

Holiday Mortar Feast Comes Early for Targets

By Senior Airman Jon Ortiz-Torres

A month since their first Joint Task Force live-fire training, Troopers here had their second chance to feed floating targets generous portions of ammo, only this time the recipe included high explosive mortar rounds.

At daybreak, members of Delta Co., 2nd Battalion, 113th Infantry, engaged in their second live-fire exercise with a variety of ground and vehicle-mounted weaponry that echoed through Camp America and the Caribbean on Nov. 20.

The floating targets, placed by Coast Guard Port Security Units, never had a chance against the dozens of heavy machine guns and small arms all precisely aimed at the doomed objects. If that wasn't enough, a meteor shower of mortar rounds polished up the job.

Last month, infantry Troopers impressed senior leadership with their well-trained ability to negotiate targets, but this time it was a mortar platoon's turn to make their splash.

"We trained for more than three months in our home unit," said Army 2nd Lt. Hjalmar Canela, mortar platoon leader. "It's good to see the confidence building in [Troopers], and they get to prove they are able to carry out the mission."

The drills allowed them to get a feel for what they would be doing in a real-world situation. It also gave them the opportunity to set up standard operating procedures.

Troopers practiced receiving calls for mortar fire and plotting their targets. While they set out their mortar tubes, other

See Mortar, Page 4



Photo by Army Pfc. Jessi Stone

Army Spc. Joshua Rios, fires a high explosive mortar round during a live-fire exercise here Nov. 20. For Rios, a gunner with Delta Company, 2nd Battalion, 113th Infantry, this was his first live-fire exercise while deployed here that used mortar rounds aimed at floating targets in the Caribbean.

Trooper To Trooper

"Honor Bound!"



Photo by Senior Airman Neo Martin

By Army Col. Frank S. Caruso

I take this opportunity to address the Joint Task Force (JTF) and the rest of the Guantanamo Bay (GTMO) community as I depart the "Island" to return home to comfort my family during this time of grief over the loss of my beloved son Nicholas.

Christine and I, along with the entire Caruso Family, extend our sincere and heartfelt appreciation for the many cards, flowers, donations, words and acts of kindness bestowed upon us during this most difficult time in our lives.

The loss of a loved one always brings pain to those left behind, but the loss of a child is the deepest of wounds and delivers the greatest amount of pain one can endure. It certainly is a test of our faith, and I have spent many hours trying to sort this out in my own mind. Your unrelenting support has helped me through some of these most trying moments.

The chaplains of GTMO have assisted me in trying to find the strength to carry on and begin the healing. Father (Navy Lt. Cmdr.) Francis Foley, Chaplain (Army Maj.) Steven Herman and Father (Navy Lt. Cmdr.) James Dowds have opened the door to the healing process, and it is now up to me to make the journey and complete it.

My infantry mentality tells me I must lean forward and continue to march.

I will never forget the outpouring of

support, especially during the first hours after receiving the Red Cross message as Army Col. John Hadjis and the staff worked diligently throughout the night and early morning making arrangements for my trip home. It was a race against time, and everyone should know that you helped me win that race.

In the seven months I have spent at GTMO, I have met many people and the community has become a second home for me. It truly is home away from home, and the only thing missing is my family.

Christine and I have talked many times about our extended family, a large part of which is the New Jersey National Guard and the 50th Brigade. I now add to that list JTF GTMO and all its leaders and Troopers, along with the GTMO community. I will cherish those memories and always hold them close to my heart.

I wish to thank Army Brig. Gen. (P) Jay Hood for all his leadership and mentoring, and it was truly an honor and pleasure working under his command. A special thanks to Col. Hadjis for always being a friend and being there in my time of need.

To all the Troopers of JTF GTMO, I wish you the best of luck in your mission. Never lose sight of the importance of your work in winning the Global War on Terror as part of Operation Enduring Freedom.

Honor Bound!

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AWOL and Desertion: Myths and Hard Facts

By Army Cpl. Simon Cropp

Everybody knows that if a Trooper goes absent without leave (AWOL) and then comes back to his duty station before he has been gone 30 days then, legally, he isn't AWOL and there isn't a thing that can be done, right?

Or was it that the Trooper needs to stay gone longer than 29 days to avoid prosecution and just get discharged?

And does anyone really know the difference between AWOL and desertion?

There are enough AWOL myths and confused desertion facts to fill a book. And sometimes a Trooper might find themselves in a bad situation, however unintended, yet still fall into the category of being AWOL.

"Technically, if you're late for formation you're considered AWOL," said Army Staff Sgt. Eric Eastep, noncommissioned officer in charge of the Staff Judge Advocate Office in Camp America.

The penalty for being absent for less than three days is one month's confinement and forfeiture of two-thirds of a month's pay. Those penalties aren't usually assessed when a Trooper is a few minutes late for a formation, but being AWOL for three days could certainly lead to these consequences.

According to a report by the U.S. Army Research Institute (see www.hqda.Army.mil/ari/pdf/s51.pdf), the title of deserter is basically decided by the command. If a Trooper can be proven to have left without the intent to return, then he is considered a deserter.

The Soldier will typically be removed from the military with a less-than-honorable discharge.

Often, when Troopers go AWOL they probably intended



Photo by Airman 1st Class Timothy Stein, Laughlin Air Force Base, Texas.

to, but there are times when a Trooper finds himself in a bad situation.

"Before you go on leave, you should make sure you have enough money to get back," Eastep said.

One problem at Guantanamo Bay (GTMO) is Troopers' not being able to get a Space-Available flight back to the island and not having the money to buy a regular ticket. The Manual for Courts-Martial still states the penalty is confinement for six months if the Trooper is gone more than three days and forfeiture of two-thirds of their pay for six months.

Since 2002, GTMO has seen several cases, ranging from showing up to formation late to coming back late from leave. Those cases have been dealt with accordingly, Eastep stated.

According to the U.S. Army Research Institute, which con-

ducted a study on desertion and AWOL, 42 percent of cases could not have been deterred from going AWOL or deserting. Those Soldiers reported that most of their problems with the military stemmed from not wanting to be part of the armed forces any longer.

Researchers found that about one-third could have been deterred from leaving. The study concluded that most Soldiers who went AWOL did not try to solve problems before they went on leave. If they had a problem with poor leadership, they did not seek outside resources for help. There are many reasons given and most of them solvable.

While away from home, it is important for Troopers to remember their obligation to serve honorably and remember why they enlisted.

The report by the U.S. Army

Research Institute found many negative results on Soldiers who deserted or were discharged from the military due to absence from duty. Jail and garnished wages are bad enough, but there are psychological effects, as well.

