



the Wire

“ HONOR BOUND TO DEFEND FREEDOM ”

Volume 3, Issue 7

Friday, January 17, 2003

JTF celebrates the life of MLK

By Army Sgt. Erin Viola

Remember – Celebrate – Act! A day on, not a day off is the theme of this year’s Dr. Martin Luther King Jr. holiday.

Some may see this national holiday as a chance to sit back, unwind and relax. But the true meaning of this holiday is rooted in service, volunteerism and unconditional love; all part of Dr. King’s value system he put into action.

As service members we can certainly relate to all of this. We volunteered to serve our country ... a country we love and a country filled with freedoms that we would fight for unconditionally ... a country that was built by people like Dr. King.

Everyone here at Naval Base Guantanamo Bay, Cuba will

have a chance to celebrate this holiday by participating in the Jan. 20 Candlelight March. Navy Chief Petty Officer Wanda Simmons is the organizer of the march, which starts at 5 p.m. at the Prisoner of War Memorial Site. Simmons said they expect about 150-200 people to participate.

After opening remarks, everyone will march up to the base Chapel. “We encourage people to make posters and signs commemorating the holiday ... include what the holiday means to you,” said Simmons. There will be singing and moments of silence during the march.

After arriving at the Chapel, there will be a short program. “Once we get to the Chapel, we’ll have kids from the high school reciting parts of his ‘I



Francis Miller / LIFE

Martin Luther King Jr. addressing the huge gathering at the March on Washington for Jobs and Freedom in 1963.

Have a Dream’ speech. We also have a woman who will be performing a spiritual dance to “Amazing Grace,” said Simmons. And several service members will sing “We Shall Overcome.”

Many of us remember Dr. King as an inspirational preacher and a civil rights activist. That he was. But he also inspired children to have

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JTF-Guantanamo Acting
Command Sgt. Maj. Gregg E. Hissong

Message from Acting Cmd. Sgt. Maj.

Sacrifice - The Nation listens on a daily basis of the active service members who are deploying into harms way. The Nation listens while Reserve and Guard service members are being alerted, activated and deployed for undetermined amounts of time. Our families hold their breath on the announcement of our departure. The thoughts and concerns of not seeing our love ones again creates undo stress in our hearts and minds but we continue to move forward to unknown destinations.

The soul of our great country has been founded on the chronicles of our family's heritage, the history of great men and women who lead this nation to prosper in times of need and the sacrifice we are willing to make today. We sacrifice personal time, friends, job and family

to continue building upon the foundation created for us. We continue moving forward exhausting the physical shell we inhabit for the greater cause, our family, our fellow service members and our nation.

We must continue developing the foundation laid for us to ensure our children and grandchildren learn and appreciate the creativity, the discoveries and sacrifices so many have given for our nation. Our loyalty, respect for others, integrity and selfless service will continue to strengthen us throughout this mission and bind us closer than ever. I am proud of each of you and the sacrifices you and your families are making for our future and our nation.

OPSEC Corner

I learned a valuable lesson today. It's been stated that it's better to make a decision based on 80 percent of the needed information, instead of waiting forever to collect all the information. Good advice, but it must be applied to specific situations.

What does this have to do with OPSEC? Well, if you're in doubt about the definition of an OPSEC violation, unsure how to report possible subversion or espionage, need guidance, or you simply need the definition of an OPSEC term ask your supervisor or your unit / section OPSEC representative.

So, if in doubt, ask questions concerning OPSEC, specifically, on how you can do your part to safeguard our mission.

OPSEC issues or problems?

Contact your unit / section OPSEC representative.
Call 5029 or 5071.

“Think OPSEC”

JTF-GTMO Command

Commander:

MG Geoffrey D. Miller

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:

Staff Sgt. Stephen E. Lewald

Layout Editor:

Spc. George L. Allen

Staff writers and design team:

Sgt. Erin P. Viola

Spc. Delaney T. Jackson

Spc. Lisa L. Gordon

Spc. Alan L. Knesek

Contact us:

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

Joint Information Bureau/Pink Palace

Submissions to: lewaldse@JTFGTMO.southcom.mil

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Peace is not
God's gift to his
creatures. It is
our gift to each
other.

-- Elie Wiesel
(Auschwitz survivor
Nobel Peace Prize 1986)

Chaplain's Corner

**By CH (Lt. Col.) Herbert B. Heavner
Joint Task Force Guantanamo
Command Chaplain**

I am the first to admit that, while Guantanamo Bay is not the best military assignment I have ever had, it is certainly not the worst. The island's natural beauty prevents this assignment from being in last place on my list.

The natural harbor here seems to protect us from major storm activity. This is not to say that violent storms do not exist here, but normally they do not. As a result, the mariners amongst us would consider this harbor to be a refuge. It is a place of safety and of protection where individual sailing vessels might find relief from the storm.

