



THE WIRE



Honor Bound To Defend Freedom

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15 Minutes of Fame, pg. 11

JTF Success hinges on cultural awareness

By Army Cpl. Jim Greenhill

JTF-GTMO Public Affairs Office

FORT LEWIS, WASH.—Cultural awareness is one of the most important training topics Sailors preparing to deploy to Guantanamo Bay covered here last month.

All Sailors—and all Troopers deploying from other services—spend eight hours being taught cultural awareness as it relates to detainees' being held in the Global War on Terrorism. Instructors spend four hours on Arab culture and four hours on Islam.

"The Arabs are probably the most maligned group in American society today," James Thornton, a civilian contractor with the Anteon Corp., told Sailors during one recent block of instruction.

Thornton said movies such as *Aladdin*, *Ishtar* and *True Lies*, among many others, portray Arabs as sources of ridicule or villains. Yet Arab Americans who've made significant contributions to the USA include household names such as Casey Kasem, Ralph Nader, Paula Abdul, James Zogby and Doug Flutie.

Troopers must set aside prejudice and preconception, learn basic cultural norms and history and respect detainees, Thornton taught. "It's critical to the mission," he said in an interview.

What was Thornton's key message for Troopers? "No. 1, not to be intimidated or fearful toward Islam," he said. "It is a



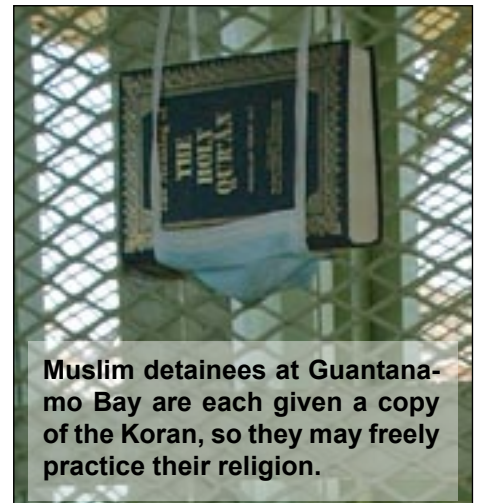
Army photo by Spc. Jason B. Baker

▲ **TOWARD MECCA**—Army Staff Sgt. Jose Taveras, an infantryman with Company C, 2nd Battalion, 325th Airborne Infantry Regiment, bows south toward Mecca, in Ar Ramadi, Iraq. Taveras, a Muslim Soldier, uses down time between missions or any other opportunity to offer his five daily prayers.

misunderstood faith that has been hijacked by the extremists. ... The enemy wants to make this a religious war, and we need to do everything we can to keep it a war on terrorism and not a war on Islam."

Navy Chief Tricia Gonzalez is one of the Sailors deploying to GTMO. "I like how they're educating us with the Muslim culture," Gonzalez said last week. "My faith is really important to me; I'm going to respect their faith. I don't want anyone to mistreat them, and they're teaching us how to be respectful—they're really focusing on that." ■

Reach Army Cpl. Jim Greenhill at 3592.



Muslim detainees at Guantanamo Bay are each given a copy of the Koran, so they may freely practice their religion.

Photo by Spc. Chris Gardner

Military appreciation

By Army Brig. Gen. Martin J. Lucenti

JTF-GTMO Deputy Commanding General

Citizen-Soldiers bring military appreciation and understanding to American communities.

As we depart the Joint Task Force upon completion of a successful GTMO 5 (Guantanamo Bay) rotation I'd like to say a few words about the continuing contributions of Citizen-Soldiers.

Since the end of the draft of American males into military service and the creation of an all-volunteer military, the number of senators and representatives with military experience who represent us in Washington, D.C., has decreased.

In the 102nd Congress, 50 percent of its members had performed military service. In the 108th Congress less than 30 percent of its members (House and Senate) had military experience. This trend is expected to continue.

Increasingly, the citizens most aware of the sacrifices made by the all-volunteer military and who are keenly interested in military operations are the (Reserve Component) Citizen-Soldiers who serve alongside them as they deploy around the globe and maintain readiness at home station.

Citizen-Soldiers, especially those in leadership positions in their communities, are a valuable source of the community support needed by our military to sustain operations.

Think for a moment what would likely happen absent the National Guard and Reserve components. In each state of the union, Citizen-Soldiers work with their elected representatives to keep them aware of their military activities and provide them the information required to assist in making informed decisions about the deployment of forces and the progress being made to achieve the desired military end-state. Elected representatives interact frequently with their community-based military Reserve forces, who provide a perspective often quite different than the one provided by the media.

Popular support for military activities is perishable and needs to be sustained. The Global War on Terrorism (GWOT) presents such a challenge today. As Troopers, we understand the military and the requirements to sustain operations. These opera-



Photo by Jody Metzger

Army Brig. Gen. Martin Lucenti

tions are, however, subject to funding prioritization and can disappear when popular support for military activities wanes. At the national level, the voice of the citizenry in local communities is heard. Representing the military of America at the grass roots or community level in our communities are the Citizen-Soldiers from the National Guard and Reserve.

It is important to prepare yourself to be an effective spokesperson in your community when you redeploy. You will have GWOT understanding, and your opinions will be listened to. There is a great deal of work to be done in communities in support of the GWOT, and it is likely you will be called upon again to serve within your state. In addition to refining your military skills, stay abreast of GWOT current events by talking with reliable sources and reading a variety of mainstream publications. Take away from this deployment a larger and more effective toolbox of military skills. They will be needed in your Reserve unit in the years to come.

So, congratulations for a successful tour of duty. We leave behind a fully capable force that is as proud of you as you are of them. As we return home, they can be assured the citizen Soldiers they served with will continue to support them in the GWOT.

