

WIRE EXTRA
DEPLOYMENT CYCLE SUPPORT PROGRAM
See Insert

the Wire

“ HONOR BOUND TO DEFEND FREEDOM ”

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Transitioning back into civilian life with the DCSP

Story & photos by
Sgt. Erin Crawley

Soon, many of us will be returning home. Whether you've been here for three months or a year, there are some things you'll need to know before you go, and the JTF leadership is committed to making sure that your redeployment is safe and that you have all the information you need. The Deployment Cycle Support Program (DCSP) is one of the tools that will be used to accomplish just that.

DCSP is a three-day training program that will be conducted during the regularly scheduled training weeks for each unit, beginning June 24, and will assist JTF service members with transitioning back into civilian life.

According to the JTF Command Chaplain, Lt. Col. Herb Heavner, lead developer of the program here, this particular program is somewhat new to the Army and very unique in that it is designed specifically for JTF service members.

“We believe that we are providing the



Chaplain Herb Heavner, JTF Command Chaplain (left), Chaplain Dan Odean (center), and Chaplain's Assistant Staff Sgt. Michael Montgomery conduct a brainstorming session about the Deployment Cycle Support Program.

best training package available. The reason it is so good is because of the quality of the facilitators who will provide the training. This will be a comprehensive program that will provide for the needs of the soldiers as they are preparing to return

home,” Heavner said.

The three-day program will include information from the JTF Unit Ministry Team, Fleet & Family Support, the 85th

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Message from the Top



MG Geoffrey D. Miller
Commander
JTF Guantanamo

Over the past several months, we have made many investments in JTF Guantanamo. We have refurbished housing to improve living conditions for troopers, we have bought new equipment for our gyms and remodeled the galley, and we have constructed new facilities in Camp Delta to improve our ability to conduct this important mission for our nation. But of all of these investments, the one that matters most is the investment we have made in people. Everybody here has a demanding job, providing the JTF with the necessary skills to make us an effective team for fighting the Global War on Terrorism.

Even as we maintain the high operational standards we have set for ourselves, many troopers are looking to the challenge just over the horizon of returning home to family, friends and a civilian job. This is no small task and there is no reason for anybody to feel they are alone in preparing for the changes ahead. That is why we are approaching it as a team - as another investment in the individuals who keep the JTF mission-focused - just as we have approached and overcome every challenge we have faced in the past and will continue to do in the months to

come. As part of this effort, we are implementing a Deployment Cycle Support Program (DCSP), which will be an integral part of our training and preparedness in the coming weeks.

There is no manual or one-size-fits-all solution to what each trooper faces when returning home. That is why the DCSP program is designed so that each individual is made aware of the resources available and given the opportunity to take advantage of them. The chain of command can act as a guide in this process, but ultimately it is up to each trooper to ensure his or her questions are answered. I encourage each and every one of you going through the program to consider the impact being here has had on your own life, and the questions you need answered before taking the next step into the future. And then use the resources we are making available to get the answers you seek.

I could not be prouder of what we have accomplished together over the past several months. The job here is by no means over and others will come to carry on the mission when it is time for those here now to leave. But nothing we have accomplished has been by one person alone. It has been accomplished by extraordinary individual efforts within the framework of a team. And that is how we will approach this challenge as well, with the team coming together to provide every individual the tools he or she needs to go home with confidence.

HONOR BOUND!

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Question from the Field

What are my reemployment rights and entitlements?

The duration of the period of service dictates how quickly you have to return to work. If the period of service was 31-180 days, you are required to submit an application for reemployment within 14 days after the end of the period of service. If the period of service was 181 days or more, you must submit the application for reemployment within 90 days.

You are entitled to immediate reinstatement of your health plan coverage, through the job, including coverage for family members. There must be no waiting period and no exclusion of "pre-

existing conditions." You must be treated, for seniority purposes, as if you had been continuously employed. You are also entitled to receive missed employer contributions to your pension plan as if you had been continuously employed.

For more information about reemployment, check out the Employer Support of the Guard and Reserve (ESGR) website at www.esgr.com. You can also find out who your local ESGR representatives are and give them a call.

Information excerpted from www.esgr.com

Fleet and Family Support Center: Don't go home without them

Story and photo
by Sgt. Benari Poulten

"The Fleet and Family Support Center (FFSC) ... is the Rolls Royce of employee assistance programs for service members," asserts Joseph Black. As director of Guantanamo Bay's FFSC, Black maintains a healthy dose of pride when it comes to their programs.

"We provide a full line of services that you just don't find on the outside. These services are available to the JTF and they just need to be aware that they're available."

Handling everything from financial concerns to crisis management, the FFSC helps troopers get the assistance they need. Beginning on June 24, members of JTF Guantanamo will gain a better perspective on exactly how the FFSC can help them as their deployment comes to an end and they prepare to return home.

Working with the Red Cross, the Combat Stress Control Unit, the Unit Ministry Team, and the Guantanamo Bay Naval Station, FFSC will take part in the upcoming three-day Deployment Cycle Support Program (DCSP).

"MG Miller had suggested there were some key areas that he really wanted emphasis placed on and we had said that we could, in fact, provide assistance with those areas," explains the FFSC's Transition Manager William Barber. "So, it's a cooperative effort between the chaplains, the Combat Stress Team, and us to provide this training."

