



Joint Visitors Bureau: logistics job one

By Spc. Jeshua Nace

JTF-GTMO Public Affairs Office

Since JTF's inception, an incredible number of media, congressional delegates, government officials and representatives of non-government organizations have visited Guantanamo Bay. Public Affairs takes care of the media, but the enormous amount of VIPs here are escorted by the Joint Visitors Bureau (JVB).

With the number of distinguished visitors (DV) here, preparation is key to the mission of the JVB. When taking care of congressmen and flag officers, a good presentation is crucial. The JVB wants to make sure everything flows perfectly.

"The mission of the JVB is to support the JTF with a projection of professionalism from the time distinguished visitors land, through a tour of the Commissions Building, Camp Delta, Camp 5, and until they are 'wheels up' and off the island," said Air Force Master Sgt. Michael Hughes, a protocol assistant.

After President George W. Bush invited members of the media and government officials to see the detention facility for themselves, the JVB has handled as many as three to four visits a week on average. It's projected that there will be more visitors during the next commission hearings than there were during President Bush's previous invitation.

The JVB uses several teams to accomplish their mission. Preparation and keeping in constant communication aids the movement of the DVs. They go from the Leeward side, across the bay via a ferry, and tour the Commissions Building and Camp Delta. After the tours, one of the JVB staff picks up the DVs at Leeward landing and then drops them off at the airport.

During the upcoming commissions hearings, the JVB could expand to as many as eight teams, with an officer and



Photo by Army Sgt. Todd Lamonica

Air Force Master Sgt. Michael Hughes, a Protocol Assistant, gives out Guantanamo Bay hats to distinguished visitors during a congressional visit.

a non-commissioned officer on each team.

The cohesion of the teams is important. Some team members have learned how to function without speaking. They know what each team member needs to do to keep positive control over the situation. Being respectful while telling DVs where to go and what to do next can be a hard task. That's why it is entrusted to NCOs and officers.

"Positive control in regards to distinguished visitors is insuring they are escorted at all times. The escort knows exactly where they are from the time they land on the island until they depart. The escort will know exactly how many and which people they are responsible for at all times. One of the reasons we have senior officers and NCOs is to ensure they are familiar with the JTF's mission and can impart the command message when required," said Lt. Col. Curt Salvesson, officer in charge of JVB. ■



Photo by Army Sgt. Todd Lamonica

We are one team

By Col. Gregory Hager

JTF-GTMO Chief of Staff

"All winning teams are goal-oriented. Teams like these win consistently because everyone connected with them concentrates on specific objectives...nothing will distract them from achieving their aims."

--Lou Holtz, former Notre Dame football coach

Our goal-- provide flawless support to the commissions process.

Achievement of our goal rests largely on teamwork and the ability of each and every one of us to accomplish our individual objectives.

I would like to share with you a story about a football team. During a particularly important game, a player missed a block, denying the running back a sure long gain and potential touchdown. Back on the sideline, the players implored the coach to remove the player who had missed the block because they were sure that he had cost them a touchdown. The coach looked at the players and retorted, "don't you know every play is designed to score a touchdown?"

I share this story because it relates to us in that we all have individual tasks. Each of us must accomplish our task in order to succeed as a team and achieve our goal.

In the case of the upcoming commissions process, we must score a touchdown every time. We cannot afford a mere long gain. In order to do so, every Trooper and civilian assigned to the JTF must complete their task to standard, every time they are presented with it.

Regardless of your task, whether your daily duties change or remain the same, you can expect the rucksack to fill out a little and become a bit heavier over the next couple of months. You may find some of those who work with you now, inside or outside the wire, on or off the bay, completely dedicated to supporting the commissions. They will be providing security, medical support, or performing escort duties, and the responsibility will fall on each and every one of us to fill in the spaces they leave behind. We are all a part of the JTF's effort to ensure success; we are one team.

The goal here in the JTF over the next several weeks, leading up to the resumption of commissions at Guantanamo Bay in mid to late November, is to prepare the JTF to flawlessly support the conduct of the hearings.

No one is, or can afford to be, a spectator on the sidelines.

