



the Wire

“ HONOR BOUND TO DEFEND FREEDOM ”

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The 384th MP Battalion: “Anxious to make a difference”

Story & photos by
Sgt. Benari Poulten

A comfortable tropical breeze drifts through the ranks of the new arrivals, as they step off the plane and survey their new duty station. A few days and many briefings later, these new additions to the JTF are sweating in the hot sun, undergoing intense training for their impending mission and preparing themselves for the critical tasks they will perform. And they haven't even been here a week.

Welcome to JTF Guantanamo.

Jumping right into training, the members of the 384th Military Police Battalion set foot on Guantanamo Bay ready for action. After about three months of waiting at their mobilization sta-



Lt. Col. Phillip Churn, 300th Military Police Brigade, greets Lt. Col James Young, Commander of the 384th Military Police Battalion, while Command Sgt. Maj. Steve Short brings the battalion colors off the plane onto Guantanamo Bay, Cuba.

tion at central Indiana's Camp Atterbury, these high-speed soldiers have finally begun to settle in to their new homes (for the time being) at Guantanamo Bay, as

they participate in detention operations in Camp Delta. And they cannot wait to begin work.

“We're very ready,” says Staff Sgt. Douglas Patrick. “We've been training for almost three months, and we've been getting a lot of training ... we're happy to be here, happy to be deployed proud to be doing our job, proud to help out.”

If Patrick sounds eager to take part in the ongoing Global War on Terrorism, it probably has something to do with the fact that these MPs have just escaped from mobilization limbo.

Originally scheduled to head to Iraq to help in Operation Iraqi Freedom, the Army Reservists of the 384th

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Message from the Top



BG James E. Payne
Deputy Commander of
Operations
JTF Guantanamo

Teamwork is one of the keys to the success of the JTF. Teams are formed at all levels of any organization, and it is the close and supportive work relationship between the team members that

makes any organization great.

The JTF is a great organization because of the close and supportive teams throughout the organization. Squads, platoons, and companies support one another to ensure that everyone accomplishes the mission. All the MP companies support and assist one another the detention mission is accomplished everyday. The JIG is a make up of separate teams from all the Services that are focused as one in the interrogation mission. Our Coast Guard and Navy team members who perform our water-borne security mission support all of this effort. The Infantry provides security teams, operating at the facility and patrolling the Joint Operating Area. The Naval Base, as a part of the team, provides logistical and quality of life support for the JTF. Our mission works because the members from all the Services function as one team focused on one goal - the successful

accomplishment of the JTF mission.

This week we welcome the newest members to our team. The 384th MP Battalion, from Fort Wayne, IN, arrived to join the JDOG and JTF team. This is a great unit, with leaders and soldiers who are ready to join the JTF GTMO team. Each of the soldiers is excited to be here and take part in our mission. What a great opportunity for us to show our newest members what right looks like and how we do what's right every day. The 384th MP Battalion has strong teams. They are ready to integrate into our existing teams and help us reach higher levels of excellence. Take time to welcome them, show them what right looks like in the JTF, and make them a part of our great team.

Any organization is only as strong as the sum of its parts. We have the best troopers, sections, and units our Services can provide here in the JTF. That enables us to be stronger than the sum of our parts. As a team we attempt more and accomplish more than just the total of our parts. Together, focused on our mission, we achieve new heights and set new standards for performance. We win battles in the Global War on Terrorism every day. MG Miller's guidance was for the JTF to be one team, with one fight, doing what's right every day. We do that as small teams and one organization.

Continue to focus on what's right and building teams at all levels. Teamwork makes us great now, and in the future.

Honor Bound!

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Question from the Field

What is being done to improve the number of space-available seats leaving JTF Guantanamo?

First of all, there are never a set number of space-available seats on an Air Mobility Command (AMC) flight, nor can the government reduce the number of duty passengers (i.e., official travelers and paid passengers) to maximize Space-A seating.

There are AMC aircraft that fly from Guantanamo to the continental U.S. (CONUS) other than just the Wednesday and Saturday 737s.

C130 cargo channel aircraft, for example, go to NAS Norfolk regularly and can sometimes take on Space-A passengers if their cargo load safely allows them. This aircraft schedule is shown on the JTF Rolling News (NAVBASE TV Channel).

There is also another plane that goes to Fort Lauderdale, Fla., on an occasional basis that can take on Space-A passengers. Check with your chain of command for the details of this flight.

SOUTHCOM is working on starting an additional SOUTHCOM shuttle to get troops back to CONUS (Miami International).

There are no details on this initiative at this time, but if started, it would create another option for folks to fly Space-A.

For more information, contact the J4 Strategic Mobility Office at 5154/5254, or the Air Terminal at 6204.

Sergeant's time training refreshes skills

Story and photo by
Spc. George Allen

Here's a training situation: there's a suspicious looking package sitting on the floor of the mail room. How does the service member react? Panic and run? Throw it in the bay? Feed it to the iguanas? No, these postal troops do the right thing, because this is one of the areas where they maintain their proficiency thanks to sergeant's time training.

Sergeant's time is "time for NCOs to implement training not dictated by the command," said Capt. Joseph A. DiNonno, Commander, A Co., 2-116th Infantry Regt. "It's a good time for platoon sergeants and squad leaders to get together with their guys and determine what their strengths and weaknesses are (and address them)," said 1st Sgt. Stephen Shields, A Co., 2-116th Inf. Regt.