"This [program] will be to address the units that are moving out as they finish up their work here in Guantanamo," says Gina Frisbee, the FFSC's liaison to the JTF and the JTF Deployment/Mobilization Specialist. "It is to help them reintegrate themselves into their communities and into their families. The program is a three-day program. The first day is our responsibility, mostly ... We'll be covering matters of preventing domestic violence, how to get [service members] to deal with practical and emotional issues as they go back home."

In their "Preventing Domestic Violence" seminar, FFSC staffers will address appropriate methods of intervention to curb existing abuse, and effective ways of preventing arguments from escalating into abusive situations. Troops will learn anger management skills and where to look for local resources back home, which will assist individuals who may experience domestic abuse.

In addition to domestic violence prevention techniques, the FFSC will also deal with adjustment issues as troopers

styles of communication. Gender specific communication styles will also be addressed."

"On the third day, we will be members of a panel discussion," she elaborates. "We will have a financial educator, a relocation assistant, we'll have our director, we'll have the councilors on addressing emotional issues ... and the audience will be able to make comments or ask questions directly related to redeployment."

Part of the panel discussion will focus on the financial aspect of deployments, an area that the FFSC has plenty of experience in dealing with.

"I've seen a lot of JTF folks in the last year or so, many of whom don't have a financial plan and were impacted greatly by this deployment," says financial educator Paul Walker. "And really, what I do, is encourage people to take a look at where they're currently at and to come up with a plan, as far as taking a look at how this has impacted their finances, what income they have, how that's going to change when they leave here, and where their money goes ... and setting financial goals."

Service members' involvement with the FFSC is in no way limited to the DCS Program, either, as the FFSC has its doors open to anyone who needs assistance. Troopers can contact Gina Frisbee at 4141 or 4153, or they can stop by the FFSC at Building 2135 to make an appointment. In an effort to remain readily available to JTF members, one of their staffers can always be seen at the FFSC seahut, building 3202 in Camp America, Monday through Friday, from 7:30 am to 11:30 am.

Providing resources for troopers is a key component of the FFSC, as Walker explains. "We provide a lot more services than just dealing with problems, and information referral is a big one."

"We're trying to improve quality of life with these programs," he continued. "And I see people routinely that come in, not because they have a problem, but because they want to improve their quality of life. And they want to ... make good choices and good decisions for their families."



Gina Frisbee, the Fleet and Family Support Center's JTF liaison, reviews deployment and mobilization briefings in the FFSC's Camp America SEAhut

return to their homes. They will cover a wide range of topics, mainly focusing on preventative measures, and they will place an emphasis on service members' role in preparing themselves for the drastic change in their lifestyles after deployment.

Other seminars will focus on familial issues, such as addressing the common concerns of returning parents, helping troopers transition back into close personal relationships after an extended separation, and beneficial tips on coping strategies that will help ease troopers back into their family lives and deal with change.

The FFSC will maintain a presence throughout the three-day program, making themselves available to address questions or concerns.

"The FFSC will contribute with its expertise in topics like 'Effective Communication,'" Frisbee adds. "Types of communication will be covered, active and passive listening, assertive and aggressive

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Combat Stress Team, the American Red Cross, and medical experts. Training will begin at 8 a.m. each day and end between 5 p.m and 6 p.m. The first training day will end at about 4:30 p.m. Training on the second and third day may get out a little earlier, according to Heavner. The format will be a combination of lectures, group interaction and panel discussions, whereby service members can voice their concerns and ask subject matter experts questions. During training there will be times where JTF service members will be divided into groups: married and/or single with children, and single with no dependents.

"The main idea of this program is to provide training that will assist JTF service members in a successful transition to civilian life. And that includes family relationships. Sub-points under that include marriage relationships and relationships with children. For those who are not married, or who don't have children, other relationship building skills about transitioning back into the home environment will be discussed. And, although we will not have a major focus on transitioning back into the work environment, some issues related to that will most likely be brought up through open discussion, but not necessarily by design," said Heavner.

The first hour of the first day will start off with a presentation by the unit ministry team. Heavner explained, "The focus will be on how you can look to spiritual resources - the power outside of yourself - to draw strength from and to deal with the emotions and stress of returning back home."

The second hour of the first day will be a presentation entitled, "Will Life Ever Be the Same Again," by Fleet and Family Support. The main focus will be on managing the relationship aspects of returning home. "We are not the same," said Heavner. "Some of us have been gone a year. Our lives have moved forward. Our families' lives have moved forward, but separately. So, for some people, this will be a dramatic ordeal; for others it may not be. The purpose of the training is to provide a broad base of understanding and coping skills for everyone."

For the second part of the first day, service members will be divided into

groups - married and/or single with children, and single with no dependents.

National Guardsman, Spc. Douglas Quint, of Charlie Company, 2-116th, is married with two children. Quint says he thinks the DCSP training will be very helpful and that the format of gearing part of the program specifically to married service members who have children is a smart way to go about it. "It is a good idea because being a married person and being a single person is very different. As a married person, you worry more about the financial issues, about feelings," said Quint.

The second day will start off with a presentation entitled, "Will I Ever Get Rid of the Stress in My Life," by the 85th Combat Stress Team. Later in the day, service members will be divided into groups by platoons or squads. Facilitators

"The main idea of this program is to provide training that will assist JTF service members in a successful transition to civilian life."

*CH (Lt. Col) Herb Heavner
JTF Command Chaplain*

from the Combat Stress team will lead each group to discuss topics such as suicide awareness and prevention, crisis management and conflict resolution.

