



the Wire

“ HONOR BOUND TO DEFEND FREEDOM ”

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Friday, July 23, 2004

JDOG MPs Change Command at JTF-GTMO

By Pfc. Jessi Stone

As the National Anthem played Saturday morning, the 1st Joint Detentions Operations Group Military Police Company stood in formation before the flag in Camp Delta.

The MPs saluted proudly as the music echoed across Guantanamo Bay. But their display of devotion wasn't like every other 8 a.m.—they gathered Saturday to watch the unit colors pass to their new commander.

Standing solemnly on the dusty ground in the near-blinding sunlight, Capt. William Bono took command of the company from 1st Lt. Romel Santos.

“It's been a great opportunity and a great experience for me as a person,” Santos said in his outgoing address.

He smiled at the Troopers, beaming with pride. “Capt. Bono, you are receiving a great company,” he said. Santos has been the company commander since May. He said he is proud to stay with the unit



Photo by Pfc. Jessi Stone

783rd MP Co. 1st Sgt. Ryan Pels presents the guidon at a change of command ceremony for the JDOG 1st MP Co. Saturday.

and to work with Bono.

Bono received command humbly, thanking the company's Non Commissioned Officers, acknowledging their hard work, and praising their knowledge and can-do attitude. “It's an officer's job to help Soldiers achieve what they want to aspire to,” he said.

Bono hopes to increase unit cohesion. He mentioned it is a unique unit because everybody comes from different places to work on the same mission, and it may be the only time a unit like them comes together at Guantanamo Bay Naval Base. “We may fold our colors at the end of this rotation,” he said.

Bono, a member of the New Jersey Army National Guard, has been a New Jersey Police Officer for 10 years and describes himself as a “road cop.” Though he has no correctional experience, his police experience assists him in resolving

See 1st MP Co., Page 4

Inside The Wire ...



PAGE 3



PAGE 6



PAGE 11

Trooper To Trooper

JTF Advances to Next Level



Photo by Spc. Jim Greenhill

By Col. Jerry Cannon

I thank the Joint Task Force (JTF) leadership for this extraordinary opportunity to serve our country with so many wonderful and interesting people.

It has been an honor and privilege to be part of something so important and work with so many great Americans.

Today is bittersweet. Leaving the Joint Detention Operations Group (JDOG) and departing the JTF is bitter; returning to my small part of the world—to family, friends and future—is sweet.

What we accomplished together is just short of unbelievable. Had I not seen it, I would say it couldn't be done.

Diverse organizations, disciplines, personalities and purposes don't always mix well. But our blueprint for success rests not only with our leaders, but with each and every one of us, individually and collectively. Our common interest as Americans is the catalyst for overcoming obstacles. We are so much better because of this alone that I am convinced there is little this JTF could not do.

I commend all who made this happen and challenge everyone to keep it going: Our JTF Command Element, support staff, commanders, officers, non-commissioned officers, civilians, the Interagency Task Force, NAVBAS and all who make up the Guantanamo Bay Community. Most importantly, our JTF Troopers.

I am blessed to have been part of JTF GTMO. Shared belief, experience, trust, respect, camaraderie and sense of purpose made this deployment unforgettable.

The media often asks about the "GTMO Difference." To me, it's about three things. The first, our Pillars of Success: The unique things about our individual organizations that make us so effective.

Second, our Culture of Excellence: Doing the things a value-based organization is expected to do, even when nobody is looking.

Lastly, the great people we serve with. Troopers who daily give their best. Without them—and their positive attitudes—nothing good would happen. The hard work of this JTF rests squarely on our Troopers' shoulders. I am awed by what they have to do and how well they do it—without complaint, with pride of service in their voices. They are professionals, in every sense.

I enjoyed my time here and have no regrets. I learned so much, and I'm a better person as a result. I have a new appreciation and respect for those charged with our national security.

I'm equally impressed with the Reserve Component personnel who step up and seamlessly blend into the service of our nation. I will be GTMO's biggest advocate upon returning home.

Col. Brice Gyurisko now commands JDOG. I hold him in high regard and wish him the best. He is a great leader and the right person at this critical point in time. With everyone's continued support, he will advance JDOG to the next level. I ask all to give him their support and best efforts.

Again, thank you for what you do. Remember the GTMO Difference.

And always be ... Honor Bound!

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Miss a Movie? Catch it at the *Marine Hill Liberty Center*

By Pfc. Chris Gardner

Five leather sofas, two recliners and a 42-inch television welcome Troopers at the Marine Hill Liberty Center.

From "Aliens" to "Zoolander," the center offers about 900 movies. "This includes nearly every title that has been shown at the Downtown Lyceum," said Liberty Center Movie Program Coordinator Devon Christie.

Missing a movie at the Lyceum is no problem for Sgt. Jeffery Griffin, system support specialist with the 783rd Military Police Company. On days off, he catches a flick at the Liberty Center and gets free

popcorn and soda.

