



the Wire

“HONOR BOUND TO DEFEND FREEDOM”

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Friday, February 6, 2004

Communication: cornerstone of the family fortress

By SPC Katherine L. Collins

February is Military Family Appreciation Month. The JTF wishes to honor its military families and the many roles its troopers bear within those sacred structures. In recognition of the significance of family, particularly in the morale of those serving apart from loved ones, the JTF also seeks to remind all troopers and their families of the importance of maintaining frequent and open communication between the military and home mission fronts during deployment separation.

“Communication is central to the family bond and to the morale of each family member,” said Chaplain Steve Feehan, JTF chaplain. “When separated, silence is not golden.”

“Communication within the family is of utmost importance any time, but it bears even a more precious significance during periods of separation,” added MAJ Daniel Odean, JTF chaplain.

Means of family correspondence varies from trooper to trooper, and in Guantanamo Bay a spectrum of possibilities exists from which families can choose.

“E-mails and phone calls are good ways



Photo by SPC Katherine L. Collins

Petty Officer 3rd Class Bobby Johnston, a member of the MSST 91110, often keeps in touch with his expectant wife and other family and friends by phone.

to communicate, and should be used often, but the occasional letter is fantastic to send and receive too,” said Feehan.

According to Odean, more important than

whether loved ones choose to communicate by e-mail, phone, letters or some other means, families must focus on the content of correspondence, as well as its frequency.

“In all communications be as positive as possible. Share feelings as well as facts. Also, talk about your plans and expectation for the future,” suggested Feehan.

“Adequately communicating with family is a challenge in Guantanamo Bay, said Odean, “I, too, am separated from my wife and children, so I understand that well.”

Newlyweds, single parents, grandparents, expecting first-time parents, troopers with spouses and children and troopers who’ve just recently begun life on their own – JTF has them all. Throughout Guantanamo Bay service members are striving to embrace the opportunity to grow as a family through deployment separation by learning to communicate better. Troopers are finding a newfound view of communication as the gem of a healthy family and are creating ways to correspond and grow closer to their loved ones.

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Trooper to Trooper

JTF-GTMO

Champion Team of Teams

John Wooden coached the UCLA Bruins basketball team to several NCAA championships. The meat of Wooden's philosophy revolves around his "starting five plus one." Everywhere I go, I find solid examples from our work in the JTF that prove our JTF team is as much or more successful than any of Wooden's NCAA champions.

Wooden's first principle in his 'starting five plus one' emphasizes careful planning and preparation, hard work that overcomes all obstacles. I can't find better examples than right here in our JTF. Café Caribe and Seaside Galley are successes because of the hard work of our food service teams. Our operational ready rates remain close to 100% due to the hard work of our transportation and maintenance folks. The new Camp America NEX provides great support – a resounding success that is a direct result of listening to trooper desires, and hard work to make their comments a reality. And perseverance meant every NCO passed the battle staff NCO course, a success rate unmatched across the U.S. Army.

Wooden also emphasizes the need for enthusiasm, no matter what the situation. Once again, everywhere I go I run into JTF team players with a disciplined, positive mindset. An enthusiastic air of hustle surrounds our JTF Team of Teams.

Wooden also stresses solid mental, moral and physical conditioning. Everywhere I go I see leaders and troopers mentally preparing, rehearsing, demonstrating solid troop leading procedures that ensure mission success. We are supported by a great new Camp America chapel and a strong religious program. And I see troopers everywhere focusing on physical conditioning - day and night, running, working out in our gyms, road marching setting and achieving personal bests.

Wooden's teams were masters of basketball fundamentals. Our JTF-GTMO troopers focus on fundamentals, and have achieved tremendous results. Our detainee movement operations go off without a hitch. Our live fire exercises prove time and again our ability to bring effective fire on enemy threats. And our responsive medical support ensures we can save lives and get our troopers back into the fight quickly.

Wooden rounds out his starting five prin-



COL Timothy D. Lynch
Chief of Staff, JTF Guantanamo

ciples with an emphasis on team spirit. Everywhere I see troopers more interested in character than reputation, in team success rather than individual success. And this extends beyond the JTF to our fellow troopers at the Naval Base, contractors that support our efforts, and our families at home.

Wooden's 'plus one' off-the-bench principle is attention to detail. His principle is evident in all we do. I see this in rehearsals for visits by media and distinguished visitors, in live fires, in preparation for Commissions, and in detainee movement operations; on the blocks, in the field, everywhere. It is evident in our planning for renovations to show first run movies at the Bulkeley Lyceum and obtain new equipment to improve Bulkeley Gym. And attention to detail is evident in enhancements we have made to our security systems and our information systems modernization program.

Future challenges await us, and Wooden's principles will be at work in our successes over the next few months. Enthusiastic hard work will support our PLDC and EIB candidates, and our 31E conversion program. Conditioning will make better every day. Focus on fundamentals and attention to detail will make big things happen, such as successful Commissions support, planning for the rotation turnover to the GTMO 5 crew, and our safe redeployment home to our families. And dedication to the success of the JTF Team will ensure we are all winners, just like John Wooden's NCAA champions from long ago.

Honor Bound to Defend Freedom.