As the command chaplain for Joint Task Force Guantanamo, I am aware there are many stormy situations that erupt here. All our chaplains talk everyday to people who are dealing with major issues. From the soldier whose child is seriously ill back home, to the sailor who is not getting along with his or her roommates, there is

no lack of troubling situations.

I am happy to report there is an answer to this dilemma. It is possible to find a place of refuge where you can regain your senses and re-sort your priorities. That place is to be found in the presence of the Almighty.

Many ancient scripture writers referred to the presence of God as being a place of refuge. He can and will afford you the protection you need to get through tough times. He will keep you safe in the midst of troubled waters. He will grant you peace of mind that will help you deal with the trials and traumas that make up your daily journey. Will your discovery of that divine Refuge change this into the best assignment ever? I don't think so; however, that discovery will improve your days here. You will be able to find much more fulfillment in your assignment. You will find a better means of dealing with that situation back home. Further, you will become the best soldier, sailor, airman, Coast Guardsman, or Marine that is possible for you to be. God bless you, and God bless America!

King from page 1.

faith in themselves, which is why it was important to Simmons to involve children in the program at the Chapel. "I really wanted to touch on the kids ... teaching kids.

Showing them the difference in the world today and letting them know they can do anything they want in their lives.

They just have to put forth the effort," said Simmons.

Service members may also be interested in participating in the Jan. 20 Let Freedom Ring Road Race, organized by Morale Welfare and Recreation. It starts at 6:30 a.m. at the G.J. Denich Gymnasium. Participants must sign up in advance by noon on Friday, January 17.

Command Climate Survey Reminder

Survey forms with return envelopes were distributed to section heads and unit commanders last Friday. The goal is 100 percent participation in order to maximize survey accuracy.

Your feedback is important. Please include your rank and unit identification at the top of the form. Completed forms should be sealed in the envelope provided for confidentiality and returned to any collection box no later than Friday, Jan. 24.

Collection boxes are located at the galleys, Chaplain's Office, CDC and HQ building. JTF personnel who have not received a survey form and return envelope should obtain a survey form through their immediate supervisor. The JTF Inspector General will collect returned forms after 4 p.m. on Jan. 24.

Worship Services

Catholic

Main Chapel

Daily	6:30 a.m.	Mass Cobre Chapel
Weds	5 p.m.	R.C.I.A. Cobre Chapel
Friday	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

Weds	7 p.m.	Men's Bible Study*
Thurs	7:15 p.m.	Youth Fellowship*
Sun	9:30 a.m.	Adult Bible Study
	11 a.m.	Service
	6:30 p.m.	Bible Study*
	7:30 a.m.	Praise and Worship Service

* Fellowship Hall located in Chapel Complex

Camp America

Weds	7 p.m.	Service
Sun	9 a.m.	Service White Tent
	6 p.m.	Service

Islamic

Fri	1 p.m.	Classroom 12 Chapel
Complex		

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.

Brotherhood in Bravo Company

By Army Spc.
Lisa L. Gordon

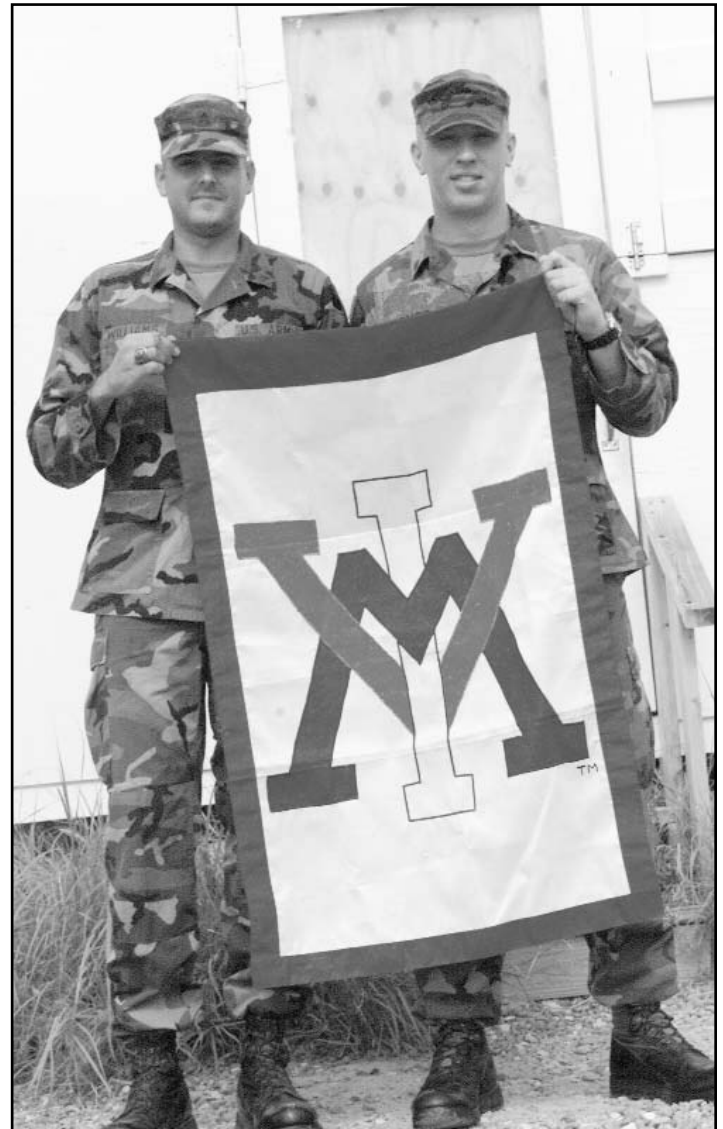
In the day to day hustle and bustle of life, acquaintances are met, connections are made, and friendships are forged. Nevertheless, people tend to come in and out of one's life as if they were a revolving door. Some bonds though, are inevitably closer just by virtue of where people are and what they're doing when they meet. Many people meet lifelong friends while they're in college, and few friendships rival those formed between people who have served in the military together. For some of the soldiers from Bravo Company 2nd Battalion, 116th Infantry Regiment, their army buddies and college friends are one in the same.

