

THE OFFICIAL PUBLICATION OF JOINT TASK FORCE GUANTANAMO

THE WIRE

October 23, 2015



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TROOPERS COMPETE IN FUN RUN WHILE VOLUNTEERS PAINT THE RUNNERS



**ARMY COMMAND SGT. MAJ.
DAVID W. CARR**

JTF GTMO, Command Sergeant Major

Today's technology allows us to be consumed by social media and even depend on it. Facebook, Flickr, Twitter, the list goes on. Millions of people use various social media sites and it's a great way to stay informed and connected with family members as well as current news. Sometimes Facebook has the latest news before major media outlets disseminate information. This can be beneficial, but for service members it means you must think before you post. Operational security, safety and cyber-bullying are only a few things to consider before using social media sites.

When using social media, OPSEC and personal privacy should be of the utmost importance. Social media has opened many new doors for identity thieves. Leaders should

PROTECT YOURSELF, YOUR FAMILY FROM SOCIAL MEDIA

make their troops aware of the safety risks. Take precautions and ensure your GPS is turned off. Know what you are posting. Even simply rephrasing your posts can protect your privacy. Know your privacy settings for each of your social media sites. Inform your family, protect them and be certain they protect you by not posting OPSEC information.

Superiors should ensure their troops complete information awareness training to remain informed on the changing technology and sophistication of hackers. Guidance for online protection includes update your computers security settings; don't log in from risky locations; modify your search profile; keep your password secure; don't trusting add-ons; review your friend's profiles; and control your friend's access to your information.

As leaders, we must be aware of the repercussions that online misconduct has on our Troopers and Armed Forces. As a team, we must understand that the Army standards of conduct apply to all aspects of our life, including online conduct. Harassment, bullying, hazing, stalking, discrimination, retaliation and any other type of misconduct that threatens the dignity and respect of our Troopers and is not consistent with Army Values. Online or off, individuals who participate in or disregard misconduct may be subject to criminal, disciplinary, and/or administrative action. The Army has initiated a campaign to educate and inform the

Army Family on the proper use of electronic communications.

The Army created left and right limits by defining online conduct consistent with Army values and standards of conduct, which includes online misconduct. This is the use of electronic communication to inflict harm.

The Army regulation (AR 600-20) maintains the Army values and states that everyone should be treated with dignity and respect. Hazing, bullying, and other behaviors that undermine dignity and respect are fundamentally in opposition to Army values and are prohibited. The section defines both hazing and bullying. Hazing and bullying can include both physical and nonphysical interactions. The regulation asserts that the mistreatment of others does not have to be limited to in-person behavior. It can happen online as well.

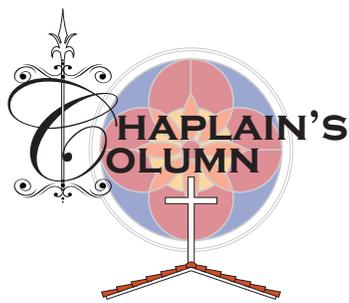
Leaders have a responsibility to inform and ensure awareness reaches all levels. Leaders are responsible for the enforcement of the policy. At a minimum, annual training must be conducted and commanders are responsible for conducting hazing and bullying training as part of the equal opportunity requirements.

Editors' note: originally printed Aug. 14, 2015.

Article by

**ARMY COMMAND SGT. MAJ.
DAVID W. CARR**

JTF GTMO, Command Sergeant Major



Does success depend on opportunity or does achieving your goals depend on ability? When a particular break comes your way, you need at least a modicum of ability to take advantage of that opportunity. If you have the talent but do not have the context which enables your development, you may never get to make your objectives a reality. Along with innate gifts, you must still have circumstances that, at a minimum, do not impede your efforts.

Now, let's say you have both opportunity

HOW BADLY DO YOU WANT TO ACHIEVE YOUR GOALS?

and talent. Will the combination of opportune circumstances and inborn aptitude make for success? No. There is one more thing you need.

I teach two guitar classes every week. The cost could be between \$25-45 a month for a weekly half hour lesson, but they are offered free. That is an opportunity. There is also one very reasonable, but absolute condition: you must commit to practicing at least 15 minutes per day, five days a week. Of the approximate 12 students who started lessons, only one persisted, and another new student started a few weeks ago.

The one student, who persisted, did so for one fundamental reason. He wanted to genuinely learn enough to put in the time and effort to practice consistently, week after week. What is his motivation? Well, his mom is undergoing cancer treatment and he wants to learn how to accompany her with a song

or two. His desire to learn is deep enough to motivate and move him to make the effort to achieve his goal.

How badly do you want to achieve your dreams? Talking aspirations is easy enough, but how much you want to attain your goals will actually show only by how much time and energy you put into moving your goals from beautiful dreams to hard-won reality. Opportunity, ability and effort.

Lock and load your ability into your opportunity, aim your effort, pull the trigger of motivation, focus letting nothing distract you, and you will not fail, you will eventually hit your mark.

Article by

**ARMY CHAPLAIN (CAPT.)
LUIS F. ACOSTA**

324th MP Bn., Chaplain



COMMAND & CHAPLAIN

Don't let social media become a security issue for you and your loved ones. The chaplain gives a personal perspective on setting and achieving goals.



GTMO NEWS

October is National Domestic Violence Awareness Month. Read about the JTF Detainee Program. Learn how one Trooper helps GTMO through her DJ skills.



PHOTO STORY

Two great bands entertained GTMO this past weekend. The Bella Electric Strings and the Plain White T's performed a variety of music during the NEX customer appreciation weekend.



ENTERTAINMENT/COVER PHOTO

Did you enjoy the flips, spins, lifts and other tricks that the daredevils performed on their bikes? Jack Black stars in the newly released film, "Goosebumps."