Honor Bound! ■

JTF-GTMO Command

Commander:

Maj. Gen. Jay W. Hood

Joint Task Force CSM:

Command Sgt. Maj. Angel Febles

Director of Public Affairs:

Lt. Col. Jeremy Martin: 9928

326th MPAD Commander:

Maj. Jeffrey Weir: 3713

Command Information Officer:

Lt. Angela King-Sweigart: 3651

326th MPAD First Sergeant:

Sgt. 1st Class David Zerbe: 3649

Circulation: 1,200

The Wire

NCOIC/Editor:

Master Sgt. Stephen Miller: 3596

Managing Editor:

Spc. Seth Myers: 3589

Layout Editor:

Spc. Ian Shay: 2171

Photo Editor:

Sgt. Todd Lamonica: 3589

Staff Writers & Design Team:

Spc. Jeshua Nace: 3499

Spc. Timothy Book: 3592

Spc. Dave Lankford: 3593

Contact us:

Base Information: 2000

Public Affairs Office: 3594 or 3651

From the continental United States:

Commercial: 011-53-99-3594

DSN: 660-3594

Online:

www.jtfgtmo.southcom.mil



The 326th Mobile Public Affairs Detachment, Joint Task Force-Guantanamo, produces *The Wire*, which is printed under the provisions of Department of Defense Instruction 5120.4.

Guantanamo Bay Fire Department

By Army Sgt. Todd Lamonica

JTF-GTMO Public Affairs Office

Fires are not common in Camp America, but we need to remain vigilant because one could arise at anytime. Unknown to many Troopers, there is a group of dedicated firefighters who watch over this camp.

They are the firefighters of Fire Station Four, a group of highly-trained individuals with many years of service under their belts. One, in particular, is Capt. Viscon Francis, a firefighter who has been on this base for 38 years since the inception of Station 4.

Francis is not alone. There are many other firemen like him within the ranks that have several years of GTMO service. They spend a lot of time away from their families in order to perform their mission. These men work two shifts, 24 hours a day, seven days a week at Fire Station Four. Throughout the base over eighty firefighters man four stations.

Before the incident in which Fidel Castro cut off the water supply in 1964, the fire station was manned by Cubans. After that event, most Cubans left the base. The United States was then allowed to hire personnel from other countries. Most of the firefighters are from Jamaica. That tradition still exists today from fire captain on down. These Jamaicans are proud their tradition of working at Guantanamo Bay.

"We are like one big family here," said firefighter Terrence Nolan. These firefighters are very unique, in that they must know



Photos by Army Sgt. Todd Lamonica

Wesley Meeks, a firefighter/driver for Station Four, demonstrates the procedure used to extract the chemical agents from a fire extinguisher.

how to perform many different types of rescue techniques and be skilled in putting out all kinds of fires. Back in the states, most fire departments do not perform such specialized missions. "They have what is called 'mutual aid from other units' for responding to an emergency" said Miller.

All of the training performed by the firefighters is done on base through DOD correspondence courses on firefighting and occasional off-base training. Contractors from various fire apparatus companies have come to GTMO to help train the firefighters on new equipment.

One project under way at Station Four is the servicing of all outdated fire extinguishers on base. The servicing of extinguishers is done at the station. "We extract the chemicals from the extinguisher and then test the canister to ensure it can be reused," said Wesley Meeks, a firefighter/driver.

The projects, along with daily training and responding to alarms, can add up to quite a

hectic schedule throughout the week for these firefighters. Selflessly, GTMO's firefighters perform their mission both on and off duty. They protect us during all emergencies. For this, all of the Joint Task Force says "Thank you!" ■



Bentley Nolan, a firefighter with Station Four, assists fellow firefighter Terrence Belle with the donning of his breathing apparatus.



These are some of the "tools of the trade" used by the firefighters at GTMO.

Commissions ready to resume

WASHINGTON- The Department of Defense announced this summer that it intends to reconvene military commissions in the wake of a unanimous decision by a federal court of appeals that the military commissions process is a proper venue in which to try enemy combatants held at Guantanamo Bay, Cuba, for violations of the laws of war.

