



the Wire

“HONOR BOUND TO DEFEND FREEDOM”

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‘No One Is More Professional Than I’: PLDC Begins



Photo by Army Pfc. Jessi Stone

JTF Troopers recite the noncommissioned officer (NCO) creed as part of instruction for the Primary Leadership Development Course (PLDC). PLDC prepares soldiers to become NCOs and move into leadership positions within their units.

Troopers—all field artillery and infantry—are enrolled in the current course.

By Army Pfc. Jessi Stone

The first of eight Primary Leadership Development Courses (PLDC) began Monday.

PLDC gives Troopers the training they need to be good leaders, said Army 1st Sgt. Geoffrey Grant, the branch chief

and commandant of PLDC.

PLDC is a 15-day course open to promotable specialists and Army corporals and those specially selected by their command, as well as to all Army sergeants, Grant said. Troopers must meet Army body-fat standards. Thirty-four

“The course focuses on self-discipline and professional ethics; leading, disciplining and developing Troopers; planning and executing missions and tasks assigned to team-sized units; and

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Inside The Wire ...



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Trooper To Trooper

Communication a Key to Leadership

By Lt. Col. Leon Sumpter

In the Joint Task Force (JTF), we're doing our part to end the Global War on Terrorism quickly, decisively and justly.

Modern weapons, constant training and good planning are critical. But effective communication brings the elements of combat power together for victory. Communicating and conveying ideas effectively are skills we can improve through training. As Troopers, let's strive to communicate better.

—Speak Clearly—And Listen Well—

Use language your fellow Troopers understand. The JTF includes civilians and all five armed services. So avoid obscure acronyms and jargon. No one should need a dictionary to understand you.

Your language and word choices determine how well you are understood. Your attitude, appearance and body language set the tone. Maintain military standards of appearance and bearing. Use eye contact. Avoid speaking with your hands. Project confidence and you'll receive confidence in return. And project your voice so everyone can hear. That doesn't mean shout—it means talk so the person at the back can hear without straining.

Communication works both ways. Listening is as important as speaking. When resolving problems, be professional. Make sure you have all the facts. Focus on listening.

Be a Trooper people feel they can come to and speak with. Be a leader Troopers choose to confide in when something comes up. And be a leader who makes Troopers want to offer suggestions for better ways to do things.

If you're a section sergeant and a freshly

minted private sees a better way your section could do something, that private must know you're the kind of leader who'll welcome the suggestion.

In conversation, try repeating what has been said to you in your own words. Then listen to see if the person you're talking with agrees that you've clearly understood them. If not, ask them to explain.

—E-mail—

Clear, effective e-mail is an art. Picture the Trooper you're writing to. Tailor your e-mail to that Trooper. Make sure information is correct, clear and concise. Think before you write. Write. Re-read. Use spell-check.

E-mail is a more relaxed way to communicate than "snail mail." But remember to be courteous. Use the

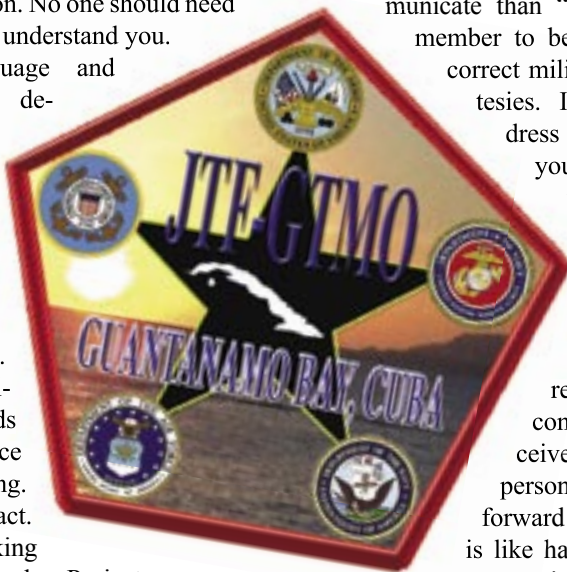
correct military or civilian courtesies. It's common to address e-mail recipients like you're speaking with them face-to-face.

Avoid using e-mail to say something you wouldn't say in person. E-mail leaves a permanent record. You have no control over how it's perceived or who sees it. The person you e-mail might forward it. Sending e-mail is like having a tape-recorded conversation.

—Share Information—

After going to a meeting, make sure you tell your Troopers what you learned quickly. By sharing information, you show you have confidence in your fellow Troopers. And if you make a habit of sharing information, Troopers will follow your lead: They will share important information with you.

Without communicating effectively, we fail. We can train ourselves to be better speakers, writers and listeners. Consider taking an online course to improve communication skills. We should challenge ourselves to identify our weaknesses and focus on them. We'll become more confident, competent communicators—and better leaders.



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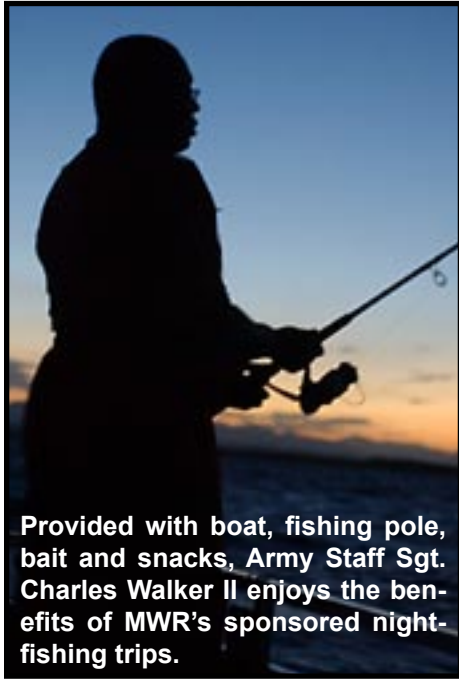
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Get Reel with MWR Night-Fishing Events!



Provided with boat, fishing pole, bait and snacks, Army Staff Sgt. Charles Walker II enjoys the benefits of MWR's sponsored night-fishing trips.