Honor Bound! ■

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The minimum force necessary

By Army Cpl. Jim Greenhill

JTF-GTMO Public Affairs Office

FORT LEWIS, WASH.—Unarmed self-defense is one of the skills Sailors preparing to deploy to Joint Task Force-Guantanamo (JTF) are refreshing themselves on during training here.

“They have to maintain the minimum amount of force,” said Sgt. 1st Class John Ibarra, noncommissioned officer in charge of instructing unarmed self-defense within detainee operations. “We reinforce that [idea] during the entire time; they’re never the aggressor. They’re always defending themselves. That’s why it’s called unarmed self-defense.”

The Sailors already have some self-defense training from boot camp or from instruction required to become masters-at-arms or both. The latest training gives them a refresher on skills they already know as military law enforcement professionals and adds new tools to their skill sets.

Topics include the safe use of pressure points, breaking free from holds and breaking away from an attacker.

“They’re great,” Ibarra said of the Guantanamo-bound Sailors. “They’ve had the experience. They’ve seen it before. They’re motivated. They’re willing to learn. They’re very receptive to the training.”

The Sailors receive at least two days of unarmed self-defense instruction at Fort Lewis.

“This is the best self-defense training they’ve ever had in their military careers,” said Army Staff Sgt. Randy Grodi, an instructor. “This is awesome, training with the different branches. I love it. It’s an opportunity to interact with them when you don’t normally get that opportunity.”

Instructors and Sailors here say they’re seeing purple, not olive drab or blue. That’s a reference to the melding of the colors of the different military services. When they come together to train, they’re focused on their common mission, not their differences.

It’s a familiar concept to Troopers in the JTF, used to seeing Soldiers, Sailors, Marines, Airmen and Coast Guard members working side by side.

The same concept applies here at Fort Lewis during training.

“It’s going very well,” said Army Staff Sgt. Brandon Martin, who was brought in from Fort Leonard Wood to join the instructors. “They’re eager. They want to learn it. They’re making the effort to learn it the right way.”

Navy Petty Officer 1st Class Michael Dexter, noncommissioned officer in charge of a Camp Delta cell block, was flown in on temporary duty to help with the training. He watched proudly as Sailors practiced.

“They’re doing outstandingly,” he said. ■

Reach Army Cpl. Jim Greenhill at 3592.

Telling our story

By Army Cpl. Jim Greenhill

JTF-GTMO Public Affairs Office

FORT LEWIS, WASH.—Evil.

That was one of the words thrown out when Sailors were first asked to describe their feelings about the media during training here recently.

Other comments:

“They’ll do anything for a story.”

“The media likes to put their own spin on things.”

But Army Maj. Hank McIntire, deputy public affairs officer with Joint Task Force-Guantanamo, encourages Sailors to overcome resistance to talking with reporters.

“If we don’t tell our side of the story, will they tell it?” McIntire asks. “If we don’t make the effort to tell our story, then nobody else will.”

McIntire teaches a careful balance of operational security, personal security and telling the outside world what Sailors face in their role in the Global War on Terrorism. During one class, he was joined by Navy Cmdr. Kenneth Deal, commander of the Navy Provisional Guard Battalion.

“It’s always on the record,” Deal warned



A California Guardsman practices interviewing with Troopers posing as media at Fort Lewis, Wash.

Photo by Army Maj. Hank McIntire

Sailors who talk with reporters. “It’s never off the record. The media is not our friend. The media is not our enemy. The media is there to tell the story.”

Deal reinforced some of McIntire’s messages, such as never speculating about things “outside your lane.” Said Deal, “Never talk about what you really don’t know about. Never embellish your role.”

Sailors conducted mock interviews with television and print reporters, overcoming

nerves about standing in front of cameras.

“The Sailors did well,” McIntire said of their performance during media training. “They are becoming more and more comfortable at telling their own story to a potentially worldwide audience.”

For most, being under the glare of the media spotlight is a completely new experience, but now—with some training and encouragement—it’s one they can take in stride. ■

AROUND THE JTF



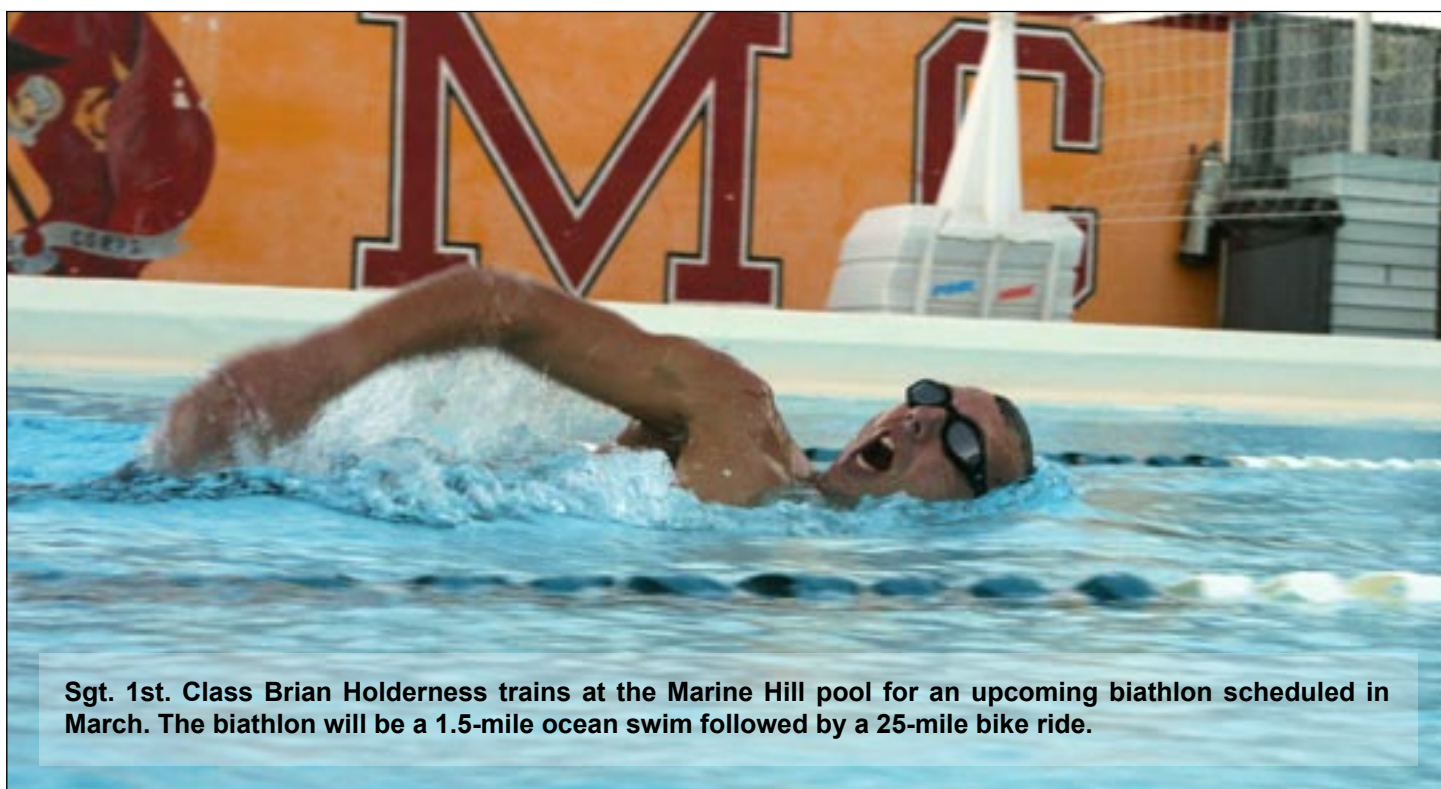
The Toussaint and the China Band performs March 2 at the Windjammer. The band is scheduled to play again March 4 at 8 p.m. at Club Survivor.

