



the Wire

“HONOR BOUND TO DEFEND FREEDOM”

Volume 4, Issue 3

www.nsgtmo.navy.mil/jtfgtmo

Friday, September 26, 2003

Serving Guantanamo troopers

SOUTHCOM CSM visits Guantanamo Bay

By Spc. Katherine L. Collins

Inspector, listener, assessor, mediator. On Sept. 17, Command Sgt. Maj. Michael P. Etheridge, command sergeant major for the U.S. Southern Command (SOUTHCOM) arrived in Guantanamo Bay to touch base with Operation Enduring Freedom troopers serving here. Over the course of four days he toured the mission facilities, observed operations and training and talked with members of the JTF.

“This is my sixth or seventh time coming down this year, and each time I come I look for concerns to address,” he said. “My job is to defend the rights of the [troopers]. I am their liaison. I pass their concerns along up their chain of

See *Serving*, page 4.



Photo by Spc. Katherine L. Collins

Command Sgt. Maj. Michael P. Etheridge, command sergeant major for the U.S. Southern Command, visits with 2-116th Infantry Bn. troopers. Etheridge spent four days in Guantanamo Bay last week gathering, assessing and relaying JTF troopers' concerns to the JTF command here and back in the United States. They will be used to make improvements here.

JTF constructs NEX at Camp America

By Spc. Katherine L. Collins

The Navy Exchange (NEX) is coming to Camp America. The new 3,040-square-foot facility will provide troopers with more convenient access to special and everyday items provided by the current NEX.

At present, the camp's only store is the 280-square-foot mini-mart, which was created in May 2002 and offers a small selection of items such as snacks, toiletry and uniform choices. The NEX product line will expand the mini-mart's list, offering multiple selections of each basic product.

It will include a few choices of soda, snacks, food and drink items, such as freezer and microwave dishes, milk

See *NEX*, page 4.

Inside the Wire ...

ROTATION & GONE HOME



PAGE 3

POW/MIA NEVER FORGET



PAGE 6

CONCERTS AT GUANTANAMO



PAGE 9

Trooper to Trooper

Now that the JTF has completed its rotation of personnel with the departure of the 2-116th Infantry Bn, the 806th AG Postal unit and the 96th Transportation unit, the JTF is ready to continue its fight on terrorism. The new group of troopers has rucked up and is prepared to conduct our Nation's business. You have heard on numerous occasions that this organization will never stay the same. We either get better or worse everyday, and of course getting better is the preferred choice. To get better, we have to show the troopers what the JTF is doing for them as far as training, quality of life, and improvements made so that we can work smarter, not harder. In the training arena, we have secure, prime property on the Leeward side where units can conduct team, squad, and platoon size maneuver training. With the use of MILES (Multiple Integrated Laser Engagement System) equipment that we will be receiving in the next few weeks, units can conduct force on force exercises that will make training more realistic. Units can also conduct live fire exercises to sharpen their weapons skills. Upgrades to the medical facility on the Leeward side will also assist in case of injuries

suffered by our troopers as they conduct tough, realistic training.

The current units here on Guantanamo Bay believe this is the norm as far as Quality Of Life (QOL). What I would like them to understand is that we continue to get better each day. We have gone from tents to sea huts to paneled buildings and government quarters. The staff of JTF looks at ways to improve the way we work and play. We try to make it convenient for them to exercise and shop with the addition of a new NEX building and sports facility. A 3,000 square-foot NEX building at Camp America, due to open in October, will make it easy and less time consuming. There will be a larger variety of goods that can be purchased. Quality goods from running apparel to drinks, snacks, and health food products like they sell at GNC back home. You will soon see construction on a sports complex at Camp Bulkeley that should meet everyone's sporting desires.

The JTF leverages the use of information technology to assist in working smarter. From computers to surveillance equipment, the intent is to assist all troopers of the JTF so they can accomplish their mission successfully. New



**CSM George L. Nieves
Joint Task Force CSM
JTF Guantanamo**

equipment and software has decreased the number of hours needed to accomplish the task at hand.

The bottom line is: QOL programs directly impact morale, organizational esprit and personal development and we can never do enough for the troopers of JTF-GTMO for their dedicated service to this organization and our nation. Their commitment to us is giving their best effort each day. Our commitment to the troopers is to provide the best quality of life possible.

HONOR BOUND!

JTF-GTMO Command

Commander:
MG Geoffrey D. Miller
Joint Task Force CSM:
CSM George L. Nieves
Public Affairs Officer:
Lt. Col. Pamela L. Hart
Deputy PAO
Lt. Cmdr. Robert W. Mulac
70th MPAD Commander:
Maj. Jonathan P. Dolan
Command Information Officer / Editor:
1st Lt. Tracy L. Saucy
Circulation: 2,100 copies

The Wire Staff

The Wire NCOIC / Editor
Staff Sgt. Patrick Cloward

Layout Editor

Spc. Tommi Meyer

Sports Editor:

Spc. Rick Fahr

Staff writers and design team:

Sgt. Jolene Staker

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>

The Wire is produced by the 70th Mobile Public Affairs Detachment assigned to the Joint Information Bureau at Joint Task Force Guantanamo. This publication is printed under the provisions provided in Army Regulation 360-1 and does not reflect the views of the Department of Defense or the personnel within.



Send your message home for the holidays

The Joint Task Force Public Affairs office will videotape holiday greetings for all members of the JTF. The video and audio greetings are sent to the hometowns of our warriors and are broadcast on local

TV and radio stations for their friends and families to enjoy – it's absolutely free!

