



the Wire

“ HONOR BOUND TO DEFEND FREEDOM ”

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Friday, May 9, 2003

Service and support to the JTF: A behind the scenes look

**Story & photos by
Sgt. Erin P. Viola**

Imagine what it would be like here without water or electricity. Imagine what it would be like here if you couldn't get the supplies you needed to get your job done. Imagine walking everywhere - no vehicles. Imagine having no ammunition for your weapons. Things would be a bit challenging to say the least. Thanks to the service members who are behind-the-scenes providing service and support to Joint Task Force Guantanamo, we can wake up tomorrow morning, take a shower, get some eggs at the chow hall and carry a fully loaded weapon.

Department of Defense contractors at the desalination plant, the Joint Task Force J4 and NAVBAS Weapons and Munitions Department are just a few organizations here that provide



Spc. Jeremy Heckman repairs a bus seat that will be used in a Joint Task Force vehicle used for transporting detainees.

the type of behind-the-scenes service and support that impacts our daily lives. They are among the many unsung heroes of Guantanamo Bay, who make our lives easier and better every day.

Allan Robichaux is a civilian employee for the Public Works Department, and oversees the operation of the desalination and power plant that provides water and electricity to the base. He has been working here for 10 years, and during that time he has seen many improvements.

Although the plant is called the desalination plant, that process is no longer used. A new system was put in place in January 2000. "The water production is made through reverse osmosis. It is a water extraction process, where we take sea water and actually put it through a high pressure system and membranes and extract the potable

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Time for a check-up



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From the Top



MG Geoffrey D. Miller
Commander
JTF Guantanamo

When things run smoothly here in Joint Task Force Guantanamo, we don't always see the intense behind-the-scenes work that our service members and NAVBAS personnel put into ensuring that the JTF succeeds. Day in and day out, they do what's right – even when no one is around to see them.

Often, troopers do what's right in order to make someone

else proud. We hear about troopers who serve their nation because they want their family, their friends, or their fellow American citizens to take pride in their accomplishments. Yet, what about that individual trooper? What makes them proud of themselves?

Integrity. Knowing they are doing the right thing - not because they are told to do it or because they want someone else to know of their accomplishments - but because deep down, within themselves, they know it's the right thing to do.

Integrity may be one of the Army values, but it's certainly not exclusive to soldiers. Integrity is an essential quality of any successful service member, regardless of branch. What troopers do when no one else is looking is what truly defines their characters.

Individual integrity also plays an important part in the overall success of our mission here. The structural integrity of the JTF depends on individuals making the right decisions and making a positive difference, thanks to their own personal integrity. A trooper's integrity sets the foundation for the entire JTF.

The Maritime Safety and Security Team 91102 Coast Guardsmen who work in the four-person maintenance support section have taught themselves the most efficient, time saving systems and they have gone out of their way to obtain additional training. Not because they were told to, but because they felt they should. Navy Chief Ed Surovey works behind the scenes to make medevacs and emergency leaves happen. Working day

and night – without complaint and often without recognition - Surovey helps others because it's the right thing to do. Moreover, he has instilled that same attitude in the younger troops who work with him. He has not asked for accolades, but he works hard to make things run smoothly.

We don't always see everything that goes into making the JTF successful, but we certainly benefit from the positive effects of each individual. At the end of the day, when you look in the mirror, only you can decide what kind of person stares back. Be proud of who you are and what you do. By doing the right thing, you can take pride in yourself. Thanks to your integrity, the JTF succeeds.

Honor Bound!

From the Field

Do I need to be concerned about anti-terrorism when going on leave or pass?

Avoid spending any delays in your travel in unsecured areas of the airport. Do not hesitate to report suspicious or unusual activity, and limit your conversations with other passengers to topics that are not related to your military duties, where you are stationed, your mission, etc. Avoid long layovers, and never travel in uniform.

Keep your military travel documents and identification in your bag, and not on your person. Use civilian identification when positive IDs are required. Your military ID should only be used at military installations or when needed for official travel.

In your hotel, know the location of the emergency exits, stairwells, fire evacuation plans, and emergency phones. Close the

room drapes. Keep your room neat and orderly, so if someone enters your room while you're out, and looks through your personal effects, you will be able to notice what's out of place. Secure doors and windows when you're not in the room, and use the double lock on the doors when inside the room. Make it a point to observe the uniform and equipment that the hotel security guards wear, because sometimes terrorists will use the uniforms of staff, or other official looking uniforms to gain entry into areas where others cannot go. Finally, use only taxis that are called for you by the hotel staff to ensure that the taxi companies you use are legitimate. If you have any questions, call 5061/5057. *(Answer provided by Staff Sgt. Jeffery Agan, Anti-terrorism/Force Protection NCO)*

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Seabees provide a constructive boost to the JTF

Story by Sgt. Benari Poulten

The Naval Mobile Construction Battalion 21 (NMCB-21) Detachment, better known around these parts as the Seabees, has been hard at work building upon the solid foundation of Joint Task Force Guantanamo. Quite literally.

As the JTF continues to make improvements and expand, the Seabees have lent a helping hand, assisting with construction and support. A reserve unit based out of Lakehurst, N.J., the NMCB-21 Detachment provides construction support for the entire Naval Base. Additionally, they would help provide security, should the need arise. So far, they have already had a productive impact on the JTF's ability to quickly and efficiently make improvements.

Most recently, MG Geoffrey Miller, Commander of the JTF, honored the Seabees' contributions at a ceremony unveiling the just-completed deck of Camp America's newest recreational facility - "Club Survivor."

