



the Wire

“ HONOR BOUND TO DEFEND FREEDOM ”

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Friday, February 7, 2003

On the Rhodes to the North East Gate

**Story & photos by
Army Spc. Alan L. Knesek**

A son stood in the shadow of his father who took an oath 13 years ago to serve this country. This son stood, as his father did, at the North East Gate Jan. 31, and was promoted to the rank of Lt. in the United States Coast Guard.

The recent promotion to the rank of lieutenant means a lot to Coast Guard Lt. Ryan Rhodes, but for him the significance of the ceremony was not just in the change of rank, it was more so in the location of the ceremony.

Rhodes was pinned by MG Geoffrey Miller, Joint Task Force Guantanamo, commander and Lt. Cmdr. Dimitri Delgado, U.S. Coast Guard Delta Detachment commander.

Rhodes was presented his new rank at the North East Gate, the same location where his father, Navy Aviation Ordinance Chief Ronald Rhodes, re-enlisted indefinitely in 1990. Having the opportunity to stand before his fellow service members as



(left to right) Newly promoted Lt. Ryan Rhodes, deputy commander delta Detachment ; MG Geoffrey Miller, Joint Task Force Guantanamo Commander; Lt. Commander Dimitri Delgado, commander Delta Detachment

his father did more than a decade ago, made this promotion ceremony something that Lt. Rhodes will remember for the rest of his life.

In 1996, Rhodes, began his military career when he received an Army commission. Completing a four year stint in the Army, Rhodes achieved the rank of captain. Rhodes transferred from the Army to the Coast Guard on July 31, 2000 and received his second commission in his military career.

“The last time I was here, I was a senior in high school. My father was a Navy Chief and my family was stationed here,” Rhodes said, who attended W.T. Sampson Elementary School from 1979 to 1981 and then again in 1989 to 1991, graduating in 1991, during his father’s service here.

“When I went back to the States I didn’t have much knowledge about the academy (United States Coast Guard Academy). So I attended the University of

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**JTF Guantanamo
Joint Task Force CSM
CSM George L. Nieves**

MESSAGE FROM CSM GEORGE L. NIEVES

Everyone is becoming more proficient in their military job through hands-on application. My question to you is, what are you doing to strengthen your mind?

Gen. George S. Patton once said "Now, if you are going to win any battle, you have to do one thing. You have to make the mind run the body. Never let the body tell the mind what to do." To overcome the weakness of one's body, the mind must play its part. Gaining mental toughness is easy to achieve if one remains self-motivated. I encourage everyone to gain mental strength from daily reading. Read manuals, novels, newspapers, the Bible, anything, as long as you read. Combine institutional knowledge with operational experiences to provide personal and professional development.

Self development is a life-long endeavor that consists of individual study, educational opportunities, research, professional reading, practice and self-assessment. Master the tasks you need to

accomplish that will guarantee mission success by reading the appropriate manuals and applying it to your daily duties. Invest in your future while you are here. You have the opportunity to dedicate time to self-development. Develop a structured and focused plan that is tailored towards improving your military and civilian knowledge. Ask your chain of command or an education counselor to recommend a professional reading list. The education center also provides services to assist troopers in establishing professional and educational goals.

With today's technology, you have a wealth of knowledge on the Internet to draw from. With all this said, you must remember that self-development activities require sacrifice of off-duty time to achieve your desired goals. Ask yourself: Is your life controlled by aches, pains and tiredness-or by a mental determination to reach your life long goals?

Self development

During this deployment to Guantanamo Bay troopers have the opportunity to grow mentally and physically. It is obvious that many are getting in great shape by the number of troopers in the gym and on the road either jogging or ruck marching.

OPSEC CORNER

We all work very hard in the Joint Task Force Guantanamo and we like to unwind just as hard. Unfortunately, we tend to divulge information that is best left unsaid when we're in the company of others. Being sociable and popular is fine, however, when applied in the midst of the wrong crowd, it can compromise operational information. There are many popular meeting places on this island and many people with which to discuss topics of the day. Ensure that when you meet your friends or co-workers for lunch, a movie,

or just casual conversation you police and sanitize your topics and think before you speak. You never know who may be listening to your 'casual' conversations.

'Think OPSEC'

"Thinking is the hardest work there is, which is probably the reason so few engage in it." -Henry Ford

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Patriotism

"I regret that I have but one life to give for my country"

-Nathan Hale

(An American Patriot)

Chaplain's Corner

**By CH (Lt. Col.)
Herbert B. Heavner**

Where were you?

Some dates in history naturally stand out more than others. That is especially true when looking back on our own lifetime. For those of us old enough to remember, the occasion of President Kennedy's assassination no doubt stands out very clearly. I was a freshman in high school. I know that I was sitting in band class, sixth hour, when the announcement came over the Public Address. We all shared the moment in disbelief. How could such a thing happen?

Obviously all of us today will never forget where we were when the news hit concerning the attack on the twin towers of the World Trade Center. Today all you have to do is say, "9/11," and floods of emotions come back to the surface as you relive those horrible images of the planes going into the towers and the Pentagon. Just when you thought that we have enough tragedy to remain indelibly imprinted on our minds along comes another tragic event, the loss of the Shuttle Columbia.

