



the Wire

“ HONOR BOUND TO DEFEND FREEDOM ”

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Families provide troops support, strength

Story & photo by
Sgt. Erin P. Viola

Many Army families of Joint Task Force Guantanamo soldiers deployed here are in the midst of processing the recent news about their husbands, wives, fathers, mothers, sons and daughters having to stay in Guantanamo Bay a bit longer than expected. How are these families coping with the news of the extension? Many soldiers say their families have shown nothing but strength and support, but most of all they have expressed relief that their soldiers are not being sent to the Middle East.

The 785th Military Police Battalion has an excellent Family Readiness Group and is in full support of their soldiers here. Denise DeMaire is their Family Readiness Group Leader and the wife of Sgt. 1st Class William DeMaire, a soldier here with



Staff Sgt. Morales Martinez of the 438th Military Police Company, proudly displays photos of his family from back home. He said he is very proud of how his wife is handling the news - "She's a true champion."

the 785th Military Police Battalion. Mrs. DeMaire knows all too well how the families are feeling. "The overall feeling of everyone is, thank God they are staying in Cuba. Almost everyone (families) we have talked to wanted their soldier to stay in

Cuba if they were going to be extended. That in itself is our positive outlook," said DeMaire.

The families also told Mrs. DeMaire that they thank the soldiers for their service to our country and that they are always praying for all soldiers who are protecting our freedom.

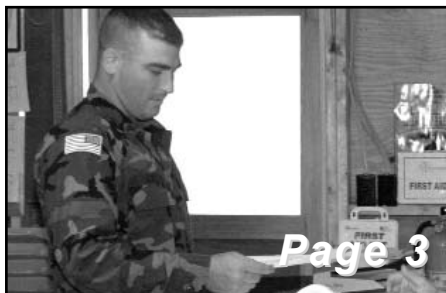
Unconditional support like unconditional love go hand in hand. A positive and supportive attitude from home can mean the world to a deployed soldier. Families at home can also find comfort for themselves by maintaining a positive outlook.

"We are Americans and Americans are doers as well as givers. My husband is willing to lay his life down for all of us. The best I can do is stand by his side by

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From the Top



BG James E. Payne
Deputy Commander of
Operations
JTF Guantanamo

Last week we formally announced the Department of the Army decision to extend all Army personnel deployed at JTF Guantanamo to a full one-year mobilization. The Air Force extended its personnel earlier.

This extension may not come as a surprise to many of us. Military police and military intelligence units are in high demand due to the current missions we are conducting around the world.

The extension affects all of us, and it affects each of us in different ways. It also affects families and employers. They are part of our teams. As we are proud to serve, they are proud to support us. The Army has many programs that recognize their contribution and provide support to

answer questions they may have. Employer Support of the Guard and Reserve (ESGR) provides opportunity to recognize employers for supporting our service members when they are called to duty. Any soldier can request their employer receive a "My Boss Is a Patriot" certificate by simply going to the ESGR website, www.esgr.org, and submitting the online form. Soldiers can also talk to their chain of command about filling out and submitting the appropriate form. This is a great way to recognize the support they provide. RSC and STARC have toll free numbers that family members can call to get answers to questions and assistance in seeking any support services. Since they are part of our team, the military provides these services so they find the answers or assistance they need.

The JTF Command continues to push for new programs and facilities to further improve the quality of life at Guantanamo. Due to the extension, GTMO has been designated as an Environmental Morale Leave (EML) location. Currently EML is unfunded. EML allows all JTF troopers to travel in a higher Space Available category to Puerto Rico and the continental United States. That should make leave travel easier. We have requested that the EML

be funded, but that has not been approved. Each trooper is also eligible for a second, 15 day leave. I encourage everyone to take advantage of the opportunity. We have requested other initiatives and will inform the JTF of these when they are approved.

Serving our country in time of war is the commitment each of us made. Every trooper should be proud of that commitment and service. You choose to defend the country when called, and each of you answered that call. The efforts of everyone in the JTF have a direct and positive impact on our war effort. What we do makes a difference every day. Our country and allies are safer today because of the mission you perform. Many of our fellow service members are equally committed in the theater now. Our fight is here. Every day we detain enemy combatants and gather intelligence that enables our forces to combat terrorism around the world.

Be proud of the commitment you made to serve the country. Be proud of who you are and what you do. The extension provides us the opportunity to refine our efforts and improve our training and mission capability.

Honor Bound

From the Field

For planning purposes, approximately when can I expect to leave Joint Task Force Guantanamo?

