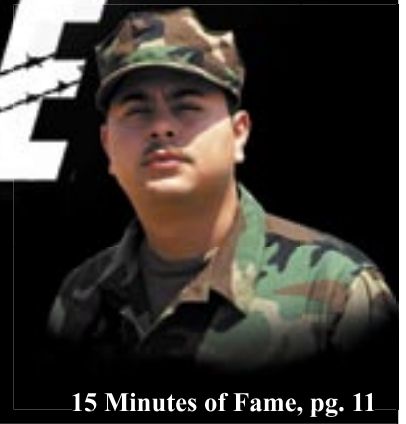




THE WIRE



Honor Bound To Defend Freedom

Volume 6, Issue 5

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Friday, May 6, 2005

15 Minutes of Fame, pg. 11

Pashtu literacy program for detainees revamped

By Army Sgt. Todd Lamonica

JTF-GTMO Public Affairs Office

The Joint Task Force (JTF), along with contracted linguists, have revamped and are now conducting a 28-week reading and writing course for Pashtu-speaking detainees in Camp Delta.

When the course began in September 2003, only one linguist was teaching the course. But with more than 66 percent of the Afghani detainee population classified as functionally illiterate, a more formal approach was taken by the JTF.

Now, two full time linguists are teaching the course, and according to them, the detainees have become eager to participate in the program because they truly want to learn to read and write.

"The curriculum for this course is based on the California Education Program," said the officer in charge of the program.

On the average, 20 students are enrolled in the class at a time. The course is one hour per day, six days a week. The level of reading taught is between the fifth and sixth grade. At first, students were wary about participating in the course because they did not know what the Joint Task Force intended, said one of the instructors.

"It's very rewarding for us to see them writing home to their family," said another instructor. Upon graduation, students write a post card to send home to their families.

Pashtu is spoken by 35 percent of the Afghan population, and Pashtuns are the



Photo from JTF-Combat Camera archive

Pashtu language classes are provided to detainees inside Camp Delta.

ethnic majority, with 42 percent of the population, according to the Central Intelligence Agency's online World Factbook.

There are various pronunciations and spellings of the word "Pashtu," and each one denotes a different dialect.

The first records of Pashtu date back to the 16th Century. In 1936, the government of Afghanistan declared that Pashtu was the national language and it would be mandatory for everyone to learn.

Throughout the years, Afghanistan has gone through some turbulent times, making it next to impossible for some of its population to participate in any formal schooling.

According to the Factbook, only 36 percent of the Afghani population that is over age 15 are literate. The fact that Afghanistan has been in some sort of war or unrest for the better part of the last 25 years, has probably contributed to making learning to read and write difficult when the supplies needed to teach the classes are not available.

The JTF's goal in this program, according to the officer in charge of the program, is to teach the detainees basic fundamentals, so that when they return to their country of origin they can pick up a Quran and actually read it, fill out a ballot and vote, or write a letter to a family member. ■



Photo by Spc. Timothy Book

'It is not the critic who counts...'

By Col. Mike Bumgarner

JTF-GTMO JDOG Commander

In 1898 and just over 25 miles from here, a group of American Soldiers arrived in Cuba. They were members of the 1st U.S. Volunteer Cavalry and were led by Col. Leonard Wood. The unit, better known as the "Rough Riders," became famous for their charge of San Juan Hill under the leadership of Lt. Col. Theodore Roosevelt. I find some irony in my situation, as I just arrived from Fort Leonard Wood and Theodore Roosevelt is one of my all time favorite Americans.

The Rough Riders were a group of volunteers who were mostly cowboys from the West and college athletes from the East. The 1st was a highly competitive unit; many who volunteered for service were turned away. I find inspiration and motivation in reading about our predecessors and encourage you to do the same, particularly when you feel a bit forlorn.

Those serving in our Joint Task Force are also volunteers; we are a diverse and select group of professionals. I feel a great sense of pride in knowing that the Americans serving in our Armed Forces today do so in a manner that is consistent with the greatest traditions of our nation and our military.

Knowing that my hero, TR, walked the same rough terrain in defense of our nation as we do today, makes me think that perhaps he looks down upon us with pride. I am confident that as we carry out our mission that is so critical to the security of our nation, that he shouts out a loud and robust

"Bully."

My father was a military man--a command sergeant major, in fact. Throughout his life, an extract from a speech that Theodore Roosevelt gave in 1910 hung in his office. Upon his death, I took the framed speech, and have always displayed it proudly. The words are far more eloquent and inspirational than I can ever write, so I share them with you and hope you will ponder them deeply.

"It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs, who comes short again and again, because there is no effort without error and shortcoming; but who does actually strive to do the deeds; who knows great enthusiasms, the great devotions; who spends himself in a worthy cause; who at the best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who neither know victory nor defeat."

You clearly are in the arena by volunteering to serve, and even more so by the challenges and tasks you must face every day. All in JTF-GTMO know that critics exist all around us...but trust you are in the arena, you are in a worthy cause, and we will be the victor--though it may be a long and hard struggle--in the Global War on Terrorism.

