



the Wire

“ HONOR BOUND TO DEFEND FREEDOM ”

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JTF benefits from its "fountain of youth"

**Story & photos by
Sgt. Benari L. Poulten**

They're young. They're motivated. They're focused. And they're serving their country as members of Joint Task Force Guantanamo. They are the junior enlisted service men and women who compose the heart of the JTF.

Stationed here in Guantanamo Bay, Cuba, many of these young troopers have found themselves serving on their very first deployment as warriors in the Global War on Terrorism (GWOT) - quite an impressive beginning to a military career. But don't let their youth and inexperience fool you; these service members perform admirably under adverse conditions, rising to meet every challenge with strength and determination.

Many have interrupted their studies to answer the nation's call - troopers such as Gunner's Mate 3rd Class Torre Christensen



GM3 Torre Christensen, of the Maritime Safety and Security Team 91102, docks the Port Security Boat after one of their regular patrols.

of the Maritime Safety and Security Team 91102, who left college after the tragic events of September 11, 2001 to join the Coast Guard. Christensen plans on continuing his education and hopes that his military experience can help him achieve his goals. Eager to learn, he also believes that younger service members can help the

more senior members learn a thing or two.

"A lot of senior service members don't [always] know what the junior service members need," explains Christensen. "So we give input, so they know what they can provide for us. We're kind of leading the way for future members."

Not only do the junior troopers provide valuable feedback to help the overall effectiveness of the JTF, they also set a strong example for others to follow, laying the groundwork to become future military leaders.

One future leader, Pfc. Desarae Moyer, scored a perfect 300 points on her last Army Physical Fitness Test, demonstrating the value of leading by example. With less than two years in the Army, Moyer cur-

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From the Top



CSM George L. Nieves
Joint Task Force CSM
JTF Guantanamo

The success of this Joint Task Force is attributed to the commitment our junior troopers, many who have less than two-years in service, made to the nation when they decided to serve their country in the military. Without the dedication of these young men and women, the JTF could not perform its mission everyday. Many have made sacrifices

as a result of being deployed and they should be commended for their dedication to serving our country. The majority of these junior troopers have put their civilian careers on hold while they serve. Many are college students, while others have their own businesses. All have left loved ones back home as they commit themselves to do the nation's bidding and protect the freedom we deserve. They have the will and desire to be successful. What senior leaders must continue to provide is the guidance and leadership to make them successful.

Each one of our troopers decided to raise their right hand and repeat the oath of enlistment. I am sure there were many reasons why they chose this occupation. Some for the sense of serving/patriotism, some for monetary reasons - others maybe for educational reasons - and the list could go on. Whatever reason brought you in, I want to personally thank you for your selfless service and committing yourself to doing the best job possible each and everyday here in Guantanamo Bay.

Although these troopers have been in the military two years or less, what they bring to the fight is of tremendous value to the JTF. Their civilian and military backgrounds assist in the way we shape this JTF. The Junior Troopers of the JTF is one of the main reasons we are winning the GWOT each day.

Our military needs junior troopers like the ones we have here in JTF-GTMO. These troopers will be the leaders of tomorrow's force and the knowledge and experience they gain here will make them more effective to deal with the situations of the future. I challenge you to continue to learn the skills of your trade and remain tactically and technically proficient in your job. Thank you for a job well done.

Honor Bound!

From the Field

Why must JTF Troopers wear their BDU sleeves down and will we be rolling them up during the warmer months?

Under AR 600-20 and AR 670-1, it is the Commander who makes the ultimate decision on uniform wear. One of the many goals of the JTF Commander is to build a cohesive and integrated force. The JTF Commander must project a military image that leaves no doubt in anyone's mind that they live by a common military standard and are responsible to uphold military order and discipline.

Developing a common platform for all members of an organization is essential for the growth and sustainment of the organization. The Command decision to place sleeves down works toward

this goal over such a diverse group of service members.

The BDU uniform is designed for loose fitting in order to circulate and ventilate air around the body keeping it cool. Keeping the sleeves down serves this goal. With the BDU sleeves up, the skin is exposed to the sun, increasing the chance of sunburn and possible skin cancer.

With the environmental danger at hand (the sun), it is the responsibility of the Command to ensure they look out for the welfare of all the JTF service members. *(Answer provided by CSM Gregg Hissong)*

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Junior infantrymen refresh tactics, fighting skills

**Story & photos by
Spc. George Allen**

Young soldiers, E-4 and below, with two or less years in service, make up a considerable chunk of the Army's force. They are the tip of the spear, guided by the leadership of their officers and non-commissioned officers, and built on a foundation of training.

Soldiers of 2nd Platoon, Charlie Company, 2-116 Infantry Regiment recently went to the range to train up for a live fire exercise. "We're setting up a patrol, and training for a possible infiltration of our area of operation," said Spc. Shane Alkire. "We're reinforcing the basic infantry tactics that we've been taught in basic and AIT (Advanced Individual Training.)" Going over the basics of infantry tactics does more than just refresh one's memory. It helps build cohesiveness, smoothes out operations, and develops teamwork.