ALL JTF members (WHO WILL NOT be home for Christmas) are encouraged to get involved, and all military service members are invited, Navy, Coast Guard, Marines, Army and Air Force.

There are two scheduled opportunities to have your message recorded. Our team will be on the deck of Club Survivor in Camp America on Sept. 29 and 30 and on the patio of the Bayview Restaurant on Oct. 2 and 3. Our team begins taping at 0800 on

all four days. We will accept walk-ins, but we encourage people to make an appointment by calling the Public Affairs Office at extension 5012.

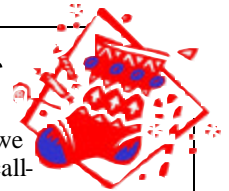
You will need the following when you arrive for your appointment:

You must be in uniform (BDUs or whatever your duty-uniform of the day is)

You must have the first and last name, address and phone number of a relative within the broadcast area where you want your holiday greeting sent.

You can select more than one city if you have relatives in those cities, be sure to bring the address information for all the relatives you wish to have see your greeting.

We can't do groups, but families are encouraged to come together.



Massachusetts unit kicks off JTF cycle

Storied 181st takes reins from 2-116th

By Spc. Rick Fahr

Security is an integral part of the JTF's mission here in Guantanamo.

Providing security and force protection at Camp America is perhaps the highest profile mission along those lines.

It's fitting, then, that the first unit of the JTF's fourth rotation here focuses on providing force protection and security.

When the 2-116th Inf. Regt. of Virginia turned over its authority to the 1-181st Inf. Regt. of Massachusetts, the JTF completed its third rotation and began its fourth.

The 1-181st has a simple, yet important, mission within the JTF.

"Our mission is to provide external security for Camp Delta," explained. Capt. Gregg Langevin.

The 181st, once a federal unit that became a National Guard unit in 1907, can trace its security roots to pre-Revolutionary days and has been part of nearly every military operation undertaken by the United States at home and abroad.

Formed in 1636 as part of the Massachusetts Militia, the unit fought during the King Phillips War, repulsing various raids by Native Americans. In 1775, Paul Revere led the regiment against British forces on Lexington Green and in Concord.

During the Civil War, the unit was the first to defend the nation's capital and later campaigned in Virginia.

The unit arrived in Cuba in 1898 to fight in the Spanish-



Photo by Spc. Tommi Meyer

During a transfer of authority ceremony, the 1-181st Inf. Regt. took over force protection duties at Camp America. The storied Massachusetts unit has replaced the 2-116th Inf. Regt. of Virginia. The transfer marked the end of the JTF's third rotation and the beginning of the fourth. Pictured are (from left) Lt. Col. Joseph Noonan Jr., battalion commander; Command Sgt. Maj. Gregory Hurlburt, battalion command sergeant major; and Cpt. Gregg Langevin, battalion S-1.

American War.

The unit participated in World War I and II, specifically in the Champagne-Marne, Aisne-Marne, Alsace 1918 and Ile de France 1918 campaigns in World War I and in Northern France, the Rhineland, the Ardennes Forest and throughout Central Europe in World War II as part of the 26th Yankee Division.

It also deployed in support of Operation Noble Eagle.

As part of Operation Joint Forge, C Company, deployed to Bosnia after Sept. 11, 2001.

More than 100 years later, the unit has returned to Cuba as part of Operation Enduring Freedom.

Langevin said that the battalion can perform a variety of missions.

"We are a light infantry battalion and have expertise in conducting tactical road

"We are a light infantry battalion and have expertise in conducting tactical road marches, patrols, establishing battle positions, integration of indirect and direct fires, obstacle replacement, manning control points and riot control."

Capt. Gregg Langevin

marches, patrols, establishing battle positions, integration of indirect and direct fires, obstacle replacement, manning control points and riot control," he said.

The unit became the 181st in 1921 and was assigned to the 26th Inf. Div. in 1923, remaining in that division until 1991, when it deactivated. In 1996, the unit became part of the 29th Inf. Div., where it remains today.

The 181st is part of the

Yankee Division and is headquartered in Worcester, Mass. Companies also exist in Cambridge and Gardner. The unit's troopers hail from throughout New England – Massachusetts, Connecticut, New Hampshire and Rhode Island.

The unit has a long and storied history, evidenced by the aura of its most famous hero – Sgt. Alvin G. York, winner of the Medal of Honor for his actions during World War I.

Serving from page 1

command so they may be resolved. Also, the nice thing about my job is I can come and go as I see fit."

Etheridge said he stays for as long as is necessary to grasp and relay concerns here before returning to Miami. Last year he remained for 10 days during one visit. During that time, he served on three guard shifts alongside troopers. "The purpose of stepping into the [troopers'] shoes is to gain a point of reference about what [they] are doing," he said.

Etheridge said a key part of his visits is talking with enlisted troopers in uncensored sessions. "Also, it is important to just listen [to the troopers]," he said. "I listen because I really care. If I don't listen, no one will tell me [their concerns]. It's worth it. If I shut [them] off at all, I will shut them off completely. Just let them ventilate and you will learn."

The concerns Etheridge said he will strive most to resolve are increasing the speed of the mail system and increasing opportunities for troopers to attend leadership schools while serv-

ing here. Other issues he will seek to improve include lowering flight costs to the continental U.S., sufficiently issuing personal and tactical equipment and creating a standard regulation for rules of engagement among the various military branches serving here.