Photo by Senior Airman Neo Martin

By Spc. Jody Metzger

Cast yourself into Guantanamo Bay's relaxing sport of fishing by being a part of a Morale, Welfare and Recreation (MWR) night-fishing event.

This boating adventure on the bay's blue, sometimes turbulent waters offers Troopers an escape from the common day-to-day monotony.

Take the first step and get back to nature by signing up for night fishing. The event happens the first and last Friday of every month.

All you have to bring is yourself. MWR supplies a skipper, poles, bait, snacks and sodas. This recreational event is a treat that shouldn't be missed.

First-timer Army Staff Sgt. Charles Walker II, J-4 Maintenance, found the trip to be so much fun that he said he planned on

going out again soon.

"I am bringing friends next time, and I am going to make sure my name is on the top of the list," Walker said.

Don't wait until the last minute. This is a popular event, and the seats and gear are limited.

"We have three to four boats," said Henry Delroy, a 12-year resident and marina employee. "They are always filled."

One thing to remember when going to the night fishing event: It tends to be a wet ride, so bring clothes and things that you do not mind getting wet.

The event starts at 5:30 p.m. and ends around midnight, so plan on spending your night soaking in moonlight and hopeful anticipation of a fish-filled night.

To learn more about night fishing and sign up, call the marina at 2345 .

Around Guantanamo Bay: *The Bayview Restaurant*

By Spc. Jody Metzger

Candlelight, impeccable service and a great view, the Bayview promises a night of elegance, relaxation and a chance to get away from the dust and heat of the day.

This all-hands restaurant features many items, from appetizers such as mussels in red wine, brochettes or shrimp cocktail to dinner items of mahi-mahi, steak, lobster or chicken fajitas.

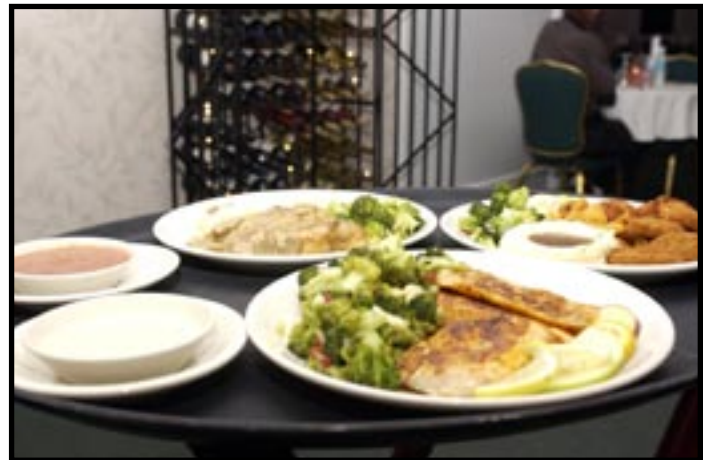


Glowing chandeliers and white cloths line the tables; wine glasses glisten with merlot and zinfandel; waiters provide flawless service.

Being greeted by hostesses and waiters like Elvis Miott brings a change of pace to Troopers who usually eat in the Galley. "I think it's more relaxed and unique," Miott said.

The Bayview's fine service leaves customers like Spc. Shalon Grady coming back for more. "I have always had very good food there," she said. "I've had Sunday brunch a couple of times and dinner four times, and I always order different things. It's a very social time where I can sit down with all my friends."

With dining available inside and out, the restaurant offers a quiet and relaxed setting. Those not wanting to dress up can dine outside. The outside restaurant offers a soft breeze and the gentle lapping of waves from the bay below. The dress code for dining inside prohibits cut off shorts, flip-flops



and sleeveless shirts for men.

As Guantanamo Bay's only fine-dining restaurant, the Bayview has been operating for two years and is a thriving business.

A home away from home, the Bayview will entice you with a great variety of delicious food and a relaxing atmosphere.

The Bayview Restaurant
is open from 5:30 p.m. to
9:30 p.m. Tuesday through
Sunday, with a Sunday
Brunch from 9:30 a.m. to 1
p.m. It's closed Mondays.

PLDC Teaches Troopers to Lead from the Front

Continued from Page 1

troop leading procedures,” said Army Sgt. 1st Class Joseph Wilson Jr., the senior Small-Group Leader of the PLDC class. “It’s the first phase of the Army’s leadership program.”

The day begins at 4:30 a.m. for physical training (PT) and usually ends at 5 p.m. Some days, however, the work can last until 10 p.m., Grant said.

Troopers are taught a variety of subjects including land navigation, drill and ceremony and leading PT formations.

Army Cpl. Randy Normand, of the 119th Field Artillery Regiment, said he was learning new and interesting things in PLDC. “It should be useful,” he said. “I’m touching on stuff you don’t usually do when

you’re not a noncommissioned officer (NCO). You’re using all the commands you hear every day, but let me tell you, when you’re out in front it’s a lot different.”

In order to graduate, Soldiers must pass an Army Physical Fitness Test, a written exam, a

“You’re using all the commands you hear every day, but let me tell you, when you’re out in front it’s a lot different.”
--Army Cpl. Randy Normand

land-naviga- tion test, a drill-and- ceremony evaluation and successfully conduct a PT formation, as well as teach a class to the rest of the students, Grant said.

Students live in Camp Bulkeley while they are taking the course. “It’s actually better living over here than it is living in Tierra Kay Housing,” said Spc. Ken

Dams of the 119th Field Artillery Regiment. In Camp America there is the gym, the lyceum, the Mini Navy Exchange, Seaside Galley, the computer rooms, the Joint Aid Station and more. “It’s all within walking distance,” he said.

Both Normand and Dams said they are really enjoying the course. “It’s a change from what we’ve been doing the past 10 months,” Dams said. The two work inside Camp Delta.

“It’s a tough, challenging, demanding course,” Wilson said.

