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the Wire

" HONOR BOUND TO DEFEND FREEDOM "

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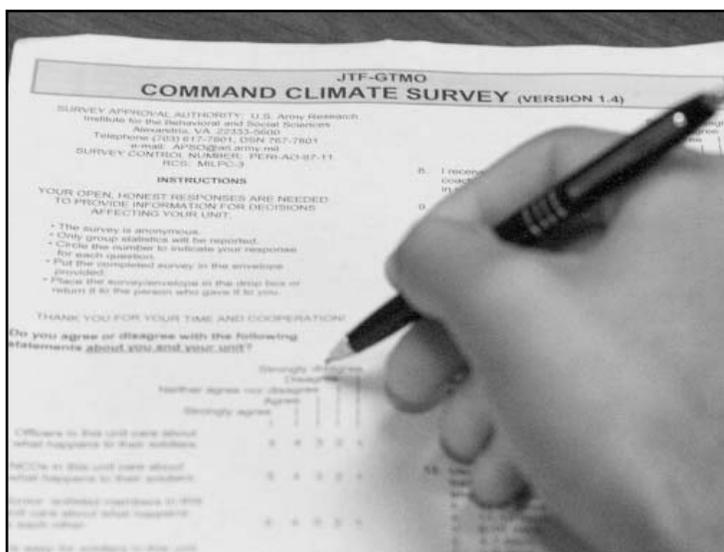
Friday, March 28, 2003

Results are in: Quality of life, teamwork top list

**Story & Photos
by Sgt. Erin Viola**

In January, nearly 1,300 Joint Task Force Guantanamo troopers told their leaders in a survey what the command has gotten right and where it needs to continue improving. Now the results are in and leaders are studying the responses to find new ways to make the mission here more effective and the quality of life a little better all the time.

"The Command Climate Survey is a tool for reviewing leadership, cohesion and morale, which directly impacts a unit's effectiveness," said JTF Guantanamo Inspector General Navy Cmdr. Greg Thompson. "The feedback from the survey is considered by the command when developing action plans for future initiatives and improvements in JTF Guantanamo operations," said Thompson.



The Joint Task Force Guantanamo Command Climate Survey was conducted in January 2003 with participation by nearly 1,300 JTF troopers.

Thompson oversaw the administration and analysis of the survey, and was impressed with the sampling. "We about doubled what our response rate had been in July 2002, during Joint Task Force 160 and 170," he said.

Thompson noted that quality of life,

housing, teamwork, and food all got high marks from troopers taking the survey, while most concerns revolved around getting timely information, training management and transportation around base.

Quality of life success stories abound since JTF 160 was established January 6, 2002, and the survey results reflect an appreciation by troopers for the ever evolving improvements. Many troopers' baseline impression of housing is what they moved into early on and never had the experience of living in tents and taking field showers.

For example, survey results indicate that troopers are satisfied with the housing. Sgt. Patrick Wakeman with Bravo Company, 2-116th Infantry Regiment said he

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From the Top



MG Geoffrey D. Miller
Joint Task Force Commander
JTF Guantanamo

The greatest compliment leaders pay their Troopers is to listen. There is plenty being said by the troopers of JTF Guantanamo.

Unfortunately, leaders can't always hear

what is being said because those conversations often occur with friends while at lunch or with colleagues during the workday. Many of those great ideas and valid concerns are too often lost because the people who can help make changes never hear them.

The senior leadership of the JTF - BG Payne, CSM Nieves, and myself - spend time looking at the JTF through the eyes of a different trooper every day, listening to their conversations that take place in

their daily activities. Over time, we understand what it is like to be a guard in the detention blocks, a Coast Guardsman patrolling the waters late at night, interrogators, linguists, and analysts in the interrogation booths; cooks in our dining facility, and an infantryman providing security 24 hours each day. We work to become a part of every unit and hear the ideas of 2,000 troopers performing hun-

“Ultimately, this all comes back around to what leaders must do above all else for their troopers - listen, decide, and inform the chain of command and Troopers so we can all be responsible for making change happen.”

dreds of different jobs.

Like all leaders, I ask questions and let each of you speak freely on what you think it takes to make us better. That is why we recently conducted a Command Climate Survey. We have reviewed nearly 1,300 responses received from throughout the JTF - you have told us

what is you think is going right and the areas that need improvement. The results are in: It came as no surprise that our troopers believe in the teamwork we have forged here and recognize the genuine concern we all show for one another, at every level. And most recognize that the food, housing and quality of life are good. But we also have some challenges. We have to get better at planning our troopers' time and training, and then clearly communicate what is expected of them.

Ultimately, this all comes back around to what leaders must do above all else for their troopers - listen, decide, and inform the chain of command and Troopers so we can all be responsible for making change happen.

Our Troopers have spoken to us, the leadership is listening, and now it is time to find ways to get better. As we take the next steps forward we all must commit to making our JTF better every day. You have my commitment to make these changes happen - fight's on.

HONOR BOUND!

From the Field

Why do we need training weeks when we practice our job every day?

“From the Field” is a weekly feature addressing questions from service members on policy, procedures and other topics of interest to Joint Task Force Guantanamo. If you have a question for “From the Field,” submit it to pao@jftgmo.southcom.mil or call The Wire at 5239.)

