

THE OFFICIAL PUBLICATION OF JOINT TASK FORCE GUANTANAMO

THE WIRE

November 26, 2015



PHOTO STORY

THANKSGIVING: MWR PAINTBALL TURKEY SHOOT

TROOPERS ATTACK BARNYARD
ANIMALS DURING EVENT

TROOPERS JOIN FORCES WITH W.T. SAMPSON SCHOOL FOR GPS LESSON

PRIME BEEF GOES ABOVE, BEYOND:
TEACHES STUDENTS TO NAVIGATE

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JTF HELPS 800 SERVICE MEMBERS
PREVENT SICKNESS

NATIVE AMERICANS INSPIRE WITH CONTRIBUTIONS TO OUR NATION

CEREMONY HONORS, TEACHES
ABOUT NAVAJO CODE TALKERS

GIVE THANKS FOR EACH OTHER

As we take time to reflect and give thanks in the spirit of the holiday, I offer my personal thanks to all Joint Task Force Troopers for your professionalism and hard work carrying out our mission of safe, humane, legal and transparent care and custody of detainees.

More than 150 years ago, President Lincoln proclaimed a national day of Thanksgiving during the Civil War. Then, as now, it was a day for Americans to express gratitude for the many blessings they enjoyed, many of which are only possible because of the sacrifices of those who serve and their families.

Your strength, selflessness and patriotism ensure our freedom and the security of

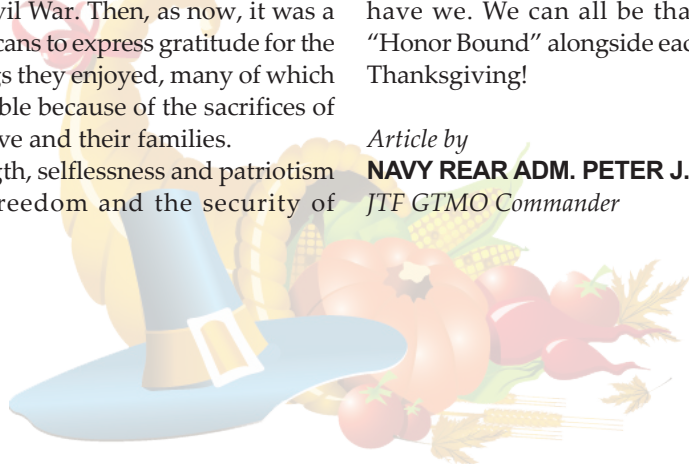
our Nation. Never doubt you are deeply respected and I am personally thankful for your commitment and service.

I recognize this time of year is especially difficult while serving away from families and loved ones. However, just as the Pilgrims and Native Americans came together despite different backgrounds and traditions, so have we. We can all be thankful to serve "Honor Bound" alongside each other. Happy Thanksgiving!

Article by
NAVY REAR ADM. PETER J. CLARKE
JTF GTMO Commander



NAVY REAR ADM. PETER J. CLARKE
JTF GTMO Commander



GRATITUDE IS A POWERFUL TOOL

inflict damage to families, you make them second-guess commitments and wonder if their sacrifices have merit. I will crush your toxicity with thankfulness. Being thankful changes how people view themselves and being grateful is a step toward self-love and self-acceptance. Thankfulness replaces self-doubt with a willingness to learn and an increased capacity to love and give of ourselves. Being thankful can lead to humility. Authentic community stems from humility, not from self-doubt or despair.

Your name means, "without hope." I have seen how you drain hope from people. You have convinced them things will never change for the better. You make them think their voices will not be heard and their work is in vain. They feel misunderstood, so they stifle sadness and anger as you play your silly mind games. I give hope. People can live days without food or water, but not a day without hope. I have seen people through the toughest circumstances ever conceived. Ask anyone who has been through rough times. Giving thanks for something, however small, helped them have hope.

Read the book "Unbroken", and you will see an example of someone who survived imprisonment, depression and broken

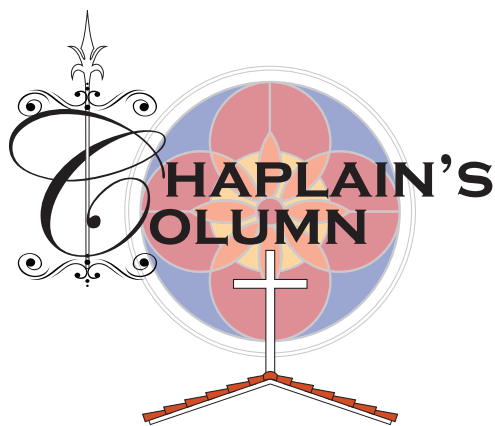
relationships by giving thanks and gaining hope. Many people around here defy you - I give them power over you. You will not win.

You may have heard of a holiday this week that has my name on it. Most folks around here will not be with family and friends, but I am showing up anyway. You can send people anywhere in the world and I will find them. All they need to do is ask for me. When people are not home or where they truly want to be, they can find reasons to give thanks. Are there difficult people here? Maybe a few, yet most are hard working, dedicated and decent people who will pause from their mission long enough to give thanks, maybe for each other.

Although I will get more attention this week, I am always around. I am stronger than you will ever be. Do not think for a moment you can bring people down when I am in the same room. I will square off with you any day and I will always win.

Sincerely,
Gratitude

Article by
NAVY CHAPLAIN (CMDR.) SEAN COX
JTF GTMO, Chaplain



Dear Despair,

You're done.

You and I cannot live in the same place. We have opposing agendas. You kill hope. I bring hope. You limit options—I open and expand them. You convince people they are shameful and I encourage people whenever they reach out to me. You thrive on secrecy—I exist openly.

You are toxic. You make men second-guess themselves by questioning their competence. You make women second-guess themselves when you suggest they are less competent than men or by heaping shame on them. You



COMMANDER & CHAPLAIN

Read a Thanksgiving message from the JTF commander. The chaplain writes about how being grateful, can conquer despair this holiday season.



GTMO NEWS

Tis' the season for the flu, Troopers get vaccinations at the chapel. Learn how to plan ahead and land a federal job after deployment. Learn how the Prime BEEF goes above and beyond.



PHOTO STORY / COVER PHOTO

MWR hosts another fun event: the Paintball Turkey Shoot where Troopers were able to have fun with paintball guns over the weekend.



ENTERTAINMENT

Vin Diesel does it again, as the tough guy hero, in "The Last Witch Hunter." Was the last movie of "The Hunger Games" a letdown? Jennifer Lawrence is the Mockingjay one last time.



