



300th Military Police Brigade bids farewell

By Sgt. Benari Poulten

“Pay no attention to the man behind the curtain,” the Wizard of Oz famously exclaimed in the film of the same name. With the hectic pace and responsibilities of the critical mission here, paying little attention to the people behind the JTF’s “curtain” is not uncommon. It can sometimes be easy to miss the hard work and dedication of the people behind the scenes of the JTF who have helped us all set and exceed high standards.

We have all heard by now of the amazing accomplishments of the diverse troopers laboring every day to make a difference as a part of JTF Guantanamo. Yet, joint task forces don’t just pop up over night. It takes planning, coordination, and leadership to make a successful joint task force run smoothly and effectively. And that’s where the Headquarters and Headquarters Company, 300th Military Police Brigade comes in – they



1st Sgt. Richard Petrowski salutes 1st Lt. David Kerr during an awards ceremony for the 300th MP Bde., as the unit soldiers stand at attention.

Photo by Staff Sgt. Stephen Lewald

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Inside the Wire...

WHO’S THAT RUNNING MAN?



SENATORS STRIKE BACK



TRAINING THE BODY & MIND



Message from the Top



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

By way of introduction, I am BG Mitch LeClaire, commander of the 177th MP Brigade assigned as the Deputy Joint Task Force Commander for Operations and will replace BG James E. Payne. I bring with me a talented staff that is energetic and enthusiastic and ready to accept the mission.

With the transfer of authority from the 300th MP Brigade to the 177th MP Brigade another transition nears completion. The 300th has done a yeoman's job to establish the policies and procedures in order to continue our fight against the Global War on Terrorism. My thanks to BG Payne and his staff for their excellent work in establishing the baseline.

We have a number of units that are new to the mission. The training you received at the MOB Site will be of great

value as you apply it here. With the magnitude of this Joint Force operation it takes a Herculean effort to make it work just right. The key to success is in meeting the standards. Defined as an accepted measure for quantitative and qualitative value, standards are a measure of performance. In MG Geoffrey D. Miller's terms, standards are indicative of "what right looks like." If the standards are not being met, we're not doing it right. Therefore, know the standard! Know the Commander's intent. It is up to each and every one of us to ensure that we first know what the standards are then to enforce them. Average is not good enough! Never walk by a mistake.

Officers and Non Commissioned Officers are directing and leading but they must set the standards and then reinforce them. Along with standards, the Army Values also guide us. Loyalty, Duty, Respect, Selfless Service, Honor, Integrity and Personal Courage all spell "Leadership."

During my travels I am continually impressed with the professionalism exhibited by our troopers in the conduct of their day-to-day missions. We have some fine troops who are working hard. I look forward to working with each and every one of you as we continue the fight against terrorism.

Honor Bound!

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Trivia Question of the Week:

“What city in western Saudi Arabia is the center of pilgrimage for Muslims, and the focal point of their daily prayers?”

Please send your answers to the JTF Public Affairs Office, email address: pao@jtfgtmo.southcom.mil by Tuesday, Sep. 2. A name will be drawn from all who get it correct for a JTF T-shirt or hat.

Last week's question: “How many detention blocks make up the maximum security portion of Camp Delta?”

Answer: Three

Camp America, Tierra Kay and all that JAS

By Sgt. Erin Crawley

The JTF medical personnel, who have been running the Joint Aid Stations for the last nine months, will be returning home soon. Made up of JTF service members from Military Police, Infantry and Navy units, they have been an integral part of the JTF mission.

The Camp America JAS opened in June of 2002 and the Tierra Kay JAS opened in March of 2003. Both operate 24 hours a day, seven days a week and operate much like family practice clinics. On average, each station sees about 15 to 20 patients a day.

The mission is to provide healthcare to the troops and, in a location as close to the troops as possible. Sgt. 1st Class Michael Hoye, of the 300th Military Police Bde., and non commissioned officer-in-charge, explained, "We are

here. We are always open, and we are right around the corner from where the troops live."

Hoye said that teamwork has been paramount throughout this deployment and the medical personnel from the different services have worked incredibly well together.

Hoye explained how this deployment

has been such a worthwhile experience. "Honestly, this has been one of the greatest things that has happened to me. Having the opportunity to supervise a platoon size element of medical personnel, running two joint aid stations and providing health care services for our troops, and to actually see the outcomes of the efforts that we have put forth throughout this deployment has been one of the greatest successes that I have had."



JTF Medical staff of Joint Aid Stations at Camp America and Tierra Kay

Photo By Staff Sgt. Stephen E. Lewald

Spc. Lolita Roberts, a combat medic from the 132nd MP Co. said that she gained some excellent training at the clinic and during the alert exercises. "The alerts were very helpful, good training, and very worthwhile." Overall Roberts said this experience gave her more self-confidence in her ability to do her job as a combat

medic.

Sgt. Joy Haynes-Hawkins, a medic with the 785th MP Bn., said this deployment was a positive experience. "This deployment has helped me to focus on choices that I need to make for my future military career. I've had all this theory and now I've had the chance to put it into practice," said Haynes-Hawkins.

