

AT GUANTANAMO BAY

BECOME MILLIONAIRE SERVICE MEMBER

TWO-DAY CLASS TO TAKE **CONTROL OF FINANCES, BUILD PLAN TO CREATE WEALTH**

GOOD ORDER AND DISCIPLINE

TROOPERS BAND TOGETHER TO BOX

KNOCK OUT STRESS WITH BOXING, LEARN **HEALTH BENEFITS**



COAST GUARD LT. CMDR. SHAWN NESSER JTF GTMO, MARSECDET

On Aug. 4, 1790, Alexander Hamilton established the U.S. Revenue Cutter Service. It was established to eliminate piracy and rescue mariners in distress on the waters around the U.S. Until the re-establishment of the U.S. Navy in 1798, the Revenue Cutter Service was the only naval service protecting the waters

COAST GUARD SERVING WITH PRIDE

of our, young country. The Revenue Marine Cutters were involved with the Quasi-War with France in 1798 to 1799 and the War of 1812. During the Civil War, the *USRC Harriet Lane*, fired the first naval shots of the war. On Jan. 28, 1915, the Revenue Cutter Service was merged with the Life Saving Service. The service was renamed to the U.S. Coast Guard.

In World War II, Signalman 1st Class Douglas Munro gave his life leading a detachment of Higgins' Boats saving a detachment of Marines at Guadalcanal. He received the Medal of Honor. In 1994, 38,000 Cubans attempted to sail from Cuba to Florida. The Coast Guard partnered with the Navy to perform rescues. More recently, the Coast Guard supported the Army during missions in Kuwait and Iraq and have deployed to Afghanistan.

While the public face of the Coast Guard for most Americans is TV spots seeing a Coast Guard helicopter rescue a mariner in distress or when a Coast Guard law enforcement team boards their boat for a safety inspection, there are many missions like the one here, where many have little visibility. For example, in the U.S., we collaborate with the Air Force

on air defense, responding to slow moving aircraft intercepts.

Our core values are honor, respect and devotion to duty. These values unite us as a service regardless of when we're doing a naval inspection on a tow boat, operating as part of a carrier battle group, performing search and rescue or promoting boating safety.

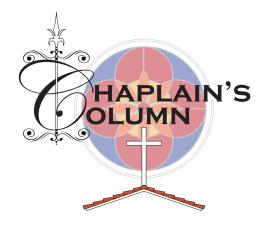
I challenge you as leaders to examine our core values and adapt them into your way of life. We as leaders must be loyal and accountable to the trust the public has for us. We must value the respect in our very diverse workforce. We must work as a team. We need exhibit professionalism. We need to be actively seeking our responsibility and be accountable. We need to remember, we exist to serve. We need to serve with pride. Honor, Respect and Devotion to Duty, it is a way of life.

Happy Coast Guard Day 2015, Semper Paratus!

Article by

COAST GUARD LT. CMDR. SHAWN NESSER

JTF GTMO, MARSECDET



"Peter held the door closed but did not shut it; for, of course, he remembered, as every sensible person does, that you should nevernever shut yourself up in a wardrobe." – The last sentence of Chapter 5 from the book, "The Lion, the Witch, and the Wardrobe," by C.S. Lewis.

Lewis wrote with intentionality. Every word was carefully selected and every sentence carried a meaning beyond what was written. Titles, first sentences and last sentences were of particular importance. Readers must also understand that Lewis was

NEVER-NEVER SHUT YOURSELF UP

once a Soldier who served in the trenches of France. He knew war. He knew suffering. He knew hardship. Interestingly, in "The Lion, the Witch, and the Wardrobe," Lewis craftily has the character of the Faun call the place where Peter, Lucy, and the rest of the Prevensies came from (The Wardrobe) as the country of "War-Drobe." Drobe is an old English term, which meant "out of place." Hence, war is out of place. While I might argue with the Faun, as Lewis would also and reveals later in the story, it is a common perception.

Taking this tidbit of knowledge reread the opening quote. Essentially Lewis implies you should never-never shut yourself up in war. You always leave the door cracked. You always ensure you can find your way back. Finding your way back is the most important and most difficult task of the deployed military service member. It is easy for us to lose touch with where we are from our families, our homes, our lifestyles. Sometimes the transition from deployed to garrison to family (and to civilian

for reservists) is a daunting task. One not easily made.

Keep the door open even if it is only a small crack. It is very easy on Guantanamo Bay, a small isolated island, to shut yourself out, with limited connectivity, bizarre work schedules and transportation challenges. Find ways to stay in touch with home. Make plans for what you want to do when you return. Share and talk about those plans. As much as I personally enjoy GTMO, don't let Joint Task Force GTMO become your life. Always remember there is something waiting on the other side of the door, something that follows your deployment cycle. But you must make sure you can find your way back. So keep the door open to your family, friends, loved ones, and the other things you left behind. They may very well be your saving grace.

Article by **CAPT. TOBY LOFTON** *JTF GTMO, 525th MP Det. BN*













COMMAND & CHAPLAIN

Leadership talks about the history of the Coast Guard and its importance during the week its 225th birthday. The chaplain wants you to remember there is more to life after deployment.

GTMO NEWS

What do Troopers do when they become ill or fall down during a basketball game? Where do they go to find out how to get better? Come find out at the Joint Task Force, Joint Troop Clinic.

PHOTO STORY / COVER PHOTO

Two hundred and twenty-five years in the making, the Coast Guard celebrates their birthday in style. Service members show their support.

ENTERTAINMENT

Join Chevy Chase in a sequel of the "National Lampoon's Vacation" as Rusty Griswald plans a family-fun-trip in the movie "Vacation," starring Ed Helms and Christina Applegate.

SPORTS

The Shottas and IMC compete to win one of the last games of the basketball season. Join Coach Moe as his intense boxing class learns how to manage stress while sweating bullets.

LIFE & HISTORY

In this week's military history, Wilson proclaims America's neutrality during WWI on Aug. 4, 1914. JSMART warns of spending too much time behind the screen.

