



# the Wire

“HONOR BOUND TO DEFEND FREEDOM”

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Friday, February 20, 2004

## Historic PLDC course ends in complete success

By SGT Jolene Staker

“Congratulations PLDC Class 502-04. You started out with 29 and you finished with 29,” said MSG Geoffrey W. Grant, Primary Leadership Development Course (PLDC) branch chief. “You left no one behind.”

The first PLDC class to ever be held at Guantanamo Bay graduated Monday in the Bulkeley Hall Auditorium.

“It is up to you to lead, motivate and most importantly train,” CSM Stephen Short, JTF command sergeant major, told the NCOs during the graduation ceremony. “Whether you are training them to become able infantryman or a new platoon sergeant, the responsibility continues to grow.”

Students in PLDC received



Photo by SGT Jolene Staker

*SGT Eldon Colonias (left) of A Co., 1-181st Infantry Regiment and SPC Johnathan Allen of the 217th Military Police Co. direct troopers during a battle exercise as part of the first Primary Leadership Development Course at Guantanamo Bay.*

25 blocks of instruction covering topics such as leadership, supervising PMCS, financial

management, giving development counseling, developing and leading physical training

sessions, drill and ceremony, suicide prevention, the duties, responsibilities and authority of the NCO and Training the Force which covers the basics of how the Army trains from individual tasks to company Mission Essential Task List (METL).

“PLDC is the first step in what will hopefully be a series of educational challenges facing you as you grow as an NCO,” said Short. “You have not been given all the answers in this class, but you have been given the tools to find those answers not only for yourselves but more importantly for your soldiers.”

Part of being a NCO is knowing how to overcome challenges. The seven mem-

**See PLDC on page 3**

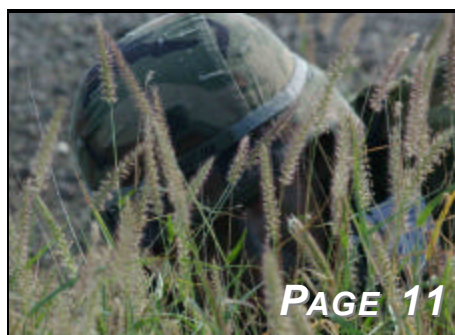
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## Trooper to Trooper

# New CSM has no "Short" age of experience

*Taking temporary rein of JTF-Guantanamo as command sergeant major, CSM Stephen W. Short has served in numerous leadership positions including platoon sergeant, 12B MOS instructor, 14S MOS course manager, PLDC instructor, Infantry BNCOC instructor, USARF School MOS director, and company operations and training NCO. Prior to his deployment to Guantanamo Bay he was appointed command sergeant major for the 384th Military Police Battalion, U.S. Army Reserve. While serving in JTF-Guantanamo, he has worked as the JDOG command sergeant major/camp commandant and briefly as the interim superintendent of Camp Delta.*

**By CSM Stephen Short**

CSM George Nieves established a strong legacy at JTF-Guantanamo that works to improve troopers through disciplined conditioning, nutrition and education.

I fully intend to reinforce that legacy. Today, we begin our second Primary Leadership Development Course. The historic first class graduated on Monday. By the time the JTF-Guantanamo Four rotation is complete, we will have graduated nearly 150 PLDC students. In addition, we currently have 69 JTF troopers signed up for college courses beginning



**CSM Stephen Short**  
JTF GTMO  
Command Sergeant Major

in March.

Our troopers are eating better, losing weight and becoming better conditioned. They are taking advantage of our educational opportunities, and as a result, they are becoming more valuable to themselves, their units and their nation.

A popular television advertisement claims that they "don't make the product;" they "make the product better." Likewise at JTF-Guantanamo, we won't make the trooper; we'll make the trooper better.

I firmly believe that we should continue making every effort to promote and design education opportunities and self-help programs so that our troopers are better prepared and trained to continue the global war on terrorism.

Honor Bound!

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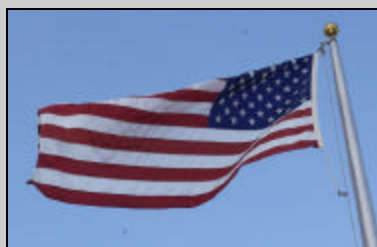
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**Q:** Why is the flag patch on the Army BDU reversed?

**A:** The flag is worn as it would appear flown from a staff. The soldier is the staff carrying the flag forward to victory.





PLDC from page 1

bers of the PLDC staff had to overcome obstacles in bringing the course to Guantanamo. “Back home we are set up for this, and we do it year round,” said SFC Leo McPherson, quality assurance NCO. “Coming here and having to start everything from scratch has been difficult.”

The staff agrees that the course was worth the extra effort. “I feel good about giving the class,” said McPherson. “Now they don’t have to worry about going home and then having to go to school and leave their families for another two weeks.”

“I love being here to give the class,” said SFC William Rice. “I’m glad to be able to contribute to the cause.”

The staff were not the only ones who had to overcome obstacles.

