

THE WIRE

A News Magazine

HONOR BOUND TO DEFEND FREEDOM

Joint Task Force
Guantanamo's
Finest News Source



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with Army Spc. Jaime Diaz

Joint Task Force Troopers
Army Spc. Jedidiah Johnson
and Army Spc. Shawn Riely of
Irish folk rock band *Shillelagh
Brigade*.

Cultural awareness

By Army Sgt. Maj. Oscar Diaz

JTF-GTMO Public Affairs Office

¡Hola! ¿Como esta? ¡Buenos dias! ¡Que dia mas lindo! ¿De donde es usted? Sound familiar to you? It should because it's Spanish 101, the basics.

Upon my deployment to Guantanamo Bay, many of my family and friends told me how fortunate I was to be going to Cuba. They thought I would have access to the whole country. I had to remind many of them that we are confined to the base.

I have had the opportunity to play baseball with Cuban migrants here and have come to learn about some of their unique culture. Being able to speak Spanish has made it that much easier and more enjoyable when interacting with them.

Just in case you haven't noticed, the Troopers of the 92nd Infantry Brigade (Separate) here from Puerto Rico speak Spanish fluently. What better time than now to brush up on your high school Spanish, and become more familiar with their rich culture?

As leaders, it is crucial for you to become familiar with those you lead and work with on a daily basis. A leader's primary function is to understand and work with people.

Our Troopers come from many different backgrounds. They are molded by many influences such as race, gender, religion, education and a host of other circumstances.

How wonderful it would be if they were all the same, right? But just like snowflakes, no two humans are alike. Our creator knew exactly what He was doing. Although it's very difficult at times, leaders must remain sensitive to those differences. We observe people. We watch and study what motivates them. You talk with them and listen to them. Some whine,



Photo by Army Sgt. Jamieson Pond

while others whistle. Some are the seasoning, while others are just salty. Leaders develop relationships with their people, and just like any normal relationship, they often come with a past.

Our Troopers wear the same uniform, but that is as close as you are going to get one to be like the other. Don't attempt to make all of them the same. Instead, capitalize on the different strengths and weaknesses and build your team around those differences. Leaders must understand that people are diverse and make it a point to understand the uniqueness within the team.

Serving thirty years in this Army has helped me learn some of the intricacies of the Troopers I have dealt with throughout my career. Leaders look for opportunities to make the most of any given situation and serving here has been a big learning experience in dealing with a diverse group of Troopers. Leaders know the road to success is lined with people who come with different attitudes, abilities and talents. An effective leader can read his people like others read a newspaper. ■

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Irish For a Day

By Navy Petty Officer 2nd Class Donald Randall

JTF-GTMO Public Affairs Office

On Saint Patrick's Day, even people with no Irish blood proclaim themselves "Irish for a day." They wear at least one article of green clothing and spend the day with family or friends going to parades and parties. Unfortunately, for many people Saint Patrick's Day is also an excuse to drink excessively.

This was not always the case. Until 1903 it was only celebrated as a religious holiday. Saint Patrick's Day has always been observed on March 17, which is believed to be the day of the patron saint's death, and also celebrated as his feast day.

Saint Patrick (373-493) is the patron saint of Ireland. He was a Christian missionary who is credited with spreading Christianity to pagan Ireland.

At 16 years of age, he was captured by Irish raiders and forced to work as a herdsman until he escaped six years later. While in captivity, he prayed constantly and his faith in God grew.

Upon his return to Ireland, Saint Patrick followed in his father's and grandfather's footsteps. He entered the church, became a deacon and later a bishop.

Saint Patrick once had a vision in which he came upon a letter. "The Voice of the Irish" began the letter, "... we appeal to you, holy servant boy, to come and walk among us." Heeding this call, Saint Patrick returned to Ireland as a missionary.

By the seventh century, Irish Christianity's foundation was attributed largely to Saint Patrick and he became the patron saint of Ireland.

According to popular legend, Saint Patrick rid Ireland of snakes. In truth, Ireland never had snakes, though some believe the snakes referred to the Druid's serpent symbolism of the time.

Legend also has it that Saint Patrick used the shamrock, a three leafed clover, to teach his Irish flock the concept of the Holy Trinity. Many Irish wear a shamrock on their person or green, white, and orange badges, representing the colors of the Irish flag.

