



# the Wire

“ HONOR BOUND TO DEFEND FREEDOM ”

Volume 3, Issue 15

Friday, March 14, 2003

## It's getting better all the time

It's Getting Better All The Time, as many of you know, is from the Beatles song "Getting Better" released on their 1967 album, Sgt. Pepper's Lonely Hearts Club Band. The song is about doing the best you can and realizing that things can get better.

With that in mind, things here have been getting a little bit better on many levels, with each passing month. From getting better at doing our jobs to physical fitness improvements, Joint Task Force Guantanamo continues to improve in many areas.

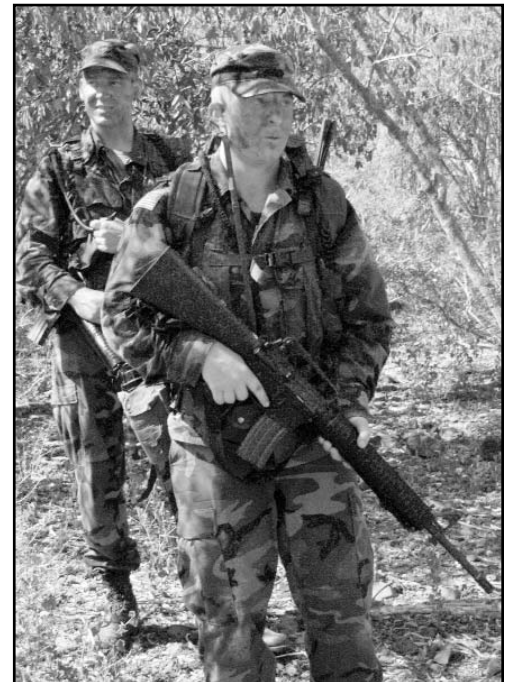
Both the infantry and the military police units have played major roles in making JTF-Guantanamo better. "The outside defensive sector has greatly improved since we first got on the ground here. All the traffic control points and observation points have been improved or have been totally reconstructed since we arrived here," said Battalion Command Sgt. Maj. William J. Puskar, 2-116th Infantry Regiment. "Defensive preparations outside of the wire continue

to be intensely improved. We feel really confident about the security outside of the wire," said Puskar.

Puskar said, "The 2-116th has greatly improved their battalion readiness, not only for this mission but for follow on missions, if we have any. I believe getting the soldiers in a set routine has greatly benefited the soldiers and the leadership on how we can handle any situation that comes our way."

Continued training has been key to this readiness. Puskar said his battalion was already at the cutting edge before they came here, but the training has helped to sharpen that edge. "We are getting the soldiers focused, that they are deployed, that we are at war and the training time for this moment has passed. We are here now and this is mission," said Puskar.

Overall physical fitness has also greatly improved for many JTF-Guantanamo troopers. As a result of the



Army Sgt. Erin Viola  
Spc. Andrew Nelson (front) and Spc. Kurt Ellestad (back), both of Bravo Company, 2-116th Infantry Regiment, provide perimeter security for Camp Delta and Camp America.

See IMPROVING, page 6

### Inside the Wire...

A three piece suit



SMA Tilley visits JTF



Widow Makers





*Deputy Commander of Operations,  
Brig. Gen. James Payne*

The JTF has a unique mission at Guantanamo and our focus is to get better in each aspect of that mission. Every day as I visit units and events, I see that we are clearly getting better at many of the things we do. Each time we start our various missions, there is

## MESSAGE FROM BG JAMES PAYNE

### We are clearly getting better!

a fresh look and a goal to improve the operation.

Each of us in the JTF has a specific role that contributes to the overall mission. In order for the JTF to improve and get better at that mission, each of us must continually be better at what we do today than we were yesterday. And that's happening everywhere I look. Our infantry units prepare better patrol orders than they did last month. That means the patrols are better and the soldiers are better trained. The MPs in the JDOG get better each day in the detention mission. The Coast Guard and Navy have formed a solid Harbor Defense Team that far exceeds what we had before. Our intelligence folks in the JIG obtain and compile intelligence much faster than before. And the individuals from our outside agencies work hard as part of the JTF team.

One critically important area of

improvement is training. Each week training has improved. It is more METL focused and designed to hone our soldiers' skills. We need to continue to refine our training so that it is more realistic and provides our soldiers with the skills they need to perform our mission today, and be prepared for new challenges in the future.

One great area where we are better is the leadership of our young troopers. Each of you has taken ownership of your mission and are setting the example for others to follow. The young troopers (E1- E4) know their job and are stepping to the new leadership challenge. Everyone must be mission focused and ready to respond to changing requirements. We must stay focused, flexible, and sharp in order to accomplish the missions we receive. Take ownership and continue to work at making every aspect of what we do

better than before.

Each of us has a responsibility to leave things better than we found them every day. We're doing that every day in the JTF. Each of you contributes to the organization and the improvements you make every day make the JTF better. Everything has to grow or it will decline. That's true for organizations and people. In the JTF, we continue to grow and get better, as individuals and a team. Thank you for the part you do. Remember, the fight's on. We'll continue to face many new challenges in the future. We'll face those challenges and missions as a growing team that gets better every day. Take time to make improvements. Know what right looks like and take the time to do things right. Build the team and help it grow. Drive on to mission success.

Honor Bound.

## OPSEC CORNER

### Use your common sense

The textbook definition of Operational Security (OPSEC) is 'the process of denying adversaries information about friendly capabilities and intentions by identifying, controlling, and protecting indicators associated with the planning and conducting of operations and other activities.' That is a lengthy description of what essentially is the use of common sense.

At Joint Task Force Guantanamo, we have implemented a program that reaches every level of unit leadership and organization.

Within the last four months, JTF-Guantanamo has definitely progressed in OPSEC and we continue to make strides as we conduct the nation's business in the global war on terrorism.