Chips, fruit, hot wings and other snacks come Friday nights at around 6 p.m., courtesy of the Windjammer. Griffin said he likes the variety—getting away from the norm and meeting different people in the Navy and Marines.

The variety includes two ping-pong tables, two pool tables, darts and stacks of *Sports Illustrated* magazines. At least 16 computers are reserved for Internet use and six additional computers for gaming, including titles such as "Counter Strike" and "Army Operations." For fantasy, sci-fi or sports fanatic game lovers; Four PlayStation 2 systems on 27-inch televisions entertain Troopers with 47 games including "Lord of the Rings," "SOCOM: U.S. Navy Seals" and mounds of baseball, football and soccer games.

"It helps you wind down and forget about everything,"

Sgt. Jeffery Griffin (right) calls the Liberty Center his "hangout." Troopers can watch recent Lyceum films on a 42" TV (bottom right). Petty Officer 2nd Class Michael Montemayor is a blur of action at the Ping Pong Tables against Petty Officer 1st Class Antonio Rosure (bottom left), who then lines up a shot on the pool tables (left).

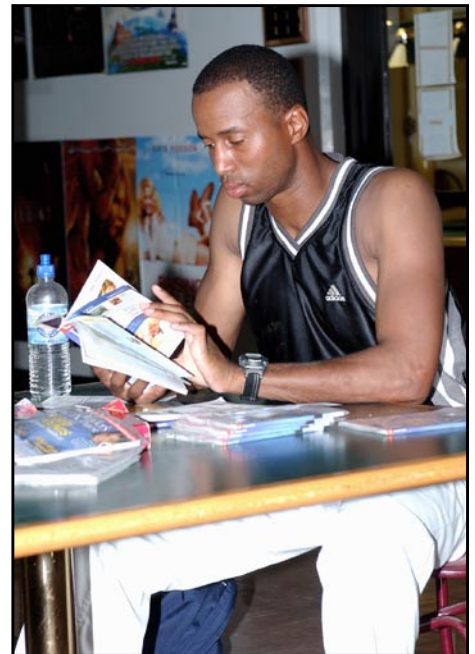
Photos by Pfc. Chris Gardner

a Trooper said, winding around virtual corners and trying not to wreck his race-car. "The staff is polite and the facilities are nice."

"They've got everything here," said Petty Officer 1st Class Antonio Rosure, master-at-arms with the 2nd Military Police Company. "It really does boost your morale."

It's nice to get out of the barracks, relieve stress and just relax, said a group of sailors from the 2nd MP Company.

For more information on activities and movies at the Liberty Center pick up the Monthly Events Guide at the Naval Exchange or call 2010 or 8344.



JDOG 1st MP Co. Prepared for GTMO Duties

Continued from Page 1

conflicts and in various other duties as commander that are very similar to running a police shift.

“As with most people down here, this is a new mission, but we are all adapting,” he said. “The 1st JDOG is doing very well. They have worked the blocks for over two months now and have a strong NCO chain. They are adapting very well and continue to improve.”

The JDOG 1st MP Co. guidon is passed during a change of command ceremony at the Camp Delta flagpole Saturday morning.



MWR Offers Troopers Incentives to Work Out

By Pfc. Jessi Stone

After a long, hard day, nothing sounds better than shucking off those boots, stretching out your feet, and laying down, just for a few minutes.

Once unwound, you start to work yet again on your laundry ... your cleaning your boot shining. You go to eat dinner with your buddies ... and spend a little while relaxing ... and—as evening creeps ever closer to night—you suddenly realize you have to get up early in the morning and it might be a good idea if you just got to bed early.

Improving your physical ‘A’ game can wait another day, right?

If you can’t seem to find the motivation to go work out, you’re not alone. It is for that reason that Morale Welfare and Recreation offers the Fitness Award Program.

The Fitness Award Program

rewards you for the time you work out. The prizes increase in value the more you work out.

After 60 days of working out the reward is a mug. At 120 days you win a tank top. After 180 days, a T-shirt.



After 240 days, a sweat-shirt. At 300 days, a jacket. And after 360 days, a sports bag.

There is a variety of activities to choose from to work towards your prize goal, from the traditional running and weightlifting, to swimming,

sailing, rollerblading, yoga, tae kwon do, biking, racquetball, kick boxing and many more.

There is also the 500 mile run for life and the 1500 mile bike for life programs. You can choose any activity, but you cannot combine the hours from two different activities.

The MWR in Camp America provides cards to log your workouts. You can also pick up cards at the Main Gym. The cards are turned into Donnell Daniel, the director of the gym.

The program runs on the honor system, but it’s hard to cheat. “If you’re going to the gym every day, by a week or two you know everybody,” said Staff Sgt. Wilfredo Ruiz of MWR.

For more information on the Fitness Award Program, call Daniel at 2193 or MWR at 3150.

