Meet the She-bees!
These gals aren’t afraid to get dirty

PLUS:
Swing Away!
GTMO’s softball season begins

Integrity First
Learn the origins of the Integritas Award
As I arrived here on the island a few weeks ago, I couldn't help thinking of the sacrifice our Troopers and families are enduring for our great nation. Here on Guantanamo Bay, we are focused on a delicate but vital mission in securing our nation. We have been at war for more than 10 years and GTMO will mark its 10 year anniversary early next year. Much has changed since those initial days and all of us here today will witness more change during our tour. While the JTF has certainly developed over the years, the proficiency of our Troopers and employees remain at a high state. The professionalism of our force speaks well for the training, leadership and dedication of the different services.

As members of the military, we have a responsibility to follow the orders and instruction of our senior leaders. We all need to ensure Rear Adm. Woods’ priorities are a part of everything we do throughout our professional and personal lives while here at GTMO Mission First. As you all know; each of us contributes to our No Fail Mission. Every Trooper is important and we are counting on you to perform your job at 100 percent every day. Your fellow Troopers are counting on you as well. We are about to become busier in the next few weeks. Some of you will be tasked to perform different or additional jobs in support of the overall mission. Others will continue next few weeks. Some of you will be tasked to perform different or additional jobs in support of the overall mission. Others will continue next few weeks.

Mission First. As you all know, each of us contributes to our No Fail Mission. Every Trooper is important and we are counting on you to perform your job at 100 percent every day. Your fellow Troopers are counting on you as well. We are about to become busier in the next few weeks. Some of you will be tasked to perform different or additional jobs in support of the overall mission. Others will continue next few weeks. Some of you will be tasked to perform different or additional jobs in support of the overall mission. Others will continue next few weeks.

Let’s focus on continuing our education. For me, this topic is special since I am back in the fight pursuing my master’s degree. What a bear it was getting started again. I had to go to an interview with a career counselor here on Guantanamo Bay. Then I had to gain admission to the college by sending in a resume, a letter stating why I want to continue my education and three letters of reference, all for the college’s evaluation. Next I had to get my EArmyU account activated and my Columbia College student accounts re-activated. If that was not enough to deter me, I had to order my books, which are still “on the barge.” All of that and I have an additional under-graduate class to complete since my master’s will not be in the same area of focus as my bachelor’s degree.

Now I bet you read all that and are saying, “Man, this college stuff is just too much work and I do not want to be hassled.” It was so tough, in fact, that I completed all the above tasks in just three days. I am still amazed at how quickly got me back online and up and running within a day. So, it was just “too easy”!

Each service branch has a version of what the Army titles ACES (Army Continuing Education System); the Navy uses Navy College Program and the Air Force uses Air University. I encourage and implore all servicemembers to get “back to school.” If you look at the definition of a profession, you will find it involves prolonged training and a formal qualification. One could argue that perpetual learning is a key ingredient of being in our profession of arms. So going back to school helps reaffirm that we are all professionals in this business.

As we all know, continuing our education also supports advancements in our military careers. There is one more added benefit to this endeavor, however – it helps when you leave the service. For those of us who are considering retirement or just switching our military careers for civilian ones, education and experience play a key role in most job placements.

The military provides us all a great opportunity through the use of tuition assistance, the G.I. Bill and Top Up programs that pay for our college education at little to no cost. So why not take advantage of this and set yourself up for success in the military as well as after your military careers? The number to the Navy College is 2227 or 2299, Columbia College is 78355. This could be the start to a long-lasting relationship which, in the end, will not only benefit you, but those close to you.

