



# the Wire

“HONOR BOUND TO DEFEND FREEDOM”

Volume 4, Issue 9

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Friday, November 7, 2003

## Veterans: Some just keep on giving

Story and photos by  
Sgt. Jolene Staker

When it comes to veterans, all gave some, some gave all, and some just keep on giving.

The JTF has numerous troopers who have served in many of the nation's armed conflicts, including Kosovo and Iraq. The task force also has a few tried and true Vietnam veterans.

The veterans' experience and dedication play an invaluable role in the success of the JTF. "There's a lot of experience that veterans have brought here," said Sgt. 1st Class Robert Hill, Gulf War Veteran and JOC watch chief. "I'm very proud to be part of the JTF."

Veterans Day, originally Armistice Day, celebrated on the anniversary of the end of



*Second Lt. Charles Caruana (left), Gulf War veteran of the 177th MP Bde., stands with mentor Master Sgt. Al Gatto, Vietnam and Operation Joint Endeavor veteran and force protection NCOIC at headquarters. Caruana hopes to have Gatto as his first sergeant when he becomes a company commander. It will be a full circle since Gatto was Caruana's platoon sergeant when he was a sergeant.*

World War I, was first declared to recognize those veterans, but as other conflicts have occurred it has expanded to

recognize all heroes who have maintained the freedom of the country.

"Veterans pay the price to

keep freedom free," said Sgt. Timothy Drake, Gulf War veteran of the 169th MP Co. attached to the 217th MP Co. He served 10 years in the Marine Corps and then got out. After 9/11 he joined the Army National Guard. "I felt I needed to help, and that was the best way I could do that."

This is just one example of a JTF veteran trooper giving selflessly to the country's cause. And this shows the true spirit of Veterans Day. President Dwight D. Eisenhower said, "let us solemnly remember the sacrifices of all those who fought so valiantly, on the seas, in the air and on foreign shores, to preserve our heritage of freedom, and let us reconsecrate ourselves to the task of promoting an enduring peace

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# Trooper to Trooper

*"In Flanders fields the poppies blow  
Between the crosses, row on row,  
That mark our place; and in the sky  
The larks, still bravely singing, fly  
Scarce heard amid the guns below..."*

Canadian born Maj. John McCrae wrote this poem in the spring of 1915. In Flanders fields remains to this day one of the most memorable war poems ever written. It is a lasting legacy of the terrible battle in the Ypres salient during World War I, the war to end all wars. More than three years later on November 11, 1918 the armistice was signed ending World War I. It was the 11th hour of the 11th day of the 11th month. McCrae died of pneumonia before the war ended.

In 1938 an Act of Congress made Armistice Day a national holiday, a day dedicated to the cause of world peace. In 1954 the word "armistice" was replaced by "veterans" thus honoring the courage and patriotism of all men and women who have served in the armed services of the United States. Veterans Day is commemorated on the 11th of November.

The National Guard played a significant role in World War I in fact, 40 percent of the combat strength of the American Expeditionary Force was comprised of National Guard divisions organized by state. The greatest numbers of World War I medals of Honor were awarded to National Guard members from Tennessee and the Carolinas. They were members of the 30th Division. Three of the first five Army Divisions to enter combat were National Guard Divisions.

World War II saw 18 National Guard divisions in combat. They were split between the European and Pacific theatres. The 164th Infantry from North Dakota reinforced Marines at Guadalcanal and was the first large organization to fight offensively in the war. The 34th from Minnesota, Iowa and South Dakota was among the first into combat in North Africa. They claimed more combat days than any other World War II division.



**BG Mitch LeClaire**  
**Deputy Joint Task Force**  
**Commander for Operations**  
**JTF Guantanamo**

The 29th Infantry Division was first ashore at Omaha Beach.

More recently National Guard and Army Reserve troops were called to active duty for Operation Desert Storm. In January 1991 thousands of Reserve troops mostly from combat service and service support units took part in the conflict in Southwest Asia. Their participation brought the war to hometown America.

Today, reserve component forces made up of Reserve and National Guard units are again serving with active component units in the Global War on Terrorism. Operation Iraqi Freedom employed the services of reserve forces as an integral part of the fighting force. Nearly 65 percent of Joint Task Force Guantanamo, is reserve component.

As we celebrate Veterans Day this November, take time to reflect upon the more than 25 million veterans this proud country of ours has produced. We owe them and all of you a debt of thanks.

The final stanza of McCrae's poem sums it all up!

