



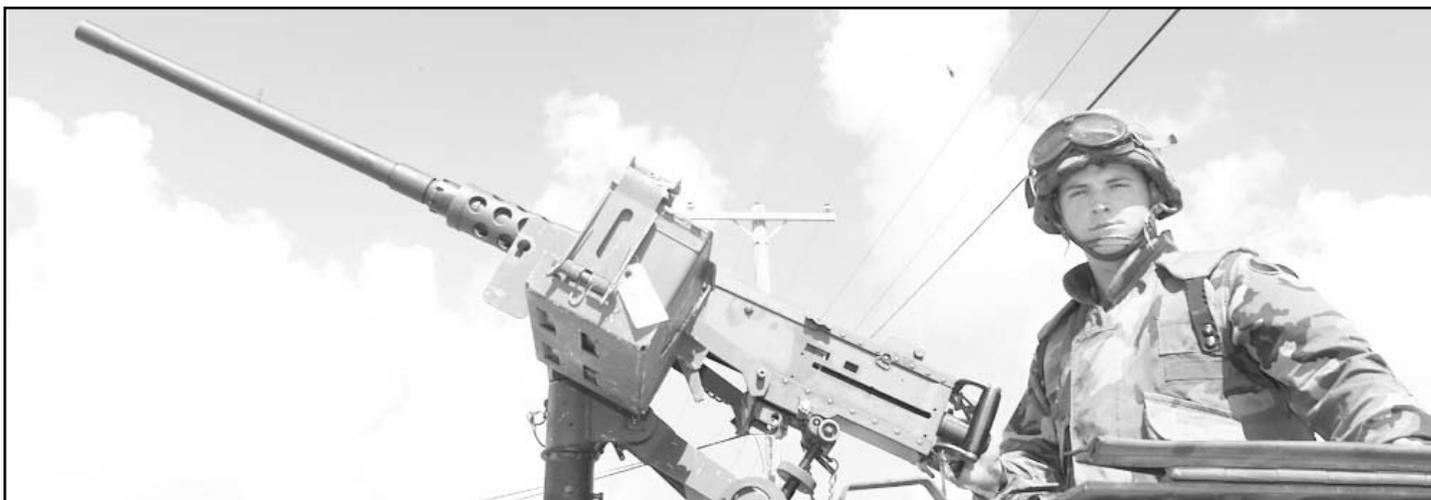
the Wire

“ HONOR BOUND TO DEFEND FREEDOM ”

Volume 3, Issue 5

Friday, January 3, 2003

At the checkpoint with Charlie



Army Spc. Erin P. Viola

National Guard Spc. Adam Frye of the 2/116th Infantry Charlie Company is poised on a Humvee with a .50 cal.; standard equipment used for patrol.

By Army Sgt. Erin Viola

It's a black flag day at Camp Delta - hot enough to fry an egg on the hood of a Humvee. Soldiers from Charlie Company, 2/116th Infantry are guarding the main traffic gate that leads to Camp Delta. The

sun blazes. Sweat beads down their faces. There's no shade. No wind. Just the job at hand. But these soldiers don't let a little heat get in their way. They are hardcore Army National Guard infantry and responsible for the safety of everyone beyond this checkpoint.

Charlie Company, (just like the other infantry companies here), received extensive training to prepare them for this kind of mission. The good news is that things are going well and no major incidences have occurred.

See Charlie, page 5.

Inside the Wire...



Message from Brig. Gen. James Payne

The New Year is a time of reflection, commitment, and rededication. Many of us take this opportunity to consider where we have been and what we have done, create a plan for the future, and commit ourselves to achieving our personal and professional goals. As we enter this New Year in Guantanamo Bay, I think it's important for each of us to take this opportunity to consider what our service here really means, and dedicate ourselves to achieving new levels of service to our country.

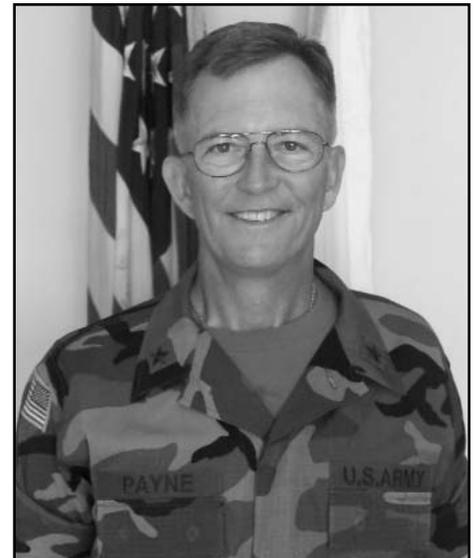
As we reflect on why we are here, it is important to realize that for the first time in almost 200 years, foreign aggressors have attacked our mainland. We are now at war. We did not choose this conflict, but we find ourselves again defending freedom and the American way of life. That way of life is so unique and special, that our enemies will do anything to affect it. It is so special that it must be defended. In reflection we know that it has always been this way. We have a special obligation to defend our way of life against all aggressors. That is why we are here.

This is the time to recommit ourselves

to our professional ethos, the warrior spirit. Everyone should take this opportunity to commit himself or herself to being the best professional soldier possible. This requires us to focus on two key areas: training and leadership. Everyone should commit to learning their job, to training in both their specialty and general soldier, sailor, marine, airmen, or coastguardsmen skills. Focus on the basics of building strong and competent teams, squads, sections, and platoons. This is hard work and it takes great effort. Being the best at what you do takes commitment to an ever-higher standard and personal discipline.

