



THE WIRE



Honor Bound To Defend Freedom

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15 Minutes of Fame, pg. 11

Psychiatric ward under construction

By Spc. Timothy Book

JTF-GTMO Public Affairs Office

Construction has begun on a psychiatric ward for detainees at Camp Delta. The project is expected to be completed by July.

The facility will be climate controlled, like a hospital is, and house as many as 16 detainees.

“The biggest benefit is it will get these patients away from the general population,” said Navy Capt. John Edmondson, commander of the Naval Hospital and the Joint Medical Group. “It will help with their therapy and it will help with the general demeanor of the camp,” Edmondson said.

The patients will be more comfortable, but the staff will likely notice the change more. “They’re going to have space to work for a change,” Edmondson said. “As far as the detainees, it’s not going to be a significant upgrade, they are getting good treatment now,” he said.

Staffing at the ward will include a psychiatrist, a psychologist, behavioral-health nurses and psychiatric technicians. The medical staff for the camp is made up of Troopers from different services.

“When the unit opened, it was completely Navy active duty. With this newest rotation,



Photos by Spc. Timothy Book

Workers begin to lay a foundation for a detainee psychiatric ward being built inside of Camp Delta. The project is expected to be completed in July and will be capable of housing approximately 16 patients.

we have Navy, Army and Air Force,” said Edmondson.

“In addition to [the medical staff], there is a dedicated guard force that the [Joint Detention Operations Group] provides for us. A lot of them have experience in prison systems or mental health facilities,” said Edmondson. If the guards do not have experience, they are trained on the peculiarities of working in

a mental health environment. “They stay with us the whole time that they’re here, which is a tremendous benefit,” he said.

Diagnoses of the detainees being treated in the camp include a whole range of mental disorders. “Statistically, they are no different than what you would see in the United States,” Edmondson said. One of the biggest concerns at any deten-

tion facility is a self harm incident. The best way to prevent self harm at the unit is to pay close attention to the patients. “That’s why our professional guard force constantly monitors the detainees,” Edmondson said.

Due to the high level of care the detainees are receiving, there have been no deaths at JTF-GTMO. ■

Fit to fight

By Lt. Col. John Lonergan

JTF-GTMO Cavalry Commander

An assignment or deployment to Guantanamo Bay (GTMO) offers many opportunities. The Caribbean environment provides plenty of places where one can relax and enjoy the warm water and beach atmosphere. MWR activities are abundant. Restaurants and clubs are plentiful. Another advantage to being at GTMO is the opportunity and time for conducting physical fitness activities.

The experts all seem to be in agreement when it comes to nutrition and fitness. A U.S. Department of Education study found that nearly one-third of American youths are considered overweight, and nearly three-fourths are considered unfit. The statistics show it gets worse for adults. A recent study published in the New England Journal of Medicine found that obesity could significantly shorten life expectancy. Troopers are not immune from these statistics and trends.

A military member's level of physical fitness is an integral part of that person's combat readiness. A person's physical fitness level directly impacts their ability to function effectively during physical work, training and to do other activities yet still have enough energy left over to handle any emergencies which may arise. When working in an environment like GTMO (long hours, heat, stress, etc.), your level of physical fitness becomes even more important to accomplish the mission successfully.

As a commander and leader, I emphasize the value of physical training and continually assess my unit's physical fitness program to assure that it's focused on the mission. As a school-trained Master Fitness Trainer, I am educated on the components of physical fitness and nutrition. However, as a father of two young children in a two-income household, I too live in a world dominated by happy-meals, take-out pizza and macaroni and cheese. Today's working adult eats what they can, when they can.

The point is: *Now is the time to change.* This is the perfect environment to finally live up to those words we so often use: "I'm going to get in shape." It's no secret how to accomplish this goal. The formula



Photo by Army Sgt. Todd Lamonica

is quite simple. You need to burn more calories than you take in each day.

Start with what you take in each day. Good nutritional habits are essential to losing weight and becoming physically fit. There is an extraordinary amount of information available to individuals on good nutritional habits and most of it involves common sense. A good start would be to limit the Ben and Jerry's ice cream to a few times a week instead of after every meal.

The second part of this formula is to increase your caloric burn rate. You can accomplish this by increasing your frequency of exercise (or for many, just start exercising on a regular basis). GTMO offers a variety of ways to do this, including jogging, bicycling and swimming. Since you're off duty hours no longer involve playing with the kids and mowing the yard, utilize the time to jog or go to the gym.

Make it a personal goal to improve your physical condition during your deployment to GTMO. You will perform better, feel better and look better. Better physical conditioning will benefit your unit's overall combat readiness and likely provide you with additional years to spend with the family.

Honor Bound! ■

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LOCK YOUR DOORS! IT'S FRIDAY!

THE UNLUCKIEST DAY...EVER.

By Spc. Jeshua Nace

JTF-GTMO Public Affairs Office

Fear is something all people feel. For some, however, things like a black cat crossing their path will make them cross their fingers, get a four-leaf clover and put a horseshoe in their pocket for the rest of the day. If this were a rational fear, every person who owns a black cat would be at his or her local hospital on a regular basis.

This brings into mind one of the most known phobias in America, Friday the 13th (*paraskevdekatriaphobia*). How can a day like today, which happens one to three times a year, be bad? What most people don't understand is that the fear didn't start around these particular days. In human history, Friday was the dreaded day of the week, and the number 13 was the unlucky number.

Looked at from a mathematical standpoint, *an unlucky day + an unlucky number = the most unlucky day*.

Much of the dread of Fridays and the number 13 originated in religion. People in Biblical times believed that the apple Adam took a bite from was given to him by Eve on a Friday. The Great Flood, which lasted 40 days and 40 nights, started on a Friday. Even Jesus Christ was crucified on a Friday.

