



the Wire

“HONOR BOUND TO DEFEND FREEDOM”

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Teamwork leads to success for 240th MPs

By Sgt. Benari Poulten

So close to home, yet so far away. Working in the tropical heat, along the cool waters of the Caribbean was nothing new to 240th Military Police National Guard Company. For these soldiers, serving in support of Operation Enduring Freedom as members of JTF Guantanamo has been bittersweet. On the one hand, all of the MPs jumped at the chance not only to carry out the critical mission of guarding and detaining the terror suspects, but also to serve close to their home of Puerto Rico, a mere island-hop away. On the other hand, the MPs worked long, difficult hours performing a tireless task, knowing that it would be a while before they would actually be able to travel the short distance home, back to the waiting arms



Soldiers of the 240th MP Co. receive training on shotguns.

Photo courtesy of 240th MP Co.

of their loved ones.

“It was hard, psychologically speaking,” Spc. Joselin Benitez said. “You cannot just hop on the plane and go home for the weekend and come back. You have responsibilities; you have a lot of time working. We were just a swim away, but at the same time it was hard to get in touch with our loved ones.”

But, like all good troopers, the soldiers of the 240th shifted gears and adapted to their situation with a strong sense of professionalism.

“We pretty much changed our frequencies and said, ‘Hold up. We have got to do this and we have to make the best of it.’ Because if we don’t, it’s

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Message from the Top



BG James E. Payne
Deputy Commander of
Operations
JTF Guantanamo

Over the next three months, the JTF will completely change. Many new units will arrive to take the JTF mission to the next level. The majority of the personnel will change in the next six weeks. One thing will not change ... our commitment to the mission and making a difference every day.

New units are beginning to arrive now and old comrades will start departing next week. As we wish our old teammates goodbye, we must stay focused on preparing our new troopers to assume the variety of missions and challenges that they will face. The JTF is a success at all the tasks you do. The training you provide our new team members will ensure that they will be successful. The efforts of all the troopers in the JTF enabled the organization to achieve ever-higher standards. You know what right looks like. Now it is important for you to show our new personnel the standard for excellence in the JTF.

Every trooper should be proud of the job you have done and the things you have accomplished, as one team with one fight: combating terrorism. You should be proud of the JTF and how you have shaped it. You should be proud that you serve in one of the most respected organizations - the United States Armed Forces. You can be proud that your efforts, and the efforts of all your fellow troopers, have made this military the most professional military in the world. Most importantly, you should be proud that when needed and asked by your country you served proudly and with distinction.

But your mission isn't over yet. Leaders and troopers, from Private, Sailor, or Airman and up, have the responsibility to ensure that their replacements are trained, ready, and able to continue the mission. This is really NCO/CPO business - training troopers. The "Right Seat/Left Seat Ride" enables our new troopers to watch you perform the mission, and then the experienced troopers watch and coach the person replacing them. This is important business. It sets the stage for the JTF's future success. The JDOG is currently doing "Right Seat/Left Seat" with the new units. Leaders at all levels must make sure that this establishes the standards and enables the JTF to reach new heights of mission accomplishment.

As you and your team members depart to new missions and opportunities, you can do so proudly; confident that you made a significant contribution to the JTF and your unit, satisfied that you made a difference in the organization and mission every day, and proud of the fact that you raised and achieved higher standards. You have made the organization better, that's what professionals do. The JTF will continue to change because of your efforts and the efforts of our new teammates; and that should make you proud.

For those of us who are leaving, you can do so knowing that you served the JTF and the Nation well. You embraced change and made a difference. For everyone joining the JTF, you are joining a truly professional organization that continues to raise the standard that knows what right looks like, and is committed to winning the war on terrorism every day. That's JTF Guantanamo. Honor Bound

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Trivia Question of the Week:

“What is the name of the tower inside Camp 4?”

Please send your answers to the JTF Public Affairs Office, email address: pao@jtfgtmo.southcom.mil by Tuesday, Aug. 5, 2003.

A name will be drawn from all who get it correct for a JTF T-shirt or hat.

Last week's question: “On what date did the medium security facility - Camp 4 - open?”

Answer: Camp 4 opened and received its first detainees on Feb. 28, 2003. Twenty detainees were transferred on that date.

Maj. Jeffery B. Kearns, Secretary of the Joint Staff, correctly answered the question and was selected as the winner!

96th Transportation gets ready for the long haul

By Spc. Delaney Jackson

Since arriving at JTF Guantanamo in December 2002, the active Army's 96th Transportation Co., from Fort Hood, Texas, has been hauling everything from laundry and guard shacks to troops and supplies. Although the amount of tonnage that they have moved is impressive, it is still not their most impressive accomplishment here.

"Our greatest accomplishment is the cohesion in our unit. We all started working together and things ran smoothly," said Army Sgt. Michael Kuflik, "As a whole, we've picked up a lot of things from each other and it's all been good helping each other out."

Most units become close during deploy-

ments, but the 96th Transportation Co. holds this to a much higher degree by including in their 'family' even those augmentees who are attached from other units.

Feelings were echoed by Spc. Joseph Gawne, attached to the 96th from the 300th MP Bde., who said, "When we first got here no one really knew anybody ... Now we're all much more comfortable, it's kind of like a big family ... We all work well together." Even during off-duty time the members of the 96th stuck together, doing everything from fishing to playing softball.

