



the Wire

“ HONOR BOUND TO DEFEND FREEDOM ”

Volume 3, Issue 12

Friday, February 21, 2003

“The bread and butter” of JTF Guantanamo

Story by Army Sgt. Benari Poulten

Having traveled from the deep south of Kentucky to the even deeper south of Cuba, the 438th Military Police Company now guards some of the world’s most dangerous terror suspects.

The National Guard company out of Murray, Ky., has come to Joint Task Force Guantanamo with a strong sense of justice and a commitment to excellence.

Working inside the wire of Camp Delta, many of these MPs are responsible for transporting and guarding the detainees, as well as maintaining security in and around the camp.

“They’re the bread and butter of this outfit,” asserts Sgt. Steven Sparks, the



On a real world mission, from left to right: Sgt. 1st Class Jimmy Tubbs, 1st Sgt. Ronnie England, Staff Sgt. Bill Duke, Sgt. 1st Class Michael Riley, and Capt. Judith Brown.

Army Sgt. Erin P. Viola

company’s armorer. “They’re the MPs who work inside the wire; they’re the ones

who actually watch the detainees and make sure they’re taken care of in a humane way.”

Maintaining firm order while ensuring the health and well-being of the detainees has helped make the 438th’s mission successful so far, as has their cohesion as a group. Teamwork and resolve are hallmarks of the Kentucky MP Company. The soldiers may come from a variety of backgrounds, but they remain unified in their dedication to their mission.

1st Sgt. Ronald England proudly describes the company as being “some-what of a family. You have some problems, as any family would have,

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**JTF Guantanamo
Deputy Commander of Operations,
BG James E. Payne**

The JTF experiences a number of successes, large and small. In last week's message, MG Miller discussed several of those successes from around the JTF. Every day we achieve success in our operation and organization. These successes are a result of setting a higher standard, taking responsibility for doing right, and tireless efforts in our everyday duty performance - our approach to how we do business.

From the beginning of this rotation we have set a higher standard for how the JTF performs. Every section and unit has raised the bar on what success looks like. Everyone has worked toward this higher

MESSAGE FROM BG JAMES E. PAYNE

standard. The MP units achieve more and respond quicker than the guards before them. Camp Delta operates more efficiently than it did three months ago. Our Infantry patrols and the Infantry TOC are more tactical than three months ago. Our ability to obtain intelligence information is far greater than before. The MIUWU sees further that it did before and keeps everyone informed. The Coast Guard port security mission performs more patrols and responds quicker than three months ago. All this contributes to a successful organization. This is a result of each of you setting a higher standard for what success means, on a daily basis. But success is a journey, not a destination. Everyday we must strive to reach higher levels of mission capability.

We have reached higher standards because everyone in the JTF takes responsibility for doing what's right. Never pass up the opportunity to do right, in every instance; if you pass it up you lower the standard. Taking responsibility for doing right is an attitude and approach toward business that makes us different. Whether it's extra training time for tomorrow's mission, doing AARs on each event, insuring everyone wears reflective vests or belts during PT, coaching a subordinate or peer, following the SOP for your duty station, or making sure your fellow troopers are prepared for success; everything we do must be focused on doing "right."

Doing right is what professionalism means. As professionals, we must always

focus on what "right" looks like in every situation. SOPs, field manuals, policies, and regulations tell us what the right way to approach any requirement is. We all have the responsibility to know what right looks like and ensure others and ourselves work to that standard.

Our successes come from everyone's tireless efforts, every day, to do what's right. Each day and in each situation we must ensure everyone knows what right looks like - knows the standard we expect as an organization. Success is achieved only by great effort. It takes a lot of work, effort, and tireless dedication to be successful. But it's worth it because there is no satisfaction in being ordinary. We can show up, do our job, and get by; but that brings no value or reward.

Our commitment to a higher standard, to achieving success and greater results, is what sets us apart from others. Everyone is striving to reach a higher standard. That's what professionals do. Thanks to everyone for the effort. Remember, success is a journey, not a destination. Let's all commit to reaching an ever-higher standard, to being better professional troopers. Thanks for everything you do. Let's continue to raise the standard.

Honor Bound!

JTF-GTMO Command

Commander:

MG Geoffrey D. Miller

Joint Task Force CSM:

CSM George L. Nieves

Public Affairs Officer:

Maj. Paul J. Caruso

Command Information Officer / Editor:

Capt. Linda K. Spillane

Online at:

<http://www.nsgtmo.navy.mil/jtfgtmo/>

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The Wire Staff

The Wire NCOIC & Layout Editor:

Staff Sgt. Stephen E. Lewald

Staff writers and design team:

Sgt. Erin P. Viola

Spc. Delaney T. Jackson

Spc. Lisa L. Gordon

Spc. Alan L. Knesek

Spc. George L. Allen

Contact us:

5239/5241 (Local phone) 5426 (Local fax)

Joint Information Bureau/Pink Palace

Submissions to: lewaldse@JTFGTMO.southcom.mil

"What our
enemies have
begun, we
will finish,"

-President Bush in his address
to the nation on September 11,
2002, on the one-year anniversary
of 9-11

Chaplain's Corner

**By CH (LTC) Raymond Bucon
Joint Task Force Guantanamo
Deputy Chaplain**

Every February prayers are said for the "Four Chaplains" who gave us a beautiful example of the Army value of Selfless Service. Here is their story.

The date: February 3, 1943. Four chaplains were aboard the troop transport ship, the S.S. Dorchester with 900 soldiers. After midnight, about 90 miles from Greenland, a German torpedo hit the ship and it immediately began to sink. The abruptness of the attack, the darkness, and the panic below deck, caused many to come to the top deck without life jackets. Without life jackets and gloves, there was

little chance of survival in the frigid water.

