



# the Wire

“HONOR BOUND TO DEFEND FREEDOM”

Volume 4, Issue 25

[www.nsgtmo.navy.mil/jtfgtmo](http://www.nsgtmo.navy.mil/jtfgtmo)

Friday, March 5, 2004

## JTF recognizes women's contribution to military

By SGT Jolene Staker

Women have been serving in the military longer than they have been allowed to vote.

Women's History Month allows the JTF an opportunity to recognize not only contributions that women in military are making every day, but the ones they have made since the Civil War.

PFC Jamie Gresham, of the 258th Military Police Company, has been in the Army for a year. Her daily goal is to "come to work, do what I have to do and go home knowing that I have done something good," she said.

Gresham is following in the footsteps of her father who was also a military policeman in the Army. She didn't have to give a second thought to whether she would be allowed to follow this goal - women are given almost



Photo by SGT Jolene Staker

*SGM Diann Hager of the 384th Military Police Battalion, JDOG S-3 Operations sergeant major (right) discusses trooper issues with MSG Joseph Singley of the 217th Military Police Company (left), Assistant Camp Commandant, SSG Reginald Hargan of the 384th MP BN, Camp America Key Control NCO and SSG Brian Moore of the 384th MP BN, Transient Housing NCO.*

unlimited opportunities in today's military. Many women throughout history have blazed the trail for military members like Gresham.

When PVT Jessica Lynch and SPC Shoshana Johnson were captured in 2003 during Operation Iraqi Freedom, many thought this was a new experience for women. However, women have been prisoners of war (POWs) since the Civil War.

Florena Budwin disguised herself as a man to enlist in the Union Army to be near her husband. They were both captured and imprisoned at Andersonville Prison where her husband died. Her identity was revealed and she stayed at the prison taking care of the Union soldiers until her death from disease in 1865. She was buried at

**See women on page 3**

### Inside the Wire ...

#### SISTERS SERVE TOGETHER



PAGE 4

#### SETTING THE PACE FOR THE JTF



PAGE 8

#### TEAMING UP ON THE WATER



PAGE 11

## Trooper to Trooper

### Military secrets to success

About eighteen months ago, while eating lunch with a number of Chinese generals from the People's Liberation Army, I was asked what I thought were the U.S. military secrets of success. I told them that four factors stood out in my mind. These same factors apply to the preparation and conduct of our upcoming JTF Live Fire.

First, our secret weapon is our non-commissioned officer corps. Having traveled in many countries, I have never found another set of leaders that could make things happen as well as our NCO corps. And solid troop leading procedures support the plan - prep - execute - recock cycle that our NCOs use to 'make things happen.' Troop leading procedures include receive the mission and allocate available time; issue a warning order; make a tentative plan; initiate movement; conduct reconnaissance; complete the plan; issue orders; and supervise execution.

Second, we are a flexible, creative, adaptable team of teams. Some accuse us of never following our doctrine or our plans. Those folks seem to think doctrine is a set of rules that can't be broken, and that you can never deviate from a plan. I prefer to think we view our doctrine and our plans as guides to help us think through challenges. Our winning solutions are executed by T.E.A.M.s (Together Each Achieves More), teams who's combined effects are greater than the simple sum of their parts.

Third, we rehearse. You know the saying, "What you do in practice, you do in the game." Our rehearsals allow us to see if plans are feasible. Rehearsals also allow us to become familiar with the setting of upcoming operations, create visual impressions of events, and construct lasting mental pictures and practice key action sequences.

The last factor that contributes to U.S. military success on the battlefield is the after



**COL Timothy D. Lynch**  
Chief of Staff  
JTF Guantanamo

action review. AARs are professional discussions conducted immediately after an event, focused on performance standards, that enable troopers and units to discover for themselves what happened, what we should sustain, and what we should improve on. AARs also link performance to follow-on training in order to ensure improved performance in the future. Informal AARs are usually performed at crew, squad and platoon level. Formal AARs are usually held at and above company level. All AARs require planning and preparation in order to maximize training value and get everyone involved.

The factors I discussed with the PLA generals 18 months ago can be applied to our prep for any mission, including our upcoming Live Fire. Ensure you use proper troop leading procedures in the planning, prep, and execution of your missions. Review your battle drills and SOPs. Build rehearsals into your training plans in order to improve your ability to visualize the battlefield, communicate effectively, and synchronize your actions with those of other units. And conduct solid AARs to ensure you capture lessons learned, and apply them to future training events.

See you at the Live Fire. HONOR BOUND TO DEFEND FREEDOM.

#### JTF-GTMO Command

**Commander:**

MG Geoffrey D. Miller

**Joint Task Force CSM:**

CSM Stephen W. Short

**Public Affairs Officer:**

LTC Pamela L. Hart

**Deputy PAO**

LCDR Robert W. Mulac

**70th MPAD Commander:**

CPT David S. Kolarik

**Command Information Officer / Editor:**

1LT Tracy L. Saucy

**Circulation:** 2,100 copies

#### The Wire Staff

**The Wire NCOIC:**

SSG Patrick Cloward

**Editor:**

SPC Rick Fahr

**Staff writers and design team:**

SGT Jolene Staker

SrA. Thomas J. Doscher

SPC William D. Ingram

SPC Katherine L. Collins

**Contact us:**

*From Guantanamo:*

5239/5241 (Local phone)

5426 (Local fax)

*From CONUS:*

Com: 011-53-99-5239

DSN: 660-5239

Public Affairs Office

**Online:**

<http://www.nsgtmo.navy.mil/jtfgtmo>

*The Wire is produced by the 70th Mobile Public Affairs Detachment assigned to the Joint Information Bureau at Joint Task Force Guantanamo. This publication is printed under the provisions provided in Army Regulation 360-1 and does not reflect the views of the Department of Defense or the personnel within.*

### JTF Guantanamo little-known fact

Did you know that 13 percent of all JTF troopers are female?



