



the Wire

“HONOR BOUND TO DEFEND FREEDOM”

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Friday, Oct. 1, 2004

Coast Guard Live Fire Exercise Lights Up Bay

By Sgt. 1st Class Steve Segin

At dawn, a single boat from PSU Detachment PACAREA (Port Security Unit, Pacific Area) approaches the floating target 200 yards off the port bow.

The coxswain calls out, “Gunner ... surface action port.” His reply, “On target and tracking.”

“Open fire.”

Coast Guard Petty Officer 2nd Class Aaron Moore, electronics mate, opens fire with the boat’s forward machine gun.

If this were a real encounter the threat would have been shredded by the impact of the heavy machine gun rounds.

However, this was just a drill.

The Coast Guard PSU Detachment, along with members



Photo by Sgt. 1st Class Steve Segin

Coast Guard Petty Officer 3rd Class Tracy Melloett prepares to fire a machine gun during a live-fire exercise at dawn Wednesday.

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Trooper To Trooper

Training Success Takes Communication



Photo by Army Pfc. Chris Gardner

By Brig. Gen. Martin J. Lucenti

With command guidance, military organizations annually develop training plans that allow Troopers to simultaneously train to the desired level of qualification and proficiency while also advancing other Troopers to yet higher levels of professionalism.

Unit capabilities are gained through a training program that is focused simultaneously on Trooper development and mission requirements. Realistic and challenging training is the most productive training. When a unit's leadership takes the time to think through future Joint Task Force (JTF) operations that are planned, and realistically assesses the capability of the Troopers assigned to perform those missions' "actual training requirements" are identified. This doesn't happen unless leaders at all levels within the organization communicate effectively. It is about training "what is needed," not about training "what you know how to do" or "what you like to do" or even "what you usually do." These different approaches will yield entirely different training plans. Set mission-driven training objectives and develop a training plan that you feel confident will achieve those objectives.

Training program development meth-

odologies vary by service, but one common aspect of all training programs is the proper identification of training needs. Go right back to your stated mission and analyze closely the tasks (expressed and implied) that must be accomplished and the coordination external to your organization that will be needed to make your own organization's efforts successful. In a joint environment the process of training plan development can present opportunities to learn from the other services, as their training doctrine will vary. Joint operations are best conducted by joint training programs, which are synchronized.

Determine what operations will occur in the training cycle and what skills will be required to do them successfully. The noncommissioned officer corps must take a good look

at what capabilities do exist within the organization and what capabilities must be improved in order for the organization to be successful. Be thorough and be brutally honest with yourself.

Determine what training resources are available both inside and outside your organization. You may be surprised just how available resources—never available to your organization before—may be available to you today in a JTF environment.

All training should be evaluated. The time to plan that evaluation is during the planning cycle so that unique expertise, if required, can be acquired. For major training events, schedule an after-action report to ensure that the lessons learned during the training program are captured and where necessary standard operating procedures are updated.

Pay particular attention to the risks involved by doing an effective risk assessment when appropriate. Although it is a training plan and not an operation, risks may still be present that are best considered as early as they are identified. Put risk abatement measures in your plan to keep your training safe and elevate risks that cannot be reduced up the chain of command for further coordination. Think Safety First.

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FEELING THE MUSIC!

Photos by
Spc. Jody Metzger

Story by Senior
Airman Neo Martin

Free Salsa Lessons at the Windjammer!

Driving Latin rhythms, trumpets, timbales, congas, guiro, trombones, piano and bass fill the air as students and instructors begin to burn up the dance floor.

The rug cutters' skill levels range from first-timer to seasoned professional. But, they all have one main thing in common—the dance.

Salsa is not easily defined. Its origins are an evolutionary distillation of many Latin and Afro-Caribbean dances. The elegant yet sultry dance in its basic form, although it looks difficult, can be picked up by the most inexperienced of dancers.

“Dancing is 75 percent in your head. Have an open mind and don’t worry about what your feet are doing,” Spc. Serena Cuevas said. Cuevas is one of three troopers volunteering their time to teach the art of Salsa to people here.

Army Staff Sgt. Veronica Laufer, dance instructor, agrees with Cuevas.

“Most of the people that attend the lessons are repeat students. Many of them have never danced Salsa before,” Laufer

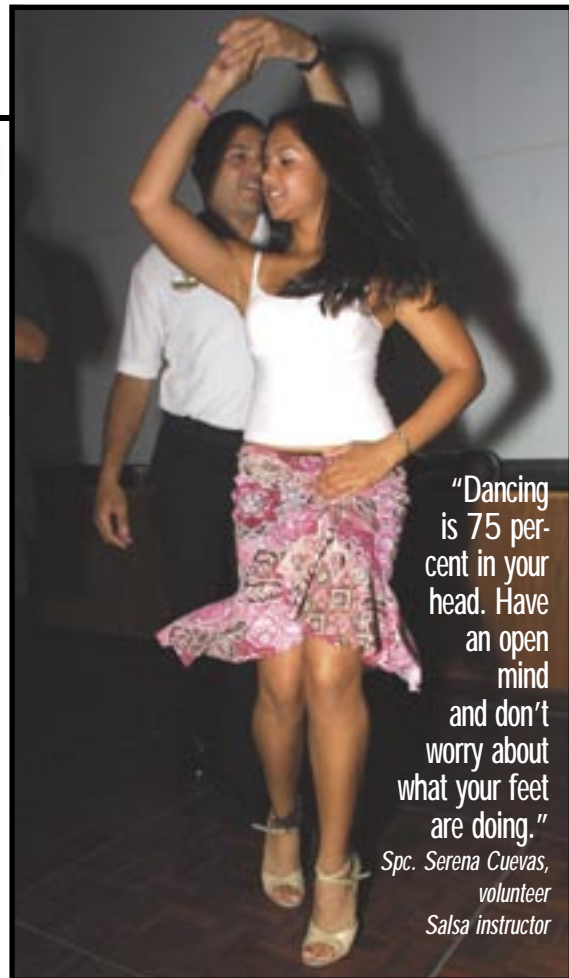
said. “I’ve been dancing ballroom, Salsa and swing for 15 years. I love teaching Salsa.”