Departure dates for infantry and military police units is the For individual augmentees, the departure date is approximately 11 months on the ground which is adjusted for terminal leave, de-mob and home station time. It's possible for individual augmentees to depart earlier if they have replacements from their services. At this time, the 365-day tour only applies to Army, however it may extend to all services in the near future.

"From the Field" is a weekly feature addressing questions from service members on policy, procedures and other topics of interest to Joint Task Force Guantanamo. If you have a question for "From the Field," submit it to pao@jftgmo.southcom.mil or call The Wire at 5239.

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Veteran remains flexible after numerous deployments

Story by Sgt. Daniel O. Johnson

The political environment of today's world is calling on more and more Army Reservists and National Guardsmen to pack their bags and leave home. With little warning, these soldiers transform from policemen, carpenters, accountants, and college students into warriors.

Deployments are not always easy to cope with, and for one soldier, individual readiness and flexibility are important to making a deployment work for you. Army Sgt. Craig Cole says, "Any leader knows that you have to be flexible with most of the things that come down and you have to teach that to your soldiers as well...to be flexible. Things change."

Sgt. Cole, who is assigned to the 344th MP Company, has been on many different deployments during his 12-year military career. Cole spent four years on active duty with the Marines where he spent six months in the Mediterranean and six months in Japan. He also deployed to Haiti for Operation Uphold Democracy,

was stationed in Norway and even stopped here in Guantanamo Bay for a very short time back in 1992. After he finished four years in the Marine Corps, Cole spent two years with the National Guard and the remainder of his time in the Army Reserve.



(Left to right) Sgt. Craig Cole reviews paperwork with personnel services noncommissioned officer Staff Sgt. Paul Buono at the command post of the 344th Military Police Company.

In addition to the numerous assignments for the Marine Corps, Cole also answered America's call to go to Bosnia two years ago. Needless to say, deploying is part of Cole's lifestyle.

Sgt. Cole joined the Army Reserve

because he wanted to find a Military Police Reserve unit in Connecticut. It wasn't long before he found the 344th MP Co, and Cole was getting more than he bargained for. "We're one big tight family. When we first got the order last January ... one of our soldiers lost their house. Our unit got together, took up a collection and got him some money so he could find somewhere else to live ... gave him some time. We just look out for one another," Cole said.

That's the kind of cohesion that helps soldiers along during a deployment. Cole also said that the 344th MP Co is great because of, "The family mindset. Being away from home this long, and you still have the family mindset here. You can talk to anybody no matter which platoon, which squad, or which team ... you can talk to anybody about anything."

Flexibility, unit cohesion, and leadership training are all things that contribute to an individual's success here at Guantanamo Bay. These are also the things that help a service member both cope and excel during a deployment.

New program raises Space-A priority for JTF members

Story by Pfc. Justin Cornish

Joint Task Force Guantanamo members now have a new way to travel Space-Available while on leave. The Unfunded Environmental Morale Leave program, or UEML, is now in effect. The program gives JTF Guantanamo members higher priority than those taking ordinary leave on Space-A flights.

"This should make it easier for troops to take leave with a definite travel schedule as opposed to experiencing the uncertainties that often go hand-in-hand with space available travel while on ordinary leave," said Master Sgt. Donald B. Card, noncommissioned officer-in-charge of the JTF Guantanamo Personnel section, J-1.

Space-A travel is a transportation privilege extended to service members at little or no cost. Although there is no right or entitlement to Space-A travel, it is economically beneficial to eligible travelers. Priority of travel is determined by category, with category 1 being the highest.

The different categories are as follows: 1 is for emergency leave, 2 is environmental and moral leave, 3 is ordinary leave, 4 is unaccompanied dependents on EML, 5 is permissive temporary duty and students, and 6 is for National Guard/Reserve components and retirees.

"This should make it easier for troops to take leave with a definite travel schedule as opposed to experiencing the uncertainties that often go hand-in-hand with space available travel while on ordinary leave," said Master Sgt. Donald B. Card

Based on the priority level used by Air Mobility Command, AMC moves EML travelers above those with regular/ordinary leave orders, which brings EML travelers to category 2.

According to Department of Defense and

Southern Command regulations, UEML is leave granted at an overseas installation where adverse environmental conditions require special arrangements for leave to be taken in a more desirable area. UEML trips are limited to two per year. For service members in dependent-restricted areas, the military service may stipulate, for operational reasons, the time frames in which eligible soldiers may take UEML.

Cuba is a designated Unfunded EML Location. Approved UEML destinations for travel from Cuba are Puerto Rico and the Continental United States. Service members may be provided space available air transportation from EML duty locations to take ordinary leave.

