



Commissions Give Troopers Place in History



Photo by Pfc. Jessi Stone

By Spc. Jim Greenhill and Pfc. Jessi Stone

Senior commanders and lower enlisted, infantry and military police, Joint Task Force Troopers from all branches of the armed forces earned a place in history this week.

The nation's first Military Commissions since World War II started Tuesday and continued through today here at Guantanamo Bay.

“Every generation has a historical mo-

ment, and this is ours,” said Cpl. Christian Ibott, an infantryman patrolling the perimeter of the commissions building Tuesday.

Four of the detainees held here had the military equivalent of a civilian arraignment, which means they appeared in court and formally heard the charges against them and officials discussed procedural issues.

The Military Commissions were one of the top news stories on television networks and cable channels and in newspapers and

magazines around the world.

The Sydney Morning Herald of Sydney, Australia, called the week's events, “The most important test of America's commitment to the international rule of law in the past 50 years.” Australia has endorsed the commissions.

More than 60 media representatives from Al-Jazeera to *USA TODAY* were on

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Trooper To Trooper



Photo by Pfc. Chris Gardner

By Brig. Gen. Martin J. Lucenti

There are not many times in your life when you will have the climate, opportunity and facilities you find here at Guantanamo Bay to get in shape.

I see Troopers in the morning and evening running the roads and trails, swimming laps, working out, diving, snorkeling and engaging in other cardiovascular activities. These activities can surely increase the quality of your physical and mental health and make your stay at GTMO more enjoyable.

Many of our duties can be stressful. Scheduled and periodic physical exercise is a great way to minimize the effects of work and separation-related stress.

Each of us has physical fitness goals we hope to achieve. Using your time wisely at GTMO can help you achieve these goals. I have set two goals for myself. My time, like yours, can be limited by a demanding schedule; but I prioritize my time to meet the goals I have set for my tour.

“Many of our duties can be stressful. Scheduled and periodic physical exercise is a great way to minimize the effects of work and separation-related stress.”

My first goal is to leave GTMO as a proficient SCUBA diver so that when I return to the coast of New England I can show my sons the world beneath the water’s surface.

My second goal is to leave this island with an Army Physical Fitness Test (APFT) score significantly higher than when I arrived. I haven’t realized my goals yet, but I’m steadily approaching them.

One way I’m working to improve the running component of my APFT is by running or jogging the numerous paths and trails available here. The self-paced cardiovascular workout is outstanding. The sights and sounds as you run through hills, valleys, ditches, trails, roads and gullies surely provide a better view of GTMO than you can get from your vehicle. I encourage you all to enjoy the outdoor and indoor physical activities here.

I understand that our duties can be stressful. Regular physical exercise is a great way to minimize the effects of work and separation-related stress. Combine that exercise with good dietary choices available in our outstanding galleys.

Consider also participating in the naval base intramural sports program run by the Morale, Welfare and Recreation organization. There are basketball, baseball, football, softball, volleyball and soccer teams to mention only a few. Remember to stay hydrated. GTMO’s high temperatures require the consumption of plenty of liquids.

When that freedom bird comes to get you, walk up the steps of that bird in better shape than when you came down them. Do it for yourself and the ones that you love back home. You’ll all be glad you did. Have a great GTMO day.

Honor Bound!

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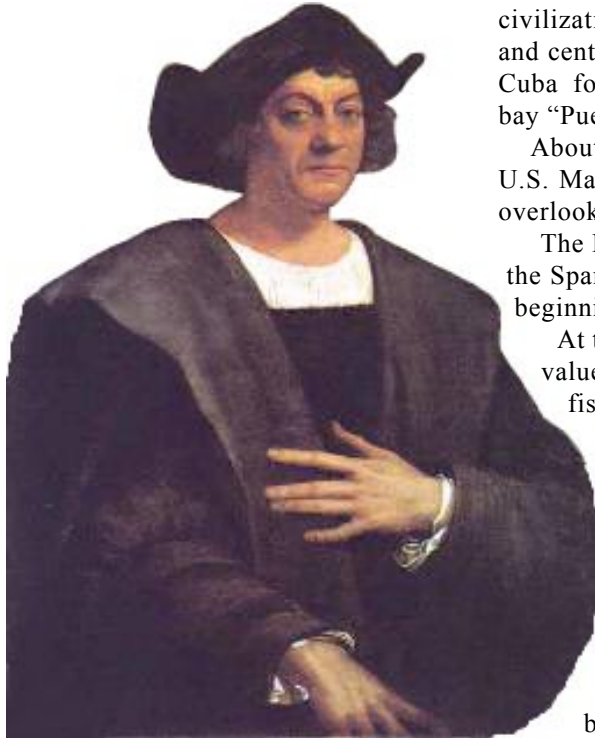
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Former Fishing Port a Milestone in History



Painting of Christopher Columbus by Sebastiano del Piombo

By Senior Airman Joe Lacdan

Everyone who sets foot on Fisherman's Point walks in the footsteps of a famous explorer.

More than 500 years ago, Christopher Columbus landed on Guantanamo Bay Naval Station's southeastern rim. Columbus came to Guantanamo seeking gold and riches, according to "The History of Guantanamo Bay," by Rear Adm. Marion Murphy. The Italian explorer, sailing under the Spanish flag, saw what would become a bustling bay.

The former fishing port awaits visitors at the ferry landing on the installation's Windward side. Joint Task Force Troopers can visit the historic ground by taking the Sherman Avenue bus to Windward ferry landing.

Fisherman's Point is easy to miss. The only historic marker is a 6-foot stone pillar. Visitors will frequently not see the pillar, which is behind a gazebo. But Fisherman's Point's place has been etched in Cuban and American history.

