



the Wire

“HONOR BOUND TO DEFEND FREEDOM”

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Friday, January 23, 2004

Guantanamo welcomes the 1-119th Field Artillery

By SGT Jolene Staker

Members of the B and C batteries, 1-119th Field Artillery Battalion recently arrived at Guantanamo Bay to replace the 1-65th Infantry Regiment.

“People can relax a little because the ‘King of Battle’ is here to help take care of business,” said 1SG George Davis of C Battery.

The business unit members will be taking care of is augmenting military police personnel inside the wire.

“It’s about time we do something,” said 2LT Philip Morris. “It’s not artillery, but I don’t mind doing what I can to help out.”

Morris brings his experience of being a prior service Navy sailor in the Persian Gulf right after Desert Storm ended.

B and C batteries are actually composite batteries formed from the combat arms personnel of three batteries – A, B and C – from the Michigan locales of Alma, Charlotte, Albion, Lansing and Port Huron.

Members of the 1-119th Field Artillery



Photo by SGT Jolene Staker

Members of C Battery, 1-119th Field Artillery Battalion – (from front) SGT Kevin Painter, SPC Kenneth Dams and SPC Sean Wyrick – deplane upon arriving at Guantanamo.

found out at the end of October that they were going to be given this mission. They were ready.

“Over the last year and a half we watched others deploy and wondered when we would get our chance,” said CPT Larry Kniffin, B Battery commander. “We’re excited to be here.”

They went to training at Fort Dix, N.J., for specialized military police training – mission-specific training for Guantanamo.

“The training they gave the guys was excellent. The trainers really knew their material,” said 1SG Terry Geer of B Battery.

“They did a very good replication of the facility down here,” Geer said.

“During the training we learned moves, holds,” said SGT Don Klein.

The members’ backgrounds in combat arms prepared them well for this mission.

Some noncombat arms members were allowed to come because of civilian experience as corrections or law enforcement officers.

See Artillery on page 4

Inside the Wire ...

TAG VISITS ARKANSAS TROOPS



PAGE 3

TRAINING DAY



PAGE 5

EARLY MORNING MARCH



PAGE 8

Trooper to Trooper

CSM Nieves bids farewell to JTF-GTMO

To all whom I have had the privilege and honor to work with, I thank you.

As I depart this great command and wonderful community, I take with me the knowledge and friendship gained from having the opportunity to share a tour of duty with some of the most dedicated troopers, civilians and family members the military has to offer. It has truly been a wonderful experience for my family and me. There are few military communities that can compare to Guantanamo Bay, Cuba. Everyone has touched our lives in one form or manner during the past 14 months. I can only hope that we have done likewise. There are so many people who have made the past 14 months so enjoyable; of course I cannot name them all. However, I would like to thank a few people I had the pleasure of working for and with. First of all, my appreciation goes to MG Geoffrey Miller, who has established a command climate that offers leaders and junior troopers the opportunity to make mistakes and grow in their profession. Not only has he been my battle buddy, but also a friend who truly cares about the NCO corps. To the NCOs who lead our most precious resource, our troopers, thank you for arriving at work each day with your game face on ready to meet the daily challenges head on.

I've experienced just about every possible emotion during my tour here. But it has always been our troopers who picked me up when I was down and kept my spirits high when I was troubled. You have always been there for me, but more importantly, for our nation. No matter how tough the situation, no matter the circumstances or the hardships,



CSM George Nieves
command sergeant major
JTF Guantanamo

you were there. This mission in Guantanamo is a tough one, be proud of your accomplishments. It's never easy being away from family and friends. This mission is filled with sacrifices no matter where you deployed from. Everyone assigned to JTF-GTMO has endured many challenges while serving during Operation Enduring Freedom. Because of your hard work and determination, this nation sleeps better at night knowing you are on point protecting their freedom. On behalf of a grateful nation, I thank you for your dedication and selfless service to our country.

I have truly enjoyed my time in Guantanamo Bay, and I have no regrets. At the end of the day, I can look back at my tour here and honestly say that I am proud to have served my country as a member of JTF-GTMO. I simply cannot think of anything more fulfilling than a life of service to this great nation.

The next time you pass by the elementary school, please read the message on the fence: "America...Land of the free...because of the Brave." Those brave men and women are you.

Thank you and **HONOR BOUND.**

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JTF Guantanamo OPSEC message of the week

Set up duress words with your friends, family and coworkers. It will let you warn them of danger if you are ever being coerced.



Arkansas TAG visits with state's troopers

MG Morrow tells MPs, PAO to continue fighting mission



MG Don C. Morrow (center), Arkansas Army National Guard adjutant general, and members of the state's senior leadership recently visited two Arkansas units – the 216th Military Police Co. and Det. 1, 70th Mobile Public Affairs Detachment – here at Guantanamo Bay, Cuba. With Morrow are (from left) 2LT James D. Cox, COL Carlon Smith, 1LT Tracy Saucy and Sgt. Joshua Carroll.