*"Take up our quarrel with the foe:  
To you from failing hands we throw  
The torch; be yours to hold it high..."*

**Honor Bound!**

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# Michigan adjutant general visits JTF troopers



MG Thomas Cutler (at left, far left), adjutant general of the Michigan National Guard, arrived in Guantanamo Bay to visit the 177<sup>th</sup> MP Brigade, also of Michigan. Accompanying him was BG Mitch LeClaire (center, right), JTF deputy commander of operations, who originally served as the commander of the 177<sup>th</sup> before both were deployed to serve. Also with Cutler was Command Sgt. Major Miner Roth (far right), state command sergeant major. While here, Cutler visited with troops (below) and toured construction sites at Camp America. Photos by Spc. William Ingram



## Sleigh ride sign-up coming this weekend

Sleigh ride sign-up begins this weekend at the NEX.

Sign-ups will be Saturday and Sunday from noon to 3 p.m. and Wednesday and Thursday from 11 a.m. to 1 p.m.

Proposed dates for the holiday rides are Dec. 20-30 and Dec. 30-Jan. 10.

Destinations for the flights include Jacksonville, Fla.; Pensacola, Fla.; Atlanta; Fort Worth, Texas; and Norfolk, Va.



## Veterans from Page 1.

so that their efforts shall not have been in vain.”

Taking time to remember all veterans and then focusing on the JTF veterans not only honors those veterans, living, deceased, and still serving, but it also helps the troopers focus on the footsteps they will leave with their service while in Guantanamo.

“Every service member, man and woman, wants to do at least one thing significant over the course of their career to look back on and say I was there and I was proud to serve, I did my duty, and I’m proud of what I’ve done,” said Master Chief Petty Officer James O’Brien, Gulf War veteran of the JTF Surgeon’s Office.

Knowing that one is making a difference is one motivator for service. Staff Sgt. Yvette Trapani, Operation Joint Endeavor veteran of the 169th MP Co., attached to the 217th MP Co., said, “The first time to Bosnia, I saw it at its worst then a few years later I saw the reconstruction, saw the people back out in the street; I saw that life went on. That gave me closure. That was our business and we did a good job. Those people are better off because of what we did.”

When talking about appreciating veterans, their military service has also made them more appreciative of their blessings.

“It opened my eyes how poor third world countries actually are. It gave me a greater appreciation of what I have and made me a better person,” said Staff Sgt. Brian Moore, Gulf War veteran of the 384th MP Bn.

Serving with, listening to and learning from veterans can help all troopers accomplish goals they can be proud of. When they look back on their service they can echo



*Sgt. 1st Class Clyde Sanger, (standing) and Staff Sgt. Kevin Kneeland, both Gulf War veterans share their experience with Spc. Brian Hurd (sitting) during daily operations at B Co., 1st Bn. 181st Bde. headquarters. Sanger explains the role of veterans as “how to accomplish the mission; how to pass that knowledge on to younger soldiers.”*



*Spc. Alexander Maldonado (right), Noble Eagle and Iraqi Freedom veteran of the 1st Bn., 65th Inf. Bde. attached to the 216th MP Co., lets Sgt. Chris Chamblis of the 216th MP Co. in the gate at Camp Delta. “Veterans Day is a very good day to say thank you to all the people that helped defend freedom and save lives,” said Maldonado.*

Master Sgt. Al Gatto, Vietnam veteran and force protection NCOIC when he said, “I feel good about being a veteran. I feel good about what I’ve done.”

Part of veterans’ role in the JTF is to mold the younger or less experienced trooper. “The best soldier is the young soldier,” said Gatto. But this young soldier needs the guidance and leadership only vet-

eran, experienced leaders can provide.

Gatto has provided this type of leadership to 2nd Lt. Charles Caruana, Gulf War veteran of the 177th MP Bde.

“I look up to sergeant Gatto in a big way, and I keep telling him when I make company commander and he is still around that he is going to be my first sergeant; which I think would be a neat full circle thing

since he’s known me since I was an E-5, he was my platoon sergeant,” said Caruana.

Other troopers can also reflect on their careers and know that they have developed and encouraged young soldiers throughout their career. Staff Sgt. Joseph Owens, 273rd MP Co., Vietnam veteran, with 24 years of service, plans to retire after this deployment. Looking back on his career he said, “I’ve helped a whole lot of younger people in my unit to upgrade themselves to get promoted. I think I’ve done a whole lot for the military, I don’t have any regrets.”

Some veteran JTF troopers don’t have any plans to retire soon. As Sgt. 1st Class Thomas Guminsky, Vietnam Era veteran, of the 70th Mobile Public Affairs Detachment explained, “It’s still fun. I still enjoy it. When it’s not fun anymore I’ll retire.”

For a veteran to call military service fun reflects the patriotism, love of country, willingness to serve and sacrifice for the common good that veterans model. Not everyone could call leaving home, leaving the comforts of home and family behind and working diligently each and every day fun.

“The people of the United States take so many things for granted, including our military services, but Veterans Day is that one time in the year that we slow down enough to focus on their contributions to our country’s greatness; it should be every day, but at least there’s one day that we collectively show our respect. We should be grateful to all veterans; because of their commitment, dedication and sacrifices the United States is the greatest nation in the history of the world,” said Col. Nelson Cannon, Vietnam veteran and JDOG commander.

