



Book service offered to detainees

By Spc. Seth Myers

JTF-GTMO Public Affairs Office

Since the refurbishing of the detainee library in November 2003, it has been providing books in native languages to the detainees.

There are around 800 books in the library with many languages represented. These books range from Harry Potter, to Dame Agatha Christie, to classic Middle Eastern poetry.

The library also has a variety of magazines, videos, and DVDs.

“Our job is mainly for the morale of the detainees,” said Navy Petty Officer 2nd Class Jones, the chief librarian.

The library is more of a book service than an actual library, and is available only to detainees who behave and comply with the guard force. Every week, books are loaded on a cart and brought to the detainees. If they want a specific book, they can request it. If the library doesn’t have a copy, they will try to get it, said Jones.

Before the detainees can get their books, they need to turn in their old ones and have them looked over. The books are checked to see if hidden messages have been written in the books and for damage done to them. If any damage is done, the detainees can have their library privileges suspended for 30 days.

“A lot of the time, the detainees like National Geographic. We have car magazines, and many of the new 2005 magazines. We have a nice variety of magazines, and a lot of the detainees like to read about plants, flowers and stuff like that,” said Jones.

Picture books are provided as well for those who can’t read.

The library also provides the detainees with the Quran. Extra care is taken to ensure that it is treated properly in the detainees’ eyes. The librarians will ask the detainees if they mind if they bring the Quran out to them. If the detainees request it, a Muslim linguist will bring the Quran to them instead. When it is not brought out by a Muslim, the Quran is wrapped in a towel and put in a bag. The librarian wears gloves and holds the Quran above their waist at all times when giving it to the detainees. All of this is done out of respect for the detainee’s religion and for the sacred book, the Quran, that brings the final word of Allah to Islam.

The JTF funded the rebuilding of the library and has been funding the library fully since it was refurbished. It hasn’t been an easy road, though.



Photo by Spc. Seth Myers

The detainees look through the books brought to them by the librarians, and choose which ones they wish to read.

“There are 17 different languages that we try to find books in. We searched the web, and started looking for books. The tricky part is that some of the sites are not in English,” said a library committee member. “It is also hard to find books that meet certain [appropriate] criteria.”

All of the books are screened for content by linguists. If they have excessive violence, military topics, militant Islam, sexual situations, politics, or some sciences, the book is not authorized.

The librarians themselves love what they do, and are quite proud of their contribution to the mission.

“It has been a great experience [working at the library] because I was always curious about their culture,” said Jones.

“I think we are helping to build morale and give them something to do. [Being a librarian] is a chance to get around, and [help by] giving out some books,” said Navy Petty Officer 3rd Class David Butche, a librarian.

The dedicated work from the librarians combined with the hard work and funding provided by the JTF has come together to create a quality service for the detainees, and it will continue to improve for these same reasons. ■

Remember the sacrifices of America's fallen

By CSM Angel Febles

JTF-GTMO Command Sgt. Major

Memorial Day, was originally called Decoration Day, which is the official day to remember those who paid the ultimate price for our nation's freedom and our way of life.

Sadly, many have forgotten--or do not know--the significance of this most solemn day of remembrance; instead, the major focus is a day off and a weekend of commercialism, etc.

To honor those men and women who have given the ultimate sacrifice (from the Revolutionary War to the Global War on Terrorism), I've included the historical significance of Memorial Day and how to observe Memorial Day:

Memorial Day was originally called Decoration Day. There are many versions of it's beginnings, with many cities claiming their location as the birthplace. In May 1966, President Lyndon Johnson officially declared Waterloo, N.Y., as the birthplace of Memorial Day.

Previously, Memorial Day was officially proclaimed on May 5, 1868, by General John Logan, National Commander of the Grand Army of the Republic, in his General Order No. 11. The reading of the order began the tradition of placing flowers on the graves of Soldiers and Sailors (Union and Confederate) at Arlington National Cemetery. It read:

"Let us, then, at the time appointed gather around their sacred remains and garland the passionless mounds above them with the choicest flowers of spring-time; let us raise above them the dear old flag they saved from his honor; let us in solemn presence renew our pledges to aid and assist those whom they have left among us sacred charge upon a nation's gratitude, the soldier's and sailor's widow and orphan."

Dating back to the 1950s on the Thursday prior to Memorial Day, 1,200 Soldiers of the 3d U.S. Infantry Division placed small American flags on each of the 260,000 gravestones at Arlington National Cemetery. Additionally, they patrol 24 hours a day during the weekend, ensuring that all flags remain in place.