The night Columbus landed, the explorer and his men feasted on a dinner of Hutia (banana rats) and iguanas. With no sign of gold, he left the next day. The 1494 expedition marked western

civilization's first contact with the bay, and centuries of Spanish domination of Cuba followed. Columbus named the bay "Puerto Grande" or "Great Port."

About 400 years later, a battalion of U.S. Marines camped on a 30-foot hill overlooking Fisherman's Point

The Marines' arrival in 1898 during the Spanish-American War marked the beginning of U.S. occupation.

At that time, the bay held a special value by serving as a port for local fishermen. Fisherman's Point was a fishing village then, and acted as the entrance to the bay.

In the first U.S. strike on Spanish forces at Guantanamo Bay, Navy Commander B.H. McCalla received orders to perform a reconnaissance of the bay area in hopes of establishing a naval base. American troops entered the bay's rich blue waters on the U.S. vessel St. Louis. They attacked Spanish forces at Fisherman's Point and McCalla Hill and would make camp at Fisherman's Point shortly afterwards. With establishment of U.S. Forces in the bay, and the severing of Cuban communications America turned the tide of the war in its favor.

The Treaty of Paris, signed Dec. 10, 1898, ended the Spanish-American War and Spanish rule of the island. It also granted Cuba its independence. In the early 1900s, Fisherman's Point served

as the bay's only small business area. In the original lease agreement with Cuba, the United States agreed to use the bay as a naval and coaling station. A coaling station was established at Fisherman's Point but was later moved north to Hospital Cay. The area would also help ease the effects of a crisis.

To answer the turmoil following the Cuban Water crisis in 1964, the U.S. began construction on a water conversion and electrical plant at Fisherman's Point. The United States arrested 36 Cubans for fishing illegally in Florida waters. Cuba responded by shutting off water to the naval base. With limited water resources on base, the base issued a water-conservation alert. Swimming pools and dry cleaners closed. President Lyndon Johnson decided the base would supply its own water.

"Military and civilian personnel on this base saw the reality of a long-cherished dream today," President Johnson said, following the opening of the plant.

Today, the old village no longer remains. A parking lot now lies over the historic land. Nearby, Ferry Landing Beach awaits visitors, one of the island's most spectacular views of the bay. The legacy of Fisherman's Point is marked by two plaques cast in the six-foot stone pillar.

Rear Adm. J.B. Hildreth dedicated a small monument in 1970. It remains a reminder of centuries-old discovery.

Photo by Senior Airman Joe Lacdan





Photos by Pfc. Jessi Stone

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the island.

Eight members of the media—selected randomly each day—watched the proceedings in the courtroom. The remainder watched a closed circuit feed at Bulkeley Hall, where reporters mingled among miles of cables and a handful of satellite dishes in the parking lot.

“This is definitely something I can talk about years later,” said Spc. Alvaro Rodriguez. “I hope justice gets served.”

Spc. Johnny Andino was checking vehicles at a checkpoint Tuesday. “I feel honored and privileged, and I’m glad to be a part of history,” Andino said.

“Honor” was a word chosen by many

Troopers on duty for the Military Commissions.

“It’s an honor, first and foremost,” said Sgt. William Higgs. “It is indeed an historic event, and—because I love this great nation—it’s my duty to serve.”

Spc. Richard Ferguson said he was glad to be assigned to the Military Commissions because, “I’m infantry, and I always want to be where the action is.”

The president has said 15 detainees are eligible to face Military Commissions. The four who appeared this week are the first of those 15. About 585 people are detained here as enemy combatants who supported Al Qaeda, the Taliban or associated terrorist forces.



Top: Television crews capture a briefing at Bulkeley Hall. Left: Troopers monitor vehicles near the commissions building. More than 60 media representatives observed this week’s historic Military Commissions here at Joint Task Force-Guantanamo Bay.



Sexual Harassment Reports Declining in Armed Forces

By Pfc. Jessi Stone

On Nov. 13, 1996, Secretary of Defense William J. Perry made the military's view on sexual harassment known to the nation.

"We believe ... sexual harassment is wrong, ethically and morally," Perry said. "It is wrong from the point of view of military discipline. And ... it is wrong from point of view of maintaining proper respect in the chain of command, and for all of these reasons ... we have a zero tolerance for sexual harassment."

A 1995 survey of sexual harassment in the military concluded reports made by women had dropped from 64 to 55 percent since 1988. Reports of sexual harassment made by men dropped from 17 to 14 percent.

A report published in May by the Department of Army Inspector General found 29 percent of Soldiers surveyed said they were subjected to at least one form of sexual misconduct, a drop from the 1995 survey results. The 2004 report also found 48 percent of Soldiers surveyed said their unit is well-prepared to perform its mission in relation to sexual harassment.

The report came three months after the *Denver Post* investigative series "Betrayal in the Ranks." The series told the stories of 37 servicewomen who reported incidents of sexual assault.

Although reports are decreasing, sexual harassment is still considered an important issue in the military. According to the 2004 report, the problem is inadequate training. The report concluded "Soldiers need to be trained properly and early; training must be based on Army values and cover all aspects of sexual misconduct; leaders must establish the standard, reinforce with continual training, set the proper example and take swift and appropriate action when violations occur."

Every Trooper is required to undergo sexual harassment training that highlights the types and affects of sexual harassment as well as methods of prevention and corrective action.