MOTIVATOR OF THE **WEEK**

ARMY CPL. LUIS GARCIA 224TH MP CO

AIRMAN 1ST CLASS SEBASTIAN GONZALES-VALENCIA

PRIME BEEF

100 PERCENT SHRED IT OR REGRET IT!

JTF has a 100 percent shred policy while at work and while in housing areas. This means that all paper materials should be shredded! It doesn't matter where the dumpster is. No trashcan or dumpster is safe to discard FOUO, PII or sensitive information. Documents that are work related or contain PII or sensitive information should not be taken to housing areas. Do not throw any un-shredded paper in the trash. No hesitation - No question, shred it.

The Wire is an authorized publication for members of the Department of Defense. It is produced by the JTF Public Affairs Office to inform and educate the Troopers of JTF GTMO. The contents of The Wire are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense or the U.S. Army, Air Force, Navy, Marines or Coast Guard. The editorial content of this publication is the responsibility of the Joint Task Force Guantanamo Bay Public Affairs Office. The Wire is printed weekly by the Defense Logistics Agency Document Services with a circulation of 1,025. It is distributed free to all personnel assigned to the Joint Task Force and is published online.



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/ jtfgtmo

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JTF TROOPER CLINIC WORKS HARD FOR TROOPERS



Spc. Courtney Drinks, a healthcare specialist with the Joint Task Force Joint Troop Clinic, briefs Capt. Dana Ugwu, a field surgeon and care provider, on the status and vitals of her patients so Ugwu may better assess and assist them.

Life for a Joint Task Force Trooper is usually pretty routine. Meals are prepared and consumed at the galleys; there is usually some sort of physical training that occurs, and a nice long day at the office tops it all off. But, what happens when something out of the ordinary occurs? Where do they go when they get sick?

That place is the Joint Task Force, Joint Troop Clinic. Our mission is to provide world-class care to the JTF Troopers and keep the JTF Soldiers, Sailors, Airmen and Marines healthy, said Capt. Deborah Oldfield, the JTF JTC officer in charge.

The clinic has six care providers, three medical doctors, two physician assistants and a Navy independent duty corpsman, the only enlisted health care provider occupation in the military.

The Navy's IDC position was intended to provide care on ships, allowing an enlisted Sailor to be on a smaller vessel or submarine for extended periods of time and still be able to provide adequate medical care, said Petty Officer 1st Class Warren Montes, IDC of JTF JTC.

Montes said he acts almost like a physician's assistant here, being able to perform most of their roles. Having doctors on hand provides him with valuable experience that he can take back to the fleet to use on his next assignment.

"Being here at the clinic gives you a wide range of diseases, illness and injury (to treat)," Montes said. "You don't see a lot of sports injuries on a submarine."

Normally Montes is more isolated at sea with a relatively young and healthy group of service members, while here, he is exposed to a more diverse group of individuals allowing him to provide care for chronic illnesses such as diabetes or asthma.

Working with Capt. Dana Ugwu, for example, has been great because of her medical knowledge of chronic illnesses, said Montes. She is a field surgeon with the JTF JTC, and has taught Montes how



Spc. Courtney Drinks, a healthcare specialist with the Joint Task Force Joint Troop Clinic, applies a cuff to her patient in order to take blood pressure as she gathers other vital statistics to pass along to her patients' assigned provider.

to more easily manage many illnesses, and ultimately become a better provider.

The staff also comes together every Thursday afternoon for occupation specific and provider training. This allows information and techniques to be constantly shared and practiced in an effort to become a better clinic.

"The volume here is nearly the same, in terms of patients seen, as the hospital. We just have much fewer resources with which to treat them," Montes said. "You learn to do more with less, and that's a good thing, because you may not always have all the resources that you need, so that is always good."

The clinic does work with the hospital however, referring patients there when the situation dictates.

The JTC, like any military unit, is constantly striving to be better, and although there are barriers, like a finite amount of resources, it has not stopped them from trying to improve their organization in other ways.

"Changing smaller things like moving where the supplies are located to make the work floor more efficient...making small improvements like those, at the end of the day, they add up and they can affect a much greater impact on that environment," said Montes.

The last point speaks to not only the staff at the JTC, but seems to be a theme - a common thread woven throughout the units of the JTF, to learn a job and leave a mark, effect change that comes slowly, never negate the mission at hand, and in-turn leave this place a little better than it was before.

Article and photos by

SGT. CHARLIE HELMHOLT

KNOW, UNDERSTAND ARTICLE 15 PROCESS



As service members and leaders, it is important to be aware of the procedures and rights associated with nonjudicial punishment proceedings. No one wants to be the leader that has to look at their troop and say, "I honestly have no idea," when asked, "What happens now, Sergeant?"

As the Army comprises the bulk of the Joint Task Force personnel, it is helpful to examine Army customs and procedures in relation to the Article 15 process. Under Army Regulation 27-10, the Article 15 process does not begin until a preliminary inquiry has been conducted by the commander. The basis of this inquiry is used to determine three things. First, whether a Soldier violated a punitive Article of the UCMJ; second, whether the Soldier being accused is actually the Soldier involved in the alleged misconduct; and third, the character and military record of the Soldier. After the preliminary inquiry, if the commander determines that the allegations are serious enough, the commander may continue onto Article 15 proceedings.

The first step in the Article 15 process is the notification and explanation of rights, customarily known as the, first reading. At this stage, the accused will be called in to see either the commander, designated subordinate officer, or a senior noncommissioned officer (routinely the company first sergeant or battalion sergeant major). The accused will then be informed of both the commander's intent to dispose of their alleged misconduct with Article 15 proceedings and their rights. These rights include the right to remain silent, consult with counsel, present evidence, review evidence and demand trial by courtmartial. After notification, the Soldier will be dismissed until they have consulted with legal counsel. Since there is no Trial Defense Service located on the island, the JTF Office of the Staff Judge Advocate coordinates a phone consult with defense counsel at Fort Sam Houston, San Antonio. Following an attorney consultation, the accused will report to the imposing commander to make their elections. This is the actual NJP hearing, customarily known as the second reading.