Young soldiers learn new things every time they train. "Even if it's small stuff ...like distributing fire among elements so that you conserve ammo, or how to move while firing," said Alkire. He

added that when they first arrived here, the squads in his platoon had to learn how to work together when moving in formation, but it didn't take them long to become syn-



Spc. Adam Frye provides supporting fire for his squad during 'movement to contact' mission essential task list training in preparation for a live fire exercise.

chronized and sharpen these skills.

Pfc. Benjamin Kimsey, also another junior soldier with 2nd Platoon, commented that after several months of training, the performance and cohesion in his squad improved. Kimsey said that this was due in part to "being able to live with the people that you train with and work with every day."

Alkire explained that after graduating Infantry AIT, soldiers know the basics of infantry tactics. This training prepares soldiers to be functional from the start and many infantrymen here, including Kimsey, have proven that, even though they were deployed soon after graduating AIT, they are ready to fight and perform their JTF mission.

For Kimsey, you have to have "mental toughness and physical endurance" to be an infantry soldier. There is no doubt in his mind that he

and his team fit that category.

The team leaders, squad leaders and platoon leader are a key source of knowledge for their troops. "I've probably learned the most from my team leader and squad leader because I interact with them the most," said Pfc. Jerry Andes.

Pfc. Jason Rothwell's squad leader, Staff Sgt. William Woods, was active duty for several years before joining the National Guard. "He's got a lot of no-nonsense, clean-cut advice that I know I can take for real. Infantry is what he does, so I can take what he says as gospel," said Rothwell.

For these young soldiers, being on active duty puts you in a different state of mind, especially since you are away from home and are taking part in a real world mission. Spc. Andes is anxious to return to college so that he can relate his experiences with his fellow ROTC cadets. "This is a real world deal...the world's eyes are on you," said Andes.



Pfc. Joseph Gibson (top) and Spc. Shane Alkire (bottom), of C Company, 2-116 Infantry Regt., provide overwatch while their squads other fire team advances.



In Memory of Sgt. 1st Class Deborah Johnsen

Sgt. 1st Class Deborah L. Johnsen was assigned to the 984th Military Police Company and acted as the Operations NCOIC where she consistently demonstrated strength, determination, and exemplary leadership skills. Because of her excellent performance, she had received

"Deborah was a hard worker, tough but always fair; motivated...and a motivator of others...she was the type of person that was always willing to provide help when help was needed."

Lt. Col. (CH) Herbert Heavner
Joint Task Force Chaplain

numerous awards, including seven Army Achievement medals; two Army Commendation Medals; an Army Service Medal; and three Good Conduct Medals. Deborah's contributions to Joint Task Force Guantanamo were exemplary. Her memory will be cherished by all.

YOUTH, from page 1.

recently serves in the JTF with the 984th Military Police Company out of Ft. Carson, Colorado. With a quiet determination, Moyer sees opportunities to learn in every aspect of the JTF. "You can only learn if you want to learn," she says. "If you look for things that can teach you, you will learn."

Moyer takes pride in her accomplishments here and believes that she has gained invaluable experience as a junior member of the JTF. "It's a good foundation," asserts Moyer. "Even if you don't plan on being in [the military] for a career, you can always take what you learn - because you learn a lot, every day - and apply it to your life when you leave the military."

Information Technician Seaman (ITSN) Otto Orellana would agree with Moyer's assessment. Orellana, a member of the JTF with Mobile Inshore Underwater Warfare Unit 212, feels excited about the opportunities this deployment offers. "It definitely makes me feel good," says Orellana. "I'm serving my country and I'm doing something that makes me happy. And at the

same time, I'm learning."

Ortella had been in the middle of continuing his education when he was activated. A professional drafter with a degree in electrical engineering, Ortella maintains a commitment to self-improvement, so he looks forward to constantly discovering new things.

pleased with his choice to make Guantanamo Bay his first overseas deployment. Working in the JTF has given him a better understanding of all the different services while also allowing him the chance to be a part of something important. "Every little person puts in something to add to the bigger puzzle," says Gibson. Luckily, he likes

his piece of the puzzle. "I enjoy my work and I enjoy what I do down here." After this deployment, Gibson plans on going back to school and working on a career in the Air Force.

Regardless of their age or their branch, these junior troopers exemplify the spirit and the future of America's military. "The majority of people here are just Joes," says Moyer. "And we'll do whatever we're supposed to do because we know that's our [job]." Thanks to their hard work and dedication,

the JTF continues to succeed. And when they have finished this deployment, these once-new service members will have gained invaluable experience and expertise, making them ideal role models for the next generation of young troopers.



Senior Airman Joe Comfort has gained a tremendous amount of experience as a junior enlisted service member with J4 Transportation. Here, he conducts Preventative Maintenance Checks and Services on a five-ton vehicle.

