

THE OFFICIAL PUBLICATION OF THE TASK FORCE GUANTANAMO

THE WIRE



November 6, 2015



APOCA-LAUGHS NOW COMEDY SHOW TAKES GTMO BY STORM

FOUR STAND-UP ACTS CAPTIVATE AUDIENCE FOR LAUGH-FILLED NIGHT

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TROOPERS PARTICIPATE IN HALLOWEEN FUN-RUN WITH ZOMBIES

RESIDENTS TRY TO OUTFRAN UNDEAD DURING MWR RACE

PHOTO STORY



ARMY MASTER SGT. ROBERT BOWMAN
J1, NCOIC

As Joint Task Force Guantanamo experienced another smooth transition from one commander to another this past week it occurred to me that what makes the JTF so successful isn't any one individual or unit. Rather it's our ability to come together as a

TEAMWORK ENSURES JTF MISSION SUCCEEDS

team making us among the premier elements in the world.

As the JTF enters the winter months, we will continue to undergo profound changes with members of the JTF moving on to new challenges. Even amidst all this change, the mission of the JTF will endure. It will endure not based on the successes or failures of any single organization or person. The legacy of the JTF endures because of the willingness of the countless units and individuals who have come before us to set aside personal ambition and do everything in their power to contribute to the success of the JTF as a whole.

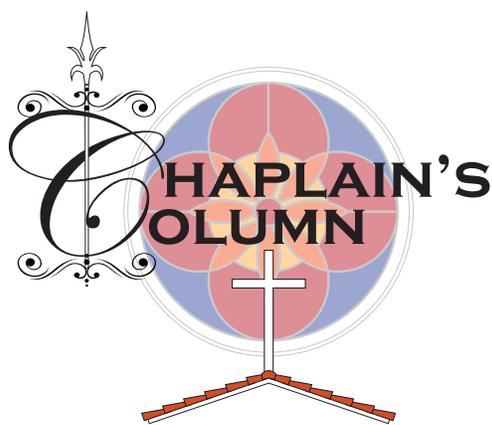
The professionalism of the men and women here amazes me on a daily basis. Their willingness to see the JTF succeed is nothing short of amazing. When you take time to consider the fact that our organization is in a continual state of change, as people rotate in and out on a weekly basis, it is even more inspiring. The only way we, as an organization, are able to maintain the high level of performance we do, is because people put their own ego in the backseat and give their all to accomplish the mission.

All of us know the JTF is more important and bigger than we are. It endures because of the contribution of every Soldier, Marine, Sailor, Airman, Coast Guardsman and civilian who came before us and will come after us. Each individual has left a unique piece of himself or herself here and the legacy of the JTF is built on those contributions.

As we move forward, I urge all of us to take comfort in the fact that each new individual who replaces someone will be well trained and ready to give their all ensuring the JTF and its mission succeeds.

In addition, for those who are departing, they should leave here filled with pride in knowing the family they have come to know here is in a better place because of their efforts. I am honored and humbled to be a part of the JTF family and I look forward to continuing to serve alongside the finest people on the planet ensuring our no-fail mission is just that, No-Fail.

Article by
ARMY MASTER SGT. ROBERT BOWMAN
J1, NCOIC



Life is full of trials and tribulations. Whether it is due to health issues, family problems, relationship breakups or financial difficulties, one day we are all going to face our share of struggles.

The outcome of these struggles will depend on how we choose to handle them and the effect they have on our lives. Everyone deals with life situations differently. However, we all share a common ground; change is difficult. The things we have been comfortable with

LEARN FROM LIFE'S CONSTANT LESSONS

can alter our lives. For some, the effects can be devastating and hard to bear, causing serious complications.

Usually under conditions like these our first reaction may be to panic especially if we have no other avenues of finding help during troublesome events. After a time of continued trouble, fear and anxiety become the norm. At this point, we lose focus of the main situation and become less hopeful about our life's purpose.

It's possible we may begin to make poor life decisions and sometimes may blame God, another higher power, or whoever we find faith in for forsaking us in our time of need. The question we have to ask is: did we really trust our faith in the first place?

Depending on our answer, we could either find our solution or continue life without purpose. Scripture teaches us in Matthew 19:26, "With man this is impossible, but with God all things are possible." Leaning on one's faith during a struggle (whether the faith is

in a higher power, in one's own resiliency, values, morals, in our nation, or our broader military family) can be a solution to dealing with difficulty.

I think we ought to be able to come to a place within ourselves where our love and belief in a higher power or one's own personal beliefs is not a struggle, but a way of life. If and when we get to that place, there is a peace that can come over us, and help to better understand the changes in our lives. If we indeed have a sound foundation in our relationship with our faith, we will find peace.