### Women from Page 1

the Florence National Cemetery and is believed to be the first woman buried in a national cemetery.

SGM Dian Hager, JDOG S-3 Operations sergeant major, also joined the military to be near her husband, but she didn't have to conceal her true identity to do so.

Her husband was in the Army Reserves and came home one day in 1974 sharing the opportunity of joining the Reserves as part of the civilian acquired skills program.

Hager went in and took the test and became a spec-4 in the Reserve Women's Army Corps (WAC). She did two weeks basic training where she wore a wrap around skirt and bobby-socks for PT. Women were not allowed to fire weapons. "It was kind of like going to girl scout camp," said Hager. "It was different."

A year after she joined, the WAC went away and she became integrated into the Army Reserves which allowed her to qualify on weapons. She joined an infantry training battalion so the only place for females was administrative slots. These were filled by spec-5 rank so Hager initially believed she would serve 20 years and retire as a spec-5.

As the doors opened for women, Hager moved from unit clerk to retention NCO and then to NCOIC of a personnel admin center. Changing to a military police unit gave her the opportunity to be a platoon sergeant and then first sergeant and eventually operations sergeant major.

"There has been a lot that has changed since I've come in," said Hager. "There's no doubt about that."

LTC Katherine Platoni, Clinical psychologist and OIC of the 1972nd Medical Detachment Combat Stress Control team, has also experienced change during her 24-year career.

Platoni joined the Army as part of the Health Professionals



(Upper left) 2LT Beverly Driver, 3rd Platoon leader of the 216th Military Police Company, works administrative issues in the office.



(Upper right) LTC Katherine Platoni, Clinical psychologist, looks through one of her many reference books in her office where she serves as the 1972nd Medical Detachment Combat Stress team OIC.

(Right) PFC Jamie Gresham, of the 258th Military Police Company (left) practices putting handcuffs on fellow unit member PVT Amanda Heath during 31E training.



Photos by SGT Jolene Staker

Scholarship Program. She received a direct commission as a second lieutenant and was able to complete her doctoral degree in clinical psychology. After completing an internship, Platoni served as the Chief Psychologist at Fort Belvoir, VA. The scholarship required a four-year commitment, but she extended that to five years.

It was during this assignment that Platoni witnessed and was victim to gender discrimination. "It was an embittering experience," she said. She wrote a paper about it several years later

that was published in the *Journal of Military Medicine*.

This experience led her to decide to get out of the Army when her time was up, but she soon found that she missed the camaraderie and the chance to serve her country. "I missed all the things that go hand in hand with being in the military - I missed it much more than I thought I would," said Platoni. "I just couldn't stand it so I had to put that uniform back on." So she joined the Army Reserve.

During the Gulf War she found herself in almost

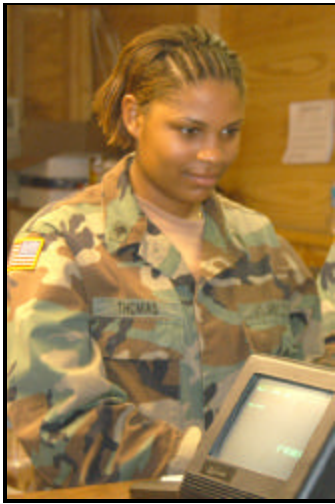
uncharted territory. "I exclusively provided combat stress control services before this became doctrine and a mandatory part of most deployment missions," said Platoni. "I got in on the ground floor."

"I did a lot of crisis intervention for families," she said. "In 90-91 no one knew what it was like to deploy."

Platoni remembers when a friend who joined just two years before her told her that the WAC

**See women on page 4**

# Sisters in arms back each other up in GTMO



Photos by SGT Jolene Staker

(upper left) SPC Marshette Thomas, 384th Military Police Battalion, familiarizes herself with the computer at the Camp America Post Office. She normally works as a postal clerk in the detainee mail section, but her training qualifies her to work in several capacities.

(upper right) SPC Renita Thomas, also of the 384th Military Police Battalion, helps a customer on the phone in the JDOG S-1 office where she serves as an administrative assistant.

(above) SPC Marshette Thomas (left) and SPC Renita Thomas play basketball; one of the few activities that the sisters both enjoy.

By SGT Jolene Staker

SPC Marshette Thomas and SPC Renita Thomas both of the 384<sup>th</sup> Military Police Battalion joined the Army Reserves together and now serve together at JTF Guantanamo.

Renita was the one who decided to join the military. It was during the summer between her college classes. "I was bored and I wanted to stay in shape for track season," said Renita.

Renita talked Marshette who was a junior in high school to join with her. "I was doing something different and I didn't want to do it by myself," she said.

Marshette doesn't regret letting her sister talk her into joining the military. She did say that she got mad at her a few times during basic training for talking her into it, but she is happy that she did join.

The military was not new to the sisters. Both their father and mother were in the Army. They don't remember much about their father being in, but their mother served up until their teenage years.

The sisters joined the military in the same Military Occupational Specialty as their mother has served in – 71L, Administrative Specialist. Both sisters have gone on to add the additional skill identifier F5 which allows them to work with the mail.

Renita works in the JDOG S-1 where she is the administrative assistant. Marshette works

in the detainee mail section as a postal clerk. The sisters do share a room and say that when they are in the room together is about the only time they spend together.

Marshette likes going to basketball games and working out in the gym as well as going to the clubs, dancing, and being around people. Renita is totally opposite. She stays home and plays video games most of the time.

The sisters have another younger sister at home. They keep in touch with her and the rest of their family by email and phone. Both say they call home about every other day.

Both sisters say that they are glad to have each other. "I'm happy to be here, and I didn't mind that we got extended," said Renita. "It's easier when you have family with you."

"I've never been outside the United States so this has been something different for me," said Marshette.

Both sisters plan to attend college after they get home from deployment. Marshette can't decide between being a dentist, lawyer or psychologist. Renita has narrowed it down to being an accountant.

