

# Preparing food for Ramadan

**By Spc. Jeshua Nace**

JTF-GTMO Public Affairs Office

For Muslims, the month of October is currently the holy month of Ramadan. Ramadan is their holiest holiday and a time of spiritual renewal.

Muslims celebrate Ramadan for a whole month and, because the Islamic calendar is based on a lunar cycle, it is celebrated earlier every year. This year, in North America Ramadan is from Oct. 4, 2005 to Nov. 2, 2005. Muslims believe that during this time God gave Muhammad the revelation to write the Quran.

One of the ways Muslims observe Ramadan is by fasting. They fast for the entire month and only during daylight hours. When the sun sets Muslims break the fast with a meal called "iftar." and then in the morning before dawn, they eat another meal called "suhoar". When the sun rises, they begin their fast again until the sun sets.

For the detainees inside the camps here, the Joint Task Force is making all the preparations necessary for them to practice their faith this Ramadan season. Special preparations are being made for those detainees wishing to participate. Not all of the detainees will be eating on the special Ramadan schedule due to the fact that not all of the detainees are Muslim, and some detainees elect not participate.

In addition to the normal menu consisting of halal-certified meats, vegetables, fruits, drinks and fresh bread, detainees will receive Ramadan-specific foods, said Navy Lt. Jonathan Sym, the officer in charge of food services.



Photos by Spc. Jeshua Nace

## Pentad employees prepare salads for detainees inside the Camps.

"Working with the Seaside Galley, J-4 food services and the command element for Ramadan, we prepared special menus which were in line with their Ramadan practices. It includes many of the same foods we distribute on a daily basis. However, for Ramadan breakfast, we prepared a pre-dawn meal that consists of dates, honey and some light beverages. In the evening, the meals are fairly similar again. At midnight, we will serve another meal that includes sweets, dates, nuts and honey," he said.

With the special and regular schedule being prepared for the entire month, the Seaside Galley and the JTF have been working continuously around the clock preparing six

meals (as opposed to the normal three daily meals) for the detainees and guards inside Camp Delta. Everyone involved has put in a lot of time and effort to accommodate the necessary requirements of this very large operation.

While the detainees fast they will be continuously observed by a health advisor to make sure they are in good health. When detainees who are practicing Ramadan receive their late meals, it will be a double portions meal so they get all the nutrients and calories they need to stay healthy.

This article includes information from "about.com" "holidays.net" "wikipedia.org." Additional photos on page 9. ■

# Freedom is alive!

**By Brig. Gen. John Gong**

JTF-GTMO Deputy Commander

I had the occasion to make a quick trip to Washington D.C. a week ago. The timing of the trip could not have been better. The world famous Army Ten-Miler was also scheduled to take place, and on a beautiful Sunday morning in front of the Pentagon, I was fortunate enough to observe the race of over twenty thousand runners—six of which represented JTF-GTMO! It was a proud moment that I will remember for a long time. In a larger sense, this unforgettable event was not just about a 10-mile race, in which our runners all completed the distance in exceptional time, by the way. But, in many ways, it was about our team in our nation's capital, representing each and every one of us here at JTF-GTMO and striving to do our best every day in our mission. In short, it was about our team serving as a testament to the discipline and professionalism of the entire GTMO taskforce. Still, in a broader sense, it was also about the selfless sacrifice of our brave men and women in uniform and our resolve to protect America's freedom.

For those who have not been to Washington D. C. lately, you will be pleased to know that the reconstruction of the damaged section of the Pentagon, as result of the 9-11 attacks, has been completed. Except for a small area designated for a memorial to those lost in the attack, one would find difficulty in distinguishing between the new and existing sections of the building. Near the Pentagon and elsewhere around the capital city, there was a sense of vibrant, carefree activity everywhere I looked. On my long run around the Capital and the Mall that afternoon, I saw couples and families -- young and old, walking, smiling, some hand in hand -- just taking in the nice sunny afternoon. There were still others standing in lines, having traveled from far and near, waiting to go inside the various museums and national archives. There were youngsters licking on the familiar red, white and blue popsicles, while some screamed in excitement for parental attention as they rode on the kiddies' merry-go-around. As I ran past the Washington Monument and proceeded around the World War II Memorial, a most poignant sensation came over me. I remember saying to myself, just look at these people! They are celebrating life! Freedom is alive! My thoughts then turned southward; back to a place we call JTF-GTMO. I wonder if these people know just how significantly we have contributed to preserving the very freedom they enjoy and sometimes take for granted.



