

## The ‘faithful and brave’ arrive in Guantanamo

By SGT Jolene Staker

Members of 2nd Battalion, 113th Infantry Regiment, arrived at Guantanamo Bay, Cuba, ready to assume responsibility for the JTF perimeter security.

“It’s a great opportunity for the battalion,” said LTC Patrick Dacey, battalion commander. “It’s a challenge but the battalion is ready for it.”

The battalion is ready because they have been anticipating a mission for about a year and a half. The location changed but the desire to serve did not.

“It’s a chance for us to not only give something back but to take the years of training and experience that we’ve had and put them to use,” said MAJ Arthur DiBenedetto, battalion executive officer.

Soldiers have been training diligently to validate basic infantry skills and individual tasks at Fort Dix, N.J. Collective task training there ended in a five-day mobilization training exercise which was a live scenario based specifically on the JTF mission.

“They’ve been training very hard, train-

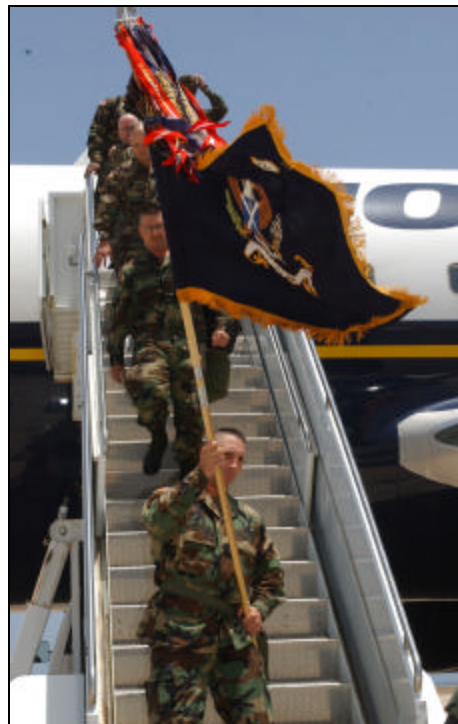


Photo by SGT Jolene Staker

Members of 2nd Battalion, 113th Infantry Regiment arrive at Guantanamo proudly displaying battalion colors.

ing for a long time and they are ready to get this mission on,” said 1SG George Floyd, first sergeant of C Company.

The next step in their training is the left-seat/right-seat training with members of the 1st Battalion, 181st Infantry Regiment.

“They are going to train you to standard,” said COL Nelson Cannon, Joint Detention Operations Group commander. “I know you will take it to the next level and you will leave here better than you came.”

Soldiers of the 2-113th Inf. Regt. are ready for the next step.

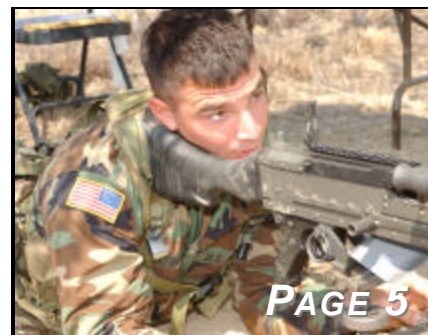
“We’re looking forward to getting our on-the-ground training and being set in the direction that we need to go to complete our mission,” said CSM Joseph Tatem, command sergeant major for the battalion.

The 2-113th Inf. Regt. has members with deployment experience and one soldier has served in Guantanamo Bay as a translator during the refugee mission in

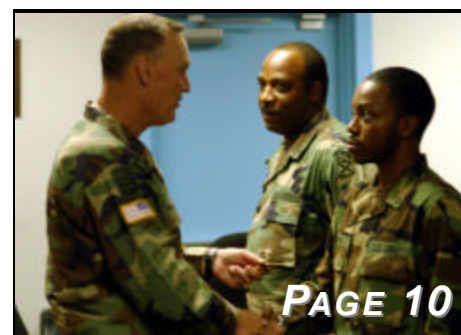
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### Inside the Wire ...

#### INFANTRY ROTATES HOME



#### TROOPERS HONORED



#### SETTING THE EXAMPLE





## Trooper to Trooper

# Army marks exciting week

By COL Timothy Lynch  
JTF Guantanamo Chief of Staff

What an exciting week for an old infantryman. The best Army in the world turned 229 years old on 14 June. Infantry Branch, the oldest (and best don't you know) branch in the U.S. Army, also celebrated her 229th birthday. We celebrated both events in high style with a re-affirmation of our Soldier's Creed, followed by a three-mile Army spirit run. Of note – the run will most probably be the last U.S. Army unit run of my career, and the last time in my career that I will ever have a chance to run with an infantry battalion. I am proud to have made this last run with JTF-GTMO, and with 1-181 Infantry; thanks - those are memories I will treasure forever. We also saw the arrival of 2-113 Infantry, and are preparing to depart 1-181 Infantry in a couple of weeks. Finally, we will end this week celebrating Father's Day with some of the best dads in the world, who are standing watch while their kids grow up in a safe, free country. It does not get any better than that.

I would like to extend my warmest mahalo nui loa to the Infantrymen from 1-181 Infantry. Seems like yesterday I stood on Bulkeley Field and watched you assume the mission to protect our Joint Task Force. Throughout the past ten months you qualified battle staff NCOs, saw new leaders develop in the Primary Leader Development Course, and produced new expert infantrymen. You accomplished this while upholding the high JTF-GTMO mission standards, and while taking care of your soldiers and equipment. Given the world we live in, as I bid you fair winds and following seas, I encourage you to ensure that you are ready before beginning your homecoming celebrations. The wolves are out there beyond the door, and 1-181 Infantry will surely be called to action on a future battlefield. Congratulations on a mission well and faithfully done. But be ready. Keep your powder dry.