According to Etheridge, the JTF command is already addressing some of the concerns troopers raised during this visit. For example, MG Miller has already passed the mail issue through to the Pentagon, and the JTF has been trying for months to contract with the Army to allow troopers to fly space available to the U.S. "The flight issue is up to the four-star level now," said Etheridge.

Etheridge expressed an understanding for the level of impact each raised issue bears on the troopers. He also displayed a great concern for striving to resolve those he views as most crucial.

"I was in their shoes once, so I understand where they are coming from, but also my experience as a lower enlisted soldier and then as a leader of those soldiers has taught me over the course of my 30 years of service

to decipher which complaints are legitimate and which are not," he added.

Etheridge explained the course each type of concern must travel. "After I talk with the [troopers], I meet with the sergeants major to relate the [troopers'] concerns. Then I meet with [Maj.] Gen. Miller to share the sergeants majors' thoughts on the issues. At that point I simply trust the chain-of-command here to do the job of addressing the issues," he said. "When I return home I then brief [Maj.] Gen. Hill, who then takes it to the Department of the Army, and it goes on up the chain there, depending on how large the issue is. Some issues can be resolved right at the JTF level with [Maj.] Gen. Miller," he explained. Etheridge added that some issues move into non-military control as they proceed up the chain. "For example, the mail issue passes from the Department of the Army to the hands of the [U.S. Postal Service]," he said.

Before departing, with hopes of returning again, he left a few words to his departing troopers, who he said worked diligently, endured some hardships and at

times felt their service and sacrifices went unnoticed. "Your efforts and stamina are visible, and we commend you. Depart safely and proud," he said.

He also offered some encouragement and wisdom to his troopers just arriving. "The new units are enthusiastic about their mission here, just as those departing were when they first arrived," he said. "I say to [them], when you get tired and frustrated, climb one of the hills and look down over the camp. Think about what you see and remember why you are here. You are helping to stop terrorist acts in Guantanamo and abroad. Your focused mindset will add a new spring to your step and stoke the fire in the pit of your stomach. It will enable you to go the distance, and with great success. It will give everything you do here great value."

Etheridge concluded, "And as you serve, we will do our part to help you in every way we can to make your mission here successful. You will enjoy the benefits of the improvements we achieved during the past rotations, and we will strive to accomplish even more for you and the rotations to come."

NEX from page 1

and beer; athletic gear, including sneakers; active wear, including T-shirts; body-building supplements; and a variety of souvenirs. The NEX will contain chill boxes and two or three freezers to hold items. They will also place six vending machines outside for 24-hour access. "This NEX is aimed at the single [trooper]," said Don Mohlman, general manager for the Navy Exchange and Commissary.

Mohlman said the NEX is a necessity because of the mini-mart's inability to keep up with the needs of all its customers. "We restock the mini-mart one to two times per day, Monday through Saturday, and on Sunday, if neces-



The new NEX, located at Camp America, will soon bring greater shopping convenience to JTF troopers. The 3,040 square-foot store is scheduled for a "soft opening" on Oct. 14 and a grand opening, with prizes, on Oct. 22.

sary," he said. He also expects the NEX will attract more customers than the mini-mart, and will require restocking just as much.

The new NEX will experience

a "soft opening," on Oct. 14, which means the doors will open for business, but the store will not yet function to its full capability, or have a ceremony, explained

Command Sgt. Maj. George Nieves, JTF command sergeant major. The grand opening, with a ribbon-cutting ceremony and prizes, is set for October 22. According to Mohlman, troopers can win such items as a one-week car rental package or a \$100 NEX gift certificate.

Sgt. James Brand, of the 258th MP Co. and Spc. Marlin Battle of the 273d MP Co. expressed their gratitude for the new NEX. "It's great, and it's nice that [JTF] surveyed [troopers] to see what they want and need in the NEX. I will definitely be using it," said Battle.

"It will save those [troopers] living at Camp America the long bus trip, and it will just be more convenient for everybody," added Brand.

Combat Stress: expert team arrives at Guantanamo

Story and photo
by Sgt. Jolene Staker

Members of the 1972nd Combat Stress Team recently arrived at Guantanamo and are digging in, getting things ready, eager to start their mission.

"I'm very humbled to be able to offer them support and facilitate their transition both onto this assignment and off this assignment," said social worker and team member, Maj. Pamela Mindt.

Part of the 1972nd Medical Detachment Combat Stress Control (CSC) out of Fort Lawton, Washington, the team makes up a clinical psychologist, a social worker and mental health specialists. Specifically trained, they will do all they can to help troopers learn to cope and adapt to life here, interacting and observing work environments to identify stressors to see what they can do as preventive measures. "Whatever it is the soldiers need, we will develop a program, class, or intervention or meet with them one on one, whatever it takes," said Clinical psychologist and CSC OIC, Lt. Col. Kathy Platoni. "We're here to provide support to all boots on the ground; whatever we need to do that."

Teaching stress, anger, and conflict resolution classes, the CSC facilitates roommate contracting and consults with leadership to resolve conflict in every situation. Not only that, they give newcomers, redeployment and suicide-awareness briefs as an addendum to decompression training, a phrase used to describe overcoming the effects of work-stress in daily living. The CSC can occasionally be sent to the mobilization sta-



The 1972nd Combat Stress Team—(Left to Right back row) Staff Sgt. Charles Essary, Pfc. Zach Marney, Maj. Pamela Mindt (Left to Right front row) Staff Sgt. Oscar Carillo, Lt. Col. Kathy Platoni and Spc. Jay Jeffries.

tion to do pre-deployment briefings.

