



THE WIRE



Honor Bound To Defend Freedom

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Friday, March 25, 2005

15 Minutes of Fame, pg. 11



The 525th Military Police Battalion Command Sgt. Maj. Joseph R. Graves (center) assists Joint Detention Operations Group Commander Lt. Col. Gregory L. Hager with the unfurling the 525th M.P. Battalion colors during the activation ceremony held March 21 at Bulkeley Field.

525th Holds Activation Ceremony

Story and Photo By
Army Staff Sgt. Cavett Ishihara
JTF-GTMO Public Affairs Office

Joint Task Force Guantanamo Commander Army Brig. Gen. Jay W. Hood hosted the activation ceremony for the 525th Military Police Battalion Monday March 21.

As part of the ceremony, Army leaders uncased and unfurled the battalion's colors under military order, making the battalion's activation official.

"This is an important day for the troopers on the field, for the leaders of

this battalion, and certainly for this joint task force," said Hood. "The activation of this battalion serves to demonstrate the Army's continued commitment to provide trained and ready forces to the Global War on Terror."

"Each and every one of you standing on this field should feel extremely proud of what you have accomplished and what this new battalion stands for," said Hood. "I am confident that the 525th Military Police Battalion will carry on the tradition of our Army's military police corps by providing the safe, humane custody of the enemy

combatants being held here at Guantanamo Bay."

Commanding the men and women of the 525th Military Police Battalion is Army Lt. Col. Robert K. Burk. As the commander of the 525th, Burk will work closely with the commander of the Joint Detention Operations Group to carry out the detention mission for Joint Task Force Guantanamo.

See back page...

Rumors, Integration and Uniforms

By Command Sgt. Maj. Angel Febles

JTF-GTMO Command Sergeant Major

As I circulate throughout Guantanamo Bay Naval Base, I never miss an opportunity to talk to our Troopers.

One of my first questions is, "What are the latest rumors?"

The answers are many and sometimes quite entertaining. But on a serious note, I usually ask questions relating to the welcome and integration of the Trooper and the unit, quality of life, etc.

On the average about two thirds are doing well, stay informed and are taken care of by their leadership.

However, about one third questioned concern me. Most of the issues stem from an incomplete

welcome and integration process, morale, welfare and quality of life. We have systems in place to solve any of these issues, but it requires leadership involvement. We must keep Troopers at all levels well informed, because they are not informed that is how unfounded and inaccurate rumors occur.

"Get your facts first, and then you can distort them as you please."

— Mark Twain

Integration: The integration of the new force begins with leaders at all levels. Troopers expect a briefing that specifies and delineates their mission, duties and overall responsibility.

Some leaders shun their responsibility and expect that the Trooper (through self-discovery) research, read and understand what is expected of him or her. But it is a leader's responsibility to read and explain (as a minimum) the standard operating

procedures, commanders' policies, NAVBASE regulations and safety, etc.

One of the best forums of leader-to-Trooper communication is during initial developmental counseling, because it is a one-on-one setting that encourages a professional two-way conversation. The counseling session should leave no doubt in the Trooper's mind of what is expected of them and leader.

As we all start getting adjusted to a



Archive Photo

new routine, there will be understandable issues of adjustment. Eventually everyone will achieve a degree of operational proficiency that will reflect confidence, competence, and teamwork.

On a safety note, I forwarded guidance on the procedures for acclimation. Please ensure all understand and comply—failure to do so can lead to unnecessary heat injuries or worse. It can be fatal.

Leaders: The responsibility of taking care of your Troopers rests on your shoulders. Take care of them.

I am absolutely pleased how well the transition between GTMO 5 (5.5) and 6 is going; you are all a great team of professionals." You are all doing a great job and our nation is proud of what you do on a day-to-day basis in support of the Global War on Terrorism.

Honor Bound to Defend Freedom!

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AROUND THE JTF

► Named Joint Task Force Non-Commissioned Officer of the Quarter for second quarter 2005, Army Staff Sgt. Ezra Tafessa encourages all enlisted troops to compete for the honor when provided the opportunity. “The JTF opportunity can help prepare you for your next job interview or even your next promotion board,” said Tafesse. Spc. Bayen Lee (not pictured) was awarded the Junior Enlisted Servicemember of the quarter.



