



the Wire

“HONOR BOUND TO DEFEND FREEDOM”

Volume 3, Issue 35

Friday, August 1, 2003

Long journey for the 344th MP Co. nears end

By Sgt. Benari Poulten

According to the commercials, one weekend a month and two weeks out of the year is all the commitment it takes to be a Reservist. Tell that to the soldiers of the 344th Military Police Company, who are looking forward to completing a nine-month deployment in support of Operation Enduring Freedom as members of Joint Task Force Guantanamo. That doesn't include the additional preparation and training time, as 1st Sgt. JamesPeter Matthews pointed out. "It has been a long journey getting here, and just around the corner we have a reason to be excited. This deployment - between the alert, preparation, mobilization station, duty, and redeployment-[will have taken] our company a total of 21 months."

"It's difficult, but we agree that there's that possibility that we'll be called up to do more than two weeks a year and one weekend a month. And I realize that I was called up to do this," Sgt. Thomas Newton explained.



Photo courtesy of 344th MP Co.
344th MP Co. soldiers train at Ft. Dix, NJ, October 2002, in preparation for their mission at Joint Task Force Guantanamo.

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Message from the Top

Change is our way of life



MG Geoffrey D. Miller
Commander
JTF Guantanamo

Polls often reflect our military as the most respected institution in the country. People trust and rely on troopers to do what is right. We take an oath to set and live

by the high standards that help guarantee, protect and defend the freedoms of our countrymen. That is surely true here at JTF Guantanamo. We can be counted on to teach and train our leaders, troopers and civilian teammates to achieve excellence as our standard. We are an organization that breathes and grows everyday - we change so we can get better each day.

Change is not only necessary; it's an inherent part of our high performing military. I challenge the JTF staff and troopers take a hard look at the areas for which you are responsible and make it better. For example, Command

Sergeant Major Vannatta brought his knowledge and experience to bear in the design and construction of Camp Delta and future detention facilities. As a result, we will house detainees in state-of-the-art facilities. Inside Camp Delta, Sergeant Forman and Captain Pitts took on the challenge of harnessing information systems to enhance our abilities to monitor detainee operations. The result is a world-class system that rivals any data-tracking program within the computer business environment. These are just two examples where our troopers have made a difference in JTF GTMO operations. Continue to evaluate our current operations and processes to develop ways to take our mission areas to the next level of excellence. When you study your areas, recommend changes to improve them.

The leadership of the JTF is looking for opportunities to continue to make us one step faster than our enemies. Taking the responsibility for making change in a great organization like ours is another example of taking responsibility for winning - that is the baseline for excellence. Thanks for your great work - we are winning everyday.

HONOR BOUND!

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The Wire is produced by the 362nd Mobile Public Affairs Detachment assigned to the Joint Information Bureau at Joint Task Force Guantanamo. This publication is printed under the provisions provided in Army Regulation 360-1 and does not reflect the views of the Department of Defense or the personnel within.

Great news for the JTF! UEML is approved!

The Office of the Under Secretary of Defense approved Unfunded Environmental Morale Leave for all JTF Guantanamo service members on Wednesday this week.

Basically, this means that JTF troopers going on leave, and flying 'space available' on the rotator flights, have a higher priority (Category 2) over service members on ordinary leave (Category 3.) Although this does not guarantee you getting a seat on the aircraft, it will increase your chances.

For more information on space available travel or UEML, call Staff Sgt. David Robinson, NCOIC of Passenger/Cargo Airlift Section, J-4 Strategic Mobility Office at 5154.

Trivia Question of the Week:

“On what date did the medium security facility - Camp 4 - open?
And how many detainees were transferred?”

*Please send your answers to the JTF Public Affairs Office, email address: pao@jtftgmo.southcom.mil by Tuesday, Aug. 5, 2003.
A name will be drawn from all who get it correct for a JTF T-shirt or hat.*

Last week's question: "What was the month and year when the first detainee was transferred / released?"

Answer: On Oct. 26, 2002 the first detainee was transferred / released.

Spc. Joshua D. Wise of the 303rd MP Co. correctly answered the question and was selected as the winner!

'Solid Warriors' hit the ground in Guantanamo

By Spc. Delaney Jackson

The arrival of the 463rd MP Co. went unnoticed to most of the residents of Guantanamo Bay... until the sun came up this past Monday morning, that is. Arriving long before sunrise, the 463rd deplaned tired, but anxious to get started on their mission.

"We're happy to be here, we're ready to do the mission, it's what we were called up to do ... and do it to the best of our ability," said company commander Capt. Michael Hunter. "It's the reason why we're here, to help support the nation."

"We're just excited to be here in Cuba. We've been anxious to do the mission for the last couple of months ... we're ready to get inside the wire and

do what we need to do. We have an outstanding group of soldiers here ... willing to take on any challenge," said 1st Sgt. Stephen Haskins.

The 463rd has taken on many challenges over the years, deploying to different places such as Panama, Honduras, Korea, and Germany. Even Guantanamo Bay is a return trip for the 463rd, the first being in 1995 as part of Joint Task Force 160 for Operation Sea Signal, when thousands of Haitian and Cuban migrants flooded Guantanamo Bay seeking asylum.

