



# the Wire

“ HONOR BOUND TO DEFEND FREEDOM ”

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## Right makes might for JTF Troopers

Story & photos by  
Sgt. Benari Poulten

Any good relationship depends on trust. In the military, service members must maintain strong relationships in order to succeed. They place their trust in others, counting on them to do the right thing, even when no one is looking. Integrity, therefore, plays an essential role in Joint Task Force Guantanamo, as troopers rely on one another to watch their backs, trusting that their comrades will stay alert and do their jobs well.

JTF Guantanamo Command Sgt. Maj. George Nieves explains how the success of some units depends on



(From left to right) Army Sgt. Tracy Workman and Spc. Timothy Greene of the 2-116th Infantry maintenance section work together to repair a damaged fan on a tactical vehicle.

uncompromising integrity.

"The infantry goes on patrol in teams, in the middle of the night. You have four guys and you expect them to always do the right thing, never turn their back ... and when they get debriefed, we expect them to tell us exactly what occurred, to the best of their knowledge."

By relying on troopers' integrity, he says, everyone can easily focus on the job they need to do and accomplish their goals without having to worry

See INTEGRITY, page 4

### Inside the Wire...

R&U mission saves Cash!



Page 3

Chess & pool tournaments



Page 9

Fit to fight at JTF



Page 11

## From the Top



**BG James E. Payne**  
Deputy Commander of  
Operations  
JTF Guantanamo

"Integrity; Doing What is Right, Morally and Ethically" is one of the Army's core values. Integrity is doing what is right when nobody is looking. It's the one thing that sets the professional soldier and leader apart from everyone else, and it is the thing that makes JTF-GTMO a great organization.

Integrity is an individual trait, practiced by those who place value on their every deed. Everywhere around the JTF there are daily examples of personal integrity. It's doing things the professional, right away. I see examples of this everyday when I visit units and soldiers. Integrity shows in how we approach training - performing each task to the standard. Integrity shows in the junior NCO leadership that teaches and takes care of the troopers they lead. Integrity is evident in how each one of our service men and women face the job on a daily basis, "always doing the right thing, in a professional manner."

It doesn't matter how small or routine the task, our troopers are doing it right, whether it's guarding detainees, preparing for inter-rogation, or manning the access points at Camp Delta; the troop-

ers of the JTF approach each task in a professional manner; doing it right. Support personnel, repair and maintenance section, medical staff, and logistics and personnel sections, also display their personal integrity in the diligent manner they provide service and support to our mission within the JTF. Our infantry soldiers display personal integrity every day they walk on patrols at night, perform dismounted movements, or secure an observation post. JTF GTMO is a great organization because young leaders are committed to "doing the right thing when no one is looking..."

It's easy to do the right thing when there are a lot of people around. It's what we do when nobody can see that indicates our commitment to personal and professional integrity. The Armed Forces of the United States is the best in the world because our service members are committed to the personal value of integrity. The JTF is an outstanding organization because our troopers live and display integrity on a day to day basis.

Integrity is the one thing that can never be taken from an individual; it has to be given away. Never give yours away. The professionalism, commitment, and integrity of all our troopers is what makes the JTF a magnificent organization. Be proud of the standard you set for others. Be proud of how you are and what you do to defend our country in the global war on terrorism. Be proud of the contribution you make. We are proud to serve with such a great group of troopers who do the right thing on a daily basis.

Honor Bound!

## From the Field

### *What is the proper attire for the dining facilities and other public places like the NEX?*

According to CW4 James D. Kluck of J-4, when in uniform, personnel must present a clean, well-groomed appearance. Personnel with excessively soiled duty uniforms, be it BDU or Physical Fitness, are not permitted to enter either of the dining facilities. Civilian attire not authorized includes shower shoes (flip flops), clothing depicting obscene or offensive language or pictures and drug promotions. Shirts must cover excessive body hair on the chest, abdomen or underarms. Sleeveless tops or tops revealing the chest and abdomen areas are not authorized either. Included in unauthorized wear are swimsuits and shorts exposing the extreme upper thighs or buttocks.

Jack Crotty, the General Manger of the Exchange/Commissary, explains that while COMNAVBASE inst 5400.3 covers dress code on the base, he thinks it is better to apply a little common sense to what is/is not appropriate when shopping in the Exchange/Commissary, rather than quoting an instruction. Your attire must be clean, neat and in good taste. Because not everyone was given the same dose of common sense, Crotty and his staff are available to assist. A few of the obvious items of apparel not to wear while shopping are swimsuits, exercise attire (after exercising) or extremely tight or revealing clothing. Bare feet, in-line skates are never allowed.

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# R & U mission translates into \$avings for JTF

**Story by  
Sgt. Bob Mitchell**

Former British Prime Minister Sir Winston Churchill once said, in reference to Royal Air Force pilots who won the Battle of Britain over the vaunted German Luftwaffe, "Never in the field of human conflict was so much owed by so many to so few." On a smaller scale, a similar statement can be made about the Repair and Utility section of the 785th Military Police Battalion at Camp America.

This group of seven soldiers has a mission that keeps them about as busy as a colony of ants. Sgt. 1st Class Daniel Ferdinande, a construction supervisor and noncommissioned officer-in-charge of the R and U section, noted that versatility and a "can do" attitude have combined to keep their services in demand.

