

THE WIRE

The Official Publication of Joint Task Force Guantanamo

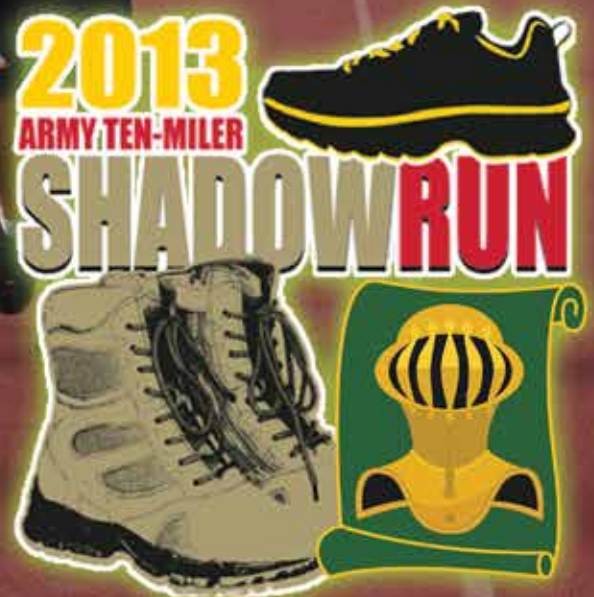
Standing at the gate

Providing security and keeping traffic moving along

African odyssey

Leaving home and looking for success in America

525th MP Hosts Shadow Run



AROUND THE BAY

AND IN OUR PAGES



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Gate guards keep GTMO safe, secure



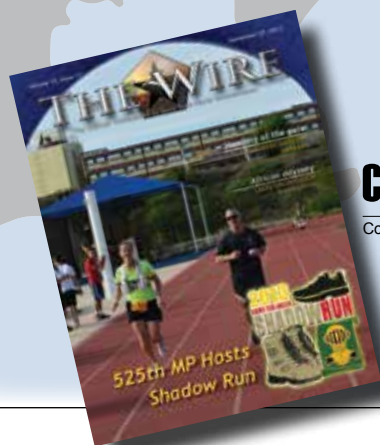
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Cover Story

Cover photo by Army Sgt. Ronnie Patrick
The 525th MP Bn., hosts GTMO's first-ever Army Ten-Miler Shadow Run.
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BAY WIRE REPORT



JTF Guantanamo sends our condolences to the victims and the families of the Washington Navy Yard shooting. Our thoughts are with you through this difficult time.

Find your inner peace



If you are searching for a way to relax from a hard day's work, looking to increase your flexibility, or just want to get some exercise that doesn't involve some crazy workout routine, try yoga.

It is a great way to get out and about and you may even make some new friends along the way!

Sun spots interrupt GTMO

SCSI warns GTMO residents that due to sun flares, long distance calls and commercial Internet services will be interrupted from Sept. 29 - Oct. 4. Check out JTF-GTMO's Facebook page for more information.

Bayview closed

The Bayview Club will be closed Sept. 28 & 29 in support of the Naval Exchange customer appreciation weekend. Regular hours of operation will resume after Sept. 29.

NEX/MWR
Customer Appreciation **5K ROAD RACE**

SATURDAY SEPT 28
IN FRONT OF MAIN NEX

PRE-REGISTER BY SEPTEMBER 26

Awards for 1st & 2nd Place in each age group
Awesome Overall Male & Overall Female Awards

Age Groups:
• 6-12 years • 13-17 years • 18-25 years
• 26-39 years • 40 & up

THIS EVENT SPONSORED BY NEW BALANCE

GUANTANAMO BAY, CUBA

Day of registration and packet pick-up begins at 6 a.m. Race starts at 7 a.m. in front of the NEX
Pre-registration at Denich Gym by 7 P.M. on Thursday 9/26

FIRST 300 REGISTERED GET A RACE TECH SHIRT

CORRECTIONS *Please report all corrections to thewire@jtfgtmo.southcom.mil*



THE WIRE

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Religious Services

NAVSTA Chapel

Catholic Mass
Tues.-Fri. 5:30 p.m.
Saturday 5 p.m.
Sunday 9 a.m.

Spanish-language Mass
Sunday 4:35 p.m.

General Protestant

Sunday 11 a.m.
Gospel Service
Sunday 1 p.m.

Chapel Annexes

Pentecostal Gospel
Sunday 8 a.m. & 5 p.m.,
Room D

LDS Service
Sunday 10 a.m., Room A

Islamic Service
Friday 1:15 p.m., Room 2

Seventh Day Adventist
Friday 7 p.m., Room 1
Sabbath School-
Saturday 9:30 a.m., Room 1
Sabbath Service-
Saturday 11:00 a.m., Room 1

JTF Trooper Chapel

Catholic Mass
Sunday 7:30 a.m.

Protestant Worship
Sunday 9 a.m.
Sunday 7 p.m.

Transportation Schedules

Bus #1, 2, 3:

Camp America - :00, :20, :40
Gazebo - :01, :21, :41
Camp America NEX - :02, :22, :42
Camp Delta - :04, :24, :44
Camp 6 - :07, :27, :47
TK 4 - :13, :33, :53
JAS - :14, :34, :54
TK 3 - :15, :35, :55
TK 2 - :16, :36, :56
TK 1 - :17, :37, :57
CC - :19, :39, :59

Windjammer/Gym - :22, :42, :02

Gold Hill Galley - :24, :44, :04

NEX - :26, :46, :06

NEX Laundry - :27, :47, :07

C Pool - :30, :50, :10

Downtown Lyceum - :31, :51, :11

NEX - :33, :53, :13

Gold Hill Galley - :35, :55, :15

Windjammer/Gym - :37, :57, :17

CC - :40, :00, :20

TK 1 - :41, :01, :21

TK 2 - :42, :02, :22

TK 3 - :43, :03, :23

TK 4 - :44, :04, :24

Camp 6 - :50, :10, :30

Camp Delta - :53, :13, :33

HQ Building - :55, :15, :35

Camp America NEX - :57, :17, :37

Gazebo - :58, :18, :38

Camp America - :00, :20, :40

Beach Bus

Sat. and Sun. only - Location #1-4
Windward Loop - 0900, 1200, 1500, 1800

East Caravella
SBOQ/Marina 0905, 1205, 1505

NEX
0908, 1208, 1508, 1808

Phillips Park
0914, 1214, 1514

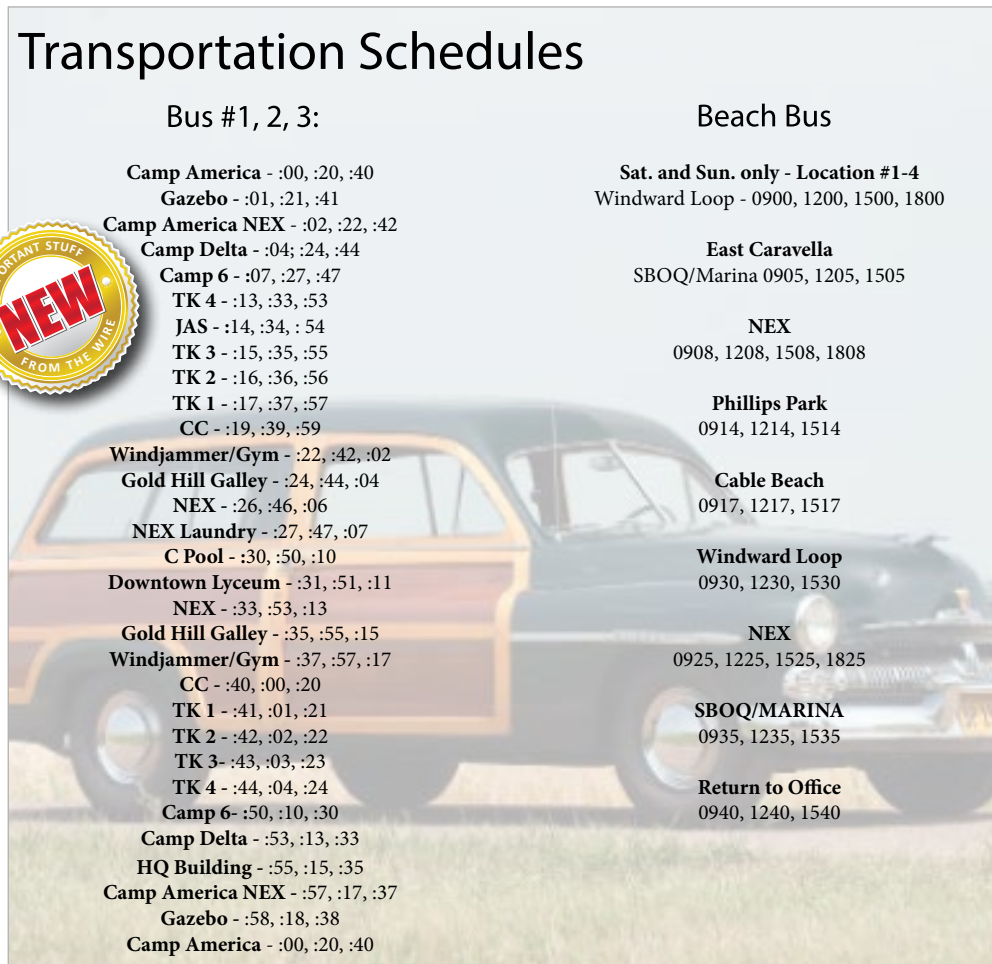
Cable Beach
0917, 1217, 1517

Windward Loop
0930, 1230, 1530

NEX
0925, 1225, 1525, 1825

SBOQ/MARINA
0935, 1235, 1535

Return to Office
0940, 1240, 1540



JOINT TASK FORCE GUANTANAMO



SAFE



HUMANE



LEGAL



TRANSPARENT



By **Command Sgt. Maj. Michael Borlin**

Joint Detention Group command sergeant major

Facebook, Twitter, LinkedIn, MySpace, Google Plus, YouTube, Your Tube, My Tube, Too Many Tubes, Blah, Blah, Blah ... Breathing ... iPod, iPad, Kindle, Kindle Fire, Galaxy, Walkman, Zen, Zune ... whatever and so on.