(Left) MG Don C. Morrow visits with members of the 216th Military Police Co. – (from left) CPL Timothy D. Echols, SGT Christopher Chambliss, SGT Ricky Beckwith and SGT Rodney Wade – during a recent visit.

(Bottom left) MG Don C. Morrow (second from left) prepares to eat lunch at Seaside Galley with CPT Betty Anderson, commander of the 216th Military Police Company and SSG Deon Lee (third from left).

(Bottom right) SPC Rick Fahr, 70th Mobile Public Affairs Detachment, demonstrates techniques involving publication of *The Wire* to COL Carlon Smith (left), state CSM Deborah J. Collins and MG Don C. Morrow.

Photo by SPC William Ingram



Photo by SPC William Ingram



Photo by SSG Patrick Cloward



Photo by SGT Jolene Staker



Photo by SGT Jolene Staker



Photo by SGT Jolene Staker

Artillery, from page 1

During the mission orientation, CSM Stephen Short told the unit, "Welcome to the Global War on Terrorism. You are now troopers, which refers to every branch of the military serving here – Army, Marine, Navy, Air Force and Coast Guard. ... There's a rainbow out there, that has to be a good omen. I'm proud to serve with you."

Once at Guantanamo, the JTF commander welcomed the group and explained a simple goal.

"All we ask is that you do your best every day," said MG Geoffrey Miller.

The rainbow is the 1-119th members' uniform patch. They are part of the 42nd Infantry Division.

The Rainbow Division actually dates back to World War I. It was organized in New York City.

There were all walks of life represented because of New York being a cosmopolitan melting pot.

The division was organized by Douglas MacArthur. Officials called it the Rainbow Division to signify the diversity of life represented.

The patch is actually half a rainbow, because during battle, one of the commanding generals lost half of his division.

When he was given an order to move his division, he told his command that he only had half a division.

Those soldiers cut half the rainbow off their uniform to honor those they lost.

One of the challenges that the 1-119th Field Artillery Battalion faces during the JTF mission is being a composite unit made up specifically for this mission.

That fact already had some

members feeling the effects of being split up. The unit members who are here will now be split up between various groups of military police.

CPT Ryder Russell is ready to face this challenge by how he makes use of the batteries' off time.

"We'll keep camaraderie and battery identity by some of our off-duty activities," Russell said. "It will also be more foot work for the first sergeants to check on their guys. ... Ultimately it will also be each individual's responsibility to get in there with the people they are supporting and make new friends."

While the unit may face challenges the 1-119th Field Artillery Battalion hit the ground ready to get to work.

"Our soldiers are extremely happy to be doing something worthwhile," said Geer.

"It's a job we have to do and we'll do it to the best of our capabilities," said Klein.

"I'm looking forward to it," said SGT Lupe Ramereiz, B Battery, 1-119th Field Artillery Battalion. "I wanted to come here and have one more experience before I retire."

SGT Don Markham of B Battery, expressed a common sentiment: "I'm loving it. I can't wait to get busy."

Kniffin explained that being here is a two-edged sword. "You miss your family at home and don't want to leave them, but you're in the military to serve, and you welcome the chance to get to do that."

"I'm proud to be here with the 1-119th guys. They've sacrificed time with their family," said Russell. "They're here and I know they'll do well. I want them to make their battery and their state proud."

(Above) MG Geoffrey Miller, JTF commander, welcomes SSG Brian Clinton of C Battery, 1st Battalion-119th Field Artillery Battalion.

(Center) SPC James Berg of B Battery, 1st Battalion, 119th Field Artillery Battalion, is welcomed to Guantanamo shortly after arriving by BG Mitchell LeClaire.

(Below) The members of the 1-119th Field Artillery Battalion go into the hangar where they will be briefed by MG Geoffrey Miller, CSM Stephen Short and Chaplain Steven Feehan.

216th MPs put their skills to long-term test

By SSG Patrick Cloward

What do members of the 216th Military Police Company say about getting deployed twice in two years?

"We've become better soldiers ... more like a team."

That's the comment CPT Betty Anderson, commander, said of the unit's recent assignment to assist in detainee operations here at Guantanamo Bay, Cuba.

"After spending almost a year at Fort Leonard Wood, some people got comfortable," she said. "So we didn't know what to expect when we got here. Not knowing how to perform, people were nervous."

Nervousness turned to action as members of the 216th adjusted fire to their new assignment, guarding detainees as part of Joint Task Force Guantanamo.

"Here you can grow a lot professionally as an NCO," said SGT Matthew Jira, squad leader and NCO for the Immediate Reaction Force Team. "Some of the benefits are that, as a National Guardsman, you're only an NCO just two days a month. That's not enough time to really develop any leadership skills."