Fifteen of the approximate 100 soldiers from Bravo Co. either graduated from, or currently attend Virginia Military Institute. Founded in 1839 as a military engineering and science school, VMI now offers a full liberal arts program and accepts both men and women cadets. Not everyone who attends VMI is in the military, but ROTC is required for all cadets. Cadets wear a uniform at all times and whether they are in the military or not, they are exposed to the discipline of a military lifestyle. Those who decide to become National Guard infantrymen while attending VMI are often sent to Bravo Co. because it is based in Lexington, Va., the same city as the school.

Some of the soldiers in Bravo Co. graduated from VMI as early as 1996 and some of the soldiers are freshmen, just starting out. Although they must now abide by the military rank structure, many of the sol-

diers knew each other prior to joining Bravo Co., when they were cadets just trying to make their way through the notoriously challenging program at VMI. 1st Lt. Bill Steinbach said that the combination of having both college friends and army buddies within the company makes it a tighter, more cohesive unit. "We're all friends and we all look out for each other. The added aspect of having so many VMI people with us ... it adds another layer of closeness. VMI people are really loyal to each other, and the infantry is really similar to that. It adds another layer of camaraderie that a lot of other units don't have ... It's like having extra brothers," said Steinbach. He also added lightheartedly, that for some of his fellow alumni that chose not to take a commission, perhaps the most difficult part of being in the company is calling him sir.

There is an unusually close friendship among the soldiers of Bravo Co., which may exist in part due to the presence of the VMI cadets and graduates alike. It is clearly exhibited when the soldiers talk about each other, and in particular, their leadership. Spc. Taylor Jones recounted a time not long ago when the soldiers who were on detail had been released for the day. Shortly after their release, the leadership was informed that the soldiers on detail were being ordered to dig another fighting position. Instead of calling the lower enlisted soldiers back to the detail after their release, Taylor said, "Lt. Steinbach, the 1st Sgt., the XO, the commander ... several officers in our Co., plus high ranking NCOs were digging the fighting position. They didn't have



Army Spc. Lisa L. Gordon
Soldiers of Bravo Company 2nd Battalion, 116th Infantry Regiment and graduates of Virginia Military Institute, (from left) Army Sgt. Sean Williams and Spc. Taylor Jones proudly display the VMI school flag at Camp America.

to do that."

There is no shortage of instances of Bravo Co. soldiers helping each other out and watching each other's backs.

The deployment here at Guantanamo Bay is a first for many of the soldiers and the bond they share not only as infantrymen, but as friends, seems to make this whole experience easier on everyone in the company.

Bravo Co.'s soldiers have a history that goes beyond the few short months they've been

on the island. Their history goes back to the years they spent at VMI, because of the things they've taught each other about being a cadet, a student, and a soldier. Their sense of loyalty, their high morale, and their ability to depend on each other extends beyond just the soldiers that attended VMI. It extends to all the soldiers in the company and to all the Joint Task Force service members that come in contact with the infantrymen of Bravo Co.

85th Combat Stress Control Detachment ... better than a punching bag!

By Army Spc Lisa Gordon

Among those soldiers who have been deployed in support of Operation Enduring Freedom, few are as lucky as those of us that are stationed here at Guantanamo Bay. The weather is warm, the ocean is near, and there are plenty of activities to keep us busy during off time. Unfortunately, stress is part of any deployment, no matter where one is stationed. It's never an easy task for service members to put their lives on hold, even when it's for the good of the mission. When problems arise it can be difficult to know where to turn. Luckily, Joint Task Force Guantanamo service members have the 85th Combat Stress Control Detachment to help with stress related issues.