The four chaplains gave their life jackets and gloves to the soldiers who had left theirs below in the frenzy. One of the chaplains said, "Take this my son, you need it more than I do."

The chaplains stood arm in arm offering final prayers as the ship quickly sank. The four chaplains, who gave their lives, were Protestant chaplains George Fox and Clark Poling, Catholic priest John Washington, and Rabbi Alexander Goode.

Putting the welfare of the nation, the Army, and your subordinates before your own is one of the values we strive to personify. If we don't do this in small ways every day then it will be almost impossible to succeed in the bigger moments of life.

OPSEC CORNER

Guantanamo Bay reminds me of Fort Bliss, Texas, with the exception of the water of course. In El Paso, Texas, if you drive 15 minutes from the city, you're in the middle of nowhere. This past weekend, some of my co-workers received the Northeast Gate tour and were reminded just how isolated this place can be. However, they were not alone during their tour. They could see personnel from the Cuban towers peering at them with binoculars straining to catch a glimpse of the Americans. The Northeast Gate is a reminder of the intent and capability of our adversaries to gain our operational information. Those adversaries can see us easily and clearly, hear us through sophisticated signal devices, and continually attempt to manipulate and distort our true purpose at Joint Task Force Guantanamo. So what kind of countermeasures can we emplace that would be effective in reducing this threat? You, the individual service mem-

ber, are the most effective countermeasure available and the best defense against our adversary. You must remember that your actions, no matter where you work on the island, are being watched and your conversations are being monitored to gather important information. OPSEC works best when each individual aggressively protects their piece of the operational puzzle. Continue to do your part; remain focused, train hard, and protect our operational information.

"Think OPSEC"

'Great advantage is drawn from knowledge of your adversary, and when you know the measure of his intelligence and character, you can use it to play on his weaknesses.'

-Frederick the Great

W2 tax statements online

All service members have the capability to view and print their 2002 W2 Tax Statements through the myPay website. <https://emss.dfas.mil/mypay.asp>

Reserve and National Guard service members' active and reserve pay information are contained on the same W2 statement.

Block number 14 of the W2 statement shows the amount of active duty wages and is indicated by the letter "W".

For questions on your W2 statement or your myPay account, please contact J8 customer service at Extension 5204.

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.	Reconciliation
	5:30 p.m.	Mass
Sun.	9 a.m.	Mass

Camp America

Sun.	10:45 a.m.	Mass Wooden Chapel
	5 p.m.	Mass Wooden Chapel

Protestant

Main Chapel

Wed.	7 p.m.	Men's Bible Study*
Thurs.	7:30 p.m.	Youth Fellowship*
Sun.	9:30 a.m.	Adult Bible Study
	5 p.m.	Bible Study*
	6:30 a.m.	Praise and Worship Service

* Fellowship Hall located in Chapel Complex

Camp America

Wed.	7 p.m.	Service Wooden Chapel
Sun.	9 a.m.	Service White Tent
	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.

All for one and one for all

**Story & photos by
Army Sgt. Erin P. Viola**

Once upon a time in a far away land on a remote island in the Caribbean, which just happened to be partially occupied by a U.S. Naval base, there was a prince. He relished in the beauty of the island until one day he went on a 10 mile road march with a 30 pound ruck on his back, and noticed there was lots of trash on the sides of the road. The prince didn't like this at all and decided to do something about it.

Actually, that's not what happened at all. We all know we are not living in a fairy tale here; albeit a beautiful island, but no fairy tale. And there was no prince, just an Army sergeant who cared and decided to organize the Joint Task Force Guantanamo Volunteer Police Call program, to help keep this place clean. Although the part about the 10 mile road march is true.

In reality, it all started when the driving force behind the Volunteer Police Call program, Sgt. 1st Class Jefferey Bishop, J4 Warehouse non commissioned officer-in-charge, went for a 10 mile road march last November. He noticed there was quite a bit of trash along the side of the road and wanted to do something about it. "I noticed a lot of debris on the side of the road. I was kind of disheartened and at that point I started making arrangements and talking with Headquarters Joint Task Force Guantanamo 1st Sgt. Richard Petrowski and Command Sgt. Maj. Nieves," said Bishop.

The Commander of JTF Guantanamo,

MG Geoffrey D. Miller, approved the idea and Bishop got the ball rolling. Petrowski put together a letter of intent and Bishop worked on the Standard Operating Procedure.

The Volunteer Police Call is in its third week of operation and things are going really well, according to Bishop. Volunteers from JTF

Guantanamo are welcome to help out every Tuesday and Thursday, starting at 9 a.m. at the motor pool. The patrol goes up Sherman Avenue to Camp X-Ray, then past G. J. Denich Gym and up to the main gate at Camp Delta; then back to the Motor Pool and up towards Kittery Beach. To volunteer, contact Bishop at 3042.

Safety during the police call is of course a major consideration. Before each patrol goes out, Preventative Maintenance Checks and Services is performed on the vehicle. Since the vehicle makes frequent stops it is driven with the hazards on. And the volunteers don reflective vests.

Thursday the volunteer team was Army Pfc. Justin Mitchell, personnel administrative specialist for the 300th Military Police Brigade, Army Spc. Denise Haynes, unit administrator for the 300th MPs and 1st Sgt. Petrowski.

"If the JTF 1st Sgt. can be out here doing this, there's no excuse why anybody else can't be out here," Petrowski said. "This is about leading by example. You've got NCOs like Sgt. 1st Class Bishop who is all fired up and starts this up. You've got to support your NCOs



From left to right: Army Pfc. Justin Mitchell, company clerk for the 300th Military Police Brigade, Army Spc. Denise Haynes unit administrator for the 300th MPs, Army Sgt. 1st Class Jefferey L. Bishop J4, JLSG Warehouse NCOIC, and Headquarters Joint Task Force Guantanamo 1st Sgt. Richard Petrowski made up the Volunteer Police Call last Thursday.

and that's what this is about: leading by example and supporting our NCOs."

