



New JTF barracks construction

By Spc. Jeshua Nace

JTF-GTMO Public Affairs Office

Feeling a little cramped in your current living situation? Well in a few months many things about the Joint Task Force's billeting situation will change for the better.

If you have visited the Gold Hill Galley recently, you may have noticed the construction going in the area below the parking lot. The JTF is building another facility to house JTF Troopers.

The construction started last month and is projected to be finished May 30. Although GTMO 6 Troopers might not see the completion, future JTF Troopers will have better accommodations, which is good to know if they're ever reassigned as a member of the JTF.

"Troopers will have their own individual rooms within a two room module. The rooms will have a furnishing package consisting of beds, writing tables, dressers and wardrobe. The room will have a sink area. There will be a shared latrine and shower stall with one other Trooper. The rooms will have individually controlled window air conditioners and hookups for phone and cable television," said Capt. William Vaughan, JTF-GTMO Engineer Officer.

When the building was being designed, the JTF set a few standards.



Photo by Spc. Jeshua Nace

Contractors work on marking the site of the new residential apartments for the Joint Task Force below the Gold Hill Galley.

"The contractors were tasked to meet a minimum DoD standard for E-4 and below berthing, providing a one plus one standard. The rooms will consist of two private bedrooms with a minimum of 270 square feet per bedroom. The total capacity for the facility will be 200 persons. A parking area is to be included," said Vaughan.

Camp America will receive a few upgrades as soon as the new facility is finished. The Camp America project is going to transform the current buildings into three individual rooms. Walls will be erected inside of the buildings,

including a common area.

"These will be leased facilities. The contractors will be responsible for the maintenance of the facility; however, Troopers will be expected to maintain their quarters in a neat and orderly fashion by performing such routine tasks as cleaning bathrooms and floors. Such efforts will assure that the new building will provide comfortable and adequate facilities for current and future JTF members," said Vaughan. ■

Five steps to a healthier trooper

By Navy Capt. Murray Norcross

Detention Hospital Staff Physician

With 2006 well underway, now is the time to double those efforts to make good on those New Year's resolutions. New Year's resolutions can become distant memories by the end of February. In this article, you will find five steps to keep yourself motivated as you make those exercise and diet resolutions part of your daily life style.

STEP 1: Write down your exercise plan and hang it up where you can see it. By developing a campaign plan, you are more likely to do it each day. Better yet, keep an exercise log that keeps track of your workouts. By recording the number of miles you run or repetitions you perform in the weight room, you will be positively reinforcing your commitment to make exercise a permanent part of your daily routine. Like fish stories, people will overestimate how much they exercise if they do not keep an honest record. The base gym has various exercise logs that you can utilize to keep track of your workouts. Keep track of the days you don't exercise. Guilt is a positive motivator!

STEP 2: Find an exercise partner. The buddy system is one of the best ways to ensure that you will stick with your exercise and diet plans. When you exercise with a workout partner, you are making yourself accountable to another person beside yourself. Having an exercise partner helps you to exercise on those days when you do not feel like it. Exercising with a buddy makes it more fun and enjoyable. You will find that exercise time flies by as you talk and workout together. Not only are you making yourself healthier but also you are making a fellow trooper more physically fit.

STEP 3: Exercise early in the day. People who exercise in the morning are more likely to make it part of their daily routine. After a busy day within "the Wire", the last thing on your mind will be to go work out at the gym at 1800. More likely, you will want to go eat at the galley. Morning exercise is a force multiplier because it gives you a sense of accomplishment of having completed your daily exercise and you feel more energetic the rest of the day.

STEP FOUR: Eat healthy. Eat right. The U.S. Department of Agriculture has revised the food pyramid and you can find it at www.mypyramid.gov. Eating healthier has never been easier because this website helps you to calculate what your daily calorie intake should be for your height, sex, and amount of daily physical activity. The USDA also gives practical suggestions on what to eat in easy to understand quantities. Want to know if you're overweight; visit the Center for Disease Control and Prevention, at www.cdc.gov/nccdphp/dnpa/bmi/calc-bmi.htm. Here you can easily calculate your body mass index, assess your risk, find tips to controlling your weight, and healthy choice recipes. A healthy Trooper should have a Body Mass Index between 18.5 and 24 percent. Above 25 percent is considered overweight and over 30 percent obese.

STEP FIVE: Every thing in moderation, including moderation. Reward yourself if you are meeting your exercise and dietary goals. If you are exercising regularly and losing weight, it is ok to have an ice cream sundae. Rewarding yourself helps to keep you motivated. Go ahead and buy yourself that new pair of running shoes, a new tennis racquet, or snorkel and fins. Match your reward to the goal you want to achieve. Your efforts will result in you becoming a more physically fit and productive Trooper today and for the rest of your life! ■



Photo by Spc. Seth Myers

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File your taxes at the Legal Assistance Office

By Army Maj. Matt Edwards

Chief Legal Assistance

The 2006 Income Tax Center will open at 11:00 a.m. on Jan. 30 at the JTF legal assistance office (A6208) in Camp America. The tax center will remain open through the entire tax season and will close on April 15.