The sisters may be opposites but they know they can count on each other. "I've got her back all the way," said Marshette. "Whatever she needs I've got her."

"I like knowing that I've got someone here for me," said Renita.

## Women from Page 3

gave classes in make-up and how to dress. Now she sees that many career fields have opened up and women receive the same quality of training as the men.

2LT Beverly Driver, 3rd Platoon Leader of the 216th Military Police Company, is in the National Guard to make a difference.

Her goal is "helping soldiers see things from a different view and being more positive," she said.

She has served 12 years in the military.

She joined the Reserves in 1985 as an administrative specialist and after a break in service joined the Guard in 1999. She joined the Guard as a specialist but then went to OCS.

Driver believes that it is challenging and rewarding for women to be in the military. "I'm proud to be female," she said. "Women in the military are just as good as any male."

The mother of two sons ages 16 and 20 she finds it difficult to be away from home. "I love them and miss them," she said. "At the same time they are sad

because I'm not there with them they know I am doing something positive for my country."

Women serving today are doing something positive for their country just like the women who have served in every war since the Civil War. Many don't realize that 30,000 women served during World War I or that 16 women received the Purple heart during World War II and over 700 WACS received medals and citations at the end of the war. WACs, women Marines and women in the Air Force all served in Vietnam.

# Brothers serve up quality for Cafe Caribe

By SSG Patrick Cloward

Did you know there's a family-run restaurant near Camp America?

Well, not exactly. But among the hard-working cooks and servers at Café Caribe, two of them come from the same unit, and family.

"We understand each other," said SGT Derek Acosta of his brother SPC Chris Acosta. "If something needs to be done, I have his back and he has my back."

Both from the 384th MP Battalion, these 92G cooks have been serving their first deployment well, working in the heat and dust since way back when the troop tent was the main dining facility for Camp Delta.

"We worked in a tent set up here," said Derek, comparing it to the newer, more comfortable Café Caribe. "It was just a big blow up air tent with air ducts. We didn't have all this equipment. Even the drinks were served out of big green juice jugs."

"It was a challenge for them



Photo by SSG Patrick Cloward

SGT Derek and SPC Chris Acosta, of the 384th MP Battalion, serve together as cooks at Cafe Caribe in Camp Delta

to transfer to the new café," said Chris of the work it took to make the transition to the new facility.

He said he didn't have the opportunity to help with the move, but he knows what is expected of him no matter what the task.

"The challenge is to always

do a good job for them and do what you're doing," he said.

"I like the fact that I got to work with my brother," said Derek. "People underestimate the job that we do. They used to think cooks don't do anything." But Derek said that all it takes is a couple of weeks following in his and his

brother's footsteps and most understand what hard work it is. "Since they had the opportunity they say food service will break you," said Derek. "It is a strenuous job, but when people come in and they're hungry, if there's anything I can do to make it better, I'll do whatever I can to do it."

## Four-day pass now available for JTF troopers

By SSG Patrick Cloward

For deserving members of the JTF-GTMO, the door has opened to spend some time back in the States without using leave time. Troopers can now look forward to relaxing in Jacksonville, Florida, on a four-day pass.

"The intent of the 4-Day Pass to Jacksonville, FL is to reward troopers that go above and beyond what is regularly expected of them," said MG Geoffery Miller in his newest policy letter, #22. "The pass is not an entitlement. The pass can only be used on the rotator flight departing Guantanamo Bay on Friday and returning on the following Tuesday. The duration of the trip is 4 days with one day

allowed for travel back to Guantanamo Bay."

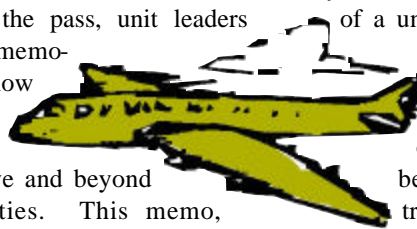
To apply for the pass, unit leaders need to write a memorandum stating how his/her trooper gave a superb performance above and beyond their normal duties. This memo, including the desired dates of the pass, and a pass request from the trooper's respective service, should be forwarded through their chain of command for final approval. Approval authority for the Jacksonville pass will reside at and above the company level.

Now for the nitty gritty: conditions for the pass are simple. Troopers have to fol-

low the same procedures for the pass as they would for leave. No more than 10% of a unit can be absent at one time.

Plan to allow 14-day advance notice for a pass. Troopers can travel Space-A, and must out-process through J-1 the day before they depart. Finally, troopers are responsible for their own expenses. Last but not least, while on pass troopers cannot travel more than 100 miles from Jacksonville, Florida.

For more questions, leaders can talk to their chain of command, or contact the JTF-GTMO J-1 at 8050. If a leader feels a trooper deserves some recognition for superb performance, then fill out that pass request today!



# Women's Memorial calls for all female service members' biographies

By SPC Katherine L. Collins

The Women In Military Service For America Memorial, the only major national memorial honoring all women who served in our nation's defense through history, encourages all female service members to submit their biographies to be recorded as a vital part of our nation's history.

"What we don't record, we lose," asserts the memorial foundation in its website. "The patriotism and bravery of our military's women are a part of our nation's collective heritage."

The Memorial, located in Washington D.C., recognizes women who submit their biographies through exhibits, film and the Memorial Register, which guarantees each registered woman's individual story a permanent place in America's history.

More than two million women have served in defense of our nation, since its birth more than 220 years ago. The individual histories of nearly 250,000 of these brave women are captured in the Memorial Register.



The register is an interactive computer database that allows Memorial visitors to experience the lives and service of these women through access to military histories, photographs and their memorable military experiences.

Eligibility as a "member" includes living or deceased women veterans; Active Duty, Reserve, Guard and US Public Health Service uniformed women; and women in the Coast Guard Auxiliary and the Civil Air Patrol.

Eligibility as a "We also served" member includes women who served overseas during conflicts, in direct support of the armed

forces, in organizations such as the Red Cross, USO and Special Services. Those in the U.S. Public Health Service Cadet Nurse Corps are included in a special honor roll of cadet nurses.

