



# THE WIRE



## Honor Bound To Defend Freedom

Volume 6, Issue 3

www.jtfgtmo.southcom.mil

Friday, April 22, 2005

15 Minutes of Fame, pg. 11

# Wheels on the ground

**By Spc. Dave Lankford**

JTF-GTMO Public Affairs Office

The soldiers of the 1<sup>st</sup> Squadron, 18<sup>th</sup> Cavalry Regiment were trained in California, prepared for deployment in Fort Lewis, Wash., and were briefed by the 2<sup>nd</sup> Battalion, 113<sup>th</sup> Infantry Regiment in Guantanamo Bay. Let there be no mistake; they are ready to take on their

very few days off in between.

“The guys I work with don’t mind,” said Sgt. Jason Abigania, “They want to train. These guys are here because they want to serve their country,”

Rather than take a break in the shade or rest his tired legs when there’s a lull in the action, Abigania continues to walk his post to insure everything is secure. In addition, he checks out

---

*“I’m not here for the money;  
I’m here for the flag.”*

---

-Army Sgt. Jason Abigania

---

mission.

The Cavalry will be responsible for operations inside and outside of “the wire.” “Adapt, improvise and overcome” is a common motto among combat arms units, and the 1-18th are the real deal. They will pick up where their predecessors left off, and they will carry out their mission with diligence and honor.

The regiment will have very little time to themselves over the next year. When they are not performing their mission, they will be training to standard for any other mission they may be assigned--and they will have

his perimeter to insure all Soldiers in his area are safe and where they should be.

“The rocks here are unstable and the water’s rough,” Abigania said, “Swimmers can get in trouble without knowing it. I’d rather stop them before they do.”

Finally, when Abigania is confident that his post is secure, he steps into the shade for a drink of water; he doesn’t let down his guard for a second.

Elsewhere in Camp America, Cpl. Anthony Calhoun stops an individual with a camera in a posted area. He’s all business, yet courteous at the same time.



Photo by Spc. Dave Lankford

**Army Sgt. Jason Abigania, team leader of B Troop 1st platoon, 4th squad, patrols his perimeter.**

After a thorough check of credentials, he radios to the rest of the guard that an authorized photographer is in the area. The entire process takes only a few minutes. Calhoun is swift and efficient, and in no time at all he is off to inspect the rest of his post.

The training is top notch,

the patriotism is everywhere and the efficiency and positive attitude are standard across the board in the 1-18<sup>th</sup> as if they were issued by supply.

Abigania may well reflect the feelings of his entire unit when he said, “I’m not here for the money; I’m here for the flag.” ■

# Lessons Learned



**By Capt. L. Eduardo Caraveo**

JTF-GTMO Combat Stress OIC

It seems like it was yesterday when we first arrived at Guantanamo Bay with a mixture of excitement about the mission and a sense of anxiety about the unknown. Driven by our desire to be the best we can be, we quickly adapted to the terrain, the mission and the people. We made friends and equipped ourselves with coping skills to endure the difficult times during this mission. Some of us learned to scuba dive, some of us became more spiritual, some of us developed new exercise routines, and some of us developed new hobbies.

Here we are, almost a year later, ready to return home after serving our great nation. For the majority of Troopers, this was a positive and rewarding experience. Unfortunately for a few, the road of this mission was not as positive and rewarding because they lost focus and deviated from their core values.

As I see new faces, they too are surrounded by excitement and anxiety. We must arm them with our lessons learned to assure they have a positive and rewarding experience, so in a year or so when they're getting ready to depart, they too can pass on the legacy that the Joint Task Force-Guantanamo Bay (JTF-GTMO) experience allows us to be the best we can be.

Understanding that human behavior is fascinating and sometimes predictable, we must prepare ourselves with knowledge to

avoid pitfalls and create a productive balance. Deployments and extended duty assignments sometimes provide a false sense of freedom, which makes people regress to an adolescent phase of development. For some, it is an opportunity to experiment and learn. For others, however, it is permission to engage in and acquire self-defeating behaviors. *All of us are at risk.*

Excessive alcoholic consumption, indiscriminate use of vulgarity, and adulterous behavior are the most salient themes of Troopers who have problems adjusting to the JTF-GTMO mission. The false sense of freedom destroys professional and personal boundaries.

The emergence of the "geographical bachelor syndrome" can take over, negatively affecting you, your family, your career and the mission. In your effort to "fit-in" and adjust to the social environment, you can allow situations to influence your behavior, take over the best part of you, and lead you down the wrong path.

Though there is no way to assure a utopian experience at Guantanamo Bay, adhering to military core values gives us a solid blue print of what is fair and right. Our behavior should be guided by those values. Each one of us must read our branch core values and reflect on them.

In the final analysis, each one of us is responsible for our own behavior. We should avoid remorse by always doing the right thing.

Honor Bound! ■

## JTF-GTMO Command

### Commander:

Brig. Gen. Jay W. Hood

### Joint Task Force CSM:

Command Sgt. Maj. Angel Febles

### Public Affairs Officer:

Col. Brad K. Blackner

### 326th MPAD Commander:

Capt. Jeffrey Weir: 3713

### Command Information Officer:

Lt. Angela King-Sweigart: 3651

### 326th MPAD First Sergeant:

Sgt. 1st Class David Zerbe: 3649

Circulation: 1,100

## The Wire

### NCOIC/Editor:

Sgt. 1st Class Sheila Tunney: 3594

### Managing Editor:

Spc. Dave Lankford: 3593

### Photo Editor:

Spc. Timothy Book: 3592

### Layout Editor:

Spc. Ian Shay: 3594

### Graphics Editor:

Spc. Jeshua Nace 3499

## Contact us:

Base Information: 2000

Public Affairs Office: 3499 or 3651

From the continental United States:

Commercial: 011-53-99-3499

DSN: 660-3499

## Online:

[www.jtfgtmo.southcom.mil](http://www.jtfgtmo.southcom.mil)



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

# Troopers dive into training

By Spc. Seth Myers

JTF-GTMO Public Affairs Office

The Trooper coughs roughly as water fills his lungs. The weight of his saturated uniform pulls him down hard, threatening to snuff out his life. He flails his arms desperately to keep himself from drowning, but his muscles are too sore. The Trooper simply doesn't have the strength to continue the struggle any more...