Tax returns and tax assistance are available on an appointment-only basis. Currently, appointments will be available from 8:30 a.m. to 4:00 p.m. on Mon. and Tues. You can call for an appointment anytime. If these times do not fit with your work schedule, the tax center will make special arrangements with each individual to meet their needs. "Last year we had several Troopers come in on a walk-in basis and we had to send them back to get more tax information. We want this to be a one-stop visit, if at all possible, so we don't waste anyone's time," says Sgt. Paulette Ocampo, tax center NCOIC.

The tax center will provide assistance with 1040EZ, 1040A, and regular 1040 returns. Convenience and electronic filing are the most popular services. Electronic filing provides a high level of accuracy, you get re-

fund very quickly... and the best part is that it is free of charge.

There will be trained volunteers who can help with general tax questions as well. Sgt. Ocampo says that she will try to help everyone who comes in the door. "Even if we can't do all of their taxes, we do help where we can. For instance, we are not allowed to help tax filers with the business portion of their taxes, however if the business schedule is completed by the member, then we can incorporate it into the overall tax return," said Ocampo. Some JTF members may have a tax return that is too complicated for our abilities, and if that is the case, the tax center will let the taxpayer know immediately so they can seek other assistance.

State tax information is also available at the tax center. The center has a state-by-state summary of tax requirements and guidelines. Most, if not all forms, can be downloaded online and filed directly by the taxpayer.

The most important thing one can do to make tax season as smooth as possible is to make sure that you gather all your tax related documents before you start completing your tax return. All employers, and financial in-

stitutions are required to provide this information to you prior to Jan. 31. If you do not receive the documents you need, contact that institution immediately.

The JTF legal assistance office is located near the Troopers Chapel in Camp America. Office hours are Mon. to Fri. from 8:00 a.m. to 5:00 p.m. and Sat. from 8:00 a.m. to 12:00 p.m. Please call 3561 for a tax appointment.



Guantanamo Proceedings Deal With Unique Legal Challenges

By Kathleen T. Rhem

American Forces Press Service

NAVAL STATION GUANTANAMO BAY, Cuba, Jan. 13, 2006 – U.S. officials writing the rules for military commissions to try accused war criminals here believe the need for a detainee to have competent legal representation trumps his right to self-representation.

A defendant's right to choose his own attorney has become a legal sticking point in the case of an accused al Qaeda propagandist being held here since early 2002.

Ali Hamza Ahmad Sulayman al Bahlul, a Yemeni believed to be a close associate of Osama bin Laden, has asked to represent himself and has refused to speak to his appointed military attorney, Army Maj. Thomas Fleener, an experienced public defender.

In a hearing in his case Jan. 11, Bahlul dramatically said he was boycotting the process. Despite Fleener's stated misgivings, Presiding Officer Army Col. Peter E. Brownback III ordered Fleener to represent Bahlul to the best of his ability even if Bahlul won't cooperate.

"You are (factually and legally) the only counsel that Mr. al Bahlul has," Brownback said. "As he pointed out earlier, it's him against the United States. You are the only one

on his side."

Bahlul first asked to represent himself in August 2004. At that time Brownback recessed the case until the issue of self-representation could be resolved. The appointing authority for the Defense Department's Office of Military Commissions, John D. Altenburg Jr., ruled in July 2005 that Bahlul may not represent himself, calling self-representation in a military commission "impracticable."

"An unrepresented accused will be unable to investigate his case adequately because of national security concerns," Altenburg wrote in a July 14 memo. "An accused confined at Guantanamo, Cuba, who is unfamiliar with applicable substantive law, rules of evidence and procedure, will not be able to present an adequate defense."

Further, Altenburg wrote, if a defendant seeking to represent himself didn't clearly understand English, translation requirements would be "exponentially magnified."

Finally, military commissions rules allow for closed hearings to present classified evidence. The rules call for detainees to be excluded from these hearings but for military defense attorneys to be present to represent their clients' interests. This rule would make it impossible for a detainee here to represent

himself effectively.

"Self-representation under these unique commission circumstances would be ineffective representation, and result in an unfair proceeding," Altenburg concluded in the memo.

This split from established law for the sake of these military commissions hearings could put Fleener, who is being ordered to represent Bahlul against the detainee's wishes, in a position in which he must choose between violating ethics rules for attorney conduct or of refusing a military order from a superior officer. He is seeking ethics briefs from the two states in which he is licensed to practice law to help him resolve the dilemma.

Chief Prosecutor Air Force Col. Morris Davis dismissed claims that commissions officials were making up the rules as they went along but said special measures were necessary to deal with such nontraditional enemies as al Qaeda and the Taliban. "We're facing an enemy like we've never faced before, and perhaps the law hasn't adapted to contemplate that enemy," he said in a Jan. 10 news conference.

