



the Wire

“HONOR BOUND TO DEFEND FREEDOM”

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Friday, December 26, 2003

Home for the holidays in GTMO Bay

“A brother is a friend given by Nature.”

Legouve

By SPC Katherine L. Collins

This season service members throughout the world endure the hardship of spending the holidays away from family, friends and the comforts and traditions of home.

Keeping the holiday spirit alive, JTF Guantanamo unites as its own family to celebrate with festivities. Among those making the most of the joyous season, a few troopers enjoy a special gift this year. United in blood, three sets of brothers serve their nation united in mission here, bringing their growing gift of hope and peace to all the world. They are the 1st Battalion 181st Infantry Brigade's Band of Brothers.

SGT David Jones, of C Company and SGT Daniel Jones, of B Company, followed their childhood dream in 1988 when

they joined the military together.

“We had been studying and playing football together at [the University of Massachusetts], Dartmouth when we called a recruiter to come talk to us. Then we signed up,” said David.

“We joined just because it looked fun,” said Daniel. “We’d always wanted to join ever since we were little kids. Basically every male in our family has been in the military in some way or another. Our father was in the Air Force in Vietnam. Our grandfather was a fighter pilot in WWII. One uncle was in the Coast Guard, and another uncle worked with the Air Force.”

The Jones brothers have progressed in their military careers side by side.

“We went to basic, [advanced individual training] and [primary leadership development course] together,” said Daniel. “We also transferred to the 101st [Field Artillery] together and got our stripes together. Now we are both



Photo by SPC Katherine L. Collins

SGT Daniel Jones and SGT David Jones.

squad leaders.”

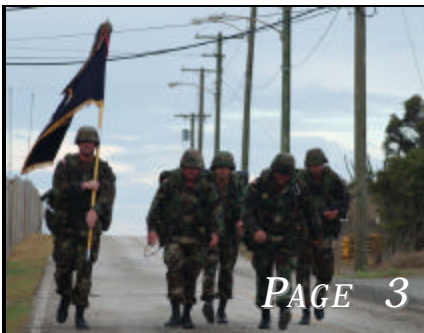
The Joneses volunteered to serve in

See Brothers, page 4

Happy holidays from The Wire staff. The next issue of The Wire will be Jan. 9.

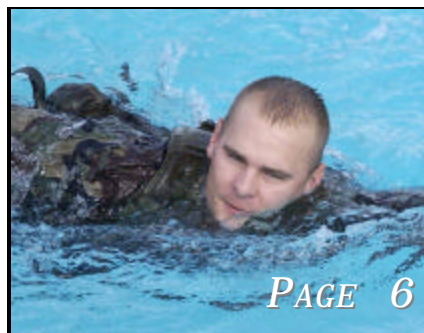
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Trooper to Trooper

We must keep vigilance high for safety's sake

As we approach the end of 2003, I would like to express my sincere gratitude to the men and women of JTF Guantanamo. I was incredibly impressed with the enthusiasm, motivation, talent and patriotism you have displayed in 2003. As this year winds down and we prepare to face a new year of unforeseen challenges, I wanted to share some news and my thoughts on a few topics.

The first bit of good news in the New Year is the start of the Primary Leadership Development Course (PLDC) here in GTMO. The first class starts on Feb. 2. All conditionally promoted sergeants and promotable specialists in the U.S. Army must attend this course. Meeting this requirement here in GTMO will prevent soldiers from having to spend additional time away from their families, friends and jobs when they return home. This will be a great morale booster for our young leaders, as well as providing them with additional tools (institutional knowledge) so they can continue to provide outstanding leadership. An order of merit list (OML), announcing who will attend and when, will be out before the end of the year.

I also want to remind everyone to remain vigilant. The troopers of the JTF are prepared and focused on their mission, but a determined enemy can still take a life from us. We cannot allow complacency to take troopers from our ranks. For starters, please revisit your SOPs and safety program procedures to help safeguard our troopers, ensuring they return from the holidays prepared to continue the fight. Leaders must ensure our troopers understand what is expected of them and that they meet or exceed the standards every time, from the simplest of tasks, such as weapons-clearing procedures and wearing their seatbelts, helmets, reflective gear and other safety equipment to ensuring proper risk assessments are being conducted prior to an operation.



CSM George Nieves
JTF command sergeant major

Simple devices like a road guard vest or belt save lives only if they are used. They do not help anyone if they are tucked in a closet.

Risk assessments, safety briefings, spot checks and corrections are vital to keeping our troops alive. If we do not keep our troopers safe and straight in the coming year, lives will be lost. Troopers will die in accidents that could have been prevented because leaders were lax on standards. We cannot afford to pay that price. Never walk by a mistake. America has given us its brightest and best, and good leadership will ensure they return home safely.

Also, I would encourage all troopers to take as much downtime as your schedules will allow and spend time with friends and families. Sept. 11 and its aftermath reminded me how precious life is and how important it is to show our loved ones what they mean to us.