This is a situation no one wants to experience, and for those who go snorkeling, scuba diving, swim at the beach, or are involved in water operations, it is a possibility.

That is why Troopers from the 189<sup>th</sup> Military Police Company took the basic water survival course, or "drown proofing" as they call it, the morning of April 15 at the Marine Hill pool.

"[In the course] we teach basic water survival, how to tread water, swim 40 meters [in full uniform], build a flotation device, then float 15 meters to the edge of the pool [in the flotation device]," said Staff Sgt. Dustin Cundall, the primary instructor of the course.

At the beginning of the course, the students are literally pushed into the wa-



**Spc. Crystal Epstein and Spc. Patricia Storey swim the distance after inflating their self-made flotation devices (above). Army Pfc. Alison Vazquez removes her BDUs for inflation (below).**

ter. This surprise attack ensures they cannot prepare for the fall, because in real life they probably won't get any warning, said Cundall.

"[When they come out of the water, they will have] their fist raised simulating that they are breaking the water, so they don't hit the hull of a ship or boat. Once they exit the water properly, they will swim 40 meters, come back to the starting point, [then] tread water for five minutes" said Cundall.

"At the end of the five minutes, they will ditch their BDU tops, their boots if they need to, take off their pants, and construct a flotation device out of their BDU pants," said Cundall. "Once they construct their flotation device, they will swim 15 meters with their flotation device."

The purpose of the course is to build Troopers' confidence in the water, and teach weak swimmers the basics, according to Sgt. 1<sup>st</sup> Class Britt Cogan, 189<sup>th</sup> platoon sergeant and assistant water sur-

vival instructor.

For some of the braver individuals, an instructor's course was offered as well.

"The instructor's certification is basically the same thing, except they have to tread water for 10 minutes. They need to be able to talk, motivate Troopers through the rest of the course, and explain what they are going to do and how they are going to do it," said Cundall.

The unit certified seven new instructors that day.

For some, the course was fun, and for others, it was a challenge. Some were even afraid of taking the course.

"I was scared at first, but I like it now," said Spc. Crystal Epstein, 189<sup>th</sup> corrections specialist. "After the first time, it was nothing to do it a second."

"This [course is] probably one of the most important bits of training that we will ever do here at GTMO... *We are on an island,*" said Cundall.

All these exercises are only part of the course. Traditionally, the course has exercises that are done with personal equipment. They wear all the "battle-rattle," just like they were going to the field. The unit intends to do this class every month, and will incorporate the equipment exercises, said Cundall.

In the end, these Troopers are more prepared to handle obstacles they may encounter in the water because they have been "drown proofed." ■





◀ Navy Petty Officer 2nd Class Francisco Cancel and Army Sgt Taybren Lee of 1<sup>st</sup> Squadron, 18<sup>th</sup> Cavalry Regiment supply are loading the daily shipment of supplies going to the Joint Detention Operations Group at Camp Delta.

# AROUND THE JTF

▼ Army Pvt. Sarah Nelson and Army Pvt. Belinda Pennington of the 189<sup>th</sup> Military Police Company demonstrate the proper way to carry an injured Trooper out of a combat environment during the unit's Combat Lifesaver Course.



Photos by Army Sgt. Todd Lamonica



▲ Army Sgt. Reginald McClary and Army Sgt. Edward Thompson of the 367<sup>th</sup> Military Police Company worked into the wee hours of the night to put the final touches on their unit's monument.



▲ Army Sgt. Aaron Martinez instructs Army Pfc. Charles Buford and Army Pvt. James Askew on the proper way to drag injured Troopers out of a combat environment. The Troopers are members of the 189<sup>th</sup> Military Police Company.

# BOOTS ON THE GROUND

*Spc. Seth Myers asked Troopers around JTF-GTMO...  
What service value is important to you and why?*



◀ **“Integrity-** Because right now, the unit is composed of people from different places and MOSs. It is important to have integrity so you can trust each other. Because of this honesty, we have really bonded.”

— Army Staff Sgt. Jun Campos

▶ **“Honor-** Because if you have honor, you will have courage and commitment.”

— Navy Petty Officer 3rd Class Kevin Kammer



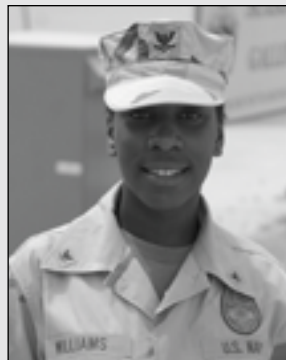
◀ **“Integrity-** Because it says a lot about who you are. It takes a lot of character to do what is right even when no one is looking.”

— Army Cpl. Mario Gasso



▶ **“Courage-** Because when you are doing stuff like this, you have to have courage. Being away from family, working around people who would kill you if they had the chance, and living among strangers, takes courage.”

— Navy Petty Officer 3rd class Calina Williams



Photos by Spc. Seth Myers

## News Briefs

**New Pope:** Cardinal Joseph Ratzinger of Germany was selected as the new leader of the Roman Catholic Church on Tuesday and took the name Benedict XVI. The conclave of cardinals selected the new pontiff in less than 48 hours. He was a close ally of the late John Paul II, and is described as having the same conservative leanings on church doctrine.

**Oklahoma City:** The tenth anniversary of the bombing of the Alfred P. Murrah Federal Building in 1995 was commemorated Tuesday at 9:02 a.m. (Central Time). More than 1,500 people crammed into the First United Methodist Church and fell silent for 168 minutes, one for each victim.