The training week is designed to allow troopers to sustain critical war fighting and JTF specific skills. The unit and troopers get a couple days off to unwind and "refit to fight," then do some

quality training to enhance the unit's readiness for both the current JTF mission and their normal wartime mission. Some skills that troopers need for the current mission require refresher training in order for soldiers to maintain their edge, and with the current world situation, there is the possibility that some units may be needed in another part of the world for their normal wartime mission. (Answer provided by Joint Task Force Guantanamo J3)

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Troopers find planning, variety, key to effective training

**Story & photo by
Spc. George L. Allen**

Effective communication - transmitting information so that it's clearly understood - is an important skill that is required for passing information down to the lowest level. Leaders who are directly involved in developing training plans and schedules, as well as executing and supervising training, play a key role in making sure that service members fully understand how to conduct their various mission essential tasks and why they are important. Improving these skills will maximize a unit's ability to perform.

Capt. Joseph DiNonno, commander of A Company, 2-116th Infantry Regiment, relies on the creativity of his noncommissioned officers who conduct the training in his unit to make it interesting. "It's their training, they take ownership of it," said DiNonno. Good communication and thorough planning determines how effective the training is going to be.

Training meetings are the tool that keeps training focused on specific unit strengths, weaknesses, and wartime mission, which is important to having a trained and ready Army. They are also a major means of communication, up and down the chain of command.

DiNonno follows the guidelines set forth in Training Circular 25-30. "There are certain steps that we follow ... there are no surprises, we don't just sit around and jaw jack, it's very structured," said DiNonno.

DiNonno's platoons conduct their own training meetings that are focused on reviewing tasks that have already been trained and identifying areas that need additional training or more practice. Leaders, in turn, bring to the company training

meetings their particular training requirements and discuss how they can accomplish meeting those needs. DiNonno said that his platoon leaders take pride in making their own training assessments and planning and coordinating their own training.

Within JTF Guantanamo, training

it's nice to have a week when you're doing company level stuff."

Changing the mission focus to training one week each month keeps soldiers from getting complacent in their jobs. It also breaks up the monotony, relieves stress, and refreshes skills that are needed to stay sharp. Training also keeps units ready for what may lie ahead after Guantanamo.

According to Staff Sgt. Jamie Perry, platoon sergeant for 1st Platoon, 984th MP Company, time management is essential to accomplishing the mission. "Even though we have to work in Camp Delta, there are other tasks that need to get done, and it's real important that the squad leaders use appropriate time management to make sure these tasks get done. If not, things will fall by the wayside," Perry said. Perry accomplishes his missions by delegating tasks to his squad leaders and distributing the work. The bottom line is that it takes teamwork. One person cannot be responsible for doing all the work.

To keep communication within his platoon fast and reliable, Perry always keeps in close contact with the operations section of his company as well as the first sergeant, at least three or four times a day. "If I'm not working in the camp, I'm in here (the 984th Command Post) picking brains, trying to think outside of the box," said Perry. "As soon as I get information, I'm pulling them (squad leaders) aside, saying 'this is what we've got ... what's going on.' Communication, of course, goes both ways. They keep me informed on issues, so everyone knows what's going on. It's all about keeping soldiers informed."

In order for small units like fire teams, squads and platoons to work effectively, training is the key. Effective top-down communication is vital for the dissemination of clear and concise information.



From left to right, clockwise: Amn. Shawn Gibson, Amn. 1st Class David Gantt, Spc. Aaron Gajowiaic (all 96th Transportation Company), and Spc. Jason Odom, Sgt. 1st Class Ben Stewart, and Spc. James Morgan, receive a briefing from Staff Sgt. Kenneth Brewington (all 132nd MP Co.) at the sand table, before conducting convoy security training. Drivers from 96th Trans. Co. carried 'captured chemical weapons' in the training scenario, which the 132nd guarded in transit from Camp America to an area near McCalla Hangar, where the 'chemicals' would be 'analyzed.'

serves two purposes: unit readiness, and a break from working in Camp Delta; hence, the three-and-one training cycle. "After the first few training weeks, I realized it was good as a stress-free environment, as

"If I'm not working in the camp, I'm in here (the 984th Command Post) picking brains, trying to think outside of the box," said Perry.

far as being away from the detainees, and a chance to be around your soldiers for a while, and a break from what you have to deal with in the wire," said Pfc. Kenneth Gray, an MP with the 132nd Military Police Company. "Especially when you have to work the wire three weeks straight,

SURVEY, from page 1.

took part in the survey not because he appreciates what we have here, but because it also gave him an opportunity to express some of his concerns directly to the command. "Some people here don't realize how good we have it. We could be in a trench, in a bunker, in a tent, where we don't have access to a microwave or laptop. It is partly up to us to make this place livable, and we have," said Wakeman.

Significant housing improvements started in April 2002 when troopers were moved from living in tents in Freedom Heights; located just outside the Camp X-Ray detention facility, and then to quarters at Camp Bulkeley. Troops then moved into wooden SEAHuts in Camp America, and later, metal structure barracks in Camp America North; all of which were equipped with air-conditioning.