“I’m not a test taker. I took the written test and passed it,” said SGT Jammin Smith of the 463rd Military Police Co. “I was proud of myself, because I don’t like exams at all.”

Another obstacle for the class was a challenging compass course. What was measured on a map as a straight line of 350 meters actually equaled closer to 600 meters actual walking distance due to the terrain.

“Land navigation was the most challenging and the thing I learned the most from,” said SGT Brenda Sydney, of the 661st Military Police Co. “This was my first time on a land navigation course. Now I can find my points and find my way back if I were to get lost.”

The soldiers in PLDC impressed the staff with their attitudes and effort during the course. “The soldiers were highly motivated,” said SSG Gary T. Lain, small group leader. “They have exceeded all expectations.”



Photos by SGT Jolene Staker

*(Upper left) SGT Frank Narro, of the 463rd MP Co. shoots an azimuth on the land navigation course during PLDC.*

*(Upper right) SGT Jack Mawsom, of the 463rd MP Co., runs down the hill while reacting to fire during the PLDC Field Training Exercise (FTX).*

*(Right) SPC Ephraim Sydney and SPC Brenda Sydney, both of the 661st MP Co., clean weapons after a field training exercise. The couple are among a very few married JTF troopers.*



Soldiers enjoyed PLDC and appreciated the opportunity. “PLDC is necessary to develop soldiers as good leaders,” said SGT Eldon Colonies, of Alpha Company, 1st Battalion, 181st Regiment.

“I learned a lot about being an NCO that will help me improve as a soldier as well as help my troops,” said SGT Sylvester John, of the 661st MP Co.

“The part of the course I got

the most out of was how to build my team and build cohesion within my team with proper developmental counseling,” said SGT Alex Miles II of the 217th Military Police Co.

“Before coming to PLDC I didn’t know much about leading troops. Now I know how to be a good leader, said SGT Joseph Ademuwagun of 384th Military Police Battalion. “It was an experience,” said SGT Scott Boutell of Bravo Com-

pany, 1-181st Infantry Regt. This experience should help these troopers continue to improve the mission at Guantanamo – every day.

“Take these tools, sharpen them, refine them, use them and finally, teach them,” said Short. “I congratulate you on your great achievement, and I challenge you to continue traveling down that educational path that began here at Guantanamo Bay, Cuba.”



# Michigan TAG visits Guantanamo Bay



*MG Cutler talks with his Michigan troopers from the 177th Military Police Brigade and 1-119th Field Artillery Battalion in Seaside Galley. He emphasized communication with family and addressed the troopers' questions and concerns.*

Photo by SPC Katherine L. Collins



*MG Cutler speaks with a few of his troopers inside Cafe Caribe.*

Photo by SPC Katherine L. Collins



*(L-R) 1SG George Davis, C Battery; and 1SG Terry Geer, SSG Joseph Steir, SSG Michael Lodovisi, B Battery, talk with BG Robert Taylor, assistant adjutant general of Michigan.*

Photo by SPC Katherine L. Collins



*1SG David Folsom, JTF Headquarters and Headquarters Company, guides MG Cutler and other distinguished visitors in a tour of Camp America North.*

Photo by SPC Katherine L. Collins



# C Co., 1-181st ‘captures’ Hicacel Range



Photos by SGT Jolene Staker

**By SGT Jolene Staker**

C. Co. of the 1-181st Infantry Regiment conducted fire maneuver battle drills Feb. 10th at Hicacel Range. “This is what we do,” said CPT Robert Michaud, company commander. “We fire and maneuver.”

“It’s important to keep up our proficiency level and to make sure if we are called to do this in a real world situation that our soldiers are ready and they can execute,” said 1LT Steve Rooney, executive officer.

“The training was devised to test the squad leader and his ability to conduct fire maneuvers, lead his team under fire, use direct fire controls and communicate with other soldiers while under fire,” said 2LT Geoffrey Metfooney, first platoon leader.

*(Above) Participating in the training exercise are : top row (from left) — SSG Mark Brower, CPT Robert Michaud, 1LT Geoffrey Metfooney, SPC Stephen McGum and SPC Lawrence Hudson; bottom row — SSG Chris Droste and SSG David Dion. The group communicated as members took turns bounding forward and stayed prepared to react to contact.*

*(Left) SSG David Dion pulls perimeter security after the squad broke contact and returned to reorganize.*

*(Bottom) SGT Douglas Bernier stands ready to fire during the exercise when the squad was bounding forward and reacting to contact fire.*





# The where, when and why of the American flag

By SrA. Thomas J. Doscher

Displaying the American flag is a way for people to show patriotism and allegiance to the United States, but like many things, there is a right way and a wrong way to display the colors.

Because of the respect Americans hold for the U.S. flag, it's important to be careful when displaying one.

- The flag with the highest precedence always takes the position of honor to the marching right of all other flags or at the center of a flag display. The position is to the flag's right, not as you are looking at the display from the front. The U.S. flag comes first, followed by other national flags, state flags by date of admission or alphabetically then service flags by service seniority. For example, if you wanted to display a U.S. flag, an Arkansas flag, an Army flag and an Air Force flag, you'd put the U.S. flag to the far right, followed by the Arkansas flag, then the Army flag and the Air Force flag because the Air Force is the younger service.