The 463rd, mainly hailing from Fort Leonard Wood, Missouri, with a platoon from the Puerto Rico National Guard among their ranks, will be replacing the 984th MP Co. from Ft. Carson, Colorado.



Spc. Delaney Jackson
Chaplain (Lt. Col.) Herb Heavner, JTF Guantanamo Command Chaplain, speaks with the soldiers of the 463rd MP Co. shortly after their arrival early Monday morning.

The willingness to make sacrifices and dedication of the soldiers of the 463rd was never in doubt. "Nobody would have felt right sitting at home. It's

our part, whether it was here or Baghdad, we didn't care. We just needed to do our fair share." said Haskins.

177th MP Bde. visits JTF for Staff and Leader Training

By Maj. Paul Caruso

"We're really looking forward to working this mission," said Brig. Gen. Mitch LeClaire, commander of the 177th Military Police Brigade during the JTF sponsored Staff and Leader Training (SLT) conference held this week for key personnel of the 177th who will soon be assuming staff and leadership positions in the JTF after the 300th MP Brigade re-

deploys.

The Staff and Leader Training conference gave key leaders and staff sections of the 177th a basic understanding of the JTF mission. According to Sgt. Maj. Richard Winkleman, JTF Operations, this training will familiarize them with the mission so that they will be able to adapt more quickly to the environment. "The better prepared you are to take over a mission, the better success you will have," said Winkleman. 177th MP staff had the opportunity to "get their questions answered and see things firsthand."

For LeClaire, this mission is a great opportunity that his troops are excited about. Currently, the majority of the brigade is wrapping up their mobilization in-processing at Fort Dix where they have also received training to get themselves ready for this mission. Once they get here, they will undergo what's called a 'right-seat/left-seat ride' transition period with their counterparts in the 300th MP

During the right-seat/left-seat ride period, veteran JTF troopers will be teaching everything they know about their jobs to their counterparts who will be assuming their duties and responsibilities. A couple of days are spent with the in-coming soldier looking over the shoulder, observing and learning. Then the roles are switched and the in-coming soldier gets to ride in the driver's seat, while the time-tested trooper looks on and provides guidance.

A good right-seat/left-seat ride is "tremendously important," commented LeClaire. "This is a complex organization. There are a lot of facets here...it's a critical assignment and I think we've had the benefit of the 300th [MPs] being here doing a great job."

The Staff and Leader Training that took place is critical for a proper hand-off from the 300th to the 177th MPs and will facilitate a successful right-seat/left-seat ride.



344th from page 1

Since November 15, 2002, the MPs of the 344th have come together as a cohesive unit to accomplish their integral mission. And considering the platoons of the Reserve units drill in two separate places, 120 miles apart, that's an impressive feat.

The 344th MP Co. falls under the 94th Regional Support Command (RSC), which covers all of New England, and while most of the unit conducts monthly drills in New Haven, Conn., 1st Platoon drills in Worcester, Mass. However, as soon as they were activated, the unit rose to the challenge and came together as one, as Spc. Paul Guarino made clear. "The unit definitely pulled together, and worked well together. We always worked pretty well together. We use ... competition. That's how we succeed."

Spc. Stacy Harris elaborated, describing the process by which the leadership helped bring the unit together. "What they did was ... they mixed-up the platoons. They just integrated 1st Platoon with the other four platoons that we have, and it honestly brought everyone a lot closer. We got to know people that we normally wouldn't associate with much during drill. I think that was the best thing they could have done."

The serious nature of this mission also helped keep the 344th MPs focused on the task at hand. "Our home station is only 80 miles from the twin towers," Matthews said. "Our flag flies in New Haven, Conn., and we have a detached platoon located in Worcester, Mass. ... The unit has a very distinct connection above all other JTF units because of this. Every member either knew someone at ground zero, or worked at ground zero before or after [September 11, 2001]."

"The unit as a whole worked very well together; we always have, we always will," Guarino said. "The accomplishments in the camp, have de-escalated a lot of the problems in the camp. It's running much smoother and according to intel, that's beneficial to them, so I guess we did our part and they're doing theirs ... it's mainly about teamwork."

While stationed here, these high-speed MPs brought a sense of structure and discipline to their work, setting a high standard for how Camp Delta should operate. Working as part of the Joint Detention Operations Group (JDOG), the 344th MPs

pride themselves on their no-nonsense attitude, backing up their words with action. "Our soldiers are trained to follow standard operating procedures (SOP), and policy directives straight to the letter. This eliminates as many questions as possible," Matthews said. "When we arrived, we held the standard, enforced SOPs, Policy Directives, and Camp Rules. Except for improving upon the existing system, which we have done here this rotation, enforcement of current policies and intent is all that is needed to [efficiently run] the camp. In doing so, this gave our company a reputation that we are hard and firm." Smiling, Matthews added, "After all this is how all

"I definitely played my part in Operation Enduring Freedom. It's been quite the adventure. I'll look back on it as a positive thing I did."

*Spc. Paul Guarino,
344th MP Co.*

New Englanders are. It's our way of life, so it was easy for our soldiers."

These members of the JDOG have also learned a few new tricks, picking up qualifications as corrections specialists and carrying out a mission that's unlike what they are typically used to. "It's very different from anything else I've ever done," Sgt. Sean O'Grady said.