Photo by Spc. Timothy Book

How can we observe Memorial Day?

-By visiting cemeteries and memorial sites here (there is one marked with the first casualties in Guantanamo, during the Spanish-American War--two U.S. Marines who were killed in 1898 by a sniper).

-By volunteering to place flags on the graves of those who have fallen.

-By participating in the National Moment of Remembrance at 3 p.m., when Taps is played across our country, ensuring the nation remembers the sacrifices of America's fallen from the Revolutionary War to the present.

-By helping the families of our fallen, and aiding our fellow disabled veterans,

"Soldier, rest! Thy warfare o'er,

Sleep the sleep that knows not breaking,

Dream of battled fields no more.

Days of danger, nights of waking."

--Sir Walter Scott

Lastly, as the national anthem is played every morning and Taps is played each night, I cannot forget those who have fallen in order to preserve the freedoms our nation enjoys today. I am absolutely proud to not only wear a uniform in service to our great nation, but to serve with everyone here in Guantanamo Bay, Cuba.

Honor Bound! ■

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Circulation: 1,100

The Wire

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From the continental United States:

Commercial: 011-53-99-3499

DSN: 660-3499

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.

Homeward bound

Finding the right flight off the island

By Army Sgt. Todd Lamonica

JTF-GTMO Public Affairs Office

As Troopers we often ask ourselves, when will we go home? And how will we get there? And... well you get the picture. Travel can be a very tedious thing requiring a lot of time and resources.

These things are not always readily available here. This is where the J4 travel office and Tech Sgt. Ike Dyer can help.

They are here to make your travel plans as painless as possible, and knowing you are dealing with a Trooper who has 20 years of service in this field should make you feel a whole lot better.

When going on leave, the transportation off the island is limited. The "rotator" is the aircraft most units fly in and out on. It carries 150 passengers and there are two types of reservations you can make. The first and cheapest is space available seating, which costs \$26.10, regardless if you go to Naval Air Station Jacksonville or Naval Operations Base Norfolk.

Be cautious when booking this type of reservation. It is not a guaranteed seat. As soon as your leave begins you can sign up for space available at the terminal. Leave forms get sent to the AMC terminal for space available travel. If there are, for example, 15 seats available, and you are number 16 on the list, you will not get a seat.

The alternative when flying on the rotator is booking as a cash passenger. You will have to go to Building 906 to get your reservation. The prices vary depending on your destination. A one-way flight to Naval Air Station Jacksonville costs \$187, and to Naval Operations Base Norfolk it costs \$267. In order to figure out the round trip costs just double the one-way prices. It's imperative that these reservations be made 30 days prior to your leave begin date.

Many incidents have arisen where people have tried to book a flight off the island within days of their leave beginning, and have been told there were no seats available. The J4 office is trying to alleviate this problem.

Cash seats are guaranteed once the reservation is made. Schedules and times are posted at Building 906, and if you're having trouble with your travel plans, feel free to call Dyer at 3011.

There are two other airlines you may consider when booking a flight.

The first is Sunshine Air. Their aircraft can carry up to nine passengers. The flights leave on Monday, Tuesday and Thursday and schedules are posted at their building. Their phone number is 4915, or you can go online at www.airsunshine.com to see the different dates available. The cost is \$200 one-way to Fort Lauderdale or \$392 round trip.

The second airline is Lynx Air. Its aircraft can carry 14 passengers, and their only destination from here is Fort Lauderdale. Their fly days are Monday, Wednesday, Thursday, and Saturday.

The cost of a one-way flight is \$233.45; round trip costs \$423.95. Schedules also can be viewed online at www.Lynxair.com. This site allows you to make a reservation and pay for it online. You can also stop by their office or call 4106.

Plans should also be made to get a connecting flight to your final destination. The Internet is a great source when searching for flights from different airports. Be cautious when booking cheap flights with certain airlines because there are usually restrictions attached. If you have any questions about your travel, contact Dyer at 3011.

Seventy-two hours prior to your flight you must contact J2 Media Screening at 4214 and turn in any media that you are taking with you for inspection. The morning of your flight you may pick up your media from J2 at McCalla Hangar.

Twenty-four hours prior to the flight you must check in with J1. When you supply them with an approved leave form, they will provide you with a leave control number. This is a must-have item

"If you do not have a leave control number you do not leave the island" said Army Sgt. Mariana Castillo of J1.

