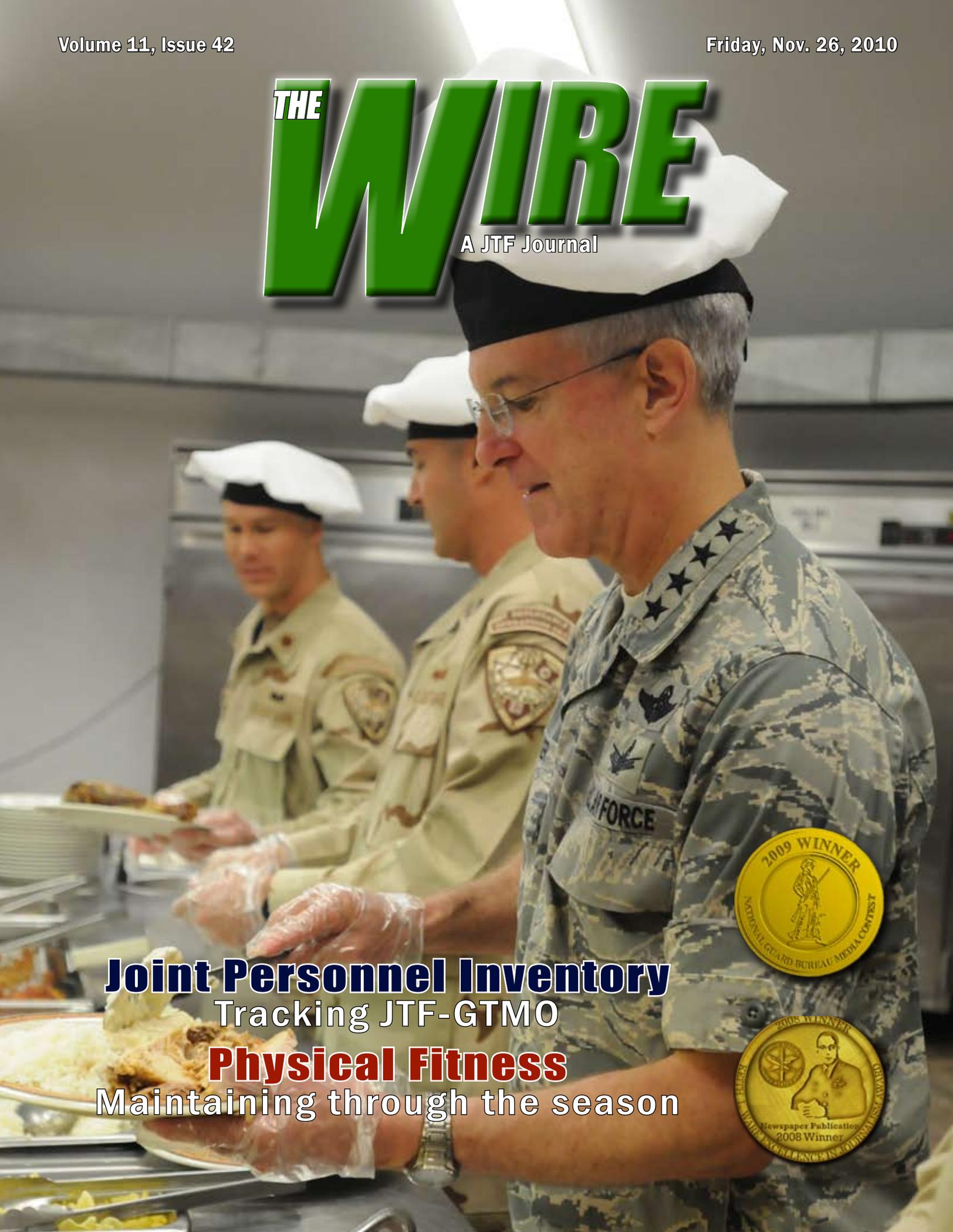


THE WIRE

A JTF Journal



Joint Personnel Inventory
Tracking JTF-GTMO

Physical Fitness
Maintaining through the season



Respect

**Army Staff Sgt.
Jeffery Wells**

JTF NCOIC Behavioral Science Consultation Team

Respect as an Army Value is defined as “treating people as they should be treated.” Exercising respect may not always be easy to do, but it is essential to our success.

So how does respect play a role in the Joint Task Force mission?

Of all my experiences in the military, the greatest lesson I ever learned was no individual is bigger than the mission. Once I was able to realize it wasn't about me, I was able to understand it was about all of us and what we do together in order to accomplish the mission.