During the second reading, the accused is provided the opportunity to either accept the Article 15 as the forum to decide their guilt or innocence or demand trial by court-martial. If the Soldier decides to accept the Article 15, they may present matters in defense (to show innocence), extenuation (an explanation but not an excuse), or mitigation (such as family or financial circumstances). The commander will review all available evidence and determine the accused's guilt or innocence. If the commander finds the Soldier guilty, only then, will the Commander

determine an appropriate punishment. There are no preset punishments in the Article 15 process. Depending on the respective ranks of the accused and the imposing Commander, punishment may include loss of rank, loss of pay, restriction, extra duty and a reprimand. If the accused is found guilty, they have the right - within five calendar days - to compile additional materials and submit those materials to the appellate authority for review.

The Article 15 process is one of the tools commanders use to ensure the good order and discipline of their units. By understanding the rights afforded during the process, we can better prepare ourselves and our troops to carry out the process fair and consistently.

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).

Article courtesy of

SPC. BILLY TAYLOR, OFFICE OF THE STAFF JUDGE ADVOCATE

Photo Illustration by SGT. JAMES SIMS

NEWCOMERS EXPLORE GTMO WITH NAVSTA FFSC



Troopers and family members overlook Girl Scout Beach on one of the stops during the New to GTMO tour provided by Fleet and Family Support Center at Guantanamo Bay.



This Banyan tree, located near Girl Scout Beach, is a featured part of the New to GTMO tour because of its impressive size. Banyan trees can reach up to 100 feet tall and spread out over acres of land, the largest of these tress is located in India and reportedly occupies 8 acres of land, according to www.businessinsider.com.

Ten miles long by six miles wide, the bay is a small patch of Cuba known as the U.S. Naval Station Guantanamo Bay, Cuba. Although the base is small, it offers unique opportunities.

The NAVSTA Fleet and Family Support Center created a tour called, New to GTMO, for newcomers to familiarize themselves with the island. The tour includes a broad overview of downtown GTMO, the beaches, Camp X-Ray, Marine Hill and a skyline view of Cuba.

"I think overall it gives people some insight about where they live and what is available to them," said Emily Kolenda, the work and family life specialist for NAVSTA's FFSC.

The tour is great for service members and civilians living on the base to learn the amazing history of the island as well as activities to fill their free time, said Kolenda, who serves as the tour guide.

Before the tour, representatives from the NAVSTA Command Ombudsmen, the Women and Children's Center among others, spoke about the resources offered to service members and their families. Kolenda also highlighted the unique wildlife on the base.

The tour started with the beaches of GTMO. On the way to the beaches, Kolenda pointed out a gigantic Banyan Tree, often referred to as the tree of life, whose branches grow outward. The tree is a great place where many people go for picnics.

At the first stop, Girl Scout Beach, service members and civilians stepped off the bus to view the deep blue waves crashing onto the corral rock along the shore.

The tour continued to Glass Beach, famous for the sea glass that washes up on the shore. Rumor states, the vast amount of glass on the beach is from Sailors throwing their empty glass bottles into the sea after drinking at a bar there during the early 20th century, known as Glass Beach Bar.

Near to Glass beach is Pebble Beach, a small beach, renowned for its unique, small, fine rocks, said Kolenda.

Camp X-Ray was the next stop. Personnel on the tour received a brief history of the camp and had the opportunity to take photos of the camp from a distance.

Pfc. Joshua Brents, a Joint Task Force Trooper, spoke highly of the tour. He enjoyed seeing Camp X-Ray, because many do not get to visit the camp.

The tour concluded with a scenic view of the whole base from one of the highest points on GTMO, Skyline drive. While enjoying the view, Kolenda spoke about geographical features and the history of the island.

Newcomers to GTMO were glad they took the tour.

"It was a very broad showing of the history of the island and there was a lot of things we didn't know about," said Spc. James Voges, a JTF Trooper. "I wanted to take the tour to learn more about the island...To understand why we're here, and what's going on with the island was pretty cool."

Every month NAVSTA's FFSC gives the tour. The next tour will be Aug. 24 from 8-11:30 a.m. For more information contact Emily Kolenda at x4079.

Article by
SPC. NICOLE NICOLAS
Photos by
SGT. JAMES SIMS

BECOME MILLIONAIRE SERVICE MEMBER



Seaman Daniel Pantoja, Spc. Matthew Dahne, Seaman Michael Collins, Seaman Eddie Winters, Sgt. Adrian Lopez, Petty Officer 1st Class Nathalie Bellafatto, and Sgt. Jaylin Thomas pose with Personal Finance Specialist Mike Rivera for a photo, following a two-day personal finance course hosted by the Fleet and Family Support Center at U.S. Naval Station Guantanamo Bay, Cuba, July 29. The course aimed to familiarize service members with financial management.

Aesop's classical tale of "The Ant and The Grasshopper" ends with the lesson of, it is best to prepare for the days of necessity. However, many service members lack the financial capability to prepare for those days of necessity.

According to a survey done in 2013 by the Financial Industry Regulatory Authority, only half of service members are saving money in a rainy day fund. Half of those who have credit cards engage in costly behaviors such as paying minimums, using cash advances, and paying over-the-limit fees.

Mike Rivera is an accredited personal financial counselor with the U.S. Naval Station Guantanamo Bay Fleet and Family Support Center and is tasked with helping to fight this trend.

Rivera held a two-day Million Dollar Service Member course that provided a basic understanding of what it takes to build wealth.

"Starting early, developing a plan and sticking to your plan is the best way to build wealth," said Rivera.

Rivera's course discussed topics of creating a spending plan to track your income and expenses; how to save money for emergencies; how to plan for large purchases such as a car or making a down payment for a home; and how to build a nest egg for retirement.

