

THE OFFICIAL PUBLICATION OF JOINT TASK FORCE GUANTANAMO

THE WHERE

March 4, 2016

HALLOWED GROUND: CELEBRATION OF BLACK HISTORY

FOOD, FUN, FASHION BRINGS GTMO
RESIDENTS TOGETHER

DETAINEE PROGRAMS PROVIDE EDUCATIONAL ACTIVITIES

LIBRARY STAFF HELPS CREATE SAFE
ATMOSPHERE

PREVENT ZIKA, PROTECT YOURSELF FROM MOSQUITOES

PREVENTIVE MEDICINE OFFERS PROTECTIVE
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PHOTO STORY



REMINDER: FEDERAL OFFICE ABSENTEE VOTING INFORMATION

The Uniformed and Overseas Citizens Absentee Voting Act of 1986 or UOCAVA, allows certain U.S. citizens to apply to register and vote absentee in elections for Federal office.

Citizens covered under UOCAVA include:

1. Members of the Armed Forces or Merchant Marines who are absent from their voting jurisdiction due to their service.
2. Dependents of members of the Uniformed Services or Merchant Marines who are absent from their voting jurisdiction with the member.
3. U.S. citizens residing outside the U.S. and its territories.

It is important to remember every vote counts. Recent elections have been decided by a margin of victory of less than 0.1 percent. For example, the 2006 election in Oklahoma State House of Representatives was won by only two votes, and that could mean your absentee vote.

State primary elections were held as early as February 2016 in some states. Keep in mind election officials send ballots 45 calendar days

before the election. Most states require you to complete an absentee ballot application to start the absentee voting process.

The Federal Voting Assistance Program, or FVAP, encourages the use of the Federal Post Card Application, or FPCA, to start the absentee voting process as it is standardized for use across all states and will extend your eligibility to receive a ballot for all Federal elections for which you are eligible. The FPCA acts as both a registration and absentee ballot request form.

If you wish to complete your Voter Registration and Absentee Ballot request form online, visit the website: <https://www.fvap.gov/>. Each state has its own schedule of elections. For a complete list of your specific state's scheduled elections or if you have questions or concerns, please contact your Unit Voting Assistance Officers or UVAO.

Below is a list of upcoming elections:

- Louisiana Presidential Primary: March 5
- Idaho Republican Presidential Primary: March 8
- Michigan Presidential Primary: March 8

Mississippi Presidential Primary or State Primary: March 8

Puerto Rico Republican Presidential Primary: March 13

Florida Presidential Primary: March 15

Illinois Presidential Primary or State Primary: March 15

Missouri Presidential Primary: March 15

North Carolina Presidential Primary or State Primary: March 15

Ohio Presidential Primary or State Primary: March 15

Arizona Presidential Primary: March 22

Wisconsin Presidential Primary: April 5

New York Presidential Primary: April 19

Connecticut Presidential Primary: April 26

Delaware Presidential Primary: April 26

Maryland Presidential Primary or State Primary: April 26

Pennsylvania Presidential Primary or State Primary: April 26

Rhode Island Presidential Primary: April 26

Article courtesy of

JTF PUBLIC AFFAIRS OFFICE

MAKING THE MOST OF OUR OPPORTUNITIES

servant who had been given two talents did the same, doubling the master's money and returned four talents to the master. However, the third servant who had only one talent did not use it or invest it. He dug a hole in the ground and buried it. When the master came to the third servant, he was shocked and angered to discover this servant only gave back the one talent.

"You could have at least put it in the bank so it could have gained interest," the master said. The master was so angry he called the servant, "wicked and lazy" and cast him out of his home.

Where did the third servant go wrong? First, he was full of excuses; sounds like a lot of us right? He focused on every reason why he was unable to make a difference. Secondly, he had a bad attitude toward the master. This happens when we find out we have messed up in a big way and we are ready to throw in the towel. Third, he was unwilling to seek other opinions or ask for help, thinking it would make him appear not good enough. Lastly, he was fearful of losing and he did not play to win, instead, he played to "not lose."

This reminds me of something I learned about the geography in the Middle East, where scripture is concerned. The Sea of

Galilee is one of the liveliest bodies of water in the region. It is full of life and activity. The Jordan River continues south until it flows into another sea; however, this sea has no outlet. It only receives from the Jordan River and that is where it ends. This sea is called the Dead Sea. It is the most lifeless body of water on the planet. No plant or animal can live in the Dead Sea because it has no outlet. The Dead Sea receives but never gives. This is a good illustration of what happened to the third servant. He did nothing with what he was given and it cost him.

So what does this parable teach us about life? Life is an adventure in responsibility. It is a treasure of diversity: we are not all the same for a reason and we all have unique combinations of temperaments and gifts. Life is a giver of opportunity.

"Do what you can, with what you have, where you are," said President Theodore Roosevelt.

It's up to all of us to decide what we choose to do when we receive an opportunity and for what purpose. Choose wisely.

Article by

NAVY CHAPLAIN (LT. CMDR.) QUINESA D. BROWN

JTF GTMO Chaplain



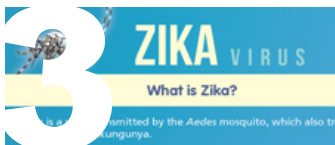
I love the parable in Matthew 25, where Jesus teaches his disciples about opportunities. In this parable, Jesus tells them a story about a master who went on a journey and entrusted his possessions to three servants. The first servant was given five talents, the second two talents, and the third only one talent.

For your understanding, a "talent" was an ancient word, which meant an amount of money that was worth somewhere in the neighborhood of \$2,000. The story says each person was given money based on their ability to make the most of it. As the story goes, the servant with five talents began to invest and work his master's money and when it was all said and done, he doubled the money and when the master settled accounts with him, the servant returned 10 talents to him. The



LEADERSHIP & CHAPLAIN

Service members can apply to register for absentee voting. The chaplain offers guidance on how to make the most of opportunities.



GTMO NEWS

Read how to protect yourself from the Zika virus. Check out the new "Current News" page to see highlights from all the services.



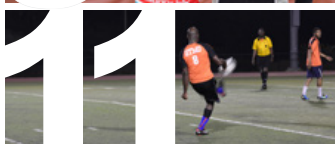
PHOTO STORY / COVER PHOTO

The Black History Organization hosted its annual ball, highlighting important historical figures and cultural aspects. The ball was held as a capstone event to celebrate Black History Month.



ENTERTAINMENT

"The Finest Hours" is a thrilling rescue made by the U.S. Coast Guard. "Eddie the Eagle" features one man's undeniable determination to make his dream come true.