Photo by Spc. Jody Metzger



New Troopers with Navy Provisional Guard Battalion join Joint Task Force-Guantanamo Feb. 26.

Photo by Army Staff Sgt. Cavett Ishihara



Sgt. 1st. Class Brian Holderness trains at the Marine Hill pool for an upcoming biathlon scheduled in March. The biathlon will be a 1.5-mile ocean swim followed by a 25-mile bike ride.

Photo by Army Sgt. Scott Faddis

BOOTS ON THE GROUND

FORT LEWIS, WASH.—*Army Cpl. Jim Greenhill asks ... "What does it mean to you to deploy to Joint Task Force-Guantanamo?"*



◀ **"It's an honor and a privilege to be the commander for the first company ever formed in this Navy Provisional Guard Battalion."**

—Navy Lt. Cmdr.
Ted Cooper

▶ **"It's a little change of speed. It's just my call to duty, I guess you could say."**

—Navy Petty Officer 2nd
Class Clint Evans



◀ **"To help the guys over in Afghanistan and Iraq. To help out the mission."**

—Navy Petty Officer 1st
Class Harvey Mason



▶ **"I volunteered. It's an honor for me to be part of it."**

—Navy Petty Officer 2nd
Class Kirk Martin



Computers for students

By Spc. Chris Gardner

JTG-GTMO Public Affairs Office

More computers.

College student-Troopers may use eight new computers for studying.

Camp America's higher education computer room (N4) is usually empty, only two Troopers having received access as of Feb. 28.

"It's a nice and quiet place to study," said Marine Sgt. Gregory Ridley, Joint Task Force (JTF) property book office. "I am very glad that they have a higher education center for all of the Marines, Soldiers, Sailors and Airmen."

Working for his master of science in information-technology management, Sgt. 1st Class Juan Perez, JTF property book noncommissioned officer in

charge (NCOIC), said he does all his research online.

"The room is not busy at all," Perez said. "But not too many Soldiers are taking advantage of this great opportunity to study while on this deployment."

Gaining access to the higher education room is simple.

First, show proof of your enrollment education beyond high school to your NCOIC.

Next, your NCOIC should contact the Headquarters first sergeant who will authorize the individual Troopers by placing their names on an access roster at the camp commandant's office.

Those on the list may sign for a key to the room. ■

Reach Spc. Chris Gardner at 3594.

Tax extensions

If you cannot file your 2004 return by April 15, you may be able to get an automatic four-month extension of time by filing a paper return or by filing electronically.

If you are outside the United States on April 15, you may also qualify for an automatic extension.

Married taxpayers filing a joint return: Only one spouse has to qualify for this automatic extension, but if you and your spouse file separately, the extension will apply only to the spouse who qualifies.

How to get the extension: To use this special automatic extension, you must attach a statement to your return explaining what situation qualified you for the extension.

Troopers in the United States on April 15 who owe a tax payment, you are still subject to paying interest and any penalties, regardless of your extension status.

E-file options: You must complete Form 4868, Application for Automatic Extension of Time To File U.S. Individual Income Tax Return, to use as a worksheet. If you think you may owe taxes when you file your return, use Part II of the form to estimate your balance due. Do not send Form 4868 to the IRS.

Paper options: You can also get an automatic extension of time to file by filing a paper Form 4868. Mail to the address shown in the form instructions.

Other options: You can have your taxes done here on the island or get a special attorney to have someone at home do your taxes for you. If you are married filing jointly this is imperative because your spouse cannot sign for you without it and vice versa.

The Form 4868 can be found online at www.irs.gov or you can stop by the Tax Center in Camp America at the Legal Assistance Office.

—JTF-GTMO Tax Assistance Center

Women's History

Story by Army Pfc. Jessi Stone
Layout by Spc. Richard McMullen and Spc. Jody Metzger



▲ Deborah Samson Statue, Sharon Public Library, Sharon, Mass.