The Seabees' own Navy Lt. Cmdr. Ron Gruzeksy enjoys the cooperative relationship with the JTF and looks forward to continuing their work together. "We are looking forward to another six months or so of great work supporting the JTF. We have two construction projects right here at Camp Delta on-going and we have several

more scheduled."

Yeoman 2nd Class (YN2) Tim Burkheiser, the Seabees' administrative petty officer-in-charge, believes that his unit not only helps construct the physical landscape for the JTF, but also contributes to the JTF's overall morale.

"I see the Seabees as a morale boost for the JTF. We just finished the deck

project, which will provide JTF members a place to relax and "kick-back" after work. Also, [we are] currently working on the bus turn-around project, allowing vehicles a place to turn around, as well as a means for JTF members to enter and exit vehicles in a safe environment away from traffic. Both projects, in my eyes, increase the

quality of life for the JTF, which in turn, should increase the morale."

First Sgt. Joseph Haddad of the 785th Military Police Battalion agree that the Seabees have helped the JTF enormously. "We cut the cost [of the deck project] in half by having the Seabees helping us from the detachment that is here," said Haddad. "They



Photo by JOSN David P. Coleman

Equipment Operator Chief (SCW) Chris Walaszek uses a dumpy level to survey the topography of the bus turn around across the street from Camp Delta at Naval Base Guantanamo Bay, Cuba. EOC (SCW) Walaszek is a Seabee attached to Naval Mobile Construction Battalion 21, a reserve unit based in Lakehurst, N.J., deployed to Guantanamo Bay for one year. The bus turn around is scheduled to be completed by mid-August 2003.

did such a terrific job. They finished it in about two weeks and it is top quality. It was great working with them. They are a great group of people and I really didn't get a chance to work with them or get to know them until we got together on this project. Once we started, there was just no stopping us. They are just a great asset."

The Seabees have not only cultivated a good working relationship with the members of the JTF, but they also have built strong relationships within the unit. Burkheiser explains why he enjoys working as a Seabee. "What I like about NMCB-21 is the camaraderie, flexibility, and diversity that this unit has. This is a group of guys who were asked at a moment's notice to drop what they were doing as drilling reservists (civilians) and come together as one active duty unit to support the United States in a time of need. I am proud of the fact that we are doing just that!"

The JTF continues to benefit from the tremendous support it receives from units like the Seabees. Working together as a team, the JTF and the Seabees have established a solid foundation on which they can continue to build long into the future.



Photo by JOSN David P. Coleman

Builder Third Class Derrick Johnson drills a screw into drywall while constructing the new Recompression Chamber building at Naval Base Guantanamo Bay, Cuba. BU3 Johnson is a Seabee attached to Naval Mobile Construction Battalion 21, a reserve unit based in Lakehurst, N.J., deployed to Guantanamo Bay for one year.

SERVICE from page 1.

or fresh water out of it. Then it goes to storage tanks and is filtered and processed for potable water needs and feeds the entire community. Through the process, the salt just goes back into the sea. Each unit can make up to 200,000 to 250,000 gallons a day, and we have a number of units," said Robicheaux.

Electric power is produced from diesel generators. "The diesel generators provide the power necessary to run all the functions of the plant and then we export the power to everybody," said Robicheaux.

Robicheaux and his team work on many levels to support Joint Task Force Guantanamo, as well as the Naval Base. Robicheaux and his team are currently involved with upgrading the quality of potable water by improving the infrastructure of water lines that were 40 years old, as well as upgrading the underground and above ground electrical lines.

J4 also plays an important role behind-the-scenes for service members. Army Maj. Andrew Wichers, Deputy J4, oversees the operations and functions of the maintenance, transportation, food service, supply and operations for the J4 section.

"The transportation team takes care of detainee laundry, transporting water, transporting service members, things like that. The Food Service feed the detainees, and our troops inside Camp Delta. The maintenance team keep all our vehicles running," said Wichers.

The NAVBAS and J4 work together on a daily basis to keep things running on many levels. For example, according to Wichers, the NAVBAS and JTF Guantanamo coordinate to supply ammunition

on the ranges for training and qualification exercises. Additionally the NAVBAS is responsible for supporting all the galleys with the exception of the Camp Delta mess hall. In doing so, not only does NAVBAS make sure JTF service members are getting fed, but NAVBAS receives feedback from JTF to make sure service members

opped by Spc. Jason Schmidt, who received a Joint Service Achievement Medal for creating the database.

Vehicles that are in working order are essential to any mission. Sgt. 1st Class Phillip Bader, noncommissioned officer-in-charge of the JTF maintenance, along with his fine team of mechanics, are responsible for making sure your vehicle is in tiptop shape. "We provide maintenance to almost 600 pieces of equipment on the island from generators to civilian vehicles and from Humvees to 7 ton trucks. We work on about 300 vehicles per week," said Bader. He added that they maintain a 90 percent standard, meaning 90 percent of the JTF Guantanamo vehicles are operationally ready. Bader also said that they have even had it all the way up to 98 percent and 99 percent.

If you are an infantry soldier

and one of your weapons needs repair, it will be sent to Sgt. Charles Newby at Weapons and Munitions Support. "My job here is to repair small arms for JTF service members. I also issue out weapons and have developed a new, more efficient system for issuing weapons more quickly," said Newby.

