



THE WIRE



Honor Bound To Defend Freedom

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Linguists vital to JTF mission



▲ Linguists help bridge language and cultural divides between military police such as this Trooper walking a block recently in Camp Delta and detainees held here at Guantanamo Bay.

Photo by Senior Airman Jon Ortiz-Torres

By Spc. Jody Metzger

JTF-GTMO Public Affairs Office

A diverse group of interpreters here at Guantanamo Bay has a specialized mission in the Global War on Terrorism.

Fighting not with weapons or warriors but with words, the linguists break down barriers of communication between languages and cultures.

Within the detention facilities here sits a man who listens and translates. *The Wire* is withholding his name for security reasons. Interpreters will be referred to throughout this article using letters. "K" has, like many others within his specialized unit, a unique story.

Feet in two worlds

Born in the United States, K is tied to the Arab world. His adolescent years growing up in an Arab-American family presented him the challenge of balancing American culture with his family's cultural heritage.

The American lifestyle was a fast-moving culture of late nights, dating and traditions that K struggled to be a part of. In his world in a family with origins in Palestine and Iraq, "Traditional values were very much still ingrained," K said. "They wanted me to have an arranged marriage."

Wanting to make a differ-

ence in a country he felt more affinity for than his Middle Eastern roots, K put his skills as a bilingual speaker to use. "Growing up, I wanted to make a difference," he said.

Since Sept. 11, 2001, the need for Middle Eastern interpreters has doubled. Agencies seek translators who can pass security screening. This rigorous screening takes from three to six months and can take up to a year. Applicants are subjected to background investigations and polygraphs. Only about 10 percent are approved.

For many here, this is the first time they have been in a detention facility.

"Everything here is new to me," K said. "Each time I talk to a detainee, I try to focus on the fact that we are there for them. It's not my job to judge. My mission here is to [translate] for the guards and what they (detainees) say to the guards."

Varied languages, cultures

Interpreters' work the cellblocks along with the guards, interpret interviews and translate text. Knowing how the detainees think and knowing how to calm them is important, K says. "They confide in me more than the MP's (military police) because I can speak the

See "Linguists" on Page 8

The evolution of the JTF

By Army Col. Brice A. Gyurisko, Sr.

Commander, Joint Detention Operations Group

As I reflect on my almost seven months at GTMO (Guantanamo Bay), my involvement with the JTF (Joint Task Force) and this mission goes back further, in particular with the military police aspect.

Here is a bit of history from my perspective that relates to where we have been, where we are and where we are going with respect to guard forces.

In January 2002, I was commanding the 716th Military Police (MP) Battalion at Fort Campbell, Ky., after recently returning from a six-month tour in the Balkans.

During the time in the Balkans, we in Task Force Falcon, like the rest of the world, were outraged by the cowardly attacks on America of Sept. 11, 2001. One of my units, the 101st MP Company, deployed with the 101st Airborne Division (Air Assault) to Afghanistan and participated in Operation Anaconda.

In December 2001, my battalion was given a mission to deploy from Fort Campbell sometime in January 2002 to escort detainees to a place called Camp X-Ray at GTMO. We conducted varied training for the escort mission, a precursor to what our men and women are continuing to do now in detainee movement operations.

During the summer of 2002, I changed command and was assigned to the MP Operations Division at the Pentagon.

One of the first actions I was involved in was the joint-manning document for GTMO and for the then two Joint Task Forces, 160 and 170. I jumped on an airplane to Florida with other planners from the Army staff and we sketched out what the MP footprint was going to look like.

Little did I know three years ago that I would be sitting here now, commanding the Joint Detention Operations Group (JDOG). The first couple of groups of MPs were

fairly robust and made up a large part of the task force. The internment and resettlement organizations in the Army are all from the Reserve and National Guard components.

We did not anticipate the length of the mission at the time, or the follow-on actions in Iraq that required—and still do—a significant amount of MP force structure. Another dynamic we faced was the length of assignments of mobilized Soldiers, and the available internment and resettlement brigades and battalions that were now being used in theater.

One of the decisions from the Pentagon was to activate an active-duty MP battalion and assign that battalion to GTMO. The Army identified the 525th MP Battalion (Internment/Resettlement) and accelerated the activation process for the 189th MP Company (which was scheduled for activation, if memory serves me right, during the next five years).

The 525th MP Battalion, with its Headquarters and Headquarters Company and 189th MP Company, is forming at the moment right here at GTMO and will assume many of the functional missions of the JDOG with the next rotation.

We will see with the next rotation a larger Navy footprint within the JDOG (we currently have two of our units predominantly made up of Navy and Marine Troopers).

I alluded to earlier the appetite, if you will, for Army MP force structure in the different operational theaters, and while the Army's 525th MP Battalion is still receiving training and Soldiers here at GTMO, the Navy has stepped up to provide Troopers to backfill the departing Troopers from the Reserve and National Guard.