SPORTS

Approximately 800 GTMO residents and Troopers were splashed with color during the 5K Color Run. During the game of the week Slap Pitches dominated in softball.



LIFE & FITNESS

Read the "eat this, not that" health column this week to help you make smart food choices. JSMART helps: how will your transition back into your home life be when you return?

MOTIVATOR OF THE WEEK

**ARMY SGT.
MARSHALL GROSS**
224TH MP CO

**NAVY PETTY OFFICER 2ND CLASS
BRYANNA DAVIS**
JMG

DON'T TELL STRANGERS WHEN YOU'RE AWAY FROM HOME

Have you ever left a light on at your house when you are away from home? When you are on vacation, do you have a friend pick up your mail or take the paper off the lawn so it will not look like there is nobody home? If you did, then you used OPSEC. We do these things to keep ourselves and our things, safe from people who mean to harm us. So why would you post your travel plans online? Putting travel plans online is the same as putting a sign in front of your house that says, "I'm not home." Stay safe. Protect your travel plans. USE OPSEC.

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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PREVENTION HAT IS BETTER THAN INTERVENTION HAT



Editor's Note: Per Military One Source, since 1981, October has been designated as National Domestic Violence Awareness Month. The observance offers an opportunity to educate communities, individuals, couples and families about Family Advocacy Program services and other community resources that can help prevent domestic violence, raise awareness of community responsibility, and inform the community about the many ways to report domestic abuse.

The following is an editorial series courtesy of the U.S. Naval Station Guantanamo Bay Domestic Violence Advocate who also serves Joint Task Guantanamo.

The scene usually involves a startled look, a quick, almost involuntary shaking of the head, and an immediate hush over the conversation. I get this reaction when I tell people I am a domestic violence victim advocate. When I further explain I am a victim advocate working with the U.S. Navy, and formerly the U.S. Army, a bewildered and almost confused look replaces the previous look of despair and contempt. This experience is common for me, no matter whom I am speaking with, or what country I am in.

While I understand why people would think that our highly structured, disciplined, and revered military personnel would be immune to acts such as domestic violence, the reality is, they are not. If anything, the stressors associated with military life, at home in the good ole' U.S. of A, or abroad, predispose our service members and their families, to environments and situations which increase the likelihood that a domestic violence incident will occur.

The fiscal year 2014 Department of Defense Family Advocacy Program Report stated there were more than 16,000 reported cases of domestic violence within all of our military branches. While I admit this number seems low, keep in mind the number reflects

reported cases only. The number of actual victims in the military community could be double this figure; as a lot of domestic abuse goes unreported and some reported incidents may be restricted reports which would not be counted in this 2014 study.

In all fairness, it should be noted that the overwhelming majority of our active duty families live domestic violence free. Even so, my job as the domestic abuse victim advocate serving both the U.S. Naval Station Guantanamo Bay, Cuba, and Joint Task Force Guantanamo, is to prevent and respond to incidents of domestic violence within our community; those which have occurred or have the potential of occurring.

I will be very honest and say I would much rather wear my prevention hat than my crisis intervention hat; although I will gladly do both whenever I am needed. In order to do this, our community members need to know what I am talking about when I refer to domestic violence, what services are available locally, and how best to approach and help a victim of domestic violence as well as some tools for alleged offenders. Additionally, it helps to understand how one becomes an offender, what life as a victim looks like, and how domestic violence affects children, families, and the mission readiness of the unit, Navy, Army, Air Force, and Marines as a whole. Over the next few weeks, I will be addressing all of these issues with additional articles in honor of Domestic Violence Awareness Month.

Article courtesy of

AMY CONGDON

Domestic Abuse Victim Advocate

Photo illustration by

ARMY SGT. CHARLIE HELMHOLT

SOUTHCOM COMMANDER MEETS WITH JTF TROOPERS



Marine Corps Gen. John F. Kelly, commander of U.S. Southern Command, talks to and dines with Joint Task Force Troopers at the Seaside Galley here, Oct 19.

Marine Corps Gen. John F. Kelly, commander of U.S. Southern Command, joined troopers for lunch to discuss their concerns, morale and the mission at the Seaside Galley here Oct. 19.

The group included individuals from across the Task Force, many of whom, expressed their appreciation for the opportunity to share their thoughts with the general.

"I felt like Gen. Kelly showed his concern for the well-being of the troops, by taking time out of his busy day to sit down and get to know service members from all branches," said Navy Petty Officer 3rd Class Roberto Pulido, an information technology officer.

Discussion was freewheeling, but primarily focused on ensuring a good working environment for all Task Force members, as well as the need for Troopers to look out for each other's welfare.

That point was reiterated by Army Command Sgt. Maj. William Zaiser, SOUTHCOM's senior enlisted advisor, who noted that



Kelly talks to Troopers during lunch. His discussion focused on ensuring a good working environment for all Task Force members.

ultimately individual service members have more power to look after each other than he or the general do.

Kelly also shared thoughts based on his more than four decades of military service.

"I thought it was cool hearing about his career coming up from being enlisted and working his way up to being a four star general," said Coast Guard Petty Officer 1st Class Robert Luder. "It lets you know that they [leadership] know what you're going through on the enlisted side during deployments."

At the close of the lunch, Kelly shook each Trooper's hand and thanked them for their service.

Article and photos by
SPC. NICOLE NICOLAS



Kelly joined Troopers for lunch to discuss their concerns, morale and the mission at the Seaside Galley. Discussion focused on ensuring a good working environment for all Task Force members as well as the need for Troopers to look out for each other's welfare.

TROOPERS DEEP-ROOTED PASSION FOR MUSIC ENTERTAINS GTMO

Editor's note: This is the third of a three part series profiling extraordinary Joint Task Force Troopers.

