



the Wire

“HONOR BOUND TO DEFEND FREEDOM”

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Photo by Spc. Jody Metzger

Spc. Juan Toriano, C Co., 2-102nd Infantry Bn., signals to another Trooper on the patinball range at Guantanamo Bay, Cuba. For full story, see page 9.

JTF Food Service Takes Extra Care Preparing Special Meals

By Pfc. Jessi Stone

Preparing detainees' special meals may be monotonous, but Army Spc. Dennis Brown loves being a military cook. "It's challenging," he said. "But it makes it easier if you love what you're doing."

Preparing special meals isn't work Brown is used to. "This is not really cooking," he said. "It's not what I went to school for." Two Military Occupational Specializations (MOS) deal with food preparation: military cooks and military dieticians. Brown said the work here is closer to a military dietician's. "If I stay in the Army after this deployment, I will get the dietary MOS,"

he said.

A typical workday in detainee food preparation begins at 5:30 a.m. at the Guantanamo Bay Naval Hospital. By 6 a.m., the breakfast meal is prepared and ready to be picked up by Troopers who deliver and serve the meals. "If we do our job right, they should not be here more than 10 minutes," Brown said.

There are four main kinds of special meals the food-service specialists at the hospital make—most commonly, the soft "mechanical" meals. The meat in soft mechanical meals has been cut up into small,

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Trooper To Trooper

Chaplains as Trainers at Guantanamo Bay



By Chaplain (Maj.) Steve Herman

When troopers think about training, the chaplain is probably not the first person that comes to mind. But in a very real sense many things that chaplains do have training value. Consider the following activities:

First, Deployment Cycle Support (DCS training) is the responsibility of the JTF Chaplain section. Chaplain Dowds is in charge of coordinating and ensuring the quality of this important training which is mandatory for all troopers before departing GTMO. DCS training is one of the first steps in leaving the deployment setting and going home.

Second, our Religious Support Program is not often thought of as training—as attendance is not mandatory—but consider some of the training value available through this program. Troopers of various faith groups can maintain and improve spiritual fitness by attending worship services within their tradition. General Protestant worship and Catholic masses are conducted every weekend. You can even broaden your spiritual horizons by attending services outside of your faith tradition.

The military is a values-based organization. There are several religious

programs during the week that provide training in morals, ethics, and values. Alpha Class, hosted by Chaplain Dowds, provides insight into basic Christian values and beliefs. Soul Survivor hosted by Chaplain Svendsen, includes teaching on marriage relationships and family life issues. Thursday Night Ticket hosted by Chaplain Harbman offers an ethical and moral look at current and classic motion pictures. The times and locations of all of the religious support programs are always listed in *The Wire*.

Third, the formal, as well as informal, counseling of chaplains has great training value. Chaplains have an open-door policy, you are always welcome to come and discuss issues that are important to you. Our offices are a safe haven, outside of the chain of command and confidential. We never attempt to “cram religion down your throat.” Rather, we listen and try to help in a godly manner. Much of the counseling we do contains training in basic life skills such as developing effective communication techniques, conflict resolution skills, and building healthy relationships.

So you see, your chaplains at JTF-GTMO really are an important part of your overall training and stand ready to assist you.

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It's Okay to Relax: Be Careful of Consequences



Photo by Senior Airman Neoklis Martin

By Senior Airman Neoklis Martin

Off-duty Troopers may kick up their heels and relax, enjoying the company of friends in Camp America, Club Survivor, the Windjammer or Tiki Bar. In these casual, social settings, it's common to find people consuming alcoholic beverages.

Drinking responsibly is crucial, especially in the military.

"Most contemporaries accept alcohol consumption in moderation during social gatherings as 'social drinking' with minimal negative consequences," said Combat Stress Clinical Forensic Psychologist Capt. Eduardo Caraveo.

"You can get livelier easier and relaxed, talk more easily and feel less tired."

According to some researchers, such moderate alcohol use protects against cardiovascular diseases. This means a maximum of three glasses of wine or beer per day for men and two glasses per day for women—no more than one per hour.

Although having a few drinks with friends may not be detrimental, scientific data is very conclusive about the long-term, adverse

effects of moderate to heavy consumption of alcohol.

"Drastic consequences occur when people lose sight of the concept of moderation, which is typically defined as occasional drinking at the rate of one drink (8 ounces of alcohol) per hour," Caraveo said.

Obvious effects of alcohol consumption include loss of self control and distorted thinking. Since military life demands constant mission readiness, the excessive use of alcohol abuse can lead Troopers down a dangerous path with serious consequences.

When drinking begins to interfere with any aspect of a person's life—social, emotional, professional, financial, legal or physical—it is considered alcohol abuse. Alcohol abuse left untreated can progress into alcoholism. If drinking becomes addictive, either psychologically or physically, it is considered alcoholism.

Perhaps "safe" drinking limits can't be easily listed in specific quantities, however, certain amounts of alcohol will affect each individual differently. "Not everybody who has

"Not everybody who has one or two drinks is an alcoholic. But, not everyone who has one or two drinks is not an alcoholic."
Capt. Eduardo Caraveo

Main Entry: al-co-hol-ism

Pronunciation: 'al-k&-'ho-'li-z&m, -k&-h&-

Function: noun

1 : continued excessive or compulsive use of alcoholic drinks

2 : poisoning by alcohol; especially : a complex chronic psychological and nutritional disorder associated with excessive and usually compulsive drinking. Anyone can develop alcoholism. There is no single characteristic shared by everyone who abuses alcohol. An alcoholic can be any age, profession, ethnic group or social class.

