

JTF-HHC Conducts Common Task Training

By Army Cpl. Simon Cropp

All filled up on Thanksgiving dinner, tucked into bed with dreams of a beautiful white Christmas on the horizon, Troopers woke up the next morning to an exciting day different from the rest.

Troopers from Headquarters and Headquarters Company (HHC) did some common task training (CTT) Friday that not only tested the mind but also the body. Situations such as how to navigate terrain while dismounted from a vehicle, performing security checks and injury prevention were among just a few of the courses offered, and it couldn't have come at a better time.

"It got us out of the office. It was a change of pace," said Spc. Kiam Parker, Combat Stress Control.

To get out of the office and change things up a bit, that is something many Troopers here at Guantanamo Bay, Cuba, consider important, especially considering the six-day work week observed by the Joint Task Force.

"We're not getting into the map reading where you have to know the valleys, spurs and all of that, we're covering the basics as a refamiliarization," said Army Sgt. Shaun Fournier,



Photo by Spc. Chris Gardner

Army Staff Sgt. Cavett Ishihara (left), a Joint Task Force Public Affairs Broadcast NCO, performs a simulated media interview with Sgt. 1st Class Gordon Hyde, Public Affairs Command Information NCOIC. Media training is an essential part of Common Task Training.

783rd Maintenance Company, instructor of the land navigation course. His sentiments reflected the goal of the entire day's events, familiarization with common tasks that are mission-essential while in Guantanamo but at the same time, tasks that many aren't altogether familiar with.

"This is the kind of training Troopers might be able to use elsewhere," Fournier said. "Right now it's going to be getting familiar with [the training]

and soon it will be second nature."

The training done can always turn into real-world scenarios for Troopers stationed here. Army Staff Sgt. Giovanna Spinks, 491st Military Police Company, said "If we were out there on a gate, if the MP or infantry guys were too busy, then they would utilize us in those scenarios." Spinks maintained that it's good to keep up

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Trooper To Trooper

Pearl Harbor and 9/11: Catalysts for Greatness

By Army Brig. Gen. Jay W. Hood

We pause this week to remember what President Franklin D. Roosevelt called "a day that will live in infamy."

Sixty-three years ago on Dec. 7, 1941, our nation sustained an unprovoked attack at Pearl Harbor, Hawaii. More than 2,400 died, our forces lost 188 planes and 21 ships were sunk or damaged, to include the *USS Arizona* and other key battleships.

The response of our citizens and service members following that attack defined a generation.

Millions of men and women answered the call of our country and left our shores to defend our freedom and way of life. Millions more remained on the home front to support our service members and the war effort.

The individual and collective sacrifice and tenacity of our parents and grandparents during the war and for several years thereafter prompted NBC's Tom Brokaw to write *The Greatest Generation*, a tribute to these heroes.

About 60 years after that fateful day, our nation experienced another tragedy on a similar scale: The unprovoked attacks of Sept. 11, 2001.

I believe 9/11 did two important things for America: First, it brought us together as a nation; second, it provided a tangible link between our generation and the Greatest Generation.

Each of us remembers where we were when we received the news about 9/11. I was on a C-130J aircraft about to conduct a training parachute drop over Sicily Drop Zone in Fort Bragg, North Carolina.

In the weeks and months after 9/11, there was a sense of national unity which our generation had never experienced: We reached out to the families of those who died that day, political adversaries joined together, millions rekindled their faith in our country and the world mourned with us.

Because of what we went through three years ago, we now have a greater understanding and appreciation for how



Photo by Army Sgt. Scott Griffin

our parents and grandparents felt after the events of Dec. 7. Those of the Greatest Generation answered that call not only to protect themselves but to also give us, their children and grandchildren, a better, safer way of life.

That is exactly why you and I are here. We are again at war. Like the Greatest Generation, our response to these new, unprovoked attacks will define us. And like them, we have taken it personally, and we know that this is a fight we will win for our children and grandchildren. During this time of remembrance, be proud of the sacrifices you make as part of our generation of service members.

As you spend this holiday season as part of our JTF family, in addition to doing the great job you do, be sure to take time for yourself. Get involved in the many December activities and celebrations being held here; they will help you keep up the holiday spirit.

Stay in touch with your family and friends and express your thanks to them for their support. Remember, they appreciate you because your sacrifice allows them to continue to enjoy the holidays in a safe and secure environment.

I personally thank you for being a part of this fight. Our generation honors you, and the Greatest Generation salutes you because, like you, they know exactly what it means to be *Honor bound to defend freedom!*

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Running Gear: Are Your Feet Fit to Fight?

By Senior Airman Jon Ortiz-Torres

Take your body weight and multiply it by three.

Now, imagine pounding your feet more than 4,000 times on the road with that amount of pressure.

Most people wouldn't consider taking their car on a road trip with its tires hanging on their last thread, and that's what runners here should think about when jogging with an old pair of running shoes.

"Proper running shoes play a big role in injury prevention," said Navy Lt. Tom Judy, officer in charge of the joint aid stations.