Since the implementation of JTF-Guantanamo, we have executed our duties and responsibilities extremely well while simultaneously protecting the details of our sensitive mission. MG Miller instituted a policy memorandum for Essential Elements of Friendly Information (EEFI) that highlights critical and/or sensitive information our adversaries could use against us.

Additionally, a General Order outlining the consequences of failing to protect these operational details continues to ensure that we all

remain focused and vigilant on a daily basis. We've implemented company/staff section level EEFIs and incorporated OPSEC into their weekly training schedules.

And during a 10 day OPSEC survey in January, JTF-Guantanamo received high marks and comments. All these successes can be attributed to each individual performing their daily part of our critical mission. Continue to perform, remain focused, and ensure that you continue to safeguard our critical national business.

Think OPSEC

*"What lies behind us and what lies before us are tiny matters compared to what lies within us."*

*-Oliver Wendell Holmes*

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

# Chaplain's Corner

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

Improvement takes place on many levels including the spiritual. Since arriving at the end of November 2002 the Chaplain Section of Joint Task Force Guantanamo has made notable improvements in many areas.

1. The section has increased from four to seven persons. This increase enables chaplains and chaplain assistants to spend more time out of the office, interacting with service members.

2. All Chaplains now work out of Camp America. This increases our exposure to the daily happenings of JTF personnel. And each Unit Ministry Team (UMT) has its own SEAHut so counseling can take place in a private and comfortable setting.

3. The General Protestant service on Sunday morning has grown to the point that the large white chapel tent is used every week. Sunday morning training is put on hold until after services take place.

4. Special equipment has been purchased for religious support of JTF Guantanamo. A new sound system, keyboard, drums, guitar and hymnals add up to a better quality of worship.

5. Regular services are provided for Muslim personnel on Friday afternoons at the Naval Base Chapel Complex resulting in increased attendance.

6. Volunteers are stepping forward as

readers, choir members, ushers, chapel fund councilors, music program assistants, and bringing food and appetites for potluck meals.

7. An additional Catholic Mass has been added to the Sunday worship schedule at Camp America and takes place in the SEAHut Chapel.

8. The new Worship Fund allows us to do more things for soldiers such as the twice monthly Christian Night Club and the availability of refreshments after chapel services.

9. A Prayer Breakfast schedule has been established with the next one taking place in April.

10. Communication has improved with the Joint Operations Center so chaplains are notified when emergency messages come in and religious support can be extended to individuals at this critical moment in their lives.

It is the hope of your Chaplains that your personal relationship with God has improved and grown during your deployment. Being away from home gives each of us the opportunity to count our blessings in new ways. Some of us might restructure our lives according to a new set of priorities. Others might more easily express to family and friends how much they mean to them. However things turn out for you on this deployment, use the time wisely and well to support your own religious development.

God Bless America.

## Church of Jesus Christ of Latter Day Saints (Mormon)

On Tuesday, March 18, Elder Gene R. Cook, Member of the Quorum of Seventy, will speak at Sanctuary A from 6 p.m. to 8 p.m.

### Special Catholic Services

Catholic Service – Lent - Easter 2003

Fridays of Lent, Stations of the Cross, 7:30 p.m.

March 14, 21, 28, April 4, 11

Evening Mass of the Lord's Supper, 5:30 p.m.

Holy Thursday, April 17

The Lord's Passion, Noon - Good Friday, April 18

Easter Vigil Mass, 8:30 p.m. - Saturday, April 19

Mass, 9 a.m. - Easter Sunday, April 20

## 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

#### Camp America

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

### Protestant

#### Main Chapel

Wed.	7 p.m.	Men's Bible Study*
Thurs.	7:30 p.m.	Youth Fellowship*
Sun.	9:30 a.m.	Adult Bible Study
	5 p.m.	Bible Study*
	6:30 a.m.	Praise and Worship Service

\* Fellowship Hall located in Chapel Complex

#### Camp America

Wed.	7 p.m.	Service
		Wooden Chapel
Sun.	9 a.m.	Service
		White Tent
	7 p.m.	Service
		Wooden Chapel

### Church of Jesus Christ of Latter Day Saints

Sun.	9 a.m.	Sanctuary A
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### Islamic

Fri.	1 p.m.	Classroom 12 ChapelComplex
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### Jewish

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

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

The bus will return immediately following worship.

# 438th commander leads troops to success

**Story and photo by  
Spc. Lisa Gordon**

She's never let being in the minority get her down. Not only was she the only female soldier in her class at Officer Candidate School, she's also the only female commander in the Joint Task Force here at Guantanamo Bay.

Army Capt. Judith Brown, commander of the 438th Military Police Company isn't what many civilians might expect when trying to conjure up the image of a female officer in the United States Army and a police officer in the civilian sector. Yes, she's an ambitious, determined and motivated career woman, but she's also a caring and conscientious wife who hopes to be a mother someday.

Brown said she originally joined the Army because of a "strong sense of patriotism" that was developed in part due to a family tradition of military service beginning with her grandfather. While in college, Brown participated in the Air Force Reserve Officers' Training Corps program but decided to "shop around" for the best offer she could find before signing a contract. Twelve years ago, Brown found her place in the Kentucky National Guard.

Although she's military occupational specialty qualified as a military police officer, Brown started her military career as a quartermaster officer, and didn't make the switch to MP until 1996. Brown said, "I started out as a quartermaster officer. I did that for four years and then I switched to MP in 1996 mainly because I wanted more opportunities for active duty ... and I've certainly gotten that."

There's no question that Brown has definitely seen her share of active duty time. Before being deployed to serve as part of Guantanamo Bay's Joint Task Force, she spent approximately six months in Bosnia in 2001. Shortly after returning home from the mission in Bosnia, Brown was activated in the

States to serve as officer in charge for a mission to support homeland security at the Cincinnati, Ohio Airport.