- In the United States, the U.S. flag takes precedence. In overseas commands,

precedence depends on the international agreement between the U.S. and the host nation. All national flags should be the same size and on the same size staffs.

- If you use tassels for one flag, you must use them on all flags for which tassels are authorized.

- The flag should be draped from the flag's right to left.

- With the exception of the Minuteman and POW/MIA flags, no other flag will fly on the same staff as the U.S. flag. Both those flags will be flown on days authorized by the individual service departments.

- Within the U.S. government and the armed services, half-staffing the U.S. flag is governed by regulation, but there is nothing in the code that prohibits state or local governments or private citizens from displaying the flag at half-staff. Just keep in mind that lowering the U.S. flag to half staff is a sign of national tribute or grief.

- Keep the flag display as simple as possible. The fewer flags, the less chance of making an error.

For more information, visit [www.usa-flag-site.org](http://www.usa-flag-site.org).



Photo by SrA. Thomas J. Doscher  
SSG Doug Newsom, 216th Military Police Co., folds the American flag during a retreat ceremony Monday.

## Trooper on the Street

By SPC Will Ingram

This week's question: **What comes to mind when you see the American flag?**



**SPC Raymond Rosa,**  
1/181st Infantry  
Regiment

*"When I see the flag, power, pride, freedom and integrity comes to mind."*



**Army SGT Robert Williams,**  
273rd Military Police  
Company

*"When I see the flag, I think of our heritage, freedom to live and worship. I also have the freedom to raise a family and get an education."*



**Army SSG Doug Newsom,**  
216th Military Police  
Company

*"The flag represents all the people who died for all of us. I believe the flag will always stand for freedom of choice and freedom to fight for you and your nation."*



**Air Force SSgt. Derick Green,**  
Command Staff

*"The flag is a symbol of our independence."*



**PFC Raysa Pujols,**  
463rd Military Police  
Company

*"I see soldiers that die for our country to defend our freedom."*

# Odean visits, praises JDOG troopers

By CH (MAJ) Daniel Odean

As the JDOG Chaplain, I have the opportunity to meet troopers in the trenches where they work. The trenches at Guantanamo Bay for the JDOG are found deep in the blocks of Camp Delta. Among my chaplaincy responsibilities in the JDOG, I view visitation at the top. I value checking on troopers. I like to meet them where they are. Most seem to appreciate seeing the Unit Ministry Team (UMT) around in the camp. That is how we establish rapport with them. That is how I attempt to make myself accessible to them.

The rotating shift schedules that troopers are required to work inside Camp Delta make it difficult for them to attend church services. I can understand that. Whether or not to attend a church service is personal choice we all have to make. However, that is why we go to them. We want them to know someone cares about them. We want them to know that a chaplain is around to address their concern if and when the need arises. A trooper may not take time to seek out a chaplain, so the chaplain seeks them! The chaplain is there to assist, to be a friend, to listen, or to be a voice to the command if need be. The commander always likes to know what the morale climate is among their troopers!!

Let me say, I am proud of the men and women who are so dedicated to the mission inside the wire at Camp Delta. Their professionalism and dedication to service should make us proud. As my chaplain assistant, SGT Sittler, and I walk the blocks and talk to troopers, we are always impressed with the level of



Photo by SPC Katherine L. Collins  
 CH (MAJ) Daniel Odean talks with SPC Ray Garza, 1-119th FA Bde. Odean says the chaplaincy strives to visit with troopers as an important part of its ministry.

*"Among my chaplaincy responsibilities in the JDOG, I view visitation at the top. I value checking on troopers."*

— CH Daniel Odean

their commitment. The tasks of the daily routine of maintaining security while meeting the basic needs of the detainees in the Cuban heat are not easy. The mission is stressful, demanding, and often goes unnoticed and unappreciated. It is far from glamorous duty; however, most troopers recognize they are making a difference and contributing to a bigger cause than themselves. I like to brag about them and tell their story whenever I can.

As you can see, the chap-

lain serves in a unique role and provides support through many different ways. You cannot measure these things. At times, it is difficult to communicate the value of the chaplaincy. It is hard to prove the effects of ministry efforts. That has to be left up to God. But one thing for sure, thank God for a government that supports the cause of the chaplaincy and recognizes that a trooper has spiritual needs that need tending to.

Honor Bound!

## Heavenly Bits & Pieces

By CH (MAJ) Daniel Odean

**Are you lost?  
 Come in for directions!**

*There are many various ways to get places on Earth, but if your goal is to get to Heaven, take a look at the directions provided in the Bible. The Bible will not lead you wrong! Eternity is a long time to think about what you should have done, but didn't.*

John 14:6 - "Jesus said, 'I am the way, the truth and the life. No one comes to the Father except through Me.'"