Troopers who spend a Friday night at The Windjammer may have experienced the occasional Latin Night, an evening filled with rhythmic Latin music and dancing, enjoyed by people of all backgrounds. Many times, you will see informal dance lessons taking place on the same dance floor where more experienced partygoers are spinning, dipping and swaying back and forth.

In the dimly-lit, far corner on an elevated platform, you might also see Army Sgt. Isabel Polanco, operations noncommissioned officer with J3, operations, hidden in plain sight—her head barely visible behind a podium and laptop as she organizes the music for the night, glancing at the crowd to gauge their interest and mood.

Those who know Polanco see beyond the paradox of her personality, a social butterfly to her close friends and acquaintances, but largely reserved to strangers. She is a person of many talents, playing several instruments, complementing them with her harmonious voice, and is also a teacher of dance and a great disc jockey; all these talents packaged in a petite frame bustling with energy. She's friendly to those who meet her, but prefers to remain obscure as a behind-the-scenes force. What remains consistent is her passion for music and caring for others.

Music has been Polanco's passion since age 12, she started tapping on cracker tins with spoons and with two-fingers on a piano keyboard. During her previous deployment to Kuwait in 2012, she took advantage of an opportunity to DJ for events and has since brought that skill to U.S. Naval Station Guantanamo Bay, Cuba.

"I started to DJ after a month of being here," said Polanco. "I noticed that the music was catering to only one group of Latinos and the atmosphere was generally more relaxed."

That's when she decided to appeal to a wider audience by playing more upbeat music and teaching those who were interested to dance. Since then, Latin night has become one of the more popular events at The Windjammer, as evidenced from the crowds of people on the dance floor and those along its perimeter tapping their feet and nodding their heads.

"Everyone loves her as DJ, she's the best one out here," said Staff Sgt. Jonathan Aaron, J3 operations, antiterrorism force protection NCO-in-charge and colleague of Polanco. "It's



Army Sgt. Isabel Polanco prepares music for a performance at The Windjammer. Polanco is the resident Latin Night DJ every other Friday.

great that she provides an outlet for Troopers here and works to benefit the community."

Polanco's intention is to make life in GTMO a little easier. She said she understands that adapting to life here is difficult but it can be easier with the help of those around you.

"A deployment is never easy," said Polanco. "You're away from family, from everything that you know. What happens when you take the uniform off? How do you cope with stress?"

Those who know Polanco understand the care she provides to others.

"She's a positive influence to those who she looks out for," said Spc. Nelson Guzman, telecommunications specialist with J6, communications, friend and fellow unit member of Polanco.

Guzman, who met Polanco during pre-mobilization training, agreed she is a talented DJ, who loves to sing and play instruments.

"I'll teach anyone to play piano, guitar, bass guitar, drums, many percussions..." said Polanco. "I just want to make people happy the same way music makes me happy. I want to make people smile."

Music is a tool Polanco uses to make people happy, whether she plays it on a Friday night, teaches dancing lessons of bachata and merengue one-on-one, or even when instructing people how to use an instrument. She intends to make a personal connection with people, a skill she developed as a youth

pastor and preacher in the past, she said.

"I learned a lot of leadership skills from (that experience)," she said. "The most important thing I learned was that you have to care about people, pay attention to their changes in behavior, and intervene before it escalates."

During her tour here, Polanco seeks to provide positive examples to those she comes across and endeavors to get to the root of what bothers people, in order to help them, said Polanco.

"You never know what someone is going through," she said. "It's better to get to the root of someone's problem and show you truly care than to be negative."

Once you get to know her, Polanco becomes less of a paradox and more of a humanist, a person who cares for others and believes in the good of all.

"I want to help, keeping people away from doing negative things and make this place a memory worth having," said Polanco.

As for her future, while she has a deep-rooted passion for music, Polanco said she understands the world is becoming more reliant on computers and she intends to study computer information systems – an interest she acquired after building her own computer as a six-year-old from spare parts.

Article courtesy of
ARMY SGT. CHRISTOPHER A. GARIBAY

NAVY ENTERTAINMENT BRINGS THE STRINGS DURING CELEBRATION



Service members and civilians were treated to two very different concerts this weekend at the Tiki Bar at U.S. Naval Station Guantanamo Bay, Cuba on Oct. 16-17. Navy Entertainment sponsored and Morale, Welfare & Recreation hosted the Bella Electric Strings on Friday night and the Chicago-based band, Plain White T's, on Saturday night.

The concerts were part of a weekend of events hosted by the MWR and Navy Entertainment in recognition of the Navy Exchange customer appreciation weekend.

Karen Fritz, the head of Navy Entertainment, helps book more than 600 shows a year for naval bases all over the world and was responsible for bringing the groups here.

"We try to have something for everybody, we rarely bring two bands, but the groups are completely different... we hope that everyone will enjoy it," said Fritz.

This was the first time the Bella Electric Strings performed for the troops in their nearly 10 years performing as a group, and they were excited to come and play for the GTMO crowd.

"We do a lot of corporate events and often we are just background music, so it feels really good to be the main show and have people looking forward to seeing us," said Leah Metzler, electric cellist.

The group is composed of classically-trained violinists and cellists from all over the U.S., who all heard about the Bella's in different ways. They have more 25 members who can all play interchangeably into most of their shows.

"Violin Femmes is the name of the show we are performing tonight," said Brittany Cotto a violinist and member of Bella Electric Strings. "It is a newer show, very challenging and right now, not everyone in the group is even trained up on it."

The Bella Electric Strings show included hits from rock legends such as Led Zeppelin, Jimi Hendrix, The Who and Pink Floyd, but the group changed the guitar solos and instead played them with electric versions of classical instruments, rocking them out in a way you would not expect.

Where the Friday show wrapped up, the stage Saturday was set for the Plain White T's to perform.

The Plain White T's lead vocalist, Tom Higgenson, also spoke about coming to GTMO and how it was the first show to kick-off their new tour promoting their new record "American Nights."