Now that he does it on a daily basis he said it has given him opportunity to grow as a leader.

"I didn't realize how much being an E-5



Photo by SSG Patrick Cloward
CPL John Harville of the 216 Military Police Co. examines his equipment before a recent training exercise in which the military police responded rapidly to a mock disturbance.

cuts into your personal time and time off," added Jira. "But that's the job I do. I spend a lot of time counseling subordinates and talking with leaders, working on their overall improvement. It's true when they say that leaders aren't made, they're trained."

Honing personal and professional skills has been one of the greatest opportunities

granted during deployment to the JTF. Many members have also been working on physical fitness.

"Our company just took a PT test the other day and the whole company has made drastic improvements," said Jira.

Anderson agreed that members of the company have lost weight and increased their physical training level. More profoundly, many are gaining a true appreciation for the importance of good relations with family and co-workers.

"Being here has brought us together closer," said Anderson. "If there were soldiers having problems, like losing a loved one or personal problems, everyone gathers together and provides them support and tells them it's OK."

That has only improved on their ability to achieve the mission here.

"Some of the biggest benefits they've found is that it's their time to give something back to their country," said Anderson. "Every day we train to do the mission. This is the first time we actually perform a wartime mission. When it comes to what we do, things are never routine. There are always some new changes in policy and procedure. If there aren't, you can lose attention to detail. I would say my biggest benefit is knowing that this is my opportunity to support the war on terrorism, taking a part in history."

Red wine and your heart, to drink or not to drink?

By Navy Lt. Ken Arlinghaus
JTF nutritionist

Many studies suggest that a moderate amount of red wine, (one drink a day for women and two drinks a day for men,) lowers the risk of heart attack for middle-aged people by 30 to 50 percent, and may prevent additional heart attacks if you have already suffered from one.

Other studies also indicated that red wine can raise HDL (good) cholesterol and prevent LDL (bad) cholesterol from forming.

Red wine may help prevent blood clots and reduce the blood vessel damage caused by fat deposits. Most of this research

can be attributed to the "French Paradox." Even though the French eat a relatively high fat diet, they have a 50 percent lower rate of heart disease compared to people in the United States. However, the French have other lifestyle differences than just wine consumption, such as a higher physical activity level, smaller meal portion sizes and higher consumption of fresh fruits, vegetables and fish.

Red wine has properties that are good for the heart. It is a particularly rich source of flavonoid phenolics. Resveratrol, found in grape skins and seeds, increases HDL cholesterol and prevents blood clotting. Fermentation of wine amplifies resveratrol, mak-

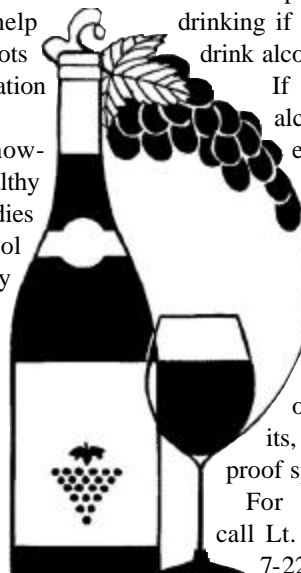
ing it a better source than grape juice. Flavonoids, on the other hand, have antioxidant properties that help prevent blood clots and plaque formation in arteries.

Red wine, however, is not as healthy as it sounds. Studies show that alcohol drinking may increase triglycerides, other bad blood lipids and result in weight gain due to its empty calories. Other studies suggest that alcohol consumption is

associated with cancer risk. The American Heart Association cautions people to not start drinking if they do not already drink alcohol.

If you already drink alcohol, do so in moderation. The AHA recommends one to two drinks per day for men and one drink per day for women. A drink is one 12 oz. beer, 4 oz. of wine, 1.5 oz. of 80-proof spirits, or 1 oz. of 100-proof spirits.

For more information, call Lt. Ken Arlinghaus at 7-2270.



Making the move CAN be a smooth one

LTC Kathy Platoni, Psy.D.
Clinical Psychologist
OIC, 1972nd Medical Detachment (CSC)

The big move to Camp America North, moving from a more home-like atmosphere to something reminiscent of college dorm life, is going to require a period of adjustment for all who are involved. Adaptation is ours to accomplish. If we make an effort to keep a positive outlook about the living situation, it can't help but become easier. The alternative is to be miserable.

Relationships with roommates will become the foundation for the development of the Camp America North community, even though many of us may be unfamiliar with the folks sleeping in bunks across the way. We may never become best friends with them, but it is essential to acquire a healthy respect one another's rights and feelings, especially when living in such close quarters. Take time to get to know those in your midst in order to generate successful and mutually rewarding relationships. Do this by asking questions to learn about the parallels and similarities between you. Learn about each others' backgrounds, families, what their lives are like back home in the states, interests, hobbies, jobs, military duties, and life experiences.