I would also like to extend my warmest aloha to 2-113 Infantry. It was great to see you and your swirling infantry colors and battle streamers exit the aircraft on 14 June. You have big boots to fill. You have two weeks to learn what you can, and be ready to accept the mission to

defend us from external ground threats. I like your spirit, and know that your personal experiences back home on 9-11 will drive you on. You have an exciting year ahead. Expert Infantryman Badge competition. PLDC. Battle Staff. Live fires. Patrolling, and many other events. This mission will give you a chance to sharpen your individual and collective infantry skills in the defense of the JTF. Follow your troop leading procedures. Conduct detailed planning, prep like it was for real, execute with all your heart, and AAR to get better every day. Don't look back ten months from now and think you should have done something more. I am told your motto is 'Semper Fidelis.' It is time to dedicate yourself to it, step up, focus on your mission, take care of your troopers, lead from the front, and leave it all on the field. Best of luck in the days ahead.

Finally, I would like to wish all the dads in the JTF a Happy Father's Day. It is tough being away. But the Army, the JTF, your families, and America for that matter, need dads

- who do not have a price at which they can be bought
  - who do not borrow from integrity to pay for expediency
  - whose handshakes are ironclad contracts
  - who are as honest in small matters as in large ones
  - whose ambitions are big enough to include others
  - who know how to win with grace and lose with dignity
  - who do not believe that shrewdness and cunning and ruthlessness are the keys to success
  - who are not afraid to go against the grain of popular opinion and consensus
  - who are occasionally wrong and are not afraid to admit it
  - who are team players
  - who don't walk by mistakes
  - who can be counted on in the clutch
  - who lead from the front
  - who put the mission first, and always find ways to take care of their people
  - and who are not afraid to risk it all in defense of what makes this country great, for the future of our kids.
- Happy Father's Day.  
Follow me.  
Honor Bound.

### JTF-GTMO Command

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**Joint Task Force CSM:**  
CSM Angel Febles  
**Public Affairs Officer:**  
LTC Leon H. Sumpter  
**Deputy PAO**  
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## 463rd MP Co. relinquishes JDOG command



Photo by SPC Katherine L. Collins  
(Top left) Members of the 783rd Military Police Company stand at attention during the playing of the Army Song at Monday's JDOG transfer of authority ceremony.



Photo by SPC Katherine L. Collins  
Members of the 463rd Military Police Company salute during the playing of the National Anthem.

## Detention Hospital transfers authority



Photo by SPC Katherine L. Collins  
Cmdr. Thomas DeLaney delivers a few words during Monday's Detention Hospital transfer of authority ceremony. DeLaney assumed command from Cmdr. Jefferey Timby as officer in charge of the hospital.

Photo by SPC Katherine L. Collins  
(Top right) 1LT Romel Santos, 491st Military Police Company, speaks to the outgoing and incoming JDOG troopers after assuming command.

(Center) Michael L. Hunter salutes during the playing of the National Anthem.

# Trooper on the Street

By SPC Katherine L. Collins

This week's question: **What's been the most rewarding part of your GTMO deployment?**



**SPC Luis Ortiz,**  
A Co. 1-181st Inf. Bn.

"Cooking for the guys in my free time. It's relaxing for me, and they really appreciate it. So it's a morale boost for us all."



**Chief Petty Officer Douglas Cave,**  
Surgeon General's Office

"Working with so many different branches of service - seeing the similarities, differences and the way we work together to accomplish a mission."



**SSG Doug Newsom,**  
216th MP Co.

"Great fishing pretty much every weekend. Here I've been able to catch the type and size fish that win prizes from magazines back home."



**SPC Irvin Maldonado,**  
B Co. 1-181st Inf. Bn.

"Losing 90 pounds - the nutritionists and personal trainers here are great. Also, just knowing I'm serving my country."



**Airman 1st Class Markeyla Bunton,**  
J-3

"All the great people I've worked with and come to know. That's what I'll miss most when I leave."



## Growth from page 1



Photos by SGT Jolene Staker

(above) COL Nelson Cannon, JDOG commander, welcomes the 2-113th Inf. Regt. to the JTF.

(below) Chaplain Stephen Feehan welcomes soldiers and has a time of prayer with them.



1994 for four months.

He shared with his men what challenges he knew Guantanamo would hold for them.

"It's hot and it will take them a while to get climatized," said CPL Daniel Torres of D Company. "I tell them to drink a lot of water."

ISG Jose Reyes, first sergeant of B Co., brings experience from his deployment to the Balkans.

"On a scale from one to 10, we are a 10+ for motivation," said Reyes.

One goal that soldiers of the 2-113th Inf. Regt. have for their time in Guantanamo is to have Expert Infantry Badge Training.

"This is a perfect opportunity for us," said DiBenedetto.

The companies also plan to have some friendly competition.

"We've challenged members of D Co. to be the best company in the battalion," said 1LT John Boyd, D Co. commander. "We now have a standard of comparison, because we are all doing the same mission."

Improving mission readiness is the true purpose behind the competition.

"We are competitive and want to be the best out here, but the important part is the mission," said Boyd. "The competitiveness only serves to achieve a higher goal. This is a great mission for us."

While the line companies provide the perimeter security, it is headquarters company that gives them the support they need to perform their mission.

"HHC's role is to supply and provide

support for the forward units that are operating in Guantanamo," said 1LT Thomas Fisher.

Headquarters soldiers hold many military occupational skills, and they are ready for the challenge.

"They are highly motivated and ready to go," said ISG Michael Dipietro, first sergeant for Headquarters Co. "I have confidence in my company that they are trained and ready to go on any mission that they are assigned to down here."