Higgenson said the band actually named the tour the 'Guantanamo and Beyond Tour,' because this is first show on their new tour.

The Plain White T's have played in several Navy Entertainment shows over the last few years, visiting bases in Hawaii, Japan and other remote locations.

"Any time we can do what we do and give back to the troops...it's extra rewarding when it's for a good cause," said Higgenson. "It's like giving these guys a little taste of home while they're out here serving for us and protecting us; we jump at the chance."

Both bands were able to take in some of the sights at GTMO and were also able to visit the local high school's music department and took the time to sign autographs for residents.

The Bellas said another great thing about playing is inspiring kids to play. While some people today may think classic instruments such as violins or cellos are boring, getting to hear the kids come up and tell them how they want to play those instruments is very rewarding to Bellas.

Article by
ARMY SGT. CHARLIE HELMHOLT



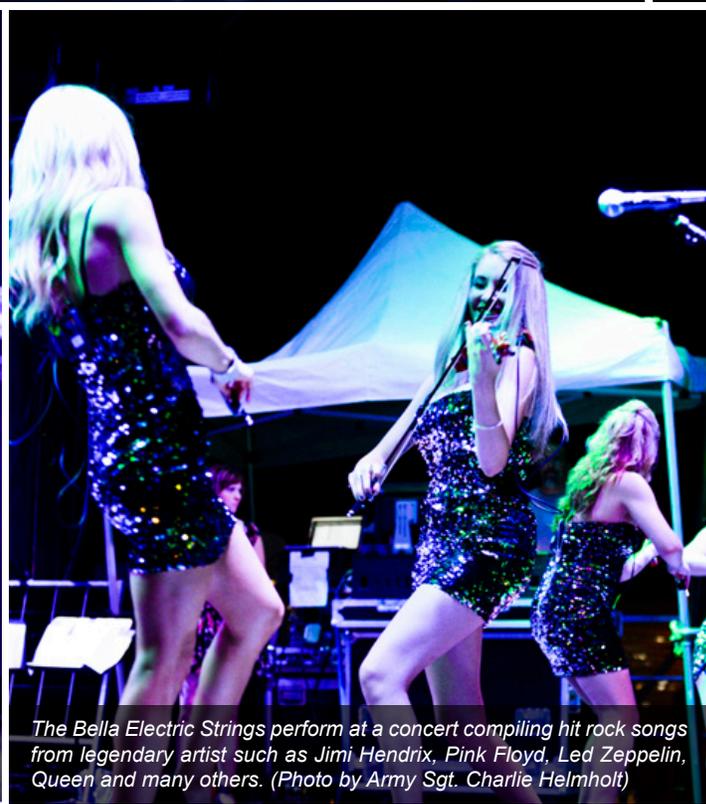
The Bella Electric Strings perform at a concert held at the Tiki Bar at U.S. Naval Station Guantanamo Bay, Cuba on Oct. 16. The group joined the Plain White T's who played the following night at the same venue, to celebrate the Navy Exchange and Morale, Welfare & Recreation, customer appreciation day. (Photo by Army Sgt. Charlie Helmholt)



Bella Electric Strings band member, Molly Rogers, plays the four-string electric violin during one of several solos at the Tiki Bar. (Photo by Army Sgt. Charlie Helmholt)



Bella Electric Strings band member, Brittany Cotto, plays her five-string electric violin for the GTMO crowd. (Photo by Army Sgt. Charlie Helmholt)



The Bella Electric Strings perform at a concert compiling hit rock songs from legendary artist such as Jimi Hendrix, Pink Floyd, Led Zeppelin, Queen and many others. (Photo by Army Sgt. Charlie Helmholt)



Bella Electric Strings band member, Molly Rogers, smiles at the audience during one of her solos. Rogers plays the four-string electric violin. (Photo by Army Sgt. Charlie Helmholt)



Leah Metzler, electric cellist with Bella Electric Strings, assists Daniel Widergren in playing the electric cello on stage during a concert. (Photo by Army Sgt. Christopher A. Garibay)



The Bella Electric Strings perform at a concert held at the Tiki Bar in GTMO. The band covered the hits but substituted their electric violins and cellos for the original arrangements guitars and bass guitars. (Photo by Army Sgt. Charlie Helmholt)



The Plain White T's guitarist, Dave Tirio, signs autographs for Troopers at the Navy Exchange, U.S. Naval Station Guantanamo Bay, Cuba on Oct. 17, for customer appreciation weekend. (Photo by Spc. Nicole Nicolas)



Tim Lopez, the guitarist for Plain White T's, conducts a sound check before the performance at the Tiki Bar. (Photo by Spc. Nicole Nicolas)



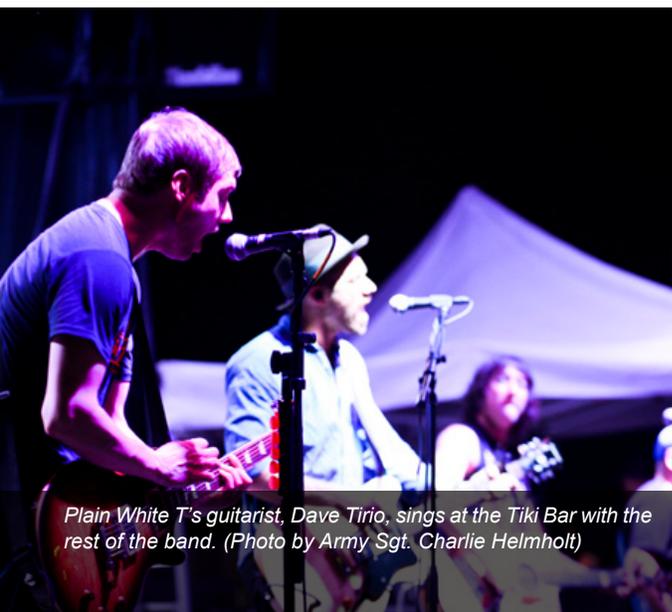
The Plain White T's guitarist, Tim Lopez, sings for GTMO residents. The band, originally from Chicago, began their tour in GTMO. (Photo by Spc. Nicole Nicolas)