All servicewomen, past or present, can help preserve this important, continuous and long overlooked chapter of history by filing a registration form today for themselves or for a family member or friend who has served.

"Every woman's story is important, and any information is better than no information," the foundation assures. "It is individual experiences that make up America's collective history. Make sure the story of women serving in defense of our nation is recorded and never forgotten."

To check to see if you or someone else is registered with the Memorial, call the registration department at 703-533-1155 or 800-222-2294.

To register, update your record or plan a visit to the Memorial, go to [regdept@womensmemorial.org](mailto:regdept@womensmemorial.org).

## Trooper on the Street

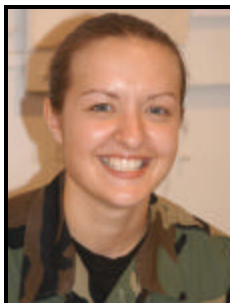
By SPC Katherine L. Collins

This week's question: **What female role model inspires you the most and why?**



**SSG  
Michelle Sweitzer,  
384th MP Co.**

*"Pat Summit, University of Tennessee women's basketball coach. She strives to be the best in all she does personally and professionally."*



**Air Force  
SrA. Jessica Julga  
JPRC**

*"My mom. She is very strong-willed and determined. She doesn't let anything stand in her way."*



**Coast Guard  
PO2 Alexis Fair  
MSST**

*"My mom. She lost her mother when she was young and overcame a lot of adversity growing up by developing independence. She then passed on that trait to my siblings and me."*



**Navy  
PO1 Deneen Moore  
JTF chaplaincy**

*"Judge Glenda Hatchett. She's tough but fair-handed and rules with love in her courtroom."*



**Air Force  
SrA. Katy Krekelberg  
J-3**

*"My grandmother. No matter how little she had, she had more than enough to give."*

# Serving with a hug and a smile: the women behind the scenes of JTF's spiritual ministry

By SPC Katherine L. Collins

A hug, smile, listening ear and a plate of cookies, too, can go a long way when you diligently serve far from home. Behind the scenes of JTF's spiritual ministry are the faces and generous hearts and hands of a few godly women like Joan Feehan, Pam Miller and Denise Clark, who provide those gifts to JTF.

Mrs. Feehan, wife to LTC Stephen Feehan, JTF chaplain, is known to most as Joan and to some as 'Mom' or in kidding, "GTMO Mom." Her ever-present humility and warm hospitality give many troopers a sense of being home. From inviting troopers to her residence to joining them in worship and fellowship at the week's various Christian activities, or just eating and talking with them in the galley, she brings to troopers a sense of being special and loved.

"It's very apparent that the ministry here at GTMO is concerned with the troops spiritual health," said SSG Lee Arnold, 177th Military Police Brigade, "And God has blessed [Guantanamo] with female spiritual leaders. I can testify to their God-given gift of reaching and touching the human spirit."

"All along I've seen my ministry here as just making others feeling loved and welcome," said Feehan. "I think God is able to accomplish this through my openness and simplicity. Also, as I build relationships with the troopers I let them know that if they ever need to just get away and talk, I will listen."

Indeed, Feehan says she listens attentively and confidentially, offering advice from the Bible and her own Christian walk. She enjoys learning the prayers, praises, fears and joys of everyone she befriends, she said.

"Joan, and every other woman walking with the Lord, has a viable ministry in this particular place," said CH (Lt.) Sharon Shaw, NAVBASE chaplain. The fellowship of the [Protestant Women of the Chapel] and the Women's Bible Study has been a tremendous blessing and a great addition to our Command Religious Program."

While Joan is the Mom, Pam Miller, wife of JTF Commander MG Geoffrey Miller is the sweet JTF cookie fairy. Weekly, she bakes cookies, delivering them to the troops with the CG, and bakes banana bread or another goody for the 9 a.m. Sunday Protestant service, which she and the commander attend weekly. Full of joy and laughter, she brightens any room as she greets troopers with a hug and hello.

Clark, a Red Cross employee, is a frequent visitor, hugger and welcoming spirit to JTF as well. Often you will find her talking with soldiers at the checkpoints, just to see how they are doing. You



Photo by SPC Katherine L. Collins

Denise Clark, Red Cross employee, thanks troopers for their hard work. Clark said all troopers, enlisted and officers, need to be thanked and encouraged on a continual basis.

might even catch her there at 2 a.m.

"All the troops here engage in hard work every day. It's very hard for them being away from their families too, especially when they need to talk or just know someone cares," said Clark. "I've had soldiers come into my office at Camp America just to get away and sit for a moment. If they need an ear, I listen. I let them know my door is always open."

Clark is the lady with the treats. You can "go shopping" at her office any time. She lets troopers know they can come pick from any of the Red Cross donations there, as well as just stop to chat.

The services Feehan, Miller and Clark provide impact all JTF and Guantanamo Bay; however, their ministry plays an even greater role in the lives of female troopers.

"Female fellowship is absolutely essential," said Shaw. "Men and women are different, communicating differently, a fact I believe every person can readily agree with. So women have some needs that can only be fulfilled by other women. As the only female chaplain here, I readily welcome all women who desire to talk to me, JTF or NAVSTA."

"I realized how important it is to be with other women when I attended PWOC," added Arnold. "I did feel the spiritual connection but more important at first, was the immediate acceptance which I believe came naturally through the female-to-female bonding experience. Beyond the fellowship, God really is blessing JTF and Guantanamo through the ministry of love and wisdom the mature Christian women here provide."

## Heavenly Bits & Pieces

By CH (MAJ) Daniel Odean

**Jesus built a bridge with two boards and three nails.**

*Man has been very successful at designing and building some awesome bridges-bridges that bring land masses and objects together. Man has attempted to build bridges to God too. I call these the bridges of religion. The fact is, God built the bridge to man that we could never build. Are you ready to go across?*

Acts 2:21 - "And it shall come to pass that whoever calls on the name of the Lord Shall be saved."