The third day will consist of two panel discussions. The first panel will be about medical issues, and paneled by several subject matter experts in the medical field; one of which is a physician who specializes in stress management and stress relief.

The second panel will be filled with subject matter experts from Fleet and Family Support, Combat Stress, the American Red Cross, and the unit ministry team.

Heavner encourages JTF service members to come to the DCSP training with an open mind. "I don't want the service members to realize that this program is highly interactive and is designed specifically for them. We have tried to place ourselves into the shell of the soldiers and

say - what kinds of things are going to be big issues back home," said Heavner.

Sgt. Katie Faccioli of the 984th Military Police Company said there are adjustments you have to make when you come home from a deployment like this, some of them you might not even be immediately aware of; things like dealing with free time. She noticed it when she recently went home on leave. "On my way home, just being in the airport alone, was a bit of a shock. Everything in civilian society is totally different than what kind of life I've led here for the past seven months. Even going to Walmart for an hour was a little strange. I felt like there were too many people, and I had to go. Everybody at home is living their own little life and you can't control everything anymore. It's different," said Faccioli.

Faccioli also said she feels the DCSP training will be especially helpful to the younger service members and those who have never been deployed before.

Quint, who also recently went home on leave, said it took him about five days to adjust to being back home again. "Once you've done this for a couple of months, and you go back home, it is totally different. Sometimes you feel strange and you can't really react to what's going on in the civilian world," Quint said.

As Heavner pointed out, "We and our families have been going down the same time line, on a parallel, but separate track. And now we need to bring those two back together, and what's the best way to do that? By giving the service members the information they need; by providing a forum where they can ask questions, address their concerns and get answers. Questions like: 'What should I do when I go back home and my son doesn't act like he even knows me?' These are important issues that must be addressed before the service members go home," said Heavner.

Heavner also stressed, "A key point of contact for every soldier going home will be the first sergeant and the company commander. They've received the training and they will become the subject matter experts, along with the Family Support Groups back home."

85th CST professionals offer guidance on coping with the stress of redeployment

Story by Sgt. Bob Mitchell

Will you ever get rid of the stress in your life? How do you deal with stress so that it doesn't affect your health or your relationships with family and friends? During the three-day Deployment Cycle Support Program, Lt. Col. Stewart, Team Leader of the 85th Combat Stress Team (CST), and his staff of professionals and paraprofessionals will address these issues as well as others so that JTF service members will be well informed when it comes time to return home.

There is no question that deployments themselves can be stressful. The pace of work, the environment, and the adjustment of living and working alongside new people can all contribute to your daily stress while you are deployed. When you redeploy and return home, you may be faced with entirely different challenges that can cause additional stress.

Lt. Col. Stewart commented, "You never really want to get rid of all the stress in your life ... some stress is a good thing ... too much is a bad thing [and] too little is a bad thing." Stewart and his staff will give you the knowledge you need to be aware of those factors that cause stress so that you can deal with them appropriately.

"When soldiers return from a deployment, there is typically a sense of needing to feel like a hero ... and what they return [home] to is [sometimes just the opposite]," said Stewart. Another possible situation that may cause stress might be returning to your unit and finding out the leadership has changed and things just aren't the way they used to be. What you learn from the 85th CST will help you get through your redeployment adjustment period.

Stewart's program will include three different 'break-out' sessions where JTF units undergoing training will be divided into smaller working groups, with each group attending a session on a different subject. The small discussion groups will make the instruction more interactive and allow the troops to ask questions and become directly involved with the training.

The first session will cover diaphragmatic breathing which, according to Stew-



Photo by Spc. Delaney Jackson

(from left to right) Major Mack O'Quinn, Navy Petty Officer Brad Hicks, Lt. Col. Robert Stewart, Pfc. Margil Ochoa and Navy Petty Officer 2nd Class Cletis Sims of the 85th Combat Stress Team stand in front of their office in Camp America.

art, is "the way we were all born to breathe before we altered our breathing patterns along the way in response to stress." In this session, Stewart says that individuals will be taught how to identify stress by becoming aware of how they are breathing and will learn how to use their breathing as a tool with which they can arm themselves in the face of any kind of stressful event.

"If you're sensing that your breathing is getting faster and faster and coming less and less from the diaphragm, it should be an internal warning sign to you that [your] stress level is rising," explained Stewart. After this session, troopers will be armed with techniques on breathing in a manner more effective in relieving stress.

Suicide awareness and prevention is the topic of the second break-out session and will be taught from two perspectives. Stewart explained, "There's the individual perspective, [as in] 'Have I ever had suicidal thoughts?' and [a perspective of being] 'accountable,' to some extent, for everyone else ... because you may not be the one in the hot seat, but the person listening to an individual going through a suicidal period." How to identify signs and symp-

oms of someone who is suicidal and especially how to respond will also be included in the discussion.

The final session will discuss conflict resolution and crisis management techniques. In this class, service members will learn how to go about "managing a crisis or situation in a more productive way," said Stewart, such as in a family situation or relationship issue. Although everyone can benefit from this session, the target audience is married troops, troops with roommates or significant others, and others with similar relationships. Troops will walk away with skills they can use to work through or avoid conflicts.

Lt. Col. Stewart hopes that the exposure to this training at least two months prior to leaving will increase the awareness level of service members as they redeploy and give them the tools they need to ensure a safe and low-stress return home. If you would like to talk with one of the professionals of the 85th CST, they can be reached at x3566 during duty hours. After duty hours they can be paged by dialing x72090 and entering either 055 or 112.