SELF DIAGNOSIS TEST

- Are you drinking more than you used to?
- Once you start drinking, are you sometimes unable to stop even when you intended not to drink as much?
- Do you get irritated when you are in a place where you can't drink?
- Do you find yourself lying to others about how much you drink?
- Have you ever felt guilty about drinking?
- Have you gone to work or driven while intoxicated?

If your answer is yes to two or more of these questions you may need to seek help. Treatment is voluntary and totally confidential. For more details, call 3566.

one or two drinks is an alcoholic," Caraveo said. "But, not everyone who has one or two drinks is not an alcoholic."

It's important to know your limits, have a designated driver and maintain your self-control.

In 1948, Air Force Sgt. Bill S., a Pearl Harbor survivor and alcoholic who chooses to remain anonymous, developed the first official military alcohol treatment program. Today, any military member struggling with alcohol abuse or alcoholism can seek assistance from Combat Stress and Alcoholics Anonymous. For more details call Combat Stress at 3566 or call the Joint Aid Station at 8237.

JTF Food Service Takes Extra Care Preparing Meals

Continued from Page 1

easy-to-chew pieces for detainees with dental problems, said Army Cpl. Ernesto Leyva, also a food-service specialist at the hospital. There are also vegetarian meals, 1,800-calorie meals for the overweight and 2,200-calorie meals for the underweight. Other, more sporadic special meals include meals for vegetarians who still eat fish and meals for detainees with food allergies, Leyva said.

All the meat prepared is 'Halal' meat, which means that the name of God must be spoken before the animal is slaughtered, according to the website submission.org/halal-meat.html. The Muslim religion prohibits the consumption of any meat that is not Halal.

Every morning, food-service specialists are faxed a special menu for the day, and begin by putting vegetables in a steamer. While the vegetables cook, they prepare and season the meat for the meals. By the time the vegetables are done, it's time to put the meat in, and they begin to prepare the next item on the menu. The whole process takes about 40 minutes, Brown said.

Each meal, every day, regardless of the special needs, contains a starch, vegetables and protein, Leyva said. Even the vegetarian meals have either veggie-patty or black-bean patty in them. "Sometimes, we put cheese or peanut butter sandwiches in them," Leyva said. Fruit is also made available in the breakfast meals, Leyva said.

Photo by Spc. Jody Metzger



The detainees are given fruit juice to drink with the meal, Brown said. There is no particular juice they serve from day to day, but there is some variety.

No food is cooked inside Camp Delta, Brown said. All the special meals are prepared at the hospital. Everything is transported in green containers called mermites. The containers keep the food warm and drinks cold.

"I love my job," Brown said as he portioned out the food into individual containers. "After you really cook, and you see people sitting back and saying, 'Now that was good,' I really appreciate that," he said. "When I cook something, and I please people, then I'm pleased."



Photo by Spc. Jody Metzger

Troopers provide a valuable service to Operation Enduring Freedom every day. Army Cpl. Ernesto Leyva (top), a cook for the detainee food service, trains on preparing a special meal. Leyva, Navy Seaman Andrew Finones and Spc. Dennis Brown produce Halal meals (left). These meals must be specially prepared in accordance with Islamic religious customs.

"When I cook something and I please people, then I'm pleased."

Solemn Assembly Admires America's Best

Past and Present Prisoners of War and Troops Missing in Action

By Pfc. Chris Gardner

Servicemembers and civilians of Naval Station Guantanamo Bay gathered to honor past and present prisoners of war and those missing in action at the Prisoner of War, Missing in Action Memorial Monday morning.

The National Prisoner of War and Missing in Action Recognition Day ceremony featured the traditional "Taps" bugle call followed by a Marine Corps 21-gun salute in solemn remembrance of American prisoners of war and those missing in action.

"We still search for 1,853 personnel still missing in action or unaccounted for from the Vietnam War [alone] over 30 years ago," said Naval Station commander, Capt. Les McCoy. "It's been stated that Freedom isn't free. It is the price being paid by those who have made the ultimate sacrifice: prisoners of wars and loved ones still missing."

"We should never forget their unconditional bravery," McCoy said. "Our enemies should look over their shoulders ... we're coming for our warriors."

During an earnest invocation, Army Chaplain (Lt. Col.) Stephen Feehan prayed for the fathers, mothers, wives, husbands and children "who are suspended between grief and hope, having no certain word about the fate of their loved ones.

"May their heroic example enable us to look deep within ourselves, to see the resources we each have and to persevere in

courage and patriotism."

Students of W.T. Sampson Elementary School recited the Pledge of Allegiance, preparing onlookers for a somber placing of the ceremonial wreaths in the servicemembers' commemoration.

"From World War II to Korea to Vietnam to Desert Storm to Somalia and on to the current Global War on Terror, thousands of American servicemen and women have been taken prisoners by our enemies and endured unimaginable suffering," said Joint Task Force commander, Brig. Gen. Jay Hood in his remarks. "As we honor those Americans who came home and those who remain missing, we show the world that America remembers those

who defend her."

He boldly pledged, "Our nation remains committed to achieving a full accounting of those still listed as missing in action." He continued, "The sacrifice of those patriots ... continues to shape our military character, and determining their fate remains a national priority."

