

THE OFFICIAL PUBLICATION OF JOINT TASK FORCE GUANTANAMO

# THE WIRE



September 25, 2015



PHOTO STORY

## WATER BOMBS AWAY AT AIR FORCE BIRTHDAY

CELEBRATING THEIR 68TH YEAR WITH SMILES, FUN, FOOD, SPEECHES

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NEARLY 80 PEOPLE CONQUERED THE NORWEGIAN FOOT MARCH

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TWO BRANCHES PREPARE TO FACE-OFF ON THE GRIDIRON

**ARMY CAPT. THOR JOHANNESSEN***J3 Operations*

As part of their culture, enduring organizations pass traditions from one generation to the next, sometimes without giving them much consideration. Without question, an extraordinary number of traditions are incorporated into virtually all aspects of military life. The same is true in the fire service, especially in large cities.

Of all things to do with leadership, tradition may not seem to be a very important aspect. Sometimes misunderstood traditions can

## UNDERSTAND HISTORY, TRADITION

get in the way of the mission or hinder the natural development of an organization. The importance of tradition becomes clearer when the roots are traced and the organization's history is better understood.

One tradition shared between the military and the fire service is honoring the fallen. While in some ways this seems obvious, this tradition shouldn't be taken for granted. For those who have suffered the greatest, honoring the dead is a struggle, which beats by only a slim margin, the desire to never again recall those events surrounding the loss. (In no way does this imply that anyone wants to forget those with whom we served; it merely recognizes the pain associated with the memories.) Building monuments, hanging plaques, or even attending services can be extraordinarily difficult. We do it anyway because it is important and even affects operations.

Honoring the dead is a tradition with great operational importance. "Leave no man behind" is not a slogan. Understanding they will not be left behind, allows Troopers to operate aggressively and with confidence. Knowing they won't leave anyone behind causes leaders to consider their operations very thoroughly before making decisions.

Continual consideration of this aspect of an operation, what it will take to ensure that no one is left behind, is critical before initiating an operation. Even the fiercest of warriors can't be expected to consider all possibilities on "game day".

Leaders strive to understand traditions and their origin as part of their efforts to make themselves and their organization better. When leaders make themselves better, their troops get better. When the troops get better, teams, squads, platoons, squadrons, and batteries all get better. It's our job to continually get better. Our mission is way too important to settle for anything less.

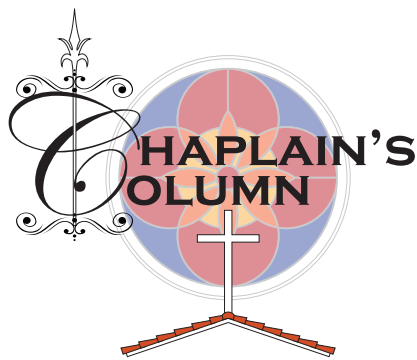
Remember the fallen and support their loved ones. Consider the traditions of your organization and what caused them to become traditions. By understanding the history and traditions of your organization, you may discover how the organization endured the challenges that it has, how the leaders at that time made their decisions, and how those lessons can be applied to operations today.

Thank you for your service.

*Article by*

**ARMY CAPT. THOR JOHANNESSEN**

*J3 Operations*



While in the Sinai a desert in the Middle East, many years ago I felt the silence, solitude and beauty of desert life. The quietness of the desert and the clearness of thousands of stars in the night sky forced me to consider how often, back in the states, I ran around without much thought about faith, family or friends. Our generation has become the hectic, busy world of military careers, television, computers, places to go and people to see, even here in GTMO. In all of the haste of living in our world, we forget what we are even here for.

All three monotheistic religions: Judaism, Christianity and Islam, come from the

## IN THE SILENCE IS SOLITUDE

desert. Strange, isn't it, that the affluent and busy cultures of the Western world never produced any lasting contributions to human spirituality? In the desert, where people are forced to think of their very existence, life is less complicated and without the distractions of civilization. There is more time for an authentic lifestyle, introspection and prayer. Jesus, Moses, John the Baptist, Elijah, Abraham and many other individuals in history all sought quietness in a "lonely place."

The stillness, quietness, yes, even the loneliness, of the Middle Eastern deserts would scare even the most disciplined military person. In this kind of climate, culture and desolations, people are forced to think of eternal things or important relationships; there are no distractions here.

Will we allow ourselves this month; on a day-to-day basis, be alone with ourself or God? Can we be away from our favorite distractions for a while, just to think or pray? Will we listen to ourselves and talk to God in some place of solitude, quietness and stillness?

If health experts and nutritionist believe we need a minimum of 20 minutes a day of moderate exercise every day to stay healthy, surely we need that amount and even more, for spiritual and emotional exercise to stay healthy. Time spent alone with ourselves or God can bring us closer to Him and away from the distractions in this life. It can increase our spiritual and emotional muscle. It can help us become better people in an otherwise spiritual wasteland. It can give us clarity of mind in a chaotic world.

Every day we need to force ourselves to go to some lonely place to be alone. We don't live in an empty desert but we can bring the silence, quietness and solitude of the desert to us. This has been part of my life - I hope it will also become yours.

*Article by*

**NAVY CHAPLAIN (CMDR.)**

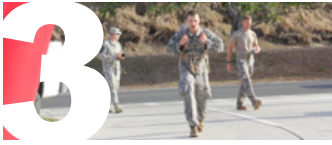
**GARY D. BENNETT**

*JTF Chaplain*



## COMMAND & CHAPLAIN

By understanding history and tradition, you may reach a better understanding of your leadership's decisions. Using the quiet to clear your mind can bring a sense of calmness.



## GTMO NEWS / COVER PHOTO

One Soldier goes inside the life of a gate guard, curious of their infectious happiness. Troopers gear up for an 18.6-mile ruck march. See why the dental clinic runs a little smoother.



## PHOTO STORY

The Air Force celebrates their 68th birthday with water fun. BEEF 17 and JTF Troopers wore mismatched uniforms to join in the fun with water balloons, water guns, food and more.



## ENTERTAINMENT

So many movies out at the theatre! See what the critics think about Hitman: Agent 47, Maze Runner: The Scorch Trails, and Black Mass before you make a decision to see them all.



## SPORTS

Competition is fierce as the Army and Navy begin preparation for the Shadow Army Navy game. Frizz Beez wins the game in Ultimate Frisbee this week!



## LIFE & FITNESS

Curb your junk food cravings with healthy eats! Learn a new recipe, it may just suit you. JSMART explains how to keep yourself mentally in check by finding balance.

# MOTIVATOR OF THE WEEK

**ARMY STAFF SGT.  
DERRICK POLK**  
SJA

**ARMY SGT.  
ELLIE BARNETT**  
J2

## OPSEC IS EVERYONE'S RESPONSIBILITY!

Do your friends and family know about OPSEC? It is easy to assume what we do on GTMO only affects us. What some of us may not know, is that it also affects our loved ones back home, which potentially makes them targets. Teaching them simple techniques such as updating security settings on social sites and varying their day-to-day routines are just a couple of examples of how they can protect themselves as well as you. Practicing good OPSEC is not just the responsibility of service members but your family and friends as well.