Sexual harassment is a form of sexual discrimination that violates Title VII of the Civil Rights Act of 1964. It includes unwelcome sexual advances, requests for sexual favors and any verbal or physical conduct of a sexual nature when the conduct explicitly or implicitly affects an individual's work environment or career. Simply put, sexual harassment is behavior or conversations of a sexual nature that offend somebody.

Victims and perpetrators of sexual harassment can be male or female, officers or enlisted, coworkers or strangers. However, the 2004 report found victims are usually young, female soldiers or junior, female officers and offenders are usually young, enlisted males. It also found more often than not the victim and the perpetrator are familiar with each other.

But the report stressed sexual harassment is not limited to males harassing females. Females harassing males and same-gender harassment happens more often than expected.

The report suggests alcohol is often a contributor. Sexual harassment takes place inside and outside the workplace, such as sharing drinks at a club.

Sexual harassment can be verbal, nonverbal or physical and when left unchecked can result in feelings of isolation and a lack of trust for coworkers. It breeds rumors and decreases unit productivity. In extreme cases, it leads to sexual assault.

Training and briefings are provided to Troopers to help them recognize, prevent and deal with sexual harassment before it gets that far.

In his briefing on sexual harassment, Staff Sgt. Brian Holderness stresses even a number as low as 29 percent is too many reports. The military takes any amount of sexual harassment very seriously because it is in direct conflict with the morals and ethics held by all branches of the military. It is important Troopers are well trained on the subject.

In addition to recognition and prevention, it is important every Trooper knows

"The most important thing to keep in mind is professionalism and zero tolerance."

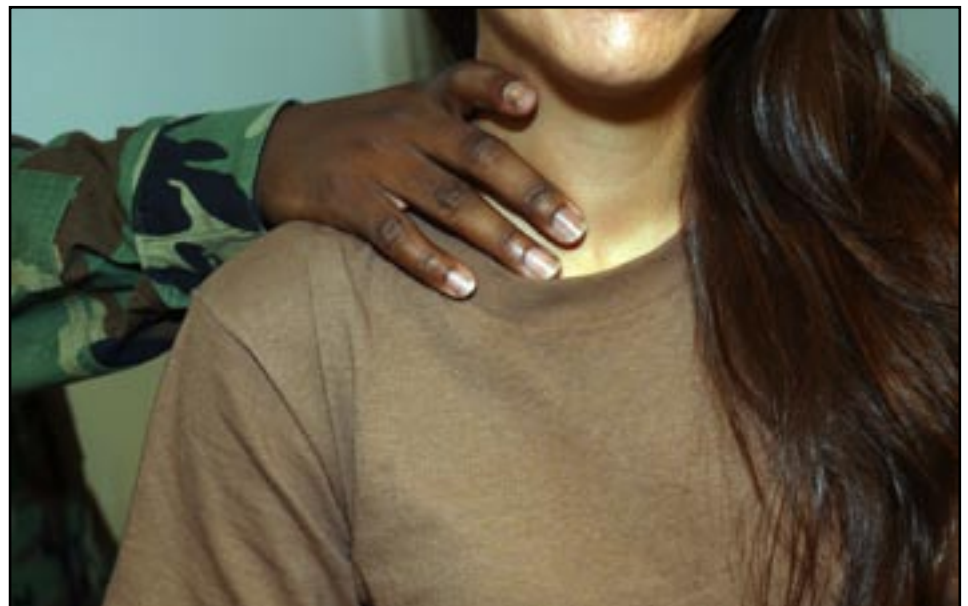
the resources available to them if they fall victim to sexual harassment or sexual assault. Anyone can become the victim of sexual harassment or assault, just as anyone can be the perpetrator.

The best first step is to let the person perpetrating the harassment know they are behaving in an offensive manner. Often, the perpetrator is not aware they are offending anyone and is thankful for the opportunity to correct themselves. If a Trooper feels they cannot speak to the person directly about it, there are a number of avenues to pursue. If you think you are being harassed go to another friend or coworker, the chain of command, the chaplain or combat stress.

The best prevention for sexual harassment is to be informed. Anyone can fall victim to the devastating affects of sexual harassment, so it is everyone's responsibility to know how to recognize it and work to prevent it.

Senior Airman Joe Lacdan, www.library.uncg.edu, www.denverpost.com, www.english.pravda.ru and the briefings and PowerPoint presentations "Prevention of Sexual Harassment" and "Sexual Misconduct Assessment" presented by Staff Sgt. Brian Holderness contributed to this report.

Photo illustration by Pfc. Chris Gardner





Motivated

More

Story by Senior Airman Joe Lacdan
Photos by Pfc. Chris Gardner

Runners took to the streets of Guantanamo Bay on Sunday during the GTMO 10-Miler.

About 110 runners followed the course from Cable Beach to Windmill Beach, on the southern tip of the base.

Morale, Welfare and Recreation (MWR) with the help of the Navy base (NAVBASE) coordinated the event. About 30 volunteers from the Joint Task Force (JTF) and NAVBASE volunteered to hand water to the runners at seven checkpoint stations. Sgt. Junior Anglon, MWR non commissioned officer in charge, said running events are a morale booster for the Troopers.

“A lot of the Troopers on the island like to run,” he said. “So we came up with this run. It’s a motivator. You can see from the large turnout, people like to run. And we’ve thrown some incentives in there.”