Airman 1st Class Shawn Gibson - attached to J4, working in transportation - has only been in the Air Force for 16 months, but he brings a fresh perspective and enthusiasm to the JTF. Having volunteered for this deployment, Gibson seems

Soldier paves way for his future

**Story & photo by
Sgt. Erin P. Viola**

The future is uncertain. We all know this. Some might think that the future is so unpredictable we can't influence it. However, we are in charge of paving our own way. We do this by working hard, listening to the right mentors and molding ourselves into better people. Of course there is always room for improvement, always room for growth, always room for fine-tuning. This is how it will be for the rest of our lives.

We all have to start somewhere and one fine soldier, fresh out of basic training, is starting his future right here, right now, as part of Joint Task Force Guantanamo. Private 1st Class Adam Perez of the 785th Military Police Battalion joined the Army Reserve two years ago, during his senior year of high school, as part of the Delayed Entry Program.

"I drilled with my unit for a year before heading out to basic training. Then they took me out of my military police training one week early so I could come here for Operation Enduring Freedom," said Perez.

At 19 years, old Perez says he has a lot to learn, but points out that one of the best parts about being here is learning from the other young soldiers he works with. "Being in the same situation as the other young soldiers here, we learn from each other's successes and mistakes. I think that is the number one thing for me here ... we (lower enlisted), have built a really strong camaraderie and continue to learn from each other," said Perez.

One of Perez's mentors here is Sgt. Jeffrey Mooney, and Perez says he has learned a lot about what it takes to be a good soldier from him. "He looks out for



Private 1st Class Adam Perez of the 785th Military Police Battalion says he's learning a lot about soldiering here, from younger troopers as well as older mentors.

me quite a bit. He's taught me a lot about leadership and even things like how important it is to keep up your appearance," said Perez.

On the road to becoming a non-commissioned officer, Perez willingly takes advice from his mentors, but also is a self-motivator. He's been reading various NCO manuals and has taken several leadership correspondence courses since coming to Guantanamo. Additionally, Perez likes to learn about the lives of other leaders and how they got to where they are by reading books like "My American Journey," which is an autobiography by Gen. Colin Powell.

Described by his peers as energetic, Perez has been pushing himself in the fitness arena as well. "I usually run five days a week. On my slow days I run three to four miles and on the long days I run five to six miles," said Perez. His training recently paid off when Perez took the

APFT test and ran two miles in 11 minutes, and 39 seconds, scoring 100.

So far, Perez says the Army has served him well. "When I was in high school I wanted to do something that would give me a good foundation for a career in law enforcement. Being an MP has done just that. The training has been excellent. Here I'm gaining really good people skills, which will definitely help me in my Army career and even in my civilian job in the future," said Perez.

Although Perez had to put college on hold due to the deployment here, he plans to use his

G.I. Bill money to attend Ferris State when he gets back home.

By taking the initiative to learn on his own as well as taking the advice of his mentors, Perez has started to plant the seeds for a successful future.

AA Meetings

**When: Monday,
Wednesday, and Saturday
at 6:30 p.m.**

**Where: Chapel Hill room
4B (corner farthest from
the exchange, on the
chapel side.**

JIG trooper gains wisdom and experience in the JTF

Story by Sgt. Benari Poulten

Join the military. See the world. Travel to new and exotic places. Meet new people. Learn new skills. Make a difference. Become a part of history.

"Nancy," a Petty Officer 3rd Class working in the Joint Interrogation Group for Joint Task Force Guantanamo, joined the Navy for exactly these reasons. With a little over two years experience under her belt, she has already traveled to several countries and has learned a great deal from the military. Her historical contributions in Guantanamo Bay, however, cannot be discussed for security reasons, nor can we disclose her real name. Whether she can talk about it or not, though, her services are certainly an integral part of ensuring Joint Task Force Guantanamo's success.

Nancy believes that her role in the JTF has taught her a great deal and she enjoys learning new skills while serving in the ongoing Global War on Terrorism (GWOT). "Work-wise, it's different [from what I normally do in the Navy]. I'm learning a lot...I can't talk about it, but it's very interesting."

After graduating high school a year

early, Nancy held a part-time job at a car wash before signing up to serve her country. Originally from Chicago, this animated 21-year old believes the military has provided her with the discipline, the tools, and the opportunities needed to become a better person. "I think it's been a good experience...you get to meet new people, so you get to see different points of view in situations," Nancy explains. "I'm more open-minded, I'm not as naïve...I'm more conscious of people's feelings. It's helped me work better with people."

Nancy has taken full advantage of the variety of services offered on the island, including taking courses offered here by City Colleges of Chicago in order to help further her education. She plans on using her experiences here and in the Navy as a strong foundation for her future. Currently working on a bachelor's degree in Criminal Justice, she plans on one day working for the Naval Criminal Inspection Service. Her experience as a member of the JTF has certainly provided her with some unique qualifications for a career in criminal justice.

