



# the Wire

**“ HONOR BOUND TO DEFEND FREEDOM ”**

Volume 3, Issue 9

Friday, January 31, 2003

## “What right looks like” - leading by example

**Story by  
Army Sgt. Erin Viola**

Two soldiers from the 984th Military Police company were named Joint Task Force Guantanamo Service Members of the Quarter last week. Army Sgt. Scotty M. Wood won for the senior enlisted category and Spc. Jason C. Allen won for the junior enlisted category. Both soldiers were awarded with the Army Achievement Medal.

Both soldiers said they couldn't have done it without the support and leadership of the 984th. "I'd like to think that I've been a really good team leader. But obviously, I'm a reflection of my leadership. My first sergeant, my platoon sergeant and my squad leader have all helped me along the way. Because of them, I've done what I have been able to do," said Wood.

Wood also said he couldn't have done it without his fellow soldiers and that he's motivated by the challenge to be the best he can be and setting the standard for his soldiers.

Leadership by example is the norm in the 984th. "I've never been around a more professional group of people, from the lower enlisted all the way up to the Colonel and above. Every soldier, noncommissioned officer, and officer is very professional, and mentors who are a great benefit to the Army and to the rest of the world," said Allen.

To prepare for the Board, both soldiers studied quite a bit and participated in a mock board conducted by some of their NCOs.

Allen said since he's a fairly new soldier he made it a point to study as many field manuals



Spc. Delaney Jackson

Spc. Jason C. Allen (left) and Sgt. Scotty M. Wood, both of the 984th Military Police Company, were awarded with JTF Guantanamo Junior/Senior (respectively) Service Member of the Quarter. The ceremony took place Jan. 23, 2003 at Camp America.

as possible. He also made it a point to keep up on current events by going online daily and watching the O'Reilly Fac-

tor when he can. One of his most useful study tools is The

**See Lead, page 5.**

### Inside the Wire...



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**JTF-Guantanamo**  
**Deputy Commander of Operations**  
**BG James Payne**

"Training is what we are, not what we do." Training defines who we are, individually and as an organization. MG Miller's vision for the organization is for it to be a well trained and combat ready JTF. To achieve that vision, we must focus our

## Message from BG James Payne

individual and unit training on those tasks that contribute to our combat mission.

Training to our combat mission involves all levels of the organization. Individually each trooper in the JTF performs tasks that contribute directly to our detention and intelligence mission. Many of these tasks are technical, driven by our military specialty or duty position that each trooper must master in order to enhance our combat readiness and mission capability. Everyday, troopers in the JTF are performing their wartime mission and training on skills to improve their performance.

Everywhere I look, troops are performing PT, playing sports, and "rucking." All this improves personal fitness, which is essential to combat readiness. If we are not physically and mentally fit when we arrive at the fight, we'll be too tired to win.

Training takes place at all levels

in the organization also. Individuals train to be teams, squads, sections, and platoons. Units train to their wartime Mission Essential Task List (METL); leaders train at all levels. We must continue to train on the JTF mission. We do this everyday around the JTF. Troopers, sections, and units work at improving the operation and the organization.

MG Miller's training guidance provides three weeks of mission performance to hone our skills and one week to train on new tasks for the future. This is how we grow individually and professionally, and improve as an organization. To be a combat ready JTF, we must train everyday to that standard. You're doing that now. Let's all sharpen our focus to be even better, more ready, in the future.

**Honor Bound!**

## OPSEC Corner

How did the Tampa Bay Buccaneers so soundly beat the Oakland Raiders and their number one ranked offense? With a tough, focused, and highly motivated defense.

Defense, or the act of defending against attack, danger, or injury, is not glamorous, but it enables a team to stay in the fight and wear down an opponent. Just as the Buccaneers' defense stifled the Raiders'

offense, we must continuously be on the defensive with regard to Operational Security. Our adversaries will continue to attack our defenses in many ways, but a good defense keeps the attackers at a distance.

Everyone is critical in the game of defense and we all have key positions regardless of our rank, experience, or

branch of service. Do your part in our defensive minded OPSEC posture. The offense may dazzle and make the highlights, but the defense wins the game.

**The best offense is a sound defense**

'Think OPSEC'

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## Patriotism

"As for me, give me liberty, or give me death."

-Patrick Henry

( American Patriot during the American Revolution )

# Chaplain's Corner

**By CH (Capt.) Yee  
Chaplain, Joint Task Force  
Guantanamo**

*Islam: What is there to fear?*

September 11th, the pending war on Iraq, and our own day to day experiences of the Joint Task Force Guantanamo mission have all contributed to the picture many of us as Americans have painted about Islam and Muslims. And now, this universal religion of more than one billion followers worldwide is scrutinized by a population that has little knowledge of its basic tenets and practices. It is with a fearful eye that Islam and its worshippers are now being examined with the notion that they have become our nation's greatest enemy. However, a truly objective look makes it quite clear that Islam is really nothing to be afraid of at all.

The meaning of the word Islam is "submission" and "peace." For a Muslim, the goal of attaining inner peace is achieved as one strives towards "submitting" oneself completely to God. Six articles of faith and the five pillars of Islam begin the

process of transforming a mere physiological heart into a spiritual one.