Here at Joint Task Force Guantanamo we were all shocked to learn the news. I know I will not soon forget the fact that I

was sitting at my desk, working on my computer and listening to the radio. Suddenly I realized that the music had stopped and a news report was coming out over the air waves. My first thought was, oh God, please provide comfort and strength to all the family members. As the story unfolded the stories were told of how individual members of the shuttle crew were persons of great faith. The entire space program community expressed confidence in how the Almighty would provide just what was needed.

That is the way it is with the God whom we serve. In the midst of sorrow and loss He provides mending and hope. In the face of adversity He provides a sense of peace that only comes through His presence. We all face an uncertain future. Many of us don't know how long we will be here. There no doubt will be many other notable events that will take place while we are here. Some of those events may lead to war. I would like to assure you of this: no matter where you are, no matter what might happen to you or someone in your family, you may rest assured that God does know where you are. He will provide for your special needs!

May God continue to be with those families who have been so devastated by the events of the last week. And may God continue to bless America!

W2 tax statements online

Year 2002 W2 Tax Statements have been mailed to service members' mailing address on file at Defense Finance and Accounting Service.

All service members also have the capability to view and print their 2002 W2 Tax Statements through the myPay website.

<https://emss.dfas.mil/mypay.asp>

Reserve and National Guard service members' active and reserve pay information are contained on the same W2 statement.

Block number 14 of the W2 statement shows the amount of active duty wages and is indicated by the letter "W".

For questions on accessing your W2 statement or your myPay account, please contact J8 customer service at Extension 5204.

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.	Reconciliation
	5:30 p.m.	Mass
Sun.	9 a.m.	Mass

Camp America

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

Protestant

Main Chapel

Wed.	7 p.m.	Men's Bible Study*
Thurs.	7:15 p.m.	Youth Fellowship*
Sun.	9:30 a.m.	Adult Bible Study
	11 a.m.	Service
	6:30 p.m.	Bible Study*
	7:30 a.m.	Praise and Worship Service

* Fellowship Hall located in Chapel Complex

Camp America

Wed.	7 p.m.	Service
Sun.	9 a.m.	Service White Tent
	6 p.m.	Service

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.

Training the trainers

**Story & photo by
Army Spc. Lisa L. Gordon**

Training is one of the most essential elements of conducting a successful mission and it goes far beyond new and lower enlisted soldiers learning the ropes.

Some service members might think that because noncommissioned officers organize and carry out the training, that they don't require any training themselves. Actually, it's very important for NCOs not only to train up on soldiering skills, but to polish their leadership skills. The Noncommissioned Officer Development Program is an Army-wide program that gives NCOs the opportunity to do just that.

Guantanamo Bay's Joint Task Force NCOs meet once monthly to participate in NCODP training. The program is also open to specialist and corporal promotables. "NCODP focuses on NCO responsibilities, values and traditions," said JTF 1st Sgt. Richard Petrowski, who is in charge of developing Guantanamo Bay's NCODP program. For most of the NCOs, the information put out during the NCODP is a review of the information they learned at the Primary Leadership Development Course.

The program is especially helpful for members of the National Guard and Reserve who don't get to put their skills to use on a regular basis and for service members who are not in the Army. Sgt. 1st Class John McPeake of the 300th Military



Sgt. 1st Class John McPeake of the 300th Military Police Brigade instructs NCOs from all services during the Noncommissioned Officer Development Program's drill and ceremony class.

Police Brigade, primary instructor for the NCODP's drill and ceremony class said, "We're part of a Joint Task Force and we have a lot of Navy, Air Force, Marines, and Coast Guardsmen training with us. They don't understand our commands or how we do it. Some of them have even volunteered to give the physical training, so we just try to get them online with how we do it in the Army because we do have the biggest numbers in the JTF."

The program covers tasks such as conducting physical training, forming an extended rectangular and column formations, warm ups, stretching and cool downs. NCOs have also reviewed drill and

ceremony, the process of counseling lower enlisted soldiers, and leadership qualities such as courage, candor and competence. NCOs have also reviewed how to apply the Army values to their everyday duties. The NCODP is a valuable training opportunity for everyone, NCOs and lower enlisted alike. Where would the rest of us be without well trained NCOs? "The NCOs are the trainers of the Army. Therefore, they need to be up on all the standards. If they can't train the troops, then the troops are going to fall behind because ... plain and simple, they're going to be a reflection of their leadership," McPeake said.

Black History Month Buffalo Soldiers

Maj. George Forsyth lay stretched out beside the rotting carcass of his dead horse on a small island in the dry bed of the Arikaree River in Colorado Territory. Around him lay dead and wounded men, his men. Beyond the riverbanks circled the Cheyenne and Oglala warriors who had kept them trapped for days. Then Forsyth's men noticed the Indians had drawn off. They soon discovered why: in the distance they saw cavalymen ... black cavalymen ... pounding across the dry grass. They were the buffalo soldiers.