While the companies provided bridge and tunnel security as well as working the airport security mission after the 9/11 terrorist attacks, this is their first overseas deployment since World War II.

Their motto – "Fidelis et Fortis" – Faithful and brave" was earned during revolutionary war campaigns.

They are also direct descendants of the famous Essex troops who served as the honor guard at President Woodrow Wilson's Inaugural Ball in 1913.

During World War II they landed at Normandy on D-Day and earned citations for service in Northern France, the Rhineland, the Ardennes-Alsace and central Europe.

The Second Battalion also has a distinguished domestic service record. It was called to suppress labor disturbances in 1871, railroad riots of 1877 and labor riots of 1908. It also served the state during the civil disorder in 1967, the blizzards of 1977-1978, the Passaic River floods of 1984 and Tropical Storm Floyd of 1998.

Members of the 2-113th Inf. Regt. have a rich heritage of serving where they are needed, and they plan to uphold this reputation during their time in Guantanamo.

"We've been waiting a long time to be here, we're happy to be here and we're ready to get this mission started," said CPT Jurandir Araujo, C Co. commander.

1LT Eric Frenzke, B Co. commander, encourages his men to remember the events of the 9/11 terrorists attacks when they need motivation.

"This is an integral part of our nation's defense," said Frenzke.

SFC John Figueroa, D Co. first sergeant, has one main goal on his mind while here.

"My goal is to make sure everyone gets home safe, all in one piece," said Figueroa.

DiBenedetto thinks of his son.

"I'm here so my son, hopefully, doesn't have to do this job unless he wants to," he said.

# 1st Battalion, 181st Infantry Regiment

## "Keep your powder dry"



The 181st Infantry (Light) is one of the five oldest units in the U.S. military, tracing its lineage back to 1632. It was 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-American War.

The 181st became a National Guard unit in 1907. 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. The unit became the 181st in 1921 and was assigned to the 26th Infantry Division in 1923, remaining in that division until 1991, when it deactivated.

In 1996, the unit became part of the 29th Inf. Div. The 1st Battalion, 181st Infantry Regiment, deployed as part of SFOR 10 to Bosnia-Herzegovina, command Task Force Eagle, part of the ongoing rotation of active Army and Guard divisions in support of Operation Joint Forge. An element from Company A, 181st Infantry (Light), based in Worcester, was mobilized for homeland defense and

comprised Natick Lab's Installation Defense Force. On Sept. 19, 2003, the 2nd Battalion, 116th Infantry Regiment transferred authority and the mission of supporting Joint Task Force Guantanamo to the 1st Bn., 181st Inf. Regt. Massachusetts Army National Guard.

U.S. Army infantry regiments have fought in every one of the nation's major and minor conflicts. From Concord to the Gulf, Gettysburg to the beaches of Normandy, the infantry has led the way. As the Army's basic combat fighters, infantrymen fulfill the oldest role on the battlefield. America's infantry units, some of which trace their history back to the 18th Century, stand prepared today to perform their traditional mission, that of closing with and destroying the enemy..