While she has learned a lot from the more experienced service members, she

feels that the younger troopers also have plenty of good advice to offer. "I can offer advice as a junior person [because] I know what I've seen and I know what I've seen go wrong. I know what helps the younger troops. I think if they just take the time out to listen to us younger people, I think we could help them out in that sense."

Overall, Nancy proudly serves her country in the GWOT and she remains excited about contributing to history while constantly acquiring greater knowledge. Her family also supports her selfless dedication to protecting freedom. In fact, serving her country has had some unexpected positive effects on her family. "My little brother is in the Navy, thanks to me," Nancy says with a smile. "He wants to be like his big sister."

While Nancy's little brother follows in her noble footsteps, Nancy works hard to live up to the military's ideals, exemplifying a steadfast commitment to defending the nation's interests. Like so many other junior enlisted members serving in the JTF, Nancy continues to make a difference every day.

JTF Health Source

Heat injuries 101 (Part 2)

**By Army 2LT Wesley R. Grieve
JTF-Guantanamo, JAS**

Heat Exhaustion

Heat exhaustion characteristics include possible altered mental status, dizziness, headache, elevated core body temperature, profuse sweating, nausea, and fainting. Remove the heat exhaustion patient from the warm environment, cool by fanning and misting with tepid water, and replenish fluids by mouth if the patient is not experiencing nausea. These patients may require IV administration and need to be seen by a healthcare provider. Heat exhaustion can rapidly progress to heat stroke.

Heat Stroke

Heat stroke is a life-threatening emergency. The temperature regulating system of the patient suffering heat stroke has shut down and the body's organ systems are moving towards complete failure. The core body temperature in heat stroke patients rises above 105° F. Signs and symptoms of heat stroke may include unconsciousness, hot reddened skin, dry or moist skin, nausea, vomiting, convulsions, and cardio-respiratory arrest. These patients must be managed aggressively and transported to a hos-

pital immediately. Initial care includes moving the patient to a cool environment and cooling by misting with tepid water and fanning. Ice packs may be placed in the armpits and groin region. Do not immerse the patient in ice or cool too rapidly. This may cause adverse effects, such as shivering, which will raise the core body temperature again. Initiation of IV fluid replacement by a medic, taking caution not to fluid overload the patient, should take place. Contact 911 and get this patient to the hospital immediately.

Be alert for the signs and symptoms of heat emergencies in your buddies and those service members falling under your leadership. Train and work hard yet smartly. Hydrate for life! Stay alert; Stay alive!

**Are those pounds creeping up?
Now is the time to manage that waist line!**

Sign up now for the Naval Hospital's new four part weight management program: "GTMO FIT"

Classes will begin

Every Thurs. of May at 5 p.m. at the USNH training room

Every Tues. of May at 5 p.m. at the Camp America training room

For more information or to sign up call 7-2110

JTF Prepares for Caribbean storms

By Spc. Alan L. Knesek

With hurricane season approaching earlier than usual, safety precautions are in place to warn base personnel of imminent danger. The J-3 Operations Section put out some important information for JTF servicemembers on what to do under different situations. Should a hurricane or another emergency arise, the newly installed alarm siren system will sound various tones depending on the emergency.

For hurricane warnings, the tone heard

from the siren system will be a 'wail'. This alert is intended as a non-emergency alert, but is sounded when hurricane readiness conditions are upgraded or a severe thunderstorm is expected shortly.

If conditions worsen, the 'alternate wail' will be sounded which is the signal for all non-essential personnel to return to quarters and stay there until all clear is sounded.

If there is an immediate threat such as a tornado, the 'pulse wail' will be sounded. This tone is used to notify all personnel to return to the nearest secure location and

take cover.

After hearing any of these tones, personnel should stay where they are and wait until they here a steady tone. This is the all-clear alarm, notifying all personnel that they can resume normal activities.

With this years' hurricane season coming quicker and stronger than in previous years, it is important that all Guantanamo Bay personnel know what each siren means and what to do when heard. Familiarize yourself with the different tones of the siren every Wednesday at noon, when the alarm system is tested.

JTF dental reminder...

JTF servicemembers are reminded that they should not go to the Joint Aid Station for either dental sick-call, emergencies or routine dental care. This is not a change to the JTF dental policy, but rather a reminder and clarification on what to do and where to go.

Dental sick call is Monday through Friday, at 10:45 a.m. at the dental clinic, on the second floor of the Navy Hospital. If you brought dental records with you to Guantanamo, pick them up from your Joint Aid Station first and bring them to sick-call, but dental records are not required to be seen.

Troops seen for dental sick call will be given further appointments based on their condition.

Service members with dental emergencies should go to the clinic Monday through Friday, from 7:30 a.m. to 3:30 p.m. For dental emergencies after hours, go to the emergency room at the hospital.

The dental clinic is not equipped to provide routine dental care such as cleanings, but if you have a dental emergency or cavity restoration it will be taken care of.

Man on the Street

Compiled by Army Staff Sgt. Stephen E. Lewald

This week's question:

What do you tell your friends and family that you like best about serving in the military?