Photo by Spc. Timothy Book

For those of us that have been here awhile in JTF-GTMO, you already know the importance of our mission. To our newcomers, like troopers of Delta and Echo Companies from the Navy Provisional Guard and others, let me add my warm welcome to all of you. We are glad you are here. I want you to know that you have joined a team of over 2,000 great Americans, both military and civilian, men and women, in support of a vital mission guarding known terrorists here in Guantanamo. We are holding and interrogating unlawful enemy combatants that are a clear danger to the U.S. and our allies. Don't ever forget that. With patience and persistence, our intelligence gathering efforts are paying off. We now have a much better understanding on how al-Qaeda and other terrorist groups operate. Indisputably, JTF-GTMO has played a role in foiling further terrorist attacks against the United States and elsewhere, thus making this world a safer place to live.

It is unfortunate, however, that any success of our intelligence-gathering effort will likely not be shared directly with the public--simply because of the nature of the business. Instead, the standards for success against which JTF-GTMO will ultimately be measured will be based on how we conduct ourselves and how well we treat the detainees. It requires the total commitment of every Trooper every day--a disciplined and professional guard force that adheres explicitly to established standards. To this end, I am proud of our impressive track record of outstanding performance. Perhaps even prouder for me, is knowing that you have given me the honor to serve with you.

Honor Bound! ■

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# The Army ten-miler experience

By Army Sgt. Natosha Monroe

JTF-GTMO Combat Stress

Six JTF troopers recently returned from Washington D.C. where they represented JTF- GTMO in the 21<sup>st</sup> annual Army Ten-Miler (ATM) race Oct. 2.

The Army ATM team included Sgt. Esmerelda Amaya of HHC, Sgt. Jason Abigania, Sgt. Alex Garcia and Spc. Scott Willits of 1/18<sup>th</sup> Cavalry B Troop, Sgt. Adrian Galvan of 1/18<sup>th</sup> Cavalry HHT, and Sgt. Natosha Monroe of Combat Stress Control.

JTF Troopers were invited to compete for a spot on this team earlier this summer when they ran ten grueling miles from the Northeast Gate to Cable Beach. Top male and female ATM team members, Lt. j.g. Tiffany Dodson and Ensign Brian Burdick were unable to travel due to work commitments. It was then that the two alternates, Galvan and Garcia, stepped up and became competing members of the team at the last minute.

Luckily, these two runners had been training hard since June. Had they slacked off and thought, "oh well, I'm just an alternate," they would not have been prepared for the competition last week in D.C.

"I just kept telling myself to stay positive and keep training hard no matter what," said Garcia, who almost did not make the trip himself due to work re-



Photo by Army 1st Lt. Rene Mahomed

**Troopers from GTMO recently joined their armed forces brethren in Washington, D.C. for the 21st annual Army Ten-Miler race.**

quirements. Garcia ended up being the team's strongest competitor and finished first among his teammates.

There were several obstacles that key supporters, particularly Command Sgt. Maj. Febles, had to overcome to get this team to D.C. GTMO Troopers are a force of strength and endurance. This is vital to our mission, said Willits, "and we recognize that the JTF leadership wanted to reinforce that through forming this team."

Unfortunately, there were no official results to validate the team's performance. When D.C. Metro police spotted a "suspicious package," a quick decision was made during the race to re-route runners to ensure safety--adding an additional 1.4 miles! "I've run enough to know what ten miles feels like and I knew that we were running way too long," said Amaya.

JTF-GTMO Deputy Commander Brig. Gen. John Gong, along with 1<sup>st</sup> Lt. Rene Mahomed and Sgt. Maj. Chris Jones, flew into D.C. to support their team on Sun-

day. "The ATM team performed superbly," said Mahomed. "It was great to see them rewarded for their hard work."

After the race, Gong sat down to lunch with some of the team members and talked with them not only about the race, but also about their experiences at GTMO. "Our runners did a great job of representing the hard work and discipline that everyone at GTMO demonstrates on a daily basis," he said.