The recent announcement of extensions for Army members on active duty with JTF Guantanamo has made it necessary to revise the leave policy currently in effect. The JTF J1 will post pertinent information about EML on the public network into the folder marked J1.

FAMILY, from page 1.

taking my place as a free American citizen and show my support by being there for others. It's the best way to help myself, to give of myself. It really does work," said Mrs. DeMaire.

Families are finding all sorts of ways to be supportive. Sylvia Martinez is the wife of Staff Sgt. Morales Martinez of the 438th Military Police Company. Here, Staff Sgt. Martinez is the deputy for J-5 Morale Welfare and Recreation. His wife, who is an ordained minister, takes care of their three children and is also looking after many Fort Campbell wives whose husbands deployed to the Middle East.

"My wife is doing really well. I really want her to know that I'm very impressed with how she is handling this. I can't stress enough what a champion she is," said Martinez.

Last Friday, Mrs. Martinez held a special service for the family members of all the deployed soldiers. Additionally, Mrs. Martinez obtained photographs of all the deployed soldiers and made special pins for every spouse of a deployed soldier. She also coordinated to have one dependent wife's house at Fort Campbell completely furnished because her husband brought her to Fort Campbell and then he

was immediately deployed. "She didn't have anything in the house," said Staff Sgt. Martinez.

The 785th Family Readiness Group is doing similar things in Michigan. "We are planning a catered dinner for all moms and wives for Mother's Day weekend. We've invited the Chaplain to come and speak to the families about stress and about getting some help if needed," said Mrs. DeMaire.

Reaching out is important and soldiers should realize it is a two-way street. Soldiers should know that if they are having any difficulty with the extension, they have a team of people at the ready to help them. Part of that team includes the family support groups attached to their units back home. Another part of that team is what JTF Guantanamo can offer here.

Ray White, JTF Guantanamo Liaison for Fleet & Family Support Center said the Fleet & Family Support Center offers many support services to JTF Guantanamo troopers.

"We work together as a team with the JTF Combat Stress Unit and the JTF Chaplains," said White. "We offer advice on maintaining relationships with family members back home, with children, with spouses, and advice on maintaining relationships here when living in an isolated area."

Brenda Kittrell, the JTF Guantanamo Clinical Social Worker at Fleet & Family Support said it is important for the deployed trooper to communicate effectively with family members during tough times like these. "One of the things we are telling them to do is when they communicate the news to their family that they make sure that they get their family members either by email or by phone, a chance to process the information," said Kittrell.

"We have an acronym that we've taken from the Army briefing, called LUV - Listen, Understand, and Validate," said Kittrell. The Speaker Listener Technique is another kind of effective communication counseling that Kittrell offers.

The bottom line is for troopers to know they have many avenues of support here and at home. Family separation is hard, especially if you are in the military, and particularly during wartime. Good and steady communication between the deployed soldier and their family is so critical during this difficult time. Many of us know that being away from home for a year can really take its toll in many ways. That is why strength and patience on the part of the deployed soldier and their families is essential.

Man on the Street

Compiled by Army Spc. Delaney Jackson

This week's question:

What are your personal goals to accomplish during your additional time here?



Army Pfc. Abram McBride,
B Co., 2-116th Inf. Regt.

"I want to further my education and get in better physical shape. I want to keep my mind sharp so I can go to school when I get home."



Army Sgt. 1st Class Brian
Conklin, 303rd MP Co.

"As the training NCO for the 303rd, it is my goal to see to it that every soldier in the 303rd passes the PT test."



Army Pfc. James Combs,
300th MP Bde.

"I hope to save up enough money to go to school for a degree in computer programming by the time I go home."



Army Pfc. Karrilynn
Kvalevog, 785th MP Bn.

"My goal is to get EMT certified and make the best of my time here."



Spc. Sandra Tancrede,
344th MP Co.

"My goal is to go to the gym more; get into better physical shape and get a perfect score of 300 on my PT test."

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
<u>Camp America</u>		
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.

Chaplain's Corner

Friendships carved during hard times

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

There is an old expression that says: "We really do need each other." I believe this expression is especially true during times of deployment when we are all facing unusual and enormous challenges. Our deployment here is not the first time I have been involved in a lengthy deployment. In 1969 during some of the tough times brought on by the Vietnam War, I was sent to Howard Air Base in the Panama Canal Zone. I was a young airman in the Air Force. My first overseas orders were expected to send me to the fight in Vietnam, but instead the Air Force sent me to this hot, humid and isolated piece of land near the Equator. The sense of relief I experienced at avoiding a trip to Southeast Asia was soon changed to a sense of loneliness. I didn't know anyone. There was no one who really seemed to care what happened to me, as long as I did my job and did it well. Back home were my friends, my family, my life! How in the world could I hope to survive in that bleak environment?