**NASCAR:** The National Guard sponsored Car 16, a Ford driven by Greg Biffle, took first place in the Samsung/Radio Shack 500 at the Texas Motor Speedway on April 17. The win puts the National Guard in the limelight and Biffle in second place in the Nextel Cup standings after the first six races of this NASCAR season.—*Army News Service*

**Food Pyramid:** Agriculture Secretary Mike Johanns today unveiled MyPyramid, a new symbol and interactive food guidance system. “Steps to a Healthier You,” MyPyramid’s central message, supports President Bush’s HealthierUS initiative which is designed to help Americans live longer, better and healthier lives. MyPyramid, which replaces the Food Guide Pyramid introduced in 1992, is part of an overall food guidance system that emphasizes the need for a more individualized approach to improving diet and lifestyle. —*MyPyramid.gov*

**Army Actors Wanted:** The Army Theatre Touring Company is looking for five Soldiers to serve as cast and crew for its 2005 summer production of “Pvt. Wars” by James McClure. Deadline for applications is May 6. To be considered, performers must submit a video cassette of their acting, singing and dancing skills along with a prepared, three-minute memorized monologue. For complete details call (703) 806-3698/DSN 656-3698 or email [timothy.higdon@cfsc.army.mil](mailto:timothy.higdon@cfsc.army.mil).—*Army News Service*

—Compiled by Sgt. 1<sup>st</sup> Class Sheila Tunney, JTF-GTMO-PAO

# To stress or not to stress?



**By Spc. Seth Myers**

JTF-GTMO Public Affairs Office

Everyone has had stress before. Not all stress is bad, but for some it can become a serious problem. When problematic stress occurs one can always go to the combat stress detachment. However, what can *you* do to manage the stress as it happens or even before? What can you do to help with those day-to-day stressors?

There exists a technique known as progressive relaxation or progressive muscle relaxation that can help manage the stress in your life.

Edmund Jacobson, a physiologist and psychologist, thought up the idea of progressive relaxation in the 1930s. He believed that through tensing and relaxing different muscle groups in a certain order, one can achieve mental relaxation and reduced anxiety.

"Although it takes a lot of time to learn this technique, the benefits are long lasting, and can improve your quality of life," said Army Capt. Eduardo Caraveo, a clinical psychologist in the combat stress detachment.

"The more you do, the easier it becomes," said Caraveo.

At first, you should do each group of muscles separately. Eventually, you should be able to relax all of them at one time.

"[When people regularly perform progressive relaxation], they experience less anger, and have a better quality of life," said Caraveo. "It [also] decreases the accumulation of stressors which can become long lasting trauma. It cleanses you."

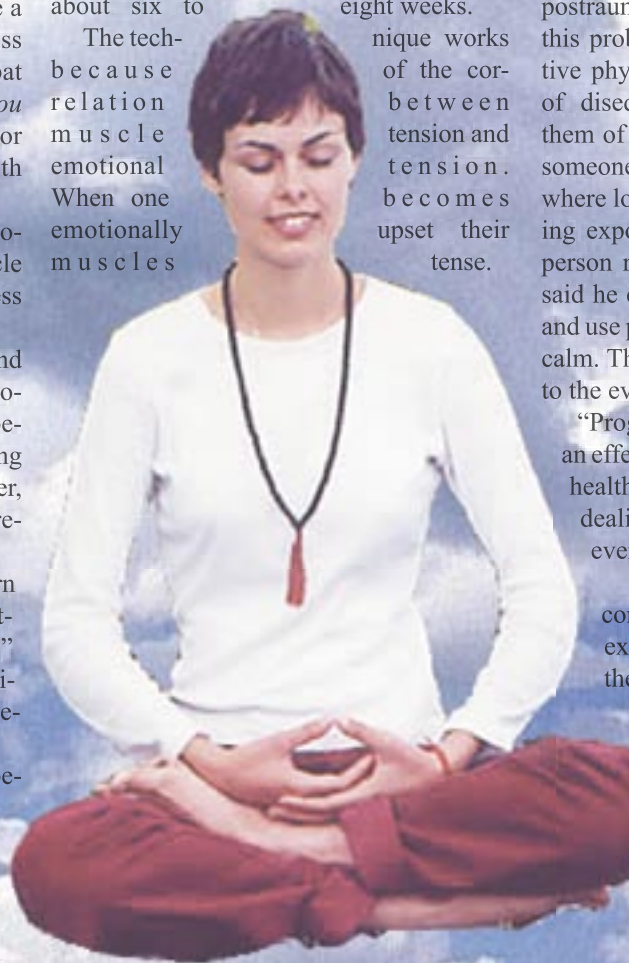
You should feel more composed and recover from strains and stresses quicker, in about six to eight weeks.

The technique works because of the correlation between muscle tension and emotional upset. When one emotionally upsets their muscles

how progressive relaxation can be used to "systematically desensitize" someone with posttraumatic stress disorder. People with this problem can be triggered into a reactive physiological and psychological state of disequilibrium if something reminds them of a traumatic event. For example, if someone was exposed to a traumatic event where loud noises were present, simply being exposed to loud noises can make the person re-experience the trauma. Caraveo said he could describe the traumatic scene and use progressive relaxation to keep them calm. This helps to "break the association" to the event, said Caraveo.

"Progressive relaxation is recognized as an effective therapeutic technique used by health professionals, specifically when dealing with stress related or traumatic events," said Caraveo.

So if you feel that you need to take control of your stress levels or have experienced a traumatic event, go to the combat stress detachment. On the other hand, if you just need something to deal with those day-to-day stresses, keep progressive relaxation in mind. It may just save you the trip, and give you a better quality of life.



The combat stress detachment uses this technique on people too. They use it on a more advanced level to help people with some more serious issues. Caraveo gave an example of

*Editors Note:*

*Information was gathered from [www.mindspring.com/~yepstein/progrel.htm](http://www.mindspring.com/~yepstein/progrel.htm) and [ourworld.compuserve.com/homepages/har/les1.htm](http://ourworld.compuserve.com/homepages/har/les1.htm)*



## 10 Easy Steps to Zen

Place yourself into a comfortable position and let your eyelids close. Tense each set of the following muscle groups. Hold the tension for a few seconds and relax. Repeat each muscle group before moving to the next group.