Nine Years Later, a Trooper's Parents Say Goodbye



By Spc. Jody Metzger

The 24-year-old Trooper died the way she lived: Sacrificing her life for others.

At Guantanamo Bay as part of Operation Sea Signal, Ann Marie Terrell died after swerving to avoid hitting another vehicle with her tractor-trailer, on which the brakes had failed.

More than nine years after her March 28, 1995 death, Terrell's parents got to see their daughter's memorial Monday. Victor and Lien LaBelle reside in Jacksonville, Fla.

Mr. LaBelle's eyes brimmed with tears, and he hugged his wife. "It helps," Mr. LaBelle said, looking at the monument. "It makes me feel a lot better. My daughter is gone, but she will always be remembered. We were never able to go to the site—but now we have this."

Operation Sea Signal was a humanitarian mission to restore order and aid Haitian and Cuban migrants. Operation Sea Signal spanned an 18-month period from May 1994 to February 1996, during which Joint Task Force-160 tackled a Haitian migrant crisis.

More than six years into her active duty, Terrell was stationed at Fort Hood, Texas, with her husband and 4-year-old son. She was assigned to the 160th's 64th Joint Logistics Support Group.

Terrell wrote her parents, explaining when she would be coming home to visit. The couple were overjoyed and waited patiently.

But—just three weeks into the mission—Terrell was driving a tractor-trailer when the brakes failed. She swerved to avoid hitting an oncoming vehicle. The trailer she was towing crushed her.

The monument, located at the accident site at the intersection of Moss Road and Sherman Avenue, was erected on Independence Day, 1995. Sitting across the street from the MWR Pottery and Ceramics Center, it is a testimony to her strength and dedication to the military and its mission.

Late Monday afternoon, the Terrells finally saw the recognition for their daughter. Onlookers cried as the LaBelles scrutinized the stone carvings. The monument represents a place of remembrance of their daughter and her sacrifice, a place where



Photos by Sgt. Scott Griffin

Lien and Victor LaBelle, parents of Spc. Ann Terrell, talk with Cpt. Les McCoy, naval base commander, at the monument to their daughter. The LaBelle's visit was their first time seeing the monument, which was created in 1995.

her parents were welcomed back to pay their respects.

Mrs. LaBelle stood next to the statue, tears running down her cheeks. But she spoke with pride and happiness for the memorial dedicated to a daughter, wife and mother who died serving her country.

"I am very thankful for the military and very happy for her; she did that job to help other people," Mrs. LaBelle said. "We are a military family. I love the military."

**"My daughter is gone, but she will always be remembered."
Victor LaBelle**

A GATE THAT LEADS TO THEIR WORLD

Story by Airman 1st Class Joe Lacdan
Photos by Pfc. Chris Gardner

A wooden sign sits atop a roof at Guantanamo Bay Naval Station's Northeast Gate.

The words "Republica de Cuba" (English translation: Republic of Cuba) are painted on the board in 8-inch-high red letters.

The gate is the final barrier between U.S. territory leased from Cuba and the communist country itself. It is also a haunting reminder of the past. The bottom of the sign reads "Territorio libre de America" or "land free of America."

"It's just amazing we're sitting so close to a communist country," said Marine Sgt. William Nowosielski, a guide for the tour. "We're looking at a gate that leads to their world."

Walking these grounds is a journey through the history of the oldest overseas U.S. naval base.

In this case, the grass *is* greener on the other side of the fence; the foliage changes near the edge of the rain shadow that dominates GTMO.

Joint Task Force Troopers have a chance to go into

an area normally closed and experience the Northeast Gate firsthand the third Saturday of each month in the Marine Corps Security Forces (MCSF) Company's Northeast Gate tour. The MCSF Co. provides perimeter security for the base's 45 square miles of land and sea.

"We give tours to give an idea of what Marines do as far as providing security to the base and our relationship with the Cubans," said Marine Sgt. Jermaine Hayes.

Army Sgt. Junior Anglon, a Morale Welfare and Recreation (MWR) representative for the Joint Task Force, said he would like to arrange a bus to take Troopers from Camp America to Marine Hill for the tour. "A lot of our Troopers don't know about it," Anglon said.

Echoes of the 1962 Cuban Missile Crisis, a 1964 dispute about water and other tensions linger at the Northeast Gate.

The land surrounding the gate, once buzzing with activity, now lies empty.

Mines remain on the Cuban side, where Cuban President Fidel Castro also arranged for the planting

of cactuses to prevent his from entering the country.

"You notice you don't see any cactuses here, right?" Hayes said. "If you see a cactus on you or you're going to see a mine."

Once, hundreds of U.S. Marines were stationed on the U.S. side. Marines were eventually moved from the barracks to Marine Hill.

Years ago, the fence and the Marine barracks were built to deprive the Cubans of morale. The fence was 30-foot high with barbed wire from hitting the windows and keeping the Cubans awake. "I was over there and I went through a lot of things," Nowosielski said. "It was just what was going on." The Marine emblem is on their emblem.