Though some of the terminology and uniforms will be more "khaki" than "cammy," the JDOG will continue to conduct its mission of detention operations in support of the JTF.

Honor Bound! ■

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Inside the 525th MP Battalion: Spc. Victoria Freiert



Photo by Spc. Jody Metzger

The first member of the new 525th Military Police Battalion, Army Lt. Col. Robert Burk, arrived here at Guantanamo Bay last August. The 525 is part of the Joint Task Force. New Soldiers are arriving every week. Spc. Victoria Freiert, above, is one of those Soldiers.

By Spc. Jody Metzger

JTF-GTMO Public Affairs Office

In November 2002, shortly after her high school senior year, Victoria Freiert decided to add a new chapter to her life by enlisting in the Army.

In a recent interview, Freiert said she enlisted for a better life and to pursue dreams of college and being a registered nurse. "It was a challenge and something to do," she said. "I didn't want to deal with college loans and figured it would be different."

Based on her test scores and recruiting, Freiert chose correctional specialist as her military occupational specialty. "They gave me a list of options, and corrections specialist sounded kind of cool," she said.

Previously stationed at Fort Sill, Okla., Freiert was pulled from duty there several months ago to her new permanent change-of-duty station here.

Training for duty

The newly formed 525th Military Police Battalion has been quietly assembling, with a view to replacing Army Guard and Reserve Troopers who work in detainee operations here.

Arriving here in October, Freiert has spent three months helping set up and organize the new battalion, scheduled to assume full duties in the spring.

Training in the detention camp has been both educational and new to many of the Troopers arriving here to join the 525. Troopers have learned that the camp is run "slightly different than from what we normally do," Freiert said. "I am used to working with inmates [not detainees]."

In her previous job as a correctional specialist, her job was not only to watch over prison inmates but also to counsel them. "The actual job is not only to watch them but also to aid in being their counselor for someone to talk to," she said. "You inter-

act with them on a daily basis as opposed to what we are supposed to do here. Here there is no interaction."

Guards at Camp Delta do not share personal information with detainees and discuss neither operational information nor current events, somewhat limiting the range of potential conversational topics.

When asked how this training compares or will aid in her prospect of becoming a registered nurse, Freiert replies that it doesn't. "It's going from watching [inmates] and detainees to caring for someone." But Freiert is confident that her experience here will be educational.

Supportive family

Working with prison inmates in the past has sometimes been tough, Freiert said, especially when she knows what they did. "I try not to think of what they have done," she said. "You can't really be bothered by what they have done, because you can't be biased when you are dealing with them."

What helped her throughout her day as a corrections specialist, she said, was keeping a dispassionate attitude.

"Putting away your view of what they did, you can't really pass judgment on the them," she said.

Freiert said she plans to pursue her personal interests outside of work here. Those include playing sports, writing, drawing and playing pool. "I will play about any sport," she said. "Since I have been here, I have been playing a lot of volleyball."

Looking forward to a year at Guantanamo Bay, Freiert maintains a healthy attitude toward her new duty station. A hard adjustment for many, having a caring family back home makes all the difference to Freiert.

"My dad and my family support me 100 percent, and for me," she said, "that makes it easier."

And even though Guantanamo Bay is a long way from her home and her family, the people she is deployed here with also help. For Freiert, it's like a family away from home.

"I have two older brothers," she said. "Here, I feel like I fit right in with all these guys." ■

Reach Spc. Jody Metzger at 3499.

AROUND THE JTF

PLDC

Distinguished grad

► Spc. Katie Kuiper receives her diploma for the Primary Leadership Development Course (PLDC) from Brig. Gen. Jay Hood, Joint Task Force commander, at Bulkeley Lyceum, Jan. 21. More than 30 students graduated from PLDC as the first class of 2005. Command Sgt. Maj. Jose Reyes was the guest speaker.



Photo by Army Pfc. Jessi Stone

Health fairs come to Camp America

Troopers who feel they need health screening or information will be given the chance next month when the Joint Aid Stations (JAS) and the Navy Hospital's Preventive Medicine Department begin holding health fairs at the Camp America JAS.

Screenings for blood pressure, cholesterol and blood sugar will be available, as well as information and advice on tobacco cessation, dietary supplements and sexually transmitted diseases.

"Preventive Medicine and the Joint Aid

Stations are promoting health education that will encourage active participation by all military members," said Navy Chief Sarah Howard from Preventive Medicine at the Navy Hospital. "Our mission is to work behind the scenes providing technical support while assisting health care professionals within their scope of expertise. This training is designed to identify, educate and prevent possible health threats that could compromise our mission, thus ensuring positive morale and a high level of knowledge."

Army Lt. Albert Fogle of the Joint Aid Station said the idea for a health fair came about partly because Troopers were coming into the JAS for minor problems, such as a cold or an ache and finding out they

had a bigger health concern such as high blood pressure.