The six articles of the Islamic faith indicate what a Muslim believes. They consist of belief in: 1) One God - The Almighty, All-Powerful, All-Knowing, All-Merciful, the Sole-Creator of all that exist; 2) The Angels - created by God to carry out various functions in service to Him, e.g., The Angel Gabriel's role was to bring divine revelation down to the Prophets; 3) The Divine Books - to include the Scrolls of Abraham, the Torah, the Psalms, the Gospels and the Qur'an; 4) The Messengers of God - to include Adam, Noah, Abraham, David, Joseph, Moses, Jesus, and Muhammad; 5) The Last Day - being raised before God to account for one's belief and actions; 6) The Divine Decree - meaning all things happen according to His decision and not without His permission.

The five pillars of Islam which Muslims perform are: 1) Openly declare their belief in the Oneness of God and the finality of the Prophethood of Muhammad;

**See Chaplain, page 10.**

## Work Towards Your College Degree!

**City Colleges of  
Chicago**

**Programs available to the  
Military**

Contact: Svetlana Dell  
Area Coordinator  
USNBGTMO: 011-5399-3999  
Fax: 011-5399-5748  
Email: citycolleges@gtmo.net

## SALE!

Defense Reutilization  
Marketing Office will be having  
a cash and carry sale, on Feb.  
14, at the main DRMO building  
off Sherman Ave. Sale will be  
from 8 a.m. - 12 p.m.

### Items for sale:

*Stoves, desks, dressers, com-  
puters,  
chairs, small & large refrigera-  
tors, &  
roller blades.*

**Cash Only!!**

*POC Davis Gayle, Tel: X-4184*

## Worship Services

### Catholic

#### Main Chapel

Daily	6:30 a.m.	Mass Cobre Chapel
Wed.	5 p.m.	R.C.I.A. Cobre Chapel
Friday	5 p.m.	Rosary
Sat.	4:30 p.m.	Reconciliation
	5:30 p.m.	Mass
Sun.	9 a.m.	Mass

#### Camp America

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

### Protestant

#### Main Chapel

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

\* Fellowship Hall located in Chapel  
Complex

#### Camp America

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

### Islamic

Fri.	1 p.m.	Classroom 12 ChapelComplex
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### Jewish

Fri.	8 p.m.	Fellowship Hall
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Camp America Church Bus schedule:

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

The bus will return immediately  
following worship.

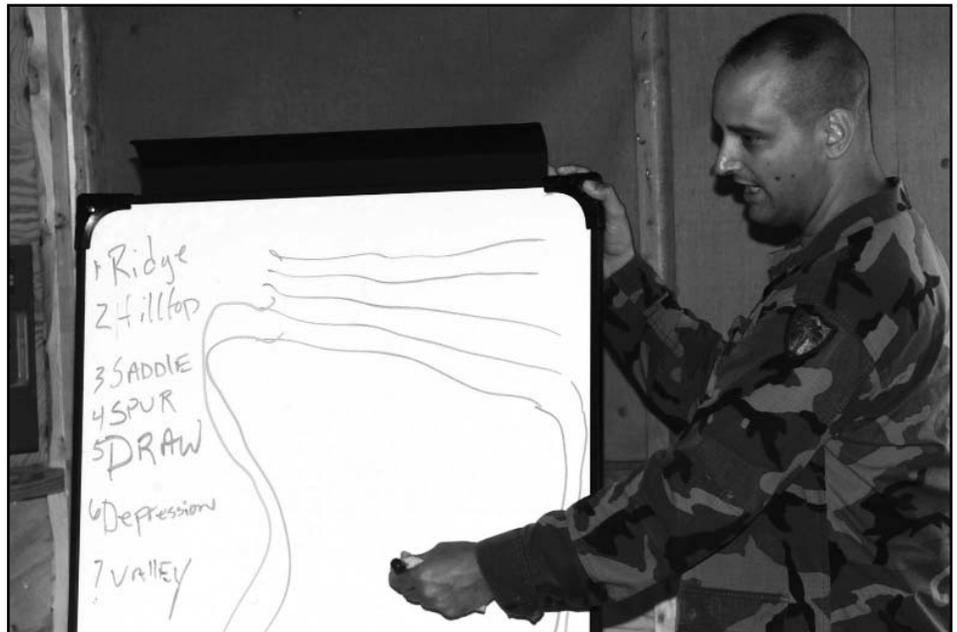
# 132nd Military Police: focused on training

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

Like any other employee at any other job, military service members hope they'll be lucky enough to find themselves working for a good organization. Opportunities for advancement, the chance to become a leader, sharpen one's abilities, and learn new skills are all things most people look for in a career. At Guantanamo Bay, we've got an organization that not only meets these criteria, but exceeds them. It's the 132nd Military Police Company from South Carolina. Not only do the soldiers complete their mission, they do so with an unusually high level of morale, total trust in each other, and complete confidence in their leaders.

Guantanamo Bay's detainment operation is a difficult mission. Upon arriving here, the MPs must quickly become accustomed to performing the job of corrections specialists. This means being highly adaptable to new situations, having the ability to learn a great deal of new information, and perhaps above all, lots of training.

Last week, the 132nd started their training cycle. The training schedule consisted of a wide variety of tasks pertaining both directly to the MP's mission at Camp Delta and also to general soldiering skills. The MPs participated in tasks such as water survival training, land navigation, first aid, nonlethal weapons training, weapons



*Cpl. Allan Bledsoe, an MP with the 132nd MP Company, from Columbia, SC, instructs his troops on map terrain features.*

maintenance, and even media awareness training. They also reviewed the proper procedure for completing paperwork that must be done inside Camp Delta.

