



# the Wire

“ HONOR BOUND TO DEFEND FREEDOM ”

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Friday, February 14, 2003

## On a mounted patrol, it's not business as usual

Story & photo by  
Spc. Lisa L. Gordon

Occasionally, they can be seen from Guantanamo Bay's main roads, but usually they're behind the scenes, on roads many of us never even knew existed.

They're the infantrymen who conduct mounted patrols.

Although the patrols are conducted daily, they're anything but business as usual. Mounted patrols are carried out using high mobility multipurpose wheeled vehicles

(Humvee) and a small group of soldiers. The soldiers set out to patrol the areas of the base that are unfamiliar to many of the service members stationed here.

The roads they maneuver during the



Sgt. Glenn Rich (driver) and Pfc. Monroe Kelso (gunner) prepare to continue their mounted patrol after taking a brief stop to set up an observation point.

patrols are really not roads by typical standards. They run through the ridges of Guantanamo Bay; they're steep, and they're rocky. The roads are also lined with tree branches and cactuses that come

together in a jumble of sharp twigs that tend to make the path a bit narrower than necessary for the passage of a Humvee.

Soldiers on a mounted patrol are looking for anything or anyone out of the ordinary.

Sgt. Glenn Rich of Alpha Company, 2nd Battalion of the 116th Infantry Regiment explained, "There are named areas of interest that we have to patrol to make sure that there are not enemy forces that could be hidden

there ... We're monitoring who's here and who could possibly sneak in here."

Along the way, the infantrymen stop

**See Patrol, page 6**

### Inside the Wire...



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**JTF Guantanamo**  
**Joint Task Force Commander**  
**MG Geoffrey D. Miller**

*Troopers of Joint Task Force Guantanamo:*

As I look at the JTF, I see that all troopers are working hard to ensure that they are successful in accomplishing their missions. Mission success is a part of winning and we are winning every day.

As the Joint Task Force Commander, I am fortunate to witness the small victories of Joint Task Force Guantanamo every day. Teams, squads, sections, platoons, detachments, companies...they are what

## MESSAGE FROM MG GEOFFREY D. MILLER

brings us these small victories. It's the well trained troopers that are working together to win our part of the global war on terrorism.

When training "pays off," we have another victory to show for it. Most recently we had a victory with the saving of a detainee's life in Camp Delta. Thanks to rapid intervention and disciplined training, MPs in Camp Delta were able to quickly assess a situation and make a difference.

The Mobile Inshore Undersea Warfare Unit 212, responsible for closely watching the seaward lanes of approach into Guantanamo Bay, recently identified a boat entering into the JTF-GTMO Joint Operating Area. The Delta Detachment Port Security Unit was immediately dispatched to investigate the situation and intercept the watercraft before coming into close range. These two teams worked together to eliminate a violation of our joint operational area - success!

Every day, interrogators gather tactical and operational intelligence information that is of enormous value to winning the war on terrorism. Even the smallest piece of information that is gathered is used by officials to reduce the risk of future terrorist attacks. These teams are winning every day!

Last week, another group of detainees were processed into Camp Delta. This operation required synchronization and coordination by over 300 members of our JTF Team. The operation was exceptional thanks to the dedication and hard work of the soldiers, sailors, airmen, Marines and Coast Guardsmen involved.

These are just a few examples of how we are all involved in winning our fight. Stay focused on your mission; stay focused on the small victories, the daily successes. Know that you are making a difference every day.

HONOR BOUND!

## OPSEC CORNER

Joint Task Force Guantanamo just happens to be in a beautiful locale; palm trees, ocean breezes, warm temperatures, and great service members. Some of our fellow service members are serving in much more inhospitable places with uncertain missions. At JTF Guantanamo, although our mission is no less important, collectively, we tend to forget that our mission is just as critical. Because of our location, we want to snap pictures of everything; the beaches, our friends, the sunsets, and the wildlife. Recently, however, I've noticed and heard that pictures of JTF Guantanamo

personnel are being taken without their permission. Although you may think this is harmless, it can have a definite impact on operational readiness and security. Some personnel work in vital areas of JTF Guantanamo and a so-called 'harmless' picture can jeopardize their mission and safety. In the future, when you're socializing at the beach or in any other social event, ask an individual for their express permission to take their photograph. Respect their privacy and your conscience.

'Think OPSEC'

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## Patriotism

"I have not yet begun to fight."

-John Paul Jones,  
 Aboard the tattered and sinking  
 Bonhomme Richard,  
 23 Sept. 1779

# Chaplain's Corner

**By CH (LTC) Raymond Bucon  
Joint Task Force Guantanamo  
Deputy Chaplain**

Service members who live in Windward Loop often run on Sherman Avenue in the direction of the Northeast Gate. A barrier across the road announces a restricted area and invites each runner to turn around. When runners reach this turning point they have to pause briefly before they can go back in the opposite direction.

So also when we wish to reverse the direction of our lives there must be a pause, or a death if you will, to mark the end of one choice and the beginning of another.

Suppose you make a decision to eat healthier. This involves putting to death all those cravings for french fries, ice cream, and other high calorie foods. And suppose you make a decision to spend more time reading scripture. This involves putting to death the urge to watch television, telling yourself you'll read scripture later. Often we get involved in a story and "later" never comes.

A classic book of Christian spirituality is titled *Imitations of Christ* by Thomas A' Kempis. The author reflects that we imitate Christ's death by being buried with him in baptism. If we ask what this kind of burial means and what benefit we may hope to derive from it, it means first of all making a complete break with our former way of life. We cannot begin a new life until our previous life has been brought to an end.

Spiritually, we imitate the burial of Christ by our baptism. We receive this saving baptism only once because there was only one death and one resurrection for the salvation of the world, and baptism is its symbol.