S WORLD

Tours of the Northeast Gate Journey into Guantanamo Bay's Rich History

fidelis,” or “always faithful,” so that it would reflect the spotlight. Later, Marines decided to keep the emblem to remind Cuban forces of the Marine Corps’ presence.

“We’ll be illuminating the emblem until we’re out of here,” Hayes said. Marines were the first service at Guantanamo Bay, arriving in 1898.

When was the last time the gate opened?

“The last time they opened it was yesterday,” Hayes said. “They open it every day.”

At one time, 3,000 Cubans made the daily crossing to work here; now just three workers continue the tradition.

Tour guests will travel to the Northeast Gate, see the Marine barracks and learn some history about its significance. They will also get to see the infamous water line.

In 1964, Castro accused the U.S. of stealing water from Cuba. The U.S. responded when then-naval station

commander Rear Adm. John Bulkeley cut the pipe, which was empty. The exposed pipe remains on display in its ditch near the old Marine barracks.

Nowosielski said it’s important for Troopers here to learn about the Northeast Gate’s rich history.

“It’s a historic place,” he said. “It’s important to understand the threat that was here.”

After the tour, Troopers can purchase T-shirts, coins and flags at Marine Hill.

“This is a good experience,” said Spc. Dennis Brown, a JTF food service specialist. “I’m going to do it again one day.”

- Spc. Jim Greenhill contributed to this story.



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see anyone doing PT down
“You’re either going to get
going to coincidentally find

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barracks. The Cubans hoped
Marines of rest and damage
U.S. responded by build-
fence to prevent the rocks
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at those times,” Hayes said.
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said. “They didn’t know
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em and the motto “semper



DJ Lifts Troopers' Morale with Music



Photos by Spc. Jody Metzger

By Spc. Jody Metzger

By day, David Flores is a sailor serving with the Joint Task Force; by night he's a disc jockey boosting Troopers' morale with music at the Windjammer.

"Some of the music I play is like the word of God—there is always a message," Flores says. "It has also helped me to meet people. A place like this could easily break you down if you do not have friends."

At times we find ourselves out here at Guantanamo Bay alone and away from our families, and it seems the only way we can get through our time ahead is to come together as friends and support each other. Flores, an Operations Specialist 1st Class with J3 Plans/Future Operations, leads Troopers to appreciate their time here and maybe just lean on each other a little more with the music he spins into a vibrant array of sounds.

Being a DJ has been something Flores wanted to do most of his life. At age 5,

inspired by Michael Jackson's "Thriller," Flores' excitement grew as he excelled in his hobby, discovering rhythm and beat. It was a hobby that became a

means of expression, a calling fueled by his father's gift of a turntable.

"As a musician, I can appreciate what is being communicated and play on a song," Flores says.

Flores has traded his vinyl and turntables for compact discs as he continues to improve his talent using techniques like scratching, which he adds to the beginnings of songs.

"During a song, I will take a word or sample a phrase from that song or artist and use it to scratch with to spice up the song," Flores says.

Flores has spent eight years on active duty. He is now assigned to Guantanamo Bay for one year as he finishes up his JTF tour.

"I am a music producer," Flores says. "As a DJ, it might seem as though I might be playing other people's music, but it's the ability to add that 'funk' that makes a DJ a producer!"

As a DJ playing in a military set-

ting, David has run into issues that have changed his perspective on what to play, who the audience is, and—most importantly—keeping the dance floor busy, he said. "In this organization you have to be versatile with your music collection if you want to succeed as a DJ," he says.

The most difficult part of spinning for Troopers here is that he doesn't have enough variety of music, Flores says.



Possible Tax Break for Guard, Reservists

By Lisa Burgess, Stars and Stripes

Arlington, Va.—Reserve and National Guard members whose civilian employers are continuing to pay them a salary while they are deployed may be due a partial tax refund from the federal government, according to Pentagon officials.

Among the Internal Revenue Service's myriad tax rules is one that exempts activated Guard and Reserve service-members from paying Federal Insurance Contribution Act, or FICA, taxes on any supplemental income.

Supplemental income is the partial salary that some employers keep paying to activated employees, in order to make up any differences between the money they receive from the U.S. military and their civilian wages.

No law requires employers to make such payments, according to Wayne Spruell, principal director for manpower and personnel for the assistant secretary of defense for reserve affairs.

"But we know a goodly number of employers will make up part of the difference," Spruell said in a Thursday telephone interview.

A retired Army Reserve officer, Lt. Col. Frank Scattene, was poring over the tax code this spring when he found a provision that appeared to indicate that the IRS does not consider supplemental wages as "payments for services rendered," which means FICA does not apply, Spruell said.

Scattene, a certified public

accountant who works with the Lehigh Valley Military Affairs Council, a non-profit Pennsylvania advocacy organization, contacted Spruell's office with his findings in late April.