While the team does have certain classes they teach, they emphasize that their support is not limited to any one in particular. They will do an assessment and do what they can to help any unit, using any one of their section who is qualified to address the need.

Each team member brings something to the mission. "I've been so blessed with the five people that came with me," Platoni said. "They are extraordinarily bright, well trained, energetic, motivated, experienced. I cannot believe the people that I was allowed to bring with me."

Platoni who previously worked in a civilian private practice and volunteered her time at Wright State University in Dayton, Ohio, has 24 years in the Army with six active duty. During the Gulf War she was

deployed stateside to debrief soldiers and provide treatment for families, later volunteering for the NYPD at Ground Zero. She said that hypnotherapy and pain management are two of her specialties.

Mindt has a background in law enforcement corrections and is currently the Assistant Director of Parole and Probation for Juveniles and Adults in Portland, Ore. She even worked inside prisons and has done consultant work for National Institute of Corrections.

NCOIC Staff Sgt. Charles Essary brings his experience from being the active guard reserve detachment sergeant and nine years active army, while Staff Sgt. Oscar Carillo brings his Spanish and Creole dialect abilities, which mean more soldiers can communicate with the team in their native language.

Spc. Jay Jeffries brings his psychiatric hospitalization expertise and Pfc. Zach Marney is the only member who has gone through the newly updated mental health specialist training.

The team agrees to this mission being a learning experience and an excellent opportunity to gain more experience and insight. They also emphasize how much they enjoy being a team.

"Personally I think I've been blessed to be brought here as part of this group," said Marney.

But Platoni represented the excitement of the group when she said she was "Absolutely ecstatic" about her deployment. "I've been waiting to go somewhere since September 12, 2001 and finally somebody called my number," she said.

Leeward projects will improve efficiencies

By Sgt. Jolene Staker

The JTF seems to be undergoing a total makeover, but unbeknownst to most of the base, the Leeward side is also improving.

Perhaps the most noticeable change will be the new joint aid station (JAS), which is currently Building AV 627. Initially it will house an ambulance and one general duty hospital corpsman, but it will be a turnkey operation that can expand care for any reason – migrant operations, increased training, or an increase in visiting press members. The station is anticipated to be completed this winter.

The JAS can grow to include full medical services with lab, pharmacy, X-ray and dental operations available when necessary, and

the corpsman can be augmented with doctors, nurses and health care providers, providing emergency responses for incidents happening at the airstrip, training areas or housing.

The benefit of the clinic to JTF troopers is that medical care will be more accessible. "If it's not life-threatening or loss of limb they can be treated there and put back in the fight or training," said Command Sgt. Maj. George Nieves.

The media operations center is also being renovated, and the project will include increasing the number of phone lines that the media can use to dial into their internet service as well as communicate with their outlets.

"The media center has been working

out fine," said Capt. David Kolarik, JTF Media Relations OIC. "But right now, we're just refining it and making it more modern and accommodating."

The Media Center will also have plasma televisions with new speakers so visiting press can stay abreast of the news and what is going on in the world. During their stay, Media are given a chance to tour Guantanamo and see firsthand how the detainees are treated and how the troopers perform their mission.

"The story has to be told and this is the way to do it," Kolarik said. "That's why it's critical for us to provide them the technology needed to get our story out as accurately and timely as we can."

Nation pauses to remember POWs, MIAs

"America can never move forward as long as even one of our missing sons or daughters is left behind."

-- Maj. Gen. Geoffrey Miller, JTF commander

By Spc. Rick Fahr

More than 88,000 American troops remain missing in action or unaccounted for, and those men and women were honored Sept. 19, which is National Prisoner of War-Missing in Action Recognition Day.

Locally, a ceremony at the POW-MIA memorial, located near the Downtown Lyceum, included comments from MG Geoffrey Miller, JTF commander, and Capt. Les McCoy, Naval Base commander. The third Friday of each September has been designated National POW-MIA Recognition Day.

Miller noted that nearly 2,000 Americans are missing or unaccounted for from military action in Southeast Asia and another 8,000 are missing from the Korean War.

"These individuals represent a unique group of heroes, for they have endured one of the most difficult and harsh aspects of war," he said. "The American people will never forget their courage and their devotion to duty, to honor and to country, often in the face of vicious treatment and torture by their captors."

McCoy contended that POWs and MIAs pay a heightened price for the freedom Americans enjoy. He recounted his training at the Navy Survive, Evade, Resist, Escape school, which simulates life in a POW camp. He said that the experience pushed he and his comrades to the brink of mental and physical exhaustion.

"It took only three days' harassment to take the fight out of most of my POW class," he said. "Can you imagine how an actual POW might feel after three months or three years of sensory deprivation and torture?"

McCoy told the troopers gathered at the ceremony that the nation will never leave them behind.

"Young warriors in our ranks today must know that as they go into harm's way, if they should fall into the hands of the enemy, that their nation will fight to find them and secure their freedom – no matter how long it takes," he said.

Alice Helms, a student at W.T. Sampson Elementary School who won an essay contest on the importance of POW-MIA Recognition Day, thanked American troopers around the world for their sacrifices.

"We are thankful to the POWs and MIAs, for there will be freedom because of their courage," she said.



Photo by Spc. Rick Fahr



In conjunction with National POW-MIA Recognition Day, a local ceremony on Sept. 19 honored the nation's prisoners of war and those missing in action. Alice Helms, (above) a student at W.T. Sampson Elementary School, thanks American troopers around the world for their sacrifices. JTF troopers place a wreath (left) at the base POW-MIA memorial.