It is vital that leaders continue to communicate with their troopers. The holidays and the months that follow can be a depressing time. Look for warning signs and hopefully, we can prevent suicides during this difficult period for some.

Again, I'd like to thank all of you for the support you've given me this past year, and I want you to know that I am proud of each of you. We have a great country and a great military, and your hard work is important, it's noticed and it's appreciated.

Honor bound.

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1/181st Infantry celebrates 367th anniversary

By SGT Jolene Staker

From colonial Indian wars to the Revolutionary War to the Civil War to World Wars I and II to peacekeeping missions in Bosnia to homeland security and now the Global War on Terrorism, the 1st Battalion, 181st Infantry Regiment has a history of 367 years of service, making it one of the oldest battalions in not only the Army National Guard but also the United States Army.

Members of the battalion will perform a ruck march to commemorate the organization of their battalion on Dec. 13, 1636, as mission and training schedules allow each unit within the next three weeks.

"We do the ruck march for the anniversary to honor not only the soldiers that have been in the regiment during the past 367 years but we also honor the soldiers that are here right now," said MAJ George Harrington, Headquarters Company, battalion operations officer. "We know to get out here and do this in honor of the anniversary of the regiment honors both the soldiers that came before us and the soldiers that serve now."

The first ruck march participants were from the command staff. LTC Joseph Noonan, battalion commander; MAJ Francis Magurn, executive officer; MAJ Francis Magurn, executive officer; MAJ Francis Magurn, executive officer; CSM Gregory Hurlburt, command sergeant major; and MSG Martin Litwiller, Intel NCO and acting first sergeant. They completed the ruck march early Saturday morning.

"As leaders we have to lead by example — be out front and show our soldiers that we can sweat and get as hot as they can, that we aren't afraid to do that," said Noonan.

"It's important for the command to be out doing everything that our soldiers are doing," said Hurlburt. "The commander and myself go on patrols with the soldiers so that we feel their pain and they know that we know what they are going through."

"The bottom line is that these guys know that the commander knows what he is asking them to do," said Magurn.

The commander is asking them to do the ruck march because he feels it is important to acknowledge and celebrate the battalion's anniversary.

"It's important to show respect for our lineage — those soldiers who have gone before us — for our 367th birthday," said Noonan.

It is a rich heritage they are celebrating. Originally drafted as a militia for self-defense during the colonial period, every man between 16 and 60 was required to enroll and attend monthly musters while providing their own weapons and equipment.

In the early 1700s they fought for the



Photo by SGT Jolene Staker

MAJ George Harrington, operations officer; LTC Joseph Noonan, battalion commander; MAJ Francis Magurn, executive officer; CSM Gregory Hurlburt, command sergeant major; and MSG Martin Litwiller, Intel NCO and acting first sergeant, complete the anniversary ruck march.

British Crown in campaigns against the French in Canada.

In 1775 the regiment fought at Concord during the British retreat back to Charleston. For its efforts that day, the colors of the 1/181st carry the Lexington battle streamer. They are one of only three National Guard units that have been awarded this streamer.

They also carry battle streamers earned during 1778 for service against the British in Rhode Island.

The regiment saw no action during the war of 1812, but they were ordered into service to protect Boston against an anticipated British attack.

In 1861, they were ordered to mobilize for duty in Washington, D.C., where they were the first to shed blood during the Civil War.

After the Civil War there was debate on whether the primary mission of the militia was to quell civil disturbances and enforce state law or train and act as a reserve of the Army.

The debate came to an end when they were mustered into federal service to go to the coast of Cuba and then to Puerto Rico during the Spanish-American War. It was a brief campaign, but the regiment realized

along with the entire Army National Guard that its primary purpose was to serve as a reserve of the Army.

The regiment was called into federal service again on March 30, 1917, just days before World War I and served for just short of two years.

They were activated again for World War II, serving for a total of five years.

While the regiment was put on alert during the Vietnam War, members were not actually called to duty.

The 1/181st provided one company for a peacekeeping mission in Bosnia during Joint Endeavor.

After 54 years of not serving in federal service, the regiment was called to active duty in response of the events of Sept. 11, 2001. During the past two years the 1/181st has performed more active duty service than any other time since World War II.

So the infantryman will complete the ruck march to honor their heritage and themselves. It is a chance to remember the past and prepare for the future.

"It is a physical challenge that makes you practice one of your Army values — courage. You push your limits," said SPC Juan Mateo, A Company.

Brothers from page 1

Guantanamo, attaching to the 1st Bn. 181st Inf. Bde. as forward observers, an artillery MOS. They view the deployment as a positive learning experience and a chance to grow even closer as brothers.

“We were definitely close before we came. We were living together while in college, before we joined,” said David. “The deployment is a good experience. It’s hard to imagine that the mission can bring us any closer than we are already, but I’m sure it will. It’s just great to still be together while serving overseas, because we are so close.”