"Anyone can come into the JAS and get screened for anything any time they want," Fogle said. He is hoping that the health fairs will encourage more Troopers to come in and get any screenings they may need.

Many Troopers here are Reservists and National Guard and may not have adequate insurance back home, Fogle said. This deployment is a perfect opportunity to take advantage of medical services.

The health fairs will be beginning in early February, said Army Capt. Alyson McNerney of Preventive Medicine.

For more information call McNerney at 7-2162 or Fogle at 3555.

—Army Pfc. Jessi Stone



Photo by Navy Petty Officer 3rd Class Henry Chade

VIP Visit

◀ Matthew Waxman, deputy assistant secretary of defense for detainee affairs, chats with Navy Base commander, Capt. Les McCoy, during Waxman's recent visit here to Guantanamo Bay.

BOOTS ON THE GROUND

Spc. Jody Metzger asks ... "What would you like to see changed about the chow hall?"



◀ "Variety. It's always the same meal."

—Sgt. 1st Class
Thomas Alexander

▶ "I think the chow hall is great. It's better than the ship."

—Navy Petty Officer
2nd Class Kisha Madison



◀ "They should list the nutritional information for all the food."

—Spc. Paul Stengele

▶ "I don't think the chow hall needs to change. Since I have been here, I have lost 10 pounds."

—Army Staff Sgt.
Wilfredo Ruiz



Photos by Spc. Jody Metzger

Paper or plastic?



◀ This iguana swallowed part of a plastic bag last week in Camp America, illustrating one reason it's important to discard trash appropriately. The iguana was OK after Troopers intervened.

Photos by Army Pfc. Jessi Stone

Sound off!

Valentine's Greetings

The Wire plans to include Troopers' Valentine's Day greetings in the Feb. 11 issue.

Write a Valentine's Day greeting. When it appears in *The Wire*, mail that issue home to your loved one or tell them how to look at *The Wire* online, at www.jtftgmo.southcom.mil.

Greetings must not exceed 100 words, be signed by the Trooper, include the Trooper's unit and contact information. *The Wire* reserves the right to edit greetings for length, clarity, possible OP-SEC (operations security) violations and to eliminate libelous or tasteless material.

If you'd like to see your Valentine's Day greeting to your loved one published in Guantanamo Bay, Cuba, and worldwide on the Internet, bring the greeting to *The Wire* office at building 4106, a SEA hut near the chaplains' office in Camp America or e-mail pao@jtftgmo.southcom.mil.

The Wire welcomes letters from Troopers for publication. Letters must have no more than 350 words, be signed by the Trooper and include the Trooper's unit and contact information.

The Wire reserves the right to edit letters for length and clarity and to eliminate libelous or tasteless material or anything that might raise operations security concerns. We will do our best to answer any questions posed in letters by contacting the appropriate subject matter expert. If you would like to see your writing in *The Wire*, bring your letter to *The Wire* office at building 4106, a SEA hut near the Chaplain's Office in Camp America or e-mail pao@jtftgmo.southcom.mil.

—Army Cpl. Jim Greenhill

—Army Cpl. Jim Greenhill

Common sense is theme for Dietary Guidelines

By Army Pfc. Jessi Stone

JTF-GTMO Public Affairs

Sixty-five percent of American adults are overweight and 30 percent are obese, according to the U.S. Department of Health and Human Services.

That's more than half the country at risk for cardiovascular disease, stroke, cancer and a variety of other diseases.

Obesity in the USA has doubled in two decades. The Food and Drug Administration and the Department of Health and Human Services released the 2005 Dietary Guidelines for Americans with that in mind. The guidelines focus on energy balance, the consequences of a sedentary lifestyle and food choices.

According to the guidelines:

Nutrient needs should be met through consuming food. One shouldn't depend on multivitamins and supplements for the nutrients needed to function. People who get the recommended amount of a nutrient in food won't achieve any benefit if they also take the nutrient as a supplement.

Many Americans consume more calories than they need without meeting recommended intakes for nutrients. Most adults are not consuming enough cal-

cium, potassium, fiber, magnesium and vitamin E. Adults over 50 need to consume more vitamin B12, people with darker skin need to consume more vitamin D and women of childbearing age need to eat more iron-rich plant foods and folic acid.

While many Americans aren't meeting simple dietary requirements, Americans consume too many calories and too much saturated and trans fats, added sugars and salt.

Food groups

Each basic food group is the major contributor of at least one nutrient while making substantial contributions of other nutrients. It's important to include all food groups in the daily diet.

The new guidelines recommend more dark green and orange vegetables, legumes (beans), fruits, whole grains and low-fat milk products than Americans commonly eat.

Most Americans are already consuming enough protein and do not need to increase their intake.

