



# the Wire

“HONOR BOUND TO DEFEND FREEDOM”

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Friday, December 12, 2003

## MSST Arrive to GTMO to protect and serve

By SSG Patrick Cloward

In the early evening darkness, they step from the side of the Coast Guard C-130 to meet MG Geoffrey Miller after their flight from the United States.

Soon to replace the Coast Guard Pacific Area Port Security Unit Detachment (PSU), who will be leaving next week, the Coast Guard Maritime Safety and Security Team 91110 (MSST) from Boston have a tough act to follow.

“Apparently the guys that are here now have done an excellent job,” said MSST member Petty Officer 2nd Class Alexis Fair. “So we have big shoes to fill.”

Unlike the PSU who originate as a reserve unit, the MSST are active duty military assigned to varying locations and times depending on the need.

“For us, this is a unique opportunity to do this kind of mission,” said Coast Guard Lt. j.g. Michael Kahle, MSST executive officer. “While we are trained for port security this is an unusual opportunity for



Photo by SSG Patrick Cloward

MG Geoffrey Miller addresses the members of the MSST 91110 shortly after their arrival at Guantanamo Bay.

us, too. We usually serve for a very specific time frame. To actually have a 6-month deployment for a DoD mission is a unique opportunity, and our role is some-

thing that our men are very well trained at and practice continually.”

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# Trooper to Trooper

## Holiday greetings from the commander

The holidays and the New Year are coming up fast, and as I look back at the past year, it's amazing how far we've come to meet the challenges we face. The troopers of JTF-Guantanamo play a critical part in helping our nation win the war on terrorism. It's a tough and important mission, and we must be at the top of our game every day.

This year has been a busy one. We've said good-bye to one rotation and said hello to another. We've worked hard to get better every day, at everything we do. We've improved our methods for gathering intelligence. We've improved our methods for analyzing the data we gather, to ensure it's used in a manner that best serves our country. We've improved the training process, to ensure troopers have the knowledge and tools needed to complete their missions effectively.

I'm especially pleased with all the improvements we've made in the quality of life for troopers. Guards at Camp Delta who were eating meals on the hoods of vehicles last year, can now enjoy their meals in Café Caribe — the dining facility recently opened inside the wire. Troopers who live and work in Camp America can now shop at a NEX that offers 10 times the floor space as the previous store. Improvements have been made to Tierra Kay housing areas, and work will soon be complete on the addition to Camp American North. Club Survivor opened over the past year and offers a wonderful environment for troopers to relax after their work shifts.

Of all the investments we've made in improving facilities, the investment that matters most is the one we have made in people. Every trooper down here has a demanding job. Each job provides the JTF with the necessary skills to fight and win the global war on terrorism. Winning on the battlefield takes more than technology and bullets. Winning involves success in a series of small fights. Winning takes plan-



**MG Geoffrey Miller**  
JTF commander

ning and organizing at every level, to ensure the right people are at the right place at the right time. The contributions of each one of us, in each small fight, make a difference to this JTF and will ultimately lead to our success.

Even with the improvements we've made, more remains to be done. I challenge you to take a hard look at the areas for which you are responsible and make it better. Evaluate your areas, and look for ways to take our mission to the next level of excellence. We are always looking for opportunities to make us one step faster than our enemies.

There is nothing routine about what we do in the JTF. There is nothing routine about the war we are waging to protect our families from terrorism. I could not be prouder of what we have accomplished together over the past months. Men and women like you have stepped forward to protect our nation. I am proud of the work you do, and proud to lead this organization.

I wish you a very happy and safe holiday, and look forward to working with you as we continue to evolve in 2004.

**Honor bound!**

## Happy birthday, National Guard!

*All the JTF leadership would like to wish the National Guard a happy 367th birthday. The men and women of the National Guard provide valuable service around the world in the defense of freedom.*

**MG Geoffrey Miller, JTF commander**  
**BG Mitch LeClaire, JTF deputy commander**

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# Thoughts of Christmas past comfort soldiers present

## JTF troopers share special memories

By SrA. Thomas J. Doscher

Christmas lights on palm trees and sailboats will certainly make for a different Christmas for many JTF troops this year, but for many, it still won't be the most memorable one.

