

President Issues Progress Report in Terror War

By Donna Miles

American Forces Press Service

Five years after the Sept. 11, 2001, terror attacks, the United States is safer because it's made sweeping changes to close security gaps revealed that day and has taken the terrorist fight to the enemy, President Bush said in a recent speech.

The past five years have seen "an unprecedented campaign" that has succeeded in protecting the homeland from another terrorist attack, he said.

The president outlined gaps in U.S. security exposed through the Sept. 11 attacks -- gaps he said allowed terrorists to plan the attacks, train to carry them out, board U.S. jetliners and kill almost 3,000 people -- and ways the nation has helped close these gaps.

But he emphasized that other attacks elsewhere in the world demonstrate that extremists haven't given up their dreams of striking out against the United States. "Five years later, America still faces determined enemies, and we won't be safe until those enemies are defeated," he said.

The events of Sept. 11 revealed exactly how serious that enemy is and how committed it is to its cause, the president said. "9/11 lifted the veil on a threat that is far broader and more dangerous than we saw that morning: an enemy that was not sated by the



President Bush delivered four major speeches this week updating the nation on the war on terror.

destruction inflicted that day and is determined to strike again," the president said.

"To answer this threat and to protect our people, we need more than retaliation, we more than a reaction to the last attack," he said. "We need to do everything in our power to stop the next attack, and so America has gone on the offense across the world."

The president emphasized that despite progress made, challenges remain ahead in defeating terrorism.

"The enemies of freedom are skilled, and they are sophisticated, and they are waging a long and determined war," the president said. "The free world must understand the stakes

of this struggle. The free world must support young democracies. The free world must confront the evil of these extremists. The free world must draw the full measure of our strength and resources to prevail."

As the fifth anniversary of the Sept. 11 attacks nears, President Bush expressed confidence that the United States is on the right track. "Five years after Sept. 11, 2001, America is safer and America is winning the war on terror," he said. "With vigilance, determination and courage, we will defeat the enemies of freedom, and we will leave behind a more peaceful world for our children and our grandchildren." ■

Sports, Recreation, Exercise (SRE) Injuries

By Navy Lt. Edwin Melendez

Senior Medical Officer JTF-Joint Medical Group, Joint Aid Station

Recent health promotion efforts have led many people back to the gym. As the number of people participating in sports has increased, so has the number of sport related injuries. The Center for Disease Control estimates that 10,000 Americans visit emergency rooms each day for sports, recreation, and exercise (SRE) injuries. Most of these injuries do not cause permanent disability, but can result in lost workdays.

The military is particularly sensitive to lost workdays, because they can affect our ability to accomplish the mission. During Desert Shield and Desert Storm, the Army reported its medical evacuations and hospitalizations were primarily due to sports and recreational activities. As a medical provider at the Joint Aid Station, every time I sign a profile or limited-duty chit I am telling someone's chain-of-command that they are losing an important part of the team and make no mistake, each one of you is mission essential.

There are different types of sports, recreation, exercise injury ranging from simple overuse to trauma. Thanks to base safety regulations, we don't see many SRE-related traumatic injuries. Mandatory use of bike helmets, reflective tape while running/walking, motorcycle safety education, boat safety education, float/dive plans, and even the speed limit are just a few examples of regulations that promote injury prevention. Adherence to base regulations is an easy first step toward injury prevention.

Overuse injuries are much more difficult to prevent than traumatic injuries. In fact, they are the cost of doing the business of exercise. Sports medicine researchers rate the risk of sports injury by the number of injuries for every 1000 hours of participation. For example, for every 1000 hours of walking you can expect to have two exercise related injuries.

Even though sports injuries are inevitable, there are still ways to minimize the risk. The best way to prevent injury is



Photo by Army Spc. Philip Regina

avoid to many consecutive days of exercise. In other words, take rest days. Research has shown that rest days are more important than even warm-up/stretching in preventing injuries.

Rest days also allow your body to repair itself after minor injury. Please remember that one rest day is great and two is ok, but the third day is your first day of being a couch potato.

