



THE WIRE



Honor Bound To Defend Freedom

Volume 5, Issue 38

www.jtfgtmo.southcom.mil

Friday, March 18, 2005

15 Minutes of Fame, pg. 11



Joint Task Force leaders and guests, including Army Brig. Gens. Jay Hood and John Gong, watch the 50th Infantry Brigade transfer authority to the 40th DIVARTY, March 10.

Photo by Spc. Jody Metzger

From New Jersey to California

By Spc. Jody Metzger

JTF-GTMO Public Affairs Office

The 50th Infantry Brigade of the New Jersey Army National Guard and the 40th DIVARTY, California Army National Guard, conducted a Transfer of Authority (TOA) ceremony Thursday, March 10, here at Guantanamo (GTMO). The event marked the transfer of duties from the 50th to the 40th, the first in a series of TOAs to be held as the Joint Task Force (JTF) transitions from GTMO 5 to GTMO 6.

Gathering at Bulkeley Field, ceremony guests and participants included JTF Com-

mander Brig. Gen. Jay W. Hood, JTF Deputy Commander Brig. Gen. John Gong, Naval Station Guantanamo Executive Officer Cmdr. Jeffrey Hayhurst, JTF Command Sgt. Maj. Angel Febles and members of the 50th and 40th.

“This transfer of authority is a significant event in history of the United States and the Joint Task Force,” said Hood. “We have gone through this on five occasions—this being the sixth—and it represents another chapter of the history of the JTF.”

The 40th DIVARTY was constituted almost sixty years ago. It is one of the seven

commands under the 40th Infantry Division (Mechanized). DIVARTY provides artillery support for the division and coordinates close air support, attack helicopters, mortars, artillery resources from headquarters higher than Division, and Naval gunfire when needed.

The first elements of the 40th DIVARTY arrived Feb. 26. Deploying to GTMO as part of Operation Enduring Freedom is the second federal activation for the 40th. The unit’s first stint on federal active duty was in Korea in 1950.

Reach Spc. Jody Metzger at 3499.

Gong honors Troopers

By Brig. Gen. John Gong

JTF-GTMO Deputy Commander

As the new deputy commanding general of JTF-GTMO, I welcome all of our new arrivals. You come from all Services: Army, Navy, Air Force, Marines, and the Coast Guard. More are still scheduled to arrive in the coming weeks, to include the 1-18th CAV, who will be replacing the 2-113th Infantry.

I watched many of you engaged in some of the most strenuous preparatory training ever at Fort Lewis, Wash., and elsewhere. From what I saw, you will far exceed our expectations as you complete the assignment here in Guantanamo. I am honored to serve with all of you.

Of the over 2,200 Troopers we currently have in JTF-GTMO, I know a great number of you are Reservists, myself included. We are sometimes referred to as Citizen-Soldiers. Be proud of this title. Just think back a month or two ago, we were asked to put our personal lives on hold to stand-to as we answered the call of our nation. Be proud of the fact that you are Citizen-Soldiers--for you are Citizen-Soldiers at their finest.

The JTF-GTMO mission, as I am sure many of you know, is an ultra-important one in our continuing Global War on Terrorism. Our mission here is essential to the overall success of combating terrorism, not only within our country where we live, but also throughout the world.

There are two main reasons why we are keeping detainees here in Guantanamo: First, detainees are enemy combatants against the United States. As such, so long as we are still at war against terrorism, detainees must not be permitted to return to their terrorist organizations to fight against the United States or its allies once again.

Second, many detainees we are holding here have high intelligence value. Consequently, we must exploit information gained from them to ultimately save lives on the battlefield, at home, and elsewhere in the world.

What may be transparent to many of you is that detainees have consistently provided us with usable information, past and current, as we continue to prosecute this war. Even though you may not directly see or hear about the progress we are making



Photo by Sgt. 1st Class Gordon Hyde

Brig. Gen. John Gong

daily, your contribution in the JTF-GTMO mission is critical, and you are making a difference.

I know for many this is your first deployment. We are in a joint environment where members of every Service are here. It will be a true learning experience for young and more seasoned Troopers alike. Embrace this opportunity. Learn from one another. You will find both uniqueness and commonalities among our sister Services. But one thing is certain; it is one team and one fight. That's what we are all about.

Off duty, check out the wealth of activities available here. A good start would be to look on the GTMO website, or stop by the Morale, Welfare, and Recreation office. Snorkeling, scuba diving, basketball, golfing, paintball, and free movies are just for starters, and they are only minutes away from wherever you are on the base.

Finally, the JTF-GTMO mission is real, and your contribution is critical to our success. Therefore, first and foremost, learn your job and be professionally competent in your performance. Be safe, be mindful of the military standards, and be all that you can be! I salute you for your dedication and service to nation. Honor Bound! ■

JTF-GTMO Command

Commander:

Brig. Gen. Jay W. Hood

Joint Task Force CSM:

Command Sgt. Maj. Angel Febles

Public Affairs Officer:

Col. Brad K. Blackner

128th MPAD Commander:

Maj. Hank McIntire

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Circulation: 1,100

The Wire

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From the continental United States:

Commercial: 011-53-99-3499

DSN: 660-3499

Online:

www.jtfgtmo.southcom.mil



The 128th Mobile Public Affairs Detachment, Joint Task Force-Guantanamo produces *The Wire*, which is printed under the provisions of Department of Defense Instruction 5120.4.



This is why ground guides are the only option in the JTF.

Photo by Petty Officer 3rd Class Henry Chade



The third of five groups from Navy Provisional Guard Battalion arrives at Joint Task Force-Guantanamo, March 12.