SPORTS

The Sprint Triathlon featured approximately 70 participants in this biannual event. *Manchester City* takes on *XMart* in male soccer for this week's sports coverage.



HEALTH & JSMART

In health, read the history of Pilates and how it can help improve your workout. Learn the dangers of prescription drugs and where to go for assistance.

MOTIVATOR OF THE WEEK

COAST GUARD
PETTY OFFICER 2ND CLASS DEREK
J. SAMUELSON
 MARSECDT

ARMY
STAFF SGT.
JORGE MERAZ
 JDG

COVER PHOTO CAPTION

Navy Petty Officer 1st Class Kendra A. Dobson, a hospital corpsman with the Joint Medical Group at Joint Task Force Guantanamo, struts down the runway at a fashion show during the Black Heritage Organization Ball at the Bayview at U.S. Naval Station Guantanamo Bay, Cuba on Feb. 27. The show was part of the annual ball hosted by the BHO.

UTILIZE IDENTITY THEFT PROTECTION

Have you received a letter from the Office of Personnel Management offering free identity theft protection? If you have, then that means your personal information was compromised. Please understand all information is vulnerable to hacking. There has never been a more important time to practice OPSEC. I encourage you to use the identity theft protection provided by OPM if you received a letter. Protect your information!

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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COVER PHOTO BY

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PREVENT ZIKA, PROTECT YOURSELF FROM MOSQUITOES



According to the Cuban Ministry of Health, a 28-year-old Venezuelan post-doctoral student has tested positive for the Zika virus in Havana, Cuba, on Feb. 28. In light of the virus's appearance, Joint Task Force Guantanamo Troopers and U.S. Naval Station Guantanamo Bay, Cuba, residents should educate themselves and take precautionary measures.

When you hear about the Zika virus on the news, you often hear about the dangers of the disease, but what steps can you take to protect yourself? How do you recognize the signs and symptoms of the disease and how it is transmitted?

Zika virus is primarily transmitted to humans through the bite of an infected *Aedes* species mosquito. This genus of mosquito is also responsible for the transmission of both Dengue Fever and Chikungunya.

Mosquitoes become carriers by biting a person in their first week of infection of the Zika virus. The virus has also been found to be spread through exposure of blood and by sexual contact. However, not every person who is bitten by an infected mosquito will develop Zika; only about 20 percent will actually contract the disease.

Unfortunately, there is currently no vaccine or medication to prevent the Zika virus. Avoiding and preventing mosquito bites as much as possible remains the most effective deterrent. These pesky bugs primarily bite during the daytime and typically lay eggs in standing water that collects in places like flowerpots, soda cans and buckets. Make sure you remove any standing water near your living quarters to reduce the number of mosquitoes.

According to the Centers for Disease Control, wearing long-sleeve shirts with pants and sparingly applying N,N-Diethyl-metoluamide, also called DEET, to exposed skin, greatly reduces your chances of being bitten. Uniforms that are pre-treated with permethrin also provide excellent protection from mosquitoes. Proper care of the uniform includes washing your uniforms separate from regular clothes to ensure the treatment lasts its full life cycle. The life span of the permethrin is located on each uniform items label and is

typically 50-70 washes.

If you have an infant it is important to note insect repellent should not be used if they are younger than two months old. Infants two months or younger can be protected by dressing them in appropriate clothing or by covering cribs and strollers with mosquito netting.

Understanding how the virus spreads is only the first step. Recognizing the signs and symptoms of the virus is the second step. Common symptoms of the virus include fever, headache, rash, muscle and joint pain, conjunctivitis or red eyes. Very rarely does this virus kill humans. The symptoms associated with the Zika virus are very similar to the symptoms of Dengue and Chikungunya. Therefore, it is recommended to see a healthcare provider if you develop symptoms. Up-to-date information is located on the CDC website at www.cdc.gov.

The treatment for Zika infection is only symptomatic and includes drinking plenty of fluids, getting rest, and taking medication such as acetaminophen, Tylenol, to relieve fever and pain. Medication such as ibuprofen and other non-steroidal anti-inflammatory drugs should be avoided.

As with most with things in life, a little knowledge can go a long way in protecting yourself and your family. With the Zika virus spreading rapidly, information is always changing and being updated. Updated information on the virus can be found through the CDC and the World Health Organization.

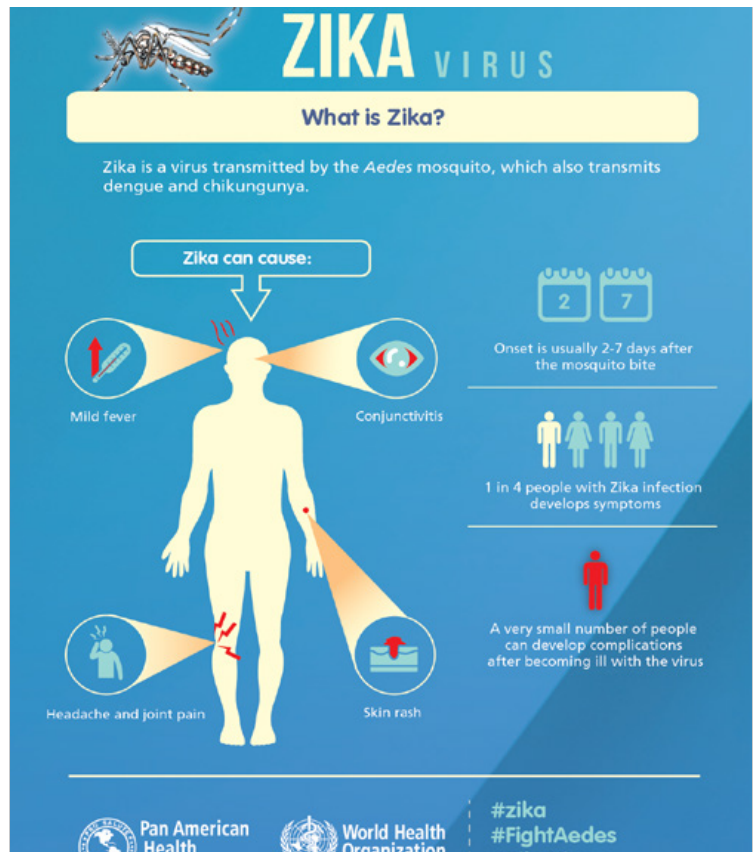
Courtesy article by

NAVY PETTY OFFICER 3RD CLASS MARC A. PEREZ

Joint Medical Group

Graphics courtesy

WORLD HEALTH ORGANIZATION



Current news from across the services

FORT BELVOIR, Virginia — The Army's efforts to integrate operational cyberspace capabilities into its tactical units took another big step forward during a recent training rotation at the National Training Center at Fort Irwin, California, Feb. 29. Cyber forces provided support to offensive and defensive cyberspace operations, intelligence, information operations and opposing forces for the NTC rotation for the Lancer Brigade - the 2nd Stryker Brigade Combat Team (SBCT), 2nd Infantry Division from Joint Base Lewis-McChord, Washington. The cyber participation in the training was a key element in the Army's ongoing "Cyber Support to Corps and Below" pilot, designed to help the Army develop how it will build and employ cyber in its tactical formations. "It's not about individual enemies on the battlefield," said Maj. Wayne Sanders, executive officer for the 781st Military Intelligence Battalion, and a member of the operations team that supported cyber during the rotation. "It's the ability to integrate into the brigade's operations process..."