Whether hauling troops, supplies, or just whatever needed to be moved at the moment, the 96th and their augmentees took their job seriously. "I take great pride in what I do here," said Spc. Gawne, "If we're not here, the supplies don't move;

troops don't move."

In addition to providing transportation support to the JTF, the 96th used their time here to cross-train in new skills. Spc. Shane Rudicil, an early warning systems operator, attached from the 785th MP Bn., said, "I've learned how to use computers and drive the buses. It's [driving a bus] a high demand job; it gives you respect for people who do this on a daily basis."

Spc. Gregory Baxter, one of the proud members of the 96th, is anxious to pass on what he has learned here and has this advice: "Work together ... get to know the people next to you ... Meet someone new everyday, and treat them how you want to be treated. That's my philosophy."

Virgin Islands MPs arrive, ready for "real world" mission

By Tech. Sgt. Theo McNamara

The Virgin Islands National Guard's 661st Military Police Company arrived here Monday to begin what will be their first "real world" deployment. Also arriving Monday and attached to these MPs is a platoon of infantrymen from the Puerto Rico National Guard.

The group left the islands July 8, to participate in correctional training at Fort Dix, N.J., in preparation for their mission here.

"This is our first deployment and we're all anxious to do our part to support the effort here," said Capt. Kai Schjang, 661st commander. "We didn't have any problem

getting people to fill the commitment; in fact, we had too many people volunteer and were forced to have to leave some people home."

"Our troops are anxious to do their part

According to 1st Sgt. Emil James, there are many more reasons for his unit's "ready-to-get-involved" attitude. "Our troops are tired of training and are looking forward to participating in a real-world mission."

Staff Sgt. Ruth Frorup is looking forward to getting as much as she can from her experience here. "Our unit is hoping to get together a softball team," she said.

Frorup recognizes that this is a place for her to grow personally as well. "I think this is a great place to grow professionally, while also getting to do many of the things I like to do during my off-duty time. Beyond doing my job, I hope to enjoy Cuba and all it has to offer. I enjoy snorkeling, diving, biking



Photo by Spc. George Allen

The 661st MP Co. is welcomed to Joint Task Force Guantanamo by MG Geoffrey D. Miller and BG James E. Payne.

and this deployment is ideal for our unit's first deployment for many reasons. This is a familiar environment for us," he explained. "The climate is very similar and we're very close to home."

and hiking.

"I think most of the people in my unit are as excited about the opportunities this deployment offers all of us both professionally and personally."

240th, from page 1.

just going to make it harder on ourselves," Benitez stated.

Although these MPs worked hard as part of the Joint Detention Operations Group (JDOG), they made the best of their situation, knowing that what they were doing was crucial in winning the Global War on Terrorism. "It's been a little bit hard," 1st Sgt. Rene Torres said, "But some of them are taking back a good experience from this ... When they joined the National Guard, they knew that they had to do their best job for the country."

Torres highlighted some of the positive aspects of this deployment. "Being able to work with other units, having people from other units working with them all the time, and working in an environment like the JDOG environment, that's going to be a great experience."

In the unique atmosphere of the JTF, the 240th retained its own unique perspective, emphasizing camaraderie, both inside and outside the wire. Whether on the job, at the gym, or enjoying some well-deserved downtime, the 240th does things together, relying on one another for support.

"Working as a team inside the modules, inside the blocks," Torres disclosed, "they know that they have to be a team to be able to be successful inside the block. Because, if you don't work as a team inside the block, you will never make it. Teambuilding is a good experience they'll take back with them."

"We work really well together as a team – there's a lot of teamwork," Spc. Emmanuel Campos agreed. "That's what really keeps us together. What kills a unit is people who want to work alone – everyone [sometimes] wants to be G. I. Joe, but even G. I. Joe needs to work on a team."

When asked about the essential ingredient to ensuring teamwork, Campos summed it up in word: "Camaraderie. Not only when we work ... we also get along together when we're off of work, and that's also important."

"Even in our downtime, it's always team building," Contreras said. "You're

always with somebody, always trying to help somebody out."

The members of the 240th place a strong emphasis on community in everything they do, from training to social gatherings. They have used every opportunity available to strengthen bonds within their unit, as well as throughout the JTF and Naval Base communities. They have also learned a great deal from their inter-service work in the JTF, finding out things about their unit and themselves. "It was interesting," Contreras revealed, "because you learn different things. Like myself, I learned a lot from this experience and I actually want to go active duty when I leave here."

"You learn a lot. Taking charge, leadership. Even though I'm just a specialist, you've got to take control of the situations and it actually builds you up as a better person," Campos noted.

Benitez supported this sentiment. "A lot of people have improved, they have a different mind-set for the situations ... The unit has come together, working as

a group ... We've pretty much gotten along and made better people of ourselves."

Pfc. Melwin Rodriguez pointed out that he had grown during his service in the JTF, both as a soldier and as a person. "Well, myself, of course, I've seen that I've matured. I think about my military service in a different way." He also gained some independence. "This is the first time out of my house ... and I learned how to cook, and [how to] do everything on my own, because I'm not back home. And I'm meeting a lot of friends from other services. It's a pretty good place. It's whatever you make out of it."

Another key component to their success has been their attention to detail, as Benitez explained. "It's those little details that you don't always notice [that] are the ones that make a big difference ... When we first came here, we had a different way of thinking. Now that we leave, we know that what we've done has saved a lot of lives."