Remember, having faith in something whether it be God, another higher power, one's self, or our military family will help us get through life and through the grind of day-to-day living.

Article by
NAVY CHAPLAIN (LT. CMDR.)
QUINESA BROWN
JTF GTMO, Chaplain



COMMAND & CHAPLAIN

Moving from one commander to the next, leaders stress the importance of teamwork. The chaplain asks you to lean on your faith to overcome daily struggles.



GTMO NEWS

Learn about educational opportunities available to troopers. Domestic violence month comes to a close. Commissions end for the time being.



PHOTO STORY / COVER PHOTO

Rear Adm. Peter J. Clarke takes command of Joint Task Force Guantanamo as Brig. Gen. Jose Monteagudo moves on to his next adventure.



ENTERTAINMENT

“Apoca-laughs Now” comedy show provides entertainment for the service members of JTF and NAVSTA. “Sicario” turns out to be an action-packed film with little plot.



SPORTS

The undead chase runners during the Halloween Zombie 5K for a fun run by the MWR. Football is the game of the week and the Straw Hat Gang battles and defeats their opponent.



LIFE & FITNESS

In the health article, read about three ways to keep your metabolism going. JSMART explains four elements to expressing yourself. This week’s history column focuses on Battle of Aachen.

MOTIVATOR OF THE WEEK

**ARMY SGT.
ZACHARY ZIMMERMAN**
JTF PAO

SPC. IAN WITHROW
JTF PAO

CYBER CRIME IS REAL

Cyber criminals are out there. There were more than 300,000 cases reported to the Internet Crime Complaint Center in 2010. Internet scams and identity theft were two of the top three crimes reported. California and Florida are the states with the highest reports of cyber crime. Beware of websites offering “free samples” if you pay shipping costs. Also beware of people from foreign countries who ask you to wire money and in exchange, you will receive a reward. There are also scams involving “mystery shoppers” or “make money from home.” These scammers ask for your information or credit card numbers only to steal your identity or charge your credit card. Don’t fall for it! Be safe and protect yourself from cyber crime, 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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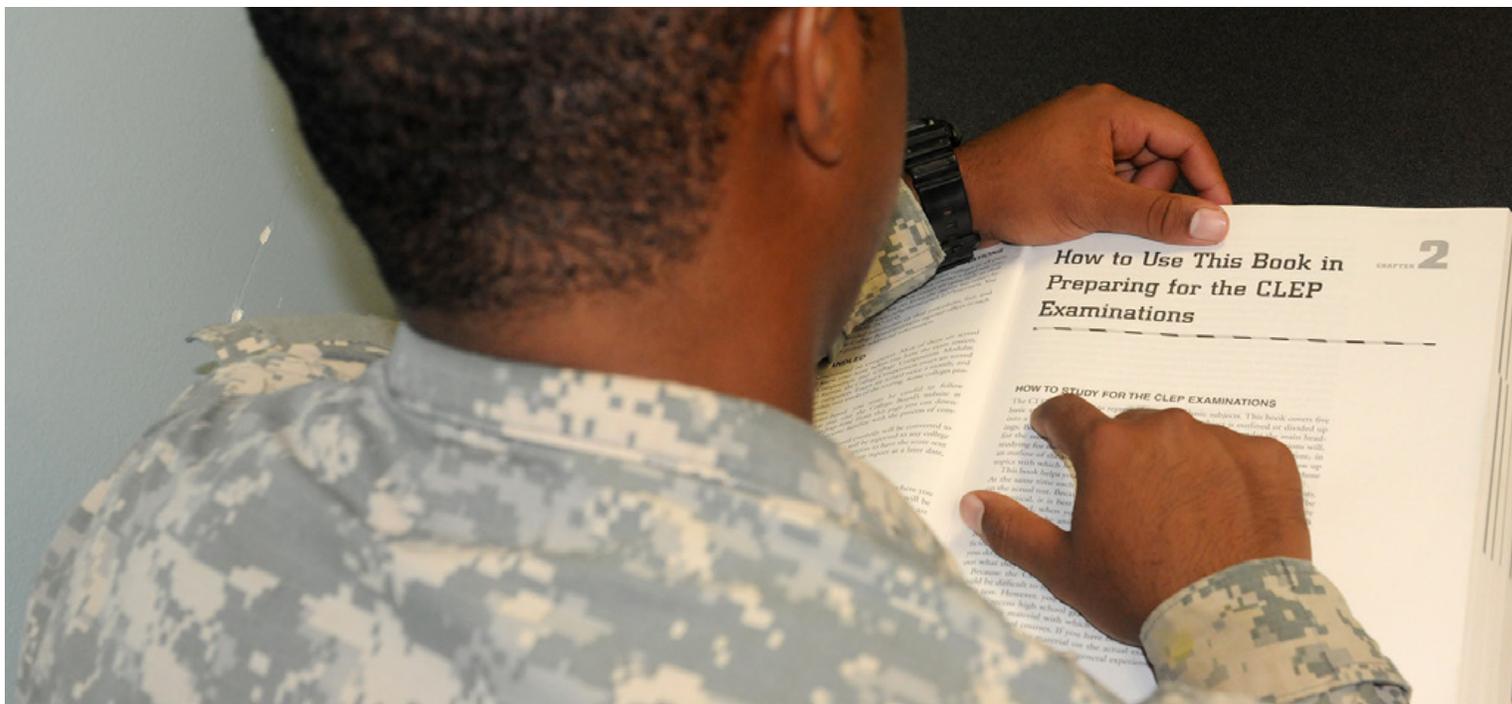