Spruell asked DOD lawyers to bring the possible exemption to attention of the Defense Department's Tax Council, which deals with matters concerning the armed forces' federal, state, local and foreign tax liabilities.

After discussing the matter with counterparts in the IRS, attorneys on the council declared the exemption to be valid, Spruell said.

"We've had our tax lawyers look at it ... and it's been confirmed by our attorneys that this is, in fact, how the IRS interprets the law," Spruell said.

Employers, which pay a portion of each worker's FICA taxes, are responsible for filing documents that will result in refunds from the IRS [see box].

Refunds to employees would vary from a few hundred to thousands of dollars, depending on how much supplemental income the employee is receiving and how long the employer has been taking out FICA by mistake, Spruell said.

"Activated Guard, Reserve may be due FICA refund," by Lisa Burgess. Published in the European Stars and Stripes on July 3, 2004. Used with permission from Stars and Stripes, a DoD publication. © 2004 Stars and Stripes. <http://www.stripes.com>



How to Get Your FICA Back

- Reserve component members who think they may be due a refund should look at their civilian pay-stubs to see if any FICA taxes have been taken out.

- If FICA has been paid, contact your civilian employer and explain that both of you are due refunds (employers pay a portion of FICA taxes).

- Ask your employer to seek a refund by filing an amended tax return using IRS Form 941. Your employer is then responsible for reimbursing you for the taxes paid from your wages.

- If for some reason the employer refuses to file an amended return, you may file a refund claim using IRS Form 843. Your employer will still need to sign a statement that says he is not seeking reimbursement of the FICA taxes.

- IRS forms can be downloaded at: www.irs.gov/formspubs

- For assistance or questions, contact your unit's financial office, or a qualified tax adviser.

Source: Office of the Assistant Secretary of Defense for Reserve Affairs

! WORLD WIRE

... News ... Sports ... Entertainment ...

July 14: Despite repeated denials, rumors swirl that Vice President **Dick Cheney** will step aside before the November election. ... The Los Angeles Lakers trade **Shaquille O'Neal** to the Miami Heat. ... At the U.S. Olympic swimming trials, 19-year-old **Michael Phelps** wins four events, sets a world record and qualifies for six individual events at the Athens Games. ... "**The Sopranos**" gets 20 Emmy nominations; HBO dominates with 124. ... Apple Computer Inc.'s quarterly profit triples over last year on strong iPod sales.

July 15: For four months, **John Kerry** has raised more money than the president's

campaign. ... Former world chess champion **Bobby Fischer** is detained in Japan, awaiting deportation to the U.S. on charges he flouted a ban on attending a match in Yugoslavia. ... **Marion Jones** jumps 28 feet, 4 inches at the U.S. Olympic track and field trials.

July 16: **Martha Stewart** gets five months in prison, five on house arrest and a \$30,000 fine. ... At least 81 children die in a **school fire** in India.

July 18: California Governor **Arnold Schwarzenegger** calls his budget opponents "girlie men." ... American **Todd Hamilton** emerges from obscurity to win the British Open. ... "**I Robot**" pushes

"Spider-Man 2" from the No. 1 spot at the box office, pulling in \$53.3 million its first weekend.

July 20: An Austin, Texas marketing firm pays \$2.75 million for the Internet domain name **creditcards.com**, the largest amount paid for a website name in years ... **Michael Jackson** denies a woman is expecting his quadruplets.

Spc. Jim Greenhill compiles WorldWire from reports from the DoD Current News Early Bird, ArmyTimes.com, MSNBC, The Associated Press, Reuters, The Washington Post, The New York Times, The (London) Times, The (London) Daily Telegraph and other news services.

... Faith ... Belief ... Counseling ...

! WORSHIP WIRE

Overcome Evil with Good

Do not be overcome by evil, but overcome evil with good.

— Romans 12:21 (NIV)

There seems to be no lack of evil in the world.

When it presents itself to us, we are tempted to respond in kind—to immediately strike back at those who want to hurt us. In combat that choice may be the appropriate one, because it involves life and death circumstances.

But in our personal lives offering back evil for evil is often the worst choice. All it leads to is more pain and misery for more people—including us. It plants seeds that can bear poison fruit to be harvested down the road.

The answer to this dilemma is divine love. With God's love guiding and helping us, we can return good for the evil done to us. Doing

so prevents the power of evil from negatively affecting us. Love offers us protection from the mental, emotional and spiritual injury which evil can inflict upon us.

When I say "love" it can sound like something only a weak person would use. But it is much harder to love than it is to hate. And thankfully the extra effort needed to show love is worth it.

Remember this: Good is more powerful than evil. With God's love you can walk in victory no matter what anyone does to you.

And hope does not disappoint us, because God has poured out His love into our hearts by the Holy Spirit, whom He has given us.

— Romans 5:5 (NIV)

Chaplain (Capt.) Kent Svendsen

Does Guantanamo Bay ever seem like a strange land far away from the familiarity of home? Do you ever miss lush green gardens and fresh flowing streams, not to mention friends and family back home?