Photo by Staff Sgt. Cavett Ishihara



Photo by Army Staff Sgt. Cavett Ishihara

◀ Joint Task Force commander, Brig. Gen. Jay W. Hood congratulates soldiers of the 2nd Battalion, 113th Infantry Regiment on earning the Expert Infantry Badge. In total, 20 soldiers earned this badge during their deployment here in Guantanamo Bay.

Stars shine on stage

Karaoke on Guantanamo

Story and Photo By Spc. Jody Metzger

JTF-GTMO Public Affairs Office



Senior Airman Becky Wolf entertains the audience at the Windjammer during Wednesday Night Karaoke.

The limelight dims onto your face. The music fades and the crowd cheers. Their showering applause is for you. If this sounds like your rock-star dream, that's great, because this dream can come true at Wednesday's Windjammer Karaoke Night.

Scheduled every week, karaoke lets music fans be somebody else, even if it's just for 4 minutes and 22 seconds. By singing the lyrics to their favorites songs on stage with an audience, Troopers can have their moment of fame.

In the last 10 months, Karaoke Disc Jockey Richard McMullen has seen and heard some of the great and not so great singers on the island, but that's

the upside of the entertainment.

"It's a release and it allows Troopers to show a talent; a side of themselves that they don't normally show," McMullen said. "The whole idea of karaoke is that they can be a celebrity on stage and give them a chance to show a different personality that they wouldn't be able to show given the type of job we are in."

McMullen's goal was to support the crowd with his carefree philosophy. "Most people find themselves terrified of going up on stage," he said. "Nobody gets booed. At

the very worst, the audience might have a laugh or two, but it's all in good fun in a friendly, family-oriented atmosphere."

For several weeks now, Karaoke Night has been hitting its highest attendance mark, bringing in more than a hundred wannabe rock stars. This dynamic number can only mean one thing: Karaoke is hot!

"It's the only place where we can listen to all different types of music," said Karaoke Fan Army Sgt. Jessyca Norman, "I feel that there is a camaraderie that all my soldiers can be here together, whether they are into hip-hop, salsa, reggae, or country," she

said. From the good, bad, and the ugly there are a few gems in the bunch that stand out. Troopers like Senior Airman Becky Wolf stand out because of her amazing voice. Singing every chance she gets, Wolf says, she views singing karaoke as a blessing and as a chance to work toward her dream.

"I want to try out for the Air Force Band," Wolf said. "So I like to come here for the practice."

But for every star, there should also be a fan, so not everyone sings. And that is okay, says McMullen. Trying to coax people out of their shell is a hard thing.

As McMullen reminds participants, "The bravest and the best sing, and when you are one of the bravest you are one of the best."

■ Reach Spc. Jody Metzger at 3499.

"The bravest and the best sing and when you are one of the bravest you are one of the best,"

--Karaoke Disc Jockey Richard McMullen.

Karaoke times and locations:
Windjammer
Wednesday 6:00-midnight
Club Survivor
Thursday 8:00-11:30 p.m.

Chaplain's Leadership Journal Wisdom

By Navy Lt. Bruce Crouterfield

JTF -GTMO Chaplain's Office

Wisdom can be elusive, and it often seems to be in short supply. Being crafty, shrewd, well informed and even highly educated is not the same as wisdom. Wisdom is the ability to use the best means at the best time to produce the best results. Wisdom is knowledge deepened by understanding, applied with skilled experience. It is a practiced application of truth to ordinary matters of life.

The critical principle of wisdom is that when people refuse to act on what they know or refuse wise counsel and ignore perceptive advice, they will in the end find themselves in trouble. In the midst of difficulty, they are haunted by the wisdom they disregarded. The voices that were filled with insight come flooding in while they are caught in their dilemma, yearning for the ability to turn the clock back and undo what they cannot change. Wisdom tends to ignore those who call in times

of trouble or distress.

A basic tenet of wisdom is to have a long-range view of life. Fools live for the present with little or no consideration for the consequences of their actions. But the wise anticipate the cost of their actions and conduct themselves accordingly.

Wisdom surrounds us and calls to us offering the fruit of knowledge; some listen, some don't. The effective leader hears the call and becomes a student. Effective leaders search after wisdom like it were silver or gold and then apply it with skilled experience.

"Get wisdom, get understanding; do not forget my words or swerve from them. Do not forsake wisdom, and she will protect you; love her, and she will watch over you. Wisdom is supreme; therefore get wisdom. Though it costs all you have, get understanding."

