



Around the

JTF



Sgt. 1st Class Donald Jones handles a line on the deck, Feb. 12, of the U.S. Army Runnymede-class large landing craft USAV Chickahominy (LCU 2011). — photo Mass Communications Specialist 2nd Class Elisha Dawkins



Four Troopers play a spirited game of dominos in the Cuzco Barracks, Feb 12. — photo Mass Communications Specialist 1st Class David P. Coleman



Ship's Serviceman 3rd Class Darold Johnsonbrown combs a detainee's beard in Camp VI, Feb 10. Traditionally, in the Navy, Ship's Serviceman manages the ship's barber shop, laundry, dry cleaning and tailor departments. — photo by Mass Communication Specialist 1st Class David P. Coleman



Florida Marlins pitcher Chris Volstad signs a T-shirt for a Joint Task Force Guantanamo Trooper, Feb. 14, at the Camp America Liberty Center. — photo by Army Staff Sgt. Benjamin Cossel

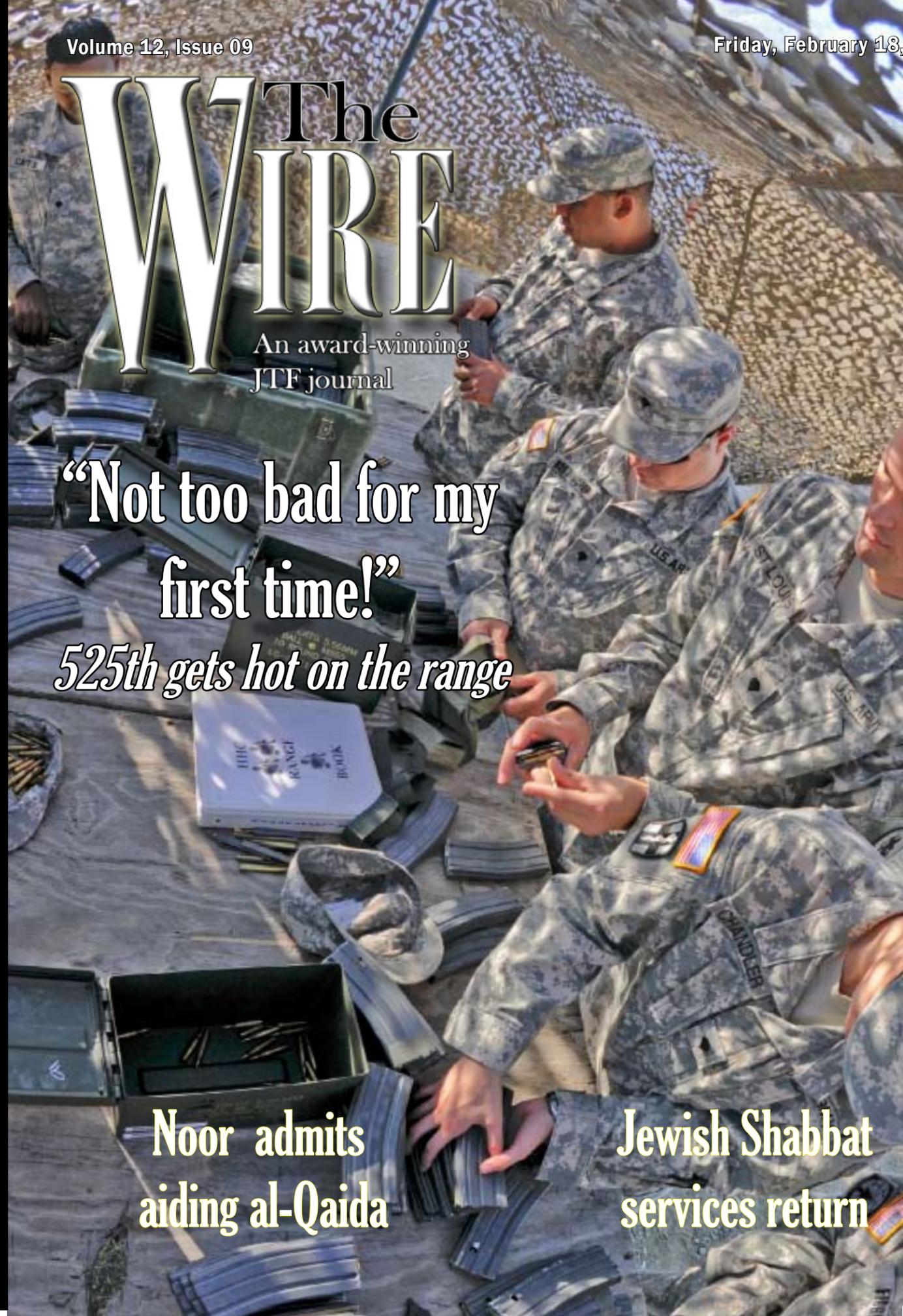
The WIRE

An award-winning JTF journal

“Not too bad for my first time!”
525th gets hot on the range

Noor admits aiding al-Qaida

Jewish Shabbat services return



Trooper to Trooper

featuring

Army Sgt. Maj. Rivers Jacques

Joint Task Force Housing Facility Manager



Excellence, according to the dictionary, is a talent or quality which is unusually good and so surpasses ordinary standards. A quote from the legendary coach of the Green Bay Packers, Vincent Lombardi, “The quality of a person’s life is in the direct proportion to their commitment to excellence, regardless of their chosen field or endeavor.”

I believe that in order to achieve excellence one must first have pride. I like to use the word pride as an acronym; **Personal, Responsibility, In, Delivering, Excellence.** We all have an obligation as the guardians of America’s freedom and our way of life to strive for excellence in our daily endeavors. In order to surpass ordinary standards, one must first know and understand what the standard is and dedicate the time and effort toward exceeding those standards. This requires determination, self improvement and motivation on the part of the individual. Excellence is not often easily attained -- it requires commitment, dedication and intestinal fortitude. We are what we repeatedly do, so excellence is not an act, but a habit. Personal development, like personal responsibility, is an ongoing and continuous process. You will never achieve excellence without the courage, willpower or sacrifice required to excel in your chosen profession. Excellence is not a given — it sometimes takes years to reach — but remember that

winners never quit, and quitters never win! We as individual members of JTF Guantanamo are part of a very unique team. We must never settle for second best in what we do. The eyes of the world are always looking at us. Individuals can either make or break the team. We have a no-fail mission and in order to ensure mission success we

as individuals must take pride in all we do. Our military bearing, uniform appearance and level of fitness are how others judge us. No matter what our job assignment is, every one of us plays an important role. What sets our military apart from any other in

see TROOPER, page 15

JTF Guantanamo

Commander
Navy Rear Adm. Jeffrey Harbeson
Command Master Chief
Navy Master Chief Petty Officer
Scott A. Fleming
Office of Public Affairs Director
Navy Cmdr. Tamsen Reese: 9928
Deputy Director
Air Force Lt. Col. Don Langley: 9927
Operations Officer
CW2 Raymond Chapman: 3649

The Wire

Executive Editor
Army Staff Sgt. Benjamin Cossel: 3499
Assistant Editor
SpC. Meredith Vincent: 3651
Photojournalists:
Mass Communications Specialist 2nd Class Elisha Dawkins
Mass Communications Specialist 2nd Class Jason Tross
Mass Communications Specialist 2nd Class Jordan Miller
SpC. Justin Pierce

Contact us

Editor’s Desk: 3499
From the continental United States
Commercial: 011-53-99-3499
DSN: 660-3499
E-mail: thewire@jftgmo.southcom.mil
Online: www.jftgmo.southcom.mil



The WIRE is the official news magazine of Joint Task Force Guantanamo. It is produced by the JTF Public Affairs Office to inform and educate the Troopers of JTF Guantanamo through news, features, command guidance, sports and entertainment. The WIRE seeks to provide maximum disclosure with minimum delay with regard to security, accuracy, propriety and policy. This DoD news magazine is an authorized publication for the members of the Department of Defense. Contents of The WIRE are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, or Joint Task Force Guantanamo. It is printed by the Document Automation & Production Service with a circulation of 1,000.