The Bible tells a story of the people of God in exile in a strange and distant land long ago. The people missed their homeland, and their friends and families. God sent them a message through the prophet Jeremiah that went like this:

I will come to you and fulfill my gracious promise to bring you back to this place[home]. For I know the plans I have for you, declares the Lord, plans to prosper you and not harm you, plans to give you hope and a future. Knowing that God did not mean this experience for harm, but for good, and His promise to bring them back home, gave the people hope for the future. This same promise is true for us at GTMO, and God offers us hope for our future as well.

Warren Wiersbe once wrote: *When God permits His children to go through the furnace, He keeps His eye on the clock and His hand on the thermostat. His loving heart knows how much and how long.*

— **Chaplain (Maj.) Steven Herman**

SPORTS WIRE

Knowledge is Power: Getting Results in the Gym

By Pfc. Chris Gardner

"Knowing is half the battle," said G. I. Joe, a real American hero.

The other half is action.

Physical training must be built on a foundation of three major disciplines in order to gain any desired results: Adequate rest, proper nutritional intake and effective physical training.

Troopers may find getting enough sleep difficult at times, but rest is crucial for muscle repair and build up. Research shows most human beings need eight hours of sleep per night, and studies show that average Americans get seven or less. Napping for 10 to 20 minutes after work is a great way to relax muscles and get that extra rest your body needs for maximum physical gains.

For gains in size, Troopers who are serious weightlifters should take in one to 1.5 times their weight in grams of protein evenly dispersed through five to six meals daily. Drinking lots of water is especially important when consuming such high amounts of protein, and water packs provide the convenience to do so.

Those trying to lose weight should avoid simple carbohydrates like sugars and keep complex carbohydrates like whole wheat and grains to a minimum. One gram of fat contains more stored energy than one gram of carbohydrate and one gram of protein combined. So burning fat is more likely when fruits and vegetables are the primary energy source.

However, carbs are a vital energy source for muscle-gaining individuals with low body-fat percentages. Whole-wheat breads, sweet potatoes, rice and pastas are healthy sources of fuel required for the high levels of activity weight gainers need.

For effective training, one needs to maintain intensity and consistency. Building up slowly to avoid injury requires a certain level of patience. Too often, novices want to see immediate gains and overstress themselves, getting muscle strains instead.

Muscular balance is fundamental

in helping prevent injury. Antagonistic muscles not maintaining balance can develop into pulled muscles and overuse results in injuries in supporting muscle groups. Antagonistic muscles are those that oppose each other, falling into two categories: flexion and extension.

Flexor muscles conduct pulling motions and extensor muscles pushing.

Hamstrings and quadriceps, abdomen and lower back (erector spinae muscles), pectoral and upper back, and biceps and triceps are antagonistic muscles, which need to be worked evenly throughout.

For example, lots of push-ups and sit-ups may cause a tight chest and abdomen, resulting in a slight hunchback posture. Pull-ups and lower back flexions oppose the tightness in the chest and abs, creating more balance.

Balance between muscular and cardiovascular systems is the most crucial balance to maintain. At least 15 minutes of cardio three to five times per week at individual target heart rates will proportionally strengthen Troopers' hearts to their bodies.

People lifting to gain size should maximize weight, doing four sets and six to 10 repetitions. Safely lifting heavier weight helps to productively overload the muscles, tearing them down in preparation for growth.

Those seeking definition and toning should lift lighter weights and maintain 12 to 15 repetitions and about three sets. High amounts of reps burn fat, better revealing and toning muscles.

Each muscle group should receive two to four exercises per workout for those seeking either size or definition.



Photo by Pfc. Chris Gardner

Cpl. Homer Almanzar, a weight trainer with nine years of experience, lifts for maintenance and definition. Now an infantryman with Co. B, 2-113 (Inf.), Almanzar left his civilian job as a New Jersey Police Officer to serve his country.

Whether you desire to gain weight or lose it, building strength will result from a proper workout.

For information on personal weight training assessments and facilities contact the G. J. Denich Gym at 2193. Gym hours are Monday through Friday from 5 a.m. to midnight and Saturdays, Sundays and Holidays from 7 a.m. to midnight.

Marine Hill Gym is open Monday through Friday from 5 a.m. to 10 p.m., Saturday and Sunday from 9 a.m. to 9 p.m. and holidays from 10 a.m. to 6 p.m. Call 2285 for more information on equipment and training facilities.

Camp Bulkeley Gym is open 24 hours a day, seven days a week.

15 Minutes of Fame

... with Spc. Damien Caceres, 113th Infantry Co. ...



Photo by Airman 1st Class Joe Lacdan

By Airman 1st Class Joe Lacdan

Spc. Caceres is a member of the 113th Infantry Company from New Jersey and a native of West New York, N.J.

The Wire: Why did you join the National Guard?