The Association of the United States Army convention was a highlight for Abigania. "I had a conversation with former Army Chief of Staff General Gordon Sullivan," said Abigania, "and he extended his appreciation to me personally for my military service. Now *that* was a pretty amazing experience."

The team also toured D.C. attractions such as Arlington National Cemetery, the Smithsonian Air and Space Museum, the White House Visitors Center and the U.S. Capitol. "The trip was more than just the run," said Galvan. "It was more about our future in the Armed Forces. I hope that future JTF Troopers get to have the great full experience of Washington, D.C., like we did." ■



Photo by Army 1st Lt. Rene Mahomed

**Members of the JTF Army Ten-Miler team alongside of Brig. Gen. John Gong.**

# Oktoberfest 2005

Story and photos by Army 1st Lt. Angela King-Sweigart

JTF-GTMO Public Affairs Office

Bratwurst, black bread and Bavarian music burst onto the scene at MWR's Oktoberfest at the Bayview Oct. 7.



For ten dollars festival-goers from around GTMO received an authentic German feast, commemorative mug and music-including an accordion player.

Cabbage rolls stuffed with beef and rice, seasoned mashed potatoes, sausages, brie and gouda cheese platters, salted pretzels with mustard, crispy dill pickles, an assortment of desserts including chocolate and

coconut German cake and, of course, tangy sauerkraut, were all on the themed menu.

The kraut was the best tasting dish, according to Coast Guard Petty Officer 3<sup>rd</sup> Class Brian Martin, who, while in Germany, dined in Munich and Haufbras. He attended the celebration with several other Coasties from PSU 311 who also gave the dish a thumbs-up.

The glass mugs, emblazoned with "Guantanamo Bay Oktoberfest 2005" and a graphic of the island, were filled with iced tea and water at no additional charge. Other beverages, including imported beer, could be purchased through the Bayview's bar.

Outside the Bayview, long rows of tables were set up under a tent where a DJ played traditional Oktoberfest music including the classic "Roll out the Barrel."

Inside, accordion player Carrol Welder, a kindergarten teacher at W.T. Sampson Elementary, delighted audiences with her tunes and Bavarian costume. No stranger



Carrol Welder, has been playing the accordion since age 14. This was her first time playing at the Guantanamo Oktoberfest.

to German festivals, Welder remarked, "I lived in Germany on and off for about 15 years."

Though the weather may be a bit warmer than Germany, GTMO residents, by all appearances, enjoyed their taste of Deutschland. ■

## Hispanic culture celebration

By Army Staff Sgt. Angelo Almodovar

JTF-GTMO 1/18th Cavalry Regiment

As the music played and the excitement grew, this year's *Hispanic American Heritage Dinner Dance* was a complete success from start to finish. There were many performers, ages 4 to 40 years old, and it had some of the most spectacular costumes seen in GTMO. To top the night, there was a three-course meal that left many rushing back for seconds.

The celebration took place at the Windjammer Oct. 1. Once again, U.S. Naval Station Guantanamo Bay, Cuba put on a show we will not soon forget.

The dancers included students from W.T. Sampson Elementary, performing Latin American dances directed by Zaida Brewer. The GTMO Salsa Dance Class was directed by Petty Officer 3<sup>rd</sup> Class Chaquira Peguero and others.

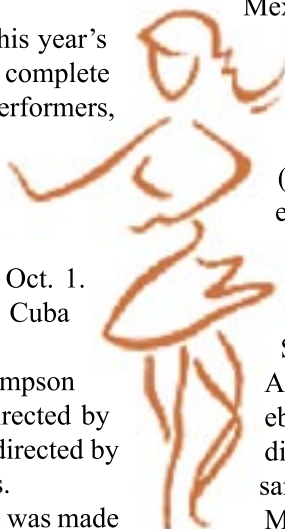
The first formal recognition of Hispanic Heritage was made by Congress in 1968. Originally designated as the week of Sept. 15, the celebration was centered around the Independence Days of Costa Rica, El Salvador, Guatemala, Hondu-

ras and Nicaragua, which are celebrated on Sept. 15, and Mexico's Independence Day, which is celebrated on Sept. 16.

In 1988, the celebration was extended to 31 days beginning on Sept. 15 and ending on Oct. 15. It now includes Chile's Independence Day (Sept. 18) and el Dia de la Raza, the Hispanic celebration of Columbus Day (Oct. 12).

