

THE OFFICIAL PUBLICATION OF JOINT TASK FORCE GUANTANAMO

THE WIRE

September 4, 2015

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PHOTO STORY





1ST SGT. JESSICA LAM
HHC, 324th MP Bn.

When you read the word “accomplishment,” what comes to mind? Is it trophies and medals, awards and promotions, degrees and material objects? You are not alone.

Most people will automatically think of the things we “get” for our accomplishments. These mementos signify a moment in time in which we were recognized for our effort; for blood, sweat, and tears, which led to an ending, an object that shows that we actually did something. But what do you think of when you look at your own mementos? Do you flashback to the moment you received

ACCOMPLISHMENT IS ACHIEVABLE

the award or the journey that led you to that moment?

In the end, most people will not remember the small specifics that made us worthy of an award. What we will remember are the little things we did each and every day that made us who we are, and that gave us meaning in our life. Accomplishments can be as small as giving a smile to someone who is having a bad day or as large as saving your battle buddy in a combat zone.

Not everyone is capable of winning a Nobel Prize or setting an Olympic Record, but every single one of us is capable of making a difference in someone’s life. The best part about that kind of accomplishment is that we get to decide what impact we want to have, and it is completely up to us to make

it happen.

Napoleon Hill said, “If you can’t do great things, do small things in a great way.” Take the time to mentor and develop those around you, invest energy into the people who work for you, and also the people for whom you work.

Get to know your Soldiers on a more personal level – beyond weapon qualifications and what their score on a PT test is – ask what drives them, what their goals are, what’s happening in their lives outside of being a Trooper, and ask how you can help them. That small reminder that you are there for them, that you want to help, will mean more than any object collecting dust on a shelf.

Accomplishment is a process; it involves work, overcoming challenges, and learning to deal with various successes and failures. The part of accomplishment that gives it meaning is not the trinket hung on a wall or set on a shelf; it is the journey that got you there.

This article was first printed in June 19th, 2015 edition of The Wire.

Article by
1ST SGT. JESSICA LAM
HHC, 324th MP Bn.



WALKING ALONG, IMPACTING LIVES

that someone will betray that sacred trust, but as people, we long for relationships.

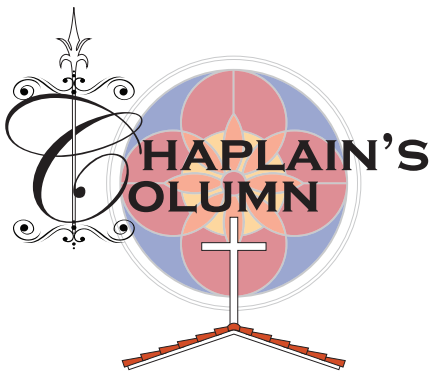
A hundred years from now, most of us will not have our names written down in a history book, but we will be remembered by the lives we have impacted. 2 Corinthians 3:3 states, “You show that you are a letter from Christ, the result of our ministry, written not with ink but with the Spirit of the living God, not on tablets of stone but on tablets of human hearts.”

What life are you impacting today? Have you looked someone in the eye, truly asked him or her, “How are you doing?”, and meant it? This weekend I asked a man how he was doing while walking through the parking lot and I stopped, waited for him to answer and looked him in the eye. It took him a second to

realize that I was asking and really did care and that led to a 20-minute conversation. Back home, while running, I ran passed a woman who was crying and walking down the street. I handed my dog to my husband and ran after her to talk to her and gave her a hug - I could not help her. She was upset because she ran out of money for cigarettes.

Here is the idea, I challenge you, for the next couple of days to actually make eye contact with others and really care when you ask, “How are you today?” Let’s see the difference you make.

Article by
ARMY CHAPLAIN (MAJ.) HEATHER SIMON
JDG Chaplain



When was the last time you really sat down and spoke to someone? Oh, I know, “I talk to people all day long.” Really? Are you talking to them about how to best go fishing, scuba diving, or snorkeling? What is going on at the Windjammer? Or are you discussing a piece of your life? It is difficult to learn to trust people and carry the worry



COMMAND & CHAPLAIN

Leadership talks about different levels of achievement and the journey it takes to get there. The chaplain asks you to take time out of your day to ask someone how his or her day is going.



GTMO NEWS

OSJA informs Troopers of consequences of missing flights. Read how to prepare for a hurricane. One Army captain reaches high goals. Learn what it takes to power GTMO.



PHOTO STORY / COVER PHOTO

Only a select few Troopers have a chance to compete in the Vigilant Warrior Challenge through several tough events, which tests their strength and knowledge.



ENTERTAINMENT

A book review tells the tale of what it takes a SEAL to achieve his dreams. Mark Owen and Kevin Maurer explain it all in "No Hero: The Evolution of a Navy Seal".



SPORTS

Learn what it takes to make it into an elite club, the 1000 Pound Club, which Hugh Jackman is a member. The basketball season ends with new champions, the GTMO Ballers.



LIFE & FITNESS

While working for behavioral health, the directorate advises a routine exercise program to alleviate depression. JSMART enlightens us on the effects that music has on a person's mood.

MOTIVATOR OF THE WEEK

NAVY PETTY OFFICER 2ND CLASS SAMUEL TREVINO
CLO

AIR FORCE STAFF SGT. JAMES CRANDALL
BEEF

CYBER CRIME IS GOING MOBILE

A cyber crime occurs 18 times per second! That's over 1.5 million victims per day! Here are some interesting statistics on cyber crime - 46% of adults who use online services have fallen victim to attacks such as malware, viruses, hacking, scams, fraud and theft. Many of these are happening on mobile devices. Last year 31% of mobile users reported receiving a text message from someone, they didn't know requesting that they click on an embedded link or dial an unknown number to retrieve a "voicemail". Almost half of mobile users access personal emails via free or unsecured wi-fi connections. More than half access their social network account, bank account and shop online using a mobile device. That can be risky if you don't have a secure connection and use security software on your mobile device. Bottom line; be careful when using your mobile device. Don't access sensitive information over an unsecure connection. Protect yourself. USE OPSEC!