Forsyth's fight entered legend as the Battle of Beecher's Island, but few remember he was rescued by black troops, says author T. J. Stiles. Indeed, black regulars took center stage in the Army's Western drama, shouldering combat responsibilities out of proportion to their numbers.

The black regiments, which came into being in 1866, quickly

won the respect of their opponents. In 1867, fewer than 70 of the raw recruits repulsed an estimated 900 warriors and Mexican bandits. During their years on the frontier, they had numerous pitched battles against Lipans, Kickapoos, Kiowas, Comanches — and their most determined foe, the Apaches, including ferocious encounters with the great war chief Victorio, possibly the most skillful enemy in frontier history.

In 1992, Colin Powell, then chairman of the Joint Chiefs of Staff, dedicated a memorial to the buffalo soldiers at Fort Leavenworth, Kansas, the birthplace of one of the regiments. It was a fitting tribute, says Stiles, from a military that hesitated to accept African-Americans, learned to depend on them and, finally, under the leadership of a modern black soldier — has come to honor their memory.

From: <http://smithsonianmag.com/smithsonian/issues98/dec98/buffalo.html>

Courtesy Patrol gets you home safe and sound

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

You may have seen them on the weekends when you are out at the Tiki Bar or the Windjammer. They are usually the only people in uniform, carrying radios and wearing SP armbands.

They are the Courtesy Patrol and they'll make sure you get home safely.

The Courtesy Patrol is made up of senior non-commissioned officers and junior enlisted service members from Joint Task Force Guantanamo, according to Headquarters Joint Task Force Guantanamo 1st Sgt. Richard Petrowski.

"They are a direct representation of the Commanding General and the Command Sergeant Major of JTF Guantanamo. The primary mission and goal of the Courtesy Patrol is to give a command presence at different events, whether it's the Windjammer or housing area or whatever may be going on. By providing that presence they try to deter any incidents from taking place, or diffusing any potential incidents," Petrowski said.

Courtesy Patrol is an extra duty above and beyond a troop's normal duties. The assignments are made from the JTF duty roster. The list is organized alphabetically by last name, and by rank. Eventually most troops will have their turn at Courtesy Patrol.

One of the most important tools each trooper assigned to Courtesy Patrol has at their disposal is their own interpersonal communication skills. Petrowski stresses to the troopers that using their IPC skills could mean the difference between a good night and a bad night. "You can walk into a situation and make it good or bad just by the way you come and present yourself there. If you come in really forceful and take an authoritative approach to it, that situation could go bad because there are people out there that resent authority. You basically have to use good judgment. That's what I tell everybody



Air Force Tech Sgt. Andre Hunt (left) works for Joint Interrogation Group, and Army Staff Sgt. Michael Montgomery, noncommissioned officer-in-charge of Joint Task Force Guantanamo Religious Support Team, were part of last weekend's Courtesy Patrol.

that comes in here. You have to use that good judgment; analyze the situation you're walking into. Basically ... step back, watch, observe, then move in once you've come to a decision on how you want to handle it," Petrowski advised.

During his 7:30 p.m. to 1 a.m. Courtesy Patrol shift this past weekend, the crowd was pretty calm said Army Staff Sgt. Michael Montgomery, non-commissioned officer-in-charge of the JTF Guantanamo Religious Support Team. "I think our presence along with the base police will always make a difference. It's like a deterrent. You know you better not act a fool because if you do, you'll have to pay the piper. There were other patrolmen from the Navy in uniform also. So when you put us all together, we had a very strong presence," Montgomery said.

JTF and the Courtesy Patrol is working with the Naval Security Force to create better policies and procedures for the Courtesy Patrol. "The lines of communication are open, and we are establishing a really good working relationship," Petrowski said.

For the most part, troops just want to go out and have a good time responsibly. But as a safety measure, the Courtesy Patrol is in place. In the event that it is determined by the Courtesy Patrol that a troop needs a ride home, that trooper will be accompanied by another trooper in their unit and the Courtesy Patrol will make sure the trooper gets home safely.

Troopers should also know that they could call Morale, Welfare, and Recreation Safe Ride for a ride home. According to Craig Basel, Director of MWR, "Safe Ride is an MWR program that provides a free ride from any MWR food and beverage facility to the customer's home or barracks. The program is for all patrons and ensures that our customers do not have to drink and drive. The program is available throughout the week during normal club operating hours – 5 p.m. to 12 a.m. The number is 2304.

Although last call may bring the evening to an end for some, the night isn't over just yet for the Courtesy Patrol. "We never leave anybody behind. We make sure that everybody has a ride home. Then and only then do we go home," Petrowski said.

Can't find it at the Navy Exchange? You can always check their online shopping services at <http://www.aafes.com/>

New Christian Night Club

Meet at 8 p.m., the first and third Saturday of every month, at the Fellowship Hall's Main Post Chapel subsection. Fellowship with us and have a good time. Food, fun, and games! Sponsored by the Joint Task Force Guantanamo Chaplain Section. For info, contact: Staff Sgt. Mike Montgomery @ 8021 / 3202.

Fifty caliber Friday

**Story and Photos by Army
Spc. George Allen**

Fifty caliber rounds sprayed forth with a thunderous roar at 3,050 feet-per-second – like Zeus' lightning bolts raining down a fiery judgment upon the live fire range.

