

After the speeches, there will be a tour of the facility, followed by Woods raising the United States Postal Service flag to officially declare the post office open. Refreshments will follow.

For more information, contact Breaux at x2331.

Oktoberfest brings entertainment, food

Morale, Welfare and Recreation is having an Oktoberfest celebration, Saturday, from 6 p.m. to 10 p.m. at the Tiki Bar. The Swinging Barbarians, a German band from central Florida, will be performing live for the event.

"We are excited to bring a little taste of fall to GTMO despite the heat," said Amiee Mac Donnell, MWR community activities director.

Food will be available for purchase, including bratwurst, sauerkraut, brown beer chicken, German potato salad and apple strudel.

Customers will receive a free souvenir ceramic beer stein with their Oktoberfest beer purchase, one per customer, while supplies last. Choose from Sam Adam's Oktoberfest, Warsteiner's Oktoberfest or Dogfish Punkin Ale for \$5 per pint.

In addition, the MWR is hosting a costume contest during the festival. All contestants will receive a free Oktoberfest T-shirt for participating.

"All ages can look forward to great music and dancing, food and plenty of fun!" Mac Donnell said.

For more information, contact Mac Donnell at x4882.

MWR softball season returns to Guantanamo

Guantanamo Bay's Morale, Welfare and Recreation and Fleet and Family Service's softball season resumes Oct. 11. A coach's meeting is Oct. 6.

Registration ended Tuesday, so Alana Morrison, MWR sports coordinator, already handed up the season's schedule.

"Teams are open to anyone," stated Morrison. "This season we will have open rec. so games will be played by men's [softball] rules."

There are approximately eight weeks of games to be played. Teams and individual

player's deadline passed but teams can accept new players with 24-hour prior notice.

"Softball is our most popular sport among active duty members," said Morrison, adding she would like to see even more active duty participants.

The league is open to 16-year-olds, although 16 to 18 year olds must submit a waiver to play on an adult team. Trophies will be given out to the top teams.

For more information, call Morrison at x2113.

MWR starts restricting age limit for bars, clubs

Effective Oct. 1, Morale, Welfare and Recreation clubs will be open to 21-years old and up only.

This includes the Tiki Bar, Rick's Lounge, the Windjammer, Club Survivor and Pirate's Cove. O'Kelly's Pub will not allow minors under 21 after 9 p.m.

The exception will be on the first Saturday of each month, O'Kelly's and the Windjammer will be open to 18 and up.

The MWR director may authorize special events, such as concerts and festivals open to all ages,

For more information, contact MWR hospitality director Jim Estep at x2506.

CFC coordinators now available for pledges

Pledges to the Combined Federal Campaign can be made during the campaign season, Sept. 1 through Dec. 15.

CFC is the world's largest and most successful annual workplace charity campaign.

Pledges made by federal civilian, postal and military donors support eligible non-profit organizations that provide health and human service benefits throughout the world.

The CFC coordinators for Guantanamo Bay are Petty Officer 2nd Class Jason Prince and Petty Officer 3rd Class Thomas Fallon.

For more information, contact Prince or Fallon at x2504.

Guantanamo Bay, Troopers prepare for flu season

Story by Sgt. 1st Class Benjamin Cossel

Spreading from September through January, the annual flu season is upon Joint Task Force Guantanamo once again. Combating the influenza bug are the Troopers of the Joint Medical Command's Joint Trooper Clinic and a two-week strategy to immunize the entire task force.

"So far we've administered 460 vaccinations," said JTC non-commissioned officer in charge, Army Staff Sgt. Darol Burdge,

Wednesday.

Citing the importance of a healthy workforce, Burdge explained the purpose behind the vaccinations.

"We don't want Troopers getting sick needlessly," he said. "When Troopers are healthy and fit, they're able to complete the mission."

Each year a new vaccine is generated using medical data compiled by the Center for Disease Control and vaccine manufacturers in an effort to produce the most effective shot

possible.

"The goal here is to vaccinate everyone against the most common flu strains," said Burdge.

During the two-week span, teams from the JTC will set up a total of six locations ranging from the 525th Military Police Battalion's Headquarters Company classroom to the Trooper Chapel. Recognizing the round-the-clock nature of the guard force, Burdge said his Troopers have even set up different times to accommodate.

"We have a team available at

1830 to 1930 and again from 0530 to 0630 to make sure those working shifts can get their shots," he said.

Burdge advised those who miss their appointed time should find an element that has yet to receive the shot to piggy back onto. Otherwise, the clinic will offer vaccinations beginning Oct. 17 at the JTC during regular sick call hours.

"This is actually one of the few immunizations people actually want to get," said Burdge.

COMMAND cont.

Finally, there's a special woman I miss dearly everyday. I thank God for her caring and wise counsel. She's constantly reminding me what my purpose is in life: "To make a difference." I constantly tell her; "I'm trying to do what I've been charged to do in life, to make things a little better and to always treat all people with dignity and respect."

Now, let's ask ourselves several important questions: "How can we make a difference in someone's life?"; "How do we make things a little better for those we come in contact with?" and finally, "How do we treat all people the way we want to be treated with dignity and respect?" These are all great questions. How will you answer them? I think we all want to be good parents, spouses, friends/confidants in our relationships. I think the human spirit in you wants to treat all people you come in contact with as you'd want to be treated, with dignity and respect.

The Joint Task Force Commander has really given us our charge in how he wants us to act in

our environment. He has told us; "People are our most important asset! The mission requires both focus and determination. We are a team and we will succeed as a team. Distracters will prevent mission focus and effectiveness." I think this guidance is very simple and spot on. Discrimination in any form, illegal drug use, alcohol abuse and anything else that are distracters are unwanted by all of us in our environment. It up to us to foster those personal relationships, learn what we need to know about each other so we can serve each other, have each other's back, protect each other and be there when our (shipmate, battle buddy, wingman, Marine) needs us most, like what Clarence was to George in "It's a Wonderful Life. We are all a part of this wonderful family and we all have our roles to be proud of; (e.g., mothers, fathers, sisters, brothers and children). You don't want your sister or brother to get in trouble so provide that guidance to prevent it. You want to nurture your children, help them learn and be productive citizens in our

society. You want to provide guidance to those you're in charge of and see them mature and grow into the best they can be so you can be proud of their accomplishments. We all have important jobs and we're up to the task to make our environment the best it can be.

