

# W The WIRE

An award-winning  
JTF journal

**PLUS:**

**Swing Away!**  
GTMO's softball  
season begins

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**Integrity First**  
Learn the origins of  
the Integritas Award

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# Meet the *She-bees!*

## These gals aren't afraid to get dirty





# COMMAND CORNER

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 to perform their current responsibility. Regardless of what you will be doing, know that we're counting on you.

As we approach the month of November and the holidays, we must also focus on keeping an eye on our battle buddy, wingman or shipmate. We need all hands to look for signs of stress, anxiety and clues that something just isn't right. If something is wrong, there are places to get help. Fleet and Family Services have a satellite office at the Joint Task Force Trooper One Stop located in building 1451. The Joint Stress Mitigation and Restoration Team have resources available in building 1587, located next to our JTF Chaplain in Camp Buckeley. It is always best to address the causes of stress by talking to your buddy, wingman or shipmate, your chain of command or the professionals who are here to help us.

We don't want our Troopers to get so distracted with stress that they start to participate in destructive behaviors. These actions bring discredit to our Troopers, the command and the U.S. military. When I say destructive behaviors, this includes discrimination of any kind,



sexual assault, drug use and alcohol abuse. We can not tolerate destructive behaviors – they are what harms a team member and weakens our team.

The use of alcohol is a privilege here at JTF-GTMO. The responsible use of alcohol is paramount in our mission; therefore, we must ensure those Troopers under 21 years old are not provided alcohol and that those who choose to drink do so with moderation. Failure to drink responsibly may result in the revocation of that privilege.

JTF-GTMO has a unique mission, staffed with the best professionals our nation has: servicemembers and military-employed civilians. While here, take the time to learn a new skill. Make the best use of your time while balancing what GTMO has to offer both professionally and on a personal level.

# Trooper to Trooper

*featuring*

## Command Sgt. Maj. Daniel Borrero

Senior Enlisted Leader, 525th MP Battalion

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. My counselor at the school was awesome in processing the paperwork and coordinating everything from here with my home campus in Missouri. The EArmyU staff was very responsive and 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 x2227 or x3996, Columbia College is x75555. This could be the start to a long-lasting relationship which, in the end, will not only benefit you, but those close to you.

### JTF Guantanamo

**Commander**  
Navy Rear Adm. David Woods  
**Command Master Chief**  
Command Master Chief Reynaldo Tiong  
**Office of Public Affairs Director**  
Navy Cmdr. Tamsen Reese: 9928  
**Deputy Director**  
Air Force Maj. Michelle Coghill : 9927  
**Operations Officer**  
CW2 Scott Chapman: 3649  
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**COVER: Construction Electrician 2nd Class Ekene Warner, Yeomen Chief Nadean Storey, Steel Worker 2nd Class Rejuny Caswell, Builder 2nd Class Kacey Nyberg, and Equipment Operator 3rd Class Shannon Jefferson from the Naval Mobile Construction Battalion 23 show off their hand-painted sign outside of the Seabee compound, Wednesday. The sign was formerly a bulldozer blade, a fitting representation for the battalion.**



**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. Adversaries often use phone monitoring to gather information. We often forget that our phones aren't safe to use 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!**





# News from the Bay: Halloween edition

.....GTMO's guide to a ghoulish weekend.....

Stories and reporting  
by Spc. Kelly Gary

## 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](mailto:underwaterpumpkin@gmail.com).

For more information, contact Chris Hileman at x9831.

## 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 Lyceum, 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.

## 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 prize.

For more information, contact Aimee Mac Donnell at x4882.

## 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., 10 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 x2005.

## 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 Deer Point liberty

center.

For more information, contact Jill Lynch at x2010.

## NEX celebrates 10th customer appreciation

The Navy Exchange and Morale, Welfare and Recreation are hosting the 10th Annual Customer Appreciation Weekend Friday through Sunday.

"The Customer Appreciation event started 10 years ago," said Mark Good, NEX store manager. "It has evolved from a shoe clinic and sale into a full-blown weekend extravaganza."

Here are the events you can look forward to.