This is the sound of Joint Task Force Guantanamo Infantry training for war.

For those who would dare to become enemies of the United States, democracy and this, our Enduring Freedom, Company A, 2nd Battalion, 116th Infantry Regiment is ready, weapons of justice in hand. In fact, each and every soldier in Company A has honed their skills in the rapid deployment of lead ... thanks to their day at the range, where every soldier shot 50 rounds of .50 caliber ammunition, each getting his turn to handle a live machine gun.

“What we're doing is familiarization for everyone in our company to get some hands-on experience behind the .50 cal. – to familiarize themselves with it, see what the capabilities of it are, and get some practice on the weapon itself,” said Spc. John Carroll, a soldier in A Company.

The training began with a three-station class, where troops reviewed

mounting the weapon on a Humvee using a MK64 mount kit, doing a functions-check, adjusting the weapon's headspace and timing, and using the transverse and elevation mechanisms to aim at different target areas.

The M2 weighs 84 pounds without ammunition, so it's used in either semi-fixed positions, or mounted on a vehicle during patrols.

Here at JTF Guantanamo, infantry provides security and a quick reaction force at Camp Delta, and do mounted and dismounted patrols of the area, said Staff Sgt. Wade Crockett. “We make sure there aren't any observation posts or cache points a detainee might link up with after an escape.”

Today “everyone gets hands-on, 50 rounds each ... everyone gets their hands on the actual weapon itself ... gets to fire it and see what it's like,” Carroll said. Guantanamo isn't geared to what our normal mission is, but as far as it being a great experience, we do get to employ some of our tactics in patrolling – which is a really good training aspect, as well as a real-world mission, Carroll said. “It's really neat to be behind a weapon on a patrol ... with an actual, loaded weapon. ... We're infantry, we like to get out there and hit the ground.”



Pfc. Johnson Juarez (left) and Pfc. Christopher Myers (right) mount a .50 cal on a Humvee during pre-range training.



Spc. Richard Bergeron prepares a range card. Range cards are used with crew-served weapons, so the soldiers will know what their limits and targets are, and so the platoon leader can prepare interlocking fields of fire between positions.



Spc. Matthew Hunnicutt fires the M2 .50 caliber heavy-barrelled machine gun at the range.



Spc. Scott Morris loads ammunition prior to firing at the range.

A disciple of discipline

Story by Army Sgt. Erin Viola

The soldier in this story cannot be identified by his name, or by his job description for his own protection. This soldier is a member of Joint Task Force Guantanamo and has asked to be identified as Warrant Officer Edgar.

Being deployed and away from your family for a year can be quite challenging and stressful.

If you have the right attitude and live by self-discipline like Edgar, a JTF warrant officer, the deployment might not be so bad.

Edgar, who recently became a grandfather, just scored 300 on his Army physical fitness test. He says he prefers working out in his free time rather than hanging out at places like the clubs. "I always try to score as high as I can. I try to shoot for the maximum because I try to lead by example rather than just have the minimum," Edgar said.

A Master Fitness Trainer, Edgar works out six times a week in a variety of ways, from martial arts to aerobics. "Since I've been here, I've been studying Tae Kwan Do. I also do some running, aerobics, the treadmill, things like that," he said.

Although this isn't Edgar's first time getting a 300, the extra pressure from his job here has motivated him to push himself a little harder both physically and mentally. "Because I'm here, I've beefed up my work out. It's a good stress reliever and it takes your mind off of home and other things too. It is a healthy distraction rather than going to the Tiki Bar, I'll work out," Edgar said.

Another stress reliever for him is reading. Edgar said he reads a lot of self-help and Christian books. "Right now I'm reading a book called *What Wives Wish Their Husbands Knew About Women*. It's interesting. Some of the stuff I already knew, but some of it is a real eye opener," he said.

In December 2002 Edgar got married in Jamaica, and says that the hardest part about being deployed is communicating with his wife and family from here. "My wife knows I can't talk about my job and what I do here. She kind of understands. We visited my mom before we went to Jamaica, and my wife asked my mom what I did. My mom tried to explain to her, and my mom didn't even understand what she was trying to explain. So, there is this mystery about me having a real job," he said. Edgar explained that there's only so much you can say via

email and in a 15-minute phone call.

The one constant force that has helped Edgar through challenging times has been discipline. Some of it he acquired from being in the Army for the past 21 years and some has simply come from the desire to do the right thing. "I have a lot of good discipline, and I believe in discipline. I think the Army has helped me in that way because when I train or teach other people, I try to instill discipline. It has been a good career for me for 21 years," he said. Edgar added that being in the Army has helped to accomplish a lot and has taught him how to lead by example.

The mission itself also serves as motivation for Edgar. He understands why he is here and what he needs to do. "As I tell my wife, the reason I do this is for my family, for the United States and for the world. What we are doing here has a global impact. It is not just our country, it is worldwide," he said.

Edgar has been mobilized since February 2001 and looks forward to seeing his family soon. But knowing there is a possibility of a war with Iraq Edgar said, "If I have to go, I have to go."