Constant training is crucial to the MP's ability to perform their jobs, and the leaders of the 132nd are primarily focused on mission essential related tasks. However, they also recognize the importance of allowing their soldiers not only to keep up on their basic soldiering skills, but to enjoy themselves while they're training. Last Monday, the soldiers got a chance to learn some basic water survival skills at the

Marine Hill pool. They practiced both shallow and deep water entrances into the pool, learned how to tread water, and learned how to use their battle dress uniform as a flotation device. Not only was the training informative, particularly for those soldiers that are both stationed on an island and unable to swim, but the soldiers appeared to be coming together to support and encourage one another. Platoon leader 2nd Lt. James Childers said, "This is diverse training. It's not something every unit does, so it's changed up the training schedule a little bit ... kind of made morale a bit higher and motivated the troops."

It isn't at all unusual for the morale and welfare of the troops to be at the forefront of the mind of the 132nd's officers and noncommissioned officers. According to Spc. Randy Perry, the leadership is very supportive of the lower enlisted soldiers. Perry says that he is frequently given opportunities to step into a position of leadership and authority while he is working the blocks inside Camp Delta.

Often times, the lower enlisted soldiers are allowed to handle everything from decision making to paperwork when the leaders feel the soldier can handle the responsibility.

When it appears that the lower enlisted



*Spc. Robert Moon (left) and Pfc. Jonathan Reed of the 132nd Military Police Company practice entering the water during water survival training at the Marine Hill Pool.*

**See 132nd, page 10.**



Army Spc. George Allen

Army Pfc. Robert McKean, an administrative specialist with J3 Operations 'catches' an attack from Python, a patrol dog for JTF Guantanamo.

## Python patrols, detects, deters

Army Staff Sgt. Robert Moore and Sgt. William Peyton, Joint Task Force Guantanamo dog handlers, demonstrated the capabilities of their military working dogs Saturday outside of the JTF Headquarters. Members of the 300th MP Brigade looked on as the dogs demonstrated patrol and detection training – searching vehicles, taking down suspects, and assisting searches.

Moore and his dog Python started the demonstration by locating an explosive-simulating odor hidden in a vehicle. Moore explained that military dogs are trained to display a passive response when they find potential

explosives. "Civilian drug dogs do active response, tearing into whatever bag they find a scent in," said Moore, but due to the potential presence of explosives, military dogs are trained to sit when they find a scent, which Python did upon finding the 'bomb.'

"They work for a reward, it's all a game to them, but it's definitely not a game to us," said Moore, as he threw Python a ball for finding the scent.

All of the military working dogs at Guantanamo are also trained as patrol dogs. They are used to both maintain security at Camp Delta, and as a psychological deterrent, said Peyton.



Army Spc. George Allen

### C2PC graduates

Spc. Michelle Pross, Joint Task Force Guantanamo J6, receives a certificate for completing a course in the Command and Control for Personal Computers C2PC software, from Marine Corps Master Sgt. Tim Kern, Expeditionary Warfare Training Group Atlantic, Friday, January 24.

"C2PC gives the commander a situational overview of the tactical picture in his area of operations, including a picture of ground, air, and surface ship assets," said Chief Craig Schlesinger. "The JTF Commander has overall responsibility for security in his operational area, and as such, C2PC serves as a valuable tool to access and monitor the current operational picture at Guantanamo Bay."

All 27 students that began the five day course graduated. Students from both JTF-Guantanamo and NAVBASE serving in the Joint Tactical Operation Center finished what is normally a two week course, in half the time.

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

### Lead, from page 1.

Soldier's Comprehensive Study Manual by David W. Creech, which has extensive information and study guides about all the major field manuals. Allen just finished reading, and highly recommends to other soldiers, The Three Meter Zone by Command Sgt. Maj. J.D. Pendry, a common-sense guide about leadership for NCOs.

According to Army Sgt. 1st Class Lawrence G. Krieg, Command Element noncommissioned officer-in-charge for JTF Guantanamo, the JTF Guantanamo Junior/Senior Service Member of the Quarter Program gives special recognition to soldiers, Marines, sailors, airmen and Coast Guardsmen who have demonstrated outstanding military excellence and achievement in the pursuit of their duties. The JTF program continues in the tradi-

tions of each service, where there are monthly, quarterly, and annual recognition programs for enlisted personnel to be recognized by their chains of command. The JTF program is unique in that it is irrespective of component (active or reserve), and service.

Each service member is nominated by their chain of command. To receive a nomination the candidate must meet certain requirements such as the height and weight standards and physical readiness standards for their armed service. In addition, they must be qualified in their current rating or military occupational specialty and have demonstrated a strong sense of professionalism, maturity, dedication to duty, effective communication skills and leadership potential, said Krieg.

Wood competed against 10 senior service members, while Allen competed

against 11 junior service members. Although it may seem a bit surprising that the two service members who won are from the same unit, 984th 1st Sgt. David A. Debates isn't so surprised.

"I believe much of their success is attributed to them being excellent soldiers and the fact that they want to excel at everything they do. These two soldiers, like all my soldiers, work hard, are dedicated, and are loyal to their fellow soldiers and to the unit. All my NCOs work really hard, everyday, to teach our soldiers about Army values and the history and traditions of the Army, to show them what it is like to be part of a team," said Debates.

June is just around the corner, so if you are a high-speed service member, now is the time to start studying for the next Service Member of the Quarter Board.

# Jam session takes Windjammer by storm



(left to right) 'Brandon', of 'Genius'; Army Spc. Yarnell Rickett, 300th MP Bde.; Army Spc. Bryan Randall, 'Jezt Bryan'; 'GB', of 'Genius', gather on the stage for the final performance of the Jam Session at the Windjammer, Jan 25.

