

PLUS:

Lappy Llour on the island
Comedian teaches
lessons with laughs



OMMAND—CORNER-

As I prepare to turnover command of JTF Guantanamo, I wanted to spend a moment to thank you for all you have done to ensure the success of this important strategic mission. Regardless of the numerous tasks and diverse challenges we have faced, you were always ready to respond and produced results that exceeded expectations. You have excelled in a demanding 'no fail' environment where there is no margin for error - as our actions must withstand the highest degree of scrutiny and rigor. Simply put, your performance was inspiring both to me and those who witnessed it from afar.

It has been a true honor and privilege to serve with you these past 14 months. Through your tireless actions, unmatched professionalism and selfless service to our Nation, you have truly reflected our motto: "Honor Bound to Defend Freedom."

As I look back over my tour, I wish you could have been present when the numerous General and Flag Officers, Congressional representatives and other distinguished VIP's spoke to me at the conclusion of their visits. Their responses were nearly unanimous, as all essentially said words to the effect of T had no idea of the demanding conditions these men and women work under and I was so impressed with their professionalism. I wish the American public could witness what I have just seen – and I will be sure to carry this message.'

That sentiment was universal among all visitors.

Never forget that each of you make an important contribution to our team and that what you do here does make a difference. You should be extremely proud of your service and the efforts you put forth in support of the JTF GTMO mission and our nation. No doubt we will continue to draw worldwide attention, but the unique talents and contributions of our joint servicemembers and civilians will ensure continued success in the future.

I know each of you will continue to give your unwavering support and loyalty to Rear Adm. Woods. He is indeed fortunate to take command of such a talented and capable group of joint men and women.

Thank you again for your service and your persistent and dedicated efforts. God bless you and your families. Maria and I wish you all the best life has to offer. Honor bound!



JTF CHANGE OF COMMAND CEREMONY
Where: The Bayview Patio
When: 9:30 a.m.
Guest Speaker: Air Force General Douglas Fraser,
Commander, U.S. Southern Command

JTF Guantanamo

Commander

Navy Rear Adm. Jeffrey Harbeson Command Master Chief Command Master Chief Reynaldo Tiong Office of Public Affairs Director

Navy Cmdr. Tamsen Reese: 9928

Deputy Director

Air Force Maj. Amy A. Oliver: 9927

Operations Officer
CW2 Scott Chapman: 3649
Senior Enlisted Leader
Sgt. 1st Class Benjamin Cossel: 3499

The Wire

Executive Editor:

Army Sgt. Meredith Vincent: 3651

Layout Assistant:

Mass Communication Specialist 2nd Class

Maddelin Angebrand **Photojournalists:**

Mass Communication Specialist 1st Class Erica Gardner Mass Communication Specialist 1st Class Sally Hendricks

Mass Communication Specialist 2nd Class Kilho Park
Mass Communication Specialist 2nd Class Joe Ebalo

Army Sgt. Mathieu Perry Spc. Kelly Gary

COVER: Marine specialists with Naval Facilities Engineering Command Natural Resources Section George Kenny (left) and Jered Jackson (right) collect a sediment specimen near the mouth of the Guantanamo River on the leeward side of Guantanamo Bay Naval Station, Aug. 10. NAVFAC and the National Oceanic and Atmospheric Administration are scheduled to spend a week or more testing for algae nutrition sources and pollutants. - photo by Army Sgt. Mathieu Perry

Contact us

Editor's Desk: 3651

From the continental United States

Commercial: 011-53-99-3499

DSN: 660-3499

E-mail: thewire@jtfgtmo.southcom.mil **Online:** www.jtfgtmo.southcom.mil

The WIRE is the official news magazine of Joint Task Force Guantanamo. It is produced by the JTF Public Affairs Office to inform and educate the Troopers of JTF Guantanamo through news, features, command guidance, sports and entertainment. The WIRE seeks to provide maximum disclosure with minimum delay with regard to security, accuracy, propriety and policy. This DoD news magazine is an authorized publication for the members of the Department of Defense. Contents of The WIRE are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, or Joint Task Force Guantanamo. It is printed by the Defense Logistics Agency Document Services with a circulation of 1,200.

THE WIRE | PAGE 2 COMMANDER'S CORNER

BRODIE cont. -

professional and personal. The immediate goal of pinning on first class crows is on his horizon and he plans to pursue a career as a Line Duty Officer, continuing to enjoy a career in the Masterat-Arms field.

"I enjoy being in the Navy," said Brodie. "There is nothing me or anyone cannot do without knowledge. I do not need a really high IQ to accomplish what I want — I am that driven to succeed."

The determination to obtain training to enhance his current skill set helped Brodie research the qualifications necessary to participate in the Command Managed Equal Opportunity course, usually offered to first class petty officers and above.

"I took advantage of the training opportunity," said Brodie. "If I ever get to participate in such a program, I will already be qualified."

For Brodie, being in the military is like having a society within a society. Other military personnel can relate to many of the experiences he has encountered. This is where many of the lyrics to his songs come from.

Brodie and Maxwell met

while in the Middle East on deployment and the two were reunited on Guantanamo Bay.

"I am kind of like the always happy spirit, counselor, preacher," said Maxwell. "I keep the group together when things start to get shaky."

Brodie and the rest of 12.0 Productions would like people to hear their music and appreciate the time, effort and talent that go into making their craft. People have heard their mixes and comment how good they are, not realizing everything is made from Brodie's Cuzco room.

"There are a lot of late nights

and dedication to the product in a 6 x 6 room," said Brodie. "This has tested our friendships as a lot of frustration and emotion is created, too."

Brodie understands each milestone his group meets and completes is a step toward recognition and stardom. The work ethic devoted to his military career is mirrored in his hobby and reads like a recipe for success.

"Never let other people tell you what you can't do," said Brodie. "You put your mind to anything and you can accomplish whatever you want."

MOVIES cont. -

Punch and Jason Segal score the most genuine laughs with the most relatable characters. As the straight-and-narrow Amy, Punch turns what could've been an insufferable character into a hysterical tragedy. And Segal proves that, in a movie where tastelessness is the main ingredient, delivery and wit can sweeten the pot much more. Give these two a movie on their own and I'll show up any day. In the meantime, Diaz and her bad ways get one very bad banana rat.

CHAPLAIN cont. -

presence is like that of every other chaplain in the armed forces, many times in the form of a listening, caring ear to hear the concerns of servicemembers."

JTF cultural advisor, Zak, who declined to give his last name, said the visit by a Muslim chaplain is appreciated by the Muslim community.

"This is an example of JTF taking responsibility and care of the religious needs of servicemembers," said Zak.

