

Taking the wheel

By Spc. Timothy Book

JTF-GTMO Public Affairs Office

A new unit has arrived to take on the JTF mission.

The HHC, 3rd Brigade, 29th Inf. Div., Maryland Army National Guard is currently doing left seat – right seat training.

Left seat – right seat is a term used for the period where the outgoing unit trains the incoming unit on the JTF mission. “In the military, that term is used because it’s like learning to drive a vehicle,” said Army Maj. Ted Johnson, HHC commander. “When you teach someone to drive, first you show them how to drive. So, the guy doing the training is the left seat and the one learning is in the right seat.”

Once the person being trained is familiar with the controls, positions are switched. “In the military, it works well. You give the person time to see how you do something. Then, that person takes over and you watch them,” said Johnson.

When the outgoing unit leaves, the new unit takes over with enough information to get started. “Once that happens, that person is free to make any changes that he or she thinks would be necessary,” Johnson said.

This training lasts two weeks for the HHC. “It’s pretty fast and furious, but it does work real well,” said Capt. Bryan Hughes, Johnson’s replacement. “It’s like everything else we do in the military. You present the standard, do a practical demonstration and then test.”

In addition to the training, Hughes and Johnson have to do inventory. “Not only do I have to show my replacement what HHC does, we also have to account for all the property,” Johnson said.

The additional responsibility of inventory forces Johnson to prioritize and be organized, he said.

The inventory is also a way to meet with people. “I have a great opportunity to learn about people by doing the property inventory,” said Hughes. “You go to every section. You can put a name to a face in every section.”

In addition to learning each section and what their responsibilities are, the next important thing with the training is finding the limits of the job and making mental notes of what can be improved in the future, said Hughes. “There is such an impact in the change of personnel, you want to gradually ease into it. You really can’t do that until you have the knowledge of what the job entails.”

This left seat – right seat training is similar to the training Johnson received, but a little better, he said. “You always want to make what you’re given better for the next guy,” he said. “I think the property accountability is one of our biggest improvements.”



Photo by Spc. Timothy Book

Maj. Ted Johnson (left) and Capt. Bryan Hughes conduct a property inventory during left seat – right seat training.

Hughes said he has two challenges he wants to focus on. “The first is finishing the property inventory and finding a way to make it better for the next person. Also, I’m a very troops-oriented person and I want to interact with the Troops more. Taking care of the Troopers is the biggest responsibility of HHC,” he said.

Hughes is looking forward to the mission that lies ahead. “This is a great opportunity to learn what it’s like to work in a joint environment. It’s a challenge, but it’s a great opportunity,” he said. “The experiences our troops are going to get over the next year will make them better leaders and better Soldiers.” ■

Commissions start again

Commissions are scheduled to resume next week for three detainees held here.

Ali Hamza Ahmed Suleiman al Bahlul, Sufyian Barhoumi and Ghassan Abdullah al Sharbi are scheduled to appear before the commission Wed. thru Fri.

Approximately 16 international and domestic media outlets are expected to be on-island reporting on the proceedings, according to Army Capt. Bruce Roberts, public affairs officer with the Office of Military Commissions.

Also expected are several non-government organizations who will observe the proceedings, according to Army Lt. Col. Curt Salvesson, Director, JTF-GTMO Joint Visitor Bureau.

What am I doing here?

By Navy Capt. Thomas Beall

Navy Element Commander

During my time in GTMO, I've come across some people who have not been particularly happy to be here. In some cases, it has been because the individual was not happy about coming on a short-notice deployment. In others because the individual was not happy about the job he or she has drawn.

Let me start by saying that I was not particularly happy when I got tapped on short-notice for this deployment. I had a number of things I was looking forward to doing this year. My first reaction was one of disappointment and sadness at having to leave my wife, friends and home. Likewise, there have been a number of occasions in my naval career when I have not been thrilled about my assignment. I can sympathize, therefore, with one who is reluctant to take on the challenge of a deployment or one who is unhappy because he / she does not get the job he / she wants in an organization.

Service, however, is not about professional development or personal satisfaction - although it is nice when those things happen as a result of our service. We are here in GTMO to accomplish the mission and bring the crew home safe. We serve where our leaders and commanders feel we can best contribute to doing those two things. Sometimes we like the job we have drawn, sometimes we don't. In my experience, however, every job we do in the service - if we do it with honor, courage and commitment - brings its own rewards. In my case: I have been given the opportunity to lead Sailors as they train for this mission, I have been given the opportunity to put my philosophy of command into practice once again to contribute to mission accomplishment, and I have been given the opportunity to learn about other (more important) aspects of leadership - the importance of providing guidance, experience, and mentorship to those junior to me. Of course, whether I have done any of this well, I will leave you to judge. Still, in retrospect, I would not have traded this experience for any other.

This lesson is reinforced in a book I recommend you read. The Caine Mutiny is the great novel of the United States Navy. In one passage, the hero of the book - Ensign Willie Keith - is disappointed at being assigned to USS CAINE, a broken-down, WWI-vintage destroyer-minesweeper. His father, who is dying, writes a letter to his son that Willie reads when he is enroute to the ship (which is operating in the Pacific in the Second World War). This letter speaks to the rewards of service that we may not, at the outset, appreciate:

"I know you're disappointed at having been sent to a ship like the CAINE. Now, having seen it, you're probably disgusted. Well, remember this, you've had things your way too long, and all your immaturity is due to that. You need some stone walls to batter yourself against. I strongly suspect you'll find plenty of them there on the CAINE. I don't envy you the experience itself, but I do envy you the strengthening you're going to derive from it.

