



THE WIRE



Honor Bound To Defend Freedom

Volume 6, Issue 25

www.jtftgmo.southcom.mil

Friday, September 23, 2005

15 Minutes of Fame, pg. 11

Postal services provided to detainees

By Army Sgt. Todd Lamonica

JTF-GTMO Public Affairs Office

Chapter VII, Section V: Relations with Prisoners of War, Article 71 of the Geneva Conventions gives guidance on sending and receiving mail. The Joint Task Force complies with the spirit of Geneva Convention and has implemented a program allowing detainees to send and receive mail. There is no limit on how much mail the detainee may receive.

Certain days are designated for either writing letters or writing postcards. First, the mail clerks give the detainees a form, which explains how they must write their letter. This is done for force protection reasons. The detainees are then given an appropriate amount of time to write letters and postcards.

Upon completion of letter writing, the mail carrier picks up the letter from the detainee. The letters are then scanned and logged into the system. Copies are made and translated into English. The letter is then screened for force protection. Once this task is complete and there are no discrepancies, postage is affixed to it and the letter is prepared to be shipped. Our government pays for all the writing supplies and postage.

Detainee mail arrives on the island once a week. It follows a process similar to that of outgoing mail. Once all the steps are completed, the mail is ready to be delivered.

The mail is delivered on a daily basis to detainees.



Photo by Army Sgt. Todd Lamonica

One of Camp Delta's finest postmen delivers some mail to a detainee.

Detainees also have the right to request a copy of a letter that has been lost.

"Since we already have a copy of the letter on file, it is not hard for us to provide a copy of that letter," said one of the mail clerks at Camp Delta.

In addition to sending and receiving mail through the Joint Task Force, detainees may also use International Red Cross mail service.

The International Committee of the Red Cross plays an integral role in the mail delivery process. Every quarter, they pick up and deliver Red Cross mes-

sages to family members in the detainees' countries. Delivery of this mail is very dangerous for these Red Cross workers who go into hostile locations to deliver the mail.

Their superiors hold the Troopers whose job is to provide mail services in high regard. Their job is not an easy one. Through their selfless efforts, they maintain a level of retrieval and delivery that is rivaled only by the United States Postal Service and are continuing to make their contribution in the Global War on Terror. ■



Photo by Spc. Timothy Book

Take care of business

By Col. Michael Bumgarner

JDG Commander

If you venture in to Café Caribe, you will see hanging at the back of the galley a recently added poster that has the letters TCB emblazoned in bold on it. I came up with the poster because it embodies an attitude, a philosophy in work ethic if you will, that I embrace and try to foster within the Joint Detention Group. TCB stands for Take Care of Business. I found myself saying that often over the last couple of months to the Troopers and officers of the JDG when I spoke to them in situations where we were about to carry out some major action. So I decided to post it, to be the informal watchwords of the Group.

I view the three little letters to represent a source of motivation, of determination to get the job done right and of working in a first class fashion. When the odds are against you, when you are counted out, when nothing seems to be going right or when events seem to be controlling you rather than you controlling them, remember TCB. As an old football player, I will relate it to a game situation so you may better understand what I mean. It's the fourth quarter with two seconds left on the clock and you are down by five. The ball sits just two yards shy of the goal line. It's cold, and it is raining. To make a difference, you now must focus and forget all the pain and discomfort. You must concentrate on the task at hand and summon every ounce of energy

you have remaining for one final play that will determine the outcome of the game. As I have said many times to teammates in the past when breaking the huddle, it is time to take care of business. Seize control, take the initiative, be resolute and steadfast in carrying out the task at hand...that is TCB (taking care of business).

TCB does not apply only in critical situations, but also in your everyday duties. It means take care of the job you were sent here to do with a sense of purpose. For the Troopers in the JDG, it means being focused on the mission at hand. It means being disciplined, and it means doing what is right in your work. The attitude of TCB is about being positive and proactive. It is making things happen, not sitting passively on the sidelines letting events pass you by.

At the risk of sounding overly dramatic, I rely on each and every member of the team to TCB. Perhaps far more importantly, your nation relies upon you. If you have been on the ground here for more than a day, you should recognize that no matter your duty position, what you do or fail to do could have significant ramifications on our mission.

So in the future, when you are heading out of the galley after chow and you look up and see TCB – remember, it is time to get your head back in the game. Focus on the mission at hand, commit to give it your all, and go out there and TAKE CARE of BUSINESS. ■

JTF-GTMO Command

Commander:

Maj. Gen. Jay W. Hood

Joint Task Force CSM:

Command Sgt. Maj. Angel Febles

Public Affairs Officer:

Lt. Col. Jeremy Martin

326th MPAD Commander:

Maj. Jeffrey Weir: 3713

Command Information Officer:

Lt. Angela King-Sweigart: 3651

326th MPAD First Sergeant:

Sgt. 1st Class David Zerbe: 3649

Circulation: 1,200

The Wire

NCOIC/Editor:

Master Sgt. Stephen Miller: 3594

Managing Editor:

Spc. Seth Myers: 3589

Layout Editor:

Spc. Ian Shay: 2171

Photo Editor:

Sgt. Todd Lamonica: 3589

Staff Writers & Design Team:

Spc. Jeshua Nace: 3499

Spc. Timothy Book: 3592

Spc. Dave Lankford: 3593

Contact us:

Base Information: 2000

Public Affairs Office: 3594 or 3651

From the continental United States:

Commercial: 011-53-99-3594

DSN: 660-3594

Online:

www.jtfgtmo.southcom.mil



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

Keeping it clean in Camp America

Commentary by Spc. Dave Lankford

JTF-GTMO Public Affairs Office

In my prime, I could clear, disassemble, reassemble and perform a function check on an M60 in less than two minutes, or find a quarter on a land navigation course with a 10-digit grid. So why can't I keep my whites white and my colors bright?