Rhodes, from page 1

Central Florida, where I enrolled in Army ROTC and received a commission in the United States Army as a second lieutenant," he said. Throughout his life, Rhodes has been exposed to several branches of the military. One military branch that always stood out in his mind was the United States Coast Guard. When he lived here as a child, Rhodes saw many Coast Guard ships come in to the Bay and he spoke to several Coast Guard officers. Ever since then he wanted to join.

"In the Coast Guard I get to save lives, interdict migrants and keep drugs from making it into the United States," Rhodes said. Prior to being deployed to JTF Guantanamo, Rhodes was a law enforcement officer at USCG Group Key West, and will return to that assignment upon completion of this deployment.

"My father was proud of both my serv-

ice in the Army and the Coast Guard and his own service, since he served the nation for 22 years. The military has been my family's life. My dad was retired Navy. My brother is in the Coast Guard. My uncle was in the Army, my aunt in the Marine Corps, and both of my grandfathers were retired military, one of which was a master chief in the Navy with 34 years of service," Rhodes said. His father was his biggest role model and friend. His father served more than three years in Vietnam, during the stand-off with Libya, and through Desert Storm. Rhodes only hopes that he can serve his country as his father did.

"What brings it home for me is that a week to the day after my father passed away, we got to see the events of Sept. 11. The whole family was in the living room. We saw it there as it happened, and for me to be promoted here, as my father was re-enlisted here 12 years ago, it means a lot

for me to support this mission in support of the detainee operations. The information gathered from these detainees can be used to foil future terrorist attacks and quite possibly save thousands of American lives. It is an honor and a privilege to serve during Operation Enduring Freedom and for JTF Guantanamo. I wouldn't want to be anywhere else," Rhodes said.

When the mission here for Rhodes comes to an end, he will head home to his family and continue to serve his country elsewhere. He might look back and think of his promotion ceremony at the North East Gate, standing before fellow service members as his father once did 13 years ago, and reminisce about days long since past, but not forgotten. He will stand with his father at the North East Gate, forever remembered in the history of Guantanamo Bay.



Army Spc. Delaney T. Jackson

Marine Cpl. Ryan Gorecki, center, has his sergeant stripes pinned on by MG Geoffrey Miller, left, and Marine Corps Maj. Kevin Maddox in a promotion ceremony at the Lighthouse on Saturday Feb. 1. MG Miller praised Gorecki for his dedication and integrity as both a Marine and a member of Joint Task Force Guantanamo. Gorecki is assigned to the Joint Task Force command element and has been in the Marine Corps for three years.

CPR training & certification

Story & photo by
Army Spc. George L. Allen

Members of the J-3 operations section completed a course in Adult Cardio-Pulmonary Resuscitation during their noncommissioned officer time, Saturday.

The adult CPR was a four-hour block of instruction that included a video, classroom instruction, a written test, and hands-on study and testing using mannequins. Upon completion, students received a Red Cross certificate good for one year.

This is part of the Red Cross 'Community First Aid and Safety' series of training, which includes Adult CPR, Infant and Child CPR, and First Aid.

Course instructor Sgt. 1st Class Norman VanSparrentak, a fireman and paramedic in civilian life, is also qualified to train and certify CPR instructors. Units interested in receiving Red Cross CPR and First Aid certification may contact VanSparrentak at 5073 (J-3 OPS .)



Petty Officer 2nd Class Shawnette Middlebrooks, J3 administrative clerk (left), learns proper hand placement during CPR training from Sgt. 1st Class Norman VanSparrentak (right).

Man on the Street

Compiled by Army Spc. Delaney T. Jackson

This week's question:

If you had one thing shipped from home, what would it be?



Army Spc. Keith Mohan
344th MP Co.

"A hockey arena, so I could play hockey here."



Army Sgt. Arthur Philson, Jr.
132nd MP Co.

"A motorcycle, I love to ride and that way I might get a woman."



Army Sgt. Tuan Nguyen
2/116th Inf. Regt.

"A Jacuzzi, so I can kick back and relax."



Army Sgt. Isidro Olmeda
344th MP Co.

"My 2000 Chevy Camaro, so I can take some of the ladies out to dinner."

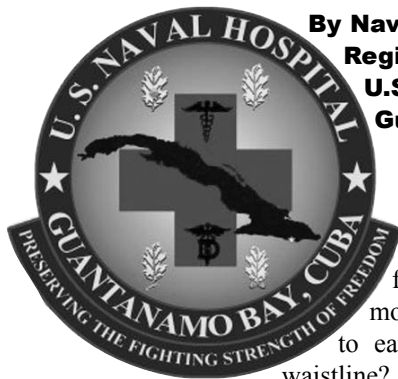


Army Sgt. Charles McCrea
132nd MP Co.

"My wife and my little girl, because I miss them."

JTF HEALTH SOURCE

Eating right, is to feel right



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

Using the lure of value marketing, the food industry encourages us to buy bigger food portions. We get our money's worth when we go out to eat, but at what cost to our waistline? Because of this marketing strategy, Americans are confused about what a normal portion should look like. Bagels are bigger, muffins are growing, "grab" bags have replaced the mini single serving chips, and we are being served on larger plates.