This year, we celebrate the resurrection of Christ and his conquering of death on Easter Sunday, April 20. We can prepare for this day by putting to death anything that keeps us from imitating Christ. As St. Paul encourages: "Always give yourselves fully to the work of the Lord, because you know that your labor in the Lord is not in vain." (1 Corinthians 15:58).



## JTF Muslim troops celebrate Eid al Adha

**By Spc. George Allen**

Muslim Joint Task Force Guantanamo troops and members of the Guantanamo Naval Base community celebrated the most important feast of the Muslim calendar, Eid Al Adha, which coincides with the Hajj, or the pilgrimage to Mecca. It also commemorates the Prophet Abraham's willingness to sacrifice his son as God commanded.

Eid Al Adha, which falls during the Hajj season, is celebrated over four days. This year it was Tuesday, February 11, through Friday, February 14.

The other major Islamic celebration is Eid al Fitr at the end of Ramadan.

"We wake up early, have morning prayer, then have a special Eid prayer. In some countries, they sacrifice a sheep after the prayer," said Staff Sgt. Ghazi, a Joint Task Force Guantanamo soldier, explaining some of the holiday's customs.

The morning of Eid al Adha is focused on prayer and the sacrifice. Then later in the day, people dress up in their best clothes to greet friends and give to the poor.

"It's a Festival of Sacrifice. So you're sacrificing an animal and distributing it (the meat) to the needy. One third goes to you and your family, one third to friends and one third to the poor. It's a very social holiday," said Spc. Anas.

"The prayer will bring us together," Ghazi said about the worship service Tuesday morning at the NAVBASE Chapel.

## Worship Services

### Catholic

#### Main Chapel

|       |           |                          |
|-------|-----------|--------------------------|
| Daily | 6:30 a.m. | Mass<br>Cobre Chapel     |
| Wed.  | 5 p.m.    | R.C.I.A.<br>Cobre Chapel |
| Fri.  | 5 p.m.    | Rosary                   |
| Sat.  | 4:30 p.m. | Reconciliation           |
|       | 5:30 p.m. | Mass                     |
| Sun.  | 9 a.m.    | Mass                     |

#### Camp America

|      |            |                       |
|------|------------|-----------------------|
| Sun. | 10:45 a.m. | Mass<br>Wooden Chapel |
|      | 5 p.m.     | Mass<br>Wooden Chapel |

### Protestant

#### Main Chapel

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

\* Fellowship Hall located in Chapel Complex

#### Camp America

|      |        |                          |
|------|--------|--------------------------|
| Wed. | 7 p.m. | Service<br>Wooden Chapel |
| Sun. | 9 a.m. | Service<br>White Tent    |
|      | 7 p.m. | Service<br>Wooden Chapel |

### Church of Jesus Christ of Latter Day Saints

|      |        |             |
|------|--------|-------------|
| Sun. | 9 a.m. | Sanctuary A |
|------|--------|-------------|

### Islamic

|      |        |                               |
|------|--------|-------------------------------|
| Fri. | 1 p.m. | Classroom 12<br>ChapelComplex |
|------|--------|-------------------------------|

### Jewish

|      |        |                    |
|------|--------|--------------------|
| Fri. | 8 p.m. | Fellowship<br>Hall |
|------|--------|--------------------|

#### **Camp America Church Bus schedule:**

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

The bus will return immediately following worship.

# From Desert Storm to Enduring Freedom

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

The 785th Military Police Battalion has acquired experience in previous operations that serves them well in their Joint Task Force Guantanamo mission. With many soldiers tasked out with other units, it is training and experience that keeps them at the top of their game and ready for whatever task presents itself.

The 785th Military Police Battalion from Fraser, Mich., has been assigned to JTF Guantanamo since November 2002. Since then, they have taken over several

back at their permanent duty stations and complete their jobs as they were trained. For many of the soldiers of the 785th MP Battalion, this is not always the case.

"The MP companies come here and they perform their mission as an MP company would. As an MP battalion coming into the JTF structure we have a dual role. The battalion makes up the bulk of the operations, logistics and the personnel side of JTF Guantanamo," Haddad said.

Haddad along with many others in the 785th have been tasked out for different missions in JTF Guantanamo and in some ways are wearing two hats. "Our challenge

shove and the 785th is given a mission, they accomplish it and they accomplish it well. We have each others' back, and we know what's got to be accomplished and it gets done," said Staff Sgt. Laura Frost, 785th MP Battalion. Frost has been with the 785th MP Battalion for six years of her 22 years in service. Frost is a prime example of the 785th taking on different roles to get the job done here.

"Staff Sgt. Frost is really taken a lot of what the Company Commander and I are doing. She's really the only full time person in the HHC for the 785th. The Company Commander and I both jump in and out and work part-time and work in the JTF mission as Camp America Commandant and Capt. Hoffman works in the S3 plans," Haddad said.

The 785th MP Battalion's experience in dealing with missions of this nature mainly comes from their deployment during Operation Desert Storm. At that time the unit was called the 301st MP PW Camp and they were in charge of one of four enemy Prisoner of War Camps during Desert Storm. Upon completion of the mission, the 301st MPs returned home de-activated, and then split into two MP Battalions, the 783rd MP Battalion from Inkster, Mich., and the 785th MP Battalion from Fraser, Mich. A few of the soldiers, who are a part of the 785th were a part of the 301st during Desert Storm and have brought their experience from that mission to the table. They help to mentor many of the younger soldiers who have never been deployed before or have never dealt with a mission of this kind.