—Solomon

Easter season chapel services

Holy Thursday, 24 March
 Mass, 4 p.m., Troopers' Chapel
 Mass, 6 p.m., Main Chapel

Good Friday, 25 March

Protestant Sunrise Services,
 6:45 a.m. Bayview Terrace
 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)
 Movie Showing, "Passion of Christ"
 Bulkeley Hall Auditorium

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

Reaching Goals At GTMO

By Army Sgt. Scott Faddis

JTF-GTMO Public Affairs Office

Army Sgt. Scott Faddis during the 26 mile Las Vegas Marathon. He completed the marathon in four hours and 45 minutes.



I stumbled upon the idea of running a marathon.

I trained with the Army Ten-Miler Team until October. After that, Army Sgt. Michelle Olson and Sgt. 1st. Class Brian Holderness continued running and started training for a marathon. I ran with them, but as the distances got longer and more painful I had to commit to a marathon or find new friends. Good friends are hard to find, so I opted to keep training with my friends for the marathon.

The training lasted 18 grueling weeks, increasing in intensity each week. For example, we ran a 19-mile training run on Christmas morning.

Race day arrived and Olson and I were running in the Las Vegas Marathon.

The race started with the usual anticipation. We both resisted the temptation to sprint away at the beginning; we didn't want to tire ourselves out too soon.

We both had a goal of four hours (a 9-minute mile pace). At the 2-mile mark Olson and I split up, she ran ahead and I just kept with the pace.

I could hear my training partner/coach, Holderness, in my head, Have a plan, follow the plan and trust the plan. I was going to stick to the plan.

The first eight miles were a gradual uphill climb, but I was cruising along fine.

At 13.1 miles I caught up with Olson, I knew that she would speed up and it would not last. At this point I was a quarter mile ahead of schedule and doing great. I was confident that I would meet my target finish time.

Around 14 miles into the race a chilly headwind hit that drained the life out of me. Running against the wind was harder than running uphill, but I continued on.

At mile 17 things started to get shaky. My left foot started to have a pain in it. I tried to work it out, but that failed. I tried to ignore it, but that didn't work either. I ended up having to slow down to a 10-minute mile pace.

After another mile my foot hurt so bad that I had to walk for a minute. The pain was a stabbing



along the outside of my left foot.

My confidence started to fade. I was at mile 19 with seven more miles to go. I am freezing and my legs are starting to cramp up really bad. I started to worry that I might not finish the race.

When I reached the 20-mile mark my confidence started to return. I promised myself that **I was going** to finish, even if I had to crawl the last six miles. Shortly after that I realized how long a marathon really is.

At 23 miles I had to walk, my foot was killing me. People were stopping by the side of the road stretching out aches and pains. I could not stop because I was afraid that if I stopped I would not be able to start again.

I tried running on the dirt. It did not help the pain in my foot. I ended up getting a rock in my shoe. I thought about stopping to take it out, but then I thought about it and realized that of all of the pains that I was feeling at the time, the rock in my shoe was the least of them. So I kept going.

Right then a barefoot runner passed me. I had to fight every urge not to tackle him. I had done everything right: I trained, was wearing the right shoes and socks, but my foot was killing me and my marathon goal. And next to me is this idiot running barefoot!

To add insult to injury, slow people were starting to pass me.

I remember a trick that a friend recommended to me: Focus on running to the next telephone pole. Too bad Vegas has underground phone lines.

From mile 24, it was all downhill. I was telling myself that I can run two miles in my sleep, so this last bit should be easy to just jog out. My foot was not cooperating with my attempts to boost my confidence. I would run until the pain became unbearable and then walk until it decreased enough to run again.

I was walking with about 1.5 miles left when an older woman walked by and told me, "Keep going. It's just a little longer. You've made it this far."

I believed her, so I started running again. I ran for at least five minutes straight. But that was all that I had left in me.

With only a half mile to go, I was able to run to the end.

When I crossed the finish line and heard people cheering me on, I felt a great sense of accomplishment. I was so happy to be finished. I ended up finishing in 4 hours, 45 minutes—not my goal, but a respectable time.

Olson finished just under her goal with a time of 3:58:13.

The 300-yard walk back to the car was the hardest of the day. My legs were shaking and freezing up every 50 feet.

I later found out that I had plantar fasciitis. The tendon that runs along the bottom of my foot was inflamed.

