

JTF performs Commissions security

By Spc. Jeshua Nace

JTF-GTMO Public Affairs Office

For the courtroom guards, the commissions marked the beginning of an important mission and the fruit of several months training.

The commissions, which were to last only one day, ended up being a two-day event. Throughout that time, the guards kept excellent security over the proceedings, for both the detainees and those inside of the courtroom.

"The Soldiers and Sailors will continue to be competent, courteous and professional throughout the mission."

-- Army Capt. David Murphy

"The master-at-arms (Navy police - MA) provide security. ... We ensure that everything happens inside of the courtroom is allowed. We make sure that nobody brings in anything unauthorized. We ensure people only go in the areas they're allowed to go into," said Petty Officer 3rd Class Mathew Pfeiffer. MA.

The commissions building has regulations that prohibit some items from entering the courtroom.

"We make sure people aren't bringing in recording devices or communication devices; like cell phones and other stuff like that," said Pfeiffer.

We search for items that aren't allowed to come inside the commissions building using modern technology. We inform visitors of the items they are not allowed



Photo by Spc. Jeshua Nace

▲ Petty Officer 1st Class Jerry Tullos, master-at-arms, trains with OMC representative Alan Ridenour. Performing routine training keeps the police officers' skills fresh and allows them to constantly check if the tools they use are accurate.

to bring into the courtroom. We check for security badges to ensure people are in the appropriate areas, said Petty Officer 2nd Class Janira Gonzalez, MA.

For the majority of the media, a closed circuit feed was set up inside of the Joint Information Bureau. This enabled those media who were not actually in the courtroom to view the proceedings. Eight media at one time were chosen from a pool of about 30 to view the proceedings from the courtroom.

The same rules about recording devices applied inside the Joint Information Bureau

as they did inside the actual courtroom.

The security element provided a safe and secure environment for attorney client conversations as well.

With any trial, a defendant has the right to keep things confidential with his attorney. For this, the Office of Military Commissions has made special arrangements for time between the lawyer and his client, especially during the commissions.

Although there is a requirement for confidentiality, the guards observe the detainee at all times.

(Continued on page 3...)

Taking it to the next level

By Brig. Gen. John Gong

JTF Deputy Commander

It was about this time a year ago that many of us from the California 40th Division said good-bye to our love ones and headed out for Guantanamo. With great anticipation, but not knowing a whole lot about the mission, we embarked on a journey to do something we have never done before. As it turned out, it would be an experience that will remain with us for the rest of our lives! Having spent a year on mission, we can now honestly attest to why the JTF-GTMO operation is so vital to this nation's continuing global war on terrorism. Thanks to all of you, we have accomplished much this past year. As our time remaining in the JTF-GTMO is winding down, I cannot think of a single area that we have not improved upon since arriving here. In fact, you should be proud to know that you have taken the JTF-GTMO operation to a significantly higher level than when we started.



With the multiplicity of talents you possess, many of you were immediately hand-selected to serve in non-traditional, but exceptionally critical, assignments throughout the JTF. Some served in the headquarters of the Joint Detention Group, the Joint Intelligence Group, or the Joint Medical Group, while others held key positions in the JTF headquarters. You have unequivocally established the high standards that will serve as the benchmark for our follow-on forces. Continue to maintain those standards and stay focused until our mission here is complete.

It is humbly gratifying to reflect on all that we have accomplished since arrival here. We unrelentingly practiced, and executed with precision, every single transfer of detainees to their country of origin. We successfully hosted countless numbers of distinguished visitors including, congressional and foreign delegations, military dignitaries, media reporters and analysts, as well as many non-governmental organizations including Amnesty International, ACLU, Human Rights Watch, and even the Al Jazeera press (twice)—all with positive outcomes. We supported and set the stage for the resumption of commissions. When curtain time came, it was executed flawlessly. We weathered a series of tropical storms that required us to further practice and enhance the JTF destructive weather contingency plans, as well as our contingency plan to support migrant operations. Finally, hats off to our engineers, we have started, and in some cases completed, countless number of projects and improvements around the JTF.

Even on a personal level, many of you have achieved what you thought was unachievable, at least before you arrived here. Some of you have drastically improved your physical fitness levels, with commensurate weight loss of 10, 15, 20 pounds or more. Then there are those who have gone even further by completing the Cavalry Spur Ride and the Marine Tan Belt Training course. On the mentally challenging side, many of you have been actively pursuing continuing education through correspondence and distance learning courses, as well as specialized job related training.