Saint Patrick's Day does not have to be just a day to drink lots of green beer. For those of the Christian faith, it can be spent as a time of self-reflection. You do not, however, need to be a believer in Christianity to partake in the celebration. There are plenty of activities for Troopers to participate in here at Guantanamo.

There is the St. Patty's Day Fishing Tournament, March 16 – 18, the St. Patrick's Day 5K Run, with prizes for the best costumes on March 17 and the St. Patrick's Day



Bayview Bash. The Bayview Bash on March 17 starts at 6 p.m. and has lots of traditional Irish food. Please contact the MWR for details at ext. 2010.

Have fun being "Irish for a day" and don't forget to

Security bulletin: What is "SCI" and how do I get me some?

By Frank Perkins

JTF-GTMO Special Security Office

Sensitive Compartmented Information access is a special access beyond a Confidential, Secret or Top Secret security clearance. Widely misunderstood as a classification level or specific level of clearance, it is a term that refers to a method of handling certain types of classified information. This "SCI" information relates to specific national security topics or programs whose existence is not publicly acknowledged, or the sensitive nature of which requires special handling. Examples of SCI topics are sensitive intelligence activities, nuclear secrets and stealth technology. One or more

compartments may be created for each area, and each of these compartments may contain multiple programs or projects themselves with their own codenames.

The government may wish to limit certain types of sensitive information only to those who work directly on related programs, so that even someone with a general Top Secret clearance cannot gain access unless it is specifically granted. To achieve selective separation of program information while still allowing full access to those working on the program, a separate compartment, identified by a unique codeword is created for the information. This entails establishing communication channels,

data storage, and work locations in a Sensitive Compartmented Information Facility which are physically and logically separated not only from the unclassified world, but from general Department of Defense classified channels as well.

A person is granted access to a specific compartment after the individual has: a) had a Single Scope Background Investigation similar to that required for a DoD Top Secret clearance; b) been indoctrinated (briefed) into the nature and sensitivity of the compartment; and c) signed a non-disclosure agreement. Access does not extend to any other compartment; i.e., there is no single SCI clearance analogous to a Top Secret clearance.

Mission first, security always! ■

Network News

Defending our Computer Network

By Air Force 1st Lt. Jim Northamer

JTF-GTMO Information Assurance Office

Every day at Guantanamo Bay, we see a dedicated security force team standing guard and patrolling the installation to ensure it is safe and secure from potential adversaries. They prevent attacks on the installation and stand ready to defeat any adversary. Similarly, there's a team of computer security professionals on the installation that are charged with preventing attacks against our computer network resources. I use this analogy to illustrate the point that there's a silent battle being fought at GTMO that many Troopers are unaware of. This battle for the security of our computer network is constant and the consequences of losing the battle are potentially severe.

Hackers relentlessly probe Department of Defense computer systems looking for vulnerable devices that could provide access to the sensitive information stored on these networks. This happens throughout the DoD, including here at GTMO. Literally every day, our computer networks are attacked and probed. While we often hear about hackers' successes, we seldom hear about their failures. Fortunately, they

fail much more often than they succeed in penetrating our defenses. We defeat these hacker attacks by using a combination of many defense mechanisms.

One of these mechanisms is the "patching" of computer systems. As new hardware and software vulnerabilities are identified, a near daily occurrence, the Joint Task Force-GTMO Information Assurance (IA) Office is tasked with resolving these vulnerabilities as soon as possible.

Another, equally important defense is vigilant users. Everybody on the network plays a key role in its defense. You help defend our network in many ways: by recognizing and deleting phishing attempts, by avoiding visiting inappropriate websites that could have hidden scripts on them, by keeping your passwords secure, by virus scanning files before downloading to your computer, by ensuring your computer is available for patching by logging off the system but leaving it powered on, etc. The network can only be successfully defended with the support and action of cooperative, informed network users.

Understanding that we are in a continuous battle to secure our networks and employing appropriate tools to mitigate constant threats is one step towards successfully defending our information resources.

If you ever have any questions or concerns about computer security, please feel free to contact the JTF-GTMO IA Office at j6-ia@jtfgtmo.southcom.mil or ext. 3333. ■

Military playing down long runs, adopting more diverse fitness programs

By Donna Miles

American Forces Press Service

WASHINGTON, Feb. 26, 2007 – If a little bit of running is good for keeping warfighters in top form, then a lot of running is better, right? “Wrong!” say officials here at the Army Center for Health Promotion and Preventive Medicine.

