



the Wire

“HONOR BOUND TO DEFEND FREEDOM”

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EIB Training: Troopers Strive for Infantry Excellence



Photo by Senior Airman Neo Martin

By Senior Airman Neo Martin

Troopers who exemplify the infantry ideal may earn the Expert Infantryman Badge (EIB).

A member of the infantry is a Trooper who fights mainly on foot, using personal arms. Infantry units have been the foundation of armies

through history. In ancient times, the most basic formations were the Greek phalanx, a defensive unit of Soldiers in close rank formation, and the more complex Roman legion, a unit of 3,000-6,000 Soldiers.

As the Roman Empire declined, approximately 345 A.D., cavalry dominated for nearly 1,000 years. The supremacy of cavalry wasn't threatened until the development

of the longbow. During the Hundred Years War, well-disciplined infantry

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Inside The Wire ...



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Trooper To Trooper

Training While Executing a National Mission



Photo by Army Sgt. Scott Griffin

By Brig. Gen. Jay W. Hood

Some Troopers may question why we have had this month-long series on training in the Trooper-to-Trooper section of *The Wire*.

It's pretty common to believe, "We don't need to train; we're doing the real thing!" when a unit is executing a national mission in support of a nation at war. I want to give you a few reasons why training for your mission while you are executing it makes sense.

I am constantly encouraging leaders in the Joint Task Force (JTF) to challenge the status quo. Why? Because a leader must always evaluate if the standards they have set make sense for the conditions.

Our JTF mission is a dynamic one. Anyone who has been here even 90 days knows they aren't doing things in every case exactly like they experienced in their right-seat/left-seat ride.

Just since I've taken command, we've changed how we operate based on observations leaders and I have made, feedback from our standardization teams and inspector general reports and the wise comments from experienced noncommissioned officers (NCOs) in the after-action reviews (AAR) we conduct after every mission.

That's why we must continue to train while we execute. Continuing to train is the only way those improved tactics, techniques and procedures (TTP) will be understood at the lowest level and drilled by our noncommissioned officers, so we can execute the new TTP to standard.

Here are some tips on how to overcome distractions to your ability to train while you execute your mission.

First, plan what you need to train. Our military services have some great training doctrine and circulars to help you conduct training meetings that will focus you on honing the skills that matter.

I am sensitive to the demands of our mission, so don't get wrapped around the axle about the window dressing you may have experienced in your training meetings back home. Here a training meeting can be the unit's leaders with their notebooks discussing what they need to train over a meal at Café Caribe.

Next, get back into your SOPs. NCOs and officers need to pull them out and read a portion of them during some of the inevitable down time they have every day. Your SOP should describe how you and your unit are actually operating. Did you assume your duties on the block exactly per the SOP? Are you conducting your mounted patrols the way your SOP describes? If not, why aren't you? If the standard for a particular task in your SOP is still valid in the current operating environment, then highlight to your Troopers where you are deficient and train them on the right way. Be honest. Tell your soldiers that you've identified deficiencies and you want to get back to standard. Troopers want to do things the right way.

Finally, don't simulate. One of the great things about training concurrent with executing an actual mission is that you have access to all the equipment and Troopers under the actual conditions you face day to day. If you are in a detention company, go to an empty cellblock and execute your drills till you are doing them to standard and per SOP. Then when you are on duty after you've completed your shift, conduct an AAR with your Troopers.

I have no doubt you will conclude that you executed more professionally and quickly after your training.

Keep training to standard!

Honor Bound to Defend Freedom!

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E.T. Phone Home: Troopers Bombard Dialpad

Internet "Phones," Webcams Offer Relief, Boost Morale



Photo by Army Pfc. Chris Gardner

Army Staff Sgt. William Rice enjoys talking to his fiancée with Dialpad. Using a webcam simultaneously, the couple can see each other as they catch up. While he's been deployed four times with little transition time in between, he doesn't mind being recalled, and Dialpad helps a lot. "I think the troops that are deployed everywhere around the world should know about Dialpad," Rice said, recalling his previous deployments without Dialpad.

By Army Pfc. Chris Gardner

Troopers here talk about Dialpad, the Internet alternative to phones they used to have—a less expensive way to stay in touch with loved ones.

"It's the closest we get to having cell phones," said Spc. Danny Gonzalez with 2nd Battalion, 113th Infantry Regiment.

Using about 2,000 minutes a month, Gonzalez deems Dialpad a bargain. Having paid \$70 for about 2,500 minutes a month on his cell phone at home, Gonzalez now gets to talk for almost half the previous cost.

"It's not bad at all," said Spc.

Jennifer Dest, unit armorer for the 783rd Military Police Battalion. Dest recalled basic combat training, when she communicated via letters and, periodically, pay phones.

"Using Dialpad boosts my morale a lot," Dest said. "It is a cheap and easy way to keep in touch." Dialpad makes her feel relieved and helps her better fulfill her mission. After a call home, "I know I can take on another GTMO day."

Now on his fourth deployment, Army Staff Sgt. William Rice said, "Somebody's got to do it—I don't mind doing it." But, deployed to Guantanamo just four months after

his last deployment, to Bosnia, Rice has barely seen his loved ones.

Troopers have it pretty good here, he said. "We didn't have access to DSN (Defense Service Network) [in Bosnia], and we didn't know about Dialpad. We could use a phone card, but we would get charged international rates."

Had he known about Dialpad, "The deployment would have been a lot easier," Rice said.

But one 10-minute morale call each week in Bosnia was a step up from Rice's first deployment, to Central America, where the calls were only five minutes.

"I think Troopers that are deployed everywhere around the world should know about Dialpad," Rice said. "It's a morale booster."

To sign up for Dialpad services, go to www.dialpad.com from any Morale, Welfare and Recreation computer and select a pricing plan. Prepaid accounts from PC to phone are available for \$15 and \$25. Dialpad's monthly service is billed every 30 days, with costs starting at \$7.50 per month for 300 minutes, and up to \$19.99 per month for 1200 minutes.



Photo by Army Pfc. Chris Gardner

Webcams allow Troopers to see and be seen by their loved ones.

"Using Dialpad boosts my morale a lot."

—Spc. Jennifer Dest

EIB Shows American Infantry Readiness and Ability

Continued from Page 1

and archers defeated French cavalry knights, securing the future of infantry units.

In the modern period, the term infantryman is reserved for the most common of infantry troops, the rifleman. Today, America's infantrymen are equipped with sophisticated war tools and tactics to carry out their missions.