JTF-GTMO Command

Commander:

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70th MPAD Commander:

CPT David Kolarik

Command Information Officer / Editor:

1LT Tracy L. Saucy

Circulation: 2,100 copies

The Wire Staff

The Wire NCOIC:

SSG Patrick Cloward

Editor:

SPC Rick Fahr

Staff writers and design team:

SGT Jolene Staker

SrA. Thomas J. Doscher

SPC William D. Ingram

SPC Katherine L. Collins

Contact us:

From Guantanamo:

5239/5241 (Local phone)

5426 (Local fax)

From CONUS:

Com: 011-53-99-5239

DSN: 660-5239

Public Affairs Office

Online:

<http://www.nsgtmo.navy.mil/jtfgtmo>

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Senior soldier of the quarter

SGT Lee Johnson of the 463rd Military Police Co. is the Senior Soldier of the Quarter.



Photo by SPC William Ingram



Photo by SPC William Ingram

Junior soldier of the quarter

SPC Jason O'Loughlin of B Co., 1-181st Infantry Regiment, is the Junior Soldier of the Quarter.

IG team uncovers quirk in base pricing rules

Do the various shopping spots charge the same prices for similar merchandise? No.

Inspector general personnel investigated the matter in response to trooper concerns and found that policies dictate pricing at the various exchanges and commissary.

The IG team learned that by law, each installation is authorized to have one commissary. A commissary is a facility where items, mostly consumable, are discounted. This means you may find the identical item at another location, but by law, only the commissary is able to offer the discounted price.

The color of the label will tell you if the item is a commissary or exchange item. A yellow label means the item is a commissary item and a blue label means an exchange item. The commissary items are discounted.

Price differences did exist between like items, especially food, between exchange locations and the commissary.

Troopers may visit the IG office in Room 204 of the Commissions building Monday through Saturday. The IG phone number is 5399. The Camp America IG office is in Bldg. 7200 and is staffed Monday, Wednesday and Friday afternoons and Tuesday, Thursday and Saturday mornings. The Camp America office Phone is 3501. IG assistance is available anytime by appointment.

New MOS graduates

COL Nelson J. Cannon, JDOG commander, speaks to JTF's newest graduating class of the 31E MOS. January 26-29, JTF's military police units participated in a four-day conversion course, taught by SFC John Waters, which consisted of lecture, demonstration instruction and hands-on training. Students passing the six-part hands-on exam and written exam earned the military police corrections MOS, which will serve as their primary occupational speciality for as long as they work in corrections.



Photo by SPC Katherine L. Collins

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■ ■ ■

Petty Officer 3rd Class Bobby Johnston, a member of the Maritime Safety Security Team 91110 who is a young husband and expectant first-time father, said he finds the deployment beneficial to his marriage. A nearly five-year veteran of the Coast Guard, Johnston served on previous missions away from his wife, but Guantanamo Bay is his most extensive.

"Through this deployment we are learning to communicate better and are growing closer," said Johnston. "Talking is really all we have for a while, since we won't see each other at all during my six months away. My wife and I still do the usual talking about our days but more in-depth now. I generally call her using my morale calls, and she tries to call me. Sometimes I use the webcam. We also send each other packages and pictures. I just sent her pictures of me on the boat here, and for Valentine's Day I arranged to have something delivered to her."

■ ■ ■

Tech Sgt. Rod Baker, a communications project manager in J-6, is married with young children. He too recognizes the positive effects of his Guantanamo Bay service on his family. He previously served apart from his family in Saudi Arabia and in Korea.

"Being apart brings us closer. First, we are learning to listen better," said Baker. "I've developed more patience in listening to my wife and children because listening and writing is all we have to express our love since we're not together."

"We're also learning how much we need each other," he said. "Communication with loved ones keeps me sane. We [troopers] must remember that we are going through hard times and so are [our families]. It's a lot harder being the one at home than the one deployed. You have all the responsibility



Photo by SPC Katherine L. Collins

Tech Sgt. Rod Baker, a communications project manager in J-6, talks with his family by phone.

of the household. We [families] need to lean on each other with all that is bothering us, but we [troopers] need to balance the truth with striving to keep our families from worrying about us and us about them. It's a challenge to balance this."

"For the most part we talk about the same things we would if we were together, but we try to focus more on the positive stuff, and we talk in more detail about our days," he explained. "I e-mail every day, generally every morning and night. I like to at least say 'good morning' and 'good night' each day. We also try to talk by phone about three times a week. I use my morale calls, and then my wife tries to call me. When I was in Korea I also created audio and video tapes for my family."

"The fact that we can't talk in person and the difficulties of how little we can call and e-mail makes us realize how good we had it at home," Baker said.

■ ■ ■

SFC Wendy Grooms, 384th Military Police Battalion member and Detention Operation Center NCOIC, is a wife to another service member and a mother to two children and two stepchildren. Married for less

than two years, she highlights communication as the stronghold in her family, particularly as her husband now processes to deploy in support of Operation Iraqi Freedom, after an already extensive amount of family separation. Grooms said she attributes learning the important factors of communication to her separation experience.