Finally, all of us can take a lesson from our movie. As Clarence saves George from his calamity, George's brother Harry arrives at the house to help his brother and leads the townspeople in singing "Auld Lang Syne" in George's honor. George finds a gift from Clarence, a copy of "The Adventures of Tom Sawyer" with the inscription:

"Dear George: Remember no man is a failure who has friends. Thanks for the wings! Love, Clarence"

It just goes to show, we can do all things if we truly are here to do what we are charged to do; help our fellow man whenever and wherever we're needed. If we're committed to always doing the right thing, we will always be winners in life. Honor Bound.

What is your favorite song to work out to and why?



"My favorite song to workout to is "John" by Little Wand and Rick Ross. It amps me up."

**Hospital Corpsman
2nd Class Fred Scott**



"I just really love any kind of rock music. I like it all."

**Staff Sgt.
Albert Coronado**



"I like "Down and Out" by Tantric. It gets me motivated."

**Yeoman
3rd Class Jade Fitzwater**



"I love anything by 2 Unlimited. Their songs get my juices going. I love that fast techno beat."

**Staff Sgt.
Gilbert Rubio**

Boots on the Ground



(above) Aviation Ordnanceman 2nd Class Renee Hoyle, external escort assistant lead petty officer, reads a story her group of second and third graders concocted during Bil Lepp's workshop at the Windjammer Ballroom, Sept. 30.

(right, top right opposite page) Storyteller Lepp illustrates his stories with animated gestures and expressions.

(opposite page, bottom right) Lepp leads the adult group during the storytelling workshop.



LIAR LIAR

Story and photos by Spc. Kelly Gary

Laughs filled the Windjammer Ballroom, Sept. 30, as professional storyteller Bil Lepp spun yarn after yarn – ranging from his manic father to his dog with the body of a German shepherd but legs of a basset hound – during his show sponsored by the Morale, Welfare and Recreation in collaboration with the Child Youth Program.

Award-winning humorist, author and recording artist, Lepp is famous for his tall tales and “lies.” A five-time winner of the West Virginia Liars Contest, he has spent 21 years in the profession while visiting 39 states. Storytelling may be as old as time but today the art is not widely understood. Lepp said when people hear he is a storyteller or a liar, many have misconceptions about what the two really mean and about what his stories entail.

“A lot of people think storytelling is for children,” said Lepp, “but I am not going to tell ‘Little Red Riding Hood.’”

When Chris Dickson, school liaison officer and MWR volunteer, was searching for a guest to invite to the island he said he wanted someone who would appeal to everyone.

“When I was looking to bring down a speaker,” said Dickson, “I [wanted] someone who could bring something to GTMO for the whole family.”

From 5 p.m. to 7 p.m., Lepp held a workshop for kids and adults to come together to use their imaginations. The children



see LEPP, pg. 19

In the world of sports, training, dedication and natural talent are required to make it to the collegiate level or greater. For Sailor Jackie Wilson, talent has been there since day one, but it took the Navy to bring the rest to light.

Wilson, an aviation maintenance administrationman 3rd class, comes from a family built for speed; his father ran as an officer for the military and his mother ran track at Hampton University. So it's only fitting that his younger sister plans on becoming a sprinter for the Air Force and younger brother will soon transfer to the University of Central Florida for football.

"My dad still has a whole wall full of medals and awards from when he ran in school and for the military in Germany," said Wilson. "I also have another cousin who's playing college football for Florida University and he's one of the fastest players in college football today."

For Wilson, track and field has been a passion since middle school, but the fundamentals never seemed to match his raw talent. After seeing his speed during the Captain's Cup, a competition of many different sports and relays among divisions a week prior to graduating from basic training, his command decided to give him that drive.

"In high school I was naturally fast, so I ran with a lot of the top sprinters in the area," said Wilson. "I didn't take it serious until I got in the military and found out all the opportunities that were available."

Upon graduating from basic training, Wilson was hard-pressed by one of his advanced school instructors to try out for the All Navy Track and Field team. Shortly after joining, he broke the record in the 100-meter sprint, mid-east area by running it in 10.19 seconds.

Wilson continued to train in the hopes of making the Armed Forces Track and Field team comprised of the best runners from all branches to compete in the track meets held all over the world. The majority of these contests are hosted by the International Council for Military Sports.

"When you try out for the Armed Forces Track and Field Team, the coaches form Team A, and Team B," Wilson explained. "If you make the Team A you automatically compete worldwide; the best times of the Team B will also make the trip."

ICMS also hosts the Military World Games, which takes place every four years and is the equivalent to the Olympics for military personnel according to the organization's official website.

"The Military World Games was held earlier this year in Brazil," said Wilson. "By the time I found out I made the team, I was unable to attend because I had already committed to forward deploying to Guantanamo Bay."

While stationed on Guantanamo Bay, Wilson continues to train and recently

competed in a local track meet held on Jamaican Independence Day; he won the 100 and placed second in the 200-meter sprint.

Shortly after breaking the record for the mid-east region in the 100, Wilson's command sent the results and his profile to the United States Naval Academy Team head coach Stephen Cooksey.

"Cooksey called and talked to me and was telling me all the opportunities of becoming an officer," said Wilson. "I had never considered the Naval Academy until that time."

Studying and taking SAT and ACT practice tests consistently, Wilson is making sure his classes are all relevant to his major. If accepted to the academy, he will pursue a career in political science and become a judge advocate general's officer.

Throughout all the success and opportunities available to Wilson, he continues to train and remains grounded. He explained if a sprinter isn't training without fail they're leaving opportunity for other runners to pass them.

"It takes two weeks to get in shape, and only a day or two to get out of shape," said Wilson. "You have to be consistent, because in track and field, at any given meet someone could catch you on your worst day."

Built for

SPEED

Since being deployed, Wilson tries to keep a strict regiment when it comes to training. The most beneficial person to help him came from the most unlikely place – Wilson's current trainer is O'Neal Jones, a Jamaican who works as a cashier in the galleys.

"I work six days a week, so I don't get to workout much," said Jones. "So during my long run one day I saw Wilson training and asked if I could give him a few pointers."