All these forces are coming together to keep the wheel turning here at Guantanamo. The NAVBAS and JTF Guantanamo work together on a variety of levels; many of which are behind the scenes. But just because they are behind-the-scenes doesn't mean they are not noticed and appreciated by all.



SK3 Brian Jackson uses his fork-lift driving skills to move supplies vital to the Joint Task Force Guantanamo mission.

are satisfied with the food service.

If your unit needs bottled water or perhaps a desk, Sgt. 1st Class Jefferey Bishop, noncommissioned officer-in-charge of J4 Supply, is the person responsible for making sure you get it. "We are responsible for all the supply that comes to Joint Task Force Guantanamo. We coordinate with the NAVBAS because all supplies must go through them first.

Bishop's team also is responsible for making sure the detainees get all their supplies such as clothing, shampoo, shaving items, and things they use on a continual basis. According to Bishop, they process about \$15,000 worth of consumable supplies per week for JTF Guantanamo.

J4 Supply recently streamlined their operation by using a new database devel-

First class all the way!

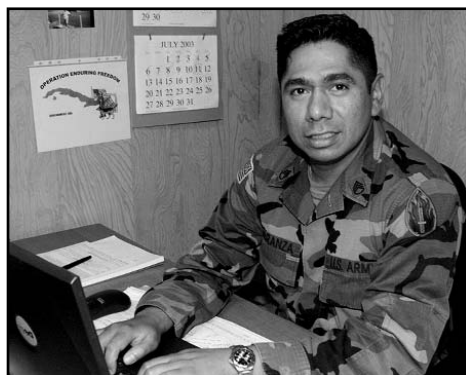
**Story & photo by
Sgt. Erin P. Viola**

About 16 years ago, a teenage boy decided to join the ROTC program at Belmont High School, just outside of Los Angeles. He wanted to do something positive with his life and back then, his choices included the swim team, football or ROTC. ROTC looked like a good idea because he wanted to try something new, something different.

That teenage boy eventually joined the Army as a reservist and is assigned to a Postal Detachment in the 806th Adjutant General Company out of Morone Valley, Calif. Now, Staff Sgt. Ernie Carranza is deployed here with several members of his unit and is serving Joint Task Force Guantanamo as the non-commissioned officer-in-charge of the Detainee Mail Processing Center at Camp Delta.

Staff Sgt. Carranza oversees the whole operation of processing the incoming and outgoing mail for the detainees. "As of today, since we arrived about six months ago, we have processed over 17,000 pieces of mail for the detainees," said Carranza.

Carranza says he is very proud to work



Staff Sgt. Ernie Carranza is the noncommissioned officer-in-charge of the detainee mail processing center.

with his team here and feels they play a vital role in the Global War on Terrorism. "For us, processing the detainee mail is a totally different job than what we have been trained for. Receiving this additional training has been a real plus, and working with the intelligence community has been a great learning experience. We are glad to be a part of it," said Carranza.

Carranza has been married for 10 years. He and his wife have an 8-year-old, and 2-year-old; and he just recently went home on leave to witness the birth of his third child. Although a bit homesick when talk-

ing about his family, Carranza maintains a positive attitude and thinks about the great stuff he can do with his family when he gets home. "One thing I miss most about home is, I really enjoy waking up on a Saturday morning and going with my wife and kids up to the mountains and having an apple dumpling with ice cream. We normally go to this place called Apple Valley up in the San Bernardino Mountains," reminisced Carranza.

"I also miss my wife's cooking. She has really pampered me with her cooking. My favorite thing that she cooks is Chili Relleno. It is stuffed chili pepper with white cheese and it is deep fried in egg batter. It is really really good ... delicious ... I love it," said Carranza.

Currently Carranza's civilian job is as a branch manager for a local bank in Southern California. But someday he would like to own and operate a business, either a pet store or a restaurant. Either way, Carranza says his Army experiences will help him on many levels. "That is what I like about the military. It will give you the skills. It will give you the knowledge, but it is up to you to put them to use," said Carranza.

JTF Health Source

Don't let stress get you down

**Submitted by Spec. Abbey Fluhr
85th Medical Det., Combat Stress Control**

Do you ever have long, stressful days at work, or just feel down? In accordance with Muscle and Fitness magazine, your mind and body can be re-energized on days when you're exhausted, or even depressed. This can be done through a steady state cardio workout, which relieves stress while burning calories. If you aim to reach 70 percent to 75 percent of your maximum heart rate, then you will get even better results. Below is a formula to find your target heart rate:

$$220 - (\text{your age}) = \text{Maximum Heart Rate}$$

$$\text{MHR} \times 0.70 = 70\% \text{ of your MHR}$$

$$\text{MHR} \times 0.75 = 75\% \text{ of your MHR}$$

On a scale of one - 10, (with 10 being the highest level of exertion), exerting yourself at about seven will lead to the best results. (This is called the rating of perceived exertion.) The reason you should alternate the exertion levels is because your body gets better at flushing away toxins and lactic acid from your cells, and it trains your heart to recover faster. Here is a sample of a 25-minute stress-reducing program.

Time	Repetitions	Per Minute	%Max. Heart Rate
	5-minute warm-up		
	30 seconds of run in place	5-6	60
	90 sec side straddle hop	4-5	50
	30 sec flutter kicks	6-7	70
	90 sec jump rope	5-6	60
	30 sec regular push ups	7-8	80
	90 sec side-to-side hop	5-6	60
	30 sec crunches	7-8	80
	90 sec high knees	5-6	60
	30 sec elevated push-ups	8-9	85
	90 sec forward lunge and reach	5-6	60
	30 sec rocky sit-ups	8-9	85
	90 sec front, back, go	5-6	60
	30 sec closed hand push-ups	9	90
	90 sec power squat	5-6	60
	60 sec side straddle hop	4-5	50
	5 min cool down		

Call 3566 or go to bldg. 3206 in Camp America for more information on stress reduction or relaxation techniques. This is where the Combat Stress Team is located.

