



# the Wire

“HONOR BOUND TO DEFEND FREEDOM”

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Friday, Nov. 12, 2004

## ***Marines Share Martial Art Discipline With JTF Troopers***



Photo by Senior Airman Neo Martin

**JTF infantry hones muscle memory during a two-week taste of the Marine Corps Martial Arts Program.**

***By Spc. Jody Metzger***

Eighteen men and women joined ranks with Marines this month for Marine Corps Martial Arts Program (MCMAP) training.

Aimed at providing mental, character and physical discipline, the course is a “weapons-based system rooted in the credo that every Marine is a rifleman and will engage the enemy from 500

meters to 500 millimeters,” said Lance Cpl. Shannon Funderburk, martial arts instructor.

The course has brought the Army’s infantry and assorted Navy personnel together with the Marines. Instruction began Nov. 1 and ends Nov. 16.

Eleven weekdays consisting of four hours of battering, intensive workouts is bringing a new meaning to the “joint” in Joint Task Force (JTF) as Soldiers and

Sailors learn from Marines.

Striving to obtain a tan belt—the first of several MCMAP belts—gives Troopers the ambition not only to obtain perfect form but also to gain a title in this elite fighting program.

Working side by side, Troopers are learning tactics such as angles of move-

***See Combat Skills, Page 4***

# Trooper To Trooper

## Attitude



Photo by Army Pfc. Jessi Stone

By Army Col. Brice A. Gyurisko, Sr.

How many times a day have you heard someone talking about “attitude?”

You hear things like “she has a great attitude” or “he has a negative attitude.” What is attitude? How does attitude affect you and me?

*Webster’s Dictionary*, **attitude**: a complex mental state involving beliefs and feelings and values and dispositions to act in certain ways; “he had the attitude that work was fun.”

In our profession of combat arms and those in supporting roles, attitude is very important. Troopers are counseled in writing on their lack thereof or having a bad attitude.

Have you noticed when you first go into the office and you are greeted by a smile and a cheery “Good Morning” you feel better and smile back? As an officer, when I receive a crisp salute from a sharp-looking Trooper with a hearty “Honor Bound!” I swell with intense pride and it makes my day even better.

It really is all about attitude.

A positive attitude is infectious, just like a smile. Many of you have heard the saying, “Life is too short.” Well, I tend to use that saying and also try to follow another saying and that is, “The glass is half full, rather than half empty.”

Most of us prefer to be in the company of folks with a positive attitude, rather than the negative types or grumpy people.

As leaders of Troopers and managers

of personnel, the question arises, “How do I motivate and change the attitude of my Troopers and team members?”

Most often, motivation is generated by external factors called fear and incentive. Many leaders try to scare personnel or buy them into achieving through threats or benefits.

My personal belief is most Troopers want to do a good job and have a burning desire within them to do the best they can.

We as leaders have to nurture that desire. We have to balance the need for mission accomplishment by placing equal importance on personal and organizational goals. You must understand what motivates you before you understand what motivates others. Ask yourself, how you can create an environment that is conducive to developing your motivation and that of others.

Obviously, emotion and logic drive motivation and attitude. Following are some tips on having a positive attitude (from *Be The Best*, KBS Group, Inc).

1. Take ownership of your attitude. We control our attitude; it is not genetically or environmentally determined.

2. Take action to eliminate what bothers you. You may tolerate things or ways someone speaks to you that you do not like.

3. Live in the present. Let go of living in the past or the future. Enjoy the present.

4. Let go of things that don’t matter. Stop wasting energy on being irritated and annoyed at things that do not matter.

5. Be non-judgmental. Let go of being critical of others. Try to listen and understand.

6. Listen to yourself and trust what you hear. Let go of other people’s voices in your head. Listen to yourself and take responsibility for what you can and want to do.

7. Live your values. By living your life according to your values, you will develop an attitude of true acceptance of yourself.

8. Have fun and enjoy humor. Take delight in life and create fun experiences for yourself.

The next time you pass someone in the hallway, causeway or galley, give them a smile. Be the kind of person that the glass is half full, rather than half empty, and I believe you will enjoy both your tour here as well as life in general. Remember, a positive attitude can be infectious, just like enthusiasm.

Honor Bound!

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# Combat Skills Enhanced With Marine Martial Arts



Photo by Spc. Jody Metzger

## Continued from Page 1

ment, punches, strikes, break falls, bayonet techniques, chokes, leg sweeps, counters to strikes, counters to chokes and holds, restraints, armed manipulations, knife techniques and how to use “weapons of opportunity.”

“The purpose of these studies is to instill the warrior spirit and that each of us are accountable for maintaining the legacy of valor established by the sacrifices of those who preceded us,” said Marine Sgt. Marko Stawnyczyk, training instructor.

Created by retired Marine Master Sgt. Jim Advincula, the Marine Martial Arts Program was influenced by an intensive workout that focuses on mental and physical fighting agility.

Trained from a young age, Advincula learned the Filipino martial arts and combat judo. With this knowledge he entered the Marine Corps in 1957, where he taught his first lesson.