"Some of the most common injuries I see can be as simple as not wearing the proper shoes," said Judy, who specializes in sports medicine. "You have to consider the amount of weight and pressure you're putting on your feet for every stride."

For every mile, the average runner can strike the ground up to 1,500 times at three to four times their body's weight, according to the American Podiatric Medical Association. That can lead to a chain reaction of injuries if the runner isn't wearing proper footwear.

"Over time, Troopers' shoes wear out, and they may find themselves not running as hard or as fast," said Judy. "At that point, the body begins to compensate for the absorption the shoes once provided.

"Many of the injuries I've seen related to improper shoe wear include, shin splints, knee pain, and hamstring pain. This can eventually lead to problems with the hip and lower back."

Tracking down the best type of running shoes doesn't have to be an impossible task; however, it does require a little detective work.

"First, Troopers should determine what type of foot they have, since it will control what type of shoe they'll need," said Judy.

Foot types are generally classified into three categories: normal, flat or high-arched.

"A normal foot lands on the outside of the heel and then rolls inward slightly to absorb shock," Judy said. "The flat foot usually strikes on the outside of the heel and rolls inward excessively."

The high-arched foot doesn't pronate enough, so it's not an effective shock absorber.



Photo illustration by Senior Airman Jon Ortiz-Torres

Two simple methods can determine the type of feet a person has. One way is the "wet test."

For the wet test, people can wet their foot and then stand on a surface that will leave an imprint, such as a brown paper grocery bag. Look for the arch. Feet with a small arch are flat feet, a deep bend in the arch is a high arch and a regular arch is considered normal.

Another method is to look at the pattern of wear on an old pair of shoes. Normal feet, shoes usually wear evenly. Flat feet, shoes wear inward and with an arch toward the sides of the shoes.

Some people may fall in between these types; however, it gives a close enough idea of what to look for when purchasing a shoe. Once Troopers know their foot type, they can cancel out shoes not suitable for them.

Footwear selection is simple at the Navy Exchange (NEX). Three tags for three foot types. Labeled tags include "Motion

Control" for flat feet, "Stability" for normal feet and "Cushioning" for high arch feet.

Whether it's at the NEX, home or on the Internet, Troopers should keep in mind what shoe suits them and not be lured by trends or prices.

"The difference between these shoes is how they allow the foot to stabilize the body when you run," said Judy. "Some people may have used a certain type of shoe their whole life contrary to their suggested shoe type and run and perform just fine. It varies case by case."

When should Troopers replace their running shoes?

"For average runners, about every six months," Judy said. "Avid runners, about 400 miles."

Ultimately, the road to injury prevention may start with what you lace up before jogging, but keep in mind, said Judy, stretching and correct training is just as important.

Thanksgiving CTT Adds to Unit Cohesion



Photo by Spc. Chris Gardner

JTF Troopers perform land navigation at McCalla Hangar for Common Task Training.

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on this kind of training. She taught the courses that dealt with guard duty and vehicle inspection, scenarios highly likely in a place with high levels of security.

"The reason why these tasks were given to us is because they centralize on what we're doing here," Spinks said. "CTT is geared around the mission you're doing now. You have those

basic tasks like land navigation, and we have gone beyond that as well."

Army Private 1st Class Daryll Emerson said the training was good because it allowed him to get out with his unit and helped with unit cohesion.

Other courses given were how to report an incident using the SALUTE format (Size, Activity, Location, Unit, Time, Equipment) and interaction

with the media. Public affairs training is something that is commonly forgotten when Troopers are told they have CTT, and here in GTMO it is equally as important as any of the others since the island is frequented by the media.

"It is all right for Troopers to give their opinions, but they should talk about areas that they know about and speak only for themselves," said Army Sgt. Scott Faddis in his class on dealing with the media. "Problems arise when you begin to generalize or speak on behalf of others, and especially when you step out of your area of expertise."

Those in charge, including Army 1st Sgt. Christopher Sheridan, HHC, set the training

up as a round-robin exercise, meaning Troopers broke off into groups and rotated through stations. Since the HHC representation was so large, this figured to be the most efficient way of moving Troopers through the training to prevent bottlenecks.

At the end of the day, Troopers walked away with a sense of accomplishment, according to Emerson, after enduring a well-planned cycle of CTT.

PLDC Graduation

Class 513-05 graduates the Primary Leadership Development Course on Wednesday. The honor graduate, Army Cpl. Michael Murphy, led the graduates in the Non-Commissioned Officer and Soldier's creeds: "No one is more professional than I. ... I will be loyal to those with whom I serve; seniors, peers and subordinates alike."



Photo by Senior Airman Jon Ortiz-Torres

Complacency or Conditioning? Safety First!

At Guantanamo Bay (GTMO) we enjoy a low speed limit and its benefits: A low personally owned vehicle (POV) accident-injury rate. We still drive hundreds of miles performing our mission. During the holiday season, many Joint Task Force (JTF) Troopers take leave. And more Troopers rotate home every day. Take some time to reflect on your driving habits and what we can do to stop the No. 1 killer of troops across the force. The following is an excerpt from the November 2004 issue of Countermeasure, the Army's safety publication.