"Communication is important in every relationship in life. I prioritize who I communicate with just as I prioritize my allegiance: my God, my husband, my family, then all else. I've continually learned more about effectively communicating through the time that I've experienced separation from my family," said Grooms.

"My husband was away for 11 months, during which we married, then we were together six months, then I deployed here. My husband and I have discovered how hard it is being a parent away," said Grooms. "It hurts knowing I missed my son's first day of kindergarten, his first lost tooth and my daughter's dance recital. I've learned though that as long as you still talk about the events you missed your family knows you care and wish you could have been there."

Grooms said regular communication is important.

"Your family needs to hear your voice as often as possible," she said. "We had better communication access when my husband was at Fort Hood, so we talked every day. Here we talk about every other day by e-mailing and calling."

Frequently talking is also important because family members must be continually available to support each other, she added.

"We do talk regular household talk, but also we talk about how each other are doing, about how we're dealing with our missions. We talk about each other's mental state and how the kids are doing," she said. "As he listens to me,

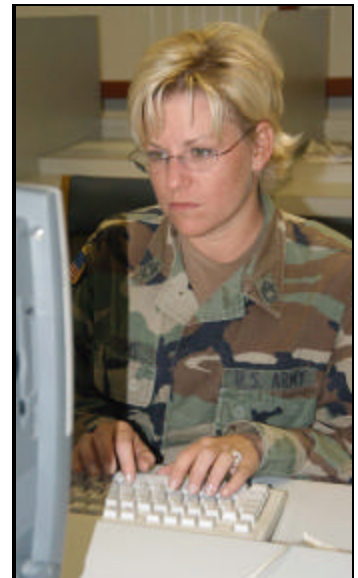


Photo by SPC Katherine L. Collins

SFC Wendy Grooms, 384th Military Police Battalion member and DOC NCOIC, e-mails her family a letter.

if there's something I'm having an issue with he'll give me advice on it, being a first sergeant. As far as rules and regulations, he gives me great guidance professionally. He's been such a good mentor for me. In turn, I use my civilian management skills to give him advice on how to handle some difficult situations he has with his troops, like if he needs to counsel a soldier or if he needs to change his leadership style. So we really confide in each other and balance each other out." Grooms said she also finds it important that family members help each other understand what the others are experiencing.

"We send pictures to each other, and they sent me a video tape. I send photos of things here like the beach and the animals, the few things I can share photos of. It helps them experience the culture here through me. The kids sent me a tape of my daughter's dance recital and other stuff. My son talked about his missing tooth. My ex-husband is real supportive too in keeping me involved with the kids. He sends me their report cards, and I also get e-mails from the teachers letting me know how the kids are doing."

Hospital wins tourney; B-ball season under way

With the Captain's Cup men's pre-season basketball tourney decided, 14 teams are vying for the league's regular season crown.

The Hospital team won the tournament, defeating Security Five O in the final game.

Coming in third was the 216th Military Police Co., by virtue of the team scoring more points than their counterpart in the semifinal matchups.

Other teams in the league are the 217th Military Police Co., 661st Military Police Co., JTF TC Squad,

463rd Military Police Co., B&R Service Corp., MCSF Co., Fire Department, Boston Bandits, Contractors, Geo Group and 273rd DC Lawdawks.

The league's games, at G.J. Denich Gymnasium, begin at 6 p.m. on most nights of each week. Each night's play consists of five games, with the final game beginning at 10 p.m.

The games feature 20-minute halves, with a continuous clock, except for the final two minutes of the second half.

FFSC announces help classes

The Fleet and Family Support Center will be sponsoring several classes in the coming weeks:

- Resume writing – Tuesday, 9-11:30 a.m.
- Anger management – Tuesday, Feb. 17 and 24, 2:30-4:30 p.m., attendees must attend all three classes.
- Stress management – Thursday, 2:30-4 p.m. and 6-7:30 p.m.
- Savings and investments – Feb. 17, 6:30-8 p.m.

All classes will be at the FFSC training room.

For more information, call the Fleet and Family Support Center at 4141 or 4153.

AT THE GALLEY

Upcoming menus at Seaside Galley:

Today: lunch – Caribbean chicken breast; dinner – dinner steak and seafood platter.

Saturday: lunch – roast turkey; dinner – assorted pizza.

Sunday: lunch – chicken enchilada; dinner – chicken cordon bleu.

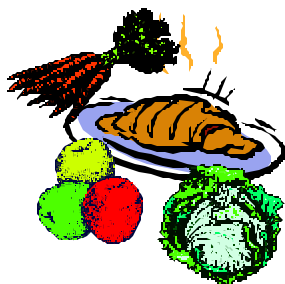
Monday: lunch – BBQ beef strips; dinner – baked chicken.

Tuesday: lunch – tomato florentine soup; dinner – pepper steak.

Wednesday: lunch – beef/chicken fajitas; dinner – lemon pepper fish.

Thursday: lunch – grilled Italian sausage; dinner – fried shrimp.

Friday: lunch – meatloaf; dinner – ribeye steak and lobster.



