

JTF Troopers prep incoming units

By Spc. Timothy Book

JTF-GTMO Public Affairs Office

Recently, a group of officers and senior NCOs from the JTF traveled to Ft. Lewis, Wa. to help incoming units better prepare for the JTF mission at Guantanamo Bay.

The training was four days long and included briefings on what to expect here.

"We wanted to give them the big picture of what to expect with the JTF mission here," said Sgt. Maj. Christopher Jones, J3 operations sergeant major. "We gave them everything from general command briefings to award and leave policies."

The idea was to give them a brief overview of life at GTMO and what to expect with the JTF mission here. It is not intended to teach them everything, but enough to get them started the day they arrive.

"They don't have to hit the ground running. We want them to hit the ground at a decent walk," said Jones.

The officer responsible for setting up this training was Army Maj. Craig Sandman, J3 operations officer. "My job is not only to source new units coming in. I also develop training, based on the general's guidelines," said Sandman.

The new units also have the added challenge of being a geographically diverse unit. "This group is coming from all over Maryland and, in fact, from many other states," said Sandman. The unit is designated as HHC 3rd Brigade 29th Inf. Div., Maryland Army National Guard.

This doesn't seem to matter now that the

Soldiers from the 29th Infantry
Division are currently training
in Fort Lewis, Wash., in preparation to takeover the security and
headquarters mission here.

"Not only is this the first time these people have worked together, they are now working as a staff. They are smart. They're asking the right questions and they've come together as a tight, cohesive staff."

together, said Sandman.

The unit has been given extensive training on doing their individual jobs. This training was GTMO specific. "Another part of their training is what we did. We gave them Power Point presentations and briefings about the mission here. In addition, we taught them how to give Power Point presentations and briefings," said Jones.

This training will improve the time the

unit spends here when they first arrive, said Sandman. "This should save at least four or five days when they get here because they won't have to ask questions like, 'what is this mission?' They can come down here and know what questions to ask. When we start the 'left seat – right seat' training, they'll already know what to expect."

Incoming units are expected to arrive soon. With the training they received from Jones, Sandman and others, they will arrive here better prepared to accept the JTF mission.

"They're ready," said Jones. "They are very motivated to get here. We kept telling them to stay motivated." ■

All good things must come to an end!

By Col. Jane Anderholt

Office of Military Commissions

Over the next 60 days a significant number of us will complete our assignments here. Some will move on to new duty stations, while many of us will return to our civilian jobs and lives. I am sure that many of you are trying to get in the last few dives, a little more fishing, or finish a course for college credit. Suddenly, it seems like there just isn't enough time to get everything done!



But, in the crush of our excitement
as our time here comes to an end, we can't lose sight of our mission and one
very important aspect of it – preparing our replacements to take over this mission! It's our responsibility to ensure that this mission continues to be performed to the high standards that all of us have set. You know as well as I do,
that the eyes of the world are on us, so we need to make sure our relief is 100
percent prepared to assume this mission.

Think back. Remember your first few days and weeks here on the island? I suspect you might remember being confused and perhaps a little bit scared you were going to make a mistake. Remember the questions you had and the things that you wish the guy you replaced had told you? Take the time now, before your replacement arrives, to make a few notes to help make your replacement's transition a little easier.

I'm not talking about the operational kind of things exclusively! Make notes on the nice to know type of information that just made your life a little easier. (That is, once you found out about it!) People often talk about "common knowledge." Well, your replacement doesn't know a thing about JTF-GTMO (and much of what they may have heard is false), so don't assume that anything is "common knowledge!" Give them the detailed information they need to be successful. Much of the measure of our success, is how smoothly our replacements carry on with the mission.

Someone once said, "There's nothing so uncommon as common sense." After six months or a year here, you are probably now doing things a specific way because it just seems to be "common sense." That's not "common sense," it's your experience that caused you to start doing things that way. Show your replacement how to do the job, but make sure you also tell them why. They will appreciate learning from your hard earned experience!

Finally, as this is my last Trooper to Trooper, I want to take this opportunity to tell all of the JTF Troopers how much I have enjoyed serving with you here. I am proud of each and every one of you and the professional job you do every day, under very difficult circumstances. As you transition home, hold your head high and proudly tell people you served at Guantanamo Bay, Cuba. You know you have done your jobs professionally and well and you have every reason to be proud of your contributions to this mission and our nation.

Never forget, we are all Honor Bound! ■

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The importance of Black History Month

By Spc. Ian Shay

JTF-GTMO Public Affairs Office

Each February, our country honors black Americans with an annual celebration known as Black History Month. During this month, Americans look back on all the accomplishments and achievements the black culture has given to America.