These lessons went on to reform the way the Marines looked at self-defense. “I had a big problem with the hand-to-hand combat,” Advincula said. “The Marine Corps taught that you had to take a stance. That’s unrealistic because people don’t fight that way. I took the best that each martial art had to offer and quickly created a system for use.”

A form of discipline, this martial arts course is infusing a solid core of values

in the Troopers. On a battlefield or on the street, values are the basics for this course. Learning to control oneself is important.

“Many people believe that if you teach a Marine how to kill with his bare hands he will go out and use it,” Advincula said. “What they don’t understand is that the martial arts instill discipline. By learning how to fight, you do not want to fight.”

Advincula’s philosophy was a cornerstone for the way defense is taught in the Marine Corps today. Marine Gen. James L. Jones, 32<sup>nd</sup> Commandant, concluded that Advincula’s training ethic was a success and embraced the teachings.

On Monday morning, students in the first of eleven classes began rigorous training here.

Army Sgt. Daniel Torres, infantry squad leader, Delta Company, 2nd Battalion, 113<sup>th</sup> Regiment, described it as a smoke session. A veteran of defense tactics, Torres spent four years on an Army judo team, where he built the foundations of his martial arts defense.

“The challenge is the intensity and

**Staff Sgt. Edwin Echegaray uses rifle-defense tactics detailed by the Marine Corps Martial Arts Program.**

motivation,” Torres said. “For beginners, it gives them a good grasp on how to defend themselves from an attacker; for me, it’s getting me back in shape.”

Throughout the week, morning after morning, training has focused on proper falling techniques, used to protect oneself from falling and breaking bones. Punching and combinations of attacks had Troopers sweltering in the hot morning sun and out of breath.

They followed up with rifle butt strokes, jabs and slashing—also a tactic of self-defense. They practiced their thrusting and jabbing by moving in a line formation up and down the Marine Hill field.

“A Marine should use his weapon until it can’t be used anymore,” Advincula said. “After that, he should take the enemy’s weapon away and use that. Once all the options are exhausted, then he would use his hands.”

This message has spurred the Troopers who are hashing it out every morning, a chance to express frustration, improve muscle memory, get physical exercise and just plain have fun.

Muscle memory is an important factor in learning any form of martial arts. Knowing how to correctly throw a punch takes time and experience, instructors say.

Training with the Marines has boosted the confidence of Troopers like Army Staff Sgt. Edwin Echegaray.

“It takes about 10,000 punches to begin to understand how to throw a punch,” Echegaray said. “It’s painful because you put yourself in that scenario in war: You run out of bullets, the enemy is close and you have to do what you have to do to come back home.”

Stawnyczyk added, “With each mission comes a unique set of rules of engagement. MCMAP addresses the full spectrum of the force continuum so that Troopers are ready to operate in any environment at any time.”

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**“It takes about 10,000 punches to begin to understand how to throw a punch.”**

**—Army Staff Sgt. Edwin Echegaray**

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Photo by Army Sgt. Scott Faddis

## Training is a Riot

“When we are down in the Wire, all we have is each other. I know that if I am in trouble my team is going to come and save me.”

—Army Sgt. Daniel Burton

Army Sgt. Daniel Burton kicks the shields of Troopers from the 525th Military Police Battalion. Burton is simulating a resisting force to help train members of his unit how to better use their shields.

## SOUTHCOM Commander, Command Sergeant Major to Retire

MIAMI—U.S. Southern Command (USSOUTHCOM) Combatant Commander, Gen. James T. Hill and Command Sgt. Maj. Michael T. Etheridge will retire from distinguished military careers this month after 36 and 31 years of service respectively.

Together they guided the command’s efforts to improve United States support to Colombia for its fight against narco-terrorists, directed the deployment of a multi-national force that restored security and stability to Haiti this past spring, and oversaw improvements in quality-of-life programs for the members and families of SOUTHCOM.

They consistently promoted the transformation and modernization of military forces throughout

SOUTHCOM’s operational area while encouraging partner nations to work together in shared solutions to regional challenges.

Hill’s departure from the command coincided with a formal change of command ceremony Nov. 9, when Army Gen. Bantz Craddock assumed command of the headquarters.

Hill had been at the helm of the unified command that oversees all U.S. military operations in Central America, South America and the Caribbean since Aug. 18, 2002.

A native of El Paso, Texas, Hill was commissioned into the infantry following graduation from Trinity University in San Antonio, Texas, in 1968.

