



## 303rd does it 24/7: Assist, Protect and Defend

By Sgt. Erin Crawley

The ability to adapt and overcome in any situation is a sign of a true soldier. Guantanamo's 303rd Military Police Company of Jackson, Mich., has put those words into action 24 hours a day, seven days a week for the past nine months.

In that time, soldiers of the 303rd have been an integral part of the improvements that have occurred in Camp Delta. According to 303rd 1st Sgt. Laurence Warren, "We have helped to standardize and rewrite Standard Operating Procedures in Camp Delta. Soldiers of the 303rd were also selected to help set up and run Camp 4 [medium security facility], Delta Block and the juvenile detention facility. In addition, we completed 95C [corrections specialist] school and participated in all [detainee transfer] missions."

This has been a unique mission for the 303rd, since they are a Combat



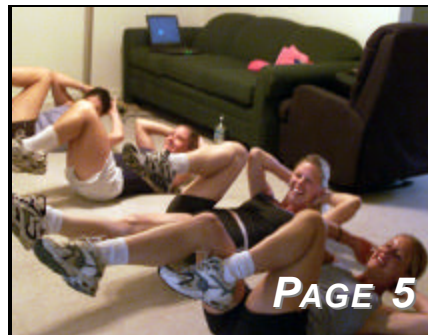
Photo By Staff Sgt. Stephen E. Lewald

*Sgt. 1st Class John A. Waters (center) an instructor for the 95C Conversion Course at JTF Guantanamo, shows Spc. Susan Yapp (right) and Spc. Lucas Willcutt (left), both assigned to the 303rd MP Co., different defensive tactics, such as the wrist lock hold shown here. Defensive tactics is one phase of instruction needed in the 95C Training Course.*

See 303rd, page 4.

### Inside the Wire...

#### GTMO GIRLS GONE WILD



#### STRUMMIN' HIS SIX STRING



#### RIDING WITH THE QUEEN



## Message from the Top



MG Geoffrey D. Miller  
Commander  
JTF Guantanamo

The Troopers of the JTF Guantanamo Team play a critical part in helping our nation win the war on terrorism. It's a tough and important mission

and we must be at the top of our game everyday. Each of us has the responsibility to stay trained and ready and to keep our skills as honed as a new

saber so that we can fight and win anywhere, any time. We are getting better as a team, winning our part of the fight everyday.

To win on the battlefield takes more than technology and bullets. Winning involves success in a series of small fights, all led by combat ready troopers. The contributions of each one of us, in each small fight, make a difference to the JTF. Detailed planning by our staff officers gives us the start point. Teams

led by combat medics stand ready to provide life-saving assistance. Support troopers ensure the right people are at the right place at the right time. Mortarmen provide accurate indirect fire support, called for by capable forward observers. Teams of Military Police and Naval Security Force troopers ensure our safety, clear areas of suspected bombs, and provide airtight confinement for detainees in Camp Delta. Pilots and crew chiefs stand ready to provide air support, and protect our JTF from naval threats. Our infantrymen work in both mounted and dismounted teams, trained and ready to react to any ground threat. All these teams, and more, are energized by our military's secret weapon - professional non-commissioned officers that lead from the front.

The contribution of the smallest team or a single JTF trooper has the opportunity to take the lead in ensuring the success of our JTF. It takes a personal commitment to excellence to

***"To win on the battlefield takes more than technology and bullets. Winning involves success in a series of small fights, all led by combat ready troopers."***

set the foundation for success. Our individual contributions make each of us part of a team of teams, ultimately ensuring success through our integrated efforts.

Where we take our future training is only limited by our imagination. We must challenge ourselves to push the envelope and find new ways to keep ourselves trained and ready. We must pass on our lessons learned to those who come after us, so that the JTF continues to be combat ready, able to accomplish our mission. Winning is a way of life - make it your daily commitment.

HONOR BOUND

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## Trivia Question of the Week:

“How many detention blocks make up the maximum security portion of Camp Delta?”

Please send your answers to the JTF Public Affairs Office, email address: [pao@jtfgtmo.southcom.mil](mailto:pao@jtfgtmo.southcom.mil) by Tuesday, Aug. 26.  
A name will be drawn from all who get it correct for a JTF T-shirt or hat.

**Last week's question:** “What international organization, with headquarters located in Geneva, Switzerland, maintains a regular presence at JTF Guantanamo?”

**Answer:** International Community of the Red Cross.

**Spc. Joshua D. Wise of the 303rd MP Co. correctly answered the question and was selected as the winner!**

# 85th CSC Team helps you to keep your cool

By Spc. Jared Mulloy

From having to work 60 hours a week to adjusting to new roommates, stress is a constant factor in our lives. Having a job in the military can be very stressful and, ironically, stress can also be your job.

In December of 2002, a small group of active duty soldiers from the 85th Medical Detachment (Combat Stress Control) out of Fort Hood, Texas arrived here in sunny Guantanamo Bay. And now, like so many other units, they are getting ready to return home.

Augmented by Army Lt. Col. Bob Stewart and a handful of Navy Petty Officers, the 85th has done their best as the JTF Combat Stress Control Team to get troops to relax. "We're basically a mental health sick call," says the CSC Team's noncommissioned officer-in-charge, Petty Officer 2nd Class Brad Hicks, "If you have a problem that's more than physical, we're the people to see."