Haynes-Hawkins also gained a greater appreciation for working with other units and companies. "If I do my job well, then the MP's, that deal directly with the detainees in the camps, and the infantry that watch our parameter constantly ... then they can do their job. I think that was the biggest part, was to provide them with a certain sense of 'if anything happens, they know we are here to take care of it' and that's a good thing," Haynes-Hawkins said.

Soon the Tierra Kay JAS will be incorporated into the Kittery Beach Medical Clinic. It will be located across the street from the current Tierra Kay JAS, and will house a joint aid station, first aid facilities, as well as other ancillary clinics such as x-ray, mental health and a chaplain's unit ministry team.

451st does what needs to be done for JTF Guantanamo

By Sgt. Benari Poulten

Since its formation in 1998, the 451st Brigade Liaison Detachment (BLD) had drilled one weekend a month in Inkster, Mich., and two weeks out of the year for annual training until serving on its current deployment in support of Operation Enduring Freedom.

According to Sgt. First Class Norm VanSparrentak, a BLD normally works with three battalions, coordinating and maintaining maximum efficiency between them, with guidance from the brigade. As part of JTF Guantanamo, however, the 451st was used primarily to augment the needs of the 300th Military Police Brigade, as VanSparrentak explained. "We were broken up, and assigned various tasks throughout the JTF, whether down at the camp or in the Headquarters."

Comprised of an elite few, the 451st stepped up to the plate and accomplished their mission with a high degree of enthusiasm and professionalism. They also learned some new tricks of the trade while serving here. "There is a lot in the decision making process that, until you've experienced working the staff job ... it's hard to comprehend the amount of detail," VanSparrentak pointed out. "People up here really do care about the troops down in the wire."

When asked about the unit's greatest asset, he was quick to answer. "The cohesion. It's a good group ... we have seven officers and five enlisted. So you have a better class of skilled personnel and experience."

Although a small unit, the 451st has helped facilitate the needs of the JTF and the nine soldiers who comprise the BLD have worked hard every day to make a difference in the Global War on Terrorism.

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have held the reigns as the men and women behind the curtain of the JTF.

“Our main goal was to leave this place better than when we got here,” 1st Sgt. Richard Petrowski asserted. That meant utilizing ways in which to bring all the different services together, focusing on a unified approach to the mission.

One such way in which the 300th MP Co. helped bring the different services together was through an integrated PT program, as Petrowski explained. “We came in here as the Army, which is by far, the biggest part of the task force. But you also have to consider the other branches that you have with us, so what we did was, we combined our PT program and we brought the different branches into that program. When we did our PT Mondays, Wednesdays, and Fridays, the leaders of that PT could be from any branch.”

Relying on the leadership throughout the other branches, the members of the 300th helped guide the PT program so that every trooper in the JTF, regardless of branch, could meet or exceed their standards. “We had the senior Non-Commissioned Officers out there to lead the way and then we had the junior NCOs from all the other branches also take part in that,” Petrowski said, praising their efforts. “We had great participation, great leadership – it really unified the task force that way.”

Working in a multi-service environment also gave the soldiers of the 300th a chance to learn new things, as Sgt. Elizabeth Henderson pointed out. “Serving in a Joint Task Force was very interesting. It took the work that you normally do and gave it a twist. Nobody knows how another service works unless you have been in that service yourself or worked alongside. There are not very many opportunities to work in a Joint Task Force, so I consider it an honor to have been part of this one.”

Spc. William Gray concurred. “At first, I thought it was going to be kind of hard, because you have all these different personalities and different branches, and everybody runs things differently. But it surprised me that everything worked out ... to have a successful mission.”

Part of what has made this a successful mission so far, has been the 300th’s commitment to taking the initiative and implementing JTF-wide training programs, such

as weapons qualifications. “What’s significant about that is, when we came to this task force, not all the troopers came down here with their individual weapons,” Petrowski stated. “We put into place some preliminary marksmanship instruction, for the M-16 and the 9-millimeter, conducted that, and we took these individuals out and gave them hands-on training and qualification. So they became qualified and familiarized on different weapons systems.”

The soldiers of the 300th not only boned up on their basic military skills, they also picked up some skills that will help them in any environment. Working in Protocol, Sgt. Stephen Tolliver said he learned to use his time wisely. “I learned to make the most of my time given, for

“I also learned to pay close attention to those training you, so when they are gone, you will be in a position to succeed.”

Sgt. Stephen Tolliver,
300th MP Bde.

both civilian and military education,” he said. “I also learned to pay close attention to those training you, so when they are gone, you will be in a position to succeed.” With a sly smile, he added, “Always take time out for relaxation and rest, it does not come often.”

Petrowski elaborated on their readiness and their success. “We all wear a name-tag that says United States Army ... you have to be ready to meet your standards ... Once you’ve met that standard, regardless of what component you’ve come out of, you’re still a part of the Army and you have to be ready 24/7 to deploy at any time and bring the fight on. Period. And that happens through the leadership – the leadership of the officer corps and the leadership of the NCO corps. You have to train like you fight, and if you do that, you meet your standards, and that readiness all comes together, at any one given time, you’ll be called into that fight and you have to be ready for it.”