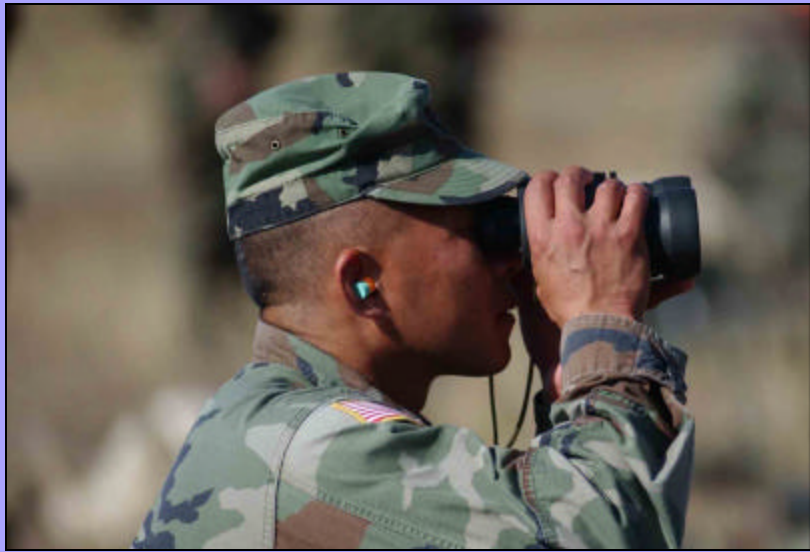


Photo by SSG Patrick Cloward

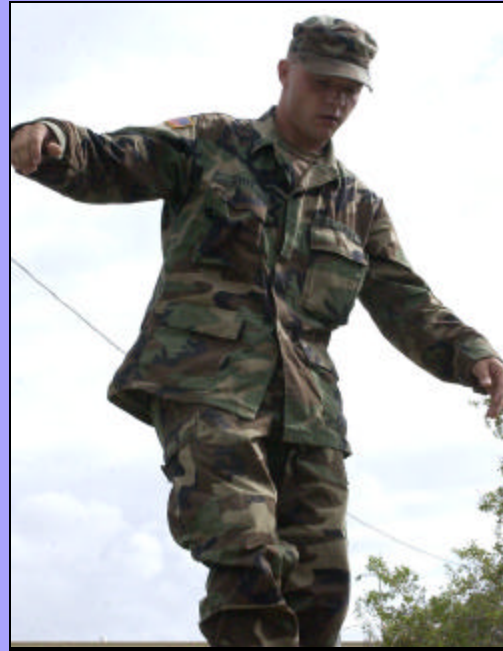


Photo by SRA Thomas Doscher

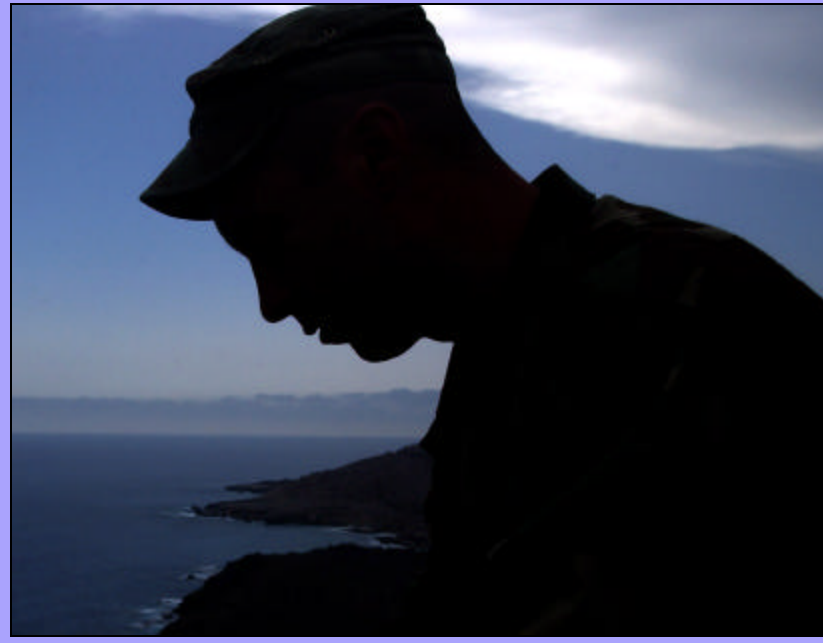


Photo by SPC Tommi Meyer

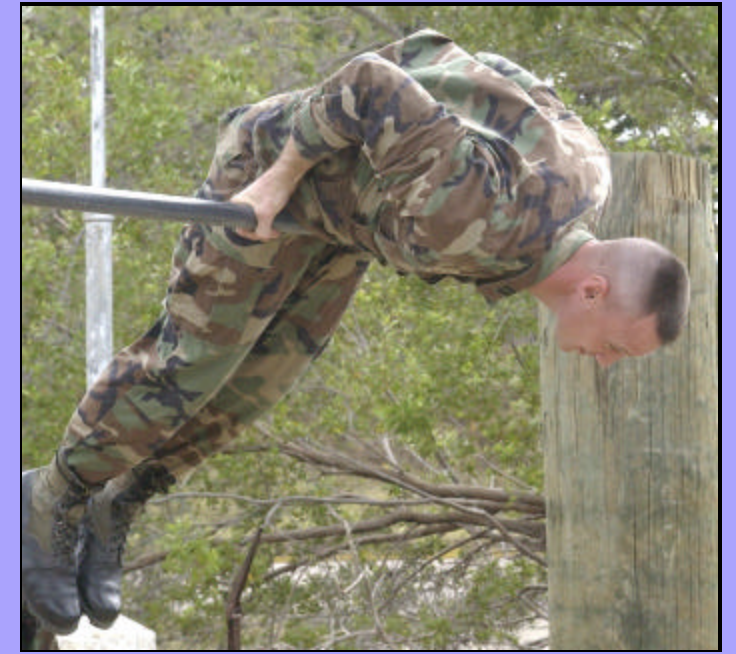


Photo by SRA Thomas Doscher



Photo by SGT Jolene Staker



Photo by SGT Jolene Staker



Photo by SRA Thomas Doscher



Photo by SGT Jolene Staker



Photo by SPC Katherine Collins

# 1st Battalion, 181st Infantry Regiment (*Light Infantry*)

***Every soldier in the battalion leaves knowing they have sharpened their skills and are more proficient at their duties than they were when arriving here.***

**-LTC Joseph F. Noonan**



Photo by SGT Jolene Staker



Photo by SGT Jolene Staker



**To the Soldiers of 1st Battalion, 181st Infantry Regiment (Light Infantry):**

I personally want to thank each and every one of you for the hard work, professionalism, sacrifice and dedication to duty you displayed every day during this deployment. You are the ones who have made this deployment and mission a success. I consider myself very fortunate to have had the opportunity to serve with you as your battalion commander. Our mission at Joint Task Force Guantanamo (JTF-GTMO) has played a vital role in our country's success on winning the global war against terrorism. We provided the JTF troopers and civilians working in the wire a sense of security in knowing that the area of responsibility was being defended. Be proud of the job you have accomplished and go home back to your families knowing your country called and each and every one of you answered the call to duty with great honor and pride.

This Battalion has accomplished so much since we arrived at JTF-GTMO. The companies have had the opportunity to plan and execute realistic and exciting team- and squad-level live fire exercises, Advanced Infantry Marksman Skills Systems I & II training, mortar Live-Fire

Exercises and Expert Infantry Badge (EIB) Training, resulting in 16 new EIB holders. The 1-181st Inf. Regt. successfully completed many JTF live fire exercises and celebrated its 367th anniversary during the deployment. The training has been incredible and we have taken full advantage of it. Every soldier in the battalion leaves knowing they have sharpened their skills and are more proficient at their duties than they were when arriving here.

I have learned a great deal and have made new friendships as being part of the JTF. It has been a great experience on seeing how the other services perform their duties and responsibilities as members of the JTF team. It was great to be part of a winning team and working with outstanding individuals making it a success. I want to thank our many friends in the JTF, the Joint Detention Operations Group, Marines, the Coast Guard Maritime Safety and Security Team 91110 and the Naval Base for their assistance and support during our time here. It has been a great experience for me both professionally and personally.