The Army, Navy, Marine Corps and Air Force have come to recognize that as beneficial as running can be to overall fitness, health and military readiness, too much of a good thing causes injuries that leave troops less fit, less healthy and less ready, Army Lt. Col. Steve Bullock, the center’s health promotion policy program manager, told American Forces Press Service.

As a result, the services are tailoring their physical training regimes to reduce the emphasis on “pounding the pavement.” Instead, they’re replacing regular long-distance runs with other forms of exercise, he said.

The goal is to reduce overuse injuries that translate military-wide to more than 8 million days of limited duty a year, said Keith Hauret, an epidemiologist for the Army’s injury prevention program. Fractures, sprains, strains and other musculoskeletal conditions, many resulting from physical training, take an even greater toll on the force in terms of lost- or limited-duty days.

“Injuries have a direct effect on readiness and a soldier’s ability to perform his duties, whether in training or while deployed,” Hauret said. “It has a direct impact on the soldier’s ability to perform, and that has a direct impact on that unit’s readiness.”

The services’ new approach to physical training aims to bring injury rates down while ensuring a fit military force.

“We’re not going soft,” Bullock said. “What we’re doing is increasing the intensity of the training, and the effect on heart, lungs and overall strength is actually better.”

The Army, for example, is reducing the miles troops run, breaking soldiers into “ability groups” for distance runs, adding speed drills to its PT regime and substituting grass drills and other forms of exercise for running.

“We have recommended no more than 30 minutes of running, and no more than three or four times a week,” Bullock said.

Higher-intensity, shorter-distance runs and interval training increase troops’ speed and stamina with less risk of injuries, he said. At the same time, this more balanced approach to PT actually improves their ability to perform in



Photo by Army Staff Sgt. Vince Oliver

combat.

“What we do in the military is explosive energy,” Bullock said. “Soldiers need to be able to move quickly. They need balance and coordination. That’s not something they’re going to get through lumbering, long, slow runs.”

For their running programs, Bullock advises units to incorporate these training elements into their programs:

- Follow a standardized, gradual and systematic progression of running distance and speed. Begin with lower mileage and intensity, especially in programs for new recruits, people changing units or those returning to PT after time off for leave or an injury.
- Structure injury-prevention programs to target troops of average or below-average fitness levels who are at the greatest risk of injury, and ensure they’re running appropriate mileages.
- Place troops in ability groups based on PT scores and measure their runs by time, not distance. This will reduce the risk of injury among the least-fit troops without holding back the higher performers.
- Avoid remedial PT programs that require the least-fit troops to do more training than fit ones. This increases their injury risk, often with little or no improvement in their fitness.
- Substitute higher-intensity, shorter-distance runs like repeated sprints, “Fartlek” training and other interval training activities for some distance runs.
- Build in time for troops’ bodies to recover and rebuild following demanding PT sessions to reduce the risk of overtraining injuries.

“Injuries are the biggest threat to our forces and our readiness,” Bullock said. “Our goal is to help the military understand the burden of injuries and refocus their approach to physical training to reduce injuries in a way that actually improves readiness.” ■

NCAA picks teams for March Madness, ranks Gators #1

By Army Spc. Dustin Robbins

JTF-GTMO Public Affairs Office

Accumulating three wins in three days and clenching the South East Conference Championship, the Florida Gators bumped the previously top ranked Ohio State down for the overall number one seed in the NCAA tournament.

The Gators had been the country's number one team for several weeks early in the year but slumped late in the regular season, falling to number six going into the SEC tourney. Florida then beat Georgia, Mississippi and Arkansas in the SEC tourney with an average winning margin of 19.7 points. Of those three teams, only Arkansas earned a bid (#12 seed) to the NCAA tournament.

Ohio State, entering the Big Ten tournament, was the number one team in the country. They went on to beat Michigan, Purdue and Wisconsin to win the Big Ten champion-

ship. Of those three teams, both Purdue and Wisconsin earned bids to the NCAA tournament and have higher seeds than Arkansas, Purdue at #9, Wisconsin at #2.

The Big Ten sent six teams into the NCAA tournament while the SEC sent five.

So the Gators are the number one seed in the Midwest Region and the Buckeyes of Ohio State are the number one seed in the South Region.

