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New top 'DOG' takes command

Army Col. John J. Perrone Jr. settles in as head of Joint Detainee Operations Group

By
Army Pfc. Jean-Carl Bertin
The Wire

It's Friday afternoon. After a long business meeting with his staff and his company commanders, Army Col. John J. Perrone Jr., the new commander of the Joint Detention Operations Group (JDOG) puts aside his administrative duties for the day and pays a visit to Camp Delta, where the detainees from the U.S. global war on terrorism are housed.

Perrone proceeds to the main gate and waits patiently for the guards on duty to come and let him in.

Before he enters, he looks around to make sure that everything is in order. He then goes through all the gates, each securely manned by MPs, to get access to the detainees' units. As soon as the soldiers see him, they all assume the position of attention and wait for him to review the logs and examine the conditions of the units.

"As the commander, my responsibility is to oversee the entire detention operation, including all the MPs, the battalion, the companies, as well as infantry units that provide external security," Perrone said.

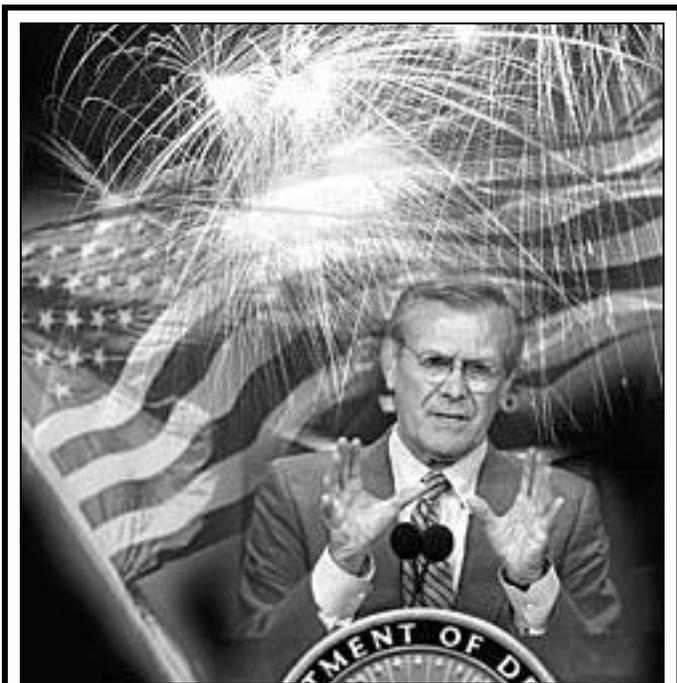
His job, he said, is mostly administrative -- to oversee the detainee operations here on behalf of Commanding Gen. Rick Bacacus and the Joint Task Force 160 command, and make sure that all personnel work together toward the success of this operation that has captured the eyes of the world.

"But I also make it my goal to come out here to Camp Delta at least once a day and see how my soldiers are doing," he said.

Perrone, who has been at GTMO for approximately a month, doesn't have to reinvent the wheel.

He is replacing Army Lt. Col. Bill Cline from the 455th Military

See JDOG, page 5



Composite photo by Sgt. Michelle M. Pessoa

Secretary of Defense's Fourth of July message

At a critical moment during the Revolutionary War, when his army was surrounded and in danger of being destroyed, General Washington issued this order: "Put only Americans on guard tonight." Washington knew, at that moment of crisis, he could rely on those citizen-soldier volunteers who had left behind their families and farms to risk everything for the cause of freedom. Thanks to their service and sacrifice, America achieved her independence. And every July 4th since, Americans have come together to give thanks for our freedom and what our country has become: the freest, most creative and dynamic nation on earth.

So today, as in General Washington's time, we take comfort in the knowledge that Americans like you are on guard tonight: soldiers, sailors, airmen, Marines and Coast Guardsmen. Through your service and sacrifice, you help make every day Independence Day for the United States of America. Our people are free because your hearts are brave. And so on this Fourth of July, we stop to say to each of you: Thank you for what you do for our country.

Donald H. Rumsfeld

A look inside...



Ordnance sailors that aim high
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Page 8



Volleyball fights that never quit
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Chaplains' Corner

4 July = 1 Nation, Under God

Two quick thoughts for this 4th of July weekend:

1. When the Founding Fathers wrote of a separation of church and state, they were emphasizing that our government was not authorized to establish an official state religion.

They were not stating that God and/or the spiritual dimension did not exist and that the government couldn't deal with anything that was related to religion. God had a place and it wasn't just in heaven.

A review of U.S. law and court decisions (until the 1960s) clearly shows this.

2. Individuals who have sworn to serve their nation in the armed forces are servants of the security and freedom of nations.

If military personnel complete their duty honorably, they help in the forging of the nation's common good and the maintenance of peace.

— **LCDR Vincent A. Salamoni,**
CHC, U.S. Naval Reserve

Provost Marshal's Office

The GTMO Morale Welfare and Recreation Marina offers a course of instruction for recreational small boat operators.

Upon successful completion of a written test and a practical test, candidates are issued the GTMO Small Boat Operators License. The license entitles you to rent and operate one of the recreational boats available through the Marina at Guantanamo Bay.

Upon renting a boat, you will be issued the white map of the bay and a portable radio for communication with Port Control.