After PLDC, the Army offers the Basic and Advanced Noncommissioned Officers Course, the Senior Leaders Course and the Sergeant Major Academy for enlisted Troopers.

PLDC will run seven more times in the next five months, Grant said. “It’s a good opportunity to take advantage of while you’re deployed,” he said. “It’s much better than doing it while you are at home and having to leave again for two weeks.”

OPSEC Working Group Class Graduates at GTMO

Army Col. John Hadjis, Joint Task Force Chief of Staff, congratulates graduate members of the Operations Security (OPSEC) Coordinators Course. OPSEC is a process to identify and evaluate issues that can negatively affect the outcome of our efforts. Additionally, OPSEC provides a means to identify the appropriate countermeasures to mitigate risk. This issue identification, and development and implementation of countermeasures provides an efficient review of the organization’s activities and how these activities may inadvertently provide critical information to our adversaries. OPSEC focuses on information or activities that require protection and assists in understanding how an adversary might attempt to acquire that information. All OPSEC programs are established using the basic five-phase process:

(1) Identification of Critical Information: Information is identified that must be protected to ensure the adversary does not gain a significant advantage.

(2) Analysis of Threat: An adversary’s capabilities and intention to detect and exploit our vulnerabilities are analyzed.



Photo by Senior Airman Neo Martin

(3) Analysis of Vulnerabilities: The program’s activities are analyzed to identify weaknesses exploitable by the adversary.

(4) Assessment of Risk: The risks are evaluated based on analyses of the threat and vulnerabilities, and the severity of the impact of loss to a program or activity.

(5) Development and Application of Countermeasures: Procedures or plans to

mitigate or negate the adversary’s ability to exploit a vulnerability.

The graduates will perform duties as the OPSEC Representatives in their units. The tools and lessons they have learned will help them develop programs at the unit level. They are the backbone of the Joint Task Force OPSEC program.

Cycling Steers Troopers "to Stay in Shape"

By Army Pfc. Chris Gardner

More than one billion bicycles dot the earth—twice the number of motor vehicles.

From the 1790's wooden contraption, *celerifere*, to bamboo bikes and carbon-fibre frames, bicycles became a popular, environmentally friendly means of getting around.

Guantanamo Bay is no exception.

The base Bike Shack repairs, sells and rents out bicycles of all sorts.

"I had a broken spoke repaired," said Army Staff Sgt. Brian Holderness, a member of the joint intelligence group here. The service repairman "replaced the spoke and trued the wheel while I waited." Used to fixing his own bike back home, Holderness said maintenance here did a fine job, and he plans to return.

"I just like to work on stuff," said Rohan Johnson, bicycle repairman at the shack.

Wobbly tires need spoke-end tightening or loosening, he said. Most people come in for tune ups, Johnson said, and "I check everything on the bike."

Custom wheel alignments, flat-tire repairs and traditional tune ups aren't the only services. "If you just bought a bike at the Navy Exchange, I can put it together," Johnson said.

Likewise, "I can take it apart and



Photo manipulation by Army Pfc. Chris Gardner

Army Staff Sgt. Brian Holderness cycles about 50 miles per week. "Riding a few hours [gives] me time to think."



Photo by Army Pfc. Chris Gardner

Repairs, rentals, sales—The Bike Shack is inside the blue facility at the golf course, open from Thursday through Sunday from 7 a.m. to 7:30 p.m. Bikes may also be dropped-off Monday through Wednesday from 7 a.m. to 7:30 p.m.

box it" when you leave the island, he said. Tubes, gloves, grips, locks, valve caps and universal pedals are among the accessories sold, and new bike prices start at \$290.

All-day rentals on road bikes at the shack are \$5. Valued at around \$500, the rentals rate "a perfect introduction to the sport," Holderness said.

A three-year avid cyclist, Holderness bikes anytime—mornings, evenings and even in the heat of the day.

"I just substitute a *CamelBak* for my usual water bottle in the rack," he said. At home, Holderness enjoyed "exploring the rural roads and farms" along with "the rush of rolling along ... taking a downhill at over 45 miles per hour."

But he wasn't always a bike buff. Three years ago, Holderness hadn't even owned a bicycle since childhood. Accepting a coworker's challenge to ride 150 miles in just two days, Holderness "picked up an old 12-speed at a garage sale and was instantly hooked."

His newfound hobby soon became routine. "Two months later, I had a new bike and was riding 50 miles every Sunday."

Holderness left his performance-oriented triathlon racing bike at home and replaced it with a steel-framed issue for general fitness purpose. Attributing previous weight loss to cycling, Holderness

said he finds riding "a great way to stay in shape."

Whether bamboo, titanium or aluminum-framed, bicycles offer a simple source of transportation, which often seems to arouse contemplation:

"I think everyone that cycles gets something different out of it," Holderness said. "The act of riding for a few hours gave me time to think."



Photo from American Bamboo Society

Fastest bikes made from fastest-growing plant? Bamboo bikes at the American Bamboo Society at <http://www.americanbamboo.org/GeneralInfoPages/BambooBicycle.html>

How to Create Gourmet Meals in Your Microwave

By Army Pfc. Jessi Stone

THE FINE ART OF COLLEGE CUISINE

If you've never been to college, you may not know the joys of college cuisine. However, this article will tell you what you need to know.