"We maintain as high a percentage of operational capacity as possible within Camp America. We perform small building projects, minor construction, repairs on the cell blocks and many other tasks," he said. "We also coordinate with the contractors to come in and do some of the repairs which we don't have the resources to accomplish.

"Every morning we collect our work orders that were submitted from the previous shift, and then we'll go out that very day and address the issue. If it's something we can fix on the spot, we'll go ahead and take care of it that day. If it's something that requires some parts, we may have to schedule it later in the week."

Ferdinande has a great deal of confidence in his unit's overall ability to make short order of most of its tasks. "For the most part, when a work order is



Spc. George Allen

Spc. David Johnson holds a two-by-four while Spc. Billy Gibbs saws a piece for a brace in the roof of a Seahut.

submitted, unless it's for soccer balls, we can get to it that day."

The R and U section is made up of carpenters, electricians and plumbers whose civilian backgrounds are slightly different than their military occupa-

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***"We work in rain, crawl in mud and bake in the sun to ensure that the camp, or other areas around the camp, are in the best possible condition."***

***Sgt. 1st Class Daniel Ferdinande***

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tional specialties. Included in this diverse group are a skilled trade worker, an autoworker, a networking and computer line estimator, a beverage salesman, and a student.

A plumber in the unit transferred from the nuclear, biological and chemical field, which impressed Ferdinande. "He's working out really well as a plumber," he said. "We're really happy with the type of work he's doing within the camp."

Overall, Ferdinande is quite proud of his troops' commitment to taking care of business

in a professional manner. "They're extremely dedicated to accomplishing the mission," he said. "They don't let anything get in the way of getting the job done. We work in rain, crawl in mud and bake in the

sun to ensure that the camp, or other areas around the camp, are in the best possible condition."

Teamwork and cohesiveness are two of the main factors that have contributed to the near-legendary effectiveness that the R and U section has displayed. "We've been together for about two years in the same reserve unit," said Ferdinande. "We've taken that opportunity to put everybody together and work as a well-oiled machine. Everybody lives together, they work together, and in their off-duty

hours they spend time together as well."

While the "magnificent seven's" work record is outstanding, their efforts have added up to a small fortune in savings. Ferdinande maintains that the estimated savings for each individual work order is about \$200 or \$300, which adds up quickly given the section's workload. "We're averaging about 400 work orders per month at an estimated savings on work order costs alone of about \$50,000 to \$60,000 per month," he said. "The larger scale savings is estimated to be about \$400,000 per month."

Ferdinande stated that the six-figure savings is being put right back into making things better for the soldiers on the ground at Camp America. The R and U section may not be fighting the Battle of Britain, but they are making a major contribution to the Battle of the Budget.

**INTEGRITY from page 1.**

about what someone else is doing.

Spc. Timothy Greene, a National Guard soldier who volunteered to serve in the JTF, has made this concept an integral part of his day-to-day life and feels great about what he does here. Along with Sgt. Tracy Workman, Greene operates as one-half of the two-man maintenance section for the 2-116th Infantry. The pair works hard patching up, fixing, and maintaining 20 tactical vehicles. They have often been woken up in the middle of the night in order to perform a quick fix and they do what needs to be done. Their fast turn-around and high morale make them a valuable asset to their unit and to the JTF.

Time and again, the two have demonstrated an unflinching commitment to doing what's right, but Greene downplays his consistent display of integrity, saying he's only doing his job. His advice to other troopers: "Just do your job, do the best you can. Do what you're told, when you're told. This is a mission ... you just drive on."

Greene feels that integrity is the single most important value for a service member. "You work with people on a daily basis, fighting side by side. And, out in the field, if you don't have integrity, someone could die."

Greene's partner sees his own integrity as being an essential ingredient in setting a strong example for younger troops. "If you don't have integrity, what have you got? Nothing," Workman asserts. As a non-commissioned officer, Workman believes that he has a responsibility to prepare future leaders, such as Greene, and to lead by his own example. "I have to teach (Spc. Greene) what I know, make him as good as me, if not better ... because one day, he's going to be taking my place."

Tech. Sgt. Denise Boudreault has spent 13 years in the Air Force and she deals with issues regarding troopers' integrity every day. Working as the noncommis-

sioned officer-in-charge of the Staff Judge Advocate's Office, Boudreault considers integrity essential to being a model service member, and she sees plenty of examples of both integrity and lapses in integrity.

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***"You work with people on a daily basis, fighting side by side. And, out in the field, if you don't have integrity, someone could die."***

*Spc. Timothy Greene*

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"Doing what's right when nobody else is looking, doesn't necessarily mean 'well, I'm not going to get caught so I can do whatever I want,'" she says. "But integrity



*Tech Sgt. Denise Boudreault hard at work in the Staff Judge Advocate's Office at Camp America.*

- you have to have it within yourself, and you have to know, it doesn't matter if I get caught or not. I know what the rules are,

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***"If something happened, you need to stand up, say 'I've made a mistake,' learn from it, and press on."***

*Sgt. Denise Boudreault*

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and I need to follow them, and I need to make sure that everything I do is unquestionable."

Nieves agrees, emphasizing the importance of each trooper's actions. "Some-

one's integrity should never be questioned," Nieves says. "If we have troopers who can rely on their leaders, on their buddies ... it helps morale. It helps retention. Troops feel like, 'Hey, I'm going to stick with this group because I can count on them to be truthful, day in and day out.'"