Red Cross helps JTF service members reconnect with loved ones

Story by Spc. Alan L. Knesek

Redeploying home can be as stressful and difficult for some service members as the initial deployment here. The Red Cross realizes this and that is why they will be directly involved with your transitioning back into civilian life.

Denise Clark, Red Cross Station Manager for Guantanamo Bay, and others from the Red Cross, will be sitting down with service members during the upcoming Deployment Cycle Support Program (DCSP) and talking to them about reestablishing connections with loved ones before they head home. The Red Cross professionals will be discussing topics such as intimacy, trust, and how 'change' affects relationships.

"We are going to be working with those who are married, those who have significant others and those who are single parents," said Clark. Service members will discuss how relationships may have changed during their absence and how to

understand and adapt to those changes.

There will also be a working group for single service members, but their discussion will be geared more towards their individual needs and focus on reconnecting with friends and parents. For both groups, married and single service members alike, the emphasis will be on communication, said Clark.

According to the Red Cross, one of the most common situations that married service members will encounter is that new rules have been established by their spouses because of the service member's absence.

Clark commented that one of the key points that will be made during the DCSP is that everyone deals with the 'homecoming' differently. During these discussion groups, individuals will be able to speak amongst their peers and will have the opportunity to talk one-on-one with a Red Cross representative if needed. Even after the seminars are over, the Red Cross is always available for counseling.

According to Clark, these seminars are very important for all service members returning home. There might be times when service members may not think they need advice immediately, but when they get home, they may need help to get through a rough time. The information the Red Cross is providing may not seem valuable now, but it could become valuable later on after the service member returns home.

Clark also made it a point to make sure service members know where to get help when needed, even after they return home.

According to Clark, the biggest thing to remember when going home is that things may have changed and it will take time for family, friends and the service members to deal with the prolonged absence.

"Don't expect yourself to adjust in a matter of a day. If you know what to expect and know those are normal feelings you're having, you can allow yourself time to adjust," said Clark.

JPRC soldier earns top honors in EMT course

Story by
Spc. Alan L. Knesek

After four years of service in the Army Reserve, Spc. Melissa Lee Santiago, an administrative specialist for the JTF Joint Personnel Readiness Center, has finally found her calling in the medical field.

Santiago recently took an Emergency Medical Technician course offered at the NAVBASE Hospital and graduated with honors. The course lasted four weeks and covered over 35 chapters of basic medical knowledge. Santiago came into the class with zero experience in the medical field. After putting in some extra, off-duty time to catch up to the other students who came from medical backgrounds, she surpassed her own expectations and moved to the head of the class.

"I learned everything from treating infants to geriatrics,

splinting, opening airways and everything in between," said Santiago.

Santiago graduated with the highest final exam score of all the students.

"In the beginning, I felt a little behind because (the other students) more or less knew the medical terms and I didn't know anything," said Santiago.

Her determination to prove to herself and those who might have doubted her kept her driven. She was determined to do her best and in the end she was the best.

"The final exam was extremely difficult. We had to take the final on the 35 chapters we covered during the three-week course, and then we had to take the final practical [exam] which consisted of traction splinting, trauma assessment, medical assessment and how to mobilize someone onto a spine board,"



photo by Spc. George Allen
Spc. Melissa L. Santiago, Joint Personnel Readiness Center (JPRC), receives a certificate of completion for the EMT course from Navy Capt. Albert Shimkus, NAVBASE Hospital Commander.

said Santiago.

With such an accomplishment under her belt already, what came next was mere icing on the cake.

The NAVBASE Hospital Commander, Navy Capt. Albert Shimkus, pulled her

aside and commended her for her accomplishments. He then asked her if she would be able to volunteer her time to help the hospital.

"I was really proud of myself that someone would actually take the time to say, 'you did really well and we really would appreciate you coming to help,'" said Santiago.

Santiago couldn't refuse and is now a volunteer EMT for the NAVBASE Hospital. She has also been thinking about pursuing the medical career more intensely. Her next move is to go home to Miami, Fl. and complete a civilian EMT course to become a qualified paramedic. The thought of reenlisting in the Army as a medic has also crossed her mind. Either way, Santiago will continue to advance in the medical field, be it in the civilian sector or serving in the Army.

U.S. Army keeps rolling along for 228 proud years

Story By Sgt. Benari Poulten



Before there was a United States of America, there was a United States Army.

Realizing the need for an effective military force to protect and preserve American liberties against the British Army, the Second Continental Congress formed what would become the Continental Army from the existing militias, under the leadership of its first commander in chief, George Washington, adopting them as a regular American Army on June 14th, 1775.

228 years later, the US Army is still rolling along, adapting to overcome any hardships they meet along the way.

Ironically, transformation has remained one of the Army's only true constants throughout its rich and varied history. When Congress approved the Declaration of Independence on July 4th, 1776, the Continental Army's mission immediately changed from the local defense of American rights to the overall survival of the nation.

When the "shot heard 'round the world" jump started America's War for Independence on the blood-stained grass of Lexington Green, the brave Minutemen set the foundation for how

the young American Army would respond to the challenges they faced. Throughout the American Revolution, the Army demonstrated unrelenting courage and resolve, fighting overwhelming odds to eventually emerge victorious, setting a high standard to which future generations still aspire.