Proper warm-up and stretching can also prevent injury, but need to be done carefully. Stretching itself carries a risk of injury and must be done properly. The trick is to know your body and *gently* stretch the major muscle groups. Warming up is equally as important, because it gets blood flowing to your muscles. A good warm-up includes light calisthenics and light cardio.

Injury is part of an active lifestyle. When you get injured it is important to know what you can do to get back into the fight. Most injuries can be treated immediately with RICE (Rest, Ice, Compression, and Elevation). Some injuries will require a visit to a medical provider. Signs to look for include decreased range of motion, pain not controlled by over-the-counter medications, swelling of joints, and weakness/numbness in the extremity.

The Joint Aid Station, at ext. 3395, is standing by, ready to assist you with any questions regarding injuries. I encourage service members and their chain of command to contact us with any questions.

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Motorcycle safety course aims for safe riders

By Army Sgt. Ivey Hodges

JTF-GTMO Public Affairs Office

The Motorcycle Safety Foundation Basic Rider Course is the first step a brand new motorcyclist must take towards riding independence. The course goes through the basics of motorcycle safety such as why you wear your personal protective equipment and the roles motorcyclists play in overall traffic safety.

"I got a lot out of it actually. It is always good to re-affirm safe motorbike practices," says motorcyclist Brian Burrough, the assistant fire chief of the Guantanamo Bay fire department. Like most of the participants in the BRC, this is his first structured course, but not his first time operating a two wheeled vehicle.

"Motorcycle safety is really important. I thought I was a good rider until I took the advanced instructors' course and realized that I still had a bit to learn," says BRC instructor Navy Petty Officer 3rd Class Ali Davis. Davis stresses to his students the importance of motorcycle

safety. Even the most experienced rider can become subject to another drivers' negligence.

On GTMO, a motorcyclist cannot register their bike until a MSF course has been completed by the operator. This is the reason the safety office offers the class to the residents of GTMO. BRC were few and far between on Guantanamo Bay because of the lack of a

full time instructor, but because Davis has become certified to instruct the course, it will be offered once every other month beginning in October. "You can't ride on base without the course," says Davis, "so just come on and see me!"

For more information, you can reach Lori Newman with the NAVSTA safety office at ext. 4529 or Bill Minnie at ext. 4655. ■



Photo by Army Sgt. Ivey Hodges

Navy Petty Officer 2nd Class Cody Lytle (left) and Army Capt. Paul Balassa (right) participate in the motorcycle safety course offered here.

Security bulletin: Entry and exit inspection program

By Frank Perkins

JTF-GTMO Special Security Office

The Joint Task Force Entry and Exit Inspection Program is designed to deter and detect the unauthorized introduction or removal of classified material and prohibited items between the headquarters and other locations. All JTF-GTMO employees and visitors to the command are subject to entry and exit inspections. The J2 will specify the type of inspection (random or continuous), the location, and the method to be followed when conducting the inspections.

Items subject to inspection include briefcases, shoulder or handbags, luggage, athletic bags, and packages or other similar containers that personnel remove from or take into JTF-GTMO Headquarters and other locations. Contraband and prohibited items include alcohol, guns, knives, illicit drugs, etc. If discovered during the inspection, the items will be confiscated and turned over to J2 Security personnel for appropriate action.

All personnel transporting classified material, to include computers and software containing classified information,

must possess proper courier documentation, or the inspection personnel will confiscate the material. All computer diskettes and hard drives must be labeled with the appropriate classification label indicating the highest level of classified information stored therein, to include UNCLASSIFIED. In the event a disk, hard drive, CD, or USB Flash drive is not labeled, it will be confiscated and turned over to J2-Information System Security Manager for inspection and disposition.

With the exception of Government issued encrypted cell phones, all cell phones, cameras, and other prohibited items will be left at the Sentry Desk upon entering Bldg the JTF Headquarters. Government issued cameras utilized by Public Affairs and Combat Camera personnel may enter the JTF HQs section (1st Floor, East Wing), but will be turned off prior to entering. Items such as toolboxes, bags, etc. carried by maintenance personnel will be inspected each time they access the JTF Headquarters.