The CSC team has provided an individual help to anyone who has asked for help, and have made a great wealth of improvements to make life easier for everyone in the JTF.

"We greet everyone when they get here and ask that they come to us right away if they are having difficulties dealing with stress," says Maj. Mack O'Quinn, assistant team leader. "It's much easier to treat stress issues before they lead to depression. We're also there when troops leave. Change is a stressful thing for people, and we want everyone's return home to go as well as possible."

Aside from offering individual care and a variety of classes, the JTF CSC team has also offered group counseling as well as a month long smoking cessation course which has had a 40 percent success rate to get troops to quit smoking.

According to Stewart, "Creative problem solving has been our [the CSC team's] main focus when dealing with Operational Stress at GTMO. Our biggest and most creative accomplishment was the creation of the Housemate/Roommate Contract system. Right when troops get here, we have them break into groups based on whom they'll be living with. Then we have every group establish house rules and personal rules. So far we haven't heard of a single problem from the units that have filled out the contracts."

Thanks to the JTF CSC Team's ingenuity, being a part the JTF has definitely made it easier to keep your cool, and that's a tall order in the Caribbean.

## Attention JTF Troopers:

If you're mailing a duffle bag or footlocker home, you have to send a key or combination along with it. Customs needs to open and inspect them, and they don't want to cut locks and delay your items from getting home in a timely manor.

Also, to speed up the mail process in Camp America, pick up customs forms at the post office.

And remember, all First Class, Priority, and Space Available Mail leaves GTMO at the same time and isn't separated till it gets to the CONUS. So make economical decisions with your mail.

For more information, contact Sgt. 1st Class Pedro Aleman at 5396.

## 258th MP Co. now part of JTF



Photo by Spc. Delaney Jackson

The active Army's 258th Military Police Co. out of Ft. Polk, La. arrived at GTMO on Tuesday this week. Here, soldiers begin the process of filling out paperwork to officially become members of JTF Guantanamo. Commanded by Capt. Michael Crane and 1st Sgt. Aurther Lampert, the 258th will assume the detention mission of the outgoing 438th MP Co. in the Joint Detention Operations Group.

### Last chance for some of you!

For the Northeast Gate Tour that is.

Every third Saturday of the month at the Marine Hill parade field at 7:45 a.m.

For more info call X-2002

**303rd, from page 1.**

Support Unit. But Warren says the 303rd has a reputation of adapting to new situations, and always stepping up to the plate, motivated and ready to go. So, it is no surprise they were chosen to put their abilities into action here.

Although the 303rd is primarily a combat support MP unit, they have received months of extensive training in order to meet the requirements of the detention mission here. "The mission was a challenge at first, but it has helped that we have corrections officers in our unit and that we have gone through this extensive training," said Sgt. 1st Class Brian Conklin, noncommissioned officer-in-charge of training.

Warren said, "I'm proud of the professionalism and devotion to duty each soldier has demonstrated while assigned to the JTF. Soldiers went to work daily in a hostile environment and constantly sought ways to improve the working conditions. The soldiers have been able to keep a positive attitude ..."

Part of the 303rd's motivation comes from the fact that they have such a strong group of junior noncommissioned officers, according to Warren. They not only are the pulse of the unit, but the eyes and ears as well.

Conklin stressed that the younger enlisted soldiers have learned a lot and have done an excellent job inside Camp Delta. "There have been situations behind the wire where our younger soldiers reacted and reacted well. Without going into detail, they are performing really well inside the wire," said Conklin.

One of those fine young soldiers is Spc. Michael Stortz, who arrived here in January 2003. While the rest of the 303rd hit the ground at GTMO in November 2002, Stortz was in basic training when he got the call, so he arrived here fresh out of Advanced Individual Training. "I didn't think I would be ready for this deployment, being 19, right out of high school ... but the leadership of the 303rd has been great. They took me under their wings and showed me the ropes. My squad leader and team leader have helped form me the way I am now. I have confidence in how they have trained me."

Stortz continued, "This deployment has also made me grow up quite a bit.

I've learned to be more patient and I have a lot more responsibilities here than I did back home. My parents and friends think I matured more here than if I just went to college for a year."

Spc. Susan Yapp, 22, joined the Army two years ago, simply for the challenge. She chose to be an MP to get some law enforcement experience. Her experience here has allowed her to face many challenges, learn a lot about herself, and gain some 'corrections specialist' training that will help her pursue a career in law



Photo provided by 303rd Military Police Co.  
Soldiers of the 303rd Military Police Co. take part in 9mm weapons qualification at Grenadillo Range, U.S. Naval Base, Guantanamo Bay, Cuba.



Photo provided by 303rd Military Police Co.  
Soldiers of the 303rd Military Police Co. take part in weapons qualification at Grenadillo Range, U.S. Naval Base, Guantanamo Bay, Cuba.

enforcement when she returns home.

"I've learned a lot here. I've learned to be very flexible because everything is changing all the time. This deployment has made me a stronger person. Sometimes [with the job we do] you have to have really thick skin to perform the mission. We have really pulled together as a unit throughout this whole deployment. When we have a mission, we come together as a team and get the mission accomplished," Yapp said.