Plain White T's drummer, De'Mar Hamilton, plays a beat while backing up lead vocalist and guitarist, Tom Higgenson, as they perform one of the band's signature songs. (Photo by Army Sgt. Charlie Helmholt)



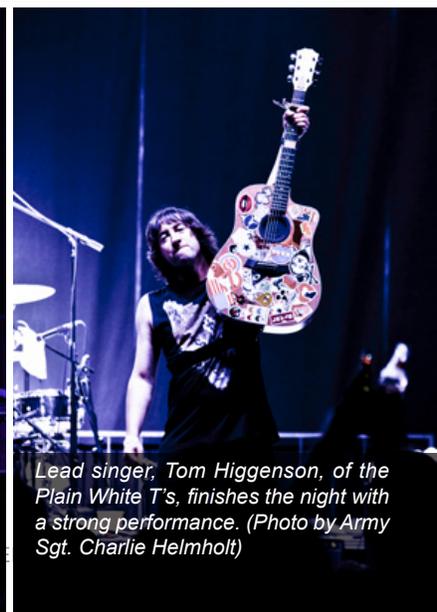
Plain White T's, plays for Troopers at Tiki Bar. In the past, the Plain White T's have performed for service members in Bahrain, Guam, Japan and Italy. (Photo by Army Sgt. Charlie Helmholt)



Plain White T's guitarist, Dave Tirio, sings at the Tiki Bar with the rest of the band. (Photo by Army Sgt. Charlie Helmholt)



Plain White T's vocalist, Tom Higgenson, sings 1,2,3,4, a popular song of the band at the Tiki Bar. (Photo by Army Sgt. Charlie Helmholt)



Lead singer, Tom Higgenson, of the Plain White T's, finishes the night with a strong performance. (Photo by Army Sgt. Charlie Helmholt)

TROOPERS STAND IN AWE OF HIGH FLYING BMX TEAM

In a show, usually only seen on TV, Troopers and residents were able to witness tailspins, front-side flips, grinding and lifts at the skate park, Oct. 16 and 18, at U.S. Naval Station Guantanamo Bay, Cuba. Every two years, Vans BMX Team members visit GTMO to perform a variety of aerial feats and tricks, bringing a unique show to those in attendance. The show was part of a culmination of events sponsored last weekend by the Morale, Wellness & Recreation program and the Navy Exchange.

The riders and skaters used every inch of the skate park as part of their performance, launching themselves several feet into the air, executing a variety of tricks. The expressions from the crowd ranged from clapping to awes.

"It's great for these guys to come down here and do this for the troops out here," said Spc. Arun Pillai, with the 324th Military Police Battalion, who said the best part of the show was the front flip.

Navy Capt. David Culpepper, NAVSTA base commander, echoed his appreciation for the performance.



Vans BMX team member, Gary Young, executes a tailspin at the skate park at U.S. Naval Station Guantanamo Bay, Cuba on Oct. 16. BMXers took turns riding in the "bowl" to demonstrate a variety of aerial feats for Troopers and residents at GTMO.

"It's great for the community here, to come out see something unique, such as this," said Culpepper. "There's definitely been a lot of excitement about this event."

For team member Mykel Larrin, this performance was an opportunity to express gratitude to the service members.

"I think it's an honor to come out here and put on a show for everyone away from their families here, serving our country... and to give them a little piece of home," said Larrin.

Larrin has been to three U.S. bases and said he enjoys the warm welcome he receives each time he visits.

Dakota Roche was also appreciative of the support, saying he had fun hanging out with Troopers and residents of GTMO. This was his second trip to the island, having been here two years ago.

Roche, Larrin, and the other four members of the Vans BMX Team gave service members full access to their show. On Friday, the riders put on a show for an hour and a half and on Sunday for an hour as well. After each set, Troopers were given the opportunity to meet and greet the BMXers. Those who brought their own bikes and skateboards were able to show off their own moves.

For some, the best part of the afternoon was the high-flying, fast riding experience in the "bowl" - the smooth, submerged, concave,

concrete bowl allowed the BMXers to ride along steep inclines, giving them momentum to fly into the sky. Troopers used their phones and tablets to record the entire set, some lying on their stomachs hoping for the best angle.

The Vans BMX Team also took time to talk to Troopers, expressing their appreciation for what service members do here and how much they sacrifice for others.

The Vans BMX Team's Sunday performance capped a weekend filled with events, giveaways, meet and greets and of course, smiles.

"It's great for the MWR to put this event together to help Troopers relieve some of their stress," said Pillai.

To learn more about the Vans BMX Team or see where they will be performing next, check them out on social media, <https://twitter.com/vansbmx66> and <https://www.facebook.com/pages/Vans-Bmx-Team/578532078907091>.

Article and photos by
ARMY SGT. CHRISTOPHER A. GARIBAY



Dakota Roche, a member of the Vans BMX team, jumps over five volunteers during a performance. Attendees were able to meet, greet and even show off their BMX-inspired moves to the BMX athletes following the performance.

IN THEATERS THIS WEEK



The Downtown Lyceum showtimes are shown in the top row and the Camp Bulkeley Lyceum showtimes are displayed in the bottom row.

