



the Wire

“HONOR BOUND TO DEFEND FREEDOM”

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JTF Troopers—making a difference every day

By SGT Jolene Staker

JTF troopers work long hours doing demanding work, often in the heat, to make the JTF mission successful. Their efforts have an effect not only here at Guantanamo but around the world and also reach back home to the United States.

“I can assure you that the detention operations mission we are conducting here in Camp Delta is invaluable because we are operating in the epicenter of the Global War on Terrorism,” said LTC James Young, of the 384th Military Police Battalion, deputy commander of the JDOG. “We have firm control over them here. These enemy combatants are no longer free to attack Americans.”

Troopers made sacrifices to be here. Many left careers where they made more money than they do here. Several delayed their college educations. All left some type of family and friend support group. They have made these sacrifices to defend freedom.

“Everybody likes freedom, but not everybody will put on the uniform to defend that freedom,” said CSM George Nieves, command sergeant major of the JTF. “Those that have taken the step forward to join this mis-



Photo by SGT Jolene Staker

SPC John Lynch, of B Company, 1st Battalion, 181st Infantry Regiment, mans the M2 50 Cal machine gun during a mounted patrol.

sion; we can't thank them enough.”

While the sacrifices are great, troopers are willing to make those sacrifices. Often the loved ones they miss the most are their main motivation for being here. “They’ve deployed down here to Guantanamo, separated from their families, to help us win the global war on terrorism,” said MG Geoffrey Miller, JTF commander. “It increases the safety net of their families, because we are keeping the nation’s enemies detained here in Guantanamo. It’s that type of commitment that pays enormous dividends to their family back home.”

PV2 Brian Cannaday, of the 258th Military Police Company, will tell his son when he gets older that “it was hard because I was away from his mother and him, but it’s a job that had to be done, and it was worth it.”

SFC Ronnie Adkins, second platoon sergeant in the 217th Military Police Company said, “It makes life better at home simply by the fact that my kids, and all kids, are safer at night because of what we do here.”

SGT Carl Tarver, training NCO for the 217th MP Co., said he will tell his daughters

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Trooper to Trooper

As we continue in our mission here at JTF Guantanamo, the holidays are fast approaching. Next week troopers, we will all share Thanksgiving together.

We will have an opportunity to give thanks for each other, for our families and friends at home, for our success here at the JTF and for the chance that we have been given to be part of a mission that is vital to the safety and security of the entire world.

We are providing a service here that will forever impact world peace. When you climb up the ladder into your tower, when you get behind the wheel of your Humvee, when you provide some trooper with the care he or she needs to continue the mission, you contribute to that impact.

It is a privilege to serve our country, a country that offers freedom greater than any other—where people have the right to attend the church of their choosing, elect their own leaders, speak freely and stand up for what they believe to be important.

It is an honor to put on a uniform, one that many before you have worn proudly, into training and into battle. Be thankful. You are blessed because of their sacrifices, and many others will be blessed because of yours.

During this holiday season, I urge each one of you to look at your fellow soldiers, sailors, airmen, Marines and Coast Guard members and be thankful that you are serving with the finest men and women you have ever met.

Look at the pictures of your friends and family and know that it is because of each and every one of you that they are able to celebrate their holidays in freedom and



MG Geoffrey D. Miller
Commander
JTF Guantanamo

safety. Your tireless efforts, your commitment to serve and your dedication to duty make that happen.

As you pass by on your way to Seaside Galley or the Delta Galley for dinner on Thursday, look at the national colors proudly displayed and know that your country is grateful for your service. Know that you make a difference each and every day. We are winning the fight.

I am proud of the work you do and thankful to serve along side of you. I wish you a bountiful and happy Thanksgiving.

Honor Bound!

Did you know? *AN INTERESTING THANKSGIVING FACT*

Today, each of the four branches of the U.S. Armed Services creates their own Thanksgiving day menus from the same recipes.

There are 1500 recipes and guidelines in the Armed Forces Recipe Service File which is maintained and developed to meet the nutritional requirements and consumer preferences of the military population.

The Thanksgiving menu of today

remains surprisingly unchanged from those of the past.

An analysis of 100 military menus showed that 100 percent of the menus offer turkey, 98 percent offer dressing, 92 percent offer cranberry sauce, and 89 percent offer gravy. 96 percent of the menus offer pie, with 81 percent offering pumpkin pie. In the grand military Thanksgiving Day tradition, some things do remain the same!

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Training-focused in war and peace:

217th MP Co. delivers and develops professional skills in Guantanamo Bay

By SPC Katherine L. Collins

Alabama National Guard's 217th Military Police Company is a unit driven to offer its best in each mission it faces and return home stronger and wiser for it. These MPs view training as the direct catalyst of its mission success and unit development. They trained intensely in preparation for their Guantanamo service, and seize every method and opportunity to train while here.

"The United States breeds the highest quality of life. We are fighting cultures that are raised to destroy that way of life. Our unit is full of soldiers who won't let that happen. We are well-trained and continue to train every day, on and off the block," said 1SG Ronald Claunch, 217th MP Co. first sergeant.

Prior to coming to Guantanamo the unit enhanced its corrections skills by training at Fort Dix, New Jersey. There it completed hands-on training in such skills as defensive tactics. It also underwent briefings, which included such topics as how to communicate with detainees. Upon arriving here the unit engaged in a left seat/right seat ride, further developing its corrections skills. Now the 217th MP Co. strives to refine its skills by training formally and informally using its mission essential task list (METL).

SSG Eugene Parker, who is also trained as a civilian city police officer, commented on the unit's prior training. "The defensive tactic training at Fort Dix was especially awesome," he said.