While all the active duty time she's seen in her 12 years in the Army might be fine for a no strings attached single soldier, Brown has been married for four years to a retired Blackhawk helicopter pilot. Brown explained that upon getting married, she and her husband knew that they might be separated at some point due to deployment. However, neither of them was actually prepared for the reality of a separation until it actually happened. Despite some initial resistance to his wife's deployment to Bosnia, Brown's husband has not only become accustomed to his wife's acti-

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**"The training week is beneficial in that it changes your focus for a little while and I think that's part of the intent and it also helps prepare them and helps them stay sharp."**

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Army Capt. Judith Brown,  
commander, 438th MP Co.

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vation, but has also become very supportive.

It has been difficult for Brown and her husband to adapt to living their day-to-day lives away from each other, but time has helped to ease the difficulty of Brown's multiple deployments. "When you're married you expect that companionship ... and all of a sudden you're forced to be independent again ... that's a lot to work through on both parts ...

but now that I'm here he accepted the fact that I was going to be deployed, and of course I accepted this. I was not directed to take this command, so that was difficult for him to accept, but he's been a very supportive military spouse. In fact, he put our family readiness web page together. He's



*Capt. Judith Brown, commander of the 438th Military Police Company proudly stands in front of her company's command post at Camp America.*

shown great support that way," Brown said.

Being on a deployment and worrying about a loved one at home is challenging enough for most people, but in addition to that, Brown must also look out for the welfare and morale of a whole company of soldiers. And like any other company commander, or good soldier for that matter, she must always put the mission first. Fortunately, this doesn't seem to be a problem for Brown, who has complete confidence not only that her soldiers are meeting the needs of the mission, but that they are improving their ability to do so.

No matter what the job, there is always room for improvement and the soldiers of the 438th MP Co. have certainly improved. Since arriving at Guantanamo Bay, they have gotten better at performing the duties of a corrections specialist not only because of their daily duties within Camp Delta, but because of the continuous training

**See SUCCESS, page 5.**

# There's no such thing as too much practice

## Story and photo by Spc. Lisa Gordon

The 240th Military Police Company conducted a wide array of training during their time in the "red cycle," which ended last week. Among some of the training events were: review of the proper procedure for filling out paperwork in Camp Delta, first aid procedures, and unarmed self defense. The power of close observance is extremely important to MPs working the blocks because it means being able to anticipate a situation before it happens. In order to keep their skills of observance sharp, the soldiers of the 240th MP Co. also reviewed techniques such as spotting contraband and searching detainees' living

quarters, and observing the detainees themselves.

Midway through their second training cycle, Sgt. Manuel Franceschi explained that the training cycle is not only of crucial importance, but extremely helpful to making a soldier feel fully capable in his or her own abilities while working inside Camp Delta. "Every day of training is a day for growing; personal growing and professional growing.

"Every day of training is a day for growing; personal growing and professional growing."

Army Sgt. Manuel Franceschi,  
240th Military Police Company.

Everyone learns something. When you are on the blocks we are working everyday, but when you are in training, you are perfecting what you do on the blocks. You can see what you did wrong and what you can do better next time. Everyday of the training gets better and right now, we feel like we can do an even better job," Franceschi



(From left to right) Spc. Wilfredo Gomez Jr., Spc. Roberto Vazquez, and Pfc. Velez of the 240th Military Police Company train on the proper use of a "three piece suit" at Camp America. The "suit" is comprised of a pair of hand irons, leg irons, and a chain that goes between the legs of an offender. It restrains the movement of an offender and makes that person easier and safer for the MPs to manage while causing no discomfort to the offender.

said.

Most people have heard the phrase practice makes perfect. When it comes to training for a

job as important to Guantanamo Bay's mission as that of an MP, there's just no such thing as too much practice.

## SUCCESS, from page 4.

conducted within the company.

Brown says the one to three training cycle instituted by MG Geoffrey Miller is helping her soldiers on both a professional and a personal level.

Brown said, "We want to train so that we're proficient in all areas of our current mission and we also want to train for the next mission whether it is homeland defense or going somewhere else." After having two platoons complete their training cycle this week, Brown said her soldiers were able to do just that.

"They had some refresher training, some new training, and some things that will help them understand things that go on inside the camp (Delta) a little bit better ...

We also accomplished the Army Physical fitness Test and they all did very well. We had a 92 percent passing rate so far, so it's something to be proud of; something to have behind them. The training week is beneficial in that it changes your focus for a little while and I think that's part of the intent and it also helps prepare them and helps them stay sharp," said Brown.

Aside from just improving their overall physical fitness and PT scores, Brown's soldiers have been able to build camaraderie through group exercise. In addition to their regularly performed PT, many of the soldiers are participating in a softball league and Brown said this is helping to further cement a bond among the troops.

The soldiers of the 438th have come a long way since first stepping foot on the

island. They have come together as a team through their daily work on the blocks, continuous training, and PT. Where once there was a group of part time soldiers, there now stands a unified team of full time soldiers who continue to build upon their skills as military police.

Although going from one weekend a month, two weeks a year to every day is not an easy transition, Brown's soldiers have been able to make that transition relatively smoothly. Brown has set an example for her soldiers to follow; that although the road may be rough, it can be traveled. All it takes for one to achieve success is some grit and determination, and should Brown's soldiers continue to follow in her footsteps, they will only continue to improve.

# SMA visits Joint Task Force Guantanamo



Spc. Delaney Jackson

Command Sgt. Maj. of the Army Jack Tilley visits troopers at Seaside Galley.

## By Spc. Delaney Jackson

Guantanamo Bay received a visit from the Army's highest-ranking enlisted soldier Tuesday, Sgt. Maj. of the Army Jack Tilley.

"Part of my responsibility as sergeant major of the Army is to visit soldiers throughout the entire Army, I had not been to Cuba, and so I came down to see how the soldiers were doing, not just soldiers but airmen, Marines, and sailors as well," commented Tilley.