... Don't waste brain power over the far future. Concentrate on doing well now. Whatever assignment they give you on the CAINE, remember that it's worthy of your best efforts. It's your way of fighting the war.

... Remember this, if you can - there is nothing, nothing more precious than time. You probably feel you have a measureless supply of it, but you haven't. Wasted hours destroy your life just as surely at the beginning as at the end - only at the end it becomes more obvious. Use your time while you have it, Willie, in making something of yourself."

The same is true of the jobs we have drawn in this new war. Whether you are pleased with your job or not, it is worthy of your best efforts because those efforts will contribute to accomplishing the mission and bringing the crew home safe. In the process (perhaps through battering against some "stone walls") you will be strengthened by your efforts. Every job I have had in the Navy - the enjoyable and the not-so-enjoyable - has done that for me. As a result, I can look back with a great deal of pride and satisfaction on my service and the rewards I have reaped from it. I certainly haven't wasted my time.

Honor Bound! ■



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Veterans helping veterans

By Army Sgt. Todd Lamonica

JTF-GTMO Public Affairs Office

Treatment of veterans was not always good. Go back to the late 1800's; the Spanish American War had just ended. Citizens of this nation, as well as our own government, were not in tune with the proper caring of veterans returning from war. Programs to help veterans recover from their wounds and disabilities did not even exist until the 1920's. Many troops were processed out, given two months pay and left to find their own way home.



Society had forgotten about these men who had volunteered to serve this nation. Jobs, that were once theirs, had been given to others. The sick and disabled were often refused medical treatment and left to fend for themselves.

The veterans were given a raw deal and they needed a way for their voices to be heard. Thirteen former members of the U.S. Army's 17th Infantry Regiment that fought in Cuba during the Spanish American War had a dream. Their dream was to form an organization made up of former service members, regardless of rank, who served

and were awarded a campaign medal from our government.

Their goal was to help those returning from the battlefield in ways such as helping them secure proper medical care, helping veterans find work and giving them a place to congregate and socialize with other veterans. Two men who stood out in the creation of the organization were James C. Putnam and James Romanis. Their efforts proved to be fruitful on September 29, 1899. The first meeting of the American Veterans of Foreign Service was in Columbus, Ohio. One month later, the group formed a corporation to gain national attention.

Upon news of the birth of the organization, camps began to form up and down the east coast. The name "camp" referred to their place of meeting.

The veterans on the west coast were having the same problems as those on the east. A group of veterans from the First Colorado Voluntary Infantry Regiment set out to change things. Gen. Irving Hale, their former commander, played an integral part in helping them form their own service association. Just two months after their east coast counterparts started their organization, the men of the First Colorado would have theirs. The association was called the

"Colorado Society of the Army of the Philippines."

Hale, along with Lt. Col. Henry Lippincott, former Deputy Surgeon General of the Army, would go on to form a separate association to push the government for help in assisting veterans who were disabled.

Eventually, the Colorado Society of the Army of the Philippines merged with the American Veterans of Foreign Service in 1914 and chose the name Veterans of Foreign Wars (VFW).

In 1931, the VFW Rehabilitation Service took over many duties from the National Service Bureau who handled veteran's life insurance, pensions and occupational training. At the time, this service was said to be one of the best.

Soon after the attack on Pearl Harbor, the VFW lobbied hard in Congress to have a life insurance policy for all service members. This bill would set the foundation for the current SGLI. By 1946, membership numbers surpassed the one million mark but would not climb again until 1970.

The VFW would go on throughout the years to become a versatile organization lobbying towards better benefits for returning veterans of all wars of all services.

FMI: www.vfw.org. ■

Caffeine and the Troops

Photo and story by Army Sgt. Todd Lamonica

JTF-GTMO Public Affairs Office

Working long hours while on duty can cause personnel to become tired. Troopers may need something to help overcome sleep deprivation. Stimulants are usually the first choice and can provide a quick pick-me-up. Caffeine is the most widely used stimulant in the U.S. and it's the world's most popular drug, far exceeding nicotine and alcohol.

Coffee, tea, soda and some energy drinks all contain caffeine. The military has done studies on Troops who are engaged in combat or just working long hours. One of the tests was done on Navy Seals. During the test, training participants were deprived of sleep for 72 hours and then given caffeine in varying doses.

The Seals were then taken out to the range to test their sighting and shooting skills. It was found that 200 milligrams of caffeine produced the best results. They found targets faster and more accurately.

The Army has done some testing as well and its findings have led to the production of caffeinated gum that was tested on troops in a laboratory environment. Their results proved that, taken in the right dose, it could improve marksmanship, vigilance and physical performance. The gum is cinnamon flavored and each piece contains 100 milligrams of caffeine. The product was produced in conjunction with Wrigley's Chewing Gum Company.

