



# the Wire

“HONOR BOUND TO DEFEND FREEDOM”

Volume 4, Issue 13

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Friday, December 5, 2003

## Many Coast Guard members earn PSU Pin

By SGT Jolene Staker

Racing across water at high speeds in a boat may be only a recreational activity for some, but for the Coast Guard unit responsible for providing 24/7 waterborne anti-terrorism and force protection for the JTF and NAVBASE operations in Guantanamo Bay, this is an important part of their tactical training.

The Pacific Area Port Security Unit Detachment is an ad hoc unit that the West Coast Region of the Coast Guard put together specifically for this mission. Of those activated one storekeeper stayed back in Alameda, Calif. They had from four to 14 days notice. They staged in San Diego where most of them met for the first time.

Members will soon complete their Guantanamo mission, and one of their many accomplish-



Photo by SGT Jolene Staker

Coast Guard members provide security as they escort the cutter into the harbor. This is one of the many ways that they keep the bay secure.

ments is that about 50 percent of them have earned their PSU Qualification Pin while here.

“The PSU Qualification is a unique and challenging opportu-

nity for the PACAREA PSU members, only 1 percent of the United States Coast Guard has the ability to achieve this award,” said Coast Guard Lt.

Cmdr. Jim Andrews, PSU commanding officer.

This pin is earned by only a small number of Coast Guard members. It is only a Coast Guard Reserve pin. A member not only has to be assigned to one of the six PSU units in the Coast Guard, but also deploy overseas with that unit. Then he or she must complete a comprehensive task list known as the personnel qualification standard.

“A member is given the book and assigned an instructor, but the student has to seek out those training opportunities and be persistent in getting those tasks signed off,” said Coast Guard Lt. Richard Evans, PSU Executive Officer. “This has to be done on the job. It was voluntary and required a lot of off duty time.”

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## Trooper to Trooper

The pace in the JTF continues to be furious. As you go about your daily mission, try and set aside time to enjoy the numerous activities scheduled around the NAVBASE during this holiday season. The festivities have already begun with a holiday parade put together by MWR through downtown Guantanamo Bay last Saturday. I want to express a heartfelt thank you to the troopers from the JDOG, J-4 transportation and motor pool sections for putting together very colorful floats for the parade. You tripled the number of floats we had last year. One event that my family and I truly enjoyed last year was the Christmas Boat Parade at the Marina. There was a fantastic display of lights on numerous boats in the bay. This year the parade will be on Dec. 13 at 6 p.m. Put this event on your calendar, it will be show you don't want to miss.

This weekend will be a memorable one with the playing of the Army-Navy football game. The JTF flag-football team clashes with the NAVBASE today at 7 p.m. on Copper's field. I ask all members of the JTF to come out and support your team as we do battle with the Navy in a little friendly competition. I also want to invite all the members of the JTF to watch the "other" Army-Navy game at Club Survivor on Saturday at 4 p.m. MWR will provide hot dogs and chili so that everyone who attends can eat, drink and enjoy the evening as they cheer the Army team to victory. Remember, Club Survivor is "our" club.

Next week we bid farewell to Pacific Area Port Security Unit Detachment who have served as members of JTF-GTMO since July. These Coast Guardsmen have patrolled the waters of Guantanamo Bay for the past six months and have made a valuable contribution to our mission. Thanks to the men and women of the PSU for your lively, enthusiastic and professional performance during the past six months. I want



**CSM George Nieves**  
JTF command sergeant major

you to know that I'm proud of each and every one of you for serving and keeping our country free. As you depart this command and community, you take the knowledge and friendship gained from having the opportunity to share a tour of duty with some of the most dedicated troopers this nation has to offer. It has truly been a wonderful experience for me having you as a member of our team.

As we farewell the PSU, we welcome their replacements the Maritime Safety and Security Team 91110, from Massachusetts, to Guantanamo Bay. The MSST is a specialized fast-response unit created in response to the terrorist attacks of Sept. 11. They are modeled after existing Coast Guard Port Security Units and Law Enforcement Detachments. As you are out and about, please welcome the newest members of the JTF.

Lastly, I want to remind everyone to be respectful of the other person, and always keep him or her in mind. Treat other people with the same respect with which you want to be treated.

HONOR BOUND

### Leaving the island for the holidays?

If so, make sure that the Naval Hospital or Joint Aid Station has your medical and contact information – your address, home or work phone number and medical records.

Call 8618 or visit a Joint Aid Station after 3 p.m. for more information or to update your records.

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# Army-Navy: A historic rivalry

By SPC Rick Fahr

Yeah, the Super Bowl's a big deal.

Sure, every Bowl Championship Series game means a lot.

No doubt, Thanksgiving means turkey – and the Dallas Cowboys and Detroit Lions.

But for more than a century, arguably the biggest football game of the year occurs in early December as the Cadets and Midshipmen meet.

Army-Navy.

The rivalry will reignite Saturday in Philadelphia at 4 p.m.

One might suspect that on a Navy base inhabited by a large group of Army personnel that there could be strong sentiment toward the game.

One would be right.