As they prepare to head home, they look back proudly on their time here, knowing that they have left a profound

impact on the war on terrorism. "I do feel proud," Campos reflected. "I look back at it now, and this might just be Cuba, but this is a really important part. What we do is really important here, and I feel proud because of what I do here. And nobody ever has to tell me 'thank you' or anything like that because I know, I feel good about what I do here."

Twice the homecoming

By Spc. Jared Mulloy

The 240th Military Police Co. will soon be island hopping back to Puerto Rico to return to their civilian lives, and the families they left behind. However, unlike most units, the 240th will receive twice the normal welcome home.

The 240th MP Co. is actually part 240th and part 242nd MP Co. "This unit is composed of personnel from two different units that are distant from one another [in Puerto Rico]," said Capt. Gamaliel Torres, commander of the 240th.

According to Yolanda Perez of the 240th's Family Support Group (FSG), the 240th FSG and the 242nd FSG have been meeting separately because of the distance between the two Army Reserve centers, but they still get together for some of the meetings.

"We are trying to make [being separated] easier by sticking together," said Perez, "They [the 240th and 242nd soldiers in Cuba] don't have to worry about us because we are always in touch and we all take care of each other."

Another upside to having two family support groups is that there will be twice the celebration when they get home. According to Perez, the current plan is to meet the returning soldiers at the 240th's Reserve center in Guanadiaz, Puerto Rico and from there, the soldiers from the 242nd will head for their Reserve center in Aguadilla, Puerto Rico.

Perez says that a big party for both units is being planned for the end of the month, once everyone has had a chance to settle in.

"We work really well together ... There's a lot of teamwork ... That's what really keeps us together."

*Spc. Emmanuel Campos
240th Military Police Company*

216th MPs get ready to tackle JTF mission

By Sgt. Benari Poulten

Hailing from West Memphis, Ak., the soldiers of the 216th Military Police Company will be more than up for the task of replacing the outgoing 240th MP Co., which is departing by the end of August. Scheduled to arrive sometime in August, this Arkansas National Guard unit will pick up the reins from the 240th MP Co., guarding and detaining terror suspects as

part of the Joint Detention Operations Group (JDOG). As soon-to-be new MPs on the block, they are looking forward to getting started and testing their mettle in the intense atmosphere of the JTF.

For the past nine months, the 216th MP Co. has been serving on active duty at Fort Leonard Wood, Mo., engaged in a law enforcement mission. The 216th is currently training at their mobilization site at Fort Dix, N.J., preparing for their mission

in support of Operation Enduring Freedom as members of JTF Guantanamo.

Formed about three years ago, the 216th MP Co. is a relatively new unit, comprised of about 100 soldiers, but they will continue to live up to the high standards they set for themselves during their active duty time at Fort Leonard Wood, protecting and defending their nation's freedom.

JTF welcomes new Joint Interrogation Group Chief

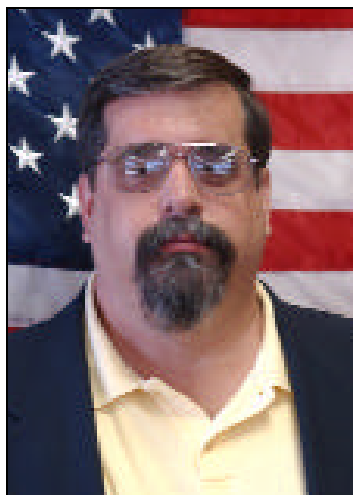
One of the newest members of the JTF, Mr. Esteban Rodriguez Jr., hails from the Defense Intelligence Agency (DIA), Washington, D.C., where he was a Division Chief.

Mr. Rodriguez comes to GTMO with 23 years of federal service where he has served as an Army interrogator, Director of Operations for the 66th MI Bde., and Director of Joint Allied Refugee Operations Center, Berlin, Germany.

Rodriguez is also a Cuban native, returning 42 years after he left the island with his parents back in 1961.

"I am proud to be part of JTF Guantanamo with its extremely important mission. It makes it even better that I get to come back to Cuba. My family and I are also looking forward to being part of the Navy community as well," Rodriguez said.

This will be a two-year assignment for Rodriguez, who



*Mr. Esteban Rodriguez Jr.
JTF Joint Interrogation Group Chief*

is also accompanied by his wife Catherine, and children Christina (12), Stevie (11) and Alexandra, "Ali" (3). Chrissy and Stevie are both avid soccer players, Ali loves to go swimming, and Rodriguez loves spending time on the golf course and tennis court.

You can't take it with you

By Spc. Jared Mulloy

So, you're a JTF trooper ready to head home, but you can't seem to fit that new desktop computer and plasma television that you bought at the NEX into the two duffle bags you brought, and you're not so sure that your microwave would survive the airport anyway. Don't think you can bribe your commander for 'shipping container' space because you are not authorized to ship personal items home at government expense. Basically, if you did not bring it to GTMO with you then it's time to utilize Guantanamo Bay's Military Post Office and ship your personal items home.

According to Navy Postal Clerk Petty Officer 2nd Class Sophie Humphrey, "You should ship packages out three weeks to a month before you head home." Humphrey recommends that you come get some customs forms and box labels to fill them out before you come in. That way lines will move faster and you'll save yourself some time. "You have to expect that if you're a JTF trooper heading home, then lots of other troops are probably preparing to go home too," said Humphrey.