The U.S. Army has consistently proven itself time and again, rising to meet any challenge and distinguishing itself as the most respected army in the world. Currently involved in the ongoing Global War on Terrorism, the U.S. Army celebrated its 228th birthday with great fanfare across the world on June 14th, paying homage to the many men and women who have helped make the U.S. Army the unique and impressive organization it is.

This year's theme – "At War and Transforming" – is especially relevant to JTF Guantanamo, as the JTF mission continues to evolve and expand. Marking this major military milestone, Guantanamo Bay hosts its historic first Army Ball, beginning at 6:00 p.m. on Saturday, June 21 at the Windjammer. The evening event will commemorate numerous Army achievements over the past 228 years, including a salute to fallen comrades and a streamer ceremony honoring the Army colors and the many battles bravely fought by American soldiers. As we look ahead to the next 228 years, one thing is certain: "the Army keeps rolling along."

Information compiled from: www.army.mil, www.american-history.com, the Library of Congress at www.loc.gov, and the U.S. Army Center for Military History at www.army.mil/cmh-pg/

Man on the Street

Compiled by Spc. Delaney Jackson

This week's question:

What is the first thing you plan to do when you get home?



Airman 1st Class Philip Maar, 96th Transportation

"I'm going on a vacation in Sarasota, Florida to rest and relax, take in some more sun, and drive myself around."



Spc. Shanna Roberts, 303rd MP Co.

"The first thing I'm going to do is go shopping for my wedding dress."



Coast Guard MK3 John Lindley, MSST 91102

"I'm going to move to Boston. That's all I have to do. I just want to get home and relax; chill out."



Army Staff Sgt. George Taylor, HHC, 2-116th Inf. Regt.

"The first thing I'll be doing is kissing and hugging my wife and kids and saying, 'Thank God, I made it.'"



Army Pvt. Brad Pittard, 384th MP Co.

"The first thing I'm going to do when I get home is see my fiancé and plan for our wedding, which was supposed to have happened already."

Chaplain's Corner

By CH (LTC) Herb Heavner
JTF Guantanamo
Command Chaplain

There are several hundred individuals who are currently very aware of the fact that in a few weeks we will be exchanging our experiences at Guantanamo Bay for a long awaited return to our mobilization stations. For most of our fellow "JTF-ers", that means a release from active duty, and a return to the family and employment that have almost become strangers to us. This homecoming is one that has been anticipated with great exhilaration for nearly a year. I can definitely identify with that. To put it plainly—I am READY to go home! In my mind's eye I can envision the scene even now. Spouses, significant others, parents, family members and friends will all be there to welcome us home. There will be a lot of hugging, smiles, laughter and maybe even some tears thrown into the mix. It would not seem that there could be a single problem that would in any way detract from the excitement of this grand reunion day. However, having been there and done that several times I realize that this may not be the case.

The planning process for redeployment began even before we were deployed. Briefings were given to prepare us for the long separation and the changes that would accompany the time away from our families and our jobs. The reason for all of that concern then, and the reason for all the attention now is the realization that along with the passing of time there has been change. Change is good. Change is positive. Change is inevitable. When you return home you will see many changes. Your children will have grown older. Your spouses will have learned how to do many new tasks. Your parents will have learned how valuable it is to have you around. Your friends may have found new friends.

Change will be evident everywhere you go.

Hopefully, most of you will adapt very quickly and very easily to these changes. Some of you will be challenged by these changes. All of us will either learn to use old skills or develop new ones in learning how to cope with those changes. The Deployment Cycle Support (DCS) is a program that is being used to assist every one of us in developing those personal skills. DCS is nothing to fear, it is nothing to avoid. DCS is an exciting process that will help you when you go home. DCS will help you deal with the changes in relationships. Repeat after me: "DCS is a positive program developed to help me!"

The author of the ancient scriptures wrote that there is a season for everything. A time for living, a time for dying, a time for laughing and a time for crying. That author believed that the greatest skill that could be used to cope with the changes in the seasons of our lives was the power, and the presence of God. He is the one who can best help you in this current process. God knows where you have been. God knows where your families and your friends have been. He knows about your employment situation. God knows about all the change that has taken place, and He knows how to help you deal with that change. May I suggest that you learn to rely upon the Almighty for strength? May I challenge you to practice the skill of relying upon the Creator of the universe to provide for your needs? May I remind you that His resources are inexhaustible and His concern for you is unlimited? My prayer for you will be that this process of going home will be exciting and rewarding, and as positive as it can possibly be. The JTF leadership, through DCS and other means, will do what we can to help you. God will do even more to make that homecoming the best experience of your life!

Worship Services

Catholic

Main Chapel

Daily	6:30 a.m.	Mass Cobre Chapel
Wed.	5 p.m.	R.C.I.A. Cobre Chapel
Fri.	5 p.m.	Rosary
Sat.	4:30 p.m.	Confession
	5:30 p.m.	Mass
Sun.	9 a.m.	Mass
	11 a.m.	Mass (Sanctuary B)

Camp America

Sun.	5 p.m.	Mass Wooden Chapel
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Protestant

Main Chapel

Mon.	7 p.m.	Prayer Group Fellowship*
Wed.	7 p.m.	Men's Bible Study*
	7 p.m.	Spanish Group 390-Evan's Pt
Thurs.	6:30 p.m.	Home Group Nob Hill 5B
	7:15 p.m.	Youth 7-12 Fellowship*
Sun.	6:30 a.m.	Praise and Worship Service
	9:30 a.m.	Sunday School
	11 a.m.	Service/Sunday School
	5 p.m.	Bible Study*

* Fellowship Hall located in Chapel Complex

Camp America

Wed.	7 p.m.	Service
Sun.	9 a.m.	Seaside Galley (Temporary location until further notice)
	7 p.m.	Service Wooden Chapel

Church of Jesus Christ of Latter

Day Saints

Sun.	9 a.m.	Sanctuary A
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Islamic

Fri.	1 p.m.	Classroom 12 ChapelComplex
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Jewish

Fri.	8 p.m.	Fellowship Hall
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Camp America Church Bus schedule:

Sun.	8 a.m.	Windward Loop
	8:15 a.m.	Tierra Kay

The bus will return immediately following worship.