Davis said officials prosecuting war crimes in Nuremberg, Germany, at the end of World War II dealt with similar issues. ■

MotoMail system helps link deployed Marines

By Donna Miles

American Forces Press Service

WASHINGTON, Jan. 6, 2006 – In the age of e-mail, podcasts and blogs, it's easier than ever before for deployed troops to stay in contact with their friends and loved ones at home.

But many say none of these high-tech communications can compete with an old-fashioned card or letter they can tuck away in a pocket or backpack and reread anytime, anywhere, until it's faded and dog-eared.

A Marine Corps innovation is offering the perfect middle ground: letters from home that are downloaded, printed and delivered in hard-copy format, usually within 24 hours rather than the week or more it takes traditional "snail mail" to arrive.

MotoMail, short for "motivational mail," is the Marine Corp's answer to express mail for deployed Marines, Master Sgt. Ronald C. Williams, postal affairs chief for Headquarters Marine Corps, told the American Forces Press Service.

It brings the speed of electronic transmissions to deployed troops, even those without easy access to computers or unable to wait in long lines to use one at an Internet café, he said. At the same time, it gives them the satisfaction of a permanent note they can hold in their

hands.

The service, introduced more than a year ago and steadily growing in usage, is based on the British armed forces system called "E-Bluey" used to send free messages to British troops around the world for the past five years, Williams said.

MotoMail enables friends and families with Internet access to send up to five free, letter-type messages a day to deployed Marines with total privacy, he said. Many members of other services co-located with deployed Marines also have access to the service.

Writers register on the MotoMail Web site and type out their message and the name and unit address of the intended recipient. All units participating in the program are listed in the drop-down menu on the screen.

The letter goes to the MotoMail server, which forwards it to the designated postal unit. There, Marine postal workers download the messages, print them and run them through a machine that folds and seals them to ensure privacy.

Marines receive their MotoMail letters at their next mail call.

While far speedier than traditional U.S. mail, and more personal than electronic transmissions, MotoMail comes with some limitations, Williams said. It can't send attachments or enclosures, can't relay packages and can't be used

for letters addressed to "Any Marine."

Messages must have a real Marine's name and unit address to be processed, Williams said. Messages with fake or incomplete names won't be delivered.

More than a year since it was introduced, MotoMail is gaining in popularity, with 106,000 active accounts delivering almost 8,000 messages to date at the rate of about 160 letters a day, he said.

Deployed Marines and their families have rave reviews for the system and see it as a big morale booster.

"We are so grateful to have such an amazing service made available," wrote one user on the MotoMail Web site. "It brings us much comfort to know that letters can reach our loved ones in such a timely fashion. Much thanks to those who made this possible."

"It is wonderful to know that I can get information to my husband the same day whether it is something important or just an I love you," wrote another user. "It makes the time between actual contacts seem more bearable."

Still another agreed, "It is wonderful to know I can send my son a message whenever I want. God bless all of you who are making it so much easier for us to communicate with our loved ones. (There's) lots of love flowing throughout that server." ■

2006 DoD Authorization Act promotes recruiting, retention

By Donna Miles

American Forces Press Service

WASHINGTON, Jan. 9, 2006 - The 2006 National Defense Authorization Act signed into law Jan. 6 provides a variety of military pays, benefits and incentives designed to boost recruiting and retention in the military, including a new \$40,000 ceiling for enlistment bonuses and a \$90,000 ceiling for re-enlistment bonuses.

The new law continues to bring military pay more on par with private-sector compensation, providing a 3.1 percent across-the-board pay hike and about 20 types of bonuses and special pays being added or increased, Chuck Witschonke, DoD's deputy director for compensation, told the American Forces Press Service and the Pentagon Channel.

These programs enhance the entire military compensation package and make it more attractive to young people considering joining or staying in the military, he said.

The new law also authorizes some innovative concepts to help leaders attract and retain a high-quality force.

Among them is a measure that authorizes the secretary of the Army to offer a bonus of up to \$1,000 for servicemembers who refer someone who enlists in the Army and successfully completes basic training.

This new bonus, if used, would essentially turn any active or reserve member who chooses to become one into a recruiter, Witschonke said. "It would establish a whole new field of recruiters who will help refer people into the military," he said.

Another innovation is a bonus of up to \$2,500 for servicemembers who agree to transfer from one service to another and serve for at least three years.

Details of the program are still being worked out, but Witschonke said it will be an important incentive for servicemembers whose job se-

ries are being downsized to transfer their skills into another service that needs them, particularly the Army.

"There is a need and desire for us to take trained personnel from one service and, if they are interested, to have them transfer to another service," he said.

The new law gives the secretary of the Army a new, broad authority to offer creative new incentives to recruit enlisted members and officers. "We should see some innovative initiatives out of that," Witschonke said.