Action on all military commissions has been suspended since December 2004 in response to a November 2004 federal district court order staying further proceedings in the case of Salim Ahmed Hamdan.

On July 15, 2005, the U.S. Court of Appeals for the District of Columbia Circuit reversed the lower court decision in the Hamdan case and upheld President Bush's February 2002 determination that the Ge-

neva Convention does not apply to al Qaeda terrorists.

The court also acknowledged the President's authority to convene military commissions, ruling that military commissions had been authorized by Congress in two different statutes, as well as in its 2001 authorization for use of military force by the President to prevent acts of international terrorism against the United States.

"The court has rendered its decision that military commissions are a proper and legally appropriate venue to try enemy combatants, and the Department of Defense will resume commission proceedings immediately, as consistent with legal rules," said acting Deputy Secretary Gordon England.

Defense Secretary Donald H. Rumsfeld had previously delegated

to the deputy secretary of defense the responsibility for overseeing the military commissions process.

The presiding officer in the cases of Yemeni detainee Hamdan and Australian detainee David Hicks will soon notify defense counsel that commissions will resume for both men as soon as any necessary court orders are issued.

Hamdan has been charged with conspiracy to commit attacks on civilians and civilian objects, murder and destruction of property by an unprivileged belligerent, and terrorism.

Hicks has been charged with conspiracy to commit attacks on civilians and civilian objects, attempted murder by an unprivileged belligerent, and aiding the enemy. ■

--DOD News Release

GTMO Comic Relief



Comic by Spc. Matthew Young

BOOTS ON THE GROUND

Spc. Seth Myers asked Troopers around the JTF, "What do you want to accomplish during your time here?"



◀ "When I came to GTMO, I had three major goals. One was to get back into shape. Second is to continue my academics and also the general care of the Soldiers."

—Army Staff Sgt. Henry Okoroafor

▶ "I want to complete phase three of the Command and General's Staff College."

—Army Maj. Matthew Ross



◀ "I want to achieve my E-6 while I am here."

—Army Sgt. Larchesia Sturkie

▶ "I want to make reception of the forces smoother and to improve my fitness."

—Air Force Master Sgt. Ricardo Worrell



Photos by Spc. Seth Myers

THE D2 Movie Review

The Island

Deane

As you probably have heard by now, this movie takes place under ground, the location of every good secret being kept. Human parts are being harvested from exact duplicates of rich people in the real world. Basically, they have found a surgical fountain of youth.

How far would you go to stay young forever? Well, these people are unaware their clones have actual consciousness. This probably would change your mind if you met your clone face-to-face. This is what happens when Lincoln (Ewan McGregor) escapes from his world and comes to the surface.

For me, the big problem is Lincoln somehow escapes because he finds a butterfly. Well his character is not special in anyway. He builds prototypes or concept vehicles, but he somehow manages to make a daring escape and survives the worst of crashes. He also has a tag-along, Jordan (Scarlett Johansson).

The movie was also a bit long. There was outstanding action sequencing and overall, it was a good flick. However, it is not necessary to see unless you have nothing else to do. I would recommend going to the gym first, then maybe you'll be too tired to leave your seat. That and a few tasty drinks wouldn't hurt this movie either.

I'll rate this at 2.5 stars just because I somewhat enjoyed the movie. I wouldn't mind seeing the special features on DVD, but I don't think I want to own the movie. ★★½

Dave

The Island started out pretty good until after five minutes when I discovered it was a rip-off of about five or six different classics. If you don't want to take the time to see "Logan's Run" (1976), "These are the Damned" (1963), "Coma" (1978) and "The Matrix" (1999), just go see "The Island."

On the other hand, if all you want to see is car chases and things blowing up without having to try to follow a story line, this may be the movie for you. There really isn't much I can say about this movie. The story wasn't bad, just old and too familiar. I can't say anything bad about the cast either. I think Ewan McGregor and Scarlett Johansson played their parts well.