“This is our first deployment. It’s a good deployment, and it’s great having someone you already know. When we were transferred to the unit for this mission, we didn’t know a single person. So it was great to just have each other,” added Daniel. “Our family likes that we are together. They prefer we stay that way. They know we’re better off together, so we can look out for each other.”

During the first part of the deployment the Jones brothers served on opposite shifts, but now they work the same shift, enabling them to spend more time together.

“We do hang out a lot in our free time. We work out at the gym together and watch movies and such,” said Daniel.

These brothers said they also exchange messages from back home.

“We have a lot of the same friends. So we keep up to date with different groups, then basically exchange notes. At the end of each of my e-mails too there’s always a note saying, ‘say hi to Dave,’” Daniel said.

“As for the holidays, we won’t do much here for Christmas, because we will both be working. We will get together in some form and at some point though, then celebrate extra big next year,” said David.

“We do generally exchange gifts in our own way. At home, the day after Christmas we generally go out with a cousin of ours and say, ‘I want that,’ and the other gets it. Maybe we’ll do that here,” Daniel said.

“It’s just nice to have some family here, especially during the holidays, and especially someone who’s as close to me as my brother,” said David.

Looking ahead to returning home, these brothers set their goals alongside each other in hopes of becoming civil servants. Daniel wishes to focus on completing his last year of college, then join the local police force. David, who worked as an

“We few, we happy few, we band of brothers.”

William Shakespeare



Photo by SPC Katherine L. Collins

SSG Kevin Tivnan, of Headquarters Headquarters Company, and SPC Brian Tivnan, of B Company.



Photo by SPC Katherine L. Collins

SGT Jason Thibault and SGT Adam Thibault, of B Company.

emergency medical technician for a private company and an on-call firefighter prior to coming to Guantanamo, desires becoming a full-time firefighter upon his return home.

SSG Kevin Tivnan, of Headquarters Headquarters Company, and SPC Brian Tivnan, of B Company, likewise find comfort in serving together while in Guantanamo. Kevin entered military service in 1987. The brothers began their service together when Brian followed in his older brother’s footsteps in 1992.

“I was active Army, then joined the Guard while Brian finished high school,” explained Kevin. “I suggested to him and a couple buddies the idea of joining the National Guard. He joined the Guard, then as soon as he graduated he went active duty. Then he returned to the Guard, and we’ve been in the same platoon basically ever since.”

“I knew I wanted to do what he did,” said Brian. “Also my mother passed away when Kevin came home from the first Gulf War. So my father wasn’t around as much. That gave me some guidance to join as well.”

Prior to Guantanamo, Kevin served in Desert Storm and in homeland defense, in N.J. Brian served in Sinai, Panama and Fort Drum, N.Y. JTF Guantanamo is their first deployment together.

“It’s great being together here,” said Brian. “It makes it easier especially around

the holidays.”

“Our dad died in 1999, so it’s been just us two and our two [middle] brothers. We’re pretty tight in general, since all we have is each other as four brothers. We naturally became close,” said Kevin.

“Our family is glad we’re together. They know we can help each other through the hard times,” added Brian.

“In some ways, the deployment actually gives us a break from each other. At home we were living together. Here we don’t see each other much, since Brian’s in a line company and I’m in the headquarters section. Also, like now, one works days while the other works nights,” said Kevin. “It is bringing us closer in other ways though. Years from now we can look back and reminisce about a common experience that most people never have. We’ll be able to share the knowledge and feelings of what it’s like to live in another country, far from family and friends.”

Although they do not see each other much to talk, Kevin and Brian said they do keep each other updated with news from home.

“We swap information if we talk to different people back home”, said Brian.

For the Tivnans, Christmas will be busy, because they both must work, but they plan to make some time to celebrate together.

See Brothers, page 7

Use friends, activities to beat holiday blues

Festive season may lead to depression

By LTC Kathy Platoni, Psy.D.
1972nd Medical Detachment
OIC, (CSC)

For more than just a few of us, separation from home and family may be magnified at this celebratory time of year.

Regardless of religious or spiritual beliefs and holiday traditions, those ever-present images of bright lights, Christmas trees, Chanukah bushes, and Jack Frost nipping at your nose, may become haunting in their absence.

There simply is no snow forecasted for Guantanamo Bay.

Sadness is not exclusive to deployments or being stationed so very far away from all that is familiar and treasured. Oftentimes, the wide discrepancy between the idealized version of winter solstice and the very reality of life happening (unfolding), with its usual complements of burdens and agonies, emphasizes all that is missing from the picture we would prefer to paint for ourselves and our loved ones.

Celebrating these winter holidays may appear to be a foreign concept for those of us who have been deployed. It may seem as if everyone else must be rejoicing in something and singing about Grandma getting run over by a reindeer.

In reality, loved ones back home are probably grappling with the very same anguish created by the absence of those who might as well be millions of miles away.