In August 1943, Army Gen. George C. Marshall, the Army's Chief of Staff, and Army Lt. Gen. Leslie J. McNair, Army Ground Forces (AGF) headquarters, recommended two ways to boost the prestige of the infantry and recognize individual troops.

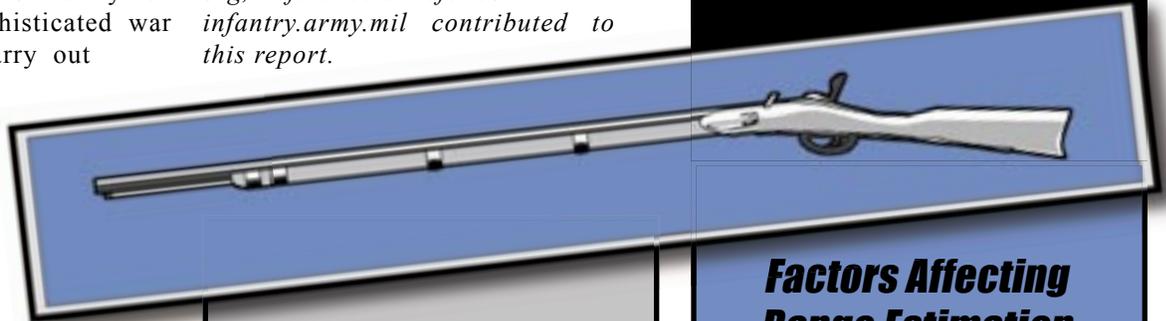
One of McNair's proposals called for a "fighter badge" that could be awarded to infantrymen who could meet certain standards that were to be developed by Marshall's headquarters. Marshall approved the concept but decided that instead of having one "fighter badge" there would be two individual combat badges—the EIB and the Combat Infantryman Badge.

In a document detailing the reason for the new badge Marshall said, "[World War II] has demonstrated the importance of highly proficient, tough, hard, and aggressive infantry, which can be obtained only by developing a high degree of individual all-around proficiency on the part of every infantryman." With this in mind the Army instituted standardized infantry training programs on Oct. 23, 1943.

The training programs are designed to sustain basic Soldier skills as well as increase opportunities for Soldiers to test for and earn the EIB. Some of the training includes combat lifesaver programs, records reviews, mobilization planning and family readiness. These courses are coupled with an aggressive weapon training program, enabling the Army to be well prepared for deployment.

Deploying proficient infantrymen has been a deciding factor in warfare for centuries. The opportunity for Soldiers to earn the EIB is another reason America remains at the forefront of global power and readiness.

Information from www.legionxxiv.org, reference.allrefer.com and www.infantry.army.mil contributed to this report.



The Badge

The blue background of the badge represents the infantry branch color while the 1875 Springfield Arsenal musket represents the first official U.S. shoulder arm. It was adopted as the official infantry branch insignia in 1924.

Expert Infantry Badge Requirements

To earn an EIB qualification, Soldiers must undertake extensive infantry training. Approximately 40 tasks must be successfully performed to standard and time. Below is a small sample of the events required to earn an EIB.

1. Each Soldier must be an expert with their weapon, hitting 38 out of 40 targets.
2. The Soldier must complete a 12-mile road march.
3. The Soldier must be able to navigate using only a compass and map in both daylight and at night.
4. The Soldier must be proficient at range estimation.
5. The EIB test also includes tasks such as camouflage and cover and concealment.
6. Practical demonstration of grenade identification and proficiency.
7. The EIB test also includes breaking down and assembling an M-60 machine gun.

Factors Affecting Range Estimation

A: Nature of The Target

1. An object of regular outline, such as a house, appears closer than one of irregular outline, such as a clump of trees.
2. A target that contrasts with its background appears to be closer than it actually is.
3. A partly exposed target appears more distant than it actually is.

B: Light Conditions

1. The more clearly a target can be seen, the closer it appears.
2. When the sun is behind the observer, the target appears to be closer.
3. When the sun is behind the target, the target is more difficult to see and appears to be further away.

C: Nature of Terrain

1. As the observer's eye follows the contour of the terrain, he tends to overestimate distant targets.
2. Observing over smooth terrain, such as water, sand or snow, causes the observer to underestimate distant targets.
3. Looking downhill, the target appears further away. Therefore looking uphill makes the target appear closer.

ElB Training Includes Life-Saving Techniques

By Senior Airman Neo Martin

Part of Expert Infantry Badge training is about saving lives.

During an emergency or accident, an infantry patrol will likely be on the scene first. So it's imperative Troopers can assess a patient's status.

"A person possessing general first aid, cardiopulmonary resuscitation (CPR) and casualty evaluation knowledge can be the difference between life and death," said Spc. David Thurston, a paramedic in civilian life.

Thurston recently taught infantry Troopers techniques to assess a patient's condition in order to administer first aid treatment or give accurate information to medics.

The first-responder lesson was divided into four sections: scene safety, assessing responsiveness, primary survey and secondary survey.

Ensuring scene safety is the first step when arriving at an accident or medical emergency. A first responder must look at the surrounding area for potential hazards. Then they should set up safety devices and, if necessary, move anyone still in danger to a safe location and gather information from bystanders.

The next step is to assess the patient.

The patient's level of consciousness is gauged in one of four categories:

- Alert: Awake, alert and oriented.
- Verbally responsive: Capable of coherent conversation.
- Pain responsive: The patient tries to defend themselves when given minor pain or discomfort, like a sternum rub.
- Unresponsive: Patient is incapable of

being awakened.

During the primary survey, the airway, breathing and circulation are checked. Troopers are taught to perform an ABC check to determine life threats to a patient.

The final step is to check the patient for broken bones, head injuries, burns and bleeding.

Once they were shown how to ascertain the patient's status, Troopers in the recent class were taught how to open a patient's airway and perform mouth-to-mouth resuscitation, combat lifesaving skills and CPR.

"It's crucial the first people at the scene of an accident know what to do," said Spc. Ryan Worden, a medical specialist.

The first 10 minutes after an accident or incident is referred to as the "platinum 10." During this time it is important to have someone on scene capable of helping a patient.

"The sooner an injured or choking victim receives treatment, the better chance they have for survival," Worden said. "It's great to know our infantry units are capable of helping us save lives. It really makes our job easier."

Troopers were pleased with the training. "The military has given me the training and ability to protect, defend and save the lives of people at Guantanamo Bay and back home," said Army Sgt. Chris Kalbach.