PROTECT YOUR INFO! PSEC ALERT

Phones are not secure. Your cell phone is not secure. Neither is the phone on your desk or in your house. Phones are very susceptible to monitoring. Advertisers often use phone monitoring to gather information. We often forget that our conversations aren’t safe to hear when discussing sensitive information and we possibly subject our information to compromise. Remember this the next time you pick up your phone to make a call. Don’t talk about sensitive work issues or give your personal information over an unsecure phone line. Use OPSEC!
**Underwater carving with Reef Raiders**

Reef Raiders Dive Club is hosting the 3rd Annual Underwater Pumpkin Carving Contest, Saturday from 9 a.m. to 12 p.m. at Windmill Beach. All divers and snorkelers are welcome. Participants are asked to arrive between 9 a.m. and 9:30 a.m. with his or her own equipment. Pumpkins will be available at the beach for $5 if the participant does not bring their own. Judging will be at 11 a.m., followed by a Boy Scouts of America cookout. Participants are encouraged to bring a side dish or dessert or their own meat or veggies to be cooked, if preferred. All donations will go to Boy Scout Troop 435.

Sign up is at Ocean Enterprises Dive Shop or through underwaterpumpkin@ gmail.com.

For more information, contact Chris Hileman at x9831.

**CYP Pumpkin Patch at GTMO Youth Center**

The Navy Youth and Child Programs is hosting a pumpkin patch at the Youth Center this Saturday from 9 a.m. to 11 a.m. The event is open to all ages and the entire Guantanamo Bay community. Free crafts, snacks and hayrides will be provided. Kenisha Stewart, librarian from the naval station library, will conduct story time at 9:30 a.m. and 10:30 a.m. Karen Simon, CYP director, said everyone can leave with a free pumpkin.

“We did this last year for the first time in GTMO and everyone seemed to really enjoy it,” said Simon. “This way we bring a little bit of home to GTMO.”

For more information, contact Simon at x2065.

**Liberty hosts zombie paintball tournament**

Guantanamo Bay Liberty is hosting a zombie paintball tournament, Saturday, at 5:30 p.m. at the paintball range. The event is for unaccompanied active duty servicemembers only at no cost. Sign up in advance at Deet Point liberty center.

For more information, contact Jill Lynch at x2010.

**Halloween costume party at O’Kelly’s pub**

Morale, Welfare and Recreation, in conjunction with the Navy Exchange’s Customer Appreciation Weekend is hosting a Halloween party at O’Kelly’s Pub, Saturday.

John Taglieri will perform at 7 p.m. followed by Blessid Union of Souls at 9 p.m. At approximately 10:30 p.m., prizes will be given out to the best individual and couple costumes. Winners must be present to receive prizes.

For more information, contact Aimee Mac Donnell at x4882.

**GTMO’s guide to a ghoulish weekend**

**News from the Bay: Halloween edition**

**Bullet Bio**

Time in service: 2 years

**Hobbies:** watching movies, going to the beach

**Pet peeve:** dishonesty

**Next goal moving on to hamilton level boards**

**Advice to junior Troopers:** “Maintain professionalism at all times”

station. After a rough time in basic training, Williamson said she was doubting her career in the Army. But her time here on the island has changed all that. “I’ve learned a lot from this place,” she said.

**TROOPER FOCUS**

Army Pfc. Alaine Williamson

Sgt. Meredith Vincent

Her first time before a board, Pfc. Alaine Williamson, an S2 analyst for the 520th Military Police Battalion remembered being much more nervous, describing the experience as “scary as hell.”

“It was very nerve-racking,” she recalled. “The first time I felt like I couldn’t breathe.”

Williamson practiced, studied and prepared for her next opportunity. When the time came, she said she could feel the difference.

“The second time I was a lot more calm, I felt more confident,” she said. “The experience taught me a lot. I feel like I’m ready to go to a true promotion board now.”

Due to her demeanor and presence of mind, Williamson was named not only Soldier of the Month for the 52s", but also the Trooper of the Quarter for the joint task force. 1st Sgt. Jason Schofield, first sergeant for the 525th Headquarters and Headquarters Company, said she’s worked hard for the spot.

“She’s one of those go-getters,” he said.