This can easily become a time of grief, loss and disap-



Photo by SPC Katherine L. Collins

Air Force Lt. Col. Bruce Medaugh sets up a Christmas tree at Troopers' Chapel during a night of decorating the new facility Saturday. According to LTC Kathy Platoni of the 1972nd Medical Detachment, JTF troopers should involve themselves in various activities during this holiday season to help them stave off depression that can come from being separated from family and friends.

pointment if we let it. Such torment certainly far exceeds not getting what we really wanted from the man in the red suit. For this holiday season, a change of direction and focus may therefore be in order, instead of counting our losses and sinking into a vat of self-pity.

Get busy in finding a way to make merry with those you care about in your midst. Arrange to have Christmas dinner together at an appointed time.

Wear a festive T-shirt. Purchase a small gift for someone to whom you wish to demonstrate thanks and gratitude.

Generate some holiday cards for friends who have impacted your life in some meaningful way since your arrival at GTMO.

Attend a chapel service and sing some Christmas carols off key. Partake of the abundance of free activities scheduled on the island during the next few weeks.

Do give yourself time to feel sadness and loneliness.

These are absolutely normal and expected feelings, especially at this time of year. Do not remain an island within yourself. Rather than immersing yourself in misery, give yourself full permission to let go of what seems unbearable.

Do find time for peaceful reflection and to hold close, those memories of loved ones that sustain you. Do give yourself a break, whether to catch up on lost weeks worth of sleep or to take a vacation for your head, lost in the words of an

inspiring or suspense-filled book.

Spend more time thinking about what is to come in the future and how very much you will welcome and appreciate holidays at home from this day forward, rather than dwelling upon what is not the case this time around. Instead of overindulging in care packages spilling over with holiday treats – fruitcake notwithstanding – or making daily trips to the alcohol aisle at the NEX to stock up, remove yourself from your quarters and do something significant for someone else.

Find meaning in what you deliver to others, exclusively from your heart and soul. This rarely fails to produce some small spark of internal joy and delight.

Unfortunately, sadness, longing, and depression never take a vacation.

Therefore, if all else fails and you believe that you have succumbed to the holiday blues, do make a point of contacting the 1972nd Combat Stress Control Team or your Unit Ministry Team.

We are here to assist you in creating solutions to those problems at hand and in easing the burdens of this less-than-jolly time of year.

Regardless, the members of the 1972nd CSC wish each and every one of our soldiers (not forgetting our Navy, Air Force, Marine, Coast Guard, and civilian counterparts) every conceivable joy of the season, with hopes for dreams to come true in the year ahead. We remain so very proud to serve you and with you.

LTC Kathy Platoni,
MAJ Pam Mindt, LCSW
SSG Charles Essary
SSG Oscar Carrillo
SPC Jay Jeffries
PFC Zachary Marney

Infantry company has long history, important mission

By SrA. Thomas J. Doscher

A Company of the 1st Battalion, 181st Infantry Regiment has a lineage dating back to 1636, fighting in every major U.S. conflict since the Revolutionary War.

Now, almost 400 years later, A Co. is once again fighting in the interest of liberty, this time here at JTF Guantanamo Bay.

"I can't say enough about them," said CPT John Drohan, A Company commander. "We have real strong junior NCOs and NCOs, good lieutenants, and the company is really focused on the mission."

Mostly from the Worcester, Mass., area, the Blueskins, as they're sometimes called, are responsible for security in and around Camp Delta and Camp America.



SSG Sean Stockler, 1-181st A Co. squad leader, swims across the Windjammer Pool in his LBV as part of combat water survival training Dec. 22.

"We let people outside Delta sleep at night," said 1LT Dominic Kidwell, second platoon leader. "They picked the right battalion for this job."

After the Sept. 11 attacks, A Co. was mobilized in support of Operation Noble Eagle. Afterward, they were sent to Fort Polk, La., to help train the new

Stryker brigade at the Joint Readiness Training Center.

Drohan said their time there helped prepare them for GTMO.

"It was great training and great preparation for this mission," he said.

Members hone their skills with regular training, even taking advantage of their deployment to conduct training they might not otherwise receive, such as advanced marksmanship.

"We shoot as much as we can," Drohan said. "We have the opportunity to do it here. We also incorporate things specifically for this mission."

Despite being on their second year-long deployment in three years, Drohan said morale remains high due primarily to

two things: NCO leadership and the pride each of his men feels about their mission.

"These guys take pride in everything they do," Drohan said. "And they can see the results. That makes a difference. Everything they do is top-notch. They understand it's a tough mission."

PFC Jonathan Algarin, grenadier, agrees.

"We do everything better," Algarin said. "We show professionalism. We take the mission seriously and do the best we can."

SPC Gary Senecal said he thinks the company is doing a great job.

"We're highly motivated and well-trained," he said. "My enemy has done his worst, and I'm here to do my best."



