

15 Minutes of Fame...

with Spc. Mario Lozoya
346th MP Company
The King of Karaoke

Interview and photo
by Spc. Ivey N. Hodges
Special to The Wire

Q: Spc. Mario Lozoya, welcome to 15 Minutes of Fame! Tell us a little about yourself.

A: Well, I am 22, and a student. I study theatre back in Kansas and I am down here with the 346th MP Co. I am also a self-proclaimed computer nerd.

Q: What classifies you as a computer nerd?

A: I dunno. I guess because I immerse myself into the characters in my computer games.

Q: Okay, so you told me once upon a time that you are loud and boisterous. What is a good example of this?

A: Wednesday night mayhem at the Windjammer, otherwise known as Karaoke Night. The loud part usually happens after I warm up and lose my inhibitions.

Q: Interesting. So how do the "Karaoke King" and his faithful crew entertain themselves on just a regular day?

A: There's a little brotherly war going on between us and the other "hooch" next to us. It's pretty crazy. They throw pebbles at us...we throw bigger ones back. It's been going on for weeks now.

Q: It seems to me that you never get bored, Spc. Lozoya.

A: Believe it. Sometimes I try to entertain myself by speaking to my bunk pillow. Like the volleyball in "Cast Away." And no, I haven't named the pillow yet.

Q: So, I know you probably want to be a rock star, right? If you formed a band here, what would the name be?

A: Nothing to do with GTMO, fa-sure. But I would probably give the members cool names like "Iguana Steve" on bass and "Banana Rat Danny" on



Spc. Mario Lozoya strikes up a tune to entertain himself and his "hooch" buddies in his Camp America SEAhut.

drums. And my DJ would be "Hoochmaster Mike."

Q: Cool. So, are you a lean, mean MP-ing machine?

A: Nah, more like a supply machine. I'm a supply clerk.

Q: What's your motto; "Leaping through toilet paper rolls in one single bound"?

A: Yo, that's messed up! But I can take it, though. Everyone's got jokes!

Q: What's the best part about GTMO?

A: Cheap entertainment. Period.

Q: If you had to describe yourself as a musical instrument, what would it be and why?

A: That's a tough one. Um...got it. A kazoo. And why? Because when you play one, they are lots of fun, full of hot air and you really never know what is gonna come out 'till it's over. Sorta like me. I never know what's coming outta my mouth

until it's already out.

Q: Is there anyone you idolize?

A: Yeah, sort of a cross between Kurt Cobain and Richard Pryor.

Q: Wow, that's a freaky combo. Why a cross between those two?

A: Well, Kurt was very talented and Mr. Pryor was a funny brother. I'd sorta like to end up somewhere in the middle.

Q: If you ran the world, what would you do differently? I for one would say kids around the world can have JELL-O Pudding Pops for breakfast. How about you?

A: Free pizza for all. I would do away with the soup kitchens and start handing out free pies. You just go in and say to the fat guy in the dirty apron, "No soup for me today, Joey, I'll take a meat-loving pan."

Q: Huh?

A: Hey, it's a start.

Q: If you could market yourself as "Mario the Rock Star," what would be the first item you would want mass-produced?

A: I'd like to package "Mario's Annoying Noisemaker." You know those little things with the balls on them that go up and down that you win from Chuck E. Cheese's? You always see that one kid who can't grasp the concept to make it work. I would LOVE to see my face on one of those!

Q: Hmm. What do you do to beat the routine here?

A: Well, the "hooch war," of course. And I like to play the guitar, call home, listen to the ocean breezes, take long walks on the beach...

Q: Dude, this is not an ad for a dating service! Any last words for new people coming to GTMO?

A: Don't go insane from the routine here — try to have a variety. There is more here than meets the eye.

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Friday,
November 1, 2002
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So you're going home...

How to deal with the stress of redeploying back to the life you left behind

Story by
Spc. Michelle M. Scsepko
The Wire

Finally! The day has come when you're going back home, returning to those you left behind so many moons ago. Yes, this is the day you've been waiting for, reuniting with spouses, children, and loved ones. But brace yourself, servicemember, there may be some unexpected changes in the life you left when you departed and landed on GTMO.

Troops deployed to Guantanamo Bay in support of operation Enduring Freedom left behind friends, loved ones, and careers to selflessly fulfill their obligation to defend our nation in these chaotic and unstable times. As the days of their service go by here on the island where time seems to stand still, it's easy to forget that the world outside has been moving at a business-as-usual pace. Although the men and women serving in GTMO have not waged war and carried fallen comrades off the field, they may still find that returning to the "real" world leaves them feeling out of place.