It is extremely important that you orient yourself to visible reference points

and then cross-reference those points on the map prior to leaving the marina, and THAT YOU keep cross-referencing your location on the map when you are in the bay.

Not all the MWR boats have compasses, it is highly recommended that you bring your own.

REMEMBER TO MONITOR THE RADIO AT ALL TIMES FOR PORT CONTROL. Do not violate restricted areas and above all:

BE A SAFE BOATER!

— **Maj. Gary J. Cipolletta,**
Deputy Provost Marshal, JTF-160

Commander's Corner

This week, JTF-160 Commanding Gen. Rick Baccus passes along this message from Army Maj. Gen. Gary D. Speer, ACINC, United States Southern Command.

To the men and women of the United States Southern Command:

This Independence Day, our nation's 226th birthday, is an occasion for reflection as well as celebration.

Throughout our proud history, U.S. military forces have played a key role in safeguarding the democracy and liberty that we, as Americans, hold so dear.

Today, our nation recognizes a new threat, one that in coming years will test the courage, strength and determination of the U.S. armed forces, perhaps more than any other challenge in our history.

In the war on terrorism, we fight as we have always fought: for a just peace that guarantees human rights and freedom from oppression.

We wish for others what we have always wished for ourselves — safety from violence as well as liberty and opportunity for our children.

Your exemplary efforts and personal sacrifices help to ensure our nation's freedom and independence, now and in the coming years.

We honor you as well as the United States on this special day. Best wishes for a safe and happy Independence Day.

RICK BACCUS

Brigadier General, USNG

Joint Task Force 160, Commander

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Profession of the Week

Naval Station Ordnance

Compiled by Spc. Joseph A. Morris
and Spc. Chris S. Pisano
The Wire

The ever-diligent sailors of the Naval Station Ordnance unit aim high to handle all the firepower on Guantanamo Bay. They support all personnel from JTF-160, the Marine Corps and all Navy and Coast Guard ships that make contact with this base. They order and supply ammo, maintain weapons, provide weapons training and run all the ranges here.

If any units have to qualify with their weapons while here at GTMO, it's these guys who will be supplying and guiding fire toward a successful day in the sun with a gun. So if you're in the prone and start to panic, take a deep breath, scan your lane, and just squeeze.

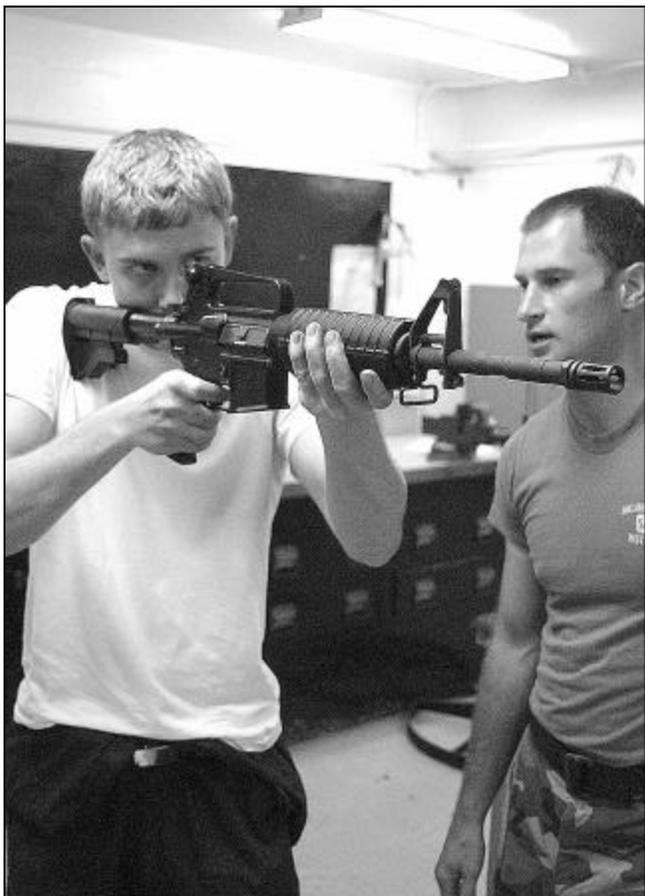


Photo by Spc. Joseph A. Morris

Seaman Apprentice Bryan Burton practices the proper positioning of his M-4 while zeroing in on his target as Petty Officer 2nd Class Jay S. Wojcik critiques his form.



Photo by Spc. Joseph A. Morris

Navy Petty Officer 3rd Class Robert Evans breaks down an M-60 in a thoroughly high-speed fashion during a routine weapons cleaning.



Navy Petty Officer 2nd Class Jason Doll

"A nice change of pace took place over the last few months. I've been here for over two years. Since JTF arrived, the tempo has increased ten-fold, but I'm having a lot of fun."



Navy Petty Officer 2nd Class Jay S. Wojcik

"I love this job. It's great, going to the range, sitting in the sun and shooting off rounds. I like helping people out there on the ranges by critiquing their technique and firing position."



Navy Petty Officer 1st Class F. Robinson

"It's a very challenging job, mentally and physically. When we move ammo and are rolling down the road in white pick-ups with red flags, pull over to the side of the road for safety."