SPC Matt Glassford also commended the training. "This mission is very interesting. All the training we've received and have yet to receive is very beneficial to our job success. The training at Fort Dix prepared us for the major aspects of the mission. Then the left seat/right seat ride training addressed the minor ones," he said.

According to SGT Carl Tarver, 217th MP Co. training NCO, the unit's training is battle-focused. In Guantanamo the unit focuses on detainee operations and "block training." Formal types of this training include hand-to-hand combat. Formal training indirectly assisting the battle mission includes physical training (PT), common task training (CTT) and ruck marches.

The unit has previously collectively conducted some of these training exercises during its mission here, and it engages in other forms of training on a regular basis as a unit or as platoons. In October every member of the 217th MP Co. successfully completed a six-mile ruck march. Daily the unit members participate in PT at the



Photo by SPC Katherine L. Collins

Members of Alabama National Guard's 2nd Platoon, 217th Military Police Company, conduct physical training after their daily shift in Guantanamo Bay. Physical fitness is an important part of the 217th MP's training, assisting them in successfully performing their duties inside the JTF detention facility. It also enhances their mental fitness and builds teamwork and unit cohesion, which are key assets to the mission.

platoon level at the time their work shifts permit.

"Some unit members participate in these types of training on their personal time as well," said Tarver. "Some do ruck marches every week as a form of personal PT. Others run on their own time, and some compete in the road races. Also 10 soldiers are logging their running in hopes of earning the trip to Puerto Rico."

Any METL training the unit has not yet completed it plans to conduct at some point during its mission here. In December the unit plans to engage in a diagnostic PT test and CTT. In January it plans to conduct a record PT test, make-up CTT and possible hand-to-hand combat training. As part of its training and unit development, the 217th MP Co. also plans to prioritize sending its soldiers to leadership schools and assisting all unit members in acquiring the corrections military occupational specialty while here.

According to Claunch, none of the future training plans are definite. Rather, the unit created a flexible training plan, one the unit can modify to accommodate the mission's changing needs. "We change our training to accommodate any situation we face," he said.

Although the 217th MP Co.'s formal training is essential to its JTF mission, the informal training the unit receives on the block is a great benefit as well, expressed Claunch.

"Working in a detention facility is new to most of us. Corrections is very different from the role we play in a battlefield environment. In this mission with ever-increasing significance, the on-the-job training can be what you want it to be," he said.

Working alongside the infantry is just one part of the good training the mission itself provides, commented Tarver. "Here the infantry does what we would normally do at a base—gate duty and patrols and so forth," he said.

"Another way the mission serves as training is it teaches us to remain flexible," said Claunch. "No two days are alike. As the mission changes, we continually modify our [standard operating procedure] to improve performance."

In both its formal and informal training, the 217th MP Co. draws heavily on its own personnel as training assets. Approximately 25 percent of the 217th MP Co. consists of experienced civilian police officers, stated Tarver.

"Our unit has a high caliber of MPs. Many are professionals bringing experience to this mission from every area of law enforcement," said Claunch. "They are able to help informally train the eager-to-learn unit, as we also undergo the formal military police training, in which some also serve as instructors. They have a great impact on the success of our mission here."

SGT Jay Penton, a state trooper serving with the unit, shared his view of the role experienced unit members play in training. "Here we utilize the civilian experience of all our personnel well. Still, there are so many serving here who have a great deal to teach the MPs," he said. "We need to focus on using all our assets as best as we can. We can teach each other. For example, I could certify everyone in pressure point control tactics."

Tarver concluded by explaining that just as training is central to mission success and unit growth, after action reviews (AARs) are key to training. "AARs are a must if we are to maximize our training opportunities and assets. The first sergeant is in on the block at least six days each week. Through his own observations and talking with the MPs and their platoon sergeants, he assesses the kinds of training needed," said Tarver. "It then is my job to coordinate with J-3 and the platoon sergeants to make that training happen."

With hearts and minds focused on defending the United States and all she exemplifies to the world, the 217th MP Co. soldiers join hands with each other and with all the JTF as they battle terrorism in Operation Enduring Freedom. These law enforcement troopers "train as they fight and fight as they train," envisioning how the two also serve hand in hand. Molding the mission's future and success with their own skills and experience, they serve proudly with the promise that the mission will also better mold them.

"This is our unit's second year of being on active duty. This detention mission is enhancing us as MPs, individuals and as a unit, and better preparing us for whatever task our nation calls us to next," said Claunch.

"Even those of us who are experienced from our civilian careers are learning a great deal here. I will be even better equipped for my next mission because of the knowledge I've gained," added Penton.

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that he came to “maintain the standards at home; give us a better way of living – a safer way of living.”

Navy Petty Officer 1st Class Carl Brown said, “I’d rather face this today than save it for my son. There’s no reason to let it simmer.”

“I’m proud to make the sacrifice. I am willing to be away from my daughter because I am a soldier defending freedom for Americans – it’s my job,” said SGT Jennifer McWilliams, of the 169th Military Police Company attached to the 217th MP Co., working as the JDOG Commander’s assistant.

Troopers remember military members serving in more hostile areas as well. “I would hope that the intelligence gathered here will make things better for our brother and sister soldiers that we have in Iraq and Afghanistan,” said SGT Jay Penton, of the 217th MP Co. “They are the ones in the hard stuff. Hopefully what we learn here can help them stay out of harm’s way.”

Prevention of future terrorist acts is also on troopers’ minds. “There are so many people that died because of the terrorist acts and we have soldiers dying every day in Iraq,” said SPC John Lynch, B Company, 1st Battalion of the 181st Infantry Regiment. “When they see that our dedication and determination are going to stop at nothing then maybe it will keep someone from committing those types of acts.”