- NEX sale Saturday and Sunday starting at 9 a.m.
- Vans skateboard demo at Cooper Field skate park at 4 p.m. Friday.
- Following skate demo -- live music performed by John Taglieri at the Tiki Bar at 9 p.m.
- 5K race at 7 a.m. Saturday starting in front of the NEX.
- Autograph session with Vans athletes in the NEX atrium at 10 a.m. Saturday.
- Autograph session with chefs from Diners, Drive-ins and Dives at 2 p.m. Saturday
- Humvee pull at 5 p.m. Saturday in front of NEX.
- Lunch from 11 a.m. to 5 p.m. Sunday will be served with food provided by Diner, Drive-ins and Dives chefs.

There will be over \$12,000 worth of gift cards and prizes given away over the weekend and three grand prizes valued at \$2,500 each.

For more information, contact Good at x74358.

# TROOPER FOCUS

## Army Pfc. Alaine Williamson



Sgt. Meredith Vincent

Her first time before a board, Pfc. Alaine Williamson, an S2 analyst for the 525th 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 breath."

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 before a true promotion board now."

Due to her demeanor and presence of mind, Williamson was named not only Soldier of the Month for the 525th, 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

## Bullet Bio

**Time in service:** 2 years

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

**Pet peeves:** dishonesty

**Next goal:** moving on to battalion 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

see FOCUS, pg. 19

## What is the worst Halloween candy?



"Black licorice. Nobody likes black licorice."

Spc. John Dupree



"I don't like candy corn. I would rather have chocolate."

Utilitiesman 2nd Class John Marine



"Candy corn, they taste gross."

Tech Sgt. Jamie Hedrick



"The Peeps, they taste nasty with that marshmallow filling."

Operations Specialist 2nd Class Eddie Fort

## Boots on the Ground







**Gary Scott, left center for team JDG, hits a pop fly during the team's game against the Vigilant Warriors at Cooper Field and Sports Complex, Oct. 21. The Vigilant Warriors, made up of 525th Military Police Battalion Soldiers, are currently undefeated.**

## MWR softball season swings into action

### Base's most popular sport boasts record participants, teams

Story and photo by Spc. Kelly Gary

Morale, Welfare and Recreation's fall softball season has begun with games played each week at Cooper Field and Sports Complex.

Team wins and losses are already unveiling the stronger and weaker of the league. Alana Morrison, MWR sports coordinator, believes it is a fun sport for everyone to play.

"The great thing about this sport is no matter your age, gender or experience, you can have a good time and have a chance at winning," she said. "This sport is a great opportunity to meet other [community members]."

Of all the leagues, softball attracts the most players. The number of participants has doubled since last season, with around 300 participants playing for 14 teams, said Morrison.

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 looking to become this season's champions, but Team MANAAF and the GTMO Latinos should not be discounted. As of Tuesday, the GTMO Latinos had four wins and one loss and the Vigilant Warriors, BEEF/474, and the Beantown All-Stars are undefeated

with three wins.

"The competition is going to be fierce like every league," Morrison said. "It will be interesting to see who takes this championship."

Even though the challenge is part of the sport, in the end Morrison said she believes each person should have a good time.

"We hope that everyone who comes out and plays enjoys the league and just has fun," Morrison exclaimed.

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

Story and photos by Sgt. Mathieu Perry

Military members came together to show off their ghoulish side, Sunday, at Marine Hill and the Tierra Kay 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 Oliver in second. Hospitalman Laney Smith rounded out the top three finishers.

Jill Lynch, MWR Liberty manager, said the turn out was great for the inaugural event and hopes to make next year even more popular.

"Everybody had a great time and we had at least one person who had never carved a pumpkin in their life," said Lynch. "So it is always a good thing to have a new pumpkin carver added to the world."

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 out to participate and get the opportunity to make new friends and find other people to buddy up with and go do things," she said.

For Master-at-Arms Seaman Christopher Marlink, carving a



**Lance Cpl. Tyler Truesdale (left), attached to Marine Corps Security Forces Company, steadies his pumpkin as Hospitalman Laney Smith, attached to U.S. Naval Hospital Guantanamo Bay, punches an access door on the bottom of their jack-o'-lantern at the Marine Hill Morale, Welfare and Recreation Liberty center, Sunday. Smith went on to finish in third place during MWR Liberty's Evil Pumpkin Carving contest.**

see CARVING, page 19





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

# INTEGRITAS!

**Steeped in pride and tradition, new monthly JTF award has honor bound roots.**

Story by Sgt. 1st Class Benjamin Cossel

**A**t 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 originations 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 section must demonstrate in actions how their members went above and beyond

the normal call of duty in supporting the JTF mission. Along with those words, nominated units can have no 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 Utley, 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!”