School's out!
Drive Carefully!!!

RECREATION & LEISURE

4th of July celebrations are a combined effort at Guantanamo

Compiled by
Spc. Alan L. Knesek

JTF Guantanamo is teaming up with the NAVBAS this year for the 4th of July celebrations. Activities will include a fishing tournament, an Independence Day Road Race, a golf tournament, another JTF GTMO Social Event at Windmill Beach, basketball and softball tournaments, and of course fireworks.

There will be parties at the Sailing

Center, the Tiki Bar and on the The Bayview Patio with games, a climbing wall and much more. The band *Ballentine* is also coming back to GTMO to perform three shows at the Bayview Patio, Camp Bulkeley, and the Windjammer.

With this many activities on the menu, this 4th of July celebration will be one to remember. Stay tuned in The Wire for more details and a schedule of events.

Flag Day Fun Run: A runners delight

Story and photo by Spc. Alan L. Knesek

68 Runners stepped up to the line, hearts pounding and eager for the race to begin. Athletes from all age groups and abilities were going head to head during the long awaited June 14th Flag Day Fun Run. The course was a 5K run looping around the backside of the G.J. Denich Gym.



Runners of Guantanamo Bay take off at the starting line during Saturday's Flag Day Fun Run.

Of the 68 runners, 34 were JTF service members, representing all services.

The race had seemingly just begun when Marine Cpl. Dan Kachmar crossed the finish line with a time of 20:27. Finishing close behind was Marine Capt. Jim Kokoszynski, J3, with a time of 20:33, and finishing in third place - with a time of

20:40 - was Army Sgt. William Payton, Joint Detention Operation Group Headquarters.

"It was a very good race, very motivating," said Kachmar. He also added that he normally runs six miles a day so this was a good run for him.

The top overall female runner of the race was Melissa Bellman with a time of 21:42. Second place went to Colleen Gallagher with a time of 23:19 and close behind was Barbara Munroe with a time of 23:50.

Of the top ten finishers, the JTF held seven places. Those were: fourth place - Army Sgt. Carlos Padilla, 806th AG Co. Postal Detachment (20:55); fifth place - Army Sgt. Mike Kuflik, 96th Transportation Co.(21:23); eighth place - Air Force Maj. Tim Newman, J-1 (22:03); tenth place - Coast Guard Petty Officer 3rd Class Zane Jose, MSST 91102 (23:04).

Movie Schedule

Camp Bulkeley

Fri., June 20

8 p.m. *Chicago*
PG13 - 113 min

10 p.m. *Instinct to Kill*
R - 90 min

Sat., June 21

8 p.m. *Head of State*
PG13 - 95 min

10 p.m. *Basic*
R - 99 min

Sun., June 22

8 p.m. *Gods & Generals*
PG13 - 205 min

Mon., June 23

8 p.m. *Friday After Next*
R - 85 min

Tues., June 24

8 p.m. *Shanghai Nights*
PG13 - 107 min

Wed., June 25

8 p.m. *The Quiet American*
R - 101 min

Thurs., June 26

8 p.m. *Jurassic Park 2: The Lost World*
R - 96 min

Downtown Lyceum

Fri., June 20

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

10 p.m. *Head of State*
PG13 - 95 min

Sat., June 21

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

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

Sun., June 22

8 p.m. *Bruce Almighty*
PG13 - 94 min

Mon., June 23

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

Tues., June 24

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

Wed., June 25

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

Thurs., June 26

8 p.m. *A Man Apart*
R - 109 min

Take the tour, the North East Gate tour that is.

Every **third** Saturday of the month.
Meet at the Marine Hill Parade grounds at **7:45 a.m.**
For more information call 2002.

**Windjammer Closed June 21 at 1 p.m. for the
Army Birthday Ball**

NATIONAL SPORTS

On the Mark !!!

The gentle giant goes out on top!



Sports commentary by

Spc. Mark Leone
leone.m@JTFGTMO.south-com.mil

photo by Spc. Delaney Jackson

David Robinson slammed home a rebound jam with so much intensity, you would have thought he was a rookie again. Not to mention the 17 rebounds, 13 points, and 3 charges he took in his last professional National Basketball League game with the Spurs. The Admiral, David Robinson, won his second NBA Championship and leaves the league he has loved for 14 seasons.

"We made that decision at the beginning of the year because my heart was just settled," Robinson said. "I knew that this was it. I knew that this was supposed to be the time. Sometimes God speaks to your heart and you have a settled feeling about it."

"All year long I just kind of enjoyed it," Robinson said of his 14th and final season, "Everything that came along, I just swallowed up ..."

It reads that way because it's now Mr. Robinson who has two rings to go with his two Olympic gold medals (1992 and 1996) and a slew of individual trophies: MVP (1995), scoring champion (1994), Defensive Player of the Year (1992) and Rookie of the Year (1990). Not bad for a giant thought to be too gentle for so long.