Many JTF troops faced with being deployed during the Christmas holiday are looking back toward their most memorable holidays in search of the Christmas spirit.

For some, Christmas deployments are nothing new.

PFC Jeffrey Stevens, 258th Military Police Company, is spending his second Christmas away from home. He said his best Christmas memory was of that special gift he didn't expect to find.

"It was when I first got my first racing snowmobile," Stevens said. "It was a surprise. Christmas morning I woke up and I went into the garage and there it was just sitting there."

Stevens, a Michigan native, said there was no problem going outside and trying it out.

"Luckily, it was a white Christmas; so I could go out there first time," he said. "I remember I asked my dad, 'Where's the rest of my gear?' And he went and got it from under the Christmas tree."

Stevens said this year's Christmas will be a little different.

"I don't know if I'm going to be off duty or not," Stevens said. "I'd like to spend it at the house, cook a big ham and a big dinner. Then call my family and wish them a merry Christmas."



Photo by SPC Rick Fahr

Petty Officer 3rd Class Paul Burnstein picks out a toy for a young relative. One of Burnstein's favorite Christmas memories involves a surprise visit by his father, a servicemember, and young cousins. JTF troopers recalled their favorite holiday memories as another season quickly approaches.

***"Mom taught me to ride a bike on Christmas Day without training wheels. I found out later Mom had been saving for two years to earn enough money to buy those bikes."***

*PV2 Shaun Figueirido*

For PV2 Shaun Figueirido, 258th MP Company, there's one special Christmas he's keeping close to him during his first deployed holiday.

"I was 7 years old," Figueirido said, "It was me, my mom and my brother, and it was one of those Christmases where you think nothing good is going to happen, and you wake up and go to the tree and everything you asked for is there."

Figueirido and his brother both got bicycles for Christmas, but that wasn't the great-

est gift.

"Seeing my mom's face when I saw that bike, she was super happy about it," Figueirido said. "Mom taught me to ride a bike on Christmas Day without training wheels. I found out later Mom had been saving for two years to earn enough money to buy those bikes."

Navy Petty Officer 3rd Class Paul Burnstein, Joint Aid Station, received a very special gift on Christmas - his father.

"He worked subs," Burnstein said. "He'd be gone for six months. I was around nine

or 10. He didn't tell us he was coming home, and he just showed up. It was a big surprise."

Burnstein said the arrival of his cousins just made it that much more special.

"My cousins were down. It was a really good time," he said.

Burnstein said he'll spend this Christmas calling his family.

"Lot's of phone calls and letters," he said. "I'll probably buy a fake, little plastic tree and string some lights on it."

Although many troops will be away from home this Christmas, the MWR has Christmas activities throughout the month of December, including the Holiday Boat Parade Saturday, the Jingle Bell 5K Fun Run Dec. 20 and the Dollar Days Holidays at the Bowling Center Christmas Day.

## MSST from Page 1

Many of the Coast Guard's assignments cover what they call high-value assets. For instance, if the Golden Gate Bridge were threatened, the Coast Guard could be located there for a certain period of time.

"For instance," said Kahle. "The Democratic national convention is going to be in Boston this year. We would be doing roaming patrols protecting hotels and the conference center, protecting any vessels in the area and securing the critical infrastructure."

Such would be the typical responsibilities of the unit, originating under the Atlantic Area Unit North. Serving for the JTF, their mission is different, serving a more traditional military need of a rotating task force, protecting troops, civilians and detainees alike.

MSST members have been "shadowing" the PSU, familiarizing themselves with their newfound duties and responsibilities, getting ready for the task of patrolling and monitoring the bay. The sudden exposure to an integrated JTF has been a new experience for many of them.

"Every organization I've met has embraced us with open arms and nothing but warm receptions from everyone we've met," said Kahle. "You have so many different organizations working on one mission. With this many command structures and services, it takes some getting used to with so many acronyms."

"I'm not used to being around this many military personnel; so it's different," said Fair. "I'm used to being able to work nine to five if we're not deployed. You do your job and you go home at night. You kind of have that separation; it's different living with someone that you



Photo by SSG Patrick Cloward

LT Michael O'Neill, MSST 91110 commander, stands with MG Geoffrey Miller during their arrival briefing at Guantanamo Bay last Tuesday.

work with all the time every day. Right now we're in migrant housing. That's interesting, too, walking a block to the bathroom."