Photo by Spc. Chris Gardner

AROUND THE JTF



Photo by Sgt. 1st Class Gordon Hyde

▲ Noncommissioned Officer Academy Instructor Army Staff Sgt. Rodger Burgess congratulates Army Sgt. Junior Anglon, presenting him a Basic NCO Course Phase One completion certificate.



Army Sgt. Roger Trotman (left), Petty Officer 2nd Class Sean Neuroth (center) and Army 1st Lt. Rick Fogel, medics from the Kittery Beach Joint Aid Station, stabilize Spc. Greg Proell's neck. The simulated treatment for spinal injury was part of the Pre Hospital Trauma Life Support training, March 12.

Photo by Army Sgt. Joe Caldarone

▲ Air Force Master Sgt. Doug McLean and Army Master Sgt. Lenny Pimentel serve at Windmill Beach's "Farewell To GTMO" party, March 12.



Photo by Sgt. 1st Class Gordon Hyde



The monument of 2nd Battalion, 102nd Armour Regiment, stands nine feet.

Photo by Spc. Jody Metzger



Photo by Spc. Jody Metzger

◀ Spc. Allen Cardna grabs a coffee from Starbucks, a new addition to Camp America's Club Survivor. Starbucks serves many flavors of hot and chilled coffee at three locations: Club Survivor and the Downtown Lyceum: 6:00 a.m. to 12:00 p.m.; and the Windjammer: 11:30 a.m. to 10:00 p.m.

BOOTS ON THE GROUND

Army Staff Sgt. Cavett Ishihara asks ... *“Who is your female role model and why?”*



“My female role model is New York Senator Hillary Rodham Clinton. She shows we can accomplish anything we set our minds to.”

—Sgt. First Class
Clara E. Taylor
525th MP Battalion
Finance NCOIC

► **“My grandmother. She ... works long hours as a cook ... takes care of her ailing husband and ... all the chores around the house. I owe all of my success to my grandmother.”**

—Army Petty Officer 2nd
Class Kisha Madison
Chapel Office



◀ **“Joan Of Arc was one of my favorite childhood heroines. I admire her for her strength of belief, her faith in herself and courage in the face of the worst humanity has to offer.”**

—Army Spc. Vy Nguyen
783rd MP Battalion
Finance Specialist

► **“My sister has the most influence on me. She has been my inspiration because she has always been strong, and I’ve looked at her as a true leader.”**

—Army Capt.
Elizabeth Ryser
189th Military Police
Company Commander



Photos by Army Staff Sgt. Cavett Ishihara

Seatbelts for safety

By Army Cpl. Simon Cropp

JTF-GTMO Public Affairs Office

Guantanamo Bay (GTMO) has not seen a fatal car accident in years.

The base has its fair share of unsafe backings and door dings, but overall, GTMO road safety is great considering the amount of traffic. It’s important for Troopers to remember the rules that keep pedestrians, drivers and passengers safe on the roads.

Keeping in mind the rules of the road is always important, said Navy Petty Officer Patricia Peterson, leading petty officer of the Vehicle Registration Office. The speed limit can never exceed 25 miles per hour (in some cases 15 miles per hour), seatbelts are required at all times and there is no passing—ever.

“If there is a slow vehicle in the road, then the driver needs to wait until the vehicle pulls off. If it doesn’t, then [the driver] should just follow on,” Peterson said. U-turns are also prohibited. These are all measures taken by the police department here to ensure all travelers are safe throughout their deployments.

“Some of the more common traffic violations are speeding and the use of seatbelts,” Peterson said. “People still aren’t buckling up.”

A strict seatbelt policy combats these hazards. Drivers are fined two points on their license (maximum of 12); two points for every passenger in the vehicle who is not buckled in.

So, drivers of vehicles with four people will get eight points put on their license. And once 12 points are reached, drivers stand to lose their licenses, Peterson said.

“Driving on base is a privilege,” Peterson said. The rules of the road at GTMO are set to the same basic structure as the laws in Florida and much of the United States.

Since seatbelts and speeding are such common problems at GTMO, the Naval Station police are especially watchful for these offenses. According to Peterson, they are taught to eye all vehicles to ensure seatbelts are buckled and safety is forefront in the mind of the driver.

The recent changes in seatbelt laws across America have resulted in the lowest vehicle-related fatalities in the last 29 years since records were kept. Injuries related to driving in 2003 are also the lowest during the same period. Of those who were killed in accidents in 2003, more than 50 percent were not buckled up.

Peterson said all vehicles registered here need to undergo a safety inspection, and if the vehicle does not meet safety requirements it cannot be registered until deficiencies are corrected.

“Before buying a vehicle here, [Troopers] should ensure the vehicle can pass our vehicle inspection,” Peterson said.

Troopers should always remember too that if pulled over and suspected of intoxication, they must take a breathalyzer test. It is a very serious issue for drivers who fail breathalyzers with either a Driving Under the Influence or a Driving While Impaired charge. There is no excuse for this while at GTMO, and Peterson said Troopers should remember there are shuttle services in place so Troopers can always get home safely without incident.

Troopers stationed here should remember their deployments are short, and there is no reason to risk health and well being by not adhering to the safety guidelines of all vehicles. ■

Buckleupamerica.org contributed to this report.

Women's History Month

Women of Joint Task Force Guantanamo



Photo by Air Force 1st Lt. Christopher Vaca

Air Force Master Sgt. Ruth Haynesworth is one of the first faces troopers see when arriving to Joint Task Force Guantanamo.

