

THE WIRE

A News Magazine

HONOR BOUND TO DEFEND FREEDOM

**Joint Task Force
Guantanamo's
Finest News Source**

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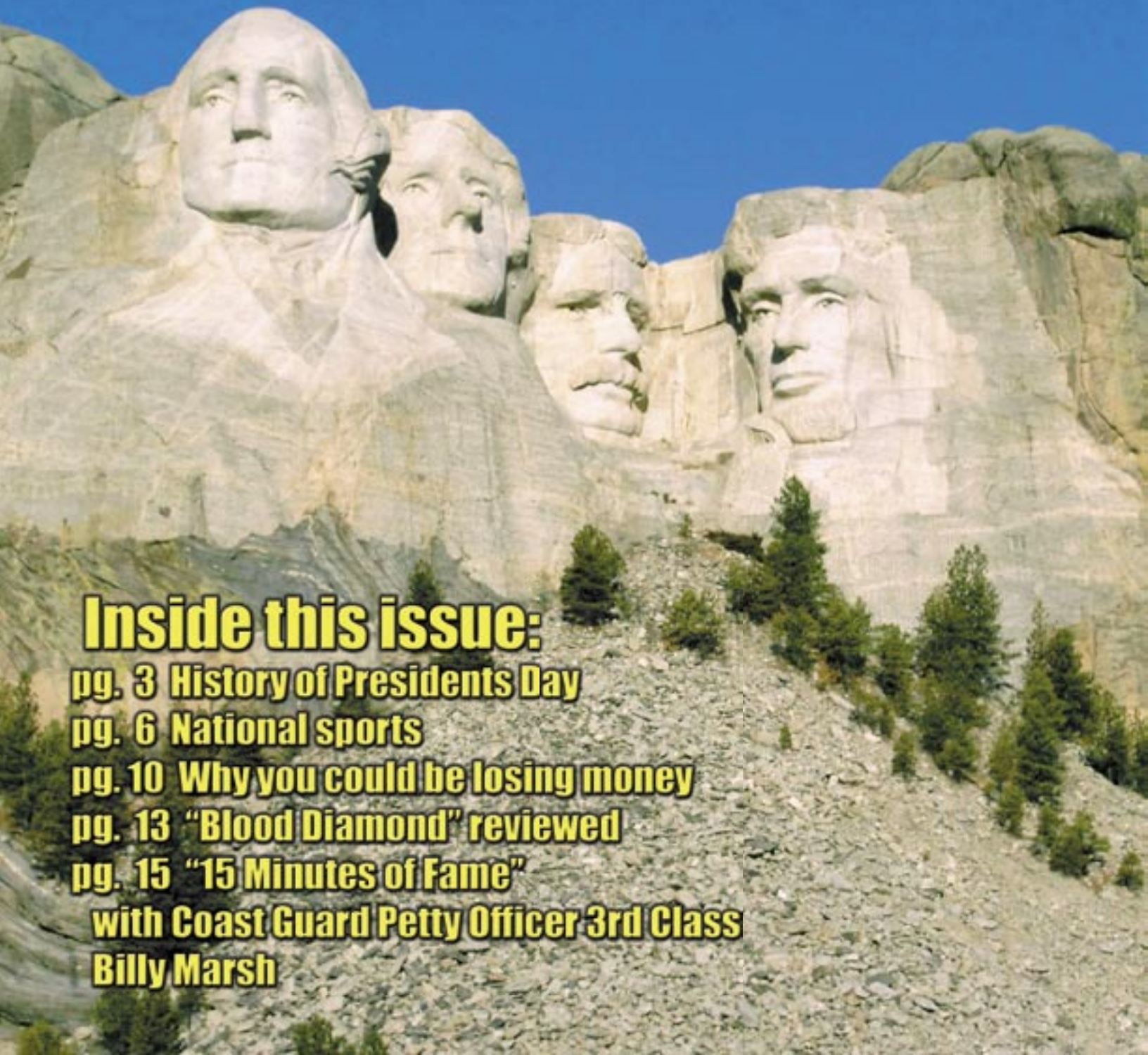
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Time to Get Fit

By Army Command Sgt. Maj.
Jeffrey Plemmons

525th MP Battalion CSM

According to the National Center for Health Statistics, 30 percent of adults in the United States, 20 years of age or older, are obese. That's over 60 million people. In addition, the percentage of overweight young people has more than tripled since 1980. Among children and teens aged six to 19, 16 percent, over nine million, are considered overweight.

Since Troopers are a microcosm of our society, it's safe to say that many of us could stand to shed a few pounds. The following are some tips that may help you maintain a consistent weight and reasonable fitness level.

First, let's focus on weight control. Weigh yourself everyday, this should be done first thing in the morning before you eat or do any physical activity. Here's my thought behind that; a diabetic doesn't wait until he's about to go into insulin shock before he checks his blood sugar. He monitors it constantly and takes immediate action to correct any problems. The same should be true with weight. Monitor it daily. If you gain one pound, don't take the attitude "it's just one pound," because before long it will be five, 10, 15, or 20. The problem with waiting until you're 20 pounds over weight to make a change is, people are impatient. We want results and we want them now. When the weight doesn't come off as fast as we would like, we get discouraged and give up. When you realize a slight increase in your weight you should immediately reduce caloric intake for a day or two, increase physical activity and lose the one pound while it's easily manageable.