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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# GATE GUARDS KEEP JTF MOTIVATION HIGH



*Profile photo: JTF gate guards pause for a photo at Taft Gate Sept. 6. These soldiers, along with the rest of their company, go out of their way to make service members feel welcome, at the Joint Task Force, as they greet vehicles that come and go.*

After my daily dose of PowerPoint at the Joint Task Force Headquarters, I leave through the gate. Every time I exit the JTF complex, I see a different group of Gate Guards waving and smiling at me.

How can any group maintain such a consistent level of false motivation?

In order to answer that very question, I reached out to Army Capt. William Anderson, commander of one of the companies responsible for gate guard. He and his Soldiers are tasked with maintaining external security of JTF. He offered to let me experience a day in the life of his security force.

He boasted that I could take any shift at any gate and find Soldiers who are highly motivated.

"They make the best of it and have exceeded my expectations," Anderson said.

I was still suspicious. I challenged Anderson's claim and signed up for an eight hour shift at the gate.

When I arrived, I met with Army Pfc. Greg Coffelt and Spc. Luis Peña. The first action they performed was to improve their battle position by adjusting the camouflage netting and policing up the surrounding area.

They were quick; however, to step away from anything they were doing when a vehicle approached the gate. Both of them turned from the task at hand and greeted a pick-up truck as it exited the JTF compound.

"The SOP says one of us must greet an approaching vehicle, but when we both do it, it shows we really care," Peña said.

"It feels good to get them to smile and help them start or end their day with a good feeling," Coffelt agreed with Peña.

This was almost too much. I have seen many Soldiers looking sullen on gate guard at other places, and they typically cannot wait for shift to be over. Surely this job has to create misery?

When asked about the difficulties of the job, they both agreed the weather can wear them down. Then, after a long pause, Coffelt admitted the mosquitoes can get pretty bad at night.

"The guys in the camps have it way worse than we do," Peña was quick to add. "We can at least try to brighten their day."

As the day wore on, JTF leadership began to exit the gate. Command Sgt Maj. Boyd Dunbar, senior enlisted leader for the Joint Detention Group, stopped to speak with the guards, quiz them about military trivia, and offer his thoughts on their job.

"This may not be viewed as the most glamorous of (Gate Guard) work, but having someone who takes pride in their work can be refreshing and motivate others for their work day," Dunbar said. "It is obvious these young Soldiers take their work seriously."

The Soldiers had lively discussions throughout the day. Their conversation focuses on everything from politics, to "Star Wars". They debated about motorcycles as well as expectations for the American standard of living. The debates were interesting, as they would often ask service members if they would like to help out in a survey as they travel through the gate.

Coffelt and Peña would take the answers to the survey into consideration to help settle the debate of the day.

Navy Capt. Kristin Bakkegard, the JTF Chief of Staff, also stopped to talk to the guards. She said jobs such as this can be tedious, yet these Soldiers are up-beat day in and day out.

"Everyone at the JTF should be inspired and motivated by the positive professionalism and high morale exhibited by the ...(Gate Guard) company," Bekkegard said.

The guards were humbled by the words of the COS but stated they have always focused on customer service.

It was impossible to ignore the legitimate motivation these Soldiers displayed, and I found myself smiling and waving right alongside of them, all the way to the end of their eight-hour shift.

*Article and photo by*  
**ARMY CAPT. GREGORY MCELWAIN**

# 30K IS NO MATCH FOR JTF GTMO TROOPERS



U.S. Naval Station Guantanamo Bay, Cuba, Troopers ruck march near Girl Scout beach during the Norwegian Foot March, sponsored by the 324th Military Police Battalion, Sept. 19. (Photo by Army Sgt. 1st Class Marie Schult-Slosser)

It is still dark outside. U.S. Naval Station Guantanamo Bay, Cuba, is quiet and most of the residents are sound asleep. Nearly 80 participants showed up in the middle of the night dressed in their uniform, boots, reflective belt and a 25-pound rucksack for the Norwegian Foot March, sponsored by the 324th Military Police Battalion, Sept. 19. The foot march was a gruesome 18.6 miles on the road up and down the hills of NAVSTA.

The participants were notified of the march one month in advance and immediately began preparing for the event.

Army Capt. Chad Vinton, deputy director for Joint Visitors Bureau, with the 42nd Infantry Division, first time participant, finished in first place with a time of 3 hours 45 minutes. Vinton said he prepared for the 18.6 miles by completing ruck marches with a 35-40 pound ruck working his way up to 12 miles before the big day.

Another first time participant in the Norwegian Foot March prepared for the long ruck by walking the ridgelines, in full gear, multiple times a week.

Army Capt. Charles Sanders, future operations J3, with the 42nd ID, came in second place with a time of 4 hours and 4 minutes.

Individuals were timed for this event and many of the participants were required to complete the event in less than four and a half hours. Troopers arrived at the G.J. Denich Gym at 3 a.m., weighed their rucksack at 3:30 a.m. and stepped off the start line at 4 a.m.

Even though he had to be awake long before the sun came up, Sanders stated that he competed in the event for the camaraderie,

fun and the challenge.

"I just love to be tested," said Sanders. "I'm 47, so I like to see if I can keep up with the younger guys."

Knowing only a fraction of the base participated in the foot march, many Troopers feel proud of their achievement.

"It feels pretty great honestly," said Army Cpl. Larry Murphy, a Joint Task Force Trooper with the 525th MP Bn. "Not a lot of people even woke up for this; it just makes me feel accomplished."

Troopers crossed the finish line completely drenched in sweat, from their cap to their boots, but still in good spirits.

Army Sgt. Zachary Jordan, a JTF Trooper with the 324th MP Bn., was the first noncommissioned officer to cross the finish line. He said physical fitness is one thing he is very good at and the ruck mach tested his endurance.

"I am really happy I made it within the time limit, but it was absolutely brutal, it's exhausting," said Jordan.

Many Soldiers agreed the foot march was atrocious, especially the last few miles.

Vinton said he was just happy to cross the finish line.

"I enjoyed myself," said Vinton. "I'm glad I got done before the sun and it was definitely a hot, humid day."

Despite the challenging ruck march, many participants do not need much time to recover.

Several Troopers plan to participate in the triathlon, Sept. 26, as well as other physically challenging activities right around the corner.

1st Sgt. Jessica Lam, 324th MP Bn., HHC, first sergeant, was the first female to cross the finish line. She said the march was brutal, but still plans to run the Army Ten-Miler in October, in Washington, D.C.

"Great opportunity, it always feels good getting out here, getting it knocked out; great sense of accomplishment," said Lam.