“She doesn’t settle for the standard, she pushes herself to go above and beyond of what’s required from her.”

Preparing for the boards was Williamson’s idea, one that impressed her first sergeant.

“She was asking me, ‘Can I go to these boards, I want to go to these boards.’ She wasn’t waiting to be told to go out and do that stuff. And she’s done a phenomenal job.”

The military life is in Williamson’s blood. Both her parents spent time in the armed forces – her mother in the Navy, her father in both the Army and the Navy. Her brother was also in the Navy. As the lone servicemember in her family right now, she said she has no plans of ending her career anytime soon.

“I plan on staying in,” she shared. “I like the discipline and the structure. I’ve grown up a lot [since joining], I just can’t imagine not being in the military.”

Williamson arrived on Guantanamo Bay in December. She had just completed her Advanced Individual Training and Joint Task Force Guantanamo was her first duty station.

**What is the worst Halloween candy?**

“Black licorice. Nobody likes black licorice.”

Spc. John Dupree

“Candy corn, they taste gross.”

Utilitiesman 2nd Class

“Don’t like the candy corn, I would rather have chocolate.”

John Marine

Tech Sgt.

“Candy corn, they taste nasty with that marshmallow filling.”

Eddie Fort

Operations Specialist 2nd Class

Boots on the Ground

**W.T. Sampson seniors put on haunted house**

The W.T. Sampson senior class is hosting a haunted house in the old wine cellar behind the Downtown Luceum, Friday and Saturday from 6 p.m. to 9 p.m.

Donations will be accepted and proceeds will go to the seniors for their class trip. For more information, contact 1st Sgt. Brian Stuckey at x8585.

**News from the Bay: Halloween edition**

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**GTMO’s guide to a ghoulish weekend**
MWR softball season swings into action

Base’s most popular sport boasts record participants, teams

Dana Satore, catcher for team JDG, said she has played softball since she was eight years old.

“I love sports,” she said. “I played football and volleyball and now we are back at softball.”

Satore said not only does the league provide something to do, it also inspires teamwork and physical fitness.

“The camaraderie and team support is great,” she said. “The sport provides exercise and competition as well.”

Competition is already heating up; Morrison said the 525th Military Police Battalion’s team, the Vigilant Warriors, are currently undefeated.

While the number of players and teams has increased significantly, Morrison still urges everyone to recruit more participants and put together more teams.

“I always like to challenge the GTMO community to register more teams each league,” said Morrison. “More teams means more leagues and tournaments, MWR sports wants to see everyone at the next softball game!”

Pumpkin carving contest kicks off Halloween week

Military members came together to show off their ghoulish side, Sunday, at Marine Hill and the Tierra Key housing during Morale, Welfare and Recreation Liberty’s Evil Pumpkin Carving Contest.

Carvers of all experience levels plied their skills for the awards given to the top three spots, which were voted on by other unaccompanied active duty military personnel at the MWR locations.

Hospital Corpsman Chase Permenter came in first place, followed by Air Force Maj. Amy Olliver in second. Hospitalman Laney Smith rounded out the top three finishers.

Lynch acknowledged the climate on Guantanamo Bay lacks the traditional shift of seasons many Americans are used to and wanted to bring a reminder of home to servicemembers stationed or deployed here.

“We don’t really have much of a temperature change here,” she said. “Carving pumpkins is definitely an American fall tradition and I wanted to offer people a little taste of home.”

Lynch said the intent of any MWR event is to provide an oasis from the isolation of island life by providing a common baseline with which to form friendships.

With a lot of activities we sponsor, I just hope people come and find other people to buddy up with and do things,” she said.

For Master-at-Arms Seaman Christopher Marlink, carving a
At the core of each of our beloved services’ values is integrity. Whether it be honor, courage, commitment or the litany of Army values – integrity is the string that binds them all together.

