



the Wire

“ HONOR BOUND TO DEFEND FREEDOM ”

Volume 3, Issue 31

Friday, July 4 2003

Why they are proud to be Americans...

Compiled by Sgt. Erin Crawley

Spc. Sarah Holler, 438th Military Police Company -

“When I think about what it means to be an American, I think about being a mother. I have a seven-year old daughter and I can let her play outside without worry for her safety. She tells me what she wants to be when she grows up and she changes her mind everyday. But no matter what she chooses in the end, I know that if she strives to succeed, the opportunity will be there for her.

I had the same feelings about myself growing up. My parents let me take off with my friends to do things and they didn't have to keep me confined to the house because they knew I would be safe.

I've worked in several different job fields because I wasn't sure exactly what I wanted to do, but I had those options. Anything that I had interest in, I could jump right into to.”

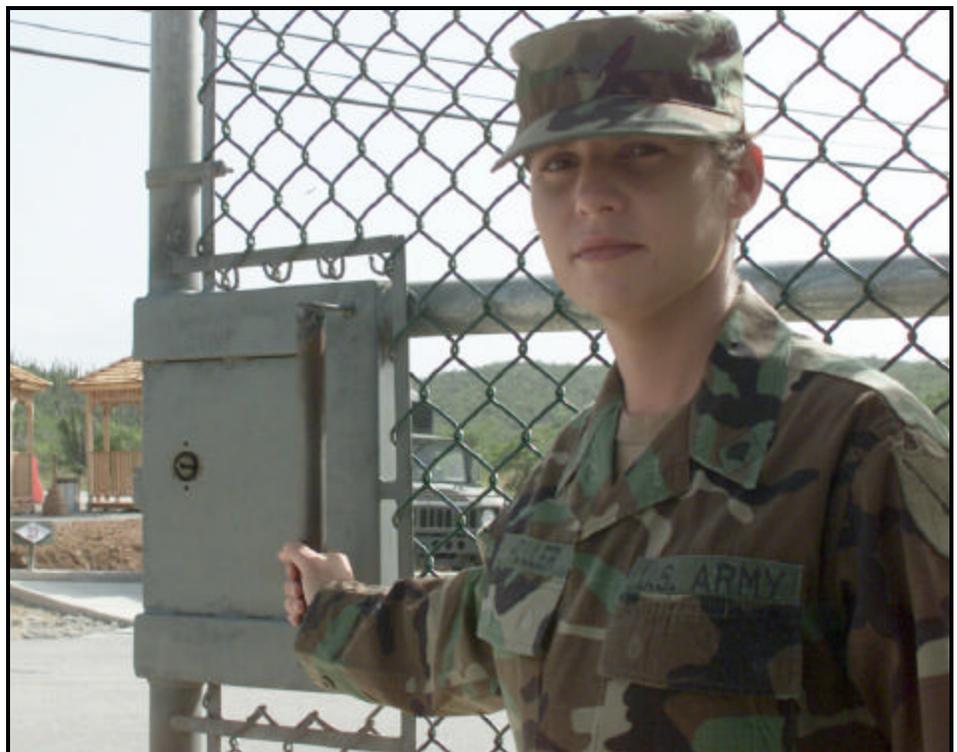


Photo By Sgt. Erin Crawley

Spc. Sarah Holler of the 438th Military Police Company says one of the best things about being an American is that we have the freedom to choose what we want to do with our lives.

More proud Americans on page 4

Inside the Wire...

NO MORE DIRT AND GRIME



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GOLF EQUIPMENT MOVES



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PUSHING TO THE TOP



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Message from the Top



CSM George L. Nieves
Joint Task Force CSM
JTF Guantanamo

As we celebrate the fourth of July this year, I ask everyone to pause for a moment and think about what it means to be an American, living free and enjoying the fruits of our labor. We Americans enjoy the freedom to

make decisions about our own lives, the freedom to practice the religion of our choice, the freedom to communicate what we think—whether through speaking or writing, and the freedom to pursue any goal we can set. The Declaration of Independence states: "We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness." America is a melting pot filled with people from all walks of life. Different cultures, religions, ethnic backgrounds. Although we are a diverse group, one thing is common, they all will stand up and say they are proud to be an American.

America is a strong Nation. It has abundant resources and a dynamic and productive population. It wields enormous political power and has the world's

strongest economy. But without a strong military to protect its enduring interest, America's strength would soon wither. No need to go any further than Guantanamo Bay to see the capabilities of a strong military. The troopers of JTF and NAVBASE demonstrate everyday what it means to be a proud American. American troopers here and all over the world consistently demonstrate the strength of liberty, justice, and hope. Despite danger, hardship, and separation from family, troopers of the JTF treasure what they do for their country.

Being a proud American serving in the military means encouraging each other to treat everyone with dignity and respect; to serve out of a sense of duty, honor, country - not love of entitlements or comfort; to strive to do the right thing everyday; and to protect "Old Glory" because of what the flag stands for.

As you enjoy all the social events that accompany July fourth, spend some time looking at the American flag and remembering all those who helped secure it's freedom. John F. Kennedy once said: "The cost of freedom is always high, but Americans have always paid it. And one path we shall never choose, and that is the path of surrender, or submission." Words Americans live and die for.

Honor Bound!