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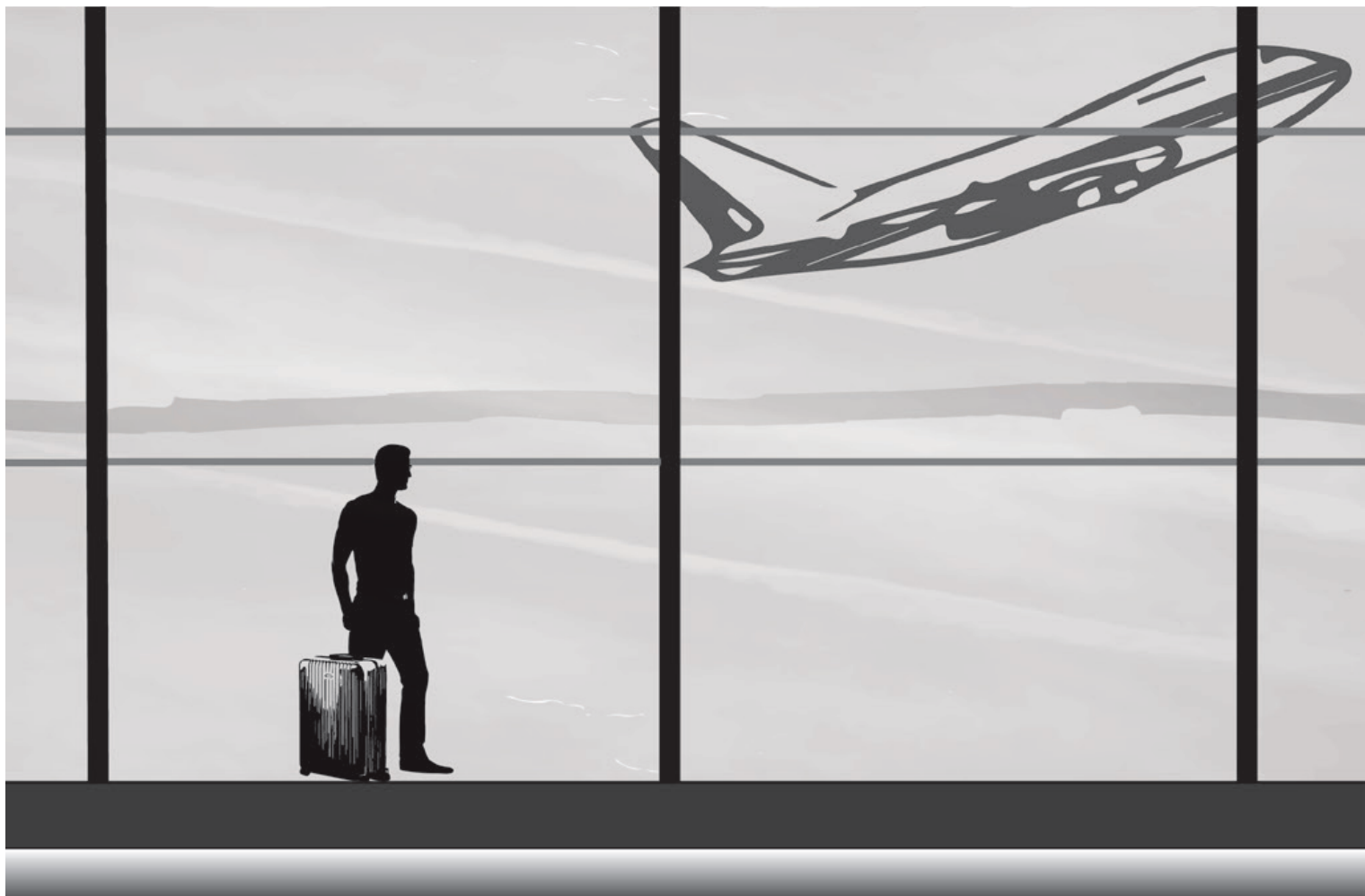


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THE ONE FLIGHT YOU DON'T WANT TO MISS



As a paralegal in the U.S. Army, service members constantly ask about the most common offenses. In Guantanamo Bay, Cuba, we have seen everything from being caught on camera stealing from the Navy Exchange, to disrespecting your first sergeant and commander after passing a physical training test. These offenses are serious, but they are sporadic. There is one offense, which has come up with greater frequency recently in the Joint Task Force, missing movement, specifically the rotator back to GTMO. This is a violation of Article 87 of the Uniform Code of Military Justice.

For GTMO, the rotator flight from Jacksonville, Florida, has changed due to construction at Naval Air Station Jacksonville. Service members must arrive early to NAS JAX in order to be bused to Cecil Field. The reasons given for missed flights are fairly diverse. For example, service members have misunderstood the check-in times or are missing the required paperwork. Other reasons include sleeping in or failing to arrange proper transportation. Unless it was outside of their control, most instances involve some level of neglect.

Naturally, violations are handled on a case-by-case basis. Many times, missing the rotator may only result in a letter of concern. However, at a court-martial, the maximum punishment for missing movement due to neglect is a bad-conduct discharge, total forfeitures, and one year of confinement. The following circumstances must occur for a violation of Article 87: a required movement with a specific unit, aircraft, or ship; knowledge of the specific movement; the movement was missed; and it was missed through negligence. Therefore, not having the right paperwork, showing up late or not

reading the flight information would likely qualify.

To avoid violations, have all the correct documents before you leave. Service members will need their military ID and, depending on the circumstances, at least four copies of orders or leave forms. It is always a good idea to leave a copy of your orders or leave form with your unit. Call the air terminal and check the Facebook page for updates. Because of the early check-in on the day of your flight, you should arrive to Jacksonville the night before. There is also, check-in availability until 4 p.m. the day before your flight. If a service member does not check in at NAS JAX before 7 a.m., they will give the seat away.

Keep these tips in mind and you should have no trouble making your flight.

After spending time with family and friends, eating gourmet meals and enjoying the blazingly-fast internet, the time eventually comes when you must return to GTMO. So when you come back, do it right.

The JTF-GTMO OSJA provides full-spectrum legal services and advice to the JTF command and its warfighters. If you have questions regarding the content of this article or need assistance with a personal civil legal assistance matter, please contact the JTF Legal Assistance office (Bldg. 2525 - x8589).

Courtesy article by

JTF OFFICE OF THE STAFF JUDGE ADVOCATE

Graphic by

SGT. CHRISTOPHER A. GARIBAY

HURRICANE - THE UNLIKELY SCENARIO



On Thursday, Aug. 21, email inboxes around Guantanamo Bay began filling up as word of Tropical Storm Danny was upgraded to the first hurricane of the season in the Atlantic. This storm fell short of expectations; however, another storm followed closely on its heels, Tropical Storm Erika.

"As of today, we are not expecting any destructive weather from Tropical Storm Erika, but due to the uncertainty of tropical storm forecasting, this can change," said Joseph McCullough, U. S. Naval Station Guantanamo Bay's emergency manager, "So be ready!"

The official Caribbean hurricane season runs from the beginning of June through the middle of November, but as is the case with the weather, hurricanes are hard to accurately predict when it comes to their path and intensity.

"The Naval Station conducts a mass hurricane exercise prior to the beginning of hurricane season," said McCullough. "This allows station personnel to review checklists, and identify areas that need to be focused on, or processes that need to be improved, if a hurricane does threaten GTMO."

The importance of understanding your surroundings and knowing what one can expect is the responsibility of each individual. Being in the military and having the opportunity to be deployed around the world gives service members a unique dynamic and before you arrive at a new place, there is some research that should be done. Knowing what to expect while you are in Cuba can be tricky as most people at GTMO have been here a fairly short period of time.

"The last hurricane to strike GTMO was Hurricane Sandy in 2012," said McCullough. "This storm passed directly west of GTMO as a Category 3 storm, but winds here on NAVSTA did not pass Category 1 strength. There was damage to beachfronts, which to this day, is still being repaired but no other major damage was sustained on station."