The North Carolina Tar Heels ran through the Atlantic Coast Conference tournament and earned themselves a number one seed in the East Region. The Tar Heels benefited from several teams ranked higher than them falling in their conference tournaments.

Number one in the West Region went to the Kansas Jayhawks who finished off a remarkable Big 12 tournament with an overtime thriller against the Texas Longhorns. Kansas was ranked second heading into the Big 12 tournament. ■



Joakim Noah and the Florida Gators cut down the nets after clenching the South East Conference Championship.



Captain's Cup Baseball League 2007



Photo by Navy Chief Petty Officer Timm Duckworth

By Army Sgt. Maj. Oscar Diaz

JTF-GTMO Public Affairs Office

The 2007 Morale, Welfare and Recreation Captain's Cup Baseball League is well underway at Guantanamo Bay, Cuba and the action is getting hot. Last week, pitching was the name of the game as the Havana Hammers and the Naval Expeditionary Guard Battalion teams squared off for the first time this season.

The Hammers got their third win of the season behind awesome pitching from their ace pitcher El Duque. El Duque was dominating, striking out a total of 16 and pitching a complete game to pull off the 7-1 win. His fastball was blazing, as the NEGB players were swinging through his pitches all night. After the game El Duque said, "I immediately knew in the first inning that my stuff was going to be good tonight. I also knew tonight I was going to go the distance."

The season continues this Sunday at Zaiser field at 6:30 pm where NEGB takes on the 1-1 Seadogs in their first meeting of the season. Both teams have a very solid pitching staff, so expect this one to also be a pitchers duel. ■

Baseball Standings

Havana Hammers 3 - 0

Sea Dogs 1 - 1

NEGB 0 - 3

Havana Hammers pitcher, El Duque, limbers up for game day.

ARMY COL. LORA TUCKER

DIVE PHOTO

REVENGE OF TH



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Earn \$2,000 by Referring Recruits into the Army Reserve

By the Army Recruitment Team

U.S. Army

Tell the Army Reserve story from your own experience, support recruiting efforts in your local community and for your own unit, and earn a \$2,000 referral bonus. All Soldiers and retirees who refer an applicant (who has not previously served in the Armed Forces) are eligible for a \$2,000 referral bonus.

To be eligible, the applicant must enlist into the Army Reserve, Army or Army National Guard. Payment of \$1,000 will be made when the applicant

ships to basic training (BT) and another \$1,000 when the Soldier graduates from advanced individual training (AIT).

The referral must be made through the SMART (Sergeant Major of the Army Recruiting Team) link at <https://www.usarec.army.mil/smart/> or through US Army Recruiting Command (USAREC) 1-800-223-3735, ext. 6-0473.

Under the referral program, Soldiers making referrals must complete referral card information, including both the sponsor's and referrals Social Security Numbers, into the SMART Web site. (Note: Referral information is pro-

tected by the Privacy Act and must be destroyed upon completion of the referral).

Those Not Eligible: Potential applicants cannot be immediate family members of the person referring them. Immediate family members include spouse, parent (or step-parent), child (natural, adopted or step-child), brother or sister. Also, this includes: Soldiers assigned to USAREC, Cadet Command, Army Accessions Command, U.S. Army Reserve Command - Retention and Transition Division, and any member serving in a recruiting or retention assignment. ■

Caffeine aids Troopers' awareness

By Army Spc. Dustin Robbins

JTF-GTMO Public Affairs Office

Working long hours while on duty can cause personnel to become tired. Troopers may need something to help overcome sleep deprivation. Stimulants are usually the first choice and can provide a quick pick-me-up. Caffeine is the most widely used stimulant in the U.S. and it's the world's most popular drug, far exceeding nicotine and alcohol.

Coffee, tea, soda and some energy drinks all contain caffeine. The military has done studies on Troops who are engaged in combat or just working long hours. One of the tests was done on Navy Seals. During the test, training participants were deprived of sleep for 72 hours and then given caffeine in varying doses.

The Seals were then taken out to the range to test their sighting and shooting skills. It was found that 200 milligrams of caffeine produced the best results. They found targets faster and more accurately.

The Army has done testing as well and its findings have led to the production of caffeinated gum that was tested on troops in a laboratory environment. Their results proved that, taken in the right dose, it could improve marksmanship, vigilance and physical performance. The gum is cinnamon-flavored and

each piece contains 100 milligrams of caffeine. The product was produced in conjunction with Wrigley's Chewing Gum Company.

