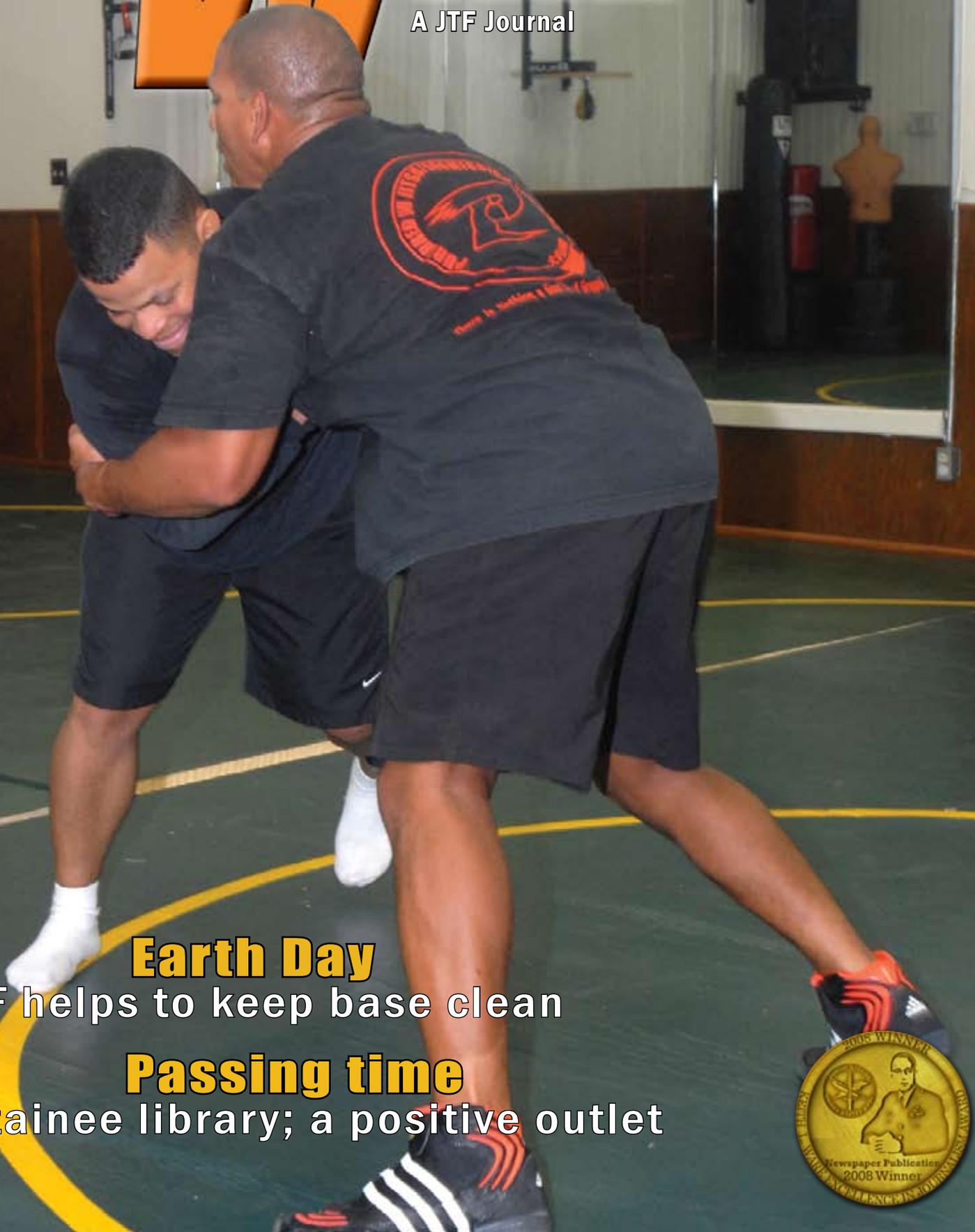


THE WIRE

A JTF Journal



Earth Day

JTF helps to keep base clean

Passing time

Detainee library; a positive outlet



Invest time in your Troopers

Army Sgt. Maj. Armando Estrada

Joint Task Force Operations Sergeant Major

What is the real meaning of being a mentor? Traditionally, mentoring may be described as the activities conducted by a person, the mentor, to help another person, the mentee, to do a job more effectively. Professionally, the mentor should help the mentee progress in his or her career. The mentor is usually someone who has "been there, done that."

As mentors, we need to develop a genuine concern for the well-being of our Troopers. In the military service, this simply means that leaders must know and understand their Troopers well enough to train them to a high standard of proficiency. In some cases we need to guide the mentee to change their behavior and give them a vision of the mission. We must also give the mentee responsibility when planning tasks or missions.

On the other side, the mentee can't be afraid to ask for advice. A mentee needs to know that as a mentor, you are there for them. Good mentors will not laugh at seemingly naive questions. This will give the mentee the opportunity to become confident and increase his or her ability to take charge in our absence.

