



THE WIRE



Honor Bound To Defend Freedom

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15 Minutes of Fame, pg. 11

Detainee Operations: Food for thought

Story and photos by Spc. Jeshua Nace

JTF-GTMO Public Affairs Office

In America, eating can be many things ranging from just habit to a religious experience, but in the Islamic culture there are many special preparations required by their beliefs. Detainees here can earn many privileges inside Camp Delta, but all of them have the right to eat.

The detention center takes a “needs” approach to food services. Keeping the detainees healthy is an important mission that never stops. Detainees are treated as individuals. They aren’t all the same, and they don’t all have the same needs.

“Some detainees have special meal requirements. The Joint Medical Group directs any special meal requirements, which could be a meal catered around their special needs, like if they have an allergy or if they’re diabetic. They will receive a special meal if a detainee needs extra calories or wants double portions. About 10 to 20 percent of the detainees have these special needs, and these special meals are prepared separately from the regular meals,” said Navy Lt. j.g. Douglas Quinn, a food services supervisor.

They are given more than just what they need to survive, too. Detainees are given treats such as baklava, cake or cookies once a week. Some detainees are vegetarians and can opt to receive vegetarian meals to meet their personal needs.

“The food will be mashed if they have gum or tooth problems. If they have a tooth pulled, they would want mashed food for several days. When that happens, medical authorizes a change in the food preparation. We have a lot of day-to-day changes, and the galley accommodates that,” said Quinn.

The menu for detainees was created by a nutritionist to ensure they don’t have the same type of meal on consecutive days. A well balanced diet is given to the detainees, including meats, vegetables, fruits and drinks. The drinks include juices and teas.



Troopers of the Naval Provisional Guard hand out lunch to detainees inside of Camp 1.

All of the bread is made fresh before it is served to the detainees. In the Islamic culture, it is customary to eat only fresh bread.

“Menus are created with sensitivity for Islamic cultures-no fried food and no pork. Each day they receive around 2,600 calories. Detainees receive three hot meals a day. They have the option of fasting, which means they will be served their meals in accordance with Islamic culture. They are served their meal before nautical sunrise, and they are served it immediately after nautical twilight,” said Quinn.

All of the meat that is served is Halal-certified. Food services here receive certificates from the manufacturer that verifies the meat is Halal-certified by Islamic Services of America. Halal means that the meat has been slaughtered according to Islamic guidelines and by qualified Muslim personnel.

All of the meals are transported in sealed containers. Those containers are put in an enclosed vehicle, and they’re never transported without cover from the elements. The finished meal con-

Turning the tide

By Army Brig. Gen John Gong

JTF-GTMO Deputy General

In the three plus years of the JTF-GTMO mission, an endless entourage of news reporters, senior military officials, and Congressional delegations have visited the Guantanamo detention facility. They number in the hundreds. For us in the GTMO-6 rotation, in the short time we have been here, no less than 12 U.S. Senators, 39 House members, and more than 40 senior Congressional staffers have visited us. Additionally, we have received over 40 media visits including 16 retired senior military analysts who provide commentary for major news networks. Being a Californian, I was pleased to see several members of Congress from my state among the recent visitors. But much more important is the fact that these past five weeks or so, in my opinion, have been the single most influential period in the history of the JTF-GTMO mission. We have finally begun to turn the tide of public misinformation about JTF-GTMO.

The misinformed allegations of detainee abuse, desecration of the Quran, disrespect for the Islamic religion, detainee malnutrition, poor medical services, and the need to close the GTMO detention camps altogether, have all seemingly subsided for now. Without exception, every visitor who has seen the JTF-GTMO operation first hand, had nothing but positive things to say about it. Their comments, invariably, are then followed by words of praise for your professionalism and dedication to duty. I found this particularly true with our Senators and Representatives. The opportunity you have given them, to hear and to stand next to you as you performed your duties, provided a lasting impression of your professionalism as well as the importance of the JTF mission.

We are now hearing from some of our public officials who say, "Don't take my word for it, go on down there and see it for yourselves." And they have been coming by the busloads! From the raving comments about the honey-glazed chicken with orange sauce on the detainee menu, to the healthcare that is comparable, if not better, than many communities in the



United States, to our detainee mail system and the Pashtu reading program, we have clearly gained the overwhelming support from our public leaders. I would go even further to say, some of our Congressional lawmakers, now armed with the real truth about JTF-GTMO, are just waiting for the opportunity to correct the press, should they be tempted in the future to factually exaggerate unfounded third-hand information.

All this is to say, we have rekindled what appears to be the resounding support of Congress. This is a significant achievement. I know it would not have occurred had it not been for the collective support of everyone in the JTF and your adamant desire to tell the real story.

So this article is really about you, our Troopers in the JTF—great, patriotic Americans who are doing their very best every day on this mission. Yes, thanks to all of you, we have unequivocally turned the tide of public misinformation. Perhaps it goes even deeper than that. At the heart of it all, I like to think it is about our unwavering conviction that we are doing the right thing. And at the end of the day, we can all look at ourselves and humbly acknowledge--if only silently--we are making this world just a little safer place to live. I thank you for your efforts, and for your professionalism, in accomplishing the JTF-GTMO mission.

Honor Bound! ■

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Food

Continued from page 1

tainers are separated at Camp Delta inside a secure location. A high-ranking non-commissioned officer then performs quality assurance checks on the food before it is served to detainees.

"We found, in most cases, they are fed better here than they were before they got here," said Quinn.

The guards take over and start to serve the food out across the camp. The detainees are allowed to use plastic sporks, but for security reasons, everything is collected back. The guards are responsible for keeping an inventory of all items that go onto a block, so that everything that goes in comes back out.