Tilley visited soldiers inside Camp Delta, Camp Bulkeley, and Camp America,

answering questions, addressing concerns, and touring living areas in both Camp America North and Tierra Kay. After eating with soldiers in the Seaside Galley, Tilley participated in a noncommissioned officer call at the Windjammer, answering the questions of unit senior NCOs.

"A lot of people don't realize it, but twice a year I testify in front of Congress. This is a way for me to collect information and take it back to the leadership of the Army; the Secretary of Defense, Secretary of the Army, Chief of Staff of the Army and also Congress, to tell them exactly

how soldiers feel about deployments like this one down here," noted Tilley.

Before departing Guantanamo, Tilley had some final valuable advice for soldiers, "I ask that soldiers be safety conscious. Last year we lost about 206 soldiers in safety related accidents and another 54 with suicides ... be safety conscious and talk to each other. Because of the heat and everything going on soldiers can get very frustrated, so I'd ask that soldiers talk to each other and take care of each other, if you have any issues talk to your supervisors about them."

## IMPROVING, from page 1.

command emphasis on fitness set by MG Geoffrey D. Miller, troopers are stronger and faster.

"It's getting better. If I look at the percentage of Army soldiers who pass the Army Physical Fitness Test, it's definitely gotten better since we arrived in Guantanamo. The command emphasis on fitness helps us in our readiness. Being in shape also makes you less susceptible to injury. And the APFT simply holds you accountable for your fitness," said 1st Sgt. Joseph N. Haddad, who serves two roles here, one as the first sergeant for the 785th Military Police Battalion, and the other as the assistant camp commandant for Camp America.

"I personally have increased my PT score by 30 points and have lost 30 pounds since I arrived here," said Haddad.

Haddad, who was previously deployed in Saudi Arabia, said we have a lot to be thankful for here. "In Saudi Arabia, they

didn't have the luxury of taking a shower after working out, let alone having an air-conditioned gym in which to work out. The troopers stationed in the desert get to wash up in a bucket and that same bucket is used to wash their clothes too. So we should consider ourselves lucky."

Tremendous improvements have been made with respect to communicating with family members more easily. Staff Sgt. James Garner of the 438th MP Company said, "JTF has provided us with phones and computers to contact our families. Although, it is starting to get pretty full up in the TK area now because of all the new people moving in. Sometimes you have up to an hour wait to use the phones, and that can be trying at times, but I still manage to get through."

Unit cohesion has greatly improved for many units here, including the 344th Military Police Company. "Going from a reserve status to an active duty status – that in itself has changed the team work environment in a positive way, because they

are two different worlds. You just don't get the chance train together like you do on active duty. That has had a major impact on our teamwork. You can see what the difference is with one soldier from one day to the next. Just from body language and the way they are talking, you can tell if they are having problems at home or if they are having problems with the training they are doing. So the leaders have an opportunity to learn more about their soldiers so they can be better leaders," said 1st Sgt. James Matthews of the 344th MP Company.

According to Capt. Juan Gonzales, Joint Task Force Guantanamo Morale Welfare and Recreation Officer, we have gotten better at improving the quality of life for the troops. There are plans to install more computers in the MWR huts so that troops enrolled in college courses can do their homework.

Gonzales also said that some donated softball equipment should be arriving soon, just in time for the softball season.

## Women's history month dinner program

By Sgt. Erin Viola

March has been designated as National Women's History Month by Presidential Proclamation and by congressional resolution. For the second year in a row, Guantanamo Bay service members and community members will celebrate by participating in the annual Women's History Dinner Program taking place March 28 at the Windjammer from 6:30 p.m. to 9:30 p.m.

This year's theme, developed by the National Women's History Project, is "Women Pioneering the Future."

Navy Lt. Barbara Munro, coordinator of the dinner, said the program will be entertaining and educational, and a lot of people from the community have gotten involved, to include the cheerleaders from the high school. Some high school students will also be reciting poetry and there will be a singing performance.

Each year the NWHP chooses a group of women to honor during the month of March. This year, 11 women from the past and present, representing all walks of life, have been chosen. They include a brigadier general in the United States Air Force - one of the most decorated military women in U.S. history, a Native American advocate, an astronaut, a congressional representative and senator, among others. Some of those women will be honored during the March 28 dinner and several elementary school children will deliver short presentations about these women.

In addition, the planning committee for the dinner will honor 10 women from the local community. These women will be announced during the dinner program.

Munro said the guest speaker will be Navy Capt. Ginny Beeson who is the Chief of Nursing Services at Bethesda Naval Hospital.

"I think it is important that we celebrate

Women's History Month. I don't think a lot of people realize the many contributions women have made. By honoring these women of our community and those chosen by the NWHP, it challenges assumptions and stereotypes. It sets people straight on what women can accomplish," said Munro.

Munro expects that about 200 people will attend the dinner this year. Tickets for the dinner will be sold at the NEX. For more information you can contact Lt. Barbara Munro at 5829.

Women's History Dinner  
"Women pioneering the future."

at the

Windjammer

March 28, 6:30 p.m. to 9:30 p.m.

## Puzzle pieces come together at JTF-Guantanamo

By Sgt. Erin Viola

At first it was a little intimidating when Jim said that his civilian job back home is to hunt people down. But it turns out that Jim, who is currently serving in the Army as member of the Joint Interrogation Group for Joint Task Force Guantanamo, is simply a patriotic American.

He will be referred to as "Jim," and specific details on exactly what he does here at Joint Task Force Guantanamo cannot be revealed in order to protect his identity.

"I originally joined the Army primarily out of patriotism and for the training opportunities," said Jim.

Over the years, Jim has held many positions in the Army and has traveled all over the United States, to Belize, Guatemala, Honduras, Panama, and Korea.