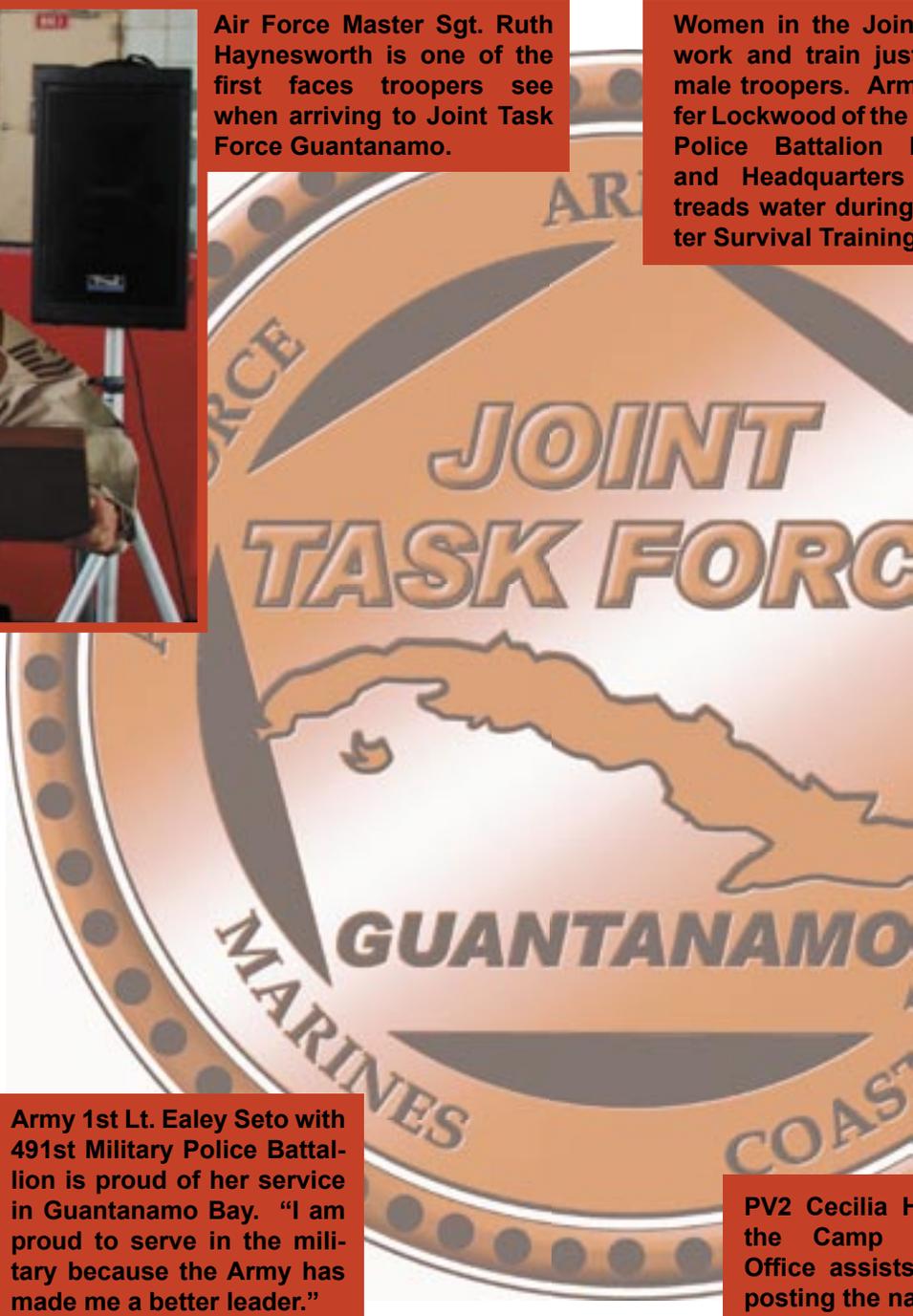
Women in the Joint Task Force Guantanamo work and train just like their male counterparts. Army Staff Sgt. Ealey Seto of the 491st Military Police Battalion and Headquarters Company is seen treading water during a water survival training exercise.



Photo by Army Staff Sgt. Cavett Ishihara

Army 1st Lt. Ealey Seto with the 491st Military Police Battalion is proud of her service in Guantanamo Bay. "I am proud to serve in the military because the Army has made me a better leader."

PV2 Cecilia Hernandez of the Camp 5 Office assists with the posting of the name tags.



Month ntanamo



A Proclamation by the President of the United States of America

During Women's History Month, we celebrate the achievements of our Nation's women. For generations, American women have helped build our great Nation through their leadership as writers, teachers, artists, politicians, doctors, and scientists, and in other professions. As mothers, daughters, and sisters, women have supported and strengthened American families and communities. Women are at the forefront of entrepreneurship in America, creating millions of new jobs and helping to build our Nation's economic prosperity.

We celebrate those who have broken down barriers for women, such as Jacqueline Cochran, who was the founder and director of the Women's Air Force Service Pilots during World War II and the first woman to break the sound barrier. Gerty Theresa Radnitz Cori was the first American woman to receive a Nobel Prize in the sciences, and her research significantly advanced the treatment of diabetes. In 1926, Olympic Gold Medalist Gertrude Ederle became the first woman to swim the English Channel.

Marian Anderson, a Presidential Medal of Freedom recipient, opened doors in music as the first African American to perform with the New York Metropolitan Opera. Juliette Gordon Low encouraged community service and the physical, mental, and spiritual development of America's young women as founder of the Girl Scouts of the United States of America. As we work to advance freedom and peace and fight the war on terror, American women in uniform are serving at posts at home and across the world, taking great risks as they make our Nation more secure.