The Joint Task Force Morale, Welfare and Recreation sponsored lessons are free to anyone willing to attend.

Two students at the class shared sentiments. “I feel that I’m progressing, I want to learn how to dance better. [Salsa dancing] is energetic,” Spc. Carey Jackson, chaplain assistant said. “Dancing is good exercise. It’s fun to practice dance moves,” said Petty Officer 3rd Class Teresa Darby, 2nd Military Police Company, Joint Detentions Operations Group.

“[Staff Sgt. Wilfredo Ruiz] really did a lot to help make this happen for the Troopers. We’re here to help people have a good time,” said Army Staff Sgt. John Peroza, volunteer instructor.

“Teaching [Salsa dancing] is incred-



“Dancing is 75 percent in your head. Have an open mind and don’t worry about what your feet are doing.”

Spc. Serena Cuevas,
volunteer
Salsa instructor

ible. After a couple of lessons, it’s great to see shy people and people who have never danced before enjoying themselves on the dance floor. I really feel like I helped them,” said Cuevas, member of a Salsa team that competes nationally. “Everyone can become a dancer or at least become a fan of the art of Salsa.”



Javier Rabell plays the congo for Salsa night at the Windjammer, a local all-hands club in Guantanamo Bay, as a part of a new addition to the weekly Friday night festivities.

– Fast Facts –

- Free Salsa lessons
- JTF MWR supported
- Taught by volunteers
- At the Windjammer
- Fridays from 6:30 p.m. to 8 p.m.
- Begins Oct. 8
- Available to all skill levels

Interested in swing dancing? Army Staff Sgt. Veronica Laufer, dance instructor, is looking for experienced dancers to start a swing dancing class.

For more details, contact Laufer Fridays from 6:30-8 p.m. beginning Oct 1, at the Windjammer.

Elle 3 Pleases the Crowds at Guantanamo Bay



Photo by Spc. Simon Cropp

By Spc. Simon Cropp

What happens when you mix country music, rock and roll, and three attractive young women into one package? The band that falls out is Elle 3, but they don't fall out so much as they storm out to the stage. Last Wednesday and Thursday the band performed here in Guantanamo Bay, the first stopping point on a longer Morale, Welfare and Recreation (MWR) tour intended to provide some entertainment and distraction for deployed service members.

Troopers in Guantanamo were treated to the country-inspired music stylings of the band Elle 3 at the Bayview and the Windjammer. Those who caught the performance were given free CDs and posters by the band after the show. Led by three pretty young sisters, the music was reminiscent of Sheryl Crow and even the Dixie Chicks. But the flair Elle 3 shows for their music makes it difficult to compare their sound to any artist.

"This is an incredible experience that you can't beat. It's amazing and no one can take it away from us," said guitarist Ashley Lowry of their experience in Guantanamo. Ashley said their inspirations stemmed from such classic rock groups as Led Zeppelin and Fleetwood Mac, but their music is better categorized as country rock.

Elle 3's first trip overseas was to none

other than, here, Guantanamo Bay, brought in by MWR to perform for Troopers.

"It's a great opportunity to give back to the [Troopers], we're very supportive of what they've done for us, and this is just our way of giving something back—to bring a little bit of hope and sunshine—a little bit of home to them," said lead vocalist Allison Lowry, the oldest of the three sisters.

Elle 3 feel they are breaking important ground in the style of country music. They hail from Los Angeles, Calif., and feel that country music is a bit of new ground for that state. Their music mixes elements of classic rock and country, and they felt very strongly they were working to bring a type of music to the forefront which had been lacking before—at least where they grew up.

"We're going to continue this tour to Puerto Rico and then Honduras to play for the [Troopers]," said Lauren Lowry, keyboardist and backup vocalist. "It's a huge sacrifice too for the Troopers, leaving their homes and families. I had no idea before I got here what it was going to be like."

Elle 3 have played music all their lives, but they've only begun performing within the last year as a full band. Typical of most starting musicians, they've juggled their music with college and part-time jobs as well, working hard to promote themselves and one

The music was great, the atmosphere relaxed, and the attitudes of the performers warming—Troopers who were lucky enough to catch the performances last Wednesday and Thursday found themselves in for a nice evening and some good tunes, courtesy of Elle 3. The three sisters are the center of the band and their love of music showed through their performances last week, though they are backed by very able and strong musicians, who opted to stay out of the spotlight.

day hope to land a record deal.

"We would love to be touring the world and be able to support ourselves doing it," Allison said. "Eventually we'd love to continue being creative as musicians and touring as well, doing something we all really love."

The best part about beginning their tour in Guantanamo was the experience, according to the sisters. Allison said it gave them a chance to understand the sacrifice that deployed Troopers are asked to make. "We get to see how they live, where they live and we get to see what it's like for them. For us it's just a real appreciation of what the Troopers are doing for us," Allison said.

Though their stay was short, the band was able to see the majority of Guantanamo Bay and a little bit of what life was like for the Troopers.

The girls grew up playing music and they always had a desire to perform and create. The idea for their band's name came from the fact that their last name starts with the letter L and also, the word Elle means "she" in French. Though they are the focal point of this band, they are backed by the talented guitarist, a bass player and a drummer.