Obviously, the second part of being fit and maintaining a healthy weight is exercise. There are five components of physical fitness: cardio respiratory endurance, muscle strength, muscle endurance, flexibility and body composition. Your exercise program needs to address each of these areas



equally. Naval Station, Guantanamo Bay provides free microfit assessments to help you identify your weak areas and develop an exercise program to address all the components of fitness.

The most important part of having an exercise program is developing an approach to execute it regularly. There are seven principles of exercise: progression, regularity, overload, variety, recovery, balance, and specificity. Without question the most important one is regularity. Regularity, in this case, means three to five exercise periods per week focusing on each of the five components.

Here are my suggestions to help you ensure regularity. Make working out a priority. You can't afford not to do it. Exercise reduces hypertension (stress), increases stamina, helps control weight, reduces risk of coronary heart disease, reduces risk of high blood pressure and improves self esteem, just to name a few.

Get a partner to workout with. If you don't particularly care for working out, pick a partner who loves to workout. Chances are if you don't like working out and neither does your partner, it won't last long. Develop a program that can be executed in a relatively short amount of time, between 45-60 minutes, that way you can fit it into your schedule no matter how busy you get. I know this approach may not work for everyone, but try it. You have nothing to lose but a couple of those extra pounds. Good luck! ■

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In honor of our

American Presidents

By Army Spc. Phil Regina

JTF-GTMO Public Affairs Office

Every four years the United States elects an individual to lead this great nation. From its founding days to the challenges we face today, the U.S. has always had a president to tackle the tasks of the time. George Washington, Abraham Lincoln, John F. Kennedy. Each name echoes in greatness. Each individual answered the call.

Every February the U.S. honors these great individuals by celebrating Presidents Day.

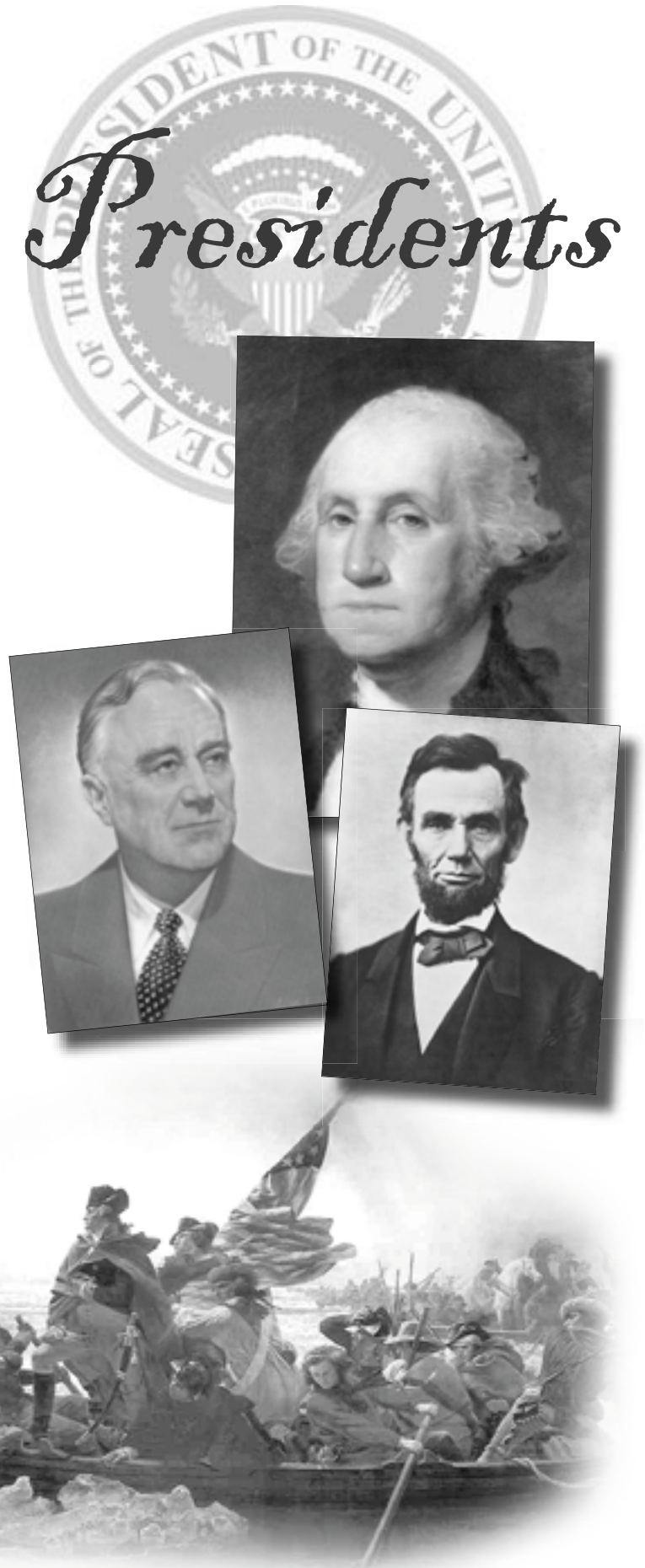
Presidents Day originates from honoring George Washington's birthday, February 22, 1732. In fact, according to the federal government, the official title of the holiday is Washington's Birthday.

The first celebration of Washington's Birthday as a holiday was in the District of Columbia in 1880 and was later expanded in 1885 to include all federal offices. The celebration originally took place on Washington's actual birthday. It wasn't until 1968, under the Monday Holidays Act, that the holiday was moved to the third Monday in February.