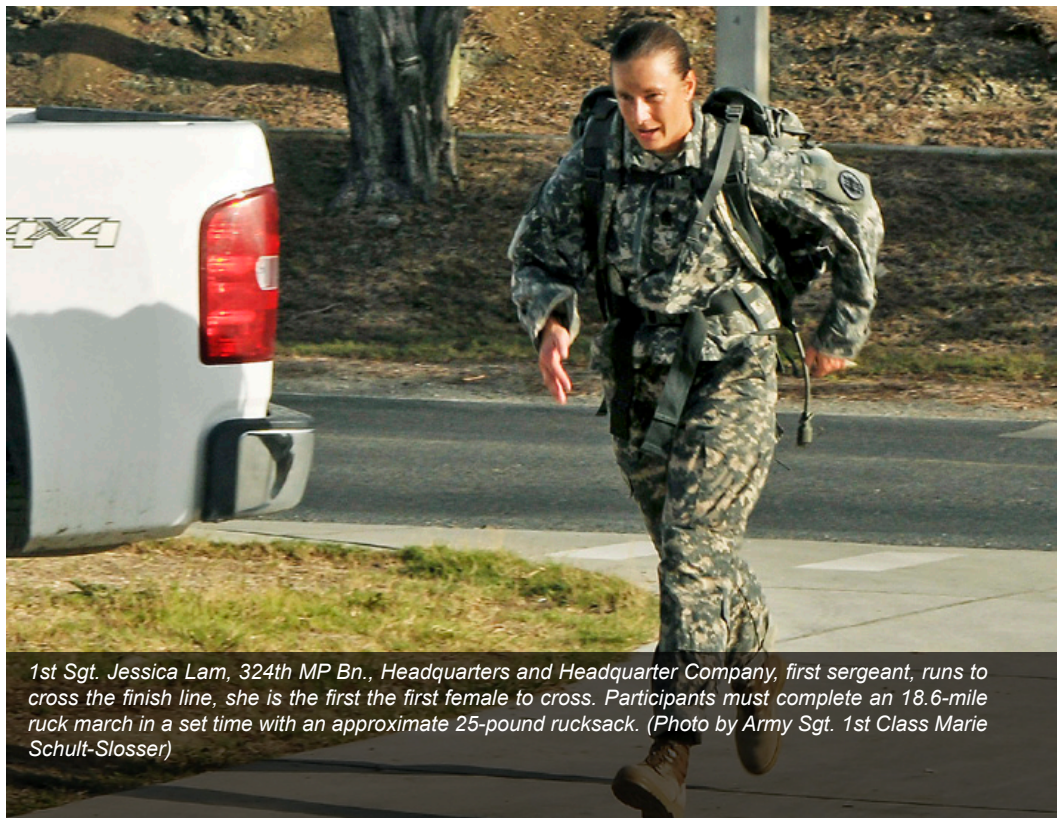
Along with the bronze, silver and gold awards, Army Command Sgt. Maj. Jeffrey Thomsen, 324th MP Bn., senior enlisted leader, congratulated the Troopers by coining the first place male and female and the first noncommissioned officer to cross the finish line.

Many volunteers were stationed every two miles, providing water to the Troopers.

"The volunteers made this event a complete success," said Army Capt. Jeremy Quihuiz, 324th Military Police Battalion, Headquarters and Headquarter Company, commander. "They were extremely helpful and displayed great initiative and leadership amongst themselves, along with the highly motivated participants, 18.6 miles is quite the accomplishment."

Article by

**ARMY STAFF SGT. ALEAH M. CASTREJON**



1st Sgt. Jessica Lam, 324th MP Bn., Headquarters and Headquarter Company, first sergeant, runs to cross the finish line, she is the first the first female to cross. Participants must complete an 18.6-mile ruck march in a set time with an approximate 25-pound rucksack. (Photo by Army Sgt. 1st Class Marie Schult-Slosser)

# JTF TROOP DENTAL CLINIC CARES FOR TROOPERS



Navy Lt. Taylor Landon, the Joint Task Force Guantanamo, Joint Medical Group Troop clinic dental officer in charge, stitches a patient after extracting his wisdom teeth at the clinic, Sept. 2.

Navy Lt. Taylor Landon, the Joint Task Force Guantanamo, Joint Medical Group Troop Dental Clinic officer in charge, slipped on his sterile latex gloves in preparation for an operation.

"Do you know which teeth we will be pulling today?" he asked the patient.

It is important for the patient to understand the procedure the dentist will perform, said Landon.

Extracting wisdom teeth is one of the three procedures the JTF Trooper Dental Clinic performs. The three primary procedures of the clinic include root canals, fillings and wisdom teeth extractions. The JTF Dental Clinic cares for 2,100 patients and sees approximately 100 Troopers each month, said Navy Petty Officer 2nd Class Bryanna Davis, a dental assistant technician at the dental clinic.

The dental staff includes two dentists, a noncommissioned officer-in-charge, two dental assistant technicians and the front desk NCO.

The clinic is capable of scheduling class one, class two and class three patients, said Landon. Class one patients include those needing routine cleanings. Class two patients need routine procedures to take care of small cavities and gingivitis and class three patients include Troopers, who if not seen within six to 12 months, could lead to an extensive emergency such as root canals and painful wisdom teeth.

The majority of the clinic's appointments consist of class two and three patients, said Landon.

In April the clinic started using a new electronic scheduling and records system to schedule and keep records more efficient, said Landon. Instead of hunting through handwritten paperwork, they can now view all records electronically on the new system. Additionally, instead of patients waiting several months for an updated faxed copy of their dental records, this new system updates their deployment readiness online within two to three days of a patient's dental visit.

The new monitors in the dental treatment room aid the dental team's ability to perform their job more proficiently. With the upgraded equipment, the dentist can view X-rays while they work on their patients and educate them about the procedure at the same time.

While transitioning to this new system, Landon discovered nearly 2,000 records for Troopers that have left the JTF. The clinic is now in the process of ensuring the records go back to the Troopers.



Landon, fills the patient's cavity at the clinic, Sept. 1. With the new equipment, the dental office can assist patients more efficiently. The clinic operates Monday through Friday from 8 a.m.-4 p.m.

"I enjoy being able to fix the problems," said Landon. "We can prevent problems from getting worse (by) applying the principles of dentistry to each case."

After several appointments, Landon discovered many class three dental patients who needed a specialist to extract their wisdom teeth. To accommodate them, Landon helped arrange for a specialist to fly in to perform the surgeries.

The JTF dental clinic collaborated with the U.S. Naval Hospital Guantanamo Bay and Navy Lt. Cmdr Nicole Eisenberg, an oral and maxillofacial surgeon from Washington D.C. Navy Yards, to execute 18 surgeries over four days in July.

During the surgeries, Davis and Landon assisted Eisenberg in the complex extraction of several wisdom teeth.

Working directly with the specialist enabled Landon to learn techniques to become more efficient at removing wisdom teeth because Landon wants to become a specialist one day, he said.

Each day the dental clinic staff strives for improvement and works hard to make sure the clinic runs efficiently to ensure every patient maintains good oral hygiene.

With the high number of patient to staff ratio, the dental staff must know many aspects of each other's jobs.

Unlike a civilian dentist office where each employee performs one job, the staff of six at the JTF dental clinic must know multiple jobs to make sure the clinic runs smoothly, said Davis.

"You have to be good at everything," said Davis. "There's only two technicians, (if) one goes down, the other better know their stuff."

The current team made many improvements to be able to complete multiple jobs competently.

The clinic's sick call hours are from 7-8 a.m. on Monday, Tuesday, Wednesday and Friday. On Thursday, sick call is at 1-2 p.m. Regular hours are from 8 a.m.-4 p.m. on Monday, Tuesday, Wednesday and Friday. On Thursday, they are open until 3 p.m. To make an appointment, call x3392.