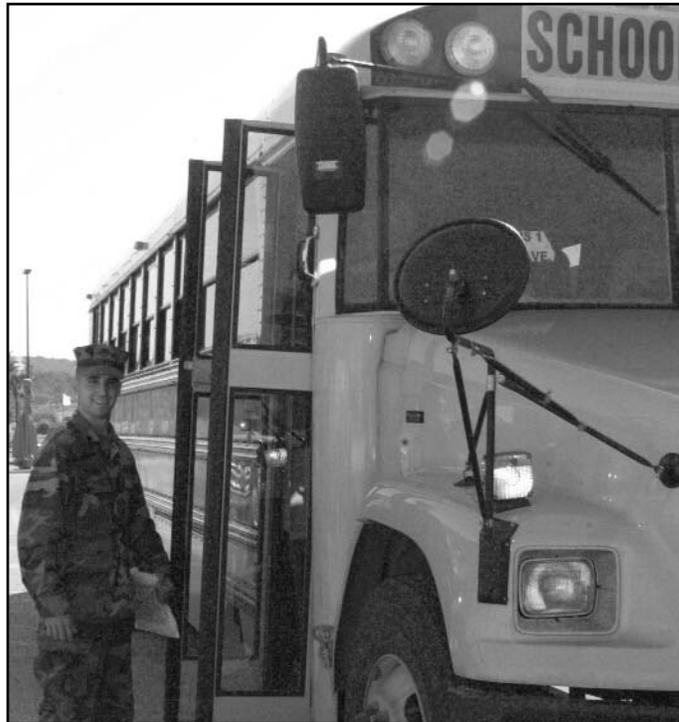
The "field-like" living conditions at Freedom Heights housed Marines, infantry, military police and other service members. The troops used makeshift showers with no hot water. Porta-potties served as latrine facilities.

When troops moved into the wooden SEAHuts of Camp Bulkeley and Camp America, hot showers, laundry machines and workout facilities became part of the living community landscape. Soon more living quarters upgrades were added in the form of panel buildings that were constructed at Camp America North, just across from Camp America. Later, Kvaerner renovated the family housing facilities of Tierra Kay and many troops moved into that area, thereby freeing up some SEAHuts at Camp America for storage and other operations.

Housing improvements continue to progress. Many troopers are living in Tierra Kay where living quarters include full kitchens with microwaves, stoves, refrigerator and plenty of counter space. In addition each unit has a washer and dryer and two-three bathrooms, depending on how many bedrooms are in the unit. Troopers expressed in the survey that they

appreciate these additions.

More renovations are taking place at Tierra Kay in order to accommodate some military police companies that will be moving from Camp America North into Tierra Kay. According to Air Force Capt.



Marine Sgt. Ryan Gorecki hops the Sherman Avenue bus. He said that he uses the transportation system at Guantanamo Bay, often.

Brian Dewey of J4 Housing, "Renovations are being made on TK units 101 to 128. The contractor is expected to complete these renovations by March 31st. The MPs will be the first to move in and whatever spare beds are left over, we will fill those slots with troopers from Windward Loop."

"We could be in a trench, in a bunker, in a tent, where we don't have access to a microwave or laptop. It is partly up to us to make this place livable, and we have," said Sgt. Patrick Wakeman with Bravo Company, 2-116th Infantry Regiment.

Although housing continues to improve, troopers addressed concerns in the survey about space allocation based on rank with respect to the planned future moves from Camp America and Windward Loop. Dewey said, "The housing policy here is O-4s and above will rate their own rooms and all E-9s will rate their own rooms. Additionally, unit integrity is

something we strive for." Every effort is made to assign rooms so that individuals of similar grade/rank are billeted together.

Maj. Rod Faulk, deputy inspector general for JTF Guantanamo was responsible for the analysis of the survey. In his comments and summary of the survey he stated, "Food service has been excellent as troopers noted in comments on the survey. Positive comments outweighed negative comments by a three to one margin. In the words of one trooper, "The chow has been outstanding."

Faulk also concluded from the results, "Over 80 percent of the troopers said they felt a strong sense of camaraderie with their fellow members of JTF Guantanamo. The same troopers were also generally very positive about the degree of teamwork demonstrated by their peers, as well as the opportunity to work with members of the other services, both active and reserve components. In addition, 77 percent of the troopers felt that their immediate supervisor set the right example."

Transportation was also a concern addressed by troopers who completed the survey. This is an area in which JTF Guantanamo is constantly working to upgrade. Feelings and perceptions about the transportation system received equally mixed results on the survey. Some said they were satisfied with the transportation system.

Sgt. Alex Johnson of the 785th Military Police Battalion was willing to share his opinion on the matter, "In comparison to when we first got here, transportation has greatly improved. It is not like you have your own car, but I take the bus a lot and I have not had any problems with it."

Some say perception is reality. It depends on how you look at things. The bottom line is that troopers of JTF Guantanamo are being heard and the Command Climate Survey is just one of the ways in which the JTF command can listen. According to Thompson, "MG Miller has made it very clear that there are some things we can't change, but those that we can change, we will continue to work on."

Worship Services

Catholic

Main Chapel

Daily	6:30 a.m.	Mass Cobre Chapel
Wed.	5 p.m.	R.C.I.A. Cobre Chapel
Fri.	5 p.m.	Rosary
Sat.	4:30 p.m.	Confession
	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

Mon	7 p.m.	Prayer Group*
Wed.	7 p.m.	Men's Bible Study*
	7 p.m.	Spanish Home Group 390 Evan's Point
Thurs.	6:30 p.m.	Home Group Nob Hill 5B
Sun.	9:30 a.m.	Sunday School*
	11 a.m.	Service*
	5 p.m.	Bible Study*
	6:30 p.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
	7 p.m.	Service Wooden Chapel

Church of Jesus Christ of Latter

Day Saints

Sun.	9 a.m.	Sanctuary A
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Islamic

Fri.	1 p.m.	Classroom 12 ChapelComplex
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Jewish

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

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

The bus will return immediately following worship.

Chaplain's Corner

**By CH (LTC) Raymond Bucon
Joint Task Force Guantanamo
Deputy Command Chaplain**

Communicating clearly is vital to every relationship, human and Divine. Our prayer to God articulates our desire for an ongoing connection with our Creator. Chaplains are in the most privileged of positions as they seek to open themselves and others to the Divine.

Of the many tasks associated with being a chaplain, preaching, counseling, visiting the sick, teaching, hearing confessions, listening and advising, seeking God's truth is the overall vision for ministry. Then this truth can be shared with

others in a variety of ways.