"It's a good refresher on skill level one tasks," said Spc. Jason Allen, 984th Military Police Company. "With newer troops, it gives the leadership a way to see where they're at. It gives the leadership a tool for assessment."

Pfc. Jeffrey Vietmeier, 984th MP Co., explained that sergeant's time training "also gives some bonding within your team. In the camp, you're broken up (because of schedules and shifts), so you're not always with your squad. But in training with the squad, you develop team integrity."

Sergeant's time focuses on a unit's mission essential tasks (METL tasks) and soldier's common task training (CTT). This takes different forms for different units because of the requirements of their missions.

All units cover CTT tasks - first aid, land navigation, nuclear, biological, chemical (NBC) warfare, etc. METL tasks can include reacting to suspicious packages for the postal unit, being able to drive a forklift or five-ton truck if you're working for J-4, or being able to operate the whole range of weapons systems used by the infantry. Sergeant's time training can be



Amy Sgt. Karlos Padilla, 806th AG Postal Det. #1 instructs Navy Personnelman 3rd Class Katina Rouse, JPRC, on performing an abdominal thrust to clear a blocked air passage, during sergeant's time training Thursday.

used to refresh these skills.

"I think it's obvious how it (CTT) improves your skills," said Spc. Tim McLaren, C. Co., 2-116th Inf. Regt. "Soldier skills are a degenerative type of training; if you don't use them, you lose them. Like with land nav, it's a complicated thing to learn in the first place, and the knowledge is a perishable skill."

"The first line leaders get to train on what they see is needed during sergeant's time," said Spc. Scott Morris, A Co. 2-116 Inf. Regt. "If the unit was going to train as a company for a live fire movement to contact, sergeant's time is where the squad leaders would see what deficiencies the soldiers have, for instance individual movement techniques, and work on that."

"The company leaders can't always see if Pvt. Snuffy needs to work on some skill, but his squad leader will know what Snuffy needs to work on," said Morris, "Sergeant's time gives them a chance to do that."

First Sgt. Shields mentioned that sergeant's time training also gives junior noncommissioned officers experience in teaching classes. "The more classes you teach, the better off you are, and the more experience you have relating things to the soldiers easier," said Shields.

Sgt. 1st Class Pedro Aleman, Jr., JTF

Postal, says that even though they practice and use their mission essential tasks every day in the mail room, they conduct sergeant's time training to stay sharp on such skills as handling damaged parcels, misdirected mail, etc.

To keep everyone proficient in all of the unit's mission tasks, "soldiers in the postal detachment will teach a class to other sections on their expertise ... everyone in the postal detachment should know a little bit about every other part," said Aleman.

According to Staff Sgt. Brian Vance, the 984th Military Police Company conducts sergeant's time training by squads. Afterwards the platoons get together to evaluate what the squad trained on.

Military Police here also have 'block sergeant's time.' "Block sergeants review something with the guards every single shift," said Allen. Block sergeants review mission essential tasks such as controlling detainee movement, shackling techniques, or actions to take in case of an escape. Doing this to start off each shift keeps the guards sharp and prepared.

"It helps keep our mission essential tasks up, and keeps us combat proficient," said Vance. "This is sustainment training."

"Our squad level training is great," said Pfc. Ryan Chatman, "We do it to standard ... it's not halfway done," said Aleman.

Because units' JTF missions may differ somewhat from their standard missions, these refreshers also keep troops sharp so they'll be ready for what may come in the future.

According to Sgt. Anthony Grate, J-4 Transportation has made good use of sergeant's time training to cross-train troops on mission essential tasks that are needed every day here in Guantanamo.

Many of the Air Force personnel in J-4 did not have experience operating the Army's five-ton trucks or forklifts. "We cross-trained everyone on each piece of equipment," said Grate. "Now we can put anyone in any piece of equipment and they can get the job done."

384th from page 1.

MP Battalion packed their bags in March of 2003, and left the familiar surroundings of Fort Wayne, Ind., to head for warmer and far more dangerous climates.

But after preparing to depart Camp Atterbury, everything changed; specifically their mission.

Suddenly, the mission was cancelled and the MPs were no longer going to Iraq. Over the next few weeks, the 384th MPs – along with the 386th MP Detachment and Fraser, Michigan's 373rd MP Detachment – endured a roller coaster ride of on-again, off-again status. Finally, their assignment arrived: they would take part in Operation Enduring Freedom as part of the JTF at Guantanamo Bay, Cuba.

Spc. Rachel Rosebrock recalls that although it was very frustrating to sit there and wait, they certainly made the best use of their time. "We did a lot of extra training while waiting around Camp Atterbury that [we'll be] using here," Rosebrock points out. "So everything has provided useful knowledge. We went back and did stuff from MP manuals and it's all been helpful."

"We went through the standard validation training," elaborates Command Sgt. Maj. Stephen Short, "which included testing in NBC, first aid, weapons qualification and live fire exercises. In addition we practiced standard MP tasks. We also added additional training in land navigation." Short praises his soldiers for being able to make the necessary adjustments and for remaining flexible. "They have adapted superbly. Our S-4 had to scramble to rearrange our equipment needs, but otherwise our transition has been great."

The soldiers not only adjusted to their new mission; they also adjusted to the hardships of having to place their lives on hold. "At first I was really scared because

I didn't want to leave everything," says Rosebrock, a 19-year old Junior majoring in Business at Ohio State. "But then, once everyone else was getting deployed, you

Short agrees that his soldiers are ready to serve, emphasizing their blend of excitement and knowledge. "Our MPs have trained and continue to train for the unique nature of Camp Delta, but their background in internee operations is solid ... We are thrilled to be assigned to this critical area of operations and proud to be a part of it."