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

# WATER BOMBS AWAY AT AIR FORCE BIRTHDAY

Service members ducked behind pillars and tables while others scrambled to find cover. Joint Task Force Troopers waved hand signals to one another as they prepared to execute planned battle tactics. They calmed their nerves, prepared themselves, then jumped out and carried out aquatic attacks. Water balloons rained from the sky as members of the mess celebrated the Air Force's 68th Birthday with a Combat Dining In.

The Airmen of the JTF, anchored by the 474 Expeditionary Civil Engineer Squadron, better known as the Base Engineer Emergency Force, coordinated a unique birthday party at Philips Dive Park, Guantanamo Bay, Cuba, on Sept. 18.

When the BEEF 17 first arrived, they were asked to plan a combat dining in, said Air Force Chief Master Sgt. Todd Kirsch, the senior enlisted leader for the BEEF 17. Having experienced combat dining-ins before, Kirsch knew what it took to make it happen and knew he could not do it alone.

It took an entire team of dedicated people to put something like this together, said Air Force Capt. Amanda Chivers, the current operations division chief for the J6, communications directorate. It is really cool to celebrate the Air Force's birthday with all the other branches, she continued.

The dress code consisted of any military uniform and guests were encouraged to add a few extra accessories, said Air Force Staff Sgt. Christopher Rose, a BEEF supply noncommissioned officer.

Rose wore water wings, reflective belts, a saber and a few water guns.

After signing in, Troopers gathered and conversed casually before one water balloon was launched, causing a massive water fight.

"There were tons of water balloons everywhere," said Chivers. "We went through about 1,000 water balloons in 20 minutes."

Troopers laughed as they ran around chasing each other with water guns, throwing water balloons and spraying hoses at each other. Service members from all branches and of all ranks joined in the fun.

"I was minding my own business and suddenly someone is pouring a trash can full of water on me," said Kirsch. "For the first hour it was open aquatic warfare. It was meant to be a good time; let people cut loose and have some fun."

After a cease-fire had been announced, the attendees

formed in the mess area for the formal portion of the combat dining in, which not only toasted to the leaders of our nation and the heritage of the Air Force, but also honored Prisoners of War and Missing in Action Remembrance Day. Afterward, the mess was seated in preparation for dinner and the ceremonial grog.

The grog is where you go if you were penalized for infractions of the mess, said Kirsch.

To get to the grog, violators maneuvered through an obstacle course, which proved to be difficult for many Troopers. The course consisted of Troopers putting their head on a bat and spinning around six times, otherwise known as the "Izzy Dizzy", before moving on to a short mini-bike course. Next, Troopers walked across a balance beam, all while being sprayed relentlessly with water gun fire. To finish, they low-crawled through a tunnel and jumped over a barrier.

After laughing, eating and watching many brave individuals take on the grog and the obstacle course, Troopers listened, as JTF Commander Air Force Brig. Gen. Jose Monteagudo gave a speech on the Air Force's history.

The National Defense Act of 1947 opened up not only the Air Force but other agencies, said Monteagudo. The Air Force's birthday, also coincides with the day the Central Intelligence Agency started.

"The Air Force mission is flight, fight and win and we are going to do that in the air, space and the cyber-world," said Monteagudo. "We need all of you guys, not just in the Air Force, but all of the branches to continue what you're doing. It's not a single service anymore. There hasn't been a story where the Air Force wasn't supporting the Army or Navy, so it's really is a joint fight out there and we are doing a great job at it."

As the ceremony concluded, Monteagudo thanked everyone for coming and officially concluded the dining in.

"We had a pretty great combat dining in," said Rose. "The best part of the night was watching everybody go to the grog, well between that and the water fight in the beginning. We had a lot of participation, everybody had a good time."

Rose and the JTF Troopers wished the Air Force a happy 68th Birthday, after having created many great memories.

*Article and photos by*  
**ARMY SPC. JUSTIN LE MALONE**





Troopers hand out wristbands as participants sign in for the birthday celebration, Sept. 18, at Philips Dive Park, Guantanamo Bay, Cuba. The Airmen of the JTF, anchored by the 474 Expeditionary Civil Engineer Squadron, better known as the Base Engineer Emergency Force, coordinated a combat dining in, in celebration of the Air Force's 68th birthday.



In order to feed the hungry combatants, JTF Troopers grill burgers, chicken, beans, pasta salad and more, in preparation for the feast.



Members of the Base Engineer Emergency Force 17, pour a trash can full of water on one of their Troopers, during the Air Force's 68th birthday bash.



An Airman fills one of hundreds of water balloons preparing for the aquatic warfare.



A group of JTF Troopers gather and fight off an aquatic attack, which lasted the first hour of the birthday celebration.



JTF Commander, Air Force Brig. Gen. Jose Monteagudo, gives a speech and teaches JTF Troopers a bit about the Air Force history. After his speech, Monteagudo thanked everyone for coming and formally ended the ceremony.



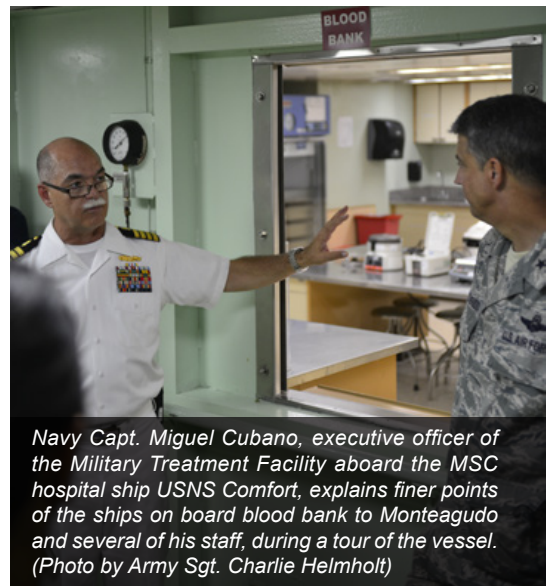


The Military Sealift Command hospital ship USNS Comfort, docks at U.S. Naval Station Guantanamo Bay, Cuba, Sunday, Sept. 20, after completing its most recent mission, Continuing Promise 15. The ship, composed largely of Navy medical and construction personnel, travel to many impoverished parts of the world to administer aid to those less fortunate. The ship is a mobile hospital equipped with everything from intensive care unit to a trauma center. Continuing Promise 15 saw the vessel and her crew travel the Caribbean visiting nations including Honduras, the Dominican Republic and others. (Photo by Army Sgt. Charlie Helmholt)