El-Saddiq's favorite part of his job is breaking long-held stereotypes and showing people a different side of religion.

"When they see me in this uniform and also wearing this kufi on my head and a beard as well, it can serve as a reminder that, yes, we are Muslims," said El-Saddiq. "But we can serve as members of the Navy, Marine Corps, Army and Air Force, also."

ALGAE cont. =

Jackson also noted the timing of their study could not be any better.

"Thanks to tropical storm Emily," Jackson shared, "if there are any contaminants we will find them now, because storms have a tendency to push that stuff into nearby waterways."

Gathering the sediment samples is just part one of the group's study on Guantanamo Bay. This week the team will unite with divecertified researchers from various colleges to collect photo documentation on the current conditions of different coral beds throughout the bay.

"Taking photos of them will allow us to see a progression over time of the health of the corals," said Jackson. "That will also allow us to catch an algae bloom and note its effects on the coral."

The team will send their findings and samples off to a lab at Florida Atlantic University and review the results. If any contaminants are found, action will be taken to protect the water, wildlife and corals, but the researchers hope to see a positive outcome.

"We really just want to sustain the beauty of the coral here so they can thrive and continue to be enjoyed by divers and wildlife for years to come," Jackson concluded.

Stay tuned for part two of the study in next week's Wire issue.

Information Assurance Tip of the Week

#1 Cause of a DISA Failure, "UNATTENDED CAC".

Do you know where YOUR CAC is?

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News from the Bay

Stories and reporting by Mass Communication Specialist 2nd Class Maddelin Angebrand and Mass Communication Specialist 1st Class Sally Hendricks

MWR offers fitness class at Camp Buckeley

Finally a fitness class at Camp Buckeley!
Morale, Welfare and Recreation Fitness
Coordinator Tanya Henigman has added an
exercise class to the fitness schedule at Camp
Buckeley gym to accommodate Joint Task
Force personnel. Beginning Aug. 24, 30min ab classes will be offered Wednesdays
at noon.

"I know that it's almost impossible for the people at JTF to get to a class on the NAVSTA side during the day," said Henigman. "They have long days and this way they will have the opportunity to attend a class so they can meet their needs for their physical fitness test."

Working the abdominals will not get rid of a tummy, but will help with important core strength. Doing a variety of things will also build a strong mid-section. Everton Hylton, MWR fitness trainer/instructor teaches the class.

"You have to work all parts of your body to achieve good physical fitness and get results," said Hylton. "In my abs class, we work on all supporting muscles. It's not just the abs."

Sometimes taking a break in your day helps to refresh the mind and body.

"We are limited on space but it's a nice opportunity to take a breather so you can take on the rest of your day," Hylton explained.

Bringing the class to the JTF side is just another example of MWR working hard to bring programs that will benefit everyone on Guantanamo Bay.

"We want to accommodate the needs and wants of the people here," Henigman concluded.

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

Cirque Odyssey comes to Guantanamo Bay

Morale, Welfare and Recreation is taking Guantanamo Bay to new heights with Cirque Odyssey. Performers will display acrobatics, dance, trapeze and much more Friday evening at 8 p.m. at the Downtown Lyceum.

The hour-long show will offer Troopers what could be the opportunity of a lifetime, said Amiee MacDonnell, MWR's community activities director, so don't miss it.

"They will provide the GTMO community an extraordinary and unique show," MacDonnell elaborated.

Cirque Odyssey is an amazing profusion of daring skill, grace, strength and agility. The group is highly recommended by Peyton Entertainment out of Orlando, Fla.

"This show was chosen based on the popularity of traditional cirque shows you might see in Orlando or Vegas," said MacDonnell.

The Cirque story is about a group of young Canadian people who wanted nothing more than the freedom to dream a dream. Beginning with Montreal street kid, Guy Laliberte, it's the tale of individuals who come forward at special moments in time to move that dream forward and share it with the world. It's a dramatic mix of circus arts and street entertainment full of color.

Troopers are encouraged to bring cameras to get a photo with the performers. For more information, contact MacDonnell at x4882 or email mwr.gtmo@gmail.com.

MCSF Co. hosts 8.7 mile fence line run/walk

Register at the Marine Hill White House from 11 a.m. to 1 p.m. for the Marine Corps Windward Tour of the Fence run/walk held Saturday at 6 p.m.

The first 15 registered will receive a free MCSFCO T-shirt. Cost is \$25.

Runners will check in Saturday, 6 p.m. at the White House, then board buses en route to the starting point.

"It's a tough run, starting at the first observation post, and leads runners out to Kittery beach," said Marine Staff Sgt. Aaron Tucker, attached to Marine Corps Security Force Company. "It's pretty much the whole fence line on the windward side."

Tucker said although the terrain is paved, there are some noteworthy hills sure to challenge even the best runners.

"We will have roughly four water posts set up with cold water in cups," he assured. "Runners can throw it in the trash and keep moving!"

One of his personal favorites, Tucker said the run is a unique opportunity for Troopers.

"I like how it's as close to Cuban soil as you can get on the island, because once you go back stateside, it's not something you will get to do again."

Tucker advised wearing very comfortable running shoes, shorts and breathable shirts.

"Even though it's in the evening, you will still work up a really good sweat," he warned.

At the end of the run, Troopers will have Gatorade to drink and fruit to replenish carbohydrates and electrolytes.

Don't forget your ID card and reflective belt, which are required to run the race.

For more information, contact Tucker at x2643.

Get a team ready for Marine Team Challenge

Get a tough group together and compete for bragging rights at the Marine Corps Security Force's Team Challenge, Aug. 27 at 6:30 a.m.

Teams must consist of four members in military working uniform or civilian equivalent, to include long-sleeve top, long pants, rugged running shoes or boots and reflective belt.

Activities will include an obstacle course, moving of moderately heavy items and getting dirty. Teamwork and having fun is mandatory, said Marine Staff Sgt. Aaron Tucker, attached to Marine Corps Security Force Company.

"It gives (participants) an opportunity to rely on each other and trust each other," said Tucker. "They will definitely be challenged."

The event takes about an hour to complete and is set up and run by the Marine Corps Security Forces Company.

For Tucker, the most rigorous part of the challenge is something he never seems to get used to

"It's the tire drag and the low crawl that will challenge the individual – they get me every time!"

Costis \$40 per team. For more information, call Tucker at x2643.



with his previous knowledge from the ROTC program at his school, off he went to become a 31 Echo or corrections specialist in the Army.

"I joined for the experience and college," said Smith. "I was just gung-ho about being a part of the Army. I saw other guys doing it and it looked interesting."

His older brother also played a role in his decision.

"My brother is also a 31 Echo and he's older than me," Smith shared. "I kind of knew what I wanted to do because of him. I could be stationed with him someday."