Navy Petty Officer 3rd Class Robert Evans

"Some times we face challenges, but I have great people to work with. I've only been here for three months, but I've been enjoying myself."



Photo by Army Pfc. Jean-Carl Bertin

The long road to hard stripes

Army Lt. Col. Izzy Rommes, commander, and Command Sgt. Maj. Anthony D. Clayton of the 160th MPBN pin the sergeant's stripes on a gleeful former Spc. Luis Molina on Tuesday. Molina, who proudly wears his expert and combat infantry badges, has been a specialist for more than 10 years. He was a distinguished honor graduate of MP school in 2000. "I've always done my best to represent my battalion," said Molina. "I am looking forward to perform my NCO duties."

Man on the street

Compiled by Spc. Chris S. Pisano and Spc. Joseph A. Morris

This week's question:

What is your most memorable moment from basic training?



Navy Petty Officer 1st Class Tom Juzwaik, MIUWU 204

"For the first time in my life, I got my head shaved."



Lance Cpl. Lance Barbera, J-6

"When I got smoked for thirty minutes after dragging a buddy through the sand. Marines shouldn't drag each other unless they're dead."



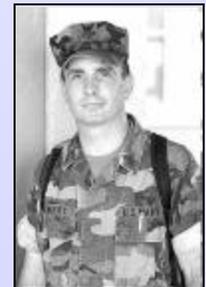
Navy Chief Petty Officer Loretta Jackson, J-8

"I used to always wind up in trouble. My company commander thought I was a smart-ass, so I was always pushing."



Spc. Robert Lovely, Joint Information Bureau

"I remember the first time my drill sergeant laid eyes on my name, he said, 'What's so #\$\$@%ing lovely about you?'"



Navy Petty Officer 1st Class Robert Cherry, MIUWU 204

"I remember returning to the barracks after a 'tomado' struck. Drill instructors flipped the bunks and threw everything all over the place."

JDOG, from page 1

the 2002 Olympic Games at Salt Lake City.



Photo by Pfc. Jean-Carl Bertin

Col. Perrone explains the purpose of the weekly commander's call to a group of company commanders.

Police Detachment, attached to the 800th MP Brigade in Uniondale, N.Y.

Cline went back home to New York last week after serving JDOG for six months.

Like Cline, Perrone is a New Yorker. He is from Monroe County in Rochester, recently retired from his civilian job at the Monroe County Sheriff Department after spending the past 30 years of his life holding a multitude of different positions.

"I started on road patrol and worked through the ranks. I retired as a major and division commander of operations," he said. "As the commanding officer, I oversaw patrol precincts along with special teams such as Swat, EOD, Scuba and Marine and canine units."

"I thrive on organization, structure and discipline," he said. "That's why I got into law enforcement, and that's why I joined the Army."

Perrone, who has been in the Army for more than 32 years, said that almost everything he did in civilian and military life was a preparation for the position he now holds.

Before he was called up for "Operation Enduring Freedom," he served on active duty for a year as the chief of Force Protection and Anti-terrorism for

"A great deal of it was the interaction with local state and federal law enforcement agencies as well as providing force protection plans for the military units," he said. "There were 18,000 security and law enforcement people including 6,500 soldiers supporting that mission."

Perrone has filled a wide variety of military roles as well: S-4 in civil affairs, staff officer at the battalion, brigade and division levels, and provost marshal and commander of a transportation company.

"There wasn't really much in the way of opportunity that the Army has not afforded me," said Perrone.

All that experience has led to this. "He came highly recommended for this job," said Army Lt. Col. Don Wedewer, JDOG's executive officer. "We want to support his decisions and grab his experience and education. I've been in the Army for 23 years, and I still have a lot to learn from him."

"Col. Perrone has a tremendous outgoing personality and he motivates all of us," said Wedewer, who recently started working for the commander.

"Col. Perrone is a charismatic and personable leader," said Army Capt. Keith Bowers, from JDOG S1, recalling his first meeting with the commander outside the office.

"On my second day here in Cuba, we went out fishing and I got a chance to talk and interact with him on a personal level," said Bowers. "It was a very casual environment. Perrone made everybody feel at ease. He's really down-to-earth. Surprisingly, after fishing he agreed to go with us to the Downtown Lyceum to catch a movie."

Although he is away from his wife and his three children, Perrone

said he is enjoying GTMO and hopes to play some golf and spend more time fishing whenever his busy schedule allows it.

Before assuming the new position, Perrone had a chance to spend a couple of weeks working with Cline and his staff. He said he has had a good understanding of what they were doing and wants to build on their work.

"Perrone is very meticulous and thorough," said Bowers. But the man himself says he's no micro-manager.

"My leadership style is to be on top of as many issues as I can without being a mile deep in them. I have to look at the broad picture," said the new commander.

For Perrone, a good manager or leader has to be able to assess the strength and weaknesses of his command.

"That's one of the reasons we have the weekly commanders' meeting now," he said. "All of the company commanders need to get up and brief their own operations and explain why they're doing something or why they're not doing something."

"If a company commander exhibits leadership, some issues will not have to go up to my level and to the level of Gen. Baccus."

"I don't need to know everything," he said, "but I do need to know those things that are important for me to deal with. So does Gen. Baccus."