SPORTS

TRX is a hit with JTF and NAVSTA Troopers, as they use their own body weight to strengthen their muscles. Also, the football season is coming to an end, read how the *Punishers* are doing.



LIFE & FITNESS

Staying healthy during the holidays is not easy. Find out how to make good food choices on Thanksgiving. JSMART gives us tips on the grace of gratitude.

MOTIVATOR OF THE WEEK

**ARMY SGT.
STEVEN WAITE**
42ND ID, J1

SPC. ASHLEY WARD
244TH MP CO.

HOLIDAY OPSEC!

It is Thanksgiving once again and everyone is anxious to talk to family and friends. Most communication traffic is probably going to include some form of personally identifiable information. Things like your name, social security number, phone number, local address, home of record, birthday, place of birth and mother's maiden name are all considered PII. Putting this type of information on Facebook, Instagram, Twitter or other Internet websites, can put you at a much greater risk of financial fraud, credit theft and identity theft. Any information that is tied directly to you or could be used to identify you should be protected. Many people don't think about the need to protect this information until it's too late. Don't let this happen to you or your family. Use OPSEC to protect your PII and have a Happy Thanksgiving.

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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ARMY SGT. CHARLIE HELMHOLT



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TROOPERS PREVENT FLU, STAY HEALTHY WITH VACCINE



The Joint Medical Group and 525th Military Police Battalion sign Troopers in to administer the flu vaccine at the Trooper Chapel on Nov. 18.

This past week, the Joint Medical Group and the 525th Military Police Battalion gave approximately 800 flu vaccines to Joint Task Force Guantanamo Troopers. Out of the 800, the JMG and 525th MP Bn. medics vaccinated nearly 500 military personnel at the Trooper Chapel on Nov. 18.

“With how the (military) is, how we’re all living in close quarters during flu season, it’s really important to be vaccinated, so there’s not an outbreak,” said Spc. Randy Smith, a medic with the 525th MP Bn., who administered the flu vaccine at the Troopers’ Chapel.

According to the Centers for Disease Control and Prevention, flu-associated deaths ranged approximately from a low of a 3,000 to a high of 49,000 people between the flu seasons 1976 through 2006.

Service members received the FluMist or flu shot, to fulfill the Department of Defense’s requirement that all military personnel get a flu vaccination annually, to prevent service members from contracting the flu.

Before medical professionals gave vaccinations, they looked over the Troopers’ brief medical history to ensure they qualified to receive the vaccine.

Adults over the age of 50 and those with severe nasal congestion or weak immune systems were not administered the FluMist, said Army 1st Lt. Alys D. Ludwig, a physician’s assistant at the Joint Trooper Clinic.

Studies with FluMist did not include enough patients over the age of 49 to determine if they respond differently than younger individuals, according to aidsinfo.

nih.gov. Therefore, the safe and effective uses of FluMist in those ages 50 and older have not been established.

Roughly 300 Troopers received the FluMist, said Navy Petty Officer 2nd Class Dyani McKenzie, a hospital corpsman for the JMG, who vaccinated service members at the Trooper Chapel.

FluMist is a nasal spray containing a live virus, which works faster than the shot because it is absorbed into the mucus membrane.

Additionally, the FluMist saves the military money because it is less expensive than a shot of the flu vaccine, said Ludwig.

Although, the FluMist is more cost effective, both Smith and McKenzie said they personally prefer the flu shot because they see less negative side effects occur after the shot versus the nasal spray.

Medical professionals at the Trooper Chapel required service members to stay 15 minutes after the shot vaccine was administered to make sure they did not suffer immediate side effects. Negative effects include chills, coughing, muscle aches, fever, sore throat, earache, pain or tenderness around the eyes and cheekbones, shortness of breath or trouble breathing.

Getting a flu vaccine is a good way to prevent getting the virus, but you can also prevent spreading the flu by staying home when you are sick, as well as covering your mouth or nose when sneezing or coughing, according to CDC.

For service members who did not get their flu vaccine this week, they can receive it at the Joint Trooper Clinic on Dec. 4 at 8 a.m. - 12 p.m. and 1 p.m. - 3 p.m.

Article and photos by
SPC. NICOLE NICOLAS



Navy Petty Officer 3rd Class Douglas Austin, with the Joint Medical Group, administers the flu vaccine to a service member. The Joint Trooper Clinic vaccinated Troopers with the FluMist or a flu shot.

FFSC CAN HELP YOU PLAN, PREPARE, LAND PERFECT JOB

There are instances during a deployment where the only thing you can focus on is the mission. At other times, you have time to focus on your future, beyond U.S. Naval Station Guantanamo Bay, Cuba. For some this means looking for a federal job and landing an interview before the deployment is over. However, if you are unfamiliar with the process of applying for a federal job the whole ordeal may be daunting. Fear naught! Fleet and Family Support Center is here to help.

Two federal employment experts stand ready to assist JTF Troopers and NAVSTA personnel with career guidance and transition assistance. Emily Kolenda and Catherine Koop are work-life family specialists with FFSC and they help Troopers prepare for their careers beyond this deployment. Kolenda is a certified federal job coach who thoroughly understands the process of becoming a federal employee. For National Guard and Army Reservists who will return to civilian life after GTMO or active duty members looking for life beyond the military, they teach classes that can jumpstart your federal job search.