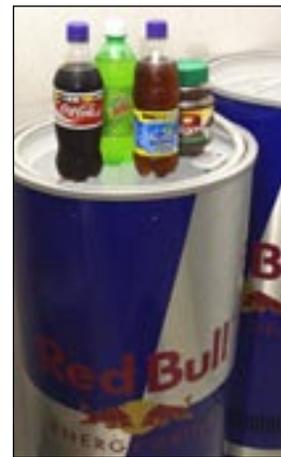
The mission here can be tough at times and Troopers who work long

shifts on patrol or in the camps have their own ways of keeping vigilant and awake. Various energy drinks sold here have varied amounts of caffeine in them. But one that is common to us all is coffee.

"My caffeine intake comes from drinking coffee, I usually drink about two pots of it a day and have been known to drink field coffee on occasion, which is a pack of instant coffee ingested, followed by a drink of water," said Sgt. Todd Hunt, 1/18 Cavalry Regiment.

Another alternative is an energy drink called "Red Bull." Very popular at the NEX, it contains 80 milligrams of caffeine, the equivalent of a cup of black coffee. "When I'm working a 12 hour shift, I'll consume three to four cans. That's all I need to keep me going" said Army Sgt. Fran Josefosky, 1/18 Cavalry Regiment. Along with other ingredients, its makers say, "it gives you wings."

As service members, we face many challenges on the job where being alert for long periods of time is necessary. Although caffeine can help improve alertness, there is no substitute for getting the proper amount of rest to optimize your mental and physical performance. ■



Chit Chat: Computer Security

By Spc. Jeshua Nace

JTF-GTMO Public Affairs Office

In the past we were worried about lions, tigers and bears. In the information age things have changed a bit. Now people worry about spies, hackers and worms.

America has left the industrial age, and manufacturing products have changed from iron and ore to ones and zeros. With all the information flying across cyberspace there is a constant need to protect this new national treasure. The people from Information Assurance (J6) came up with a few ways Troopers can help in the new front to stop information security leaks.

“Our mission is that we have computer information systems and we need to keep them safe, secure, reliable and insure something called non-repudiation. That is when you get a communication from your first sergeant telling you to be somewhere or do something, you know that this email came from your first sergeant,” said Dave Otto, Information Assurance Security Officer (IASO).

This is where Troopers come in. There are many ways to help.

“We are very reliant on user training, making sure users follow the right procedure, and do the right thing,” said Air Force Capt. Ryan Harris, Information Assurance Manager.

Before what actually should and shouldn't be done is discussed, it's important to realize J6 is here to help. As Troopers it's important to be constantly thinking operations security and computer security even about the smallest of things.

“We refer to it as ‘spillage,’ and it's treated very seriously here. It's not just treated with a wink, and an ‘Oh, we will put that in your recycle bin and throw it away, and we're done with it.’ A lot more leg work goes into dealing with it,” said Otto.

“No matter if it's just a small word, such as ‘secret,’ with nothing classified on it. But if the word ‘secret’ is on a NIPRNET (non-secure internet protocol router network) message, that is considered spillage,” said Luis Roblejo, IASO.

And the next time you want to go on your favorite site, remember, “There are certain sites that aren't appropriate,” said Amanda Heady, IASO. Certain sites contain viruses and worms; they can destroy a lot of hard work. If you think something is classified, it's every Trooper's responsibility to notify someone. “If it's on NIPR, and if you think it's classified, call us, call someone! Don't mark it ‘secret’ and send it to other people in



Photo by Spc. Jeshua Nace

Jason Furman, system administrator, monitors the network from the J6 Helpdesk in Camp America, which is next to the IOF.

your unit. If it's marked classified it doesn't belong on the NIPRNET,” said Otto.

It's important to know that not everyone has a need to know; and not everyone on GTMO is in the military. There are families, international workers and media representatives. Remember, the best way to protect yourself is to follow the rules. “Do not share your user name and password! That is a big one, if your buddy uses your account and does something wrong, it's your user name,” said Heady. “Do not introduce outside information onto the NIPRNET. Do not bring in a burned CD with a 100 MP3s, copy it to your hard drive, and expect it to be intact,” said Roblejo.

The general message is, don't be lazy. People are out to get information and they will use anyone. “Lock your screen when you leave your room,” said Heady. These are things that are common sense, but aren't always apparent to some people. Remember not everyone has the same clearance, and NIPRNET is for unclassified information only.

There isn't instant messaging and chat room access on the NIPRNET. “You can do social engineering attacks, via chat sessions; it's like finding information about anything,” said Roblejo.

Everyone should know that these are government computers; administrators have full control of them. “If someone calls you and says they're a system administrator and they need your password, that's a lie. No one here

needs your password to do anything. No one should ever be given your password,” said Heady. Troopers have to get out of the mindset that these are personal computers. These computers are for military use. “You have to realize this isn't the Internet, it's the government NIPRNET, government computers, and a government weapon unit. They are going as far as calling these ‘government weapon units’ because this is now how we do business,” said Harris. Having Internet access is a privilege, but total Internet restriction is always an option. “If we isolated ourselves from the world, we would be alright... well maybe alright. One of the biggest risks is users inside the organization, but when we plug in [to the Internet] we have accepted a level of risk,” said Otto.

If you get blocked when trying to visit a site, and you think you should be able to get on, you can send J6 an email, and state why you need access to this site. If they deny access to that site remember, “It's not just content, politics or morals--it's bandwidth. That's the reason we don't have streaming media and games. Remember one of our missions is about reliability. We can't have a reliable network if it's saturated with media and games,” said Otto.