### Calling all musicians

Anyone who would like to sing or play an instrument in JTF's praise band, "God's Anointing," contact SGT Heather Sittler at 3248/3646 /3202 or Sittler HM@JTFGTMO.southcom.mil. 1 Corinthians 13:1



# Full stride ahead: JTF graduates new 31 E class

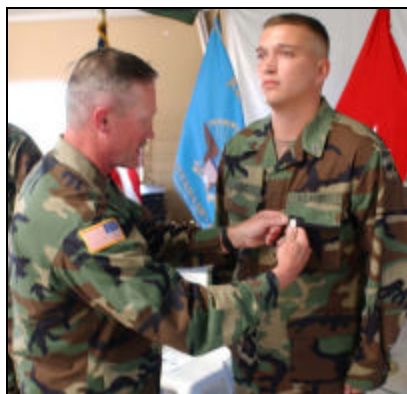


Photo by SSG Patrick Cloward

(Left) 31 E course honor graduate SGT Garth Hurst of class 463-004 receives recognition from BG Mitchell LeClaire during graduation ceremonies.



Photo by SSG Patrick Cloward



Photo by SSG Patrick Cloward

(Right) SFC John Waters, 31 E course instructor, and Hurst cut the first slice of cake for class 463-004.

(Bottom left) BG Mitchell LeClaire speaks to 31 E course graduates during graduation ceremonies.



Photo by SPC Katherine Collins

## Troops ordered to keep U.S. flag on uniforms

Adapted by SPC Katherine L. Collins

Recently SGM Kenneth Preston, sergeant major of the Army, sent out a memo to all command sergeant majors addressing the issue of permanently wearing the U.S. flag on uniforms after serving on deployment.



According to Preston, the guidelines pertaining to how to wear the U.S. flag will remain the same as outlined in the current regulation. The update will take out removal of the flag from the uniform once soldiers return from deployment. The mandatory wear date for all soldiers is Oct. 1, 2005, to allow for those units in OIF 2 and OEF 4/5 to transition after they return from the AOR. Most soldiers should strive to sew the patch on before June 14, Flag Day and the Army's birthday, he said; however, this date is "not set in concrete and is very flexible." All units are limited by the supply system to provide the flags.

"Of the 39 countries participating in OIF and OEF, almost all of them wear their flags and are very proud of their contributions to the team," wrote Preston. "For the soldiers returning from the AOR after a year -long deployment, the flag means a lot more now than it did before their deployment."

"We are an Army at war supporting a nation at war," he continued. "For the immediate years ahead we will have soldiers deploying on a regular basis. Putting the U.S. flag on the BDUs/DCUs is a permanent reminder that we are a ready and relevant force with an expeditionary mindset. All components of the Army; Active, Guard, and Reserve, are alike in this execution."

### Soldier's Creed

I am an American Soldier.  
 I am a Warrior and a member of a team. I serve the people of the United States and live the Army Values.  
 I will always place the mission first.  
 I will never accept defeat.  
 I will never quit.  
 I will never leave a fallen comrade.  
 I am disciplined, physically and mentally tough, trained and proficient in my warrior tasks and drills. I always maintain my arms, my equipment and myself.  
 I am an expert and I am a professional.  
 I stand ready to deploy, engage, and destroy the enemies of the United States of America in close combat.  
 I am a guardian of freedom and the American way of life.

**I am an American Soldier.**



Sports highlights

# A-Rod, Junior, Big John make news

Compiled by SPC Rick Fahr

What a weekend!

Big stories came from baseball, NASCAR, the PGA and the NBA.

\*\*\*

After weeks of speculation, the **Texas Rangers** shipped superstar **Alex Rodriguez** to the **New York Yankees**.

A-Rod will move from shortstop to third base, leaving **Derek Jeter** at short for the Yankees. The Rangers will pay \$67 million, a portion of that, remaining on A-Rod's contract, and they'll receive second baseman **Alphonse Soriano** and a player to be named.

\*\*\*

At Sunday's **NBA All-Star Game**, the **West** team edged out the **East**, 136-132.

**Shaquille O'Neal** of the **Los Angeles Lakers** won the game's most valuable player award, scoring 24 points and grabbing 11 rebounds.

\*\*\*

NASCAR began its year – and its new Nextel Cup series – with the **Daytona 500**.

More than 200,000 fans, watched **Dale Earnhardt Jr.** hold off **Tony Stewart** to win his first Daytona 500.

The win was Earnhardt's second NASCAR win at the track where his father died three years ago.

Earnhardt Jr.'s teammate, **Michael Waltrip**, was one of a dozen drivers involved in a harrowing crash, which demolished Waltrip's vehicle but did not hurt the driver.

Giving the ceremonial instruction for the drivers to start their engines was **President George W. Bush**.

\*\*\*

The PGA's western swing arrived at Torrey Pines over the weekend for the **Buick Invitational**.

A star-studded field included **Tiger Woods**, **Phil Mickelson** and **Vijay Singh**, but it was **John Daly** who put

together a 10-under-par performance that earned him a spot in a three-person playoff with **Luke Donald** and hometown favorite **Chris Riley**.

On the first hole of sudden death, a par-five that is reachable for the tour's longest hitters, Daly hit his second shot into a greenside bunker. From 100 feet, he blasted to within inches.