COVER: Soldiers with the 525th Military Police Battalion load M-16 rifle magazines at Grenadillo Range, Feb. 10. — photo by Mass Communications Specialist 2nd Class Jason Tross.

Back Cover: A watch commander for Camp V stands their post at the Joint Task Force Guantanamo detention facility, Feb. 2. — photo by Navy Mass Communications Specialist 1st Class David P. Coleman



Navy Capt. John Murphy, chief prosecutor for the Office of Military Commissions, briefs reporters Wednesday after the trial of Noor Uthman Muhammed at the detention center at Guantanamo Bay Naval Base, Cuba. — photo by Cheryl Pellerin

Detainee Pleads Guilty to Supporting Terrorist Organizations

Cheryl Pellerin
American Forces Press Service

Accused terrorist training camp instructor Noor Uthman Muhammed pleaded guilty Tuesday to charges of supporting and conspiring with international terrorist organizations against the United States.

Noor, as he has asked to be called in court, will be sentenced at a hearing this week before members of a military commission.

“The prosecution is very pleased with the entry of the guilty plea by Noor this morning,” Navy Capt. John Murphy, chief prosecutor for the Office of Military Commissions, told reporters after the trial. “We believe it is another step in the justice that we are achieving in the commission cases.”

The commission now has resolved six cases to date, including Noor’s, all of which have resulted in convictions after trial or pleas of guilty, Murphy said.

Noor’s traditional white Muslim garb was covered with a dark blue jacket. Covering his head was a small white cap. He wore headphones through which an interpreter conveyed the words of the trial judge, Navy Capt. Moira Modzelewski.

Noor pleaded guilty to the first charge against him, which included the following:

- Acting as a weapons instructor at the Khaldan terrorist training camp in Afghanistan, and between 1996 and 2000 instructing terrorist trainees on topics that included small arms and artillery;

- Serving on the Khaldan camp’s leadership council, called a shura, and acting as the camp’s deputy emir, or commander;

- As deputy emir, overseeing the camp’s daily operations, including training and acquiring food and supplies.

The second charge held that, between August 1996 and March 2002, Noor conspired

with al-Qaida and others to commit “one or more substantive offenses triable by military commission.” Noor pleaded guilty to this charge, but he denied some of the elements in it, including attacking civilians, murder in violation of the law of war and destruction of property in violation of the law of war.

The guilty plea is the “strongest form of evidence known to the law,” Modzelewski told Noor, and she said she would use the plea to determine his guilt and the commission would use it to decide on his sentence.

When answering in the affirmative, Noor softly answered, “Na’am,” the Arabic word for yes. He answered most of the judge’s questions this way, resting in his chair and laboring to his feet slowly when asked to rise.

Noor’s is the last case the military commissions office is free to prosecute, Murphy said. U.S. Attorney General Eric Holder designated three other suspected terrorists to be prosecuted in military commissions rather than in civilian criminal courts, he said: Abd al Rahim al Nashiri, the alleged mastermind behind the October 2000 bombing of the USS Cole; Ahmed Mohammed Ahmed Haza al Darbi, brother-in-law of Khalid al Mihdhar, whose hijacked Flight 77 hit the Pentagon on 9/11; and suspected al-Qaida member Obaidullah.

The three have not been charged yet, and Murphy said the military commissions office is awaiting authorization to proceed or not from Defense Secretary Robert M. Gates.

In all military commissions, a panel of military officers, called “members,” determines the sentence when there is a finding of guilt, Defense Department spokeswoman Army Lt. Col. Tanya Bradsher said Tuesday.

At a hearing Wednesday, the defense and prosecution presented evidence and arguments before the members who will determine a sentence.

Gates: Prospects for Closing Guantanamo ‘Very Low’

Voice of America News Service

U.S. Defense Secretary Robert Gates says the prospects for closing the U.S. military prison at Guantanamo Bay, Cuba are “very, very low” given the broad opposition in Congress.

His comments come just one day after the White House spokesman said President Barack Obama remains committed to closing the facility.

Gates also said Thursday that it has become harder to release terrorism suspects detained at Guantanamo because Congress requires him to certify they are no longer a danger. He told the Senate Armed Services Committee the U.S. is not particularly good at predicting which detainee will return to the fight after being released.

The United States has faced criticism at home and abroad for alleged abuses of detainees at Guantanamo and for holding prisoners for years without charge.

In one of his first acts as president, Obama pledged to close the controversial military prison within a year. But his proposal was quickly opposed by lawmakers concerned that dangerous detainees could be brought to U.S. soil to stand trial and then be released on technicalities.

If the detention center is closed, Gates said he does not know what the U.S. would do with suspects captured in areas where the U.S. is not at war. He said one possibility would be to put them in the custody of their home governments. He said they could also be brought to the United States, but he said that would be a challenge.

U.S. Urges Non-Violent Response in Bahrain

Voice of America News Service

The United States says Bahrain should not resort to violence when responding to the peaceful protests there by its citizens.

White House press secretary Jay Carney says President Barack Obama offered his condolences to the families of those protesters killed Thursday in an encounter with riot police.

Carney told reporters Obama urged Bahrain to hold accountable anyone who used excessive force against the demonstrators.

Carney said the Obama administration believes governments throughout the Middle East need to “open up their societies” and be “responsive” to the “aspirations of their people.”

Earlier Thursday, U.S. Secretary of State Hillary Clinton told reporters she spoke with her Bahraini counterpart, Sheikh Khaled bin Ahmed al-Khalifa, and expressed deep concern about recent events and urged restraint.

News from the Bay

MWR sponsors fun run up John Paul Jones hill

In an attempt to offer Guantanamo Bay residents at least one fun run a month, Morale Welfare and Recreation is sponsoring a Healthy Heart 5K Windmill Run Saturday at 6:30 a.m.

"February is Healthy Heart month, so we decided what could be healthier for your heart than a run?" said Tanya Henigman, fitness coordinator for MWR. "We've been having a really good turnout lately with our runs. Now granted it is a harder run, but it should still be a lot of fun."

Participants will start at Denich Gym and make their way up John Paul Jones Hill. The event will be timed, said Henigman, but walkers are welcome.