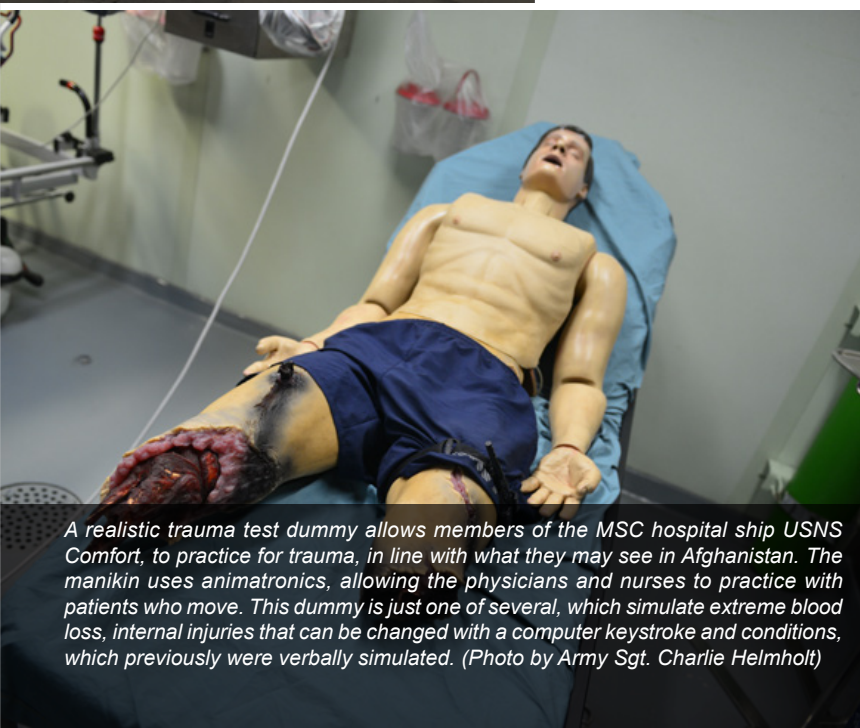


Air Force Brig. Gen. Jose Monteagudo, the Joint Task Force commander at NAVSTA GTMO, and members of his staff prepare to board the MSC hospital ship USNS Comfort for a tour. (Photo by Army Sgt. Charlie Helmholt)

# WORLD'S LARGEST HOSPITAL SHIP VISITS GUANTANAMO BAY



Navy Capt. Miguel Cubano, executive officer of the Military Treatment Facility aboard the MSC hospital ship USNS Comfort, explains finer points of the ships on board blood bank to Monteagudo and several of his staff, during a tour of the vessel. (Photo by Army Sgt. Charlie Helmholt)



A realistic trauma test dummy allows members of the MSC hospital ship USNS Comfort, to practice for trauma, in line with what they may see in Afghanistan. The manikin uses animatronics, allowing the physicians and nurses to practice with patients who move. This dummy is just one of several, which simulate extreme blood loss, internal injuries that can be changed with a computer keystroke and conditions, which previously were verbally simulated. (Photo by Army Sgt. Charlie Helmholt)



Navy Capt. Christine Sears, commander of the MTF on the MSC hospital ship USNS Comfort, explains the positive benefits of having a CAT scan device aboard the ship, to Monteagudo. The ship is complete with an ICU ward, operating rooms, four X-rays, a CAT scan unit, optometry and dental care facilities, a physical-therapy center and one of the largest trauma centers in the U.S. It also has its own pharmacy, produces its own oxygen, and can maintain the largest blood bank in the U.S., holding up to 5,000 units of blood. (Photo by Army Sgt. Charlie Helmholt)

## MOVIE REVIEW / **HITMAN** **AGENT 47**



"I would give that one banana rat," said a young moviegoer as everyone walked away from "Hitman: Agent 47" on Saturday night. While I wouldn't go that far, I can see his point. This film is typical, predictable and not nearly as good as the original with Timothy Olyphant.

"Hitman", starring Rupert Friend ("Homeland") as assassin, Agent 47, is a generic, testosterone-fueled, action movie. The plot is thin with Hannah Ware ("Oldboy") in the role of amnesic (don't know why) Katia, a lost woman trying to find her father. We later find out he abandoned her for her own protection shortly after her mother was killed. However, he seems to have left her at an age where she should have known his name.

In any case, we catch up with Katia as she is frantically trying to search for her father, although she doesn't know why she is searching for him, or who he even is. She is always on the lam from something but she doesn't know what. She has moments of clairvoyance just before danger is about to strike, enabling her to escape in the nick of time. This is good because there are not one, but two people trying to capture her. One is sharply dressed, steely-gazed, weapons-laden Agent 47. The other is Zachary Quinta, ("Star Trek") who plays a rather "safe" looking guy, named John Smith of all things.

Smith somehow convinces

Katia to trust him and go with him in one of those Terminator-esque, come with me if you want to live, kind of moments. So, she does trust him and they go away together, but make a young John Connor they do not. She is quickly taken by Agent 47 who helps her realize her true self - as number 90. Because, of course, she is also a genetically engineered being, thanks to the father she is trying so desperately to find.

As anyone with forethought can guess, Smith is actually the bad guy and 47 is the not quite as bad, bad guy. With all the requisite action movie stereotypes, car chases, fistfights, knife fights, gunfights and snarky quips between all players, this movie moves from one scene to the next until its predictable conclusion. This is, of course, preceded by an explosion.

I give "Hitman" three out of five banana rats. While it wasn't amazing it was a nice escapist movie, and for once it was an action film where the one female with more than three lines got to keep her clothes on and didn't have to fall in love with or make out with anyone.

*"Hitman Agent 47" is rated R for sequences of strong violence, and some language.*

Movie review by  
**ARMY SGT. 1ST CLASS**  
**MARIE SCHULT-SLOSSER**

## MOVIE REVIEW / **BLACK MASS**



Johnny Depp plays Irish mobster James "Whitey" Bulger and delivers an incredibly solid acting performance in the movie "Black Mass". In the movie, Bulger makes a deal with FBI agent John Connolly (Joel Edgerton) to take down the Italian mob, a mutual adversary for both parties, thus allowing Bulger to operate with lethal ferocity and impunity.

The allegedly-loosely based biopic is a little different from other gangster movies in that Depp's character was hard to like, for good reason of course. The movie was darker, grittier and seemed very real - not great, but pretty entertaining.

It's hard not to compare this movie to gangster movies of the past, such as "Goodfellas", "The Departed" and in Depp's case, "Donnie Brasco", but I would say this movie seemed to have many of the same underlying themes: a deranged psychopath vying for control and plenty of death and carnage left in their path. In this case, Depp wasn't on the right side of the law.

There are a few criteria that I judge most of my gangster movies on: accent, humor, death, plot and twists. I would say Black Mass delivers on death, plot and accent (with the exception of Whitey's brother Billy (Benedict Cumberpatch), whose accent sounded worse than Nicolas Cage in "Con Air").

The movie follows your

traditional gangster movie plot line with a rise to the top and then the subsequent fall. I didn't laugh much and couldn't remember any stand-out one liners that you would come to expect from this genre of movie, so that was disappointing.

You really see Depp shine in this movie, however. It's hard for me to see him in anything other than as a pirate, so the make-up helped disguise him well enough to keep you focused on his character as the ruthless gangster with a complete disregard for human life.

As for Connolly, you see him make a series of decisions that drives him further away from the law he is trying to uphold. He's a young agent trying to make a name for himself and ultimately gets the attention of the assistant U.S. Attorney Fred Wyshak (Corey Stoll) and by the end of it, you have a hard time telling who the protagonist in the movie.

Most of the performances were pretty good and the movie was entertaining, albeit a little long. I give it a 4 hutias (banana rats).