Yes, we have come a long ways from that very first day we in-processed at McCalla Hangar. From sending out our first postcard back home, to listening to the CG challenging us to take the JTF-GTMO mission to a higher level, you should all be proud to know that we have collectively done just that. Fundamental to our charge, we have now shown the entire world what safe, secure, and humane treatment of detainees here in Guantanamo is all about.

So, take time to reflect on all that you have accomplished here and remember all the good things. You should feel justly proud to tell your story for you are all now considered veterans of JTF-GTMO – Soldiers and Troopers that have been there and walked every inch of those grounds. As such, your professional military experience have inherently been elevated. Soldiers, colleagues and friends back home will be looking to you as a voice of authority. Be proud of it; teach them the ways; meet their expectations and don't disappoint them. See you all safely on the high ground! Honor Bound to Defend Freedom.

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Troopers conduct Warrior Task Training

By Spc. Jeshua Nace

JTF-GTMO Public Affairs Office

In 2004, the Army changed what every Soldier knew, common task training. The Global War on Terror is different than many we have fought before. There are no longer front lines and safe areas in the back it is a 360 degree battlefield. Due to the shift from conventional warfare, the Army decided to reiterate the idea that every Soldier is a warrior and implement a new kind of training, Warrior Task Training.

Recently, members of the HHC and its subordinate commands took time to refresh their warrior task training skills.

Refreshing and learning new skills on radios, first aid, small arms and many other warrior tasks were covered.

"No matter how long you've been in the Army, common task training (or warrior task training) is one of the things that always seems to slip your mind. I liked how we ran common task training this week because the classes had different instructors each time. You can learn new ways of doing things, such as cleaning weapons. But, what matters most is the Soldier has a good general knowledge of the subject so, when in the heat of the moment, the Soldier knows enough to get by and will remember the rest as he or she goes along," said Army Staff Sgt. Jeremy Patterson, Broadcast noncommissioned officer in charge.

All of the training was excellent. However, some of the training helped out HHC Troopers more than others. Many HHC Troopers have never used a pistol before or taken one apart. The warrior task training allowed the expertise of our instructors to be passed on to Troopers who haven't had that training before.

"I had taken most of the classes before. The only thing that was new to me was the pistol maintenance; disassembling the pistol, I have never done that before," said Army Sgt. Christopher Coleman, legal assistance.

The warrior task training instructors utilized good equipment like laptops and projectors to show PowerPoint presentations and video on proper procedure.



Photo by Spc. Jeshua Nace

Troopers perform Warrior Task Training on the Army issued pistol.

The leadership was very pleased by what they saw with only a few suggestions for improvement.

"The training went great. All the scheduled instruction was put out and everyone that attended was tested. My favorite part was watching the troops enjoy some good training and actually getting something out of it," said Army Master Sgt. Efren Cornejo, HHC 1st. Sgt. ■

JTF performs Commissions security

(Continued from page 1)

"Any interactions between the detainee and his lawyer are usually taking place in a room that we set up for them. The room is completely sound proof, but we can observe everything from the next room," said Petty Officer 3rd Class Daniel Ross, MA.

The security team made the commissions run smoothly. The leadership is proud of their accomplishments and hopes to use this as an example for future commissions.

"One of the toughest challenges we had was that the security element had no idea of what 'right' looked like. No one in [the security element] saw the previous commissions, so we did not have a definitive answer for 'this is how to do it.' The ability of the Sailors of the security element to adjust

to the ever-changing ways of completing this mission was outstanding and speaks to the highest standards of the Navy," said Army

Capt. David Murphy, commissions security officer in charge.

"The mission will continue and I expect more challenges to arise from gallery operations ... I am sure that how ever these commissions play out, that you can count on this for sure that the Soldiers and Sailors will continue to be competent, courteous and professional throughout the mission," said Murphy.

The commissions are over for now. No matter what the schedule brings in the future, the MAs will continue training for the day they are required to use their expertise.

Military Commission Charges Referred

WASHINGTON, Jan. 20 2006-- The Department of Defense announced today that charges were approved and referred to a military commission in the case of Abdul Zahir by the appointing authority, John D. Altenburg Jr., on Jan. 18, 2006. Referral is the step in the military commission process where the appointing authority designates the presiding officer and panel members who will hear a particular case. A trial date has not yet been set.