"We will never forget," he vowed. "We will bring them home. Families still wait for answers, and no matter how long it takes, our obligations remain strong—that is to find our comrades. We are resolute that the extraordinary price they paid was not in vain. We will not leave a fallen comrade on the battlefield, and we remain Honor Bound to Defend Freedom."

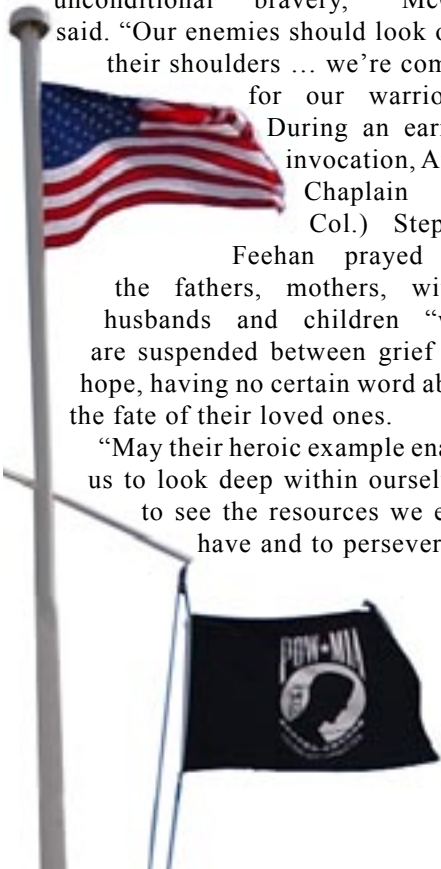
"The extraordinary price they paid was not in vain ... the sacrifice of those patriots ... continues to shape our military character."

—Brig. Gen. Jay Hood



Photo by Pfc. Chris Gardner

Representatives from the Army, Navy, Marine Corps and Air Force each, laid a wreath at the POW-MIA Memorial here Monday to commemorate past and present prisoners of war and those missing in action.



A r a c h n i d s , I n s e c t s



Photo from desertusa.com

Scorpions are closely related to spiders and ticks and are venomous. However, Hollywood might have made them a little more sinister than they really are; very few actually have enough venom to affect a human.

By Spc. Simon Cropp

A long time ago, there was a black-and-white movie called *Them!*, which featured a worldwide attack of giant, man-eating ants. Luckily, that's just science-fiction, and even more luckily, the worst that Troopers in Guantanamo Bay have to deal with might be the occasional scorpion or tarantula—the latter, by the way, is not an insect, but an arachnid.

Paul Schoenfeld, the base environmentalist here in Guantanamo Bay, has spent the last three years, studying the terrain that Troopers in the JTF call home, and though he is not an entomologist (bug expert), he has had a few run-ins with some of the more exotic types of insects and arachnids found in this environment. Big spiders, scorpions—which may be more closely related to crabs than anything else—and destructive termites are among some of the more notable creatures that creep and crawl across the dirt and rock while Troopers rest their weary eyes.

Due to the heavy traffic between the United States and Guantanamo Bay, the military installation has seen many kinds of exotic insects and possibly even arachnids introduced to this ecosystem. While Schoenfeld noted the possibility that some of these species could be potentially damaging to the local environment

here—a concern any time a new species is introduced to a new environment—for the most part, the exotic species here have long since integrated to this system.

Guantanamo is home to a multitude of insects as well as arachnids. Scorpions found in the Cuban province of Guantanamo, which shares a border with the naval base, are used to treat patients in Cuba for a multitude of ailments, including tumors. Though evidence is inconclusive, according to an article from Granma International, many doctors who use this method firmly believe the venom helps to significantly reduce certain ailments. According to the website at Granma International, most people believe this treatment to be a fraud; however, there is a small group who adamantly believe the venom of this scorpion does indeed have curative powers. Some of the different types of scorpions found here, Schoenfeld said, may be exotic, meaning they were brought over from another habitat.

Treatment has been done on 50,000 people in Cuba. “The therapeutic action of Escoazul shows a positive clinical response in 97 percent of the patients with malignant tumors tested,” stated Misal Bordier, one of the doctors in charge of the project (taken from Granma). Escoazul is a by-product of scorpion venom.

Arachnids are wholly different from insects. One of the more commonly known arachnids in Guantanamo is the tarantula. Tarantulas are carnivores, and their diet typically consists of insects, other arachnids, and small snakes and reptiles. The tarantula has a hairy two-part body, eight hairy legs with two claws on the ends, and strong jaws with venomous fangs. Their bodies are covered in a hard exoskeleton with no internal bone structure. As far as arachnids go, the tarantula has a long life span and there are some that live approximately 30 years.

“The [Brown Recluse] is an arachnid that likes to keep hidden though none have ever been seen here,” Schoenfeld said, but he acknowledged there is always the possibility. They are small spiders and can be recognized by the fiddle shape on their backs. Black Widows are thought to be here though Schoenfeld has never come across one; again, they are small and easily missed. The most identifiable trait of the black widow is the hourglass shape on its back. Both the black widow and brown recluse are highly venomous. There is a lot of interstate commerce in Guantanamo, and Schoenfeld said many things can be brought in and not be known about.