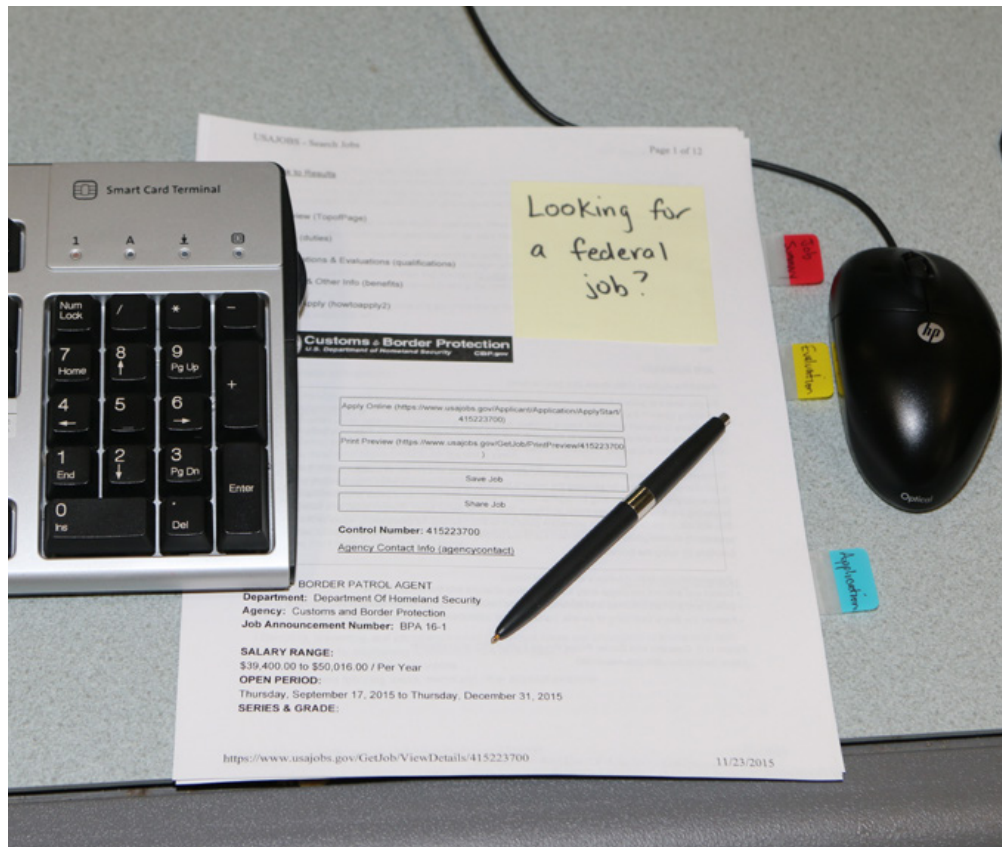
"We offer the Navigation Federal Employment workshop, which is a brief two-hour overview of what the federal job search entails," said Kolenda. "The 10 Steps to a Federal Job class is a six-hour course that really breaks down the entire process."

Koop said securing a federal job is a difficult process, which may yield very few results if you do not know what you are doing. Whereas many companies generally look to fill vacancies immediately, federal jobs can take more than 6 months to fill, depending on the position requirements.

"The first question you want to ask yourself is 'who do you want to work for?', and from there pull the job announcements," said Kolenda. "Understand that not every agency posts on [job search engine] USA Jobs... read the agency's mission statement and find out if you like what they stand for."

Doing so will help you narrow your job search and subsequently help you craft a resume best positioned to be received by the hiring agency, said Koop.

Kolenda said staying organized and thoroughly reviewing the job posting will help you pull out the important details and information you need to highlight in your resume. For example, a U.S. Border Patrol job posting located on USA Jobs, requires a candidate to be familiar with control and detention, firearms qualification and law



enforcement responsibilities. Therefore, including quantitative and qualitative information using these key words may separate you from other candidates.

Koop said you have to show how your experiences would be a good fit for the agency you are applying to and that you are capable of handling all the job responsibilities.

Some people think working at jobs such as Starbucks and Burger King do not provide the experience needed to fill the needs of any federal job, but Kolenda argues otherwise.

Jobs similar to Starbucks teach you cash handling skills, inventory management and customer service. There are agencies, which seek these skills, but you have to be able to communicate that on your resume, she said.

Once you understand the federal application process, build your resume to cater to the specific needs of each job and agency you have applied to. The last step is the interview. It is encouraging to know the interview is the final step in the selection process, but it does not guarantee you a position. There are four kinds of interviews: one-on-one interviews or you and a hiring manager, panel interviews or you and a few senior managers in a department, phone interviews and video interviews.

Once you figure out what kind of interview

the hiring agency will use to evaluate you, preparation is key. This includes knowing the agency mission and goals, thoroughly understanding the job requirements, and knowing how your experiences are a great fit for the hiring agency. Looking up sample questions and practicing with a partner can help reduce some of the initial nervousness that comes with an interview, said Koop.

"The FFSC is a user-friendly resource center," said Kolenda. "We have an office on the JTF side next to the Chaplain's office where we can make appointments and hold classes for one or several Troopers. Understand that the federal hiring process takes time, sometimes two to four months, sometimes longer. The most important thing is to start early."

The Navigating Federal Employment and 10 Steps to Federal Employment workshops are offered monthly, with the next 10 Steps to a Federal Job being on Dec. 17 at the Troopers' Chapel. Troopers interested in learning more about the federal application process can attend classes held by the FFSC by setting up an appointment by calling x4141.

Article and photo illustration by
ARMY SGT. CHRISTOPHER A. GARIBAY

TROOPERS JOIN FORCES WITH W.T. SAMPSON SCHOOL FOR GPS LESSON

From week to week, Joint Task Force Guantanamo Troopers work to improve the base, themselves and each other. While the mission always comes first, every now and then, an opportunity to go above and beyond arises and Troopers get the opportunity to take on unique challenges. Recently, the 474th Expeditionary Civil Engineering Squadron, known as the Prime Base Engineer Emergency Force was presented such an opportunity.

The students at W.T. Sampson have been learning about GPS and the technology behind it, which presented the students a rare chance to join forces with JTF Troopers.

"We're teaching the kids about satellites and Global Positioning Systems," said Diedra Faulkner, a math and science teacher at W.T. Sampson Middle and High School. "They're learning about longitude and latitude and learning how to map with coordinates."

In honor of National Geographic Information Systems Day, Nov 18, Faulkner contacted the Prime BEEF Troopers to assist her in teaching her students about GPS.

Air Force Master Sgt. Jill Reed, the noncommissioned officer-in-charge of Prime BEEF's engineering section, was responsible for preparing a lesson plan for the students.

"The BEEF has done stuff like this in the past, as far as going to the school and teaching students about equipment and how it works," said Reed. "They called and ask us for support and since I'm the subject matter expert I taught the class."

The lesson consisted of a brief power point presentation and discussion between Reed and the students.

"I taught them a little bit about how GPS works, where GPS came from and how to navigate using a GPS," said Reed.

After her presentation regarding the history, technology and the basics of how GPS works, Reed showed the students a Defense Advanced GPS Receiver, a handheld GPS receiver used by the Department of Defense.

"It was pretty cool that the school was able to get real military-grade GPS out here and actually work with the kids," said Tyler McNally, a student at W.T. Sampson Middle and High School.

Once the brief was over, Reed took the students out for a hands-on practical exercise, which allowed the students to prove they understood the lesson and gave them the chance to use the DAGR.

Reed taught the class how to use the GPS and then they went around the campus



Master Sgt. Jill Reed, the 474th Expeditionary Civil Engineering Squadron, known as the Prime Base Engineer Emergency Force, noncommissioned officer-in-charge of engineering, helps Tyler McNally, a student at the W.T. Sampson Middle and High School, with the Defense Advanced GPS Receiver during a class taught by Reed in honor of National Geographic Information Systems Day on Nov. 19.

looking for buried treasure, said Faulkner.