Yet, after preparing to go to war in Iraq, Guantanamo Bay required the soldiers to completely shift gears. Luckily, they could rely on each other to help ease the process, working as a team to accomplish their goals and learning new things. "Our soldiers will leave this island much better trained and prepared to serve than when we arrived," asserts Short.

"I think we work really well together," observes Rosebrock. "I think we have a good NCO corps. They make it out to be like a family. You know, they

said 'we're together now, so we should be each other's family.' Everyone's really supportive of everyone. You know what people are going through ... it's nice that we all get along."

Although they are now serving on a remote Caribbean island, seemingly far-removed from the rest of the world, the soldiers of the 384th MP Battalion remain committed to making a difference in the war on terrorism. The mission might be different from what they initially expected when they thought they would serve in Iraq, but it is no less important. And these soldiers are no less committed to upholding the ideals they have sworn to protect and defend.

"In addition to the natural satisfaction one feels when serving our country," explains Short, "we

see this mission as a tremendous contribution to the war on terrorism. Like most of the soldiers, sailors, airmen and Marines serving here ... we know we have an important job to do and we're anxious to make a difference."



Spc. Rachel Rosebrock (right) and Spc. Michael Brazil, along with the rest of the 384th Military Police Battalion, take their first steps off the plane onto Guantanamo Bay, Cuba.

think: 'well, they all leave their families. It's time to contribute, too.' So, after I got that mindset, I was ready to go."

It may have taken them some time to actually get here, but when they landed, a heroes' welcome greeted them. Within hours of their arrival, the soldiers enjoyed an outdoor barbecue and plenty of refreshments, mixed in with the necessary briefings and in-processing. Immediately, these MPs felt welcome in their strange, new

"In addition to the natural satisfaction one feels when serving our country, we see this mission as a tremendous contribution to the war on terrorism"

Command Sgt. Maj. Stephen Short, 384th MP Bn.

environment, which has helped them remain determined and enthusiastic.

"We feel really accepted," says Patrick. "All the soldiers are motivated – as motivated as we've been since we've been mobilized. It's been excellent ... we're motivated and ready to help out."

The long and winding road to Cuba

Story & photo by
Sgt. Benari Poulten

Sometimes life takes interesting twists and turns, leading us in unexpected directions. The Army can be like that, too.

Such is the case with Spc. Paul Gear. For him, Guantanamo Bay was the last place he expected to find himself. Especially as a member of the 373rd Military Police Detachment, an Army Reserve unit out of Fraser, Mich.

A large, intimidating man serving in the National Guard with the 233rd Military Police out of Springfield, Ill., Gear expected to deploy with his unit to Iraq to serve in Operation Iraqi Freedom. Unfortunately, as Gear explains, "They didn't have a chemical suit big enough for me. So I had to wait until one came in ... and then there was a mix-up in the paperwork – because I

was supposed to go back to my unit, and they're over in Iraq. I got picked up by the 373rd, and here I am in Cuba."

Now attached to the 373rd MP Detachment to help augment the unit, Gear served in an artillery unit on active duty for about two years in the early '90s. He had always wanted to be a soldier, but he soon left the military to pursue other goals, including more schooling.

"I came home," says Gear, "did some schooling, worked on an associate's degree, got various jobs here and there, worked as a correctional officer for the State of Illinois. And [now], I'm also a police officer for a small town in Illinois." Five years after getting out of the service, however, he returned to the military, and joined the National Guard.

"I got into an artillery unit – that's what I was when I was



"We all try to help out and do what we can," says Spc. Paul Gear, attached to the 373rd MP Detachment of Fraser, Michigan.

active duty, prior service," he explains. "It was a National Guard artillery unit out of West Frankfurt, Ill. – I did that for about three years." But then, he felt he needed a change.

Originally intending to go into the Air National Guard for fire and rescue, he had to re-take the Armed Services Vocational Aptitude Battery

(ASVAB) and started to consider some other possibilities. "I was talking to a friend of mine, who was a recruiter, and I asked him, just out of curiosity, what do I need for the MPs? And he looked at my test scores, and he told me I had exactly what I needed. And I thought, 'well...sign me up for the MPs.'"

As an augmentee to the 373rd MP Detachment, Gear misses his National Guard unit, but enjoys the camaraderie of this group. "They've been great," he says. "They've been real good. It's a small detachment and everybody here is like family."

While he would have preferred to serve with his own unit over in Iraq, Gear optimistically assesses his unique situation, coolly asking, "Hey, how many Americans get to say they've been to Cuba?"

Hydroids wearing out their welcome

Story by Army
Sgt. Bob Mitchell

Just when you thought it was safe to go into the water again. There is good news and bad news concerning hydroids. The good news: hydroid season was officially over on June 1. The bad news: somebody forgot to tell the hydroids.

The pesky little critters showed up a few weeks earlier than usual this year and, like JTF Guantanamo members, it appears that they will stay longer than expected. According to Lt. Cmdr. G. Thomas, U.S. Naval Hospital/JTF Public Health Officer, the hydroids' exit is unpredictable. "They're still present," he said. "They may be here for several more weeks."