The revised guidelines strongly

discourage refined grains and encourage whole grains. Whole grains are grains containing the entire grain seed, or

At least three servings per day should be consumed. The words "whole grain" usually apply to a grain's ingredient list. Examples include whole wheat flour and degerminated whole grains.

Whole grains include wheat, whole oats/bran, whole grain corn, popcorn, whole rye, whole grain rice, buckwheat, triticale, millet, sorghum, quinoa and sorghum.

Carbs and salt

The guidelines recommend 45-65 percent of a day's calories come from carbohydrates. Sugars and starches are preferred because they are the primary energy source used by the body. Whole grains, which carry oxygen, are preferred energy sources for the brain and nervous system. Sugars naturally in foods, such as in fruit or lactose in milk, are preferred.

Choose carbohydrate-rich foods. Choose fiber-rich



or new guidelines

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carbs, such as

fresh fruit and vegetables and whole grains, and avoid added sugars and refined grains. The greater the consumption of foods containing added sugars, the more difficult it is to consume enough nutrients without gaining weight.

The guidelines sound an alarm about the amount of sodium consumed by the average American.

On average, the higher an individual's salt intake, the higher an individual's blood pressure. Preference for salt is not fixed. After consuming foods lower in salt for a period of time, taste for salt decreases. Decreasing the amount of salt consumed is recommended to lower blood pressure.

One of the biggest changes to the guidelines is the amount of recommended physical activity. Adults should do at least 30 minutes of moderate intensity physical activities, such as hiking, walking, or bicycling most days. To lose weight, 60 to 90 minutes of moderate activity are recommended. ■

Sources include www.fda.gov and other government and education Web sites. Reach Army Pfc. Jessi Stone at 3589.



How the digestive system works

First the body burns sugar for energy.

According to government and education Web sites:

Sugar is easiest to burn and fastest to dispose of. It burns off in minutes when performing moderate physical activity.

After that, the body burns carbohydrates, then fats, then proteins.

If sugar is left in the body too long without being burned for energy, it's converted to fat and stored (around men's waists; around women's hips and thighs). Carbohydrates left in the body too long turn into sugar. Fat goes in as fat, and the body does not need to change it to store it—and usually stores it right away.

Fat takes a long time and considerable energy to burn off, unlike sugar and carbohydrates, which the body prefers to burn for energy because it is easy. The body does not break into fat reserves until no sugar or carbs are left. That means that the mashed potatoes you ate for dinner last night have to be burned off before your body even thinks about burning off that spare tire. The body does not start to break down stored proteins (muscles) until it is starving.

Fiber cannot be digested or burned; it runs straight through the body. It is an important aid for the digestion of other carbohydrates and starches and is as an important antioxidant. Because fiber cannot be burned, it fills the stomach but supplies no calories and will never be converted to fat. ■

Patriots, Eagles face off in Super Bowl

By Army Cpl. Simon Cropp

JTF-GTMO Public Affairs

As predicted, the New England Patriots caused the rookie meltdown of the decade, and the Philadelphia Eagles sent Michael Vick back to Atlanta in last week's championship matchups.

Two teams are left and head on to the Super Bowl.

The Patriots are a familiar face.

The Eagles, who skittered on the edge of busting in most people's minds, pulled through without Terrell Owens. And now the talented wide receiver, after badmouthing his team in no uncertain terms, wants back in. His injury might be all healed up. News publications run pictures of Owens, staring off into the distance, a profound look of sincerity on his face, and we, the casual sports fan, can see the depth, the growth, just jumping off the page at us. He is a new man—again. Forget that he came to the Eagles a new man, forget the horrid way he acted when he played for the 49ers, and forget that once he got injured he threw a fit because the ball wasn't thrown enough in his direction to break any records.

Just look at the pictures.

"What a lot of people don't realize is I've been doing a lot of rehab on my own, a lot of healing on my own, but spiritually God

is healing me," said Owens, Monday.

"Spiritually I've been healed, and I believe I will be out on that field Sunday, regardless of what anyone says," Owens said.

What we have here is a deep man, a misunderstood man, a man who called Ray Lewis a murderer. And the sad thing is this guy is the Eagles' only hope to beat the Patriots in two weeks.

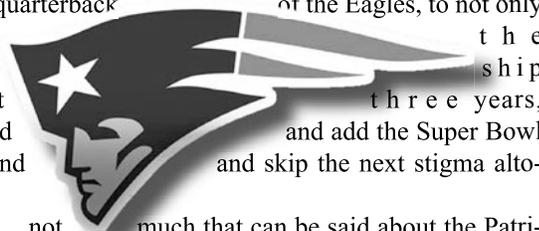
Whether he serves as a No. 1 target or a decoy, Owens is a necessity to win the big one, and it would be important for Donovan McNabb, quarterback of the Eagles, to not only have broken the championship woes of the last three years, but to go ahead and add the Super Bowl ring to his hand and skip the next stigma altogether.

There is not much that can be said about the Patriots. Tom Brady is the second coming of Joe Montana, so the broadcasters say.