According to Ready.gov, one of the most important things an individual or family can do for hurricane season is to be prepared, and part of being prepared is having a plan. The plan should consist of staying informed, knowing where your designated shelter is in the event you need to evacuate and having enough supplies on hand to wait out the storm, this is commonly referred to as a hurricane kit.

Hurricane kits, at a minimum, should include: bottled water, typically one gallon of water per person per day for at least three days, non-perishable foods, flashlight with fresh batteries as well as

extra batteries, battery-powered or hand-crank radio and a weather radio with tone alert and extra batteries for both, a first aid kit, and a whistle to signal for help.

Additional items can include dust masks to help filter contaminated air, plastic sheeting durable tape, moist towelettes, garbage bags and plastic ties, wrench or pliers to turn off utilities, manual can opener for food, local maps, and cell phone with chargers, inverter or solar charger.

Joint Task Force GTMO has a very detailed plan on how to take care of everyone from the Troopers to the civilians working within the JTF. Those plans are laid out in an operations plan, which are made available to each unit and command directorate within the task force, said Army Sgt. 1st Class Anthony Boodoo, operations plans noncommissioned officer for JTF GTMO.

When a storm has passed, it does not always mean danger has also passed. Unstable buildings, power lines and flooding are among some of the risks that continue after a hurricane or tropical storm has lost its intensity.

"Post-storm, the number one priority for all personnel is to stay safe and report any damage observed via your chain of command to the Emergency Operations Center," said McCullough, "There are designated recovery teams already identified to repair any major damage that is reported."

In addition to reporting damage, it is important to keep yourself safe.

"It is critical to ensure all personnel are familiar with the different Tropical Cyclone Condition of Readiness levels and to know where and who to report to post-event," said McCullough. "This information should be provided to you via your chain of command."

The National Oceanic and Atmospheric Administration's updated 2015 Atlantic Hurricane Season Outlook, "indicates that a below normal hurricane season is very likely." NOAA models indicate that there are only expected to be between 6-10 named storms, one to four hurricanes and maybe one major hurricane, in the Atlantic Ocean.

Article by
SGT. JAMES D. SIMS

Photo by
NASA.GOV

HIGHLY EDUCATED, DEDICATED TROOPER

The past two weeks have ushered in a new era for women in the military, particularly those interested in combat arms and special operations. While this milestone is important, women in the U.S. have always played an important role in wartime operations since the Revolutionary War. It should come to no surprise that women have consistently been at the forefront of every war, social issue and human disaster in history.

Army Capt. Stephanie Rausch, preventative medicine officer-in-charge, with the 324th Military Police Battalion, exemplifies the success of Troopers, at Joint Task Force Guantanamo, Cuba.

Rausch made it a habit, since she was young, to commit to her goals and dreams. She was a self-proclaimed Army brat from the day she was born; having grown up in a military family, she decided to join the Army in 1992.

"When I set my mind to something, I'm just going to do it," said Rausch. "I've been that way my entire life. I always find a way to hurdle over the obstacles that come my way."

After watching the movie "Outbreak", Rausch knew she was meant to help find cures for viruses and diseases.

"The first time I saw that movie, I wanted to be Rene Russo, I wanted to do what she did," said Rausch. "[Since then] I've earned a master's in forensic chemistry and forensic biology. I'm currently studying for my PhD in epidemiology."

Epidemiology deals with the incidence, distribution and possible control of diseases and other factors relating to health.

While at GTMO she works to coordinate the efforts and manpower between JTF MP battalions and U.S. Naval Station Guantanamo Bay's preventative medicine and industrial hygiene resources, working together to keep Troopers safe.

"I wanted all four of us to work together, it's been really exciting," said Rausch. "It's made it to where all our reports look the same and we can understand each other and we can share the workload."

Rausch explained working with NAVSTA has allowed her Troopers to inspect a wide range of areas where people may be exposed to potentially harmful hazards.

"Capt. Rausch was key to getting an agreement between the Hospital and JMG (Joint Medical Group) to streamline operations and provide mutual assistance," said Navy Lt. Roy Quinn, industrial hygiene officer with



Army Capt. Stephanie Rausch, preventative medicine officer-in-charge, and Spc. Christopher Stewart, both with the 324th Military Police Battalion, set netting to collect samples of mosquitos for testing. These tests are conducted to ensure Joint Task Force Troopers are protected from the risk of diseases.

NAVSTA. "She engaged key players, defined roles and drafted the [standard operating procedures]. She is not only an outstanding Industrial Hygienist, but an excellent Army officer as well. We are lucky to have her here in GTMO."

The sharing of assets allows them to perform their jobs easier, he said.

The preventative medicine and industrial hygienists' jobs help mitigate risk to various viruses and disease found in child development centers, schools, dining facilities and anywhere where people work, said Rausch.

Those are a few facilities, which her people inspect, said Rausch. Every hazard is given a different priority and they are inspected regularly based on that priority. In addition to prioritizing base facilities for inspection, Rausch also puts an emphasis on Soldier care and development.

"Capt Rausch has gone above and beyond to ensure I get the experience needed to grow in my career," said Army Spc. Christopher Stewart, JTF Trooper with 324th MP Bn. "My job covers a lot of areas, but I can say we have done more than half of it here including mosquito collection and identification, water testing for PH and chlorine and the presence of bacteria."

With more than half of her deployment behind her, Rausch looks forward to going home to do more than relax.

She is excited to spend time with her teenage son and her bloodhounds, which she volunteers as search and rescue dogs. She is also excited to see her new grandson. Their support has helped her maintain her success and dedication while deployed here.

Article and photo by
SGT. CHRISTOPHER A. GARIBAY

ENERGY, HOW IT DRIVES GTMO MISSION



Steven Vickery, utility management branch head at Naval Facilities Engineering Command, conducts a routine walk-through of the water purification plant at the Desal Plant, Guantanamo Bay, Cuba.

For Joint Task Force Troopers assigned to U.S. Naval Station Guantanamo Bay, Cuba, the knowledge of where energy comes from and how it drives the mission may elude many.

Power generated here normally comes from diesel generators and four wind turbines, which supplement the generators. These produce anywhere from five to 10 percent of the bases' power and works in conjunction with the diesel-powered generators.

The huge machines use 20 to 25 thousand gallons of fuel a day to generate the rest of the power needed to support the base.

Recently, a Navy Mobile Utilities Support Equipment team visited GTMO to inspect the generators, upgrade and maintain power equipment valuable to the JTF mission. There are about 50 MUSE technicians in the Navy and they travel the world supporting the mechanical equipment.

MUSE equipment acts as the first backup system in the event that the main power plant on the NAVSTA side cannot properly relay power to the JTF facilities.

If you lost any sort of commercial power, whether it be a switch, whether it be a transformer anything coming from the power plant you would most likely not have power to the JTF side unless it had a backup system, said Petty Officer 2nd Class Cole Einhaus.

