



the Wire

“HONOR BOUND TO DEFEND FREEDOM”

Volume 5, Issue 21

www.nsgtmo.navy.mil/jtfgtmo

Friday, Nov. 19, 2004

Holiday Season Never Stops at Guantanamo Bay

By Airman 1st Class Jon Ortiz-Torres

Sunday's MTV and HBO production's Thanksgiving concert is postponed until further notice.

The concert, also sponsored by Morale, Welfare and Recreation, planned to feature a collaboration of celebrities made up of 80s idol, Cyndi Lauper; hip-hop's Ja Rule, LL Cool J, Foxy Brown; genre-blurring musical smash, Kid Rock and a special appearance with Heavyweight World Championship boxer Lenox Lewis.

Meanwhile, the MWR offices at Guantanamo Bay (GTMO) Naval Base here and the Joint Task Force (JTF) are shifting to high gear with a brimming line up of holiday events with enough diversity that even the most withdrawn Trooper can enjoy.

Thanksgiving is the special time of year when families and friends gather to give thanks for the many blessings in their lives.

But this Thanksgiving, fellow Troopers are fighting in and supporting the Global War on Terrorism for those same family members and friends and will not be able to come home to share this time-honored tradition with those they love and who love them.

"The holidays, besides the Fourth of July, are the time of the year we really go all-out for the troops and for the families here at GTMO," said Lisa Dula, Naval Base MWR media and marketing director. "We know it's that time of year when you miss those loved ones and miss those holiday dinners."

For years, the Naval Base (NAVBASE) MWR has played a double role in supporting base family members and JTF Troopers.

"I'm really glad that they're (JTF) here," Dula said. "I'm glad they do mingle with the community, because we're not just NAVBASE

and a JTF, we're all one community who enjoy the same events and activities."

Following are the MWR events scheduled for this holiday season. Keep in mind that dates and events are subject to change. Check out future *Wire* articles for details.

Run, Win Free Turkey!

A 5K Turkey Trot starting at 6:30 a.m., Thursday at the base gym will give the first male and female finisher each a free pre-cooked turkey. There are no age groups. There will also be prizes for people dressed up as turkeys. Runners may sign up at the G. J. Denich gym or call 2193 for details.

Holiday Feast at GTMO

A Thanksgiving dinner for Troopers and their families is scheduled from 1 p.m. to 7 p.m. Thursday at the Bayview. Cost is \$9.50 and children under 9 eat for half price.

'You're Bluffing!'

A "Texas Hold-Em" poker tournament in ESPN-type fashion is set for 7 p.m., Nov. 26 at the Windjammer. Buy-in is \$20 a player. Winners win trophies and other prizes. For details, call 5604 or visit the Windjammer to sign up.



Photo by Airman 1st Class Jon Ortiz-Torres

Dave Elves, Naval Base MWR maintenance worker, adjusts holiday lights at Harbor Lights Hill in preparation for Guantanamo Bay's festival of light next week.

Xtreme Troopers Wanted

The fourth annual GTMO Xtreme Adventure race is set to start at 6 a.m., Nov. 27 at the Sailing Center. The race will feature Xtreme mountain bike, kayaking and a cross-country run. Troopers may compete as a three-man team or individual male or female. Deadline to enter is Nov. 26. For details, call 2345.

Holiday Lights Across the Bay

The Navy Exchange plans to kick off the "Festival of Trees" with a tree-lighting ceremony at 6 p.m., Nov. 27. Following that, don't miss the lights at Harbor Lights Hill at 7 p.m. Units and groups are encouraged to adopt a tree to decorate to represent their unit's pride.

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Trooper To Trooper

— “It’s About People” —



Photo by Airman 1st Class Jon Ortiz-Torres

By Army Brig. Gen. Martin Lucenti, Sr.

The Joint Task Force’s (JTF) mission of detention and intelligence collection is a complex one, with many moving parts that require constant attention.

Frequent turnover of personnel and the training requirement that accompanies that turnover creates a very challenging and time-constrained list of essential tasks to be performed.

As difficult as it is, we have done it well. It is the dedication and commitment of Troopers not only to the mission but to each other that makes it all happen. Clearly, Troopers here at Guantanamo Bay care about each other and are honored to serve with Troopers from all the services and military specialties of our Total Force.

People, with their creativity, energy, skills, dedication, commitment, values and sense of honor are the key to our success. Most are from the reserve component (about 72 percent). But it is the combination of active, reserve and civilians that makes what we do work so well.

The mutual respect, commitment and values we share bind the team together. Behind that team are the families that support the individual Troopers. These families share our commitment and values. Their contribution to the spirit and morale of each Trooper is hard to measure, but it is a powerful and sustaining force that keeps our Troopers in the fight and doing what’s right.

The relationship of our Troopers and their families is an important component in the JTF’s ability to sustain mission performance. Therefore, leaders are encouraged to pursue

Trooper connectivity to their families back home. That means that family connectivity should be a priority and leader creativity and energy should be focused upon their people and their support relationships to ensure daily mission accomplishment. It makes mission sense.

In most military operations—and ours is no exception—support comes from the rear and lines of communications are critical to mission accomplishment. Continuing this analogy, our main supply routes for Trooper connectivity are generally the electronic systems that reach back to families. They need to remain open, secure, and capable of bearing the loads required. Once in place, Troopers must display their commitment to each other by keeping these systems in good working order by caring for the equipment. Numerous changes and upgrades are in-process to improve this family reach-back capability, and you will be hearing more about them in the near future.

Remain vigilant during deployments regarding your OPSEC responsibilities and protect operational information. If Troopers need assistance to make a family connection, give them a hand to make that connection.