Jones ran track back in high school and was a strong runner in the 100 and 400-meter sprint. Wilson said it didn't take much for him to realize that Jones was knowledgeable in the sport.

"I was training and O'Neal came to me and started talking to me about my block starts," said Wilson. "He started saying a lot of things I heard from my other coaches in the states, so I knew he was someone I could listen to."

Story by Mass Communication Specialist
3rd Class Marquis Whitehead

Aviation Maintenance Administrationman 3rd Class Jackie Wilson trains Tuesday evening at Cooper Field. Wilson was chosen to be a part of the All Navy Track and Field Team this year.
- photo by Mass Communication Specialist 2nd Class Jon Dasbach

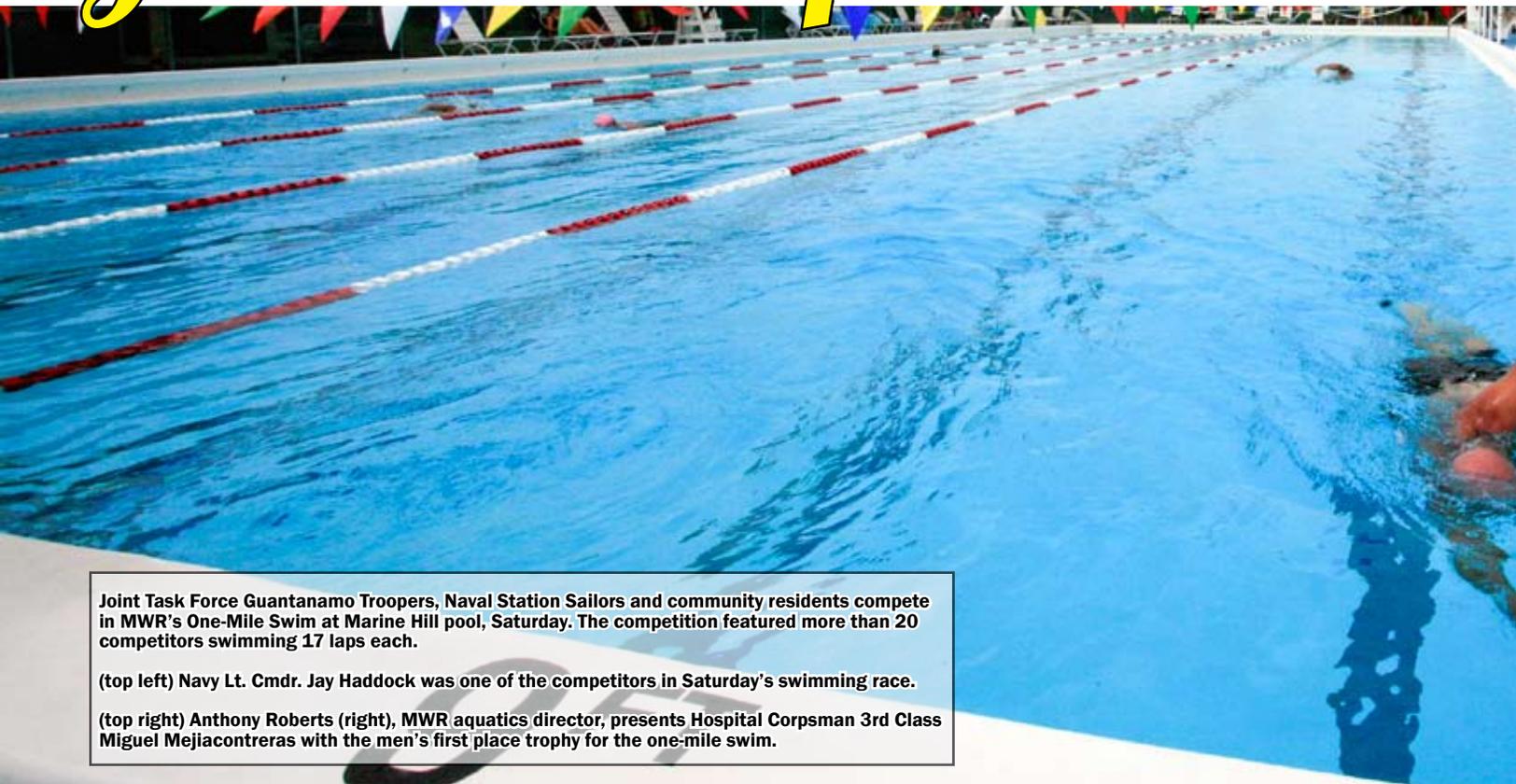
see TRACK, pg. 19



FEATURE



Just Keep Swimming



Joint Task Force Guantanamo Troopers, Naval Station Sailors and community residents compete in MWR's One-Mile Swim at Marine Hill pool, Saturday. The competition featured more than 20 competitors swimming 17 laps each.

(top left) Navy Lt. Cmdr. Jay Haddock was one of the competitors in Saturday's swimming race.

(top right) Anthony Roberts (right), MWR aquatics director, presents Hospital Corpsman 3rd Class Miguel Mejiacntreras with the men's first place trophy for the one-mile swim.



More than 20 Joint Task Force Guantanamo Troopers, Naval Station Guantanamo Sailors, and base residents competed in a one- mile swim, Saturday morning, at the Marine Hill pool.

This year's event saw a better than average attendance and faster finishing times for the top athletes in each class, said Anthony Roberts, Morale, Welfare and Recreation aquatics director.

"We didn't break the categories down into age groups," explained Roberts. "We simply had a women's and a men's class with awards for the top three individuals in each class."

Roberts noted the increase in the number of people who turned out to compete made it necessary to split the group in half.

"We had two heats because there weren't enough lanes to accommodate all the swimmers at once," he said. "Every contestant swam a mile which equals seventeen and a half laps in this 50-yard pool."

First place winner in the men's category was Hospital Corpsman 3rd Class Miguel Mejiacntreras with a time of 27 minutes, 46 seconds; in the women's category was Dawn Reiff-Santicola with a time of 32:55.

Reiff-Santicola, a Guantanamo Bay resident, said her favorite part of the contest was the number of competitors.

"I was impressed with how many people came; I wanted to beat more boys," laughed Reiff-Santicola. "But the matchup was good."