With some of the changes in lifestyle, has been the much-appreciated GTMO hospitality.

"I kind of thought it would be worse but everybody down here has been really, really nice to us," said Fair. "They've been helping us out, picking us up if we're on the street walking to chow, really wanting to show us around."

For Kahle, the challenges of taking on a mission such as this can only have good outcomes.

"At our parent command I serve as deployable team leader over 25 to 30 people. Here, I serve more than that. My challenge is making sure that administratively, we are maintaining our unit's professional qualifications," he said. "Morale, family and other issues are taken care of as I'm learning my way

around the JTF organization."

He added that serving those needs for maintained qualifications are limited, as Guantanamo doesn't have the facilities to serve them.

"On the flip side," he said, "we have far more opportunity to qualify on small boat qualifications. Our coxswains (pronounced cox-sn) will have far more time to enhance our small boat capabilities than at our home unit in Boston."

"We just got commissioned in November," said Fair, of her and some other members of her unit. "This is our first deployment, so my expectation is getting into the routine, learning my job and getting into the mission; doing as good as we can and doing as good as they are doing now and hopefully be better."

Kahle, like many who join the JTF, has personal goals that can be better served by a deployment where responsibil-

ities of civilian life are less apt to interfere.

"My personal goal is to develop my leadership style," he said. "I've brought my leadership texts with me to hone those skills I get in all the training I've attended. But I'd also like to leave here being a tri-athlete."

Though stepping from the C-130 into the unfamiliar heat and humidity of Cuba was probably a shock, their welcome has been reflective of the need and thankfulness of JTF forces they're aiding and replacing.

"I haven't seen a lot yet, but it's hot here," said Fair. "They're really happy that we're here, especially the guys that we're replacing; they're really excited that we're here. They have high expectations for us to fill. Hopefully we'll do that. We have a really good team down here, and everybody does their job really well and knows their job really well."

# 258th MP Co. organizing holiday events

Photos by SPC William Ingram



Members of the 258th Military Police Co. (left) prepare to have their photographs taken for letters to be sent to their family members. SSG Ronald Gray (above) works to organize various holiday activities for the unit. Members have participated in decorating events and are putting together gift packages to send home, Fort Polk, La. A holiday feast is also in the works.



## Grudge match, paintball style

SPC Gorge Salono (left) and SPC Casey Lawrence of A Company, 1st Battalion, 181st Infantry Regiment participated in the Army vs. Navy paintball game on Saturday. While the Navy won the "official" tournament, the Army beat the Navy in two grudge matches held afterward. "Despite the fact we were at a disadvantage it was a great learning experience and a great time," said SPC Nahum Vizakis of A Co. 1/181st Inf Regt.

# Legal Assistance Office is here for JTF Troopers

Located in Building 6107 at Camp America, the Legal Assistance Office is available to help the troopers of the JTF in a wide variety of areas. Wills and powers-of-attorney can be drafted, documents can be notarized and letters to creditors can be written to reduce the interest rate on debts to 6 percent.

MAJ Michael Pelot is the attorney working at the Legal Assistance Office. He is available for advice on any legal matter.

Troopers who need to have documents or contracts reviewed can call the office for an appointment. The office is always staffed with a paralegal to answer questions and give out information but if advice from an attorney is required calling ahead is advised.

The one area where the Legal Assistance Office cannot offer advice is in Military Justice matters. According to MAJ Pelot, "The Legal Assistance Office handles civil matters, while Military Justice handles criminal matters."

However, the office does provide troopers a film to watch on the Article 15 process. Then personnel can assist the trooper with getting



Photo by SGT Jolene Staker

*SFC Ted Zaroff, JTF staff judge advocate in the Legal Assistance Office, of 177th Military Police Brigade stands ready to give a variety of handouts pertaining to legal situations to troopers.*

the Article 15 package faxed to the Trial Defense Service at Fort Benning, and they will contact the trooper within 48 hours to offer advice.

Two other areas handled by the Legal Assistance Office are voting assistance and income tax preparation. Personnel are putting together a plan for this year's tax season. More information will be con-

tained in future articles as the plan is completed. Information on voting will also be published in future editions of The Wire.