"We don't turn anyone away," Henigman said. "We encourage everybody to participate in this event."

Prizes for first and second place in each age group will be handed out afterward.

For more information, contact the Denich Gym at x77262.

Spc. Meredith Vincent

JTF GTMO not included in tax exclusion

As the excitement of the New Year fades away, those who pay taxes start to count down the days until April 15. Luckily, the Tax Center on Guantanamo Bay is here to help Troopers with all their tax needs.

This year, there has been confusion concerning whether serving at Joint Task Force Guantanamo qualifies as a tax exclusion zone. Unfortunately, JTF Guantanamo does not qualify and the income Troopers earn here will be taxed.

In order to qualify as a tax exclusion zone, two basic criteria must be met: a country or area must either be designated as a "combat zone" by an executive order or as being in direct support of a combat zone by the Department of Defense, or

servicemembers must qualify for hostile fire or imminent danger pay in that area or country. Although Troopers serving in JTF Guantanamo qualify for imminent danger pay, the DoD has not designated JTF Guantanamo as being in direct support of a combat zone. Therefore JTF Guantanamo does not qualify as a tax exclusion zone.

W-2s distributed by Defense Finance and Accounting Services are correct as they are. Servicemembers should not file taxes based on the amount they feel is correct. Returns filed with income different from what is shown on the servicemember's W-2 will be audited by the Internal Revenue Service.

For further questions, contact the Tax Center at x8117.

Spc. Meredith Vincent

MWR offering captain's license test prep

Morale Welfare and Recreation will be offering a captain's license test prep Feb. 23 at the MWR Marina at 5 p.m.

The test is a chance for residents to learn the needed information in an open classroom setting, said Cory Geiger, MWR outdoor recreation director.

"After a long day of work, the idea of studying is not something to look forward to," said Geiger. "The test prep will be a quick 20-minute session on everything you will need to know for your test."

Geiger said the number one misconception about the test is people believe it challenges their boating aptitude. However, that is not the case.

"The test is GTMO Bay specific," Geiger explained. "It is the facts you need to know to keep yourself and others safe while using the bay."

The marina employs two driving instructors who teach students of all boating levels - from beginners to experienced - to feel comfortable and capable while enjoying one of the best pastimes Guantanamo Bay has to offer,

said Geiger.

"Work and being away from family can be stressful," Geiger sympathized. "One of the best ways to de-stress is to get out on the water."

However, like with many things, Geiger said taking the first step is the hardest.

"I can't tell you how many times a week I see someone at the NEX who tells me they need to come down and get their study guide," he said. "They've been on island for six months and keep procrastinating getting their captain's license."

For more information on the test prep or captain's licensing, call x2345.

Spc. Meredith Vincent

Deadline for Seabee Fish'n Challenge ends

Registration closes today at 6 p.m. for those looking to compete in the 2011 SeeBee Fish'n Challenge.

Those taking the challenge will need to go to the MWR Marina, Friday at 6 p.m. for a Captain's meeting. Check-in for the tournament begins at 6 a.m. on Saturday, fishing gets underway at 6:30 a.m.

Proceeds from the \$20 registration fee will go to the SeeBee Ball committee to help cover costs of the 2011 SeeBee Ball, said Michelle Pollock of the SeeBee Ball Committee.

Pollock also said prizes include fishing reel and rod, outdoor gear, boat rentals, ball tickets and more.

Those interested in competing should contact Mike McCord at x4662 or Jim Bracken at x4061.

Army Staff Sgt. Benjamin Cossel

JTF comes together to support commissions

Story and photo by Mass Communication Specialist
2nd Class Jason Tross

The Global War on Terror reaches beyond the battle fields of Afghanistan and a host of terrorism hot spots around the globe. Joint Task Force Guantanamo Troopers know this all too well.

This week's military commission trial, the sixth of its kind here so far, served as the final leg of a long relay from ground forces in Afghanistan, through detention camps and finally into the courtroom.

Like any relay, missing the final leg costs the race and everyone along the way loses. Joint Task Force Guantanamo Troopers like Spc. Vanessa Rivera in security, Aviation Ordnanceman 1st Class John Shea in billeting, Spc. Justin Pierce in public affairs, Airman Jason Cox and Master Sgt. Curtis Scissons in the Prime BEEF and the hundreds of others supporting commissions refuse to let the baton fall now.

"If there was a power loss - it could potentially cause a mistrial," said Scissons, an electrical engineer responsible for all electricity in Camp Justice - including the Expeditionary Legal Center. "One of the major things we had to do leading up to this commission was make sure every major system was working and backed up so nothing happened during the actual trial."

Keeping the lights on, hot water running and air conditioner blowing is more behind-the-scenes work - unlike the security forces. When the curtain comes up and



Ship's Serviceman 1st Class Willie Brimage (left) and Aviation Ordnanceman 1st Class John Shea prepare a bed Feb. 16 at Camp Justice.

commissions start rolling, Rivera mans her post along the Red Carpet, the area where every person, regardless of who they are, passes through the equivalent of tuned-up airport security.

"Everyone going to the commissions has to go through here," Rivera said. "We make sure they have their badges, don't have electronics or other things they shouldn't have like cell phones, USB sticks, laptops. There are some people who are authorized

to have laptops, but it depends on who they are."

While Rivera stands her watch on the Red Carpet, other security forces patrol the perimeter and occupy various posts. U.S. Coast Guard Maritime Safety and Security Team Miami provide personal security for any detainees and all commissions parties

see COMMISSIONS, page 15

Guantanamo Bay supports new Army South exercise *Test focuses on humanitarian assistance, foreign disaster response*

U.S. Army South Public Affairs

U.S. Army South's contingency command post, consisting of both Soldiers and civilians, arrived here Feb. 5 to begin preparing for a training exercise that began Feb. 10 in support of Integrated Advance 2011.

Integrated Advance 2011 is a U.S. Southern Command sponsored, operational exercise aimed at testing and validating key aspects of SOUTHCOM plans that will focus on humanitarian assistance, foreign disaster response and mass migration in the Caribbean while working together with various U.S. interagency partners.

Through participation in IA

11, Army South will facilitate the training of the SOUTHCOM staff and also exercise the deployment and operation of the Contingency Command Post in support of theater operations.

"By deploying to Guantanamo Bay we are able to practice and rehearse our deployment procedures as well as our ability to operate as a joint task force in a remote location with somewhat austere conditions," said Col. Ehrich Rose, operations director, U.S. Army South.

Helping to improve the spartan setting of the area are Troopers of Joint Task Force Guantanamo.

"We at JTF Guantanamo are the first level of response in

the event of an actual migrant operation," said JTF Guantanamo Operations Noncommissioned Officer in Charge, Army Sgt. Maj. Harold Bodenschatz.

Bodenschatz explained JTF Guantanamo supported the SOUTHCOM mission by offering equipment, communications assets and other logistical elements critical in ensuring mission success.

In addition to the equipment support, Marine Corps 1st Lt. Michael Collinsworth of JTF Guantanamo's J3 section said his office provided the operation with capabilities and limitations "with regards to baseline numbers."