"It's out of the ordinary," Newton stated. "But within the scope of the MP structure, there's a subset ... It's a challenge, and we've learned a lot of new stuff, and we've actually been able to apply stuff from the training perspective into the real world [mission]."

"See, the MP's field has been so dynamic, changing – different missions," Newton continued. "A lot of soldiers I know have signed up just to do the law and order part and it's just so much more, it's such a broad spectrum now. It's just another piece of the pie."

"I'll admit it was rough at first," Harris said, "because we don't necessarily see the results in front of our faces. But recently, we've had a few officers from the JDOG ... tell us things that are happening and telling us that we're doing a good job and that what we do ... is really making a dif-

ference."

Making a difference in the ongoing Global War on Terrorism is something that keeps these soldiers going, motivating them to live up to their key responsibilities. As they prepare to depart sometime in August, they can now look back and begin to see the progress they have made. "I think that this part of the War on Terrorism is paying off," Newton commented. "We might not realize that for years to come, what information comes out of here, but I feel that we will find out eventually ... I think this unit has done a great job inside the wire and outside the wire here."

Guarino agreed. "I definitely played my part in Operation Enduring Freedom. It's been quite the adventure. I'll look back on it as a positive thing I did."

The 344th MP Co. has maintained a successful track record, bringing a high-level of commitment to their every task. "One of the biggest accomplishments we have had so far is that our unit has been the only Reserve or National Guard unit to have full operational control (OPCON) of a [detainee transfer mission,]" Matthews noted.

"The 984th is the leading force for the [detainee transfer missions,]" he continued. "Whenever a [transfer mission] was conducted, the unit selected for augmenting the mission for manning purposes [usually] only supplies a small number of soldiers. When it was the 344th's turn, the entire mission - except for three advisor positions filled by the 984th - was filled with 344th soldiers. We ... then conducted the [transfer mission] with zero deficiencies."

The soldiers are looking forward to going home, but they all maintain an enthusiasm about working together. "The unit integrity is pretty good," O'Grady said, "and I wouldn't want to serve with anybody else." And although this deployment has sometimes taken a toll on these MPs, they remain proud of their service and committed to giving something back to their nation.

"I feel that us being citizens of the United States, we have certain inalienable rights and liberties, and these liberties are not free," Newton reflected. "One of the reasons we're down here is to protect and defend these inalienable rights that many soldiers have died for over the years, and [now I'm] using my time to actually give back to the country."

The 661st MP Co. to island-hop into the JTF

By Sgt. Benari Poulten

The blue skies and sunny weather of the Caribbean will be nothing new to the soldiers of the 661st Military Police Company, who will soon be making themselves at home in JTF Guantanamo. Hailing from the Virgin Islands, this small National Guard unit is scheduled to be incorporated into the 384th MP Battalion and replace

the outgoing 344th MP Co.

As part of the Virgin Islands National Guard (VING) and the Virgin Islands Territorial Emergency Management Agency (VITEMA), the 661st's duties include helping to provide area security and coordinating territorial responses to emergencies and disasters. In 1999, the 661st participated in an Enemy Prisoner of War operation with the 300th MP Company,

who have been serving as part of the JTF since November 2002, and are scheduled to depart in September.

The 661st has remained very active in the Virgin Islands, living up to the VING's mission of assisting local civil authorities in the event of natural disasters, civil disturbances, and emergencies, as well as counter-drug distribution programs.

JTF bids dietician farewell

By Spc. Jared Mulloy

Last week Guantanamo Bay bid a fond farewell to the Joint Task Force Dietitian, Navy Lt. Donna M. Sporrer, as she headed for home after two and one-half years serving here at GTMO.

Lt. Sporrer joined the Army as a Supply Specialist in 1987 and thanks to the Army College Fund, she was able to obtain her B.S. in Dietetics from Iowa State University in 1993. After receiving her commission, she started her first tour with the Navy at Naval Station Great Lakes, Ill. as head of the Nutrition Clinic. Her second tour took her to Jacksonville, Fla., where she was also head of the Nutrition Clinic at Naval Air Station Jacksonville, Fla. Then, continuing her movement South, she accepted orders to Guantanamo Bay, Cuba as the department head of the Nutritional Management Department Overseeing patient care as well as the "La Cantina de la Amistad" (Navy Hospital) galley.

According to Chief Warrant Officer James Kluck, Food Service Officer for the JTF, "Sporrer researched the stringent religious and cultural needs of the detainee population and developed the seven-day menu cycle for detainee feeding that was 100 percent compliant with daily nutritional needs. She also tailored modified diets for detainees, under guidelines from the fleet hospital, with special diet needs."

As Dietician for the Joint Task Force, since its inception, Sporrer has made a wealth of nutritional improvements for the JTF troopers here in GTMO.

She also created color-coded calorie cards to promote easy identification of low fat, healthy food choices for JTF troopers, and occasionally set up a nutrition station at Seaside Galley during lunch hours to answer nutrition-related questions, perform diet analyses, etc.

Preserving the quality of food service during a 400 percent increase in patronage at the galley, establishing a satellite clinic at Camp America, and implementing the base-wide "GTMO FIT" Weight Loss Program were just a few of her many accomplishments.