Ensure that you have enough time going over to the leeward side because problems could arise with the ferry. Times and schedules are posted on the JTF website. Schedules are also posted on channel six, in each issue of *The Wire*, or you can call J4. ■



Archive JTF PAO photo



Photo by Spc. Timothy Book

▲Lauren Vaughn, sixth-grade student at the W. T. Sampson Elementary School, reads a copy of the Declaration of Independence for a Pentagon Channel Independence Day special.



Photo by Spc. Dave Lankford

▲Several Troopers from the 1st Squadron 18th Cavalry Regiment, literally ran the MWR track meet at the base gym May 14. Front left: Spc. Matthew Hubbard won three gold, one silver and one bronze medal. Front right: Spc. Gabriel Wu won one gold and two bronze medals. Back left: Army 1st Lt. James Wagoner won one gold, one silver and four bronze medals. Army 2nd Lt. James Jones Jr. won four gold medals. Not pictured: Army Sgt. Adrian Galvan, who won one gold and two bronze.



Photo edited by Spc. Jeshua Nace

A dark lord, Spc. Mike Moverley of the 1/18th Cavalry Regiment, shows off his choking powers before watching “Star Wars Episode III - Revenge of the Sith” at the Camp Bulkeley theater.

AROUND THE JTF

Boots ON THE GROUND

*Spc. Dave Lankford asked Troopers around JTF-GTMO...
What can be done to make Camp America a nicer place to live?*



◀“I think a screened in or enclosed area over at Club Survivor to sit with friends and not get bothered with flying insects would be nice.”

— Army Sgt. Tara Bowman

▶“I think moving more of the support offices closer to Camp America would cut down on travel time, and phone lines in the rooms with DSN would be good.”

— Tech. Sgt. Ike Dyer



Photo by Spc. Jeshua Nace

◀“I think that the fenced in area of Camp America where we live should be a ‘no hat, no salute’ area.”

— Army Staff Sgt. Walter White



▶“I think an indoor theater would improve morale.”

— Navy Petty Officer 3rd Class
Carlina Williams



Photos by Spc. Dave Lankford

The D2 Movie Review

Star Wars: Episode III - Revenge of the Sith, 20th Century Fox. Director: George Lucas
Starring: Ewan McGregor, Hayden Christensen, and Natalie Portman

Dave

In 1977, I walked into a theater and walked out 121 minutes later with my head spinning. I had never seen anything like “Star Wars” before, no one had. Now, 28 years later, I’ve seen it a hundred times...and I’ve seen it done better.

Hayden Christensen didn’t look “dark” until they shoved a black helmet on his head and then the first thing he does is cry about his lost girlfriend. He’s Darth Vader for Pete’s sake. On top of that, there wasn’t a single spark between Christensen and Natalie Portman. I’ve seen better acting on “Days of Our Lives” and heard better dialogue in “Dude, Where’s My Car.”

Fortunately, “Star Wars: Episode III - Revenge of the Sith” is a fighter, not a lover. The action was creative and original and kept me wanting to see more. Episode III answered my questions and tied up the series well, which works for me because the films just kept going down hill. ★★★★★

Deane

George Lucas has done it again. His conclusion to an ongoing cult classic has finally ended. I felt this movie had a little bit of everything. Darth Vader is born and goes on a rampage while the dark side takes down the counsel. Excellent fight scenes are well choreographed and the effects are phenomenal.

However, I had a problem with two things: the lackluster performance between Anakin and Padme, and Anakin’s transformation to Darth Vader. The characters’ interaction was not believable, they pretend to be in love, but I don’t think they pulled it off. I felt Anakin gave in to the dark side of the force without even trying, but other than that, I feel this movie is a must see. ★★★★★

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



Photo by Spc. Jeshua Nace

Indulge your appetite



Time to dig in on one of the appetizing dishes being served at the Cuban Club.



Windjammer cooks put the finishing touches on a King Crab Legs dish.



King Crab Legs at Windjammer.



petite



Delroy Sewell, head chef at the Bayview Restaurant is preparing some ingredients to be added to one of his delicious meals.

By Army Sgt. Todd Lamonica

JTF-GTMO Public Affairs Office

“Food is the most primitive form of comfort,” said gossip columnist Sheliah Graham (1904-1988). Just think about it, there is almost a euphoric feeling you get when you are eating a good meal.