It also takes leadership. This is the greater effort. The leadership to have a vision for what you want to achieve, and the discipline to strive toward that goal, is extremely hard work. It requires unwavering commitment. It is what sets winners apart. This strength of commitment is the attitude we need to carry forward into the New Year.

This is the time to rededicate ourselves to our warrior ethos. We are proud of who we are because of what we do. This New Year will bring great training opportuni-



Deputy Commander of Operations, Brig. Gen. James Payne

ties and new challenges. Take this time to dedicate yourself to your purpose, the defense of our country. Focus on the mission and look for every opportunity to train to better prepare our team for future challenges.

In this New Year, I wish everyone new opportunities, and new challenges ... to have the challenge to grow professionally and personally, and the opportunity to do so.

OPSEC Corner

This time last year, Guantanamo Bay was just gearing up the mission that we're accomplishing everyday. We all can be

proud to be a part of military history, to complement and instill service camaraderie, and to simply serve our country.

As each day, month, and year passes, we must continue to be vigilant by protecting the information surrounding our mission. Each of you play a vital role in this continual production we call 'The Mission.' Your presence in this mission is absolutely critical, no matter what rank you hold or how many years of experience you have in your rate or grade. What really matters is your ability to simultaneously perform your part of this mission to your professional best while keeping our adversaries in the dark about the very mission you're conducting. Challenging? Yes. Impossible?? By no means.

Let's all make a resolution to protect ourselves, our units, and our country by remaining mission focused while securing our operation.

Happy Near Year!!

'Think OPSEC'

JTF-GTMO Command

Commander:

Army Maj. Gen. Geoffrey D. Miller

Task Force CSM:

Command Sgt. Major George L. Nieves

Public Affairs Officer:

Army Maj. Paul J. Caruso

Command Information Officer / Editor:

Army Capt. Linda K. Spillane

Online at:

<http://www.nsgtmo.navy.mil/jtfgtmo/>

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The Wire Staff

The Wire NCOIC:

Staff Sgt. Stephen E. Lewald

Layout Editor:

Spc. George L. Allen

Staff writers and design team:

Sgt. Erin P. Viola

Spc. Delaney T. Jackson

Spc. Lisa L. Gordon

Spc. Alan L. Knesek

Contact us:

5239/5241 (Local phone) 5426 (Local fax)

Joint Information Bureau/Pink Palace

Submissions to: lewaldse@JTFGTMO.southcom.mil

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Chaplain's Corner

**By CH (LTC) Raymond Bucon
JTF-GTMO Deputy Chaplain**

One day it took me six buses to get to where I wanted to go on the NAVBASE. It wasn't anybody's fault; it's just the way things worked out. The route ended. The bus broke down. Traffic was diverted due to an accident. I thought I'd never get to where I was heading.

Amazingly, I arrived at my destination in good spirits, ready to continue my mission. This is so because early on I made a conscious choice not to get angry or perturbed at the changes.

I talked to people along the way. I studied my scuba diving manual. I ate a sandwich. I made do.

You see, we all make choices on how we're going to react to unwelcome and

unannounced change. We can get angry and perturbed, lashing out at the agent of the change. We can become rude and surly, making a scene like a little kid.

Or we can remain positive, keep our cool, make the best of the situation, and march on. Being frustrated doesn't give me permission to treat others without respect.

The next time you feel like taking your frustration out on another person, choose not to do so. Say a prayer, chew on the end of a pen, stuff your face with food, exit stage left and remove yourself from the location.

Then congratulate yourself for behavior consistent with the Army values of acting respectful and courteous. It's always a big deal when you choose to do the right thing.

This Week in History:

Jan. 4, 1847

Colt sells revolvers to Uncle Sam

Samuel Colt rescues the future of his faltering gun company by winning a contract to provide the U.S. government with 1,000 of his .44 caliber revolvers.

Before Colt began mass-producing his popular revolvers in 1847, handguns had not played a significant role in the history of either the American West or the nation as a whole. Expensive and inaccurate, short-barreled handguns were impractical for the majority of Americans, though a handful of elite still insisted on using dueling pistols to solve disputes in highly formalized combat. When choosing a practical weapon for self-defense and close-quarter fighting, most Americans preferred knives, and western pioneers especially favored the deadly and versatile Bowie knife.

That began to change when Samuel Colt patented his percussion-repeating revolver in 1836. The heart of Colt's invention was a mechanism that combined a single rifled barrel with a revolving chamber that held five or six shots. When the weapon was cocked for firing, the chamber revolved automatically to bring the next shot into line with the barrel.

Though still far less accurate than a well-made hunting rifle, the Colt revolver could be aimed with reasonable precision

at a short distance (30 to 40 yards in the hands of an expert), because the interior bore was "rifled"--cut with a series of grooves spiraling down its length. The spiral grooves caused the slug to spin rapidly as it left the barrel, giving it gyroscopic stability. The five or six-shot capacity also made accuracy less important, since a missed shot could quickly be followed with others.

Yet most cowboys, gamblers, and gun-slingers could never have afforded such a revolver if not for the de facto subsidy the federal government provided to Colt by purchasing his revolvers in such great quantities. After the first batch of revolvers proved popular with soldiers, the federal government became one of Colt's biggest customers, providing him with the much-needed capital to improve his production facilities. With the help of Eli Whitney and other inventors, Colt developed a system of mass production and interchangeable parts for his pistols that greatly lowered their cost.

Though never cheap, by the early 1850s, Colt revolvers were inexpensive enough to be a favorite with Americans headed westward during the California Gold Rush. Between 1850 and 1860, Colt sold 170,000 of his "pocket" revolvers and 98,000 "belt" revolvers, mostly to civilians looking for a powerful and effective means of self-defense in the Wild West.