Thomas added that there is no way to predict where the stinging little pests will be most concentrated. "I couldn't tell you if they're going to be at Cable Beach, Windmill Beach or wherever," he lamented. "They are unusually heavy this

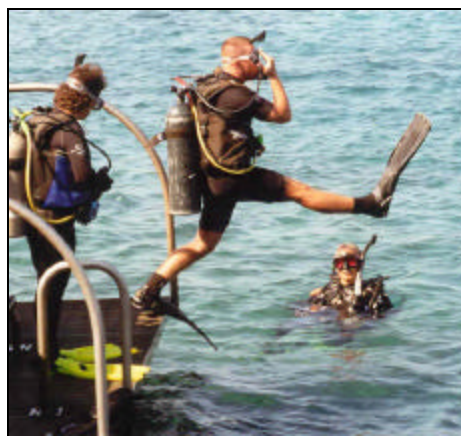


photo courtesy of JTF Soldier
Many scuba divers who have entered the bay waters have experienced stinging attacks from contact with hydroids.

year." This is evidenced by the continuous reports of stings to those who get into the ocean waters surrounding Guantanamo Bay.

There is more bad news concerning previously stung people. Thomas warns that people who have been exposed to hydroids

in the past may be more sensitive to future stings. "Once some individuals become sensitized, or exposed, they may become preconditioned for a reaction the next time they come in contact with hydroids."

In the event of a sting, Thomas offers advice on a variety of remedies. "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 Benadryl and topical steroids such as End Itch. Some individuals claim relief by putting Adolph's Meat Tenderizer on the stings as well. I have even heard that vinegar works well."

Staff Sgt. Kim Munson, 303rd MP Co., said she and many other scuba divers have been bitten in virtually every place that wasn't covered by a wetsuit. "I'm not going back into the water to scuba dive until the hydroids are gone," she said. "I'll wait for others to dive in and come back with no bites first."

Sailor uses JTF experience to launch college education

Story by Spc. Alan L. Knesek

After four years of dedicated service to the Navy and commendable performance here for the Joint Interrogation Group of JTF Guantanamo, this sailor, who we'll call "Tyler" (to protect his identity) is getting ready to head home for good to pursue a college degree in criminology and psychology.

Tyler joined the Navy after finishing high school four years ago. Leaving home for the first time was tough, but he knew that joining the Navy was something he had to do since, at that time, he felt there was nothing for him to pursue at home.

"When you initially enlist you don't know where you're going after boot camp, you don't know people where you're going, you just start over brand new and that was the hardest thing," said Tyler.

Looking back, Tyler realizes that because of the things he has done in the Navy, there is nothing he can't do now. According to Tyler, the military has put him in the right mental state of mind where he knows that he'll succeed.

Tyler says that college might have been a big deal for him coming straight out of high school, but after serving in the Navy for

four years, college is going to be a walk in the park for him.

"When you go from working 13 to 16 hours a day, seven days a week, being a full time student really doesn't compare. When you're on active duty and you're working over 40 hours a week and you're deployed and you can still get college done with more than a 3.0, I think it's going to be easier," added Tyler.

It has been Tyler's positive and light-hearted attitude that has made his time in service and his time here an enjoyable memory for him to look back on.

"This deployment has been great. Every deployment I have been on with the Navy has been an experience. I figured, if you're going to go somewhere, if you're going to get deployed you might as well make a difference wherever you're going to go, and this is a great place to make a difference if you're willing to put in that effort. Everybody plays a part here and without this place we might be letting some bad people go that would turn around and hit us again," said Tyler.

For Tyler serving in the military, especially after the events of September 11, has helped him solidify his plans for the future and has given him a sense of accomplishments for serving his country.

Good running requires proper "understanding"

Story and photo by
Army Sgt. Bob Mitchell

Like a football team with a great ground game, the Army lives by the run. In order to keep up with the physical demands placed on troops today, a soldier must be an effective runner, and something that goes hand-in-hand (or foot in shoe) with this activity is correct footwear.

With that in mind, JTF leadership and the Navy Exchange (NEX) management have teamed up to enhance running and runners' physical condition by bringing in professionals who are highly skilled in the art of proper footwear.

Two representatives from ASICS, along with Bill Marx from HQ Navy Exchange, will be available from June 10-14 at the NEX. They will answer questions and offer advice on proper running shoes.

CSM George L. Nieves, JTF Command Sergeant Major, was excited about the significance of the ASICS officials' upcoming visit.

"As you know, we do a lot of running here, and without the proper foot gear, we increase the number of lower leg injuries,"



Army Sgt. Karlos Padilla, J-1 Postal, takes a run on the track behind the W. T. Sampson High School.

he said. "Their coming down and showing how to get the right foot gear will pay off enormous dividends in the future."

Proper education on conditioning, stretching and having the right footwear may very well prevent a measurable percentage of lower leg injuries. Nieves believes that the ASICS visit may be good preventive medicine.

"They will have advice on the good and bad of proper foot care. Unfortunately we

still have some troopers out there running in tennis shoes and in basketball shoes, and that creates shin splints and other lower leg injuries that we have to combat."

Navy Lt. Cmdr. Fred Schmitz is a physical therapist at the U.S. Naval Hospital. He routinely deals with running injuries. He is a firm believer in runners using "the right tool for the right job." "Proper shoes provide shock absorption, support, and motion control," he said. "There is evidence that improved shoe wear and proper replacement can help relieve foot pain, shin splints, and knee pain. Proper shoes can also correct biomechanical problems such as over-pronation."

Schmitz also feels strongly about runners carefully selecting footwear that meets their individual needs. "Runners need to make certain shoes are comfortable in the toe box, arch, and heel, and that they are neither too narrow or too wide, or you will lose the benefits of a particular shoe's design."