## Dinner On the Ground

*Calling all JTF to a time of pot luck and fellowship following the Sunday 0930 Protestant service at Troopers Chapel. Join us for worship and bring your favorite dish or just a great appetite.*

# General Peter Pace, Vice Chairman of the Joint Chiefs of Staff, visits troopers



Photos by SGT Jolene Staker



Above right: Gen. Peter Pace (right) presents a coin to Marine Staff Sgt. Jean Wagnac, J-4 Property Book Office NCOIC, on Marine Hill.

Above left: Troopers from A. Co, 1st Battalion, 181st Infantry Regiment pose with Gen. Pace after being coined (from left to right) PFC Christian Lamarche, SGT James Duggan, SSG David Duplin and SPC Todd Collins. Soldiers took a break from duties to participate in a question and answer session with Gen. Pace.

Left: Gen. Pace holds a question and answer session for JTF Troopers at Camp America.

Bottom left: General Pace (left) stops to coin gate guard SPC Scott Wysk of B Company, 1st Battalion, 181st Infantry Regiment.

Bottom right: During a tour through Camp Delta Gen. Pace stopped to meet MPs waiting to go on shift. (left to right) SPC Steed Scutt, PFC Duane Dreasky and SGT Richard Pulver all of C Battery, 119th Field Artillery and SPC India Bryant of the 273rd Military Police Company pose with Gen. Pace after being coined.







Photo by SPC Rick Fahr

## Tee'd Off

Navy Lt. Cmdr. Phil Miceli of the JTF detention hospital tees off during last week's JDOG golf tournament.



Photo by SSG Patrick Cloward

## A late Fat Tuesday

(Above) Members of the Rumor Mill band captivate audience members during the "Fat Tuesday on Friday" celebration of Mardi Gras Friday Night at the Windjammer Club. Members included MSSST 91110 members (left to right) Petty Officer 3rd Class Adam Santalla, Petty Officer 1st Class Fran Berthiaume, Petty Officer 3rd Class Tom Pease, LT Mike O'Neill and drummer Petty Officer 3rd Class Jonas Fields.

# Cardiovascular Exercise: How much is enough?

By SGT Talal Elkhatib  
Master Fitness Trainer

Cardiovascular training is essential to getting fit. Cardio or aerobic exercise is done to improve the workload of your heart and lungs. We use cardio a lot in the military. From a 3-5 second rush to a long distance run. We need to be physically fit all the time.

You can improve your training by knowing the intensity of it. Here is a quick formula to calculate your training heart rate.

The first thing you need to know is your resting heart rate. Make sure that you are at complete rest before doing this. The best time is right when you wake up. There are two major locations for calculating your pulse, the radial pulse that is on your wrist and the carotid pulse, which is on the side of your neck (preferred). Count the number of beats starting with zero for one minute and that is your resting heart rate. Conditioned soldiers have numbers as low as 40-60 beats per minute. For beginners, training should be at 60-70%. For intermediate, training should be at 70-80%. For athletes, training should be at 80-90%.



Next, figure out your maximum heart rate which is really simple.

220- your age = maximum heart rate which simply means don't go over it tough soldier.

Now since you have the needed information, here is your formula: (beginner) 50-60%

For minimal intensity:

Maximum heart rate- resting heart rate=

The result x 50% + resting heart rate= For maximal intensity:

Maximum heart rate- resting heart rate= The result x 60% + resting heart rate = Example: SGT Elkhatib's intermediate level training 70-80%

220-24=196 (maximum heart rate)

196- 68 (resting heart rate)=128

128x70%= 89.6 +68=157.6 beats per min

220-24=196

196-68=128

128 x 80%=102 + 68= 170 beats per min.

For aerobic improvement, you should train at 80-90% of your maximum heart rate. For fat loss, you should do 30-45 minutes at minimal heart rate. The process of burning fat for fuel will usually start after 20 minutes. Your body will more than likely start burning muscle mass or protein after 45 minutes. You can do 30 minutes in the morning and 30 in the afternoon. Tips: if you are overweight, do not run outside; Simply because you are putting too much pressure on your joints. Exercise on the elliptical machine until you lose weight then go outside. Also, if you can't hold a conversation while running, then you are doing too much for your level. Help each other and enjoy your weekend.

## SPORTS, RECREATION AND LESIURE

## Sports highlights

## Fate of Bengals in the hands of Heisman winner

Compiled by SSG Patrick Cloward

Baseball legend **Barry Bonds** received steroids and human growth hormone from a nutritional supplements lab implicated in a steroid-distribution ring, according to information given to federal investigators, the San Francisco Chronicle reported late Monday on its Web site.

Bonds investigators also were told that **New York Yankees** stars **Jason Giambi** and **Gary Sheffield**, as well as three other major leaguers and one NFL player, were given steroids, the newspaper reported.

Bonds' personal trainer, **Greg Anderson**, gave the players the drugs from the Bay Area Laboratory Co-Operative, according to information given to the government and shared with the newspaper.

The newspaper stated that its information did not "explicitly state" that the athletes used the steroids after obtaining them.

\*\*\*

In college basketball, **Northern Iowa**

senior **Matt Schneiderman** and **David Gruber** scored 16 points each in the Missouri Valley Conference against **Southern Illinois** and dominated on the boards to lead their team past the 15th-ranked **Salukis** 68-52 on Monday night.

Northern Iowa beat a top-25 opponent for the third time this season and kept Southern Illinois (24-3, 17-1) from becoming the first team to finish unbeaten in the league since **Bradley** in 1985-86.

\*\*\*

In football, the **Bengals** promoted **Carson Palmer** ahead of quarterback **Jon Kitna** on Monday, placing their future in the hands of a Heisman Trophy winner who has yet to take a snap in the NFL.

Kitna won the Comeback Player of the Year award for leading the Bengals into playoff contention last season, but Palmer has the stronger arm and the much bigger contract.