Man on the Street

Interview and photos by Sgt. Jolene Staker

This week's question:

What do you think is the most important ingredient of teamwork?



Spc. Jemel Washington, Joint Visitor's Bureau

"Cooperation. If each individual does their part it will come together like pieces of a puzzle."



Marine Sgt. Scott Salvagno, J3-Joint Operations Center

"Good leadership; not micromanaging."



Navy Master Chief James O'Brien, JTF Surgeon's Office

"Understanding the concept of unity and how we are all bonded together in one common cause."



Tech Sgt. Theo McNamara, JTF-Public Affairs

"Honesty, loyalty and understanding of diverse ideas are all critical elements to the success of a team."



Coast Guard Petty Officer 2nd Class Gregory Porter, Port Security Unit

"The most important thing ... , be it within your own unit or with other units, is good, clear, concise communication. I think that is No. 1."

Thirsty? you're already dehydrated

By Ken Arlinghaus
JTF Nutritionist

Remember getting off the plane in GTMO? And you thought Jacksonville was hot. Someone explained it to me this way; GTMO is a tropical desert; hot like the desert and humid like the jungle. Add operational commitments and stress to the mix and troopers are at serious risk of dehydration, which, if left untreated, may lead to more serious conditions such as heat exhaustion or heat stroke.

Remember that your body is 60 percent water by weight. Water is used as part of blood to transport needed fuel and oxygen to cells and remove waste products. The waste products are eliminated from the body in the urine, which is mostly water. Water is important for proper lubrication of joints and protection of organs. Water also regulates body temperature by absorbing heat and dissipating it through sweat.

It is important to note that

proper cooling of the body only takes place when the sweat on the skin evaporates. When the humidity is high (like GTMO), sweat does not evaporate, it drips. Since the body does not cool well, the sweat keeps coming and may intensify, and you guessed it, excess fluid loss (aka, dehydration).

So what do you do to combat dehydration? The American Dietetic Association and the American College of Sports Medicine make the following recommendations:

Maintain a well-hydrated status at all times. The rule of thumb is one half your body weight is the number of fluid ounces needed per day.

Drink 16 oz. of fluid 2-3 hours before exercise.

Drink 3-4 oz. of fluid at 15-20 minute intervals during exercise. So carry water when you run longer than 20 minutes!

Beverages containing 4-8 percent carbohydrate concentrations (40-80 calories per 8 oz.), like sports drinks, are recommended for intense exercise

lasting longer than 60 minutes (water and a proper diet will normally be sufficient to replace electrolytes in all other situations).

After exercise, drink 16 oz. of fluid for every pound lost during exercise.

Monitor your urine: Urine should be a pale yellow (note that some supplements may darken urine).

The last point I will make deals with the question about dehydration I get the most: What is the best thing to drink? Most drinks may be considered fluids. Water will normally be the best choice, but if you won't drink it, you should replace it with something else. Drinks with caffeine are poorer choices because caffeine is a natural diuretic (makes you urinate more) as is alcohol. Juices, milk, sports drinks, Kool-aid, and even watery foods like oranges all contribute to fluid balance. With all those choices it should be easy, so don't become a heat casualty, stay hydrated and stay well.

Warehouse inventory

The J4 Warehouse will be conducting a 100% inventory from Sept. 29 to Oct. 3. This inventory will be conducted between 12:30 p.m. and 7 a.m. The warehouse will be open to fill emergency requests from 7 a.m. to 7:40 a.m. throughout the inventory week. For those sections picking up their weekly water requirements, J4 Warehouse will be open Sunday from 12:30 p.m. to 2:30 p.m. to issue water only.

If you have any questions or concerns, call 3002.

TK WATER OUTAGE

Friendly reminder of the upcoming water outage to connect a new water main to housing.

Water will be out on Saturday from 9 a.m. to 1 p.m.

The area affected is the Tierra Kay East numbers 101 thru 150.

Barbers make a difference

CHAPLAINS CORNER

By Lt. Col. Michael L. Britton
JTF Guantanamo Staff Chaplain

Quality of life is affected by the values we live by. The military community calls us to live by such values as loyalty, duty, respect, self-less service, honor, integrity, and courage. As children of God, we are called to live by the values of compassion, forgiveness, hope, humility, faith and love. We make a positive difference in the lives of others as we give our best and strive to become our best everyday. One such person who has touched and impacted my life is my hometown barber. I may not have a great need for his barbering skills, since I am hair deficient, but the quality of my life is enhanced by his friendship.

In 1997 our family returned to Hopkinsville, Ky., where I formerly served with the 101st Airborne Division and the 160th SOP's from 1982-1985. One of the first acts of my return was to visit my old barber Russ Grey, sole owner and operator of The Family Barber Shop, located just outside the main gate of Fort Campbell, Ky. Russ and I have developed a warm friendship talking about our families, religion, politics, etc. My fifteen-year-old son Chris likes to see barber Grey because he reminds him of his grandfather. Russ has a way of making one feel welcomed, loved and valued.

In the movie "Barbershop" Calvin Palmer (Ice Cube) is very unhappy running the barbershop his deceased father left him on Chicago's south side. In a poignant moment in the movie, Calvin is spoken to by barber Eddie (Cedric the Entertainer), a friend of the family. He says, "This is the barbershop, a place where a ... man is somebody, the corner-



Lt. Col. Michael L. Britton
staff chaplain
JTF Guantanamo

stone of the neighborhood, our own country club ... Your father, he believed in something, Cal. ... Your father may not have had money, but he died rich, because he invested in people. ... The whole of Chicago was helped by your father, who gave jobs, free haircuts and money to all kinds of people deserving and undeserving like me."