Honor Bound! ■

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NCOIC/Editor:

Sgt. 1st Class Sheila Tunney: 3594

Managing Editor:

Spc. Dave Lankford: 3593

Photo Editor:

Spc. Timothy Book: 3592

Layout Editor:

Spc. Ian Shay: 3594

Staff Writers & Design Team:

Sgt. Todd Lamonica: 3499

Spc. Seth Myers: 3589

Spc. Jeshua Nace: 3499

Contact us:

Base Information: 2000

Public Affairs Office: 3499 or 3651

From the continental United States:

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JTF bests NAVBASE 16-8

By Spc. Ian Shay

JTF-GTMO Public Affairs Office

For the second year in a row the Joint Task Force softball team has stomped the Naval Base team into submission with a score of 16-8. On Saturday night, the JTF held firm for seven innings on the field, and batted a slew of runners in behind the plate.

The JTF Team held tryouts on Monday, Tuesday and Wednesday last week. Command Sgt. Major Anthony Mendez, of the Joint Detention Operations Group, (JDOG) conducted tryouts to choose the best talent.

The tryouts were open to everyone, but a lot of skill was required to make the final cut. More than 35 Troopers came out and only 18 made the final roster, seven of which were reserve players.

Mendez, a long time softball player said he was looking for skilled players. "Because of my experience I can tell if someone has talent," said Mendez. Mendez acted as a coach and first baseman during the game.

"I take it personally. It's for the Commander's Cup," said Mendez.

The Commander's Cup is held every year and includes a variety of games including flag football, basketball, and softball.

Last year the softball game was known as the "Army vs. Navy" game, but the JTF now consists of more than 600 Sailors. "The title was unfair to the Troopers in other services," said Mendez.

"The game was a great way to build camaraderie between Troopers with different missions. By winning the game, you have mission success," said Mendez.



Photo by Army Staff Sgt. John Fries

JTF softball team huddles in celebration after their victory.

Everyone played a great game but only one was chosen as the Most Valuable Player. The MVP Award went to JTF left-center outfielder, Army Master Sgt. Douglas Borin of S-3 Operations, JDOG. Borin went two-for-four behind the plate, caught numerous fly balls and scored twice.

The game helped build teamwork, boosted morale, enhanced esprit de corps, and of course, gave the players "bragging rights," said Mendez.

JTF will carry their bragging rights until the next Commander's Cup softball game, when they will once again defend their title as champions. ■

Freedom Team salute

WASHINGTON (Army News Service) – In a Pentagon ceremony May 2, the Army kicked off its Freedom Team Salute campaign designed to recognize those who support Soldiers' service and veterans who have served the country in the past.

The first person to receive the honor was David Rodriguez, a decorated veteran of the Vietnam War who currently serves as the commander of the American GI Forum, an organization for Hispanic veterans of the Army.

The Freedom Team Salute package includes an "Army of One" lapel pin, an official Army decal, a letter of appreciation signed by the Army chief of staff and the secretary of the Army, and a letter of thanks signed by the chief of staff and the secretary.

Francis Harvey, secretary of the Army,

said the goal of the campaign is to recognize those who make Soldiers' service possible.

"Our Soldiers could not answer their noble calling of defending the values that have made our country great – this call to duty – without the support of those from whom they draw so much strength; spouses, parents, relatives, teachers friends and employers," Harvey said. He said Army veterans are also a key part of the campaign.

"Of particular importance is the recognition that this program provides for Army veterans," he said. "Today these courageous men and women collectively represent 10 million out of a total of 26 million veterans residing in all 50 states," he said. "Freedom Team Salute provides another opportunity for the Army to show its appreciation to veterans and Veteran Service Organizations for their dedicated serviced and continued support of today's soldiers and families."

Gen. Richard Cody, vice chief of staff of the Army, said Freedom Team Salute is a way to recognize the sacrifices of those

who don't wear the Army's uniform. He said he had recently visited a New York National Guard unit who had rescued American hostage Thomas Hamill.

"But that's not surprising considering the outstanding Soldiers that make up the unit and the incredible support they have received from their families, employers and units," Cody said. "Freedom Team Salute allows our Soldiers to pause and say 'thank you' to our incredible extended Army family that has done so much for our troops."

"It's going to be good for the Army. When I saw the one sergeant present the pin to his wife, or the young sergeant to his parents, it almost brought tears to my eyes," Rodriguez said. "We need to recognize what's going on in the United States, and show the people in the community that the military, the Army, knows and cares about the sacrifices they make."

Soldiers who wish to nominate someone to receive the Freedom Team Salute recognition can do so by visiting the campaign's official Web site at: freedomteamsalute.army.mil.



When the winds are good...life is great

Photo by Spc. Timothy Book

▲ Army Lt. Col. Jose Coito, of JTF-J7, enjoys the view from the bow of a 30-foot MWR sailboat.



Photo by Spc. Dave Lankford

▲ Navy Cmdr. John Spencer, of JTF-J4, sails the waters of Guantanamo Bay.



Photo by Spc. Timothy Book

▲ An unidentified trooper enjoys a little serenity as the sun sinks behind the horizon.