SPC Michael Gardner, B Co., 1/181st Inf. Regt., credits intelligence gathered here for saving lives. He said, “There has been a lot of stuff stopped that Americans don’t know about. More could have happened after 9/11.”

Troopers serve because their country called them. “Coast Guard missions often bring our members far from home and away from loved ones. We take pride in the fact that when the alarm sounds, we launch – in any kind of weather, for as long as it takes to complete the mission,”

said Coast Guard Lt. Rick Evans, executive officer for the Port Security Unit. “Our crews have launched, and we will stand by this mission for as long as it takes and do whatever it takes to win.”

“I am here to support my country by doing my best as a U.S. Marine serving here on GTMO with the JTF,” said Marine Staff Sgt. Jean Wagnac.

When the country called, the troopers brought both their military training and civilian skills to the JTF mission. Each person with the unique contribution they bring is vital to the success of the Global War on Terrorism.

“We have people here doing every kind of job. What they contribute to the JTF is part of a much bigger picture,” said Nieves. “Everyone has their own fight. Our fighting position is the JTF.”

“I think it’s important for everybody to take their turn to bring forth whatever skills they have to help in the mission to detain possible enemy combatants and gain intelligence that will be useful to the United States in the Global War on Terrorism,” said Air Force Lt. Col. Kathy Moene, J-1 Director.

It takes each and every trooper giving their best each and every day in whatever role they have been asked to fill to make the JTF part of the Global War on Terrorism successful. Some of the benefits of their service will be evident, and others will be intangible.

“Perhaps the best statement relative to our mission here and the daily sacrifices made by our troopers can be summed up in what SGM John Vannetta said during his award ceremony. In effect he said, ‘every drop of sweat expended by our troopers here has saved a drop of American blood at home,’” said BG Mitchell LeClaire, deputy JTF commander. “By detaining the enemy combatants we are reducing the risk to our fellow Americans at home and abroad. And although the Joint Task Force is many faceted and each trooper has a key role, we have a common focus.”



Photo by SGT Jolene Staker



Photo by SGT Jolene Staker

SGT Jennifer McWilliams (above) of the 169th Military Police Company attached to the 217th Military Police Company, works as the JDOG Commander’s Assistant. She originally worked in Camp Delta as an MP, but she now puts her civilian skills and secondary military occupation skill to work doing administrative type work for the JDOG..

SFC Ronnie Adkins, 2nd platoon sergeant, of the 217th Military Police Company and SGT Carl Tarver, Training NCO of the 217th MP Co. (left) discuss training after coming off shift inside the wire.

PV2 Brian Cannaday (below) of the 258th MP Co. works out at the gym during some down time. “Coming to the gym and working out is how I relieve my stress,” he said.



Photo by SGT Jolene Staker

Maintaining fitness requires lifestyle changes

By SGT Talal Elkhatib
JTF master fitness trainer

In the United States, we have the No. 1 military, the No. 1 community and the No. 1 obesity rate.

Being a former personal fitness trainer, whenever people ask me how to help them lose weight and get in shape, I always answer with questions of my own. What did you eat today? How many times did you work out this week? How many beers have you consumed this week? Most people always expect a miracle answer, but you can't slack all of your life and then expect to get fit overnight. If you come up with a solution that you cannot follow for the rest of your life, then do not do it. For example, the Atkins diet restricts your body from consuming carbohydrates. It's a diet that you simply cannot follow for the rest of your life. This diet will result in loss of muscle mass, fatigue and the gain of the weight right back. There is only one nutritionist in the JTF, and that is Lt. Kenneth Arlinghaus. He, not your friends, is the man to ask about nutrition.

The first step to getting fitness results is a hard one. You have to stop lying to yourself and admit that you need to make a lifestyle change. In order to fix a problem, you must realize its existence. Most people let their big egos get in the way of having a better life. For some reason, all humans are experts in all areas, and they are always right. Or, people don't ask for help because they are too shy or too "good" to get help or not willing to pay money for help. I have good news – the JTF chain of command has provided you with one-on-one sessions for nutri-



Photo by SPC Rick Fahr

SPC Irvin Maldonado (right) of the 1st Battalion, 181st Infantry Regiment, speaks with MAJ Paul Minor, JTF chaplain. According to SGT Talal Elkhatib, JTF master fitness trainer, adhering to an organized fitness program has allowed Maldonado to lose 40 pounds while in Guantanamo Bay.

tion, exercise and the "microfit," all for free. All those things would cost you a bundle elsewhere.

A fit lifestyle is a complete package that consists of mental fitness, nutrition, strength training and cardiovascular work. If you lack one, you lack the rest.

Lifting weights without cardio will result in no loss of fat.

Doing cardio without lifting or doing strength exercises will result in loss of muscle mass and weakness.

A bad nutrition plan will put on the fat pounds. Alcohol has lots of calories, poisons your blood and destroys some brain cells. That's why people act stupid when they're drunk.

Exercise is the best form of stress relief and has benefits such as living longer, gaining respect and confidence.

Of course, there is always the benefit of looking good, but who really works out for that?

The biggest part of fitness is

mental fitness. People always get sucked into bad habits like eating fast food everyday, smoking, drinking and not making time to take care of their own health. Bulkeley Gym is open 24 hours a day. If you had time to go out drinking, you had time to work out. Get your priorities right and set goals.

Don't be one of the people who only talk about their goals but don't even attempt to pursue them.

I'm not telling you to stop having fun, eating the food you love and stop drinking. Just do it in moderation. I had one beer three weeks ago, and I ate one McDonald's meal two months ago. Those stats show two things. One, I'm human. Two, I have control of my life.