"It should remind us of two things. First, there are emerging military professionals training for the future – right now – who have answered the call to dedicate their efforts to the defense of freedom, our country and our way of life," said COL Timothy D. Lynch, JTF chief of staff. "Second, it reminds us of the thousands of Army Reserve and National Guard personnel serving side-by-side with active duty forces all over the world. ... We owe them all our prayers, our thanks and our support."

Navy Capt. Leslie J. McCoy, naval station commander, said that Americans have a unique appreciation for the game and its participants.

"I believe each year the nation observes this and respects the caliber of young men and women that attend the institutions and play this game in anticipation of serving their country and possibly 'going in harms way' in the near future in far away places," he noted.

Navy Lt. Cmdr. Bret Pasiuk



**Army**  
**COL Timothy D. Lynch**  
*West Point, Class of 1977*

said that the game means more than football.

"Like Notre Dame, love them or hate them, Army and Navy are national teams. Most Americans who follow football have a favorite for the Army-Navy game because of an uncle who served with the Army in Vietnam or a grandfather who served in the Navy in World War II," he commented. "With the reserve call-up, this game is even more important to Americans, knowing that as they watch the game, their loved ones overseas are also watching the game."

And at the heart of the spectacle is the game, and its predecessors have created many memories.

"My most lasting memory was as a plebe (freshman) on a bus coming up from Annapolis approaching Philadelphia on game day. We crossed paths with the Army buses coming down from West Point. That was the first time I'd ever seen a cadet. I remember marching on the field in front of the thousands of people in the stands then watching the Corps of Cadets march on," McCoy remembered. "We won three of the four years while I was at the



**Navy**  
**Capt. Leslie J. McCoy**  
*Annapolis, Class of 1979*

Naval Academy. I remember being devastated the year we lost. It seemed the entire Brigade of Midshipmen was depressed for the whole year. As a plebe it seemed the focus of our existence at Annapolis centered on beating Army."

Lynch thought of two games.

"A high school buddy of mine went to Navy and played football for them during all four years of their victories, while I cheered Army on from the sidelines, only to see us lose four times. At the end of our first game in 1973, he waited on the field for me so we could exchange cuff links – a tradition among Cadets and Midshipmen back then. I still remember the great feeling of standing on the field with him, and 30 years later I still wear those cuff links today with my mess dress uniform," the colonel said. "Also, we bet bathrobes each year – back then it was a traditional Cadet-Midshipmen bet. I lost four. Our last Christmas together, when we were seniors, he had pity on me and gave me a Navy bathrobe as a gift. I gave him a

**See Army-Navy on Page 5**

## Did you know?

■ The first meeting of the two teams was in 1890. The series took a hiatus from 1893-1899 because tensions had begun to run too high during the contests. Since then, the teams have met virtually every year.

■ Army leads the series 49-47-6.

■ To understand the importance of this game, take a cue from legendary Notre Dame coach Knute Rockne. In 1926, while the Fighting Irish were playing Pittsburgh, Rockne was not on the sidelines. He was at the Army-Navy game in Chicago, the first game in new Soldier Field.

■ In 1944, Gen. Douglas MacArthur injected a bit of hyperbole when he sent a telegram to the victorious Army lockerroom after the game. "We have stopped the war to celebrate your magnificent success," he quipped.

■ Sportsmanship on display: Travel restrictions during World War II kept many fans from traveling to the games. In 1942, the Navy ordered some midshipmen to fill the visitors' stands and cheer for Army. The Cadets did the same the next year.

■ The games have featured varying degrees of national football significance, but none was larger than the 1944 tilt.

That Army team featured Doc Blanchard and Glenn Davis, "Mr. Inside" and "Mr. Outside."

Instead of tickets, fans purchased war bonds, \$58 million of bonds.

■ The player who went on to get the most college recognition and have the most successful professional career? Heisman Trophy winner and NFL Hall of Fame quarterback Roger Staubach of the Dallas Cowboys.

## PSU from Page 1

A few of the topics on the checklist include safety, security, supply, communications, first aid, engineering and electronics support. It is a lot of memorization as well as practical exercises. Members also rotate through all crew positions.

Some went as high as tactical action officer, which is the highest position you can hold. This process normally takes from three to six months to complete.

Earning the PSU Pin is a particularly unique opportunity for those who came from non-PSU units.

Petty Officer 3rd Class Lisa Griffith came from a ready boat unit and would like to work with search and rescue in the future. "This is the only opportunity I would have to earn this. Volunteering for this mission gave me the chance," she said.

The four active duty Coast Guard members assigned to this mission were also given a rare opportunity to earn this pin. All four chose to seize the opportunity.

"This is extremely unique for the active duty members. I don't know of any other active duty members that have earned it because all the port security units are reserve," said Evans. "They'll go back to their units and some of their colleagues and shipmates may be seeing the pin for the first time."

Earning this award gives the members a sense of pride and accomplishment. "It's a great honor to receive this award," said Coast Guard Petty Officer 2nd Class Kris Goland. "It takes a lot of work, determination and motivation to complete."

Master Chief Petty Officer Bill Orton, PSU operations officer, who also earned the PSU pin, said, "Our crews are highly motivated and focused and are extremely precise in the per-

formance of their duties."

Unit members may have provided the motivation and commitment, but the knowledge and experience brought by Andrews and others are what made earning the PSU pin possible.