If you think something is classified on a non-classified network or you have any questions not answered by this article, J6 can be contacted at 3333. ■

Safety; it's everyone

By Spc. Seth Myers

JTF-GTMO Public Affairs Office

Safety is something Troopers have heard preached time and time again. Whether in formation or on the job, its importance is stressed regularly. Unfortunately, the message does not always sink in and because of that, accidents could happen. While some precautions may seem obvious, others may not be easily understood.

“Sure, mishaps happen but the majority of them are preventable. Having a hard landing in a helicopter due to engine failure and damaging ones elbow may not have been preventable. While doing free fall jumps and not correctly landing

and hitting the same elbow is preventable. Just as being injured as a passenger in a HUMMWV was unpreventable to you, but later getting injured while you failed to pay attention to your driving while eating a burger is. Two separate hypothetical scenarios but, point being, the mindset of safety is important and most mishaps are preventable,” said Army Chief Warrant Officer Lisa Skioldhanlin, JTF Safety Officer.

A prime example of a misunderstood safety rule is the use of reflector belts. You have to wear reflective belts when out in civilian attire and while in uniform at night. It is easy to understand why they are used at night, but why during the day?

“Simply to get into the mindset of wearing it. It needs to be worn on your torso in order for you to be seen. It is for your protection! Reflective belts need to be seen, so make sure if you wear a backpack or camelback, it too has a reflector belt. Use sidewalks, if available, for walking and running. If unavailable, run or walk facing the traffic as you are not part of traffic, unless you are in formation. You have the right to use the edge of the roadway, but I for one, step off the roadway if a car is coming toward me and there is lack of

room. I would rather be alive than prove the point that I had the right to be there,” said Skioldhanlin.

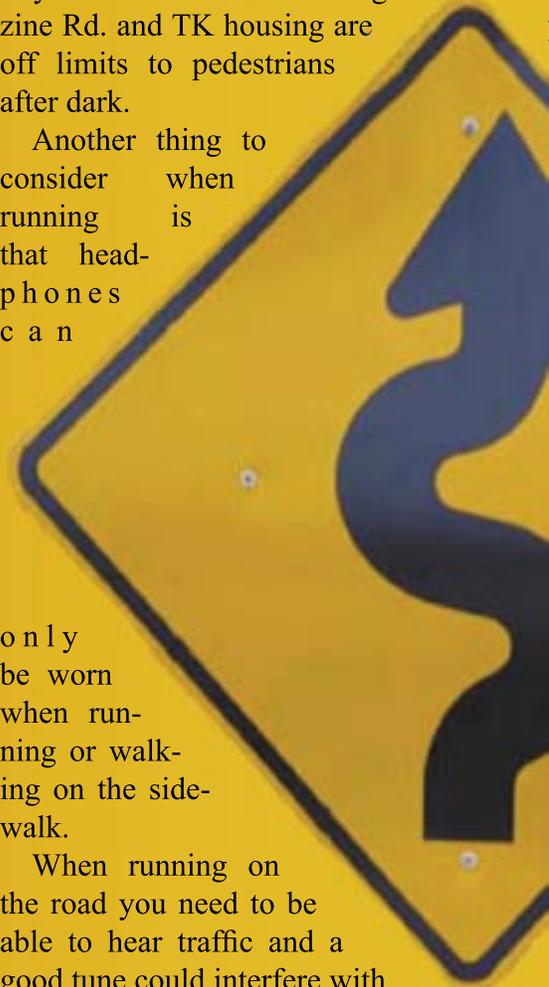
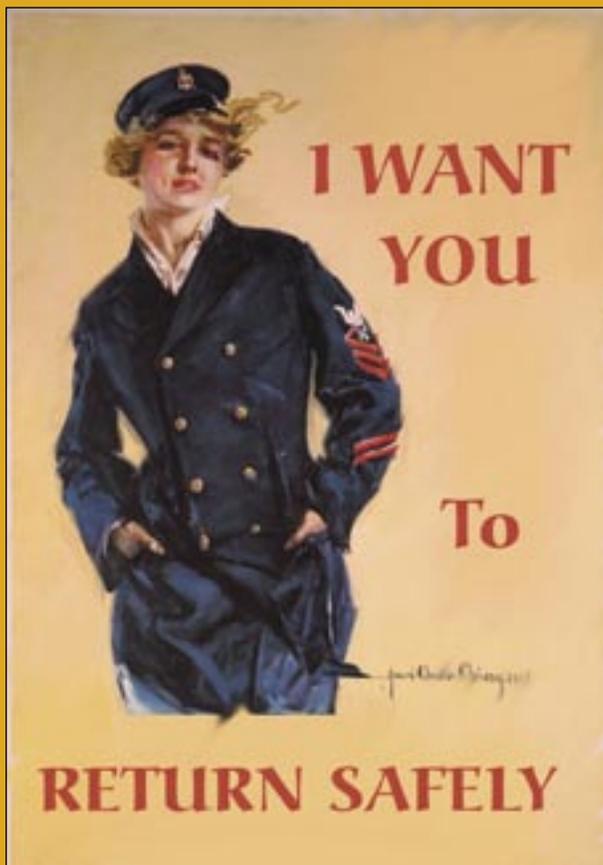
Skyline Dr., Tarawa Rd. and Kittery Beach Rd. between Magazine Rd. and TK housing are off limits to pedestrians after dark.