That same feeling can be felt when eating at some of Guantanamo Bay’s most popular restaurants. Three mystery diners were sent to the three restaurants featured here to try some of the dishes available.

Let’s start off with the Windjammer restaurant located on Sherman Avenue near G. J. Denich gym in Building 1673.

Jessica Carroll, clubs director for MWR, manages the restaurant.

There is a lot of history in the Windjammer building. It has been here since the early 1970s, and was once called the White Hat Club, a place where Sailors would come while on liberty.

The restaurant is family oriented, with a wide variety of dishes available. Our first mystery diner ordered a T-bone steak, mashed potatoes and a salad.

“The steak was juicy and tasty, it was a good size portion for the money,” he said. “The salad bar was good and offered a lot of choices. The service was good too.”

The Windjammer is open daily, serving

lunch from 11 a.m. to 1 p.m. and dinner from 5:30 to 9 p.m. There are also two bars located inside the same building. They accept credit cards and cash.

The Bayview Club was the next stop, located on Deer Point Road, Building 1110. The club is open Tuesday thru Saturday 5:30 p.m. to 9:00 p.m. and Sunday for brunch from 9:00 a.m. to 1:00 p.m.

When entering the Bayview, the beauty of the architecture and the outdoor view immediately takes your breath away.

“This building has been around since the 1950s,” said head chef Delroy Sewell, whose cooking, it’s rumored, rivals that of some four-star restaurant chef’s.

Our second mystery diner was at the Bayview on a Thursday, which is Mongolian barbecue night, starting at 5:30.

“It’s an interesting experience, you get a huge pile of food,” said this mystery diner. For \$7.50 you have a choice of various vegetables, three choices of meat, and seven sauces. After selecting these items you proceed to the grill where the chef then cooks your combination to perfection.

There is a misconception around the base that this is an officer’s only club, but that is not true, anyone can eat at the Bayview. There is a dress code, however, and collared shirts are required.

“If you show up without a collared shirt we usually have one lying around that you

can use,” said Carroll.

Our third and final stop was at the Cuban Club, a quaint restaurant located on Bayhill Road, Building 151. This place has the aura of a stateside diner. The Chinese that were working on the base in the 1950s first used the building as a barracks and the building was due to be condemned.

At the time, the Cubans working on the base decided it would be a good place for a social club. They asked the base to allow them to take the building over, and their wish was granted.

In 1984, the club changed into a restaurant, mainly because the patrons loved the way Dennis Miller’s dad cooked. Miller is the current manager, who took the reins when his father passed away in 1994. A painting of Miller’s father can be seen on the wall as soon as you walk in the restaurant. They have no dress code here and accept cash only.

The last mystery diner ordered the sautéed olive chicken with the rice and beans.

“The place has a nice indoor atmosphere and the food was good as well. So was the service. The Cuban music playing in the background puts the whole theme together,” said the mystery diner.

So there you have it, three of Guantanamo Bay’s restaurants. All of them with one goal in mind, to make dining out an enjoyable experience for all the Troopers. ■

Return of the Evil Empire?

Commentary by Spc. Ian Shay

JTF-GTMO Public Affairs Office

They're back...or the New York Yankees at least appear to be. The Yankees, who started out this season at a dismal 11-19 record, have managed to turn it around and dominate in 12 of their last 14 games. Is the Evil Empire back, or are they just gasping for air?

With a record of 23-21, the Yankees are tied for third place with Toronto at 4.5 games in the American League East behind Baltimore and Boston. Baltimore, Boston and Toronto are all showing signs of wear and tear, by only putting up 5-5 records in their last ten games. This means the Yankees are the only team in the East who are playing well right now, and Tampa Bay, well, they just stink.

Year in and year out, the Yankees keep winning. Now, they may not make it to the World Series, but they typically make it deep within the playoffs. All of that is thanks to one man, George Steinbrenner, Yankees owner. He pays a lot of money for

big name players to put on that beloved pin stripe uniform and win him championships. The formula seems to be working, Steinbrenner signs the checks, Joe Torre coaches and the big names keep coming in to play.

The Yankees got their nickname "Evil Empire" by playing at a high level every year, and by having names like Roger Clemens, Gary Sheffield, Alex Rodriguez and Randy Johnson sign contracts with them. Most fans out there hated to see beloved players, like Roger Clemens and Randy Johnson, go to the Yankees. The reason being, *they get everybody*, and it's almost the norm for big names to play for the Yankees sometime during their baseball career.