As we commemorate Women's History Month, I encourage all Americans to celebrate the extraordinary contributions and accomplishments of American women and to continue our progress in making our society more prosperous, just, and equal.

Now, therefore, I, George W. Bush, President of the United States of America, by virtue of the authority vested in me by the Constitution and laws of the United States, do hereby proclaim March 2005 as Women's History Month. I call upon the people of the United States to observe this month with appropriate programs, ceremonies, and activities that honor the history, accomplishments, and contributions of American women.

In witness thereof, I have hereunto set my hand this second day of March, in the year of our Lord two thousand five, and of the Independence of the United States of America the two hundred and twenty-ninth.

GEORGE W. BUSH
President
United States of America

March 2, 2005

t Task Force
t as hard as
y Sgt. Jenni-
525th Military
Headquarters
Detachment
Combat Wa-



Photo by Army Sgt, Michael Goentzel



ernandez with
Commandant's
in flag detail,
tion's colors.



Photo by Army Staff Sgt. Cavett Ishihara



March Madness begins

By Army Cpl. Simon Cropp

JTF-GTMO Public Affairs Office

Extended rosters, 64 teams, and a whole lot of college hoops. March Madness is back, and the teams are picked, positioned and ready to jump into the fire. By the time this article hits the shelves, the quest to the finale will already be underway.

The top seeds include Illinois at number one like expected, followed by North Carolina, Duke, and—to their surprise—Washington made it too.

“I’m not going to lie and say I thought we were going to get a No. 1 seed,” Washington Huskies forward Bobby Jones said in a recent FoxSports article. “But then I woke up today, and I started watching the shows. People were saying we could get

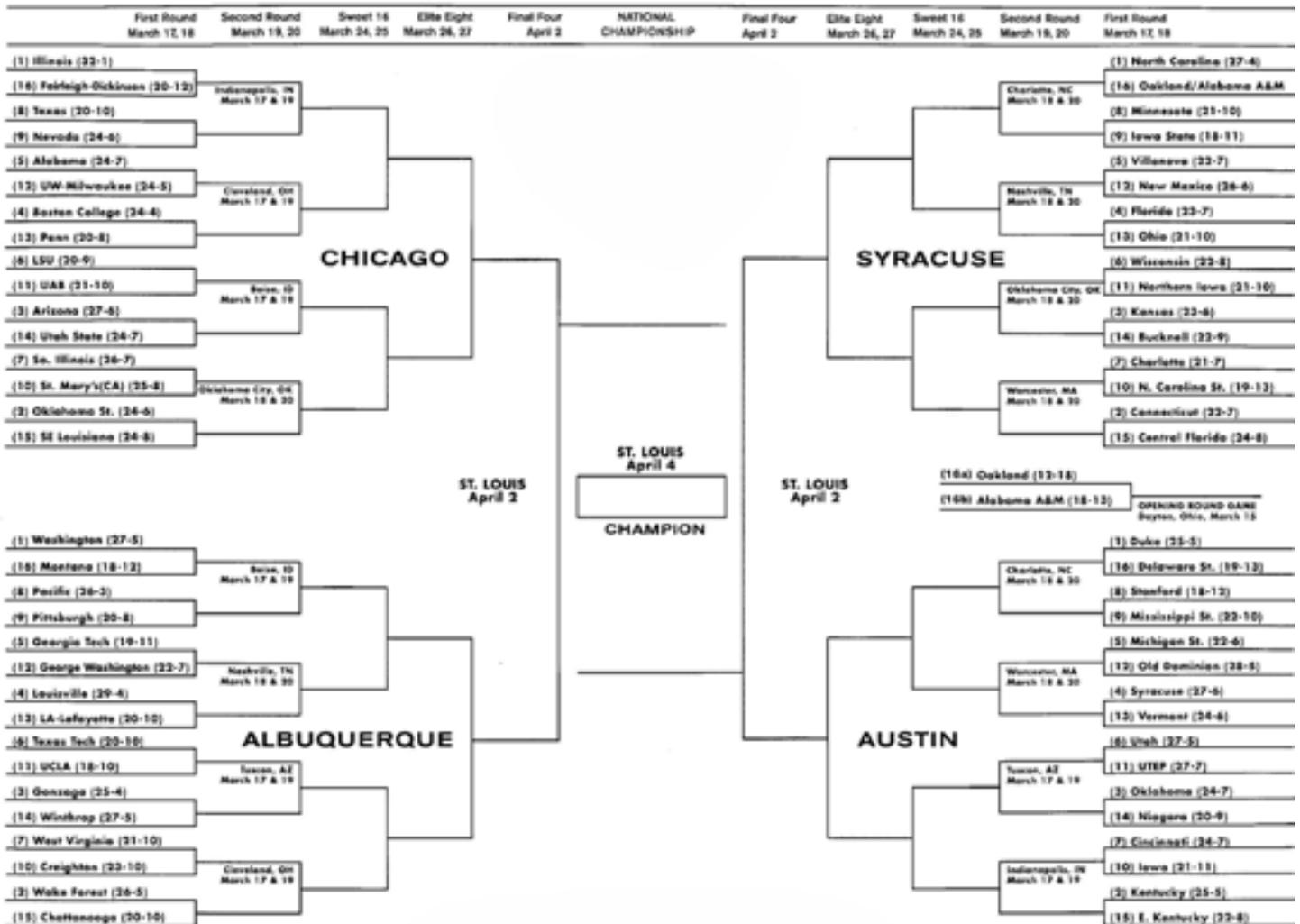
it. I started believing them.”