Movie Schedule

Camp Bulkeley

Fri., Feb. 6

8 p.m. *RADIO*
PG - 109 min

10 p.m. *BASIC*

R - 99 min

Sat., Feb. 7

8 p.m. *School of Rock*
PG13 - 110 min

10 p.m. *Wild Things*

R - 113 min

Sun., Feb. 8

8 p.m. *PATTON*
PG13 - 171 min

Mon., Feb. 9

8 p.m. *Bulletproof Monk*
PG13 - 104 min

Tues., Feb. 10

8 p.m. *Phone Booth*
R - 81 min

Wed., Feb. 11

8 p.m. *Under the Tuscan Sun*
PG13 - 133 min

Thurs., Feb. 12

8 p.m. *3,000 Miles to Graceland*
R - 120 min

Downtown Lyceum

Fri., Feb. 6

7 p.m. *HONEY*
PG13 - 94 min
9 p.m. *The Human Stain*
R - 106 min

Sat., Feb. 7

7 p.m. *Cheaper by the Dozen*
PG - 99 min
9 p.m. *The Last Samurai*
R - 154 min

Sun., Feb. 8

7 p.m. *Love Don't Cost a Thing*
PG13 - 101 min

Mon., Feb. 9

7 p.m. *Veronica Guerin*
R - 98 min

Tues., Feb. 10

9 p.m. *The Human Stain*
R - 106 min

Wed., Feb. 11

7 p.m. *The Missing*
R - 137 min

Thurs., Feb. 12

7 p.m. *Love Don't Cost a Thing*
PG13 - 101 min

Join your friends



at Club Survivor



Practicing the fight

JTF troopers participate in live-fire exercise

Just after daybreak Saturday, firing points around Camp America boomed to life as JTF troopers took part in a live-fire exercise that has become a staple of the task force's training regimen.

The sounds of small arms, mortar and automatic rifle fire rang out through the hills, signaling that the exercise had begun, with targets located in Guantanamo Bay.

Marines (above) prepare to engage their target, floating in Guantanamo Bay, while SPC Steve McGurn (right) of C Co., 1-181st Infantry Regiment readies his weapon for firing.

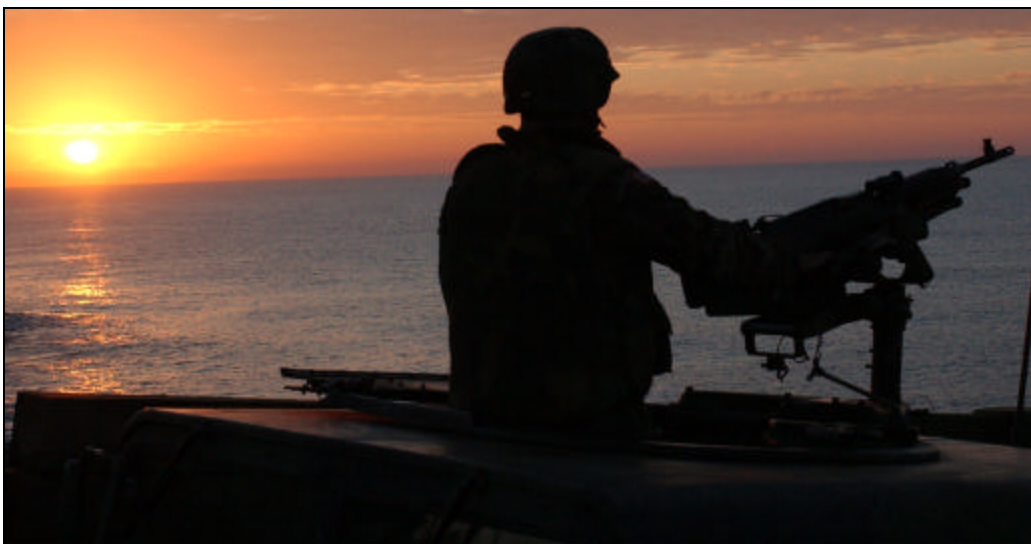
A number of units participated in the event, which included various activities throughout Friday and Saturday morning.



Photos by:
Top: SGT Jolene Staker; Bottom: SPC Katherine L. Collins



Photos by:
Top: Sr.A Thomas Doscher
Center: SGT Jolene Staker
Bottom: SPC Rick Fahr



SPC Dale Robert (top), 1-181st Infantry Regiment, moves his weapon into position on top of a bunker during the exercise.

PVT Eugene Cassavant (center) fires during the exercise. He said he enjoys the livefire exercises. "It is great. Keep it coming!" he said.

Members of the 1-181st Infantry Regiment scouted out a firing position overlooking Guantanamo Bay, which allowed Mother Nature to show off some of her firepower.

Sittler adds Praise Band to service to use JTF talent



Photo by SGT Jolene Staker

SGT Heather Sittler prepares music for praise band practice. The name of the praise band is still being decided. Sittler's motto for the band is 1 Corinthians 13:1 - "If I speak in the tongues of men and of angels, but have not love, I am only a resounding gong or a clanging cymbal."

By SGT Jolene Staker

One summer day before her senior year she went down to the recruiting station after seeing a commercial advertising the military because she was bored and didn't have anything else to do.

"It was obviously God's hand that put me into the Army," said SGT Heather Sittler, Chaplain Daniel Odean's Assistant.