**By Army Chief Warrant Officer
Paul Madrid**

Have you ever driven home and couldn't remember all the details of the trip?

Statistics show most traffic crashes happen within 25 miles of home. Is this because we've become so used to our surroundings that we've become conditioned and assume nothing will ever change? Or is it that we're satisfied nothing will ever be different and, as a result, become complacent? I was on a temporary duty (TDY) trip when I learned how both of these factors can get you into trouble, even hundreds of miles from home.

I was on a week-long TDY to Aberdeen Proving Grounds, Md., to inspect a National Guard drug interdiction program. It started off like all the other TDY trips I'd taken—I packed, got the plane tickets, and launched. As always, I got a rental car. Not

everyone treats these vehicles with a lot of respect. I, for one, don't like to deal with all the paperwork should something happen, so I tend to be over cautious.

After checking into the hotel I decided to visit the unit, which was about 15 miles away. Along the drive was a four-mile-long straight stretch of highway that went up a gradual slope. On the return trip there were 11 red lights along the road, and another one by the overpass at the bottom of the slope. I'd driven the road enough during the first three days that it was becoming routine, and I wasn't counting on things changing late at night. So what was different on that long stretch of highway after 10 p.m.? To make things easier late at night, those red lights changed to flashing yellow caution lights so you didn't have to stop at every other traffic signal. Made sense to me. After making this trip for three days and nights I was getting comfortable with this section of road—maybe a little too comfortable.

On the fourth night things were going well for the unit. The only thing left to do was out brief the command the next day, so a few of the Guard guys decided to follow me back to the hotel for a small get-together. I was in the lead with three other cars behind me. No problem, right? Wrong!

As I started down the slope, I could see all those yellow caution lights flashing away. I cruised down the slope expecting yellow lights all the way, but as I went beneath the overpass a Jeep Cherokee suddenly pulled out in front of me. My first

thought was, "What is this guy doing?!" With me going 50 mph and him only 20 yards in front of me, I didn't have much time to react. My rental car became a knife and cleanly shaved the front end off the Jeep. I won't go into all the details of the damage done to both vehicles. Let's just say it was severe enough that they couldn't be towed and had to be loaded onto slide-bed wreckers.

So what happened? Remember all those red lights that changed to flashing yellow at 10 p.m.? Well, not all of them had changed, and the one that hadn't was the one behind the overpass. As I came down the slope I could see every light except that one.

This accident could have been catastrophic. I realized had I entered the intersection a couple seconds later, I would have perfectly T-boned the Jeep. That would surely have killed its driver and done who knows what to me.

Had I become complacent and unaware of the actual danger, or had I become conditioned and assumed the lights all did the same thing at the same time? Either way you look at it, the story is the same.

So what's the point of this? Complacency and conditioning can lead you into a deadly trap. Whether you're 25 miles from home or TDY 2,500 miles away, keep your head in the game all the time. Not doing so can get you killed.

Army Chief Warrant Officer Paul Madrid is with the 1st Cavalry, 1st Armored Division in Buding, Germany.

Troopers Welcome at Fleet and Family Support Classes

By Army Cpl. Jim Greenhill

Joint Task Force (JTF) Troopers can attend classes offered by Guantanamo Bay Naval Station's Fleet and Family Support Center (FFSC). Checking-account management, parenting at a distance, anger and stress management and resume writing are among class topics that might interest Troopers. Most of the classes are at the FFSC. But the FFSC brings the parenting-at-a distance class to Troopers at Camp America, where it is held in Building 3202. For more information about any of the classes or to register, Troopers can call 4141 or 4153.

"The FFSC is proud to be an active participant in support of the JTF mission and the Guantanamo Bay community," according to a news release from the center.

Among classes offered this month:

Checking-Account Management; Dec. 6, 9 a.m. to 10 a.m., FFSC

Basic information on check writing. How to balance a checkbook. What happens to a check, from checkbook to monthly statement. This has become even more important now that recent banking changes have made "floating" checks a thing of the past.

Parenting at a Distance; Dec. 7, 11:30 a.m. to 12:30 p.m., Camp America, Building 3202

This class can help with a challenge faced by hundreds of JTF Troopers. Maintain and strengthen relationships with children while deployed. Creative, effective ways to communicate with children. How to make a child feel special from a distance.

Anger Management; Dec. 9, 1 p.m. to 3 p.m.

Tools to control anger at work and socially. What triggers anger, choices when angry and how anger can work for you instead of against you.

Stress Management; Dec. 13, 1:30 p.m. to 2:30 p.m.

Identify stressors and symptoms. Manage stress. Stress-induced health concerns. Where to turn for help.