"We are going to be leaving here having great things to say about Guantanamo Bay," Allison added. "The [Troopers] are the most polite and respectful people I've ever met."

Jiu-jitsu Expert Shares his Experience of a Legacy

By Army Pfc. Chris Gardner

In the harshest of environments, he did the impossible—the unthinkable—something few would dare to even consider.

He wrestled his drill sergeants to the floor, forcing them to tap out through submission holds. Instructing his basic-training drill sergeants in advanced hand-to-hand combat at Fort Benning, Ga., Brazilian jiu-jitsu black belt Spc. Romulo Bittencourt shocked all who were present.

It only took six seconds, recalled an eyewitness, Spc. Danny Gonzalez, friend and assistant instructor of Bittencourt—both members of Charlie Company, 2-113th Infantry Regiment.

Cousin of the world famous Renzo, Ryan, Rolles, Daniel and Royce Gracie, masters of Brazilian or Gracie jiu-jitsu, Bittencourt was surrounded early in life by a Brazilian martial art, which originated in Japan. Renzo Gracie “made me see the horizon of jiu-jitsu,” he said. When it comes to jiu-jitsu, “I owe him everything.”

Jiu-jitsu is a legacy in Bittencourt’s family. He said he trained with his father—a black belt in jiu-jitsu, experienced boxer and former South American judo champion. Be-



Photo by Army Pfc. Chris Gardner

Jiu-jitsu black belt, Spc. Romulo Bittencourt of the world-famous Gracie family, teaches JTF Troopers valuable hand-to-hand combat techniques.



Photo by Army Pfc. Chris Gardner

Above: Spc. Romulo Bittencourt and Spc. Danny Gonzalez practice jiu-jitsu at combat speed. Right: Bittencourt demonstrates the *mata leao* or “lion killer.” Two variations choke either the windpipe or blood channels in the throat. Tapping out halts an effective execution.



Photo by Army Pfc. Chris Gardner

ginning his training at 6-years old, Bittencourt also practiced with his two brothers and more than 100 cousins—immersion in jiu-jitsu was inevitable. In fact, it also became an easy way to resolve differences.

“We’d fight each other, shake hands and become friends again,” said Bittencourt of their brawls. However, outside the family is a different story. “I’ll never start a fight,” he said. Although he tries to avoid the situation first, he said he’d defend himself if he were attacked, adding, “If you want peace, you have to be ready for war.”

“Jiu-jitsu opens doors” for developing new techniques, Bittencourt said. Typical punching and kicking aren’t even part of his style, but rather, submissions, chokeholds and joint collapses. Opponent size is irrelevant, he said, because jiu-jitsu is all about technique—neutralizing the enemy with minimal effort.

With 17 years experience in jiu-jitsu, four years in Thai boxing and black belts in jiu-jitsu and judo, Bittencourt’s experience has led him to unusual jobs. He’s worked as a club bouncer and celebrity bodyguard, protecting clients such as Shakira, Donatella Versace, Lizzie Grubman and Elton John.

Besides working as a bodyguard, Bitten-

court has successfully trained professional fighters like “Giant Silva,” a 7-foot-2-inch, 400-pound super heavyweight, for world Pride Fighting championships in Japan—no holds barred (no rules). No-holds-barred experienced himself, Bittencourt said he choked out a three-time Brazilian national champion kickboxer in September of 1999 in just five minutes. “My mom never let me do it again,” he said, laughing.

Having also taught seminars to Brazilian army combat instructors and instructed Brazilian supreme court security guards, Bittencourt is certainly an invaluable asset for Guantanamo Bay Troopers’ hand-to-hand-combat enhancement. The Army asked him to teach combatives at Fort Benning after his deployment here.

Bittencourt trains in jiu-jitsu here about 20 hours a week, instructing members of his company and other JTF Troopers who are interested. Due to the large turnout, donations of additional tumbling mats would be greatly appreciated.

For more information on sessions, or to donate additional tumbling mats, please contact Army Capt. J. Araujo, Charlie Company commander, at 3161.

“You have to be ready for war.”

—Spc. Romulo Bittencourt

Caribbean Conditions Welcome

SEA WORLD CLAIMS RULES OF ITS OWN

By Army Pfc. Chris Gardner

They kill up to 30 people yearly, attacking three times that number with little compromise. Often, their ferocity accentuates man's fear for the sea. Sheer supremacy seems to be theirs.

Yet, this dominant fish of the sea receives a devastating return-toll a millionfold. Statistics show humans kill at least 30 million sharks a year, consuming millions of pounds of shark meat worldwide.

Perhaps television programs and films, such as Steven Spielberg's man-eating *Jaws*, misinterpret an awesome species as blatantly brutal.

Experts and experience tell us more about shark sightings and Guantanamo sea creatures.

"On the list of potential dangers encountered in aquatic recreation, sharks are right at the

bottom," said George Burgess, director of Florida University's International Shark Attack File. Falling coconuts kill 15 times more people than sharks, he said.

But Guantanamo Bay has both coconuts and sharks.

"Basically, we are likely to have any species of shark found throughout the Caribbean at any given time of year," said Paul Schoenfeld, natural resources manager here. Certified in wildlife biology with 26 years experience, Schoenfeld said, "We are well within the range of whale sharks, nurse sharks, lemon sharks, tiger sharks, bull sharks, sharpnose sharks, reef, blacktip, silky, whitetip, sandbar, shortfin mako, hammerhead, bonnethead and perhaps others."