The meals are prepared by the Pentad Corporation, which is contracted out by the Navy base. Pentad prepares and cooks all of the food inside of a proper facility. It's the same facility where they make meals



Inside the Seaside Galley, Pentad employees cook up rice for detainees.

for the Troopers, but the Trooper's meals and the detainees meals are prepared in separate areas.

It's a tough job preparing the detainee's

meals each day in accordance with the high standards established. Here's to all the hard work done by Pentad and the Troopers ■

Hydration: Best defense against heat injury

By Capt. Alyson McInerney

JDP Preventive Medicine

We are well into the Cuban summer and temperatures are soaring. Missions around Joint Task Force Guantanamo never slow down, so it's important to increase awareness of heat injury prevention to avoid heat emergencies. Every year, the risk of becoming a heat casualty poses a significant threat to Troopers. The office of the Army Surgeon General reports that from 2003 to 2004, 11 Soldiers died from heat stroke and heat-related causes. During the first rotation of Operation Iraqi Freedom, six Soldiers died from heat related causes. Further, there were 30 heat strokes and scores of other heat-related casualties.

Hydration: Adequate water intake is the single most important factor in avoidance of heat injury. An individual subjected to high heat stress may lose in excess of one quart of water per hour by sweating. Servicemembers must aggressively and consistently monitor their fluid intake and output. Limitations on physical exertion, as well as the amount of water intake, must be actively adjusted according to heat conditions. It is also important to replenish electrolytes by incorporating salt-containing beverages, such as Gatorade® or Propel®, into the hydration plan.

Personnel exposed to heat must consume water frequently, preferably at 10 to 20 minute intervals. Water should be consumed before, during and after exercise. Thirst is not a reliable indicator of the body's need for water. You must continue to drink liberal

quantities of water even though you do not feel thirsty. Also, you should note the color of your urine. The color should be straw to clear. Dark colored, concentrated urine suggests dehydration.

Acclimatization: As new service members arrive at GTMO, leaders should allow them time to become acclimatized before pushing them to 100% exertion. A period of three weeks is optimal for acclimatization, with progressive degrees of heat exposure and physical exertion.

Work Schedules: Work schedules must be tailored to the situation. When temperatures are high, work must be curtailed or even suspended under severe conditions. The temperature at which work schedule modification will take place depends on humidity, radiant heat, wind velocity, character of the work, degree of acclimatization, and other factors. Whenever possible, schedule work during the cooler hours of the day, such as morning and evening.

The military continues to learn the same lessons about heat injuries, at the expense of our Troopers. Heat injuries are preventable. Commanders and Troopers must remain vigilant to the threat of heat in the environment.

For more information contact the Preventive Medicine Department at 7-2990. ■

The Blitz 103.1

Story and photo by Spc. Timothy Book

JTF-GTMO Public Affairs Office

Waking up before sunrise is probably not on many Troopers' list of favorite things to do, but it can be improved by grabbing a cup of coffee and turning on the radio.

The morning show, which airs between 6 a.m. and 9 a.m. on FM 103.1 "the Blitz," has been going through some changes in the last two months.

"We try to give everyone a taste of what they hear during the day," said Navy Petty Officer 1st Class Chris Conklin, program director at the Naval Media Center.

"The show's not all rock. We mix it up," said Petty Officer 1st Class Peter Robertson,

station manager. "We play a little of everything, a lighter version of rock, anything that's up-beat and a little classic rock."

Morning shows typically feature more talking between sets of songs, and these two keep with that tradition. Between songs, Troopers can hear Robertson and Conklin informing the audience of upcoming events, base information or embarrassing moments in their past.

"It's a lot of fun. We get to do what we want and say what we want, within reason of course," said Conklin.

"The morning show is an opportunity to get people going," said Robertson. News from outside of GTMO is aired off a satellite. "We get to do all the ridiculous news that we can air and talk about."

"We talk about stuff we get off the internet," said Conklin. "There are a lot of funny stories out there we never had the opportunity to air before." Not everything in the news out there is bad or serious, "Why not put it out there, so people can talk about

it during the day."

Conklin and Robertson also talk about funny and interesting things from their past. "Our backgrounds are very different," said Conklin. "[Robertson] had the all-American family growing up. I come from the South, did a lot of traveling around, and ran around with people a bit less scrupulous." Conklin's stories are usually a bit more edgy.

"They're definitely more dramatic, more exciting" said Robertson. "My stories are about how Mom baked cookies and burned them."



Navy Petty Officers 1st Class Chris Conklin (left) and Peter Robertson host the morning show on FM 103.1 the Blitz.

"We offset each other and probably learn more about each other in the studio than we do on the outside," said Conklin. The two hosts are friends outside of work also.

The two hosts have a lot of fun doing the show, but their banter does have a purpose. "We're letting [the audience] know that there's somebody here with a personality," said Robertson.

The funny stories have another purpose. "I want people to forget they're listening to a military disk jockey," said Conklin. "I don't want people to think of me as Petty Officer Chris Conklin. I want them to think

of me as Chris from the Blitz." When he's out doing Navy business, he wants to be referred to by title. "When I'm on the air, though, I'm another part of the community trying to entertain and get information out."

The two hosts are mindful of their audience. They realize that some families live here. "We try to keep it fun, but at the same time, I don't want someone who's taking their kids to school having to explain something off color to them," Conklin said.

They also keep their mission to inform foremost. "This is hurricane season right

now. I guarantee you, if the condition changed, we would be talking about what people need to do, or reminding them to prepare a hurricane bag," said Robertson.

The two are looking to add a third element to the show – the audience. "We're only two people. Eventually, you will tire of listening to just two people," said Robertson. "What we're looking for is people calling in or a person that says, 'Hey, do you ever need a third person

to come in for your show?'" It adds to the humor and it adds to the show." He said having other people on the show also lets the audience know this is their (the audience) show.