"Just because GTMO is not a 'hot zone' and troops stationed here aren't dodging bullets doesn't mean that they will return home unaffected by their time here or smoothly adjust to the changes at home," said Army

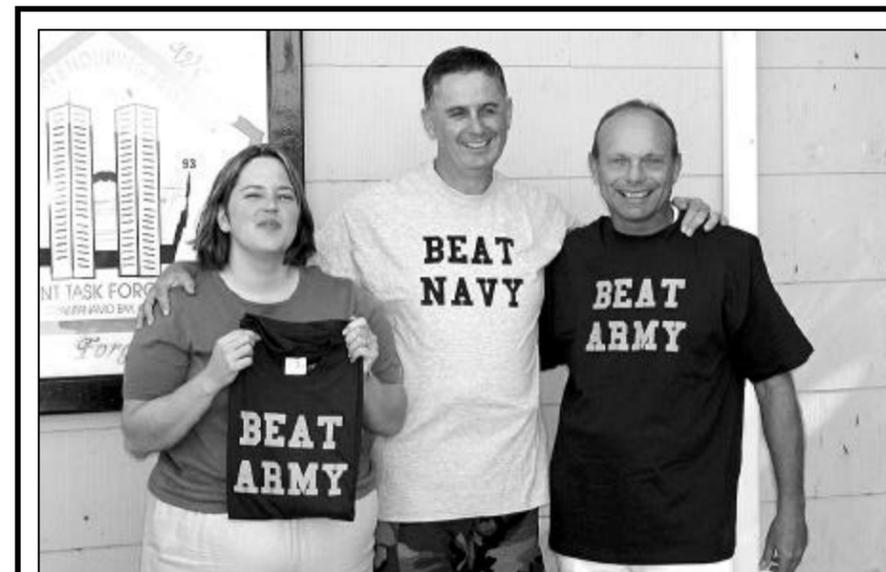


Photo by Spc. Jose A. Martinez

Beat Who?

Army Maj. Gen. Michael E. Dunlavey, center, is outnumbered but not outranked Thursday as Cheryl L. Lewis, left, and Navy Capt. Robert A. Buehn help the JTF-GTMO commander get into the fighting spirit as they each pull for their branch of service in the upcoming Army-Navy football game.

Maj. Sharon M. Newton, OIC 85th Combat Stress Control, Fort Hood, Texas. "We've found that redeploying back home is actually more stressful than deploying from home. Some soldiers feel the anxiety of not knowing what to expect upon their return, or they

expect to go back and pick up where they left off — they hope to resume their normal routine, when things may have changed quite a bit," she said.

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A look inside...



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Chaplains' Corner

Spiritual Navigation

Navigators speak of a "three point fix" in order to be able to plot a reliable position on a chart.

A principle of discernment is "spiritual triangulation." Like navigation, if the distances from 3 different points intersect one another, we can be sure that we have discerned correctly. It's something like taking a navigational fix or lining up three dots on a plank to cut it straight.

Spiritually, the three points needed together are:

1. God's objective moral law, revealed in Sacred Scripture, apostolic Tradition and the present day Church's authoritative interpretation of it;

2. The situation God providentially arranges for you;

3. The testimony of your own informed conscience, especially the

inner peace that is a mark of the Spirit's presence.

To discern alone by:

1. Objective law is to run aground on legalism;

2. Situations is to drift aimlessly into relativism;

3. Individual conscience alone is to sink into subjectivism.

To discern by lining up all three points at the same time is to be prudent. It is the only way to stay as close to the track as we can. The ancient Argonauts said: "To navigate is precise; to live is not precise." We need all the help we can get, so spiritual triangulation is a great navigational aid in the voyage of life.

— Submitted by Navy Lt. Cmdr. Vincent A. Salamoni, CHC, USNR

Provost Marshal's Office

Reporting Motor Vehicle Accidents

All accidents or collisions involving motor vehicles need to be reported to the Guantanamo Bay Naval Station Police in a timely manner.

In case of major accidents, the police will be notified immediately to insure that proper medical care is afforded to the injured.

Except when it is necessary to notify the police or treat the injured, no person or vehicle may leave the scene of an accident or collision involving the following:

- Death or personal injury
- When damage to government property is estimated to be in excess of \$100.00

-When damage to personal property is estimated to be in excess of \$500.00.

In case of minor accidents, the police will be notified within 24 hours.

Remember that overtaking or passing vehicles traveling in the same direction is prohibited at Guantanamo Bay.

You may pass slow-moving vehicles or heavy equipment only when they have moved to the extreme right shoulder of the roadway.

Follow all traffic regulations and always buckle up for your safety.

—Army Maj. Gary J. Cipolletta, Deputy Provost Marshal, JTF-GTMO

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Command Sergeant Major's Corner



JTF-GTMO Command Sgt. Maj. Anthony D. Clayton

As the interim Command Sgt. Maj. of JTF-GTMO, I would like to take this opportunity to thank all of our servicemembers for their hard work and dedication to the vital mission that we perform here.

I would like to remind all servicemembers that each one of us is a mentor at one time or another — knowingly or not. Therefore, it is imperative that we always try to do our best to set a positive example for others to follow, because you never know whom you may be mentoring.

As some of us prepare for redeployment, be reminded that it takes a team effort to keep all of us safe. Although this will be a time that more tasks may be added, remember that the rule is mission first, but safety always. Always use the buddy system. Thank you.

Credit Management Class

The Fleet and Family Support Center will be conducting a Credit Management class on November 6, 2002.

The class runs from 11a.m. to noon in the Fleet and Family Support Center's training classroom.

Interested? Please call 4141 to have your name added to the roster.

Sports

Hospital wins v-ball season opener

Story and photos by
Spc. Jose A. Martinez
The Wire

Naval Hospital took the opening match of the GTMO volleyball season, sinking Port Security Unit 307 in two sets, 25-21 and 25-15. Tuesday night at G.J. Denich gym.

The highly anticipated volleyball season started off with a bang.