The Patriots have no superstars on their team like Owens or Randy Moss the team has been called the superstar. The group of players form together into an amalgamation. Are they the next NFL dynasty?

It's going to take one more win for them to get that title. Two Super Bowls in a row is a necessity when getting tagged with the word *dynasty*. ■

Reach Army Cpl. Simon Cropp at 3589.



Interpreters: Bridging the Gap Between Cultures

جسر الوصول بين الحضارات المترجمون

"Linguists" from Page 1

language," he said.

Arabic, Pashtu, Dari, Farsi, Turkish, Russian, Uzbek, French and several other languages are spoken within the detention facilities. "There are ... people from all walks of life," K said. "I learned a lot, and it has been very educational for me. This is the first time I have interacted with Muslims and Ramadan."

Ramadan is a Muslim religious holiday celebrated since the year 610 A.D. during the months of October and November. Because the Islamic calendar shifts 11 days each year, the exact dates change each year. More than one billion Muslims around the world observe this month of prayer and fasting, and it remains a tradition for Camp

Delta detainees.

Unlike K, who spent his whole life in the USA, many interpreters have spent most of their lives in other countries. Coming to America, one linguist we will call "M" describes as feeling like a free bird in paradise. "It is a big difference coming from a third-world [country] to a free country," M said. "Everything is different: The environment, people, culture, everything."

Giving something back

Coming from Pakistan, M reached the USA at the age of 29. M, since a very young age, felt a need to do something more with his life. Just eight months ago, he became an interpreter with the Department of Defense. Speaking the languages of Pakistani and Panjabi, a language widely known in India, he has become a vital part of the interpreter mission here.

It was a dream for M to be able to give back to his adopted country. When asked why he serves, M replied he did it for the opportunity to give back to a country that has given him so much. "I want to tell my grandchildren I served my country," M said. "It's the best feeling you could have."

Dealing with detainees on a daily basis can have a trying effect on the guards and linguists. But sometimes linguists get odd requests, which can bring humor to the day. There can be requests for a satellite phone, computer usage or even pizza delivery.

Socializing with the detainees could be harmful to security. "You can't really interact with them too much," K said.

Linguists are the key to breaking down the barriers of over a dozen languages within the detention facilities here. ■

Reach Spc. Jody Metzger at 3499.

WORLDWIRE: Bush 16th president to serve second term

Jan. 18: Harvard University President Lawrence Summers faces controversy about his remarks that **biological differences** between women and men may explain why fewer women succeed in math and science careers. ... The Bush administration faces controversy about plans to allow the resumption of **live cattle imports** from Canada, where there have been two new cases of mad cow disease. ... **IBM's** fourth-quarter 2004 earnings reach \$3 billion; first time in company history. ... 55th inaugural begins with **salute to military**. ... **Yahoo** reports surge in revenue and profit; advertisers warming to Internet. ... 3 in 10 young teens (13 to 16 years old) **sexually active**, NBC News/*PEOPLE Magazine* poll finds; but many more retain conservative attitudes to sex. ... **Flu vaccine** no longer scarce in USA. ... Army Secretary Francis Harvey tells Congress ban on **women in combat** will continue. ... U.S. citizen Samir Vincent pleads guilty to taking payoffs from Saddam Hussein for lobbying U.S. and U.N. to lift sanctions; first criminal conviction related to U.N.'s corrupt **Oil for Food** Program. ... **Admiral William Fallon** picked to head U.S. Pacific Command; was recent Guantanamo Bay

visitor. ...

Jan. 19: Indonesia increases **tsunami toll** by 70,000; many missing confirmed dead; overall toll reaches 221,000. ... The Canadian Armed Forces drafts a policy calling for chaplains to bless **same-sex weddings** on military bases. ... For first time, cancer passes heart disease as **No. 1 killer** of Americans younger than 85. ...

Jan. 20: President George W. Bush **inaugurated** for second term; "The best hope for peace in our world is the expansion of freedom in all the world," Bush says. ... One drink might be good: Middle-aged women who drink **one alcoholic drink daily** suffer less brain function decline in old age, research says. ... Volcanic eruptions, not an asteroid, may have triggered **mass extinction** 250 million years ago, scientists say. ... Brazilian woman gives birth to **17-pound boy** by Caesarean section. ... **Fingerprints** to thwart recruits who send "ringers" to take military aptitude tests and physicals for them. ...

Jan. 22: Flights canceled, rail and highway chaos after **storm** hits Northeast. ...

Jan. 23: **Johnny Carson** dead at 79. ... **Rose Mary Woods**, President Nixon's loyal secretary, dead at 87. ... USA **gas prices**



Photo by Eric Cramer

▲ **President George W. Bush and wife Laura** are applauded while the U.S. Army Band (Pershing's Own) Herald Trumpets play "Hail to the Chief" at the Liberty Ball.

average \$1.87; increase for first time in three months. ... Navy, Air Force swamped with **recruits**; Army, Marines short. ...