Again, To the Soldiers, Noncommissioned Officers and Officers of the 1-181st, thank you and a job well done.



**1-181st Inf. Regt.  
Battalion Commander  
LTC Joseph F. Noonan**

**INFANTRY LEADS THE WAY!!  
HONOR BOUND and KEEP YOUR  
POWDER DRY!!!**

**To the soldiers of 1st Battalion 181st Infantry Regiment (Light infantry):**

When we were planning for the assault on Cuba, (that's right, the infantry never just arrives) some 12 months ago, I asked the soldiers to do a number of things when we stormed the Leeward Airfield. One of things I told them was, "You only have one chance to make a first impression."

The soldiers of the 1-181st Inf. Regt. came here with the attitude and demeanor of an active component unit. You were asked to be professional and conduct yourselves in a manner that would make everyone proud, and you were truly successful. You overcame the heat, terrain, and long hours to be the best infantry unit to serve Joint Task Force Guantanamo.

We have worked hard and we

have trained hard. It will be difficult to match the training at home station with the training we did here. We constructed a "shoot house" and created an Advanced Infantry Marksmanship course and the JTF gave us more ammunition than we could shoot in five years at home station. This unit is one of the best infantry units in the guard because of that innovative training. We have moved the bar up, and we are committed to making sure the incoming infantry unit is ready before we go.

I want to thank all the family members of the 1-181st Inf. Regt., as well as the troopers of the JTF, for your support and cooperation during the deployment. Without that support we would not succeed like we did.

**"Keep Your Powder Dry"**



**1-181st Inf. Regt.  
Battalion Command Sgt.  
Major, CSM Gregory C.  
Hurlburt**



**Thumbs up**

*BG Jay Hood, JTF Guantanamo commander, congratulates troopers as they complete a run Monday morning to commemorate the Army's 229th birthday.*

**Learning Guantanamo language saves time, confusion**

By SPC Rick Fahr

As new troopers rotate into JTF Guantanamo, they need to learn the local language.

No, not that Caribbean dialect that's more difficult to understand than a hyper Cajun. Troopers need to learn GTMO-speak.

■ "GTMO special" — refers to a rolling deathtrap of a vehicle that wouldn't be allowed in a landfill in the United States. These vehicles pass through many rotations of troopers, and they seem to rise in value as the years pass. Where else would a 1972 sedan of indeterminable lineage, a paint scheme that consists of rust and mold and an engine that runs on a mixture of gasoline and smoke sell for \$1,500? These belching, doorless wonders are generally from the Ford era (Henry, not Gerald) but are worth their considerable weight in gold because ...

■ "A half mile" — that's the standard distance measurement on the island. "Oh,

**FAHR GAME**

that building is just a half mile down the road." In the United States, the measurements for the distances described here as a "half mile" would range anywhere from a half mile to "go to nowhere and turn left, then go a half mile."

■ "Local wildlife" — the terra firma literally abounds with odd animals. Banana rats look like big possums that leave their little calling cards all over. Land crabs will draw blood if you let them pinch your finger. (Don't ask.) And the iguanas. Oh, the iguanas. A big, surly one spit at and made threatening gestures toward me the other day. Don't laugh. It's fairly frightening to be hassled by a lizard. I pointed to its hide and then my boots, trying to make a point, but I don't think it understood. You can't really reason with a reptile.

■ "The Wire." This is one of the most

confusing terms on this rock. It could mean the line between us and the communists, or it could mean fence around the detainee operations, or it could mean the name of this publication. Most of the time, though, when people mention "the wire," what they're talking about is the cord strung up around their hooches to hang shower curtains from in efforts to provide some modicum of privacy.

■ "Bus stop" — a bench that always faces the sun, even at night, where tired, sweating troopers wait for buses that came by two minutes ago and will return in no more than three days.

■ "NEX" — everyone knows what the NEX is. It's the social epicenter of the island. It has food, shopping and an ATM. What else could anyone want? Men who wouldn't otherwise visit a mall if their life depended on it now look forward to a NEX run like Sally Struthers looks forward to a pizza buffet. No one ever turns down a chance to go to the NEX.

Besides, it's only a half mile away.

**Tourney runners-up**

*Members of the Baysknocks softball team recently finished in second place in the Captain's Cup postseason tournament. Team members include: front row (from left) — SPC Mickey Miller, LCPL John Ellingson, SPC William Ingram, JO2 Jason Perry, CPL Mike Harpin and SPC Michael Blackshire; back row — Tech Sgt. John Karagiannes, SGT Joshua Carroll, SPC Marcus Sepulveda, SPC Larry Lynch, SSG Matt Ellwein, SPC John Pulliam, SFC Dan Cordona, SPC Mark Woodall, SGM Anthony Mendez and SPC Mike Gardner.*





# Honoring the Troopers



Photo by SSG Patrick Cloward

SPC Danika Florence, SPC David Clero and PFC Clarence Reeves light up the stage for members of Guantanamo Bay and JTF GTMO during the Army Soldier's Show June 10. Members of the troupe performed various acts including patriotic music, country, comedy and various popular musical hits.



Photo by SPC Rick Fahr

Winners of the JTF Guantanamo photo contest pose with BG Jay Hood, JTF commander, and their winning photos. The winners are: (from left) SPC Tommi Meyer, first place; SSG Patrick Cloward, second place; and SPC David Duhart, third place.



Photo by SPC Rick Fahr

BG Jay Hood, JTF Guantanamo commander, presents a commander's coin to SPC Chris Conway, J-6 scan team, during a recent ceremony.