Many of those discharged under less-than-honorable terms suffer from low self-esteem for a period of time, especially when trying to explain to family and friends why they were unable to make it in the military.

At a time when most young people are looking for their path in life, those discharged suddenly find themselves with no direction.

AWOL and desertion have negative effects not only on the military but also on all parties involved. There are multiple options in place for Troopers who need support while deployed, and the JTF has multiple support chains that can help.

Live Fire Mortar Exercise Pummels Caribbean

Continued from Page 1

Troopers in bunkers and vehicle-mounted positions engaged the targets with cover fire from the assorted-caliber machine guns.

“Mortars’ primary mission is to lay effective and accurate fire, and that’s what they learned,” said Canela. “Anytime we can do live-fire exercises, it’s a good thing. The more a [Trooper] gets to perform his task, the less likely he’ll make errors.”

Performing a task such as the live-fire exercise—or even real world—takes a col-

laborative effort by Troopers with no room for error.

“This is what we do,” said Army Col. Brice Gyurisko, Joint Detention Operations Group (JDOG) commander. “We keep our Troopers well trained, disciplined and proficient. I want all Troopers to be able to have confidence and competence in their weapons systems.

“Part of the routine training is to get out and put their fingers on the trigger, and maintain their proficiency; and all that assorted training that goes with that from the [Troopers] firing the weapon to

supervisors, squad leaders making those things happen and doing all the checks,” Gyurisko said.

The training also allowed Troopers to train in an unfamiliar environment. Although it was a routine exercise, JDOG Troopers who took part are out there every day performing a real-world mission in keeping JTF Troopers safe and protecting America.

“Well, just look at our motto,” said Gyurisko. “‘Honor Bound’ ... we’re defending freedom. These men are trained, ready and doing a great job every day.”

Capt. McCoy Delivers Thanksgiving Message

Naval Base Commander Capt. Leslie J. McCoy delivers a Thanksgiving Day message during a Service of Thanksgiving and Appreciation, held on Nov. 22. Members of the NAVBASE and JTF communities attended the inspirational interfaith service of song, prayer, and spoken word.

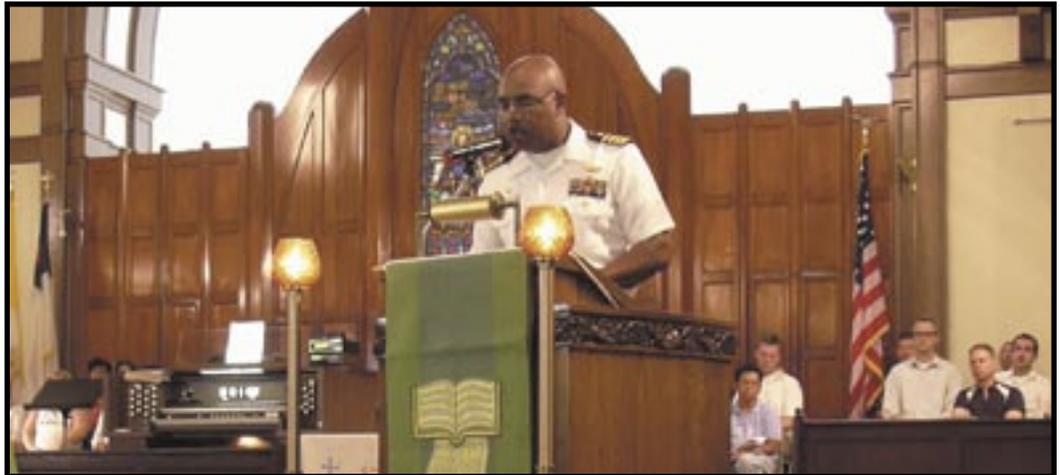


Photo by Maj. Hank McIntire

Army 10-Miler Awards

Army Brig. Gen. Jay Hood, Joint Task Force commander, commends Army Ten-Miler participant Army Spc. Michelle Cohen with a salute Nov. 20, at the McCalla flagpole. The commander, along with Army Command Sgt. Maj. Angel Febles, presented certificates and coins for the team’s work and dedication in representing Guantanamo Bay at the race in D.C. The team placed second in their respective divisions—Men’s and Women’s Military Reserve—and members improved their individual times by 10 to 15 minutes since the GTMO Ten-Miler.



Photo by Senior Airman Jon Ortiz-Torres

Nic Fits: Trooper Fights Cigarette Addiction

Second of a series of columns.

By Army Pfc. Jessi Stone

The morning cravings will be last to go, I think.

When I wake, the film in my mouth tastes like pond water, and my stomach feels empty. The first thing I used to do when I woke up was stumble outside and smoke; now I stumble to the latrine to brush that taste off my teeth and drink water.

Day 2

Day 1 was tough; Day 2, much more mel-low. No longer wasting time smoking three cigarettes in the morning, I have an extra half an hour to get ready. I do something nice with my hair and put on a little makeup. Coworkers seem to approve.

It's strange not taking smoke breaks. They were my means of overcoming writer's block. I'm finding new ways: a brief walk around Camp America; a nice place to sit for a few minutes.

After meals is another tough time. It feels like I can't digest food until I get my nicotine fix, and I get sleepy. Smoking increases your heart rate, so when I used to smoke I had that little kick. Now I battle drowsiness.

On Day 2, I pick up my medication. Bupropion was developed as an anti-depressant, but doctors found it also helped patients quit smoking. At first I was hesitant to take it. But then I started thinking the medicine is only temporary, and the possible negative effects are nothing compared to the negatives of smoking.

I tried nicotine replacement in the past and none seemed to work. Nicotine patches never stayed stuck on my skin, and they gave me nightmares. Gums and lozenges tasted like carbonated chalk. I'd eat rather than put those things in my mouth. I had been successful going cold turkey, but I gained massive amounts of weight, which I lost only when I smoked again.

But I need something to help me control the cravings. I decide to take the Bupropion and promise myself that if things get too weird that will be the end of the pill.

Day 3

In the morning, I take my first pill. The medication isn't supposed to take effect until seven to 10 days, but I feel that little pill in my system within hours.

I still want cigarettes, but now I have an upset stomach and am a little spaced out. I

become even more talkative than normal, and my roommates tell me I'm being particularly silly.

"It's just different, that's all," one of them says with a polite smile when I ask if I really am behaving strangely.

In a few days, I think, surely I will get used to this and balance out.

Several possible side effects of Bupropion were discussed in my first smoking cessation class at the Guantanamo Bay Naval Base Hospital. The most common were dry mouth, increased heart rate and difficulty sleeping. Some others were vivid dreams and rashes. Everyone in the class who had previously taken Bupropion complained about difficulty sleeping.