Like so many words in the English language, the word integrity has its origins in Latin. Speaking at the 2000 Joint Services Conference on Professional Ethics, former Marine Corps commandant Gen. Charles Krulak noted, “it refers to the putting on of armor, of building a completeness ... a wholeness ... a wholeness in character. How appropriate that the word integrity is a derivative of two words describing the character of a member of the profession of arms.”

Krulak explained during the height of the Roman Empire, at morning inspections, soldiers would strike their breastplate at the point where the armor covered the heart with their right fist. In order to protect the soldier from swords and arrows, armor had to be well constructed and cared for. Upon striking the protective covering, the legionnaire would shout “Integritas!” meaning “material wholeness, completeness and entirety.” Upon hearing the call and the distinct ring well-kept armor gave off, the inspecting officer would move on to the next soldier.

Integritas, along with the Latin word “integer,” meaning undiminished, complete, perfect, form the modern word integrity.

It is upon this foundation members of the Joint Task Force Guantanamo senior enlisted leader community developed the Integritas Award.

“There is no other award like this in the JTF,” said JTF Command Master Chief Reynaldo Tiong. Founded under former JTF Command Master Chief Scott Fleming, the Integritas Award recognizes an outstanding unit or section within the task force over the period of a month.

In one of his last interviews with The Wire, Fleming noted he learned of the program while working at Camp Bucca in Iraq. Fleming said he saw first hand how the distinct trophy, a Roman Centurion’s helmet with the striking red plumage, was a source of pride for the receiving unit. It was a program he was anxious to launch with the hopes it would generate the same level of prestige it found in the halls of Camp Bucca. Following Fleming’s departure in June, the program lay dormant until reinvigorated by Tiong.

Speaking to the senior enlisted community when he brought the program back, Tiong said it was important there be an award that spoke to the professionalism and integrity of the task force and recognized the sections that best exemplified those values.

“This is an award that is voted and vetted solely by the senior enlisted community and then presented by the admiral,” Tiong explained. “This makes the Integritas Award unique and something all sections should strive for.”

In the nominating process, the senior enlisted member of a section sends up a citation to Tiong. In that write-up, the nominated unit cannot have alcohol-related incidents during the month, there can be no pending non-judicial punishments, zero pending administrative actions and the command must adhere to the moral and ethical standards as set forth in JTF policy letters.

But the responsibilities don’t end once the award is given. Receiving sections are charged with displaying the helmet in a place of pride and expected to provide security and sanctity while it’s in their care.

During the first senior enlisted meeting for the month of October, Tiong announced JTF-GTMO Maritime Security Detachment had unanimously won the award. Tiong said all the nominating packets were exceptionally strong and he was proud of the great work being accomplished by Troopers of the task force, but in the end, the Coast Guard unit prevailed.

In presenting the trophy, JTF Guantanamo Commander Rear Adm. David Woods congratulated Senior Chief Petty Officer Stephen Haig, the unit’s senior enlisted leader.

“In actions and deeds you have show yourselves worthy of this first presentation of the Integritas trophy,” Woods said. Currently, the helmet resides in the office and conference room of JTF-GTMO Maritime Security Detachment commander, Coast Guard Lt. Cmdr. Keith Udry, a place of pride and distinction. That is, until the next presentation when sections around the JTF will strike their armor to prove their mettle and shout “Integritas!”

INTEGRITAS!

Steeped in pride and tradition, new monthly JTF award has honor bound roots. Story by Sgt. 1st Class Benjamin Cossel

Photo by Sgt. 1st Class Benjamin Cossel
Illustration by Spc. Kelly Gary
QUEEN BEES

The Wire sits down with the JTF’s five female Seabees to chat about respect, hard hats and working in a man’s world.

Story and photos by Spc. Kelly Gary
Their haircuts must fit over their tied-back hair. They know their tools and equipment. They exhibit strength and can do attitudes. They are modern day Rosie the Riveters. They are the female Seabees.

While combat roles in the military are closed to women, pouring concrete, building structures and welding are duties open to females, yet still considered a man’s job. Throughout history, women have been working to show they have what it takes.