Resume Writing; Dec. 16, 8:30 a.m. to 11:30 a.m., FFSC

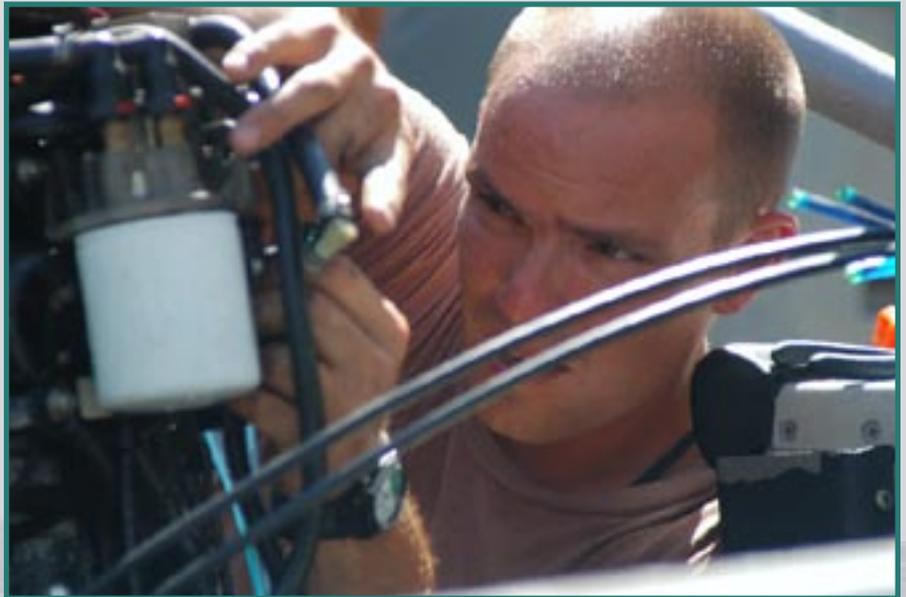
How do you translate military experience into civilian marketability? How to write effective resumes. Resume formats. Critiques of actual resumes, with ideas for changes.

Pacific Area *Port Security*



Photos provided by Coast Guard MST2 M
BM2 William Glenzer, MK3 Suzanne Rob

Priority Unit



Working for the Joint Task Force (JTF) as the commander for port security, I've had the pleasure to interact with Troopers from all services and at all levels.

I believe the JTF has found this unit to be responsive and dedicated to this mission of national importance.

We've forged close working relationships with the other JTF defensive forces, the Marines, the Army and the Navy Harbor Defense, and we intend to pass our knowledge on to our replacements.

I know all of my "Coasties" attached to Pacific Area PSU Detachment 2004 take pride in the job they did, and whether or not they ever intended to be serving in Guantanamo, we're all going home with the satisfaction of a job well done.

Honor Bound! Semper Paratus!

—Coast Guard Cmdr. J.T. Laufer



Michael Brewer, SNMK Dustin Gano, Bertson and BM3 Robert Trombley



“Remember Me?” TV Star Sees Familiar Face

By Senior Airman Jon Ortiz-Torres

During Thanksgiving week, television soap opera stars, the former Master Chief of the Coast Guard and an award-winning television and movie actor met with Troopers here at Guantanamo Bay.

Troopers crowded Seaside Galley hoping for autographs or maybe a photo with one of the cast from *Days of Our Lives* or *West Wing* star John Amos during their Nov. 24 visit to Camp America.

In the meet-and-greet line was Army Spc. Adam Courtney. He particularly wanted to see Amos again. When Courtney was a high school junior six years ago, he got a \$1,000 scholarship from a charity Amos founded.

“It started out as an assignment for English class,” said Courtney, a truck driver for the Joint Detention Operations Group. “I chose to do mine on John Amos.”

Amos is known for roles in hit television sitcoms such as *The Mary Tyler Moore Show* and *Good Times*, motion pictures such as *Coming to America*, *Die Hard 2* and *Beastmaster* and his performance as the adult Kunta Kinte in the television mini-series *Roots*. He currently plays Admiral Percy “Fitz” Fitzwallace in *West Wing*.

Mostly inspired by Amos’ role as James Evans, the father in *Good Times*, Courtney thought he was and still is a role model for all generations.

“In *Good Times*,” Courtney said, “Amos played the part of a father struggling to support his family through rough times. He was a role model for black males in the ’70s.” Courtney believed he could apply some of those traits to his own life; a modest argument for a junior in high school that earned him a \$1,000 scholarship to use toward his education.

“Believe it or not,” he said, “my English teacher gave me a ‘C’ for that essay, which she later changed to an ‘A’ after my award.” Six \$1,000 and six \$500 scholarships are awarded each year as part of the Halley’s Comet Foundation, which started in 1997.

Former Master Chief Petty Officer of the Coast Guard Vince Patton III now runs the program as executive director. Scholarships are only a small piece of

what the foundation does.

“We teach at-risk kids seamanship sailing skills that translate to learning about responsibilities, confidence building, teamwork, respect and giving kids an opportunity to learn how to build their confidence so that they can excel,” Patton said.

The organization runs fundraisers year-round to support the youth activities. One benefit is Amos’ one-man show *Halley’s Comet*, where he tours the country and plays an 87-year-old man who shares the memories of a lifetime with *Halley’s comet*.