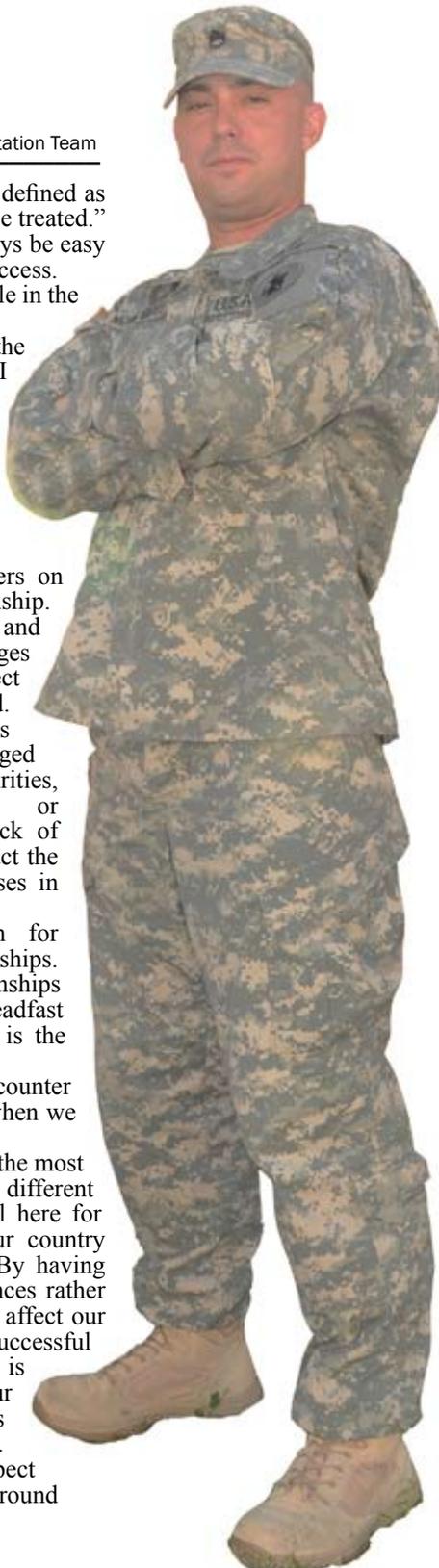
When we interact with others on a regular basis it is a relationship. Whether or not it is a healthy and productive relationship hinges heavily on the level of respect between the individuals involved. If respect for one another is lacking, communication is bogged down with personal insecurities, uncertainties of intentions or motivations, and an overall lack of trust which will ultimately impact the mission by slowing the processes in which we are involved.

Respect is the foundation for healthy and productive relationships. Healthy and productive relationships are the foundation for steadfast teamwork. Steadfast teamwork is the key to mission success.

What happens when we encounter differences? How do we react when we encounter differences?

The United States military is the most diverse in the world. We are all different from each other, but we are all here for the same reason — defend our country and preserve our way of life. By having respect for each other's differences rather than allowing the differences to affect our working relationships, we are successful in working together to do what is right and honorably fulfill our obligations as United States Armed Forces Service Members.

Ask yourself, how does respect impact you and the world around you? ★



JTF GUANTANAMO

Commander:

Navy Rear Adm. Jeffrey Harbeson

Command Master Chief:

Navy Master Chief Petty Officer
Scott A. Fleming

Office of Public Affairs Director:

Navy Cmdr. Tamsen Reese: 9928

Deputy Director

Air Force Lt. Col. Don Langley: 9927

Operations Officer:

Army Capt. Robert Settles: 3649

Supervisor:

Air Force Master Sgt.
Andrew Leonhard: 3649

The Wire

Executive Editor, Command Information NCOIC, Photojournalist:

Army Staff Sgt. Shereen Grouby: 3499

Photojournalists:

Navy Mass Communications Specialist
2nd Class Wesley Kreiss
Army Spc. Juanita Philip
Marine Lance Cpl. Anthony Ward
Navy Mass Communications Specialist
2nd Class Elisha Dawkins
Air Force Senior Airman Gino Reyes

Contact us

Editor's Desk: 3499

From the continental United States:

Commercial: 011-53-99-3499

DSN: 660-3499

E-mail: thewire@jftgtmo.southcom.mil

Online: www.jftgtmo.southcom.mil

COVER:

Commander, U.S. Southern Command, Air Force General Douglas M. Fraser adds food to a Trooper's plate during the evening Thanksgiving holiday meal at Seaside Galley, Joint Task Force Guantanamo, Nov 25. - JTF Guantanamo photo by Air Force Senior Airman Gino Reyes

BACK COVER:

The 525th Military Police Battalion marches past Camp Bulkeley Lyceum at the conclusion of their battalion run, Nov. 19. - JTF Guantanamo photo by Air Force Senior Airman Gino Reyes

The WIRE is the official news magazine of Joint Task Force Guantanamo. It is produced by the JTF Public Affairs Office to inform and educate the Troopers of JTF Guantanamo through news, features, command guidance, sports and entertainment. The WIRE seeks to provide maximum disclosure with minimum delay with regard to security, accuracy, propriety and policy. This DoD news magazine is an authorized publication for the members of the Department of Defense. Contents of The WIRE are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, or Joint Task Force Guantanamo. It is printed by the Document Automation & Production Service with a circulation of 1,000.