The most important thing a leader must do is develop the leadership qualities of their Troopers. This movement from where they are in their careers to where they want to be in the future provides the mentee the necessary tools to succeed.

Many of us have had somebody mentor us during our military career. More than 25 years ago my mentor gave me the opportunity to take charge and lead from the front. I took responsibility and did what was right, no matter how tough it was, even when no one was watching me. That mentoring relationship was based on mutual trust and respect. I was never afraid to ask and I gave my best.

All Troopers should get involved, work together and be part of the team. Learn from your mentor. Investing time early in your Troopers will pay off later. No matter what, someone will always exceed expectations and will become a great leader. That may one day be your Trooper. ☆



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COVER:

**Army Capt. Manuel Rodriguez
and Navy Petty Officer 2nd Class
Raphael Santana face off during
open mat time at the Marine
Hill "Dojo," April 23. – JTF
Guantanamo photo by Staff Sgt.
Blair Heusdens**



The WIRE is the official news magazine of Joint Task Force Guantanamo. It is produced by the JTF Public Affairs Office to inform and educate the Troopers of JTF Guantanamo through news, features, command guidance, sports and entertainment. The WIRE seeks to provide maximum disclosure with minimum delay with regards to security, accuracy, propriety and policy. This DoD news magazine is an authorized publication for the members of the Department of Defense. Contents of The WIRE are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, or Joint Task Force Guantanamo. It is printed by the Document Automation & Production Service with a circulation of 1,000.



Maintaining the JTF

Navy Chief Petty Officer Jason Marino meets with civilian contractors to review plans for an upcoming project, April 29.
- JTF Guantanamo photo by Army Sgt. Michael Baltz

Army Sgt. Michael Baltz

JTF Guantanamo Public Affairs

Who can replace burned out light bulbs or build a window in your windowless office? Who built the Camp 6 south recreation yard? Who is currently working on the Camp 5 learning center?

Joint Task Force engineers use multiple resources to support the JTF Guantanamo mission through building construction, repair and maintenance, and complete facility upkeep.

"We use Troopers from the [Air Force 474th Expeditionary Civil Engineering Squadron Base Engineer Emergency Force]," said Navy Chief Petty Officer Jason Marino, JTF engineer non-commissioned officer in-charge. "We also utilize the Navy Mobile Construction Battalion 11, [the Seabee-operated Public Works Department], Joint Detention Group engineers and civilian contractors."

"I handle all the service calls," said Navy Petty Officer 1st Class Michael

Hanson, an assistant engineer. "We have service managers for every building and whether it is a light bulb or a [heating ventilation and air conditioning] issue, they call me. I prioritize the request based on importance, contact someone to repair it [and determine whether it will be assigned to the] contractors or the JDG [engineers]. Then I track their progress and make sure it is completed in a timely fashion."

According to Marino, maintaining the facilities around the JTF is a huge aspect of what the JTF engineers do, but they are also responsible for building several structures.

"We completed the Camp 6 south recreation yard," Marino said. "Currently we are working on several security upgrades, and the detainee classroom at the Camp 5 learning center."

The engineers also work on projects that support Trooper morale.

"We are going to be building pavilions around Cuzco barracks," Marino said. "It is for the quality of life for the Troopers."

Marino and his team approach projects

with several things in mind.

"If there is a desire for something, it has to go through a command, and then it is brought to our attention," Marino explained. "Once we see a project we will sit down and decide on a few parameters; the deadline, how much it is going cost and how big the project is."

For projects that are quick and simple, the engineers use military personnel. However large and more timely projects are tasked to the contractors.

"We use contractors because we do not have all the proper building materials for large-scale jobs," Marino explained.

Marino, who initially was deployed here for six months, has been here for more than two years.

"My tour is going to [be] a three-year tour," Marino said. "I am proud of the mission here and enjoy supporting the Troopers."

"It is hard to do everything we would like to do," Marino added. "I hope everyone in JTF knows that we try our best in this office to support the mission." ✦

A library technician looks through boxes of books during book distribution within the detention center. Books are sorted by topic for each detainee's reading preference. – JTF Guantanamo photo by Army Staff Sgt. Emily J. Russell



Detainee library; opportunity to learn

**Army Staff Sgt.
Emily J. Russell**

JTF Guantanamo Public Affairs

Reading provides an escape through mental stimulation giving the reader a chance to learn something new, brush up on history or release stress through fantasy or fiction.

For detainees at Joint Task Force Guantanamo, reading provides a safe form of entertainment and plays an essential role in their well-being.

"We administer all the programs that have been developed on behalf of the detainees," said Army Lt. Col. Miguel Mendez, director of detainee programs. "The library program issues Korans, books, magazines and DVDs to detainees on a daily basis to provide them intellectual stimulation."

Each week, books are offered to the detainees, which they are allowed to keep for up to two months.

"From my experience, I know what books each [group of detainees] likes to read," said Library Technician Abou Salah. "Some do not like to read stories and some prefer religious books, so I make sure the [reading materials] are varied. I like to make sure the detainees get much of what they want [to read]."