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

Jezt Bryan, also known as Army Spc. Bryan Randall, assigned to the 300th Military Police Bde., performed in, produced, and directed the Jezt Bryan Jam Session held here this weekend at the Windjammer Club.

Approximately two months ago, Randall deployed in support of Joint Task Force Guantanamo with the 300th MP Bde. At that time, his music career was taking off. He released his second album, 'Red Eyez,' months before leaving Detroit for Guantanamo Bay, Cuba. A sudden phone call about the deployment interrupted his dreams. His album was going national for distribution, and tours were in the works for the up and coming rapper. Everything in motion came to a screeching halt when he was taken away from his life as a rapper to serve his country as a member of the United States Army Reserve. Randall didn't give up on his dream, instead he made his time here work for him. In an attempt to lift the spirits of the service members here and possibly further his career, he decided to produce a Hip Hop show.

In Randall's eyes, the deployment placed his music career on the back burner. Rather than let the deployment disrupt his career, Randall made some calls and did some research to bring the show to Guantanamo Bay, Cuba. As a result of the show, his music career heated up and is back on

top. Randall is serving his country and pursuing a musical career at the same time.

The Jezt Bryan Jam Session took weeks to coordinate, but everything came together when Randall found out his crew could fly down and perform for the service members of JTF Guantanamo.

"When I got here, it was always in the back of my mind doing a show here," said Randall. "It started off as a little spark in my head and ... eventually I got a show planned and found that it was possible to get my crew flown down here," said Randall.

Six artists performed at the Windjammer the night of the Jam Session. Those who also joined the show were Army Spc. Kevin Porter and Spc. Yarnell Rickett, both in the 300th MP Bde. Other performers were Suzette Williams, and Master Sgt. Freddie Cochran (300th MP Bde.) who sang the National Anthem.

The first performers on stage were G Que, three rappers from Detroit that are signed under Randall's label. The trio, Quentin 'Q.D.' Denard, Terrance 'G.B.' McGhee and Brandon J.M. Fletcher took the stage and kicked off their performance with "Close To You". After a few songs the show heated up with a surprise entrance from co-host Army Spc. Kevin Porter moon walking across the Windjammer stage during his performance of Michael Jackson's 'Billie Jean.'

The concert was going smooth until a battle broke out on the stage. There were no bullets and grenades flying through the air, but instead

musical lyrics and sampled beats. The rap battle was between three service members who stepped up out of the crowd. Army Spc. Seneca Stevens, 984th MP Co., triumphed over Army Spc. Taylor Daniels, 785th MP Co. and Seaman Josh Chapple, Fleet Hospital, after two rounds of battling between all three rappers.

The battle was over, the crowd was ready and Jezt Bryan was the next performer at the Windjammer. Jezt Bryan took center stage and set the Windjammer on fire with his fire-red-eyes. Accompanying Randall to the stage was Isaiah 'Apollon the Prophet' Gathings and Lon 'Elohin' Harris; (both from Detroit) both featured artists on his second album, 'Red Eyez'. Randall finished up the show with his sister, Brandi 'Zyrin' Randall, Gathings, Harris, and G Que on stage for one final song. The dance floor below the stage was filled with service members who had come out to see one of their own perform. The show brought Randall into the spotlight here, and even though it might not have been in Detroit, the crowd still appreciated the show and the talent of all the performers.



Army Spc. Bryan 'Jezt Bryan' Randall reaches out to the crowd and finds a fan reaching back.

# From "hola" to "hasta la vista baby!"

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

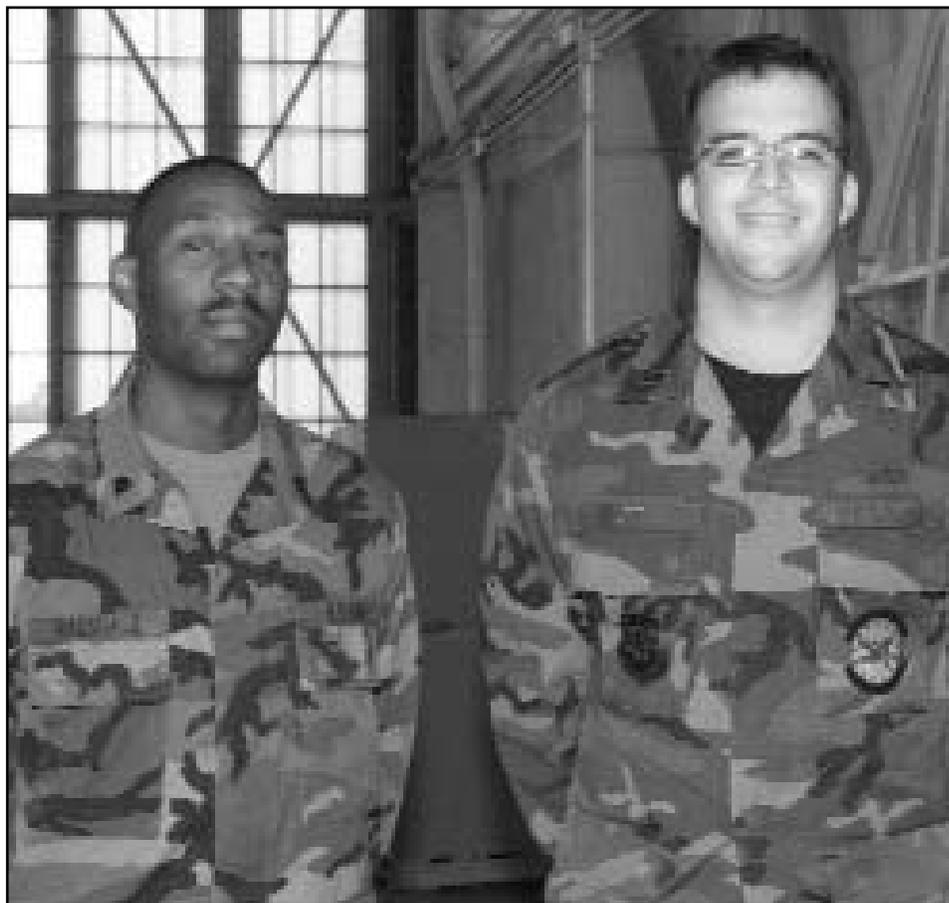
They know when you are arriving. They know when you are leaving. They can track you down expeditiously at the push of a button. Although this might sound a bit like Big Brother, it's not. It is the Joint Personnel Reception Center.