Photo by Senior Airman Neo Martin

Spc. David Thurston demonstrates how to check for breathing on Army Sgt. Chris Kalbach while teaching a class on patient assessment and initial lifesaving techniques. Thurston works as a paramedic when not activated. Both men are members of Company C, 2nd Battalion, 113th Infantry Regiment.

Worden agreed. "They can be a life saver," he said. "If there is an accident, these infantrymen can really help to save lives."

Abraham Lincoln once said, "Next to creating a life, the finest thing a man can do is save one." Through their training, Troopers here are becoming better all around Soldiers and people capable of saving lives.

How to Quickly Assess a Patient...

Most paramedics use these steps to assess patients:

- **Airway:** Does the patient maintain his or her own airway? Are they able to keep their mouth or nose open to expel vomit or secretions? Do they have a gag reflex? You can check by flicking the patient on the bridge of the nose between the eyes with your finger. If they blink, they usually have a gag reflex. (This is good.)
- **Breathing:** Is the patient breathing on their own? Are they getting adequate volume with each breath? Are they turning blue? Once you check airway and breathing, don't go to the next step until any breathing complications are corrected. Perform mouth-to-mouth resuscitation if

necessary. It's irrelevant if the patient has a pulse, but their airway is obstructed because of a facial injury or choking.

- **Circulation:** Do they have a pulse? Check the wrist and/or check the arteries on the neck to the outside of the windpipe. A radial pulse (wrists) generally means the blood pressure is relatively strong. A femoral pulse (the groin) will detect a slightly weaker pulse. A carotid pulse is the last place a pulse can be found in severe cases. If you can't find a carotid pulse, the patient is in profound shock and is going to die. Now it's time to start CPR.

Source: www.alpharubicon.com

1-119th Field Artillery Regiment Adds Notch to Belt



Wire archive photo

Troopers from 1st Battalion, 119th Field Artillery Regiment, will soon depart Guantanamo Bay, Cuba, to be replaced by 1st Bn., 143rd Field Artillery Regiment. The Field Artillery Troopers served as provisional military police for their mission with the Joint Task Force.

By Senior Airman Neo Martin

After nearly one year of Joint Task Force service, the 1-119th Field Artillery Regiment has completed its mission and departs Guantanamo Bay (GTMO).

"I'm very proud of the 1-119th," Army Capt. Ryder Russell, Charlie Battery Commander, said. "We came here and showed what right looks like. From the escorts to the block sergeants, Troopers did their mission in a professional manner and exceeded the standards."

Troopers in the 1-119th augmented military police (MP) inside the Wire.

In some of the Troopers' opinions, the biggest challenge the 1-119th faced was the transition to military police duties. Army Sgt. Jason Heavyside said, "It was hard work. But we always remained professional."

Army Staff Sgt. Brian Clinton, section chief, agreed, "Learning to function with the detainees and picking up where the active Army was running the mission was quite a challenge."

One Trooper had a simple plan to overcome the obstacles. "We just had to stay motivated and keep our heads up," said Army Staff Sgt. William Johnson.

Wire archive photo



"We had to prove ourselves at a higher level. We are professionals who offered a lot to the whole organization," Clinton said.

"The Red Lions (the nickname of the 1-119th) and their spirit made a huge impact on the mission," Russell said.

The 119th Field Artillery Regiment has been serving since July 15,

1917, when it was federalized and assigned to the 42nd Infantry (Rainbow) Division.

The Rainbow Division saw its first deployment in February 1918, fighting alongside the French in World War I. On July 14, 1918, the 4th French Army, in which the Rainbow Division played a prominent role, stopped the final German offensive at the Battle of Champagne.

"[This most recent deployment of the 1-119th was] an emotional experience, being able to make claim on a Global War Against Terrorism mission," said Army Capt. Laurance Kniffen. "We were all very excited."

Kniffen also talked about com-

ments he has heard about members of the 1-119th regarding their professionalism and how well they picked up the MP mission. "The comments show the character and professionalism of our Troopers," he said. "They know what job to do and get it done."

Now prepared to leave GTMO and the Joint Task Force, members of the 1-119th feel they made a positive impact.

"I believe 100 percent in this mission and our accomplishments," said Army Sgt. 1st Class William Switzer.

"We did a lot for our country, and I'm proud of what we've done," Clinton said.

The Troopers were honored by a victory dinner at the Seaside Galley on Tuesday. Each member received an honorary MP certificate as a token of appreciation for his or her contributions to the mission. The distinguished guests at the dinner were Brig. Gen. Jay Hood, Brig. Gen. Roger Allen and Brig. Gen. Nelson Cannon.

After about a year overseas, the Troopers are excited to return to their Michigan homes.

Army Sgt. Maj. George Davis and Army 1st Sgt. Terry Geer thanked the Troopers' families for their 100 percent support back home.

"I'm going home better than when I came here," said Spc. Christian Arendt. "It was great to be a part of the Joint Detentions Operations Group."

Photo by Senior Airman Neo Martin



143rd Eager to Take Their Places Inside the Wire

By Army Cpl. Jim Greenhill
and Spc. Jody Metzger

Newly arrived Troopers from the California National Guard's 143rd Field Artillery stared at a line of GTMO Gators Wednesday morning.

Turns out the Gator isn't an animal—it's a vehicle Troopers use to get around inside the Wire.

"These are our little hot rods we have here," explained a Trooper leading members of Charlie Battery of the 1-143rd on a Camp Delta tour. "We call them Gators."

The new Troopers' boots hit GTMO's dusty ground running this week as they hustled to learn the local lingo and complete the transition from artillery to military police for this deployment.

"This deployment is the whole reason I even joined the Guard, because of 9/11," said Spc. Guy Hojnacki, for whom it has taken two years from enlistment to fulfill his deployment goal.

"The 143rd has been in a lot of different wars," said Army Sgt. Randy Walton. "We were in Korea. We were in Vietnam. We were in World War II. We get called up every time the United States needs help. We feel proud of that."

The 143rd are among more than 2,600 Soldiers and Airmen on active duty worldwide from the California National Guard. Charlie Battery was organized Dec. 14, 1912, at Stockton, Calif. The battery's heritage includes participation in World War I, World War II, the War with Spain and the Philippine Insurrection.

Back in World War II, Army Master Sgt. Walter Newman composed the 143rd's song somewhere in the South Pacific. "We're tough as leather when the going's rough/But



Photo by Spc. Jody Metzger

Troopers from Battery C, 1st Battalion, 143rd Field Artillery Regiment, receive their first tour of Camp Delta. The newly arrived California National Guard unit replaces the 1-119th Field Artillery Regt. in their role as provisional military police within the camp.

never an assignment have we muffed," the first verse ends.