His birdie putt fell, while Donald's and Riley's slid by the cup.

The win was Daly's first in nine years.

Woods finished tied for 10th, and 20 golfers were within three strokes of the lead.

\*\*\*

In men's college hoops, unbeaten **St. Joseph's** improved to 22-0 over the weekend, while **Stanford** moved to 21-0.

The both teams moved up in the polls this week after top-rated **Duke** fell to **North Carolina State**.

## FAHR GAME

# Racing fans got treat at Daytona

What's exciting about seeing a lot of guys in brightly painted cars make left turns for three hours?

Put that way, it's not easy to explain. But consider this: More than 200,000 people showed up for Sunday's Daytona 500, and if there had been a couple hundred thousand more seats, they would have been filled, too.

What did those people want to see?

Many were pulling for their favorite driver, and NASCAR fans each have a favorite driver, and woe be unto the Mark Martin fan around a gaggle of Matt Kenseth supporters.

But beyond individual preferences, there weren't many people at the track Sunday or many watching the race on television who didn't want to see Dale Earnhardt Jr. win.

It was three years ago at Daytona that Dale Earnhardt Sr. – the Intimidator in that signature black 3 car – died in a crash on the race's last lap.

Earnhardt hit the wall just as his car driven by Michael Waltrip crossed the finish line just ahead of Junior, for a Dale Earnhardt Inc. one-two finish.

Earnhardt Sr. was more than a racer. To millions, he embodied the American spirit of determination and drive. He is as revered a sports figure as this country has ever seen.

His untimely death left a hole in NASCAR, one that hadn't been filled until Sunday. Junior's win will go a long way toward filling the gap left by his father's absence.

## Volleyball Playoffs

Members of the B Company, 1st Battalion, 181st Infantry Regiment set the ball for a spike during Saturday night's volleyball action at Club Survivor, February 14th. Tournaments are regularly scheduled by MWR for competitions between units working and living at Camp America. For more information, contact SSG Brian Moore at 3191.



Photo by SGT Jolene Staker



## Biathletes compete

A number of athletes, young and not-so-young and male and female, competed in Saturday's Xtreme Biathlon event, which included a swim and bike ride.

Photos courtesy of Lisa Dula



## JTF the Squad, Boston Bandits lead Captain's Cup basketball divisions

As Captain's Cup men's basketball action continues, one team in each division remains unbeaten.

With most teams having played at least three season games, JTF the Squad led the East division with a 3-0 record. In the West, the Boston Bandits have posted a perfect 3-0 record.

Other standings in the East are: Hospital, 3-1; Contractors, 2-2; 661st Military Police Co., 1-1;

273rd DC Law Dawgs, 1-2; Geo Group, 0-2; and Fire Department, 0-3.

In the West, teams following the Bandits are: 463rd Military Police Co., 2-0; 216th Military Police Co. and 217th Military Police Co., 2-2; Security 5-0, 1-2; B&R Service Corp. and MCSF Co., 0-2.

League games begin at 6 p.m. generally six nights a week at G.J. Denich Gymnasium.

## V-ball tourney slated Sunday

A twilight volleyball tournament will begin at 5:30 p.m. Sunday in the pit behind the hospital barracks.

There is no entry fee for the event, which will feature trophies to the first-, second- and third-place teams.

Teams may sign up at the Liberty Center at Marine Hill. Refreshments will be provided. For more information, call 2010.

## Golf tourney set

Joint Detention Operations Group is hosting a golf tournament.

The four-person scramble will begin at noon at Yatera Seca Golf Course on Thursday. Entry fee is \$20 per player and includes club and cart rental and lunch. Entry forms are available at Bldg. E002 and A2600 at Camp America. For information, call 3177.

## Blue pin event planned Sunday

Bowlers will be looking for blue pins Sunday night at Marblehead Lanes Bowling Center.

At 7 p.m., a blue pin special event will give bowlers a chance to win cash and prizes if a blue pin appears as the head pin and they bowl a strike.

Entry fee for the event is \$6. Other fees include \$1 each for the pot and side pot.

A strike without a blue pin will earn bowlers a three-game gift certificate.

For more information, call Nancy or Robbie at 2118.

A red pin event will be Saturday night at 7, with bowlers winning tickets, redeemable for pro shop merchandise.



# 463rd cohesiveness central to successful mission

By SSG Patrick Cloward

PFC Josh Moore of the 463rd Military Police Company hasn't had a lot of experience with being deployed, but he knows he's lucky to be here.

"Deployments, from what I understand, are a stressful time, and you have a lot of people to fall back on," Moore said. "There's a lot of cohesion in our unit, a lot of people to watch you, to talk to, to guide you through things. And especially being new to all this, you know, that is helpful to people like myself and other junior enlisted soldiers in the company."

Being one of the few active Army units deployed here to Guantanamo Bay, members of the 463rd MP Company have used the resources and opportunities here to make a stronger, more tight-knit unit, starting in the workplace.