"We are almost like a welcoming committee. We welcome newcomers to Joint Task Force Guantanamo by picking them up when they arrive. We meet the new arrivals on the Leeward side and escort them to the Windward side for in-processing. We also coordinate the briefings everyone receives when they come in," said Spc. Anton Ragsdale.

According to Ragsdale, the in-processing involves collecting the service members' orders and all vital information such as name and address of the next of kin. JPRC also assists Command Control and Communications Systems Directorate (Joint), J-6, in gathering the information needed to set up Unclassified but Sensitive Internet Protocol Router Network (NIPRNET), and Secret Internet Protocol Router Network (SIPRNET) accounts for each service member who needs it. The briefings include everything from finance to Morale Welfare and Recreation. Service members also get briefings from one of the Chaplains and a security briefing from Operations Directorate (Joint), J3.

"Accountability is JPRC's main focus," said Air Force 1st. Lt. Robert Mattivi, team chief for JPRC. While collecting accurate data about service members, and their comings and goings is an important function of JPRC, managing that data is just as critical. Mattivi said the JPRC uses state-of-the-art computer technology that allows a small staff to in-process and out-process extremely large deployments. "In a broad sense it is focused on enabling us to account for everyone and it can generate strength reports. It is very efficient," said Mattivi. Information accuracy in the strength reports generated by JPRC is vital because U.S. Southern Command uses it to make appropriate personnel decisions for JTF Guantanamo.

Why is accountability so important? Mattivi answered, "We are the answer to



*Army Spc. Anton Ragsdale (left) and Air Force 1st Lt. Robert Mattivi of the Joint Personnel Reception Center, stand inside the hanger where all the the in-processing for Joint Task Force Guantanamo service members takes place*

that question. You've got to have people making strength and accountability their daily business. Accountability goes beyond just numbers. We need to know where people are." The information JPRC manages is also used to plan housing scenarios and in case of something like a family emergency back home, JPRC are the people who can track down a service member at a moment's notice.

To get the job done, good team work is essential. "We are all in the same frame of mind. We all work together and play together," said Ragsdale.

"We have normal office issues that you are going to have when the stress level increases. When the workload increases and when we have units arriving, that's when we do our best work together, and that's when our morale is the highest," added Mattivi.

JPRC plays a central role in the success of the mission here. "I feel this mission is very important. My job here at JPRC is

probably one of the most important as far as accountability. If anything was to ever happen here, it is our job to make sure that everyone is accounted for," said Ragsdale.

"There will be a day that I might be the most important guy," said Mattivi, who certainly holds the same view, that the JPRC is extremely important to the mission here, but at the same time he also feels that on any given day, some one else may be the most important. "I think the guys who are the tip of the sword out there ... the interrogators, the linguists, the folks sitting on the posts ... there is a place in my heart for those guys that go out there and sit and are vigilant for 12 hours at a time. I hope everyone here respects what it takes because they are not allowed to have anything with them, except for their desire to defend us. I would never claim to be as critical as that, but maybe some people would. One day on any given day, I might be. It just depends on the situation," said Mattivi.

# Clippers are buzzing at Camp America



Edward Bygrave, a barber for the NEX, gives Sgt. Frank Roche, 344th MP Co., the historic first haircut of the new Camp America North barber shop.

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

The opening of a barber shop in Camp America North makes getting a haircut easier for those living and working there. The old process of taking buses, or waiting for a ride to the NEX, standing in line and then waiting for a return ride, is now obsolete.

The Camp America Barber Shop opened its doors Friday, Jan. 24, 2003 at noon. At 12:01 p.m., the first customer, Sgt. Frank Roche of the 344th Military Police Company walked through the barber shop door.

"It's right here, it's a lot more convenient than going over to the NEX, it saves us time getting ready for work, it will give me more time to use the computer or contact my family" said Roche.

Attending the historic first cut was Command Sgt. Maj. George L. Nieves, Command Sgt. Maj. Gregg E. Hisson and 1st Sgt. Joseph Haddad. The shop will be open between the hours of noon and 8 p.m. on Fridays and Saturdays to accommodate people going on, and coming off shift. These hours may be adjusted in the future depending on the needs of Joint Task Force Guantanamo members. The cost of a haircut will remain the standard \$4.25.

Other services planned for Camp America in the next few months include additional phones, more Morale Welfare and Recreation computers, a larger NEX SEAhut and a club tentatively named "Survivor" complete with a deck that will overlook the Caribbean Ocean.