"It's important to make sure every dollar is assigned a name, so to speak," said Rivera. "That means you know where you spend every dollar. Whether it goes to paying a bill or into a savings account, you have to know where you are spending your money. That is why it is so important to have a spending plan."

Those who attended the class were glad they did.

"Iliked the class because [Rivera] spoke from personal experiences," said Spc. Matthew Dahne of the Veterinary Clinic at GTMO. "He wasn't speaking from slides, he talked about everything he went through and how to apply it in our own lives."

Many service members who have security clearance reviews are denied secret clearances because of financial burdens. Rivera says financial capability also determines operational readiness for units across the military.

"Can you count on your battle buddy in a time of personal financial crisis," asked Rivera. "It affects everyone around you, including those you work with. How can you concentrate on doing your job when you have trouble paying bills?"

Rivera, who went from financial distress to a financial guru, warned students in his class to be proactive.

"I was 35 years old when I first started to take control of my finances," said Rivera. "Once you take control of it, it starts to become more fun. You start to make smarter moves with your money. But you have to start now."

Rivera's experiences connected the dots for Seaman Micheal Collins. "I've already had a lot of this information given to me, but investing for me was important to refresh on," said Collins. "It teaches you how to apply what you know."

This class should be given to everyone, said Dahne.

"You'd be surprised how many of our junior enlisted I've heard [say], 'I can't get a haircut until my next paycheck,'" said Dahne.

By the end of the class, participants received a certificate and more importantly a better understanding of how to care for their financial future. For Rivera, paving the road for service members to prepare for their days of necessity is his mission here.

"I just want to help people," said Rivera. "When you have financial health and well being, you can change your quality of life. I can help people reach that for the low price of 'free-ninety-nine' – it's the best price out there."

For service members interested in learning how to manage their debt, create a spending plan, or interested in planning for retirement, they may contact Mike Rivera at FFSC Bldg 2135 or call at x4141. Rivera offers one-on-one counseling, five-day classes for E-6 and above service members and a variety of free personal finance resources.

Article and photo by

SGT. CHRISTOPHER GARIBAY

COAST GUARD CELEBRATES 225TH BIRTHDAY

Two hundred and twenty-five years ago, 10 vessels were authorized to be built by Congress to enforce tariff and trade laws. On Aug. 4, 1790, the U.S. Revenue Cutter Service, now the U.S. Coast Guard, which is the smallest of the five Armed Forces, was created to protect the public and the environment.

To honor and celebrate the Coast Guard's birthday, Joint Task Force Guantanamo Bay, Maritime Security Detachment/Port Security Unit 308 kicked off festivities August 1, by hosting a 5K run at Cooper Field. The celebration continued throughout the week with birthday cake on August 4, at both the Camp America Galley and Gold Hill Galley.

"It's a tradition to celebrate our roots of where we came from and where we are going," said Petty Officer 2nd Class Nicholas Ladner, a tactical crewman and engineer with MARSECDET/PSU 308.

The Coast Guard's job is to protect any maritime region as required, to support national security or U.S. economic interests along the coast, on international waters or in the nation's waterways.

"Today's Coast Guard is a combination of the legacy Revenue Cutter Service, the Lighthouse Service, the Steamboat Inspection Service, the Bureau of Navigation, and the Lifesaving Service," said Cmdr. Ronzelle Green, MARSECDET/PSU 308. "These organizations were distinct, but had similar federal authorities."

Green said the Coast Guard has been protecting the U.S. coastline and navigable waterways, deploying overseas in support of Department of Defense missions, enforcing maritime and federal laws, providing security and environmental stewardship and saving lives.

"To this day the Coast Guard has a vast array of duties and responsibilities that the service has

worked to perfect," said Petty Officer 1st Class Michael Lind, a waterside security lead petty officer with MARSECDET/PSU 308. "Without the Coast Guard, our maritime borders would be less secure, more drugs would enter our country and numerous lives would be lost at sea."

Petty Officer 3rd Class Kenneth Wallace, with the MARSECDET/PSU 308, is proud of the Coast Guard's strong heritage.

"I'm proud to say, I'm in the Coast Guard. It took a lot of hard work to get where I'm at and I love my job," Wallace said.

When Wallace is at home, he normally celebrates the Coast Guard's birthday with his unit.

"We've celebrated by taking a day off work (to) go canoeing in a river," said Wallace. "We stopped at a sandbar, grilled chicken and burgers, and continued down the river. It was fun. We were able to bring (our) family and friends along."

This is the first time he has celebrated the birthday in a deployed environment.

Ladner enjoyed the birthday celebration.

"We get so complacent in our day-to-day routines," said Ladner. "It's nice to have something different and exciting to break it up."

After all, this is an important day.

"This year commemorates two and a quarter centuries of our existence," said Green. "From our birth in the Department of Transportation to our current home in the Department of Homeland Security, the Coast Guard continues to provide unique capabilities to support U.S. interest at home and abroad. Continue to follow our guiding principles of service to nation, duty to people, and commitment to excellence."

Happy Birthday Coast Guard!

Article by

SGT. RYAN L. TWIST







Participants register for the Coast Guard 5K birthday run Aug. 1, at Cooper Field. The Coast Guard, the smallest of the five Armed Forces, celebrated 225 years. (Photo by Sgt. Ryan L. Twist)



Participants received a shirt after registering for the Coast Guard 5K birthday run. (Photo by Sgt. Ryan L. Twist)



After registration, Col. Adolphus Weems, participants stretched their muscles for the Coast Guard 5K birthday run. (Photo by Sgt. Ryan L. Twist)



After crossing the finish line first, Michael Molina gets a drink of water from the cooler while waiting for other participates to finish the Coast Guard 5K birthday run. (Photo by Sgt. Ryan L. Twist)



Brig. Gen. Ron Paul congratulates service members for finishing the Coast Guard 5K at the Cooper Field track, Aug. 1. The Coast Guard's job is to protect any maritime region as required, to support national security or U.S. economic interests along the coast, on international waters or in the nation's waterways. (Photo by Spc. Nicole Nicolas)



The Coast Guard celebrates its 225th birthday at the JTF Camp America Galley, Aug. 4. The Coast Guard celebrated their birthday with a 5K race and cake. (Photo 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.