Salah selects the books and places them in boxes, according to the varied reading preferences of the detainees.

"I make sure I have around 30 to 35 percent religious books, 25 percent stories and the rest is a combination of politics, history, health, or even cooking," Salah continued. "Some detainees like books about food or furniture – their interests are varied. The majority choose religious books."

Salah's selection process doesn't begin

in the detainee library. His job requires him to search for new books and purchase appropriate selections according to camp guidelines. The books come in a variety of languages to accommodate the preferences of the detainees.

"Some like to read English or Arabic and some prefer French," Salah said.

"I don't choose the books because I like them," Salah explained. "I choose them within the camp rules because there are some books – like books about jihad – that they cannot have."

After Salah chooses the books, he reads each one and writes a review about it.

"We have a review sheet for each book; it lists the name of the book, the content of the book and a brief description of it," Salah said. "I ensure the book doesn't have anything written against America, Christianity, [or other negative messages] and that the book is good for everybody."

Not everyone can say they've read an entire library full of books, but for Salah, it's part of his job.

"Currently, the library has over 16,000 books," he added.

After careful selection, books are loaded up and transported into the detention camps. The team of library technicians then places the books on display for the detainees to look over, before making their selection.

"We put the books in the back of the [utility vehicle]," said Army Spc. Carballo, a library technician. "They always ask to see the index and some pages of the books."

Once they make their choice, the technicians pass the books out to them, Carballo explained.

"We have many programs for the detainees," Mendez said. "We offer these programs to the detainees because our goal is to contribute to their well-being." ★



Army Lt. Col. Miguel Mendez, detainee programs director, listens to a detainee who requested particular books from the library. – JTF Guantanamo photo by Army Staff Sgt. Emily J. Russell

Fair winds, following seas

■ Former JTF Chief of Staff says farewell after three years of service

**Army Staff Sgt.
Emily J. Russell**

JTF Guantanamo Public Affairs

Former Joint Task Force Guantanamo Chief of Staff, Navy Capt. Peter Husta departed Naval Station Guantanamo Bay, April 24, after three years of dedicated service.

During Husta's tour, he influenced and supported many changes that took place at the JTF.

"I think the force has evolved substantially over the last three years," Husta said. "The biggest single accomplishment of the task force has been the improvement in conditions of detention and the second would be the improvements we've built, provided, or bought to support both JTF and naval station Troopers."

Husta's efforts supported Troopers by addressing issues important to their morale.

"I think the improvements in Trooper well-being [were very significant,]" Husta said. "From housing renovations, to additional liberty centers to additional access to the Internet at all levels – I think those kinds of things have been the most instrumental [changes]."

Working in a joint environment left an impression with Husta that will remain with him for years.

"I was able to work in a joint environment that had pieces of politics, pieces of Trooper care, and pieces of detention management; all the different [experiences] and [working through] inter-agency aspects have been extraordinary."



Marine Corps Maj. Jerry Willingham, commander of the Marine Corps Security Forces Company, presents former JTF Chief of Staff Navy Capt. Peter Husta with a "live minefield" plaque prior to Husta's departure from Guantanamo Bay.
– JTF Guantanamo photo by Army Spc. Cody Black

The last three years have kept Husta busy, yet the position and the experience have left him with an appreciation for the

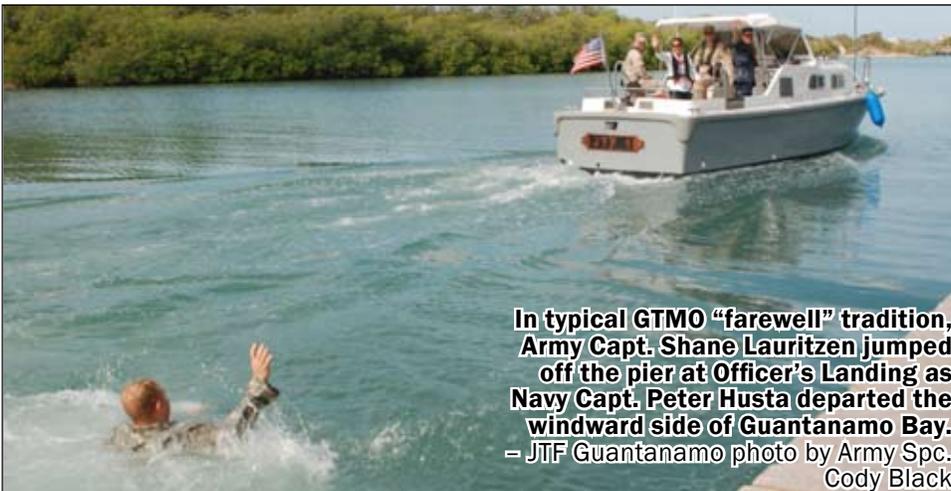
nature of joint operations and specifically the JTF and its members.