"He [Andrews] is one of the most experienced port security officers in the Coast Guard," said Evans. "That is why he was chosen for this mission."

The mobile training team out of Camp Lejeune, N.C., also played an important role with a rigorous two-week program that they brought to Guantanamo.

"Our members knew how to drive boats, run boats and all their seamanship; but they didn't have the tactical boat maneuvering and the gunnery," said Evans. "That is what we picked up here at Guantanamo."

Tactical boat maneuvering requires being stealthy, keeping a low profile, responding with high maneuverability anywhere in your operating range, said Evans.

Learning to avoid detection, how to come in under the radar and working without radar are also important.

"Training in tactical boat operation is one of the ongoing tasks that are performed daily by our members," said Orton. "This skill is the foundation for all of the other elements that the mission demands."

Another unique part of earning the pin is that members become ground qualified, which means they can augment with any unit to provide defensive fighting positions. Some of the tasks that cover these skills include preparing range cards, how to plan squad-sized security patrols, squad and fire team movement, reacting to enemy fire and many more.

"It was a unique career opportunity," said Evans about personally earning the PSU pin.



Photo by SGT Jolene Staker



Photo by SGT Jolene Staker

Coast Guard Lt. Cmdr. Jim Andrews (above) awards Petty Officer 3rd Class Lisa Griffith her PSU pin while Petty Officer 2nd Class Kellen MacCubbin (left in formation) and Petty Officer 3rd Class Cliff Ingram look on.

Coast Guard Petty Officer 2nd Class Kris Goland "makin' off the bow" during a training mission. He is one of the unit members who earned his PSU Pin during this deployment.

SPC Katherine Collins (center) who volunteered to jump in the bay to be "rescued" during the "man overboard" exercise stands with her rescuers Petty Officer 3rd Class Brian Corte (left), Petty Officer 3rd Class Geoffrey Heath and Petty Officer 3rd Class Alberto Aguilar (right), who was coxswain during the exercise.



Photo by SGT Jolene Staker

# Healthy holiday eating: Does that make sense?

By Lt. Ken Arlinghaus

Thanksgiving is over and Christmas is coming. Most people tend to use this time of year as an excuse to eat to excess.

But that doesn't have to be the case. You can enjoy all those holiday goodies without having to buy new pants when it's all over.

## The Holiday Bulge

Most of you may know that the average American gains 5-7 pounds during the holidays.

Do you know how many extra calories it takes to gain seven pounds? The answer is 24,500.

You may be thinking, "I could never eat that many extra calories!"

Let me set up a typical scenario for you; Thanksgiving Day came, you gorged yourself on turkey, stuffing, mashed potatoes, pie and fresh baked bread. You forfeited your workouts for the whole weekend. You feel sluggish and guilty, and Monday morning you are faced with leftovers. Then the holiday candy, baked goods and potlucks start, followed with a holiday party Friday night.

You suddenly realize you haven't worked out in two weeks. "Oh, why should I start now, I feel so gross. I'll wait until Jan. 1."

More parties, your own baking and lots of family get-togethers result in lots of

overeating and underexercising. You vow to never do this again, next year you'll have a plan, you won't give in and you won't eat everything that's in front of you! Why not start this year with a plan!

## Plan Not to Gain too Much!

Let's just make a plan together right now.

Right now, first thing, realize that you may gain some weight. It's not a crime to enjoy yourself and gain a few (1-2) pounds during the holidays. Next, take a look at all of your holiday parties. Put them in red or highlight them in your schedule. Ok, now in a different color go through and write out your workouts from now to New Year's. Schedule at least four workouts per week. They may not be all at the gym. They could include a bike ride, unit run or even a game of basketball with your friends or unit.

Unit party planners, GTMO is a great place to include basketball and volleyball tournaments during your holiday festivities. Finally, write out some of your "holiday nutrition goals" and put them in your planner, on your refrigerator, on your computer and maybe enlist a friend or coworker to do it with you. Goals may include: two fruits/three vegetables per day, 10 cups water per day, three meals with snacks as needed (no skipping meals), and bringing a healthy selection of holiday goodies to your parties.

Remember, you don't have to be perfect

through the holidays.

## Be A Picky Eater

This is a time to enjoy family and friends and rich traditions. But it is not a time to lose all self-control and throw your goals out the window.

Be a picky eater.

That is the best compliment you can receive. Don't just eat it because it's there. Pick and choose. Your body deserves the very best.

## Party Tips

Other party tips include:

Don't go to any party hungry! Don't plan on overeating; eat before you go. A light snack will help you from overeating at the party. Stay away from the cheese cubes. We down these little square marvels thinking they are a healthy choice when many of them have 7-10 grams of fat per-cube.

Don't forfeit your water since you're drinking so many other holiday favorites. Many of those drinks have the same calories as a dessert!

Be positive, you don't have to gain extreme weight during the Holidays! You can keep on track and still enjoy yourself. Eat smart and stay well, and Happy Holidays!

*Lt. Ken Arlinghaus is a registered dietitian and is JTF nutritionist. He is stationed at the U.S. Naval Hospital here in Guantanamo Bay.*

## Army-Navy from Page 3

Cadet jacket with the total score of the four games embroidered on the back: Navy, 116; Army, 38; Ugh."