Fantastic Four (NEW) PG13, 8 p.m. Magic Mike XXL (NEW) R, 10 p.m.	Mission Impossible: Rogue Nation (NEW) PG13, 8 p.m. Self/Less (NEW) PG13, 10:15 p.m.	Shaun The Sheep Movie (NEW) PG, 8 p.m.	The Gallows (NEW) R, 8 p.m.	Inside Out (LS) PG, 8 p.m.	Vacation R, 8 p.m.	Dope (LS) R, 8 p.m.
8/7 FRIDAY	8/28SATURDAY	8/9 SUNDAY	8/10 MONDAY	8/11 TUESDAY	8/12 WEDNESDAY	8/13 THURSDAY
Mission Impossible: Rogue Nation (NEW) PG13, 8 p.m. Self/Less (NEW) PG13, 10:15 p.m.	Fantastic Four (NEW) PG13, 8 p.m. Magic Mike XXL (NEW) R, 10 p.m.	The Gallows (NEW) R, 8 p.m.	LYCEUM	Shaun The Sheep Movie (NEW) PG, 8 p.m.	LYCEUM	Vacation R, 8 p.m.

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.

MOVIE REVIEW / VACATION

Love it or hate it, Hollywood is obsessed with remaking the movies of our youth. Whether a child of the 80's, 90's or even the early 2000's, you are bound to see one of your favorite movies recycled and thrown up on the big screen with a fresh coat of paint, a few new faces and a fancy CGI effect or two for good measure. Some of these are surprisingly good but many miss the mark, leaving you wishing they would have just left well enough alone.

Sadly, "Vacation" falls into the latter category.

Rusty Griswold, played by Ed Helms (The Hangover), discouraged by the apparent rut into which he and his family have fallen, decides to shake things up a bit. He proposes a road trip to Walley World, reminiscent of one taken with his family as a child ("National Lampoon's Vacation").

While Rusty's wife Debbie, played by Christina Applegate (Anchorman), and his sons James and Kevin (Tyler Gisondo and Steele Stebbins, respectively) are less than thrilled, they reluctantly agree after witnessing Rusty's obvious excitement over the idea.

The trip is a disaster from the beginning, and in that respect, much like the "Vacation" of old. The family embarks on their adventure in a rental van which is anything but luxurious; they are chased cross-country by a suspected homicidal trucker;

employ a white-water rafting guide with a death wish; and spend some quality family time with relatives, every bit as quirky and wildly inappropriate as Cousin Eddy.

There are several laugh-outloud moments, to be sure. Debbie relives her days as a sorority sister and shows her kids a thing or two about partying. The kids themselves deliver frequent chuckles, especially Kevin, who repeatedly steals the show with his vicious attacks on his older, but much gentler and easilycowed brother.

Unfortunately, the film feels much like the roller coaster the family is trying so desperately to reach, its highs matched by frequent and unfunny lows. Helms takes the lead in this respect, his physical antics and foul-mouthed tirades often coming across as awkward and forced. Toward the end of the film, one of the most beloved "Vacation" stars, Chevy Chase, tries to relive his glory days during an uncomfortable attempt at physical comedy which falls resoundingly flat.

What "Vacation" has in star power, it lacks in heart.

The original became a smash success due to its effective mix of satire, snappy dialogue, memorable one-liners and physical comedy. In the original "Vacation" when Chase delivered the F-bomb during his rants, it hit

us hard and provoked a laugh because of its infrequent use in the film. Comparatively there is no shortage of profanity in the new "Vacation", but it feels forced as many other aspects of the film.

Hollywood seems to be convinced that we have been desensitized to the point of numbness, and the only way they can reach us is with an everincreasing deluge of vulgarity and over-the-top "gross out" humor (check out the hot springs scene to see what I mean.)

I give "Vacation" 3 stars out of 5. It made me laugh, but also made me equally sad to see how



fallen. Some classics just don't require a remake, and this is a perfect example. If you're still determined to try, you have to build up more momentum than this film delivered or else you end up just like the Griswold family, running out of steam halfway through the ride.

That's no fun for anybody.

"Vacation" is rated R for crude and sexual content and language throughout, and brief graphic nudity.

Movie review by SGT. 1ST CLASS





TROOPERS BAND TOGETHER TO BOX



Tech. Sgt. Christie Hardy, practices her boxing skills with Maurice Knight, the coach for the class and a civilian contractor with the J6, at G.J. Denich Gym at U.S. Naval Station Guantanamo Bay, Cuba, July 28.



Staff Sgt. Stefon Coleman practices his uppercut at G.J. Denich Gym at U.S. Naval Station Guantanamo Bay, July 28. The boxing class meets every Tuesday and Friday night at 6 p.m.

Maurice Knight, known as Coach Moe, motioned and yelled to his class to round-up for a final huddle. Exhausted, after an hour and a half of boxing class, sweat poured down their arms and legs. Knight's energy alone roused his class, as they wearily gathered around him.

Knight thanked them for coming, and said he couldn't do what he loves, to teach, without their participation.

"Here's what we say at the end, loud and proud," screamed Knight. "The strong got to get stronger, the weak got to get stronger, we all got to get stronger, stay strong, loud and proud!"

The entire gym vibrates as his class of approximately 15 scream the motto. The sound echoes throughout the large G.J. Denich Gym at U.S. Naval Station Guantanamo Bay, July 28.

By the end of Knight's speech, everyone in the class is pumped and motivated.

"This will help you get total body fitness, believe me it's good work," said Knight, a civilian contractor with the Joint Task Force GTMO J6, communications system directorate. "I do it for free, because I enjoy teaching. Teaching, not training, you train an animal. You teach people what we have learned. That is what my first coach told me, 'I am going to teach you the art of boxing.""