The two teams both played well, but in the end, Naval Hospital was the stronger team.

The first set started out evenly matched. They were tied at four until Navy Petty Officer 3rd Class Tommie Crumedy scored six straight points with his powerful serve.

This put Naval Hospital in a comfortable position. They led the set 9-4. After that the two teams exchanged a few points.

PSU 307's weakness in the game was returning the serve. Naval Hospital saw that and took advantage.

PSU 307 was not able to stop Navy Hospital contract worker Hughleslie Skyer who scored the last eight points of the first set. Skyer's awesome serve was unstoppable in the first set. PSU 307 didn't have an answer for it.

PSU 307 fought and clawed back, but they were too far behind in the set. Hospital took the first set by a score of 25-21.

The teams switched sides and were ready to do battle once again. It was "do or die" for PSU 307.

They didn't want to lose. They had to match the intensity Naval Hospital had in the game. But it seemed every bounce was going go Naval Hospital's way.

"We were playing too tentatively and we



Navy Petty Officer 3rd Class Jahleel Brown goes up for the volleyball and spikes it for one of his eight points in the victory over PSU 307 in the season opener Tuesday night at G. J. Denich Gym.

were hoping things would go our way," said Coast Guard Petty Officer 2nd Class Brad T. Starks. "We had to make things happen. We needed to be more aggressive on the court. We had to fight and really want to win."

PSU 307 scored the first point in the set, but soon it became clear that wanting wasn't enough. Navy Hospital came back with three points on Navy Petty Officer 3rd Class Jahleel Brown's serve, and this set the tone of the game.

PSU 307 wouldn't give up — they kept on

fighting. The teams exchanged points on the next couple of serves until the streaky Naval Hospital put four more points on the scoreboard.

This worried PSU 307. Starks came up to serve and took matters into his own hands. He scored three points to make it 9-8.

This was a momentum builder for the PSU team, which was able to tie the set at 10. The look on some of the Naval Hospital's players was one of concern.

But Naval Hospital regained their composure. Brown looked confident and was ready to serve. He threw the ball up and slapped the volleyball to the middle of the defense. PSU 307 wasn't able to return the serve.

Brown scored two more points to lead PSU 307 14-11.

"I was able to pick out the weakest link in the defense, so I would serve it there. Once you pick out the weakest link, you keep on drilling it there," said Brown.

Naval Hospital continued with their high-powered offense. Navy Petty Officer 3rd Class Mark Hammel scored eight straight points to put the nail in the coffin for PSU 307. That onslaught destroyed any chance of PSU 307's coming back in the match.

Crumedy scored the last three to seal the victory over PSU 307, 25-15.

"We started kind of slow, but we are working on our game," said Brown. "We are going to have a strong team by the end of the season. We are just tuning up. Wait and see: Naval Hospital will be a team to be reckoned with in the league."



Navy Petty Officer 3rd Class Jahleel Brown and Eugene S. Alexander almost collide returning a serve.

Common courtesy on wheels

A little more than a month ago, I came to Guantanamo Bay for the first time, and saw that the military and civilians living and working on this base were using privately owned vehicles (POVs), Navy Exchange (NEX) rental vehicles, government-owned vehicles (GOV), and the bus system to move around the Naval Base. People who ride the bus know that much time can be spent waiting for the next scheduled bus to rotate to your stop. But it doesn't always have to be this way.

As most people who ride the bus or walk have seen there are a large number of government-owned vehicles moving around the base with one or two people in them. And, for some reason, the occupants of these vehicles do not feel the need to show a little courtesy and ask either the people without vehicles if they "need" a ride, despite the fact that often, the persons in the vehicles and those walking or waiting for the bus stop are going to the same general location.

Common courtesy goes a long way to making life better for everyone. Offering someone a ride, even if they decline that offer, shows that those who have the privilege to drive a vehicle care about those who do not have the same

privilege. It also reinforces the mindset that we are all part of one joint task force, accomplishing one mission — one team, one fight.

The bottom line is that everyone needs to be willing to help out the next guy. And those who have, help out the have-nots.

So show a little courtesy. If you're traveling in a "empty" vehicle, and see someone walking like they have somewhere they have to be, or someone is at a bus stop looking at each vehicle passing by as if they'd like a ride, stop. It's as simple as leaning toward the window and asking if they are going in the same direction as you and if they need a ride.

They might say no, but at least you asked. After all, the person to whom you offer that ride might just be the person who helps you work an issue or project tomorrow, next week or a month or two from now.

That's my viewpoint. It won't change the world, but it could make life better for a few people, and in the end, it is the right thing to do.

Think about it!

— Submitted by Army Sgt. Maj. Ruben Maestas

This Week

Please contact Capt. Gormly at 5249 or Maj. Buchanan at 5255 for more information.

* Daily free daytime & evening lessons are available for sailing, kayaking, and motor boating at Pelican Pete's Marina, by appointment only.

* Aerobics Classes, Marine Hill Gym, Mon., Wed., and Fri., 6 a.m. - 7 a.m., 8:30 a.m. - 9:30 a.m., and 5:00 p.m. - 6:00 p.m.; Tues. and Thurs. 8:30 a.m. - 9:30 a.m., 5:00 p.m. - 6:00 p.m.