A native of Savannah, Ga., Army Command Sgt. Maj. Etheridge has served at



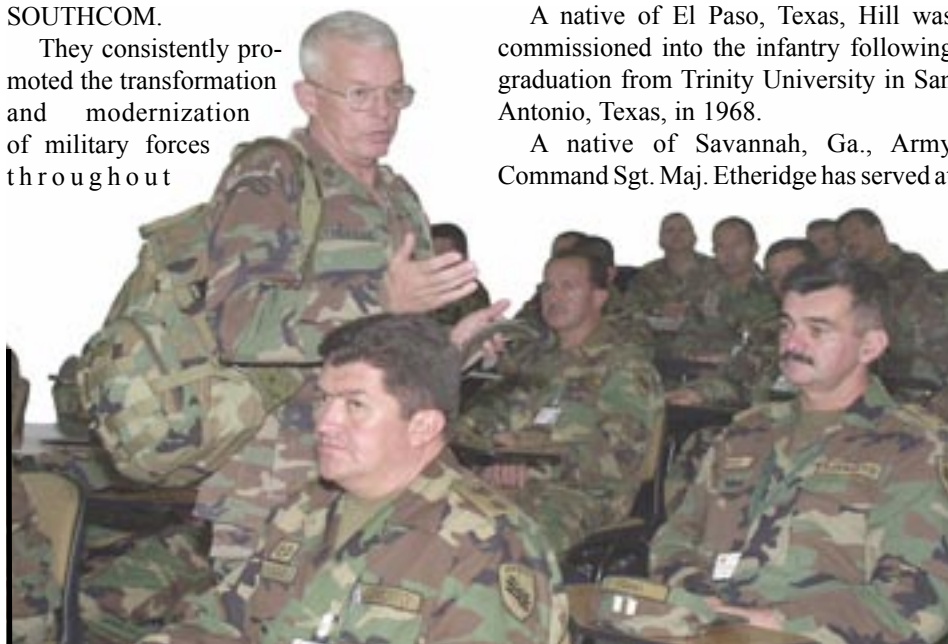
Photo courtesy AP

### Army Gen. James T. Hill

SOUTHCOM Headquarters since August 2002 as the senior noncommissioned officer overseeing all matters related to enlisted personnel assigned to SOUTHCOM’s area of responsibility.

—USSOUTHCOM Public Affairs Office

Sixty-seven years’ experience bid the Army farewell with Gen. James T. Hill and Command Sgt. Maj. Michael T. Etheridge’s retirement Nov. 9.



Army photo

# Boone Doc

*By Airman 1st Class Jon Ortiz-Torres*

**T**he Navy's second-oldest active frigate made a port visit to Guantanamo Bay (GTMO) on Sunday to refuel and restock for its second time here in its six-month deployment.

Joint Task Force Troopers, including this reporter, were treated to an onboard tour of the USS Boone.

The vessel, a 24-year-old guided-missile frigate out of Naval Station Mayport, Fla., currently patrols the Atlantic, the Caribbean and Eastern Pacific in support of tasks that include counter narcoterrorism.

In his welcoming remarks to base officials, USS Boone Commanding Officer, Navy Cmdr. Tim Mahan said the reason for the repeat GTMO visit was because of the great service and support GTMO provides for their supply needs.

Within minutes of docking, most of the 220 Sailors aboard immediately went to work, layering a fresh coat of paint on the 445-foot frigate's exterior, mounting an assembly line for supplies and accomplishing other key tasks while in port, all of which is standard routine for the Sailors.

Although the USS Boone was here for less than 36 hours, Sailors had a chance to tour the base; some enjoyed the beach and others visited base services. Many had a chance to eat outside of the ship at a cookout for the Sailors at the Windjammer pool.

**Left: Sailors with the USS Boone, formed up to bring in fresh supplies, soon after docking here Sunday morning. The frigate left for the seas Monday afternoon to continue its role in the Global War on Terrorism. Above: Crewmembers of the USS Boone take a breather next to a SH-60B Seahawk after securing the frigate to the port at Bulkeley Landing Sunday morning. The Seahawk aids in intercepting drug smugglers, search and rescue operations and anti-submarine warfare.**



Photos by Airman 1st Class Jon Ortiz-Torres





# cks at Guantanamo Bay

Traveling under the warm sun of the Caribbean Sea and the Atlantic, Sailors visit for free places like the U.S. Virgin Islands, Mexico, Puerto Rico, Peru, Panama, Ecuador and Costa Rica.

All those places may seem like hot spots for tourism, but the United States' presence in those countries and U.S. territories are part of a bigger picture, and it's not drinking piña colodas under a palm tree.

The Global War on Terrorism is fought on many fronts, yet few are aware of the terror wrestled by joint military forces on America's front lawn—the USS Boone plays a vital role in that war.

“Money from illegal drugs funds terrorists around the world and fosters crime in our neighborhoods,” said Navy Ensign Jeff Gerring, electronic warfare officer and public affairs officer. “By intercepting drug smugglers, we play our part in the war on terror, and people at home and overseas are safer because of it.”

Recently, two Oliver Hazard Perry-class frigates like the USS Boone aided in two of the largest drug seizures in history.

This is the USS Boone's first month of deployment, so besides shadowing the seas for smugglers, they are consistently training above and below the surface.

The ship has anti-submarine warfare equipment; using array sonar, hull mounted sonar, sonobuoy processors and a boarded SH-60B Seahawk helicopter to find submerged objects.

A 76-millimeter, 62-caliber, three-inch gun rests on the upper deck with a range of a little over 10 miles. A “last-chance” rapid-fire 20-millimeter gun system called the Phalanx serves as the frigate's last defense against anti-ship missiles and other warfare threats.

“All of our weapons systems, with the exception of our smaller arms, are controlled remotely,” said Gerring. “Although our guided-missile systems were removed, we can easily mount them back if necessary.”