JSMART stares down suicide



Navy Lt. Jason Duff (center back) and the Joint Stress Mitigation and Restoration Team staff, during a moment of levity, showcase stress tools given to Joint Task Force Guantanamo Troopers, Nov. 18. — JTF Guantanamo photo by Army Spc. Juanita Phillip

Army Spc.
Juanita Phillip

JTF Guantanamo Public Affairs

Suicide and suicide attempts have increased at an alarming rate throughout the military during the last few years. Post Traumatic Stress Disorder, mental health, depression and stress are issues that are constantly discussed throughout the service branches.

At Joint Task Force Guantanamo, the Joint Stress Mitigation and Restoration Team is hard at work ensuring that Troopers get the care they need and educating the service members about suicide awareness. The JSMART staff includes one clinical psychologist, who is also a psychiatric nurse practitioner, six psychiatric technicians, and one general duty corpsman.

“The JSMART staff and I are standing by to respond to everything from sleeping problem complaints, adjustment disorders, [which include] people having difficulty adjusting to the mission and being away from family, all the way up to issues that are more severe like major depression, people with suicidal thoughts or personal traumas,” said Navy Lt. Jason Duff, the officer-in-charge at JSMART.

The staff is experienced in stress management, positive coping skills, assertiveness training, conflict resolution and relationship building.

According to Duff, although PTSD is a

major contributor to combat stress, it is not the cause of every suicide.

Military leaders from all services want to help treat PTSD, because of how long the U.S. military has been in sustained combat. There are multiple research-based interventions that can be used to effectively treat PTSD.

Although the environment at JTF-GTMO is not an active battlefield, it is isolated and personnel are away from their families and friends for six months to a year or more.

“What is unique about GTMO is that many people work face-to-face with the detainees everyday,” Duff said. “They have to maintain such a high level of functioning here. The fact that we are constantly in the worldwide spotlight can create an intense amount of stress.”

Even though JSMART is there for the mental well-being of the Troopers, many might not seek the help of the office.

“There is a stigma attached to mental health, they [service members] fear if they come to us, they will be viewed differently by their peers or worse,” said Navy Hospital Man 2nd Class Kari Harty, a JSMART staffer.

The JSMART staff ask that leadership know their people—in the Navy it is referred to as ‘deck plate leadership.’ It’s being down on the front lines and recognizing changes and things that need leadership attention.

According to Duff, if you know your teammates, then you will notice when things are not right.

The warning signs of suicide can include talking about suicide, loss of interests, feelings of helplessness and hopelessness and other overt changes in behavior such as isolation. According to the staff of JSMART, morbid tweets, text messages and postings on social networks should be taken seriously.

“Take notice of your buddy to your left or right. Noticing that they’re not sleeping

See **JSMART/8**

■ **MYTH:** “Only certain military ranks are at risk of suicide.”

TRUTH: An individual of any age, race, sex, educational background, social class or military rank can become depressed or suicidal. We need to look out for every one of our Team members; those who are standing to our left and our right and both up and down the Chain of Command.

Accountability of everyone



Air Force Staff Sgt. Robert Vanghle accesses electronic information on the Joint Personnel Center database while Army Spc. Damaris Hernandez verifies the physical documents, Nov. 22. – JTF Guantanamo photo by Army Spc. Juanita Phillip.

**Army Spc.
Juanita Phillip**

JTF Guantanamo Public Affairs

In an effort to account for 100 percent of the service members and civilian contractors who work at Joint Task Force Guantanamo, the Joint Personnel Center, located at Trooper One Stop, will conduct a mandatory personnel inventory from Monday, Nov. 29, to Friday, Dec. 17.

“JTF-GTMO is conducting the Joint Personnel Inventory to ensure positive accountability for our forces and their families,” said Army Lt. Col. Ashawn Campbell, J1 director. “The primary purpose is to validate and reconcile our database by conducting a physical inventory of all JTF personnel present and

accounting for those not present. Constant vigilance and validation is a necessity in a deployed environment, especially in our remote location where the effects of a natural disaster could be catastrophic.”

The JPC maintains a database of all personnel assigned to JTF-GTMO. This database contains a variety of information to include arrival and departure dates, meal card numbers, lodging locations, etc.

The database is the primary tool to account for personnel assigned to the command, and it is used for a variety of applications that rely on its accuracy.