Anyone interested in being part of the radio show, or just giving your opinion about a topic, can call the Blitz at 2351 or email them at theblitz103@hotmail.com. They are easy and fun to talk to and want to make the show more enjoyable for everyone. ■

BOOTS ON THE GROUND

Spc. Jeshua Nace and Sgt. Todd Lamonica ask Troopers around the JTF "How do you think the Congressional Delegates (CODEL) that come to GTMO to see Camp Delta will effect the public's view of the detention center?"



Photo by Spc. Jeshua Nace

◀ "The Public already has developed a first impression about this base. Even though that opinion is inaccurate, it is still a first impression, and usually that's also the last impression. So, while it's still possible, it's probably not likely that it is going to happen anytime soon.."

—Marine Cpl. Mathew Russell

▶ "I believe they will open the eyes of America. The detainees get treated pretty well and by Congress saying what they have seen, it will improve the reputation of Guantanamo."

—Coast Guard Petty Officer 2nd Class Roel Garcia

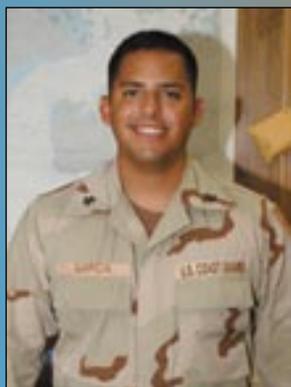


Photo by Spc. Jeshua Nace



Photo by Sgt. Todd Lamonica

◀ "Yes, I worked at Camp Delta and was responsible for many CODEL visits inside the camp. Many of the returning reporters and Senators have put a positive light on the operations within the camps."

—Army Sgt. Maj. Janice Carter

▶ "Overall, they have improved the perception of GTMO. The level of professionalism witnessed by the CODELs has changed the publics view of Camp Delta."

—Army Sgt. Natasha Monroe



Photo by Sgt. Todd Lamonica

THE D2 Movie Review

Presents:

Charlie and the Chocolate Factory

Deane

The movie starts off the same way as the original, but by no means was it the same movie. Charlie and his family's life are better explained. I like the fact that it shows you how well a family in poverty can rise above and over come.

The movie also explains about the candymaker, Willy Wonka. His strange childhood is a good enough explanation for me. I felt I could understand why the man was living with Oompa Loompas.

Also, Tim Burton definitely added his own revisions to make this a touching and eerie movie at the same time. While Gene Wilder had his comedic moments in his unusual ways, Johnny Depp is childlike with painful flashbacks. I give this movie 3.5 stars to recognize a job well done to Tim Burton. ★★ ★

Dave

I'm a fan of Johnny Depp and Tim Burton, so I really thought I was going to like this movie. I really wanted to like this movie. Unfortunately, I really didn't like this movie.

I've seen Depp save poor movies with brilliant adaptations of weak rolls. This was not one of those cases. In the original movie, Gene Wilder was eccentric. Depp was completely out of touch with reality. I kept thinking I was watching Michael Jackson, and I can't stand Michael Jackson. Depp even looked like Jackson. Think about it, Jackson had a chimp; Depp had Oompa Loompas.

On the other hand, I was touched by the fidelity and devotion displayed by Charlie's family, even under the worst circumstances. The squirrels were cool too. For those two things, I give it two stars. ★★

- ★★★★★ Better than a 4-day pass
- ★★★★★ Good flick
- ★★★ Beats working
- ★★ If you're really bored
- ★ Not worth price of admission





Photo by Sgt. Todd Lamonica

Poker-run participants pick up some of their cards at the starting point of the run.



The runners dash away from the starting line during the poker run.

Happy Birthday Coasties

For years the U.S. Coast Guard has been serving our country diligently in many ways, and on Aug. 4 the Coast Guard celebrated their 215th birthday. This marks them as the United States oldest maritime service, but what did the Coast Guard do

here to celebrate such a special occasion?

On Aug. 6 the Coast Guard and MWR hosted a "poker run" as part of the celebration. Participants ran a 5-kilometer course during which they made stops for playing cards. Prizes were awarded to both the fast

runners and the players with the best ending hands. The top runners were awarded coins for their efforts. The top hand amongst the military personal won a chance to fire some heavy weaponry while onboard a viper boat. The best hand, possessed by a civilian, won a tour of the base via viper boat. Other smaller prizes were given to other poker hands.

A drawing was also done by the Coast Guard to see who would have the pleasure of dining with a cutout of our Commander In Chief, George W. Bush. The winner will be chauffeured in a Cushman from Camp America to the Bayview.

Lastly, what would a birthday be without a cake? On the day itself Aug. 4th, the Coast Guard sliced their birthday cake, at the Seaside Galley, with a sword. A plaque was also presented to JTF-GTMO commander Army Brig. Gen. Jay Hood to show their appreciation and support of the Coast Guard operations here. ■

By Spc. Seth Myers

JTF-GTMO Public Affairs Office



Photo by Spc. Seth Myers

The "ancient mariner" Coast Guard Petty Officer 1st Class Donald Fried takes his turn slicing the Coast Guard's birthday cake at the Seaside Galley on Aug. 4.



Photo by Sgt. Todd Lamonica

uring the 5-kilometer poker run.

A bit of history

The U.S. Coast Guard over the years has had a plethora of responsibilities and has been very involved in almost every war the United States has been in since our constitution's creation.

Originally, the Coast Guard was made up of five separate federal agencies: the Revenue Cutter Service, the Lighthouse Service, the Steamboat Inspection Service, the Bureau of Navigation and the Lifesaving Service. These services have had different names throughout history, but were eventually merged together into the U.S. Coast Guard.

One of the first responsibilities of our government was to aid in navigation by means of lighthouses, beacons, buoys and the like. On Aug. 7, 1789, the government started granting funds for these navigation tools. These lighthouses provided guidance and safety for ships. Responsibility for this was granted to the Coast Guard in 1939.