Today we have numerous venues of social media; we find ourselves living with readers and MP3 players. These venues allow us some well-deserved escape time from the day-to-day routines and stresses of our mission.

These, like many things, are best in moderation. Too often, we find it much easier to communicate with each other via email, text, blog, post, etc. When this replaces the day-to-day interaction of social contact of one another, we start to live a sheltered life, connected only by a keyboard or smartphone screen. There is a reason they nicknamed BlackBerrys as "CrackBerrys."

I remember reading "Fahrenheit 451" by Ray Bradburry in junior high school. The main



Command Sgt. Maj. Michael Borlin

character was a fireman, Guy Montag. In this book, the fire department was not responsible for putting out fires, but starting them specifically to burn books. Books were illegal and, as a result, any book or stash of books would be located and burned.

What correlates this book to this article is Guy's wife Mildred. Her world revolved around "The Parlor Walls." The only problem was the parlor walls were three walls of flat screen TVs that surrounded her. She was connected to her virtual world and absorbed in the

shallow dramas that played on the parlor walls. One of her biggest goals was simple: a fourth screen for the parlor so she could be surrounded by her digital world and tune out everything else, to include society.

Let me ask you this ... have you ever been walking or running on one of our sidewalks and saw another person approaching you? They may or may not have their headphones on (violation of DoDI, but that is another article). You observe them look up and see you as you get closer. They then look down at the ground as you pass, because "if I don't look at you and make eye contact, then I don't have to acknowledge your presence."

Our lives can be too deeply nested within our digital world through phones or portable games and other electronic gadgetry, which has a negative impact on our physical-social interaction with one another. Here is another great example ... have you ever passed someone from behind and

as you pass them, they were startled because they had headphones on and were tuned out of their surroundings?

The Soldier's Creed states: "I stand ready to deploy, engage and destroy the enemies of the United States of America in close combat." This type of combat is up close and personal. As Warriors, we look our enemies in their eyes and the same is true here at JTF. We come in contact with enemies of our nation daily and provide for their needs with dignity and respect, and we do this looking them in the eye. As such, we too need to look each other in the eye in normal passing and acknowledge each other.

As hardened warriors and guardians of the flag of freedom for our nation and the world, much rides on the shoulders of our Armed Forces and DoD Civilians. So take time to "Tune Out" of your digital world and "Tune In" with fellow Warriors you work with and the citizens you protect. What you discover might surprise you.

TROOPER TO
TROOPER

Engaged leadership, mentorship are keys to successful NCOs

By **Sgt. 1st Class Travis L. Piatt**

Platoon sergeant, 1st Plt., 193rd MP Co.



Sgt. 1st Class Travis L. Piatt

Here at Guantanamo Bay, everyone is faced with difficult and stressful missions. However, the battle we tend to fight, more often than not, is our own off-duty conduct. Nearly every weekend, there is a fight at the Windjammer or some other location, underage drinking or a Trooper getting a DUI. We, as leaders, are asked

what measures can be implemented to prevent such issues from occurring?

The answer is engaged leadership with effective mentorship programs.

ENGAGED LEADERSHIP... To be effective, engaged leaders, we must know our Troopers; everything from their likes and dislikes, to where they're from and what's going on with their families. But every Trooper needs to be approached in different ways. In the 193rd Military Police Company (I/R), we have learned camaraderie is an effective method to not only know and understand your Troopers, but to encourage them to have a good time without putting themselves

into questionable situations. Not all Troopers are going to be easy, but that is when, as engaged leaders, we reach out and guide that Trooper in the right direction.

MENTORSHIP... We cannot be engaged leaders without effective mentorship programs. Over the last 10-plus years of war, we have seen an accelerated rate of promotions; creating an influx of young NCOs. It is important for us, not only to mentor Troopers, but to mentor our young and inexperienced NCOs. We must get out there and put our arms around that young leader and show them what right looks like. Young leaders will make

DoD prepared for shutdown

Memo released to employees outlines contingency plans for Oct. 1

By Jim Garamone

American Forces Press Service

WASHINGTON, Sept. 23, 2013 – Although Defense Department officials believe a government shutdown can be avoided when the new fiscal year begins Oct. 1, they want DOD employees to be prepared for the possibility, Deputy Defense Secretary Ash Carter said in a memo issued to the workforce today.

The fiscal year ends Sept. 30, and Congress has not passed a budget. If Congress does not approve a budget or pass a continuing resolution, the portions of the government funded via appropriated funds will be forced to close.

“The department remains hopeful that a government shutdown will be averted,” Carter wrote in the memo. “The administration strongly believes that a lapse in funding should not occur and is working with Congress to find a solution.”

Congress still can prevent a lapse in appropriations, but “prudent management requires that we be prepared for all contingencies, including the possibility that a lapse could occur at the end of the month,” the deputy secretary wrote.

The absence of funding would mean a number of government activities would cease. “While military personnel would continue in a normal duty status, a large number of our civilian employees would be temporarily furloughed,” Carter said. “To prepare for this possibility, we are updating our contingency plans for executing an orderly shutdown of activities that would be affected by a lapse in appropriations.”

President Barack Obama and Defense Secretary Chuck Hagel understand the hardships such a shutdown could cause civilian employees, the deputy secretary wrote.

“The administration strongly believes that a lapse in funding should not occur and is working with Congress to find a solution,” Pentagon Press Secretary George Little told reporters today. “The secretary has made it clear that budget uncertainty is not helpful for us in executing our budget efficiently, and a shutdown would be the worst type of uncertainty. A shutdown would put severe hardships on an already stressed workforce, and is totally unnecessary.”

Carter vowed to provide more information as it becomes available. The Office of Personnel Management’s website has more information at www.opm.gov.

■ **Watch your subordinates.** Continued from page 4

mistakes. That’s when you take them and coach them to become a better leader. The only way to hold them to a standard is by enforcing it – and living it – ourselves. This is what we call mentorship, and with our young leaders watching all of us, they will learn from us.

Push these young Troopers and young leaders to be better. There will be a time when your military career will be over; and the Troopers you leave behind will be the military of our great nation. In the Army, we have the “Enlisted Leader Development Model” that has everything you need to know to be an effective leader in black and white. It is the perfect tool for every Leader to live by.

Engaged leaders hold the keys of success to both the Troopers and organization. Be that engaged leader that makes a difference and sets the conditions for success!

Army ACU-A fielded for trainees, available for order

Staff Report

The new Army Combat Uniform with special consideration for the female form is currently being fielded for trainees in Basic Combat Training. And while the uniform has not yet made it to Clothing and Sales stores world-wide,

it can be special ordered for female or male Soldiers.

“It’s more about the fit and body type,” said Trevor Whitworth, Central Initial Issue Point project manager, Fort Sill, Okla.

“If it makes you more comfortable in wearing that, then I think it’s well worth it,” he said.

The uniform, in the works since 2010, is specifically designed to provide a better fit in both the trousers and the jackets.

PEO Soldier developed the uniforms, and is also in the development stages of producing female body armor and flight suits.

Army Combat Uniform – Alternate

This 2010 graphic shows a breakdown of proposed changes to combat uniform design to better fit female soldiers. In March, the uniform was approved for use by both sexes. Soldiers will decide whether to wear the ACU or the ACU-A.

Items not shown

- Removed drawstring/added elastic waistband
- Shortened button fly
- Repositioned pockets on lower leg and cargo
- Material on each side of the shoulder blades taken in to conform to the narrower female back, allowing greater freedom of movement.