Seabees have been building bases, paving thousands of miles of roads and airstrips and accomplishing a wide variety of construction projects around the globe dating back to World War II. In 1972, after getting her cross rate approved, Camellla Jones became the first enlisted female Seabee and paved the way for future ladies.

In July when Navy Mobile Construction Battalion 23 from Fort Belvoir, Va., arrived on island, the crew was made up of 80 Sailors, only five of them female.

Even though there are only five females, their jobs and experiences cover a wide range of duties. While sharing the unique status of female Seabees, they also differ in several ways, including rate, expertise, background and stories.

Builder 2nd Class Kacey Nyberg creates structures using different materials. The only blonde of the bunch, her sunny smile is a light contrast to her athletic build. She never planned on joining the military— one day she was watching television and less than two weeks later she was on her way to boot camp. Even though there were other services recruiting in the same area, the Navy office happened to be the one she was on her way to.

“CE2 Warner is not only our (detachment) Seabee Combat Warfare coordinator, but she is also the safety petty officer and no joke when it comes to business,” said Yeoman Chief Nadean Storey, administrative chief for NMBC23.

After six deployments, working around the world and eight of her years active duty, Warner believes she has found the key to a superior work ethic— a passion for your job.

“One of the reasons why I joined the military was to see the world and see what it was like,” said Nyberg. “I saw a commercial on TV and left home the next day.”

Despite the difficulty gaining deference, she said her current mission has been a positive experience.

“When it comes to working with both men and women, I think that everyone should be treated by the way they act and how they carry out the mission. Yet, she too felt like she had to earn the respect of her leadership and peers.

“As a female going into any unit you have to prove yourself,” said Warner. “After you demonstrate you can do your job, you no longer have anything to prove.”

Warner’s leadership believes she has shown she is proficient.

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After six deployments, working around the world and eight of her years active duty, Warner believes she has found the key to a superior work ethic— a passion for your job.

“I love welding,” she said. “I could weld all day and be entirely happy.”

Caswell’s dreams of joining the Marine Corps were postponed when she became pregnant with her first son. She opted to join the Navy instead and her dreams of joining the military were fulfilled.

“Some of the girls that are coming into the Navy,” said Caswell, “see welding as a job for men. I don’t want to put too many words in it, but some think of it as a man’s job. But I don’t think of it like that.”

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“Sometimes you have to do twice as much work to prove you are qualified,” said Nyberg.

Despite the difficulty gaining deference, she said her current mission has been a positive experience.

“Here in GTMO I have the best crew that anybody could ask for,” Nyberg said. “They work hard and do their job and respect me.”

Caswell’s dreams of joining the Marine Corps were postponed when she became pregnant with her first son. She opted to join the Navy instead and her dreams of joining the military were fulfilled.

“Often on missions there will be only two females,” said Caswell. “There are a lot of females on this mission.”

After six deployments, working around the world and eight of her years active duty, Warner believes she has found the key to a superior work ethic— a passion for your job.

There are a few individuals who have issues when a female worker is the first to do a job, but Caswell has never had this problem.

“It definitely takes a lot to initially earn respect,” said Nyberg. “Sometimes you have to do twice as much work to prove you are qualified.”

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CNO speaks at 20th International Seapower Symposium

NEWPORT, R.I. – Chief technology and information; and including anti-piracy measures, the success of global maritime

Greenert reflected on the importance of interoperability and the value of personal relationships.

"This interoperability and the changing focus on [are going to] have a huge influence and importance in our maritime security in the future," said Greenert. Global economies are truly interdependent with everything from production chains to cyber domains being

Participants from 113 nations were invited to the symposium as Greenert reflected on the impact of seapower in the modern world.

On the final day, Marines provided medical care for those

"Events like this will build confidence, and clearly it builds personal relationships that make all the difference."

On the second day, the development of protective gear that can help save lives in a disaster was discussed.