Some chaplains develop expert listening skills so they are able to lead the members of their flock to God's truth. Other chaplains employ study, humor, psychology, and organization and group dynamics. Some chaplains preach well, others write well, still others are prophetic and are able to challenge the way things are in attempts to make them better. Being present to people, with truth in one's heart, is key to ministry as a chaplain.

Living in and communicating God's truth succinctly describes my vision being a chaplain to military members and their families.



Photo by Spc. Delaney T. Jackson

Commander, Joint Task Force Guantanamo, MG Geoffrey D. Miller presents the Commander, Naval Base Guantanamo Bay, Cuba, and JTF Deputy Commander for Support, Capt. Robert A. Buehn with the Defense Meritorious Service Medal.

Welcome to Seaside Galley ... table for two?

Story by Spc. Lisa L. Gordon
Photos by Sgt. Dan Johnson

Appetizing food, a considerable selection of choices on the menu, a comfortable and relaxing atmosphere ... does this sound kind of like your favorite restaurant back home?

You'll never eat like this back home. It's the new and improved Seaside Galley at Camp America. In just the past few months, there have been many improvements in the quality of life for Guantanamo Bay's Joint Task Force troops and the Seaside Galley is an excellent example of how things have gotten better.

Before the existence of the current two-tent Seaside Galley, troops were being fed from a one-tent structure that had no air-conditioning. Chief Warrant Officer, James Kluck, J4 food service officer said that the galley at Camp America has come a long way in a relatively short amount of time.

"Seaside Galley was just constructed in



Between daily missions and frequent training, Spc. Carlos Diaz of the 240th Military Police Company is a very busy soldier, but improvements at Camp America's Seaside Galley make it easier for all soldiers to enjoy a few nice meals every day.

early fall ... The original plan was to have everything done in one tent, but long lines were forming outside ... The current JTF decided that it was unsatisfactory, so they contracted to build a second structure," explained Kluck.

The addition of another tent to the gal-

ley makes getting a meal faster and easier for service members. Those eating at Camp America no longer have to wait in the blistering sun to step into a warm and crowded dining facility. Instead troopers can now walk right into the galley, get their meal in a short amount of time, and take a seat. As good as additional space and air-conditioning may seem to hard working troopers, the improvements at Seaside Galley are a continual work in progress.

In the coming weeks, the JTF will see many changes including the addition of a sandwich bar, a speed line, a cereal display, and artwork added to the galley walls. "Our plan, which was put into motion in the first week of January ... was to convert the original tent where the food is being served now into a food only tent, sort of like a food court type operation," Kluck said. Food stations such as the main line, the speed line, the sandwich bar, and the salad bar will be located in different areas of the food tent, making lines and crowding less likely.

"Everything is going to be spread out so when folks come in they can go in three or four different directions and there won't be bottlenecks," said Kluck. "The dining tent on the ocean side is going to get improvements to include another beverage station, so troops can get an initial beverage in the food court tent or pick it up on the other side and get a refill over there without having to go back across. The dessert carousel is going to be moved to the eating tent and the toaster is going to be moved as well ... we're adding a bread dispenser and the ice cream machine will be moved."

Physical fitness is crucial to maintaining battle readiness. Service members must ensure that they maintain not only their weight, but their health also. Poor meal choices can affect cholesterol, blood pressure, and contribute in general to sluggishness and overall lack of energy. The additions and rearrangements at Seaside Galley will give troopers more menu choices and healthier meal alternatives. By moving the salad bar and sandwich bar to the forefront of the galley, troopers are less likely to succumb to the short lived pleasure of a daily cheeseburger.

Kluck said that concerns for the health of Guantanamo Bay's troopers is at the forefront of the changes being made to

Seaside Galley. He said, "We're also going to be kicking off the JTF's nutrition program ... There will be additional signage at the entrance identifying different calorie level menus that troops can use to manage their own health ... There will be six different diet plans depending on your age, your level of activity, and your gender ... This whole program will be miniatur-



Spc. Heather Steckel makes herself a healthy lunch from the salad bar at the Seaside Galley in Camp America.

ized into booklet form, so there will be handouts if the troops want to take them with them ... All of this has been developed in cooperation with the JTF dietician, Navy Lt. Donna Sporrer."

JTF troops have certainly noticed the difference in the galley over the past few months. Staff Sgt. Lemon Crews, of the 2-116th Infantry Regiment said, "They've made it so you can get through the line quicker and they have a wide variety of foods; main course meals to side dishes, cheeseburgers, hot dogs, and a variety of drinks ... It's really great." In addition, the contracted employees treat the troopers well. "They're very courteous, they treat you well, and I give them a big salute for that," Crews said.

While it may not be your favorite restaurant from back home, the Seaside Galley is already leaps and bounds above traditional Army chow halls, and with more and more improvements in the works, it's only going to get better from here.

Looking forward to fishing in Alaska

Story by Spc. Alan L. Knesek

He has served in the military for 25 years, including 16 overseas assignments. His wife of 20 years, and two children supported him during missions in Belgium, Germany, South Korea, and now Cuba. He's a member of the Joint Interrogation Group and he'll be referred to as "M" to protect his identity.

"M" is proud to be a part of Joint Task Force Guantanamo because he believes the mission is extremely important to national security. For "M," his assignment to JTF-Guantanamo is personal. He was at the Pentagon during the Sept. 11 terrorist attacks.

"Well, I think it's important from the aspect that we make sure that what happened on 9-11 never ever happens again," said "M."