Such varieties of shark seem to hoist danger's potential, but of the 300 known species of shark,

less than 30 have reportedly attacked humans. "I occasionally get reports of shark sightings or catches [here] but nothing regular or routine," Schoenfeld said.

With about 100 GTMO dives under his "weight belt," 19-year SCUBA diver, Don Markham of Ocean Enterprises' SCUBA shop, said he's seen only one shark—a nurse shark—for "about two seconds."

It's "no big deal" that sharks are here or anywhere else, Schoenfeld said. But safety is vital, and being safe comes by being smart, he said.

"People in the water really don't need to *beware*, rather, they need to *be aware*," he said. "Sharks are here, and when we are diving, snorkeling or swimming, we are in their element."

For instance, an average of figures indicate shortfin mako sharks swim up to 30 miles per

hour in "their element." At one-sixth that speed, *The Guinness Book of World Records 1998* listed Tom Jager as the fastest swimming human with a speed just more than 5 miles per hour (2.29 meters per second).

With such domination, sharks could easily attack.

"I have no records of any attacks on people [here]," Schoenfeld said. "But I have heard of divers who were spearfishing, being pestered for their fish. They did the smart thing by giving up the fish and moving on."

One such case, on Aug. 1, involved Lt. Cmdr. David Anderson, division officer of the emergency room at the naval hospital.

"It just came up and snatched them," Anderson said, meaning the two 34-inch snook he and his buddy speared. "I got dragged back about two to three feet, and

"WE ARE LIKELY TO HAVE ANY SPECIES OF SHARK FOUND THROUGHOUT THE CARIBBEAN."

—Paul Schoenfeld, natural resources manager here



Photo by Navy Lt. Cmdr. Evander Fogle

Navy Lt. Cmdr. David Anderson holds the remains of two snook (once 34-inches) speared Aug. 1. "They were significantly shorter afterward," he said. Just a 15-foot stringer and seawater separated Anderson from the pilfering shark.



Photo by Jessie Keenan

Sharks

WV



Photo archive found at elasma-research.org

Perhaps the largest great white shark ever was caught off the coast of Cuba in 1945. The "Cojimar Specimen" measured 21 feet (6.4 m) and 7,100 lbs (3,220 kg). See www.elasma-research.org/education/topics/r_largest.htm for more information.

a few moments later, it happened again. I've been circled many times out there spearfishing, ... [but] I never felt like I was in danger. He just wanted the fish, and he got them"—at least half of them (see photo).

"People are most likely more susceptible to other water related accidents—ocean surge and drowning, [for instance]—than they are to shark attacks," Schoenfeld said. "We also have had incidents of people being caught in the surge and being washed into coral or rock, resulting in some pretty nasty cuts and bruises."

Proper precautions may prevent harm.

"We always recommend getting together with someone who is experienced and has local knowledge before going diving or snorkeling. They can steer you away from these hazards.

"There are some other hazards in the water people need to be aware of too," Schoenfeld said. "Fire coral, stonefish, jellyfish, hydroids and sharp garbage are much more of a threat than sharks. All these things can sting or cut."

Left: The green sea turtle, *Chelonia mydas*, is considered a threatened species by the U.S. Fish and Wildlife Service. It can reach up to 47 inches and 500 pounds. Right: Blue tang tropical fish swarm near Phillips Pier in July 2004.



Photo by Navy Petty Officer 2nd Class Dale Eads

Creatures much more common than sharks roam bay waters as well. "We do have barracuda, manatee, sea turtle, dolphin and a wide variety of tropical fish," he said. Crustaceans such as lobster and crab are common Caribbean creatures. Shoenfeld said, "People who are interested in these things should get a reference book [at the library] on the various sea creatures."

Lucky divers may see the West Indian manatee, also called

the sea cow, or the leatherback and hawksbill sea turtles, both endangered species, according to the United States Fish and Wildlife Service.

SCUBA divers enter a new world with new rules. "Be smart, and don't put yourself in compromising situations when using the water," Schoenfeld said. "Knowing your level of experience is important, and being smart about using any waters is the best way to keep yourself safe."

For more information on **SCUBA diving certification** courses, call Mica Cochran at 7623 or Wanda Richmond at 9464. The **\$235 SCUBA course** is "at least twice as inexpensive" as in the states, Richmond said.

A vast selection of **SCUBA equipment** may be rented or purchased at *Ocean Enterprises* across from the Downtown Lyceum. The variety includes tanks, wet suits, goggles, snorkels, regulators and more. Reusable underwater cameras may be purchased for \$25, and higher-quality cameras may be rented for \$5 a day.

Flyers on **GTMO's** various **natural resources** are at the Navy Exchange, Marina and base library.

Troopers Participate in 9/11 Memorial Run



Photo by Senior Airman Neo Martin

By Senior Airman Neo Martin

Hurricane Ivan may have delayed the event, but athletes and volunteers recently joined together to honor those who lost their lives on Sept. 11, 2001.

The 9/11 Memorial Run/Walk/Swim was a team effort attended by more than 40 people and facilitated by more than 12 volunteers. "I didn't expect this kind of turn-

out," said Navy Hospital Corpsman Dale Lee, an event volunteer. "It's great to see so many people participating."

"This is a good way to remember the people that died in the [9/11] attacks," said Spc. Michelle Cohen, a memorial-run participant. "I think it helps us focus on what we're here to do."

The event began at the Elementary

School, went to the Marine Hill Swimming Pool for two laps and then to McDonald's for a 15-minute break. The runners continued around the housing area to the Windjammer Swimming Pool for two laps, through Caribbean Circle housing area finishing at West Iguana Circle. Once at the finish line, participants and volunteers were treated to hamburgers, hotdogs and beverages supplied by the Joint Task Force (JTF) Moral Welfare and Recreation. Along the route, volunteers handed out water to participants.