This is the last waltz for Robinson and what better way to go out than to win your last game. So many players have been down this road and it has been a painful one for them. For the rest of his life, he will be able to walk around and say "I am a world champion!" To win your very last game ever played is a dream come true for many players. This farewell championship couldn't have happened to a better player or a better person. San Antonio's franchise, building, and championship wouldn't be here without him and we all should feel lucky enough to have witnessed the greatness of Mister Robinson.

Sports Highlights

Summary by Spc. Mark Leone

The **Atlantic Coast Conference**, almost desperate as it tries to push through a three-school expansion plan that was once thought to be a foregone conclusion, might consider adding only Miami in a vote expected to be taken Wednesday.

The ACC will vote on adding each of the three Big East schools up for consideration - **Miami, Syracuse, and Boston College** - but may settle for expanding only with Miami. The ACC needs seven "yes" votes from its membership of nine to add a school, and a vote in favor of Miami is expected to pass.

World Boxing Heavyweight Champion **Lennox Lewis** will defend his title against **Vitaly Klitschko** on June 21 at the Staples Center. This will be Lewis's first title defense in over a year since he defeated **Mike Tyson** and proclaimed himself as the greatest heavyweight boxing champion.

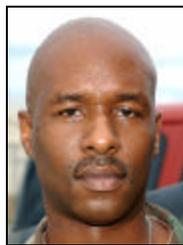
With his parents and his pregnant wife following along at Olympia Fields, **Jim Furyk** won his first major championship on Father's Day, and put his name in the record books, matching the lowest 72-hole score in the 103 years of the **U.S. Open**. "This is a heck of a present," Furyk said, cradling the silver trophy as he glanced at [his father,] Mike Furyk, who taught him to trust his unorthodox swing.

ESPN.com has confirmed various reports that **NASCAR** has reached an agreement with Nextel for the Virginia-based wireless communication services company to become title sponsor of NASCAR's top racing series. It is not known how much the sponsorship will cost Nextel, but estimates as to how much RJR spent on its NASCAR sponsorship range from \$15 million to \$60 million annually, with the actual number likely being toward the middle or higher end of that range.

Sports highlights compiled from Yahoo! News.com., Boston.com, NHL.com and ESPN.com.

Head to head ...

What team should Roger Clemens be inducted into the hall of fame with?



Sgt. Edward Brown
J-4 Motor Pool

The Red Sox gave up on a pitcher in his prime and the Yankees didn't. "The Rocket," Roger

Clemens, has accomplished more with the Yankees in four years than he has in his whole career with the Red Sox. Clemens not only recorded his 300th win and 4,000th strike-out, but he won two championships and a Cy Young award with the Yankees. Clemens is also one of the most dominating Yankee pitchers of all time. He ranks second in franchise history with a .754 winning percentage (46-15) when pitching at Yankee Stadium. Clemens wants to go into the Hall of Fame as a Yankee and I think he should be allowed to choose the team he wants to go in with.



Sgt. Bob Mitchell
Wire Sports Editor

I think Sgt. Brown should give his sports knowledge a little "tune up." Anyone who knows anything

about Roger Clemens knows that he made his mark in the big leagues in Beantown. He has 300 wins, but almost 2/3 of them came in a Red Sox Uniform. He won 41 games in two seasons in Toronto and 67 in New York. Hank Aaron played his last few years with the Brewers after an incredible 20-or-so seasons with the Braves, in which he became the all-time home run king. Should he have been inducted into the Hall of Fame in a Brewers uniform? Obviously not, just as Clemens should not be enshrined in Cooperstown wearing Yankee pinstripes.

JTF SPORTS & FITNESS

The summer is here and so are the sports

Story by Spc. Alan L. Knesek

The summer has come and so have the MWR sports summer leagues. The leagues that will be taking place will be basketball, softball, volleyball, and soccer.

All of the summer leagues are co-gender, meaning there is a minimum requirement of two females per team. All teams can be made up of participants from any command; these are not Captain's Cup leagues.

The softball games are tentatively scheduled for Monday and Wednesday nights while the basketball games are tentatively scheduled for Tuesday and Thursday nights.

The soccer games and volleyball matches are tentatively scheduled for Friday and Saturday nights.

All of the seasons will begin as soon as the rosters of the teams have been handed in and a schedule of games can be made. Everything is in the works and depends on the rosters' completion and timely entry. Another important piece of information regarding the summer leagues is that there will be a pool where players who want to play, but don't have a team, can put their names in and will be assigned to a team.

With all of the leagues, there will be no tournament at the end. The winner is simply decided by the best record upon the season's completion.

The Captain's Cup bowling league will be starting July 1st and the rosters of the four man teams are due June 27th. A fifth man can be added to the roster for substitution purposes. Participants must represent their commands in this league. The cost to play is \$5.25 per person per night and the matches will be every Tuesday night at 6 p.m.

All JTF rosters for the leagues, both MWR and Captain's Cup, are to be handed into Spc. Isidro Olmeda, 344th MP Co., located in the MWR hut in Camp America. The number to reach him is 3670 or 82091.

All other rosters, non-JTF, are to be handed into the base gym. Call 2193 for more information.

If for any reason service members cannot participate in these summer leagues, contact your section NCOIC and have them contact Olmeda. If enough people cannot make the leagues due to a work schedule conflict, there might be ways to set up other functions or leagues so that everyone can take part in the summer sports.