Reiff-Santicola admitted she didn't want to compete at first, but a particularly loyal fan talked her into it by promising to act as her cheering squad.

"My husband was like 'we'll bring signs, you should go!'" she recalled.

This was not the first time either athlete competed in a pool.

"I raced competitively back in Honduras and I just got here on island," said Mejiacntreras. "I have been swimming every other day and snorkeling for the past three weeks to train up for this."

Mejiacntreras' desire in attending the event was to inspire others to swim.

"It is one of the greatest sports and it's good for people to get in shape," he said. "I just want to help motivate people to swim because it is one of the events in the Navy PRT and you can swim if you are not able to run."

Reiff-Santicola appreciated the event for a similar reason.

"They (MWR) have a lot of sponsored runs and 5Ks and I am glad they have swimming events for people who can't run very fast or very well," she said.

The next event will be the Swim across the Bay, scheduled to take place in mid-November. For more information, call x2205.

Story and photos by Army Sgt. Mathieu Perry

the power of YOGA

Story and photos by Spc. Kelly Gary

Down tempo music, orange citrus aromas and dimmed lights provide a perfect atmosphere to destress. Complete relaxation, however, is only at the beginning and end of Myah Mason's yoga sessions. In between is a full-body workout that demands endurance, strength and agility.

Here on Guantanamo Bay, Morale, Welfare and Recreation offers civilians, contractors and Troopers alike these classes. People from all different fitness levels and agendas are reaping the various benefits yoga provides. Mason is one of the trainers presenting the opportunity.

A Morale, Welfare and Recreation fitness instructor, Mason teaches a variety of classes from pilates to dynamic strength to stability ball workouts but says her main certification and true passion is yoga.

Yoga provides Troopers in the states as well as on Guantanamo Bay the opportunity to wind down while, at the same time, getting a solid workout. In addition, the exercise is used to strengthen and rehabilitate sport players as well as Troopers with disabilities of the body or mind.

Mason first found yoga when she was looking to tone and strengthen her body after accomplishing her first goal to lose weight. After shedding more than 80 pounds, she felt it was time for the next step. While helping her keep in shape physically, yoga served as a form of solace during her husband's two deployments. She says that as a wife on the home front it is one of the best stress relievers. After earning her certification three years ago, she is now on

the other side of the studio and witnesses the transformations in her students.

"It is so encouraging to be able to play a role in people's lives that is for the positive," she exclaims.



Mason's class is non-purist, meaning it has nothing to do with religion – the yoga she teaches is all for health and fitness. While her main class is at 7 p.m. on Wednesday, she also teaches a class at 8:30 a.m. on Monday, providing a great opportunity for Troopers on night shifts to wind down. In addition, Mason teaches command physical training upon request. It is this factor that offers

unlikely candidates with a new experience.

"People who have never stepped onto a yoga mat will walk up and say to me, 'That was not what I expected, that was a great workout,'" she says.

Tranquil tunes, meditation and yoga blocks don't sound like standard physical training components but low impact and strength training classes such as yoga are becoming increasingly popular among the general public and within the various services. Mason says she constantly finds people in the military with the misconception that yoga is simply stretching or that it is meant for "hippies."

"Many people think of yoga and think of chanting or Cirque du Soleil girls," says Mason. "That or they don't think they can even touch their toes."

In reality, yoga can be an intense workout that promotes flexibility and agility.

Still, there is an emphasis on atmosphere. Mason bookends her classes with a clearing of the mind and a steady warm up or cool down.

Cryptologic Technician Interpreter 3rd Class Meredith Mox, a regular attendee, says she particularly likes the way the class is conducted.

"I love Myah's style of teaching," admits Mox. "It's ideally how I've always thought yoga should be."

Each session begins by encompassing the class with the music and only a string of lights to emit a soft glow. She then offers each pupil a scented oil if wanted and has

see YOGA, pg. 19



Myah Mason stretches into a yoga pose during her Monday morning class at the Marine Hill gym. Mason is a Joint Task Force Guantanamo Bay spouse and has been teaching yoga on the base for approximately nine months.



ON THE DECK

USS Spruance commissioned as Navy's newest destroyer

By David L. Hostetler

KEY WEST, Fla. — USS Spruance became the newest member of the Navy's Pacific fleet after being placed in commission during a sunset ceremony at Naval Air Station Key West Saturday.

The new destroyer honors legendary Adm. Raymond Spruance, whose calm and decisive leadership at the Battle of Midway contributed to a pivotal American victory during World War II.

Vice Chief of Naval Operations Adm. Mark E. Ferguson III delivered the ceremony's principal address. "We welcome the USS Spruance and her crew to the fleet," said Ferguson.

"Wherever she sails, this ship will honor Admiral Spruance's legacy as the 'quiet warrior' who displayed uncompromising integrity and a powerful intellect, while giving the nation victories at sea in time of war. "Ellen Spruance-Holscher, the ship's sponsor and granddaughter of the ship's namesake, gave the order to "man our ship and bring her to life" prompting the crew of 285 officers and enlisted personnel to run aboard and officially begin the ship's life.

Simultaneously, the ship's systems were activated. Movement of the ship's Close-In Weapons System (CIWS) gun, sounding of alarms, rotation of fire-control radars

and a prolonged whistle blast showed approximately 3,400 guests in attendance that the ship was ready for service to the Navy and our country. Cmdr. Tate Westbrook, of Murfreesboro, Tenn., is the ship's first commanding officer and spoke of the advanced weapons systems on Spruance and credited his Sailors with an outstanding effort preparing to operate them.

"Spruance's crew has trained for years to sharpen their skills to employ those capabilities," said Westbrook. "On board Spruance, through many long hours, they have sharpened their swords."

Spruance, the 61st Arleigh Burke-class destroyer and the second Navy ship to bear the

name, will be able to conduct a variety of operations, from peacetime presence and crisis management to sea control and power projection. Spruance will contain myriad offensive and defensive weapons designed to support maritime warfare and be capable of fighting air, surface and subsurface battles simultaneously.

The 9,200-ton Spruance was built by Bath Iron Works in Bath, Maine. The ship is 509 feet in length, has a waterline beam of 59 feet, and a navigational draft of 31 feet. Four gas turbine engines will power the ship to speeds in excess of 30 knots. Spruance will proceed to her initial homeport of San Diego Oct. 3 as the newest member of Destroyer Squadron 23.