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TROOPERS TAKE ADVANTAGE OF EDUCATIONAL OPPORTUNITIES



Troopers looking to further their education and earn college credits can do so at Columbia College at Guantanamo Bay, Cuba. The college offers more than 600 online classes and the ability to take, for free, the College Level Examination Program and Defense Activity for Non-Traditional Education Support, Subject Standardized Tests to earn college credits.

It will not cost Troopers anything, like a free swing, said Air Force Chief Master Sgt. Todd Kirsch, the senior enlisted leader of the 474th expeditionary civil engineering squadron, Prime Base Engineer Emergency Force 17. If they get a home run and pass the test, they can earn up to 12 college credits in math, science, business or English.

Some Troopers are already taking advantage of the educational opportunities provided to them here.

As soon as Prime BEEF arrived at GTMO, their leadership set up an education program that encouraged Airmen to take CLEP and DSST's whenever possible, said Air Force Master Sgt. Malcolm Summers, the Prime BEEF non-commissioned officer in charge of work control.

To get this initiative moving forward, Prime BEEF contacted Uliana Velch, the program coordinator for Columbia College here. Velch provided them with a vast amount of information on CLEP and DSST testing, as well as classes available at Columbia College.

As a result, 15 Airmen have earned 63 college credits from the tests and altogether 27 credits from other online courses. The two tests save Joint Task Force Guantanamo Troopers, time and money, said Velch. Students can receive nearly half of their general education class credits to aid them in obtaining a degree.

"In the Air Force, promotion for enlisted members is linked to earning a Community College of the Air Force Associates degree," said Kirsch. "While I don't expect all my Airmen to leave GTMO with a degree in hand, I can take pride in knowing that they are well on their way to accomplishing, not only their CCAF but in many cases, on the road to a bachelors and beyond. It provides them with an extremely tangible asset for their futures, both in and out of the military."

One Airman, Staff Sgt. James Crandall, operations manager with the Prime BEEF work control group, passed four DSST tests at GTMO.

When taking the tests, Crandall recommends searching for correlations between the questions. He often finds the answers or clues in previous questions. Taking DSST tests and classes at Columbia College is helping him to earn his bachelor's degree in operation management.

Preparing for a test can be daunting. To help Troopers prepare for CLEP and DSST tests the Morale, Welfare & Recreation Library provides books with preparation guides to aid in learning the material.

Senior Airman Sebastian Gonzalez, an electrician with the Prime BEEF, advises those who are taking either test, there is a high chance they will pass, but not to get discouraged if they do not. If Troopers do not pass the test the first time, they can retake the test for \$80 each additional time.

The education that service members earn from Columbia College has the potential to open doors for many, said Velch. Not only does the education provided by Columbia potentially allow for advancement in the military, it also aids in advancing service members civilian careers.

"To better prepare myself for my future, my family and myself, you (have) to take care of it while you can," said Crandall. "It's free, there's literally no downside to furthering your education. That way when I decide to take the uniform off, it'll be a smooth transition into, hopefully, another successful career."

Troopers can schedule a time to take the CLEP test by registering online at <https://cleportal.collegeboard.org/myaccount> then printing out a registration ticket, which is valid for six months. Then you must go to www.ccis.edu/guantanamo, click on academics and then testing services. To take a DSST test, go to www.cciss.edu/guantanamo, click on academics and then testing services. For more information, contact the education office at 2227.

Article and photo illustration by
SPC. NICOLE NICOLAS

MAKE THE CHOICE: END DOMESTIC VIOLENCE THERE IS NO EXCUSE

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 that can help prevent domestic violence, raise awareness, and inform about the many ways to report domestic abuse. The following is an editorial series courtesy of U.S. Naval Station Guantanamo Bay Domestic Violence Advocate Coordinator who also serves Joint Task Force Guantanamo.