Don't buy into it. Regain your perspective on serving sizes. While you go out to eat, share part of your meal with someone

else or prepare a doggie bag before you start eating. When you go to fast food restaurants avoid items with cheese (100 calories a slice), mayonnaise (100 calories per tablespoon) and bacon (70 calories in two slices), and stick with the smaller "value" meals. Remember that one small package of french fries has 210 calories while one super size package has 610 calories. You don't need the extra 400 calories.

Eating in the galley poses its own temptations. We are bombarded with a large variety of foods we wouldn't otherwise have time to prepare at home. Just because it's offered doesn't mean you have to take it. A plate with lean meat, low fat starch and vegetables along with a side salad, fruit and milk is plenty. Adding bread, soup, dessert, crackers, ice cream and Kool-Aid increases your caloric intake.

These are just a few simple steps to take to get you started. More information will be available at the Seaside Galley very soon to include exchanges, calorie levels and meal patterns to help you gain control of your portions. Charlie Papa!!!



What's up, Doc?

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

Personal protective measures

Personal protective measures are simple steps one takes to stay healthy. These steps are often times so simple they can be overlooked. Though there are many protective measures to discuss, hand washing and practicing safe sex are two of the most important steps you could take.

Frequently washing your hands throughout the day helps prevent the spread of communicable diseases/illnesses. Seventy percent of all communicable diseases are transmitted through the hands. Be sure to wash your hands before and after eating and after using the latrine; rub hands vigorously for 10 to 15 seconds with soap under warm running water.

Practicing safe sex every time can aid in avoiding pregnancy or contracting/spreading sexually transmitted diseases; of course, abstinence is the only 100 percent

surefire way to avoid these situations. Your local Joint Aid Station does provide condoms free of charge, and a Health Care Manager is available during sick call hours to discuss any other contraception available through the Navy Hospital with your privacy in mind.

Keep in mind these simple yet effective steps to help avoid illness and disease. When in a situation that calls for it, remind your buddy of personal protective measures. Look out for each other, and stay happy, healthy and safe.

Tuberculosis

Tuberculosis is described as a highly infectious disease that sometimes settles in the lungs and can be fatal. TB is spread when an infected person coughs, sneezes, or comes in contact with an infected item. Because detainees arrive from areas of the world known to have high incidences of TB, they are screened extensively for the disease during in-processing at Joint Task Force Guantanamo. Strict medical precaution is used during this process; surgical

masks are worn by every detainee until cleared by the medical officer in charge and, if TB is suspected, any detainee in question is put in medical isolation until infection is either ruled out or treated.

Personnel with detainee contact are tested for TB. If you've had a previous negative TB test prior to deployment, you will receive a tuberculosis skin test, or purified protein derivative, three to six months after returning to your home station to rule out TB. If you've had a positive TB test prior to deployment, you will receive a chest X-ray within six months after returning to your home station to rule out the disease.

Standard Operating Procedures are in place for TB (and any foreign body fluid) exposure to ensure your good health and safety. If you have any questions on these SOPs, please call the Naval Hospital Preventive Medicine at 7-2990/7-2087.

Free tax assistance available

**By Maj. Jo Irby
Judge Advocate General
Legal Assistance Officer
Joint Task Force Guan-
tanamo Tax Supervisor**

Free tax preparation assistance is now available for all military members, retirees, civilians, dependents (and others who may qualify for assistance). There are three tax centers located at Guantanamo Bay. They are located at the Old White House, the Naval Hospital (MID training center) and Camp America (bldg #2300) and are staffed by volunteers who have received special training on IRS software. People taking advantage of this service and file electronically, can expect to receive their refunds much faster than they would through the paper filing process.

All three tax centers operate on a walk-in basis, however appointments can be made for people who have special questions or require particular assistance. Joint Task Force Guantanamo service members and Naval Hospital personnel must use the tax center that has been designated for them. All other individuals must use the Naval Station for tax preparation.

Tax Centers hours of operation and contact number are as follows:
Naval Station (Old White House x 4314)
Camp America (bldg #2300 x 3637)
9 a.m. to 4 p.m. Monday, Wednesday and Friday
10 a.m. to 7 p.m. Tuesday and Thursday
8 a.m. to noon Feb. 8, Feb. 22, Mar. 8, Mar. 22, Apr. 5, and Apr. 12
Naval Hospital (MID training center x 72440)

Hours of operation and availability will be posted on the Galley's Message Board.

For the convenience of JTF Guantanamo personnel, a tax program representative will be assigned from each company and staff section. These representatives will provide

helpful information on topics such as whether you must file, standard deductions, determining filing status, requesting an extension, EZ filing or paper filing and determining which form to use.

Each representative will schedule appointments, distribute requested state documentation and an interview sheet to individuals who request an appointment with a tax preparer. The interview sheet is a checklist of items that the must be brought with the client on the scheduled date.