“Well, actually for me,” noted Gray, “it’s a little more high-paced ... but I do feel good to be over here because I feel like I’m actually doing my part.”

Spc. Joe Roggero also felt that he has done his part in the ongoing Global War on Terrorism, expressing his pride in serving his country. “At least I’m doing some part rather than [those] who are just chilling and they don’t want to get involved because it’s too dangerous. I’m doing my part, so that’s pretty good.”

Although a member of the 300th, Roggero gained a different perspective on the mission here because he had been attached to the 785th MP Battalion for most of the deployment. “Well, I went through the 95C training, so that was an interesting experience,” he said, relating some of his positive experiences here. “There have been times where the block sergeant has put me in charge of the block. I’ll do some of the paperwork that is involved with that ... stuff like that. It’s pretty different from being just a regular private or specialist because you have more responsibilities.”

Responsibility is a large part of the 300th MP Bde.’s role here, not only working as a team, but also demonstrating individual skills that help make the JTF a better place, as Petrowski explained. “We also bring in those special skills that you don’t learn in any of those [professional development courses] ... we bring some special things to the table and I think the task force has seen that and, not only seen it, they’ve benefited from it.”

As they prepare to finish out their time here and hand over the leadership reigns to the 177th MP Bde., the 300th can look back proudly on their accomplishments, knowing that they answered their nation’s call with integrity and proficiency. Petrowski takes a moment to personally reflect on his military service, mirroring the unit’s overall rewarding experience as members of JTF Guantanamo. “Ever since I was a little kid, I’ve always dreamed of being in the Army ... I don’t think there’s any greater satisfaction for myself – as an individual or as a first sergeant on a major deployment like this – than having the opportunity to lead troopers ... If my career ended today, I would be totally satisfied in what I’ve done.”

300th families prepare for homecoming

By Spc. Jared Mulloy

As the 300th Military Police Brigade gets ready to return home to Inkster, Mich., their Family Support Group (FSG) is also preparing for their return. "We're actually getting together this week to work out the details of their homecoming," said Mrs. Criss Tolliver, who plays an integral role in the 300th FSG phone tree. "I help inform the 300th's families of upcoming events and meetings."

The 300th FSG has been meeting every two months since the beginning of the 300th's deployment. They've also held some family events throughout the year. "Our biggest event was the Christmas Party. We had a holiday dinner, Santa gave out gifts, there was a magician, and the kids made picture frames to send to the soldiers. We also had a Mary Kay representative doing make-up and there was a masseuse giving massages," said Tolliver.

When the 300th returns home they will have some time to settle in before completing their out processing. According 300th FSG coordinator Delaney Provencher, "They will immediately secure their weapons and GO HOME for the night! Two days later we'll have an impromptu Family Day that will include lunch and the recognition that our soldiers and family members deserve ... I'm just happy that our soldiers are finally coming home and our families will be able to have the comfort of having their soldiers home."

177th MP Brigade ready for action

By Sgt. Benari Poulten

The Headquarters and Headquarters Company, 177th Military Police Brigade had its humble beginnings in the early 20th Century when it was organized and Federally recognized on June 14, 1921, in the Michigan National Guard at Detroit as Headquarters Detachment, 1st Separate Squadron, Cavalry. Soon after, it underwent a number of reorganizations and re-designations until it was inducted into Federal service on February 24, 1941, at Detroit before being reorganized and re-designated as Battery A, 593d Antiaircraft Artillery Automatic Weapons Battalion on Valentine's Day, 1944. It was inactivated on November 1, 1944 at Camp Howze, Tx.

The unit was then reorganized and Federally recognized in 1947 at Detroit as Headquarters and Headquarters Battery, 46th Division Artillery. After another long series of reorganizations, the unit converted to the Headquarters and Headquarters Company, 177th Military Police Group on April 1, 1976 and finally, on November 7, 1985, the unit became Headquarters and Headquarters Company, 177th Military Police Brigade. The unit relo-

cated to Taylor, Mich. in 1991.

According to the 177th's 1st Sgt. David Folsom, this is the 177th's MP Bde.'s first major deployment of this nature. "It's very impressive that we've had the opportunity to come out here and support this mission," he said.

The 177th has already hit the ground running and looks forward to working as a unique and integral part of JTF Guantanamo. In fact, as Folsom explained, their experience here could provide them with important experience for future deployments, as the military continues to move toward joint operations. "We have the blessing and the opportunity to be a part of the JTF - it's a once in a career type of thing ... and you can see that the whole concept of the defense department is to move in this direction, to work in the joint community."

Folsom has high praise and high expectations for his soldiers, and he is confident that the HHC, 177th MP Bde. will excel in the JTF while serving in support of Operation Enduring Freedom. "It's a tough unit, because basically we're very mission oriented, and it's a competent unit because we're professional."