In the evening of Day 3, I have trouble falling asleep. Once I sleep, it isn't quite like real sleep. It's as if I was still completely aware.

Day 3 is also the day the cleaning of the lungs begins. It begins in the morning, with a little cough here and there, and by night it's a full-blown frog in my throat. Even though I know all the coughing and hacking is a perfectly healthy—although somewhat frustrating—result of quitting smoking, I buy cough drops to try to calm the storm.

Day 4

I no longer instinctively reach in my pocket for cigarettes every time I leave the room. After working out in the morning I go straight to the shower rather than lingering at the table outside the kitchen. Every new activity that at first seemed so foreign and strange is starting to feel natural.

Day 5

The medication gets a little strange. In the evening, an urge to clean overtakes me, and I spend several hours scrubbing down one of the Camp America kitchens.

Day 6

I spend a good portion of the day doing laundry and cleaning my room.

Day 7

The sleep disturbances really kick in. I wake up

just after midnight, and after lying in bed for two hours trying to fall back asleep, I decide that maybe I should go for a walk. It's strange being out and about this early in the morning, but at the same time it's sort of exciting. Guantanamo Bay is a very different place at night, and I find myself noticing things I've never noticed before. I walk for two hours, see four shooting stars, tons of fascinating plants, and a bug shaped just like an aspen leaf. All in all, a pretty rewarding walk.

Since then, I have been getting up around 3 a.m. or 4 a.m. To make sure I get enough sleep, I go to bed earlier. I make use of the morning time doing laundry, working out or doing any details around Camp America that I've been assigned. Now I accomplish more before the sun is up than I used to by noon.

Keeping myself busy and altering my routines have been the biggest aids in quitting smoking. The medicine helps me stay focused and motivated and also has kept me from getting too irritable.

Week 2

Now I'm halfway through Week 2, and I'm getting a little more used to the Bupropion. I've learned what foods upset my stomach if I eat them while taking the medication, and that silly, spaced-out feeling has balanced out just like I was hoping.

Soon the first two—allegedly hardest—weeks will be over; the first big accomplishment in a goal I've tried many times. It will still be a long time before there is a light at the end of the tunnel.

But this time, I think I'm doing everything right to get there.

Photo by Army Pfc. Jessi Stone



Pro Boxer Wears The Uniform

Story and photo by Senior Airman
Jon Ortiz-Torres

Design by Army Sgt.
Scott Griffin

In the basement of a small church in New Jersey, a group of young boys stepped inside with one thing on their mind: to learn how to defend themselves.

The sanctuary was a local boxing gym. Among the group was a 13-year-old who, even when all his friends quit attending, pushed forward. That boy was William “Bo” James.

Now an Army sergeant first class with the Joint Detention Operations Group Military Police unit, James is not only defending himself but also doing his part to defend millions of Americans as well.

In his Army job, James appears harmless. He’s quiet and easygoing. What some Troopers don’t know is that the sergeant once exchanged blows with World Championship boxer Bernard Hopkins in 1996 for a chance to take the International Boxing Federation’s (IBF) middleweight title. “Bo” James was ranked No. 10 in the world that year.

Although he didn’t win that fight, James did go 11 rounds against the defending champion. Dozens of fighters before Hopkins weren’t so fortunate.

James became a professional boxer in 1986, and getting to that level took a lifetime of work and dedication going back to his early teens.

“We started a little crew with our friends, you know, just kids trying to be tough,” said James. “After about eight months of boxing in that basement gym, all my friends had quit. I was the only one to stay with it.”

At 16, after a few years of learning the ropes, James was finally old enough for his first exhibition fight. He lost.

“To tell you the truth, I was hurt; I almost cried,” said James, finding it hard to admit. “I went back to the gym and trained even harder.”

Training harder is what he did, clinching the next four boxing bouts.

James learned how to balance school and boxing during his late teens, a trait that was to become all too familiar with

him throughout his life. At 18, he enlisted in the Army and went to Germany. For those next three years, he balanced his job and boxing.

As a featherweight (125 pounds) boxer for the newly formed Army team at his post in Germany, he began to make a name for himself throughout the European scene, winning more than 15 fights and losing two. He also increased to a welterweight (147 pounds) boxer there. Meanwhile, back home in New Jersey, boxers swelled up the ranks.

“When I got out of the Army, after my first enlistment, I went back home and learned about some pretty good boxers winning all sorts of fights,” James said. “I hooked up with my high school boxing friends and joined the Southward Boys Club. I continued to train.”

At the time, New Jersey boxers were well known. They were aware of other boxers’ strategies, moves, defenses and weaknesses. Nobody, except his closest friends, knew James and his boxing power.

“My trainer called me the ‘sleeper,’” he said. “He would tell people around town, ‘Nobody knows ‘bout Bo James.’”

His trainer was right, the “sleeper” awakened boxers in his state and in neighboring states by winning the state championship and regional championship three years in a row from 1982-1984, marking a milestone in James boxing career.