Since she was considering going into ministry the chaplain assistant position was the only MOS that caught her eye. The recruiter found her a chaplain assistant position in her hometown, and wanted her to join immediately. Sittler told him that she was going on vacation and would use the time to pray.

The recruiter warned that the position would be gone by the end of the day, but Sittler held her ground. After praying and talking to her family she did decide to join and the position was still open.

"Every once in a while everything falls into place without you doing anything," said Sittler. "That's how God works sometimes."

Almost eight years later after cross-training as a military policeman, she was told that she was going to Guantanamo Bay, Cuba. When she arrived Sittler wasn't sure which role she would be asked to serve in. She trained with the MPs in Fort Dix, did the left seat/right seat ride and worked on

the blocks a week before finding out that she would be serving as Chaplain Odean's assistant.

Sittler stays busy as a chaplain's assistant just doing the required tasks each day. She works very closely with Odean on Soul Survivor and serves on the JDOG Unit Ministry Team (UMT).

As a member of the JDOG UMT she helps provide spiritual and moral support to the troopers working in Camp Delta and helps to ensure the religious freedom of the detainees. Her specific role in that is supplying the detainees with the necessary religious items: prayer caps, prayer beads and prayer oil.

Even with her busy schedule she recently volunteered to take on the extra project of organizing a praise band for the Sunday morning protestant service.

"We've been blessed up to now with great music," said Sittler. "I just see the band augmenting what is already in place."

The style of the band will differ from the choir. "There is a lot of talent in the JTF - people who play instruments or sing who are looking for an outlet to worship," said Sittler. "This is another opportunity."

One of the challenges of a military congregation is the diversity of backgrounds in one service. Some people are used to singing out of hymnal, some are used to just

See Band, page 9

JTF tax center opens to provide trooper help

The JTF Guantanamo tax center officially opened Monday.

In addition to the tax center at the NAVBASE legal assistance office, the center will be located in Camp America at the new legal assistance office, Bldg. 6208. The center will provide free federal and state income tax preparation and electronic tax filing services. This service is provided to troopers and their families.

The center will be open for business from 9 a.m. until 4:30 p.m. Mondays, Wednesdays and Fridays; 9 a.m. to 7 p.m. on Tuesdays and Thursdays; and 9 a.m. to 3 p.m. on Saturdays.

In order to ensure each return is properly filed, customers must bring the following information:

- All 2003 W-2s (wage and tax statements) forms, and Social Security numbers

and dates of birth for each dependent;

- 1099-INT forms (reflecting any interest earned from savings/checking accounts);

- 1099-DIV forms (reflecting dividends, capital gain distributions from mutual funds, stocks, etc.);

- Dependent care statement from day care providers, to include their SSN/EIN and address, documenting how much was spent for qualified child care expenses;

- Power of attorney, if married filing a joint return and spouse will not be present to sign tax return;

- Blank check or bank routing transit number and account number, if you choose to have your refund directly deposited into your account;

- Proper documentation confirming any time spent in a tax-free zone (i.e., Iraq, Afghanistan, etc.).

Personnel will be able to prepare the following tax forms: Form 1040EZ; Form 1040A with Sch. 1, 2, 3 and EIC; Form 1040 with Sch. A, B, C-EZ, D, EIC, R and SE; Form 2441 (child and dependent care credit); Form 8812 (additional child tax credit); Form 8863 (education credits).

The Tax Center is unable to prepare the following forms: Schedule C (profit/loss from business); Complicated and advanced Schedule D (capital gains and losses); Schedule E (rents and royalties); Form SS-5 (requests for social security number); Form 2106 (employee and business expense); Form 3903 (moving); Form 8606 (nondeductible IRA); Form 8615 (minor's investment income).

Contact personnel at the center for more information. The number is 3454. Calling to make an appointment is recommended.



Photo by SGT Jolene Staker

SGT Heather Sittler knew in second grade that she wanted to play the oboe.

Band from page 8

praise choruses and some are used to contemporary music.

"By using the talents of everyone in the JTF we can get a little of all of that in a service," said Sittler.

She has an extensive background in music. "It has never not been a part of my life," said Sittler. "My earliest memory is of my mom playing the piano."

Sittler started taking piano lessons from her mother, who was a professional music teacher, when she was six-years-old.

Her mother also taught her basic musicianship, theory and presentation.

The Fort Wayne Philharmonic Woodwind Quintet came to her school and played when she was in second grade.

"I just fell in love. The sound, the way it

looked and the way the person played it was just awesome," said Sittler. "I ran all the way home to tell my mom that I would play the oboe."

Years later Sittler did play the oboe. Sittler credits her mom with laying the groundwork, but says her music career started in the sixth grade.

"I played the piano, because I had to," said Sittler. "I play the oboe because I want to."

She started going to professional contests in the sixth grade. Each year she got the highest award you could get.

After one year her oboe teacher told her that she was moving too fast and needed another teacher. She then had the opportunity to take lessons from the principal oboist in the Fort Wayne Philharmonic.

"She was awesome," said Sittler. "She forced me to be my best."