“The most noticeable are the

termite mounds,” Schoenfeld said of GTMO’s insect population. The mounds are big black clumps often found near the bases of trees. There is also a small problem in Guantanamo with the dry wood termite, which is known to be the most destructive of termite species. Termites are believed to have evolved from cockroaches and are known to be one of the oldest living insects alive today, according to pa.essortment.com. Dry wood termites have been an ongoing problem in GTMO, according to Schoenfeld, and in his three years spent in Guantanamo, he has heard of a half-dozen houses being infested. The problem with dry wood termites, Schoenfeld added, is that all items and belongings in the house have to be treated, and the termites can cause tens of thousands of dollars worth of damage.

Of course there are many different types of insects and arachnids at Guantanamo, but these might prove to be the most interesting to Troopers. Keep in mind, many of them are venomous, and though their venom might not be enough to take down a human, they should still be respected and left alone.

Information from enchant-edlearning.com contributed to this report.



Photo from desertusa.com

Tarantulas are found in all kinds of climates, though mostly in the tropical rainforests of South America. Of course, if a Trooper looks closely, he will find GTMO is home to a few of these arachnids.

Shells Hit Bay's Beach: Sea Turtles Nest

By Senior Airman Neo Martin

Beach-goers here are sharing the shoreline with some quiet inhabitants.

Protected and somewhat undisturbed, Guantanamo Bay's beaches are of considerable significance for sea turtle conservation.

Hundreds of years ago, there were millions of sea turtles inhabiting the Earth's oceans. Today, all seven species of sea turtle are considered either endangered or threatened species by the International Union for the Conservation of Nature and Natural Resources. GTMO beaches provide nesting habitats for four species of such seaturtles. Juvenile seaturtles are found frequently in and around the coral reef and seagrass habitats.

Paul Schoenfeld, the natural resources manager here, has recently completed a five-year study of the nesting habits of GTMO's indigenous sea turtle species.

Results of the research provided scientific basis for determining effective environmental management strategies and programs. The programs include: reducing artificial light sources on nesting beaches, restricting human and vehicle traffic on designated beaches, securing prime nesting areas with bollards and cables, posting signs to raise public awareness about sea turtles and their nesting habits and controlling predators. Mission-essential operations and exercises are also coordinated with the Public Works Department for environmental impacts to ensure the safety of nesting sights.

"Military installations are some of the last strongholds of the natural environment," Schoenfeld said, referring to the acres of land secured from land development. Although sea turtles are mainly aquatic, their survival relies heavily on the short time they do spend on land.

"Sea turtles are gentle reptiles that spend the bulk of their lives in the ocean," Schoenfeld said. "After females reach reproductive age, they then return to the beach of their birth to dig a nest and lay eggs. If the beach environment is adversely effected, the nests may be destroyed or the hatchlings can be killed or

Photo courtesy U. S. Fish & Wildlife Service



unable to reach the water," he said.

The Public Works Department Natural Resource's study proves the ecosystem in and around GTMO is strong and the sea turtles nesting habits are steady and consistent.

Although a female may lay hundreds of eggs in one season, only one out of 100 sea-turtle eggs will survive to reach maturity.

Even though the Department of Defense and the Navy Public Works Department Natural Resources on GTMO have programs in place, offering sanctuary to ensure the sea turtles' survivability, some forces can't be stopped.

"Hurricane Ivan destroyed every nest on base," Schoenfeld said of the 11 sites in which sea turtles choose to lay eggs around base. Although the recent storm caused damage to the existing nesting sites, one sea turtle has already staked claim to a section of Windmill Beach. "Guantanamo's ecosystem is strong and the turtles have been dealing with major storms for a millennia. As we were doing the damage assessment after Ivan passed, we found a new nest," Schoenfeld said. "GTMO's sea turtle population will bounce back."

The Navy puts considerable effort into



Photo courtesy U. S. Fish & Wildlife Service

managing and conserving the natural resources of GTMO. New personnel indoctrinations include an environmental session where they learn about hazardous material minimization, hazardous waste management, recycling, recreational fishing and diving, species at risk and applicable regulations.

"Recycling is of key importance. GTMO doesn't have the option of using a large land-fill. The more we recycle, the easier it is to maintain the natural environment and safety of the indigenous creatures," Schoenfeld said.

For more details about sea turtles visit endangered.fws.gov or nmfs.noaa.gov.

"Military installations are some of the last strongholds of the natural environment."

—Paul Schoenfeld, GTMO natural resources manager

Sea Turtle Threats:

- Loss of nesting beaches through human development activities.
- Artificial lighting: new hatchlings often crawl toward the brightest light source and away from the ocean.
- Vehicle traffic: nests can be crushed and tire ruts can trap hatchlings.
- Death in driftnets, gillnets, shrimp trawling nets and other fishing gear.
- Pollution of the oceans with chemicals and garbage.
- Plastic bags: a clear plastic bag in the ocean resembles a main staple of a sea turtle's diet - jellyfish.
- Harvesting of turtles for their shells, leather and meat.
- Poaching of turtle eggs.
- A mysterious and fatal disease called fibropapilloma has an unknown cause and cure and is at epidemic levels in places such as Hawaii and Florida.



Photo courtesy U. S. Fish & Wildlife Service

How can I help?

- Recycle
- Be careful of what you put down the drain
- Properly dispose of used motor oil and household chemicals
- Unused paint can be brought to the hazardous material center
- Have pets spayed or neutered
- Keep vehicles off beaches

SMARTER, NOT

By Spc. Jeff Zaine

HARDER: Finding Time at GTMO

What are you doing at this very moment?