The USS Boone is a self-proficient vessel capable of producing 8,000 gal-

lons of fresh water a day, according to Gerring. They can refuel while in route and use their SH-60B Seahawk or its landing dock to bring in supplies. The frigate also has two helicopter hangars on the aft (rear of the vessel).

Although the USS Boone may not be a city on the sea like an aircraft carrier capable of housing more than 5,000 Sailors, being one of the smallest surface ships in the Navy fleet has its advantages.

“The camaraderie on the ship is apparent,” said Gerring. “You get to know everyone on board. Although there isn't a whole lot of space, we manage with what we have.”

Sailors can watch Armed Force Network television and even have limited access to Internet via satellite. They also have a variety of movies to watch inside television rooms.

Capable of accommodating two helicopters on board, the USS Boone only has one; oddly enough, that's a bonus, too. The free hangar space was converted into a fully stocked fitness center equipped with cardio machines and weight-training equipment.

Under a rare GTMO rain shower on Monday afternoon, the USS Boone left for the high seas, to continue the mission—our mission, the Global War on Terrorism.

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“We play our part on the war on terror, and people at home and overseas are safer because of it.”

—Navy Ensign Jeff Gerring

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Photo by Airman 1st Class Jon Ortiz-Torres

**The USS Boone, anchored at Bulkeley Landing Sunday morning to refuel and restock with fresh supplies. The Navy frigate, deployed from Naval Station Mayport, Fla., works in counter narcoterrorism operations and a number of other missions under the umbrella of the Global War on Terrorism.**

# SPORTS WIRE

## NFL Legends Mostly Gone; New Breed Yet to Shine



Photo courtesy nfl.com

**Is Peyton Manning ready to step up as the next legendary quarterback? Twenty-six touchdowns halfway through the season seems to suggest as much.**

**By Army Cpl. Simon Cropp**

The Miami Dolphins are 1-8 and Coach Dave Wannstedt threw in the towel.

After a horrible off-season with star player Ricky Williams retiring, free-agent acquisitions like David Boston being lost to injury and the loss of the star pass-rusher, Adewale Ogunleye, Wannstedt announced no one could be blamed for these things except him. For that reason, he retired.

"I feel sorry for the guy because he's a first-class guy," cornerback Patrick Surtain said of his now ex-coach. "It's not like guys aren't going out there giving 110 percent and laying it on the line for him. We're doing it all—getting holding penalties, offsides, we're doing crazy stuff. How can he control that when he's on the sidelines?"

In the waning days of Brett Favre and with the distant retirement of legends like Joe Montana and John Elway, football fans are faced with a time when the legends are all but a dead breed.

Every year Favre sticks around

reminds people, his retirement papers will be filed soon enough. With over 2000 yards amassed this season, Favre shows why he stands firmly in legendary status. But behind him the prospects look thin.

Daunte Culpepper has amazing arm strength but lacks the NFL time to be proven. If anything, his early years proved shaky.

Michael Vick, another potential NFL superstar, has been anything but consistent, though there is something amazing in seeing him run down the field. Humans shouldn't be able to move that fast.

Aaron Brooks continues to flounder, and Donovan McNabb is one of those guys who doesn't have the best speed or the best arm or even the best accuracy, yet he is looked at as one of the league's premiere quarterbacks. Still, none of these men fit the legendary status of the great quarterbacks who came before them.

The NFL is in a between-time where the old have stepped out and the new struggle to step in, and there is one certain quarterback who leads the pack of young blood. Peyton Manning has been called nothing short of brilliant, adjusting plays from behind center from what he sees lined up in the defense in front of him. His accuracy is amazing, and his arm strength isn't forgettable either. Forget that he has Marvellous Marvin Harrison running around downfield with his amazing hands—Manning's got the smarts and strength to prove he is right now one of the NFL's greats.

The Pittsburgh Steelers made sure no team went undefeated this year, successfully bullying the Philadelphia Eagles last Sunday. This is the Eagles first loss—though it was more of a blowout. The defense jumped all over Donovan McNabb and Terrell Owens. The dynamic duo of Philadelphia didn't combine for one touchdown in this game. That might make a lot of Baltimore fans pleased.

There is a lot of whispering going on about who will be the next MVP. A lot

of these whispers are repeating the name Brees. Drew Brees? Who is that?

Drew Brees is the quarterback blamed for making the San Diego Chargers one of the worst teams of the last few years. He is one of the most criticized players in the NFL. Once thought to be full of potential and then, last year, figured on being kicked to the curb once his contract expired, Brees has breathed some new life into his QB (quarterback) rep.

The Chargers drafted standout QB Phillip Rivers to replace Brees next year. Rivers held out on his contract deep into the preseason and now Brees has stepped up, thrown for over 15 touchdowns this season and only three interceptions. He is rated in the top five quarterbacks for the year. People aren't sure what to think except that once he hits free agency at the end of the season, he is going to be a highly sought-after commodity. The Packers might be interested in a young star like Brees to come in behind the fading Favre.

Oh, yeah, the Broncos killed the Texans. Go Denver.