Another thing to consider when running is that headphones can

only be worn when running or walking on the sidewalk.

When running on the road you need to be able to hear traffic and a good tune could interfere with that. If you prefer to bike, add a helmet to these rules and you are set.

Road safety is important here, too. If the speed limit signs don't drive the point home, just look at the DUI posters all over the place. Road safety is important. Remember to inspect your vehicles to ensure everything is operable and drive safely.



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Tailgaters, speeders, U-turners, DUI are all fair game to the cops, as it is all illegal. The speed limit on the majority of the roads is 25mph. Tailgating will not get you anywhere faster. While not posted, all U-turns are illegal here, so take that as a public service message," said Skioldhanlin.

If you are going to drink alcoholic beverages, always have a

designated driver. If a

driver has a few alcoholic beverages, there is a bus service. It isn't hard to catch the shuttle and it goes a long way.

DUI here is 0.05 percent, the DWI is 0.08 percent. The minimum drinking age is 21. Enough said? Probably not, as much stupidity happens while you are under the influence. Drink in moderation. Don't get hammered," said Skioldhanlin.

Another misunderstood rule

is the smoking policy. This isn't a moist environment. Fires can be started by something as small as a cigarette butt, so stick to the designated smoking areas where they can be properly disposed of.

"Don't let the small, unexpected rain showers we have had fool you. It is dry and much of the vegetation is available tinder. Be aware of pots on the stove left unattended as they will boil dry and cause fires that are totally preventable. Also, make sure you keep an eye on candles as they might be pretty, romantic and smell nice but that is only if they are monitored. They can easily turn into a disastrous foul-smelling fire," said Skioldhanlin.

Be sure to have someone with you when out on or in the water. Don't do anything crazy and stay within your limit,

which leads us to PT. Don't push so hard that you hurt yourself.

"PT and sports related injuries account

for half of the reported mishaps and probably over 80 percent total, as many are unreported. As many here are of "mature" ages we need to remember to do more stretching. Now, if you are in your 20's, remember you are not Superman and do have some limitations to how much your body can take," said Skioldhanlin.

These are just a few ways to be safe during your time here. Take the time to not only consider these precautions but also educate yourselves on all the safety policies. They are there for a reason: to protect you and others. ■



ONLY YOU



U.S. Olympic team making mistakes

Commentary by Spc. Ian Shay

JTF-GTMO Public Affairs Office

At the start of the XX winter Olympics, America was holding its head high. Our crop of winter Olympians was looked at as the best our country has had to date. But some costly upsets and a few disappointing medal runs have left the U.S. competing for a measly third place in the medal race.

The U.S. women's hockey team looked hard nosed to take the gold medal this year, but last Friday a young Swedish team came back from a 2-0 deficit to win a shootout in the end. It is the first time the U.S. women's team has lost to anyone but Canada. The U.S. women then lost any chance at gold or silver, but managed to win 4-0 against Finland Monday and took home the bronze.

In men's hockey, the U.S. team would barely tie their first game against Latvia 3-3. They would bounce back against Kazakhstan easily defeating them 4-1, but would again drop the ball against Slovakia 2-1. Next, the men's team would face Sweden but would lose again 2-1 and eventually lose any chance at a medal round.

Hockey isn't the only event the U.S. is falling short on. Female snowboarder Lindsay Jacobellis grabbed her board on the second to last jump on the snowboard cross and crashed before the finish, allowing Swedish boarder Tanja Frieden to take the gold medal. Now, Jacobellis did medal silver but losing a giant lead to an act of pure ego is inexcusable and embarrassing for her team.

Next, we have figure skating. First, Olympic legend Michelle Kwan drops out of the competition with a groin injury and then Johnny Weir lost a chance at medaling because he missed a bus. "I never felt comfortable in this building," Johnny said after dropping from second to fifth. "I didn't feel my inner peace. I didn't feel my aura. I was black inside." What did he say? Just be an adult and admit your mistakes. Don't blame it on the aura of a building.

Now we move to speed skating, an



Dusan Vranic/AP Photo; Elsa/Getty Images

Shani Davis (left) and Chad Hedrick may not like each other but they can't ignore the talent.

event so competitive that the U.S. team is bad mouthing each other. Shani Davis has won a gold medal in the 1,000-meter and Chad Hedrick won gold in the 5,000-meter speed skating events, but apparently the teammates aren't on speaking terms. Davis became the first African-American speed skater to win a winter Olympics' gold medal and was criticized by Hedrick for not competing with his team in the pursuit event.

Davis said had he participated in training for pursuit, his 1,000-meter chances

would have been hindered. Everyone wants gold but refusing to compete with your team to ensure your own medal is not what being in the Olympics is about. It's about representing your country in order to show the world the pride you uphold as an American athlete.

Although things have been pretty rough for our U.S. team, we still have gold medalist Shaun White "the flying tomato" as he and his snowboard show the rest of the U.S. team how to relax and have fun. ■

Olympic medal count

Medals	Gold	Silver	Bronze
Germany	9	10	5
Russia	8	4	8
U.S.	7	8	5
Austria	8	6	5
Canada	5	8	6

Serving amidst adversity; African Americans and the Red Cross

By Spc. Seth Myers

JTF-GTMO Public Affairs Office

African Americans have proudly shared in the humanitarian work of the American Red Cross since its founding in 1881. Despite the societal prejudices against them and the obstacles they faced, African Americans have persisted in reaching out to help others.

