



THE WIRE



Honor Bound To Defend Freedom

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15 Minutes of Fame, pg. 11

New leader for provisional guard

By Spc. Seth Myers

JTF-GTMO Public Affairs Office

Navy Cmdr. Ken Deal passed command of the Navy Provisional Guard Battalion here to Navy Cmdr. Catherine Hanft during a change of command ceremony inside Camp Delta Aug. 31.

The zeal of the new Navy Troopers can be seen through the new JDG commander. She conveyed great confidence in her people and is sure she and her Sailors will maintain the great work the previous Navy rotation did.

“We will solidify the excellent reputation we have as the Navy Provisional Guard, and we will continue to work well with the Army,” said Hanft.

Various speakers spoke during the ceremony, expressing their gratitude to the outgoing personnel and talked of the new commander and how she is sure to continue the tradition of hard work inside the wire.



Photo by Spc. Seth Myers

Navy Cmdr. Catherine Hanft took command of the Navy Provisional Guard Battalion on Aug. 31 during a change of command ceremony at Camp Delta.

“You’ve brought in [Sailors] with equal commitment, equal professionalism, and they are doing a fantastic job, side by side. So I know that this battalion coming in will be more than capable of carrying on the traditions that we established,” said Deal.

“Katie comes here to us intimately qualified to do this job, and Katie, we are glad to have you aboard as a shipmate,” said JTF-GTMO Commander Maj. Gen. Jay Hood.

After the change of command was made official, Hanft made her speech to the crowd. She emphasized the quality of work the previous group had performed,

how it has created the reputation of professionalism we have all come to expect of the Navy Provisional Guard, and how the new batch of Sailors will undoubtedly continue their great work.

“You and I have been given great responsibility with this mission. It is expected that we will continue our record of sustained excellence and superior performance as part of our daily operations. Like every challenge you have faced in the past, I know we will ultimately be successful in meeting this one, too. I very much look forward to being your commanding officer and playing a part in reaching this goal. Honor Bound,” said Hanft. ■

Running safety

Command guidance for running for all new (and old) JTF Troopers:

- JTF Troopers must always wear their reflective belt when running.
- Runners should run on the left side of the road (facing on-coming traffic) when there are no sidewalks.
- Runners should **never** listen to headphones while running on a roadway.



Photo by Spc. Ian Shay

The Oath we swore to uphold

By Lt. Col. John Lonergan

JTF-GTMO 1/18th Cavalry Regiment

I recently attended several promotion, reenlistment and award ceremonies held throughout the JTF. These events are one way to recognize the professionalism, dedication and outstanding performance of the Joint Task Force service members. These events also caused me to reflect on why we are here. In doing this, I recalled the different military oaths of office and creeds that I have heard at these recent events.

As a commissioned officer, I took an oath of office. Webster defines "oath" as "a solemn attestation of the truth or inviolability of one's words." When taking this oath, I swore to "support and defend the Constitution of the United States against all enemies, foreign or domestic, and that I will bear true faith and allegiance to the same..." The Oath of Enlistment includes these same words. Guantanamo Bay, Cuba has men and women from a variety of services, ranks and backgrounds. A commonality we all share is the oath we swore to uphold. The War on Terrorism brought us here. Our respective oath of office places us on the same team.

In addition to the oath of office each of us share, our different ranks have a Creed published. Webster defines "creed" as being "a brief authoritative formula or religious belief, a set of fundamental beliefs." An excerpt from the Officer's Creed includes, "I will exercise the authority entrusted to

me by the President and the Congress with fairness, justice, patience, and restraint, respecting the dignity and human rights of others and devoting myself to the welfare of those placed under my command." One can see how words written hundreds of years ago still ring true today. Similar to the Oath of Office, the Creed helps define the roles and responsibilities of our respective ranks.

During a recent Cavalry "Spur Ride" Ceremony, I read the Noncommissioned Officer's Creed for the first time in many years. The Noncommissioned Officer's Creed includes the words, "I am proud of the Corps of Noncommissioned Officers and will at all times conduct myself so as to bring credit upon the Corps, the Military Service and my country regardless of the situation in which I find myself." Like the Officer's Creed, the Noncommissioned Officer's Creed serves as a "moral compass" for how we should conduct ourselves.

The oaths and creeds each of us experience as members of the United States military are what separate us from the rest of the world and allows us to be the best there is. They continue to have real world applications and provide us with guidance and inspiration. I challenge each of you to re-examine your oath of office and creed as a reminder of who we are and how we should act. The words you will hear will serve you well in all future endeavors.