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The Wire is produced by the 362nd Mobile Public Affairs Detachment assigned to the Joint Information Bureau at Joint Task Force Guantanamo. This publication is printed under the provisions provided in Army Regulation 360-1 and does not reflect the views of the Department of Defense or the personnel within.

Question from the Field

What veteran's benefits are available to me when I return home?

There are a variety of federal benefits available to veterans and their dependents. The Department of Veterans Affairs maintains a web site (www.va.gov) that is consistently updated to present the most current information. The VA home page contains links to sections on compensation and pension benefits, health care benefits, burial and memorial benefits, home loan guarantees and other information.

Eligibility depends on the individual circumstances. To determine eligibility for health care, contact the Health Benefits Service Center at 1-877-222-8387. For VA benefits eligibility, contact a VA benefits office at 1-800-827-100 from any location in the

United States. VA facilities are also listed in the federal government section of telephone directories under Department of Veterans Affairs.

Eligibility for most VA benefits is based on discharge from active military service under other than dishonorable conditions. Active service means full-time service as a member of the Army, Navy, Air Force, Marine Corps and Coast Guard.

For more information on VA benefits, call the toll free number, 1-800-827-1000, or visit the VA web site at www.va.gov.

References: www.va.gov; Federal Benefits for Veterans and Dependents, 2003 Edition.

“Proud of all we have done, fighting ‘til the battle’s won...”

Story & photo by
Sgt. Benari Poulten

“The reason that we are here is to fight for freedom and to prevent others from hurting our own people, the people that we love,” asserts Spc. Joselin Benitez of the 240th Military Company, out of Puerto Rico.

As part of the JTF’s Joint Detention Operations Group, Benitez has a clear grasp of how important the JTF mission is, working hard to ensure that Camp Delta remains safe and secure. Sometimes a thankless job, Benitez maintains an upbeat and positive attitude, focusing on the camaraderie in the JTF.

“Everybody’s helping each other out, no matter what unit you’re in,” he says. “Every situation has its solution. We always improve ourselves and try to adapt and work with each other, especially in the camp, where you need teamwork. That’s the key in the camp.”

Recently married to his high school sweetheart, Benitez was deployed shortly thereafter to serve in the Global War on Terrorism as a member of JTF Guantanamo. Back home, Benitez was working in construction and as a part-time mechanic, and although this deployment –



Spc. Joselin Benitez of the 240th MP Co., defends freedom every day and is proud to serve as a soldier in the United States Army.

his first – has disrupted his civilian life, he sees his service to his country as being well worth the sacrifice.

“All of a sudden, here I am,” he exclaims. “I got married August 10th, 2002, and three weeks after, I’m deployed ... But, it has affected me positively because financially, it has helped me. And, as an individual it has helped me build character and discipline, and to better understand the Army and what the Army does.”

As we approach the 4th of July and America’s celebration of independence,

Benitez recognizes the sacrifices of all those who have come before him, demonstrating a commitment to the values that we hold so dear. “A lot of people gave their lives, back in the day, for the freedom that we are enjoying right now. Freedom is the key. Our country is land of the free, home of the brave, like the National Anthem says.”

And if his dedication to American ideals inspired his initial decision to join the military, his wife clearly acts his inspiration while he serves on active duty. “My wife is my motivation ... she’s the one who’s always giving me support. I talk to her now and then, and she just backs me up, 100 percent, no matter what I do. So, that’s what keeps me going here every day.”

Benitez is obviously very proud of his role as a soldier in the U.S. Army, viewing his time in the service as a unique opportunity to gain some valuable experience and knowledge.

“It’s an exciting adventure. This is not paradise, but you didn’t join the Army to be in paradise, you joined the Army to work for your country. And here, you came to work, no matter what the conditions are. It’s your job and you just gotta make sure you do it, and do it well.”

JIG trooper reveals “the full Monty”

Story by Sgt. Benari Poulten

Monty Python has a flying circus and Monty Hall has whatever’s behind door number two on “Let’s Make a Deal,” but the Joint Interrogation Group’s “Monty” has something he feels is more important: tremendous pride in his country.

“I take pride in America, just knowing that we have the greatest fighting force in the world and that I’m a part of it,” explains Monty. “Knowing that, me serving my country not only provides safety for my family, but for those that are less capable of providing for their own safety ... that’s what inspires me.”

Monty cannot reveal his real name or what it is he specifically does as a member of JTF Guantanamo’s Joint Interrogation Group, but he discussed other aspects of his military service and his life. Happily married for 16 years with three children, Monty has proudly served in the United States Air Force for more than 17 years. Before this deployment, he has served on active duty around the globe, including tours in Korea, Germany, England, and Saudi Arabia, and he looks forward to his retirement in three years, after a long and distinguished career.

Military service runs in his family and Monty credits his uncle,

a retired Air Force colonel, with inspiring him to join in the first place. He sums up his love of the military in one word: “Togetherness. There’s a very diverse cohesiveness in the military, and I enjoy that. It’s structured, and you have a great group of people that I enjoy working with.”

Monty also enjoys his work here, citing the dedication and the hard work of JTF troopers as setting a prime example of what it means to serve with honor and dignity.

“I’m happy to be a part of this mission, because it’s a once in a lifetime experience ... I’m just excited to be a part of it, I really am. Just having the satisfaction of knowing that the buck stops here, with terrorists.”

