

THE OFFICIAL PUBLICATION OF JOINT TASK FORCE GUANTANAMO

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GUANTANAMO



1ST SGT. RICHARD S. GIBSON
324th MP Bn.

For way too long, we have all made observations about the way things are and thought of how things should be. We seem to have unintentionally come into a culture of mediocrity and accepted it because we feel things will never change. Just because it's always been done that way, doesn't mean it has to stay that way. Change can be a good thing but it takes a vision, a plan, determination, and a first step. Change doesn't happen overnight, nor does change happen without a team effort and a tenacious will to succeed, exceed and excel.

Vince Lombardi has been called the most

CULTIVATING CULTURE OF EXCELLENCE

motivational coach of all time in the National Football League and has been quoted on many occasions. Any one quote from him speaks volumes to his leadership philosophy.

"Perfection is not attainable, but if we chase perfection we can attain excellence," he once said.

He understood that mistakes are human nature but can be limited through cultivating a culture of excellence. If perfection is your goal, excellence becomes the standard, and failure will become a thing of the past. If you believe you can achieve excellence, then half the battle is already won. Make the team believe it and excellence will follow.

Cultivating a culture of excellence begins with leadership.

What is a leader?

Some would say a leader is the person in charge. I respectfully disagree. It is my belief that being in charge does not make you a leader. A leader is someone who takes a group of individuals, motivates and trains them to accomplish a collective goal as a team. It begins with realizing you are part of something bigger and greater than yourself. It takes a true leader to realize so much more can be accomplished when no one cares who gets the credit. The leader gives the credit to the team and takes the fall when the team does not succeed.

Before you can truly train your subordinates,

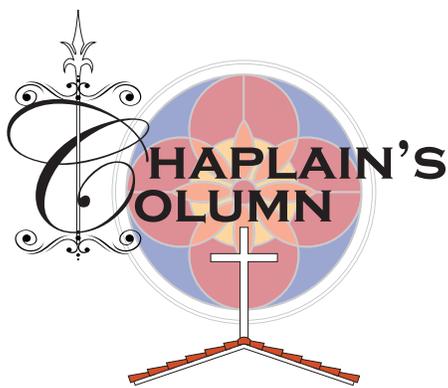
and ultimately train your replacement, you must first put your self-importance aside and get over yourself. Anyone can be replaced. It's my belief that if you want a promotion, you should first show me you have trained your replacement. This way I know there will be a seamless transition. When your team is cross-trained in all areas, it makes it easier on the whole team. Leaders get results and grow more leaders.

Leaders never blame their subordinates for their lack of success nor will they take all the credit for the team's success. They understand and so does every member of their team that success or failure is shared by all. Leaders don't stand out because of their individual achievements. They stand out because of the overall success of their team. They continually encourage their team to achieve standards they truly believe they are capable of, because of the faith they have in their team. If you believe it and they know you believe in them, they will work tirelessly to prove you right.

Excellence can be attained. Mediocrity is not good enough. Cultivate a culture of excellence and grow a garden of success to be shared with all members of the team.

Article by

ARMY 1ST SGT. RICHARD S. GIBSON
324th MP Bn.



The best thing about Guantanamo is the people. Seriously!

We are surrounded by people who serve their country in a wonderful way. I'm not being trite about this or making light of it, because it is actually true. I am blown away by the kindness shown by the workers in the galley. I am thankful for the spirit of cooperation by the troops. I am amazed at all the hard working civilians. All of these people and others, embody the concept of service.

SELFLESS SERVICE WITH SMILE

Why do people work so hard? Why do they serve others? Some do it for hope of reward. Things like a paycheck, a promotion or maybe even a shiny medal. Others do it for fear of punishment such as extra duty, loss of privileges, or even the loss of their career. So let me ask you: Why do you serve others?

As I read scripture the answer becomes clear to me. Jesus condensed the 10 Commandments down to two: love the Lord and love your neighbor as yourself, Mark 12:30-31.

So why do I serve? I do it to give glory to God! It isn't because of a reward or risk calculation, such as heaven or hell, but because when I serve anyone, it reflects the love God has for everyone. In other words, I am a good husband because my wife needs a good husband. I'm a good father because my children need a good father. I don't do it so God will love me even more. He has already shown His incredible love.

Why should you work hard as you serve here at GTMO? Our country needs good troops. Our mission here needs good leadership. You work hard because many people are counting on you. It is great that we get a paycheck and it is great that we get rewards. It is also great that we have accountability to do our job, so as to avoid punishment.

I encourage you to serve others and to do so with joy. There are many motivations to work hard and I pray you can find the motivation that works for you. So, whether you eat or drink, or whatever you do, do all to the glory of God, 1 Corinthians 10:31.

Article by

NAVY CHAPLAIN (LT. CMDR.)
MARK C. MORENO
JTF Deputy Chaplain



COMMAND & CHAPLAIN

Cultivate a culture of excellence by being a good leader. To expect more from the troops you must give more. The chaplain explains the importance of selfless service in all you do.



GTMO NEWS

The Inspector General's office sets Troopers up for success by providing tips. Preventing suicide is of the utmost importance. Experience one firefighters 9/11 encounter 14 years later.



PHOTO STORY

Troopers with Joint Task Force Guantanamo participate in a destructive weather exercise. Everyone prepares for hurricane season, by practicing his or her role during this training event.



ENTERTAINMENT

Everyone remembered and honored the victims of 9/11 during a festival at the Bayview. "Straight Outta Compton" brought many people back to the time they grew up with popular rappers.



SPORTS

Volunteers share their love of skateboarding with the children at GTMO. The MWR supports the skateboard clinic. Co-ed softball season began with a win for the Stormtroopers.



LIFE & FITNESS

Feeling lethargic or just plain tired all of the time? Diet and exercise play a big role. JSMART explains the emotion: anger and how it serves as a secondary emotion.

MOTIVATOR OF THE WEEK

**COAST GUARD PETTY OFFICER
3RD CLASS MARC MOUTON**
MARSECDT

**ARMY STAFF SGT.
ILDELIA ALVAREZ**
J2

NOT EVERYONE ON FACEBOOK IS YOUR FRIEND

Did you know that most people on Facebook are not U.S. citizens? This means when you post things on Facebook you are communicating to a worldwide audience. Unless you use strict privacy settings, people other than your friends can see everything on your page. Make sure you check your privacy settings and protect your pictures and personal information from inadvertent disclosure. Once you've posted something online, it's almost impossible to take it back. Remember, "Once online, always online!" USE OPSEC!