MARINE CORPS BASE CAMP LEJEUNE, North Carolina — Petty Officer 2nd Class Alejandro Salabarría, a corpsman with 2nd Marine Raider Battalion, Marine Raider Regiment, U.S. Marine Corps Forces, Special Operations Command, was awarded the Silver Star Medal during a ceremony at Stone Bay, Marine Corps Base Camp Lejeune, North Carolina, Feb. 5, for his actions in Afghanistan. In June 2014, the team deployed to Afghanistan in support of Operation Enduring Freedom. It was nearing the end of their deployment, on Sept. 15, 2014, that the team was hit by enemy fire. A rogue shooter had fired an M203 round into the landing zone before circling around firing off an automatic weapon into the groups of gathered Raiders and commandos. "I checked him over real quick, and that's when I noticed that we were directly getting shot at," said Salabarría. "At that point, I laid on top of (the team Special Amphibious Reconnaissance Corpsman), told him not to move, and I shot at (the shooter) until he went down."

WASHINGTON — On Feb. 29, Senior Chief Special Warfare Operator Edward C. Byers Jr. became the sixth Navy SEAL in U.S. history to receive the Medal of Honor. Byers is the first living active duty member of the U.S. Navy to receive the Medal of Honor since Apr. 6, 1976. He is the first living active duty enlisted member of the U.S. Navy to receive the Medal of Honor since Petty Officer Michael Thornton (also a SEAL) was awarded the Medal of Honor by President Richard Nixon Oct., 15 1973. President Barack Obama presented Byers with the medal during a White House ceremony Dec. 8, 2012. "The important thing I want to say here is that everything we do is as a team; if it wasn't for that team I wouldn't be standing here today. Specifically for me, my teammate, friend and brother Nick Checque," he said, referring to fallen team member Petty Officer 1st Class Nicolas Checque. "The award is truly his. He was an American hero and he was the hero of that operation." The Medal of Honor is the nation's highest award given to members of the Armed Forces...



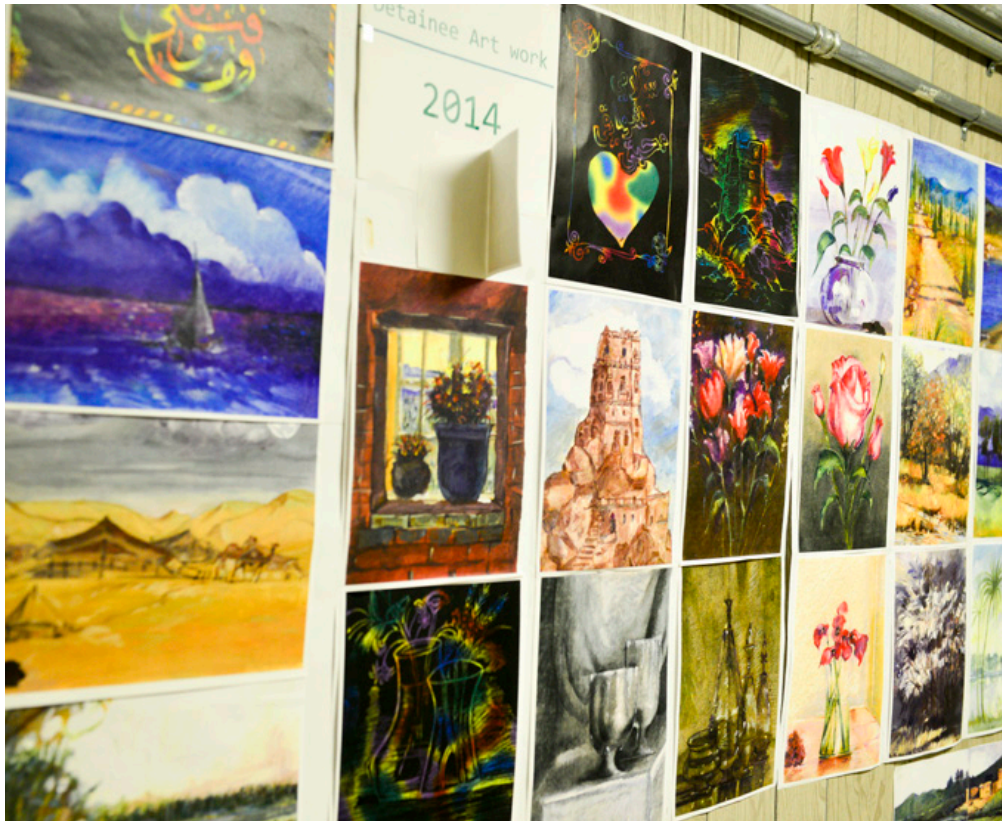
HILL AIR FORCE BASE, Utah — Airmen from the 388th and 419th fighter wings dropped laser-guided bombs at the Utah Test and Training Range the week of Feb. 25, marking the first time an F-35 Lightning II combat unit has deployed weapons from the F-35A. Lt. Col. George Watkins, the 34th Fighter Squadron commander, said dropping weapons from the F-35 allows pilots to more fully engage the aircraft and confirm that everything works as planned. Air Force F-35s have dropped weapons in test environments, but this is the first time it's been done on jets designed to deploy once the Air Force declares initial operational capability, which it plans to do between August and December. IOC will be announced when the Air Force deems the F-35 combat capable. Lt. Col. Darrin Dronoff, the director of Hill's F-35 Program Integration Office, said that while this achievement is a significant step toward Air Force IOC, the milestone goes beyond that mark. Hill's pilots will begin flying the F-35 as early as March.