To be frank, I wasn't truly disappointed until the movie kept going and going and going. It was like the Energizer Bunny. Every time I grabbed my chair to leave, a new segment started. I would have given the movie 2 stars if it had ended a half-hour earlier. ★

- Better than a 4-day pass ★★★★★
- Good flick ★★★★★
- Beats working ★★★★★
- If you're really bored ★★
- Not worth price of admission ★



Photo by Army Sgt. Todd Lamonica

America's Sweethearts



The Dallas Cowboys Cheerleaders sign autographs for Troopers at the NEX.



Troopers gather from around the JTF to watch the DCC show.



Coast Guardsmen Petty Officer 2nd Class Gregory O'Gorman (front), Petty Officer 2nd Class David Burch (driver), Petty Officer 2nd Class Martin (left of driver), Chief Petty Officer William Edson (right of driver), Petty Officer 2nd Class John Clark (back) take the girls on a tour of the bay.



While at Camp Buckeley, the Dallas Cowboys Cheerleaders introduce themselves to the Troopers before kicking off their Broadway style review.

boost spirits at GTMO



show at Camp Buckeley.



Elizabeth Davis, Monica Moore and Makenzi Swicegood hold on tight as they each take their turn at the wheel, with Coast Guard Petty Officer 2nd Class David Burch enjoying the ride.

By Spc. Dave Lankford

JTF-GTMO Public Affairs Office

Six months ago, Guantanamo Bay, Cuba began its recovery from a three-year drought. It seemed every time it rained, the scenery got a little more attractive. This was certainly the case Sept. 28-30 when, along with pouring rain, the Dallas Cowboys Cheerleaders (DCC) came to GTMO.

Known as America's Sweethearts, the DCC are made up of students, college graduates and even full-time mothers. Though the cheerleaders are compensated for their time away from home while on tour with the USO, cheerleading itself only pays a nominal amount. Their job is a labor of love and the USO shows are done for love of the country.

"This is actually our 57th USO tour, but only our second time to Cuba," said Megan Fox of the DCC.

Many people are under the impression that the young ladies on the USO tour are a type of 'second string,' and are not part of the cheerleading squad used at the games. Nothing could be further from the truth said Fox. "We are part of the 38 girls back home that cheer for the football games as well."

In addition to school, regular jobs, children and cheerleading duties, these 12 girls

also spend countless hours meeting with the Troopers, having their pictures taken and signing autographs, as well as rehearsing and performing a Broadway-style review DCC style.

It was a show that will not soon be forgotten for those able to attend either in Camp Bulkeley or at the Windjammer. For those not able to attend the shows, there were ample opportunities to get an autograph, have a photo taken or just spend a moment talking with the girls.

"I didn't go to the show. I only went to the signing they had the first day at the chow hall. I thought they were pretty cool. I thought they were very friendly to all of the guys and even took pictures with the ones who were soaking wet. They walked around to us while we ate and talked to us. Nice girls," said Tech. Sgt. Vanessa Greenwood.

Most who did attend the show agree it was very well-rehearsed and flawlessly performed.

"Considering I am a die-hard Cowboys fan from Dallas and now a DCC fan, I thought they were flippin' awesome. The girls did a great job onstage, as well as offstage, with all the crowd interaction. They seemed really happy to be here and it

showed. All the troops were 'stoked' about the show, almost as much as me," said JTF Petty Officer 3rd Class Chris McClintock.

As a chaplain assistant, McClintock is accustomed to observing the morale of the Troopers. He feels the presence of the DCC definitely had a positive effect.

"The DCC did an outstanding job here at GTMO. The whole time they were here, they were so positive and happy and that reflected on the troopers. After the show, when I was walking home, I looked around and everyone was smiling and laughing, and it seemed they had a really great time. The troops here are still talking about the DCC, sending photos and bragging 'cause they got on stage. Do I think this was good for morale? Yes, of course I do, and I think the troops here will agree," said McClintock.

The DCC came to GTMO to entertain the men and women fighting the Global War on Terrorism. Though they wear a different uniform, they have made a contribution to the war effort by raising the morale of the Troops.