(Compiled from HistoryChannel.com)

Worship Services

Catholic

Main Chapel

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

Camp America

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

Protestant

Main Chapel

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

* Fellowship Hall located in Chapel Complex

Camp America

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

Islamic

Fri	1 p.m.	Classroom 12 Chapel
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Complex

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.



Courtesy of JTF-Guantanamo service member.

Joint Task Force Guantanamo troops bring in the New Year at Windward Loop.



What's up, Doc? Performance enhancing supplements may be life endangering

Editor's note: This is the first of a two-part column concerning the use of ephedra products, a topic that should concern all service members assigned to Joint Task Force Guantanamo.

**By Navy Lt. Greg Francisco
Internist, U.S. Naval Hospital**

As soldiers, sailors, airmen, Marines, and Coastguardsmen, most of us lead active lives. Physical fitness is a top priority in the military but a busy work schedule often competes with the pressures of staying fit. With this said, many service members turn to dietary supplements in the hopes of enhancing their performance and staying trim. You don't have to look far to find a colleague taking one of these supplements - Xenadrine, Hydroxycut, Ripped Fuel, all products whose ads promise to burn more fat, build more muscle, and enhance energy. These products contain a dangerous combination of an ephedra alkaloid and caffeine.

Whether you call them performance

enhancers or dietary supplements, they are part of a multibillion dollar industry. Their advertisements make lofty claims of their effectiveness with little substantiating data and virtually no safety warnings. But do they work and are they safe?

Ephedra alkaloids are found naturally in certain plants. MaHuang, also called Ephedra sinica, is a Chinese herb used in many of today's dietary supplements. Purified forms of ephedra alkaloids include ephedrine, pseudoephedrine, and phenylpropanolamine.

Phenylpropanolamine was recently removed from all over the counter medicines due to its association with hemorrhagic strokes. These purified forms are commonly sold over the counter as cold remedies. Athletes and wanna-be athletes use ephedra products for two reasons, to improve athletic performance and to reduce fat while maintaining muscle mass.

There have been several studies of ephedra containing substances, but most are flawed by too few participants or poor study conditions. The results of the studies

have shown minimal improvement, if any, in strength, speed, and endurance. In fact, the most consistent finding in all studies has been an increase in heart rate, yet the manufacturers still make lofty claims about their effectiveness.

Reports of adverse events associated with ephedra alkaloids are piling up. A study in the New England Journal of Medicine reviewed 140 reported adverse events of ephedra alkaloids. The study found 31 percent of the reports to be definitely or probably related, and another 31 percent to be possibly related to ephedra. High blood pressure was the most common event, but abnormal heart rhythms, heart attacks, seizures, strokes, and deaths were all noted. There were 10 deaths and another 13 permanent disabilities.

The frightening feature of this study was that nine serious events occurred in people with no important medical risk factors taking relatively low doses of ephedra. Of the sudden catastrophic cardiovascular and cerebrovascular events, 11 occurred in previously healthy people.



Army Sgt. Erin P. Viola

National Guard Pfc. Benjamin Kimsey (driver's seat) and Sgt. Timothy Esterheld (shotgun) both of the 2/116th Infantry are fueled up and ready to go for another shift, having just eaten a hearty meal at the Seaside Galley.

Charlie, from page 1.

"They basically trained us on check points, how to search a car, how to search personnel, how to check for certain things like any kind of contraband, weapons, how to read somebody who is driving up ... if they are nervous ... what signs to look for," explained Assistant Gunner, Pfc. Benjamin Kimsey.

About 100 or so vehicles come through the checkpoint during the day shift, according to Kimsey. When a vehicle drives up to the gate, one of the first things we are trained to do is take a mental count of how many passengers are in the vehicle, said Kimsey.

The duty day can be long, tedious and sometimes monotonous. The soldiers work long hours each day, and often have extra duties on their days off. Yet, they remain ever vigilant hour after hour, day after day, because they understand why they are here.

"It's kind of simple. You stand out here and check IDs and you just have to be ready for anything that might happen. That's fairly simple. But if you think about it in the bigger picture ... that you are guarding terrorists ... you are guarding these people who have done horrible things. It really gives you more of a rea-

son ... more of a purpose to what you are doing. It does motivate you. It keeps you focused and ready," said Kimsey.

Sgt. Timothy Esterheld is the Team Leader and is in charge of making sure everything is up to par at the checkpoint, and that everyone is following the standard operating procedures. Esterheld said he understands his team plays an important role here, but he feels many civilians back home might not fully understand the magnitude of the job he and his team do.

When Esterheld first arrived, he understood the seriousness of his job and still does, but the impact didn't really hit him until he saw one of the detainees for the first time. He explained what the experience might be like for your average U.S. citizen. "I'd like to try and imagine them (people back home) walking through Camp Delta and actually seeing one of them (a detainee) in the flesh, because seeing pictures ... it's not the same thing at all. Or, if they (people back home) could imagine themselves seeing some guy on the street wearing orange, in handcuffs ... and they (the detainee) can't say a word. And knowing they (detainees) are a threat too ... a big threat."

Another reason why things run so smoothly for this team is the camaraderie. "In a job like this it is very important to

get along because you are in the position every day and you need to be able to tolerate each other. There has to be respect," said Spc. Adam Frye, who is the main gunner for the team.

Frye admitted that it can be tough to stay motivated at times, but the importance of the mission keeps him going. "This is a real world mission and I'm proud to be doing it because it is a one of kind mission. We are doing something to make a difference. We put our lives on the line to make sure everybody else is safe," he said.

Knowing that he has a son on the way, is another driving force in Frye's life. "Instead of thinking that I'm not at home with my wife and daughter, I think about the fact that I'm having a son. It puts me in a pretty good mood all the time," said Frye.