240th MP Co. heads back to Puerto Rico

MG Geoffrey Miller, JTF Commander, praises the members of the 240th MP Co. for their dedication and sacrifices during their deployment to Guantanamo, during a Victory-Dinner celebration Friday evening. The 240th MP Co. has been a part of JTF Guantanamo for over nine months. They return home to friends and family, eagerly awaiting them in Puerto Rico. Their contribution to JTF Guantanamo will not be forgotten. (Photo by Spc. Delaney Jackson)



American dream revisited

By Sgt. Erin Crawley

Spc. Daniel Druchniak, of the 300th Military Police Bde., was just starting his first year at Schoolcraft Community College in Michigan, studying to become a police officer, when he got activated for JTF Guantanamo.

Although Druchniak had to put school on hold for a year, it doesn't mean learning was put on hold. Instead of books and theory, Druchniak has had the chance to learn from, first hand life experiences during the past nine months.

"I'm very proud of being part of this mission. I've done a lot of things here. At first, I was a driver and then I moved down inside Camp Delta.

Druchniak has learned a lot here. He says this deployment has been an excellent experience, but admits that these nine months have also had their share of challenging and trying moments.

How has he made it through the rough times? Druchniak gives credit to his family, his friends and his girlfriend back home. He explained how their love and support made all the difference in the world.

Being away from your family is one thing, but being away from your identical



Photo by Sgt. Erin Crawley

Spc. Daniel Druchniak of the 300th Military Police Bde. says he can't wait to spend some quality time with his friends and family. He has plans to go hunting with his brother and his dad in northern Michigan as soon as he gets the chance.

twin brother who has been your best friend your whole life is even more challenging. It has given Druchniak a greater appreciation for his close-knit family. "It's very

weird being away from my brother for this long. We are best friends and we talk to each other about everything. Being here kind of put a damper on that. But I just talked to him the other day and he's making plans for us to go hunting up in northern Michigan," Druchniak said.

"If we get a deer, we usually gut it and get it prepared to take it home. We'll put it on the roof of the truck and drive it home like that," Druchniak said.

His older brother, Eric, is an excellent cook, according to Druchniak, and will mostly likely be the one to cook the deer. "Everyone in my family enjoys it, except my two sisters, they don't like deer meat," Druchniak said.

Druchniak also looks forward to Eric's cooking, come Christmas time. "Every Christmas morning Eric cooks us [the whole family] a steak breakfast," he said.

To some, being an American is apple pie and baseball games. To others, it's having the freedom to go hunting with your brother in the fall, and the privilege to enjoy a steak breakfast on Christmas morning with your family. Either way, it's a piece of the American dream, and one that Druchniak appreciates more than ever before.

JTF choir soothes the soul and raises spirits

By Sgt. Erin Crawley

Back in December 2002, Staff Sgt. Michael Montgomery, Chaplain Assistant with Headquarters Company, 300th Military Police Bde., founded the JTF Choir and it has been going strong ever since.

As Choir Director, Montgomery is responsible for teaching music, directing the choir and ministering through music. "Choir is a very instrumental part of worship. Music prepares the spirit for worship. I love to sing and I love to direct. I thought it would be a good thing to enhance the Camp America worship services," said Montgomery.

The choir practices three to four times a month and performs on the first and third Sunday of the month beginning at 9 a.m. at Camp America and then at 12:45 p.m. at the New Life Fellowship Main Chapel on Chapel Hill.

Staff Sgt. Greg Means of the 132nd Military Police Company joined the JTF Choir nine months ago and sings in the tenor section. "I enjoy the fellowship and to me it is very motivational. During the week, we are exposed to a lot of pressures ... on Sunday's singing is a release and I enjoy singing, and how it gives people a positive energy flow. Singing draws the spirit in," Means said.

Self taught organist, Spc. Kenneth Clement, 132nd MP Co., has also been a member of the JTF Choir since it began. He has seen it get up to 15 members at one point. Clement explained that while the JTF Choir has seen members come and go due to rotation schedules, there has been a solid group of six choir members who have remained since the beginning. Soon those members will be leaving for home as well.

"Being in the JTF Choir makes me feel closer to home. It's a stress reliever and it makes me feel good that other soldiers can benefit and enjoy the music that is being played," Clement said.

The original choir members certainly have left their mark on JTF. And before they go, they will be participating in one the biggest religious events here in over two years – a revival. It will be held this coming Saturday at 7:30 p.m. and Sunday at 12:45 p.m. at the NAVBASE Chapel.

According to Montgomery, it is the first revival in more than two and a half years. "It is a large worship experience and there are no time constraints. It is for prayer, praises and powerful preaching. GTMO needs to be spiritually revived and that is what this is all about. It is also to bring everyone from all denominations together," said Montgomery.

Going 1,500 miles with the 'Running Man of GTMO'

By Spc. Jared Mulloy

It's not uncommon to see the same troopers exercising religiously up and down Sherman Ave. again and again. And, if there is one runner that everyone has seen, it has been Sgt. Gary Swathell of the 300th Military Police Bde.