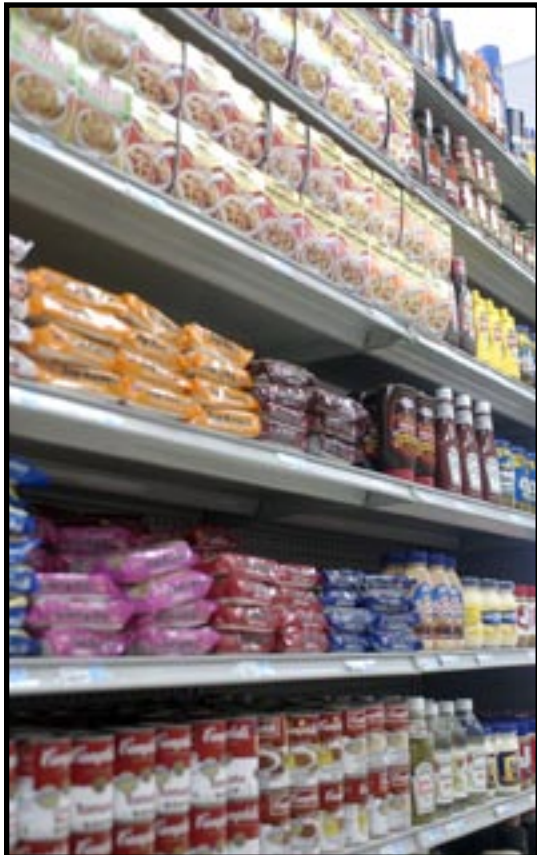
Stressful days. Wild nights. Strange, unfamiliar people you shared a dorm with. Life for Troopers in Guantanamo Bay isn't too different sometimes.

Especially when it comes to the food.

Just like we are in college again, we find ourselves choosing from cafeteria-style food, pizza or a cup of instant noodles. After a while, none of the choices are appealing, but it takes just a little starving adolescent-type creativity to turn these choices into a gourmet banquet. With a little experimentation, you too can become a master of college cuisine.

The Mini Navy Exchange (NEX) in Camp America is jam-packed with everything you need

Photo by Army Pfc. Jessi Stone



to create your culinary masterpieces. The most essential piece of equipment you will need to get started is a large, microwave-safe container in which to mix your food, several varieties of which are sold at the Mini NEX. Some dedicated cooks will invest in a rice cooker—which can also be found at the Mini NEX—but a large bowl will suffice.

A colander is another handy thing to have. If you can't buy one, you can make one with tin foil. Fold a large piece of foil in half four times. Make sure that once it is folded it still covers half your bowl, with room to fold the edges of the foil down around the edges of the bowl. Using a fork, poke holes in the foil. Hold the foil colander tightly on top of the bowl when draining water.

Just about everything traditionally cooked on the stove can be cooked in the microwave.

For foods you boil, such as rice and noodles, add a cup or two more water than the instructions call for. Until you learn how long it generally takes to cook each item, you may need to check the food periodically to see if it's done. Ten minutes is usually a good starting time for noodles and rice. Start c h e c k i n g



Photo by Army Pfc. Jessi Stone

Thai Noodles

on their progress after about five minutes.

After gathering the equipment, it's time to start experimenting with enhancing everyday boxed food. Try adding herbs and spices to season it up, or mix in cheese and sauces. Experiment with changing or replacing ingredient amounts. Add flavor and nutrition by adding meats and vegetables. The best way to learn what tastes best is to experiment. The Mini NEX carries a good selection of herbs, spices, sauces, condensed soup, canned vegetables and meats. The idea of canned meats isn't always appealing, but many Troopers aren't aware that canned meat choices aren't restricted to tuna and ham. Chunked chicken and Vienna sausages are among some of the many other types of meat sold in cans and make great additions to many microwavable food products.

Here are a few ideas to try as you begin refining your college cuisine skills.

Tuna or Chicken Casserole

Prepare a box of macaroni and cheese as instructed on the box, but put in only half the milk called for. For the other half, use sour cream. Add one can of tuna or chicken, canned peas, and garlic to taste.

Prepare a package of instant oriental noodles. Discard most of the broth, so that only a little bit is left in the bottom. Add a tablespoon of butter, letting it melt into the noodles. Top off with teriyaki sauce. Great additions to this can be found at the main NEX including sesame seeds and oil and chili oil.

Chicken Garlic Pizza

On a frozen cheese pizza, sprinkle some garlic powder and place chunked chicken sporadically. Sprinkle some extra grated mozzarella cheese on top, and cook pizza as directed.

Cheddar Popcorn

Try taking the package of powdered cheese out of a box of macaroni and cheese and pouring it into a bag of freshly popped popcorn. Shake up the bag and voila!

Butter and Herb Noodles

Use the leftover plain noodles after making cheddar popcorn. Cook the noodles and melt butter over them. Add seasoned salt.

These ideas are simple, delicious, and most importantly, only a beginning. There are more possibilities for exciting new dishes than there are fish in the sea. The only limit is your own imagination.

Detainee Review 101: A Guide to the Tribunals and Commissions

By Army 1st Lt. Bruce Roberts

As a media relations officer for the JTF I have had the opportunity to see many aspects of the JTF operation and talk with the Troopers. One thing I have noticed that is common among them is confusion about the three processes that the detainees are currently subject to. These processes are very important for the members of the JTF and Naval Base to understand, not only because of their great historical importance but also because of the great impact they will have on the future of the JTF mission, Guantanamo Bay, and it's Troopers. Here is a brief overview of each process.

THE CSRT

The Combatant Status Review Tribunal or CSRT, is an administrative process that attempts to answer one question: Is the detainee in question an enemy combatant or a non-enemy combatant? The CSRT was created in response to the Supreme Courts decision concerning the detainees right to be notified of the basis for their detention and that they be given the opportunity to contest their detention as enemy combatants.

The first CSRT was held on 30 July and the process is expected to be completed by the end of the year. Every detainee will go before a CSRT to determine his status as an enemy combatant.

Each detainee is provided the unclassified information prior to the CSRT. They are given an opportunity to ask for witness prior to the tribunal. Unclassified information includes analysis from law enforcement and intelligence held by the US Government. At the CSRT, the detainee is given the opportunity to refute the information and present other information that would support his not being an Enemy Combatant.

A panel of three neutral officers hears the testimony of the detainee, reviews the information that the law enforcement and intelligence communities have provided, asks him questions based on his statements, and then goes into a closed session. The detainee is not present in the closed session. Once the panel reviews the entire case, to include the classified evidence, it deliberates in closed session, votes, and prepares a Tribunal Decision Report documenting their decision. The decision report is sent to Washington DC where the Convening Authority, Rear Admiral James M. McGar-



Photo by Army Sgt. Scott Faddis

rah, reviews the decision and approves the CSRT decision concerning the detainees status.