This temporary authority, to expire in December 2009, will give the Army the flexibility it needs to maintain enlistment rates that have recovered in recent months after a summertime slump, he said.

The law limits the Army to offering four new incentives, and for offering them to no more than 20 percent of its new accessions.

Recognizing the importance of the reserve components to national defense, the new law provides several initiatives to boost enlistment and retention in the Guard and Reserve.

These include a bonus of up to \$100,000 over a career for members with a designated critical skill or who volunteer to serve in a designated high-priority unit.

The law also authorizes an increase in the maximum affiliation bonus for officers in the Selected Reserve, from \$6,000 to \$10,000 and an extension of eligibility for a prior-service enlistment bonus to include Selected Reserve members who previously received one, Witschonke said.

"There are a lot of things that are attractive in the bill and will support recruiting and retention," he said.

More information about pay and benefits is posted on DoD's military compensation Web site. ■

SETH & JESH'S... GAMERS ARCADE Old School Edition

SETH

One of my fondest memories is getting together with my father at the local arcade and playing Mrs. Pac Man. There was something about that old time classic that just grabbed me. Maybe it was because it was one of the few games both my dad and I shared an interest in, yet it was more than that. The game had a kind of rustic charm to it, like many old games do. Whether it was gobbling up dots in Mrs. Pac Man, defending the world in Missile Command, fighting off the aliens in Space Invaders or navigating through the jungle in Pit Fall, I remember these classics because they were simply fun.

Some may argue that they are revered because that was all we knew at the time. The awe factor made them all. Games have improved much since then, and if I went back and tried them again, I wouldn't be nearly as impressed. They are too bland and simplistic. They couldn't have been more wrong. I still find myself playing Mrs. Pac Man every time I see it. The simplicity of those games is what makes them great. Sure, modern games with their physics engines and their great graphics are enjoyable, but when it comes to good old fashion game play, nothing beats a classic.

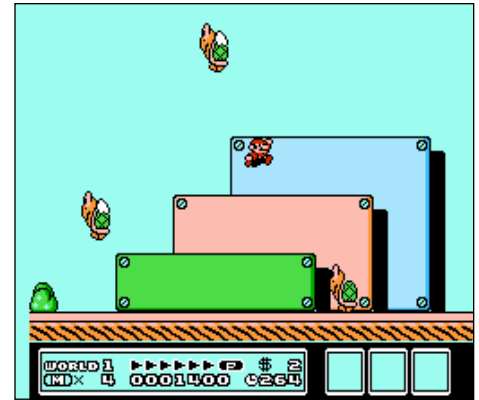
Old arcade games, Atari and the original Nintendo, these were the vessels of the gaming

revolution. If you haven't played games like The Legend of Zelda, Duck Hunt, Ninja Gaiden, Mrs. Pac Man, Pong, Centipede... you haven't really gamed. You need to explore the roots, see where it all came from and discover the joys of classic gaming.

JESH

The origins of gaming, timeless classics like The Legend of Zelda, Mario Bros. and Sonic the Hedgehog deserve preservation in the grand halls of gaming (if such a place existed). I might want the new, the bold and the best, but in some ways, old school games are just as good as behemoths like Half-life 2 and Halo 2.

The only thing I wish the old school games had is something I take for granted every time I pick up a controller. The save option literally changed gaming forever. Without saves you couldn't play games like Knights of the Old Republic with its massive 40 plus hours of game play. Back when I was playing Nintendo and Sega, I would start games like The Legend of Zelda, play for a couple hours and leave my Nintendo on all night while I went to play with friends. However, I have a feeling many people like me experienced errors and parents shutting down the system, which led to restarting all over again (anyone remember the last time they



had to blow on a DVD to get it to play, that's old school).

Super Mario Bros. 3, what a game! I don't think I've ever beaten the game but I must have played it a thousand times. The funny thing is I never finished some of the really cool worlds. I would always get to a really hard level and use that blasted whistle. I love that whistle.

If you had the privilege of playing Atari, then you should remember games like Pitfall (what was the point of that game anyway). I just remember jumping on alligators' heads and jumping over giant scorpions, but I just ended up running in circles. Talking about games that make no sense, ever play Adventure or E.T. The Extra Terrestrial? If you tell me how you beat it, I'll buy you dinner at the Seaside Galley.

One time, when I was in Ocean City, Md. with my friends, we had to cross an eight-lane highway to get some food. I turned to a friend and said, "Dude, this is totally Frogger." Luckily, in the real world, people hit the breaks if you're crossing the street. Poor, poor Frogger. ■

Insuring Vehicles at GTMO

By Army Sgt. Jessica Wilson

JTF-GTMO Public Affairs Office

Troopers must obtain insurance prior to driving their "GTMO special" or privately owned vehicle (POV).

Prior to registering your vehicle, you must purchase insurance. The purpose of insurance is to protect yourself in case of an accident.