"We've got a lot of experience in our unit here and that's really helped out a great deal. They may not have been to Desert Storm, but they've been on active duty and they know what mobilization is about and that has been a great help," said Sgt. 1st Class James Webster, 785th MP Battalion. Webster, former MP with the 301st MP Co. during Desert Storm, has been with the 785th for 12 years and has taken the experience and knowledge from his previous deployments and been able to pass on some wisdom to younger soldiers who have never been deployed before and



*Army 1st Sgt. Joseph Haddad (left), and Army Staff Sgt. Laura Frost (right), both assigned to the 785th Military Police Battalion have been a part of the 785th since it's creation.*

key positions in the Joint Detention Operations Group as well as maintained their integrity at a battalion level in addition to filling positions in other units that are deployed here. Many of the 785th's soldiers make up the Joint Staff and are also tasked throughout the JDOG and JTF, to include the JDOG Deputy Commander Lt. Col. Stephen Stewart, Camp America Commandant Command Sgt. Maj. Gregg Hisson and 1st Sgt. for the Headquarters and Headquarters Company, 1st Sgt. Joseph Haddad, 785th MP Battalion.

Many units that are deployed here, can operate their command as if they were

is trying to keep our battalion together and make sure things are not being pushed to the wayside. We still have the requirement to maintain an Headquarters and Headquarters Company and take care of all the functions that go along with that; pay, accountability, training and emergency leaves, but along with that now we've also been melted in to the JTF operations and have additional duties," said 1st Sgt. Haddad, serving dual roles as the 785th MP Battalion First Sergeant and Camp America Commandant.

"We've had a lot of training in this area. What helps us a lot is, when push comes to

# Combat camera, recording history

Story by Spc. Alan L. Knesek

With the push of a button, today's mission is photographed and documented on video for the future.

The Navy Combat Camera Detachment attached to Joint Task Force Guantanamo is made up of reservists based out of Naval Air Station Joint Reserve Base Wilgrove, Pa. Their active duty counter part is Combat Camera Atlantic.

The events which take place now become historical images for future Americans to look upon and understand what we do in the military. All of this is made possible by the elite and talented service members of combat camera, who encompass all services.

The combat camera detachments like the one attached to JTF Guantanamo are capable of responding to and documenting combat operations and training exercises that occur in the military. With the mission of JTF Guantanamo always in the public eye, combat camera's mission here is far from over.

"Combat camera is rapid response, getting to the scene and showing the truth. Covering combat operations, command operations and public affairs," said Petty Officer 2nd Class John Williams, combat camera.

For Williams, "The biggest challenge here is the release of images."

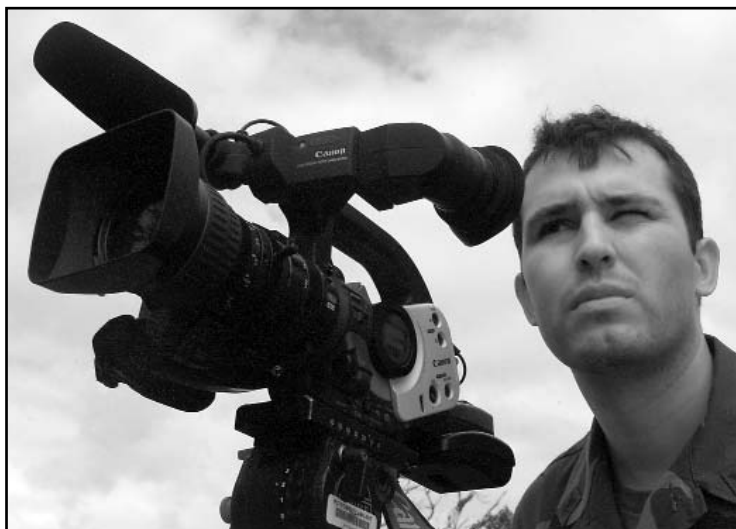
Missions like this can be confidential and important to national security, there-

fore a lot of what goes on behind the scenes needs to stay behind the scenes until it is decided that it poses no threat to the mission, the military and the nation.

"The best part is definitely the diversity of the mission. In the Navy specifically, you are able to go to aircraft carriers, submarines, all over the world. You work with all aspects of the military," Williams said.

"The way combat camera works is that when you come in you'll have the opportunity to be switched around (between still and video). Even if your specific military occupational specialty is one thing, you will get the chance to turn around and try another aspect of combat camera."

"We have a varying degree of knowledge. And we really have to support each other, and really have to work together, especially here," Williams said, a 15-year Naval veteran with combat camera. This holds true due to the size of the detachment and the complexity of the mission. Team work makes their job easier and more effi-



Spc. Delaney T. Jackson

Navy Petty Officer 2nd Class John Williams, combat camera, keeps the camera steady during a video shoot in Camp America.

cient. It is one of the biggest parts of getting their mission done.

Even though many of the photos and video footage will not be cleared for public release for years to come, Williams feels that documenting the events are a large part of his job and that his job is something that is very important for the military, presently and in the future.

"For me, being a photographer in the Navy has always been about showing the truth, what the regular media can't get to," Williams said.

"They may not release it for years, but it is something I truly believe that should be documented."

## Sponsors needed for High School Yearbook

W.T. Sampson High School is searching for organizations, units, clubs, families, or anyone who has \$30 to spare to sponsor a page in the 2003 High School Yearbook.

As a page sponsor, your name will go on the bottom of a yearbook page. Up to 40 words and a logo may also be added. Sponsors can select a specific page to "adopt" such as sports, classes, or an event page, etc.