Frederick Douglass, a very influential African-American in the anti-slavery movement and politics in general, was one of the founders of the American Red Cross.

In 1915 the first African-American nurse, Frances Elliott Davis, was officially approved by the organization. At first, African-American nurses were marked with an A in their designation, until they stopped that practice in 1949.

In 1917, during World War I, the Red Cross certified about 1,800 Af-

frican-American nurses for military duty, but the Red Cross had no choice in their assignment. It wasn't until 1918 that the first group of African-American Red Cross nurses were accepted, however they weren't permitted to serve overseas.

African Americans have contributed to the American Red Cross continuously for over 100 years. The Red Cross has entered into long-term cooperative agreements with the National Association for Equal Opportunity in Higher Education and the Hispanic Association of Colleges and Universities, and operates several programs that successfully recruit and develop minority employees, and promote diversity outreach. ■



Photo found on redcross.org

African American leaders meet with the Red Cross in 1942.

Guantanamo Detainees Being Held Legally, Official Says

By Steven Donald Smith

American Forces Press Service

WASHINGTON, Feb. 15, 2006 - Detainees at U.S. Naval Station Guantanamo Bay, Cuba, are being held in accordance with the laws of armed conflict, John Bellinger, a State Department legal adviser, said here today.

"The vast majority of the people who are in Guantanamo are being held under the typical laws of war," Bellinger said at a State Department Foreign Press Center briefing. "When we went into Afghanistan with the coalition, that was clearly a state of international armed conflict in Afghanistan, and clearly, the laws of war would apply to that."

Bellinger said most of the detainees were captured on the battlefield, but are not categorized as prisoners of war because al Qaeda is not a signatory to the Geneva Conventions, and "neither the Taliban nor al Qaeda met any of the definitions of the term 'prisoner of war'" outlined in the conventions.

Due to security threats, "the Geneva Conventions themselves make very clear ... that there would be certain categories of individuals -- spies or 'saboteurs,' ... who should be considered to have forfeited their rights of communication with the outside world," he said.

Bellinger commented on a forthcoming U.N. report regarding the detainees at Guantanamo.

"The U.S. government has seen an advance draft of it," he said. "We think that the report is fundamentally flawed in its procedures and is riddled with inaccuracies and really was done in a way, frankly, that discredits the report overall and the work of the rapporteurs in this effort."

Bellinger criticized the U.N. for writing the report without visiting Guantanamo, even though they had been invited to do so.

He made the point that activities at Guantanamo are transparent and that more than 1,000 members of the media, numerous members of the U.S. Congress, and representatives from the International Committee for the Red Cross have repeatedly visited the facility.

"So instead, the report of the rapporteurs, which purports to be a balanced review, is based only on statements from members of al Qaeda or the Taliban who've been released from Guantanamo or their defense counsel," he said.

He also slammed the report for insinuating that force-feeding detainees engaged in a hunger strike amounted to torture.

"It's a little bit difficult to understand how the U.N. rapporteurs, without having interviewed anybody in the U.S. government, would accept at face value the assertions of the defense counsel that this definitely amounted to torture," he said.

Bellinger said the report even got the definition of torture wrong.

"In the Convention Against Torture, the convention says that torture is a activity that is specifically intended to cause severe medical pain or suffering," he said. "Well, I think that on its face, that no one would accept that our doctors, by giving someone food and nourishment, are intending to inflict severe physical pain or suffering on them."

He said that hunger strikers are fed through feeding tubes.

"It's a very, very small feeding tube. It's exactly the same procedure as used in any hospi-

tal in the United States for any individual who needs to be fed directly," he said. "It is a tiny, four-millimeter tube in which lubricant is actually used, and the detainees are offered the choice of a painkiller, if they want one."

When asked if detainees should be tried or released, Bellinger reiterated that U.S. operations in Afghanistan are part of an international armed conflict and the detainees picked up there were participants, therefore, the appropriate legal procedure is to hold them until the end of the conflict.

"We release individuals who we think cease to pose a threat," he added.

Bellinger also talked about the trial of Saddam Hussein.

"We've seen the press stories coming out about Saddam's antics and disrespect for the court," he said. "What's actually being missed is in addition to the antics of Saddam and other defendants, is that justice is in fact being done."

He said Iraqis see the difficulties associated with the trial, but "it's unfortunate that the stories are not focusing equally on the witnesses who are coming forward to tell their stories of the abuse that they suffered. ... This is actually what the Iraqis are seeing."

Bellinger also briefly commented on new Abu Ghraib prison photos that were shown today on Australian television depicting "conduct that is absolutely disgusting."

"It's unfortunate, though, that the photographs are continuing to come out because I think it simply fans the flames at a time that sentiments on these issues are raw around the world," he said. "People know, the world knows, that this behavior went on. It was described. It's been prosecuted. There's no value that can be added." ■

Laughter is the best medicine

By Army Chaplain (Lt. Col.) Robert Palmer

JTF-GTMO Chaplains office

Robin Williams played the role of Hunter "Patch" Adams in the 1998 film "Patch Adams". It was the true story of the renowned medical doctor, clown and social activist who, in the 1970's, treated patients illegally using humor. Hunter "Patch" Adams is the founder and director of the Gesundheit Institute, a holistic medical community that has provided free medical care to thousands of patients since it began in 1971. He also authored *Gesundheit*, which chronicles his ideas about the U.S. healthcare system.