SPC Irvin Maldonado leads the way in dedication and pursuing goals. He began exercising at Fort Dix, without knowing a lot about fitness. When he arrived here, he came

to LT Arlinghaus and me for help. He put up with the experts' "shark attack" and has lost 40 pounds. Our JTF bite has taken him from 356 pounds to 316 pounds, and counting. The 39-year-old man is supported by an outstanding and flexible first sergeant, SFC Joseph Petrone of 1st Battalion, 181st Infantry Regiment. SFC Petrone has shown a great example of leadership by giving his soldiers time and support to improve.

Another "shark attack" victim is SPC Jason Pilkington of the 216th MP Company. He just started working on his fitness level, but he started with his war face on. He chases me from one gym to another to get more instruction and work. He is also supported by a great squad leader, SSG Robinson, who went out of his way to check on his soldiers and encourage them.

Two more dedicated soldiers are Spc. Janice Williams and Spc. Luis Marrero. They usually try to get under my skin to make me give them harder workouts.

Many JTF troopers have begun working on specific fitness regimens, and I see good things in them. Our commander and deputy commander, MG Miller and BG LeClaire, lead by example. MAJ Theresa Brown has improved her leg strength. SFC Ford Shillingord is learning good techniques. SGT Carlton Davy gives 100 percent. The list goes on and on. These people are achieving a better lifestyle.

Coming articles will focus on leadership and fitness, good and bad gym habits, muscle growth and toning, women and fitness, nutrition and cardiovascular exercise.

A historic look at Thanksgiving with the troops

By SPC Tommi Meyer

On Thursday, troops around the world will celebrate Thanksgiving together, in tents in Iraq and Afghanistan, on ships in the Persian Gulf and behind the wire in Guantanamo Bay, Cuba.

In fact, throughout history, whether at a stateside active location or around the world serving in peace keeping operations or on the battle field, soldiers have paused to share some kind of Thanksgiving meal.

According to the Pilgram Hall Museum website, troops were celebrating the holiday as early as the Civil War. Though the first national annual Thanksgiving of 1863 was not officially observed by the United States military, individual units did find their own ways to celebrate the day. Special dinners were organized, and toasts to absent family and friends were made. Providing a special meal to the troops was simply beyond the capabilities of the commissary.

Since that time, the U.S. military has continued to pursue ways to improve the holiday for service members away from home.

During World War I, soldiers and sailors from all over the United States gathered at forward locations on foreign soil to celebrate a



Examples of souvenir Thanksgiving menus given to troops in 1933, 1943 and 1966. Graphics courtesy of Pilgram Hall Museum

day the was uniquely American. According to Pilgram Hall, the military Thanksgiving menu that centered almost entirely on "traditional" New England food emphasized this unifying patriotic holiday.

World War II posed great challenges for the United States when it came to feeding troops. Overseas units depended largely on canned food, dehydrated fruits and powdered eggs, except on Thanksgiving and Christmas. Though food rationing was happening at home, Americans went to extraordinary lengths to get holiday food to combat areas.

During both Korea and Vietnam conflicts troops were served

an improved version of World War II rations. Even for the front line troops, however, combat rations were not served at Thanksgiving. Troops were rotated off the front so that they could enjoy a full, hot Thanksgiving dinner behind the lines.

On Thanksgiving 1990, President George Bush traveled to the Persian Gulf to share a Thanksgiving meal with American troops. According to the Air Force print news, that meal included turkey, ham, dressing, pumpkin pies and various other traditional Thanksgiving fare.

According to a statement by the Department of Defense in November 2002, the Thanksgiv-

ing meal in Afghanistan last year included 201,847 pounds of turkey; 131,720 pounds of beef and 114,036 pounds of ham. On the side were 16,954 cans of sweet potatoes, 67,089 pounds of vegetables, 8,035 cans of cranberry sauce and 67,895 pies. What a meal!

Today preparations are being made for a holiday meal to be shipped and cooked to many locations around the globe. Hundreds of thousands of troops though away from home, will sit down together, break bread, share memories and give thanks for a multitude of blessings.

Information for this article compiled from several Internet sources.

Happy 228th Birthday Marines



Photo by SGT Jolene Staker

COL Nelson Cannon, JDOG commander, receives the second piece of cake during the cake cutting ceremony at the Marine Ball for being the oldest Marine present. Cannon served as a Marine in the Vietnam War.

New Camp America Chapel



Photo by SGT Jolene Staker

"The contractors are working 7 days a week in an effort to complete the new Camp America Chapel prior to Christmas so JTF personnel can celebrate holiday services in the new facility," said CPT Linda Schwarz, JDOG facility engineer.

384th MPs find civilian skills an asset

By SSG Patrick Cloward

After a bumpy beginning, members of the 384th Military Police Battalion have settled well into the roles needed for them here at JTF Guantanamo.

Specializing in internment and resettlement camp administration, members of this force have found their stay here to be much better than they expected.

"I have enjoyed it," said Sgt. 1st Class Samuel Wireman, 384th member and NCOIC of medium security operations. "Every deployment is what you make of it. For me, time has gone quickly. A lot of it is mentality and attitude. Time will drag if you want to go home."

A few months ago, time seemed to drag for the 384th when they were weeks away from deployment to Iraq. Suddenly, assignments changed, and they were sent to Guantanamo Bay to help with the JTF. Here, they departed from their traditional organizational structure of a battalion-level unit and now include people in all the staff sections of the companies below them.

"We have specialization from the S1 to the S4, including internment resettlement," said Command Sgt. Maj. Dian Hager, operations sergeant major for the 384th. "We also work in special missions or in detention operations."

Since their deployment here, those spe-

cializations have dipped into the civilian resources many members here possess. For some members of the 384th, their skills and abilities have led them to work where others could not.