Photo by SPC Rick Fahr

PVT Dennis Marment of 1st Battalion, 181st Infantry Regiment poses with Jared Fogle, spokesman for Subway Restaurants. Like Fogle, Marment has made Subway sandwiches a part of his diet program.

## Padre's Corner

### Learn to trust in God's love

By Chaplain (MAJ) Steven Herman

There is an old story of a hiker who falls off a cliff and is holding on to a tree stump for dear life. With his feet dangling he prays out to God, "Help me!" God answers, "You must trust me, let go of the stump, and I'll catch you." The man looks down then back up, yelling to God, "Is there anyone else up there I can talk to?"

Trusting God in difficult times is not always easy. One of my favorite verses in the Bible is Proverbs 3:5&6- "Trust in the Lord with all thine heart, and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths."

Trusting God when it makes sense and life is good is easy, but trusting the Lord when His will is unclear and life is hard is not always easy, but is essential to our spiritual growth. George MacDonald wrote - "To be trusted is greater than to be loved." When you find yourself in time of need, trust in the Lord.

## Father's Day reflection: Biblical story defined by virtues

By Chaplain (MAJ) Steven Herman

Father's Day is Sunday. If your father is still living I hope you will be able to reach out to him with a card or phone call. If you are a father far from your children, I hope they have reached out to you in the same manner.

Father's Day makes me think of my favorite Bible story about fathers, the story of the prodigal son (Luke 15:11-24). The father in this story serves as a good role model in the following three ways:

First in his wisdom. The father is wise enough to know when to let go of his son. There is an old saying "Let go, and let



Photo by SPC Katherine L. Collins

## Army birthday

SFC John Raimondi (left), 50th Brigade, 42nd Infantry Division; BG Jay Hood (center), JTF commander; and PFC Joshua Dickerson, 783rd Military Police Detachment cut the Army birthday cake on Monday. Raimondi, who works in J-3, is JTF's oldest trooper and Dickerson, who serves with the JDOG, is the youngest. They helped mark the Army's 229th birthday.

### Chapel Services and Programs

#### Alpha Course

A discussion forum designed to answer questions about Christianity. Held at Camp America North, room L001, every Tuesday at 7 p.m.

#### Soul Survivor

Listen to contemporary Christian music and dynamic preaching. Held at the Club Survivor deck every Wednesday at 7 p.m. Refreshments available.

#### Thursday Ticket

Each week a contemporary movie is played and afterwards viewers discuss the morals and ethics shown in the film. Held at Camp America North, room L001, every Thursday at 7 p.m.

God." As much as we want to hang on, sometime we have to let go of our children and just leave them in the good Lord's care and keeping.

Second in his patience. The father patiently allows God to work in his son's life. Someone once prayed, "Lord give me patience, and give it to me right now!" We would all like to see our children mature instantly, but life is not like that. Like the father in the story we must patiently wait on our children to mature in God's time frame, not ours.

Third in his expression of love. Upon his son's return the father outwardly expresses his inward love with symbolic

gifts and loving words. Many of us grew up with fathers who did not outwardly express their love for us. We tend to carry on that tradition. We seldom tell our kids we love them because we assume they already know it. Our children need to know we love them by our outward actions and words, not just our inner thoughts.

The father in the story of the prodigal son is more than a role model, he is a window into the nature of God. Jesus told the story as a parable in which the father represented God. This Father's Day you can know for sure that you have a Father in heaven who is wise, patient, and loving toward you in all His ways.



# 15 Minutes of Fame...

## With SPC David Duhart, B Co. 1-181st Inf. Bn.

By SPC Katherine L. Collins

Joining the Army National Guard two years after high school, SPC David Duhart transitioned from serving as Mom's and Dad's "Private Duhart" to one of America's own honorable servicemembers. Having now served two and one-half years in the military, all as an infantry soldier, Duhart continues to recognize and draw on the military's many benefits, using them to better himself as a person and to follow his passion of working in the music industry. Among his sources of pride, he is honored to serve as an example to his little brother.



Photo by SPC Katherine L. Collins

SPC David Duhart, serves with the 1-181st Inf. Bn. in Massachusetts. He displays his sense of pride, duty and determination in life, which he says he owes to his parents through such ways as voluntarily attaching to the 1-181st Inf. Bn. to deploy to Guantanamo Bay. He said, "I knew it would be a good experience, so I jumped at the opportunity to go."

### Q: What inspired you to join the military?

**A:** My family – my mom was in the Army, in transportation then as a journalist, and my dad was a sergeant major with the 82nd Airborne Division. They encouraged me to join the National Guard, which seemed a good idea because it offers good experience and I wasn't doing much then.

### Q: What do you recall as your best military experience?

**A:** The friendships you make. There is every type of person in the military, and it's interesting to get to know them all.

### Q: How has your military service impacted and molded you as a soldier and person?

**A:** With military parents, I've been "Private Duhart" pretty much since I was born, but my own service has made me more disciplined, helping me form and reach goals for my future. Also, meeting all types of people broadens your horizon and widens your web of knowledge about people. People from even just different parts of one state – like Massachusetts – are different from each other.

### Q: In what ways has your family supported you in your military service?

**A:** At 17, they made me step out on my own to make something of myself, just as my dad did at my age, encouraging me to join the military. My little brother is much younger, and he thinks I'm the coolest thing since sliced bread. He always asks about the guns and trucks and stuff. I love talking to

### Q: What has been most rewarding about this mission?

**A:** Getting to know all the [infantry] guys I see all day long. I spend time with friends at home, but don't get to know them like I do these guys. When you're out walking three to four miles at a time, you have lots of time to talk.