INSIDE THE JAR

Marine Military Police 'shoot to kill' aboard ship

Story and photo by
Cpl. Kenneth Jasik

As Marines participating in Exercise Dawn Blitz continue to get their sea legs, Combat Logistics Regiment 17 military policemen got a feel for firing their weapons aboard USS Bonhomme Richard, Oct. 1.

The differences may have been minor to an outside observer, but looking down the sights, the Marines could see their targets moving with the ship.

"It was an experience," said Cpl. James L. Nelson, an MP with CLR-17. "It's a little different than solid ground with the boat rocking on the waves."

The shooting was similar to growing their sea legs,

something they have done recently, as this is the first time aboard ship for many of the Marines. Marines at every level used this chance at sea to refine what it takes to plan, embark and operate at sea, with

the emphasis on a large-scale amphibious landing.

"It's good training," said Nelson. "I'm enjoying it so far because it's different and it's new."

This was the MPs first

opportunity to fire aboard Bonhomme Richard since they left San Diego, Sept. 28.

"It was a good chance to throw rounds downrange," said Gunnery Sgt. Dorian A. James, company gunnery sergeant, MP Company. "Shooting on ship is different than shooting on land."

While the Marines shot their rifles on the starboard side of the ship, Sailors fired M16s portside. The leaders of MP Company had little trouble coordinating the shoot with their Navy counterparts who run the ship.

"We literally said 'Hey, this is what we want to do,'" said James. "[The Navy] has been very supportive of our training needs."



Pacific Ocean, XS-Military policemen with Combat Logistics Regiment 17 fire their M9 pistols during a small-arms fire exercise aboard the USS Bonhomme, Saturday.

Best warriors battle at Ft. Lee for top Army titles

Story and photo by Patrick Buffett

FORT LEE, Va. – Twenty-six motivated Soldiers began their pursuit of prestigious Army titles Monday as they completed the first challenges of the 2011 Best Warrior Competition.

Celebrating its 10th anniversary, Best Warrior is the Sergeant Major of the Army-sponsored event that culminates with two Soldiers being awarded the titles of either U.S. Army Non-commissioned Officer or Soldier of the Year.

The 2011 candidates were welcomed to the competition and Fort Lee on Sunday during a special dinner that featured Army Sgt. Maj. of the Army Raymond F. Chandler III. At 5 a.m. Monday, they were standing on the infield of Williams Stadium with more than 1,000 advanced individual training students cheering them on from the stands as they prepared for the Army Physical Fitness Test.

Sgt. Guy Mellor, the NCO of the Year candidate representing the Army National Guard, would later describe that moment as a once-in-a-lifetime opportunity.

To prepare for the physical demands of Best Warrior, Mellor, a cannon crewmember assigned to the 145th Field Artillery Battalion, Salt Lake City, said he maintained a steady workout regimen -- six hours a week and at least one hour each day -- with lots of running, pushups and sit-ups.

"It takes a lot of dedication," he said. "You have to set goals and meet those goals. You have to push yourself."

The pushup, sit-up and two-mile run events begin. During the 10-minute rest breaks between each event, the stadium vibrated with a cacophony of cadences, unit songs and loud cheers.

"It's overwhelming at times," said Sgt. Douglas McBroom, the NCO of the Year candidate for the Army Materiel Command. "I'm so glad to be here. I've been training for an entire year to be here, and I'm just ecstatic."

Assigned to the 690th Transportation Detachment at Fort Eustis, Va., McBroom said he received a lot of good advice on his way to Best Warrior. Fellow leaders and Soldiers encouraged him to stay motivated and to keep a positive attitude regardless of whether he did well or poorly at an event.

"It's important to keep driving forward and focus on the next event," said the native of Corpus Christie, Texas. "Just do what you know and hope you come out on top."

While those words of encouragement were helpful, McBroom said something much more personal is pushing him to win.

"I get my biggest motivation from my mother and my grandmother,"



Staff Sgt. Raymond Santiago powers through the pushup event during the 2011 Best Warrior Army Physical Fitness Test Monday, at Williams Stadium, Fort Lee, Va.

he said while pulling up the sleeve of his fitness uniform to reveal a black metal bracelet inscribed with two names: Michelle McBroom and Bessie Goode. "They're currently battling breast cancer, but they're doing OK, keeping strong and their strength give me strength. It keeps me moving forward."

"Winning would mean so much to my Soldiers, my unit, my family and my community back home," McBroom said. "But it's my mom and my grandmother who are really pushing me forward to exceed all expectations. I'm just really glad to be here for them and to take all of this in while getting some of the best training in the world."

With the APFT is now behind the competitors, the remainder of Best Warrior week includes events that will test their knowledge, endurance and technical expertise. On Monday, they completed a written test and essay, followed by a training session focused on the new Army Physical Readiness Test that will soon replace the current APFT.

Other events in the week include a Soldier board where the competitors will face a panel of command sergeants major from several key organizations throughout the Army, an urban orienteering event where the candidates will demonstrate their knowledge of common warrior tasks, weapons qualification ranges, and field events where the Soldiers will face mock enemies in an urban environment.

Air Force leaders issue Energy Awareness message

From www.af.mil

WASHINGTON – Secretary of the Air Force Michael Donley and Air Force Chief of Staff Gen. Norton Schwartz sent the following message regarding energy awareness month to the Airmen of the U.S. Air Force and their families:

Global Vigilance, Reach, and Power at home and abroad require vast amounts of energy - whether it is fuel for aircraft, gas for our vehicles, or electricity for space and cyberspace efforts. As the largest energy user in the federal government,

the Air Force must find ways to reduce energy consumption, especially given the current economic environment. To ensure Airmen always have reliable, secure access to energy when and where the mission requires, we will pursue an energy posture that is resilient, robust, and ready to support global missions.

Improving our energy posture requires us to be smart about how energy is consumed in the air and on the ground. October is Energy Awareness Month and the Air Force remains committed to promoting

energy awareness through education and action. The theme for Energy Awareness Month this year is "Power the Force - Fuel the Fight."