For 10 years I have had the goal of finishing a marathon. Physically, it was the hardest most grueling thing I have ever done. I can't wait to do another.



Photo by Rachel Biber

After running 26.2 miles, Army Sgt. Michelle Olson and Army Sgt. Scott Faddis take pride in reaching their running goals.

BOOTS ON THE GROUND

Army Cpl. Simon Cropp asks ... "Is GTMO different than you expected?"



◀ "Not quite; I expected palm trees and green grass. But the job is exactly what I expected."

—Army Spc. Alisha Knight

▶ "If the Lord's hand is in it, then it's always good."

—Army Staff Sgt. Mario Canedo



◀ "I am normally from Puerto Rico, so I am used to the climate. It's a lot better here than most places I've served. I'm really enjoying myself here."

—Petty Officer 3rd Class Angel Melendez

▶ "It's not. I am used to the heat and the JTF way of life."

—Petty Officer 2nd Class Francisco Cancel Jr.



Call Home

By Army Spc. Jeff Zaine

JTF-GTMO Public Affairs Office

Call home using a computer

Calling home is a good way for Troopers to stay in touch with friends and family. Through the Morale, Welfare and Recreation (MWR) computer and phone services, Troopers have more than one option to stay in touch with friends and family. One such service is commonly referred to as Dialpad.

By using a headset with a microphone, Troopers can plug into an MWR computer and call home via the Internet. The main software is already installed on several MWR computers, so Troopers can follow these steps to get started:

1. Visit www.dialpad.com from a MWR computer for a program overview.

2. Review and select a pricing plan. Listed on the site are two pricing plans. Prices may change, so make sure you select a plan that fits your needs. A few popular options are listed below:

a. **Dialpad Prepaid PC-to-Phone** is available for \$15 or \$25. This option allows customers to call worldwide. There is no monthly fee, and you are only charged for the calls you make.

b. **Dialpad monthly** has several pricing plans. Dialpadmonthly300 is billed every 30 days at \$7.50 and gives you 300 minutes, less than 2.5 cents per minute. Dialpadmonthly500 is billed every 30 days at \$9.99 and gives you 500 minutes, less than 2 cents per minute. Dialpadmonthly1200 is billed every 30 days at \$19.99 and gives you 1,200 minutes, less than 1.7 cents per minute.

The Dialpadprepaid PC-to-Phone and Dialpadcallingcard Phone-to-Phone have a 120-day expiration period from the date of purchase or last recharge. The Dialpadmonthly PC-to-Phone service has a 30-day expiration period from the date of last recharge. The next day, your card will be recharged for another 30 days of service and a new set of minutes will be available in your Dialpad account for use.

Headsets are available at the Navy Exchange.

Reach Spc. Jeff Zaine at 3650.

Spear Fishing

Tournament

**Story and Photos By
Army 1st Lt. Bruce Roberts**

JTF-GTMO Media Relations Officer

As the Sunday morning sun rose over Guantanamo Bay (GTMO) March 20, nearly 50 steely-eyed divers gathered at the marina for a spear fishing tournament.

Sponsored by Ocean Enterprises, the tournament kicked off the first day of spring by bringing together GTMO's free divers and SCUBA divers.

Split between SCUBA and Free Dive categories, teams were required to have a minimum of three divers. Each team was challenged to spear as many legal fish as possible.

"I just love the competition here," said Werner Kurn, GTMO's dive shop owner and tournament sponsor. "Everyone comes together, and there is a real camaraderie."

By the end of the contest, divers speared and weighed in a total of 427 pounds of fish.

The overall individual winner was Guantanamo Bay's Lifeguard Supervisor and Free Diver Anthony Roberts. Roberts marveled participants with a 42-pound grouper.

"My secret is being sneaky and quiet in the water, you gotta be real smooth," Roberts said.

Thanks to his spear fishing efforts, Roberts's team won the Free Diver's category. Winning the SCUBA team event was the team spearheaded by Cdr. William Wright, a dentist at the naval station hospital. His team shot a 38-pound amber jack.

"It was a great time, a perfect way to kick-off the springtime season. I have been cursed until now. These were my first two fish, so it was a good time to come through for my team. After six dives I am exhausted," said teammate Lt. Cdr. Dave Dromsky, GTMO's orthopedic surgeon and dive medical officer.