When this season started, Yankees fans were upset, and everyone else had a smile on their faces. Their pitchers weren't getting the job done, and big name sluggers like Jason Giambi were battling the minor league blues. Still, the Yankees have bounced back, and those big names are starting to play up to their own standards.

A lot of fans out there would like to see New York miss the playoffs this year, and



Photo Graphic of New York Yankees owner George Steinbrenner by Spc. Jeshua Nace

have a team like the newly revamped Baltimore Orioles make it to the World Series. Will it happen? I guess we will just have to wait and see. ■

IRL drivers rev up for the big show

By Army Staff Sgt. John Fries

JTF-GTMO Public Affairs Office

For years, the month of May has been synonymous with speed in the hearts of race fans around the world. This weekend, the Indianapolis Motor Speedway will host the 89th running of the Indianapolis 500, and the Indy Racing League (IRL) will mark their 10-year anniversary as a premier racing sanctioning body.

Thirty-three drivers will ride 500 miles in a little more than two hours in hopes of having their likenesses join other great drivers on the coveted Borg-Warner trophy.

Among those drivers will be 24-year-old rookie driver Danica Patrick, who is only the fourth woman to start in the 500's history. Patrick's fourth place starting slot is the best starting position yet by a female in the male-dominated IRL.

In recent years, hopes for the first female driver to win the "greatest spectacle in racing" rested with Sara Fisher. However, she was unable to finish in the top 20 in any of the four races she ran at Indianapolis, and will not be participating in this year's



race.

Despite the media attention aimed toward Patrick, other big names in the league are being talked about too. Last year's 500 winner, Buddy Rice, was involved in a wreck this month. Suffering from a concussion and an injured neck, he will not be cleared by track physicians to drive in Sunday's race.

Tony Kannan, the 2004 IRL series champion during qualifying

pion, took the pole position on May 15, posting a four-lap average speed of 227.566 mph.

"I finished third here two years ago, and second last year. Hopefully, we'll get the 'big one' for the team," said Kannan in an interview with Indy500.com.

GTMO Troopers can watch the race on AFN Sports, channel 97, starting at 12:30 p.m., Sunday.

Information and statistics from indy500.com and indyracing-league.com. ■

Navy and Marine Corps Relief Society

By Sgt. 1st Class Sheila Tunney

JTF-GTMO Public Affairs Office

The shenanigans you heard on the radio last week may have been annoying, but they raised more than \$7,500 for the Navy and Marine Corps Relief Society (NMCRS) fund drive.

The drive ends June 1 and funds collected will be added to the Guantanamo Bay coffers for financial, educational and other assistance to Troopers from all branches who are stationed or deployed here.

During its radio-thon, the station allowed callers to pledge money to play their favorite song. It also let other listeners "bump" those songs with a higher pledge amount. There were "repeater" songs, which, for a price, could be played on the hour.

"Anyone could call in... We had a lot of JTF members calling in," said Navy Petty Officer Daniel Nelson, Chief Engineer for the Naval Media Center and radio-thon coordinator.

"The Army had the most prestigious repeater spot, on the hour (and half hour), they had the Army song ("The Army Goes Rolling Along"). They paid \$314 for each spot," Nelson said.

The station also auctioned items donated by the NEX, MWR and local artists. Everything from fishing equipment to dinner and a sunset cruise, to an autographed Jerry Rice NFL helmet--which netted \$600 for the cause--were up for grabs.

Other events held to raise funds included the \$1 "Pie in the Face" and the \$10 "Jail and Bail." Donations can be still be given

until the fund raiser ends by calling Navy Petty Officer ReAnn Myers at 4454 (leave message if necessary). So far, more than \$17,000 has been collected.

The pledges made by JTF Troopers are being collected by Navy Petty Officer 1st Class David Rodriguez, JTF Military Justice Office, Building 6107, Camp America, at 3634. ■



New law to affect SGLI payments, premiums

By Donna Miles

American Forces Press Service

WASHINGTON (AFPN) -- Defense Department and Veterans Affairs officials are ironing out details of programs that will expand benefits provided through Servicemembers' Group Life Insurance.

The \$82 billion supplemental legislation signed into law by President Bush on May 11 increases maximum SGLI coverage to \$400,000 and provides payouts of up to \$100,000 for servicemembers with traumatic injuries, said Stephen Wurtz, the VA's deputy assistant director for insurance.