Knight, together with Spc. Chris Murray, the JTF GTMO J6, teach service members many levels of boxing, ranging from boxing fundamentals to advanced boxing skills.

"I want to make sure I can reach more people and help everyone," said Murray.

"Because you know people learn differently, so you have to adapt and overcome, and help teach them as well."

The tedious, three-to-five rounds of hitting the punching bag, shadow boxing and practicing various skills with each other, including a one minute rest between rounds, can take its toll on participants. Nevertheless, Knight and Murray motivate their students by moving around continuously and watching everyone's technique to give them pointers.

Murray said, at first you cannot see your improvement, but each week you look back and notice your progression. This progression motivates people to come back to class, even though the rounds are tiresome.

"Even when we are dying and our shoulders are burning, coach is still running around yelling his phrases and being crazy," said Petty Officer 3rd Class Keshia A. Powell, a religious program specialist with the JTF GTMO religious ministry team. "It gives us a little boost of energy to finish those last 30 seconds."

Despite boxing being a physically and mentally demanding sport for most, the benefits outweigh the challenges.

"I thought it would be a good skill to learn and it helps to fill some of that free time," said Tech Sgt. Christie Hardy, a JTF Trooper who works at J6. "It gives me confidence and it is a good total body workout."

Boxing is more than punching a bag. To be able to withstand three rounds of boxing, boxers need to condition with running and jumping rope, as well as practicing footwork, said Knight.

"You get upper body, core, legs (and) endurance, a little bit of everything rolled into one," said Powell.

Throughout his classes, Knight's smile and enthusiasm show his passion and commitment to teaching and mentoring students.

Knight reflected upon a time when a student of his came into boxing class upset. After he listened, Knight told his student to relax and keep boxing to combat his stress.

"I think it is a stress reliever," said Knight.
"When hitting that heavy bag and you have something going on that you're worried about it can help relieve that stress, because no matter how much you hit that bag, you can't get in trouble."

While some go to boxing to gain physical prowess, others for stress relief, some come for the camaraderie.

"You come in this class and you're already family," said Powell. "It's a safe place to come, especially for me (since) I'm new... You don't know anybody's rank or branch. Everyone's just here to have a good time and work out hard."

Throughout the class, participants are paired up to work on their boxing skills.

Hardy agreed with Powell and said working in pairs to practice boxing skills, encouraged students to meet new people and embrace the spirit of teamwork.

Article and photos by **SPC. NICOLE NICOLAS**

04

I'd Hit It

MWR SOCCER

		MALE
No.	Team Name	Standings
01	West Coast United Fo	C (8-2-0)
02	NEX United	(6-0-1)
03	Manchester City	(5-1-2)
04	Young Strikers	(4-2-1)
05	St Thomas All-Stars	(2-5-0)
06	Dirty Jerz	(2-8-0)
07	Spartans	(1-4-1)
08	Sloppy Joes	(0-6-1)
		FEMALE
No.	Team Name	Standings
01	Soccer Bombers	(4-1-0)
02	5280 Ladies	(3-1-0)
03	One Love	(1-2-1)

MWR BASKETBALL EAST DIVISION

(0-4-1)

No.	Team Name	Standings
01	GTMO Ballers	(12-0)
02	Air Force	(11-3)
03	Philipinas	(9-4)
04	Mile High MP's	(7-5)
05	Pilsner	(4-8)
06	Never Forget	(2-10)
07	Watchmen	(1-10)
08	Ourselves	(1-8)

WEST DIVISION

No.	Team Name	Standings
01	Migrains	(12-0)
02	Tropics	(8-5)
03	Spartans	(7-4)
04	Punishers	(7-6)
05	Gunslingers	(5-7)
06	Dynasty	(5-8)
07	Shottas	(5-8)
08	I.M.C.	(1-11)

MWR VOLLEYBALL

No.	Team Name	Standings
01	Team	(6-0)
02	Deep Sets	(5-0)
03	Avengers	(3-0)
04	EAD	(4-1)
05	Sets on the Beach	(4-1)
06	Emperors groove	(4-1)
07	Sparta-licious	(3-2)
08	Gunslingers	(3-2)
09	BCO Super Stars	(2-3)
10	Spartans	(2-3)
11	328th	(2-3)
12	Bumpin' Uglies	(1-3)
13	Island Shenanigans	(1-3)
14	Pihoy Ballers	(1-4)
15	Honey Badgers	(1-5)
16	Yurrr	(0-5)
17	Serves of Steel	(0-6)

RACE TO THE PLAYOFFS



Eric Shoats, a member of the Shottas leaps as he takes a jumpshot during one of the final games basketball season, July 30, at G.J. Gym here.

The Shottas and IMC fought tooth and nail on the basketball court, July 30 at the G.J. Denich Gym, during one of the last few games of the Morale, Welfare and Recreation basketball season. The game came to a close with the Shottas winning 54-45.

During the last stretch of the season, every game becomes vital as teams fight to get into the playoffs which begin in mid-August.

Both teams were desperate to win. The tempo of the game can attest to that. Both teams started off neck-and-neck, trading basket-for-basket in the first half. Toward the end of the first half, I.M.C. slowly started to gain momentum due to the offensive brilliance and scoring outbreak of Frank Bulnes, IMC's newest addition to the team.

"We got into a little bit of a hot streak," said Bulnes, I.M.C.'s leading scorer. "Their defense got slow and we took advantage of that."

Before half-time, Bulnes had left his mark on the game, putting his team ahead as they prepared for the second half. During the beginning of the second half, each member of the Shottas displayed a new look of determination and ferocity on their faces.

Suddenly I.M.C.'s offensive explosion came to an abrupt halt. The Shottas had turned up their defensive pressure.

"Defensively we were trying to create turnovers so we went into our 2-3 zone," said Eric Shoats, a member of the Shottas. "We got out there and ran, plus we had some good defensive stops that turned into offensive points at the other end for us."

The Shottas forced turnover after turnover giving them the advantage in the second half.