*"Black Mass" is rated R for brutal violence, language throughout, some sexual references and brief drug use.*

Movie review by  
**ARMY SGT. CHRISTOPHER A.**  
**GARIBAY**

# 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.

9/25 FRIDAY	9/26 SATURDAY	9/27 SUNDAY	9/28 MONDAY	9/29 TUESDAY	9/30 WEDNESDAY	10/1 THURSDAY
<b>Hotel Transylvania 2 (New)</b> PG, 8 p.m. <b>American Ultra (New)</b> R, 10:30 p.m.	<b>War Room (New)</b> PG, 8 p.m. <b>Everest (New)</b> PG13, 10:30 p.m.	<b>Sinister 2</b> R, 8 p.m.	<b>Hitman: Agent 47</b> R, 8 p.m.	<b>The Gift</b> (LS) R, 8 p.m.	<b>Maze Runner: Scorch Trials</b> PG13, 8 p.m.	<b>Mission: Impossible - Rogue Nation</b> (LS) PG13, 8 p.m.
<b>War Room (New)</b> PG, 8 p.m. <b>Everest (New)</b> PG13, 10:30 p.m.	<b>Hotel Transylvania 2 (New)</b> PG, 8 p.m. <b>American Ultra (New)</b> R, 10:30 p.m.	<b>Maze Runner: Scorch Trials</b> PG13, 8 p.m.	<b>LYCEUM CLOSED</b>	<b>Fantastic Four</b> (LS) PG13, 8 p.m.	<b>LYCEUM CLOSED</b>	<b>Hitman: Agent 47</b> 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.

## WANT TO BE CREATIVE, WRITE A REVIEW?

DON'T LIKE OUR RATINGS? YOU CAN CHOOSE HOW MANY BANANA RATS THE MOVIE DESERVES!

LET YOUR VOICE BE HEARD!  
SEND YOUR REVIEW TO THE WIRE AT:  
THEWIRE@JTFGTMO.SOUTHCOM.MIL

### MOVIE REVIEW / MAZE RUNNER: THE SCORCH TRIALS



"Maze Runner: The Scorch Trials" is the second part to the series "Maze Runner". It started right where the first one left off with a short flashback from the first movie. The group of teens, who broke out of the maze, were finally free of WICKED, or so they thought. WICKED is a facility determined to find a cure for a flare virus, which is turning humans into zombies, by using the blood from children who seem to be immune to the virus. The teenagers are rescued from the Glade, the place they lived while trapped in the maze, on their way to a safe haven. When Thomas (Dylan O'Brien) is suspicious, he meets Aris (Jacob Lofland), who confirms his suspicions. Thomas and Aris quickly come up with a plan to break out of the building.

Thomas and his friends from the Glade struggle to find their way out of the maze-like building. Once free from the building, they are hunted by WICKED, run from zombies, also known as "cranks", and try to stay alive in the desert with no water. Their destination is the mountains where they hope to find the Right Arm, a group of people whom save the children and rebel against WICKED. When the teens finally make it through the most violent lightning storm they have ever



seen, they enter a building where they meet two people, who also want to become part of the Right Arm.

The movie reminded me of a mix of the popular TV show, "The Walking Dead" and even more popular movie, "The Hunger Games". The world as we know it has ended and there are only a few people left to keep the human race going. Surprise, surprise a group of teenagers come to save the day.

The first movie followed the book closely and I enjoyed it very much. Having not read the second book, I did not expect the zombie twist, nor was I a fan of the zombies, but there has to be a bad guy right? The movie kept me jumping in my seat with the "cranks" and other surprises throughout.

When it comes to movies, in general, you

see the same several movie plots put together in multiple ways. For what the movie was intended to be, I thought the director did a good job surprising viewers. I enjoyed the story line and the effects of the movie. If you are planning to see it, make sure you see the "Maze Runner" first, so you understand what is happening in the second movie. I give this movie three out of five banana rats.

"Maze Runner: The Scorch Trials" is rated PG-13 for extended sequences of violence and action, some thematic elements, substance use and language.

Movie review by  
**ARMY STAFF SGT. ALEAH M. CASTREJON**

## PLAN AHEAD! CHECK OUT EVENTS, ACTIVITIES

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

### MONTH / DAY ACTIVITY

September 25	Oktoberfest
September 26	Olympic Triathlon
September 26	Trail Triathlon
September 27	Power lifting Competition
September 28	Flag Football League
<b>October 24</b>	Paddle, Pedal, Paintball
October 24	Fitness & Figure
October 24	Trunk or Treat
October 31	Zombie 5K
<b>November 7</b>	Glow Run
November 14	Duathlon
November 21	Power lifting Competition
November 21	Max performance games
November 26	T-Day Half Marathon
<b>December 5</b>	Power Lift Competition
December 11	Army / Navy Game
December 19	Holiday Basketball
December 24	Jingle Bell Fun Run

## TOP PLACING PARTICIPANTS IN NORWEGIAN FOOT MARCH

### FEMALE

#### AGE BRACKET II: UP TO 34

- 1) Army Capt. Brittany M. Marble - 4:27
- 2) Army Capt. Kathryn M. Schlichtman - 4:44
- 3) Army Spc. Errika A. Stiltner - 4:51

#### AGE BRACKET III: 35 - 42

- 1) Army 1st Sgt. Jessica Lam - 4:17
- 2) Army Capt. Nadine A. Gamble - 4:28
- 3) Army Chief Warrant Officer 3 Heather L. Rutter - 5:08

### MALE

#### AGE BRACKET II: UP TO 34

- 1) Army Capt. Chad M. Vinton - 3:45
- 2) Army Sgt. Zachary D. Jordan - 4:15
- 3) Army Staff Sgt. Adam Morgan - 4:15

#### AGE BRACKET III: 35 - 42

- 1) Army Capt. Emmanuel M. Jenzer - 4:11
- 2) Army Maj. Carrick E. McCarthy - 4:31

#### AGE BRACKET IV: 43 - 49

- 1) Army Capt. Charles J. Sanders - 4:04
- 2) Army Staff Sgt. Casey A. Gore - 4:27

#### AGE BRACKET V: 50 - 54

- 1) Navy Chief Warrant Officer 3 Steven F. Head - 4:33

# ARMY VERSUS NAVY UNDERWAY



Members of the Navy flag football team work on their offensive skills, Sept. 16, at Cooper Field, Guantanamo Bay, Cuba, in order to prepare for the Army vs. Navy game held in December.

There are many traditions and forms of rivalry in the military. One of the most infamous rivalries between the Army and Navy happens to be a football game. Guantanamo Bay, Cuba, is set to host the annual shadow Army vs. Navy flag football game in December.

The Army team has won the flag football game the last couple of years, said Shayne Oldfield, the defensive head coach for the Army's flag football team. By no means does the Army plan on losing this year.

With the game three months away, both the Navy and Army look to sharpen their skills and get their teams together. While the Army is looking to add players to their roster, the Navy roster is already set.

"Our team is good," said Terry Baggs, head coach and quarterback for the Navy team. "We're basically building on our team from last year."

The Naval team has more experience in playing together, but Army's head coach Stephen Jones said, he, in no way, lacks experience in leadership.

"This is my first time coaching the Army game and a flag football team," said Jones. "I've coached other sporting events, like volleyball, softball, and I lead people out of perfectly good airplanes, so I should be able to lead these guys to victory."

While a roster has not been set, the Army still hosts tryouts every Wednesday and Jones feels confident in the members who have shown up, so far.

"I feel like even with these guys we can definitely win some games and also beat the Navy," said Jones. "I haven't seen the Navy team yet, but I have a lot of faith in the talent

pool that's out here so far."