The point of contact for this information is Anthony Camera at ext. 9757 or Frank Perkins at ext. 9824. Remember, mission first, security always! ■

Jazz Fest hits the right note

By Army Spc. Jason Kaneshiro

JTF-GTMO Public Affairs Office

The sound of music filled the balmy air of Guantanamo Bay at Ferry

Landing Saturday, as part of the Labor Day weekend festivities.

A variety of musical fare was offered that appealed to a wide palate of musical tastes.

The musical acts of the Jazz Festival consisted of Mark Stevenson, Janita, Marcus Mitchell, Ruby Baker, and Marion Meadows. Each act played to an appreciative crowd. ■

The musical acts that appeared at the Jazz festival included (clockwise from top left): reggae violinist Mark Stevenson, soulful singer Janita, saxophonist Marcus Mitchell, songstress Ruby Baker, and jazz saxophonist Marion Meadows. JTF civilian Kia Graham (pictured bottom left) was invited to perform with Marion Meadows during the show.



Photos by Army 1st Lt. Anthony John

Network News

Bandwidth Hogs

By Air Force Capt. Troy Townsend

JTF-GTMO Information Assurance Officer

Being in a deployed location like GTMO, can provide many challenges for the J6 directorate. One of these is trying to maintain our information pipeline back to the States. Since GTMO is on an island, we utilize a link from the States to provide us our network connectivity. This link has a set amount of bandwidth which we are allocated. The speed of our connectivity to the internet or SIPRNet is often determined by how much of this bandwidth is being used.

This explains why the Information Assurance shop has blocked most streaming audio/video sites. Every time you

watch a video of your friend learning to surf in Florida on www.youtube.com, you are pulling down between 384kb to 720kb of data per second. Audio is a similar story--if you log onto a website and stream an audio feed, you are looking at between 56kb and 256kb of information coming over the pipeline per second. So while it seems harmless for you to turn on Elliot in the Morning and stream his show on your computer, the effects on the network can be quite severe. Just multiply your 56kb stream by the number of people on the network that are doing the same thing and you can see how this could use up our bandwidth in a hurry.

Remember that the primary reason the network exists is to support the mission. Keep our pipeline available for people that need it and do not be a bandwidth hog.

If you have a topic that you'd like us to address in an upcoming column of Network News, send your request to: j6-ia@jtfgtmo.southcom.mil. ■

Hot wheels show their stuff



Photo by Army 1st Lt. Anthony John

▲ Naval Petty Officer 1st Class Eddie Bishop's late model Lincoln Navigator shows off some of its 11 plasma screen TVs, which sit on 13 thousand dollars worth of 26 inch rims and tires, won the First Place Award for best Sport Utility Vehicle during the Labor Day Car Show at Ferry Landing, Sunday.



Photo by Army 1st Lt. Anthony John

▲ Naval Station Guantanamo Bay Commanding Officer Navy Capt. Mark M. Leary (left) presents the first place trophy for best SUV to Naval Petty Officer 1st Class Eddie Bishop (right).

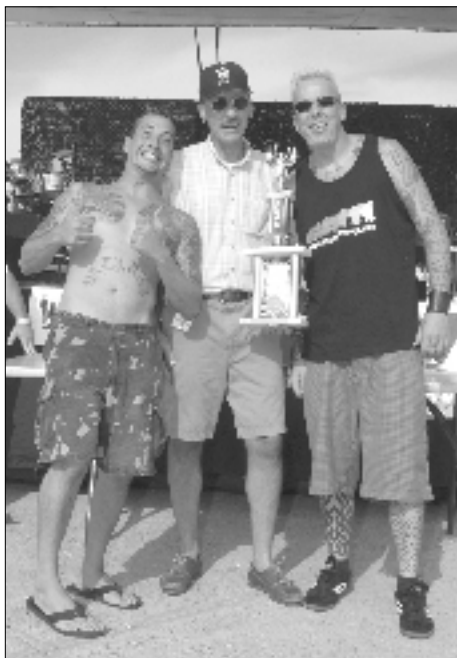


Photo by Army 1st Lt. Anthony John

▲ Naval Station Guantanamo Bay Commanding Officer Navy Capt. Mark M. Leary (center) presents awards to Navy Petty Officer 2nd Class Brandon Galarza (left) and Navy Petty Officer 1st Class Shawn Ashurst (right) for First Place in GTMO Specials and for overall Best in Show at the Labor Day Car Show at Ferry Landing.