Black History Month has been around since 1926 and was started by Harvard scholar Carter G. Woodson. Woodson's parents were both former slaves, which gave him the drive and determination for a better life in America. His main goal was to bring black history to mainstream America.

Woodson was once quoted as saying, "The world sees the Negro as a participant rather than as a lay figure in history." This spoke greatly about the significant absence of black Americans in the history books of the time.

In 1926, Woodson organized the first annual Negro History Week, which occurred during the second week in February. February was chosen because it coincided with the birthdays of Abraham Lincoln and Frederick Douglass, who had great influence on all Americans.

Douglass' mother was a slave and his father an unknown white man. His name was taken from the hero in "Lady of the Lake." Douglass escaped slavery in 1838 on his second attempt, and eventually ended up in Massachusetts as a day laborer. In 1841 at Nantucket, Mass., he made a speech before a Massachusetts antislavery society that was so well received that Douglass was made an agent of the group. During the Civil War, Douglass helped organize two regiments of black soldiers to join the Union ranks, one of which was portrayed in the movie "Glory."

Woodson and Douglass took amazing steps in the fight for social and racial equality and improved the status of black men in America. Their work was later continued throughout the 20th century by men like Rev. Martin Luther King Jr. and Malcolm X.

King followed the footsteps of his father and grandfather by becoming a pastor. In 1954, Rev. King accepted the pastoral of the Dexter Avenue Baptist Church in Montgomery, Ala. King had always been a social rights advocate and by this time was a member of the executive committee of the National Association for the Advancement of Colored People, the biggest organization of its kind. In 1955, King accepted a leadership position in the first great nonviolent demonstration in the United States, the Montgomery, Ala. bus boycott. The boycott lasted 382 days and on Dec. 21, 1956,



Rosa Parks' refusal to give up her seat to a white man helped spark social change in America.

the Supreme Court ruled segregation laws on buses as unconstitutional.

During the days of the boycott, King suffered many hardships; he was arrested, his home was bombed, he was beaten, but through all the tragedy King managed to deal a major blow to segregation and emerged as national leader for African Americans.

There are many men and women from John Coltrane, a famous jazz musician who was called to war during WWII to serve in the Navy band, to Rosa Parks, who is remembered for her refusal to give up her seat to a white passenger on a public bus, which helped end segregation in America. These great Americans helped create a more equal and acceptable society where all men and women are actually treated equally.

No matter your walk of life, race, color or religious preference, Black History Month honors those outstanding Americans who struggled and sacrificed to make our country more accepting towards our fellow man. For it's those sacrifices that make our nation a truly great one.

Civil Rights Timeline

•Feb. 25, 1870-- Hiram R. Revels, R-Miss., became the first black member of the United States Senate as he was sworn in to serve out the unexpired term of Jefferson Davis.
•Sept. 25, 1957-- Army troops stood guard as nine black children were escorted to Central High School in Little Rock, Arkansas, a few days after unruly white crowds had forced them to leave.

- •Feb. 1, 1960-- Four black college students began a sit-in protest at a lunch counter in Greensboro, N.C., where they'd been refused service.
- •Oct. 14, 1962-- Civil rights leader Martin Luther King Jr. was named winner of the Nobel Peace Prize.
- •Aug. 18, 1963-- James Meredith became the first black American to graduate from the University of Mississippi.
- •Aug. 28, 1963— 200,000 people participated in a peaceful civil rights rally in Washington, D.C., where Dr. Martin Luther King Jr. delivered his "I Have a Dream" speech.
- •Feb. 21, 1965— Former Black Muslim leader Malcolm X was shot and killed by assassins identified as Black Muslims as he was about to address a rally in New York City; he was 39.
- •Mar. 21, 1965-- More than 3,000 civil rights demonstrators began a march from Selma to Montgomery, Ala.
- •Mar. 25, 1965— The Rev. Martin Luther King Jr. led 25,000 marchers to the state capitol in Montgomery, Ala. to protest the denial of voting rights to blacks.
- •Apr. 4, 1968-- Civil rights Leader Martin Luther King Jr., 39, was shot to death in Memphis, Tenn.
- •June 8, 1968-- In London authorities announced the capture of James Earl Ray, the suspected assassin of civil rights leader Martin Luther King Jr.
- •Jan. 13, 1990-- Douglas Wilder, of Virginia, became the nation's first elected black governor.

Book aims to help parents of deployed Soldiers

By Ann Erickson

Army News Service

ARLINGTON, Va., Jan. 30, 2006-- The author of the newest book for Army parents, "Your Soldier, Your Army: A Parents' Guide," is not only the wife of the vice chief of staff of the Army, but she also has two Soldiers deployed to Iraq.