Private First Class
Margil T. Ochoa
85th Medical Det.

"I tell them about the great pride I feel in being a U.S. soldier, and also the support we receive from the American people back home."



Airman First Class
Rachael A. Cover
J-4 Transportation

"I mention to them about being able to serve my country and how the military has been like a big family to me ... also the many opportunities and adventures while serving."



Petty Officer Third Class
Nate W. Hall
MSST 4102 Coast Guard

"The tactical training, law enforcement, and anti-terrorism background that I'll gain while being a part of the military, while serving my country."



Navy Seaman
Sarah A. Inman
Joint Medical Group

"I tell my family and friends that I love the opportunity to travel around the world .. as well as being able to protect the people that I love."



Specialist
Jason A. Schmidt
785th Military Police Bn.

"Freedom isn't free ... I just love doing my duty in serving my country."

Chaplain's Corner

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

On a flight from San Diego, Calif. to Detroit, Mich., I found myself sitting beside two Marines who just that morning graduated from boot camp and Marine Corps Training at Camp Pendleton. They were enjoying the fact that they were sitting down and were going to be able to stay seated for the entire four hour ride. "This luxury wasn't given us during our entire training period," one of the Marines stated. I inquired about the Chapel Program for the new recruits and they agreed that, "It was only while in Chapel that we could sit, relax, and not be rushed or ordered around."

I've often wondered what became of these and other newly formed and initiated members of our nation's military forces. Have they done good things with their training and education? Has their desire to serve contributed to the building up of the common good? Has their technological proficiency expanded over the years? Have they found personal value and meaning through the institution they joined? Have they been able to live within the rules imposed upon them and live up to the ideals they professed when they raised their right hands? The junior troopers I've met during our deployment to Guantanamo Bay have answered many of my questions through the outstanding manner they conduct themselves.

In 1991, Canadian Douglas Copeland authored the novel "Generation X: Tales for an Accelerated Culture" and coined the term "Generation X." Most sociologists define Generation Xers as those persons born between the mid-1960s and the mid-1980s. Members of this generation are also known as busters and num-

ber about 44 million.

These 17 to 37-year-olds consider service to others an important value. Our junior troopers are serving our nation as part of their search for truth and meaning in their lives. Their military experiences will form their future responses as fathers and mothers, leaders of business and commerce, teachers, laborers and productive members of society.

Community is another value that is treasured by Generation Xers and the military community affords the opportunity to be a part of something much larger than themselves. The self-esteem generated by belonging can be seen in their confidence and respect for others. This gives them courage to face the future while other Xers are often overwhelmed by human limitations.

Our Generation X service members are the most technologically knowledgeable generation to date. Growing up with computers and other digital tools enhances their abilities to make a difference the world. It has been said that one who is literate with video, audio, and the written word has more potential to change the world than many corporations.

Research shows that what is also important to Gen Xers is to be good persons, to have a compassionate moral orientation. They do not reject God. They seek the spiritual. Many Xers associate religiousness with traditional institutions and, therefore, hesitate to call themselves "religious." I see in our younger service members a deep desire for a relationship with God as they seek non-traditional ways to obtain it.

I am very proud of the junior enlisted members of our Joint Task Force and I pray they continue to develop their potential to be strong of body, mind and spirit.



Army Chief of Chaplains Maj. Gen. Gaylord Gunhus visits JTF Guantanamo

Army Chief of Chaplains Maj. Gen. Gaylord Gunhus spoke to Joint Task Force Guantanamo service members during a prayer breakfast at Seaside Galley last Friday morning. Gunhus praised the JTF for their dedication, commitment, and sacrifices while serving in Guantanamo, saying the purpose of his visit was to "come give hope and encouragement, and be able to go home and tell about the great work you all are doing here at Guantanamo...we are grateful as a nation for what they are doing, our hats are off to all of the service members serving as part of this great team."

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

Protestant

Main Chapel

Mon.	7 p.m.	Prayer Group Fellowship*
Wed.	7 p.m.	Men's Bible Study*
	7 p.m.	Spanish Group 390-Even'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.	Service White Tent
	7 p.m.	Service Wooden Chapel

Church of Jesus Christ of Latter Day Saints

Sun.	9 a.m.	Sanctuary A
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Islamic

Fri.	1 p.m.	Classroom 12 ChapelComplex
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Jewish

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

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

The bus will return immediately following worship.

JTF MWR & LIESURE

Hootie and The Blowfish come to Guantanamo Bay



photo from www.hootie.com

Story By
Spc. Alan L. Knesek

Two-time Grammy winner, Hootie and the Blowfish, will make their debut appearance here at GTMO's Downtown Lyceum, during a concert Sunday night at 8 p.m.

Their first stop on the island will

be the MWR Golf Course. There, Darius Rucker (lead vocals), Mark Bryan Silver (guitar), Dean Felber (bass) and Jim Sonefield (drums) will be signing autographs on Sunday from 9:30 a.m. to 11 a.m.