Yapp also attributes much of this 'team' mentality to the skills and professionalism of the noncommissioned officers in the unit who led the way by example.

Spc. William Lo, who wants to be a civilian police officer in the future, has also learned a lot from this deployment. "It has given me a good work ethic and a good idea of what it would be like in the civilian world as a police officer. Being a police officer, I'll be working long hours and holidays, just like I did here," Lo said.

Creating the right mindset has also helped these soldiers be so successful. Warren explained that although the soldiers are working really hard and may not see direct results of their efforts, the 303rd has had a significant impact on the Global War on Terrorism.

# They get by with a little help from their friends

**By Sgt. Benari Poulten**

A strenuous workout is certainly one way to attain individual achievement, but for the 303rd MP Co. females living in Tierra Kay 59, working out as a group has been the key to success for personal improvement.

"We shoot for every day," Spc. Liz Claussen said, describing their cooperative workout ethic. "As soon as one person starts working out ... everybody runs and grabs their stuff."

Encouraging each other to do their best, these outstanding soldiers test their own limits and push themselves to exceed standards. They have remained committed to maintaining a regular fitness routine and they make sure they stick to it, as Staff Sgt. Kim Munson explained. "We motivate each other. When one of us doesn't want to do it or one of us wants to eat ice cream or something, instead - we don't let each other get away with it."

According to Claussen, a regular workout regimen is the best way to stay prepared for the Army Physical Fitness Test.



Photo by Sgt. Benari Poulten  
 Spc. Liz Claussen, Spc. Nicole Shepherd, Staff Sgt. Kim Munson, and Spc. Carrie Brown show that working out can be fun.

"I've always been dedicated to exercise, because I'm not one of those people that can just show up to a PT test and take it and pass it. I have to really work at fitness ... I have to stay dedicated otherwise I'll lose it."

The staple of their routine is Tae-Bo, what Claussen called an excellent source of fitness. "You do an hour of aerobic exercise," she said. "It incorporates all the major muscle groups, too, which is important. It's a total lower body and upper body workout."

Spc. Nicole Shepherd noted that, in

addition to the benefits of an aerobic workout, she has definitely become faster thanks to working out with her housemates. "I try to run every day, after I do Tae-Bo," she said. "I've dramatically improved on run time." Munson concurred. "She is a running maniac. She used to hate to run and had trouble passing it, and she's a maniac now."

Spc. Carrie Brown has also gotten faster, thanks to a little help from her friends, as Claussen pointed out. "She used to be one that did not run at all and ... now, she's a little speed demon."

"They definitely helped a lot," Brown said with a smile.

Just how much have they improved? Claussen is all too happy to provide an example. "Actually, [we] passed the Marine Corps PT test, including their run, which is a three-mile run, and we even made it in under the male standards."

With their dedication to excellence and their impeccable track record of improvement, there are no standards these soldiers can't exceed.

## Stay alert!!! Stay alive!!!



When approaching the traffic check point into Camp Delta, you will not see the "Stop" and "Go" signs anymore. The only traffic light on GTMO, (and the second traffic light in Guantanamo Bay history) is mounted on the guard shack and is fully operational. It has red and green lights and is manually operated.

**JTF FORUM**

**You have questions. They have answers.**

MG Miller and CSM Nieves answer your questions on the "JTF-Forum," the JTF's bi-weekly, live call-in radio talk show!

Tune in to FM 103.1, "The Blitz," Wednesday, August 27, between the hours of 5 p.m and 6 p.m. Call in to the "JTF-Forum" at 2300 and 2351 and get the answers you want!

## Camp America North II, Delta Galley, others in the works

By Spc. Jared Mulloy

With the Joint Task Force expanding steadily and improving everyday, it's no surprise that Guantanamo Bay is growing too. Contractors, Seabees, and even volunteers have been working hard and fast, from constructing the Seaside Galley and Club Survivor at Camp America, to the transformation of the Pink Palace into the new Commissions Building.

According to JTF Staff Engineer Cmdr. Kenneth Rimmey, "We've got some neat things in the works for the JTF." Rimmey plays a key role in improvements here at GTMO along with JTF Engineer Capt. Lonny Roland. "I'm basically a liaison between the general [MG Geoffrey Miller], and the contractors. He tells me what he wants and I do my best to get it done quickly and efficiently." Capt. Roland works on-site in the Public Works Department as the JTF's daily advocate.

Some of the new improvements that are currently being constructed include Camp America North II, Delta Galley, and Joint Aid Station on Kittery Beach Road. There are improvements being made in the detention facility, emergency shelters for inclement weather, and the main traffic checkpoint at Camp Delta.

One improvement that can already be seen at the main checkpoint is a stoplight. This is the second stoplight that has ever been erected in Guantanamo Bay.

According to Rimmey, Camp America North II will be a mirror image of Camp America North. The new housing units will house an additional 400 JTF troops. Both Camp America Norths will also be upgraded with kitchenettes and other creature comforts. Rimmey also said that the contractual completion date for Camp America North II is December 10, but the JTF's goal is October 15.

The Delta Galley will replace the tent within Camp Delta, which is currently used as a dining hall. Rimmey anticipates that it will be completed in late October.