Of course right now, you're reading this article? But, is it the best use of your time?

With no one to pass your work to and tasks as numerous as banana rats, keeping the Joint Task Force operations running smoothly at peak efficiency can be difficult. JTF Troopers have only one way to win against a set duty day: dividing and conquering one task at a time. With an understanding of the basic fundamentals of time management and a little practical application, Troopers can "make it happen" and enjoy all the rewards of victory.

Many Troopers don't think about time because it's always there. They often react to others and try to steer themselves in the right direction. This can often lead to more work, and before long, excess stress.

Since planning is done with the right side of the brain, harvesting creativity (also a right-side feature) is simpler. We should be aware of natural circadian rhythm (the internal or body clock). During the day, energy levels rise and fall, and every person's level is different. Once individuals realize, for example, that they are most alert in the morning, slightly fatigued after lunch and recharged in the evening, they can harness the energy to accomplish tasks in correlation with their energy levels. Sometimes doing the right task at the right time can make all the difference.

Time is a non-renewable resource. Just as a sail's captured wind pushes the boat toward its destination, effective time-management systems can push Troopers toward their goals. The average worker wastes up to an hour each day, due to disorder. That's a lot of lost time and

energy. Making the most of each day by finding a time-management sweet spot can lead to a successful, balanced life full of quality time. Such time could be used for work and leisure activities, helping build strong relationships with co-workers, friends and family. Experts say that saving time requires shifting the way it is used. This all begins by following six steps:

—Plan—

Schedule daily and weekly agendas early to avoid wasting time along the way. Prioritize important duties and set realistic deadlines for them, knowing other tasks will surely arise. Use calendars for deadlines, and coordinate with others. Time logs track time spent, and to-do lists break tasks into manageable chunks.

—Prioritize—

Consider what might be the most valuable use of time. Ask which actions would yield the greatest return on efforts?

—Practice—

Do small parts of the task first to see whether the implemented methods are getting the desired results; if not, better planning may be needed.

—Prepare—

Get things organized by assuring possession of all the necessary tools for performing the task. This can also include coordinating with others involved and making sure they can do their part.

—Perform—

Stick to the plan. Getting sidetracked with other activities may mean returning to the planning stage.



Image from "The Big Clock" courtesy Paramount Pictures

—Review—

Once you have "made it happen," it's important to look back and see if the results reflect your intentions and ask what you would do differently if you had to repeat it. Hindsight really is "20/20," and often, unanticipated interference and unseen details will only reveal themselves after the job is done.

Once you get used to doing it "by the numbers," the whole process becomes second nature.

Becoming a time tracker and being able to see the big picture is like forecasting the weather; once you know the storm is coming, you can prepare for it.

Over the next few days, track the way you use time. This tiny investment may give you the information you need to "adjust fire" and greatly improve your achievements. Be sure to log the times your energy levels change throughout the day. This will help you to plan around them and ultimately improve your ability to "get 'er done."

If you aren't sure you can improve, just remember: good and bad habits start small.

Information from insiderreports.com contributed to this story.

Paintball Provides a New Element of Training

By Spc. Jody Metzger

Paintball opens up a whole new element of military training for Charlie Co., 2-113th Infantry Bn., and the 491st Military Police. Using tactical movements and team-building skills, the troops scoured the obstacle course, ducking behind barrels, guard shacks and decrepit abandoned vehicles.

Hosting the event, several Troopers from Combat Stress refereed, cheering and laughing along with those competing in the team sport. "Our specific role was to increase the amount of people that get to come to something like this," said Army Lt. Col. Denise Gordon, 1972nd Combat Stress commander. "It lets them come out here and relax and have a good time.

"To hear them excited about it is great," Gordon said. "There is a maximum of 50 on a team, and the list to sign up was filled within days."

The aggressiveness of the sport draws a multitude of people to compete nationally for thousands of dollars at a professional level. People like Army Cpl. Bill Reid, Charlie Co., 2-113th Infantry Bn., are dedicated paintball professionals who have trained for several years.

As a recreational and team-building sport, paintballing gives Troopers a chance to have fun in a stress-free environment while practicing the training they learned in the field. "It's not an individual sport," said Reid. "It's a team sport."

"All these guys are of part of a squad," said 1st Sgt. George Floyd. "Paintballing teaches young team leaders how to be better Troopers through leading and movement techniques." As an added bonus for many, the Troops had more of an incentive Floyd said. "They get to take their frustrations out on their

first sergeant."

Using their infantry and military police background, Troopers used teambuilding skills and tactical training as they negotiated the course. "Its great for morale. We train all the time with MILES gear (multiple integrated laser engagement system), but here, if you don't put your head down, you will get shot in the face," Reid said.

Competitiveness within this sport had teammates pulling together as they tried to take down the other team. "This is fun for everybody," said Spc. Jorge Oliveira. "Paintballing has brought us closer together, and made enemies for some."

Training and experience changed once they got within the constraints of the paintball course. "I thought I was hiding even as someone came around and caught me. It's a lot like the Army," said Spc. Neil Skorka, 2-113th Charlie Company, "The course has the same tactical movements and ranges and teaches you that tactics do not always work."

Holding 210 rounds of paint-splattering fun, the paintball guns fired off at hidden enemies as team members worked together. "Its my first time doing this," said Rafael Campos, "It helps in combat, communication and movements."

Although a fun and demanding sport, paintballing can hurt. Skorka, like many others, was sporting blue and red welts, exclaiming, "It's painful."