The 384th works in two special areas of the camp, a medium security facility designed for communal living and the juvenile detention facility.

"The detainees are allowed to eat in a cultural-type setting and in groups instead of single cells," said Wireman.

With this kind of setting fewer restrictions and more individual decisions made based on immediate circumstances, a type of independence was needed for MPs working in the medium security facility.

"Their quarters are in a community setting, and it attracts more VIPs and civilians," said Wireman of the types of visitors who tour the facility.

He also explained how it requires flexibility and an ability to make decisions to control the situation. Because of the nature of the reward system and its independence from the other camps, all soldiers, including those from the 384th, are hand-selected to work at the medium security facility.

"Command sends them here and then they're trained in a short period for working in this environment," said Wireman. "If they make the cut, they stay. If not, they're

sent back, and we ask for a replacement. It takes a different personality to work here, and the soldiers like working here."

That difference has paid off for other members of the 384th as well.

"We have an all-star team out here," said SSG "P," the NCOIC of Camp Iguana. "Everyone out here has been hand selected for their experience with juveniles, and they all have skills in working with youth."

Besides running media tours of the facility and daily operations, for which he was trained before his deployment, his civilian skills as a middle school teacher have come to be a great asset to him and others who work under him during his time here.

"We're basically running an independent facility," he said. "And I've got outstanding people to work with." P explained how skills members of his team gained working with youth in the civilian world have paid off here at Guantanamo.

"As far as dealing with juveniles, it's been similar," said P. "It's made things a lot easier. Working with kids who are at risk, and the training helped out immensely."

Even junior enlisted personnel have found that their experience with other youth has paid off. One trooper working in Camp Iguana said, "I love working there. It's kind of like I help with their education."

Trooper on the Street

By SPC William Ingram

This week's question:

What will you give thanks for this Thanksgiving holiday?



Senior Airman
Brandi Wyatt
J-6

"I am thankful for the things I do here to keep my family and friends safe."



Army
SGT Sean Flynn
B Company
181st Infantry Regt.

"I like to give thanks to my unit 181st Bravo Company for keeping our families informed and giving us a way to contact them back home."



Army
SPC Rafael Delgado
216th Military Police

"I thank God for a wonderful wife and two children."



Army
SSG Steven Fontes
A Company 181st
Infantry

"I like to give thanks to my fellow soldiers and family members."



Navy
Petty Officer 2nd Class
Orlando Perry
J-6

"I want to give thanks for the hard work of the units, soldiers, families and friends."

Soul Survivor: Don't vote your spirit off the island

By SGT Jolene Staker

Get within earshot of Club Survivor Wednesday night from 7-9 and you will hear people singing praises and Chaplain Daniel O'Dean preaching the word as part of "Soul Survivor."

"Looking forward to going helps me get through the week," said SSG Lee Arnold of HHC, 177th MP Brigade who works at J-4 Transportation as the Operation Sergeant. "I know the language and the attitude is going to be positive."

This group is for those who want to OUTLOVE, OUTPRAY, OUTLIVE. There is no tribal council, and you won't get voted off the island. But you will be taught tools to make your time on the island more productive.

The music is upbeat. "It's good for the young people. I'm older, and I like it too," said SSG Jeffery Lewis, chaplain assistant for Chaplain Michael Britton.

"Singing the music relaxes me. It allows me to forget for a moment that I'm a soldier and lets me focus on my spiritual side," said Arnold.

"The theme is how to be a spiritual soul survivor while serving with the JTF and beyond," said O'Dean. "The format is to be upbeat, inspiring, challenging, and life changing. The anointing of the Holy Spirit is a soul-surviving emphasis."

Another goal for Soul Survivor is to have a comfortable atmosphere where troopers can relax. "Unlike a worship service, participants are urged to grab a cold drink and some food before, during and after the service," said SGT Heather

Sittler, O'Dean's chaplain assistant. "We strive to make it a comfortable place filled with the Holy Spirit."

This unique program had a unique beginning. O'Dean was walking and praying one night when he looked up and saw the sign Club Survivor. He imagined it said Soul Survivor, and this was beginning of his plan for ministering to JTF troopers in a new way. His spirit's cry had been "Lord, here I am; you have sent me, now what?" he said.

Wanting confirmation that this was the right thing to do, he did not immediately act upon the idea. Within a few days MG Geoffrey Miller mentioned during a chaplains' breakfast that Club Survivor could and should be used for positive trooper outreach. This was the confirmation O'Dean needed to present the proposal for Soul Survivor.

"I see my ministry and this Soul Survivor ministry as one to assist troopers to lead a victorious, overcoming life in Christ Jesus," said O'Dean. "Spiritual defeat is not an option. There are spiritual battles to be fought and a spiritual war to be won, we all have to enter into this fight through the power of the Holy Spirit," said O'Dean. "This war can't be won on our terms, it has to be won by the Lord's terms. His desire is for everyone to be victorious."

"The messages by Chaplain O'Dean are positive, and I've been able to apply them. Soul Survivor has set me up for success — it's a tool," said Arnold.

"Where are you today? Do you want to be a Soul Survivor? Take the first step and the Lord will meet you there," said O'Dean.