If all goes according to plan, the JTF will reap the benefits of this informative visit with many more high APFT scores and many less running-related injuries.

Know your limits on land and water

Story by Spc. Alan L. Knesek

Boating, hiking, and biking is a great way to get up close and personal with the Guantanamo Bay area, but if you wander into a restricted zone, you might land yourself in handcuffs.

According to Chief Petty Officer Travis Adams, Naval Station Security Force, service members should familiarize themselves with boundary limits on the water and restricted areas on the base.

The southern boundary on Guantanamo Bay is an imaginary line from the lighthouse on Windward side to the hero beacon on the Leeward side. This line sets the limit at which boats can travel outside of the bay. At the northern boundary line, there are two buoys that establish the limit and a couple hundred yards north of that are two Marine Observation Posts (MOP 20 and 21), one on either side of the bay. Boaters should stay well south of the marker buoys. The third boundary, on the Guantanamo River, consists of a vehicle bridge. If you obey the sign on the bridge that says, "Do not pass this point," you'll be okay.

Another area that is off-limits is the

industrial area, which includes the Ferry Landing, the water treatment plant and the docks around Bulkeley Hall. Boaters should not go within 300 yards of the shoreline in these areas.

"On Sherman Avenue, do not go beyond the barricades on the northern end of the base unless you have official business being there," said Travis.

When venturing out on the Cuban countryside, stay on the marked trails. If a trail is not marked, a good rule of thumb is to make sure you don't go beyond the ridge line, otherwise known as Hutia Highway, south of the golf course and Tierra Kay housing area. The area east of Kittery Beach road is also restricted. For a better description of boundary lines on Guantanamo Bay and the restricted areas on land, see the pull-out map included in this issue of the Wire.

For more guidelines on outdoor recreation, please refer to COMNAVBASE Outdoor Recreation and Wildlife Instruction 1710.10H. You can also pick up a GTMO trail map at the Marina or call 3730 and ask for Petty Officer 1st Class Drew Johnson for more information.

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 Spc. Delaney Jackson

This week's question:

What advice would you offer to new arrivals at JTF Guantanamo?



Spc. Joe Haught,
A Co., 2-116th Inf.

"Listen to your chain of command, try to stay active in your free time, and drink plenty of water."



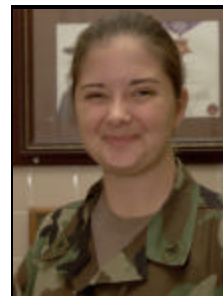
Navy Petty Officer 2nd
Class Clay Horn,
MIUWU 212.

"Learn the schedules; from the bus and the exchange schedules to the post office and galley. If possible take a ride and explore the base to learn your way around."



Army Pfc. Henry Spruill,
984th MP Co.

"Remember that we're here to do a job and do it to the best of your ability."



Navy Petty Officer 3rd
Class Jennifer Grieve,
JOC.

"Keep your head up, don't let things get you down. Keep active; go out, work out, and don't just sit in the house."



Army Pvt. Sidney Gafkjen,
303rd MP Co.

"Get a hobby, make friends with people outside of your unit, set small achievable goals for yourself and keep in contact with loved ones."

Chaplain's Corner

By CH (LTC) Herb Heavner
JTF Guantanamo
Command Chaplain

Well, we really don't have a new kid on the block. At least not like when you were little and someone moved into the neighborhood. When that happened there could be great joy or great lamenting. There was great joy if the new kid was friendly, and great lamenting if he or she was a bully, or in some other way a pain to be around.

I don't believe we have to worry about the "lamenting" part of the equation when reacting to the arrival of the 384th MP Bn., from Indiana. They are a fine group of soldiers with a proven track record of success in the Army Reserve. I personally enjoyed several visits to them and some of their subordinate units last year prior to our own mobilization. I think it is important to realize that they are new, and they could use all of our help in adjusting to the new environment here on the great island of Cuba. Do you remember when you first arrived? I sure do! I couldn't even begin to imagine how I would ever fully adjust to life here, but I have - and I believe that much of the success of that adjustment did not come automatically. It came as a result of learning from the team before us, and as a result of assistance that I believe came from a resource much higher than U. S. Southern

Command, or even the Department of the Army. That help came from the Almighty God.

Ultimately, whether facing new challenges or dealing with old problems we must all realize the value of finding strength and support from a Source outside of ourselves. We reach the point where we discover that even though we have "been there and done that" in relation to adapting to a new area, we still need help. No two scenarios are the same. God is the one constant that can provide a sense of direction. He is the constant that can provide a fixation point for our searching eyes, eyes that are searching for real answers to the problems of loneliness and separation that seem to be so much a part of mobilization.

Therefore, I would encourage you to do at least two things. First of all, make sure that you welcome our new colleagues. They need your help, support and encouragement as much as you needed the same from our predecessors. Second of all, make sure that you direct your own searching eyes to the heart of the great Almighty. He is able to provide strength and stability in the midst of change and uncertainty. I can guarantee that our new friends will be grateful. And I know that the Creator of the universe will be faithful to each one of our sincere acknowledgements of dependence upon Him!

New chaplain arrives with the 384th

Story by Spc. George Allen

Chaplain (Capt.) Daniel Odean, 384th Military Police Battalion, Fort Wayne, Ind., is joining the JTF Guantanamo ministry team. Odean's denomination is Assembly of God and he is a chaplain for a federal corrections facility.