She auditioned for the Fort Wayne Youth Symphony in her freshman year of high school and continued every year until her senior year when she made first chair.

She nows performs with the semi-professional band the Fort Wayne Area Community Band.

Sittler has always been active in the music programs at her church including choirs, specials, offeratories and helping her Dad with the sound system.

"Between my church background and my personal background it is hard for me to worship without music," said Sittler.

The goal of the band is "to get

people to the point where they are aware that He is looking inside them and they are freely offering all the love and praise in their hearts," said Sittler.

Her favorite quote is: "Bach gave us God's word. Mozart gave us God's laughter. Beethoven gave us God's fire. God gave us music so that we could pray without words."

Anyone who would like to sing or play an instrument in the band should contact Sittler at 3248/3646/3202 or SittlerHM@JTFGTMO.southcom.mil.

Worship Services

Catholic

Main Chapel

| | | |
|--------|----------------|--------------------------|
| Wed. | 5 p.m. | Holy Hour and Rosary |
| | 6:00-6:25 p.m. | Confessions |
| | 6:30 p.m. | RCIA (Chaplain's office) |
| Sat. | 4:15 p.m. | Confession |
| | 5:30 p.m. | Vigil Mass |
| Sun. | 9 a.m. | Mass |
| | 10:15 a.m. | Spanish Mass (Sanct. B) |
| M-Fri. | 11:30 a.m. | Mass (Cobre Chapel) |

Camp America

| | | |
|------|-----------|------|
| Sun. | 7:30 p.m. | Mass |
|------|-----------|------|

Protestant

Main Chapel

| | | |
|------|-----------|--------------------------|
| Mon. | 7 p.m. | Prayer Group Fellowship* |
| Wed. | 7 p.m. | Men's Bible Study* |
| | 9:30 a.m. | Sunday School |
| | 11 a.m. | Service/Sunday School |

* Fellowship Hall located in Chapel Complex

Camp America

| | | |
|-------|-----------|-------------------------------|
| Tues. | 7 p.m. | Alpha |
| Wed. | 7 p.m. | Soul Survivor (Club Survivor) |
| Sun. | 7:30 a.m. | Christian Worship |
| | 9 a.m. | Protestant |

New Life Fellowship

| | | |
|------|--------|-----------------------|
| Sun. | 1 p.m. | Service (Main Chapel) |
|------|--------|-----------------------|

Pentecostal Gospel

| | | |
|------|--------|------------------|
| Sun. | 8 a.m. | Service (Sanc C) |
| | 5 p.m. | Service (Sanc C) |

Church of Jesus Christ of Latter Day Saints

| | | |
|------|--------|-------------|
| Sun. | 9 a.m. | Sanctuary A |
|------|--------|-------------|

Islamic

| | | |
|------|--------|--------------------------------|
| Fri. | 1 p.m. | Classroom 12 Chapel Complex |
|------|--------|--------------------------------|

Jewish

Call 2323 for more information

Camp America Church Bus schedule:

| | | |
|------|-----------|------------|
| Sun. | 8:15 a.m. | Tierra Kay |
|------|-----------|------------|

The bus will return following worship.

Five basics of successful family communication

By Chaplain (MAJ) Daniel Odean, JTF chaplain

■ Affirm them of your love and faithfulness. They need to hear that you are thinking of them and your love is enduring. You will build trust and security through this.

■ Seek to encourage and understand them. I praise my wife for all she does. She is amazing and I tell her that she is my hero.

■ Remember, they are running things back home. So let them. You have to support them, not try to control them. They are growing and changing like you are. Assist in the decision-making process. Don't dictate to them. Ultimately, support their decisions if at all possible.

■ Don't argue over the phone. If you feel yourself getting angry for some reason, it is better to end the conversation and call back after you chill out and think things through.

■ Pray with your spouse and children over the phone. The old saying goes, a family that prays together – stays together! Prayer is a powerful means of communication and a way to turn your needs over to the Lord and strengthen your family's faith.



Photo by SGT Jolene Staker

PFC Jonathan Algrin (right) and SPC Keith Bean (center) of A Co., 1-181st Infantry Regiment and SPC Gustin J. Saggese II of C Co., 1-181st cheer for the New England Patriots during Sunday's Super Bowl, in which the Patriots won, 32-29.

Sports highlights

Kickers win, lose rule Super Bowl

Compiled by
SPC Rick Fahr

Most of the football talk after **Super Bowl XXXVIII** focused on unlikely personnel.

Kickers.

Adam Vinatieri, kicker for the **New England Patriots**, kicked a 41-yard field goal with 0:04 left in regulation to lift the Pats over the **Carolina Panthers**, 32-29.

The Patriots were able to get into field goal range by virtue of a miscue in the Panthers' kicking game.

After tying the game at 29-29, the Panthers needed only to hold the Patriots from scoring for just a little more than a minute.

However, kicker **John Kasay** booted the kickoff out of bounds, setting the Patriots up at their own 40. Twenty-nine yards later, Vinatieri won the game.

Some are calling it the best Super Bowl of them all. History will tell.

The **Sacramento Kings** have posted the best record in the NBA, as the league heads toward its All-Star Game.