"The responsibilities my platoon have are working in the wire," said 1LT Jeffrey Crysler, fourth platoon leader. "When we're back in the states, everyone goes home to their families. But here, everybody lives together, and it builds a tight team. The cohesiveness has greatly impacted the unit by everybody coming together. Everyone lives together. You go to work together; you come home together."

And being together has proved a significant benefit in adapting to their new mission. Initially, members of the 463rd worked at Ford Leonard Wood, Mo., as base police and served in field exercise missions.

"The 463rd was never an internment-resettlement unit dealing with prisoners or detainees, said Crysler. "So it's been a challenge to come here and work with this type."

Working with some of the challenges often puts stress on an already demanding schedule for the MPs. Finding an outlet has never been better with the 463rd "family."

"We like to watch out for each other so that helps because it is a stressful job, stressful environment," said Moore. "We function well as a unit. We like to stick



Photos by SSG Patrick Cloward

BG Mitch Leclaire speaks to 31 E Course Graduates of class 463-004 during graduation ceremonies.

together, like company barbecues, company functions, softball games, tournaments, football, you name it, they try to put it together for us."

Moore added that everyone who is available shows up for the functions put on by 463rd leaders. "If they can make it they're there," he said.

"Overall I think the soldiers are doing well," said Crysler. "This is our family here. When a house decides they want to have a get together, the whole platoon shows up. This is who we come home to ... each other. It helps morale a lot. If we weren't able to have each other to lean on, then the morale would probably be less. I don't want to say that it is less than what it is. The morale is not low. Everybody just wishes they were home but this is a good substitute for family."

Company activities and an integrated living environment are the icing on the cake as to what members of the 463rd benefit from during what little spare time they have. PFC Christopher Young of second platoon says he was lucky getting deployed here.

"I was the only one from my training company to stay in Fort Leonard Wood so I was there for maybe four or six months before I got deployed," said Young. "Right now every day is like Groundhog Day

[working in the wire] because we do the same thing over and over again. It's really stressful as you're working. But when I get off work I don't even talk about anything about it." Young said that he works off any extra stress by participating in the base sports program.

"I just do what I gotta do," he said. "I play a lot of soccer here on the island. I play tournaments here in soccer. Paintballing ... I just go out and get away from everything you know?"

PFC Nicholas Daitz of fourth platoon takes advantage of both what the base and his unit have to offer.

"We all get together and we all hang out like a big family," said Daitz. "That helps take our mind off going home and all that kind of stuff. We'll train at the platoon level and squad level and do PT together. Stuff like that."

Even now he's using computer resources to get a jump start on his education. "I'm taking a college course online; so it keeps my mind off what I have here," he said.

"I think the unit's adapted very well," said Crysler. "I can only speak for this unit particularly but the soldiers trust their chain of command, respect their chain of command, as well as I trust and respect them."

## Dialpad users:

Troopers using "Dialpad" PC-to-phone service are reminded that they are to use the program with an MWR Internet account only, no NIPR or SIPR accounts.

"Dialpad" is a commercial service. Downloading any software to a JTF computer is prohibited.

# 15 Minutes of Fame...

## With SGT Jammin Smith of the 463rd MP Co.

By SGT Jolene Staker

*SGT Jammin Smith of the 463rd Military Police Company from Fort Leonard Wood, Mo. is an artist. He graduated from high school as a junior in 1996 and supported himself as a freelance artist drawing magazine and CD covers. In 2000, he began classes at the Art Institute in Houston and earned a two-year technical degree in multimedia. He then was also able to freelance as a video photographer for the local news channels in Houston.*

*While he was supporting himself as a freelance artist, he knew that some day he wanted to have a family. "If God takes my hand for some reason, and I can't draw anymore. I still want to be able to support a family," said Smith.*

*He expects that art will always be part of his life, but he has a plan in place to ensure that he will always have options.*

**Q: How long have you been active duty and why did you join the military?**

**A:** Four years. I joined the military, because I wanted to be a police officer. I chose this route instead of going to school, because I wanted the actual experience, not just 60 hours of classroom work. I meant to sign up for two years, but due to some complications I ended up with a five-year enlistment. I have about one year before I go back to the civilian world. I've done my time, and most people don't even do their time.

**Q: Do you still want to be a police officer?**

**A:** Now I want to be more of a government agent -- something in customs or some type of investigator. I went to MPI school which is Military Police Investigations, and that got me into the investigation world, and I liked what I saw.

**Q: Do you plan on going to college after you get out of the Army?**

**A:** Yes, I'm going to use my GI Bill. I plan on going for a business management degree. I'm not going for your typical law enforcement degree. I want something a little more versatile.

**Q: What type of skills have you learned in the military?**

**A:** Discipline -- a lot of discipline. Patience. I've sharpened my techniques of



Photo by SGT Jolene Staker

*SGT Jammin Smith, of the 463rd Military Police Company, prepares to react to fire during battle drill on the PLDC Field Training Exercise (FTX).*

working with people. I've learned to deal with other people's attitudes and backgrounds. I've learned to discipline my soldiers without cursing or other negative ways. It has allowed me to be more of a professional about everything.