*Deadline to sponsor your selected pages is Friday, February 21. Call Mr. Smith at 2137.*

## Yatera Seca Golf Club Presidents Day Golf Tournament

Captains Choice Format  
Monday, Feb. 17, at 8:30 a.m.  
1st, 2nd, & 3rd place prizes

\$5 for members & \$7 for non-member  
Responsible for your own golf cart & clubs

For more information, call Danny or Brenda at 5692

## Golf Scramble at Yatera Seca Course

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

Donations  
\$3 for members  
\$5 for non-members

1st, 2nd & 3rd place awards

For more information, contact Mike at ext. 4526  
or Danny & Brenda at ext. 5692

# JTF Guantanamo's 'quiet professional'

Story by Spc. Alan L. Knesek

The motto of the United States Air Force Special Operations Command is "Quiet Professionals." Some of their jobs revolve around educating special operations forces that are at the front line of the war on terrorism. The things they do now will shape the future of the world.

One of their finest has been deployed here, and holds true to his motto. His identity may not be releasable, but this "Quiet professional" of the Air Force Special Operation School, assigned to the Joint Interrogation Group here was named the Headquarters United States Air Force Special Operations Command Company Grade Officer of the year for 2002.

This "Quiet professional" has been a course director in the Regional Affairs Division for two years now. "QP" had been nominated for the award, but didn't expect to win. It took "QP" by surprise when he received an email informing him he received the honor.

The AFSOS is a part of the Joint Special Operations University where "QP," one of many course directors, instructs Special Operation Forces, and other students from various services who are not special operations service members.

"Primarily we focus on the human element in special operations. We believe that the human element is the key to special operations. We've focused on preparing special operation troops, mentally, with a many different kinds of knowledge which are required for their jobs," "QP" said.

Some of the courses offered are: Revolutionary Warfare, Middle Eastern orientation, Asian-Pacific orientation, Joint Psychological Operations, Sub-Saharan Africa orientation and Special Operations in the 21st Century to name a few.

"The courses are open to non special operation forces and I would encourage people to take advantage of some of the education that we offer there. We focus on preparing special operation forces

troops with regional information about the areas they will be deployed to, so they know something about the history, culture, geopolitics of the region. But that kind of information can benefit the average soldier, airman, sailor, Marine, as much as it does special operation forces troops," "QP" said.

The majority of the courses run a few weeks long and enhance mission readiness by focusing on special operations missions and functions, regional and cultural orientation, antiterrorism, joint planning and crisis response skills. Much of this information is vital to operations against world terrorism.

"QP" will return to the Air Force Special Operations School, as the honored officer of 2002, and pick up where he left off. He will return as a course director, upon completion of his mission here and will continue the education of today's military and their special operation forces.

## Patrol, from page 1

and set up an observation point to conduct what they call SLLS, or stop, look, listen, and smell. After they have collected their information, they contact their company via radio to report their findings.

Security is an important issue, and that is the very reason mounted patrols are conducted using Humvees. Mounted on the roof of each vehicle is an M2 .50 caliber machine gun, which is manned by a soldier, referred to as a "gunner." Every soldier on a mounted patrol is proficient with the operation of the .50 caliber, which is extremely important should something happen to the designated gunner.

Further security is ensured since the gunner on the lead vehicle faces forward, and the gunner on the rear vehicle faces backward.

"You've got forward and rear security. That way you have a 360 degree parameter of security at all times," Rich said.

Despite the fact that they're driving rather than walking, conducting a mounted patrol is no easy task. The heat is excruciating and because the soldiers must drive in a cautious manner to maintain control of

the vehicles on the rocky terrain, they usually don't get the benefit of a cool breeze.

Mounted patrols seem to be especially hard on the gunner, who must wear a Kevlar helmet, a flak vest and protective goggles. While driving through the heavily wooded paths, the gunner's body takes abuse as he is often hit with branches and sometimes stuck with razor sharp cactus needles. The brush is often so thick that even the soldiers inside the vehicle must duck to avoid being hit with runaway branches.

Maybe because they're used to it, or because of the special fortitude it takes to be an infantryman, the soldiers don't seem to be fazed by the difficulties they face during their mission. Spc. Richard Erb of Alpha Co., 2nd Battalion of the 116th Infantry Regiment explained that since the soldiers are also responsible for duties such as standing guard in the lookout towers spread out over Guantanamo Bay, the mounted patrols add variety to the soldiers' days.

"When you're standing in the towers for a period of time, you're in one place. The scenery doesn't change unless you turn

around and eventually, you see the same thing and it gets pretty boring. I prefer the mounted patrols over any other mission we have here," Erb said.

With a devilish grin, just before driving his Humvee up a steep and rocky path, Erb added, "this is where it gets fun."

The infantrymen of Alpha Co. 2nd Battalion of the 116th Infantry Co. seem unique because although they know the importance of their function here, they also seem to enjoy themselves while doing their jobs and doing them well. Alpha Co.'s soldiers, along with all the other infantrymen stationed here, are committed to ensuring the safety of Guantanamo Bay and its residents.

As he looked out over one particular area of interest Rich said, "We need to watch for a possibility of enemy infiltration by boat or plane or whatever means that terrorists or other organizations might try to storm this particular mission of ours. The Coast Guard is out there, so they're doing their jobs, but we're working hand in hand as a Joint Task Force to accomplish this mission and to make sure this stays a secure island."

# Stay Alert! Stay Alive!



Coast Guard Petty Officer 3rd Class Brandon Cummings, a boatswain's mate for Delta Detachment loads the .50 caliber machine gun with ammunition in preparation for the live fire exercise.

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

Training serves as an excellent way to measure capabilities and to receive hands-on practice to keep troops on the cutting edge of the latest procedures, tactics and equipment.

Safety, teamwork and communication skills are just a few things required for successful training missions. These were practiced in full force by the Coast Guard's Delta Detachment, last Saturday during their .50 and .60 caliber Joint Task Force Guantanamo live fire exercise.

"Safety is obviously the paramount," said Petty Officer 1st Class Gregory Gilmore.