Monty’s family also keeps him going, as he explains. “We keep each other encouraged. I know that [my wife] has a tough job taking care of three children ... she’s just keeping it together until I get home.”

Monty remains proud of his mission here, but he does not hide his enthusiasm when discussing his post-deployment plans. Where will this high-speed trooper be going with his family once he finishes defending freedom here in Guantanamo Bay? “We’re going to Disney World!”

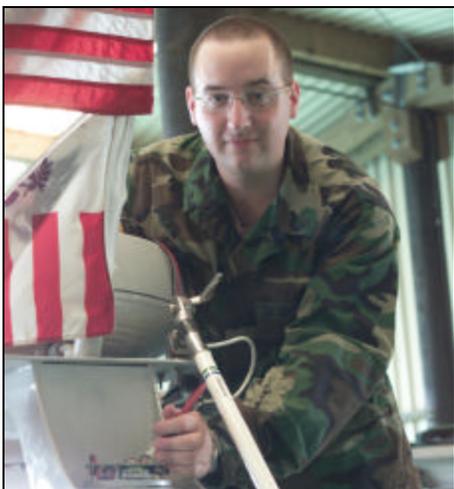
Proud Americans from page 1



Pvt. Arturo Chavez, Bravo Company 2-116th Infantry -

“It’s really simple. I think we have more freedoms than other countries, and we have more opportunity than any other country. The secret, though, is to take advantage of the opportunities that we have.

I’m first generation American in my family. My mom came to the States from Mexico, and I thought it was really important for me to actually give back to the country that gave opportunity to my family. I’m just glad to be here and proud, really proud to be an American.”



Coast Guardsman ET3 Steve Lindh, PACAREA, PSU Detachment -

“Doing my job down here is what makes me proud to be an American. It gives me the opportunity to provide freedom for my fiancée back home in Seattle. It is something that she wouldn’t be able to have in some other countries ... where women don’t have the types of freedoms

that they have in the United States. Whenever I get stationed, I know I’m helping in the job that the President sees fit to do. That’s why I am here ... to help protect and secure our freedom.”



Air Force Sgt. Tania Boyce, J-4 -

“I value my freedom to be an American. I value my freedom to pray to my God. I value my freedom to live without fear. For the 25 years that I have been living, I’ve been tied into the military. I grew up as an Army child and then enlisted in the Air Force to give my country what it has given me - freedom. Many soldiers, airmen, Marines have died so that I can have this freedom. I am a single mother of a two-year old boy and I want him to be able to have everything that I have and more. When he gets older he will understand why we fight so hard for freedom and why we are the land of the free, the home of the brave. Other countries cannot say the same. Why am I proud to be an American you ask, I am proud to be free.”



Navy Petty Officer 3rd Class Travis Silversmith, Mobile Inshore Undersea Warfare Unit 212 -

“Why am I proud to be an American ... well, I think it dates back to my grandfather. He was a Navajo Code Talker for the Marine Corps during World War II. I really look up to my grandfather not only because he was a Code Talker, but because of the sacrifices he made for our country. He did a lot for our country. I’m proud that our language, the Navajo language, played a vital role in helping us win the war in the Pacific [during WWII]. My grandfather said they saved countless lives. That is why I am proud to be an American because I can say that my family has a history of being in the military and for that I’m thankful for him [my grandfather] for what he did.”



Lance Cpl. Sovann Sam, Marine Security Forces – GTMO -

“What it means to be an American, well, I learned from my parents. They were raised in Cambodia during the war. They had no freedom. They had no school. Their parents and other members of their family were killed off. After that, they left and came to the United States.

So, I learned to appreciate the freedoms of our country from my parents. For example, I got to go to school for free. I can do things that they could never do back in Cambodia.

Religion is another freedom I appreciate as a U.S. citizen. Buddhism is the religion in Cambodia. That’s all you can be. If you don’t choose the Buddhism religion, you can be killed or you could be deported out of the country.

I also appreciate the freedoms given to women. The leader of Cambodia didn’t want any females to go to school. The only jobs for females were to stay home and take care of the kids. In the U.S., females have the same rights as men.”

Naval Hospital, Joint Task Force bid farewell to Capt. Shimkus

Story & photo by
Spc. Delaney Jackson

Guantanamo Bay bid a fond farewell to Navy Capt. Albert Shimkus and his wife Elizabeth, in a change of command ceremony at the Guantanamo Naval Hospital Tuesday. Shimkus, who has been the commanding officer of the Naval Hospital for the past 35 months and JTF surgeon since its' inception in January 2002, had high praise for those under his command.

"The component of the medical piece that we're responsible for has had significant challenges and opportunities and every one of those challenges and opportunities has been met successfully by our health care team across the spectrum," said Shimkus. "Taking care of our soldiers as they come on board Guantanamo, and every element of their needs are taken care of by superb Army medical soldiers, physicians, and physician assistants. And the care for the detainee population is superb ... every need that the detainees exhibited we've met on Guantanamo."

When asked about his time here, Shimkus said, "It's been the best tour in my career in that everything it seems that I've done in my career has prepared me for this mission, in working in a joint environ-



Capt. Les McCoy, NAVBAS Commanding Officer, right, presents Capt. Albert Shimkus, Jr., Naval Hospital Commander and JTF Surgeon, with the Legion of Merit during the Naval Hospital Change of Command Ceremony.

ment, working with complex issues ... and working with the media. All those things have come to pass to allow this mission piece to be successful." Shimkus also mentioned that his family has been blessed by having their daughter, Air Force 1st Lt. Kathryn Shimkus, here as a member of the JTF team.