The selection committee this year did not give in to temptation. Big-name schools that did not perform were not selected. Notre Dame, Memphis and Maryland were among a few of those. So with the teams picked, the brackets posted, and the NCAA Men’s Basketball Championship on the horizon, who is going to take it all the way?

Some fans like to pick the underdogs, and I did enough of that in the NFL season by standing by the Broncos. I lost that bet, so I’ll try random luck and superstition this time. My pick is Illinois. Defeated only once, they are ranked as this year’s toughest team—and my wife is from Chicago. So there you go. Look for them to take it all the way. ■



Reach Army Cpl. Simon Cropp at 3589.



WorldWire: Next Star Wars not for children

March 12: Rape suspect shoots three people in courtroom and escapes police custody. ... **Cursed artwork** in England was petitioned to be destroyed, but the 14-ton piece of curse was saved by the City Council. ...

March 13: Rape suspect **Brian Nichols** is finally caught after possibly killing more than three people. Nichols gave up peacefully in the end.

March 14: **China's vote** to use force to stop Taiwan's move to independence is seen as an unfortunate development by many U.S. officials. ... A **gun discharges** in seven-year-old child's book bag, the bullet striking him in the hand; expected to make a full recovery. ... Rapper **Lil' Kim** takes the stand to face charges against accusations that she lied to a Grand Jury about a 2001 shooting. ... Animated movie **Robots** pulls in the top slot at this weekend's box office, collecting over \$30 million.

March 15: Wyoming health inspectors have found enough **facial jewelry in restaurant food** to consider banning facial

piercings on restaurant workers.

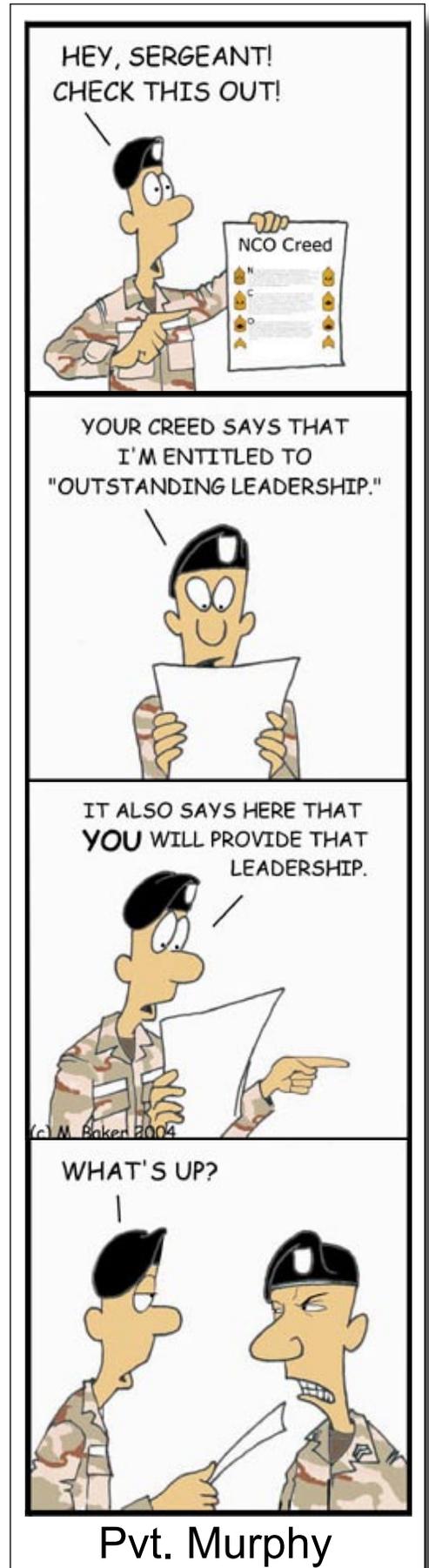
March 16: A Florida man is found dead after being partially eaten by a **nine-foot alligator**. Typically, gators are afraid of humans, but this specific one had been fed by humans who lived near the site of the attack. ... Convicted of murdering a woman in 1994, **Stanley Hall is executed**, the twelfth execution in the U.S. in 2005. ... The Senate appears evenly divided on upcoming vote on **oil drilling in Alaska** ... George Lucas says the new **Star Wars** may get a PG-13 rating, the first in the series to go above PG. The movie is not intended for young children, Lucas explains.

March 17: Monty Roberts, the man who tamed 70,000 wild horses, and inspired the movie "Horse Whisperer," has been called upon by British educators to help tame wily school kids...A man in Germany learned he hit a \$27 million lottery jackpot, the biggest individual win in German history, but had no time to chat with lottery operators as he was afraid of being late for work and angering his boss■



Navy photo by Petty Officer 1st Class Brien Aho

▲ Members of Alpha Task Force, 2nd Squadron, 11th Armored Cavalry Unit, hand out candy while providing security for the 155th Brigade Combat Team in the city of Hashwah, Iraq, on March 5.



Chaplain's Leadership Journal

Legacy: What are people saying about you?

By Navy Lt. Bruce Crouterfield

JTF-GTMO Chaplain's Office

When we look at what historians have written about certain people, we get an idea of what kind of impact these historical figures have made on history and the people around them.