SPC Christopher Ovitt and SPC Michael Burnes help SSG David Duplin over the high wall at the Marine Hill obstacle course.



Photos by SrA. Thomas J. Doscher

Cpl. Douglas Vargas pulls himself over the high wall at the Marine Hill obstacle course. The obstacle course was part of a day of training for A Co. called "Confidence Day."

Brothers from page 4

“Our family sent my Christmas presents to Kevin so he could give them to me on Christmas morning, and they sent his to me,” said Brian. “We will both be working different shifts Christmas day, but we’ll find a chance to swap gifts.”

SGT Jason Thibault and SGT Adam Thibault, of B Company, began their military journey together like the Tivnans, when Adam joined the Army in 2000, during his senior year of high school, to serve along side his older brother, Jason, who had joined in 1998.

“My brother’s experience sounded good, so I joined, too,” said Adam.

Prior to deploying to Cuba, Jason served in Bosnia and England. Adam served at Fort Drum, N.Y. JTF Guantanamo is their first deployment together.

“I felt I had an advantage by having a brother here who has deployed before. I knew what to expect,” said Adam.” Jason has given me sound leadership advice since I first joined. He has answered many of my questions about every day life in the military.”

“You don’t live in a world all alone. Your brothers are here, too.”

Albert Schweitzer

Christmas in Guantanamo Bay



Photos by SPC Katherine L. Collins

Members of JTF’s Christian fellowship sing Christmas carols at Quick Hall galley (above) and Camp America offices. The group travelled throughout the base singing the Good News at various JTF sites Monday.



Trooper on the Street

By SPC Katherine L. Collins

This week’s question: What is your Christmas wish this year?



**CPL Peter Vasquez,
A Co.
1st Bn.
181st Inf. Bde.**

“That my family and other JTF families enjoy a great Christmas even though we won’t be there. ‘Don’t change a thing,’ I told my wife.”



**PFC Zach Marney,
972nd
Combat Stress
Control**

“That the Tampa Bay Buccaneers make it to the playoffs this year.”



**2LT Beverly Driver,
216th MP Co.**

“I hope that one of my soldiers, Sgt. Parks, successfully goes through his surgery, which is extremely serious.”



**CPL Anthony Alexis,
C Co.
1st Bn.
181st Inf. Bde.**

“I hope people who are less fortunate than me have a great Christmas.”



**Coast Guard
Petty Officer 1st
Class
Bill Donahue,
MSST 91110**

“Ten inches of snow.”

JTF Choir ministers through song

By SGT Jolene Staker

When rain seemed possible Friday night before the concert, people just found umbrellas and towels and waited for the music to begin.

Those who braved the weather for the United Jamaican Fellowship and New Life Fellowship Gospel Explosion 2003 were blessed by JTF's own choir, "Voices of Praise," other fellowship choirs and creative dancers.

This joint effort concert was just one of the many ministry opportunities for the "Voices of Praise." They sing for every Sunday morning service at the Camp America Chapel, each Sunday afternoon at the New Life Fellowship service at the Main NAVBASE Chapel and at special services as requested.

The twenty-something choir members work around hectic work and training schedules to practice every week in addition to the time they spend ministering.

"Choir is hard work," said SGT Monica St. Hill, choir director, of the 273rd

Military Police Company. "It takes dedication, commitment and discipline."

The JTF is blessed to have St. Hill, who is the worship leader and on the ministerial staff at River of Life Church in Maryland., as well as many choir members with experience singing and ministering.

"The choir and music in church opens the windows of praise for people," said Chaplain Stephen Feehan.

With music, the message will reach many more people than just telling someone to come to church. You can speak the word of Christ through song, said St. Hill.

"I love praising God through music," said SPC James Polk of the J-4 Transportation Section. "The JTF Choir is going to change lives throughout GTMO. I love the choir and its ministry."

If you enjoy singing or play an instrument and would like to become part of the JTF choir please contact a member of the JTF ministry team at either 3202 or 3646 or contact St. Hill directly at 8291.



Photo by SGT Jolene Staker

JTF "Voices of Praise" members join with United Jamaican Fellowship Choir members during Gospel Explosion 2003 Dec. 19th at the W.T. Sampson Elementary Amphitheater to worship through song.



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.

Thursday Ticket to mix movies, morals

Join a chaplain on Thursday nights at 7 p.m. in Troopers' Chapel at Camp America for Thursday Ticket. A contemporary movie will be played and then discussed in regard to ethics and morals.