Mitchell said actions speak louder than words and feels that cleaning up Guantanamo is really about self-pride. "I believe it is everyone's duty to volunteer for such details. You cannot sell pride short. We have to take pride in everything we do as soldiers and servicemen. Take pride in the uniform we wear and the environment we live in. These things tell a lot about you. This police call helps us all take greater pride in GTMO," he said.

Leading by example is something Mitchell understands all too well. "I was motivated to participate because I work in the Headquarters, and Headquarters Company section, which I share with the JTF first sergeant. Historically an Army first sergeant is looked to raise and live the standard, so being part of the JTF first sergeant's section means I must try to do the same. This is important so that we can ask others to follow. I was motivated to help spread this message with my section. If we can do it, you can too."

Bishop hopes that more JTF troopers will get the word and start doing police calls in and around their work areas and living quarters. He also hopes people will stop littering. "Then Guantanamo Bay will be a cleaner and better place for the good of all the people here," Bishop said.



Army Pfc. Justin Mitchell, Headquarters Joint Task Force Guantanamo 1st Sgt. Richard Petrowski, both of the 300th Military Police Brigade, lead by example by taking part in the Volunteer Police Call last Thursday.

Tracking soldiers from the command post

**Story & photo by
Spc. Lisa L. Gordon**

If you think being an infantry soldier is simply a matter crawling through the dirt with a weapon in your hand, you might want to talk to the soldiers of 2nd Battalion of the 116th Infantry Regiment.

This past week they've received training on the importance of communication, operational security and soldier tracking in the field.

Last Wednesday, two ranger qualified infantrymen, Sgt. 1st Class Pablo Castro and Staff Sgt. Carlos Pena, arrived from United States Southern Command to instruct the noncommissioned officers of 2nd Battalion on how to smoothly and efficiently operate their command posts. Castro and Pena primarily worked with the infantry NCOs in the area of battle staff training, which basically means tracking the companies in the field from the command posts.

"Battle tracking is the whole purpose behind the tactical operations center," Castro said, "It's a track of what the subordinate units are doing out in the field. Naturally, communication is critical. You have to know where your subordinate units are, what it is they're doing, and what's happening out there in the field so they can



Sgt. 1st Class Pablo Castro (left) and Staff Sgt. Carlos Pena stand in front of the command post for Bravo Company 2nd Battalion of the 116th Infantry Regiment. Castro and Pena are Ranger qualified infantrymen who conducted battle staff training with all companies of the 2nd Battalion of the 116th Infantry Regiment.

track it in here (the command post) on the map."

Inside each of the CPs, Castro and Pena have erected a board which can be used by the company NCOs to determine what is happening in the field at any given time. The board consists of maps with overlays that can cover anything from troop movement and routes, check points, boundaries and fighting positions. The board also contains information such as the commander's intent and status reports.

A radio telephone operator in each of the CPs keeps in frequent contact with the soldiers in the field. From the information

posted on the board and collected from the RTO, the operations NCO is able to keep track of what is going on in the field without being in the field himself. Keeping track of the soldiers, their movements and their missions is crucial to carrying out a successful mission.

"It's very important that each company is communicating with each other and they're relaying information. You don't want patrols accidentally running into each other ... it can cause chaos out there," Castro said.

Although the soldiers in the CP must constantly update the information on their board and communicate with those in the field, they must always be careful to maintain operational security. To ensure that no one sees the board inside the CP but the intended soldiers, Castro and Pena draped sheets over the information. This ensures that should someone enter the CP, they will not be privy to any posted information that would give away information about what the soldiers in the field are doing.

This may not be the type of training that most people imagine when they think of infantry soldiers. Its importance lies in the fact that it keeps all soldiers, those in the field and those in the CP, aware of all that is happening during the mission.

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but that's to be expected. But as far as work ... they do what they're asked to. And they do a great job of it."

"Our soldiers," elaborates England, "are students, mechanics, farmers, lawyers ... technicians, police, corrections people ... so [they] come from all walks of life. And they come together ... to do what they've been trained to do. And they do it very well."

Like any good team, the 438th utilizes all its soldiers in order to accomplish its mission, and the MPs working on the inside can depend on the strength and support of the soldiers working on the administrative side of the company. Soldiers like Sgt. Sparks and Staff Sgt. Billy Duke.

Duke wears a number of hats, from his role as the nuclear, biological, and chemical noncommissioned officer to his position as both the mail and finance clerk.

But no matter his title, Duke sees his most important job as "taking care of the soldiers."

Whether helping soldiers out with their finances, maintaining the weapons, or guarding detainees, every member of the 438th contributes to the overall success of the company and approaches each task with enthusiastic determination.

While extensive training had prepared them for this deployment, nothing truly compares to the real thing, as England can attest.

"This is a real world mission, and our training that we've had previous to this ... gave us a good insight. But the actual feeling of it comes when you get hands-on [experience] ... by the time they leave here, they will be experts."

With all of their skills, years and years of experience is not something that many of the soldiers in the 438th have, as this is a very young company. England is quick

to point out that the average age is under 30 years old, while he himself ... is slightly older. For many of these soldiers, this is their first deployment. But that hasn't dulled their devotion and their eagerness in any way.

"You always have two things to make anything good," explains Duke. "One of those is the ability and the other is the 'want to;' and I think a lot of these new soldiers have the 'want to.' I think that's probably even more important than the ability."