For example, if we were to do some reading about George Washington, we would find that historians have characterized him with qualities of discipline, as being duty bound, persistent, loyal, a gentlemen, pious, a hard worker, a pursuer of wisdom and knowledge. In short, history remembers George Washington as a leader and a man of character. This is what people say about him; this is the legacy he has left behind.

The people we admire and hold up in our society; the leaders we honor are people of character.

Leadership is a character profession. One can lie and still be a successful salesperson; one can steal and be a flourishing data processor; one can cheat and have little trouble in the world. But to lead, to have real influence with others, to leave an assignment and be remembered and respected, one must be a person of character.

Reputation is what one is known for before he or she arrives. Character is what one is remembered for after he or she leaves. Effective leaders have a sense of what people are saying about them. If a distorted message is being passed, then the manner and quality of their communication needs to be addressed. But, what people are saying is a reflection of one's character and as leaders that is something each of us should be concerned about.

Effective leadership is not the product of outward techniques or gimmicks; effective leaders are remembered because of an inner quality that inspires others to follow ... the inner quality of character.

Solomon taught, "A good name is more desirable than riches; to be esteemed is better than silver or gold." ■

Cruise control

By Chaplain Kent Svendsen

JTF-GTMO Chaplain's Office

"...two of (Jesus') followers were going to the town of Emmaus. It was about a two day walk from Jerusalem. They talked of all these things that had happened. While they were talking together, Jesus Himself came and walked along with them." (Luke 24:13-15)

True Story: A certain man received money in the settlement of a lawsuit he had filed. It seems that he was driving his new motor home and decided he wanted to make himself a cup of coffee. So he put the vehicle on cruise control and headed to the back of the vehicle where the kitchen was located. Needless to say the vehicle left the road and there was a tremendous crash.

The lawsuit claimed that the vehicle's instruction manual should have stated that cruise control only maintained the set speed and didn't drive the vehicle for you. Therefore, the man didn't realize how important it was to continue to drive the vehicle and stay alert to what was going on around him.

The two followers in the scripture passage were in a similar situation. They were walking

along so engrossed in their conversation that they didn't pay much attention to the stranger who began walking with them. We know from the passage that the man was Jesus, but the two followers didn't realize it until much later. How different things might have been if they had paid better attention to what was going on around them.

The moral of the story is this: As you travel through life, look around to see what blessings and opportunities you may be missing on the way. And don't just put your life on cruise control or you might just crash. ■

Easter season chapel services

Holy Thursday, 24 March

Mass, 4 p.m., Troopers' Chapel

Mass, 6 p.m., Main Chapel

Good Friday, 25 March

Mass, 4:00 p.m., Troopers' Chapel

Mass, 6 p.m., Main Chapel

Protestant, 7:30 p.m., Troopers' Chapel

Holy Saturday, 26 March

Mass, 3 p.m. (No service)

Vigil Mass, 8 p.m., Main Chapel

Easter Sunday, 27 March

Protestant Sunrise Service, 6 a.m.,

Club Survivor

Protestant, 9 a.m., Troopers' Chapel

Mass, 6:45 p.m., Troopers' Chapel

Protestant, 7:30 p.m., Camp America

Chapel (3203)

WORSHIP SCHEDULE

CAMP AMERICA

Sunday	9 a.m.	Protestant Service	Troopers' Chapel
	6:45 p.m.	Catholic Mass	Troopers' Chapel
	7:30 p.m.	Protestant Service	Building 3203
Tuesday	7 p.m.	Alpha	Building 3202
Wednesday	7:30 p.m.	Soul Survivor	Club Survivor
Saturday	3 p.m.	Saturday Vigil Mass	Troopers' Chapel

See *GUIDEWIRE* for Easter season chaplain services

NAVAL BASE CHAPEL

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

NAVY PETTY OFFICER 3RD CLASS **MARCUS McCLAIN**

“It’s the first deployment where I have had a bed, electricity and a toilet.”

By Spc. Jody Metzger

JTF-GTMO Public Affairs Office

A special-duty corpsman and an experienced supervisor in the Navy, Petty Officer 3rd Class Marcus McClain is a great example of a model Trooper. He is currently stationed at Guantanamo Bay, Cuba, serving as a part of Operation Enduring Freedom.

Currently, McClain is assigned to the detention hospital, where he manages sick call and dispenses medications.

How long have you been in the Navy?

I have been in the Navy for four years.

Where were you in your life when you decided to join?

I was in high school and I wanted to do something that everybody else couldn’t do.

Why did you choose the medical field?

Because I thought it was a good challenge for me and I like helping people.

What are your duties as a special-duty corpsman?

My duties are to provide care to the Fleet and the mission of the Fleet.

How have you benefited from the experience?

I have learned a lot and also to better myself as a man mentally and physically.

Do you consider furthering your military and medical education?

I want to continue my career but I might change my rating (job) to more combat-oriented job.



Photo by Spc. Jody Metzger

What are your professional achievements?

Some of my achievements include making third class petty officer, receiving a combat-action ribbon and naval achievement medical during Operation Iraqi Freedom.

What has been your greatest military experience?

Definitely serving with the Marines during Operation Iraqi Freedom.

Where have you been deployed before?

Spain, Kuwait, Iraq and now Cuba.

What was it like for you in a combat environment?

It was an experience that has helped my life and has made me proud. Out there with the Marines, the corpsman is like a field-goal kicker for a football team. You’re not a big name, and every now and then you get forgotten about. But when a Marine is hurt, it’s like the fourth quarter with two seconds on the clock; you’ve got to win the game and save the service member.

As a corpsman, what is it like having to treat Troopers as well as the enemy?