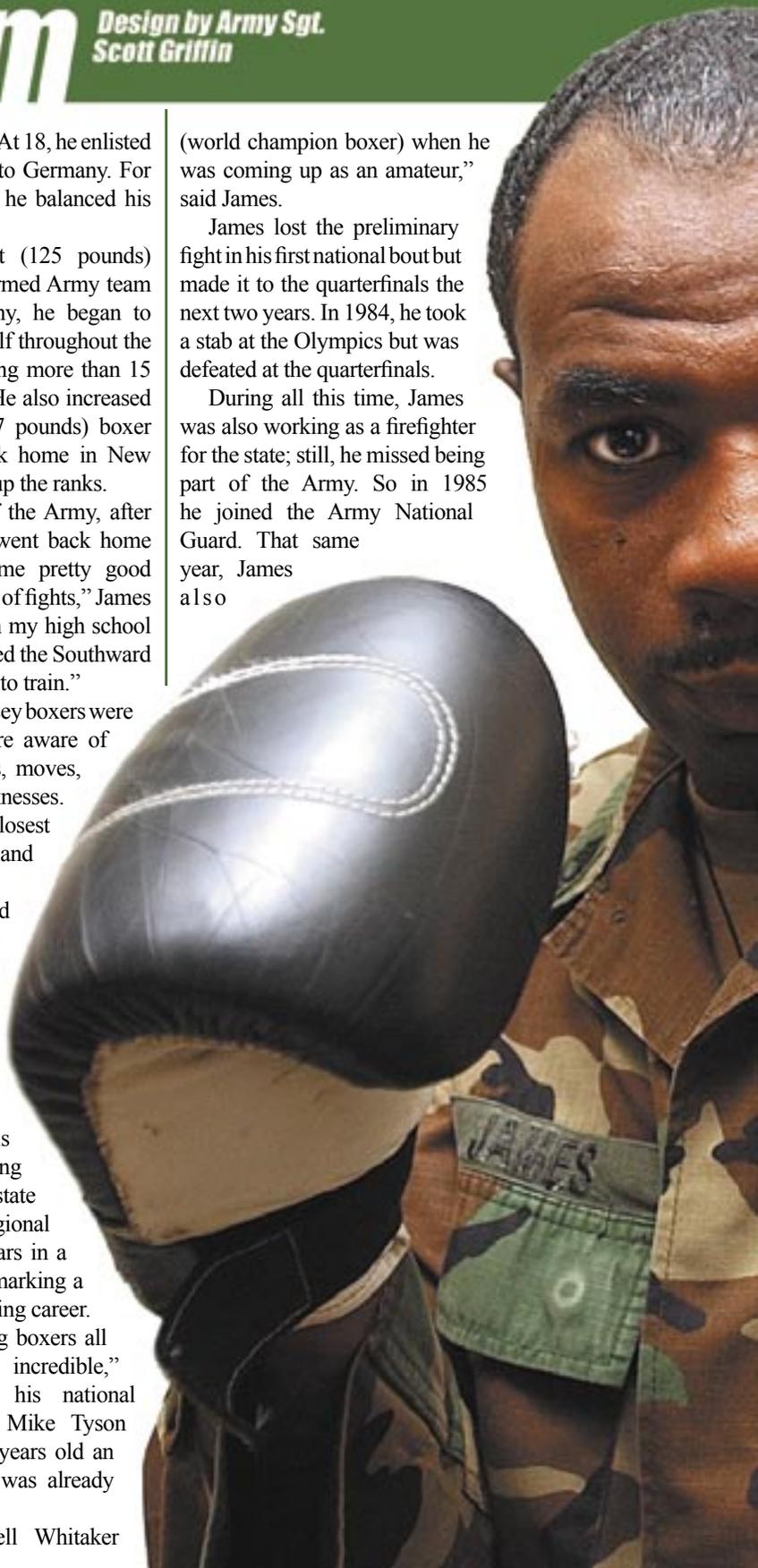
“Seeing and meeting boxers all over the country was incredible,” he said recollecting his national competitions. “I met Mike Tyson when he was only 16 years old an amateur boxer. Tyson was already powerful at that age.

“I also met Pernell Whitaker

(world champion boxer) when he was coming up as an amateur,” said James.

James lost the preliminary fight in his first national bout but made it to the quarterfinals the next two years. In 1984, he took a stab at the Olympics but was defeated at the quarterfinals.

During all this time, James was also working as a firefighter for the state; still, he missed being part of the Army. So in 1985 he joined the Army National Guard. That same year, James also



“You have to have heart and be willing to go 110 percent.”

Sgt. 1st Class William ‘Bo’ James

won the New Jersey Golden Gloves.

“I like to stay busy; it keeps you off the street and away from doing bad things,” said James.

With more than 90 amateur fights, and an impressive 78 wins, 12 losses and 40 knockouts, James felt he was ready to go pro.

“My trainer knew and I knew that I was ready,” said James, “especially after winning the Golden Gloves, state and regionals.”

Going pro, however, brought on new challenges. At the amateur level, boxers wear headgear and the gloves are more padded

than at the pro level.

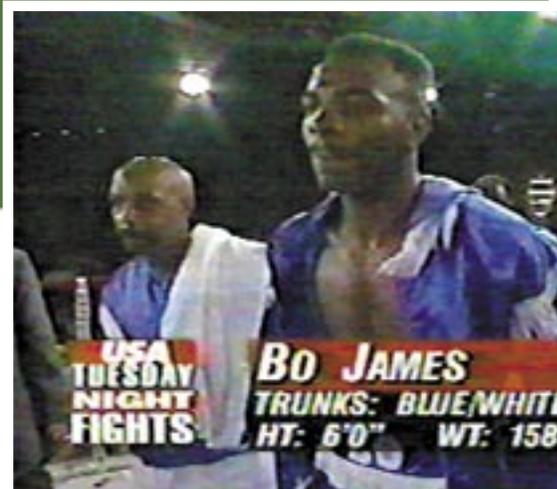
“You can really feel those punches in the pros,” said James. “Those gloves are a lot smaller than amateur levels.”

Boxing is not all about how hard you hit, however, says James.

“It’s almost like a chess game: Strategy against another man,” he said. “Boxing is not about pounding on someone; it’s more about the finesse and the moves. That’s what counts.”

In his professional boxing career, ‘Bo’ James fought 42 times: 29 won, 11 lost, two draws and 16 knockouts. His biggest fight, was the televised Hopkins vs. James match for the IBF title.

“I was in the best shape of my life for that



fight,” said James. “Before the fight, I heard a lot of hearsay that I was going down against Hopkins early on in the fight.”

After 11 rounds with James, Hopkins had changed thoughts about the “sleeper.”

“Back in the hotel after the fight, Hopkins came up to me and said, ‘I thought I was going to knock you out early, but you got a lot of heart, Bo James. You surprised me. You could box,’” said James.

James still trains and works out while deployed here in Guantanamo Bay. He said he hopes to set up several fights when he gets back but ultimately wants to give back what he’s learned over the years.

“I want to be a trainer,” said James. “Boxing is my hobby, something I love to do.”

As a senior noncommissioned officer, Troopers look up to James. Being a boxer and a Soldier, staying physically fit is a duty.

“I never lift weights,” said James, “I just do pushups, pull-ups, sit-ups and run or do some cardio. I do all calisthenics and may use light dumbbells here and there to speed up my punches.”

For those interested in boxing, James said, “It’s okay just to learn the sport, but if you want to be in the fighting game, you have to have heart and be willing to go 110 percent.”

Be Safe, Healthy This Holiday Season



Photo by Air Force Staff Sgt. Jeffrey Allen

By Senior Airman Neo Martin

Perhaps in your mind's eye a warm hearth, friends and family members, a table decked out with a home-cooked feast, familiar decorations—some which survived from your childhood—and snowfalls are becoming prominent thoughts.

As we move through the holiday season coupled with our mental pictures, images of “ideal holiday settings” are pushed at us from many media outlets. But when you open your eyes, there is a drastic difference between the ideal holiday season and the reality of military life or life in general.

During this time there will be gatherings and parties featuring an abundance of alcohol and food. Under the stress of being away from family members, Troopers here may be more susceptible to overindulging in the festivities.

“There is a direct appeal to fulfill strong human needs we all share such as intimacy, a sense of belonging, relaxation, and enjoyment,” said Army Capt. Eduardo Caraveo, Joint Task Force Combat Stress. “Some people tend to fill the void by consuming

alcohol.”