With his unique running style and more than 1,550 miles logged in Guantanamo Bay, Swathell was awarded a pass to Puerto Rico for his accomplishment, and at age 48, can finish a two-mile run in 14 minutes flat. "I run at all times of the day during the week, and at least five miles every day. On the week-ends, I'll run farther for fun. All together I run about 40 miles a week," said Swathell.

Swathell has maintained his steady running routine for more than 12 years and has never sustained an injury while running. According to Swathell, "If you don't stop and stretch, you'll be in big trouble. I always take time to stretch." He also recommends blister resistant socks and buying new running shoes every six



Photo By Staff Sgt. Stephen Lewald
Sgt. Gary Swathell takes the time out of his day to do his daily run.

months. "I prefer Nike shoes. I won't buy anything else."

Swathell also reads Runner's World Magazine and keeps a runner's diary to remember how far he's run.

Swathell says that the key to running is believing in yourself. "It really is mind over matter. A little bit of discipline will take you a long way."

During his many years of running, Swathell has run 10 marathons throughout the states and even the globe. "I've run the Motor City, Lincoln, Nebraska, Cleveland, Kansas, and Korea Marathons as well as the Army Ten-Miler In D.C."

If you're looking to improve on your annual physical fitness test, Swathell says that sit-ups go hand in

hand with running, but you'll have to do more than run to improve on your push-ups. For that, he recommends hitting-up the bench press at the gym.

When asked why he runs so much, Swathell said it's simple, "I enjoy running, it keeps me in shape, and every run feels like an accomplishment ... that makes me feel good."

Man on the Street

Compiled by Staff Sgt. Stephen E. Lewald

This week's question:

Name one 'must do' activity that you have to fit into your schedule before you redeploy?



Petty Officer 3rd Class
Brian L. Korte
PACAREA PSU Det.

"A pass in Puerto Rico, I hear the surfing is excellent."



Army Staff Sgt.
Jay V. Jernigan
JDOG S-1

"I would like to climb the highest mountain and look out over Guantanamo and see all the servicemembers my soldiers and I have taken care of."



Pfc. Raysa Pujols
463rd MP Co.

"I'd really like to see Puerto Rico, because it reminds me of my home in the Dominican Republic."



Pfc. DJ Bortz
785th MP Bn.

"I'd like to do one last patrol with the 2-116th Inf. Bn. I patrolled with them in the past and really enjoyed it."



Spc. Shane Rudicil
J-4

"I think I'd like to go on the Northeast Gate Tour before leaving here. I've seen photos that friends have taken there, and would like to see the gate first-hand."

Chaplain's Corner

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

Transfer of authority. There has been a lot of that going on around here lately. The reigns of leadership for the JTF have steadily been in the process of being transferred over to our replacements. The seasoned MPs, infantrymen and others now take on their duties. Those who have been here have performed admirably. We have provided a level of expert support to the mission in Guantanamo that every one of us can be proud of. For most, it has been a good ride. For many there have been challenges but they have all been dealt with in a most professional manner. There have been changes so numerous that they could never be accurately recorded. There have been improvements to the ways of doing business. There has been destruction (remember the houses where PAO used to be?) and construction. Even now there are many major projects in process that will open up the doors of new opportunity for JTF GTMO.

Every unit that has taken up the responsibility will do a great job. They will take up where we have left off. They will build on what we built, and they will succeed. Their success will not be just because of what we have done, but that is definitely a part of it. Their success will come because, like us, they are good sailors, airmen, Marines, "coasties," and soldiers.

The transition is not over yet. Many units are yet to arrive to join in the fight against world terrorism. All of us will continue to be involved in that fight in some way or other, and together we will continue to be a success.

The concept of transfer of authority is one that is even included in the ancient scriptures. There was a change of responsibility between two of the prophets. This change was symbolized by the passing of a cloak, or mantle that had become in a sense the representation of God's blessing and direction. In my humble opinion the mantle of blessing has been upon the service members of the JTF, and it will continue to be there. Not only will that blessing continue to be with those who now take over leadership and duties, that blessing will travel with all of us who continue to serve. My prayer is that God will continue to keep everyone involved in any capacity, around the world, in this Global War on Terrorism. May God bless you and may God bless America!

I want to personally thank the staff of the Wire for their great support to the service members of the JTF, and in particular thank them for their support of the JTF Command Chaplain and Unit Ministry Team. My prayers will continue to be with the entire JTF. It has been a good ride for me personally. I am glad to have known you, and proud to have served with you. Thanks for a job well done!

Bridging the Gap

Saturday, August 30 at 7:30 p.m.

Sunday, August 31 at 12:45 p.m.