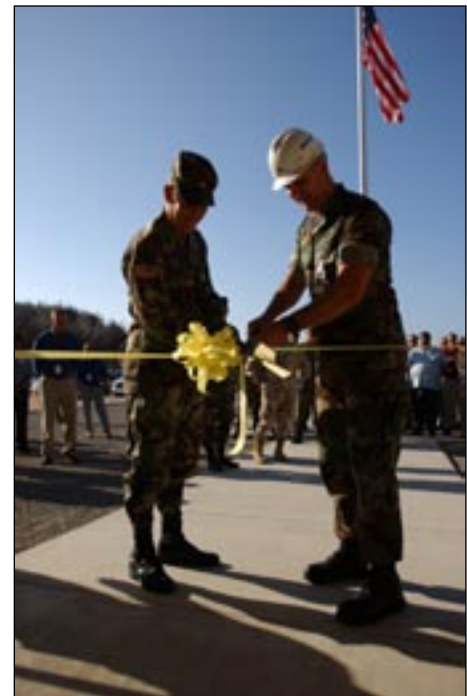


Photo by Spc. Timothy Book

AROUND THE JTF

► Army Brig. Gen. Jay Hood, JTF-GTMO commander, and Navy Lt. Cmdr. Jeff Pierce, resident officer in charge of construction, cut the ceremonial ribbon for the official opening of the JTF-GTMO Intelligence and Operations Facility (IOF).

BOOTS ON THE GROUND

Army Sgt. Todd Lamonica asked Troopers around JTF-GTMO...How does GTMO compare to other deployments you've been on?



◀ “I’ve been to Iraq twice and could have went back a third time but chose to come here instead. This is a vacation in terms of living conditions and communication with my family”

— Marine Staff Sgt. Jeremiah Batista

▶ “It’s definitely an experience with all the operational security guidelines in place, the living conditions here are better, and there are more opportunities to do recreational activities.”

— Spc. Steven Depriest



◀ “There is an increase in Joint Forces relationships here, and it’s for the better; it has the best living conditions of any deployment I’ve been on.”

— Army Capt. Paul Badillo

▶ “It’s not the worst place you could be. I spent a deployment in Qatar and we were in tents the whole time. The opportunity to call home when I want is a real morale booster.”

—Air Force Staff Sgt. Nicole Humphrey



Photos by Army Sgt. Todd Lamonica

Medals for outstanding service

By Spc. Seth Myers

JTF-GTMO Public Affairs Office

Twenty-four Troopers were awarded medals last week at the Windjammer Club and the JTF Headquarters for their work while here at Guantanamo Bay.



Photo by Spc. Seth Myers

The awards were presented by JTF-GTMO Commander Army Brig. Gen. Jay W. Hood. **The following soldiers received Defense Meritorious Service Medals:**

Air Force Lt. Col. Mike Humphrey

Air Force Cpt. Tonya Mack

The Joint Service Commendation Medal was awarded to:

Air Force Maj. Dawn Zoldi

Air Force Capt. Scott Anderson

Air Force Capt. Ryan Harris

Air Force 1st Lt. Christopher Vaca

Air Force Senior Master Sgt. Patrick

Bythrow

Air Force Master Sgt. Ruth Haynesworth

Air Force Master Sgt. Douglass McLean

Air Force Master Sgt. Teresa McManis

Navy Petty Officer 1st Class Christopher

Monaghan

Navy Petty Officer 1st Class Jared Pitts

Air Force Tech. Sgt. Donald Rives

Air Force Staff Sgt. Charles Harlan

Air Force Staff Sgt. Jacqueline Borrero

Spc. Jason Seeley

The Joint Service Achievement Medal was awarded to:

Air Force Capt. Ronald Boyd

Air Force Capt. Brandi Collen

Navy Petty Officer 2nd Class Veronica

Hernandez

Air Force Staff Sgt. Catherine Lakey

Air Force Staff Sgt. Daniel DiazCenteo

Navy Petty Officer 3rd Class Oneal Coote

Air Force Senior Airman Christian Nieto

Air Force Senior Airman Lauren Machuga ■

FIGHTING FORCE



◀ Instructor, Army Sergeant 1st Class Juan Munoz, shows Navy Petty Officer 1st Class Kevin McGill the defensive move used when approached by someone with a knife.

▶ Navy Petty Officer 1st Class Kevin McGill lunges toward Pfc. Charles Buford during a simulated knife attack.



By Army Sgt. Todd Lamonica
 JTF-GTMO Public Affairs Office

Military corrections Troopers in Camp America learned how to defend themselves if they are attacked by an armed or unarmed assailant during the Unarmed Self Defense Course.

Troopers who guard detainees in Guantanamo Bay are required to complete the course. This training is conducted yearly for all Troopers working in corrections. Multiple types of techniques are taught to defend against situations involving weapons, chokes and kicks. The training lasts three days, for eight hours a day, and is physically taxing.

“What we are teaching here builds confidence and teaches skills that you would not learn anywhere else,” said instructor Sgt. 1st Class Juan Munoz of the 189th Military Police Company

Most of the techniques being applied here are from a martial art called Aikido. Founded by Morihei Ueshiba in 1942, he used it as a way to prevent violence that was aimed at his family. Aikido is meant to turn the force of the attacker against him by using a lot of throws and joint locks. A lot of the moves are derived from jujitsu and are meant to gain control or throw your attacker away from you.