Vet clinic ensures the health of man and beast

Story by Spc. Jared Mulloy & photo by Staff Sgt. Stephen E. Lewald

Just like every other member of Joint Task Force Guantanamo, the six military working dogs stationed here work hard to earn their keep. And just as the Naval Hospital supports JTF Guantanamo troops, the Guantanamo Bay Veterinary Treatment Facility provides medical care for the Navy and Army working dogs.

Staying on-call 24 hours a day, seven days a week, the soldiers of the South Atlantic District Veterinary Command from Fort Stewart, Ga., keep the dogs in top condition. Performing semi-annual physicals, vaccinations, and re-deployment exams are only a small part of their duties. They also perform X-rays, dog-saving surgeries, and provide quarterly training for the dog handlers.

When the dog handlers train with soldiers from the Guantanamo Bay Veterinary Treatment Facility, they learn how to watch out for the signs of dehydration and how to spot many other detrimental symptoms that could lead to one of our four-legged fellow service members being 'sick as a dog.' The handlers also receive first aid training from

the facility so they can take care of their dogs in the field.

Army Capt. Michelle Franklin, who's been in charge of the Guantanamo Bay Veterinary Treatment Facility's operation since June 2002, says, "All the dogs are very healthy, tolerate the heat very well, and are surprisingly friendly." However, don't let these puppy-dog-eyed canines fool you. They still have a job to do and are well trained to do so. Franklin would ask that you, "... Treat them as you would treat a blind person's seeing eye dog."

The Guantanamo Bay Veterinary Treatment Facility also supports Guantanamo



Staff Sgt. Stephen E. Lewald

Army Sgt. William A. Peyton, Jr. a JDOG dog handler comforts his partner Rico, while Veterinarian Technician Spc. Amber Albrecht, provides Rico with a physical examination at the Guantanamo Bay Veterinary Treatment Facility.

Bay and JTF Guantanamo's hungry service members by performing food inspections. Not to mention that they care for a friendly goat named Georgio who is one of three of his kind still living within Guantanamo Bay's fence line.

Who's afraid of the Big Bad Wolf?

Story by Sgt. Benari Poulten

Maxwell grew up as a Navy brat, moving from coast to coast, before finally settling in Florida, where he still resides today. While at college in Texas, Maxwell decided to join the military as a way to help pay for his higher education. The Army offered the best deal, so the Army it was. And now - many years later - Maxwell works here in Guantanamo Bay, Cuba as part of the Joint Interrogation Group in Joint Task Force Guantanamo. Quite a long way from the young man who once dressed up as funny characters and drove a float in the Electrical Light Parade in Disney World.

Maxwell might not be his real name, but he really does work here in the JIG and at one point after high school, he really did work at Disney World, dressing as the Big Bad Wolf, Goofy, Captain Hook, and various other Disney characters in the famous theme park. His work here in the JTF is a little more serious, of course. However, who he is and what he does here cannot be disclosed for security reasons.

Within the Army, Maxwell has held a number of jobs in a number of areas, working with everything from Transportation Companies to Military Intelligence. Right before Maxwell was called to active duty here in Guantanamo Bay, he had been working full-time with the State of Florida for the past two years on a counter

drug tour. For a time, he had worked as a police officer, but military service kept calling him back and he did a lot of time in the Active Guard and Reserve (AGR) before settling in with the counter drug tour in Florida.

Working here in the Joint Task Force has enabled Maxwell to take part in a mission that he believes strongly in. "GTMO has been quite an experience," says Maxwell. "It's a place where soldiers, Marines, sailors, airmen, and Coast Guardsmen play a part in something that's bigger than all of us. And something that's really making a difference."

Making a difference is important to Maxwell and he takes pride in the accomplishments of the JTF. Like many troops working here, Maxwell's contributions cannot always be publicly touted, but he hardly seeks attention for his endeavors. He remains happy knowing that he plays a critical role in our important mission here. "We're protecting our families at home and we're trying to protect our fellow [service members] overseas from this terrorist threat," he says. "We're making a big difference here, although a lot of the service members don't necessarily see that because of the different ... classifications."

His tireless efforts and hard work behind-the-scenes help the JTF achieve its goals every day. We may not always see what he does, but we definitely benefit from Maxwell's dedicated labor as a member of the JTF.

JTF Morale call minder

By **Spc. Alan L. Knesek**

The morale call is one of many ways a service member can communicate with their loved ones. In order to make sure calls get through, there are certain steps that must be followed.

With new software in place, there are a few new steps to call home. According to the JTF J-6, in order to make your morale call, first dial 2800. You then choose option one if you know the Defense Switched Network (DSN) number, and when told, enter your Personal Identifica-

tion Number followed by the pound key. If you do not know the DSN number, choose option two and a DSN operator will assist you in finding the right number for you. Once your call is connected, follow the instructions given to you, either by an automated system or an operator.

If all of these steps are followed, you will be able to make a 15 minute morale call.

"With it being a new system, there are still some problems that are being worked out, but soldiers need to be aware that when they put in their PIN, they need to

know their DSN number. If not they need to choose option two and the DSN operator will help them find the closest DSN number to where they are trying to call," said Master Sgt. Donald Quinlan, J6 Current Operations.