In the times of pagan Rome, executions were held on Fridays. For some people that could be a particularly bad day...

The pagans also celebrated Friday as a religious day much like the Christian Sunday. At that time the Roman Catholic Church was trying to gain support, so they were trying to suppress the pagans. If something

was good for the pagans, the Catholics treated it exactly the opposite, and they condemned Friday as the "Witches' Sabbath."

One of the pagans' gods, Freya, the god of sex and fertility, was worshipped on Friday. Freya was also known as 'Frigg.' The day became known by the Anglo-Saxons as "Frige dag," and later as "Friday." One of Freya's favorite animal servants was the feline. As the story goes, on Fridays the witches of the north, in a coven (comprised of 12), would go to the cemetery to worship Freya. One Friday, Freya came down and gave them one of her prize cats. From then on, every coven, by tradition, contained exactly 13 witches.

The fear of the number 13 stems back much farther in history than the pagans. The ancient Egyptians believed in spiritual ascension, with 12 levels on earth and one beyond, the 13th, which symbolized death.

Ancient Vikings and Jews also contributed to the fear of the number 13. Myths and teachings from these cultures made people believe it is unlucky to have 13 people at a dinner party.

As one Viking story goes, Loki, the god of mischief, wasn't invited to a dinner party with 12 other gods. Loki was so mischievous, he crashed the party and was angry with the other gods. Loki incited Hod, the blind god of winter, to attack another god named Balder the Good, one of the most liked gods. Loki then gave Hod a spear of mistletoe and Hod hurled it at Balder, killing him on the spot.

The people of Israel made the number 13 and Friday



www.dreamscapeinteractive.com

profound for all Christian followers. Jesus of Nazareth had 12 disciples. So when they all gathered for what is known as the Last Supper, there were a total of 13 people at dinner. One of those disciples, Judas, betrays Jesus for a few pieces of gold. Then Jesus is crucified on Friday.

Even famous mass murderers have a connection to the bad luck phobia. Jack the Ripper, Charles Manson, Jeffrey Dahmer, and Theodore Bundy all have two things in common. All were killers, and all of them have 13 letters in their names.

Another horrific event to happen on Friday the 13th, was written about in Dan Brown's novel, "The Da Vinci Code," the story of the Knights Templar. The Knights Templar was a group of warrior monks who battled against Islam during the Crusades. They were believed to be entrusted with the Holy Grail, the cup that Jesus and his

disciples drank from during the Last Supper. Their organization grew for 200 years and was quite powerful, militarily and politically, until kings started to fear their influence. Then on Friday, Oct. 13, 1307, King Phillip IV of France had his troops arrest several thousand members. The captured knights were charged with heresy, blasphemy, various obscenities and homosexual practices. None of the charges were ever proven, but many Templar Knights suffered for several years. Many were tortured--some to death and others were burned at the stake.

Floods, murder, and betrayal...well on second thought, where is my rabbit's foot? It can't hurt to try, today is Friday the 13th, and there's a black cat in the house.

Editors note: information provided by urbanlegends.about.com ■

AROUND THE JTF



Photo by Dave Lankford

▲Navy Petty Officer 3rd Class Natalie Licht, Master at Arms, gets grilled by members of JTF-PAO at media training conducted at Club Survivor.



Photo by Dave Lankford

▲A photographer from *The Wire* gets out of the way just in time, but he gets “the shot.” Who says this job isn’t dangerous?



Photo by Spc. Seth Myers

▲A contractor drills a hole in a barracks door in Camp America to install a “peep-hole.”



Photo by Army Sgt. Todd Lamonica

▲Army Staff Sgt. Cheryl Bolden of Headquarters 40th Infantry Division Artillery Mechanized, is part of a cleaning detail ensuring Joint Task Force weapons are clean and working properly.

BOOTS ON THE GROUND

Spc. Ian Shay asked Troopers around JTF-GTMO...What do you do for your mother on Mother's Day?



◀“For Mother’s Day I bought my mom a day at the spa and a necklace with a poem.”

— Army Sgt. Alan Epley

▶“I would take my mother out to dinner but since I can’t, I will send her a card and call her.”

— Spc. Jared Rees



◀“ I would take her out to dinner and buy her some things.”

— Army Cpl. Kisha Lawrence



▶ “Well my family is moving around right now, but when I get home were going to have a reunion to celebrate birthdays, holidays, a graduation and the birth of my granddaughter.”

— Navy Chaplain (Lt.) Bruce Crouterfield



PT uniform: dos and don'ts

By Spc. Jeshua Nace

JTF-GTMO Public Affairs Office

Physical training (PT) is an important part of military life at Joint Task Force-Guantanamo, as is professional appearance. The Army, Air Force, Coast Guard and the Marines have a set PT uniform and a regulation to follow. Army personnel can look at Army Regulation 670-1, the Marines have the Marine Corps Order P1020.34F, and Air Force Instruction 36-2903, covers all uniform regulations.

Here at Guantanamo it is always hot, so knowing the proper wear of the trunks and T-shirt are most important. All branches require the T-shirt to be tucked in.

Commanders may authorize the wear of commercial running shoes and calf-length or ankle-length, plain white socks.

Although the Navy has no regulations on PT uniforms, the JTF has a few guidelines for all Troopers. The brown T-shirt cannot be worn with anything but the battle dress and desert camouflage uniforms. Troopers must always wear a reflective white doing PT, their outfit.



belt regardless of

“Jewelry, piercings, and headphones are never permitted while wearing the PT uniform,” said Febles. Headphones are *always* forbidden while walking on, running on or crossing the road. Headphones are permitted off-duty while walking or running on the sidewalk only.