Honor Bound! ■

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Watch where you step

By Chief Warrant Officer Mike Roulier

JTF-GTMO Safety Officer

You may find all sorts of interesting things as you walk along the beach or in the hills of Guantanamo Bay, but some of what you find may be *deadly*.

Remember, you are on a military installation. Everything you find here, you may not want to pick up and keep.

Recently, a JTF Trooper found a .50 caliber round somewhere in the water near Cable Beach. There had been some discussion that the Trooper was going to keep it as a souvenir (which raises all kinds of issues), but it is now in the hands of the NAVBASE Weapons Department who will dispose of it. At issue here is the fact that the recent severe weather we have had could have unearthed all kinds of things that are presently buried in the water. It further demonstrates the care we always have to take in the presence of and danger associated with unexploded ordnance. We had a Soldier in Afghanistan seriously injured when the black powder in the 1840s Enfield rifle he was handling ignited, the flash burning his face.

People should not assume explosives are inert because they are old.

Please help remind everyone you know that even here at GTMO, there is the possibility of uncovering unexploded ordnance.

If anyone finds anything they think might be unexploded ordnance, here are the procedures that should be followed:

- Stay away, don't touch;
- Mark the area;
- Report the object immediately to base security and your chain of command.

A simple rule to remember is: If you didn't drop it, don't pick it up.

If anyone becomes aware of unexploded ordnance that anyone else may have found, report it to NAVBASE Security.

All hands need to be aware of their responsibilities.

I can't even imagine what this Trooper was thinking--if it is true that he/she was going to keep it as a souvenir.

Think of the repercussions of trying to slip a live round into the mail, or even worse, into baggage.

No one should expose themselves--or others--to a life-altering act such as this through ignorance of the possible consequences. Notify the proper authorities so that unexploded ordnance can be disposed of properly. ■



New SGLI coverage effective Sept. 1

The Department of Defense announced that the Servicemembers' Group Life Insurance (SGLI) maximum coverage increased to \$400,000 on Sept. 1, 2005.

On that date, all members eligible for SGLI were **automatically** insured for the maximum coverage of \$400,000. The monthly SGLI premium remains \$3.25 per \$50,000 of coverage, so the monthly premium for full coverage will be \$26 beginning in September 2005.

These changes will not affect coverage under Family SGLI, which will continue under previously existing elections.

A member who wishes to retain the \$400,000 of coverage with beneficiary designations as before Sept. 1, 2005, does not need to take any action. The \$400,000 of coverage will apply along with the new premiums and beneficiary designations will remain the same as those in effect before Sept. 1, 2005.

Even members who had previously declined SGLI coverage or elected less than the maximum coverage will automatically be covered for \$400,000 on Sept. 1, 2005. If they wish to again decline or reduce the coverage, they must complete a new SGLV

8286 form (September 2005 version) indicating the amount of coverage desired including no coverage if applicable.

If the member properly completes and submits the form before Sept. 30, 2005, the member will not be liable for the September 2005 premium associated with the reduced or declined portion of coverage.

This gives members 20 days to reduce or decline unwanted coverage without charge. Units will be asked to process elections as expeditiously as possible to avoid the necessity for corrections in financial transactions.

The Defense Finance and Accounting Service will refund premiums deducted for coverage in September, when the member files a valid election to reduce or decline the coverage between Sept. 1-30, 2005.

The new SGLV 8286 form is available on the Department of Veterans Affairs Web site at <http://www.insurance.va.gov>. Entries can be made on the page and then downloaded.

Valid SGLI elections become effective the first day of the month after properly submitting the election form. So all members of the uniformed services will be fully insured for \$400,000 throughout the month of September 2005, regardless of any election filed

before or during September, 2005.

If a member dies in September after completing an election for reduced coverage or no coverage, the member's beneficiaries will still receive a \$400,000 payment. Those electing to decline or reduce coverage during September will essentially receive the September automatic coverage at no cost.

Members who do not make an election to reduce or decline coverage from the \$400,000 level before October 1, 2005, will pay the premium for the full \$400,000 of coverage for September as well as for any other month in which the level of coverage remains in effect.

When a member properly completes and submits SGLV Form 8286 on or after Oct. 1, 2005, to reduce or decline coverage, the reduction is effective the first day of the month after the form is properly submitted.

Changes to the SGLI program, such as an increase in the maximum level of coverage, are a matter of law. This change was made in the Emergency Supplemental Appropriations Act for Defense, the Global War on Terror, and Tsunami Relief, 2005 (Public Law 109-13, May 11, 2005). ■

--Department of Defense News Service

Iguana relocation program

By Spc. Dave Lankford

JTF-GTMO Public Affairs Office

Recently, South Camp America lost a long time resident. Members of the military are accustomed to seeing each other come and go. In this case, however, the individual being relocated was not a member of the armed forces. While he was known to most by a military name, "The Sergeant Major," he was in fact a 3-foot Cuban Rock Iguana.