# QUEEN BEEES

*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







**T**heir hardhats 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, bulldozing 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 roadway 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, Camella 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 Seabee, 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 playing Linkin Park's "Point of Authority" and thus she was sold.

"It was a whim," said Nyberg. "I saw a commercial on TV and left eight days later."

When it came to picking a rate, she simply went along with the recruiter's suggestion to be a builder. Nyberg already had dreams of building her own nightclub one day.

Four and a half years down the road and on her second deployment, Nyberg is the crew leader for the Windmill Beach head

facilities project. She said not only does being female cause comrades to second-guess her decisions, but she is also younger and one of the lowest-ranking on the crew.

"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."

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."

Construction Electrician 2nd Class Ekene Warner, with 13 years in the Navy, said she believes 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.

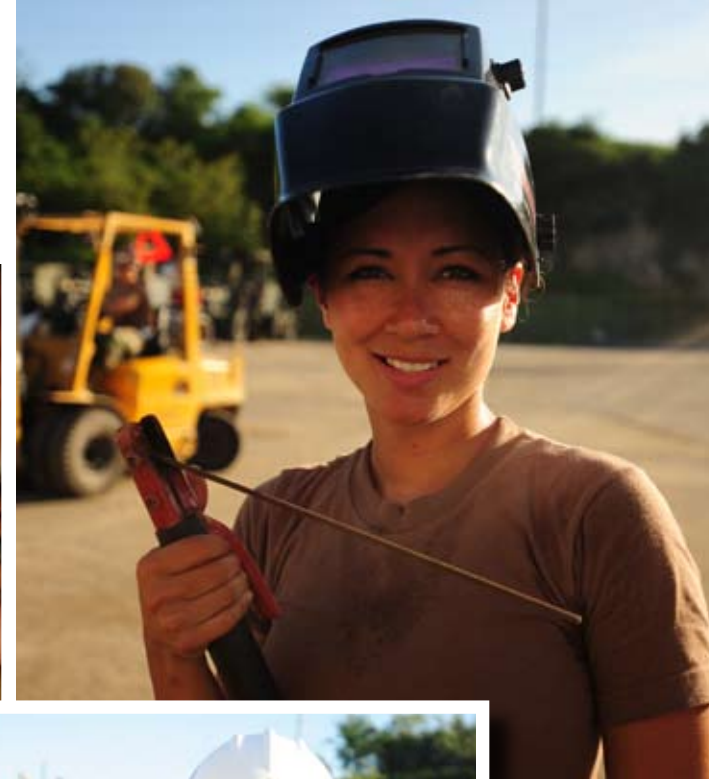
"CE2 Warner is not only our (detachment) Seabee Combat Warfare coordinator, but she is also the safety petty officer and no joke when it comes to business," said Yeoman Chief Nadean Storey, administrative chief for NMBC23.

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.

"I love what I do," she put simply. "We have a very unique camaraderie and I love working with my hands."

"There are a lot of females on this mission," said Steel Worker 2nd Class Rejuna Caswell. "Often on missions there will be only two or three."

Most people wouldn't picture Caswell with her slender frame and wavy waist-length hair behind a welding helmet but she has had the hobby since high school. She agreed being devoted to what you do



(opposite page, from left) Steel Worker 2nd Class Rejuna Caswell, Equipment Operator 3rd Class Shannon Jefferson, Electrician 2nd Class Ekene Warner, Builder 2nd Class Kacey Nyberg and Yeoman Chief Nadean Storey flex their muscles at the Navy Mobile Construction Battalion 23 compound, Wednesday.



(this page, clockwise from left) Nyberg poses inside the woodshop; Caswell clamps a welding wire by the steel workers shop; Warner strikes a pose; Jefferson shows off a bulldozer and Storey brings out paperwork to make sure her Sailors' pay is in order.



important, and in her case that is an understatement. "I love welding," she said. "I could weld all day and be entirely content."

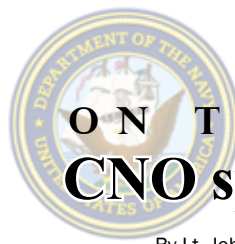
Caswell's dreams of joining the Marine Corps were postponed when she became pregnant with her first son. She opted to join the Navy instead and her dreams of joining the military were fulfilled. When she inquired if there was a job that would involve her passion for welding, steel worker was a perfect fit. Back home, Caswell runs a woodshop with her husband so in addition to having welding experience she also brings planning and directing skills to the table.