"That's our number one concern and during the pre-fire briefs that all the crews get before we go out, that is the main issue stressed. But then we also go into tactics, functions of the weapon and that sort of thing," Gilmore said.

## Black History Month: Tuskegee Airmen

*In recognition of Black History Month, here is yet another historical piece displaying the bravery and character American troops, and how they have fought for our freedoms at home, as well as abroad.*

In December 1941, the United States entered World War II's European Theatre to join the allied forces of freedom and democracy against the Nazi ideals of ethnic and racial purity. One of the allies' strongest weapons was the 332nd Fighter Group with 450 fighter pilots known as the Tuskegee Airmen because they were trained at the Tuskegee Institute in Alabama.

They were all black.

Adhering to its own policies of racial segregation, the United States Army Air Force's only facilities for basic and advanced flight training for black pilots were at the Tuskegee Army Air Field and nearby Tuskegee Institute in Alabama. These existed only as a result of a lawsuit brought by an African American who was refused for pilot training because of his

race.

The "Tuskegee Experiment" was expected to prove racial deficiencies in intelligence and concentration, yet the Tuskegee Institute graduated 926 pilots, including two generals, one major general, three colonels and four lieutenant colonels.

The Tuskegee Airmen flew 15,533 sorties during 1,578 missions throughout Europe and North Africa, and they never lost a bomber while escorting more than 200 bombing missions!

During World War II, 66 pilots were killed in action and another 33 became prisoners of war.

Collectively, the Tuskegee Airmen courageously earned 150 Distinguished Flying Crosses, Legions of Merit and the Red Star of Yugoslavia, nine Purple Hearts, 14 Bronze Stars, 744 Air Medals and clusters, and three distinguished unit citations.

The Tuskegee Airmen were outnumbered ten-fold by efficient support personnel such as mechanics, medical technicians, administrative support and cooks. All black, these patriotic men and

women were trained at a segregated facility at Chanute Field, Ill.

American pilots were not expected to fly more than 50 missions or so before returning home, yet the black American pilots - due to "lack of replacements" - flew closer to 100 missions, doubling their chances of injury and death. And when - if - they returned home, the finest pilots in the United States found themselves shuttled back into the "Colored Only" lines.

Fighting a different kind of war at home, more than 100 Tuskegee Airmen Officers were arrested and court-martialed for refusing to leave the segregated Officers Club at Freeman Field, Ind. Facing a potential death penalty, 101 black officers refused their commanding officer's direct order to sign their endorsement of a regulation agreeing to be segregated and to accept discrimination. Three years later (1948), President Truman officially desegregated the Armed Forces.

*Adapted from <http://www.world-wide-net.com/tuskegeeairmen/>*

# Tierra Kay opens its doors to troopers

Compiled by Sgt. Erin P. Viola

You may have noticed Joint Task Force Guantanamo service members moving from their current housing assignments into Tierra Kay, and you may be wondering why.

One reason for this is to establish JTF Guantanamo integrity. Cohesion, unit pride and integrity are an important part of any military unit. These factors help determine how well individuals work together, how smoothly operations are carried out, and how teamwork can be leveraged to successful mission accomplishment.

JTF Guantanamo plays a vital role in the global war on terrorism - gaining intelligence, and removing leaders from terrorist networks - so Task Force integrity is important to us.

It is important for units that work together to live in close proximity. It facilitates smooth operations, and ease of communication about anything from "house keeping" issues to a possible last minute training schedule change, when everyone is only a stone's throw away.

Another reason for these housing relocations is to improve the quality of life. JTF Guantanamo service members living in Camp Bulkeley will be moving to Camp America North, while Camp America North current residents will eventually be moving to Tierra Kay. The benefits to this move are many. Individ-

uals will have more privacy and possibly more personal space. Troops at Tierra Kay will have the added benefits of kitchens and refrigerators. Although laundry machines are provided at both camps, each house at Tierra Kay is equipped with one washer and dryer, making it more convenient for those troopers.

So who is moving and when? Keep in mind these plans are fluid, subject to change and subject to availability of beds at Tierra Kay. All housing relocations are also dependent on the timely completion of renovations at Tierra Kay.

The 240th Military Police Company began moving into Tierra Kay this past week. The 2/116th Infantry may be moving their troopers from Camp Bulkeley into Camp America North once the 240th completes their move. The troopers of the 344th MP Company, will be the next group to move into Tierra Kay at the end of March.

Eventually, all JTF Guantanamo service members from Windward Loop will move to Tierra Kay. The goal is to free up Windward Loop for the future arrival of additional permanent party service members, allowing the Task Force to have unit integrity in quarters as well as on the job. So it's a win-win situation for everyone.

## MAN ON THE STREET

Compiled by Army Spc. Delaney T. Jackson and Army Sgt. Erin Viola

This week's question:

**What is the best or most interesting Valentine's Day gift you've ever received?**



Army Spc. David Courchaine  
368th MI Bn.

*"In seventh grade, this girl I liked gave me a big thing of homemade cookies, that was the best. I gave her a teddy bear."*



Army Sgt. Carolyn Flanagan  
300th MP Bde.

*"The best was a six carat diamond bracelet that my husband gave me on our 10th Valentine's Day as a married couple."*



Airman 1st Class Eduardo Gonzalez  
J-6 Help Desk

*"I got a Valentine's package from my wife.- Stuart Little 2 and John Q because she said I'm playful and lovable like Stuart and I'll do anything for my son like John Q."*



Coast Guard Petty Officer 2nd Class Jameson Hannaman  
Delta Det.