Troopers at GTMO are here for only four, six or 12 months. Iguanas, however, have been here for thousands of years. Though the Joint Task Force is always striving to improve standard operating procedures and quality of life on both sides of the wire, the iguana has a long established balance with its environment and lifestyle. So, what's the monkey wrench in the machine? As usual, it's the human factor.

Every Trooper at GTMO has been warned not to feed the iguanas, but maybe the reasons are a little unclear.

When an iguana becomes accustomed to being fed it becomes aggressive. Not only to other iguanas who may wander into their territory, but to humans. If you've ever been cornered in a bathroom stall by a hungry 3-foot iguana (don't laugh, it's happened), you would understand it could be a very scary scene.

"This seems harmless but it creates two serious problems. First is the impact on iguana behavior and reproduction. Research conducted at GTMO indicates iguanas fed by humans live in unnaturally dense groups with only one dominant adult male responsible for breeding. They tolerate higher population densities because they are fed, but the territorial behavior of males results in more fighting and serious injuries to subordinates who would otherwise not be there. In contrast, unfed or truly wild iguanas live in much



Photo illustration by Spc. Jeshua Nace

smaller groups with many males breeding within their own territories. The high-density groups of fed animals also results in a loss of genetic diversity putting an already reduced population in more jeopardy through inbreeding. Other studies have shown that a loss of genetic diversity results in greater risk of succumbing to natural environmental fluctuations and therefore, a greater risk of extinction. This risk is enhanced by the iguanas' endemic status because there are no new animals moving in from other areas," said Paul Schoenfeld, GTMO Natural Resources Manager.

Unfortunately, this is only a portion of the problems that can occur from feeding the iguanas. Though an iguana may not intimidate the average adult, there have been documented instances of bites causing rather serious injuries. In one case 18 stitches were required to close the wound.

"Another serious problem resulting from feeding iguanas is their aggressiveness towards people. There have been cases where children had igua-

nas go after their food and in some instances, were bitten by the iguanas. An adult was recently bitten while taking pictures when an iguana lunged at the camera. These injuries are potentially serious to the victims and also to iguanas who may be injured or killed by people protecting themselves or their children," said Schoenfeld.

Before this happens, the game warden usually has to step in and relocate the iguana. Unfortunately, this solution is mostly for human protection. The iguana not only has to suffer the stress of capture and transport, but will most likely be placed in an area already saturated by relocated iguanas. Odds are a new arrival will be chased away, or worse, killed.

The Sergeant Major will be missed at Camp America. He was an icon. Surely the person or people feeding him didn't know the repercussions of their actions. They were undoubtedly just trying to be kind. But now you know. If you want to do something good for the environment...don't feed the iguanas. ■

BOOTS ON THE GROUND

Spc. Ian Shay asked Troopers around the JTF, "What do you think about Cindy Sheehan and the other mothers speaking about the war?"



◀ "It looks like Cindy Sheehan has taken it very personal. Other parents have lost family in the war. She needs to get her closure by talking to George Bush, but there are thousands of other guys killed in action."

— Army Sgt. Claudio Razzetti



▶ "Cindy Sheehan and the other mothers have the right to talk about the war, they have the right to support their beliefs based on the First Amendment, but they should be concentrating on supporting the troops and giving 'attaboys' to what we are doing on the war on terror."

—Army 1st Lt. Tracy Frink



◀ "Sheehan speaks for a lot of Americans...my family questions the military sacrifices in a land they believe is destined for civil war. Sheehan illustrates how divided we are as a country right now. But what's important for those of us who wear the uniform is not focusing on the division, but on their own professionalism here, following all legal orders and getting our mission done at GTMO."

—Army Capt. Brian Sullivan

▶ "Well her son died and she doesn't know how to get over the compassion of it, that's all it is. What she really needs is someone to help her get past the mourning or take some counseling because she's not going to get over it."

—Spc. Anthony Wallace



Photos by Spc. Ian Shay

THE D2 Movie Review

The Ring Two

Dave

"The Ring Two" from director Hideo Nakata falls short in comparison to its American predecessor, "The Ring," and is a long way from comparing to the original, "Ringu."

"The Ring" was eerie, though not very scary. Eerie was good enough for four stars, though. Part two just didn't make it. Naomi Watts was stunning as usual and David Dorfman is about the creepiest kid since the 1960 film "Children of the Damned," but it's not enough. The story is thin, the special effects are a repeat of part one and the acting seems like a walkthrough.