In addition to electronic communications, connectivity also means leave policies, telephone calls, postal services, air transportation and personal time for Troopers. Ensure all Troopers and their families know and understand their options and JTF policies so they can take full advantage of the opportunities that exist.

Troopers (people) are our most important asset. They are not only important, they are *Honor Bound to Defend Freedom*.

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2nd Lt. Gabriel Stokes

Circulation: 2,100

The Wire Action News Team!

NCOIC:

Sgt. Scott Griffin: 3499

Team Leaders:

Cpl. Simon Cropp: 3594

Cpl. Jim Greenhill: 3593

Photo Editor:

Spc. Jody Metzger: 3592

Staff Writers:

Senior Airman Neo Martin: 3589

Pfc. Jessi Stone: 3592

Pfc. Chris Gardner: 3594

Airman 1st Class Jon Ortiz-Torres: 3594

The Wire designed by Sgt. Scott Griffin

Contact us:

Base Information: 2000

Public Affairs Office: 3499 or 3651

From the continental United States:

Commercial: 011-53-99-3499

DSN: 660-3499

Online:

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

The Wire is produced by the 128th Mobile Public Affairs Detachment assigned to the Joint Task Force Public Affairs Office at Guantanamo Bay, Cuba. This publication is printed under the provisions provided in Army Regulation 360-1 and reflects neither the views of the Department of Defense nor the personnel within.

The First Two Weeks Are Hardest, Right?



Photo by Army Pfc. Jessi Stone

First of a series of columns.
By Army Pfc. Jessi Stone

"I can't do this; I can't even make it one whole day," I mumbled down to my half-eaten baked potato that I couldn't bring myself to finish because I had been munching on banana chips and dried cranberries all day.

I said it loud enough that the man in the booth in front of me heard, and he turned a little without quite looking back at me all the way, seemingly just to verify that I was indeed talking to myself. It was time to leave the galley.

There I was, walking back to the office after lunch, one of those carved-in-stone times I always smoked, clenching my empty hands in fists. When I thought back on all the times I had quit, none of them seemed so hard as this. Perhaps as I got older, the longer I smoked the harder it was getting.

I smoked my first cigarette when I was 13 after reading an article about all the horrible things women do to try to lose weight. I don't know what made me think picking up smoking to lose weight wasn't as bad as the magazine made it out to be.

Now, after eight years, giving it up will surely make me gain more weight than I ever lost. That's my biggest fear in all this. Most everyone puts on a few extra pounds when they quit. The last time I quit, I gained 30.

That's not to say the same thing is going to happen this time. This time, I enrolled in smoking cessation classes offered at the Navy Hospital every month. I got prescriptions to help me

with the cravings. I stashed health food around my office rather than junk food. I dedicated myself to working out after work in addition to my morning workouts. This time, I decided, I will do it right.

If I can do

it at all.

Quitting smoking is one of the worst physical feelings I have ever subjected myself to (and I once fell off a cliff and landed in a patch of cactus). How I have done it in the past is mind-boggling to me now, as I writhe in my office wishing to God I could just hide in a dark corner somewhere and sleep the next two weeks away.

They say the first two weeks are the hardest.

One day at a time, I tell myself. One day... one hour... one wheezing, hacking breath at a time. Two weeks really isn't so long in the scheme of things, sure, until that greenish-brownish smokers phlegm starts making an appearance in my throat in the middle of the night, working its way out of my lungs which have suddenly and violently rejected it.

Two weeks doesn't seem too long until you are coughing instead of laughing, instead of speaking, instead of sleeping. Two weeks is an eternity when you start waking up with that metallic phlegm taste. When I can look forward to that, breaking down and failing on day one doesn't seem so bad.

All of this, of course, is piled on top of the standard feelings of cravings gone too-long unsatisfied. It starts out almost like hunger, some yearning in a remote corner of my stomach. Before long, I feel like there is some sort of natural vacuum in my torso slowly sucking out all of my innards and depositing them somewhere outside of me, and I have to fill the space up, just keep filling it up over and over

again or else that black hole is going to turn me all the way inside out. That feeling won't go away for ... I don't know how long.

I've never quit for long enough to see that feeling go away.

Basic Training was the best. There was just no way I could have cheated and had a smoke. I had other things to think about most of the time. It was only in the mornings, as I stepped out of the shower, that my body asked for my pre-breakfast cigarette. I never had time to linger on the request.

But here temptation is all around me. A group of Military Police smokes next to the bathroom by the galley when I enter and when I leave. My buddies smoke outside their rooms when I leave for work and when I come home from work. The man next to me at the bus stop is smoking when I try to get away from Camp America entirely.

How I wish for that dark corner.

Some little, enclosed, cool, dry place where little noises like fingers on keyboards or ice in a cup won't drive me to a near-murderous rage. Someplace where no one will ask how I'm feeling or what I'm working on or how is everything coming along. A place where I can lodge my knees under my chin and hold myself in a tight, little ball in the darkness ... sort of like a spider.

But I'm not alone. The smoking cessation classes are a big motivator. We will meet every Monday for the next four weeks, and I look forward to each week like I look forward to mile-markers on a road trip.

They are little steps. I have a "quit buddy." He and I go to class together. My roommates and my co-workers have been supportive (and patient through my irritability). My friends are all rooting for me. It helps a lot, even if I can hardly stand the sound of a human voice right now.

It will get better, I know. I've done this before, and I will do it again. This is, after all, only Day 1, and I haven't even received my prescriptions yet.

Perhaps I'm just being dramatic.

But isn't that a common side effect of quitting smoking?

Read more about quitting smoking in a future issue of The Wire.

MWR Events Include Ham, Holidays and More!

Continued from Page 1

There will be food, music and caroling also.