"She worked closely with me to support many JTF luncheons, special meals, and other JTF functions such as the "Fit To Fight" meal patterns based upon gender, age and activity levels. I relied on Lt. Sporrer's technical expertise to help execute the [JTF] commander's vision. Her enthusiasm definitely played a part in improving the quality of life for all JTF personnel," said Kluck.

Lt. Sporrer has been selected for DUINS (Duty Under Instruction) and will be attending Florida State University in Tallahassee, Fla. to earn a degree in sports nutrition.



Photo by Spc. Lisa Gordon
Navy Lt. Donna M. Sporrer,
Joint Task Force Dietitian

Homecoming awaits 344th

By Spc. Jared Mulloy

If there's anyone more excited about the 344th Military Police Co. returning home than the 344th MPs themselves ... it's the families awaiting their return. And no one is working harder to welcome them home than the 344th Family Support Group (FSG).

According to Jen Biehn of the 344th FSG, "We're hoping to hold their homecoming outside of the Army Reserve Center in East Windsor, Conn., weather permitting. We are going to have hors d'oeuvres, cake, guest speakers from the 94th Regional Readiness Command and, [most importantly,] everyone's families."

According to First Sgt. Jamespeter Matthews, "Our family support group is the best FSG I have ever had the pleasure work with. They've raised over \$3,000 with fundraisers, like candle sales, and T-shirt sales. They just recently had a family day that attracted 70 people with their kids for a day of fun and activities. And they work their butts off on every emergency leave, or family assistance issue that comes up. I have never had a FSG group work as hard as ours does."

If the 344th's FSG puts as much effort into the homecoming as they do everyday ... the 344th is in for a great welcome home.

33rd Commandant of the Marine Corps visits GTMO

By Sgt. Erin Crawley

General Michael W. Hagee, Commandant of the Marine Corps, stopped by Guantanamo Bay last Thursday to catch up with some Marines working here at the NAVBAS and for JTF Guantanamo.

While greeting Marines on the Leeward side, then over at Marine Hill and finishing up at the Northeast Gate, Hagee made it clear that one of his goals is to get the Marines around the world back onto six to eight month rotations. He said it may take some time before regular rotation schedules are put into place, but it is something he is actively working on. Currently,

about 100 percent of Marine infantry and 85 percent of combat service support is deployed around the world.

One of the biggest highlights of the day was at Marine Hill, when Hagee promoted Marine Security Forces Pfc. Jose Sy from Pfc. to Lance Cpl

Marine Pfc. Thomas Moore, who works for JTF Guantanamo in the J4 office, said, "It was motivating to have the Commandant visit here, because to have the leader of the Marines come down and speak to us on a personal level makes us feel like he cares about our questions and concerns."



Photo by Sgt. Erin Crawley
Joint Task Force Marine Corps service members visit with the 33rd Commandant of the Marine Corps. From left to right: Sgt. Scott Salvagno, Cpl. Shawn McGarvin, Marine Corps Commandant Gen. Michael W. Hagee, Sgt. Claro Rocha Jr., Sgt. Trae Dupree, Pfc. Thomas Moore. Kneeling in front is Sgt. Shery Zayas.

Patience and teamwork: weapons of war

By Sgt. Erin Crawley

What do rescuing people from the fourth story of a burning building in Hartford, Conn. and guarding detainees at Camp Delta have in common? For starters, both jobs, being a firefighter and a military policeman, can be hazardous and life threatening. Of significant importance is the fact that these jobs must be performed with a tremendous amount of patience and teamwork.

Spc. Samuel Caraballo, an MP with the 344th MP Company, knows just what kind of patience and teamwork is needed for both jobs, as he has been a firefighter in Hartford for three years and an MP with the 344th for the past 10 years.

"Patience is the number one thing I've learned here ... and that the job takes a lot of team work," said Caraballo. He explained that it is important to know how to work with your team and at the same time have patience during those 'hurry up and wait' situations. "A lot of things you can't do right there and then ... but you've got to be ready for it. Sometimes you wait to do what needs to be done ... and then [when the time comes] you just do it, no questions asked," Caraballo said.

While proud to serve as an MP with the



Photo by Sgt. Erin Crawley
Spc. Samuel Caraballo proudly serves JTF Guantanamo as a Military Policeman with the 344th MP Company. He also serves as a firefighter in Hartford, Conn.

344th, Caraballo is equally proud to serve as a firefighter in his hometown of Hartford, Conn.

"It's the best job there is. It's the only job where your job just consists of helping people ... that's what you do. You are just there to help and save," Caraballo said.

During his first year as a firefighter, Caraballo and his team got a call to a fire

where there were 30 to 40 people hanging out of fourth story windows of a burning apartment complex. Many were getting ready to jump. "We got there and all the windows were jam-packed with people ready to jump. Everyone was screaming at us, so we really had to get our composure. I actually saw one woman throw her child out the window for someone else to catch. One by one we went up and started bringing people down individually. We had to calm people down, which is hard to do when you have smoke coming up behind you. Luckily we got everyone out. There were over 20-30 people we saved on that call," Caraballo remembered.