This approach to “celebrating” the holidays overlooks the negative and possibly grave results of alcohol abuse and promotes holiday expectations that are unrealistic and unachievable for many of us.

It's important to remain in control of your emotions and actions this holiday season. Some suggestions from Combat Stress are as follows:

1. Maintain contact with your family. Discuss their plans and develop a detailed mental picture of their events. “The second best thing to being there is to share as much of the experience as possible through communication,” Caraveo said.

2. Tell your family your plans for the holidays, Caraveo said. “This will help you develop a plan for yourself and share your experiences with your family,” he said.

3. Make sure every event with alcohol provides food and a variety of non-alcoholic alternatives. Remember to never drink on an empty stomach.

4. Set limits for yourself if you're drinking alcohol.

5. Establish designated drivers before the libations flow.

If you host a party where you will be serving alcohol, here are some tips:

1. Be prepared. Provide a sober driver for any guest who didn't designate a driver in advance.

2. Seek a balance in your activities—alcoholic and non-alcoholic, relaxing and invigorating.

3. Offer non-carbonated mixers. Carbonation speeds alcohol absorption rates.

4. Realize people that don't normally drink are more inclined to during the Holiday season. Their tolerance will be very low, and a couple of drinks may seriously impair their judgment.

5. Don't pressure anyone to drink alcoholic beverages.

“You don't have to drink to enjoy yourself. In fact it may do just the opposite,” Caraveo said.

“Drinking is a depressant and can put you on an emotional rollercoaster.” Troopers are reminded to contact family members as often as possible.

SPORTS WIRE

NBA Violence: Does the Time Fit The Crime?

By Army Cpl. Simon Cropp

The question on many fans' minds concerning the NBA is, does the time fit the crime?

In an unprecedented show of violence in the Indiana Pacers-Detroit Pistons game last week, Ron Artest of the Pacers charged the crowd, fists flying, and followed by teammates Stephen Jackson and Jermaine O'Neal.

The commissioner of the NBA, David Stern, handed out punishments, including suspending Artest for the rest of the season with no pay and giving Jackson and O'Neal slightly shorter suspensions. Matter-of-fact, he handed out all kinds of little suspensions to anyone involved in the mess on any level, making it absolutely clear to everyone that NBA players should always present themselves with the level of professionalism associated with any career.

The question that has since arisen is this: Are these punishments too strict? Some say yes, but the majority tend to say they are just right, and a few say Jackson and O'Neal, who joined the fight in the stands late, should have been suspended for the whole season.

Of course the fans acted horribly in throwing cups of liquor at coaches and players alike, but this is something that should have never happened in a game of professionals.

Most any company in American society that found a violent employee on its hands, who physically attacked anyone within the company or outside—especially in the workplace—would be quickly terminated. No questions, no suspensions and about the only time questions are asked are in the fields of public safety such as law enforcement or the military.

Actually, each Trooper who represents himself professionally, especially in the often trying times found in deployments, is given a small slap in the face by something like this. Oftentimes, Troopers find themselves in worse positions than a cup of beer being tossed at them, and for the most part the American Trooper handles themselves with honor and integrity, while those who do not face the strictest of punishments. And we're in a job that sometimes demands violence.

The NBA, like any other respectable organization, should fire these men. Not to say

they were wholly at fault, but in this situation they were the professionals and they acted like children. Certainly the fans who initiated the fight should be dealt with, but the players are not paid for riot control. Security needs to deal with that.

On a happier note, Eli Manning made his first career start last Sunday for the New York Giants and though he looked a little jumpy out there behind center, he came away with some flashes of potential. Even better, the Denver Broncos thoroughly dismembered the New Orleans Saints, and thank goodness too, because the number of times online writers felt the urge to write "N'awlins" instead of New Orleans was absolutely ridiculous.

Speaking of New Orleans, there is a movement to remove Aaron Brooks from the starting quarterback position. No one thought a worse pass would be thrown than Jake Plummer's left handed interception toss in the season opener against the Chiefs, but Brooks has outdone Plummer twice since then with one pass actually sailing the wrong way.

Donovan McNabb and Daunte Culpepper had big days as well and, of course, big brother Peyton Manning threw another five touchdowns. Everyone's pretty sure he's going to break Dan Marino's season record of 48. Still, McNabb gets the nod for the quarterback of last week, but on to this week and the present. Prediction: McNabb will be this week's best quarterback too. Call it a hunch.

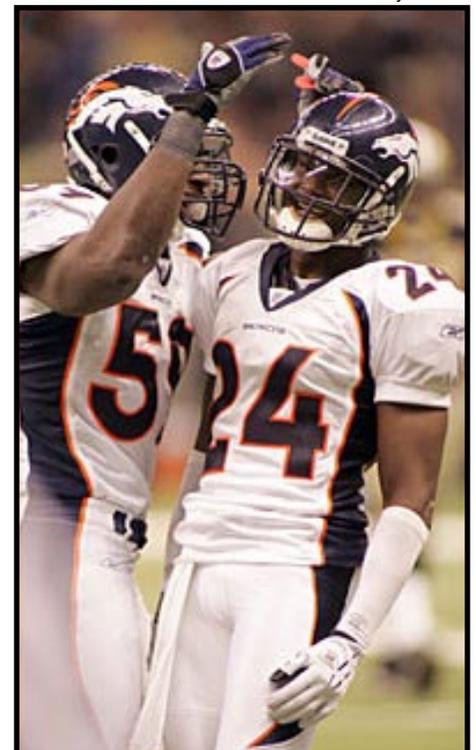
With a belly full of turkey, try and settle down Sunday and catch some of the games. The Broncos play the Raiders Sunday night, check that one out for sure. It'll be a blast.



Photo courtesy nfl.com

What a great quarterback. Donovan McNabb throws an interception but instead of sticking his head in the sand he goes and trips the guy up. That's taking responsibility for your actions right there (below). Champ Bailey celebrates on the sideline after a fourth quarter-interception that really sealed the deal for the Broncos to go home with a win (above).

Photo courtesy nfl.com



WORLD WIRE

... News ... Sports ... Entertainment ...

Nov. 13: Vice-president **Dick Cheney** released from hospital after shortness of breath; not serious, doctors say. ... A Pennsylvania school district first in nation to mandate teaching “intelligent design” theory of **creation alongside evolution**. ... **Rapper O. D. B.** dead at 35. ...

Nov. 14: Britain ponders **banning** ads for junk food before 9 p.m. ... 2003 **death-row** sentences at 30-year-low, study says. ... Secretary of State **Colin Powell** resigns. ...