If you're worried about those well earned higher price tag items getting roughed up on the way home, you can always insure your package. "I recommend insured standard mail if you're in no rush," said Navy Postal Clerk Petty Officer 2nd Class Keisha Craig, "It's the most cost effective way to ship and it's safe [thanks to insurance]."

It's also very important to pack your items properly for shipment. "Make sure everything is secured tightly inside your box, especially if your item is fragile," says Navy Post Office Deck Supervisor, Petty Officer 2nd Class Reginald Felder.

The post office also recommends that your box is wrapped in brown paper. They also provide free boxes, while supplies last, if you're shipping via priority mail. And keep in mind that if the length and girth of your box exceeds 108 inches you will be charged an extra fee.

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

Soldier of 240th carries on two great traditions

By Sgt. Erin Crawley

Sgt. 1st Class Felipe Garcia loves being a part of the 240th Military Police Company. He says it has been his second family since he joined the Army 27 years ago.

In that time, Garcia has seen the world with his second family. Over the years he's had missions in places such as Saudi Arabia, Honduras, the Philippines, and Germany. With each mission Garcia gained more knowledge and more expertise.

Although Garcia says this mission for JTF Guantanamo has been challenging, he has enjoyed it because he has learned a lot and had the opportunity to work with a variety of people from different parts of the United States. "One of the things I've learned here is how to interact with people that have different lifestyles than mine," said Garcia.

His lengthy experience in the military has also given Garcia the ability to have a positive perspective. "The deployment here in Cuba is easier than other deployments I have been on. Like Saudi for example – we worked endless hours, showered every four days, sleeping on the sand. Here it is more comfortable. We get hot water, transportation. In Saudi we had no transportation," Garcia said.

Another love of Garcia's is his wife and three kids, who he misses tremendously. Soon they will be reunited. He plans to take a few weeks off to spend with his family before returning to his civilian job as a supervisor at a juvenile institution.

While his wife and children are his number one love, there is yet another love



Photo by Sgt. Erin Crawley

Sgt. 1st Class Felipe Garcia proudly displays two cards from his 35,000 baseball card collection. On the left is an autographed card of Garcia's all time favorite baseball player, Roberto Clemente. On the right is an autographed card of Roberto Alomar, when he was playing with the Toronto Blue Jays.

in Garcia's life and that is baseball. His pride and joy is a 35,000 baseball card collection. Yes, you read that right – 35,000 cards!

"I have a 22 foot by 14 foot room at home dedicated exclusively to my baseball card collection and baseball memorabilia," Garcia said.

Among his most prized treasures are his Mickey Mantle cards from the 1950's and 1960's, valued at approximately \$2,000 each.

"I've been collecting cards since I was 16 years old. My father gave me his collection and I've been adding to it ever since," Garcia said.

Motivated by carrying on the tradition in memory of his father, his baseball card collection just keeps growing and growing.

"I plan to pass my collection onto my four grandsons someday."

His favorite teams are the Yankees and the Chicago Cubs, but his all time baseball hero is Roberto Clemente. "One of the reason's Roberto Clemente is one of my heroes is because the first day of his Major League career with the Pittsburgh Pirates was on April 17, 1955, which is also the same day my wife was born," Garcia said.

"He [Clemente] has been a hero of mine since I can remember. My father was a huge fan of his. So it started there. So I'm following in my father's footsteps." Garcia laughs, "I remember when my father was listening to the baseball game on the radio ... if Clemente's ball club lost, he would hit the radio."

In 1972, Garcia got the chance to meet Clemente in person. "It was during a baseball clinic held in Ponce (Puerto Rico). I was about 21 years old," Garcia remembers.

Since Garcia is from Puerto Rico, it's no surprise that many of his favorite baseball players are also from Puerto Rico, such as Roberto Alomar of the Chicago White Sox. Garcia knows Alomar personally, as they live near each other in Puerto Rico. "I got this [baseball card he is holding] signed at his house. I have about 15 things autographed by him. He even gave me a brand new glove. He's a good friend and a good guy," Garcia said.

So at the end of the day, Garcia can sleep easy at night knowing he has the privilege of carrying on two great traditions – collecting baseball cards and serving his country.

Mini-Mart expansion set for Camp America

Plans call for the construction of a new Mini-Mart starting the first week of September and opening for business by the end of October.

According to Mr. John F. Crotty, General Manager, Navy Exchange, Guantanamo Bay, the new Mini-Mart will be a 3,000 square foot structure consisting of five pre-fabricated foul-weather resistant buildings. It will be located in the Seaside Galley parking lot behind the bus stop gazebo. Once in place, the pre-fabricated structure will stock more merchandise that

includes a bigger selection of health and beauty aids, more soaps, shampoos, snack foods, and new items like frozen foods, books, magazines, and casual civilian clothes.

"The new Mini-Mart will have some shoes. It will have some undergarments, underwear, socks, T-shirts, shorts, running shorts, that sort of thing. It will have six feet of reach-in freezers for microwave dinners, TV dinners, and pizzas. It will have 16 running feet of chill-space for soda, beer, some cheeses and stuff like

that. Most of it is going to be drinks, Gatorade, Pepsi, Coke, and bottled beer," said Crotty.

The Camp America Mini-Mart is basically stocked by the troops. "If something isn't moving, we pull it right out and if they want ... (a particular item), the guy is out there right away," said Crotty. "We have somebody ask for this, they write it down, they give it to the supervisor and if we can, we get it in there as soon as possible," he said.