The increased SGLI coverage will take effect Sept. 1, and the so-called "traumatic SGLI" benefit, Dec. 1. The legislation directs that both benefits will be retroactive to Oct. 7, 2001, Wurtz said.

Traumatic SGLI benefits will be retroactive for servicemembers who have lost limbs, eyesight or speech or received other traumatic injuries as a direct result of injuries received during operations Iraqi Freedom or Enduring Freedom. The benefit does not apply to servicemembers suffering from disease.

The retroactive coverage increase is payable as a result of deaths in either operation, or under other conditions prescribed by the secretary of defense, Wurtz said.

Servicemembers enrolled in the SGLI program will notice an increase in their premiums when the increases take effect. The traumatic SGLI benefit will be rolled into the basic SGLI program and will likely cost about \$1 a month, Wurtz said.

Servicemembers opting for maximum SGLI coverage -- \$400,000 vs. the current \$250,000 -- will see their monthly premiums increase from \$16.25 to \$26, Wurtz said. This is based on the rate of 6.5 cents per \$1,000 of insurance coverage.

SGLI coverage is currently available in \$10,000 increments, but as of Sept. 1, the increments will increase to \$50,000.

Because the rates have not changed, servicemembers who retain \$250,000 or less coverage will see no increase in their premiums, Wurtz said, except for the \$1 traumatic SGLI premium.

While these expanded benefits will be provided retroactively, affected servicemembers will not be charged retroactive payments, he said. DOD will absorb that cost.

In a new twist introduced through the supplemental legislation, servicemembers with dependents must get their spouse's approval to purchase less than the full amount of SGLI coverage. In the case of people who are not married, notice will be provided to the designated beneficiary when the

person purchases less than the maximum coverage.

The new traumatic SGLI benefit is designed to provide "a quick infusion of cash" for cash-strapped families of troops recuperating from traumatic injuries received in the line of duty, Wurtz said.

Compensation will range from \$25,000 to \$100,000, and is designed to help family members of severely wounded troops leave their homes and jobs to be with their loved one during recovery.

"These families incur a lot of expenses, and this is designed to help them financially," Wurtz said.

While VA staff members consult with DOD officials to write regulations that will put the new SGLI benefits into effect, Wurtz said, "lots and lots of details have to be worked out."

Among outstanding issues is the fact that the expanded SGLI coverage is part of the supplemental legislation package that funds operations only through Sept. 30. That is 30 days after the new SGLI limit takes effect and two months before the traumatic SGLI benefit begins.

Wurtz said VA is confident Congress will resolve this issue before there is any lapse in coverage.

VA will continue to oversee and control the SGLI program. ■

Joy: A time to rejoice

By Army Chaplain (Lt. Col.) Robert Palmer

JTF-GTMO Chaplain's Office

The dictionary defines joy as a feeling of intense happiness, pleasure and satisfaction. Joy is what you feel when your team wins the World Series; it's how you feel when your first child is born, and how you feel on your wedding day. Our experience of joy is a window into our priorities, because we feel joy over things that are important to us.

Psalm 33 is a song of joy. It encourages us to find joy in our relationship with God. Although circumstances like weddings, births, baseball wins and holidays can be times of joy, those joys are here today and gone tomorrow. But finding joy in God is forever. To remember His voice from the past, where He literally called the galaxies into existence out of nothingness; to look for His plan and acknowledge His watchfulness over us in the present; and to anticipate His mighty power in the future brings us lasting joy.

It's because of this reality that the rest of the Bible says we can find joy in any circumstance. It's because of this that the apostle Paul from the New Testament can sit in a prison cell falsely accused and write, "Rejoice in the Lord always" (Philippians 4:4). It's because of this that the book of James invites us to consider it joy when we go through painful troubles and problems (James 1:2-3). Not because we like painful circumstances, but because we know God is working. It's because of this that we can persevere when life hurts. We can keep moving forward when our circumstances scream to give up, because we know God's voice has spoken; we know God's plan is unfolding; we know God is watching our lives; and we know God will work with mighty power. ■

America

*In the morning's sunrise
I see the light of your soul
And it gives me the inspiration
To take on the day's tasks.*

*In the mid day when I'm spent,
I only have to look to your beauty
To keep me on task,*

*And when the sunset is upon me,
I look to your watchfulness
To know that all I have done that day
Is what keeps you safe.*