The Army-Navy rivalry, historically one with national title implications, has been called one of the greatest sports rivalries ever. Guantanamo Bay servicemembers agreed.

"What makes the game special is the alumni," said Army CPT Wilson R. Rutherford III. "Guys who jumped into Normandy sitting next to brand new cadets and sharing their wealth of knowledge about the world and life while both make

fun of the funny-looking Navy uniforms on the opposite sideline."

The JTF chief of staff expanded on that sentiment.

"The two teams field some of America's best emerging leaders, and the game is supported by thousands of folks all around the world. Practically no player on that field will ever seriously consider a pro career. And whether someone plays or cheers at that game, it's all about giving 110 percent - leaving it all on the field - for his or her alma mater and service. No money, no medals, no book or movie deals. Just the game," Lynch

explained. "I wouldn't miss it for anything. There are some incredible rivalries in American sports, but for me nothing comes close to Army beating Navy."

Pasiuk, a 1989 graduate of the Naval Academy, said that even the postgame rituals make the event special.

"The mutual respect between the Brigade of Midshipmen and the Corps of Cadets makes this rivalry great. Keep your TV on for the end-of-game ceremonies when the midshipmen, cadets and players stand at attention, showing respect for each other's alma mater," he noted. "Look for the

emotion in the face of each cadet and midshipman as they sing their alma mater. Winner or loser, there is an immense pride in a game well fought."

Who will win?

Opinions vary.

"It's been years but finally Navy has a decent team. I feel they have a good chance of winning this year," McCoy contended. "However, this is an emotional game and records don't mean much once the game starts."

"I cheer for every service academy on all other days but Army-Navy," said Lynch. "I predict Army will triumph over the Squids this Saturday."

# J-4 billeting officer talks housing

## *Plans call for move in shifts with focus on quality of life*

Talk around the island continues to focus on housing -- housing the plan and housing the rumor.

The Wire spent a morning with Warrant Officer Renee Riley, J-4 billeting officer and the "person-in-the-know," traipsing around Camp Bulkeley and Camp America North to uncover the real story for you, the JTF Trooper.

During the walk-around, Riley revealed the golden thread behind the whole housing movement project when she said, "life keeps getting better." She explained that soldiers arriving on the island for a tour with the JTF would first be housed at Camp Bulkeley, the transient housing area near Camp America. The time frame for a unit's members to be housed in this area will depend on when the unit they are replacing departs. Incoming units should anticipate approximately two weeks. Life goes from good to better when soldiers move from transient

housing into their permanent housing area, said Riley. A tour of a Camp America North room proved her right.

According to Riley, the original plan called for basic furnishings, but she and her crew in J-4 operations took the plan a step higher and ordered more practical furniture of a higher quality. "... [the] whole desire is quality for the soldier. Do it right the first time," she said.

One improvement example she gave is the wall lockers that have been ordered for the rooms. The lockers in the original plan for the rooms were narrow metal lockers. Riley researched military furniture options until she found a more functional wall locker that was wider, has a bar to hang clothing on and has drawers, and made the recommendation to upgrade. "I know what kind of wall lockers the Army uses," she said, explaining that the use as well as the appearance of the furniture improves the quality

of life for the trooper.

Among the furnishings in the plan for each room are bunks, footlockers and wall lockers for each trooper, a table and four chairs, microwave, television and refrigerator for the group. The rooms will be furnished for six troopers. Each has a half-bath and full bathroom facilities are located close by.

Future plans also include quality improvements to the original Camp America housing. "What ever we do there [new construction], we'll also do here," said Riley.

Once the bunks and wall lockers are in place, the move into Camp America North will officially begin, but other movement has already begun. During the plan's first phase, the 216th Military Police Company moved out of Camp America North into Tierra Kay East and the 368th Military Intelligence Battalion moved out of Camp Bulkeley into Tierra Kay housing.

Soon the Port Security Unit

will vacate Windward Loop housing making room for the Maritime Safety and Security Team (MSST) troopers, who will be living in Camp Bulkeley until then.

Also, the 1-65th Infantry Battalion will vacate Tierra Kay housing and make room for an incoming replacement unit.

The JTF Headquarters, and Headquarters Company will move into Camp America North soon after cable and telephone service is established and basic furnishings are in place. Complete furnishings will be installed as orders arrive.

The remainder of the 273rd Military Police Company in Windward Loop will move into Tierra Kay East after workers add an additional bathroom to the each unit.

While some troopers will reside in Camp America North and others in Tierra Kay or Tierra Kay East, the ultimate goal is quality living for all.



Photo by SSG Patrick Cloward

## *JTF hoopsters compete*

"Boston Bandits" pose with their trophies after winning third place in the 3-on-3 basketball tournament Nov. 29 at the Denich Gym. Team members are (from left) SPC Ishmael Harvey, SPC Chris Collins and CPL Anthony Alexis, all of the 1st Battalion, 181st Infantry Regiment of the JTF. Winning second place in the tournament was "Code Red," comprised of SPC Amos Brown, 384th MP Battalion; SSG Deon Lee, 216th Military Police Company; and Keion Forrest of the Navy Exchange. A team of naval hospital players won the tournament.