It is vital to discuss the expectations we have for roommates, as this may avoid problems down the line and before conflicts and arguments occur. Set guidelines for your quarters as early on as possible and be open to discussing what is most significant or even critical to each of you. There are some relatively common issues that roommates routinely differ and disagree about, most of which call for a willingness and readiness to compromise: alcohol use, music and noise decibels, use of possessions and property, cleanliness, the presence of guests, television and computer usage, sleep and work schedules, and safety/security issues among them.

Privacy, or the lack of it, may easily become a core issue in a place that offers so little sanctuary from the madding crowds. Communication is an absolute here. Address and discuss issues before they become problem areas. Utilize

opportunities to resolve differences before conflicts become battlefields. Do so openly and honestly and without assigning when possible. Don't wait until the food in your refrigerator turns to Penicillin. Be open to generating solutions and agreements. Make a genuine commitment to making these adjustments work for all concerned. When all else fails and solutions exceed the grasp of the living situation and the people in it, do seek the assistance of your chain of command.

Never lose sight of the Golden Rule in dealing with those we live with: treat our roommates as we would like them to treat us. Think about what it feels like to be at the receiving ends of our demands upon them. What is it like to walk six miles in their boots? Always remain open to negotiation. Before considering drastic measures (including supergluing your roommates to the insides of their wall lockers) we recommend contacting the 1972nd CSC for our not-to-be-



Photo by SPC Rick Fahr

Utilize opportunities to resolve differences before conflicts become battlefields

missed Roommate Contracting Class. Call us at 3566.

Kittery Beach JAS opens its doors for troopers



Photo by SSG Patrick Cloward

Contributing members of the new Kittery Beach Joint Aid Station staff stand with MG Geoffrey Miller, commanding general for the JTF, outside its front doors during the opening ceremony held last Monday. 2LT Aaron Rall, JAS officer in charge, revealed some of the new benefits the facility will be able to provide to members of the JTF. "The new facility will have specialty clinics that include a dental surgeon, physical therapy, dermatology counseling and orthopedic counseling, with a greater ability to serve more troops," he said. "Our goal is to accommodate the needs of the soldier here to the best of our ability." The phone numbers for the Kittery Beach JAS are 3496 and 3497.

IG Q & A: Five common inspector general questions

By Air Force Lt. Col. Bruce G. Medaugh
inspector general

Troopers everywhere, including here at Guantanamo Bay, often have questions about if, when and how they might bring an issue to the attention of the inspector general. These are five frequently asked questions.

1. Who can go to the inspector general?

Anyone can bring an issue to a military inspector general: any military member, DOD civilians, family members, anonymous sources, the chain-of command, – anyone.

2. What types of issues may troopers take to the inspector general?

You can bring any issue to an inspector general. However, the inspector general will determine whether the issue should be dealt with by the inspector general or if another agency should deal with the issue. For example, Equal Opportunity (EO) complaints are usually

referred to an EO representative. Disagreements over evaluations are dealt with using the existing Officer Evaluation Report or Noncommissioned Officer Evaluation Report appeals process.

3. When can I go to the inspector general?

You may visit the inspector general any time with some exceptions. Your chain-of-command should not stop you from visiting the inspector general, but you must continue to perform your required duties and missions. In other words, you shouldn't try to use a trip to the inspector general's office to try to get out of something you don't wish to do.

4. Why would I come to the inspector general?

Again, you may bring any issue to the IG, including requests for help, information as well as complaints. Usually, the inspector general can help if you've tried to use the systems in place but those systems haven't worked. One frequent question concerns

promotions. Troopers frequently believe that they have been denied a promotion that they've earned. The inspector general is able to research the matter thoroughly and either explain why the promotion wasn't awarded or show the chain-of-command where an error was made.

5. Where and how do I contact an inspector general?

You may visit the inspector general office at two locations. The main office is in Rm. 204 of the Commissions Building and is staffed Monday through Saturday. The Camp America office is in Bldg. 7200 and is staffed 9-10 a.m. Tuesday and 3-4 p.m. Friday. Assistance is available any time by appointment. The phone number is 5399.

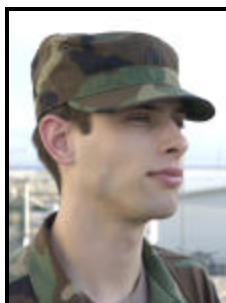
Each IG team member is ready to assist you with issues troopers may be experiencing during this deployment. Please don't hesitate to ask for assistance.

Your JTF Inspector General team is here to help.

Trooper on the Street

By SrA. Thomas J. Doscher

This week's question: **What past military or civilian training is benefiting you the most for this JTF mission?**



Army
SGT Lando Shuler
747th Postal
Detachment

High school classes on keyboarding. I do a lot of administrative stuff. I'm one of those guys who sits in front of a computer eight hours a day.