The Coast Guard has also been very involved in the law enforcement of our country. Its three main missions have been to ensure tariffs are not avoided, protect shipping from pirates and other unlawful interdiction, and to intercept material and human contraband. Avoiding tariffs isn't as big of a problem today as it used to be. However, back in 1789, it was a big issue. Taxes were one of the big reasons for the Revolutionary War and tariffs are a form of taxes.

After the Revolutionary War the Continental Navy was disbanded and until 1789,



when the U.S. Navy was formed, the Revenue Cutter Service, which later became a part of the Coast Guard, was the only maritime service. This makes the Coast Guard the oldest continuous U.S. seagoing service, and Coasties have fought in almost every war since then.

Its roles in war have been two-fold: augmenting the Navy with men and cutters, and performing special missions using their peacetime skills.

Since the War of 1812, the Coast Guard has had the continuing wartime responsibility of providing smaller, quicker, more versatile ships to augment the Navy. In fact, during the last two centuries, cutters have been used a lot in "brown water" combat.

They have also protected our environment for over 180 years. The Coast Guard has watched over everything from seals and live oak trees, to sponges in the Gulf of Mexico. In 1973, the Coast Guard even created a national strike force to deal with oil spills.

The Coast Guard has also handled search and rescue missions, keeping drug shipments from getting onshore and a multitude of other things.

With all these services the Coast Guard has provided throughout history and will continue to provide, one can't help but wish a happy birthday to our brothers in arms on their special day. ■



Background photo by Spc. Jeshua Nace

Playoff race heats up in the American League

Commentary by Staff Sgt. Jeremy Patterson

JTF-GTMO Public Affairs Office

Last week, we took a glance at the National League playoff run, previewing what each team needed to do to make the October series. This week, we take a look at the hottest team in baseball, another runaway division leader and examine the ongoing feud that is the American League East.

A.L. East: It seems almost every year this division comes down to a game of chess between the New York Yankees and Boston Red Sox. Well folks, nothing has changed this year. While the Baltimore Orioles showed early promise, their pitching has been suspect all year, the offense is at a stalemate (with Sammy Sosa never really finding his groove) and now Rafael Palmeiro testing positive for steroids. Despite a mediocre, at best, starting rotation, the Red Sox have managed to stay on top thanks to the most explosive offense in baseball (sorry Cardinals fans). With Keith Foulke on the disabled list for an unknown period of time, the key for them will most likely be the development of Curt Schilling as their closer.

The Yankees are staying afloat, despite having already used thirteen different starting pitchers. Recent acquisitions Al Leiter and Hideo Nomo haven't yet made a big difference, while career journeyman Aaron Small has been the lone bright spot in the rotation since the all-star break. Jason Giambi has literally carried this team on his back for weeks now and they will need him to stay white hot to have a shot. But we have all learned over the past ten years that you can never count out the Bronx Bombers.

The Toronto Blue Jays are another young, promising team that could pose problems for the perennial juggernauts in the coming years, as their players continue to mature and gain much needed experience.

Tampa Bay once again will reprise its role as a spoiler, a familiar position for a team with one of the best managers in the game (Lou Piniella). One has to think that with all these top draft picks, one of these years, they'll be at the top of this column someday.

A.L. Central: There's not much of a contest here. The Chicago White Sox are dominating this division, with no significant threats. The pitching has been solid, if not spectacular, and is led by Cy Young candidates Jon Garland and Mark Buehrle. This team is fundamentally sound, able to drop a bunt or steal a base whenever needed. Frank Thomas being out for the remainder of the season was a small blow, but this team relies more on intangibles than it does power.

The Minnesota Twins are aiming for the wild card, but with the loss of team leader Tori Hunter putting a significant dent in their

playoff armor, they have been off target lately. The pitching is solid, anchored by Johan Santana, but the lineup may now have too many holes to fill to keep up with other wild-card contenders.

The Cleveland Indians have made some serious noise the past two seasons, but have faded down the stretch both times. Their lineup is young but highly talented, with Travis Hafner, Grady Sizemore and Coco Crisp all ready to break out in a big way. But the pitching continues to hold them back. The talent is there, but not yet mature enough to perhaps make a serious run. There is still time, but it is running out quickly.

The same could be said for the surprising Detroit Tigers, the perennial doormats of the division, who have hovered right around the .500 mark for most of the year. Baseball seems to be alive again in the Motor City, with starting pitcher Jeremy Bonderman, a former twenty game loser, looking to rebound to being a twenty game winner. With a young nucleus of talent, the Tigers may be moving on up in the division very soon.

What can you say about the Kansas City Royals? Not since 1990 have they been a serious threat to win a division crown, or to make the playoffs. It seems early on they show a glimmer of hope, only to hit the skids mid-summer and be no more than an afterthought come autumn.

A.L. West: What a difference two months can make. In early June, the Los Angeles Angels of Anaheim (thanks Major League Baseball) looked like a lock to win the division. Then Vladimir Guerrero hit a horrific slump, and subsequently no one else could remember how to hit. Starting pitching has kept them on top to this point, but for how much longer? Bartolo Colon is a good number one starter, and Paul Byrd, Jarrod Washburn and John Lackey don't make for a bad back end of the rotation. The bullpen, led by Francisco Rodriguez, may be their biggest asset right now. But if the Angels don't start swinging the bats again, there could be a letdown in Southern Cali.

That's because the Oakland Athletics have been the hottest team in the American League since May 29th, winning more than eighty percent of their games since then. A young and talented starting rotation led by Rich Harden



Photo found at ballparksbaseball.com

and Barry Zito has been amazing during this run. With the emergence of rookies Dan Johnson and Nick Swisher on offense, and first year phenom Huston Street as the closer, one wonders if this team may be too young to keep it up. Only time will tell, but if the last 5 years have taught us anything, it's been to never count out the A's before the fat lady sings.