Jim began his Army career by serving two years on active duty as a military police officer. When that MP unit dissolved, Jim took an administrative position in the chief of staff's office in one of the unit's in his regional support command. Later, Jim became a crew chief on a UH-1 helicopter. From there Jim decided to become an infantry soldier and served as an operations sergeant. His job after that

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"The best thing about joining the Army is that I have the opportunity to teach the younger troops, make them better." "Jim"

Joint Interrogation Group

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was as a retention non commissioned officer for a combat division. Following several years as the NCO in charge of a provost marshal office, Jim was offered a position as a brigade first sergeant. However, due to a conflict with his civilian job, Jim had to take a few years off from the Army.

"The best thing about joining the Army is that I have the opportunity to teach the younger troops, make them better," Jim said. Jim has a lot of experience that he can offer to the younger soldiers, especially on how to deal with people. "I can guide them and lead them into the right direction, not only in their military careers but in their civilian careers as well."

Jim is stationed here with one other member of his unit. Shortly after Jim arrived here, he found out his home unit was mobilized to Kuwait. Jim said he

wishes he was with his unit, but he knows he has a job to do here. Besides, he said the weather is better here and that it is easier on his wife that he's here rather than Kuwait.

"My wife and I have been married for three years. She doesn't know much about the military, so this is a little tough for her," said Jim. I make sure I send a card to my wife and my children at least once a week, so they know I'm thinking of them."

Jim advises soldiers here, who are new to active duty and new to the stresses of working in the wire, to make sure they take advantage of any free time they have; to use that free time to decompress and relax. Jim said it is important for everyone in all jobs here to do this in order to retain one's focus and professionalism at work. "If these soldiers can keep their stress levels in check, it will help them to retain and maintain their composure while on the job."

This kind of advice can only help the mission here. "Basically we are trying to investigate and find out the who, what, when, where, why and how of the terrorists' operations. Our jobs here are just a piece of that puzzle. We are trying to put the puzzle together so we can see the big picture," Jim said.

# JTF HEALTH SOURCE

## Nutrition on the Mess Decks!!!

By Navy Lt. Donna M. Sporrer



**Registered Dietician U.S.  
Naval Hospital, Guan-  
tanamo Bay, Cuba**

Nutrition Clinic, Camp America, is up and running. Prior to its implementation, Joint Task Force Guantanamo personnel had to take extra time out of their schedule to somehow transport themselves all the way to the hospital. This no doubt deterred some from making or keeping appointments. With easy access, the Nutrition Clinic can and has accommodated up to 25 persons for weight loss classes and numerous individual, one-on-one counseling sessions.

And it's getting better too. Nutrition education on the mess decks is coming. It's been in the planning stages, routing and awaiting materials stages and now we're ready to roll. Beginning March 2003,

color-coded calorie cards will easily identify the fat and calorie content of foods served in the galley without having to count calories or fat grams. Think of a traffic light. Green (Go) will identify healthy, low-fat options - eat more of these. Yellow, (Caution), identifies foods that are moderate in fat. Too many yellow selections can provide too many calories and fat grams. Red, (Stop and Think), identifies food that are high in fat - eat in moderation. Of course, any food can fit so learn to balance the occasional "Red" food item with mostly "Green" ones.

Another educational tool will be the Fit to Fight Menu. This menu will identify a "healthy" 2,000 calorie meal plan using foods served in the galley. It should be used as a "template" - those requiring more calories can eat more of the "healthy" food choices. Those requiring fewer calories need to give something up. Hmmm, how

do you do that?

Here's where the Meal Patterns come into play. We've developed "sample" meal patterns for patrons to use that will outline what you can eat for 1,500 calories all the way up to 2,500 calories. We've also developed meal plans that show how eating what you want can contribute thousands of calories each day along with meal plans that show how you can eat some of your favorite foods without going over your calorie level.

On top of all that, diet analyses is available on the mess decks during the lunch hour on certain days. We've brought the clinic to the troops and now nutrition education to the mess decks. Where else can you get this kind of free, easy access service?

Charlie Papa!

## MAN ON THE STREET

Compiled by Army Sgt. Erin Viola, Spc. Lisa L. Gordon, and Spc. Alan L. Kneseck

This week's question:

***What female role-model inspires you the most and why?***



Spc. Katteri Franklin  
984th MP Co.

*"My mom because she's been through a lot in her life and through her experiences she's been able to teach me a lot and help me when I have problems."*



Army Staff Sgt. Starlet Sanders,  
JTF Finance

*"My Grandmother inspired me early on as a child. She had a strong faith and pushed me to excel in school so I can be the best that I can be."*



Staff Sgt. Latashia Kuhl,  
85th Combat Stress Det.

*"Maya Angelou because she is a wonderful writer and poet. She's so inspirational and a strong and independent character. Just a grace."*



Air Force Sr. Amn. Kristine  
Holliman, J4

*"My fifth-grade teacher Miss Nielson, because everyday she inspires a lot of children to think that they can be whatever they want to be."*



Army Master Sgt. Freddie  
Cochran, J4-Command Group

*"My aunt, who was a very wise and spiritual woman, help to encourage me to think for myself."*





## Delta Detachment Departs Guantanamo

Photo and Story by Spc. Alan L. Knesek

The Army Commendation Medal was awarded to the Coast Guardsmen of Delta Detachment Tuesday by Joint Task Force Guantanamo Commander, MG Geoffrey Miller.

## Service members celebrate Seuss in style

By Sgt. Benari Poulten

On Friday, March seventh, two-thousand-and-three  
The school children honored a famed birthday, you see.

His books bring joy, his wisdom spoken in rhyme  
It's Dr. Seuss, who last week, would have turned ninety-nine.

With guest readers aplenty, the celebration began,  
And the members of the Joint Task Force lent a happy helping hand.

An event like this takes dedication and time, make no mistake  
It takes the work of people like school librarian Tina Lake.