Burns and Roe, a civilian company that provides services to the base, gave prizes for the top male, female and overall finishers. Those included gift certificates to the NEX, certificates to the Bay View

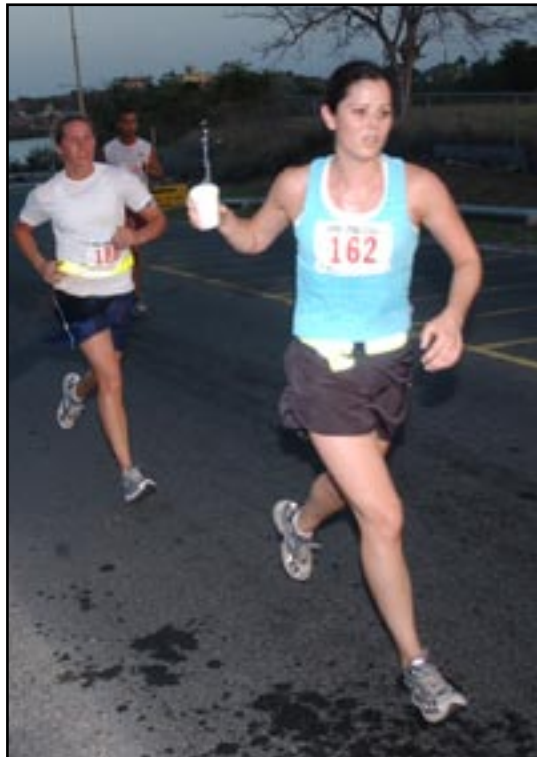
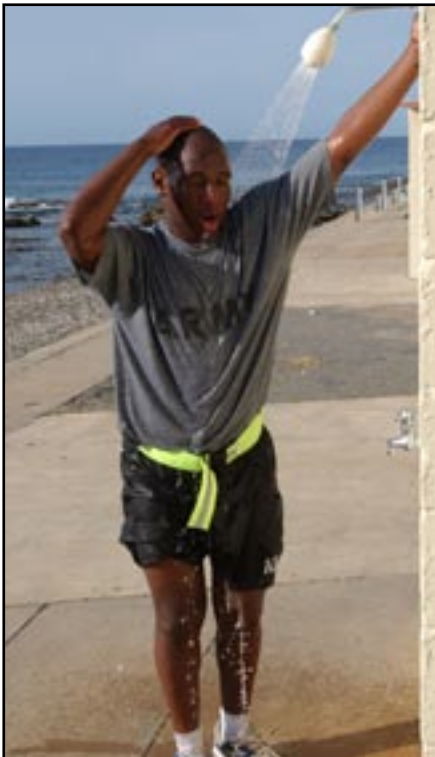


Photo manipulation by Pfc. Chris Gardner



Runners Flood GTMO's Streets

than 100 Take 10-Mile Challenge

Club and free boat rides. The company also donated 360 bottles of Gatorade.

Sgt. 1st Class Gordon Hyde, 128th Mobile Public Affairs Detachment, dominated the field, finishing at 1:01:00, more than six minutes ahead of the second place finisher, Army Cpl. Dennis Moore, who finished at 1:07:30. Moore, who runs for up to 70 minutes six times a week, said a second place finish was unexpected.

"It was a bit of a surprise," said an exhausted Moore. "I'm happy about it, but I'm so tired right now. But I'm very pleased with today."

The top female finisher was Sgt. Jessica Pound, a JTF Trooper who qualified to attend the 2004 Army 10-Miler in Washington, D.C. Pound finished at 1:19:49. She said the GTMO 10-Miler was a good tune-up for the upcoming race.

"It didn't feel very good when I was running, but my time improved over two weeks ago," said Pound, who has been running up to 30 miles each week to prepare for the Army 10-Miler.

Runners were greeted with a brunch of hot dogs, hamburgers, drinks and other refreshments. Brig Gen. Jay Hood, JTF commander, praised the runners for their participation and thanked the volunteers, MWR and Burns and Roe for helping make the run possible.

Runners of all levels participated.

Staff Sgt. Tarin Ramage and Sgt. Dwayne Williams, Joint Medical Group, aren't long distance runners but enjoy short races.

"It's relaxing and peaceful," Ramage said.

"(The 10-miler) gives you a sense of freedom," Williams said. "It's a chance to clear your mind."

One runner tripped over a large rock and injured her knee. Unable to put weight on her leg, the runner began to limp a few meters after passing the fourth checkpoint near McDonald's. Airman 1st Class Russ Clearo, 439th Security Forces Squadron, picked her up and carried her back to the checkpoint. Ice was placed on her leg, and Clearo remained with her until an ambulance arrived.

"Everyone else was running by her, and she was holding her knee," Clearo said. "I picked her up and brought her back (to the checkpoint). I wasn't going to leave her there."

For his efforts, Clearo received a gift certificate to the NEX.

Anglon said he hopes to continue to coordinate more runs and events that motivate Troopers.

"My goal is to keep the Troopers happy," he said.



"You can see from the large turnout, people like to run."

Sgt. Junior Anglon,
MWR NCOIC



Photo manipulation by Pfc. Chris Gardner



Left: Sgt. 1st Class Gordon Hyde purges his thirst after winning Sunday's 10-miler. ... Sgt. Jessica Pound, No. 162, was the top female finisher. ... Sgt. Peter Okerchili takes a shower after a cooling Caribbean dip. ... Brig. Gen. Jay Hood hands out prizes. ... Sgt. Michelle Olson douses herself with water during the run. Top right: The Mays family and friends cheered on Rosa Mays, who finished the race despite leg pain. ... Staff Sgt. Wilfred Ruiz, a race organizer, hands out refreshments. ... About 30 volunteers gave up their Sunday mornings to hand out refreshments at aid stations, serve food afterwards and make the event happen.



Life's Tribulations Inspire Trooper through Career



Photo manipulation by Senior Airman Joe Lacadan

By Senior Airman Joe Lacadan

The only warning came at the last second. The sounds of shattering glass echoed in Jack O'Connell's ears, followed by a loud boom.