Not only does this soldier save lives at home as a firefighter, but he has a helping hand in ensuring the safety of our loved ones back home. He does this everyday here, playing an active role in Global War on Terrorism.

Caraballo said the best advice he could give to a new unit coming in is to have a lot of patience. "You are going to see things, hear things and go through some things that [might be difficult to deal with]. But, you've got to have patience and carry-on," advised Caraballo. He admits that this is not an easy job, but someone has to do it.

Getting paid to stay in shape – you should try it

By Sgt. Erin Crawley

Spc. Isidro Olmeda, a light wheeled vehicle mechanic with the 344th Military Police Company, has included weight training in his work-out routine for more than 10 years. How has he kept motivated to stick with it all those years? Mostly through discipline and the desire to push himself to the next level. Olmeda has been leading the way by example, working out five to six days a week and setting realistic, but challenging goals for himself.

For cardiovascular exercise, Olmeda runs with a group of soldiers from the 344th three days a week. They run from Tierra Kay to the Denich Gym and there they break off into their own work-out routines.

Olmeda likes to work on different muscle groups each day. For example, Mondays he does an hour of chest and triceps, Tuesdays it's biceps and back, Wednesdays it's shoulders and trapezoids, Thursdays it's legs, and on Fridays he does a variety,

catching up on other muscle groups like his abs.

One of Olmeda's mentors is Arnold Schwarzenegger. He recommends Schwarzenegger's book, *The Encyclopedia of Modern Bodybuilding*, to anyone that is interested in fitness. "It's an encyclopedia of different workouts he has done since he first started. It also has recommendations on different things to eat, how to start off if you are just getting started," said Olmeda.

Olmeda prefers to start off with high repetitions and work up to what he calls his starting weight. For example, when he's working on his chest and triceps, "I start with a warm-up with high reps, like 135. I'll do 10 to 15 reps and then I go up to 225 which is my starting weight. I'll do that about eight to 10 reps. What I'm trying to do is build weight and gain strength and muscle. So I try to go heavier instead of lighter. If you want to get more ripped, more cut up, I tell the guys to do lighter weight and more reps, so they can get a

nicer cut," Olmeda said.

Olmeda added, "Here you are getting paid to do your job and you're getting paid to go to the gym. It doesn't get better than that."



Photo by Spc. Lisa Gordon
 Spc. Isidro Olmeda of the 344th Military Police Company says working out is an excellent morale booster. Olmeda works out five to six times a week, concentrating on different muscle groups for an hour to an hour and a half each day.

Man on the Street

Compiled by Spc. Delaney Jackson

This week's question:

Name one 'must have personal item' that you would recommend that people pack for a deployment to JTF GTMO?



Army Sgt. Brian Moore,
 384th MP Co.

"Sunglasses, prescription sunglasses, at least one extra pair of sunglasses."



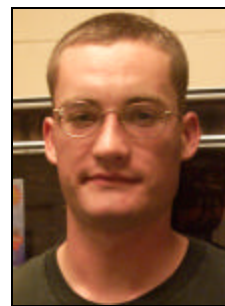
Coast Guard Petty
 Officer 2nd Class Tom
 Gadowski, PACAREA
 PSU Det.

"I would bring a collection of my favorite music."



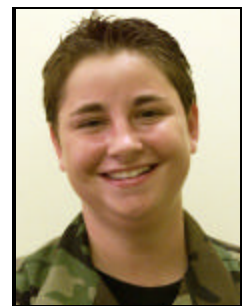
Staff Sgt. Howard
 Duncan, JTF Motor
 pool,

"Phone cards, lots of phone cards and a check or debit card."



Airman 1st Class Corey
 Sundquist, J-4 Trans.

"Bug spray because you'll get eaten up at night, it'll leave scars on you."



Airman 1st Class
 Patricia Rood, J-3

"I wish I had brought a digital camera. The pictures come out better, you're able to send them home and you don't have to wait to get film developed."

Chaplain's Corner

By CH (LTC) Herb Heavner
 JTF Guantanamo
 Command Chaplain

"Thanks, I needed that!" Those words may sound familiar to some of us who remember a certain television commercial for a certain after-shave lotion from many years ago. The idea was that after using a harsh razor on your face you could apply a smooth, soothing coating of this unnamed after-shave lotion and you would feel refreshed and invigorated. The expression became a popular catch phrase for a number of activities. As I recall it was even used in a humorous, satirical attempt to refer to an expression of gratitude after being hit in the face by your enemy.

For those who have been looking forward to their departure from Guantanamo, many ways have been used to express the spirit of anxiousness over going home. It has become easy to use words like, hey, this may be my last time to have to worry about a certain activity or event. Even the Command Chaplain (In this case, the author of this article!), was recently heard to say something like, "This is our last prayer breakfast for the JTF." Not long after those words slipped out of my mouth I attended a meeting in which many of the staff members were given some strong advice. The words of advice went something like this: "Hey, the concept of anything being '... the last_____', is incorrect. This mission will continue."

That leader was correct. The work of the Joint Task Force will not cease just because some of the current role players will be leaving the island. Many of those current players may leave the ball game, but the end of the game is a considerable distance in the future. New players will enter the game and the game will continue.