Troopers of the 143rd are still making that promise today.

"We're excited to be here," said Army Staff Sgt. Frank Mejia. "We're motivated. We got some good training at Fort Dix."

GTMO's newest Troopers have been asked not only to gear up for their deployment but also to switch military occupational specialties. Training took them on a trek from California to New Jersey by way of Oklahoma.

"We're Soldiers," Mejia said. "We'll do whatever the Army tells us to do."

As they swatted at gnats, small groups of the 143rd started to learn about Camp Delta on Wednesday. Their briefings ranged from trivia such as the Gators, to a deadly serious lesson at one of the gates as Command Sgt. Maj. Anthony

Mendez illustrated a point about scrutinizing identification cards.

Groups walked by the chaplain's office. "He always has candy, so go in here and grab as much candy as you want," one of the guides said.

Troopers got tips, such as to wear hands-free hydration systems if they're on escort duty to offset their thirst as they adjust to the GTMO heat.

"I feel great," said Spc. Jose Leal. "I'm motivated to come and do what we've got to do and do it right and then go back home."

Spc. Ricardo Salcido recalled how, for him, a friendly bet over a pickup basketball game with his first sergeant ended up with him enlisting, how much training he and his fellow Troopers have done to get here, as well as how proud he is to be a small part of the Global War on Terrorism—and how he looks forward to being back

with his family when his time here is done.

The Troopers are also looking forward to balancing work with play.

"It's like water-sport heaven," Walton said Wednesday, as the deep blue Caribbean washed the shore nearby.

With 16 years of military experience behind him, Army Sgt. Teddy Holtry sees his time here as one last adventure. His family is supportive, he says. He is pleased to see that GTMO has lots of places to exercise. He is surrounded by a good group of Troopers. "I trust all of them," he said.

A freelance cartoonist whose work has appeared on television and in *Stars and Stripes*, Holtry said it's important to have a sense of humor. "I'm going to need it here," he said.

Chef Paul Honors Troopers and Delights

Tastebuds ...



Photo by Army Pfc. Jessi Stone

By Army Pfc. Jessi Stone

Cooking is one of the greatest things one human being can do for another human being, Chef Paul Prudhomme said during a cooking demonstration as part of the Navy Exchange (NEX) Customer Appreciation Day festivities Saturday.

"I wasn't able to join the military, so this is what I can do for you," Prudhomme said.

Prudhomme grew up in Louisiana, the youngest of 13 children, he said. Growing up, he often helped his mother in the kitchen, which was how he began to learn to cook. Meal times were joyous times for his family, and that inspired his cooking philosophy, Prudhomme said.

Serving in the military ran in Prudhomme's family, he said. Six of his brothers fought in World War II, and two fought in the Korean War. Prudhomme wanted to follow in their footsteps, but unusual weight problems thwarted his ambition.

"Probably the greatest thing someone can do for their country is serve in the military," Prudhomme said. "If we don't defend our country, no one will."

Prudhomme pursued his love of cooking by traveling the country working for various restaurants and learning new techniques. In 1979, he and his wife opened their own restaurant in New Orleans called K-Paul's Louisiana Kitchen. The restaurant was an immediate success and began drawing crowds from all over Louisiana. Tourists even made their way

into his famous restaurant.

With the publication of his first cookbook, "Louisiana Kitchen," in 1986, Prudhomme was on his way to fame. The book was on the *New York Times* best seller list for several weeks. Since then, Prudhomme has appeared on many TV shows, written many cookbooks and sells a line of seasonings and marinades. Chef Paul's Magic Seasoning Blends are sold in all 50 states and 28 foreign countries.

Prudhomme's appearance in Guantanamo Bay began with two dinners at 6 p.m. and 8 p.m. at the Windjammer. Morale Welfare and Recreation (MWR) gave out complimentary tickets to the events. Lines of people reached out to the street to get into the dinner.

Inside the Windjammer, four stations were set up with different foods at each station.

The first station served a leek soup and gumbo with rice. The leek soup was a yellow cream soup with a tangy flavor and a sweet hint. Leeks are popular vegetables in Europe, and

are closely related to onions but have a subtler flavor. The gumbo was a spicier, stew-like dish made of chicken and sausage and served over white rice. Gumbo is a traditional Creole dish.

The second station served bronzed beef tenderloin in gingersnap gravy and a vegetable dish called corn maque choux. Served over smooth mashed potatoes, the braised beef had a complex and surprising kick. The ginger flavor was subtle and didn't add too much sweetness but still gave the dish a healthy spice. Likewise, the corn maque choux had a taste all its own, with many complementing flavors of spices and other vegetables.

The third station served pasta in chipotle cream sauce with chicken and teriyaki sesame ginger-fried rice. Just a little bit of spice made the rich pasta in chipotle cream sauce burst with exotic flavors, taking ordinary pasta into the extraordinary. The teriyaki-fried rice was unique, with a Creole flair that boggled the taste buds.

After going through the main courses it was finally time for the dessert station. A fluffy and sweet New Orleans bread pudding was served topped off with a tangy lemon sauce. The pudding was the perfect conclusion to the spicy meal; the light sweetness of it gave an almost palate-cleansing sensation and didn't weigh down the stomach like so many rich desserts have the tendency to do after a big rich meal.

Guests at the dinner savored the food and swamped the table selling Prudhomme's cookbooks, spices and marinades. Troopers stood in line to speak with Prudhomme and

Photo by Army Pfc. Jessi Stone



... While NEX Customer Appreciation Day Serves Up Fun and Festivities

get their books autographed.

On Saturday, Prudhomme appeared at the NEX Customer Appreciation Day with an encore of the previous night's meal. Throughout the day he met with more Troopers and thanked them for their service and sacrifice. The lines to try his food were longer than the night before, reaching at times from one end of the NEX Atrium to the other.

Fans and newcomers to Prudhomme's cuisine raved about the food.

"This is like down-home cooking for me, like Mamma made," Army Lt. Col. Roger Green said as he sampled the gumbo. Green is from an area of Louisiana close to where Prudhomme grew up, and he said that the spicy food made him feel a little more at home.

Prudhomme gave a cooking demonstration later in the afternoon and spoke on the history and influences of Creole food, as well as cooking techniques. For the demonstration, Prudhomme pan-fried a steak with some of his Chef Paul's Magic Seasoning Blend. Prudhomme divulged tips and secrets for cooking the perfect steak during the demonstration.