The future looks bright for these soldiers. When Kimsey gets home, he has big plans to become a filmmaker. Esterheld, now a sculptor, shares Kimsey's interest and might head to New York University for a master's in film. Frye looks forward to being with his wife and daughter and the birth of his son.

And so it goes ... giving life and protecting life.

No sacrifice too great

By Army Spc. Lisa L. Gordon

Regardless of age, time, and situation, being the new guy is never easy. For service members who are new to the Joint Task Force and Guantanamo Bay, it can take time to get used to the mission, the weather, and the people here. The luckiest service members are those that are fortunate enough to arrive with a group of people they can not only work with, but also bond with both on and off the clock. The Coast Guard's Delta Detachment is one of those lucky groups.

Unlike their predecessors, the 307th Port Security Unit, Delta Detachment is an active duty unit. They are made up primarily of volunteers who come predominantly from up and down the eastern coast of the United States. Earlier this winter, most of the members of Delta Detachment were complete strangers, tied together only by virtue of their mutual membership in the Coast Guard. If observing the detachment today, their recent assemblage would probably not be so apparent. Instead, most people would probably think the tight knit group has been together for quite some time. Today they are strangers no more, but team members who serve as the front line of defense on Guantanamo Bay's waters.

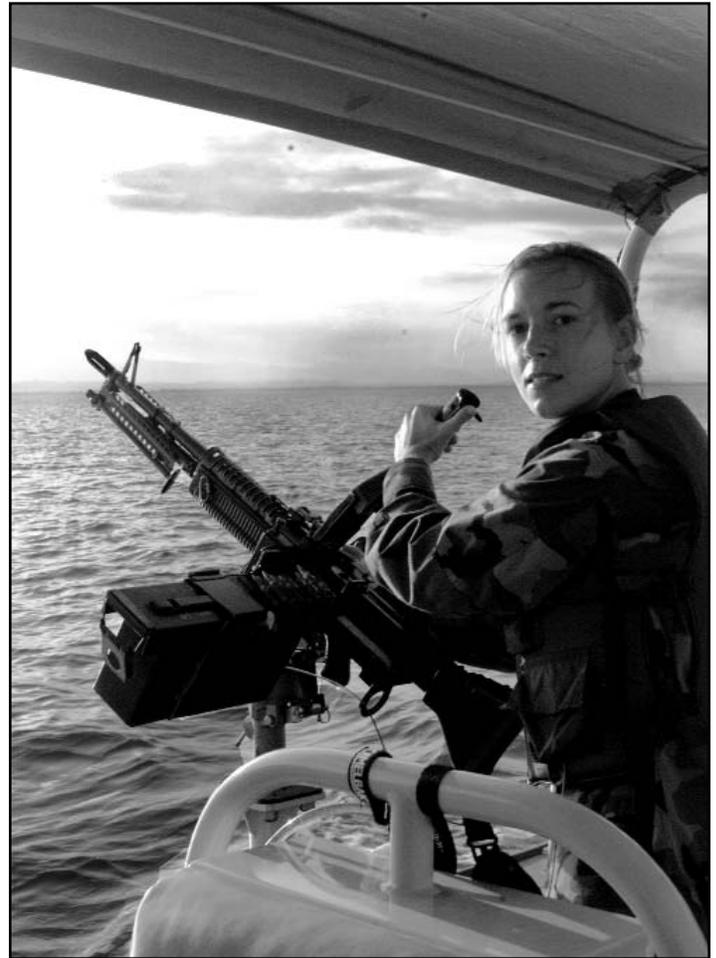
What's unique about Delta Detachment is that the bulk of the crew volunteered for this mission. Machinery Technician 3rd Class, Suzanne Robertson said, "People are here because they want to be here. People knew that they were going to miss Christmas, they were going to miss New

Year's, Valentine's Day, a lot of birthdays, anniversaries; but they all volunteered. The people who are here are really dedicated. Everybody knows what they came into and they're ready. They're prepared mentally and physically."

The mission here is very different from what most members of Delta Detachment are used to. Here the detachment's mission is port security, whereas most members of the group are accustomed to performing search and rescue missions at their home bases. While search and rescue missions require members of the Coast Guard to withstand tremendous mental stress and demanding physical challenges, the rewards of the job are plentiful.

Robertson, who is stationed in Miami, said her skills are frequently put to the test by recreational boaters who don't have a lot of experience on the water. "We've had so many opportunities to go out there and dewater somebody's boat, put the fire out on their boat, and pull people off dangerous shoals. There have been so many times we assisted, so it's a really rewarding job," said Robertson.

Despite the cohesive nature of the group created by their volunteer status, the members of Delta Detachment have hit the normal bumps in the road since coming to Guantanamo Bay some three weeks ago. Seaman Boatswains Mate, Kyle Snow said the hardest part of the deployment so far was not being home during the holidays. "The training that we got prepared us for the mission, but there's no preparation for how you feel when you're spending time away from



Army Spc. Lisa L. Gordon

Coast Guard Machinery Technician 3rd Class, Suzanne Robertson clears rounds from the feed tray of an M60 before heading back to the dock.

home," said Snow.

Fortunately, the members of Delta Detachment banded together for the holidays and although it may not have been the same as Christmas at home, it got everybody through what many say will be the hardest part of the entire deployment. "We're used to long hard hours, the heat, being under way for several hours, the weather, and the elements. So, I think the hardest part was Christmas and it's over," said Robertson. It appears that what makes it all worthwhile for the group is their ability to use the training they've received in a real world environment.