Caswell said even though there may be a little different dynamic for females, the Bees are accepting of everyone.

"There are a few individuals who have issues when a female is put into a leadership position," she continued. "Otherwise, my

see SEEBEAS, pg. 19





## ON THE DECK

# CNO speaks at 20th International Seapower Symposium

By Lt. John Ripley

NEWPORT, R.I. – Chief of Naval Operations Adm. Jonathan W. Greenert closed the largest International Seapower Symposium in the annual gathering's history at the U.S. Naval War College, Oct. 21.

Speaking to participants from 111 nations in attendance, Greenert reflected on the insights he received from regional discussions at the symposium – interoperability is the key to the success of global maritime operations; maritime security, including anti-piracy measures, can be enhanced by sharing technology and information; and assets devoted to an operation should match the mission

requirements.

"It is clear that exercises and operations together build confidence, and clearly it builds trust," said Greenert, highlighting the value of personnel exchanges between maritime forces and the need for standard concepts of operations.

Greenert focused on three takeaways from the symposium: economic interdependency, the importance of people to interoperability and the value of personal relationships.

"This interdependency and the changing demographics... [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 connected.

Additionally, he highlighted relationships and partnerships and how they can impact future operations.

"Military-to-military interactions and relationships can have a great leverage particularly in a disaster," he said. "Those personal relationships make all the difference."

In closing, he reiterated the importance he places on developing cooperative efforts that can help share capabilities, technology, and approaches to 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 maritime security challenges, responsive partnerships, and evolving demands.

First held in 1969, ISS has become the largest gathering of maritime leaders in history. ISS provides a forum for the world's 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.

## COAST TO COAST USCG returns 52 migrants home

MIAMI – The Coast Guard repatriated 52 Cuban migrants to Bahia de Cabañas, Cuba, Saturday.

The migrants were interdicted at sea during four separate cases since Oct. 12.

Two Cuban migrants were transferred to Naval Station Guantanamo Bay, Cuba, for further processing, Monday.

"U.S. Coast Guard policy is to deter and respond to dangerous and illegal maritime migration by intercepting vessels pursuing perilous and illegal voyages," said, Capt. Brendan McPherson, 7th Coast Guard District chief of enforcement. "We continue to maintain a robust presence of cutters and aircraft throughout the Caribbean to prevent illegal migration and migrant smuggling activities."

All migrants interdicted were provided with food, water, shelter and basic medical attention.

Community relations projects like this one not only benefit the community, but also help Marines see how much they have to give. "Taking someone out of their comfort zone to see people who have so much less is truly humbling," said Staff Sgt. Shawn M. Cottrel, a communications technician controller in support of 3rd MEB. "We, as Americans, sometimes forget how much we have, and it's essential that we find time to give back."

returned to the orphanage to spend some additional time with the children from the orphanage. "Events like this will build memories that last a lifetime," said Navy Cmdr. Jack L. Caver, the 3rd Marine Expeditionary Brigade chaplain and native of East Alton, Ill. "It's really nice to be able to give back to the community. We're showing gratitude for the things they do for us."

Community relations projects like this one not only benefit the community, but also help Marines see how much they have to give.

## IN THE TRENCHES

# Obama: All U.S. troops out of Iraq by year's end

By Jim Garamone

WASHINGTON – All U.S. servicemembers will leave Iraq by the end of the year, President Barack Obama announced Oct. 21.

About 40,000 U.S. servicemembers are in the country, and all will be "home for the holidays," Obama said.

The president made the announcement after speaking with Iraqi Prime Minister Nouri al-Maliki.

"Today, 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 will be over," the president said. "The last American Soldiers will cross the border out of Iraq with their heads held high, proud of their success and knowing that the American people stand united in our support for our troops. That is how America's military efforts in Iraq will end."

The United States will maintain a close alliance with Iraq, the president said, and the withdrawal means the relationship between the countries will be just like that between the United States with any other country. Obama said it will be "an equal partnership based on mutual interests and mutual respect."

Obama said he and Maliki agreed that a meeting of the Higher Coordinating Committee of the Strategic Framework Agreement will convene in the coming weeks, and that he invited the Iraqi leader to Washington to plan the future relationship.