If you haven't noticed, the washers and dryers in Camp America now outnumber the Troopers three to one. Unfortunately, they don't do you any good if you don't know how to use them properly. In the time I've been married, I've done laundry once. Since that time, my wife has banned me from the laundry room. She still hasn't figured out if I am a complete moron or a tactical genius, and I'll never tell.

For a time, I considered mailing my laundry home to my wife, but the turn around time would be ridiculous. So unfortunately, I've had to learn to do my own laundry. Now, I'm no expert, but I have learned a few things by trial and error...and error...and error.

My wife recommends separating light and dark laundry. I'm lucky if I can remember to separate my pens and wallet from my pockets. The pens make a real mess in the drier, and I'm sure I've heard somewhere that laundering money is illegal. For this reason, I wash everything on cold. Even on cold, though, I've come to learn that washing a brand new, bright blue beach towel



Photo by Spc. Dave Lankford

To avoid this problem measure before you add detergent, but look on the bright side, the floor in the laundry room has never been cleaner.

with light-colored laundry is a bad idea. By the way, if anyone needs some powder blue socks come see me.

I know men don't like reading instructions, so let me give you some tips on detergent. Unlike the little boxes of detergent you get out of the vending machine at the laundromat, the gallon jugs at the NEX are not single serving. Some mastermind decided to hide the measuring cup under the cap of the bottle, go figure.

My wife also recommends using some-

thing called fabric softener. I guess that would be fine for civilian clothing, but I can't imagine our armed forces scaring the bad guys in April fresh uniforms. I think a little Cleaning Lubricant Protector (CLP) would work better.

Just a few final notes, you can't get an extra week out of your boxers by turning them inside out, there's no need to mark your socks "left and right," and if you have to smell your t-shirts before you put them on, it's definitely time to do laundry. ■



Comic by Mike Jones

Expeditionary Medal for GTMO Troopers

By **Spc. Seth Myers**

JTF-GTMO Public Affairs Office

There are many ways the military recognizes the contributions and hard work done by its service members. One of which is a medal. In this current conflict, one of the medals that has been granted is the Global War on Terrorism Expeditionary Medal (GWOTEM). This was granted to service members in Iraq, Afghanistan, and other such places involved in the Global War on Terrorism. Recently, it was expanded to include GTMO. We are being officially recognized for our contributions in this conflict.

In a memorandum dated July 14, 2005, GTMO was added to the list of theaters eligible for the GWOTEM. All members deployed here since September 11th for the

Global War on Terrorism can receive the medal. Thus, only the JTF Troopers receive it here.

In addition to the incredible pride one receives by achieving this medal, they will be awarded veteran's status. That's right. Receiving this award grants Troopers all the benefits of being a veteran. There are a number of other ways one can become a Veteran, but for some Reserve personnel the awarding of this medal is the easiest way to achieve status.

These benefits include anything from the VA home loan, to a five-point preference for government jobs, to eligibility to join the Veterans of Foreign Wars (VFW). There are many more benefits than these available to veterans. For more details about what you can receive, contact Veterans Affairs. ■



Al Qaeda Declines in Northern Iraq, Military Officer Says

By **Gerry J. Gilmore**

American Forces Press Service

Eighty percent of al Qaeda's network in northern Iraq "has been devastated" since January due to the capture or killing of key leaders and the outrage of Iraqi citizens, a U. S. troop commander told Pentagon reporters today.

Army Col. Robert B. Brown, commander of the 1st Brigade, 25th Infantry Division's Stryker Brigade Combat Team, reported from Mosul, Iraq, during a video teleconference that things are looking up in northern Iraq, where "the Iraqi army is being rebuilt" and citizens clearly "want freedom."

The situation in Mosul is "improving on a daily basis," Brown said. "Normalcy has come back into the city."

That wasn't the case prior to the Iraqi elections held in January, Brown recalled, when his soldiers "faced a foreign fighter that was very well-trained." "However, the situation has changed significantly since then, he said.

Several events caused the decline of terrorist influence in Mosul over the past year, Brown said. For one, Mosul's citizens, who'd had enough of the murder of innocent women and children by al Qaeda-sponsored terrorists, began supporting their new government after the elections.

Carnage wrought by foreign terrorists also has caused Iraqis who used to favor the return of the defunct Saddam Hussein regime to change sides and support the new Iraqi government, Brown said.

Today, Mosul's citizens routinely identify insurgents and pro-

vide other information to U. S., coalition and Iraqi security forces, Brown said.

"People are fed up with the terrorists' acts," the colonel said, noting that Iraqis "want a brighter future."

Many key al Qaeda leaders in Iraq have been captured or killed in recent months, Brown said, affecting terrorist operations. Brown said enemy mortar attacks in his area have decreased to about six a month, compared to around 300 monthly prior to the January elections.

And "we have not seen well-trained foreign fighters" since the elections, Brown said. Foreign terrorists captured these days are poorly trained and "very young," he noted, ranging in age from 15 to 17 years old.

Al Qaeda is "clearly our biggest threat" in Iraq, Brown said. Of 550 terrorists killed during U. S. - coalition operations in northern Iraq during February and March, he estimated between 60 percent and 70 percent of enemy casualties were foreign fighters.

Brown said he's very proud of his hard-working soldiers. The brigade's victories against terrorists haven't come without cost, he noted, with 33 having lost their lives in Iraq over the past 11 months.

However, the brigade's trademark vehicle has "saved hundreds of my soldiers' lives," Brown asserted. He said 115 rocket-propelled-grenade rounds, as well as myriad machine-gun bullets, have failed to penetrate the Stryker's tough skin during his brigade's tour in Iraq.

The Stryker has "done a fantastic job here in Iraq," Brown said. ■

BOOTS ON THE GROUND

Army Sgt. Todd Lamonica asked Troopers around the JTF, "What team do you think will go to the Super Bowl and win?"



◀ "The Indianapolis Colts, because they have the best offense in the league and MVP quarterback Peyton Manning."