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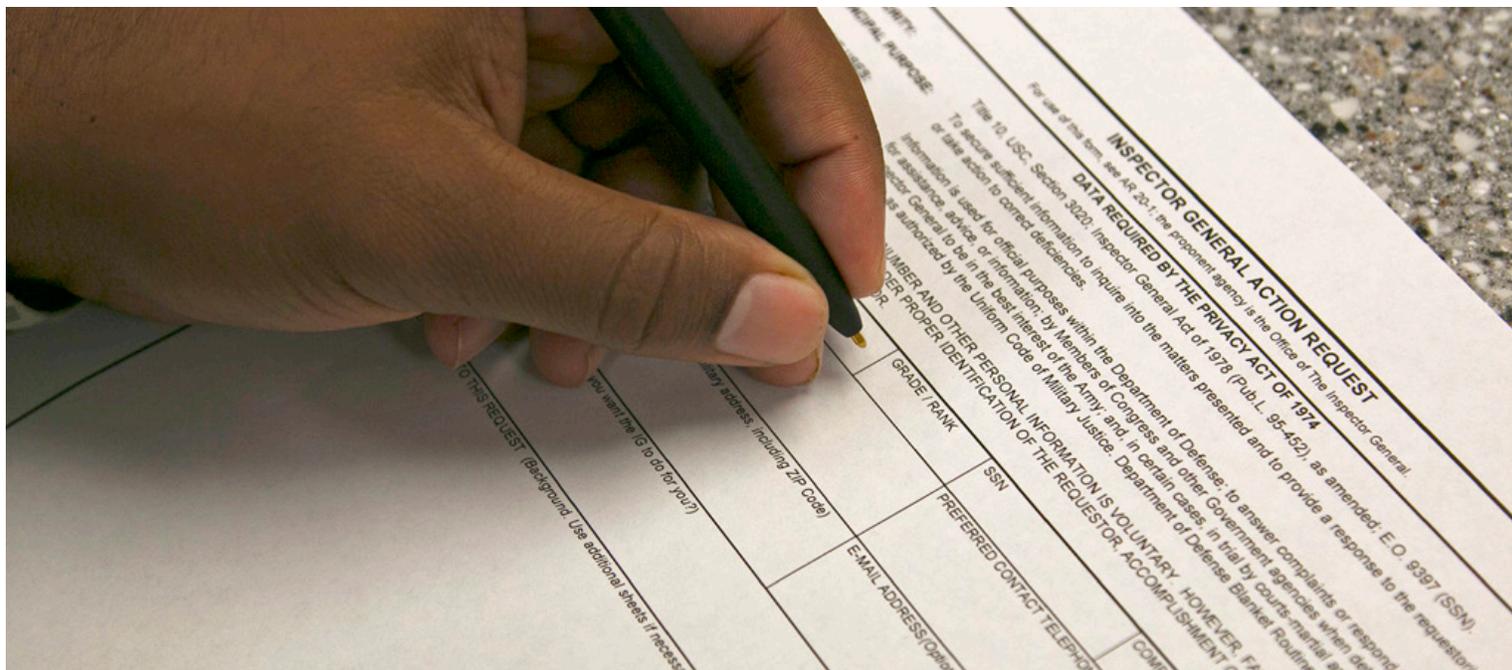


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10 TIPS FOR SUCCESS WITH INSPECTOR GENERAL



Troopers frequently visit the Inspector General's office to ask questions, make inquiries and file complaints. In order to save time for everyone involved, the Joint Task Force Inspector General's office put together a 10-point tip guide to help service members make their visit to the office more efficient.

1) Be certain you have a problem and not just a peeve. It's natural for personal peevs to loom large in our minds. There is little the IG can do about a peeve or dislike. Here is a dining facility example: if the cooks consistently turn out lousy chow, that's a problem. If you don't like the menu for one particular meal, that's a peeve.

2) Give the chain of command a chance to solve the problem. The chain of command can solve most problems. A Trooper's chaplain, congressman, or local IG can help on occasions, but the service member must ultimately work with the chain of command. If you haven't informed the chain of command about your issue and given them a chance to work it, in most cases, the IG will simply refer you back to your chain of command.

3) Try all other appropriate remedies, the IG is more of a "court of last resort." If other remedies are available, they should be used first. If the proper system and/or the chain of command have not been able to solve the problem, then the IG is probably appropriate.

4) Deal with the closest IG. It will speed-up the process and probably provide an answer sooner. IGs serve on an area basis, so consider presenting your issue to the closest IG first. If it is not appropriate for the local IG, he or she will refer the issue to the appropriate agency or another IG. However, you may deal with an IG at any level you wish. Your problem may be so sensitive that you may not want to discuss it with anyone in your own unit.

5) Level with the IG from the start. The IG will soon find out "the rest of the story." A great deal of time and effort can be wasted when a Trooper only presents half of the story. Very often, service members present the information they feel is in their favor. IGs only take action when they have all of the facts - the good, the bad, and the ugly. Save everyone's time and provide all of the facts, even the ones you don't like or agree with.

6) Keep in mind, the IG's regulatory and statutory limits. The IG

cannot change a regulation just because it does not suit an individual. However, an IG can recommend changes to regulations determined to be inappropriate or unfair.

7) An IG is not a commander, the IG can only recommend, not order. Some Troopers get upset when nothing seems to happen as a result of their complaint. The IG can advise a commander but cannot order action. Commanders are obligated to take action when a regulation or standard has been broken, or when a Warrior has not been afforded due process. A commander has the authority to make the decision and the decision does not violate a written procedural, legal, or ethical standard, the commander's choice may stand.

8) An IG can only resolve a case based on provable facts. If the IG cannot find concrete proof, he will not resolve the case in favor of the complainant. Just because a person says his or her supervisor has violated the rules does not make it a verifiable fact.

9) Be patient; the methods and nature of IG work requires time. The motto of the IG Corps is "Droit et Avant," which means, "Be right, then move forward." We have to do our homework first, to "be right." Only after we have all of the pertinent facts, and thoroughly researched the appropriate regulations and standards, will we take action on a situation. IGs employ a logical, thorough and methodical approach to their work, which usually takes a great deal of time.

10) Be prepared to take "no" for an answer. IGs will be straight with you about their findings. Sometimes we say no or tell you the chain of command was right, and/or you were wrong. If you are certain the answer is wrong and have additional evidence to support that, the case may be reconsidered. If, you simply don't agree with the answer or the answer is not in your favor, it is not helpful to continue bringing the same issue with the same evidence to the IG.

For more information, please contact your local Inspector General's office at extension x8550 or x8339.