In addition to moving the holiday, congress attempted to change the holiday's title to Presidents Day, which was denied.

Since Washington's Birthday is a federal holiday, celebrating it varies with each state. The term each state uses during the celebration also varies. Some states celebrate it specifically as Washington's Birthday, while others celebrate Presidents Day.

The term Presidents Day was never officially adopted by the federal government, but it remains a part of the popular consciousness. This is partly due to the fact that some states refer to the holiday as Presidents Day, as do many advertisers, greeting card companies and calendar companies. ■



Technology helps Soldiers stay close to loved ones

By Army Pfc. Benjamin Gable

American Forces Press Service

CAMPLIBERTY, Iraq, Feb. 10, 2007 – “Snail mail” is quickly becoming a thing of the past for deployed soldiers thanks to the 1st Cavalry Division’s commitment to keeping families close through video teleconferences.

“The guys love using the VTC capabilities here, and we stay busy all the time,” said Army Staff Sgt. David Beach, a cable system installer with Headquarters, Headquarters Company, Division Special Troops Battalion, 1st Cavalry Division, and noncommissioned officer in charge of the division’s VTC program.

VTC isn’t new to Iraq. The 1st Cavalry Division furnished the capability in Operation Iraqi Freedom II, almost four years ago. It is used for operational purposes, Family Readiness Group meetings by the command, and to keep soldiers in contact with loved ones back home. Before this option was available, soldiers were forced to wait one to two weeks for a letter in the mail

or wait in long lines to use phones.

Though not new, improvements in technology have made VTC operations better.

“Everything is better this time around,” said Sgt. Michael Cooper, a common ground station operator with the division’s headquarters.

“Now we have a reliable Internet, cell phones and we can sign up to use the VTC to see our friends and family back home,” added the Killeen, Texas native. “This is a great benefit for all deployed soldiers.”

Using the VTC is simple. It’s available to any soldier assigned or attached to a 1st Cavalry Division unit. After a soldier informs his chain of command, arrangements are made with the family in the rear, and a time and date are set. There is typically a short waiting period to allow coordination with the rear detachment.

Then, when the time comes, a soldier simply shows up at the division main headquarters between the hours of 10 p.m. and 9 a.m. Each soldier gets 15 minutes to speak with loved ones in the “Stetson

Room.”

“This is an important tool for soldiers because it builds more morale when they can actually see their loved ones instead of just speaking with them over phone or Internet,” said Beach, a native of Chickamauga, Ga.

The program has been a popular one, Beach said. The division main is averaging 40 VTCs a month. Holidays are the busiest times, he added.

Soldiers and family members benefit from the program. “Last time I was deployed I didn’t talk to my family for eight months,” said Army Staff Sgt. Lorenzo Antley, a military intelligence analyst from Orangeburg, S.C., assigned to the division headquarters.

“Being able to see my wife and children now keeps me motivated and ready to get back in the fight. They also get a chance to see me and know I am doing fine,” he added.

Antley said he will continue to use the program throughout the year, making this deployment to Iraq better than his last. ■

Security bulletin: Handling protected information

By Frank Perkins

JTF-GTMO Special Security Office

Deliberate or negligent failure to comply with rules and regulations for protecting classified or other sensitive information raises doubt about an individual’s trustworthiness, judgment, reliability, willingness and ability to safeguard such information, and is a serious security concern.

Protected information includes classified as well as sensitive unclassified information (e.g., proprietary, privacy, export-controlled, For Official Use Only, etc.)

Conditions that could raise a security concern and jeopardize one’s security clearance include:

- (a) deliberate or negligent disclosure of classified or other protected information to unauthorized persons, including but not limited to personal or business contacts, to the media, or to persons present at seminars, meetings, or conferences
- (b) collecting or storing classified or other protected information at home or in any other unauthorized location
- (c) loading, drafting, editing, modifying, storing, transmitting, or otherwise handling classified reports, data, or other

- information on any unapproved equipment including but not limited to any typewriter, word processor, or computer hardware, software, drive, system, game board, handheld “palm” or pocket device or other adjunct equipment
- (d) inappropriate efforts to obtain or view classified or other protected-information outside one’s need to know
- (e) copying classified or other protected information in a manner designed to conceal or remove classification or other document control markings
- (f) viewing or downloading information from a secure system when the information is beyond the individual’s need-to-know
- (g) any failure to comply with rules for the protection of classified or other sensitive information
- (h) negligence or lax security habits that persist despite counseling by management
- (i) failure to comply with rules or regulations that results in damage to the National Security, regardless of whether it was deliberate or negligent

Contact your security manager for any questions pertaining to the handling of protected information.

Mission first, security always! ■

ITEMPO system upgrade allows offline tracking of Sailors

By Navy Chief Petty Officer
Teresa Frith

Navy Personnel Command Public Affairs

MILLINGTON, Tenn. (NNS) -- Units with deployed Sailors can now keep track of these assignments through the new Individual Personnel TEMPO (ITEMPO) Offline Reporting System beginning Feb. 5 even if they have limited Internet access.

Since Oct. 1, 2000, the Navy has used ITEMPO to track and document the individual deployment days of its Sailors. The system also can be used in the process of permanent change of station moves and individual augmentee orders, to answer queries, and track Sailors for the purpose of operational health surveillance.