I always try to treat people with the best

care, and out here some of the best care is just to listen to them. People want to talk about their families and/or just relate with someone. I really didn’t have to treat many enemies overseas, but I treated them as I thought and how naval medicine teaches triage in a combat zone.

How do you compare your past deployment with the Guantanamo mission?

It’s not bad at all. It’s the first deployment where I have had a bed, electricity and a toilet.

As a medical personnel working in Camp Delta, what is it like treating detainees?

It’s a new experience; you learn a lot about medicine and sick call even through the language and culture barriers.

What is the most important thing that you can remember about why you serve?

I want my family, and especially my daughter to grow up and be proud of her father. I also serve for the people serving next to me and hope to never let them down. ■

Reach Spc. Jody Metzger at 3499.

Free fitness assessments

By Spc. Jody Metzger

JTF-GTMO Public Affairs Office

How healthy are you? Now you can find out with a Fit Test Assessment at G.J. Denich Gym at a price you can't say no to. This free evaluation can answer what you have been asking yourself for years, whether you're healthy or not.

Most of us who walk into a gym will head straight over to the exercise bike or the weights and spend hours trying to squeeze fat tissue into muscle, but does it really work?

The quest for personal fitness has become one of the biggest time consumers here in Guantanamo. But is all the fuss of eating right and following a workout program from a magazine or infomercial really beneficial? Do certain workout regimens work better than others?

Most people who start a workout program, whether its pumping iron, taking protein supplements or becoming a cardio-stud and eating next to nothing, have followed a typical trend within the workout world.

Many have the perception that to be fit you have to either be a bodybuilder or run 40 miles a week. Yes, it is important to have a strong heart, but many tend to forget that they have muscle, tendon, and fat that also support this level of fitness. And it's hard to achieve without taking a few gradual steps toward a healthy workout, one that includes all five components of fitness.

What is good about this assessment, says Physical Trainer Karissa Sandstrom, is that people are able to see their five components of fitness: Flexibility, muscular endurance, muscular strength, cardiovascular, and body fat.

This fitness-assessment opportunity has been available for several months now and has turned many lives around by giving Troopers the inside scoop on their overall body fitness.

Having spent almost three years in Guantanamo, Sandstrom has seen hundreds of customers who have come into the gym looking for a solution to their health problems.

With all due respect to time, there is

no quicker way to a healthy body than patience. Any doctor or physical trainer will tell you that.

For starters, the Fit Test Assessment is individual based. Sandstrom designs programs to fit individuals' levels of health. "For a person who is off a workout routine for a year or two, it is going to take them a bit longer than someone who just quit a month ago. This is because their muscles don't remember anything or their body fat has gotten so high," Sandstrom said.

One way or another, Sandstrom maintains that a few adjustments to an already-established workout routine can make a noticeable difference.

"People when they start this program will begin to see significant changes," Sandstrom says. "No matter if you're in somewhat low body fat or even high body fat."

Some risks are involved when dealing with inadequate workouts. Without having a proper balance of all levels, said Sandstrom, there is a serious danger of injuries such as pulled muscles, shin splints, poor bone density, and cardiovascular problems.

If you are just doing cardiovascular workouts, Sandstrom says, your muscles will get tired faster and problems like shin splints will appear.

Most of us will forget about stretching, believing that it has no real effect on looks and the desired bulk that some of us crave. But to lessen the risk of injury, flexibility is a priority for those who want to maintain a healthy workout schedule.

It's not very effective if you can't work out because of an injury that you could have prevented. "If you're not doing flexibility training along with your workouts," Sandstrom says, "your muscles are going to tighten up more and more, and you're going to end up pulling something in the long run."

Based on the information from the assessment, there are a number of things you learn. Through graphs and tables, the testing program is designed to show areas of weakness and strengths. Not only will you get direct knowledge of your health but also information on how to fix problems.

"People ... will begin to see significant changes."

—*Karissa Sandstrom*
Physical trainer

"I help them work on areas they need to work on and give them tips on how to make their workouts more focused," Sandstrom said.

As one of the many free opportunities in Guantanamo, Sandstrom urges people to sign up for the Fit Test Assessment. This offer, although free here, can cost up to a hundred dollars in health gyms across the United States. And that doesn't include the personal trainer who designs the workout for you.

For a Fit Test Assessment appointment, call 2193. ■

Reach Spc. Jody Metzger at 3499.



Tae kwon do

Troopers can begin tae kwon do training to improve their mind, body and soul.

Tae kwon do training goals can help increase cardio stamina, physical endurance and strength, flexibility, mental awareness reaction time, balance & coordination, proper kicking techniques, proper punching & block techniques, total physical & mental discipline. For more information contact Head Instructor Matt Brittle at home (7981) or work (2156).

No matter your goals or what level you reach, you can continue your training stateside at a tae kwon do school.

Breakfast open longer!

Effective March 18, Seaside Galley breakfast hours will be 4:30 to 8:00 am.

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

Survivor serves Starbucks

Camp America's newly refurbished Club Survivor now includes Starbucks Coffee, serving from 6 a.m. to noon:

Hot Drinks

- Cappuccino
- Caffe' Mocha
- Caffe' Americano
- House Coffee
- Tazo Chai Tea Latte

Cold Drinks

- Iced Caffe'
- Americano
- Iced Caffe' Latte
- Iced Caffe' Mocha
- Iced Tazo Chai Tea Latte



Drinks are sold in 12-ounce or 16-ounce sizes.

Employment workshops

The Fleet and Family Support Center (Camp America, Building 2135) wants to help Troopers get the job before they get there.