Soldiers Take on Sailors

Guantanamo Bay Army and Navy teams take to the field for an interservice flag-football matchup at 8 p.m., Dec 3, at Cooper Field. The West Point and Naval Academy Army vs. Navy football game airs the next day at 2:30 p.m., at the Windjammer.

Spectacle of Lights Down Sherman

The 2004 Electric Light Holiday Parade on Sherman Avenue is set to start at 6 p.m., Dec. 4, from the LCN parking lot to the Downtown Lyceum. Commands, groups, clubs and individuals are encouraged to deck out their floats to show off downtown that day. At 7:30 p.m.

after the parade, put on your cowboy hats and dance to the music of Country and Western artist Cassandra Denver in her concert sponsored by LA Music Awards. To enter a float, call 2345 or send e-mail to mwr@usnbgtno.navy.mil. Last year, more than 22 floats paraded the streets.

Three Strikes, You're Ham

The Bowling Ham Shoot starts at 6 p.m., Dec. 10 at the bowling center. Three strikes in a row and players can win a free ham. Players can win only once. Cost to enter is \$7.50. For more information, call 2118.

Boats to host holiday light displays

On Dec. 11, the Guantanamo Bay Marina plans to host a Holiday Boat Parade featur-

ing boats showing off their lights and music. Again, groups and units are highly encouraged to adopt a boat for free for their own decorations. The marina plans on supplying electric generators for lights and music on the boats. You may view the event from the Marina, Bayview Restaurant, and Tiki Bar. To sign up, call 2345 or e-mail mwr@usnbgtno.navy.mil

Bringing in the New Year

Three parties are scheduled for New Years Eve, all beginning at 7:30 p.m. and featuring musical entertainment. Places are the Windjammer, no cover charge; Bayview Club for \$25 per person to include full-course meal and champagne bottle and the Goat Locker for \$7.50 per person.



JDOG's 2nd & 3rd MP companies Transfer of Authority at Camp Delta

Members of Camp Delta's 2nd and 3rd Military Police companies transfer authority at Tuesday's ceremony to incoming Navy Masters-at-Arms and Sailors with previous corrections experience.

Photo by Army Pfc. Chris Gardner

PLDC Graduation

Army Spc. Carl Cabanas leads Primary Leadership Development Course graduates in reciting the Noncommissioned Officer's (NCO) Creed. The creed refers to NCOs as the backbone of the Army and includes the words, "I will not compromise my integrity, nor my moral courage." All PLDC grads recite the creed and swear an oath stating, "I will not forget, nor will I allow my comrades to forget, that we are professionals, noncommissioned officers, leaders!"



Photo by Senior Airman Neo Martin

SPORTS WIRE

Steelers Blitz Warner; Manning Finally Starts



Photo courtesy nfl.com

The Steelers are blitzing machines and Browns quarterback Jeff Garcia found that out the hard way Sunday (left). Fighting off an aggressive defense, Daunte Culpepper still threw for over three hundred yards in a game without superstar wide receiver Randy Moss (below left). Kurt Warner took four sacks last week against the Arizona Cardinals—Bertrand Berry delivering three of those on his own (below right).

By Army Cpl. Simon Cropp

After being sacked 13 times in the last two games, Kurt Warner is going to the bench and Eli Manning will step up for the New York Giants on Sunday.

The Giants stand at 5-4, which puts them in a position where they need results—now—if they want to make the playoffs. Of course, little Manning hasn't taken a snap in a real game since the season opener when he got knocked out of his shoes. Still, with the success of Ben Roethlisberger, it's possible Manning will step up and show the country why a rookie got signed to a \$50 million-plus contract.

"He is the future of the New York Giants; it just starts now," Giants head coach Tom

Coughlin said Tuesday in an ESPN article.

It is known Warner likes to hold the ball too long, but the Giants offensive line has given up 39 sacks this season. Certainly all of these can't be Warner's fault—maybe a bit of revamping on the line would do wonders for the team.

Wide receiver Amani Toomer said he didn't feel it was all Warner's fault, but that the quarterback got stuck with the scapegoat role. Especially after he led the team to four straight victories after losing the season opener.

In the biggest change since Coach Dave Wannstedt retired from the Miami Dolphins last week, stand-in Coach Jim Bates is putting the bench under starting quarterback Jay Fiedler.

Photo courtesy nfl.com



Bates decided it was time to see what A.J. Feeley could do. After all, they traded away a second round draft pick for him during the off-season.

It still looks like Randy Moss won't be playing come Monday, though Daunte Culpepper's 300 yards passing and four touchdowns suggest he doesn't totally need Moss, though the Vikings still lost last Monday without him.

Byron Leftwich is projected to miss action Sunday as well, leaving the Jacksonville Jaguars without their starting quarterback again, though Leftwich is known to be a tough player and should be back from this injury soon. Back in his college days he only missed one game after he suffered a broken leg. Who plays with a broken leg anyway?

After the Colts beat Houston, 49-14, people were left wondering why Peyton Manning was still throwing deep routes in the fourth quarter. Obviously they had the game well in hand. Well, don't worry, Tony Dungy, the Colts' head coach, assured fans everywhere this week that his team wasn't trying to run up the score. They worked only for first downs. Apparently their offense is so potent that when they try for first downs they get touchdowns instead.

Photo courtesy nfl.com



TALKIN' TURKEY *The History of Thanksgiving*

By Senior Airman Neo Martin

Throughout time, food has been part of how people mark specific occasions.

During the colonial period and into the 19th century, official days of feasting and fasting were set to observe periods of good and poor fortune.

When the English governing body closed Boston Harbor in retribution for the Boston Tea Party, Massachusetts's colonial authorities declared a day of fasting. The Virginia House of Burgesses also ordered fasting in support of the bay colony. Abiding by the proclamation, George Washington noted in his diary, on June 1, 1774, "Went to Church and fasted all day."