As of Oct. 04, 2004 129 cases have been heard, and forty-eight detainees have been notified of their combatant status. One has been declared a non-enemy combatant and released.

THE ARB

The Administrative Review Board or ARB is slated to begin later this year and run concurrently with the CSRT. As it's name suggests the ARB is also an administrative process that will be conducted by a panel of neutral officers. This process also involves the detainee.

After reviewing evidence and interviewing the detainee, the ARB will recommend three courses of action for a detainee: continued detention, release to home country for continued detention, or release. The criteria for this decision is based on a couple of factors: Does the detainee pose a serious threat to the United States or it's coalition partners, and is he still of high intelligence value? If the ARB decides that the detainee does not meet either of these criteria then the State Department will negotiate with his home country for the conditions of release.

Although the CSRT can classify a detainee as an enemy combatant, the subsequent ARB on that detainee can still release him based on the criteria mentioned above. These processes provide every de-

tainee with two opportunities for review of his continued detention in the near future. The ARB is conducted annually and is often mistakenly called the Annual Review Board. The Office for the Administrative Review of the Detention of Enemy Combatants, known as OARDEC, is responsible for both the CSRT and the ARB.

THE MILITARY COMMISSIONS

The Military Commissions are a judicial process based on provisions provided in the Geneva Convention, and provides a fair and full trial. Only detainees who have been formally charged with war crimes, meaning they violated international laws of war as specified in the Presidents military order of Nov. 13, 2001, "Detention, Treatment, and Trial of certain Non-citizens in the War Against Terrorism," and are non-US citizens will face Military Commission. Primarily this applies to those who participated in al Qaeda and committed international acts of terrorism.

Of the approximately 549 detainees on Guantanamo, to date 15 have been found to be subject to the Presidents military order and will face Military Commission. The last time the United States used Military Commissions was during WWII. The Office of Military Commissions (OMC) is responsible for conducting the Commissions.

More information on all these processes can be found on DefenseLink.mil under the headings GTMO Detainees and Military Commissions.

GTMO Yard Ferry Boats Provide Bay Transportation

By Senior Airman Neo Martin

Shortly after arrival, people reporting to Guantanamo Bay (GTMO) become aware of one very distinct feature of the base. The base is divided into two areas by the bay.

The Bay is a three-mile-wide expanse of water between the airfield on the "Leeward side" and the main base on the "Windward side."

Negotiating this geographical obstacle is a challenge met by the crews, maintainers and operations staff of the Yard Ferry Boats (YFB). GTMO, a perpetually leased land base surrounded by communist Cuba, relies on the operation of these ferries for transporting people and supplies to and from the airfield.

With the enormous amount of materials being flown in to meet the needs of the base, "the ferries are the lifeblood of GTMO," said Ron Weldon, Burns and Roe Services Corporation (B&R), maintenance-engineering manager. B&R contractors handle all aspects of the operation and maintenance of over 30 vessels in GTMO.

The ferries are cycled for maintenance every two weeks to ensure they are in good repair, ready for operations and safe for transportation. "We perform a lot of preventative maintenance to preserve the ships. These vessels are very labor intensive to maintain," Weldon said. "The engines are run hard all

day and require routine maintenance to ensure they function properly."

Scheduling is coordinated with Christy Lambert, B&R operations manager. "We're on call 24/7 for operational needs, emergencies, medical evacuations and other transport requirements," Lambert said. Among the on-call personnel are nine craftmasters and crews.

The craftmasters are all former Navy chiefs or senior chiefs. "I love running the boats," said Capt. Mike Spiker, craftmaster and retired Navy chief. As a craftmaster, Spiker gets to pilot all the vessels operated by B&R. "The ferries offer a unique challenge. The overall design of the ferries (which features large flat surfaces) allows crosswinds to push them (from side to side.) It makes piloting them more difficult and fun," he said.

Aside from the craftmaster, when underway, each YFB has a three-person crew consisting of the engineer, oilier (assistant engineer) and a loadmaster.

More than 40 people support the two-week maintenance phase for each YFB which is an ongoing cycle of preventative maintenance



Photo by Senior Airman Neo Martin



Photo by Senior Airman Neo Martin

and major overhauls.

"[The YFB staff] have over 300 total-combined years of Navy experience. That is a great well to draw from," Jack Welch, B&R project manager, said. "We also wouldn't be able to fix and operate these ships had we not the people with the experience and military discipline with the ability to do the job safely."

Capt. Mike Spiker, craftmaster, pilots Yard Ferry Boat 93, the R. M. Hunnington. As one of nine craftmasters, Spiker, a former Navy Chief, pilots many ships in and around Guantanamo Bay. Preventative maintenance is extremely important to ensure the operational maintenance of the ships. The ship's steel hull rusts in the salt water and requires regular rust removal and painting.

Photo by Senior Airman Neo Martin



Photo by Senior Airman Neo Martin



WORLD WIRE

... News ... Sports ... Entertainment ...

Oct. 1: Father and son argue about how to best cook chicken and fight escalates into a shootout—son is shot in the head but expected to make a full recovery... Science Editor of MSNBC, Alan Boyle, recently released a story that confirms hurricane tracking is not an exact science. ...

Oct. 3: Mel Gibson files for a restraining order on a man who followed Gibson home then to Gibson's church and demanded they pray together. ...

Oct. 4: A coroner in Grand Junction, Colorado, claims the hospital that removed a patient's organs did so before the patient actually died and the removal

is what, in fact, killed him ... *Shark Tale* was this weekend's top movie making over \$45 million and possibly breaking the record for the biggest October opening for a movie ... Rare black rhinos have been protected globally as an endangered species for some time now, however the ban is now lifted, much to the objections of environmentalists who still believe the rhino has not overcome its endangered status. ...