"The operational tempo has been the biggest challenge," Husta said. "For the last three-and-a-half years, I've worked seven days a week, 365 days a year."

"A lot of folks don't understand the nature of the business that we're in here," Husta said. "I think the performance across the board, of the 6,700 men and women who have been through here during my tenure [can be summed up in] one word – marvelous."

Husta will soon go on to his next duty station as the Navy 4th Fleet liaison officer, at U.S. Southern Command in Florida, but leaves the JTF Troopers with some advice.

"Drive on, stay on mission," Husta said. "We've done a marvelous job over the course of the years and have done it the right way, for all the right reasons. Follow this until the end." ☆



In typical GTMO "farewell" tradition, Army Capt. Shane Lauritzen jumped off the pier at Officer's Landing as Navy Capt. Peter Husta departed the windward side of Guantanamo Bay.
– JTF Guantanamo photo by Army Spc. Cody Black



Bring your skills to the mat

Army Capt. Manuel Rodriguez explains a grappling technique to Marine Corps Lance Cpl. Andrew Martinez, Navy Petty Officer 2nd Class Raphael Santana and Navy Petty Officer 3rd Class Frances Pizarro during open mat time at Marine Hill, April 23. – JTF Guantanamo photo by Army Staff Sgt. Blair Heusdens



Marines from the Marine Corps Security Forces Company demonstrate a bayonet technique, which is part of the Marine Corps Martial Arts program. – JTF Guantanamo photo by Army Staff Sgt. Blair Heusdens

Army Staff Sgt. Blair Heusdens

JTF Guantanamo Public Affairs

From fitness classes to lap swimming, Marine Hill has a lot of options to help Joint Task Force Guantanamo and Naval Station Guantanamo Bay residents stay in shape. But if you're looking for a different approach to stay in shape while you learn to defend yourself, you can check out a lesser-known venue on Marine Hill for some action on the mats.

"Martial arts training is good because it incorporates your whole body to work on an objective as opposed to targeting just one muscle group," said Marine Corps Cpl. Miguel Machado, a martial arts instructor.

The Marine Hill "Dojo" is a large, gray building next to the Cardio Fitness Center on Marine Hill. Members of all services meet throughout the week to practice various martial arts techniques and learn from each other. The building is generally open from 6:30 p.m. to 9:30 p.m., Monday through Friday and from 2:30 p.m. to 9:30 p.m. on Saturday and Sunday.

According to Army Capt. Manuel Rodriguez, Joint Task Force Guantanamo Headquarters and Headquarters Company commander, martial arts training should focus first on conditioning and technique and then on fighting and studying the positions that have been learned. In addition to physical benefits, martial arts training can help to improve personal confidence.

"Martial arts is not just about physical fitness, it also provides a lot of mental benefits," said Rodriguez.

Open mat hours are offered to anyone, and all skill levels are welcome and encouraged to attend. Trainers with experience in judo, wrestling, Marine Corps Martial Arts and Army Combatives are available and go through ground techniques, mat techniques and circuit courses throughout the week. Free sparring takes place on the weekends.

Though specific classes have not been set up yet, there are plans to put together more organized classes as more people show interest. Rodriguez plans to start self-defense classes soon, as well as a boot-camp style fitness class.

For more information on the Marine Hill "Dojo" and open mat hours, contact Marine Corps Cpl. Miguel Machado at ext. 2127. For more information on upcoming self-defense courses, contact Army Capt. Manuel Rodriguez at ext. 8318. ★



Dreams come true in 'Coraline'

**Army Sgt.
Emily Greene**

JTF Guantanamo Public Affairs

Imagination becomes reality in "Coraline." Where children often wish they lived in a world other than the one they inhabit, "Coraline" explores the "what if." What if there was another world, complete with another family?

Based on the Neil Gaiman novel about a little girl who stumbles upon an alternate, seemingly better world, this movie explores the implications of getting what you wished for.

Henry Selick ("The Nightmare Before Christmas," "James and the Giant Peach") directs this 3-D animated feature and creates a beautiful and haunting dreamscape that draws the viewer into Coraline's worlds; both the real and the parallel. Like his previous films, Selick takes a closer look beneath the sentimentalized innocence of childhood and shows the unsettling underbelly of dreams.

Coraline Jones, voiced by Dakota Fanning, is torn between her real, distracted parents and their empty new home in a big pink Victorian house and her "other" family who listens to her every word and draws her into a world of gorgeous gardens and home-cooked meals. She is told that in order to remain with her Other



PG
100 minutes

Rating: ★★★★★

Family, she must change. It doesn't take long for her to realize she isn't willing to do so, but by that time it is too late and she must scheme to save herself, her parents and other children who were lured into the same trap.

Selick creates a world where fantasy and reality are intertwined. Oddball neighbors, a mouse circus, stuffed Scottish terriers, glowing gardens and a talking cat can appear either slightly eccentric or truly magical.