Vicki Cody has seen the Army for the past 30 years, so she said it seemed quite natural when she wrote her book to help families of Soldiers deal with deployments and Army life from her personal experiences

It all started when her oldest son deployed to Afghanistan and she suddenly found herself in a new role of not just being an Army spouse, but as the mother of a Soldier. She started to have some ideas then. He got back from Afghanistan and six months later, he was ready to deploy to Iraq and she realized there were parents out there who didn't have the background and the experiences that she had. Within a few months her younger son was getting ready to deploy to Iraq also.

"And that's when it really hit home that I have two kids serving in the Army and they weren't just serving, but they were deploying overseas," Cody said.

She realized there were people out there who didn't have the background or experience that she had. There wasn't anything out there for parents before her book, she said.

"I thought if I could write down some real easy, common sense things that would help guide them through the whole process," Cody said.

The book not only informs parents about the Army, but it also includes acronyms and useful Web sites.

The main thing that Cody hopes people get out of the book is a sense of reassurance and comfort. She hopes that parents feel like they're not alone.

"This booklet doesn't have all the answers and the answers aren't always right or wrong," she said. "I never try to judge or tell people how they should feel."

Cody's biggest challenge in writing the book was finding the time to write it.

"When I would sit down to write, the words, the experiences just literally flowed out of me. I had no problem with that," she said. "I always had the thoughts and ideas, but it was just finding the time to put pen to paper."

Her family's reaction to the book was positive. She said it gave them some insight into what she had been feeling and



Staff Sgt. Michelle Johnson interviews Vicki Cody about her book, "Your Soldier, Your Army: A Parents' Guide." The book helps families cope with the deployment of their Soldier.

what others might be feeling too.

The most rewarding part of writing the book has been the feedback from actual mothers and fathers, she said. Since the book's release in the fall, Cody has been able to meet people that she would have never done otherwise.

"I love it when I hear from parents and family members," she said. "I know it's making a difference and it's working its way throughout the Army."

For more information or to obtain a free copy of the book, call (800) 336-4570, Ext. 630 or send an e-mail to ilwpublications@ausa.org. ■

GTMO receives awards for CFC contributions

By Spc. Jeshua Nace

JTF-GTMO Public Affairs Office

This year the Combined Federal Campaign (CFC) sought the help of our troops through charitable donations.

A great number of Troopers here contributed their hard earned pay to the CFC. There was such an overwhelming amount of money collected that Guantanamo was selected to be given an award.

"The Combined Federal Campaign - Overseas (CFC-O) and the United States Southern Command (SOUTHCOM) have chosen Guantanamo Bay as the recipient of the 2005 CFC-O SOUTHCOM Special Merit Award (SMA). The SMA is the top award for the year and is given to the base or installation that achieves the greatest improvement in contributions from

the previous year (2004), in terms of average dollar gifts, total contributions and overall participation," said Staff Sgt. Nfor Barthson, representative for CFC here.

Guantanamo Bay made an extremely awesome contribution of \$62,437, which has been a three year record. GTMO's participation increased by 170 percent.

"The award is currently being prepared and will be sent to SOUTHCOM Headquarters in Miami, Fl, for the signature of Gen. Bantz Craddock, Commander, SOUTHCOM. Once the award has been signed, it will be delivered here. Ceremonies will also be scheduled to deliver Eagle Awards to all who donated certain sums of money, units that delivered the highest amount of participation and to honor the CFC volunteers with certificates of appreciation signed by the Secretary of Defense, Honorable Donald Rumsfeld," said Barthson.

Managing your finances

By Spc. Seth Myers

JTF-GTMO Public Affairs Office

For some of us here, this deployment is a great financial opportunity. Some are making more money here than at home and, for the first time in a while, can pay off debts and even save money. For others, this is a financial hardship. Their jobs in the states provide a check and they really had to learn how to work the angles to ensure they, and their families, were taken care of. No matter which of these categories you fit into, you need to develop a plan for your finances and manage your money. Take a proactive approach and learn ways to accomplish your financial goals.

"Your personal finances are either getting better or worse and taking a proactive approach helps make them better," said Paul Walker, working family life consultant, personal financial management.

What exactly is a proactive approach? It is making advanced preparations to ensure you will remain financially stable when hard times surface and your savings will continue to grow and be safe. The Fleet and Family Support Center can help with that.

"The goal of the program [we offer] here is to take a proactive approach and provide education, training, information referral and financial counseling," said Walker. "[We] encourage people to come to our classes and be proactive rather than waiting until there is a financial problem."

The first thing you need to do is set your financial goals. Whether it is getting out of debt or starting a retirement fund, you need to figure out what you want to accomplish and plan for it. Don't just say it to yourself, though. Have a written financial plan, which can be facilitated through Fleet and Family. They have a program for this exact



purpose

"We have an outstanding Excel program at our center, which is available to everyone on base, that takes into account income based on military pay grades, monthly living expenses including savings and investments, and monthly debt which factors in your debt to income ratio," said Walker.