"You missed the fun if you didn't come down," said Army Sgt. John Lockley, one of the event coordinators. "This is a great time for a good cause."

The total distance of the run was 4.5 miles, finishing with a picnic at the home of Brig. Gen. Martin Lucenti, JTF deputy commander. A bus stood by to bring runners back to their vehicles.

"This is a great way to remember the events of 9/11," said Brig. Gen. Jay Hood, JTF commander, "and to congratulate the many troops we have serving here at Guantanamo Bay."

Over 40 Troopers Coined for Service Excellence

There was a coining ceremony in front of the flagpole in Camp Delta at noon Monday to reward Troopers who participated in a detainee transfer mission. Some 40 Troopers were given coins for their outstanding service, said Command Sgt. Maj. Angel Febles.

Brig. Gen. Jay Hood presented the coins to the Troopers. "I just want to thank each and everyone of you for the job that you did," Hood said. "Whatever your role in this you did it well, represented the [Joint Task Force] well, and you took care of each other." Hood praised the Troopers on their dedication during the difficult mission, whether they were military police, linguists, food service specialists, or any of the other many Troopers who participated in the mission.

Photo by Army Pfc. Jessi Stone



Training Supports Mission

Continued from Page 1

of Delta Co., 2nd Battalion, 113th Infantry, conducted an underway gunnery exercise at the mouth of Guantanamo Bay on Wednesday.

"This training on the bay supports our mission," said Coast Guard Petty Officer

Photo by Sgt. 1st Class Steve Segin



Photo by Sgt. 1st Class Steve Segin



1st Class Kris Knott, boatswain's mate.

"The PSU's mission here is to support the JTF (Joint Task Force) by denying the enemy uncontested maneuverability in and around Guantanamo Bay," Knott said.

But firing from a moving boat is much different than on land.

"I have been on the range several times already, but this is a lot different," said Army Cpl. Peter Golden, of Delta Co. 2-113th Infantry.

"It's really hard to hit the target when the boat is going up and down."

But this was not his first time on a boat. "I was in the Marine Corps, but I never fired from a boat. I had to join the Army to do that," Golden said.

This joint training opportunity is another way JTF Troopers get to hone their skills while training for the mission.

"This is a great experience. I wish all branches of the service could interact like we are," said Army Pfc. Roberto Chavez, also from Delta Co.

Live fire from the PSU's 25-foot Viper boats is an



exciting experience and a perishable skill.

"We conduct a live-fire exercise about every other week," said Coast Guard Lt. Mark Ames, executive officer for the PSU detachment. "These exercises teach the crews how to react, so they don't have to think about what they need to do. They can just react."

The PSU detachment is comprised of many different rates (specialties).

"We have a mix of rates, MST's (Marine Science Technicians), BM's (Boatswain's Mate) FS (Food Service Mate) all coming together to perform the PSU mission," Ames said.

The Army Troopers who participated in the exercise had nothing but praise for the Coast Guard Troopers.

"They were all very helpful, and it was great to get out on the water," said Spc. Edward Bunn, also of Delta Co. "I now have a better understanding of what their mission is here at Guantanamo."

Army Cpl. Peter Golden, Delta Company, 2-113th Infantry, steadies his aim as he fires a machine gun (left). Seaman Sarah Benton, with the Port Security Unit Pacific Area, breaks down and cleans the weapon at the end of the live-fire exercise. The PSU Troopers clean the weapons daily due to the effects of salt water from Guantanamo Bay (top left).

WORLD WIRE

... News ... Sports ... Entertainment ...

Sept. 23: A new cell phone hits the market that is able to detect whether or not the owner has bad breath or just stinks in general. But the question is, will this information be any less embarrassing coming from a phone than a date? ...

Sept. 24: Two Montana forest rangers thought to have died in a plane crash shock family and friends when they emerge from the forest while cleanup crews are still sifting through the remains of their downed plane. They were injured, sustaining broken bones, but they walked two and a half miles before they reached help and now seem to be doing fine. ...

Sept. 27: A great white shark was washed

in close to the shoreline of Cape Cod and appears to be lost in the shallow water while trying to make its way back out to sea. The shark has been tagged and will be monitored, though the hope is the predator can find its own way home without human assistance. ...

Sept. 28: A woman, five months pregnant, is pushed to the ground and arrested for talking too loudly on her cell phone in a subway in Washington, D.C. ...

Sept. 29: Catacombs and tunnels beneath Paris were once used as a sanctuary for thieves and convicts and now authorities have found that France's young culture has opened a bar and a phone service in what is

just a piece of a very alive underworld. ... Health authorities in Mexico are rounding up hundreds of cats to fight a rat problem in one of their villages—the rats number around 500,000 and have pretty much taken operational control of the village. ... The Kenya Wildlife Service believes the African lion is fast becoming an endangered species and says that the lions' numbers have halved in the last decade. Currently Kenyan officials are working to make the lion a protected species. ...

Spc. Simon Cropp compiles the WorldWire from a variety of news services.

WORSHIP WIRE

... Faith ... Belief ... Counseling ...

— Promises, Promises —

There are many types of promises in life. There are "pie crust promises," easily made, easily broken. Some of you may have experienced such promises from a friend, a boss or even a recruiter! There are also "ironclad promises," like legal contracts that cannot be broken. Maybe you have experienced such promises from a few people you knew you could trust, such as a best friend, spouse or parent.