Boudreault points out that doing something wrong or making a mistake does not necessarily mean that a trooper lacks integrity. Troopers can always admit their mistakes, learn from them, and improve themselves, as long as they have the integrity to own up to their actions.

"Never compromise your integrity," she notes. "If something happened, you need to stand up, say 'I've made a mistake,' learn from it, and press on." Reacting to mistakes and making adjustments demonstrates a high degree of uncompromising integrity, as long as service members take responsibility for their actions and learn from their mistakes.

Nieves stresses the positive effects integrity has on the entire command, noting that JTF members have an easier time accomplishing their mission when they can rely on one another. "Integrity impacts everything we do. If you know you're among a group as large as the JTF ... that has uncompromising integrity, you feel better about what you're doing."

The success of the JTF's important mission here depends on troopers' integrity, as they depend on one another to do what's right at all times, regardless of the challenges they face. By counting on the integrity of their fellow service members, they can focus their attention on the critical task at hand, serving their nation in the ongoing Global War on Terrorism (GWOT). As Nieves concludes, "We're here for one purpose: to serve. Not only do we serve our nation, but we're serving each other. When integrity is not in question ... you know that you can rely on those you serve with."

# For Chaplain's Assistant, all is fair in love and war

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

When Sgt. William Henderson, a Chaplain's Assistant with Headquarters and Headquarters Company, 2-116th Infantry, came on this deployment, he never realized the reasons would be twofold - love and war.

Henderson said if it wasn't for the war, he wouldn't have been deployed and he wouldn't have had the opportunity to get to know his fiancée Angie. "Everything happens for a reason," Henderson said.

Henderson and Angie met briefly at a church function several months before he deployed. Before he left for his mobilization site, Henderson made sure all his friends had his contact information.

Several weeks passed and Henderson started receiving packages from Angie. From there, they started to e-mail each other and one thing led to another. By the time Henderson went home on leave in March, they both knew it was serious.

Last Sunday, Henderson asked Angie to be his wife. This was done with a lot of



*Sgt. William Henderson, a Chaplain's Assistant with Headquarters and Headquarters Company, 2-116th Infantry, prepares for an upcoming service.*

planning, with the assistance of his future in-laws and modern technology. Hender-

son purchased a ring online and mailed it to Angie's mother. Then via webcam he asked Angie to marry him and Angie's mother was there to give her the ring. Angie said yes.

"One of my personal goals is to develop myself individually in preparation for our marriage. A lot of it is very introspective in nature. We're going to get married the next time I go home on leave, as a matter of fact, in July," Henderson said.

The future looks bright for Henderson. He said eventually he would like to be a Chaplain. "Being a Chaplain's Assistant has helped in teaching me lessons that are preparing me for future plans as a Chaplain, and I'm thankful for them. But this deployment has really given me the opportunity to re-focus and set my sights on the ultimate goal of becoming a Chaplain," Henderson said.

Henderson plans to go back to University of Lynchburg in Virginia to continue his graduate seminary studies and eventually become a chaplain through a direct commission from his command.

## JTF Health Source

### The heart of stress reactions

**Submitted by Army Staff Sgt. Latashia Kuhl  
85th Medical Det. Combat Stress Control Team**

Confused about the terms used to describe stress, the causes of stress, and how stress affects the body? Stress can be defined as an automatic reaction to a demand, event, or threatening situation. It is the reaction or behavior that significantly influences the level of stress experienced by the affected individual. Stressors cause stress, while stress is the reaction or response to the stressor. Family conflicts or financial problems are issues that cause stress. The level of stress one endures is determined by the manner in which one copes with changes or compensates for unpleasant demands. The impact of long-term stress on the heart can be devastating.

The cardiovascular system carries blood and oxygen via blood cells to vital organs. When a stressful event occurs, the autonomic nervous system is startled, causing adrenaline to be released throughout the body. This chemical reaction produces increased levels of sugar in the blood, hyperventilation, increased heart rate, and elevated blood pressure. During this process the cardiovascular system remains at a constant level of alertness, profusely supplying nourishment to overwhelmed organs. As a result, fatty acids can begin to line arterial walls, suffocating the heart and,

over time, possibly resulting in a cardiac arrest.

Prolonged stress can be destructive to one's health when coupled with ineffective coping skills, thus increasing the incidence of cardiovascular disease, stroke, and infections.

To reduce distress, learn to recognize symptoms associated with stress and how to effectively manage stress. Common signs of stress are fatigue, excessive worrying, depression, anxiety, denial, difficulty making decisions, sleep disturbance, and changes in appetite. To manage stress, accept what cannot be changed and exercise control over what can be changed. Maintaining a daily journal of thoughts and feelings that cause distress, sadness, or anger is one common management tool. The journal helps emphasize behavior or attitude patterns promoting positive and negative thoughts. Prioritize and determine tasks that can be completed now or later. Exercise to balance your energy level with physical demands. Allow for time to relax, and eat healthy meals. Practice healthy sleep discipline, allowing for at least six - eight hours of sleep every night. Develop a strong support system that provides an essence of comfort to discuss goals, desires, disappointments, and allows an opportunity to share advice. Reducing distress and managing one's stress response are essential actions that will contribute to a healthy heart and longevity.

For further stress strategies and skills development, contact the 85th Medical Detachment Combat Stress Control team at extension 3566 or visit us at Camp America building A3206.