Use of ITEMPO will ensure Sailors individually deployed in support of the global war on terrorism are compensated in terms of time at sea when they return to their home units, stations or ships.

The program gives senior leaders the tools not only to manage every Sailor in the Navy, but also to ensure Sailors are continued on deployments beyond a certain amount of days only when necessary.

Previously, the only way ITEMPO information could be updated was via an Internet connection. The new ITEMPO software will make it possible to update this valuable data when an Internet connection is not possible. The software, along with the unit's roster, is downloaded prior to the start of a deployment. Once implemented, the program allows the creation of ITEMPO transactions in an offline environment, and then saves it in a file that is ready for transmission once Internet access is resumed.

"The new ITEMPO Offline application gives the Fleet another tool to ensure the submission of ITEMPO events not only for those Sailors that are deployed in a traditional sense, but

also those serving in assignments as individual augmentees in direct support of the global war on terrorism," said Personnelman 1st Class (SW/AW) Thomas Howell, ITEMPO functional program manager.

Authorized users can download ITEMPO Offline by logging into BupersOnLine at <https://www.bol.navy.mil>, selecting the NAVPERS Legacy & ITEMPO link and clicking on the ITEMPO Offline files. Installation instructions are included in the user's guide, which is also available on the Web site.

"Our Sailors devote their lives to service both at sea and with boots on the ground," said Howell. "We want to make sure that this service is properly documented so that credit due is given."

For further assistance with installation or other ITEMPO issues, contact the ITEMPO Data Team at (901) 874-4717/DSN 882 or email at MILL_LegacyHelpDesk@bupers.navy.mil. ■

Network News

Web Filtering Software

By Air Force 1st Lt. Jim Northamer

JTF-GTMO Information Assurance Office

While surfing the Internet at work, many folks have stumbled, either intentionally or unintentionally, onto a website that's blocked by website filtering software managed by the JTF-GTMO Information Assurance Office. This software, called WebSense, displays this message: "JTF-GTMO's Internet use policy, in accordance with USSOUTHCOM Regulation 1001, restricts access to this web page at this time." The software message displays more information, such as where you were trying to go, why it's blocked, etc. People typically respond to these messages one of two ways. They either panic and think, "I'm going to get in trouble," or get frustrated and think, "Why would these guys block a perfectly legitimate website?" Both of these are reasonable responses. However, this software is not intended to elicit either.

WebSense is a tool that allows the JTF-GTMO IA Office to monitor Internet usage and to block certain websites that

have been known to contain malicious code, prohibited content, or otherwise inappropriate material. It's one of the many programs that run on our network that keep the bad guys out and prevent network users from inadvertently introducing a virus or other vulnerability to our global network. It can, however, become frustrating for you if you cannot access the websites your job requires.

If you ever find yourself blocked from a website that you need to access to perform your official duties, there's a simple way to get to it. When you receive the aforementioned message, you'll also see a message that says, "Click HERE to request access to this site. Please include the URL and a justification." Clicking on the link will generate an e-mail that'll go to the J6 Help Desk and the IA Office. In this e-mail, include a brief justification for needing access to the blocked website. If it's something that should not have been blocked, the IA team will enable access to that website. While web filtering software is a valuable resource that helps us do our jobs, its value is lost if it hinders you from doing yours. When this happens, let us know and we will get you the access your duties require.

If you ever have any questions or concerns about a computer security issue, please feel free to contact the JTF-GTMO IA Office at j6-ia@jtfgtmo.southcom.mil or x3333. ■

Rare Yankee phenom Hughes is real thing

By Ken Davidoff

Newsday.com

TAMPA, Fla. -- For the first time in this mass-media era, the Yankees have themselves a phenom. Someone who has generated widespread excitement before he ever sets foot in a major-league ballpark.

"I kind of get that sense, somewhat," Phil Hughes, 20, said yesterday, speaking of his fan following. For this, you can thank (or blame) a perfect storm of circumstances.

Consider:

Since the Yankees took Derek Jeter in the 1992 amateur draft, not one of their top picks has played for the big-league club.

The 2007 Yankees' starting rotation appears thin, in terms of major-league experience.

Hughes, the 23rd overall selection of the 2004 draft, is indeed great - the best pitching prospect, many believe, in all of baseball.

Consequently, we have a situation in which people - some fans, some media, perhaps even some team officials - will be clamoring for Hughes each time Kei Igawa or Jeff Karstens pitches poorly. The challenge with Hughes will be for the Yankees to balance their short-term needs against their long-term ambitions.

"In a perfect world, theoretically, I'd love him to take the ball every five days in [Triple-A] Scranton, and then we'll see where he's at, at the end of the year. Maybe a September call-up," GM Brian Cashman said. "But that's in theory. Practically speaking, we'll have to wait and see where it goes."

Said Bill Masse, who managed Hughes last year at Double-A Trenton: "I'm pretty sure that if they let him pitch in the big leagues this year, he would be one of their five starters."

Masse, now managing the Blue Jays' Double-A club in New Hampshire, said, "I've never seen anyone dominate like he dominated Double-A last year," and the numbers back that up. You strike out 138 and walk 32 in 116 innings, and you'll get noticed. This space was fortunate enough to witness Hughes' start in the Eastern League semifinals - six innings, 13 strikeouts, one walk. Incredible.

The Yankees let Hughes throw six innings because it was the playoffs. For the roughly three months prior to that, he was limited to five innings or 80 pitches, whichever came first.