“The moves that are being performed here can be done by anyone regardless of size,” said instructor Sgt 1st Class Britt Co-

gan of the 189th Military Police Company.

Moves used by Spc. Patricia Storey, a petite Trooper with the 189th Military Police Company, on a much bigger Petty Officer 1st Class Dwayne Buchanan of the Navy Provisional Guard Battalion, Delta Company, are testament to the technique’s effectiveness. Storey demonstrated the proper way to use one of the joint locks and throws being taught at the course.

“I feel a lot more comfortable knowing all the different moves,” said Pfc. Brittany Rachow of the 189th Military Police Company.

All of the Troopers in this course agreed that this training is instrumental in helping them perform their mission. ■

CE WITH FORCE



Spc. Patricia Storey of the 189th Military Police Company demonstrates the proper techniques used when confronted with an attacker who is using a weapon. The attacker is Petty Officer 1st Class Dwayne Buchanan of the Navy Provisional Guard Battalion, Delta Company.

Photos by Army Sgt. Todd Lamonica

-Pushing the limit-

Pumping the iron

By Spc. Timothy Book

JTF-GTMO Public Affairs Office

Weightlifters from around Guantanamo Bay squared off in the MWR Powerlifting Competition April 29.

Trophies and prizes were awarded in three events and an overall, most weight lifted class, which is the total from all three events.

There was both a men's and women's class. To make the event more competitive, the final score in each event was a ratio of the weight lifted to body weight, according to Karissa Sandstrom, MWR acting fitness director.

Tony Hickman, who works for Executive Technologies Corp., won the men's overall competition, lifting a total of 1,310 pounds. Navy Leading Chief Petty Officer Sarah Howard, preventive medicine, at the hospital, lifted a total of 505 pounds to secure the women's overall title.

Winners in the three events,

with weight lifted to body weight ratio listed after each name, were:

Men's Dead Lift

1st Place Brian Bastian, 2.49

2nd Place Glenn Day, 2.46

3rd Place Tony Hickman, 1.67

Women's Dead Lift

1st Place Sarah Howard, 1.36

2nd Place Yvette Smithsimon, 1.24

Men's Squat

1st Place Chris Walters, 2.36

2nd Place Glenn Day, 2.23

3rd Place Brian Bastian, 2.12

Women's Squat

1st Place Sarah Howard, .87

Men's Bench

1st Place Will Salizar, 2.15

2nd Place Chris Soto, 1.94

3rd Place Brian Bastian, 1.91

Women's Bench

1st Place Sarah Howard, 1.36

2nd Place Yvette Smithsimon, 1.24



Photo by Spc. Timothy Book

Chris Walters lifted 500 pounds to win the men's squat event.



Photo by Spc. Timothy Book

Sarah Howard, women's overall winner, benched 135 pounds.

Pounding the pavement

By Spc. Timothy Book

JTF-GTMO Public Affairs Office

Troopers of the Headquarters and Headquarters Company (HHC) held their quarterly 5K run April 27 in Camp America.

Formation began promptly at 5:30 a.m. at Bulkeley Field and started with the necessary stretching. From there, they began running in formation down Radio Range Road heading towards Windmill Beach.

"Formation runs best serve those who have a slower pace," said Army Capt. Ted Johnson, HHC company commander. "The cadence and the camaraderie serve to

push Troopers beyond what they would do if running alone," he said.

Calling cadence while running in formation serves a number of purposes. "It keeps everyone in step, which is a must when so many individuals are running in such close quarters," Johnson said. "It takes people's minds off running and lets them have a little fun." It also enhances esprit de corps, he said.

Turnout and participation in the run was high. Over 75 percent of the company ran

and the very few that dropped out did so when the Commanding General took an extra detour near the end of the run.

"There was a rumor that he was going to run us through the Sea Side Galley, but he went around it instead," Johnson said.

The Troopers returned to

Bulkeley Field before sunrise physically exhausted, yet mentally energized. "My Troopers did what [they] always do - whatever I ask of them," said Johnson. ■



Photo by Spc. Timothy Book

Military Spouse Appreciation Day

By Brig. Gen. Jay Hood

JTF-GTMO Commander

In 1984, President Ronald Reagan officially recognized the military spouse by designating the Friday before Mother's Day as Military Spouse Appreciation Day. Today we recognize and applaud the efforts of military spouses.

Service to our nation often requires sacrifices, and a Trooper's spouse and family often share that sacrifice. For most of our married Troopers their spouse is still at home facing the challenges of maintaining a household and raising a family alone. Separation is never easy, and spouses not with us at GTMO are paying bills, attending school conferences, getting the car repaired, taking care of adult family members, and volunteering in their communities and units without you to assist them. Don't forget they've taken on their role and yours too, now that you are away. Honor them for it. Call, send cards, and when you are on leave or finally complete your deployment realize the challenges your spouse made and the personal growth he or she realized because of it. Ultimately, it makes for a stronger relationship. Their support of you enabled you to serve a nation at war. For the majority of Troopers, your family and supporters remain stateside. Whether this is your first deployment or just another chapter in your military resume, separation from your loved ones is never easy. Military spouses are left behind but never forgotten. They bear the biggest burden. It is through their strength and perseverance that Troopers can successfully accomplish their mission.