His job and training as a corrections specialist is what brought him to Joint Task Force Guantanamo, but striving for excellence made him part of an elite group of Soldiers in the 525th Military Police Battalion.

"Because of his excellence not only in the work he does in the camps, but for his physical abilities, he's part of the Warfighter competition team," said 1st Sgt. Brain Stuckey, 1st Sgt of the 193rd Military Police Company.

The Warfighter is a competition for all

military police members in the Army. They gather in September to compete in weapons knowledge, physical training, battle focus training

"It's to see who the top team is - you represent your unit when you go," said Smith. "It's challenging and keeps me in shape."

Smith says he hopes to one day go to drill sergeant school and eventually become a first sergeant, but first he said he will need to get some more experience.

"I would probably need to get another deployment under my belt and have more leadership opportunities with Soldiers and keep my PT up," Smith explained.

Smith reenlisted in March for four years, one of which he will serve here, and the other three he will serve with his wife in Germany.

Bullet Bio

Time in service: 2.5 years

Hobbies: basketball. working out, movies

Pet peeves: cleanliness

Next goal: become a drill sergeant

Advice to junior Troopers: "Have patience with your iob."

What team are you rooting for this football season?



"My Pittsburgh Steelers is what I'm looking forward to. I think they're going to the Super Bowl...again. In fact, I know they're going!"

Army Sgt.

Michelle Lindsay

"I'm a big Chicago Bears fan - looking forward to kicking the Packers' butts! The whole game is so reminiscent of the military, with having strategy

and competition."

Parachute Rigger 2nd Class Anthony Navarro



"I am looking forward to Michael Vick and the Eagles going to the Super Bowl. I don't like all of the uproar that goes along with it though. It's only football."



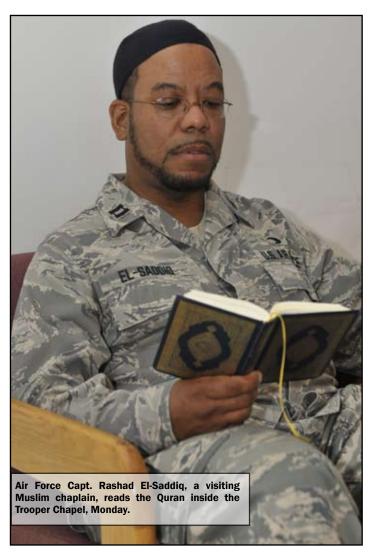
"I'm originally from Wisconsin so I like the Packers. They probably won't win but I still support them. I love getting together with the people, too."

Master-at-Arms 2nd Class **Nicole Hutchison**

Master Sgt. **Ted Kraszka**

Boots on the Ground

TROOPER FOCUS



Muslim chaplain offers services, guidance to GTMO community

Story and photo by Army Sgt. Mathieu Perry

Muslim chaplain Capt. Rashad El-Saddiq visited Guantanamo Bay over the weekend to offer services to many practicing servicemembers and civilians on the island.

There are an estimated 6,500 Muslims in the U.S. armed forces; El-Saddiq is one of three Air Force Muslim chaplains. His arrival came just in time for the holy lunar month of Ramadan.

"My reason for being here is to accommodate (Guantanamo Bay's) Muslim community in any way I can," said El-Saddiq. "I am here to provide whatever they need."

This was the captain's first visit to Guantanamo Bay and he was looking forward to the unique mission.

"I have only been here two days and have not fully assessed everything going on," said El-Saddiq. "My understanding is that there may be as many as 50 members of the Muslim faith here at Guantanamo." The lunar month of Ramadan is of special importance to Muslims. It marks the month the first verses of the Quran were revealed. El-Saddiq said fasting is a major part of the celebration, as well as additional voluntary prayers in the evenings.

"This is our way of showing thankfulness to God for sending this revelation to humanity," he explained. "During this time we fast from dawn to sunset. The reason we do this is as an act of devotion to commemorate the beginning of the holy book, Ouran."

Particular to the Muslim faith, five daily prayers, Friday worship services and Muslim holy days were conducted. The Maghirb (sunset) and Isha (evening) prayers at the base were also part of the services.

El-Saddiq emphasized he is here to serve everyone, regardless of their particular faith.

"Muslim chaplains in general make ourselves available for ministry," said El-Saddiq. "Our

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J6 Troopers ask 'Can you hear me now?'

Projects implemented for increasing, improving connectivity

Story by Mass Communication Specialist 2rd Class Joe Ebalo

Joint Task Force Guantanamo's Information Technology and Communications Department recently implemented new projects designed to benefit the entire work force and military community.

More than 10 different plans are currently in action to improve the overall speed and potential of computer network connections and radio frequency communications.

"What we are doing is modernizing our existing capabilities with tools better for the near term and for our troops," said Air Force Capt. Linsey Cousins, J6 Future Operations officer in charge. "The J6 mission is to support all of the JTF's commission, detainee and intelligence operations as well as manage the information technology and communications infrastructure. These new projects, scheduled to be complete in the near future, will provide unprecedented support for enhancing our capabilities."

Some of the plans include completely replacing the core network and all of the computer servers, ultimately improving productivity for each computer system. On the communications side, a new Land Mobile Radio upgrade will be available for all personnel using radios, especially safety and security personnel.

Many suggestions are brought up to the J6, but all ideas and equipment must fit the location, budget, shelf life and mission of the JTF. J6's Future Operations Project Manager, Marine Staff Sgt. Mike Ortiz,

said the approval process for new technologies and gear is lengthy but adequate.

"The bottomline is it needs to work here in Guantanamo," said Ortiz. "Some of these projects were designed many years ago and others were developed in the last few months. It's exciting to see them working now, but its only just the beginning."

J6 continues to strive for improved connectivity and satisfied customers.

"The time, technical expertise and teamwork put forth by the J6 personnel is what makes projects like this come together," said Cousins. "We look forward to bringing increased capability to the JTF."

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Trooper mixes beats, creates lyrics with new local rap group

Story by Mass Communication Specialist 1st Class Erica Gardner and Sonar Technician 1st Class John Humble

Master-at-Arms 2nd Class Francisco Brodie joined Joint Task Force Guantanamo as a camp guard in 2010, supporting the mission of providing safe, humane, legal care and custody of detainees.

Since the inception of the individual augmentee program in 2002, more than 80,000 Sailors have served on some form of augmentation – Brodie being one of them.

"One of my good friends joined the Navy and wanted me to join on the buddy system," said Brodie. "He was very serious about his job in the Navy and I saw that within a sixmonth time frame he had visited more places than most people visit in a lifetime."