Army
SGT Terrell Reese
258th Military Police
Company

When we first deployed, we got training at Fort Dix. They had a little camp set up to show us what to expect here. That helped us out a lot.



SPC Amanda Hill
384th Military Police
Battalion

All the training we did before we mobilized. The senior leadership in our unit really helped us a lot.



Army
2LT Philip Morris
1-119th Field Artillery
Battalion

I used to work at a place where kids had emotional trouble. It taught me a lot about patience, like when dealing with detainees.



SFC William Wells
273rd Military Police
Company

My training in the Federal Law Enforcement Training Center. It's helped me with the operations portion and with training.

Rucking it together in GTMO and in life

By SPC Katherine L. Collins

"But encourage one another daily, as long as it is called Today."

Hebrews 3:13a (NIV)

"If we value success, we will value teamwork. Working together is at the heart of accomplishment," said chaplain assistant SSG Reeve Winters.

Looking toward the upcoming JTF ruck march, in which troopers will strive to meet and exceed the standards, members of the JTF chaplaincy reflected on their own ruck march experience from November. They shared words of inspiration, citing teamwork, encouragement and reliance on God as valuable tools of success in completing ruck marches and facing all life's challenges.

"Ruck marches aren't easy. They require a great deal of sweat and endurance, physically and mentally," said LTC Steve Feehan, JTF chaplain. "The ruck march is an individual timed event, but on top of individual attitude, encouragement from others plays a big in role in a person's ultimate success. Encouragement is central to teamwork, and if we all have teamwork, we will all succeed."

The chaplaincy's 30-pound ruck march began at 4 a.m. on Nov. 8 at the Kittery Beach Joint Aid Station and concluded six miles later in front of the G.J. Denich Gym. Each member's goal was to complete the march in 100 or fewer minutes, in accordance with



Photo by SPC Katherine L. Collins

TEAM: Together Everyone Achieves More. Chaplain assistants SSG Reeve Winters and SGT Heather Sittler ruck beside one another, as Winters encourages Sittler in her effort to complete the march.

JTF standards.

"Teamwork and encouragement were our focus in aiming for success," said Winters.

According to LTC Michael Britton, JTF chaplain, Winters epitomized the Chaplain Corp values of teamwork and encouragement by sacrificing his own effort to complete the march within the time limit in order to march beside and encourage a fellow trooper in her effort to complete the march.

"The fact that SSG Winters walked beside me until the end definitely helped me finish the march," said chaplain assistant SGT Heather Sittler.

Winters commented on his efforts of encouragement. "As an NCO, it's my job to make sure I care for all my troops before myself, such as ensuring they finish the march. That's what it's all about - to care for them and inspire them."

See Rucking, page 10

Alpha: an opportunity to explore the meaning of life
 Jan. 27: "Christianity: Boring, untrue and irrelevant?"
 7-8:30 p.m.
 Pizza, refreshments. Bldg. L1,
 Camp America North



Worship Services

Catholic

Main Chapel

- | | | |
|--------|----------------|--------------------------|
| Wed. | 5 p.m. | Holy Hour and Rosary |
| | 6:00-6:25 p.m. | Confessions |
| | 6:30 p.m. | RCIA (Chaplain's office) |
| Sat. | 4:15 p.m. | Confession |
| | 5:30 p.m. | Vigil Mass |
| Sun. | 9 a.m. | Mass |
| | 10:15 a.m. | Spanish Mass (Sanct. B) |
| M-Fri. | 11:30 a.m. | Mass (Cobre Chapel) |

Camp America

- | | | |
|------|-----------|------|
| Sun. | 5 p.m. | Mass |
| | 7:30 p.m. | Mass |

Protestant

Main Chapel

- | | | |
|------|-----------|--------------------------|
| Mon. | 7 p.m. | Prayer Group Fellowship* |
| Wed. | 7 p.m. | Men's Bible Study* |
| | 9:30 a.m. | Sunday School |
| | 11 a.m. | Service/Sunday School |

* Fellowship Hall located in Chapel Complex

Camp America

- | | | |
|-------|-----------|-------------------------------|
| Tues. | 7 p.m. | Alpha |
| Wed. | 7 p.m. | Soul Survivor (Club Survivor) |
| Fri. | 7 p.m. | Alpha |
| Sun. | 7:30 a.m. | Christian Worship |
| | 9 a.m. | Protestant |

New Life Fellowship

Main Chapel

- | | | |
|------|--------|---------|
| Sun. | 1 p.m. | Service |
|------|--------|---------|

Pentecostal Gospel

- | | | |
|------|--------|------------------|
| Sun. | 8 a.m. | Service (Sanc C) |
| | 5 p.m. | Service (Sanc C) |

Church of Jesus Christ of Latter Day Saints

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

Islamic

- | | | |
|------|--------|--------------------------------|
| Fri. | 1 p.m. | Classroom 12
Chapel Complex |
|------|--------|--------------------------------|

Jewish

Call 2323 for more information

Camp America Church Bus schedule:

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

The bus will return following worship.