## Man on the Street

Compiled by Army Spc. Delaney Jackson

**This week's question:**

***If you could switch jobs with anyone in the Joint Task Force, who would it be?***



Army Rachel Crowe  
J-1, Postal

*"The general's driver because I want to drive around, go to different events during the day. I just want to see what it's like to be that high on the food chain."*



Army Staff Sgt. Richard Fuller  
344th MP Co.

*"Infantry, it's what I used to be. I like being out in the sticks patrolling."*



Army Spc. Jason Turner  
J-1, Postal

*"No one, I like my job as a postal worker."*



Army Sgt. Michael Kuflik  
96th Trans. Co.

*"A 'leg.' That's what I started out as, and I enjoyed it while I was doing it, plus you get to carry all the big guns."*



Army Sgt. Sean Lauzier  
344th MP Co.

*"I'm an MP, and there's nothing I'd rather be doing out here."*

# Harlem Ambassadors dazzle JTF - Guantanamo



rated into the game. The game included a half time show that let the audience get in on the fun.

As for the contest between the two teams the Ambassadors made quick work of the JTF team, named the 'Lakers,' with a score of 34 - 4 at the half. Late in the game the 'Lakers' made a run to catch up, scoring 32 points in the second half, but it was just a classic case of 'too little, too late.' The Ambassadors piled on another 40 points of their own in the second half to defeat the 'Lakers' 74 - 36 at the final buzzer.



Army Staff Sgt. Michael Montgomery and Harlem Ambassador David Apple both leap for the ball.

## Story & photos by Army Spc. Delaney T. Jackson

The Harlem Ambassadors, a traveling show basketball team hailing from Ft. Collins Colorado, made a stop at Guantanamo Bay last week to take on a team made up of Joint Task Force Guantanamo members. The team of Task Force members included: Army Cpl. Frank Oliver, Spc. Yarnell Rickett, Spc. Terrence Styles, Spc. Michael Lackey, Spc. Anton Ragsdale, Staff Sgt. Michael Montgomery, Spc. Jesse Washington, Sgt William Toomey, Spc. Samuel Caballeros, Spc. Paul Watkins. (See photo above)

The Ambassadors came to demonstrate their own style of show basketball. Led by their coach, Lade Majic, the Ambassadors dazzled the crowd with their impressive array of dunks, trick ball handling and a variety of comedic acts that were incorpo-



Army Spc. Yarnell Rickett slams the ball home during warm ups as Army Spc. Terrence Styles looks on.



## What's up, Doc? Stretching and flexibility ( Part III)

By Navy Lt. Cmdr. Fred Schmitz  
Physical Therapist, Naval Hospital

The following is the third in a series of ongoing articles addressing sports fitness and injury prevention and management. Lt. Cmdr. Fred Schmitz is a Navy Physical Therapist, Board Certified in Orthopedic Physical Therapy and Sports Physical Therapy. If you have questions, comments, or ideas for a future article please contact him at the Naval Hospital PT Department: 7-2940 or email at the following address: [fdschmitz@gtmo.med.navy.mil](mailto:fdschmitz@gtmo.med.navy.mil)

Stretching should be performed a mini-

mum of three times a week. Stretching is best done after a short warm-up to promote blood flow and raise tissue temperature. A short warm-up of three - five minutes of calisthenics, biking or jogging will work. If you're new to stretching it's best to start with higher frequency and lower intensity stretches, and absolutely no bouncing. Stretch more, not harder. Each stretch should be performed for a total time of 60 - 90 seconds. Starting out, use five repetitions of 10 - 15 second holds and then relax before repeating. Progress in a week to three 20 - 30 second holds. Eventually you can do a single repetition hold for 60 sec-

onds with adequate results. There are some excellent stretching handouts in the Dennich Gym which appear on their covers to be sport specific, but on the inside all contain a good general routine with pictorials. When participating in physical training, if you are interested in maintaining your current flexibility you need to stretch three times a week. If you are interested in making improvements in your flexibility you need to stretch every day. If you are recovering from an injury that has affected your flexibility, you need to stretch three times a day, pain-free. Good luck, and happy stretching. Charlie Papa!!!

**Chaplain, from page 3.**

2) Prayer five times a day; 3) Give charity to the poor; 4) Fast during the month of Ramadan; and 5) Make a pilgrimage to Mecca, the holy city of Islam, at least once if able to do so.

This is Islam in the mainstream, and looking a bit deeper into the core of its values, one finds a religion that affirms God's justice and insists on man's moral responsibility. However, it's a shame that every group is plagued with a small minority that falls prey to the pitfalls of following its own interpretations and agendas; and thus darkening the reputation for the majority.

Yes, another terrorist attack or the possibility of hidden Iraqi weapons of mass destruction are enough to strike fear in the American people. But in reality, the majority of Muslims around the world from Indonesia to America are God-loving people. So why has it been so difficult for most in our society to distinguish these millions from the extreme fanatical minority? Why are

we still afraid of Islam, the religion? Answer: lack of knowledge and unfamiliarity with Islam and Muslims. In most cases, people have limited personal experiences with Muslims and know Islam only through references made towards Muslim extremism.

The strength of the nation we defend is our diversity, but not knowing each other only creates an obstacle keeping us from really coming together as one cohesive force. A verse from the Holy Qur'an reads: "O Mankind! ... (God) has created you from a male and a female, and made you into nations and tribes, so that you may know and learn from one another. Verily the most honorable of you in the sight of God is the one who is most righteous." Practically speaking, this is as easy as smiling, and saying, "Hi, my name is ... " to a fellow JTF member who is Muslim. With almost certainty, your response will also be met with a smile and the words, "Hi, it's nice to meet you..."