Fortunately, my sense of loneliness and discouragement was soon put to rest as I began to form new friendships and forge new relationships. At first, some people didn't accept me because I didn't always

want to participate in some of their social activities. Soon I was able to help them accept me for who I was and many of them welcomed me into their circle. I formed a bond with many fellow temporary Panamanian citizens that enabled me to not just survive my tour, but to come away from it feeling good. About five years ago I was traveling in Michigan and was surprised to run into one of those who shared that time of being so far away from home. We spent a few minutes remembering what we did, what our lives were like, and how we had made it through those difficult times.

Identical interests are not a prerequisite for friendships. Besides, life would be boring if we were all alike. And I'm not sure how many more of myself the world could take! The important thing to remember during this deployment is that you realize that each one of us is important to the mission. Furthermore, each one of us has a contribution to make to the camaraderie of our task force. Learn to accept one another's faults. Learn to become a better person by leaning upon each other's strengths. God can use each one of us to make this place just a little better. He can use the friendships that you make during this deployment to create a better future for all of us. We really do need each other, and we really need God to help us to experience success at the end of our tour.

Special Announcement for the Catholic Community

All Catholic religious services during Holy Week will take place at the NAVBASE Main Chapel. This will enable the entire Catholic community at Guantanamo Bay to come together for these sacred celebrations.

Holy Thursday	5:30 p.m., April 17
Good Friday	3 p.m., April 18
Holy Saturday	8:30 p.m., April 19
Easter Sunday	9 a.m., April 20

Please remember to abstain from meat on the Fridays of Lent. Also remember that Good Friday is a day of fast and abstinence.

Reserve Chief praises troops during Guantanamo Bay visit



Spc. Delaney T. Jackson

Lt. Gen. James Helmly greets soldiers outside Seaside Galley, from left to right, Spc. Andrea Weinrick 303rd MP Co., Spc. David Brainard, 785th MP Bn., Pfc. Heriberto Diaz, 344th MP Co.

Story by Sgt. Benari Poulten

Twenty years have passed since Lt. Gen. James Helmly, the Chief of the United States Army Reserve, last visited Guantanamo Bay, Cuba and much has changed in that time, most notably the addition of Camp Delta. Touring parts of the base and the detention facility on March 29, Helmly marveled at the exemplary efforts of the members of Joint Task Force Guantanamo.

"I was really impressed by the sophistication, the precision that all the soldiers

showed," said Helmly.

Praising the efforts of all the services, Helmly commented on how well the

"I was really impressed by the sophistication, the precision that all the soldiers showed," said Helmly.

diverse services work together to accomplish their goals. "A lot of people in the

Pentagon make a big deal out of joint operation," he explained. "What I find out in the field is soldiers, sailors, airmen, and Marines don't make a big deal of it; they just go about doing it in an outstanding manner. They really are the greatest young Americans our country has, in each of the Armed Services."

Helmly sees the members of JTF Guantanamo as being an invaluable resource in the Global War on Terrorism, citing the immense responsibilities of their mission. "Everything our soldiers are doing here is ... contributing to the development of refined doctrine because, in this century, this appears to be the kind of enemy we'll face most of the time, and so, I think there's an awful lot of learning going on here and teaching to the rest of the Army."

Helmly also took a moment to comment on the recent announcement regarding extensions for the Army Reserve, shedding a little light on the benefits. "I've been after the Army for the past six months to consider [longer deployments]. I understand the harsh living conditions, but for the Army Reserve and Army National Guard soldiers ... I've been concerned that we only spend six months here, we demobilize them, and then we have to mobilize them again within a couple of months ... I thought it was far better that they stay here for a year, with less chance of getting mobilized again for another five to six years."

The soldiers of JTF Guantanamo have accepted the news with a high degree of professionalism and remain committed to serving with excellence, but that did not surprise Helmly. "They all seem very highly motivated because they're well led and they're well trained, and they're just great soldiers," stated Helmly. "I'm very proud to be a part of them."

Guest appearance by MG Miller on "Open Line" talk show

Do you have a question that you would like to ask MG Miller about the extension of Army Reservists on active duty with Joint Task Force Guantanamo?