Shimkus handed over his command to Navy Capt. John Edmonson and expressed his full confidence in his ability to take on the mission. "We look forward to turning over the medical leadership reigns to Capt. Edmonson who will also be the hospital

commander and JTF surgeon. He is ready and will take what we have done and make it even better."

Capt. Edmondson comes to Guantanamo from the Naval War College in Newport Rhode Island as a Navy physician with a specialty in emergency medicine, and number of notable achievements under his belt.

Shimkus offered a bit of advice to Edmondson pertaining to the mission here in Guantanamo: "Be ready to be challenged ... be an element of calm in a sometimes sea of chaos ... keep a steady eye on the end state to allow mission accomplishment ... allow people to do the jobs in which they are part of the mission."

Shimkus's dedication to the Naval Hospital and the Joint Task Force mission was noted by MG Geoffrey Miller who stated, "Capt. Shimkus was an essential part of the JTF. As the JTF Surgeon and Base Hospital Commander, Capt. Shimkus made a difference everyday in the lives of both our JTF troopers and in ensuring the quality care provided by the Detainee Hospital ... he and his wife will be missed immensely."

Capt. Shimkus will be heading to Washington, D.C., as the leading medical spokesman for Joint Task Force B.R.A.C. (Base Realignment and Closure.)

Letting freedom ring for 227 years

By Sgt. Benari Poulten

The shot heard 'round the world may have kicked off the American Revolution, but it was the Second Continental Congress' unanimous approval of the Declaration of Independence on July 4th, 1776 that formally gave birth to the United States of America.

"We hold these truths to be self-evident," wrote Thomas Jefferson in that hallowed document, "that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty, and the pursuit of Happiness." These words have defined America, shaping her rich history and guiding her into the future with the strength of their

conviction.

Each year, on the Fourth of July, Americans celebrate the birth of our nation and 227 years later, we continue to honor America's revolutionary fight for independence. As a part of JTF Guantanamo, troopers struggle to combat the evil of terrorism and uphold the core principles of our nation, protecting all those who value those inalienable rights of life, liberty, and the pursuit of happiness. JTF troopers will commemorate 227 years of American independence with a number of festive events, including an Independence Day Celebration at the Bayview Restaurant, Tiki Bar, and Sailing Center beginning at 4 p.m., and fireworks at 9 p.m.

Vehicles get the “white glove” inspection

By Sgt. Benari Poulten

All JTF Guantanamo personnel sending equipment back to the United States must participate in an agricultural wash down to ensure the removal of all potential pests, soil, and foreign vegetation prior to entry into the U.S., according to the guidance set forth by the J-4 section for redeployment operations.

Army Sgt. Albert Lamont, of the 785th MP Bn./J-4 Motor Pool, explained the procedures for cleaning vehicles before they are loaded on the barge.

“Vehicles will be power washed. We have a power washer out there for them. They will be scrubbed down and all oils will be removed off the engine block. All grease will be removed off of the grease fittings.”

“You will drain your tanks down to one quarter of a tank before we ship them out,” he continued. “There won’t be any oil on the bottom of the drip pan because you can’t have any class three leaks at all, anywhere on



Photo By Sgt. Erin Crawley
Sgt. Brian Blair of the 344th Military Police Company, thoroughly washes down the fan of their High Mobility Multi-purpose Wheeled Vehicle in preparation for the vehicle's redeployment inspection.

the vehicle. A class three leak is any liquid that is dripping on the ground.”

Lamont further explained that all dirt needs to be removed from the vehicle, including the undercarriage, so a strong power wash is essential for ensuring that vehicles pass the inspection.

Marine Sgt. Sherry Zayas, out of J-4, will conduct the final inspection on the vehicles, making sure they’re clean and ready to be shipped back to the States. “If she finds anything wrong,” says Lamont, “she’ll let you have a day to wash them again and she’ll inspect it the next day.”

Troopers must also take care of maintenance issues before sending the vehicles home. “If you do have any problems,” elaborated Lamont, “the maintenance section can go ahead and fix these before they go out on the barge, because if we have any defects on the vehicle, we can’t ship it.”

If troopers have any additional questions or concerns regarding washing the vehicles, they can contact Zayas at 5163.

Career Center can help you land your next job

Story by Spc. Jared Mulloy

Most Reserve and National Guard troopers will soon be heading home and transitioning back into their civilian jobs. Some troopers, on the other hand, may be looking to change careers when they get back. The Fleet and Family Support Center’s Career Center makes it easy to do that with their Transitional Assistance Program (TAP) and many extensive resources.

According to Mr. William Barber, TAP Manager, the program makes your transition back to the civilian work force as comfortable as possible. The four-day program, taught by various volunteers, teaches you to plan for your future. After the fourth day, a resume writing class is offered to anyone wanting extra help. Currently, TAP is offered four times a year in GTMO.

The Career Center’s Information Center also has many useful tools for finding the right career for you. “We have just about anything service members could possibly need to find a job,” says Barber. Internet service, e-mail, photo copiers, and fax machines are all available for your use. They also offer workshops on employment issues, educational information, and self-employment. The Career Center makes it hard to have an excuse for not having a job when you get home.