"This will be a strong and enduring partnership, with our diplomats and civilian advisers in the lead; will help Iraqis strengthen institutions that are just, representative and accountable; will build new ties of trade and of commerce, culture and education, that unleash the potential of the Iraqi people; will partner with an Iraq that contributes to regional security and peace, just as we insist that other nations respect Iraq's sovereignty," Obama said.

The United States will offer to help Iraq train and equip its forces, just



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. 21.

as the United States offers assistance to countries around the world.

"There will be some difficult days ahead for Iraq, and the United States will continue to have an interest in an Iraq that is stable, secure 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. He noted that when he took office in January 2009, more than 180,000 U.S. servicemembers were deployed to Iraq and Afghanistan.

"By the end of this year, that number will be cut in half. And make no mistake: It will continue to go down," the president said.

The president said the United States is moving forward from a position of strength. The war in Iraq will end in December. The number of Americans in Afghanistan will continue to go down. As these

## INSIDE THE JAR US Marines lend gentle hand to orphanage

By Gunnery Sgt. J. L. Wright Jr.

QUEZON CITY, Philippines – U.S. Marines in support of 3rd Marine Expeditionary Brigade visited the Gentle Hands Orphanage in Quezon City Oct. 21-23 as part of a community relations event during Amphibious Landing Exercise 2012.

Gentle Hands, a Christian child and youth welfare agency, provides shelter and care to children ranging in ages from birth to high school. The orphanage is currently home to 50 people.

"Hospitals will call me and ask, 'Do you want this baby?' and my answer is always yes," said Charity Graff, the owner of Gentle Hands. "I know that when the hospital calls me, it means they have no where else to go."

Graff's mother started the orphanage in 1990 as a birthing clinic for those

who could not afford proper medical care. Graff began working there in 2000 when she was approached with a malnourished baby.

"Someone handed me the baby, and I went straight to the hospital," she said. "They told me he couldn't stay there because he was going to die. I was horrified, but I took him home. I fed him, and I cared for him. That boy is now in the third grade. He was adopted by an American family, and he is perfectly healthy."

During the first visit, Marines helped move rebar and bags of cement for the renovation of the orphanage, watched movies with the young children and played basketball with the older ones.

The following day, they delivered food and medicine to the Malabon community, as well as sang, played basketball and spent time with the children.

On the final day, Marines

## ON THE WING

# SecAF: Stay focused on readiness during challenging times

By Jenny Gordon

ROBINS AIR FORCE BASE, Ga. – Secretary of the Air Force Michael Donley toured the Robins Air Force Base and spoke to more than 250 Airmen during an all call, Oct. 17-18.

Donley, currently in his fourth year as secretary, said it had been more than 20 years since his last visit. He complimented the strong community support enjoyed by the base and recognized the importance of the base to the nation.

"This is a great mission, and it's extremely important to the warfighter to have their equipment coming here for refurbishment and overhaul," he said. "It has always been to me a remarkable process: these aging airframes come in, get completely torn down and leave here almost like new aircraft. Everything you do here is critical."

While Airmen are doing outstanding work all across the Air Force, the service finds itself in extremely challenging times and faces a very complex security environment, Donley said.

"Our Air Force is fully engaged today in four major lines of operation, with finishing

the mission in Iraq and Afghanistan," he said. "We continue to fight against Al Qaeda and its global affiliates and are also supporting the NATO mission in Libya."

Donley also discussed the budget constraints facing the nation and the potential effects of those on the Air Force.

"Our Air Force last year identified \$33 billion in efficiencies across the future year's defense plan, which we were allowed to reinvest into the Air Force," he noted. "But we know going forward that efficiencies alone will not be enough."

Expected reductions in future defense spending are in line with what military leaders had anticipated, Donley said, and will extend roughly into the next 10 years. Although implementing the reductions will be tough, Donley said the savings are achievable.

"To get these savings, we will need to accept greater risks in some areas," he said. "We're going to terminate some programs, streamline and delay others, and continue to drive efficiency in our operations."

Donley said supporting service members and their families will remain job one, which

includes ensuring wages and benefits packages are sustainable into the future.

"We are committed to making sure that the United States continues to have the world's finest Air Force for generations to come," he continued.