### Q: What do you do to relax at home and when you deploy?

**A:** At home I've played the piano since I was four and the base guitar and drums since I was about 16. I jam with some guys in the recording studio. I also just chill on the beach outside of Boston and in New Hampshire a lot. Here I collect all kinds of music from everyone I meet and go to the beach. I miss playing music here, though. After 10 months of not playing, I'll have to do some serious practicing when I get home.

### Q: Who has inspired you most in life and why?

**A:** My mom, because she went from being in the Army to being a model to running for Mrs. Massachusetts. She's awesome. She's smart. She's a go-getter. She's my inspiration for everything.

### Q: Looking back on your overall military experience, what makes you most proud to serve?

**A:** Three main things – knowing I'm serving my country, bettering myself and being an example to my little brother.

### Q: What are your immediate and long-term plans for when you return home?

**A:** Although I was accepted to Berkeley School of Music for sound engineering and concert piano, I'm thinking of just attending a state school for a while to complete my basic academic courses. Then I'll switch to Berkeley for my focus in music. After college, I'd like to eventually start my own recording studio or record label. In addition to music, I will at least also pursue a bachelor's degree in business. Short term, I'm just going to relax from school and any serious employment until December, and I'll visit my mom, dad and brother, who are currently moving to the West Coast.

him about the military. I just love him to death and would do anything for him.

### Q: What do you enjoy most about your current job in the military?

**A:** In the infantry you work with a great group of guys. I guess the job we do makes us tight as soldiers, more than those in other MOSs. As far as what we do, I enjoy patrolling at night, under the stars. It gives you lots of time to think and to get to know each other. We talk about all kinds of stuff, from stupid stuff to real intellectual topics.

### Q: What goals did you set for yourself while in GTMO?

**A:** Just to get home safe, sane and maybe a little better of a person.

### Q: What personal strengths do you find benefit you most in this mission?

**A:** Being able to deal with anything. Nothing makes me mad, except ignorant people who do things like gossip. My laid back and flexible attitude goes a long way in helping me keep my sanity.

## The GTMO Guide: Answers to Your Questions

Who can help me? What's for lunch? What movie's playing? Where can I find that? How does this work?

Your guide to ...

### Buses

Bus stop routes include the following stops.

#### Sherman Avenue

First Street – :00; :30;  
East Caravella – :03; :33;  
Marine Hill – :05; :35;  
Post Office – :10; :40;  
Windjammer – :11; :41;  
NEX – :14; :44;  
Bulkeley landing – :17; :47;  
Ferry landing – :21; :51;  
Commissions Building – :23; :53;  
Ordnance – :26; :56;  
Bulkeley landing – :28; :58;  
NEX – :32; :02;  
Windjammer – :36; :06;  
Post Office – :37; :07;  
Marine Hill – :41; :11;  
Hospital – :48; :18;  
Windward Loop 1 – :52; :22.

#### Camp America/NEX

Camp Alpha – :00; :20; :40;  
NEX trailer – :02; :22; :42;  
Camp Delta 2 – :06; :26; :46;  
TK 4 – :12; :32; :52;  
TK 1 – :16; :36; :56;  
Windjammer/Gym – :23; :43; :03;  
NEX – :30; :50; :10;  
Windjammer Gym – :35; :55; :15;  
TK 1 – :40; :00; :20;  
TK 4 – :46; :06; :26;  
Camp Delta 1 – :52; :12; :32;  
Camp Alpha – :00; :20; :40.

Your guide to ...

### Movies

#### Downtown Lyceum

##### Fri., June 18

8 p.m. *Shrek 2*

PG - 105 min

10 p.m. *The Girl Next Door*

R - 109 min

##### Sat., June 19

8 p.m. *Ella Enchanted*

PG - 95 min

10 p.m. *Kill Bill Volume 2*

R - 137 min

##### Sun., June 20

8 p.m. *Laws of Attraction*

PG13 - 90 min

##### Mon., June 21

8 p.m. *Ella Enchanted*

PG - 95 min

##### Tues., June 22

8 p.m. *Kill Bill Volume 2*

R - 137 min

##### Wed., June 23

8 p.m. *Laws of Attraction*

PG13 - 90 min

##### Thurs., June 24

8 p.m. *The Day After Tomorrow*

PG13 - 124 min

## Take precautions to avoid common heat-related illnesses

Summertime safety means taking precautions to prevent heat-related illnesses. People suffer heat-related illness when the body's temperature control system is overloaded, and the body can no longer cool itself.

Warning signs of heat exhaustion include heavy sweating, paleness, muscle cramps, tiredness, weakness, dizziness, headache, nausea or vomiting and fainting.

The skin may be cool and moist. The pulse rate will be fast and weak and breathing will be fast and shallow. If heat exhaustion is untreated, it may progress to heat stroke.

Seek medical attention immediately if symptoms are severe, or if the victim has heart problems or high blood pressure.

Otherwise, help the victim to cool off, and seek medical attention if symptoms worsen or last longer than one hour.

The best defense against heat-related illness is prevention.

Staying cool and making simple changes in your fluid intake, activities, and clothing during hot weather can help you to remain safe and healthy.

To prevent heat-related illnesses:

- Increase your fluid intake – regardless of your activity level. Don't wait until you feel thirsty to drink fluids.

- Limit exercise in a hot environment, and drink 2-4 glasses of water, fruit juice, or a sport beverage each hour. If unaccustomed to working or exercising in a hot environment, start slowly, pick up the

pace gradually, and limit your exercise or work time.

- Avoid drinks containing caffeine, alcohol, or large amounts of sugar. Also avoid very cold beverages because they can cause stomach cramps.