The word of God is full of promises. They are promises from our heavenly Father to us his children, and they are "ironclad!" Consider the following examples:

Promises for Protection—The Lord will keep you from harm—he will watch over your life. The Lord will watch over your coming and going both now and forevermore. (Psalm 121:7,8).

If you make the Most High your dwelling—even the LORD, who is my refuge—then no harm will befall you, no disaster will come near your tent. (Psalm 91:9,10)

But whoever listens to me will live

in safety and at ease, without fear of harm (Proverbs 1:33).

Promises for Guidance—His God instructs and teaches him the right way (Isaiah 28:26).

In his heart man plans his course, but the Lord determines his steps (Proverbs 16:9).

For this God is our God for ever and ever; He will be our guide even to the end (Psalm 48:14).

Promise of Forgiveness—For if you forgive men when they sin against you, your heavenly Father will also forgive you (Matthew 6:14).

I write these things to you who believe in the name of the Son of God so that you may know that you have eternal life (1 John 5:13).

For God so loved the world that He gave His only Son, that whosoever believes in Him shall not perish but have eternal life (John 3:16).

These are just a few of the promises of God contained in the Bible. You can count on them!

—Chaplain (Army Maj.)
Steven Herman

Padre's Corner

Habakkuk 1:2-3; 2:2-4

"For the vision still has its time, presses on to fulfillment, and will not disappoint."

Having a vision is essential if we are to live happy and meaningful lives. Making one's vision conscious and motivational takes time and reflection. We have visions concerning what we might like to do in the future, who we want to be with, what kind of education we desire, or possibly some idea of the physical shape we might like to attain.

For those of us who strive to be faithful to God, his vision is the most important and foundational! Do you ever wonder how different our individual and collective worlds might be if we lived the vision of God? Jesus promises full life, peace, joy and heaven, not only when we close our eyes in death but now. Why not consider attending chapel this weekend and capture a bit of vision?

—Chaplain (Navy Lt. Cmdr.)
James Dowds

SPORTS WIRE

Rickie Williams Owes Big! Dolphins to get \$8.6 Mil

By Spc. Simon Cropp

The ruling is in, and Ricky Williams owes over \$8.6 million in contract bonus back to the Dolphins, Arbitrator Richard Bloch ordered. The idea that Williams breached his contract with the Dolphins comes from the fact that the contract ran through 2007 and the young running back left most of his agreement unfulfilled when he shocked fans earlier this year by suddenly retiring. Of course the Dolphins made no comment about the ruling in their favor and said, like so many times before since Williams retired, they only talk about players on their roster.

Williams cited many reasons for his sudden retirement including being dissatisfied with his current contract and feeling overworked under a new offensive scheme. He tried to rejoin the team under a new contract recently, but the Dolphins rejected his offer. Many of the teammates are reported to be angry with Williams and feel they need to move on without him as a piece of their offensive team. Currently the Dolphins stand at 0-2 after losing Williams and other key players to contract disputes and injuries.

Injuries are plaguing NFL star players right now and especially so early in the season. Key offensive players like Tommy Maddox and Deuce McAllister are out for an undetermined amount of time. It leaves teams wondering what kind of impact this might leave them with after they've spent so many training days built around certain players. This is the time when coaches most often say "now is the time for young players to step up and make a difference." Whether or not those young players will do just that or fall on their faces remains to be seen. Injury-free teams always have the edge later on in the season though don't count some of these guys out yet. They might have the backup tools to get the job done. Larry Johnson of the Kansas City Chiefs has the necessary tools to step in for the injured Priest Holmes and get the job done. This is especially so now that Dick



Photo courtesy espn.com

Vermeil, head coach, has officially apologized about his diaper remark in regards to Johnson.

Turns out that Vermeil might not have meant the apology though as Holmes did go ahead and play in Sunday's game, which the Chiefs lost leaving the start of their season 0-3. Good news for the Broncos, bad news for Kansas and Missouri.

The Eagles won again and the Owens-McNabb connection proves more prolific with every game. McNabb is playing the best football he's played in six years and with very little footwork. No, this year it's all about the pass because he has a few options downfield. Currently the Eagles are 3-0, not bad compared to this time last year and the Broncos are 2-1—a little shaky at the moment, but given the mediocrity of the AFC West this year, the Broncos have some breathing room to get their young offense figured out.

Peyton Manning looked amazing in Sunday's game. He threw for nearly 400 yards, five touchdowns, and zero interceptions. Brett Favre looked good out there too, though his offense just couldn't match the Manning's strength and the Packers lost in the end. Between the two quarterbacks there were nine touchdowns thrown and over 700 yards amassed.

The Jacksonville Jaguars have scored

The Colts and the Packers put on a huge offensive show Sunday; Favre threw for four touchdowns, Manning for five, but both defenses left a little something to be desired (left). Jacksonville Jaguars Quarterback Byron Leftwich (below) hasn't defined himself as a superstar yet, but he is one of the few quarterbacks drafted early last year who will likely leave an impression.



Photo courtesy espn.com

roughly 28 points so far but they are 3-0, in large part due to their outstanding defensive play. Quarterback Byron Leftwich has looked pretty good just off his rookie year, but the offense hasn't produced much as of yet. Still, they beat the Tennessee Titans, no small feat considering Steve McNair was last year's co-MVP—he shared that title with Peyton Manning. The Jaguars look strong, but the season still has a long way to go before lasting impressions can be made.

15 Minutes of Fame

... with Staff Sgt. Andrew Rossman, 113th Infantry Bn. ...



Photo contributed by Army Sgt. Andrew Rossman

Army Sgt. Andrew Rossman can be found shining his boots every morning outside his room in Camp America (left). Rossman's first deployment was in 1970 as a Marine infantryman in Vietnam.