Balance will be important as well, whether across core functions, on readiness and modernization needs, or across active duty, Reserve, and Air National Guard components, Donley said.

"In the Air Force, we have determined that balance is key to our resourcing strategy to accommodate the uncertainty in the fiscally challenged future we face," Donley said.

Although the Air Force of tomorrow will likely be smaller, Donley said expectations are that it will remain fully effective. This means that many installations will look and operate differently.

However, taking care of people and advancing Air Force capabilities, through programs like the Joint Strike Fighter, the KC-46A and the Long Range Strike family of systems, will remain priorities, Donley said.



# Footloose

Army Sgt. Meredith Vincent

I really wanted the reboot 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 banana rats, so I wanted a movie bad 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, unworthy of all my pent up cinematic aggression. Fail.

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

They achieve this by taking the movie's hero, Ren McCormack, and transplanting him from Boston to Bomont, a sleepy, southern town that's big on God but lacking in spirit. Still reeling from a car crash that killed four teenagers, the community seeks solace in local reverend Shaw Moore, who uses his sway with the city council to impose a strict curfew and, of course, ban all loud music.

Enter Ren. Rumors that "High School Musical" alum Zac Efron would be taking over



the lead proved false. Thank the boot-scootin' gods! Kenny Wormald makes his starring role debut with style, attitude and serious acting chops, helping to usher this remake from the bad idea pile to the how-did-they-pull-this-off pile. Wormald, whose previous credits include being Justin Timberlake's backup dancer and the straight-to-DVD sequel "Center Stage: Turn It Up," is an electrifying performer with depth, humor and a surprising relatable demeanor that makes you instinctively root for him, even when Ren is being a bit of a putz.

However talented, he doesn't carry the movie on his own. As his female lead, fiery Julianne Hough plays Ariel, a daddy's-little-girl-gone-bad 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 holier 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 cats – they're here to stay.

Making a remake of a classic like "Footloose" is risky business. You pretty much dare the entire movie-going community to spit at you. That's why this film is such a triumph. I wanted to hate it, I really did. But dang, if I didn't like it enough for three banana rats!

PG-13  
113 min.



	28 FRI.	29 SAT.	30 SUN.	31 MON.	32 TUES.	33 WED.	34 THURS.
Downtown Lyceum	Warrior (PG-13) 8 p.m.	Apollo 18 (PG-13) 8 p.m.	Contagion (PG-13) 8 p.m.	Fright Night <i>(last showing)</i> (R) 10 p.m.	The Help <i>(last showing)</i> (PG-13) 8 p.m.	Our Idiot Brother (R) 8 p.m.	The Dept (R) 8 p.m.
	Footloose (PG-13) 10 p.m.	Conan the Barbarian (R) 10 p.m.					
Camp Bulkeley	Contagion (PG-13) 8 p.m.	Columbiana (PG-13) 8 p.m.	The Help <i>(last showing)</i> (PG-13) 8 p.m.	Shark Night (PG-13) 8 p.m.	Conan the Barbarian <i>(last showing)</i> (R) 8 p.m.	Footloose (PG-13) 8 p.m.	Our Idiot Brother (R) 8 p.m.
	Fright Night <i>(last showing)</i> (R) 10 p.m.	Warrior (PG-13) 10 p.m.					

Call MWR at ext. 2010 for more information.

Movie Hotline - call 4880.



President Barack Obama outlines 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. - photo by AP

## Obama announces changes to ease loan burdens

Voice of America News Service

President Barack Obama announced Wednesday steps aimed at making it easier for U.S. college students to pay off their education loans. In announcing the actions, the president pointed to a new report detailing the continuing rise in the cost of higher education in the United States.

In his remarks at the University of Colorado at Denver, the president used a personal example and some humor to illustrate the pressures that sharply rising education costs place on Americans.

The president recalled the burden that he and his wife Michelle struggled with in paying off about \$120,000 in student loans after they graduated from law school.

"We combined and got poorer together. We combined our liabilities not our assets. So we were paying more on our student loans than we paid on our mortgage each month," he said.

Obama pointed to a new report from the College Board showing the average tuition at private colleges in the United States went up by more than 4 percent - 8.3 percent at four-year public colleges - during the past year. That's faster than inflation and income 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.

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 jobs proposals.

"I intend to do everything in my power right now to act on behalf of the American people - with or without Congress," said Obama.