# Training up troopers: Behind the scenes with the JTF Staff

By Spc. Katherine L. Collins

From behind the scenes, Maj. John Kajander and Staff Sgt. Clifford Jones are two keys to JTF trooper training success. Serving as the J-3 training officer and non-commissioned officer, respectively, these soldiers coordinate all JTF training needs.

"Our job is to bring together all necessary resources to make training ideas happen for all JTF troopers, including other branches of service. These include instructors, classrooms and training aids," said Kajander.

Kajander explained the steps of coordinating training. First, the general in command and the unit commanders pass training ideas to the J-3 office. J-3 then relays the general's ideas to unit commanders. "We explain what each unit should train, but not how it should conduct that training." J-3 also delivers the commanders' ideas to the general for his approval before coordinating that training.

Next, as J-3 obtains approved training ideas it compiles them to create a yearly training schedule. Each schedule is created at the platoon level one year prior to training. A draft is usually drawn in May, and the final schedule is created by October. Then troops begin training from that plan one year later. Kajander ensured all training ideas coordinated come from each unit's mission essential



Photo by Spc. Katherine L. Collins

*J-3 coordinates all training for JTF troopers of each military branch. It works with the JTF command and U.S. Army South to provide troopers with the trainers, facilities and equipment needed to conduct each training exercise, such as the mass casualty exercise seen here.*

task list (METL). "Battle-focused training is our goal here," he said.

According to Kajander, each unit's training list differs based on its military occupational specialties (MOS), schedule and available training time. In other words, once J-3 passes approved training ideas to unit commanders, the units prioritize their own training list based on these points. J-3 then coordinates training based on each unit's prioritized list. It also strives to smoothly merge the training schedule with the operations schedule. "Training is a secondary priority as the mis-

sion surrounding the detainees is the first priority," said Kajander. "This is also why JTF tries to make all training battle-focused," he explained. The task of merging the schedules is one example of how the J-3 training section works in conjunction with the other J-3 sections, such as operations, he added.

To gather the resources needed to conduct training requests, J-3 sends requests up through a channel of command, from its JTF office to the U.S. Army South (USARSO) office, and back down to the JTF units. USARSO assists the JTF J-3 in gathering all required resources. It distributes requests for each specific resource to the appropriate offices.

For example, it requests instructors and training aids from various locations, depending on the type of training. "We must always ensure communication through the channels is clean and correct. We must track the requests as they pass from our office and back," said Kajander.

The following are a few examples of the kinds of training J-3 coordinated for JTF troopers in 2003. The infantry tested for their Expert Infantry Badge and engaged in patrolling exercises, while many military police completed full training for the 95C MOS, achieving the corrections MOS. MPs also completed training, which involving detainee movement. In

**See Training on page 9.**

## Trooper on the Street

Interview and photos by Spc. Katherine L. Collins

**This week's question:**

**Veterans have made many sacrifices to defend our nation and its values. If you could send one message to them today, what would it be?**



**Sgt. Matt Ellwein,**  
747th Postal Det.,  
Camp America  
post office

"You've made the biggest sacrifice anyone's made for this country and secured freedom for my generation and the next. Thank you"



**Sgt 1st Class  
Leo Engle,**  
217th MP Co.,  
4th platoon sergeant

"I appreciate all the sacrifices you and your families have made. Thanks."



**Spc.  
Benjamin Marsee,**  
384th MP Bn.,  
staff judge advocate

"Thank you because you are the true heroes. You dedicated your lives for my freedom."



**Staff Sgt.  
Deneen Murray,**  
258th MP Co.,  
supply sergeant

"Thank you for all you've done. I, as a soldier, would like to carry on that tradition, being as strong, courageous and as much of an impact on our nation and world as you."



**Staff Sgt. Robert  
Dumont, 1st Bn.**  
181st Inf. Bde.,  
battalion support

"Thank you for your contribution to freedom. Freedom still stands."



# Cholesterol – Here’s a Little More to Chew On

Lt. Ken Arlinghaus,  
Registered Dietician  
JTF Nutritionist  
US Naval Hospital

A few weeks ago, the Gazette published an excellent article concerning cholesterol. After reading it again this past week, I thought a little more information on the subject might prove helpful.

As the earlier article stated, high blood cholesterol is a major risk factor for developing heart disease, the number one killer of Americans. A person’s diet has a large influence on how high ones’ blood cholesterol might go, and here is why.