Photo by Senior Airman Neo Martin

By Senior Airman Neo Martin

Army Sgt. Andrew Rossman is a member of the 2-102nd Armor from New Jersey. At home he is a letter carrier for the U.S. Postal Service.

The Wire: When did you begin your military career?

Sgt. Andrew Rossman: In 1969, I joined the Marine Corps. As a member of the 1st Marine Division, I went on my first deployment—to Vietnam.

Why did you join the military at such a volatile time?

I can't see letting someone else go do a job when I am capable of doing it. If it weren't me, it would've been someone else.

What did you do after Vietnam?

I left the military to graduate college and lead a normal civilian life.

Why did you join the guard?

From 1990 to 1994 I was a member of the Army National Guard serving as an infantryman after an 18-year break in service.

In 1999, at 50-years-old, I rejoined the Guard as a crewmember for M1A1

tanks. I missed the camaraderie of the military. It's good to be around people that have a sense of purpose and similar goals—we're all part of the same team. Only a few people do what we do, and most civilians don't know how it feels. To quote an old saying, "For those who have fought for it, freedom has a taste the protected will never know."

Why did you choose armor as your career field?

I wanted to rejoin the military, and the Army National Guard armor battalion is close to my home. It was the best way for me to be able to serve again.

How does your family feel about your deployment?

They know it is something I have to do.

How do you feel about the opportunity to work for the Joint Task Force here?

It's satisfying to know I'm doing something important. It's a large part of what is going on in the world with

the war on terrorism.

How do you feel about serving at Guantanamo Bay?

It's a good feeling to be useful. We are doing something instead of talking about it like most people.

How was your first deployment different from Guantanamo Bay?

There is no comparison. Actually one of the biggest differences is the support of the American public. When we came home from Vietnam people didn't care. Civilians treated us with a lack of concern back then. It's nice to see the American people are supportive of our troops—times have changed, and it's a good thing.

How do you like to spend your free time here?

Here I like to barbecue and relax with friends. Back home I like to ride my Harley Davidson and travel with my wife.

What are your plans after GTMO?

To retire from the Post Office first, then I'm going to relax and take it one day at a time.

Hispanic Heritage Month

The Hispanic American Heritage Committee (HAHC) celebrates Hispanic Month in Guantanamo Bay, Cuba. Several events have been planned for the national celebration from Sept. 15 to Oct. 15.

As a part of Hispanic Month, the HAHC has collectively designated many events as fundraisers for the grand event—a semi-formal ball. Ball tickets cost \$15 and may be purchased at the Navy Exchange (NEX) every Saturday.

Events such as the bachelor and bachelorette auction are evasive to bring laughs, entertainment and interesting perspectives. Bidders will take their mark as they compete for a date. Not just any date, the couples will enjoy a theme dinner scheduled near the beginning of December.

This theme dinner, called Mystery Theater, is an interactive play. “Someone will die and

the audience will have to guess, through clues, as to who killed whom,” said Navy Entertainment Coordinator, Lt. Janice White.

Lupe Beltran, HAHC vice-president and officer in charge of Refugee, Asylum and International Operations, said it’s a chance to share the food, music and dancing of the Hispanic culture. “This activity is to expose the Hispanic culture,” Beltran said. Come and enjoy a night of door prizes, traditional dances and more.

Fundraising events include:

- Oct. 1 bachelor and bachelorette auction, 7 a.m. to 9 a.m. at the Windjammer
- Oct. 16 car wash, 10 a.m. to 2 p.m. at the NEX
- Oct. 23 HAHC Ball, Windjammer

For more information contact Lupe Beltane at 4127.

—Spc. Jody Metzger

CINEMA

DOWNTOWN LYCEUM

CAMP BULKELEY

FRIDAY

8 p.m. **YU-GI-OH**

PG 90 min

10 p.m. **Princess Diaries 2**

PG 113 min

SATURDAY

8 p.m. **Aliens vs. Predator**

PG13 101 min

10 p.m. **Harold & Kumar**

R 87 min

SUNDAY

8 p.m. **Sky Captain**

PG13 108 min

MONDAY

8 p.m. **YU-GI-OH**

PG 90 min

TUESDAY

8 p.m. **Princess Diaries 2**

PG 113 min

WEDNESDAY

8 p.m. **Aliens vs. Predator**

PG13 101 min

THURSDAY

8 p.m. **Sky Captain**

PG13 108 min

FRIDAY

8 p.m. **Carly Goodwin Performance**

SATURDAY

8 p.m. **YU-GI-OH**

PG 90 min

10 p.m. **Aliens vs. Predator**

PG13 101 min

SUNDAY

8 p.m. **Princess Diaries 2**

PG 113 min

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8 p.m. **Harold & Kumar**

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8 p.m. **Sky Captain**

PG13 108 min

WEDNESDAY

8 p.m. **YU-GI-OH**

PG 90 min

THURSDAY

8 p.m. **Princess Diaries 2**

PG 113 min

BUSES

Chart shows bus stops and minutes after the hour when buses are scheduled. For example, the Sherman Avenue bus stops at East Caravella 03 and 33 minutes after the hour.