Jan. 24: **Most depressing day** of the year, British psychologist calculates. ... Bill and Melinda Gates Foundation increases to \$1.5 billion its **donation** to the Global Alliance for Vaccines and Immunizations. ...

Jan. 25: *The Aviator* gets 11 **Oscar nominations**: Best picture, best director and acting nominations for Leonardo DiCaprio, Cate Blanchett and Alan Alda. *Million Dollar Baby* and *Finding Neverland* get seven nominations each. ■

Army Cpl. Jim Greenhill compiles World-Wire from a variety of news services.



Photo by Navy Petty Officer 2nd Class Brandan W. Schulze

▲ **A Sailor** among those lining Pennsylvania Avenue salutes the American flag as it passes by during the Inauguration Day Parade. More than 5,000 men and women in uniform took part in the 55th Presidential Inauguration.



Photo by Marine Cpl. James L. Yarboro

▲ **Marines** conduct a mounted patrol in the cold, snowy weather of the Khowst-Gardez Pass in Afghanistan recently. Marines of the 3rd Battalion, 3rd Marines, are conducting security and stabilization operations in support of Operation Enduring Freedom.

Lent

Lent begins Feb. 9.

Lent is a season set aside for Christians to prepare for our greatest day of the year—Easter, on which we celebrate the resurrection of our Lord Jesus Christ!

The 40 days of Lent are based upon the recurring theme of 40 days or years in the Bible. It is meant to be a time of spiritual preparation including prayer, fasting, giving and self-denial. Many Christians will “give up” something for Lent as a way of reminding ourselves of all Jesus “gave up” for us in his sacrificial life and death on the cross.

Whenever I “give up” something for Lent, I always find I gain

more in spiritual blessings than what little I have sacrificed. This year, being deployed, I am very sensitive to this reality.

Like all of us here at GTMO (Guantanamo Bay), I have “given up” a portion of my life, yet I gained so much in return. I gained a deeper appreciation for the men and women of our armed forces and the sacrifices they make on a daily basis in defense of our freedom. I have “given up” friends and family, but I gained new friends and family here at GTMO. I gained the satisfaction of having done my part in a cause greater than myself.

I hope you have experienced some of these same realities during your time here.

Jesus said that it is no fool who will give up what cannot be kept, to gain that which cannot be lost. Prayerfully consider what you might “give up” to the Lord this Lenten season. Whether you “give up” something material, monetary, a pleasure or a bad habit, I guarantee you will gain far more than you sacrifice. Jesus is our example, who suffered the sacrifice of the cross for the joy that was set before him!

You are invited to begin Lent by attending the Ash Wednesday Ecumenical Service, Feb. 9 at noon at Troopers’ Chapel in Camp America. May you have a blessed and spiritually rewarding Lent!

—**Chaplain (Army Maj.) Steven Herman**

Padre’s Corner

The gospel of Christ has a way of turning conventional wisdom upside down.

Nowhere is this more evident than in the gospel heard in the church on this fourth Sunday in ordinary time.

While the world exhorts us to “get rich,” the beatitudes pronounce, “Blessed are the poor.” Many stand in awe of

raw power; gospel values exalt the meek and lowly.

In this first month of the new year, we have an opportunity to make an attitude adjustment! May God help us to live the life of beatitude.

—**Chaplain (Navy Lt. Cmdr.) James Dowds**



Photo by Army Pfc. Jessi Stone

▲ **Army Col. Brice Gyurisko leads Troopers attending a prayer breakfast at the Seaside Galley on Thursday.**

Worship Schedule

CAMP AMERICA

Sunday	9 a.m. Protestant Service 6:45 p.m. Catholic Mass 7:30 p.m. Protestant Service	Troopers’ Chapel Troopers’ Chapel Building 3203
Tuesday	7 p.m. Alpha	<i>Resumes soon</i>
Wednesday	7:30 p.m. Soul Survivor	Club Survivor
Thursday	7 p.m. Thursday Night Ticket	<i>Resumes soon</i>
Saturday	3 p.m. Saturday Vigil Mass	Troopers’ Chapel

NAVAL BASE CHAPEL

Sunday	8 a.m. Pentecostal Gospel	Sanctuary C
	9 a.m. Catholic Mass	Main Chapel
	9 a.m. Church of Jesus Christ of Latter-day Saints	Sanctuary A
	9:30 a.m. Protestant Sunday School	
	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

15 MINUTES OF FAME WITH SPC. JAMES TYKWINSKI

"I provide a service for my community and country by being both a soldier and an EMT."

By **Spc. Jody Metzger**

JTF-GTMO Public Affairs Office

Joining the Army 13 years ago, Spc. James Tykwinski has spent his career in the infantry.

The Wire: How did you come to join the National Guard?