In addition to visiting once a year to perform maintenance on the equipment, MUSE acts as a troubleshooting resource for the full-time technicians who monitor and run the generators daily.

"They are the experts on it you know, they work on them, they go to the schools and learn how to break down an engine," said Joe Campbell, a utilities technician with the Navy Public Works at GTMO. "Their expertise and knowledge is really valuable in making sure these units (generators) operate the way they are supposed to."

During their annual visit, MUSE breaks the equipment down and performs a myriad of tests on the unit (generator). They test its individual parts and performance as well as checking the historical



Two men monitor the start-up of a new Electrathem Organic Rankine Cycle, the base main power plant. The unit is an alternative, or Green, energy system that takes heat from different systems and converts it into usable energy or electricity.

data ensuring optimal performance when needed.

They are also here to install a test unit, the Electrathem Organic Rankine Cycle, the base main power plant, which is the first of its kind to be used in this type of application.

"It takes the heat from the engine, the coolant and the exhaust, and uses that to convert more power," said Einhaus. "It's supposed to make the unit a little more fuel efficient. It's supposed to run cooler and be better for the engine."

Energy produced here costs roughly ten times of the cost to produce it in the U.S. Therefore, any attempt to be energy efficient is great news, said Steven Vickery, utility management branch head at Naval Facilities Engineering Command.

"This mainly comes from the fact that GTMO is displaced," said Vickery. "We have to make our own water, power and process our own wastewater."

Vickery has continued the ongoing effort to make GTMO a clean and efficiently-powered place to live and work. He recently attended an Energy Efficiency Exchange in Phoenix, where he had hopes to acquire additional equipment. He envisioned something similar to the MUSE's generator, the Electrathem Organic Rankine Cycle, and wants to implement new ideas to, not only waste less, but also save more.

However, Vickery explained the JTF Troopers could make a big contribution as well, by turning up the thermostat a little while not at home or switching off the lights when leaving.

"Nobody has to be an energy engineer," said Vickery. "No one has to have a license behind their name to understand and use basic conservation principles. We all have two hands and it only takes one finger to turn out the lights."

Article and photos by
SGT. CHARLIE HELMHOLT



Soldiers perform pullups at the quarterly Vigilant Warrior challenge on Aug. 25, at U.S. Naval Station Guantanamo Bay, Cuba, held by the 525th Military Police Battalion. Soldiers completed numerous activities at G.J. Denich Gym and Cooper Field starting with a 100-meter run.



A specialist with the 525th MP Bn. performs dead lifts during the challenge. The event featured many exercises including pullups, dead lifts, situps, pushups, 5k run, and a mystery event, which consisted of two Army warrior tasks.



A corporal with the 525th MP Bn. performs pushups as members of his team encourage him at the challenge.



Soldiers begin running at the start line of the 5k run, after completing five other events.



A staff sergeant performed first aid during the challenge as part of the mystery events. The mystery events were two different Army warrior tasks.



A specialist with the 525th MP Bn. performs situps during the challenge. The challenge featured seven events, which each service member had to complete.

The 525th Military Police Battalion held a quarterly challenge, Vigilant Warrior, for their Soldiers on Aug. 25, at U.S. Naval Station Guantanamo Bay, Cuba.

Soldiers competed in numerous activities at the G.J. Denich Gym and Cooper Field. The event started with a 100-meter run, followed by pull-ups, dead lifts, situps, push-ups, 5K run, and a mystery event, which consisted of two Army warrior tasks. Soldiers battled the blistering heat to compete in the challenge.

"It is basically a PT (physical training) test on steroids," said Sgt. 1st Class John Blagojevich, the operations noncommissioned officer-in-charge with the 525 MP Bn.

Soldiers had to meet certain standards before they could participate in any events.

Individuals had to be on pace with their current rank on all Structured Self-Development courses, said Blagojevich. Soldiers must currently be enrolled in a college course or a correspondent course if they had not already possessed a college degree.

According to Blagojevich, Soldiers must have a current record Army physical fitness test with a passing score of 240 points or higher and marksmanship or higher in weapons qualification.

Cpl. Emmanuel Carodelcastillo, a Soldier with the 525 MP Bn., met the qualifications to participate in the event, said he wanted to compete to represent his unit.

"I like to compete for the name on my chest," said Carodelcastillo, referencing his unit t-shirt. "I think it is a really good test of fitness and our Army knowledge."

Other Soldiers participated in the event because they enjoyed the tough challenge and wanted recognition for their efforts.

Spc. Jesus Argota, a Soldier with the 525 MP Bn., said he wanted a physically and mentally challenging event to test his abilities.

"I felt like I was up to par and could do all the requirements for the Vigilant Warrior," said Argota. "It gets your name put out there, especially if you are a lower enlisted Soldier."

Each event had a set standard for time and repetition,

which is scored on a three-point scale, said Blagojevich. Gold is worth three points, silver is worth two and bronze is worth one.

For example the Soldiers had three minutes to complete 100, 95 and 85 situps for gold, silver and bronze respectively, he said.

At the conclusion of the challenge, graders tallied up all the points earned from each event and gave the Soldiers their final rating, said Blagojevich. Soldiers who earn seven to 11 points were awarded the bronze. Soldiers who

earn 12-17 points received the silver award and those who receive 18-21 points received the gold award.

Soldiers who earned bronze received a battalion certificate of achievement and a three-day pass. Soldiers, who earned silver, receive a battalion certificate of achievement and

a four-day pass. Lastly, Soldiers who earned the gold award received an Army Achievement Medal and a four-day pass, said Blagojevich.

Soldiers, exhausted from the rigid heat, acknowledged the competition was a success.

"Vigilant Warrior is a pretty cool package," said Carodelcastillo. "I would love to do it again and also get some of my Soldiers out here to participate as well."

While Argota does not know if he received an award, he said the event motivated him to better himself toward his military progression.

"People are out here trying to improve themselves and help each other out," said Argota. "Everybody was pushing each other and making sure everybody got to the finish line."

Soldier or unit morale can be challenging when Troopers jobs are constant and monotonous. The Vigilant Warrior Challenge encourages healthy competition among the service members and boosts morale in the unit.

Article and photos by
SGT. RYAN L. TWIST

VIGILANT WARRIORS COMPETE IN CHALLENGE

EXPLORE MORE WITH PADDLEBOARDING



Ashley Griffith from Joint Detention Group, paddles to shore during the Morale, Welfare & Recreation's Paddleboarding Tour on Aug. 18, at Guantanamo Bay, Cuba.

The popularity of paddleboarding in the U.S. tripled between 2010 and 2014, according to a 2014 Outdoor Foundation study.

U.S. Naval Station Guantanamo Bay, Cuba, mirrored this trend, tripling its numbers from last month, said Kadie Stanley, the Morale, Welfare & Recreation Liberty program director.

"I think it's something new," said Elizabeth Leonard, the MWR fitness facility coordinator. "A lot of people move here and they've never tried it before."