"Basic insurance is liability only. That means, if you have an accident, it will cover the car you hit, but not your own," said Ruth Unruh, base vehicle insurance. "Liability is usually purchased for older cars, over four or five years old and all GTMO specials. This coverage is \$78 for six months, regardless of what kind of car it is."

There is a thirty percent surcharge for drivers between the ages of 20 and 25. Additionally, there is a sixty percent surcharge if the driver is under 20. "Full coverage depends on the value

of the car and the same surcharge applies for younger drivers," said Unruh. "Our full coverage program changed recently. We now take an application, send it to Headquarters where they pull a copy of the individuals driving record, and then decide to cover or deny the applicant due to driving record. This whole process takes between three to five days, depending on how fast the DMV in the state where the person is licensed responds to our inquiry."

Prior to purchasing vehicle insurance, you must have a few documents in hand. These include proof of ownership, a title or bill of sale is sufficient. If the car was brought from the states and there is a lien on it, then an old registration or insurance bill must be supplied (if there is no title, yet).

If Troopers decide to sell their vehicle, the buyer has three days after purchasing the vehicle to obtain insurance and visit the registration office. "I would never allow somebody else

to drive on my insurance," said Unruh. "If that buyer has an accident, you, the seller, could be liable for damages. Our policy states that if the car is in an accident while being driven by someone not on the policy, we will not pay any claims."

In addition, if you are getting ready to leave the island and need proof that you had insurance while you were here, you must have all of your policies (or at least the numbers) from here, said Unruh. "Prior to leaving, go to base ID and have them give you a copy of your driving record while you were here. Once you are back in the states, fax that letter to the number on our policy and they will send you a letter stating that you had insurance on the island." ■

Location: Caravella Point, 5A

Hours of operation: Tues. and Thurs. from 6:00 p.m. to 7:00 p.m. Sat. 11:00 a.m. to 1:00 p.m. Call 5579 to make an appointment. Cash and checks are accepted, no credit cards.

Trimming Troop



▲ Spc. Marco Carrillo, 1/18 Cavalry Regiment, Alpha Troop watches TV as barber, Gary Hall goes to work on another masterpiece.



▲ Kenod Nesbeth, one of the N Marine Sgt. Rhon Dawkins, Mar



▲ Marine Sgt. Anthony Hopkins, Marine Corps Security Force Company stays steady as barber, Jennifer Lawrence puts the final touches on some of her handiwork. ◀ Barber, Michael Linton prepares Marine Lcpl. William Goodlett, Marine Corps Security Force Company for a fresh haircut.

Barbers



NEX's masters of the clippers works his magic on a customer at the Marine Corps Security Force Company.



▲Patrons patiently wait their turn in the chair at the NEX barbershop.

By Army Sgt. Todd Lamonica

JTF-GTMO Public Affairs Office

Working twelve hours a day, seven days a week, 336 hours a month for nine years is quite an accomplishment if you think about it. But for someone like Gary Hall, it's business as usual. That's how much time Hall spends cutting hair here.

In 1995, Hall applied to the labor ministry in Jamaica to work here. It took him three years to receive word that his request was approved. During that time period, Hall was working on perfecting his trade. He worked in barber shops and logged many hours learning.

Hall is a self taught barber. He never attended any formal schooling, his years of experience helped him receive his license. During the time period when break dancing was sweeping the nation, Hall was getting a crash course in cutting hair in a less conventional way.

"Back then, kids wanted their hair cut in all sorts of shapes and designs. I got my start, doing these styles, it was a trend. As soon as people started to see my work, a friend approached me and asked if I would like to try working in a barbershop. I said yes," said Hall.

In 1998, Hall came here to continue his career as a barber by working at the Navy Exchange (NEX). It was hard at first, but his family understands. The business of cutting hair here is more lucrative for the individual barber than in Jamaica. He is able to see his family six times a year. Hall is not alone here, though. There are five other barbers just like him who share the same sacrifices as well. Hall enjoys what he does and respects the service members for the job they do here.

One of Hall's coworkers, Jennifer Lawrence, has been working for NEX

Corporation since 2000. Lawrence's husband is active duty Navy stationed here. Her husband's career has taken her to places like Key West and Connecticut, where she continued cutting hair. The barbers here are a very diverse group and customer satisfaction is important to them.

The types of units that are stationed here play a big part in the types of styles that are popular. Fades, flattops, and high and tights are just some that are popular. The shaving your head bald style is starting to show more popularity to those who are thin on top. If you are in doubt about what is within regulation, there are some posters in the barbershops which can help you to make the right decision, or you could look it up in your uniform regulations. ■

Steelers win a gut cruncher; Broncos, Seahawks, Panthers advance

Commentary by Spc. Ian Shay

JTF-GTMO Public Affairs Office

Jake Delhomme, Ben Roethlisberger, Matt Hasslebeck and Jake Plummer have all led their teams to their respective championship game and given their teams a shot at Super Bowl XL in Detroit, but who will prove to be the best of the four?