Fifteen years later, President George Washington proclaimed the first national Thanksgiving Day under the Constitution.

"Whereas it is the duty of all Nations to acknowledge the providence of Almighty God, to obey his will, to be grateful for his benefits, and humbly to implore his protection and favor, and Whereas both Houses of Congress have by their joint Committee requested me 'to recommend to the People of the United States a day of public thanks-giving and prayer to be observed by acknowledging with grateful hearts the many signal favors of Almighty God, especially by affording them an opportunity peaceably to establish a form of government for their safety and happiness.' Now therefore I do recommend and assign Thursday the 26th day of November next to be devoted by the People of these States to the service of that great and glorious Being, who is the beneficent Author of all the good that was, that is, or that will be," said

Washington in an 1789 proclamation.

Several presidents following Washington made similar proclamations, changing the date until Lincoln's 1863 proclamation.

Early feasting days were spontaneous celebrations, but by the mid-19th century an annual fall Thanksgiving meal was customary throughout much of the nation

The American Thanksgiving was first officially declared a permanent holiday by Abraham Lincoln in an 1863 proclamation.

"The year that is drawing towards its close has been filled with the blessings of fruitful fields and healthful skies. To these bounties, which are so constantly enjoyed that we are prone to forget the Source from which they come, others have been added, which are of so extraordinary a nature, that they cannot fail to penetrate and soften even the heart which is habitually insensible to the ever watch-

ful providence of Almighty God.... I do therefore invite my fellow citizens in every part of the United States, and also those who are at sea and those who are sojourning in foreign lands, to set apart and observe the last Thursday of November next, as a day of Thanksgiving and praise to our beneficent Father who dwelleth in the Heavens," said Lincoln.

Although Lincoln made the fourth Thursday of November the official holiday, the original Pilgrims celebrated a fall feast with the members of the Wampanoag tribe in Plymouth, Massachusetts nearly 250 years earlier. The tradition has carried on ever since. Every year, the puritan colonists of Plymouth set aside a day of thanks for a bountiful harvest.

Although the route of the fall-harvest feast reaches far back into the history of Native-American culture, the fourth Thursday in November has become a prominent American holiday.



Turkey Day Pop Quiz

You read the article, now test yourself on how much you know about Thanksgiving!

By Senior Airman Neo Martin

1. Before traveling to America, many of the Pilgrims left England in 1606 to start their own church. To which European country did they move?

- a) Ireland.
- b) Holland.
- c) Romania.
- d) Spain.

2. What year did the pilgrims set sail for America?

- a) 1562.
- b) 1692.
- c) 1492.
- d) 1620.

3. What did the Pilgrims who came over aboard the Mayflower call themselves?

- a) "Saints" and "Strangers."
- b) "Pilgrims."
- c) "Exiled Travelers."
- d) "Globe Trotters."

4. How many days did it take for the Mayflower to reach the New World?

- a) 190.
- b) 65.
- c) 120.
- d) 60.

5. Where in America did the Mayflower first land?

- a) Cape Cod.
- b) San Salvador.
- c) Florida.
- d) Plymouth.

6. What was the name of the treaty that guaranteed equality between the "Saints" and the "Strangers"?

- a) The Treaty of Gent.
- b) Magna Charta.
- c) Manchurian Candidate.
- d) Mayflower Compact.

7. What was the approximate ratio of Pilgrims to Wampanoag at the 1621 Thanksgiving feast?

- a) 1/5.
- b) 9/4.
- c) 5/9.
- d) 4/3.

8. How many Pilgrims survived the first winter in the New World?

- a) 84.
- b) 10.
- c) 57½.
- d) Less than 50.

9. What was the name of the first native to meet the pilgrims?

- a) Samoset. (sam-`oh-set)
 - b) Echinsu Ocha. (`e-quin-sue `oh-cha)
 - c) Sacagawea. (sack-a-joo-e-ah)
 - d) Geronimo. (jer-on-i-moh) (`luk-`aut-bi-`IO)
10. Squanto taught the Pilgrims how to do what?

- a) Make maple syrup.
- b) Farm corn.
- c) Stuff turkey.
- d) A and B.

11. Who proclaimed a day of Thanksgiving to be shared by all the colonists and the neighboring Native Americans?

- a) Governor Samuel Adams.
- b) Abraham Lincoln.
- c) Christopher Columbus.
- d) Governor William Bradford.

12. What present-day Thanksgiving food was not included in the 1621 feast?

- a) Turkey.
- b) Pumpkin pie.
- c) Cranberries.
- d) Corn on the cob.

13. Who was the Sachem (leader) of the Wampanoag in 1620?

- a) Pocahontas. (`poh-ka-h&n-tiss)
- b) Samoset. (sam-`oh-set)
- c) Massasoit. (mas-`as-oh-ett)
- d) Dances With Wolves. (`Kev-in `Kos-n&r)

14. How often did Pilgrim children take baths?

- a) A few times per year (bathing was considered unhealthy).
- b) Every Tuesday (Tuesday was considered the day of cleanliness).
- c) Once per year (on Thanksgiving Day).
- d) The first Sunday of the month (Before church they had to put on their "Sunday Best").

15. In what type of shelter did the Wampanoag live?

- a) In Teepees, which were made of pine frames and stretched leather.
- b) In Wetus, which were made of cedar pole frames covered with straw mats or bark.
- c) In Quonset huts, which were made of bent birch limbs and a canvas-like stitched material.
- d) In log cabins like the one Abraham Lincoln lived in.

16. Who proclaimed Thanksgiving an official national holiday?

- a) Chester Bennington.
- b) Mayor Milton Bradley.
- c) Abraham Lincoln.
- d) George Washington.