"There is also a spending plan, a monthby-month breakdown of your monthly spending. There is a section in there for setting specific and measurable financial goals, putting time frames and specific dollar amounts to your goals to help you achieve them. Also incorporated into this Excel spreadsheet is a debt reduction calculater, so if that is an issue it can show you strategies to reduce your debt."

One of the things taught in class is to "pay yourself first." Develop an emergency fund for those unexpected and harsh times. Keep it separate from your regular expenses and your savings. You don't want to have to dip into either for an emergency because then it would interfere with the structure of your plan. Plan for that bad possibility and you will be able to effectively stay on track.

"The key is to keep the emergency fund separate. Depending on your individual situation, how much you need in the emergency fund varies, but everybody needs some type of cushion for those situations," said Walker.

Debt can be an issue for some people and, if it is for you, you need to figure out your debt to income ratio so you can effectively balance your budget and maybe even save some money. Determine how much of your money is going into paying off your debts.

Know what is on your credit report. Those obnoxious commercials about credit ratings aren't up there for no reason. It is important. Walker recommends that you get a copy of your credit report at least once a year. The law requires that at least one free credit report be offered a year. You can obtain this free annual report by visiting annuelcredit.com. It is especially important to know this information before making any substantial purchase, like buying a house, getting a car loan... and what steps to take to improve your score.



Invest for the long haul. Start saving early for retirement. Whether you want to enroll in the Thrift Savings Plan or another retirement plan, starting early makes for a better overall investment because the interest is compounded.

"Everyone in the military just received a 3.1 percent pay increase and that is a good time to consider either enrolling in the Thrift Savings Plan, increasing your contributions to the Thrift Savings Plan, an IRA or some other long term retirement plan where you can take advantage of the tax benefits of those retirement plans and the benefit of having your money compound over time," said Walker.

If you need help getting your finances together, want to start saving for retirement, need to start saving for the kids or any other type of financial planning, contact the Fleet and Family Support Center or one of your local command financial specialists. They can get you on track, provide you with knowledge and training you need while keeping everything confidential. Your money is your business, but it never hurts to get a little help and be an educated consumer.

Fleet and Family Support Center

Main Office 4141 or Paul Walker 4329

Command financial specialists

Petty Officer 1st Class Stanley 3646 Petty Officer 1st Class Joslin 8259 Petty Officer 1st Class Hemping 3152

Cuban-American friendship day

By Spc. Jeshua Nace

JTF-GTMO Public Affairs Office

On Jan. 27, base residents gathered to celebrate the friendship between the Americans and Cubans here.

The event was held at the Windjammer and included a buffet style feast for all who attended. After lunch was served, letters of appreciation were given out to members of the Cuban community. Many of the Cubans honored have or had worked on this base for more than 40 or 50 years.

In 1969, Rear Adm. J.B. Hildreth created a day that would recognize the contributions of Cuban workers at Guantanamo Bay Naval Station. A celebration once a year on the last Friday of January would be the official Cuban-American Friendship Day. At that time there were over 2,000 Cuban workers on the base.

This year, a carved wooden staff that has been passed down for many decades was given out to the senior Cuban employee.

"The story behind the staff starts with Shore Intermediate Maintenance Activity (SIMA), which was then called ships department. They had a carpenter shop, which had Cuban employees. Mr. Gongolar and Mr. Moses were part of that work team, and were getting up in age. Mr. Gongolar said to Mr. Moses 'I am going to get you some help to go over the hill because it is getting too strenuous for you.' So, jokingly, he went and built him a walking stick," said Beverly Pavon,



Photo by Spc. Jeshua Nace

Service members and civilians wait in line to receive lunch at the buffet.



Photo by Spc. Jeshua Nace

The senior Cuban worker receives the traditional staff that has been passed down from senior member to the next senior member since the `70s.

secretary for the NEX.

"The exact date in which it was incorporated into the celebration is not clear, but it was around 1970 or 1971. I do not know who's idea it was to start giving it to the oldest commuter as he retired, because nothing is chronicled anywhere. Mr. Gongolar was the first to receive it. Then, Mr. Moses was next in line and he held it for three years and as each one retired,

it was passed on to the next in line," said Pavon.

It's important to remember the contributions of our Cuban workers.

"For many years, the Cubans

were the driving workforce on this base, but because of disputes between the two governments, no new Cubans were hired. Therefore, the Cuban population dwindled



Photo by Spc. Jeshua Nace

The Guantanamo Bay Naval Station honor guard marched out to the front of the celebration and posted the flags for the playing of the national anthems.

as they retired, migrated or died," said Pavon.