Jake "the fake" Delhomme may not be anyone's MVP or a number one fantasy pick, but in the playoffs he's nearly unbeatable. Delhomme has been in the playoffs before and his record of 5-1 speaks for itself. The Panthers were bound to beat out Chicago on Sunday. Both teams have great defenses but only one team has an offense led by Jake Delhomme. The Panthers took advantage of their quarterback's arm, an arm that connected with Steve Smith for 218 yards and two touchdowns. Delhomme's abilities will be put to the test this Sunday when the Panthers travel to Seattle to face the Seahawks, in what looks to be a possible rain game.

Matt Hasslebeck has always played pretty consistent (when playing a home game, that is) and has shown this year his Seahawks are the real deal (in a battered NFC conference). Like Delhomme, Hasslebeck has to silence his critics (including myself) in order to get the monkey off his back. The Seahawks, for the first time in the last decade, have played good football all year

long, thanks to Hasslebeck and Shaun Alexander. And that will be in question this weekend, considering Alexander suffered a concussion early in the game against the Redskins. If he is all right to play, will he be at his best? Or will he be limited? I'm sure he wants to play Sunday and Seattle will definitely need his help against the Panthers.

In the AFC you have two well-balanced football teams. The Pittsburgh Steelers are steered by Roethlisberger, who in his two years has taken the Steelers to its second championship game. "Big" Ben has already proven himself has an elite QB in the NFL and has earned many comparisons to Pittsburgh native Dan Marino. But unlike Dan Marino, Roethlisberger hopes to take his team to a Super Bowl victory.

Last Sunday, the Steelers saw their game-clinching touchdown turn into a fumble in the red zone. Jerome Bettis lost the ball that was then picked up by Colts corner back Nick Harper, which almost resulted in a Colt touchdown, had it not been for the big hands of Roethlisberger. Peyton Manning once again lost in the playoffs and is definitely a candidate for best athlete (active) to never win the big one.

Last but not least, Jake "the snake" Plummer, who for years has upset fans with mediocre seasons and lackluster performances, but always



Jerome Bettis almost cost the Steelers the game Sunday, but a win against Denver will erase any embarrassment.

showed that he had more to give the NFL world. And in 2005, Plummer has taken his Denver Broncos to the AFC Championship game, a familiar place for the Broncos before Plummer came to town.

Although Plummer has played in the NFL nine years, he hasn't seen many post seasons, especially when you wear a Cardinals jersey your first six years in the league. And it will be no easy feat eliminating the Steelers who have just come off a big win against the number one seed-Indianapolis Colts. Bronco fans can smile because they have home field advantage, but my guess is those smiles will be washed away Sunday. ■

NFL CHAMPIONSHIP WEEKEND

Players	AFC	NFC	Total Points
Shay-	Steelers	Seahawks	75
Weir-	Steelers	Carolina	85
Johnson-	Steelers	Carolina	98
K. Wilson-	Steelers	Seahawks	63
J. Wilson-	Steelers	Carolina	62
Stallins-	Broncos	Seahawks	65



Last Week-- Shay (3-1) Weir (1-3) Stallins (2-2) Shay season record 147-95.
 Picks submitted by Spc. Ian Shay and previous picks winners (in order from longest winning streak to shortest). Army Maj. Jeff Weir, Army Maj. Edward Johnson, Army Sgt. Kirk Wilson, Army Sgt. Jessica Wilson and Petty Officer 1st Class Mark Stallins.

History of the red, white and blue

By Spc. Seth Myers

JTF-GTMO Public Affairs Office

The American flag: a simple combination of red, white and blue that symbolizes everything good about our country, its history and all this country stands for. Patriotism, honor, valor and freedom at its best resonate from this symbol, but why do we connect so much to the flag? What is its history and where did it come from?

The history of the flag is simple yet complex, much like the country it represents. Our flag, in its first form, unofficially debuted on New Year's Day, 1776. The British Army had taken Boston and the Continental Army sallied forth in an attempt to take it back. It was then that George Washington ordered the flag to be raised at Prospect Hill, his base during the attack. The flag had 13 alternating horizontal red and white stripes with the British Union Jack in the upper left-hand corner, but obviously, the flag has changed much since then.

In May 1776, George Washington and various influential residents of Philadelphia approached a seamstress by the name of Betsy Ross with the initial idea for the American flag. This is when the five-pointed stars we know so well were implemented into the flag. Initially, the flag was to have six-pointed stars, but Ross convinced her visitors otherwise, as told by Ross' grandson, William Canby, during a speech given at the Philadelphia Historical Society in March 1870. Betsy Ross then created the first American Flag.

On June 17, 1777, the Continental Congress officially approved the design. The flag was to have 13 stars, symbolizing the 13 colonies. The First Flag Act dictated that "the flag of the United States be made of thirteen stripes, alternate red and white; that the union be thirteen stars, white in a blue field, representing a new constellation."