There is also a Joint Aid Station on Kittery Beach Road that is under construction. The existing Joint Aid Station (JAS) at Tierra Kay will basically be moved to its new home in November. "The building will be four times the size of the JAS and will make it easier for medical staff to care for JTF troops," said Rimmey. Farther down the road, troopers can also look forward to a new chapel at Camp America.

## The sound this "Block Street Boy" makes is music to our ears

By Sgt. Benari Poulten

Weird Al better watch his back; there are some new kids on the block who have turned their experiences here into a number of clever parody songs. And, thanks to the musical stylings of Pvt. Sidney Gafkjen, the "Block Street Boys" even boast an original song or two.

On any given night in Tierra Kay, it would not be unusual to hear the familiar chords of well-known songs emanating from Gafkjen's guitar as he entertains both himself and surrounding JTF troopers with marvelous melodies and tunes.

"I just like playing," he enthused. "Especially if other people are going to get enjoyment out of it, and if I have something to convey." And what Gafkjen has to convey is his unique perspective on his current deployment, taking his real life experiences and giving them a

musical spin. Playing a combination of his own original compositions about working in the sally port and fun-spirited parody songs, Gafkjen jams with a group calling



Pvt. Sidney Gafkjen jams out on his guitar in his backyard at Tierra Kay

itself the "Block Street Boys," but for this soldier, music is an entertaining way to pass the time away.

"It all started in the sally port, when I

had some free time, and couldn't do anything but write ... I ended up writing some songs," he explained. "The one I wrote, I just made the music up to it. It's completely original. I have some musical background - I took some theory in college. But, I'm just a music hobbyist."

For someone with just a passing interest in music, Gafkjen certainly has plenty of talent, able to play a variety of instruments and shows a genuine enthusiasm for the art form. A student at Spring Harbor University, Mich., Gafkjen tried to keep his musical skills honed back home. "I love playing. I miss just playing for people in general. In school, I was in a choir and I played in a worship band ... and in church, I play the drums."

Although Gafkjen and the rest of his 303rd crew are looking toward the end of their deployment here, a Block Street Boys reunion in the future isn't out of

the question. "Well, we're all in the same unit, maybe we could do it on some drill and come up with new stuff. You never

know."

# Second time around for this sergeant major

By Sgt. Benari Poulten

Sgt. Maj. Guillermo Alcover-Muniz liked JTF Guantanamo so much when he was last here, he came back for more. Previously stationed here at the beginning of the JTF's critical mission, Alcover-Muniz returned to the JTF on August 1, 2003 to act as the Joint Interrogation Group sergeant major.

Impressed by the enormous changes that have occurred between now and then, he noted how proud he is to take part in this mission. "It's a very important mission that we're doing, obviously, to protect our nation and to protect our people," he stated.

He praised the work of the troopers currently stationed here, and noted the accomplishments of those that have helped shape the JTF's ever-evolving mission. "You're learning by trial and error; we hadn't done anything like this before, so ... it was a learning process. But we've had some great, great folks. Not only from Southern



Sgt. Maj. Guillermo Alcover-Muniz  
Joint Interrogation Group

Command, but from other units from around the Army and the different services. They came down here and came together and did what had to be done and developed

what's here today. They were the pioneers and they developed it as it went along and now we have what we have because of those folks."

Alcover-Muniz passed on some good advice for the younger troopers, encouraging them to be as best prepared as possible in any situation. "Absorb everything ... don't judge a book by it's cover, if you will. Look into things, look into situations, look into people. Get to know things better ... before you pass judgment ... You'll be more prepared. The more you know, the better off you are. Keep learning all the time."

He has remained committed to making a difference and has wasted no time in making his mark. "In the short time I've been here, I think I'm already impacting [the JTF] in some way ... The biggest thing for me is to educate the troops and mainly, educate the leaders, so that they understand what the mission is all about and why we do what we do."

## Man on the Street

Compiled by Staff Sgt. Stephen E. Lewald

This week's question:

**What is your favorite section of the Wire, and what regular features would you include in it?**



Spc. Murice Coleman  
216th MP Co.

"I like the sports section, especially "Head to head," but I'd like to see a much bigger sports section featured in the Wire."



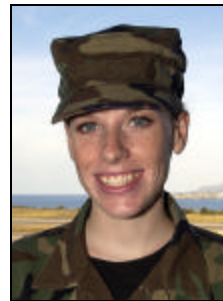
Spc. Cindy A. Singer  
J-8 Finance

"I like "Head to head," because of the differences that troops have on sports topics. What I'd like to see added, is a more indepth, update on the up-coming football season."



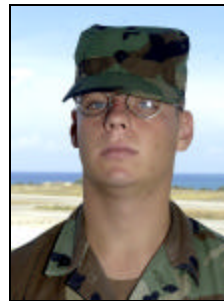
Spc. Angel L. Morales  
TK-JAS

"I like "Recreation & Leisure," as well as sports, they let me know what special, and sporting events are going on at GTMO ... I'd like to see highlights of world news events added as a weekly feature in the Wire."



Airman 1st Class  
Charity E. Horina  
J-4

"I like "15 Minutes of Fame," because it highlights people of the JTF. What I'd like to see added are coupons, such as a discounted dinner at the Windjammer."



Spc. Joseph C. Gawne  
300th MP Bde.