Through the years his experience with joint operations has grown, and he realizes

every mission is different, especially this one.

"There is no other mission like this in history. This is by far a very complex and very challenging mission, but from an intelligence standpoint, it probably has one of the highest profiles," "M" said.

Throughout his military career he has

"There is no other mission like this in history. This is by far ... a very complex and very challenging mission ..."

learned to deal with the hand he is dealt and make the best out of any situation.

When "M" is away from home, he's always been able to partake in his favorite pastime – fishing. Fishing is "M's" way of relaxing and getting away from his work for a few hours and enjoying the anticipa-

tion of reeling in "the big one" whether he's in New Jersey, Alaska, or Guantanamo Bay, Cuba. It's a sport he's been doing since he was a young boy.

"M's" love of fishing stems from working as a teenager in the commercial fishing industry in New Jersey where he worked on charter boats.

"It's a little bit different kind of fishing (in the open sea). You're not just going out into the bay, you're going out into the open sea 20 to 25 miles," "M" said.

Before the deployment "M" planned a fishing trip to Alaska with his son. "M" has fished in Alaska before, but this would be the first time his son would join him up there. Unfortunately, the trip had to be postponed until after "M" returned home.

"M's" mission here keeps him fairly busy, but when time allows, he's back on Guantanamo Bay catching fish, daydreaming of home and the fishing trip he will be taking with his son in Alaska.

Making things happen with MWR

Story by Spc. Alan L. Knesek

In order to make the process of hearing everyone's concerns and comments simple, Joint Task Force Guantanamo Morale Welfare and Recreation has established a bi-monthly meeting where a representative, appointed by his own unit, acts as the voice of his peers.

The unit MWR representatives, who attend the meetings, discuss their concerns with Army Staff Sgt. Modesto Martinez, JTF Guantanamo MWR noncommissioned officer.

"Two-way communication is very important. They (the representatives) should let me know anything that needs to change, anything that is a morale problem," Martinez said.

These meetings allow the concerns of the troops to be heard without everyone with a concern calling JTF Guantanamo MWR. JTF Guantanamo MWR is aware that there are concerns out there and this system makes it easier for them to isolate the problem and correct it as soon as possible.

"This is something that we are really concerned about. There are a lot of complaints about little things that we can take care of right away, but we need representatives from each unit to attend these meetings so we can address these issues," said Army Capt. Juan Gonzalez, JTF Guantanamo MWR officer.

It is each representative's job to attend the meetings and bring any suggestions or questions the service members have to the table. The JTF Guantanamo MWR meetings are designed to

improve the quality of life for the service members of JTF Guantanamo and make sure that any issues that concern the service members get brought up at these meetings so that things can be discussed and worked out.

"We just need one rep from each unit to attend each meeting. It doesn't even have to be the same person for each meeting, just someone from that unit. This person can collect information/concerns from the unit members about what is broken, what is not functioning what are their computer needs, things like that," Gonzalez said.

JTF Guantanamo MWR hopes more unit representatives will start coming to these meetings. With a current 50 percent attendance record of those designated as JTF Guantanamo MWR representatives, more participation is encouraged.

"I'm pretty sure that many of those who did not show up have unresolved issues that we could help them with. We can take issues and concerns to the JTF Guantanamo chief of staff. We'd be willing to do that for them, but they have to come to the meetings," Gonzalez said.

The meetings are held every first and third Wednesday of the month with the MWR representatives of each unit, at 2 p.m. in bldg 2300 in Camp America. There should be a representative from each unit, chosen by the unit commander that attends these meetings. If a unit does not have a representative, the chain of command will be notified and a representative will be chosen.

JTF Health Source



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

Activity Guide Pyramid

Everyone's heard of the Food Guide Pyramid but have you heard of the Activity Guide Pyramid (AGP)? Everyday activities include anything that adds extra steps

to your day (taking the stairs instead of the elevator, parking far and walking to the store or if you're in Guantanamo Bay Naval Station, walking everywhere) that can help to burn more calories. Not as frequently but equally important are the "Aerobic" and "Recreational" categories just above it. Three to five times a week (in addition to the everyday activities) you should engage in activities that raise your heart rate for approximately 30 minutes. Aerobic activities include jogging, bicycling, and swimming while recreational activities include basketball, hiking, racquetball and tennis. Two to three times a week you should engage in flexibility and strength training to help build muscle mass (which burns more calories) and to keep you limber.

The top of the Activity Guide Pyramid - inactivity - is frequently abused like the fat group on the Food Guide Pyramid. We tend to sit around for long periods of time

watching television, playing video or computer games or just sitting. It's okay to rest but make sure it's planned. "Energy begets energy" - in other words, you won't feel energetic until you put forth some energy.

Try to incorporate activities you enjoy or learn a new sport. Consistency in exercise is the key to success whether your goal is maintaining what you have (use it or lose it), promoting weight loss (to burn more calories and minimize muscle loss) or to stay fit (your heart is a muscle and is kept strong with aerobic activity). People who lose weight and keep it off are the ones who maintain a regular activity program. Whatever you do, move and have fun.

Charlie Papa!

"Energy begets energy - in other words, you won't feel energetic until you put forth some energy."

Man on the Street

Compiled by Army Spc. Delaney Jackson

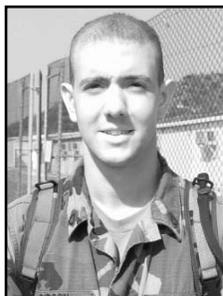
This week's question:

What do you think is the most important ingredient for teamwork?