A high-intensity sport, coupled with the competitive spirit, can border on the dangerous. For this reason, Spc. Jon Card and Sgt. Roger Trotman, 2-102nd combat medics, watched from the sidelines for any potentially dangerous and injurious activity. "In case they get hurt or go crazy, we got them all covered

with medics and combat stress," Spc. Card said jokingly.

Those that participated had the opportunity to gain a good understanding of how their training can be interwoven with fun while learning how to work together and ultimately improve communication overall. Whether covering one team member from another or planning out an attack, Troopers may find a means for combating stress and building unity.

Those interested in the paintball experience are welcome at the course located on Tarawa Road, just off Sherman Avenue. The course is open to the public on Sunday between noon and 6:30 pm. All other days are reserved for special groups. Those interested in making reservations during the week, please call 7497.



Photo by Spc. Jody Metzger

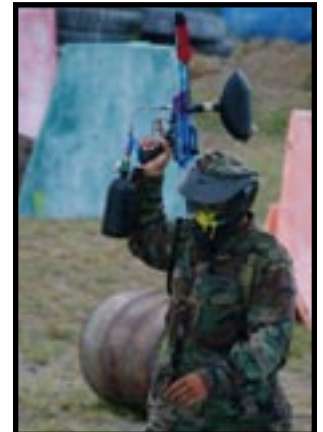


Photo by Senior Airman Neoklis Martin



Photo by Senior Airman Neoklis Martin

JTF Troopers can take advantage of GTMO's paintball range near Marine Hill. Gun and mask rentals are \$2, and 100 paintballs are \$3.50. Call 7497 for more info.

WORLD WIRE

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

Sept. 16: Iowa Firefighters were called after a plan to evict a swarm of bees went up in smoke. Residents used gasoline to start a fire in hopes of smoking out a hive of bees from under their home when the house caught fire. Battalion Chief Virgil Powell said, "it wasn't a very good plan." ... A 27-year-old man, arrested after allegedly trying to rob a Bank of America in Enid, Okla., told police he merely intended to help repay the national debt. ...

Sept. 17: A neighbor's call to Animal Control led to a bizarre scene at a southern Illinois home. When officers reached the home Monday, they spotted the 5-foot-long, 80-pound American alligator in a

wooden enclosure attached to a garage. To get the alligator the Illinois Department of Natural Resources pulled on chest waders, stepped into the tub and grabbed the animal. Officers then dragged the alligator out and taped the it's jaws shut. ...

Sept. 18: More than a thousand pounds of pork processed at a Sioux Center meatpacking plant was recalled Saturday because a microchip could be embedded in the meat. The Sioux-Preme Packing Co. recalled 110 pork shoulder butts that could contain the metal devices used to measure scientific data in hogs. ...

Sept. 19: An Austrian family had their weekend picnic ruined when a lump of

frozen excrement fell from the sky and hit their barbecue. The family from Graz, Austria said the grill suddenly exploded as a large object struck it. The mother of the family said, "I thought it was a meteor so I wrapped it tinfoil and put it in the freezer." Police said the waste had come from an aircraft. ...

Sept. 20: Clothing was optional at a weekend beach cleanup in California. Members of the Bay Area Naturists club helped to pick up 600 pounds of trash at one of California's most popular nude beaches.

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

WORSHIP WIRE

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

— Grasshopper Faith or Giant-Killing Faith —

Consider the following two, well-known stories about faith in the Old Testament.

First, the story of the twelve men Moses sent to spy out the Promised Land. All twelve agreed that it was a land flowing with milk and honey. But only two believed the Lord was able to give them the land. The other 10 men were weak in faith. Rather than focus on God and His promise to give them the land, they focused on the obstacles. "There are giants in the land, and we are like grasshoppers in their sight," was their lament. This weak type of faith, which focuses on problems in life, has been called Grasshopper Faith.

Now look at the story of David and Goliath. Again there is a giant in the land. But rather than focus on the giant, David chooses to focus on his God who

has promised the victory. This faith, which looks at the power and faithfulness of God, rather than problems in life, has been called Giant-Killing Faith.

The results of the above stories are dramatically different. The children of Israel spent 40 years wandering in the wilderness as a result of their lack of faith.

David went on to defeat Goliath and become king of Israel because of his strong faith.

We all face giants in life. This deployment might present some rather large problems. But we all can also choose to face those challenges with either Grasshopper Faith or Giant-Killing Faith.

Your decision will make a dramatic difference in the outcome for you as well.

*Chaplain (Maj.)
Steven C. Herman*

Padre's Corner

The Prophet Amos rattles his listeners with the words: "Woe to the complacent in Zion!" Complacency is deadly for human beings. It guarantees that no change will take place. When we have fallen into complacency we become satisfied with keeping everything as it is. Me? I don't need to change. This is a killer for marriages, relationship with the Lord, our professional life, and the growth which brings us to full stature in God. Being here at JTF, GTMO, offers us a setting that provides ample opportunity for reflection and prayer. Why not come to the chapel service of your choice this weekend and be awakened by the Spirit?