“While some things are authorized while off post, Troopers have to realize that no matter where they are, they are always *on post* here at Guantanamo,” said Febles.

Being aware of the regulations and wearing the uniform properly, is not only a part of military tradition and professionalism, it’s a matter of Trooper safety. ■

Coast Guard trains Troopers

By Spc. Timothy Book and Spc. Jeshua Nace

JTF-GTMO Public Affairs Office

Two JTF Troopers spent a day on the water in a Viper boat May 6 and May 7 as part of the Top Performer program.

The Top Performer is a program recently started here by the Coast Guard to allow Troopers from other disciplines to experience a typical day patrolling Guantanamo Bay.

The program is open to all services and is available any day of the week, said Coast Guard Senior Chief Petty Officer Kempy Kempisty, who created the program. Troopers are nominated by their command based on their work performance, but it's not a day off.

"They are not joy rides. When you come on board, you become part of the crew," said Army Sgt. 1st Class Robert Garrido, the NCOIC of the Camp America Commandant's Office. Garrido participated in the program May 6.

The first day began at 6 a.m., and the crew of Garrido and Petty Officers 3rd Class Michael Marvin, Andrew Donnon, and Petty Officer 1st Class Jaime Figueroa patrolled the waters of Guantanamo Bay, Guantanamo River and the Caribbean Sea surrounding the installation. Garrido took turns manning the machine guns, and dif-

ferent areas of the boat observing and interacting with the crew.

"They are well motivated and technically and tactically proficient at their jobs," Garrido said of the crew.

On another ride along with top performer Spc. Catalina Rodriguez, a J1 awards clerk, the Viper crew put on a show. "Man overboard," screams Petty Officer 3rd Class Jimmel Villanueva as they demonstrated one of their drills.

"I thought it was great how they all communicated and worked together in a timely manner to ensure the safety of the individual," said Rodriguez.

The Viper crew gave Rodriguez a short instruction on how to drive the boat. Then they let her loose for a while in the bay. Later in the day, everyone put on his or her combat gear and Rodriguez manned the machine gun during a photo shoot. Rodriguez even got to experience escorting a Coast Guard cutter out of the bay.

Both crews returned, having completed another patrol. Rodriguez and Garrido returned to their regular duties with a better understanding of the Coast Guard's role at Guantanamo Bay. ■



Photo by Spc. Jeshua Nace

Coast Guard Petty Officer 3rd Class Jimmel Villanueva watches over Top Performer Spc. Catalina Rodriguez, as she drives a Viper Coast Guard boat for the first time.



Sgt. 1st Class Robert Garrido mans the machinegun during a photo shoot on the Viper Coast Guard.

Top
Gu

Top Performers



Photo by Spc. Timothy Book

Top Performer Sgt. 1st Class Robert Garrido and Coast Guard crew patrol the Guantanamo River.



Photo by Spc. Jeshua Nace

Coast Guard Petty Officer 3rd Class John Gillian holds Coast Guard Petty Officer 3rd Class Jimmel Villanueva while they demonstrate a man overboard drill.



Photo by Spc. Timothy Book

Robert Garrido takes his turn at the helm during a day patrolling with the Coast Guard.



Photo by Spc. Jeshua Nace

Coast Guard Petty Officer 2nd Class Joshua Bartlett (left) shows Spc. Catalina Rodriguez one of the base's observation towers during her day patrolling on Guantanamo Bay.

IT'S THE PLAYOFFS BABY!

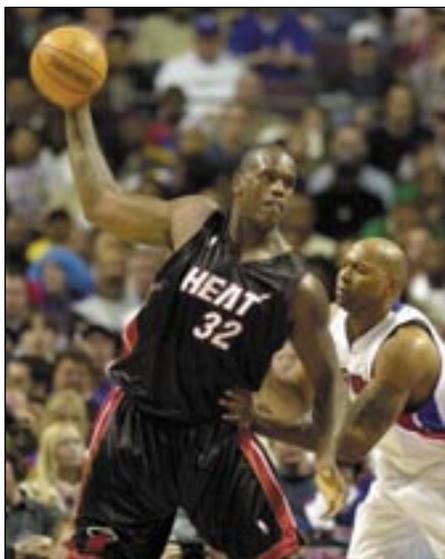
Commentary By Staff Sgt. Jeremy Patterson

JTF-GTMO Public Affairs Office

NBA fans, rejoice, for it is that time of year again. The playoffs are upon us, and what newspaper would be complete without a preview of what is expected to be one of the most exciting post-seasons in recent memory, despite the fact that Kobe Bryant, LeBron James and Kevin Garnett won't be making an appearance. What follows is a brief summary of each team, and this writer's predictions on how far they'll go.

First off, we'll start off in the Eastern Conference. The defending champions, the **Detroit Pistons**, picked up the pace in the second half, securing the second seed and a meeting with the **76ers**, led by a red-hot Allen Iverson. The Pistons rolled over the 76ers and advanced to the semi-finals with a four to one series victory.

Reggie Miller is looking to make one last run at an NBA title with the **Indiana Pacers** before calling it quits after the season. The **Boston Celtics** may have had something to say about that, with Paul Pierce, Antoine Walker, and Gary Payton leading the charge. With the series going a grueling and exciting seven games, Indiana pulled it out to advance..



www.donyell.net/images/shaq.jpg

Shaquille O'Neal

In one of the more exciting matchups in the East, the **Chicago Bulls** looked to return to the glory years in a series with the **Washington Wizards**. The combination of Gilbert Arenas, Antwon Jamison, and Larry Hughes posed problems for the young Bulls, as did the improved defense displayed by the Wizards. Washington won it in seven, but don't expect the same outcome when they face Miami in the next round.