First, the students broke into two groups of seven, said Reed. Next, the students went out, placed poker chips around the school grounds, created waypoints and coordinates for each poker chip using the DAGR. Once each waypoint was set, the groups switched DAGRs and they had to navigate to the

THE KIDS WERE RECEPTIVE, ENTHUSIASTIC AND THEY PARTICIPATED

poker chips the opposite group hid around the school.

"They (the students) always say, 'why do I have to learn this,'" said Faulkner. "'When am I ever going to use this?'"

The students were able to see how the GPS can be used in a real situation, said Faulkner. Plus they got a kick out of it because they got to have their "treasure" at the end, a box consisting of festive Mardi Gras beads and candy.

"It was educational," said McNally. "It wasn't just textbook stuff. We actually got to go out and work with Global Positioning Systems to try and find tokens around the school."

Many of the students seemed to like the activity Reed prepared for them.

"I enjoyed the scavenger hunt," said Shaun Bryska, a student at W.T. Sampson Middle and High School. "It was kind of hard but it was a pretty good activity."

Not only was Reed able to amuse the students, she also taught them things about GPS that some of the students did not know before, said Rebecca Vargas, a student at the W.T. Sampson Middle and High School. Vargas said she learned that the military invented the GPS.

Reed made the class fun and left a good impression on the students.

Reed was awesome, said Jasmine Whitehouse, one of Reed's participants. She was cool and energetic, which made it fun.

"It was exciting," said Reed. "I have a teaching background. I have been an instructor in the military for a few years, so it's something that I am very familiar with. The kids were receptive, enthusiastic and they participated. I really appreciated that. I was surprised at how fast they learned to use the DAGRs, it actually made my job a lot easier; that was awesome."

Faulkner said she was happy the way the lesson went and she was glad the students had so much fun learning.

Reed's exercise with the students is just another example of how JTF Troopers are making a difference around Guantanamo Bay, Cuba.

Article and photo by
SPC. JUSTIN LE. MALONE

NATIVE AMERICANS INSPIRE WITH CONTRIBUTIONS TO OUR NATION

Joint Task Force Troopers participated in the Native American Indian Heritage Observance event held at the Troopers' Chapel on Nov. 20. The event, sponsored by the 525th Military Police Battalion, allowed those in attendance the opportunity to hear from a member of the Yoruk Tribe and learn about the contributions of the Navajo Code Talkers of World War II.

"One of the great intellectual and moral epiphanies of our time is the realization that human diversity is a blessing," said 1st Lt. Domenico W. Lazzaro, a company level executive officer with the 525th MP Bn. "It has become conventional wisdom that being around those unlike ourselves makes us better."

It is undeniable that Native American culture has influenced our nation. From the names of thousands of cities and many states to the adaptation of the guerilla-style warfare, which helped win our independence, the roots of the first Americans still run deep throughout our country.

Today there are approximately 5.2 million Native Americans making up only 1.7 percent of the population, yet despite their small numbers, their contributions to this country have been enormous.

According to the Smithsonian Institution, more than 12,000 American Indians served in World War I, which was nearly 25 percent



Joint Task Force Guantanamo Troopers view several documents chronicling the life of the Native American Code Talkers of World War II. The materials were lent to the JTF from the Smithsonian and on display during the Native American Indian Heritage Observance Ceremony at the Trooper Chapel on Nov. 20.

of the male Native American population, at that time. During World War II, when the total American Indian population was less than 350,000, an estimated 44,000 Native American men and woman served.

Lazzaro presented a discussion of the Native American Code Talkers, which was augmented by reading material sent from the Smithsonian.

"Early in the war, Japanese cryptographers, many of whom were educated in the U.S. were very familiar with American colloquialisms including slang and profanities and were proving amazingly adept at breaking top secret U.S. military codes even as new ones were developed," said Lazzaro. "As a result American battle plans became known to the enemy almost immediately often before they had become operational. The result was an appalling loss of American lives."

It was these men, the Native American Code Talkers, some of whom volunteered and others drafted, who developed a code that was considered unbreakable by the enemy and turned the tide of American intelligence, communications and tactics in the war, said Lazzaro.

In addition to the Code Talker discussion JTF Troopers were treated to another speaker at the event: Petty Officer 2nd Class Daniel A. Feicco, a Corpsman with the Joint Medical Group and member of the Yoruk Tribe, also known as the Downriver People, who spoke about life from the perspective of a Native

American in the military today. He is from Northern California and lives just miles from his tribe's reservation.

"We are the largest tribe in California with nearly 5,000 members, we have a tribe council and a constitution that in many ways mimics our constitution of the U.S.," said Feicco.

Although he was raised just off the reservation and attended public school, Feicco also attended the Native American Indian Academy, which he compares to a charter school, during his high school years.

Feicco said he plans to take the skills he learns as a Corpsman back to the tribe and become more involved as he continues to learn the language and customs of his people.

Sgt. Justin B. Victorian, the Joint Task Force Senior Enlisted Leaders' Assistant, said he greatly enjoyed the information and that it was very good to learn about a different culture, especially one he has heard so much about on the Internet and television.

President Barack Obama summed up the event's message in the proclamation on Oct. 30, declaring November as National Native American Heritage Month.

"As the First to live on this land, Native Americans and their traditions and values inspire and continue to inspire, the ideals of self-governance and determination that are the framework of our nation," said Obama.

Article and photos by
ARMY SGT. CHARLIE HELMHOLT



Soldiers from the 525th Military Police Battalion serve other members of Joint Task Force Guantanamo traditional Native American dishes, during the Native American Indian Heritage Observance Ceremony held at the JTF Trooper Chapel on Nov. 20.



THANKSGIVING: MWR PAINTBALL TURKEY SHOOT

“Let’s see how a redneck does at this,” said Petty Officer 3rd Class Nathan Crigger, a master at arms for U.S. Naval Station Guantanamo Bay, Cuba, as he stepped up to see how many targets he could hit during this year’s Paintball Turkey Shoot, hosted by the Morale, Welfare & Recreation on Nov. 21.

The shoot saw contestants fire at a series of stationary targets, which were small cutouts of animals, and the person who hit the most won. Each person received two shots to hit each of the eight targets hanging from a clothesline located at the opposite end of the paintball course.

It is an event that we have done before, and it is always pretty popular right before Thanksgiving, said Katie M. Prestesater, the MWR outdoor recreation director.