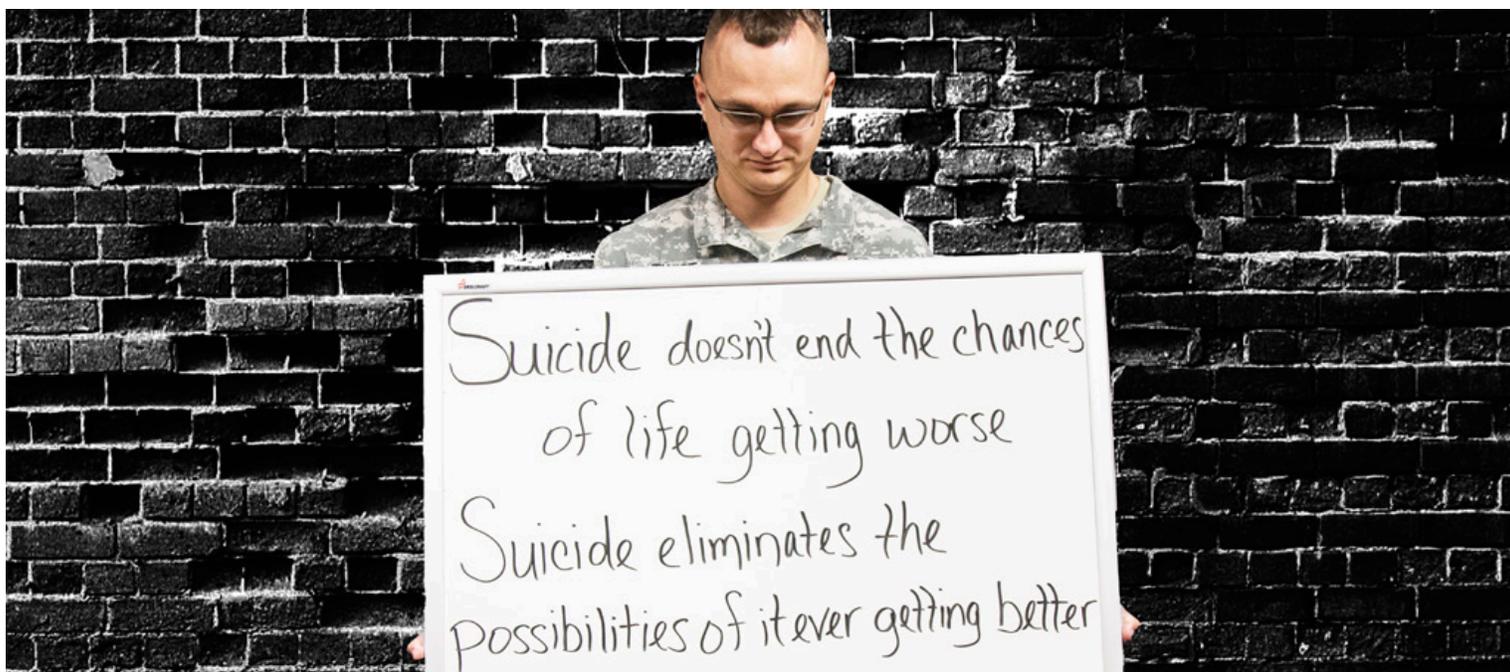
Courtesy article by

JTF INSPECTOR GENERAL'S OFFICE

Photo illustration by

ARMY SGT. CHRISTOPHER A. GARIBAY

HELP YOUR BUDDY: INTERVENE TO SAVE LIVES



Every year more than 800,000 deaths occur due to suicide and even more people attempt suicide each year, according to the World Health Organization. Sadly, these numbers are extremely high and suicide is 100 percent preventable. September is national suicide prevention month.

"Taking care of Troopers is (of) the utmost importance," said Army Sgt. 1st Class Theresa Barone-Lopez, administrative noncommissioned officer-in-charge, with Joint Task Force Guantanamo Headquarters, and applied suicide intervention skills training graduate. "Suicide awareness keeps us vigilant in identifying individuals who need support during trying times."

Suicide prevention is extremely important but many people are not sure how to help someone who is contemplating hurting themselves.

Seaman Austin Johnson, Masters-at-Arms at U.S. Naval Station Guantanamo Bay, Cuba, said he had a friend approach him who said she was thinking about taking her own life.

"At the time I did everything wrong," Johnson said. "I got mad at her because of what it would do to her family. I didn't give her good advice."

Luckily she did not follow through.

While Johnson wishes he would have been trained to handle his friend's situation better, he has since been educated on suicide prevention. From his training, he realizes the mistakes he made and is prepared should there be a next time.

Petty Officer 3rd Class Adam Strachan, Masters-at-Arms here, has dealt with a few cases of suicide himself, he said. One thing people who contemplate suicide can learn from other situations is the affect it has on others.

"When I was in high school, I saw what it did to my friend's parents and it's rough," he said.

Most people think that they are not loved and that nobody cares, but the truth is that self-destructive behavior also hurts your loved ones, Strachan said.

There are a variety of ways you can help someone else deal with suicidal thoughts. One way is to open up to them and get them to open up to you.

If anyone is in need of talking, the Masters-at-Arms are here to help said Strachan.

"Sometimes just flat out asking them 'are you going to hurt yourself, are you going to commit suicide' are all that they needed to hear," Strachan said.

Barone-Lopez believes suicide prevention is a responsibility all service members share.

"We all have to believe that each and every one of us is valuable and we must all work together as a team to make this a successful mission," Barone-Lopez said. "Beyond all ranks, we are all superb human beings and our purpose here is to learn, thrive and become the best we can for our future endeavors."

Being aware of the signs is the first step of prevention.

Signs of suicide include depression, helplessness, self-destructive behavior, giving away personal possessions or obtaining weapons, Barone-Lopez said.

After identifying that there is a problem, it is time to intervene.

Let them know they are never alone, Strachan said. There are people out there that are willing to help and want to help.

"Suicide prevention is a team effort," Barone-Lopez said. "All Soldiers, Airmen, Sailors and Marines are responsible for caring for each other. If you are contemplating suicide, you should remember that hurting yourself will also hurt your family, friends and loved ones. As service members, we are all family and we are all here for each other. If you are contemplating suicide just remember, suicide is a permanent solution to a temporary problem. Please seek help before making a decision you can't take back. We are here for you. We will help. We care."

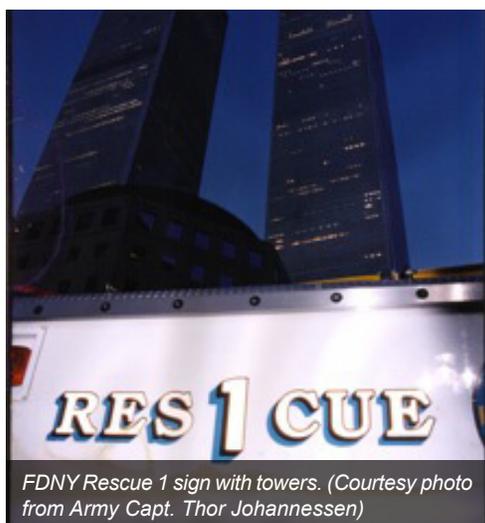
JTF Troopers who seek assistance may contact the Joint Stress Mitigation and Restoration Team (JSMART) at x2321, JTF Chaplain's office at x 3203/84551 or call designated section chaplains directly. If an emergency, dial 911.

Article and photo illustration by
ARMY SPC. JUSTIN LE MALONE



A bronze relief sculpture is displayed on the wall outside of Ladder 10 located at the southwest corner of the World Trade Center. The sculpture honors the 343 New York firefighters who lost their lives in the attack on the World Trade Center. (Courtesy photo by U.S. Army Reserve Command Timothy L. Hale)

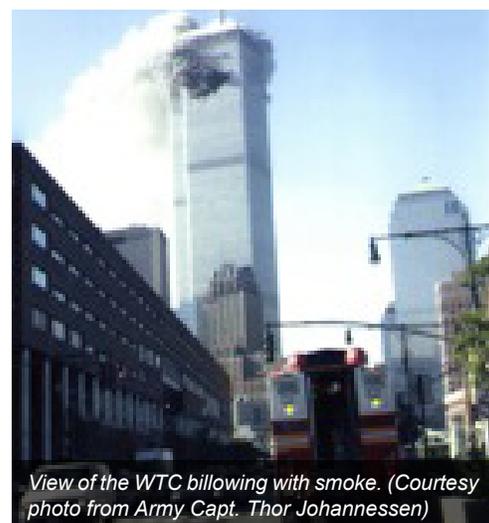
LEADERSHIP THROUGH EXPERIENCE



FDNY Rescue 1 sign with towers. (Courtesy photo from Army Capt. Thor Johannessen)



FDNY Rescue 1 patch. (Courtesy from Army Capt. Thor Johannessen)



View of the WTC billowing with smoke. (Courtesy photo from Army Capt. Thor Johannessen)

Editors Note: What follows is Army Capt. Thor Johannessen's first person account of his experience responding to the attack on the World Trade Center Sept. 11, 2001, as narrated by Army Journalist Ryan L. Twist. Johannessen is a native of Mount Kisco, New York, and currently serves with the 42 Infantry Division, Troy, New York.