Then call in to the "Open Line" talk show on FM 103.1, "The Blitz," Tuesday, April 8, between the hours of 5 p.m. and 6 p.m. The "Open Line" talk show phone numbers are 2351 and 2300.

Keep busy in April with MWR

**Compiled by
Spc. George L. Allen**

Wondering what to do with your extra six months at Joint Task Force Guantanamo?

Morale, Welfare and Recreation has many offerings for troops stationed here.

JTF service members can take advantage of the activities at the Windjammer and Marine Hill Pools, G. J. Denich and Marine Hill Gyms, the Marina, Bike Shak and the Paintball Range. Additionally, there's also the Windjammer and Bowling Center, which often have special programs during the week, and the movie theaters.

Through the Marina, troops can get their boating license and enjoy fishing, an afternoon on the water, or a cook-out at Hospital Cay. The Single Service Member program at the Combined Bachelors Quarters has tournaments ranging from dominoes

to table tennis, and fishing trips.

There's also places to eat out at Guantanamo Bay. The Bayview, Jerk House, Cuban Club, and Windjammer offer cuisine choices ranging from Mongolian BBQ to Jamaican Jerk dishes. The Windjammer also offers bingo, salsa and karaoke nights.

More information on these facilities and the events planned for the month of April can be found in the 'GTMO Good Times' flier, available at many of the MWR facilities mentioned above.

Some of the upcoming events include a sailing regatta, an April Fool's bowling tournament, and a bike race with mountain bike courses, and road courses.

There will also be a 'Hootie and the Blowfish' concert May 4 at the Downtown Lyceum, said Army Capt. Juan Gonzalez, Joint Task Force Guantanamo MWR Officer.

Automation simplifies morale calls

**Compiled by
Spc. George L. Allen**

The latest and greatest change to morale calls begins April 7 and Joint Task Force Guantanamo troops will be able to make morale calls easier and faster.

The 'Morale Minder' run by J-6 is "an automated system that replaces the morale operator," said Master Sgt. Donald Quinlan, J-6 noncommissioned officer-in-charge.

Each troop will receive a personal identification number, which they can use to access the system. Morale Minder allows each trooper two, 15-

minute calls, but without making appointments or waiting for an open line.

"There will be more lines available after duty hours, and also some lines available during the day," Quinlan said. "And if there is a busy signal, an answering machine, or wrong number, you will still get your 15 minute call, as long as you hang up within a one-minute grace period."

Troops can stop by J-6 at Camp America or the CDC to get their PIN. Call Master Sgt. Donald Quinlan at 2195, or Sgt. 1st Class Larry Kern at 3760 for more information

Movie Schedule

Camp Bulkeley

Fri., Apr. 4

8 p.m. *Bad Company*
PG13 - 117 min.

10 p.m. *Sum Of All Fear*
PG13 - 119 min

Sat., Apr. 5

8 p.m. *XXX*
PG13 - 114 min.

10 p.m. *Panic Room*
R - 118 min

Sun., Apr. 6

8 p.m. and 10 p.m.
Rules Of Engagement
R - 127 min

Mon., Apr. 7

8 p.m. *Instinct*
R - 126 min

Tues., Apr. 8

8 p.m. *Blade 2*
R - 108 min

Wed., Apr. 9

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

Thurs., Apr. 10

8 p.m. and 10 p.m.
American Pie
R - 95 min

Downtown Lyceum

Fri., Apr. 4

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

9 p.m. *The Recruit*
PG13 - 105 min

Sat., Apr. 5

7 p.m. *National Security*
PG13 - 90 min

9 p.m. *Biker Boyz*
PG13 - 111 min

Sun., Apr. 6

7 p.m. *About Schmidt*
R - 125 min

Mon., Apr. 7

7 p.m. *Final Destination2*
R - 90 min

Tues., Apr. 8

7 p.m. *About Schmidt*
R - 125 min

Wed., Apr. 9

7 p.m. *Biker Boyz*
PG13 - 111 min

9 p.m. *The Recruit*
PG13 - 105 min

Thurs., Apr. 10

7 p.m. *Bringing Down
The House*
PG13 - 105 min

CPR Classes

Saturday April 5, 2003	8 a.m. - 11 a.m.	Camp America JAS
Saturday April 5, 2003	1 p.m. - 4 p.m.	Camp America JAS
Sunday April 6, 2003	8 a.m. - 11 a.m.	Tierra Kay JAS (TK 99)
Sunday April 6, 2003	1 p.m. - 4 p.m.	Tierra Kay JAS (TK 99)

Only one class must be taken for the certification. Members who successfully complete the course will receive an AHA Heartsaver CPR card. The class is open to all JTF members and there are no prerequisites to attend. We will accept the first 20 members who either reserve a spot or arrive prior to the beginning of any class. Reservations for Camp America can be made at 3548 and for Tierra Kay at 8618.