17. How long did the Pilgrim "First Thanksgiving" last?

- a) Eight days, seven hours.
- b) Three days.
- c) One day.
- d) Seven hours.

18. In what year did the Pilgrim first Thanksgiving take place?

- a) 1776.
- b) 1621.
- c) 1542.
- d) 1812.

19. How many Indians attended the First Thanksgiving?

- a) 91.
- b) 90.
- c) 20.
- d) 75.

20. Approximately how many Pilgrims and Indians were at the First Thanksgiving?

- a) 153.
- b) 11.
- c) More than 200.
- d) 142.

21. The first American President to make Thanksgiving a national holiday was:

- a) Abraham Lincoln.
- b) William Taft.
- c) Benjamin Franklin.
- d) George Washington.

22. Which state produces nearly half of the annual U.S. cranberry crop?

- a) Virginia.
- b) South Carolina.
- c) Massachusetts.
- d) New Mexico.

23. Which country first adopted Thanksgiving as a national holiday?

- a) Holland.
- b) America.
- c) Canada.
- d) Mexico.

24. When was the first Macy's Thanksgiving Day Parade?

- a) 1943.
- b) 1812.
- c) 1924.
- d) 1776.

True or False

25. During the first Thanksgiving, Pilgrims and Indians held competitive recreational games.

26. The Pilgrims ate wild turkey at the first Thanksgiving.

27. Over 40 pages of William Bradford's journal "Of Plymouth Plantation" is devoted to this first Thanksgiving experience.

BORN at Guantánamo Bay

Trooper Deployed to Birthplace

By Army Pfc. Chris Gardner

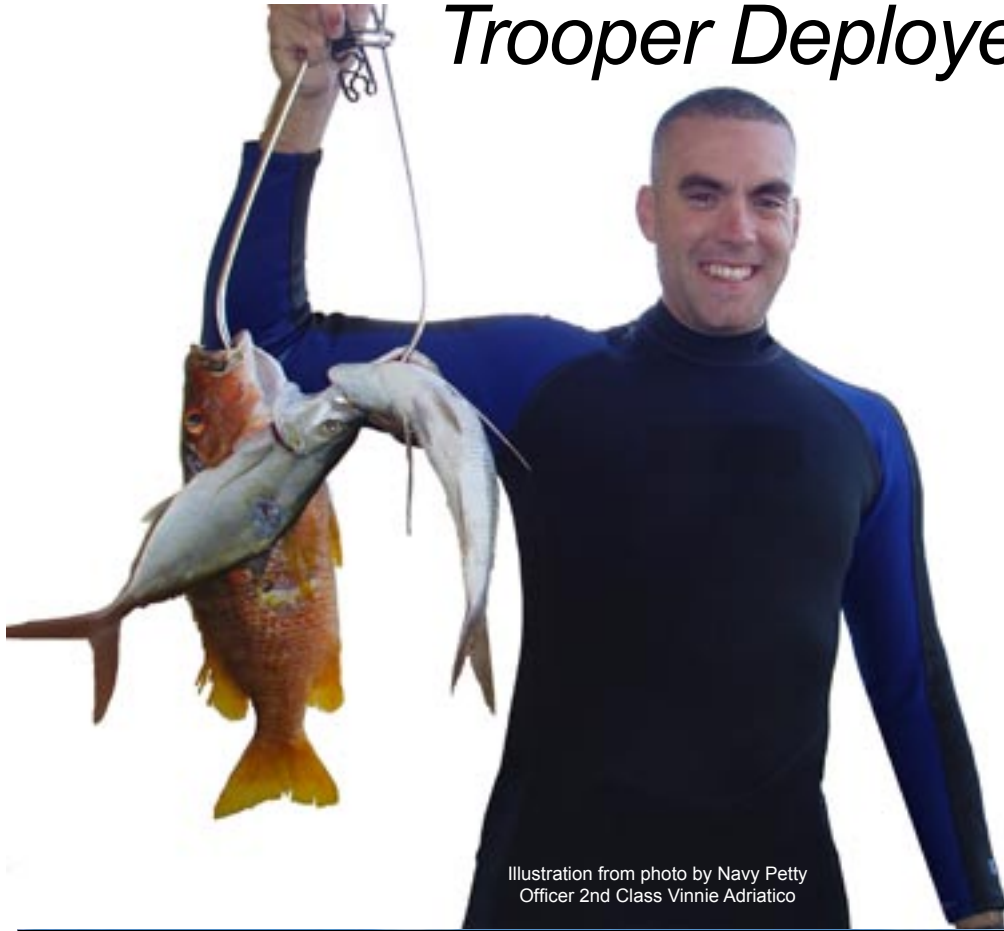


Illustration from photo by Navy Petty Officer 2nd Class Vinnie Adriatico

Saved by the *bill*.
 March 15, 1978: His parents headed to Windward to pay a routine phone bill. At least, that's what they thought. Soon after reaching the Windward side, his mother's contractions began, and 80 minutes of labor later Gary Alan Graf, Jr. was born here at Guantánamo Bay (GTMO).

Now a senior airman deployed here with the 738th Engineering and Installation Squadron, Graf revisits his first home in a cul de sac across from an old lyceum and playground on the Leeward side.

Looking back, Graf supposed with the swift birth he might have been born in the family Jeep or perhaps on the GTMO ferry, a bay away from the Navy Hospital. But his father, then-Navy Lt. j.g. Gary Graf Sr., had prepared ahead, as he later



Photo by Army Pfc. Chris Gardner

Senior Airman Gary Alan Graf Jr. revisits his first home, on the Leeward side. Above: Graf spears a schoolmaster snapper, bar jack and porgy by Kittery Beach. He fillets and barbecues them along with langouste at a Camp America kitchen.