Some of us have our spouses and families here with us at GTMO. They too have made sacrifices to join us here. GTMO is a wonderful community, but it is a remote site far from the trappings of a stateside assignment. I want them to know how much I appreciate all they do for their Trooper and for the Joint Task Force as a whole. Those who are on extended orders are authorized to have their spouses accompany them and support them during their time here,

others have spouses working as civilian contractors and there are a few married troopers serving together in the JTF. I also commend these spouses for making their own sacrifices along with their partners.

As the JTF Commander, I am very thankful for those who support my Troopers. I charge our Troopers to show their appreciation to their spouses everyday. We have singled out today for special recognition, but your support, love, and encouragement to your military spouse everyday, will strengthen your family and make us a better unit. I encourage Troopers to thank and remind their families how their support is the keystone to our success. Although we officially highlight our spouses today, I urge each Trooper to communicate with them whenever possible. Phone calls and e-mails are a great means of communication, but a *handwritten letter* can offer a tangible piece of you that can bring you closer to your spouse.

Honor Bound! ■



Photo by Sgt. 1st Class Steve Opet. 354 MPAD

A Trooper embraces his wife before boarding a bus in preparation for deployment.

NCO, Soldier of Quarter

By Spc. Seth Myers

JTF-GTMO Public Affairs Office

Troopers from the 189th Military Police company earned Joint Task Force Guantanamo Soldier of the Quarter and NCO of the Quarter at a board held April 27.

The Soldier of the Quarter is Spc. Brad Steedman, a corrections specialist, and the NCO of the Quarter is Army Sgt. Anthony Gammon, a corrections NCO.

Steedman has been to a few boards before, but because of the different environment, he didn't know what to expect. The

JTF-GTMO board is on a "higher level" than most of his previous boards. He studied hard, though, and achieved the honor of being the Soldier of the Quarter.

"It has all come full circle. I've been studying a long time, going over information with my team leaders, and I got what I tried so hard to get," Steedman. "I can't wait to call home and tell my boys."

Gammon has been to multiple boards as well. Between boards like these and promotion boards, he said he's appeared 21 times during his military career. However, his experience didn't deter him from studying hard.



Photos by Petty Officer 1st Class Terry Matlock

JTF-GTMO NCO and soldier of the quarter, Army Sgt. Anthony Gammon (left) and Spc. Brad Steedman (right).

"I spent six to seven hours a day studying," said Gammon. ■

Depresssion, when darkness is your closest friend

By Army Chaplain (Lt. Col.) Robert Palmer

JTF-GTMO Chaplain's Office

Depression feels like you're being swallowed by a dark hole that you can't escape. A person struggling with depression finds him or herself unable to function. They have trouble making simple decisions.

What is depression? Depression is a condition where you feel a depth of sadness that goes beyond the normal sadness people experience as they go through life. Between 13 and 14 million Americans suffer from depression each year. Sixteen percent of us will struggle with a major bout of depression at some point in our lives.

Depression can vary from the "blahs" or the "blues" to a major psychotic break from reality. When we're depressed we feel like dying. When we're depressed, death seems to haunt our waking hours. We feel like life is seeping out of us; that we're slowly shriveling up until there's no life left. Many people become fixated on death and dying when they're depressed. They talk about what death would be like; they might even give away their belongings.

When we're depressed we also feel like we've utterly failed. We as people have this terrible tendency to feel guilty for things we shouldn't feel guilty about and then to *not* feeling guilty for things we should feel guilty for. Then there are times when we do something wrong, and we spend so much time justifying it that we don't feel guilty for it. Our sense of guilt gets all mixed up as we go through life.

When we're depressed we also feel completely alone. When you're depressed, you even feel alone in a crowd of people. You feel like you're bringing everyone else down, and you tend to avoid people. You feel completely and utterly alone, unable to connect with the people around you.

Finally, when we're depressed we lose all perspective. Christian psychologist Norm Wright compares depression to the lenses and filter a photographer uses to alter an image. Our outlook on life is distorted; our view of God becomes distorted; our view of ourselves becomes distorted. So what should we do when we're in this black hole? There are physical, emotional, psychological, and spiritual factors that all contribute to depression.

So what should we do when we're depressed? The simple answer is to seek God for our answers. Now this doesn't necessarily mean that we shouldn't seek professional help or even medication to help us deal with our depression. Looking to God for answers doesn't mean refusing the good gifts that God gives us through the discoveries of science. After all, we don't think it's a lack of trust in God to vaccinate our children, or go to the doctor when we're sick. And problems of depression are no different.