This theme seeks to highlight energy as a critical resource to capabilities and reminds us to focus on the impact our day-to-day energy decisions have on the mission. Energy awareness strengthens our capabilities and reinforces the pillars of the Air Force Energy Strategy: Reduce Demand, Increase Supply, and Change Culture.

THE CHANGE-UP



Army Sgt. Meredith Vincent

What happens when you add the screenwriters of “The Hangover” with the director from “Wedding Crashers,” toss in the drunk chick who barfs up piña colada all over Steve Carell in “40-Year-Old Virgin” and top it off with two of the most hilarious, snappy and overall humongously talented comedic actors working right now?

You get a decent raunch-filled flick that could’ve been worse but had the potential to be much better. The story isn’t original, by any means: Two boyhood pals who couldn’t be more different — Mitch (Ryan Reynolds) is a crude, irresponsible playboy with no filter on his very dirty mouth, while Dave (Jason Bateman) is the buttoned-up, polished lawyer with the perfect wife to match his perfect kids to match their perfect house — find themselves magically transferred into each other’s bodies after a night of consumption and peeing in a nearby outdoor fountain whilst simultaneously wishing for each other’s lives. Presto Freaky Friday!

Body switching comedies consistently rely on the same formula for wackiness: the freak out, the hilarity, the complications, then finally the Big Acceptance Moment. Without giving too much away, “The Change-Up” most definitely stays within these boundaries, but, with the help of the filmmakers mentioned



above, it amps up the gross factor to Farrelly brother-esque status.

Honestly, the most enticing thing this movie has going for it are its stars. Yours truly probably would never have given a second look had it not been for the double billing of Bateman and Reynolds. And the beauty here is that you have each actor — both masters of the deadpan, biting retort, both known for their original delivery techniques — doing his best to imitate the other. And doing a heck of a job!

Bravo to Reynolds for reigning his Van Wilder schtick in just enough to let the struggling, regretful Dave shine through, especially in scenes with Dave’s neglected wife, Leslie Mann. Reynolds gets the unique

opportunity to play the straight man for once; playing Jason Bateman opposite the man himself is no easy chore, but Reynolds pulls it off.

The movie, however, belongs to Bateman. After years of playing “the best friend,” Bateman is finally getting his moment, and like a champ, he’s tearing it up. Watch as the usually-reserved, understated actor goes for broke in some of the movie’s most unforgettable scenes (My favorite in particular is at Dave’s daughter’s dance recital). As we watch Mitch morph from a soulless bad boy into a lovable guy-with-plans-and-stuff, so to are we watching Bateman transform from second banana to dynamic leading man. And I for one couldn’t be happier.

	30 FRI.	1 SAT.	2 SUN.	3 MON.	4 TUES.	5 WED.	6 THURS.
Downtown Lyceum	Dolphin Tale (PG) 8 p.m. The Help (PG-13) 10 p.m.	The Smurfs (last showing) (G) 8 p.m. Fright Night (R) 10 p.m.	Crazy, Stupid, Love (last showing) (PG-13) 8 p.m. The Help (PG-13) 10 p.m.	Cowboys & Aliens (last showing) (PG-13) 8 p.m.	30 Minutes or Less (R) 8 p.m.	Rise of the Planet of the Apes (PG-13) 8 p.m.	Final Destination 5 (R) 8 p.m.
	Rise of the Planet of the Apes (PG-13) 8 p.m. Fright Night (R) 10 p.m.	Crazy, Stupid, Love (last showing) (PG-13) 8 p.m. The Help (PG-13) 10 p.m.	Final Destination 5 (R) 8 p.m.	Dolphin Tale (G) 8 p.m.	Cowboys & Aliens (last showing) (PG-13) 8 p.m.	The Change-Up (R) 8 p.m.	30 Minutes or Less (R) 8 p.m.

Call MWR at ext. 2010 for more information.

Movie Hotline - call 4880.



UN chief: End Syrian bloodshed

Voice of America News Service

U.N. Secretary-General Ban Ki-moon says the international community has a “moral obligation” to prevent further bloodshed in Syria, a day after a European-drafted resolution aimed at curbing the violence failed at the U.N. Security Council.

A spokesman said Wednesday that Mr. Ban sees the violence as unacceptable and regrets that the Security Council has not come to an agreement on how to end it.

Russia and China vetoed a resolution draft written by France, Britain, Germany and Portugal Tuesday, sparking U.S. and European outrage. The measure contained possible references to sanctions against Syria if its leader pursues a crackdown on opposition protesters.

Meanwhile, Turkish Prime Minister Recep Tayyip Erdogan said during a speech in South Africa Wednesday his government will impose its own sanctions on Syria, despite the resolution’s failure at the U.N. Security Council.

U.S. State Department spokeswoman Victoria Nuland said the vote does not change U.S. commitment to increase pressure on the Syrian government. She said countries will have to take responsibility for the decisions made Tuesday and any impact it may have on the ground in Syria.

French Foreign Minister Alain Juppé said France and others tried everything possible to propose a strong resolution that reflected everyone’s concerns about what he called the “massacring” of the Syrian people. He said Tuesday was a “sad day” for the Syrian people and the U.N. Security Council.

However, a senior aide to the Syrian president told the French news agency that Tuesday was a “historic day.” Bouthaina Shaaban told AFP in Damascus that Russia and China stood “with the Syrian people” and provided the time needed for the government to “enforce and enhance reforms.”

Syria has been using military force to crush almost seven months of opposition protests demanding an end to Syrian President Bashar al-Assad’s 11-year autocratic rule.

The United Nations says at least 2,700 people have been killed in the crackdown against protesters and other dissidents.

Turkey has provided refuge for several Syrian dissidents. A Syrian colonel who found refuge there and heads the armed opposition force called the Free Syrian Army said a brutal crackdown last week in Rastan was an operation to capture him.

Colonel Riad al-Asaad says he defected in July after refusing to follow Syrian government orders to shoot protesters. He says his opposition group now has more than 10,000 defectors.

Unions, students join anti-Wall Street protest

Voice of America News Service

Thousands of anti-Wall Street demonstrators, backed by organized labor, have massed in New York City’s financial district, in a protest against what they see as inequality in the U.S. economy.

Labor unions and community organizers joined the protest Wednesday to denounce unemployment, corporate money’s influence in politics, and the 2008 bailouts to large Wall Street banks. In other parts of the United States, students at several colleges walked out of classes in solidarity.