Stress can result from a variety of situations in a deployment situation. Here at Guantanamo Bay, service members may feel stressed because of environmental factors such as heat, bugs, or group living situations, which make it difficult to get a good night's sleep. Service members may also experience family problems, in which they have little to no control over while they are here. They may not even know how long they will be here and when they will get a chance to see family members next. Another common complaint is that service members feel that they have been "left in the dark" by their command as to developments and changes within the workplace.

Service members that are feeling a great deal of stress often exhibit their unease through behaviors which they may or may not be aware of. Thomas Murphy, Navy Hospital Corpsman 2nd Class and a mental health specialist for the Combat Stress Control Detachment, says that some of the symptoms of stress are irritability, social withdrawal, and a sharp increase or decrease in activities such as eating, drinking, and sleeping. While it is unnerving to face stressful situations on a daily basis, sometimes just getting it out in the open can help.

The combat stress team functions in a variety of roles for JTF service members. One of the goals of the Combat Stress Control Detachment is to educate service



Army Spc. Lisa L. Gordon

Members of the 85th Combat Stress Control Detachment stand in front of their SEA hut at Camp America. From left to right: Army Pfc. Margil Ochoa, Army Maj. Mack O'Quinn, Army Staff Sgt. Latasha Kuhl, Navy Hospital Corpsman 2nd Class Thomas Murphy, and Navy Hospital Corpsman 2nd Class John Workman.

members about stress, and how to cope in a manner that will reduce negative behaviors. The team also makes referrals to other organizations that may help the service member to reduce his or her stress. For example, if a service member is experiencing stress due to a legal problem, the individual may be referred to the Judge Advocate General's office for legal assistance. The Combat Stress Control Detachment also makes recommendations to individual commanders, about the ways in which they can lessen stress and improve conditions for the troops.

Murphy says that a good stress management program begins with the service member taking good care of him or herself. This means eating right, keeping hydrated, and getting an adequate amount of rest. He also suggests that service members don't change their established habits while on a deployment. "Don't start or stop habits that you've already got once you get here. If you smoke, this isn't the place to try to quit. We've got some help for people who have drinking problems. If you drink

socially, that's fine, but don't start drinking here. This isn't the place you want to work on the habits you already have, because that also elevates stress," said Murphy.

Service members who get involved with the Combat Stress Control Detachment need not feel embarrassed for seeking help. As soldiers and sailors themselves, the members of the detachment understand the unique challenges and stresses faced by service members on deployment. The members of the detachment want service members to freely express themselves, and they guarantee confidentiality with regards to matters that do not violate the Uniformed Code of Military Justice. Those who work on the Combat Stress Control Detachment do so because they want to help JTF service members stationed at Guantanamo Bay keep their stress to a manageable level. Anyone who would like to speak with a member of the Combat Stress Control Detachment can do so by paging 7-2090, pager number 055.

Making it Happen Behind the Scenes

Story and photos by Army Sgt. Erin P. Viola

As part of Joint Task Force-Guantanamo, the 96th Transportation Company, of Fort Hood, Texas, is comprised of service members from the Regular Army, Army Reserve, Army National Guard and Air Force. These combined forces are responsible for a variety of tasks that many of us may take for granted.

Maybe you've filled up your camel pack with fresh water from a water buffalo at Camp America, or perhaps you took the bus to Cable Beach last Sunday morning; both courtesy of the 96th Transportation Co. "Our primary mission is to give transportation on the post. Also, on a daily basis we make sure the camps have water. We check the buffalos everyday. But every other day, whether they are empty or full, we exchange them out," said Staff Sgt. Chapman, who oversees the completion of all the missions given to the 96th Transportation Co.

Each water buffalo contains about 400 gallons. On average, about 200-300 gallons of water is consumed daily from each of the water buffalos at Camp America and Camp Bulkeley, said Chapman.

Some missions tasked to the 96th Transportation Co. have a direct impact on the well being of the detainees, such as transporting the soiled linens of the detainees to the cleaners and bringing clean linens for the detainees back to the camp. When necessary, they also transport the detainees from one location to another.

Chapman said that in order for his team to work well together, it is very important to keep the communication lines open, especially when working with multiple services. "One of the big challenges is working with different forces. The Army is the primary leadership here. So my senior guys give classes to everyone so we can be on the same page. I get the Air Force opinion. I get the National Guard's opinion and so on. Then we bring everyone together and say OK how are we going to do it, and it is under one agreement. Communicating with everybody is the key thing," said Chapman.

This streamlined communication offers service members the opportunity to receive training they might not normally receive. For example, Chapman said they trained a qualified Air Force forklift driver how to operate an Army fork-lift, which has a completely different hydraulics system.

Army Spc. Mark Grindall, a truck driver with the 96th Transportation Co., said the first few weeks were a bit tough, trying to work out the kinks among all the services, but now things are going really well.