— Army Sgt. Topher Coleman

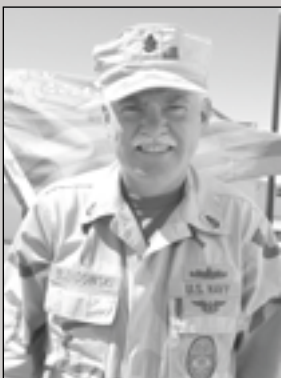
▶ "The New England Patriots will be there, but I do not think they will win."

—Spc. Eric Kerzman



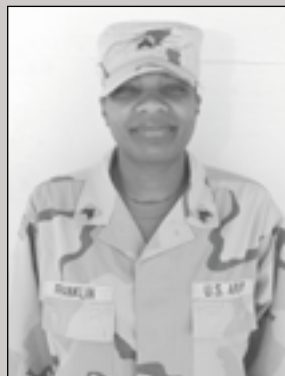
◀ "The New England Patriots will destroy the Philadelphia Eagles."

—Navy Senior Chief Petty Officer Vince Blendowski



▶ "The New England Patriots will take it again over Philadelphia. Their quarterback is awesome."

—Army Sgt. Tymeeko Franklin



Photos by Army Sgt. Todd Lamonica

Recognition program

By Spc. Ian Shay

JTF-GTMO Public Affairs Office

The U.S. Army has developed the "Freedom Team Salute" program. The new recognition program gives all Army Soldiers - Active Duty, Reserve and National Guard - the opportunity to recognize and thank parents, spouses, and employers for their support. The program also shows Army appreciation to Army veterans.

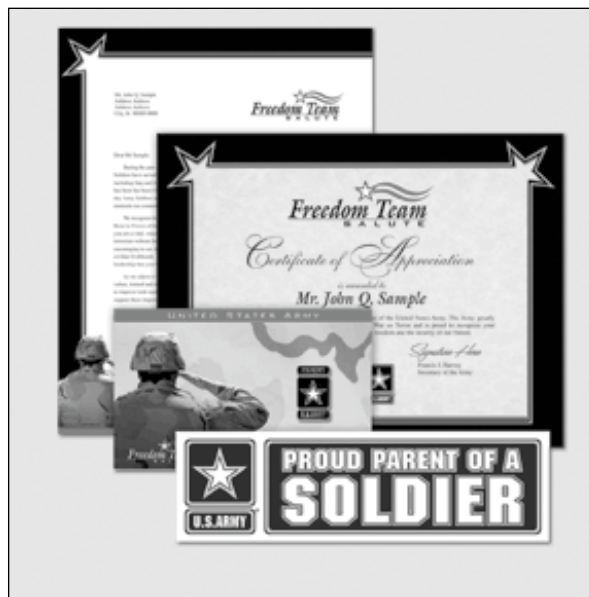
"In these demanding times, the support of families and employers gives our Soldiers strength and security while they are protecting our nation," said Army Chief of Staff General Peter J. Schoomaker. "Freedom Team Salute provides Soldiers with an excellent opportunity to salute those at home and to thank them for their continued support and encouragement."

According to the website, <http://freedomteamsalute.army.mil>, nominating someone for a "Freedom Team Salute" package is easy. Soldiers simply visit the website and enter the name and address of the person who supports them. Freedom Team Salute honorees will receive a Freedom Team Salute Commendation package that contains the following:

- Official Army Lapel Pin (mounted on a card)
- Official Army Decal
- Certificate of Appreciation signed by both the Chief of Staff and Secretary of the Army

The program helps to enhance the Army's "Operation Tribute to Freedom" outreach initiatives, where Soldiers speak with area civic clubs and community organizations, participate in major sporting events and local celebrations, and return to their hometowns following combat duties overseas. During the past two years, patriotic citizens and family members have sent over 35,000 greetings and messages of support to Army troops under this initiative using the web site <http://www4.army.mil/ocpa/tooursoldiers/>.

For Soldiers here or stationed anywhere else overseas, it is important to show your family you appreciate their love and support. Visit the website today and nominate a loved one. ■



Off we



▲Wright 1909 Military Flyer



▲Sopwith F-1 "Camel" British made-V



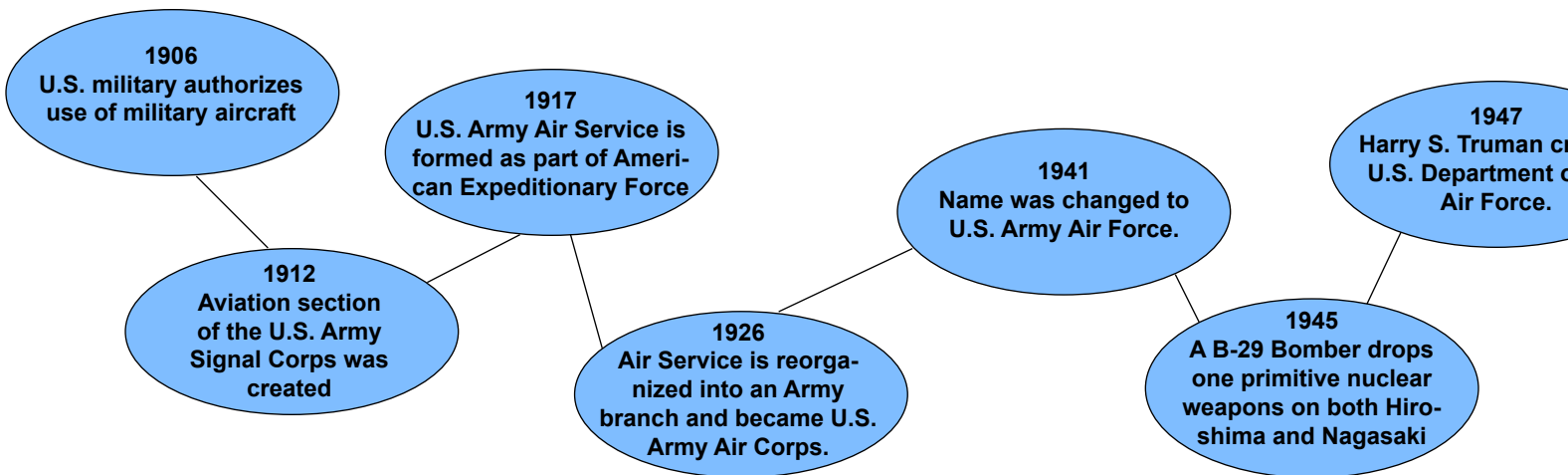
▲Douglas B-18A "Bolo"--WWII



▲Cessna YA-37A "Dragonfly"--Vietnam



▲Fairchild Republic A-10A "Thunderbolt II"-- Present



go...