Before visiting a tax center, you should have the following documents and information:

1. *All 2002 W-2's for you, you spouse and any dependents*
2. *Social security numbers/DD 1178s and dates of birth for each family member*
3. *Blank checks, routing numbers and/or account and credit card numbers*
4. *Standard Form 1099s*
5. *Dependent Care Statements from day care providers*
6. *1098 or other tax forms from colleges, trade schools, financial institutions*
7. *Tax receipts for state and local taxes paid in 2002*
8. *State forms will be available upon request*
9. *Powers of Attorney from spouse. If you gave someone a General Power of Attorney, you should know that these are typically unacceptable for tax filing purposes. A Special Power of Attorney is normally required. See any Legal Assistance Office for details.*
10. *If married and filing jointly, both spouses must attend the appointment in order to file.*

Your tax representative can assist you in ensuring that all of your documents are correct prior to scheduling an appointment.

Everyone is encouraged to take advantage of the tax assistance program. Save a bundle and get your refund as soon as possible!

Movie Schedule

Camp Bulkeley

Fri., Feb. 7

8 p.m. *Pay Back*
R-102 min.

10 p.m. *Phoenix*
R-114 min

Sat., Feb. 8

8 p.m. *Red Dawn*
R-114 min.

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

Sun., Feb. 9

8 p.m. & 10 p.m.
Traffic
R-147 min.

Mon., Feb. 10

8 p.m. *Proof of Life*
R-135 min.

Tues., Feb. 11

8 p.m. *Supreme Sanction*
R-95 min.

Wed., Feb. 12

8 p.m. *Stripes*
R-101 min.

Thurs., Feb. 13

8 p.m. and 10 p.m.
The Pledge
R-124 min.

Downtown Lyceum

Fri., Feb. 7

7 p.m. *The Hot Chick*
PG13-101 min.

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

Sat., Feb. 8

7 p.m. *Maid in Manhattan*
PG13-106 min.

9 p.m. *Empire*
R-100 min.

Sun., Feb. 9

7 p.m. *Star Trek: Nemesis*
PG13-116 min.

Mon., Feb. 10

7 p.m. *Die Another Day*
PG13-132 min.

Tues., Feb. 11

7 p.m. *Drumline*
PG13-109 min.

Wed., Feb. 12

7 p.m. *Star Trek: Nemesis*
PG13-116 min.

Thurs., Jan. 13

7 p.m. *Analyze That*
R-98 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

NAVSTA vs. Joint Task Force Guantanamo



Sgt. 1st Class John Mc Peak, 300th Military Police Brigade, crushes the ball during one of Friday's games.

Story & photo by Spc. Delaney T. Jackson

Nine teams gathered behind G.J. Denich Gym this past Friday and Saturday nights, to battle for bragging rights in a double elimination softball tournament.

The tournament, organized by Petty Officer 1st Class David Taylor and Petty Officer 1st Class Matt Nalley with the help of Morale, Welfare, and Recreation was for the purpose of "getting out and having a little fun" Nalley said .

The two-day tournament attracted a large crowd of Joint Task Force Guantanamo service members and Naval Station personnel alike, who came out to support their teams.

By the end of the tournament late Saturday night, the Naval Station Security team had the championship securely in hand defeating the B Co. 2/116th Inf. Regt. team 31 to 15 and remained undefeated throughout the tournament.

While the next tournament has not been scheduled, Nalley says the next tournament will be announced "whenever we can get one going."

JTF Guantanamo celebrates Black History Month



Runners prepare to take off to start this year's Black History Month five-kilometer run/walk.

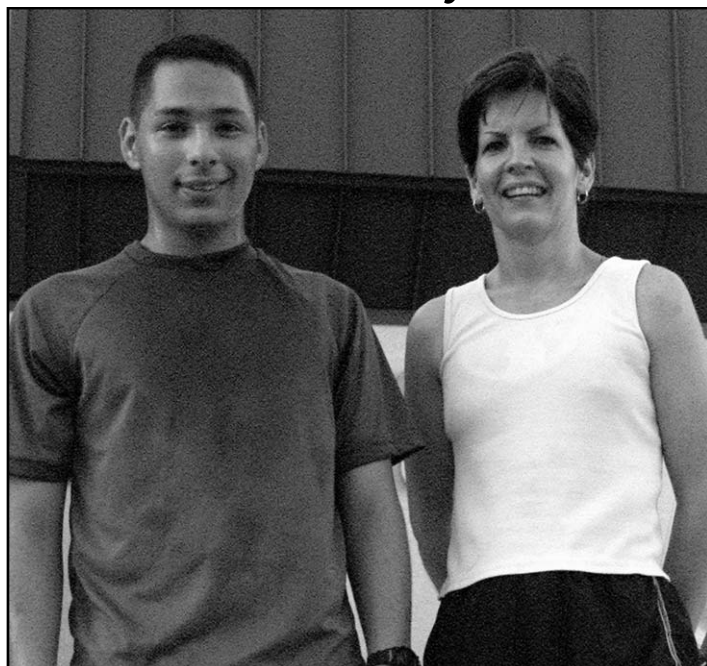
Story & photos by Spc. Delaney T. Jackson

More than 90 people took to the streets in the early hours of Saturday to kick off Black History Month with a five-kilometer run/walk.