Cholesterol is a waxy substance made by all animals, including humans. Cholesterol is necessary for good health as it is used in all cell membranes and to produce Vitamin D, hormones and bile acids. Cholesterol is also used to form lipoproteins in the liver. Lipoproteins are a kind of delivery truck for the body, moving fat (triglycerides) and fat-soluble substances (like vitamins A, D and E) around the body through the blood stream. The blood is mostly water, and you probably know that fat and water don’t mix, so the lipoproteins help get the fat to where it needs to go. These lipoproteins go by the names low density lipoproteins (LDL), very low density lipoproteins (VLDL) and high density lipoproteins (HDL), names I believe you recognize. LDL, or “bad cholesterol,” is the empty delivery truck. VLDL is the full delivery truck, and HDL, or “good cholesterol,” is the tow truck that picks up the LDL to take it back to the liver. LDL is called “bad cholesterol” because it



Photo by Spc. Katherine Collins

*As troopers go through the line at Seaside Galley a little planning and common sense can help cut cholesterol.*

can get stuck in the arteries. This leads to plaque formation over time and may lead to an occluded, or blocked, artery. When the blood can’t flow, cells die. If this happens in the arteries around the heart, a heart attack occurs, or if it occurs in the brain a person could have a stroke.

So what does this have to do with how we eat? Every time you eat fat, it is broken down by the stomach, absorbed in the intestines and sent to the liver for delivery. The liver produces LDL, connects the fat to form a VLDL, and off it goes to wherever it is needed, and yes the body needs fat. However, the more fat you eat the more LDL is produced. Have you ever heard of saturated fat or trans-fat? These fats require big delivery trucks because they are harder to move through the body than unsaturated fats. The result is even more LDL. Saturated fat is found mostly in animal products and oils made from tropical plants like coconuts and palms. Trans-fat is made by chemically changing an unsaturated fat into a saturated one. This is how margarine is made

out of vegetable oil. Food labels will soon list trans-fat, and you can expect the USDA to publish guidelines on how much trans-fat is safe in the near future.

## **How to keep your cholesterol in check:**

**1.** Consume a diet low in total fat. The American Dietetic Association and the USDA recommend no more than 30 percent of calories come from fat. You can use the following formula to get your maximum daily fat grams: Daily calories X 0.3/9.

Most healthy adults will do well to keep total fat less than

60 grams per day. By the way, just to gain some perspective, one slice of Pizza Hut’s meat lover’s pan pizza has 21 grams of fat. A Big Mac has 33 grams of fat, and one 2 fluid ounce packet of Newman’s Own Ranch Dressing has 30 grams of fat (if you don’t believe me just go to the perspective websites, it’s where I got the information).

**2.** Keep saturated and trans-fat less than 10 percent (same formula, except use 0.1 instead of 0.3).

**3.** Exercise regularly; it is the best way to increase HDL levels, which can help reduce LDL.

**4.** Include fiber in your diet, 35 grams a day. Fiber has been shown to reduce cholesterol levels.

**5.** Have your cholesterol checked and interpreted by a health care professional at least every five years or more often as your physician recommends.

**6.** Drink less alcohol, no more than one drink per day for women and two drinks per day for men.

A little planning and some common sense can go a long way to prevent a heart attack. eat smart and stay well.



Photo by Spc. Katherine Collins

*If troopers will reduce fat intake, that will help prevent heart attacks and strokes*

# Veterans Day remembered

By Spc. Tommi Meyer

For millions of Americans, Nov. 11 represents a day off work or school. For some, a long day marching in a parade, and still for others, a day to work out in the yard on belated fall clean-up.

Most know it is Veterans Day, and will, if they run into one, say thank you to a veteran or a service member.

But, do we know why? Do we understand what we are remembering?

In 1921, an unknown American soldier was buried in Arlington National Cemetery on a hillside overlooking the Potomac River.

Similar ceremonies occurred in France and England, where an "unknown soldier" was buried in each nation's highest place of honor. In England the place was Westminster Abbey; in France, the Arc de Triomphe.

All of these events took place on Nov. 11, three years after the celebrated ending of World War I that occurred at 11 a.m., Nov. 11, 1918—the 11th hour of the 11th day of the 11th month.

Events remembered "the war to end all wars," or so was the hope.

In 1926 by congressional resolution, this day would become known as Armistice Day. Twelve years later by a similar action, it became a national holiday. This

act stated, Nov. 11 would be "a day to be dedicated to the cause of world peace and to be hereafter celebrated at Armistice Day."

If not for the break out of World War II, Nov. 11 might still be known as such.

However, on Sept. 1, 1939, Germany invaded Poland. On Dec. 7, 1941, Japan launched a surprise attack at Pearl Harbor. On Dec. 8, 1941, the United States declared war on Japan and once again, the world was at war.

More than 16 million Americans took part in World War II—407,000 died in service to their country; 291,557 in battle.

Then there was Korea—1,789,000 American service members in theater; 33,741 died; 23,615 killed in action; 92,134 wounded; 4,820 missing in action; 7,245 prisoners of war.

So, in a proclamation in 1954, President Dwight D. Eisenhower declared Nov. 11, Veterans Day, in honor of all who have served.