“The Joint Personnel Inventory is designed to ensure the information we have in the database is accurate, as well as gauge how well our established accountability procedures are working,” said Air Force

Capt. Mathew W. Ramstack, officer-in-charge at the JPC. “Staff members at the JPC, or other administrative offices, will verify the name, rank, arrival date, and projected departure date and other pertinent information of JTF staffers,” Ramstack said.

This inventory will be used to validate and correct personnel data to ensure the JPC database contains a record of all personnel assigned or attached to JTF Guantanamo. Troopers will report to the JPC office, as directed, to verify their information.

In preparation for the JPI, the JPC staff is verifying information stored in the database.

“Before the JPI can start, we will go through the physical records and check it against the electronic records,” said Air Force Staff Sgt. Robert Vanghle, non-commissioned officer-in-charge of forces accountability. “If any information is missing—like the actual orders—the personnel will be contacted, so they can bring it in.”

While there are a large number of personnel to handle in a day, the process is not lengthy if the JTF staffer has the right documentation.

“The JPI process takes less than two minutes,” Vanghle said. “Questions asked are in regards to social security number, housing location, phone number, meal card information, arrival and departure dates, and what directorate the service member or civilian contractor works for.”

The inventory is just a small part of the JPC mission. The One Stop tracks service members from the time they arrive on island to the time they leave and serves as the focal point for all in-processing and out-processing of personnel.

The JPI will not be conducted exclusively at the JPC. Other administrative offices around the JTF will also coordinate with the JPC staff during this inventory.

“Subordinate units, such as the Joint Defense Group, Joint Medical Group, and the Coast Guard Maritime Safety and Security Team, will utilize administrative personnel to visually verify their personnel; so part of the JPI will take place within subordinate units,” Ramstack said.

“Other personnel, such as those assigned to the Headquarters, Headquarters Company staff, will report to the JPC in the Trooper One Stop for this accountability,” he said.

“Our efforts [during the JPI] ensure commanders have the necessary assets to accomplish their mission and allow the command to maintain and secure proper preparations,” added Air Force Maj. Jamison Braun, J1 deputy director. ✪

PG-13, 98 minutes

Rating: ★★☆☆☆



Stopping The Unstoppable

Marine Corps Lance Cpl.

Anthony Ward Jr.

JTF Guantanamo Public Affairs

I didn't know much about "Unstoppable" before sitting down in my lounge chair. I thought it was about a terrorist plot to hijack a train and then blow up some major metropolis. I was close.

Unstoppable is based on true events that occurred in Ohio in 2001, when a runaway train nearly devastated an entire city.

The movie focuses on two specific rail yards owned by Allegheny and West Virginia Railroad Company one in, Fuller, Northern Penn., the other Stanton, Southern Penn.

Frank Barnes (Denzel Washington) has worked for AWVR for 28 years and is paired with a yellow vest conductor, Will Colson (Chris Pines).

In the world of railroading, a yellow vest is worn by the new guys, people fresh out of training that have yet to gain experience.

Fuller rail yard is run by Yard Master Connie Hooper (Rosario Dawson) who

arrives to work to some not-so-great news.

While moving a half-mile long train, engineer Dewey (Ethan Suplee) foregoes an important step in order to get the massive machine out of the path of an excursion train full of school children.

I don't know if you have ever been on a field trip with a bunch of school age children, but being in an enclosed space with a plethora of kids can get a little irritating.

As Dewey hurries to move the train, he places it at full power. This causes the train to engage its dynamic brakes allowing for Dewey to brake the train if need be.

As we all know the only way to use a brake is to press it manually, on a train the brake is a lever and you kind of have to be in the train cab to flip a lever.

Dewey continues to jack things up, he sees that the train is headed for the wrong track and decides to get out of the cab to manually switch it, but before exiting he sets the throttle in the neutral position

This is exactly where things get serious.

He gets out of the cab and sprints toward the switch to manually flip it to get the train on the right track, but the throttle manages to slip out of the neutral position and back into full power.

This runaway train is the focus of the rest of the movie, as you see it barreling down the mainline crushing all that is in its path. Did I forget to mention that the train is carrying more than 1,000 gallons of molten phenol, a highly combustible and toxic chemical.

The amazing part is the train never passed 71 miles per hour and it weighed in at more than a million tons. That train could have been doing 10 mph and knock over the Hoover Dam.

I liked "Unstoppable." It was a bit different than the rest of the movies in 2010. I really like the way the director told the story from all sides and didn't focus too much on one person or one thing.