The fountain of youth found: Consistency is the key

By Sgt. Erin Crawley

Since his arrival nine months ago, Staff Sgt. Milton DeJesus, a supply sergeant with the 240th Military Police Company, has been working out consistently for the first time in his life and has seen tremendous results.

"I changed my workout routine when I came here because I wanted to gain body mass. But I wasn't exactly sure how to do it, so I got some assistance from one of the Fitness Specialists here," said DeJesus.

"I asked her [Fitness Specialist, Karissa Sandstrom] how I was doing and how I could improve. She told me I should work more parts in one day, so that I could work those parts more frequently throughout the week. Now I have a well rounded workout," DeJesus said.

"One day I will work on my back, trapezoids, biceps and forearms. The next day I will work on my legs and calves. The next day I'll do my chest, shoulders and

triceps. My workout can last anywhere from an hour to an hour and 45 minutes," DeJesus said.



Photo by Sgt. Erin Crawley
Staff Sgt. Milton DeJesus, a supply sergeant with the 240th Military Police Company says that consistency is the key to any workout. Here he starts a three mile run as part of his regular work-out routine.

His dedication has resulted in a 15-pound increase in body mass - all muscle. Now he is working on improving his run. DeJesus scored 292 on his APFT test and ran the two miles in 14 minutes and 18 seconds, but he wants to be faster. He says the extra muscle mass has made the run more challenging.

Since DeJesus has been at GTMO, he's also been eating much healthier. "I basically stay away from saturated fats like hamburgers and hotdogs. The great thing about eating at the Seaside Galley is using the green cards. They indicate low-fat foods, so I stick with those," said DeJesus. In addition, DeJesus takes protein supplements three times a day.

DeJesus feels that staying in shape should be a lifetime commitment. "Your life expectancy will be longer. You will look better. It is a great satisfaction to see yourself in the mirror, to see that you are in shape, and that you look good," DeJesus said.

Man on the Street

Compiled by Staff Sgt. Stephen E. Lewald

This week's question:

What have you always wanted to know about JTF Guantanamo?



Spc. Ricardo Escobar
240th MP Co.

"Can anyone speculate on approximately how long the JTF mission is going to last?"



Army Staff Sgt.
Laura A. Frost
HHC, 785th MP Bn.

"Why aren't there any affordable air flights off of Guantanamo Bay, for the lower enlisted troops of JTF?"



Pfc. Charlie
Camp "A" Mascot,
785th MP Bn.

"I'd like to know why there are no military working cats at the JTF?"



Air Force Staff Sgt.
Chad J. Wittnebel
J-4 Motor Pool

"Why aren't there more positive stories about the JTF mission being aired on the news?"



Spc. Troy A. Copeland
984th MP Co.

"Will family members of JTF troopers ever be able to come and visit Guantanamo Bay?"

MG Miller and CSM Nieves will 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 13, between 5 p.m and 6 p.m. Call the "JTF-Forum" at 2300 and 2351 and get the answers you want!

Chaplain's Corner

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

Attention to detail. That is what they say the military is all about. I have learned the reality of that all over again. One day this week I was involved in helping prepare our "hummer" for shipment back to the States. We were told that we had to get all the dirt off the vehicle. My assistants worked diligently for more than an hour early on the first day. Then they were told it was a "no go." So, I directed my staff to go back to work on the cleaning task. Not wanting to appear an insensitive taskmaster I went back to my hooch, changed clothes, and got right down in the wash rack pit with them.

We commenced to spray on degreaser, scrub and spray until we were convinced the entire vehicle could be used as a poster child for "Hummer, USA" magazine, if there is such a thing? Well, we were incorrect in our assumption and discovered that there was much more work to be done. Now let me say right here that my attitude on the requirement is no reflection on our JTF members who set the standard for cleanliness. They are simply doing their job in trying to help us pass the customs inspection, and they are doing their

job very well. Nevertheless, I have never seen such an emphasis on the demand for total cleanliness. I don't know how many more hours of scrubbing it will take. I do know that our efforts will result in a successful transfer of our vehicle back to our home station. And I know that this will happen because of our paying attention to detail.

Paying attention to detail is important in our lives in many more ways than in preparing a vehicle for inspection. Paying attention to detail is important as we endeavor to complete most tasks in our lives. We pay attention to detail when we purchase a new car, when we purchase a new home, or when we perform any important task in our lives. I am glad to say that this is not something that we have to do alone; there is always the possibility of the presence of the Divine Creator of the universe. He paid attention to detail in that creation. I believe that He continues to pay attention to the details of our lives. I believe that God is standing by, ready to assist each one of us with the important details of our lives. There is no detail too small, nor is there any task so unimportant but what He is not willing to help us. Trust Him. Rely upon Him. Let God show you how much he cares about the details of your life.

Catholic Holy Day of Obligation - Feast of the Assumption of Mary

Members of the Catholic community will celebrate the Feast of the Assumption of Mary next Friday, August 15. Mass for this holy day of obligation will take place in the NavBase Main Chapel at 6:30 a.m. In addition, there will be a Mass at noon at the little wooden chapel at Camp America.

The NavBase Main Chapel will also offer a Mass on Thursday at 5:30 p.m. for those who cannot attend Mass on the 15th. The Feast of the Assumption celebrates the movement of the mother of Jesus from life in this world to full life with the Creator.