The Army South CCP has performed well during the

preparation phase as the start of the exercise scenario draws near, said Rose.

"The setup of the deployable joint command and control and the actual deployment of our Soldiers and civilians here have gone very smooth," said Rose. "We've taken a lot of time to prepare and we've done it by the numbers."

Rose credits Army South's experience during its deployment to Haiti last spring for the success Army South has had so far during IA 11.

"We've learned a lot of lessons," said Rose. "This time

see SOUTH, page 15



Master Sgt. Curtis Scissons, Jewish lay leader, reads a Jewish prayer book prior to a Jewish Shabbat service held near the Chaplain's office, Feb. 11.

Jewish services return to Guantanamo Bay

Story and photo by Mass Communication Specialist 2nd Class Jordan Miller

After a year of cessation, Jewish Shabbat services resumed on Guantanamo Bay, Jan. 27.

The 138th Fighter Wing of the Oklahoma Air National Guard arrived Jan. 18 to assume duties as the Base Emergency Engineering Force. With them came Master Sgt. Curtis Scissons, a Jewish lay leader, who initiated recommencement of the services.

“What I’m trying to accomplish with the service is to help Jews stay in touch with their faith,” Scissons said.

A Shabbat service usually consists of prayer, songs and the reading of Jewish literature and is traditionally followed by a day of respite.

“The service begins a weekly day of rest,” said Scissons. “It’s a time to not think of work or how to make money. It’s also a time to reflect on things to be grateful for.”

Shabbat services ceased when the last Jewish lay leader left Guantanamo Bay. Since then Jewish services have only been organized for a few holidays, said Scissons.

Response to the return of Shabbat services has been positive, Scissons said.

Already Troopers and civilians alike have voiced appreciation.

“Most of these people are glad to see services starting up again,” said Scissons. “They can feel isolated and begin to think there are not other Jews around.”

Scissons commented on the importance of staying in contact with other Jews.

“If you’re the only Jewish person it can stretch you out a little bit,” said Scissons. “Hopefully a service will give them a little comfort and fellowship.”

Judaism is made up of three main branches: orthodox, conservative and reformed. Scissons said he’s mindful of the differences among the branches.

“It’s laid back and kind of a generic service due to the deployed setting,” he said. “If you’re orthodox, women and men sit on separate sides of the synagogue. We don’t do that here.”

Scissons reassured people interested in attending that, though some services are spoken completely in Hebrew, this service would be in English with very little to no Hebrew. He also clarifies certain sayings newcomers may not be familiar with.

“If there are people who don’t

understand, I will usually explain the meanings of phrases,” Scissons said. “The books we use have translations in them that tell exactly what everything means.”

Regardless of religion, Scissons invites everyone to come to a service.

“Even if they’re not Jewish, they’re welcome to show up,” Scissons said. “A non-Jew has attended one service already.”

For Scissons, the service is a way to maintain connection with his faith. For others, he said, it can be their source for staying current with their religion.

“There are a couple of movements in Judaism right now,” said Scissons. “Women are now permitted to wear a kippah and prayer shawl and the Torah is being made gender neutral.”

Deployment can present a variety of challenges. For some it’s staying connected with their religion. The resumption of Jewish Shabbat services has set its aim to meet that particular challenge.

Services are held every Friday at 7 p.m. in the education office near the chaplain’s office off Sherman Avenue. For more information contact Master Sgt. Scissons at x4534.

GTMO residents compete to be the Biggest Loser

Story and photo by Mass Communication Specialist 2nd Class Elisha Dawkins

The Morale Welfare and Recreation Fitness Group is sponsoring a “Biggest Loser” competition for Guantanamo Bay residents Feb. 5 through April 29.

“This event motivates people to exercise and focus on doing a lot of healthy things,” said Tanya Henigman, MWR fitness coordinator. “We help people meet their physical fitness goal in regards to their weight.”

The grand prize will be awarded to the team and an individual with the highest percentage of weight loss. Boatswain’s Mate 2nd Class Dominique Coverson, of Port Operations, said staying fit, however, was reward enough.

“I am going to be the biggest loser in the competition, guaranteed,” Coverson promised. “I am focused and determined to win.”

The event was seemingly timed to coincide with people’s New Year’s resolutions.

“My goal for the New Year was to get back in shape,” Coverson said. “When they announced the Biggest Loser competition, this was my incentive to really stick to my resolution and lose the weight.”

There are approximately 130 participants, with four members per team and 36 teams altogether, said Henigman.

Aviation Ordnanceman 3rd Class Sabrina Schneider is the captain for Team Fluffy.

“This... is motivation to increase my fitness routine,” explained Schneider. “I plan to lose 20 pounds and am currently doing tons of cardio.”

The MWR fitness program follows a diet and exercise program based upon the Navy Operational Fitness and Fueling System program.

“The fitness portion is a new program to help minimize injuries and help Sailors increase dynamic strength and muscular stability,” said Henigman. “The diet approach encourages individuals to make healthy choices and portion control with the food they are already consuming.”

The fitness program will offer a mission nutrition class Feb. 16 at 11:30 a.m. in the Denich Gym. This allows members to eat well in conjunction with losing inches.

“Participants can bring their lunch for a thirty-minute segment of nutritional advice,” Henigman said. “It is important for people to exercise and be aware of what they are consuming because of health reasons.”

In addition to a balanced diet, stretching appropriately is a key element to staying fit,