The antagonist of the story is the creepy Other Mother (Teri Hatcher), whose maternal instinct is misplaced, to say the least. Her character disintegrates before the eyes of the audience, along with the perfect world she created.

In a world that appears perfect on the surface, Coraline learns to appreciate what lies at the heart of family. This film is a showcase for love gone wrong.

The movie's disturbing plot is enhanced by the poignant animation. Selick creates a visual feast for the eyes that displays the essence of the characters and the world they inhabit, without getting stuck on literal representation. This results in an atmosphere that is eerie, wonderfully strange, and full of feeling.

"Coraline" draws the viewer into the self-contained fantasy world that is believable and entertaining on its own terms. ★



(From left to right) CC Lowery, Michelle Hargraves, Nadine Donaldson, Patricia Williams, Carol Leaphart, Joel Last, Sam Rayburn and Ric Ponder are members of the FFSC team that supports JTF Troopers. The FFSC has several weekly classes that assist with multiple Trooper needs. – JTF Guantanamo photo by Army Sgt. Michael Baltz

**Army Sgt.
Michael Baltz**

JTF Guantanamo Public Affairs

The Fleet and Family Support Center is here to help Joint Task Force Guantanamo and Naval Station Guantanamo Bay Troopers by teaching Troopers how to deal with stress while deployed, manage personal finances and maintain healthy relationships with family members.

“Very few people have had training on things like life skills,” said Beth Cabiness, FFSC life skills manager. “People don’t have Anger Management 101. They learn from family and friends, and that is not always the best way.”

“Our job is to make the Trooper’s life easier, so they can concentrate on their job,” said Patricia Williams, the director for FFSC. “We have [conducted] marital therapy where we have the spouse on the phone from the states and the [deployed] Trooper in our office.”

According to Williams, the FFSC has several classes where the members of the FFSC can meet with a group of Troopers or a unit. The classes include stress management, anger management, communication, and financial management, to include buying a house or a vehicle.

“We have classes for Troopers to attend or people can walk into our office and set up an appointment,” Williams said. “We are able to conduct our classes on-site. If you can not come to us, we can come to you.”

Williams and her staff are willing and able to meet with any unit to conduct these

classes. Whether it is at 6 a.m. or 6 p.m., the FFSC understand, the importance of helping the Troopers.

“I can adjust my schedule,” Cabiness said. “Troopers don’t have to change theirs.”

The following are just a few of the classes that FFSC offers:

Deployment Readiness – FFSCs all over the world offer pre-, mid- and post-deployment programs. Whether this is your first deployment or you’re an old pro, you can learn tips to make your next deployment smooth sailing.

Ombudsman – This plays a vital role in establishing and maintaining good communication between commands and families. This program helps squash rumors and gives families direct contact with leadership.

Personal Financial Management – This program provides classes at the FFSC, at ships/hangars/workplaces, and for spouse groups on subjects such as car buying, consumer awareness, budgeting, insurance and savings. PFM also trains the command financial specialist and provides budget counseling and consultation.

Transition Assistance Program – This program focuses on assisting service members who are leaving the military and ensuring that they have the knowledge they need to make a smooth transition when they decide to return to civilian life.

Family Employment – Addresses job search challenges with basic workshops that provide training on how to launch a job search, career planning, resume writing, interview techniques, federal employment information, conduct self-assessment and

goal setting.

Relocation Assistance Program – Provides services to make the moving process run as smooth as possible for you and your family. This is also the first place to go for relocation and area information in your new community.

Family Advocacy – Offers awareness and prevention programs to commands, child care providers, individuals, couples, families and community groups on issues of domestic violence, child abuse and neglect and child sexual abuse.

Sexual Assault Victim Intervention – The SAVI program goal is to provide a comprehensive, standardized, victim-sensitive system to prevent and respond to sexual assault awareness and prevention education, victim advocacy and data collection.

Life skills – Can help you approach military life with confidence. Life skills workshops are designed to strengthen and enrich individuals and families with the knowledge, skills and support for a healthier lifestyle.

Clinical counseling services – Provide non-medical, short-term, solution-focused counseling that can directly improve the quality of life of Troopers and their family members by addressing the stressors facing today’s military.

The FFSC is located near Bulkeley Hall and at the JTF Trooper One-Stop, building 1451. Their hours are 7 a.m. to 4 p.m., but are able to adjust accordingly.

If you would like to participate in one of the FFSC programs, or if you have any questions regarding a service, give the FFSC a call at ext. 4141. 📍



Army Lt. Col. Miguel Angel Mendez and contractor Luis Alvarez cut the cake April 25. The two friends celebrated their birthdays together at a special party held at the Naval Station Guantanamo Bay Community Center. – JTF Guantanamo photo by Army Spc. April D. de Armas

Uniting Latinos in style

**Army Spc.
April D. de Armas**

JTF Guantanamo Public Affairs

Parties are meant to bring people together to celebrate special events like birthdays, anniversaries and holidays. The Red Carpet Event held at Naval Station Guantanamo Bay Community Center, April 25, was no exception.