*"I'd have to say, even though it's not exactly Valentine's Day, the fact that Miss USA is visiting us here in Guantanamo is pretty cool."*



Navy Petty Officer 2nd Class Maryellen Gibbs  
MIUWU 212

*"A candlelit dinner on a boat down the San Antonio River Walk."*



## JTF HEALTH SOURCE

### Do your body a favor and drink milk!!!



**By Navy Lt. Donna M. Sporrer**  
**Registered Dietitian**  
**U.S. Naval Hospital,**  
**Guantanamo Bay,**  
**Cuba**

We all know that calcium is required to maintain healthy bones and teeth but did you know that calcium is required for muscle contraction, nerve conduction, blood clotting and can help some people with high blood pressure? Since the 1950s, milk (the gold standard of all calcium sources) has steadily been replaced by sugary drinks such as Kool-Aid and soda. We usually don't "see" the effects of years of inadequate intake until it's too late and bone density is compromised. Every day that we do not get enough calcium in our diet, our bones are robbed of this precious mineral so that its other functions (muscle contraction, nerve conduction,

etc.) can take place.

There is some interesting research going on that looks at the calcium-weight loss connection. In human studies, increasing dietary calcium aided weight loss efforts by as much as 64 percent. Supplemental calcium did not have the same impact that the high calcium diet had but it did promote greater weight and fat loss than following a calorie controlled, low calcium diet.

Not only is it important to get enough calcium in your diet, you need to minimize calcium loss. Eating too much protein or sodium, heavy alcohol use or excess caffeine in your diet can cause bone loss. Adults 19 to 50 years old need to consume 1,000 milligrams (mg) daily while adults 51 and older need to consume 1,200 mg.

Milk is the best source and provides a variety of other nutrients as well. Yogurt comes in a healthy second. Be careful of the cheeses which "contribute" to your daily calcium requirements but provide calories, cholesterol and saturated fat as well. Stick with low-fat choices and remember to look at food labels. Having small amounts of dairy at a time and with a meal can help those with mild lactose intolerance. Charlie Papa!!!



### What's up, Doc?

### Beach safety & Stress control

**Information compiled by Joint Task Force**  
**Guantanamo Joint Aid Station Department of the U.S. Naval Hospital**

#### Beach safety

When you go to the beach you should wear rubber soled tennis shoes or booties to prevent injury to your feet from coral, rocks, or sea life (sea urchins, sea anemones, etc.).

You must never swim, snorkel, or scuba dive alone. Always use the buddy system when swimming, snorkeling, or scuba diving. It is always important that you know where your buddy is at all times.

And always use sunscreen to avoid severe burns from the Caribbean sun.

#### Stress control

Are you having difficulty sleeping? Has your appetite changed? Do you have feelings of low self worth? Are you depressed? It's important that you are aware of your emotional mood swings. If you are experiencing some or any of these feelings, please seek help before you develop more significant problems. To get help, don't hesitate to use your chain of command, battle buddy, sick call, or the Chaplain. And don't forget that you can always contact the Combat Stress Control Detachment by paging 7-2090, pager number 055.

#### 785th, from page 4

been a part of a deployment such as this one.

According to 1st Sgt. Haddad, it is this experience which has enabled many of their team leaders to teach soldiers what is expected of them from the 785th and other units in JTF Guantanamo.

"A big part is the experience level. The battalion commander, Lt. Col. Stewart and several soldiers within the unit, including myself, have been a part of what was the 301st. The 785th was one of two battalions formed after the de-activation of the 301st MP Co. The 301st Military Police Company, was in charge of one of four military police run prisoner of war camps during Desert

Storm that held over 14,000 Iraqis. The 785th, upon coming back from Desert Storm was created," Haddad said.

Three MP team leaders in the 785th MP Battalion were MPs with the 301st and physically handled Iraqi prisoners during Desert Storm. The first hand experience they received during that mission has carried over to this mission, affording them the ability to show their troops what is needed of them in order to complete their mission here.

"My soldiers are doing a tremendous job out there. We have met the standard, exceeded it in some ways and now the challenge is sustaining and transitioning it to the next keepers of Camp America," Haddad said.

## Farewell to Navy Cmdr. Jaime Carroll



MG Geoffrey Miller presents Navy Cmdr. Jaime Carroll with the Defense Meritorious Service Medal for her outstanding devotion to duty.

### Story & photo by Spec. Delaney T. Jackson

The Joint Task Force Guantanamo bid farewell to one of its most outstanding members, Navy Cmdr. Jaime Carroll, in a Change of Charge ceremony outside of the Fleet Hospital Monday morning.

Carroll, who has been serving as Officer in Charge of the hospital for the past 13 months was praised in a speech delivered by Navy Capt. Albert Shimkus as "an extraordinarily effective 'behind the scenes' leader." Shimkus commended Carroll for her many accomplishments while in command, such as "high quality care and relentlessly ensuring the safety and security of all staff members." And also for her role as "an integral part of the successful process that transitioned the mission to deliver high quality care to American service members delivering care to the detainee population...one of the most difficult elements of mission continuing accomplishments." Shimkus continued by saying Carroll had "created a legacy and a foundation of quality and success that can be easily built on."

In attendance for the ceremony were many distinguished guests to include MG Geoffrey D. Miller, BG James E. Payne III, and Navy Capt. Buehn. Miller awarded Carroll with the Defense Meritorious Service Medal for her efforts and contributions to Joint Task Force mission.

"It's been an honor and a privilege for me to have served as the Officer

in Charge of Fleet Hospital 20," said Carroll when asked about her command here, additionally stated that her staff could "take pride in a job well done...thank you for all your support and hard work ." She also thanked the Military Police for a job well done, saying "we couldn't do our mission without the MPs providing the security force."

And reminded her staff "safety and security are our number one priority." Carroll will now return to her duties as part of the staff of the Naval Hospital Camp LeJeune, N.C.