Amos invited Courtney and his family to one of his shows in New Jersey after the recent scholarship award. “He sent a stretch limo for us,” Courtney said. “That was nice, especially since it was a good 45-minute drive to the show.”

Backstage, Courtney finally met Amos, exchanged a few words and posed for photos; little did Amos know they were to meet years later both supporting the Global War on Terrorism.

Most Americans remember where they were Sept. 11, 2001. For Courtney, it was basic training. “It was our first day,” he said. “We had done [physical training] that morning and then stood in formation for what seemed hours.”

Maybe it’s just part of the training, Courtney thought. “Then our drill sergeants came out and asked us who was from New York or New Jersey.”

Courtney never saw any footage of the



Photo by Senior Airman Jon Ortiz-Torres

Television and movie actor John Amos meets Army Spc. Adams Courtney a second time during a celebrity visit here Nov. 24 at the Seaside galley. Courtney received a scholarship from Amos more than six years ago.

terrorist acts until after his basic training and Advanced Individual Training. “We had no communication with our friends and families,” he said. “We knew we were at war and many of us would be going to it soon. It certainly changed my perspective on life.”

Courtney joined the Guard to pursue his education. “I am proud to be serving during this time,” he said.

John Amos, who also served in the New Jersey Army National Guard, felt particularly touched in meeting Courtney during his tour. “Last year in Afghanistan, I ran into a [Trooper] who I awarded a scholarship to,” Amos said. “It’s nice to know we can reach out to military bases around the world and see some young men I dealt with as youngsters.”

Back home, Courtney is a full-time student and plans to finish his bachelor’s degree in advertising next year.

SPORTS WIRE

Two Hundred Straight Games? No Problem!

By Army Cpl. Simon Cropp

Last Monday proved big for the last living legend, Brett Favre.

The night marked Favre's 200th consecutive start in the NFL, as well as the 36th game in a row where he threw at least one touchdown pass.

The Packers, a team many had dismissed as washed up, keep on proving why they are a legitimate contender to go to the post-season. Some speculate this is Favre's last season and certainly he wants to add a final Super Bowl to his list of accomplishments.

Eli Manning had a worse second game than first, getting picked off and sacked and overall just pummeled by an aggressive defense. The team he snubbed during the draft, the San Diego Chargers, continue to prove they are not the worst team in the NFL and, as a matter-of-fact, they stand at the top of the AFC West right now, just ahead of the world-loved Denver Broncos.

Don't worry, the Broncos have a chance to knock them down a notch this Sunday, but either way, the Chargers look good and the Giants—well, they don't look so good.

The Tennessee Titans have fought through a frustrating season, and after last week's loss, all hopes of the playoffs are distant. Last year's co-MVP winner, quarterback Steve McNair, recently spoke publicly of retiring. McNair's body has been punished over the years and, always the warrior, McNair often played through pain, but at 32 he feels those times catching up with him.

So far, McNair has thrown two more interceptions than he threw all last year. He sat out a good chunk of this season with an injury, and his team hasn't been producing like it did last year.

"Back in the days, I used to play and play well when I was hurt, but at the same time it has taken a toll," said McNair in an ESPN article Tuesday. "I just have to look at it and evaluate myself, but I'm

going to continue to work hard this season and do the best I can do to try and win five ball-games." ESPN went on to say—for clarity's sake—McNair never said the word "retire," though he has taken a beating over the years.

Many see last year's co-MVP award to McNair as a nod in the right direction for a player who has been underrated his entire career. The man has played through severe injuries, always displayed great athleticism, and on top of it all, has been a class act in the public eye.

Ricky Williams will return to the NFL sooner rather than later. By mid-December Williams hopes to be off the retired list and put on the suspension list so he can serve his four-day suspension. The interesting question is whether or not he will return to the Dolphins to play, be traded, or be cut. Many players remained close-mouthed about his retirement earlier in the season and are now open to giving the man a second chance.

In the wake of a 1-9 season, the first losing season they've had in around ten years, the prospect of getting someone of Williams' caliber back on the team doesn't seem so bad. Even those who were vocal about his not returning to the team are a little less angry now. It remains to be seen what the Dolphins will do with a player who has enormous