His red 1957 Ford Thunderbird convertible had skidded out of a four-way stop, through a chain-link metal fence and onto a house lawn.

"I saw something out of the corner of my eye," said O'Connell, a 40-year old Air National Guard major from McGuire Air Force Base, N.J. "It was just a loud crash. Next thing I know, I was on someone's lawn."

Then a 20-year-old college student, Maj. O'Connell, the Joint Task Force assistant staff judge advocate for JTF headquarters, was driving the convertible to his grandmother's house in South Amboy, N.J. O'Connell and his father had spent a year restoring the Thunderbird, which, because of its vintage, had no seatbelts or air bags. O'Connell entered an intersection at about 25 miles per hour when a man driving under the influence of drugs barreled through the intersection, "T-boning" O'Connell's vehicle. The impact bent O'Connell's Thunderbird into a "U" shape.

Fortunately he didn't suffer any serious

injury, but the accident changed his life.

"The swelling in my neck and back put pressure on nerve endings," O'Connell said. "Lying in a hospital bed, I couldn't move my legs for a few days. It gives you a real appreciation for what you have."

O'Connell was studying political science at Rollins College, Fla. He had enrolled in the Marine Corps Platoon Leadership Class program (PLC). He hoped to enter the Marines' aviation program and pursue his dream of becoming a military pilot. In the eight months it took him to recover, O'Connell lost one year of school and dropped out of the PLC training.

Believing a career as a military pilot was behind him, O'Connell applied to law school, and several law schools accepted him.

But when O'Connell sat alone in his apartment room he would stare at his scale-

models of F-14 and F-4 fighter jets. He looked at posters of his favorite aircraft, and his passion for flight resurfaced. He remembered flying with his uncle as a child over his hometown in central New Jersey.

"It's something that once you're bitten by the bug it's always there," O'Connell said. "You take off and you leave the constraints of earth. That's what I love about flying."

O'Connell decided to give pilot training one last try. In the spring of 1987, he declined his law school invitations and signed an aviation contract with the Navy, beginning an 11-year naval active duty and reserve career. He earned his wings through Aviation Officer's Candidate School in Pensacola, Fla. He had reached his dream and found his calling when he began flying F-14s.

"I could come out on a miserable, gray, and rainy day, and I knew I'd see the sun that day," he said. "I could fly above these clouds and see blue skies and the sun. I got away from whatever was happening on the ground."

O'Connell's tour with the Navy took him to the Persian Gulf in Operation Desert Storm and over the North Atlantic in Operation North Star. A high point came during the Gulf War in January 1991. It would be shattered by tragedy.

On Feb. 6, 1991, O'Connell had just landed on the carrier U.S.S. America from a combat mission. U.S. forces had the Iraqi military on the run. Iraqi forces had no answers for the F-14 Tomcats, A-6 Intruders, F/A-18 Hornets and B-52s Stratofortress bombers.

"We were pushing the Iraqis around," O'Connell said. "The minute we (attacked) they would turn and run."

His ship received intelligence reports that an A-6 was shot down. O'Connell's best friend, Pat Connor, was in an A-6 squadron operating off Falaka Island.

The next day, an intelligence report

"When somebody says 'you can't do it'
or 'you'll never make it,' then
I have something to prove."

Continued from Page 8

confirmed O’Connell’s worst fears: Connor, a Navy lieutenant junior grade, had gone down in the A-6 and was declared MIA. Connor’s aircraft was flying at 500 feet when a shoulder-fired, surface-to-air missile struck his plane, which crashed near Falaka Island. O’Connell received the devastating news only an hour before his next combat mission. His commanding officer asked him if he still wanted to fly.

“I just kind of thought, ‘What would Pat have done?’” O’Connell said. “He would have pressed on with the mission.”

O’Connell did just that.

From 1991 to 1993 O’Connell would deploy four times and fly thirty combat missions. In addition to Desert Storm, he also flew in Operation Desert Shield and Operation Ebony Flame.

O’Connell’s efforts earned him an invitation to train at the prestigious Top Gun program, then based in Miramar, Calif. There,

he trained among some of the best pilots in the Navy and Marine Corps. At Miramar, he honed his flight strike fighter tactics, mission planning, air combat maneuvering and leadership skills.

O’Connell has since given up flying but not his wings. After 11 years as a Naval aviator, nearly 1,000 flight hours and almost 200 carrier landings in the F-14, he continued with law school. In the wake of the 9/11, O’Connell joined the Air Guard in May 2003 and volunteered to deploy to Guantanamo Bay Naval Station, Cuba.

To this day, O’Connell keeps close the memory of how a car crash and fallen friend inspired him throughout his career and drove him through adversity.

“There’s nothing you can’t do,” he said. “A lot of people won’t try something solely based on the fear of failure. There were some really rough times. Several years later, I asked my dad, ‘Did you think I would make it (as a pilot)?’

“And he said, ‘To be honest with you,

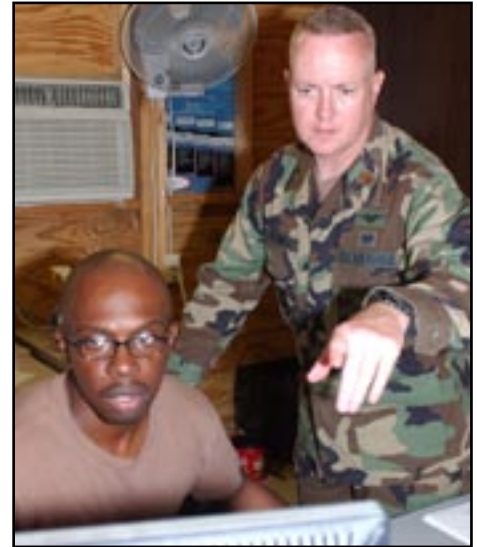


Photo by Senior Airman Joe Lacdan

Maj. O’Connell and Sgt. Michael Baptiste discuss rules of engagement.

no.’ That encourages me even more. When somebody says ‘you can’t do it’ or ‘you’ll never make it,’ then I have something to prove.”