The Kings have a winning percentage of slightly higher than .730, and are comfortably ahead of the **Los Angeles Lakers**, the only team within 10 games of the division leaders.

In the Western Conference's Midwest Division, the **Minnesota Timberwolves** lead the **San Antonio Spurs**, behind the strong play of **Kevin Garnett**, who's averaging nearly 25 points and 14 rebounds a game.

In the Eastern Conference, the **New Jersey Nets** lead the Atlantic Division, the weakest, recordwise, in the league. The Nets are the only team in the division with a winning record.

In the Central Division, the **Indiana Pacers** are ahead of the **Detroit Pistons** in another two-team divisional race.

The weekend's college basketball scores featured a common thread: Just about anybody can win at any time, anywhere.

Three top 10 teams lost on Saturday to unranked opponents. **Vanderbilt** beat **Kentucky**. **Charlotte** beat **Cincinnati**, at Cincinnati, and **Marquette** dumped **Louisville**. **North Carolina** and **Kansas**, both top 15 squads, lost, too.

What does any of that mean?

That March ought to be interesting.

A date to watch: Feb. 15. That's when **NASCAR's Nextel Cup** invades Daytona Beach, Fla., for the **Daytona 500**.

Sports highlights compiled from www.espn.com.

FAHR GAME

Refs are there for fair play

By SPC Rick Fahr

I shouldn't be letting this cat out of its bag, but something's been weighing on my conscience for a long time.

The truth must come out. Sports officials, including myself, are cheaters. That's right. I'm merely confirming what many sports fans have known for ages.

Many times, fans and players and coaches seem to be under the misguided impression that sports officials are incompetent at best and underhanded at worst.

No doubt, blown calls and bad rulings lead to these interpretations. There's one reason officials make bad calls: They're human.

No one is perfect, and no one should expect perfection, especially when it comes to making the proper ruling on the field of play in every occasion.

Players are flying around at breakneck speed, and officials are right on the action. It stands to reason that bam-bam decisions might not always be correct.

But instead of blaming the officials or questioning their motives, everyone should recognize the mistake for what it was – a simple mistake

Officials don their whistles and flags and chest protectors because they love the games and want to stay close to them. They seldom know the players, and they don't get paid more for certain outcomes.

Fans, coaches and players ought to know better, but their actions often suggest otherwise.

The next time you see an official make the wrong call, cut him or her a little slack. Those folks are doing the best they can, performing a valuable service that not many people would under any circumstances.

MSST 91110: keeping GTMO safe every day

By SGT Jolene Staker

The Maritime Safety and Security Team 91110 is one of the specialized teams developed by the Coast Guard in response to the terrorists attacks on 9/11.

"The team is real motivated to be here. This is the mission they trained to do," said Lt. j.g. Michael Kahle, detachment executive officer. "We're just enjoying being down here and doing our mission every day."

The Coast Guard has always guarded harbors and near-shore facilities, but these duties fell on small boat stations.

These stations would also be responsible for search and rescue and regular law enforcement.

Now the Coast Guard is putting specially trained active duty teams together for maritime domain awareness and homeland security missions.

Members of the MSST 91110 arrived at Guantanamo in December while other team members continued working on other missions.

The MSSTs provide escorts for high value assets and set up a security zone for a near-shore facility.

MSST 91110 provides both of these services for Guantanamo Bay.

Primary training for the MSSTs occurs at Camp Lejeune, N.C., for three weeks of training at the Special Missions Training Center with a one week Ready for Operations exercise. Coxswains and boat crew are trained on tactical boat maneuvers while the support crews learned their roles in taking care of the equipment.

Tactical training for the coxswains includes learning how to intercept other boats, maneuvering to get other vessels to turn away from the

assets they are protecting, techniques to draw vessels out and put them in a position to engage, if necessary, using high speed maneuvers and turns.

Boat crewman are responsible for gunnery, line handling and operations on the deck. They have to understand the electronics on the boat and be prepared to fix any problems while under way.

Each MSST is designated to have certain special capabilities. Training for these capabilities is an ongoing process.

"This is what the future is going to be and we're right in at the prime level," said Chief Petty Officer Paul Wells, Operations chief. "They will fine tune it and find better ways to do it,"

MSST 91110 is working toward vertical insertion, dive capabilities, K-9's and airborne-designated marksmen.

"Everyone on the MSST is a member by choice," said Lt. Michael O'Neill, detachment commander. "They chose to join a challenging operational unit with direct impact on the war on terrorism."

"9/11 was my 21st birthday. I was in strictly a support role – I thought joining this MSST would be my part to get in and contribute to fighting what happened on 9/11," said Petty Officer 2nd Class David Whitney.

"This is what we trained for," said O'Neill. "We are proud to be members of the team here."

"We're a new unit and we're still evolving," said Senior Chief Eric Geiselhart, command senior chief. "The team has put in a lot of hard work and has stayed upbeat."

"I would like to thank all the commands for all the support we've received," said Geiselhart. "Anything we've needed we've gotten."



Photo by SGT Jolene Staker

Petty Officer 3rd Class Adam Santalla keeps lookout during his shift. This is a vital part of the Coast Guard mission by both maintaining constant communication for the boats and having a bird's-eye view of the bay.