*—Chaplain (Lt. Cmdr.)
James Dowds*

SPORTS WIRE

Bonds Approaches 700; Francisco Throws Chair



Photo courtesy espn.com



Photo courtesy espn.com

By Spc. Simon Cropp

Barry Bonds comes closer to reaching his 700-home run milestone, and there are fans reported to have paid \$25,000 for tickets in the right field pavilion of Dodger stadium. Bonds is on track to overtake Babe Ruth and then Henry Aaron, which is amazing to say the least. The man can hit home runs no matter what the circumstances, whether the fans love or hate him, he is closing in on Aaron's 755 home run record, and what a way to end a long up-and-down career for a great baseball player like Bonds.

The dust of the NFL's first week has settled and a few problems popped up. A lot of the 30-plus running backs of the league had huge first days and speculation has run rampant on how much gas is left in the tank of old beaters like Emmitt Smith and Curtis Martin, though judging by their first game numbers, it looks like they might make it a long way. Even more impressive is the fact that these guys have been taking the hardest hits in the NFL for years already, and this isn't the first year their endurance has been questioned by sports analysts. Faulk and Smith might keep on pounding the run through the rest of this season and maybe the next. These are tough men who can take a beating.

ESPN has named its game of the week

the Titans versus the Colts. Look for big performances from the co-MVPs of last year, Peyton Manning and Steve McNair. Manning has joked with the media recently that defenses better watch out for his blazing speed after a 19-yard rush on a bootleg in last week's game. McNair is the scrambling threat here, and without the benefit of Eddie George in the backfield, look for McNair to be using his feet in this one. Manning is racking up some huge passing numbers lately and looks to be one of the league's next legendary players.

Did anyone catch that hit John Lynch pulled off on Dante Hall last week in the Chiefs-Broncos game? He laid out the Chiefs amazing kick returner with a ferocity not often seen in the NFL and is known to be a harder hitter than that—Lynch was fined \$7,500 for the hit because the refs ruled the ball was no longer in play when Hall was laid out. The hit came after it was pretty clear Hall wasn't going to catch the pass thrown in his direction.

Speaking of bad hits, Frank Francisco of the Texas Rangers hit a lady in the face with a chair last week. The fans in Oakland at the Rangers-A's game were reportedly getting a little rowdy and some of the ball players could have felt a little threatened. But why throw a chair

into the crowd? Basically the crowd was taunting and, according to the woman's husband, a group of Rangers players must have had enough and stormed the stands. Francisco threw the chair and hit the husband and his wife, breaking her nose in the process. The following day, the Rangers' coach was heard to have said the fans were out of control before, but this time it was ridiculous.

Barry Bonds nears the 700 mark for homeruns and is likely to surpass the all time record set by Henry Aaron at an amazing 755 (top left). **Frank Francisco** threw a chair into the crowd last week and broke a woman's nose (top right). **Dante Hall** (below) has the moves and the speed and **John Lynch** has the power. Power won over speed in their last showdown.

Photo courtesy espn.com



15 Minutes of Fame

... with Petty Officer 3rd Class Jennifer Raymond ...

By Spc. Jody Metzger

A small-town girl, Petty Officer 3rd Class Jennifer Raymond from Massachusetts, is serving the mission, Operation Enduring Freedom, in Guantanamo Bay, Cuba. As a postal clerk for the Navy, Raymond has served for almost two years on a ship called the Hiroshima. During that time, she has acquired a multitude of knowledge and experience that has provided her with a greater understanding and dedication for her job and country.

The Wire: What is your greatest military experience?

Petty Officer 3rd Class Jennifer Raymond: Going on an eight-month deployment, we got to go to Siberia, the Suez Canal, Italy, and Spain. Those were good times.

What do you think you have gained because of this experience?

A better understanding of cultures. By being on a ship, surrounded by it 24 hours a day, seven days a week, I learned a lot.

How do you feel about being on a ship all the time?

You find things to do. Like when you're done with work, you can watch movies or work out. We got to play basketball and volleyball.

What does your family think about your being here?

My dad is really proud of me. All of them are glad that I am in the Navy. My grandfather and aunt were in the Navy.

What has your family done to support you?

They send me things and my father says things that keep me positive.

What inspired you to join the Navy?

Traveling. I figured it would be a good steady job for a while, and I could go to college. But, mostly to travel.

What do you want to study in college?

I want to be a graphic artist in advertising for things like signs and labels.

How long do you plan on staying in the military?

I haven't decided yet. Closer to my four-year mark, I will decide what I am going to do.

What do you like about your job?

I am thinking about going to Italy. As a

postal clerk you get to choose where you get to go and being on a ship I will have an even better chance. They will send those with ship experience first.

What do you take from an experience like this, and do you think you can benefit the mission, Operation Enduring Freedom, by this knowledge?

It is harder duty than shore duty. You have to deal with being out to sea. It can be mentally and physically taxing because you work longer hours, and you can't go home at the end of the day.

How does being on a ship compare to being here in Guantanamo Bay?

Here it is like being on a big ship because you can't go anywhere. Being on a ship first has made this easier.

What do you think about the mission here?

I think it is very important especially when dealing with the detainees. My job is pretty much the same. It is good that I am doing what I know.

What are you hoping to get out of this deployment?

I think I am learning a lot about the military because of its being a Joint Task Force operation. I am learning about the Army, Air Force and Marines and what roles they play.

What military contribution have you been especially proud of?

Being a morale booster on my ship because when we have been out to sea for a long



Photo by Spc. Jody Metzger

Petty Officer 3rd Class Jennifer Raymond transports mail as part of her daily duties as a postal clerk in Guantanamo Bay, Cuba.

time, it's appreciated. Everybody is so happy with what you are doing in your job and that makes me feel good about what we are doing.