Zahir is charged with conspiracy, aiding the enemy, and attacking civilians. The case was referred as a noncapital case to a panel consisting of six

members and two alternate members. The panel members consist of three Air Force colonels, two Army colonels and a Navy captain. A Navy lieutenant commander and a Marine Corps lieutenant colonel are alternate members.

Col. Robert S. Chester, who has 23 years of experience as a judge advocate and seven years of experience as a military judge, was selected as the presiding officer for this case. Chester is also the presiding officer in the Khadr case.

Zahir is presumed innocent of any criminal charges unless proven guilty beyond a reasonable doubt at a military commission. Military commission procedures provide for a full and fair trial to include: the presumption of innocence; a requirement for proof of guilt beyond a reasonable doubt; representation by a military defense counsel free of charge with the option to retain a civilian defense counsel at no expense to the U.S. government; an opportunity to present evidence and call witnesses; no adverse inference if an accused chooses not to testify; and an appeal to an independent and impartial review panel. Military commissions have historically been used to try violations of the law of armed conflict and related offenses.

THE Description of the 40-year-old virgin



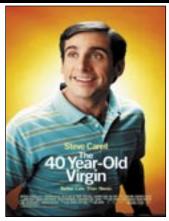
The 40 Year Old Virgin sounds like a corny movie because it is. How do you go 40 years as a virgin? Well, when you hear how he screwed up his chances you kind of get the picture. This is an embarrassing triumph for our virgin, but makes for an enjoyable slapstick comedy.

His coworkers are able to understand Andy (Steve Carell) a little better after they exchange personal stories. Let's just say his stories are embellished in the wrong kind of way. They are now embarking on trying to get their coworker "introduced" to women for the first time, but the thought of random partnership is not what they once thought it was. Imagine someone trying to hook you up with his or her friend, then imagine how many times he or she were way off.

The thought of grown men excited about this adventure is fun and weird at the same time. These are the reasons this movie is a hit. I rate this movie 4 stars for an enjoyable night of laughter.

Datt

Steve Carell stars as Andy in this not-so lighthearted comedy about a guy who has never ventured into the joys of sex in his 40-year life. All of the virgin stereotypes are present, from the collectable action figure (still in original packaging, of course), to



more video games than the dorky video game reviewers here could shake a stick at.

Carell's character is built up well in the beginning, and he plays the role very well, almost as if he were made for it. Anyhow, Andy works in the stock department of an electronics store. One faithful day, a few of the guys need a fifth to play poker, and there you see his secret come to life.

The fun all starts when his new "friends" take it upon themselves to break him in, whether it be wild clubs, dating services, or transvestite hookers (hey, who knew?). Then he meets Trish, the love interest, and begins falling in love. And just when you think he's going to attain his goal her teenage daughter and her boyfriend catch them.

The remainder of the movie follows the general direction of every Sex/Romantic Comedy, i.e. two people fall in love, they have a fight over a big misunderstanding, the guy tries to cheat...I think you get the point. What made this enjoyable was Carell, with his mannerisms and facial expressions, and his uncanny ability to just stammer on and on, trying to avoid talking about his "problem". Paul Rudd plays one of Andy's sidekicks, who himself takes a vow of celibacy after his last relationship went sour. Overall, I thought it was a fresh idea considering all of the other garbage in the theater over the past year and it manages to keep you laughing almost all of the way through. It wasn't quite as good as "Waiting", but it's still worth the twenty dollars to buy it.

Tips offered for tax season

By Sgt. Sara Wood

American Forces Press Service

WASHINGTON, Jan. 19, 2006 - Tax season has once again arrived, and military personnel should know several things to make their returns easier and more beneficial, a military official said here yesterday.

One of the most notable changes to the tax code this year is the addition of provisions for victims of hurricanes Katrina, Rita and Wilma, said Army Lt. Col. Janet Fenton, executive director of the Armed Forces Tax Council

The provisions for hurricane victims are lengthy and complicated, so servicemembers who were affected by the hurricane should seek advice from their installation tax center or the Internal Revenue Service, Fenton said. The provisions can include extensions for tax filing and help for those who lost homes or property, she said.

Servicemembers who spent time deployed have important things to keep in mind when filing their taxes, Fenton said. For example, Iraq, Afghanistan, Bosnia and Kosovo all qualify as combat zones where military income is tax exempt, she said. For enlisted servicemembers, all income earned in a combat zone is exempt, but for officers, income is excluded up to a certain limit. For 2005, the limit for officers' tax-exempt income was \$6,529 a month, she said.