The Maze Runner: Scorch Trials PG13, 8 p.m. Black Mass R, 10:30 p.m.	Hotel Transylvania 2 PG, 8 p.m. Goosebumps PG, 10:30 p.m.	The Martian PG13, 8 p.m.	A Walk In The Woods (LS) R, 8 p.m.	Pan PG, 8 p.m.	No Escape (LS) R, 8 p.m.	Bridge of Spies PG13, 8 p.m.
10/23 FRIDAY	10/24 SATURDAY	10/25 SUNDAY	10/26 MONDAY	10/27 TUESDAY	10/28 WEDNESDAY	10/29 THURSDAY
The Visit PG13, 8 p.m. The Perfect Guy PG13, 10 p.m.	Pan PG, 8 p.m. No Escape (LS) R, 10 p.m.	Bridge of Spies PG13, 8 p.m.	LYCEUM CLOSED	A Walk In The Woods (LS) R, 8 p.m.	LYCEUM CLOSED	Goosebumps PG, 8 p.m.

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

Movie time changes for Downtown Lyceum begins Oct. 30. Movies will begin at 7 p.m.

MOVIE REVIEW / GOOSEBUMPS



If you came of age in the 1990s, you should be familiar with the successful young adult book series, "Goosebumps." If you never read any of the books, you may have caught an episode or two of the hit TV show on Fox. "Goosebumps", the film, isn't based on a story from the books or show, but instead a fictional version of the

author, R.L. Stine (Jack Black), and the monsters he created, brought to real life, who then tries to murder him.

Despite the film being about Stine and his monsters, the main character is a teenager named Zach (Dylan Minnette), who just moved to town. Zach befriends Stine's daughter Hannah (Odeya Rush), but is told to stay away from her or something bad will happen.

Zach doesn't stay away, in fact, he and a new friend break into Stine's house after hearing Hannah scream at the top of her lungs. While investigating a possible murder or domestic abuse, they stop to check out a bookshelf that is making weird growling noises. All of the books on the shelf are individually locked. Zach eases his friend's concerns about the locked, growling books being dangerous by unlocking one. The Goosebumps monster "The Abominable Snowman of Pasadena" escapes from the pages only to wreak havoc on the town. They are able to safely capture and lock the Snowman back in the book. However, Slappy from "Night of the Living Dummy", escapes from his book and proceeds to burn it. Slappy releases all the other monsters and burns their books too. The monsters proceed to destroy the town while hunting down Stine, to kill him and be free forever.

The rest of the movie is peppered with encounters of different Goosebumps monsters as the heroes try to figure out how to bring everything back to normal. The special effects were pretty well done. It was interesting seeing the giant praying mantis from "Shocker on Shock Street", tear through a building and the zombies from "Calling All Creeps" rising from their graves.

I was left with a few questions at the end. Mainly, why did Stine keep his magical books full of monsters on display in his living room with the key to open them on a desk within arm's reach? This seemed a bit irresponsible; overall I give it three banana rats.

Either way, "Goosebumps" was a fun, non-terrifying scary film, aimed mainly at a younger audience. Adults who have never read the books may find it slow and predictable, but those who were fans of the series will most likely enjoy the nostalgic ride.

"Goosebumps" is rated PG for scary and intense creature action and images and for some rude humor.



Movie review by
ARMY SGT. KEVIN FARRELL

PLAN AHEAD! CHECK OUT EVENTS, ACTIVITIES

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

MONTH / DAY ACTIVITY

October 24	Paddle, Pedal, Paintball
October 24	Trunk or Treat
October 31	Zombie 5K
November 7	Glow Run
November 7	Ditka Dash
November 14	Duathlon
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

ARMY FOOTBALL TRYOUTS

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

ARMY MALE

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

Male POC: Master Sgt. Stephen Jones x5418

ARMY FEMALE

October 31 10 a.m. at Cooper Field

Female POC: Blair J. Stone x9832

HAUNTED HOUSE

WHO: Everyone

WHAT: Haunted house

WHEN: Saturday, Oct. 24, 5 p.m.

WHERE: Downtown Lyceum

WHY: To get a good scare!

COMPETITORS SPLASH IN COLOR DURING RACE

Participants woke up early on Saturday morning to run through clouds of color thrown by volunteers and sprayed by electric fans. Volunteers patiently waited for runners to get a little closer, then tossed blue, green, pink and yellow colored powder at them, creating a vibrant clouds. Three checkpoints to the turnaround point, three checkpoints back. Volunteers at each station filled their cups full of powder and waited for a chance to "paint" the runners.

Approximately 800 runners participated in the 5K Color Run, sponsored by the Navy Exchange and Morale, Welfare & Recreation program during their customer appreciation weekend for Troopers on Oct. 16, at U.S. Naval Station Guantanamo Bay, Cuba.

"You're getting paint thrown at you," said Billie Taylor. "It makes it more interactive and fun for them. I like them. I think they are all very creative."

Taylor's unit will be leaving shortly and he wanted an opportunity to compete in a color run while deployed to Cuba. Taylor said running in events such as the color run gives Troopers a change of scenery and allows them to go outside to enjoy something new.

Some Troopers wanted to race through the colors again.

Karen Chavez, a run participant, stated that she really enjoyed the first color run she joined when she first arrived at GTMO back in April.

"It's a fun way to get with the community," said Chavez. "For people who do not like to run; it sometimes motivates people to run,



A Trooper runs through a checkpoint and is covered by colored powder during the 5K Color Run on Oct. 16, at U.S. Naval Station Guantanamo Bay, Cuba.



A Trooper fills the cups full of colored powder to prepare to color the runners during the 5K Color Run. Approximately 800 Troopers participated in the race.

like me."

According to Oscar Ramirez, also a participant, morale events bring people out to compete and meet other families of Troopers.

"I saw two little kids run through the finish line and they were having a great time," said Ramirez. "I think something like this is really cool... a little different."

Running events allow Troopers to maintain a fitness standard, yet still have fun.