- A** Shoulder width narrowed
- B** Rank insignia moved above the breast
- C** Adjusted sleeve length and width
- D** Repositioned elbow patches
- E** Repositioned pencil and sleeve pockets
- F** Adjusted the cut of the material to conform to a woman's chest, hip, and waist size
- G** Longer length front and back
- H** Adjusted hip to waist ratio
- I** Adjusted the front and back rise to fit the female body
- J** Repositioned knee patches

Graphic courtesy Army.mil



Sadistically delightful

Review by Sgt. Cody Stagner

JTF-PAO, thewire@jtfgtmo.southcom.mil

In "You're Next," a wealthy couple (Rob Moran, Barbara Crampton) celebrate their wedding anniversary, by inviting their grown-up children to their new retirement home—an old mansion set deep in the woods.

Not long after this well-to-do family reunites, the mansion is mysteriously invaded by creepy, mask-wearing, ax-wielding attackers.

But when the killing starts, an even darker, deadlier side is exposed in one of the unlikely guests and it's the bad guys that find themselves under the ax.

This film is plagued by clichés, and a little bad acting brings nothing new to the home-invasion flick. But when Erin (Sharni Vinson), an Australian guest in the house, starts her vigilante rampage, hard-core fans of blood and black humor will revel in this beautiful Aussie's sadistic style of murder and mayhem.

Mildly entertaining and violently delightful, I give this film three banana rats. 🍌



Courtesy of Lionsgate



Courtesy of Sony Pictures

Mortal Instruments are not tools

Review by Sgt. David Bolton

Copy Editor, thewire@jtfgtmo.southcom.mil

If you are a fan of the whole supernatural-fantasy genre, you are in for a real treat. "The Mortal Instruments: City of Bones" is the telling story of a young girl, Clary (Lily Collins), who finds out she is descended from a long line of demon slayers known as shadowhunters.

In the beginning she must attempt to discover why she can see invisible symbols called 'runes' that other people cannot. Throughout the film Clary finds more and more clues about herself, her mother and her secret brother Jace (Jamie Campbell Bower) who is also a shadowhunter.

The film was well shot and the tempo seemed to move along at an agreeable pace. The only real downside to "The Mortal Instruments" was the high school-esque, whirlwind romance which plagued Clary, Jace and Simon (Robert Sheehan). That and the plot seemed to spin its wheels in the proverbial mud for the latter half of the movie.

For all it was, "The Mortal Instruments" entertained with a not-so-unbelievable storyline and visually stunning effects, especially the demons. This movie won't be lurking in the shadows for long, especially with four banana rats on its tail. 🍌



"The Butler" serves up quality performances

Review by Sgt. Katherine Forbes

JTF-PAO, thewire@jtfgtmo.southcom.mil

It opens with an old, stately-looking man sitting in a chair in a great hallway. He's waiting for something. As he waits, his mind flashes back to his childhood on a cotton farm in the South. It's a memory of the day his father was murdered and he was taken into the white woman's house to be trained as a house servant. From there he follows a life that takes him all the way to being a butler at the White House for 30 plus years.

The significance of Lee Daniel's "The Butler" stems not just from the history it tells, but from the eyes we get to see it through. We get to see the progression of the Civil Rights Movement through the eyes of those who fought for it, both in the South and in the White House.

The butler is Cecil Gaines (Forest Whitaker), who is based upon a real man, Eugene Alan. Whitaker gives an award-worthy performance. He deftly moves from joy, sorrow, pain and anger like the craftsman he is. Oprah Winfrey plays Gaines' wife Gloria, and I actually forgot that she was Oprah! The cast is full of well-known actors who do an excellent job of portraying presidents, historical figures and personal family and friends in Gaines' life.

My only complaint with this film is that I wanted to know and see more of the life of this man. I want to know more about the Civil Rights Movement through his eyes (and others like him). It reminded me of how far we have come as a nation in such a short amount of time. And it easily earned the five banana rats I'm giving it. 🍌



Courtesy of the Weinstein Company



Four-day split workout:

Keeping your body guessing

By Master Sgt. Gregg Ramsdell
Command Element SEL, fitness trainer

Are you bored with your workout? Maybe you've noticed your fitness gains stalling. This means things need to change.

How do we change? Your body has a memory; it is called "muscle memory." In order to improve, we must continually manipulate the various components of our fitness program in order to trick our body. How you improve your fitness level or build a more aesthetically appealing body depends on variances to include nutrition, level of stress you place your muscles under during exercise, and rest.

Rest! It's mandatory. You will not maximize your potential unless you take some time off. Instead of work-

ing out, go indulge in your favorite food or go bowling. It will pay off in the long run. Just remember, moderation is the key.

Your body grows while resting; this includes sleeping between seven or eight hours per night. Enjoy the time off. Stretch if needed. You'll find this is a big stress reliever.

Coordinate this four-day, split routine with your work schedule. If you feel exhausted and have to take a day off during the week, don't worry, your body is giving you a signal to rest. Use this for five or six weeks, and then change it up with something new.

Below is a program used by my mentor Bill Pearl, former Mr. America. For variety, he would have us superset the different isolation exercises

and progressively lift the compound exercises for strength.

You will see the strength exercises are lower in repetitions, and the isolation exercises are higher in reps. This will confuse your body which can make you sore. Cardio can be used for a warm-up or an off day, and abdominal training can be added in as well during this program. Enjoy yourself.

To further explain, the first number is the amount of sets and the second is the number of repetitions per exercise. For example, day one bench press you will do three sets of five to seven repetitions and two sets of ten repetitions for a total of five sets. Supersets will subscribe to the same number of sets and repetitions as the exercise they follow. 🍌

Day ONE	Day TWO	Day THREE	Day FOUR
Bench Press Incline Press Standing Cable Crossovers Bent Over Barbell Rows Med. Grip Pulldowns 1-Arm Dumbbell Rows 3 sets of 5-7, 2 sets of 10	Barbell Curls Seated Incline Dumbbell Curls superset with Overhead Tricep Press w/ Rope Hammer Curls Tricep Push-Downs superset with Seated Dumbbell Curls 3 sets of 12, 2 sets of 10	Military Press (3x5-8, 2x12) Dumbbell Overhead Press (3x12, 2x10) Dumbbell Lateral Raise superset with Barbell Shrugs (3x12, 2x10)	Leg Presses or Squats (3x5-7, 2x10) Step-Ups (3x12) Lying Leg Curls (4x12) Calf Raises (5x12)

Graphic by Sgt. 1st Class Aaron Hiler/The Wire

Now Showing!

at the Downtown and Camp Bulkeley Lyceums

Call the Movie Hotline at 4880 or visit the MWR Facebook page for more information

27 FRIDAY	28 SATURDAY	29 SUNDAY	30 MONDAY	01 TUESDAY	02 WEDNESDAY	03 THURSDAY
Cloudy with a Chance of Meatballs 2 (New) PG, 8 p.m. The Mortal Instruments: City of Bones PG13, 10 p.m.	Getaway (New) PG13, 8 p.m. Lee Daniels' The Butler PG13, 10 p.m.	Kick-Ass 2 R, 8 p.m.	We're the Millers (LS) R, 8 p.m.	Percy Jackson: Sea of Monsters (LS) PG, 8 p.m.	Planes (LS) G, 8 p.m.	You're Next R, 8 p.m.
Getaway (New) PG13, 8 p.m. Lee Daniels' The Butler PG13, 10 p.m.	Kick-Ass 2 R, 8 p.m. You're Next R, 10 p.m.	Cloudy with a Chance of Meatballs 2 (New) PG, 8 p.m.	CLOSED Note: Concessions at Camp Bulkeley are also closed every night until further notice.	The Mortal Instruments: City of Bones PG13, 8 p.m.	CLOSED Note: Concessions at Camp Bulkeley are also closed every night until further notice.	Jobs PG13, 8 p.m.

Stay classy, GTMO! No ALCOHOL or TOBACCO at the Lyceums!

(LS) = Last Showing

At the

GATE

Story and photos by Spc. Lerone Simmons

Staff Writer, thewire@jftgtmo.southcom.mil

At Joint Task Force Guantanamo, each Trooper has a role to make the mission here successful. There is one team, who often takes the heat and still provides service with a smile. They are the first you see when you enter the JTF and the last team when you exit.

JTF-GTMO's External Security Force (ESF), comprised of military police assigned to Joint Detention Group, is charged with providing that extra layer of defense for the JTF – monitoring who comes and goes from the area of operation. "We're making sure that we maintain proper security; ensuring



Spc. Morgan Stevens, 128th Military Police Company, waves a vehicle forward at the Franklin D. Roosevelt Gate, a security checkpoint for the Joint Task Force Guantanamo, Aug. 12. Stevens, and other military police assigned to the 525th Military Police Battalion, make up the External Security Force which ensures all traffic entering JTF-GTMO is authorized for entry.

only people with the correct JTF badges are entering," said Army Spc. Morgan Stevens, MP, 128th MP Co., Alabama National Guard.

"We're just doing the right thing by looking at every detail," he said.