Bad-Taste Bowl-A-Rama: Worst Dressed, Least Stressed



Photos by Sgt. Scott Faddis



By Spc. Simon Cropp

Troopers who needed a moment to cut loose got the opportunity Sunday when the Bad Taste Bowl-A-Rama, hosted by Combat Stress, opened its doors to the worst dressed in Guantanamo Bay.

Troopers came in costumes of all kinds, from flip flops with socks, to straw hats, with tacky make-up and there might have even been some plaid and polyester present.

Contests were held for the

worst dressed, the best bowlers and the worst bowlers. A panel of distinguished judges determined the winners of the worst dressed, one of those judges none other than GTMO’s own Brig. Gen. Jay Hood.

Troopers who did not win still enjoyed the free pizza and drinks. Tacky music was played by the D.J. and overall the event was a success. At times it looked like a bad party from a Brady Bunch episode, but the Troopers were all smiles throughout the night.

Spc. Kiam Parker and Spc. Shalon Grady of Combat Stress Control organized the gathering, with the guidance of their superiors. They found such prizes as plaques for the tackiest outfit, fluorescent pogo sticks and even a pink flamingo, all in the spirit of bad taste.

Promoting the Bowl-A-Rama was easy with the great support of the Joint Task Force, Grady said. About 50 Troopers signed up for the fun, and even more were

expected to show up.

Said Parker, “Any time people enjoy themselves the events are a success.”

Below: Staff Sgt. Robert Heston cuts a dashing figure at Sunday’s Bowl-A-Rama. Below left: Victor Garcia color coordinated his head-gear with his bowling ball.



! WORLD WIRE

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

Aug. 20: Sen. John Kerry accuses President Bush of breaking the law in response to negative ads that call into question **Kerry's military service**. ... A new **inhaler** debuts which allows drinkers to inhale shots of alcohol without drunkenness and hangover. It mixes alcohol with pressurized oxygen. ... The **Exorcist** prequel seems to be cursed—it has gone through three directors, two script rewrites and a \$90 million budget. ...

Aug. 21: U.S. starts first phase of **ramped up border security** and initiates air surveillance on Canadian borders. ...

Aug 22nd: One of the best known paintings in the world, the **Scream**, by Edvard Munch, is stolen from a museum in Norway by armed thieves during normal business hours. Customers watch and are unable to stop the theft. ...

Aug. 23: A 105-pound person wins a **lobster eating contest** after chowing down 38 lobsters in 12 minutes. ... U.S. wins its third straight **gold medal** in softball at the Olympics. ... The **Exorcist** prequel scores top in the box office this weekend. ... Many **Hollywood** stars are contributing funds and donations of all sorts in an attempt to unseat Bush in the upcoming election, however they do not tie themselves directly with Kerry and promise an original approach to their statement. ...

Aug. 24: One of the **Bush campaign** lawyers says he has been advising veteran groups to run the anti-Kerry ads. ... A recent rise in **dust storms** in the Sahara could be related to Sports Utility Vehicles being used in place of camels. ... A modified backyard telescope aids astronomers in the finding of a **new**

planet. ... Looks like **GTMO** will be warm and sunny for the next 10 months. ...

Aug. 25: According to scientists a wealth of evidence suggests that by 2080 the **Greenhouse Effect** could hit Europe the hardest causing warm winters and more flooding ... **Matt Damon** has written off dating celebrities after the circus that surrounded his good friend Ben Affleck and Jennifer Lopez. ... **Computer viruses** become smarter and research indicates that virus programmers have teamed up with spammers to make the viruses harder to shield. ... British researchers predict Kerry will oust Bush in the upcoming election because he has strong ties to **royalty** on the maternal side of his family.

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

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

! WORSHIP WIRE

— Do the Right Thing —

Hebrews 10:23 reads, “He who promised is faithful.”

This last Wednesday, we held the first monthly Commander's Prayer Breakfast. It was very pleasing to have such a good turnout. The final count was 46—more than we estimated.

Col. Brice Gyurisko, Joint Detentions Operation Group commander, was the speaker, and he chose as his topic the Army Value of “Integrity.” He shared a compelling story of a young military police (MP) officer who faced a difficult decision.

The young MP was asked to do something by a superior that tested his integrity. The actions, if taken, would have caused the Soldier to be unfaithful to the pledge he had made to his country. It was a pledge that committed him to protect even the guilty. The decision the Soldier made was to be faithful and “do the right thing.”

We can find ourselves facing similar situations in life. Others want you to go

along and participate in questionable actions simply because “everyone is doing it.” This reality reminds me of a bumper sticker I once purchased, which said: “What is popular is not always right, and what is right is not always popular.”

If in fact the “rightness” of something were determined by vote, imagine what might be the result. When justice finally catches up to some, it results in finger pointing in all directions and some very creative “blame shifting.”

In the end, everyone is harmed. Being faithful to the Army Values and being faithful to our spiritual values is a matter of personal integrity. It can be hard at times to stand up for what's right, but nobody said being a person of integrity is easy. It may not be an easy thing to do, but it certainly is the right thing to do, and that's the point.