WWI



Photo by Spc. Jeshua Nace

Air Force Troopers cut a cake in celebration of the U.S. Air Force's 58th Birthday.

Happy Birthday Air Force

By Spc. Jeshua Nace

JTF-GTMO Public Affairs Office

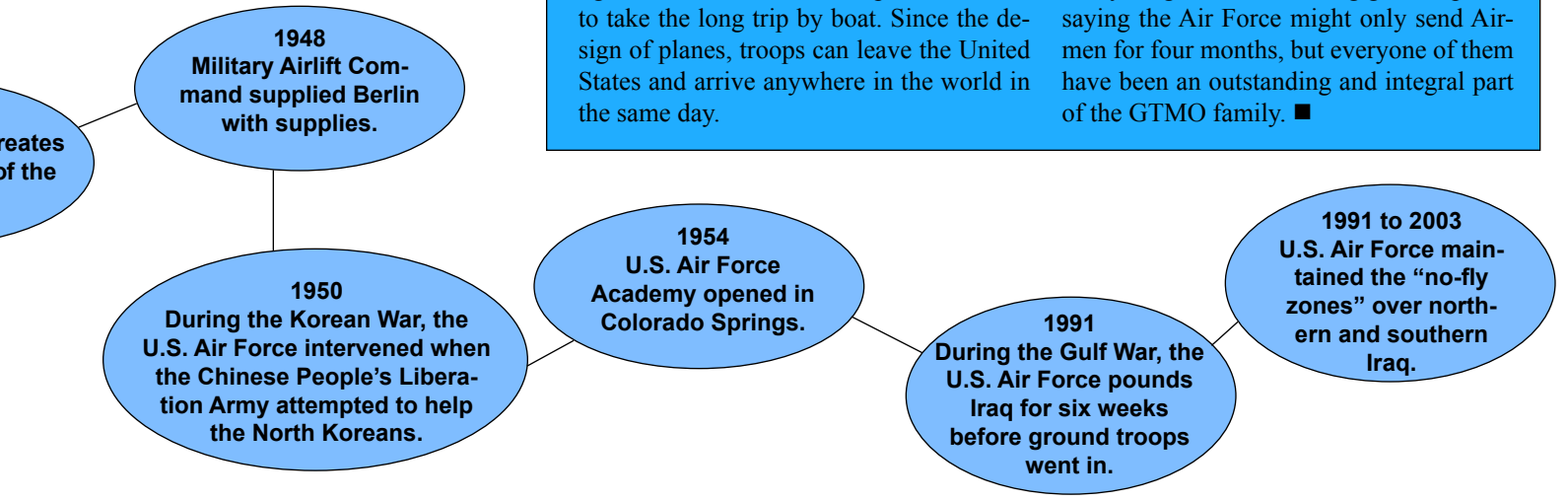
Three years after the Wright brothers' famous flight, they signed a contract with the Army to design an aircraft that could be used in combat. From that era, it went from a mere section of the U.S. Army Signal Corps in 1912 to its own department, the United States Department of the Air Force, on September 18, 1947.

What is now called the U.S. Air Force has been involved in every major conflict since World War I. They might not have been dropping bombs or supporting troops from the air in every conflict, but they have been involved in getting Soldiers to the fight. Without aviation, troops would have to take the long trip by boat. Since the design of planes, troops can leave the United States and arrive anywhere in the world in the same day.

The Air Force is like any organization; it does not run without people. Even well-trained Troopers need to take a break once in awhile, and celebrating a birthday is a good reason to have a party.

Air Force Troopers here recently celebrated the 58th birthday of the Air Force. A majority of the Air Force Troopers gathered at Windmill Beach on Thursday to have a small party to meet and greet each other, while getting into the festivities of the Air Force birthday.

Like every other birthday here, we celebrated it with a cake-cutting ceremony and a speech by one of the Joint Task Force's leaders. JTF-GTMO Deputy Commander Army Brig. Gen. John Gong gave a speech saying the Air Force might only send Airmen for four months, but everyone of them have been an outstanding and integral part of the GTMO family. ■



Wild card race continues to heat up

Commentary by Spc. Ian Shay

JTF-GTMO Public Affairs Office

With only two weeks left on the schedule, one thing is for sure; the Major League Baseball standings are anything but settled. Usually by the end of September, divisions are clinched and one or two teams are battling for a wild card spot. This year, teams are still fighting for division titles late in the season, while at the same time fighting for a wild card spot.

The National League is definitely the more stable of the two leagues. The St. Louis Cardinals have the best record in baseball and basically clinched the NL Central a month ago. The Houston Astros may be a whopping **13 games** back from the Cardinals, but still are a strong contender for the NL wild card spot. The Atlanta Braves and San Diego Padres will take the NL East and West, unless something unforeseen happens, like frogs falling from the sky.

Besides Houston, the Philadelphia Phillies and the Florida Marlins are both vying for the NL wild card spot. Houston has the pitching in Roger Clemens and Andy Pettitte. The Phillies have big hitters in Ryan Howard and Bobby Abreu, and the ultimate closer in Billy Wagner. **The Marlins are still in the race, but definitely not the favorite of the bunch.**

The American League still has all three division titles up for grabs, which makes the wild card hard to predict. The Boston Red Sox's haven't been playing great as of

late, but they have managed to hold the New York Yankees back all season long. But with the Yankees only **1.5** back, it's anyone's guess.