Overall members of the 96th Transportation Co. hold each other in high regard, which also helps them to stay motivated and get the job done. "I like working with the different services. They are people. Green is our mission, but people are people first. You respect people and everything goes fine," said Army National Guard Sgt. Terry Beck of the 132nd Military Police Company and driver for the 96th Transportation Co.

Often it is a challenge in itself just to be away from home, but the camaraderie among the 96th Transportation Co. keeps them going. "I've met a lot of nice people here. It's a lot like a family," said Airman Rachael Cover, of the 319th Logistics Readiness Squadron out of Grand Forks, North Dakota.



Airman Shawn Gibson of the 49th Material Maintenance Support Squadron, (left) and Airman Rachael Cover of the 319th Logistics Readiness Squadron (right) both working under the 96th Transportation Company for Joint Task Force-Guantanamo, load tables into a truck.



Air Force Senior Airman Jeffrey Byrd of the 43rd Logistics Readiness Squadron, Pope Air Force Base, gets the water buffalo ready for towing back to the motor pool so it can be refilled with fresh water for the troops.



The 96th Transportation Company delivers chairs to be used at a farewell ceremony.



Army Spc. Mark Grindall (top) and Army Sgt. Sam Sanderfer, both of the 96th Transportation Company unload the laundry bags at the cleaners.



Tasked to transport some grills across the base, service members of the 96th Transportation Company put their teamwork to good use.

Courtesy Shuttle Bus to the Beach

The 96th Transportation Company is offering bus service to Cable and Windmill Beaches on Saturday and Sunday. The bus leaves every hour on the hour from the Navy Exchange, starting at 8 a.m. and ending at 7 p.m.



Army Sgt. Sam Sanderfer of the 96th Transportation Company climbs aboard the five ton cargo truck used to transport the detainees' linens to the cleaner.



Army Sgt. Michael Kuflik of the 96th Transportation Company washes away the dirt and grime.

Vehicle safety tips for Joint Task Force troops

By Army Spc. Delaney T. Jackson

While cruising around Guantanamo, in either a military vehicle or a privately owned vehicle, you may have thought to yourself, "I wish I knew how to operate this vehicle more safely." If that is the case here are a few tips to help you accomplish that goal:

Drinking and Driving

Don't do it. It's as simple as that, between the Courtesy Patrol and designated drivers there is no reason anyone should be drinking and driving.

Wear your seatbelt

Seatbelts do save lives, always buckle up before moving a vehicle and make sure your passengers do the same.

Obey speed limits

Most of Guantanamo Bay has a speed limit of 25 mph; some rare parts are 35 mph. Remember that the speed limit in front of the elementary school drops to 15 mph in the morning and in the afternoon.

Yield to pedestrians in the crosswalks

Pedestrians have the right of way when using crosswalks, stop and let them cross the road.

Use troop straps

Sending a passenger flying out the back of a vehicle can make a good day end very badly.

Perform Preventive Maintenance Checks and Services on your vehicle:

Ensure everything on your vehicle is in working order from the lights to the brakes. It is better to take the ten minutes to find out your vehicle is fine than spend a lifetime realizing it wasn't.

Use chock blocks / Turn wheels into the curb

Although chasing a vehicle down a hill may seem like a good way to get in some physical fitness training, the odds of actually catching it safely are slim. When parking a vehicle, make sure to turn the wheels into the curb, this is another way to guarantee your vehicle doesn't run off on its own.

Follow basic traffic rules

This is as simple as it sounds, stop at stop signs and yield to oncoming traffic. The use of common sense while operating a vehicle is the easiest way to remain safe.

By following basic safety procedures and the rules of the road while operating a vehicle, we ensure no one has a preventable accident and everyone goes home safely. It's just too simple to be ignored.

Man on the Street

Compiled by Army Spc. Alan L. Knesek and Army Spc. Delaney Jackson

This week's question:

If you could have any one movie played at the Lyceum, what would it be?



Navy Petty Officer 2nd Class John Workman, JTF Guantanamo

"Any comedy with Adam Sandler, something to lighten things up and get everybody laughing."



Army Sgt. Charles Creamer, HHC 2/116th Inf. Regt.

"XXX, it was just a really good action packed movie with some amazing stunts, it would be nice to see it here."



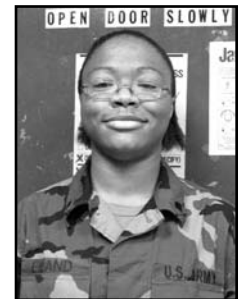
Navy Petty Officer 3rd Class Jeff Jansen, JTF Guantanamo

"I'm a big fan of country so it would have to be The Cowboy Way. It's just more about how I was raised and where I come from."



Navy Seaman Bryan Perry, JTF Guantanamo

"A Few Good Men, just because it's all about Cuba, it is a really good movie."



Army Spc. Teairra Eiland, 785th MP Battalion

"13 Ghosts, because it's a really scary movie and it's better if you see it with your friends at the same time."