This deployment is "exciting for me, it's an excellent opportunity to be involved with not just MPs but with infantry, and the different forces - Navy and Marines and Air Force. It's a pretty interesting operation," said Odean.

Odean explained why he was inspired to become a chaplain. "I was prior service enlisted, and I felt a leading of the Lord. I felt like the military did a lot for me, so I wanted to still serve in the capacity of sup-

porting troops. I knew the effectiveness and meaningfulness of a chaplain, and I felt that's a good way that I could serve."

Odean urges troops to "not forget their spiritual needs, remain true to their faith, and exercise that faith because it's a vital part of their well being and their strength, so they can remain strong to perform their mission in the most effective way possible. So that's why I'm here."



Chaplain (Capt.) Daniel Odean, 384th Military Police Battalion

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

Infantry sow seeds, take on "Mother Nature"

Story and photo by
Spc. Jared Mulloy

"We're just a bunch of country boys getting together to do something we enjoy," stated Spc. Jerry Andes and Spc. Jonathan Clark of 2nd Platoon, C Co., 2-116th Infantry. Andes and Clark are two of three soldiers that have started their own garden in Camp America.

Spc. Adam Frye came up with the idea to plant a garden in Camp America two months ago while Clark, Andes, and Frye were discussing gardening back home, and how they could use a relaxing hobby down here. The trio has been gardening in their spare time ever since.

However, starting a garden in Camp America has proved to be an ongoing battle for these three "Gardening Musketeers." "We've had some banana rat problems," said Clark. "They ate every plant in one of our early test gardens." To keep animals out, the Plant Nursery helped their cause by supplying them with a fence that banana rats can't climb.

In addition to dueling with banana rats, the three have conquered Cuba's intense sunlight and heat by covering the garden with a camo-net. To simulate watering cans they poked holes in large plastic bottles.

Getting seeds was also a bit of work. The first set of seeds they purchased was from the NEX, but for some reason the seeds wouldn't sprout, so they made a plan to get some seeds from back in the States. In the meantime, they acquired seeds from watermelons and tomatoes in the Seaside Galley. The chow hall seeds were a success!

The garden has also been moved



Spc. Jerry Andes (left) and Spc. Jonathan Clark of 2nd Platoon, C Co. 2-116th Infantry inspect the plants in their garden.

several times, but the gardeners hope to have a piece of land set aside before the plants outgrow their soda bottles. "When I was little, I grew my first watermelon in my Mother's flower bed," said Andes, who is an Agricultural Major at Virginia Polytechnic Institute and State University. "It over took the flower bed and crushed all the flowers. After a while it grew halfway across my house!"

Currently this "Plant Posse" is working on separating the plants so they won't cross-pollinate. According to Andes, the large variety of plants, including green squash, yellow squash, three different types of watermelons, beets, tomatoes, hot peppers, cucumbers, and cantaloupe, would taste very strange if they all cross-pollinated.

If all goes well, the "Camp Crop" should be ripe enough for picking by the middle of July. However, not all the plants will make the cut. To make sure they have a large enough crop, the three GI gardeners planted an over abundance of watermelons and they would like to give them away to any other "Environmental Entrepreneurs" on base. If you'd like a free watermelon plant of your own, you can contact one of these gardeners at 3161.

Movie Schedule

Camp Bulkeley

Fri., June 6

8 p.m. *Twin Dragons*
PG13 - 94 min

10 p.m. *Stripes*
R - 101 min

Sat., June 7

8 p.m. *Tomcats*
R - 95 min

10 p.m. *The Ultimate Weapon*
R - 110 min

Sun., June 8

8 p.m. *The Talented Mr. Ripley*
R - 139 min

Mon., June 9

8 p.m. *The Whole Nine Yards*
R - 99 min

Tues., June 10

8 p.m. *Next Friday*
R - 93 min

Wed., June 11

8 p.m. *The Watcher*
R - 93 min

Thurs., June 12

8 p.m. *Unforgiven*
R - 131 min

Downtown Lyceum

Fri., June 6

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

10 p.m. *The Core*
PG13 - 137 min

Sat., June 7

8 p.m. *Piglet's Big Movie*
G - 75 min

10 p.m. *Basic*
R - 99 min

Sun., June 8

8 p.m. *The Matrix Reloaded*
R - 138 min

Mon., June 9

8 p.m. *X2: X-men United*
PG13 - 120 min

Tues., June 10

8 p.m. *A Man Apart*
R - 99 min

Wed., June 11

8 p.m. *Head Of State*
PG13 - 95 min

Thurs., June 12

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

Hash House Harriers one-year celebration Saturday, June 7

The run begins at 3:45 p.m. at Evan's Point

The celebration party begins at 7 p.m. at the Sailing Center

This Hash Run and party will have a "tropical island" theme with appropriate "tropical island" attire - leis will be provided to all participants. Please call 3060 for more information.

NATIONAL SPORTS

On the Mark !!! Sports Highlights

What is the most coveted coaching position available in the NBA?



photo by Spc. Delaney Jackson

Sports commentary by
Spc. Mark Leone
leonema@JTFGTMO.southcom.mil

As the coaching carousel in the National Basketball Association goes round and round, I ask you this one question: What is the most coveted coaching position available in the NBA? Is it the Cleveland Cavaliers with the number one pick in this year's draft? Is it the Houston Rockets with the 7th Yao Ming and Steve "Franchise" Francis? Is it the Detroit Pistons, who have posted back-to-back 50-win seasons and have the second pick in this year's draft?