Attendees dressed in their GTMO best, with women wearing pretty dresses and men wearing suits, slacks and ties. Many people came to celebrate the birthdays of Army Lt. Col. Miguel Angel Mendez, a member of Joint Task Force Guantanamo's, Joint Detention Group, and Luis Alvarez, a NAVSTA contractor.

The idea for the black-tie event came from Lydia Alvarez, a Navy Exchange employee and wife of Luis Alvarez. She decided to celebrate their birthdays together, since they both take place in April.

"My husband and I had a big celebration similar to this three years ago when we celebrated 30 years of marriage," Lydia said. "We had so much fun and got such a good response, we decided to do it again."

Lydia said she shared her ideas for the joint party with Mendez, who thought it was a great idea.

"We wanted to do something different and thought that having a party where everyone got to dress up would be fun," Mendez said. "We are using the birthdays as an excuse, but ultimately we wanted to unite the JTF Latino family with the NAVSTA Latino family in friendship and camaraderie."

Attendees donated food and refreshments as part of their

appreciation for the invitation. Also, prizes were donated by the NEX for the best-dressed man and best-dressed woman.

Mendez and Luis met in 2007 during Mendez's first tour with the Joint Task Force. Luis has lived at Naval Station Guantanamo for the past five years. They quickly became friends through the Latin community.

Lydia and Mendez decided to make the event a surprise for Luis.

"We went to eat a few nights before the party and that's when I found out about the event," said Luis. "It was a total surprise to me."

The Alvarez's daughter and grandchildren live here at Naval Station Guantanamo Bay. Their daughter also is a contractor for the naval station.

Lydia decided to surprise her husband with another gift by flying their son in from New York.

"I thought it would be a nice gift to have all of us together for such an occasion," Lydia said.

Luis said he was stunned to see his son, but very happy.

"I couldn't speak," Luis said. "I was so in shock to see him, it was great that he could be here."

At the party, the night air was filled with music and laughter as attendees mingled and danced the night away. Mendez showcased his talents by playing the keyboard and singing for his guests.

Mendez and Luis considered the night a great success and were happy to have the opportunity to celebrate their special day together. They said they would like to do this again soon as they continue to unite the Latino community. ★



Coast Guard hones skills at the range

U.S. Coast Guard Petty Officer 2nd Class Mark Stevens, a port securityman deployed with Port Security Unit 305, disassembles a .50-caliber machine gun during early morning qualification at Granadillo Range, April 29. - JTF Guantanamo photo by Army Spc. Cody Black

G.I. Bill offers new benefits

**Army Spc.
Tiffany Addair**

JTF Guantanamo Public Affairs

In the near future, several post-Sept. 11 service members and veterans can look forward to new education benefits resulting from the post-Sept. 11 General Issue Bill. The new GI Bill will allow many veterans who served after Sept. 11 to become eligible to receive full tuition and fees, a new monthly housing stipend and a yearly stipend for supplies and books.

Although payments will not be posted for the new GI Bill until Aug. 1, 2009, the Department of Veterans Affairs will start to accept applications for the new GI Bill beginning May 1, 2009.

Under the new post-Sept. 11 GI Bill, undergraduate degrees, graduate degrees and vocational technical training are attainable. If enrolling in a training program, it must be offered by an institution of higher learning and approved for GI Bill benefits. Also, reimbursement is available for tutorial assistance and licensing and certification tests after approval under the GI Bill.

Alongside active duty members, reservists and National Guard members who have been active for more than 90 days since Sep. 11, 2001, are also able to collect the same GI Bill benefits.

If you are already receiving the current GI Bill, you can reallocate the benefits to the new post-Sept. 11 GI Bill by foregoing the older bill.

Applications and the most up-to-date information about the program are available on the GI Bill Web site: www.gibill.va.gov. Also, you can contact the call center toll free at 1-888-442-4551 and speak with a counselor to answer any questions you may have. ★





What you can do to prevent the flu

- Avoid close contact with people who are sick.
- Stay home when you are sick to prevent others from catching your illness.
- Cover your mouth and nose with a tissue when coughing or sneezing.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based cleansers are also effective.
- Avoid touching your eyes, nose or mouth; it spreads germs.
- Practice good health habits by getting plenty of sleep, being physically active, managing stress, getting plenty of fluids and eating nutritious food.

For more information, visit www.pandemicflu.gov or call the NAVSTA hospital preventive medicine office at ext. 72990.

Boots on the Ground

What's your favorite dance move?

by Army Pfc. Rachel Simpson

Air Force Staff Sgt. Bassam Taha

Navy Petty Officer 2nd Class Lindsay Hoying

Navy Petty Officer 3rd Class Jimmy Davis

Navy Petty Officer 1st Class Elizabeth Tressler



"My favorite dance move is the 'Axl Rose,' created by Guns 'n Roses in the 1980s."



"The Pee Wee Herman."



"The 'T.I. Walk,' created by T.I. in his music video, 'Talk Back.'"