Lastly in the East, the **Miami Heat** have already knocked out the **New Jersey Nets**, four to nothing. Shaquille O'Neal showed no signs of his "old age" and looked like the Shaq from 10 years ago, which is scary for any prospective opponent. Add in his partners in crime, Dwyane Wade and Eddie Jones, and you have a seemingly lethal combination. Look for the Heat to be playing well into the month of June.

In the West, we'll start out with the **Seattle Supersonics** versus The **Sacramento Kings**. After some midseason moves to shake up the team, Sacramento came on strong with a much more resilient offense. Seattle has played the role of sleeper all year long.

The bottom line here is Ray Allen. If he remains hot, so will the Sonics. Seattle took this series in five, but with injuries in game one of the semi-finals, don't look for them to stick around much longer.

Speaking of which, the **Spurs** looked dazed and confused in game one, but came back and showed why they are the "expert's pick" to take it all this year. Tim Duncan's health is a key issue, as is Manu Ginobili. If Ginobili continues to tear things up, **Denver's** Defense, or lack thereof, is going to need all the help it can get from the other end. Spurs took it in five.

Houston and **Dallas** have played three very entertaining games to this point, with Dallas finally pulling one out, thanks to Dirk Nowitzki finally finding his stroke. Tracy McGrady and Yao Ming have been as good as advertised so far, but Yao is going to need to pick up more of the offensive load for Houston to advance. Dallas completed the comeback victory, but won't have much rest when they go up against the sizzling Phoenix Suns.



www.bballone.com/steven/stevenashbio

Steve Nash

The **Suns** dispatched the nagging **Memphis Grizzlies** in four games, showing their critics they can indeed play physical if they want. Joe Johnson was lights out, and MVP candidate Steve Nash was up to his old tricks. Amare Stoudamire struggled here and there, and if Phoenix plans on playing in June, he needs to dominate at all times.

As for predictions, look for Detroit to face Miami in the conference finals, with the Heat taking it in a classic seven-game series. I like Phoenix in the West, defeating the Spurs in a grueling seven-game series. Lastly, in one of the more entertaining finals since the Showtime Era, I'm picking the Suns in six, with Steve Nash taking home the Series MVP. ■

CHAMPIONSHIP BOXING

On Sunday, May 15, AFN Sports will be airing Trinidad versus Winky Wright at 1 p.m. Considered the world's best 154-pound boxer, Winky Wright, who has never been knocked out, moves up to middleweight to battle one of the best knockout artists ever in Puerto Rican superstar Felix "Tito" Trinidad at MGM Grand Arena on HBO. Wright defeated "Sugar" Shane Mosley to become the undisputed world champion and beat him again in a rematch. Trinidad, a three-time world champion, emerged from a 29-month retirement with an eight-round technical knockout against welterweight champion Ricardo "El Matador" Mayorga. This fight arguably contains the two hottest boxers in the sport.

Hit the highway

By Spc. Dave Lankford

JTF-GTMO Public Affairs Office

I was born into this Army as an 11-Bravo, and when my days are done I'll be buried with a blue cord on my shoulder. The dusty, old, worn out boots under my rack probably have more miles on them than most of the "GTMO specials" cruising this base. It's what I love. So, when I was assigned to survey some of the hiking trails here I grabbed my gear and hit the Hutia Highway.

Along the trail you will see various species of cacti, breathtaking panoramic views and, just maybe, wildlife not often seen on lower ground. One thing I'll tell you for sure is that you will get a good workout.

There are a few things you need to do before you hit the trails. First and foremost is hydrate. Second is to let at least one person know where you are going and when you'll be back. Last, but not least, take a buddy with you.

You've heard it a thousand times but I'm going to tell you again, drink water. No, really, I'm not kidding...DRINK WATER. The Hutia Highway is hot, dry and more often than not steep. If you begin to run low on water, get off of the trail. Cut through someone's yard if you have to, but don't get stuck on a ridgeline without water.

There is no shade to be found on the trail, so it may be a good idea to take a pon-

cho and bungee cords to make your own if you need to. Rest often and drink water.

Once you're sure you're hydrated and ready to go, it's time to give someone a "five-point contingency plan." Tell several people if possible, but make sure at least one person makes a note. Before I took off I gave a five point to my editor in an office full of people. It sounded something like this: 1) I'm leaving now. 2) I'll be hiking on the Hutia Highway. 3) I'm taking one person with me. 4) I'll be back no later than an hour after sunset. 5) If I don't report for work in the morning, send out a search party.

Your five-point doesn't have to be in that order as long as you cover each point. The points are when you are going, your route, who's going with you, when you will return and what action to take if you don't return. Also, make sure that everyone going is identified by name.

I can't stress this enough; do not go out on these trails alone. Besides the risk of dehydration, there are many other dangers. The last thing you want is to lay injured in the middle of nowhere, knowing that medical help is a long night away. Take my word for it; I've been there.

There are a few final things you should remember that will make your hike safer and more enjoyable. Maps of GTMO hiking trails are available at the Community Library. You should have one for yourself



Photo by Spc. Dave Lankford

The trails of the Hutia Highway are well marked with difficulty ratings and warnings for steep hills.

and one to hand over with your five-point.

Don't hike these trails at high noon unless you're trying to lose a lot of weight really quickly and you have a combat lifesaver, in need of practice, with you. By the same token don't hike these trails at night and take a flashlight with you in case you do get caught out after sunset.