Photo by Army 1st Lt. Anthony John

▲ Naval Petty Officer 3rd Class Sirissa Brown relaxes on the couch in the infamous '86 International "Bus" that she helped paint and interior designed. The "Bus" is a result of hard work and ingenuity that shows what time at GTMO can produce. The "Bus" is available for rent. Just kidding.

Urban Str



Photo by Army Spc. Jamieson Pond



Photo by Army Spc. Jamieson Pond



Photo by Army 1st Lt. Anthony John



Photo by Army Spc. Jamieson Pond



Photo by Army 1st Lt. Anthony John



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Photo by Army 1st Lt. Anthony John

By Army Spc. Philip Regina

JTF-GTMO Public Affairs Office

The Urban Street Bike Warriors Black Sheep Squadron performed death-defying motorcycle stunts at the Downtown Lyceum Monday.

The Black Sheep Squadron put life and limb at stake as they wowed a capacity crowd with wheelies, headstands and burnouts. The stunts were performed at breakneck speeds, truly highlighting the precise skills of the squad.

As the sun began to set on the Downtown Lyceum, the Black Sheep Squadron performed a series of burnouts, held to the point of popping tires. Popped tires, the smell of burning rubber and broken asphalt assaulted a feverish crowd, with the Black Sheep Squadron closing the show in fantastic array. ■

Street Bikes



Photo by Army 1st Lt. Anthony John



Photo by Army 1st Lt. Anthony John



Photo by Army 1st Lt. Anthony John



Photo by Army Spc. Philip Regina



Photo by Army Spc. Jamieson Pond



Photo by Army Spc. Philip Regina



Photo by Army Spc. Philip Regina



Photo by Army Spc. Jamieson Pond



Photo by Army Spc. Jamieson Pond



Photo by Army Spc. Jamieson Pond



Photo by Army Spc. Jamieson Pond

Background photo by Army Spc. Jamieson Pond

Are you ready for some football?

Commentary by Army Sgt. Maj. Oscar Diaz

JTF-GTMO Public Affairs Sergeant Major

It's that time of the year again; National Football League fans spent the winter in mental hibernation, a dormant sleep-like state. During the hibernation period, families of the fans underwent considerable changes, without the fans taking notice. Many unknown charges appear on bank statements, all in the name of the NFL. This year will be no different! Starting Sunday, among many households across this great nation, you will hear, "Honey, I'll see you sometime in early February. Precisely, February 5, 2007, the day after the Super Bowl." Sounds like a return from a deployment? Think again! The NFL season is once again upon us and nothing compares to the week-to-week action and excitement the NFL season brings us. Lets get started with our picks for who will rule the NFL this year!

We will start off in the National Football Conference-East, where the New York Giants, with the arm of Eli Manning, and running back Tiki Barber rule the East. The defense should improve from last year and help them stop front-runners Dallas in their annual two-game meeting. The Giants have a tough schedule, but look for Eli to have a breakout season.

In the NFC North, you have to go with the Chicago Bears. This is the black and blue division, and defense usually wins games in this conference. Three quarterbacks can keep them alive on offense if one gets injured. Detroit has an outside chance of winning, but Minnesota and Green Bay don't have a shot here.

In the NFC South, the Carolina Panthers return as the division winners. Nothing changes here except the addition of Keyshawn Johnson, who will help the receiving corps. DeAngelo Williams will have a great season and help the offense mix it up. Carolina also got some help in the off-season, which guarantees this to be a runaway in the south.

In the NFC West, the Arizona Cardinals win this division, that goes all the way down to the wire. Edgerin James and their quarterback of the future, Matt Leinart, the team's top draft pick, will help this team get past the hump this year. Seattle, like most Super Bowl losers, are still hung over from losing Super Bowl XL.