Take a trip to the beach

An on-call beach service is available to take groups to the beach on Saturdays and Sundays, from 9 a.m. to 5 p.m. Interested groups should call the transportation dispatch office at 3353 or 3136 from 9 a.m. to 5 p.m. on Saturdays and Sundays and a bus will pick them up and drop them off at the requested beach.

NATIONAL SPORTS

In the headlines.....

In **NCAA basketball** news, there were friendly wagers between states - New York Gov. George Pataki teased Texas Gov. Rick Perry Wednesday with a barbecue bet over the NCAA Final Four tournament game between **Syracuse University** and the **University of Texas**. The Texan's cheesy counter bet: Let them eat cake, a New York concoction from none other than the New York, Texas Cheesecake Co. If the **Orangemen** lose Saturday's game, Pataki agreed to have a ribs dinner delivered to Perry in the state famous for barbecue from Syracuse's Dinosaur Bar-b-que Restaurant. The winner of the Texas-Syracuse semifinal game will face the winner of the **Kansas-Marquette** semifinal, both played Saturday in New Orleans.

In **National Hockey League** news, **Tampa Bay** goaltender Nikolai Khabibulin, who extended his unbeaten streak to 15 games and backstopped the **Lightning** to their first playoff berth since 1996 and first place in the Southeast Division, is the NHL Player of the Month for March. Khabibulin posted a 7-0-3 record, 1.27 goals-against average and .953 save percentage.

With the NHL's regular season hurtling toward its conclusion, tight races for both the goal-scoring and points titles are making office-pool players squirm and keeping fan interest bubbling. The individual achievement awards have shaped up as a stare-down between two Western Conference powerhouses, the **Vancouver Canucks** and **Colorado Avalanche**. Naslund (47 goals) and line-mate Bertuzzi (46) are in line, along with the Avs' splendid Milan Hejduk (46), to claim the Maurice Richard Trophy as top goal scorer. In what had been a taut four-man race, Naslund (103) and countryman Peter Forsberg (102) have emerged to vie for the Art Ross Trophy as top point producer. Boston's Joe Thornton (98) and Bertuzzi (95) have faded too far back to be considered serious threats now.

Major League Baseball witnessed a historic home run by Alex Rodriguez, but it wasn't enough for the **Texas Rangers**. Rodriguez became the youngest player to hit 300 homers, but the

Anaheim Angels beat the Rangers 11-5 Wednesday behind home runs from Troy Glaus, Brad Fullmer, and Darin Erstad.

This year, Jeremy Bonderman of the **Tigers** will join the team's rotation despite having played professionally for only a year. He's pitched but 156 innings of minor-league baseball, none in the "high minors" -- the Double-A or Triple-A classifications. Jeremy Bonderman isn't old enough to have a legal drink. That doesn't mean he can't celebrate, however. Dave Dombrowski hopes his pitching prodigy gives Detroit Tigers fans reason to party. On Wednesday night, Bonderman made his debut against **Minnesota**, pitching above the Class A level for the first time. He also became the youngest player in the majors, having only turned 20 last October.

In Monday's **Red Sox** season opener, Pedro Martinez was typically brilliant: no earned runs allowed in seven innings, just three hits given up and six strikeouts. It wasn't his fault that the Red Sox were upended by the **Tampa Bay Devil Rays**, who scorched the Boston's bullpen-by-committee approach with five runs in the ninth to leave Martinez with his third consecutive no-decision on Opening Day.

In **PGA** news, for someone so prominent on the world golf stage, Retief Goosen has been a forgotten man in 2003. Blame it on fatherhood. Goosen and his wife, Tracy, had their first child, Leo, a month ago. That meant the South African was changing diapers instead of putting strokes. So he's a bit rusty heading into his defense of the BellSouth Classic at the TPC-Sugarloaf in suburban Atlanta. Goosen won his second straight PGA European Tour Order of Merit title last season and won tournaments on three different tours. He is the seventh-ranked player in the world. And a week after winning the BellSouth title, the 2001 U.S. Open champion went to The Masters and finished second to Tiger Woods.