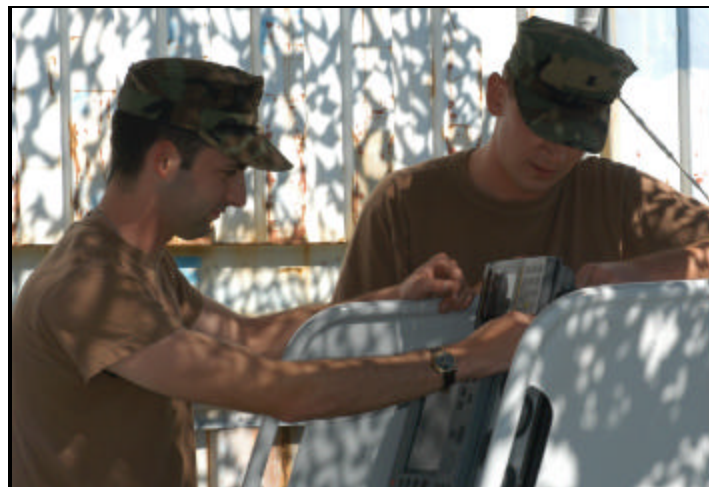


Photo by SGT Jolene Staker

Petty Officer 2nd Class David Whitney (left) and Petty Officer 3rd Class Nick Eichman work on the boat. They are part of the team that is responsible for keeping the boats in good working order.



Photo by SGT Jolene Staker

The Coast Guard boat crew participating in the live-fire exercise on Saturday morning engages the target while speeding through the water doing evasive tactics.

15 Minutes of Fame...

With Petty Officer 2nd Class Michael Smith

By SGT Jolene Staker

Coast Guard Petty Officer 2nd Class Michael Smith is a boat crewman in the MSST 91110. His life motto is "do the best I can and help everybody who needs it."

Q: How long have you been in the Coast Guard?

A: Just over a year. I was U.S. Navy for four years active duty and three years three months reserve duty.

Q: Why did you join the Navy?

A: I joined the Navy because it offered me a chance to do something for my country and better myself. It gave me good college opportunities.

Q: What was your job in the Navy?

A: I was a gunner's mate and a sonar technician. I started out as a sonar technician and cross-rated to gunner's mate after actually working in the armory most of my active duty time. I made sonar technician second-class working out of the armory on my shift because they were understaffed and the sonar department was over-staffed. I fell in love with the job. When I joined the reserves, part of the contract was that I be cross-rated to gunner's mate.

Q: When you were in the Navy what interesting places did you travel?

A: I went on a six-month Mediterranean Cruise on an Arleigh Burke Destroyer through Malaga, Spain; Cannes, France; Haifa, Israel; about seven different ports in Italy and Gibraltar. I have also been through a few ports in the United States.



Photo by SGT Jolene Staker

Coast Guard Petty Officer 2nd Class Michael Smith mans the weapon on a Coast Guard boat during a tactical training exercise.

Q: If you could go back to just one place where would it be and why?

A: Haifa, Israel. It was a beautiful country and the people were good to us. We had a good time with the locals. They were very helpful and really receptive and appreciated American assistance. Ironically because of terrorist activities between the Israelis and Palestinians I don't believe that I could go back to Haifa now. I think we caught the only time that the Navy could pull into that port.

Q: What made you decide to try the Coast Guard?

A: The Coast Guard offered me one of the greatest opportunities to get into the law enforcement field and gave me a great resume builder.

Q: How have you taken advantage of the college opportunities the Navy

offered?

A: I am working toward my bachelor's degree in criminal justice. When I get out of the Coast Guard, I would like to get on the police department, maybe in Boston.

Q: Why does law enforcement interest you?

A: It has interested me ever since I was a child. I've always wanted to be a police officer.

Q: What part of your duty here do you enjoy the most?

A: Operating our boats. Manning and crewing our 25-foot Boston Whalers. I love being on the water. Another reason I joined the Coast Guard is they offered many small boat opportunities to a gunner's mate.

Q: What has the biggest duty related challenge you've faced at Guantanamo?

A: Getting used to the different tempo and the opera-

tions between Navy and Coast Guard. This is not a traditional Coast Guard Mission.

Q: What did you do to meet this challenge?

A: Actually I think I was able to bring a lot to the table because of my Navy experience. I've worked with port units while I was in the Navy and this is more of that type of mission.

Q: What do you do in your free time here?

A: I take the MWR boats out. I take a lot of our guys water skiing and fishing. Pretty much even on my off time I'm out on the water.

Q: What other recreational activities do you enjoy?

A: At home I do recreational rock climbing – all belayed ropes – I don't free climb anymore. I usually went twice a month. My highest climb has been 290 feet. I also enjoy my motorcycle at home. I have a Suzuki VS1400 Intruder. I ride every day I can.

Q: What has been the hardest part of the deployment for you?

A: Missing my son growing up. I talk to my wife just about every morning and keep up with what he is doing.

Q: If people only remember one thing about you from this deployment what do you want them to remember?

A: That I did everything I could to help out the team. I try to go above and beyond what is expected of me every day.