"Those are truly interdependent with everything from production chains to cyber domains being connected."

In closing, he reiterated the importance he places on developing cooperative efforts that can help shape capabilities, regional and international approaches in working together.

The theme of this year's symposium was "Security and Prosperity through Maritime Partnerships." As part of the event, three panel discussions led by international leaders focused on the importance of responsive partnerships, and evolving demands.

"Military-to-military interactions and relationships can have a great leverage particularly in a 'short war.' In today's world, the maritime leaders to discuss common maritime challenges and to promote international maritime security cooperation. The discussions offer opportunities for future regional and international collaboration in seeking solutions to global maritime challenges."

On the first day, the discussion focused on the importance of training and education, that unleash the potential of the world's maritime leaders to work with their counterparts to share experiences and best practices.

The United States will continue to have a close relationship with the United States, as well as with the American people. For the world's maritime leaders to build upon the success of the past, we need to continue to work together.

President Barack Obama talks with Prime Minister Nouri al-Maliki of Iraq during a secure video teleconference in the Situation Room of the White House, Oct. 22.

The United States will offer to help Iraq train and equip its forces, just as the United States offers assistance to countries around the world.

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"I can report that as promised, the rest of our troops in Iraq will come home by the end of the year. After nearly nine years, America's war in Iraq is over, and the United States will begin the phased transfer of responsibility for our remaining forces to the capable, capable, and self-reliant, the president said. "Just as Iraqis have persevered through war, I'm confident that they can build a future worthy of their history as the cradle of civilization."

The United States also is reducing the number of troops deployed to Afghanistan and will begin a drawdown of forces in December. The number of Americans in Afghanistan will continue to go down. As these

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Army Sgt. Meredith Vincent
I really wanted the reبوت of 1984's generational game-changer, "Footloose" to be bad. Horribly bad. Disgustingly bad. It's been a while since anything on this page was rated less than three bananas out of five. So I wanted it to turn out well enough to write a scathing review, complete with cruel comparisons, mean metaphors and enough snark to make a person wince.

It seems the joke was on me, because 2011's "Footloose" is surprisingly fresh, funny and, unfortunately, unremovable of all my pent up cinematic agggression.

The newer version actually does an admirable job of sticking to the former's storyline, an impressive feat considering how much the world has changed since 1984. When Kevin Bacon so famously cut loose to Kneey Loggins, there were no iPods busting with hit singles, no cellphones to connicate in class and no Facebook for teenagers to post their every thought. Therefore, the most challenging task for filmmakers (besides recreating Bacon – more on that later) was keeping the past with the present.

They achieve this by taking the movie's hero, Ren MacCormack, and transplanting him from Boston to Bomont, a sleepy, southern town that's lag on God but lacking in spirit. Still reeling from a car crash that killed four teenagers, the community seeks solace in local movie star, who was on the cusp of a major career.

However talented, he doesn't carry the movie on his own. As his female lead, newly single Julianne Hough plays Ariel, a daddy's little-girl-who-quickly-sets-her-sights-on-Ren. The couple has a natural chemistry but more importantly, Hough, also in her first starring role, doesn't shy away from the rough and tumble scenes with either her bad boy ex or her father than thou father (Quaid).

Almost stealing the entire show is newcomer Miles Teller as Ren's loyal second banana, Willard. In a memorably hilarious montage, Ren attempts to show the awkward Willard how to get his groove on. While Hough is the beauty and Wormald is the talent, Teller is arguably the heart of the film. He brings a warmth and looseness to every scene and his chemistry with Wormald rivals that of Hough. Keep an eye on both these cars – they're here to stay.

Making a remake of a classic like "Footloose" is risky business. You pretty much didn't like it enough for three banana rats! I wanted to hate it, I really did. But dang, if I didn't like it enough for three bananas even?