Sherman Avenue

First Street	00	30			
East Caravella	03	33	Camp America/NEX		
Marine Hill	05	35	Camp Alpha	00	20 40
Post Office	10	40	NEX trailer	02	22 42
Windjammer	11	41	Camp Delta 2	06	26 46
NEX	14	44	TK 4	12	32 52
Bulkeley Landing	17	47	TK 1	16	36 56
Ferry landing	21	51	Windjammer	23	43 03
Commissions Bldg.	23	53	NEX	30	50 10
Ordnance	26	56	Windjammer	35	55 15
Bulkeley Landing	28	58	TK 1	40	00 20
NEX	32	02	TK 4	46	06 26
Windjammer	36	06	Camp Delta 1	52	12 32
Post Office	37	07	Camp Alpha	00	20 40
Marine Hill	41	11			
Hospital	48	18			
Windward Loop 1	52	22			

Alcoholics Anonymous

Alcoholics Anonymous meets Mondays, Wednesdays and Saturdays at 6:30 p.m. in Room 4A at Chapel Hill.

Save the Sea Turtles

This is a reminder to Joint Task Force Troopers to keep all vehicles off the beaches—there are multiple sea turtle nests on the beaches this time of year. Bollards and cables are in place to alert drivers and pedestrians of areas to avoid on the beaches.

NEX Customer Appreciation Day

The Guantanamo Bay Navy Exchange (NEX) hosts its 3rd Annual Customer Appreciation from Oct. 13 through Oct. 16. Events include shoe clinics with free running gait analysis, 10 percent off all athletic footwear, a surf clinic at Hicacle Beach, and a pasta dinner at the NEX Atrium on Oct. 15.

Events on Oct. 16 include a fun-packed day of events, kicking off with a 5K Race at 6:30 a.m. The race will be followed by an awards ceremony and breakfast. The NEX sale event begins at 9 a.m., and includes a Navy Sport autograph session, giveaways and prizes every half hour, fishing simulators, a Vans Skat/BMX exhibition, drawing for trips to Orlando, Las Vegas and London, and an autograph session with the Washington Redskins cheerleaders. The event is capped off by a Hummer-pull contest at 5 p.m.

Sweet Chicken Wings

It's easy enough to order chicken wings from the local pizza delivery service, but do they really compare to the kind of chicken wings you crave back home? The fine art of sweet barbecue chicken wings is captured in this simple recipe perfect for any weekend party.

INGREDIENTS:

- 1/2 cup soy sauce
- 1/4 cup packed brown sugar
- 1/2 tablespoon vegetable oil
- 1/2 teaspoon minced fresh ginger root
- 1/2 teaspoon garlic powder
- 1-1/2 pounds chicken wings

Mandatory Requirement Before Departing GTMO

Deployment Cycle Support (DCS) training is mandatory for all Joint Task Force Troopers within the 90 days before departure from Guantanamo Bay.

DCS classes are scheduled to be held Oct. 5 and 6, Oct. 12 and 13, Nov. 3 and 4 and Dec. 13 and 14.

Classes are from 8:30 a.m. to 3 p.m. the first day (required for everyone) and from 8:30 a.m. to noon the second day (required only for National Guard and Reserve).

The classes are in Troopers' Chapel in Camp America.

Unit administrators register their units, and individual augmentees register themselves by e-mailing Navy Petty Officer 2nd Class Clifton Monk, J3 current operations at MonkCD@JTFGTMO.southcom.mil.

DIRECTIONS:

1. Combine soy sauce, brown sugar, oil, ginger and garlic powder in a casserole dish. Mix until brown sugar completely dissolves. Place the chicken wings in the dish and turn them over until they are all well coated. Cover the dish and refrigerate for at least four hours. Turn the chicken again after two hours.
2. Preheat oven to 350 degrees F (175 degrees C).
3. Bake chicken for 45 minutes. Turn the chicken wings and spoon sauce from the bottom of the pan over the tops of the wings. Cook uncovered an additional 50 minutes.

—Jessi Stone

WORSHIP

CAMP AMERICA

Sunday	9 a.m.	Protestant Service	Troopers' Chapel
	6:45 p.m.	Catholic Mass	Troopers' Chapel
	7:30 p.m.	Protestant Service	Bldg. 3203
Tuesday	7 p.m.	Alpha	Bldg. L001
Wednesday	7:30 p.m.	Soul Survivor	Club Survivor
Thursday	7 p.m.	Thursday Night Ticket	Bldg. L001
Saturday	3 p.m.	Saturday Vigil Mass	Troopers' Chapel

NAVBASE CHAPEL

Sunday	8 a.m.	Pentecostal Gospel	Sanctuary C
	9 a.m.	Catholic Mass	Main Chapel
	9 a.m.	Church of Jesus Christ of Latter-day Saints	Sanctuary A
	9:30 a.m.	Protestant Sunday School	
	11 a.m.	Protestant Service	Main Chapel
Monday	1 p.m.	New Life Fellowship	Main Chapel
	5 p.m.	Pentecostal Gospel	Sanctuary C
Monday	7 p.m.	Prayer Group Fellowship	Fellowship Hall
	7 p.m.	Family Home Evening	Room 8
Wednesday	7 p.m.	Men's Bible Study	Fellowship Hall
Friday	1 p.m.	Islamic Prayer	Room 12
Saturday	5:30 p.m.	Vigil Mass	Main Chapel

For information on Jewish services call 2323

DINING

Today	Lunch	Parmesan Fish
	Dinner	Steamship Round of Beef
Saturday	Lunch	Baked Ham
	Dinner	Veal Parmesan
Sunday	Lunch	Chicken Cordon Bleu
	Dinner	Sweet and Sour Pork
Monday	Lunch	Swiss Steak
	Dinner	Swedish Meatballs
Tuesday	Lunch	Pork Adobo
	Dinner	Roast Porkloin
Wednesday	Lunch	Yankee Pot Roast
	Dinner	Teriyaki Steak
Thursday	Lunch	Barbecued Spareribs
	Dinner	Roast Turkey
Friday	Lunch	Mambo Pork Roast
	Dinner	French Fried Shrimp