Jan. 1 will begin the "Band of Brothers" series



Alpha: an opportunity to explore the meaning of life

Tonight:
 "Does God heal today?"
 Jan. 2:
 "What about the church?"
 7-8:30 p.m.
 Camp America Chapel,
 Bldg. 3203

Worship Services

Catholic

Cobre Chapel

Wed. 5 p.m. Holy Hour and Rosary
 6 p.m. Confessions (25 min.)
 6:30 p.m. RCIA (Father Foley's office)
 7 p.m. Charismatic prayer group

Sat. 4:15 p.m. Confession
 5:30 p.m. Holy Mass (Vigil)
 Sun. 9 a.m. Holy Mass
 10:15 a.m. Spanish Holy Mass (Sanct. B)
 M-Fri. 11:30 a.m. Holy Mass

Camp America

Sun. 5 p.m. Mass
 Wooden Chapel

Protestant

Cobre Chapel

Mon. 7 p.m. Prayer Group Fellowship*
 Wed. 7 p.m. Men's Bible Study*
 7 p.m. Spanish Bible Study (390 Evan's Point)
 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 (Troopers Chapel)

Tues. 7 p.m. Alpha
 Wed. 7 p.m. Soul Survivor (Club Survivor)
 Fri. 7 p.m. Alpha
 Sun. 9 a.m. Protestant Worship
 7 p.m. Liturgical Service

New Life Fellowship

Main Chapel

Sun. 1 p.m. Service
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

Frid. 8 p.m. Fellowship Hall
 Chapel Complex

Camp America Church Bus schedule:

Sun. 8 a.m. Windward Loop
 8:15 a.m. Tierra Kay
 The bus will return following worship.

Mmmm, mmmm good



Photo by SPC Katherine L. Collins
SFC Ernesto L. Ramos of the 14th Finance Detachment checks the grill during Saturday's JTF party at Windjammer Pool.

It's just training



Photo by SGT Jolene Staker

Navy Lt. j.g. David C. Daniel of the JTF Joint Interrogation Group throws SGT Heather Sittler of the 384th Military Police Battalion to the mat during a recent martial arts training session.



Camp Bulkeley

Fri., Dec. 26

8 p.m. Dickie Roberts
PG13 - 92 min
10 p.m. Jeepers Creepers
2
R - 106 min

Sat., Dec. 27

8 p.m. Matchstick Men
PG13 - 116 min
10 p.m. The Order
R - 109 min

Sun., Dec. 28

8 p.m. Seabiscuit
PG13 - 141 min

Mon., Dec. 29

8 p.m. I am Sam
PG13 - 133

Tues., Dec. 30

8 p.m. The Sure Thing
PG13 - 100 min

Wed., Dec. 31

8 p.m. Halloween 2
R - 94 min

Thurs., Jan. 1

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

Movie Schedule

Downtown Lyceum

Fri., Dec. 26

7 p.m. Brother Bear
G - 80 min
9 p.m. The Runaway
Jury
PG13 - 98 min

Sat., Dec. 27

7 p.m. Radio
PG - 109 min
9 p.m. The Last Samurai
R - 144 min

Sun., Dec. 28

7 p.m. Something's Gotta
Give
R - 123 min

Mon., Dec. 29

7 p.m. Mystic River
PG13 - 128 min

Tues., Dec. 30

7 p.m. Radio
PG - 109 min

Wed., Dec. 31

7 p.m. Brother Bear
G - 80 min

9 p.m. Something's
Gotta Give
PG13 - 123 min

Thurs., Jan. 1

7 p.m. Lost in Translation
R - 102 min

Free calls available

Coupons for a free 15-minute telephone call will be available to servicemembers in Guantanamo Bay.

The calls may be made through Dec. 31. The coupons will be available from troopers' command.

At Club Survivor ...

Dec. 30: The Least Worst Band,
rock and roll;

Jan. 1: Dot Wilder, jazz;

Jan. 2: Wild Gypsy, variety.

All concerts begin at 7 p.m.

Jingle Bell 5K



Photo by Sr. Airman Thomas Doscher
Runners begin Saturday morning's Jingle Bell 5K. LTC Steve Westphal (third from right) won the event with a time of 19:29.

Resolutions for coming year – three runs and two sodas

By SPC Rick Fahr

Ever get the feeling that you could maybe do things better, more efficiently, more effectively?

Nope. Neither do I.

I usually figure that I'm pretty much on top of things. Have the situation well in hand and know how to get where I'm going.

Of course, I can convince myself of just about anything, which is why I know that I ought to be thinking about New Year's resolutions, areas of my life that I want to improve in the coming 12 months.

... OK. I've thought about it.

My resolutions – and some of these might not be bad ideas for other folks to embrace as well:

■ I can use about 250 calories for every 30-minute jog. If my math is correct, and that's no small leap of faith by any means, that would mean a total of 39,000 calories on a three-

FAHR GAME

New Year's Resolution
5K
11:59 p.m.
Wednesday
G.J. Denich
Gymnasium

run-per-week regimen.

■ Sodas have about 150 calories per 12-ounce can. Cutting out two per day and replacing them with water or some sort of diet drink would save about 109,500 calories.