*NFL.com and ESPN.com contributed to this report.*



Photo courtesy nfl.com

**Pittsburgh's Jerome Bettis played a big role in last Sunday's win over the Philadelphia Eagles.**



# Morale, Welfare And Recreation Kicking Into High Gear



Illustration by Spc. Richard McMullen

## By Airman 1st Class Jon Ortiz-Torres

"Morale is as important as ammunition and is just as legitimate a charge against the public treasury."

So said Dr. Raymond Fosdick. In 1918, Fosdick, a presidential appointee, wrote this in a report to President Woodrow Wilson, who recognized the need for better troop morale during World War I.

The Morale Division was born; later called Special Services and finally, Morale, Welfare and Recreation (MWR).

From the Revolutionary War and Civil War to the present, Troopers have fought boredom and boosted morale during war and peace, singing, racing horses, gambling or playing poker.

Today, Troopers play video games or sports, surf the Internet and watch movies.

MWR Troopers assigned to the Joint Task Force (JTF) support inbound Troopers even before they arrive.

While JTF newcomers are gazing at the Cuban landscape from thousands of feet in the air, minutes before arriving, MWR folks are firing up grills and setting up food and beverages to welcome them.

"It is exciting being among the first people to greet and meet with the newcomers," said Army Staff Sgt. John Peroza, assistant non-commissioned officer in charge (NCOIC) of MWR. "It's important to let the new troops know as they arrive that MWR is here to support them."

Army Staff Sgt. Wilfredo Ruiz, NCOIC of MWR, said, "We are the information source for activities for Troopers here in the JTF. We work closely with the NAVBASE (Naval Base) MWR to make sure our troops get the most options for activities to do in GTMO."

The staff at the JTF MWR often roll up their sleeves and get down and dirty when they set up, clean up or cook for dozens of Troopers. Other times, even on the same day, they suit up and look sharp for GTMO's senior officials.

"We sponsor group runs, unit picnics, and many more activities," Ruiz said. "We like to think of ourselves as the people that can make things happen."

JTF MWR plans to provide free VHS movie rentals at their office in Camp America and is looking for Troopers interested in forming a Runners Club. For more information, call the JTF MWR at 3670.

**Cyndi Lauper, Kid Rock, JaRule, Foxy Brown, Lennox Lewis, LL Cool J perform in Thanksgiving Concert Nov. 21.**

## Upcoming MWR Activities November

12: **Bronco Cheerleaders**, Bulkeley Lyceum, 8 p.m.

13: **Martial Arts Tournament**, Denich Gym, JTF, 8:30 a.m. ... **Northeast Gate Tour**, Camp America, 9 a.m.

21: MTV Productions/HBO present **Cyndi Lauper, Kid Rock, JaRule, Foxy Brown, Lennox Lewis, LL Cool J Thanksgiving Concert**, Downtown Lyceum, 7 p.m.

23: **Days of Our Lives** cast and John Amos from *The West Wing*, autographs, schedule to be finalized

25: **Turkey Run**, precooked turkeys, Denich Gym, 7 a.m. ... **Thanksgiving Dinner**, 1 p.m.

27: **GTMO Xtreme IV**, Sailing Center, JTF 6 p.m. ... **Xmas Tree Lighting/JTF Choirs**, NEX, 6 p.m.

# WORLD WIRE

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

**Nov. 2:** Violence stops relief for thousands of hungry **Sudanese**. ... A quarter of Atlanta water customers face **shutoff**; utility collecting \$35 million overdue. ... **Scott Peterson** jury hears closing arguments. ... **George A. Romero**, director of 1968's cult classic *Night of The Living Dead*, working on third sequel, *Land of The Dead*. ... 1,900 doses of scarce **flu vaccine** spoil when Wisconsin hospital fridge breaks; second batch lost at same hospital in a month. ...

**Nov. 3:** **Elizabeth Edwards**, wife of the former vice-presidential candidate, diagnosed with breast cancer. ... **Yasser**

**Arafat**, Palestinian leader, said near death in Paris. ... Army Sgt. Charles Jenkins, **1965 deserter** to North Korea, gets 30 days' confinement, dishonorable discharge. ... **Elton John** says he'll marry longtime male companion. ... **President Hamid Karzai** official winner of Afghanistan's first democratic election. ... Two North Carolinians first in nation convicted of **felony spamming**. ...

**Nov. 4:** **Michael Phelps**, the 19-year-old 2004 Athens Olympics eight-medal swimmer, charged with drunken driving. ...

**Nov. 5:** New jobs in October: 337,000. ...

**Nov. 8:** Bioethicists, others debate implications of **world's first face transplant**. ...

**Nov. 9:** *Halo 2* video game release; \$80 million predicted first-day take is biggest retail launch in entertainment history; rivals blockbuster movie openings. ... **Sen. John Kerry** assessing 2008 presidential run. ...

**Nov. 11:** **Yasser Arafat** dies in Paris. He was 75.

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

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

# WORSHIP WIRE

## Led by The Spirit

How did you get to Guantanamo Bay (GTMO)?

The short answer is by plane. But beyond that, how did you get here? A longer answer may be as part of an activated reserve unit, or as an active-duty individual augmentee, etc. But beyond that, how did you get here? Was there a greater power and purpose at work?