Members of Delta Detachment are outspoken about their level of commitment to saving lives and providing security for our country. They have trained long and hard and the collective effort and team work has resulted in exceedingly high morale. Snow explained the pride and dedication he feels in his work when he said that what he likes best about being in the Coast Guard is "saving lives and defending everyone. We're the first line of defense if someone's coming in on the water. We're life savers. That's what we do, and that's what I enjoy."

You don't know Jack

By Army Spc. Lisa Gordon

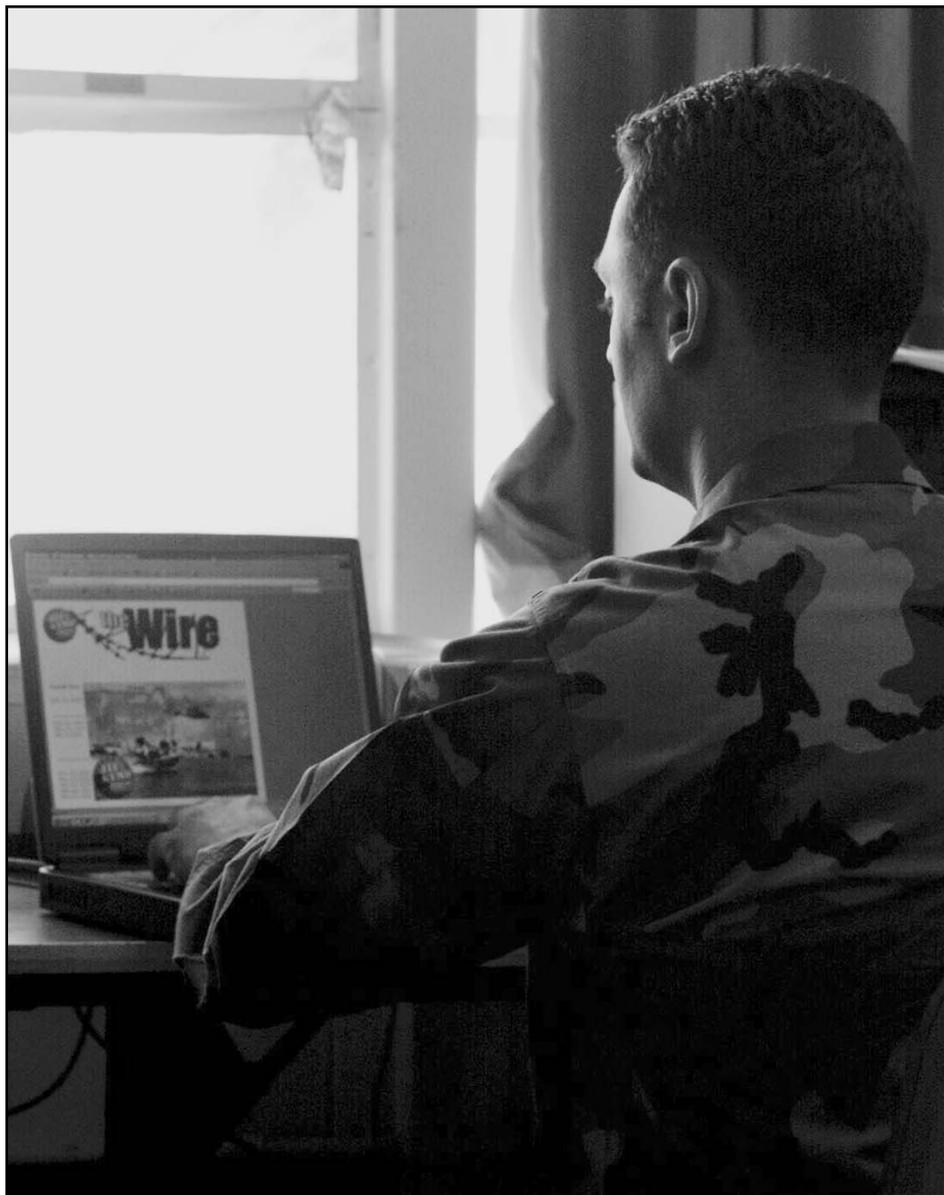
You won't recognize this Joint Task Force Soldier. You won't know his name. You'll never know what unit he's in, but you've probably seen him around. In the interest of protecting his identity, let's call him Sgt. Jack. He's an interrogator at Camp Delta and he's been at Guantanamo Bay for about five months.

As a reservist, who someday hopes to become a corporate lawyer, Jack didn't always plan on working in the field of military intelligence. "My brother works in military intelligence. He really likes it and he kind of got me into it. I went towards interrogation because I wanted to develop my foreign language skills," said Jack. Prior to volunteering for this deployment, Jack had just graduated from college with a bachelor's degree in business management and was working part time as a translator.

Having only been in the Army for four years, Jack wasn't sure what Guantanamo Bay would be like, but said that the base is a lot nicer than he expected. He cites his job in the Army as something that brings variety to his life and says that so far, the deployment has been a good experience. "I've had good leaders who have put in long hours and a good quality of work and it's just trickled down. When leaders work really hard and focus on the mission, the soldiers tend to follow their lead," said Jack.

Being focused on the mission and putting forth his best effort isn't something that Jack's had to struggle with. He said, "The mission's most important to me now. It's very important that we scrutinize very carefully who we talk to, to ensure that no one who gets released will cause any harm to the United States." His job is serious and his mission of crucial importance, but that doesn't mean he never longs for the familiarity of life back home.