Pitching, pitching, pitching: Three things the Texas Rangers seem to be clueless about. Well, it may just be one thing, but year after year, the Rangers just don't seem to understand that hitting 300 home runs won't get you anywhere if you're starters can't get out of the fifth inning. Kenny Rogers, the only consistent pitcher on the staff, is in the middle of serving a 20-day suspension for "assaulting" a cameraman, leaving the rotation looking like Old Mother Hubbard's cabinet: bare. What a shame, because with hitters like Mark Teixeira, Hank Blalock, Michael Young and Kevin Mench, Texas could be a serious playoff threat if they had pitchers who didn't just throw fastballs.

Are the Seattle Mariners still playing? It's hard to tell some days, but yeah, they're still around. Ichiro is still Ichiro and, well, that's it. Jeremy Reed has been dazzling most of the season in centerfield, which may net him Rookie of the Year. Pitching problems have been numerous, leading to the debut of a nineteen years-young Felix Hernandez. When a teenager is the big story on your team, that usually means nothing else is going right. The Mariners are another young team, with the exception of the ageless Jaime Moyer that, with some maturing, could contend in a few years.

So there you have it, two leagues, in two weeks. With a month and a half to go, teams can get hot and they can also fall apart. For many teams, the story will be the same...so close, yet so far. And for others, it's a month long extension to the season. Guess you'll have to watch and find out! ■

GTMO celebrates Jamaican Independence Day

Story and photos by Spc. Dave Lankford

JTF-GTMO Public Affairs Office

On Aug. 6, 1962, the United Kingdom granted Jamaica its independence. For 43 years, on that date, Jamaicans celebrate their independence with food, dance and music.

On Aug. 6, the Jamaican Independence Day Committee (JIC), in association with MWR and Jam Rock Entertainment, presented the Jamaican Independence Day celebration at Coopers Field. Though the celebration went well, it did not go off “without a hitch.” Posters outside of the NEX and on bulletin boards around post advertised Cricket, dinner and an array of entertainment, some of which came through in stellar fashion and some of which never materialized.

“Yes, a few of the performers, like the models, did not show. The Cricketers also [didn’t come], but you must understand that we have to advertise based on what we discussed with the group. This happens even in international events,” said

Gerald Keane, Chairman of the Jamaica Independence Day Committee.

Many in attendance also missed some things that were not advertised but common in prior Jamaican Independence Day celebrations, such as fire-eaters and more traditional Jamaican music.

“Yes, that’s true, The JIC decided to be pro-active and had to tailor the program to the resources available to us. Our fund-raising efforts fall under stricter Base Guidelines, and we cannot solicit funds from any one even if we don’t have it. To be honest and unbiased, I think we did well based on the time and resources that we had to work with. The 2005 JIC is new to the business and practically did the impossible by bringing off this event with the help of MWR. I must publicly commend Mr. [Craig] Basel, MWR Director, who gave us more support than we could have hoped for,” said Keane.

There is an old say-



The Navy color guard presents The Colors, the Jamaican flag and the Navy flag, to open the festivities on Jamaican Independence Day.



Jolie Tixier (left) and Sarah Allgood, from MWR clubs, serve traditional Jamaican food prepared by the Bay View.

ing, “nothing ever goes as planned,” but that does not necessarily make an event a failure. The opening ceremonies were well rehearsed and well executed. The food, planned by the JIC and prepared by the Bay View, received rave reviews from those in attendance and the entertainment that did show, put on a great show.

“I think the overall event got a pass mark. I also think JIC 2005 has laid the foundations for a new and excit-

ing era in the representation and presentation of Jamaican Independence, GTMO. The Embassy personnel and guests were impressed by the hospitality of GTMO. The support from the Command level down was superb. This was not by any means a simple event to plan and execute, so I must “BIG UP” the 2005 JIC and all the volunteers who made this happen,” said Keane. ■

Overcoming Obstacles

By Army Capt. Ed Yurus

525 MP Bn Chaplain

“Character is not revealed when life shows its best side, but when it shows its worst side.”

--Bishop Fulton Sheen

With each obstacle you encounter in life, remember, you're in good company.

Automaker Henry Ford forgot to put a reverse gear in his first automobile. Once the car was built, Ford realized the car was wider than the garage door. Undeterred, he cut a hole in the wall and drove the car out. The man behind the distinguished voice that simply says, “This is CNN,” is actor James Earl Jones. As a young boy, James Earl Jones stuttered so badly he had to communicate with teachers in the classroom by writing notes.

A newspaper editor once fired cartoonist Walt Disney, the creator of Mickey Mouse and Donald Duck, for lack of imagination.

Character and perseverance are two pillars in overcoming life's obstacles. Challenges to success are ever present. They may change names, uniforms, sizes and shapes but no matter what they look like, they are hurdles that must be overcome.