"Unstoppable" is a breath of fresh air full of high stakes, trains and explosions. Don't be the one to miss it. ☆



Army Staff Sgt. Jeffery Wells, first place winner of the first MWR Paintball Turkey Shoot, loads his hopper during competition, Nov. 20. - JTF Guantanamo photo by Navy Mass Communications Specialist 2nd Class Wesley Kreiss



Naval Station Guantanamo Bay residents start the first MWR 2010 5K Turkey Trot at G.J. Denich Gym, Nov. 25. Overall male and female winners were Coast Guard Petty Officer 2nd Class Tom Fisher and Lt. j.g. Caitlin Quinn. - JTF Guantanamo photo by Navy Mass Communications Specialist 2nd Class Elisha Dawkins

Marine Corps Lance Cpl. Anthony Ward Jr.
JTF Guantanamo Public Affairs

Thanksgiving is a time for expressing gratitude, thankfulness and, in some circles, religious appreciation.

Traditionally, Thanksgiving is a harvest festival that is a time to give thanks for a bountiful harvest and other blessings that people may have received.

The holiday is celebrated in three countries; our great nation, the Netherlands and our neighbors to the north, Canada.

The origin of Thanksgiving has been disputed throughout history; Canadians believe it was brought about in 1578 after the explorer Martin Forbisher returned safely from his expedition to find the Northern Passage to the Pacific Ocean.

In the U.S., the story we all know and love with pilgrims and Indians sharing customs and food around a long picnic table originated circa 1621, Plymouth Plantation, Massachusetts.

Some people believe Florida has claim to the earliest attested Thanksgiving, September 8, 1565.

Whatever origin you choose to believe, the observance date for Thanksgiving is set in stone, falling on the fourth Thursday of November in the U.S. and a bit earlier in Canada on the second Monday in October.

In a deployed status, most members of Joint Task Force Guantanamo Bay may not get the opportunity to go home and celebrate Thanksgiving with family. However, units throughout the JTF along with Morale, Welfare and Recreation are hosting events to bring a little bit of home to GTMO.

"The holidays are a special time of year for many people," said Aimee MacDonnell, the community activities director for MWR. "MWR is providing a variety of activities to keep morale up and provide positive recreation experiences through the holiday season."

MWR kicked off Thanksgiving Day with the Turkey Trot, a 5-kilometer run held at 7:30 a.m. in front of Denich Gym.

If a run wasn't up your alley, then maybe the Guided Turkey Day Hike jump-started your Thanksgiving.

The rest of the day, MWR offered Ping-Pong tournaments at all liberty centers and premiered the latest Harry Potter movie, "Harry Potter and the Deathly Hallows."

The days following Thanksgiving are also eventful. Friday, MWR will hold a Family Dive-In Movie at Windjammer Pool and a Putt-Putt Golf Tournament at Denich Gym.

Saturday, all the turkey you have eaten should be well digested and you should be ready for a great day of events starting at 7 a.m. with a MWR sponsored GTMO Bay Swim from Girl Scout Beach to Ferry Landing. Not much of a swimmer? Then enjoy the Tree Lighting events at the Navy Exchange and Harbor Lights Hill starting at 6 p.m. Later you can unwind at the Windmill Beach Bash which starts at 3 p.m. or at the Turkey Shootout Basketball Tournament, to bring out the Michael Jordan in all of us, being held at Denich Gym at 5:30 p.m.

"Thanksgiving to me is a time to relax and reflect on what we have been blessed with," said Marine Corps Staff Sgt. Trey L. Bolmon, Watch Chief for the Joint Operations Center.

No matter how the holiday is spent, make it a memorable one. ☆



Thanksgiving in GTMO



Navy Lt. j.g. Henry Pollock, second place winner, aims at one of many targets during the MWR Paintball Turkey Shoot held at the Paintball Range, Nov. 20. - JTF Guantanamo photo by Navy Mass Communications Specialist 2nd Class Wesley Kreiss



Brigadier Gen. Samuel Nichols, deputy commander of Joint Task Force Guantanamo, passes a Trooper's plate to 1st Sgt. Gregg Bacome while serving Thanksgiving lunch at Seaside Galley, Nov. 25. - JTF Guantanamo photo by Marine Corps Lance Cpl. Anthony Ward Jr.



Army Staff Sgt. Chris Begnoche and other members of the 336th Combat Sustainment Support Battalion, along with Naval Station personnel, participate in the Guided Turkey Day Hike, Nov. 25. - JTF Guantanamo photo by Army Spc. Juanita Phillip

Physical Fitness Through the Holidays

Marine Corps Lance Cpl.
Anthony Ward Jr.

JTF Guantanamo Public Affairs

Marine Corps Cpl. Michael Cunningham performs triceps dips at G.J. Denich Gym, Nov. 18. – JTF Guantanamo photo by Marine Corps Lance Cpl Anthony Ward Jr.

Physical Fitness is an integral part of being in the military. It can determine whether or not you are deployment ready, combat ready and promotion ready.

During the holidays maintaining a high level of fitness can have its challenges.

“The holidays can be a stressful time,” said Tanya Henigman, fitness coordinator for G.J. Denich Gym. “Whether or not you are home or away, exercise is a great release for stress.”

