



THE WIRE



Honor Bound To Defend Freedom

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Friday, December 9, 2005

15 Minutes of Fame, pg. 11

Farewell PSU-311, hello PSU-305

By Spc. Timothy Book

JTF-GTMO Public Affairs Office

Port Security Unit 311 left the island with many personal and professional accomplishments. During their six-month tour here, they set the precedent for their replacements, PSU-305, who were welcomed aboard this week.

There are three components of the mission here for the Coast Guard.

The first is to provide 24-hour maritime security for the JTF. "We have boats out there every hour of every day," said Chief Petty Officer Bill Edson, Boat Division chief. "They provide safety and security, as well as deterrence. Everyone knows we're out there."

The boats also provide secure and speedy transport across the bay for distinguished visitors. "We've had a lot of visitors here, but we haven't allowed that to detract from the security mission," Edson said. Boat crews not on patrol provide transportation, he said.

The third part of their mission is to provide support for specific operations.

Beyond fulfilling that mission, the unit has done a lot of training, Edson said. "We were able to qualify 27 crewmen and three coxswains," he said. "As a reserve unit, that would have taken over two years in garrison. We did it here in less than three months."

The unit worked hard to make improvements. "We built a brand new shop for the engineers," said Senior Chief Jeff Christensen, engineering officer. The boat ramp was extended and a trailer with showers was added. "It's the next unit that reaps the benefits, but we wanted to make this a better place for those who arrive after us. The previous units did the same for us."

Christensen's department kept busy. They replaced every engine on the boats, he said. "We would not have been able to keep up with all the little day-to-day things that come up without an experienced engineering department."



Photo by Cmdr. Bernard Moreland, commander PSU-311

Petty Officer 2nd Class John Clark (left), Petty Officer 2nd Class David Burch and Petty Officer 3rd Class Brian Martin patrol the waters of Guantanamo Bay.

There have been personal successes. Petty Officer 1st Class John Thompson, port security specialist and NCOIC of the armory, was named JTF-GTMO Non-Commissioned Officer of the Year for 2005. Thompson and Petty Officer 3rd Class David Hartman, gunner's mate, were awarded the Army Achievement Medal for their extra work with the 1/18th Cavalry. Servicemember of the Quarter for the first quarter of 2005 went to Petty Officer 3rd Class Brian Martin, boat crewmember.

"I wanted us to leave a big footprint," said Master Chief Petty Officer Tom Cowan, Command Master Chief. "We may be small in number, but I was confident the men and women of PSU-311 could not only fulfill the mission, but would excel." Recently, volunteers from the unit assisted in cleaning up the graffiti on the rocks along Kittery Beach Road and above Camp America. "That was such an eye-

(Continued on page 5...)

Accomplishing the mission “the joint way”

By **Command Master Chief Norm Giroux**

U.S. Navy Provisional Guard Battalion

Each day, as I walk through the camps, transit the base and attend meetings, I see members from all different branches of the U.S. service components. As I think about all the outstanding Americans assigned to the JTF, from all the services, I realize that we (services) are truly interdependent on one another and that by “fighting the fight” as a “joint” force, we truly do enhance our combat readiness and increase our capabilities.

I am fortunate to be serving in my second joint tour. My previous joint tour was as the Command Master Chief of Joint Task Force– Civil Support, home ported at Fort Monroe, Va.

Some of the things that I quickly discovered in my first joint tour is that all of the services seem to have different terms for describing the same thing! A little frustrating at first, but as you become quickly assimilated into the “joint” environment, you truly come to appreciate the uniqueness, customs, traditions and history of each branch of the service.

As operations continue in fighting the Global War on Terror, it is shown each day that increased and improved interoperability between the services is absolutely critical in projecting maximum combat power effectiveness. Whether it is the Navy landing and supporting the Marines ashore, Air Force personnel deploying onboard Navy ships to run air operations centers, Army aviation troops operating from the decks of aircraft carriers, Coast Guard units providing security for facilities just secured by Army infantry... well, you get my point, each

service brings unique capabilities to “the fight” that enhance and support other services.

I would ask each of you to learn one small item about a different service each day.

Examples of some items that would be helpful to know (at least they were for me when I started in the “joint” world”) are rank insignia, meaning of unit command patches, basic phraseology, how to properly address persons of different ranks in different services and service flags. Learning the basic history of each service is not only helpful, it is also very educational, interesting, and you honor the members of each service when you understand the wonderful, time honored customs and traditions of their branch!

In ending my brief article, I would like to close by saying, regardless of the color uniform that you wear, whether you say “aye aye”, “at ease” “hooah”, “hoorah”, “aim high” or some other particular service saying that you have, **we are truly a joint, single force for America! Go “Purple”!** ■



Photo by Army Sgt. Todd Lamonica

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THE **DP** Movie Review presents

"TWO FOR THE MONEY"

Patt: Why is it that movies with all-star casts tend to be as exciting as a "Facts of Life" reunion show? That's why I thank God this one was a definite exception. Al Pacino and Matthew McConaughey were brilliant in their roles. Rene Russo was, well, Rene Russo. (Sorry, after seeing "Tin Cup", my opinion of her hasn't been too high).