The Chicago White Sox have the second best record in the league, but still haven't clinched their division and appear to be faltering. **Chicago is 3.5 games up** from the Cleveland Indians in the central, but Cleveland can still take the division. The Tribe is red hot right now and, regardless of whether they take the division, look for them to take the wild card spot.

The AL West seems to have lost the steam they had a month ago. The L.A. Angels and Oakland Athletics kept scrapping back and forth for the division title spot. **But now the A's seem to have lost any chance at the wild card spot.** Their only chance is to play better baseball these last few weeks and retake the division lead.

Baseball in September and October is much more exciting when every game counts. Essentially, only eight teams will make a playoff spot, and, at this moment, there are only two divisions clinched and



Photo found on espn.com

Jhonny Peralta smashing a three-run homer last week.

MLB Standings

Text in bold will be updated Friday morning. As well as the MLB standings.

NFL Picks

Week 3

Shay vs. Coleman

Monday Night

Kansas City at Denver

Shay

Chiefs over Broncos

24-17

Coleman

Chiefs over Broncos 30-17

Last Week

(8-8) Shay vs. Lankford (8-8)

Picks submitted by Spc. Ian Shay and SJA Sgt. Christopher Coleman

Shay	vs.	Coleman
Carolina	Carolina at Miami	Carolina
Falcons	Atlanta at Buffalo	Falcons
Bengals	Cincinnati at Chicago	Bengals
Colts	Cleveland at Indianapolis	Colts
Jets	Jacksonville at N.Y. Jets	Jets
Vikings	New Orleans at Minnesota	Saints
Eagles	Oakland at Philadelphia	Oakland
Packers	Tampa Bay at Green Bay	Packers
Rams	Tennessee at St. Louis	Rams
Seahawks	Arizona at Seattle	Seahawks
Cowboys	Dallas at San Francisco	Cowboys
Steelers	New England at Pittsburgh	Patriots
Chargers	N.Y. Giants at San Diego	Chargers

Week two helped show us which teams got lucky in week one and which teams really do stink. It's still early but the Vikings, Packers, Raiders and Ravens need to strike soon or start planning for next season. The Jets, Eagles and Panthers had a rough week one but showed their true form this past Sunday.

Each week, I need Troopers to submit their names and football picks for the upcoming issue of the Wire. Submit your picks by Noon Monday to me via email on the global. If you cannot contact me via email, you can call my office ext. at 2171. Each week, one name will be picked to challenge my picks in the upcoming issue.

Where you can turn for help

By Spc. Timothy Book

JTF-GTMO Public Affairs Office

Life is stressful. Add in a deployment and there is the potential for even more stressful times. There are many places Troopers can turn to for help dealing with any problem.

Chaplains in the military have multiple roles. Their primary role is to provide for the religious needs of the Troopers. They also offer spiritual guidance, such as marriage counseling.

“The secondary role of the chaplain is the morale of the unit,” said Army Chaplain Lt. Col. Chris Molnar, the JTF senior chaplain. “You don’t see psychiatrists out in the field talking with Troops. They’re usually in a clinical setting like a hospital, but chaplains go out and meet with the Troops and see how they’re doing.”

Chaplains also deal with institutional issues such as a breakdown in chain of command or personal issues, Molnar said.

“Sometimes a sergeant may have problems with a Soldier, but after the chaplain gets involved, he might find that the real problem is with something else entirely,” he said. “A roommate, whose behavior is such that he’s keeping him up all night. Most people don’t want to squeal on a roommate, but there is a problem and we can help fix it.”

Sometimes Troopers are sent to see the chaplain because they are obviously having problems.

“A chaplain is, in some respect, a diagnostician. Part of my training to become a chaplain involved understanding mental health care,” Molnar said. “Sometimes I come in contact with people who appear to be having a mental health issue, and I encourage them to go to sick call or Combat Stress.”

Combat stress provides treatment of mental health issues as well as primary and secondary prevention. They do that by “Identifying problems early in the process and, if possible, identifying concerns before they become problems,” said Army Maj. Alan Fehr, a clinical psychologist and OIC of Combat Stress Control



Photo by Spc. Timothy Book

With the right help, everyday problems can be transformed into a view of serenity.

(CSC).

Troopers can look to CSC as a source to talk about anything. “They can come to us about anything – personal issues, chain of command issues, problems at home. In most cases, we’ll probably not change the problem, but we’ll help them cope with it,” said Fehr.

In addition to personal counseling, CSC utilizes a biofeedback machine. “If someone feels really stressed on a day-to-day basis, one option is biofeedback training,” said Fehr. It is electronic equipment that teaches people to relax. It monitors different aspects of the body, such as temperature. Stress causes physical changes in the body, like cool, clammy hands. The training involves learning to control the physical response and thereby learning to relax on a much deeper level.

CSC also works outside of the office. They frequently go out and talk to Troops on an informal basis. Fehr can be seen frequently walking through Camp America, stopping to chat with Troopers outside their rooms or in the common areas.

A Trooper may be referred from their chain of command, chaplain, or they can decide to visit CSC on their own. “If someone thinks they need to talk to somebody, then it’s time to see us,” said Fehr.

“There are office hours, but someone is always on call after hours. An appointment should be made, but in an emergency, just come in or call,” said Fehr.

A third option for Troopers is **Military OneSource**, an information and telephone service. They also offer a lot of information online. See the sidebar for the address. There is information that could help any Trooper, even if they are not currently experiencing problems.

There are many services available to help Troopers with serious problems or just little issues. The sooner the problem is identified and dealt with, the easier it is to resolve. ■

Here are some great online sources for help dealing with problems.

www.militaryonesource.com

The American Psychological Association: www.apa.org

www.hooah4health.com

For information on biofeedback: Applied Psychophysiology & Biofeedback www.aapb.org

God's guidance in time of crisis

By Chaplain (Lt. Col.) Robert Palmer

JTF-GTMO Chaplain

Defining visions for our life sometimes come when our foundations are shaken. God may use a crisis—even a severe one—to help us better understand His purpose for us and change in direction He wants us to take. The point is especially important to consider at this time, in light of the crisis many Americans are facing related to hurricane Katrina.