But what answers do we seek? The first is the answer of a living hope in the face of death. There is a living hope beyond that stretches from this life to the next life. That living hope is anchored in the reality of Jesus Christ's resurrection (Peter 1:3). We also find

the answer of God's forgiveness in the face of failure. Not all depression is a result of our own failures, but some depression can be. For those who might contribute to their own sadness, there's forgiveness (John 1:9). Confession of our sins is good for our souls, because it opens

us to the refreshing waters of God's forgiveness. We also find the answer of supportive community in the face of aloneness. Real community comes when we're willing to hurt with another person. Real community comes when we're willing to say, "Yeah, that's hard. I'm sorry you're going through that." Real community comes when we're willing to listen with open ears that don't judge or try to fix the problem. A time for advice may come, but we earn the right to give advice when we mourn with those who mourn.

In our times of deep sadness we need to cry out to God for a living hope, to ask God for forgiveness for our failures, to seek out community with God's people, and to look to God for the eternal perspective. This won't make the depression disappear, but it will give us the strength to take the next steps forward. ■

Proverbs 3:5-6



CAMP AMERICA WORSHIP SCHEDULE

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

NAVAL BASE CHAPEL

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

For information on Jewish services call 2323

15 Minutes of Fame

with Seaman Harry Gonzalez

By Spc. Ian Shay

JTF-GTMO Public Affairs Office

This week *The Wire* focuses on a Trooper who has a lot to offer but hardly enters the spotlight. Seldom do Troopers like Navy Seaman Harry Gonzalez, Ship's Serviceman, ever get credit for the job they do so well. Gonzalez is part of a team that goes inside the wire each week and gives detainees haircuts.

Where are you from?

I was born in El Salvador and raised in New York.

Do you come from a large family?

Yes, I have two brothers and two sisters.

What has growing up in a large family taught you?

That you have to push yourself harder to make your family proud.

Why did you join the Navy?

I wanted to be like my big brother; he's a Boatswain's Mate in the Navy.

What ship do you serve on?

The *U.S.S. Wasp*.

How long have you been in the service?

I've been in the Navy about four years and seven months.

What else have you done as a Ship's Serviceman?

I've helped out with ship services such as installing video game machines, stocking vending machines, and I've worked in the ship's store.

What did you think when you were told you were coming to GTMO?

I thought it would be a new experience for myself.



Photo by Spc. Ian Shay

How long is your deployment?

I have been here since February and I leave sometime in August.

What other places have you served in?

I have been to Turkey, Greece, Spain, Bahrain, Djoubuti, Dubai and Seychelles.

What was your favorite assignment?

Seychelles. It's a tourism island, and you can really relax because it's so peaceful.

What are some of the differences between GTMO and your previous assignments?

ments?

There's not as much time at sea, but it's almost the same situation, because I can't leave the base. The good part is that I get to live near another Spanish culture.

What are your favorite things to do here?

I like to go to the beach and enjoy the sun. I also like to go to the Windjammer on Friday nights.

What has being in the military taught you?

The military has taught me a lot about commitment, because you have many obligations and spend a lot of time at sea.

What are your future goals after you leave GTMO?

I'm going to Spain to manage a nightclub with my brother. ■

15 Minutes of Fame

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

Alcohol: not always 'fun'

By Spc. Seth Myers

JTF-GTMO Public Affairs Office

Beer. It has been around for ages, and for many years, people have enjoyed the entertainment it can provide. However, when that "entertainment" gets out of hand, serious problems can occur.

It is important that Troopers be aware of the potential dangers of alcohol. It can affect not only their professional life, but their personal life as well.

"Drinking is a serious problem here," said Navy Petty Officer 1st Class Lisa Czubernat, an assistant drug and alcohol program advisor at the Naval hospital.

There are multiple reasons why people take drinking too far. Some of the more prevalent reasons here are depression, Troopers missing their families, and a feeling that there is nothing to do at GTMO, said Navy Lt. Jason Ellis, a department head for primary care at the Naval hospital.

"When people drink, they feel more in control emotionally. When in reality, they are in less control," said Czubernat.

One in 10 people who drink are alcoholics, totaling an estimated 10 million alcoholics in America. On average, 10 to 12 years are shaved off a person's life if they continually abuse alcohol. Billions of dollars are spent every year on alcohol-related illnesses.

Alcohol affects a person's critical thinking, judgment and memory. Many people are aware of the effects it has on a person's mood and personality, and of the dangers to the liver. What some don't know, however, are the more extreme effects it has when abused.

Due to a decrease in appetite caused by excessive drinking, some alcoholics become anorexic. A person can get tremors, and have difficulty concentrating. Some even develop Korsakoff's syndrome, an alcohol induced amnesiac disorder. The person can become learning deficient and

develop memory loss. Often they will fill in the gaps in their memory with plausible stories. Korsakoff's syndrome is irreversible.

Alcohol abuse can cause changes in the pancreas, which may lead to diabetes. Chronic alcoholism can also lead to cirrhosis of the liver, pancreatitis and esophageal varices.

Cirrhosis kills 26,000 people yearly.

This makes it one of the leading causes of death by disease. Cirrhosis of the liver is when liver tissue is replaced by scar tissue. Blood cannot flow through the scar tissue properly and prevents the liver from doing its job. Alcohol interferes with the metabolism of protein, fats, and carbohydrates.

When a person gets pancreatitis, the enzymes that aid in digestion in the small intestines activate early, and start to digest the pancreas itself. In some serious cases, there can be bleeding, tissue damage, and infection. The enzymes and toxins can even enter the bloodstream, endangering the heart, lungs, kidneys, or other organs.