Enlisting in the Navy taught Brodie responsibility and the importance of being on a team. He is proud to be a master-at-arms in the Navy, supporting the Harbor Patrol Unit as a force protection escort, monitoring ships passing in and out of the waterways along his homeport of San Diego.

During his free time, however, Brodie mixes music tracks in the comforts of his Cuzco barracks.

"I have always been driven," said Brodie. "Even as a youth I felt I was destined for more than what I have been given."

Brodie and his friends, Master-at-Arms 2nd Class Garry Maxwell, Aircrew Survival Equiptmentman 2nd Class Claudell Brown, Culinary Specialist 3rd Class Vincent Bradley and Gas Turbine Technician Mechanical 2nd Class Antwan Griffin, write music lyrics and create mixes infused with industry beats. They gather on "G" block of the Cuzco barracks on the weekends - cooking meals, discussing possible tracks and sampling different beats until they find the right one.

"We [as a group] are flexible and diverse enough that we can take anything and put lyrics on top of it," says Brodie. "Our lyrics are not just random words on top of music; if you listen to the songs, they tell a little story about the situation going on."

What was once a hobby has now become a passion for Brodie - the deployment to Guantanamo Bay allowed him to focus on the craft of making beats and writing lyrics. He purchased a studio to perfect his skills and before he knew it, 12.0 Production formed - a local rap group now exists to represent the Navy Expeditionary Guard Battalion.

"I dedicated my time to getting better," said Brodie. "I did a few songs by myself and people heard it and liked it. I then got with other people and as more people heard it, we decided to host a mini-concert, which formed our group and made us what we are

today."

Brodie has the mind of a business manager; he has a profound thought process centered on accomplishing goals. His inspiration is having talent and the ability to do something better than someone else.

Since being deployed to the island, Brodie learned to manage his tolerance and patience level, keeping him focused. The current mission in Guantanamo Bay is much different than any other he has supported.

"I took this opportunity to physically rebuild myself," says Brodie. "I took a step back to look at people and the many different attitudes, then select the ones I want to be involved with."

Brodie is taking time to evaluate himself as a person and as a Sailor without compromising who he really is. As the father of a three-year old son, he takes pride in being the type of person his child wants to imitate.

"My son pretends to rap like me," said Brodie. "He walks around the house wearing my ball caps even though they are three sizes too big."

As Brodie reflects on memories of his son, he also focuses on gaining the skills he needs in order to achieve his goals, both

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a'Good' Run

Runners from Joint Task Force Guantanamo and the naval station community participated in a new 5k run, starting and ending at the Denich Gym, Saturday.

More than 120 racers pounded the pavement in the "Good Run," the winning name and route submitted to Moral, Welfare and Recreation's "Name that Run" contest.

Mark and Kristen Good teamed up with Joe Koerber, a radio broadcaster at Radio GTMO, to develop the race path and the name came naturally.

"We just wanted to break up the monotony of the usual route and give runners a chance to see some different parts of base while they're running," said Kristen. "We were very happy so many people came out to participate on an early Saturday morning."

Instead of running south from the base gym, the new route led runners north toward Ferry Landing and Naval Station Headquarters. Also, only a very small portion of the run followed Sherman Avenue, one of NAVSTA's busiest roadways.

"We're all about safety," said Kristen. "What better way to keep the runners out of harm's way then to divert them off the main roads and set up a new course where they can run along the water and around beautiful areas they might not have seen unless they work or live nearby."

Alfredo Salcedo, utilities supervisor with the Base Emergency Engineering Force and race participant, said the run was challenging and fun.

"It was excellent," said Salcedo. "This was the first time I ever entered any kind or running competition in my entire life and I won the top prize for my age group."

The run was also motivating for families and civilians. Dane and Zach Stone, W.T. Sampson School students and competitive runners, took first and second place respectively in the boys'13 to 18 age group.

"We usually run in the mornings and challenge each other to go faster," said Zach, the junior sibling "It was really fun to compete with so many people and make it to the finish line."

Zach's older brother agreed.

"We have only been on the island for two weeks, so it was good to meet some of the runners and see other parts of the base," Dane said. "Hopefully, we'll meet more people who like to run when school starts and we can come out and compete in these events together."



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hen algae bloom, they can take on a familiar greenish, furry and slimy texture. To the naked eye, it may seem normal and even necessary to the environment, but to a team of marine biology specialists, algae patches in large form can have a negative impact on the underwater world, particularly the lush, Caribbean coral beds.

George Kenny and Jered Jackson, marine biology specialists from Naval Facilities Engineering Command Natural Resources Section in Florida, are visiting Guantanamo Bay for two weeks, collecting sediment samples to test for contaminants that could cause algae to grow rapidly.

"We want to make sure the algae aren't taking over the coral," said Jackson. "These coral are some of the most beautiful in the Caribbean and we want to keep it that way."

The two researchers are being escorted around the bay via boat by the Navy Dive Locker, collecting samplings from more than 30 locations in the bay and on the beach shorelines.

"These samples will help us identify possible contaminants in the water," said Kenny. "If we do find a certain chemical in one area then we can look at how it is getting in the water system and if it contributes to algae blooms."

By taking samples from different locations all around the bay - as opposed to just one location - the data will show more accurate readings of where a contaminant may have originated.

For example, one sample was taken near a waste water run off, which would be more likely to show a feces contaminant than if it were taken from miles away from the source.

Marine Biology Specialist Jered Jackson from Naval Facilities
Engineering Command in Florida pulls a sediment collector up from the
Guantanamo Bay River during a research project, Aug. 10.
- photo by Mass Communication Specialist 2nd Class Maddelin Angebrand

"We also took a sample near the end of the GTMO river to see if anything shows up there," said Kenny, "telling us what could be making its way from Cuba into the bay area."

Algae blooms aren't entirely bad for the ocean, but in large breakouts can begin to smother coral beds and the wildlife that make their living in and around the precious reefs.

"These blooms are actually normal," Jackson explained. "We just need to make sure they don't take on an ugly form which would cause coral and creatures to die."

Chief Navy Diver Michael Hajduk, leading chief petty officer in charge of the Guantanamo Bay Dive Locker, has dived in places all



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over the world and said he enjoyed being able to show the researchers around the bay.

"These are some of the most beautiful waters I've ever dove in," said Hajduk. "I totally support and understand the importance of maintaining our environment; there is so much to see below the surface and I want it to stay that way!"

The researchers wore gloves pre-soaked in acetone substance to ensure all samples are sterile and pure in order to yield the most accurate results.



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tandup comedian Bernie McGrenahan performed for more than 400 Guantanamo Bay Troopers and residents Wednesday as part of his "Happy Hour: Comedy with a Message" tour, sponsored by Guantanamo Bay's Fleet and Family Support Center.