Deborah Samson: Revolutionary War hero

During the Revolutionary War, Deborah Samson disguised herself as a man in order to join the battle.

She was enlisted for the whole term of the war under the name Robert Shirtliffe. Despite being wounded twice, her gender was not discovered until she came down with a brain fever, but the doctor who treated her maintained her secret.

Eventually, her identity came to light, and she was discharged from military service, legend has it, by George Washington himself. Several years after the war, Samson was invited to visit Washington, where she was granted a pension and certain lands for her services to the country as a Revolutionary War Soldier.

Dr. Mary Wagner: The first and only female Medal of Honor recipient

One of the first female surgeons to serve in the military, Dr. Mary Walker, was awarded the Medal of Honor by President Andrew Johnson for her service during the Civil War.

Walker was the assistant surgeon in charge of female prisoners in Louisville, Ky.

According to the citation, Walker “faithfully served as contract surgeon in the service of the United States and has devoted herself with much patriotic zeal to the sick and wounded soldiers, both in the field and hospitals, to the detriment of her own health, and has endured hardships as a prisoner of war four months in a Southern prison while acting as contract surgeon.”



Sources for this article include www.military.com and www.thegendergap.com.

Month

Women's roles in U.S. history are a story of struggle, success and change. The contributions made by women in the military are an important example. March commemorates Women's History Month for all.

Courageous Captain

Capt. Lillian Kinkela-Keil, a nurse in the Army Air Corps, served during World War II and the Korean War and is one of the most decorated women in U.S. military history. She flew more than 200 air- evacuation missions and 25 transatlantic crossings during World War II, after which she returned to her civilian career as a pilot with United Airlines, only to return to the service during the Korean War. Kinkela-Keil was the inspiration for the 1953 movie, *Flight Nurse*.

Women's roles in the Vietnam War

There are no accurate records of just how many women served during the Vietnam War. It is speculated that almost 10,000 women were there. Women served in support-staff assignments, hospitals, operations groups, information offices, service clubs, headquarters offices and numerous other clerical, medical, intelligence and personnel positions.

► **Female Soldier in Gulf War-era "chocolate chip" desert uniform.**



Persian Gulf War contribution

The Gulf War was the largest female deployment in U.S. history. Over 40,000 women served in key combat support positions throughout the Persian Gulf region. Sixteen women died during the war and two were held prisoner.



▲ **Army Capt. Lillian Kimela-Keil assists a wounded service member.**



Women's Vietnam Memorial, Washington, D.C.

Cardio kickboxing: Get in shape with a punch

By Spc. Jody Metzger

JTF-GTMO Public Affairs Office

Exercise with a kick! A cardio kickboxing kick, that is. This exercise program has been around for nearly a decade and has become popular in the exercise world.

A heart-pounding workout, cardio kickboxing features a test of endurance and strength training in an action-packed hour. This exercise class provided at the Marine Hill fitness center features techno music that sets a strenuous pace. Its new technique of punching, kicking and jabbing has brought exercise to a new level of cardiovascular and muscle training.

It's not an easy workout, but men and women have clamored to join in. Kickboxer Billy Blanks, who wanted to bring the workout of the ring to the classroom, designed it. With the energizing music and fast-paced calisthenics, cardio kickboxing gives those tired of running and pushups a different kind of workout.

Instructor Carl Heron says this class makes working out fun. He leads a strenuous class through heavy calisthenics of

kicking and punching, strength training and abdominal exercise. Heron says, "Kickboxing is tuning, losing weight and staying fit all in one."

One of the most important aspects, says instructor Everton Hylton, is cardiovascular exercise. "It is recommended that any cardiovascular type workout you do should be 30 to 45 minutes continuously," said Hylton. Not having a regular cardio workout can lead to bad cholesterol, obesity, heart disease and diabetes.

Joint Aid Station doctor Army 1st Lt. Albert Fogle says it is important to have a healthy workout routine enriched with cardio exercise. "Cardiovascular exercise benefits include increasing your HDL or good cholesterol and decreasing your LDL or bad cholesterol. It decreases body fat and increases the efficiency of the lungs and heart," said Fogle.

Cardiovascular exercise decreases tension and anxiety and strengthens the immune system, but those who attend the kickboxing class say they love it for its free-spirit fun.

Results like weight loss and muscle lean-

ness are some of the most desirable effects from kickboxing. Spc. Kiam Parker said in two months she lost 15 pounds. "I enjoy all the elements of the class: The camaraderie, feeding off of everyone's energy, the movement, the intensity and grooving to the beat. It's the pressure the instructor puts on us that keeps us all motivated."

Army Staff Sgt. Chibuzo Walton is an inspiration to the class. She attends daily, and her energetic yell and unrelenting efforts to stay in synch with the music encourage both the students and the instructors.

Everybody in the class is motivated, says Walton, and it creates camaraderie within the class. "It's good to see people struggling and to see them start to build up. It is difficult and painful, but the best part is, I have seen results in myself and others."

Heron's love for teaching kickboxing, something he has studied for almost a decade, is all worth it when he gets to see people progress. "I don't like to see an easy class," he said. "If I don't see people sweating, it's not worth it." ■

Reach Spc. Jody Metzger at 3499.

Free Agents; Oakland pays; Bonds overcomes surgery

By Army Cpl. Simon Cropp

JTF-GTMO Public Affairs Office

The NFL free-agent signing began on March 2 and like always it looks to be a feeding frenzy.

Teams are going to shell out big bucks for injury risks, untested talent and over-the-hill veterans, and really only very few will come out on top. Still, with players like Samari Rolle, a top talent cornerback, headlining this year, there should be a few good pickups for teams who have a salary-cap cushion.

The big ones this year look to be Rolle, offensive lineman Mike Wahle, defensive lineman Kevin Carter and cornerbacks Fred Smoot and Ty Law, with notables like wide receiver Plaxico Burress, who may or may not have a horrid team attitude.