Kitna is under contract for next season and has offered to renegotiate so he could give the team more salary cap flexibility.

Lewis said that Kitna was disappointed when informed of the decision to make him a backup.

\*\*\*

In college football, a **Northwestern State** football player died Monday after collapsing during an off-season workout on campus.

**Christopher Waddell**, 18, was a walk-on offensive lineman who had been participating in the team's off-season conditioning program since January, football coach **Scott Stoker** said.

A certified athletic trainer was on the field monitoring the workout when the redshirt freshman collapsed, Stoker said. Two more certified athletic trainers attempted to resuscitate Waddell before an ambulance arrived and took him to Natchitoches Parish Hospital, where he died.

Coroner Dr. **Charles Curtis** said an autopsy would be performed.

**Sports Highlights compiled from www.espn.com.**



## 62 years of Seebes

Photos by SSG Patrick Cloward

(Left, clockwise) CPT Sean Wilson enjoys a good laugh. Ens. Anthony Fitzpatrick, resident officer in charge of construction and Mr. Dave Nelson, a retired Seebie and now supervisor of the Base safety office presided as the youngest and oldest See-Bee's members as they honorarily cut the cake for the event. CPT Linda Schwartz holds a coveted table prize in a drawing during the annual Seebie Ball, held Saturday at the Windjammer. The celebration marked the 62nd year of the formation of the naval construction battalion.



# MSST and Harbor Defense, 'seamless teamwork'

By SSG Patrick Cloward

When an unexpected ship needs to be escorted into the bay, how do the MSST and the COMNAVBASE harbor patrol manage to get it in without running into each other?

Working like a well-coordinated troupe, members of the MSST and harbor patrol work a seemingly complicated, but really, very simple philosophy when serving the same mission with two different commands.

"It was a big problem with a simple fix," said Navy Chief Petty Officer Jeff Williams, harbor defense leading chief petty officer. "That was communication."

Up until recently, Navy-led harbor patrol and the JTF-led Coast Guard Maritime Safety and Security Team only spoke with their respective commands.

"We had our zone of the bay and harbor defense had their zone," said Coast Guard Chief Petty Officer Paul Wells, operations chief of MSST 91110. "We would do a lot of the escorts if the Coast Guard ships came in. But it still was a pretty divided bay."

"The separation was there because we didn't know what the other was doing," said Williams. "We had the same mission, but different bosses."

That was also different for the members of the MSST who were accustomed to a different mission back in the states.

"At home they deploy us up and down the east coast," said Wells. They deploy us for any assistance. New Years Eve would be a good example where the coastline needed



Photo by SSG Patrick Cloward

Petty Officer 2nd Class Ronald Cooper and Coxswain Petty Officer 2nd Class Maryellen Murdock guide their patrol boat in darkness during night maneuver training.

extra security." Other times they would be subject to the orders of the captain of the port they were assigned to. "We would do security zones or safety zones," he added. "So we would be in charge of protecting a limited access area like a pier they want protected."

Working for the JTF has changed their focus.

"Right now, we're working for the JTF," said Wells. "The difference is down here we do protection of the bay and fall under the General and whatever his standing rules of engagement are. Everyone knows what side of the bay they worked on, but that knowledge on how we do things and why, was not passed on to harbor defense."

This brought up the need to discuss a

change with harbor patrol.

"Chief Williams and I got together and changed the way we do business down here," said Wells. "The two teams just weren't working together. If you have an operation you need both sides of the house to brief each other."

"We really geared up to a joint role," said Williams. "We have weekly meetings to discuss operation plans and back each other up."

That has brought tremendous benefits to both sides of the operation.

"What we did was decide that every Tuesday we would discuss what was coming up for the week so that both knew what was coming," said Wells. "We created our own standard operating procedure for both teams that didn't exist before."

Some of those standards included communications between coxswains (pronounced cox-sn, another term for driver of the boat) before getting underway at the beginning of each shift, using one person to route radio traffic for both teams instead of the previous two, and most important, a willingness to assist the other team when the need arises.

"It's a more seamless partnership with the MSST unit," said Williams. "[Ship] Escorts are almost like a water dance. You couldn't tell one team from the other. They communicate and get it done."

"Relations are 100% better than when we first got here," said Wells. "The job is easier than before and it runs a lot smoother."



Photo by SSG Patrick Cloward

Petty Officer 3rd Class Neil Carlson, Seaman Brandon Henderson and Seaman Jay Scharff of the MSST 91110 practice pursuit maneuvers in a TPSB (Transportable Port Security Boat) during pursuit exercises.

# 15 Minutes of Fame...

## With Petty Officer 2nd Class Maryellen Murdock, MSST

By SPC Katherine L. Collins

*Petty Officer 2nd Class Maryellen Murdock joined the Coast Guard to gain experience toward becoming an environmental police officer. Serving as a coxswain, driving boats for the Maritime Safety and Security Team as it secures the shores and waters of Guantanamo, she continues to appreciate and grow from her military service. She attributes her four years of enjoyment and success, in part, to her highly supportive family and fiancée.*

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

**A:** I wanted to be an environmental police officer, and I learned that the Coast Guard would provide great training in law enforcement, and that I'd be out around the water most of the time. I joined just over four years ago.