According to the U.S. Census Bureau, people of Hispanic descent can trace their ancestry to Mexico, Puerto Rico, Cuba, Spain and the other Spanish-speaking countries of Central and South America. National Hispanic Heritage Month celebrates people of various races from more than 20 different nations around the world who share the same cultural heritage.

Most of these nations were represented during Saturday night's celebration which brought many people of different backgrounds together to celebrate and enjoy the festivities. ■



# BOOTS ON THE GROUND

In the spirit of October, Deane and Dave of the D2 Movie Review ask, "What is the best horror movie of all time?"



◀ My favorite horror movie would either be the first "Friday the 13<sup>th</sup>" or the first "Nightmare on Elm Street."

—Sgt. 1<sup>st</sup> Class Tony Cliatt

▶ My favorite is "Scream" and "The Blair Witch Project." Of those two, "The Blair Witch Project" is better.

—Army Staff Sgt. Henry Okoroaror



◀ "Puppet Master" was my favorite. I was three when it came out and it terrified me."

—Army Private 1<sup>st</sup> Class James Askew

▶ "The Sixth Sense" is the type of movie that creeps up and scares you to death. That would be my favorite.

—Army Capt. Selmer Santos



Photos by Spc. Dave Lankford

## Military Commission Proceedings to Resume for 'Australian Taliban'

By Kathleen T. Rhem

American Forces Press Service

WASHINGTON- Proceedings will resume within the month at Guantanamo Bay, Cuba, in the military commission trial of David Hicks, the so-called "Australian Taliban," Defense Department officials announced Sept. 20.

An Australian citizen, Hicks allegedly trained in Kosovo and then traveled to Afghanistan to fight for the Taliban government. He was captured on the battlefield in Afghanistan and has been held at Guantanamo Bay since early 2002.

His was one of four war-crimes cases to begin the military commission process in August 2004. Proceedings in the four cases were halted in December after a November ruling in the U.S. District Court for the District of Columbia. On July 15, a federal appeals court overturned that ruling, clearing the way for commissions to resume.

John D. Altenburg Jr., appointing authority for military commissions, issued an order Sept. 20 for Hicks' trial to resume.

The order didn't include a specific date, but, said the presiding officer, Army Col. Peter E. Brownback III, should begin hearing preliminary motions within 30 days.

"Although no specific date has been set to resume this commission, the appointing authority's office is working with the prosecution and defense to ensure that both are ready to argue the case," Air Force Maj. Michael Shavers, a Defense Department spokesman, said earlier.

Recent changes to the commissions order have made the role of presiding officer in the military commissions much like that of a judge in civilian courts. Brownback will rule on questions of law and what can be admitted as evidence. A panel drawn from a pool of eight military officers will hear evidence and rule on guilt or innocence and decide sentencing, if necessary.

"We are confident that the announcement, combined with the recent changes in the military commission order, will afford Mr. Hicks a full and fair trial," Shavers said.

Hicks is charged with conspiracy to commit the offenses of attacking civilians and civilian objects, murder, destruction of property and terrorism. He faces the additional charges of attempted murder by an "unprivileged belligerent" and aiding the enemy. Hicks has pleaded not guilty to all charges against him.

*Update: Currently, hearings for Hicks are slated to resume in late Nov. ■*

# USO: the link between America

**By Army Sgt. Todd Lamonica**

JTF-GTMO Public Affairs Office

The United Service Organization is an organization that is very rich in history. Self-supporting, the USO operates on funds donated by individuals and corporations. It has served the military during armed conflicts in foreign lands for years.

President Franklin D. Roosevelt was instrumental in helping to form the USO in 1941. He thought recreation for service members on leave should be handled by private organizations. Starting from a modest beginning of a few thousand civilians, the USO had 1.5 million volunteers by the end of World War II.

Facilities were opened in strange locations like barns, railroad cars and even storefronts. Many shows were set up out in the field. Nevertheless, they carried on despite many challenges.

Throughout the years, the USO has gone through some growing pains. Almost disbanding in the late 40's, they managed to regroup and continued to flourish throughout the Korean and Vietnam Wars. The Vietnam War presented a new challenge for the USO, setting up shop in a combat zone. This brought entertainment to troops who normally would not experience such pleasures.