Something happened. Something that shook every American to the core. That something was 9/11. In the face of tragedy some Americans responded by joining the armed forces.

I was no exception. Only I had a little more experience with what unfolded on that day, more than your average service member.

I am currently a Captain assigned to the 13th Division. I am attached to New York City Emergency Management as the Director of Field Response, coordinating interagency emergency response across the

five boroughs and have nearly 25 years of experience. However, on that catastrophic day, 14 years ago, I was with the Official Fire Department City of New York, Rescue 1 in Manhattan, New York.

I was scheduled to work that day, but assigned to a mandatory two-day scuba diving refresher course in the Bronx, under the Throggs Neck Bridge, preparing to get in the water.

We had a clear view of the World Trade Center, from where we were down by the water. One of the guys looked up and saw

an unbelievable amount of fire coming from the North Tower of the World Trade Center. I rushed back to listen to the fire department radio to hear what they were saying. At that moment, they transmitted a second fifth alarm, an alarm which requires 20 engine companies, 11 ladder companies, nine special units, and 12 chief officers, for the south tower of the WTC. I was shocked to hear multiple fifth alarms, which at the time, was the highest type of alarm. I remember thinking how close together the towers were, but I did not believe they were close enough to catch on fire from

each other. It didn't make any sense to me.

I walked back to the pier to tell the guys about the alarms, that's when I saw plenty of fire from the first building. Then the others saw the ball of fire when the second plane hit the other tower, though they never actually saw the plane hit.

Next thing I knew, we were being ordered back to the fire house. While there was a recall procedure in place, we almost never used it. Our scuba training abruptly ended.

There was one other fireman at the refresher course from Rescue Co. 1 and we both jumped in his car and drove to the fire house to grab our fire gear. On the drive, listening to the commercial radio, we finally heard the reason for the fire, two planes flew into the twin towers. At the fire house, we grabbed our gear and one other firefighter who was also recalled from home and headed to the scene.

As we pulled up, the north tower collapsed. We had to walk a long way to get to the command post because there were so many fire trucks in the road. Once we arrived, we reported to the Chief of Rescue Operations, at the Command Post, who estimated that 200 fire fighters were missing.

I was told to be aware because the south tower could fall, which at the time had never occurred to me. What seemed to me like only a few minutes after the warning, it happened. The south tower fell.

My training kicked in. I did not have time to think about all that was happening. The first thing we did was get the gas distribution to the city shut off. Next, we called for water. There was no water running to the hydrants, so they had to call for fireboats to supply water from the piers. Afterward, we operated by ourselves, looking for people. We worked hard to find as many as we could. We searched the most easily accessible areas first and worked from there. We looked for an entrance anywhere, hoping to find someone who was still alive. Luckily, we were fortunate enough to find some people alive.

In the midst of all the commotion, I remember thinking we were in such a vulnerable position. There had to be something radiological in the air. Why else would all this be happening? Whatever was burning, whatever we were breathing in, it could not be good. It was a war zone without the bullets.

Everything that happened was a series of unbelievable events. To see the widespread destruction, to not only the towers, but to all the surrounding buildings was just unbelievable. There were several big (high-rise) buildings on fire.

A 50-story building nearby was on fire, from top to bottom. I could see the building, it collapsed, and I never even looked up. I heard the tremendous noise as it went down, but I never saw it fall.

That was only day one and I cannot remember the whole day. I remember parts of the second day, but for months afterward, everything is a blur.

Fourteen years later, I'm still trying to resolve issues. Just because the day has passed, you cannot experience something as tragic as 9/11 and wrap it up in a box and put it away. It's never over. It affects everything.

My company, Rescue Co. 1, lost 11 out of 27 officers and firefighters. We lost the company commander, the senior lieutenant, and the newest guy in the company who had only been there a few months. We also lost the most senior man of our company, who



Army Capt. Thor Johannessen during a remembrance ceremony at the chapel, Sept. 11. (Photo by Army Sgt. Ryan L. Twist)

had 40 years of experience. His son was in another fire company and also lost his life that day. To describe all of this in words cannot be done; feeling devastated was an understatement.

Two firefighters I went on a family vacation with, only a few months prior, were gone. Many children lost their fathers, wives lost their husbands, and parents lost their kids. Fourteen members of the FDNY lost their kids, who were also serving as firefighters. A son of a firefighter earned his degree, got a very good job at the World Trade Center also died that heartbreaking day.

I'm still in touch with the families of the guys we lost. Watching their kids grow and doing my best to pass on whatever I've learned from their fathers.

I was very lucky, to have known the

firefighters who lost their lives. I learned a lot from them, whether it was tactics in fire fighting, leadership or any other subject.

The FDNY felt the effects of 9/11 long after it was over. There was so much loss from the tragedy. Many members suffered disabling injuries that day, and many others suffered injuries during the rescue and recovery efforts. Many of the most senior members retired at the urging of their families after decades of service. At one point the FDNY had more than 50 percent of firemen with less than five years of experience. The fire department has come a long way in recovering from that day.

Before that tragic day, I had never been affiliated with the military. However, after the 9/11 events, I was never more motivated to join. I enlisted in the New York Army National Guard in October of 2002 and spent two years going through the [National] Guard's Officer Candidate School, commissioning in 2004 as an infantry officer. Guantanamo Bay, Cuba is my first deployment.

After being a part of Rescue Co. 1, it was rewarding to find out the military had the same highly motivated people I worked with at my fire company. I was surprised to find one fantastic organization would be so similar to another, in regards to the personnel. They are all hard working people who have similar interests. Both firemen and service members strive to live their respective values, which is very comforting.

While I have not served in a combat zone as a service member, I'm confident that the Fire Department has provided me with some very similar experiences. I understand not everyone in the military has been through the same hardship as I have, and I feel very fortunate to have built the bonds I have with those in the military. No matter what role they perform, only a select few ever put on the uniform. Very few Americans take the opportunity to serve their country.

Being a little older than most, it's exciting to see all the young people join. Some of those enlisting today were children when the tragic events of 9/11 happened and the events probably didn't play a major role in their decision to join, but they still joined. We have such a great group of people in the military.

I am very confident the next time the U.S. is faced with something tragic, we have a deep pool of Americans who will stand and raise their right hands.

Article narration by
ARMY SGT. RYAN L. TWIST

TROOPERS SHELTER FROM CARIBBEAN FURY

Troopers with Joint Task Force Guantanamo filed onto buses with their hurricane disaster kits in tow and headed to a storm shelter early Sunday morning, where they signed in, set up cots and prepared for a three-day stay. Thankfully, outside the skies were sunny; the temperature was in the upper 80's with no storms on the horizon.