- Stay in an air-conditioned environment especially during the hottest portion of the day. If you must be out in the heat, try to plan your activities so that you are outdoors either before noon or in the evening.

- Electric fans may be useful to increase comfort and to draw cool air into your home at night, but do not rely on a fan as your primary cooling device during a heat wave. When the temperature is in the high 90s or higher, a fan will not prevent heat-related illness. A cool shower or bath is a more effective way to cool off.

- While outdoors, rest frequently in a shady area so that your body's thermostat has a chance to recover.

- Wear lightweight, light-colored, loose-fitting clothing. When outdoors, a wide-brimmed hat will provide shade and keep the head cool.

- Never leave a child, a pet or anyone in a closed, parked vehicle.

- Wear sunscreen to protect skin from the sun's harmful rays.

- Check regularly on those at greatest risk of heat-related illness: infants and children up to four years of age, people 65 years of age or older and those who are ill or on certain medications.

## Traffic safety is everyone's job

Speed limits around Guantanamo Bay are slower than many motorists are used to, but they are very important for trooper safety.

In most places, the speed limit is 25 mph. However, in and around Camp America, the limit is slower.

Through the troop area, the speed limit is 10 mph. In the parking areas, that limit drops to 5 mph. On most of the auxiliary roads, the limit is 15 mph.

## Integrity plays integral role in inspector general team

Commanders may direct a trooper to appear for an investigation. The trooper may wonder why the IG was not involved. The short answer is inspector general integrity.

Integrity is the cornerstone of the inspector general program. This integrity is made up of two parts. These are the personal integrity of the inspector general team members and inspector general functional integrity.

All IG team members are subject to careful scrutiny before they are selected. Personal integrity is the first factor considered.

AR 20-1, the IG directive, protects functional integrity. It states that the IGs may not be assigned to any non-IG assistance or evaluation function, be appointed as investigating officers for UCMJ or AR 15-6 investigations, or ANY duty that may subsequently disqualify them from being impartial

Your guide to ...

IG

fact finders in IG matters.

These restrictions are intended to preclude any conflict of interest, protect impartially, and defend the integrity of the IG System. IGs do not do anything that may jeopardize the distinction between the extension of the commander and a fair and impartial fact finder.

For assistance, contact Commissions Building Room 204, Monday through Saturday. The IG phone number is 5399. The Camp America IG office is in BLDG 7200 and is staffed Monday, Wednesday and Friday afternoons and Tuesday, Thursday and Saturday mornings. The Camp America Office phone is 3501. IG assistance is available anytime by appointment.

## Father's Day event planned Sunday at Windmill Beach

Join JTF MWR for Father's Day at the beach.

MWR will host various activities on Sunday at Windmill Beach.

The events will begin at 1 p.m. and will include volleyball, tug of war, horseshoes, limbo and card games and chess.

Your guide to ...

Events

For more information about the event, call 3640 or 3670 or stop by BLDG 2300 in Camp America.

### Need something for the hooch?

Treasures and Trivia has various household items for sale ridays from 9 a.m. until 2 p.m. For more information, call 4860.

### Have an event to announce?

Contact The GTMO Guide – [pao@jftgmo.southcom.mil](mailto:pao@jftgmo.southcom.mil)



<b>Catholic</b>		
<u>Main Chapel</u>		
Wed.	5 p.m.	Holy Hour and Rosary
	6:00-6:25 p.m.	Confessions
	6:30 p.m.	RCIA (Chaplain's office)
Sat.	4:15 p.m.	Confession
	5:30 p.m.	Vigil Mass
Sun.	9 a.m.	Mass
	10:15 a.m.	Spanish Mass (Sanct. B)
M-Fri.	11:30 a.m.	Mass (Cobre Chapel)
<u>Camp America</u>		
Sun.	5:30 p.m.	Episcopal Mass
	7:30 p.m.	Mass
<b>Protestant</b>		
<u>Main Chapel</u>		
Mon.	7 p.m.	Prayer Group Fellowship*
Wed.	7 p.m.	Men's Bible Study*
	9:30 a.m.	Sunday School
	11 a.m.	Service/Sunday School
* Fellowship Hall located in Chapel Complex		
<u>Camp America</u>		
Tues.	7 p.m.	Alpha
Wed.	7 p.m.	Soul Survivor (Club Survivor)
Sun.	9 a.m.	Protestant
<b>New Life Fellowship</b>		
Sun.	1 p.m.	Service (Main Chapel)
<b>Pentecostal Gospel</b>		
Sun.	8 a.m.	Service (Sanc C)
	5 p.m.	Service (Sanc C)
<b>Church of Jesus Christ of Latter Day Saints</b>		
Sun.	9 a.m.	Sanctuary A
<b>Islamic</b>		
Fri.	1 p.m.	Classroom 12, Chapel Complex
<b>Jewish</b>		
Call 2323 for more information		
<b>Camp America Church Bus schedule:</b>		
Sun.	8:15 a.m.	Tierra Kay
The bus will return following worship.		



**Today:** lunch – Caribbean chicken breast; dinner – T-bone steak.  
**Saturday:** lunch – baked ham; dinner – pizza.  
**Sunday:** lunch – chicken cordon bleu; dinner – roast beef.  
**Monday:** lunch – Swiss steak; dinner – cajun roast beef.  
**Tuesday:** lunch – pork adobo; dinner – Salisbury steak.  
**Wednesday:** lunch – lemon-baked fish; dinner – chicken adobo.  
**Thursday:** lunch – steak ranchero; dinner – roast turkey.  
**Friday:** lunch – fried shrimp; seafood platter.