Need a spiritual lift?



Join Chaplain Daniel Odean and other JTF troopers for music and fellowship during **Soul Survivor**.

7 p.m. every Wednesday at Club Survivor.

Continuing a six-week series on *Our Identity in*



Thursday Ticket

Seeking to help one another find moral direction in life? Join the Chaplain and fellow troopers on Thursday nights at 7:00 p.m. in Troopers Chapel at Camp America for the viewing and lively ethical discussion of a contemporary movie.

Continuing the "Band of Brothers" series

Events to highlight Cuban-American day

A number of special events will highlight today's annual Cuban-American Friendship Day.

A noon luncheon will feature Navy Cmdr. Carlos Del Toro, commissioning commanding officer of the USS Bulkeley. The event will be at the Windjammer Club and will include a \$6.50 Cuban buffet, limited to the first 400 attendees. Entertainment will include live music and dancing.

Earlier in the day, a Friendship Relay Run traversed from the Northeast Gate to Ferry Landing and then on to the Windjammer. Representatives of the various communities on the base participated in the run.

MWR ACTIVITIES

MWR personnel are planning a variety of upcoming activities:

■ Chess tournament: Sunday, Marine Hill Liberty Center; 3 p.m.; no entry fee. Trophies will be awarded for top three finishers.

■ Blue pin bowling: Feb. 8 and 22, 7 p.m., Marblehead Lanes Bowling Center. Entry fee is \$6. Blue pin must be in head position to win. Prizes include a three-game gift certificate with a natural strike. For more information, call Nancy or Robbie at 2118.

■ Valentine's Day lunch: Feb. 14, 11:30 a.m. to 1:30 p.m., Bayview Restaurant. Cost is \$30 per couple, and the lunch will consist of soup, salad, tenderloin, shrimp, vegetable of choice or fries, rice or baked potato and dessert. Call 5604 to make a reservation.

■ St. Valentine's Day Massacre Xtreme Biathlon: Feb. 14 at the sailing center; 1.5-mile swim and 20-mile bike ride; two-person relay team or individual competition. Sign up at the marina. Trophies will be awarded to five winners in each age group (19-29; 30-49; 50+).

For more information on these or other MWR events, call 2345.

AT THE GALLEY

Upcoming menus at Seaside Galley:

Today: lunch – breaded shrimp; dinner – surf and turf.

Saturday: lunch – fried catfish; dinner – Italian night.

Sunday: lunch – BBQ ribs; dinner – baked chicken.

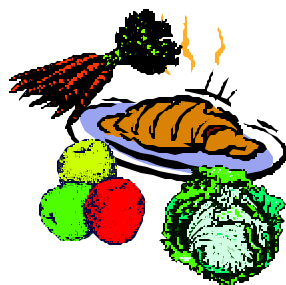
Monday: lunch – lemon baked fish; dinner – roast turkey.

Tuesday: lunch – potato/bacon soup; dinner – chicken enchiladas.

Wednesday: lunch – baked chicken; dinner – herb baked chicken.

Thursday: lunch – Caribbean chicken breast; dinner – Salisbury steak.

Friday: lunch – fried catfish; dinner – surf and turf.



Camp Bulkeley

Fri., Jan. 23

8 p.m. BAIT

R - 119 min

10 p.m. 3,000 Miles to

Graceland

R - 120 min

Sat., Jan. 24

8 p.m. TOMCATS

R - 95 min

10 p.m. Along Came a

Spider

R - 103 min

Sun., Jan. 25

8 p.m. Delta Force

R - 129 min

Mon., Jan. 26

8 p.m. Bounty Hunters

R - 96 min

Tues., Jan. 27

8 p.m. The Forsaken

R - 91 min

Wed., Jan. 28

8 p.m. The Watcher

R - 93 min

Thurs., Jan. 29

8 p.m. Mission

Impossible

PG13 - 109 min

Movie Schedule

Downtown Lyceum

Fri., Jan. 23

7 p.m. The Haunted

Mansion

PG - 88 min

9 p.m. Timeline

PG13 - 116 min

Sat., Jan. 24

7 p.m. Dr. Seuss: The

Cat In The Hat

PG - 82 min

9 p.m. Veronica Guerin

R - 98 min

Sun., Jan. 25

7 p.m. Love Actually

R - 125 min

Mon., Jan. 26

7 p.m. Looney Tunes:

Back in Action

PG - 90 min

Tues., Jan. 27

7 p.m. Timeline

PG13 - 116 min

Wed., Jan. 28

7 p.m. Veronica Guerin

R - 98 min

Thurs., Jan. 29

7 p.m. The Haunted

Mansion

PG - 88 min

Join your friends



at
Club
Survivor.