NAVBASE Main Chapel

Prayer, Praises, and Powerful Preaching

New Life Fellowship, Camp America Religious Support Group,
and the NAVBASE Religious Support Group

*For more information contact Staff Sgt. Mike Montgomery or
Petty Officer 2nd Class Julie Dennison at 2323.*

Worship Services

Catholic

Main Chapel

Daily	6:30 a.m.	Mass Cobre Chapel
Wed.	5 p.m.	R.C.I.A. Cobre Chapel
Fri.	5 p.m.	Rosary
Sat.	4:30 p.m.	Confession
	5:30 p.m.	Mass
Sun.	9 a.m.	Mass
	11 a.m.	Mass (Sanctuary B)

Camp America

Sun.	5 p.m.	Mass Wooden Chapel
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Protestant

Main Chapel

Mon.	7 p.m.	Prayer Group Fellowship*
Wed.	7 p.m.	Men's Bible Study*
	7 p.m.	Spanish Group 390-Evan's Pt
Thurs.	6:30 p.m.	Home Group Nob Hill 5B
	7:15 p.m.	Youth 7-12 Fellowship*
Sun.	6:30 a.m.	Praise and Worship Service
	9:30 a.m.	Sunday School
	11 a.m.	Service/Sunday School
	5 p.m.	Bible Study*

* Fellowship Hall located in Chapel Complex

Camp America

Wed.	7 p.m.	Service
Sun.	9 a.m.	Seaside Galley (Temporary location until further notice)
	7 p.m.	Service Wooden Chapel

Church of Jesus Christ of Latter

Day Saints

Sun.	9 a.m.	Sanctuary A
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Islamic

Fri.	1 p.m.	Classroom 12 ChapelComplex
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Jewish

Fri.	8 p.m.	Fellowship Hall
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Camp America Church Bus schedule:

Sun.	8 a.m.	Windward Loop
	8:15 a.m.	Tierra Kay

*The bus will return immediately following
worship.*

RECREATION & LEISURE

These Senators are Dyn-o-mite!



Photo by Spc. Alan Lee Knesek

The All Mighty Senators brought the funk to center stage during their performances at Camp Bulkeley and The Windjammer August 21, 22, and 23. The Senators, a Baltimore based rock/soul band, were requested to perform for the service members stationed here by the JTF.



Movie Schedule

Camp Bulkeley

Fri., Aug. 29

8 p.m. *Jurassic Park*
PG13 - 92min

10 p.m. *Blade 2*
PG13 - 108min

Sat., Aug. 30

8 p.m. *Godzilla 2000*
PG - 97min

10 p.m. *Independence Day*
PG13 - 145min

Sun., Aug. 31

8 p.m. *The Matrix*
R - 135min

Mon., Sept. 1

8 p.m. *The Mummy*
PG13 - 135min

Tues., Sept. 2

8 p.m. *The Mummy Returns*
PG13 - 125min

Wed., Sept. 3

8 p.m. *Queen of the Damned*
R - 101min

Thurs., Sept. 4

8 p.m. *Random Hearts*
R - 132min

Downtown Lyceum

Fri., Aug. 29

8 p.m. *Alex & Emma*
PG13 - 96min

10 p.m. *Legally Blonde 2*
PG13 - 94min

Sat., Aug. 30

8 p.m. *Rugrats Go Wild*
PG - 81min

10 p.m. *Terminator 3*
R - 108min

Sun., Aug. 31

8 p.m. *Sinbad: Land of the Seven Seas*
PG - 86min

10 p.m. *The Hulk*
PG13 - 138min

Mon., Sept. 1

8 p.m. *Charlie's Angels 2*
PG13 - 103min

Tues., Sept. 2

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

Wed., Sept. 3

8 p.m. *Legally Blonde 2*
PG13 - 94min

Thurs., Sept. 4

8 p.m. *Terminator 3*
R - 108min

Up and coming Labor Day events

August 29 & 30 - Labor Day

Tennis Tournament: 6 p.m. at the BEQ tennis courts. For more information call 2193

August 30 - Labor Day 5K Fun

Run: 6:30 a.m. at the G. J. Denich Gym. For more information call 2193.

August 30 - 3 on 3 Basketball

Tournament: 10 a.m. at the G. J. Denich Gym. For more information call 2193.

August 30 - Labor Day Co-ed 1

Pitch Softball Tournament: 5 p.m. at the Cooper Softball Fields #2, #3, & #4. For more information call 2193.

August 30 - Day 3 on 3 Beach

Volleyball Co-ed Tournament: 1 p.m. at Windmill Beach. For more information call 2193.

Sept. 1 - Xtreme Curtain 9 pin no

tap Bowling Tournament: 6 p.m. at the Bowling Center. For more information call 2118

ATTENTION: Tae Kwon Do Students

Group photo & individual photos are being taken of all TKD students, past & present available. Students are encouraged to join in on the group photo and be a part of history.

Any student that has a TKD DoBok & trained at GTMO TaeKwonDo is a part of the Dojang for life.

Location: The G. J. Denich Gym
Day: Sunday 31 Aug 03
Time: 1500

RSVP: email n45@usnbgmto.navy.mil or 7981

Labor Day Car Show

September 1, 2003
10 a.m. to 2 p.m. at the Downtown Lyceum
Register at the Marina before 4 p.m. August 30
For more information call 2345

NATIONAL SPORTS

On the Mark

Another senseless QB injury

By Sgt. Bob Mitchell

Atlanta Falcons quarterback Michael Vick's recent broken leg is the latest casualty of the classic NFL coaching blunder: Having your quarterback run as an offensive weapon like he did in college.