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

Yatera Seca Golf Club presents Spring Thaw Tournament

Best Ball - Two Person
Sunday, April 6, 2003 at 7:30 a.m.
Entry fee - \$5 each

Prizes

Bring your own cart/clubs
Refreshments available
Sign up in Gym now and pay late
For more information call Mike at 4526
or Danny at 5692

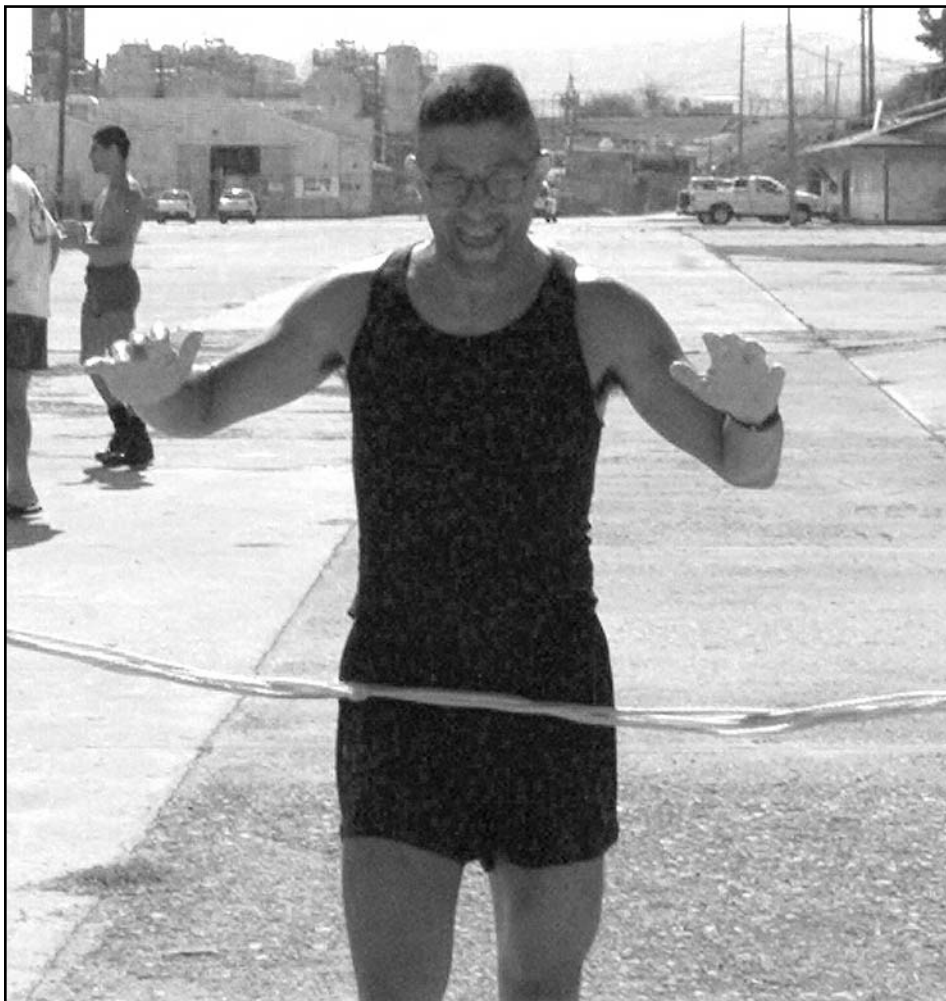
AA Meetings

**When: Monday, Wednesday, and Saturday
at 6:30 p.m.**

**Where: Chapel Hill room 4B (corner far-
thest from the exchange, on the chapel
side.**

JTF SPORTS

Triathletes test their endurance, give it their all



Navy Chief Petty Officer Heinz Deluca crosses the finish line as the first place competitor in Saturday's Triathlon.

**Story & photo by
Spc. Alan L. Knesek**

Joint Task Force Guantanamo and Naval Base athletes pushed their bodies to their limits on land and sea during the Guantanamo Triathlon.

The first leg began at 5:30 a.m. at the Windward ferry landing with a three-quarter mile swim in the bay.

After the competitors emerged from the water, they mounted their bikes and rode a 15-mile course to the Northeast Gate and back to the ferry landing. The athlete's positions changed frequently, proving that a race like this involves strategy and stamina.

Upon returning to the ferry landing, the cyclers donned their running shoes and hit the streets again for the final leg, a 10k run to Cable Beach and back.

The gap between the first and second place teams was substantial when the last stage of the race began. As the competitors grew tired and paces slowed many triathletes stopped for a quick break before they returned to the streets for the final leg of the race.

The first athlete to cross the finish line was Navy Chief Petty Officer Heinz Deluca. He and his teammate Marine Capt. James Kokosyznski took first place for the Guantanamo Triathlon.