Spc. Caceres: To give back something to my country. Since I was a little kid I always wanted to join the military for school, the great benefits, and to mature and develop as a man. The military is a great stepping stone.

How does your family feel about your deployment?

Everybody was sad at first. My dad was OK with it. It was hardest on my mom because I'm the youngest one in the family.

Why did you choose the Army over the other services?

I wasn't sure what branch I wanted to get into, but I think that the Army basically has the best benefits.

How do you feel about serving at Guantanamo Bay?

I love it. I'm trying to make the best out of it.

How do you feel about the opportunity to work for the Joint Task Force here?

I think it's a great mission. It's a good experience. It's great to work with other services and other people.

Did you set any goals for yourself during your time at Guantanamo Bay?

I'm trying to get in the best physical shape that I can while I'm out here. I'm trying to save money while I'm out here so I can buy a house for my mother and me.

What goals have you set for yourself during your time with the National Guard?

I want to earn my Expert Infantry Badge. It involves weapons knowledge, land navigation and marksmanship.

What motivates you to do your job here?

Knowing that my job provides freedom – freedom to my family and to other people's families.

Why do you feel physical fitness is important?

I think if your body is physically fit and you feel good about yourself then it inspires you on your mission. You know it will help you achieve your goal and keep you driving on. It gives you a lot more confidence.

Has physical fitness always been a priority for you?

I've always cared about my physical fitness. Even when I was back home I knew that being fit is good for your mind and body. I didn't always have the time

because I was working and I was going to school so it was a little tough. Now that I'm out here I have the time to concentrate on getting into the best shape that I can.

What's your typical workout schedule? We do squad PT five days a week. One day we run and the next day we go to the gym. After running we usually do push-ups and sit-ups. When I go to the gym I do a lot of jump-roping.

How tough is the infantry's PT?

Our PT is the hardest.

Are you planning to re-enlist?

I will wait until the end of this deployment to decide. I think I'll extend.

Why did you choose infantry as your career field?

I was told it was one of the hardest boot camps. I always wanted to do it. I love being in the woods and firing weapons. I did it for the challenge and the experience. When I was a little kid I always wanted to try it. I've always liked the military. The infantry is the backbone of the Army and the military. I know we all (Troopers) help each other out and we need each other, I just think we're the heat.

What is your civilian occupation?

I'm a full-time student, and I have a part-time job at a hardware store. I'm studying federal law enforcement. I'm hoping to become a police officer.

What is your best experience in the military?

I would say basic training and this deployment to Guantanamo.

Has your time in the Army changed you in any way?

It's definitely strengthened me. It's a good community. It's like a brotherhood. The guys look out for one another. It's like a family.

GUIDE WIRE

... Movies ... Buses ... Worship ... Galleys ... Safety ... Updates ...

Friday, July 23, 2004

DIVE SAFETY

Did you know it's a Guantanamo Bay Naval Base requirement to have a minimum of 500psi remaining tank pressure at the end of a dive?

Were you aware that you MUST wear a buoyancy compensating device (BCD) capable of both oral and auxiliary low-pressure inflation?

You MUST also have the following equipment when SCUBA diving: A pressure gauge, depth gauge, timing device, quick-release weights and

surface signaling device, such as a whistle.

Instruction 1710.10H highly recommends you carry an alternative air source, an underwater (U/W) signaling device (tank knocker or low-pressure hose squawker), an underwater light and a portable dive flag.

For more information on any diving- or snorkelling-related questions, contact Reef Raiders Dive Club at 7315 or 5666 or call Ocean Enterprises Dive Shop at 5336.

Friends of Bill W. ...

Alcoholics Anonymous meets Mondays, Wednesdays and

Saturdays at 6:30 p.m. in Room 4A at Chapel Hill.

BUSES

Bus Stop Routes include the following stops. Not all stops are listed. Times listed are for every hour of the day (i.e. First Street - 12:00, 12:30, Ferry Landing - 12:17, 12:51, etc.).

Sherman Avenue

First Street - :00; :30
East Caravella - :03; :33
Marine Hill - :05; :35
Post Office - :10; :40
Windjammer - :11; :41
NEX - :14; :44
Bulkeley landing - :17; :47
Ferry landing - :21; :51
Commissions Building - :23; :53
Ordnance - :26; :56
Bulkeley landing - :28; :58
NEX - :32; :02
Windjammer - :36; :06
Post Office - :37; :07
Marine Hill - :41; :11
Hospital - :48; :18
Windward Loop 1 - :52; :22

Camp America/NEX

Camp Alpha - :00; :20; :40
NEX trailer - :02; :22; :42
Camp Delta 2 - :06; :26; :46
TK 4 - :12; :32; :52
TK 1 - :16; :36; :56
Windjammer/Gym - :23; :43; :03
NEX - :30; :50; :10
Windjammer Gym - :35; :55; :15
TK 1 - :40; :00; :20
TK 4 - :46; :06; :26
Camp Delta 1 - :52; :12; :32
Camp Alpha - :00; :20; :40