Senior Chief Sheila Martin, also helped pull-off this event  
Along with Ashley Salazar, the PTO President.

The children enjoyed learning that day, it's a fact;  
Even Major General Miller got in on the act.

At the W. T. Sampson School, you never saw such a sight  
Everyone reading and laughing, what a terrific delight.

Such stories of wonder in the classrooms were read  
Where the children rejoiced when they heard what was said.

They read Dr. Seuss, and the children all cheered  
At the images of creatures, both wondrous and weird.

Cats in hats, fox in sox, Hop on Pop, if you please  
They read of the Lorax - he speaks for the trees.

They read of Horton, of Whoville, and of green eggs and ham;  
They read of red fish and blue fish, and of course, Sam-I-Am.

They "oooh'ed" and they "ahhh'ed," and they read lines aloud  
They even learned lessons; Dr. Seuss would be proud!

Face painting and decorations, 'twas a fun time, you know!  
With some help from the troops of Joint Task Force Guantanamo!



## Movie Schedule

### Camp Bulkeley

#### Fri., Mar. 14

8 p.m. *Virus*  
R - 100 min

10 p.m. *Murder by  
Numbers* R - 100 min

#### Sat., Mar. 15

8 p.m. *American Beauty*  
R - 119 min

10 p.m. *Windtalkers*  
R - 133 min

#### Sun., Mar. 16

8 p.m. *K19: The Widow  
Maker* PG13 - 138 min

#### Mon., Mar. 17

8 p.m. *Accidental Spy*  
PG13 - 108 min

#### Tues., Mar. 18

8 p.m. *Universal Soldier;  
The Return* R - 82 min

#### Wed., Mar. 19

8 p.m. *Unfaithful*  
R - 124 min

#### Thurs., Mar. 20

8 p.m. *Juwanna Mann*  
PG13 - 91 min

### Downtown Lyceum

#### Fri., Mar. 14

7 p.m. *Pinocchio*  
PG13 - 113 min

9 p.m. *Catch me if You  
Can* PG13 - 140 min

#### Sat., Mar. 15

7 p.m. *Kangaroo Jack*  
PG - 89 min

#### Sun., Mar. 16

9 p.m. *NARC*  
R - 106 min

#### Mon., Mar. 17

7 p.m. *Cradle 2 Grave*  
R - 100 min

#### Mon., Mar. 17

7 p.m. *Kangaroo Jack*  
PG - 89 min

#### Tues., Mar. 18

7 p.m. *Antwone Fisher*  
PG13 - 113 min

#### Wed., Mar. 19

7 p.m. *NARC*  
R - 106 min

#### Thurs., Mar. 20

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

#### Thurs., Mar. 20

7 p.m. *Just Married*  
PG13 - 95 min

# JTF SPORTS

## Widow Makers finish without a splat

**Story and Photos By  
Spec. Alan L. Knesek**

Rental cost for paintball gun: free. Rental cost for mask, pads, and gas tank: free. Cost of an ample supply of paintballs: free. The cost of



*Coast Guard Petty Officer 2nd Class Jonathan Morgan, Delta Detachment, takes a look into the bunker to make sure no one will ambush him during Saturday's Paintball Tournament.*

seeing your fellow service members splattered with red, blue, yellow and green: priceless!

During this month's MWR team paintball tournament at Ground Zero Paintball Range three teams competed for the prestigious title of first place; The Widow Makers, Team

Army, and Ramrod. The competition was a good one, consisting of five games of capture the flag style paintball. The team with the best record of the five games was the winner. One game of total elimination was played to decide second and third place.

The Widow Makers came out of the competition with barely any paint on them as they took first place.

"This tournament was great. We have played here before so we knew about the terrain and we were confident that we would be the winners of today's tournament," said Coast Guard Petty Officer 3rd Class Charles Carver, team Widow Maker.

Team Army and Ramrod held The Widow Makers off for awhile, but the Widow Makers dominated the playing field. The three man team left with clean clothes and shiny new trophies for their collections,

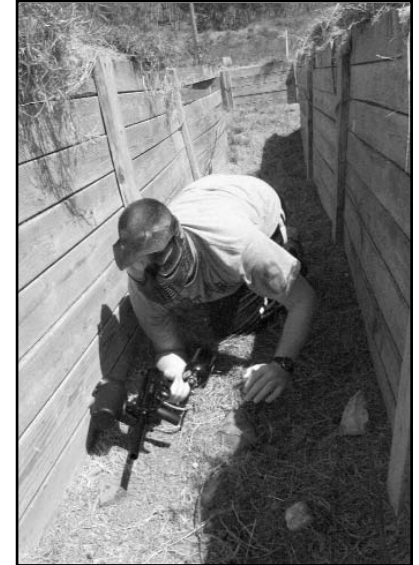
while the rest waged war again for second and third place.

With one more, no holds barred, total elimination game for second place, the paint would certainly find its targets this time. The teams took the field and began the battle.

There was no flag, no surrender, but there were lots of casualties on the field as Team Army divided and conquered Ramrod.

"We knew we had to split them up (Ramrod). They had been tough to play against all day and our only chance was to take them out one at a time," said Coast Guard Petty Officer 2nd Class Travis Shingleton, Team Army.

The match was almost over, until the last survivor of Ramrod made a courageous and daring dash through the middle of a paintball gauntlet. It seemed as though Ramrod may pull it off in the end, but with deadly accuracy, Team Army painted the last of Team Ram-



*Coast Guard Petty Officer 3rd Class Jim Kautzman, Delta Detachment, crawls down the fox hole during Saturday's Paintball Tournament.*

rod with their team color, neon green, to take second place.

The competition was over, but there was still more fun to be had. The rest of the paint was divided amongst the teams and an all out war between the teams began. No one was spared. No T-shirt was clean after the day of paintball. It was a success for MWR and a day of good times had by all.