Pacino plays Walter, a former gambling addict who runs a company, and McConaughey plays ex-college football star Brandon Lang, who has an uncanny knack for picking winners. The story flows well from beginning to end, with the occasional twist, but was also very predictable at the end. If there was anyone sitting at the theatre not knowing that Walter had started gambling again, and that Brandon would go through a Texas-sized losing streak shortly thereafter, they must have been pre-occupied with the banana rats nibbling on their toes.

But the story was believable, the actors hit all their marks, and there was a short love scene, always a plus. Jeremy Piven (Very Bad Things), who plays the jealous rival and co-worker, once again turned in a laugh-out-loud performance. Overall, an enjoyable little flick, check it out, you won't be sorry. ★★☆☆



happens because I felt the movie gets off track with the initial point; gambling.

There is too much drama with Pacino's heart and with his wife. It's just to add drama for the sake of adding it. Give me a break!

This movie left me disappointed and very angry. I'll give this movie two stars for having a decent cast. ★★

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

GTMO feedings humane, within medical care standards

By Kathleen T. Rhem

American Forces Press Service

U.S. NAVAL STATION GUANTANAMO BAY, Cuba, Dec. 1, 2005 - The small number of involuntary feedings conducted at the U.S. detention facility here are done humanely and are well within common standards of medical care, officials said in an effort to counter allegations made by attorneys for some detainees here.

Thirty to 33 enemy combatant detainees here are currently on a hunger strike -- which officials here call "voluntary fasting" -- to protest their continued detention. Of those, 22 are receiving liquid nutrition through a tube inserted through the nose and into the stomach.

"We have an ultimate responsibility that every detainee on our watch is taken care of," Joint Task Force Guantanamo Deputy Commander Brig. Gen. John Gong said in an interview. "We have a great desire to ensure they are healthy."

Gong and other officials said widely reported allegations that the tubes are the width of a finger, are forcefully inserted without anesthesia or lubricant, and are reused on different detainees are patently false.

Navy Capt. (Dr.) John Edmonson, the senior medical officer at Guantanamo Bay, said the "enteral" feeding -- meaning directly into the stomach -- is done with a nasogastric "Dobhoff" tube. The tube is flexible and 4 millimeters in diameter, Edmonson said.

He stressed that only doctors and nurses insert the tubes and always use lubricant. They also always offer anesthetics and suggest stron-

ger pain medication if a detainee appears to be uncomfortable. He described the Dobhoff tube as "very soft and non-irritating."

Medical staff members never reuse the tubes, Edmonson said.

"I can assure you that the doctors are doing everything within the character of the standard of their profession," Gong said.

For the most part, the feedings are not involuntary. Both men said the vast majority of detainees voluntarily participate in the feedings. In fact, Edmonson noted, some even insert their own feeding tubes. "They are generally cooperative with the medical staff in that effort," he said.

Detainees are considered to be on a hunger strike after they miss nine consecutive meals, and medical specialists begin monitoring their health status. Body mass index, weight loss and physical condition are monitored. Edmonson said a patient can survive for about three weeks without eating as long as he is drinking water, which the detainees are.

When a detainee's weight drops too much and his health begins to deteriorate, doctors speak to the individual and offer supplemental nutrition, first intravenously and then through a nasogastric tube. Detainees receive Ensure, a commercial nutritional supplement, through the tube. Most agree to the procedure, Gong said.

He explained that as long as detainees maintain a certain level of health, they get to choose how much liquid nutrition to take. "The doctors try to be respectful of what the detainees want to do," he said.

Most take 1,500 calories a day. In contrast, most U.S. dietary recommendations are based on a 2,000-calorie diet.

In rare cases, detainees have received tube feedings involuntarily. "Some, because of their character and temperament, they would be less than cooperative and would need to be restrained," Gong said. Officials said restraints are always applied with the least amount of force possible. Both he and Edmonson said this is the rare exception and only used when a detainee's health is seriously in jeopardy.

The number of hunger-striking detainees peaked at 131 around the most recent anniversary of the Sept. 11 attacks, Gong said. Since then the number has steadily declined and has remained around the current number for the past several weeks.

"One has to really kind of scratch their head and ask why would they pick the anniversary of 9/11 (to protest their detention)," Gong said.

"It's their little contribution to their cause," Army Lt. Col. John Lonergan, commander of 1st Battalion, 18th Cavalry Regiment, said. Lonergan's unit provides security at the detention facility.

Edmonson, who has been at Guantanamo for two and a half years, said it's important to note that no detainees have died at Guantanamo Bay, while several of these men probably would have died if they weren't here. Task force doctors have treated cancer, battle wounds and other serious injuries and illnesses in a population that generally has limited access to medical care. ■

"A DAY THAT WILL LIVE IN INFAMY"

By **Spc. Jeshua Nace**

JTF-GTMO Public Affairs Office

Dec. 7th, 2005 marked the 64th anniversary of the attack on Pearl Harbor. Even though everyone from that time period is gone from military service, everyone in the military should still recognize Pearl Harbor. We all know the story, be it through history class or Hollywood's portrayal of the event. But, the feeling of camaraderie for the loss of life of service members past and present, remains in our minds and in our hearts.