**Q: How has your military experience assisted you toward your career goals?**

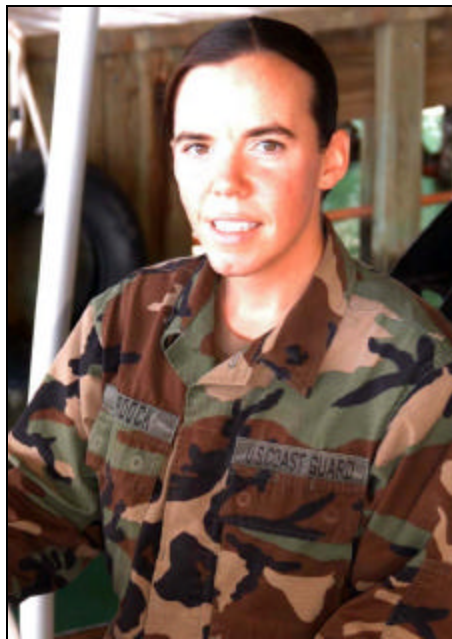
**A:** When I joined, I had the choice of going the law enforcement side or the marine life side. I chose the first. My initial assignment out of boot camp was in New Haven, Conn. There we did a lot of law enforcement and search and rescue, which gave me great experience. Serving with the MSST and my mission in Guantanamo are just other stepping stones of experience.

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

**A:** I really loved boot camp. The day I became a coxswain was great. I felt like I really accomplished a goal, towards which I had really worked hard. By that point I knew I'd really like my job too.

**Q: How has your military service impacted and molded you as a service member and a person?**

**A:** The Coast Guard has been a great way for me to explore my professional interests, so I can have a better idea of what I want to study before I begin col-



*Photo by SPC Katherine L. Collins  
Petty Officer 2nd Class Maryellen Murdock sits at the wheel of an MSST viper boat.*

lege. I'm not sure if I want to be an environmental police officer anymore. I love what I do now, but during my time in the Coast Guard I've begun to explore other fields too. Also, it's made me realize I can accomplish just about anything I set my mind to. It's made me really determined and has further developed my patience. It's also enhanced my adaptability.

**Q: How has your family supported you in your active military career?**

**A:** I have great family support back home in the Boston area — There's my mom, dad, sister and two brothers, and I have lots of aunts and uncles. My fiancée, who's also in the Coast Guard, has been awesome too. They send me packages all the time here — anything I want--and they call. I don't have to worry about anything at home. It's all taken care of.

**Q: What experiences and personal qualities do you believe have benefited you most professionally and personally during this deployment?**

**A:** My ability to adapt to different environments has definitely helped.

**Q: What goals have you set for yourself while in Guantanamo?**

**A:** I didn't set any specific ones, because I really didn't know what to expect. My only goal has been to work towards returning home safe and knowing I served my mission here to the best of my ability.

**Q: What do you do to relax at home and in Guantanamo Bay?**

**A:** I like to talk on the phone with my fiancée. That's relaxing and calming. I like to do crafts too. Here I've made bird feeders. Now I'm painting a wooden model boat and making seashell magnets. I also love reading magazines and cooking. I started a recipe book here. I love working out too. This is pretty much what I do at home too, except there I do it with my fiancée, and at home I also love to shop.

**Q: What are your plans for when you return home?**

**A:** I really just can't wait to get home and be with my fiancée, then go to Dunkin Donuts and get a 'laaaj regula' [large regular coffee]. I can't wait to smell the Boston air, cook, shop and use my cell phone. On the serious side, I'll continue my service in Boston. I reenlisted for three years in order to come to Guantanamo. I also plan to get married in June 2005. We'll have a clambake. And I'll just keep exploring my career options and begin looking towards planning a family.

**Q: Looking back on your overall military experience, what makes you most proud to serve?**

**A:** We live in the greatest country in the world. We owe it to the people in the past who have made it the nation that it is. With so much chaos in the world, too, our nation is forever striving to put its best foot forward. I want to help keep that pursuit of freedom and happiness around the world alive, so I'm proud to be a part of that success.

I was born on July 4 too, so patriotism is in my blood.

# The GTMO Guide: Answers to Your Questions

Who can help me? What's for lunch? What movie's playing? Where can I find that? How does this work?

## IG announces new National Guard pay support

The Inspector General information network has received a piece of good news for Army National Guard members.

The Army National Guard Financial Services Center in Indianapolis is currently in the process of establishing two teams to assist soldiers with pay issues. One team will perform customer service functions for soldiers who have been unable to solve the problem within their command. This team will coordinate actions to fix the problem. You may contact this team toll free at 1-877-276-4729 or by email at ARNG-MILPAY @ A R N G - F S C . N G B . ARMY.MIL.

The Second team will be a mobilization team and serve as an advocate for the Guard at the mobilization and demobilization locations. Additionally, they will

Your guide to ...

# IG

perform audits on pay accounts to insure pay accuracy and work with Contingency Travel to work out travel voucher issues. This team is expected to be up and running by the end of March and will be available to assist during REFRAD (Release From Active Duty).

The IG office in Room 204 of the Commissions Building is open Monday - Saturday. The IG phone number is 5399. The Camp America IG office is in Building 7200 and is staffed Monday, Wednesday, Friday afternoons and Tuesday, Thursday, and Saturday mornings. The Camp America Office phone is 3501.

Bus stop routes include the following stops. Not all stops are listed.

### Sherman Avenue

First Street - :00; :30;  
 East Caravella - :03; :33;  
 Marine Hill - :05; :35;  
 Post Office - :10; :40;  
 Windjammer - :11; :41;  
 NEX - :14; :44;  
 Bulkeley landing - :17; :47;  
 Ferry landing - :21; :51;  
 Commissions Building - :23; :53;  
 Ordnance - :26; :56;  
 Bulkeley landing - :28; :58;  
 NEX - :32; :02;  
 Windjammer - :36; :06;  
 Post Office - :37; :07;  
 Marine Hill - :41; :11;  
 Hospital - :48; :18;  
 Windward Loop 1 - :52; :22.

Your guide to ...

# Buses

### Camp America/NEX

Camp Alpha - :00; :20; :40;  
 NEX trailer - :02; :22; :42;  
 Camp Delta 2 - :06; :26; :46;  
 TK 4 - :12; :32; :52;  
 TK 1 - :16; :36; :56;  
 Windjammer/Gym - :23; :43; :03;  
 NEX - :30; :50; :10;  
 Windjammer Gym - :35; :55; :15;  
 TK 1 - :40; :00; :20;  
 TK 4 - :46; :06; :26;  
 Camp Delta 1 - :52; :12; :32;  
 Camp Alpha - :00; :20; :40.