Aside from checking for proper badges, the guards also check every vehicle to ensure those entering the JTF are not compromising safety and security by sneaking prohibited items into the area.

Working 12-hour days outside can be challenging for Troopers, but Army Sgt. 1st Class Thomas Taylor, noncommissioned officer in charge of the ESF, said that the Soldiers assigned to Gate Guard duties are professional and proud of their mission.

"The Soldiers who work for the ESF understand that they have been entrusted with an important task of controlling the access into JTF GTMO," he said. "They also understand that this is a very visible mission, and they work hard to maintain a professional attitude at all times."

Taylor said he tries to maintain fairness with the schedules in order to maintain morale among his team.

"It's not an easy job," said Army Spc. Gregory Hyde, a military police officer assigned to the 128th MP Co., "but I know that I'm making a difference in keeping operations secure."

"This is my first deployment and I'm proud of the work we are doing here," he said. 🇺🇸



ESF keeps traffic flowing



Military Police Spc. Gregory Hyde and Spc. Morgan Stevens, both assigned to the Alabama National Guard's 128th Military Police Company, keep traffic moving at the Franklin D. Roosevelt Gate, a security checkpoint for Joint Task Force Guantanamo. Gate guards check access badges, and vehicles for suspicious or unauthorized personnel or equipment, adding an additional layer of security for JTF-GTMO.

Casting Shadows

MPs organize 2013 Army 10-Miler Shadow Run

By Sgt. Ronnie Patrick

525th MP Bn. UPAR, thewire@jtfgtmo.southcom.mil

Joint Task Force Guantanamo's 525th Military Police Battalion hosted the 2013 Army Ten-Miler Shadow Run Saturday, Sept. 21. A total of 74 runners from all Service branches participated in the event.

"I have participated in the ATM in D.C. eight times since 1997, as well as Shadow Runs organized in various deployed locations, such as Baghdad and Kandahar," said Maj. Kelby Brake, battalion executive officer, 525th Military Police Battalion, and GTMO race organizer.

The first race, held in Washington, D.C., was Oct. 13, 1985, with 1,379 participants. Army leadership organized the event to raise the organization's profile. The first four Army Ten-Miler races were ran under the radar with a very small turnout, it's grown in the last 20 years to the point it was ranked 17th out of 100 races in the United States in 2012, and one of the largest in the world, with 30,000 race bibs. This year, the D.C., race was full within six days of opening registration.

"The popularity of this race in D.C. has grown tremendously over the last 10 years or so," she said. "Running the race in D.C. is sort of an Army reunion; old friends and Soldiers fly in from all over the world to participate.

"Additionally, most major commands set up tents to showcase their mission and facilitate meeting points for those who have served. The weather is usually nice and the route is quite historic which makes it all in all a great event," Brake said.

But not every Service member, Department of Defense employee or civilian can attend the race in the capital due to deployments or assignments. The Shadow Run allows more participants the opportunity to race.

"I think running in events such as the Army Ten-Miler are great," said Petty Officer 1st Class

Carlos Riley, tactical coxswain and section leader for the 301st Port Security Unit. Riley was the first-place male finisher in this inaugural GTMO race.

The purpose of a shadow run in the military is to help deployed Service members, Department of Defense employees, and civilians stay connected. Although it is a connection back to the states, it is also a way to compete, promote esprit de corps and earn bragging rights.

"I've never been much of a runner, but I've tried to participate in every run held here on base," Riley said. "After running in my first marathon here at Guantanamo, there isn't a running challenge I won't accept."

In addition to the GTMO run, the 525th Military Police Battalion (I/R) will send four Soldiers, 2nd Lt. Daniel Baker, 193rd MP Co., 2nd Lt. Cody Simula, 189th MP Co., 2nd Lt. Ryan Van Noordt and Sgt. Freddy Santos, Headquarters and Headquarters Co., 525th MP Bn., to compete in the Army Ten-Miler in Washington, D.C., Oct. 20. 🇺🇸



Army Brig. Gen. Marion Garcia, Joint Task Force Guantanamo deputy commander, is all smiles as she gets closer to finishing the 2013 Army Ten-Miler Shadow Run Sept. 21.



Command Sgt. Maj. Michael Borlin sprints to lead the 2013 Army Ten-Miler Shadow Run Sept. 21. More than 70 people turned out for the first ever Guantanamo Bay Shadow Run.

Photo by Sgt. Ronnie Patrick/525th MP Bn. UPAR



Photo by Sgt. Ronnie Patrick/525th MP Bn. UPAR



Photo by Sgt. Ronnie Patrick/525th MP Bn. UPAR



Photo by Sgt. Ronnie Patrick/525th MP Bn. UPAR

A team of Army Soldiers ruck-march the 2013 Army Ten-Miler Shadow Run Sept. 21.



Photo by 1st Sgt. Patricia Kishman/The Wire

Petty Officer 2nd Class Manuel Urbina, a culinary specialist and the Admiral's chef with Command Element, Joint Task Force Guantanamo, balances a watermelon throughout the 2013 Army Ten-Miler Shadow Run Saturday, Sept. 21.

Ravi speaks on matters of the heart

Story and photos by Sgt. Katherine Forbes

JTF-PAO, thewire@jtfgtmo.southcom.mil

“It’s a tough world in which to try to deal with the questions that haunt. And these questions just don’t seem to go away,” said internationally renowned theologian Ravi Zacharias as he began his speech. More than 100 Troopers and family members attended Zacharias’ talk at the Naval Station Chapel Sept. 17. The questions Zacharias discussed included: What kind of culture are we looking to build? What is it that frames our cohesive world-view? And, how do we put it all together?

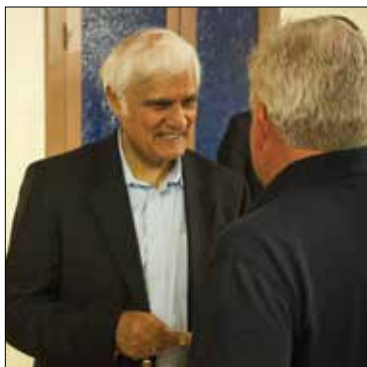
Ravi Zacharias was born in India and immigrated to the west in his twenties. He earned his Master of Divinity from Trinity International University in Illinois and became an expert in comparative religions, cults and philosophy. He is an Oxford Senior Fellow and studied at Cambridge University in the

areas of moralist philosophers and Romantic era literature. While studying at Cambridge he wrote his first book, “A Shattered Visage: The Real Face of Atheism.” Since then, he has authored numerous other award-winning books. Beyond writing, Zacharias speaks around the world and on radio with a program called “Let My People Think.” More specifically, Zacharias’ passion for speaking to troops began in his twenties.

“I was a student and was invited to Vietnam. Because of the chaplains in the U.S. Military, I traveled the length of the country,” he said. “I grew to have a real affection for the people in



Ravi Zacharias, world-renowned author and philosopher, speaks to a crowd of approximately 180 Troopers and families at the Naval Station Guantanamo Bay Chapel, Sept. 17. Zacharias’ speech addressed society’s need for a moral center and absolute truth.



Ravi Zacharias greets an attendee at the Naval Station Guantanamo Bay Chapel Sept. 17. Ravi took the time after his speech to meet several attendees face-to-face.

the armed forces because I know the toughness of their life. I felt my love for them and gratitude for them; for the price they pay for our freedom and our protection, it is the least I can do.”

Zacharias’ generosity of spirit proved to be more than words. Thomas George, director of religious education at the Navy Chapel, explained how the plan to bring Zacharias here was almost squashed by the lack of

funds. However, Zacharias paid for the trip and waived his speaking fee. His coming here was purely in support of the military mission and the people here, George said.

Zacharias’ speech delved into three main ideas: Secularism leads to loss of shame, pluralism leads to loss of reason and privatization leads to loss of

meaning. With strong support from antidotes, quotes and philosophical reasoning, Zacharias closed with the statement, “Life is intrinsically sacred” and the question, “whose image is on you?”

The most impressive thing for the audience that night was his kindness and generosity, said George. After Zacharias’ speech and Q&A session, he spent one on one time with the attendees, giving them encouragement and answering deeper questions.

For Zacharias, the drive to speak to people for a living comes from the four questions every human being asks about origin, meaning, morality and destiny. Where do I come from? What gives my life meaning? How do I differentiate between good and evil? What happens to a human being when he or she dies? These questions come from a felt reality, he said.

“It’s not just cerebrally driven, but bridges the head to the heart,” he said. “That’s the longest journey in life.” 🙏



FOOTBALL MADNESS

at O’Kelley’s Pub

Catch the entire lineup starting at Noon each day

**SATURDAY COLLEGE
SUNDAY NFL**

Coming to America

The journey of one Sailor from his Tribe in Africa to his military life

Story and photos by Sgt. David Bolton

Copy Editor, thewire@jtfgtmo.southcom.mil

The first quarter century of his life was lived in Nairobi, Kenya amongst humble surroundings playing soccer with a ball made of manila paper. One of 10 children born to his Luo-tribe parents, Alvin Ochieng grew up speaking both Swahili and English as he attended school. Then, at the age of 26, Ochieng decided to follow in the footsteps of his older brother John, and move to America.