Luckily, the soldiers of the 438th have plenty of both, making them a great asset to the JTF Guantanamo team.

England concurs. "A good soldier sees what the mission is, accepts the mission, and does - with his heart and soul - [what it takes] to complete the mission. Whatever it is." England takes a moment to reflect on the qualities of a good soldier. "We've got a company full of 'em."

Cupid's arrow hits Joint Task Force Guantanamo

**Story & Photos By
Spc. Alan L. Knesek**

This Valentine's Day many service members wished for their loved ones to be with them. The USO couldn't fly down thousands of wives and girlfriends, but they did fly in Miss Universe, Miss USA and Miss Teen USA.

Miss Universe, Justine Pasek; Miss USA, Shauntay Hinton and Miss Teen USA, Vanessa Semrow made their first visit to Guantanamo Bay, Cuba last week, making a lot of Valentine's Day memories for service members on the island.

"Our goals are to come out here and

tures and T-shirts. After their tour of the Bay, the three headed to Camp America.

Camera flashes lit up Seaside Galley as troopers made their way to the front of the line to meet Miss Universe, Miss USA and Miss Teen USA. Cheeks blushed and troopers' eyes lit up as the three took time to meet and talk to the troops at Seaside Galley.

"The reaction from the people is so warm to us. I



Miss USA, Shauntay Hinton, autographs Army Sgt. Paul Grosshans, 303rd MP Co., bandage during a USO visit to Joint Task Force Guantanamo.



(left to right) Petty Officer 3rd Class Ken Christian, Petty Officer 3rd Class Heath Garcia, Petty Officer 3rd Class James Daniels, Miss Universe Justine Pasek, Petty Officer 1st Class Chris St. Martin, Petty Officer 2nd Class Dan Wasilewski and Petty Officer 3rd Class Mike Farrell let Miss Universe get behind the wheel of the Boston Whaler during their Bay tour Feb. 12.

spend some time and boost the morale, let them know that the United States is still thinking about them and still cares ... and we're here just to show our appreciation," said Semrow.

After a helicopter flight around the base, provided by the Naval Base Search and Rescue team, Miss Universe, Miss USA and Miss Teen USA made their first Joint Task Force Guantanamo visit.

The Port Security Delta Detachment was their first stop on their busy schedule here. The trio were given the tour of the bay and given a chance to get behind the wheel of a Boston Whaler. They got a hands-on feel for what the Coast Guardsmen of Guantanamo Bay do here. After the three experienced the Coast Guard's tactical boat maneuvers, they headed back to the dock where they autographed pic-

think they are very appreciative of the USO tour, what this organization puts in to bringing people like us here," Pasek said.

It was a full house at Seaside Galley when the trio made their visit; many of the troops had smiles from ear to ear when they met Shauntay, Vanessa and Justine.

"Just as we are excited to see them, they are excited to see us. That's what makes the job so rewarding. When we can give back, that's the best part about being title holder," said Hinton.

With their visit to Seaside Galley coming to and end, the young women said goodbye to the service members of Camp America and continued their tour of the island.

They visited W.T. Sampson Elementary school, the Mobile Inshore Undersea Warfare Unit 212, Naval Station Security, Naval Base Hospital, Marine Corps Security Force Company, Sea Bees

and the Naval Base Ordinance Dept., before leaving the island, Saturday.

An enormous thank you from the three were sent to troops for everything they do here and everywhere else where United States service members are stationed throughout the world.

"I'd like to say to all the troops that we're behind you 100 percent. You are our inspiration to do the things we do. Thank you for being courageous, brave women and men protecting freedom in our country," Hinton said.

"For being such courageous and amazing people, because it takes a lot of guts to do what they do and their work definitely does not go unnoticed by anyone," Semrow said.

They saw Guantanamo Bay by land, sea and by air; saw the many faces that make JTF Guantanamo possible and they had brought a piece of home to the service members stationed here.



Staff Sgt. Lance Cunningham, 303rd Military Police Company, gets a little bashful when the rest of his company gets him up to the head of the line to meet the three visitors.

From down under to American soldier

**Story & photo by
Spc. Lisa L. Gordon**

He was born and raised in Australia, moved to the United States when he was 31 years old, and joined the Army two weeks later.

Not only has Sgt. Adrian Lewis-Walker found a home, he's also found a job he loves as nuclear, biological and chemical noncommissioned officer-in-charge of Bravo Company, 2nd Battalion of the 116th Infantry Regiment.

Only weeks after moving from Australia to Virginia, Lewis-Walker joined the Army with a military occupational specialty as an 88 Mike or motor transport operator. Originally part of a transportation unit, he answered the call of duty when the 229th Chemical Co., from Roanoke, Va, needed drivers.

"I didn't just want to be a driver. So, while I was at NBC I learned everything I could from the guys that were there and I fell in love with it," Lewis-Walker said.

Today he's MOS qualified as a 54 Bravo, or NBC specialist. Lewis-Walker joined the infantrymen of Bravo Co., in November of 2002 when the company was seeking an NBC NCOIC, and it sounds like he couldn't be happier with his new unit.

"I've just gotten out on the patrols, and check points, and everything, and I'm loving it. I was on the radio for two months in the command post, and now I'm out on the patrols; both mounted and dismounted, check points, observations points, towers, and all that sort of stuff. You really get to see how this operation is run. It's almost making me want to become infantry," Lewis-Walker said.

He thoughtfully paused when contemplating whether he would actually make a move toward becoming MOS qualified as an infantryman and said, "Yes. If I can stay with Bravo Co."