The layout of these stars was not specified, though. Anything from a circle, to lines, to irregular patterns of these stars were used. Although the amount of stars and the arrangement of these stars has changed over the years, that base design of red and white stripes decorated by blue with stars in the upper left corner remained the same. As new states were colonized and joined the Union, the flag changed.

When Kentucky and Vermont joined the Union, two more stars and two more stripes were added to the design. This new flag was the one that, in a way, gave birth to our



national anthem. During the battle at Fort McHenry in Sep. 1814, Francis Scott Key wrote the poem "Defense of Fort McHenry," which later was mixed with the tune "Anacreon in Heaven" and became the "Star Spangle Banner," our national anthem.

By 1818 five more states had been admitted into the Union, and with this, more stars had to be added. Congress then passed legislation that dictated the amount of stars on the flag be equal to the amount of states in the union and set the number of stripes on the flag to 13.

The flag continued to go through more changes. On June 24, 1912 the stars were officially arranged horizontally and the number of rows were specified. The number of rows changed again Jan. 3, 1959 and once more on Aug. 21 of the same year. The only difference between the flag then and now was the fiftieth star. One year later (1960), on July 4, the fiftieth star (Hawaii) was added and the flag we know today was finalized.

As you can see, the American flag has evolved much over the years. It has changed from a British symbol to 50 glorious stars standing united together. The 50 stars, displayed on blue, are arranged in nine staggered horizontal rows and eleven staggered vertical rows, with those memorable 13 stripes of red and white. This is our country's

symbol, its lifeblood and pride, and it clearly reminds us that this is the land of the free and the home of the brave.

Information for this article was gathered from usflag.org or infoplease.com ■



Photo by Spc. Seth Myers

A Trooper salutes the American Flag in Camp Delta.

Thank God it's Wednesday

By Navy Lt. Cmdr. Carl P. Koch

Navy Provisional Guard Battalion

TGIW. What does this mean? "Thank God it's Wednesday." But also, "To Grow Involves Waiting." From where did this meaning come? Let me tell you.

My wife and I email one another regularly. I'm not sure who started it, but we've been sending, "TGIF," through "TGIS" messages for months. Rather than the standard, "Thank God it's Friday" and the rest, we've tried to come up with new meanings for these acronyms. As I write this article, it's Wednesday, hence, "TGIW." However, current events in my family make "To Grow Involves Waiting" an appropriate new meaning.

Sometimes, we're forced to wait. Sometimes, we choose to wait. I think choosing is the preferred method, but both work - if we let them! While "to grow involves waiting," waiting alone doesn't guarantee growth. Someone once said, "Age doesn't always bring wisdom, sometimes age comes alone." The same is true of waiting. It doesn't always bring growth!

There's an interesting story in the eleventh chapter of John's Gospel. It's the story of Jesus raising Lazarus from the dead. What is most interesting is that Jesus waited for Lazarus to die! When Jesus arrived at the family home, Martha and Mary, Lazarus' sisters, were in mourning. Why did Jesus wait? Martha had it right, "Lord, if you had been here, my brother would not have died" (Jn11:21). When Jesus went to Lazarus' tomb, Martha said, "But, Lord, by this time there is a bad odor, for he has been there for four days" (Jn11:39). In essence, you waited too long!

Martha and Mary had no idea what was going to happen next. And, what seemed to be poor timing on Jesus' part, turned out to be perfect timing in the end. We don't always have the right perspective when it comes to waiting. God, however, does. For Martha and Mary, and for us, sometimes it takes waiting to discover this amazing truth.

My youngest daughter sent me an email yesterday. The subject line simply read: "Urgent!" When I opened the email, my heart sunk. Her blood counts were way up - again. You see, my youngest has a serious liver

disease. We thought it was in total remission. We thought we had a real miracle on our hands! And now, it looks like it's back, maybe with a vengeance.

I spoke with her last night. She was understandably anxious. The problem? She has to wait until today to go to the doctor for blood tests, results, and hopefully, medication to put this disease back into remission. No early morning, stress relieving appointment for her! She has to wait until the afternoon to see the doctor. How agonizing for her to wait! And, I have to wait here, "stuck" in GTMO, rather than at her side when she gets the news. How agonizing for me to wait!

But, there can be a value to waiting! It all depends on what we do while we wait. I can run around frantically, or I can collect my thoughts. I can fume over the injustice of it all or I can shoot an email to my friends asking them to pray for my daughter. I can spend this time foolishly or I can turn my anxiety over to God. Hey, I am not claiming it's easy! But, I'm beginning to understand the spiritual value of "To Grow Involves Waiting." ■

Forgiveness-a healthy choice

By Army Chaplain (Lt. Col.) Robert Palmer

JTF-GTMO Chaplains office

Recent studies about forgiveness have proven what major religions advocate - showing your antagonists compassion and letting go of the desire for revenge can improve your psychological and physical health.