**132nd, from page 4.**

soldiers may be in need of assistance from someone with more experience, the leaders will step in to guide, help out, and take over if necessary. Perry said his NCOs "show confidence that the soldiers can do what they need to do ... that they don't have to coach us on everything ... most of the time if they think we can handle it, they'll let us alone, watch us, and let us do."

It isn't just inside the wire where the lower enlisted soldiers are trusted to make the right decisions. When the 132nd first arrived at Guantanamo Bay, physical training was conducted at the company level. "When we first started, they ran everything. For the last couple of weeks, it's been managed by squads. Our squad has the ability to do their own PT, as long as they maintain. They give you enough rope to hang

yourself with. If you do good, they'll give you some more," said Perry.

Whether it's PT, the soldiers' job inside the wire, or training activities, the soldiers of the 132nd are expected to maintain, and whenever possible, to exceed standards. What sets the 132nd apart is the give-and-take relationship between the leadership and the lower enlisted soldiers. Based on the high morale and the positive attitude that seems to exude from all of the unit's soldiers, the 132nd is doing it right. Perry said, "Every time we've done anything, whether weapons qualification, PT, anything like that, we've always come together ... and when it comes down to doing the mission, we're right on it."

# Movie Schedule

**Camp Bulkeley****Fri., Jan. 31**

8 p.m. *Blue Crush*  
R-104 min.

10 p.m. *The Bourne Identity*  
PG13-118 min

**Sat., Feb. 1**

8 p.m. *Swimfan*  
PG-13-85 min.

10 p.m. *Banger Sisters*  
R-97 min.

**Sun., Feb. 2**

8 p.m. and 10 p.m.  
*Trapped*  
R-106 min.

**Mon., Feb. 3**

8 p.m. *Barbershop*  
PG13-102 min.

**Tues., Feb. 4**

8 p.m. *Simone*  
PG13-117 min.

**Wed., Feb. 5**

8 p.m. *Good Advice*  
R-93 min.

**Thurs., Feb. 6**

8 p.m. and 10 p.m.  
*My Big Fat Greek Wedding*  
PG-96 min.

**Downtown Lyceum****Fri., Jan. 31**

7 p.m. *Treasure Planet*  
PG-96 min.

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

**Sat., Feb. 1**

7 p.m. *The Emperor's Club*  
PG13-109 min.

9 p.m. *Analyze That*  
R-98 min.

**Sun., Feb. 2**

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

**Mon., Feb. 3**

7 p.m. *Extreme Opps*  
PG13-93 min.

**Tues., Feb. 4**

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

**Wed., Feb. 5**

7 p.m. *Analyze That*  
PG13-98 min.

**Thurs., Jan. 23**

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

**New Christian Night Club**

Meet at 8 p.m., the first and third Saturday of every month, at the Fellowship Hall's Main Post Chapel subsection.

Fellowship with us and have a good time. Food, fun, and games! Sponsored by the Joint Task Force Guantanamo Chaplain Section. For info, contact: Staff Sgt. Mike Montgomery @ 8021 / 3202.

# Meet Kojak: Soldier, sailor, student, teacher

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

You may never know his name or what he does, but his efforts in Joint Task Force Guantanamo help to keep the mission at hand working like a well oiled machine. Army Sgt. 'Kojak' is a member of the Joint Interrogation Group at Joint Task Force Guantanamo. If he told you his job he might have to kill you .. well, maybe not. At the very least, he might have to put some of his martial arts skills to use.

During his years in the military, Army Sgt. 'Kojak' has studied and taught Shaolin Kempo, a style of martial arts which has been developed from numerous styles of the martial arts including: Shaolin Temple Boxing, Jiu Jitsu, Kung Fu, Kempo, different styles of Karate, as well as the secret art of the White Tiger (Chin Na).

'Kojak' hasn't had the time to study martial arts here, but at home he is a 3rd Degree Brown Belt and teaches students of Shaolin Kempo at Two Rock Martial Arts Academy while continuing his commitment to the California National Guard.

'Kojak' wasn't always in the Army.

He started his military career in the Navy. He served two years active and three years in the Reserve. Throughout the years his travels brought him to eight countries and 11 states, and martial arts always accompanied him on his journey. He might not have been able to study in an Academy, but his years of studying and teaching Shaolin Kempo and the values that it taught carried over into his military career, many of the times similar values which are found in the military, benefited him as a noncommissioned officer.

"Loyalty, Duty, Respect, Selfless-Ser-vice, Honor, Integrity, and Personal Courage are the Army's Values. As an NCO in the Army, and a martial arts instructor, I believe that all, regardless of who you are, should learn the values listed above. As for myself, I demonstrate and instill these values in the soldiers below me, and students I teach," said 'Kojak.'

For 'Kojak' there is a direct connection between his martial arts background, which started at age 7, and the soldier he has become and the soldiers he mentors.

"Martial arts teaches discipline, patience, self-confidence and pride. All of these are values any person should

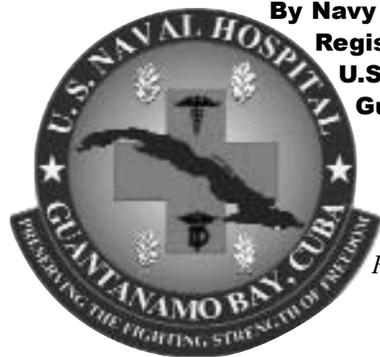
carry with them. Any type of education makes you more valuable and versatile as an individual and soldier, no matter what role you are in," said 'Kojak.'