After having received that needed reminder I was tempted at first to ignore it. Then my mind remembered that old expression, "Thanks, I needed that." I realized that I needed a reminder that I am not the only one in this game. I needed a reminder that I need to make sure I kept my focus on my role for as long as I am in the game. I needed a reminder that my personal role in the scheme of things may soon be over, but the role itself will continue.

I have discovered over the years that this same concept is true in my spiritual life. I need to be reminded that it is God who is in control. It is God who will mark the scorecard in our lives. It is God who will write the ultimate "performance report." It is God to whom we will have to report at the end of the game. "Thanks, I needed that" is an expression that applies here too. It applies because I am always grateful for any reminder that it is not so much what we do for ourselves on earth that counts. It is what we do for God that really makes the difference! I challenge you to listen to this reminder, and maybe even to say, "Thanks, I needed that."



Photo by Spc. Jared Mulloy
 Chaplain (Colonel) Douglas E. Lee, Command Chaplain of the U.S. Army Reserve Command, was the guest speaker at July 25th's Prayer Breakfast held at the Seaside Galley. Chaplain Lee's spirit lifting speech theme was "What A Country."

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

1st JTF Open drives its way to success

By Spc. Alan L. Knesek

The Caribbean sun was shining bright, the smell of freshly cut grass was in the air and the golfers of Guantanamo Bay gathered at the Yatera Seca Golf course Saturday for the first JTF Open.

The day began with an intense round of 18 holes of golf at 8 a.m. for the first group of teams participating in the tournament.

The top three finishers were all one stroke apart, putting up some impressive scores during Saturday's tournament.

The competition was tough in the morning, producing two of the top three teams of the competition. The 2-116th Inf. Regt. finished the day with a six under par 66. 1st Sgt. Steve Shields, Robert Venderveer, Kevin Stewart, and Joe Corriveau played an amazing round of golf, guaranteeing them first place for the tournament.

In the afternoon, Sgt. Billy Wilkes, 384th MP Bn., Spc. Nick Davis, 451st

BLD, Spc. Mark Leone and Spc. Alan Knesek (both with the Public Affairs Office) moved into second place with a five under par 67, bumping Sgt. 1st Class Fernando Ramos, Bill Willey, Danny Kitrell and wife Brenda Kitrell from second place to third with a four under par 68.

The top three teams were given trophies and a round of applause for their performance on the links, and there were a few more awards handed out for other winners.

The longest drive trophy in the male category went to Staff Sgt. Nakia Royal, 384th MP Bn., while Brenda Kitrell took top honors in the women's category.

The closest to the pin trophy in the men's category went to Bill Willey and for the women's category it once again went to Brenda Kitrell.

The tournament was a huge success for MWR and the JTF and everyone who participated seemed to enjoy the camaraderie. It was indeed a great day of golf in Guantanamo Bay.



Photo by Sgt. Erin Crawley

MG Miller congratulates the winning team of the JTF Guantanamo Golf Scramble, Alpha Co., 2-116th Infantry Regiment, who finished with a six under par score of 66. From left to right: 1st Sgt. Steven Shields, Sgt. Joe Corriveau, MG Geoffrey Miller, Sgt. 1st Class Kevin Stewart, and Sgt. Robert Vandever.



Movie Schedule

Camp Bulkeley

Fri., Aug. 1

8 p.m. *Die Another Day*
PG13 - 129min

10 p.m. *The One*
PG13 - 86min

Sat., Aug. 2

8 p.m. *The Ring*
PG13 - 115min

10 p.m. *Goldeneye*
PG13 - 130min

Sun., Aug. 3

8 p.m. *Four Feathers*
PG13 - 130min

Mon., Aug. 4

8 p.m. *Knockaround Guys*
R - 91min

Tues., Aug. 5

8 p.m. *Bad Boys*
R - 106min

Wed., Aug. 6

8 p.m. *The Bone Collector*
R - 118min

Thurs., Aug. 7

8 p.m. *Eye of The Beholder*
R - 107min

Downtown Lyceum

Fri., Aug. 1

8 p.m. *Finding Nemo*
G - 100min

10 p.m. *The Italian Job*
PG13 - 110min

Sat., Aug. 2

8 p.m. *Daddy Day Care*
PG - 94min

10 p.m. *Confidence*
R - 98min

Sun., Aug. 3

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

Mon., Aug. 4

8 p.m. *Legally Blonde 2*
PG13 - 110min

Tues., Aug. 5

8 p.m. *Pirates of the Caribbean*
PG13 - 150min

Wed., Aug. 6

8 p.m. *The In Laws*
PG13 - 102min

Thurs., Aug. 7

8 p.m. *Terminator 3*
R - 84min

Club Survivor

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

NATIONAL SPORTS

On the Mark

The game is not the same.

By Sgt. Bob Mitchell

I know this sounds corny, but I miss the good old days of baseball. The games themselves, the players and America seemed to be kinder, gentler, better citizens.

Growing up, I recall watching Stan "the Man" Musial getting called out on strikes on a pitch over his head. His only reaction was to look at the plate umpire with disappointment for a brief moment. The fans booed the umpire, but Stan walked back to the dugout without a peep.