Nov. 16: **Sears and Kmart** merge. ... NASA’s unmanned experimental ‘**Screamjet**’ breaks speed record. ...

Former producer joins those piling on to sue **Michael Jackson**. ... Pentagon to warn military bases worldwide not to sponsor Boy Scout troops anymore; **ACLU lawsuit** objected to requirement Scout believe in God. ... **Computer use** may increase glaucoma risk, scientists say. ... **Hardee’s Monster Thickburger** is 1,400 calories, 100 grams of fat, two-thirds of a pound; defies healthy trend. ... A 25-year-old **marijuana dealer** gets a 55-year prison sentence in Salt Lake City, Utah; mandated by federal law. ... **Condoleezza Rice** nominated Secretary of State. ...

Nov. 18: **Porn** is as addictive as hero-

in, destroys lives, advocates tell U.S. Senate. ... **President Clinton’s** library opens in Little Rock, Ark., before 30,000 guests. ...

Nov. 22: USA TODAY says “short life, long movie”; Rolling Stone calls it a “buttnumbathon”; Oliver Stone epic **Alexander** opening to harsh reviews. ...

Nov. 23: Ukrainian **election crisis** in third day; tens of thousands protest “stolen” election. ... **Fans sue** NBA players over fight. ... **Dan Rather** resigns CBS Evening News, effective March. ...

Army Cpl. Jim Greenhill compiles WorldWire from a variety of news ser-

WORSHIP WIRE

... Faith ... Belief ... Counseling ...

A New Beginning

This Sunday is the first in Advent, the beginning of another new Christian year.

Advent is the season in which the church prepares for the coming of the Lord in three ways:

First, we look back to the coming of the Lord as the Christ child born long ago in Bethlehem. It’s a story filled with ironies. The baby in the manger is the Lord of life; Mary and Joseph seem to be facing trials and obstacles at every moment, including unexplainable pregnancy, tax census, and no room in the inn; yet these events are all part of God’s plan.

The Bible tells us, “In the fullness of time God sent forth his Son.” So we learn that God’s purposes can be unfolding even in the midst of our trials and the ironies of life.

Second, we look forward to Christ’s coming in final victory. The Bible is clear that no one knows the time of his return, but his people are commanded to be ready. No one is better than the military at being ready. Often we spend 90 percent of our time preparing for the 10 percent that may happen.

The Bible tells us, “As the days of

Noah were, so will be the coming of the Son of Man. For in those days before the flood they were eating and drinking, marrying and giving in marriage, until the day Noah entered the ark, and they knew nothing until the flood came and swept them all away, so too will be the coming of the Son of Man. ... Keep awake therefore, for you do not know on what day your Lord is coming. ... Therefore you must also be ready.”

So how do we prepare?

That brings us to the third point. In Advent we are reminded to be open to the daily coming of the Lord in our lives. The Lord wants to be a part of our everyday life. If we are walking with the Lord on a daily basis, we are in fact prepared for his final coming.

The season of Advent brings new opportunities. If you have not been walking as closely with the Lord as you would like, now is the opportunity to make a change. It’s also a wonderful time to come and worship with your fellow Troopers at special holiday services. I hope you will take advantage of this opportunity.

—Chaplain (Army Maj.) Steven Herman

Padre’s Corner

OK, we are not living in England and, after all, didn’t we establish this nation in order to free ourselves from a monarchy? And yet a common title for Jesus Christ is king and we speak of God’s reign as the kingdom of God.

This king is not like anyone else in history. He is born in obscurity and poverty, he has special concern for the poor and marginalized, and he reigns from a cross.

If we desire to be rich, royal and noble, we too are called to become like the Lord who shows us ultimate love: love unto death.

Come to chapel this weekend. After all, aren’t you a member of the royal family?

— Chaplain (Navy Lt. Cmdr.) James Dowds

15 Minutes of Fame

... with Sgt. 1st Class Dan Johnson, 783rd MP Battalion ...

Supply Trooper Makes Most of Hobbies at GTMO

By Spc. Chris Gardner

Now a supply sergeant for the 783rd Military Police (MP) Battalion here, Sgt. 1st Class Dan Johnson from Ohio, has 30 years in the service.

The Wire: Where have you served?

Sgt. 1st Class Johnson: I started in the States—I went down in the Florida area, Georgia, Mississippi, California, Honduras and Panama.

What have you learned from your service?

Mainly, being able to deal with people, understanding their cultures and background. I've learned patience and care. I love people.

What sort of hobbies do you have?

I love to fish, mostly anything that bites: Red snappers and croakers. In Ohio, I fish for catfish, crappie and bass. I take them home, fillet them and fry them up. When I left Fort Lee, I had high cholesterol, so I changed my eating habits. Most of what I eat now is baked fish, tuna casserole and chicken. Arts and crafts: I like pouring molds, cleaning them up and painting ceramic pieces. Horseshoes: I won second place in a horseshoe tournament at the base gym in July. I won first place at Windmill Beach last month along with Sgt. Robert Offer, 367th MP Company, in an eight two-man team tournament.

Do you play any musical instruments?

I play the bass guitar, drums, saxophone and keyboard. I started off when I was about nine, and in most instances I play by ear. You give me a French horn or any instrument and a couple hours and I could probably pick up a song. I'm the choir director in the main chapel. I'd like to stay on an extension because I've gotten so used to the people in the choir here. Back home I was a choir director and minister, and so it's like having two families. Since I've been there the choir has grown. The church has grown. At home, I'm in the ministry, and have been preaching for over 20 years.

What obstacles have you come across in your military career?

To be honest with you, I have not had one. Everything's been great. Nothing was a surprise to me—I knew beforehand. As a small kid, I lived across from an Air Force base and



Photo by Spc. Chris Gardner

I saw the airmen, everyday, able to go into places we couldn't go into. Now, I feel proud, being able to go on post and to go into places that other people can't. Not everybody could do this job. So I feel special doing something that not everyone can do.

Why do you think the Global War on Terrorism is important?

It's important to me because of the lives we can save. If we do not protect our country then we have a lot of innocent people getting killed. So it is our duty as Troopers to support what we signed up for—to support our country.

How is your family handling your deployment?

They handle it well because most of my life I've been traveling a lot on tours. My wife used to be in the military, so she used to be gone a lot too. We've been married 32 years. She knew it was something I wanted to do, so she was all for it. I have a 25-year-old son; he did four years in the military. I have a daughter; she is 20 years old and was born at 1 pound, 2 ounces. I could hold her in my hand. She holds the record in Montgomery, Ala., for the smallest baby ever born that lived.

How long do you plan to stay in?