Therein lies the problem with free agency: Injured players like Law, who is no doubt talented, will be jumped on, though the long-term effects of his broken foot are unknown. The possible bad attitude of Burress could prove to be a locker-room plague. Send him to the Raiders—they like guys like him—though maybe the Raiders have their hands full with Randy Moss.

Speaking of the big Minnesota Oakland trade—which consisted of the Raider's round 1, seventh overall, draft pick and middle linebacker Napoleon Harris—it looks like the Raiders were done in by one of their *individuals*. Charles Woodson was franchised by

Oakland last week. What that means, in the complicated world of the NFL, is basically that Oakland signed him for one more year, and agreed to pay him top dollar. Somehow, in the complicated mess that comes from "franchise tags," Woodson was able to get the paperwork signed that guaranteed him over \$10 million dollars. For *one* year.

The Raiders are in cap-room hell and with the expensive re-signing of wide receiver Jerry Porter, the trade for Moss likely means that Oakland is going to have to shave away a lot of talent. They already had the worst running game in the league. Losing Harris and now Woodson doesn't help their poorly ranked defense either. Still, at least Moss will fit right in with their locker room.

Not even four weeks passed and Barry Bonds hit the batting cage. Recently he had arthroscopic surgery on his knee, an operation that takes some time to heal, but he impressed peers Sunday with his mutant-like healing ability.

"Just to stand in the cage and track balls was enough for me, just to show my teammates," Bonds said.

The 40-year-old MVP of the San Francisco Giants worked in some strength training and played a little outfield ball too. Though his work was limited, it was progress coming off a big injury. Progress at a much faster rate than most men could hope to share. ■

Reach Army Cpl. Simon Cropp at 3589.

WorldWire: Pope on the mend

Feb. 25: Thieves hijack a truck full of diamonds in Holland; unconfirmed reports by the BBC put the value of the loss around \$75 million. ...

Feb. 26: An alarming report suggests U.S. high schools are falling short and failing their students—too many are coasting through, dropping out or going on and failing in college. ...

Feb. 27: Iran and Russia, despite U.S. protests, sign a nuclear fuel agreement. ... The Razzies give Halle Berry the worst actress of the year award for her work in *Catwoman*. ... The film also got worst movie and worst director awards. ... Plans to bring Iran into the World Trade Organization near if the country promises not to develop nuclear warheads. ...

Feb. 28: *Diary of a Mad Black Woman* was this weekend's top-grossing movie. ... *Million Dollar Baby* wins Best Picture at this year's Oscars. ... Former President Bill Clinton says his wife would make a "very, very good president" if she chose to run. ... A recent proposal to stop terrorists from gaining driver licenses has some U.S. citizens in an uproar, afraid the new security measures will ultimately violate their privacy. ...

March 1: Dennis Rader is charged with 10 counts of murder in connection with the Bind, Torture and Kill (BTK) serial killings; Rader was known as a church-going family man. ... Teachers in California refuse to grade homework on their own time, since there are no raises after two years, so they quit assigning homework. ... Iranian woman wants to divorce husband whom she claims has not showered in over a year. ... A fathers' group in London, campaigning for courts to give dads better deals in divorce court concerning custody, dress up as superheroes and jump around on a building.

March 2: U.N. peacekeepers in Congo kill over 60 militiamen after a vicious gunfight. ... A British Airways jet loses one engine shortly after takeoff but continues on for 11 hours before landing; a new European union law requires carriers to reimburse passengers after long delays. ... The Pope continues to recover after throat surgery, and skips weekly audience with the faithful. ...

Army Cpl. Simon Cropp compiles WorldWire from online news services.



Navy photo by Petty Officer 3rd Class John P. Curtis

Navy Petty Officer 3rd Class Jordan Mann, a Seabee assigned to Naval Mobile Construction Battalion 40, low-crawls through a pond during the endurance course at the Jungle Warfare Training Center at Camp Gonslaves, Okinawa, Japan, Feb. 25, 2005.



By Spc. Richard McMullen

The JTF good life.

From fear to faith

By Chaplain (Army Maj.) Steven Herman

JTF-GTMO Chaplain's Office

Two of the most powerful forces in our lives are fear and faith.

They are both seen in the story of Doubting Thomas in John 20:19-29.

The story begins with the disciples locked in a house because of their fear of the authorities. Fear does tend to lock up our lives. Phobias can keep us from water, heights, public speaking, career advancement, facing losses, etc.

Thomas was not with the disciples. Perhaps he was too afraid to even meet with them that dangerous day following the crucifixion of Jesus. If so, fear kept him from encountering the risen Lord. Fear can keep us from many good things in life, if we allow it. We all want to overcome our fears in life, but how do we do it?

In the story, the disciples overcome their fear through two means: A personal encounter with

Jesus, who calmed their fears (v. 19, 26) and receiving the Holy Spirit (v. 22). The empowerment of the Holy Spirit moved the disciples from a life locked up by fear to a life let loose by faith.

A week later, after having a personal encounter with the risen Christ, and being filled with the Holy Spirit on Pentecost, Thomas did not remain a prisoner to his fears. Tradition tells us Thomas went on to become the first missionary to India, and many Christians in that land still trace their spiritual lineage to him. Faith was a more powerful force than fear in Thomas' life.

Are you locked up by fear in some area? Perhaps a fear of some unknown or fear of facing something or someone back home? The same formula that freed Thomas can free you. Seek a personal encounter with God and ask for the empowerment of the Spirit to move from fear to faith. ■

Pvt. Murphy



Padre's Corner

One of the wonderful blessings of coming to Guantanamo Bay has been meeting so many great people and making new friends.

Like most things in life, with blessings come challenges and difficulties. In this instance, the challenge is to say goodbye.