Our character forces us to face these problems head on, and then make the difficult moral choices that lead to success, rather than the easy immoral choices that lead to chaos, confusion and cover-ups. Knowing in our heart that we faced our problems with integrity will allow us to continue to persevere, in spite of the criticism and odds. It has been said, “Our character is built slowly over a lifetime. It is the sum of every right decision, every honest word, every right thought, and every heartfelt prayer.” Webster's College Dictionary defines character simply as moral excellence and firmness. It is our character that provides us the moral compass to persevere, overcome, and manage the challenges we face. Our character is precious and fragile; it is difficult to build, but easy to destroy; so protect it. ■

CAMP AMERICA WORSHIP SCHEDULE

Sunday	9 a.m.	Sunday School	Troopers' Chapel
	10 a.m.	Protestant Service	Troopers' Chapel
	6:00 p.m.	Confessions	Troopers' Chapel
	6:30 p.m.	Catholic Mass	Troopers' Chapel
	7:30 p.m.	Protestant Service	Troopers' Chapel
Tuesday	7 p.m.	Bible Study	Building 3203
Wednesday	7:30 p.m.	Soul Survivor	Pavilion
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	Main Chapel
	11 a.m.	Protestant Service	Main Chapel
Monday	1 p.m.	Gospel Service	Main Chapel
	5 p.m.	Pentecostal Gospel	Sanctuary C
	7 p.m.	Prayer Group Fellowship	Fellowship Hall
	7 p.m.	Family Home Evening	Room 8
	Tues. to Fri.	12 p.m.	Daily Mass
Wednesday	7 p.m.	Men's Bible Study	Fellowship Hall
Friday	1 p.m.	Islamic Prayer	Room 12
Saturday	4:30 p.m.	Confessions	Main Chapel
	5:30 p.m.	Vigil Mass	Main Chapel

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

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

Contempt: An unhealthy response

By Army Lt. Col. Robert Palmer

JTF Chaplains Office

When we feel the blow of major rejection, we try to make sense of our pain. During this time we can be tempted to respond in unhealthy ways. We can develop contempt for ourselves, contempt for others, contempt for God, or a combination of all three.

In self-contempt, we take the full responsibility for the failure of the relationship. We doubt our value as a person, and everything about us is called into question.

Contempt for others is another response we might use to try and make sense of our pain. It holds others as fully responsible for the dynamics in the relationship. We write

them off with, “It's all their fault.”

Contempt for God blames Him for our pain. We reason that if He is in control of our lives and He loves us, why didn't He protect us from this heart-breaking experience?

At first, contempt for ourselves, others, and God, works for us. It helps us maintain the facade that we have everything under control because we have “explained” the reason for the pain.

What sounds good about contempt is that it does not require facing additional pain. It avoids grieving losses. It sedates the heart and keeps others from getting too

close. But if we nurture contempt, it will lead to depression, loneliness, and bitterness.

Unhealthy responses to the pain of rejection inhibit a life of joy, peace, and love. But responding to rejection in a healthy manner, by honestly grieving and crying out to God, can strengthen our character, deepen our faith and allow God to change and heal our hearts. We can learn to embrace a hopeful vision that God is up to something in our lives, even in the midst of heart-breaking rejection. ■

15 Minutes of Fame

with Marine Cpl. Joseph Ulisses

By Spc. Jeshua Nace

JTF-GTMO Public Affairs Office

U.S. Marines live by three words: honor, courage and commitment. Marine Cpl. Joseph Ulisses, a data systems specialist, exemplifies the values of the Corps.

Ulisses, an Ohio native, can look back at his old neighborhood and remember playing garbage ball as a kid. Garbage ball is a lot like basketball, but because people in his neighborhood would always tear down the nets, they had to replace nets with garbage cans.

Ulisses has been in the military for three years. Before he joined the Marines, he worked several odd jobs - quite a few grocery stores, Taco Bell and two Italian restaurants that he worked for two years each.

"I joined the Marine Corps in 2002. I joined because I wanted a challenge, and it has taught me to appreciate things more. I get better grades now than when I was in high school," said Ulisses.

At a 21st birthday party at Virginia Beach, he met a girl. After dating for two years they got married on May 3, 2005, right before Ulisses deployed here.

Recently stationed in Norfolk, Va., Ulisses has had the opportunity to go around the country. During his career, he has been to California, South Carolina, and he went to Baltimore for training.

Everywhere he goes, he tries to setup an underground community of gamers. He recently setup a small tournament in Camp America to play Halo 2, and has been talking with MWR about having an official Halo 2 tournament at the Liberty Center. He believes that getting Troopers together, who like video games, can be a big moral booster, and bring together people who normally wouldn't know one another.

Ulisses is the Telecom landline manager for the JTF. He works for J6 at the joint data center.

"I'm the military liaison between the JTF and the base communications office, which is civilian operated. I ensure the military has a representative and the job gets done," said Ulisses.

Part of being a non-commissioned officer (NCO) is making things better for others. NCOs need to look at problems, find solutions and commit to follow through with action.

"When I got here, there were a lot of work orders that were outdated and nobody had



Photo by Spc. Jeshua Nace

checked the status of them. So I went back and cleansed everything to ensure quality assurance," said Ulisses.

Although GTMO is historic for being protected by the Marines, the JTF has very few Marines in it. Ulisses enjoys doing physical training with other people once in awhile; it's more motivating that way.

"I try to do some cross training whenever I can. I saw the cavalry running one day, while I was doing pull-ups, and I decided to run after them. I joined them in a run and on the way back I even got out and called cadence. I called some Marine Corps cadence, and they were pretty excited to learn something new," said Ulisses.

One of the things Ulisses has learned is you have to do research on your own. People assume they know everything, but most times they are just repeating something they have heard that may or may not be the truth.

"You can't trust anyone. A lot of the things people tell you are not factual. A lot of times they are opinionated, and they try to make you think that it's factual. When you are a kid, everything you hear from your parents, you take as a fact and the way things are, and you will fight someone over it. As you get older, you learn that not everything you are told is true, and a lot of it is opinion. You have to learn to figure things out for yourself," said Ulisses.

One of the best parts about being here for

Ulisses is that he can save money. His wife doesn't actually take all his money, in reference to what he said before when he was interviewed for boots on the ground. "I was just joking," said Ulisses. He thinks this place is great because he has the option of spending a lot of money or none at all.

It's important to believe that people of all countries are part of a bigger group called the human race. As Troopers, we shouldn't just defend our citizens. If we believe in high values, we should allow all people the privileges we have grown accustomed to in America, said Ulisses.