Designed to combine laughter with the sobering messages of alcohol abuse and sexual assault, the tour attempts to reach servicemembers through different means beside the basic Powerpoint presentation, said McGrenahan.

"I'm here to support Fleet and Family Services," said McGrenahan. "I'm here to deliver another angle of a message they're trying to share."

This is McGrenahan's second visit to Guantanamo Bay -- he was also invited here three years ago as a guest of the United States Army. He said, as a comedian, he never dreamed he'd be performing his act at such a unique location.

"You read about Guantanamo Bay... in the newspaper but I never thought I'd actually be doing a show here," he pondered. "It's really an honor and a privilege."

Hailing from New York, McGrenahan was surprised to find several of his audience members Wednesday night at the Trooper Chapel who also called the state home. With the 107th Military Police Company having just settled in, several of its members were witness to McGrenahan 's deeply personal story.

Beginning with a straight, no holds barred standup act, the comic spent the first half hour cracking up the audience. Obviously aware of his military surroundings, McGrenahan spent time commenting on everything from pop culture to shopping at the commissary to the horror of being caught - quite literally - with your pants down. Often times he engaged the audience, leading to unexpected bits of improvisation from himself and his spectators.

Using laughter as a starting off point, McGrenahan eased into his early struggles with alcohol, including the death of his younger brother. Mixing the two concepts - laughter and addiction - might seem foreign at first, but it is the key to what makes Troopers relate and listen to him.

"I think I can help troops... by sharing my story with them," McGrenahan explained. "I don't lecture. I have a story and maybe it will resonate with them a little bit."

Sharing such intimate and, at times, tragic details of his life was at first incredibly scary, he said, but after 15 years, he's had the time and opportunity to hone it into a well-crafted balance of humor and reflection.

"In the beginning, it was rough," he explained. "Over the years I've lightened it up, it's been a work in progress."

Ultimately, McGrenahan said, it was due to the hard work and dedication of the Fleet and Family Support Center's Director Kathy Selves and Sexual Assault Response Coordinator Jennifer Galka that the show was able to be such a success.

"I'm going to miss them," McGrenahan said mischievously. "I want to be Facebook friends now."





ON THE DECK

Detailers review Sailors projected rotation dates

By Chief Mass Communication Specialist Maria Yager

MILLINGTON, Tenn. – Naval Personnel Command announced Wednesday that more than 60,000 Sailors will see their projected rotation date adjusted as Navy Personnel Command implements new Sea Shore Flow enlisted career paths.

"Detailers are currently reviewing Sailors records and PRD making adjustments as required," said Capt. assistant White, Michael commander, NPC for Career Management. "Once all of the PRD adjustments have been completed a formal notification will be issued and/

commands can review their EDVR (enlisted distribution and verification report) for the changes."

Navy administrative messsage (NAVADMIN) 201/11, released July 2011 announced revisions to Sea Shore Flow reflecting the increasingly sea-centric nature of naval service.

Thirty-six ratings have increased sea time, and 18 ratings are now classified as sea intensive. Specific Sea Shore Flow timelines for individual ratings are listed by rating in the NAVADMIN, which can be found at

www.public.navy.mil/bupers-npc/reference/

messages/Documents/ NAVADMINS/NAV2011/ NAV11201.txt.

"Since 2008, the number of sea duty billets has increased, while the number of shore duty billets has decreased," said White. "The updated career paths provide optimal balance between sea duty and shore duty, enhances stability and improves predictability of the career paths for every Sailor in a sea-centric Navy."

According to White, Sailors with PRDs prior to May 2012, will not have their current PRD adjusted under the new Sea Shore Flow calculations. Rating detailers at NPC will determine what PRD adjustments all other Sailors will face based on the new guidance

and fleet readiness. White says the adjustments will impact 60,150 Sailors and expects adjustments will be complete Sept. 1.

Sea Shore Flow was first implemented in 2008 to replace pay-grade driven Sea Shore Rotation. Sea Shore Flow was made to help ensure proper manning of all sea duty and front line operational billets. At the same time, it helps to provide a more desirable work-life balance throughout a Sailor's career by working to offset the often arduous nature of sea duty with predictable periods of meaningful work ashore.

For more news from Navy Personnel Command, visit www. navy.mil/local/npc/.

INSIDE THE JAR

Lone Star Marines guide Afghan soldiers to new battle space

By Cpl. Adam Leyendecker, II MEF (FWD)

CAMP LEATHERNECK, Afghanistan – Marines with the Houston-based 1st Battalion, 23rd Marine Regiment, also known as the Lone Star Battalion, provided security and guidance to Afghan National Army soldiers traveling through Helmand province, Aug. 5.

The 650 ANA soldiers were traveling from basic training at the Consolidated Fielding Center in Kabul to their assigned battle-space in the heart of the city near the Iranian border. The Marines and an Italian Operational Mentor and Liaison Team escorted the ANA kandak, or battalion, from Forward Operating Base Ramrod on the Kandahar-Helmand border to FOB Delaram.

It was the Marines' duty to ensure that the Afghans were provided safe passage through the Regional Command Southwest area of operations in Helmand and Nimroz provinces. The Italian OMLT remained with the ANA for the entire nine-day, 1,110 kilometer journey.

The newly trained Afghan soldiers were being led to their assigned units, where they will use the skills they learned during training to help bolster security.

"Though they are already trained in combat, we provide them with more experience and firepower in case they are attacked on their journey," said Sgt. Joey M. Garcia, guide for 2nd Platoon, Company C, 1st Battalion, 23rd Marines, and a native of Brownsville, Texas. "It's also great for Afghans right off the bat to be able to work with and witness how coalition forces operate."

The Marines and ANA

soldiers stuck to Route 1, a paved highway, for most of their part of the escort mission. The route is a major supply road which connects the Helmand provincial capital of Lashkar Gah to the rest of Afghanistan.

Route 1 is known to have a significant improvised explosive device and insurgent activity threat, said Maj. Vincent J. Lazar, current operations planner for Regional Command Southwest, and a native of Cleveland.

"It's imperative that we provide security along Route 1," he explained.

The coalition presence also provided the ANA soldiers with assets the Afghan unit does not yet possess.

The Afghans are more than capable of traveling this distance themselves, but we provide them with a Joint Terminal Attack Controller," said 2nd Lt. Edward E.

Arrington, platoon leader for 2nd Platoon, Company C, and a native of Charlotte, N.C.

The JTAC provides the coalition and Afghan forces the ability to direct and call in air support in case the convoy is attacked by heavy insurgent gunfire.

Although the only conflict encountered during the escort was a vehicle break down, the Marines were still able to provide guidance, direction and security throughout the trip.