Tax-exempt income is a great thing, but it has worked against some servicemembers by exempting them from important credits, Fenton said. Two credits that military members often qualify for -- earned income credit and child tax credit -- require earned income to be claimed, she said. Starting this year, servicemembers can elect to include their combat zone income to qualify for these credits, she explained. She stressed that this income will not be taxed, but will allow servicemembers to receive credits they qualify for.

"Just because you think you didn't have earned income due to your combat zone time, it's worth your effort to go to the tax center and find out if you do qualify for these two important credits," Fenton said.

Servicemembers in a combat zone during tax season get an automatic extension to file their taxes, Fenton said. Servicemembers have six months from the time they leave the combat zone to file, she said. Servicemembers who are stationed elsewhere overseas have a two-month extension to file.

Almost every military installation offers a tax center for military, retired military and family members, Fenton said. Volunteers at the center are trained by the IRS and military legal office and can provide advice or assistance in filing taxes, she said. Returns filed through the tax center are sent electronically, and people will receive their refunds within seven to 10 days, she said.

"The installations do serve a great benefit to the military member who wants to go and make sure that they've gotten the best information they can. They've filed it, not only accurately, but taken advantage of any of the deductions and credits that they do qualify for and they may not be aware of on their own," she said.

Each installation determines its tax center's operating hours and whether people need an appointment to come in, Fenton said.

Military personnel can also get help online with their taxes, Fenton said. The IRS provides a Free File service on its Web site, which lists several tax preparation services, many of which provide free service to military members, she said. The Web site Military OneSource also provides free tax assistance to military members.

"The Internet's invaluable; it allows you to file your taxes from your own home, if you're comfortable enough to do that," Fenton said.

To prepare to file taxes, servicemembers should make sure they have their W-2 forms from the military and any other jobs they had in the past year, Fenton said. Servicemembers should also make sure they have Social Security cards for themselves and their dependents, she said.

For active-duty military members, W-2s will be available on MyPay starting Jan. 21, Fenton said. Retirees and reservists already have the forms available. ■

"Jointly" Honor Bound to Defend Freedom

Commentary By Army Maj. Edward Johnson

JTF-GTMO HHC Commander

Humans have a tendency to overlook the obvious. Especially when we get caught up in repetition, our minds can take us away from the normal and mundane, the things we see everyday and do not pay attention to or think about, so that we are unaware of our actions. Have you ever driven home from work, arrived, and then wondered how you got there? I have. We, as service members, are used to seeing sailors as sailors, airmen as airmen, marines as marines, coastguardsmen as coastguardsmen, and soldiers as soldiers. But, here in the JTF, we are all those things, but we are also JTF Troopers and we should see each other as such. We are all joint members of one command and also of one military, the Armed Forces of the United States of America.

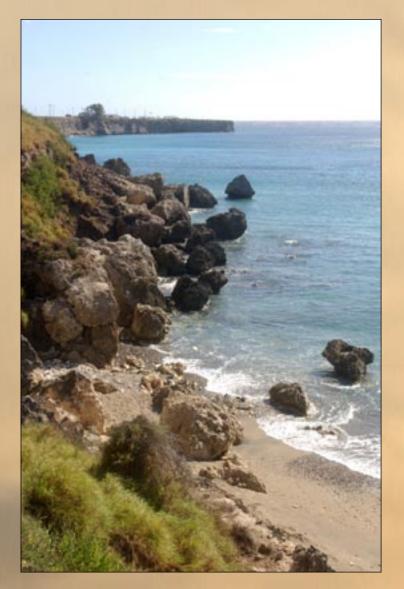
Expecting differences based on our branches of services causes division among us and affects mission accomplishment. Improvement, as LTC Burke discussed in his New Year's Resolution article only comes with recognition, planning, and commitment. Planning and commitment cannot occur if a problem is not recognized, a weakness discerned, or a goal set. This is true in human psychology

(the study of the mind of the person). It is also true, and magnified, in sociology (the study of the mind of the group). In groups, one individual may be the only one who recognizes a problem that is later solved by the planning and commitment of the group as a whole. However, without that first person, the process could not begin.

Jointness is as jointness does. If one or some of us think PURPLE (the color of Joint Commands), that is, give the term importance and thought, others will follow. During my time in the JTF, I have seen many great examples of this, but we are a big task force with many moving parts, and the concept of "jointness" occasionally gets thrown to the wayside. As leaders and troopers it is our job to ensure that "jointness" is a watchword". Much like America's greatness comes from its cultural diversity, so it is with JTF GTMO. We are stronger because of our varied services, backgrounds and expertise.