When someone gets esophageal varices, the blood vessels in their esophagus can dilate until they become so big they burst. The person then becomes very ill, and 50 percent will start to bleed from the varices. 40 to 70 percent who experience that bleeding die on the first occurrence.

"[Dying from alcohol abuse] is not a fun

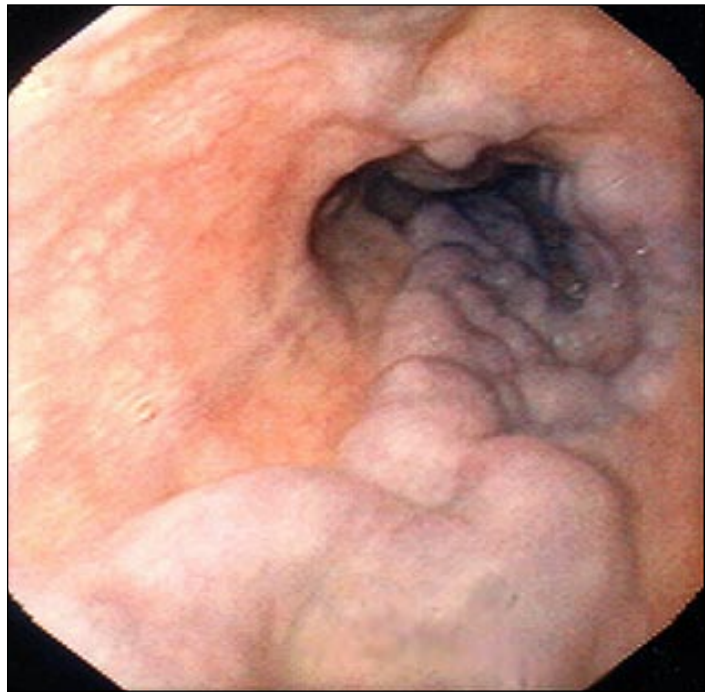


Photo provided by www.merck.com

This is a throat with esophageal varices.

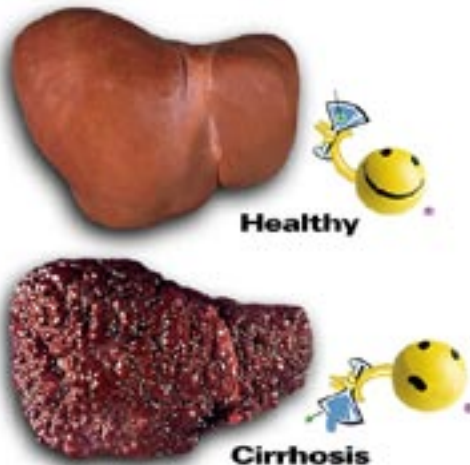


Photo provided by www.reboundhangover.com

way to die," said Ellis.

Alcohol can also affect your social life. Alcoholics generally tend to have resentment for authority, be demanding, domineering, and easily frustrated. They are sometimes dissatisfied with life and have a low self-esteem. Domestic violence and marital problems can occur when alcohol is abused as well, said Ellis.

Some alcoholics feel they don't have control over themselves when they drink, said Czubernat.

If a person needs help getting control over their alcohol use, they can always seek help. They can approach medical personnel, the chaplain, the family service center, or their chain of command.

"If people initiate the process themselves, there will be no repercussions," said Czubernat.

Alcohol can be fun, but it can also be dangerous. It can destroy your life in many ways. If you feel you have an alcohol problem and need help, seek it. Help will always be provided at GTMO.

Editors note: Information in this article was gathered from a pamphlet produced by the GTMO Naval Hospital, the National Institutes of Health website at www.digestive.niddk.nih.gov and the Colorado Center for Digestive Disorders website at www.gastromd.com. ■

What's on TV

The Pentagon Channel broadcasts military news and information for the 2.6 million members of the U.S. Armed Forces through programming including, Department of Defense news briefings, military news, interviews with top Defense officials and short stories about the work of our military. At GTMO, it's on **channel 96**.

Army 10-Miler qualifier

JTF-GTMO will hold tryouts for and sponsor a team for the Army 10-Miler in Washington, D.C., in October. Interested runners should report to MWR, Camp America Building 2300 between 5 a.m. and 5:30 a.m. The course for tryouts will be from Cable Beach to the North Gate. For more information call 3640.

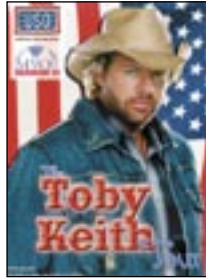
Hey Mom...

Happy Mother's Day

Thanks for your love, support and everything you do.

Love,
Your Troopers of JTF-GTMO
Miss you...

Toby Keith 'Handshake Tour'



Everyone on GTMO is invited to shake hands with Toby Keith as he kicks off his USO tour. Toby's coming Thursday, May 12. He'll be in Camp America at 1 p.m. at Club Survivor and downtown at 3:30 p.m. at the Lyceum Theater.



Sound off!