“I just can’t get enough.”

—Senior Airman Gary Alan Graf, Jr.



Courtesy photo

explained to his son. Dad periodically dropped bombs in defense-force practice exercises as a UH-1N Huey helicopter pilot, the son said. His plan—no less than an emergency helicopter transport hospital-bound. But the bill-paying method proved simpler.

Graf recalls his father’s GTMO SCUBA stories and photographs, Haitian souvenirs and Cuban Hatuey beer bottles from the ’60s, which his dad found in the bay 26 years ago. Such childhood impressions painted a picture for Graf that he now draws firsthand.

News of Graf’s deployment thrilled his father, who carefully marked a map for his son a map of nine diving spots, to include dad’s favorite reefs and beaches. He noted specific places where his son might still find conches, lobster and starfish. But the map underscored one particularly intriguing site: A World War II Hellcat fighter-bomber.

Shortly after arriving in GTMO, Graf and two dive friends searched for the old crash site. After 20 minutes and 40 feet down, they spotted the plane’s remaining fuselage off Chapman Beach.

“It’s the most interesting thing I’ve seen in the sea,” Graf said, noting he’d also seen interior tail-end remains of a two-engine prop plane by Phillips Pier. Diving and spotting aquatic creatures, fishing and spearing, and collecting shells and conches are his relaxing escape and free-time delight, Graf said. “It’s kind of like a whole other world when you’re underwater.”

That other world’s sea creatures include Graf’s favorite—the hawksbill sea turtle. “They aren’t too scared of people,” he said. “And sometimes you can go right up next to them and see them up close.”

Having seen dozens of sea turtles, Graf described one turtle’s width by holding his arms three feet apart. He notices the details too, and he said sometimes you can see little shark suckers on their shells.

Deployed for just four months here, Graf carries on the father-son hobby by nearly matching his dad’s 60 GTMO dives made between ’76 and ’78.

Said Graf of the bay, “I just can’t get enough.”

Top right: Graf, Sr. hold his son, Gary Alan Graf, Jr., born at Guantanamo Bay in 1978. Middle: Now a “cable dawg,” Senior Airman Graf installs phone lines for the new headquarters building and fibre-optic cables for Camp America (below). Graf networked computer systems in the Commissions Building for the second round of the Military Commissions and said he’s grateful to have contributed to the commissions and the Global War on Terrorism.



Photo by Air Force Staff Sgt. John Lowe



Photo by Army Pfc. Chris Gardner

WORLD WIRE

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

Nov. 9: Attorney General John Ashcroft and Commerce Secretary Don Evans **resign**. ... **Scott Peterson** juror dismissed for misconduct; deliberations start over. ... U.S. September trade **deficit** shrinks to \$51.6 billion; exports have best month on record. ... Feds say **Internet phone services** exempt from state regulation. ... Alberto Gonzales nominated U.S. **Attorney General**. ...

Nov. 10: Federal Reserve raises interest rates a quarter point. ... **Kenney Chesney** wins Country Music Awards entertainer of the year, album of the year; Tim McGraw's "Live Like You Were Dying" is song of the year. ... Too much **Vitamin E** carries heart

attack, stroke risk, study says. ... British **Conservatives** propose paying new mums \$300 weekly to stay home. ... Foreman dismissed from **Peterson** jury; deliberations start over (again). ... **Toys R Us** considers quitting toy business; cites competition from Wal-Mart.

Nov. 11: President Bush lays wreath at Tomb of the Unknowns at Arlington National Cemetery; **Veterans Day** Tradition. ... **Blockbuster** floats \$1 billion bid for rival Hollywood Video; would control half of nation's video rentals.

Nov. 12: **Yasser Arafat** buried at Ramallah HQ. ... **Scott Peterson** guilty of double

murder. ... Weapons manufacturers invited to offer alternatives to Heckler & Koch's **XM8**, the prototype M-16 replacement. ... Education Secretary Rod Paige **resigns**. ... President Bush seeks **Palestinian state** by 2009. ... British Army officer **survives** 3,500-foot, 120 MPH fall onto roof without serious injury after parachute and reserve fails. ... Dozens of ABC affiliates fail to show **Saving Private Ryan**, cite fears movie would offend Federal Communications Commission. ...

Nov. 13: President contemplates **Social Security** reform. ...

Army Cpl. Jim Greenhill compiles WorldWire

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

WORSHIP WIRE

An Attitude of Gratitude

Know that the Lord is God.

It is he who made us, and we are his;

We are his people, the sheep of his pasture.

Enter his gates with thanksgiving and his courts with praise;

Give thanks to him and praise his name.

For the Lord is good and his love endures forever;

His faithfulness continues through all generations.

—Psalm 100:3-5

As Thanksgiving approaches, our thoughts naturally turn to home and family. Since most of us are separated from our families this Thanksgiving, we may have a hard time feeling grateful. The above Psalm offers us several reminders of things for which we can be thankful.

First, we can be grateful that we belong to God. He created us, he loves us, and he cares for us as a good shepherd cares for his sheep. In fact, Jesus called himself the Good Shepherd, who lays down his life for his sheep (John 10:11).

No matter what your circumstances this Thanksgiving, you can be thankful Jesus loved you enough to die on the cross for you.

Second, we are told we have the ability to thank and praise God. The psalmist pictures people coming into the temple to worship God with praise and thanksgiving in their hearts, minds and voices. We often forget we were created to praise God, and we are never more fulfilled than when we are giving God thanks and praise.

In Luke 17:11-19, we read of 10 lepers who are healed by Jesus, but only one returned to Jesus with proper praise and gratitude. One in 10 may still be the ratio of people who take the time to thank God for all he has done for them.