I'm not suggesting that God caused the tragedies that resulted from Katrina in order to bring us certain benefits or to teach us certain lessons. None of us has the slightest idea what was in His mind when Katrina hit

the Gulf Coast, and we are on inappropriate ground to speculate. All we can know for certain is that God cares deeply for those who are suffering, is extending His fullest mercy and support to them and expects us to do the same. Attempting to explain the "whys" of what happened is both irrelevant and an insult to those who are suffering.

Others need our comfort and help at this time, not our explanations. It is highly appropriate, though, to ask how God may want us to grow personally through these calamities. It's not only permissible to ask the question, but critical, if we're to fully realize our potential for God. Stewardship of our life requires it. This isn't to downplay the importance of grieving the losses

we've experienced, nor to suggest that we should shortcut that process in any way.

Yet, it's in the midst of such grieving, ironically, that sometimes the most treasured insights into God's intentions for our life emerge. We can benefit greatly by staying alert to this happening and to how He may wish to enlighten us. In some cases, the inspiration that comes helps our healing process considerably. Our immediate need is to look as carefully as we can at how we can assist with emergencies around us and can extend our help to those with urgent needs. Our longer-term need is to come to grips with our own life's direction from this point forward. ■

† Padre's Corner †

Prince of virtues

By Navy Chaplain (Lt. Cmdr.) S.J. Vanden Boogard

NAVBASE Chaplain's Office

People who study in the field of science today have a deeper knowledge of the relationship between human beings and the universe than what was ever dreamed of even as late as fifty years ago. A common characteristic of these people of science today is the more they know, the more they realize their ignorance.

Albert Einstein was the one who was most responsible for the amazing progress in the development of nuclear energy. He was a modest and humble man—with a strong awareness of the limits of his knowledge and an ability to be at home with the common person in the street. Einstein had humility—the prince of virtues.

Humility is a quiet pride in accomplishments. It is a calmness of spirit that helps us to be brave when things go wrong and to be modest when we succeed. Humility often involves sacrifices, big and little. Humility knows when to talk, when to make suggestions, and when to be firm. To be humble is to be great.

Having humility does not mean we make a "door mat" out of ourselves and allow people to walk all over us. It is a modest confidence that enables us to stand firm when there is a need for firmness.

When there is an absence of humility, vanity or boastfulness usually takes place in relationships with others. Most are a little suspicious of the person who "eats up" praise or boasts of their achievements. The likelihood is they are unsure of themselves and their goals in life. People who have a right to boast usually find it unnecessary to do so. In other words, success does not go to their head. Marcus Aurelius, a Roman Emperor, once said: "Whatever is good is good in itself and has no need of praise." As we go about our business around the base and in the Wire we can achieve humility by balancing a sense of our own worth with the rights and feelings of others. Every day of our life on this earth gives us the opportunity to plant a good seed in the garden of humility. ■

CAMP AMERICA WORSHIP SCHEDULE

Sunday	9 a.m.	Sunday School	Troopers' Chapel
	10 a.m.	Protestant Service	Troopers' Chapel
	6:00 p.m.	Confessions	Troopers' Chapel
	6:30 p.m.	Catholic Mass	Troopers' Chapel
	7:45 p.m.	Protestant Service	Troopers' Chapel
Tuesday	7 p.m.	Bible Study	Building 3203
Wednesday	7:30 p.m.	Soul Survivor	Camp America North Pavilion

NAVAL BASE CHAPEL

Sunday	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
	10 a.m.	Protestant Liturgical	Sanctuary B
Monday	11 a.m.	Protestant Service	Main Chapel
	1 p.m.	Gospel Service	Main Chapel
	5 p.m.	Pentecostal Gospel	Sanctuary C
	7 p.m.	Prayer Group	Fellowship Hall
		Fellowship	
Tues. to Fri.	7 p.m.	Family Home Evening	Room 8
	12 p.m.	Daily Mass	Cobre Chapel
Wednesday	7 p.m.	Men's Bible Study	Fellowship Hall
Friday	1 p.m.	Islamic Prayer	Room 12
Saturday	4:30 p.m.	Confessions	Main Chapel
	5:30 p.m.	Vigil Mass	Main Chapel

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

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

15 Minutes of Fame

with Coast Guard Petty Officer Teresa Esparza

By Army Sgt. Todd Lamonica

JTF-GTMO Public Affairs Office

Hard charging, sharp, a good person: these are just some of the words her superiors have used to describe United States Coast Guard Petty Officer Teresa Esparza.

Esparza is a member of the Port Security Unit 311 out of San Pedro, California. The unit has been at Guantanamo Bay since June.

During the deployment, the unit has done two underway gun shoots with crew-served weapons while spending several days of training at the range with those weapons and others as well.

Esparza's position as a crewmember on one of the Coast Guard's Viper patrol boat shows she is an integral part of the crew by providing port security on the base. Some of the unit's duties include, escorting vessels through the bay, as well as providing waterside security on the base.

Esparza has always had an interest in joining the military, but wanted to pursue her educational goals first. She obtained a Bachelor's Degree in Criminal Justice with a minor in Sociology and, most recently, submitted a thesis to complete a master's degree in forensic science. While working as a probation officer in California, a co-worker introduced her to the Coast Guard Reserve Program. She felt her educational goals had been met and decided to pursue her interest in the military.