President Barack Obama outlined a plan to allow millions of student loan recipients to lower their payments and consolidate their loans to students and faculty at Auraria Events Center in Denver, Wednesday. 130 min. PG-13 113 min.

President Barack Obama outlined a plan to allow millions of student loan recipients to lower their payments and consolidate their loans to

Obama announces changes to ease loan burdens

Obama said this will potentially help 1.6 million students and graduates, provide students with more certainty, and help boost the economy.

"Because you will have some certainty, knowing that is only a certain percentage of your income that is going to pay off your student loans, that means you will be more confident and comfortable to buy a house or save for retirement. And that will give our economy a boost when it desperately needs it," said the president.

Secretary of Education Arne Duncan said the changes will help students and graduates in the current difficult economic environment.

"These are changes that will make a big difference in the lives of college students as well as recent graduates, who are entering one of the toughest job markets in recent memory," said Duncan.

But critics note that the changes will affect a fraction of those who have borrowed to pay for their education, will apply only to federal college loans, and that current borrowers would not be eligible for adjustments.

The changes are the third in a series of executive orders Obama is issuing that are designed to bypass opposition by Republicans in Congress to his economic and job growth.

One step the president announced will allow college graduates enrolled in an existing government program to pay back student loans at a maximum rate equal to 10 percent of their disposable income, rather than 15 percent, and be eligible for debt forgiveness on their remaining debt in 20 years instead of 25.

Another rule change would help students consolidate multiple loans into one federally-backed loan at a lower interest rate, allowing them to save more money.

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But critics note that the changes will affect a fraction of those who have borrowed to pay for their education, will apply only to federal college loans, and that current borrowers would not be eligible for adjustments.

The changes are the third in a series of executive orders Obama is issuing that are designed to bypass opposition by Republicans in Congress to his economic and job growth.

One step the president announced will allow college graduates enrolled in an existing government program to pay back student loans at a maximum rate equal to 10 percent of their disposable income, rather than 15 percent, and be eligible for debt forgiveness on their remaining debt in 20 years instead of 25.

Another rule change would help students consolidate multiple loans into one federally-backed loan at a lower interest rate, allowing them to save more money.
Guantanamo’s sport-loving community has plenty of routes toward letting their inner athletes shine. Whether shooting the fade away, swinging for the stands, or even just ripping out some sick stunts in the skate park, safety is paramount. We all know the importance of wearing proper equipment as well as the aches and pains that can come when we don’t. While proper equipment helps prevent injury, it’s not the do all, end all. Injury prevention starts with your body. “Knowing your abilities, training for your sport and being physically ready all play a part in ensuring you can handle the big hit when it comes your way.”

Staying injury free starts out with understanding your own abilities. Sun Tzu’s Art of War covers our first point nicely, “If you know neither yourself nor your enemy, you will always endanger yourself.” Our own injury, bears his face in a host of different ways depending on the sport and your position. This versatile villain makes knowing your own abilities even more necessary. Taking an honest look at yourself can be a fairly humbling experience. In the moment of honesty, knowing what you’ve got to work with gives a baseline for improvement. So how do you go about assessing your abilities? Well, for the most part VD1 don’t. Online guides often offer simple tests anyone can use, and those work fairly well. Here in Guantanamo, we use an additional asset for assessments. Several of the MWF fitness staff – Everett Hylton, for example – offer this service. We’ll charge, and if you’ve ever seen Ercan, it’s clear he knows what he’s talking about.

Abilities assessed, it’s time to start working on improvements. Every sport attacks your body in a different way, but with full flag football kicking off; let’s look at some ways to keep yourself off the bench and on the field. That little brown ball usually finds itself right next to most injuries in football. I get it, it’s important to keep track of the thing – after all it is the only part of your body you get hurt from. That said, you want to improve your chances of avoiding injury on the field get up and get knocked down. Dive drills help a lot in this endeavor. If you practice falling down the right way, you’ll reduce the likelihood of doing it wrong and putting yourself out of the game.