One trick he taught was how to tell how well done a steak is without cutting it open to see the middle. For an example, Prudhomme told the crowd to hold their hand up, relaxed and loose, and to pinch the area of skin between the thumb and index finger. The muscle under the skin should be soft and squishy, like a raw steak. Prudhomme then instructed the crowd to slowly move their thumbs and fingers together and feel how the muscle tightens up, just as a steak does the more it's cooked.

Prudhomme explained that heating up meat to cook it exercises the muscles in the meat, causing them to become firmer, just like the muscle between the thumb and pointer as it is exercised. That muscle can be used as a comparison to the meat being cooked. Feel the muscle between your thumb and finger and then feel the meat to see if they feel the same. The closer the thumb and pointer are together, the more well done the meat is.

The exercising of meat is also what makes a well-done steak drier than a rare steak, Prudhomme said. Many people believe the heat of cooking the steak causes the juices inside to evaporate, Prudhomme said, but only a small amount of the moisture lost is due to evaporation. The moisture in the steak is lost for the same reason the steak gets firmer; as the

steak is cooked the muscles inside it are exercised and burn up all the moisture.

To cook a steak that is juicy but not pink in the middle, Prudhomme suggested taking the steak out of the pan a little bit before it reaches the well-done point. Place the steak on a warm plate and let it sit three to five minutes. The steak should continue to cook through to the middle, so that when it is cut in half there is no pink, but most of the juices should still be preserved.

Of all the tips Prudhomme suggested, he said the most important thing to learn to make great food is to practice and experiment to see what works. Prudhomme finished his demonstration by thanking the Troopers again for their service and for the welcome he had here.

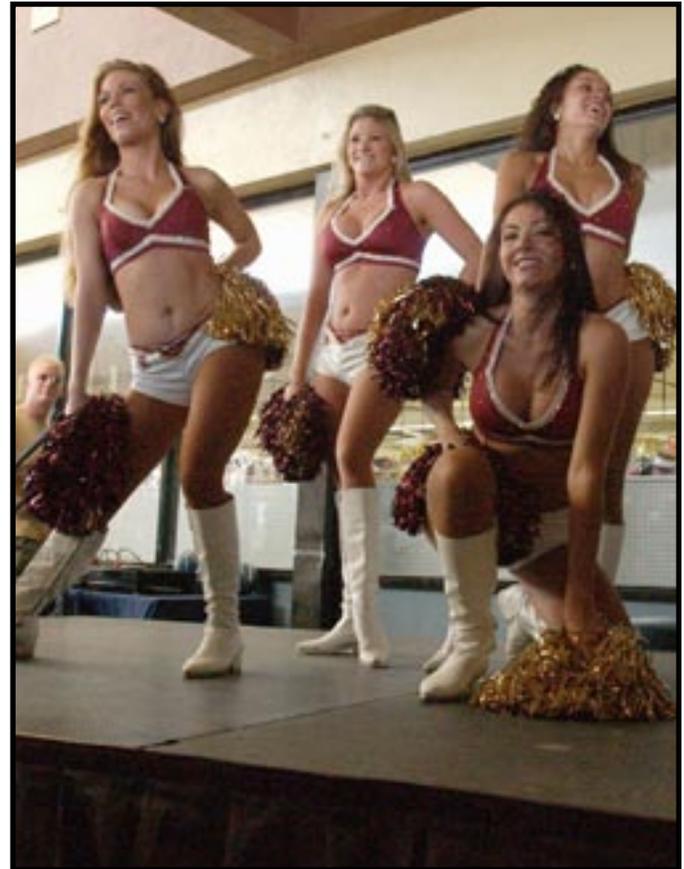


Photo by Army Sgt. Scott Griffin

The NEX Customer Appreciation Day included a performance by the Washington Redskins Cheerleaders (top), shoe clinics with free running gait analysis, a surf clinic, a Vans Skate/BMX exhibition, a Hummer-pull competition (below) and prizes and giveaways. Chef Paul Prudhomme (far left) served up his famous cuisine for residents of Guantanamo Bay.

Photo by Senior Airman Neo Martin



WORLD WIRE

... News ... Sports ... Entertainment ...

Oct. 13: The Securities and Exchange Commission widens an investigation into major newspapers lying about **circulation figures**. ... President Bush and Senator Kerry clash in their final **debate**. ...

Oct. 14: Faced with a shortage, officials battle **flu vaccine** price-gouging—at sometimes 10 times original price. ...

Oct. 15: Britain's Prince Harry is cleared of **cheating** on a national high school examination. ... *Team America: World Police* opens to mixed reviews; the **puppet movie** from the *South Park* creators is rated R for "incredibly naughty language, puppet sex, puppet gore and extreme violence." ... **Bill O'Reilly**, cable TV's highest-rated

host, is accused of subjecting a producer to phone sex. ... Polls show **Ralph Nader** could affect the outcome of the presidential race in nine states. ...

Oct. 16: A stolen truck of **illegal immigrants** crashes near Fort Huachuca, Ariz., after a police chase, killing six and injuring 15; police try to figure out who was driving. ...

Dungeons & Dragons players worldwide celebrate the game's 30th anniversary. ...

Oct. 17: Passengers abandoned **\$321,329.48** in coins at airport security checkpoints in the year through September, cash that goes to the Treasury Department's general fund. ... A United Nations employee charged with killing colleagues in 1994 during the

Rwanda **genocide** is awarded 13 months' back pay after a panel says he was unfairly dismissed. ... "The **Martha Stewart Guide ... to Prison**" seems a serious possibility; reports say the deal may top \$5 million and the book will be out summer 2005. ...

Oct. 18: The \$128 million Fredrico P. Rose Hall opens in New York; Wynton Marsalis dubs the **new home of jazz** the "House of Swing." ...

Oct. 19: The Cadillac Escalade EXT is the country's **most-stolen vehicle**, a study says; the Nissan Maxima is second.

Army Cpl. Jim Greenhill compiles the WorldWire from a variety of online news services.

... Faith ... Belief ... Counseling ...

WORSHIP WIRE

— Less is More —

When it comes to verbiage, less is often more. Consider the following:

- U.S. Government regulations on the sale of cabbage: 26,911 words.

- U.S. Declaration of Independence: 1,300 words.

- Lincoln's Gettysburg address: 286 words.

- The Ten Commandments: 179 words.

- Archimedes' Principle: 67 words.