Army Capt. Eric Lendewig from the Joint Task Force J-3 proudly displayed his best catch of the day, a 13-pound hog snapper. Lendewig says he's been diving here for four months, and he loves the sport and praised the spear fishing competition.

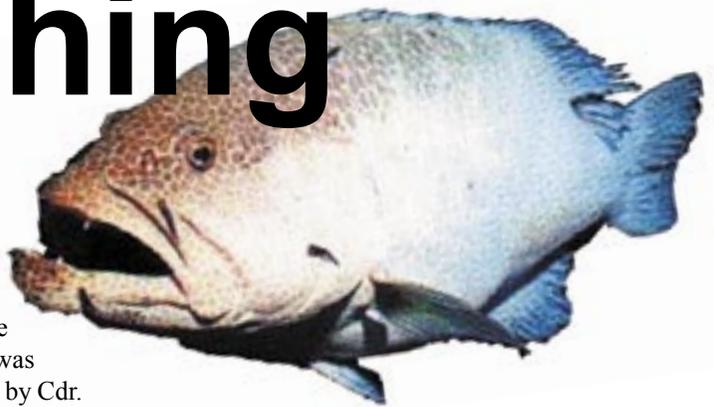
"It's a lot of fun and it's free. It's fun to get all the spear fishermen together and see what all the experienced guys bring in," said Lendewig.

Ocean Enterprises awarded prizes both teams and individuals. Prizes included

everything from dive lights to spear guns and wetsuits.

Ocean Enterprises also sponsored brand representatives and reporters for the event. Following competitors throughout the competition, reporters from *Scuba Diving Magazine*, *Financial Times* and *Men's Journal*, interviewed and photographed the tournament's diverse pool of diving participants. They also spent time seeing the base, learning some of its history and enjoying some of the many dive sites. Their coverage should be published in their June or July editions. ■ *Reach 1st Lt. Bruce Roberts at 3734.*

Army Sgt. Sal Bonilla resurfaces from the deep after spearing this 8-pound barracuda during the Guantanamo Bay's spear fishing contest March 20. Bonilla nabbed his catch off Phillip's Park.



This 42-pound grouper is being weighed on a hook, but Anthony Roberts shot it with a spear during a free dive at Windmill Beach. Roberts and his team pulled more than 120 pounds of fish from their "bottomless cooler." A GTMO fish story for history.



ing Magazine, *Financial Times* and *Men's Journal*, interviewed and photographed the tournament's diverse pool of diving participants. They also spent time seeing the base, learning some of its history and enjoying some of the many dive sites. Their coverage should be published in their June or July editions. ■ *Reach 1st Lt. Bruce Roberts at 3734.*

Army Sgt. Sal Bonilla resurfaces from the deep after spearing this 8-pound barracuda during the Guantanamo Bay's spear fishing contest March 20. Bonilla nabbed his catch off Phillip's Park.



◀ Distinguished guests break ground for the new Detainee Hospital Psych Ward March 23.

Photo by Spe. Chris Gardner

► Members of the Naval Mobile Construction Battalion Detachment Guantanamo finish their latest construction project, the Cable Beach Cabanas. The new cabanas have lights and electricity.



Photo by Staff Sgt Cavett Ishihara

15 Minutes of Fame



Navy Seaman Charlotte Lyon

Navy Seaman Charlotte Lyon works in the Camp Delta Detention Clinic, providing medical services to detainees. She is active duty Navy from South Carolina, where she works in a clinic. Lyon earned the Sailor of the Month award in January for her positive work and good attitude while on the job, and continues to motivate and inspire those who work around her.

The Wire: What is your mission here?

Lyon: I work out of Delta Clinic. We walk the blocks, providing one-on-one medical coverage and care to every detainee. I do several med-passes, sick call, and respond to any emergency situations involving detainees. We as corpsmen are the liaisons between the Medical Officers, Specialists, Dental, occasionally Psych and the detainees.

What do you do back home?

Lyon: I do a little bit of everything. I do sick call for the Marines. You name it I've done it, from suture to I.V.'s. It's a big change.

What are some differences from home to Guantanamo?

Lyon: Patient care remains the same; we still provide the same care for [the detainees], but their attitudes are a little different. I am used to working with Marines. You can tell a Marine to do something and he'll jump up and do it while holding a bucket and throwing up, but here [with detainees] it's a little different.

What expectations did you have when



Photo by Army Cpl. Simon Cropp

you came? Were things different?