Becoming a reservist has allowed her to serve her country while main-



Photo by Coast Guard Commander Bernard Moreland

Coast Guard Petty Officer Teresa Esparza, of PSU 311, mans a crew served weapon, while coxswain Coast Guard Petty Officer James Lanigan navigates the waters of the bay.

taining a career in law enforcement. Esparza is one and a half years into her six-year enlistment. She has attended the Marine Basic Combat Skills training at Camp Pendleton, had intensive training to become Boat Crew Qualified and is qualified to shoot various military weapons. She also has plans to attend the Coast Guard's Reserve Officer Candidate Indoctrination (ROCI) program in the near future.

When work is done, she likes to blow off some steam just like the rest of us. Much of her free time is spent at the beach, working out, and communicating with family and friends via e-mail. She also enjoys going to the movies, salsa lessons and participating in the various

events sponsored by the MWR.

"Other units should not be wary of deploying to Guantanamo Bay, Cuba. It is not as bad as most think. With all the activities to do, it makes the time spent here a whole lot easier," said Esparza.

In keeping with the Coast Guard Reserve Motto, Esparza displays professionalism, patriotism and preparedness while performing her duties at Guantanamo Bay. ■

15 Minutes of Fame

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

AROUND THE JTF



Photo by Army Sgt. Todd Lamonica

▲Members of the Naval Station Guantanamo Bay Color Guard prepare to hoist the flag at the start of the POW/MIA ceremony.



Photo by Army Sgt. Todd Lamonica

▲And they're off! Runners begin the first leg of the Cancer Awareness half marathon.



Photo by Spc. Timothy Book

▲From left – Army Command Sgt. Maj. Patrick Flannery, Navy Capt. Larry Cotton, and Kim Veditz cut a ribbon symbolizing the official opening of the Navy Federal Credit Union's office in Camp America. To accommodate Troopers working different shifts, the office will be open Mondays 11 a.m. to 2 p.m. and Thursdays 6 p.m. to 10 p.m.



Photo by Army Sgt. Todd Lamonica

◀Sam Scott, a food service manager at Café Caribe, welcomes Kansas Rep. Todd Tiahrt to the facility.

Troopers Speed Up Katrina Donations

Due to the massive devastation caused by Hurricane Katrina in Louisiana and Mississippi, the Department of Defense has authorized early donations to the annual Combined Federal Campaign (CFC) in order to help provide health and shelter for survivors

The CFC is a program sponsored by the federal government that makes it possible for military and federal employees to donate money to 1,700 of their favorite charities. Some of these charities include the American Red Cross, Catholic Charities USA, the Salvation Army, and America's Second Harvest.

For more info, contact Army Staff Sgt. Barthson at ext. 9924 or 84442.

MOVIE NIGHT

"Heroes of the Faith"

The JTF Chapel Section is sponsoring a series of movies about "Heroes of the Faith" in Troopers Chapel at 1900 on Mondays and Fridays for the next few months.

This week's movies include:

- 23 Sept. Billy Graham
- 26 Sept. C.S. Lewis
- 30 Sept. Bonhoeffer

Women's Memorial

To all uniformed women of JTF, The women's memorial in Washington, DC is putting together an exhibit of women's contributions to the global war on terror.

The Women in Military Service for America Memorial Foundation is developing a new exhibit scheduled to open at the Military Women's Memorial, Arlington National Cemetery, on Veteran's Day, 2005.

The focus of the exhibit is the breadth and depth of military women's involvement in the War on Terrorism, specifically those with service in Afghanistan, Iraq, and Guantanamo. The Women in Military Service for America plan to include pictures, artifacts, and memorabilia, uniforms, and oral histories of the women serving.

You can help by becoming a member of the Women's Memorial or donating and lending items to the Women's Memorial Foundation for inclusion in the exhibit. No item, photograph, or journal is too insignificant for inclusion. You can learn more about the Memorial and memorial membership by visiting www.womensmemorial.org.

What has this deployment meant to you as a woman in the military? What are some of the most important parts of this experience for you? What are some of the most difficult parts of this experience for you?

Please e-mail responses to the questions along with contact information to hometownnews@jftgmo.southcom.mil

If you would like to record your answers to questions, please set up an appointment with Staff Sgt. Jeremy Patterson at ext. 3597.

Any artifacts you wish to donate/loan may be dropped off at Camp America Building 4108. Deadline for submissions is September 27.

Thanks for your support!



Sound off!

The Wire welcomes letters from Troopers. Letters must be less than 350 words and include name, unit and contact information. The Wire reserves the right to edit letters for length and clarity. 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@jftgmo.southcom.mil.

Landscape Restoration and Beautification

All JTF Troopers are invited to join CSM Febles' project to repaint the cliff rocks surrounding Camp America this Saturday morning from 7 a.m. to noon. Febles is looking for maximum volunteer participation from all Joint Task Force members. Anyone interested in making Camp America more beautiful is encouraged to show up at the IOF Building at 7 a.m. on Saturday.

Navy celebrates 230th

In honor of the Navy's 230th birthday tickets are being sold for the annual Navy Ball.

Tickets can be purchased at Camp America bldg 3103; please call SFC Zerbe at 3649 if you're interested in purchasing a ticket. The formal ball will be held at the Windjammer on Friday Oct. 21 at 7 p.m. Best available dress required. Tickets range from:

E4 & below	\$5.00
E5 & E6	\$15.00
E7 & Above	\$25.00

The Informal Beach Ball will be held at the ferry landing on Sunday Oct. 22 at 6 p.m. Dress casually. Tickets for the beach ball range from:

E4 & below	\$3.00
E5 & E6	\$5.00
E7 & Above	\$7.00

For any additional information please contact Sgt. 1st Class David Zerbe at ext. 3649.

Chocolate Lovers' Cake

INGREDIENTS:

- 1 (18.25 ounce) package devil's food cake mix
- 1 (3.9 ounce) package instant chocolate pudding mix
- 2 cups sour cream
- 1 cup melted butter
- 5 eggs
- 1 teaspoon almond extract
- 2 cups semisweet chocolate chips

DIRECTIONS:

Preheat oven to 350 degrees F (175 degrees C). Grease a 10 inch Bundt pan. In a large bowl, stir together cake mix and pudding mix. Make a well in the center and pour in sour cream, melted butter, eggs and almond extract. Beat on low speed until blended. Scrape bowl, and beat 4 minutes on medium speed. Blend in chocolate chips. Pour batter into prepared pan. Bake in preheated oven for 50 to 55 minutes. Let cool in pan for 10 minutes, then turn out onto a wire rack and cool completely.