Several years before the attack on Pearl Harbor, Japan invaded China. America called for withdrawal including implementing sanctions on Japan through diplomatic and economic means. Japan saw our attempt to embargo oil as an attack on their war efforts and secretly devised a plan to take out, in one swift swoop, the United States ability to defend against Japan's invasion of the Pacific.

The Japanese flew planes with bombs and torpedoes to eliminate our ships and structures. They also sent five mini submarines

with two torpedoes each to wreak havoc during the attack.

During and after the initial bombardment, Sailors who had escaped valiantly tried to rescue fellow shipmates from capsized ships. As trapped Sailors banged on the hulls for rescue, Sailors on the outside of the ships tried to cut through. Eventually 32 men were rescued from the USS *Oklahoma*, but many died inside from flooding, lack of oxygen and the fumes from the cutting torches of the rescuers.

Of the 334 men who survived the USS *Arizona* sinking, some still chose their final resting place to be with their 1,177 shipmates who went down with their ship. The memorial service and interment of deceased USS *Arizona* Survivors is conducted on the USS



Photo found on nps.gov/usar/home.htm

Pearl Harbor memorial for the USS Arizona.

Arizona memorial. The service includes a committal service, interment, rifle salute, TAPS, flag presentation and plaque presentation. The urns are placed in the well of Barbette No. Four. Other Pearl Harbor survivors may choose to have their ashes scattered over the harbor.

To the Sailors, Soldiers, Marines and civilians who lost their lives at Pearl Harbor, we will never forget you. ■

Driving tips

By **Chief Warrant Officer Lisa Skiöldhanlin**

JTF-GTMO Safety

A HMMVW in Iraq pulls off the road to let a vehicle pass and promptly rolls down the embankment into the river below. An airman riding his motorcycle to work is hit by a vehicle. Two friends, that joined the military together, fail to maneuver their vehicle around a curve and are ejected when impacting a tree. These are three totally different locations and scenarios, but with the same end result – traffic death of a service member.

Earlier this year the Secretary of Defense tasked all military services to drastically reduce the number of traffic mishaps. This year we only managed to make a small dent, if any, in reducing the numbers. The Navy and Marine Corps are calculating that 2006 will be the worst year ever in traffic related deaths and the Army is not far behind.

We have the unique situation of being on a restricted 45-mile square area here. Add to that the 25-mile per hour speed limit, few roads, limited amount of vehicles and the heavy presence of Master-at-Arms. That does not mean we do not have our fair share of "speeders" from the lowest rank all the way up, and the occasional DUI. However, it does mean we really have an artificial driving situation here. The problem lies in when you

leave the island on TDY, leave, or when you return home.

Nobody should be surprised by the factors that contribute to traffic deaths as they have remained constant year after year. Speeding, intoxication, no seatbelt, fatigue and inattention are always there and are preventable. Human error and behavioral factors are very preventable.

Unless we are happy with the statistics and the risk of becoming one, we as individuals and leaders need to enforce the standards. When folks are de-mobilized they have the added burden of being on their own and not having a commander setting and holding them to the standard. Troopers in the 27 and under age group worldwide, unfortunately, have the highest fatality rate as they lack the years of driving experience (yes, it does make a difference) and often still have the invincibility attitude pushing the limits. But even if they are at a higher risk level, we are all at risk of becoming a statistical number.

If you know somebody has been drinking – do not let him or her drive.

Speed limits are there for a reason.

If it has a seatbelt, use it!

Take breaks when driving long distances and don't drive after a long shift.

Pay attention to your surroundings and do not get distracted by events inside your vehicle.

Also, make sure your vehicle is properly maintained.

Do a mental risk assessment before departing and make sure you arrive at your destination safely. ■

Watching your buddy for signs of depression

By Army Sgt. Todd Lamonica

JTF-GTMO Public Affairs Office

This holiday season, Troopers are away from loved ones, hometowns and civilian life. For some Troopers, this deployment marks their first time away from home. There are some Troopers, who are friends and coworkers that may need your help or guidance to assist them through a stressful period.

There are signs of depression to be aware of and, if they are not handled at the right time, the consequences could be fatal. Normal stress and anxiety that Troopers experience on a daily basis may not be consumed and processed properly. It is natural to feel down some times in response to the way our body reacts to stress and tension. When these feelings last for more than two weeks, it is recommended that you seek professional help.

There are several factors that may cause depression. Family history, life changes and chemical imbalances in the brain are just a few. Two key signs are loss of interest in

activities you like and sadness. Depression affects millions of Americans every year, regardless of age, gender and race.