Third, we can be grateful to God for his enduring love and faithfulness to us. The wonderful thing about God is that even if we have been unfaithful or unloving to him, he is faithful and loving to us. The Bible tells us that God in his nature is love (1 John 4:8). It would go against the very nature of God for him to not love us. For this we can always be grateful.

Even though we may be far from home this Thanksgiving, we can have an attitude of gratitude.

—Chaplain (Army Maj.) Steven Herman

Prayer Breakfast



Photo by Senior Airman Neo Martin

Members of the JTF choir singing at the Prayer Breakfast Tuesday. The prayer breakfast is a monthly opportunity for people to worship together.

15 Minutes of Fame ... with Army Cpl. Jim Greenhill, 128th Mobile Public Affairs Det. ...

New Citizen Thankful to Serve at GTMO

By Airman 1st Class Jon Ortiz-Torres

For Thanksgiving, Army Cpl. Jim Greenhill, who became a United States citizen in April, shares his appreciation for being an American Soldier.

The Wire: What does this Thanksgiving mean to you?

Army Cpl. Jim Greenhill: It's neat these first holidays as an American are all while I am deployed. This is my first Thanksgiving as an American, first time voting, first Fourth of July—and I am very proud to be an American.

Why did you enlist?

I'm from London, England. I came to the United States at 19 to go to college on a full scholarship. When the Sept. 11 attacks happened, I had a gut reaction I needed to give back to my adopted country. I told my recruiter I would do whatever they wanted, so he enlisted me as a truck driver. After my state found out about my civilian qualifications, they reclassified me as a military journalist.

Do you have family in the military?

My great-grandfather was killed in the Crimean War (Britain vs. Russia). Three of my great-uncles were killed in World War I. Another had injuries he carried his whole life. My father and mother served in World War II. Our military family tree goes back to 1066, when my ancestor fought in the Norman Conquest of England, as a standard bearer to William the Conqueror. So I'm extremely thankful I am able in a small way to continue that family tradition.

What do you do as a civilian?

My degree is in journalism and mass communication, and I've worked in newspapers more than 10 years. I took some years off to work on some nonfiction books. One has been published in Colorado and one is awaiting publication.

How do you feel about being an American?

When I was a little boy, I used to read about America, and I used to hear about the American president. Fashions and activities like skateboarding would come to us from America a couple of years after they were popular over there. We watched American

television shows. We knew America was the reason we didn't speak German or Russian. We knew America helped us survive World War II and prevented us from being swallowed up during the Cold War. I was raised to be very grateful to this country. I am very proud of my British heritage, and I'm very happy I am an American.

What does your family say about your being a Soldier?

My wife in Colorado, my mother in England and my brother in Australia are 110 percent supportive. My father, who died while I was in Basic Combat Training, was very proud I emigrated to America and made a life there. He used to boast both his sons emigrated and made their own lives.

What do you do during free time?

I spend quite a lot of time in the gym, because I would like to make a 300 on my [Army Physical Fitness Test]. I'm getting SCUBA certified. And I've been working on my book, which is about a true crime.

What advice would you give Troopers deploying here?

Make the most of it. At the beginning of our deployment, our unit commander passed around a bag to illustrate that what you get out of life is what you put in. You're going to get out of this deployment what you put in. You can spend it feeling miserable and go home no different, or you can spend it wisely. You can take college courses, become a certified SCUBA diver, improve your physical fitness, get promoted, learn about GTMO and about other branches in the military. ...

What is the greatest challenge in your military career?

Learning how the structure of the military differs from the civilian world in mid-life; learning how to get things done and the appropriate way to behave after spending 20 years as an adult civilian.

How has enlisting affected you?

Enlisting in the Army has been one of the best things I have done. Hopefully all of us have two or three things we can look back on and know those are turning points. For me, one of those was when I accepted my scholarship



Photo by Army Pfc. Jessi Stone

and came to the United States and another was enlistment. I don't feel I became a man until I became a Soldier. I am proud of the discipline I've gotten from the Army. I found myself doing things I never expected to do. No matter how bad the day is, there is always 51 percent of me that's pleased I enlisted.

What are your goals in the Army?

I'd really like to do Airborne training. I'm afraid of heights, and all my training has reinforced to confront fears. One of the best things about the Army is succeeding at things I never would have expected myself to do. I guess there isn't much need for Airborne military journalists, but I bring it up whenever I can in case someone can get me into a class to earn my patch.

What are you going to be thankful about this Thanksgiving?

My brothers and sisters serving on the front lines in the Global War on Terrorism in harm's way even when we're celebrating a holiday. The Troopers in my unit who I learn from every day. My family. My wife. And I am going to be feeling extremely thankful for being an American. I could not be prouder than to be an American. To me, that's the greatest thing.

Broncos Cheerleaders Dazzle GTMO Crowds

By Army Cpl. Simon Cropp

Just what was Stephanie's dirty little secret?

"We're all very honored and blessed to be given this opportunity. Honestly, we mean it from our hearts when we say that we really do think about our troops overseas every day," she said after the Friday night show at Bulkeley Lyceum.

Not the dirty little secret she revealed on stage, but still worth noting.

"We're living a dream. Not many people get to travel to Cuba to entertain so many people, and be welcomed by so many people who are without families ... It's a once-in-a-lifetime opportunity for us," co-host of the show and cheerleader Tahasha Wilbon, said about her stay in Guantanamo Bay.

Stephanie White is one of the Denver Bronco cheerleaders who dazzled Troopers here last week with some dance routines on top of a little bit of comedy between the show's two hosts.