NORTH BEND, Oregon — The Coast Guard presented a Gold Lifesaving Medal and Silver Life Saving Medal during a ceremony at Station Chetco River in Brookings, Oregon, at 10 a.m. Monday. The prestigious Gold Lifesaving Medal was presented to Terry L. Brown, an Oregon native currently residing in Salem, and the Silver Life Saving Medal was presented to Logan Couch, a Curry County resident, for their actions in saving then 14-year-old Joshua Peterson, of Brookings, near Harris Beach in June 2014. Brown responded to a report of a boy caught in a rip current near Harris Beach. Brown immediately donned a lifejacket and took a lifeline with him as he jumped into the 52-degree water to rescue the boy. The Gold Life Saving Medal is one of the oldest medals in U.S. history and has only been awarded 724 times.



<http://www.af.mil/News.aspx> <http://www.marines.mil/News.aspx> <http://www.army.mil/news/>
<http://www.uscgnews.com> <http://www.navy.mil>

DETAINEE PROGRAMS PROVIDE EDUCATIONAL ACTIVITIES



Editor's Note: Names of service members are omitted from the story due to operational security. Originally printed Nov. 20, 2015.

A detention facility is a strange place to see paintings of serene sunsets, tranquil waterways and beautiful flowers. However, these are just some of the works of art done by detainees adorning the walls of the detainee programs building at Joint Task Force Guantanamo.

The JTF mission is to conduct safe, humane, legal and transparent care and custody of detainees, including those convicted by military commission.

Since 2003, detainee programs have done their part to fulfill this mission, by providing intellectual, educational and recreational activities to detainees. The program includes a library and provides educational seminars for detainees.

"Our mission here at the detainee library is to provide mental and intellectual stimulation for the detainees," said the officer-in-charge of detainee programs. "We do that through a variety of mediums: movies, DVDs, CDs and books are some of our programs."

The guard force works with the detainees around the clock and are the primary escorts for the detainee programs.

According to the programs non-commissioned officer in charge, the programs

help the guard force and detainees at the same time. For example, if a detainee is occupied by a movie for two hours, then the guards can focus on other detainees who may need additional attention.

Nearly a quarter of the detainees attend classroom seminars. Certificates are given to the detainees who finish one of the courses, hopefully inspiring others to become more compliant.

Receiving books is a privilege and the number of books the detainees can check out at one time, depends on their compliance level. Detainees with full compliance may check out up to 10 books at a time indefinitely.

"We currently have about 30,000 items in our inventory," said the programs OIC. "Approximately, 20,500 of those are books and the rest are a combination of CDs, games, magazines, you name it."

The classroom seminars range from a variety of subjects including art, language and computer-based courses for Microsoft Word, Power Point and Adobe Photoshop. Programs receive most of their materials from the International Red Cross and other organizations slowly building an assortment of materials spanning nine languages and a multitude of subjects.

To see the changes in some of the detainees' mindsets is very beneficial, said the programs OIC. It allows them to express themselves in a constructive way.

Article and photos by
ARMY SGT. CHARLIE HELMHOLT



FFSC CAN HELP YOU PLAN, PREPARE, LAND PERFECT JOB

Editor's Note: Originally printed Nov. 26, 2015.

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.

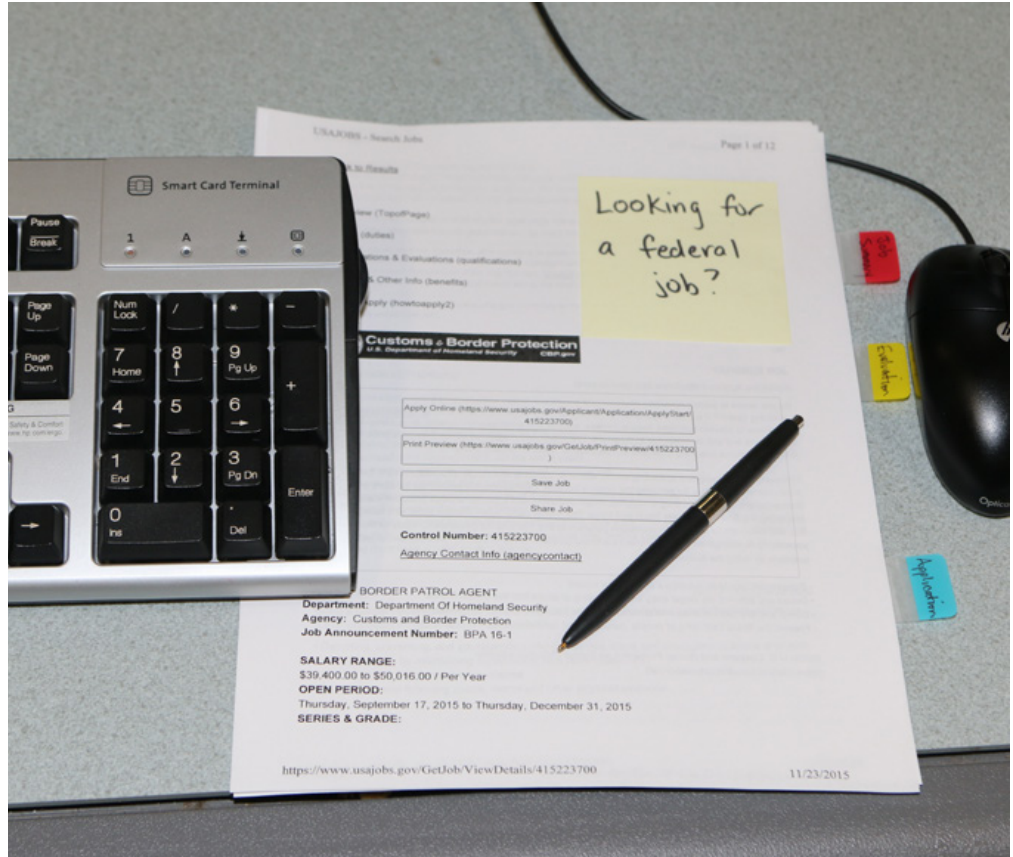
"We offer the Navigation Federal Employment workshop, which is a brief two-hour overview of what the federal job search entails," said Kolenda. "The 10 Steps to a Federal Job class is a six-hour course that really breaks down the entire process."

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



A pavilion awaits the guests of the annual Black Heritage Organization Ball at the Bayview at U.S. Naval Station Guantanamo Bay, Cuba on Feb. 27. The ball included an elegant dinner, live music and a disk jockey, as well as guest speakers and several cultural displays.



Keynote speaker, Army Maj. Rhonda Brockington, addresses Black Heritage Organization attendees during the ball. The ball was held as a capstone event to celebrate Black History Month.