Depression is something that is hard for most to understand. Most times, people will not see the symptoms until it's too late. Troopers need to be aware of any behavior or attitude changes from personnel they work and live with and report it to their superiors immediately.

Intervention may not make that person happy, but you may have saved a life through your actions.

Psychiatrists have become better at diagnosing and treating these disorders. Modern medicine and technology introduced to society have opened up a whole new world of treating depressive disorders. Depression can often be treated successfully without hospitalization.

The Combat Stress office at Camp America is a good place for Troopers who may have been holding back some feelings and just need someone to talk to. Their professionally trained staff has the resources to help anyone in need of counseling. If you're



Graphic found at mindhorizons.com

reading this story and it applies to you or a buddy, talk to someone and get help. The life you save could be your own.

Combat stress can be reached at ext. 3522 or call 84448 or 84066 after duty hours. ■

Farewell PSU-311

(Continued from page 1)

sore," said Cowan. "I even saw a map that identified that area as Graffiti Hill." Cowan explained that, because of the weather, plans to clean up the hill were postponed many times. There were two days with no rain and they took the opportunity to clean up the landscape. After 100 man-hours and using more than 250 cans of paint, the hill looks much better. "Now we call it Hill 311," he said.

The unit has benefited from this deployment. "This has been a great opportunity," Cowan said. "The JTF and NAVSTA have been very supportive. We've been able to get everyone in the unit qualified on all of the weapons."

This deployment hasn't been all work either. "From the beginning, I've stressed good use of time," said Cowan. "We have people taking college courses, completing service qualifications. I know of at least one guy studying for a contractor's license and just about everyone in the unit has focused on some form of physical fitness. I want them to feel they've accomplished something." Many have taken up diving. Everyone in the engineering department is now SCUBA certified.

PSU-311 leaves having accomplished much as a team and as individuals. Cmdr. Bernard Moreland, PSU-311 commander, said, "We are, of course, looking forward now to returning to our families, but we are confident in our replacements. PSU-



Photo by Spc. Timothy Book

Coast Guard Lt. Cmdr. Keith Johnson (left), commander of PSU-305, is greeted by Cmdr. Bernard Moreland, commander of PSU-311, and Master Chief Petty Officer Tom Cowan, PSU-311's command master chief.

305 out of Fort Eustis, Va. is a motivated, experienced unit that is prepared to dominate their mission. We wish them well."

Lt. Cmdr. Keith Johnson, commander of PSU-305 is ready. "I'm looking forward to performing the maritime security mission in support of JTF-GTMO. We want to continue the good work PSU-311 has done here and raise it to another level," he said. ■



Photo by Spc. Jeshua Nace

▲On tour around the world, Ballentine, a punk band from California, performed at Club Survivor.



Photo by Spc. Jeshua Nace

▲Command Sgt. Maj. Angel Febles works on his descent down Guantanamo's massive hills to paint over the graffiti.



Photo by Spc. Timothy Book

▲Army Brig. Gen. John Gong awards Army Sgt. 1st Class Jose Becerra a Certificate of Appreciation for over 30 years of continuous service.



Photo by Devon C.

▲Santa greets servicemembers at the Electric Light Parade.



Photo by Spc. Timothy Book



pc. Jeshua Nace
rn one of



Photo by Sgt. 1st Class Alan Domingo

▲Navy Lt. Tom Judy presents Army Spc. Anthony Maldonado, Kittery Beach Join Aid Station, a photo as a going away gift during an awards ceremony.



Christie, MWR PAO
oliday Pa-



Photo by Army Sgt. Todd Lamonica

▲Air Force Master Sgt. Beverly Sydnor, J4, displays a certificate she received from Navy Chief Petty Officer Jose Castilla, Combined Federal Campaign Coordinator, for her contributions.



Photo by Army Sgt. Todd Lamonica

▲Army Sgt. Joshua Schweitzer, 525th Military Police Battalion, prepares to accept a coin of excellence from JTF Command Sgt. Maj. Angel Febles. He was also presented a letter of appreciation for his outstanding performance during the War Fighter competition. His team placed ninth out of 43 teams.



Photo by Army Sgt. Todd Lamonica

▲Air Force Tech Sgt. David Hassan, Detention Hospital, is grinning after trying on his new rank. Navy Capt. Steven Hooker and Navy Master Chief Ira Wenze, Detention Hospital, were on hand to assist. Hassan's promotion was done via telecom so his family could witness the event.

Coast Guard Cmdr. Bernard Moreland, commander PSU-311, awards Army Staff Sgt. Joseph Olachea, J-6 communications, the Coast Guard Commandant's Letter of Commendation Ribbon for his support of the Coast Guard's mission here.

AROUND THE JTF

MPC Computers Bowl, Insight Bowl; who cares?

Commentary by Spc. Ian Shay

JTF-GTMO Public Affairs Office

College football, a sport that has more tradition, pride and adoring fans than any other in the United States. It's a beloved pastime shared by more Americans than professional baseball, basketball or football. But, although college football is great, it has its problems come bowl time.