# A taste of Hollywood, a taste of reality

Story by Sgt. Erin P. Viola

Many of us are influenced by movies in one way or another. At times, a movie can even have a major impact on one's life, as it has with one JTF soldier in the Joint Interrogation Group here.

An avid movie buff, Joe Bob, as he asked to be called for this story, said he never really thought about joining the Army until one day when he was inspired by a scene in the movie, "Anna and the King." It was the summer after his senior year in high school and Joe Bob was interning for the city of Phoenix in the council office. Come September he would be enrolled as a fulltime student at the University of Chicago.

But this one scene in the movie really got to him. Admittedly, Joe Bob said he didn't even think the movie was that great. The scene, as he remembers it, goes something like this: "It's near the end of the movie and the good guys are fleeing the bad guys. There is nothing but a bridge separating them. The good guys didn't know what to do because they had no way to defend themselves. Then one of the good guys starts to play a bugle. It was the bugle of a British soldier used for summon-

ing troops. When the opposing forces heard the bugle, they thought it was the British soldiers coming, so they retreated."

"I see the United States Army, or the

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*"I see the ... United States military in general, as the bugle call. Just the very thought that it is there and that everyone knows we are the most powerful force. I think that what keeps the peace is the fact that we have a powerful military."*

*Joe Bob of the JIG*

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United States military in general, as the bugle call. Just the very thought that it is there and that everyone knows we are the most powerful force. I think that what keeps the peace is the fact that we have a powerful military," said Joe Bob.

Hailing from Phoenix, Ariz., Joe Bob joined the Army almost two years ago. His first day of basic training was Sept. 11, 2001. "That morning we took our PT test. We showered up, came out and the drill ser-

geants told us. All our mouths just dropped. I thought they were making it up at first. Throughout the day they gave us little updates, but they really couldn't tell us much," Joe Bob said.

Although tragic, he said the reality of the news served as a very intense motivator for all the soldiers in his company. "The drill sergeants would say to us, you'd better do what we say or you're not going to be ready when they send you to Afghanistan to fight," remembered Joe Bob.

Now that Joe Bob is in Guantanamo, he's using his affinity for the movies to pass the time. He has a goal to watch every Academy Award winning Best Picture. So far he has seen 34 of the 75 Best Pictures. In 1928 'Wings' was the first Best Picture to win an Academy Award.

"I haven't seen that one yet, but I have seen 'All Quiet on the Western Front,' which won Best Picture in 1930. Of the 34 I have seen so far, my favorite movie is 'Bridge over the River Kwai.' I have noticed that 18 out of the 34 I have seen are either directly about the military or they have a significant connection to the military."

## Summer forecast: Hot and Hotter

By Spc. George L. Allen

Since the current rotation of JTF Guantanamo is going to stick around for a Cuban summer, here's what to expect.

"Actual temperatures on base during the summer hover around the 90's, but high humidity will push the heat index over 110 degrees," said Aerographers Mate 1st Class Carl Dillard, Naval Atlantic Meteorology and Oceanography Detachment, Guantanamo Bay. "This means everybody has to watch their buddies and help prevent heat injuries."

It does rain in Cuba, just not here. The mountains that surround the base also catch most of the rain, which occurs more often inland, across the bay, Dillard said. "Most of our rain comes from organized weather systems, storms moving in from elsewhere. Guantanamo's wettest month is usually October, because of hurricane season."

Hurricane season starts in the beginning of June, and ends in November.

"On average, out of eight to 10 storms a year, only two cause a change in the base's readiness condition. These readiness condi-

tions are based on the time left to prepare before possible 58 mph winds," Dillard said. "The base is in condition five - 58 mph winds possible within 96 hours - during the hurricane season because we are in the tropics where these storms form."

"The same mountains keep our skies clear also help block hurricanes. In addition to Cuba, the mountains to the south in Jamaica, and to the southeast in Haiti and the Dominican Republic create a gauntlet that any hurricane must run before it hits the base," he added.

Last year, Hurricane Lilly passed 70 miles to our south, causing a change to readiness condition four for one day, requiring Guantanamo personnel to begin preparing for a storm. It was partly weakened by hitting Jamaica, and did not hit Guantanamo, but it did spin off bands of rain towards here, as other storms sometimes do, Dillard said.

"At condition two - 58 mph winds possible in 24 hours - base services such as clubs, the NEX, and ferries shut down so they will have time to prepare also," Dillard said. "We've been lucky the past few years, and haven't seen much from the storms."

# JTF strives to move mail faster

By Sgt. Erin P. Viola

Speeding up the mail delivery time is a priority for JTF Guantanamo. The JTF has been working diligently with NAVBASE to expedite mail delivery here.

The main roadblock is the limited frequency of aircraft coming in and out of Guantanamo, according to Air Force Maj. Tim Newman, Director of J1. "We have planes that come in normally, twice a week, that bring the mail," Newman said.

"The Commanding General went to Washington D.C., and other places to talk with folks who run the mail service for the military and

asked them to offer solutions on how to speed up the mail service down here," said Newman. "Average mail takes seven to 14 days, and we are trying to significantly improve that."

"The U.S. Navy through U.S. Southern Command is looking at the possibility of contracting with a carrier from Miami that can bring mail in more than twice a week," Newman said. "I have not seen the proposal, but it looks like five days a week, Monday through Friday, delivering so much poundage per day of mail."

"This is all being considered. It is not in place and nobody has signed a contract or put money in the budget for it yet. So it could hap-

pen or it could not happen."