We are joint. We are a team. We are PURPLE. Sure, there are differences among the services. Our services treat us in different ways, but here on this island, in this joint task force, we must continue to and increase the extent to which we see ourselves as a team, plan as a team, and are committed to success as a team.

We truly are "Jointly" Honor Bound to Defend Freedom. ■



FINDINGY



▲There are multiple theories surrounding Glass Bea coated with sparkling sea glass. However it actually hap this secluded beach now shines with beautiful colored liget away from it all.



▲►Not quite as secluded as Girl Scout and Glass and not as developed as Windmill, Cable Beach is a quality hybrid of the two. The beach is a bit rocky, but combined with the waves and wind, it is always a majestic sight to see.



OUR PERFECT BEACH



ch and how it came to be pened doesn't change that ght and is a great place to



Photo by Army Sgt. Dave Lankford

▲Windmill Beach is often crowded, but for good reason. It is a sizable beach with everything from a volleyball court to cabanas with grills and picnic tables to host your grilling parties.





▲ Few people seem to know about Girl Scout Beach and even fewer seem to travel there. It is the perfect getaway if you want to be left alone and just enjoy the waters.

Kobe scores 81; Steelers to meet Seahawks in Detroit

Commentary by Spc. lan Shay

JTF-GTMO Public Affairs Office

This past weekend, the sports world had its eyes fixed on the AFC Championship game and the NFC Championship game, but there was another game making history and it wasn't football.

All eyes were on football last weekend as they rightly should be this time of year. The Steelers ended up smashing the Denver Broncos 34-17 in Invesco Field at Mile High. Steelers' quarterback Ben Roethlisberger looked great most of the game, showing everybody the Steelers have a fierce passing attack, and Denver QB Jake Plummer showed everybody what they were waiting to see; Plummer choke. Plummer turned the ball over four times. The Denver defense did all they could to get the Broncos back in the game, but Plummer's mistakes would cost them the game.

Still, all eyes were on football, because the NFC Championship game was up next. The Seattle Seahawks, led by Matt Hasselbeck and Shaun Alexander, literally ripped the Panthers to shreds defeating them 34-14. Although Alexander suffered a concussion the week before, he did not show it on Sunday. He rushed for 132 yards and two touchdowns. If Seattle can score quickly on Pittsburgh, like they scored on Carolina, the Seahawks have a good shot of winning in

Detroit. The teams meet up on Feb. 5 for Super Bowl XL, but the weird thing is, that really didn't matter Sunday.

The only name that mattered was Kobe. On Sunday, the Los Angeles Lakers faced off against the Toronto Raptors, not something that would normally push the second biggest week in football aside. But Lakers guard Kobe Bryant decided he would score a record 81 points in the game, second only to Wilt Chamberlain's 100 almost 44 years ago. That is an amazing feat for anyone to perform in today's NBA, which occasionally sees teams score less than 81 points the entire game. If you would put Wilt against a defense of today, chances are he would have never seen a 100 point game, and Kobe Bryant's 81 basically puts him on top.

Earlier in the year, Kobe had another shot at scoring 80-plus points when he scored 62 against Dallas last month, but because

off the blowout, he decided to sit out of the fourth quarter of that game. Only a few players in NBA history have scored more than 70 points in a game, which includes Chamberlain, Elgin Baylor, David Thomp-

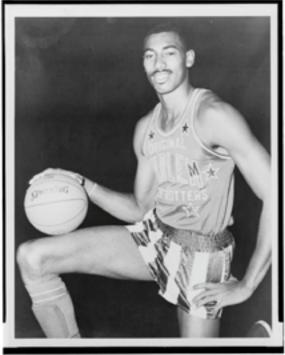


Photo found on memory.loc.gov

Wilt Chamberlain (pictured) still holds the NBA record with a 100 points in a single game, but Kobe Bryant's 81 outshines the legends record.

son and the "Admiral" David Robinson. Kobe makes number five in a big way and personally stole the NFL spotlight for himself. ■

NFL CHAMPIONSHIP WEEKEND

Players AFC Total Points Shay-Steelers Seahawks 75 Shay's Awards Weir T-3rd place Johnson T-3rd place J. Wilson 4th place K. Wilson-Steelers 63 Stallins Last Place Next Week!!! Shay vs. K. Wilson Broncos Super Bowl XL

Last Week-- Shay (2-0), K. Wilson (2-0), Weir (1-1), J. Wilson (1-1), Johnson (1-1) Stallins (2-2) Shay season record 149-95.