Larry Brown thinks it's the Detroit Pistons, as he agreed to a five year contract worth \$25 million. Brown will inherit a team that has the number two pick in the June 26 draft and likely will select Darko Milicic to complement a young nucleus of Richard Hamilton, Chauncey Billups, Ben Wallace and rookies Mehmet Okur and Tayshaun Prince. Brown can handle young players and help mold them as he did with Allen Iverson in Philadelphia.

The Houston Rockets feature two of the best players in the league but just missed out on the eighth seed in the Western Conference playoffs. What coach wouldn't want the opportunity to build around Steve Francis and Yao Ming?

This team has the best chance at competing for a championship and all it needs is a coach to guide it.

Paul Silas heading to Cleveland is a perfect fit for LeBron's development, because you need a coach who can ease the transition period for the kid as well as keep the other players on their toes. Silas is fair but a no-nonsense type. He will not accept anything less than a great effort, and he knows what it takes to win while making you feel good about yourself.

I guess you really can't say what the best coaching job in the NBA would be because it's all about the best fit for the best coach. All jobs have their upside, but in sports it's all about winning the championship and the first coach to do that will have the upper hand on an argument of who has the best NBA coaching job.

Summary by Spc. Mark Leone

Empire Maker and **Dynever** appear to be **Funny Cide's** strongest challengers in the **Belmont Stakes**. Just who else will show up to try to spoil the gelding's **Triple Crown** bid? It's likely the field Saturday will be smaller than last year, when 10 horses took on **War Emblem** in his attempt to sweep the **Kentucky Derby, Preakness** and **Belmont**. He finished eighth.

The **Detroit Pistons** feel so fortunate to get **Larry Brown**, they don't even care if the coach resumes his wandering ways before his five-year contract is up. Brown was introduced as the Pistons' coach Monday, replacing the fired **Rick Carlisle**. The Pistons will be the 10th team for Brown during a career that began in 1972 and has spanned the **NBA, ABA** and college. But he said his traveling days are over.

Curt Schilling has no regrets about destroying a camera used to evaluate umpires, even though he was fined about \$15,000 for doing so. The **Arizona Diamondbacks** ace smashed part of the QuesTec Umpire Evaluation System on May 24 during a home loss to the **San Diego Padres** and said umpires have told him they are changing their strike zones to match the machine.

Sports highlights compiled from Yahoo! News.com., Boston.com, NHL.com and ESPN.com.

Head to head ...

What is the best NBA head coach opening?



Sgt. 1st Class
J. Jernigan
JDOG

The most desirable coaching job in the National Basketball Association is the Detroit Pistons. They are a team that has won their division and has had two 50-win seasons in a row. They had one of the most dominating defenses in the league last year and their team had great chemistry also. The only piece of the puzzle they are missing is another power forward to go along with Ben Wallace. He needs to be able to score and grab a couple boards. That alone will get them over the hump and help them win a championship.



Sgt. Mitchell
The Wire Sports
Editor

Obviously Staff Sgt. Jernigan is about as misguided as an Iraqi information minister. Only the most desperate coach would take the job in Detroit. Houston is the place to be if you want an NBA head-coaching job with promise. Yao Ming is a dynasty in the making. He also has a good supporting cast that will improve with him. Plus Yao has the one thing you can't teach a player: HEIGHT. The Rockets also have two players, Cuttino Mobley and Steve Francis, who average over 20 points a game. Coaching the Pistons would have about as much promise as being a furnace salesman at Guantanamo Bay.

JTF SPORTS & FITNESS

Bulkeley Gym "working out" well Staying 'fit to fight' with MicroFit

Story by Army Sgt. Robert Mitchell

It's often been said that the best things in life are free. That old saying definitely applies to the improvements made to the Bulkeley Gym. The newly renovated facility is sporting an expanded new look to better accommodate troops in the Camp America complex, and according to CSM George L. Nieves, JTF Guantanamo Command Sergeant Major, it couldn't have come at a cheaper price.

"It didn't cost us anything. The two buildings we selected were already going to be renovated by Public Works," he said. "They said they were going to do this anyway, and decided to do it right away, and through the normal MWR system, they got the machines that

they had in storage and put them in there. It didn't cost us anything."

The improvements are quite impressive, providing two separate facilities for aerobic and anaerobic exercises.



photo taken by Spc. Mark Leone
Army Sgt. Scott Titus, 132nd Military Police Company, curls some weights in the newly renovated Bulkeley Gym.

"One (facility) is all free weights for those who just want to work out on strength exercises and the other one has 15 to 20 machines for the aerobic exercises," said Nieves.

Visual diversion to help pass the time on the treadmill or stationary bicycle will soon be no problem. Nieves said there are plans to install televisions within the next couple of weeks that should help keep troops informed and entertained while they exercise.

Where else can someone belong to a new fitness center in a sunny seaside community at no cost? The best things in life are definitely free.

Story and photo by Spc. Alan L. Knesek

In the military there are many things that service members need to maintain. Physical fitness is one of them. At the G. J. Denich Gym, you can test your overall physical fitness with a piece of high-tech equipment they have on hand.