*--Army Sgt. Ronald Pope,
HHT, 1/18th Cavalry Regiment*

CAMP AMERICA WORSHIP SCHEDULE

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

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
	11 a.m.	Protestant Service	Main Chapel
Monday	1 p.m.	Gospel Service	Main Chapel
	5 p.m.	Pentecostal Gospel	Sanctuary C
	7 p.m.	Prayer Group	Fellowship Hall
	7 p.m.	Family Home Evening	Room 8
	Tues. to Fri.	12 p.m.	Daily Mass
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

For information on Jewish services call 2323

Padre's Corner

A pat on the back

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

NAVBASE Chaplain's Office

Grandmothers are people who are fond of telling us that we could catch more flies with honey than with vinegar. They knew what the psychologists have demonstrated scientifically—that a pat on the back is better than a kick in the pants or a slap in the face.

When we give someone a pat on the back it is our way of showing appreciation for a job well done, or a small act of thoughtfulness that adds harmony to our daily life and work.

Many of us have met or known people who are so wrapped up in their own pessimistic world that they never really see and appreciate the beauty around them and the other people whom they come in contact with through the day. Such people are also blind to the opportunities right in front of their nose and justify themselves by finding fault with others.

But appreciation is gratitude for the good things that make up life. Appreciation is the fact that every person and every job has something worthwhile in it. Therefore, a pat on the back is our way of saying we respect the dignity of each person and that we do not expect the impossible of him or her. It is a known fact, that when we treat other people the way we would like to be treated in a similar situation; they are likely to do the same with us.

As we continue living our life in Guantanamo Bay, may we be more likely to give a pat on the back rather than a kick in the pants or a slap in the face. ■

15 Minutes of Fame

with Spc. Kay Izumihara

By Spc. Timothy Book

JTF-GTMO Public Affairs Office

How long have you been in the Army?

I have been in for three years now.

What is your job?

I am a mental health specialist with the combat stress team.

Why did you decide to get in your field?

I am interested in going to graduate school for occupational therapy, and I felt that this MOS would help me gain some work field experience before I apply to school. I would like to work with a different population, but I feel that any experience working with people is invaluable to my personal and professional growth.

Did you do that as a civilian?

I was in school finishing up some prerequisites for the occupational therapy program, but I didn't get to finish it because I deployed here. I was also taking care of my 2-year-old nephew.

What do you like about Guantanamo?

I like the beaches. The weather is great. I enjoy doing everything that involves the beach and the sun.

What activities do you do here?

I like to run, snorkel, scuba dive (I just started, it's fun, and it's one way of getting off the island), go to church and bible study. I also like painting ceramics at the ceramic hobby shop; it's therapeutic.

What made you decide to learn to scuba?

I heard about the underwater beauties that you can't see anywhere else in the world, and it was something I've always wanted to try and never made the time to do. I figured if I wanted to do it, I should just do it now while I have the time and economic means for it. The training that is



Photo by Spc. Timothy Book

available here is great. I finished the classroom part of the course in less than one week. There were a few things that I didn't fully understand at first, but my instructors, Josh and Mari Tolleson, were patient and didn't move on to the next instruction until I fully understood each section.

Will you further your dive training?

I probably will, after getting comfortable with the current dive limits.

Will you dive when you return home?

Yes, most definitely. I live in California, so I probably will check out San Diego or Monterey, which I have heard have great dive sites.

Are there any activities that you did at home that you miss?

I just miss taking my nephew out anywhere. I miss hanging out with my friends and going out to eat with my family. I just miss the company and comfort of my friends and family.

How do you think your experience at Guantanamo will effect you personally

or professionally?

I have been able to focus on my spiritual life. God has been showing me what he can do when I turn to him in the most difficult times, and I am learning what it means to have faith. He put some great people into my life during my first two weeks here, and I am realizing that he put me here for his reason and will provide in times of need when I ask and seek. I have many goals while I am here, but I just have to pray that it is the right path.

Being on this island is helping me to focus on and appreciate things that I would not have done had I not been here, such as the scuba diving class, distance running, reading the Bible, and taking the bus to get around. I also know that I am here to do my job, and I feel I am blessed to have this opportunity to work with other Troopers because it's a two-way street when it comes to helping others. I think that my experiences here have and will continue to affect me by the people I choose to surround myself with, and also by my attitude on the things I go through on this deployment. ■

MWR: Get off the bench

By Army Sgt. Justin Behrens

JTF-GTMO Public Affairs Office

Spc. John Hinkle Myer sits at his picnic bench outside of his Camp America room wondering what he will do next. The temperature is hovering around 87 degrees and beats down on him like a heat lamp on a McDonalds cheeseburger. Sipping his soda, trying to keep cool, he notices there is hardly anything going on.