Picks submitted by Spc. Ian Shay, Army Sgt. Kirk Wilson. Army Maj. Jeff Weir, Army Maj. Edward Johnson, Army Sgt. Jessica Wilson and Petty Officer 1st Class Mark Stallins.

Alcohol: not always 'fun'

By Spc. Seth Myers

JTF-GTMO Public Affairs Office

Beer. It has been around for ages, and for many years, people have enjoyed the entertainment it can provide. However, when that "entertainment" gets out of hand, serious problems can occur.

It is important that Troopers be aware of the potential dangers of alcohol. It can

affect not only their professional life, but their personal life as well.

There are multiple reasons why people take drinking too far. Some of the more prevalent reasons here are depression, Troopers missing their families, and a feeling that there is nothing to do at GTMO, said Navy Lt. Jason Ellis, a department head for primary care at the Naval hospital.

"When people drink,

they feel more in control emotionally. When in reality, they are in less control,"said Navy Petty Officer 1st Class Lisa Czubernat, an assistant drug and alcohol program advisor at the Naval hospital.

One in 10 people who drink are alcoholics, totaling an estimated 10 million alcoholics in America. On average, 10 to 12 years are shaved off a person's life if they continually abuse alcohol. Billions of dollars are spent every year on alcohol-related illnesses.

Alcohol affects a person's critical thinking, judgment and memory. Many people are aware of the effects it has on a person's mood and personality, and of the dangers to the liver. What some don't know, however, are the more extreme effects it has when abused.

Due to a decrease in appetite caused by excessive drinking, some alcoholics become anorexic. A person can get tremors, and have difficulty concentrating. Some even develop Korsakoff's syndrome, an alcohol induced amnesiac disorder. The person can become learning deficient and develop memory loss. Often they will fill in the gaps in their memory with plausible stories. Korsakoff's syndrome is irrevers-

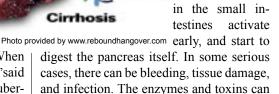
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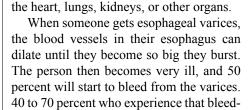
Alcohol abuse can cause changes in the pancreas, which may lead to diabetes. Chronic alcoholism can also lead to cirrhosis of the liver, pancreatitis and esophageal varices.

Cirrhosis kills 26,000 people yearly. This makes it one of the leading causes of death by disease. Cirrhosis of the liver is when liver tissue is replaced by scar tis-

sue. Blood cannot flow through the scar tissue properly and prevents the liver from doing its job. Alcohol interferes with the metabolism of protein, fats, and carbohydrates.

When a person gets pancreatitis, the enzymes that aid in digestion in the small intestines activate





even enter the bloodstream, endangering

"[Dying from alcohol abuse] is not a fun way to die," said Ellis.

ing die on the first occurrence.

Alcohol can also affect your social life. Alcoholics generally tend to have resentment for authority, be demanding, domineering, and easily frustrated. They are sometimes dissatisfied with life and have a low self-esteem. Domestic violence and marital problems can occur when alcohol is abused as well, said Ellis.

Some alcoholics feel they don't have control over themselves when they drink, said Czubernat.

If a person needs help getting control over their alcohol use, they can always seek help. They can approach medical personnel, the chaplain (ext. 3202), combat stress

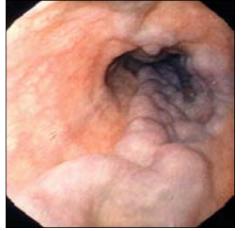


Photo provided by merck.com

A throat with esophageal varices.

(ext. 3566), or their chain of command.

"If people initiate the process themselves, there will be no repercussions," said Czubernat.

Alcohol can be fun, but it can also be dangerous. It can destroy your life in many ways. If you feel you have an alcohol problem and need help, seek it. Help will always be provided at GTMO.

Editors note: Information in this article was gathered from a pamphlet produced by the GTMO Naval Hospital, the National Institutes of Health website at www.digestive.niddk.hih.gov.



Land Navigation for the Soul

By Army Chaplain (Lt. Col.) Chris Molnar

JTF-GTMO Command Chaplain

In learning the art of land warfare there are few challenges as great as mastering the skill of land navigation. Some of us are no doubt thankful that someone in our group could read a map and use a compass, or the school we attended had an older course with well worn paths to the checkpoints. Traditionally, one of the marks of a fine officer was the ability to read a map and lead his soldiers from point "a" to point "b" safely. The imagery of the skilled leader guiding Troopers over dangerous terrain lends itself to comparison with the life of the soul. Who can help but see in their mind the wise person ignoring the false guidance surrounding him and consulting his or her map—the Bible and other great writings-and compass-one's own conscience.