"It's good for the junior Marines to be able to see more populated areas of Afghanistan and interact with other cultures," said Arrington.

At the end of the journey, the Marines turned over the ANA soldiers to a U.S. Army convoy waiting at Delaram in eastern Nimroz province. From there the Afghan troops will continue west toward their new units.

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IN THE TRENCHES

Vet unit partners with field support brigade to keep IED detection dogs in fight

By Summer Barkley

FORWARD OPERATING BASELEATHERNECK, Afghanistan – Keeping Soldiers in the fight is always a priority and the 401st Army Field Support Brigade's adopted unit. The 358th Medical Detachment, Veterinary Services, does that in an extraordinary way.

The 358th Medical Detachment, Veterinary Services, is an Army Veterinary Services Reserve unit from Alabama whose mission includes keeping improvised explosive device detection dogs healthy and in the fight.

After visiting the unit, at Forward Operating Base Leatherneck in January 2011, Col. Richard B. O'Connor, 401st AFSB commander, wanted to assist the unit in accomplishing their important mission. He decided to 'adopt' the unit and linked them with the 401st AFSB's Logistics Task Force Leatherneck.

Responding to O'Connor's primary concern of obtaining an ambulance, 401st AFSB personnel located a Humvee ambulance from a Defense Logistics Agency Disposition Services yard and refurbished it. The 401st was also able to obtain a Humvee for use as a secondary ambulance, explained Lt. Col. Robert Roy, 401st LTF Leatherneck commander.

"We had no way to receive a patient [military working dog] from the airfield," said Capt. Bradley M. Fields, veterinarian. "The

ambulance lets us transport litter-bound patients."

Fields has completed more than 400 surgeries in what is now a level 3 trauma deployed hospital, but recalled using duct tape on the first dog he cared for. He said injuries to the dogs include shrapnel wounds, hernias, sucking chest wounds and post traumatic stress. The only injuries that cannot be cared for in theater are long-bone fractures due to the lengthy recovery time.

"Our job is to keep the dogs healthy and in the field," Fields added.

The dogs, all Labrador Retrievers, live adjacent to the clinic in a kennel that had no heat or air conditioning until the 401st worked with Army Sustainment Command's Logistics Civil Assistance Program to install a generator to heat and cool the kennel. Fields said the temperatures are controlled enough to keep the dogs comfortable, but still keep them acclimated to the conditions they work in every day.

Col. Michel M. Russell Sr., 401st AFSB commander since July 17, visited the clinic and kennel Aug. 2 and pledged to continue the relationship between 401st and the Army Veterinary Service units assigned to Leatherneck. His first concern is to provide a back-up generator so the staff will not have to rely on battery power during surgeries in the event of a generator failure.

"Keep up the good work," Russell said. "We will continue to support you."

ON THE WING

Fairchild goes green in a 'concrete' type of way

By Airman 1st Class Earlandez M. Young 92nd Air Refueling Wing Public Affairs

FAIRCHILD AIR FORCE BASE, Wash. – Contractors who are working on the new runway here are crushing tons of concrete from the old runway and going 'green' by recycling it.

The suggestion came in October of last year when engineers here started laying out the blueprint for its brand new \$43 million runway.

"When the contractors brought the idea of recycling the concrete to me, I loved it," said Wayne Musselwhite, the 92nd Civil Engineer Squadron chief of construction management.

"This isn't an easy project, so it doesn't just happen overnight, especially when you have an entire runway to redo and when you're

planning on recycling 60,000 tons of concrete and approximately 20,000 tons of asphalt," he said.

Contractors will complete the recycling portion of the project by taking the existing concrete from the old runway and crushing then reutilizing it.

"The shoulders will have concrete underneath them and asphalt on the top," Musselwhite said. "The remaining small chunks of asphalt will be recycled and used as field material under the new runway and on the over-runs."

Most of the crushed concrete will be recycled on base; the rest will be donated to the community.



"The county would love to have some crushed concrete to put under the roads, so it is fairly easy to recycle concrete off base," said Stanley Duda, a 92nd CES project manager.

Airman 1st Class James Norwood, with the 92nd Force Support Squadron, says he believes others will recycle more after finding out engineers here recycled close to three miles of concrete.

"I think this will boost morale to recycle more because we're always telling each other to go green, and people think about the usual things we recycle such as paper, cardboard boxes, ..." he said. "But, what about all of the other things we can recycle for example: CDs, DVDs, batteries, clothes and even ink cartridges. We need to be more 'green Americans."

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R 92 min.





Spc. Meredith Vincent

The movie title pretty much nails it. This is a BAD movie, plain and simple. Unfortunately, I have an entire column to fill and cannot just leave it at that, which means I must relive every painful minute of Cameron Diaz's embarrassing attempt at being a crass, tactless gold digger. Oh, the humanity.

Diaz is Elizabeth Halsey, a middle school teacher in Small Town, Ill., who has big dreams of marrying rich and – well, not much else. After her fiance dumps her, she goes on the hunt for another sad sap with a big wallet. Luckily, Justin Timberlake is Scott Delacorte, the new sub at her school and comes complete with a watch company inheritance. Cha-ching!

"Bad Teacher" reminded me of Julia Roberts' 1997 flick, "My Best Friend's Wedding." Both movies feature a desperate chick set on snagging the guy of their dreams. But Roberts' Julianna was motivated by the thought of losing her true love and best friend. "Bad Teacher's" Elizabeth's only concern throughout the movie is raising enough money for a new pair of breasts. I weep for the future, I really do.

Standing in Elizabeth's way are two fellow teachers: perky redhead, and adorably named, Amy Squirrel (prim and perfect Lucy Punch) and low-key gym teacher Russell Gettis (the consistently lovable Jason Segal.) Amy's got issues with Elizabeth's approach to teaching (stick Michelle Pfeiffer's "Dangerous Minds" in and let the television do all the work) and



Russell won't take no for an answer after his multiple advances on Miss Halsey get shot down.

Diaz shoots for raunchy, low-brow humor but it only takes about 15 minutes before her behavior is more unbearable than amusing. Many actors have taken on unlikable roles before (Billy Bob Thorton in "Bad Santa" comes to mind) but Diaz lacks the talent and charm to turn her Elizabeth from garish into golden.

I was most disappointed by Timberlake. The former boy band heartthrob (and Diaz's real-life ex) has proven himself to be a comedy powerhouse, becoming a Saturday Night Live favorite and an honorary member of the Lonely Island comedy trio. So what is he doing in this pile of trash? Scott is played as a drippy, one-note caricature – who

knew it was possible to drain Timberlake of all his joyful goofiness? Granted, the most shocking scenes belong to him, but they are purposefully designed to horrify, not tickle.