Lastly, take an emergency kit and some snacks with you, rest often and did I mention, drink water. Have fun and happy trails. ■

Say hello to my lil' friend

By Spc. Dave Lankford

JTF-GTMO Public Affairs Office

GTMO Troopers and their families enjoyed a reptile show on Saturday at Windmill Beach.

Dr. Peter Tolson, Director of Conservation at The Toledo Zoo, and Paul Shoenfield from the GTMO Environmental Department, were on hand with a plethora of their little friends.

The stars of the show included an American Gecko, a Curly Tailed Lizard, a Cuban Boa and a Rock Iguana. The iguana had to be relocated after the show, because being fed has made it aggressive, and no one wants to see a child bit.

"Relocation is not the answer. Not feeding the iguanas is the answer," Shoenfield said.

In the end, the day was entertaining and educational for all. ■



(Clockwise from Above) Even up close, the Cuban Boa is harmless... unless you're a banana rat. No wander this poor little girl is confused. She's looking at an American Gecko... found only in Cuba. Dr. Peter Tolson holds a Curly Tailed Lizard for spectators at a reptile show at Windmill Beach Saturday.



Photos by Dave Lankford

✠ A moment for prayer ✠

By Spc. Seth Myers

JTF-GTMO Public Affairs Office

Troopers gathered together to participate in the commanding general's quarterly prayer breakfast at the Seaside Galley on May 5, the National Day of Prayer.

The focus of the breakfast was the purpose of prayer.

The main speaker was Capt. James H. Pope, a Southeast region chaplain. He spoke about praying in the morning, in the evening, and even throughout the day. In his speech, he made reference to how George Washington prayed.

"Chaplain Pope read a few of George Washington's prayers from his prayer journal and many of them dealt with the same issues that even today's leaders deal with. If we can follow the spiritual readiness of Gen. George Washington, we can also be the great leaders we are capable of being," said Army Sgt. Alan Epley, a JTF budget NCO who attended the breakfast.

"The world's perception of a great leader usually isn't of a faithful man. To hear

George Washington was one, and to hear his prayers, was very moving," said Army Staff Sgt. Mario Canedo, the JTF chaplain's assistant NCOIC.

During the breakfast, music was played, the song "My Country 'Tis of Thee" was sung, Isaiah 40:28-31 was read by 1st Lt. Kelby Bates, and of course, prayers were spoken.

In JTF-GTMO Commander Brig. Gen. Jay W. Hood's welcoming speech, he said we are not only here to pray, but also here "protecting the right of every American to worship as he or she sees fit."

"Overall the prayer breakfast was a very influential event for myself and others within my unit, and I know that the CG will continue to promote Trooper Readiness on all levels," said Epley.

The breakfast was organized by Army Lt. Col. Steven Feehan, a command staff chaplain. The next prayer breakfast will be in August, but the exact day is yet to be



Photo by Spc. Dave Lankford

Troopers gathered at the Seaside Galley for the National Prayer Breakfast May 5.

Have you not known? Have you not heard? The LORD is the everlasting God, the Creator of the ends of the earth. He does not faint or grow weary, his understanding is unsearchable. He gives power to the faint, and to him who has no might he increases strength. Even youths shall faint and be weary, and young men shall fall exhausted; but they who wait for the LORD shall renew their strength, they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint --Isaiah 40:28-31

Padre's Corner

Keep busy, seek God's gifts

By Navy Chaplain (Lt. Cdr.) S.J. Vanden Boogard

NAVBASE Chaplain's Office

For many of the younger Troopers, Guantanamo Bay is their first deployment or assignment since graduating from basic training and schooling. When they arrive on the island they may be shocked when they see the base for the first time. At first sight, it may seem limited. Some may even be disappointed. This does not need to happen. I would like to offer some helpful ideas.

Writing can be a helpful tool for many people. You can keep a journal of all the experiences and adventures that make up your days, weeks, and months here on the island. When you are off duty, listen to lively music and read uplifting books. The Navy Exchange offers many comedy videos for rent. You can watch a good comedy with a group of friends and get in a few good laughs.

The base has many interesting places to take long walks to with a friend. MWR has many great gyms to work out in to keep your spirits pumped up. You could also join a sports team or a club of interest. All of these activities will keep your mind filled with pleasant thoughts, and time will pass by quickly.

There are also many spiritual resources and gifts from God. These gifts are: hope, love, forgiveness, grace, faith, strength, joy, kindness and peace. Know that you are a valuable person! God loves you. You are important to him! He is trustworthy. No other basis for self-worth is this dependable. ■

CAMP AMERICA WORSHIP SCHEDULE

Sunday	9 a.m.	Protestant Service	Troopers' Chapel
	6:00 p.m.	Confessions	Troopers' Chapel
	6:30 p.m.	Catholic Mass	Troopers' Chapel
	7:30 p.m.	Protestant Service	Building 3203
Tuesday	7 p.m.	Alpha	Building 3202
Wednesday	7:30 p.m.	Soul Survivor	Club Survivor
Saturday	3 p.m.	Saturday Vigil Mass	Troopers' Chapel

NAVAL BASE 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	Main Chapel
	11 a.m.	Protestant Service	Main Chapel
Monday	1 p.m.	Gospel Service	Main Chapel
	5 p.m.	Pentecostal Gospel	Sanctuary C
	7 p.m.	Prayer Group Fellowship	Fellowship Hall
	7 p.m.	Family Home Evening	Room 8
	12 p.m.	Daily Mass	Cobre Chapel
Tues. to Fri.	7 p.m.	Men's Bible Study	Fellowship Hall
Friday	1 p.m.	Islamic Prayer	Room 12
Saturday	4:30 p.m.	Confessions	Main Chapel
	5:30 p.m.	Vigil Mass	Main Chapel

For information on Jewish services call 2323

15 Minutes of Fame

with Spc. Mike Moverley

By Spc. Jeshua Nace

JTF-GTMO Public Affairs Office

Spc. Mike Moverley, an artillery cannon crewmember of the 1/143rd Field Artillery Battalion, California Army National Guard, attached to the 1/18th Cavalry Regiment, talks to *The Wire* before he becomes an American citizen.