But with more than 1,000 ser-

vicemembers under JDOG's command, Perrone has to work to make sure his and Baccus' orders make it down to the ground level.

"It's one thing to write down the standards," he said. "It's another to actually sit down and train people to understand and enforce them. I believe that if you don't enforce them, they become a useless document. Perhaps we have to do a better job ourselves, making sure everyone understands the standards before enforcing them."

He said he understands that GTMO is "a high-stress environment for a lot of the young soldiers. But we have to make sure they are properly trained and properly equipped to carry out their mission."

"This is a great mission, a once-in-a-life-time opportunity for a lot of the soldiers," he said. "They should be proud to be part of this mission, and above all, proud to be Americans. I'm just grateful for the opportunity to do my part."

For the next half-year, Perrone will keep doing it -- keep meeting with his company commanders on a regular basis, and keep getting out to Camp Delta and Camp America once a day to monitor the progress of his the operation he now oversees.

"I have a very simple vision," Perrone said. "Be the best we can be, providing a level of excellence in everything we do. We are not there yet, but we're certainly heading that way."



Photo by Pfc. Jean-Carl Bertin

The new commander of JDOG speaks to his staff and company commanders Friday as Lt. Col. Izzy Rommes from the 160th MPBN takes notes.



Photo by Spc. Joseph A. Morris

The TENNER C. sails up to the shoreline after pulling it's heavy load a long distance to keep the people here at GTMO living luxuriously. If it's not here on the island, most people would say, "It's on the Barge."

Living and dying by the barge

Compiled by Spc. Joseph A. Morris and Spc. Chris S. Pisano

GTMO's famous "barge" is the lifeline for the vicemembers and citizens of Guantanamo Bay. It carries almost anything imaginable from Banana Republic clothing to tissue to speedboats. The barge — a.k.a. "The Bay Express" — embarks from Jacksonville, Fla., on a four-and-a-half day journey carrying its cargo at a cruising speed for nearly a thousand water miles.

Dwarfed by the barge itself is its driving force, the TENNER C., a small-yet-powerful tugboat with a long history of off-tumultuous seas to pull the barge to its destination.

Unloading the barge can take up to five days of hard work and toil. But the strong-backed men who man the pier and set its cargo ashore seem as easy as breathing. The monthly arrival as the people of GTMO. The fruit of the barge will be all over base.



A heavy-duty crane is used to hoist all secured cargo from the barge.

...e for all the ser-
...o Bay, carrying
...Nesquik to toliet
...The Guantanamo
...nville, Fla., on a
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...y force: the TEN-
...which braves the
...s ultimate desti-

...e days of sweat
...meet the barge at
...ger for its twice-
...Soon, the sweet



Photo by Spc. Joseph A. Morris

A barge unloader unfastens a safety latch from a cargo container before the boxes are removed.



Photo by Spc. Joseph A. Morris

Cargo is off-loaded from the barge onto flat-bed trucks, and then hauled away.



Photo by Spc. Joseph A. Morris
off the barge.



Photo by Spc. Joseph A. Morris

The GUANTANAMO BAY EXPRESS, or "The Barge," docks at the pier here on GTMO heavily loaded and tightly secured.

Getting down and dirty is strategy

By Spc. Chris S. Pisano
The Wire

Somehow it gets done. Units come and go, and so do all of their equipment and vehicles. Some people might think this job gets done by itself, but there is a man who breathes hard and sweats heavy, drawing from an overflowing well of motivation to get the gear from here to there and there to here. At GTMO, that man is Marine Corps Cpl. Christian "J-Lo" Lopez, embarkation chief of the strategic mobilization unit here.

"I want people to know what we do," said Lopez, who along with the other individuals of the strategic mobilization unit ensure that the incoming units attached to the Joint Task Force receive their cargo here, and the outgoing ones have it safely shipped home.

"Units are always coming and going," said Lopez. "They come through us and leave through us. It's a hectic job. There's so much volume with all the deployments and redeployments always going on."

And the only way to move hundreds of thousands of tons of cargo smoothly, safely and successfully is to plan, down to the last

detail, every movement that cargo will make.

"You don't even know," said Lopez. "It's a lot of tedious work, and most people don't understand the amount of planning that goes into this job. It's a logistical nightmare."

"You see, there's a timeline I have to meet," he said. "In order to ship cargo out, or get cargo here, it takes weeks' worth of planning. It can't get done all in one day, but I'm all over this island doing the best I can."

The central point of those scattered operations is the quarantine lot, where units bring all of their cargo and vehicles to be accounted for and inspected before

they are to be shipped out. Before Lopez receives the

goods, he must review a manifest for each of the units that will go through him, and then he will begin processing the most effective way to release the load.

"I get a heads-up with the unit. I sit down with them and inventory what they have, like how many shore tons they have, or if they will need boxes for shipping," said Lopez. "Also, we have to weigh everything to make sure it all will fit properly. I do load plans on computers for ships and planes, so I know exactly what to put in and how it will fit evenly."

One of Lopez's other duties is that of agricultural inspector. He must make sure that all equipment and vehicles meet health standards and are certified clean so they can be shipped back to the States without the unit getting fined.

"This is an important part of the process," said Lopez. "It's a dirty job. Wherever you can stick your hand, you can pull out dirt. But I have fun at the wash rack where I pressure wash the vehicles. I really get dirty, but I like it. Sometimes I'd rather be there than anywhere else."