The mission here can be tough at times and Troopers who work long shifts have their own ways of keeping vigilant and awake. Various energy drinks sold here have varied amounts of caffeine in them. But one that is common to us all is coffee.

"My caffeine intake comes from drinking coffee, I usually drink about two pots of it a day and have been known to drink field coffee on occasion, which is a pack of instant coffee ingested, followed by a drink of water," said Army Sgt. Todd Hunt, a Trooper formerly assigned here.

Another alternative is an energy drink called "Red Bull." Very popular at the Navy Exchange, it contains 80 milligrams of caffeine, the equivalent of a cup of black coffee. "When I'm working a 12 hour shift, I'll consume three to four cans. That's all I need to keep me going" said Army Sgt. Fran Josefosky, a Trooper formerly assigned here. Along with other ingredients, its makers say, "it gives you wings."

As service members, we face many challenges on the job where being alert for long periods of time is necessary. Although caffeine can help improve alertness, there is no substitute for getting the proper amount of rest to optimize your mental and physical performance. ■

Optometrist on a vision quest

Eye examinations and other services now available at Kittery Beach Joint Aid Station

By Army Pfc. Phil Regina

JTF-GTMO Public Affairs Office

The Kittery Beach Joint Aid Station is now offering optometry services for Joint Task Force Troopers every Thursday from 1 p.m. to 4 p.m.

The KBJAS established the services in order to make them more easily available to JTF Troopers.

“We wanted to provide front door service to the Troopers of the JTF. My staff and I understand

that it can be difficult for most of them to get to the main clinic. Personnel without vehicles have to catch two buses just to get here, so the Thursday afternoon optometry clinic at KBJAS solves that problem,” explained Navy Lt. Manuel Zambrano, the Naval Station Guantanamo Bay optometry physician here.

The optometry services being offered include physical eye exams, fittings for eyeglass frames and vision evaluations for Troopers.

For Zambrano, serving JTF

Troopers is more than just a job.

“It’s truly rewarding to be providing service and support to JTF Troopers and enable mission readiness for the JTF mission. We understand that the Troopers here perform a great duty and we just wanted to do what we can to make things easier for them,” added Zambrano.

If you’re having eye problems, need a new prescription, or have any vision related issues, make an appointment by calling the optometry clinic at ext. 72250. ■



Photo by Army Pfc. Phil Regina

Guantanamo Bay optometrist Navy Lt. Manuel Zambrano demonstrates how a typical eye examination would be performed at the Kittery Beach Joint Aid Station.

Reunion Issue #4

By Army Chaplain (Maj.) Daniel Jones

JTF Command Chaplain

Deployments are filled with good and bad experiences. The bad ones we would rather not remember or discuss. The truth is we need to talk about the bad experiences too. Often, we can't talk about them because of security concerns and because it is so hard to explain situations to people who are not in the military.

Chaplains, the Joint Stress Mitigation and Response Team, veteran centers and *MilitaryOneSource* can all provide a listening ear and referrals to agencies of support to "talk about feelings."

It is our fear of embarrassment, rejection, ridicule and legal actions that cause us to do the opposite of what is necessary and just to move on with our lives.

Our family, friends and loved ones don't understand why we don't want to talk about the negatives. They feel that we are shutting them out or don't love them anymore. The truth is that we want to protect them.

Seek professional and sympathetic support if you are having a difficult time adjusting to your stateside life. ■

SURVIVING SEPARATION

By Army Chaplain (Maj.) Daniel Jones

JTF Command Chaplain

My last articles action items were:

Action Item #1 – Communicate, Communicate, Communicate.

Action Item #2 – Don't Forget Special Occasions.

Action Item #3 – If you have children, visit the following websites for dealing with separation and reunion: www.guardyouth.org and www.militaryonesource.com

This week's is:

Action Item #4 – Accept and Share Your Feelings. Talk about both the good and the bad about your time away from your loved ones. Really listen to each other carefully. ■

WEEKEND WEATHER FORECAST

Weather forecast provided by www.weather.com

Saturday, Mar. 17

Probability of isolated t-storms with overnight showers. Highs in the upper 80's, and lows in the upper 60's.



Isolated T-storms

Sunrise: 7:07 a.m.

Sunset: 7:11 p.m.