## V-ball tourney planned for

### Club Survivor

A four-person volleyball tournament has been planned for Dec. 13.

The event, scheduled to be held at Club Survivor at Camp America, will begin at 4 p.m.

Organizers said that the tournament will feature free burgers, hot dogs and chips.

Beverages of choice will be on sale at the club.

# National Guard celebrates 362nd birthday

By SPC Katherine L. Collins

Wednesday the United States commemorated the 362nd anniversary of the day in 1636 when the Massachusetts Bay Colony formed the first permanent militia regiments in colonial America, creating the state-organized defense forces now known as the National Guard.

Today these forces serve as one part of the Department of Defense's total force.

The National Guard is the oldest component of the armed forces of the United States and one of the nation's longest-enduring institutions. It traces its history back to the earliest English colonists in North America, who drew on English military tradition and organized their able-bodied male citizens into militias as the sole source of their own defense.

The colonial militias protected their fellow citizens from Indian attack and foreign invaders, and later helped to win the Revolutionary War. Following independence, the authors of the Constitution empowered Congress to "provide for organizing, arming and disciplining the militia." However, recognizing the militia's state role, the Founding Fathers assigned the tasks of



appointing officers and training the militia to the states.

Today's National Guard remains a dual state-federal force. Throughout the 19th century the Regular Army's size was small, and the militia comprised the bulk of the troops during the Mexican War, the early months of the Civil War and the Spanish-American War. In 1903, important national defense legislation increased the role of the National Guard (as the militia was now called) as a reserve force for the U.S. Army. In World War I, which the United States entered in 1917, the National Guard made up 40 percent of the U.S. combat divisions in France, and in World War II, National Guard units stood among the first the United States deployed overseas and among the first to fight. Following World War II, National Guard aviation units, some of them dating back to World War I, became the Air National Guard, the nation's newest reserve com-

ponent.

During the Cold War the Guard stood on the frontiers of freedom, sending soldiers and airmen to fight in Korea and to reinforce NATO during the Berlin crisis of 1961-1962.

During the Vietnam war, almost 23,000 Army and Air guardsmen were called up for a year of active duty. Some 8,700 were deployed to Vietnam. More than 75,000 Army and Air guardsmen were called upon to deliver a swift resolution to Desert Storm in 1991.

Since that time, the National Guard has seen the nature of its federal mission change, with more frequent call-ups in response to crises in such nations including Haiti, Bosnia, Kosovo and Iraq.

Most recently, following the attacks of Sept. 11, 2001, more than 50,000 Guardsmen were called up to secure the homeland and combat terrorism abroad. Today's National Guard continues its historic dual mission, providing the states with units trained and equipped to protect life and property, while providing the nation with units trained, equipped and ready to defend the United States and its interests, all over the globe.

*Compiled from various Internet sources*

## Trooper on the Street

Compiled by SPC Will Ingram and Senior Airman Thomas J. Doscher

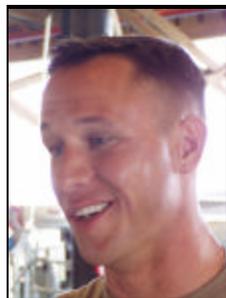
**This week's question: Who do you predict will win the upcoming Army-Navy game?**



Senior Airman  
Angela Mason  
J-4 Transportation



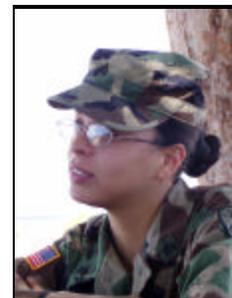
Air Force  
Staff Sgt.  
Jim Bury  
J-4 Maintenance



Coast Guard  
Petty Officer 3rd Class  
Bobby Leveille  
PSU Detachment



Marine  
Staff Sgt.  
Jean Wagnac  
J-4 Supply



Army Sgt.  
Lizette Rivera  
384th Military Police Co.  
SJA

"The Navy is a better team and the Army have not won the big game in a long time."

"Navy is a better team by statics and game scores. ... The Navy will win."

"Army is going to win because of the emotional things that are going on in the world today."

"The Navy has the combined skills power, speed, and agility to win the game."

"Army will have too much pride to be beaten by the Navy."



Photo by SPC Rick Fahr

MAJ Felix Abreu, JTF staff chaplain, speaks with parishioners after offering a Catholic mass in Spanish on Sunday morning. Abreu said that the mass appeals to many Guantanamo Bay residents and is one part of his JTF ministry.

## Spanish mass serves community

By SPC Rick Fahr

“Padre Nuestro, que estas en los cielos ...”

Those words – “Our Father, who are in Heaven” – might not be obvious to those who don’t speak Spanish, but they are an integral part of Chaplain Felix Abreu’s Spanish mass each Sunday.

“It’s a great honor and a privilege that the Lord brought me to this mission in Guantanamo Bay,” he said. “To serve the Hispanic and Catholic community – soldiers, families and workers of Hispanic language. It is a voluntary service, and I proudly do it every Sunday because it unites me to my Hispanic roots. Jesus said, ‘I did not come to be served, but to serve.’”

Abreu, a Catholic priest, began offering the additional mass for Hispanic soldiers, civilian employees, their families and Cuban refugees about three and a half months ago. The service has become even more appropriate since the arrival of troopers from

Puerto Rico’s 92nd Brigade.