Tryouts are going well, as of now, said Jones. While he understands the importance of spreading the word about the tryouts, he is finding it difficult to compete against other sporting leagues.

Meanwhile the Navy looks to continue to improve their teams.

"We've been working on our game," said Baggs.

The Navy team has been improving their defensive coverage, offense and their option game, said Baggs. Right now they are trying to get everybody back into the swing of things.

Both teams had a bit to say to each other.

"I want to wish them good luck," said Baggs. "They're going to have a hard time getting the ball to their receivers, and on defense, they are in for a rude awakening."

Navy wide receiver Jeremiah Tramill added that his team is going to win, plain and simple.

"If you are trying to cover me, you better come in pairs," said Tramill.

Team Army claims it will not be easy for the Navy to win despite their experience.

"Their experience is one advantage they have over the Army team because they've played together," said Jones. "Their probably using the same playbook they were last year, but thinking they have an advantage over us could also hurt them. Just stay home and don't even come out that night."

The teams are ready and the traditional rivalry between the branches has begun.

Article and photo by

**ARMY SPC. JUSTIN LE MALONE**

# TWO TEAMS CONFISCATE FRISBEE



A member of Frizz Beez catches the Frisbee on Cooper Field at U.S. Naval Station Guantanamo Bay, Cuba, Sept. 18.



A member of Frizz Beez prepares to launch the disc as two opponents squared off on the field. A match, which led to a win for the Frizz Beez 10-8.

Two Ultimate Frisbee opponents squared off on Cooper Field at U.S. Naval Station Guantanamo Bay, Cuba, on Sept. 18. A battle-contested match led to Frizz Beez beating Down to Flick 10-8.

Frizz Beez took an early lead, 3-1 as they spread the field and hit their targets. Some throws were tightly contested and others were short and sweet. Down to Flick continued to match their opponents with every step through defensive pressure and well-timed throws. Frizz Beez struck last as time expired in the first half to take a 6-5 halftime lead.

"I think overall, we did great," said Mckehen Wheeler, team captain of the Frizz Beez. "This was one of our better games."

Wheeler said half of the team was absent playing another sport. This made the game more interesting as they played with a smaller team.

Frizz Beez struck first in the second half continuing the slow and steady approach of throwing the Frisbee back and forth as they marched down the field. Mixed with speed and quick plays, Frizz Beez answered most of Down to Flick's scoring opportunities. Frizz Beez defended against Down to Flick as the game expired.

Miscommunication on passes and not tapping the ground after they took control of the Frisbee were some errors made by the teams. Overall, the defenses played well with many deflected passes and stingy protection around the goal line.

"I think sometimes, on defense, we leave the backfield wide open," said Devin Wilson, a member of Frizz Beez.

"We played smart. We played great defense. Usually we're scoring in the twenties. There was not any room for error when you're moving quickly (because) you can throw it away."

Wilson said teamwork was the key to the game. The communication and strong, accurate throws led to scores. Teamwork keeps everyone wanting to play. He enjoyed the smiles on his team's faces as they relished in their victory.

Teams have the opportunity to work on their weaknesses during practice. Working on offense and defense helps teams improve during the games.

Manuel Larranaga, a member of Down to Flick, said his team needs to be alert on defense. Once the offense is done, the transition to defense is the key to winning games. Teams can strike quickly when they transition from offense to defense and vice-versa, occur, they lead to uncontested players ready to score.

"We can stay with any team," said Larranaga. "We have to play our game. We need to work a little bit with defense during practice and hopefully get it down and hopefully come away with a win."

Frizz Beez are scheduled to play Legal Air Warfare, while Down to Flick will play Dirty Red & the Boys on Sept. 23.

Ultimate Frisbee games are held every Monday, Wednesday and Friday at 7 p.m. on the Multi-Purpose Field located next to G.J. Denich Gym.

Article and photos by  
**ARMY SGT. RYAN L. TWIST**

## MWR ULTIMATE FRISBEE

No.	Team Name	Standings
01	Salt Water Cowboys	(6-0)
02	Disclexia	(8-1)
03	Frizz Beez	(6-3)
04	The Ice Men	(6-3)
05	Dirty Red & the Boys	(3-4)
06	Down to Flick	(3-6)
07	Floppy Disks	(0-7)
08	Legal Air Warfare	(0-8)

## MWR CO-ED SOFTBALL

No.	Team Name	Standings
01	Care Bear Warriors	(2-0)
02	Inglorious Batters	(2-0)
03	Slap Pitches	(2-0)
04	Sons of Pitches	(2-0)
05	Spartans	(2-0)
06	Blazing Saddles	(1-0)
07	CT Stormtroopers	(1-0)
08	Gatekeepers	(1-0)
09	GTMO Bandits	(1-0)
10	Outcasts	(1-0)
11	TAO A	(1-1)
12	Ghost Riders	(1-1)
13	GTMO Latinos Plus	(1-1)
14	Gunslingers	(1-1)
15	One Hit Wonders	(1-1)
16	TAO B	(1-1)
17	The Sliders	(1-1)
18	Iguanamo	(0-1)
19	JTC Softball Team	(0-1)
20	NAVSTA Security	(0-1)
21	Punishers	(0-1)
22	Sluggers n' Chuggers	(0-1)
23	Caught Looking	(0-2)
24	French Team	(0-2)
25	Guardians	(0-2)
26	Life's a Beach	(0-2)
27	Pitch Slap	(0-2)
28	Football Bats	(0-0)

## ARMY FOOTBALL TRYOUTS

Dates are subject to change. Please contact POC's for questions.

### ARMY MALE

Tryouts will be held every Wednesday at 7 p.m. at Cooper Field, until further notice.

Male POC: Master Sgt. Stephen Jones x5418

### ARMY FEMALE

September 26	10 a.m. at Cooper Field
October 3	10 a.m. at Cooper Field
October 10	10 a.m. at Cooper Field
October 317	10 a.m. at Cooper Field

Female POC: Blair J. Stone x9832

## ESSENTIAL WAYS TO CURB YOUR JUNK FOOD CRAVINGS

It is 2 p.m., your stomach is grumbling. You can satisfy your craving by reaching for a Snickers bar or a banana. Although the candy bar sounds tempting, you should grab the fruit, which gives you long-lasting energy. Food cravings stem from various areas of the brain responsible for pleasure. Often, people choose unhealthy food because of their emotional need to de-stress or reduce anxiety, said Adam Drewnowski, a professor of epidemiology at the University of Washington and the director of the Center for Public Health Nutrition at the university's school of public health.

Awareness is the first step to eating healthier, said Lt. Cmdr. Jo Ann Martinez-Garcia, directorate for medical services and head of behavioral health at the U.S. Naval Hospital Guantanamo Bay, Cuba.

Why do you feel the urge to eat? Are you hungry? Stressed? Bored? Before taking action, acknowledge the reason, and then wait 15 minutes. After waiting,

if you are still hungry, enjoy a minimal serving size without overeating.

Subsequently, it is important to examine the unhealthy foods you desire. Many bodies naturally yearn for high-fat and high-sugar carbohydrates to de-stress, according to a report by the University of Maryland Medical Center. To cut down on unhealthy eating, choose smart carbohydrates such as whole grains, beans, fruits and vegetables.