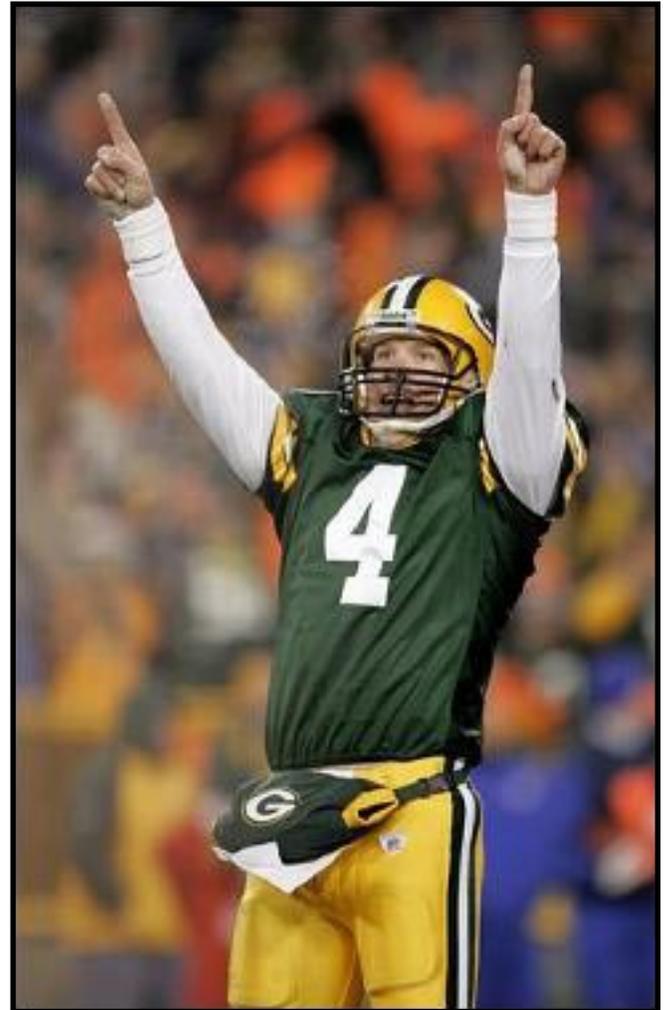


Photo courtesy nfl.com

Green Bay Packers Quarterback Brett Favre made his 200th consecutive start last Monday.

potential but many drawbacks in the personality department.

Here's to another great week in football.

Is there something you feel is missing or would like to see more coverage of in the SportsWire? E-mail the writer, Army Cpl. Simon Cropp, at Croppsl@jtfgtmo.southcom.mil with any suggestions, feedback, complaints or even if you just want to tell him he is a meat head. Mark the subject headers as "SportsWire" and keep it fun and clean!

WORLD WIRE

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

Nov. 24: Ukrainian unrest; election disputed. ... King Juan Carlos and Queen Sofia of Spain visit **President Bush** in Crawford, Texas. ... Weather slows **Thanksgiving** travel. ...

Nov. 25: Americans celebrate Thanksgiving, including here at **Guantanamo Bay**, Cuba. ...

Nov. 26: Holiday shopping begins; consumers spent \$8 billion, 10.8 percent more than in 2003. ...

Nov. 27: Dollar at new low versus Euro. ... Schoolkids demand royalties for parts in **Pink Floyd's** "Another Brick in the Wall." ... Flu season starts slow. ...

Nov. 28: Actress **Julia Roberts** has twins;

Hazel and Phinnaeus. ... NBC Sports chief Dick Ebersol hurt, two killed in Montrose, Colo., **jet crash**. ... *National Treasure*, *The Incredibles* take No. 1, No.2 Thanksgiving **box-office** slots. ...

Nov. 29: Brain scans of **liars** differ from those telling truth, researchers say. ... **Stress** speeds aging, study says. ... **Cuba** releases three dissidents. ...

Nov. 30: Homeland Security Secretary **Tom Ridge** resigns. ... NAACP chief resigns. ... Some call for **Kofi Annan**, UN Secretary General, to resign as Iraq "Oil for Food" program investigation finds billions paid to Saddam Hussein were not used to feed Iraqis. ...

Dec. 1: Ukraine's parliament rejects government; votes no-confidence. ... "Divorce was always an option—not murder," Laci Peterson's mother yells at convicted murderer **Scott Peterson** in emotional sentencing testimony. ... Consumer **income, spending** increase in October, report says.... Salt Lake City's Ken Jennings loses his **75th appearance** on *Jeopardy*, capping his winnings at \$2.5 million. ... **Tom Brokaw** anchors NBC Nightly News for the last time; Brian Williams succeeds him. ...

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

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

WORSHIP WIRE

Nativity Excuses

I recently came across a cartoon by Mary Chambers featuring first-century people's reasons for not going to Bethlehem to see the Christ child on that first Christmas day.

Here are some of them:

- "We don't get out to stables much, but we'll send the kids if you'll stop by and pick them up."
- "I don't relate well to newborns."
- "Years ago that innkeeper made me so mad I vowed never to set foot in there again."
- "We thought about going, but heard it was mostly shepherds ... that's not who we are."
- "There was no parking space at the inn."
- "Sorry, I had tickets to the chariot races."
- "Holidays are my only days off."
- "Shoot, no need to go all the way to Bethlehem. I built my own stable out back."

These excuses sound rather lame compared to the value of being a part

of the first Christmas, and witnessing the birth of the savior, Jesus Christ. We are still tempted to make lame excuses not to attend worship. The Christmas season will provide several opportunities to again celebrate the birth of our savior.