Because of the similarity of our jobs back home, we sort of just showed up and hopped into the mission. The corpsmen here before us were really good and they walked us through it all. We go through and walk the blocks and because I'm a female, a lot of [detainees] won't even look at me. Some will say their wrist hurts, but they're not going to let you touch it. I've been cussed at, called ugly names—they tend to not like the females. We're medical, we take care of male and female Marines and it's no different for the detainees unless they ask.

How do you overcome those problems?

You smile and suck it up. You never get angry and just get back out there. Don't let it get to you.

How did you prepare for the half marathon?

Hydrating was important. I started out running about two miles a day, and slowly worked it up from there. I got up to 8 or 10 miles. Once I finished the half

marathon, though, I haven't run as much since.

What kind of things do you do in free time?

The weather here is absolutely beautiful. I love snorkeling and it's a very close community. You walk outside of your home and see all the corpsmen from work. You meet a lot of new and different people.

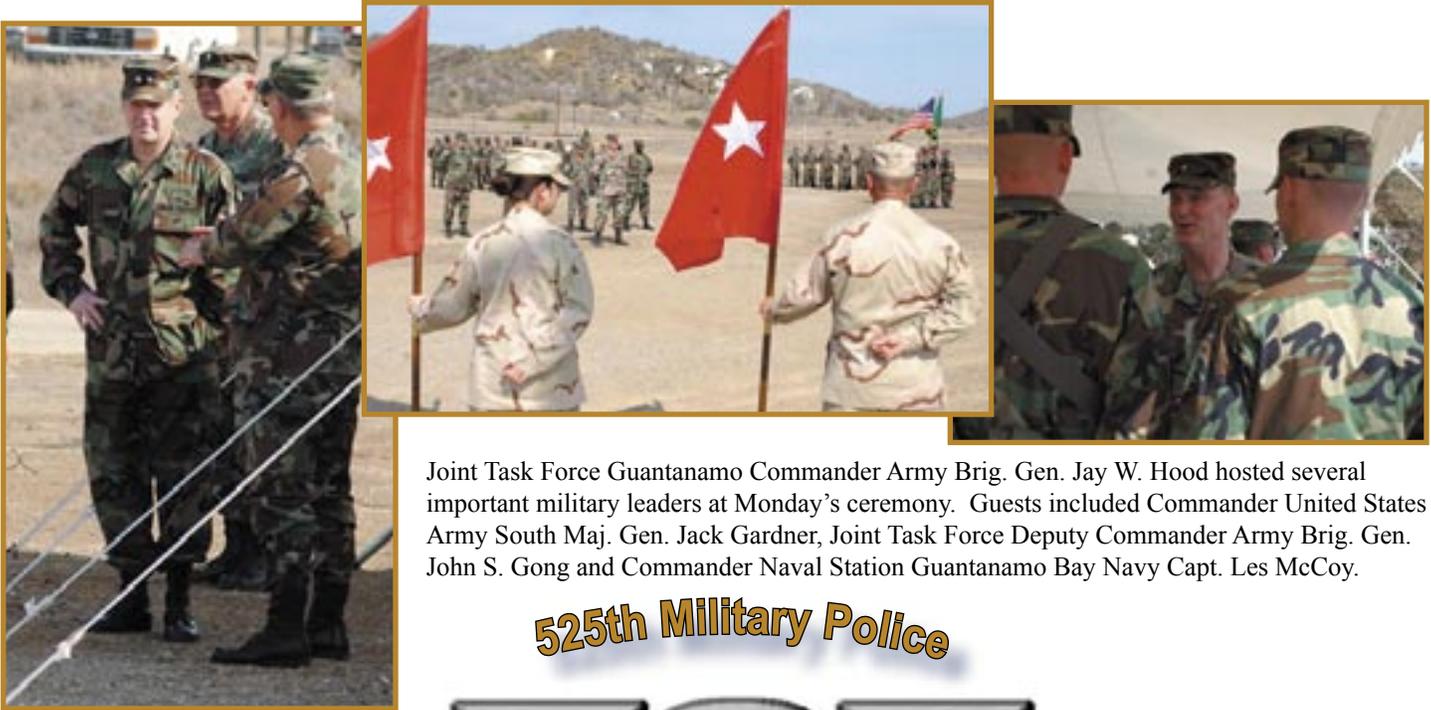
What plans do you have for the rest of your deployment?