The center offers many different training programs to help you become more marketable to your employer. These programs are

divided into veteran specific, job specific, general public, and specialty programs, to best suit your needs.

Along with career services, the Fleet and Family Support Center also provides information in various veteran’s services available. Some of the services include vocational guidance and testing, and labor market information.

For those of you who are interested in continuing your education, the Career Center provides many resources for finding the right school. There’s even assistance offered for finding grants and financial aid.

The Fleet and Family Support Center is located in building 2135 behind the MWR Building. For more information about planning your future, or enrolling in TAP, call the career center at 4141.

Some helpful job finding websites are...

America’s Job Bank = www.ajb.dni.us

Federal OPM Jobs = www.usajobs.opm.gov

Government Jobs = www.govtjobs.com

State Jobs = www.state.**.us - (all states)

(Replace “**” with your state abbreviation for state specific jobs.)

Recognizing and dealing with stress

By Sgt. Benari Poulten

Depression is a serious mental illness that can affect individuals in numerous ways, but it is a common mood disorder that can be treated, if properly diagnosed. Depression affects a person's thoughts, feelings, and behavior and, if untreated, can cause serious psychological harm for individuals and their families. Afflicting nearly 20 million adults and approximately five million children in the U.S., depression costs the country around \$44 billion per year in efforts to combat the disease.

"There are various types of mood disorders, as recognized by the Diagnostic Statistical Manual for Mental Disorders (DSM-IV-TR)," says Army Staff Sgt. Latashia Kuhl, the Mental Health non-commissioned officer with the 85th Medical Detachment Combat Stress Team. "Major depressive disorder, bipolar disorder, cyclothymic disorder, seasonal affective disorder, and dysthymic disorder, to name some."

Kuhl explains the distinctions between the various forms of depression. "Bipolar disorder is classified as a manic depressive illness that causes severe mood swings, emphasized by recurring episodes of mania and depression. Dysthymic disorder is characterized by a depressed mood during most of the day over the duration of two years or more, with symptoms being present for more than two months. Cyclothymic disorder presents with recurring episodes of hypomanic (moderate levels of manic symptoms) and depressive symptoms for at least two years."

Kuhl advises troopers to watch out for common signs of depression, which may include: severe sadness; lack of interest in previously enjoyable activities; disturbances in sleep patterns, such as insomnia; changes in appetite; fatigue; irritability; lack of motivation; social isolation; feelings of worthlessness or hopelessness; recurrent suicidal thoughts and suicidal gestures; and difficulty concentrating.

"Depression can be caused by both internal and external stressors," says Kuhl. "Effective treatment of depression is dependent upon the identification of such stressors." Common causes of depression include: work-related stress; biological or hormonal imbalances, such as pregnancies, menstrual cycles, or nutritional deficiencies; marital or relationship conflicts; use of certain medications; genetics; relocation; death of a loved one; divorce; unemployment; illness; and use of alcohol or illegal drugs.

If you recognize any of the symptoms of depression, contact the 85th Medical Detachment Combat Stress Control team at extension 3566, or visit them at Camp America in building A3206.

Man on the Street

Compiled by Spc. Delaney Jackson

This week's question:

What makes you proud to be a member of the United States Armed Forces?



Spc. Holly Kelly,
384th MP Bn.

"What makes me proud is doing my part to defend this great nation from terrorists."



Spc. Mario Veliz,
300th MP Bde.

"I'm proud to be able to serve my country. Over the years I've kept myself physically and mentally fit. After an eight-year break in service I'm able to come in and use my prior experience to help teach and motivate the younger soldiers."



PN1 Todd Timlake,
MIUWU 212

"Because we get to make a difference in matters of global importance, making this more than just another job."



Army Staff Sgt. Michael Kish
303rd MP Co.

"Knowing that we make a difference in the world and carrying on a tradition of military service in my family."



Army Sgt. Stephen Toliver
Protocol

"That I have an opportunity to serve my country and keep it free from those who would threaten it."

Chaplain's Corner

By CH (LTC) Herb Heavner
JTF Guantanamo
Command Chaplin

Over the years I have had many opportunities to travel to many different countries. Even as a young person growing up in Michigan going to a foreign country seemed like no big deal because we could cross into Canada anytime we desired. Later as a young enlisted airman I had the opportunity of traveling to the Republic of Panama. Through the months of my tour of duty there I soon learned that being an American was a most positive advantage. Nothing against living in Panama, it was and is a beautiful country with many great people; however, it was not the same as living in the United States. The customs were different, the food was different, even the way of life seemed dramatically different than what I normally experienced back home. For members of the military and civilians alike, there was no lacking of pride in being an American. In those days, the license plate on the rear of your vehicle said something like, "Panama Canal Zone". But on the front plate-you could have a license plate from your home state. That was one clear means of demonstrating pride in America.

In more recent years I have had a number of additional experiences that have taken me outside of the continental United States. I was deployed to Germany for nearly a year about eight years ago. During that tour I was able to make very short trips to some of the surrounding small countries. It did not take long to discover how different life is when you are on foreign soil, thousands of miles away from home. The one thing that I saw demonstrated more frequently than anything else during that time was an overwhelming sense of pride in being an American. When you are stationed in Europe you

receive a type of license plate that reveals your current country of residence. But in the interior of the car, normally hanging on the rear view mirror would be a tapestry with bright colors indicating your home state back in the U.S. That was another clear means of demonstrating not only pride in America, but also pride in your state of residence.