The period from the late 70's to the present was a time of change. USO's focus was more on peacetime services. Changing times meant changes in programs to help service members. In 1987, the USO and the Department of Defense signed a Memorandum of Understanding. In this document, it states that the USO must be the primary organization used to provide civilian support to the welfare of U.S. armed forces.

The period of time from the 90's to the present have brought about some brilliant program ideas. One that stands out is the Mobile Canteen Program, developed during the Persian Gulf War. Volunteers drove all-terrain vehicles out to where units were located, providing drinks, snacks and various other items to help improve the morale of the troops.

It didn't stop there, the USO kept improving itself. With the Internet exploding



Photo courtesy of the USO



into a huge communication system, USO built centers geared toward computer use. This gave many troops access to e-mail and other web-based activities. One of these centers was built in Kuwait in 2003 to support troops who are involved in Operation Iraqi Freedom and Operation Enduring Freedom.

The fact that airports are a main transportation hub for troops going on leave nowadays gave the USO the idea to open centers at airports in 21 cities. One of these centers, familiar to some here at the JTF, is the one located at Jacksonville International Airport.

USO Volunteer Director Lynne Pratt has been a volunteer for two months. She has provided assistance to service members flying in and out of the airport. Even with limited space and limited staff, one thing

they are not short of is experienced volunteers. The center is open from 9 a.m. to 9 p.m., seven days a week. On occasion, it has been open for 24 hours.

"On a recent trip to Jacksonville, 40 Troopers from Guantanamo Bay were camped out on the floor here awaiting flights. We did our best to accommodate them and they were very grateful for the service we provided," said Pratt.

The USO will continue to succeed in their efforts to provide morale and welfare to those serving this great country.

*Additional information found on [www.uso.org](http://www.uso.org).* ■



# American citizens and the military



Photo by Spc. Dave Lankford

Photo courtesy of the USO



Photo by Army Sgt. Todd Lamonica



Photo courtesy of the USO

(Top left) A Navy Sailor utilizes one of the USO's letter writing stations. (Top) Navy Lt. Cmdr. Daniel Langlais asks for an autograph from one of the Dallas Cowboy Cheerleaders during a USO sponsored event here. (Center) Army Sgt. 1st Class Del Valle uses a terminal at a USO computer center. (Left) Soldiers mingle around one of the USO's mobile canteens. (Above) Toby Keith performs for the crowd during a USO concert held here.

# In the business of winning

**Commentary by Spc. Ian Shay**

JTF-GTMO Public Affairs Office

Joe Paterno is back. For the first time since 1999, the Penn State Nittany Lions are ranked in the top 10 (8<sup>th</sup>), thanks to a revamped Penn State offense and a defense that punishes its opponents into submission.

No one thought the 78-year-old Paterno had any life left in him; I guess the legendary coach decided he isn't done winning yet. The Lions roared past Ohio State Saturday, improving their record to 6-0. With one of the best defenses in college football, it was hard for the Buckeyes to get rolling and the Lions were able to capitalize. Ohio State's All-American linebacker core was unable to stop the super-quick Lion offense.

The deciding factor in the game was the outstanding play of rookie sensations Deon Butler and Derrick Williams. Butler was a walk-on who has proved to be one of the elite wide receivers in the nation. Williams was one of the most sought-after high school players before he decided to play for Penn State.

Penn State's turnaround this year was made in part due to the combined speed and skill of the rookie class.

Now the Lions have had a lot of success this year, but there's another name making its way back to college football glory, Notre Dame. A 6-6 team last year, Notre Dame is a top 10-ranked football team at 4-1.

With the acquisition of head coach Charlie Weis (a Super Bowl-winning offensive coordinator with the New England Patriots), the Fighting Irish are back in the national spotlight. Weis' offensive prowess has been



Photo by Chris Gardner

**Penn State QB Michael Robinson played well Saturday against an Ohio State All-American line-backing core.**

shown on the field. The Irish's only loss this season came against Michigan State 44-41. Even in this loss, the Fighting Irish's offense held their own with QB Brady Quinn throwing for five touchdowns and WR Jeff Samardzija catching three of them. If Weis can improve the play of the Notre Dame defense, the spotlight isn't going to go away.