The Legal Assistance Office will be submitting articles to The Wire on a regular basis to inform the troopers of the JTF on legal matters of general interest. Remember, personnel are

here to help you with your legal assistance needs in any way possible.

Office hours are 8:30 a.m. to 5 p.m. Monday, Wednesday and Friday, and 8:00 a.m. to 5 p.m. Tuesday and Thursday. The office is open on Saturday from 8:30 a.m. to noon. SFC Ted Zaroff is our NCOIC and he can be reached at 3564 if you have any questions.

## Three recently join Inspector General office for JTF

**By LTC Bruce Medaugh**

The Inspector General office had three of the four-person office join the IG team during November.

The three new members are SFC Von Bultemeyer, Lt. Cdr. David Kersey and LTC Bruce Medaugh. They are joining JTF/IG veteran SFC Danny Johns.

SFC Bultemeyer is from the 384th MP Battalion and has been stationed here for several months. He was selected from the 384th to serve here and then continue as an IG when he returns home. Bultemeyer was

the JDOG S-6 before this assignment.

Lt. Cdr. David Kersey is active duty Navy and is new to both the IG community and GTMO. His last assignment was as an engineering inspector serving US Atlantic Fleet.

LTC Medaugh is the Inspector General at the 110th Fighter Wing, Michigan Air National Guard. He has been 110th IG for two years.

The IG shop veteran is SFC Dan Johns. SFC Johns is assigned to the 177th MP Brigade.

He was chosen to be an IG prior to

being deployed. Before his selection as an IG, SFC Johns served as Platoon Sergeant for Delta Company 156th Signal Battalion.

Each of these IG Team members stands ready to assist you with issues you may be experiencing during this deployment.

The IG phone number is 5399. You may visit the IG office in Room 204 of the Commissions building Monday- Saturday. The Camp America IG office is in Building 7200 and is staffed Tuesday 9-10 a.m. and Friday 3-4 p.m..

IG assistance is available any time by appointment.

# Holiday shopping can lead to increased debt; taking control of spending requires discipline

**By Paul Walker**  
**Financial educator**  
**Fleet and Family Support Center**

It's that time of year when stores display holiday decorations, increase inventory, and gear up for the onset of holiday shoppers.

Online holiday shopping has become very popular as well, especially in remote areas such as GTMO.

Holiday parties and travel to distant places add to the financial burden. Ideally, you've planned and budgeted for the holidays all year long.

But for many of us, it's not until the decorations go up that we start thinking about how much we are going to spend and where the money will come from. Credit card balances skyrocket. Some delay paying bills for the month.

The result? Seasonal expenses that strain our personal finances and create

stress during what is supposed be a joyful time of year.

The over commercialization of the holidays contributes to this problem. The media tries to 'guilt' us into believing we need the latest 'hot item' toy for our children or expensive gifts for our loved ones to show our affection.

According to experts, many people overspend because they feel trapped by holiday traditions and expectations. Sometimes people need to break traditions and change expectations, especially when those traditions leave you debt-ridden in the New Year.

You can avoid this stress by following these tips on holiday money management from the Federal Consumer Information Center:

Draw names. If your list of family and friends is long, suggest this approach to gift giving.

Set a price limit for purchased gifts.

Stay within a budget.

Give a gift from one family to another family, rather than individual gifts for all.

Pass on a family heirloom. These often are cherished forever.

Take advantage of seasonal bargains.

Consider giving priority to gifts that can't be bought- such as time or self-made items.

Use credit wisely. Keep track of the total amount of credit used. It's best to stay within a budgeted amount that can be paid off before incurring finance charges.

It's not too early to begin thinking about next year. Consider joining an interest-paying holiday savings club at your bank or credit union.

Taking control of your holiday spending helps you avoid seasonal stress, allowing you to enjoy this time of year with family and friends.

For additional information or assistance give me a call at ext. 4243

## Trooper on the Street

Compiled by SGT Jolene Staker

**This week's question: What is your favorite part of the holiday season?**



**SPC Audra Vigliotte**  
 169th Military Police  
 Company attached to  
 217th MP Co.

"Being thankful to have my family and friends to share it with."



**MSG Shawn Smith**  
 HQ, 1st Battalion, 181st  
 Infantry Regiment

"Spending time with the family. Snow. Will miss all my family this year."