"He was pitching so deep in games [at the start of last year]," Cashman said. "He was piling up so many innings that he got to the point where you were projecting he would have too many. We had to cut it back."

"I was fine with it," Hughes said. "Obviously, I wasn't

going to go out and throw 200 innings-plus. I think the way they handled it was fine."

Hughes threw 152 innings in 2006, including the playoffs, and Yankees senior vice president of baseball operations Mark Newman said last month that the righthander would be targeted for 175 to 180 this season.

As much as they want to protect Hughes, however, the Yankees eliminated a buffer when they traded Randy Johnson to Arizona. Regardless of your feelings about the Big Unit, that propelled Hughes up the Yankees' depth chart.

Cashman disagrees, saying, "Now I've added more guys to be in a position to help give me depth." Citing Humberto Sanchez, Karstens, Ross Ohlendorf, Steven Jackson, Darrell Rasner, Steven White and Tyler Clippard, besides Hughes, he said, "All of these guys are supposed to be in the position to help pick up the slack. Who emerges, I can't tell you. But that was the purpose of it, that there would be strength in numbers."

It clearly excites Yankees fans to have so much pitching potential in this camp, and yet the wise ones also know that potential doesn't win a World Series. When rookies perform like Justin Verlander or Francisco Liriano, it's awesome. When they perform like Ed Yarnall and Randy Keisler ... not so much.

Hughes at least acts as if he's not caught up in all of this.

"Whatever the plan is for me, is fine," he said. "I'm still fairly young, so I have to wait. I've got to pay my dues."

The Yankees' season will dictate whether the rest of us prove as patient. ■

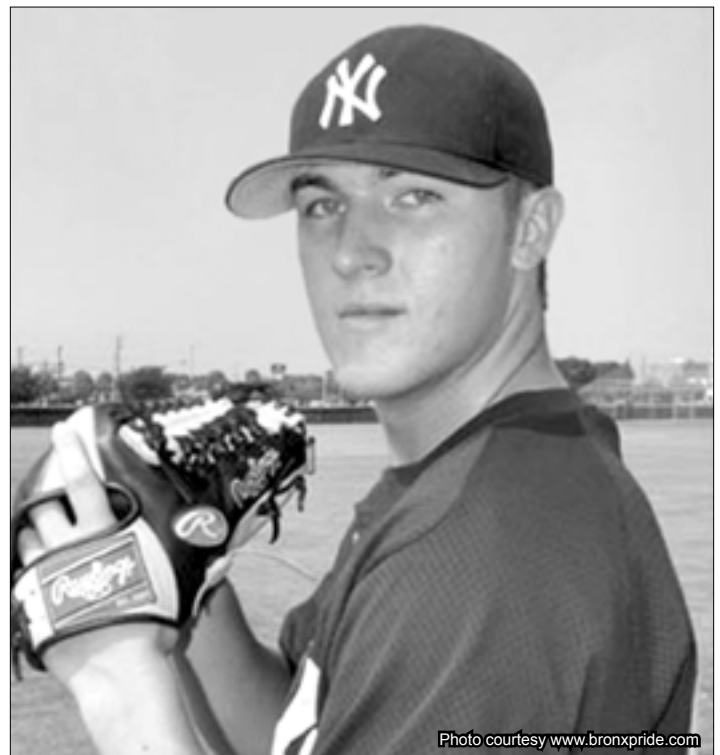


Photo courtesy www.bronxpride.com

Fusion powers past Coast Guard team

By Army Spc. Phil Regina

JTF-GTMO Public Affairs Office

The Fusion Devastators routed Coast Guard in Wednesday night's Morale Welfare and Recreation League basketball game 40-10.

The Fusion Devastators consisted of Joint Task Force as well as Naval Station personnel. The JTF Coast Guardsmen made up team Coast Guard.

The game started off slowly, with both teams defending their side of the court well. The Fusion Devastators scored first, after three minutes had elapsed in the half. This was to be the first snowflake in an avalanche of Fusion Devastator points.

The Coast Guard tried to muster a comeback, from a score of 20-5 at the middle of the first half. Coast Guard played with passion, but they simply could not score any points against the Fusion Devastator defense. The only points Coast Guard scored were the result of free throws.

By the end of the first half the score was 34-10, only six points shy of an automatic victory for the Fusion Devastators, according to the 30-point mercy victory rule.

Coast Guard came into the second somewhat reinvigorated, trying their best to upset the Fusion Devastators.

During the second half the Fusion Devastators once again showed their superiority. They played with a seemingly singular mindset, passing, setting picks and splitting Coast Guard's defense effortlessly. Their

cohesive play, as well as each team member's ability to score at will, completely devastated Coast Guard.

After only three minutes into the second half, the Fusion Devastators scored two consecutive three-pointers, officially ending the game. ■



Photo by Army Spc. Phil Regina

A Fusion Devastators player grabs a rebound during a Wednesday night MRW sponsored basketball game at Denich Gym.