College football is not known for having a great playoff system or a quality bowl system and I will explain why. There are four Bowl Championship Series (BCS) bowls, which are all that really factor into national rankings. But, college football has decided to make it more "fun" and cash in on the bowl-sized crowds by creating 24 more bowls. That means, all together, 56 teams are bowl eligible. What? That's almost half of all division I-A teams. Since when are teams, who are only better than half of all other teams, considered winners?

Now, as a fan or player, are you really that excited that your team is playing in the Mienieke Car Care Bowl or the MPC (What is MPC?) Computers Bowl? Probably not, so why doesn't college football get rid of these embarrassing bowls? I'm sure it's a money issue, it always is.

But these extra bowls confuse fans and

diminish the importance of making it to one. So, what the people in charge need to do is fix the college playoff/bowl system.

This year, a real fan of college football could tell you the Rose Bowl is the main event, but that needs to be made clearer. A professional sport's playoff system would work great for college football. Teams would be eliminated week by week in December until only two teams remain. It means teams like Penn State and LSU would challenge USC and Texas before making it to the final bowl.

College football could keep some of these extra bowls, by working them into the playoff scheme. A wild card playoff game could be one of the lesser known (less important bowls) until you get to the Fiesta, Sugar, Orange and finally the Rose bowl. This would also make it harder for undefeated teams like USC and Texas to stay undefeated, by making them play other top ten teams in the playoffs.

Now, there are various opinions on how to fix the playoff/bowl system in college football, but until the people in charge update the system there are going to be problems. Regardless of the problems college football has this season, BCS bowl matches are actually quite good. In the Fiesta bowl Ohio State takes on Notre Dame, the Sugar



bowl offers West Virginia versus Georgia; the Orange bowl has Joe Paterno and Penn State taking on Bobby Bowden and Florida State. In the final game, the Rose Bowl features number two-ranked Texas taking on number one-ranked USC, a showdown many have waited to see. I'm taking Ohio State, Georgia, Penn State and Texas, it's gonna be good. ■

NFL PICKS WEEK 14

MONDAY NIGHT: NEW ORLEANS AT ATLANTA

SHAY:
FALCONS 27-24

WILSON:
FALCONS 20-7

WEIR:
ATLANTA 34-10

LAST WEEK
SHAY (12-4) VS. WILSON
(12-4)
JOHNSON
ELIMINATED
(SHAY SEASON RECORD 111-63)

Picks submitted by Spc. Ian Shay, Army Sgt. Jessica Wilson and Army Maj. Jeff Weir.

Week 14

Chicago at Pittsburgh
Cleveland at Cincinnati
Houston at Tennessee
Indianapolis at Jacksonville
New England at Buffalo
Oakland at N.Y. Jets
St. Louis at Minnesota
Tampa Bay at Carolina
N.Y. Giants at Philadelphia
San Francisco at Seattle
Washington at Arizona
Baltimore at Denver
Kansas City at Dallas
Miami at San Diego
Detroit at Green Bay



Shay
Bears
Bengals
Titans
Colts
Patriots
Raiders
Vikings
Panthers
Eagles
Seahawks
Redskins
Broncos
Chiefs
Chargers
Packers



Wilson
Steelers
Bengals
Titans
Colts
Patriots
Jets
Vikings
Panthers
Giants
Seahawks
Redskins
Ravens
Dallas
Chargers
Lions



Weir
Steelers
Bengals
Titans
Jaguars
Patriots
Jets
Vikings
Panthers
Giants
Seahawks
Redskins
Broncos
Chiefs
Chargers
Packers

Goliath Grouper

By Paul Schoenfeld

Natural Resources Manager

The Goliath Grouper (*Epinephelus itajara*), formerly known as Jewfish, is the largest of the sea bass family. These fish can attain lengths of seven feet and weights of about 700 pounds. The large size and distinct grouper shape with scattered dark markings make this fish easily identifiable. Their historic range includes tropical and sub-tropical waters of the Atlantic, the Gulf of Mexico southward to the coast of Brazil and the Caribbean.

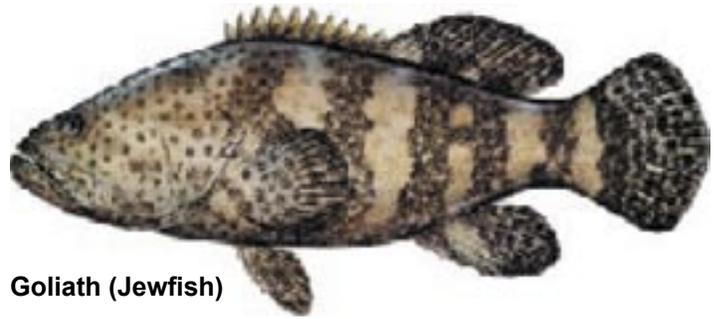
This species is a candidate level species for possible listing on the Federal List of Endangered Species. This status documents evidence that populations are in decline and the species is subject to a high degree of threat. The American Fisheries Society has classified Goliath Grouper as conservation dependent, meaning it is vulnerable but can avoid becoming threatened if adequate conservation measures are in place. There has been a moratorium on commercial and recreational harvests since 1990 due to their susceptibility to over fishing. This susceptibility is due to their behavior, age to reproductive maturity, and their longevity.