He also stressed that the internal mail delivery system here is excellent; with the NAVBASE postal service and the JTF postal element, the 806th Postal Detachment, working together.

Sgt. 1st Class Fernando Ramos, noncommissioned officer-in-charge of the 806th Postal Detachment, said they have worked hard to make JTF's mail service as efficient as possible. "The process is as streamlined as we can get it," Ramos said. His team usually has all the mail sorted for mail call within three hours of its arrival on the Leeward side.

# A brief history of Armed Forces Day

By Sgt. Benari Poulten

Americans everywhere will celebrate Armed Forces Day on Saturday, May 17th. Celebrated annually on the third Saturday of May, Armed Forces Day honors the proud men and women of the United States Armed Services. On August 31st, 1949, Secretary of Defense Louis Johnson announced the creation of Armed Forces Day, a single-day celebration that sprung from the unification of the Armed Forces under one governmental department -

the Department of Defense.

The theme for the first Armed Forces Day - "Teamed for Defense" - seems especially appropriate to Joint Task Force Guantanamo, as it emphasizes the unity of all the services working together to make a difference.

Designed to expand public understanding of the military's role in our society, as well as a chance for the military to exhibit its state-of-the art technology, Armed Forces Day pays tribute to all those who have answered their Nation's call.

## Man on the Street

Compiled by Army Staff Sgt. Stephen E. Lewald

This week's question:

**What does integrity mean to you?**



Spc.  
Warren H. Guild  
303rd MP Co.

"Integrity is treating other people the way you would want to be treated. Honesty and respect in your fellow soldiers goes a long way in the military which ensures the success of the mission."



Spc.  
Teaira S. Eiland  
JTF Motor Pool

"Integrity is being true to yourself, your battle buddies, your leaders, your unit, your mission, but most important is that patch (branch of service tag) over your left breast pocket."



Navy Petty Officer 2nd  
Class Frank R. Rossi  
MIUWU 212

"Integrity is doing the right thing in spite of any doubt, danger, fear, or temptation that may hinder the completion of a mission."



Marine Sgt.  
Sherry D. Zayas  
J-4 SMO

"Integrity is having faith in your leaders, so that you could present it to others the way in which it was taught to you."



Spc.  
Francisco J. Crespo  
240th MP Co.

"Integrity is one of the Army values which is very important, especially being a military policeman at the JTF ... If you're not an honest soldier, then you don't belong in the military at all."

# Chaplain's Corner

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

Imagine you are snorkeling at Cable Beach on May 31 and come across an absolutely gorgeous 15 inch Queen Conch in 10 feet of water. The shell is magnificent in color and you've never held such a large one in your hand. Local rules permit the taking of one conch per day when they are in season. The season begins June 1, the next day. Do you take the shell or leave it in the ocean?

Service members of the Army (NCOs and officers) are evaluated annually on a list of America's Army Core Values. Many things have been written about these values and they are all important. The factors that shape our individual values are what we have read and what we have heard from parents, pastors, teachers and other individuals significant to us.

Integrity and Candor are the heart of the values expected of service members today. If one's integrity, that is, honesty, veracity, and sincerity, cannot be relied upon then all communication, relationships, and cohesion will be degraded. In battle, troops must be able to rely on their leaders. Trust is built in the unit. It is built on integrity and candor. Effective leadership is dependent upon trust and respect. Trust and respect are dependent upon integrity and candor. Integrity and candor are essential in a military unit.

When a service member has integrity, others know that what he says and what he

does are the same and that he is absolutely dependable. In both preparing for and fighting in combat, demonstrated integrity is the basis for dependable information, decision-making and delegation of authority. The person of integrity does not take advantage of others nor gives misleading or evasive statements. When soldiers see their leaders or peers lying about situations within their unit, they wonder if they can be trusted to be truthful with them in a crisis. The results could be disastrous if they are viewed as unworthy of being trusted. Without the belief that people will tell the truth there is no collective cooperation among people.

I now ask you to think about of your personal integrity. Perhaps the following questions will be helpful:

Do I admire and respect the truth?

Do I avoid deceiving others?

Do I choose to take the high road in daily living and decisionmaking?

Am I honest in my dealings with others?

Do I take the easy way out?

How would I react to the dilemma posed in the story at the beginning of this article?

Integrity means being honest and upright, avoiding deception, and living the values you suggest to others. You must be absolutely sincere, honest, and candid and avoid deceptive behavior.

Candor is being frank, open, honest and sincere with your soldiers, seniors, and peers. It is an expression of personal integrity.

## 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
	11 a.m.	Mass (Sanctuary B)

#### Camp America

Sun.	5 p.m.	Mass Wooden Chapel
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### Protestant

#### Main Chapel

Mon.	7 p.m.	Prayer Group Fellowship*
Wed.	7 p.m.	Men's Bible Study*
	7 p.m.	Spanish Group 390-Even's Pt
Thurs.	6:30 p.m.	Home Group Nob Hill 5B
	7:15 p.m.	Youth 7-12 Fellowship*
Sun.	6:30 a.m.	Praise and Worship Service
	9:30 a.m.	Sunday School
	11 a.m.	Service/Sunday School
	5 p.m.	Bible Study*

\* Fellowship Hall located in Chapel Complex

#### Camp America

Wed.	7 p.m.	Service
Sun.	9 a.m.	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.