Cmdr. Carroll turned over her duties of OIC to Navy Cmdr. Paul C. Kelleher, who as Shimkus described as "the right person, for the right job, at the right time." Kelleher comes to the Joint Task Force from Groton, Conn. where he held the duties of the Associate Director of Operational Medicine and Occupational Health at the Naval Ambulatory Care Center. Kelleher has many accomplishments to his name including being a board certified physician in internal medicine and occupational medicine; he also holds the title of Undersea Medical Officer and has a Masters Degree in public health.

"Her leadership and devotion to the duty have been essential to the success of this hospital. She has ensured that the hospital staff delivers high quality medical care to the detainees in adverse and dangerous environment ... she has motivated sailors to rise up to unimaginable challenges," said Kelleher of Carroll's work at the hospital. When asked about his feeling on the future of the hospital now under his command, Kelleher added, "I look forward to the challenge ahead. In view of the high caliber of the hospital staff and excellent support from the Joint Task Force I am confident we will excel in any task our country asks of us."

"Fair seas, following winds, safe harbor, and soft landing."

## Movie Schedule

### Camp Bulkeley

#### Fri., Feb. 14

8 p.m. *Courage Under Fire*  
R-116 min.  
10 p.m. *American Pie 2*  
R-105 min

#### Sat., Feb. 15

8 p.m. *Out Cold*  
PG13-89 min.  
10 p.m. *The Heist*  
R-110 min.

#### Sun., Feb. 16

8 p.m. & 10 p.m.  
*The Last Castle*  
R-120 min.

#### Mon., Feb. 17

8 p.m. *Domestic Disturbance*  
PG13-93 min.

#### Tues., Feb. 18

8 p.m. *Black Knight*  
PG13-95 min.

#### Wed., Feb. 19

8 p.m. *Escape From New York*  
R-99 min.

#### Thurs., Feb. 20

8 p.m. and 10 p.m.  
*Capt. Corelli's Mandolin*  
R-124 min.

### Downtown Lyceum

#### Fri., Feb. 14

7 p.m. *The Wild Thornberry's Movie*  
PG-86 min.  
9 p.m. *Two Weeks Notice*  
PG13-101 min.

#### Sat., Feb. 15

7 p.m. *Star Trek: Nemesis*  
PG13-116 min.  
9 p.m. *The Recruit*  
PG13-105 min.

#### Sun., Feb. 16

7 p.m. *Treasure Planet*  
PG-96 min.  
9 p.m. *Die Another Day*  
PG13-116 min.

#### Mon., Feb. 17

7 p.m. *Two Weeks Notice*  
PG13-101 min.

#### Tues., Feb. 18

7 p.m. *Maid In Manhattan*  
PG13-119 min.

#### Wed., Feb. 19

7 p.m. *The Wild Thornberry's Movie*  
PG-86 min.  
9 p.m. *The Recruit*  
PG13-105 min.

#### Thurs., Jan. 20

7 p.m. *Drumline*  
PG13-119 min.

## Two MWR calls per week

Effective immediately, Joint Task Force Guantanamo troopers are entitled to make two calls, 15 minutes in duration per week.

# JTF-SPORTS

## Fifth Annual African-American Basketball Tournament

**Story & photo by Spc. Delaney Jackson**

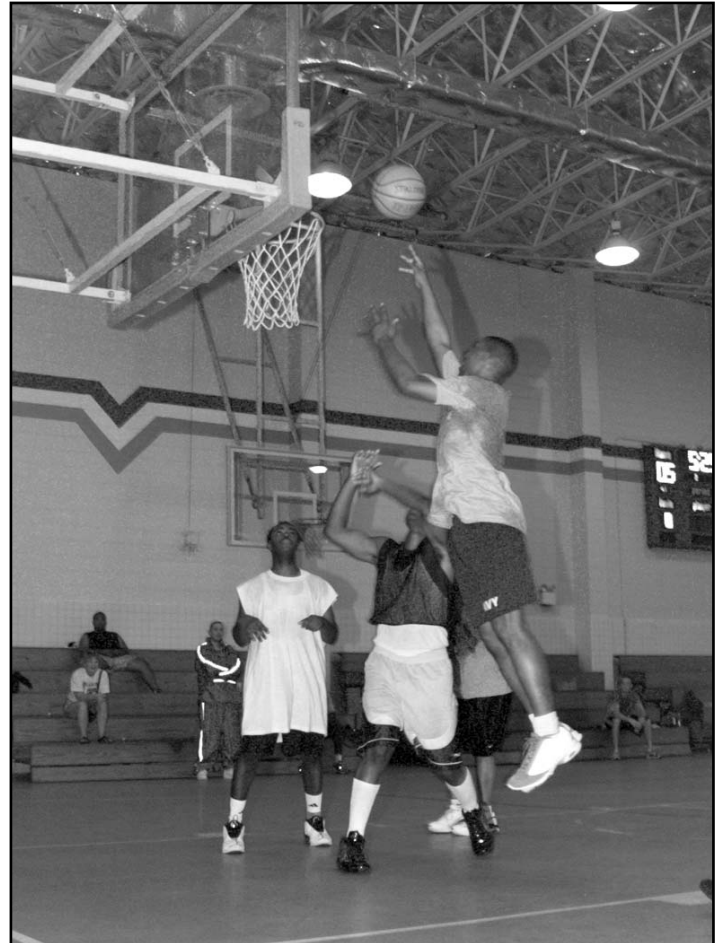
Fourteen teams competed at the G.J. Denich Gym during the Fifth Annual Morale, Welfare and Recreation African-American Culture Organization Three on Three Basketball Classic Tournament.

The double elimination tournament featured games using a running eight-minute clock, with no substitutions. Baskets counted for one point and the traditional three pointer counted as two points.