It has been a fulfilling and joyful experience to serve as a staff chaplain for the Joint Task Force. I have enjoyed working with my fellow chaplains, as well as our chaplain assistants and religious program specialists. The sacrifices made by you, our military men and women, as well as all who support this mission, are nothing less than heroic.

Please remember me in your prayers, and I assure you that I will not forget you in mine.

—Chaplain (Navy Lt. Cmdr.) James Dowds

WORSHIP SCHEDULE

CAMP AMERICA

Sunday	9 a.m. Protestant Service 6:45 p.m. Catholic Mass 7:30 p.m. Protestant Service	Troopers' Chapel Troopers' Chapel 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 9 a.m. Catholic Mass 9 a.m. Church of Jesus Christ of Latter-day Saints 9:30 a.m. Protestant Sunday School 11 a.m. Protestant Service 1 p.m. New Life Fellowship 5 p.m. Pentecostal Gospel	Sanctuary C Main Chapel Sanctuary A Main Chapel Main Chapel Main Chapel Sanctuary C
Monday	7 p.m. Prayer Group Fellowship 7 p.m. Family Home Evening	Fellowship Hall Room 8
Wednesday	7 p.m. Men's Bible Study	Fellowship Hall
Friday	1 p.m. Islamic Prayer	Room 12
Saturday	5:30 p.m. Vigil Mass	Main Chapel

For information on Jewish services call 2323

15 MINUTES OF FAME WITH

NAVY CHIEF TRICIA GONZALEZ

By Army Cpl. Jim Greenhill

JTF-GTMO Public Affairs Office

FORT LEWIS, WASH.—Navy Chief Tricia Gonzalez has 11 years on active duty.

Gonzalez is one of the masters-at-arms coming to Guantanamo Bay (GTMO) as part of the sixth rotation of Troopers in the Joint Task Force (JTF). *The Wire* caught up with her during a break in training here at Fort Lewis ...

***The Wire:* Where are you from?**

Gonzalez: I was born in Washington, D.C., and I was raised in Virginia. My parents are both from Central America. I speak fluent Spanish.

Why enlist?

College money, and I wanted to see the world.

Did that happen?

I've gone to college. I haven't got my bachelor's degree yet, but I'm working on it. I've gotten to see a lot of exciting places. I've been able to make a lot of new friends. The Navy has given me a lot of confidence. I can do anything if I put my mind to it; the Navy has really taught me that.

Where have you been?

Bahrain. Sigonella. Sicily. Puerto Rico. Connecticut.

What did you learn?

I've been able to appreciate things and not take them for granted that we take for granted in the U.S.

Has your Spanish been useful?

In Puerto Rico, oh my gosh, it was invaluable. Being a female and speaking Spanish, I was always called to [crime] scenes, especially domestic violence, child abuse or rape cases.

What degree are you seeking?

Law. I've already got my associate's degree, and I have business law down. I just have to get a lot of upper-level courses. I'm not close to getting my law degree, but I'm going to do it. I'm going to run for Congress in 10 to 15 years. I think that's why God has put so many



Photo by Army Maj. Hank McIntire

challenges in my life.

Tell me about your faith.

I'm a born-again, nondenominational Christian. I couldn't do this without God, without Jesus. I gain a lot of wisdom through the scriptures. If I follow God's way, I'll never be wrong with the Navy. The Bible teaches us how to deal with different people, and you kind of know why people react how they react.

What are your goals?

Make master chief in the Navy, retire, and run for Congress.

How do you feel about deploying to GTMO?

When the message came out [seeking volunteers], I knew I had to go. I feel good. I'm excited. We're going to do a great job. I've had great experiences working with the Army. As a master-at-arms, most of our specialized schools are at Fort Leonard Wood. I've always been thoroughly impressed with the training. You Army guys have a lot of money, and a lot of training, and a lot of respect. When I knew the Army was spearheading the JTF,

I thought, "Great!"

What are your professional goals for GTMO?

I'm going to try to develop as many of the petty officers first class as possible so that they can become chiefs, make E-7.

What are your personal goals at GTMO?

To lose weight. I want to lose at least 25 pounds. If it's not too crazy, I'm going to do college courses. Scuba diving. Snorkeling. Working out.

How was the training here at Fort Lewis?

Excellent. It's boosted my self-confidence, and I feel prepared to handle a variety of scenarios.

How's morale among your Sailors?

The other junior Sailors are excited. They're hungry. They're ready to go to GTMO. I have never seen so many young Sailors be so professional. The discipline. I've been very impressed with their performance. ■

Reach Army Cpl. Jim Greenhill at 3592.

Infantry goes the distance

By Army 1st Lt. Bruce Roberts

JTF-GTMO Public Affairs Office

“You are a NO-GO.”

For 39 infantrymen on Bulkeley Field this simple phrase was dreaded beyond all others. Their world revolved around the quest for the Expert Infantryman’s Badge (EIB). For three days, Feb. 24 through Feb. 26, the 2nd Battalion, 113th Infantry Regiment hosted EIB qualification, and these infantry Soldiers ate, slept and breathed it.

With over 30 tasks and additional sub-tasks to complete, there was very little room for error. Every task was timed, and every task had to be perfect. EIB candidates are allowed two first-time NO-GO’s, but must get it right on their second try or they are eliminated. A double NO-GO on any single task eliminates the candidate.

Blood, sweat and tears sounds like a cliché, but that was literally the case for these candidates. One Soldier’s shout of triumph could be heard across the field as another held his head in his hands, tears mingling with sweat. Knees were bloodied and hands were scarred from weapons testing.

Through it all, one constant remained: The look of concentration mixed with restless nervousness. These guys wanted it bad. “I’ve felt the anguish of not making the grade, and there’s no worse feeling than going through and not making it,” said Army Sgt. Jared Costanzo of Delta Company.

“I was just a bundle of nerves till the end,” said Army Sgt. Daniel Torres of D Company, 2-113th. “When I got that last GO, reality finally set in; this time I get to wear [the patch].”