Goliath Grouper, like many other grouper and snapper, display spawning aggregations where large numbers concentrate on annual spawning grounds. This behavior makes them vulnerable to overexploitation, especially from commercial interests, because large numbers of reproductive stock are concentrated in small areas making them easy to catch. This reproductive stock was often removed from the spawning grounds before actually spawning. The result is not only removing the reproductive stock but also impeding the population's reproductive potential. Successful reproduction is the key element in maintaining a sustainable fishery.

These fish also take from four to seven years to reach maturity. Fish this age are normally 50 to 90 pounds and although biologically mature, for unknown reasons, they do not participate in annual spawning behaviors. Fish typically seen in spawning aggregations are in the 150 to 300 pound range or larger. While most commercial and recreational fishing interests love catching a 50 to 90 pound grouper, an excessive harvest of this age class reduces the population's future reproductive stock and further impedes long term maintenance of a sustainable fishery.

The species longevity also contributes to their vulnerability. These are a slow growing species that take several years to reach sexual maturity. Records from exploited populations ranged from zero to 37-years-old, but many taken off spawning aggregations were only nine to 15-years-old, indicating they lived through very few spawning cycles.

Most fishery authorities accept that declines of Goliath Grouper populations are due to intense fishing pressure on



Goliath (Jewfish)

Description: head and fins covered with small black spots; irregular dark and vertical bars present on the sides of body; pectoral and caudal fins rounded; first dorsal fin shorter than and not separated from second dorsal; adults huge, up to 800 pounds; eyes small.

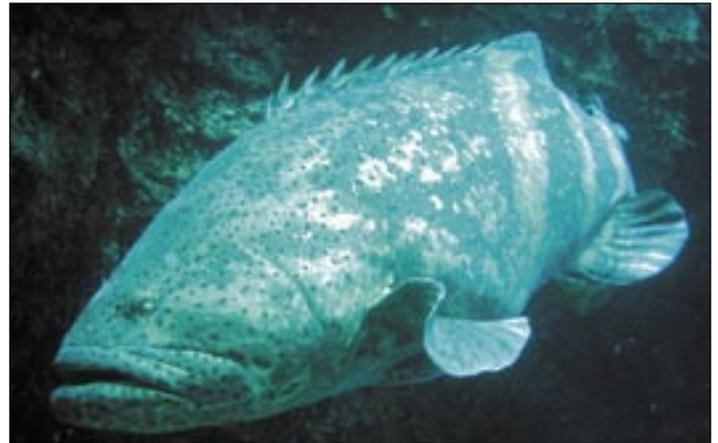


Photo found google images.

spawning aggregations. Numbers at these aggregations fell from historic records of 50 to 100 fish per site to fewer than 10 fish per site in the 1980's. There are indications of population recovery due to current conservation measures but numbers of fish per aggregation is still less than half the historic records. Several efforts are taking place throughout the Goliath Grouper range to manage populations and habitats with the goal of maintaining a future sustainable fishery. For now, we must do our part to ensure conservation measures are adhered to. COMNAVBASEGTMOINST 1710.10 (current series) prohibits taking Goliath Grouper (Jewfish) by any means and divers may encounter this fish while spearfishing. When caught on hook and line, these fish can usually be released unharmed, however, they are not normally wary of divers so it is important to know your target when spearfishing to avoid taking them. Large individuals are unmistakable. Smaller individuals still have their characteristic markings and their conservation depends on you. If you see a violation, call 4105 or VHS Channel 12. Security will respond. Fish and Wildlife Law Enforcement depends heavily on concerned citizens who report violations. If you see someone poaching, turn him or her in. They are stealing from you. ■

Grouper season is closed in December and January for all Grouper species! However, the Goliath Grouper is always off-limits.

God, germs & Santa Claus

By Navy Chaplain (Lt.) Cynthia Kane

JTF-GTMO Chaplain

A colleague told me about dining with her four-year-old nephew. The little boy's mother told him to wash his hands for supper. The child, who apparently reached his limit of handwashing, yelled back, "God, germs, and Santa Claus! They're all I ever hear about and I've never seen any of 'em!!!"

God, germs, and Santa Claus... After nine years as a hospital chaplain, I definitely believe in germs. And by the time I was nine years old, I certainly knew Santa Claus' story. But for many people, God is the one with whose existence we struggle. For some, the verdict is still out. Others want to believe—to be *convinced*—something holy, sacred or bigger than ourselves is really there. We have a hunch there might be a greater meaning to life, yet we also want undeniable proof. Like a burning bush.

I believe that *we have to be deliberate* about searching for the Holy. As a friend once said, "If you want to see a burning bush in the desert or a blinding flash of light like the apostle Paul on the road to Damascus, you at least have to go outside and look around." Throughout the years, my understanding of faith has evolved. I do not think it means believing in things you cannot see or feel or touch. I think it means seeing, feeling, and touching in different ways.