Turn grilled cheese into a healthy meal by using whole grain bread and reduced-fat cheddar cheese.

The healthiest solution to curb unhealthy cravings is to find another outlet such as yoga, reading, stepping away from your desk to chat with a friend or getting a massage to de-stress.

Article by  
**ARMY SPC. NICOLE NICOLAS**

## Roasted Cherry Tomatoes With Summer Herbs

### INGREDIENTS:

2 pints yellow and red cherry tomatoes  
4 sprigs fresh oregano  
2 sprigs fresh thyme  
4 cloves garlic, peeled and smashed  
2 1/2 tbsp extra-virgin olive oil  
Salt and pepper to taste

### DIRECTIONS:

Heat oven to 300°. On a baking sheet, toss ingredients together and season to taste with salt and pepper. Roast until tomatoes are popped and juicy, stirring occasionally, about 60 minutes.

*"To keep the body in good health is a duty, otherwise, we shall not be able to keep our mind strong and clear." -Buddha*



## JSMART SPOT

▲ JSMART HELPER: HARLEY

### FINDING HEALTHY MENTAL BALANCE

During the middle and end phases of a deployment, we feel beat down, beat up and beat around. Days and weeks bleed into one another. We become forgetful and absent-minded. The reasons that brought us here and the deployment goals we developed along the way, may not be as motivating as they once were. This doesn't mean there is something wrong with us but rather, we are out of balance.

It's easy for military members to criticize themselves, shame themselves and whip themselves for not being on the ball, all the time, every time. After all, this is the expectation. We also know there are factors, which override these expectations, like one's cognitive load; the amount of important stuff we can actually hold in our brains and perform with high levels of accuracy. The weight of this cognitive load can be quite heavy at

times and reflects how much mental energy we are expending. There are ways to counterbalance, which can help to mitigate this cognitive load, many of which are familiar, like taking notes or slowing down and paying extra attention during tasks. Other techniques that can help include changing your routine or taking short breaks if you can, finding ways to incorporate fun and humor into your day, and appreciating what you are doing well instead of criticizing yourself. Being kind to ourselves has actually been shown to help us learn from our mistakes versus being hard on ourselves. Lastly, carrying out a healthy pace to the finish line can help us from making mistakes and even-out the cognitive load.

Article by  
**NAVY LT. MICHELLE MAHONE**  
Joint Medical Group

# MILITARY HISTORY

### MARINES AT THE MATANIKAU RIVER

The Actions along the Matanikau River in the Solomon Islands referred to as the second and third battles of the Matanikau, took place between Sept. 23-27, 1942, and Oct. 6-9, 1942. They were among a series of engagements between the U.S. and Imperial Japanese naval and ground forces around the Matanikau River on Guadalcanal during the Guadalcanal Campaign. These actions were the two largest and most significant of the Matanikau actions.

The Matanikau River located in the Guadalcanal included a peninsula called Point Cruz, the village of Kokumbona, and a series of ridges and ravines stretching inland from the coast. Japanese forces used the area to regroup from attacks against U.S. forces on the island, and to launch further attacks on the U.S. defenses guarding the Allied airfield, Henderson Field

at Lunga Point on Guadalcanal. The area was also used as a base to defend against Allied attacks against Japanese troops and supply encampments between Point Cruz and Cape Esperance on Western Guadalcanal, and as a location to watch Allied activities around Henderson Field.

Three U.S. Marine battalions under the command of U.S. Marine Maj. Gen. Alexander Vandegrift attacked Japanese troop concentrations at several points around the Matanikau River. The assault began the Second Battle of the Matanikau in the last week of September. It was the only defeat the Marines suffered during the Guadalcanal campaign according to [www.worldwar2history.info/Guadalcanal/Marines.html](http://www.worldwar2history.info/Guadalcanal/Marines.html).

Article by  
**ARMY SGT. RYAN L. TWIST**

**RELIGIOUS SERVICES**

**ROMAN CATHOLIC (NAVSTA chapel)**

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

**PROTESTANT SERV. (JTF Troopers' chapel)**

Sunday\* 0900&1900  
 Friday 1900

*Friday night movie*

**PROTESTANT SERV. (NAVSTA chapel)**

*Traditional\** Sunday 0930 Annex Room 1 (Liturgical Service)  
*Contemporary\** Sunday 1100 Main Chapel  
*Gospel* 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\** Sunday 1800 Main Chapel (Non-denominational)  
*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  
 Saturday 1900 JTF Trooper's Chapel

*Game Night*

**LUTHERAN SERV. (JTF Troopers' chapel)**

Sunday 1030 JTF Trooper's Chapel

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

Tuesday 1900 Taught by Navy Chaplain (Lt. Col.) Mark Moreno

**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**

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

**BUS SCHEDULE** 09:55 - 19:55 hourly

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

**BEACH BUS** (Saturday & Sunday only)

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

**FERRY SCHEDULE**

*Monday - Saturday*

**FERRY**

**Windward:**

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

**Leeward:**

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

**UTILITY BOAT**

**Windward:**

1630/ 1730/ 1830/ 2030/ 2230/ 2330

**Leeward:**

1700/ 1800/ 1900/ 2100/ 2300/ 0000

*Sunday & Holidays*

**FERRY**

**Windward:**

0730 / 1330

**Leeward:**

0800 / 1400

**UTILITY BOAT**

**Windward:**

1030 / 1530 / 1730 / 1830 / 2030 / 2230

**Leeward:**

1100 / 1600 / 1800 / 1900 / 2100 / 2300

**ALL ABOUT EID AL-ADHA**

The Islamic holiday, Eid al-Adha, also known as the sacrifice feast is a four-day celebration that started Sept. 24, and will end Sunday 27th September 2015.

Eid al-Adha is an Islamic festival to commemorate the willingness of Ibrahim (also known as Abraham) to follow Allah's (God's) command to sacrifice his son Ishmael. The festival also marks the end of the Hajj pilgrimage to Mecca, Saudi Arabia, which is the largest annual religious gathering.

"The Hajj, or pilgrimage to Mecca, is a critical task of all Muslim men and women who are mentally, physically and financially fit to make the journey at least once in their lifetime," said Zak, strategic cultural consultant for Joint Task Force Guantanamo.

Peace is the dominant theme of the pilgrimage. Eid al-Adha is a time for wishing one another well. The holiday is celebrated with prayers, social gatherings and a ceremonial feast.

**ALL ABOUT YOM KIPPUR**

Yom Kippur, also known as the Jewish Day of Atonement, was Sept. 22-23. Yom Kippur, considered the holiest day of the Jewish religious year, commemorates forgiveness.

According to Aish.com, Yom Kippur stems from when God forgave the Jewish people and gave Moses a second set of the Ten Commandments.

"It is a very solemn holiday," said Army Maj. Kathryn Shaw, a practicing Jewish soldier. "Prior to Yom Kippur, wrongs committed against other people aren't necessarily eased until the person apologizes and seeks forgiveness from those they have harmed and/or insulted over the past year. Yom Kippur allows those who observe to be confident that sins are forgiven and that year moving forward will be of life, health, and happiness."

This holiday is observed by fasting, worship, study, confession and prayer.

*Photo by Jill Reed*  
**PARTING SHOT**



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