The run/walk's participants represented the diverse military and civilian community of Guantanamo Bay.

In the men's division, Army Pfc. Adam Perez of the 785th Military Police Company, finished with a time of 19:15. Deluca Heinz, Naval Station Security finished in second place with a time of 20:41. Spc. Fred Dewey, 785th Military Police Company, finished third with a time of 21:13. In the women's division, Kathy Canning finished first with a time of 23:25.

At the finish line runners were rewarded with a T-shirt, fresh fruit and water.



(Left) Army Private 1st Class Adam Perez, and Kathy Canning.

Command Climate Surveys

More than 700 surveys have been entered into the response database. All surveys are expected to be entered before the end of next week. Response data will then be reported to the Joint Task Force Guantanamo Commander.

15 MINUTES OF FAME...

with Staff Sgt. Robert Robinson
344th Military Police Company
"Freedom's not free"

Interview and photo by Spc. Lisa L. Gordon

Robinson is military occupational specialty qualified both as a 95 Charlie, corrections specialist, and a 95 Bravo, military police. He serves Guantanamo Bay as the noncommissioned officer-in-charge of Joint Task Force nonlethal training. This is Robinson's second deployment here. He also did a six month tour in 1994 during the Haitian / Cuban migrant mission. Robinson is from Bennington, Vt. and has been in the Army for 17 years.

Q: Which of your two jobs is your primary MOS?

A: My primary MOS for the most of my military career, up until this deployment has been 95 Charlie. For this deployment it's 95 Bravo.

Q: Which job do you prefer?

A: 95 Charlie. It's what I came in the Army to do. I do it well and I'm comfortable doing it.

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

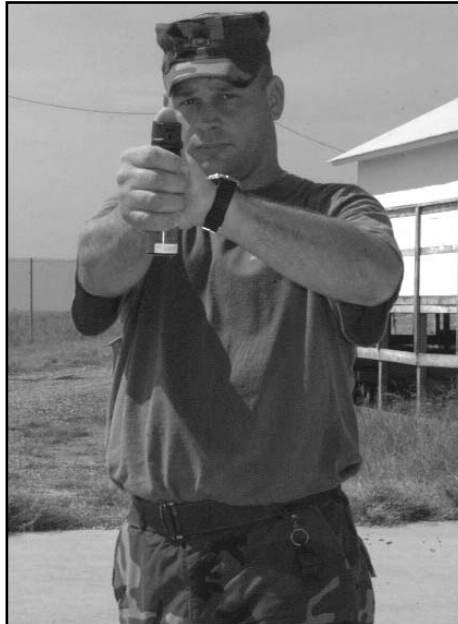
A: I like to train soldiers. So, anything that has to do with training.

Q: How did you get involved with non-lethal training?

A: My commander selected me to go through the school. The Inter Services Nonlethal Weapons Instructor Course. It was a tough course. It was founded and started by the Marine Corps and it got adopted by the joint services and the Department of Defense.

Q: I've seen some of the Oleoresin Capsicum training that you conduct at Camp America. How do soldiers benefit from being sprayed with OC?

A: By being sprayed with it, it gives them the confidence of knowing that should they



This is the view seen by soldiers who go through Oleoresin Capsicum training led by Staff Sgt. Robert Robinson of the 344th Military Police Company, noncommissioned officer-in-charge of the Joint Task Force nonlethal training.

get secondary contamination, say during an emergency cell extraction, or a riot control demonstration, that they have the ability to defend themselves and defend their peers and subordinates.

Q: What other kind of training do you conduct?

A: We have open hand, which is a form of martial arts developed by the Marine Corps. We have munitions, rules of war, and rules of engagement. Training like this keeps soldiers motivated. OC training is a hands-on type of training. It's training that involves soldiers. Realistic, hands-on training keeps the soldiers occupied and involved. Forced cell extractions, open hand, and the nonlethal munitions range ... that's something that a soldier will grasp and understand the purpose for it.

Q: It sounds like great training. It also sounds difficult. How do you keep the soldiers motivated?

A: By letting them know that everyone can make it through the training. Giving them positive reinforcement and cheering them on.

Q: What do you do to unwind in your off time?

A: I like to fish, so every now and then I get to go fishing. I take my troops wherever they need to go. I play the shuttle service and the designated driver.

Q: Do you have children.

A: Yes. Three. All girls. One turned nine Feb. 1st. I have an eight-year-old and a four-year-old.

Q: When your daughters get older would you encourage them to join the military?

A: Yes. It gives you a sense of discipline. You learn to respect others and their property, and you learn that freedom comes at a price. Freedom's not free.

Q: Is there a tradition of military service in your family?

A: There's been a member of my family in the military since the Revolutionary War. My father was in the Air Force. My grandfather was in the Army. He was in Korea ... he died in Korea.

Q: Why did you join the Army and not the Air Force like your Dad?

A: When I took the Armed Services Vocational Aptitude Battery the Marine Corp wanted me to be a mechanic and the Air Force wanted me to be in supply. I never considered the Navy.

Q: Did you join the military to follow family tradition?

A: No. I wanted to be a soldier, just pure and simple. I wanted to be a soldier.