My goal is to extend and get a tour to Iraq, Afghanistan or Kosovo. If I can't get a tour

before I leave, I'd like to get a tour extension here. I love adventure. I see the young people going over there. Being an old veteran, I could play a bigger role in teaching those young kids. I could feel more a part of the war if I was there. That's my goal. I want to be more a part of the war, do my time and then retire, so the young people can move up and take my place.

What do you do in your free time?

I like running. I love training, counseling and helping Troopers. Once they tell me they have a problem passing the physical-training test, I try to make time to run or walk with them—sometimes three times a day. It builds you up. I might be weak in some areas and have to depend on them to help build me up. In my old age (52 years old), I did 70 push-ups and ran my two miles in 14 minutes, 55 seconds. I made a 279. I could have made a 300 if I wasn't talking during the sit-ups.

What have you enjoyed most in your career?

I love the challenge of acting on the spur of the moment to get the mission done. In the field, we had a laundry and bath section. We washed over 10,000 pieces of clothing one day without losing one piece. I was very proud of that. I love my job and the Troopers I work with.

MASCAS Exercise Goes for Realism in Training



Photo by Army Sgt. Scott Griffin

Joint Medical Group personnel treat a "casualty," Senior Airman Neo Martin, for multiple stab wounds and contusions during a Mass Casualty Exercise (MASCAS) at Camp Delta. The MASCAS was held to assess the readiness level of medical personnel and security forces working at Camp Delta.

By Army Sgt. Scott Griffin

"Ooh, I've got five stab wounds!"
 "My arm has a compound fracture!"
 "I'm paralyzed. Sweet!"

Not a normal conversation at Guantanamo Bay but one that happened at the Navy Hospital nonetheless. Almost a dozen Joint Task Force (JTF) Troopers were given prosthetic wounds for participation in a Mass Casualty Exercise (MASCAS) at Camp Delta last Friday.

Troopers from the Joint Detention Operations Group (JDOG) ran through drills on how to conduct triage and perform first aid while the Quick Reaction Force (QRF) provided security at the scene.

But before that could happen, the "casualties" had to look the part. Enter Randall C. Perry, industrial hygiene technician, and Navy Petty Officer 2nd Class Fred Turner, preventive medicine technician.

Using a combo of non-toxic paints (mostly reds and blues to get the contusions just right) and latex, Perry and Turner created wounds that ran the gamut from bruises to broken bones to bullet wounds. And they did it all in about an hour.

In all fairness, the paralyzed guy was easy. He just got a card tossed around his neck that said he couldn't feel anything below his neck. He did scream in Roma-

nian, though.

Following the makeup job, the "casualties" were transported to Camp Delta and placed at the exercise site. The scene included a van angled against the fence to simulate a crash, the driver slumped lifelessly over the steering wheel. The passenger seat featured the guy with the compound fracture screaming for help.

Several "guards" were sitting outside the van, spread about in various states of mock pain. One "guard," Army Staff Sgt. David Scott, a Trooper with J-8 finance, had a broken nose, a dislocated shoulder and a cozy seat next to a latrine.

"It was a good experience getting the prosthetic injury and helping provide realistic training for the Troopers," Scott said. As the sun beat down, he considered adding heat stroke to his injuries. An unexpected breeze provided him a little relief, and the latrine gave him some shade.

When the medical personnel hit the scene, they conducted an immediate triage, assessing injuries and prioritizing treatment. The "guards" outside of the vehicle were given a quick look, then told to hold tight while the others were assessed. Medical personnel swarmed over the vehicle and cracked the back open while QRF Troopers provided security.

The back of the van was filled with other casualties, including a "guard" who had been stabbed five times and beaten about the head and shoulders. He certainly had the bruises to prove it. Senior Airman Neo Martin, a photojournalist with the Public Affairs Office, was out like a light. He could've been napping if it wasn't for all the bleeding.

That paralyzed guy screaming in Romanian? That was Army Pfc. Chris Gardner, another photojournalist with the 128th Mobile Public Affairs Detachment, giving it everything he had. His hollering helped add confusion and complications to the MASCAS. Interpreters had to be brought in to act as go-betweens for the non-English speaking wounded and medical personnel.

"[The medical personnel] were very careful getting me on the stretcher," Gardner said. "They definitely did a good job."

With the triage completed, the medical personnel went to work on the critical casualties. Martin got plenty of attention, the medical personnel checking wounds and applying first aid under the watchful eye of their graders.

"Had I really been injured, the corpsman working on my wounds would have saved my life," Martin said. "He assessed my injuries correctly and went straight to work on treating them."

Overall, the MASCAS itself went off well. Army Maj. Paul Tavarone, J-3 current operations officer in charge, said the purpose of the exercise was "to assess the medical team on how they evaluate, evacuate and treat injuries."

"We need to be able to know how ready we are to execute the plans we have," Tavarone said. "We do these exercises to test our readiness levels."

"We want the training exercise to be as realistic as people," Tavarone said. "[The prosthetic wounds] are great visualization tools."

After an after action review, the MASCAS ended, the prosthetics were peeled off and the "casualties" returned to life. All involved returned to work with another success notch on their belts.

"I've been in [these kinds of situations] a couple-three times," JDOG Commander Col. Brice Gyurisko told the participants. "You all did a great job."

Holiday Mail Deadlines

Unlike all other overseas locations that have flights seven days a week, Guantanamo Bay (GTMO) has an average of three weekly. With the dates below, postal customers at GTMO should be able to get Christmas items to the recipients before December 25. The dates are for the postal customers of Guantanamo Bay, Cuba only.

- Standard mail coming or going: **Nov. 13**
- Priority/First Class Mail coming or going: **Dec. 6**

—Courtesy of Navy Chief Matthew Brittle, GTMO Postal Officer/Postmaster

Alcoholics Anonymous

Alcoholics Anonymous meets Mondays, Wednesdays and Saturdays at 6:30 p.m. in Room 4A at Chapel Hill.

Guantanamo Bay Martial Arts Friendship Tournament

What: Sparring, forms and self-defense categories; all competitors receive an award.

When: 9 a.m., Dec. 4

Where: G.D. Denich Gymnasium

For more information: Call Sensei Garcia, 7482

BUSES

Chart shows bus stops and minutes after the hour when buses are scheduled. For example, the Sherman Avenue bus stops at East Caravella 03 and 33 minutes after the hour.