“He told me, ‘You know the Navy is good, I know it’s not for everybody, it’s not easy but you might give it a try,’” said Ochieng, now a Navy petty officer 3rd class, and hospital corpsman assigned to Joint Task Force Guantanamo’s Joint Medical Group.

Ochieng has made a comfortable career for himself as a preventative technician, and now in his fifth year in the Navy, he finds himself working with Troopers and detainees at JTF-GTMO. But this would not have been possible if it weren’t for his education.

“The most important thing our parents used to put in our minds is that without an education, you’re nothing,” said Ochieng who used military tuition assistance to go to school.

While his parents were happy that he was getting an education, they were not so thrilled about his particular military career choice. His enlistment meant two children serving for the United States.

“It was a time that Iraq was very hot, and my mother was like ‘we cant have two people in the Navy at this time; this is risky, what if you are taken to war or what if we lose both of you,’” he said.

In spite of his mother’s misgivings about the situation, Ochieng kept a very calm and cool approach to the possibility of going to war.

“Everybody is born once, and you die once,” he said. “Whichever way, I can either prolong it or take my chances and move on. It’s not about making people happy, it’s about seeing your future and seeing where you’re going and is it right for you; at the end of it, you’re the one whose going to be responsible for everything.”

Seven years after leaving Kenya, Ochieng is now responsible for conducting inspections for all the facilities on the JTF side to try to stop anything

that could potentially harm a Trooper or detainee.

“We test their water, living conditions, lighting and make sure they don’t have any issues concerning them,” said Ochieng.

“We try to stop it before it happens. If it happens, it’s too late.”

Ochieng said coming to America and joining the Navy has completely changed his life. He says he’s not as spontaneous as he used to be, especially with having a family.

“When you join the military its all about discipline. I think I’m more responsible now, I have more focus and I plan better,” said Ochieng.

This planning, along with his parent’s advice in the importance of education, has encouraged Ochieng to attend Tidewater Community College in Norfolk, Va., where he is studying to be a registered nurse and hopes to eventually become a physician’s assistant. ☆

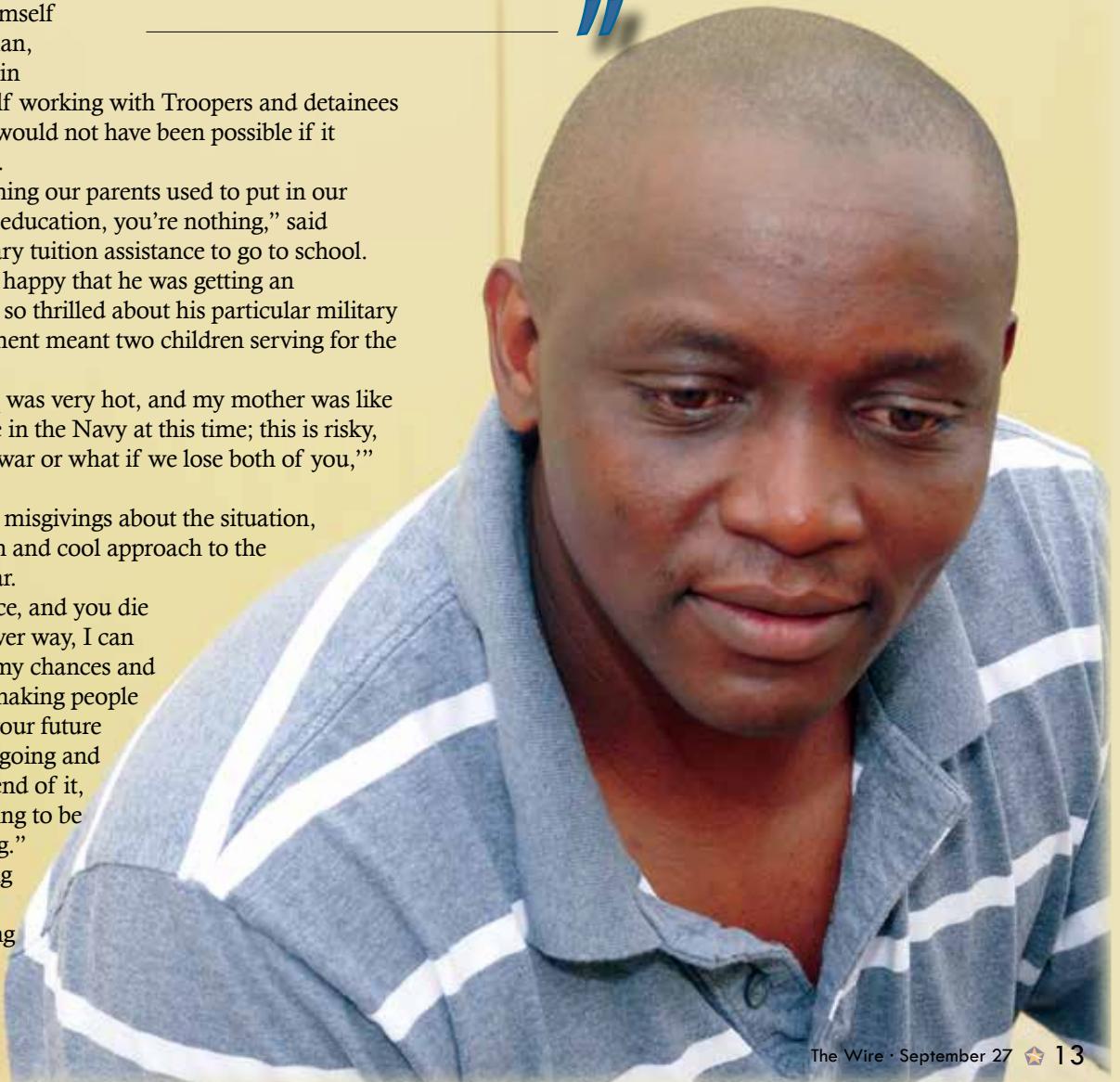
“

It’s not about making people happy, it’s about seeing your future and seeing where you’re going ...

— Petty Officer 3rd Class Alvin Ochieng

Hospital corpsman, Joint Medical Group

”



Stewards of the Seas

Story and photos by Sgt. Darron Salzer

Photo Editor, thewire@jftgmo.southcom.mil

Being a good steward in all things and showing proper etiquette to fellow Troopers is generally synonymous with military service, whether deployed overseas, stationed stateside, on or off duty.

When deployed to a unique environment like Guantanamo, where Troopers have the luxury of many different outdoor recreation facilities and equipment, it is an important habit to have in an effort to prevent issues with the limited amount of resources.

“The main issues we have is people coming in and not taking the trash off their boats, not putting the anchor back where it should be placed, not turning off radios and not washing the boats off when they are done with their rental,” said Urshall Lawrence, Morale, Welfare and Recreation outdoor recreation assistant.

Lawrence said the way it should work is you rent a clean boat and you return a clean boat for the next person to use.

“We try to tell people on a day-to-day basis, before they take the boats out, to please keep them clean and remove their trash and to bring the boats back in one piece,” she said.

However, Lawrence said poor stewardship from renters causes issues and delays for the next renter looking to head out onto the bay. This is especially true when the issue is damage to the boat.

“Depending on what kind of damage is done, we’ll have to take that boat out of our books to determine what kind of problems occurred, and this might be for a week or more,” Lawrence said.

She recommends letting marina staff know as soon as possible whenever there is a problem with damage.