Please make a note of the following:

- Dec. 13: Advent Lessons and Carols, Naval Base Chapel
- Dec. 20: Caroling
- Dec. 23: Live Nativity at 386 Iguana Terrace
- Dec. 24: 3 p.m. Mass; 7 p.m. Candlelight Service (both at Trooper's Chapel)
- Dec. 25: 3 p.m. Mass (Trooper's Chapel)
- Dec. 26: 9 a.m. Protestant Service; 7 p.m. Mass (both at Trooper's Chapel). At 7:30 p.m., Protestant Service (at Camp America Building No. 3203)

You are invited to attend any of the above services and events, don't miss out on the glory of Christmas!

—Chaplain (Army Maj.)
Steven Herman

Padre's Corner

Once again, we begin a new church year. Happy new year!

The Advent season begins today, and we prepare to celebrate the incarnation. God becomes one of us in all things but sin, and through his cross and resurrection the world is saved.

Come home for Christmas, not to twinkling lights and warm memories of past Christmas celebrations, but to the Lord Jesus who wants to be born again in our hearts.

We have a variety of times, services and styles of worship here in Camp America, so there is no reason to sing: "I'll be home for Christmas, but only in my dreams. ..."

No, come home for Christmas, here and now, and we'll sing, "O come let us adore him, Christ, the Lord!"

— Chaplain (Navy Lt. Cmdr.)
James Dowds

15 Minutes of Fame

...with Coast Guard Petty Officer 2nd Class William Glenzer...

Coast Guard PSU Trooper Quick to Return



Photo by Sgt. 1st Class Steve Segin

By Army Cpl. Jim Greenhill

Coast Guard Petty Officer 2nd Class William Glenzer—Billy to friends—is a Boatswain's Mate 2nd Class with the Pacific Area Port Security Detachment. This Reservist is experienced with vessels ranging up to 300 feet long, and he spends much of his deployment here at Guantanamo Bay behind the wheel of a 25-foot Boston Whaler, patrolling through mangrove islands, dolphins sometimes playing in his wake. Glenzer was among the 15 percent of his unit who volunteered to be here—in his case, it was to gain experience.

The Wire: What is your military experience?

Coast Guard Petty Officer 2nd Class William Glenzer: I did six years in the Army as a watercraft operator. Then they downsized. I had done a lot of cross-training missions with the Coast Guard up in Puget Sound (Washington state). The Coast Guard caught my eye, so I decided to go in with them.

What is your civilian job?

Casino operations. I'm a dealer, pit boss and backup shift-manager.

Why enlist?

My dad did 22 years in the Navy. My grandfather was in the Marine Corps. It's something I needed to do.

What's been good about the military?

Experiences, by far. In the Army, I've sailed to Korea, Alaska, England. Just traveling around, exploring different cultures, meeting different people.

What do you like about the Coast Guard?

The camaraderie. And how, generally, people are always willing to help each other out. And how Coasties look after their own.

What are your military goals?

I'm trying to go active duty, I like it so much. If I get selected for active duty, I'll be a lifer.

How do you feel about this mission?

It's as important as any. We're not doing what people in Iraq are doing—catching bullets and RPGs (rocket-propelled grenades). But it's an important mission, and we're doing our part in the Global War on Terrorism.

What do you think of Guantanamo Bay?

(Smiles) It's the least worst place in the world. I expected it to be a lot worse than

it really was. And we lived in Windward Loop. That's the Hilton, up there.

What's been good about this deployment?

Working with the other services. Getting to know people from other services. We're all here for the same mission. You can learn a lot from each other, and you can get some different experiences. ... Getting to know

how the Coast Guard operates. Friends I

made. My crew. I've got probably the best crew and section. Gaining experience. The biggest thing is, you need experience.

What's hardest about this deployment?

Being away from my family. My three kids and my wife. It's been hard on them. My 2-year-old says "da-da," and he's always pointing at my picture. It's been hard on my wife.

Would you do this again?

In a heartbeat.

Would you come back?

Yes.

You say that without pause.

In a heartbeat.

What have you done here outside your military duties?

I took up scuba-diving. Hanging out with my section and crew. Calling home a lot.

If you, as a Trooper, could talk with a member of the media, what would you say?

I'd probably tell them just write the truth. Don't bend it. Stop writing what you think people should see and hear. Write what they need to see and hear.

Salt-Free Swimming in GTMO

Photos by
Spc. Chris Gardner

Spcs. Jason Rivera and Anthony Finamore of 2nd Armor Battallion, 102nd Regiment, enjoy a water-basketball scrimmage during their once-a-week visit to the Windjammer Pool. Said Lifeguard Martin Terrelonge, "You've got to be extremely focused." Ten-year lifeguard Horace Hinds said he's jumped in after small children a number of times, but there's never been any serious accidents at the pool. The Windjammer Pool (2205) is open seven days a week from 9 a.m. to 7 p.m. and 10 a.m. to 6 p.m. holidays.