In the Bible in Acts 9:26-39 we read the story of a man named Philip who was led by the Spirit of God to an unusual place for a divine purpose. He was led to a place on a desert road near Gaza, a hot and barren place. Not the sort of place you would choose to go, but he was led there by the Holy Spirit to meet a very important Ethiopian official.

During their meeting, Philip tells the official the good news about Jesus Christ. The official becomes a follower of Jesus and after his baptism takes the gospel message back to Ethiopia with

him. To this day, the church in Northern Africa traces its roots to this official and his encounter with Philip.

Now, I ask you again, how did you get to GTMO?

Could you have been led here by a higher power to fulfill a higher purpose? Could it be that beyond the military sending you here, God is at work?

God still leads people by the Spirit to share the good news of Jesus Christ.

It could be that you are like Philip, led here by the Spirit to meet people like the Ethiopian official who need a link to God. Beyond our military mission, we may have an even higher purpose here—that of leading others to faith in God.

If we think this way, it will certainly make a difference in how we live out our deployment time here at GTMO.

—Chaplain (Army Maj.)  
Steven Herman

## Padre's Corner

As we approach the end of the church year, the scriptural readings begin to focus on final things. The scripture speaks to us about the reality of our own death as well as the end of the world.

For those who keep faith in the promise of Jesus that we shall rise to new life, death need not frighten us or loom over us like a dark cloud.

Our sure and certain hope of heaven brings a glimpse of the goodness and peace of heaven into the now.

To borrow the words of country singer Tim McGraw, "Live like you were dying!"

—Chaplain (Navy Lt. Cmdr.)  
James Dowds



# Caribbean Crustaceans: Chow Down on Big Bugs!

By Spc. Jody Metzger

## Big Bugs!

That's what those that hunt lobsters. Spiny lobster hunting is one of Guantanamo Bay's many recreational activities.

Army Capt. Graig Weedon, 2-113<sup>th</sup> Infantry, recently caught a five-pound spiny lobster (*panulirus argus*). Weedon says his success comes from many years of hunting lobsters off the coast of Maryland.

"Living in a different ecosystem than home is a real treat," Weedon said. "The diversity of the coral reef community is amazing. Every nook and cranny is a home for a fish, crab, shrimp, octopus, lobster or urchin."

Catching lobsters is a sport that doesn't necessarily have to be done with SCUBA equipment. With the right skills, a snorkeler can take up this exciting sport. An experienced snorkeler is able to hunt for lobsters by breath-holding techniques and a weight belt with about five pounds, Weedon said.

It is very important to know your limits, Weedon said. Taking precautions to make a fun trip

a safe one is only a matter of knowing the rules.

First of all, stripping the ocean of its conches is not allowed. One a day will do it.

Where do you look for lobsters?

Look for the hidden ones by checking holes. Second, look for antennas. Lobsters also like rock piles. "Lobsters are social; where you find one there are probably more," according to [www.diver.net](http://www.diver.net). "When you find lobsters together, you must try to take them so they don't panic the rest." This technique will allow you to get more than one.

The first rule of lobster hunting is avoiding getting urchin spines in your hand.

If you want lobsters, swim as far and fast as you can. Cover territory. This is especially true if you want big bugs. Grab before they can register your presence. Most lobsters taken are taken by the quick-grab or flatten method.

"A diver swimming rapidly that comes upon a lobster suddenly may be able to immediately grab the lobster or flatten it against the rocks before it can start to move," according to [www.diver.net](http://www.diver.net).

Most will agree that the best part about lobster hunting is the feast afterward (see the recipe in this week's GuideWire).

The first step is getting them home fresh. The best way to do this is to keep them cool, moist and out of the sun.

A usual trick for keeping them fresh is using an ice chest. Toss them in with a saltwater soaked towel. "Freshwater or too much ice will drown them and ruin the meat, according to [www.diver.net](http://www.diver.net).

Further questions and considerations for snorkeling and filing diving plans call the NAVBASE at 4105 or 4188.

Information from [www.diver.net](http://www.diver.net) contributed to this report.



Photo by Spc. Maurice Jackson

**Army Capt. Craig Weedon with 2nd Battalion 113th Infantry Regiment catches a five-pound spiny lobster while SCUBA diving at Windmill Beach.**

Photo courtesy The Vibrant Sea



## Spearfishing Etiquette

Ornamental reef fish are not allowed to be harvested by spearing: surgeonfish, trumpet fish, angelfish, butterfly fish, porcupine fish, cornet fish, squirrel fish, trunk fish, damselfish, parrot fish, pipe fish, puffer fish and sea horse.

Wanton waste is the willful destruction of the natural environment and wildlife. Such recreational hunting is unlawful, careless and viewed unfavorably.

For complete regulations, refer to COMNAVBASEGTMOINST 1710.10.