"My signature dance move, the 'Shake 'n Bake.'"

Seeing Faith

**Army Capt.
Eric Bey**

525th MP Battalion Chaplain

God says that it is impossible to please Him without faith. So if I want to please Him, with all that I think, feel, say and do, I have to have faith. Well that's a definite nugget of wisdom, don't you think? But what is faith?

The Bible says that it is the substance of things hoped for, the evidence of things not seen. That eloquent piece of literature does little to help me understand the concept of faith. Someone once explained to me that faith is relatively simple to understand. They said that faith is nothing more than believing. I thought about it, and after researching the scripture I found that it is indeed true, faith *is* believing.

In the course of my studies I came to further realize that there are two types of faith. Scripture says that there is live and dead faith; that a faith without works is dead. This too was enlightening and – I think – the capstone to my beliefs about believing.

I started to read the Scriptures with an emphasis on seeing faith. I was beginning to understand that faith is like the wind. You cannot see the wind but you can see the effects of it. If a person is just standing somewhere, you cannot see what they are thinking or believing. When you see that person doing something you can see exactly what they believe. So it is with the story of four friends who had a fifth friend who was crippled. They heard that Jesus was a man accredited by God and that he had authority to heal every kind of affliction. They believed what they were told, and that is a demonstration of faith.

If that is where it ended, then their faith would be characterized as dead, but they believed the testimonies about Jesus so much that they took their friend on his mattress to the place where Jesus was teaching. When they got there they found that the place was jam-packed. They were not deterred a bit as they concocted a plan and put it into action. They looked into the window and calculated the place where Jesus was teaching from and then got up on the roof, all five of them. Could you imagine if you were sitting in front of Jesus that day and particles from the roof started to land on your head? It didn't take long for them to break a hole big enough to lower their friend on his mattress right in front of Jesus. The Bible says that Jesus looked up and saw their faith! He then healed the man and sent him on his way, because of their faith. God was pleased to help the men because they believed so much that it compelled them to action.

That's what faith is, a strong belief that compels you to act on what you believe. Today, find a way to please God with your actions; God will be pleased with you! ☆



JTF CHAPEL SCHEDULED PROGRAMS

Catholic Mass

Sunday: 7 a.m. Confession
7:30 a.m. Mass

Wednesday: 11 a.m.
Spanish Mass

Protestant Worship

Sunday: 9 a.m.