Spc. Justin Nelson
J-4

"Flexibility, being able to adapt. Things don't always go as planned. As a team you have to be able to adapt to any problems that may come up in your mission"



Army Pfc. Russell Gibson,
A Co., 2-116th Inf. Regt.

"A clearly defined goal toward which to work."



Spc. Mark Grindall, 96th
Trans. Co.

"Friendship, loyalty, trust and the ability to get along."



Spc. Nina Paquette, 300th
MP Bde.

"A good, strong leader, a mentor who is willing to roll up his sleeves and help too. Not just someone who sits back and takes credit for all the work."



Coast Guard Petty Officer
2nd Class Gloria O'Laker,
MSST 91102

"The most important ingredient is coming together as one, no matter what it is, and sharing each other's ideas and respecting them."

The bagpiper of JTF

By Sgt. Erin Viola and Spc. George L. Allen

Night falls, all is quiet in the camp; banana rats re-assert their claim to the area; and over the soothing resonance of waves crashing on the shore, drifts the sound of ... bagpipes?

Yes, bagpipes ... played by none other than Spc. Greg Shpunder, B Company, 2-116 Inf. Regt. Shpunder decided that he liked the sound of bagpipes, and has been playing for four years. He brought his pipes to Guantanamo to play every once in a while to help relieve stress. "I usually play marches because I was in the marching band with the pipes. I went to a military school and played the bagpipes in the marching band there ... Virginia Military Institute. We had a pipe and drum corps and we'd go on trips. It was a lot of fun."

Shpunder went to VMI to challenge himself and try to become a better person. Through the experience, he built self-confidence.

"I remember where I was when I saw the twin towers fall. I was in the economics building at school. At military school of course, everybody gets pumped up and angry at something like a terrorist attack. So I'm glad that I'm here now. It's a year later now and I'm finally doing something about it," Shpunder said. "And it is a direct reflection of what happened. It is because of that happening that I'm here."

Shpunder joined the Army without any specific job. He was in an infantry unit for basic training and like choosing the bagpipes, he liked what he saw in the infantry and decided to stick with it. "It's fun, you keep in good shape. It's a challenge, and I like to stay active," Shpunder said.

The Army is paying for half of Shpunder's college. He was a senior at VMI, but here he is a machine gunner, part of the infantry security force. "We make sure that everybody is safe," Shpunder said.

After he graduates, Shpunder

wants to become a certified mechanic and own his own shop. "In order to be a certified mechanic I have to go to school for another nine months. So it will be kind of like my graduate school ... getting my PhD in auto-mechanics. I have a year of college to finish first, majoring in business and economics."

"My dad and I work on cars together," Shpunder said. He and his father own a '64 Dodge Dart, "the best motor ever made, a 225 slant-six," a '67 Bronco, a '76 T-Top Corvette and a '79 Camaro. "I also did a lot of auto mechanic stuff in high school ... auto technician competitions ... Our auto program was one of the top ten for high schools in the United States, in Hunterdon County, N. J."

Here Sphunder's been getting in better shape. He got the physical training award, "I think I set a record with pushups ... 101 in two minutes." The Army has made him "stronger physically and mentally," said Sphunder. Also, "I've made a lot of friends and I've learned how to interact with a lot of different people."

He says there's a lot of camaraderie in his unit, "The way we interact with our non-commissioned officers ... it is very open door," said Sphunder.

Sphunder is also one of the people with less hardship than others in a deployment. The 22 year old isn't married, and has no bills back home. "It's easy for us young guys who have already been in military school. It's just like a couple of more work hours ... that's all it is. And it's on a tropical island with no demerits ... You can go out after you are done, at school we couldn't leave the post, except on Friday, maybe."

Sphunder wants people back home to know that "... it's important that everybody is doing their job in the military. When I joined the National Guard, I'd hoped to get deployed. At least do something once. So its not bad that I'm out of school."

Movie Schedule

Camp Bulkeley

Fri., Mar. 28

8 p.m. *Rambo: First Blood* R - 97 min.

10 p.m. *Flashdance* R - 95 min

Sat., Mar. 29

8 p.m. *Porky's* R - 94 min.

10 p.m. *Full Metal Jacket* R - 116 min

Sun., Mar. 30

8 p.m. and 10 p.m. *Spiderman* PG13 - 121 min

Mon., Mar. 31

8 p.m. *13 Ghosts* R - 91 min

Tues., Apr. 1

8 p.m. *Memento* R - 113 min

Wed., Apr. 2

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

Thurs., Apr. 3

8 p.m. and 10 p.m. *The Last Detail* R - 103 min

Downtown Lyceum

Fri., Mar. 28

7 p.m. *Pinocchio* PG - 100 min

9 p.m. *Kangaroo Jack* PG - 89 min

Sat., Mar. 29

7 p.m. *Bringing Down the House* PG13 - 105 min

9 p.m. *Final Destination 2* R - 90 min

Sun., Mar. 30

7 p.m. *National Security* PG13 - 90 min

Mon., Mar. 31

7 p.m. *Cradle 2 The Grave* PG13 - 105 min

Tues., Apr. 1

7 p.m. *Narc* R - 106 min

Wed., Apr. 2

7 p.m. *Kangaroo Jack* PG13 - 89 min

9 p.m. *Bringing Down the House* PG13 - 105 min

Thurs., Apr. 3

7 p.m. *National Security* PG13 - 90 min

Take a trip to the beach

An on-call beach service is available to take groups to the beach on Saturdays and Sundays, from 9 a.m. to 5 p.m. Interested groups should call the transportation dispatch office at 3353 or 3136 from 9 a.m. to 5 p.m. on Saturdays and Sundays and a bus will pick them up and drop them off at the requested beach.