# 15 Minutes of Fame ... with Army Sgt. Derek Lighten, 783rd Military Police Battalion ...

## Trooper Part of Vital Finance Team

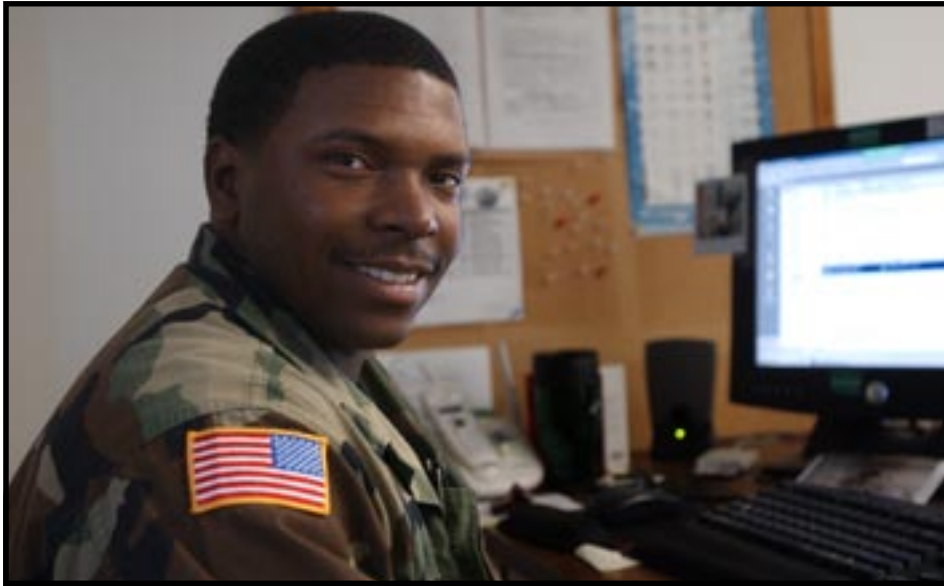


Photo by Senior Airman Neo Martin

**By Senior Airman Neo Martin**

At home, Army Sgt. Derek Lighten is an account manager for Rent-A-Center, a rental company.

**The Wire: When did you begin your military career?**

**Sgt. Lighten:** I joined the Army in May, 2001. I had attended four years of Junior ROTC and wanted to go to the next level.

**What roles and jobs have you held in the military?**

After high school, I joined the armed service as a finance specialist in May 2001. I was very interested in a girl who is a military policeman (MP). When I learned the MPs were deploying to Kosovo, I tried my hardest to go with the unit, but they said no. They didn't have need of finance specialists. Later, the command sergeant major said they were sending Soldiers that would like to assist with the mission to the MP school in Ft. Leonard Wood, Mo. I jumped on that boat as fast as I could. I was determined to learn more about Alexandria. I later married her.

**What do you do as a member of the Joint Task Force (JTF)?**

I work for J8 finance here.

**How does your job affect the mission?**

Our job raises morale. If a Trooper is not receiving the proper pay it can cause many issues back home. Finance is tremendously important.

**How do you feel your job helps the Global War On Terrorism (GWOT)?**

Troopers here have stresses related to their jobs and being deployed. If they know their pay and documents are intact, that is one less worry. If their funds are OK, they are OK.

**How do you feel about serving at Guantanamo Bay (GTMO) during this historic time?**

I'm fine with serving at GTMO; it's an important mission. My wife is an MP and also deployed with me. My morale is very high.

**What is your favorite military experience?**

When I was deployed to Kosovo, my wife and I went on a four-day Christian retreat to Greece. It was amazing walking where Paul (of the Biblical story) walked in Macedonia.

**How does your family feel about your deployment?**

My mom is comfortable with my deployment. She prays for me constantly and has faith my wife and I will be safe.

**What was the toughest thing you've had to overcome in the military?**

Achieving E-5 at age 20. It took a lot of effort and physical strength. I kept constantly exercising and eventually scored a 300 on my [Army Physical Fitness Test] evaluation. I also became proficient in the 9 mm and scored expert.

**How do you overcome challenges?**

Keeping my faith in God. I attend church every Sunday with my wife, and I'm about to start going to Bible study on Wednesday nights. God has brought me thus far, and he has never steered me in the wrong direction.

**Why do you think the GWOT is important?**

The GWOT is an outward expression to all terrorists that we will remember the terrible acts that threatened our nation. Terrorists have no right to try to rid us of our comfort and stability in our home, but since they have tried, then we will take the fight to their house. We are not a country that likes to be stepped on by terrorists, and we will prove that to the world.

**How do you like to spend your free time?**

I like to play *Madden 2005* (a football video game). I beat it seven times ... with the Lions ... in all-pro mode! If anyone wants to challenge me, (laughing) bring it!

**What would you change about Guantanamo Bay?**

Create a taxi service.

**How do you feel about your time here?**

My time here has been OK so far. I bowl almost every other weekend with good friends. Our unit has shown my wife and me a lot of love, and that alone makes the time here so much more special.

**What are your plans for after GTMO?**

Try to keep going through deployments and increase my education. When I'm ready to leave the military, I would like to earn my bachelor's degree in computer engineering. I've already started taking online courses, and back home I attended Eastern Michigan



## Camp America Barbershop

The Camp America Barbershop has new hours to accommodate Troopers. The shop is now open from 1 p.m. to 8 p.m., Monday through Saturday.

Participation is necessary to keep it running, so stop by and get your top chopped!