“It is necessary because everyone wants to worship and bless God in his own language. That’s why the majority of our military bases have one or more Spanish masses for Hispanic soldiers even if they speak good English,” he explained.

The mass takes place in Sanctuary B in the religious complex near the main chapel. On any given Sunday, there may be standing room only in the sanctuary, Abreu said, noting that many men and women who would attend work varied shifts can’t always arrange their schedules to include the mass.

Abreu noted that the congregation seems as much a family as a group of individuals.

“It is a reality that in this small community, people feel like families and there is a better integration between the participants,” he said.

The priest added that a special mass at Camp America, held outdoors, serves a variety of parishioners.

Alpha: an opportunity to explore the meaning of life

Tonight:

“How can I resist evil?”

Dec. 12:

“How does God guide us?”



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.

**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.**



Photo by SSG Patrick Cloward

## Looking a lot like Christmas

The holiday season has started with the lighting of the Guantanamo Bay Christmas tree last Friday at the NEX. The festivities were enhanced with entertainment by base community members and enjoyed by children and adults alike.

## Local Army-Navy game set for Cooper Field on Friday

On Friday Night at 6 p.m. JTF personnel and Naval base personnel will be psyching up troopers post-wide with their own Army-Navy touch football game. Sponsored by MWR, everyone base-wide will be out to watch the two compete on the field for bragging rights before the Saturday game. Come out and root for your favorite team.



### Camp Bulkeley

#### Fri., Dec. 5

8 p.m. XXX  
PG 13 - 114 min

10 p.m. Minority Report  
R - 140 min

#### Sat., Dec. 6

8 p.m. Miss Congeniality  
PG13 - 113 min

10 p.m. The Contender  
R - 130 min

#### Sun., Dec. 7

8 p.m. The Replacements  
PG13 - 114 min

#### Mon., Dec. 8

8 p.m. Remember the Titans  
PG - 113 min

#### Tues., Dec. 9

8 p.m. Pay it Forward  
PG13 - 125 min

#### Wed., Dec. 10

8 p.m. Mission Impossible  
PG13 - 126 min

#### Thurs., Dec. 11

## Movie Schedule

8 p.m. Proof of Life  
R - 135 min

### Downtown Lyceum Fri., Dec. 5

7 p.m. Brother Bear  
PG - 97 min  
9 p.m. The Fighting Temptations  
R - 121 min

#### Sat., Dec. 6

7 p.m. School of Rock  
PG13 - 110 min  
9 p.m. Beyond Borders  
R - 127 min

#### Sun., Dec. 7

7 p.m. Love Actually  
R - 125 min

#### Mon., Dec. 8

7 p.m. Cold Creek Manor  
R - 125 min

#### Tues., Dec. 9

7 p.m. Beyond Borders  
R - 127 min

#### Wed., Dec. 10

7 p.m. Master & Commander: The Far Side of the World  
PG13 - 123 min

#### Thurs., Dec. 11

7 p.m. The Matrix

## NEX has special hours

Ladies' Night, Dec. 11, 6-9 p.m.

Kids' Day, Dec. 13, 8-9 a.m.

Men's Night, Dec. 18, 6-9 p.m.

Christmas Eve, they are open 9 a.m. to 6 p.m. while for Christmas Day they are CLOSED. Come in and take advantage of the specials.

## JTF golf tournament

The JTF Golf Tournament will be held at noon Dec. 7 at the Golf Course. The first 20 players who sign up will receive free golf balls.

# The good, the bad and the gym

By SGT Talal Elkhatib  
JTF master fitness trainer

As a beginner, walking into the gym can be a little intimidating.

You might get intimidated because you don't know what to do – you are overweight or too thin. If you're planning on improving your health, you should learn what to do and what not to do.

The first thing you have to do is be yourself. Do not look around and tell yourself that you want arms or legs like someone else's. People have different genetics and exercise backgrounds. Your goal is not to be intimidated by others but to improve your body. Believe in yourself.

Do not go to the gym without having an exercise program. Having a plan before you enter the gym will keep you focused and save you some time.

You also need to have a positive energy and attitude. Believe it or not, your energy will affect others around you. This might be hard to do sometimes, but try to leave the bad things out of the gym. Be a team player and create a relaxing atmosphere.

Do not start conversations at the gym. Do not be rude to people and remember

why you are there.

Having a dedicated partner is a plus, but have no more than one. Having more than one partner will create a competition environment. Some might argue that competition will bring out the best in you, but competition will also bring out jealousy and make you lose correct form and posture. For example, you have four guys doing bench presses. They all start lifting weight that they can't handle just to impress each other. The result is arching the back, holding the breath and bouncing the bar off the chest. Work out for yourself, not for others.

Lifting a lot of weight incorrectly will only lead to a bigger ego, not muscles. You are only fooling yourself when your spotter makes you look good.

Do not get discouraged when you do not see results quickly. It's not magic. Give yourself time to improve. Exercise your entire body. I see lots of men exercising chest and arm muscles five times a week. That's wrong. You need to give your muscles recovery time.