* Tae-Kwon Do, Marine Hill Gym, Mon., Wed., and Fri., 11:30 a.m. - 12:30 p.m., and 6:00 p.m. - 9:00 p.m. (one hour classes); Tues. and Thurs. 6:00 p.m. - 9:00 p.m.

* 1-on-1 Spinning Classes, G.J. Denich Gym, Mon-Thurs., 6:30 p.m. - 7:30 p.m.

* Yoga Classes, Tues. - Thurs. 5:15 p.m. - 6:15 p.m., G.J. Denich Gym/Yoga Center.

* Bowling, Marblehead Lanes, Mon. - Fri., 11 a.m. - Midnight.

* Pool Hours: **Marine Hill Pool:** Open Swim, 6 a.m. - 6 p.m., daily; **Windjammer Pool:** Lap Swim, 6 a.m. - 8 a.m., Mon. - Sat., Open Swim, 10 a.m. - 6 p.m. daily; **Deer Point Pool:** Open Swim, 11 a.m. - 7 p.m., Mon. - Fri., 10 a.m. - 6 p.m., Sat. & Sun.

Friday, November 1st

11 a.m. - 1 p.m., Free bowling, Marblehead Bowling Lanes.

7 p.m. - Midnight, Friday Extreme Bowling, Marblehead Lanes.

Saturday, November 2nd

6:30 a.m., 10K NEX Appreciation Day Run, GJ Denich Gymnasium.

9:30 a.m. - 6 p.m. NEX, Appreciation Day, prize drawings throughout the Day.

1 p.m., Chili Cook-Off, NEX.

5:30 p.m., Grand Prize Drawing (Orlando, Fla. Trip), NEX.

6 p.m., Oktoberfest, MWR Sailing Center.

Sunday, November 3rd

12 - 6 p.m., JTF-GTMO Social Gathering, Windmill Beach.

1 - 6 p.m., Extreme Bowling, Marblehead Lanes

6:30 p.m., Bingo, Windjammer Club.

7 p.m. Chess Tournament, Main CBQ Liberty Center.

Monday, November 4th

8 a.m. - Noon, Adult Ceramic Classes, Ceramic Shop.

Tuesday, November 5th

Open swims.

Wednesday, November 6th

9 - 11 a.m., Adult Advanced Pottery Classes, Ceramics Shop.

7 p.m., Bowling Party, Marblehead Lanes.

8 p.m., Karaoke, Windjammer Club.

Thursday, November 7th

11 a.m. - Midnight, Bowling, Marblehead Lanes.

6 p.m., Bowling League, Marblehead Lanes.



Photo by Army Sgt. Michelle M. Pessoa

Keep rising to the top

Coast Guard Petty Officer 3rd Class Melissa Steinman of Port Security Unit 307 gives a young climber the encouragement needed to make it to the top of the rock-climbing wall at the Halloween festivities held at the Paintball Range on Saturday. The event brought together young members of the GTMO community and JTF volunteers for a costume contest, hayride, pumpkin-patch scavenger hunt, food and fun.

Profession of the Week

Dental Technicians

Story and photos by Spc. Jose A. Martinez
The Wire

The dental technicians at the Navy Hospital keep big, bright smiles on the faces of the Guantanamo Bay community. It's their job to take care of all of the Defense Department civilians, contract workers, ser-



Navy Petty Officer 3rd Class Tommie Crumedy gets a patient ready for a panoramic X-ray on the 2002 CC Proline machine.

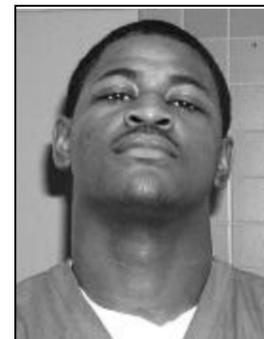


Navy Seaman Nader I. Warah looks at a patient's pearly whites and inspects his job after putting in a tooth filling.

vicemembers and family members on the island. This is not an easy task, but the eight-man crew of dental technicians work hard and work together to complete their mission. "We are short on dental technicians right now, but because we work together we are able to get the job done," said Navy Petty Officer 3rd Class Tommie Crumedy.

These hard-charging dental technicians want patients take steps to prevent cavities. Dental health care is an every day thing.

Brush and floss every day to prevent cavities, or let the dental technicians fix you up — it's your choice!



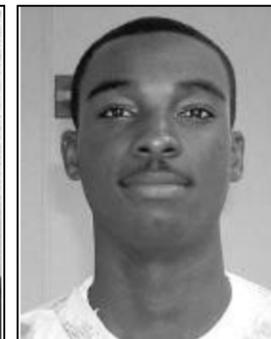
Navy Petty Officer 3rd Class Tommie Crumedy

"Being a dental technician at GTMO has changed my life. Even though we are short of technicians right now, this has forced us to depend even more on one another. There is great teamwork at the office."



Navy Petty Officer 3rd Class Jaymie Brinkmeier

"I really love being a dental technician, but the most exciting part of my job is working in the operating room. It feels great helping people and making them feel better. That is what drives me."



Navy Seaman Jimiel B. Simmons

"I have been a dental technician for about three years. Being at GTMO is great because you get to meet everyone on the island. Sooner or later, everyone has to go through the dental office."



Navy Petty Officer 3rd Class Pamela O. Mason

"I work with the gums and the supporting structure of the mouth. I love my job and I love taking care of people. I want people to make sure they floss daily so they can preserve their beautiful smiles."