If you loved part one, you may like this one. If you didn't like part one, skip this one and rent "Ringu." ★★

Deane

This is a spicy sequel to the already smash hit "The Ring." This movie has a few ups and downs. I felt in some ways the movie takes on it's own personality and trails away from the original, to make a great movie.

Of course, this sequel was not as disturbing as the original, but there are a few sequences that get the heart beating a little faster. A few chilling surprises and a decent plot gives this movie an all around worth-seeing attitude. I give this movie 3 stars for a hot mom and a creepy son. Check it out at the NEX today. As soon as I return it...lousy late fees.★★★

Better than a 4-day pass



Good flick



Beats working



If you're really bored



Not worth price of admission



Photo by Army Sgt. Todd Lamonica

Jazz Fe



By Army 1st Lt. Angela King-Sweigart

JTF-GTMO Public Affairs Office

The 3rd Annual Guantanamo Bay Jazz Festival held last weekend attracted Troopers and base residents with more than just the music.

Though the event was centered around the tunes, other things like free food, a dunking booth, craft fair, Red Cross tent and playhouse made the event more than just a jazz fest.

MWR workers grilled hotdogs and burgers and served them with a variety of chips and cold drinks to music enthusiasts. After grabbing a bite, people could head over to the craft fair or dunking tank, both of which drew crowds.

The Navy Chief Selects ran the dunking booth to raise money for their Khaki ball, which will be held later this month. Navy Petty Officer 1st Class Shane Peterson, a JDG Trooper, ended up in the tank because, he said, his sponsor, a chief, volunteered him to participate.

With a light breeze blowing, Peterson and all those who were getting dunked took the splashes in stride. The cost for three tries to dunk was \$1 for ages 12 and under and \$2 for all others.

Patrons at the craft show purchased paintings, framed photos and GTMO sea-glass jewelry (all crafted by GTMO residents) priced from \$5-\$30 per piece. In addition to the handicrafts, the MWR team sold commemorative posters and Jazz Fest T-shirts the performers could sign.

Rounding out the booths were the Red Cross at GTMO (accepting donations for Hurricane Katrina victims) and a dinosaur-themed playhouse for tots.

The GTMO Jazz Fest was a “world class” event, said Mike Harris, a contractor. ■



stival



Mutual love--Jazz Fest at Cooper's Field

By Army Master Sgt. Stephen Miller

JTF-GTMO Public Affairs Office

MWR's 3rd Annual GTMO Jazz Festival Sunday afternoon at Cooper's Field was a booming success thanks to the jazz groups of YS2, The Rippingtons, and headliners Paul Taylor and Peter White.

The new group YS2 (Young Saxophonists 2) got the Jazz Fest off to a rocking, upbeat start. Anchored by older, experienced lead rhythm guitar player Oather Dunlop, Jr., 55, and base guitar man Ronald Finney, the other four members of this Maryland-based jazz ensemble are all under 25. These youngsters are drummer Brian Wilson, keyboard player Kwasi Nkrumah, and the two saxophonists of the YS2's name – Dante Hawthorne and its leader, Marcus Mitchell.

Currently on an indefinite, military In-Store (Exchange) tour, Mitchell said, "We love Guantanamo's climate, friendly people, and being welcomed as family. We are very appreciative. The Soldiers are doing a service for us, so why

not support them. We enjoyed the fest very much and hope to come back."

The second act was Paul Taylor, saxophonist extraordinaire, and his backup band. "I was treated wonderfully at Guantanamo. I was treated with a lot of warmth here, the Troopers were great, and the GTMO hospitality was excellent," Taylor said.

Guitarist Peter White and his jazz ensemble jammed third. This group was made up of very strong soloists in their own right: Jaared on sax, keyboard player David Sparkman, Donald Paterson on base guitar and Lamont Peoples on drums.

Jaared, who has his own jazz show on B.E.T. network, was the saxophone virtuoso of the ensemble.

"It was fantastic," Jaared said. "We love to come back anytime we can to play for the troops and give something back to them for all they do

for us. The troops are the true music and inspiration for us. I'll never forget last year. When our group was asked, 'Do you want to go there again?' Without a doubt I said, 'I'm there.'"

The Rippingtons played a somewhat abbreviated set to close out the Jazz Fest. The six-man Rippingtons consisted of guitarist Russ Freeman, saxophonist Eric Marienthal, keyboardist Bill Hillier, Dave Karasony on drums, Kim Stone on base and Scott Bradman on percussion.

Guantanamo was the last stop on their 45-city summer tour. Next year, they hope to be invited back to GTMO for their 20th anniversary tour.