"The old saying that 'laughter

is the best medicine,' definitely appears to be true when it comes to protecting your heart," says Michael Miller, M.D., director of the Center for Preventive Cardiology at the University of Maryland School of Medicine.

In a recent study by cardiologists at the University of Maryland Medical Center in Baltimore researchers compared the humor responses of 300 people. Half of the people had either suffered a heart attack or undergone coronary artery bypass surgery. The other half had heart disease.

One questionnaire had a series

of multiple-choice answers to find out how much or how little people laughed in certain situations, and the second questionnaire used true-false answers to measure anger and hostility. Miller said that the most significant study finding was that "people with heart disease generally laughed less, even in positive situations, and they displayed more anger and hostility."

Judy Goldblum-Carlton, a humor therapist at the University of Maryland Hospital for Children's Division of Pediatric Hematology/Oncology stated that "when you laugh heartily, every organ is being massaged including your heart and lungs. When you laugh the endorphins released makes those

big decisions seem so much less important."

So how can you make yourself laugh, even when you're angry or tense? And how can you improve your sense of humor and add more laughter into your life? Here are a few suggestions: (1) figure out what tickles your funny bone; (2) rent a funny movie; (3) laugh with others; (4) find humor in seemingly ordinary, everyday things; (5) remember a funny moment; (6) laugh at yourself; (7) make fun of your fears; (8) learn to play; (9) lighten up! Finally, just appreciate the importance of laughter. "A happy heart makes the face cheerful"-Solomon. ■

What Drives Me Nuts!

By Army Chaplain (Lt. Col.) Chris Molnar

JTF-GTMO Command Chaplain

"Fat Tuesday," my fellow JTF Troopers, is the literal translation of the French "Mardi Gras." It is the time for all good people to get out and celebrate, you know, PARTY! The Germans, always interested in outdoing the French, call it "Fasching" and spend a week or so at it instead of one day. But what, pray tell, are they celebrating? This is what drives me nuts.

What drives me nuts is taking a perfectly good religious holiday and standing it on its head. Yes, fellow JTF Troopers, Mardi Gras is a religious holiday. It is the Tuesday before Ash Wednesday. The Church of England calls it "Shrove Tuesday." It was originally meant to be a day of making confession of one's sins and receiving of forgiveness (absolution). This was part of the preparation for Ash Wednesday, the first day of the Church Season of Lent-the forty days before Easter not counting Sundays. On Ash Wednesday, the priest or minister applies ashes to the forehead of those desiring to repent of their sins. Ashes are a biblical symbol of sorrow for sin (Job 42:6; Matthew 11:21). Many Christian groups have practiced various forms of fasting during Lent. Fasting is normally associated with giving up food and water. It can, however, also imply giving up other things in the desire to gain greater control of a rebellious body that seems to have a mind of its own. Mardi Gras seems to be a celebration of self-indulgence in preparation for fasting. I suppose there is some perverse logic in it. Could this logic be, "Let it all hang out in order to have plenty for which to be forgiven?" What do you think?

Psalms: 51 is a good part of the Bible to read if you can't make it to church Ash Wednesday. It will be one of the featured Bible readings at the brief Ash Wednesday service at Troopers' Chapel at Noon on Ash Wednesday, Mar. 1. For those of you who hap-

CAMP AMERICA WORSHIP SCHEDULE

Sunday	9:00 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	8:00 a.m.	Pentecostal Gospel	Room 13	
	9:00 a.m.	Catholic Mass	Main Chapel	
	9:00 a.m.	Church of Jesus Christ of Latter-day Saints	Sanctuary A	
	9:30 a.m.	Protestant Sun. School	Main Chapel	
	10:00 a.m.	Protestant Liturgical	Sanctuary B	
Monday	11:00 a.m.	Protestant Service	Main Chapel	
	1:00 p.m.	Gospel Service	Main Chapel	
	5:00 p.m.	Pentecostal Gospel	Room 13	
	7:00 p.m.	Prayer Group Fellowship	Fellowship Hall	
	7:00 p.m.	Family Home Evening	Room 8	
	Tues. to Fri.	12:00 p.m.	Daily Mass	Cobre Chapel
	Wednesday	7:00 p.m.	Men's Bible Study	Fellowship Hall
Friday	12:30 p.m.	Islamic Prayer	Sanctuary C	
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.

pen to be on the NAVSTA side of the island that day, you may attend Catholic Ash Wednesday Mass at Noon and 6 p.m. in the Main Chapel, or the Liturgical Protestant Ash Wednesday Worship at 7 p.m. in Sanctuary B of the NAVSTA Chapel.

Maybe we could limit ourselves this Mardi Gras to a couple of beers, some Gumbo, and a little Cajun music. There may already be plenty of sins for each one of us to ask God to forgive. ■

Winner of JTF Trooper of the Quarter

15 Minutes of Fame with Spc. Mario Alvarado

By Spc. Jeshua Nace

JTF-GTMO Public Affairs Office

Spc. Mario Alvarado, Alpha Troop, 1/18th Cavalry Regiment, is the new JTF Trooper of the Quarter.

How long have you been here?

I have been here for 11 months and I'm very happy and proud to finally go home to my girlfriend and family.

How does it feel to go home?