Navy Seaman Nader I. Warah

"Being a technician is a stepping stone for me — I want to become a dentist. I love this job because I like to see beautiful, healthy smiles. I want to be the tech that is going to revolutionize the dental field."



Celebrating diversity in all its forms

Filipino contract workers nimbly leap over bamboo poles as they execute the intricate moves of the Tinikling, the national dance of the Philippines, during GTMO's first annual "Multi-Cultural Day Celebration" at Phillips Park last Sunday.

The program, a combined effort of Morale, Welfare and Recreation, JTF-GTMO, Naval Station, and the Naval Hospital, featured food, music and dancing from Africa, the Caribbean, Latin America, Asia, the Middle East and Europe.

Photo by Army Sgt. Michelle M. Pessoa



Frustrated Poetry Corner

by Spc. Joseph A. Morris

Grit your teeth, suck it up.
Walk like a man, laugh it up.
I can sit back and relax
And feel as though I am standing
Tall and proud.
I can whisper powerful words
And have them heard real loud.
Days go by, and they always will.
Things have to be said,
And hearts gotta spill.
LEARN FROM LIFE.
Not all knowledge
Comes from a book.
Stretch your mind to the outer limits
Now take a look.
Life ain't a fact.
Life, in fact, is filled with fiction.
Digging deep past the core
Of reality is an everyday addiction.
TRY TO SEE
What imagination can find.
You want to flip the switch,
Go back and rewind.

Movie Schedule

DOWNTOWN LYCEUM	CAMP BULKELEY
Friday, November 1	Friday, November 1
7 p.m. Spy Kids 2, PG - 99 min	7 p.m. Blackheart, R-95min
9 p.m. The Ring, PG13 - 99 min	9 p.m. 15 Minutes, R-120min
Saturday, November 2	Saturday, November 2
7 p.m. Serving Sara, PG13-100min	7 p.m. Last of the Mohicans, R-120min
9 p.m. Swim Fan, PG13-85min	9 p.m. Free Money, R-97min
Sunday, November 3	Sunday, November 3
7 p.m. City By The Sea, R-108min	7, 9 p.m. Braveheart, R-177min
Monday, November 4	Monday, November 4
7 p.m. Blue Crush, PG13-104min	7 p.m. Light It Up, R-99min
Tuesday, November 5	Tuesday, November 5
7 p.m. Swim Fan, PG13-85min	7 p.m. A Murder of Crows, R-101min
Wednesday, November 6	Wednesday, November 6
7 p.m. City By The Sea, R-108min	7 p.m. Legend of Drunken Master, R-101min
Thursday, November 7	Thursday, November 7
7 p.m. The Ring, PG13 - 99 min	7, 9 p.m. Play It To The Bone, R-125min

Crossword Puzzle

Across

- 1 In ___ (together)
- 5 Parlay
- 9 Not who
- 13 Christmas song
- 14 Deck
- 15 Juno
- 16 ___ Minor (Little Dipper)
- 17 Dickens' "___ of Two Cities" (2 wds.)
- 18 Asian nation
- 19 Defame
- 21 Quickly
- 23 Deluxe
- 24 Pots
- 25 Peaceful
- 28 A large three-headed muscle
- 31 Poisonous metal
- 32 Christmas song
- 34 Christmas
- 36 Sphere
- 37 Aurora

Down

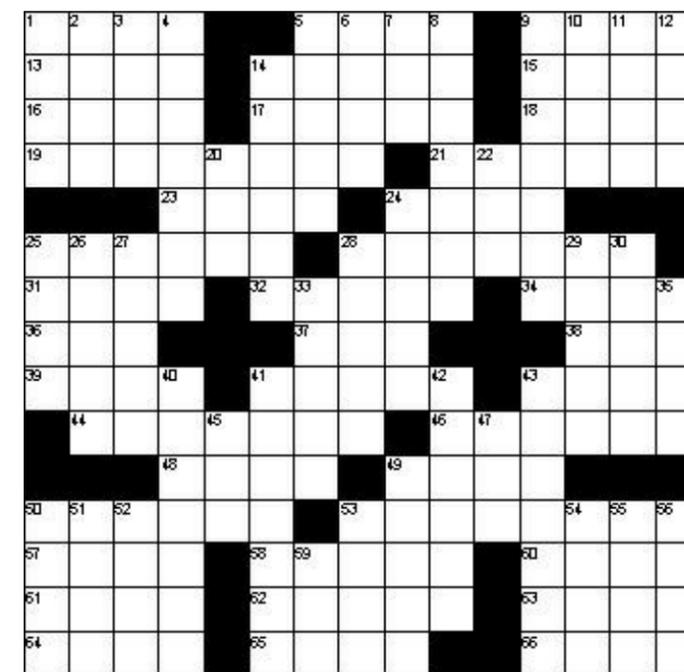
- 38 Fiddle
- 39 Prejudice
- 41 Tiny island
- 43 Manage
- 44 Alcohol
- 46 Repents
- 48 Please respond
- 49 Snare
- 50 Type of probation
- 53 Chinese pooch
- 57 Thousand (abbr.)
- 58 Harriet Beecher ___
- 60 Location
- 61 Hawked
- 62 Grabber
- 63 Slope
- 64 Tints
- 65 Rushed
- 66 Snaky fish

Across

- 28 Mythical monster
- 29 Don (2 wds.)
- 30 Tip
- 33 Fable writer
- 35 Potato sprouts
- 40 Winding sheets
- 41 Endows with authority
- 42 Cargo vessel
- 43 Related by blood
- 45 American sign language

Down

- 47 Thai
- 49 Put pieces of cloth together
- 50 Posttraumatic stress disorder
- 51 Sailors "hey"
- 52 Persona
- 53 Dawdle
- 54 Canal
- 55 Scalp
- 56 Grub
- 59 Spigot



Man on the Street

Compiled by Army Spc. Jean-Carl Bertin and Spc. Jose A. Martinez

This week's question:

If you could read the diary of anyone in the world, whom would you choose?