As we give our best, and strive to become our best every day, whether we are the barber at the NEX, a first sergeant, JTF chief of staff or chaplain, we enhance the quality of life of others. You may not be a barber, but we are all "troopers," HONOR BOUND to one another in service to our country. We are all gifts from God, treasures to be discovered, shared and valued by and for one another. May God bless you as you continue to bless others and help ensure that the quality of life at JTF-GTMO is second to none.

Honor Bound, For God and Country!

Worship Services

Catholic

Main Chapel

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

Camp America

Sun.	5 p.m.	Mass Wooden Chapel
------	--------	-----------------------

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
------	--------	-------------

Islamic

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

Jewish

Fri.	8 p.m.	Fellowship Hall
------	--------	--------------------

Camp America Church Bus schedule:

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

The bus will return following worship.

THE MOST EXCELLENT WAY

Ask God's help to become your best and to give your best every day, and to treat each person as a gift and treasure from God. Be/Set the example!

"... And now I will show you the most excellent way ... faith, hope and love, but the greatest of these is love ..." *1 Corinthians 12:31- 14:1*

"Example is the best general order." *MG George Crook*

"You yourselves are living epistles (letters) ..." *2 Corinthians 3:2,3*

Jewish High Holiday Services

Friday: Erev Rosh Hashana
Candle Lighting 6:30 p.m.

Saturday: Rosh Hashana (first day) Morning Services 8:15 a.m.

Evening Services 6:30 p.m.

Candle Lighting (not before) 7:30 p.m.

Sunday: Rosh Hashana (2nd Day) Morning Services 8:15 a.m.

All events will be at Fellowship Hall



Buckley performs concerts



Sgt. 1st Class Jamie Buckley performed two concerts last week on base. Attending Friday night's concert was MG Geoffrey Miller and his wife, Pamela, (below, center).

Story and photos by
Sgt. Jolene Staker

Sgt. 1st Class Jamie Buckley performed country music for the troopers at Guantanamo Bay on September 17, 18, and 19. MG Geoffrey Miller became a fan of Buckley's singing when they served in Korea together. Miller asked Buckley to come sing for the troopers.

Buckley sang other artists' songs and took requests from the crowd. He also introduced some of his original music. He took a break midpoint of his concert to have a serious moment where he sang "Some Gave All" to remember the service members who will never return home because they gave their life for their country. He wrapped up his concert by singing "God Bless the USA."

Buckley has been a guest on the "Morning Show" and sang for former President George W. Bush at Camp Casey in 2001, but he still says "Even being a soldier there is nothing better than singing for the troopers. This is what it is all about."

Buckley just released a CD titled "There You Are" in July. The CD includes five songs written by Buckley when he was stationed in Korea. The song "We Go Together" was adopted by the Korean Army and is still played on a regular basis. He rewrote the music for his CD changing it from the mainstream style and giving it the country sound.

Buckley is married and has four children. He has served in the military for nine years.

With Buckley was sound engineer Quincy Dunker.



RECREATION & LEISURE



Movie Schedule

Camp Bulkeley

Fri., Sept. 26

8 p.m. *Hollywood Homicide*
PG 13 - 116 min

10 p.m. *Charlie's Angels*

PG13 - 106 min

Sat., Sept. 27

8 p.m. *Days of Thunder*
PG13 - 107 min

10 p.m. *Wrong Turn*
R - 84 min

Sun., Sept. 28

8 p.m. *Titanic*
PG13 - 195 min

Mon., Sept. 29

8 p.m. *The In Laws*
PG13 - 96 min

Tues., Sept. 30

8 p.m. *John Q*
PG13 - 118 min

Wed., Oct. 1

8 p.m. *Raiders of the Lost Ark*
PG - 115 min

Thurs., Oct. 2

8 p.m. *The Fly*
R - 96 min

Downtown Lyceum

Fri., Sept. 26

8 p.m. *Johnny English*
PG - 88 min

10 p.m. *Matchstick Men*
PG - 120 min

Sat., Sept. 27

8 p.m. *How to Deal*
PG13 - 102 min

10 p.m. *American Wedding*
R - 102 min

Sun., Sept. 28

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

Mon., Sept. 29

8 p.m. *Matchstick Men*
PG13 - 120 min

Tues., Sept. 30

8 p.m. *American Wedding*
R - 102 min

Wed., Oct. 1

8 p.m. *GIGLI*
R - 121 min

Thurs., Oct. 2

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

◆◆Key West trip◆◆

40 space-available seats on a flight to Key West Fla. on Saturday at 3 p.m. continuing on to Charleston AFB on Sunday.

Call the Air Terminal for more information at 6408 or 6204

Troopers can build lots of variety, fun into exercise routine

By Spc. Rick Fahr

It's 5:30 a.m. The sun hasn't even become an orange spot on the eastern horizon yet. Dueling roosters sound off their back-and-forth alarms, and a strobing light pulses from the top of a passing bus, shattering only for an instant the muggy dark.

But in these pre-dawn moments, the roosters aren't the only living things drawing quick breaths.

"The next exercise will be the ... flutter kick," the first sergeant announces.

In cadence, several dozen trooper flutter kick.

Ah, morning PT.

Not many people view group physical training as one of life's great pleasures, but those stretches and exercises are tools that unit leaders use to gauge troopers' fitness.