**SGT David Jones**  
 C Co., 1st Battalion,  
 181st Infantry Regiment

"Family. Still get to spend it with family this year, because my brother is here also."



**PFC Aung Aung**  
 384th Military Police  
 Battalion.

"At home in Indiana during Christmas time I like the snow. I miss that here."



**CPL John Harville**  
 216th Military Police  
 Company

"Seeing my children on Christmas morning — this year it will be on the web cam."



Photo by SGT Jolene Staker

### New chapel rounding into shape

Contractors have the lights and duct-work up and are starting to lay tile in the new Camp America Chapel. JTF members will be celebrating Christmas in the new chapel, which is on target to be completed by Dec. 19.



Photo by SGT Jolene Staker

## JTF choir to perform concert

Members of the JTF choir will join with the United Jamaican Fellowship for a holiday concert on Dec. 19.

The concert, "Voices of Praise," will begin at 7 p.m. and will be at the J.T. Sampson Elementary amphitheatre.

**Need a spiritual lift? Join Chaplain Daniel Odean and other JTF troopers for music and fellowship during Soul Survivor. 7 p.m. every Wednesday at Club Survivor.**

### Alpha: an opportunity to explore the meaning of life

Tonight:  
"How does God guide us?"  
Dec. 19:  
"Why and how should I tell others?"



7-8:30 p.m.  
Camp America Chapel, Bldg. 3203

## Worship Services

### Catholic

#### Main Chapel

Wed.	5 p.m.	R.C.I.A. (Cobre Chapel)
Fri.	5 p.m.	Rosary
Sat.	4:15 p.m.	Confession
	5:30 p.m.	Vigil Mass
Sun.	9 a.m.	Mass
	10:15 a.m.	Spanish Mass (Sanct. B)
M-Fri.	11:30 a.m.	Mass (Cobre Chapel)

#### 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
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

### New Life Fellowship

#### Main Chapel

Sun.	12:45 p.m.	Service
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### Pentecostal Gospel

Sun.	8 a.m.	Service (Sanc C)
	5 p.m.	Service (Sanc C)

### 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 Chapel Complex
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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 following worship.



Photo by SGT Jolene Staker

### Enjoying the game, Club Survivor

MSG Michael Davis (from left), SFC William Wells, 1SG Sandra Adams-Jones and MSG Roland Kinley, all of the 273rd Military Police Co., watch the Army-Navy football game Saturday with SGM Dian Hager (far right) of the 384th Military Police Battalion at Club Survivor.

## Volleyball tournament planned

Volleyball players will have yet another opportunity to participate in a tournament.

This event will be a “twilight” tournament, beginning at 7:30 p.m. on Dec. 21 at the Marine Hill pit.

Trophies will be awarded for first-, second- and third-place teams.

Teams may sign up for the tournament at the main Liberty Center at Marine Hill.

There is no entry fee, and refreshments will be available.

For more information, call ext. 2010.



Photo by Senior Airman Thomas Doscher

### Enjoying the game, Club Survivor

CSM Gregory Hurlburt (left), 1st Battalion, 181st Infantry Regiment command sergeant major, and Commander LTC Joseph Noonan pose for the cake cutting, celebrating the 367th birthday of the Army National Guard at Seaside Gallery in Guantanamo Bay.