A beginner's chest and tricep workout should include:

**Men** – bench press, dips (self-resist-



Photo by SSG Patrick Cloward

SGT Talal Elkhatib, Master Fitness Trainer for the JTF helps PFC Michael Loper of the 1st Battalion, 181st Infantry Regiment, with a chest and shoulders workout at the Bulkeley Gymnasium.

ance), triceps pull down and rope, pectoral fly and elevated pushups.

**Women** – chest press (machine), seated dip, triceps pull down and rope, pectoral fly, pushups.

## Sports highlights

# Most NFL divisions feature tight races

Compiled by  
SPC Rick Fahr

Of the eight NFL divisions, only three feature a leader with more than a one-game lead.

**Kansas City** (11-1) leads by four games. **New England** (10-2) leads by two, as does **Carolina** (8-4).

The weekend's games hurt some teams – the **Dallas Cowboys**, who lost to the **Miami Dolphins**, and **Indianapolis Colts**, who lost to the **New England Patriots** – and helped others cement their playoff positions – the **Chiefs**, who edged the **San Diego Chargers**, and **Seattle Seahawks**, who pasted the **Cleveland Browns**.

Sunday's games will include a number of storied rivals – the **Washington Redskins** and **New York Giants**, **Cowboys** and **Philadelphia Eagles**, **Chicago Bears** and **Green Bay Packers** and **Chiefs** and

**Denver Broncos** among them.

\*\*\*

Most college football games went according to plan over the weekend, with the higher-ranked team winning most of the high-profile games. The only team in the top 20 to lose to an unranked opponent was **Virginia Tech**, which continued its annual freefall after its national title hopes go down the drain.

With conference championship games looming in the Big 12 and SEC, the biggest question remaining is whether **LSU** can overtake **USC** for the second slot in the **Bowl Championship Series**.

**Oklahoma** already has the top spot locked away.

One thing became abundantly clear: Those folks at **Nebraska** don't play. Even a season-ending win over **Colorado** couldn't save **Frank Solich's** head coaching job. Solich lost his job after leading the **Cornhuskers** to a 9-3 record and national rank-

ing. **Athletic Director Steve Pederson** said the program was slipping into "mediocrity."

Note to AD Pederson: A whole lot of programs across the country would trade for that mediocrity in a heartbeat.

\*\*\*

The new No. 1 men's college basketball team is?

**Kansas.**

Yep, last week's fifth-ranked Jayhawks moved into the top slot pretty much by default, as the four teams ahead of them – **Connecticut**, **Duke**, **Arizona** and **Michigan State** – all lost last week.

Kansas will get its first test Saturday when the Jayhawks travel to 17-ranked **Stanford**.

Many of the top 25 teams will be in action this weekend, with Connecticut hosting **Army**, Duke hosting **St. John's** and Arizona traveling to **St. Louis**.

Compiled from [www.espn.com](http://www.espn.com)

# Trooper picks

JTF personnel's predictions for this week's games

## Games

**Kansas State at Oklahoma**  
**Army at Navy**  
**Notre Dame at Syracuse**  
**LSU at Georgia (Atlanta)**  
**Boise State at Hawaii**  
**Seahawks at Vikings**  
**Colts at Titans**  
**Cowboys at Eagles**  
**Chiefs at Broncos**  
**Buccaneers at Saints**  
**Last week's record**  
**Overall record**



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

**Oklahoma**  
**Navy**  
**Syracuse**  
**LSU**  
**Boise**  
**Vikings**  
**Titans**  
**Eagles**  
**Chiefs**  
**Buccaneers**  
**5-5**  
**58-38**



Craig Basel  
MWR director

**Oklahoma**  
**Navy**  
**Notre Dame**  
**Georgia**  
**Hawaii**  
**Seahawks**  
**Titans**  
**Cowboys**  
**Chiefs**  
**Buccaneers**  
**9-1**  
**61-35**



SSG  
Deon Lee  
216th MP Co.

**Oklahoma**  
**Navy**  
**Notre Dame**  
**LSU**  
**Boise State**  
**Seahawks**  
**Titans**  
**Cowboys**  
**Chiefs**  
**Saints**  
**7-3**  
**69-27**



SSG  
Stephanie Nielsen  
384th MP Bn.

**Oklahoma**  
**Navy**  
**Notre Dame**  
**LSU**  
**Boise State**  
**Seahawks**  
**Colts**  
**Eagles**  
**Chiefs**  
**Saints**  
**7-3**  
**62-34**

## More Yankees, less Sapp

By SPC Rick Fahr

A few thoughts while waiting for Deion Sanders to physically remove Dan Reeves from the Atlanta Falcons' sideline:

If the New York Yankees sign outfielder Gary Sheffield, will team owner George Steinbrenner's next move be to remove the charade and sign every Major League player, most college players, any foreign player hitting more than .150, a handful of teenage prodigies and the rights to several as-yet-unborn sluggers, thereby ensuring a Yankees' championship next year and for generations to come?

\*\*\*

The veil of secrecy is finally off the Florida State University conspiracy.

Anyone who saw Saturday's game with Florida – not included in that group would be the officials presiding over the fiasco – knows that the Gators got hosed.

Fumbles that weren't. Fumbles that weren't were. And

### FAHR GAME

on and on and painfully on, until another blown call after a Seminole fumble on the 3-yard-line gave the ball, and the game, to FSU.