What are the challenges that you face here?

Long hours, not a lot of time off, living conditions, new people, new place.

Has your time in the Navy changed you in any way?

I am definitely more responsible. I am more open minded because I have been exposed to different countries and many different people, whereas I grew up in a small town and was used to seeing the same people every day.

Hispanic Heritage Month

The Hispanic American Heritage Committee (HAHC) celebrates Hispanic Month in Guantanamo Bay, Cuba. Several events have been planned for the national celebration from Sept. 15 to Oct. 15.

As a part of Hispanic Month, the HAHC has collectively designated many events as fundraisers for the grand event—a semiformal ball dedicated to the celebration of HAHC. Ball tickets cost \$15 and may be purchased at the NEX every Saturday.

Events such as the bachelor and bachelorette auction are events sure to bring laughs, entertainment and interesting perspectives to many. Bidders will take their mark as they compete for a date. Not just any date, the couples will enjoy a theme dinner scheduled near the end of November and beginning of December.

This theme dinner, called Mystery Theater, is an interactive play. “Someone will die and the audience will have to guess,

through clues, as to who killed whom,” said Navy Entertainment Coordinator, Lt. Janice White.

Lupe Beltran, HAHC vice-president and officer in charge of Refugee, Asylum and International Operations, said it’s a chance to share the food, music and dancing of the Hispanic culture. “This activity is to expose the Hispanic culture,” Beltran said. Come and enjoy a night of door prizes, traditional dances and more.

Fundraising events include:

- T-shirt and doughnut pre-sale every Saturday at the NEX
- Sept. 25 car wash, 10 a.m. to 2 p.m. at the NEX
- Oct. 1 bachelor and bachelorette auction, 7 a.m. to 9 a.m. at the Windjammer
- Oct. 16 car wash, 10 a.m. to 2 p.m. at the NEX
- Oct. 23 HAHC Ball, Windjammer

For more information contact Lupe Beltane at 4127.

—Sp. Jody Metzger

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

CINEMA

DOWNTOWN LYCEUM

CAMP BULKELEY

FRIDAY

8 p.m. **Catwoman**

PG13 104 min

10 p.m. **Little Black Book**

PG13 90 min

SATURDAY

8 p.m. **Thunderbirds**

PG 95 min

10 p.m. **Collateral**

R 120 min

SUNDAY

8 p.m. **The Bourne Supremacy**

PG13 109 min

MONDAY

8 p.m. **Little Black Book**

PG13 90 min

TUESDAY

8 p.m. **Harold & Kumar**

R 87 min

WEDNESDAY

8 p.m. **The Manchurian Candidate**

R 130 min

THURSDAY

8 p.m. **The Village**

PG13 108 min

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8 p.m. **Thunderbirds**

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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.

Annual GTMO Photo Contest!

The Annual Guantanamo Bay Photo Contest is coming up. All JTF Troopers are encouraged to participate and submit their best personal photograph taken while on the base. Submissions can be made to The Wire staff in building 4106, Camp America.

When taking photos for the contest, it is important to remember operations security. According to Kevin Grant, OPSEC program manager, any photos of detainee facilities and the shoreline from Windmill Beach to the Cuban-American fence line are prohibited. Troopers are allowed to take photos of their living areas, Morale, Welfare and Recreation facilities, gyms, Club Survivor, the Chapel and recreational areas. Watch out for "no photography" signs.

The deadline for submitting photos is Nov. 1. Prizes have yet to be determined.

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. 5 and 6, 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 Navy Petty Officer 2nd Class Clifton Monk, J3 current operations at MonkCD@JTFGTMO.southcom.mil.

That Time of Year

Leaves turn vibrant colors and fall off, kids go back to school, and football season kicks off. What better snack for the game than a cheesy, spicy dip? This recipe for chili cheese dip is sure to get your guests' mouths watering during the fall football frenzy.

Chili Cheese Dip

INGREDIENTS:

- 1 (8-ounce) package cream cheese, softened
- 1/2 cup chunky salsa
- 1 cup shredded Cheddar cheese, divided
- 1 (16-ounce) can chili beans
- 3 tablespoons sliced green

onions
3 tablespoons pitted sliced black olives (optional)

Tortilla chips
DIRECTIONS:

Preheat oven to 350 degrees. Combine cream cheese and salsa and spread in bottom of 9-inch pie plate. Sprinkle with 1/2-cup cheese. Spread chili beans over shredded cheese. Top with remaining shredded cheese, sliced green onions and olives. Bake for 15 minutes until mixture is thoroughly heated and cheese is melted. Serve with tortilla chips.

—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
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	5:30 p.m.	Vigil Mass	Main Chapel

For information on Jewish services call 2323

DINING

Today	Lunch	Barbecued Beef Cubes
	Dinner	Seafood Platter
Saturday	Lunch	Baked Fish
	Dinner	Chicken Parmesan
Sunday	Lunch	Roast Porkloin
	Dinner	Shepherd's Pie
Monday	Lunch	Pepper Steak
	Dinner	Roast Turkey
Tuesday	Lunch	Barbecued Chicken
	Dinner	Chicken & Beef Fajitas
Wednesday	Lunch	Pineapple Chicken
	Dinner	Cantonese Spareribs
Thursday	Lunch	Caribbean Chicken Breast
	Dinner	Salisbury Steak
Friday	Lunch	
	Dinner	