McClintock may speak for all the Troopers at GTMO when he said, "Hats off to the Dallas Cowboys Cheerleaders." ■

Golfing locally and afar

By Spc. Timothy Book

JTF-GTMO Public Affairs Office

South Korea's K. J. Choi won the Chrysler Classic of Greensboro Sunday, shooting 22 under par and two ahead of Shigeki Maruyama at Forest Oaks in Greensboro, NC.

Charles Warren tied the course record posting a 10 under par 62 to take the lead on the opening day, Sept. 29.

Tiger Woods continues to lead the money board, earning \$8.6 million this year. Major wins this year include: The British Open at St. Andrews, The Masters at Augusta and a close second at the U. S. Open.

Michelle Wie is expected to officially announce Wednesday that she is moving out of the amateur ranks into pro. Talks with Sony and Nike should be finalized with an estimated \$10 million in the high school junior's bank account.

Golf at that level of play is pretty complicated and expensive. Membership fees, \$500 drivers, endorsements and everything else makes for good TV, but where's the fun?

Fortunately, the average duffer at GTMO has a great opportunity to have fun and compete at his or her level of play. A group of three guys got together Saturday at the golf course here to have their own competition resembling a skins game.

Scores were recorded by number of holes won, instead of overall number of strokes. This was done to protect egos and to make it easier to keep track of the score.

The course here didn't look so good six



Photo by Spc. Timothy Book

The best shot of the day was this sizzling, 330-yard shot to the center of the fairway on the third hole by Army Maj. Jeff Weir.

months ago, but the rain has helped to "green up" the course a bit. It's looking much better. The course is challenging. It is only nine holes, but in the GTMO heat, that's plenty.

The best part about golfing at GTMO is the relaxed atmosphere. There are no memberships and no fancy club. In fact, there aren't any greens fees or tee times. It's free!

Don't have any golf clubs? "No problem, mon." There are clubs to rent as well as golf carts. The carts make for an easy time and have a convenient beverage holder.

The fairways are wide and they definitely give new meaning to the term "in the rough." If an errant ball fails to land on the green or the fairway, even Pathfinders would be challenged when trying to find the ball.

The greens are fast, fairly smooth and well-maintained, but the fairways are a bit rocky.

The most interesting hole is the second. It's not too long, but the green is on top of a hill and can't be seen from the tee. Hit the ball short and the ball rolls back down. Hit it too far and it's rolling down the other side. Unfortunately, you can't tell if you're on the green until you get to it.

Golfing at GTMO is great fun and a good way to spend a couple of hours with friends. The course is challenging and, thanks to this duffer, it now has seven more balls in the rough. The golf course is open Wednesday to Sunday during daylight hours.

Editor's note: Additional information obtained from ESPN.com. ■

NFL Picks

Monday Night Pittsburgh at San Diego

Shay (Philadelphia):
Chargers 30-24
Conrad (Las Vegas):
Steelers 24-23
Hughes (Reno):
Chargers 35-28

Last Week
(8-6) Shay vs. Conrad (9-5)

Picks submitted by Spc. Ian Shay, Coast Guard PO3 Peter Conrad and Air Force Master Sergeant Michael Hughes.

Week 5	Shay	Conrad	Hughes
Tampa Bay at N.Y. Jets	Bucs	Bucs	Bucs
Seattle at St. Louis	Rams	Rams	Rams
New Orleans at Green Bay	Packers	Packers	Packers
Chicago at Cleveland	Bears	Bears	Browns
Baltimore at Detroit	Ravens	Ravens	Lions
New England at Atlanta	Patriots	Patriots	Falcons
Tennessee at Houston	Titans	Texans	Texans
Miami at Buffalo	Dolphins	Bills	Dolphins
Indianapolis at San Francisco	Colts	Colts	Colts
Carolina at Arizona	Panthers	Panthers	Panthers
Washington at Denver	Broncos	Broncos	Broncos
Philadelphia at Dallas	Eagles	Eagles	Eagles
Cincinnati at Jacksonville	Bengals	Bengals	Jaguars

Open Date: Giants, Vikings, Chiefs, Oakland.