■ Adding a pound of muscle results in a net loss of 37.5 calories per day. A regular weight-training program can add a half-pound of muscle per week. I know that I'm not a great fan of lifting weights,

but I can force myself. So, let's say that I don't make that half-pound per week goal. Let's estimate that I could replace 15 pounds of fat with muscle in a year. That should be doable. This math gets a little tricky, because not all of the muscle is going to come at one time. For argument's sake, let's use 15 pounds of muscle for half a year. That still means a net loss of about 105,000 calories.

I think I've about committed myself to all the PT I can legitimately expect to handle. So, let's look for one more eating/drinking habit to modify.

Got one.

■ Most of us enjoy our "adult beverages" now and then. Some of us -- not to name names -- enjoy more than we ought to. So, that's an obvious target of our lifestyle to change. Making the conscious effort to have 10 fewer drinks per week would avoid about

52,000 calories.

Let's tally all this up: 39,000 calories by running for a half hour three times a week; 109,500 calories by not drinking two sodas per day; 105,000 calories by implementing a weight-lifting program; and 52,000 calories by giving up 10 drinks a week. That's a total of 305,500 calories.

If one pound of fat contains about 3,500 calories, burning 305,500 calories would amount to burning more than 87 pounds of fat.

Resolving to burn 87 pounds of fat sounds like a huge task.

Resolving to make small lifestyle changes, such as giving up two sodas per day and running for 90 minutes per week, can pay huge dividends.

I'll think of these resolutions not as things that I'll be giving up but as investments in better health and well-being.

Now, what are you doing to make 2004 a better year?

Trooper picks

JTF personnel's predictions for this week's games

Games

Bills at Patriots
Eagles at Redskins
Bears at Chiefs
Jets at Dolphins
Colts at Texans
Jaguars at Falcons
Browns at Bengals
Steelers at Ravens
Broncos at Packers
Rams at Lions
Last week's record
Overall record



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

Patriots
Eagles
Chiefs
Dolphins
Colts
Jaguars
Bengals
Ravens
Broncos
Rams
6-4
77-49



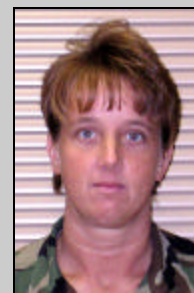
Craig Basel
MWR director

Bills
Eagles
Chiefs
Dolphins
Colts
Falcons
Browns
Ravens
Packers
Rams
7-3
77-49



SSG
Deon Lee
216th MP Co.

Patriots
Eagles
Chiefs
Dolphins
Colts
Falcons
Bengals
Ravens
Packers
Rams
6-4
86-40



SFC
Stephanie Nielsen
384th MP Bn.

Patriots
Eagles
Chiefs
Dolphins
Colts
Falcons
Bengals
Ravens
Broncos
Rams
6-4
82-44

Sports highlights

Saints conjure amazing last-play score, miss PAT

Compiled by
SPC Rick Fahr

The weekend's NFL games provided some of the most exciting storylines in recent memory.

Where to start?

The **Dallas Cowboys**, coming off three straight 5-11 seasons, stand at the brink of reversing those marks. At 10-5 with one game remaining, the Cowboys earned a playoff berth Sunday by beating the **New York Giants**, 19-3.

The **Saint Louis Rams** looked awfully convincing in a 27-10 rout of the **Cincinnati Bengals**. What makes that win pretty scary for other NFC teams is that it came at home – where the Rams are yet to lose this year and where they will probably play all their playoff games by virtue of pretty much locking up home field advantage.

But all of that drama aside, the weekend's craziest three minutes came in the final 10 seconds of the **New Orleans-Jacksonville** game.

With their entire season resting on one play, the Saints were 75 yards from the end zone, trailing the Jaguars 20-13. Quarterback **Aaron Brooks** threw a 20-yard pass to

Donte Stallworth, who immediately evaded two tacklers and turned up field. Running into a gaggle of defenders, Stallworth lateraled to **Deuce McAllister**, who lateraled to **Jerome Pathon** who miraculously scored, bringing the Saints to within one point, with the extra point kick pending.

Kicker **John Carney** couldn't miss, could he?

Ask **Bill Buckner**. Or better yet, ask **Scott Norwood** of "wide right" fame.

Carney did. The Saints lost. Season over, well except for next week's game.

College's season has begun its final weeks, and bowl games are warming up.

This week's schedule includes (all times Eastern):

Tonight – **Motor City, Northwestern** and **Bowling Green**, 5 p.m.; **Insight** – Virginia Tech and California, 9 p.m.

Saturday – **Continental Tire, Pittsburgh** and **Virginia**, 11 a.m.

Monday – **Mastercard Alamo, Michigan State** and **Nebraska**, 9 p.m.

Tuesday – **EV1.Net Houston, Navy** and **Texas Tech**, 4:30 p.m.; **Pacific Life Holiday, Texas** and **Washington State**, 8 p.m.; **Silicon Valley Football Classic**,

UCLA and **Fresno State**, 10:30 p.m.