It started slow but several participants began hitting the targets, first two - then three - then four. In the end, two service members, Crigger and Spc. Joseph Daniels, a Military Police Officer with Joint Task Force were tied with four hits each.

The event moved into overtime as the two shooters went through the course again hoping to break the tie.

Crigger stepped up to fire first, and with hit after hit he racked up six hits total, a steep score for Daniels to try and beat.

Daniels aimed down his sights and slowed his breathing, using the lessons taught to service members on rifle ranges everywhere. He hit the wood cutout, at the first station and seemed as if he might indeed catch up to Crigger, but by the fourth station, it was clear that his score would stand.

Daniels took second place with three hits on the tiebreaker.

Daniels said he and a friend heard about this event while out fishing and thought it would be interesting to go out and shoot some stuff.

“The paintball course is kind of a niche market, but people who come in here are energized and excited to use it, so the fact that we are able to provide that service I think is essential to this base,” said Katie M. Prestesater.

Daniels says now that he has gotten some hands-on time at the paintball course he plans to come back to play again.

“It’s pretty awesome being able to play paintball on a deployment, I don’t know anywhere else you can do that,” said Daniels

In addition to prizes, such as a Duck Dynasty DVD, sunglasses and fishing poles were given away, this competition also served as a warm-up for next month’s Capture the Santa paintball tournament.

“Right now, we are looking at (an) inflatable Santa Claus and snowman,” said Prestesater. “So you have to deflate the Santa Claus, run it back over to your generator and inflate the Santa Claus or snowman.”

With the Turkey Shoot now complete, Troopers at the JTF should remember there is always a safe and fun way, to shoot your friends and co-workers, by using paintballs, of course. There are several events offered throughout the year highlight your paintball marksmanship expertise. For more information on other paintball and outdoor events, contact Katie Prestesater at katherine.stanley@gtmo.navy.mil, or call the paintball range at 2381.

Article and photos by
ARMY SGT. CHARLIE HELMHOLT





Contestants gather around to hear the rules of the Paintball Turkey Shoot competition held at the Ground Zero Paintball Range at U.S. Naval Station Guantanamo Bay, Cuba on Nov. 21.



A paintball gun rests on a barrier during the Paintball Turkey Shoot. Troopers participated in preparation for Thanksgiving.



Petty Officer 3rd Class Christopher O'Brien, shoots at a target during the competition held at the Ground Zero Paintball Range.



Petty Officer 3rd Class Christopher O'Brien narrowly misses his target.



Wood cutouts in the shape of various animals served as the targets for the Paintball Turkey Shoot Out competition.



A bag of brightly colored paintballs serves as the ammunition for the competition.



Spc. Joseph Daniels receives a prize for placing second in the Paintball Turkey Shoot that took place this weekend.

MOVIE REVIEW / **THE LAST WITCH HUNTER**

V I N D I E S E L



When one thinks of a Vin Diesel movie, you may think of intense action, a high-speed agent, bullets whizzing by, fast cars, explosions, or extreme stunts, but you don't expect witches.

So when "The Last Witch Hunter" came out, I was a little nervous to watch it. I'm a Vin Diesel fan and I didn't want to see him in a failed attempt of an action film, much like I wouldn't like to see him try to make another "Fast and Furious" movie, but I digress. I honestly couldn't picture him doing this role well, but much to my surprise, it wasn't bad at all. It was actually quite entertaining.

"The Last Witch Hunter", directed by Breck Eisner ("The Crazies"), opens with Kaulder (Vin Diesel), as he hunts down a powerful witch, but not just any witch. Kaulder and his men are hunting the most powerful witch of all, the Witch Queen (Julie Engelbrecht). As they enter the Witch Queen's lair, they encounter a slew of witches, whom they valiantly defeat. While Kaulder's men are taking on the Witch Queen's disciples, he is able to corner the Queen and after a hard fought battle, he is able to ram his sword into the Queen's chest. Just as Kaulder begins to feel a sense of accomplishment, the Queen has one more trick up her sleeve, a curse. With her dying breath, the Witch Queen curses Kaulder with eternal life.

Now normally you would think, "Oh, I have to live forever. That doesn't sound too bad." On the contrary, Kaulder wants nothing more than to kill the Witch Queen for casting the Black Death or bubonic plague, which killed 137 million people including Kaulder's wife and daughter, and to die himself.

Kaulder is forced to live for centuries, wandering the planet, destroying witches one by one. He lives a lonely life watching his friends die as they age while he cannot join them in the afterlife no matter what injuries he suffers.

In the movie, Kaulder is the last witch hunter and his past is

catching up with him. As he is working for a secret witch-hunting organization, Axe and Cross, Kaulder becomes over confident and slightly arrogant. This makes sense to me because the guy has been doing this for centuries and literally can't die.

Throughout his time serving the Axe and Cross, Kaulder has been partnered with a scribe, called Dolan 36. In present time Dolan 36 (Michael Caine) is Kaulder's sidekick, chronicler of his stories and good friend. However, Dolan 36 was not blessed or cursed with eternal life and decides to retire. Suspiciously, he dies the day he retires, which didn't seem right to Kaulder so he investigates the death. Upon Ellic's death, Kaulder is sent a new scribe, Dolan 37 (Elijah Wood) and together they set out to find out what really happened to Ellic.

During the investigation, Kaulder and Dolan 37, discover a group of witches are attempting to resurrect the Witch Queen. With that said, I'm not going to give away any plot points, but I would suggest that you take the time to check this movie out.

All in all, the movie was pretty solid. The acting was pretty good and is it natural for Vin Diesel to play the tough guy who fights a lot. I mean obviously he is always type casted and you can't go wrong with him in an action movie. The effects are awesome and the story is well crafted. I was nervous to see this movie at first, but after seeing it, I'm glad I took the time and gave it a chance. I give this movie four stars.

"The Last Witch Hunter" rated PG-13 for sequences of fantasy violence and frightening images.