On Sept. 12-13, Joint Task Force Guantanamo conducted a training exercise, Caribbean Fury, to prepare for the possibility of destructive weather hitting GTMO.

"We are conducting this exercise as a rehearsal for destructive weather," said Army Capt. Thor Johannessen, Chief of Current Operations for JTF J3, Operations. "To get all the decision makers and liaisons to the crisis action center and familiarize them with their workspace, expectations and coordination should an event like this occur."

Caribbean Fury is a command-driven exercise to familiarize all key leaders with the plan of action and provide the proper tools for carrying out their respective duties. The exercise is designed to ensure all personnel under their supervision are prepared to mitigate destructive weather effects on personnel and property and safeguard detainees, equipment and classified materials.

The exercise gave everyone involved the opportunity to go through the steps and procedures, so when an actual event occurs, they are not doing it for the first time, said Johannessen.

All commands within the JTF provided personnel to participate in the exercise. Approximately 120 personnel were evacuated to W.T. Sampson High School from Camp America, Tierra Kay and the Cuzco Barracks, as part of the scenario.

Logistics for JTF had several pieces to conduct throughout the exercise, one being the movement of personnel from their living quarters to one of the

designated shelters, said Army Maj. Mike Haffner, Deputy Director of J4, Logistics. There are also supplies that need to be moved to the shelter locations, such as cots, food and water.

JTF must protect its personnel, detainees, facilities, and resources to the maximum extent in order to mitigate the effects of inclement weather and quickly restore primary mission assets following the event. JTF's detention mission requires continuity of operations throughout the most intense period of any disaster.

"The essential missions must continue for the JTF, but at the same time, we must provide for the safety, health and welfare of our Troopers," said Johannessen. "The infrastructure that supports all of that can become very complex."

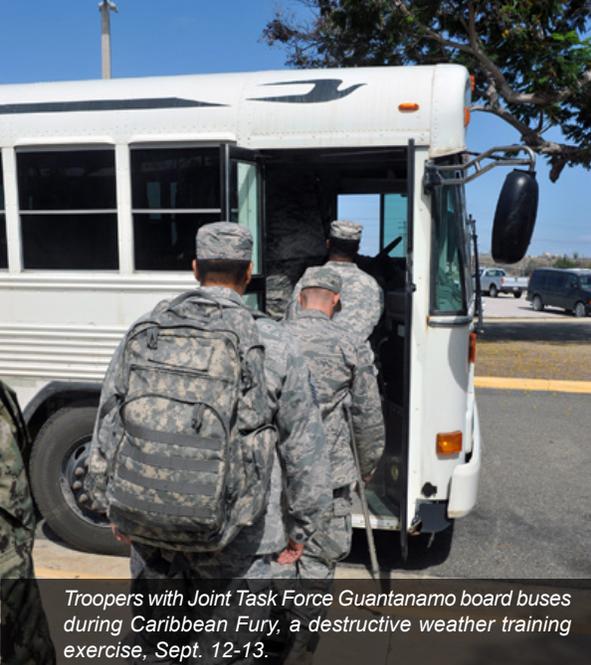
JTF joint operation area is subject to severe weather capable of jeopardizing the safety of personnel, damaging equipment and facilities and adversely impacting daily activities.

"We all have a responsibility to understand what it is that we are doing," said Army Col. Adolphus Weems, Director of Operations for the JTF. "Because our Troopers will be relying on us, giving them information, and the commanders will be relying on us, giving them information in a timely enough manner, to make decisions they have to make."

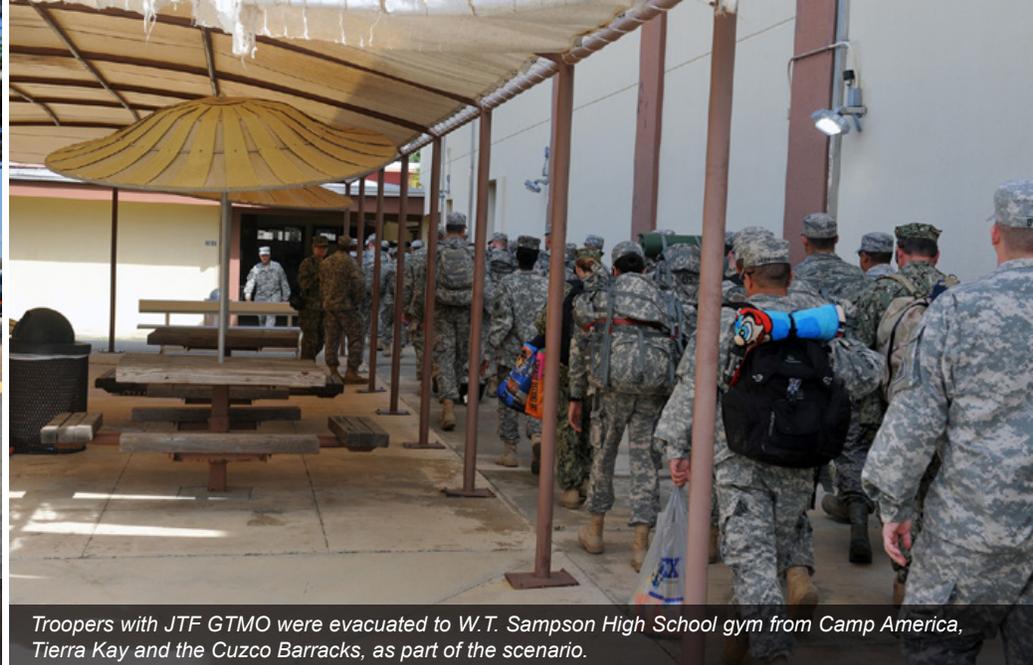
The season for tropical storms and hurricanes is from the beginning of June through the end of November. However, the storms are not easy to predict. In terms of size, intensity and duration, there are many variables. Forecasters do their job by warning people in the storms path. The key is to be prepared and expect the unexpected.

Article and photos by
ARMY SGT. JAMES D. SIMS





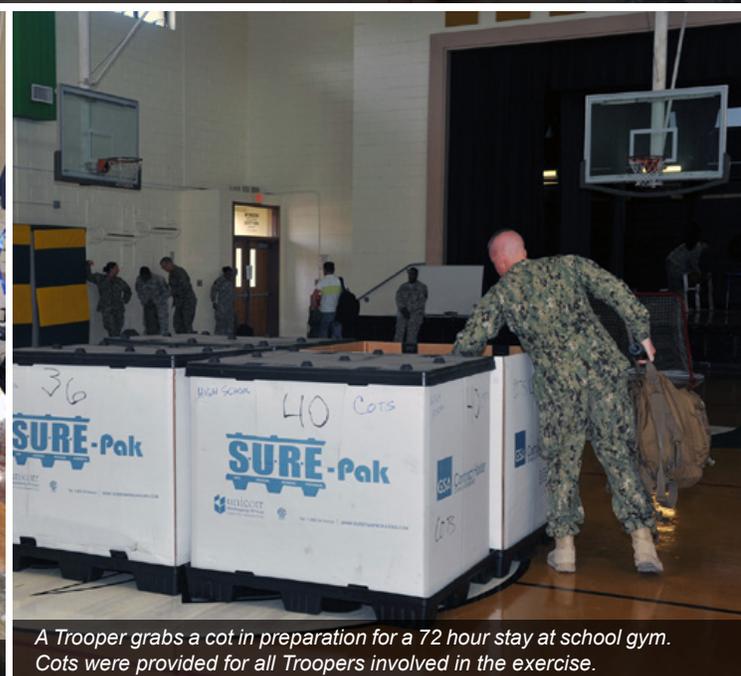
Troopers with Joint Task Force Guantanamo board buses during Caribbean Fury, a destructive weather training exercise, Sept. 12-13.