In years past, the celebration had Latin bands come and play. This year a DJ played. ■

TRICARE Reserve expands eligibility

By Spc. Seth Myers

JTF-GTMO Public Affairs Office

In April, the military offered a new type of medical coverage for reservists: TRICARE Reserve Select (TRS). The coverage was initially only available to service members who have been deployed for at least 90 days on or after Sep. 11, 2001. Now, three new programs have been implemented which improves TRS and expands eligibility.

The changes make TRS available to all members of the Selected Reserve (SELRES). Other changes implemented from this new legislation include:

1. A TRS member recalled to active duty during the period of coverage may now resume TRS at the point interrupted by the activation. Also, the coverage is increased by any additional TRS-qualifying Active Duty service.

- 2. A member of the Individual Ready Reserve (IRR) who is unable to find a SELRES position is allowed one year to find one. TRS starts when the Soldier is in the SELRES.
- 3. An additional 90 days after demobilization for members to sign up for TRS
- 4. Allowing family members to continue coverage for six months if a member dies during a period of TRS coverage, according to a Department of Defense memorandum.

Two of these new programs are structured for people who collect unemployment or are working but don't receive medical benefits. Both of these programs pay 50 percent of the current premiums.

The other new program is made for employed service members who already have medical benefits offered through their job. This plan pays 85 percent of the current premiums.

"A study from 2002 found that approximately 80 percent of all [Reserve Component] members have civilian healthcare through their employer or through their spouse. Policy and implementation details regarding this benefit are under development," according to the memorandum.

For more information on TRICARE Reserve Select visit http://www.tricare.osd.mil/reserve/reserveselect/index.cfm or contact your local TRICARE representative.

Caffeine Gum for Troops Helps With Alertness

By Steven Donald Smith

American Forces Press Service

SILVER SPRING, Md., Jan. 31, 2006 - Caffeine gum now available to U.S. troops is intended to improve performance and alertness in myriad tasks, a sleep researcher at Walter Reed Army Institute of Research here said.

"We've tested the caffeine gum in a laboratory where we had a lot of control, and we tested it in field studies. We found that it improves all sorts of performance and alertness tasks," Dr. Tom Balkin said in an interview at the institute yesterday. "And importantly, we didn't find any evidence that it had any detrimental effects."

Institute researchers concluded that the right amount of caffeine improves cognitive abilities, marksmanship, physical performance and overall vigilance, while preventing fatigue-related injuries and deaths.

The fruit of the research is a new product called "Stay Alert" caffeine chewing gum, which is now in production and available to U.S. armed forces and security agencies through military supply channels. Each pack of Stay Alert consists of five pieces of cinnamon-flavored gum, with each piece containing 100 milligrams of caffeine, equivalent to a 6-ounce cup of coffee.

"Our studies with caffeine have shown that at the right dose it's just as effective as some other stimulants that are more powerful, like amphetamines," Balkin said. "The advantage of caffeine is that it's widely available, doesn't require a prescription, and people have a lot of experience with it, so everybody already knows if they are sensitive to it or not."

Balkin said the caffeine gum has several advantages over other caffeinated products. For instance, the gum is easy to transport and is readily accessible, and the caffeine in the gum is absorbed much quicker. Its affects also are felt much sooner.

"When you chew the gum, the caffeine is extruded into the saliva

and is absorbed right through the tissues in the mouth into the bloodstream. It gets into the brain very quickly, in about five minutes. It takes coffee about 20 to 25 minutes," Balkin said.

The researchers did several studies to determine the right amount of caffeine to administer. Their conclusion was that 200 milligrams of caffeine every two or three hours was the correct dosage for most people to maintain performance, he said.

Walter Reed got involved with the caffeine-gum project after an executive at Amurol Confections Co., a subsidiary of Wrigley's, asked if the Army would be interested in such a product. The answer was yes, and experts at the institute spent the next six years researching the gum.

"We spent six years in development, giving feedback to the company about dosages, etc.," Dr. Gary Kamimori, a behavior biology scientist at the institute, said. "Our research data regarding the affects of the gum was exciting, so we published the results."

When asked about possible safety hazards associated with misuse of the gum, Balkin said the bad taste of the gum would probably prevent its abuse. "The stuff doesn't taste that good. It doesn't taste as good as regular gum, so people are not going to be chewing it for the taste. I think most people will use it for what it's intended, and that's to help with alertness," Balkin said.

"There are other products that contain caffeine, like 'NoDoz.' I don't know the detrimental effect of their use, but it's not unusual for people to use caffeine," Dr. Debra Yourick, a WRAIR public affairs officer, added.