The image becomes a little cloudy as we take this comparison one step further and ask the question, "Where am I going, and why am I going there? " Even the small unit leader wrestles with this question in the form of measuring the competing demands of mission accomplishment and care for soldiers, "Does the CO want this mission accomplished at the cost of making my platoon combat ineffective for a week?" or "How far can I push my Troopers to get the job done?" The courage to make such decisions gets us into new territory, the land navigation of the soul.

An individual, a leader, must look inward to the soul when choices involve difficult and competing demands. Looking inward brings us to the terrain of the soul, which can be a dark and difficult terrain indeed if the only light is our own wants and needs or the wants and needs of those around us. St. Paul wrote the following

words to Christians living in one of the largest cities in the ancient world, "For you were once darkness, but now you are light in the Lord. Live as children of light... and find out what pleases the Lord." (Ephesians 5:8-10) There were many competing demands placed upon these Christians. The key directive in sorting out these competing demands was "...find out what pleases the Lord."

The great Danish philosopher Soren Kierkegaard (1813-1855) said the same thing to a different time and place, "The child who hitherto had only the parents to measure himself by, becomes a self, when he is a man by getting the state as a measure. But what an infinite accent falls upon the self by getting God as a measure ...the thought that makes sin so dreadful is that it is before God." The prominent terrain feature in the land navigation of the soul is the will to do what is pleasing to

My early mentor in the chap-

laincy used to say to me frequently, "Chris, never forget that the ground around the cross of Jesus is level ground!" At the time I thought he was encouraging me not to get too distracted by rank. Now I suspect what he really meant was more along the lines of what St. Paul says, "For we must all appear before the judgment seat of Christ, that each one may receive what is due him." (II Corinthians 5:10) In other words, we will all be judged as individuals before God. Living to please God is where land navigation of the soul begins.

We are more likely to accomplish the mission, to get ourselves and those for whom we are responsible where they need to be, by seeking to please God first. What is truly remarkable is that you are likely to please your commander if you start off by trying to please God, and you will certainly be much happier within your own soul. ■

A bad day

By Army Chaplain (Lt. Col.) Robert Palmer

JTF-GTMO Chaplains office

Dr. Cliff Arnall, a British psychologist, has developed a formula to determine the worst day of the year. One factor is the time elapsed since Christmas, when the holiday glow has given way to the reality of credit-card bills. Gloomy winter weather, short days, and the failure to keep New Year's resolutions are also part of Dr. Arnall's calculations. Last year, Jan. 24 received the dubious distinction of being "the most depressing day of the year."

Although we may not be immune to the effects of post-holiday letdown, we have a resource that can change our approach to any day. Psalm 118 recounts a list of difficulties including personal distress (v.5), national insecurity (v.10), and spiritual discipline (v.18), yet it goes on to declare "This is the day that the Lord has made; we will rejoice and be glad in it" (v.24). The Psalm is filled with a celebration of God's goodness and mercy in the midst of trouble and pain. Verse 14 comes as a shout of triumph: "The Lord is my strength and song, and He has become my salvation."

Even when circumstances hang a sign on our calendar saying "Bad Day," the Creator enables us to thank Him for the gift of life and to receive each day with joy.

Welcome each day as a gift from God. ■

CAMP AMERICA WORSHIP SCHEDULE

Sunday Protestant Service Troopers' Chapel 6:00 p.m. Confessions Troopers' Chapel Troopers' Chapel 5:00 p.m. Catholic Mass 7:30 p.m. Evening Prayer Troopers' Chapel Wednesday 7:30 p.m. Soul Survivor Camp America North Pavilion

NAVAL BASE CHAPEL			
Sunday	8 a.m. 9 a.m. 9 a.m.	Pentecostal Gospel Catholic Mass Church of Jesus Christ	Room 13 Main Chapel
		of Latter-day Saints Protestant Sunday School	
	10 a.m. 11 a.m.	Protestant Liturgical Protestant Service	Sanctuary B Main Chapel
	1 p.m. 5 p.m.	Gospel Service Pentecostal Gospel	Main Chapel Room 13
Monday	7 p.m.	•	Fellowship Hall
	7 p.m.	Family Home Evening	Room 8
Tues. to Fri.	•	,	Cobre Chapel
Wednesday	7 p.m.	•	Fellowship Hall
Friday	1 p.m.		Room 12
Saturday			Main Chapel Main Chapel

Jewish Shabbat Services held every second Friday at 7:30 p.m. in the Naval Base Chapel complex Room 11.