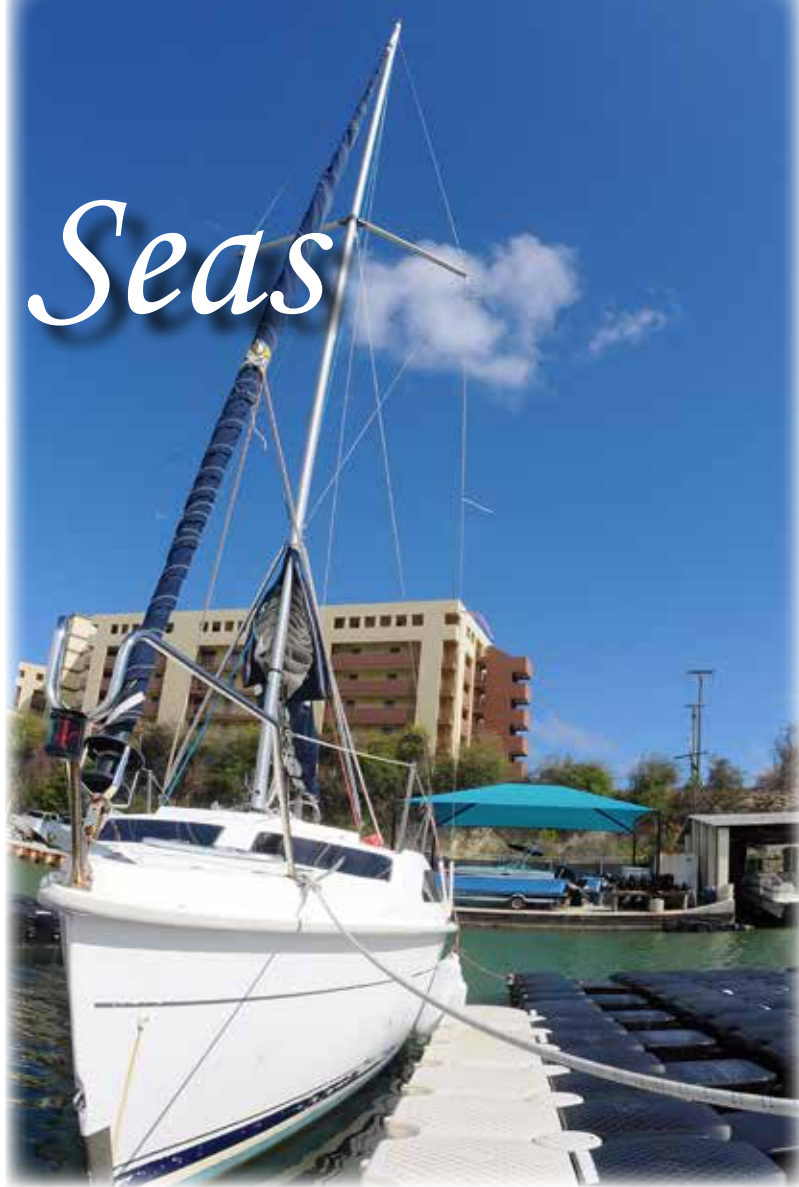
“The biggest damage we see is prop damage, usually caused by taking the boats into shallow water,” she said. “This is what propels the boats, except for the sailboats, and depending on the boat it can cost \$1,000 to replace. If we don’t have the replacement part on-hand, it can take a week or two to have the prop replaced.”

Anthony Henry, marina sailing instructor, said breaking something and not saying anything can be a concern.

“If you break something and you don’t tell the staff, then the next person who takes the boat out will have to deal with it,” said Henry. “If it’s something I can fix, I’ll fix it.”

Lawrence said losing a rentable boat because of poor stewardship not only causes the marina to lose money, but it also hurts the installation because the money the marina makes goes right back into the GTMO community.

“Before you go on the water, make sure you check over your checklist and if you see a dent or a mark, or any other



Morale, Welfare and Recreation rental boats sit docked at the marina Sept. 7, at U.S. Naval Station Guantanamo Bay, Cuba. The staff, who are often taking care of customers and preparing the boats for their next renter, ask that patrons practice good stewardship and leave each boat as clean as it was when they got it so there is no disruption in the next person’s rental period.

damage, make sure you note it and let us know,” she said.

“It’s a great opportunity to have, coming to the marina and spending a day on the water,” she said. “Just remember to leave the boats in good condition so the next person can also enjoy them without issue.”👍

Binding family ties

Chaplain's program brings books to life through video

Photos and story by Staff Sgt. Lorne Neff
Staff Writer, thewire@jtfgtmo.southcom.mil



A camcorder is used to record Service members as they read books provided by the United Through Reading Program which is available to Service members stationed at Guantanamo Bay.

Spanning the distance caused by separation can be difficult, even in this age of technology and communication. One of the ways military families can bridge this gap with children back home is by participating in the United Through Reading program offered here at Guantanamo Bay.

The program is a nonprofit organization that offers books and the means to record a video of the Service member reading the books onto a DVD that can be sent with the book for a child to read along.

“One of the most important things while we are isolated, is to stay connected,” said Petty Officer 3rd Class Thomas

Trocino, a Joint Task Force Guantanamo religious programs specialist.

Troopers can contact the JTF Chaplains office to sign up for the program. During their appointment, Troopers can pick a book and read away.

“People come in and pick out of the selection we have, pick the book that they want for whatever age group of child they have, and we set them up in a nice quiet room and let them record the book to send home to their family,” said Petty Officer 2nd Class Timothy Owens, a JTF Guantanamo religious programs specialist and one of two United Through Reading program coordinators here at Guantanamo.

And for Troopers who are missing nightly readings, this is important.

“At home, I usually get to read every night (to my kids), it’s a tradition,” said Air Force Master Sgt. James Bonner, JTF-GTMO equal opportunity manager. “They get to hear my voice and see my face, so it helps with me being here deployed.”

Bonner says it is very easy to do.

“I recommend it,” said Bonner. “Being on the phone is great, Skyping is almost impossible, so it really helps with the separation.”

Only 50 Troopers have taken advantage of the opportunity, so the United Through Reading coordinators want

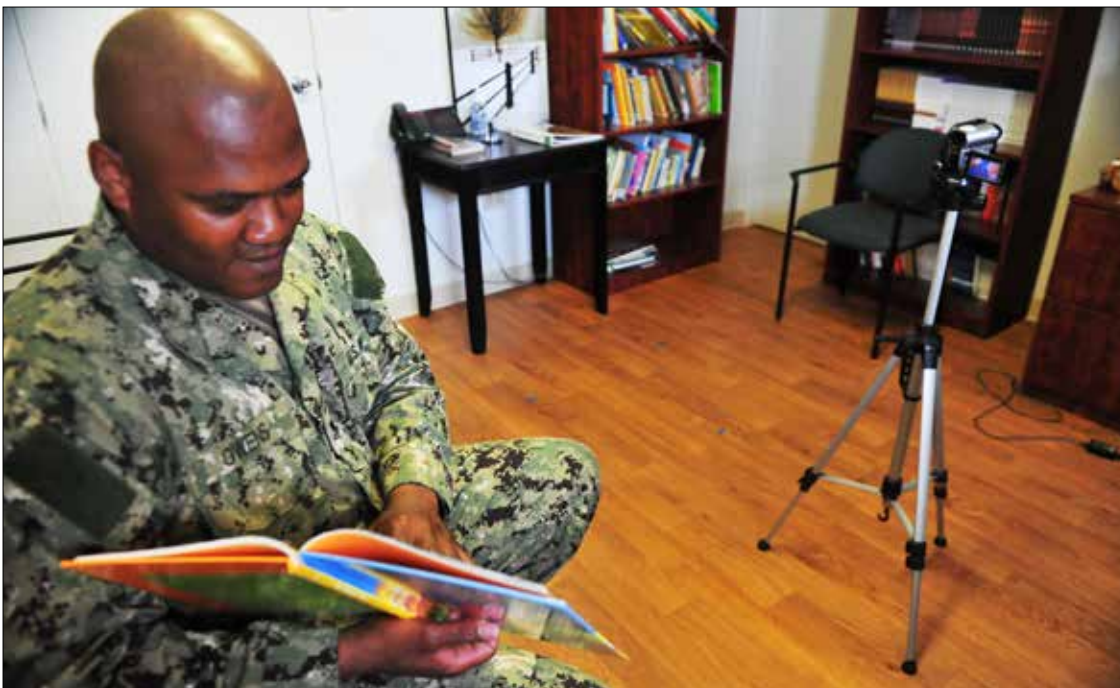
JTF to know that it’s available.

According to Owens, there are no restrictions, Troopers can read to nieces or nephews or other important children in their lives.

“I always tell them if they want to read multiple books and it’s longer than 30 minutes, just use a second CD ... and I tell them just to have fun,” said Owens.

The chaplain’s office has a wide range of donated books Troopers can choose from, or Troopers can bring their own book.

For more info on this program, or to set up an appointment to read a book, contact the JTF Chaplain at ext. 2218. 📞



Navy Petty Officer 2nd Class Timothy Owens, a Joint Task Force Guantanamo religious programs specialist, demonstrates the United Through Reading Program available to Service members stationed at Guantanamo Bay.



A GOOD NIGHT TO GET TO KNOW YOUR NEIGHBORS

Come out the the Downtown Lyceum on

Tuesday, October 1
5:00-8:30 p.m.

Help build a stronger, safer community by attending the annual National Night Out. We're having a free cookout with hamburgers and hotdogs, a bounce house, guest speakers, music, presentations and a military working dog demonstration. For more information, contact MA1 Figueroa or MA2 Ramsey at ext. 4439.



MOTIVATOR OF THE WEEK

OS3 Stephan Lanzi
U.S. Marine Corps Security Detachment

SGT Shawn Ladyman
591st Military Police Company

Floaties Saturday

Featuring a Kids Floaty Race

Want to beat the heat? Join co-ed age groups
5-8, 9-13, and 14-17 at Windjammer Pool for
splashin' fun!

For more information, call Tony at ext. 84968

The Wire

**CLASSIC
CORNER**

Stick to fishing, not phishing

This week the JTF experienced a Phishing scam, sent to every Trooper and member of our organization. Did you take the bait?