**The Fleet and Family  
Support Center  
is sponsoring a Veterans  
Administration Seminar**

**There will be a VA  
Representative available for  
appointments from June 4th  
thru June 9th.**

*For more information and  
registration contact the FFSC  
at Ext: 4141.*

**Are those pounds creeping  
up?**

**Now is the time to manage  
that waist line!**

**Sign up now for the Naval Hospital's  
new four part weight management  
program: "GTMO FIT"**

**Classes will begin**

**Every Thurs. of May at 5 p.m. at the  
USNH training room**

**Every Tues. of May at 5 p.m. at the  
Camp America training room**

*For more information or to sign up  
call 7-2110*

## RECREATION & LEISURE

# And bingo was its name, O!

By Pfc. Justin Cornish

Name one word that can call a dog, bring in some cash, and rhyme with Ringo all at the same time. BINGO!

The popular game is alive and living well at Guantanamo Bay, where players are every bit as enthusiastic about it as they are in any bingo hall in the States. People of all ages use their time at bingo as a way to socialize and make a few extra dollars. The game does cost money to play, but also offers big returns. Winners may net anywhere from \$50 to \$5,000. One JTF Guantanamo member recently cashed her card in for a sizable jackpot. Sgt. Carolyn Flanagan, who works for J4 Transportation, came home one night with \$3,000 and

an ear-to-ear grin.

Bingo is not as simple as many people believe. It takes patience, concentration, and a will to succeed. It is a game for all types of players. While bingo novices and those who play for leisure may do so with one card and socialize or just have a good time, the serious bingo aficionados play with a number of cards and furiously use their bingo daubers to make sure they mark each card appropriately. Attention to detail is a key to success on a bingo card. Windjammer Community Center Bingo is played every Sunday and Tuesday night. The games begin at 6:30 p.m. and usually end around 10:30 p.m. Everyone is welcome to play.



Spc. George Allen

Army Sgt. Gary Swathell, 300th MP Bde (I) wins first place against Petty Officer 3rd Class Henry Charry (r), in the chess tournament title match.



Spc. George Allen

Spc. Kurt Ellestad, B Co. 2-116th Inf. Regt., lines up a shot in the nine-ball pool tournament at the Liberty Center. He finished third.

## Movie Schedule

### Camp Bulkeley

#### Fri., May 16

8 p.m. *Old School*  
R - 91 min.

10 p.m. *Cradle 2 the Grave* R - 101 min

#### Sat., May 17

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

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

#### Sun., May 18

8 p.m. and 10 p.m.  
*Tears of the Sun*  
R - 121 min

#### Mon., May 19

8 p.m. *Biker Boyz*  
PG13 - 111 min

#### Tues., May 20

8 p.m. *First Knight*  
PG13 - 134 min

#### Wed., May 21

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

#### Thurs., May 22

8 p.m. and 10 p.m.  
*The Recruit*  
PG13 - 105 min

### Downtown Lyceum

#### Fri., May 16

8 p.m. *Agent Cody Banks*  
PG - 101 min

10 p.m. *Deliver Us From Eva* R - 105 min

#### Sat., May 17

8 p.m. *Chicago*  
PG13 - 100 min

10 p.m. *The Hunted*  
R - 94 min

#### Sun., May 18

8 p.m. *X2: X Men United*  
PG13 - 120 min

#### Mon., May 19

8 p.m. *Agent Cody Banks*  
PG - 101 min

#### Tues., May 20

8 p.m. *The Hunted*  
R - 94 min

#### Wed., May 21

8 p.m. *Tears of the Sun*  
R 121 min

#### Thurs., May 15

8 p.m. *X2: X Men United*  
PG13 - 120 min

### Hawaiian Luau

**May 17**  
**8 p.m. to 11 p.m.**

Tiki Bar  
Rick's Lounge  
( Officers & Equiv. )

Windjammer  
Goat Locker  
( Chiefs & Equiv. )

Call 5604 for more info

### Spring Bowling Leagues

Sign-up teams or individual participants for  
Spring Bowling League.

Call 2118 to sign up

## NATIONAL SPORTS

## On the Mark !!!

*Palmeiro should be shoe-in for Hall of Fame*



**Sports commentary by**  
**Spc. Mark Leone**  
*leonema@JTFGTMO.southcom.mil*

Congratulations to Ranger's first basemen Rafael Palmeiro for hitting his 500th homerun on Mother's Day. He became just the 19th player to hit 500 homers and only the second in major league history to do it on Mother's Day. (Mickey Mantle also did it on Mother's Day.) Palmeiro and Sammy Sosa are the only two players born outside the United States to hit 500 round trippers, which is a milestone in itself.

Ever since the season started, sports analysts and writers have been beating the drum at whether or not Palmeiro should be considered for the Hall of Fame. The guy is 35 years old, in the peak of his career and has a few more productive years ahead of him. Why debate now if he's a worthy of being a Hall of Famer? The whole sports world said Ken Griffey Jr. would be a definite fixture in Cooperstown, and I'm not saying he won't, but his case for the hall has weakened over the last four years, which have been plagued by injury. In addition, he has yet to reach the 500 homers plateau. It's not uncommon to see ballplayers continue their careers well into their late 30s and early 40s. Palmeiro could hit another 150 home runs and drive in 400 more runs in the next five years, which would make his case for the Hall of Fame even better. Griffey is only 33 and has possibly another seven years left.