Photo by Army Sgt. Jonson Tulewa-Gibbs

Winning Picks

The football season is over and the winners of the ongoing Pigskin Picks is Army Col. Lora Tucker and Army Sgt. Maj. Oscar Diaz of the Joint Task Force-Guantanamo Public Affairs Office. Their picks put them over the top in a winner-take-all contest between the joint commands. Congratulations! ■



GTMO



Photo by Army Spc. Jonathan Mullis



Photo by Army Spc. Jonathan Mullis



Photo Illustration by Army Sgt. Jonson Tulewa-Gibbs

Wakeboarding



Photo illustration by Army Sgt. Jonson Tulewa-Gibbs

By Army Spc. Jonathan Mullis

JTF-GTMO Public Affairs Office

Coast Guard Petty Officer 3rd Class William W. Marsh is a dedicated sports enthusiast. His sport of choice is wakeboarding. Armed with a board no bigger than a small office desk, a tow-line and a vest, Marsh hits the water and leaves his spectators wide-eyed and stunned. As any wakeboarding veteran would, Marsh makes the sport look graceful and effortless. Luckily, for those of us who could only dream of moving like him, Marsh is more than willing to share a little of his knowledge. To learn a little more, check out this week's Fifteen Minutes of Fame article. ■



Photo by Army Spc. Jonathan Mullis



Photo by Army Spc. Jonathan Mullis



Photo by Army Sgt. Jonson Tulewa-Gibbs

Background photo by Army Spc. Jonathan Mullis

Mankind's Greatest Invention

Why you could be losing money right now



By Army Spc. Jason Kaneshiro

JTF-GTMO Public Affairs Office

So you're deployed to Guantanamo Bay and one of the goals you've set for yourself is to save a little bit of money. Maybe it's to pay off some debt, to make a down payment on a home or perhaps for retirement. Whatever the reason, it's important to have your money work for you or you'll end up on the losing end of the economic battle of financial security.

As members of the military, we get paid twice a month and our money is directly deposited into a financial institution. For many, this means that our pay is electronically transferred to a bank or credit union in some kind of checking account.

A checking account at a bank is a safe place to keep money for a rainy day. Funds are readily available and most banks offer an automatic teller machine card that allows you to make withdrawals at ATM's worldwide. This allows you access to your money almost anywhere at almost any time. You can also write checks and make payments using this account. But your money is doing more than just sitting in a vault waiting for you to spend it.

When you deposit money into that account, the financial institution that holds your money is actively investing it and doing their best to earn additional capital. In essence, when you keep funds in the account, you are lending that institution your money and entrusting them to make good investments. In return for borrowing your money, the institution will pay you, the lender, a small amount of money based on the amount of funds you have in that particular account. This amount is usually a small percentage, typically .3% to as much as 2%, depending on the type of account, the amount of money kept in that account and the financial institution you keep your account with. That money you receive in return is called interest.

Interest is the percentage that a lender will charge a borrower. Using the example of the money kept in the

savings account, let's say you have \$10,000 at a bank and the money deposited earns an annual .5% interest. Let's also say that you deposit all of that money on one day and you don't touch the account for a year. Based on an annual percentage rate of .5%, by the end of the year, the bank will pay you the interest earned for keeping money in the account. Your \$10,000 has now grown to \$10,050. You have earned a total of \$50 interest. Let's say you keep the money in the account for another year. By the end of that second year you will have \$10,100.25 in your account because you have earned an additional .5% on the \$10,050 you had in the account that year. Over two years time you have earned a total of \$100.25 in interest. This is an example of compound interest.

Credit card companies and banks also use interest when you borrow money from them through use of credit or loans. The percentage they charge is always far greater than the .5%. The reason is the bank is a business and needs to make money and individuals are a greater risk for failing to make payments and defaulting on loans, causing the lender (bank or credit issuer) to lose money.

But all that aside, it would seem that keeping your money in that account will make your money work for you by earning you extra cash and keeping you financially healthy. But the opposite is actually true. The longer you keep that money sitting in the savings account, the less valuable it becomes. This is due to the phenomena known as economic inflation.

Inflation is an economics term used to describe how the value of money decreases or how the value of goods and services increases. In the past few years, the United States economy has been in a steady state of inflation. The yearly inflation's average is usually around 3%. The causes for inflation are a matter best left to be debated by economists. What is important for the average Joint Task Force Trooper to know is, because of inflation, the \$10,000 kept in that savings account will slowly lose purchasing power over time. The \$10,000 in the account will be able to buy less and less as the value, and therefore price, of goods and services increases.

The .5% interest being earned in the savings account at the bank will not keep pace with the 3% rate of inflation. So what can be done to counter the effects of inflation?

This topic and many others will be discussed in future columns. Just remember that failing to maintain situational awareness of your financial health is a factor to overall readiness and can have adverse affects on your military career and your life. Learning the basics of money and how it can work for you not only makes you a better, more reliable Trooper, it can also lead you to wealth and financial freedom. ■

New GTMO wheels priced to sell at NEX

By Army Spc. Dustin Robbins

JTF-GTMO Public Affairs Office

In Guantanamo, seeing a rundown car, or a “GTMO special,” is a very common occurrence. But ever so often, you see a diamond in the rough cruising the roads here.

If you work within the Joint Task Force, chances are you’ve probably seen a shiny new Ford Mustang or Jeep Wrangler roaming the streets amidst the horde of has-been vehicles.

What you may not know is that Troopers are offered special deals while serving at GTMO through the Exchange New Car Sales Organization located at the main Navy Exchange. If you’ve decided to get a new car, keep in mind that buying one while you’re overseas through the ENCSCO offers you a few benefits that you can’t find anywhere else.

The ENCSCO offers its vehicles at privileged military prices far below the manufacturers suggested retail price,

usually cutting \$5,000 to \$6,000 off the MSRP. The ENCSCO will also assist you in financing your vehicle through a credit union, community bank or manufacturers program of your choice, and throw in a free two to three year limited warranty.