Coast Guard PO3 Jason Spaulding, USCGC Dependable

"I'd definitely like to read about the younger years of former President Bill Clinton."



Coast Guard Ensign Maura Kolarcik, USCGC Dependable

"I'd like to read what Julia Roberts thinks in private. She is my favorite actress."



Army Pvt. Eddward Fitzgerald, 342nd MP Company

"I'd like to read the diary of Jim Morrison. His music has greatly influenced me."



Coast Guard PO1 Joanne Kurek, 307-PSU

"Walter Mondale. I want to know who or what made him choose to run for the Senate."



Navy PO3 Dajuan Glover, JTF-GTMO mail room

"I'd like to know the secrets of Deion Sanders. He's flashy, cocky, and people still love him."

October 25



Cuban exile at helm on USS Bulkeley

Story and photos by
Spc. Jean-Carl Bertin
The Wire

When the USS Bulkeley (DDG-84), a ship named after one of this nation's most decorated naval heroes, Vice Adm. John Duncan Bulkeley, made history this week by anchoring at Guantanamo Bay, Cuba, it was another historic event in the amazing life story of the Bulkeley's commander, Navy Cmdr. Carlos Del Toro.

Born in Havana, Cuba on Christmas Day, 1961, Del Toro spent his first year living under the revolutionary government of Fidel Castro before immigrating to the United States in October of 1962.

His father was involved with, and imprisoned for, counter-revolutionary activities during this early part of Cuba's post-revolutionary period. In a stroke of luck, Del Toro's father was out on parole when the family's exit visas, which they had requested a year earlier, finally arrived. Within 48 hours, the family fled the country together, and young Del Toro, with his father, mother and grandmother, headed for Miami, Fla.

After a short while, the Del Toro moved with his parents to New York, where he received his elementary and high school education.

Early in 1979, Del Toro was accepted at the United States Naval Academy.

"I went to the Naval Academy because, having emigrated from Cuba, I had this very strong desire to serve my [new] country," said Del Toro.

"I was so grateful for the opportunities that this country has provided my family. Not material opportunities; we were quite poor," he said, "but certainly the freedom that my family did not enjoy under Castro — the ability to do as we pleased, being able to work as much as we could, and, most importantly, being able to achieve success through education."

And success he indeed found. He gradu-



Army Maj. Gen. Michael E. Dunlavey, left, commander of JTF-GTMO, listens as Navy Cmdr. Carlos Del Toro tells the story behind a porcelain dish adorned with the ship's emblem at the breakfast table Tuesday.

ated from the Naval Academy in June 1983 with a degree in Electrical Engineering and a commission as an ensign in the Navy. Thus did Del Toro become the first member of his family to receive a college education.

Del Toro began his professional training at the Surface Warfare Officer's School in Newport, R.I. After six months, he was ordered to his first ship, USS Koelsch (FF-1049) in Mayport, Fla. While onboard, he served in numerous jobs before becoming assistant navigator.

After completing his tour, he went to the Naval Postgraduate School in Monterey, Calif., and earned a master's degree in Electrical Engineering. Then he reported to USS Preble (DDG-46) as chief engineer. It was in this role that he was responsible for making USS Preble ready to deploy seven months early in support of Operation Desert Shield/Desert Storm.

After the war, Del Toro returned to the U.S. and went back to school to earn a second mas-

ter's degree in Legislative Affairs, and later after a third one in National Security Strategy.

After serving aboard the USS Vincennes (CG-49), Del Toro was selected as a White House Fellow. As such, he served for one year at the highest levels of government, assisting cabinet secretaries and other ranking administration officials. He also traveled extensively throughout the U.S. and abroad, meeting with a vast spectrum of domestic and international leaders. "The White House Fellowship was an opportunity unlike any other I have had in my life," said Del Toro. "It opened doors that were unimaginable to a young Hispanic kid."

It was while assigned to the White House that Del Toro received orders to be the commissioning commanding officer of the USS Bulkeley, the newest and most technologically advanced warship in the U.S. fleet.

"Commanding a ship has been a dream of mine since I first joined the Navy," said Del Toro. "It's a combination of a life-long series of qualifications and hard work."

Like many Hispanic-Americans before him, Del Toro is living the American dream.

At GTMO conducting testing for the readiness of Bulkeley for overseas deployment, Del Toro said he expects that one day, democracy will be established in Cuba.

"I think it's only a matter of time," he said.

"I am very excited to be here meeting with the commander of the Joint Task Force, the base commander and his family and, of course, the Bulkeley daughters, sponsors of the ship," he said.