Team Hollowman takes the Captain's Cup

Sunday saw combat right in the middle of Guantanamo Bay: The Captain's Cup Paint Ball Tournament - five-man double elimination speed ball. Twelve teams gathered at Cooper Field. All walked away with a few splotches of neon paint, and a few got trophies. Team Hollowman, the defending champions from W. T. Sampson High School, won first prize. Team Minutemen (344th MP Company) won second place, and team OMD won third.



Pfc. Josh Hebert, 344th Military Police Company 'Minutemen' takes cover and takes aim in the battle field's forward position, nearest the flag.

Spc. George L. Allen

15 Minutes of Fame...

with Spc. Donald Barr
300th MP Brigade

Ready for anything!

**Interview by
Sgt. Bob Mitchell**

Barr has been in the Army Reserve for four and a half years. He is married and has one daughter, who was born the month before he was deployed here. This is his first deployment.

Q: Why did you want to join the Army?

A: It seemed very interesting, which it is, and it was better (to me) than the other jobs offered to me. I wanted to be an MP (Military Police) but there were no slots available.

Q: What is the biggest challenge you have had so far at Guantanamo Bay with your MOS?

A: Nothing in school (Advanced Individual Training) really prepared me for what I do here. It's a whole different ballgame doing this job as opposed to what I was taught in school. They taught us more at the strategic level than at a tactical level. I'm learning more analytical work along with what I do, so I feel more well rounded as a soldier now.

Q: What is the best thing about being in your unit here at Joint Task Force Guantanamo?

A: It's brigade level. I like being at the brigade level. You get exposed to a lot of different things. I work close with officers, and eventually I want to become an officer, so I think I'm getting better prepared for it. Also, everyone I work with is great. We're all here together and you have to make the best of it.

Q: How has being deployed affected you?

A: It's hard, but I make the best of it. I keep myself busy. Obviously, being away from my wife and daughter is hard, but I talk to them all the time so it really hasn't been that bad.

Q: How did you prepare yourself for getting extended?

A: We always knew it was a possibility. I stayed very open-minded towards it. I know when I was home on leave in February I told my family and friends that I may be home in



Spc. Donald Barr stays mission focused while he performs his duties for JTF Guantanamo.

June but not to count on me being home until at least August or September. So I prepared myself before it actually happened.

Q: How does your family feel about the extension?

A: My wife was a little upset at first but, like I said before, there's not much of a choice I have. We're both going to deal with it and she thinks I'm a better person for doing this. She really helps me out a lot. She supports everything I do. I didn't really expect her to be so helpful, as she is sort of a single parent while I'm away. But just knowing how she's taken it has made it a lot easier on me.

Q: Has this solidified your marriage?

A: Yes, it's really made me realize what we have for each other. When I went to basic training and AIT, we were together then as well. So this is just another stepping-stone for us.

Q: Why do you think it's significant that we, as soldiers, have been extended to a one-year deployment as part of Operation Enduring Freedom?

A: We already know the job. I really don't think that the people who make these decisions are going to bring someone down here that doesn't know the job. I believe that when my daughter is going through school she'll read about this

and I can tell her I was there.

Q: How do you plan to improve your readiness as a soldier during these additional months?

A: Be ready for anything. Anything that they give you, just be ready and deal with it. There's no point in getting irritated with it. If you look at it as a positive, you'll have a much easier time. If you look at it as a negative, everything's just going to be bad for you.

Q: What keeps you motivated?

A: Knowing that I'm going home ... knowing that I have a support system here. I can talk to people here if I have a problem. Just knowing that what I'm doing is going to help the entire world and, like I said, I'm going home regardless of what happens.

Q: What positive comments can you offer about the leadership style of your NCOs and officers?

A: They are all very helpful. At times they're harder on us, but I believe that my leaders are very good. They're probably the best that I've ever heard of or seen. I would work with any of the NCOs ... or the officers that are above me now, anytime. They are definitely mission oriented.

Q: What is the best thing about being stationed here at Guantanamo Bay?

A: Just look around. You couldn't ask for anything better, especially on a first deployment. You're not living in a tent. You actually have an exchange (NEX). It's a regular base. You're not out in the desert somewhere or you don't have bullets coming down range at you. It's almost like you're home, minus your immediate family. You have your military family and it's just another branch of your life.

Q: What are you going to do when you go back home?

A: I'm going to go to school, continue with my job as a Customs Broker with U.S. Customs. I'm going to live every day, try to be the best husband and father I can be to my daughter.