Spc. Tykwinski: I served a little over four years in the regular Army, and I saw an opportunity. I had one of two options: I could go inactive and not get paid, or I could reap some of the benefits of the New Jersey National Guard system and finish out the rest of my four years.

How many years have you served?

I am working on my 13th year.

How is the Guard different from the regular Army?

It's a lot different. The idea is you only have to come in one weekend a month. So you are only accustomed to the military lifestyle for that one weekend. You still conduct yourself in a military manner, but it's more relaxed. In the regular Army it feels like your chain of command is like your parents, constantly looking at every move you make. At least in the Guard you get to live the civilian lifestyle.

What have you got out of being in the military?

I have gotten a lot of leadership skills, the ability to work as a team member. I also got the chance to go to school.

What are you studying?

I am in the process of applying

to be a medic. It's a two-year program, and I will be able to go to school while getting on-the-job training. It will be a good job and training opportunity.

What is your civilian job?

I work as an Emergency Medical Technician (EMT). I work for a private ambulance company. I volunteer myself to various townships on a rescue squad helping the injured and the ill.

How long have you been doing this?

This is my third year.

What do you like about it?

It is rewarding to help the community and to also help those that can't help themselves.

Do you see a comparison between what you are doing here and what you do in your civilian job?

I provide a service for my community and country by being a Soldier and an EMT.

Are you thinking about incorporating your civilian job skills into a military job?

I have, very much so. I have looked at my options for when I leave this deployment and what I wanted to do with the rest of my career. I might transfer to the Air National Guard.

Have you been able to take some of the leadership skills you have learned in your military career and use them in your civilian job?

Yes. Most of the people they partner me up with are new. I help them by taking what I



Photo by Spc. Jody Metzger

have learned and setting the example.

What do you like about the infantry's mission here?

It's a mission where we have to work as a team and work in different roles. I have never manned a checkpoint or a guard tower, so for me it's a little different. Most of my Army career I was an M-2 driver, which is a Bradley Fighting Vehicle, so I was never down in the mud and the muck.

Have you been deployed before?

No. This is my first time ever leaving the United States.

How do you feel about living on an island in the Caribbean while being a part the Global War on Terrorism?

This is a beautiful place people pay lots of money to go to, and we get to live here for free and get paid for it. ■

Reach Spc. Jody Metzger at 3499.

GTMO celebrates Scottish heritage

with Robert Burns supper



By Army Pfc. Jessi Stone

JTF-GTMO Public Affairs Office

A feast of plaid and pipes greeted Windjammer patrons Tuesday night as Troopers gathered to celebrate the birthday of famed Scottish poet Robert Burns.

Robert Burns Suppers have been a tradition in Scottish culture for more than 200 years. After his death in 1796, his friends began the tradition of celebrating the poet known as “The People’s Poet” by holding a feast on the night of his birthday.

This was the first-ever Robert Burns Supper in Cuba “on either side of the fenceline,” said Army Staff Sgt. Robert Griffith, Master of Ceremonies at the supper.

The night incorporated all the traditions of a Robert Burns Supper, to include a bagpiper, the reading of Burns’ poetry and the “Piping of the Haggis.” Haggis, a traditional Scottish dish, was immortalized by Burns in his poem, “To a Haggis,” and has since become one of the most important aspects of the Burns Supper tradition. During the Piping of the Haggis, the haggis is paraded around the room behind the bagpiper as the guests stand to receive it.

Command Sgt. Major Larry Morrison read the address to the haggis, at which point the haggis was cut. As the guests dined, Army Capt. William Bono read an address to the memory of Robert Burns, and Army Col. Bryce Gyurisko gave the “Toast to the Lassies.” Dinner was followed by traditional Scottish music and dancing.

Many Troopers sported traditional Scottish garb for the festivities, including kilts. “It’s a brave man who wears unbifurcated garments [clothes that are not split and seamed, such as pants and trousers],” said Sgt. 1st Class Morgan McHose, who proudly sported his kilt.

One of the most notable works of Robert Burns is the song “Auld Lang Syne” that is traditionally sung on New Year’s Eve. ■

Sources for this report included www.rabbie-burns.com. Reach Army Pfc. Jessi Stone at 3589.



▲ Army Staff Sgt. Robert Griffith was master of ceremonies for the supper.



▲ Pipe Major James Ruff plays the bagpipes during the Piping of the Haggis.



▲ Many Troopers dressed in traditional Scottish garb to include kilts.