Two Wild Card Teams get into the playoffs; those are the rejuvenated Philadelphia Eagles, minus Terrell Owens and the Detroit Lions. Former St. Louis coach Mike Martz helps Jon Kitna light up the scoreboard

in Detroit.

Now to the American Football Conference-East, where Nick Saban had a six game winning streak at the end of last season and the Miami Dolphins continue winning the east this year. Daunte Culpepper looked like he recovered from last year's injury and has many weapons on the offense.

The AFC North, again goes to last year's winners, the Cincinnati Bengals. The Steelers got in last year as a wild card and Ben Roethlisberger's motorcycle accident and appendicitis are not a good way to start off the season. The Bengals battle the Ravens for the division all year.

The AFC South, no other choice but the Indianapolis Colts. Some believe this will be the first Super Bowl where two brothers go at it head to head. The closest to that happening will be the first Sunday night game of the year where the Manning's face off in Giants Stadium. Indy will win their normal 12-14 games, but fail again, when it counts.

The AFC West seems automatic. The Denver Broncos win this. Jake Plummer will have a very good season throwing to Rod Smith and Javon Walker. Mike Shanahan always seems to have his teams in the mix.

Two Wild Card teams get into the playoffs. From the west, the San Diego Chargers get a spot, and I'll give the Maryland folks some love by predicting the Baltimore Ravens get a wild card berth.

Now, when all is said and done in the NFC, the first round, the Bears beat the Eagles and the Lions beat the Cardinals. Divisional round, the Giants beat the Lions and the Panthers beat the Bears. In the NFC championship game, the Giants revenge last years lost to the Panthers and win the NFC.

In the AFC, the first round, the Ravens beat the Bengals and the Broncos beat the Chargers. Divisional round, the Dolphins beat the Broncos and the Colts beat the Ravens. In the AFC championship game, the Dolphins will beat the Colts, not allowing the Manning's to go head to head in the Super Bowl.

So now here it is, February 4, 2007 at Dolphins' Stadium. Did I say Dolphins' Stadium? That's right, no brothers facing off in the Super Bowl for a first time ever, but what you have for the first time ever is a Super Bowl team playing in their home stadium.

Nick Saban works miracles in his second year at the helm at Miami and gets them to the Super Bowl. Not only does he get them there, he beats the Giants in a close defensive battle 17-14, giving the Miami Dolphins their first Super Bowl win in 33 years. ■



Movie Summary

By Army Spc. Dustin Robbins

“My Super Ex-Girlfriend”

Parting ways from a once romantic relationship is a part of life. Most people pick up the pieces and move on. For one New Yorker though, it's not going to be so easy. When he breaks up with his girlfriend, he discovers his ex is actually the superhero, “G-Girl.” A scorned woman, she unleashed her super powers to humiliate and torment him. ■



Army Spc. Jamieson Pond asked Troopers, “What were you doing the morning of September 11, 2001?”



“I was in a meeting at work when someone poked their head in and said that a plane had hit the south tower. Then someone came in and said the Pentagon had been hit. Then someone came in again and said that the south tower had collapsed.”

-Army Maj. Matthew L. Packard, Secretary to the Joint Staff



“We were conducting a command inspection at one of the administration offices at Fort Campbell, Ky. when we heard about it on the radio. We were not able to complete our inspection after getting the news.”

-Army Staff Sgt. Pamela Wilson, 193rd Military Police Company



“I was about to fly my S-3 Viking from Jacksonville to the carrier USS John F. Kennedy, which was heading towards South America. We were suddenly directed to fly north and join USS George Washington, which was heading towards New York.”

-Navy Cmdr. Garner D. Morgan, Trooper with JTF Command Element



“I was attending the Advanced Non-Commissioned Officer Course at Fort Lee, Va. We were preparing to take a test, when our instructor told us that an airplane had just crashed into the World Trade Center.”