Now I am living in another foreign country, Cuba. Even though we know that we live on a military installation, most of us are very aware that we technically reside on Cuban soil. When we go back to the U.S., we have to go through customs. When the vehicles we brought with us are prepared for shipment back to our home stations, they will have to be sterilized. That means that they will have to be thoroughly cleaned so that literally no Cuban dirt or plants or bugs can be transported to the United States. Here too, there remains that real pride in being an American. We are proud of who we are and of what we represent.

I believe that God understands that pride. God established a very special people who became a great nation. They were a great nation, but they were also great people. God's people were proud of who they were. Today, we all have the privilege of being a part of His extended family. It is almost like we have been invited to be special citizens of His great nation. We can bear the banner of His love on our lives, just like those license plates or tapestries proudly revealed that the owner of the car was an American.

Don't hide your pride in being an American; it still is a part of who you are and what you represent. Likewise, don't hide your pride in being a part of God's family. That too is part of who you are and what you represent. God bless every member of His family, and God bless America on this great holiday!

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-Evan'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.	Seaside Galley (Temporary location until further notice)
	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.

Naval Hospital Smoking Policy

In consideration of the needs and concerns of smokers and non-smokers alike, smoking is not permitted in the Hospital or on the Hospital compound. Individuals who wish to smoke must smoke at the gazebo located north of building H- 21, Management Information Department. Charlie Papa!

RECREATION & LEISURE

Keeping equipment rentals up to par

Story & photo by Spc. Alan L. Knesek

In the past few weeks, Guantanamo Bay's MWR has been streamlining procedures for renting golf equipment and bicycles.

Now, instead of renting golf clubs and a golf cart at the G.J. Denich Gym, all equipment is rented at the newly renovated golf shack located at the Yatera Seca Golf Course. The reason behind the move was to make it more convenient for golfers and to allow more room for more equipment at the gym.

The golf shack also has a new range ball machine where golfers can get a bucket of balls for 50 cents.



At the new golf shack located at the Yatera Seca Golf Course, clubs, carts, and bicycles can be rented. For more information call 2193.

Schedule of 4th of July Events

Date	Time	Event	Location
July 4-6	6 a.m.	Fishing Tournament	Marina
July 4	6:30 a.m.	Independence Day Run	Gym
July 4	7 a.m.	Independence Day Red, White and Blue Golf Tournament	Golf Course
July 4	1 p.m.	JTF GTMO MWR Social Event	Windmill Beach
July 4	4 p.m.	Independence Day Celebration	Bayview/ Tiki Bar/Sailing Center
July 4	7 p.m.	Heather Balletine	Bayview/Tiki Bar
July 4	9 p.m.	Fireworks	Bayview/ Sailing Center
July 5	9 a.m.	3vs3 Basketball Tournament	G.J. Denich Gym
	5 p.m.	One Pitch Softball Tournament	Cooper Field

Movie Schedule

Camp Bulkeley

Fri., July 4

8 p.m. *Showtime*
PG13 - 95 min

10 p.m. *Jason X*
R - 93 min

Sat., July 5

8 p.m. *Global Heresy*
R - 106 min

10 p.m. *True Lies*
R - 141 min

Sun., July 6

8 p.m. *Traffic*
R - 147 min

Mon., July 7

8 p.m. *Snatch*
R - 103 min

Tues., July 8

8 p.m. *The Rock*
R - 129 min

Wed., July 9

8 p.m. *Speed*
R - 116 min

Thurs., July 10

8 p.m. *Big Trouble in Little China*
PG13 - 99 min

Downtown Lyceum

Fri., July 4

8 p.m. *Holes*
PG - 117 min

10 p.m. *Bulletproof Monk*
PG13 - 104 min

Sat., July 5

8 p.m. *Finding Nemo*
G - 100 min

10 p.m. *Identity*
R - 90 min

Sun., July 6

8 p.m. *The Matrix Reloaded*
R - 138 min

Mon., July 7

8 p.m. *X2-Xmen United*
PG13 - 120 min

Tues., July 8

8 p.m. *Identity*
R - 90 min

Wed., July 9

8 p.m. *Anger Management*
R - 90 min

Thurs., July 10

8 p.m. *The Matrix Reloaded*
R - 138 min

Club Survivor's Grand Opening

July 11th, 2003 at 5:30 p.m. across from the Seaside Galley in Camp America.

There'll be...

-Door Prizes, food, music, volleyball, horseshoes, and fun for all.

(Looking for volunteers to paint a mural for the club, for more information contact Sgt. Erin Crawley at 5241 or 8117)

NATIONAL SPORTS

J-Will caught in vicious cycle

Story by Jason Whitlock
ESPN Page 2 columnist

The motorcycle accident that apparently has cut short Jay Williams' promising NBA career won't stop a single professional athlete from engaging in high-risk activity that is expressly forbidden in his/her contract.

A contract can't stop a talented, handsome, young man or woman from feeling invincible.