Leonard said it has become more popular than kayaking.

Paddleboarding participation climbed from one million in 2010 to 2.7 million in 2014, making it the fastest growing outdoor sport. Participation is comparable to that of surfing, motocross and bicycling, according to the Outdoor Foundation.

The MWR Marina offers paddleboarding tours twice a month. Leonard led the tour, Aug. 18.

Paddleboarding is unique because it combines kayaking, canoeing and surfing, said Leonard. At first, participants struggled, but by the end of the tour, everyone did well.

On the tour, Leonard, who is a certified World Paddle Association instructor, taught participants to efficiently paddleboard.

Before getting into the water, Leonard recommended selecting a board, which fit participants' varied body types and skill levels. Beginners chose a large board for better balance while shorter individuals were advised to use a smaller board.

In the water, she gave tips on how to start paddleboarding.

Take about six strokes on each side of the board, pulling from the front of the board to the end of the board, explained Leonard.

Some novices are afraid of falling, but Leonard instructed them to fall on purpose, to become comfortable on the board faster.

"It was much easier than I expected," said Army Sgt. Kelly Strba,



Synquan Cooper from the JDG, enjoys paddling for the first time. Cooper observed the ocean life while spending the day on the paddleboard.

with the Joint Detention Group. "It was nice to tryout. One falls, we all fall together."

Once paddleboarders grew accustomed to the board, it became very relaxing on the water, peering down to view sea turtles, urchins, manatees, eels and starfish, said Leonard. Paddleboarders can observe more sea life because they are closer to the water than someone on a boat.

Paddleboarding is also a great way to stay physically fit and build confidence, said Leonard. Specifically, it is a great core workout.

"It's fairly easy for someone who's in decent shape, you don't need to be in awesome shape," said Stanley. "It looks like you do, but it is simple to paddleboard, people enjoy that. Once you get it down and you're not nervous about falling. It's more enjoyable."

Paddleboarding at GTMO also enables Troopers to explore 10 additional miles. They can visit Hospital Cay, Grenadillo Bay and Fort Conde, said Stanley

It is such an easy sport, said Leonard. People of all ages can participate. For safety reasons those under 16 must wear a personal flotation device.

While leading tours, Leonard brings a radio in order to contact the Joint Task Force Guantanamo's Maritime Security Detachment and U.S. Naval Station Guantanamo Bay's Harbor Security in case of an emergency.

The Marina can also setup paddleboard trips for groups outside the two monthly tours. For more information, contact the marina 24 hours before an event.

Article and photos by
SPC. NICOLE NICOLAS

IN THEATERS THIS WEEK



The Downtown Lyceum showtimes are shown in the top row and the Camp Bulkeley Lyceum showtimes are displayed in the bottom row.

The Gift (New) <i>R, 8 p.m.</i> Vacation <i>R, 10 p.m.</i>	Minions <i>(LS) PG, 8 p.m.</i> Ant-Man <i>(LS) PG13, 10 p.m.</i>	Fantastic Four <i>PG13, 8 p.m.</i>	Mission: Impossible - Rogue Nation <i>PG13, 8 p.m.</i>	Southpaw <i>R, 8 p.m.</i>	Shaun The Sheep Movie <i>PG, 8 p.m.</i>	Trainwreck <i>(LS) R, 8 p.m.</i>
9/4 FRIDAY	9/5 SATURDAY	9/6 SUNDAY	9/7 MONDAY	9/8 TUESDAY	9/9 WEDNESDAY	9/10 THURSDAY
Minions <i>(LS) PG, 8 p.m.</i> Ant-Man <i>(LS) PG13, 10 p.m.</i>	The Gift (New) <i>R, 8 p.m.</i> Vacation <i>R, 10 p.m.</i>	Mission: Impossible - Rogue Nation <i>PG13, 8 p.m.</i>	LYCEUM CLOSED	Trainwreck <i>(LS) R, 8 p.m.</i>	LYCEUM CLOSED	Vacation <i>R, 8 p.m.</i>

Call the Movie Hotline @ 4880 or visit the MWR Facebook for more info. *Concessions at Bulkeley are closed until further notice Stay classy, GTMO! No alcohol or tobacco at the Lyceums.

WANT TO WRITE A MOVIE REVIEW? PLEASE SEND YOUR REVIEW TO THE WIRE EMAIL: THEWIRE@JTFGTMO.SOUTHCOM.MIL

BOOK REVIEW / NO HERO: THE EVOLUTION OF A NAVY SEAL



“No Hero: The Evolution of a Navy SEAL” is the latest work by Mark Owen and Kevin Maurer, the team that brought us “No Easy Day”, the tale of the SEAL Team 6 raid into Osama bin Laden’s compound. “No Hero” is Owen’s first person thesis on what it means to be a SEAL and

special operations guy. Owen began by very clearly stating and restating, since childhood, growing up in the hinterlands of Alaska with his missionary parents, he wanted nothing more than to be a Navy SEAL. His desire to become one of the elite team members

lands clearly in the realm of nerdy, dorky and obsessive, or committed if you’re not cynical. However, unlike others who talk a lot about becoming successful, Owen reaches for the stars and through hard work, grit and sheer determination comes out the other side a full-fledged SEAL.

get bogged down in excessive operational jargon. In other words, a layman can read this book and get it.

Most people understand that being a member of the special operations community requires drive, determination and a commitment to physicality, which most people do not have or care to conjure. However, Owen paints a very good picture of what it took for one man to become the SEAL he always dreamed of becoming. At the same time, they avoid common clichés of the special operations community, such as everyone is a sexy, steely-eyed killer.

Interestingly, his dream overshadows the reality of what a SEAL must do on a daily basis. Owen expresses no predisposition toward being an adrenaline junkie. He is afraid of heights and he gets nervous in dark, cold water. For Owen, skydiving and scuba diving are just part of the job and he masters his fears in order to master his career.

For his part, Maurer does a good job of, once again, working with those who are unaccustomed to telling their stories, helping them translate their thoughts, experiences and lessons into interesting stories for the world to see.