Bob Gibson, a Hall of Fame pitcher, would throw "chin music" (a fastball just inches under the batter's chin) to move the batter further away from the plate. It always worked. I never saw him deliberately hit a batter with a pitch. He didn't need to do that.

I remember watching great players like Mickey Mantle, Willie Mays, Roberto Clemente and Hank Aaron playing with nagging injuries. It was tough to keep those guys out of the lineup. They loved the game and didn't want to let their teammates or the fans down.

That was then, this is now. Players like Roberto Alomar might spit on an umpire. No chin music, just hit the batter. After all, the guy before him hit a home run. Pitch nine innings? Managers ask for five good innings out of a pitcher. Play hurt? You won't find that clause in any contract. The union would have a fit.

The game of baseball has changed so much that it hurts to watch it sometimes. People watching the game now may disagree, but if they saw how baseball has headed down the slippery slope, their hearts might be broken as well.

Sports Highlights

Summary by Sgt. Bob Mitchell

Two baseball players who made major impacts on the game during their careers have been inducted into the **Baseball Hall of Fame**. Catcher Gary Carter and first baseman Eddie Murray are the newest members of the elite group at Cooperstown, NY.

Carter was the cornerstone of the **New York Mets** world championship in 1986. However, he spent most of his career with the **Montreal Expos**, and is the first player to be enshrined as an Expo. Carter was named to the all-star team eleven times.

Murray was the cleanup hitter for the **Baltimore Orioles** for most of his career. A fan favorite, Murray hit 504 home runs and drove in 1,917 runs during his tenure. He had a personal policy of not talking to reporters, but the Baltimore fans loved and respected him due to the power and production of Murray's bat.

Bob Uecker was also inducted into the HOF last weekend as a broadcaster. He had a career .200 batting average but made a name for himself as, "The man who made mediocrity famous."

Lance Armstrong won his fifth **Tour de France** in spite of a nasty fall that could have cost him the race. The 31-year old beat all comers in the world's longest bicycle race, which covered 2,125 miles over 23 days. Armstrong joins Miguel Indurain of Spain as the only cyclists to win the race five consecutive times. His margin of victory was just 61 seconds.

Another scary moment in an **NFL** training camp occurred when **Jacksonville Jaguars** defensive lineman Larry Smith collapsed during a practice session. Smith was taking a water break during morning practice with the heat index of 95 degrees. The 6-foot-310 pound tackle is expected to recover fully and return to practice by this weekend.

Sports Highlights compiled from ESPN.com

Head to head ...

Should there be unisex basketball?

Story & photos by Spc. Mark Leone

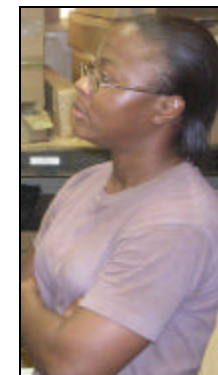
Men's and women's professional basketball leagues have always been separated because of the physical side of the game. What if the two were united and both sexes played together? Well, that's this week's 'Head to Head' topic.

Spc. Teairra Eiland of the J4 Motorpool believes that men's and women's basketball should be left separate, but equal. They should be separate because of sexual harassment issues that could arise from them playing together. "Men are also much more physical and stronger than women are, so I don't think they would match up well down low in the paint, said Spc. Eiland.

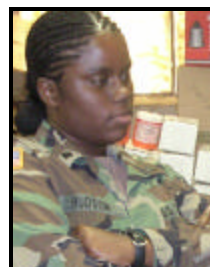
Although Eiland makes a compelling argument, that's not the only opinion voiced in this

week's 'Head to Head.' Spc. Precious Hudson of the 438th MP Co. said, "Sexual harassment will not be an issue. The heads of the league will have rules to protect both men and women in the league." She also believes that

women would definitely be able to hold their own in a men's and women's basketball league. "It's not about physical toughness, it's all about skills and the women have it."



Spc. Teairra Eiland, J4 Motorpool



Spc. Precious Hudson, 438th MP Co.

Although they don't agree on the subject at hand, both Eiland and Hudson agree that one day the merging of the two leagues will probably happen and whether or not the men and women match up well together, it will definitely be spectacular to watch.

JTF SPORTS & FITNESS

Summer League Standings

Softball Standings

- 1st - GTMO Lite
- 2nd - JTF HQ
- 3rd - Hospital
- 4th - Legion of Doom
- 5th - Cleavland Steamers
- 6th - Marines
- 7th - 303rd
- 8th - HH2-116th INF
- 9th - NEX
- 10th - NAVSTA Security
- 11th - Brew Crew
- 12th - JTF ICE Breakers

Basketball

- 1st - The Untouchables
- 2nd - BR- Bull Dog
- 3rd - Trans
- 4th - MIUW 212
- 5th - The GTMO Special
- 6th - Marines

Soccer

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

Volleyball

- 1st - Hospital
- 2nd - MCSFCo.
- 3rd - Naval Station
- 4th - NEX
- 5th - PWD

Nothing but net for the Basketball Summer League

By Spc. Alan Lee Knesek

It was another night of hoops at the G. J. Denich Gym Tuesday night. With the season nearing the end, Tuesday night's games were critical for some teams to move into the top three positions.