15 Minutes of Fame with Navy Petty Officer 1st Class Kathryn Januario

By Spc. Timothy Book

JTF-GTMO Public Affairs Office

What do you do here?

First, in the Navy we use our rate as a distinction, so I'm a counselor PO1 (SW). It may seem strange, but I did earn that.

What I do here is I am the NCOIC of Commissions. That covers a lot. I am a facilities manager. I also do administration for nine defense and prosecution teams for the Office of Military Commissions. That entails getting them any security badges they may need, computer access, supplies, housing or anything else they may need. Basically, I am the go-to person anytime there is a problem.

I am thankful for the opportunity to do this job. I'm not sure how or why I got it, but I hope it was because someone saw something in me and decided I could do it.

Recently, the Commissions were held, but that wasn't your first time was it?

That is correct. The first time it didn't happen because of a Supreme Court decision on Hamdan and a stay on Hicks. That one was a no-go. We all got dressed up for the prom and the prom got cancelled.

I still had to prepare as if everyone was coming from [Washington] D.C. I still had to get badges. I still had to get computer accounts up and running. We went forward as if it was going to happen.

Did that help this hearing go smoothly?

It sure did. So much was done in advance. Everything just fell right into place because I already had so much done for the first one. So, I was ahead of the game. It was a lot of work, but now I have a system in place. So now the next person to do this can take what I've done and build on it.

How long have you been here?

I arrived at GTMO at the end of August. I went through the full training to be a guard at Ft. Lewis because I'm part of the Navy Provisional Guard. I thought I was going to be a guard inside the wire, but then I was chosen to do this. I was emotionally and psychologically ready to do that job; knowing it was going to be demanding.

What do you think about this deployment?

This is my best deployment ever! It's my third deployment in four years. I was in Enduring

Freedom in 2001-2002 and Iraqi Freedom in 2003. I was there the day it started. I was in the Gulf, saw the missiles flying through the air and heard them hitting Baghdad.

It may sound silly, but I like PT. GTMO is a great place to run. I'm getting close to the end of my career and I'm getting out in great shape.

I have also enjoyed the free movies and the chow here is quite good. You don't hear that at many places.

What do you take away from this deployment?

I'm going back knowing I was a part of history. I was there for the hearings, for al-Bahlul and for Khadr. I know what al-Balul said. I was there watching history.

Also, this is my first time working with the Army. I'm thoroughly impressed with the training I received in Ft. Lewis and I'm also impressed with the professionalism, dedication and intelligence of the Soldiers



Photo by Spc. Timothy Book

here. I have a greater appreciation for the U.S. Army.

What advice would you give to whomever takes over your position?

Stay two or three steps ahead of the OIC. Be proactive. When the OIC says, "I want this or that done," you can say, "Ma'am or Sir, that's already done."

Do whatever you can to make the OIC look good. Making that person look good means taking care of the attorneys, the presiding officer and everyone that steps inside [the Commissions] building.

15 Minutes of Fame

Know a Trooper worthy of being highlighted in "15 Minutes of Fame?" Call Army Sgt. Jessica Wilson at 3594.



Photo by Spc. Timothy Book

▲Chaplain (Lt. Col.) Robert Palmer baptizes Spc. Manuel Acuna at Windmill Beach.

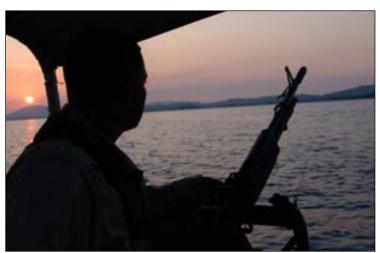


Photo by Spc. Jeshua Nace

▲A JTF Trooper looks into the rising sun while patrolling the bay.

AROUND



Photo by Spc. Jeshua Nace

▲ During the commissions, members of the media transmit live news to the public. Many different news organizations across the globe, such as the Canadian BBC and Al-Jazeera traveled to GTMO. The Canadians conducted separate broadcasts, both in English and in French.



Photo by Spc. Jeshua Nace

▲Newly promoted Staff Sgt. Tara Bowmen shows off her orders during her promotion ceremony at the officer's landing.