"As a personal witness to the terrible events of Sept. 11th, I can't begin to thank GTMO civilians and military personnel for their unselfish dedication to the principles for which this country stands: freedom, justice and democracy," Del Toro said. "All Americans should be proud of the work that the JTF is doing at GTMO."



Navy Capt. Robert Buehn, Diana & Regina Bulkeley, Army Maj. Gen. Michael E. Dunlavey, Navy Cmdr. Carlos Del Toro and Navy Capt. Albert Shimkus pose after exchanging gifts and awards at Rick's on Monday.

GOING HOME, from page 1



Photo by Spc. Michelle M. Sosepko
The ferry pulls into the Windward side landing once again to pick up departing troops heading home.

Adjusting to the changes at home might initially be challenging for servicemembers. Roles in the household may have changed to manage the basic household chores; children may have grown and may be different in many ways, and spouses may have become more independent and learned new coping skills. This can leave a servicemember wondering if they still fit into the family.

Adjusting back into the hustle and bustle of everyday life can also come as a bit of a culture shock. Just the 25-mile-per-hour speed



Photo by Spc. Michelle M. Sosepko
Army Sgt. Romina Fusaro sadly waves goodbye to a friend who is heading back home to the United States. Sooner or later, Fusaro will be making the same trip.

limit here at GTMO is a big difference from multi-lane traffic speeding down the highway at 70 mph.

"Communication is the key!" said Army Staff Sgt. Richard B. Howard, NCOIC CSC, Fort Hood, Texas. "Servicemembers must talk to their loved ones about how they feel and what they are thinking. Keeping emotions bottled up will do nobody any good. It will only cause more tension and frustration."

Some possible expectations for soldiers about to depart and head home are: they may want to talk about what they saw or did, and others may seem not to want to listen. Or perhaps they may not want to talk and others will keep asking. Soldiers may miss the excitement of a deployment for a while, and may have changed their outlook and priorities in life. Additionally, face-to-face communication with your loved ones may be hard at first, as well as sexual intimacy.

"Soldiers have to understand that although things have changed somewhat, it's okay and they have to learn to accept it. From changes at work to their children growing up a bit, in time, all will fit into place," said Howard.

Sometimes young children don't recognize their returning parent. They may cry or may hide or hesitate when asked to come to the servicemember at first. Older children may seem not to care, and children ranging from ages six

to 12-years-of-age may want a lot of attention. All of which affects the servicemember.

"Often, servicemembers want to jump in and do it all. But, they must remember to take it slow and ease back into their lives," said Spc. Kathryn S. Hernandez, 85th CSC, Fort Hood, Texas.

"They want to do everything at once. Rebuild relationships, make up for time missed with their children, which becomes overwhelming for them," said Newton.

Some tips for troops about to make the transition back to their normal lives after departing GTMO are: support good things

your family has done while you've been gone, take time to talk with your spouse and children, make individual time for each child and your spouse, go slowly when re-establishing your place in the family, be prepared to make some adjustments, take time to listen and to talk to loved ones, and last, but certainly not least, go easy on partying.

"What's recommended more so for Reserve and National Guard servicemembers upon their arrival home is

that there is a family day in which everyone and their families get together and kind of wrap things up," Newton said.

A similar tactic may work with the servicemembers with which you've spent so much time here — keep in touch a little, talk a little, and help each other regain your lives back home. "After living and working together with your unit members every day for the last however-many months, transitioning to no contact at all can be a little bit of a shock for the servicemember," she said. "A gradual weaning may be helpful."

Most importantly, all servicemembers must remember that there is no shame in asking for help with coping with feelings after returning home from a deployment.

"The help is available. May it be speaking to a chaplain or seeking counseling, there are outlets for soldiers to help them deal. Servicemembers must know that seeking help doesn't mean that they are weak and it will not jeopardize their military careers. Lots of soldiers are going through the same things they are," said Army Capt. Douglas W. Lane, 85th CSC, Fort Hood, Texas.

"Some of the greatest military minds, such as George Washington and Ulysses S. Grant struggled, faced depression, and needed help now and again.

"There is no reason for soldiers to feel ashamed," he said.



Image courtesy of National Archives and Records Administration.
Famous photo of a sailor greeting a loved one in New York's Times Square after coming home from WWII.