Henigman has more than 20 years of experience in her field and has seen many holidays and how service members on military bases cope.

One way during the holidays to include fitness is just going out for a walk, suggested Henigman. It helps the cardiovascular system and after eating it will help with digestion.

“Exercise always makes you feel good, sleep better and eat better,” Henigman said. “Exercise releases endorphins in your body that calm and relax the body.”

Relaxation is important this time of year. The holidays can be a hectic time with family members visiting, accommodating many guests in your house for a Thanksgiving dinner, traveling or just making travel arrangements.

“The holidays tend to slow down training a little, but I stay dedicated,” said Marine Corps Cpl. Michael Cunningham, of the Joint Intelligence Group.

Maintaining your training schedule during the season will ensure that fitness goals are continued.

“No matter what it is that you’re trying to accomplish, it takes

self-discipline,” Cunningham added. “No one ever said it was going to be easy.”

This level of self-discipline not only goes for service members, but for those who support them as well.

According to Henigman, if the importance of physical fitness is shared throughout the family, it can be easier to maintain.

Another part of physical fitness is nutrition, especially at this time of year. All those dishes on the dinner table can be tempting; the turkey, with its succulent skin baked to a perfect crisp, or the melt-in-your-mouth candied yams.

One word will help you through this holiday season and save your waistline: moderation.

Henigman suggested using the 80-20 rule. Make 80 percent of what you eat healthy and allow yourself that 20 percent to splurge a little. It’s ok to chow down during Thanksgiving and Christmas just remember one thing.

“Everything you put in your body, you are going to have to put out,” Henigman said.

Don’t let the holidays be an excuse to lead the sedentary life. Get up and get active.

MWR can aid in this, offering many classes for the most advanced fitness enthusiast to someone just getting back in the swing of things.

The Zumba class is one of the biggest growing classes here, according to Henigman. MWR also offers group exercise to commands, where a trainer comes out to your command and holds a training session. It also recently started offering belly dancing classes.

In the near future MWR will be offering full-body assessments, and personalized training programs. For more information on MWR fitness programs, contact G.J. Denich Gym at 77262. ☆

JSMART from 3

well, showing up late for work, not doing the fun things they used to do, or if they’re isolating themselves can be cause for concern,” Duff emphasized.

Without someone to talk to or share concerns or even frustrations with, these issues can often mushroom into something larger.

One myth is that when people engage and talk about suicide, they’re going to put that thought in the person’s head. That is not the case, Duff said. When you talk about suicide it’s a relief for that person, because it shows them that somebody truly does care.

“If someone were to say that they were suicidal, take every threat seriously, show legitimate concern, don’t judge them, do not leave them alone, get on the phone and call someone—call us,” Duff stressed.

One goal of JSMART is to be proactive and offer advice on

suicide awareness to all Troopers.

“We are here for the Troopers, we would like to identify their stressors early on, so maybe down the road they won’t make a bad decision related to stress at home or work,” Harty said.

The JSMART staff is motivated everyday knowing that they have the full support of the leadership.

“We are continually working hard at expanding our services. We want our information and services to be ubiquitous,” Duff said. “We are going to continue to educate the Troopers of the JTF so that everyone can reach us, know us, and find us.”

JSMART falls under the Joint Medical Group and services all JTF personnel, including the Coast Guard detachment located on the Naval Station side of the base.

“We are here for everyone. We go out to the Coast Guard Detachment and check in on them and let them know about our services,” Duff said. “We truly are a joint force clinic here.” ☆

Sailing the GTMO Seas



Navy Mass Communications Specialist 2nd Class
Wesley Kreiss
JTF Guantanamo Public Affairs

“I did study the basics before heading out,” she said. Guantanamo Bay is known for having great wind conditions and sailing is allowed in the bay from the southern boundary to the northern boundary.

“GTMO really has ideal sailing conditions,” Geiger stated. The trade winds bring 15-plus knot winds almost daily. MWR’s sailing fleet consists of five Hunter Marine 170’s, which are 17 feet in length and two, soon to be three, Hunter Marine that are 25 feet vessels.

“Sailing in GTMO is fantastic and MWR is excited to be able to teach people of all boating backgrounds,” said Geiger. “This is a fun pastime that will not only make their time at GTMO more enjoyable, but will be a talent they will keep with them long after they leave.”

Even if a trooper decides not to sail, they can still visit the marina and take in the sights and sounds.

To set up sailing lessons or boat rentals, MWR staff can be reached at extension 2345, Monday to Friday, 8 a.m. to 10 p.m. and weekends from 6 a.m. to 10 p.m. ★

Left. Civilian Cristina Fernandez of Migrant Ops does some note taking on the basics of sailing terminology such as “coiling” the rope and sail preparation before getting underway, Nov. 19.