#### Camp Bulkeley

##### Fri., Dec. 12

8 p.m. A Man Apart  
R - 109 min  
10 p.m. Tears of the Sun  
R - 118 min

##### Sat., Dec. 13

8 p.m. Training Day  
R - 120 min  
10 p.m. The Hunted  
R - 94 min

##### Sun., Dec. 14

8 p.m. Braveheart  
R - 177 min

##### Mon., Dec. 15

8 p.m. Pirates of the Caribbean  
PG13 - 150

##### Tues., Dec. 16

8 p.m. Black Hawk Down  
R - 144 min

##### Wed., Dec. 17

8 p.m. We Were Soldiers  
R - 138min

##### Thurs., Dec. 18

8 p.m. Windtalkers  
R - 133 min

## Mov i e Schedul e

#### Downtown Lyceum

##### Fri., Dec. 12

7 p.m. Good Boy  
PG - 88 min  
9 p.m. The Rundown  
PG13 - 104 min

##### Sat., Dec. 13

7 p.m. The Haunted Mansion  
PG - 88 min  
9 p.m. Love Actually  
R - 125 min

##### Sun., Dec. 14

7 p.m. Beyond Borders  
R - 127 min

##### Mon., Dec. 15

7 p.m. Out of Time  
PG13 - 105 min

##### Tues., Dec. 16

7 p.m. Intolerable Cruelty  
PG13 - 95 min

##### Wed., Dec. 17

7 p.m. Good Boy  
PG - 88 min

##### Thurs., Dec. 18

7 p.m. The Haunted Mansion  
PG - 88 min

## Holiday boat parade set for Saturday near marina

To see an unusual holiday parade, visit the marina, Tiki Bar or Bayview Restaurant at 6 p.m. Saturday.

From those vantage points, observe festive boats adorned with lights and holiday messages and featuring music – “the most glamorous show on the water,” according to organizers.

Refreshments and participating awards will be available at the marina afterward.

For more information, contact the marina at ext. 2345.



Photo by SPC Rick Fahr

JTF troopers came from various units to form an Army football team to take on representatives from the Navy on Dec. 5. Pictured with MG Geoffery Miller (center), JTF commander; BG Mitch LeClaire, JTF deputy commander; and CSM George Nieves, JTF command sergeant major; are team members – Jason Pittman, Rance Williams, Chuck Crouch, Kurt Witucki, Claro Rocha, Derrick Williams, Aaron Calvert, Brent Davis, Zach Mamey, Dave Vicini, Brian Moore, Richard Herring, Jason Girt, Collie Polk, Abraham Clark, Walter Henson, Lance Ostrom, Renaldo Roldan, Dwayne Datton. Navy's offense began firing on all cylinders early in the game and never stopped, rolling up a 65-18 win.

## Building muscles takes commitment, knowledge

By SGT Talal Elkhatib  
JTF master fitness trainer

Benching 315 pounds and having basketballs for biceps – muscle growth -- is what men care about.

LT Ken Arlinghaus, JTF nutritionist, simplified the concept: "Working out simply means the scarring of muscle tissue and having the body build new muscle tissue that can handle the weight."

Muscle growth includes several factors, including routine, rest and environment. You have to learn about these things so you can use them later on.

If you're a beginner, I suggest that you spend some time working with machines until you develop correct form and develop some strength. For every exercise, do three sets of 10-12 repetitions each. The sets should be at 50, 75 and 90 percent effort. Notice, I didn't say 100 percent effort, because doing your max once or twice is useless. Concentrate on exercising with your body weight, such as doing dips, pushups and pullups. Focus on exercising the entire body, because the growth of your lower body is a contributor to your upper. Take your time moving up with the weights.



Photo by SPC Rick Fahr

SGT Marlon Smith (left) and SGT Kenneth Clark, both of the 177th Military Police Brigade, work on lunges, exercises that develop leg muscles, during a recent workout. According to SGT Talal Elkhatib, JTF master fitness trainer, building muscles requires proper routine, rest and environment.

In order for your body to build new muscle tissue, you'll have to use heavier weight. If you start the 80-pound dumbbell press with four guys trying to help you, then you're simply achieving nothing. More than likely, you'll not have good form doing the exercise, plus you'll have to use heavier weight next time to build muscle.

It's not a competition. Be realistic. Most of the guys who bench press 225 pounds or more have been exercising for a while.

Lift weights three times a week with a day of rest in between.

Doing pushups, pullups and dips with every upper body workout will get you strength and upper body size quick. You'll also have to raise your calorie intake, while keeping fat intake low. LT Arlinghaus is the person to talk to on that subject.

Make sure that you do enough cardiovascular work to maintain, but don't do too much, as too much will result in burning muscle mass. Thirty minutes

four times a week is plenty.

Getting enough rest is essential to muscle growth. Your body needs time to build stronger muscle tissue. Make sure that you get enough sleep, at least six hours.

Being in Guantanamo Bay might not be the best place for muscle growth, simply because you might not get enough sleep, your nutrition is limited to the mess hall or you might be doing lots of cardio with your unit. Stress is also a factor to losing size or gaining fat.

The military is more focused on your ability to handle your own body weight and your ability to move on the battlefield. Most of the airborne rangers and special forces troopers are medium build with low body fat percentages. Their focus is being lean with lots of stamina.