Learning and Teaching

By MCPO Thomas Cowan

JTF-GTMO USCG PSU-311

One of the benefits of working in a Joint Environment is the opportunity to learn from our sister services. Since coming to GTMO, Coast Guard Port Security Unit 311 (PSU-311) has had many opportunities to observe and learn from the Army, Navy, Air Force and Marines.

Recently, Coast Guard Petty Officer 2nd Class Stewart Yoon, a certified boarding officer from the PSU, took the time to share some of his Coast Guard skills with members of the Marine Corps Fleet Antiterrorism Security Team (FAST).

Yoon developed a four-hour presentation based on his boarding team experience and training from the Coast Guard's Maritime Law Enforcement Academy.

"It's all right to storm the vessel to take control, but you'll need patience to do a search," instructed Yoon.

Yoon's experience as a boarding team member includes everything from searching recreational boats to fishing vessels and 800-ft container ships.

"A ship can be like an industrial complex, Yoon said. "It can be three football fields long and the equivalent of four stories high." These dimensions do not include the container levels and cargo holds.

A ship of any size can have thousands of hiding places for both people and contraband. Searching a large ship, which would be conducted by a boarding team of Coasties,



Photo by Master Chief Petty Officer Thomas Cowan

Petty Officer 2nd Class Stewart Yoon explains to the Marine Corps Security Force Company the importance of being able to quickly and safely egress the aft steering compartment of a vessel .

can take a day.

It is common for a ship's captain to call the Coast Guard days prior to entry into a U.S. port and report evidence of a stowaway. The crew will find signs of someone living on the ship, but even they can't find anyone. That is the situation when someone with Yoon's training comes on board with a team and begins a systematic search.

"Whether searching for people or contraband, there are many places to hide on a ship," said Yoon. Prior to boarding, a search plan must be developed in which you break the ship down into manageable sections.

"Searching a ship is a dynamic situation where things are always changing," said Yoon. This includes latitude and longitude, since most ships are searched at sea while underway.

After each cabin and work-space is searched, the doors are closed and marked to prevent someone from moving into a previously searched space. Yoon went on to explain that some compartments are small and others are pitch black. Then he demonstrated some of the tactical movements required to conduct a successful search.

During the training, Yoon wanted to emphasize the unique challenges that Marines would face on board a ship. The close quarter searches are similar to the training these Marines received in urban warfare. However, there are still some important differences.

Large weapons can be a hindrance in the narrow hallways. Shooting a weapon in a steel corridor makes ricocheting a serious danger. Running through hatchways (narrow

doorways with a high threshold) can also be a challenge with heavy weapons and body armor.

Since the Coast Guard has Law Enforcement Authority and can enforce civilian laws, Yoon covered some of the implications of dealing with the civilian sector. In the civilian sphere probable cause, reasonable suspicion, and use of force have a different meaning when conducting a search. Though not always a consideration for the Marines, the lesson could have value in a military operation other than war.

After the classroom instruction, Yoon moved the Marines to a coastal tug on Guantanamo Bay for a practical demonstration.

Yoon's training provided Marines with skills they may have to use in the future when boarding vessels. ■

For Better or for Worse

By Chaplain (CPT) Ed Yurus

525 MP Battalion Chaplain

Contemplating divorce? Before you run to the JAG office this week seeking legal advice, consider some of the results from Chicago University's 5-year study on marriage and divorce. You might be surprised:

1. Eight out of ten people who rated their marital situation as very unhappy, but did not divorce, rated their marriage as very happy five years later.

2. Two out of three people who rated their marital situation as unhappy, but did not divorce, considered themselves personally happy five years later.

3. Divorce does not reduce symptoms of depression, raise self-esteem, or

increase a sense of self-control.

4. Divorce may eliminate certain stressors, but it will also create new stressors over which an individual will have little or no control.

5. Unhappily married adults who divorced were no more likely to report emotional and psychological improvements than those who stayed married.

6. A strong commitment to marriage as an institution forces married couples to endure the difficult times while actively working to find solutions rather than alternatives.