Despite the tangible benefits of group PT sessions, troopers should not rely on those exercises only to provide a high

level of physical training. To attain the best results possible, troopers must train on their own.

But how? What are the best exercises to do? How often?

Sgt. Talal Elkhatib of the 177th MP Bde., a former personal fitness trainer, said that troopers should divide their physical training into two categories -- muscular conditioning and cardiovascular exercise.

Elkhatib, newly appointed as the JTF master fitness trainer, is the expert to call when you need fitness advice -- or when you have questions your exercise program.

You may contact him at elkhatibtm@jtfgtmo.southcom.mil.

He said that troopers should work on muscular conditioning, lifting weights, three times a week. Allowing time between weight sessions gives muscles time to recover from the stress and then rebuild stronger.

Troopers should participate in



Photo by Spc. Rick Fahr

Spc. Angel Morales of the 463 MP Bde. gets a cardiovascular workout in the swimming pool at the Marine Barracks.

Exercise -- by the numbers

How many calories can you burn by jogging? Swimming? Playing basketball? An average calorie burn for 30 minutes of:

Watching TV	42
Brushing your teeth	99
Swimming	157
Brisk walking	173
Tae kwon do	199
Half-court basketball	236
Bicycling on a flat surface	257
Tennis	320
Jogging	394

Calories 100 200 300 400

Source: www.exercise.about.com

cardiovascular exercises at least five times a week. Those sessions should last for at least 20 minutes per session, Elkhatib noted.

"Twenty minutes and under is just a warmup. You start

burning fat after 20 minutes," Elkhatib explained. "If you wanted to do cardio for 40 minutes a day, you could do 20 minutes in the morning and 20 minutes in the evening."

Unusual physical training techniques may even work

By Spc. Rick Fahr

Physical fitness is an important part of JTF troopers' training here at Guantanamo.

I didn't say it's a fun part, just an important one. And a hot one. And a ridiculously early in the morning one. And one that keeps going and going and going.

But it's necessary, and we should give it our best shot.

Thanks to a number of facilities and personnel, there are many ways in which troopers can enhance their physical training,

FAHR GAME

including:

Banana rat chase. It's an exciting way to work on cardiovascular fitness. The possum-lookin' things are faster than they look, but they don't have much stamina. So, the real workout comes after you catch one -- the frantic run to the hospital for rabies shots.

The bus stop dash. As you get within a block and a half of the bus stop, you see the bus

round the corner, but the driver doesn't see you. The race begins. Can you get to the bus stop in time? If not, you'll have a half hour to figure out how to improve your sprinting.

The CONEX Challenge. Offer to help incoming or outgoing units unload/load their CONEX containers. (But keep this voluntary PT under wraps. If the psychological folks ever hear of someone volunteering to unload a CONEX, they'll surely grab the nearest straightjacket.)

Most of these ideas should

help you improve your fitness level, but there are some misconceptions about physical training.

For example, 12-ounce curls do not build muscle, except around the belly.

Walking from the bus stop to McDonald's isn't enough exercise to warrant super-sized fries.

Fishing is not exercise, no matter how many fish you catch, unless the boat sinks and you have to swim to shore. Add points if you think something's chasing you and you swim really fast.

Trooper picks

JTF personnel's predictions for this week's games

Games

Iowa at Michigan State
 Washington State at Oregon
 Pittsburgh at Texas A&M
 San Francisco at Minnesota
 Tennessee at Pittsburgh
 Kansas Ctiy at Baltimore
 Last week's record
 Overall record



1st Sgt.
Sandra Adams-Jones
273rd MP Co.

Mich. State
Oregon
Pittsburgh
Minnesota
Pittsburgh
Baltimore

0-0
0-0



MWR director
Craig Basel

Mich. State
Wash. State
Texas A&M
Minnesota
Tennessee
Baltimore

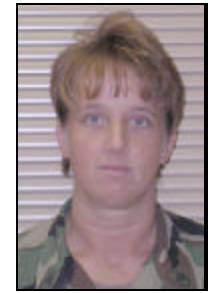
0-0
0-0



Staff Sgt.
Deon Lee
216th MP Co.

Mich. State
Oregon
Texas A&M
Minnesota
Tennessee
Kansas City

0-0
0-0



Staff Sgt.
Stephanie Nielsen
384th MP Co.

Mich. State
Oregon
Pittsburgh
Minnesota
Pittsburgh
Kansas City

0-0
0-0

Sports highlights

Wildcats fall; Predators eye prey

Compiled by
Spc. Rick Fahr

Some things never change in college football, as this season brings to mind.

Kansas State's powder-puff nonconference schedule will haunt the Wildcats, one way or another.

Usually, K State gets closed out of big bowls because of weak opponents. This year, K State actually lost to one of the mid-majors, **Marshall University**. The Thundering Herd is already making its play for an upper-tier bowl game.

That'll take the Bowl Championship Series out of Manhattan, Kan., in a hurry.

Ohio State will win – barely. The Buckeyes squeaked past **Bowling Green** on Saturday, 24-17. Ten of OSU's last 15 victories have been by seven or fewer points.

And the road to the national title will somehow, some way wind itself through Tallahassee, Fla.

Bobby Bowden's Florida

State Seminoles have seemingly been on the ropes the last couple of years, but the Seminoles are sitting at No. 6 now and will have their say about who plays in the Sugar Bowl on Jan. 4.