1. Raise your eyebrows as high as you can.
2. Tighten your eye muscles.
3. Stretch your facial muscles into a big smile.
4. Raise your shoulders up to your ears.
5. Pull your shoulders back.
6. Tighten your hands into a fist.
7. Pull your stomach in toward your backbone.
8. Tighten the muscles in your seat.
9. Tighten your upper leg muscles.
10. With your heels on the floor, lift your toes up toward your knees.

Begin to create in your mind an image that conveys to you a

sense of relaxation. Allow that picture to become more vivid, and as the picture becomes more vivid, you'll experience your muscles becoming more and more relaxed.

Now move your attention to the most relaxed part of your body and take as much time as you need to locate this part that is the most relaxed. It does not matter how large or small that part is nor if it is not as relaxed as you would like it to be. Just find some part that is more relaxed than the other parts, and gradually allow that sense of relaxation to spread slowly. Let it spread to the surrounding areas until soon your entire body is enveloped in that sense of relaxation.

Allow yourself to enjoy the feeling of relaxation even though you may not be as relaxed as you want to be. And know that each time you do this relaxation exercise, you can become more and more relaxed because relaxation can be learned.

*Editors Note: The technique described comes from a portion of a handout from 1972<sup>nd</sup> Combat Stress Team.*

# Swing batter batter swing

Commentary By Spc. Ian Shay

JTF-GTMO Public Affairs Office

It's that time again in America: nine innings of ball-smashing fun with enthusiastic fans eager to see their favorite major league baseball team make it to the World Series.

This year is a whole new ballgame in the sense that the West and Central regions have started off strong, and the East isn't looking like the powerhouse they were last year.

A team like the New York Yankees, one of baseball's finest teams last year, has started out with a losing record in their first 11 games. One can argue the beginning of a long baseball season doesn't mean squat, but try telling that to the fans and players on those teams.

However, the teams that are doing well mostly represent the West Coast and Central regions of America. The Los Angeles Dodgers have the best record in the league at 9-2, while other California teams like the Oakland A's and the Los Angeles Angels aren't far behind. Granted, the East Coast has a few teams like the Phillies and Orioles ready to make the move to elite status this season.

Why does this season have the potential to be greater for baseball than last season? Because over the course of the last few years, the only teams getting press were Boston and New York. New York owner George Steinbrenner dished out more money than Bill Gates to acquire players like Gary Sheffield, Randy Johnson and Alex Rodriguez. And when Boston lost Alex "A-Rod" Rodriguez in a trade to New York, it created a deeper hatred between the teams. Even though it is one of the best and longest rivalries in baseball, two teams on the East Coast do not define baseball as a whole.

This is the year where big names like Barry Bonds and Randy Johnson take a back seat to Pat Burrell (Phillies), Derek Lowe (Dodgers) and Miguel Tejada (Orioles). Teams in any league shine for a few years and then they fade out for a few. The Los Angeles Dodgers and Oakland A's, for instance, dominated in the late

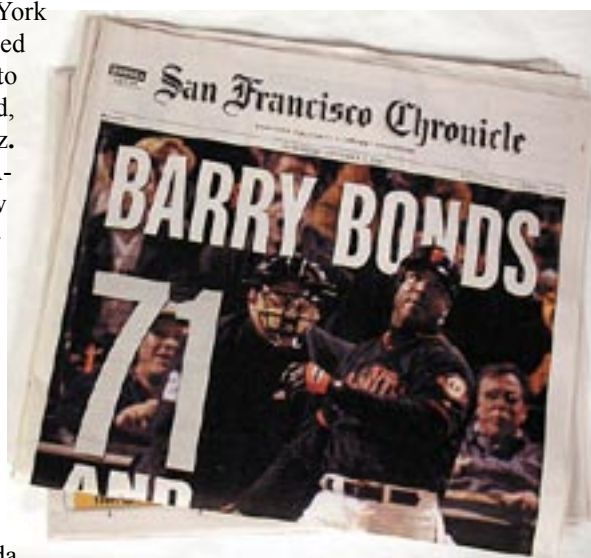
'80s and early '90s. Mike Piazza played for the Dodgers and Jose Canseco and Mark McGwire played for the A's. Nowadays Dodgers like Jeff Kent and Cesar Izturis and A's like Mark Kotsay and Nick Swisher have replaced those big name players.

With a large number of baseball's stars getting injured, retiring, or involved in the steroid scandal, baseball is looking for some fresh blood to fill its veins. The last few years have been really exciting because fresh players are stepping up and making the big plays their predecessors have made for decades. Making a name for yourself in baseball is not an easy thing to do. With injuries, competition for a spot on the team, and a long season, players can't always fully realize their potential.

Talk of steroids has ruled the airways, allegations have been made, and players have confessed to abuse or use of performance enhancing drugs. Hall of Fame players like Barry Bonds, who plays for the San Francisco Giants, has confessed to the use of steroids, as well as others around the league.

Now if a player like Barry Bonds, who is poised on the brink of shattering the home-run record has used steroids, then are all the best players in the league using performance enhancing drugs too?

Every fan knows that home runs are exciting, but how



exciting can a sport truly be, knowing that every hard-hitting slugger could be juicing before each game. The heart of sports is vulnerable right now, and



Photo provided by keyboardbaseball.blogspot.com

just the slightest shock could kill it forever.

Baseball isn't the only sports league to have some troubles lately, the National Hockey League (NHL) has just missed an entire season due to contract negotiations with players, and will most likely miss a second. If the NHL dies out, then it might be only a matter of time before other sports are affected. The National Football League has now established a testosterone test, adopted from the Olympics, which will test levels of testosterone in a player's system to see if they're juicing up before kick-off.

Sports may be more exciting to the viewer in this day and age, but in the 1950s sports didn't have all these problems. Steroids were not a problem--they didn't exist at that level--and players held second jobs due to low paying salaries. Somewhere along the line, many players forgot the true meaning of the game.