"On that day," he stated, "let us solemnly remember the sacrifices of all those who fought so valiantly, on the seas, in the air and on foreign shores, to preserve our heritage of freedom. Let us reconsecrate ourselves to the task of promoting and enduring peace so that their efforts shall not have been in vain."

Since that time American men and women have served and died



Photo by Staff Sgt. Patrick Cloward

*The flag flies at the Guantanamo Bay memorial cemetery near Cuzco beach. Civilian as well as military service members are buried here dating as far back as the late 1800s up until 2000.*

in conflicts around the world.

Vietnam—3,403,000 served in theater; 58,167 died; 2,266 were reported missing in action.

The Persian Gulf—665,476 served in theater; 382 died; 19 were reported missing in action.

As of Nov. 3, eight days prior to Veterans Day, 2003, hundreds of thousands of military men and

women are serving in the Global War on Terror, including Operations Enduring and Iraqi Freedoms. Since the first casualty in Afghanistan Oct. 2001, 466 service members have died to date.

Currently there are 17,578,500 living war veterans.

*Information for this article compiled from internet sources.*

## Important Notice: JTF Command Climate Survey

By Spc. Katherine L. Collins

It is time again for all troopers to complete and return a command climate survey, doing their part to better the JTF mission and deployment experience. This survey is the JTF Guantanamo commander's tool to assess the morale and welfare of the command. The JTF continues to improve its ability to assess the command's needs. The new survey asks troopers to comment specifically in regard to their JTF experience, as opposed to their overall service in the past 12 months.

Beginning Nov. 10, section heads and unit commanders will distribute survey forms to each of their troopers, which the inspector general (IG) provided to them. The forms consist of 24 questions with provisions made for write-in comments. The survey is anonymous, so troopers should be as honest as possible. To ensure confidentiality, envelopes will accompany survey forms. It is important that troopers do not view the survey as a simple sensing session but as a means to assist the JTF command in developing solutions to concerns. Extra forms and collection boxes will also be available in the galleys, commis-

sion building and at JTF headquarters.

All troopers should complete a survey form, seal it in the provided envelope and return it to their commander or a collection box by Nov. 21.

The IG will collect all forms and assess the data, with the help of the combat stress team, over the course of the following 10 days. During the previous survey, occurring last March, 66 percent of the JTF command successfully returned their assessment forms. The command asks all troopers to respond to this November's survey, exceeding last March's survey success.





Photo by Sgt. Jolene Staker

Maj. Paul Minor (center), JTF staff chaplain, ministers to troopers where they live and work.

## Minor – spreading message where troopers live, work

By Spc. Rick Fahr

Viewing Maj. Paul Minor's ministry through the eyes of an observer, it's not easy to tell who's learning and receiving more, the minister or the ministered.

Minor, JTF staff chaplain, said that building relationships with troopers is one way for him to spread his religious message. He noted that ministering to military personnel often focuses on meeting troopers' faith needs wherever they may be, rather than working with an assembled group of believers.

"My chaplain assistant and I visit with them in the towers and at traffic control points. We go with them on mounted and dismounted patrols. We are there when there is a crisis in a trooper's life or if they just want someone to listen," Minor said.

Serving military personnel does involve unique situations.

"The troopers are much more diverse in every way than what I encounter in my Episcopal congregation, which is much more homogenous. That diversity makes the ministry even more enjoyable and exciting," he explained. "On the other hand, there is a lot in common. We all wear the uniform and share in the same mission. That creates opportuni-

ties for intimacy which are much harder to achieve in New England, where I am from."

There are also challenges inherent to JTF Guantanamo. Revolving schedules and tropical weather are among them, according to Minor.

The Baltimore native has spent seven years in the National Guard, having served as battalion chaplain for the 432nd Forward Support Battalion and as post chaplain at the Army National Guard Training Site, Camp Edwards, Mass.

Minor said that his outgoing personality and perseverance helps him relate to troopers.

"My passion for Jesus sustains me as I work in my congregation. My contemplative side also helps me continue," he noted. "I have to be grounded in the message of the good news of Jesus so that I can share it. I have to be able to communicate that and inspire others to follow Jesus within the context of Christian community."

A graduate of Boston University and Virginia Theological Seminary, Minor said that he offers the "Alpha Course," a worldwide evangelical movement that introduces the Christian faith, to JTF troopers.

## Worship Services

### Catholic

#### Main 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
	10:15 a.m.	Spanish Mass (Sanct. B)
M-Fri.	11:30 a.m.	Mass (Cobre Chapel)

#### 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 Chapel Complex
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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 following worship.

## Soul Survivor



Join the JTF Unit Ministry Team at Survivor Club on Wednesdays at 7 p.m. This weekly program features contemporary Christian praise music, preaching, and fellowship.