Phishing scams try to pull out your personal information, sensitive information such as passwords or other important details by looking professional and legitimate. You've had the training, but has your spouse or family? Remind them what a phishing scam looks like.

It's a social engineering tool used to fool the user and obtain what should be private information. Be aware, and don't take the bait. Log on to <https://ia.signal.army.mil/phishing> for additional training.

Join **The Wire's** Team

The Wire is always looking for writers and photographers to lend a hand.

Drop us a line at

thewire@jftgmo.southcom.mil
and let us know!



Photo by Sgt. 1st Class Aaron Hiler/The Wire

Chaplain's ext. 2218 WORD OF THE WEEK

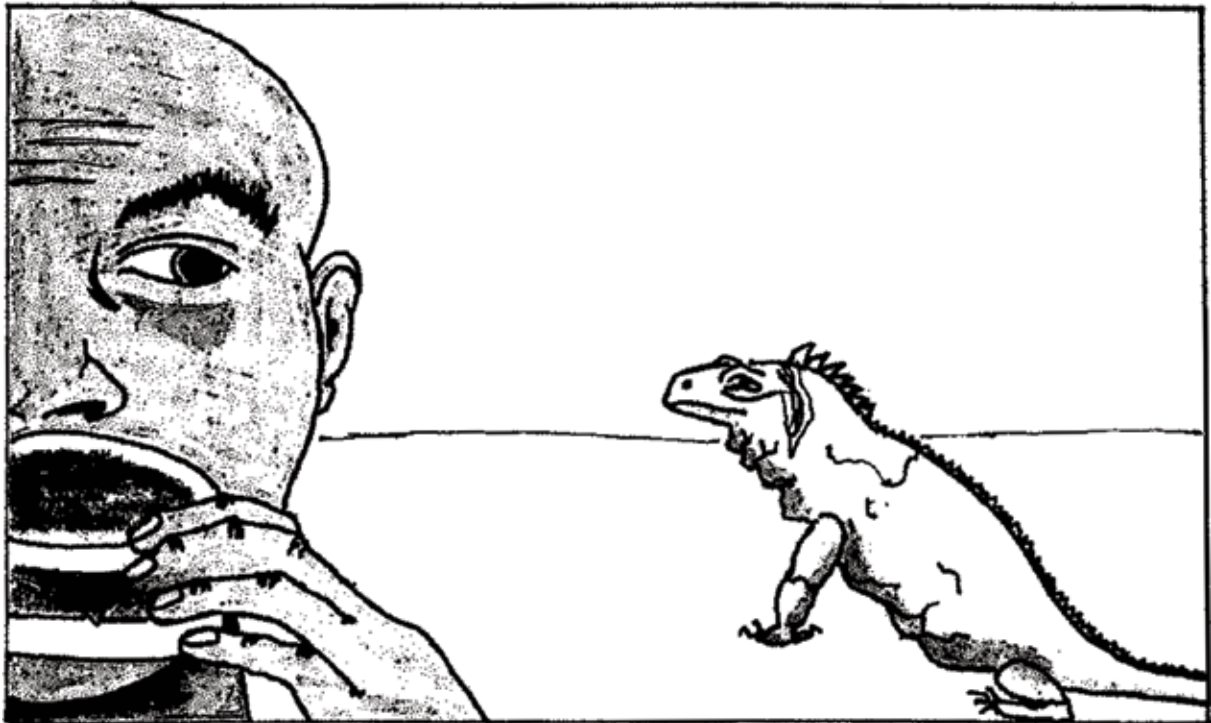
"Mile"

Technically a unit of length measuring 5,280 feet (statute mile), a mile is also a metaphor for separation. Whether it is the miles we run together in an MWR or charity race supporting a common cause, or the miles that separate us from our loved ones, it is a distance and it can seem formidable.

However, with hard work and effort on our part, the miles can make us and our relationships with our distant loved ones stronger.

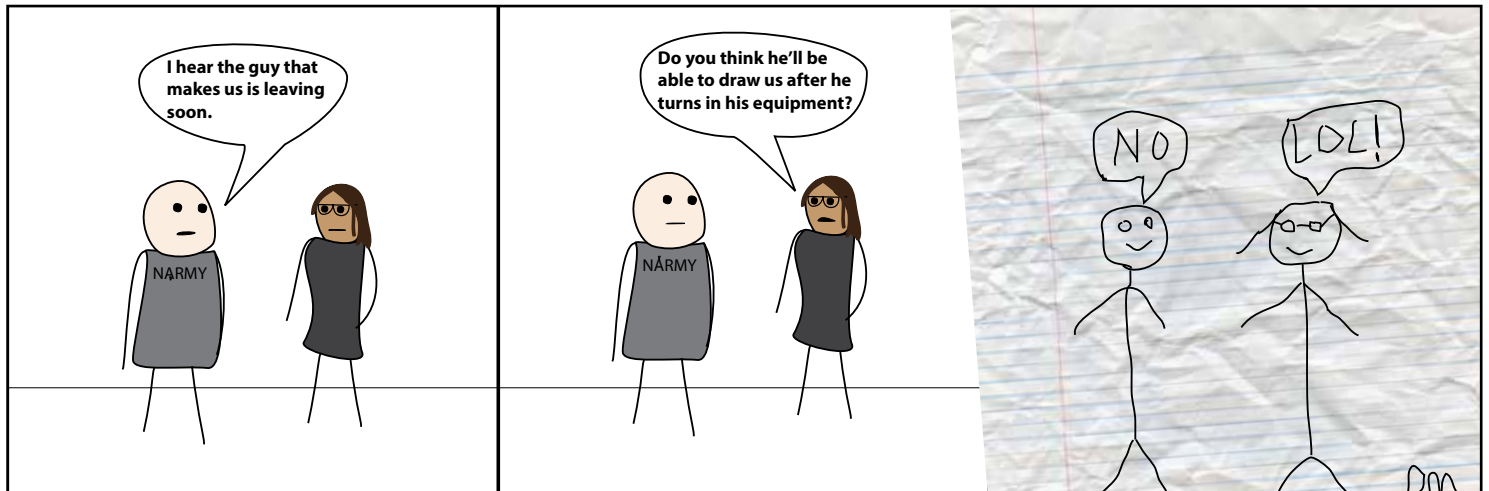
THE DOWNSIDE UP

by Sgt. Darron Salzer



You gonna give me that sammich. You just don't know it yet.

GTMO JOE by Spc. David Marquis



Behind the Screens

How pictures play at the local Lyceum

By Petty Officer 1st Class Terry Vick
Radio GTMO, thewire@jftgtdmo.southcom.mil

When Naval Station Guantanamo Bay and Joint Task Force Guantanamo residents show up at one of the two Base Lyceums, they sit down, grab a snack and enjoy the show.

But behind the scenes, GTMO's Morale, Welfare and Recreation department works hard to provide GTMO with the best motion picture experience possible.

"The movies get shipped to us from two different movie companies," said Michelle Maynard, MWR movie manager.

"Which movies get shipped to us is determined by Navy Motion Pictures Services," she said.

The Navy Motion Picture Services negotiates the movies and length of time the movies can be shown at base theaters worldwide, Maynard said.

"When movies come in they are designated as 'frost' or regular," Maynard said. "A regular movie we will have for a period of four weeks and we can only play it during those four weeks. Once we are at the end of that four weeks we have to send it back.

"We get a 'frost' movie for a longer period of time. We can play it for four weeks and then, sometimes, there is a one-week break in which we cannot play the movie," she said.

The movies themselves are leased from their respective copyright owners under formal contracts which give the Navy certain rights to distribute and exhibit them in certain specified locations to specific audiences.

Like any theater, the Lyceums have projectors, which recently have been down at the Bulkeley Lyceum for maintenance.

"The projector is an expensive piece of equipment," Maynard



Photo by Sgt. 1st Class Aaron Hiller/The Wire

Maynard Lazaro, a contractor who operates the movie projectors at the Lyceums for MWR loads the movies selection for the Sept. 24, showing of "The Butler" at the Camp Bulkeley Lyceum. The Lyceum offers free movies for JTF-GTMO Troopers nightly.

said. "Additionally, the processor and sound equipment that goes with it are two additional pieces to the puzzle.

"The movies come on hard drives that we install into the projectors themselves. In order to make those movies play we digital keys and install those keys into the system. You can't have one without the other and expect the movie to work."

This week the Bulkeley Lyceum is open for business so that JTF-GTMO Troopers can enjoy the latest movies to hit the island. For show times, turn to page 7. 🌟

Phishing lessons, an exercise in security

Story by Sgt. 1st Class Gina Vaile-Nelson
Editor, thewire@jftgtdmo.southcom.mil

Joint Task Guantanamo Troopers arrived to their desks Sept. 25, and opened the same email. An alert from the Helpdesk with a southcom.mil.com domain, requesting personal information to reset your access to the networks.