Troopers with JTF GTMO were evacuated to W.T. Sampson High School gym from Camp America, Tierra Kay and the Cuzco Barracks, as part of the scenario.



Troopers sign-in at the school gym with their hurricane disaster kits, early Sunday morning.



A Trooper grabs a cot in preparation for a 72 hour stay at school gym. Cots were provided for all Troopers involved in the exercise.



JTF Troopers relax and await further instruction after being evacuated to the high school gym during the destructive weather exercise.



Leaders and representatives from JTF GTMO gather at the crisis action center for a training exercise. The command-driven exercise is intended to familiarize all key leaders with the plan of action.

REMEMBRANCE: RHYTHM, RIBS FESTIVAL



Paul Howards, saxophonist, and Jim Gentry, lead guitar and vocalist for the 501 Blues Band, entertains Troopers during the Rhythm & Ribs Festival at U.S. Naval Station Guantanamo Bay, Cuba, Sept. 12.

As the sun set on balmy U.S. Naval Station Guantanamo Bay, Cuba, Saturday night, the Bayview deck was crowded with people enjoying classic rock and R&B during the Rhythm & Ribs Festival Sept 12.

"It's an incredible honor to be playing for [Troopers] here in Guantanamo Bay on Sept. 11 weekend," said Jim Gentry, lead guitar and vocalist for the 501 Blues Band. "We've done a lot of shows, but this one is special. There's nowhere else I'd rather be."

Members of the 501 Blues Band normally play in different bands during the majority of the year, but they come together a handful of times to play together, said Michael Gironda, drummer for the band. Collectively, they played in three continents, have decades of experience, and are experts in different genres, from classic rock to salsa.

The beneficiaries of such incredible talent were the guests in attendance.

Army Staff Sgt. Shane Bryan, Joint Task Force Trooper with the 324th Military Police Battalion, said events like this are great for everyone.

"It's great for people who have kids here," he said. "The band is playing great music and everyone is having a great time."

Army Spc. Robert Herget, Trooper with the 324th MP Bn., agreed these events were great for the morale of the Troopers.

"It helps break up the everyday work environment here at JTF," said Herget. "It's great to come together with people with different jobs to be out here and hanging out together."

The event was festive but many partygoers had 9/11 on their minds as they feasted and relaxed, turning the night into a remembrance of sorts.

This weekend marked 14 years anniversary following the attacks that cost the lives of nearly 3,000 Americans.

The events of 9/11 will forever be ingrained in our memories



Gentry sings to the Troopers during the Rhythm & Ribs Festival. "We've done a lot of shows, but this one is special. There's nowhere else I'd rather be," said Gentry. Attendees enjoyed food and music at the Bayview.

and social experience for those still alive to remember it. While the country still remembers, we honor their loss by continuing our mission at JTF GTMO.

"Some of the people who were children when the attacks happened are now in charge of guarding the detention facilities," said Gentry.

As members of the band toured NAVSTA and JTF, they noticed the patriotism the base exudes.

"Everywhere we noticed the flags at half-staff," said Gentry. "It brought back conversations of where we were 14 years ago. So being here on this weekend, it means a lot."

Members of the band, whose distinguished careers include performances with Keith Urban, Billy Joel, Tito Nieves and many more, were also affected by the attacks on 9/11. Paul Howards, saxophone player for the band, lost his best friend in the first plane that struck the World Trade Center.

The resulting patriotic fervor, certainly the responsibility of protecting American freedom and justice, was felt during this past weekend's events.

"A couple weeks ago, we posted about coming here on Facebook," said Gentry. "The comments, [we received] support from friends and family who took the time to comment about how proud we are of [Troopers] and what they do here."

As another 9/11 weekend comes to a close, the no-fail mission at JTF GTMO remains the same: safe, humane, legal and transparent detention operations.

For more information on upcoming concerts, runs and other events hosted by the Morale, Welfare & Recreation at GTMO, visit their Facebook page or pick up their latest publication in GTMO Life.

Article and photos 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.

Maze Runner: Scorch Trials (New) PG13, 8 p.m. Black Mass (New) R, 10:30 p.m.	Hitman: Agent 47 (New) R, 8 p.m. Sinister 2 (New) R, 10 p.m.	Shaun The Sheep Movie (LS) PG, 8 p.m.	Fantastic Four PG13, 8 p.m.	The Gift R, 8 p.m.	Straight Outta Compton R, 8 p.m.	Vacation (LS) R, 8 p.m.
9/18 FRIDAY	9/19 SATURDAY	9/20 SUNDAY	9/21 MONDAY	9/22 TUESDAY	9/23 WEDNESDAY	9/24 THURSDAY
Hitman: Agent 47 (New) R, 8 p.m. Sinister 2 (New) R, 10 p.m.	Maze Runner: Scorch Trials (New) PG13, 8 p.m. Black Mass (New) R, 10:30 p.m.	Mission: Impossible - Rogue Nation R, 8 p.m.	LYCEUM CLOSED	Vacation (LS) R, 8 p.m.	LYCEUM CLOSED	The Man From U.N.C.L.E PG13, 8 p.m.

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

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

MOVIE REVIEW / STRAIGHT OUTTA COMPTON

That was dope! "Straight Outta Compton" was everything I expected it to be and it is rare for a movie to live up to the hype. The biographical drama was produced by Ice Cube and Dr. Dre, two members of N.W.A. (assuming everyone knows what N.W.A stands for). The film focused on the rise and fall of N.W.A. in the mid-80s through the early 90s, taking the movie title from their 1988 debut album, "Straight Outta Compton."

The movie stars O'Shea Jackson Jr., who plays his father Ice Cube; Corey Hawkins who does a terrific job as Dr. Dre; and Jason Mitchell as Easy-E. These three rappers were joined by DJ Yella (Neil Brown Jr.) and MC Ren (Aldis Hodge), who became known for their brutally honest, controversial lyrics and hardcore rap beats.

"Straight Outta Compton" tells the true story of how these men rose from the streets of Compton, California armed with their lyrics and stood tall against authority. They may be best known for their song "F*ck the Police." Released in 1988, the hit song became an anthem for many youth at a time when police brutality was center stage in the mainstream media. The rappers felt harassed by Los Angeles police on multiple occasions, and the song intended to voice their first amendment right, telling a story of racism and police brutality. The controversial song resulted in violent protests at various venues where they performed. At one Detroit show, N.W.A members were arrested after performing the song, against the wishes of police. The film goes on to show the demise

of one of the most notorious groups of the early 90's.