Faith is not something we just have. We have to practice and learn it. And we learn faith by repeatedly returning to our own sources of renewal and inspiration. We do this by going back to the most dear places and people to us, who remind us of what we hold as precious and important. We do this by reading and re-reading our sacred texts, by creating rituals or returning to rituals long forgotten that help us to see, feel, and touch in this different way.

Interestingly, when we search for signs that life is holy, we find the bushes are on fire all around us—that we are practically tripping over burning bushes, yet had not noticed them before because we thought they would look like something else.

Another colleague says he saw God once as Nebraska prairie grass. He climbed out of his car on a hot highway, leaned on the car's nose, and looked over one great flowing field that stretched beyond his sight onto the horizon. "Vastness," he said. Responsive to the slightest shift of wind, full of infinite change, all One. He says when he has difficulty praying, he calls up prairie grass.

What are the images you call up in order to pray? What are the memories that help restore you when you are in doubt, when you are afraid, when you feel that the meaning of your life has been temporarily lost? In her poem, "Inventing Sin," George Ella Lyon writes:

Send us a miracle (we cry to God). Prove that you exist.

Look at your hand (God says). Listen to your sacred heart.

This is sound advice. Look at your hand. Look into the eyes of your children or at the face of the person sitting next to you. Listen to the beating of your sacred heart, to the wind outside the window, to the voice of a dear friend. This is evidence of holiness. Though we may not know wherein lie the things unseen—God, germs, and Santa Claus—we know that they are there. And during this holiday season, where we celebrate the returning of the light, knowing this is enough. Happy Holidays! ■

A Hardware Store as Proof of the Existence of God

I praise the brightness of hammers pointing east
like the steel woodpeckers of the future,
and dozens of hinges opening brass wings,
and six new rakes shyly fanning their toes,
and bins of hooks glittering into bees,
and a rack of wrenches like the bones of horses,
and mailboxes sowing rows of silver chapels,
and a company of plungers waiting for God
to claim their thin legs in their big shoes
and put them on and walk away laughing.

In a world not perfect but not bad either
let there be glue, glaze, gum, and grabs,
caulk also, and hooks, shackles, cables, and slips,
and signs so spare a child may read them,
Men, Women, In, Out, No Parking, Beware the Dog.

In the right hands, they can work wonders.

--Nancy Willard

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
Monday	11 a.m.	Protestant Service	Main Chapel
	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	Cobre Chapel
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 Shabbat Services held every second Friday at 7:30 p.m. in the Naval Base Chapel complex Room 11.

15 Minutes of Fame

with Army Captain Christopher Baker

By **Spc. Jeshua Nace**

JTF-GTMO Public Affairs Office

When you're sick and it's time to go to the hospital there are a lot of things you worry about. There's needles, surgery and those gowns. You might be going in for a bad cough, nonetheless, there is something serious enough that you're going to the hospital. A doctor, even with a bad bedside manner, should be the least of your worries.

I recently had the honor of being treated [I was broken, as we say in the military] by Capt. Christopher Baker, physician's assistant. Immediately after speaking with him I felt assured that he cared and was going to take me seriously.

He cares so much about Troopers, saving lives and also being a mentor. The men and women under his command have a symbiotic relationship with him. This mutually beneficial relationship keeps things interesting; there is always something to learn.

"I've known some of these guys for five years, before they could put on band-aids, and now they are all really good medics. My biggest goal here was to be able to train medics and corpsmen so they will go out and be competent and really certain about troop care," said Baker.

"What I've seen from these guys, from our weekly training, daily training and our Saturday coffee talks, is they are really smart and they kind of push me. They all have great questions. When I came here my goal was to take care of troops. I've always wanted to be a medical officer. My second goal was to train these guys and now they are getting smarter and I'm going to watch them become nurses, medical officers, mid-level practitioners and doctors or just terrific paramedics. My heart just goes 'ah...' because I get so much pride," said Baker.

Baker, through college and the hospital, has acquired a lot of knowledge. As he said, "everyone starts as an EMT." He received his degree in sports medicine and then branched out and became a certified athletic trainer and a therapy assistant. This experience led him to become a physician's assistant.

The difference between a physician's as-

sistant and a medical doctor is just training. Medical doctors receive a lot more training, "they also endure more when they are going through their residency," said Baker.

In the civilian world, if a person holding a bachelor's degree wants to get accepted into the physician's assistant program, they're usually required to have prior training such as EMT and athletic trainer.

After receiving medical training, he could finally achieve one of his life long dreams. He wanted to be like many of his forefathers- a medical officer in the Army. "It might sound corny, but I just wanted to give back to my country," Baker said.

He joined the California National Guard.