Where did you come from, and why did you leave?

I was born in England, and I lived there until I was 11 then moved to Australia. I became a citizen of Australia after three years; my father still lives there. My mother moved to the States, and I wanted to live with my mom.

Why did you join the American Army? What was your motivation?

Both my parents were in the British Royal Navy. The military is basically my background. I didn't want to join the Navy though. I wasn't sure how the Regular Army was, so I joined the National Guard to get a taste of it, and maybe I'll go Regular later.

How long have you been in the military?

This October will be my third year. I joined when I was 17--right out of high school.

How do you feel that soon you're going to be an American Citizen?

It's been something I've really been looking forward to. This is not necessarily a bad thing, but sometimes I'm looked at differently for being an immigrant. A lot of people are surprised when they find out. It's something you should do, especially when you join the military and fight for a country you're staying in. I do consider America my home, and I'd like to become a full American, instead of "almost a visitor." I just thought it was something I had to do.

How long have you been living in America?



About six years, I came here in '98.

What is the process to become an American?

First you go into the U.S. C.I.S. (Citizenship Immigration Service). You get a stack of paperwork. It costs about \$400 to have each file filed with them, and it's a lot of files, with all your previous history and stuff like that. You have to be a permanent resident first, and to become a citizen, you have to be a resident for five years. You send in your money order; most people send it in "snail" mail. I paid the extra money and had mine sent Priority Mail. Then a lot of it is just waiting. You probably spend nine months waiting. Once it's done at the Nebraska center... it goes to the FBI for a background check. Once everything is "cool," you bring this letter to the interview, which is pretty much like a job interview. They ask you questions

about American history, make sure you can read and write basic English, and then they schedule your swear in. I'm in the interview stage right now. In the civilian world it can take from 12 to 15 months to go all the way through. In the military, they do expedite it, but it's more files. It's taken me about nine months to get this far. Well now it's 11 months (because of the deployment).

How have your fellow Soldiers and your leadership affected you?

I look up to a lot of people here. They're people that have done a lot of stuff in the military and just in life. There's a lot that I'd like to do as well. For example, there are people that have been in the Army 20 years, done all of this, and ran a business. In Australia and England, it's a little harder to do things; it's harder to start your own business. I've noticed here it is a lot easier, and you have a lot more freedoms. I'm surrounded by people who have years of experience doing all sorts of stuff. I'm not sure what I want to do, because there are so many options. There's so much I could do and so much I'd like to do. As for my command I'm not even in this unit and with this (citizenship) problem, they instantly jumped on it and said, "Alright, what do we have to do to get this done?" ■

15 Minutes of Fame

Know a Trooper worthy of being highlighted in "15 Minutes of Fame?" Call Sgt. 1st Class Sheila Tunney at 3594.

The Treasure's in the bag

By Sgt. 1st Class Sheila Tunney

JTF-GTMO Public Affairs Office

If you're looking for the best bargains on the base, and the yard sales from departing JTF Troopers are long past over, take the bus to Treasures and Trivia.

The items in the small thrift store located on Bay Hill Road near the Lyceum Theater can improve even the lowest budget digs and wardrobes.

There is a wide variety of clothes for men, women and children. T-shirts cost \$1, shorts \$1 to \$2, and jeans are \$2 to \$3. There are also clothes for newborns and expectant mothers.

"We get some very nice stuff in," said Suzanne Janolino, who volunteers at the store on Fridays. "We have the latest clothes, the latest styles and the latest colors. We even have the 'low rider' jeans that are so popular. We have after hours clothes as well."

Two JTF Troopers who were at the store on April 29 took advantage of the after hours clothes in Treasures and Trivia.

"We're buying these (clothes) because we were challenged to a dance contest by some other guys last weekend at the Windjammer," said Spc. Josh Schweitzer, a military policeman with the 189th Military Police Company.

He and friend, Pfc. Cody Hand, another 189th military policeman, found outfits consisting of shirts, pants, jackets and shoes.

"This is just for the dance-off," said Hand.

Though it may sound strange considering the year-round warmth of Guantanamo, Janolino said the store also carries winter clothing. "When you're going on leave to see your family at home--and they're

in Montana--you can come and find some warmer clothes," Janolino said.

If your wardrobe is already set, but your room needs some spiffing-up, a quick stop

in Treasures and Trivia may net you useful and decorative items.

"It's an affordable place to come and buy household stuff when you're deployed here," Janolino said. "You really can't bring a lot with you... We have stuff to help set up your room like cheese graters, plastic cups, plates, and VCR tapes." There were also dish drainers, a blender, coffee pots, baby toys and high chairs for sale.

For those with a penchant for reading, more than 500 books are available in the back room, according to store manager Cindy McKinney. Paperback titles are available for 25 cents and hard covers cost \$1, and with a little persistence, nearly any genre of book can be found. Everything from romance sagas such as Jude Deveraux's "Wild Orchids," to



Photo by Sgt. 1st Class Sheila Tunney

Anita Davis of the Public Works Department, searches the racks at Treasures and Trivia for clothes.

stories about American Special Operations warriors, such as Edwin P. Hoyt's "Seals at War," were available.