In addition to his other duties, Lopez is also a hazardous material certifier, who must sign off on explosive material, ammunition and other such hazardous items to ensure that they are safely shipped.

"HAZMAT is another big deal," said Lopez. "If I certify something wrong,

there's going to be...trouble."

Once those hurdles are cleared and business is finished at the quarantine lot, Lopez will either coordinate to put all the cargo on a ferry and send it to the Leeward side if it is to be flown out of GTMO, or he will usually lead a convoy down to the pier so the cargo can go on the barge.

When going to the pier, Lopez must get in touch with the load manager who will ultimately take charge of the cargo. All of the equipment and containers will then rest at a lot at the pier awaiting the next barge to come in.

"I bring it all to the load master at the pier to make sure it's not 'frustrated,' like there's too much cargo or something is certified wrong," he said. "If it doesn't meet the standards, it can't go. But once it's signed over to the load manager, I'm done. Almost done."

Because as the loaded barge brings the cargo to Florida, and from there heads to wherever the unit calls home, Lopez is making sure its journey goes as planned.

"I track all the shipments using a GPS tracking system," he said, "and make sure everything is going smoothly."

"When I hear that a unit got their stuff back home, it's such a great feeling. And when I look down at my empty lot from the office and see all of my stuff gone, I feel so good. It's the best feeling in the world."

Lopez has been having plenty of those top-of-the-world feelings since he first arrived here in February. He originally started the job with 10 other Marines trained in cargo move-

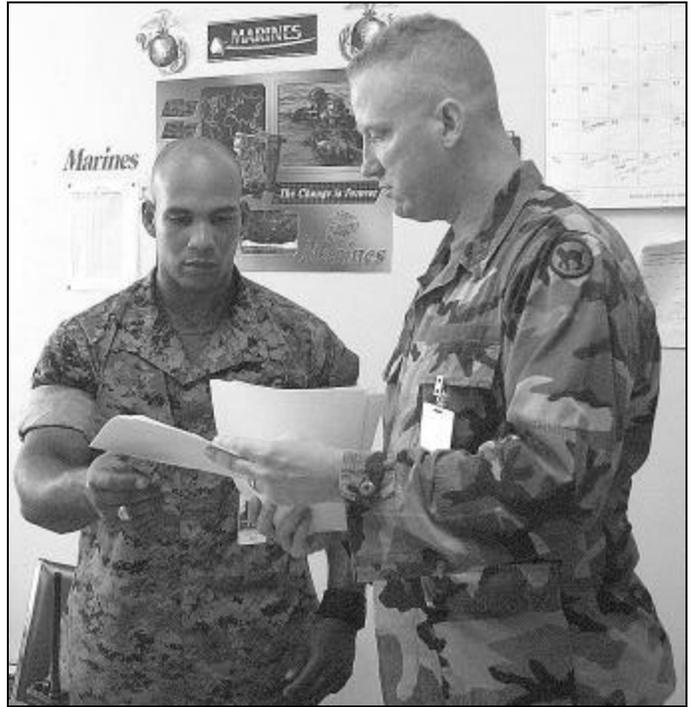


Photo by Spc. Joseph A. Morris

Marine Corps Cpl. Christian Lopez double-checks a shipping manifest with Army Staff Sgt. Dennis White, who also works in the strategic mobilization unit.



Photo by Spc. Joseph A. Morris

Marine Corps Cpl. Christian Lopez, embarkation chief here, coordinates to lead a convoy down to the pier.

for moving cargo here to there

ments and logistics from his unit, the 2nd Marine Expeditionary Force, 2nd Supply Battalion, from Camp Lejeune, N.C. Not long after, though, the unit was scattered, and as the rest of his fellow Marines were disseminated out to other missions around the world, Lopez would remain at GTMO.

"I got left behind because they needed an embarkation and logistics chief here," said Lopez. "But we're all supposed to meet together after this mission. The funny thing is, before starting this mission, I was back home deploying Marines to come to Cuba, and then I had to come down here after them."

And while here Lopez might appear to be a "one-man show," he does receive invaluable assistance from the rest of the team working out of the strategic mobility office.

"Nobody knows about us until it's time to leave, but then they're camping out here to get their stuff done in time," said Air Force Capt. Thomas Ringlein, the strategic mobility officer and head of the unit. "All of the guys here work hard. We also have three working over on the Leeward side for when we ship things over there. Tech Sgt. Dave Henley, Tech Sgt. Melissa Sisneros and Staff Sgt. Brian Violet all deserve recognition for their hard work."



Photo by Spc. Joseph A. Morris

Air Force Staff Sgt. Michael Pfefferkorn, strategic mobility office chief, arranges for passenger manifests on outgoing flights from GTMO.

"We have a big impact on the JTF mission," said Air Force Tech. Sgt. Daniel Johnson, who works out of the strategic mobility office. "It's our mission to service the people here, especially the ones who have been here the longest. We've helped a lot of people go home."



Photo by Spc. Joseph A. Morris

Marine Corps Cpl. Christian Lopez gets down and dirty while performing an agricultural inspection on a humvee, ensuring that it is clean and safe so it can be shipped back to the United States.