Movie review by
SPC. JUSTIN LE. MALONE



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 Good Dinosaur (New) PG, 7 p.m. Creed (New) PG13, 9 p.m.	Our Brand is Crisis (New) R, 7 p.m. Steve Jobs R, 9 p.m.	The Peanut Movie PG, 6:30 p.m. The Hunger Games: Mockingjay - Part 2 PG13, 8:30 p.m.	Bridge of Spies (LS) PG13, 7 p.m.	Spotlight R, 7 p.m.	The Martian (LS) PG13, 7 p.m.	Spectre PG13, 7 p.m.
11/27 FRIDAY	11/28 SATURDAY	11/29 SUNDAY	11/30 MONDAY	12/1 TUESDAY	12/2 WEDNESDAY	12/3 THURSDAY
Our Brand is Crisis (New) R, 8 p.m. Paranormal Activity: The Ghost Dimension R, 10 p.m.	The Good Dinosaur (New) PG, 8 p.m. Creed (New) PG13, 10 p.m.	Bridge of Spies (LS) PG13, 8 p.m.	LYCEUM CLOSED	The Martian (LS) PG13, 8 p.m.	LYCEUM CLOSED	The Hunger Games: Mockingjay - Part 2 PG13, 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.

*Want to write a movie review for The Wire? Send your movie review to: thewire@jtfgtmo.southcom.mil

MOVIE REVIEW / THE HUNGER GAMES: MOCKINGJAY - PART 2



Spoiler alert!

The movie, "The Hunger Games: Mockingjay Part 2", was a letdown. I loved the first three movies as they closely followed the books. However, this movie took a turn, deviating quite a bit from the book by adding weird creatures and messing with the plot, making the story a bit off.

In this installment, Katniss Everdeen (Jennifer Lawrence) continued as the Mockingjay, the face of the "rebels." Coriolanus Snow (Donald Sutherland) continues his evil games even after the rebels have formed District 13 to take back the capitol. Peeta Mellark (Josh Hutcherson) is recovered from the capitol; where he was brainwashed by Snow and reprogrammed to kill Katniss.

While the rebels prepare to move into the capitol of Panem, a "star squad" of elite fighters is formed with key players of past hunger games. This squad is formed by the direction of the self-appointed

rebel president. President Alma Coin (Julianne Moore) does not like Katniss and sees her as a threat to the position she hopes to one day attain. Therefore, Coin sends Peeta to help the star squad, but because of his memory loss – he poses a threat to Katniss.

As they move through the capital, the squad is trapped by a black, oil-like substance, and some of their members are injured and others killed. In time, Peeta begins to remember who Katniss really is, but has relapses, and tries to kill her during the invasion.

I liked some of the action scenes of this movie. However, I did not like the weird alien-like creatures that appear when the squad are in the tunnels, even though it is interesting to see the team fight in that particular scene.

They are constantly hunted. Thanks to allies within the capitol the squads are able to get closer to their target. Eventually, Katniss and Gale Hawthorne (Liam Hemsworth) must pretend to be refugees to get to Snow's mansion. In the process, the rebel's fire at "peacekeepers" and civilians, the capitol's soldiers near the mansions gate.

Rebel medics hurry to help the injured. One medic happens to be Katniss' sister, Prim (Willow Shields). Katniss watches in horror as bombs drop, killing Prim. This is one of the most crucial scenes in the book and it just did not seem to be as important in the movie. The entire reason for Katniss ending up in the first game was that she wanted to protect her sister. When the movie skimmed over how important Prim was to Katniss, it made me like the film even less.

Sometimes it is hard when you have expectations of a movie being as good as the book and it does not meet those expectations.

Overall, the movie ended the same as the book. I am a fan of happy endings and I really enjoyed the books, but I cannot say the same for the last movie in this series.

I give this movie two out of five stars. It just didn't live up to my expectations, based on the book.

"The Hunger Games: Mockingjay-Part 2" is rated PG-13 for intense sequences of violence and action and for some thematic material.

Movie review by
ARMY STAFF SGT. ALEAH M. CASTREJON



MWR

2015/16 SPORTS SCHEDULE

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

MONTH / DAY ACTIVITY

December 5	Power Lift Competition
December 11	Army / Navy Game
December 19	Holiday Basketball
December 24	Jingle Bell Fun Run
January 23	Softball Tournament
January 25	Soccer League starts
January 30	Full & Half Marathon
February 1	Kickball League starts
February 6	Fitness & Figure Comp.
February 13	Adult 1 Mile Swim
February 16	Basketball League starts
February 20	GTMO Mudder
February 27	Sprint Triathlon
March 12	Northeast Gate Run
March 12	Max Performance Games
March 14	Ultimate Frisbee League
March 19	Lucky Dog 5k
March 26	Aquatics Easter Egg Hunt
April 2	April Fool's Softball Trnmnt.
April 4	Softball League starts
April 11	Flag Football League starts
April 16	Youth Swim Meet
April 18	Golf League
April 23	Olympic Triathlon
May 7	Color Run
May 9	Indoor Volleyball League
May 14	Adult 500 Yard Swim
May 14-15	GTMO Golf Open
May 20-21	Captain's Cup Events
June 4	Max Performance Games
June 11	JPJ 5 Miler
June 18	Youth Summer Splash
June 25	Power Lifting Meet
June 27	Soccer League starts
July 2	Softball Tournament
July 2	Ridgeline Trail Run
July 4	Golf Tournament
July 11	Basketball League starts
July 16	Cable Beach Run
July 23	Adult Swim Sprint 300 Yard
July 25	Badminton League starts
August 6	Duathlon
August 8	Beach Volleyball League
August 13	Paddle, Pedal, Paintball
August 20	Back to School Splash
August 20	Fitness & Figure
August 22	Ultimate Frisbee League
August 27	All-Night Softball Trnmnt.
September 3	Sprint Triathlon
September 5	Golf Tournament
September 6	Co-Ed Softball League
September 11	9/11 Memorial Run
September 13	Flag Football League starts
September 17	Adult 100 Yard Swim Meet
October 22	Glow Run
October 29	Zombie Run
November 5	Olympic Triathlon
November 19	Max Performance Games
November 24	Thanksgiving Half & 5K

TRX HELPS IMPROVE FITNESS LEVELS



Shawna Griego and Flo Cunningham attend the Total body Resistance Exercise class, Nov. 17, in the G.J. Denich Gym, at U.S. Naval Station Guantanamo Bay, Cuba. Participants attend the class on Tuesdays at 5 p.m. to use suspension straps to improve your physical fitness.

Are you searching for a new way to get in shape? Kick your work out into high gear with Total body Resistance Exercise, known as TRX.

This is a full body workout that can push you to perform better on your next physical fitness test, said Carl Heron, a fitness instructor who teaches TRX at the G.J. Denich Gym.

The program uses suspension straps to improve your push-ups, run-time and sit-ups for the military physical fitness test with various abdominal and cardio exercises including jack squats, planks, flies and burpees.

Navy SEAL, Randy Hetrick, originally designed the TRX suspension straps 10 years ago because he needed a compact and mobile piece of equipment to keep his team in shape while deployed.