CINEMA

DOWNTOWN LYCEUM

FRIDAY

8 p.m. **Anchorman**

PG13 - 91 min

10 p.m. **Spider Man 2**

PG13 - 120 min

SATURDAY

8 p.m. **New York Minute**

PG - 91 min

10 p.m. **Raising Helen**

PG13 - 119 min

SUNDAY

8 p.m. **Harry Potter and The Prisoner of Azkaban**

PG - 139 min

MONDAY

8 p.m. **Anchorman**

PG13 - 91 min

TUESDAY

8 p.m. **Raising Helen**

PG13 - 119 min

WEDNESDAY

8 p.m. **The Day After Tomorrow**

PG13 - 124 min

THURSDAY

8 p.m. **Troy**

R - 165 min

FOR THE RECORD

The Wire strives for accuracy. When we fail, we accept responsibility for our errors and correct them. Please call Spc. Jim Greenhill at

5241 if you see an error in The Wire.



Welcome Our Visitors-and Never Compromise OPSEC

Military tribunals will determine whether detainees here are enemy combatants; the Review Board will determine whether they are to be held, transferred or released.

As these procedures start, visitors will arrive at Guantanamo Bay Naval Base who are directly and indirectly involved. Their work is important, and they should receive our full support.

Keep in mind, however, that operational security also remains important, and it is up to every Trooper to understand the mission and the information that should not be discussed in the vicinity of unauthorized personnel. This requires diligence.

While we will make every effort to assist our visitors and support them to accomplish their missions, the NAVBASE and JTF missions require our continued vigilance to prevent operational security compromises and privacy violations of detainees.

Operational security is everyone's job. Some visitors may not be fully vetted (background analyzed) before arrival. Don't take chances. Use the chain of command when requests are made. It is far better to ask for guidance than to divulge information that should not be divulged.

Report any suspicious behavior to your supervisor. Be courteous at all times.

Some guests may not understand when they are touching on sensitive issues of operational security. With coordination through your chain of command, we will be able to help our guests meet their needs and preserve operational security.

As always, we will welcome our guests. They give us the opportunity to show what "right" looks like so that the American people and our allies will remain proud of the JTF Troopers and our efforts here.

In all the things you do, remain "Honor Bound to Defend Freedom."

Brig. Gen. Martin J. Lucenti

VOTE 2004!

WORSHIP

<u>Catholic</u>		
<u>Main Chapel</u>		
Wednesday	5 p.m.	Holy Hour and Rosary
	6 p.m. - 6:25 p.m.	Confessions
	6:30 p.m.	RCIA (Chaplain's office)
Saturday	4:15 p.m.	Confession
	5:30 p.m.	Vigil Mass
Sunday	9 a.m.	Mass
	10:15 a.m.	Spanish Mass (Sanctuary B)
Monday - Friday	11:30 a.m.	Mass (Cobre Chapel)
<u>Camp America</u>		
Sunday	7:30 p.m.	Mass
<u>Protestant</u>		
<u>Main Chapel</u>		
Monday	7 p.m.	Prayer Group Fellowship*
Wednesday	7 p.m.	Men's Bible Study*
	9:30 a.m.	Sunday School
	11 a.m.	Service/Sunday School
* Fellowship Hall located in Chapel Complex		
<u>Camp America</u>		
Tuesday	7 p.m.	Alpha
Wednesday	7:30 p.m.	Soul Survivor (Club Survivor)
Sunday	7:30 p.m.	Protestant (Bldg. 3203)
<u>New Life Fellowship</u>		
Sunday	1 p.m.	Service (Main Chapel)
<u>Pentecostal Gospel</u>		
Sunday	8 a.m.	Service (Sanctuary C)
	5 p.m.	Service (Sanctuary C)
<u>The Church of Jesus Christ of Latter-day Saints</u>		
Sunday	9 a.m.	Sanctuary A
<u>Islamic</u>		
Friday	1 p.m.	Room 12, Chapel Complex
<u>Jewish</u>		
Call 2323 for more information		
<u>Camp America Church Bus schedule:</u>		
Sunday	8:15 a.m.	Tierra Kay
The bus will return following worship.		

DINING

- Today:** Lunch - Parmesan Fish; dinner - T-Bone Steak
- Saturday:** Lunch - Baked Ham; dinner - Assorted Pizzas
- Sunday:** Lunch - Chicken Cordon Bleu; dinner - Roast Beef
- Monday:** Lunch - Swiss Steak; dinner - Cajun Roast Beef
- Tuesday:** Lunch - Pork Adobo; dinner - Salisbury Steak
- Wednesday:** Lunch - Lemon Baked Fish; dinner - Chicken Adobo
- Thursday:** Lunch - Steak Ranchero; dinner - Roast Turkey
- Friday:** Lunch - Fried Shrimp; dinner - Seafood Platter