"It was wonderful playing for the troops," Russ said. "I love the people here. It's the main reason we came back again this year. It's a privilege and such an honor to be a part of this event." ■

Does the NFC have what it takes?

Commentary by Spc. Ian Shay

JTF-GTMO Public Affairs Office

The AFC has dominated the NFC last year with a record of 44-20 over NFC teams. 2005 will prove that the power, as well as the Vince Lombardi Trophy, is shifting back to the NFC.

The NFC is full of promise, especially in teams like the **Philadelphia Eagles**, the NFC Champions last year. The Eagles return with 19 of their 22 starters, all of whom played in last year's Super Bowl, as well as one of the finest rookie crops taken this year. The Eagles are already poised to return to the Super Bowl with an even better team than last year. As for their competition in the NFC, we'll start in their division, the **NFC East**.

The NFC East boasts a definite wild card contender in the **Dallas Cowboys**, headed by Bill Parcells who now goes into his third season with the Cowboys. They filled their defensive line requirements this off-season by taking two defensive ends in the first round of the 2005 draft. They also got veteran quarterback Drew Bledsoe. Bledsoe can win. He's proven that in the past, but he tends to hold onto the ball too long, and he's not getting any younger. The **New York Giants** obtained Plaxico Burress, who along with fellow wide-receiver Amani Toomer will give Eli Manning two big targets down field. If Eli can't get the ball to them, he has two proven pro bowlers, Jeremy Shockey and Tiki Barber to get it done for him. The Giants will improve from last year and give the Cowboys some wild card competition. The **Washington Redskins** will once again rely on unreliable quarterbacks, battle injuries and eat the bottom of the division like a blind suckerfish.

The **NFC North** is going to be shaken up this year with the **Green Bay Packers** falling off their perch, and the **Minnesota Vikings** taking their place at the top. The Packers don't have that playmaking magic anymore. Brett Favre is in his final season, and their running back, Ahman Green, fumbles more than a running back with no hands. The Vikings will win the division simply because the Packers have lost it, the **Chicago Bears** stink, and the **Detroit Lions** quarterback Joey Harrington seems unable to find his amazing wide outs. There is also the chance Dante Culpepper will

choke like last year, and the Vikings will lose their steam. If that does happen, look for the Packers to take advantage and sneak into the playoffs.

In the **NFC South**, you'll find a division much like the NFC East. A proven team, the **Atlanta Falcons**, are most likely to take the division. The **Carolina Panthers** will at least take a wild card slot. The **Tampa Bay Buccaneers** are looking OK, and the **New Orleans Saints** have not only logically lost most of their stadium, but any chance at winning. The Falcons will get back to the playoffs, as long as Michael Vick stays healthy and their rushing offense can continue its success from last season. Their passing game is weak, along with Vick's arm, and their defense doesn't show up for big games. The Panthers have a chance at taking back the division from the Falcons. Their defense looks like its old self and their offense is healthy again. Head Coach John Fox has been to the Super Bowl and has the chance to go back, if Jake Delhomme can take them there. The Saints, along with the Redskins, Bears and the **San Francisco 49ers**, have no chance of anything, except being able to lose games frequently.

Alex Smith benched? The 49ers spent more money on a draft pick than anyone else in the history of the NFL only to sit him on the bench and watch a third rate quarterback perform. Apparently, the 49ers think Smith can learn a thing or two from Tim Rattay, a quarterback whose best season saw only 10 touchdowns and 10 interceptions. Thankfully, that's as bad as it gets in the **NFC West**.

The rest of the division has some promise this season. Kurt Warner has the chance to revitalize his career with the **Arizona Cardinals**. The Cardinals have been scooping up hordes of good draft picks over the last few seasons. Although they have been missing the key ingredient, a good quarterback. We'll see if the Warner of old turns up and gets the Cardinals out of the trash bin. The **St. Louis Rams** have made a smart move by making running back Steven Jackson their starter; he is like a beast practically bulldozing over defenses. Marc Bulger is an OK QB and with Torry Holt and Isaac Bruce still catching his passes, the Rams only need to worry about their defense. Their defense will decide whether

the Rams can get over the 8-8 hump. And last but not least, the **Seattle Seahawks** will prove once again they are the masters of the choke. You would think a team with one of the top running backs in the league, Shaun Alexander, and a Super Bowl winning head coach, Mike Holmgren, could make it past the first round of the playoffs; alas no. They still have enough to win the division, but it won't be easy.