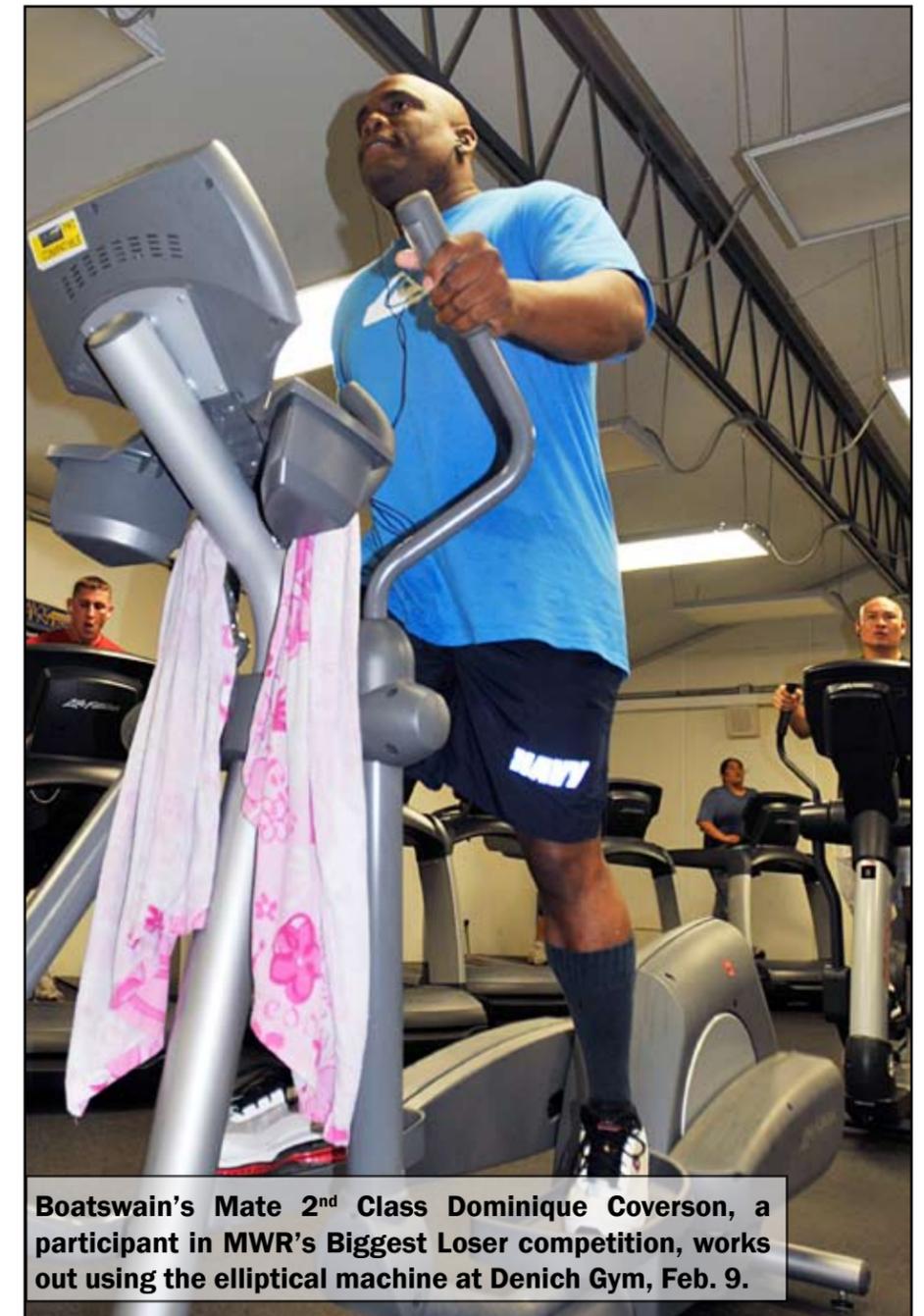
said Henigman. A typical exercise would be a proper warm-up, then an agility exercise and cross-training.

“An example of dynamic strength training is a one-legged dead lift,” Henigman said. “The routine helps an individual to utilize the gluteus maximus muscle providing flexibility and increase energy.”

Getting in shape not only allows one to burn calories and lose fat but also helps prevent heart disease. Choosing a healthy diet and lifestyle is beneficial for a long-term result.

“Cardiovascular disease is the biggest killer in the U.S.,” Henigman warned. “Improper diet and sedentary lifestyle can also increase risk for Type-2 diabetes.”

For military members, the importance of staying in shape is a constant concern. Programs and events like the Biggest Loser competition help make losing pounds and eating right fun and interactive for people of all shapes and sizes. And come April, when all the pounds have been tallied, Guantanamo Bay will most certainly have its biggest loser.



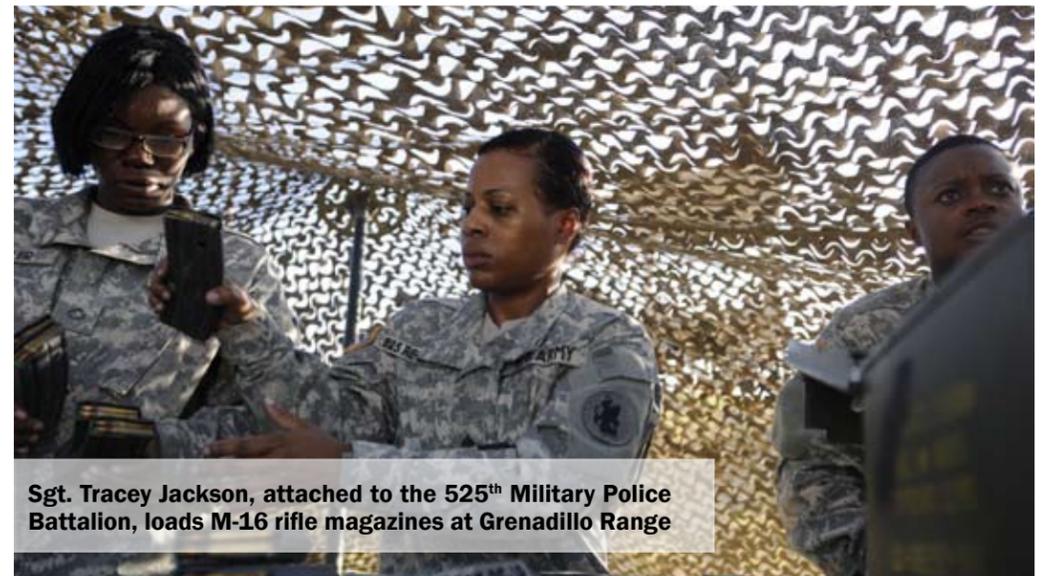
Boatswain's Mate 2nd Class Dominique Coverson, a participant in MWR's Biggest Loser competition, works out using the elliptical machine at Denich Gym, Feb. 9.



Pvt. Darnell Hubbard, attached to the 525th Military Police Battalion, figures his shooting score during an M-16 rifle qualification at Grenadillo Range Feb. 10.



Sgt. 1st Class Vernon Watson inspects Spc. Christopher Heinhold's weapon during an M-16 rifle qualification.



Sgt. Tracey Jackson, attached to the 525th Military Police Battalion, loads M-16 rifle magazines at Grenadillo Range

R Home on the Range

Story and photos by Mass Communication Specialist
2nd Class Jason Tross

Spc. Christopher Heinhold turns to his right-hand battle buddy with an ear-to-ear grin.

"They're all grouped," he said. "Not bad for my first time, eh?"

Heinhold shot six rounds through the target nearly on top of each other from 25 meters – no simple feat. The last time he fired an M-16 was more than three years ago at basic training.

Heinhold is just one of the many newly reporting Soldiers to the 525th MP Battalion who re-qualified on the M-16 rifle, M-9 Service Pistol and familiarized on the 12-gauge shotgun Feb. 5 at Grenadillo Range.

"That's the Army standard," said 525th Training Non-Commissioned Officer Sgt. Robert Smith. "You have to qualify every year on your primary weapon. Here, that's the M-16."

Weapons qualification is just one very small piece of a very large pie for Smith. He is accountable for ensuring every 525th Soldier is up to standard on the myriad of Department of Defense, Army and unit training requirements.

"My job consists of keeping track of PT tests, height and weight – from weapons to close-quarter combat – just

about anything around here," he added.

"I'm tracking 92 people on our gain roster – the whole detachment. It's a lot!"

By numbers and personal accounts alike, Smith's hard work is paying off. On Wednesday alone, 24 Soldiers qualified on the M-16 – 10 shot expert, 11 made sharpshooter and three came away as marksmen.