"TRX is the best thing to use to learn how to do push-ups, because with TRX you have to know how to lift your own body weight, say if you weigh 200 pounds that's what you have to lift," said Heron.

Because you are using your own body weight to train, anybody can tone and strengthen with the suspension straps.

"That's what I love about TRX, anyone can do it," said Heron who has been teaching the course for six years.

With TRX, there are beginners, intermediate and advanced exercises for Troopers, said Heron. The wider the angle with the suspension strap, the easier it becomes and vice versa.

People of all fitness levels can improve balance with exercises such as TRX Atomic Pike, TRX Burpee and TRX Single Leg Squat, said Heron.

Throughout the class, Heron motivates his

students to work out hard.

"I think he's an awesome instructor, even though he yells at me," said Flo Cunningham. "I know he wants me to (improve)."

Shawna Griego, a first time participant, found the class challenging but she walked away feeling great and excited about trying something new.

Heron's students have noticed improvement in their overall fitness from taking this class.

Cunningham tried Heron's class a year ago to experience a different type of training. Because of the TRX class, Cunningham said she has toned her arms and legs.

A maximum of nine people can attend each session, which gives Heron the opportunity to make sure everyone does the exercises correctly.

Those who want to train on their own with a TRX suspension strap can request to use one at the gym's front desk, Heron said. It is important people who check them out know how to use them properly because if they do not know how to use them they can injure their legs or hands. If individuals would like to work out on their own, the mobility of the TRX suspension strap makes it easy. Some great places to attach the straps to include doors and in the outdoor area behind the gym, where the max performance class is.

Interested in learning more? You can sign up for one-on-one training with Heron or take his TRX class, which meets every Tuesday at 5 p.m. at the G.J. Denich Gym.

Article and photos by
SPC. NICOLE NICOLAS

PUNISHERS SMASH THEIR OPPONENTS



The center for the 377 MP Co. prepares to hike the ball to the quarterback against the Punishers on Cooper Field at U.S. Naval Station Guantanamo Bay, Cuba on Nov. 18.

Punishers played against 377 MP Co., on Cooper Field at U.S. Naval Station Guantanamo Bay, Cuba, during a Morale, Welfare & Recreation flag football game, Nov. 18. *Punishers*, needing a win badly to move into a tie for the final playoff spot, took control early and never looked back as they smothered the 377 MP Co. with a final score of 32-12.

Early in the first half, 377 MP Co. made a costly mistake when their quarterback threw the ball across the field, but a *Punishers* defender read the play well, intercepted the ball, and ran to the end zone for a quick touchdown and a 6-0 lead.

The 377 MP Co. answered back with a 33-yard strike to the corner of the end zone tying the game at 6-6.

Punishers then came back again with a mix of runs and passes to drive down the field for another score taking the lead 12-6. Highlighted by the next defensive series, the 377 MP Co. threw another interception, which was returned for another touchdown.

"I feel we did amazing," said Chris Bultes, *Punishers* left corner back. "It feels good to help my team defensively. I was able to read the plays better than normal. I was able to get a jump on the ball and get those three interceptions."

The first half ended with the *Punishers* ahead 20-6.

The 377 MP Co. made another costly mistake on the first play of the second half when their quarterback, Carl Clay, threw an interception, his third, on a deep pass down the field.

"I personally could have probably made a lot better throws so my guys had a chance to

make plays on the ball," said Clay.

According to Clay, miscommunication was part of the reason they lost.

"They weren't spectacular, but they made plays when we didn't (and) that really cost us the game," said Clay. "(We had) guys not doing the right things."

As the clock went down to the two-minute warning of the second half, the game was ended due to the mercy rule. If a team is winning by 19 points at this time in the game is considered over. The *Punishers* flexed their muscles in a 32-12 victory.

"We did awesome on both sides of the field locking them down on defense and moving the ball down the field on offense," said Jose Arroyo, *Punishers* wide receiver.

The *Punishers* have won three games in a row to put themselves in a position for one of the final spots in the playoffs.

"In the last three or four games, we have been clicking," said Arroyo. "Everything is just working better for us. It would mean a lot (to make the playoffs) because we are starting to click now. The beginning of the season is what is hurting us right now."

Arroyo said if his team makes the playoffs their defense will keep them in the games. He believes the *Punishers* will make a run for the championship.

Teams are waiting for the final standings to be posted. The MWR flag football playoffs begin right after Thanksgiving with an eight team double elimination style format.

ARMY SGT. RYAN L. TWIST

MWR FLAG FOOTBALL

No.	Team Name	Standings
01	Gunslingers	11-1
02	Straw Hat Gang	10-2
03	Confusions	9-3
04	Unknowns	9-3
05	Gatekeepers	8-4
06	Joint Squad	7-5
07	Dirty Mike & the Boys	6-6
08	Tuesday Morning	6-6
09	Punishers	6-6
10	Warriors	6-6
11	Spartans	5-7
12	Mighty Guns	3-9
13	The Scoregams	3-9
14	377 MP Co	2-10
15	Sea Chickens	1-11

MWR CO-ED SOFTBALL

A DIVISION

No.	Team Name	Standings
01	Slap Pitches	14-1
02	Blazing Saddles	13-1
03	GTMO Bandits	13-3
04	Spartans	12-3
05	Punishers	11-3
06	CT Stormtroopers	12-4
07	Inglorious Batters	11-4
08	One Hit Wonders	11-5

B DIVISION

No.	Team Name	Standings
01	Gatekeepers	8-5
02	Guardians	9-6
03	Sons of Pitches	9-7
04	GTMO Latinos Plus	9-7
05	Ghost Riders	8-7
06	Outcasts	8-8
07	Care Bear Warriors	7-8
08	The Sliders	6-7

MWR BOWLING LEAGUE

No.	Team Name	Standings
01	Storm Strikers	18-2
02	Designated Drive	17-3
03	Master Gutters	16-4
04	Team 11	13.5-6.5
05	Tipsy Pins	13-7
06	Team 22	13-7
07	Nasty Nati Bowlers	12-8
08	Motion to Strike	12-8
09	BCO BT	12-8
10	Team 4	11-9
11	Odd Family	10-10
12	EBowla's Wrath	9.5-10.5
13	Too Legit to Split	9-11
14	The Scrub Lords	8-12
15	Team 10	7.5-12.5
16	GTMO Strikes	6-14
17	Pocket Pounders	6-14
18	Zazzy Zazzletons	5-15
19	The Bowling Stones	4.5-15.5
20	The Iguanas	4-16

ENJOY A PLEASANT HOLIDAY MEAL WITHOUT REGRETTING YOUR DECISION

Brace yourselves. It is that time of the year is upon us once again. You know, when we all put our diets aside and embrace our gluttonous ways during the Thanksgiving holiday. We must all face our caloric demons at the table. It is like fighting an uphill battle; turkey, ham, stuffing, casseroles and pie! Not this year, though. This year, let us enjoy our Thanksgiving and not regret our eating decisions. Just in case we can't resist, let's plan to go to the gym.