NATIONAL SPORTS

In the headlines.....

LeBron James, the high school phenom, led his Akron St. Vincent-St. Mary High School to another **Ohio State Basketball Championship** over Kettering Alter 40-36. James had 25 points and 11 rebounds. James also won the McDonald's All American slam dunk contest. James' final high school basketball game was last night during the 26th annual McDonald's All American High School Basketball Game, and he didn't disappoint the crowd. This year's almost certain number one **National Basketball Association** draft pick won most valuable player honors leading the East to victory 122 to 107.

The **Miami Heat's** Alonzo Mourning intends to play basketball next season, as long as his body cooperates. Alonzo missed the entire 2002-2003 NBA season with a kidney ailment called segmental glomerulosclerosis.

In **National Hockey League** news, Alexei Yashin scored four goals in the **Islanders** win over the **Blackhawks**, to help bring them closer to a second straight post season. The great Wayne Gretzky statue, that sits in front of Skyreach Center in Edmonton, has been defaced with a sign that reads "US Lackey." Gretzky has said he supports President Bush 100 percent on the war with Iraq and calls him a great leader. The sign was put up in protest of Gretzky's views.

Phillies manager Larry Bowa was ejected in the Phillies game against **Toronto** for charging the home plate umpire and yelling at Toronto pitcher Roy Halladay for hitting Jim Thome on the arm. Both benches cleared but no punches were thrown.

New York Yankees closer Mariano Rivera will start the season

on the disabled list with a pulled groin. General manager Brian Cashman said that there's no timetable on his return but groin injuries usually need about three weeks to heal. Juan Acevedo will get the majority of save opportunities until Rivera's return. The **Texas Rangers** and **Anaheim Angels** will kick off the season Sunday, March 30 at 8:05 pm.

Pedro Martinez was his usual dominant self in his final start of the pre-season. Martinez struck out nine and walked no **Cincinnati Reds** yesterday afternoon. Martinez will start opening day against **Tampa Bay** and Manager Grady Little said, "Pedro will have no pitch count." That can't be good for Tampa fans.

In golf news, Martha Burk is protesting against The **Masters Tournament** because of Augusta National Golf Club's policy that only men can join the golf club. Burk is trying to stop CBS from airing the event.

In **National Football League** news, Emmitt Smith will be donning a new uniform this coming season. After being let go by the **Cowboys**, Smith has reached an agreement, in principle, with the **Arizona Cardinals**. Arizona coach Dave McGinnis has said that, "Emmitt will start."

The annual NFL meetings concluded Wednesday with no rule changes being made. Owners were looking into changing the current overtime format so that both teams got a chance at the ball in overtime. The proposal got 17 votes, seven votes short of the 24 needed for passage. The NFL will no longer pick all-star officials for the playoffs. Under the old system individual officials were picked based on how they were graded during the regular season. Now the league will pick the best overall crews.

Sports highlights compiled from espn.com.

Sweet 16 and a Cinderella story

Compiled by Spc. Mark Leone

It's referred to as March Madness and the tourney is definitely living up to its name, and what is a Sweet 16 without a Cinderella story? Just like teams before them, 12th seeded Butler wasn't expected

to go far, but that's what being a Cinderella team is all about, proving the so-called experts wrong. The Bulldogs upset 5th seeded Mississippi State 47-46 in the first round then went on to beat 4th seeded Louisville 79-71 in the second round to reach the Sweet 16. Butler is the team that

no one wants to play, they are hungry and ready to take a bite out their next opponent. Butler fans may be telling top seeded Oklahoma, "Watch out you've got a pack of dogs coming after you."

Yatera Seca Golf Club presents Spring Thaw Tournament

Best Ball - Two Person
Sunday, April 6, 2003 at 7:30 a.m.
Entry fee - \$5 each

Prizes

Bring your own cart/clubs
Refreshments available
Sign up in Gym now and pay later
For more information call Mike at 4526
or Danny at 5692

Triathlon

March 29, 2003

5:30 a.m. at the Ferry Landing
3/4 mile swim
25 mile bike
10K run

Three person team relay and individuals

-for more info call 2193

Designers are wanted to create a coin for Joint Task Force Guantanamo

The following elements must be included in this design:
JTF Guantanamo, Honor Bound To Defend Freedom,
Guantanamo Bay, Cuba
An outline of the shape of the island of Cuba
American Flag
Tiny emblems of the Departments of the Army, Navy,
Air Force, U.S. Marine Corps, Coast Guard
A pentagonal shape
No more than two inches in size
Designs should be submitted to Army Capt. Juan J.
Gonzalez, Joint Task Force Guantanamo, Morale
Welfare and Recreation Officer. Capt. Gonzalez may
be contacted at 3045, 3640, 3670, 84201 or 84190

JTF SPORTS

'Guantanamo Taekwondo' put their skills to the test



Army Sgt. Eric Dillman

(Left to right) Army 1st Lt. Shannon T. Sic breaks the board held by Black Belt Instructors Mathew Brittle Jr. and Navy Chief Petty Officer Mathew Brittle, head instructor, with a side kick for her test to Green Belt Black Stripe.

Story and Photo By Spc. Alan L. Knesek

Boards were breaking, hearts were pounding and fists were flying through the air during Saturday's 'Guantanamo Taekwondo' group testing at the G.J. Denich Gym basketball courts.

Students of all ages demonstrated their agility and speed for an audience of peers, family members and friends.

While the students split boards, demonstrated techniques and performed pomeses (Korean word for form), their knowledge of the art of Taekwondo was put to the test.

Many of the JTF students have been training five nights a week depending on

their time schedule, and have rapidly progressed through the ranks in Taekwondo.