Super Bowl party on Feb. 1
Club will open 30 minutes before kickoff

Sports highlights

Patriots, Panthers not packing star power to Houston

Compiled by
SPC Rick Fahr

Just a few weeks ago, the upcoming **Super Bowl** could have included a number of intriguing storylines.

Bill Parcells' Dallas Cowboys could have taken their turnaround story all the way to Houston. Or was this the year that **Steve McNair's Tennessee Titans** gained the final yard to NFL paydirt? Or could **Dante Hall** run back another kick for a touchdown, giving the **Kansas City Chiefs** the league title?

Interesting questions, but after Sunday's conference championship games, football fans are left with a Feb. 1 Super Bowl that has about as much star power as a Partridge family reunion.

The **New England Patriots**, behind the arm of quarterback **Tom Brady**, will meet the

Carolina Panthers and quarterback **Jake Delhomme**.

The Panthers beat the **Philadelphia Eagles**, 14-3, by taking the ball away five times, including four interceptions of Eagles quarterback **Donovan McNabb**. **Ricky Manning Jr.** picked off three passes.

In snowy New England, the Patriots outlasted the **Indianapolis Colts**, 24-14. Colts passer **Peyton Manning**, who had been virtually unstoppable during the playoffs and shared the league's most valuable player award with McNair, threw four interceptions in the loss.

Who will win the Super Bowl? Oddsmakers like the Patriots, installing them as early seven-point favorites.

Men's college basketball is two months away from **March Madness**, but the weekly rankings shuffle reflects the game's topsy-turvy nature.

Duke sits atop the polls by virtue of its impressive win over then-fourth-ranked **Wake Forest**, while **Connecticut** has fallen behind **Stanford**, who is yet to lose.

Don't look now, but **Roy Williams' North Carolina Tar Heels** are nosing around the top 10.

On the women's court, many of the usual suspects are vying for top rankings. Perennial powers **Duke**, **Connecticut** and **Tennessee** join **Texas Tech** and **Texas** as teams to beat.

With spring training just around the corner, baseball trades and nondeals are as prevalent as hot dogs and peanuts at a ball park.

The **St. Louis Cardinals** have been at the center of talk recently as rumors link them to an attempt to sign pitcher **Greg Maddux**. The Cardinals also face the possibility of losing a

gigantic arbitration case to young phenom **Albert Pujols**.

In Boston, **Nomar Garcia-parra** appears to be the **Red Sox** shortstop for the near future, as **Alex Rodriguez** is looking less likely to move from Texas to New England.

The **Chicago Cubs** have signed pitcher **Kerry Wood** to a one-year deal, ostensibly to give both sides time to hammer out a long-term deal.

The **New York Knicks** have reeled off a number of wins in a row for new coach **Lenny Wilkens**, but they're not on a **Detroit Pistons** roll yet. As of Tuesday, the Pistons had won 13 in a row.

Not going anywhere fast are the **Los Angeles Lakers**, who have slid to nearly a half dozen games behind the **Sacramento Kings** in the West.

Compiled from www.espn.com.

Rucking from page 8

"Hopefully the success of our march will inspire other troopers to be able to complete their ruck march as well," said Britton.

MAJ Paul Minor, JTF chaplain, said he wishes to pass on the key of encouragement as the key to success in all we do.

"Everyone needs encouragement to get the job done. God encourages us and calls us to be like Him. So, in turn, we must encourage others. God blesses us with the ability to walk beside one another, putting one foot in front of the other as we proceed toward the mark in ruck marches and in life. ... Respect is also a key in success. It is a central element of teamwork. We must respect other people enough to view them as worthy of reaching that goal with success before we can ever help them."

SPC Luis Morero, chaplain assistant, explained his own motivational technique

LTC Michael Britton pushes on toward the finish line with the encouragement of his fellow chaplains and chaplain assistants. "Hopefully the success of our march will inspire other troopers to be able to complete their ruck march as well," he said.



Photo by SPC Katherine L. Collins

for success.

"Even before looking to others for encouragement, I look to God for strength. When I'm in the midst of a challenge, whether its physical or spiritual or a mix of both, I just keep saying to myself, 'Praise God.' God always fills me with physical and spiritual strength. He helps me give all I've got, then carries me further with His strength; and even if I

don't meet the standards, I am still at peace, because God reminds me that He still loves me. He then helps me work hard toward meeting those standards in the future."

Minor said, "If everyone just works together, looking to God for strength and encouraging one another along the way, all will finish with success. All may not meet the standard in the first try, but then troopers must help each other improve toward the goal. This is true for ruck marches and everything we do in life every day."

"The Lord is the everlasting God ... He gives strength to the weary and increases the power of the weak. Even youths grow tired and weary, and young men stumble and fall; but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint."

Isaiah 40: 28b-31 (NIV)

Trooper picks

The Wire would like to thank the participants in its predictions contest.