As their NBC NCOIC, Lewis-Walker is responsible for maintaining the soldiers' MOPP, or mission oriented protective posture gear. He must keep up with regular checks on all soldiers' protective masks and make sure that all the MOPP suits are kept in their sealed bags. The frequent checks ensure that should the soldiers need to use their MOPP gear, it will be effective



Sgt. Adrian Lewis-Walker, nuclear, biological, and chemical noncommissioned officer of Bravo Co., 2nd Battalion of the 116th Infantry Regiment conducts an inventory of his MOPP, or mission oriented protective posture gear at Camp Bulkeley.

in protecting them from NBC agents.

During Bravo Co.'s training cycles, Lewis-Walker conducts NBC training with the infantrymen. In these training cycles, the soldiers have practiced different levels of protecting themselves against NBC attack. After donning their MOPP gear in a simulated environment, they got into firing positions for a period of about 30 minutes. This provides the soldiers with an idea of what it would be like to conduct their mission while wearing MOPP gear in Cuba's already uncomfortably warm climate.

Lewis-Walker acknowledges that MOPP training can be difficult, but he also appears to take pride in the way Bravo Co., soldiers respond to a challenge.

Of the MOPP gear he said, "Nobody really likes to get into it. They're coming out with better equipment but for what we have right now - it's bulky, it's dirty, and it's hot ... but Bravo Co., soldiers, they rise to the task."

It's not surprising that Lewis-Walker seems to admire his fellow soldiers for their ability to meet a challenge. As NBC

NCOIC, he has a big responsibility to the soldiers of Bravo Co., and he says he prides himself on keeping up with all the new information and equipment pertaining to the NBC field.

Although life in the Army probably isn't the easiest path he could have chosen, Lewis-Walker seems pleased that he chose not only to move to the United States, but to join the Army.

As he thought about his role as a soldier defending the United States, Lewis-Walker gave the simple but genuine statement, "America was nice enough to have me. I'll do the best of my ability to protect this country."

A huge thank you goes out to the families of Guantanamo Bay, Cuba who made this Valentine's Day feel a little bit more like home. The holidays are always the worst when away from those you love, but with the care and effort from everyone who made this Valentine's Day a little less lonely. Thank you.

Keeping the Air Force flying high

By Spc. Alan L. Knesek

He volunteered to be a linguist with Joint Task Force Guantanamo, leaving his position as a mechanic at Scott Air Force Base.

Airman 1st Class "A" has been a mechanic for the Air Force for two and one-half years now and is no stranger to playing a key role in the mission where ever he is stationed

As a mechanic for the 375th Logistics Readiness Squadron, Scott Air Force Base, Ill., "A" is charged with the responsibility of keeping vehicles under his command fully operational. In order to keep the mission running smoothly and make sure the vehicles he supports are working properly, "A" has to have the knowledge of the vehicles he is working on and all of the chemicals and fuel that is involved with each vehicle.

For this reason, safety is a large part of "A's" job as a mechanic. Proper safety equipment needs to be worn when handling and working with certain chemicals. In the past, most jets used JP4 fuel, but due

to the high flammability and skin irritation from the fuel they have switched to a less volatile fuel, JP8. With a specialty in re-fueling trucks, "A" plays a vital role in keeping the Air Force flying high.

"My job as a re-fueler is very important. It's very critical to the mission. If we have a broken truck, then we have no fuel for the aircraft. If we have no fuel for the aircraft, then the aircraft is parked next to the truck, and it's not going to go anywhere. So it's very mission essential we do our job and we have to do it precisely," said "A."

"A" hadn't always looked at the Air Force for a career. Before his entrance to the Air Force, he was planning on attending Lincoln Technical School, Ill. He had planned on getting a certificate in vehicle maintenance, but also had attended two years of aeronautical engineering courses at Harper College, Ill. The cost of the school was fairly expensive, so "A" looked elsewhere. "A" found the Air Force, and put in for aeronautical engineering program. There were no spots available at the time, but his second choice was available. He has been given the job of a mechanic,

very similar to the certificate program he was looking into at Lincoln Tech.

"The unique thing about it (the Air Force) versus Lincoln Tech., is we get to study diesel and gasoline as well as heavy trucks, SP (special purpose) and GP (general purpose). Basically you get everything plus your specialty. That was one of the greatest things. There are a lot of things that the military has to offer. The security, the great education and training that you get. There are a lot of benefits. No way will the civilian sector come close to that," "A" said.

"A" wound up with the same certificate he would have received from Lincoln Tech., and he didn't pay anything for it. "A" graduated with honors from his class and was sent to Scott Air Force Base for his first duty station.

"A's" mission at Scott Air Force Base is a foundation for keeping today's military moving forward. As a mechanic for many of the vehicles which service aircraft for the United States Air Force, "A's" work and efforts keep the pilots flying high above safe.

MAN ON THE STREET

Compiled by Army Sgt. Erin P. Viola & Spc. Lisa L. Gordon

This week's question:

If the galley could prepare a special meal just for you, what would it be?



Air Force Master Sgt.
Lisa Urenda, Joint Personnel
Reception Center

"I would have them make Chicken Marsala from Carrabba's in North Carolina."



Marine Cpl. Brad Baird, J4
Strategic Movement

"I would definitely have boiled lobster with butter with some shrimp scampi on the side, and a nice caesar salad."



Navy Petty Officer 3rd Class
Justin Cornier, Naval Security
Harbor

"I'd like a nice filet mignon, cooked medium well, with potatoes. For dessert I'd have cheesecake with strawberries on top and a graham cracker crust."



Spc. Nic Tadman, 303rd MP Co.

"I'd like a meal of pastas. Like lasagna, ziti, spaghetti, just all of them together. Not just one. So you can get the overall pasta feel. Pasta is my favorite food."



Spc. Robert Hall, HHC, 785th
MP Co.