There's a 10-mile run coming up, I would like to do that. I'm going to start my sociology and American History class. I ran a half marathon. It was long. A lot of people from my clinic participated in the run, while the others provided medical support.

Will you pursue that career path in the military?

I haven't really decided. I'm going to finish my pre-med degree while I'm in. I have three years left, and then I'll hopefully put an officer package together.

A Snapshot In History...



Joint Task Force Guantanamo Commander Army Brig. Gen. Jay W. Hood hosted several important military leaders at Monday's ceremony. Guests included Commander United States Army South Maj. Gen. Jack Gardner, Joint Task Force Deputy Commander Army Brig. Gen. John S. Gong and Commander Naval Station Guantanamo Bay Navy Capt. Les McCoy.

525th Military Police

525

"VIGILANT WARRIORS"

Activation Ceremony

The 525th Military Police Battalion's activation ceremony March 21 was filled with Army tradition. Uncasing the 525th Battalion's colors Monday, marked the official activation of the battalion. A battalion's colors represent the honor and integrity of the unit. They symbolize the glories of the past, stand guard over the present and provide inspiration for the future.



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.



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@jftgtmo.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.

Welcome To The Reef Raiders Dive Club of GTMO Est. since 1952

- Open Water Beginners Class Slots available
- Want to go further Advance Open water Class Slots available

More Info at:
www.Reefraiders.org



APRICOT CHICKEN

Apricot chicken is a great family style dish you can cook while doing other things. This dish takes very little prep time and requires even less "babysitting." My family serves this over white rice with a vegetable on the side. Apricot chicken is less tangy than most sweet-and-sour dishes, so kids love it too.

- Apricot chicken
- 1 package of Lipton onion soup mix
 - 1 cup apricot jam
 - 1 bottle Russian Salad Dressing (8oz)

Cut up three or four chicken breasts, placing all ingredients in to a crock-pot or covered oven dish. Cook at 350 degrees for 45-60 minutes.

As a side note, when cooking chicken or fish, make sure the recipe calls for a liquid ingredient. If not add 2-4 ounces of water to the dish. It will keep the meat moist.

By Staff Sgt. Cavett Ishihara

Kitchen

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.

Movies

DOWNTOWN LYCEUM		CAMP BULKELEY	
FRIDAY		FRIDAY	
7 p.m. <i>The Robots</i> PG 83 min		8 p.m. <i>In Good Company</i> PG13 110 min	
9 p.m. <i>Sideways</i> R 123 min		10 p.m. <i>Closer</i> R 104 min	
SATURDAY		SATURDAY	
7 p.m. <i>Are We There Yet?</i> PG 96 min		8 p.m. <i>The Robots</i> PG 83 min	
9 p.m. <i>Alone In The Dark</i> R 96 min		10 p.m. <i>Sideways</i> R 123 min	
SUNDAY		SUNDAY	
7 p.m. <i>The Wedding Date</i> PG13 89 min		8 p.m. <i>Alone In The Dark</i> R 96 min	
MONDAY		MONDAY	
7 p.m. <i>The Robots</i> PG 83 min		8 p.m. <i>The Wedding Date</i> PG13 89 min	
TUESDAY		TUESDAY	
7 p.m. <i>Sideways</i> R 123 min		8 p.m. <i>The Robots</i> PG 83 min	
WEDNESDAY		WEDNESDAY	
7 p.m. <i>Alone In The Dark</i> R 96 min		8 p.m. <i>Sideways</i> R 123 min	
THURSDAY		THURSDAY	
7 p.m. <i>The Wedding Date</i> PG13 89 min		8 p.m. <i>Alone in The Dark</i> R 96 min	

MWR

- 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	Parmesan fish
	Dinner	Steamship round of beef
Saturday	Lunch	Baked ham
	Dinner	Veal parmesan
Sunday	Lunch	Chicken cordon bleu
	Dinner	Sweet and sour pork
Monday	Lunch	Swiss steak
	Dinner	Swedish meatballs
Tuesday	Lunch	Pork adobo
	Dinner	Roast porkloin
Wednesday	Lunch	Yankee pot roast
	Dinner	Teriyaki steak
Thursday	Lunch	Barbecued spareribs
	Dinner	Roast turkey
Friday	Lunch	Mambo pork roast
	Dinner	French fried shrimp

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.