— Chaplain Kent Svendsen
JDOG Chaplain

Padre's Corner

Luke's Gospel tells us to strive to enter through the narrow gate. What does that mean? After all, one of the greatest struggles Jesus faced in announcing the Kingdom of God was narrow religious people. Obviously the Lord is not encouraging us to be narrow. Jesus Christ *is* the narrow gate, and we are called to LOVE as He loved: fully, generously and in a manner that is self-sacrificing. Rather than being narrow and tight, we become happy, joyful, hope-filled, courageous, generous and fully alive because we live, move and have our being in the Lord Jesus. Why not attend a chapel service this week?

— Chaplain (Lt. Cmdr.)
James Dowds

Safely Enjoy Sea Tides of Guantanamo

Story by Spc. Jody Metzger

Photos by Senior Airman Joe Lacdan

Water Recreation Spells Possible Danger

Oceanography may be one of the most compelling scientific fields.

Gravity, wind, salinity and underwater topography play a major role in determining the tide.

The ocean offers a chance for Troopers to get away from their day-to-day duties, enjoying one of the perks of living in a seaside tropical desert.

Any given day, Troopers may be found at the beach, swimming, snorkeling, SCUBA diving or laying out.

Although beautiful, the ocean presents dangers. Some sea creatures present risks, and tides can be violent.

“The tide” refers to the periodic, alternating rise and fall of sea levels. Tides occur every day in response to the gravitational influence of the sun and the moon.

This process results in the swelling and receding of ocean waters at different parts of the earth, according to “Invitation to Oceanography” by Paul Pinet.

The moon’s revolutions around the earth take 27 days; throughout this rotation the tides are affected.

Riptides are an often-overlooked aspect of hurricanes and tropical storms. Pushing away from the shore, riptides are tough sea currents created by strong storms when



powerful winds approach.

These incoming waves produce an underwater sandbar close to shore. With each wave, more water is collected between the sandbar and the shore until a section of the sandbar collapses; at this point, water is forced through this gap, creating an extremely strong but narrow current away from shore.

Riptides are extremely dangerous for those caught in the current. They are so

dominant that trying to swim back to shore against them would require extraordinary strength.

Troopers getting caught in a riptide should know some basic safety precautions. Stay calm, and do not swim directly against the riptide. Riptides are narrow enough that by swimming parallel to shore one can easily escape them. Once past the current, continue to swim toward the shore.



15 Minutes of Fame

... with Sgt. Michelle Olson, Combat Stress ...



Photo by Pfc. Chris Gardner

By Spc. Simon Cropp

Sgt. Michelle Olson is the non commissioned officer in charge (NCOIC) of the 1972nd Combat Stress Control Team. She is from Oregon and is a nursing student.

The Wire: What do you do back home?

Sgt. Michelle Olson: I'm a health unit coordinator for an oncology unit. I'm two terms away from my bachelor's degree in nursing. It was put on hold twice because of two deployments, but I'm close.

Have you been deployed before?

In January of 2003 we were supposed to go to Turkey. After about four months

in Fort Lewis they sent me home.

How often do you contact your family?

I talk with my mom all the time, and I'm also engaged. The wedding is set for next year. I also have two beautiful dogs—a German shepard and an English pointer, as well as two cats.

What is your job here?

I am the non commissioned officer in charge of Combat Stress Control. I really enjoy the great leadership skills I have been able to enhance while here. It's been challenging to be in this role. It's my first time as NCOIC. Every person brings their own flavor to the group. I manage the Soldiers and make

sure things are getting done. I keep up on supplies.

What do you do in your spare time?

I love going to the open air movies—I just love going to the movies. I also work out a lot. I got a 328 on my PT test, and right now I am training for the Army 10-Miler. I'm on the official 10-Miler team. After that I'll be training for my first iron man. I do triathlons.

How does training for a 10-miler differ from what you did before?

It's longer. I'm not used to running that long of distances. I did it the first time about a month ago, and up to that point I've never run that distance. I basically went out to see if I could finish it, and I was just fortunate enough that I pulled out a slot on the team.

Has your running improved?

I've increased my time by 10 minutes. I've been working very hard, putting in a lot of miles. I'm so excited to go home, too, because of the training I do here. The heat and the hills are going to make me such a better triathlete because back home I train in a much cooler more flat environment.

... Running is very soothing. I do a lot of long slow miles four days a week, and on top of it I do a lot of interval training and speed work. You have to do some swimming and biking, or play basketball so you aren't always doing the same old thing. I also have a pretty intense strength training program. I have to be careful now so I don't hurt myself. I have to keep healthy for the 10-miler. We are going to the official 10-Miler in October. We'll be there to represent GTMO.

How do you feel about your contributions to the JTF?

Combat Stress is here solely for the Troopers. We try to get out and introduce ourselves to people and encourage them to come to the clinic. I hope we can remove the stigma surrounding combat stress. We're here to be an objective set of ears for people to come and sort out the issues they're having. We like to see people no matter how small or great the issue is.

Sept. 11 Flag Ceremony

If you lost a loved one in the Sept. 11 attacks and would like to do something in their memory, there will be a flag raising ceremony at midnight the morning of Sept. 11 in Camp Delta.

Any Trooper may fly a flag in memory of loved ones



they lost in the attacks on the World Trade Center and The Pentagon.

If you would like to fly a flag, all you need to do is provide your own flag, which can be purchased at Paper Clips located below Bulkeley Hall.

Bring the flag to Sgt. Rich Marion at Building 1, Room 16 in Camp Delta or room J008 in Camp America after 7 p.m.