Fans aren't the only people who watch sports highlights on ESPN. Players watch it as well, and I'm sure Palmeiro knows what the critics are saying. They compare him to other first basemen like Bagwell, Thome, Thomas, Helton and Giambi and talk about why Palmeiro shouldn't make the hall because these other guys have more Most Valuable Player votes. That's ridiculous. Why should that even matter? He's put up great numbers just like the others have, but they were on playoff teams. The point is the media won't even let him enjoy the milestone that only 19 other players in major league history have achieved. He has never led the league in homeruns, but he's a very consistent player. He is the only player to hit at least 38 homers and 100 RBIs in eight straight seasons. He's had a great career and will continue to play as well as he has played over the years. He has averaged 29 home runs a season over the past 17 years. Hank Aaron, the all time home run leader, averaged only three more per season, which puts him in a very lofty circle. So let's not compare his career to players of the past or even the present. Let him enjoy this great achievement and you can debate whether or not he is a worthy Hall of Famer when his career is over and his name is on the ballot.

## Sports Highlights

**Summary by Spc. Mark Leone**

It looks like some college football teams might start playing musical chairs. Since the Atlantic Coast Conference wants to make its football conference stronger, The ACC has voted to expand by three Big East Teams most likely being **Miami**, **Syracuse**, and either **Boston College** or **Virginia Tech**. The switch would probably take place in 2004. The expansion will mean millions of dollars in revenue for the ACC and their teams.

Michael Jordan with the **Philadelphia 76ers**? It's a possibility, and if Larry Brown has anything to do with it, he'll make it a reality. Brown said if Jordan would come to Philly, he would relinquish his role as vice president of player personnel. He believes Jordan would be a huge influence not only with Allen Iverson but with the whole team.

**Colorado Avalanche** goaltender Patrick Roy will wait until the end of the playoffs to voice his decision on retirement. "My decision is 90 percent taken but there will be no announcement until the end of the playoffs," Roy told Radio-Canada television Monday night. Roy has played 18 seasons and is the National Hockey League's most winningest goaltender.

Derek Jeter and Ken Griffey Jr. made their debut last night, since suffering shoulder separations. In a 10-3 loss to the **Anaheim Angels**, Jeter went 1-4 and Griffey went 0-1 in a pinch-hit role as the **Cincinnati Reds** defeated the **St. Louis Cardinals** 7-2.

*Sports highlights compiled from Yahoo! News.com., Boston.com, NHL.com and ESPN.com.*

## Head to head ...

**Who will win the NBA championship?**



Spc. David Johnson  
RU Camp  
Maintenance

I think the Lakers are gonna win because the Lakers are simply unstoppable. They are defending champs and have all the momentum going through the playoffs.



Spc. Taylor Daniels  
J-DOG supply  
clerk

I want the Sacramento Kings to win because Mike Bibby is my favorite player and Chris Webber is from my home town. If the San Antonio Spurs beat the Lakers then Sacramento will go all the way.



Pfc. Margil Ochoa  
85th Combat  
Stress Control

Both teams are good, but I'd like San Antonio to win because I'm from Texas so I'm pulling for the home team.

# JTF SPORTS & FITNESS



Photo by Spc. Mark Leone

Spc. David Rodriguez, 785th MP Bn., bats for JTF HQ against NAVSTA, Monday. NAVSTA won 16 - 8.

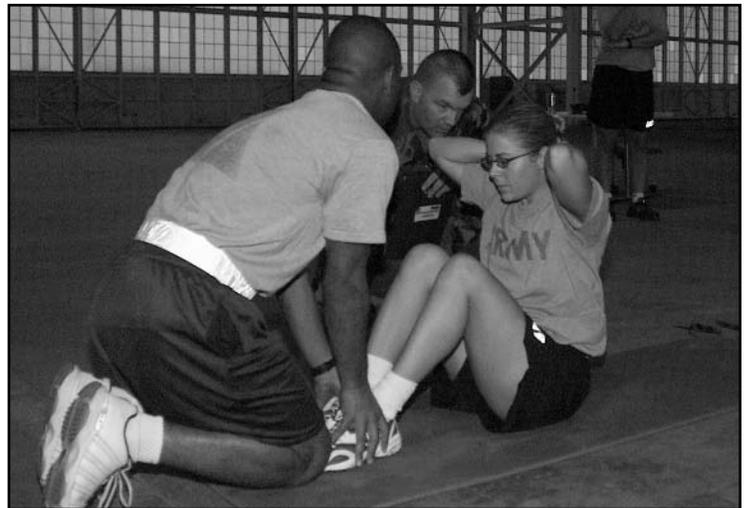
## NAVSTA tops JTF HQ

By Spc. Mark Leone

NAVSTA doubled the score on JTF HQ Monday night, 16-8, in a game that featured a matchup between two of the top teams in the Men's Captain's Cup softball league. NAVSTA and JTF Headquarters battled it out for more than just higher playoff positions; there were bragging rights at stake. JTF HQ jumped out to a 4-0 lead in the top of the first inning, highlighted by a Sgt. Emanuel Mahand sacrifice and Sgt. Eric Hamlin's two-RBI double. However, NAVSTA answered with three runs of their own on Luke Fair's inside-the-park home run. NAVSTA took the lead for good in the third inning when they scored seven runs with two outs to take a 10-5 advantage.