### Captain's Cup Basketball tournament scores:

#### Standings

BR Bulldogs	13-0
Hospital	10 -3
Security	10-3
785th M.P.	9-4
Get Moers	8-4
96th Trans.	6-7
Sea Bees	5-7
JTF-GTMO	5-7
NavSta	5-5
PSU	2-12
MCSF Co.	2-10

#### Results

##### Sat. Mar. 8

Security 66 - W.T. Sampson 59  
Hospital 59 - 96th Trans 55  
Get Moers 50 - PSU 43

##### Mon. Mar 10

BR Bulldogs 57 - Sea Bees 34  
785th MP Co. 41 - MCSF 25  
JTF GTMO HQ 58 - NavSta 51

##### Wed. Mar 12

Hospital 48 - W.T. Sampson 43  
Security 2 - PSU 0  
BR Bulldogs 70 - 96th Trans 44

## Yatera Seca Golf Club

### Golf Scramble (stroke play) at the Yatera Seca Course

Saturday, Mar. 15 at 8:30 a.m.

Donations: \$3 members, \$5 non-members

Next meeting, Monday, Mar. 24, 7 p.m. at the Bayview Patio

Awards will be presented to first, second and third place. Bring your own cart and clubs. For more information call Danny at 5692.

# NATIONAL SPORTS

## Men's College Basketball

### Top Five Ranking

RANK	TEAM	RECORD	PTS	PVS
1.	<b>Arizona (26)</b>	25-2	770	1
Last Week: Def. Oregon State <u>72-60</u> (3/6), Def. Oregon <u>88-80</u> (3/8)				
This Week: 3/13 vs. <u>UCLA</u> (9-18)				
2.	<b>Kentucky (5)</b>	26-3	749	2
Last Week: Def. Vanderbilt <u>106-44</u> (3/5), Def. No. 3 Florida <u>69-67</u> (3/8)				
This Week: No Games Scheduled				
3.	<b>Texas</b>	22-5	708	4
Last Week: Def. Kansas State <u>74-60</u> (3/4), Def. No. 5 Oklahoma <u>76-71</u> (3/8)				
This Week: No Games Scheduled				
4.	<b>Kansas</b>	24-6	657	6
Last Week: Def. Seton Hall <u>65-56</u> (3/3), Def. Missouri <u>79-74</u> (3/9)				
This Week: No Games Scheduled				
5.	<b>Pittsburgh</b>	23-4	602	7
Last Week: Def. Seton Hall <u>86-54</u> (3/5), Def. Villanova <u>56-54</u> (3/9)				
This Week: No Games Scheduled				

## Women's College Basketball

### Top Five Ranking

RANK	TEAM	RECORD	PTS	PVS
1.	<b>Connecticut (40)</b>	30-0	1,000	1
Last Week: Def. West Virginia 78-58 (3/4), Def. Seton Hall 70-47 (3/9)				
This Week: Def. Virginia Tech 71-54 (3/10), Lost to No. 14 Villanova 52-48 (3/11)				
2.	<b>Duke</b>	30-1	957	2
Last Week: Def. Wake Forest 64-59 (3/7), Def. Georgia Tech 76-52 (3/9)				
This Week: Def. No. 10 North Carolina 77-59 (3/10)				
3.	<b>LSU</b>	27-3	910	5
Last Week: Def. No. 21 Arkansas 78-72 (3/7), Def. No. 16 Vanderbilt 78-69 (3/8), Def. No. 3 Tennessee 78-62 (3/9)				
This Week: No Games Scheduled				
4.	<b>Tennessee</b>	28-4	864	3
Last Week: Def. Auburn 66-51 (3/7), Def. No. 11 Mississippi St. 76-75 (3/8), Lost to No. 5 LSU 78-62 (3/9)				
This Week: No Games Scheduled				
5.	<b>Kansas State</b>	27-3	798	4
Last Week: Lost to No. 10 Texas Tech 73-64 (3/6)				
This Week: 3/12 vs. <u>Baylor</u> (20-9)				

www.espn.com

## Sports Brief

Compiled by **Spc. Mark Leone**

The University of Connecticut girls' basketball team suffered a loss for the first time in 70 games, losing in the Big East Tournament to the 18th ranked Villanova Wildcats. The lady Huskies hadn't lost since March 30, 2001. Villanova earned an automatic bid to the National Collegiate Athletic Association Tournament by winning the conference championship. In men's basketball two players from the Georgia Bulldogs tried to get the courts to help them in their quest to finish the rest of the season and be eligible for the N.C.A.A. tournament but the courts denied the players a restraining order against the school. The school withdrew the Bulldogs from the Southeast Conference and N.C.A.A. tournament for academic fraud by players. Selection Sunday is this weekend and the selection committee will determine the 64 teams to participate.

In the National Football League the Carolina Panthers reached an agreement with ex-Redskin Stephen Davis on a reported 5-year \$15.5 million deal. The Oakland Raiders signed veteran defensive tackle Dana Stubblefield to a one year \$755,000 contract. Stubblefield will add experience to an already deep Raiders defense. The Patriots signed veteran free safety Rodney Harrison to a six-

year \$15 million contract to bolster their secondary and possibly gain a draft pick by trading, franchised tagged, Tebucky Jones. New Orleans has two first round picks and is reportedly interested in the highly athletic Jones. The Patriots also came to terms with ex-Bear linebacker Rosevelt Colvin on a seven-year contract believed to be worth about \$30 million. ESPN.com rates Colvin the number one free agent in the market this year. The Arizona Cardinals signed Super Bowl Most Valuable Player Dexter Jackson to a five-year \$14 million contract making him one of the highest paid free safeties in the league.

After more than 16 months Alex Popov and Patrick Hayashi haven't agreed on much since both claiming ownership of Barry Bond's 73rd home run ball. Wednesday the two decided that Michael Barnes of Barnes Sports Group will broker a deal for the baseball. The value of the ball is valued at around \$200,000.