Sherman Avenue			Camp America/NEX		
First Street	00	30	Camp Alpha	00	20 40
East Caravella	03	33	NEX trailer	02	22 42
Marine Hill	05	35	Camp Delta 2	06	26 46
Post Office	10	40	TK 4	12	32 52
Windjammer	11	41	TK 1	16	36 56
NEX	14	44	Windjammer	23	43 03
Bulkeley Landing	17	47	NEX	30	50 10
Ferry landing	21	51	Windjammer	35	55 15
Commissions Bldg.	23	53	TK 1	40	00 20
Ordnance	26	56	TK 4	46	06 26
Bulkeley Landing	28	58	Camp Delta 1	52	12 32
NEX	32	02	Camp Alpha	00	20 40
Windjammer	36	06			
Post Office	37	07			
Marine Hill	41	11			
Hospital	48	18			
Windward Loop 1	52	22			

CINEMA

DOWNTOWN LYCEUM

CAMP BULKELEY

FRIDAY

7 p.m. **Shark Tale**

PG 91 min

9 p.m. **The Forgotten**

PG13 91 min

SATURDAY

7 p.m. **First Daughter**

PG 97 min

9 p.m. **Ray**

PG13 152 min

SUNDAY

7 p.m. **The Polar Express**

G 90 min

MONDAY

7 p.m. **National Treasure**

PG 125 min

TUESDAY

7 p.m. **The Forgotten**

PG13 91 min

WEDNESDAY

7 p.m. **The Polar Express**

G 90 min

THURSDAY

7 p.m. **Ray**

PG13 152 min

FRIDAY

8 p.m. **The Incredibles**

PG 115 min

10 p.m. **First Daughter**

PG13 97 min

SATURDAY

8 p.m. **Shark Tale**

PG 91 min

10 p.m. **The Forgotten**

PG13 91 min

SUNDAY

8 p.m. **Ray**

PG13 152 min

MONDAY

8 p.m. **The Polar Express**

G 90 min

TUESDAY

8 p.m. **National Treasure**

PG 125 min

WEDNESDAY

8 p.m. **The Forgotten**

PG13 91 min

THURSDAY

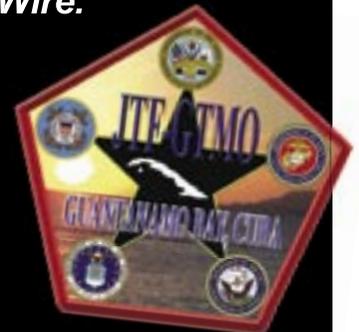
8 p.m. **The Polar Express**

G 90 min

FOR THE RECORD

The Wire strives for accuracy. When we fail, we accept responsibility for our errors and correct them. Please call Army Sgt. Scott Griffin

at 3594 if you see an error in *The Wire*.



Changes On The Beaches

New guidance has been issued by the Commander, Naval Base Guantanamo Bay (GTMO), regarding closing times, camping, parties and events at public beaches and parks. New hours and requesting procedures began Nov. 5.

Public beaches and parks close at midnight daily. Groups of 20 or more wishing to use one of GTMO's beaches or parks for an event or party must route a request through Naval Security at Building 1655 for approval no less than 48 hours before the event. Additional rules and expectations are list-

ed on the request forms.

Camping is the only authorized activity allowed on beaches and in parks after midnight and has been limited to five locations: Windmill, Cable and Chapman Beaches, Phillips Park, and Hospital Cay.

Campers wishing to use one of the five authorized locations must route their request through Naval Security at Building 1655 for approval no less than 48 hours before the event. Additional rules and expectations are listed on the request forms.

Fleet and Family Support Center

The Fleet and Family Support Center offers one more classes this month. Call 4141 or 4153 for more information or to register.

Using Credit Wisely: Nov. 30., 9 a.m. to 10 a.m.

The purpose of this program is to provide basic information on credit to include wise and unwise uses of credit, establishing and maintaining a good credit rating, when and how to borrow money and how to manage debt.

Crème de leguminous et gelatin betwène baked flour

Tired of amateur chefs with meager recipes and tasteless "delicacies"?

Learn a masterpiece meal for bravura banquets or even splendid snacks.

Ingredients

Your choice of classic breads, French or Finnish leavened loafs, sliced wheat or white; Italian natural gelatina pressed fruits or flavored jellies or jams; almond, walnut, pecan, chestnut, walnut, coconut, hazelnut, filbert, cashews or peanut butter; diced banana is optional

Directions

1. Slice whole loaf or purchase cut loaf
2. Spread your select butter evenly across one side of one piece of bread
3. Coat the slice on the side previously adjoined to the portion now buttered
4. Optional: Chop and uniformly place only freshly ripened banana of the isles
5. Delicately unite the portions
6. Allow the butters and jellies to bond
7. Simply enjoy the miracle of the peanut butter sandwich

—*Spc. Chris Gardner*

WORSHIP

CAMP AMERICA

Sunday	9 a.m.	Protestant Service	Troopers' Chapel
	6:45 p.m.	Catholic Mass	Troopers' Chapel
	7:30 p.m.	Protestant Service	Bldg. 3203
Tuesday	7 p.m.	Alpha	Bldg. L001
Wednesday	7:30 p.m.	Soul Survivor	Club Survivor
Thursday	7 p.m.	Thursday Night Ticket	Bldg. L001
Saturday	3 p.m.	Saturday Vigil Mass	Troopers' Chapel

NAVSTA CHAPEL

Sunday	8 a.m.	Pentecostal Gospel	Sanctuary C
	9 a.m.	Catholic Mass	Main Chapel
	9 a.m.	Church of Jesus Christ of Latter-day Saints	Sanctuary A
	9:30 a.m.	Protestant Sunday School	
	11 a.m.	Protestant Service	Main Chapel
	1 p.m.	New Life Fellowship	Main Chapel
Monday	5 p.m.	Pentecostal Gospel	Sanctuary C
	7 p.m.	Prayer Group Fellowship	Fellowship Hall
Wednesday	7 p.m.	Family Home Evening	Room 8
	7 p.m.	Men's Bible Study	Fellowship Hall
Friday	1 p.m.	Islamic Prayer	Room 12
Saturday	5:30 p.m.	Vigil Mass	Main Chapel

For information on Jewish services call 2323

DINING

Today	Lunch	Fish Amandine
	Dinner	Shrimp Scampi
Saturday	Lunch	Creole Pork Chops
	Dinner	Chicken Parmesan
Sunday	Lunch	Chicken Cordon Bleu
	Dinner	Roast Turkey
Monday	Lunch	Roast Beef
	Dinner	Chicken Adobo
Tuesday	Lunch	Baked Stuffed Pork Chops
	Dinner	Stuffed Flounder
Wednesday	Lunch	Turkey A La King
	Dinner	Sweet and Sour Pork
Thursday	Lunch	Sauerbraten
	Dinner	Cajun Meat Loaf
Friday	Lunch	BBQ Beef Cubes
	Dinner	Grilled Rib-Eye Steak