Elizabeth is given no redeeming qualities whatsoever, making Diaz's job more and more hopeless. The schoolchildren she teaches are merely bumps in the road – don't worry, there are no "life lessons" being handed out here, except maybe, "Don't be ugly and/or weird." The idea is that Elizabeth is one of the most unlikable characters to hit the screen, and that point is certainly pounded home. But she's also one of the most joyless, bringing no fun or merriment to being so bad.

The movie really belongs to the two aforementioned supporting players. Lucy

see MOVIES, page 19

	19 FRI.	20 _{SAT} .	21 _{SUN} .	22 _{MON} .	23 _{TUES} .	24 WED.	25 THURS.
owr Lm	No movie; Check out the Cirque Odessy show at 8 p.m.	Monte Carlo (PG) 8 p.m. Larry Crowne (PG-13) 10 p.m.	The Conspirator (last showing) (PG-13) 8 p.m.	Captain America (PG- 13) 8 p.m.	, ,	Transformers 3	Bad Teacher (R) 8 p.m.
amp keley	The Conspirator	Cowboys & Aliens (PG-13) 8 p.m. Transformers 3 (R) 10 p.m.	Larry Crowne (PG-13) 8 p.m.	Judy Moody (last showing) (PG) 8 p.m.	Bad Teacher (R) 8 p.m.	X-Men: First Class (PG-13) 8 p.m.	Captain America (PG-13) 8 p.m.

Call MWR at ext. 2010 for more information.

Movie Hotline - call 4880.

The Wire | Page 16 At the Movies |



By C. Todd Lopez Army.mil

WASHINGTON – Active duty Soldiers and their spouses will soon be able to get funding for books and supplies as part of the Post-9/11 G.I. Bill.

Beginning Oct. 1, active duty members and their spouses can receive up to \$1,000 for books and supplies, per academic year, as part of the Post-9/11 G.I. Bill. Active duty members were not previously eligible for the books and supplies funding.

Additional benefits to servicemembers and veterans include reimbursement of fees for exams used for admission to colleges. Such exams include the ACT, GMAT or SAT. Changes to the bill also mean reimbursement for more than one licensing or certification examination. Additionally, there are expanded benefits for non-college degree programs, on-the-job training, apprenticeship training, flight programs and correspondence training.

"I think the great thing about these changes (is) that it brings a lot more training options under the umbrella of this already robust program," said Keith Wilson, director of education service at the Department of Veterans Affairs.

New enrollees in the program will also find that if they are entitled to the housing allowance (active duty and their spouses are not) they can receive that benefit while enrolled in certificate or other non-college degree programs or even long-distance learning.

Those enrolled in distance learning could receive up to 50 percent of the housing allowance provided to those who enrolled in on-campus education programs. The housing allowance for those in resident training is now prorated based on a student's course

load. A student taking a course load that is approximately 80 percent of what a school deems "full time," would receive 80 percent of the housing allowance. Housing allowance for an in-resident student taking a full load is equivalent to the basic housing allowance for an E-5 with dependants.

Additional changes to benefits under the bill include elimination of housing payments for even short gap periods between enrollments. In the past, during the lessthan-one-month breaks between semesters, beneficiaries could continue to receive housing payments. But that is no longer the case, Wilson said.

While Wilson said VA is working to keep students informed of the changes, students will have to practice some "sound financial management" on their own to make rent payments during the short non-enrollment periods between semesters. Wilson pointed out that under the Post-9/11 G.I. Bill, beneficiaries have never received housing allowance during the three-month summer break

Wilson added that, when beneficiaries did receive housing payment between enrollments, they were actually burning up part of their benefits. The bill provides for 36 months of benefits. If a student was getting just housing benefits for the nearly one-month period between the fall and spring semesters, for instance, that would burn up a month of benefits.

The new change in law also affects payment eligibility, and now accounts for active duty service performed by National Guard members under Title 32.

A summary of recent changes to the Post-9/11 G.I. Bill can be found at http://gibill.va.gov/benefits/post_911_gibill/Post911 changes.html.

Panetta sees long-term relationship with Iraq

Jim Garamone American Forces Press Service

WASHINGTON – If the Iraqi government requests U.S. assistance beyond the Dec. 31 deadline for U.S. forces to be out of Iraq, the U.S. government will discuss with Iraqi leaders what kind of assistance is needed and how the United States could provide that help, Defense Secretary Leon E. Panetta said here yesterday.

"But the bottom line is, whether it's diplomatic or whether it's military, we've got a long-term relationship with Iraq," Panetta said during a presentation at the National Defense University. "We've invested a lot of blood in that country. And regardless of whether you agree or disagree as to how we got into it, the bottom line is that we now have, through a lot of sacrifice, established a ... relatively stable democracy that's trying to work together to lead that country."

In his first briefing with Pentagon reporters, Pentagon Press Secretary George Little said today that the recent bombings in Iraq -- including some suicide bombings -- are deplorable, but the overall trajectory in the country is up.

Little said Panetta had a good discussion today with Army Gen. Lloyd J. Austin III, commander of U.S. Forces Iraq, and that the men had discussed the spate of attacks that killed at least 90 Iraqis and wounded hundreds.

"The secretary and General Austin are concerned about [the attacks]," Little said. "The operations that the Iraqis and U.S. armed forces are conducting jointly to thwart militants and terrorists in Iraq have yielded very good results."

No group has claimed responsibility for the attacks, which struck Iraqi cities from Kirkuk to Baghdad to Basra. The largest loss of life was in Kut. The attacks have the earmarks of al-Qaida in Iraq, officials in Baghdad said.

"When it comes to the violence, ... the fact that there is some increased violence recently is ... to be expected," Little said, noting that terror groups and militants will launch attacks to create the impression they are driving the Americans from the country, though the withdrawal is a result of a U.S.-Iraq security agreement signed in 2008.

These terrorists want to "claim credit or gain prestige" for a withdrawal that has been planned and agreed to for three years, Little told reporters.

Meanwhile, the United States is committed to withdrawing all troops from Iraq by Dec. 31, marking the beginning of the next phase of U.S.-Iraqi relations, Little said.

News you can Use The Wire | Page 17

To Sleep or Not to Sleep:

Getting ahead on getting to bed

Navy Lt. Lindsay Gleason, JSMART OIC

We are all familiar with the unpleasant effects of sleep-deprivation: fatigue, lack of energy, inattention and irritability. Most of us should really get more sleep—it would make us feel and perform much better and can even help us lose weight. But what about those of us who would love nothing more than to sleep, but can't catch the Z's we so desperately seek? Insomnia is a problem for many and whether it is due to anxiety, noise, caffeine or physical discomfort, these tips will help *all* who suffer from sleeplessness.