The test began with a workout to get the body warmed up and test the individual's physical endurance.

After this workout, the students broke down by their belt levels exhibited their blocking and kicking techniques and then presented their pomeses. Most of the pomeses are 20-count movements, incorporating blocks, punches, kicks and spins.

Everything students learn from the first day is worked into the pomeses and then put together to create a flowing movement of numerous defensive and offensive movements.

"There is a lot of physical training and mental training in the sense of pomeses.

They have to know techniques, (both) kicking and blocking that incorporates three to four different steps," said Navy Chief Mathew Brittle, Guantanamo Taekwondo head instructor.

From the intermediate level and up there is a requirement to spar (combat) between fellow students or the instructors. As the belt levels increase, students must spar more often and against more attackers. The basic sparring test is a one-minute round between two individuals. As it progresses, the student may have to face two attackers at once and then face single attackers in up to five sparring matches.

As the student's knowledge of Taekwondo grows, so does the challenge. The body and the mind are tested for endurance, speed and memory. The longer the student trains, the more he or she must know and be able to recall their skills and knowledge when it is needed.

JTF Guantanamo service members, Naval Base service members, dependents and their children were in the public eye during Saturday's event. All students who participated completed their test and were elevated to their next rank in Taekwondo. Their training continues and students prepare for the next test, combining all aspects of their instruction and utilizing them instinctively.

With every test there are greater challenges that the students must conquer moving them one step closer to the true understanding and way of Taekwondo.

Captain's Cup Basketball League Championship

Story by Spc. Delaney T. Jackson

The Captain's Cup Basketball League wrapped up its season this past week, and in the final game it was a case of 'deja vu all over again' as 'Security' and the 'BR Bulldogs' met for the second time in three days. 'Security' who had lost the first of such meetings 80-52 hoped their luck

would change in the championship game. The 'Bulldogs' had a firm grip on their undefeated season and weren't about to let it slip away in the final game. At the final buzzer of the season the 'Bulldogs' clinched the Championship title with a win over 'Security' by a score of 77-58.

The 'Bulldogs' met up with 'Security' in the finals after 'Security' pulled out a 50 -

43 win over '785th MP' securing a second place trophy. In the long road of the playoffs the '785th MP' managed to defeat both 'NavSta' (42-36) and 'Hospital' (50-39). In the end their loss to 'Security' left them with a third place standing. Congratulations to the 'BR Bulldogs,' 'Security,' the '785th MP' and all teams participating in the 2003 Captain's Cup Basketball League.

15 Minutes of Fame...

with Sgt. William Eddy
438th Military Police Company

From the courtroom to Camp Delta, he's an all around lawman

Interview and photo by Spc. Lisa L. Gordon

Eddy started his military career over 27 years ago as an active duty Judge Advocate General officer in the Marine Corps. After spending five years on active duty, Eddy joined a Marine Corps military police unit and obtained a secondary military occupational specialty as an MP. Eddy is now serving with the 438th MP Company of the Kentucky National Guard. This is his first deployment overseas.



Sgt. William Eddy stands in front of his unit sign at the command post for the 438th Military Police Company at Camp America.

Q: How long have you been an MP?

A: Six years now.

Q: I understand you were a JAG officer for the Marine Corps at one time...

A: That was my primary MOS, JAG officer, but I had a secondary MOS as a military police officer also. During active duty I was always a JAG officer.

Q: Why the switch from active duty to the Reserve?

A: The main switch was from the Marine Corps Reserve to the Army National Guard and the main goal was to accumulate enough good years for retirement.

Q: How close are you to retiring?

A: Less than a year away. My plan is to retire as soon as I can.

Q: What's your civilian occupation?

A: I work for the state of Kentucky as a public defender. I started out as a military lawyer and the reason that military law interested me was because of the heavy emphasis on criminal law. That's the part of the law that's always been of interest to

me, so that was a real good starting point to get some experience at criminal law.

Q: Did your experience in the JAG help you in the civilian sector as far as becoming a public defender?

A: It was a real good transition because in military law you get a lot of experience in court martials and doing trial work, and that carries right over to the civilian practice of law in the criminal sector.

Q: It sounds like you're very happy with your civilian job. Why did you choose to stay in the military all these years?

A: Overall, I just like being in the military. It's something I've always enjoyed. I like law enforcement in the military. It's an added chance to serve people and to accomplish some good things in that a lot of your missions are to keep the peace and serve people. I like that aspect of it.

Q: Have you been on any deployments prior to coming to Guantanamo Bay?

A: After September 11th, a lot of our unit was mobilized for airport national security duty. I did that for three months.

Q: Since this is your first overseas deployment, what do you think so far?

A: I think it's fascinating. Just the idea that we've come to Cuba, a communist country. I'm really impressed with the overall detainee operation that we're running here. I enjoy Cuba and I think it's fascinating being here.

Q: You've been here about four months now ... Have you seen any changes in the base since first stepping foot on the island?

A: The living conditions for the troops have improved tremendously, the food service, and the entertainment and recreational

opportunities. Every month there are improvements in all of those areas. I think there's also improvements in detainee operations. The more we train and the harder we work, the better we get at doing our jobs.

Q: Will the 438th be in a position to better prepare the next unit that comes in as relief?

A: I think every unit that comes in here is going to face a better situation and they'll take over and continue to improve ... When we took over, we improved what was given to us and we'll pass that on and the next unit can build on that.

Q: Is there anything else you would like to add?

A: I've been in the military now over 27 years and it's good that in my last few years before retirement that I have a chance to be deployed and use all the training I've accumulated over the years for a real world mission.