The "big dogs" like USC, Texas, Florida State and Georgia aren't going anywhere for now, but it is always exciting to see traditional schools like Penn State and Notre Dame back in the hunt for a national title. ■

## College Football Rankings

### AP Top 25

1. USC (58) 5-0 1,618
2. Texas (7) 5-0 1,565
3. Virginia Tech 6-0 1,493
4. Florida State 5-0 1,393
5. Georgia 5-0 1,389
6. Alabama 5-0 1,244
7. Miami 4-1 1,205
8. Penn State 6-0 1,096
9. Notre Dame 4-1 1,058
10. LSU 3-1 1,057
11. Florida 5-1 935
12. UCLA 5-0 889
13. Texas Tech 5-0 794
14. Boston College 5-1 656
15. Ohio State 3-2 641
16. Michigan State 4-1 581
17. Tennessee 3-2 538
18. California 5-1 537
19. Louisville 4-1 461
20. Oregon 5-1 456
21. Auburn 4-1 441
22. Minnesota 5-1 321
23. Wisconsin 5-1 241
24. Colorado 4-1 222
25. TCU 5-1 181

## NFL Picks

### Monday Night

**St. Louis at Indianapolis**

Shay (Philadelphia):  
Colts 35-21

Hughes (Reno):  
St. Louis 38-30

Conrad (Las Vegas):  
Colts 42 points

### Last Week

**(5-9) Shay vs. Hughes/Conrad (6-8)**

*Picks submitted by Spc. Ian Shay, Coast Guard PO3 Peter Conrad and Air Force Master Sergeant Michael Hughes.*

### Week 6

Atlanta at New Orleans  
Carolina at Detroit  
Cincinnati at Tennessee  
Cleveland at Baltimore  
Jacksonville at Pittsburgh  
Miami at Tampa Bay  
Minnesota at Chicago  
N.Y. Giants at Dallas  
Washington at Kansas City  
New England at Denver  
N.Y. Jets at Buffalo  
San Diego at Oakland  
Houston at Seattle

### Shay

Falcons  
Panthers  
**Bengals**  
Ravens  
**Steelers**  
Bucs  
**Vikings**  
**Cowboys**  
**Chiefs**  
Broncos  
**Jets**  
**Chargers**  
Seahawks

### Hughes

Falcons  
Panthers  
**Titans**  
Ravens  
**Jaguars**  
Bucs  
**Bears**  
**Cowboys**  
**Chiefs**  
Broncos  
**Bills**  
**Raiders**  
Seahawks

### Conrad

Falcons  
Panthers  
**Bengals**  
Ravens  
**Steelers**  
Bucs  
**Vikings**  
**Giants**  
**Redskins**  
Broncos  
**Bills**  
**Chargers**  
Seahawks

Open Date: Philadelphia, Green Bay, San Francisco, Arizona.



# New investment style for TSP

By Spc. Seth Myers

JTF-GTMO Public Affairs Office

In Aug. 2005, the Thrift Savings Plan (TSP) began offering a new plan for their retirement funds: lifecycle funds (L funds).

TSP is a program for government employees and service members that allows them to save money for retirement beyond what is granted to them by their employer. Service members can contribute up to 10 percent of each check into their TSP savings. The money doesn't simply sit there, though. It is invested in order to turn a profit. How risky the investments will be is left to the investor's discretion. Depending on how risky one wants to be, there are various investment plans available.

This new plan (L funds) is based on the idea that if you have a while before retirement, you can afford to take riskier, yet potentially more profitable investments. If you are getting closer to retirement though, L funds starts switching your funds over to

more safe and secure investments to ensure you keep the money you have made during your time in TSP.

In essence, this plan assumes much of the responsibility of watching over your funds and manages the switches between the various TSP funds.

This plan isn't for everyone, though. With a close eye, time, care and some professional help you can develop a more personalized plan that suits your needs.

"Participants who have unique investment needs and the discipline to develop and follow an investment strategy that is appropriate for those needs may not benefit from the L Funds. This may include, for example, participants who have developed their own asset allocation strategy with the help of a professional investment advisor, or participants who are already investing substantial assets outside of the TSP and whose TSP asset allocations need to take

those other investments into account," according to TSP's website ([www.tsp.gov](http://www.tsp.gov)).

However, not everyone has the time to watch over their investments and monitor their TSP plans closely. That is why two firms were hired to help develop TSP's lifecycle funds.