Oct. 5: In what is to be known as the Great London Chocolate Heist of 2004, British thugs stole over \$900,000 dollars in chocolate when they hijacked six transport trucks, and as of today only one

truckload has been recovered. ...

Oct. 6: Top Cuban trade official warns that tougher restrictions on U.S. trips to Cuba could hurt agricultural business profits stateside. So far 2004 proves to be a big year for earnings within the U.S. as far as imports ... A new restaurant in Philadelphia has a new gimmick—a \$100 Philly cheese steak and the owner thinks it's going to be huge for his business ... Rodney Dangerfield dies at the age of 82, possibly from complications on a recent heart surgery.

Spc. Simon Cropp compiles the WorldWire from a variety of online news services.

... Faith ... Belief ... Counseling ...

WORSHIP WIRE

— Goals For GTMO —

Most successful people will tell you they are "goal oriented". A key element to their success is being able to set and achieve goals. During your deployment time at Guantanamo Bay (GTMO) have you set any goals for yourself? If you haven't thought about it, consider some of the following suggestions:

Career / Educational Goals: GTMO provides a unique opportunity to pursue your college education. Even if you only take a class or two while you are here, you will be that much closer to a degree in your chosen career field.

Recreational Goals: There are a lot of opportunities to try unique Caribbean activities such as boating, sailing, snorkeling, diving, hiking, etc. Set a goal not to leave the island without trying some of these activities at least once.

Spiritual Goals: Everyone has a spiritual side to their life. If you

have neglected that side of your life, now is a great opportunity to develop it! Attending worship and activities offered by the Chaplain's section can be a real blessing in your life. You will make new friends and experience a sense of belonging and purpose that comes from being a part of a Christian community. I set a personal goal to read through the Bible during my year in GTMO, and have found it to be a real blessing. Maybe you would consider setting a goal to read your Bible faithfully, or to get back in the habit of attending worship services.

There are many other goals you could set for yourself while at GTMO. Setting and achieving goals can make the difference between just muddling through this deployment and making it a positive experience. I hope you will set some personal goals and leave the island a better person than you were when you came.

—Chaplain (Army Maj.) Steve Herman

Padre's Corner

During the time that the Lord Jesus walked this good earth, leprosy was a much-feared disease that was horrific and misunderstood.

Not only was a person severely deformed, they were completely isolated from family and the greater community. Many thought that leprosy was a punishment or at best, a sign of God's disfavor.

We still have "lepers," in our midst. No, not ones who have physical deformity or a medical condition, but many who feel separated from God and his people. They feel like they aren't good enough. In each of us there is a longing to belong.

We do belong to God and the human family. All are invited to an intimate relationship with the living God, our source and end. We do this in and through the Lord Jesus. Why not come to the one who can heal and redeem? You are cordially invited to the chapel service of your choice.

— Chaplain (Navy Lt. Cmdr.)
James Dowds

SPORTS WIRE

Navy Takes Off on Air Force; Bucs Lose the Defensive Struggle

By Army Cpl. Simon Cropp

Last week, Navy pulled out a narrow victory over Air Force by sending out kicker Geoff Blumenfeld who hadn't made a single field goal thus far in the season.

Luckily for Blumenfeld, he nailed the 30-yarder and elevated Navy to a 24-21 lead late in the fourth. This leaves Navy with a 5-0 record so far in the season, and the Air Force Falcons struggle at 2-3, their worst start to a season in recent memory.

It looked like the losing streak for Army this season would be broken last week when they faced TCU, until a last-minute drive set up by TCU's bruised and battered quarterback, Brandon Hassel, put them ahead of Army with only 41 seconds left on the game clock.

Army now stands at 0-4 for the season—a rough start—but TCU's coach, Gary Patterson, gave the Soldiers some props and acknowledged though Army doesn't win much, they sure played hard Saturday. This loss extends the streak to 19 straight, the longest losing streak in the nation's history. The jury's still out on how bad this team is, but there is a lot of evidence piling up against the good old Army Black Knights.

The Buccaneers won a Super Bowl two years ago, right? It's hard to say what happened to their defense, but they probably shouldn't have let guys like John Lynch go and sign with Denver—who edged out a narrow win over the Bucs on Sunday.

Sure, the Broncos lost young outside linebacker Ian Gold to the Bucs, but he just didn't prove as crucial to their defense as Lynch does to the Broncos' impenetrable secondary. Too bad about Denver's offense, but they'll get that worked out sooner or later and really, it's not that bad, just a little young.

Donovan McNabb threw his first interception against the Jaguar defense Sunday night, but it didn't matter since the Eagles stomped the Jaguars in the end.



Photo courtesy espn.com

David Carr finally got his first back-to-back wins for the Texans last week and, a man true to his word, got his hair cut the next day. This is the first time since the Texans became a team that they've won two games in a row.

McNabb is looking pretty good out there with Terrell Owens as an always reliable target, but none of these guys looked so good as the Cardinals' Emmett Smith did Sunday afternoon. Not only did he rush for 127 yards on 21 carries, but he also threw the first pass in his career and for a touchdown, too. Smith helped the Cardinals get their first win of the season and those few fans left in Arizona hope the old guy saved enough elbow grease for the rest of the season.

By the way the Chiefs, predicted to run to the Super Bowl this year by many sports commentators, have finally won their first game. Last Monday they beat the Ravens by three, and their record now officially stands at 1-3. They hope to rebound.

The Atlanta Falcons are playing OK with Michael Vick back and haven't lost a game—they actually killed the Carolina Panthers last week. This week they've got the Lions on their plate, but this won't be so easy as the Lions have proved to be a young team on the verge of breaking through for some big wins sooner or later. Vick should lead his team to victory this week, but it might not be easy.

The Texans have proclaimed a winning streak—they've won two games in a row for the first time ever and now their quarterback, David Carr, best hold up on

his end of the bargain. If the Texas ever won two in a row Carr promised to cut his hair. Well, last week they did it, and he needs to pay up. Good job on the two wins, but don't expect a third next week when the Vikings come into town. Then again, Culpepper could be shut down, fumble or throw an interception. It's happened before.