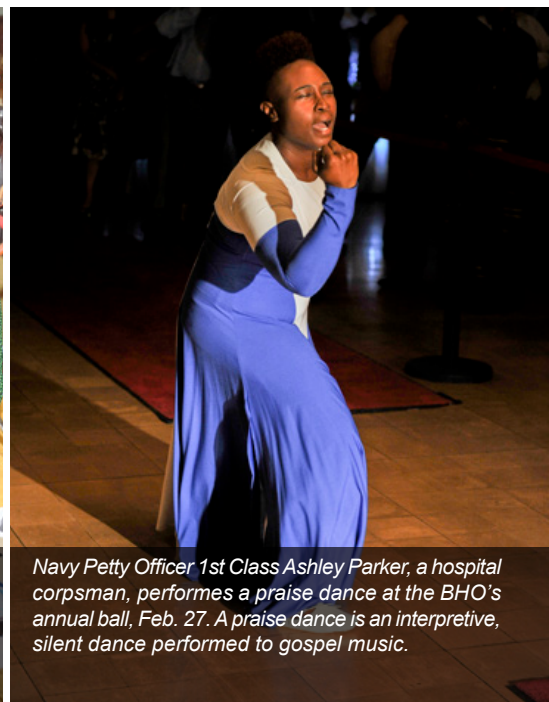
The Color Guard of the Naval Hospital presents the colors during a rendition of the Star Spangled Banner at the Black History Organization's annual ball, Feb. 27. The ball was a celebration of African American culture and achievement.



Navy Petty Officer 3rd Class Joanna Rolle, a hospital corpsman at the Naval Hospital, shows off her attire and hat, during the fashion show at the Bayview for the BHO ball, Feb. 27. Rolle displayed her Sunday best as part of the theme for this year's ball "Hallowed Grounds."



Cultural artifacts sit on display at the Bayview during the BHO ball. The artifacts were borrowed from Wanda Robinson-Caton, a BHO member and patron of the event.



Navy Petty Officer 1st Class Ashley Parker, a hospital corpsman, performs a praise dance at the BHO's annual ball, Feb. 27. A praise dance is an interpretive, silent dance performed to gospel music.

HALLOWED GROUND: CELEBRATION OF BLACK HISTORY

Elegance, sophistication, culture, and commitment were in the air at the Bayview on Feb. 27, at U.S. Naval Station Guantanamo Bay, Cuba, as the Black History Organization hosted its annual ball. Residents, Troopers and distinguished guests gathered together to celebrate black history, culture and their contributions to the U.S. and the world. Revelers enjoyed catered food, inspirational commentary from guest speakers, and music in a stately and beautiful setting.

The evening began with a cocktail hour where upwards of 60 patrons were invited to mingle, enjoy finger foods, and view a collection of African and African-American artifacts on display. Masks, hats, literature, and an ornamental hookah were among the items on display.

Most of the items are owned by BHO member and W.T. Sampson schoolteacher Wanda Robinson-Caton, who has traveled to many African nations and built up this collection along the way.

"Those are (Robinson-Caton's) personal artifacts," said Milta Dumas, vice president of BHO and contractor with the Joint Task Force Guantanamo J6 communications. "She didn't buy them at the store, she actually went to these countries. They are actual real artifacts from the homelands."

Following cocktail hour and a few words from BHO president Christopher "CC" Caton, the U.S. Naval Station Hospital Color Guard posted the colors and Army Sgt. Major Anita Wyatt, the JTF Joint Detention Group S3, plans and operations senior enlisted leader, sang the National Anthem.

Mr. John Baty, a contractor with NAVSTA, then gave a soulful rendition of the song "He is Able" by Dietrich Haddon.

The highlight of the night followed

with the remarks by Army Maj. Rhonda Brockington, honored guest speaker, accomplished nurse with more than 20 years of experience, and deputy director of clinical services at the Naval Hospital here. Brockington spoke of the power and influence of African Americans on the fabric of history both in the U.S. and around the world. She spoke of challenges overcome, and those that the black community still faces.

"Black history month has become a wonderful time to evaluate and celebrate the accomplishments of African Americans who have honored

**WE HAVE TO
KEEP OUR
CULTURE AND
HERITAGE
ALIVE**

our nation in terms of leadership and intellectualism," said Brockington. While many challenges have been overcome, like securing civil rights and equality, others like drugs and violence, still pose a disproportionate threat to black Americans, said Brockington.

Dumas said she hoped people took home a better understanding of black culture and its contributions to society. Black history month, which began as black history week in 1926, was originally scheduled to coincide with Abraham Lincoln's birthday. It has since become a time where the accomplishments of such icons as Dr. Martin Luther King

Jr. and W. E. B. Du Bois, among others are celebrated.

"What I hope people get out of this is that they realize we have to keep our culture and heritage alive," said Dumas.

Guests mingled over a succulent dinner of pork tenderloin and béchamel smothered chicken breasts until it was time to cut the decorative, and tasty, cake and prepare for the evening's fashion show.

This year's fashion show highlighted the importance of the "church hat" a staple of black female fashion that centers on extravagant and eye-catching headwear.

"The church hat became a symbol of black culture," said Robinson-Caton.

Model after model strutted their stuff along a red carpet runway before a crowd of admirers. They were sporting colorful hats bearing feathers, bows, and brilliant patterns to match their wide array of "Sunday best" dresses.

At this point in the evening, Robinson-Caton was presented with a decorative oar as a surprise by her fellow BHO members in gratitude for her many years of service and the use of her African artifacts.

The final piece of the official program was a beautiful and heartfelt praise dance, a silent, interpretive dance set to gospel music, by BHO member Navy Petty Officer 1st Class Ashley Parker, a corpsman at the Naval Hospital, who performed her tribute before the crowd.

With formal events finished, patrons took to the dance floor and kept the party going, enjoying each other's company and the pleasant ambiance of the evening.

For more information about the BHO, or to find out how you can help their next event, contact Milta Dumas at x8599.

Article and photos by
ARMY SGT. IAN WITHROW

MOVIE REVIEW / THE FINEST HOURS



I recommend "The Finest Hours," if you can get past the first 20 minutes, the film is about a thrilling U.S. Coast Guard rescue attempt.

The movie is inspired by real-life events, as depicted in Casey Sherman and Michael J. Tougas' 2009 non-fiction book, "The Finest Hours: The True Story of the U.S. Coast Guard's Most Daring Sea Rescue."