"I enjoy reading the "15 Minutes of Fame" article. It gives me insight about other troops within the JTF, what they have gained and experienced while they were deployed here."

# Chaplain's Corner

By **CH (LTC) Herb Heavner**  
**JTF Guantanamo**  
**Command Chaplain**

Who me? I sure didn't do it. Not me! I'm not responsible for that. Let somebody else do it. How many times have you heard those expressions? How many times have you used one of them yourself? How many times have you been critical of somebody else for not taking responsibility for his or her own actions? Well, if you are anything at all like I am then you have done that, or something very similar many times during the course of your life. Just today I had a phone call from someone who claimed that someone in my section was responsible for leaving some trash at his or her location. It became very clear to me that someone from my office was expected to come and clean up the mess. I know for a fact that we did not leave the mess. I know that it really should not have been my responsibility to clean the mess. I know that my assistant should not have been responsible for cleaning up the mess; however, he and I went together and cleaned up the mess.

So what am I saying? I am saying that there is nothing wrong with taking responsibility for some things, even if they are not your doing. I am saying that there is nothing wrong with doing things just for the sake of maintaining peace. I know that there are many service members involved in the daily operation of the JTF who are willing to go way out of their way in order to get the job done. They are willing to take ownership of a project that should not be in their lane just so that the mission can be

accomplished. I have seen evidence of that principle nearly every week that I have been on the island. I think that is why the mission here continues to be a success. I believe that is why we have been able to get the job done when it would have been impossible through any other means.

This principle of willingness to get the job done no matter where the responsibility lies is one that goes back to the very early record of history. There have always been those who did not want to accept responsibility. But there have been many more who have done just the opposite. They have gone the second mile, the third mile and beyond just to ensure success.

Even in the scripture there is the concept selfless service, the concept of being willing to lay down your life for your brother. I believe that it is pleasing to God when we are willing to go ahead and do whatever it may take to complete the mission, even if we may not have direct

***“May God continue to bless you as you give yourself in service to the mission of the JTF and to the mission of this great nation in which we live.”***

CH (LTC) Herb Heavner,  
 Command Chaplain

responsibility for that particular mission. I believe that He even gives us extra strength in order to be able to do just that. I say this, not to bring any credit to myself for my own willingness to go out and sweat a little in the process of cleaning up a mess that was not of my doing. I say it to give praise to all of those who follow this selfless service principle here on the island everyday. May God continue to bless you as you give yourself in service to the mission of the JTF and to the mission of this great nation in which we live.

## WANTED: Piano Player...

... for the general Protestant Worship service at the Camp America Chapel.

Should be able to play church music out of a hymnal and provide back-up for choral and other special singers. Would need to be available from 8:30 a.m. to 10:30 a.m on Sunday, and one other hour per week, time to be determined.

Please give the JTF Command Chaplains' office a call at 3202, 3203.

## Worship Services

### Catholic

#### Main Chapel

Daily	6:30 a.m.	Mass Cobre Chapel
Wed.	5 p.m.	R.C.I.A. Cobre Chapel
Fri.	5 p.m.	Rosary
Sat.	4:30 p.m.	Confession
	5:30 p.m.	Mass
Sun.	9 a.m.	Mass
	11 a.m.	Mass (Sanctuary B)

#### Camp America

Sun.	5 p.m.	Mass Wooden Chapel
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### Protestant

#### Main Chapel

Mon.	7 p.m.	Prayer Group Fellowship*
Wed.	7 p.m.	Men's Bible Study*
	7 p.m.	Spanish Group 390-Evan's Pt
Thurs.	6:30 p.m.	Home Group Nob Hill 5B
	7:15 p.m.	Youth 7-12 Fellowship*
Sun.	6:30 a.m.	Praise and Worship Service
	9:30 a.m.	Sunday School
	11 a.m.	Service/Sunday School
	5 p.m.	Bible Study*

\* Fellowship Hall located in Chapel Complex

#### Camp America

Wed.	7 p.m.	Service
Sun.	9 a.m.	Seaside Galley (Temporary location until further notice)
	7 p.m.	Service Wooden Chapel

### Church of Jesus Christ of Latter

#### Day Saints

Sun.	9 a.m.	Sanctuary A
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#### Islamic

Fri.	1 p.m.	Classroom 12 ChapelComplex
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#### Jewish

Fri.	8 p.m.	Fellowship Hall
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#### **Camp America Church Bus schedule:**

Sun.	8 a.m.	Windward Loop
	8:15 a.m.	Tierra Kay

The bus will return immediately following worship.



## RECREATION & LEISURE

### All Mighty Senators bring-on 'the funk'

**By Spc. Alan Lee Knesek**

Guantanamo Bay is getting a little funkier. No, it's not that mystery smell of the salt marsh or your roommates dirty clothes bag. It's the *All Mighty Senators* and they are bringing 'the funk' to the Windjammer Friday night at 8 p.m.

The band is a Baltimore based funk/rock act that has recently finished touring with the Pretenders. They have also been touring the States, and promoting their new album, Music is Big Business. Fea-

tured tracks are "Booty Fresh" and "Mother Nature's Afro" and they are also featured on a new movie soundtrack, "Winter Break."