The NFC is stocked with talented teams, but there are only six playoff spots to obtain. Most teams aren't going to make it. My picks for the NFC are the Eagles, Vikings, Seahawks and Carolina taking their divisions, with the Falcons and Cowboys taking the wild card, but watch out for Arizona. They might be a sleeper. ■

NFL Picks Week 1

Shay vs. Patterson

Minn.	Minnesota vs. Tampa Bay	Minn.
Bills	Buffalo vs. Houston	Bills
Pitts.	Pittsburgh vs. Tennessee	Pitts.
Caro.	Carolina vs. New Orleans	Caro.
Bears	Washington vs. Chicago	Wash.
Pack	Green Bay vs. Detroit	Pack
Rams	St. Louis vs. San Francisco	Rams
Jets	New York Jets vs. Kansas City	Jets
Cinc.	Cincinnati vs. Cleveland	Cinc.
Jax	Seattle vs. Jacksonville	Sea.
Den.	Denver vs. Miami	Den.
SD	San Diego vs. Dallas	SD
NY	Arizona vs. New York Giants	Ari.
Colts	Indianapolis vs. Baltimore	Colts

The NFL kicked off on Thursday night with the Oakland Raiders losing to the New England Patriots 30-20. Tom Brady threw for 306 yards and two touchdowns. Randy Moss made his debut in style with five catches and 130 yards, including a 73-yard touchdown reception.

Monday Night Philadelphia at Atlanta Shay

Eagles 38 over Falcons 10
Patterson

Eagles 35 over Falcons 17

All picks submitted by Staff Sgt. Jeremy Patterson and Spc. Ian Shay.

Why I serve?

Commentary by Spc. Seth Myers

JTF-GTMO Public Affairs Office

The dedication of U.S. servicemembers has been tested by everything going on in the world these days, but we have all made unique contributions to the Global War on Terrorism. It has been a trying experience. What is it that makes us want to contribute, though? Why do we serve? This is my reason...

When I was 18, my life was a wreck. I was failing out of college (mostly due to missing classes), my relationship with my family and friends was falling apart, and I was dangerously close to not having a place to live. I was festering in my own worthlessness. This all changed when I joined the Army. The military helped me find qualities in myself I never realized I had: disci-

pline, strength and respect. My relationship with my family has improved, my grades are almost straight As, I have a place of my own and a beautiful wife. I served out of gratitude for a time, but now it has become so much more.

I have only been in the Army for four years and this is my first deployment. During this time, I have learned one key thing: Our country strives to selflessly serve. It is not just something they teach the Troopers. Our country strives to serve not just itself, but anyone in need. No matter what you have seen in the news or read in the papers, our country does care. The papers don't see everything that goes on. They don't see how hard our country, as a whole, works to do the right thing. Why did so many people scold our government for GTMO's existence? Many of their statements may be based on nothing more than their own

dislike of this conflict. They don't see how dedicated the leadership here is to doing the right thing. They don't see the daily struggles the guards face. They don't understand the troubles the Troopers who work inside and outside of the wire face, so that our country can do the right thing. We sweat. We work hard. We tolerate the people who are complaining about the supposed injustices. Some have even bled for what is right. Our country does give a damn and is willing to do what is needed. That is why I serve now. I care about doing the right thing, and I am proud to be a Soldier for a country that not only feels the same as I do, but is willing to do something about it. God bless America.

If you are interested in writing about why you serve, contact Spc. Seth Myers via e-mail at MyersSN@JTFGTMO.southcom.mil with your article or call me at 3589. ■

Activities around town

1st Lt Tracey Frink

JTF-GTMO Public Affairs Office

Do you want to have fun? Do you want to blow off steam? If so then there is much to do in Guantanamo Bay Cuba and the Morale, Welfare and Recreation program might be able to help with suggestions on what there is to do here.

From renting a boat, barbecuing, snorkeling and SCUBA diving to working out and getting fit and trim, the MWR program can help. "MWR offers many activities around town, just pick from the many that are available," said MWR fitness director, Karissa Sandstrom

Considering the first thing you recognize when you step off the plane in GTMO is that there is plenty of water, it follows that water sports here are plentiful. First, if you want to go boating, you can visit the marina and get information on "skipper" qualification courses so you can take a pontoon cruise boat or a fast-going ski boat out on the blue waters of the bay.

If you are not into boating there are plenty of other water activities such as swimming and snorkeling, which requires only a little motivation, a mask, fins and snorkel. The more adventurous will want to try SCUBA diving. In order to SCUBA dive, visit the dive shop, Ocean Enterprises, and they will get you in touch with the local instructors and off you will be...navigating yourself through the briny deep. Other activities, such as swimming and fishing are also available. "Swimming classes are available for multiple levels of experience, anyone can sign up," said Sandstrom.