"Probably pepperoni pizza because there's really nowhere to get pizza around here, except for at the NEX."

JTF HEALTH SOURCE

Nutrition quackery and protein supplements



**By Navy Lt. Donna M. Sporrer
Registered Dietician
U.S. Naval Hospital,
Guantanamo Bay,
Cuba**

If it sounds too good to be true, then it is. Claims of increasing lean body mass, boosting energy, enhancing endurance and increasing speed and strength are ploys used to mislead eager Joint Task Force Guantanamo troopers in search of the perfect body.

JTF Guantanamo troopers should give themselves credit. The hours you spend training at the gym is what will promote the increase in lean body mass. Getting enough protein in your diet is important but not at the levels promoted by marketers looking

to sell more products. When you're working out, your body uses energy, or fuel. "Refuel" with the body's preferred energy source, carbohydrates. Getting enough carbohydrates will ensure that the protein you are getting from your diet can be left alone to build muscle and to perform other functions. Getting more protein than what is generally found in the American diet will not build muscle. Any extra calorie your body gets will store it as fat. As protein supplements have calories, there's a good chance that some of the protein you are getting from this expensive supplement is being stored as fat.

High profile endorsements and confusing "biochemical" explanations are just some of the marketing tools aimed at depleting your wallet. If you're convinced that getting more protein will build more muscle, have an extra egg for breakfast, add tuna to your salad or drink an extra glass of milk. These are cheaper sources that provide additional nutrients and are kinder on your wallet. For more information, make an appointment with the dietitian by calling 7-2110. Charlie Papa!!!



What's up, Doc?

**Information compiled by Joint Task Force
Guantanamo Joint Aid Station Department of the U.S. Naval Hospital**

Avoid Hutia (Banana Rat), Iguana, Boa and other animals

Iguanas and boas are protected species and can also be dangerous. Iguanas may carry salmonella bacteria and transfer it in their bite or through their skin.

Painful biting scorpions and spiders also inhabit this island. Report all bites to the Joint Aid Station or the Naval Hospital Guantanamo. If possible, carefully capture any biting spiders you may encounter. Do not automatically destroy them, they will be

useful in identifying what type of treatment is best for your bite.

Fluid intake

Drink water to avoid becoming a heat casualty - water and/or electrolyte drinks such as Gatorade - not alcohol. Take your CamelBak (or two canteens) full of water wherever you go. Dilute your Gatorade drinks by 50 percent with water for best results.

Laws on road safety

**By Dave Nelson, Safety Manager
Naval Base, Guantanamo Bay, Cuba**

Recently we have had some near hits between vehicles and joggers on Kittery Beach Road and Sherman Avenue. In case you have forgotten, one of the laws of physics is that "metal machines and rubber tires always win over flesh and bone."

Many years ago when Guantanamo Bay's roadways were designed, the vehicles were smaller than they are today, which is why the roadways are a bit narrower than the roadways in the United States. For this reason, COMNAVBASE Instruction pro-

hibits jogging in the roadway. So if you jog the routes of Kittery Beach Road or Sherman Avenue, stay off the roadway. Use the shoulder of the road or the raised sidewalks. Further, when you exercise along the roadways here, you must wear a reflective belt or vest.

So when you jog or walk, don't put yourself at risk. Use some common sense to protect yourself and others, and make yourself highly visible at all times. Remember, it is a whole lot easier to recover from a sprained ankle than it is to recover from a coffin.

2002 Tax Tips

By Major Jo Irby
Chief Legal Assistance/Tax Officer

Extensions

If you are a U.S. citizen or resident and both your tax home and your abode are outside the United States and Puerto Rico on the regular due date, an automatic extension is granted until June 15th for filing the return.

An additional extension (Form 4668) is granted to Oct 15th for filing the return, however the extension is only approved by IRS.

An extension does not relieve you of the payment of interest on the tax due as of April 15th.

Income from Puerto Rico

As long as your employer is not the U.S. Government, all income from sources within Puerto Rico is exempt from U.S. tax if you are a bona fide resident of Puerto Rico during the entire tax year.

Combat zone exclusions do not apply to Guantanamo Bay

U.S. Armed Forces personnel serving outside the combat zone are not entitled to the military pay exclusion, unless they are serving in direct support of military operations in the combat zone, which they receive hostile fire/imminent danger pay.

E-filing is the most proficient and efficient method of filing your federal and state return. You can go to your preferred tax filing agent online, for that information.

New siren system test

The Naval Base began testing the base siren system Wednesday at noon. The testing of the siren system will continue every Wednesday at noon. This siren has five different sounds and a Public Address system.

The following is the action to be taken when siren is sounded.

Wail - General Alert - Turn on TV/Radio for additional information. This tone is intended as non-emergency alert. As an example it will be sounded when hurricane readiness conditions are upgraded or when severe thunderstorms are expected shortly.

Alternate Wail - Take Cover - Return to quarters and stay in Quarters until further notice (non-immediate threat). This tone will be used when base requires all non-essential personnel to return to quarters and

stay there until all clear is sounded.

Pulse Wail - Take Cover - Immediate threat inbound - Return to nearest secure location and take cover. This alert will be used when immediate danger threatens such as a tornado or in-bound aircraft of unknown origin. Find nearest cover and stay there until all clear is sounded. Dangerous conditions are possible in 15 minutes or less.

Pulse Steady - Recovery Disaster Teams report to duty - All non-essential personnel remain in Quarters. This alert is used to alert various emergency personnel such as PW recovery teams and Fire Department that it is safe to investigate for any injuries or damage to base facilities.

Steady - All clear - Resume normal activities.

Movie Schedule

Camp Bulkeley

Fri., Feb. 21

8 p.m. *Friday*

R-91 min.