In the final game, Petty Officer 2nd Class Avignone Hugh, Seaman Apprentice Clarence Poe, and Lt. Craig Leaphart of the "Gunners" took on "The Unstoppables" team of Petty Officer 3rd Class Tommie Cromedy, Seaman Apprentice Vernon Babb, and Seaman Apprentice Antonio Robinson. The 'Unstoppables' lived

up to their name defeating the 'Gunners' by a score of 15-3 and remained undefeated throughout the tournament.

The top three teams were presented with a trophy and a T-shirt for their outstanding efforts.



*Petty Officer 1st Class Ben Purisina, playing for "The J-Docs," attempts to make a move to the basket past Spc. Tammy Posey, from the 132nd MP Co. Posey plays for the "Carolina" team.*

### Commander's Cup Men's Basketball Scores

#### Feb. 14

6 p.m. Hospital (2-2) vs. MCSF Co. (1-1)  
6:45 p.m. Security (2-1) vs. SeaBees (2-0)  
7:30 p.m. 96th Trans. (2-1) vs. Get Moers (3-0)

#### Feb. 15

6 p.m. W.T. Sampson (2-2) vs. Navsta (0-1)  
6:45 p.m. 785th MP Co. (2-2) vs. JTF GTMO HQ (0-3)  
7:30 p.m. BR Bulldogs (5-0) vs. MCSF Co.

### Commander's Cup Men's Basketball Schedule

#### Feb. 17

6 p.m. PSU vs. SeaBees  
6:45 p.m. Hospital vs. Get Moers  
7:30 p.m. Security vs. 96th Trans.

#### Feb. 19

6 p.m. W.T. Sampson vs. JTF GTMO HQ  
6:45 p.m. Navsta vs. MCSF Co.  
7:30 p.m. 785th MP Co. vs. SeaBees

### Transition Assistance Program

The VA representative will be on hand for one on one counseling or to provide classroom training for JTF personnel needing transition assistance.

**The VA representative will be available for appointments starting on the 5th of March and then from the 7th through the 11th of March.**

*Please call 4141 for further information.*

### The 3rd JTF Guantanamo Special Social Event

**Windmill Beach  
Sunday February 23, at 12 a.m.**

Free food and refreshments, but bring your own preferred drinks. There will be Music, sports, malanga, limbo competition, DJ Mike and more.

**Transportation will be available!**

*For more information contact  
Capt. Gonzalez, at ext: 5255*

# 15 Minutes of Fame...

with Spc. Jeremy Mixon

## Alpha Company, 2nd Battalion of the 116th Infantry Regiment Just doing his part

### Interview and photo by Spc. Lisa L. Gordon

*Mixon has been with Alpha Co. the entire four years that he has been in the Army. He is from Lynchburg, Va., and works as an electrician in his civilian job. Last summer, Mixon attended and graduated the Army's primary leadership development course. He is currently still a specialist, but expects to be promoted to sergeant sometime when an E5 slot becomes available.*

**Q:** So why did you want to join the military?

**A:** It was just pretty much something I always wanted to do since I was a child. One of my friends and I were actually going to be Marines but when we went to sign our contracts he backed out on me. I found out that my other friend was joining the National Guard so I joined with him.

**Q:** And why did you choose the infantry?

**A:** I like the outdoors. I would hate to be stuck in an office all day.

**Q:** What do you like best about your job here?

**A:** Probably the dismounted patrols. You get exercise and it's the closest thing to our infantry based tactics.

**Q:** So if the dismounted patrols are your favorite part of the job, what's the hardest part?

**A:** The dismounted patrols. That's where you get the most physical exertion. We have pretty much six hours of walking to cover our area. It's a lot of ground to cover. You're out there doing your patrol in the heat. We carry weapons and a radio so we can communicate with our headquarters. I think the average load for an infantryman is about 60 pounds. I wouldn't say that's exactly right but throughout history that's what it's been.



*Spc. Jeremy Mixon of Alpha Company's 2nd Battalion of the 116th Infantry Regiment says the deployment here at Guantanamo Bay is giving him a lot of leadership experience that will enable him to be an effective noncommissioned officer when he gets promoted.*

**Q:** Do you feel that this deployment is having any effect on the soldiers in your company?

**A:** We have a lot of new leaders, like myself, who are learning their positions. I'm in a team leader position and I'm learning as the days go on what I should and shouldn't be doing, and it's like that in a lot of cases ... Being here is ten times better than at home going to drill weekends once a month. Here I could learn in days what it would take me years to learn at home because I'm not around my men.

**Q:** What are your responsibilities as a team leader?

**A:** To take care of my team; that's three guys within my squad. Our squad leader passes word to the team leaders and then we pass it to our men. If they have any kind of problems they pass it to me and I pass it up. Likewise, the information goes both ways.

**Q:** How has your company trained you for your new leadership position?

**A:** When they put me in this team leader position they gave me a mentor, an E6, Staff Sgt. Taylor. He teaches me what I need to know and the one thing that he's stressed to me the most is to stand up for your men. That's my number one priority.

**Q:** Have you seen the soldiers in your company come together since you've been here?

**A:** I know that our squad ... we really came together as a squad last week. We did a live fire and it was definitely a team building exercise. I'm a 240 gunner, which is a team gunner I guess you'd call it. For me to hit my target, my assistant gunner has to tell me what to do to adjust and get my proper shot group. Likewise, we have .50 calibers mounted on trucks and they both have spotters. So, that's three teams right there working together and we ended up doing really well as a squad.

**Q:** Is this your first deployment?

**A:** Yes.

**Q:** How do you feel about it so far?

**A:** I'm glad to be here and to get to be on a deployment. When I joined, one of the guys that was trying to get me in the unit, a father of one of my friends, said that the chances of us being deployed would be slim. This is my little way of getting to do my part. It's not exactly what I thought I would be doing, but at least I get to do something.