The new software also gives the caller an early warning signal, letting them know when they have one minute left on their call before it is terminated. An important thing to remember is to keep your PIN to yourself. With this new system in place, morale calls are easier to make.

Don't forget to call your Mom on Mother's Day

By **George L. Allen**

During the 1600's, England celebrated a day called "Mothering Sunday," which was celebrated on the fourth Sunday of Lent and honored the mothers of England.

On Mothering Sunday the servants in England, who normally lived at their employers' houses, would have the day off and were encouraged to return home and spend the day with their mothers.

In 1907, a Philadelphia woman named Ana Jarvis began a campaign to establish a national Mother's Day. Ms. Jarvis per-

suaded her mother's church in Grafton, W.Va., to celebrate Mother's Day on the second anniversary of her mother's death, the second Sunday of May.

Over the next few years, many states adopted Mother's Day and in 1914, President Woodrow Wilson, proclaimed Mother's Day as a national holiday for "public expression of our love and reverence for the mothers of the country," to be held each year on the second Sunday of May.

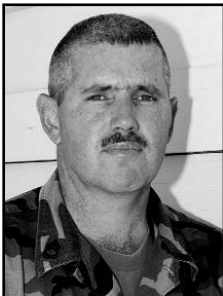
So, don't forget to honor your mother this Sunday. Give her a call. Let her know you're thinking of her.

Man on the Street

Compiled by Army Staff Sgt. Stephen E. Lewald

This week's question:

Who would you say is an "unsung hero" in the JTF and why?



Army Sgt. 1st Class
John L. Lambert, Sr.
C Co., 2-116th Inf.

"I feel that the unsung heroes of JTF are our family members back home. They keep things together on the home front so we can do our mission here, then return home safely."



Marine Lt. Col.
Susan L. Murray
JTF J-2

"The troops and contractors of JTF J-6 and systems support team. They allow us to stay focused on our mission, while they ensure that the technical side of the operation is maintained."



Army Staff Sgt.
Rico
JDOG (K-9 Section)

"It's not ruff for me to say that my Vet clinic humans are the unsung heroes of JTF because they keep me and my K-9 teammates mission ready."



Air Force Staff Sgt.
Tania J. Boyce
JTF J-4

"I think the personnel of the J-4 are the unsung heroes of the Joint Task Force because no one here moves anywhere without us."



Marine Capt.
Sean A. Wilson
JIG / ICE

"Personnel and supervisors of the Naval Base Galleys. Shirley Horne (project manager) with her warmth, caring, and concern for troops has improved the quality of life at Guantanamo Bay."

Chaplain's Corner

**By CH (LTC) Herb Heavner
Joint Task Force Guantanamo
Command Chaplain**

"Laboring without laurels"

The concept of doing what is right even when there is no one around who is looking dates back hundreds of years. There have always been those unsung heroes who work hard at getting the job done correctly regardless of the accolades that they might achieve. There is even evidence of this concept revealed in the ancient scriptures. Consider this quotation: "Be careful not to do your works of righteousness before men, to be seen by them." The idea there is that if you do good things just for the accolades, then you have the wrong motivation. Hopefully you are one of those who do what you do because it is the right thing to do.

I have seen evidence of this in many areas of the Joint Task Force. There have been soldiers walking across the gravel who stop to pick up trash, even though it might not seem that a single piece of paper would make that much difference. I have heard about soldiers who have volunteered for extra duty so that their buddy could have a break following troubling news from back home. In our chapel program

there are individuals who take care of seemingly very small matters so that the worship service can proceed with little or no difficulties. We have received packages from the states with precious commodities like Girl Scout cookies and greeting cards addressed to soldiers who may never find out their benefactor. It is those kinds of activities that I believe match the criteria of "selfless service" that we are looking to lift up in this issue of the "Wire."

Each of us can reflect on our past and cite individuals who have done some deed or favor that was done with the obvious intent of reaping laurels on

"Perhaps there may even be a special place reserved in the heart of the Almighty for those whose guiding principle is to labor without laurels."

the donor. Whether it be a rising politician looking for votes or a work colleague attempting to rise rapidly through the corporate structure, we have witnessed these activities with disgust. Today we are not looking for those, we have seen too many. Let's search out the individual who has excelled for the sake of getting the job done. Let's find the individual who has labored for the sake of a friend just because it was the right thing to do. Let's lift high the banner of selfless service. I believe that these are the individuals who are very special in God's eyes. Perhaps there may even be a special place reserved in the heart of the Almighty for those whose guiding principle is to labor without laurels.

Fleet and Family Support Center

Anger Management

Don't let anger have its way with you!
Sign up now and learn how to effectively manage your anger!

When: May 13th & May 20th from 3 p.m. - 4 p.m.
(Must attend both sessions)

Where: Fleet and Family Support Center

Are those pounds creeping up?

Now is the time to manage that waist line!

Sign up now for the Naval Hospital's new four part weight management program: "GTMO FIT"

Classes will begin

Every Thurs. of May at 5 p.m. at the USNH training room

Every Tues. of May at 5 p.m. at the Camp America training room

For more information or to sign up call 7-2110

Worship Services

Catholic

Main Chapel

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

Camp America

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

Protestant

Main Chapel

Mon.	7 p.m.	Prayer Group Fellowship*
Wed.	7 p.m.	Men's Bible Study*
	7 p.m.	Spanish Group 390-Even's Pt
Thurs.	6:30 p.m.	Home Group Nob Hill 5B
	7:15 p.m.	Youth 7-12 Fellowship*
Sun.	6:30 a.m.	Praise and Worship Service
	9:30 a.m.	Sunday School
	11 a.m.	Service/Sunday School
	5 p.m.	Bible Study*

* Fellowship Hall located in Chapel Complex

Camp America

Wed.	7 p.m.	Service
Sun.	9 a.m.	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.