Father and son serving for JTF Guantanamo

By Army Sgt. Erin Viola and Spc. Delaney T. Jackson

Most service members don't have the privilege of getting fatherly advice in person, while on deployment. But, if your dad happens to live six doors down from your hooch at Windward Loop, you can not only get that precious fatherly advice, but you might even be able to borrow a couple of bucks while you're at it.

Sgt. Maj. Richard Winkleman, Joint Task Force Operations, has served in the Army, both active and Reserve, for the past 26 years; having joined the Army Reserve in 1981 during the Cuban refugee program. Sgt. Maj. Winkleman and his son Spc. Jason Winkleman, both with the 300th Military Police Brigade, Headquarters and Headquarters Company, are stationed here together, as part of JTF-Guantanamo.

Spc. Winkleman, a mobile subscriber equipment operator and maintainer, was active duty for four years prior to this deployment. His contract was up, but he came back in as a reservist so he could serve with his father as part of Operation Enduring Freedom. Although they don't get to spend much time together due to different schedules, "It's nice to know that if something does come up my dad is only six houses up and I can go and take advantage of having him here," said Spc. Win-

kleman

With both husband and son being deployed, how is Mrs. Winkleman handling things at home? "I've done this so many times, and so has Jason, I don't think she knew how to react because it's just a different type of situation," said Sgt. Maj. Winkleman.

"I don't think you ever truly get used to it, but I think she understands, being a military wife for as long as my mom has been. The nice thing about this is she has my fiancée, Crystal, to fall back on; they've become best friends, they're there for each other because they're going through the same thing right now ... they're just a fantastic support element for each other," added Spc. Winkleman.

When asked to rate this deployment against others they've been on Sgt. Maj. Winkleman said, "This deployment, for actual living accommodations and work environment is probably the best one I've been on. Nobody is shooting at us, which is a plus on the last one ... I've been to 'the sand' many times and when you see those guys in tents and you see this right here, we're really lucky. There are no good deployments, some are just better than others."

"I don't think a lot of people understand the severity and importance of what we are doing here. This is a very important mission, very essential to the overall scheme of things, and



Army Spc. Delaney T. Jackson

Sgt. Maj. Richard Winkleman (left) and Spc. Jason Winkleman, in a very rare moment together, atop McCalla Hill.

that makes it a little bit easier for me, because I realize what I'm doing is essential," said Spc. Winkleman.

Sgt. Maj. Winkleman additionally stated, "We may be the lynch pin for very important things back in America, even though we may not feel it, the mission we are doing here may indirectly save thousands of lives back home. It's just as essential as the people serving in Afghanistan. Sometimes we forget just how important the mission we do have here is. This is probably as important a mission as I've ever been on."



What's up, Doc? Stretching and flexibility (Part I)

By Navy Lt. Cmdr. Fred Schmitz
Physical Therapist, Naval Hospital

The following is the first in a series of ongoing articles addressing sports fitness and injury prevention and management.

Stretching and increasing flexibility has become more popular over the past few years. The Navy incorporates a basic measure of flexibility into its Physical Fitness Test - the 'Sit and Reach' Yoga has become a more mainstream activity, and the popularity and prevalence of Martial Arts which incorporate flexibility as a key component has been growing steadily. If you've been in Guantanamo Bay for a few months you have no doubt listened to one of American Forces Network's public service announcements extolling the virtues of stretching as a means to improve flexibility - one of the "four components of

fitness."

From a training perspective, most professionals and fitness advocates talk about three main training components that are important for maintaining health, fitness and performance. These components are strength, aerobic capacity, and flexibility (body composition is a training result that can be another good measure of fitness and affect health and performance). Strength is a measure of your body's capacity to generate force, and can be trained by lifting weights, sprinting, jumping, and performing sit-ups, push-ups, or other activities which overcome resistance. Aerobic capacity is a measure of your body's endurance or ability to continue with an activity that elevates your heart rate significantly, and it is trained by any activity which raises your heart rate to above 70 percent of your maximal heart rate and keeps it elevated for

more than 15-20 minutes (running, biking, swimming, etc.). Flexibility is a measure of your body's ability to move its joints through a range of motion, and for the muscles and ligaments which support the joints to accommodate the range of motion. Flexibility is trained by stretching - taking a joint to one end of its motion and maintaining passive tension on the muscles for at least 20 - 30 seconds. Next week: How flexibility prevents injury. Charlie Papa!!!

Lt. Cmdr. Fred Schmitz is a Navy Physical Therapist, Board Certified in Orthopedic Physical Therapy and Sports Physical Therapy. If you have questions, comments, or ideas for a future article please contact him at the Naval Hospital PT Department: 7-2940 or email at fdschmitz@gtmo.med.navy.mil

Doing some good against the 'War on Terrorism'

Story by Army Spc. Alan L. Knesek

Spc. John Mosman has been in the Army for six years now and is a 96B, intelligence analyst. Mosman joined the military just after completing high school and started his military career in the Army Reserve.