Dr. Dre and Ice Cube split from the group and turned their fame into more fortune and success. Ice Cube has since become a successful actor, writer, producer and director. Dr. Dre formed Aftermath Entertainment in 1996 and signed rappers Eminem and 50 Cent. Easy-E continued to live a life with reckless abandonment before dying in 1995 from AIDS.

"Straight Outta Compton" focuses on censorship in the music industry and racism in society, while captivating us with riveting rap lyrics. Throughout the movie I found myself tapping my feet to the beat of the music and having flashbacks to grade school. Like many parents, my mom and dad wouldn't let me listen to groups like N.W.A., so I kept the cassette tapes hidden and listened when they weren't around.

The crisp direction combined with humor, drama and violence kept me glued to my seat and held the audience's attention for the duration of the 147 minute film. The acting was fantastic. Every member of N.W.A looked and sounded like the original, which made the movie even more captivating. I was particularly impressed by Jackson Jr. who knew how to emulate his old man and did a marvelous job in the role of Ice Cube.

I give this movie four out of five banana rats.

"Straight Outta Compton" is rated R for language throughout, strong sexuality/nudity, violence, and drug use.

Movie review by
ARMY 1ST SGT. MIKE CHRISMAN



LIFE LESSONS THROUGH SKATEBOARDING



Petty Officer 3rd Class Christopher Quijano with the Joint Medical Group, teaches to Xavier Bhatnica to balance on the skateboard at the Morale, Welfare & Recreation skateboard clinic, Aug. 22.

Hana Adelman, a 5-year-old girl, stood on her skateboard decked out in her helmet, elbow and kneepads. She held her dad's hands tightly while Vicki West, an instructor and the Morale, Welfare & Recreation youth sport fitness coordinator, stood behind her. West and Adelman's father encouraged her to skate down the small incline- at first she would not budge. At the very last minute, she found the courage to go down. As Adelman skated down the hill safely, she let out a

sigh of relief.

"Finally it's over," Adelman thought to herself after she reached the bottom of the ramp at the MWR skateboard clinic, Aug. 29 at U.S. Naval Station Guantanamo Bay, Cuba. "I'm glad I didn't get hurt."

At the skateboard clinic, instructors teach their students how to properly fall without the fear of hurting themselves, said Navy Lt. Joel Trausch, a medical officer with the Joint Medical Group, here and one of the four volunteer instructors for the skateboard clinic. Their students can carry the skills they learn at the skateboard clinic into other areas of their life.

At the beginning of each skateboard clinic, the instructors ask the children what they want to learn that day, said Trausch.

Information the instructors receive from the children aid participants in establishing goals in order to motivate them to keep practicing, said Navy Lt. j.g. Ian Gress, a registered nurse with the JMG and a volunteer instructor for the skateboard clinic.

"It's all about progression and getting better at what you do," said Trausch. "It's just about honing your skills."

During a skateboard clinic, Aug. 22, Petty Officer 3rd Class Christopher Quijano with the JMG, taught first-timer, Xavier Bhatnica, the fundamentals of skateboarding. Bhatnica learned where to place his feet on the board to achieve balance and to Tic-Tac, which is

where skaters stand stationary on the board while pivoting left or right on the back wheels to keep their balance when landing a trick off-center.

Petty Officer 2nd Class, Azer Itarasoto, with the JMG and volunteer instructor, exemplifies the impact volunteers have on the youth at NAVSTA.

While teaching a small group of children in early July, Itarasoto noticed a 10-year-old boy's clunky, oversized board. Whenever Itarasoto taught the boy, he noticed his eagerness to learn. The boy's passion for skateboarding motivated Itarasoto to buy the boy a new board to show him someone cared and recognized his potential.

The young boy started out with a Tic-Tac, said Itarasoto.

"Now he's going up the ramps and turning with 180s and turning back," said Itarasoto. "He is skating with a lot of style and presence."

In celebration of National Skateboarding Day, the MWR skateboard clinic started June 21, 2015.

The clinic meets every Saturday from 6-7 p.m. at the skateboard park, located next to G.J. Denich Gym.

Gress and Trausch started the clinic because they wanted to share their love for skateboarding with the youth in the community.

"When we brought our plan to the MWR, they loved the idea of making an alternative sport, many children are interested in, available to them," said Trausch.

The skateboard clinic may end in October when four of the instructors leave GTMO. To keep this class going the MWR needs volunteers.

Volunteering is a way for Troopers to feel a sense of accomplishment and potentially spark a child's interest to keep them interested in learning more, said Gress.

Without volunteers such as the instructors at the skateboard clinic, some of the youth programs would not exist, said West.

"I will always take more volunteers, there's always a need," said West. "These kids can't go outside the gate to find these sports. If it's something we can make happen here, I'm all for making it happen here."

For more information on teaching skateboarding, contact West at x74658.

Article and photos by
ARMY SPC. NICOLE NICOLAS

ARMY/NAVY FOOTBALL TRYOUTS

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

MALE

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

POC: Master Sgt. Stephen Jones x5418

FEMALE

September 19	10 a.m. at Cooper Field
September 23	10 a.m. at Cooper Field
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

POC: Blair J. Stone x9832

CO-ED SOFTBALL SEASON BEGINS



Ghost Riders pitcher, Quon Tran, delivers a pitch during the opening game of the co-ed softball league, Sept. 14 at Cooper Field. The Stormtroopers beat the Ghost Riders 12-2 after five innings.

The co-ed softball season kicked off with two competitive teams vying for a strong start Sept. 14, at Cooper Field in a 29-team league that is sure to bring incredible competition. The Stormtroopers and Ghost Riders faced off after both teams spent time practicing and molding their teams before the season started. Unfortunately, for the Ghost Riders, the Stormtroopers were better prepared for this game triggering an onslaught of base hits, in-field home runs and team defense as the Stormtroopers beat the Ghost Riders 12-2.

The Stormtroopers were very effective at getting their players on base and even better at getting their team across home plate. They patiently waited for quality pitches. Much of that patience led to doubles and a few in-field home runs.

On defense, the Stormtroopers eliminated the effectiveness of the Ghost Riders' base hitting as they hit their cut-off men and ensured the Ghost Riders remained honest.

For the Ghost Riders, three-and-outs and scoreless innings were the theme of the night. They failed to get on base and move their runners into scoring positions.

Stormtrooper team captain, Joseph Petras, said his team practiced since July and were ready for Monday's game.

"I'm ecstatic by how well we played," said

Petras. "We got base hits, fielded the ball well, and were hitting the cut-off man all night. As long as we stay healthy, everyone shows up, we're going to be good to go."

Petras said after Monday's game, he's confident his team will fare well against the league.

Glenn Francouer, pitcher for the Stormtroopers, saw the fruition of their hard work.

"Everyone got a taste of winning and it shows that hard work and practice pays off," said Francouer. "I think we're going to fare well against all the other teams in the league."

For the Ghost Riders, the season is still young. There are plenty of games left to make improvements and still plenty of opportunities to turn their season around.

"We've been working together for a while and we like to play softball together," said Ghost Riders team captain, John Hubert. "There's 29 teams in the league this year and we're ready for this season."

The co-ed softball season will continue for the next 2-3 months, including playoffs. For more information, visit the G.J. Denich Gym.