Earlier this week, Obama announced a plan to make it easier for Americans with federally-backed mortgages to refinance their home loans and save money, and another to encourage businesses to hire returning military veterans.

## US, North Korea 'narrow differences' in Geneva talks

Voice of America News Service

The State Department said Tuesday U.S. and North Korean officials narrowed their differences on resuming Chinese-sponsored six-party negotiations on Pyongyang's nuclear program in a two-day set of talks in Geneva. But, U.S. officials say there were no breakthroughs and that the process will take some time.

Officials are expressing cautious optimism about the results of the Geneva meetings, but say it could take months to find out if North Korea is willing to take the "concrete" steps needed to re-start the nuclear talks.

In the latest sign of an improved atmosphere between North Korea and other parties in the stalled six-way negotiations, senior U.S. and North Korean diplomats met behind closed doors for two days of meetings in Geneva.

U.S. special envoy for North Korea Stephen Bosworth said the sides narrowed some differences and that the tone was positive and generally constructive.

His North Korean counterpart, Vice Foreign Minister Kim Kye Gwan sounded more upbeat, citing "big improvements" in some areas and saying remaining differences will be solved when the sides meet again.

Briefing reporters, State Department Spokeswoman Victoria Nuland said there were no breakthroughs and that it might take some time to learn if North Korea is prepared to do what is needed to revive the six-party talks.

"We've narrowed the differences but there is quite a bit of work still to do," she said. "I think you know where we have been on the six-party talks. First, that the north-south dialogue needs to continue and second that we need to see real concrete steps, concrete commitments by the North Koreans on their nuclear obligations."

A senior U.S. official said the North Korean team was given detailed proposals to take back to the leadership in Pyongyang and that given its track record on such issues, it will probably be a matter of weeks if not months before a decision is made.

North Korea agreed in principle in 2005 to scrap its nuclear program including a presumed small stockpile of weapons in return for aid and diplomatic incentives from other members of the six-party talks-Japan, Russia, South Korea, the United States and host China.



# Check yo' self before you wreck yo'self: Tips for staying injury free

Pfc. Justin Pierce

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 understating 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 foe, injury, rears his ugly 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 end though, 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 YOU don't. Online guides often offer simple tests anyone can use, and these work fairly well. Here in Guantanamo, we have an additional asset for assessments. Several of the MWR fitness staff – Everton Hylton, for example – offer this service at no charge, and if you've ever seen Everton, 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 fall 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, they did name the sport after it – BUT keeping track of yourself and others is just as important. Despite the misleading name, there is not now, nor will there ever be, such a

thing as non-contact football. Unsurprisingly, these candid moments where we reach out to our adversaries in such a rough manner are where most football injuries come from. That said, if you want to improve your chances of avoiding injury on the field get used to getting 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.

see MIND, pg. 19

## GTMO Religious Services

**Daily Catholic Mass**  
Tues. - Fri. 5:30 p.m.  
Main Chapel  
**Vigil Mass**  
Saturday 5 p.m.  
Main Chapel  
**Mass**  
Sunday 9 a.m.  
Main Chapel  
**Catholic Mass**  
Saturday 5:30 p.m.  
Troopers Chapel

**Protestant Worship**  
Sunday 9 a.m.  
Troopers' Chapel  
**Islamic Service**  
Friday 1:15 p.m.  
Room C  
**Jewish Service**  
Friday 7 p.m.  
Chapel Annex  
**LDS Service**  
Sunday 10 a.m.  
Room A

**Seventh Day Adventist**  
Saturday 11 a.m.  
Room B  
**Iglesia Ni Cristo**  
Sunday 5:30 a.m.  
Room A  
**Pentecostal Gospel**  
Sunday 8 a.m. & 5 p.m.  
Room D  
**Liturgical Service**  
Sunday 10 a.m.  
Room B  
**Church of the Sacred Well**  
Call x2323 for information

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

## SEABEES cont.

experience has been the Bees actually embrace females."

Feeling accepted is important to Caswell. She said it is an empowering feeling when one of the girls outdoes one of the guys.

"There is nothing quite like seeing the 'Holy #\$\$@%/, you can actually do the job better than me' look on their face," she laughed.

When she or another female's abilities are questioned, Caswell said there is only one way to combat it.

"You got to have a positive attitude," she said. "You have to be confident and just do your job to the best of your ability."