The gum will not be issued with regular military rations, but "there is an experimental first-strike ration for the Special Forces. One pack of gum is included in each special ration," Balkin said.

The Natick Soldier Center, which manages food and equipment research and development for the Army, also tested the gum and approved its use in the first-strike ration. The gum has been used in Iraq and Afghanistan since 2003. ■

Torino Winter Olympics Schedule

February Day	<u>Fri</u> 10	<u>Sat</u> <u>11</u> <u>1</u>	<u>Sun</u> <u>12</u> <u>2</u>	Mon 13 3	<u>Tue</u> <u>14</u> <u>4</u>	Wed 15 5	Thu 16 6	Fri 17 7	Sat 18 8	<u>Sun</u> <u>19</u> <u>9</u>	Mon 20 10	Tue 21 11	Wed 22 12	Thu 23 13	Fri 24 14	Sat 25 15	<u>Sun</u> <u>26</u> 16
Opening/Closing Ceremonies	х																Х
Alpine Skiing			X		X	X		X	X	X	X		X		X	X	
Biathlon		X		X	X		X		X			X		X		X	
Bobsled									X	X	X	X			X	X	
Cross-Country Skiing			X		X		X	X	X	X			X				X
Curling				X	X	X	X	X	X	XXXX	X	X	X	X	XX		
Figure Skating		X		X	X		X	X		X	X	X		X	X		
Freestyle Skiing		X				X				X	X		X	X			
Ice Hockey		XXX	X	X	X	XXXX	X	X	X	X	X	X	X		X	X	X
Luge		X	X	X	X	X											
Nordic Combined		X				X		X				X					
Short Track			X			X			X				X			X	
Skeleton							X	X									
Ski Jumping		X	X					X	X		X						
Snowboarding			X	X			X	X					X	X			
Speed Skating		X	X	X	X	X	X		X	X		X	X		X	X	
February Day	Fri 10	Sat 11 1	Sun 12 2	Mon 13 3	Tue 14 4	Wed 15 5	Thu 16 6	Fri 17 7	Sat 18 8	<u>Sun</u> <u>19</u> 9	Mon 20 10	<u>Tue</u> <u>21</u> <u>11</u>	Wed 22 12	Thu 23 13	<u>Fri</u> 24 14	Sat 25 15	<u>26</u> 16

SUPER BOWL XL WEEKEND

Who is your pick for Super Bowl XL?

Players	Picks	Points
Shay-	Seahawks	35-31
K. Wilson-	Steelers	24-20
Jackson-	Steelers	28-21
Coleman-	Seahawks	24-17
Hawkins-	Seahawks	27-14
Russel-	Steelers	27-21

Picks submitted by Spc. Ian Shay, Army Sgt. Kirk Wilson, Army Sgt. 1st Class Fredrick Jackson, Army Sgt. Christopher Coleman, Spc. Joshua Hawkins and Marine Corp. Matt Russel

SETH & JESH'S... GAMERS ARCADE Dungeon Lords

SETH

Do you love a deep involving story that grabs you and won't let go until you know the conclusion? How about a great combat system which keeps your heart racing from the intensity? Well, this game has neither.

Dungeon Lords throws you into a world that, at first, appears to be a unique world full of strange creatures and intriguing villains, but the game quickly shows its true colors.

Amidst all the unique races to choose from and the fairly open character creations system, the game lacks that luster which makes fantasy role-playing games great.

The plot is cliché and the non-player characters are typical. This could be forgiven if the characters had some life to them. Everyone in the game is like a robot! The voice dialogue sounds like it was read from a script, your opponents are single minded and predictable, and guess what, you are "destined" to stop them. Please, oh please, give me something original! Not going to happen, though.

Combat is enjoyable, but not complex enough to make it a memorable experience. The monsters never put any real thought into their attacks, but there is no shortage of bad guys, so it can still be somewhat challenging. Well, I should really say it is more time consuming. The combat system is much like Gothic 2 with more yet weaker creatures rushing at you; so if you liked that game, this one may interest you.

The game is overpopulated with simple quests that are handed out like candy on Halloween.

On top of all this, the game is full of glitches! I have done everything from fall through the level, to getting stuck between the floor and the ceiling, to lagging so bad on a system that has more than the recommended requirements that my guy went from full health to dead without ever seeing myself get hit!

The game does have its benefits. The vi-

suals are quite impressive and although the game is frightfully flat and simple, it can be fun if you are in the mood for nothing more than hacking up some mindless monsters and beasts. It may be worth a play but not a purchase.