Chamomile tea is not just for old ladies and Englishmen. It comes in many types and has many different properties. The chamomile flower - no matter its species - contains relaxants. At bedtime, drink pure chamomile, not the blends with peppermint or honey. Also, it is important to avoid caffeine consumption for several hours leading up to bedtime.

Lavender has been shown by researchers to usher in and improve the quality of sleep. You can use essential oil in an infuser, dried lavender in a sachet or fresh lavender in a vase--just make sure it's the real deal and not artificial.

Earplugs will help deaden noise. Although some people say they don't like the feel of them, there are different shapes, materials and sizes. Earplugs are especially beneficial in a deployment setting where you are sharing a room with others and working different schedules and shifts. Come by JSMART to get complimentary earplugs and a sleep mask.



White noise (like from a fan) will also help with drowning out external noises and sounds.

Digital alarm clocks can be too bright and anxiety provoking, staring at us with those blood-red numbers, telling us how many hours and minutes till we have to get up. They will only raise your anxiety. Have a clock handy so you don't have to get out of bed to check it. Most of us have cell phones or laptops nearby, which can do the trick.

Bedding is very important for a good

night's sleep. Weighted blankets and soft sheets are a must. Also, quiet sheets are vital. A rustly sheet or crackly comforter can wake us with the slightest movement. Itchy at night? You're probably allergic to your detergent, or you're putting too much soap in the wash and not getting a clean rinse.

If you are someone who is on the hunt for a good night's sleep, try these tips. Sleep tight, and don't let the bed bugs bite. Sweet dreams.

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 Christo
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

BRODIE cont. -

professional and personal. The immediate goal of pinning on first class crows is on his horizon and he plans to pursue a career as a Line Duty Officer, continuing to enjoy a career in the Masterat-Arms field.

"I enjoy being in the Navy," said Brodie. "There is nothing me or anyone cannot do without knowledge. I do not need a really high IQ to accomplish what I want — I am that driven to succeed."

The determination to obtain training to enhance his current skill set helped Brodie research the qualifications necessary to participate in the Command Managed Equal Opportunity course, usually offered to first class petty officers and above.

"I took advantage of the training opportunity," said Brodie. "If I ever get to participate in such a program, I will already be qualified."

For Brodie, being in the military is like having a society within a society. Other military personnel can relate to many of the experiences he has encountered. This is where many of the lyrics to his songs come from.

Brodie and Maxwell met

while in the Middle East on deployment and the two were reunited on Guantanamo Bay.

"I am kind of like the always happy spirit, counselor, preacher," said Maxwell. "I keep the group together when things start to get shaky."

Brodie and the rest of 12.0 Productions would like people to hear their music and appreciate the time, effort and talent that go into making their craft. People have heard their mixes and comment how good they are, not realizing everything is made from Brodie's Cuzco room.

"There are a lot of late nights

and dedication to the product in a 6 x 6 room," said Brodie. "This has tested our friendships as a lot of frustration and emotion is created, too."

Brodie understands each milestone his group meets and completes is a step toward recognition and stardom. The work ethic devoted to his military career is mirrored in his hobby and reads like a recipe for success.

"Never let other people tell you what you can't do," said Brodie. "You put your mind to anything and you can accomplish whatever you want."

MOVIES cont. -

Punch and Jason Segal score the most genuine laughs with the most relatable characters. As the straight-and-narrow Amy, Punch turns what could've been an insufferable character into a hysterical tragedy. And Segal proves that, in a movie where tastelessness is the main ingredient, delivery and wit can sweeten the pot much more. Give these two a movie on their own and I'll show up any day. In the meantime, Diaz and her bad ways get one very bad banana rat.

CHAPLAIN cont. -

presence is like that of every other chaplain in the armed forces, many times in the form of a listening, caring ear to hear the concerns of servicemembers."

JTF cultural advisor, Zak, who declined to give his last name, said the visit by a Muslim chaplain is appreciated by the Muslim community.

"This is an example of JTF taking responsibility and care of the religious needs of servicemembers," said Zak.

El-Saddiq's favorite part of his job is breaking long-held stereotypes and showing people a different side of religion.

"When they see me in this uniform and also wearing this kufi on my head and a beard as well, it can serve as a reminder that, yes, we are Muslims," said El-Saddiq. "But we can serve as members of the Navy, Marine Corps, Army and Air Force, also."

ALGAE cont. =

Jackson also noted the timing of their study could not be any better.

"Thanks to tropical storm Emily," Jackson shared, "if there are any contaminants we will find them now, because storms have a tendency to push that stuff into nearby waterways."

Gathering the sediment samples is just part one of the group's study on Guantanamo Bay. This week the team will unite with divecertified researchers from various colleges to collect photo documentation on the current conditions of different coral beds throughout the bay.

"Taking photos of them will allow us to see a progression over time of the health of the corals," said Jackson. "That will also allow us to catch an algae bloom and note its effects on the coral."

The team will send their findings and samples off to a lab at Florida Atlantic University and review the results. If any contaminants are found, action will be taken to protect the water, wildlife and corals, but the researchers hope to see a positive outcome.

"We really just want to sustain the beauty of the coral here so they can thrive and continue to be enjoyed by divers and wildlife for years to come," Jackson concluded.

Stay tuned for part two of the study in next week's Wire issue.

Information Assurance Tip of the Week

#1 Cause of a DISA Failure, "UNATTENDED CAC".

Do you know where YOUR CAC is?

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The Filt Shuffer Speed



NOCHT VISION

The United States Goast Quard Maritime Safety and Security Team Boston and Marine Corps Security Forces Company simulate the extraction process of injured persons during a casualty evacuation exercise, Wednesday. - photo by Wass Communication Specialist 2nd Class Kilho Park



STAYING FIT

Maj. Winston Tierney, Commanding Officer of the Marine Corps Security Forces Company, swims laps at Marine Hill pool as part of his morning workout, Monday. - photo by Wass Communication Specialist 2nd Class Kilbo Park



LIFE SAVERS

Soldiers assigned to the 525th Military Police Battalion "Warfighters" team at Joint Task Force Guantanamo Bay, make their way through an obstacle course to a simulated wounded casualty during a first response training evolution, Threaday, - photo by Mass Communication Specialist 2nd Class Kilho Park



SOARING HIGH

A passenger alteraft lifts off under stormy conditions Monday at Leeward Point Altfield at Naval Station Quantamamo Bay. The altfield is used by JTF Quantamamo for flights, supply replenishments and search and rescue operations. • photo by Mass Communication Specialist 2nd Class Kilho Park