Protesters say the United States is becoming a country ruled by a tiny financial elite, and that all but 1 percent of Americans are finding it difficult to find jobs or pay the rent.

The protest movement, known as “Occupy Wall Street,” began September 17 with a few dozen demonstrators and have since spread to cities such as Los Angeles, San Francisco and Seattle.

In New York, more than 700 people were arrested last Saturday when they blocked traffic for several hours on the Brooklyn Bridge. Most were issued citations for disorderly conduct and released.

Apple co-founder Steve Jobs dies

Voice of America News Service

Apple Computer co-founder Steve Jobs has died at age 56 after a long illness. Tributes have been pouring in from around the world. Jobs was an entrepreneur and innovator who changed several industries.

Apple chief executive Tim Cook called Jobs “an amazing human being, a visionary and a creative genius”. With his trademark black turtleneck shirt and jeans, Jobs was known a charismatic business leader and an innovator.

“We just try to build products we think are really wonderful and that people might want. And, sometimes we are right and sometimes we are wrong,” Jobs said.

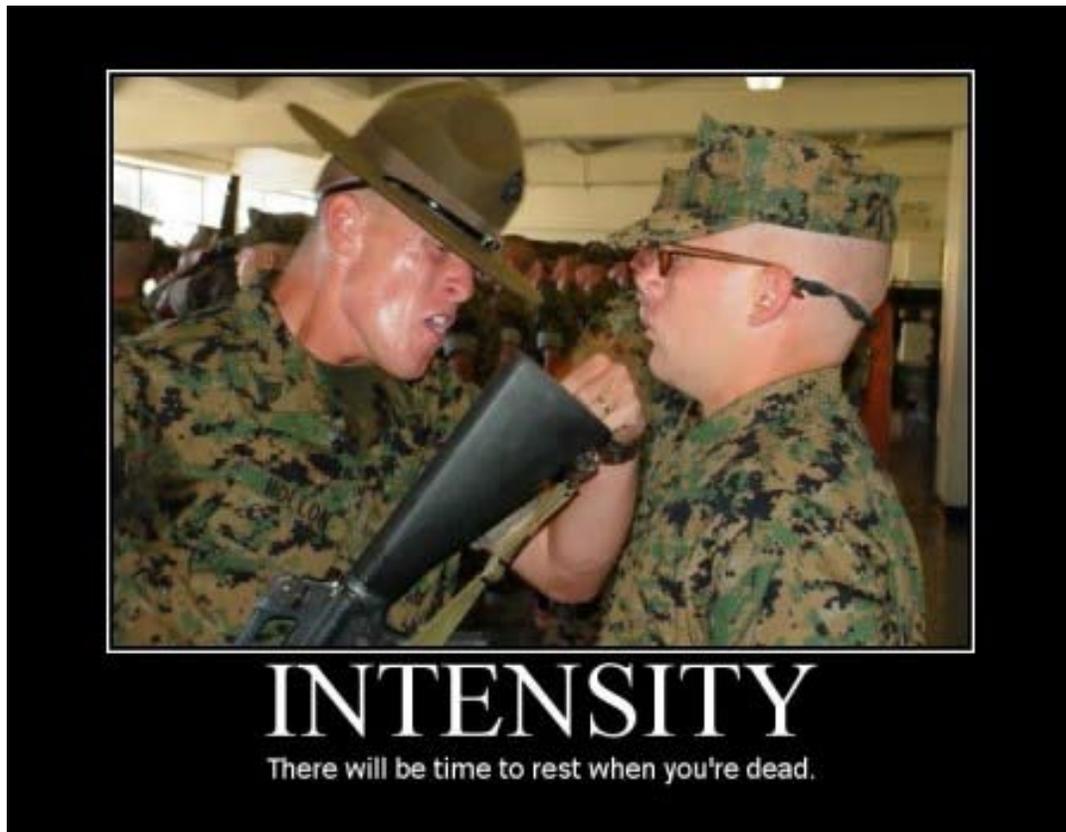
Jobs had suffered from health problems since surgery for a rare form of pancreatic cancer in 2004. He underwent a liver transplant in 2009 but returned to work. He took a leave of absence last January, his third since his health problems started, but he announced in August he was stepping down as Apple’s chief executive. He stayed on as chairman of the board.

Keeping your intensity: A key factor to a great workout

Pfc. Justin Pierce

Making it through a good workout always leaves me with a sense of accomplishment. I know by the end of it, physically, I've kicked my own tail, (generally noted by the sweat sloshing around in my shoes) mentally, I feel focused for the rest of the day; and emotionally, a hearty workout makes me feel good about myself. So what constitutes a good workout in my book? Intensity. For me, no better path exists than going full bore and getting the most out of every second of my time in the gym. Intensity keeps my motivation, heart rate and confidence high throughout my routines.

Maintaining a high level of motivation isn't always easy. Whether I'm sore, tired or maybe just not feeling up to the challenge, I always tell myself one thing: "You'll feel better once you get going and you'll feel great once you're done." For me, this mantra holds true time and time again. Intensity is a figurative form of inertia. Yes, I may start slow, but I keep active, jumping rope or doing any other form of light cardio between sets. The next thing I know, I find myself thinking, "You can do a couple more reps,



add another plate, run faster...?' and then I do.

Pushing myself to be as active as possible in the gym also keeps my heart rate up during my workouts. This is especially beneficial, turning a simple lifting

day into an interval-training day. Quite a few folks will say they spent an hour or even two hours lifting in the gym, but rarely does that translate into one or two hours of actual work. Instead of just sitting on a bench between

sets, get up and be active. If you're lifting for upper body, jump rope between sets. Your chest will still recoup and be ready for the

see **BODY**, pg. 19

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

LEPP cont.

were divided into groups and with the help of volunteers, tasked with compiling a story of their own. Only fifteen minutes was given to create the story but by the end, the groups came up with elaborate tales of giant teacher-eating hot dogs and sleep walking banana rats.

Lepp said he has performed at a variety of locations ranging

from elementary schools to nursing homes. He explained he has a set of stories and fine tunes them to cater to his different audiences. In the end, he just wants all in attendance to walk away entertained.