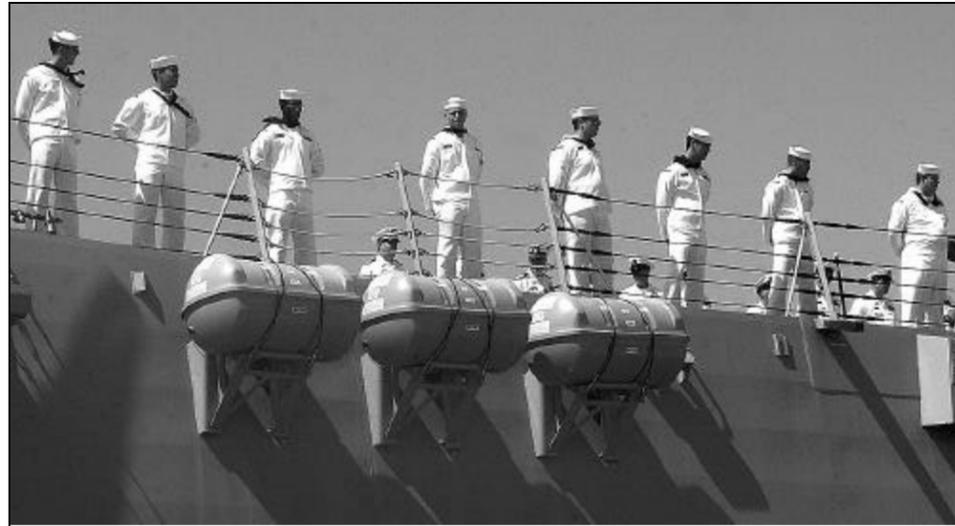


Photo by Spc. Jose A. Martinez

The crew of the USS Bulkeley musters on deck and awaits the arrival of Distinguished Visitors from the shore.



Photo by Spc. Jean-Carl Bertin

JTF servicemembers from outside the Navy took advantage of the opportunity to get a glimpse of life onboard the destroyer by taking part in escorted tours of the ship.



Photo by Spc. Jean-Carl Bertin

Navy Cmdr. Carlos Del Toro, commander of the USS Bulkeley, applies a ceremonial new tile with the ship's emblem to the ceiling of Rick's on Monday night.

USS Bulkeley in GTMO

Compiled by Army Sgt. Michelle M. Pessoa, Spc. Jean-Carl Bertin and Spc. Jose A. Martinez
The Wire

Residents of Guantanamo Bay were treated to the sight of the Navy's newest and most sophisticated destroyer when the USS Bulkeley (DDG-84) pulled into port here Monday.

GTMO was one of the many bases the guided-missile destroyer has visited since it was christened June 24, 2001, but the visit to Cuba had special significance for several reasons. Vice Adm. John Duncan Bulkeley, for whom the vessel was named, was once the commander of Naval Station Guantanamo Bay, and two of the late admiral's daughters, Regina Bulkeley Day and Diana

Bulkeley Lindsay, were back in GTMO for the first time since 1965. In addition, the commander of the Bulkeley, Navy Cmdr. Carlos Del Toro, was born in Havana, Cuba. Del Toro escaped with his family to the U.S. in 1962.

A special soiree was held for the ship's commander and the Bulkeley daughters Tuesday at Rick's. Army Maj. Gen. Michael E. Dunlavey, commander of JTF GTMO and Navy Capt. Robert A. Buehn, the base commander, went to Rick's to welcome the distinguished visitors to GTMO. Many awards and gifts were exchanged.

The mission of the USS Bulkeley is to be prepared to conduct prompt, sustained combat operations at sea. The ship is equipped to operate in a high density, multi-threat environment, either independently or as an integral member of a Carrier Battle Group or a Surface Action Group. In addition to self-defense capabilities in Air Warfare (AW), Surface Warfare (SUW), and Undersea Warfare (USW), the Bulkeley can effectively provide local area protection to other ships in a battle group.

The ship was commissioned on December 8, 2001 at a ceremony in New York Harbor where the crew paid respects to those lost in New York City during the terrorist attacks on September 11th, 2001. The ship departed GTMO Tuesday afternoon.



Photo by Spc. Jean-Carl Bertin

Officers of the Bulkeley welcome JTF-GTMO Commander Army Maj. Gen. Michael E. Dunlavey on board for a visit.

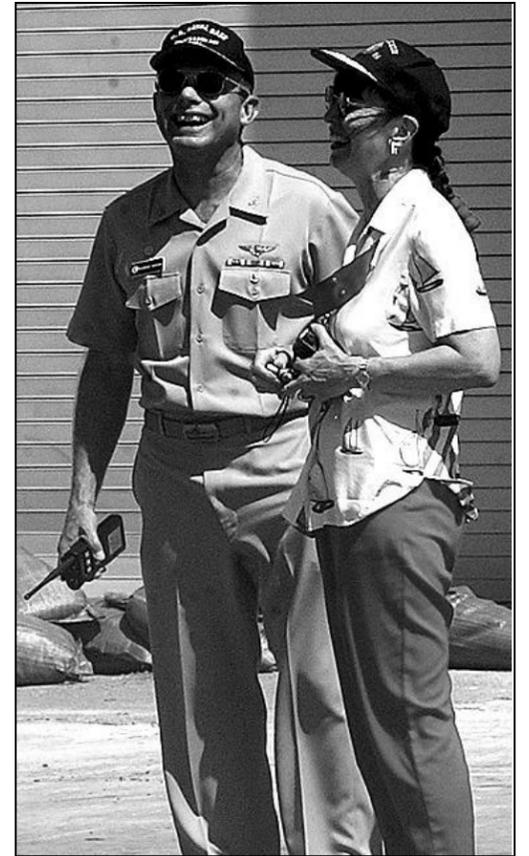


Photo by Spc. Jose A. Martinez

Navy Capt. Robert A. Buehn, commander of Naval Base Guantanamo Bay, welcomes Regina Bulkeley Day, daughter of the late Vice Adm. Bulkeley, back to her old home.



Photo by Spc. Jose A. Martinez

The USS Bulkeley is named for Vice Adm. John Duncan Bulkeley. Bulkeley commanded the Navy's PT Boat squadrons in the Philippines during World War II. He was the commander of the GTMO Naval Station at the height of the Cold War.