Commitment to your marriage is an antidote for divorce. In a focus group study of marriages that moved from the unhappy to happy category, researchers

found the most common reason marriages improved was simply because couples stubbornly outlasted their problem. Many marital problems are temporary, such as deployments, finances, child raising issues and job-related stress. Therefore, given enough time, most problems will work themselves out.

The second most common reason why marriages improved was couples were willing to actively work at solving their marital problems. Once the problems were resolved, the marriage improved. For these couples who worked at improving their marriage, divorce was not an option. These couples became determined to "fix what was broke" in order to once again enjoy one another.

Hang in there! There are better days ahead. ■

MOVIE NIGHT "Heroes of the Faith"

The JTF Chapel Section is sponsoring a series of movies about "Heros of the Faith" in Troopers Chapel at 7:00 p.m. on Mondays and Fridays for the next few months. This week's movies include:

Oct. 10- Behind the Glass Door

Oct. 14- John Hus

Oct. 17- Reluctant Saint

Oct. 21- Surprised by God

Oct. 24- Paul the Emissary



Photo by Spc. Seth Myers

The NAVBASE Praise Team is now participating in the newly changed Protestant worship service, 9 a.m. Sunday at the Troopers Chapel. In addition to this service change, there is still Catholic Mass at 6:30 a.m. and the evening prayer and Bible study Sunday at 7:30 p.m.

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.	Evening Prayer	Troopers' Chapel
Wednesday	7:30 p.m.	Soul Survivor	Camp America North Pavilion

NAVAL BASE CHAPEL

Sunday	8 a.m.	Pentecostal Gospel	Room 13
	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
	10 a.m.	Protestant Liturgical	Sanctuary B
	11 a.m.	Protestant Service	Main Chapel
Monday	1 p.m.	Gospel Service	Main Chapel
	5 p.m.	Pentecostal Gospel	Room 13
	7 p.m.	Prayer Group Fellowship	Fellowship Hall
	7 p.m.	Family Home Evening	Room 8
	Tues. to Fri.	12 p.m.	Daily Mass
Wednesday	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

Jewish Services held every third Friday at 7:30 p.m. in the Naval Base Chapel complex.

Hebrew classes are being offered at the Naval Base Chapel complex Thursdays 7-8 p.m. in Room 11.

15 Minutes of Fame

with Coast Guard Petty Officer 2nd Class Charles Grady

By Spc. Seth Myers

JTF-GTMO Public Affairs Office

Fitness is something that is very important to many people in the military. Some go out and run great distances. Others hit the gym on a regular basis. Coast Guard Petty Officer 2nd Class Charles Grady, a port security specialist for PSU 311, lifts metal balls.

Grady has been in the military for 13 years. He was a hospital corpsman in the Navy for 11 years. Since then, Grady has followed family tradition and become a fire fighter. He also joined the Coast Guard as a port security specialist two years ago.

His different workout style suits his job and his lifestyle very well. It is a technique he learned years ago from a Russian Soldier.

"I got busted up in a parachute jump accident in the late '90s... It took me years to get over that. I started training with this eastern European guy, and I got on track," said Grady. "In my job as a fireman, I know if I didn't lift weights and I didn't do endurance training with real heavy gear, I wouldn't make it."

His accident left him in a poor physical condition. However, with what his Russian friend taught him, he was not only able to recover, he got into great shape. Now, he swears by this routine and how effective it is.

"With that little piece of iron you can do a hundred different types of [workouts]: from grinds to ballistic drills, even in very limited space," said Grady. "I'm in my mid 30's and I'm making the run times I was making earlier in my career."

The workouts are a form of circular strength through use of metal balls,



Photos by Spc. Seth Myers

Grady does a workout called an "over head snatch."

which he takes with him wherever he goes. He has even taken the time to teach others this new method.

"I've actually taken guys in the unit who were a mess, overweight and unfit, and now they can pass their PT test -- all because of that 'stupid' ball," said Grady. "I brought the lighter [weights] to train guys."

Rather than just make one's body look good, Grady's workout is constructed to improve one's actual strength and ability to do everyday functions. It provides the strength needed for his civilian job as a fireman and it is great for attaining the strength one needs as a Trooper.