GTMO Religious Services

**Daily Catholic Mass**
- **Main Chapel**
- **Room A**
- **Room B**

**Vigil Mass**
- **Saturday 5 p.m.**
- **Main Chapel**

**Catholic Mass**
- **Sunday 9 a.m.**
- **Main Chapel**

**Protestant Worship**
- **Sunday 9 a.m.**
- **Trooper Chapel**

**Islamic Service**
- **Friday 2:15 p.m.**
- **Room C**

**Sunday Service**
- **Sunday 6 a.m. & 5 p.m.**
- **Chapel Annex**

**LDS Service**
- **Sunday 10 a.m.**
- **Trooper Chapel**

**Seventh Day Adventist**
- **Sunday 11 a.m.**
- **Room B**

**Iglesia Ni Christo**
- **Sunday 5:30 a.m.**
- **Room D**

**Pastoralist Gospel**
- **Sunday 6 a.m. & 5 p.m.**
- **Trooper Chapel**

**Liturgy Service**
- **Sunday 10 a.m.**

**Church of the Sacred Well**
- **Call (325) 2 for information**

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

How about the women? They have their own competition. The women’s team acts as the common ground for most of the Bees. They are the backbone of the Seabees and their numbers are only getting stronger. As the female role in the military changes, the Seabees are gearing up. Knowing your limits, training for your sport, and preparing ahead of time all contribute to the game you bring both on the field and at work. Do your part to stay injury free and you’ll excel on the field and at your job.

**FOCUS cont.**

I would have used more of the tools I had in my hand. As the heat bore down upon me, I concluded Caswell. “But overall I would have to say I truly enjoy the Navy and being a Seabee.”

**SEABEE cont.**

Jefferson said while this has been a great experience, she is glad in to be a reserve unit so she can get the best of both worlds. “I love the fact I can be a part of the Navy and have a civilian job as well,” she said. “I get to acquire two skills at one time.”

Storrey transferred to the Bees in 2004 to assist with the administrative side of things. Being the highest ranking of the females, she has seen things from many different perspectives. Most important in her book – teamwork.

“There is no such thing as doing it on your own,” said Storrey. “Working on projects takes a joint effort.”

Storrey said she is there for all the females and all the Bees. “I will be around a few more years to help those I can,” said Storrey. “Because it’s not just about me but rather it’s about those who are coming up behind me.”

The women agree helping each other with the daily stresses as well as with issues back home is central to having a strong relationship. One of the leading obstacles for all of the women is leaving family. Storrey said it is one of the most challenging aspects.

“I can deal with everyday issues but not being there for the parties, graduations or just being there when someone needs to talk can weigh on me emotionally,” she said. “Sticking together is important as female Bees,” said Caswell. “We are here to embrace and uplift each other.”

**TIPS for staying injury free**

**Check yo’ self before you wreck yo’ self:**

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GETTING A BITE
Staff Judge Advocate Tech. Sgt. Suzanne Northern, politely loads up her plate during lunch, Wednesday, at Seaside galley. - photo by Army Sgt. Mathieu Perry

STAYING SHARP
U.S. Coast Guard Maritime Law Enforcement Specialist 3rd Class Kyle Gorham inserts a hypodermic needle into the arm of Machinery Technician 3rd Class Michael Raymond as part of a monthly re-qualification exercise for administering Intravenous fluids, Oct. 19. - photo by Army Sgt. Mathieu Perry

PUMPKIN HEAD
Air Force Maj. Amy Oliver, deputy director of public affairs, displays her jack-o'-lantern at MWR's Marine Hill Liberty center, Sunday. - photo by Army Sgt. Mathieu Perry

PINNING IT DOWN
Electronics Technician 2nd Class Gilbert Ramirez (right), a Sailor attached to the Navy Expeditionary Guard Battalion, tosses his ball down the lane at Marblehead Lanes bowling alley, Wednesday night. - photo by Army Sgt. Mathieu Perry