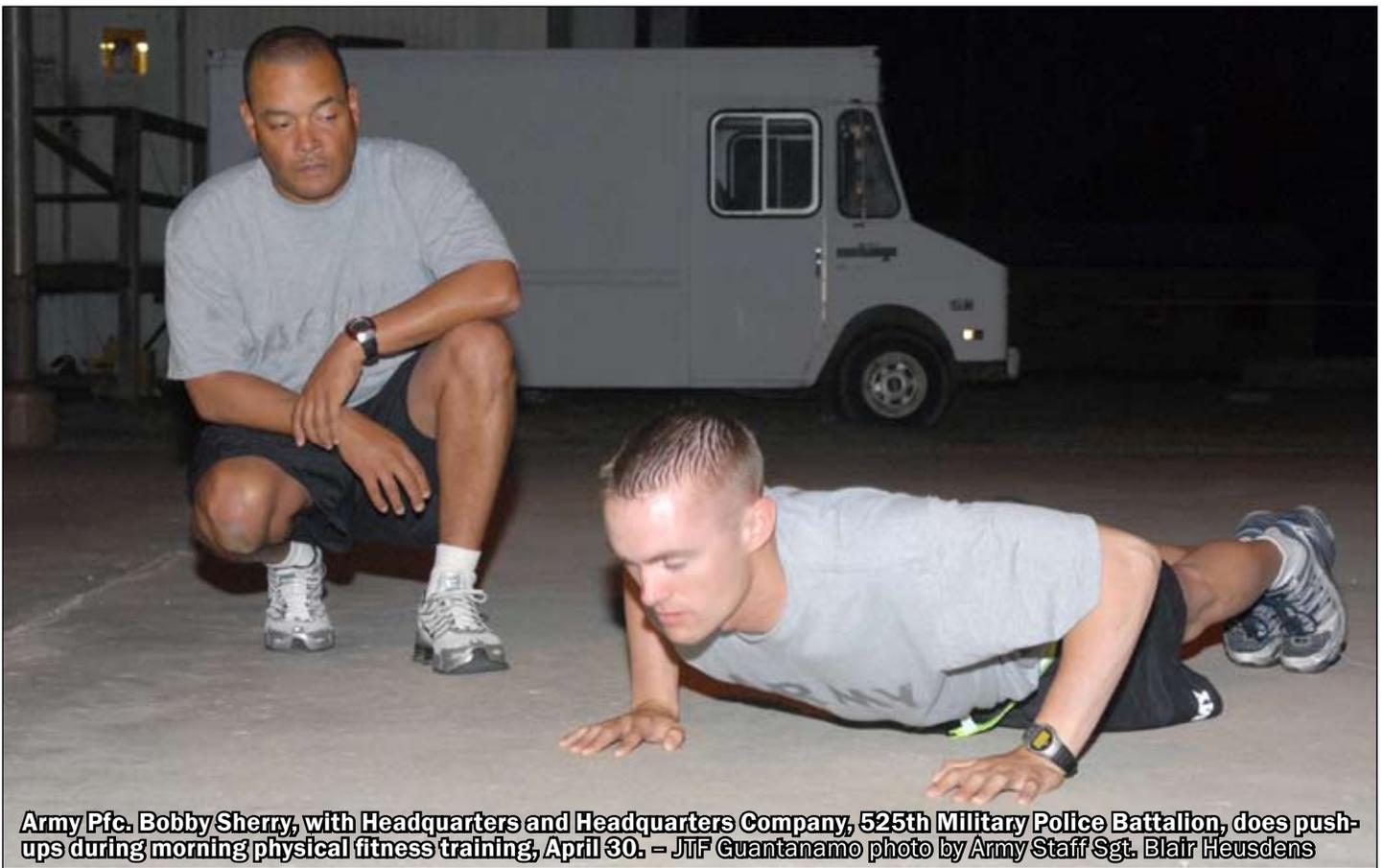
Spanish Protestant Worship

Sunday: 11 a.m.

Bible Study

Sunday: 6 p.m.

Wednesday: 7 p.m.



Army Pfc. Bobby Sherry, with Headquarters and Headquarters Company, 525th Military Police Battalion, does push-ups during morning physical fitness training, April 30. – JTF Guantanamo photo by Army Staff Sgt. Blair Heusdens

Surpassing the standard

**Army Staff Sgt.
Blair Heusdens**

JTF Guantanamo Public Affairs

For Army Pfc. Bobby Sherry, physical fitness isn't just a requirement, it's a way of life.

After arriving at his first duty station, fresh out of basic combat training and advanced individual training, Sherry made a goal to earn a score of 300 on his Army Physical Fitness Test. He achieved that goal during his company's APFT, March 24.

Sherry is a human resources specialist with Headquarters and Headquarters Company, 525th Military Police Battalion, currently stationed with Joint Task Force Guantanamo at Naval Station Guantanamo Bay. He has been in the Army for approximately one year.

"In basic training, you're so physically exhausted all the time," said Sherry. "Here you get a chance to rest between workouts, which helped me to improve."

The score was a 40-point improvement from his score of 260 in December. Army 1st Sgt. Rodney Sanchez, the HHC first sergeant, credits this to a combination of company physical fitness training five times a week and Sherry working out on his own time in the evenings.

"Any time a Soldier earns a score of 300, it's not just because of the company [physical fitness training], but also because of their own individual efforts," Sanchez said.

Sherry is also a member of the 525th Army Ten-Miler team, which will participate in the Army Ten-Miler, in Washington, D.C., Oct. 4. Sherry competed against 20 other Soldiers in the battalion to make the eight-person team.

"[Being on the 10-miler team] made me realize I could actually run better than I thought," said Sherry.

Sherry's individual workout routine consists of mainly upper body and abdominal exercises. He credits an abdominal routine from his commander, Army Capt. Maxim Krekotnev, for helping him improve his sit-ups from 58 to 82 in two minutes.

In preparation for the APFT, Sherry suggests stretching the day prior to the test and drinking plenty of water. You also have to get into the right mindset, Sherry says.

"When you're standing there before a PT test, you have to keep yourself motivated," Sherry explained.

All HHC Troopers passed the APFT, a commendable feat for a company-sized unit.

"It's a group effort to motivate each other to meet the standard," Sanchez said.

Troopers from HHC conduct physical fitness training every weekday morning for approximately one hour. They vary their workouts between running and muscular strength and endurance. According to Sanchez, the training is challenging as well as fun.

"PT should be fun. If you don't make it fun, your Soldiers won't put in as much effort," Sanchez said. ★



Headquarters and Headquarters Company, 525th Military Police Battalion, conducts morning physical fitness training, April 30. – JTF Guantanamo photo by Army Staff Sgt. Blair Heusdens



Residents of Joint Task Force Guantanamo and Naval Station Guantanamo Bay embark on a swim across the bay, April 25. The swim began at Phillips Dive Point and ended at the leeward side of the bay. - JTF Guantanamo photo by Army Sgt. Michael Bältz

Around the

JTF



Navy Petty Officer 2nd Class Tamela King, assistant leading petty officer for Joint Task Force Guantanamo's Navy supply, grills food for her team at Camp America, April 23. - JTF Guantanamo photo by Army Staff Sgt. Emily Russell



Army Capt. Maxim Krekotnev, commander of Headquarters and Headquarters Company, 525th Military Police Battalion, plays ping pong during a tournament at the Marine Hill Liberty Center, April 28. - JTF Guantanamo photo by Army Spc. April D. de Armas