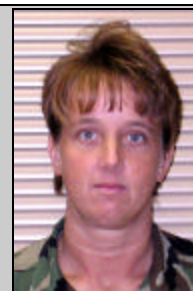
1st SGT
Sandra Adams-Jones
273rd MP Co.



Craig Basel
MWR director



SSG
Deon Lee
216th MP Co.



SFC
Stephanie Nielsen
384th MP Bn.

Final record

78-51

77-52

86-43

82-47

MLK 5K draws crowd

More than 100 men, women and children – including MSG Randolph Hay (center) and Air Force Cpt. Keith Waid (second from right) of the 177th MP Brigade – turned out in a drizzling rain Monday morning to participate in a 5K run on the occasion of Martin Luther King Day.



Photo by SPC Rick Fahr

DRMO plans turn-in, sale next week

The Defense Reutilization and Marketing Office will open Wednesday through Feb. 3 to allow troopers to turn in excess and unserviceable equipment.

To turn in information technology equipment – computers, monitors, printers, scanners, cameras, etc. – troopers must clear the equipment with the J-6 office and the JTF property book office.

Unserviceable refrigeration equipment must be serviced by Kvaerner prior to turning it in, and troopers must have removed all hazardous chemicals from any turn-in equipment.

All turn-in materials must be accompanied by a DD Form 1348-1A. Property book office personnel can assist with the forms.

JTF sections wanting to pull items from DMRO must contact the office for signature approval per DRMO guidelines.

On Feb. 4-5, DRMO will conduct a cash and carry sale beginning at 8 a.m. each day.

For more information, contact the property book office at 2240 or DRMO at 4184.



Photo by SSG Patrick Cloward

Jensen earns promotion

Air Force Capt. Betsy Jensen accepts promotion from Navy Capt. Paul McNeill, JTF J-4 officer. Jensen is J-4 supply officer.

15 Minutes of Fame...

With CPL Janice Williams, 216th Military Police Co.

By SPC William Ingram

CPL Janice Williams is a member of the 216th Military Police Co., based in Arkansas, who hopes to one day become a leader other troopers will admire and follow.

Q: How many years have you been in the service and in what components have you served?

A: I have been in for 10 years off and on. I joined in 1991 as a 92Y in supply in the 39th Infantry Brigade. Then I got out in 1994, and in 1996 I felt it was time to join again as an MP.

Q: What do you do in your civilian profession?

A: I am a bookkeeper for a bank. I started out as a teller then eventually moved up in the company as a loan officer. Now I am a bookkeeper, and I want to continue to move up in the company.

Q: What are you doing to accomplish your goal to move up at the Bank?

A: I am going to college to get my bachelor's degree in business. I am currently taking three classes here at Guantanamo Bay. I believe that you must work hard to achieve your goals if you want success.

Q: Do you plan on furthering your career in the military?

A: Yes, I do plan on furthering my career in the military. I plan on after returning to the states going to officer candidate school and continue my career in the military.

Q: What do you like to do in your spare time?

A: I like to go to church and to sing. Singing is one of my most favorite things to do. I sing for the church. I also like taking care of my family. Since I have been here, working out, singing and going to church are still the things I do in my spare time.

Q: How do you stay in contact with your family?

A: I try to call as much as I can I use



Photo by SPC William Ingram

CPL Janice Williams studies for college courses while deployed here at Guantanamo Bay.

Dial Pad to stay in contact with my family. I believe that my family is the most important thing in the world to me. I only use LCN for emergencies or if there is something that my husband and me need to discuss in private. Staying in contact helps me stay centered here at Cuba.

Q: What are some the goals that you set before coming to Guantanamo Bay?

A: I want to get a Physical Fitness Patch.

I want to go to Primary Leader Development Course or PLDC.

I want to make sergeant before I go to OCS.

Q: What is your advice to someone wanting to get a PT patch?

A: One thing that improves me on my PT score is working on your weakest events on the test. I believe that working hard and trying your best to motivate yourself to get the patch will help you achieve that goal. Most importantly you must work out and work out.

Q: Do you set goals for yourself in your personnel and professional life at home?

A: I believe in that you have to. If you want to achieve in anything in life,

you will have to set personal goals for yourself and do you best to accomplish them.

Q: Do you feel that your family is very supportive?

A: Yes, my family is very supportive and tries to stay in contact with each other. My mother helps out a lot, and she and my family are the most important things. Them getting along are the reason why I am making it here at Guantanamo Bay. My husband and my children said that they are proud of me.

Q: What are you planning on doing when you leave Guantanamo Bay?

A: Being here I have realized the things that I took for granted. I plan on spending more time with my family and giving my daughters more of my time to raise them the proper way.

Q: What are some of the experiences that you have received here that you can take back home personally and professionally?

A: Being put on the spot to provide and show leadership in the unit. The leadership put me in charge of PT formation. That leads me to believe that being prepared is one of the most important things that you can do for yourself.