"I was a direct commission five years ago so these guys taught me how to be a Soldier from scratch. The school that we go to for medical is like 'this is how you wear the uniform,' it's very basic. They really just put us out in the field and show us how to save lives. As for soldiering, Staff Sgts. Paladini and Guerra teach me everything from carrying a weapon, firing a weapon, land navigation and CTT tasks that every Soldier knows so well. I really struggled with that five years ago," said Baker.

He trained medics and learned how to be a physician's assistant in the Army. During that training, one of his favorite moments was dealing with simulated casualties coming and going off of medical Blackhawks with a medevac rescue unit. After Sept. 11, he was activated to do physicals on all the troops deploying to Afghanistan. However, he said this deployment is giving him the chance to actually carry out his role. He said that it's been fun to help and affect the lives of so many of America's best.

Baker and the other physicians rotate duties here. They work at the Kittery Beach Joint Aid Station (JAS), Camp America JAS, the Navy hospital and the hospital inside Camp Delta.

At the JAS, Baker and the other physicians have to deal with an incredible amount of patients with regards to how many practitioners they have. The JAS deals with sick



Photo by Spc. Jeshua Nace

call, which can be typical things like colds and sprains. However, Baker has dealt with life or death situations here as well.

"About 10 percent of the time we have patients that come in who are truly ill, where we have to provide intervention medicine which makes an impact on them," said Baker.

The driving force for many of us is our goals. Be the best at what you do, work towards a promotion or learn something new.

"My personal mission-- it might be cliché-- but I think about it every single day-- I want to provide the best quality care of any PA on the island. I really want to provide outstanding care to every patient I see. My goal is to make an impact and provide them with education and quality care." ■

15 Minutes of Fame

Know a Trooper worthy of being highlighted in "15 Minutes of Fame?" Call Army Sgt. Jessica Wilson at 3594.

CAN YOU HAVE FUN AT GTMO?

By Spc. Seth Myers

JTF-GTMO Public Affairs Office

“There is nothing to do in Guantanamo Bay.” These were the words many of us were greeted with when we arrived here, and it is often said by some of the current residents. Is it true? No.

Although there aren’t nearly as many things to do here as in the states, there is a multitude of ways to have fun.

The most apparent of these are the beaches. Whether you want the grills and patios of Windmill Beach or the seclusion of Glass Beach, there is a place for you. Swimming, snorkeling and scuba diving are just a few of the things you can do there (for more information and how to get scuba certified refer to the article “Underwater Adventure” in the June 17, 2005, issue of “The Wire”).

“MWR and the base try to provide alot of different activites for the Troops here, but diving is by far the most productive, interesting and challenging of those activites,” said Army Capt. Bruce Roberts, a PADI (Professional Association of Dive Instructors) Scuba Instructor who was recently published in a

magazine Guantanamo article. “I have been diving here for the last year and a half and I never get tired of it. There is always more to see and more to learn. It really is another world that you are exploring and trying to understand. As long as you follow the basic rules, diving is one of the safest sports you can participate in. After that first time you blow bubbles, you’re hooked.”

Windmill Beach has a volleyball court and many tables, grills and shade if you just want to relax with your buddies. Obviously, the beaches are no secret. However, what are some of the lesser known forms of entertainment here?

Some are not aware that there is an MWR office in Camp America, and if they know it is there, they may not know what it offers. Want to watch a movie, but don’t like what is playing at the Camp Buckley theater or don’t want to spend the money on a rental at the mini NEX? Don’t worry; there is a selection of movies, Xbox and PS2 games, and even bikes and other sporting equipment for rent there.

MWR also regularly hosts tournaments and events for various activities. Are you a chess master? Prove it at their chess tournaments. Are you the top player at billiards

home? Show everyone here who is the master at MWR’s nine-ball tournament. There are poker tournaments, ping-pong, chess, nine-ball, fishing, bowling, darts, volleyball and many other tournaments and events.

If you’re not the competitive type, you can just show up at the Liberty Center to play at your own leisure. There are billiards, ping-pong, darts, PS2s, a TV room (with a nice big screen) and computers set up for multiplayer gaming.

You can listen to the Bands who visit the Island, you can rent all sorts of boats at the marina and test your target skills at the paint ball range. You can participate in a free paintball event today at 7 p.m.

MWR makes an effort to ensure there are recreational activities to enjoy and there are high hopes to make it even better.

“GTMO offers what it can,” said Army Sgt. 1st Class Mike Flores, MWR representative and Soldier for the 1/18th CAV. “I’ve seen a dramatic change here. There wasn’t much being done for Camp America before, but it is getting better.”

Flores mentioned multiple things they hoped to obtain in the future, one of those being jet skis. Some of the ideas that MWR has acted upon, such as paintball, originated from Troopers. Various units have representatives, who try to convey what the Troopers want so MWR can best act on them.

Although there is hardly an endless list of activities to participate in, there are some interesting activities one can do, and that list is growing. So, the next time someone wants something to do, point them towards MWR, and they will find many ways to have fun here. ■



Photo by Army Sgt. Todd Lamonica



Photo submitted Army Sgt. Jessica Wilson



Photo by Army Sgt. Jessica Wilson