"When I joined the Army I was 17. I was a senior in high school when I was called by a recruiter. The Army didn't seem like 'my cup of tea' at first, but the recruiter told me about the Reserve," said Mosman. The recruiter told Mosman about the Montgomery G.I Bill and other benefits it offered those who joined the military and in the end the Army Reserve offered Mosman a better deal for school and allowed him to join and serve his country without going on active duty. "It seemed to have better offers, so I joined."

"My recruiter told me I could choose between truck driver and analyst, and analyst seemed the better of the two. So now I am a 96B, intelligence analyst." According to Mosman, "a lot of what we do,

particularly in Military Intelligence is detail oriented. I am very detail oriented." It takes attention to detail to make any job in the military work, but with the job of any intelligence analyst, attention to detail is the focal point of their job. The intelligence analyst is primarily responsible for supervising, coordinating and participating in the analysis, processing and distribution of strategic and tactical intelligence.

When Mosman was told he was deploying, he didn't know where he was deploying to and with whom it would be with, but Mosman had gone on several training missions during his military career and knew what was to be expected of him as a soldier.

"This is actually my first real deployment. It's kind of given me a sense of worth," said Mosman about this deployment. "Before this deployment I was serving tables and a student, but I didn't have a chance to make a difference. This came up and now I am doing something for the better, actually doing some good against the 'War on Terrorism.'"

*The Joint Task Force Guantanamo
Religious Support Team presents:*

Christian's Night Out 'A night club for God's People'

First and third Saturday each month.

Join in - there's poetry, games, food, music, non-alcoholic beverages, and just plain ole fun at the 'holy club.'

For info, contact: Staff Sgt. Mike Montgomery 3202 or 8021.

Movie Schedule

Camp Bulkeley

Fri., Jan. 17

8 p.m. *Mission Impossible*
PG13 - 109 min

10 p.m. *Virus*
R - 100 min

Sat., Jan. 18

8 p.m. *Supercop 2*
R - 94 min

10 p.m. *Gloria*
R - 109 min

Sun., Jan. 19

8 p.m. and 10 p.m.
The Talented Mr. Ripley
R - 139 min

Mon., Jan. 20

8 p.m. *The Dead and the Naked*
R - 131 min

Tues., Jan. 21

8 p.m. *The Watcher*
R - 93 min

Wed., Jan. 22

8 p.m. *Elizabeth*
R - 123 min

Thurs., Jan. 23

8 p.m. and 10 p.m.
BLOW
R - 123 min

Downtown Lyceum

Fri., Jan. 17

7 p.m. *Spirited Away*
PG 125 min

9 p.m. *Friday After Next*
R - 85 min

Sat., Jan. 18

7 p.m. *Extreme Ops*
PG13 - 93 min

9 p.m. *8 Mile*
R - 111 min

Sun., Jan. 19

7 p.m. *The Emperor's Club*
PG13 - 109 min

9 p.m. *Maid in Manhattan*
PG13 - 106min

Mon., Jan. 20

7 p.m. *Friday After Next*
R - 85 min

Tues., Jan. 21

7 p.m. *Extreme Ops*
PG13 - 93 min

Wed., Jan. 22

7 p.m. *8 Mile*
R - 111 min

Thurs., Jan. 23

7 p.m. *Extreme Ops*
PG13 - 93 min

Live from Detroit

Jezt Bryan

Jan. 25, 8 p.m. at the Windjammer

J-6 (commo and computers) unplugged

By Army Sgt. Erin Viola

When American servicemen were fighting wars in the trenches of France, Germany, and Vietnam, morale boosters were pretty nil. Killing the enemy and staying alive was the general course of the day. Food and pay were a must, but if a commander could get a message through to the lines quickly or if troops got mail from a loved one, it was truly an added bonus.

The way we fight wars today has changed just as much as the way we communicate. Just as precision guided munitions have replaced bombs dropped from B-17s, computer networks, the Internet and email have replaced filing systems, conference calls and snail mail.

The J-6 Customer Support Center makes modern day communication possible for all the troops of Joint Task Force-Guantanamo. The mission of J-6 is to provide all command control communications, computers and intelligence systems to JTF-Guantanamo.

"Our mission here is very important," said Air Force 2nd Lt. Jason Gross, future operations officer with J-6. "It is very important because we support everyone from infantry to the Criminal Investigation Task Force. We are their voice to the rest

of the world, to the rest of the intel community. So, they can do all the interrogations, but if there is no COMM to get the information they discover out to the rest of the world, it is useless. I take a great deal of pride in providing the COMM to get their message to the rest of the world."

Since the JTF began, the J-6 Customer Support Center has also been responsible for a great deal of morale here via the Morale Welfare and Recreation computers at the housing areas. "Almost every housing area now has MWR computers so that service members can contact their families back home. The first one was set up at Windward Loop. We started out with two computers there and now we have eight or ten," said Marine Lance Cpl. Virginia Ingham, small systems computer specialist with J-6.