Professional baseball may not go the way of the dodo, but a big season could help fans get back in the game and help restore faith in the honest players in the big leagues.

For an off-season surrounded by as much controversy as this one, baseball needs an exciting season to keep the fans loyal. So if last year's playoffs are any indication, this year will be an exciting one too.

If Major League Baseball dies out, what is next? Softball? And then no GTMO softball? This aggression will simply not stand. ■



# DOWN THE DRAIN BUT NOT FORGOTTEN

By *Spc. Timothy Book*

JTF-GTMO Public Affairs Office

An often overlooked, but integral part of Guantanamo Bay's ability to be self-sufficient is at the end of the water cycle – the waste treatment plant.

There are three treatment plants here, and they use a process known as contact stabilization, or activated sludge.

Water enters the system through a one-inch grate to remove large particles that could clog or interfere with the system. The first in a series of tanks, is a surge tank. This 100,000-gallon tank is designed to handle increases in water usage, such as early in the morning when Troopers are showering, and during meals, according to Fred Burns, an environmental direc-

tor with the Public Works Department.

"This is important because the rest of the tanks must keep a steady level (of waste water) to prevent overflow," said Burns.

The next stage is when the biological process starts. The tanks mix the waste water and provide oxygen for the microscopic organisms feeding on the organic material in the water.

"The plant uses aerobic (oxygen loving) bacteria to break down the solids in the water," said Burns.

Clarifiers, or settling tanks, are the next stage in the process. This is where the organic sludge settles to the bottom of the tanks and the clear water is skimmed from the surface.

Some of this water is returned to the aeration tank. This



Photo by Spc. Timothy Book

**The water treatment plant, which serves Camps America and Delta, treats approximately 350,000 gallons of water daily.**

relatively clear water has less organic matter, and the bacteria are "hungry" and need more oxygen. Water that is not recycled through the system flows to a final clarifier and then, ultimately, it is returned to the bay

The sludge is returned to the aeration tanks to replenish the oxygen necessary for the metabolic process. Periodically, the sludge must be removed from the system to ensure the process runs efficiently. The sludge is dried and placed in the landfill.

"This is done one to two times per week," Burns said.

Since this is a biological pro-

cess, there are certain items that Troopers must never pour down the drain, Burns said. "Solvents and chemicals must be disposed of correctly, not just poured down the drain," he said. "Also, cooking grease and oils are bad for the system. They can also clog up your drains."

"The ability to produce our own water supply is vital. We don't have to rely on anyone else to supply it," Burns said. "It is our environmental responsibility to treat the water we use before it is returned to the bay." ■

## 'Going postal' at Camp America

By *Army Sgt. Todd Lamonica*

JTF-GTMO Public Affairs Office

"The mail just keeps coming and coming. It never stops," said the character Newman on the Jerry Seinfeld Show. He was right on target; every week 30,000 pounds of mail is received here at Naval Station Guantanamo Bay.

Upon arrival, Navy postal clerks and third country nationals sort the mail at the NAVBASE post office and at JTF postal operations at McCalla Hangar.

Most people are unaware that there are only a few people processing this amount of mail every week. Knowing this information should give everyone a greater appreciation for those who do this job everyday.

Patience is key when interacting with the postal workers at both facilities. The post office at McCalla Hangar is used primarily as a pick up and drop-off point. Sorting is

done there as well.

Most major postal transactions are processed at the NAVBASE post office. This includes anything from buying stamps to purchasing money orders. Lines tend to form quite quickly at the main post office, so beware if you have other plans that day.

"We are not a pack and wrap, and we have only small, limited size boxes for priority mail," said Postal Clerk 1<sup>st</sup> Class John Wakefield, leading petty officer.

Every unit assigns several personnel to be mail handlers; these personnel must attend a 20-minute course on the dos and don'ts of mail handling. They are then certified to pick up mail.

Various units converge at McCalla Hangar Monday thru Friday between the hours of 1 p.m. and 4 p.m. to pick up incoming mail. Outgoing letter mail is picked up daily from all the mailboxes throughout the base and sent out on Tuesday and Saturday.

To dispel all the rumors that the mail is "on the barge or on the rotator," all mail postmarked from Guantanamo Bay is sent on aircraft that are slated for an immediate U.S. destination. These flights are contracted by the Department of Defense. Various carriers are used for these flights.

All letter mail is off-loaded in Norfolk, Va., to be processed and then sent to its final destination. Parcels are flown to the Army Post Office terminal at John F. Kennedy Airport in New York where the process is then repeated for packages. It's quite a long journey your mail must travel, but the wait is worth it.

Mail is said to be one of the most important things a Trooper can receive when deployed. It is a morale booster; it can bring you up but it can also bring you down. But one thing is for sure, it never stops coming. ■

# 'Outrage: When vengeance fills your heart'

By Army Chaplain (Lt. Col.) Robert Palmer

JTF-GTMO Chaplain's Office

Eliezar Wiesel is a World War II holocaust survivor. He grew up in a small Transylvanian town, and when he was 14 years old, Eliezar and his whole family were deported to the concentration camp at Auschwitz. In his book, "Night," he tells the story of life at Auschwitz through the eyes of a 14-year-old boy. It's a deeply troubling book as he chronicles what it was like to be sent to Hitler's most notorious death camp. By the time the war was over, Elie's father, mother and sister had all perished in the ovens of Auschwitz.

Many things can invoke the emotion of outrage in us: a book like "Night," a movie like "Schindler's List," or an announcement that a hostage has been executed by terrorists. Outrage goes beyond the emotion of anger. Outrage is more like hatred, an intense feeling of horror and rage at an injustice. When we feel outraged, words fail to express the depth of emotion we feel. What causes outrage? We feel outrage when we are oppressed by others.