The ENCSCO is not available anywhere within the United States and is only offered to Troopers serving overseas, so if you’re thinking about purchasing a new vehicle, be sure to check out the many other great benefits this service offers. For more information call Daniel Busby at ext. 74227. ■



Hey, Sarge, why are we guarding this rock again?

Reunion Issue #9

By Army Chaplain (Lt. Col.) Ron Martin-Minnich

JTF Command Chaplain

As different Joint Task Force personnel get closer to returning home it is important to realize that our young men and women have brilliantly performed some very tough missions. This could not have been possible without everyone's efforts to remain safe. However, the mission is not complete until each person is home and readjusted safely. Each person must remain focused and maintain their situational awareness not only for the return trip but also throughout the year. Now is not the time to relax your safety focus and have an accident.

Upon returning to home station, personnel may let down their guard against the normal hazards common to the home environment.

- The periods of leave and travel for some well-deserved rest and family time, along with the other recreational activities, increase the threat of accidents.
- Personnel returning home may find themselves in weather related conditions that they have become unfamiliar with.
- Be aware of getting tired by driving for long periods of time. No trip through the base takes longer than 20 minutes.
- Vehicles left in storage need to be checked before use. Check fluid levels and air pressure in tires. Make sure blinkers and brake lights work. Re-orient yourself with mirrors and other

vehicle characteristics prior to driving.

- It is recommended that personnel planning to operate a motorcycle either on or off their home installation take the local Motorcycle Safety Course as refresher training.
- After having been at GTMO for a while, and never being able to drive over 25 mph, it quite a transition to suddenly be able to drive 65, 70 or even 75 mph on the Interstates and highways. ■

SURVIVING SEPARATION

By Army Chaplain (Lt. Col.) Ron Martin-Minnich

JTF Command Chaplain

This week's action item is:

Action Item #9 – Plan any trip home before you travel

The Army Combat Readiness Center (formerly The Army Safety Center) has a link at the top of its web page to assist the service member in dealing with this issue. This program is called "POV Risk Assessment Tool (ASMIS2)": <https://crc.army.mil/home/>.

For Navy personnel The Navy Safety Center web site has very similar web tools located at: <http://www.safetycenter.navy.mil/ashore/motorvehicle/toolbox/default.htm>. ■

WEEKEND WEATHER FORECAST

Weather forecast provided by www.weather.com

Saturday, Feb. 17

Partly cloudy with overnight showers. Highs in the mid 80's, and lows in the upper 60's.



Partly Cloudy

Sunrise: 6:28 a.m.

Sunset: 6:01 p.m.

Chance of Rain: 20%

Sunday, Feb. 18

Partly cloudy. Highs in the mid 80's, and lows in the upper 60's.



Partly Cloudy

Sunrise: 6:28 a.m.

Sunset: 6:01 p.m.

Chance of Rain: 20%

Monday, Feb. 19

Partly cloudy. Highs in the mid 80's, and lows in the upper 60's.



Partly Cloudy

Sunrise: 6:27 a.m.

Sunset: 6:02 p.m.

Chance of Rain: 20%



MOVIE REVIEW CORNER

This week's movie review of "Blood Diamond" by Navy Petty Officer 2nd Class Trevor Andersen

It seems like just yesterday Leonardo DiCaprio was an Irish cop in Boston facing off against mob bosses and crooked cops in *The Departed*. Now he's smuggling diamonds in Africa in *Blood Diamond*.

The movie was nominated for a few Academy Awards and for good reason.

Solomon (Djimon Hounsou), an African fisherman, is kidnapped by rebels, taken from his family and forced to work in diamond fields. The action begins when he finds a huge diamond and manages to hide it just as their diamond field comes under attack.

A diamond smuggler (DiCaprio) teams up with him and the two try to recover the diamond and reunite Solomon with his family.

The depiction of a country torn by violence and corruption in this film is gruesome. The violence is very realistic and bloody, but it adds to the authentic feel.

I was on the edge of my seat for a few scenes. The director did a great job at creating suspense and tension. Overall, this was an excellent film. I give it four stars.

Please keep in mind there is a lot of graphic violence that may not be appropriate for children. ■

- Blood Diamond -

Rating: ★★★★★

Rated: R

Duration: 143 minutes

Boots on the Ground:

"What is your fondest memory of Valentine's Day?"



"When I took a trip to the beach "Playa Santa" in Guanica, Puerto Rico. I spent the whole day there with my first daughter and ex-wife."

-Army Spc. Ronnel Aviles



"Every Valentine's Day, cause my kids always go out of their way to make cute things for me."

-Navy Petty Officer 1st Class Nadine Shock



"In 2005 when we were downrange in Baghdad together."

-Army Sgts. Kevin and Kesha Hunte



"Making dinner for my girlfriend back home, and sitting in front of a fire on a cold midwest night."

-Navy Seaman Chad Dressler

LENT AND MORE...

By Army Chaplain (Lt. Col.) Ron Martin-Minnich

JTF Command Chaplain

We are about to begin one of the holiest seasons of the church year. It is called the season of "Lent." Lent is from the old English word meaning to "lengthen," because the daylight hours are increasing during this time.