TAXES

Tax Assistance Center & Legal Assistance Office opens Jan. 31

Building 6208, Camp America (behind Troopers' Chapel)
Call or stop in for appointment; call 3545 or 3561

Hours

Monday, Wednesday, Friday; 9 a.m. to 5 p.m. (appointments)
Tuesday, Thursday; 10 a.m. to 5 p.m. (appointments)
Tuesday, Thursday; 5 p.m. to 7 p.m. (walk-ins)
Saturdays; 9 a.m. to 3 p.m. (appointments)

CINEMA

DOWNTOWN LYCEUM		CAMP BULKELEY	
FRIDAY		FRIDAY	
7 p.m. <i>SpongeBob</i> PG 82 min		8 p.m. <i>National Treasure</i> PG 125 min	
9 p.m. <i>Blade Trinity</i> R 114 min		10 p.m. <i>Ocean's Twelve</i> PG13 125 min	
SATURDAY		SATURDAY	
7 p.m. <i>National Treasure</i> PG 125 min		8 p.m. <i>SpongeBob</i> PG 82 min	
9 p.m. <i>Flight of Phoenix</i> PG13 113 min		10 p.m. <i>Blade Trinity</i> R 114 min	
SUNDAY		SUNDAY	
7 p.m. <i>Ocean's Twelve</i> PG13 125 min		8 p.m. <i>Flight of Phoenix</i> R 113 min	
MONDAY		MONDAY	
7 p.m. <i>Phantom of Opera</i> PG13 141 min		8 p.m. <i>Ocean's Twelve</i> PG13 125 min	
TUESDAY		TUESDAY	
7 p.m. <i>Flight of Phoenix</i> PG13 113 min		8 p.m. <i>Phantom of Opera</i> PG13 141 min	
WEDNESDAY		WEDNESDAY	
7 p.m. <i>Alexander</i> R 176 min		8 p.m. <i>Flight of Phoenix</i> PG13 113 min	
THURSDAY		THURSDAY	
7 p.m. <i>Ocean's Twelve</i> PG13 125 min		8 p.m. <i>Alexander</i> R 176 min	

BUSES

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

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			

ACCURACY

The Wire strives for accuracy. When we fail, we accept responsibility for our errors and correct them.

If you see an error in *The Wire*, call Army Cpl. Jim Greenhill at 3592.

Know a Trooper worthy of being highlighted in "15 Minutes of Fame?" Call Greenhill at 3592.

AUCTION

Troopers could win ...
DIVE LESSONS, DINNERS ...
 and other items at a Jan. 27 through Jan. 29 Silent Auction to raise money for the Senior Class from W.T. Sampson High School to go on a Spring Break cruise. The Senior Class is also selling the "You can check out ... but you can never leave" T-shirts.

For more information, call Donna Rien-Kemp at 3352.

RECIPE

Bulgur Chickpea Salad

With the release of the new federal dietary guidelines and the new food pyramid soon to follow, many Troopers may be wondering how to incorporate more whole grains and vegetables into their diet, as the Department of Health and Human Services recommends.

This recipe for Bulgur Chickpea Salad is a delicious start to a new, healthy lifestyle.

Ingredients

One cup bulgur; two cups boiling water; 1/2 cup vegetable oil; 1/2 cup fresh lemon juice; salt to taste; ground black pepper to taste; one cup chopped green onions; one (15 ounce) can garbanzo beans, drained; one cup chopped fresh parsley; one cup grated carrots.

Directions

1. In a heatproof bowl, pour boiling water over bulgur. Let stand one hour at room temperature.
2. In a small bowl, beat together oil, lemon juice, salt and pepper. Pour over bulgur and mix with a fork.
3. Place bulgur in the bottom of a nice glass serving bowl. Layer vegetables and garbanzo beans in this order on top of the bulgur: Green onions, garbanzo beans, parsley and carrots on top. Cover and refrigerate. Toss salad just before serving.

—Army Pfc. Jessi Stone

MWR

- Jan. 29:** Barbecue, games, Marine Hill Cabana, 7:30 p.m.
- Jan. 30:** Spades Tournament, Club Survivor, 4 p.m.
- Feb. 5:** Chess Tournament, Club Survivor, 5 p.m.
- Feb. 6:** Super Bowl Party, Club Survivor, 5 p.m.
- Feb. 11:** Pool Tournament, Club Survivor, 5 p.m.
- March 5:** GTMO Half Marathon, 5:30 a.m.

CLASSES

Jan. 31 to Feb. 4: Transition Assistance Program Seminar; Fleet and Family Support Center; call 4488 to register.

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

DINING

Today	Lunch Dinner	Baked Fish Scandia Boiled Crab Legs
Saturday	Lunch Dinner	Bombay Chicken Italian-style Veal Steak
Sunday	Lunch Dinner	Jamaican Rum Chicken Stuffed Flounder
Monday	Lunch Dinner	Scalloped Ham & Potatoes Baked Salmon Steak
Tuesday	Lunch Dinner	Turkey Pot Pie Herbed Baked Chicken
Wednesday	Lunch Dinner	Chalupa Honey Glazed Duck
Thursday	Lunch Dinner	Barbecued Spare Ribs Fiesta Chicken
Friday	Lunch Dinner	Fish Amandine Shrimp Scampi