Article and photo by

ARMY SGT. CHRISTOPHER A. GARIBAY

MWR ULTIMATE FRISBEE

No.	Team Name	Standings
01	Disclexia	(7-0)
02	Salt Water Cowboys	(6-0)
03	Frizz Beez	(4-2)
04	The Ice Men	(4-3)
05	Down to Flick	(3-5)
06	Dirty Red & the Boys	(2-4)
07	Floppy Disks	(0-5)
08	Legal Air Warfare	(0-7)

MWR VOLLEYBALL

A DIVISION

No.	Team Name	Standings
01	Team	(14-0)
02	Deep Sets	(12-2)
03	Emperors groove	(12-2)
04	BCO Super Stars	(11-3)
05	Gunslingers	(10-4)
06	Sparta-licious	(8-6)
07	328th	(7-7)
08	Sets on the Beach	(7-7)

B DIVISION

No.	Team Name	Standings
09	Island Shenanigans	(6-8)
10	EAD	(5-9)
11	Honey Badgers	(5-9)
12	Yurrr	(4-10)
13	Serves of Steel	(3-11)
14	Spartans	(3-11)

MWR 2015 SPORTS SCHEDULE

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

MONTH / DAY ACTIVITY

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

SLEEP TIGHT - EAT RIGHT - FOR HEALTHY LIFE, EXTRA BOOST OF ENERGY

Do you ever roll over to hit the snooze button wondering, why don't I have more energy? Here are some tips to energize your day!

Start your day right.

Eat a healthy breakfast such as whole grain cereals, fruits, hard-boiled eggs, whole-wheat pita, oatmeal, fruit or whole grain bread with peanut butter.

Beat the mid-day slump.

Around 3 p.m., many people find themselves lethargic. This happens because your blood sugar is low.

The answer: grab a healthy snack loaded with protein, fiber, vitamins, and carbohydrates to give

you a burst of energy! Energizing snacks include mixed nuts, yogurt, bananas, apples, popcorn and vegetables with hummus.

Add magnesium and omega-3 fatty acids to your diet.

Low levels of magnesium cause fatigue when doing moderate exercise, according to a study done by the U.S. Department of Agriculture. The average person needs 80 to 420 mg of magnesium, depending on age and overall well-being, according to the National Institute of Health's Office of Dietary Supplements.

You can add magnesium and omega-3 fatty acids to your diet

by eating almonds, walnuts, whole grains and dark, leafy-green vegetables, tuna, salmon and flax seeds.

Exercise.

A 10 minute walk will leave you feeling energized for two hours, according to a study in Journal of Personality and Social Psychology.

Dr. Holly Phillips, author of "The Exhaustion Breakthrough," said the key to increasing energy is not necessarily about high-intensity workouts, but increasing metabolism and providing oxygen to your body.

Sleep tight, sleep right

Setting a routine to sleep 7-8

hours a night will give you more energy.

According to a study done by the Journal of Primary Health Care, getting to bed earlier and limiting screen time with your computer before bed improved participants sleep by 37 percent.

When you wake up, do not fight the urge to yawn.

"Yawning is your body's way of cooling down the brain, essentially waking it up," said Andrew Gallup, Ph.D., a research associate at Princeton University.

Article by

ARMY SPC. NICOLE NICOLAS

"The doctor of the future will no longer treat the human frame with drugs, but rather will cure and prevent disease with nutrition." - Thomas Edison



JSMART SPOT

▲ JSMART HELPER: HARLEY

ANGER - THE SECONDARY EMOTION

Imagine a tree standing tall in the middle of a park. Its trunk is so big you can barely wrap your arms around it. Now imagine the tree as an emotion: anger. As you look up into the tree, imagine its branches as representations of the various things that get you angry. Think of the leaves that blow around, like enraged thoughts racing through the mind. Now, as you see this detailed picture, notice we have not addressed the roots of the tree. We all know the roots of the tree are ultimately, what allow the tree to grow.

Anger is thought of as a secondary emotion; and similar to our tree roots, there is usually a deeper emotion that drives one to anger. Think of a time you were angry; what would you say was the emotion you felt before anger? Was it disappointment, hurt, fear, feeling offended, being trapped or

pressured? The underlying feeling will usually be an emotion, which makes you feel more vulnerable than anger. However, if intense enough, it can be seen as anger.

How do we deal with this overwhelming feeling of anger? As with any dilemma, we must first look at the root of the problem. Pausing for a moment to check the underlying emotions that drive our anger is of utmost importance. Realistically, it may be difficult at first, but with practice you can learn to more easily determine what is really going on. By discovering the underlying or primary emotion, we can ultimately decrease the feelings of habitual anger, cultivate inner peace, and facilitate thoughtful action.

Article by

NAVY LT. MICHELLE MAHONE
Joint Medical Group

MILITARY HISTORY

HOME OF THE LEGISLATIVE BRANCH

On this day in 1793, George Washington laid the cornerstone to the U.S. Capitol building, the home of the legislative branch of American government. The building would take nearly a century to complete, as architects came and went the British set fire to it and it was called into use during the Civil War.

Today, the Capitol building, with its famous cast-iron dome and important collection of American art, is part of the Capitol Complex, which includes six different buildings.

As a young nation, the U.S. had no permanent capital and Congress met in eight different cities, including Baltimore, New York and Philadelphia, before 1791. In 1790, Congress passed the Residence Act, which gave President Washington the power to select a permanent home for

the federal government. Later, he chose what would become the District of Columbia from land provided by Maryland.

Washington picked three commissioners to oversee the capital city's development and they in turn chose French engineer Pierre Charles L'Enfant to come up with the design. However, L'Enfant clashed with the commissioners and was fired in 1792. A design competition was then held, with Scotsman William Thornton submitting the winning entry for the Capitol building.

Today, the Capitol, which is visited by 3 million to 5 million people each year, has 540 rooms and covers a ground area of about four acres.

Courtesy article by
HISTORY.COM

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



Congratulations to U.S. Naval Station Guantanamo Bay and Joint Task Force Troopers Alnasr Brailsford, Kimberly Schlosser and Sara Troup on earning the rank of chief petty officer for Fiscal Year 16. The new chief petty officers pose for a photo at a chief pinning ceremony, Sept. 16. (Courtesy photo by NAVSTA PAO)

OCT. 1 - NEW POST OFFICE CUSTOMS FORM PROCEDURE: NOW ONLINE ONLY

As of Oct. 1, the post office will no longer be accepting hand written customs forms.

The change affects all overseas military post offices and is mandated by U.S. Customs and Border Protection regulations. Customs forms will need to be completed online prior to arriving at the Post Office.

Customers will need to go to www.usps.com and register for an account. Once you have done that, click on the International tab and select Complete Customs forms. Once the form is complete, print it out, and take it to the post office to mail your package.

If you have any questions please call x2331 for further guidance.

Photo by Sean Kerney

PARTING SHOT



'GIRL SCOUT BEACH' PHOTO BY SEAN KERNEY. FOR A CHANCE TO HAVE YOUR PHOTO FEATURED IN THE PARTING SHOT, PLEASE SEND SUBMISSIONS TO: THEWIRE@JTFGTMO.SOUTHCOM.MIL

THE **WIRE**