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 Chaplain's 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

Sprint Global Savings II Plan

LCN has been working with Sprint and is pleased to notify their customers that Sprint has created a special pricing plan for calling from the USA to Guantanamo Bay Cuba. This plan covers Continental U.S., Alaska, and Hawaii. The specific pricing components for Sprint's Global Savings II Plan are:

- \$7.95 Monthly Reoccurring Charge (MRC). \$3. of the \$7.95 will be applied to long distance charges if the usage exceeds \$50 in a month.

- State-to-state Dial 1 rate (USA to USA calling): 7 cents per minute

- USA to Guantanamo Bay rate: \$.55 per minute.

In order to receive this low rate, personnel in the U.S. who desire this service should contact Sprint's Consumer Market's group at 1-800-977-4000 or contact them on their website at www.sprint.com to enroll in this plan or for more information. If you have any questions on this plan or any questions concerning long distance charges, please feel free to contact LCN Site Manager, Bob Diamond at extension 3644.

Ephedra: It is NOT safe

As soldiers, sailors, and Marines, most of us lead active lives. Physical fitness is a top priority in the military. However, today, many service members are turning to supplements in the hopes of enhancing their performance and staying trim. You don't have to look far to find a colleague taking – Xenadrine, Hydroxycut, Ripped Fuel-Products whose ads promise to burn more fat, build more muscle, and enhance energy. These products contain a dangerous combination of ephedra and caffeine.

From 1997 to 2001, 33 deaths among active duty service members were attributed to ephedra use. This prompted the military's exchanges to pull products containing ephedra from the shelves. Deaths in NCAA and NFL athletes have resulted in ephedra bans in the NFL, NCAA, and the International Olympic Committee. After the death of a 16 year-old high school football player last year, Illinois has recently made it illegal to sell ephedra to minors.

There have been several medical studies of ephedra-containing substances. Most are flawed by too few participants or poor study conditions. The results of the studies have shown minimal, if any, improvements in

strength, speed, and endurance. In fact, the most consistent finding in all the studies was an increase in heart rate. Yet the advertisements still make lofty claims about the effectiveness of ephedra.

The New England Journal of Medicine reviewed 140 reported adverse events of ephedra. It found 31 percent of the reports to be definitely or probably related, and another 31 percent to be possibly related to ephedra. High blood pressure was the most common event, but abnormal heart rhythms, heart attacks, seizures, strokes, and death were all noted. There were 10 deaths and another 13 permanent disabilities. The scary feature of this report was that nine serious events occurred in people taking relatively low doses of ephedra, who had no important medical risk factors. Of the sudden catastrophic events, 11 occurred in previously healthy people.

How do products with such a poor track record continue to sell billions? There are several reasons. For starters, U.S. law prevents the FDA from regulating diet and herbal products unless they are proven unsafe. Since it is only voluntary for these

See Ephedra, page 11.



Camp Bulkeley

Fri., Aug. 8

8p.m. *The General's Daughter* R - 115min

10 p.m. *Tears Of The Sun* R - 121min

Sat., Aug. 9

8 p.m. *Hart's War* R - 125min

10 p.m. *Rules of Engagement* R - 127min

Sun., Aug. 10

8 p.m. *Pearl Harbor* PG13 - 183min

Mon., Aug. 11

8 p.m. *Enemy At The Gates* R - 131min

Tues., Aug. 12

8 p.m. *Windtalkers* R - 133min

Wed., Aug. 13

8 p.m. *We Were Soldiers* R - 138min

Thurs., Aug. 14

8 p.m. *Black Hawk Down* R - 144min

Movie Schedule

Downtown Lyceum

Fri., Aug. 8

8 p.m. *Seabiscuit* PG13 - 130min

10 p.m. *Dumb & Dumber* PG13 - 85min

Sat., Aug. 9

8 p.m. *Hollywood Homicide* PG13 - 116min

10 p.m. *Bad Boys II* R - 147min

Sun., Aug. 10

8 p.m. *League of Extraordinary Gentlemen* PG13 - 110min

Mon., Aug. 11

8 p.m. *Dumb & Dumber* PG13 - 85min

Tues., Aug. 12

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

Wed., Aug. 13

8 p.m. *Hollywood Homicide* PG13 - 116min

Thurs., Aug. 14

8 p.m. *Bad Boys II* R - 147min

Club Survivor

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

NATIONAL SPORTS

On the Mark

The game is not the same.

By Sgt. Bob Mitchell

I figured out why I love sports so much: great clichés. From "No question about it" to "Ya gotta believe" to "We have to play our game," there are more clichés in sports than a Mel Brooks western.

Of course, the mother of all clichés is, "That's what it's all about." This versatile phrase not only applies to all sports but every facet of life itself. It's nothing to hear this mentioned in four different TV reports from four different sports. For example, Cardinals' reliever Jason Isringhausen comes out of the bullpen to end a ninth inning Cubs rally.

After the game, Cards' manager Tony LaRussa is interviewed and compliments Isringhausen's clutch performance on the mound saying, "Izzy came in and got the job done. Yup, great pitching. That's what it's all about."

Atlanta Falcons' head coach Dan Reeves lauds the rifle arm of quarterback Michael Vick. "We'll do well if we protect Mike in the pocket. That's what it's all about."

In NBA action, the Spurs hold the Nets' Jason Kidd to a sub par performance. The Spurs' Tim Duncan credits his team's defense for the win. "We played together on defense. That's what it's all about."