Below. Fernandez departs the marina on her first sailing lesson with sailing instructor Anthony Henry. – JTF Guantanamo photos by Navy Mass Communication Specialist 2nd Class Wesley Kreiss



One of the advantages to living at Naval Station Guantanamo Bay is the access to water activities. For many, the opportunity to learn to sail is unbelievable.

“Sailing is a fantastic hobby and a skill that very few people possess,” said Cory Geiger, Morale, Welfare and Recreation outdoor recreation director.

Open sailing is offered at the marina to the entire Guantanamo Bay community everyday, except Tuesdays, free of charge.

Anyone who will be sailing alone must be certified. In addition, anyone under 18 years of age needs to be accompanied by an adult.

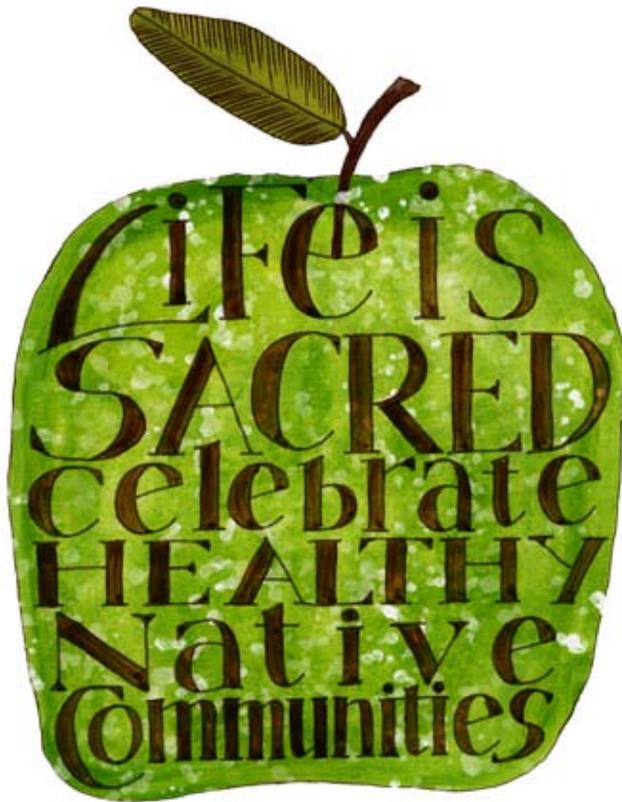
MWR teaches basic sailing skills such as: tacking, making the boat turn into the wind; gibing, making the boat turn with the wind; putting up or down the sails and docking the vessel. The sailor will also learn basic boating terminology and mechanics.

Certification usually requires eight lessons, with each lesson taking about one hour to complete. During the certification process, the sailor is given a “check ride,” and must first know how to swim, demonstrate proficiency in rigging ropes, understand and use wind direction and know how to recover the boat if it capsizes. When all these requirements are met, the sailor becomes certified. Anyone who is a seasoned sailor needs only to take the “check ride” conducted by MWR to begin sailing.

Cristina Fernandez of Migrant Operations, Department of Homeland Security, is one such sailor who decided to take advantage of MWR’s sailing program.

“I always wanted to learn how to sail,” said Fernandez during her first sailing lesson. In preparation of the event, she did her homework.

National American Indian and Alaska Native Heritage Month



In 1990, President George H. W. Bush approved a joint resolution designating November as National American Indian Heritage Month.

Today, National American Indian and Alaska Native Heritage Month is celebrated to recognize the intertribal cultures of Native Americans and to inform the public of the rich heritage, history, and traditions of American Indian and Native American peoples.

According to the US Bureau of the Census, 4.5 million American Indians and Alaska Natives comprise 1.5 percent of the total US Population.

Native Americans and Alaska Natives have participated with distinction in United States military actions for more than 200 years.

American Indians and Alaska Natives have made remarkable contributions to our national identity, and their traditions and values are woven into the American experience.

Boots on the Ground

by Navy Mass Communications Specialist 2nd Class Wesley Kreiss

What MWR activities have you used here at GTMO?

Navy Lt. Cmdr. Kevin Bogucki

Army 2nd Lt. Luis Pacheco

Army 2nd Lt. Luis Cintron

Seaman Marcus Salmon



"I have used the Frisbee golf course and beach volleyball courts."



"I participated in MWR 5K runs."



"The Library and movies."



"I've used the paintball range and Bowling center."

Recognize design

Army Capt.
Eric Bey

525th JDG Battalion Chaplain

In the Focus on the Family, “Truth Project” video series an interesting analogy is given that I would like to share.

It proposes that you are walking in the desert in the sand dunes and your next step dislodges a round shiny object that has a chain attached. You pick it up and analyze it and while doing so you push a button and a cover opens up. Inside you see numbers along the edge of the circle and pinned to the middle there are three pointers.