Recipe from allrecipes.com

Accuracy

The Wire strives for accuracy. When we fail, we accept responsibility for our errors and correct them. If you see an error in The Wire, call Master Sgt. Steve Miller at 3596.

Movies

DOWNTOWN LYCEUM		CAMP BULKELEY	
FRIDAY		FRIDAY	
8 p.m. <i>Skyhigh</i>	PG 99 min	8 p.m. <i>Bad News Bears</i>	PG13 111 min
10 p.m. <i>The Island</i>	PG13 138 min	10 p.m. <i>Wedding Crashers</i>	R 119 min
SATURDAY		SATURDAY	
8 p.m. <i>Must Love Dogs</i>	PG13 98 min	8 p.m. <i>Skyhigh</i>	PG 99 min
10 p.m. <i>Dark Water</i>	PG13 111 min	10 p.m. <i>Stealth</i>	PG13 121 min
SUNDAY		SUNDAY	
8 p.m. <i>Wedding Crashers</i>	R 119 min	8 p.m. <i>Must Love Dogs</i>	PG13 98 min
MONDAY		MONDAY	
8 p.m. <i>Skyhigh</i>	PG 99 min	8 p.m. <i>The Island</i>	PG13 138 min
TUESDAY		TUESDAY	
8 p.m. <i>Must Love Dogs</i>	PG13 98 min	8 p.m. <i>Dark Water</i>	PG13 111 min
WEDNESDAY		WEDNESDAY	
8 p.m. <i>Wedding Crashers</i>	R 119 min	8 p.m. <i>Dallas Cowboys Cheerleaders Performance</i>	
THURSDAY		THURSDAY	
8 p.m. CLOSED		8 p.m. <i>Must Love Dogs</i>	PG13 98 min

MWR

- September: Every Wed. 6 p.m. to 7 p.m. \$6 bowling
- Sept. to Oct 30: Music every Sunday @ the bowling center
- Sept. 23: MWR Night Fishing
- Sept. 28-30: Tattoos by Tyler Green
- Sept. 28: Dallas Cowboys Cheerleaders Camp America
- Sept. 30: Dallas Cowboys Cheerleaders Downtown
- Oct. 1: Power Lifting Meet at G.J. Denich
- Oct. 7: Oktoberfest 2005 Bayview Patio

Seaside Galley

Today	Lunch	Mambo Roast Pork
	Dinner	Surf N Turf
Saturday	Lunch	Honey Glazed Cornish Hens
	Dinner	Chicken Parmesan
Sunday	Lunch	Beef Sauerbraten
	Dinner	Chili Mac
Monday	Lunch	Southern Fried Catfish
	Dinner	Country Fried Steak
Tuesday	Lunch	Oven Fried Chicken
	Dinner	Roast Turkey
Wednesday	Lunch	Cajun Meat Loaf
	Dinner	Cantonese Spareribs
Thursday	Lunch	Pork Chop Mexicana
	Dinner	Beef Stroganoff
Friday	Lunch	Beef Stew
	Dinner	Surf N Turf

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	Windward	9:30
Leeward	8:00	Leeward	8:00	Leeward	10:00
Windward	8:30	Windward	8:30	Windward	11:30
Leeward	9:00	Leeward	9:00	Leeward	12:00
Windward	9:30	Windward	9:30	Windward	1:30
Leeward	10:00	Leeward	10:00	Leeward	2:00
Windward	11:30	Windward	11:30	Windward	3:30
Leeward	12:00	Leeward	12:00	Leeward	4:00
Windward	12:30	Windward	12:30	Windward	5:30
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
Windward	3:30	Windward	3:00	Windward	8:00
Leeward	4:00	Leeward	4:00	Leeward	8:30
Windward	4:30	Windward	4:30	Windward	10:30
Leeward	5:00	Leeward	5:00	Leeward	11:00
Windward	5:30	Windward	6:30		
Leeward	6:00	Leeward	7:00		
Windward	6:30	Windward	8:00		
Leeward	7:00	Leeward	8:30		
Windward	8:00	Windward	9:30		
Leeward	8:30	Leeward	10:00		
Windward	10:30	Windward	10:30		
Leeward	11:00	Leeward	11:00		
Windward	*12:30	Windward	12:30		
Leeward	*12:45	Leeward	12:45		

Shown are *departure* times. **Bold** listings indicate the departures following breaks longer than 30 minutes. *Fridays only

Bus Schedule

ALL RUNS ON THE HOUR 7 DAYS/WEEK 5 a.m. TO 1 a.m.

Camp America	:00	:20	:40
Gazebo	:02	:22	:42
NEX Trailer	:03	:23	:43
Camp Delta 2	:06	:26	:46
KB 373	:10	:30	:50
TK 4	:12	:32	:52
JAS	:13	:33	:53
TK 3	:14	:34	:54
TK 2	:15	:35	:55
TK 1	:16	:36	:56
West Iguana	:18	:38	:58
Windjammer / Gym	:21	:41	:01
Gold Hill Galley	:24	:44	:04
NEX	:26	:46	:16
96 Man Camp	:31	:51	:11
NEX	:33	:53	:13
Gold Hill Galley	:37	:57	:17
Windjammer / Gym	:36	:56	:16
West Iguana	:39	:59	:19
TK 1	:40	:00	:20
TK 2	:43	:03	:23
TK 3	:45	:05	:25
TK 4	:47	:07	:27
KB 373	:50	:10	:30
Camp Delta 1	:54	:14	:32
IOF	:54	:14	:34
NEX Trailer	:57	:17	:37
Gazebo	:58	:18	:38
Camp America	:00	:20	:40