2-113th Battalion Command Sgt. Maj. Jose Reyes was there every day supporting and encouraging candidates. “It is a very hard thing; the pressure is on you all the time,” he said.

Staying focused was the key to success. One task at a time was the mantra. But the nerves got to even the most stone-cold competitors. Costanzo was feeling the pressure as this was his second time testing for the EIB. “I was nervous then and now. There is never-ending nervousness,” he said. “I’ve calmed down a little, but I still can’t eat,” he said after testing.



Army Pfc. Bryan Mulvihill at the M-60 machine gun during Expert Infantry Badge testing.

Photo by Army Spc. Jody Metzger

When asked about how he dealt with the pressure, Army 2nd Lt. Peter Hegseth explained, “It’s unavoidable, but the best way to control nervousness is to be prepared.”

This method worked for Hegseth as he and Costanzo were two of five (an unprecedented percentage) candidates who went through the training unscathed, or “True Blue” as they call it in the infantry (referring to the infantry color and the color of the EIB).

The opposite of being True Blue is called a “Blade Runner.” Blade Runners have two NO-GO’s and no room for further error. “It’s like going to the plate with two strikes over and over,” said one candidate. “It’s nerve-wracking, an emotional roller coaster. When you get that NO-GO, it’s like your world is just crashing down and you keep thinking about the little misstep that was your downfall.”

Infantrymen worked hard and trained harder to prepare. “We had about a week of heavy classroom training, but really we’ve been preparing for several months,” Hegseth said.

In a typical train-up, infantrymen have access to training materials and lanes during evenings prior to testing, but mission requirements did not allow much of that type of preparation at Guantanamo Bay (GTMO).

“With the constraints of their work schedule and the limited training they received, the odds were stacked against these guys,” said Army Sgt. Justin O’Connor of Bravo Company. “It was a tremendous effort.”

The EIB represents the pinnacle of an

infantry Soldier’s proficiency, and the road to earning it is a hard one.

“Everybody that earned it, earned it,” said EIB board member Army 1st Sgt. George Floyd. “Nothing was given away here. Anybody who successfully completed this training can truly hold their head high and say they are the best on the island.”

Although those who did not get the badge were disappointed, they had nothing to be ashamed of. Every one of the candidates came out and left it all on the field, giving a 100 percent effort. “It’s invaluable training,” said O’Connor.

“Even the guys that did not make it through should be commended,” Reyes said.

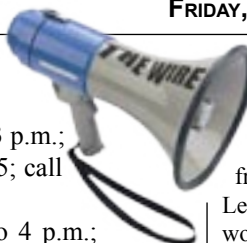
Along with the Expert Field Medical Badge, the EIB is considered one of the most difficult badges to earn.

Out of the 39 candidates that met all the prerequisites to begin testing for the EIB, 20 were able to successfully negotiate the testing and be awarded the badge. Of these 20, four were infantry officers and two infantrymen that came from units outside the 2-113th Infantry. In comparison, the 1-181st Infantry (the previous infantry unit at GTMO) was able to qualify 12 EIB candidates.

It was the first time the 2-113th Infantry Battalion has conducted EIB testing as a battalion. “It won’t be the last,” promised Reyes. ■

This article is the second in a series of two stories.

Army 1st Lt. Bruce Roberts was among those who successfully qualified for the EIB. Reach him at 3734.



Need a ride to the Post Office?

Camp America residents who need to go to the Post Office, perhaps to mail items home as they prepare to leave the island, can call J-4 Trans at 3137 or 3138.

Reef Raiders Dive Club Monthly Meeting

When: March 8, 6:30 p.m.
Where: Windmill Beach, at the large cabana to the left by the basketball court
Bring: Food to throw on the grill
Information: Call 7353 or 2254

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 Army Cpl. Jim Greenhill at 3592.

Classes

March 10: Stress Management; 2 p.m. to 3 p.m.; Fleet & Family Support Center, Building 2135; call 4141 to register.
March 16: Anger Management; 2 p.m. to 4 p.m.; Fleet & Family Support Center, Building 2135; call 4141 to register.
March 16: Home Buying 101; 6 p.m. to 8 p.m.; Fleet & Family Support Center, Building 2135; call 4141 to register.

Military OneSource

PCS (Permanent Change of Station) moves are a fact of life for the military family. Relocating to a new community means enrolling in new schools, finding a new church, sports teams and clubs to join and discovering new favorite restaurants. These details can make a new city quickly feel like home and reduce the associated stress of moving your household.

From the decision to PCS to a new location until the final box is unpacked, there are many exciting opportunities as well as many sources of stress.

Military OneSource has resources that will help make your move smoother by making the most of the new opportunities and for coping with the stresses of a major life change. Also check out the relocation services provided by your Fleet and Family Support Center such as "Smooth Move" workshops and household hospitality kits of loaner items. From Guantanamo Bay, call 3999 to reach OneSource or call 4141 to reach the Fleet and Family Support Center.

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@jtftgmo.southcom.mil.

Command Sergeant Major Notes

1. No brown T-shirts are to be worn with civilian clothes. This applies to all services in the Joint Task Force.
2. Four-day passes are to Jacksonville only (with individual exceptions). Troopers may visit Jamaica, for example, while on leave only. A passport, country clearance and threat brief are required.
3. When flying on Lynx or Air Sunshine, be aware that they load by weight. If you show up after the two-hour window, cargo or extra fuel may cause you to lose your seat.
4. Military families will only be able to visit the Troopers who are here on permanent change of station for two or more years.

Safety

Until further notice, due to safety concerns, there will be no scuba diving allowed to Troopers in Guantanamo Bay.

Free packing materials for military families

Call (800) 610-8734 or (800) 527-1950 (press 1 for English and 3 for the operator). They will send you free boxes, packing materials, tape and mailing labels.