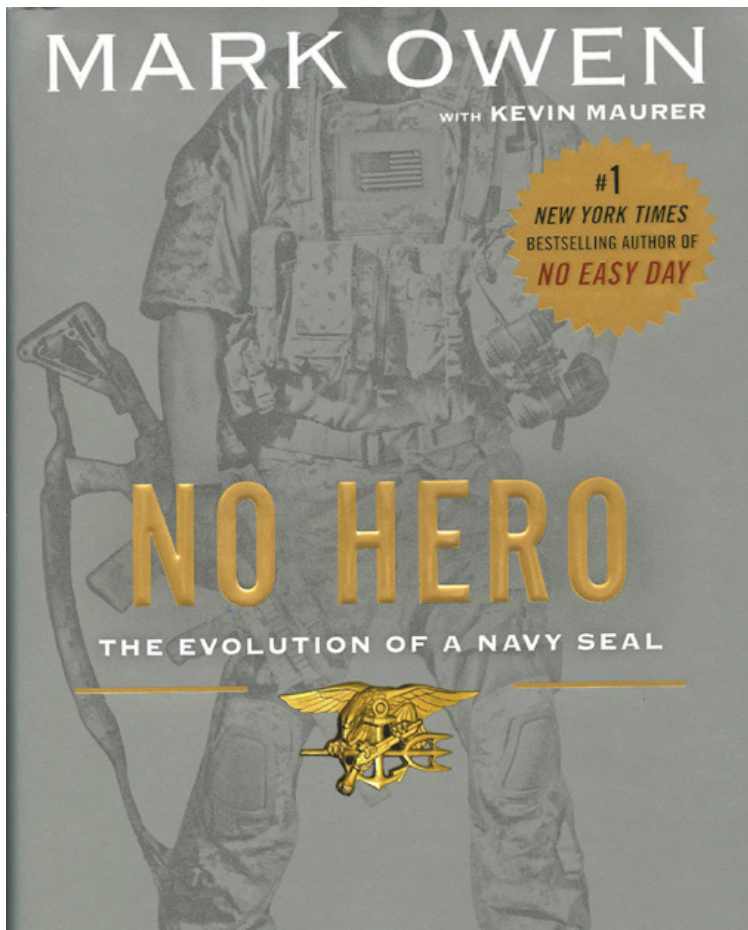
The premise of his book is that Navy SEALs are not heroes; they are a brotherhood of well-trained, extremely-dedicated, determined men who strive for excellence in their chosen profession. He illustrates all of this through a series of interesting battlefield and training vignettes pulled straight from his 14 years as a SEAL.

Maurer is a journalist and co-author of a seven of books focusing on the special operations community.

Owens’ writing is clear, but lacks the depth of description and excitement of a suspenseful scene of a true narrative storyteller. Although he and Maurer do an excellent job of keeping the operational scenes extremely focused and clean. Clean in the sense of not letting the story

I give “No Hero” three stars for being a clear and concise glimpse behind the curtain of the life of a Navy SEAL.

Book review by
SGT. 1ST CLASS MARIE SCHULT-SLOSSER



MWR

2015 SPORTS SCHEDULE

Starting dates are subject to change. All leagues last 2-3 months, including playoffs.

MONTH / DAY ACTIVITY

September 5	Wood-bat Tournament
September 11	Memorial Run
September 14	Co-Ed Softball League
September 18	Dodgeball Tournament
September 25	Oktoberfest
September 26	Olympic Triathlon
September 26	Trail Triathlon
September 27	Power lifting Competition
September 28	Flag Football League
October 24	Paddle, Pedal, Paintball
October 24	Fitness & Figure
October 31	Zombie 5K
November 7	Glow Run
November 14	Duathlon
November 21	Power lifting Competition
November 21	Max performance games
November 26	T-Day Half Marathon
December 5	Power Lift Competition
December 11	Army / Navy Game
December 19	Holiday Basketball
December 24	Jingle Bell Fun Run

NON-MWR SPORTS EVENT

MONTH / DAY ACTIVITY

September 5 Fence Line Run

AIR FORCE'S 68TH BIRTHDAY COMBAT DINING-IN

Established in 1947, the Air Force is hosting a non-profit/morale-boosting event at Phillips Dive Park on Sept. 18, at 6 p.m. in honor of the birthday celebration.

- All services are encouraged to attend.
- \$5 off each ticket with meal card.
- USAF will be selling tickets at the NEX on Saturday, Sept. 5, from 9 a.m. to 5 p.m.
- Ticket sales will cover food, drink, décor and a commemorative souvenir for each guest.
- RSVP by Sept. 10, call x5025 for questions.

1000 POUND CLUB ELITES



Clayton Homa, a Joint Task Force Trooper, dead lifts 315 pounds for the 1000 Pound Club at the G.J. Denich Gym at Guantanamo Bay, Cuba, on Aug. 20.

The sounds of weights clanking against one another echo throughout G.J. Denich Gym at U.S. Naval Station Guantanamo Bay, Cuba. Clayton Homa, a Joint Task Force Trooper leans over and places his hands on a bar. He focuses momentarily, staring straight ahead, as if entranced by an invisible picture of success looming a few feet in front of him. Then, with an explosion of strength, he stands upright lifting the bar, of more than 400 pounds, up to his waist.

The dead lift is one of three events that make up the criteria for entry into the 1000 Pound Club. Hopeful participants record the top one of three lifts in each the dead lift, squat and bench to try to reach the 1000 pound mark.

The Navy requires an incentive club on base and the 1000 Pound Club was started to be just that, said Elizabeth Leonard the Morale, Welfare & Recreation fitness facilities coordinator at G.J. Denich Gym.

It is a newer program, having started in February of this year. Homa is one of about 75 people who have accomplished this goal so far. While obviously in good shape, at 170 pounds, Homa might not be the typical image that comes to mind when thinking who could accomplish this feat.

"Weightlifting typically isn't in my wheelhouse," said Homa. "Most of my physical activity is geared toward running and so this is something I wanted to do to kind of step outside of my comfort zone."

A coin, a shirt and a certificate are given to



Homa adjusts the weight on the bar during an attempt to gain access to the 1000 Pound Club. The three events are the dead lift, squat and bench press.

those who accomplish this goal. Additionally, their names are engraved on a plaque, which hangs in the gym for all to see.

The Troopers see the names on the wall; they see the T-shirts around base and want to be a part of the 1000 Pound Club. The Troopers train and know they have time here to achieve it, said Leonard.

Homa was inspired to try out for the 1000 Pound Club after three of his peers accomplished the task. Now, Homa sets the example for his Soldiers letting his actions do the talking.

There are two great gym facilities, one on the JTF side (Camp Buckley Gym) and the other on the NAVSTA side (G.J. Denich Gym).

You can either use your free time for something constructive or find a way to get yourself in trouble. I'm glad to see a lot of my Soldiers continuing to choose the gym and trying to work their way up to this challenge, said Homa.

The event is open to anyone, but Homa warned about trying to lift too much too fast.

"Go for it safely. Don't hurt yourself doing it, but this is something anyone can do," said Homa.

If you are interested in setting up an appointment to gain membership into the 1000 Pound Club call Leonard at 2065 or email her at elizabeth.leonard.civ@usnbgmto.navy.mil.

Article and photos by
SGT. CHARLIE HELMHOLT

NEW CHAMPION IS BORN



The Spartans and the GTMO Ballers pose for a group picture, after the championship basketball game held by the Morale, Welfare & Recreation program at the G.J. Denich Gym Guantanamo Bay, Cuba, on Aug. 26.

After a heart-breaking loss, the GTMO Ballers bounced back and beat the Spartans, 52-44, in the championship basketball game sponsored by the Morale, Welfare & Recreation program at the G.J. Denich Gym on Aug. 26 at Guantanamo Bay, Cuba.

After a 30 point, all-star caliber performance put on by the Spartan's guard, Austin Lewis, the GTMO Ballers lost their first and only game of the season, Aug. 25.