THANKSGIVING WORSHIP SCHEDULE

Christian Thanksgiving Eve Worship Service

Nov. 26, 7 p.m. at Seaside Galley

Thanksgiving Day Mass (Catholic)

Thanksgiving Day 9 a.m. at TFS-2
(the clam shell tent)

Worship Services

Catholic

Main Chapel

Wed.	5 p.m.	R.C.I.A. (Cobre Chapel)
Fri.	5 p.m.	Rosary
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 Wooden Chapel
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Protestant

Main Chapel

Mon.	7 p.m.	Prayer Group Fellowship*
Wed.	7 p.m.	Men's Bible Study*
	7 p.m.	Spanish Group 390-Evan's Pt
Thurs.	6:30 p.m.	Home Group Nob Hill 5B
Sun.	6:30 a.m.	Praise and Worship Service
	9:30 a.m.	Sunday School
	11 a.m.	Service/Sunday School
	5 p.m.	Bible Study

* Fellowship Hall located in Chapel Complex

Camp America

Wed.	7 p.m.	Service
Sun.	9 a.m.	Seaside Galley (Temporary location until further notice)
	7 p.m.	Service Wooden Chapel

New Life Community Fellowship

Main Chapel

Sun.	12:45 p.m.	Service
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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

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 following worship.



Photo by SGT Jolene Staker

Troopers gather on the deck of Club Survivor during Soul Survivor. Music, fellowship, food, and preaching make the program inspirational and relaxing.

RECREATION & LEISURE

Relaxing at Club Survivor

By SPC Tommi Meyer



Been to Club Survivor lately? If not, you may want to.

From sitting out on the deck and watching the beautiful Caribbean surf pound the coast to playing darts and watching "Monday Night Football", troopers continue to enjoy the relaxed atmosphere that Club Survivor has to offer.

Club Survivor's regular hours are Thursday through Saturday from 5:30 to 11:30 p.m. and during the pre-game and game of "Monday Night Football." Units may also schedule Survivor for unit functions and fun days.

Improvements are on the way according to Tim Moore, Guantanamo MWR food and beverage manager. Beginning Nov. 28, and continuing on a regular basis, MWR will be bringing

in pizza to be sold from 5:30 p.m. until it is gone.

If you are looking for entertainment, Club Survivor will present Alison and the Wildwood Band Nov. 30 at 8 p.m., said Craig Basel, Guantanamo MWR director.

Army and Navy football fans will want to get their game face on as the Dec. 6 Army/Navy game will be broadcast on the big screen at Club Survivor and as with "Monday Night Football", snacks will be provided.

For information on how to book Club Survivor for your special occasion or unit activity call MWR at 2345 or email Craig Basel at n16b@usnbgmto.navy.mil.

Special Thanksgiving meal planned at four locations

JTF troopers have a tasty Thanksgiving meal in store.

The appetizer will be shrimp cocktail with cocktail sauce and a salad bar.

Main courses will be roast turkey and giblet gravy, baked Virginia ham and prime rib with au jus.

Side items will be glazed sweet potatoes, snowflake potatoes, cornbread dressing, seasoned green beans, O'Brien corn, pineapple raisin sauce, natural gravy, chilled cranberry sauce, chilled horseradish, smoked salmon salad and Parkerhouse rolls.

Deserts will be fruit cake, pumpkin pie and whipped topping, pecan pie, apple pie, assorted fruit pies a la mode and assorted mixed nuts and candies.

Beverages will include egg nog, coffee, tea and beverage counter drinks.

The meal will be available at four locations – Leeward Galley, Quick Hall, Seaside Galley and Camp Delta Galley inside the wire.

The meal will be available at any time from lunch at 11 a.m through 6 p.m. The dining facility inside the wire, however, will close from 3 to 5 p.m.

Movie Schedule



Camp Bulkeley

Fri., Nov. 21
8 p.m. *Extreme Ops*
PG13 - 93 min

10 p.m. *Red Dragon*
R - 125 min

Sat., Nov. 22
8 p.m. *Uptown Girls*
PG13 - 93 min

10 p.m. *Darkness Falls*
PG13 - 85 min

Sun., Nov. 23
8 p.m. *Seabiscuit*
PG13 - 141 min

Mon., Nov. 24
8 p.m. *Empire*
R - 100 min

Tues., Nov. 25
8 p.m. *Spy Kids 3-D*
PG - 85 min

Wed., Nov. 26
10 p.m. *Adaptation*
R - 114 min

Thurs., Nov. 27
8 p.m. *Cradle 2 the Grave*
R - 101 min

Downtown Lyceum

Fri., Nov. 21
7 p.m. *Brother Bear*
G - 80 min

9 p.m. *Duplex*
PG13 - 89 min

Sat., Nov. 22
7 p.m. *ELF*
PG - 97 min
9 p.m. *Underworld*
R - 121 min

Sun., Nov. 23
7 p.m. *Matrix Revolutions*
R - 130 min

Mon., Nov. 24
7 p.m. *Once Upon a Time in Mexico*
R - 97 min

Tues., Nov. 25
7 p.m. *Underworld*
R - 121 min

Wed., Nov. 26
8 p.m. *ELF*
PG - 97 min

9 p.m. *Matrix Revolutions*
R - 130 min

Thurs., Nov. 27
7 p.m. *The Fighting Temptations*
PG13 - 128 min

Be a part of making a difference

Completed command climate survey forms are due today. Your feedback is important, so please return yours to any survey collection box located at the galleys, motor pool and JTF headquarters.

Holiday NEX Hrs.

Get to the NEX for early, after-Thanksgiving shopping sales and specials for your Christmas gift-giving advantage.

Friday Nov 28 6 - 11 a.m.

Saturday Nov 29 8 - 11 a.m.

Step aerobics not exactly manliest of fitness regimens

By Spc. Rick Fahr

FAHR GAME

I understand the NBA's illegal defense, baseball's infield fly rule and what the football term "crack-back block" means.

I know the difference between emerald, forest and John Deere green.

I can chew Levi Garrett and drink a cold beverage at the same time.

What I'm saying is, I'm not exactly an effeminate guy.