Later in the evening, after touring GTMO, the quartet will perform songs from their newly released self-titled album "Hootie & The Blowfish." Other hit songs such as "Only Wanna Be with You" and "Hold My Hand," from their chart topping 1994 debut album "Cracked Rear View" will most likely be heard at the show.

Hydroids Hit the Beach

Submitted by LCDR G. Thomas
Naval Hospital Public
Health Officer

Hydroids and contact with the little critters has arrived to GTMO's ocean waters with a vengeance!! The Naval Hospital is seeing an increased number of emergency room visits related to hydroid stings. For those unfamiliar with our waters, hydroids are free floating coral polyps, which are released into the water by sea floor corals. They drift in shallow waters (less than 30 meters) in search of a new location to establish a colony. They are minute, but structurally related to the jellyfish and contain a nematocyst, a stinging cell. Unfortunately contact between divers/swimmers leads to discharge of the nematocyst and injection of toxin. Depending on the concentration of polyps in the water an individual may be bitten from just a few times to over a thousand in a brief period of time. Polyps trapped between a wet suit, short, or shirt may be particularly angry and sting repeatedly, nicely outlining your bathing

gear.

Pain may vary from mild to severe, and the lesions are always very itchy. Usually reactions are local and while inconvenient are not life threatening. However, individuals with repeat exposure may develop systemic allergic symptoms. Any individual with hydroid exposure and breathing or airway difficulty should be transported to the Naval Hospital ER immediately.

Treatment of routine hydroid exposure at the beach includes removing clothing, gentle washing of the skin, and avoiding further irritation. Generally minor stings are treated with oral antihistamines such as diphenhydramine (Benadryl) and topical steroids such as End Itch. Some individuals claim relief by putting Adolfs meat tenderizer on the stings as well. More severe cases may be treated with oral steroids in addition to the previously noted medications.

Movie Schedule

Camp Bulkeley

Fri., May 2

8 p.m. *Swordfish*
R - 99 min.

10 p.m. *Bad Company*
PG13 - 117min

Sat., May 3

8 p.m. *So I Married an
Axe Murderer*
PG13 - 92 min

10 p.m. *Angel Eyes*
R - 104 min

Sun., May 4

8 p.m. and 10 p.m.
Undercover Brother
PG13 - 86 min

Mon., May 5

8 p.m. *The Abyss*
PG13 - 146 min

Tues., May 6

8 p.m. *Enough*
PG13 - 111 min

Wed., May 7

8 p.m. *Broken Arrow*
R - 108 min

Thurs., May 8

8 p.m. and 10 p.m.
Gladiator
R - 149 min

Downtown Lyceum

Fri., May 2

8 p.m. *The Jungle Book 2*
PG - 72 min.

10 p.m. *Cradle 2 The
Grave*
R - 100min

Sat., May 3

8 p.m. *Old School*
R - 91 min

10 p.m. *Deliver Us From
Eva*
R - 105 min

Sun., May 4

**NO MOVIE WILL BE
SHOWN TONIGHT**

Mon., May 5

8 p.m. *Dark Blue*
R - 118 min

Tues., May 6

8 p.m. *Cradle 2 The
Grave*
R - 91 min

Wed., May 7

8 p.m. *Deliver Us From
Eva*
R - 105 min

Thurs., May 8

8 p.m.
Anger Management
PG13 - 130 min

As with many things in life, prevention is the best medicine. The hydroid season should end sometime in June-July.

Charlie Papa!

NATIONAL SPORTS

On the Mark !!!



photo by Spc. Delaney Jackson

**Sports commentary by
Spc. Mark Leone**

leonema@JTFGTMO.southcom.mil

I'm from Boston and I'm a huge Sox fan and an even bigger Yankee-hater. So, when I heard what happened in the whole Jose Contreras episode during the off-season, between Boston's General Manager (at the time) Larry Luchinno, and Yankee boss George Steinbrenner, I was even more proud of not only being a Red Sox fan, but also proud of the suits we have working to make this team a champion.

After the Yankees outbid the Red Sox for the services of Jose Contreras, Larry Lucchino stamped George Steinbrenner's Yankees as the "Evil Empire." This term is now popular throughout baseball just as "the axis of evil" stuck after President Bush used it during his State of the Union Address to describe Iraq, North Korea and Iran.

If you know baseball, or sports in general, then you know how intense the hatred is between these two storied franchises. Their rivalry is the biggest in professional sports and dates back to probably the beginning of time.

Sox players like coming to Boston because of the fan support and they hate the Yankees as much as a 75-year Red Sox season ticket holder does. Free agents want to play for the Yankees, not because they hate Boston, but because George Steinbrenner has pockets deeper than a black hole.

It kills me to think, never mind say, that year-in and year-out the Yankees are favorites to win the championship and have the best team on paper. Their payroll is tops in the league at about \$1 billion and they've been buying talent since the purchase of Babe Ruth from the Red Sox before the Great Depression. How can small market teams like the Twins, Pirates, A's or Royals compete at the same level? It's near impossible. The Yankees have almost monopolized baseball and it needs to stop. Otherwise, baseball will no longer be known as the American Pastime but as the dark side of sports.