The powers that be obviously want the Seminoles in the national title picture every year and will do whatever necessary to make that happen.

Who must Bobby Bowden have compromising pictures of?

\*\*\*

I'm not going to hold my breath, but maybe Sunday's loss at the hands of the lowly Jacksonville Jaguars will keep Tampa Bay Buccaneer Warren Sapp off my TV in the next few weeks.

The Bucs, reigning Super Bowl champs lest we forget, look like a team full of players who want to get an early start on their off-season. They're getting their wish. The Bucs stand at 5-7 and have virtually no playoff hopes left.

So long, Sapp.



Photo by SSG Patrick Cloward

## Golf winner

JTF civilian analyst John Tickner poses with the new set of clubs he won by winning the men's division during the Yata Sectara Golf Tournament Sunday.

# 15 Minutes of Fame...

## With Petty Officer 3rd Class Jason Bundy, PSU Detachment

By SGT Jolene Staker

*Petty Officer 3rd Class Jason Bundy, Pacific Area Port Security Unit Detachment, is an active duty coxswain in the Coast Guard.*

*To earn the Coxswain Pin he went through a very rigorous oral board consisting of three hours of drilling questions covering everything from specifications of the boat to what a coxswain would do if one of the crew falls overboard at night.*

*"He did great, one of the best I've seen," said Coast Guard Lt. Richard Evans, PSU Executive officer.*

*It usually takes about 1½ to 2 years to earn the Coxswain Pin. It is very rigorous. There are two written exams. One for navigation and one for search and rescue.*

*Bundy also had to complete a check ride—2½ hours of drills for everything that could go wrong while on board a boat. The instructor threw stuff overboard, removed steering, killed the engine, disabled radar and removed his chart and GPS.*

*"For an active duty guy to have the coxswain and PSU pin it is very unique," said Evans.*

**Q: Why did you join the Coast Guard?**

**A:** I love the ocean, and it's an awesome job for being on the ocean. I wanted to get out and experience more things. I moved around a lot when I was younger, and I decided I'd let the military move me around.

**Q: How long have you been in the Coast Guard?**

**A:** Almost two years. I was a week away from graduating when 9/11 happened.

**Q: What was it like being in boot camp when 9/11 happened?**

**A:** It was hard. There were



Photo by SGT Jolene Staker

*During his deployment at Guantanamo, Petty Officer 3rd Class Jason Bundy of the Pacific Area Port Security Unit Detachment has earned both the coxswain pin and the PSU pin which are two of the three most sought after Coast Guard skill award pins.*

nine people I went through boot camp with that had family in the building. They lost mothers, brothers and sisters. We were a week out from graduating. Even though they had the chance to go home and finish later, they stayed and graduated. I didn't like that people were hurt, but I felt good about myself knowing that I was in a place to do something about what the terrorists did.

**Q: What was after basic training?**

**A:** Because I am a boatswain's mate I could have gone to school, but I chose to strike the job which is on the job training. I started out as a seaman non-rate. I started out doing the lower end jobs such as cleaning and painting then worked my way up to coxswain.

**Q: How were you chosen for this mission?**

**A:** I volunteered. When I heard about the mission I wanted to come. The Coast Guard doesn't get a lot of opportunities to serve overseas. Since 9/11 did happen during my basic training,

it gives me a lot of satisfaction to work on a mission directly tied to the terrorist acts committed that day.

**Q: Other than being overseas what has made this mission different from your other duty stations?**

**A:** It has been different working with the different branches of the service. It has taught me a lot. Everywhere else I have been was in a remote location so it's just Coast Guard. It's been neat working with the other agencies, seeing how they do things, and learning their customs. Not having been around the Army, Navy, Air Force or Marines I expected a more stressful environment. But it hasn't been that way.

**Q: What has been the most challenging aspect of the mission?**

**A:** It was definitely us coming together as a team. We were put together from several units so we didn't have the experience of working together before this mission. We were just kind of

thrown together to do a job. We didn't know each other's personalities or backgrounds. It would have been easier if we had been a unit that was set up. I think we have the best job on the island. We get to drive boats and become really close to the people we work with.

**Q: Why did you choose to work on obtaining the PSU Pin while here?**

**A:** It's mainly a reservist pin. Reservists are the main ones who go overseas to do missions, so it is rare for an active duty person to have the chance to get the pin. I had to take advantage of this opportunity.

**Q: What was the most challenging part of earning the pin?**

**A:** There wasn't anything particularly challenging. It was time intensive, but it was all really interesting and I enjoyed it. It feels good to wear the pin—a great sense of accomplishment.

**Q: You also earned the Coxswain Pin while on this deployment?**

**A:** Yes, I've been working on it for a year and a half now. It's a long process to make it, and a lot of responsibility. But as a boatswain's mate that is your goal. You have to make coxswain to advance to E-5.

**Q: What are your future plans for your career?**

**A:** After my enlistment is up, I would like to get a federal job working with customs. They have a job where you go out on the boat and look for drugs. I believe my experience in driving a tactical boat will help me. If there are not any jobs available when my enlistment is up then I'll stay in the Coast Guard. If I do get a federal job, I will stay in the Coast Guard Reserves and do my 20 years.