The patrons come from all walks of life



Photos by Spc. Dave Lankford

Troopers Spc. Josh Schweitzer (right), and Pfc. Cody Hand, military policemen with the 189th Military Police Company, purchase inexpensive after hours clothes at Treasures and Trivia.

on GTMO, according to McKinney, and donations come from throughout the GTMO community as well. The proceeds from the store are used for community programs and managed through the auspices of the GTMO Officer/Civilian Spouses Club.

"Proceeds go right back into the community 100 percent. We have scholarships for the school, and we [provide funds for] anything the community really needs that is worthwhile such as Girl scouts, Boy scouts and the Spouses Seminar," said McKinney.

"This is our money maker," said Janolino, who said scholarships are also available for spouses and contract workers. "It's a needs-based program... The amount awarded depends on how many people apply."

When the store gets overstocked, a brown bag sale is held on the last Saturday of the month.

During the Saturday sales, you'll pay \$5 for as many articles of clothing and books you can cram into a standard brown paper grocery bag. If you can't make it early in the morning, Saturday afternoon is also a good time to go because a lot of people who hold yard sales drop off unsold items for donation.

"If it's something someone doesn't need any more and they bring it here, it becomes another person's treasure," said Janolino. ■

What's on TV

The **Pentagon Channel** broadcasts military news and information for the 2.6 million members of the U.S. Armed Forces through programming including, Department of Defense news briefings, military news, interviews with top Defense officials and short stories about the work of our military. At GTMO, it's on **channel 96**.

Fleet and Family Support Offerings

The Fleet and Family Support Center is offering the following events/classes. Call 4141 to register.

Anger Management
Thursday, May 19
2 to 4 p.m.

Resume writing and Federal employment workshop
Thursday, May 26
8:30 to 11:30 a.m.

Stress Management
Tuesday, May 31
2 to 3 p.m.

JTF MWR Bicycle Poker Run

May 15, 9 a.m.
Start Point: Downtown Lyceum

A poker run is an activity generally done by motorcycle clubs. We are putting a different spin on it by using bicycles.

Each participant may buy up to three poker hands for \$1 per hand. A hand sheet is used to track participants hands as they complete the five-mile ride to five locations on GTMO. There will be a booth at each location with an MWR volunteer with a standard deck of playing cards. Players will draw a card and the MWR rep will annotate the card on the participant's hand sheet.

When finished, bikers will return to the starting point, where their poker hands will be collected. At the time designated as the end of the poker run, the highest standard poker hand wins. In the event of a tie, each hand card will be placed in a bucket and the winner will be decided by a blind draw.



Participants may pre register at the JTF MWR, Building CA 2300. Registration will also be held at the Lyceum from 9 to 10 a.m., May 15. All runs are to be completed by 1 p.m. Participants need not be present to win.

JTF MWR has 23 bicycles and helmets that can be signed out by JTF troopers for no charge. All cyclists must wear reflective belts and helmets. JTF MWR will provide water at each station. The run is open to all Guantanamo Bay residents.

First place receives 50 percent of the pot, second receives 30 percent and third receives 20 percent. MWR coupons and gift certificates will also be awarded.



Sound off!

The Wire welcomes letters from Troopers. Letters must be less than 350 words and include name, unit and contact information. *The Wire* reserves the right to edit letters for length and clarity. Bring your letter to *The Wire* office at building 4106, a SEA hut near the Chaplain's Office in Camp America or e-mail pao@jftgmo.southcom.mil.

Visit Camp America

Spacious upper-level rooms and a panoramic view of the ocean to the south; each room has a TV, microwave and refrigerator; 40-channel cable TV is available; Caribbean climate/atmosphere, lots of activities, local shopping, clubs/bars and Starbucks on premises. Amenities include: lounge with big screen TV, free computer center/internet access, free movie rental, maid service for head/latrine areas, secluded beach within easy walking distance, beach volleyball, lighted baseball field, free outdoor first-run movies, free fitness centers, barbeque and kitchens available; restaurant with view of water. Free shuttle to other areas in scenic and historic Guantanamo Bay. Free motor launch cruises to the leeward side. Observe unique wildlife up close, both day and night.

All rooms are affordable and within per diem rates. No other resort can match what we offer for the price. PCS, TCS, TDY all welcome.

All guests are prescreened for your safety and comfort. Camp America is a gated, fenced community, with 24/7 security service. Contact Camp America Commandant's office for reservations and availability at 3180.

--1SG Malcolm Campbell

Accuracy

The Wire strives for accuracy. When we fail, we accept responsibility for our errors and correct them. If you see an error in *The Wire*, call Sgt. 1st Class Sheila Tunney at 3594.

Kitchen

Chilled Tomato-Yogurt Soup

This refreshing chilled soup makes a perfect first course on a steamy hot day. It is light, low in calories, and, best of all, simple to prepare. Once you eat the first spoonful, you can't stop. Serve it the day it's made.

- 3 cups whole-milk yogurt (can substitute w/ cream cheese)
- 3 medium ripe red tomatoes, peeled, seeded and chopped
- 2 garlic cloves, minced
- 1 tablespoon extra virgin olive oil
- 3 tablespoons chopped fresh dill, plus 6 small sprigs (Can substitute w/ fresh basil)
- 1 ¼ cups cold milk
- 3 tablespoons white wine vinegar or fresh lemon juice
- Coarse salt and freshly ground black pepper

Place the yogurt in a cheesecloth-lined strainer set over a bowl and let drip for 2 hours. Discard the water and place the yogurt in the bowl.

Add the tomatoes, garlic, olive oil, dill and the milk and combine well. Puree in batches in the blender until smooth. Pour into a bowl, add the vinegar and season to taste with salt and pepper. Chill for at least 1 hour.

To serve, ladle the soup into bowls and garnish with dill sprigs.
Serves 6.