## RECREATION & LEISURE

### Happy 228th Birthday U.S. Marine Corps

On November 10, 1775, the Marine Corps was created by a resolution of the Continental Congress.



### Club Survivor invites you!



Photo courtesy of JTF archives

**Club Survivor invites you to watch the Monday Night Football game in the company of fellow JTF troopers. The game starts at 9 p.m. and as always refreshments will be available. Club Survivor also offers weekly Friday night karaoke for those wishing to stretch their vocal cords!**

### Veterans Day paintball tournament

Join other JTF troopers and Guantanamo residents for a Veterans Day paint ball tournament at Copper Field on Nov. 11.

The five on five tournament begins at 9 a.m.

Refreshments will be available. There are no equipment rental fees. Trophies will be awarded.

Interested teams may sign up at the paintball range no later than Nov. 10 by noon. For more information call extension 2345.



### Movie Schedule

#### Camp Bulkeley

##### Fri., Nov. 7

8 p.m. *Crocodile Dundee*

PG13 - 97 min

10 p.m. *Peacemaker*

R - 118 min

##### Sat., Nov. 8

8 p.m. *Legally Blonde 2*

PG13 - 95 min

10 p.m. *Chinatown*

R - 121 min

##### Sun., Nov. 9

8 p.m. *Small Soldiers*

PG13 - 109 min

##### Mon., Nov. 10

8 p.m. *Gigli*

R - 121 min

##### Tues., Nov. 11

8 p.m. *Alex and Emma*

PG13 - 96 min

##### Wed., Nov. 12

8 p.m. *Ghostbusters*

PG - 105 min

##### Thurs., Nov. 13

8 p.m. *Dumb and Dumberer*

PG13 - 85 min

#### Downtown Lyceum

##### Fri., Nov. 7

8 p.m. *Uptown Girls*

PG13 - 93 min

10 p.m. *Matchstick Men*

PG13 - 120 min

##### Sat., Nov. 8

8 p.m. *Medallion*

PG13 - 89 min

10 p.m. *Cabin Fever*

R - 94 min

##### Sun., Nov. 9

8 p.m. *Runaway Jury*

R - 130 min

##### Mon., Nov. 10

8 p.m. *Dickie Roberts*

PG13 - 92 min

10 p.m. *The Order*

R - 106 min

##### Tues., Nov. 11

8 p.m. *Jeepers Creepers 2*

R - 106 min

##### Wed., Nov. 12

8 p.m. *Cabin Fever*

R - 94 min

##### Thurs., Nov. 6

8 p.m. *Mystic River*

R - 130 min

#### Training from page 5.

In addition, J-3 provided training for the Coast Guard's Port Security Unit and the Marines' Mobile Inshore Undersea Warfare Unit. In addition to these types of training, J-3 plans to incorporate other various exercises into its 2004 training plan, including Expert Field

Medical Badge testing.

According to Kajander, some types of training are limited here in Guantanamo. "We can't be as flexible as regular Army because of the environment here. For example, we must alert the Cubans before conducting certain forms of training," he said. Nevertheless, J-3 serves to provide many forms of important training, from

MOS-related to that which every trooper needs.

Kajander encouraged anyone who would like to brief or train troopers on a particular topic, such as health awareness or OPSEC, to contact the J-3 training office at ext. 5174/5073. J-3 will coordinate between commanders and those briefing to arrange the training.



Photo by Sgt. Jolene Staker

## Spirit talk

MG Geoffrey Miller, JTF commander, speaks to troopers after a spirit run on Oct. 31. Miller inspired troopers to work hard during the formation runs, telling them, "You can fall down, but you can't fall out."

# Do mid-majors deserve NCAA tourney respect?

By Spc. Rick Fahr

## FAHR GAME

Parity in sports leagues is a good thing.

It's what makes the National Football League as interesting as it is. On any given Sunday, the Houston Texans or the Chicago Bears or the Cincinnati Bengals, er, Bengals can beat anybody, but sometimes the parity-pushers go overboard.

Nowhere is this more evident than in men's college basketball.

With the first preseason polls hitting the news and practices cranking up, I can almost hear the whining already starting. In a few months, the mid-major schools will begin their annual bleating about how deserving they are to be in the Big Dance, the NCAA tournament.

How deserving are they? Not nearly as deserving as

upper-tier conference teams that play much more difficult schedules but do not post gaudy win-loss records. To prove the point, examine two teams, Butler and Tennessee.

Butler, which complained mightily before the NCAA selections about its predestined right to play in the tourney, got in last year and made a Sweet 16 run. The Bulldogs finished the season at 27-6. That would be a great record if the Bulldogs played in the SEC or the ACC or even the Big 12, but they don't. They play in the Horizon League, which sounds more like a seniors golf circuit than a basketball conference.