Over the last few years, the *Senators* have performed at music festivals around the country, and are now making their way to Guantanamo Bay, Cuba.

Their performance for the troopers here will be a great addition to the many talented performers who have entertained the service members in recent months.

### GTMO Queen sails again

**By Spc. George Allen**

Soldiers from the 303rd MP Co. recently enjoyed an afternoon cruising around Guantanamo Bay on the GTMO Queen, the Navy Base's charter boat that is operated by MWR. "This was our last day where we could have everyone together off duty, so we wanted to have some fun before our final stretch," said Spc. Elizabeth Claussen, who put together the outing.

The group enjoyed lunch on the water while doing a lap around the

bay and then took a dip in the turquoise waters. "I enjoyed it immensely ... it was outstanding," said Spc. Eric Speese.

Unit leadership can reward their troopers with a GTMO Queen excursion by submitting their names to the JTF Hq. Co. first sergeant. The boat may also be reserved for fishing trips, touring the bay, or for parties. You must bring your own fishing gear, refreshments, and music. For more information, check with your chain of command or call MWR at 4363.



### Movie Schedule

#### Camp Bulkeley

**Fri., Aug. 22**  
8 p.m. *Willards*  
PG13 - 100min

10 p.m. *Interstate 60*  
PG13 - 112min

**Sat., Aug. 23**  
8 p.m. *It Runs in the Family*  
PG13 - 94min

10 p.m. *Confidence*  
R - 98min

**Sun., Aug. 24**  
8 p.m. *Aliens*  
R - 137min

**Mon., Aug. 25**  
8 p.m. *Pool Hall Junkies*  
R - 94min

**Tues., Aug. 26**  
8 p.m. *Fatal Attraction*  
R - 123min

**Wed., Aug. 27**  
8 p.m. *Holes*  
R - 134min

**Thurs., Aug. 28**  
8 p.m. *Fatal Blade*  
R - 98min

#### Downtown Lyceum

**Fri., Aug. 22**  
8 p.m. *Rugrats Go Wild*  
PG - 81min

10 p.m. *2 Fast 2 Furious*  
PG13 - 108min

**Sat., Aug. 23**  
8 p.m. *Sinbad: Legend of the Seven Seas*  
PG - 86min

10 p.m. *Charlie's Angels 2*  
PG13 - 103min

**Sun., Aug. 24**  
8 p.m. *Seabiscuit*  
PG13 - 130min

**Mon., Aug. 25**  
8 p.m. *Tomb Raider 2*  
PG13 - 110min

**Tues., Aug. 26**  
8 p.m. *Alex & Emma*  
PG13 - 96min

**Wed., Aug. 27**  
8 p.m. *Bad Boys 2*  
R - 147min

**Thurs., Aug. 28**  
8 p.m. *American Wedding*  
R - 102min

### Club Survivor

Located at Camp America  
Thursday thru Saturday 5 p.m. to  
11:30 p.m.  
Open to all NAVBASE and JTF per-  
sonnel of all ranks.

## NATIONAL SPORTS

## On the Mark

### Superstition

By Sgt. Bob Mitchell

Baseball is a funny game that somehow lends itself to unusual practices performed by normal people.

Most folks think of superstition as not walking under a ladder or letting a black cat cross their path. Mere child's play compared to big league ballplayers.

Here is a sample of just how superstitious major leaguers are. If a pitcher is slated to start, chances are that he will not shave that day. Most pitchers have been practicing this ritual (non-ritual? After all, this is about not shaving) since before my father was born.

Many players refuse to step on the foul line when coming in from - or going out to - the field. Some have to touch first or third base when entering or exiting the field.

If a pitcher is tossing a no-hitter, it is taboo to talk about it during the game. Someone on the other team will definitely get a hit very soon after this breach of baseball etiquette. Never invite a jinx to spoil a no-no.

Behind the scenes in the clubhouse, fans don't get to see players who always put on their left shoe first, or listen to the same song over and over again because it helps their hitting streak. The fans never see the players who park in the same spot until they get into a slump. Then they will find a new parking spot. And for Ty Cobb's sake, never change your ritual if you're on a hot streak. Always respect the streak.

Wade Boggs, a career .328 hitter, would only eat chicken for pre-game meals. He had something like 300 recipes.

I must end this column for now because I have to keep it under 300 words. No superstition, just respecting the streak.

## Sports Highlights

Summary by Sgt. Bob Mitchell

How can you complain if you play golf for a living and still make some \$5 million in a season? You can if your name is **Tiger Woods**. The world's top ranked golfer ended his worst season ever with a poor showing in the **PGA Championship**. Tiger did win four tournaments this year, but no major titles.

The **Carolina Panthers** will be without the services of linebacker **Mark Fields**, who has been diagnosed with Hodgkin's disease. The 30-year-old Fields will miss the entire season and has already begun chemotherapy.

The man who led the 1980 U.S. Olympic hockey team to the gold medal was buried Saturday in St. Paul, Minn. **Herb Brooks** coached the team known as "The Miracle on Ice" which defeated the Soviet Union, in one of the greatest upsets in history. Brooks was killed in an automobile accident.

The Instant Replay Rule will be implemented as a pilot program by the Big 10 conference this season. Conference officials say it will be based on the **NFL's** system of limited challenges and will not disrupt play on the field.