Due to the double elimination style playoffs, the GTMO Ballers had one last chance to take home the trophy.

With one game left, the GTMO Ballers had to shake off the loss, said Ajuwan Cunningham, a forward for the Ballers. It was time to get focused.

The season and bragging rights were at stake and the GTMO Ballers knew they needed to get focused and do so fast.

Fans filled the gym as the championship game started. The teams quickly began trading buckets, pushing and shoving, doing all they could to secure the victory. As the clock ran down, desperation ran high.

Both teams altered their game plan to make up for mistakes made in the previous game.

The Spartans tried to spread the floor since the GTMO Ballers often sent double teams, said Lewis. Their plan was to create space and draw defenders toward Lewis in order to open up the paint for the post players to score.

The defensive pressure proved to be too much for the Spartans to prevail and Lewis was not able to explode offensively as he did the night before.

"We came out here and we executed a man-to-man defense," said Ron Caldwell, a GTMO Ballers guard. "We contained 30 (Lewis) to 12 or 13 points and the game plan worked."

As the game came to a close, players cheered with excitement.

"We knew that coming into this game, it was either win or lose," said Caldwell. "We adjusted fire for number 30 (Lewis) and we played as a team."

Despite their loss, the Spartans still felt good about themselves.

"I'm glad we gave them at least one 'L' (loss) on the season," said Lewis. "We fought hard but we fell short. I'm proud of our guys; they worked hard and extreme effort brings out the best in me. It makes me play harder than I thought I could. I love playing with these guys."

Cunningham said he knew they could pull it off and he was happy with the results.

"We came out here with the heart to win and we got it done," said Cunningham. "I wish we could've (gone) undefeated through the whole season but we only lost one game. It's been a great season."

With this season ending, another MWR basketball season is right around the corner and Cunningham said they will be ready.

"We are coming back hard next season," said Cunningham.

The next season is set to begin Oct. 5. Visit the G.J. Denich Gym for registration.

Article and photo by
SPC. JUSTIN LE MALONE

MWR SOCCER

MALE

No.	Team Name	Standings
01	Young Strikers	(10-2-2)
02	Manchester City	(8-3-3)
03	St Thomas All-Stars	(5-6-3)
04	Spartans	(4-8-2)
05	Sloppy Joes	(2-11-1)

FEMALE

No.	Team Name	Standings
01	5280 Ladies	(8-1-0)
02	Soccer Bombers	(6-3-0)
03	One Love	(2-5-1)
04	I'd Hit It	(0-7-1)

MWR BADMINTON

No.	Team Name	Standings
01	Dragonfire	(11-2)
02	Angry Birds	(9-5)
03	BEEF 1	(8-5)
04	The Rothinators	(7-6)
05	Dynasty	(8-7)
06	BEEF 2	(7-7)

MWR ULTIMATE FRISBEE

No.	Team Name	Standings
01	Discllexia	(4-0)
02	Salt Water Cowboys	(4-0)
03	Frizz Beez	(3-1)
04	The Ice Men	(2-2)
05	Down to Flick	(2-2)
06	Dirty Red & the Boys	(0-3)
07	Floppy Disks	(0-3)
08	Legal Air Warfare	(0-4)

MWR VOLLEYBALL

A DIVISION

No.	Team Name	Standings
01	Team	(13-0)
02	Emperors groove	(11-2)
03	BCO Super Stars	(11-2)
04	Deep Sets	(10-2)
05	Gunslingers	(9-4)
06	Sets on the Beach	(7-4)
07	Sparta-licious	(7-6)
08	328th	(6-6)

B DIVISION

No.	Team Name	Standings
09	EAD	(5-8)
10	Island Shenanigans	(5-8)
11	Honey Badgers	(4-8)
12	Serves of Steel	(3-9)
13	Yurrr	(3-9)
14	Spartans	(3-9)

PHYSICAL ACTIVITY RELEASES ENDORPHINS, IMPROVES MENTAL HEALTH

When Lt. Cmdr. Jo Ann Martinez-Garcia, Directorate for Medical Services and Head of Behavioral Health at the U.S. Naval Hospital Guantanamo Bay, treats people for anxiety and depression, one of her mental health recommendations is physical activity, she said. Many patients who stick with an exercise regimen feel better and less depressed.

Most patients feel less depressed after exercise because it reduces chemicals in an individual's body linked to depression, according to the Mayo Clinic.

While working out, the body naturally releases endorphins,

which are chemicals designed to relieve stress and enhance happiness, said Martinez-Garcia.

Studies published in 2001 in the Journal of Consulting Clinical Psychology; support Martinez-Garcia's theory. People with higher levels of fitness are able to manage stress more effectively versus people who are less physically fit.

The Mayo Clinic and Martinez-Garcia recommend exercising for 30 minutes at least three days a week.

"I don't think you can go wrong with exercise if you're mixing and matching with a number of exercises," said Martinez-Garcia. "I think it's healthier, because it's

a form of cross-training, where you're avoiding overuse of certain muscle groups."

Martinez-Garcia stressed the importance of setting goals. Goals tend to help individuals increase the duration and intensity of a workout resulting in a healthier lifestyle.

Any exercise will improve your mental health, but some exercises improve your mental health more than others do.

Yoga is recommended because it opens up the energy flow connecting the body, mind and spirit to relieve stress, said Martinez-Garcia. Working out is a healthy habit that, over time, will make you

feel a sense of accomplishment and boost your confidence.

Since exercise may not completely relieve stress or anxiety, Martinez-Garcia advised mental or cognitive intervention paired with exercise. Mental intervention includes completing relaxation exercises, such as meditation. This calms the heart rate and nervous system to reduce the pulse, producing 10 times more oxygen for the lungs.

Article by
SPC. NICOLE NICOLAS

"The ground work for all happiness is health." --- Leigh Hunt



JSMART SPOT

▲ JSMART HELPER: HARLEY

EFFECTS OF MUSIC ON OUR MOOD

For most of us, our musical tastes are an extension of our personalities. It can reflect where we're from and what interests us, but it can also be used as a tool. For centuries, various cultures have utilized their own unique style of music to restore energy, improve mood, and to heal even more effectively.

As time has passed and with the advancement of science and psychological studies, we have received new information about how music affects our brains. It has been discovered through brain scans that when we hear music the cerebellum, or the part of brain responsible for motor skills, is stimulated and lights up. This can explain why music is so popular when working out. Another finding was that the randomness in the music we listen to might matter: when we aren't listening to a personalized play list and we are

surprised by a song that comes on, our dopamine levels increase.

While upbeat music can aid us in finding motivation to be more active (especially in the mornings), relaxing music can have the opposite effect. After a stressful day at work, listening to something such as meditation music or wind chimes can help to decrease anxiety. There is also a term known as a "musical time-out." In this scenario, when we find ourselves extra stressed by something, we take a break from what we're doing and listen to something we enjoy.

We may all be able to gain some self-awareness, and some more of what we need, by looking at the music we prefer.