We turn to golf, where Tiger Woods has just won the U.S. Open. He sank some long putts on the last couple of holes to pull out the win. In the post-tournament interview El Tigre talks about coming through when it counts. Two guesses as to what he says and the first one doesn't count.

I'll end this week's column on that note because of space and an approaching deadline. Time and space. That's what it's all about.

Sports Highlights

Summary by Sgt. Bob Mitchell

What do you do when your team is ranked dead last in virtually every offensive category in the National League? The **Los Angeles Dodgers** decided to blame it on their hitting coach, which has obvious consequences. Sunday night the Dodgers gave the hook to hitting coach **Jack Clark**, replacing him with **George Hendrick**, batting instructor for the club's Triple-A affiliate in Las Vegas. Ironically, Clark and Hendrick were teammates during their playing careers for the **St. Louis Cardinals**.

On the links, the United States is dominating the world golf rankings. Five of the top eight players hail from the U.S.A. To no one's surprise, **Tiger Woods** has a solid lock on the top spot. Other Americans among the elite eight are **Jim Furyk** (3), **Davis Love III** (6), **David Toms** (7) and **Kenny Perry** (8). To further illustrate American domination, a total of eight golfers are in the top 14, including **Phil Mickelson** (11), **Justin Leonard** (13) and **Chris DiMarco** (14).

The pinup girl of professional tennis may be on the way out. **Anna Kournikova's** playing days could be numbered due to a long-standing back injury. The 22-year old Russian did not play in this year's **French Open** or **Wimbledon** because of the injury. She has participated in just five tournaments this year and has withdrawn from the **U.S. Open**. She has never won a singles title on the women's circuit, but has become wealthy through sponsorship deals.

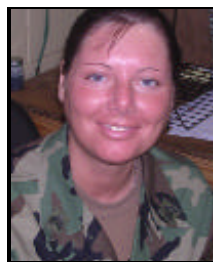
Sports Highlights compiled from ESPN.com

Head to head ...

Who's the better athlete?

By Spc. Mark Leone

To be a professional athlete in today's world, most sports require you to be the epitome of physical fitness. It takes a lot of hard



*Sgt. Nikki Turner,
384th MP Bn.*

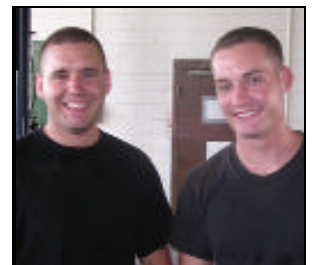
work and discipline to stay in shape so that you can compete at a higher level than your opponent. But who are the better athletes? Football players take a beating for 16 weeks in a very physical sport, but cyclists that compete in the grueling Tour De France ride for three weeks straight. So who are the better athletes? Cyclists like Lance Armstrong or football players like Jerry Rice?

Sgt. Nikki Turner of the 384th MP Battalion believes cyclists racing in the Tour De France endure much harsher conditions in three weeks than football players do in 17. "The endurance, stamina, and strength needed to be a bicyclist like Lance Armstrong goes way beyond what a football player needs. Lance cycles for three weeks straight no matter what the weather is. Plus they don't get

breaks during a race. They have to keep pedaling if they want to win, unlike football players who either play on offense or defense."

Turner isn't the only person with an opinion on this subject. Airman 1st Class Cory Sundquist and Airman 1st Class Matt Sharent of J-4's Motor Pool think that there is no comparison between football players and bicyclists as athletes. "Football players take a beating day in and day out," said Sundquist. "Jerry Rice has been in the National Football League for 21 years taking bumps and bruises every day. He has to be the greatest athlete of all time." Sharent went on to say that bicyclists don't

endure so much physical contact. "All they have to do is ride a bike. The worst thing that can happen to them is they fall off their bike and hit the ground. Football players are definitely better conditioned athletes," said Sharent.



*Airman 1st Class Cory Sundquist
and Airman 1st Class Matt
Sharent of J-4's Motor Pool.*

JTF SPORTS & FITNESS

Summer League Final Standings

Softball

1st	GTMO Lite	8-1
2nd	JTF HQ	8-1
3rd	Hospital	7-2
4th	Legion of Doom	7-2
5th	JTF Ice Breakers	6-3
6th	Cleveland Steamers	5-4
7th	303rd	4-5
8th	Marines	3-6
9th	NEX	2-7
10th	NAVSTA Security	2-7
11th	2-116th Inf.	1-6
12th	Brew Crew	1-8

Soccer

1st	Island M	5-1
2nd	NEX	5-1
3rd	Kvaerner	5-1
4th	Fire Storm	4-4
5th	Hospital	2-6
6th	SNAFU	1-6
7th	MWR	0-6

Basketball

1st	Trans	8-2
2nd	Br-Bull Dog	8-2
3rd	Untouchable	8-2
4th	MIUWU	3-7
5th	GTMO S	3-7
6th	MARINES	0-9

Volleyball

1st	Hospital	5-1
2nd	Marines	4-2
3rd	NEX	3-3
4th	Naval Station	3-3
5th	PWD	0-6

New karate class kicks its way into GTMO

By Spc. Alan Lee Knesek

One of the newest programs to establish itself in Guantanamo Bay is the Kanagawa Bushido Karate. The course is being taught at the G. J. Denich Gym every Tuesday and Thursday by instructor Caesar Garcia, a fourth-degree black belt in Shotokan Karate, a second-degree black belt in Jujitsu and a civilian contractor attached to JTF.