The Associated Press pre-season college football poll is out, and **Oklahoma** is on top for a record ninth time. The Sooners edged out defending national champ **Ohio State** for the number one slot. The remainder of the top 10 includes **Miami, Michigan, Texas, Auburn, Kansas State, Southern California, Virginia Tech and Pittsburgh**.

*Sports Highlights compiled from ESPN.com*

## Head to head ...

### Which college football team will win this year's national championship?

By Spc. Mark Leone

The long wait is nearly over. College football starts up in a couple of weeks. All fans have a team, which they want to win the coveted Bowl Championship Series. Some like Miami, Auburn, or defending champion Ohio State. Boston College is my favorite, but they are not yet a BCS caliber team.



Air Force Staff Sgt.  
Charles E. Criswell,  
J-4 Maintenance

A couple of fans at GTMO are vocal about their favorites. Air Force Staff Sgt. Charles E. Criswell of the motor pool believes Notre Dame will reclaim its reputation as the powerhouse of college football. "Notre Dame has a good recruiting class and a

great coach in Tyrone Willingham," said Criswell, who grew up watching the Fighting Irish. "My brothers always would watch their games so I would sit in," he said. "I grew up a Notre Dame fan and will die one."

Spc. Nicholas Davis of J-4 Operations roots for "The Maize and Blue," because the Michigan Wolverines are ready to tear up their opponents. "Their team is always exciting to watch and always has good players, plus Lloyd Carr, one of the best coaches in the NCAA," said Davis. "The Big House will be rockin' in Ann Arbor when Michigan takes home that National Championship. Go Blue!"



Spc. Nicholas Davis,  
J-4 Operations

## JTF SPORTS & FITNESS

### Flag football fever is taking the field | New 'kick' on the block

**By Spc. Alan Lee Knesek**

Grab your giant foam hands, fill up your coolers and get ready for the Captain's Cup Flag Football Season starting August 25. With 12 teams competing for the sought after Captain's Cup this year, it is not going to be an easy task to claim the number one spot and bring home the Cup.

Games will be held every Monday, Wednesday and Friday nights starting at 6 p.m. under the lights at Cooper Field. Three games will be played each night and at the end of the season, the top teams will advance into the playoffs. The playoffs will be double elimination and will determine the top three teams. Games cancelled due to weather will be re-scheduled to the end of the regular season and playoffs will be pushed back accordingly.

The season kicks off Monday, so gather your friends together, cook up some hot wings and fill the cooler with drinks and come watch your favorite team go head to head for the Captain's Cup trophy.

**By Spc. Alan Lee Knesek**

It is one of the fastest growing exercise classes and it is coming soon to a gym near you. Kickboxing is on its way, beginning September 9. Head Fitness Instructor Karissa Sandstrom expects this class to be a big success like many of the other recent additions to the fitness programs on the island.

"This isn't your standard aerobics class," said Sandstrom. She also added that the class will incorporate punching, kicking, and martial arts movements all done to upbeat and fast paced music.

The classes will be held at the Marine Hill fitness building from 5 p.m. to 6 p.m. on Tuesday and Thursday.

"People are going to find and really work muscles they never knew they had," said Sandstrom. Some of the benefits of the kickboxing class will be improved cardio-vascular fitness, excellent self-defense training, stress reduction and control, improved strength and muscle tone, and greater confidence, added Sandstrom.

With this new class opening soon, it should make a great addition to the classes available here. There have been several requests for a class like this and as the grand opening comes closer, it seems that kickboxing here will be another success for MWR.

### Spinning

**"Come join the Pack"**

45 minutes burns up to 800 calories

Class times are 6 a.m. to 7 a.m. Tuesday and Thursday.

6:30 p.m. to 7:30 p.m.

Monday, Tuesday, Wednesday and Thursday.

### Step aerobics

**"Come step your way to Healthy Results"**

Class times are 8:30 a.m. to 9:30 a.m., Monday, Wednesday, and Friday.

The classes are held at the Marine Hill Aerobics Room

For more information call 2193  
(certified instructors needed)

## Future JTF/NAVBAS sporting events and tournaments

### August 29 & 30 - Labor Day Tennis Tournament:

There will be first, second and third place awards for Men's and Women's Divisions. Starts at 6 p.m. on August 29 and 10 a.m. on August 30 at the BEQ Tennis Courts. Sign ups are at the Base Gym and the deadline is August 26 at 4 p.m. There will be a meeting at the Base Gym on August 27 at 2 p.m. for all participants.

**August 30 - 3 on 3 Basketball Tournament:** There will be first, second and third place awards for Men's and Women's Divisions. The tournament begins at 10 a.m. Sign up deadline is August 28 at 4 p.m.

**August 30 - Labor Day 5K Fun Run:** The race starts at 6:30 a.m. at the Base Gym. For more information call 2193.

### August 30 - Labor Day Coed 1 Pitch Softball

**Tournament:** Starts at 5 p.m. at Cooper Softball Fields #2, #3 and #4. Teams must have two women on the field at all times. Rosters are due by August 27 at 4 p.m. For more information call 2193.