"It's really good training - and training we need – especially for people in other MOS' coming into the 31 Echo field [corrections specialist]," said Heinhold. "I'm a 31 Bravo



[military police] so I'm used to law enforcement and being on patrols. This is new to me"

For Smith, the job is never done. Next month he'll be back out on the range with a whole other busload of new 525th

Soldiers. He's not sweating it though.

"When I first got here it was stressful because I never did it before," said Smith. "So I had to shift and adapt real quick. Now I've got it down to a 'T.'"



Story and photos by Army Staff Sgt. Benjamin Cossel

POPPIN' FOR A CAUSE

Running alongside the 525th Military Police Battalion volunteer coordinator, Sgt. David King, Spc. Ashley Chandler was chock full of ideas for the program and spent the entire run talking to King about it.

Command Sgt. Maj. Daniel Borrero was also at the physical training session and noticed how Chandler was able to push herself and talk at the same time. Following the run, Borrero walked up to King and delivered a message – Chandler would become the battalion's volunteer coordinator as soon as King left the island.

"Train her. Make her ready," Borrero simply stated.

"You always look to young Soldiers to step-up and take a leadership role," Borrero said. "And she [Chandler] has the drive and desire to do this."

Since assuming the mantle of volunteer coordinator, Chandler has taken the program to new heights. Most recently she began coordinating regular visits to the Naval Station Guantanamo Bay recycling center where she and groups of Soldiers pop the tops off of aluminum cans for charity.

A key player in the 525th's volunteer activities was former 525th Command Chaplain, Capt. Eric Bey. It was Bey who initially planted the seed of collecting the tops and got the program off the ground.

"Chaplain Bay originally came up with the idea," Chandler explained of her efforts with the recycled aluminum cans. "And we set about to make it happen."

For the last few weeks, every Saturday up to ten Soldiers of the 525th MP Battalion make their way to the recycling center for the finger-blistering task of separating tops and cans. The crew spends nearly four hours going through large cardboard boxes of cans, collecting the tabs into a small trash bag.

"So far we've collected about 15 pounds of tabs," Chandler said. In a staggering statistic, it takes 1,267 pop tabs to equal a pound. Once the tabs are collected, Chandler sends them to the Ronald McDonald House charity group who in turn recycles the aluminum, putting the money back into the organization.

Collecting pop tops has long been listed as an urban legend by popular myth-debunking websites across the Internet. Organizers of the Ronald McDonald House decided to capitalize on the idea in 1987 and people's desire to help when

they launched their pop-tops-for-charity program. Money gained from recycled tabs is used to help defray costs of staying at one of the many Ronald McDonald Houses.

"Our Ronald McDonald House program provides a 'home-away-from-home' for families so they can stay close to their hospitalized children at little to no cost," the organization's website explained.

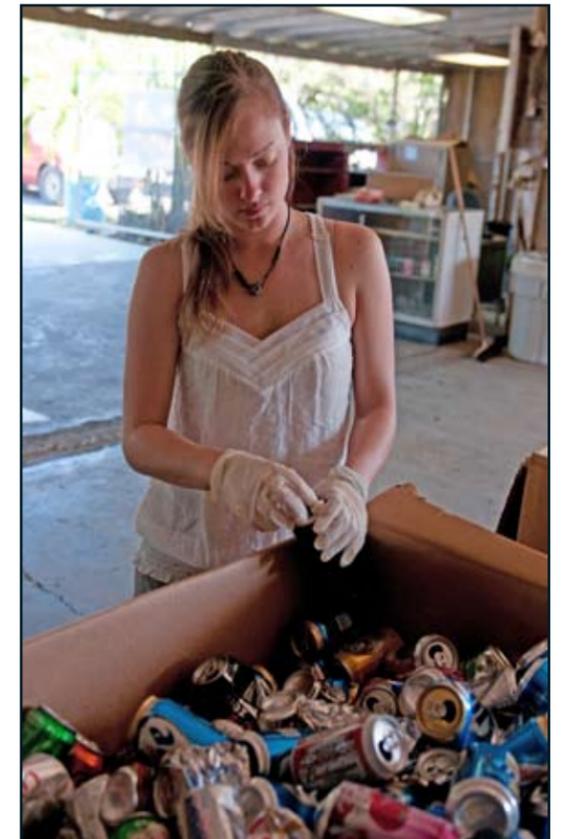
While the cause is noble, Chandler said there are challenges in bringing it all together.

"We have lots of Soldiers on shifts who can't get to the recycling center," Chandler said, noting it would be extremely helpful if some coordination could be worked out with the recycling center to place the boxes outside the locked gates for the Troopers access.

"It's also hard to get people down here on a Saturday to do the work," the La Crosse, Wis. resident explained, adding the numbers of volunteers peaked at ten and has dwindled as the program continues.

Even with the struggles, Chandler said volunteering is something she loves doing and plans to continue as long as she can.

Spc. Ashley Chandler, volunteer coordinator with the 525th Military Police Battalion leads various events including pulling tops from pop cans.



see RECYCLE, page 15



Spc. Jeffery Porter and Spc. Ashley Chandler of the 525th Military Police Battalion work through a box of recycled aluminum cans Saturday, Feb. 12 separating pop cans and their tops.

trooper focus

Tech. Sgt. Georgine Gonzales



Army Master Sgt. Herminia Diaz Roman, Interpretive Operations Element non-commissioned officer in charge for the Joint Intelligence Group, arrived to Joint Task Force Guantanamo a little over a month ago.

"I had never worked in a joint environment," she remembered. "Thus I had to rely on the people who were on the ground already to guide me."

As she became familiar with the new surroundings, Diaz Roman began to notice NCOs who stood out among the group. One of those was Tech. Sgt. Georgine Gonzales.

"She immediately took the initiative to guide me through the operation with the confidence that comes from understanding what you are doing and the importance of every task," said Diaz Roman.

Gonzales, cell block NCOIC for the IOF, won the 2010 161st Air Refueling Wing Command Chief Award this year, recognizing her leadership, work performance and community and base involvement. This is just the latest in a long list of accolades and awards. Despite her accomplishments, Gonzales did not initially plan on a military career.

"I joined the National Guard so ... I could still be a part of the bigger picture," she said.

Gonzales attributes much of her success to her family support net, including her 11-year-old daughter and career-Army father.

"My father's in the Army National Guard

going on 30 years, so he's been a big inspiring factor in my military career," Gonzales explained. "He still mentors me in different military programs and gives me advice."

Gonzales takes pride in mentoring her junior enlisted Troopers. She also volunteers her time to the Drug and Alcohol Program Advisor as a drug and alcohol counselor, assists the Command Managed Equal Opportunity and plays on a softball team.

"You have to ensure a positive attitude and lead by example, on and off duty," she said. "It shows the lower enlisted that staying busy keeps you... out of trouble."

Her efforts are noticed not just by junior Troopers but by her leadership as well.

"[I have] come to know Tech. Sgt. Gonzales to be a compassionate person, ready to help anyone in need," said Diaz Roman. "She is always looking for ways to volunteer and help outside her job."

With three months down and three more to

see FOCUS, page 15

Bullet Bio

Time in service: 17 years

Hobbies: volunteering, softball

Education: Associate's and bachelor's from ITT Technical Institute

Pet peeves: Not taking leadership seriously

Advice to junior Troopers: Love what you do and do it 100 percent

What are two things you wish you could've brought with you to Guantanamo Bay?