The majority of the movie takes place during a massive winter storm off the coast of Massachusetts in February 1952. Two oil tankers, the SS Fort Mercer and SS Pendleton, are split in half and require the assistance of the Coast Guard rescue crews. Boatswain's Mate 1st Class Bernie "Bernie" Webber (Chris Pine), must take his crew out in the bitter cold and pitch blackness of the unknown waters to rescue Ray Sybert (Casey Affleck), the first assistant engineer on Pendleton's crew and 31 other crewmembers.

Webber takes three volunteers in a 36-foot wooden boat, designed to carry 12 people before going on a next-to-impossible rescue attempt of the Pendleton's crew, who are struggling to stay alive on the back half of the SS Pendleton, while coping with 60-foot waves and gale force winds. To make matters worse for Webber and his small crew, they lose their compass after being bashed about by tremendous waves at the onset of the rescue mission. This scenario personally freaks me out. I could never imagine being stranded at sea in a sinking ship waiting for some stranger to rescue me nor could I imagine being aboard a small rescue boat battling the wind, water and whatever else Mother Nature wants to throw at you in order to save another crew.

Aboard the Pendleton, the crew begins to fight with each other about how to stay alive. Half the crew wants to go on a suicidal mission with the life boats, which are not designed for the massive waves. The other half wants to run the remains of the tanker aground into a nearby shoal, giving rescuers more time to find them. However, the tanker is being flooded with water and the bilge pumps can only take so much water out of the engine room. The water rises and time runs short as the storm rages on.

Pine and Affleck did an amazing job portraying their characters. The supporting cast did well enough to keep the movie going along.

At the end, I did like that they showed documents and photographs from the actual events. I recommend the movie to those who enjoy a little history or rescue drama with a bit of romance. I would give it four banana rats, but unfortunately, I cannot give the movie anymore than three banana rats because I know I will never watch the movie again.

"The Finest Hours" is rated PG13 for intense sequences of peril.

Movie review by
ARMY SGT. RYAN L. TWIST

LT DAN BAND

HONOR. GRATITUDE. ROCK & ROLL.



Date: March 11

Time: 7 pm

Location: Downtown Lyceum



ALL HANDS



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.

Hail, Caesar! (New) PG13, 7 p.m. Ride Along 2 (LS) PG13, 9 p.m.	The Choice (New) PG13, 7 p.m. 13 Hours: The Secret Soldiers of Benghazi (LS) R, 9 p.m.	Zootopia (New) PG, 6:30 p.m. Race PG13, 8:30 p.m.	Eddie the Eagle PG13, 7 p.m.	The Finest Hours PG13, 7 p.m.	Norm of the North (LS) PG, 7 p.m.	Dirty Grandpa R, 7 p.m.
3/4 FRIDAY	3/5 SATURDAY	3/6 SUNDAY	3/7 MONDAY	3/8 TUESDAY	3/9 WEDNESDAY	3/10 THURSDAY
The Dictator R, 8 p.m.	Rush Hour PG13, 8 p.m.	The Devil Wears Prada PG13, 8 p.m.	LYCEUM CLOSED	Antman PG13, 8 p.m.	LYCEUM CLOSED	Shawshank Redemption 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 write a movie review for The Wire? Send your movie review to: thewire@jftgmo.southcom.mil

MOVIE REVIEW / EDDIE THE EAGLE



"Eddie the Eagle," based on true events, is a very heartwarming film about a man who grew up with the determination to make it to the Olympics. Eddie Edwards (Taron Egerton) is a British ski jumper, who simply wanted to make it to the Olympics, regardless of winning.

The story begins with Edwards as a child making attempt after attempt, in various athletic events, trying to find one he was good at so he can make his Olympic dreams come

true. With the support of his mother, he makes his way to Germany and eventually goads Bronson Peary (Hugh Jackman), an alcoholic and former ski jumper, into being his coach.

Edwards' odd but charming personality made me love him even more. He was the kid who was picked on growing up, and told he would never make his dreams come true, but that did not stop him from trying.

Seeing his determination made me happy and added explained why the nation fell in

love with him. Edwards' father attempted to make him forget his "silly dream," at first. However, his mother supported him regardless.

This film had many funny scenes, such as his persistent badgering of Peary to be his coach. Edwards has a long way to go when he begins his training, and many of these scenes made me laugh. Watching Edwards fall over and over again, but then get back on his skis every time, had me cheering for him at every scene.

One of my favorite scenes is where Edwards returns home to ask his parents for money one more time. His unsupportive father, flat out tells him no, but his mother has other plans. When Edwards drives off with the car, his mother laughs as she tells her husband, he is not going to like what she did with their savings, everyone in the audience at the Downtown Lyceum was laughing.

A few of my other favorite parts were the overwhelming support from his parents, as they watch him on TV, and then as they wear homemade sweaters in his honor.

Needless to say, Edwards captures the hearts of everyone watching the 1988 Calgary Winter Olympics. Edwards' determination, the way he capture his coach and parents support and the overall demeanor of this film makes it easy for me to give "Eddie the Eagle" four out of five banana rats.

"Eddie the Eagle" is rated PG13 for some suggestive material, partial nudity and smoking.

Movie review by
ARMY STAFF SGT. ALEAH M. CASTREJON



MWR

2016 SPORTS SCHEDULE

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

MONTH / DAY ACTIVITY

March 5	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 Fools' 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

For questions contact the G.J. Denich Gym at x77262.

SPRINT TRIATHLON RESULTS

Male Individual

1st place: Evan Samuelson 1:31:54
2nd place: Jacob Malone 1:32:42
3rd place: Scott Neifert 1:34:05

Female Individual

1st place: Brittany Marble 1:27:38
2nd place: Deborah Oldfield 1:38:38
3rd place: Tiffany Topper 1:43:04

Male Team

1st place: Sean Nazar, Kaleb Heninger, Bryan Regan 1:13:24
2nd place: Javan Kontz, Edgar Camacho, Dario Perez 1:23:47
3rd place: Gregory Mcelwain, Dustin Cammack, Justin Malone 1:25:45

CO-ED Team

1st place: Victoria West, Elena Granina, Casey Gore 1:16:21
2nd place: Gabriel Castaneda, Carl Winkler, Denise Winkler 1:27:56
3rd place: Gabriel Aguilar, Auniessa Asta, Collin Retzlaff 1:40:49

TRIATHLETES TAKE CHARGE, SPRINT TO FINISH LINE



Approximately 70 Joint Task Force Guantanamo Troopers and residents of U.S. Naval Station Guantanamo Bay, Cuba, prepare to swim during the biannual Sprint Triathlon race Feb. 27, held by the Morale, Welfare & Recreation program. The race consisted of a 750 meter swim, 20K-mile bike ride and 5K-mile run.