10 p.m. *Face Off*

R-136 min

Sat., Feb. 22

8 p.m. *Punch Drunk Love*

R-87 min.

10 p.m. *Knockaround*

Guys

R-91 min.

Sun., Feb. 23

8 p.m. & 10 p.m.

AMISTAD

R-155 min.

Mon., Feb. 24

8 p.m. *Jerry Maguire*

R-138 min.

Tues., Feb. 25

8 p.m. *The Man From*

Elysian

R-106 min.

Wed., Feb. 26

8 p.m. *Never Say Never*

Again

R-134 min.

Thurs., Feb. 27

8 p.m. & 10 p.m.

Ghost Ship

R-91 min.

Downtown Lyceum

Fri., Feb. 21

7 p.m. *Treasure Planet*

PG-86 min.

9 p.m. *The Recruit*

PG13-105 min.

Sat., Feb. 22

7 p.m. *The Wild*

Thornberry's Movie

PG-86 min.

9 p.m. *The Hot Chick*

PG13-119 min.

Sun., Feb. 23

7 p.m. *Two Weeks Notice*

PG13-101 min.

Mon., Feb. 24

7 p.m. *Lord of the Rings:*

Two Towers

PG13-179 min.

Tues., Feb. 25

7 p.m. *Star Trek: Nemesis*

PG13-116 min.

Wed., Feb. 26

7 p.m. *Maid In*

Manhattan

PG13-106 min.

9 p.m. *Drumline*

PG13-119 min.

Thurs., Feb. 27

7 p.m. *The Recruit*

PG13-105 min.

Tax centers available to assist service members:

Camp America at bldg. 2300 ext: 3634 and ext: 3637

NAVSTA at bldg. 760 (MWR) ext: 4314

Mon.-Wed.-Fri. 9 a.m. to 4 p.m.

Thur. 10 a.m. to 7 p.m.

The 2nd Sat. of each month from 8 a.m. to 12 p.m.

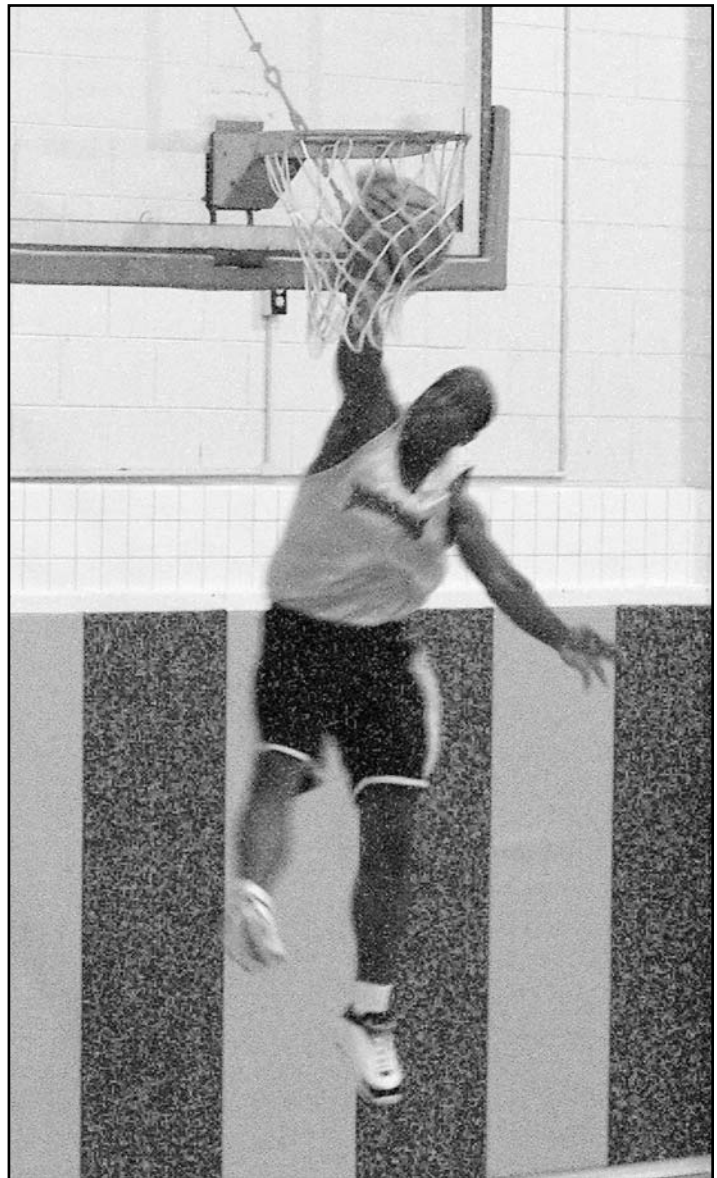
Naval Hospital at ext: 7-2400

See Galley message board for hours

JTF-SPORTS

Commander's Cup Men's Basketball Scores

<u>Feb. 14</u>	<u>Final Score</u>		<u>Final Score</u>
Hospital	45	MCSF CO.	22
Security	72	SeaBees	44
Get Moers	39	96th Trans.	38
<u>Feb. 15</u>			
NAVSATA	36	W.T. Sampson	17
JTFGTMO HQ	47	785th MP Co.	42
BR Bulldogs	67	MCSF Co.	28
<u>Feb. 17</u>			
SeaBees	28	PSU	21
Hospital	37	Get Moers	33
Security	39	96th Trans	36



Spc. Yarnell Rickett makes a basket for the JTF HQ 'Badboys.' The Badboys won 47 to 42 against the 785th MP Co. Saturday night.