-Army Sgt. 1st Class Augustin Francois, Non-Commissioned Officer in Charge of Logistics, 525th Military Police Battalion

WELCOME RAMADAN - THE MONTH OF VIRTUES AND BLESSINGS

By Army Chaplain (Lt. Col.) Ron Martin-Minnich

JTF-GTMO Command Chaplain

The month of Ramadan is approaching. It lasts from September 24 to October 23. This is the month of the Qur'an, and in this month is the night of Qadr that is better than one thousand months. In this month Allah's blessings increase, and rewards of good deeds are multiplied. Ramadan is meant for the moral and spiritual training and for the purification of the body, mind and soul. This is an annual training program for all Muslims. It is a special time to get closer to Allah and to seek His blessings and bounties. It is a time to learn Taqwa, piety, self-discipline and patience. It is a time to give more to charity and become more generous. It is a time to seek Allah's forgiveness and to forgive each other. It is a time to be thankful to Allah for His gifts and bounties and especially His gift of Iman.

The following are to be in a Muslim's mind during this month:

- Niyyah** (Intention): Remind yourself again and again that you are fasting in obedience to Allah. Be sincere in your intention. You want Allah to accept your fasting.
- Sunnah**: Observe the Sunnah in fasting. Take the Sahur meal a little before dawn and end your fast at Sunset. Observe all the rules of fasting.
- Wara'** (Avoiding everything Haram or Makruh): Keep your body and mind very clean. Fasting is not just avoiding food and drink. Fasting is to learn how to avoid bad words and bad deeds.
- Qur'an**: Spend more time with the Qur'an. Read the Qur'an every day. Try to finish at least one time the whole Qur'an during this month in your own personal reading. Read some Ahadith and the books of Sirah also.
- Salat, Du'a and Dhikr of Allah**: Pray on time and observe all prayers. Do not ignore the Tarawih prayers. Make more Nawafil. Do as much 'Ibadah as you can. Do more Zikr and Du'a for yourself and for others. Make Tawbah and Istighfar as much as you can. This is the best time for devotion and seeking Allah's forgiveness. Seek the Night of Qadr by special devotion during the last ten nights of this month.
- Zakat, Sadaqah and Generosity**: Be very charitable and generous. Give more to help the poor and needy. Contribute generously for useful social and community projects.
- Family**: Be very good to your family, immediate family and the extended family. Spend more quality time with your family members.
- Husn al-Suluk**: Try to be extra kind and courteous during

this month. Forget your quarrels and disputes. Reconcile and forgive. Do not get involved in backbiting, lying, cheating and anything that is wrong. Be very good to Muslims and to all human beings. Be good to your friends and neighbors. Let your non-Muslim neighbors and co-workers know that this is your blessed and sacred time.

9. Tafakkur: Think, reflect and plan to improve the moral and spiritual condition of your own self and your family. Think about any wrong things and sins you might be doing and decide to correct yourself. Think about any deficiencies you have in your Islamic observances. Plan to change yourself. Think about what you can do for the Ummah and for humanity to make this world a better place for everyone. Think about the Akhirah and the Day of Judgment.

10. Be cheerful and happy: Ramadan is not a time of mourning or sadness. It is a time of thankfulness to Allah. Give the greetings of Ramadan to each other and enjoy this beautiful time.

The source for this information is from the Islamic Society of North America (ISNA) website - www.isna.com. ■

CAMP AMERICA WORSHIP SCHEDULE

Sunday	9:00 a.m.	Protestant Service	Troopers' Chapel
	5:45 p.m.	Confessions	Troopers' Chapel
	6:30 p.m.	Catholic Mass	Troopers' Chapel
	7:30 p.m.	Evening Prayer	Troopers' Chapel
Wednesday	7:30 p.m.	Soul Survivor	Camp America North Pavilion