If you are a fitness buff, then the base gyms are for you. "MWR currently runs three gyms, Denich Gym, Marine Hill Gym and the Camp Bulkeley Gym, where multiple types of fitness programs are available varying from spin classes and aerobics to weight lifting and indoor sports," said Sandstrom. "Troopers are also able to use

other facilities such as the soccer and softball fields for activities, sport tournaments and intramurals, are also available," she said.

If you aren't an outdoorsy type, then the Camp America MWR office might have just what you are looking for.

"Multiple types of indoor activities are available through the office," said Staff Sgt David Martel, 525th Military Police Battalion MWR coordinator. "The MWR office lending program offers equipment such as Xboxes, PlayStations, games, movies, video games, and much more. The majority of the items are rented for two days and must be returned but can then be signed out immediately," he said. Camp America's MWR office offers 30 bikes, two Xboxes, three Playstations 2, assorted board games like Life, Sorry, and Strategy. On local activities in the area, Martel noted, "Throughout Camp America, Camp Delta and Tierra Kay (TK) bulletin boards are updated to show current events every Friday."

If you have any suggestions for equipment and activities in Camp America contact Martel at 3670. For base-wide activities, programs and fitness contact Sandstrom and staff at 2119. ■



Photo by 1st Lt. Tracey Frink

What is love?

By **Chaplain (Lt. Col.) Stephen Molnar**

JTF-GTMO Chaplain

Most of us have seen, at least on TV, the image of a Salvation Army canteen van serving victims of some disaster. Mark Jones of the Salvation Army reports that its emergency disaster services teams in Alabama, Louisiana, and Mississippi have placed 38 mobile feeding units and two fully-equipped mobile kitchens to deliver crucial support to hurricane victims, emergency aid workers and volunteers in affected areas for as long as they are on the scene. Jones said, "Mobile feeding units, serving 5,000 meals per day, and mobile kitchens, serving 20,000 meals per day, are the Federal Emergency Management Agency's preferred food provider during hurricane response efforts. The Salvation Army dispatches the vehicles to areas identified by state and local disaster management officials, including clean-up sites, emergency shelters and flooded regions."

Christian Emergency Network founder and chairman Mary Marr calls upon Chris-



tians to help share the love of Christ in this trying time with a single voice and to heed the advice of emergency preparedness experts. "At a time like this, the inclination of a Christian is to help, and that is exactly what we should do," said Marr. "However, it is critical that we help in ways that are the most practical, so it is important to heed what experts tell us. Some efforts could be unnecessarily duplicated or folks could actually hinder the work of emergency workers if they don't respond appropriately." She continued, "The most important steps Christians can take at this time is to share the hope found only in Christ through a message of prayer-care-share for those impacted by the storm, and those providing relief." (source: <http://www.centoday.com>)

When Mary Marr says, "At a time like this, the inclination of a Christian is to help..." she is reflecting the message of the Bible in such passages as this: "Let love be your only debt! If you love others, you have done all that the Law demands." "In the law there are many commands, such as,

"Be faithful in marriage. Do not murder. Do not steal. Do not want what belongs to others." But all of these are summed up in the command that says, "Love others as much as you love yourself." "No one who loves others will harm them. So love is all that the Law demands." (Romans 13:8-10)

For Christians, as for any religious group, what you do is far more important than what you say. The important thing for anyone who claims the name "Christian" to remember is the simple truth expressed in this Bible verse, as well as in the actions of the Salvation Army, "Love others as much as you love yourself." "No one who loves others will harm them. So love is all that the Law demands." Act in this way and folks just might listen to what you say. ■

✠ Padre's Corner ✠

Backbone

By **Navy Chaplain (Lt. Cmdr.) S.J. Vanden Boogard**

NAVBASE Chaplain's Office

When most of us think of bravery, our first association is generally with courage in the performance of military duty. We appreciate the ancient Spartans, who asked not how many were the enemy—but where he was. We are proud of the tradition of military courage that has made our country great. We are equally proud of the men and women in uniform who are fighting the war on terror.

There are other kinds of courage that we pay honor to, the person who succeeds in spite of physical handicap, the athlete who comes from behind to win, the widow who raises her children and the Trooper who leaves family and friends behind to keep others safe and free. Then, too, there is the person of principle who chooses the harder right instead of the easier wrong.

Courage is not reckless foolhardiness. It is the recognition of our own fears and doubts—and the ability to keep going in spite of them...courage begins with self-honesty. It is the knack of seeing things as they are—of enjoying the good and enduring the bad.

Courage begins with small acts of determination and willpower. We often say, "I wish I had the guts to do it," and "She's got more backbone than I have." We can improve our chances for positive fulfillments in life when we can perform small acts of courage, going a day without an unkind word, overcoming selfish impulses in the course of a working day, doing a task ourselves instead of letting "Christopher do it."