The course began a few months ago and has gone from a small handful to a dedicated group of Karate students. The course is held two nights per week from 6:15 p.m. to 7:15 p.m. in one of the racquetball courts.

During the two nights of instruction, students learn the martial arts form of Kanagawa Bushido Karate, which includes kicking and punching techniques, how to fall, how to roll, how to toss someone, and everything else you need to know to succeed in the program.

According to Spc. Charles N. Womack, "It's a good workout. Learning how to do martial arts is something I've always wanted to do." After only two months, Womack could see and feel the difference in himself. Womack is only a white belt now, but is preparing to test for his yellow belt in the near future.

The majority of the students are first timers,



Photo by Spc. Alan L. Knesek
Spc. Charles N. Womack, JTF, practices kicking with his sparring partner, Spc. William Gray, 300th MP Bde., during last Thursday's class.

but there are a few experienced students with high-ranking belts who help Garcia teach and assist with demonstrations.

With popularity continuously growing, it seems that Garcia's Kanagawa Bushido Karate course is here to stay.

Ephedra, From page 11.

companies to report their adverse events, there is scant information on the total problem. Without any FDA regulation, the products can advertise and make unfounded claims with impunity.

It appears, however, that times are changing. Recently, Health and Human Services Secretary Tommy Thompson called for a government sponsored review of all the scientific data on ephedra. The FDA is hoping this will lead to tighter regulations. In addition to the athletic associations noted above, Canada has banned ephedra use as well. Ephedra use is not authorized for use by Navy pilots and air crews.

Here at GTMO, the side effects of ephedra use can be exacerbated by dehydration, a com-

mon result of the tropical heat. Numerous cases of heat exhaustion and kidney stones have been attributed in part to ephedra use, and the consensus among Naval Hospital physicians is to strongly advise against their use.

Based on the above findings, MG Geoffrey D. Miller, JTF Commander, passed a rule banning ephedra use among JTF personnel.

The primary concern of the Naval Hospital is the health of our soldiers, sailors, Marines, and airmen. There are many ways to stay in shape, but we urge you to avoid using ephedra. Service members have maintained physical fitness for years without it. So swim, bike, run, play softball, lift weights – but don't let a seemingly quick fix lead to a premature end to your military career.

Big Stick Battle of the Bay
Army vs Navy, E-7 & Above Softball Game
 Aug. 9, 2003, 6 p.m. @ Cooper Softball Field #4
 Come by and cheer on your favorite team!

15 Minutes of Fame...

Spc. José Rodríguez
240th MP Co.

For this MP, versatility is the key to growth

Interview and photo by Sgt. Dan Johnson

Spc. José Rodríguez of Juana Diaz's 240th MP Co. is an eight-year veteran in the Army National Guard who brings a wealth of knowledge to his unit. Rodríguez joined the Army as a medical specialist and has become qualified as a military policeman and corrections specialist since then.



Spc. José Rodríguez demonstrates the fundamentals of firing an M9 pistol during Preliminary Marksmanship Instruction.

Q: What do you do for a civilian job?

A: I work as an administrative clerk in a human resources office for the National Guard in Puerto Rico.

Q: Have you been to college?

A: Yes. I have a bachelor's degree in microbiology from the University of Puerto Rico. When I get back, I want to pursue a master's degree in environmental engineering.

Q: Why did you join the Army?

A: My uncle was in the Army. He was a sergeant in Vietnam, and he always told a lot of stories about being in the Army when I was a child. Since I joined the Army, I've enjoyed working with the people I've met. I like the discipline and the Army values.

Q: Are you going to make a career of the military?

A: I'd like to. I'm considering active duty in the future, but for right now, I want to become an officer through Reserve Officer's Training Corps when I get my master's degree. I have to research it more though.

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

A: My goal has been to grow. I've done my best to improve myself, complete the mission, and do the best that I can.

Q: What have you learned about yourself during this deployment?

A: I've discovered abilities that I didn't know I had, and I've developed confidence in myself that I didn't have before I came here. I've grown up, and I feel that I've become more professional in my job responsibilities.

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

A: Professionally, going from an office to working in Camp Delta has been a huge change for me, and I've enjoyed that. I'll miss seeing soldiers from my unit, but because we're from a small island (Puerto Rico), we can always visit, and I know we'll stay in contact.

Q: How would you say your experience at JTF Guantanamo has changed you?

A: I've grown as a human being. I've become more positive and efficient, and I'm more aware of my abilities. Now, I think things through better than before, and I've matured. I'm stronger now ... especially psychologically.

Q: How have your views of America and freedom changed since you've been here?

A: When you're serving, you know that what you're doing is extremely important for your nation. It's not how, it's the reason "why" you're here, and that's the reason why I stay motivated. We're saving lives ... our families' lives and I want to make sure that freedom is solid from now on. I'll make any sacrifice for freedom.

Q: What do you feel has been your most significant achievement here at JTF Guantanamo?

A: My most significant achievement has simply been gaining experience here because it's made me more valuable to the Army. I know this will not be my last deployment, and with this experience, I'll be able to serve my nation better in the future. I've become a better soldier.

Q: As a soldier with multiple skills and MOS's, how else do you help out with mission aside from being a guard inside Camp Delta?

A: I help out with the 240th's administrative duties also ... I help provide a link between the troops and the system. I work with records and forms and help resolve situations involving pay issues, medical records, awards, Non-Commissioned Officer Evaluation Reports, etc.