Chance of Rain: 30%

Sunday, Mar. 18

Partly cloudy with a chance of overnight showers. Highs in the upper 80's, and lows in the upper 60's.



Partly Cloudy

Sunrise: 7:07 a.m.

Sunset: 7:11 p.m.

Chance of Rain: 20%

Monday, Mar. 19

Partly cloudy with chance of overnight showers. Highs in the upper 80's, and lows in the upper 60's.



Partly Cloudy

Sunrise: 7:06 a.m.

Sunset: 7:11 p.m.

Chance of Rain: 20%



MOVIE REVIEW CORNER

This week's movie review of "Alpha Dog" by Navy Petty Officer 2nd Class Trevor Andersen

Alpha Dog is based on the life and crimes of real life drug dealer Jesse James Hollywood. It's supposed to be an accurate depiction of the disturbing conditions of Hollywood drug culture.

Yes, it's based on a true story, but true doesn't equal good. No one wants to watch a movie about what I had for breakfast or whether or not I drool in my sleep. It's just not that interesting.

The real "true story" is how bad this movie was. There was no good guy. There were no likable characters. Everyone in this movie was either high, stupid, or Justin Timberlake. I will say this for *Alpha Dog*; it was disturbing. I had a hard time shaking some of the stupidity of the characters off of me.

If you like movies about drug addicts running around and attacking each other, kidnapping kids and Justin Timberlake, this is the movie for you.

If you like deep characterization, gangster movies or watching movies with your family, run away from this one. It is the opposite of good.

I give it one star. Yes, one. I hated this movie with a fiery passion that will haunt me for years to come.

I recommend just staying away from this one. ■

- Alpha Dog -

Rating: ★★★★★

Rated: R

Duration: 122 minutes

Boots on the Ground:

"What do you do with your free time?"



"My spare time is spent studying for Squadron Officer School."

-Air Force Capt. Daniel Rigsbee



"I like to play dominoes and go bowling."

-Army Spc. Domonic Thompson



"Boxing."

-Navy Petty Officer 3rd Class Paul Palgen



"I like to play golf and go to the driving range."

-Army Spc. Joshua Perez

BUILDING FIRES AT HOME

By Army Chaplain (Capt.) David Meyer

525 Military Police Battalion Chaplain

One of the most common things I have people come into my office to talk about is their relationships with family members back home, particularly a husband or a wife that is in the States while we are here. A wise friend of mine, named Ted Malone, once told me that love is like a flame and distance is like a wind and if the flame is small and weak like that of a candle the wind will blow it out, but if it is deep and strong the wind will make it burn deeper and brighter and hotter. I have found this to be true. I have been married almost the entire time I've been in the Army, part Army Reserve time and part Active Duty time. One of the things my wife and I decided early in our relationship was that when we were separated we would work to intentionally make our relationship stronger

There are several things I do to strengthen my relationship with my wife while I am gone. First I focus on the positive things in our relationship. When things are difficult it is easy to spend time thinking about the weaknesses in our partners. This is always destructive to a relationship. While there are always weaknesses, it is vitally important to focus on the positive aspects of both the person and our relationship. If we can build on these then the negative sides seem to diminish, however if we focus on the negative then the positive will diminish, it's our choice.

Second I work to build her up in any way I can. I communicate my love for her in many ways, as does she to me. I tell her verbally, I send cards, I send gifts, I share experiences that she would enjoy or appreciate or in which she will find humor. She does the same with me and in so doing we stay connected with each other's daily lives.

Third, I only compare her to others around me in a positive manner. This is part of focusing on her strengths. If I start seeing other people as better in some way than she is then I am on the road to a problem, possibly an affair and I can't think of anything more destructive to a relationship than another person taking a place, at any level, that is supposed to be held by our spouses.

Finally I build my relationship with my wife by working to enhance my relationship with my children. I have never met a woman who doesn't appreciate someone loving on her children and the fact that they are my children too makes it that much easier. Building my children up and helping

them to understand that even though I can't be with them, I still love them very much has been a challenge that has been fun for me. It has done a great deal for my relationship not only with them but with my wife.