## 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. *Sky Captain & The World of Tomorrow*

PG13 97 min

9 p.m. *Wimbledon*

PG13 98 min

#### SATURDAY

7 p.m. *Paparazzi*

PG13 85 min

9 p.m. *Mr. 3000*

PG13 103 min

#### SUNDAY

7 p.m. *Ray*

PG13 152 min

#### MONDAY

7 p.m. *Wimbledon*

PG13 98 min

#### TUESDAY

7 p.m. *Mr. 3000*

PG13 103 min

#### WEDNESDAY

7 p.m. *Ray*

PG13 152 min

#### THURSDAY

7 p.m. *Vanity Fair*

PG13 137 min

#### FRIDAY

8 p.m. *Denver Bronco Cheerleaders*

#### SATURDAY

7 p.m. *Sky Captain & The World of Tomorrow*

PG13 97 min

9 p.m. *Wimbledon*

PG13 98 min

#### SUNDAY

7 p.m. *Mr. 3000*

PG13 103 min

#### MONDAY

7 p.m. *Paparazzi*

PG13 85 min

#### TUESDAY

7 p.m. *Ray*

PG13 152 min

#### WEDNESDAY

7 p.m. *Wimbledon*

PG13 98 min

#### THURSDAY

7 p.m. *Mr. 3000*

PG13 103 min

## JTF Commander's Prayer Breakfast

**Speaker:** Brig. Gen. Jay Hood

**Where:** Seaside Galley

**When:** Tuesday, Nov. 16; breakfast will be from 7 a.m to 7:30 a.m. and the program will be from 7:30 a.m to 8:15 a.m.

This program is for all, regardless of faith group or religious preference.

## Respect Wildlife

A reminder to treat Guantanamo Bay's wildlife with respect. Messing with critters such as the iguanas or hutias (popularly known as banana rats) is an offense punishable under the Uniform Code of Military Justice, according to Col. John Hadjis, Joint Task Force chief of staff.



## Mystery Dinner Theater

**What:** Mystery Dinner Theater. Open to all Guantanamo Bay residents; first-come, first-served. The Windjammer's regular dinner menu will be available during the production. Participants and winning bidders in a bachelor/bachelorette auction get a free prime-rib dinner.

**Presented by:** The Hispanic American Heritage Committee  
**When:** 7 p.m., Nov. 19  
**Where:** Windjammer  
**For more information:** Call Lupe Beltran, 4127

## Pedicures And Manicures

The Camp America barbershop will be open twice each month for pedicures and manicures. Navy Exchange (NEX) nail techs will be on hand the first and third Sunday of each month, beginning Nov. 21.

Hours are 10 a.m. to 6 p.m. by appointment only. Appointments can be scheduled by calling the Main NEX Beauty Shop at 4764. This new service does not include female haircuts.

## Grilled Lobster Tails

Have you recently gone on a lobster-hunting adventure?

If your mission was a success, you may be wondering what is the best way to enjoy your haul. This recipe for grilled lobster tails may be just the thing you're looking for.

### Ingredients

1 tablespoon lemon juice; 1/2 cup olive oil; 1 teaspoon salt; 1 teaspoon paprika; 1/8 teaspoon white pepper; 1/8 teaspoon garlic powder; 2 x 10-ounce rock lobster tails

### Directions

1. Preheat grill to high heat.
2. Squeeze lemon juice

into a small bowl and slowly whisk in olive oil. Whisk in salt, paprika, white pepper and garlic powder. Split lobster tails lengthwise with a large knife and brush flesh side of tail with marinade.

3. Lightly oil grill grate. Place tails, flesh side down, on preheated grill. Cook for 10 to 12 minutes, turning once and basting frequently with marinade. Discard any remaining marinade. Lobster is done when opaque and firm to the touch.

—Army Pfc. Jessi Stone

# WORSHIP

### CAMP AMERICA

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

### NAVBASE CHAPEL

<b>Sunday</b>	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
<b>Monday</b>	5 p.m.	Pentecostal Gospel	Sanctuary C
	7 p.m.	Prayer Group Fellowship	Fellowship Hall
<b>Wednesday</b>	7 p.m.	Family Home Evening	Room 8
	7 p.m.	Men's Bible Study	Fellowship Hall
<b>Friday</b>	1 p.m.	Islamic Prayer	Room 12
<b>Saturday</b>	5:30 p.m.	Vigil Mass	Main Chapel

For information on Jewish services call 2323

# DINING

<b>Today</b>	Lunch	Mambo Pork Roast
	Dinner	French Fried Shrimp
<b>Saturday</b>	Lunch	Cornish Hens
	Dinner	Chicken Parmesan
<b>Sunday</b>	Lunch	Cranberry Glazed Chicken
	Dinner	Dijon Baked Pork Chops
<b>Monday</b>	Lunch	Teriyaki Beef Strips
	Dinner	Country Style Steak
<b>Tuesday</b>	Lunch	Ginger Pot Roast
	Dinner	Barbecued Beef Cubes
<b>Wednesday</b>	Lunch	Lemon Pepper Catfish
	Dinner	Chinese Five-Spice Chicken
<b>Thursday</b>	Lunch	Pork Chops Mexicana
	Dinner	Chicken Florentine
<b>Friday</b>	Lunch	Baked Fish Scandia
	Dinner	Boiled Crab Legs