Lent begins on Ash Wednesday, February 21 and continues until Easter Sunday, April 8, 2007. It's preceded by Shrove Tuesday or Mardi Gras on Tuesday, February 20. Shrove comes from the old English word "shriven" meaning "to be forgiven." Mardi Gras is French for "Fat Tuesday." In Germany, it is called "Fassnacht Day." All of these traditions date back centuries to the practice of using up the leftover fat before the beginning of a new year. Judaism has a similar practice of removing all the old leaven (flour, yeast) during Passover, but this specifically relates to the short notice the Israelites had before they left Egypt.

Lent is therefore a time of preparation and penance. Christians are expected to reflect upon the mistakes they have made in their relationship with God and seek forgiveness through the sacrifice of Jesus' life. It parallels the Israelites' sacrifice of the Passover Lamb for the forgiveness of sins.

Also, many religious traditions are connected with events in the life and ministry of Jesus Christ that have nothing to do with the Christian faith or its teachings. The Easter Bunny, Easter chickies, Easter baskets and the more secular decorations associated with Easter have almost nothing to do with this religious holiday.

First, Easter is not only a holiday but also a season unto itself. The name Easter is derived from the Saxon Eostre, (which is synonymous with the name of the Phoenician Goddess of the Moon, Astarte), a Germanic goddess of spring and the deity who measured time. The moon is believed to have been chosen by the ancients as a way to measure time because of the link between the female cycle and the cycle of the moon.

The ancient Hebrews had long followed a lunar calendar. Because Eostre, also known as Ostara, was the goddess of spring and her symbolism dealt with renewal and rebirth, the Christian belief in the resurrection of Christ fit well with these themes. The Egyptian goddess of the Moon, Serabit, was symbolized with the head of a rabbit. Therefore, Easter Bunnies are connected with the Christian Easter more for their seasonal connection than their

religious connection.

The first documented use of the bunny as a symbol of Easter appears in Germany in the 1500s. The first edible Easter Bunnies appeared in the 1800's.

If you are Christian, take time this year to participate in a bible study and regular worship. Faith involves practice, not just belief. ■



CAMP AMERICA WORSHIP SCHEDULE

Sunday	9:00 a.m.	Protestant Service	Troopers' Chapel
	5:45 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
	11:00 a.m.	Protestant Service	Main Chapel
Monday	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
Mon. to Fri.	7:00 p.m.	Family Home Evening	Room 8
	6:00 p.m.	Daily Mass	Main Chapel
Wednesday	7:00 p.m.	Men's Bible Study	Fellowship Hall
Friday	12:30 p.m.	Islamic Prayer	Sanctuary C
Saturday	4:15 p.m.	Confessions	Main Chapel
	5:00 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

COAST GUARD PETTY OFFICER 3RD CLASS BILLY MARSH

By Army Spc. Jonathan Mullis

JTF-GTMO Public Affairs Office

If you've been at Guantanamo Bay, Cuba for more than a day, you've probably noticed the beautiful waters surrounding the base. Such a large expanse of water offers Trooper's a myriad of recreational activities to choose from. Kayaking, scuba diving, fishing, water skiing and a certain "Coastie's" personal favorite ... wakeboarding.

From wicked aerials, to jaw dropping "supermans", Coast Guard Petty Officer 3rd Class William M. Marsh makes the seemingly impossible, possible. How did he learn, when did he start, can he teach me? Those are all relevant questions; however, before we get into that, there are a couple of things Marsh wants everyone to know.

"I am currently working with Morale Welfare and Recreation to try and bring down some professional wakeboarder's to Gitmo," said Marsh. "Not only will we be getting some of the best in the business, but Master Craft is going to send down a boat, for our use and future use here in Gitmo," explained Marsh.

The boat will remain under the care and custody of Marsh, but he wants anyone who is interested in the sport to talk with him.

"I am very approachable and open to teaching and helping out anyone," said Marsh.

Marsh is trying to coordinate an opportunity for Troopers to come out on the water and ride with the pros, guys like Andrew Adkinsen, Keith Lyman, Mike Marsh (Marsh's younger brother), and Zane Schwank.

"These are the guys that I idolized when I was coming up, so it's going to be awesome to have them down here sharing their knowledge and expertise with everyone," said Marsh.

As with anyone who is passionate about what they do, Marsh, understandably, loves to talk about wakeboarding. From the different boards you can buy, to the care and maintenance of all your equipment needs. Also understandably, Marsh is his own biggest critic, somewhat of a perfectionist and not satisfied until he's put his best foot forward.

Marsh encourages everyone to get out of their rooms and come down to enjoy an exhilarating ocean experience. There are lots of things to do here at GTMO, all you need to do is get out on the waters and get inspired. ■

AROUND THE JTF



Photo by Army Spc. Dustin Robbins

Army Pfc. Tavon Jackson shops for gifts for a special someone on Valentine's Day from the Navy Exchange Gift Shop Wednesday.



Photo by Army Spc. Jonathan Mullis

Coast Guard Petty Officer 2nd Class Anthony DiCarlo uses his precious free time wisely by burning some extra calories and sculpting his body at Denich Gym.



Photo by Army Spc. Charles Willingham

Sergeant Major of the Army Kenneth Preston spends some of his time at Guantanamo Bay, Cuba with the Troopers at Seaside Galley during lunch Wednesday.



Photo by Army Spc. Jonathan Mullis

Newly arrived Navy Expeditionary Guard Battalion Troopers receive valuable information about their duty station here as part of the Joint Task Force at Guantanamo Bay, Cuba during their "newcomer's brief."