"Once you see the end product, it is so satisfying," said Air Force Staff Sgt. Michael Pfefferkorn, the strategic mobility office chief. "But I've been lucky that I've been in such a great shop."

That sense of camaraderie is what keeps these guys going. For Lopez, this is his first time working in a Joint Task Force, and he couldn't be more pleased with the "purple" environment.

"These guys are great, they really help me get things done and I really like being around them. I'm happy to be working with the Army, Air Force, Navy and Coast Guard. I'm a better person for it."

Having great people to work with also helps in overcoming the volume of stress that comes in with all that cargo Lopez moves.

"We work countless hours, seven days a week, and I get stressed out sometimes," said Lopez. "On weekends we will get to wear civilian clothing or PTs, but we're still working. Sometimes people see me sitting around in my PT gear and think I'm just chilling, but I'm working hard. To do this job you got to get down in there and get dirty."

Getting down and dirty is what Lopez is all about. Luckily he takes his profession to heart; for him, doing the job is its own reward, and he doesn't mind overseeing every little aspect of it from start to finish.

"If I don't come in, I feel I'm not doing my job," said Lopez. "I feel it's a part of me because if it doesn't get done I feel responsible. In the last three to four months, I've shipped out nearly half a million shore tons of cargo and equipment and maybe 50,000 lbs. of ammunition.

"It's crazy, man. The last barge was the biggest I ever had to work with. We're talking

maybe half a dozen units and a quarter-million shore tons. That was a big load I had to move."

"But you know, when you plan something, you want it done right."



Photo by Spc. Joseph A. Morris

Air Force Capt. Thomas Ringlein, the strategic mobility officer, knows every unit assigned to the JTF that comes through GTMO.

Combat stress, on and off the battlefield

By Spc. Michelle M. Scsepko
The Wire

On the battlefield, the ability to control combat stress can be the deciding factor between victory and defeat. Off the battlefield, it can determine how well any mission is performed. Stress is a factor of combat and deployment; military members must face it and learn to deal with it.

Being deployed to Guantanamo Bay as part of Operation Enduring Freedom isn't combat. But servicemembers here are still deployed, far from home and near the detainees from the war on terror, and exposed to various levels of stress that could prove costly if not controlled.

That's where the 85th Medical Detachment Combat Stress Control team comes in.

"Although troops are far away from home, issues from home are kept close to their heart."

— Army Maj. Marie C. Morency

"Our main mission is to keep military members able to perform their mission efficiently and effectively," said Army Capt. Sharon M. Newton, the unit's occupational therapist, 85th Medical Detachment Combat Stress Control Team. "We give briefings and classes to inform leadership on the signs of stress to look for in their troops, and teach preventive measures to reduce the levels of stress on all individuals deployed."

There are six major functions in the mission of the Combat Stress Control Team. The first three are consultation, in which the team offers advice and education to commands; reconstitution support, in which teams offer assistance at field locations to battle-fatigued units which are withdrawn to rest, reorganize, and integrate replacements; and neuropsychiatric triage, which enables the team to sort out battle fatigue cases with temporary, stress-induced symptoms from true neuropsychiatric with deeper problems.

The fourth step is stabilization, an immediate, short-term evaluation of the severity of the battle-fatigue casualty. Next restoration begins, a one- to three-day rest for battle fatigue casualties.

During the reconditioning phase, the Combat Stress Control Team implements a four- to twenty-one-day intensive program of replen-

ishment, physical activity, work details, and military retraining for battle fatigue casualties.

While stationed at GTMO, the Combat Stress Control has taken an active part in assessing the stress levels of troops. "It is highly important for us to get out there and do our jobs," said Army Staff Sgt. Richard B. Howard, Non-Commissioned Officer In Charge of the 85th. "And we're looking at troops from the entire JTF-160 staff, not just the camps," he said.

There are many factors that play into the causes of stress while on deployment. Being deployed means being far away from family, friends, and comfort zones. This separation is often a cause of stress.

Just being separated from loved ones is always hard.

"Although troops are far away from home, issues from home are kept close to their heart. Young children, ill relatives, and finances are always kept in their minds," said Army Maj. Marie C. Morency, Officer In Charge, 85th Medical Detachment Combat Stress Control Team.

Another factor involved is the reality that many deployed are Reserve and National Guard Components. Thus, they may not work in the field they are currently working in while on deployment.

"The change of jobs can increase stress. Also, some troops have taken pay cuts and may worry about their finances," said Newton.

Members of a unit play a significant role in preventing and identifying stress in one another. They can be sure troops are physically, emotionally, and spiritually prepared prior to deployment — and watch carefully for signs of combat stress during deployments.

"Some signs to look for are increased visits to sick call with vague physical complaints, loss of concentration, bad attitude, and sleep-

deprivation symptoms," said Army Spc. Kathryn S. Hernandez, a member of the 85th. Controlled combat stress, when properly focused by training, unit cohesion, and leadership, gives servicemembers the necessary alertness, strength, and endurance to accomplish the mission with loyalty, selflessness, even heroism.

Left uncontrolled, though, combat stress can degrade the entire mission — whether servicemembers fighting the war on terror are under fire on the battlefield or just under the gun on a distant deployment, working hard far away from home.