Why do teams spend so much time and money protecting their quarterbacks, forming a pocket of protection for them to maximize their passing games, then encourage them to run up field and fight for yardage like Marshall Faulk? It boggles my mind.

When Vick came to the Falcons out of Virginia Tech, he was hailed as the savior of the franchise. He could throw a football the length of the field with authority. And he could run. Holy guacamole he could run. He was the fastest player on the team.

I wish his coaches had realized that they drafted him because of his atomic arm. They decided to throw a few new wrinkles into the offense, which featured Vick's prowess as a runner. It worked. Just like previous grand experiments featuring fleet footed quarterbacks, though, it worked until somebody put the kibosh on it with a tackle somewhere downfield, outside the pocket.

Didn't the Atlanta coaches see what happened to Donovan McNabb? Big quarterback. Great arm. Great running ability. He got clocked once too often, which cost him most of a season. How? Running downfield.

Now Vick joins the exclusive club of quarterbacks who were encouraged to run and cut short their mobility and/or careers. Steve Young (concussions), Joe Montana (broken back), John Elway (knees) immediately come to mind.

I'm not saying quarterbacks shouldn't run. Sometimes they get flushed out of the pocket and have to run for their lives. But when they are encouraged to run, it becomes too easy to take off without the protection of 300-pound linemen. Just like Mike did. Get well soon and be careful when you come back. It's a jungle outside the pocket.

Sports Highlights

Summary by Sgt. Bob Mitchell

The world of baseball is mourning the loss of **Bobby Bonds**, the father of **San Francisco Giants** slugger **Barry Bonds**. He died Saturday after a long battle with cancer. He was 57. Bonds was one of the first players to hit 30 home runs and steal 30 bases in one season. He belted a total of 332 home runs in a career that spanned 14 seasons and nine teams.

The **Kansas City Royals** have picked up some much needed help for their mound corps. The Royals acquired **Brian Anderson** from the **Cleveland Indians** for a pair of minor leaguers plus cold hard cash. Anderson was 9-10 with a 3.71 earned run average. The southpaw has given up a major league leading 27 unearned runs this year.

Another **NFL** quarterback has gone down with an injury. **New York Jets** signal caller **Chad Pennington** sustained a broken wrist on his non-throwing arm in a 15-14 pre-season loss to **the New York Giants**. Pennington is expected to be out a minimum of 12 weeks. Veteran QB **Vinnie Testaverde** has replaced Pennington. Ironically, Pennington won the starting role stepping in for Testaverde, who was injured early last season.

The college football season kicked off with **Kansas State** topping **California** 42-28. **Eli Robertson** riddled the Golden Bears' secondary for 205 yards and three touchdowns in the air, and ran for an additional 145 yards. **Darren Sproles** rushed for a career high 175 yards as the Wildcats racked up 535 yards in total offense.

Sports Highlights compiled from ESPN.com

Head to head ...

Which sports are popular among JTF troopers and why?

By Spc. Mark Leone

Sports entertainment is one of the biggest businesses in America and around the world. There is everything from the Super Bowl to Wrestle Mania. Millions of people around the world watch those events year in and year out, but what about other events like football, baseball and basketball? Which sports are most popular among JTF members today?

Spc. Jason Winkelman
300th MP Bde.

Spc. Jason Winkelman of the 300th MP Brigade likes to watch baseball on television. "I grew up watching the Philadelphia Phillies and their great third basemen Mike Schmidt," said Winkelman. "Baseball is America's great pastime. It helped to

get the country through some tough times like during World War II. Baseball definitely has been a big part of America's history. I will continue to support it."

Although Winkelman makes a great point, he's not the only person in JTF Guantanamo with an opinion. PFC Justin Nelson likes to watch the physical intensity of what hockey brings to the ice. "I like watching hockey because it's physically demanding and exciting," said Nelson. "The game is always moving at a blistering pace, and then with a fight thrown in every now and then, it's great."

Pfc. Justin Nelson
300th MP Bde.

JTF SPORTS & FITNESS

Tae Kwon Do keeps it kickin'

By Spc. Alan Lee Knesek

For many, going to the gym, playing basketball or lifting weights is a great way to exercise and stay in shape, but for those who want to look elsewhere for a challenge and a great workout, Tae Kwon Do is waiting for you!

Guantanamo Tae Kwon Do has been operating since Oct 15, 2001 and has seen more than 350 students come through the class and leave with knowledge of the sport and the true way of martial arts.

Instructor Matt Brittle, Chief Petty Officer for the NAVBASE Post Office, has seen JTF service members come into his Dojang (Korean

word for studio) with zero experience, and leave with a high rank in the belt structure to return home to become one of the senior students in a Dojang in the States.