The MWR computers didn't come with out some challenges Ingham explained. "Beyond just the basic network security, the biggest challenge was setting up the MWR computers on a different network. Getting the access for it, getting the set up for it was challenging. We couldn't just run a line out there because it was too far. But we met that challenge really well," said Ingham.

J-6 also has a help desk where about 20-

30 calls a day come in for customer support requests. According to Sgt. 1st Class Barry Rentrop, J-6 noncommissioned officer-in-charge, the requests can range from "How do I plug this in" to "I can't get a connection."

One of the biggest challenges for J-6 said Rentrop was to move the network from Camp X-Ray out to Camp America and Camp Delta. "We had to merge all the computers



U.S. Army Sgt. Erin P. Viola

U.S. Navy Petty Officer 3rd Class Emily Buster, an electronics technician for the J-6 Help Desk checks on a telephone systems patch panel.

onto one domain for JTF which was a lot of work."

Rentrop said the J-6 really pulled through with the daunting task of setting up the domains. On top of that the team had to keep up with about 200 calls a week said Rentrop. "They are doing an excellent job. We are a 24/7 shop and they are doing really well as far as keeping up with the pace and with keeping the customers (JTF) satisfied," said Rentrop.

It is hard to imagine how many of us in the JTF would get our jobs done without computers, or networks or the Internet. "Yes ... technically we could do without computers. We could do everything from VHF (Very High Frequency) and UHF (Ultra High Frequency) radios. But computers play such a key role in keeping everything fluid and moment-to-moment because they are such an immediate form of communication. And you can communicate worldwide at the touch of a button. I would say we are pretty key to the entire operation," said Ingham.



U.S. Army Sgt. Erin P. Viola

Sgt. 1st Class Barry Rentrop, J-6 noncommissioned officer-in-charge gets about 200 requests per week to service the communications systems of Joint Task Force-Guantanamo.

15 Minutes of Fame...

with Army Sgt. Melissa Obermiller

984th Military Police Company

"Holding the gate at Guantanamo"

**Interview by Army Spc.
Lisa L. Gordon**

Q: How long have you been a Sgt.?

A: A little over two years.

Q: How did you make rank so fast?

A: I have a bachelor's degree, so I came in as a specialist.

Q: What's your degree in?

A: It's a triple bachelor's in sociology, political science, and criminal justice.

Q: Are you active duty or in the Reserve?

A: I'm active duty.

Q: Why did you want to become an MP?

A: It was really for the experience. My dad went through Vietnam and he was always talking about getting busted by the MPs, but he grudgingly admitted that they really kept things straight down there ... and in the Army in general. I was just impressed and it's kind of what I want to do. I don't want to be a beat cop. I want to be federal, but this is a good start.

Q: So, what's your dream job?

A: My dream job would definitely be a federal criminal investigative spot like the FBI or the U.S. Marshalls. A profiler or something, putting the crimes together all over the country.

Q: What's the hardest part about being an MP?

A: The hardest part is having to correct known deficiencies in people that

are friends. These are all your peers and you have to stop them and say, you know you're not doing right.

Q: Has that aspect of it ever created problems for you?

A: Oh, definitely. I just came back from Korea. Everybody's right there, so you know everyone around you. When you'd have to bring them in they'd say, "Hey you know me. Cut me a break." And you can't. Sometimes it's really hard.

Q: When were you in Korea?

A: From March of 2001 to March of 2002. Then I went to Fort Carson in Colorado and now I'm deployed. Korea was my first duty station.

Q: What do you think of the places the Army has sent you so far?

A: Korea is very similar to Colorado climate wise and landscape wise. You



Army Spc. Lisa L. Gordon

Sgt. Melissa Obermiller stands in front of the 984th Military Police Company's orderly room at Camp America.

look up and it's like a smaller area of Colorado. I have a lot of family in Colorado, so I've been there a ton and it's just beautiful.

Q: How does your family feel about you being deployed here?

A: My parents are really supportive. They wish I didn't have to be here of course. Everybody wishes their child didn't have to be away from them, so there's that aspect but they're proud and they're really pro-military. They understand what we're doing and they completely support it.

Q: What would you say stands out about Guantanamo Bay?

A: Every time I read the 15 Minutes of Fame, everyone always says the weather is great. Yeah, the weather *is* great, but what really makes this a good thing? To me it's deploying with this company. I just got to the unit six months before we deployed and it's really nice to get to know everybody, where everybody works, and how everybody meshes or doesn't mesh.

Q: What's the best part of being an MP?

A: It's going to sound like snobbery, but it's nice knowing that we're doing what's right. We do hold a higher standard. Our drill sergeants told us in basic training that we would make the standard. I was like, "whatever, we're just like everybody else." We're really not, and it's kind of cool to be a part of. Military police is all about the standard.