Three weeks into the NFL season, six teams are unbeaten. The **Kansas City Chiefs**, **Indianapolis Colts**, **Carolina Panthers**, **Minnesota Vikings** and **Seattle Seahawks** all lead their respective divisions, while the 3-0 **Denver Broncos** jumped all over the **Oakland Raiders** Monday night, winning 31-10 in a game that was for all practical purposes over after the first quarter.

On the flip side, a handful of teams – the **Jacksonville Jaguars**, **Chicago Bears**, **Cincinnati Bengals**, **New York Jets**, **San Diego Chargers** and **Philadelphia Eagles** -- have not yet scratched the win column.

This week will tell the Major League Baseball tale,

but it appears that American League playoff teams will be the **New York Yankees**, **Minnesota Twins**, **Oakland Athletics** and likely the **Boston Red Sox**.

In the National League, the **San Francisco Giants** and **Atlanta Braves** have wrapped up their divisions, but the Central remains up in the air, with the **Chicago Cubs** and **Houston Astros** battling down to the wire.

Talking about an icy sport may make Guantanamo feel a little cooler.

So, onto the National Hockey League.

The experts at www.cnnsi.com say that the **Nashville Predators** may be this season's surprise team in the Western Conference, but to hoist the Stanley Cup, the Predators will have to get past perennial powerhouses in **Detroit**, **Colorado** and **New York**.

Sports highlights compiled from www.cnnsi.com.

661st MPs gain ground

By Spc. Rick Fahr

As the Captain's Cup flag football season moves toward its finale, the 661st MP Co. team has moved into fourth place.

The 661st has a record of 3-1-2, after posting a 19-13 win over MCSF Co. on Friday and defeating JTF JIG by the same score on Sept. 17. The team's lone loss of the week came at the hands of the NEX team, 27-6 on Monday.

The other JTF team in the league, JIG, fell to 1-5 on the season with its play during the week. On Monday, the Hospital team beat JIG, 26-7. JIG picked up a forfeiture win, however.

With one week of play left, Hospital leads the league at 7-0. In second place is NEX, 4-2, and MCSF is in third, 4-3. Behind the 661st in fifth place is NAVSTA at 3-4.

15 Minutes of Fame...

With Capt. Linda Sue Schwarz of the 384th Military Police Bn.

Motto: 'How you treat people is for the most part how they are going to treat you back'

Interview and photo
by Sgt. Jolene Staker

Capt. Linda Sue Schwarz of the 384th Military Police Bn. has been a reservist 15 1/2 years. At home in Wisconsin she designs heating and ventilation air conditioning systems for hospitals and schools. She is completing the last course for a second bachelor's degree so she can work in the fire and safety engineering field.

Q: What challenges have you already encountered since arriving at Guantanamo?

A: Not having the freedoms we have back home. We're on an island and while it is bigger than some of the base camps I have been deployed to before, but it's still small in area; you don't have the opportunity to just up and go somewhere when you want.

Q: We've covered your job and accomplishments a lot in stories in the Wire already, what would you like to share outside your job to help us know you better?

A: One of the things that I can't really do here that I enjoy, is overseas traveling. At least twice a year I will find a city that interests me for some reason or another, fly to it, grab a map and explore.

Q: How long have you been doing this?

A: About six years.

Q: What gave you the idea to do this?

A: I've always been interested in traveling. My dad travels a lot for his job. Now I'm financially able to travel so that's what I spend my money on.

Q: What was the first trip you took?

A: The first place I went was to Eastern Europe in which I did Prague, Salzburg, Heidelberg, Paris, Budapest, and Munich.

Q: Out of that trip what was the most memorable experience?

A: My Dad was born in Czechoslovakia, or at that time what was Czechoslovakia, and I



Capt. Linda Sue Schwarz, JDOG Facilities Engineer, stands on the site where she is inspecting the buildings being refurbished to be the Military Working Dog Kennel.

flew my parents over, and we actually went back to his hometown where he was born and raised. That was something I had always wanted to do. I was able to go back with my Dad where he could explain where everything was and to experience and see that type of environment.

Q: Out of all the trips you've taken what was your most memorable?

A: Definitely Sydney, Australia. The friendliest people I've ever met are from Australia—great place; very diverse; different areas from the desert to Great Barrier Reef to Sydney, which is a modern cosmopolitan city.

Q: And the last trip you took?

A: I was in Belize [South America] in January.

Q: Did you already have your next trip planned before you knew you were mobilized?

A: I was supposed to go to St. Petersburg, Russia, in June and then I was going to go to New Zealand in February.

Q: It seems like you really plan ahead for your trips?

A: I might plan three weeks out; I may plan six months out it all depends.

Q: Do you do research before you go?

A: I always have a map and kind of an idea; I might sector the city off or choose some places to go. I always try to learn the courtesies—please, thank you—in that language. I don't learn the language, but I learn enough to start conversations and be courteous to the culture I am going to.

Q: What other places have you been?

A: I've been to Beijing because I wanted to climb the Great Wall. I've been to Hong Kong. I went to Rome because I wanted to go to the Vatican; Florence, Venice. London was phenomenal. I've been to Ireland. I've done most of what I want to do in Europe, but there's still a couple of places I want to get back to.

Q: What have you learned most from all your travels?

A: I've learned that wherever you go, how you treat people is for the most part how they are going to treat you back. Whether you are in the United States or overseas, if you go in and treat them with respect they will treat you with respect back. They will judge you as a person as opposed to an American overseas or a cheese head when you're in Utah.

Q: If troopers in the JTF were only going to remember one thing what would you want it to be?

A: I want them to remember that the work as an engineer that I did had a positive impact on the mission and the troops, and that I enjoyed doing my job.