For Troopers who swim to stay fit, the Marine Hill Pool (7919) features four 50-yard lanes for laps and a volleyball net. It is open Monday through Saturday from 6 a.m. to 7 p.m. and Sunday and holidays from 10 a.m. to 6 p.m. Below: More tranquil Troopers may enjoy the Deer Point Pool (2001) seven days a week from 9 a.m. to 7 p.m. and holidays 10 a.m. to 6 p.m.



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.

• 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

FRIDAY

7 p.m. **Spongebob Squarepants**

PG 91 min

9 p.m. **Friday Night Lights**

PG13 118 min

SATURDAY

6 p.m. **2004 Electric Light Holiday Parade**

7:30 p.m. **Christmas Concert: Cassandra Denver, Shannon Eileen**

SUNDAY

7 p.m. **Taxi**

PG13 97 min

MONDAY

7 p.m. **Spongebob Squarepants**

PG 91 min

TUESDAY

7 p.m. **Ladder 49**

PG13 115 min

WEDNESDAY

7 p.m. **Taxi**

PG13 97 min

THURSDAY

7 p.m. **National Treasure**

PG 125 min

CAMP BULKELEY

FRIDAY

8 p.m. **Shark Tale**

PG 91 min

10 p.m. **The Forgotten**

PG13 91 min

SATURDAY

8 p.m. **Spongebob Squarepants**

PG 91 min

10 p.m. **Friday Night Lights**

PG13 118 min

SUNDAY

8 p.m. **National Treasure**

PG 125 min

MONDAY

8 p.m. **Taxi**

PG13 97 min

TUESDAY

8 p.m. **Spongebob Squarepants**

PG 91 min

WEDNESDAY

8 p.m. **Ladder 49**

PG13 115 min

THURSDAY

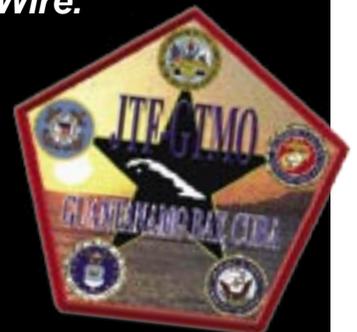
8 p.m. **Taxi**

PG13 97 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*.



Columbia College Winter Registration

Navy College

Our new test control officer is Chief Kevin Robarge. For information on CLEP, DSSTs, ACT, SAT or GED, contact him at 72125. Testing will be by appointment only.

Columbia College

Midterms are wrapped up, and we are headed toward finals. Good luck to all students and instructors!

Registration for Winter Session (Jan. 10 through March 5, 2005) begins Dec. 6. To see your online course options, log onto Columbia College's website (www.ccis.edu) and check out course offerings under Online Campus, Course

Schedules.

The local schedule became available in the Columbia College office on Chapel Hill on Nov. 29.

To schedule an appointment with Ellen Soucy to consolidate your military and civilian education/training for college credit, call 5555.

Office hours are Monday through Friday, 10 a.m. to 6 p.m.

The Dell Computer Lab at Columbia College is open to all college students. Hours this session are Monday through Thursday, 7 p.m. through 11 p.m. and Saturday, 12 p.m. through 4 p.m. The lab is closed Friday and Sunday.

Free Movie Rentals at Camp America

Troopers assigned to the Joint Task Force (JTF) can get ready for the next big thing to hit the Guantanamo Bay entertainment scene.

Free VHS and DVD movies are available at the JTF, Morale, Welfare and Recreation office (MWR) in Camp America.

The limit is two movies per day per person.

"We have more than 140 movies and are expecting more," said Army Staff Sgt. Wilfredo Ruiz, MWR noncommissioned officer in charge.

The New Jersey Army National Guard Family Support Center provided the free movies for the Troopers. Currently, the majority are in VHS format; however, a batch of DVDs are scheduled to arrive here soon.

The JTF MWR office has care packages with food, games and toiletries for Troopers.

Troopers may call 3670 or visit the JTF MWR office in Camp America.

—Senior Airman Jon Ortiz-Torres



Photo by Senior Airman Jon Ortiz-Torres

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	Resumes in January
Wednesday	7:30 p.m.	Soul Survivor	Club Survivor
Thursday	7 p.m.	Thursday Night Ticket	Resumes in January
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
	5 p.m.	Pentecostal Gospel	Sanctuary C
Monday	7 p.m.	Prayer Group Fellowship	Fellowship Hall
	7 p.m.	Family Home Evening	Room 8
Wednesday	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	BBQ Beef Cubes
	Dinner	Grilled Rib-Eye Steak
Saturday	Lunch	Baked Fish
	Dinner	Chicken Parmesan
Sunday	Lunch	Braised Beef Cubes
	Dinner	Southern Fried Chicken
Monday	Lunch	Pepper Steak
	Dinner	Creole Pork Chops
Tuesday	Lunch	Barbecue Chicken
	Dinner	Chicken/Beef Fajitas
Wednesday	Lunch	Country Fried Steak
	Dinner	Sweet and Sour Pork
Thursday	Lunch	Southern Fried Catfish
	Dinner	Salisbury Steak
Friday	Lunch	Beef Stroganoff
	Dinner	Lobster Tails