The Wire welcomes letters from Troopers. Letters must be less than 350 words and include name, unit and contact information. The Wire reserves the right to edit letters for length and clarity. Bring your letter to The Wire office at building 4106, a SEA hut near the Chaplain's Office in Camp America or e-mail pao@jftgtmo.southcom.mil.

Operation Purple Summer Camp

Free summer camp for your kids

The National Military Family Association (NMFA) and Sears, Roebuck and Co. announced the sites for the 2005 Operation Purple Summer Camps. The camps provide unique experiences to more than 2,000 children whose parents are deployed with the U.S. Armed Forces.

The 22 Operation Purple Camps provide children from U.S. military families with fun and memorable opportunities to learn new skills for coping with deployment-related stress. The camps are funded through the Sears American Dream Campaign, a \$100 million commitment to strengthen families, homes and communities.

Operation Purple is the only summer camp program that focuses on helping kids deal with deployment-related issues and is open to children of personnel from all branches of the U.S. Armed Forces ("purple" is a military term representing inclusion of all branches). Applications for the camps will be available April 15 through May 15 on the NMFA web site at <http://www.nmfa.org>.

MWR sporting equipment for loan

JTF MWR currently has 22 bicycles available for use by JTF Troopers. Helmets are provided, and there is no charge for usage.

There is also sporting equipment such as softball gear, footballs, soccer balls and volleyballs. They have dive fins and should be receiving snorkels and masks soon.



JTF MWR is in Building 2300, Camp America, and hours

are 6 a.m. to 7 p.m., Monday through Friday, and 8 a.m. to 6 p.m. on weekends. Phone numbers are 3640 and 3670.

Ricotta Fettuccine Alfredo with Broccoli

INGREDIENTS:

- | | |
|-------------------------------------|---|
| 8 ounces fettuccini pasta | 2 cups fresh broccoli florets |
| 2 tablespoons butter | 2 tablespoons all-purpose flour |
| 1 cup half-n-half | 1 cup of milk |
| 2/3 cup ricotta cheese | 1/2 cup grated Parmesan cheese |
| 1/4 teaspoon salt | 1/4 teaspoon coarsely ground black pepper |
| 2 tablespoons chopped fresh parsley | 1 tablespoon of garlic |

DIRECTIONS:

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain. Place broccoli in a steamer over 1 inch of boiling water, and cover. Cook until tender but still firm, about 2 to 6 minutes. Drain. Melt the butter in a saucepan over medium heat. Add flour and cook for 1 minute, stirring constantly. Gradually add milk and half-n-half, stirring with a whisk until blended. Cook 15 minutes or until thick, stirring constantly. Stir in ricotta cheese, Parmesan cheese, salt, and pepper. Cook 5 minutes or until cheese melts. Stir in steamed broccoli and cooked pasta. Sprinkle with parsley.

--By Spc. Seth Myers

Kitchen

Reef Raiders Dive Club Monthly Meeting

Tues., May 10, 6:30 p.m., Windmill Beach, in the large cabana to the left by the basketball courts.

ALL ARE INVITED TO ATTEND

Bring something to throw on the grill, the coals will be HOT!! Come and support your club or come to join and meet other divers. For more information call 7315.

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 Sgt. 1st Class Sheila Tunney at 3594.

Movies

DOWNTOWN LYCEUM		CAMP BULKELEY	
FRIDAY		FRIDAY	
8 p.m. <i>Ice Princess</i>	G 98 min	8 p.m. <i>Be Cool</i>	PG13 116 min
10 p.m. <i>Cursed</i>	PG13 97 min	10 p.m. <i>Diary Of A Mad Black Woman</i>	PG 95 min
SATURDAY		SATURDAY	
8 p.m. <i>Million Dollar Baby</i>	PG13 133 min	8 p.m. <i>Hitch</i>	PG13 118 min
10 p.m. <i>Robots</i>	PG 92 min	8 p.m. <i>Ice Princess</i>	G 98 min
SUNDAY		SUNDAY	
8 p.m. <i>The Pacifier</i>	PG 95 min	8 p.m. <i>Hostage</i>	R 113 min
MONDAY		MONDAY	
8 p.m. <i>Hostage</i>	R 113 min	8 p.m. <i>The Pacifier</i>	PG 95 min
TUESDAY		TUESDAY	
8 p.m. <i>Ice Princess</i>	G 98 min	8 p.m. <i>Million Dollar Baby</i>	PG13 133 min
WEDNESDAY		WEDNESDAY	
No Movie		8 p.m. <i>Hostage</i>	
THURSDAY		THURSDAY	
8 p.m. <i>Hostage</i>	R 113 min	8 p.m. <i>Sahara</i>	PG13 129 min

MWR

- May 7: Reptile Presentation
- May 7: Spring Sailing Regatta
- May 8: Mother's Day Brunch
- May 14: Track & Field Meet 2005
- May 14: America's Kids Run
- May 19: Knowledge Bowl 4
- May 20: Armed Forces Day Rock & Bowl bowling
- May 21: Armed Forces Day Beach Volleyball
- May 21: Armed Forces Day Mini Golf Tournament

Seaside Galley

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

Ferry Schedule

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

Buses

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

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