Myer can't imagine why he is still sitting around enduring the heat, bored beyond belief. Feeling as though he is only good for taking up space, he decides to move to the other end of the bench.

Sweat is pouring off his brow and the relocating on the bench was probably the most enjoyment he had all day. Day in and day out Myer wonders what there is to do other than sit on this bench.

It is unfortunate that Myer endures the punishment of boredom, because there are many opportunities available with Morale, Welfare and Recreation (MWR).

Craig Basel, the director of MWR for the base, keeps many activities running here. Basel has been the director for about two years. Basel himself was in the Marine Corps for 21 years, retiring as a gunnery sergeant. As a veteran, he knows the troops need to have recreational activities.

"Taking care of the troops is my job and everything else is second," Basel said.

The marina is set up for boating rentals, licensing, and fishing. This is an excellent way to explore the bay and enjoy water activities. Information on the marina can be found by calling 2345. *The marina sounds*



Photo by Spc. Dave Lankford

Fishing at Windmill Beach is a favorite for some JTF Troopers living in Camp America and it's within walking distance. Equipment can be loaned from MWR.

a lot better than sitting on the bench enduring the heat.

There are many clubs and food establishments here that MWR sponsors. Camp America has Club Survivor. On the main base, there are the fast food restaurants, A & W and the Kentucky Fried Chicken, at 2118. There is also the Windjammer Café and Club, which can be reached at 2304.

If that is not enough, you can travel by ferry to the leeward side and enjoy the entertainment at the Clipper Club. *That might be a lot better than sitting alone on the picnic bench.*

Keeping in shape is also important to the military. There is one big gym, G.J Denich Gymnasium, where Troopers can get a good work out or participate in sports. There are two other fitness gyms on Guantanamo Bay, one at Camp America and one on Marine Hill. Call 2193 to get more information on all the gym activities. There are three pools for laps or play, located at Deer Point (2001), Marine Hill (7919), and behind the Windjammer (2205). *That's got to be better than consuming that carbohydrate filled drink.*

If you want to exercise even more, try walking down to the golf course or the paintball range. You could take up your activities on a nine-hole golf course that truly is one of kind. How many people can say that they golfed at Guantanamo Bay, Cuba? There is even a miniature golf course that would make Happy Gilmore jealous. If golfing is not your bag, try running around and shooting at the paintball course (2345). *John Hinkle Myer hasn't tried either, and he is still bored beyond belief.*

When night falls and it's not the clubs you like, you could take in a movie. There are two movie theaters where you could watch a first run movie. Sit down, kick back, eat popcorn and watch that recent movie. *Then you can go back and tell Hinkle Myer all about it.*



Photo by Spc. Ian Shay

MWR held an Armed Forces Day volleyball tournament at Windmill Beach, which tested the skills of eight teams and lasted more than seven hours

If all this is not enough, there is more in the works to improve the quality of off-duty time at Guantanamo Bay. According to Basel, a cardio building is in the works, which will be located next to G.J Denich Gymnasium. There is a plan for a go-cart track and an inclined hockey rink, both of which MWR hopes will open before July 4.

Speaking of the 4th of July, MWR also hosts many activities during holidays. Memorial Day is this weekend, and there will be golf tournaments, cookouts, and plenty of food. *Wow! John Hinkle Myer's mind should be going crazy with activities here.*

Of course, there is plenty of room for new ideas. There are two main ways to get them going. Talking to JTF-GTMO's MWR liaison, Sgt. 1st Class Donald Hadley, is one way to get your ideas to MWR. His job is to ensure JTF Troopers are getting the MWR activities they want.

"Our entire reason for being here at GTMO is to make life better for the Troopers," Hadley said. If you need to contact Hadley, call him at 3670 or 3640. You can also e-mail your ideas anytime to mwr@usnbgtdmo.navy.mil.

If Spc. John Hinkle Myer knew of all the activities that are offered by MWR, he most likely would not be taking up space on his bench. *So do you want to be like Spc. John Hinkle Myer or do you want to be an MWR participant?*

MWR offers you a good time on your time off from work; it is up to you to take advantage of it. ■