Golfing greats Arnold Palmer and Jack Nicklaus might be teeing it up for last time together as both have decided to play in the Bay Hill Invitational. These two greats have been rivals for over 40 years and this will be Palmers 50 straight year playing in a professional golf tournament.

Information from ESPN.com

## NHL Top 8 ranking teams

### Western Conference

	GP	W	L	T	OTL	PTS	GF	GA	HOME	AWAY	L10
1 Dallas	70	39	14	15	2	95	212	140	24-4-6-1	15-10-9-1	5-2-2-1
2 Vancouver	70	40	18	11	1	92	222	178	19-10-5-0	21-8-6-1	5-2-2-1
3 Detroit	69	39	18	9	3	90	220	173	23-6-5-2	16-12-4-1	9-1-0-0
4 Colorado	69	34	16	12	7	87	203	167	15-9-8-3	19-7-4-4	6-2-1-1
5 St. Louis	69	36	19	8	6	86	218	180	20-8-3-3	16-11-5-3	6-3-0-1
6 Minnesota	68	34	24	9	1	78	166	148	19-12-3-0	15-12-6-1	5-4-1-0
7 Anaheim	70	33	25	8	4	78	168	167	18-10-6-1	15-15-2-3	5-5-0-0
8 Edmonton	70	30	24	8	8	76	189	192	15-10-4-4	15-14-4-4	4-3-2-1

### Eastern Conference

	GP	W	L	T	OTL	PTS	GF	GA	HOME	AWAY	L10
1 Ottawa	70	44	18	7	1	96	224	152	26-7-2-1	18-11-5-0	7-3-0-0
2 New Jersey	68	39	18	6	5	89	180	143	22-10-2-1	17-8-4-4	4-3-2-1
3 Washington	71	33	25	8	5	79	195	187	21-11-2-2	12-14-6-3	5-2-1-2
4 Philadelphia	68	35	18	11	4	85	159	142	16-9-7-2	19-9-4-2	5-2-1-2
5 Toronto	70	38	26	5	1	82	203	178	21-12-3-0	17-14-2-1	4-5-1-0
6 Tampa Bay	69	30	23	11	5	76	186	183	20-8-4-3	10-15-7-2	6-2-2-0
7 Boston	70	31	27	8	4	74	211	207	19-10-4-2	12-17-4-2	3-3-2-2
8 NY Islanders	69	30	28	9	2	71	184	192	18-15-4-0	12-13-5-2	2-5-3-0

www.espn.com

# 15 Minutes of Fame...

with Spc. Allyson Fritzborgren  
344th Military Police Company  
**One tough mom!**

## Interview and photo by Sgt. Erin Viola

**Q:** Where are you from?

**A:** I'm originally from Georgia, but I currently reside in Connecticut.

**Q:** What brought you to Connecticut?

**A:** My husband is in the Navy. He's been in the Navy for 12 years and is currently and instructor at the submarine school in Groton.

**Q:** How long have you been with the 344th?

**A:** Since last September.

**Q:** Why did you choose to become an MP?

**A:** I'm pursuing a career in civilian law enforcement and I thought this would enhance my civilian career.

**Q:** Are you in school now?

**A:** I was in school, but then we got deployed, so that's on hold for awhile.

**Q:** What is your dream job?

**A:** I want to be involved with law enforcement. I'm thinking along the lines of intelligence. Maybe I can get on at the Bureau eventually. It's a long term goal, but I'll eventually get there.

**Q:** Do you have any kids?

**A:** Yes, I have three children.

**Q:** Why did you join the Army?

**A:** I have a brother who has been in the Army for 12 years, so that influenced me. But, I've



*Spc. Allyson Fritzborgren of the 344th Military Police Company, has been married for 10 years and is a mother of three. She says she will head back to school to get a degree in criminal justice when she's done with the deployment, in hopes of working for a federal agency in the future.*

always had intentions of joining when I was younger, but I met my husband and life started and I had my family. It was something I always wanted to do, so I thought I'd go to basic training, and do it while I had the opportunity with my husband on shore duty.

**Q:** So you were already a mom when you went to basic?

**A:** Yes, I missed my children a lot. I was gone four and one-half months, then I was home for a month before I was deployed here. It's been hard on my children because they were so used to having me home.

**Q:** How has the Army made you a better person?

**A:** It has definitely been a con-

fidence builder. When I went to basic, it was really difficult because I was always in mom mode, and to change over into soldier mode was really difficult.

**Q:** How has this deployment had an impact on you?

**A:** It makes me more grateful about what I have at home. I'm always on the go at home; running and rushing around to get things done. Being here makes me realize the important things and the important moments with my kids. When I think back, I regret not slowing down and taking those moments I could have had. When I get home, I will spend more time just relaxing with my kids versus trying to get so many things done.

**Q:** What is it like being a female and working inside the wire?

**A:** You get one extreme or the other, typically. The detainees either don't want to associate with you, or they'll be giving you marriage proposals.

**Q:** Did you receive any special training on how to deal with detainees?

**A:** Yes, we received training very similar to what we are doing here now at Camp Delta. We had a good training unit. The 240th MPs is our sister unit and they did an awesome job.

**Q:** What do your friends and family think about your deployment?

**A:** I think they are proud. My husband supports me greatly. It basically changed our whole lives once I came in the Army, and of course when I got deployed. I was only home for several weeks after basic and Advanced Individual Training before I was mobilized. But my husband, he's like the mom and dad now. He's now making the cupcakes for the day care kids and that kind of thing.

**Q:** Has the deployment experience here at Guantanamo Bay taught you anything new?

**A:** Yes. It's taught me how to be a better person ... It teaches you to keep your head up and whatever people may say, and no matter what you go through, just to keep on moving.