Wednesday – **Gaylord Hotels Music City, Wisconsin** and **Auburn**, noon; **Wells Fargo Sun, Oregon** and **Minnesota**, 2 p.m.; **Axa Liberty** – **Utah** and **Southern Miss**, 3:30 p.m.; **Mainstay Independence, Missouri** and **Arkansas**, 7:30 p.m.; **Diamond Walnut SF, Boston College** and **Colorado State**, 10:30 p.m.

Thursday – **Outback, Iowa** and **Florida**, 11 a.m.; **Toyota Gator, Maryland** and **West Virginia**, 12:30 p.m.; **Capital One, Georgia** and **Purdue**, 1 p.m.; **Rose, Michigan** and **USC**, 5 p.m.; **FedEx Orange, Miami** and **Florida State**, 8:30 p.m.

A few tidbits:

The **Baltimore Orioles** have beefed up their lineup during this offseason, acquiring **Miguel Tejada** and **Javy Lopez** and are looking hard at **Vladimir Guerrero**.

Don't look now, but three teams with .500 or worse records stand atop the **Atlantic Division** of the **NBA's Eastern Conference**. **New Jersey, Boston** and **Philadelphia** are the pride of the mediocre.

Compiled from www.espn.com

15 Minutes of Fame...

With SPC Casey W. Lawrence, 1st Battalion, 181st Infantry Regiment

By Spc. William Ingram

SPC Casey William Lawrence is a member of the 1st Battalion, 181st Infantry Regiment and has been in the military for about three years.

Q. What encouraged you to joined the military?

A. I was inspired to join the military from all the advertising I saw on television. I played college football, and I love a challenge. I also heard about basic training, and I wanted to find out what that was about. I felt that I was doing something worthwhile.

Q. How many years have you been in the service and in what components have you served?

A. I have been in the Army for three years, and I have been in the 181st Infantry Regiment the entire time.

Q. How many times have you been deployed?

A. This is my very first deployment, and I am enjoying all the opportunities to do some training that I would have not gotten at home.

Q. What are some of the experiences that you have enjoyed since being in the service?

A. One of the best experiences that I had was JRTC (Joint Readiness Training Center) at Fort Polk, La. We were there for about 30 days, and we went up against a Stryker battalion out of Fort Lewis, Wash. Also, this deployment has been fun with the training that we are doing and the experience that I receive.

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

A. They have been very supportive of me. Since I have been deployed, my family has been sending me a package every week. I am receiving letters from my father and mother. My sister has supported me in every way that she can.

Q. How do you stay in contact with your



Photo by Sr. Airman Thomas Doscher
SPC Casey William Lawrence of the 1st Battalion, 181st Infantry Regiment negotiates an obstacle during recent training. Lawrence said that this deployment has offered a number of valuable training opportunities.

family and friends back home?

A. Mainly I stay in contact by using LCN and writing. I use the Dial Pad on the computer network. Dial Pad lets you talk over the Internet for a cheaper price than to call home. I also write home and send lots of e-mails.

Q. What do you anticipate will be your greatest challenge here at Guantanamo Bay?

A. My greatest challenge here at Guantanamo Bay has been missing home and working long hours, but making new friends and doing some things that are fun have made my deployment very easy and enjoyable.

Q. What has been the best type of training that you have experienced on this deployment?

A. The best type of training that I have experienced would be all the ranges that we have been on. We had the opportunity to fire different types of weapons and train to the standard on each weapon. The combat swim training and the obstacle course is really fun training, too

Q. What is combat swim training consisting of?

A. It consists of three events to see who are the stronger swimmers. The first event consists of a 150-meter swim for excellent swimmers and 100-meter for intermediate swimmers and finally a 50-meter for average swimmers. The next event is jumping blindfolded into the water from a height of 8 feet. The final event consists of the removal of your gear underwater.

Q. How would you use combat swim training in a combat environment?

A. You may never know what you might use combat swim training for. The ocean is right there, and this training may come in handy if you need to cross a river or swim with all your gear. This training gives an indication to section leaders who are strong swimmers.

Q. What are some of the things that you are doing for your family on Christmas and New Year's Day?

A. I will try to call everyone in my family and contact close friends to wish them a Merry Christmas. The friends I can't get in contact with I am going to e-mail, just to let them know I am thinking about them. I have been shopping online to buy my family and friends gifts. I ship my father's gift to my sister and my sister's gift to my father; so, on Christmas Day they can exchange my gifts with each other.

Q. What are you doing here at Guantanamo Bay for Christmas?

A. My friends and I are going to play paint ball and just hang out.

Q. What are you doing to stay physically fit?

A. So far on this deployment I have lost 30 pounds and am going to the gym a minimum of five times a week. My workout partner is a personnel trainer back home, and he has been helping me with getting in better shape. I played college football, and staying in shape will help you condition your body to perform better and work harder.