Sports Highlights

**Written by
Spc. Mark Leone**

Trevin Dilfer, the 5-year-old son of **Seattle Seahawks** quarterback Trent Dilfer, died Sunday in California after a 40-day battle with heart disease. The boy's parents and three sisters were at his

bedside at Lucile Packard Children's Hospital at Stanford University. "Trevin was a very brave young boy and we are comforted in knowing that as a child of God he has returned to his maker, the family said in a statement. "We grieve, but not as those without hope. The Dilfers thanked sup-

porters and hospital staff while requesting privacy, and a family spokesman said there would be no additional comment. Seattle Team president Bob Whitsitt said the organization was "deeply saddened by the news."

The agent for **NFL** first-rounder Kevin Williams, who was chosen with the ninth overall pick after Minnesota and Baltimore botched a trade, and the **Vikings** were forced to make a rare "pass," hinted Tuesday morning that he will seek a contract commensurate with the seventh overall selection for the former **Oklahoma State** defensive tackle.

Bruins center Joe Thornton is a finalist for the Lester B. Pearson Award, which goes to the most outstanding player during the regular season in a vote by members of the **NHL Players' Association**.

Avalanche center Peter Forsberg and **Canucks** left winger Markus Naslund, who finished as the top two scorers in the league, are the other finalists.

This Ottawa Senators playoff comeback was unlike any they ever had. Wade Redden's goal 6:43 into overtime lifted the Senators to a 3-2 victory over the **Philadelphia Flyers** on Tuesday night. Ottawa leads the Eastern Conference semifinal series 2-1. Game 4 of the best-of-seven series is Thursday night in Philadelphia.

Dusty Baker's return to San Francisco was a success, thanks to Moises Alou's big night against his father's team. Alou homered and drove in two runs as the **Chicago Cubs** beat the **San Francisco Giants** 4-2 Tuesday night in a game rich in family ties and old friendships.

Head to head ...

Who will win the best of seven series between the Lakers and Timberwolves?



Spc. Nicholas
Davis J-4 Admin.

The Minnesota Timberwolves' chances of advancing to the next round are a given. Kevin Garnett is playing to the MVP hype that surrounded him all year. All they need now is for the supporting cast to chip in and help stop Shaq and Kobe. The Lakers will be stunned as they will not win the title this year and will be sent packing in the first round. Go T-Wolves!



Petty Officer 1st
Class Joe Archer,
J-8 NCOIC

The Lakers will roll right over the Timberwolves because of two names: Shaq and Kobe - they're proven winners. They have won three championships in a row and have the heart of champions. The Timberwolves have never made it out of the first round of the playoffs, so they don't know how to win yet. Plus, they have nobody on their team that can stop Shaq. He is too big and and strong for any center in the NBA and then you throw in Kobe ... it's over!

JTF SPORTS & FITNESS



photo by Spc. Alan L. Knesek

Spc. Nicholas Davis, 300th Military Police Brigade, took first place in the longest drive (woods) competition during MWR's Battle at G-Bay with a drive of 226 yards. "It's a great morale booster. I came here hoping to win at least one or two competitions," said Davis.

Push-ups, sit-ups, yoga?

By Spc. Alan L. Knesek
Compiled from www.calbears.edu

While there is no running or cadence calling, the benefits of yoga will leave you wondering why you didn't begin yoga classes sooner. Push-ups, sit-ups and running are three basic exercises performed by JTF members. Other troopers continue to workout in the gym, lifting weights, or in the pool, swimming laps. Some service members have discovered yet another way to stay in shape while keeping their workout interesting.

The practice of yoga is becoming a popular and advantageous way to exercise. Not only does yoga increase flexibility, build strength, and develop stamina, most of the exercises increase circulation, which can positively affect the respiratory and nervous systems. It has been proven that yoga helps reduce the pain and symptoms of asthma, cardiac risk factors, carpal tunnel syndrome and arthritis. The overall practice of yoga brings the body and all of its systems and organs together to create balance and mental well-being.

Yoga classes have been cancelled until May 8 and JTF troops are encouraged to attend. This may not be like your typical workout, but it could be the missing link to getting fit and staying fit.

For more information on the yoga classes call 2193.

Guantanamo Softball Standings

Teams	Wins	Losses
JTF HQ	8	0
Security	7	1
PWD	7	1
Hospital	7	1
303rd MP Co.	6	2
W.T. Sampson	6	2
NAVSTA	5	3
USN MIUWU 212	4	4
JTF GIG Ice Breakers	3	5
344th MP Co.	3	5
J4 Trans	3	5
NEX	2	5
36 LIMA (MCSF Co.)	2	5
Cleveland Steamers (PAO)	2	6
Migrant Ops	2	6
ACS Defense	2	6
MCSF Co.	1	6
NMCB21	1	7



photo by Spc. Alan L. Knesek

(left to right) Marine Private Justin Stinnett returns CT13 John Khalil's serve during Guantanamo Bay's MWR Ping Pong tournament. Khalil walked away with the first case trophy for the night, followed by Matt Talbot in second place and Scott Garav in third. For mor information on the next ping pong tournament, call 2010.