The twentieth century saw some of the worst oppression in human history. Consider for example the half-million Armenian Christians who were slaughtered by Turkish soldiers in 1915...or the Russian Revolution of 1917, where a million people were killed by their own government and virtually every pastor in Russia was either executed or sent to a labor camp. Or consider the Cultural Revolution in China, where two million people were brutalized...or the Holocaust in Europe during World War II, where five million Jewish people were exterminated... or the Khmer Rouge in Cambodia in the 1970s, where between one and three million people were murdered in the killing fields of Cambodia...or the genocide in Rwanda in the mid 1990s, which claimed the lives of upwards of 1 million people...or the Serbian attempt to purge their land of Albanians in the 1990s.

Oppression is alive and well in our world. Genocide might be the most dramatic kind of oppression, but it's not the only kind of oppression we see. There's racial oppression like we saw in South Africa under Apartheid, or the oppression created by terrorist acts like we saw on Sept. 11, 2001. There's oppression that comes from being the victim of a violent crime, being

beaten, kidnapped, or having someone you care about murdered. There's the oppression the victim of sexual abuse experiences, the oppression a victim of spousal abuse feels, the oppression of racism and so forth. Oppression is alive and well in our world, perhaps more alive than ever before.

And wherever there's oppression, there is also outrage.

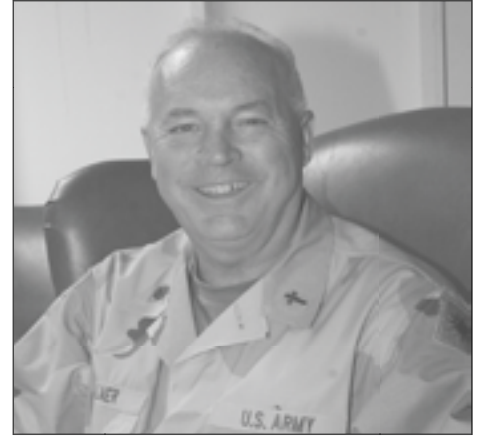
When we're outraged, we want our oppressors to suffer, to feel our pain. It's this impulse that lies at the heart of so much of our world's hatred and violence today. If you trace the long history of hatred and retribution between the Serbs and the Albanians in the Balkans, you'll find this. And you'll find it in the long history of warfare between the various tribes in Rwanda.

It reminds me of a scene from the movie "Forrest Gump." Forrest's friend Jenny was sexually violated and abused by her father growing up, which set her on a path of sexual promiscuity and self-destruction. At one point in the movie Jenny returns to her hometown, to her friend Forrest, and together they visit the childhood home Jenny grew up in. The outrage that's been locked in her heart suddenly comes bursting out, and she picks up rocks and starts throwing them at the old house. Finally she runs out of rocks and falls to the ground crying. Forrest says, "Sometimes, I guess, there just aren't enough rocks."

For a person who wants to get even because of outrage, there's just not enough rocks.

So what do we do with our outrage? Psalm 137 gives us the first step in the journey: Express our outrage to God.

The Apostle Paul,



writing to the believers at Rome provides us with the rest of the steps along the path to dealing with hateful outrage. Those steps are found in Romans 12:17-21. First, resist the urge to respond to evil with evil; second, work for reconciliation; third, leave room for God's wrath; finally, overcome evil with good.

God doesn't call us to quietly lay down in the face of evil. He doesn't tell us to pretend that what's evil is really good, or act like what's unjust is really just. But He does call us to respond differently. ■

*Proverbs 3:5-6*

## CAMP AMERICA WORSHIP SCHEDULE

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

## NAVAL BASE CHAPEL

<b>Sunday</b>	8 a.m.	Pentecostal Gospel	Sanctuary C
	9 a.m.	Catholic Mass	Main Chapel
	9 a.m.	Church of Jesus Christ of Latter-day Saints	Sanctuary A
	9:30 a.m.	Protestant Sunday School	Main Chapel
	11 a.m.	Protestant Service	Main Chapel
<b>Monday</b>	1 p.m.	Gospel Service	Main Chapel
	5 p.m.	Pentecostal Gospel	Sanctuary C
<b>Monday</b>	7 p.m.	Prayer Group Fellowship	Fellowship Hall
	7 p.m.	Family Home Evening	Room 8
<b>Wednesday</b>	7 p.m.	Men's Bible Study	Fellowship Hall
<b>Friday</b>	1 p.m.	Islamic Prayer	Room 12
<b>Saturday</b>	4:30 p.m.	Confessions	Main Chapel
	5:30 p.m.	Vigil Mass	Main Chapel

For information on Jewish services call 2323

# 15 Minutes of Fame with Master at Arms 3<sup>rd</sup> Class Sarah Peterson

By Spc. Dave Lankford

JTF-GTMO Public Affairs Office

Master at Arms 3<sup>rd</sup> Class Sarah Peterson is a K9 Handler for the Navy with one very interesting hobby.

## What made you choose K9 Handler?

I've always loved working with animals. My K9 is truly my partner and my best friend. We work and train together, and I know he will never let me down. He will always be loyal.

## I understand you have an interesting hobby.

Yes, I play rugby every Tuesday and Thursday with the Guantanamo Bay Dementors.

## Who started the Dementors?

The Dementors were started by the last rotation of Troopers down here for JTF-GTMO. Everyone is welcome to come out and play whether you are from NAVBASE or the JTF. Many of the players who started the team have rotated out so we're down to about 20 or 25 players.

## How did you get interested in rugby?

Last year the team was able to fly out the Virginia Mud Lobsters for a game. I

came out to watch and was fascinated by the game. I heard that the team was looking for players and everyone was welcome to come out, and figured I'd give it a shot. I've been hooked ever since.

## What do you like most about the sport?

It's great for relieving stress and taking out your aggression. A lot of the jobs down here at GTMO are stressful. Rugby has become like therapy for me.

## Has it helped you in your military career?

Besides being therapeutic and a great vent for aggression, it's really helped my PT score. I've taken over a minute off of my run time. I have less stress at work and more energy.

## How would you like to see the team progress?

I'd really like to see more people come out to practice. It would be nice to see more females on the team, but we need more male players too.

## What would the advantage of more players be?

There are 15 players on a rugby team. If we had 30 players who came to practice regularly we could play on the full field,



Photos by Spc. Dave Lankford

## Master at Arms 3<sup>rd</sup> Class Sarah Peterson listens intently as the coach gives instructions.

with full contact.