"The e-mail, appearing to be from the J6 asked for your first and last name, last four of your social security," said Capt. Charles Holmes, chief of information assurance for JTF-GTMO. "The J6 Helpdesk will never request your last four or other Personally Identifiable Information via email to confirm your network access."

The email, actually an exercise for the JTF, was an attempt to get Troopers to fall, hook, line and sinker.

"When a Trooper receives a questionable email, they should delete it immediately and report it to their ITO or the J6 Help-

```
25/tcp open  smtp      Postfix smtpd
25/tcp open  domain  ISC Bind 9.2.1
20/tcp closed pop3r
80/tcp open  http     Apache/2.0.52 ((Fedora))
119/tcp closed smtp
Device type: general purpose
Running: Linux 2.6.9
OS details: Linux 2.6.0 - 2.6.11
Uptime: 26.177 days (since Mon Feb 22 11:59:16 2006)

Interesting ports in d0ae.internal (102.168.12.31):
(1)The 2664 ports scanned but not shown below are in a
PORT      STATE SERVICE VERSION
21/tcp    open  ftp     Serv-U ftpd 4.0
25/tcp    open  smtp    IMail NT-ESMTP 7.15 2015
80/tcp    open  http    Microsoft IIS webserver
110/tcp   open  pop3    IMail pop3d 7.15 931-1
135/tcp   open  msrpc   Microsoft msrpc
139/tcp   open  netbios-ns
143/tcp   open  microsoft-ds
1025/tcp  open  msrpc   Microsoft Windows RPC
```

desk," Holmes said.

He warned that answering the e-mail confirms to a hacker that the address is valid, and allows them to continue with more phishing attempts. Providing the requested information could result in breach of PII, ruined credit reports or bank fraud and lastly, a Trooper could accidentally open a back door to the JTF-GTMO network for attackers to launch further attacks and exploit our information.

"Troopers should pay attention to the reply addresses ending in '.com,' and scan the body of the email message for misspellings coming from the organizational email account requesting information," Holmes said. "They should question why the sender is asking for PII by calling the company.

"Be vigilant and protect your PII. Don't fall for the phishing scams," he said. 🌟

Meals with MONROE

It's always the perfect time to grill out here at Guantanamo Bay, and everyone has their favorite go-to steak marinades. Here are a few to try! I thought these turned out delicious and will complete any barbecue event.

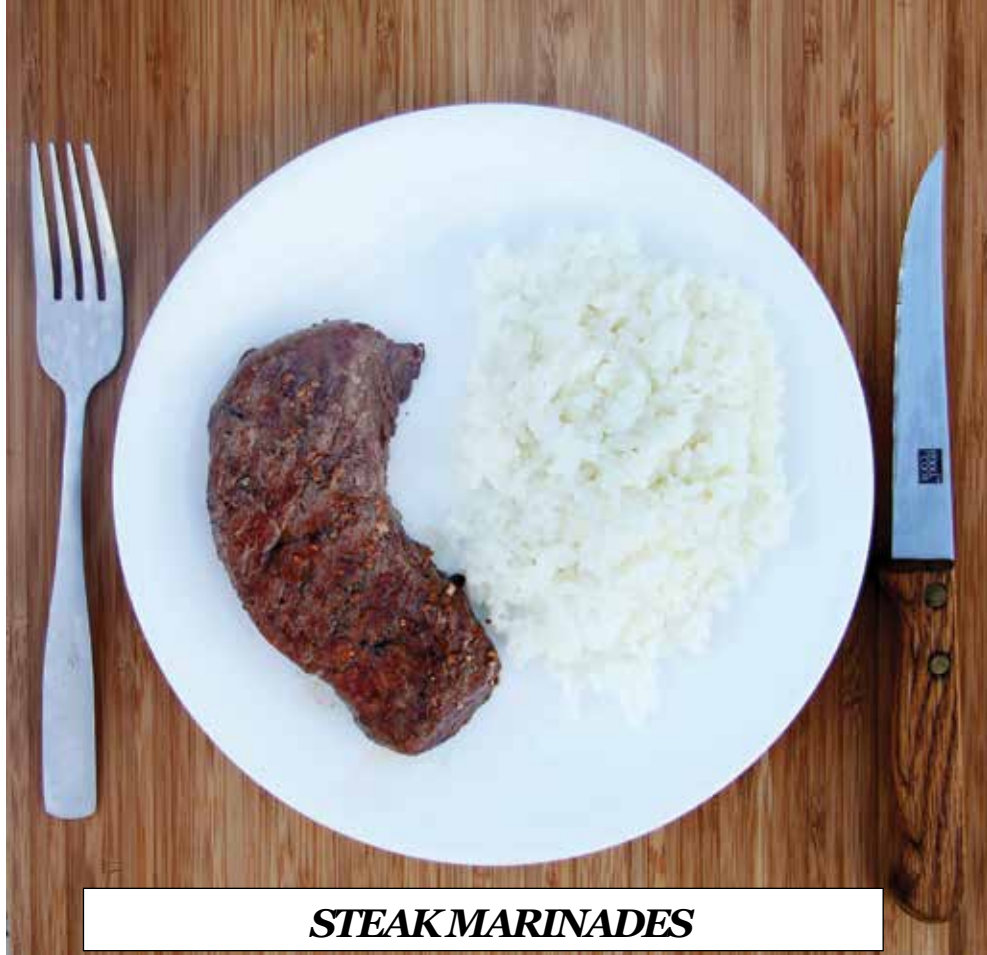
Some marinating tips...

-If you want to use the leftover marinade sauce, boil it to avoid food poisoning.

-Tender beef cuts should only be marinated for about 15 minutes to two hours because it's already tender, whereas a flank, round, skirt and chuck steak needs to marinate for several hours or overnight since they require tenderizing.

This marinade was sent in by **Master Sgt. Sean Conwell**. Combine a teaspoon of **salt**, one **diced white onion**, three-fourth cups **Worcestershire sauce**, three teaspoons of **apple cider vinegar**, one cup of **extra virgin olive oil**, and one bottle of **dark beer**, such as Guinness (make sure you're 21 years of age.)

Score and tenderize a **flank steak**, then rub both sides with coffee grounds. Marinate for no less than two days, then grill to desired doneness (steak comes out better rare to medium-rare, but to each his own.)



This Korean barbecue family marinade recipe was sent in by **Sgt. Antonio Archer**. Ground together some **white onions**, some pieces of **apple** and about one to two **garlic cloves**. Mix in a few tablespoons **soy sauce**, some **sugar**, some **black pepper**, some **sesame oil**, chopped **green onion**, and a dash of **7 up** or **Sprite**. Mix the ingredients together until sugar is completely blended, then add to meat, just enough to marinate. This recipe works great with ribs, but can also be used on steak.



This marinade was adapted from **allrecipes.com**. Combine 1/4 cup **olive oil**, 1/4 cup **balsamic vinegar**, 1/4 cup **Worcestershire sauce**, 1/4 cup **soy sauce**, two teaspoons **Dijon mustard**, two teaspoons **minced garlic**, and **salt and pepper** to taste. Marinate steaks for at least two hours for best flavoring.

p.s.
(one last thing)

I want to hear from you! Did you try my recipe and loved it? Did you try my recipe and hated it? Well... that's too bad but email me anyways!

If you have a recipe you'd like me to try, **contact me!** cassandra.l.monroe@jtfgtmo.southcom.mil

Looking for something to do this weekend or early next week? Check out these events brought to you by the Morale, Welfare and Recreation office:

Friday, Sept. 27, 6-9 p.m.



Out Under the Stars
at the Bayview Club

- Outdoor grilling by the Bayview Club staff with your choice of steak plus baked potato, house salad and non-alcoholic drink.

T-Bone: \$19.99
NY Strip Loin: \$16.99
Sirloin: \$13.99

Sunspot Outages

Solar flare activity disrupting electromagnetic activity on Earth

Solar activity will be interfering with SCSI services at Guantanamo Bay including long distance phone calls, cable television and commercial internet on the following dates and times:

	Phone/Cable	Internet
Sept. 29	10:29-10:34 a.m.	4:09-4:11 p.m.
Sept. 30	10:27-10:35 a.m.	4:07-4:12 p.m.
Oct. 1	10:27-10:35 a.m.	4:07-4:12 p.m.
Oct. 2	10:27-10:34 a.m.	4:03-4:08 p.m.
Oct. 3	10:26-10:33 a.m.	4:03-4:08 p.m.
Oct. 4	10:26-10:31 a.m.	4:04-4:07 p.m.

For more information, please call ext. 77362



Follow us on

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/jointtaskforceguantanamo



As if straight out of a 1950s science fiction film, this eight-legged terror advances on the Cuzco housing area before Spc. David Marquis snapped this shot.

PHOTO OF THE WEEK

Send your best photos to thewire@jftgmo.southcom.mil