JESH

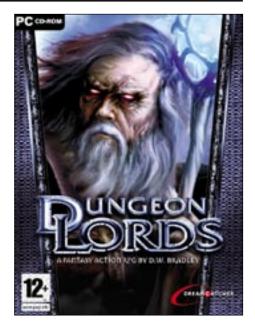
Dungeon Lords mixes two genres together that usually don't turn out very well; action and role-playing. I don't know if the coders spend too much time on implementing the stats system, or if the kind of nerds that like hardcore role-playing games decided to spend more time on the detail of the hot elf modeling than the control and feel of the game.

Don't get me wrong. I enjoy Dungeon Lords, but there are a lot of things that could have been better. In multiplayer, there is no way to save your own character. The only way to progress in multiplayer is to constantly play with the same fellow gamer that you started with. Whoever is the host has the "save game file" for both characters.

I've played a lot of action role-playing games and I don't understand why programmers of these games don't make the game play much like Ninja Gaiden. Maybe on PCs it's the lack of an analog stick, but I'm still doubtful. Still, for once, I'd like to see an action role-playing game where your character doesn't run around like a fairy. Make him smooth.

If you have ever played a role-playing game, then you know leveling up is the best thing in the world. All of the time invested in the character, hacking and slashing, and when you finally hear the sound "ping" it's time to make the character less of the "suck", and more of your ideal dream persona.

Dungeon Lords has a lot of classes to choose. It also has a constant flow of rats, bats, zombies and every other type of baddy in the game. The nice thing is there are certain characters that seem



ungodly powerful. These characters will be easy to evade but they will have somewhere in the ballpark of a billion hit points. Seth and I took on some of these guys and let me tell you; if you spend a half of an hour trying to trump one of these boss like characters it will be well worth it. To give you an example, a rat might give you 38 experience points, but one of those characters you can choose to fight or runaway from can give you around 300,000 experience points. Trust me when I say, it's worth it.

One of the things that should be taken is acrobatics. With out this skill, your character is basically just stuck running up to the enemy and swinging away. However, with four levels in acrobatics, as soon as enemies surround me, I just back flip over them and attack from the rear.

Hopefully, everything that should have been in the game in the first place will be in the newest patch, version 1.4, which will add such things as the ability for healers to heal other characters. What a brilliant idea, healers that can heal other players! It shouldn't have taken until 1.4 to figure this one out.



The Four Chaplains

Compiled by Army Chaplain (Lt. Col.) Chris Molnar

JTF-GTMO Command Chaplain

In Nov. 1942 four young men met while attending the United States Army Chaplain's School at Harvard University. Their story is one of faith and heroism and has led to the celebration of Four Chaplain's Sunday, which takes place this Sunday on bases around the world.

The men were from diverse backgrounds and from four different religions, Jewish Rabbi Alexander Goode, Rev. George L. Fox was a Methodist Minister, Rev. Clark V. Poling was a Dutch Reformed Minister and Father John P. Washington was a Catholic priest. All had decided to answer the call to serve their country during WWII as chaplains.

The men became friends while attending school, and ended up together aboard the U.S.A.T. Dorchester, an Army transport ship sailing to Greenland.

On Jan. 23, 1943 the Dorchester departed New York. The greatest threat facing the Dorchester was German submarines, since their route would take them thru the infamous "Torpedo Junction."

After nine days of travel, the Dorchester was within 150 miles of Greenland. It would have generated a great sense of relief, except one of the Dorchester's three Coast Guard escorts had received sonar readings during the day, indicating the presence of an enemy submarine in "Torpedo Junction."

In the early hours of Feb. 3, an explosion rocked the Dorchester as she was hit twice-the second instantly killing 100 men.

The explosions knocked out power, and the ship began to tilt at an unnatural angle as it began to sink.

The chaplains remained a source of strength for those who were wounded and dazed by the explosion. They guided survivors of the explosion to the decks of the ship, and began handing out life jackets. Disastrously, the life jackets ran

All four chaplains began taking their own life jackets off and putting them on the men around them. The chaplains did all they could for those who would survive, and nothing more could be done for the remaining, including themselves.

Survivors looking back at the slanting deck, saw the four chaplains praying, singing and giving strength to others by their final declaration of faith. Their arms were linked together as they braced against the railing and leaned into each other for sup-

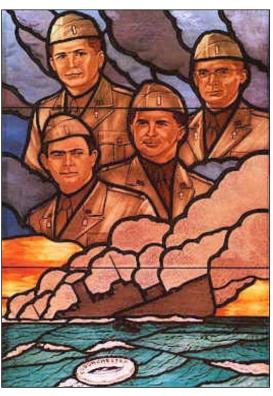
port, Reverend Fox, Rabbi Goode, Reverend Poling, and Father Washington. One of the survivors said, "It was the finest thing I have ever seen this side of heaven."

Of the 920 men who left New York the U.S.A.T.