## Have you ever been hurt or hurt someone else?

There have been a few minor injuries, as with any sport, but I've never been injured. As far as hurting anyone else, I may have inflicted some pain, but I've never injured anyone. Rugby is a rough sport but the players are like family. You never want to see anyone hurt.

## What does your future hold for you after the Navy?

I'd like to go home to Louisiana and attend nursing school. I'll be close to my family there, but I'll never forget my family at GTMO either. ■



Master at Arms 3<sup>rd</sup> Class Sarah Peterson drives forward at rugby practice for the Guantanamo Bay Dementors.

## 15 Minutes of Fame

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

# 2<sup>nd</sup> Squad...another long day at GTMO

By Spc. Dave Lankford

JTF-GTMO Public Affairs Office

It's 3 a.m. in Camp America and everyone is sound asleep...well...almost everyone. Suddenly the sound of a bolt slamming forward slices through the darkness as a Trooper clears his M16. It's just another long day for the Soldiers of B Troop, 1-18th Cavalry Regiment who arrived at Guantanamo Bay in March.

Squad leader Staff Sgt. Larry Everly is one of those men, who will guide his Troopers through their various duties over the next year. The squad will have roving and static guard, as well as Quick Reaction Force duty, and a great deal of training. The workdays will be long and the days off will be few and far between.

Everly, along with his Alpha and Bravo team leaders, have a combined 55 years of service, which includes combat experience in Somalia, Panama and the Persian Gulf.

"The team leaders make my job easy," said Everly. "I task them with a mission, they in turn task their men and follow through to insure the mission is completed. I never have to worry that a task won't be accomplished. These guys make everything work the way it should."

Sgt. Troy Ensminger, a battle-hardened NCO from California, heads Alpha Team. Ensminger has a good job as a carpenter but plans to go back to active duty at the end of his Guantanamo tour.

Ensminger has a great deal of respect for not only the men on



Staff Sgt. Larry Everly (left) stops to inspect observation posts on his roving guard route.

his team, but for the entire squad.

"We may have the best squad in 1st Platoon or even in the Troop," Ensminger said. "If someone's late, or caught [fooling] around, it's not one of us."

Bravo Team leader Spc. David Gable, shares Ensminger's high opinion of the squad. With 17 years of service, 12 of those years as a Marine, Gable has seen, worked with and led nearly every type of Trooper.

"The guys in this squad have an average of six years active duty," Gable said. "That's something you don't see every day in the National Guard."

The men of 2<sup>nd</sup> Squad know their jobs well and perform their duties without being told. On the rare occasion a Trooper needs a little external motivation the team leaders are well versed in providing it.

Both team leaders feel Everly's Squad is motivated to be the best and displays a level of esprit de corps rarely seen--even in the military. As the daylight wanes and the bodies of the Troopers in 2<sup>nd</sup> Squad begin to tire, the dedication to duty remains high.

With a little luck, by early evening weapons will be wiped down and turned in to the arms room. Ensminger and Gable will check accountability of equipment, and Everly will put out the next day's agenda.

Get some rest 2<sup>nd</sup> squad; tomorrow will be another long day.

Editors note: Over the next year these nine men will face both tribulations and triumphs, and *The Wire* will be there to make their endeavors a part of written history. ■



Photos by Spc. Dave Lankford

Members of 2<sup>nd</sup> Squad Alpha Team take the low road while Bravo Team (pictured) take the high road.

## Starbucks New Hours New Location

### Bayview

Mon- Closed

Tues to Sat- 5:30 a.m. to 9 p.m.

Sun- 9 a.m. to 1 p.m.

### Lyceum

Mon to Sat- 6 a.m. tp 3 p.m.

Sunday- Closed

### Club Survivor

Mon to Sun-6 a.m. to 12:30p.m.

Windjammer Starbucks Closed

## Guantanamo

The Subway inside the Navy Exchange is now serving Mexican food under the title GuantanaMex.

Sold there are meat burritos, chicken burritos, chips and beans, meat hard tacos, nachos and cheese, combination chips, and chicken hard tacos. You can also get a salad with your burrito.



## Fire Safety



Because of extremely dry conditions, campfires are no longer allowed on the beaches around Guantanamo Bay. The ban will last until the base receives a significant amount of rain. For more information, contact the Fire Admin staff at 4598.



## Sound off!

The Wire welcomes letters from Troopers for publication. Letters must have no more than 350 words and include the Trooper's name, unit and contact information. The Wire reserves the right to edit letters for length and clarity and to eliminate libelous or tasteless material or anything that might raise operations security concerns. We will do our best to answer any questions posed in letters by contacting the appropriate subject-matter expert. Bring your letter to The Wire office at building 4106, a SEA hut near the Chaplain's Office in Camp America or e-mail pao@jftgtno.southcom.mil.

## Help Wanted Divers Guide

Gauntanamo Bay divers who are interested in the underwater history of Guantanamo Bay can submit underwater items of interest--ancient or new--to Bill Wiese, who is putting together a comprehensive Divers Guide for Guantanamo Bay. He can be reached at 3861 or 7795, and is interested in your pictures, stories, information or questions.



**Alcoholics Anonymous**  
meets at 6:30 p.m. on  
Mondays, Wednesdays and  
Saturdays in Room 4A at  
Chapel Hill. All are welcome.

## Accuracy

In last week's edition on page 12, Marine Capt. A.J. Brooks of the Joint Intelligence Group was misidentified as Capt. A.J. Barnes, Joint Information Group, in the "GITMO Specials" feature.