Commander's Cup Men's Basketball Schedule

Feb. 22

6 p.m. W.T. Sampson vs. MCSF Co.
 6:45 p.m. JTF GTMO HQ vs. SeaBees
 7:30 p.m. Pampanga Dragons vs. Get Moers

Feb. 26

6 p.m. W.T. Sampson vs. SeaBees
 6:45 p.m. MCSF Co. vs. Get Moers
 7:30 p.m. JTF GTMO HQ vs. 96th Trans

Yatera Seca Golf Club Events

Sunday, February 23, at 8:30 a.m. - Individual Play Scramble (stroke play) Handicaps will be used and if you don't have a handicap you will be handicapped using the "Calloway" system. Cost is \$5 for non-members and \$3 for members. Prizes will be given for first, second and third place. Each individual player is responsible for providing their own cart and clubs.

Tuesday, February 25, at 7 p.m. - Golf Club Meeting at the Bayview Restaurant patio. Call Mike Weathers at 4526 or Dave Wilson at 7804 for more information.

The 3rd JTF Guantanamo Special Social Event

**Windmill Beach
 Sunday February 23, at 12 a.m.**

Free food and refreshments, but bring your own preferred drinks. There will be music, sports, malanga, limbo competition, DJ Mike and more.

Transportation will be available!

*For more information contact
 Cpt. Gonzalez, at ext: 5255*

15 MINUTES OF FAME...

with Army Staff Sgt. Sean Jakaus
303rd Military Police Company

A soldier helping soldiers

Interview and photo by Army Sgt. Erin Viola

Q: What is your job during this deployment?

A: Administrative Specialist (71L), but I just volunteered to go into the Sallyport in the Wire, because they are looking for volunteers.

Q: What is the Sallyport?

A: It is where they divide the compound up to prevent people from going in that don't have access. Basically it is running security of the main gate into Delta.

Q: How did you get the Administrative Specialist (71L) job you have here?

A: I volunteered for the Administrative Specialist position to be deployed down here.

Q: What do you enjoy most about your job?

A: I enjoy coming down here and being a part of whatever is going on. If someone needs advancement from private to specialist, or from specialist to sergeant, I'll put in promotion packages ... I just like helping the other soldiers."

Q: Why did you volunteer for this deployment?

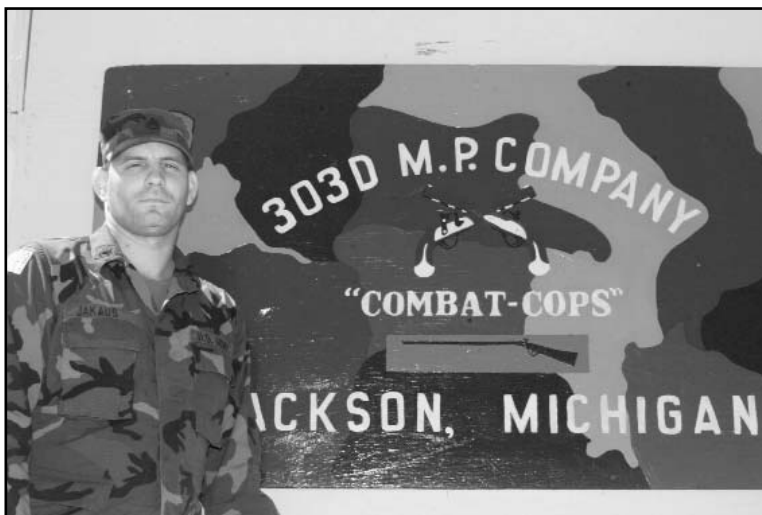
A: I really wanted to go on a deployment. The other units I've been in kept getting passed up for deployment. I really wanted to jump on the bandwagon, so I volunteered.

Q: Is this your first deployment?

A: Yes.

Q: Why did you join the Army?

A: Pretty much to get off the streets of



Army Staff Sgt. Sean Jakaus of the 303rd Military Police Company is making a difference by helping his fellow soldiers with promotion packages.

Boston and do something good. Growing up in South Boston ... its kind of a tough neighborhood, and I thought joining the Army would help me. And it has. Today - Valentine's Day, is my 14 year anniversary with the Army.

Q: What do you miss most about home?

A: My family. I miss my kids and my wife. I have three kids - two girls and a boy. They are 10 months and 18 days apart. That's what we call Irish twins. My brother and I are Irish twins too.

Q: What is your civilian job?

A: I'm a trucker. Hopefully I'll switch my military occupation specialty to truck driver after this.

Q: How does your wife feel about your deployment?

A: She's been very supportive. She knew I wanted to go and that I wanted to volunteer. So she knew one way or another I was going to go somewhere.

Q: What has been your best experience here so far?

A: That would be seeing everyone in the

Joint Task Force work together as a team, come together as a group. Whether it's the Air Force, the Navy, the Marines. I've noticed that the few times that I have had the opportunity to work with them, we've all worked well together.

Q: What is the best experience that you have had in the military?

A: Being deployed at GTMO because for the past 14 years, I've really wanted to be deployed.

Q: What is the most challenging thing about this deployment?

A: Communicating back home is tough. A lot of times the MWR computers are down at Tierra Kay, so we can't communicate back home. The phones don't work and the computers have been down for two weeks now. So that is really frustrating.

Q: Where do you see yourself in 10 years and what do you hope to accomplish by then?

A: Hopefully I'll be retired with my 20 years in. But I enjoy the military and I want to stay in as long as possible. My wife and I are talking about me going full time. So maybe I'll be in the Army full time with a different MOS.

Q: How has the military benefited you?

A: It's actually been really good. The discipline has been great for me.

Q: How have you made the Army better?

A: I try to keep track of all the lower enlisted and make sure they get advanced properly. Hopefully I'm helping other soldiers by doing that.