"I believe in this world that if you have the ability, then you have the responsibility. I mean, we are responsible for the rest of the world. If you have people in another country starving to death and you have the ability to help them, then it's your responsibility to do it," said Ulisses. ■

15 Minutes of Fame

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



Photo by Spc. Timothy Book

Recent graduates of the Unit Public Affairs Representatives (UPAR) training gather together for a group photo..



Photo by Sgt. Todd Lamonica

Navy Lt. Cmdr. David Anderson, department head for the Emergency room at the Naval Hospital, shot this 25lb. barracuda during a spear fishing contest hosted by ocean enterprises.

AROUND THE JTF



Photo by Spc. Jeshua Nace

Spc. Kay Izumihara looks for Queen conchs off the shore of Windmill Beach.



Photo by Sgt. Todd Lamonica

Army Capt. Eric Towns thanks the staff members of the JTF after receiving a Defense Meritorious Service Medal for their support while serving as Brig. Gen. Jay Hood's aide.

What's on TV?

The Pentagon Channel broadcasts military news and information for the 2.6 million members of the U.S. Armed Forces through programming including, Department of Defense news briefings, military news, interviews with top Defense officials and short stories about the work of our military. At GTMO, it's on channel 96.

New pharmacy hours

Beginning Sept. 3, the pharmacy will be closed for routine medication fills and refills on Saturdays. Pharmacy regular working hours will be as follows:

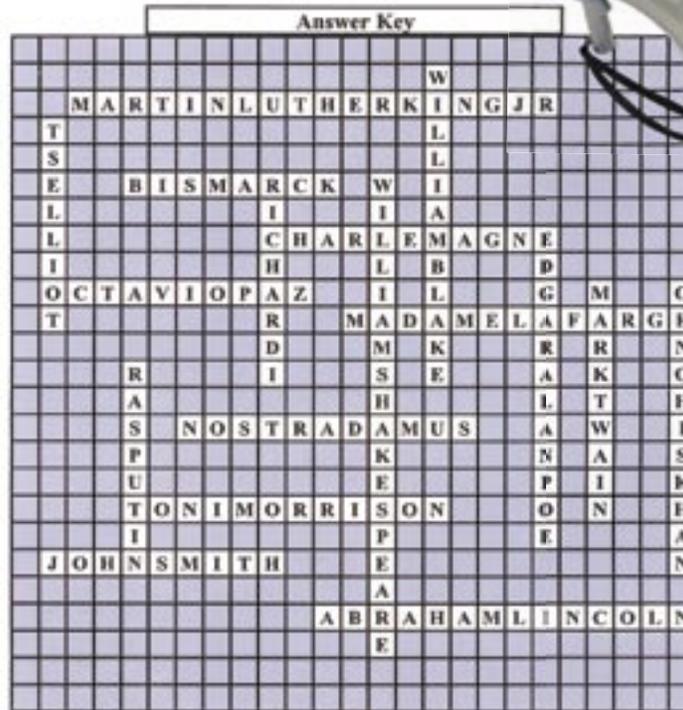
Monday to Friday
8 a.m. to 4:30 p.m.

Closed on Wednesdays

1 p.m. to 3p.m. for training

Closed weekends and all federal holidays

Great figures of literature and history



Down

1. Songs of Innocence
3. Prufrock poet
5. Brave crusading monarch
6. A Midsummers Night's Dream
8. The Raven
10. Huckleberry Finn
11. Mongol conqueror
13. Czar Nicolas II advisor
17. Gettysburg speaker

Across

2. '60s passive protestor
4. Pre-WWI German unifier
7. a.k.a. Charles the Great
9. 1990 Nobel in Literature
12. Bastille instigator
14. Predicted 9/11?
15. Jazz and Beloved writer
16. First published American author

Sound off!

The Wire welcomes letters from Troopers. Letters must be less than 350 words and include name, unit and contact information. *The Wire* reserves the right to edit letters for length and clarity. 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@jftgmo.southcom.mil.

Postal Note Reminder:

Avoid long lines and delays! Mail your items as early as possible to avoid the upcoming JTF troop transition. Priority Mail boxes, envelopes, address labels and customs forms can be obtained from the post office for those who would like to prepare their postal items in advance. Custom forms are needed for all boxes and envelopes that contain merchandise. Items containing paperwork and/or pictures do not require a custom form.

For questions or more information about the post office please call x2156 or x2369

GTMO Bay Firefighters Association

4th Annual Ball, Saturday August 20th 1730 Windjammer Ball Room Live Band Kabudi
Tickets \$15.00 value \$50.00
Limited Tickets still available (this weekend Only)
You May view Kabudi on the Web for more info on the Band
Call 6450/4577/4915 for ticket info

JTF Education Office

The JTF Education Office can help JTF Troopers from the Army with tuition assistance requests. Tuition assistance can be processed for any accredited college or university.

Contact:

Tracie Hathorn

JTF Education Technician

Building 5200, Camp America

Tracie.N.Hathorn@jftgmo.southcom.mil

Phone: 3635

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 Sgt. 1st Class Sheila Tunney at 3594.

Baked Macaroni and Cheese with Tomato

INGREDIENTS:

- 1 pound macaroni
- 1 (10.75 ounce) can condensed tomato soup
- 1 1/4 cups milk
- 3 cups shredded Cheddar cheese
- 8 tablespoons butter, divided
- 1/4 cup dry bread crumbs

DIRECTIONS:

Preheat oven to 350 degrees F (175 degrees C). Bring a large pot of lightly salted water to a boil. Pour in pasta and cook for 8 to 10 minutes or until al dente; drain.

In large bowl, combine macaroni, soup, milk, cheese and 6 tablespoons butter. Pour into 9x13 baking dish. Top with bread crumbs and dot with remaining butter. Bake for 45 minutes or until golden brown and bubbly.