### TV Channels

Channel	Description	Channel	Description
2	TV 8 Navy Broadcasting	25	TNN
3	TV Guide Channel	26	Comedy
4	Community Billboard	27	WGN
5	CNN	28	Family
6	NOCD Weather Channel	29	Cinemax
7	WABC NY	30	HBO
8	TNT	31	ACTV
9	WSEE - CBS - Erie, Pa.	32	AFN
10	WNBC - NBC - NY	33	CMT
11	A & E	34	C - Span
12	TLC	35	BET
13	Fox Net	36	CNN
14	Telemundo	37	PBS
15	Cartoon Network	38	ESPN2
16	ESPN	39	SciFi
17	MTV	40	History
18	VH-1	41	TCM
19	Lifetime Television	43	AFN- News
20	Nickelodeon	96	Pentagon
21	Showtime	97	AFN-Sports
22	The Discovery Channel	98	TV Land
23	WTBS	99	WPIX WB

## CHICKEN MILANO

"A delicious pasta and chicken dish with garlic, sun-dried tomatoes and fresh basil. Use the dry packaged sun-dried tomatoes instead of the tomatoes packed in olive oil. The sauce can be kept, covered, for one day in the refrigerator; heat again over low heat. Try it with some crusty bread if desired." Recipe yields 4 servings.

### INGREDIENTS:

- 1 tablespoon butter
- 2 cloves garlic, minced
- 1/2 cup sun-dried tomatoes, chopped
- 1 cup chicken broth, divided
- 1 cup heavy cream
- 1 pound skinless, boneless chicken breast halves
- salt and pepper to taste
- 2 tablespoons vegetable oil
- 2 tablespoons chopped fresh basil
- 8 ounces dry fettuccini pasta

### DIRECTIONS:

1. In a large saucepan over low heat, melt butter; add garlic and cook for 30 seconds. Add the tomatoes and 3/4 cup of the chicken broth; increase to medium heat and bring to a boil. Reduce heat and simmer, uncovered, for about 10 minutes or until the tomatoes are tender. Add the cream and bring to a boil; stirring. Simmer over medium heat until the sauce is thick enough to coat the back of a spoon. 2. Sprinkle the chicken with salt and pepper on both sides. In a large skillet over medium heat, warm oil and sauté chicken. Press on chicken occasionally with a slotted spatula. Cook for about 4 minutes per side or until the meat feels springy and is no longer pink inside. Transfer to a board; cover and keep warm. Discard the fat from the skillet. 3. In the same skillet, over medium heat, bring 1/4 cup chicken broth to a boil; stirring the pan juices. Reduce slightly and add to the cream sauce; stir in basil and adjust seasonings to taste. 4. Meanwhile, bring a large pot of lightly salted water to a boil. Add fettuccine and cook for 8 to 10 minutes or until al dente; drain, transfer to a bowl and toss with 3 to 4 tablespoons of the sauce. 5. Cut each chicken breast into 2 to 3 diagonal slices. Reheat the sauce gently if needed.

Transfer the pasta to serving plates; top with chicken and coat with the cream sauce

Recipe was found at [www.allrecipes.com](http://www.allrecipes.com) and was submitted by Holly.

By Spc. Seth Myers

# Kitchen

# Movies

DOWNTOWN LYCEUM		CAMP BULKELEY	
<b>FRIDAY</b>		<b>FRIDAY</b>	
8 p.m. <b>Hotel Rwanda</b> PG13 120 min		8 p.m. <b>Constantine</b> R 120 min	
10 p.m. <b>Diary Of A Mad Black Woman</b> PG13 116 min		10 p.m. <b>Hide And Seek</b> R 101 min	
<b>SATURDAY</b>		<b>SATURDAY</b>	
8 p.m. <b>Man Of The House</b> PG13 97 min		8 p.m. <b>Diary Of A Mad Black Woman</b> PG13 116 min	
10 p.m. <b>Sahara</b> PG13 120 min		10 p.m. <b>Boogeyman</b> PG13 89 min	
<b>SUNDAY</b>		<b>SUNDAY</b>	
8 p.m. <b>Million Dollar Baby</b> PG13 133 min		8 p.m. <b>Man Of The House</b> PG13 97 min	
<b>MONDAY</b>		<b>MONDAY</b>	
8 p.m. <b>Diary Of A Mad Black Woman</b> PG13 116 min		8 p.m. <b>Sahara</b> PG13 120 min	
<b>TUESDAY</b>		<b>TUESDAY</b>	
8 p.m. <b>Man Of The House</b> PG13 97 min		8 p.m. <b>Million Dollar Baby</b> PG13 133 min	
<b>WEDNESDAY</b>		<b>WEDNESDAY</b>	
8 p.m. <b>Sahara</b> PG13 120 min		8 p.m. <b>Diary Of A Mad Black Woman</b> PG13 116 min	
<b>THURSDAY</b>		<b>THURSDAY</b>	
8 p.m. <b>Million Dollar Baby</b> PG13 133 min		8 p.m. <b>Man Of The House</b> PG13 97 min	

# MWR

- April 23: JPJ Hill Run, Gym, 6 a.m.
- April 29: Power Lifting Meet, Gym, 6 p.m.
- April 30: JTF vs. NAVBASE, Cooper Field, 6 p.m.
- May 7: Spring Sailing Regatta
- May 19: Knowledge Bowl 4
- May 20: Armed Forces Day Rock & Bowl bowling
- May 21: Armed Forces Day Beach Volleyball
- May 21: Armed Forces Day Mini Golf Tournament

# Seaside Galley

<b>Today</b>	Lunch	Barbecued Beef
	Dinner	Seafood Platter
<b>Saturday</b>	Lunch	Baked Fish
	Dinner	Chicken Parmesan
<b>Sunday</b>	Lunch	Roast Porkloin
	Dinner	Shepherd's Pie
<b>Monday</b>	Lunch	Pepper Steak
	Dinner	Roast Turkey
<b>Tuesday</b>	Lunch	Barbecued Chicken
	Dinner	Chicken & Beef Fajitas
<b>Wednesday</b>	Lunch	Pineapple Chicken
	Dinner	Cantonese Spareribs
<b>Thursday</b>	Lunch	Caribbean Chicken
	Dinner	Salisbury Steak
<b>Friday</b>	Lunch	Parmesan Fish
	Dinner	Steamship Round of Beef

# Ferry Schedule

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

# Buses

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

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