- The Lord's Prayer: 52 words.

Consider the concise wisdom and beauty of the model for prayer given to us by Jesus ...

**Our Father in heaven,
Hallowed be your name,
Your kingdom come, your will
be done
On earth as it is in heaven.
Give us today our daily bread.**

**Forgive us our debts,
As we also have forgiven our
debtors.**

**And lead us not into
temptation,
But deliver us from the evil
one.**

Many followers of Jesus learned this prayer from their parents and passed it on to their children. Some believers pray this prayer whenever they gather for worship. Others pray it at special times of need.

If you don't know the Lord's Prayer by heart, it is easy to memorize, and doing so will surely bring blessings to you.

Why not pause right now and go to the Lord in prayer using the model he taught us?

—By Chaplain (Army Maj.)
Steven Herman

Padre's Corner

In this weekend's service readings both the Book of Exodus and the Gospel of Luke speak about prayer. We often hear prayer defined as the lifting of the mind and heart to God. That is good, but terribly inadequate.

Prayer needs to be as much about listening to God as it is about lifting anything to God.

After all, prayer is a conversation between the living God and one of his creatures. Yes, dearly loved, but a creature nonetheless!

Without a steady and regular life of prayer, we will not reach the full life the Lord came to bring us.

Why not consider attending chapel this weekend to listen to God's word and speak to him too?

— Chaplain (Navy Lt. Cmdr.)
James Dowds

Corpsmen Radiate Pride for Service Inside the Wire

By Army Cpl. Jim Greenhill

Navy Corpsmen working inside the Wire say they're having an excellent experience serving their country, receiving outstanding training and giving detainees top-quality health care.

"It's been the best part of my Navy career to date," Navy Hospitalman Shawn Goodwin said this week as he stood in the clinic inside Camp Delta. "I've learned more here than I have anywhere. I feel very good about the mission and what we're doing."

The corpsmen—a term used to mean both men and women—are part of the Joint Task Force-Guantanamo Bay (JTF) Joint Medical Group Detention Hospital. More than 50 of them work 12-hour shifts as members of one of four teams.

"This is a rewarding deployment," said Navy Petty Officer 1st Class Scott Thrasher. "If I can't be in Iraq right now, this is probably the next most important place."

The corpsmen are continuing a century-old tradition. Founded June 17, 1898, the Hospital Corps has a proud lineage, a chief said. Corpsmen traditionally celebrate the corps' birthday with an event that includes a guest speaker, typically a Marine infantryman who will emphasize the bond between the Navy corpsman and the Marine warrior.

The corpsmen are proud that they're on

Photo by Spc. Jody Metzger



Photo by Spc. Jody Metzger



the front line of patient care, trained to perform a wide variety of tasks that include drawing blood, dispensing prescription drugs and taking X-rays.

Goodwin said for him it could be the stepping-stone to a civilian medical career. "I really enjoy the medical aspect of what I do," he said.

Goodwin isn't alone—and the corpsmen say they take particular pride in the quality of medical care detainees receive.

Navy Petty Officer 1st Class Kelly Harrell didn't focus on herself in an interview here this week—she kept emphasizing how important it is to her and her colleagues how detainees are treated.

She leaned forward in her chair. "I want those detainees to go back, if they ever go back somewhere, and know that we treated them humanely and as we would want to be treated," she said. "Better than they've ever been treated. I want them to feel good about us. I hope they recall the quality of care one day and realize that we aren't bad people."

The clinic at Camp Delta is similar to the joint aid stations (JAS) used by Troopers or to the walk-in urgent care centers or traditional doctors' offices used by civilians.

"They receive the same care as you or I would receive at the JAS, except they have personal follow-ups," Thrasher said, as he stood in one of the private examining rooms where detainees are treated in one-on-one consultations with doctors and corpsmen. "They get treated very well. Even exceeding the Geneva Conventions."

Services include optometry, dentistry, physical exams, medical tests and wound care.



Photo by Spc. Jody Metzger

Navy Hospitalman "Red" Stewart sets up oxygen at the clinic at Camp Delta. The clinic provides detainees with the same standard of care received by Troopers.

Corpsmen are proud of the lab where, working with the Guantanamo Bay Naval Base Hospital, they process tests. Of the room where they can read X-rays on site just minutes after they're taken. And of the small pharmacy with its dozens of drawers of prescription medications.

They mention their motto: "Best care anywhere."

And they say what they do is partly about winning hearts and minds. "The image that we portray to the country as a whole is probably the most important thing we do here," Thrasher said.

The corpsmen have been drawn from a variety of Navy commands. They say working as part of the JTF with Troopers from all branches of the armed forces has enhanced their deployment.

"You learn a lot about different areas," said Goodwin, who has enjoyed hearing about different parts of the country and different career paths. Living together has enhanced that further, he said. "The housing situation is pretty neat," he said.

He and other corpsmen also emphasized the pontoon boating, ski boating, Morale, Welfare and Recreation activities and other recreation available when they're off duty. "The recreation here is outstanding," he said. "This base is more than generous to the Troopers."

A Navy corpsman stands by for the order usually spoken by a wounded Marine, "Corpsman up!"

15 Minutes of Fame

... with Navy Petty Officer 3rd Class Andrew Dizinno ...

Navy Storekeeper Ensures Supplies for JTF

"I like the fact that we are taking a stand against terrorism, and that we have an important role."

By Spc. Jody Metzger

With more than three years in the Navy, Petty Officer 3rd Class Andrew Dizinno is a storekeeper for the USS John L. Hall, a fast frigate. Currently, Dizinno is deployed here at Guantanamo Bay working in the J-4 warehouse, where his job is to make sure Joint Task Force elements get needed supplies.

Most of his enlistment has been spent on a ship, so Dizinno's ground deployment here has given him fresh perspective on the military.

The Wire: How long have you been in the Navy?

Petty Officer 3rd Class Andrew Dizinno: A little over three years.

Why did you join?

To help pay for college.

What inspired you?

I wanted a job where I could have just about everything I wanted within walking distance. I never thought it would lead me to working on a ship in the Navy.

How has being in the Navy changed you personally?

I'm a bit more responsible now.

What do you hope to get out of the Navy and this deployment?

I hope to get a lot of exercise.

Do you find your job is different here than on a ship?

It's not too different. I have a much larger place to put supplies in, and the place hasn't started rocking from side to side yet.

What do you enjoy about your job?

I get to do different things, from working on computers to storing supplies.

What do you see in your future; will you be staying in the military?

I plan on going to college when I'm done with my enlistment.