The Patriots won their 18th straight game last weekend (one game behind Army's 19-game losing streak), tying them with the NFL record held by a few other teams, the John Elway Denver Broncos included. Will they break the record? Probably. They're playing Miami this weekend. Expect the Patriots to roll over the depleted Dolphins and make history this Sunday. Probably expect them to never lose a game again because of their amazing defense and unstoppable offense. The new Super Bowl prediction stands as such: the Patriots will win every Super Bowl from now until 2009.

Karl Malone of the Lakers has also indicated he may be considering retirement. He is out of the lineup for the time being after having surgery done on his knee and from the looks of it, the Mailman might not come back at all.

Good luck to all the NFL teams this weekend and ... go Broncos!

15 Minutes of Fame

... with Army Staff Sgt. Mark Ziemba, 2-102nd Armor Bn. ...

By Senior Airman
Neo Martin

Staff Sgt. Mark Ziemba is a member of the 2-102nd Armor Bn. from New Jersey. At home he is a foreman for a heavy-construction company. His duties include overseeing the construction of roads, pipelines and bridges.

The Wire: When did you begin your military career?

Sgt. Ziemba: I joined the Army National Guard in 1981 because I needed more order and security in my life.

What roles and jobs have you held during your military career?

I've been a Primary Leadership Development Course (PLDC) and Basic Non-commissioned Officer Course instructor at the New Jersey Military Academy. [I've also been] a battalion Nuclear, Biological, Chemical warfare NCO and an M1A1 tank crewmember.

Where was the last place your military career took you?

Immediately following Sept. 11, 2001, I was mobilized to Manhattan to safeguard bridges, tunnels and roadways. When I saw the attack on the World Trade Center, I wasn't totally surprised. [Army National Guard members] were already receiving counter- and anti-terrorist training. I called my unit immediately.

What is the best thing about your military experience?

The friends I've made and kept and the new friends I meet. It's a great camaraderie we share in the military. There



Photo by Senior Airman Neo Martin

is also a certain satisfaction knowing you're doing something important.

What is your fondest memory about the military?

The years I spent as an instructor. For five years I taught PLDC classes. It was such a great feeling when you see someone's face light up when they learn something. When the students understood a concept or lesson, it was a great sense of accomplishment for me as a teacher. I enjoyed educating the students and seeing them through to graduation.

How does your family feel about your deployment?

I've been here since May, and my wife isn't exactly happy, but she accepts it. She is very proud.

What is the hardest thing about your military career?

Being away from my family and taking the PT tests (laughing). Actually nothing is really difficult. However, the classes I took to become an instructor were challenging.

How do you feel about serving with the Joint Task Force?

I have a great sense of accomplishment knowing I'm serving my country. This is an important mission in the Global War On Terrorism; I don't think most media gives this mission a fair shake. Many of them want to put us in a bad light, and they don't really know what is going on here.

How do you like to spend your free time at GTMO?

I like to barbecue and spend time at the beaches here. Back home I take care of the house, build furniture in my wood shop and go camping. I also like to shoot. I have an extensive weapons collection.

What are your plans for life after this deployment?

To retire from the military, then I'm going to work for about six more years and retire, move to West Virginia for more space and go shoot without bothering my neighbors.

Knowledge Bowl 2004

It's Knowledge Bowl time again. Get those strange and random pieces of facts and trivia swirling in your head organized. Show Guantanamo Bay how much you know, and win some great prizes from Morale, Welfare and Recreation (MWR).

The MWR Community Library invites you to be a part of "Knowledge Bowl," Nov. 5 at the Windjammer.

All departments, divisions and commands are invited to send one or more teams of four to compete for prizes and a magnificent trophy. As teams advance, the competition and questions get more and more difficult. In the end, one winning team is crowned "The Supreme Keepers of Arcane Knowledge."

Teams will be assigned

a number to determine their order in the competition. Our Master of Ceremonies will supply the questions and answers must come the team as a whole. A team of three judges will adjudicate when necessary.

Want to show off your smarts? Here's all you do:

- Organize a team(s) of four to represent your unit.
- Call 4700 or e-mail Maxine Becker at beckerma@usnbgmto.navy.mil.
- Provide names and contact information for each team member.

• All teams must register before Nov. 1.

• Show up at the Windjammer on Nov. 5. Competition begins at 7 p.m.

--Maxine Becker, Librarian

CINEMA

DOWNTOWN LYCEUM

FRIDAY

8 p.m. *Princess Diaries 2*
G 113 min

10 p.m. *Ladder 49*
PG13 115 min

SATURDAY

8 p.m. *Without A Paddle*
PG13 99 min

10 p.m. *Exorcist: The Beginning*
R 114 min

SUNDAY

8 p.m. *YU-GI-OH*
PG 90 min

10 p.m. *Open Water*
R 79 min

MONDAY

8 p.m. *Ladder 49*
PG13 115 min

TUESDAY

8 p.m. *Without a Paddle*
PG13 99 min

8 p.m. *Open Water*
R 79 min

THURSDAY

8 p.m. *Exorcist*
R 114 min

CAMP BULKELEY

FRIDAY

8 p.m. *Princess Diaries 2*
G 113 min

10 p.m. *Alien vs. Predator*
PG13 101 min

SATURDAY

8 p.m. *Sky Captain*
PG13 108 min

10 p.m. *Ladder 49*
PG13 115 min

SUNDAY

8 p.m. *Without A Paddle*
PG13 99 min

10 p.m. *Open Water*
R 79 min

MONDAY

8 p.m. *Exorcist*
R 114 min

TUESDAY

8 p.m. *Ladder 49*
PG13 115 min

8 p.m. *Without a Paddle*
PG13 99 min

THURSDAY

8 p.m. *Open Water*
R 79 min

BUSES

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

Sherman Avenue

First Street	00	30			
East Caravella	03	33			
Marine Hill	05	35	Camp Alpha	00	20 40
Post Office	10	40	NEX trailer	02	22 42
Windjammer	11	41	Camp Delta 2	06	26 46
NEX	14	44	TK 4	12	32 52
Bulkeley Landing	17	47	TK 1	16	36 56
Ferry landing	21	51	Windjammer	23	43 03
Commissions Bldg.	23	53	NEX	30	50 10
Ordnance	26	56	Windjammer	35	55 15
Bulkeley Landing	28	58	TK 1	40	00 20
NEX	32	02	TK 4	46	06 26
Windjammer	36	06	Camp Delta 1	52	12 32
Post Office	37	07	Camp Alpha	00	20 40
Marine Hill	41	11			
Hospital	48	18			
Windward Loop 1	52	22			