Some of the many benefits of this pro-



Photo by Spc. Alan Lee Knesek
Members of the Guantanamo Tae Kwon Do Dojang run through kicking drills during Tuesdays class on Marine Hill.

gram is the muscle strengthening, the increased endurance, increased self-confidence, and the fact that students can virtually return home after the deployment and continue right where they left off in their

training at another Tae Kwon Do studio.

There is a fee of \$20 a month for the class and there are some other fees to include cost of uniform, and certification with testing if desired. The classes are held every Monday and Friday from 7 p.m. to 8 p.m. and every Tuesday, Wednesday and Thursday from 7 p.m. to 9 p.m. at the Marine Hill aerobics building. If interested in the class, contact the base gym for more information or go to the Marine Hill aerobics building during the class and check it out.

Whether the student continues their studies of Tae Kwon Do when they return home or not, they will

remember and always carry with them the mental and physical training that they endured during their time here.

Come join the pack and start spinning away!

By Spc. Alan Lee Knesek

Your heart begins to beat faster. Your legs tighten up as you speed towards the finish line. The pack is right behind you and if you don't keep the pace, you'll find yourself eating rubber, but then you snap out of it and you realize your not Lance Armstrong. You're not racing across the countryside of France. You're at the G. J. Denich Gym and you're in the spinning class.

The spinning class is a unique way to burn over 800 calories in 45 minutes and all under the supervision and motivation of spinning instructor Karissa Sandstrom. With fast pace dance, techno, and pop music in the background, a dozen other spinners in the class and the instructor pushing your body and mind to its limits, there is no wonder why this class has become very popular with those stationed here.

The classes are held every Tuesday and Thursday from 6 a.m. to 7 a.m. and Monday, Tuesday, Wednesday and Thursday from 6:30 p.m. to 7:30 p.m. at the G. J. Denich Gym. This is a great way for JTF troopers to get a tremendous work out. Do it with a few members of your team or section. For more information about the class call 2193 or stop by the base gym.



Photo by Spc. Alan Lee Knesek
(right to left) Sgt. 1st Class Karina Felices, 1st Sgt. Stephen Haskins and Capt. Michael Hunter, all with the 463rd MP Co., are repeat visitors to the MWR Spinning class provided at the G. J. Denich Gym. According to Felices, "It's a change of pace from doing push-ups, sit-ups and running. It's awesome."

15 Minutes of Fame...

*Spc. Yarnell Rickett
300th MP Bde.*

Deployment brings Rickett to the ocean ... for the first time

Interview and photo by Sgt. Dan Johnson

Spc. Yarnell Rickett of the 300th Military Police Bde., out of Inkster, Mich., works for the JTF as a motor transport operator, driving for Brigadier General Payne. Rickett, who calls "The motor city," Detroit, home, looks forward to returning home, teaching kids how to read, and possibly earning another stripe.



Spc. Yarnell Rickett, motor transport operator for 300th MP Bde., pauses for a minute while waiting for Brigadier General Payne.

Q: What is it that you do for the JTF?

A: I am the Deputy Commander's driver. I

make sure that the General gets where he needs to be promptly and securely.

Q: What do you do for a civilian job?

A: I'm a sixth grade reading teacher in the Detroit Public School system.

Q: How does the military benefit you as a school teacher?

A: The discipline that I've learned in the military helps me tremendously in the classroom. The military has prepared me for dealing with different attitudes and personalities in the classroom.

Q: What brought you to the Army Reserve?

A: I wanted to do something different. As a child, I always wanted to join the military. I enjoy a challenge too.

Q: What kinds of challenges have you seen here at the JTF?

A: Learning to manage time better was the biggest challenge when I got here, but once

I learned and got into the swing of things, everything fell into place.

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

A: My first goal was to get physically fit. Today, I still lift weights, run, and I'm always at the gym playing basketball. My other goal was to get promoted. I've been put on the list, and now, I just have to wait for my name to come up.

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

A: I've always been a patient person, but since I've been down here, I've learned to be even more patient. Patience is also very important in the classroom. Whenever you're dealing with children, you must be patient.

Q: What will you miss most about being down here in the JTF?

A: The people, the friendships I've made, and the camaraderie. I've had a lot of fun

down here in the JTF. Being able to work with the other branches has also been fun because I've learned that each branch does things a little differently ... I'll miss that too.

Q: As a future sergeant, what kind of leadership style would you say you have?

A: I have the same leadership style that I use in the classroom ... I'm pretty laid-back, but strict and firm at the same time. I get this from my mother ... she's laid-back, but informative too.

Q: How would you say your experience here has changed your life?

A: I've had a chance to see the Caribbean and do things that I'd never get a chance to do back in the States. Before I got here, I'd never even touched ocean water before, but I went snorkeling a couple times when we got down here, which was pretty cool.

Q: What has been your most significant achievement here?

A: Networking and meeting people. I've had the unique opportunity to meet a lot of interesting people since I've been here because of my job ... people I'd never have had the chance to meet. I feel blessed to be in the position that I'm in.

Q: What kinds of things have you done in your free time down here?

A: I take advantage of the gym, playing a lot of basketball, and the Morale Welfare and Recreation centers down here when I'm not working.