It must have been something to hear, the screams of approval rising up from the Lyceum Friday night. It certainly was a thundering good time for those who attended. The dance routines were broken up between two hosts, Tahasha Wilbon and Kelly Troester, who got some of the mostly male Troopers up on stage to join in the fun. Young men were blindfolded, hosed down, forced to clean up the mess afterwards and then ceremoniously kicked



Photo by Senior Airman Neo Martin

off stage. Oh yeah, some young Troopers were asked to take part in a pushup contest.

The pushups weren't typical military pushups though.

They involved the splits, some twisting and turning that even a rubber band wasn't made for. This was followed by a couple of male Troopers stumbling over themselves trying to copy the cheerleader's moves.

At the end of the show, the cheerleaders lined up and signed little footballs, pictures and T-shirts for the Troopers.

The turnout was amazing, and judging

Photo by Senior Airman Neo Martin



by the crowd reaction this was one of the best shows ever. Some of the cheerleaders, like Wilbon, were part of the team when Denver won back-to-back Super Bowls. She's got the rings to prove it, and when asked if she knew John Elway, the single greatest quarterback of all time, she coolly replied, "John? Yeah I know him."

With the departure of the cheerleaders came a deep sadness that resonates from the tin houses and curtain walls of Camp America. Still, the cheerleaders left behind precious words for the Troopers to console themselves.

"We think about you, and we understand the sacrifice when you leave your families, whether you're married or leaving your kids at home or your parents, we know that it's very difficult. We just wanted to make you laugh, make you forget your worries and bring a piece of America back to you," White said.

Behind every great man there is a great woman, or so the old saying goes.

Good news for Bronco QB Jake Plummer, because there's about 15 great women behind him. Go Broncos!

The Denver Broncos Cheerleaders performed at the Camp Bulkeley Lyceum last Friday. The Cheerleaders dance routines and crowd interaction drew thunderous roars of approval from the crowd, followed by an autograph session that left Troopers grinning ear to ear.

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. **First Daughter**

PG13 97 min

9 p.m. **Ladder 49**

PG13 115 min

SATURDAY

7 p.m. **The Incredibles**

PG13 115 min

9 p.m. **Ray**

PG13 152 min

SUNDAY

7 p.m. **Wimbledon**

PG13 118 min

MONDAY

7 p.m. **Ladder 49**

PG13 115 min

TUESDAY

7 p.m. **First Daughter**

PG13 97 min

WEDNESDAY

7 p.m. **The Incredibles**

PG13 115 min

9 p.m. **Ray**

PG13 152 min

THURSDAY

7 p.m. **Wicker Park**

PG13 115 min

FRIDAY

8 p.m. **Wicker Park**

PG13 115 min

10 p.m. **Mr. 3000**

PG13 103 min

SATURDAY

8 p.m. **First Daughter**

PG13 97 min

10 p.m. **Ladder 49**

PG13 115 min

SUNDAY

8 p.m. **Ray**

PG13 152 min

MONDAY

8 p.m. **Wimbledon**

PG13 118 min

TUESDAY

8 p.m. **Wicker Park**

PG13 115 min

WEDNESDAY

8 p.m. **First Daughter**

PG13 97 min

10 p.m. **Mr. 3000**

PG13 103 min

THURSDAY

8 p.m. **Ray**

PG13 152 min

Service of Thanksgiving and Appreciation

What: A joint Thanksgiving Service, also celebrating military families. This is a night of prayer, song and celebration thanking God for the blessings on our nation and for the commitment of families in the military.

Following the service, a Thanksgiving Social will be held in the Chapel Hill Garden Courtyard, with the Chapel providing turkeys, hams and beverages. Chapel Members are invited to bring side dishes and desserts.

When: Nov. 22, 6 p.m.

Where: Naval Station Chapel

For more information: Call the Chaplains Office, 2323

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 at least two more classes this month. Call 4141 or 4153 for more information or to register.

Stress Management: Nov. 23, 3 p.m. to 4 p.m.

Everyone has stress. Attend this class and learn how to identify stressors and symptoms, manage excess stress through coping skills and where to turn for assistance.

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.

Pumpkin Pie

It's hard to be away from home during the holidays. It's hard to be without family, friends and the comforts of home. But the holiday tradition can be brought here. This recipe for pumpkin pie is a traditional treat to bring a little bit of home to Guantanamo Bay.

Ingredients

One 15-ounce can pumpkin puree; one 14-ounce can sweetened condensed milk; two egg yolks; one teaspoon ground cinnamon; a half-teaspoon ground ginger; a half-teaspoon ground nutmeg; a half-teaspoon salt; two egg whites; one nine-inch unbaked pie shell.

Directions

1. Preheat the oven to 425 degrees F (220 degrees C).

2. In a large bowl, mix together the pumpkin, sweetened condensed milk, and egg yolks. Stir in one teaspoon cinnamon, ginger, nutmeg, and salt. In a large glass or metal bowl, whip egg whites until soft peaks form. Gently fold into pumpkin mixture. Pour filling into pie shell.

3. Bake for 15 minutes in the preheated oven. Reduce the heat to 350 degrees F (175 degrees C). Bake an additional 40 minutes, or until set.

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	Baked Fish Scandia
	Dinner	Boiled Crab Legs
Saturday	Lunch	Bombay Chicken
	Dinner	Italian Style Veal Steak
Sunday	Lunch	Jamaican Rum Chicken
	Dinner	Stuffed Flounder
Monday	Lunch	Scalloped Ham & Potatoes
	Dinner	Baked Salmon Steak
Tuesday	Lunch	Turkey Pot Pie
	Dinner	Herbed Baked Chicken
Wednesday	Lunch	Chalupa
	Dinner	Honey Glazed Duck
Thursday	Lunch	Barbecued Spareribs
	Dinner	Fiesta Chicken
Friday	Lunch	Fish Amandine
	Dinner	Shrimp Scampi