"It is great to have all the timed events and that is good for competition," said Ramirez. "I wanted to come out and have a good time and to see how good or bad my one and a half mile run time was."

While some Troopers are here to improve their run time, others enjoy the unique fun runs.

"I think it is really nice for them to put stuff on like this every once in a while, like all the costume runs," said Ramirez. "I think this is super important for the morale of Troopers."

A majority of the runs are free, so there is no excuse for Troopers to stay in their rooms, he said. They can enjoy the time outside. Races sponsored by the MWR also provide many opportunities for Troopers to get volunteer hours.

After the race, drawings took place at the NEX for opportunities to win a hat or a pair of shoes.

Morale events, such as the Color Run, are set up to keep the Troopers entertained and give them an opportunity to relieve stress. The MWR program allows Troopers to find ways to strengthen their morale through participating in the various events held each month. For more information on upcoming events contact the G.J. Denich Gym at x77262.

Article and photos by
ARMY SGT. RYAN L. TWIST

SLAP PITCHES DOMINATE SLIDERS IN SOFTBALL

Slap Pitches maintained a solid defense and aggressive offense against The Sliders leading to their win at Cooper Field on Oct. 14. They trampled The Sliders, 18-4.

Slap Pitches' tough defense contributed to an early shutout through two innings.

Their onslaught of hard-hitting also contributed to the Slap Pitches' early lead, said Patrick Ginka, a Slap Pitches player.

After batting three times, the Slap Pitches maintained a 15-run cushion. In the bottom of the third inning, however, The Sliders rallied to score four runs.

In the Slap Pitches' dugout, words of encouragements rang loudly. The enthusiasm led them to return fire in the top of the fourth inning, by slamming balls into the outfield scoring several more runs.

On the defensive side, the Slap Pitches' tight defense allowed The Sliders to score only four runs the entire game.

"We've worked on our defense," said Mitch Thompson, the head coach for Slap Pitches. "Our defense played really well and our pitcher is pitching strikes. We finally have that situated."

Everyone played well this game but Thompson pointed out one particular player who stood out.

Roger Green, a Slap Pitches' player, stepped up his performance in the field on Wednesday, said Thompson. He normally plays outfield, but Green stood at the hot corner, third base, stopping everything that came his way.



A member of the Slap Pitches throws a softball at a game against The Sliders on Oct. 14, at Cooper Field, U.S. Naval Station Guantanamo Bay, Cuba.

According to Ginka, Slap Pitches' successful season, at 6-1, is a result of the strong bond they formed while at their home station and during their deployment.

During the past two months, the Slap Pitches players came to every game with a lot of heart and motivation vying to give it 110 percent, said Ginka.

"We played well," said Thompson. "We have a lot of guys who play back stateside at our home station and we have a lot of people who never played before, so coming together has been really fun and exciting watching the guys who haven't played much before come in and (be) able to perform."

Although The Sliders lost the game, Erick Renteria, a coach with The Sliders, indicated this game is a minor hiccup in their season. They are currently in 14th place with a record of 2-2.

Joseph Commins, a player with The Sliders, added they need more practice to stop making errors while playing defense.

The Sliders' fielding errors added up quickly each inning, contributing to their loss.

"We were rushing everything," said Renteria. "We didn't do the fundamentals of playing, grounders, catching pop-ups."

In the Morale, Welfare & Recreation co-ed softball league, 26 teams face-off Monday through Friday at the Cooper Field. The Sliders will play again Monday at 8 p.m.

Article and photos by
SPC. NICOLE NICOLAS

MWR ULTIMATE FRISBEE

No.	Team Name	Standings
01	Disclexia	11-1
02	The Ice Men	10-3
03	Salt Water Cowboys	9-3
04	Frizz Beez	9-4
05	Down to Flick	4-9
06	Legal Air Warfare	2-10

MWR FLAG FOOTBALL

No.	Team Name	Standings
01	Gunslingers	4-0
02	Confusions	4-1
03	Straw Hat Gang	3-1
04	Gatekeepers	3-1
05	Dirty Mike & the Boys	3-1
06	Spartans	2-1
07	Mighty Guns	2-2
08	Punishers	2-2
09	Going up on a Tuesday	2-3
10	Unknowns	2-3
11	Joint Squad	2-3
12	Warriors	1-2
13	Sea Chickens	1-4
14	377 MP Co	0-3
15	The Scoregasms	0-4

MWR CO-ED SOFTBALL

No.	Team Name	Standings
01	Spartans	8-0
02	CT Stormtroopers	8-0
03	Slap Pitches	7-1
04	Sons of Pitches	7-1
05	Blazing Saddles	4-1
06	GTMO Bandits	4-1
07	Gatekeepers	3-1
08	One Hit Wonders	4-2
09	Punishers	4-2
10	Inglorious Batters	4-2
11	The Sliders	3-2
12	Ghost Riders	4-3
13	GTMO Latinos Plus	4-4
14	Care Bear Warriors	3-3
15	NAVSTA Security	3-3
16	TAO B	4-5
17	Iguanamo	3-4
18	Sluggers n' Chuggers	3-5
19	Guardians	3-5
20	TAO A	3-5
21	Caught Looking	2-4
22	Outcasts	2-5
23	Football Bats	1-3
24	French Team	2-7
25	Pitch Slap	1-6
26	Gunslingers	1-6



A JTF Trooper from The Sliders hits the ball at a softball game against Slap Pitches. The Sliders rallied in the third inning scoring four runs.



TOUGH DECISIONS: CHOOSE HEALTHY, MAKE LIFESTYLE CHANGE - EAT THIS, NOT THAT

Eat this, not that. Sometimes the choice is hard, not only do we crave certain foods, but sometimes we just need to have another option. However, the choices we make are for our future health. Choosing the healthy veggies over the processed foods is a lifestyle change.

According to www.goredforwomen.org, there are many examples of "eating this, not that."