A member of the Shottas goes up for a contested lay-up during basketball game. Both teams were desperate to win in hopes of making it to the playoffs.

IMC was not able to adjust offensively or handle the lock down defensive clinic that the Shottas put on. Early in the second half the tables began to turn.

Shoats took the opportunity to show off his offensive abilities and played an all-star caliber game.

"My teammates ran and filled the lanes, which helped open up the floor for me," said Shoats, who finished with 16 points. "I am a lot quicker than some of the other guards, so I was able to pick my spots to score."

Soon, every member of the Shottas began to make their shots and their efforts were visible on the scoreboard. The Shottas began to celebrate as they finally pulled themselves out of a slump and ended their four-game losing streak.

"We just had enough of losing," said Jeremiah Tramill, a member of the Shottas. "Everybody here is a winner. We are used to winning. This losing streak is probably the longest losing streak we have had since we have been here."

With this win behind them, the team looks forward and sets their sights on the next goal.

"We have to make it to the playoffs first to win the whole thing," said Tramill. "Right now we are focused on one goal at a time, making it to the playoffs. If we can make it to the playoffs then we are going to win the whole thing."

The MWR hosts basketball games Monday through Friday. Games start at 7 p.m., 8 p.m. and 9 p.m.

Article and photos by

SPC. JUSTIN MALONE

BEEF-ING UP CUZCO TABLES



Members of the Prime Base Engineer Emergency Force 17 and volunteers pose for a photo July 26, for improving the quality of life around the Joint Task Force, Guantanamo Bay, Cuba, by assembling 50 picnic tables at the Cuzco Barracks. Soldiers in Camp America later made 90 more tables to improve GTMO life.

Members of the Prime Base Engineer Emergency Force 17 and volunteers helped assemble 50 picnic tables at the Cuzco Barracks on July 26, improving the quality of life around the Joint Task Force, Guantanamo Bay, Cuba.



Members of the Prime Base Engineer Emergency Force 17 and volunteers pose for a photo July 26, for improving the quality of life around the Joint Task Force, Guantanamo Bay, Cuba, by assembling 50 picnic tables at the Cuzco Barracks.

"As engineers, all someone had to say was 'build' and the team was all in to help," said Chief Master Sgt. Todd Kirsch, BEEF's senior enlisted leader.

For the men and women deployed to JTF GTMO and U.S. Naval Station GTMO, the island is home away from home. Many of these service members live in the Cuzco Barracks.

Chief Petty Officer Ingramm, J4 housing noncommissioned officer in charge, recently made an effort to improve the quality of life by building picnic tables for the Troopers to sit at outside of their rooms. Ingramm organized a work party of the 24 Airmen from Prime BEEF 17, as well as volunteers from all branches of service to build the tables. In approximately 4 hours the volunteers assembled the picnic tables.

BEEF has about 20 team members living in the Cuzco's and are fully invested in upgrading the quality of life, in and around all the JTF living areas.

Ingramm said she received positive feedback from grateful residents.

"Everyone did an amazing job working as a team," said Ingramm.

Last week, Soldiers from Camp America assembled 90 tables and Ingramm said the job was executed smoothly. The system of building the tables on Sunday was a great approach for the larger project at Camp America.

Courtesy article and photos by **MASTER SGT. JILL A. REED**

MWR 2015 SPORTS SCHEDULE

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

MONTH / DAY ACTIVITY

August 8 August 10 August 22 September 5 September 11 September 14 September 26 September 28 October 5 October 10 October 24 October 24 October 31 November 14 November 21 November 26 December 11 December 19 December 24

Cable Beach Run Ultimate Frisbee Sprint Triathlon **Wood-bat Tournament** Memorial Run Co-Ed Softball League Trail Triathlon Flag Football League Basketball League Glow Run Paddle, Pedal, Paintball Fitness & Figure Zombie 5K Duathlon Power lifting Competition T-Day Half Marathon Army / Navy Game Holiday Basketball

Jingle Bell Fun Run

COAST GUARD BIRTHDAY 5K TOP 15

- 1. Michael Molina- 19:03
- 2. Clayton Homa- 21:20
- 3. Olusegun Ogunniyi- 22:21
- 4. Sam Bush- 22:54
- 5. Stephen Decarve- 23:18
- 6. Adolphus Weems- 23:43
- 7. Jason Reisenbich- 24:57
- 8. Edmund Scachilli- 25:29
- 9. Phillip Schnebelt- 25:33
- 10. Heather Ruter- 25:34
- 11. Marc Mouton- 25:40
- 12. Nicholas Ladner- 25:46
- 13. Michael Lind- 25:54
- 14. David Carr- 26:07
- 15. Kelly Strba- 26:09

TROOPER ON THE STREET

WE ASK TROOPERS, 'WHAT WAS YOUR FAVORITE FAMILY VACATION GROWING UP?'



NAVY PETTY OFFICER 3RD CLASS MICHAEL FAGGIONI

"It was my upstate house in New York. Growing up as a kid, we had a lake house. It was awesome. We went boating, jet skiing, wake boarding, skiing, and fishing."



COAST GUARD PETTY OFFICER 2ND CLASS ROTCEH TREVINO

"Going to the beach with my parents and going fishing with my dad."



AIR FORCE TECH. SGT. BENJAMIN LEIFKER

"My favorite vacation was to go camping with my family. It was a campsite ride along the Mississippi (River) where I grew up. We would go for a long weekend. We would go fishing, and then have bonfires and have a good time together."



WILSON FOREGOES WAR

As World War I erupts in Europe, President Woodrow Wilson formally proclaims the neutrality of the U.S., a position that a vast majority of Americans favored, on Aug. 4, 1914.

Wilson's initial hope that America could be, impartial in thought as well as in action, was soon compromised by Germany's attempted quarantine of the British Isles. Britain was one of America's closest trading partners. Tension arose between the U.S. and Germany when several U.S. ships traveling to Britain were damaged or sunk by German mines.