Golf Pro Peter Jacobsen is coming to GTMO

By Sgt. Robert Mitchell

Golf professional Peter Jacobsen will be offering a golf clinic at the Yatera Seca Golf Course from 8:00 to 9:30 a.m. on **Saturday, May 4** to anyone interested in picking up a few pointers. At 8:30 p.m. on Friday night, he'll be making an appearance at the Tiki Bar to meet JTF service members and sign autographs. A second autograph session will be held after the golf clinic.

Jacobson, 49, turned pro in 1976 and joined the PGA tour in 1977. He enjoyed the best season of his career in 1995 with two victories and more than \$1 million in earnings...Victories came in successive weeks at AT&T Pebble Beach National Pro-Am and Buick Invitational of California. Current PGA Tour highlights include back-to-back top-10 finishes at the MCI Heritage and the Shell Houston Open.

15 Minutes of Fame...

with Sgt. Derrick Aleshire Charlie Company 2-116th Infantry Introducing Mr. High Speed ...

Interview & photo by Sgt. Erin P. Viola

Army Sgt. Derrick Aleshire has been in the Army for about four and a half years. In that time he has learned a lot about what it takes to be a good leader. He continues to hone his leadership skills here as part of Joint Task Force Guantanamo.

Q: As a junior NCO, what do you contribute to the mission here?

A: As an infantry soldier my team and I play a major role in patrolling the area, in a variety of ways, around Camp Delta. As an NCO it is my responsibility to make sure information is disseminated to my guys appropriately, and that they understand it. I'm always in that role of taking care of my soldiers, making sure everyone has everything they need to get the job done ... that everyone is on the same page.

Q: What are your Army career goals?

A: I'd like to stay in for the full 20 years, and I'll go the NCO route. I'm interested in teaching on the range in the future, and being a Sergeant Major wouldn't be too bad either.

Q: What do you like best about being an infantryman and why did you choose this MOS?

A: There are a variety of reasons. You don't get complacent. When you are out in the field, you run into different situations and there is always something new. I remember going to the recruiter's office and seeing photos and videos of soldiers doing really cool stuff. I wanted to do that stuff, and I am.

Q: Are you learning new things about how to be a good leader here?

A: Yes. I'm always willing to learn new things. My squad leader, Staff Sgt. Brett Osiewicz, is a great teacher and mentor. He's got plenty of manuals he lets me read. I've been in his squad for over two years and he's built me into what I am, and given me great leadership advice. He's always willing to take extra time to teach anyone who is willing to learn, and I am learning by that example.



Sgt. Derrick Aleshire of Charlie Company, 2-116th Infantry, awaits the next command from his team leader during a react-to-contact training drill conducted this week.

Q: What is the most challenging thing about being in the Army?

A: More or less, just learning about how the Army operates. Trying to take care of soldiers can be challenging at times. But leadership comes naturally to me and I welcome the challenges that come with it.

Q: What sacrifices have you made to be here?

A: Separation from my family has been the hardest thing. I miss my wife. We just got married a month before I came down here and we just bought a new house ... a nice log cabin. When I took leave, I lived in my new house for the first time for 10 whole days.

Q: How did your wife feel when she found out you were staying in GTMO longer than expected?

A: She took it pretty hard at first, but she's making the best of it. I'll be taking another leave

soon, so that will help. And she's really supportive with sending letters and packages. So that helps.

Q: Aside from your family, what do you miss most about home?

A: Well, since we just bought a new house, I miss that. We live in a log cabin in the country where my closest neighbor is three quarters of a mile away, and I'm really looking forward to settling in there ... making a garden ... doing all that house and yard stuff. I can't wait to go home and sit on my porch and just be at my house. My wife and I are also looking forward to getting a couple of dogs. She wants a Miniature Terrier and I want to get a Weimaraner.

Q: What is your civilian job?

A: I'm a dispatch manager for major transportation company and supervisor for a team of 13 guys.

Q: Do you think the experience you have gained here as a junior NCO will help you in your civilian job?

A: Yes, my people skills have really improved here. Learning how to work with all kinds of people has been an excellent experience. More supervisory skills are required here and I can bring more experience in that area home with me.

Q: Are you taking any college courses?

A: Yes, I used some of my GI. Bill money to get an associate's degree and am 12 to 18 credits shy of getting a bachelor's degree in criminal justice/law enforcement.

Q: How has the Army been good for you and how have you been good for the Army?

A: The Army has been good for me because it has not only helped me to pay for college, but it has taught me how to work with all kinds of people. The Army is a big melting pot that you are thrown into and you adapt to it and learn from it. The Army has taught me that it is always important to adapt to meet everybody's needs.