-- submitted by Lt. Col. (Ret.) Scott Handley

Movies

DOWNTOWN LYCEUM		CAMP BULKELEY	
FRIDAY		FRIDAY	
8 p.m. <i>Be Cool</i>	PG13 120 min	8 p.m. <i>Hostage</i>	R 113 min
10 p.m. <i>Miss Congeniality 2</i>	PG13 115 min	10 p.m. <i>Ice Princess</i>	G 98 min
SATURDAY		SATURDAY	
8 p.m. <i>The Ring 2</i>	PG13 111 min	8 p.m. <i>Be Cool</i>	PG13 120 min
10 p.m. <i>Man of the House</i>	PG13 97 min	10 p.m. <i>Miss Congeniality 2</i>	PG13 115 min
SUNDAY		SUNDAY	
8 p.m. <i>Hostage</i>	R 113 min	8 p.m. <i>The Ring 2</i>	PG13 111 min
MONDAY		MONDAY	
8 p.m. <i>The Pacifier</i>	PG 95 min	8 p.m. <i>Man of the House</i>	PG13 97 min
TUESDAY		TUESDAY	
8 p.m. <i>The Ring 2</i>	PG13 111 min	8 p.m. <i>The Pacifier</i>	PG 95 min
WEDNESDAY		WEDNESDAY	
8 p.m. <i>Miss Congeniality 2</i>	PG13 115 min	8 p.m. <i>The Ring 2</i>	PG13 111 min
THURSDAY		THURSDAY	
8 p.m. <i>Ice Princess</i>	G 98 min	8 p.m. <i>Miss Congeniality 2</i>	PG13 115 min

MWR

- May 14: Track & Field Meet 2005
- May 14: America's Kids Run
- May 14: Boys & Girls Club Fine Arts Exhib
- May 19: Knowledge Bowl 4
- May 20: Armed Forces Day Rock & Bowl bowling
- May 21: Armed Forces Day Beach Volleyball
- May 21: Armed Forces Day Mini Golf Tournament

Seaside Galley

Today	Lunch	Baked Fish Scandia
	Dinner	Boiled Crab Legs
Saturday	Lunch	Jamaican Rum Chicken
	Dinner	Stuffed Flounder
Sunday	Lunch	Scalloped Ham
	Dinner	Baked Salmon Steak
Monday	Lunch	Turkey Pot Pie
	Dinner	Herbed Baked Chicken
Tuesday	Lunch	Chalupa
	Dinner	Honey Glazed Duck
Wednesday	Lunch	Barbecued Spareribs
	Dinner	Fiesta Chicken
Thursday	Lunch	Fish Amandine
	Dinner	Shrimp Scandi
Friday	Lunch	French Fried Okra
	Dinner	Lasagna

Ferry Schedule

Monday - Friday		Saturday		Sundays & Holidays	
Windward	6:30	Windward	6:30	Windward	7:30
Leeward	7:00	Leeward	7:00	Leeward	8:00
Windward	7:30	Windward	7:30	Windward	9:30
Leeward	8:00	Leeward	8:00	Leeward	10:00
Windward	8:30	Windward	8:30	Windward	11:30
Leeward	9:00	Leeward	9:00	Leeward	12:00
Windward	9:30	Windward	9:30	Windward	1:30
Leeward	10:00	Leeward	10:00	Leeward	2:00
Windward	11:30	Windward	11:30	Windward	3:30
Leeward	12:00	Leeward	12:00	Leeward	4:00
Windward	12:30	Windward	12:30	Windward	5:30
Leeward	1:00	Leeward	1:00	Leeward	6:00
Windward	1:30	Windward	1:30	Windward	6:30
Leeward	2:00	Leeward	2:00	Leeward	7:00
Windward	3:30	Windward	3:00	Windward	8:00
Leeward	4:00	Leeward	4:00	Leeward	8:30
Windward	4:30	Windward	4:30	Windward	10:30
Leeward	5:00	Leeward	5:00	Leeward	11:00
Windward	5:30	Windward	6:30		
Leeward	6:00	Leeward	7:00		
Windward	6:30	Windward	8:00		
Leeward	7:00	Leeward	8:30		
Windward	8:00	Windward	9:30		
Leeward	8:30	Leeward	10:00	Shown are <i>departure</i>	
Windward	10:30	Windward	10:30	times. Bold listings	
Leeward	11:00	Leeward	11:00	indicate the departures	
Windward	*12:30	Windward	12:30	following breaks longer	
Leeward	*12:45	Leeward	12:45	than 30 minutes.	
				*Fridays only	

Buses

ALL RUNS ON THE HOUR 7 DAYS/WEEK 0500 TO 0200

Bus Stop Location	Bus 1	Bus 2	Bus3
Camp Alpha	:00	:20	:40
NEX Trailer	:02	:22	:42
Camp Bravo	:04	:24	:44
Camp Delta 2	:06	:26	:46
KB 373	:10	:30	:50
TK4	:12	:32	:52
TK3	:14	:34	:34
TK2	:16	:36	:56
TK1	:18	:38	:58
West Iguana	:20	:40	:00
Windjammer/Gym	:23	:43	:03
Chapel Hill	:26	:46	:06
NEX	:28	:48	:08
96 Man Camp	:31	:51	:11
NEX	:34	:54	:14
Gold Hill	:37	:57	:17
Gym/Windjammer	:39	:59	:19
West Iguana	:41	:01	:21
TK1	:43	:03	:23
TK2	:45	:05	:25
TK3	:47	:07	:27
TK4	:49	:09	:29
KB 373	:51	:11	:31
Camp Delta 1	:55	:15	:35
Camp Bulkeley	:57	:17	:37
Camp Alpha	:00	:20	:40