With a muscle growth workout, you might gain a little bit of body fat and lose speed because of size. This is not the place to do that.

I suggest that you maintain until you go home. Being troopers, we can learn to adapt to our environment. Body size does not matter in combat. Strength, speed and endurance are what matter. Stay fit. Stay alive.

Honor bound.

# Trooper picks

JTF personnel's predictions for this week's games

## Games

Giants at Saints  
 Seahawks at Rams  
 Cowboys at Redskins  
 49ers at Bengals  
 Ravens at Raiders  
 Browns at Broncos  
 Bills at Titans  
 Steelers at Jets  
 Jaguars at Patriots  
 Panthers at Cardinals  
 Last week's record  
 Overall record



1st SGT  
 Sandra Adams-Jones  
 273rd MP Co.



Craig Basel  
 MWR director



SSG  
 Deon Lee  
 216th MP Co.



SSG  
 Stephanie Nielsen  
 384th MP Bn.

Saints  
 Rams  
 Cowboys  
 49ers  
 Ravens  
 Broncos  
 Titans  
 Steelers  
 Patriots  
 Cardinals  
 7-3  
 65-41

Saints  
 Seahawks  
 Cowboys  
 Bengals  
 Ravens  
 Browns  
 Titans  
 Jets  
 Patriots  
 Panthers  
 2-8  
 63-43

Saints  
 Rams  
 Cowboys  
 49ers  
 Ravens  
 Broncos  
 Titans  
 Jets  
 Patriots  
 Panthers  
 3-7  
 72-34

Saints  
 Rams  
 Cowboys  
 Bengals  
 Ravens  
 Broncos  
 Titans  
 Jets  
 Patriots  
 Panthers  
 5-5  
 67-39

## Sports highlights

# Sooners' loss wreaks havoc with BCS lineup

Compiled by SPC Rick Fahr

**Kansas State's** win in the Big 12 championship game did more than end **Oklahoma's** unbeaten streak.

It set up a potential split national title picture.

**Southern California**, which grabbed the No. 1 ranking in the latest Associated Press and ESPN/USA Today coaches' polls, will not be playing in the Bowl Championship Series "national championship game," the Nokia Sugar Bowl. That game will feature third-ranked Oklahoma and second-ranked **Louisiana State**.

USC will play in the Rose Bowl against fourth-ranked **Michigan**.

Should USC beat Michigan, it will likely retain the AP top spot, no matter what happens in the Sugar Bowl, but it won't get the BCS title. Confused? So is USC.

Other interesting bowl matchups announced Sunday include: PlainsCapital Fort Worth – **TCU** vs. **Boise State**, one of the teams will likely finish the season ranked near the top 10; EV1.net Houston – **Navy** vs. **Texas Tech**, Navy's power running game against the high-octane Tech

passing game; FedEx Orange – **Miami** vs. **Florida State**, the rematch.

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With wins on Sunday, the **Philadelphia Eagles** and **New England Patriots** locked up playoff positions.

The Eagles spanked the **Dallas Cowboys**, 36-10, and the Patriots outlasted the **Miami Dolphins**, 12-0.

Heading in the season's 15th week, the league's playoff picture shows the top six AFC teams to be the Patriots, **Kansas City Chiefs**, **Indianapolis Colts**, **Baltimore Ravens**, **Tennessee Titans** and **Denver Broncos**. In the NFC, the top teams are the Eagles, **St. Louis Rams**, **Minnesota Vikings**, **Carolina Panthers**, **Cowboys** and **Seattle Seahawks**.

Still alive in the playoff hunt in the AFC are the Dolphins and the **Cincinnati Bengals**. In the NFC, the **Green Bay Packers**, **New Orleans Saints**, **San Francisco 49ers** and **Tampa Bay Buccaneers** have outside chances to make the playoffs.

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The **Atlanta Braves** will have a new look next year, as the payroll-cutting team will not feature **Greg Maddux**, **Gary**

**Sheffield** or **Javy Lopez**.

The team did not offer arbitration to any of the stars, effectively ending their tenure in Atlanta.

In other baseball news, **Kazuo "Little" Matsui** will be a **New York Met** next year, after agreeing to a three-year contract worth \$6.7 million.