Through the years 'Kojak' has studied in three and taught at three Academies. He made a commitment to the military and has fulfilled that commitment during the past nine years. At the same time he has fulfilled his commitment to martial arts. 'Kojak' is a prime example of making your dreams happen and meeting personal goals while serving your country. For him, both have been a counterpart to one another. Martial arts have made him a better soldier and his military career has made him a more dedicated martial arts student and instructor.

"Any activity that challenges you to achieve things that you thought were impossible is time well spent. One thing to remember, whatever you choose to do with your time, make sure you have a passion for it. When you look at martial arts, look at all that it has to offer. I would recommend it to anyone that is looking for something that pushes you to your limits physically and mentally," said 'Kojak.'

## Load your plate with fruits, vegetables and whole grains

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



*Compiled from the American Institute for Cancer Research <http://www.aicr.org/>*

Next time you make yourself a meal at home, order out at a restaurant, or go to the galley, think about what kind of food and how much of this food you're putting onto your plate. If you change what you put on your plate, you can keep your weight in a healthy range, reduce your risk for cancer, and help prevent other diseases.

For example, instead of loading your plate up with eight to 10

ounces of beef, a big mound of buttered mashed potatoes and peas, you should make yourself a plate that has two-thirds (or more) plant-based foods like vegetables, fruits, whole grains and beans, and one-third (or less) animal protein. You should work toward this goal by gradually increasing the amount of plant-based foods and less of the animal protein that you put on your plate.

Research shows that fruits and vegetables have a protective effect against cancer because of the phytochemicals (natural substances found only in plants) they contain. Phytochemicals interfere with cancer cell growth and reproduction.

Next week we'll discuss the practice of portion control and how to work toward changing what, and how much you put on your plate. And, always keep in mind that exercise is a very important component in weight loss, weight management, stress relief, metabolism, muscle tone and more ... don't skip it!!! Charlie Papa!!!

# 15 Minutes of Fame...

with Coast Guard Boatswains Mate 3rd Class

Jason Duncan

## Delta Detachment: "come get some"

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

*Duncan is a Boatswain's Mate 3rd Class in the Coast Guard's Delta Detachment. Delta Detachment is an active duty Port Security Unit made up of Coast Guardsmen from various cities throughout the United States. Duncan is originally from Michigan and has been at Guantanamo Bay for about a month and a half.*

**Q:** How long have you been in the Coast Guard?

**A:** It'll be seven years in June.

**Q:** Why did you want to join the Coast Guard?

**A:** I wanted to serve my country for one, and I wanted to save lives.

**Q:** What's the best part about being in the Coast Guard?

**A:** I love driving the fast boats and helping people ... being in the public eye. We're in the public eye a lot. We do a lot of teaching the public about boating safety and then there's always that couple times that you actually have to save someone's life. There's nothing better than that.

**Q:** Can you tell me about a time when you helped to save someone's life?

**A:** Two summers ago we got a call about a kayaker that got caught in some nasty weather. I think it was four to six foot swells, 30 or 40 knot winds ... A female was kayaking with her fiancée and she pointed to where she last saw him ... The water temperature that day was about 55 degrees, he had been in the water for about three hours, and his core temperature was 79 or 80 degrees. So, we pulled him out of the water, checked his vitals, and tried to warm him up as best we could. When we got him to the ambulance his heart stopped and they restarted it for him. They got him to the hospital and he was released the next day.



BM3 Jason Duncan looks for vessels coming into Guantanamo Bay during his watch shift.

**Q:** It doesn't sound like a very easy job. What's the hardest part?

**A:** The hardest part of my job would be decision making. My crew is my first priority. I've got to keep everybody safe and then the people we're trying to rescue. Lives come first and then the boats. So, quick, split-second decision making, that would have to be the hardest on my part.

**Q:** I understand that in addition to patrolling the bay here, the Coast Guard is responsible for conducting a watch. What do you do while you're on watch?

**A:** I relay information from the boats to the Joint Command Center and back to the boats. If anything happens, I'm a point of contact and I relay information up and down the chain of command.

**Q:** What would you say makes Delta Detachment unique among the units at Guantanamo Bay?

**A:** Well, we're all active duty. We're the first active duty Port Security Unit in the

Coast Guard. That obviously makes us a little bit different and we're very small compared to the other PSUs. We've only been together for a month and a half and it seems like we've been together forever. I mean, we're real close knit. We came together real quick.

**Q:** How do you think this deployment has affected you so far?

**A:** I'd say it's forced me to grow as a person and as a leader in the Coast Guard. There's constant changes. You get thrown here and there ... deal with this, deal with that ... you've just got to compromise; adapt and overcome.

**Q:** What do you think you'd be doing if you weren't in the Coast Guard?

**A:** I probably would have gone into some type of law enforcement.

**Q:** Think you'll make a career out of the Coast Guard?

**A:** I'm a lifer. I get paid to drive fast boats. You can't get that anywhere else.

**Q:** What do you do to decompress during your time off?

**A:** Snorkeling, and I've been playing a lot of basketball lately. I'm competitive and I love sports. I'm competitive at everything I do, even driving boats. Ask anybody in our detachment and they'll tell you. I'm very competitive at driving boats. I strive to be the best boat driver I can.

**Q:** Anything else you'd like to add?

**A:** Delta Detachment's motto is "come get some," so if anybody wants to ... no, I'm not even going to throw that out there!

### Command Climate Surveys

Thanks to all who participated by completing their survey forms. 66.5% of JTF GTMO personnel submitted surveys. It will take approximately 3 weeks to enter and analyze all data and comments.