Photo by Spc. Michelle M. Scsepko

The combat Stress Control Team, left to right: Staff Sgt. Richard B. Howard, Army Maj. Marie C. Morency, Capt. Sharon M. Newton, Spc. Robert M. Vincent, Sgt. Larry N. Clark, and Spc. Kathryn S. Hernandez.

SUICIDE PREVENTION TIPS: "AID LIFE"

A: Ask! Don't be afraid to ask if someone is thinking about suicide.

I: Intervene immediately! Take action and listen.

D: Don't keep it a secret!

L: Locate help! Seek out the officer on duty, Chaplain, or call the emergency room.

I: Inform the Chain of Command! They can secure necessary resources.

F: Find someone to stay with the person while you go get help. **DO NOT** leave the person alone!

E: Expedite! Get professional help immediately.

Resources in Guantanamo Bay:

Fleet and Family Support Center
4141

Chaplain
2323

Emergency Room
72690

Security
911

For more information on suicide prevention or combat stress call
81160

Sports

Intense matches mark start of V-ball season

By Spc. Jose A. Martinez
The Wire

The co-ed volleyball season began Friday, June 28, at G.J. Denich Gymnasium with two intense matches on the court: JTF-160 vs. Chat Bout and Hospital vs. 178 MP Co.

The mostly civilian-manned Chat Bout dominated the first set of its match 15 to 6, but JTF-160 fought back hard in the second set, making it a see-saw battle that finally tipped their way after Army Warrant Officer Pete J. Turner broke a late tie with a thunderous spike that switched the momentum of the game to his side. JTF-160 won the set 15 to 14.

The third set was played as tough as the second. JTF-160 led most of the set, with Army 1st Lt. Tom C. Kim serving up points in bunches. But the squad seemed to break its own stride with a late time-out, and at game's end Chat Bout was a 15-13 winner.

"Kim was hot," said Oswaldo Brooks. "But when they called the time-out it messed up their rhythm and timing. We were able to take advantage, and come back and win the game."

"We are fighters and we never quit. That's the Chat Bout attitude," said Angel Lakeman, who scored the winning point.

"Even though it was a close game, we knew we would win," said Navy Petty Officer 3rd Class Jahlee L. Brown. "And we won even though we were playing short-handed. I feel we are going all the way this season, so look out for Chat Bout."

The night's other match was



Photo by Spc. Jose A. Martinez
Army Warrant Officer Pete J. Turner from JTF-160 spikes the ball and lets his presents know over Oswaldo Brooks from Chat Bout.

considerably less suspenseful. The team from Naval Hospital opened its season with a dramatic "W" by blanking the 178th MP Co. in two straight sets 15-12, 15-11.

"We played strong and we took control of the match," said Petty Officer 3rd Class Dustin S. Ross from Naval Hospital.

Navy Petty Officer 3rd Class Tommie E. Crumedy from the Naval Hospital credited strong communication -- and determination -- for the the victory.

"We did what ever it took to win the match," he said. "That was the key to victory."

MWR's summer volleyball season happens every Friday night for another seven weeks, with each team playing seven games before a tournament that decides the champion. And after their performance Friday, Naval Hospital was confident about their prospects.

"We played well tonight," said Navy Petty Officer 1st Class Aquiles P. Faustino, "and we'll keep it up. Nothing is going to stand in our way this season."

MWR Watch

Summer Leagues are in full swing. Stop by MWR Office, Room #204 or Main Gym for schedule. There is still time to sign up for the July 6th Paintball Tournament. For more info call CPT Gormly, #5249.

Friday, 5 JUL 02

Non-Alcoholic Social Time, Main MWR Liberty Center
11 a.m.- 12 p.m., Tae-Kwon Do
5:15 p.m.- 6:15 p.m., Aerobics
6:30 - 7:30 p.m., Tae-Kwon Do
6 p.m.- 9 p.m., MWR Softball Leagues, Cooper Field
6 p.m.- 9 p.m., MWR Volleyball Leagues, D.J. Denich Gym

Saturday, 6 JUL 02

8 a.m.- 12 p.m., Predictor Swim Meet, Windjammer Pool
Movie Marathon, Main MWR Liberty Center
5 p.m., Paintball Tournament
6 p.m.- 9 p.m., MWR Softball

Sunday, 7 JUL 02

10 a.m.- 8 p.m., Open Swim, Windjammer Pool
Spades Tournament, Main MWR Liberty Center

Monday, 8 JUL 02

6 a.m.- 7 a.m., Aerobics classes
11 a.m.-12 p.m., Tae-Kwon Do
5:15 p.m.- 6:15 p.m., Aerobics
6 p.m.- 9 p.m., MWR Basketball
6 p.m.- 8 p.m., MWR Soccer
6:30 - 7:30 p.m., Tae-Kwon Do

Tuesday, 9 JUL 02

Puzzle Time, Main MWR Liberty Center
5:15 p.m.- 6:15 p.m., Yoga
Ultimate Stretch & Aerobics
6 p.m.- 9 p.m., MWR Bowling
6:30 -7:30 p.m., Tae-Kwon Do