“I want everyone to have a good time, get a couple laughs and relieve some stress from the day,” said Lepp.

Following the workshop, Lepp performed for a general audience filled with Troopers, contractors and civilians. The aim was for each person to relax for an hour.

“It’s good to listen to a guy with a microphone tell some great stories,” said Dickson. “Everyone can use their imagination and laugh – it’s a good time everyone needs.”

Dickson explained MWR guests provide an opportunity for Troopers to have a temporary escape from the day-to-day routine and enjoy themselves.

“GTMO can be a challenging place to work,” said Dickson. “When someone comes down, be it a band or circus or story teller, it adds to the quality of life.”

YOGA cont.

everyone slowly work their way into the work out all-the-while focusing on breathing.

The base of yoga is breathing. Mason swears simply learning to master breathing itself will better a person’s fitness. Breath control, in conjunction with the strength and agility training, enhances all other forms of physical training, she says.

“It improves PT,” explains Mason, “specifically for runners because it gives a fuller stride when they run and helps them recover afterwards.”

Running is not the only area yoga can aide. For all the sports players on island, Mason says yoga will enhance performance no matter the activity. She vows it will help the runners run faster, basketball players jump higher and cyclists ride harder. She highly encourages scuba divers to consider attending as well.

“If you dive, it is a must,” she stresses. “It will help you save money on your air because you will be able to master your breathing, you will have the muscle memory for when you are diving and it will help with cramping.”

The Wednesday night class sign-in sheet is full of JTF sports enthusiasts and divers, a large number of them from the 525th

Military Police Battalion.

Army Chaplain Capt. Garland Mason, 525th MP Battalion chaplain and Myah’s husband, hears nothing but positive things from many Soldiers who attend.

“Based on people’s feedback, they love it,” he said.

Many Troopers here have long strenuous days in the camps and several of them carry over stress from previous deployments but the positive benefits of yoga were recognized long before Guantanamo Bay adopted the program. Nationwide yoga has been helping vets with and Post Traumatic Stress Disorder. It is a significant part of Walter Reed Army Medical Center’s effort to help servicemembers returning from Iraq and Afghanistan leave their wartime experiences behind; it also assists in rehabilitating amputees. While Troopers here don’t face the same dangers as in combat zones, the daily strain the guard force and JTF personnel endure calls for a catharsis.

“It is the very antithesis of the camps,” explains Chaplain Mason. “It is the opposite of what they have to do and see for 12 hours.”

Chaplain Mason sees the class as an

opportunity to be in a quiet place away from the uniform, drama and stress of everyday life. In his eyes, what someone does with their free time affects all other areas. A comprehensive take, he says, is vital to being physically, mentally and spiritually healthy.

“All areas of home, work and off-time affect each other,” he says. “So what you do on your off-time impacts how you perform at work and your family at home.”

For Mox, she says yoga helps her connect with herself on a new level and let go of tensions built up through the week.

“The class helps me find balance,” Mox describes. “It’s a healthy, alternative way for me to relax instead of using cigarettes or alcohol.”

Mason is glad she has already influenced others and is enjoying Guantanamo Bay thus far. She has great expectations for the rest of her time here and is hoping to be able to offer more yoga classes in the future and maybe create a DVD.

“I am not sure what the future holds,” she says. “Maybe I will open a studio when I get back to the states, but for now I will give what I have to offer and hope everyone gives it a try.”

BODY cont.

next set. Furthermore, keeping active means your blood’s still pumping and your body’s staying warm and limber. I’ll often find that I’m MORE invigorated on my second and third sets just because I didn’t go into them cold.

Physical benefits aside, bearing down on an intense workout also increases my confidence. High intensity keeps a steady flow of those feel good endorphins, keeping everything in a positive light. This confidence is where that little voice comes from – “Hey, you’ve got this, add more weight, knock out an

extra set, concentrate on your movement,” and so on. Beyond just encouraging me throughout my gym time, this confidence reaffirms that I’ve gotten all I could out of myself. Lingering lifting regrets never follow me out of the gym.

While it isn’t always easy to maintain a high level of intensity, it always pays off in the end. Know your limits and know to push them (safely of course) and you’ll find yourself enjoying the time you spend in the gym or on the track more and more. We train as we fight, so make your workout reflect it.

TRACK cont.

Jones continues to push Wilson every week and monitors his progress on his day off. He admires that, though Wilson is a fast runner, he continues to listen and strives to improve.

“He always comes to me on my off day or calls me excited, ready to show me what he’s improved on,” said Jones. “He’ll run a few 100-meter sprints and I’ll still tell him where he can get better even though he is getting faster.”

Jones put Wilson on a strict regiment of dieting, running and weight training, followed by long runs to keep his endurance up. He enjoys the fact that Wilson takes in all the advice and criticism.

“Wilson has a hard time

focusing sometimes,” said Jones. “So I get on him about it no matter how good he does, because once he can focus better, he’ll be even faster.”

Wilson is set to go to Annapolis soon for a recruit day where he will spend time with someone from the track team as well as learn more about becoming a midshipman. But when he returns, he will continue to train and remain focused.

“It’s all about consistency, motivation and maintaining your focus,” said Wilson. “Because even though there may not be a track meet coming up, doesn’t mean you can’t get faster in the meantime.”

The JTF At Shutter Speed



TUNING UP

Army Sgt. Vernon Harley, a power generator mechanic assigned to 525th Military Police Battalion, performs maintenance on a Light Medium Tactical Vehicle at 525th MP Bn. motor pool, Thursday. - photo by Army Sgt. Mathieu Perry



FENCELINE TREK

Army 1st Sgt. Brian Stuckey (left), first sergeant for the 198rd Military Police Company, runs the Leeward fence line during the Marine Security Force Company half-marathon, Saturday. - photo by Army Sgt. Mathieu Perry



STAYING AFLOAT

United States Coast Guardsmen, attached to the Maritime Safety and Security Team 921210, form a human raft during water survival training at the Marine Hill pool, Tuesday. - photo by Army Sgt. Mathieu Perry



IT'S A THREE!

Master-at-Arms 2nd Class Christopher Brooks takes a jump shot during an intramural basketball game between Omega Red and Team Shottaz at Denich Gym Sept 29th. - photo by Mass Communication Specialist 2nd Class Wilho Park