### Camp Bulkeley

#### Fri., March 5

8 p.m. *Big Fat Liar*  
 PG - 88 min

10 p.m. *The Professional*  
 R - 110 min

#### Sat., March 6

8 p.m. *Barbershop*  
 PG13 - 102 min

10 p.m. *Final Destination 2*  
 R - 90 min

#### Sun., March 7

8 p.m. *The Life of David Gale*  
 R - 130 min

#### Mon., March 8

8 p.m. *Freddy vs. Jason*  
 R - 92 min

#### Tues., March 9

8 p.m. *Shallow Hal*  
 PG13 - 114 min

#### Wed., March 10

8 p.m. *The Rookie*  
 G - 129 min

#### Thurs., March 11

8 p.m. *Crazy/Beautiful*  
 PG13 - 135 min

### Downtown Lyceum

#### Fri., March 5

7 p.m. *Stuck On You*  
 PG13 - 119 min

9 p.m. *Miracle*  
 PG - 135 min

#### Sat., March 6

7 p.m. *Paycheck*  
 PG13 - 96 min

9 p.m. *Shattered Glass*  
 PG13 - 99 min

#### Sun., March 7

7 p.m. *The House of Sand and Fog*  
 R - 126 min

#### Mon., March 8

7 p.m. *Cheaper By The Dozen*  
 PG - 99 min

#### Tues., March 9

Live performance by *Tops In Blue*  
 7 p.m.

#### Wed., March 10

7 p.m. *The House of Sand and Fog*  
 R - 126 min

#### Thurs., March 11

7 p.m. *50 First Dates*  
 PG13 - 96 min

## Tax center open through April

Troopers in the JTF's legal assistance office offer a variety of legal services and advice, including help preparing income tax forms.

The center has a talented staff of tax preparers who are doing tax returns for troopers. Most troopers are done in a half hour and see their refund in less than 10 days.

The service will continue through April 19.

For more information on the tax center or other legal issues, call 3561.

# Two joint aid stations serving JTF troopers

JTF personnel have two joint aid stations at which to seek medical attention.

The Kittery Beach station (3496/3497) and the Camp America 2 station (3545) offer sick call hours and a number of special services, such as weight and tape measuring, immunizations, physical therapy and prescriptions.

Sick call hours Monday through Saturday are: mornings, 7 - 10 a.m.; afternoon, 3-5 p.m. (except Wednesday, set aside for JAS training). Saturday sick call is at the Kitter Beach JAS only.

The Naval Hospital is available for more intensive services, and troopers who need emergency treatment should call 911.

## Combat stress ready to solve problems

The Combat Stress Team's main office is located at Building 2337. In an emergency, go to the main office is located at Building 2306 in Camp America. Hours are 8:30 a.m. until 4:30 p.m., Monday through Friday, and 8 a.m. until 2 p.m. on Saturdays. KB JAS hours are 8:30 a.m. until noon, Monday through Friday. Personnel are on call after duty hours by pager; dial 4084, pager

2337. In an emergency, go to the NAVAL Hospital or to the JAS. Combat stress services include walk-in consultations and triage, brief solution-focused therapy, crisis intervention, roommate contracting, anger management, command consultation and suicide awareness and prevention.

### LAVA LAVA ISLAND VACATION BIBLE SCHOOL needs volunteers

Directors, station leaders, crew leaders and behind-the-scenes help is needed for the school, which will be June 14-18

To volunteer, please call the Base Chapel at 2323.

## Tuesday

**Tops In Blue** – The United States Air Force Services Agency celebrates 100 years of powered flight with the Air Force Tops In Blue expeditionary entertainers 7 p.m. Tuesday at the Downtown Lyceum.



### Deployment Cycle Support Program

is open to troops within 90 days of redeploying.

The next class is March 23 - 25

Supervisors should call J3 at 5040 to sign troopers up.

**Have questions about Stop-Loss?  
Information about Stop-Loss can be found at  
[www.defenselink.mil](http://www.defenselink.mil)**



### Catholic

#### Main Chapel

Wed.	5 p.m.	Holy Hour and Rosary
	6:00-6:25 p.m.	Confessions
	6:30 p.m.	RCIA (Chaplain's office)
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.	7:30 p.m.	Mass
------	-----------	------

### Protestant

#### Main Chapel

Mon.	7 p.m.	Prayer Group Fellowship*
Wed.	7 p.m.	Men's Bible Study*
	9:30 a.m.	Sunday School
	11 a.m.	Service/Sunday School

\* Fellowship Hall located in Chapel Complex

#### Camp America

Tues.	7 p.m.	Alpha
Wed.	7 p.m.	Soul Survivor (Club Survivor)
Sun.	7:30 a.m.	Christian Worship
	9 a.m.	Protestant

### New Life Fellowship

Sun.	1 p.m.	Service (Main Chapel)
------	--------	-----------------------

### 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
------	--------	-------------

### Islamic

Fri.	1 p.m.	Classroom 12, Chapel Complex
------	--------	------------------------------

### Jewish

Call 2323 for more information

#### Camp America Church Bus schedule:

Sun.	8:15 a.m.	Tierra Kay
------	-----------	------------

The bus will return following worship.



**Today:** lunch – beef stroganoff; dinner – T-bone steak and lobster.

**Saturday:** lunch – baked ham; dinner – 5-cheese lasagna.

**Sunday:** lunch – stuffed flounder; dinner – roast beef.

**Monday:** lunch – Swiss steak; dinner – parmesan baked fish.

**Tuesday:** lunch – baked chicken tandour; dinner – roast pork loin.

**Wednesday:** lunch – beef sauerbraten; dinner – spaghetti and meat sauce.

**Thursday:** lunch – steak ranchero; dinner – meat loaf.

**Friday:** lunch – fried shrimp; dinner – Teriyaki steak and seafood platter.