Although he's enjoying his first deployment, Jack said the most difficult part of it has been being away from his family. He comes from a large tight knit group and misses the daily contact that is nearly impossible with the price of phone calls and the impersonality of email. Jack has



Army Spc. Lisa L. Gordon

Due to the inherent risks of being an interrogator, Sgt. Jack must take precautions to conceal his identity.

been lucky though. He says his family has been very supportive of Operation Enduring Freedom and the important role he plays as an interrogator in the mission. In addition, Jack cites friendship and camaraderie with coworkers as something that makes this deployment, not just tolerable, but a gratifying experience. Jack says if there's one thing he's learned on this deployment it's "to be really close to the people you work with because they're the people you see everyday and if you have a good relationship with them it makes the

time go by a lot faster."

As he carries out the mission at Camp Delta, Jack thinks of going back to school to get a law degree and the day when he will have his own family. He may not plan on making a career out of the military but Jack said he's grateful that he joined the Army. "I think the Army has made me more aware of the current situation in the world with regards to terrorism. It made me more aware of international politics, and it's made me more aware of how precious freedom is to me."

Guantanamo gets a little bit hotter

By Army Spc. Alan L. Knesek

Recently, 'Ballentine', a band based out of Los Ange-



By Army Spc. Alan L. Knesek

Lead singer Heather Ballentine and keyboardist Jeremy Weinglass perform one of their original songs, "Under my Spell" at The Windjammer.

les, visited Guantanamo Bay and heated things up for many of the Joint Task Force personnel that attended their show. 'Ballentine' performed three shows; one at Camp Bulkeley, the Windjammer, and The Bayview, but no matter where the show was the crowd was sure to follow.

With more than 200 service members at their first show, 'Ballentine' rocked the Bulkeley Lyceum. The band's momentum didn't slowdown during the rest of their tour on the island.

'Ballentine's' performance at The Windjammer was nothing less than rock and roll at its finest. With a mix of original songs off their self titled debut album and covers of Pat Benetar, Blondie and AC/DC, the band kept the crowd dancing.



Army Spc. Alan L. Knesek

'Ballentine' gets the crowd going during their final song, "You Shook Me All Night Long" (AC/DC) at their second show at The Windjammer.

"We love playing for the soldiers, everyone at these shows seems to appreciate good old rock and roll," said Heather Ballentine, lead singer.

'Ballentine' finished off their tour of the island at The Bayview, with a crowd filled

with many repeat listeners.

With their visit to Guantanamo Bay over, and a troop filled tour ahead of them, the band heads to Guatemala where they will play for troops stationed down there, followed by a week in Puerto Rico.

Man on the Street

Compiled by Army Spc. Alan L. Knesek and Army Spc. Delaney Jackson

This week's question:

What would you like to read about in the Wire?



Army Cpl. Jason Perkins
438th MP Co.

"News from the states, it would be nice to keep informed on home."



Army Sgt. Renato Zoppoli
344th MP Co.

"Something with sports, I'd like to know how teams are doing at home."



Navy Petty Officer 3rd Class
Nick Cenescar

"Finance information. I'm really into finance and it's tough to find it here."



Army Sgt. Chuch Farthing
438th MP Co.

"Current events, world current events would pretty much cover it."



Army Pfc. Turk Erhamza
25th Base Support Battalion

"I would like to hear about organized sports that are coming up and going on here."

You can't get there from here ... or can you?

By Army Sgt. Erin Viola

Have you ever wondered how you got here to beautiful Guantanamo Bay? I'm sure you were awake enough to realize that you took a plane and a couple of buses. Most likely your journey was without incident, smooth sailing so to speak. If so, then credit goes to the staff in the Strategic Movement Office, aka: J4. They got you here and they'll get you out (when your time comes of course).

Moving about 1,000 personnel per month in and out of Guantanamo, the Strategic Movement Office is a joint operation working closely with Southern Command and using a global database called the Global Command and Control System.

Air Force Staff Sgt. Brian McLeod, noncommissioned officer-in-charge of the Global Command and Control System said he's learning a lot and that an interesting part of the mission is working with the other services. "This is my first time in a joint operation like this. It's learning how everybody does things and the technicalities of each unit. The Army has their way of doing things. The Air Force is different. We hardly ever move as a unit like the the Military Police companies and detachments do," said McLeod.

McLeod works in the Strategic Movement Office with Marine Cpl. Brad Baird, who has been here for more than 100 days.

"It's interesting to see how the other services look at things. I've been picking Cpl. Baird's brain on how the Marines work, how they do things, and I try to understand the process a little bit better. Cpl. Baird has been here over

three months and it's his continuity that actually makes this office a little more seamless," said McLeod.

There is quite a lot to consider and coordinate when moving troops in and out of Guantanamo. McLeod and Air Force 1st Lt. Zack Jensen, Officer in Charge, estimate that after all is said and done, it takes about 30-40 people, 150 to 200 hours of planning and executing to move a unit.

Coordination includes cargo, inspections, dealing with the Air Mobility Command Channel flight schedules, among other things. "We have to make sure that when they (troops) come in, the General has time to brief them. We have to make sure they hit the right ferry.

So we have to set up the transportation. Basically we are running around organizing everybody as to where they should be, who needs to be down there (at the hanger) to in-process everybody, get them their meal cards. They usually get a barbeque too. So we need to coordinate that, tell them how many people to expect," said Jensen.

When a unit is leaving, there are even more details to consider, according to McLeod. "Especially for the units leaving, we'll deal with the unit movement officer. They coordinate all the personnel that are actually leaving ... their bags and weights of the bags so we can schedule the proper aircraft. The unit movement officers will also coordinate the vehicles so that our Staff Sergeant can make sure they get put on the barge to go home," said McLeod.