JTF MWR & LEISURE

A weekend with 'Hootie & The Blowfish'

Story & photos by
Spc. Alan L. Knesek

Saturday rolled around and it was business as usual. The infantry were patrolling the base, the Marines were in the towers along the fence-line and the Coast Guard was patrolling the bay. It could have been just another GTMO weekend, but a plane was heading towards the Naval Base, bringing Hootie & The Blowfish to Cuba for the weekend.

Hootie & The Blowfish's Darius Rucker (lead vocals), Mark Bryan (guitar), Dean Felber (bass) and Jim Sonefeld (drums) arrived on the island Saturday afternoon and within the hour were headed to visit the troops at Camp America's Seaside Galley. As the word quickly spread that Hootie & The Blowfish had arrived, the crowd grew and soon the galley was filled with fans.

After a few hours of rest, the band went to the local watering hole, The Tiki Bar. It was an early night for the band, although one band member was spotted hanging out with service members later that night at a house party.

On Sunday morning, the band started the day off by heading to the Yatera Seca



(left to right) Hootie and the Blowfish's bassist Dean Felber, drummer Jim Sonefeld and lead singer Darius Rucker perform a song from their newly released album "Hootie & The Blowfish."

Golf Course to meet up with their traveling companion, PGA Tour Pro Peter Jacobsen.

After Jacobsen's golf clinic came to an end, the band grabbed their clubs and hit the front nine. Service members were grouped with each band member and Jacobsen and played golf for a few hours.

Later in the evening and just minutes before Hootie & The Blowfish took the stage, Rucker stepped on stage and sang the National Anthem.

The concert began and the band played songs from their newly released self-titled album "Hootie & The Blowfish" along with many of their hit songs from previous albums.

The band also covered such songs as Aerosmith's "Walk This Way," Santana's "Black Magic Woman," and Buffalo Springfield's "For What its Worth" to name a few.

"We've done some of these shows before and I know for a fact that the memories last a long, long time. For years and years people will say, 'hey they played at our base when we were there.' So I'm really excited to be a part of that," said

Movie
Schedule

Camp Bulkeley

Fri., May 9

8 p.m. *The Crew*
R - 88 min.

10 p.m. *Romeo Must Die*
R - 118 min

Sat., May 10

8 p.m. *Super Cop*
R - 94 min

10 p.m. *The Replacement*
PG13 - 114 min

Sun., May 11

8 p.m. and 10 p.m.
Eight Legged Freaks
PG13 - 99 min

Mon., May 12

8 p.m. *Sniper*
R - 137 min

Tues., May 13

8 p.m. *Rules Of Engagement*
R - 127 min

Wed., May 14

8 p.m. *The Matrix*
R - 135 min

Thurs., May 15

8 p.m. and 10 p.m.
The Sixth Day
PG13 - 124 min

Downtown Lyceum

Fri., May 9

8 p.m. *Old School*
R - 91 min.

10 p.m. *Chicago*
PG13 - 100min

Sat., May 10

8 p.m. *Daredevil*
PG13 - 103 min

10 p.m. *Poolhall Junkies*
R - 94 min

Sun., May 11

8 p.m. *Tears Of The Sun*
R - 121 min

Mon., May 12

8 p.m. *Chicago*
PG13 - 100 min

Tues., May 13

8 p.m. *Poolhall Junkies*
R - 94 min

Wed., May 14

8 p.m. *Deliver Us From Eva*
R - 105 min

Thurs., May 15

8 p.m. *Tears Of The Sun*
R - 121 min



Service members of Guantanamo Bay, Cuba cheer as Hootie & The Blowfish take the stage during their performance at the Downtown Lyceum.

Bryan.

At the end of the concert, the service members thanked the band for coming and putting on an excellent show and the band thanked all the service members for what they do here and for the sacrifices they make every day.

NATIONAL SPORTS

On the Mark !!!

Yanks fan stands up for the rich & evil



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

The following correspondence is from a Yankees fan who takes exception to last week's On the Mark column which exposed the "Evil Empire" for what it was and is.

photo by Spc. Delaney Jackson

Spc. Leone:

The "Red Sux" gave away the Babe for a play that closed in one week. Now all that Boston fans can whine about is how much money the Yanks spend. They have always built from within, Williams, Jeter, etc. So instead of always worrying about what other teams do, how about fixing the historically awful personnel decisions the Red Sox have always made. It's not how much you pay but WHO you pay that counts. Also, those small market teams have made better runs in the playoffs than the Red Sox have. People pay to see a quality product; not one that fades in August every year!!!