Example: In a study of 71 people conducted at Hope College in Michigan, researchers found that forgiveness lowered risk of heart problems. Participants were asked to recall hurtful memories about friends, lovers, parents and siblings. Their heart rates and blood pressure tested significantly lower after they had forgiven the person who had hurt them.

Even once we know the benefits, many of us find it hard to forgive. It's easier and seems more satisfying to strike back, or to fantasize about it, than to turn the other cheek. Can forgiveness really improve our lives? How can we learn to forgive?

Ellis Cose, a renowned journalist and commentator has interviewed victims of some of the worst atrocities of our time, survivors of the Holocaust and African genocides, adults molested by priests in childhood, parents of children murdered by people now on death row, and families of those killed in the Sept. 11 terrorist attacks. Cose was amazed at how many of these ordinary human beings found the capacity and willingness to forgive, and were better off for it.

How do I forgive when it seems impossible? There are three basic steps: (1) Get some perspective on your pain and anger. People who were able to get on with their lives refused to see themselves as victims. (2) Attempt to empathize with the person who hurt you. Think about what he or she was feeling at the time of the transgression, and understand the pressures and factors that made him or her commit harmful acts. This is the crux of forgiveness and perhaps the hardest part. (3) Stop thinking of forgiveness in absolute terms. What you often get is partial relief, a release of your most intense anger, that allows you to move on.

Think about how much energy it costs you to hold on to past incidents,

CAMP AMERICA WORSHIP SCHEDULE

Sunday	9 a.m.	Protestant Service	Troopers' Chapel
	6:00 p.m.	Confessions	Troopers' Chapel
	6:30 p.m.	Catholic Mass	Troopers' Chapel
	7:30 p.m.	Evening Prayer	Troopers' Chapel
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
Monday	9:30 a.m.	Protestant Sunday School	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
Tuesday	7 p.m.	Prayer Group Fellowship	Fellowship Hall
	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.

feeling resentful over actions and remarks made years ago. By admitting that you can't change the past and renouncing the hold your anger has on you, you become stronger and more effective.

"Understanding is a fountain of life to those who have it"-Solomon. ■

15 Minutes of Fame

with Spc. Jeff Worrell

By Spc. Timothy Book

JTF-GTMO Public Affairs Office

How long have you been in the Army?

I joined Sept. 22, 2003. So, I've been in for over two years.

What do you do here?

We perform perimeter security for the Camps and we man the Sally Ports.

What do you do at home?

Before coming here, I really wasn't doing much. I would hang out with friends. I also liked riding dirt bikes in the desert.

It hasn't been long since I graduated from high school. I wasn't sure what I was going to do. I knew that I should go to school. I was looking into it, but I was called up to come here.

What do you plan to study?

I'd like to get my certification in diesel mechanics. They make good money and I think I'd be good at it.

What have you learned from this deployment?

Number one is discipline. That will probably be the biggest difference in me. I'm also getting used to working hard and working long hours. I've also had to work on my people skills. That should help. I guess the best way to describe it is improving my work ethic.

What do you do outside of work here?

I've recently started working out again. At first I didn't do much. I hang with friends. I played video games. Now, I'm doing something worthwhile. I would like to someday get into the MMA (Mixed Martial Arts Association). It'll take a lot of work to get in good enough shape for that. I think I can get there in five years.

What do you think you'll miss most when you leave here?

Definitely [I'll miss] the money. But, when I get a job as a diesel mechanic; I should make good money doing that. The beaches here are real nice, too. When we first got here, I went to the beach a lot. Then, I just stopped going. Now that we'll be going home soon, I'll probably go there more often.

What will you miss the least?

I don't want to complain. But, I will not miss the heat and humid-



ity.

What do you plan to do when you go home?

First is, as I said, get my certificate. But, I also want to work on my car. I have a '67 Camaro. I'd like to fix that up real nice. ■

15 Minutes of Fame

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



◀Navy Capt. Mark Leary, Commander, Naval Station Guantanamo, assisted by MWR director Craig Basel and MWR fitness director Karissa Sandstrom, reopen the base gym by cutting the ceremonial ribbon. The gym was recently remodeled and new equipment was added to the facility.

AROUND THE JTF

Photo by Spc. Ian Shay

▼Maj. Gen. Jay Hood briefs a Congressional delegation that recently visited Guantanamo; Jerrold Nadler (D-NY), Steve Chabot (R-OH), Louie Gohmert (R-TX).



Photo by Spc. Jeshua Nace

▲JTF Commander Maj. General Jay Hood leads the JTF-HHC Troopers in the quarterly 5k run. The run is conducted to boost morale and have fun.



Photo by Spc. Seth Myers

►Fox news analysts Maj. Gen. (Ret.) Paul Vallely (right) and Lt. Col. (Ret.) Gordon Cucullu receive a media briefing from Army Cpt. Bruce Roberts.



Photo by Spc. Timothy Book