For help writing your resume, call 4141 to register for workshops March 24 from 8:30 to 11:30 a.m. and March 25 from 1:30 to 3:00 p.m.

Step-parenting workshops

The Fleet and Family Support Center (Building 2135) wants to help you maintain a strong stepfamily.

The workshops are scheduled for 23 March from 11:30 to 12:30 p.m. For more information, please call 4141.

Volunteer opportunities

The Fleet and Family Support Center is recruiting volunteers for the Loaner Kit Program. Hours are flexible, and child care can be arranged through the American Red Cross. Positions require organizational and customer service skills. Data entry experience is great. For more information, please call Olivia O'Neal at 4675.

Sound off!

The Wire welcomes letters from Troopers for publication. Letters must have no more than 350 words and include the Trooper's name, 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. 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@jtfgtmo.southcom.mil.

Legal careers

Thinking about a career in the legal profession? Interested in a mentoring program? Contact the Guantanamo Bay Bar Association. For more information, call Lori Nygard at 4692 or Cathy Rodriguez at 4096 or 4139.

Need a ride to the Post Office?

Camp America residents who need to go to the Post Office, perhaps to mail items home as they prepare to leave the island, can call J-4 Trans at 3137 or 3138.

15 Minutes of Fame

Know a Trooper worthy of being highlighted in "15 Minutes of Fame?" Call Army Staff Sgt. Cavett Ishihara at 3594.

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 Staff Sgt. Cavett Ishihara at 3594.

PUMPKIN COOKIES

These are the neighborhood favorite. They will melt in your mouth! The key to great cookie cooking is spooning equal-size portions onto the cookie sheet. My family uses a 2-3 ounce ice cream scoop. Also a cooling rack helps, but few will survive the cooling process. I also highly recommend using a quality semi-sweet chocolate chip.

Wet Ingredients

1/2 cup butter; 1 small can pumpkin-pie filling; 1 egg; 1 tsp. vanilla

Dry Ingredients

1 tsp baking powder; 1 1/2 tsp cinnamon; 1 bag chocolate chips; 1 cup packed brown sugar; 2 cups flour; 1/2 tsp baking soda; 1/2 tsp nutmeg; 1/4 tsp salt

Mix butter and brown sugar. Add egg, pumpkin and vanilla. Mix well. Sift in dry ingredients. Mix well. Add chocolate chips last.

Bake at 350 degrees for 10 to 14 minutes.

—By Army Staff Sgt. Cavett Ishihara

Kitchen

Movies

DOWNTOWN LYCEUM		CAMP BULKELEY	
FRIDAY		FRIDAY	
7 p.m. Racing Stripes PG 102 min		8 p.m. In Good Company PG13 110 min	
9 p.m. Are We There Yet? PG 95 min		10 p.m. Closer R 104 min	
SATURDAY		SATURDAY	
7:30 p.m. Tops in Blue		8 p.m. Racing Stripes PG 102 min	
SUNDAY		SUNDAY	
7 p.m. The Phantom of the Opera PG13 141 min		10 p.m. Are We There Yet? PG 95 min	
MONDAY		MONDAY	
7 p.m. In Good Company PG13 97 min		8 p.m. The Phantom of the Opera PG13 141 min	
TUESDAY		TUESDAY	
7 p.m. In Good Company PG13 110 min		8 p.m. Assault on Precinct 13 R 109 min	
WEDNESDAY		WEDNESDAY	
7 p.m. Coach Carter PG13 137 min		8 p.m. Are We There Yet? PG 95 min	
THURSDAY		THURSDAY	
7 p.m. Assault on Precinct 13 R 109 min		8 p.m. Elektra PG13 97 min	

MWR

- March 18:** Kimberly Burns Band, Club Survivor, 8 p.m.
- St. Paddy's Day Celebration, Bayview/Windjammer, 6 p.m.
- March 19:** Air Force Tops in Blue, Downtown Lyceum, 7 p.m.
- March 25:** Youth Lock-in (teens only), Gym, 7 p.m.
- March 25/26:** Art Show, Bayview, 6 p.m.
- March 26:** The Grand Easter Egg Hunt, Cooper Field, 10 a.m.
- April 2:** Sailing Regatta, Sailing Center, 10 a.m.

Seaside Galley

Today	Lunch	Barbecued beef
	Dinner	Seafood platter
Saturday	Lunch	Baked fish
	Dinner	Chicken Parmesan
Sunday	Lunch	Roast Porkloin
	Dinner	Sherperd's Pie
Monday	Lunch	Pepper steak
	Dinner	Roast turkey
Tuesday	Lunch	Barbecued ckicken
	Dinner	Chicken & beef fajitas
Wednesday	Lunch	Pineapple chicken
	Dinner	Cantonese spareribs
Thursday	Lunch	Caribbean chicken
	Dinner	Salisbury steak
Friday	Lunch	Parmesan fish
	Dinner	Steamship round of beef

Ferry Schedule

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

Buses

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
Ordinance	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			
Camp America Bus 1			Camp America Bus 2		
Camp V	00	30	Camp V	15	45
Sally Port 1	03	33	Sally Port 1	18	48
Bulkeley Bench	05	35	Bulkeley Bench	20	50
Mini Mart	06	36	Mini Mart	21	51
MWR	08	38	MWR	23	53
Chapel	09	39	Chapel	24	54
MWR	20	50	MWR	05	35
Mini Mart	22	52	Mini Mart	07	35
Bulkeley Bench	23	53	Bulkeley Bench	08	38
Sally Port 1	26	56	Sally Port 1	11	41

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.