Sgt. J. Lake
B/2-116 Infantry

Sgt. Lake:

It's guys like you who place more value on a silver spoon in the mouth than rolled-up sleeves and a good hard honest day's work. You're right, it's not how much you pay but WHO you pay. But when you take all the talent in free agency, no one else has a chance to pay. The Red Sox have started to fix the front office and bring in people who will make sound choices on players, salaries, and other types of personnel decisions. Boston has new owners, the youngest general manager in history, and one of the most potent line-ups in the league. They needed pitching and last year demonstrated that. So, what do the Yankees do when we try and boost our pitching in the off-season? Steinbrenner somehow blocks a trade between Boston and Montreal for Bartolo Colon and ends up being part of a three-team deal that sends Colon to the Chicago White Sox, not to the Red Sox or even the hated Yankees. The Bronx Bummers didn't make out on this deal at all, except for the fact that Steinbrenner proved once again that he has too much influence over baseball. So don't tell me we need to fix our awful personnel decisions when there's someone in baseball other than Bud Selig trying to play God. Steinbrenner should come out of that ivory tower and see how the little people - the rest of baseball - try to keep their heads above water while the "Evil Empire" is drowning in its own money pool.

Sports Highlights

Tim Duncan won the 2002-2003 Most Valuable Player award given to the NBA's best player. He also became the sixth person to be voted to the All NBA team in his first six seasons. Also making the All NBA team is **Lakers** duo Shaquille O'Neal and Kobe Bryant, **Orlando Magic's** Tracy McGrady, and the **Minnesota Timberwolves** Kevin Garnett. Sports columnist Bob Ryan was suspended by **The Boston Globe** for one month without pay after saying on television that the wife of **New Jersey Nets** guard Jason Kidd, who was allegedly the victim of domestic abuse, needed someone to "smack her."

The **Detroit Red Wings** made an expected move Monday by parting ways with left wing Luc Robitaille. Detroit decided not to exercise its option on Robitaille's contract for next season, saving the team \$3 million, perhaps to spend on players such as Sergei Federov. The United States ended its worst showing since 1989 at hockey's world championships with an 8-1 rout of Japan in the regulation-round finale Monday. The United States, with 12 NHL players on the roster, finished with a 2-3 record.

The **Kansas City Royals** are 11-1 at home — and ready to start a new winning streak. One year after losing 100 games, the Royals fell one win shy of tying a 92-year-old major league record for consecutive home victories when Doug Mirabelli and Todd Walker led the **Boston Red Sox** to a 7-3 victory Tuesday night.

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

Head to head ...

Who will win the best of seven series between the Pistons and 76ers?



SH2 Shelby Mercer
JDOG

I'm a huge Philadelphia 76'ers fan. Detroit has no answer to Allen Iverson. Keith Van Horn, who also needs to play well for Philly to win, should also be a key. Detroit does have home court advantage, but Philly is an excellent road team. Also, Philadelphia knows how to win the big game. Detroit is still learning. This series will go seven games and Philadelphia will win.



Spc. Marcus Burke
785th MP Battalion

I think Detroit will win their Eastern Semifinal series against Philadelphia because Allen Iverson is only one player. He might be able to carry his team to one victory in the series, but not four. They beat Philly the first game which shows Allen Iverson can't win by himself. The Pistons will come out on top. Iverson is one man - the Pistons are a team.

JTF SPORTS & FITNESS

Keep on spinning

Story & photo by
Spec. Alan L. Knesek

Your heart is pounding, sweat is running down your face and your legs are pedaling as fast as they can. Instead of flying down the road on your bike, you're sitting in a room with 10 other spinners, listening to the command of an instructor who is pushing your body and mind to their limits.

Army Sgt. Chris Dunn, 132nd Military Police Company, has been attending the spinning classes for two weeks and has become addicted to the workout and the energy that the class generates.

"I love it. I have been here all last week and I plan on being here until I leave," said Dunn.

Classes are held Monday through Friday from 6:30 p.m. to 7:30 p.m. Equipment for the class is provided at the front desk upon request. For more information about the class, call 2193 or visit the G.J. Denich Gym.



Army Sgt. Chris Dunn, 132nd Military Police Company, pedals as fast as he can during a speed drill in the MWR spinning classes.

Captain's Cup Track and Field

Story by Spec. Alan L. Knesek

Come one, come all. Guantanamo Bay is putting its residents track and field skills to the test. The competition will be held May 17 at the W.T. Sampson High School football field. Registration for the event will only take place the morning of the competition from 6:30 a.m. to 7 a.m.

Those eligible to enter are Naval Station personnel, Joint Task Force personnel, W. T. Sampson and Tenant Command/Units. Awards will be given to individuals and points will be earned for units and commands.

Show up early to sign up for these events: two-mile run, one-mile run, 800 meter run, 400 meter run, 200 meter run, 100 meter run, 4 x 100 relay, 4 x 200 relay, 4 x 400 relay, discus, shot put, javelin and the softball throw.

Race numbers will be assigned to participants at registration and race folders for events will be closed 10 minutes before the race/event. For more information, call the MWR Sports Office at 2193 or visit the G. J. Denich Gym.