Baird is constantly monitoring the status of the units, figuring out who is coming and going. One of the best things

about Baird's job is that he gets to coordinate the dates of departure for units. He also has the privilege of delivering the good news to the unit.

"This is my first deployment. It's a good atmosphere down here. Everyone seems to get along really well. The different services work really well together. Plus it is different working outside of the Marine Corps situation. I'm getting exposure into how the other services operate," said Baird.

Doing their job well is critical. "I think a lot of people don't realize how important this job is. We have to be very careful not to make any kind of mistakes, because one mistake

that we make could cost several tens of thousands of dollars and a rescheduling of an airplane or the changing of a flight," said Baird.

Serving in this mission has brought things full circle for McLeod. "This is my fourth deployment since September 11th. I was gone last Christmas to three different countries: Germany, Kuwait and Oman. At that time, I was with the C-130 unit who was flying to Afghanistan doing the beginning movements of getting the detainees out of the country. So now, I'm on the other side of it ... now it kind of makes sense ... because the picture is finished."



Army Sgt. Erin Viola

(from left to right) Air Force 1st Lt. Zack Jensen, Air Force Staff Sgt. Brian McLeod, and Marine Cpl. Brad Baird are part of the driving force at the Strategic Movement Office. They stand by a cannon that serves as a commemorative monument to the first Marines that landed on Cuban soil in 1898, which overlooks the landing where thousands of troops arrive and depart without a glitch, thanks to their expertise.

Resolve to be debt free in 2003

**By Maj. Jo Irby
Joint Task Force Guantanamo
Judge Advocate General
Legal Assistance Officer**

Think of any New Year resolutions yet? How about resolving to be debt free in 2003? There are many ways that Joint Task Force Guantanamo service members can be "debt free in 2003."

Checking: Choose a checking account with a low (or no) minimum balance requirement that you can and do meet.

Banking: Institutions will normally drop or lower checking fees if your employer directly deposits paychecks.

Credit Cards: The biggest problem many service members face is the idea of a "delay in pay". The delayed credit card is the most attractive and it can be the most problematic financial dependent method of cash available. But, it does not have to be that way. You can save a lot of money by choosing a credit card with a low interest rate and by paying off your entire bill each month. If you are unable to pay off the entire bill, pay as much as you can and switch to a credit card with a low annual percentage rate.

Keep in mind that many credit

cards waive the interest rate of transferred amounts, or waive the interest for the first three to six months.

Finance charges can be avoided by paying your balance in full before the due date. Each institution is different therefore; inquire before making a credit card selection.

Avoid collecting numerous credit cards, two is normally sufficient, and in addition, federal law prohibits issuers from sending you a credit card you didn't ask for (this does not include a renewal or substitute card).

Credit card theft doesn't just happen to the other guy, it can happen to you, and you can be held responsible for up to \$50 per card. You can avoid responsibility if you report the theft immediately. However, remember to always make a copy of your credit card and secure them in a safe place (to include the toll free number to report a loss or theft).

To avoid credit card "surprises" regarding unknown outstanding balances, contact a credit-reporting agency to receive a copy of your credit history. Whatever spending decisions you choose to make, ensure that they are within the confines of your ability to pay, and this will help you on your way to be debt free in 2003.

Movie Schedule

Camp Bulkeley

Fri., Jan. 3

8 p.m. *Summer Catch*
PG 13 - 103 min

10 p.m. *Kiss of the Dragon* R - 98 min

Sat., Jan. 4

8 p.m. *Planet of the Apes*
PG13 - 120 min

10 p.m. *Courage Under Fire* R - 116 min

Sun., Jan. 5

8 p.m. and 10 p.m.
The Mummy Returns
PG 13 - 125 min

Mon., Jan. 6

8 p.m. *The One*
PG13 - 86 min

Tues., Jan. 7

8 p.m. *X-Men*
PG13 - 104 min

Wed., Jan. 8

8 pm *An Officer and a Gentleman* R - 120 min

Thurs., Jan. 9

8 p.m. and 10 p.m.
The Fast and the Furious
PG 13 - 115 min

Downtown Lyceum

Fri., Jan. 3

7 p.m. *Spirited Away*
PG - 125 min

9 p.m. *Punch Drunk Love*
R - 87 min

Sat., Jan. 4

7 p.m. *The Santa Clause 2*
PG 13 - 102 min

9 p.m. *Knockaround Guys*
PG 13 - 91 min

Sun., Jan. 5

7 p.m. *Lord of the Rings: The Two Towers*
PG13 - 179 min

Mon., Jan. 6

7 p.m. *I Spy*
PG 13 - 102 min

Tues., Jan. 7

7 p.m. *Punch Drunk Love*
R - 87 min

Wed., Jan. 8

7 p.m. *Spirited Away*
PG - 125 min

Thurs., Jan. 9

7 p.m. *My Big Fat Greek Wedding* PG - 96 min

9 p.m. *Maid in Manhattan*
PG13 - 106 min

IGUANA CROSSING COFFEE SHOP

The only cappuccino on the island!

Bring this coupon in to the Iguana Crossing Coffee Shop for a free cappuccino, flavored coffee, or spiced tea of your choice.

Open Monday, Wednesday, Friday and Saturday nights from 6 p.m. - 10 p.m.

Escape from GTMO! Come enjoy a cup of java in a fun, laid-back atmosphere.

Smoking Cessation Classes

Naval Hospital, Guantanamo Bay.

The class will meet once a week for four weeks and will offer a variety of tools to assist smokers in quitting their smoking habit. To sign up, call Central Appointments at 7-2110.