On May 7, the Lusitania was torpedoed without warning by a German submarine just off the coast of Ireland. Of the nearly 2,000 passengers, 1,201 were killed, including 128 Americans. It was revealed that the Lusitania was carrying about 173 tons of war munitions for Britain, which the Germans cited as further justification for the attack. The U.S. eventually sent three letters to Berlin

protesting the action. Germany apologized and pledged to end unrestricted submarine warfare.

However, in late March, Germany sunk four more U.S. merchant ships and on April 2, President Wilson appeared before Congress and called for a declaration of war against Germany. Congress overwhelmingly voted to go to war.

On June 26, the first 14,000 U.S. infantry troops landed in France to begin training for combat. After four years of bloody stalemate along the Western Front, the entrance of America's well-supplied forces into the conflict was a major turning point in the war. By the time the war finally ended on Nov. 11, 1918, more than 2 million American Soldiers had served on the battlefields of Western Europe, and some 50,000 of these men had lost their lives.

Article by

SGT. CHRISTOPHER GARIBAY



JSMART SPOT

JSMART HELPER: HARLEY

TOO MUCH SCREEN TIME

Have you ever considered how much of your average day is spent in front of a computer or television screen? Unfortunately some of us are tied to a desk because of our jobs, but this behavior can become a habit. It's important to look at the variety of unhealthy aspects of this lifestyle.

While television and movies offer solid entertainment and are ultra-convenient, they require minimal effort. Hours spent binge-watching our favorite TV shows rob us of time we could be using for more productive activities such as socializing or exercising. Studies have shown that the average American watches more than 5 hours of television a day.

All that sitting and not moving enough can lead to a host of medical complications. In fact, recent research has deemed sitting to be the new smoking. It's also common to find poor eating habits related to high TV usage. This is because many of us settle on junk food while watching shows and we are less aware of what we are eating and how much. Staying up late while binge-watching shows is another struggle

for many of us. Whether it's TV shows or sporting events, missing out on sleep causes a reduction in work performance and has been linked to insomnia, anxiety, and depression.

TV and movies can also negatively affect our view of the world around us. Although some movies contain legitimate life lessons, they are a form of entertainment and do not represent reality. Even news programming provides only a glimpse into what's happening in the world, some of which is grossly distorted for entertainment purposes.

While TV and movies can add excitement to our everyday lives we are cautioned to never rely on them. We can strive for balance and remember that our greatest enjoyment can come from how we live our own lives instead of watching others.

Article by

PETTY OFFICER 3RD CLASS RANDALL KELLEY

Joint Medical Group

RELIGIOUS SERVICES ROMAN CATHOLIC (NAVSTA chapel) Saturday* 1700 0900 Sunday* (Side Chapel) Mon-Thurs* 1730 & 0900 PROTESTANT SERV. (JTF Troopers' chapel) Sunday* 0900 & 1900 Friday night movie Friday 1900 PROTESTANT SERV. (NAVSTA chapel) 0930 Annex Room 1(Liturgical Service) Traditional* Sunday Contemporary* Sunday 1100 Main Chapel Gospel Sunday 1300 Main Chapel PROTESTANT SERV. (JTF Troopers' chapel) Islamic Prayers Friday 1315 Annex Room 2 0900 7th Day Adventist Annex Room 1 (Sabbath School) Saturday Saturday 1100 Annex Room 1 (Sabbath Service) Latter Day Saints Sunday 0900 Annex Room 19 Pentecostal 0800 Annex Room D Sunday Annex Room D Sunday 1700 JTF Bible Study* Monday 1900 JTF Troopers' Chapel 1900 JTF Troopers' Chapel Wednesday Beginners Bible Study* JTF Deputy Chaplain's Office Thursday 1130 JTF Troopers' Chapel Bible Study* Saturday 1900 Christian Fellowship Sunday 1800 Main Chapel (Non-denominational) Jewish Hebrew Tanakh **TBA** TBA Contact JTF Chaplain's Office x2218 LUTHERAN SERV. (JTF Troopers' chapel)

DAVE RAMSEY'S FINANCIAL PEACE / MILITARY EDITION (JTF Troopers' Chapel)

Sunday

Tuesday 1900 Taught by Chaplain Tim Foster

1030

FERRY SCHEDULE

Monday - Saturday

FERRY

Windward:

0630/0730/0930/1030/1130

Leeward:

0700/0800/1000/1100/1200

UTILITY BOAT

Windward:

1330/ 1530/ 1630/ 1630/ 1730/ 1830/ 2030/ 2230/ 2330

Leeward: 1400/ 1600/ 1700/ 1800/ 1900/ 2100/ 2300/ 0000 Sunday & Holidays

JTF Troopers' Chapel

FERRY

Windward:

0730 / 1330

Leeward:

0800 / 1400

UTILITY BOAT

Windward:

1030 / 1530 / 1730 / 1830 / 2030 / 2230

Leeward:

1100 / 1600 / 1800 / 1900 / 2100 / 2300

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

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

UPDATE: KEEP YOURSELF CYBER SAFE

An update on the OPM security breach

Do you hold a security clearance, or have you or an immediate family member held one in the past 15 years?

If so, it is very likely that your personal data has been stolen. In the past four months, two separate but related cyber-security incidents have been discovered which impact federal government employees and contractors. In April, OPM discovered that the personnel data of 4.2 million current and former federal government employees had been stolen. Then in June, OPM discovered the compromise of background

investigation records of over 20 million current, former and prospective federal employees and contractors, containing information such as full name, birth date, home address, Social Security Numbers, and e-QIP user names and passwords. Nearly two million spouses and cohabitants of individuals who applied for security clearances were affected, as well.

What can you do about it?

OPM is continuing to investigate and monitor the situation. Affected individuals will be auto-enrolled in some service but will need to

take action to enroll in others.

To read the latest from OPM and learn about what you need to do to protect your identity, visit the URL below: https://www.opm.gov/ cybersecurity/

Article courtesy

JTF, J2



These services are conducted by Army or Navy chaplains / For more information call ext. 2218.