"My cat ... and a girlfriend."

Petty Officer 2nd Class
Garrett Applegarth



"My wife and more books."

Capt. (Chaplain)
Daniel Price



"My X-Box and my bed."

Petty Officer 2nd Class
Ti Trasper



"More civilian clothing."

Tech. Sgt.
Fernando Alejandro

Boots on the Ground

Mind, Body & Soul



10 Tips on Gym Etiquette

Is your etiquette 'fit' for the gym?

Spc. Justin Pierce

We've all experienced the frustration of sorting through clothes, movies, CDs, and other goods that someone didn't put back in the right place. In the same vein, we've also all been irked by a talker in the theater. For either case, these inconsiderate folk can be highly distracting. Just like the NEX or the theaters, gyms are communal areas for all Guantanamo Bay residents and can fall victim to these same distractors. Surely people committing these offenses mean no ill will – most are not even aware how annoying they are. For the sake of fellow gym-goers, here are some tips on gym etiquette.

1. Be hygienically aware. Getting sweaty is an inevitability of working out. However, if you're already rocking a funk before you even leave for the gym, go ahead and take a quick shower. Gyms often mean close quarters for everyone inside them and – much like a long flight – the last thing you want to be stuck by is someone who smells like a foot.

2. Along the same line, clean benches off when you're done with them. Most gyms facilitate this through an unending supply of moistened wipes, or at the very least, complimentary towels. If you're working out with high intensity, it's completely acceptable to be dripping sweat all over a bench. Just make sure to remove your coating of bodily fluids afterward. No one else wants to feel or smell them.

3. Be proximally aware. Again, gyms don't typically offer vast expanses for maneuvering. For this reason, it's important to consider where you're standing and what motions a lift involves. More specifically, don't lift right in front of the dumb bell racks. Everyone else wants to use the weights too and they're rather difficult to get to when some meathead is practically squatting on them. Bottom line, if you can lift the weight anyway, why not carry it back and forth a bit to save everyone else the headache of trying to get around you?

4. Go into the gym with a plan. Even if all said plan consists of is "upper body lifts," having a plan keeps you from wandering aimlessly. Aside from looking ridiculous, wandering around in a gym generally just means you're in everyone's way.

5. Keep in mind the purpose of a bench in a gym. Benches in parks are for sitting. Benches in gyms are for exercising. If you're too exhausted to stand while you recuperate, then you probably shouldn't still be lifting. Also, walking around a bit helps keep your blood flowing and your muscles warm.

6. Let others work in with you – sharing your bench between sets. Sharing is a Sesame Street concept and the gym is a great place to apply it. Gyms rarely have enough equipment to facilitate the needs of their customers. If someone asks to work in with you, take a lesson from Big Bird and Company by accommodating them.

7. Pick up after yourself. All gyms have trash cans and towel bins, there's absolutely no excuse not to use them. Once more, gyms don't offer a lot of room; stray water bottles quickly turn into tripping hazards when gym users don't police up after themselves.

8. While headphones make it so you can listen to your music privately, they don't mute your voice. Nobody cares what song you're listening to and they certainly don't care how vocally talented you are so stop the iPod karaoke.

9. Clear equipment when you're finished with it. Now, this one seems like it must be one of the trickier elements to lifting, so let's break it down – Hannibal-style. It takes the weights off the bar or else it gets the hose. By not removing weight plates from a piece of equipment when you're finished, you're basically just spouting out a big "F" you to everyone else in the gym. Also, understand that "finished" doesn't have to mean you're completely done with the equipment. Even if you're swapping between incline and flat bench presses, you should still be clearing the bars each time you leave the bench. You came to the gym, presumably, to work out, so go ahead and do a little auxiliary lifting. It puts the plates back where they go.

10. Lastly, my biggest pet peeve, DON'T DROP THE WEIGHTS! No justifiable reason exists for dropping weights. Doing so damages the equipment, endangers those around the equipment and startles everyone in earshot of the thundering crash it makes. This last point is even more pertinent considering many Troopers here have been exposed to roadside bombs and mortar attacks. From experience, a loud sudden BANG is the last thing I want to have catching me off-guard. Aside from negatively affecting everyone around you, dropping weights is the exact opposite idea behind lifting. It's neither a slow or controlled motion and you lose out on half the workload from lifting it in the first place.

Gyms are here for everyone's benefit. They're all relatively confined and the small size only makes being considerate of others that much more important. Next time you're working out, keep this advice in mind and do your part to make being at the gym more enjoyable for everyone around.

GTMO Religious Services

Daily Catholic Mass
Mon. - Fri. 5:30 p.m.
Main Chapel
Vigil Mass
Saturday 5 p.m.
Main Chapel
Mass
Sunday 9 a.m.
Main Chapel
Catholic Mass
Saturday 7:30 p.m.
Troopers' Chapel
Sunday 7:30 a.m.
Troopers' Chapel

Protestant Worship
Sunday 9 a.m.
Troopers' Chapel
Islamic Service
Friday 1:15 p.m.
Room C
Jewish Service
Friday 7 p.m.
Chapel Annex
LORIMI Gospel
Sunday 8 a.m.
Room D
LDS Service
Sunday 10 a.m.
Room A

Church of Christ
Sunday 10 a.m.
Chapel Annex
Room 17
Seventh Day Adventist
Saturday 11 a.m.
Room B
Iglesia Ni Cristo
Sunday 5:30 a.m.
Room A
Pentecostal Gospel
Sunday 8 a.m.
Room D

Liturgical Service
Sunday 10 a.m.
Room B
General Protestant
Sunday 11 a.m.
Main Chapel
United Jamaican Fellowship
Sunday 11 a.m.
Building 1036
Gospel Service
Sunday 1 p.m.
Main Chapel

GTMO Bay Christian Fellowship
Sunday 6 p.m.
Main Chapel
Bible Study
Wednesday 7 p.m.
Troopers' Chapel
The Truth Project
Bible study
Sunday 6 p.m.
Troopers' Chapel

GULLIVER'S TRAVELS

Spc. Meredith Vincent

What does anyone really expect from a Jack Black movie these days? You pretty much know exactly what you're going to get the moment you sit down -- even before that, actually. Clad in cargo shorts, Chuck sneakers and an "ironic" T-shirt, Black will inevitably dance around, sing in that high pitched falsetto and deliver one-liners with his trademark snark.

In short, he'll play the stunted adolescent man-child who needs to be taught a "very important" lesson. This formula worked for Black's breakout role as Barry in "High Fidelity" and he elevated it to hysterical perfection as Dewey in "School of Rock." But since then, each time he raises those eyebrows and smiles devilishly, I find myself yawning.

Actually, while watching "Gulliver's Travels," there was much more cringing than yawning. I realize it is aimed toward a much younger audience. I tried to keep that in mind whilst enduring the forced acting, ridiculous premise and the multitude of wedgie jokes. But I can count several "kid" movies that made me genuinely laugh ("School of Rock" being one of them) and this dud fell flat.