Joint Task Force Guantanamo and U.S. Naval Station Guantanamo Bay, Cuba, Troopers and residents participated in the biannual Sprint Triathlon held by the Morale, Welfare & Recreation on Feb. 27.

The competition consisted of three events: a 750 meter swim, a 20K bike ride and a 5K run. Participants had the option to form three-person teams or compete in all three events individually.

"I did all three events," said Tiffany M. Topper, a participant who took third place in the female individual race. "I had a very good time. I like the triathlons (the MWR does). It's a good, productive use of my time."

Troopers can be intimidated when taking on triathlons, but there is nothing to be afraid of, said Topper. Service members just have to get out there and compete because most of the race is a mental game.

The triathlon began at Ferry Landing Beach with the swim.

"I am not an open water guy," said Sean R. Nazar, who participated as a swimmer for the first place all-male team. "I'm more pool, collegiate. I just like doing sprints and having that lane line to follow. I felt extremely good. The water is warmer than the pool so that is weird."

Upon entering the water, Nazar said he started out strong and was in the lead at the first buoy. Another competitor made a perfect turn at the buoy and significantly sped up. Additionally, the waves were angled against the swimmers, making it more of a challenge on the way back.

Nazar came in second, saying the other swimmer ended up being faster than him in the end. Luckily, his teammates were able to put up great times in their events and cement

their overall first place.

As the swim event ended, those who participated as individuals geared up for the 20K cycling event, while those in teams had to tag their teammates.

The bike event began at Ferry Landing Beach, competitors turned around at Cable Beach, and then rode hard up Sherman Avenue to the veterinary clinic where they turned around and sped to their cycling finish at the Downtown Lyceum.

"I feel very tired," said Edgar A. Camacho, who participated as a cyclist for the second place all-male team and also trains twice a week, 20-30 miles each time. "The hardest part, is there are too many hills at the last six miles."

At the Downtown Lyceum, runners waited for their teammates before beginning the final stretch of the race. The run went from the lyceum to the golf park and back completing the 5K route.

For service members looking for a challenge, the MWR is sponsoring an Olympic Triathlon, which consists of three events: a 1.5K swim, a 40K bike ride and a 10K run on April 23. Topper encourages others to sign up and not think twice about it.

"The worst that could happen is you have to walk a little bit or you have to stop and take a break," said Topper.

The events held by the Morale, Welfare & Recreation program are available for JTF Troopers and residents of NAVSTA. The events give service members variety of options to choose from while deployed or stationed at GTMO. For more information on upcoming events contact the G.J. Denich Gym at x77262.

Article and photo by
ARMY SGT. RYAN L. TWIST

MANCHESTER CITY BANKRUPTS XSMART IN SOCCER



The Manchester City's goalkeeper, Richard Weston, watches his team try to keep their opponents away from his goal at a soccer game played at Cooper Field Complex at U.S. Naval Station Guantanamo Bay, Cuba on Feb. 25.

It was a well-fought game between *Manchester City* and *XMart* soccer teams, who met at the Cooper Field Complex on Feb. 25, in a battle to establish dominance within the ranks of the Morale Welfare & Recreation Men's Soccer League at U.S. Naval Station Guantanamo Bay, Cuba.

Both teams were in the top three in the standings. *Manchester's* record was 6-0-0, and *XMart* was right on their heels with a 6-1-0 record. *Manchester* beat *XMart* 2-0.

"This is when the season is starting to boil down and both teams have been playing well all season, we just ended up out playing them," said Chris Ahmed, forward for *Manchester City*.

The first period was a back and forth stalemate, both teams showed amazing

defensive skill, as break away and slowly controlled plays alike were met with a wall of defender who prevented any scoring that period.

"It was definitely an evenly matched game," said Javier Graham, a midfielder for *Manchester City*. "There was a lot of talent out there, different styles of play, and it was definitely an aggressive game."

It was not until early in the second period that *Manchester City* was finally able to break through and score on a penalty kick, changing both the score and the momentum of the game.

"The (referee) making the good call for the penalty kick really was the deciding point; after we got that in we knew we could win this game," said Ahmed.

The goal demoralized the *XMart* team and just a few minutes later *Manchester* scored its second and final goal of the evening.

"A goal can change the momentum of a team, positively or negatively," said Ahmed. "Once that ball went in on the penalty kick we had more of a desire to score again."

After the game, Graham said, despite the intensity on the field during the games, he is very grateful Joint Task Force Guantanamo Troopers and NAVSTA residents are able to participate in organized sports like soccer.

"It's a great thing that the MWR has these kinds of sports games like soccer or football, it brings all kinds of people together and brings out all types of relationships," said Graham.

Manchester City remains undefeated, moving its record to 7-0-0. While *XMart* falls to 6-2-0, they are still solidly in third place, up by two games within the league and in a position to move either way, as the season progresses.



Manchester City's defender, Dwyer Williams, punts the ball down the field toward the opposing teams goal, at a soccer game played at Cooper Field on Feb. 25.

Article and photos by
ARMY SGT. CHARLIE HELMHOLT

MWR KICKBALL

No.	Team Name	Standings
01	Flying Monkeys	7-0
02	Kicking Balls	4-1
03	The Innocent Runs	5-1
04	Wu-Tang Forever	5-2
05	Ballsagna	5-2
06	Iguanamo	4-2
07	443rd MP Co	3-3
08	Confusions	3-3
09	Blue Ballers	3-4
10	EWA	3-4
11	Ballz on Fuego	2-3
12	Cyclone Enforcers	2-4
13	BEEF 18	1-5
14	GTMO Latinos Plus	1-5
15	Ball Kickers	1-6
16	Mountain Maniacs	0-5

MWR SOCCER

MALE

No.	Team Name	Standings
01	Fire Department	7-0-0
02	Manchester City	7-0-0
03	XMart	6-3-0
04	Shamuri	5-4-0
05	Young Strikers	4-5-1
06	NEX United	3-3-1
07	Manchesthair United	3-5-0
08	Spartans	1-7-0

FEMALE

No.	Team Name	Standings
01	MisFits	7-0-0
02	One Love	2-3-0
03	Soccer Bombers	0-6-0

MWR BASKETBALL

No.	Team Name	Standings
01	Shottas	4-0
02	Arch Angels Basketball	3-0
03	Five-O	3-0
04	The Commission	3-0
05	Spartans	3-1
06	Tohma's Team	2-1
07	Sinag Pilipinas	2-2
08	Guardians	1-2
09	Guerillas	1-2
10	Splash City	1-2
11	Finesse	1-3
12	Cross Level	1-3
13	Carolina Moonshiners	0-3
14	Cavaliers	0-3
15	The Goon Squad	0-3



HISTORY



JSMART SPOT

▲ JSMART HELPER: HARLEY

BACK IN MY DAY: HISTORY OF MARCH 4

1570: King Philip II bans foreign Dutch students.