Wednesday, 10 JUL 02

6 a.m.- 7 a.m., Aerobics Class
11 a.m.- 12 p.m., Tae-Kwon Do
6 p.m.- 9 p.m., Basketball
6 p.m.-8 p.m., Soccer Leagues
7 p.m., 9-Ball Tournament, Main M.W.R. Liberty Center

Thursday, 11 JUL 02

5:15 p.m.-6:15 p.m., Yoga
Ultimate Stretch Class & Aerobics Classes
6:30 p.m.- 7:30 p.m., Tae-Kwon Do Classes
7 p.m., Free Movie, downtown or Camp Buckeley

Movie Schedule

Friday, July 5

8 p.m. Lilo & Stitch
10 p.m. Changing Lanes

Saturday, July 6

8 p.m. Spiderman
10 p.m. The Scorpion King

Sunday, July 7

8 p.m. Unfaithful

Monday, July 8

8 p.m. Jason X

Tuesday, July 9

8 p.m. Sum of All Fears

Wednesday, July 10

8 p.m. Unfaithful

Thursday, July 11

8 p.m. Life or Something Like It

SOFTBALL SCORES				STANDINGS	
Naval Hospital	12	346th MP Co.	7	Iguana	2 - 0
160 MP Bn	8	239th MP Co.	10	Hospital	2 - 0
				JTF-170	2 - 0
				GTMO Bay	2 - 0
PSU 307	2	JTF-170	12	Blacksheep	2 - 0
178th MP Co.	16	178th MP Co.	0	Regulars	2 - 0
				239 MP Co.	1 - 0
				571 MP Co.	0 - 0
346th Hit Squad	9	Iguana	22	XO Staff	1 - 1
346th Wildcats	18	160th MP Bn.	4	GTMO Lite	1 - 1
				PSU 307	1 - 1
				Wildcats	1 - 1
Trop. Nightmare	11	346th Hit Squad	1	178 MP Co.	1 - 1
GTMO Lite	7	239th MP Co.	5	114 MP Co. A	0 - 1
				HQ JTF-160	0 - 1
				JTF-160	0 - 1
342nd MP Co.	16	342nd MP Co.	9	Hit Squad	0 - 2
Reservist	18	Naval Hospital	16	114 MP Co. B	0 - 2
				342 MP Co.	0 - 2
				2/142 INF. Co.	0 - 2
Iguana	17	Trop. Nightmare	19	160 MP Bn.	0 - 2
HQ JTF-160	4	Coscom	9		



15 Minutes of Fame

with Army Command Sgt. Maj. Anthony B. Clayton, 160th MPBN

Get in the mood with a PT-loving E-9

Compiled by
Spc. Michelle M. Scsepko
The Wire

Q: Good morning, Command Sgt. Maj. Anthony D. Clayton, are you ready for your fifteen minutes of fame?

A: Always ready.

Q: Where are you from?

A: I am from a small town that's about 50 miles away from Tallahassee.

Q: How would you describe yourself?

A: I am easy-going, friendly, and compassionate. It takes a lot to tick me off.

Q: What do you do in the civilian world?

A: I am a mental health program analyst for Florida State Hospital in Chattahoochee, Unit Three.

Q: How do you feel about your mission here at Guantanamo Bay?

A: I feel very proud to be here and be a part of history.

Q: How would you describe the soldiers that work under you?

A: Professionals! They are always ready, willing, and able to perform their job. They take care of all their duties in a professional manner and I commend them for all their hard work.

Q: Do you have any advice for soldiers planning to become a Top NCO,

like yourself?

A: Stay with it, stay in, set goals, and focus.

Q: What do you do for fun here?

A: PT! PT! PT, all the time! I'm either at the gym or the beach, or I'm biking or running.

Q: I know how much sergeant majors love to sing cadences. Is there any particular one you like to sing while you run?

A: Oh, I sing an old cadence that I learned in basic training. It goes a little something like this: "The prettiest girl I ever saw was sipping bourbon through a straw."

Q: What kind of music do you listen to?

A: That all depends on my mood. Gospel music puts me in the right state of mind, jazz mellows me out, and R&B, well, I've got to be in a special kind of mood for that.

Q: If you could be a character in any war flick, who would you be and why?

A: I would be the sergeant major in the movie "We Were Soldiers," because his first concern was the soldiers.

Q: If you could be any animal at GTMO, what animal would you be and why?

A: I'd be an iguana, because they have a lot of privileges here at GTMO. Troops must slow down for them. They're free to roam where they want

to. And they'll chase you, chase you down. I was chased off the beach by one just the other day. Besides, they are very unique creatures that everyone respects.

Q: What's the strangest thing you've seen since you've been here at GTMO?

A: I was sitting in my backyard after duty one day and all of a sudden this big turkey vulture swoops down and attacks this dove.

Feathers were flying everywhere, while my buddy and I just stood there in shock. It was like "Wild Discovery" up close and personal.

Q: If you could have one thing from home here with you, what would it be and why?

A: I would have to say my car, because transportation is just so darn difficult to come by around here.

Q: What's one rule you live by?

A: The golden rule, of course. Do unto others as you would like done to you.

Q: In closing, what do you plan to do when you get home?

A: I plan to reintegrate with society and basically, unwind and relax.



Command Sgt. Maj. Anthony B. Clayton: "It takes a lot to tick me off."

Next week's 15 minutes of fame could be you!