Ask for "Care Kit 4." You will receive five large and five small boxes, five mili-pac envelopes and 15 customs forms. You will be given a reorder number to use when you run out of supplies.

Details: Five 7-by-7-by-6-inch boxes; five 12-by-12-by-8-inch boxes; one roll of tape; 15 custom forms; 10 address labels; five Tybek bags (waterproof, non-tear).

BROWNIE BITES

Few things leave their mark on a home like the scent of fresh baked, gooey brownies. That intoxicating aroma of chocolate lingers in the home for days, sometimes lasting even longer than the treat itself does. This recipe for brownie bites will leave the same lasting impression on your kitchen.

Ingredients

3/4 cup vegetable oil; two cups white sugar; 2/3 cup cocoa powder; two cups all-purpose flour; two teaspoons baking powder; four eggs; two teaspoons vanilla extract; 1/2 cup chopped walnuts (optional); 1/4 cup confectioners' sugar.

Directions

1. In a small mixing bowl, combine flour and baking powder.
2. Beat oil, sugar and cocoa together in a large mixing bowl. Add eggs to oil and cocoa mixture one egg at a time, beating well after each addition. Stir in vanilla. Mix in flour mixture. Fold in nuts if desired. Chill the dough overnight.
3. Preheat oven to 350 degrees F (175 degrees C). Grease cookie sheet.
4. Roll dough into walnut-size balls and roll each ball in confectioners' sugar.
5. Bake cookies for 12 to 15 minutes.

—By Army Pfc. Jessi Stone

Kitchen

Movies

DOWNTOWN LYCEUM		CAMP BULKELEY	
FRIDAY		FRIDAY	
7 p.m. <i>Racing Stripes</i> PG 102 min		8 p.m. <i>Million Dollar Baby</i> PG13 133 min	
9 p.m. <i>Beyond the Sea</i> PG13 118 min		10 p.m. <i>White Noise</i> PG13 98 min	
SATURDAY		SATURDAY	
7 p.m. <i>White Noise</i> PG13 98 min		8 p.m. <i>Racing Stripes</i> PG 102 min	
9 p.m. <i>Elektra</i> PG13 97 min		10 p.m. <i>Beyond the Sea</i> PG13 118 min	
SUNDAY		SUNDAY	
7 p.m. <i>Closer</i> R 104 min		8 p.m. <i>Elektra</i> PG13 97 min	
MONDAY		MONDAY	
7 p.m. <i>Million Dollar Baby</i> PG13 133 min		8 p.m. <i>Closer</i> R 104 min	
TUESDAY		TUESDAY	
7 p.m. <i>Racing Stripes</i> PG 102 min		8 p.m. <i>Million Dollar Baby</i> PG13 133 min	
WEDNESDAY		WEDNESDAY	
7 p.m. <i>Elektra</i> PG13 97 min		8 p.m. <i>Racing Stripes</i> PG 102 min	
THURSDAY		THURSDAY	
7 p.m. <i>Closer</i> R 104 min		8 p.m. <i>Elektra</i> PG13 97 min	

MWR

- March 4:** Toussaint & China Band, Club Survivor, 8 p.m.
- March 5:** JTF Half Marathon, TBD, 7 a.m.
- March 11:** Power Lifting Meet, Gym, 6 p.m.
- March 12:** Seabee Ball, Windjammer, 6 p.m.
- March 19:** Air Force Tops in Blue, Downtown Lyceum, 7 p.m.
- March 25:** Art Show, Bayview, 6 p.m.

Seaside Galley

Today	Lunch	Baked fish Scandia
	Dinner	Boiled crab legs
Saturday	Lunch	Bombay chicken
	Dinner	Italian-stlye veal steak
Sunday	Lunch	Jamaican rum
	Dinner	Stuffed flounder
Monday	Lunch	Scalloped ham
	Dinner	Baked salmon steak
Tuesday	Lunch	Turkey pot pie
	Dinner	Herbed-baked chicken
Wednesday	Lunch	Chalupa
	Dinner	Honey-glazed duck
Thursday	Lunch	Barbecued spareribs
	Dinner	Fiesta chicken
Friday	Lunch	Fish Amandine
	Dinner	Shrimp Scampi

Ferry Schedule

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

Buses

Sherman Avenue			Camp America/NEX		
First Street	00	30	Camp Alpha	00	20 40
East Caravella	03	33	NEX trailer	02	22 42
Marine Hill	05	35	Camp Delta 2	06	26 46
Post Office	10	40	TK 4	12	32 52
Windjammer	11	41	TK 1	16	36 56
NEX	14	44	Windjammer	23	43 03
Bulkeley Landing	17	47	NEX	30	50 10
Ferry landing	21	51	Windjammer	35	55 15
Commissions Bldg.	23	53	TK 1	40	00 20
Ordnance	26	56	TK 4	46	06 26
Bulkeley Landing	28	58	Camp Delta 1	52	12 32
NEX	32	02	Camp Alpha	00	20 40
Windjammer	36	06			
Post Office	37	07			
Marine Hill	41	11			
Hospital	48	18			
Windward Loop 1	52	22			
Camp America Bus 1			Camp America Bus 2		
Camp V	00	30	Camp V	15	45
Sallie Port 1	03	33	Sallie Port 1	18	48
Bulkeley Bench	05	35	Bulkeley Bench	20	50
Mini Mart	06	36	Mini Mart	21	51
MWR	08	38	MWR	23	53
Chapel	09	39	Chapel	24	54
MWR	20	50	MWR	05	35
Mini Mart	22	52	Mini Mart	07	35
Bulkeley Bench	23	53	Bulkeley Bench	08	38
Sallie Port 1	26	56	Sallie Port 1	11	41

Chart shows bus stops and minutes after the hour when buses are scheduled, e.g. the Sherman Avenue bus stops at East Caravella 03 and 33 minutes after the hour.