Invincibility is both the blessing and the curse of youth. Being fearless is what made Williams a future NBA star. Coaches preach it all the time. "No fear!" That's what it takes to win. That's what it takes for a slippery, 185-pound point guard to throw himself into the lane, bounce off a 335-pound Shaquille O'Neal and tear-drop the ball over Karl Malone's menacing paw and lethal forearm.

Fear a bike? Or skydiving? Or any of the other dangerous activities ruled off limits by an NBA contract? No chance. Not when Jay Williams earns a living playing pinball against men 100 pounds heavier and six inches taller. Jay Williams quit being scared a long time ago. So did his peers in professional athletics.

Jay Williams, 21, had everything he needed to make the right decision. He couldn't make the right decision, because youth and his occupation made him feel invincible. Those same ingredients will trick other athletes into making the same mistake. Part of me says it shouldn't be the team's business what legal activities Jay Williams partakes in during his free time.

He should've known better. He didn't have the proper license. He allegedly had received several driving citations. His teammate, Marcus Fizer, had warned him the morning of the accident about the dangers of riding a motorcycle.

Now I'm not suggesting that pro sports teams shouldn't protect themselves. The Chicago Bulls have every right to back out of their contract obligations with Jay Williams. He breached his contract. The Bulls wouldn't be heartless if they cut their ties with Williams once he got through these initial medical procedures.

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Sports Highlights

Summary by Sgt. Bob Mitchell

With the July 31 trading deadline drawing near, the big leagues promise to be busy as a beehive for the next few weeks. The wheeling and dealing kicked off Tuesday when the **New York Mets** shipped second baseman **Roberto Alomar** off to the **Chicago White Sox** for a trio of minor leaguers. The only major league team that doesn't appear to be shopping is the **Atlanta Braves**, which own the best record in the National League and have talent and depth at every position.

Backup safety **Keith Davis** of the **Dallas Cowboys** was admitted to a hospital Monday with pain in his left hip and right arm. However, the injuries were not the result of a collision on the gridiron. Davis had been shot twice recently outside a topless club. Davis' agent, Byron Boston, said the defensive back should be ready when training camp kicks off July 26 in San Antonio.

On the college gridiron, it can't be said that **Miami's** motives are all about money. The Hurricanes have jumped from the **Big East Conference** to the **Atlantic Coast Conference**, despite a better financial offer from the Big East to stay there. Miami is the second Big East school to jump ship recently. Perennial powerhouse **Virginia Tech** defected to the ACC last month.

The marquee match-up between the two fastest American sprinters was cancelled because of an "early arrival." **Deji Aliu** of **Nigeria** defeated **Bernard Williams** and **Maurice Greene** in the 100-meter dash at the Athletissima meet Tuesday. The track meet was advertised as a face-off between Green, the Olympic and world champion, and world record holder **Tim Montgomery**. However, Montgomery flew back to the U.S. to be with **Marion Jones**, an Olympic champion herself. Jones gave birth to Montgomery's son who, to no one's surprise, arrived early.

Sports highlights compiled from ESPN.com.

Head to head ...

Which NFL team will be the biggest surprise?



Spc. Greg Dalton
Charlie Co.,
2-116th Infantry

"The Dallas Cowboys are going to be a much better team next year. Jerry Jones brought in

Bill Parcells in January to help resurrect the franchise. Parcells is a tough, hard-nosed football coach who makes every player he coaches better. Dallas is my favorite team and Bill Parcells is the man who will coach them to greatness once again."



Sgt. Brian Wilkes
384th MP Bn.

"Dallas is definitely not in the playoff picture. They are too young, too weak, have no depth.

Parcells is also over the hill. To add to the problem, Jerry Jones will micromanage the team, once again, into mediocrity. The Cowboys may get back up again on their high horse, but it won't happen this year," he said. "Look for Cincinnati to rise up again. They have the eye of the tiger and the talent to make some noise in the playoffs."

JTF SPORTS & FITNESS

Power lifting their way to the top

Story & photo by
Spc. Alan Lee Knesek

The pressure was on and so were the weights during Saturday's MWR Power Lifting Competition at the G. J. Denich Gym. The competition included three events: the dead lift, the squat and the bench press.

The winners were determined by their 'weight lifted' to 'body weight' ratio.

After all three events, JTF service members placed in every event, taking first in the men's dead lift; second in the men's squat lift; third in the men's bench press and a first place finish and second place finish in the women's dead lift, squat lift and bench press.

"I think it was a good time. I think everyone came here to win and have a good time too," said Spc. Jerrod Hester, 438th MP. Co. Hester took first place in the dead lift and third place in the bench press. Hester, weighing in at 152lbs, won the dead lift competition by lifting 380lbs. (Ratio: 2.5).

A close second went to Mike Rodriguez, weighing in at 164lbs., who lifted 405lbs. (Ratio: 2.45). Third place went to Myreon Grant who weighed in at 225lbs. and lifted 545lbs. (Ratio: 2.42).

For the women, Maj. Jo Irby, weighing in at 156lbs., took first place by lifting 255lbs. (Ratio: 1.63). In second place was Sgt. 1st Class Jacque Swanton, 785th MP Bn. (weight: 126lbs.) who lifted 135lbs. (Ratio: 1.07).

The competition continued with the squat lift. First place went to Rodriguez with a lift of 335lbs. (Ratio: 2.03). Second place went to Maj. Cliff Buttram, 300th MP Bde., weighing in at 170lbs., who lifted 315lbs. (Ratio: 1.85). And third place went to Grant with a lift of 365lbs. (Ratio: 1.62).