Craving those fried onion rings or French fries? Try bringing a small bag of mixed raw veggies instead. As mentioned before, it is going to be a lifestyle change. French fries and carrots are not the same thing as a cup of fruit or vegetables, but the latter is a step in the right direction to a healthier lifestyle change.

Substituting high fat, whole milk for almond or soy milk can help cut the calories and fat, but still provide the necessary nutrients and with a great flavor.

Do you enjoy a nice, juicy, hunk of red meat? While you are making the choice to go healthy, you can begin substituting chicken, fish, tofu or turkey for some meals where you normally eat the heart-risk red meat.

Then there is the beloved pizza with sausage, pepperoni, ham, and

salami. Pizza can truly be a healthy meal. Try trading in your meat-lovers pizza for a pizza packed with veggies made on a whole-wheat crust or even a cauliflower crust.

Now restaurants can be tricky, because when you get there, you tend to make quick decisions, usually the wrong ones. Be prepared. Use the same tips for eating this, not that. Eat the baked or grilled chicken instead of the breaded and fried chicken. Get the protein without the fat.

Choose your beverage wisely. Water is always a win, there is nothing unhealthy about water, but if you must choose something different, sip it.

Portion control is key. Many times, we serve ourselves more than we need and restaurants are no better. Split your meal in half and eat the rest another time. Avoid the extras and double sizes, even fast food chains have healthy alternatives. Eat apple slices instead of fries.

Visit www.goredforwomen.org for more "eat this, not that" examples, as well as many other health tips.

Article by

ARMY STAFF SGT. ALEAH M. CASTREJON

"Put your food dollars toward nutrients, not calories." - David Zinczenko



JSMART SPOT

▲ JSMART HELPER: HARLEY

REBUILD RELATIONSHIPS AFTER SEPARATION

In time, everyone will begin preparing to return to his or her duty station or civilian job, which can be stressful. However, what about when you get home? Attempting to jump back into your role in the household immediately can actually be more detrimental to yourself and your loved ones, whereas, if you take your time reintegrating into the family household, the transition will be much smoother.

In this season of separation, consider yourself and those you live with whether a spouse, partner, or even children, have been living very different lives. It is important to take your time when being accustomed to living at home again. The first few weeks should be a time where you and your family focus on reintegrating and readjusting your lives together. What this looks like, is taking time to listen, talk and ensuring you make time for each child, if you have any, as well as for your spouse or partner. It is

especially important to make alone time with your spouse or partner and understand that re-entering love relations can be made easier by romantic conversations. Make sure to support the good things your family has done and remind your loved ones they feel needed, develop a budget when it comes to managing money, and avoid a busy schedule or major trips.

Rebuilding your relationships takes time, effort and patience. Additionally, returning home can be every bit as stressful and confusing as the initial departure, it is essential that you create opportunities to spend time with your family and loved ones soon after you return from deployment.

Article by

**NAVY PETTY OFFICER
3RD CLASS
JOSHUA GIANGRECO**
Joint Medical Group

MILITARY HISTORY

ON THIS DAY IN HISTORY – DO YOU REMEMBER?

Every day history is made. On Oct. 23, we recollect events from sports, movies, hit songs, plays, financial crisis, crime, political changes, environmental changes and health.

The following list below provides a glimpse of the historical events on this day. Do you remember any of these past events?

2013: In an effort to improve bilateral relations between China and India, the two countries came together to sign a new border defense agreement.

2012: In London, the 23rd James Bond film, "Skyfall" received its royal premiere.

2011: The city of Van, in eastern Turkey, experienced a 7.2-magnitude earthquake, killing 100.

2010: If trends in diet and exercise continued, the Centers for Disease Control and Prevention project, an estimated

1 in 3 adult Americans will have diabetes by 2050.

1997: "Triumph of Love," opened at Royale Theater New York City.

1997: At 6:11 a.m., San Francisco experienced a black out.

1997: Dow Jones dropped 186.88 points.

1997: Les Alexander, owner of Houston Rockets, bought NHL's Edmonton Oilers.

1996: New York Yankees set the record by coming back from 6-0 in World Series game to beat Atlanta Braves 8-6, also set record of 7th straight road win.

1991: "Les Miserables," opened at Mogador Theatre, Paris.

1991: Dr. Jack Kevorkian's suicide machine killed two women.

Event timeline courtesy of WWW.BRAINYHISTORY.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 night movie Friday 1900

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
Game Night Saturday 1900 JTF Trooper's Chapel

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

HOLIDAY MAIL DEADLINES: MESSAGE FROM THE POST OFFICE

The Christmas season is quickly approaching and many people will have loved ones in their thoughts, prayers and on their Christmas lists.

With that in mind, the U.S. Postal Service wants the public to remember important deadlines when sending (or ordering items online) packages to loved ones in the states or overseas from Guantanamo Bay, Cuba.

Dates are: Nov. 12, for Parcel Post, and Dec. 4, for Priority Mail. Packages sent by Parcel Post, slow mail, from the Fleet Post

Office and Army Post Office zip codes should be mailed, no later than Nov. 12, to clear customs in order to reach families around the world in time for the holidays.

Letters and cards sent by first-class and Priority Mail parcels, should be postmarked no later than Dec. 3. This ensures the mail leaves U.S. Naval Station Guantanamo Bay on Dec. 4.

The Postal Service is asking everyone to mail and ship early this year in light of upcoming customs requirements and changes within the Postal Service.



Photo by Ian Withrow

PARTING SHOT



'SEASIDE BLOOM' PHOTO BY IAN WITHROW. FOR A CHANCE TO HAVE YOUR PHOTO FEATURED IN THE PARTING SHOT, PLEASE SEND SUBMISSIONS TO: THEWIRE@JTFGTMO.SOUTHCOM.MIL

THE WIRE