For more information, please call Sgt. Marion at 3900.

Alcoholics Anonymous

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

BUSES

Bus Stop Routes include the following stops. Not all stops are listed. Times listed are for every hour of the day (i.e. First Street - 12:00, 12:30, Ferry Landing - 12:17, 12:51, etc.).

Sherman Avenue

First Street - :00; :30
East Caravella - :03; :33
Marine Hill - :05; :35
Post Office - :10; :40
Windjammer - :11; :41
NEX - :14; :44
Bulkeley Landing - :17; :47
Ferry landing - :21; :51
Commissions Building - :23; :53
Ordnance - :26; :56
Bulkeley Landing - :28; :58
NEX - :32; :02
Windjammer - :36; :06
Post Office - :37; :07
Marine Hill - :41; :11
Hospital - :48; :18
Windward Loop 1 - :52; :22

Camp America/NEX

Camp Alpha - :00; :20; :40
NEX trailer - :02; :22; :42
Camp Delta 2 - :06; :26; :46
TK 4 - :12; :32; :52
TK 1 - :16; :36; :56
Windjammer Gym - :23; :43; :03
NEX - :30; :50; :10
Windjammer Gym - :35; :55; :15
TK 1 - :40; :00; :20
TK 4 - :46; :06; :26
Camp Delta 1 - :52; :12; :32
Camp Alpha - :00; :20; :40

CINEMA

DOWNTOWN LYCEUM

FRIDAY

8 p.m. *Two Brothers*

PG - 105 min

10 p.m. *The Village*

PG-13 - 108 min

SATURDAY

8 p.m. *White Chicks*

PG-13 - 108 min

10 p.m. *Anchorman*

PG-13 - 91 min

SUNDAY

8 p.m. *King Arthur*

PG-13 - 126 min

MONDAY

8 p.m. *Notebook*

PG-13 - 124 min

TUESDAY

8 p.m. *Anchorman*

PG-13 - 91 min

WEDNESDAY

8 p.m. *King Arthur*

PG-13 - 126 min

THURSDAY

8 p.m. *Collateral*

PG-13 - 120 min

CAMP BULKELEY

FRIDAY

8 p.m. *Catwoman*

PG-13 - 104 min

10 p.m. *The Manchurian Candidate*

R - 130 min

SATURDAY

8 p.m. *Two Brothers*

PG-13 - 108 min

10 p.m. *Village*

PG-13 - 108 min

SUNDAY

8 p.m. *White Chicks*

PG-13 - 128 min

MONDAY

8 p.m. *King Arthur*

PG-13 - 126 min

TUESDAY

8 p.m. *The Notebook*

PG-13 - 124 min

WEDNESDAY

8 p.m. *Anchorman*

PG-13 - 120 min

THURSDAY

8 p.m. *King Arthur*

PG-13 - 120 min

FOR THE RECORD

The Wire strives for accuracy. If you see an error in The Wire.

When we fail, we accept responsibility for our errors and correct them. Please call Spc. Jim Greenhill at 3593



Be Aware. Be Suspicious. Be Smart

Just a friendly reminder that identity theft comes in all forms and can reach you anywhere ... even here at the least worst place.

This morning I received an e-mail from Citibank in my Army Knowledge Online (AKO) account. It was an official looking e-mail, complete with the Citibank logo, warning me about identity theft and requesting that I confirm my banking information by clicking on an embedded link.

The first tip-off that this was an attempt at identity theft was the fact that I do not have a Citibank account. The e-mail also included language stating my response was "mandatory" and

that my account was subject to immediate "temporary suspension." The e-mail was promptly forwarded to Naval Criminal Investigative Service for proper handling. Remember, reputable companies do not operate in such a manner.

Be aware of this type of identity theft! It appears from the e-mail that the perpetrator was simply going through the AKO directory. If you receive a similar e-mail, do not click on the link or respond to the e-mail.

If you think you have been the victim of identity theft, contact Legal Assistance at extension 3561 or 3454.

— *By one of our Troopers*

Recipe of the Week

For those who didn't know, there are two community kitchens located in the center common grounds of Camp America North. Any Trooper is welcome to use these kitchens and the equipment within. Kitchens are stocked with pots and pans, cooking utensils and a collection of herbs and spices. There is a refrigerator, a microwave, two ovens and two stovetops in each kitchen. Troopers may get the key to the kitchens from Pfc. Jessica Stone in room I001.

Homemade Stroganoff

1lb ground beef
1 can cream of mushroomsoup
1 cup milk
1 cup sour cream
3 tbs. Worcestershire sauce
Two slices American cheese
Half-cup butter
Minced garlic, to taste
Salt and pepper, to taste

Mashed Potatoes

8 large potatoes
2 cups milk
1 cup butter

Wash and peel potatoes and place in a large pot of boiling water. Boil until soft, about 45 minutes. Drain water from potatoes and add milk and butter. Smash it all together to desired consistency. For lumpier potatoes, use less milk, for creamier potatoes, use more. For smooth potatoes, beat with a hand mixer after mashing them thoroughly. Set aside.

Brown the ground beef in a frying pan. Add the cream of mushroom soup and cup of milk and let simmer five minutes, stirring occasionally. Add Worcestershire sauce, sour cream, cheese, garlic and salt and pepper. Let simmer five more minutes, stirring occasionally.

Serve over mashed potatoes or egg noodles.

— *By Pfc. Jessi Stone*

WORSHIP

CAMP AMERICA

Sunday	9 a.m.	Protestant Service	Troopers Chapel
	7:30 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

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 - baked lobster tails

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