It's not that difficult beating many of the teams on Butler's conference schedule. If the real basketball season starts in January, then let Butler's first 10

games in January tell their story: Wright State, Wisconsin-Milwaukee, Wisconsin-Green Bay, Loyola, Detroit, Youngstown State, Wright State, Cleveland State, University of Illinois-Chicago and IPFW (whoever they are).

Of that powerhouse Horizon League lineup, only Wisconsin-Milwaukee made the NCAA tournament last year. The rest of Butler's schedule is just as weak, with two possible exceptions, Indiana and Michigan.

Tennessee, which didn't get into the tournament despite a 17-11 overall record and a 9-7 Southeastern Conference mark, faced a significantly more difficult lineup last January: New Mexico, Kentucky, Mississippi, Florida, Vanderbilt, Georgia, Louisville, South Carolina, Auburn and Massachusetts.

Looking beyond the names,

# Collins, Ruggero win 5K

An infantryman and an NCO were the overall winners of the NEX Appreciation Day 5K run held Saturday at the Navy Exchange.

Spc. Todd Collins of the 1-181st Inf. Regt., Co. A, came in first place for men with a time of 16:29 and Sgt. Amy Ruggero, 177th MP Bde member and JTF J1 Personnel NCO, took first place for women with 21:52.

The run was held in conjunction with various daylong events at the exchange, which included food and drawings for door prizes.

they represent games against four nationally ranked teams and five tournament teams. For the year, Tennessee played eight games against ranked opponents and three other games against tournament teams.

Butler? Nary a ranked opponent on its schedule, but just for fun, take Butler's 27-6 record and back out its two NCAA tournament wins and one loss, making the teams record 25-5.

Then, let's apply 11 games against ranked/tournament teams. Let's say that Butler may have lost seven of those 11. That brings the team's record to 18-12.

Hmmm. That's fairly close to Tennessee's 17-11, but the Volunteers didn't get a sniff of the Big Dance.

Seems like maybe somebody had a good reason to complain, but it wasn't Butler.



# Trooper picks

JTF personnel's predictions for this week's games

## Games

UCLA at Washington State  
 Michigan State at Ohio State  
 Army at Air Force  
 Tennessee at Miami  
 Texas at Oklahoma State  
 Texans at Bengals  
 Dolphins at Titans  
 Jets at Raiders  
 Bills at Cowboys  
 Ravens at Rams  
 Last week's record  
 Overall record



1st Sgt.  
Sandra Adams-Jones  
273rd MP Co.

Washington St.  
 Michigan St.  
 Air Force  
 Tennessee  
 Oklahoma St.  
 Bengals  
 Titans  
 Jets  
 Cowboys  
 Ravens  
 4-6  
 34-22



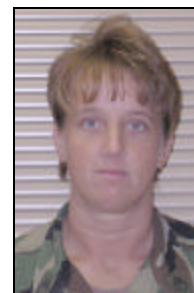
Craig Basel  
MWR director

Washington St.  
 Michigan St.  
 Air Force  
 Miami  
 Oklahoma St.  
 Texans  
 Dolphins  
 Jets  
 Cowboys  
 Rams  
 3-7  
 34-22



Staff Sgt.  
Deon Lee  
216th MP Co.

Washington St.  
 Ohio St.  
 Air Force  
 Miami  
 Texas  
 Bengals  
 Titans  
 Raiders  
 Cowboys  
 Rams  
 6-4  
 37-19



Staff Sgt.  
Stephanie Nielsen  
384th MP Bn.

Washington St.  
 Ohio St.  
 Air Force  
 Tennessee  
 Oklahoma St.  
 Texans  
 Titans  
 Raiders  
 Cowboys  
 Rams  
 7-3  
 36-20

## Sports highlights

# Hoops polls herald coming season

Compiled by  
Spc. Rick Fahr

With college football in its waning weeks, some attention has begun to turn to the hardwood.

The ESPN/USA Today pre-season men's poll shows familiar names at the top of the nation's basketball elite.

Connecticut garnered first place in the poll, followed by Duke, Michigan State, Arizona and Kansas. On the women's side, Duke is first. Connecticut is second, with Louisiana State, Tennessee and Texas finishing the top five.

\*\*\*

Saturday had been dubbed "Survival Saturday," as numerous top 25 matchups would derail some Bowl Championship Series hopes and keep others alive. The games proved to do just that.

Miami's road to the

national title took a major hit as the Hurricanes lost to Virginia Tech, 31-7. Georgia also fell, losing to Florida, 16-13.

Oklahoma, USC and Florida State, though, took care of their business. Heading into November, only the Sooners and TCU remain unbeaten.

In the weekend's (and the NCAA's) longest game, the Arkansas Razorbacks outlasted the Kentucky Wildcats in seven overtimes, 71-63.

\*\*\*

Two NFL quarterbacks put in gutsy performances Sunday.