Every little accomplishment builds up our confidence and leads to a stiffening of our backbone. Each time we choose the harder right instead of the easier wrong, we increase our chances of becoming a winner in the game of life. ■

CAMP AMERICA WORSHIP SCHEDULE

Sunday	9 a.m.	Sunday School	Troopers' Chapel
	10 a.m.	Protestant Service	Troopers' Chapel
	6:00 p.m.	Confessions	Troopers' Chapel
	6:30 p.m.	Catholic Mass	Troopers' Chapel
	7:45 p.m.	Protestant Service	Troopers' Chapel
Tuesday	7 p.m.	Bible Study	Building 3203
Wednesday	7:30 p.m.	Soul Survivor	Camp America North Pavilion

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
	10 a.m.	Protestant Liturgical	Sanctuary B
	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 Hall
	7 p.m.	Family Home Evening	Room 8
Tues. to Fri.	12 p.m.	Daily Mass	Cobre Chapel
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

Jewish Services held every third Friday at 7:30 p.m. in the Naval Base Chapel complex.

Hebrew classes are being offered at the Naval Base Chapel complex Thursdays 7-8 p.m. in Room 11.

15 Minutes of Fame

with Sgt. First Class William Gamble

By Spc. Ian Shay

JTF-GTMO Public Affairs Office

When you think of most NCOs, what do you think of? Do you think of someone with integrity and honor? Do you think of someone with great leadership abilities and an open mind? Do you think of someone with all of those qualities? If you do, then Sgt. 1st Class William Gamble will definitely pop into your mind.

Gamble has served in the military for over 20 years. He is from Pennsylvania and a family man with a wife and two children. He is an active duty soldier who has worked in the corrections field since the day he raised his hand and enlisted as a corrections specialist.

Gamble enlisted in the Army in 1985 because he felt a call to duty and wished to progress in life by going to college. Gamble has since taken classes and received his associate's degree in criminal justice/corrections.

Gamble has served in various corrections facilities across the globe, including Mannheim, Germany, Korea, Fort Hood, Berlin and eight years at the United States Disciplinary Barracks.

He serves here as the 525th Military Police Battalion training NCO. Gamble has many duties.



Photo by Spc. Ian Shay



Photo by Sgt. 1st Class Sheila Tunney

In August, Sgt. 1st Class William Gamble visited Fort Lewis to train Navy masters-at-arms in unarmed self-defense techniques.

One of those is running training programs for Troopers here.

"I run a pre-service program for the 525th MP Battalion, as well as external units such as the Cavalry, and I train lieutenants or higher. I train and teach them unarmed self-defense (USD) and many other classes," said Gamble.

Gamble is also the unarmed USD chief instructor for the 525th. He has been teaching Troopers unarmed defense since 1996. Gamble instructs the Troopers in self-defense in the form of Aikido.

"Aikido is the art of peace. What it does is it uses its opponent's force against them by redirecting their momentum," said Gamble.

To improve in USD numerous

repetitions are required. "It's one of those things you have to continuously do over and over again. If you stop for any period of time, you're going to lose your skills," said Gamble.

"By becoming proficient with USD, soldiers gain confidence and it also teaches them how to use the minimum amount of force necessary. It takes you to a threshold and you stop there, versus taking a person down and subduing them. USD teaches you that once a person is neutralized, you create and maintain distance."

Gamble has accomplished a lot since he's been in the military. He has managed to travel to many different places, worked many different jobs and has served as counsel to inmates.

Gamble said GTMO has been his greatest assignment and also his greatest challenge, switching over from handling military prisoners to detainees. However, it hasn't changed his way of thinking or operating as a corrections professional.

"We have the Geneva convention in place which says we should conduct ourselves accordingly and take the high road, and we will always take the high road." ■

15 Minutes of Fame

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



Photo by Spc. Ian Shay

◀Maj. Gen. Jay Hood (center) and members of the JTF construction team broke ground in preparation for the building of Camp 6.



Photo by Spc. Jeshua Nace

◀Biol Emmanuel, a cook for Pentad Corporation, makes food for Troopers at the Seaside Galley.



Photo by Spc. Ian Shay

▲Contestants of the Labor Day chili cook-off served their homemade chili to the hungry voters.



Photo by Spc. Timothy Book

▲Navy Petty Officer 3rd Class Kevin Kammer, KBJAS corpsman, sterilizes a future IV site on the arm of Army Sgt. Jose Herrera, KBJAS medic, during heat casualty management training Aug. 10.

AROUND THE JTF