Getting his feet wet

Story by Spc. Alan L. Knesek

There are dozens of different exercises and workouts service members of JTF Guantanamo can choose, but



Spc. Justin Mitchell of the 300th Military Police Brigade, swims his daily 18 laps at the Marine Hill pool.

for Spc. Justin Mitchell, 300th Military Police Brigade Headquarters, Headquarters Company, swimming is the only exercise that keeps him energized after working out.

As the units' personnel administration specialist, most of his time is spent behind a desk where the day can become monotonous and repetitive. For this reason, among several, Spc. Mitchell started looking for something to boost his energy during the day, while helping him to get in shape quick.

Swimming was his answer and he began to swim laps at the Marine Hill Pool every possible day during his lunch break. When he could afford the time to get his feet wet, he did, and he has seen the results of his efforts

rather quickly.

"I noticed a real big difference after I started. Before [swimming,] I would sit all day, feeling my body getting tired ... and once I started, it woke me up," said Mitchell.

Mitchell not only felt energized after swimming a few laps, but he also saw a difference in his stamina as well. When he first started swimming, he was able to swim five laps during his routine and has since been swimming 16 laps.

Mitchell has also noticed the difference between the workout he gets from swimming and the workout he gets from running. For him, swimming doesn't require a lot of the impact on the knees and body that running and other exercises do. Mitchell feels that when he swims, he is using more of his body than he does with any other workout.

"You go in the pool for about 15 minutes and you're going to be [exhausted.] You can go run for half-an-hour straight and [you] have more left in you," added Mitchell. He also noticed that swimming gives him both a full muscle workout, as well as an intense cardio vascular workout.

Mitchell has seen results, both mentally and physically from the swimming he does, and he will no doubt continue to train and push his mind and body while working out.

Troops head to Florida for softball tourney

By Sgt. Erin P. Crawley

The 2003 South Atlantic Regional Sports (SARS) tournament will be hosted by NAVSTA Mayport, Fla., July 11-13. This will be the third time the NAVBAS Guantanamo men's softball team has participated, and the first time that JTF Guantanamo service members have been on the team.

Over half the team is made up of JTF Guantanamo service members, says the team's coach, Chief Travis Adams of Naval Security Forces here. Try-outs ended Tuesday, June 17.

SARS is a part of the Navy Sports Program, which provides voluntary sports opportunities for active duty personnel, allowing participation in a competitive category above that which is offered locally.

15 Minutes of Fame...

with Sergeant Ruben Aquino
240th Military Police Company

Going home to a new wife, new baby, and new house

Interview and
photo by
Sgt. Dan Johnson

Sgt. Ruben Aquino, of Juana Diaz's 240th Military Police Company takes care of Puerto Rico's finest National Guardsmen by immersing himself in his role as administrative non-commissioned officer (NCO). Aquino, who hails from San Juan, Puerto Rico, is expecting a baby from his new wife this fall and plans on buying a home for his new family when he gets home.



Sgt. Ruben Aquino pauses for a moment in front of the 240th MP Company's sign which declares "Semper Lex," Latin for "Always the Law."

Q: Why did you join the 240th MP Co.?

A: I'm from another unit in San Juan. I got switched with the full-time AGR (Active Guard and Reserve) soldier in the 240th because she was too new to the unit. My original unit is in Saudi Arabia right now.

Q: How do you feel about being in Guantanamo Bay instead of Saudi Arabia?

A: Compared to the way that they're living and all of the privileges that they don't have that we do, it's great here.

Q: Why did you enlist in the National Guard as an AGR?

A: I decided to join the service because my father was also an administrative NCO, but with a field artillery unit. I've lived all my life with his military ways. I liked it and I enjoyed it so I enlisted right out of high school. I was in Junior Reserve Officers Training Corps in high school and when I got out of initial entry training, I applied for an AGR position and got it.

Q: Have you been to college?

A: I've been going to Inter-American University in Cayey, Puerto Rico, for two years. I decided to major in criminal justice because I wanted to join the F.B.I. Right now, I really like my career, but I do still want to join the F.B.I.

Q: Are you enrolled in ROTC?

A: No. My goal is to make Sergeant Major. I like the NCO corps because you're always in contact with the troops...that's why the NCO is the backbone of the Army.

Q: What do you miss most about being home?

A: I miss my wife, Marta, and my family. I just got married in December so I haven't had a chance to share that much with my wife yet. Now, I'm actually in the process of buying a new home and getting furniture for it. I can't do that until I get back, so I'm anxious to get back.

Q: What's the first thing you're going to do when you get home?

A: The first day I'll just spend time with my wife and my family and relax. The next day I might be up for going to places like the beach, the mall, and the movies or see my friends. My wife will be due any minute after I get home, so that will be the priority.

Q: How do you plan on dealing with the stress of buying a house, being a deployed newlywed, becoming a father and redeploying?

A: Well, it's good stress. You can't just make these types of decisions (buying a house) in one day. I have to be true to myself and my wife and talk everything over with my wife and keep communication open. It's nothing I can't handle.

Q: Tell me about your family support group.

A: They're always in contact with us and they always call each other to help each other out. When a soldier has a problem and they hear about it, they try to help that soldier's family. When a group of soldiers go on leave, they collect all the mail from the company and bring it to Puerto Rico. The family support group also calls to find out when soldiers on leave are coming back to the island so they can send packages along to be delivered to the other soldiers when they get here. One time, one of our soldiers came back with more mail than luggage!