Free agents on the market include **Vladimir Guerrero**, likely to sign with the **Baltimore Orioles**; **Bartolo Colon**, rumored to be heading to the **New York Yankees**; and **Miguel Tejada**, who might leave the **Oakland A's** for the **Los Angeles Dodgers**.

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Oh, to be playing in the Atlantic Division of the NBA's Eastern Conference.

Win one, lose one, lead the division.

With a record of 11-10, the **Philadelphia 76ers** were ahead of the **New Jersey Nets** (9-11) one-quarter of the way through the season.

That kind of performance wouldn't cut much ice elsewhere around the league. Other division leaders are the **Indiana Pacers** (16-5); **Dallas Mavericks** (13-7); and **Los Angeles Lakers** (17-3).

# 15 Minutes of Fame...

## With SGT Bryan Lewis, 258th Military Police Co.

By SPC William Ingram

SGT Bryan Lewis of the 258th Military Police Co. brings a wealth of experience to his service at JTF Guantanamo Bay. Further, his military training is helping him pursue a career in law enforcement.

**Q. What inspired you to join the military?**

**A.** I was really impressed with the military because it was giving me the opportunity to go to college, and the military provides me with the professionalism to become a better person and to help protect myself and the United States and the American people. Most of my life I wanted to be a part of the police department, and the military provides an opportunity to do that job.

**Q. How many years and in what branches and components have you served?**

**A.** I have always served in the Army. I served two years in the Army Reserve and seven years on active duty. I have been in the service for nine years total. I've always been a military policeman, but my goal is to become a homicide detective for the police department.

**Q. Where have you deployed?**

**A.** I have been deployed to Bosnia and Kosovo, and I've been doing in-state, high-profile security for the Army. When I was deployed to Kosovo I had the opportunity to train with Serbia and Muslim counterparts in force protection. Working in NATO command had provided me with some great experience.

**Q. What do you recall as your best military experience?**

**A.** The work that I did in Kosovo has to be my best military experience. I was given the chance to provide security for the Serbians and force protection to this nation. We were ... helping people that really need our help.

**Q. How has your military service**



**SGT Bryan Lewis**  
258th Military Police Co.

**impacted and molded you as a service member and a person?**

**A.** The service has impacted me a lot. As a service member, I worked for several great officers and civilians. ... The service also changes my life by providing me with education benefits and lifelong benefits that are necessary to have in life. The camaraderie that you get from your fellow soldiers and team mates in your unit also helps make you a better soldier.

**Q. In what ways has your family supported you in your military career?**

**A.** My family has supported me in my decision to join the military. Without their support I would not be so motivated to continue my career in the military. My family has been there for me every deployment. I have a deal with my sister to get all the currency for the countries I visited. My mother is a school teacher, and when I get the chance to, I share my experiences with her classes. I also go out to a local high school and show students some of things that I have seen and done while I have been in the military.

**Q. In what way have you kept in contact with your family?**

**A.** I call my family three times a week.

I feel that it is important to stay in contact with your family and friends. I e-mail as much I can because it is important to stay in contact with your family when you are away from home. I requested to get stationed closer to home because your family is the most important thing that you have in life.

**Q. What is the greatest challenge you anticipate experiencing here?**

**A.** I anticipate getting more experience in the military police field, providing my squad with more training and experience to take with them back to the unit at home station. I want to get more rank on their collar because they deserve it. We are challenged every day to provide the best support to the Joint Task Force here in Cuba. Trying to keep my squad physically and mentally ready for any challenge that they may see down the road as a soldier and a person, I have to challenge myself and my soldiers on basic soldier readiness to try to improve.

**Q. How do you feel your personal experiences have equipped you to succeed here professionally and personally?**

**A.** I brought a lot of experience to the table with the training I have received from previous deployments. I can share the knowledge with my peers and soldiers of the things I have learned. It is important to share all that you have learned with others, because that is how things get accomplished when a mission is given. Always remember: Completing the mission is one of the most important things that a soldier needs to do. As long as I can help the mission I am proud to be a soldier.

**Q. Do you see yourself as a role model?**

**A.** Yes, I do because we as soldiers have to provide a positive outlook on the military being a role model. Being a role model helps me at home with mother's students and the high school that I mentor.