**Q: Do you have any family who are in the military or have served in the military?**

**A:** Yes, my Dad is a Vietnam veteran. Because he joined the Army, I wouldn't consider any other branch. He didn't really want me to join, but he told me if I felt that was where I need to go, to do it -- experience is the best teacher. His experience wasn't negative; he wished he'd stayed in longer.

**Q: How do you spend your free time?**

**A:** I spend my free time in the gym. That is pretty much all I do, and that keeps me out of trouble. We've been here for several months, and I haven't been in trouble so I guess it is working. I work on body building in the gym. I usually work on my cardio by running outside unless it is black flag day -- then I will run on a treadmill.

**Q: Why do you think PT is important?**

**A:** I think it is important, because as a soldier you need endurance. Physical training is the foundation. If you can get that down, you can learn everything else on how to be a soldier. No one comes into the military knowing

everything. I wasn't really physically active when I joined -- I ran some but that was about it. After getting in the military it grew on me though. Once you get the physical fitness part down you are ready to be a well-rounded soldier. You can't be an outstanding soldier without PT -- there's no way.

**Q: Have you used your love for PT to help other soldiers?**

**A:** Yes, I have helped one soldier in particular. Some people have an advantage physically and others struggle more. So I started working with a soldier who was having trouble. We started by running every other day. Then we increased it to every day. We ran two miles to get used to running two miles. Then we increased it to running five miles real slow. We also do sprints to work on speed. He just passed his last PT test. It is rewarding to help someone who was having trouble in an area I'm strong in. When you teach someone and he excels at it, it feels good to see them overcome their deficiencies in that area.

**Q: What do you plan on doing when you get home from Guantanamo Bay, Cuba?**

**A:** My biggest thing that I am going to do when I get home is marry Leah. We've been together four years; it's about that time -- I'm getting old. [laughing]



# The GTMO Guide: Answers to Your Questions

Who can help me? What's for lunch? What movie's playing? Where can I find that? How does this work?

## Body type determines fitness regimen needs

By Sgt. Talal Elkhatib  
Master Fitness Trainer

Society puts a lot of stress on women, especially when it comes to their appearance.

Women are often judged by their looks. The media often portray beauty as having a certain look, and some employers have hired women based on their physical appearance, rather than their qualifications.

Physical appearances have much to do with genetics and body type, and those body types generally fall into three categories – ectomorphs, endomorphs and mesomorphs.

Ectomorphs are skinny people with long legs and a small waist. Most models have this body type. People in this category find it difficult to put on body mass. This might sound good, but being thin does not necessarily mean being fit. Being too thin is not healthy. The most important number is not the one on the scale; it's the ratio of muscle to fat.

Mesomorphs are athletic-looking with broad shoulders, waist and hips. They have more proportion to their body. They

Your guide to ...  
**Fitness**

gather fat on their hips and thighs. Most women don't like that, but carrying fat around the outer layers of the body is healthier than having abdominal fat.

Endomorphs are on the heavy side and store fat mostly around the abdominal area. Endomorphs are normally thick-boned and carry more fat than muscle. They gain weight quick and struggle to lose it.

It's good to know what combination you are, but it's not an excuse. With the proper diet, muscle exercise and cardiovascular work, you can go far.

Get your body fat measured and go from there. If you have a low body fat percentage and store fat in areas like abdominals and obliques, then it could be your body type.

Women should train to be healthier, not focus on their physical appearance. Everyone is different. Beauty comes from the inside, and it comes in different shapes and forms.



### Camp Bulkeley

#### **Fri., Feb. 20**

8 p.m. *Texas Chainsaw Massacre*

R - 98 min

10 p.m. *Twelve Monkeys*

R - 131 min

#### **Sat., Feb. 21**

8 p.m. *The Rundown*

PG13 - 104 min

10 p.m. *The Missing*

R - 137 min

#### **Sun., Feb. 22**

8 p.m. *Master and*

*Commander: The Far Side of the World*

PG13 - 138 min

#### **Mon., Feb. 23**

8 p.m. *Lost in Translation*

R - 102 min

#### **Tues., Feb. 24**

8 p.m. *The Matrix Revolutions*

R - 129 min

#### **Wed., Feb. 25**

8 p.m. *The Deal Pool*

R - 92 min

#### **Thurs., Feb. 26**

8 p.m. *U.S. Marshals*

PG13 - 133 min

### Downtown Lyceum

#### **Fri., Feb. 20**

7 p.m. *Peter Pan*

PG - 113 min

9 p.m. *Shattered Glass*

PG13 - 99 min

#### **Sat., Feb. 21**

7 p.m. *Stuck on You*

PG13 - 119 min

9 p.m. *Lord of the Rings:*

*Return of the King*

PG13 - 201 min

#### **Sun., Feb. 22**

7 p.m. *The Human Stain*

PG13 - 123 min

#### **Mon., Feb. 23**

7 p.m. *Shattered Glass*

PG13 - 99 min

#### **Tues., Feb. 24**

7 p.m. *Peter Pan*

PG - 113 min

#### **Wed., Feb. 25**

7 p.m. *Paycheck*

PG13 - 119 min

#### **Thurs., Feb. 26**

7 p.m. *Something's*

*Gotta Give*

PG13 - 123 min

## Tax, legal guidance available

Troopers in the JTF's legal assistance office offer a variety of legal services and advice, including help preparing income tax forms.