Once again, Irby took first place for the women's squat by lifting 165lbs. (Ratio: 1.06). Swanton took second place for the women's squat lift by lifting 75lbs. (Ratio: .59).

The bench press was the third and final event of the competition. First place went to Mike DeLeon, weighing in at 196lbs., with an amazing lift of 405lbs. (Ratio:



Spc. Jerrod Hester, 438th MP Co., lifts an amazing 380lbs. during the dead lift event at Saturday's MWR Power Lifting Competition at the G.J. Denich Gym.

2.07). Closely behind was Grant, with a lift of 410lbs. (Ratio: 1.82). Third place went to Hester with a lift of 275lbs. (Ratio: 1.81).

Irby swept the women's bench press with a first place lift of 155lbs. (Ratio: .99). And second place was once more awarded to Swanton with a lift of 85lbs. (Ratio: .67).

Keglers compete for the Captain's Cup

Story & photo by
Spc. Alan Lee Knesek

The 'kegler' steps into the alley and tosses his 'apple.' It turns into a 'creeper' and leaves a 'barmaid' standing in the middle of the alley. His 'fire's out,' but he might be able to get the remaining 'maples' with one more shot. He plays it wrong and throws a 'poodle.' His winning streak is over and he won't be leaving the 'house' today with a 'deuce.'

Troopers participating in the Captain's Cup Bowling League know exactly what this means! The bowler threw a slow rolling bowling ball down the lane and left two pins standing, one behind the other. His streak of strikes is over and when he tried to get the remainder of the pins, he



Army Sgt. Tracey Hughes, 'The J8 Budgeteers,' bowls the first game of the season in the Captain's Cup Bowling League.

threw a gutter ball. He won't finish with a score of 200 points at the bowling alley this time. Of course!

The Captain's Cup Bowling League started and there is going to be some tough competition over the coveted Captain's Cup this year.

"The J8 Budgeteers are second to none and even though were here to have fun, were taking home the cup," said Staff Sgt. Nakia Royal, J8.

Of the 18 teams competing, three are JTF teams. The games are held every Tuesday at 6 p.m. for the next eight weeks. If these 'keglers' want to take home the Captain's Cup this year, they are going to have to make sure they bring their best games to the house.

15 Minutes of Fame...

Airman First Class Omar Phillips J-3 section

New Yorker aims high in the War on Terrorism

Interview and photo by Sgt. Dan Johnson

Airman 1st Class Omar Phillips, of Offutt Air Force Base's 97th Intelligence Squadron, Nebraska, works as an administrative clerk in the J-3 section. Phillips, who calls Brooklyn, N.Y., home, hopes to resume college in pursuit of a degree in radiology when he gets back in the States.



Airman 1st Class Omar Phillips puts the finishing touches on some documents. Phillips, who grew up in Brooklyn, N.Y., has realized the importance of what it means to be an American and is taking an active role in the Global War on Terror following the September 11th attacks.

Q: What do you like about your job here?

A: I've had the chance to use the things that I've learned in the Air Force and apply them to the JTF. It's worked out pretty well. It gives me a certain amount of satisfaction

seeing other people using the things that I've brought to the table. Joining the military has made it all worthwhile. Now I feel like I'm actually doing something to help the United States. Being a part of the fight against our opposition gives me an overwhelming sense of pride.

Q: Have you been to college?

A: I had one year of college at Fayetteville Technical Community College. When I was in school, I was also working three jobs and I ended up putting school on the back burner. That's why I joined the Air Force ... so I could have more time to actually go to school and focus. I'm going back into radiology when I get back because I enjoy working in the medical field. I was a housekeeper in a hospital as one of my odd jobs and I really liked the medical environment.

Q: What makes you proud to be an American?

A: Being able to travel from state to state, going overseas, and seeing the unity that we have and to be able to enjoy the options that we fight for every day. When you go overseas, people know that you're an American and that you're from the greatest country in the world and that's a good feeling.

Q: How did the attacks of September 11th make you feel about being an American?

A: It really hit home because I'm from Brooklyn, N.Y. It made me realize that we have to be aware that terrorism is a real thing. It makes me proud to know that I'm doing something for that cause ... and I'm doing something about it right here in the JTF; to make sure that September 11th never repeats itself. It makes me very

proud.

Q: What does Independence Day mean to you?

A: It means a lot to me, now more than ever. Initially, it was a war with the British, but now it's terrorism. Now, we're celebrating an ongoing battle and how we've risen above the situation. We're still independent and we're still free. We're still the land of opportunity, and we're still the greatest, most powerful country on earth and no one can take that away from us. We're still celebrating something that we've fought for and that we're still fighting for to this day ... over in the desert, here in Guantanamo, and all over the world.

Q: Do patriotic holidays mean more to you now?

A: Definitely. Before, I never really knew the meaning. But as I've grown up and made the choice to join the U.S. Air Force, anyone can tell you that I'm a patriot. I find myself reading the paper more to find out what's going on in the world and how it pertains to us. I'm more of a patriot now than ever before.

Q: What does freedom mean to you?

A: Freedom means everything to me ... just knowing where this country came from. We have our freedoms and we have our rights and no one can take them away from us. It's definitely something that I'm proud of and thankful for.