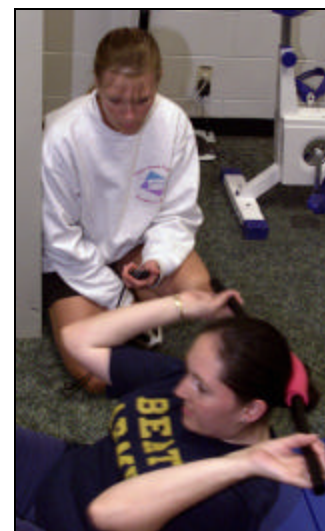
"The MicroFit test is a test to find out what physical capabilities the individual has. It tests how strong your heart is, how flexible you are, it tests your endurance strength, your absolute strength and also tests your body fat. It basically gives you an overall idea of where you are at currently," said Karissa Sandstrom, the base Fitness Lead Instructor.

A computer compiles all of the data collected from the different exercise machines as well as the data input by Sandstrom and compares the results to the average man or woman of their age group.

She then helps to create a fitness program or add to the pre-existing PT program of the individual to help them reach their fitness goals. Every three months after the initial test it is recommended that you test again to see if the program you are on is working for you and see if you're improving your overall physical fitness.

Sandstrom also added that when soldiers exercise, it is good to know what their body is doing and whether or not their heart rate is too high for a particular exercise. It is important to know these things in this type of climate so that injuries are prevented.

For more information, stop by the G.J. Denich Gym or call 2193.



Karissa Sandstrom, Base Fitness Lead Instructor, times Navy Postal Clerk 3rd Class Sarah Ladue for her sit-ups portion during a MicroFit test.

APFT Honor roll: The 300 Club

Scoring 300 on the Army Physical Fitness Test is a tremendous achievement. Listed below are those soldiers of the JTF who have risen to this standard.

132nd MP Company

Pfc. William Gosnell
Sgt. Lloyd Renfroe
Spc. Jonathan Black

JTF Command Staff

Sgt. Michael Kuflik, J4
1st Lt. John C. Mills, J3
Lt. Col. Barry Johnson, PAO

303rd MP Company

Sgt. Nathan Jernigan

438th MP Company

Sgt. Andrew Flynn
Sgt. Nicholas Vaughn
Spc. Donald Boatwright
Sgt. William Eddy
Spc. Steven James

785th MP Battalion

Pfc. Brian Behrend
Spc. Frederick Dewey
Spc. David Johnson
Sgt. 1st Class Jacqueline Swanto n

984th MP Company

Spc. Eric Griego
Spc. Michael Johns
Spc. Nicholas Simmons
Spc. Desarae Moyer

2-116th Infantry Regiment

HQ, Headquarters Company
Capt. Russell McGuire

A Company

Capt. Joseph DiNonno
Pfc. Russell Gibson
Pfc. Michael Santos
Pfc. Ryan Koniak

B Company

Staff Sgt. Maurice Elliott
Spc. John Shillingburg

C Company

Spc. Mark Lauro

15 Minutes of Fame...

with Spc. Michael Brazil
384th Military Police Battalion

New guard at Camp Delta lays down the law *here* and at home

Interview and photo by
Sgt. Dan Johnson

Spc. Michael Brazil of the Headquarters Section of the 384th Military Police Battalion, out of Fort Wayne, Ind., is pursuing a law enforcement career as a civilian and has used his military training extensively to become a valuable team member at the Hobart Police Department.

Q: Why did you enlist as an MP?

A: I was looking to get into law enforcement. I also wanted to join the military so I combined the two to get training before I became a police officer.

Q: What do you do for a civilian career?

A: I'm a police officer for the Hobart Police Department in Indiana.

Q: How has your civilian experience helped you become better at your job?

A: As a police officer, you must be able to manage your stress and make things work with people. Being able to calm things down and resolve situations quickly is very important.

Q: I heard you were supposed to be deployed to the Middle East. How did you feel when you found out you were coming here?

A: I trained hard and was ready to go to war, but I'm glad to be a part of the mission here, and I'm glad I can give something back to my country for everything it's given to me. I'm fulfilling my commitment.

Q: How did your civilian employer react



Spc. Michael Brazil of the 384th MP Battalion listens attentively to a speaker at one of his initial briefings.

when they heard you were being deployed?

A: They were really supportive. My assistant chief is a Vietnam vet and his son's in the Air Force so they're pretty supportive. They do want me back though.

Q: What do you feel you have excelled at in the military?

A: I've picked up on the training that I've received very well. Military training has helped me in my civilian job because I was already in the Army when I became a police officer.

Q: How has the military helped you in your civilian job?

A: Discipline was the biggest thing. After

going through basic training I was more "squared away." I had no experience in law enforcement aside from what I learned when I first started with on-the-job training, but things I learned in MP school helped a lot because I haven't been to a police academy yet.

Q: Why did you join the Army Reserve?

A: I was looking for ways to pay for college, and I always wanted to join the military because I've always been interested in it. So I went and talked to a recruiter, found out all about it and enlisted.

Q: Where did you go to college?

A: University of St. Francis in Fort Wayne. I earned a Bachelor's of Science in Accounting (2002).

Q: What makes the 384th MP Battalion unique?

A: Everyone is very dedicated to our mission. We trained really hard on critical aspects of our job before we deployed. Our commander is really dedicated to us and that's a big part of it too.

Q: What kind of leadership style would you say you have?

A: I lead by example. When something needs to get done, I just go out and do it. I get it done and do it only once because I do it right. I stay motivated.

Q: Tell me about your dream job.

A: Working in federal law enforcement like the FBI or the N.S.A. Until I have a family, I want to fight crime globally. I'm hoping someday I can put this (service at JTF Guantanamo) on my resume. This was actually another reason I joined the Army.