While most of us are here without our families and loved ones, that doesn't mean that we have to put those relationships on hold for 6 months or a year. I don't believe we can afford to do that; we'll have to pay a huge price at the end of our tour that many of us will never achieve. Rather, work on your relationships with those you love, even while you are away so that when you return home those fires are burning deeper and brighter and hotter. ■



CAMP AMERICA WORSHIP SCHEDULE

Sunday	9:00 a.m.	Protestant Service	Troopers' Chapel
	5:45 p.m.	Confessions	Troopers' Chapel
	6:30 p.m.	Catholic Mass	Troopers' Chapel
	7:30 p.m.	Evening Prayer	Troopers' Chapel
Wednesday	7:30 p.m.	Soul Survivor	Camp America North Pavilion

NAVAL BASE CHAPEL

Sunday	8:00 a.m.	Pentecostal Gospel	Room 13
	9:00 a.m.	Catholic Mass	Main Chapel
	9:00 a.m.	Church of Jesus Christ of Latter-day Saints	Sanctuary A
	9:30 a.m.	Protestant Sun. School	Main Chapel
	10:00 a.m.	Protestant Liturgical	Sanctuary B
	11:00 a.m.	Protestant Service	Main Chapel
Monday	1:00 p.m.	Gospel Service	Main Chapel
	5:00 p.m.	Pentecostal Gospel	Room 13
	7:00 p.m.	Prayer Group Fellowship	Fellowship Hall
Mon. to Fri.	7:00 p.m.	Family Home Evening	Room 8
	6:00 p.m.	Daily Mass	Main Chapel
Wednesday	7:00 p.m.	Men's Bible Study	Fellowship Hall
Friday	12:30 p.m.	Islamic Prayer	Sanctuary C
Saturday	4:15 p.m.	Confessions	Main Chapel
	5:00 p.m.	Vigil Mass	Main Chapel

Jewish Shabbat Services held every second Friday at 7:30 p.m. in the Naval Base Chapel complex Room 11.

15 Minutes of Fame

ARMY SPC. JAMIE DIAZ

By Army Spc. Jonathan Mullis

JTF-GTMO Public Affairs Office

Give a person some responsibility, a chance to prove themselves and a chance to succeed and see what happens. A lot of times in life all an individual needs to excel is an opportunity. We learn our strengths through our mistakes and we refine our weaknesses through perseverance. When all the chips are down it's the people who try again that make it through the rough patches in life.

At 31 years old Army Spc. Jaime L. Diaz has had chances to succeed and chances to fail. Born in Puerto Rico and raised in south Florida, separated from his father and brother at an early age, Diaz could have gone in the wrong direction. However, shortly after high school Diaz went on to college where he played basketball for three years.

In a humble manner Diaz opened a window to his past, "I was in great shape back then. I used to surf, skate and play ball, unfortunately now I'm just a round shape."

Regardless, Diaz has an award under his belt that anyone would be proud of. The Medal of Heroism awarded to him in Junior Reserve Officer Training Corps for saving the life of a drowning boy. At the age of 16 Diaz was much like any teenage boy ... adventurous and interested in girls. While talking to one at the beach, he noticed something was amiss out in the

bay.

"I was actually trying to hook up with the sister of the boy who was being pulled out to sea. At first someone else went out in the water to help bring him in, but they both ended up getting stuck out there."

In a matter of fact tone Diaz went on, "so I figured jeez I guess I have to do something." As Diaz paddled out all he could think was "I better make it back in or I'm losing this girl." After swimming the length of three

football fields, there and back, Diaz was exhausted but back on shore, and so were the two people he went out to save.

Diaz is now happily serving in the Army National Guard and has a couple of plans on the horizon.

"I'm considering becoming an officer, or possibly going active. To me it doesn't matter what I do just as long as my wife and twins are taken care of. All I want to do is give them the things I never had." ■



AROUND THE JTF



Photo by Army Sgt. Jonson Tulewa-Gibbs

Deputy Secretary of Defense, Gordon R. England, and Michigan Senator Carl Levin tour Guantanamo Bay Naval Base, Cuba.



Photo by Navy Chief Petty Officer Timm Duckworth

JTF Seaside Galley Manager Sam Scott receives a delicious T-bone steak from grill cook Chito during Friday's Steak and Lobster dinner.



Photo by Navy Petty Officer 2nd Class Stephen Watterworth

Army Sgt. Stephanie Perkins documents sick call information for the Kittery Beach Joint Aid Station.



Photo by Navy Petty Officer 2nd Class Stephen Watterworth

Joint Detention Group Commander, Army Col. Wade Dennis congratulates Army Staff Sgt. Joshua Fidler on his promotion to staff sergeant.