Alcoholics Anonymous

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

Save the Sea Turtles

This is a reminder to Joint Task Force Troopers to keep all vehicles off the beaches—there are multiple sea turtle nests on the beaches this time of year. Bollards and cables are in place to alert drivers and pedestrians of areas to avoid on the beaches.

NEX Customer Appreciation Day

The Guantanamo Bay NEX is holding its 3rd Annual Customer Appreciation from Oct. 13 to 16. Events include shoe clinics with free running gait analysis Oct. 13 to 15, 10% off all athletic footwear, a surf clinic at Hicacle Beach Oct. 15 to 17, and a pasta dinner at the NEX Atrium on Oct. 15.

Oct. 16 includes a fun-packed day of events kicking off with a 5K Race at 6:30 a.m. The race will be followed by an awards ceremony and breakfast. The NEX Sale Event begins at 9 a.m., and includes a Navy Sport autograph session, giveaways and prizes every half hour, fishing simulators, a Vans Skat/BMX exhibition, drawing for trips to Orlando, Las Vegas and London, and an autograph session with the Washington Redskins cheerleaders. The whole event is capped off by a Hummer pull contest at 5 p.m.

Mandatory Requirement Before Departing GTMO

Deployment Cycle Support (DCS) training is mandatory for all Joint Task Force Troopers within the 90 days before departure from Guantanamo Bay.

DCS classes are scheduled to be held Oct. 12 and 13, Nov. 3 and 4 and Dec. 13 and 14.

Classes are from 8:30 a.m. to 3 p.m. the first day (required for everyone) and from 8:30 a.m. to noon the second day (required only for National Guard and Reserve).

The classes are in Trooper's Chapel in Camp America.

Unit administrators register their units, and individual augmentees register themselves by e-mailing Senior Airman Antonia Cowan, J3 current operations, at cowanat@JTFGTMO.southcom.mil.

Apple Pie!

As the weather gets cooler (or less sweltering, as the case is at Guantanamo Bay), it can be comforting to curl up with a warm, sweet treat. This apple pie recipe is just the comfort food to warm anyone. To combat the Caribbean heat, try serving the pie a la mode, smothered with vanilla ice cream!

Ingredients

- 1 pie shell, 9-inch
- 6 cups thinly sliced apples
- 1 tablespoon lemon juice
- ¾ cup white sugar
- 2 tablespoons all-purpose flour
- ½ teaspoon ground cinnamon
- 1/8 teaspoon ground nutmeg
- ½ cup raisins (optional)
- ½-cup chopped walnuts (optional)
- ½ cup all-purpose flour
- ½ cup packed brown sugar
- 3 tablespoons butter

Directions

Preheat oven to 375 degrees F (190 degrees C).

Place sliced apples in a large bowl. Sprinkle with lemon juice if desired. In a small bowl, mix white sugar, 2 tablespoons flour, cinnamon, and nutmeg. Sprinkle mixture over apples. Toss until apples are evenly coated. Stir in raisins and walnuts if desired. Spoon mixture into pastry shell.

In a small bowl mix 1/2 cup flour and brown sugar. Cut in butter or margarine until mixture is crumbly. Sprinkle mixture over apple filling. Cover top loosely with aluminum foil.

Bake in preheated oven for 25 minutes. Remove foil and bake an additional 25 to 30 minutes until top is golden brown. Cool on a wire rack.

—Army Pfc. Jessi Stone

WORSHIP

CAMP AMERICA

Sunday	9 a.m.	Protestant Service	Troopers' Chapel
	6:45 p.m.	Catholic Mass	Troopers' Chapel
	7:30 p.m.	Protestant Service	Bldg. 3203
Tuesday	7 p.m.	Alpha	Bldg. L001
Wednesday	7:30 p.m.	Soul Survivor	Club Survivor
Thursday	7 p.m.	Thursday Night Ticket	Bldg. L001
Saturday	3 p.m.	Saturday Vigil Mass	Troopers' Chapel

NAVBASE 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	
	11 a.m.	Protestant Service	Main Chapel
Monday	1 p.m.	New Life Fellowship	Main Chapel
	5 p.m.	Pentecostal Gospel	Sanctuary C
Wednesday	7 p.m.	Prayer Group Fellowship	Fellowship Hall
	7 p.m.	Family Home Evening	Room 8
Friday	1 p.m.	Islamic Prayer	Room 12
Saturday	5:30 p.m.	Vigil Mass	Main Chapel

For information on Jewish services call 2323

DINING

Today	Lunch	Mambo Pork Roast
	Dinner	French Fried Shrimp
Saturday	Lunch	Cornish Hens
	Dinner	Chicken Parmesan
Sunday	Lunch	Cranberry Glazed Chicken
	Dinner	Dijon Baked Pork Chops
Monday	Lunch	Teriyaki Beef Strips
	Dinner	Country Style Steak
Tuesday	Lunch	Ginger Pot Roast
	Dinner	Barbecued Beef Cubes
Wednesday	Lunch	Lemon Pepper Catfish
	Dinner	Chinese Five-Spice Chicken
Thursday	Lunch	Pork Chops Mexicana
	Dinner	Chicken Florentine
Friday	Lunch	Baked Fish Scandia
	Dinner	Boiled Crab Legs