Green Bay's Brett Favre tossed three touchdowns, and the Packers beat Minnesota, 30-27. What made Favre's play unusual is that he has a broken thumb.

Tim Rattay made his first start for the San Francisco 49ers and led the team to a 30-10 thumping of the Saint Louis Rams.

Tampa Bay's slide continued as the Bucs lost to the New Orleans Saints, 17-14, and the Indianapolis Colts continued their winning way, beating Miami, 23-17.

\*\*\*

The World Series may be history, but Major League Baseball continues to make news with the Boston Red Sox making the most headlines.

Boston put slugger Manny Ramirez on waivers, but no team claimed the outfielder (or his \$100 million contract).

The Sox fired manager Grady Little, who caught fire for allowing Pedro Martinez to continue to pitch in the sixth game of the league championship series. The Sox lost that game, and the series.

One person who won't be the next Red Sox skipper is Bobby Valentine, who recently inked a deal with a Japanese team.

## JTF teams compete in sports leagues

JTF teams have gotten off to mixed starts in volleyball and soccer league play.

In Captain's Cup men's soccer action, the JTF Linguist team has lost its first two games. The NEX entry leads the standings with a 3-0 record. Kvaerner has posted a 2-0 record, while the Minute Men stand at 2-1. The Fire Department team has won one and lost one, and the Hospital team is at 1-2. W.T. Sampson is 0-3.

NEX leads men's volleyball with a perfect 3-0 season. The 661st MP Co. team stands at 2-1, while the JTF MP 38th squad has lost its two games.

In the women's volleyball league, the 661st team has won one, lost two and forfeited one. The hospital team leads the league with a 3-0 record.

# 15 Minutes of Fame...

## With Staff Sgt. Joyce Henderson, 384<sup>th</sup> MP Bn.

*Dedicated soldier for more than 20 years, Henderson is an Army veteran who gleans all she can from her military experience. She is currently a soldier with the Army Reserve in Indiana. In Guantanamo she serves with the Joint Detention Operations Group (JDOG) S-4.*

Interview and photo by  
Spc. Katherine L. Collins

**Q: What inspired you to join the military?**

**A:** "I've always liked to travel. So to travel and see the world, the Army was the best for me. I also like structure and rules. I joined the military because it provides that. I know that if I cross the boundaries I will face the consequences, and I always know which consequences go with which boundaries."

**Q: How many years and in what branches and components have you served?**

**A:** "I have served the Army for more than 20 years. Four years were with [Active Duty] and the remainder with the Army Reserve."

**Q: Where have you deployed?**

**A:** "My overseas service includes Germany, Somalia and now Cuba. In support of Saudi Arabia I served state-side as the rear detachment acting first sergeant. I have also traveled around the [United States] in my Army service."

**Q: What do you recall as your best deployment experience?**

**A:** "I've just really enjoyed serving and interacting with all types of people every day. I've learned that everyone has a story. Often I would perceive people one way then, after talking to them, I'd learn that they were actually very different than I'd thought."

**Q: How has your veteran service impacted and molded you as a sol-**



Staff Sgt. Joyce Henderson, of the 384th MP Bn., serves in JTF's JDOG S-4, logistics. Here she files and tracks item requests from JTF troopers and detainees.

**dier and person?**

**A:** "Serving has developed an inner strength in me and taught me that right is right and wrong is wrong; there are no gray areas. I've learned to better succeed within a structured society full of rules. It has also made me a more open and attentive listener, not jumping to prejudge people, and has made me more flexible, including in my viewpoint. It's also taught me to stick to my convictions. These qualities are important to have as a fellow soldier and NCO. I have also applied them to my personal life."

**Q: In what ways have your family and civilian employer supported you in your active service?**

**A:** "My family always pulls together well to support me when I serve. I have a ... daughter in college and a ... grandson. I normally care for my grandson, but one sister cares for him while I am away here. Another sister attends to my house,

my brother-in-law cares for my vehicle, and my nephew does the yard work. As for my employer, I work in the absent relief section for BF Goodrich. The company is extremely supportive, accommodating my military service in many ways.

**Q: What is your mission with JTF?**

**A:** "Our main job in S-4 is to see that all JTF troopers and detainees have all items they need, such as uniforms. We send any JDOG requests to J-4 then track the items as they are

distributed to ensure every request is filled. The requests are sometimes new issues and sometimes are replacement items for unusable ones. Our other responsibilities include keeping up the property books. In all we do, we must coordinate between Guantanamo's Naval base and the JDOG.

**Q: What do you do to relax when you deploy?**

**A:** "Here I read a lot and watch movies. I also play bingo, and I was in a bowling league."

**Q: Looking back on your overall military experience, what makes you most proud to continue serving?**

**A:** "Just watching the number and variety of people joining together for one mission is awesome. For example, in Guantanamo we have all five military branches serving and a large number of civilians supporting the JTF in all types of capacities."