The 344th MPs; work hard, play harder



Army Spc. Delaney T. Jackson

Army Sgt. Kevin Moore, 1st Plt., 344th MP Co., serves up cheeseburgers and steaks to soldiers in his unit during one of their 'down days' at Cable Beach while Staff Sgt. Michael Jones (same platoon) throws more burgers on the grill.

By Army Spc. Alan L. Knesek

Since early November, 1st Platoon, 344th MP Co. has been here behind the wire, working together with the rest of the Joint Task Force personnel. During the duty day they work as a team and make sure the job gets done. But off duty they are more like a big family pulling together to make life and work here as simple and as easy as possible.

Much like any sports team, they have developed their own saying - "Let's go do our part to fight the war on terrorism," said Army Staff Sgt. Michael Jones. This team of dedicated soldiers gets their job done, but makes sure that on their 'down days', they spend them right.

"We work a three and one, three days on and one day down, but that one day down is not usually completely down because there is always something to do, whether it's details or in the wire," said Jones.

The day after Christmas, 1st platoon was given a 'down day' so they headed for Cable Beach where they set up camp for the day. This was the first day since their arrival here that the entire platoon was able to go on a 'down day' and enjoy a beautiful day on the beach and the holidays

together.

"Today is nice, because our whole platoon is down today. It gives us all a chance to get together, which doesn't happen all the time. We're like a big family, all we

have is each other right now," said Jones.

The festivities kicked off in the afternoon with a hot grill and some cold beverages chilling in the coolers. Volleyball games were one of the highlights, a chance for some of the soldiers to get on the court and challenge the rest of their platoon to a good game and some good fun. After a few games on the court, the group made their way to the grill where fresh burgers and steaks were served. After filling up on burgers and chips, the party moved to the water.

No cookout here is complete until a few hours are spent in the refreshing waters of Guantanamo Bay. Many of the soldiers strapped on a snorkel and fins and headed for the water. This was the main attraction, as soldiers explored yet another side of Guantanamo Bay, staring head on with needle fish and many others that hid around the coral off the shore.

The beach was theirs for the day and they enjoyed it to the fullest. With music playing in the background and the sun shining down, 1st platoon couldn't have asked for anything better here on Guantanamo Bay.



Army Spc. Alan L. Knesek

Army Spc. Kellen Smith gears up to go snorkeling beyond Cable Beach's protective cove to enjoy a quick peek into the underwater world of Guantanamo Bay.

15 Minutes of Fame...

with Army Sgt. Benjie Bell
267th Finance Battalion

JAG ... "it's not as cushy as everybody thinks"

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

Q: So, are you active duty or in the Reserve?

A: Active duty.

Q: How long have you been in the Army?

A: I was in the Army from 1992 to 1994. The first time around my military occupational specialty was 77 Foxtrot, which is petrol and supply specialist. It was totally different from now. Now I'm a 27 Delta, a paralegal. I work in the judge advocate general's office and it's pretty cool.

Q: What do you like best about working for JAG?

A: It's not all that outdoorsy, going to the field all the time type of stuff. Although we do go to the field. Contrary to popular opinion, JAG *does* go to the field. Plus, I feel that it's better for me as a family man, as opposed to when I was a 77 Foxtrot I was like 18 years old. I didn't mind staying out in the field and running through the woods but now I have a family, so my priorities are different. There's plenty of days of working late and working over time but it's more structured than the other job was.

Q: Is your family here with you?

A: No, my family's still in Alaska. I told my wife she could go back to Georgia where she'd be surrounded by family and friends, but she's real independent. She's carrying on as if I was still there. My hat goes off to her for staying up there because I don't know if I would have stayed.

Q: Being from Georgia, the transition to Alaska must have been tough. What is there to do for fun in Alaska?



Sgt. Bell reviews legal policies and procedures from the JAG office at Camp America.

A: Nothing in the winter. I ski, but not really. My chief legal noncommissioned officer, Master Sgt. Frantz has this X gene. He likes to do extreme anything, so we ski in the winter, but it's no fun at all. Zero fun. In the summer I fish, but it's nothing like in Georgia. In Alaska, the rivers are moving and rushing and you have to stand there next to a bunch of guys. It's combat fishing basically.

Q: What's been your best day here at Guantanamo Bay so far?

A: That's easy. My best day here was on September first. I pinned on E5 and I got pinned on by the then commander, Maj. Gen. Dunlavey. He was the Joint Task Force 170 commander. Going from E4 to E5, it's a big deal to me. Not too many people who get promoted to E5 get pinned by a Maj. Gen. It was pretty awesome.

Q: What can you tell me about JAG that the average service member wouldn't know?

A: It's not as cushy as everybody thinks. It's a misconception that just because we're JAG we don't do anything but sit on our duffs ... that's the Air Force. No, I'm kidding! Actually we have a hard job - a lot of things dealing with legal issues ... if something goes wrong, it's always ... JAG did it. So we have to make copious notes and keep a lot of records of everything because people want to blame JAG. Once you get the MOS 27 Delta, there's a certain conduct you have to have all the time because everybody's looking at you because you're JAG. I mean, how can you prosecute people for doing the wrong thing if you're doing the wrong things? So we have to let our light shine.

Q: You sound pretty happy with your current position, but tell the truth, if you could choose any job on this post, what would you pick?

A: A buddy of mine works up at the Sensitive Compartmented Information Facility. He's a counter intelligence agent. I think that would be cool. I see him everyday and he never wears the Battle Dress Uniform. I don't think that cat has a pair. Counter intelligence agent. Agent! I'd probably want to do that.

Q: Any final words of wisdom?

A: Somebody told me this and I'm passing it on. When you get here, don't do everything at once. If you've got a six month tour and you do everything the first month and a half or two months, you're going to have four months of twiddling your thumbs and that's never good.