--from allrecipes.com.

Kitchen

Movies

DOWNTOWN LYCEUM

CAMP BULKELEY

FRIDAY

8 p.m. **Howlis Moving Castle**

PG 119 min

10 p.m. **Stealth**

PG13 121 min

SATURDAY

8 p.m. **Sharkboy & Lavagirl**

PG 93 min

10 p.m. **The Perfect Man**

PG 101 min

SUNDAY

8 p.m. **The Honeymooners**

PG13 90 min

MONDAY

8 p.m. **Howlis Moving Castle**

PG 119 min

TUESDAY

8 p.m. **Stealth**

PG13 121 min

WEDNESDAY

8 p.m. **The Perfect Man**

PG 101 min

THURSDAY

8 p.m. **Batman Begins**

PG13 140 min

FRIDAY

8 p.m. **Sharkboy & Lavagirl**

PG 93 min

10 p.m. **Mr. and Mrs. Smith**

PG13 120 min

SATURDAY

8 p.m. **Howlis Moving Castle**

PG 119 min

10 p.m. **Stealth**

PG13 121 min

SUNDAY

8 p.m. **The Perfect Man**

PG 101 min

MONDAY

8 p.m. **The Honeymooners**

PG13 90 min

TUESDAY

8 p.m. **Batman Begins**

PG13 140 min

WEDNESDAY

8 p.m. **Stealth**

PG13 121 min

THURSDAY

8 p.m. **The Perfect Man**

PG 101 min

MWR

- Aug 14: Pool Tournament-Marine Hill
- Aug 15: Spade Tournament-Deer Point
- Aug 17: Ping Pong Tournament-Deer Point
- Aug 21: Chess Tournament-Marine Hill
- Aug 23: All-in-1 & Dart Tournament-Club Survivor
- Aug 24: Bowling Tournament-Marblehead Lanes
- Sept 3-4: Jazz Festival-Cooper Field
- Sept 10: JTF-HHC BBQ and Volleyball Tournament

Seaside Galley

Today	Lunch	Beef Stroganoff
	Dinner	Surf 'n Turf
Saturday	Lunch	Chicken Pot Pie
	Dinner	Italian Beef Lasagna
Sunday	Lunch	Chicken Cordon Bleu
	Dinner	Roast Beef
Monday	Lunch	Swiss Steaks
	Dinner	Swedish Meatballs
Tuesday	Lunch	Pork Adobo
	Dinner	Roast Pork Tenderloin
Wednesday	Lunch	Yankee Pot Roast
	Dinner	Jaegerschnitzel
Thursday	Lunch	Barbecue Spareribs
	Dinner	Baked Meatloaf
Friday	Lunch	Mambo Roast Pork
	Dinner	Surf 'n Turf

Ferry Schedule

Monday - Friday		Saturday		Sundays & Holidays	
Windward	6:30	Windward	6:30	Windward	7:30
Leeward	7:00	Leeward	7:00	Leeward	8:00
Windward	7:30	Windward	7:30	Windward	9:30
Leeward	8:00	Leeward	8:00	Leeward	10:00
Windward	8:30	Windward	8:30	Windward	11:30
Leeward	9:00	Leeward	9:00	Leeward	12:00
Windward	9:30	Windward	9:30	Windward	1:30
Leeward	10:00	Leeward	10:00	Leeward	2:00
Windward	11:30	Windward	11:30	Windward	3:30
Leeward	12:00	Leeward	12:00	Leeward	4:00
Windward	12:30	Windward	12:30	Windward	5:30
Leeward	1:00	Leeward	1:00	Leeward	6:00
Windward	1:30	Windward	1:30	Windward	6:30
Leeward	2:00	Leeward	2:00	Leeward	7:00
Windward	3:30	Windward	3:00	Windward	8:00
Leeward	4:00	Leeward	4:00	Leeward	8:30
Windward	4:30	Windward	4:30	Windward	10:30
Leeward	5:00	Leeward	5:00	Leeward	11:00
Windward	5:30	Windward	6:30		
Leeward	6:00	Leeward	7:00		
Windward	6:30	Windward	8:00		
Leeward	7:00	Leeward	8:30		
Windward	8:00	Windward	9:30		
Leeward	8:30	Leeward	10:00		
Windward	10:30	Windward	10:30		
Leeward	11:00	Leeward	11:00		
Windward	*12:30	Windward	12:30		
Leeward	*12:45	Leeward	12:45		

Shown are *departure* times. **Bold** listings indicate the departures following breaks longer than 30 minutes. *Fridays only

Buses

ALL RUNS ON THE HOUR 7 DAYS/WEEK 5 a.m. TO 2 a.m.

Camp America	:00	:20	:40
Gazebo	:02	:22	:42
NEX Trailer	:03	:23	:43
Camp Delta 2	:06	:26	:46
KB 373	:10	:30	:50
TK 4	:12	:32	:52
JAS	:13	:33	:53
TK 3	:14	:34	:54
TK 2	:15	:35	:55
TK 1	:16	:36	:56
West Iguana	:18	:38	:58
Windjammer / Gym	:21	:41	:01
Gold Hill Galley	:24	:44	:04
NEX	:26	:46	:16
96 Man Camp	:31	:51	:11
NEX	:33	:53	:13
Gold Hill Galley	:37	:57	:17
Windjammer / Gym	:36	:56	:16
West Iguana	:39	:59	:19
TK 1	:40	:00	:20
TK 2	:43	:03	:23
TK 3	:45	:05	:25
TK 4	:47	:07	:27
KB 373	:50	:10	:30
Camp Delta 1	:54	:14	:32
IOF	:54	:14	:34
NEX Trailer	:57	:17	:37
Gazebo	:58	:18	:38
Camp America	:00	:20	:40