"Our analysis of the data shows that some TSP participants appear to either be "chasing" the latest returns or leaving their accounts unattended altogether, never adjusting the allocation of their portfolios. Some participants leave their entire account in the most conservative fund, the G Fund, when they may need the higher potential returns of the other funds to give them the retirement income they want. The evidence therefore suggests that many TSP participants could benefit from the professional asset allocation offered by the lifecycle funds," according to the website. ■

## Preparing food for Ramadan

Photos by Spc. Jeshua Nace



▲A Pentad employee cooks up chicken on the grill inside the Seaside Galley.



◀These are the Troopers and Pentad employees who are working around the clock to prepare food for Ramadan.



▲Chicken, salads, bread with honey and dates are a few of the meals they served during Ramadan.

# Understanding Islam: Another Faith at Guantanamo

By Master Sgt. Stephen Miller

JTF-GTMO Public Affairs Office

## History

Islam was revealed to the prophet Muhammad around 622 A.D. Its holy book, the Quran (or Koran), consists of the writings of what Allah communicated to Muhammad.

## Sunni and Shi'a

What is the difference between Sunni and Shi'a (Shiite) Muslim that one often hears about in Iraq? When Muhammad died in 632 A.D., a leader had to be chosen for the new community. Those who looked for the closest relative of Muhammad supported Ali. They are referred to now as Shi'a Muslims. Sunni Muslims refer to those who followed Abu Bakr (who was not a relative of Muhammad). Other differences in the two exist, but both are considered Muslim.

## Five Pillars

There are five basic building blocks or pillars of Islam. They are the following:

- 1. The Testimony of Faith**—"There is no God but one God (Allah), and Muhammad is his prophet" (the Messenger).
- 2. Prayer**—A Muslim prays five times throughout the day.
- 3. Giving Zakat (Support of the Needy)**—Muslims tithe and give alms to the poor.
- 4. Fasting**—A Muslim fasts during Ramadan, the ninth lunar month of the Muslim calendar. In 2005, Ramadan will be celebrated during October and November. Fasting is also regarded as a method of spiritual self-purification.
- 5. Pilgrimage to Makkah (Mecca)**—Every Muslim who is financially and physically able to travel is obligated to make at least one pilgrimage to Makkah. About



Image found on google.com

two million people travel to Makkah each year. Although Makkah is always filled with pilgrims, the annual pilgrimage (hajj) is performed in the twelfth month of the Islamic calendar.

Information for this article was taken from, "A Brief Illustrated Guide to Understanding Islam" as well as interviews with a practicing Muslim. ■

## A New Addition to the JTF Team

By Chaplain (Lt. Col.) Stephen Molnar

JTF-GTMO Chaplain

We have a valuable new member of the JTF-GTMO Team. He is Mr. Zaki, who likes to be called "Zak." He is the cultural advisor to the Commanding General of JTF-GTMO. Zak comes to us following a two-year tour in Iraq. His experiences in Iraq, as well as living in several other Middle Eastern countries and being a native Arabic speaker, will make him an invaluable addition to the JTF-GTMO team. His primary job is to advise the Commanding General regarding the cultural norms and needs of the detainees.



Photo by Army Sgt. Todd Lamonica

Zak likes to remind us that one of the Pillars of Islam is upon us: Fasting in the season of Ramadan. The appropriate greeting for this season is "Ramadan Kareem." He says to think of it as if you were saying "Merry Christmas" during the Christmas Holidays in America. "Ramadan Kareem" means the month of fasting is a generous month. In other words, it is a time to be generous: in your giving, in your patience, in your forgiveness and in your prayers. This is also the month the Quran came to the Prophet Muhammad (Peace Be Upon Him), specifically the 27<sup>th</sup> day of the season. To all, Zak says, "Ramadan Kareem!" ■

## CAMP AMERICA WORSHIP SCHEDULE

<b>Sunday</b>	9 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.	Evening Prayer	Troopers' Chapel
<b>Wednesday</b>	7:30 p.m.	Soul Survivor	Camp America North Pavilion