Being 22 years old and an E4 doesn't stop Equipment Operator 3rd Class Shannon Jefferson from taking initiative. With delicate features and a graceful way of carrying herself, it is hard to picture her behind a wrecking ball. Just the same, Jefferson has no qualms jumping into the driver's seat. Yet, as an EO in a reserve unit, she hasn't had much experience on machines. Coming to Guantanamo Bay on her first mission overseas, Jefferson had a lot more opportunity to explore her rate.

"I have learned many things on this

deployment," she said. "I have learned how to operate a lot of equipment I don't get to at home."

Jefferson says while this has been a great experience, she is glad to be in 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," Jefferson said. "I get to acquire two skills at one time."

Storey transferred to the Bees in 2004 to assist with the administrative department. Being the highest ranking of the females, she said 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 Storey. "Working on projects takes a joint effort."

Storey 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 Storey. "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. Storey 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 wear on me emotionally," she said.

"Sticking together is important as female Bees," said Caswell. "We are here to embrace and uplift each other."

At the end of the day, the women of NMCB23 know they have come a long way together, even while their futures look as if they will be turning in many new and different directions. Whether it is to switch services, commission to officer, further her education or simply strengthen her skill set and move up the ranks, each woman has goals and dreams for the future. For now, however, they are determined to accomplish the mission at hand.

"There are always ups and downs," concluded Caswell. "But overall I would have to say I truly enjoy the Navy and being a Seabee."

## BODY cont.

Training for your sport might make you more resilient, but if you don't have your game face on when the whistle blows, it won't mean squat. Physical readiness plays a major role in keeping you safe and it also ensures your best performance. It also starts well ahead of the play clock. If you have a game coming up, make sure you're well rested. We all know how nice it is to stay out late with friends, but the night before a sporting event isn't the night for catting around. Get to bed early so you're ready to hit the field. Taking other precautions also helps increase your alertness, drinking water throughout the work day keeps you from cramping up on the field.

Another way to keep the

cramps away is a good warm up. Showing up early doesn't just keep your coach from pulling his hair out when he's filling out the roster. It gives you a chance to reinforce all of these tips. Warming up offers a chance to self-check your abilities, practice your role on the field, and helps with transitioning from the daily grind into the night-lit battle.

Staying injury free allows you to keep having fun with the sports you love the most. Beyond that, it also keeps you at the top of your game for the work week. 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.

acknowledged. "When I first came here, I didn't know a lot about being in the real Army. But I have great leadership and I've grown a lot."

Williamson said it was that leadership that has made a positive impression on her and taught her more about what type of Soldier she wants to be. Very soon she will earn her E4 rank and pin on the specialist insignia. After that she looks forward to being a sergeant, and understands she must look to her role models in order to figure out what kind of noncommissioned officer she wants to be.

"In my section, my NCO will put our needs before his," she said. "I think a good leader should always think about their

Soldiers before they think about themselves."

Schofield has no doubts about the young private first class. He believes her leadership skills will guide her through whatever comes next.

"She'll be a shop supervisor soon enough," he said confidently. "I see her mentoring and coaching and teaching her Soldiers to do the things that's she done and showing the, what the standard is through her actions."

With her time here coming to an end, Williamson will be saying goodbye to Guantanamo Bay and moving on to her next duty station. But the experiences she has gained here will follow her throughout her career and into the future.

## CARVING cont.

Halloween pumpkin was a new life experience.

"I have never carved a pumpkin before and it was cool," said Marlink. "It was fun and a lot easier than I was expecting."

Marlink admitted he wasn't really sure of what to do or where to begin, so he kept things simple.

"Without much experience, I decided the best way would be to having a straight forward approach," he said. "My plan was to use a stencil to help not only in the design phase, but also as a guide during cutting."

He acknowledged the weakness in the project was not having the stencil completely

secured to the pumpkin and in doing so, the cutting guide wasn't reliable.

"If I had it to do over again, I would have used more of the tools from the pumpkin carving kit," said Marlink. "I really wish I had used the little ghost shaped cutter for outlining the stencils."

As the heat bore down

on contestants, judges and pumpkins alike, Marlink said he began worrying about the more experienced competition.

"I have only been here five days and didn't know any one or what to expect," he explained. "I was just hoping someone would be nice enough to give me a vote or two."



# The JTF At Shutter Speed



## 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



## 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



## 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