According to research from the Calorie Control Council, www.caloriecontrol.org, the average American may consume more than 4,500 calories and a whopping 229 grams of fat during a typical holiday gathering, from snacking and eating a traditional Thanksgiving dinner with turkey and all the trimmings.

"My advice is to do everything in moderation," said Sara Haas, a spokeswoman for the Academy of Nutrition and Dietetics. "Normally, people scoop up mounds of stuff on their plate, and that's where it gets to be a problem. But if you can handle small portion sizes, then that's fine. Balance it with good meals at breakfast and lunch and do some exercise."

There are ways to enjoy a pleasant dinner without regretting your

decision to stuff your face. For example, between bites of food, drink a few gulps of water. Let the water fill you up instead of the fatty foods. According to the Mayo Clinic, drinking water aids with digestion, breaking down food so your body can absorb nutrients. Another tip when cooking on your own or eating in the dining facility is to use or eat lean meats and dairy products. In addition, if you go back for seconds, wait 20-30 minutes and let your food digest a little.

For those of us who cannot keep the fork out of our mouths, there is always the old faithful gym workout.

"In general, you burn more calories by doing high-intensity weight training than you do running," said Harold Gibbons, a trainer at Mark Fisher Fitness in New York City, and the New York State Director of the National Strength and Conditioning Association.

So enjoy your Thanksgiving and remember, with a great meal comes a great amount of exercise.

Article by
SPC. JUSTIN LE MALONE



JSMART SPOT

JSMART HELPER: HARLEY

PAY IT FORWARD, SPREAD JOY

In this day and age, where we can have almost anything at the drop of a dime, we have become a "we want it now" society and it can be difficult to show appreciation or gratitude.

Traditionally, Thanksgiving is a day to give thanks for the food we have, our family, friends, and the past year. However that shouldn't be the only day we are grateful. There is always something to be grateful for, even if it's just "the sun is shining today."

During stressful times, it may be difficult for us to focus on the little things that make us smile. One suggestion, to counteract the negative feelings and keep a positive frame of mind, is to keep a gratitude journal. Each day list three to five things you are grateful for. After a few attempts, it will be easier and you may even realize you have more than five items on your list.

Also, remember to say "thank

you." So often, we are wrapped up in life and forget to tell people they matter and what they do means a lot. People will remember you more fondly if you thank them. It will engender an atmosphere of gratitude, which can spread out gradually, somewhat like a ripple effect. When someone does something nice for you, such as bring you lunch or help you with a work assignment, focus on how they tried to bring something good into your life. They may have given up their time, money and energy to do something nice for you.

With more gratitude brings greater levels of happiness. So let's start being more appreciative, pay it forward and spread the joy!

Article by
**NAVY PETTY OFFICER
3RD CLASS
JONNI GILLISPIE**
Joint Medical Group

GINGER SOY SHRIMP

INGREDIENTS

- 2 teaspoons reduced-sodium soy sauce
- 2 tablespoons reduced-sodium vegetable broth
- 2 teaspoons chopped fresh ginger
- 1 teaspoon olive oil
- 1 teaspoon sesame oil
- 5 ounces cooked peeled shrimp
- 1 cup bell pepper slices
- 1 cup steamed broccoli
- 1 cup cooked brown rice

PREPARATION

In a skillet, heat reduced-sodium soy sauce, reduced-sodium vegetable broth, chopped fresh ginger, olive oil and sesame oil; add cooked peeled shrimp, bell pepper slices and steamed broccoli. Serve over cooked brown rice.

CRANBERRY CAPOTE

INGREDIENTS

- 2 cups fresh or frozen cranberries
- 2/3 cup brown sugar or agave syrup
- 1 cup water
- 1 teaspoon lemon zest

PREPARATION

In a medium pan over medium-high heat, bring all ingredients to a boil. Simmer until cranberries burst and are fully cooked, 10 to 14 minutes. Remove from heat. Pour into a bowl to serve.

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 night movie Friday 1900

PROTESTANT SERV. (NAVSTA chapel)

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

OTHER SERV. (NAVSTA chapel)

Islamic Prayers Friday 1315 Annex Room 2
7th Day Adventist Saturday 0900 Annex Room 1 (Sabbath School)
 Saturday 1100 Annex Room 1 (Sabbath Service)
Latter Day Saints Sunday 0900 Annex Room 19
Pentecostal Sunday 0800 Annex Room D
 Sunday 1700 Annex Room D
Christian Fellowship (international)* Sunday 1800 Main Chapel (Non-denom-)
Jewish Study Friday 1900 Call JTF Chaplain for location*

BIBLE STUDIES (JTF Troopers' chapel)

Monday 1900 JTF Trooper's Chapel
 Wednesday 1900 JTF Trooper's Chapel
Game Night Saturday 1900 JTF Trooper's Chapel

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

Tuesday 1900 Taught by Navy Chaplain

ALCOHOLICS ANONYMOUS MEETINGS

Mon/Wed/Sat 1830 NAVSTA Chapel Annex, Room 16

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

BUS SCHEDULE 05:00 - 01:00

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

EXPRESS BUS SCHEDULE 09:55 - 19:55

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

BEACHBUS (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

DA PHOTO LAB ANNOUNCEMENT

The Joint Task Force Department of the Army photo lab is now open for all Army Soldiers E-6 and above. Photos are taken at the JTF photo lab on Thursdays from 12:30 p.m. – 2:30 p.m. by appointment only. The photo lab is located on the JTF side in the International Committee for the Red Cross,

building 2525. Soldiers should come in the Army Service Uniform, ready to have their picture taken. To make an appointment contact Army Sgt. Zachary Zimmerman at zachary.b.zimmerman@jtfsouthcom.mil or x75039.

Photo by Ted Tarkan

PARTING SHOT



'GTMO FLOWERS' BY TED TARKAN. FOR A CHANCE TO HAVE YOUR PHOTO FEATURED IN THE PARTING SHOT, PLEASE SEND SUBMISSIONS TO: THEWIRE@JTFGTMO.SOUTHCOM.MIL

THE WIRE