But because I need to shed a few pounds, I found myself in uncharted territory Friday morning. Surrounded by a dozen women standing behind four-inch-high platforms, I prepared to do something I'd have never thought I'd do – step aerobics.

Go ahead. Get that laugh out of your system. Go ahead. ... Finished?

OK. Now we can get down to the point, and there is one (other than I couldn't help but feel like Richard Simmons as I step-step-kicked and grapevined to some sort of 80s rock covers).

Step-aerobics is no joke. It's an hourlong total workout. The program combines about 40 minutes of heart-pumping cardiovascular work with 20 minutes of strength and endurance weightlifting.

The stepping part of the workout is like a jinga game, with the instructor beginning with simple steps and then adding pieces to the routine until it finally becomes a 30-part hop, twirl, lunge-filled extravaganza.

I never did quite get the hang of the whole deal, but nobody seemed to laugh. It's impossible to laugh and concentrate on stepovers and knee

repeaters at the same time.

When it came time to do all sorts of things with the dumbbell weights, the instructor told us to get one heavy set and one light set. Of course, I told myself that I'd just get the heaviest set and do all of the exercises with them.

About the time we got around to the second set of tricep presses, I was regretting that bit of bravado.

And then there was the plank. No, that should probably be The Plank.

It consists of propping yourself up on your elbows and toes and holding your body rigid for a couple weeks. Brutal.

I haven't even mentioned the flutter kicks and oddball crunches and on and on and on.

About halfway into the grueling punishment, the instructor seemed to morph from a pleasant, encouraging mentor to Attila the Hun with a hangover, somehow compelling me to torture myself to the point of death.

Maybe it was just me.

After we completed our "challenge" set, I felt the need to shed my jazzercising ways and go fishing or hunting or rassle somebody. If I could have raised my arms above my waist, I would have.

Step aerobics begins at 8:30 a.m. on Mondays, Wednesdays and Fridays at Marine Hill, in the building to the left of the Liberty Center.

For more information, contact MWR at 2193.



Photo by SPC Tommi Meyer

1SG Sandra Adams-Jones, 273rd Military Police Company first sergeant, serves during Monday's JTF volleyball league game. The 273rd MP Co. volleyball team won two out of three games against the 70th Mobile Public Affairs Detachment.

JIG to sponsor golf event

A unique type of mulligan will spice up JTF JIG's four-person scramble golf tournament on Dec. 7.

Instead of the normal extra-swing mulligan, tournament organizers will offer "mulligan string," 10-foot-long sections of string, to each team. Cost of the string will be \$10. Teams may then use portions of the string to stretch between their ball and the hole or the edge of a hazard or the inbounds line or wherever moving their ball would save strokes or improve their position. For example, if all four players miss a putt and the ball closest to the hole is one foot away, the team may elect to cut off one foot of

string to stretch between the ball and the hole, thus "making" the putt.

According to LTC Canning Kraft, JIG deputy commander, the event will begin at 1 p.m., with showtime set at noon.

Winners will receive trophies, and the first 20 people to sign up will receive free golf balls. There will also be refreshments. There is no entry fee for the tournament, but regular course fees for club and cart rentals apply.

Sign-up sheets are available at G.J. Denich Gymnasium, and the tournament is limited to the first 36 entrants.

For more information, contact Kraft at 3120.

Trooper picks

JTF personnel's predictions for this week's games

Games

Air Force at San Diego State
Army at Hawaii
Ohio State at Michigan
Auburn at Alabama
UCLA at USC
Raiders at Chiefs
Seahawks at Ravens
49ers at Packers
Bengals at Chargers
Panthers at Cowboys
Last week's record
Overall record



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

Air Force
Hawaii
Michigan
Auburn
USC
Chiefs
Seahawks
Packers
Bengals
Panthers
5-5
46-30



Craig Basel
MWR director

Air Force
Hawaii
Michigan
Auburn
USC
Chiefs
Seahawks
Packers
Chargers
Cowboys
6-4
45-31



SSG
Deon Lee
216th MP Co.

San Diego State
Hawaii
Michigan
Auburn
USC
Chiefs
Ravens
Packers
Bengals
Cowboys
7-3
52-24



SSG
Stephanie Nielsen
384th MP Bn.

Air Force
Hawaii
Ohio State
Auburn
USC
Chiefs
Seahawks
49ers
Bengals
Cowboys
6-4
49-27

Sports highlights

Bengals end Chiefs' perfect run

Compiled by
SPC Rick Fahr

The lone unbeaten team in the NFL, the **Kansas City Chiefs**, fell to the **Cincinnati Bengals** on Sunday, days after Bengals wide receiver Chad Johnson guaranteed a win.

Don't feel too sorry for the Chiefs, though. They're 9-1 and leading their division by three games.

Speaking of division leaders, the Bengals sit atop the AFC North with a 5-5 mark. They're tied for first with the **Baltimore Ravens**. Other AFC division leaders are the **New England Patriots** and **Tennessee Titans**. In the NFC, leaders are the **Saint Louis Rams**, **Carolina Panthers**, **Minnesota Vikings** and **Dallas Cowboys**.

In the college ranks, there

were few surprises over the weekend.

The big surprise didn't come on the field. It came in the form of the latest Bowl Championship Series rankings, which showed **Ohio State** leapfrogging **Southern California**, despite USC's 45-0 pasting of **Arizona**.

USC isn't the only team with BCS concerns. **TCU**, unbeaten on the season, has fallen out of the BCS top six. Being in that elite company was the only guarantee that TCU would earn a BCS bowl invitation. As it stands now, the Horned Frogs may be on the outside looking in – at **Georgia** or **Tennessee**, both teams on the BCS bubble.