Guantanamo Softball Standings

<u>Teams</u>	<u>Wins</u>	<u>Losses</u>
PWD	11	1
NAVSTA	10	2
Security	10	2
JTF HQ	9	2
W.T. Sampson	9	3
Hospital	9	3
303rd MP Co.	8	3
344th MP Co.	7	5
USN MIUWU 212	6	6
Cleveland Steamers	5	6
Migrant Ops	5	7
JTF GIG Ice Breakers	4	8
NMCSB21	4	8
J4 Trans	4	8
36 LIMA (MCSF Co.)	3	8
NEX	2	10
MCSF Co.	1	9
ACS Defense	0	8

Peter Jacobsen: Plugged In

Story & Photo by
Spec. Alan L. Knesek

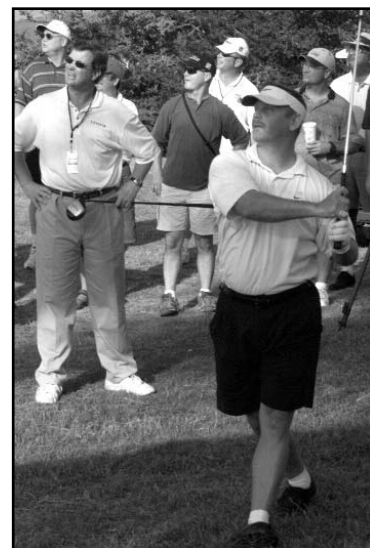
Last weekend, PGA Tour Pro and The Golf Channel's "Plugged In" TV host, Peter Jacobsen, visited the service members of Guantanamo Bay. His arrival began Saturday with a visit and autograph session at Camp America's Seaside Galley. After trying on some of the infantry's gear and getting behind the .50 caliber machine gun mounted to one of their Humvee's, he made his way to the Tiki Bar for a few beers later in the evening. The next day, Jacobsen helped some service members with their golf game during his clinic.

One service member thought Jacobsen's golf tips and non-stop humor was something that made his visit unforgettable.

"It's great having him down here. It definitely boosts morale," said Sgt. 1st Class Fernando Ramos, 806th Postal Detachment.

Jacobsen golfed with the service members for most of the afternoon.

Jacobsen brought more than 20 sets of golf clubs and thousands of golf balls, donated by various golf organizations. He also brought a message from the Arizona Diamondbacks pitcher Randy Johnson, saying that he and the team would be donating new softball equipment to GTMO.



(left to right) Pro Golfer Peter Jacobsen looks on as Aviation Structural Mechanic Chief James Warren, Naval Station, hits a golf ball during Jacobsen's golf clinic last Sunday morning.

15 Minutes of Fame...

*with Construction Mechanic 1st Class Neely Clinton
Mobile Inshore Undersea Warfare Unit 212*

Your friendly mailman ...

**Interview & photo by
Spc. George Allen**

CMI Neely Clinton, a mechanic with MIUWU 212 from Gulfport, Miss., has been in the Navy for 23 years. He spent five years as an active duty Seabee, and the rest with the MIUWU.

Q: What's your job here?

A: I'm a cost control clerk which includes writing up equipment repair orders, making sure jobs are finished and then following the vehicles with a history jacket, to make sure all their maintenance is kept up. I also order parts for vehicles.

Q: Why is it important that the MIUWU has its own maintenance section?

A: The JTF has its own maintenance section, but they don't work on any of our equipment. They have been a great help with supplying parts. Because of the different locations we've been in the past, if you have to always depend on others' maintenance a lot of stuff wouldn't get done or would be hard to do. But we do all our own maintenance.

Q: How many trucks do you fix a week?

A: For scheduled maintenance we usually do about two to three pieces of equipment a week. Then you have your breakdowns, so roughly about a piece a day.

Q: So if your unit doesn't have a certain part, the Seabees or JTF has been good with swapping parts out?

A: Right, then there's quite a few



CMI Neely Clinton, MIUWU 212, works on one of the unit's vehicles.

times when nobody has a part, for instance, quite a few starters have been going out here. That's been an issue. We got some from JTF. Then the same thing happened to the Seabees, and we helped them out by giving them a starter.

Q: What do you think of this deployment?

A: This base is nice, but it's missing that one element of being able to go off base. If it had that, everything would be fine except for the family separation.

Q: Describe your civilian job.

A: I'm your friendly mailman, a letter carrier.

Q: What does your family think about you being down here?

A: My wife and two daughters don't like it at all. It always happens, the two or three weeks active duty I do they seem to break down or whatever when I go, they're glad

when I come back.

Q: And you've been able to keep in touch well?

A: Oh yeah, I learned how to use the headsets and the computers.

Q: What do you like best about being here?

A: I feel like I'm doing my part for our country. Any time you see a contact, and you do a report and see it go up the chain to the Joint Operations Center, you know you're helping out. I hope I'll never see that everything goes on alert, but you have to keep alert to stay safe.

Q: What's been the most challenging thing here?

A: Finding a way to get parts. I'm constantly looking for parts on-line, talking to others. Trying to keep parts on-hand has been the most challenging thing.

Q: Why did you choose this job?

A: When I first joined the Navy I wanted to be a heavy mechanic, for bulldozers and cranes. I found out when I was with the Seabees, everybody wanted to be a heavy mechanic. If they wanted to be a mechanic, they wanted the big stuff. So instead, I learned the paperwork side of things and it's followed me ever since.

Q: So do you try to figure out which parts will be needed ahead of time based on what's going on?

A: Right, I tried to do that when I first got here. I was looking in the history jackets for what had a tendency to break down with the last unit, and asked them questions before they left, so I knew what to keep on hand. That's been a big help, but some things you can't predict. For instance, this pickup truck here has a glow-plug control out, which isn't something we've ever had to order before, but now we have to. That part should be here within a week, but we don't want to release the truck because different people won't know how to start the truck with out it. Then you might end up with bigger problems.

Q: What skills from your civilian job help you here?

A: Customer service - getting parts and talking to different commands and branches ... when I walk in people's faces start to brighten up, so I know I'm doing something right. Being a mailman has helped out a lot. You have to interact with people. GTMO's not the best place to be and you try to make the best of it. If you can put a little smile on someone's face while they're here at GTMO, that's great.