What inspired you to pick the job you picked?

It was not really the job I wanted, but between the choices I was given, it

seemed like the best one.

What are your expectations about being deployed here at Guantanamo Bay?

I was expecting the base to be much smaller than it is.

Where have you traveled since being in the Navy?

I have been to Ecuador, Costa Rica, Columbia and Panama.

Is this your first deployment?

This is my second.

What have you valued the most from the deployments you've been on?

Friends. Having them to do things with makes a deployment much more bearable.

Have there been any challenges in your duty here?

Just getting used to driving a forklift for the first time. It didn't take too long to figure out, though. Of course watching out for iguanas on the road is sort of a challenge, too.

What has your family done to show their support of you?

They send me mail and e-mails telling me I'm doing a good job.

What significant military contribution have you been especially proud of?

I supplied the parts to keep our helicopter flying which in turn helped my ship catch many drug-smuggling boats during my last counterdrug deployment.

What is it like on a ship?

Supply work on a ship is not that hard, but we deal with parts for the ship more than any other supplies. Life on a ship is

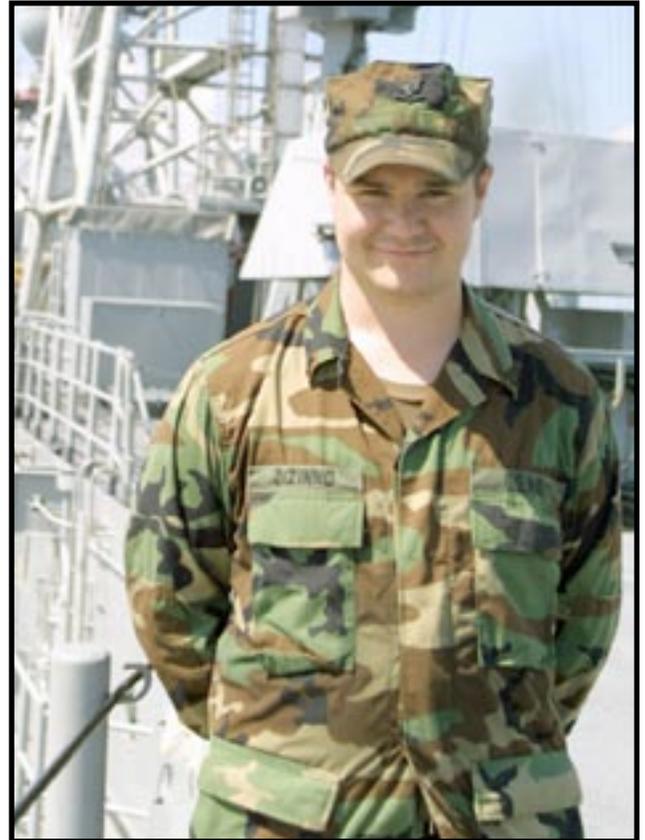


Photo by Spc. Jody Metzger

cramped because a lot of different things are put into such a small place.

How is it comparable to your job here in Guantanamo?

Work here is harder due to the heat and a larger amount of people that have supply needs.

What is the one thing you hope to take with you from this deployment?

I'm glad I have been able to make some friends while here. Hopefully I will be able to stay in contact with many of them after I return to my ship.

What have you learned since being here?

The different branches of the military are not so different.

What do you think of this mission?

I like the fact we are taking a stand against terrorism and we have an important role.

Managing Anger, Saving \$\$\$

The Fleet and Family Support Center offers two classes for Troopers this month.

Anger Management: This session is packed with practical tools to help you better control your anger in work and social settings. Discover what triggers your anger, how we make choices when angry, and how anger can work for you instead of against you. Oct. 27 from 2 p.m. to 4 p.m. at the Fleet and Family Support Center, Building 2135.

Financial Independence: "The Thrift Sav-

ings Plan (TSP): Your Key To Financial Independence." The season for TSP enrollment goes from Oct. 15 to Dec. 31. You can also make changes to your existing account during this period. Learn how to enroll, the advantages of the TSP, investment options and more at this class on Oct. 28 from 9 a.m. to 10 a.m. at the Fleet and Family Support Center, Building 2135.

For more information or to register, please call 4141.

—Army Pfc. Jessi Stone

CINEMA

DOWNTOWN LYCEUM

FRIDAY

8 p.m. **Shark Tale**
PG 91 min

10 p.m. **The Cookout**
PG13 85 min

SATURDAY

8 p.m. **Baby Geniuses 2**
PG 89 min

10 p.m. **Hero**
PG13 99 min

SUNDAY

8 p.m. **Friday Night Lights**
PG13 118 min

MONDAY
8 p.m. **Anacondas**
PG13 97 min

TUESDAY
8 p.m. **The Cookout**
PG13 85 min

WEDNESDAY
8 p.m. **Hero**
PG13 99 min

THURSDAY
10 p.m. **Friday Night Lights**
PG13 118 min

CAMP BULKELEY

FRIDAY

8 p.m. **Baby Geniuses 2**
PG 89 min

10 p.m. **Suspect Zero**
R 100 min

SATURDAY

8 p.m. **Shark Tale**
PG 91 min

10 p.m. **The Cookout**
PG13 85 min

SUNDAY

8 p.m. **Hero**
PG13 99 min

MONDAY
8 p.m. **Friday Night Lights**
PG13 118 min

TUESDAY
8 p.m. **Anacondas**
PG13 97 min

WEDNESDAY
8 p.m. **Open Water**
R 79 min

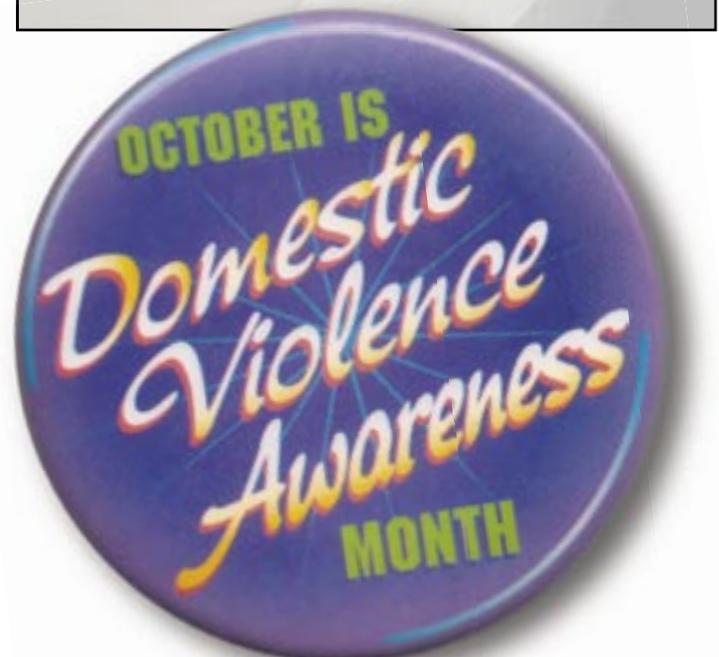
THURSDAY
8 p.m. **Hero**
PG13 99 min

BUSES

Chart shows bus stops and minutes after the hour when buses are scheduled. For example, the Sherman Avenue bus stops at East Caravella 03 and 33 minutes after the hour.