The only team not worried about all this hoopla? The consensus No. 1 team in the land, the **Oklahoma Sooners**.

College football fans should

lay in a supply of videotapes and get their VCRs ready for this weekend's rivalry action – **Michigan** vs. **Ohio State**, **Auburn** vs. **Alabama** and **UCLA** vs. **USC** are among the offerings.

Two weeks into the young NBA season, the **Los Angeles Lakers** have put their considerable troubles behind them. At the least, they're not letting their off-the-court issues get in the way of winning basketball games.

The Lakers are 8-2 and lead the Pacific Division. Other division leaders are the **Boston Celtics**, **Indiana Pacers** and **Houston Rockets**.

Allen Iverson is leading the league in points, averaging 29.7 per game. **Tracy McGrady** is second, with 25.6 per game.

Compiled from www.espn.com.

Hoops tourney set for Nov. 29

Male and female hoopsters should mark Nov. 29 on their calendar.

Beginning at 9 a.m. on that day will be the MWR Holiday Hoops Turkey Style 3-on-3 Roundball Classic.

The tournament will include men's and women's divisions and will take place at G.J. Denich Gymnasium.

Teams will consist of only three people, with no substitutes allowed, and rosters are due at the gymnasium. The teams may be male, female or co-ed.

The tournament will feature a double-elimination format. Trophies will be awarded for first, second and third places. In addition, MWR gift certificates – \$15, \$10 and \$5 – will also be included.

For more information, contact MWR, 2193.

15 Minutes of Fame...

With SPC Brian Wilson, 217th MP Co.

Alabama guardsman SGT Brian Wilson entered the military in hopes of attaining his dream of becoming a police officer. His 13 years of service has taught him many lessons he uses to give his best to his family, country and fellow human beings around the world. Wilson serves as a military policeman in Guantanamo Bay.

By SPC Katherine L. Collins

Q: What inspired you to join the military?

A: "I always wanted to be a police officer, and I figured the best experience I could get was hands-on through the military police corps, using it as a stepping stone. Plus, I knew I'd get the benefits for college. It helped pay for my police academy training."

Q: Where have you deployed?

A: "I've been to Bosnia and Croatia. Also, I used to work in customs, and we served missions in Saudi Arabia. In customs, I also traveled to nearly every place containing troops. It was my job to help clear them to return home or back to Germany."

Q: What do you recall as your best military experience?

A: "Customs was the most fun as far as seeing the world and learning a different aspect of law enforcement that I never would have learned as a regular MP. Serving in Bosnia was best though. You don't always see exactly how you are helping people when you are working in the back of the mission. In Bosnia we did humanitarian work after we stabilized things. We saw families able to walk around with each other again as we kept the peace. That was definitely a rewarding experience."

Q: How has your military service impacted and molded you as a service member and a person?

A: "It gives you more confidence to strive for excellence. Back home I'm on a SWAT team. The experience I have from the military is a benefit, because it gives me the endurance to carry on."

Q: Who is your family?

A: "I am married. We've been on the list to adopt for six years. If this adoption succeeds, we plan to adopt more children. We just want to help children who never had a chance to start with."

Q: In what ways have your family, friends and civilian employer supported you



Photo by SPC Katherine L. Collins
SGT Brian Wilson, of the 217th Military Police Company, opens the front gate of the Camp Delta detention facility. Wilson brings his civilian experience as a federal police officer to the Guantanamo mission. In return, he finds his experience here rewarding, teaching him such lessons as humility and patience.

in your active military career?

A: "My family is very supportive, loving, caring and always praying for me. Friends are very positive too. My employer has really been a blessing with me being gone for two years, first serving in Georgia and now here. They've helped me in every way they can. I know it's hard being in my employer's shoes."

Q: In what ways have you kept in contact with your family?

A: "I use the computer, and I will try a web cam I got for Christmas. I also call home every day on Dialpad. We also exchange pictures. My wife sends pictures of our little angel."

Q: What experiences and personal qualities do you believe have benefited you most in this deployment professionally and personally?

A: "My faith. God provides me the peace of mind, focus and right attitude needed to perform my job with the detainees here and to interact with my fellow soldiers and chain of command.

I also trust God to bring me home safely to my wife and to watch over [our little girl's] future. Friends also help me get through this mission. Good friends are a gold mine. One of my best friends from my hometown is also here. When I get off work I go talk with my friends. I read a lot too. I'm trying to read the 'Bible in a Year.' That's helping a lot."

Q: What do you do to relax at home and on deployment?

A: "At home I hunt and fish, and I just started woodworking. I built a dining room table for my wife. Here I fish out in the bay some, and I tie fly fishing flies. This has been one of the most relaxing and rewarding hobbies here."

Q: What goals have you set for yourself while in Guantanamo?

A: "I would like to lose weight and improve my physical fitness. I would like to max my fitness test at the police department when I get back. I had aimed to max my test here, but I'm still overcoming a dislocated shoulder injury."

Q: How do you think this mission will impact you as you leave Guantanamo?

A: "I've become very humble in performing the work we must do as MPs to take special care of the detainees. In this job you learn patience, a skill used all through your life and in every area of your life. Career-wise, you learn lessons from anything you do. I've learned lessons here I can use back on the street."

Q: Looking back on your overall military experience, what makes you most proud to serve?

A: "The times that I have been able to see the fruits of our labor in helping people. It's not about the thanks. It's about knowing I've made a difference. Having been all over the world with the military, I've learned just how much I have in comparison to people in other nations. Serving in the military is one way I can share that wealth of freedom, opportunity and material abundance with others. Also, the military is full of outstanding people who serve for the same reasons as me. Knowing them and serving alongside them is an added benefit."