♦ May 28, 1948, the United States Postal Service issued a special stamp to commemorate the brotherhood, service, and sacrifice of the four chaplains.

♦ July 14, 1960, by Act of Congress (Public Law 86-656, 86th Congress), the United States Congress authorized the "Four Chaplains Medal". The Star of David, Tablets of Moses, and Christian Cross are shown in relief on the back of the medal, along with the inscribed names of all four heroic chaplains.

♦Jan. 18, 1961, Secretary of the Army, Wilbur M. Brucker, presented the award posthumously to the families of the four chaplains at Fort Myer, Virginia.



Dorchester on Jan. 23, only 230 were plucked from the icy waters by rescue craft. In addition to the Four Chaplains, 668 other men went to a watery grave with the ship. The *Dorchester* sank in 27 minutes. ■

CAMP AMERICA WORSHIP SCHEDULE

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

Naval Base Chapel							
Sunday	8 a.m.	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	ol Main Chapel				
	10 a.m.	Protestant Liturgical	Sanctuary B				
	11 a.m.	Protestant Service	Main Chapel				
	1 p.m.	Gospel Service	Main Chapel				
	5 p.m.	Pentecostal Gospel	Room 13				
Monday	7 p.m.	Prayer Group	Fellowship Hall				
		Fellowship					
	7 p.m.	Family Home Evening	Room 8				
Tues. to Fri.	12 p.m.	Daily Mass	Cobre Chapel				
Wednesday	7 p.m.	Men's Bible Study	Fellowship Hall				
Friday	1 p.m.	Islamic Prayer	Room 12				
Saturday	4:30 p.m.	Confessions	Main Chapel				
	5:30 p.m.	Vigil Mass	Main Chapel				

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

15 Minutes of Fame with Coast Guard Petty Officer 3rd Class Patrick Crawford Jr.

By Spc. Timothy Book

JTF-GTMO Public Affairs Office

How long have you been in the Coast Guard?

I've been in about 18 months. We're a Reserve unit, but I'm thinking about going active duty.

What is your job here?

I'm a crewmember on the patrol boats. This is a first for me. I was a PS3, which is port security. For this mission, I made a lateral move and was trained to do this.

What do you think about your new job?

When I was port security, the work was on land. Boatswain mates are almost always underway. I love it. I love the ocean.

What did you have to do to get the job?

It takes a lot of training. Then, you go before a board. They ask a bunch of questions about being a crewmember. If you pass, you get certified, which I did. Then you have to get certified in engineering. I did that. The next step will be coxswain. While I'm here, I want to officially transfer to boatswain's mate. I take the test for that this week. When I get back home, I'm thinking of going active duty. That's hard to do as a PS, but not as hard as a boatswain's mate. There are many places I can go with that rate.

What made you decide to try to go

active?

I like this job. I love being on the water. It's better than my other job working for the sheriff's office. This doesn't feel like a job. I have fun every day.

What do you do outside of work here?

I work out every day. I play golf. This course is tough. It's a long golf course, but it's a lot of fun. I've heard stories about this place, but they're not true. There are lots of fun things to do. I've gone bowling, watched some movies; there are plenty of things here to keep busy. I can't wait for that go-cart track to open.

Do you have any plans to try any new activities while you're here?

I plan to take up Tae Kwan Do. I'd like to earn a couple belts.

What do you do outside of work at home?

I spend time with my friends. I love spending time with my son. He's two and a half. I take him everywhere. We go to the beach a lot.

Do you have any plans for when you go home?

Well, if I can't go active duty, I want to change departments where I work. I want to patrol instead of working in



Photo by Spc. Timothy Bool

the jail. I'm definitely planning to go to the law enforcement job fair coming up. With the VA benefit we get here, I definitely plan to buy a house.

Do you have anything to add?

I really like it here. Every day the weather is beautiful. I have plenty to do. I enjoy every day. If I had my son with me, I could stay here for a few years. ■

15 Minutes of Fame

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



AROUND

Photo by Spc. Seth Myers

▲Army Col. Michael Vance is pinned by JTF-GTMO Commander Maj. Gen. Jay Hood during his promotion ceremony Jan. 28.



Photo by Spc. Jeshua Nace

▲Army Sgt. Cresencio Deleon promoted by Col. Michael Vance, Joint Information Group (JIG) officer in charge.

▶ Coast Guard Chief Petty Officer Robert Jenks stands amidst his fellow Troopers after receiving his final Good Conduct Award after his 35 years of military service.



Photo by Spc. Ian Shay

▲Command Sgt. Major Febles recently awarded each Trooper of the Camp America Post Office with a Coin of Excellence for all their hard work.



Photo by Spc. Seth Myers