Sherman Avenue

First Street	00	30			
East Caravella	03	33	Camp America/NEX		
Marine Hill	05	35	Camp Alpha	00	20 40
Post Office	10	40	NEX trailer	02	22 42
Windjammer	11	41	Camp Delta 2	06	26 46
NEX	14	44	TK 4	12	32 52
Bulkeley Landing	17	47	TK 1	16	36 56
Ferry landing	21	51	Windjammer	23	43 03
Commissions Bldg.	23	53	NEX	30	50 10
Ordnance	26	56	Windjammer	35	55 15
Bulkeley Landing	28	58	TK 1	40	00 20
NEX	32	02	TK 4	46	06 26
Windjammer	36	06	Camp Delta 1	52	12 32
Post Office	37	07	Camp Alpha	00	20 40
Marine Hill	41	11			
Hospital	48	18			
Windward Loop 1	52	22			



Laundry Pick-Up Available!

The satellite laundry service from the Navy Exchange (NEX) began serving Troopers in Camp America on Monday.

Troopers may drop off uniforms to be dry cleaned every Monday and Thursday at the laundry truck parked next to the Mini NEX from 7 p.m. to 9 p.m., and pick them up again the next time the truck is out.

A 75-cent fee per order per customer will be charged for the delivery service.

Payments for dry cleaning can be made inside the Mini NEX.

Dry cleaning services are scheduled to begin in Tierra Kay housing as soon as the NEX hires a driver for the route.

—Army Pfc. Jessi Stone

Seafood Lasagna

October is pasta month!

What better way to celebrate pasta month in the Caribbean than with a creative seafood pasta recipe?

Here is a recipe for seafood lasagna sure to make your mouth water. Celebrate the Italian food that is everyone's weakness!

Ingredients

- 1 16-ounce package lasagna noodles
- 2 tablespoons olive oil
- 1 clove garlic, minced
- 1 pound baby Portobello mushrooms, sliced
- 2 16-ounce jars Alfredo-style pasta sauce
- 1 pound shrimp, peeled and deveined
- 1 pound bay scallops
- 1 pound imitation crabmeat, chopped
- 20 ounces ricotta cheese
- 1 egg
- black pepper

Mandatory Requirement Before Departing GTMO

Deployment Cycle Support (DCS) training is mandatory for all Joint Task Force Troopers within the 90 days before departure from Guantanamo Bay.

DCS classes are scheduled to be held Nov. 3 and Nov. 4.

Classes are from 8:30 a.m. to 3 p.m. the first day (required for everyone) and from 8:30 a.m. to noon the second day (required only for National Guard and Reserve).

The classes are in Troopers' Chapel in Camp America.

Unit administrators register their units, and individual augmentees register themselves by e-mailing Senior Airman Antonia Cowan, J3 current operations, at cowanat@JTFTGMO.southcom.mil.

- 6 cups shredded Italian cheese blend

Directions

1. Preheat oven to 350 degrees F. Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes and drain.

2. Heat oil in a large saucepan over medium heat. Sauté garlic and mushrooms until tender. Pour in two jars Alfredo sauce. Stir in shrimp, scallops and crabmeat. Simmer five to 10 minutes, or until heated through. In a medium bowl, combine ricotta cheese, egg and pepper.

3. In a 9x13-inch baking dish, layer noodles, ricotta mixture, Alfredo mixture and shredded cheese. Repeat layers until all ingredients are used, ensuring that there is shredded cheese for the top.

4. Bake uncovered in preheated oven for 45 minutes. Cover, and bake 15 minutes.

—Army Pfc. Jessi Stone

WORSHIP

CAMP AMERICA

Sunday	9 a.m.	Protestant Service	Troopers' Chapel
	6:45 p.m.	Catholic Mass	Troopers' Chapel
	7:30 p.m.	Protestant Service	Bldg. 3203
Tuesday	7 p.m.	Alpha	Bldg. L001
Wednesday	7:30 p.m.	Soul Survivor	Club Survivor
Thursday	7 p.m.	Thursday Night Ticket	Bldg. L001
Saturday	3 p.m.	Saturday Vigil Mass	Troopers' Chapel

NAVBASE CHAPEL

Sunday	8 a.m.	Pentecostal Gospel	Sanctuary C
	9 a.m.	Catholic Mass	Main Chapel
	9 a.m.	Church of Jesus Christ of Latter-day Saints	Sanctuary A
	9:30 a.m.	Protestant Sunday School	
	11 a.m.	Protestant Service	Main Chapel
	1 p.m.	New Life Fellowship	Main Chapel
	5 p.m.	Pentecostal Gospel	Sanctuary C
Monday	7 p.m.	Prayer Group Fellowship	Fellowship Hall
	7 p.m.	Family Home Evening	Room 8
Wednesday	7 p.m.	Men's Bible Study	Fellowship Hall
Friday	1 p.m.	Islamic Prayer	Room 12
Saturday	5:30 p.m.	Vigil Mass	Main Chapel

For information on Jewish services call 2323

DINING

Today	Lunch	Fish Amandine
	Dinner	Shrimp Scampi
Saturday	Lunch	Creole Pork Chops
	Dinner	Chicken Parmesan
Sunday	Lunch	Chicken Cordon Bleu
	Dinner	Roast Turkey
Monday	Lunch	Roast Beef
	Dinner	Chicken Adobo
Tuesday	Lunch	Baked Stuffed Pork Chops
	Dinner	Stuffed Flounder
Wednesday	Lunch	Turkey a la King
	Dinner	Sweet & Sour Pork
Thursday	Lunch	Sauerbraten
	Dinner	Scalloped Ham & Noodles
Friday	Lunch	Barbecued Beef Cubes
	Dinner	Seafood Platter