### August 31 - Labor Day 3 on 3 Beach Volleyball Coed

**Tournament:** The tournament begins at 1 p.m. at Windmill Beach. For more information call 2193.

### September 1 - Xtreme Curtain 9 Pin No Tap Bowling

**Tournament:** Starts at 6 p.m. at the Bowling Center. There is a \$10 entry fee. Each participant bowls three games. There will be prizes for the first, second and third place participants. For more information call Robbie at 2118.

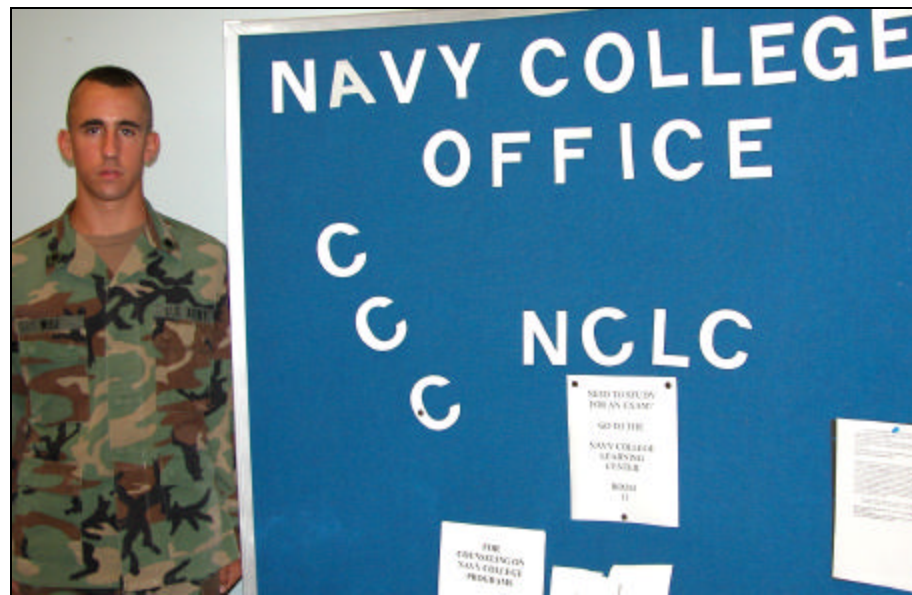
# 15 Minutes of Fame...

*Spc. Joshua Wise  
303rd MP Co*

Wise studies during deployment ... goes home "wiser"

**Interview and photo by Sgt. Dan Johnson**

*Spc. Joshua Wise of Holland, Mich., joined the 303rd MP Co., out of Jackson, Mich., in hopes of getting a leg in the door of law enforcement. Since Wise has been deployed to JTF Guantanamo, he's taken advantage of free education benefits that the military offers, and hopes to earn a degree in criminal justice.*



*The 303rd MP Company's Spc. Joshua Wise pauses for a moment while he picks up his final grade for the astronomy class he took here at the Navy College Learning Center ... for free!*

I've also been studying on Smartforce.com. Some of smartforce.com's courses translate into college credits, and they also give you promotions points.

**Q: What have you learned about yourself during your time here?**

**A:** I've really learned that when something needs to be done, I can do it. I'm much more confident now, and I know that I can take the initiative and get the job done. I'm more

**Q: What do you do for the JTF?**

**A:** I work as a guard on the detention blocks inside Camp Delta. I help oversee the detainees' overall safety and security.

**Q: What do you do for a civilian job?**

**A:** I was working in a restaurant, but then I went to Basic Training and Advanced Individual Training (A.I.T.). I was offered a job in public safety at Grand Valley State University (Michigan), but I found out I was being deployed here only seven days after I got back from A.I.T.

**Q: Why did you join the military?**

**A:** Well, I always thought about it, but I really made up my mind after September 11th. Somebody at home also told me that I couldn't do it, but I can, and here I am.

**Q: What made you decide to become an MP?**

**A:** I went to my recruiter and told him that I was interested in law enforcement, and he recommended military police to me. So I figured it would help me learn a little about law enforcement and help me get

my foot in the door.

**Q: Have you been to college?**

**A:** Yes, I finished one semester at Grand Valley State University studying criminal justice. Down here, I've been taking advantage of educational benefits that are free, like Defense Activity for Non-Traditional Education Support (DANTES) testing through the testing services office. I've earned credit for three electives (astronomy, introduction to computing, and health) since I've been down here.

**Q: Did you ever anticipate being away from home this long as a reservist?**

**A:** No, but I'm glad it did. It opened my eyes to the real world and made me grow up. I've had a lot of good experiences here.

**Q: What goals have you set for yourself during this deployment?**

**A:** I've wanted to further my education any way that I can. I've been doing that through correspondence courses, testing out of civilian college courses here, and

capable than I was.

**Q: What will you miss most about being a part of the JTF?**

**A:** In a way, I'll miss the whole thing. After doing this for nine months, it's become part of my routine. I've made some close friends here that I'm going to miss because when we get home, we're going back to serving together only one weekend a month.

**Q: How has your experience with the JTF changed your life?**

**A:** I've learned to be a lot more understanding, and I can go with the flow more. I've learned not to be too self-centered, because my way is not always the only way or the right way. People do things differently, and I've become more understanding of that.

**Q: What's the first thing you want to do when you get home?**

**A:** I want to go out to dinner with my family and friends and get caught up on everything that I've missed.