1681: English Quaker William Penn receives charter from Charles II, making him sole proprietor of colonial American territory Pennsylvania.

1699: Jews are expelled from Lübeck, Germany.

1791: First Jewish member of U.S. Congress, Israel Jacobs (PA), takes office.

1829: Andrew Jackson inaugurated as seventh U.S. President

1829: Unruly crowd mobs White House during President Jackson's inaugural ball.

1837: Martin Van Buren inaugurated as eighth president.

1837: Chicago becomes incorporated as a city.

1861: Abraham Lincoln is inaugurated as 16th U.S. President.

1861: Confederate States adopt "Stars & Bars" flag, U.S. Civil War.

1861: U.S. President Lincoln opens government printing office.

1865: Abraham Lincoln inaugurated for his 2nd term as

U.S. president.

1897: William McKinley inaugurated as 25th president of U.S.

1930: Emma Fahning bowls first sanctioned 300 game by a woman.

1960: French freighter "La Coubre" explodes in Havana, Cuba, killing 100.

1978: Chicago Daily News, founded in 1875, publishes last issue.

1979: "Grand Tour" closes at Palace Theater New York City after 61 performances.

1982: NASA launches Intelsat V satellite, number 504.

1985: Virtual ban on leaded gas ordered by Environmental Protection Agency.

1985: War veterans returned to the "Bridge over the River Kwai."

1989: Eastern Airlines machinists strike.

1991: Bank of Credit & Commerce International divests itself of first American Bank.

Article courtesy of WWW.HISTORY.COM

BE SAFE: FOLLOW MEDICATION DIRECTIONS

"My knee hurts so bad, I'm going to take the Percocet my dentist gave me for my wisdom teeth removal. It's a pain killer, it should be fine."

Does this sound familiar? If so, that is because self-medicating and prescription abuse is on the rise. A recent study suggested 52 million people last year admitted to taking medication for reasons other than its prescribed purpose. Those numbers equate to one in five Americans. Unfortunately, prescription abuse is a reality in the military as well, with the military's rates of prescription drug abuse roughly 25 percent higher than the national average.

No one intends to push their family and friends away, lose their career, and suffer financial strains when they take that first pill. However, those are some of the potential consequences of becoming addicted to prescription drugs.

Tolerance is formed with habitual use of substances meaning, it takes a larger dose of the substance to achieve the same

response or feeling. There is an increased chance of an overdose with higher tolerance levels. In fact, 45 Americans on average die each day from prescription drug overdose. That is more twice the amount of deaths caused by heroin and cocaine combined.

Luckily, there is a solution to this growing epidemic. When prescribed a medication, be aware of the dosage and the recommended daily amount. Only take the medication for its intended use and prescribed length of time. Addiction can gradually "sneak up" on you, and it may be hard to tell if you are addicted, if you are not aware of the symptoms.

If you feel you may have substance related concerns, to include alcohol abuse, speak with your health care provider to review your options and receive appropriate care.

Article courtesy of **NAVY PETTY OFFICER 3RD CLASS KEILSEY HODSON**
Joint Medical Group

HEALTH CORE STRENGTH

Have you ever found yourself wondering how Pilates came to be? Or what exactly it is all about? Well search no further because this week, we are taking an in-depth look.

Pilates is a form of exercise, created by Joseph Pilates, which promotes balanced development of the body through core strength, flexibility and awareness to support efficient, graceful movement.

The foundation of Pilates is core strength. Core muscles are the deep, internal muscles of the

abdomen and back. Pilates trains these muscles to properly do their job and work with the more superficial muscles to support the spine.

This is why Pilates has helped some people overcome back pain. When core muscles are strengthened, pressure on the back is relieved.

Pilates developed six core principles to govern the routines it promotes: concentration, breath, control, flow, centering and precision.

Concentration allows an individual to focus heavily on improving and perfecting their form and get the most out of a workout. Concentrating on

breathing is a great way to improve performance. Pilates is known as "The Art of Control." Every movement of the workout requires control.

For example, when you concentrate on your breathing, you can clear your mind of distractions and focus on controlling the muscles you are working.

With control, comes flow. Each exercise must be smooth, graceful. When you exercise, your body should constantly be in motion. You should flow directly from one movement into the next. It is important each of your movements begin with your core, the body's "powerhouse." Your

core includes your abdominals, lower back and buttocks. This core is the "center" that forms one of the six principles.

Putting everything together will help you achieve precision. "Honor every movement," Pilates used to say.

Each exercise has a purpose and you must do things properly and precisely to get the most out of your workout.

G.J. Denich Gym offers Pilates classes every week on Tuesdays at 7 p.m. and Thursdays at 5p.m. For more information contact the G.J. Denich Gym at x77262.

Article by **ARMY SGT. IAN WITHROW**

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** Sunday 0900&1900 Annex Room 1
*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 1930 Call JTF Chaplain for location*

BIBLE STUDIES (JTF Troopers' Chapel)

Monday 1900 JTF Troopers' Chapel
 Wednesday 1800 JTF Troopers' Chapel
Movie/Pizza Night Wednesday 1900 JTF Troopers' Chapel
Holy Smokes Friday 1800 Plant Nursery
Game Night Saturday 1900 JTF Troopers' 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

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

JSMART SELF CARE SATURDAYS OFFERED MONTHLY

JSMART is now open one Saturday a month to allow access to the massage chairs and therapy dogs!

Come check out JSMART this month

March 12, from 8 a.m. to 12 p.m. for fun, light refreshments and relaxation.

Contact JSMART at x2321 for more details.

No clinical services will be provided.

CONFIDENTIAL COUNSELING FOR TROOPERS

The Military & Family Life Counseling Program, known as MFLAC, is an additional mental health option for Troopers seeking confidential counseling outside of JSMART or the Chaplain Office. Call x58406 for more information.

Photo by Jeffery Walling

PARTING SHOT



'LIGHTHOUSE SUNSET' BY JEFFERY WALLING. FOR A CHANCE TO HAVE YOUR PHOTO FEATURED IN THE PARTING SHOT, PLEASE SEND SUBMISSIONS TO: THEWIRE@JTFGTMO.SOUTHCOM.MIL

THE WIRE