After along observation period you determine the skinny quick hand is marking out seconds, the slightly larger hand is marking out minutes and yet another hand is marking out hours. You open it up to reveal a sophisticated series of cogs and machinery that make it all work.

Is there any stretch of the imagination that you could deduce that the sand, wind and moisture have put this together? What are you holding in your hand? It is obviously a pocket watch you are holding, but even if you didn’t know that, there is little to no chance you could believe that it was put together by random chance. You would recognize design. You would conclude there was intelligence behind what you saw.

In a video called, “Unlocking the Mysteries of Life,” we are able to glance at the inner workings of the cell through computer animation. It is chock full of intricate machines and nano-technology that man cannot reproduce. Within the cell we find DNA and it has information bearing properties that are complex and dizzying. There is design and intelligence. Further we see the cell is irreducibly complex. There aren’t extra parts lying around. Everything has a function and purpose.

“Irreducible complexity” is the concept that a particular system or machine has all the parts it needs to function and if even one of those parts were missing or malfunctioning, the whole is affected with inoperability. The mouse trap is a clear example. It has the board, the spring, the neck breaker, the dinner plate, the locking mechanism, and the staple that secures it to the base. If even one of these components were missing, the trap would not function.

When we look into the Cosmos we see order and structure everywhere. The water cycle system, the lunar tide cycle, the planetary and solar systems and galaxies all scream

of order and intelligent design. If design is so easy to see everywhere and therefore, believe, why then do we have so many that will look to random chance and evolution? The Bible, in the book of Romans 1:18-32 clearly states even though God has made it clear that He is the Creator, they exchange the truth of God for a lie. Even though all of the evidence is pointing in a certain direction, they don’t want to see or hear it.

They say that science is the scholarly pursuit of truth and they say that they will pursue the truth where ever that truth may lead but it is apparent that if that truth leads to a transcendent, omnipresent, and omniscient creator called God, they just won’t go there!

What about you? Are you willing to entertain truth that challenges your worldview; that shakes the foundations of what you may have believed all along? God wants to be known and has revealed Himself through His Word. If you do not know Him it will not be because He was silent or hidden. Think about that.

Truth Project sessions are Sunday, 6-8 p.m., at Troopers Chapel. ★



GTMO Religious Services

Daily Catholic Mass

Mon. - Fri. 5:30 p.m.
Main Chapel
Vigil Mass
Saturday 5 p.m.
Main Chapel
Mass
Sunday 9 a.m.
Main Chapel
Catholic Mass
Saturday 7:30 p.m.
Troopers’ Chapel
Sunday 7:30 a.m.
Troopers’ Chapel

Protestant Worship

Sunday 9 a.m.
Troopers’ Chapel
Islamic Service
Friday 1:15 p.m.
Room C
Jewish Service
FMI call 2628
LORIMI Gospel
Sunday 8 a.m.
Room D
Church of Christ
Sunday 10 a.m.
Chapel Annex
Room 17

Seventh Day Adventist

Saturday 11 a.m.
Room B
Iglesia Ni Cristo
Sunday 5:30 a.m.
Room A
Pentecostal Gospel
Sunday 8 a.m.
Room D
LDS Service
Sunday 10 a.m.
Room A

Liturgical Service

Sunday 11 a.m.
Room B
General Protestant
Sunday 11 a.m.
Main Chapel
United Jamaican Fellowship
Sunday 11 a.m.
Building 1036
Gospel Service
Sunday 1 p.m.
Main Chapel

GTMO Bay Christian Fellowship

Sunday 6 p.m.
Main Chapel
Bible Study
Wednesday 7 p.m.
Troopers’ Chapel
The Truth Project Bible study
Sunday 6 p.m.
Troopers’ Chapel



Army Pvt. Steven Landes of 189th Military Police Co., fires his shotgun during weapons qualification at Windward range, Nov. 18. – JTF Guantanamo photo by Air Force Senior Airman Gino Reyes



Army Spcs. Jose Ramos and Antonio Carter, B 1/296th Infantry Regiment, maintain a mule, Nov. 17. – JTF Guantanamo photo by Air Force Senior Airman Gino Reyes



Navy Senior Chief Petty Officer Brian Bates is awarded the Joint Commendation Medal by NEGB Commanding Officer, Cmdr. William Johnson, Nov. 19. – JTF Guantanamo photo by Navy Mass Communications Specialist 2nd Class Elisha Dawkins



Around the
★
JTF



Army Spc. Chadelle Sappa of the "B.A.B." flag football team scores a touchdown against the "Pirates" at Cooper Field, Nov. 19. – JTF Guantanamo photo by Navy Mass Communications Specialist 2nd Class Elisha Dawkins