## Guantanamo Softball Standings

<u>Teams</u>	<u>Wins</u>	<u>Losses</u>
PWD	14	1
Security	13	2
NAVSTA	12	3
Hospital	12	3
JTF HQ	11	3
W.T. Sampson	11	3
303rd MP Co.	11	3
344th MP Co.	7	8
Migrant Ops	7	8
Cleveland Steamers	6	8
USN MIUWU 212	6	9
36 LIMA (MCSF Co.)	5	9
JTF GIG Ice Breakers	5	10
NMCB21	4	11
J4 Trans	3	12
NEX	3	11
MCSF Co.	1	11
ACS Defense	1	11



Sgt. Bob Mitchell

Spc. Nina Paquette, Camp America Joint Aid Station, does situps for a PT test Wednesday. Grading is Sgt. 1st Class Jefferey Bishop, J4 Warehouse NCOIC. Her feet are being held by Navy Lt. Jesse Maggitt, J8.

## Command fitness program designed to train trainers

By Sgt. Dan Johnson

According to FM 21-20, "A soldier's level of physical fitness has a direct impact on his or her combat readiness." And as many have already found, this concept really comes to life within JTF Guantanamo. Individual readiness is the blood and guts of the mission here, and the first step in being fit to fight is being physically fit.

Karissa Sandstrom, the base fitness leader, is starting a new fitness program to help train command fitness leaders on new ways to assess and train their troopers. The program consists of command fitness leaders meeting with Karissa regularly so she can show them how to help their unit's physical fitness progress.

Sandstrom says, "They will gain the knowledge to help their people out so when they are doing PT or if they are actually just trying to improve their PT test score, they'll know what to look for ... like someone's heart rate being too high."

Being physically fit also helps improve the quality of life on the individual level. According to Sandstrom, "Being more in shape definitely benefits everyone individually because they feel better about themselves and they work better and they're more productive."

There are many more benefits of being in shape. To find out more information, JTF members should have their fitness leader contact Karissa at x2193 or stop in her office at G.J. Denich Gym.

# 15 Minutes of Fame...

with Tech. Sgt. Brian K. McLeod

317th Airlift Group / J-4 Strategic Mobility Office

## You won't leave Guantanamo without him

**Interview & photo by  
Sgt. Benari Poulten**

*Tech. Sgt. Brian K. McLeod serves in the United States Air Force with 317th Airlift Group, stationed out of Dyess Air Force Base, Texas. Attached to the Joint Task Force Guantanamo J-4/Strategic Mobility Office (SMO), the 33-year-old McLeod is one class away from getting his Community College of the Air Force Associate's Degree in Logistics.*

**Q: What is it you do for the JTF?**

**A:** My main function is to coordinate all the unit moves into and out of Guantanamo, to include scheduling airlift with United States Southern Command and United States Transportation Command; de-conflicting rotation dates; creating a Schedule of Events, etc. I also work closely with multiple organizations both on Guantanamo and off.

**Q: Why did you join the Air Force?**

**A:** I joined the Air Force because being an Army brat I knew Army life wasn't for me and it fit my personality better than the other services.

**Q: Are you Active or Reserve?**

**A:** I am active duty; have been for 13 years.

**Q: Why did you choose this job in the Air Force?**

**A:** I chose this job because anything that has to do with the real mission of the Air Force is done through my office. Deployments, war plans, working with very senior leaders for personnel and aircraft



*Tech. Sgt. Brian McLeod, a 13 year member of the Air Force, helps coordinate travel for the members of the JTF.*

movement, etc. I get to see it all.

**Q: What's it been like working in the JTF?**

**A:** Being in this job, I work with all the services currently at Guantanamo. It's very interesting to work in such a pivotal position within Guantanamo and USSOUTHCOM.

**Q: What are some of the positive aspects of working with so many different branches of the service?**

**A:** Definitely communication - each service has their own way to communicate and knowing how to speak the other services 'languages' is very interesting.

**Q: What do you think you contribute to the JTF's mission here?**

**A:** Considering I am responsible for a large part of any unit's deployment to Guantanamo or redeployment back to their home station, I touch almost everyone's life within the JTF in one way or another. I have visibility over almost all personnel movement for the Army as well as every Air Force personnel's rotation.

**Q: What have you learned from your experience here?**

**A:** Working together with the other services, I would say that respecting each services rules, regulations and distinctiveness is paramount to having an efficient organization. If you don't respect the other services way of doing things, you're going to have some very disgruntled people under your command.

**Q: Are you married?**

**A:** I'm married to a wonderful woman - Michelle. And I have a 10-year-old son named Scott.

**Q: How did your family react to your deployment?**

**A:** It's hard no matter how many times or for how long you leave your family, but I give all the credit to my wife. For 13 years, she has been a valiant pillar of strength and I thank her for it.

**Q: Is this your first deployment?**

**A:** No.

**Q: Where else have you been?**

**A:** I've been to Iceland, the Azores, Germany, Saudi Arabia, Kuwait and Oman.

**Q: What do you like best about being here?**

**A:** In a small phrase - 'It's definitely better than being in the desert.'

**Q: What does your family think about you being in Guantanamo?**

**A:** In a small phrase - 'It's definitely better than being in the desert.'

**Q: Aside from your family, what do you miss most about home?**

**A:** Aside from missing my wife and son, I don't miss much else. Home is where you hang your hat, so to speak.

**Q: What do you like to do during your down time?**

**A:** Golf, snorkeling, exercising and reading.

**Q: What skills have you learned here that you think could help you in the civilian world?**

**A:** Patience. And more patience.