Of the three games Tuesday night, the first was the Bulldogs vs. Transportation. The Bulldogs held a steady lead over Transportation throughout the game, taking the win with a final score of 66 to 52.

The second game of the night was a quick one after the Marines forfeited to the Untouchables, giving the Untouchables a seven win to one loss record. With two other teams already with a record of 7-2, the next game for the Untouchables against the Transportation team could decide it all.

Last but certainly not least, the MIUWU 212 team took another victory in the season shutting down the GTMO Specials with a final score of 45 to 38.



Dental Technician 3rd Class Tommie Crumedy, team MIUWU 212, fights for the rebound against Pfc. Brian Behrend, team GTMO Specials, while MIUWU 212 team mate Equipment Operator 3rd Class Carl Barnes looks on.

Steamers push out another win and shut Hospital down!

By Spc. Alan Lee Knesek

The Cleveland Steamers once again pushed out another win, shutting down the Hospital Team for the season.

The Steamers came from behind after a three to one lead in the third inning, but put on their rally caps and tied up the game in the fourth inning.

The Steamers loaded the bases in the fifth and watched as Sgt. Billy Wilkes, 384th MP Bn., hit a high flying line drive to center field. Wilkes drove himself and all other base runners in with his infield homerun, making the score seven to three.

Hospital got back into the game in the sixth, tying it up seven to seven, but neither team could clinch the deal and score the one run needed to win.

Finally in the seventh inning, the Steamers pushed Spc. Andrew Acker, 384th MP Bn., around the bases and into scoring position at third base. With the next crack of the bat, Acker was off and running. The ball was rocketed to home base from the outfield, but Acker slid in face first to score the final run needed.

The final score of the ball game was eight to seven, Cleveland Steamers over Hospital. This win against the Hospital team put the Steamers final record at five wins and four losses, finishing in fifth place.

The win also kept Hospital out of the running for first place. Hospital was tied for first with JTF HQ and GTMO Lite. JTF HQ's final record was seven wins and one loss, finishing in second place. GTMO Lite's final record was eight wins and one loss, finishing in first place. Hospital finished with a record of seven wins and two losses, finishing in third place.

With the season over and the top three teams named, competitors will have to wait until next season to bring home a trophy and go out on top.

15 Minutes of Fame...

Sgt. Frank Roche 344th MP Company Homeward bound to 'greener fields'

Interview and photo by Sgt. Dan Johnson

Sgt. Frank Roche, of the 344th MP Co., works as a police officer in Greenfield, Mass. He uses the civilian skills that he's learned on the job at home in order to make a difference here in the JTF.

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

A: I'm a detention block noncommissioned officer. I'm responsible for the care and the security of the detainees.

Q: What do you do for a civilian job?

A: I've been a police officer in Greenfield, Mass., for four years now.

Q: How does your civilian job benefit your military job?

A: Working with the other officers back home has really helped me learn how to work as a team like we do here. My personal skills as a police officer have been essential here. There's a language barrier in a lot of situations here, but sometimes you can de-escalate a situation just by talking with someone or even just listening.

Q: What brought you to the Army Reserve?

A: Well, I got a job offer to become a police officer while I was on active duty as a heavy wheeled vehicle mechanic, so I finished my active duty enlistment, but didn't want to separate myself from the military completely so I joined the Army Reserve.

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

A: Well, I became an NCO approximately a year before I deployed ... so when we



Sgt. Frank Roche of the 344th MP Co. inventories some of the unit's equipment as one of his duties as the unit movement NCO.

deployed I assumed a much bigger leadership role. One of my first goals was to be a good NCO and part of that is looking out for the safety of my soldiers, because that comes first.

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

A: Well, being a new NCO in the Army ... this definitely challenged my leadership skills like maintaining accountability and ensuring the soldiers are doing the right thing at the right time inside the detention block. Before this, I wasn't used to leading troops, but then we came here, and I learned.

Q: What will you miss most about being down here at JTF Guantanamo?

A: The cohesion of our unit. The 344th has one platoon (detached) in Worcester, Mass., and the other platoons are in New Haven, Conn., so we won't have the interaction that we have down here. I've had the chance to get to know and work with a lot of hard-working, dedicated people I would never have had the chance to work with at

home.

Q: What do you think makes the 344th unique?

A: Well, we have a lot of police officers and corrections officers in our unit, so many of our soldiers do this type of work every day at home. The corrections officers in our unit have given us some experience in this type of work and have helped us learn quickly ... we're all professionals.

Q: What has been your most significant challenge here?

A: Well, I've been selected to coordinate our movement for redeployment. It's been a huge challenge to go from working inside Camp Delta everyday to preparing over 100 MPs to deploy back home. That's a big change, and it all has to happen on a given timeline.

Q: How have you benefited from working in a joint task force environment?

A: I've enjoyed working with the other branches of service because they have different traditions and customs. I think it's great that we have all the different branches here as well as the active duty component, the Reserve, and the National Guard ... We all come together to run this operation and it's been an honor to work with the other branches.

Q: What have you done in your spare time here?

A: I actually got certified to scuba dive since I've been here. In Mass., the water's very cold, so I decided to take advantage of the opportunity here. I've also been going to the gym six days a week here.