"Gulliver" is the story of Lemuel Gulliver, a hapless mail room clerk whose bite never quite matches his bark. In a series of questionable misunderstandings, he finds himself on a boat headed for Bermuda. Let's just skip to the part where he meets all the little people, shall we?

In the land of Liliput, Gulliver the Loser

is elevated to Gulliver the Magnificent. After he extinguishes a fire threatening the life of the king (by urinating on it, natch) his new tiny friends begin to bend and bow at his every request. While they build him a seaside mansion, he teaches them to loosen up, be

see MOVIE, page 15

PG
85 min.



	18	19	20	21	22	23	24
Downtown Lyceum	Gulliver's Travels (PG) 7 p.m. Season of the Witch (PG13) 9 p.m.	Just Go With It (PG13) 7 p.m. The Fighter (R) 9 p.m.	How Do You Know? (PG13) 7 p.m.	Little Fockers (PG13) 7 p.m.	Yogi Bear (PG) 7 p.m.	Season of the Witch (PG13) 7 p.m.	The Fighter (PG13) 7 p.m.
Camp Bulkeley	Tron Legacy (PG13) 7 p.m. The Fighter (PG13) 10 p.m.	Gulliver's Travels (PG) 8 p.m. Season of the Witch (PG13) 10 p.m.	Just Go With It (PG13) 8 p.m.	Tron Legacy (PG13) 8 p.m.	The Fighter (R) 8 p.m.	Little Fockers (PG13) 8 p.m.	Season of the Witch (PG13) 8 p.m.
Clipper Club							

Call MWR at ext. 2010 for more information.

Movie Hotline - call 4880.

RECYCLING cont.

"I got started doing volunteer work while stationed at Fort Carson, (Colo.)," she explained. "But the volunteer opportunities here at Guantanamo are much greater."

Chandler said volunteering gives Troopers a chance to get out amongst the community while earning promotion points. Depending upon the guidelines established by individual commands, Soldiers who meet the established criteria are awarded the Military Outstanding Volunteer Service Medal.

"This is a great chance to help the community and earn points for promotion," Chandler said. "And everyone is welcome to come out and join us."

In addition to the pop tops, Chandler is currently coordinating efforts to restore the

volleyball courts in the Tierra Kay housing area along with several beach clean-up efforts.

"Chandler does a really good job managing this, providing leadership with weekly reports of the total battalion and individual hours," said Borrero who explained tracking was a critical component of awarding the medal. "She really stepped up and exemplified those qualities that as a leader you want to nurture and help develop."

To date, the 525th MP Battalion has accumulated more than 2300 hours of volunteer service while 21 Soldiers have met the battalion requirements for the Military Outstanding Volunteer Service Medal.

COMMISSIONS cont.

inside the ELC.

"Each of us is looking for something," said Lt. j.g. Victor Natividad of MSST Miami. "But we see the big picture, too. We're [all] here to make sure the detainees are properly tried. This is our role in making this whole thing go smoothly."

While security forces are restricting access, public affairs representatives facilitate access for civilian journalists with the critical responsibility of writing these commissions into the history books. From sun-up to sun-down, a Trooper from the JTF Public Affairs Office is on-hand to escort these media members around the base, to and from the courtroom and standing round-the-clock

watches in the media operations center at Camp Justice.

Once the sun goes down and the night, they rely on Aviation Ordnanceman 1st Class John Shea and Ship's Serviceman 1st Class Willie Brimage. Attorneys, paralegals, witnesses, and reporters -- everyone stays at Camp Justice. Together they do their best to make Camp Justice feel more like a hotel and less a camp out -- not an easy task when people are literally in tents.

"We have almost 100 tents that we maintain and keep up," said Brimage.

"We make sure they're ready to be moved into after people move out and then get them ready for the next group," added

Shea.

"We stock it -- the linens, fridges and such. We try our best to create some of the comforts of home," said Shea.

"The biggest thing for me is doing some additional things like extra cleaning, getting new mattresses, pillows and keeping fresh cold water in the fridge," said Brimage. "It might not sound like a big deal, but when it's 100 degrees outside and you get to come into a nice cool room and sleep on nice clean linen it makes a difference."

In the end, no matter the verdict or how long the process, when commissions go down at Guantanamo Bay, JTF Guantanamo is running the baton to the finish line.

MOVIE cont.

cool and stop talking in horrible phony British accents. Keep reading -- I haven't even got to the robot yet...

Even Jason Segal, my beloved Marshall from the TV series "How I Met Your Mother," couldn't find any of that adorable everyman charm he usually carries around in spades. As Horatio, a lower-caste Lilliputian who is forlornly in love with the kingdom's princess, he is supposed to be the emotional heart of the story, the sweet yin to Gulliver's sour yang. However, I was much too distracted by his Rick Astley hair to care about any of that.

Honestly, I hung in as long as I could. I was trying to give the flick a fair shake -- I really was. Then the robot showed up,

and I immediately started thinking about "Transformers 3" and the fact that Megan Fox won't be returning and wondering if the Victoria's Secret model they got to replace her would be any good... Is it bad when you're so bored by the movie you're watching that you start daydreaming about an equally awful movie that hasn't even been made yet? (The answer is, yes.)

Bottom line, if you're 10 years old or younger, you might be entertained. There's goofiness, people getting peed on, plenty of "Star Wars" references and the aforementioned robot. Me? I'm giving it one and a half banana rats -- the half is only because I like Jason Segal and he deserves better.

FOCUS cont.

gon Guantanamo Bay, Gonzales is looking ahead. Already the recipient of an associate's degree in computer design and a bachelor's degree in computer technologies from ITT Technical Institute, she is considering pursuing her master's. She is also looking to further her military career by applying for the Air Force warrant officer program. However she proceeds, Gonzales will no doubt continue impressing with her selfless and inspirational performance. "She is very confident in herself and has clear goals about her future and that of her child," Diaz Roman said. "I [find] her to be a leader who works hand-to-hand with her peers, subordinates and superiors to get the mission accomplished."

TROOPER cont.

the world is our commitment to excellence, and that begins with the individuals who make our military great. We should never settle for second best, and we should always strive to reach the highest level. Outstanding people have one thing in common -- an absolute sense of mission. They take pride in all they do and always give 100 percent toward achieving success. Outstanding people don't do things halfway and they don't take the easy left instead of the hard right.

So PRIDE is not just an acronym -- it's a commitment on the part of the individual to always strive for excellence, for not only themselves but their teammates as well.

SOUTH cont.

last year when we had our deployment to Haiti, we captured those lessons learned and incorporated them into our standard operating procedures. Integrated Advance is another opportunity for us to practice, learn and continue to improve in preparation for the next time we have to do this."

Integrated Advance, known as Blue Advance prior to 2008, normally sees the participation of SouthCom battle staff, component commands, interagency organizations and other supporting commands and agencies as appropriate.

The continuing mission of Army South is to provide and sustain trained, ready Army forces for the full spectrum of military operations in the area of focus. America. Operations range from training partner nation armies to supporting peacekeeping initiatives and countering illicit traffic in the region.