The tax center is located in Bldg. 6208 at Camp America. It is open for business from 9 a.m. until 4:30 p.m. Monday, Wednesday and Friday; 9 a.m. to 7 p.m. on Tuesday and Thursday; and 9 a.m. to 3 p.m. on Saturday. The service will continue through April 19.

For more information on the tax center or other legal issues, call 3561.

## Kittery Beach Dental Clinic slated for Monday opening

The JTF Trooper Dental Clinic at Kittery Beach Joint Aid Station will open Monday.

The clinic's hours will be: Monday, Thursday and Friday, 6:30-8:30 p.m.; Tuesday, 8 a.m. to 5 p.m.; Saturday, 8 a.m. to noon.

Services offered at the clinic will include exams, fillings, root

canals and periodontic and preventive procedures. Extractions are performed at the Naval Hospital.

For dental emergencies during business hours, contact the dentist office at 3392 or 3393. During all other hours contact Kittery Beach JAS at 3496.

# IG help available to spouses

Troopers' families have the right to contact the inspector general. The military member's spouse is usually the person who comes to the IG. A family member may request assistance or file a complaint just like the military member.

Family support is the topic usually addressed. The inspector general has a special responsibility to families when dealing with this matter. An IG's first concern in family support cases is to be sure immediate basic needs are being met. If basic needs are not met, the IG is expected to contact local support agencies, both military and civilian, to provide assistance.

The IG is often contacted to ensure support payments are correct and applied to the correct account. Support claims are handled through command channels. The IG monitors each case. Money isn't the only issue family members raise. One JTF spouse recently asked for help

with tracking paperwork her husband had filed. Three phone calls to command and support functions indicated the paperwork was being handled properly. The trooper's spouse was told she could expect a call from her husband within two days regarding their situation.

Please inform your family that they may receive IG assistance at your home station or here at Guantanamo Bay. We can be contacted commercially from the U.S. at 011-53-99-5399 or by email at [ig@jftgmo.southcom.mil](mailto:ig@jftgmo.southcom.mil).

Troopers may visit the IG office in Room 204 of the Commissions Building Monday-Saturday. The phone number is 5399. The Camp America office is in Building 7200 and is staffed Monday, Wednesday, Friday afternoons and Tuesday, Thursday and Saturday mornings. The phone is 3501. IG assistance is available anytime by appointment.

## Protestant Women plan meeting

Protestant Women of the Chapel meeting, 6:30 p.m., NAVBASE Community Center,

open to all denominations. For more information, call 5700.

## Combat stress ready to solve problems

The Combat Stress Team's main office is located at Building 3206 in Camp America. Hours are 8:30 a.m. until 4:30 p.m., Monday through Friday, and 8 a.m. until 2 p.m. on Saturdays. KB JAS hours are 8:30 a.m. until noon, Monday through Friday. Personnel are on call after duty hours by pager; dial 4084, pager

2337. In an emergency, go to the NAVAL Hospital or to the JAS. Combat stress services include walk-in consultations and triage, brief solution-focused therapy, crisis intervention, roommate contracting, anger management, command consultation and suicide awareness and prevention.

### The Spouses' Seminar Committee

is sponsoring a **theme and logo contest** for the Fourth Annual Spouses' Seminar.

**The winner receives \$100.**

Submit an original theme and logo on 8 1/2 X 11 paper, with your name and telephone number, by March 5 to the Fleet and Family Service Center front desk.

Past themes include

"Setting Sail for a Ship-Shape Future"; "United We Stand"; "Lighting the Way in Guantanamo Bay"

For more information, call Terri McCoy, 2292; Julie Barnett, 5736; Diana Schreifer, 4620; or Julie Rochford, 7744.



### 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.	7:30 p.m.	Mass
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### 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)
Sun.	7:30 a.m.	Christian Worship
	9 a.m.	Protestant

### New Life Fellowship

Sun.	1 p.m.	Service (Main Chapel)
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### 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
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### Islamic

Fri.	1 p.m.	Classroom 12, Chapel Complex
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### Jewish

Call 2323 for more information

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

Sun.	8:15 a.m.	Tierra Kay
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The bus will return following worship.



**Today:** lunch – cod almondine; dinner – prime rib and shrimp scampi.

**Saturday:** lunch – Italian veal; dinner – ravioli.

**Sunday:** lunch – chicken cordon bleu; dinner – roast turkey.

**Monday:** lunch – cajun baked fish; dinner – chicken parmesan.

**Tuesday:** lunch – baked chicken; dinner – Mexican night.

**Wednesday:** lunch – roast turkey; dinner – cajun cod.

**Thursday:** lunch – sauerbraten; dinner – meat loaf.

**Friday:** lunch – breaded shrimp; dinner – tenderloin and crab legs.