## NAVAL BASE CHAPEL

<b>Sunday</b>	8 a.m.	Pentecostal Gospel	Room 13
	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
	10 a.m.	Protestant Liturgical	Sanctuary B
<b>Monday</b>	11 a.m.	Protestant Service	Main Chapel
	1 p.m.	Gospel Service	Main Chapel
	5 p.m.	Pentecostal Gospel	Room 13
	7 p.m.	Prayer Group Fellowship	Fellowship Hall
	7 p.m.	Family Home Evening	Room 8
<b>Tues. to Fri.</b>	12 p.m.	Daily Mass	Cobre Chapel
<b>Wednesday</b>	7 p.m.	Men's Bible Study	Fellowship Hall
<b>Friday</b>	1 p.m.	Islamic Prayer	Room 12
<b>Saturday</b>	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.*

# 15 Minutes of Fame

## with Social Worker Janice Hickman

By Spc. Timothy Book

JTF-GTMO Public Affairs Office

### What position do you hold here?

My job is rather unique. I am the only social worker whose position is in the Navy, works for the DoD, but is paid by the Army. That's because of the JTF. I have been working for Fleet and Family Support for ten years. I saw an opening for a JTF social worker at GTMO. It's a Navy position. I am a social worker for [the Navy base], but I am also a social worker for the JTF. I work two days a week, Tuesdays and Thursdays, at Combat Stress, see clients at the KBJAS, and am also the Sexual Assault Response Coordinator for the base and for the JTF.

### What made you decide to come here?

I have been here twice before on [temporary assigned duty], filling in for the family advocacy social worker. I saw the opening, so I took it. It's for two years and I've been here for one year now.

### Is there something about Guantanamo that you like?

The last time I was here was in April 2004. I was leaving on the ferry and I just started crying. I thought it was ridiculous. I don't belong here, but I'm upset about leaving. I'm a diabetic and when I'm down here, my blood sugar is always lower because there are no distractions.

### Do you work outside of the military?

At home, I am a certified facilitator for a domestic violence intervention program. It's 26-week long, court ordered program for men convicted of domestic violence. It is \$50 a week, which they have to pay, and they have to show up and do the work. They can't



Photo by Spc. Timothy Book

just sit there and do nothing. A report is sent back to the court only when they have successfully completed the program.

### What is involved with being a social worker at GTMO?

I do a lot of individual counseling. I get command referrals because of anger or stress issues. I do marriage counseling even though the spouse is not here. Actually, right now I'm doing the work of two social workers. In April, when my supervisor left to return to her job back in Pensacola, I had to assume her responsibilities as well as mine.

### Are there any challenges specific to GTMO?

There are no outside resources. In other places there are specialists and organizations that deal with different problems. Here, we have to deal with everything and for a longer time. Usually, I respond to some crisis and decide what organization to refer the person to. I am limited here to the sources we have. Plus, I end up dealing with people

for a longer time.

### What do you enjoy most about your job?

I enjoy meeting people. I come in contact with many different people. There are so many people with so many different stories. Just when you think you have heard it all, someone comes and "blows you away" with something you'd never think of.

### What do you do outside of work?

I like to go to the pool. I read a lot. I'm starting a tap dancing class soon. I'm really looking forward to that. I'd like to get back into Yoga. I'm thinking about trying to get a skipper's license while I'm down here. That would make my husband happy. We have a boat back home and he doesn't like how I tie up at the dock. ■

## 15 Minutes of Fame

Know a Trooper worthy of being highlighted in "15 Minutes of Fame?" Call Master Sgt. Stephen Miller at 3594.



◀Maj. Gen. Jay Hood, Commanding General presents Navy Petty Officer 2<sup>nd</sup> Class Alison Studulski of J6 with a coin for her efforts during the IG inspection.

# AROUND THE JTF

Photo by Army Sgt. Todd Lamonica



Photo by Army Sgt. Todd Lamonica

▲Army Staff Sgt. Angelo Almodovar of Charlie Troop, 1/18 Cavalry regiment, receives training on some new equipment from Army 1<sup>st</sup> Lt. George Burchuk.



Photo by Army Sgt. Todd Lamonica

▲Army Master Sgt. Stephen Miller and Spc. Timothy Book pose for a photo with President Bush, prior to their dinner with him. Miller won the dinner with the President from a raffle conducted during the the Coast Guard birthday celebration.



Photo by Spc. Jeshua Nace

▲JTF Troopers sing hymns during the prayer breakfast inside the Seaside Galley.