"Americans go to the gym to get a 'pump' for obtaining a specific look. [One] reason this [workout] appealed to me is because it is for everyday function...[The way some others work out] just pushes fluid into the muscle. It doesn't actually build the muscle [and] train the muscle," said Grady. "You won't look like a male model, but you will be strong and able to do your job..."

"There are a lot of people in the

military who only run for their physical conditioning. They don't do anything else. In the battlefield today, your basic Soldier is loaded down with weapon, equipment, specialized gear, helmet... that is all weight, and he is running a lot. So he is not only using his legs, he is using his arms and back -- especially his lower back."

Grady has done some lower level competitions on military bases before, but he intends to participate in tactical strength training competitions soon.

For anyone who is curious about what this workout entails and looks like, all they need to do is look around Camp America North. Grady is often seen working out with his metal balls. Maybe then you will see and understand the strength provided by that style of training. ■

15 Minutes of Fame

Know a Trooper worthy of being highlighted in "15 Minutes of Fame?" Call Master Sgt. Stephen Miller at 3594.

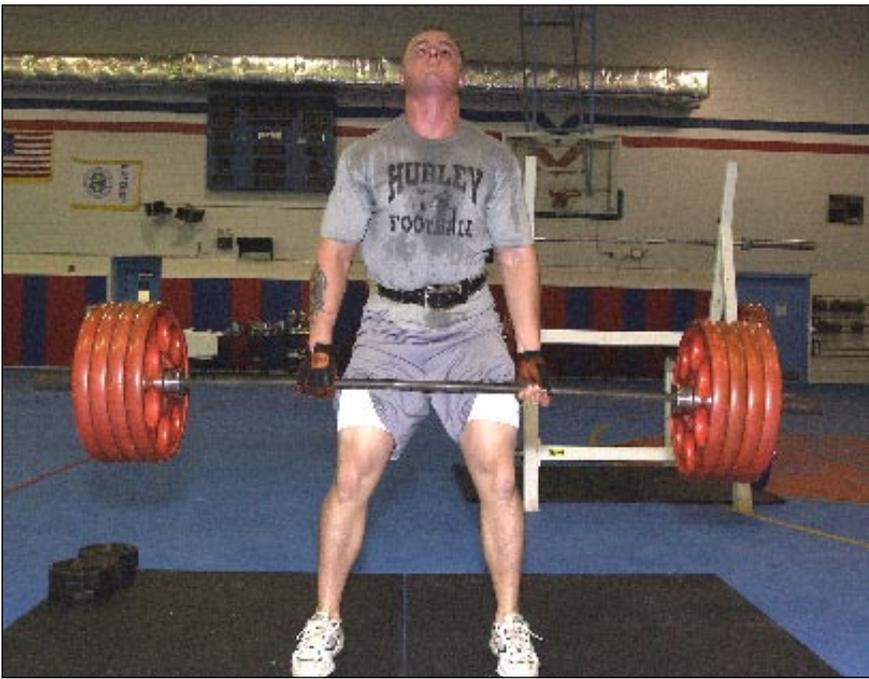


Photo by Army Sgt. Todd Lamonica

◀Navy Petty Officer 2nd Class John Skoviera, of the Naval Mobile Construction Battalion-3, winner of the overall category, dead lifts 405 lbs. during the power-lifting tournament Saturday.



Photo by Spc. Seth Myers

▲The new commander of the 189th Military Police Company, Army Capt. Eric Deforest, passes the colors back to the company first sergeant, who later transferred his authority to the new first sergeant, Lisa Allison.



Photo by Spc. Timothy Book

▲Sgt. Terry Schwentner, a squadron mechanic with the 1/18th Cav., reenlists for the third time on foreign soil. His commander, 1st Lt. James Wagoner, shown administering the oath, said Schwentner routinely goes above and beyond the call of duty.

AROUND THE JTF



Photo by Spc. Timothy Book

▲Army Maj. Robert Cook, an aide-de-camp, is promoted by Maj. Gen. Jay Hood from the rank of captain during a ceremony held Sept. 30.