NAVAL BASE CHAPEL

Sunday	8:00 a.m.	Pentecostal Gospel	Room 13	
	8:15 a.m.	Confession	Main Chapel	
	9:00 a.m.	Catholic Mass	Main Chapel	
	9:00 a.m.	Church of Jesus Christ of Latter-day Saints	Sanctuary A	
Monday	9:30 a.m.	Protestant Sun. School	Main Chapel	
	10:00 a.m.	Protestant Liturgical	Sanctuary B	
	11:00 a.m.	Protestant Service	Main Chapel	
	1:00 p.m.	Gospel Service	Main Chapel	
	5:00 p.m.	Pentecostal Gospel	Room 13	
	7:00 p.m.	Prayer Group Fellowship	Fellowship Hall	
	Mon. to Fri.	7:00 p.m.	Family Home Evening	Room 8
		5:15 p.m.	Confessions	Main Chapel
	Tues. to Fri.	6:00 p.m.	Mass	Main Chapel
		6:00 p.m.	Daily Mass	Cobre Chapel
Wednesday	7:00 p.m.	Men's Bible Study	Fellowship Hall	
Friday	12:30 p.m.	Islamic Prayer	Sanctuary C	
Saturday	4:15 p.m.	Confessions	Main Chapel	
	5:00 p.m.	Vigil Mass	Main Chapel	
	6:15 p.m.	Confessions	PPI Chapel	
	7:00 p.m.	Mass	PPI 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 Army Staff Sgt. Edwin Lopez

By Army Spc. Philip Regina

JTF-GTMO Public Affairs Office

Troopers of the Joint Task Force live busy lives. Early morning Physical Training sessions, long days spent at checkpoints and late nights spent in front of computer screens are some of the many examples of the time consuming activities that Troopers experience. In the midst of this never-ending array of activities, some Troopers are still managing to get a college education on the side.

Army Staff Sgt. Edwin Lopez is a shining example that you can never be too busy to better yourself with a college education.

Lopez is the JTF Command Master Chief's driver. He drives the CMC to his various engagements and has a multitude of additional duties.

Lopez has achieved the extraordinary feat of attaining 51 college credits while deployed here, leaving him with only three credits away from attaining an Associate's Degree. Even more extraordinary is the fact that he attained all these credits with little over a year deployed here. Lopez has done all of this with a perfect 4.0 grade point average.

"Columbia College is an ideal place for those serving in the military to gain a degree. Once you gain fifteen credits they validate your military credits into college credits. They also offer College Level Examination Program tests that, if passed, allow you credits without taking certain classes,"



Photo by Army Spc. Philip Regina

Driven to excel in all that he does, Army Staff Sgt. Edwin Lopez makes excellent use of his spare time by earning college credits from Columbia College.

explained Lopez.

Lopez's motivation to gain a college degree is even more exceptional given his age. Lopez originally joined the Army in 1979. He served his four years then got out, only to rejoin in 1997, as a private first class. He then worked all the way up to his current rank of staff sergeant. He states his major motivation to finish school is to motivate others.

"I always try to inspire younger people to finish their education. I try to be a personal example in all aspects I do, whether it be in education or PT," added Lopez.

Lopez retains this over-achieving attitude in all aspects of his life here in GTMO.

"I led a PT program for the entire Command Element, whereupon each and every individual passed," said Lopez.

Every Trooper here can follow the lead paved by Lopez. He is the epitome of a highly motivated Trooper that succeeds in what he puts his mind to. ■

15 Minutes of Fame

Know a Trooper worthy of being highlighted in "15 Minutes of Fame?" Call Army Spc. Dustin Robbins at ext. 3589.

AROUND THE JTF



Photo by Army Spc. Jamieson Pond

▲ JTF-GTMO deputy commander Army Brig. Gen. Ed Leacock presents Navy Petty Officer 1st Class Michael G. Delrie with the Joint Service Achievement Medal here Friday.



Photo by Army 1st Lt. Anthony John

▲ Naval Station Law Enforcement Leading Petty Officer 1st Class Regina Tyson shows what it is to be a good sport by taking a pie in the face during the Labor Day festivities at Ferry Landing, Sunday.



Photo by Army Spc. Jamieson Pond

▲ The Cucurbitaceae *Mormordica charantia* flourishes within the now-closed Camp X-ray.

★★★ PHOTO OF THE WEEK ★★★



This photo of the week from Army Sgt. Jonson Tulewa-Gibbs, Wader Bird tracks criss cross the mud flats after Tropical Storm Ernesto's clouds clear over Guantanamo Bay.



Photo by Navy Chief (Select) Timm Duckworth

▲ JTF and GTMO FY'07 Chief Selectees sing "Anchor's Aweigh" to welcome the USS Carney DDG-62 to Guantanamo Bay, Monday.