Article by
**PETTY OFFICER 3RD CLASS
RANDALL KELLEY**
Joint Medical Group

MILITARY HISTORY

ENDING THE REVOLUTIONARY WAR

A negotiation between the U.S and Great Britain took place, Sept. 3, 1783. This negotiation ended the Revolutionary War and became known as the Treaty of Paris.

Leading up to this treaty confrontations developed as American colonists grew tired of the taxes imposed by the British Parliament, taxation without representation. Soon, colonists began taking action by boycotting and destroying shipments of tea. This led to the Boston Massacre, an incident which produced several American casualties by the British Soldiers.

Five years later, the war for American Independence officially began with the Battle of Concord, Apr. 19, 1775. The war between Great Britain and American colonists in the original 13 colonies

eventually developed into a world war involving France, the Netherlands and Spain.

After eight long years of battles, Gen. George Washington landed the final blow. Washington won the decisive Battle of Yorktown, Oct. 19, 1781, forcing the British Army to surrender.

The Treaty of Paris, signed by Benjamin Franklin, John Adams and John Jay, forced the British to recognize the independent nation of the USA.

The British agreed to remove all troops from the newly-founded nation. The treaty also set new American borders, from the Great Lakes to Florida and from the Atlantic Ocean to the Mississippi River.

Article by
SPC. JUSTIN LE MALONE

RELIGIOUS SERVICES

ROMAN CATHOLIC (NAVSTA chapel)

Saturday*	1700	
Sunday*	0900	(Side Chapel)
Mon-Thurs*	1730&0900	

PROTESTANT SERV. (JTF Troopers' chapel)

Sunday*	0900&1900	
Friday	1900	

Friday night movie

PROTESTANT SERV. (NAVSTA chapel)

<i>Traditional*</i>	Sunday	0930	Annex Room 1 (Liturgical Service)
<i>Contemporary*</i>	Sunday	1100	Main Chapel
<i>Gospel</i>	Sunday	1300	Main Chapel

OTHER SERV. (NAVSTA chapel)

<i>Islamic Prayers</i>	Friday	1315	Annex Room 2
<i>7th Day Adventist</i>	Saturday	0900	Annex Room 1 (Sabbath School)
	Saturday	1100	Annex Room 1 (Sabbath Service)
<i>Latter Day Saints</i>	Sunday	0900	Annex Room 19
<i>Pentecostal</i>	Sunday	0800	Annex Room D
	Sunday	1700	Annex Room D
<i>Christian Fellowship*</i>	Sunday	1800	Main Chapel (Jon-denominational)

BIBLE STUDIES (JTF Troopers' chapel)

	Monday	1900	JTF Trooper's Chapel
	Wednesday	1900	JTF Trooper's Chapel
<i>Game Night</i>	Saturday	1900	JTF Trooper's Chapel

LUTHERAN SERV. (JTF Trooper's chapel)

Sunday	1030	JTF Trooper's Chapel
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DAVE RAMSEY'S FINANCIAL PEACE / MILITARY EDITION (JTF Troopers' Chapel)

Tuesday	1900	Taught by Chaplain Mark Moreno
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*These services are conducted by Army or Navy chaplains / For more information call ext. 2218

BUS SCHEDULE

Camp America :00/:20/:40
 Gazebo :01/:18/:21/:38/:41/:58
 Camp America NEX :02/:17/:22/:37/:42/:57
 Camp Delta :04/:13/:24/:33/:44/:53
 Camp 6 :07/:10/:27/:30/:47/:50
 HQ Building :55/:15/:35
 TK 1 :01/:17/:21/:37/:41/:57
 TK 2 :02/:16/:22/:36/:42/:56
 TK 3 :03/:15/:23/:35/:43/:55
 TK 4 :04/:13/:24/:33/:44/:53
 CC :00/:19/:20/:39/:40/:59
 JAS :14/:34/:54
 Windjammer / Gym :02/:17/:22/:37/:42/:57
 Gold Hill Galley :04/:15/:24/:35/:44/:55
 NEX :06/:13/:26/:33/:46/:53
 NEX Laundry :07/:27/:47
 C Pool :10/:30/:50
 Downtown Lyceum :11/:31/:51

BUS SCHEDULE 09:55 - 19:55 hourly

Camp America :48/:55
 TK 1 :05/:36
 Windjammer / Gym :11/:31
 Gold Hill Galley :14/:29
 NEX :16/:27
 Downtown Lyceum :17/:25

BEACH BUS (Saturday & Sunday only)

Windward Loop / E. Caravella:
 0900/0930/1200/1230/1500/1530/1800/
 1830
 SBOQ / Marina:
 0905/0935/1205/1235/1505/1535/1805/
 1835
 NEX:
 0908/0925/1208/1225/1508/1525/1808/
 1825
 Phillips Park: 0914/1214/1514/1814
 Cable Beach: 0917/1217/1517/1817
 Return to Office: 0940/1240/1540/1840

FERRY SCHEDULE

Monday - Saturday

FERRY

Windward:

0630/ 0730/ 0930/ 1030/ 1130/ 1330/ 1530/ 1630

Leeward:

0700/ 0800/ 1000/ 1100/ 1200/ 1400/ 1600

UTILITY BOAT

Windward:

1630/ 1730/ 1830/ 2030/ 2230/ 2330

Leeward:

1700/ 1800/ 1900/ 2100/ 2300/ 0000

Sunday & Holidays

FERRY

Windward:

0730 / 1330

Leeward:

0800 / 1400

UTILITY BOAT

Windward:

1030 / 1530 / 1730 / 1830 / 2030 / 2230

Leeward:

1100 / 1600 / 1800 / 1900 / 2100 / 2300

UPDATE: GTMO VISITORS JEWISH RABBI, MUSLIM IMAN

A Jewish Rabbi (civilian from the Aleph Institute in Miami, Florida) and a Muslim Army Inman (Active Duty lieutenant colonel chaplain) will be at GTMO Sept. 9-11. Muslim or Jewish personnel, interested in meeting with the Rabbi or Inman during those dates, please contact the Joint Task Force Chaplain office at x2218 or x2571, for more details. Most appointments can be scheduled on Wednesday and Thursday afternoons or at 7 p.m. on the days of their visit.

DITKA DASH: SHADOW RUN

Who: All services are invited
 What: Shadow run 5K
 When: Oct. 3
 Check-in: 6 a.m.
 Start: 6:30 a.m.
 Where: Downtown Lyceum
 Sign up at the NEX on Sept. 6 from 2-6 p.m., Sept. 7-8 from 10 a.m. to 2 p.m.



Photo by Joan Krupsky

PARTING SHOT



'CHAPMAN BEACH' PHOTO BY NAVY LT. JOAN KRUPSKY. FOR A CHANCE TO HAVE YOUR PHOTO FEATURED IN THE PARTING SHOT, PLEASE SEND SUBMISSIONS TO: THEWIRE@JTFGTMO.SOUTHCOM.MIL

THE WIRE