It makes me proud to know I've done this for my country. It is so fulfilling, knowing that I did my part to the best of my ability for Operation Enduring Freedom. It feels good to know that I've made a difference in my community as a citizen Soldier.

What are your plans for when you get home?

Well first of all, I plan on relaxing and seeing all my friends and family. I also want to start the path to obtain a college degree and start a career in telecommunications. But, I'm really looking forward to eating some real Mexican tacos and going to In and Out. It is going to feel so good to be back home.

What were some of your best experiences here?

I was given some good opportunities like winning the JTF Trooper of the Quarter board and participating and finishing the cavalry spur ride. I have been able to make friends from all over California, people who have a vast array of personalities, backgrounds and nationalities than I have known before.

Is there anything you would take back if you had a chance during your time here?

I wish that I could have taken more

college courses and been more motivated to hit the gym more often. I also wish I would have taken full advantage of MWR activities like scuba diving and that huge paintball course. Without a vehicle, it gets kind of hard to get into doing these things.

How has working with the Joint Task Force affected the way you feel about the military?

It's been an honor to work alongside the Navy, Air Force, Coast Guard and the Marine Corps. I know now the dedication and pride of all United States military branches. Everyone does their part and handles it with professionalism.

Have you been deployed or been activated previously?

No. This is my first deployment, but I now know that it won't be my last. This deployment has allowed me to gain more knowledge and lots of experience. This was definitely a good first deployment. It allowed me to learn a lot through trial and error in a place that is safe, instead of where bullets are flying. I learned a lot through personal experience and observing other peoples mistakes.

If you weren't here, what would you have been doing?

I would be working and going to school.

What is important about your job?

Someone has to do it, and I'm glad and proud to be given this opportunity. My job is to protect and secure our freedom;

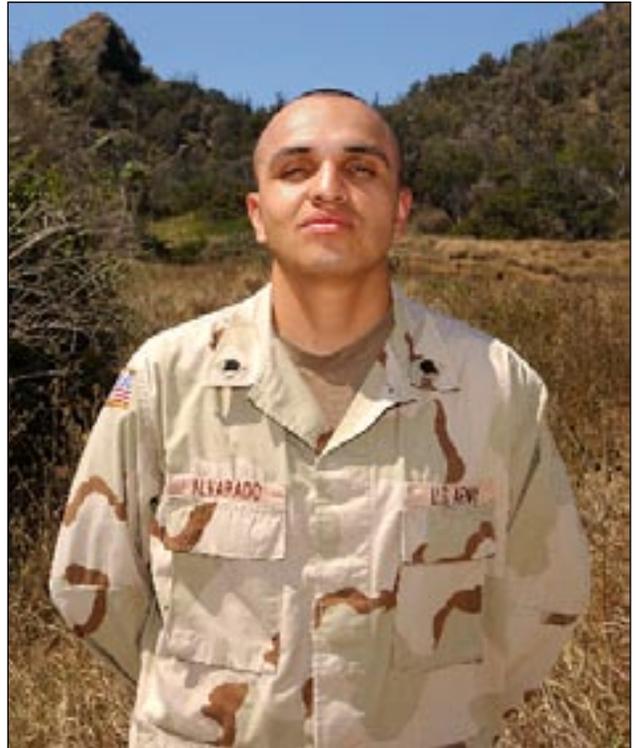


Photo by Spc. Jeshua Nace

our way of life.

What do you love about your job?

The feeling I get from knowing that we're making a difference in the grand scheme of things. No matter how minute it may seem now. I really enjoy my job, the cavalry's mission is mostly outdoors and I get to enjoy nature and freedom. I love the beautiful sunrise and sunset views over the Caribbean Sea that you get here. It is much better than feeling confined and trapped inside the same building for an entire year. Hooah! ■

15 Minutes of Fame

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



Photo by Spc. Timothy Book

▲Coast Guard Petty Officer 3rd Class Matt Davis, PSU-305 coxswain, throws the ball during a scotch doubles bowling tournament Sunday. His partner was Sgt. Alisha Knight, HHC Administration clerk for the commander and 1st sergeant.



Photo by Army Sgt. Todd Lamonica

▲Army Cpt. Brian Keels, 1/18 cavalry regiment, HHT, works on the soon to be 1/18 cavalry monument in the boneyard.

►Maj. Matthew Edwards, Legal Assistance Officer received a certificate and coin Mon. from Lt. Col. Jeremy Martin, Public Affairs Officer. Edwards wrote several pieces for The Wire on a variety of legal topics.



Photo by Army 1st. Lt. Angela King-Sweigart

AROUND THE JTF



Photo by Army 1st. Lt. Angela King-Sweigart

▲(left to right) Petty Officer 3rd Class Sean Marek, Petty Officer 2nd Class Rusty Newburry, Seaman Damion Martin and Petty Officer 2nd Class Brenton Pierre received a Coin of Excellence from Maj. Gen. Jay Hood Tues. The Sailors are supporting commissions by serving with the security force.



Photo by Spc. Jeshua Nace

◀On Feb. 16 five JTF Troopers were baptized in the waters off Windmill Beach. Chaplain (Lt. Col.) Robert Palmer and Chaplain Assistant Staff Sgt. Mario Canedo conducted the baptism for Staff Sgt. Manuel Hernandez, A Troop, 1-18th Cavalry.