I have heard my share of excuses for why people choose to commit acts of domestic violence. Among the most frequently used are: I snapped, I was drunk, and he or she knows how to push my buttons. If you notice, in each explanation for the behavior not one of these reasons alludes to the offender being responsible. It is either the victim or something else that causes their abusive ways.

This rationale, that someone or something is making an abuser offend, is by far the hardest hurdle for me to overcome when dealing with domestic violence victims. The reason for this is because offenders begin to believe their abuse is caused by something or someone other than themselves. Surprisingly the victims and sometimes, their commands start to believe it as well. This perpetuates and encourages a climate of victim blaming and lessens the possibility of offender accountability.

Have you ever had a moment of frustration with one of your bosses? Did you "snap" and let them have it or did you hold your tongue? I'm guessing the latter and you did so because you made a positive choice. Offenders who say they just snapped are minimizing the rational thought processes that made their abusive behavior OK in their minds. While anger and stress management issues are legitimate and require professional intervention, abusive behavior is not acceptable and it is the responsibility of the offender.

Additionally, while there is a high correlation between alcohol consumption and domestic violence, alcohol does not cause domestic violence. The individual choosing to drink and be abusive causes the domestic violence. If someone knows when they drink they also get abusive, they need to reevaluate the role alcohol has in their life. If the person is unable to reevaluate on their own, because they have a dependency issue, then they should seek professional assistance.

Domestic violence isn't just between two



people in a consenting relationship. It can also affect children, not just as victims but as students molding their perceptions of what healthy relationships are supposed to be.

Even if you don't have children, I ask you to contemplate this question for a second. What is the job of a parent? I would presume that the majority of you would include answers such as: to protect your children, to mold your children, to give your children examples to lead by and to do your best to ensure that your children have the tools and skills they need to be productive members of society. The issue is many parents neglect to realize that even hearing domestic violence can have devastating effects on their children.

As parents, you are indeed molding your children. You are molding the way they view relationships, what they think is normal behavior between two adults, and what actions are deemed acceptable and unacceptable.

Children are like sponges, soaking up everything they hear and see around them. It is never acceptable for children to have to hear, see, or be included in any acts of aggression, hostility or violence between their parents, even if it is verbal. If you would not allow your children to watch a movie that includes these behaviors, then they should not be watching behaviors like these in your home. I have no doubts that most, if not all, of you would go out of your way to protect your child from anything that could cause them harm. Please don't forget that you are

also responsible for protecting them against any harm that could come to them from within the home.

Studies show children who witness domestic violence within the home are at a greater risk for juvenile and adult behavioral issues, educational delays, social isolation, emotional issues and the worst possible consequence, in my opinion, continuing the cycle of abuse in their own adult relationships.

Educate yourself on what services are available on post to assist you and your family. Be courageous and stand up if you see something happening that is not right; admit you have a problem and need help; or reach out to a local service for protection.

Domestic violence is a conscious, intentional and controllable act. It is a choice. It is always a choice. I ask everyone to stay committed to help end domestic violence and continue to be supportive of anyone that comes to you for help. It is never too late to make a change for the better.

Please do not hesitate to contact the Fleet and Family Support Center at x4141 or contact me directly at x4243, if you need help, referrals or additional information.

Article courtesy of

AMY C. CONGDON

Domestic Abuse Victim Coordinator

Photo illustration by

ARMY SGT. CHARLIE HELMHOLT

TWO WEEKS OF COMMISSIONS COMES TO A CLOSE FOR THE 9/11 FIVE



Editor's note: This is the second in a two part series concerning the Joint Task Force Guantanamo commissions.

A set of preliminary hearings for the ongoing military commissions was held at U.S. Naval Station Guantanamo Bay, Cuba, October 19-30. The capital war crimes trials will take place in the future to decide the fate of five men: Khalid Shaikh Mohammad, Walid Muhammad Salih Mubarak Bin 'Attash, Ramzi Bin al Shibh, Abi Abdul Aziz Ali (also known as Ammar al-Baluchi), and Mustafa Ahmed Adam al Hasawi, otherwise known as the "9/11 Five."

The sessions addressed a number of outstanding issues. Including defense counsels' access to classified information, which was resolved by having all defense teams sign a memorandum of understanding. In addition, a potential conflict of interest within defense counsel teams that resulted in an investigation by federal authorities was also addressed, as was the issue of whether a competency hearing should be held for one of the defendants.

Brig. Gen. Mark Martins, chief prosecutor of military commissions, said there were 20 hours of sessions across 13 days. During that time, three outstanding issues were resolved.

Army Col. James Pohl, the presiding judge

for these commissions, said these rulings were meant to prepare the legal landscape on a number of positions. They will also allow the proceedings to continue uninterrupted and preserve the rights of the accused.

Pohl issued rulings on positions and motions filed by both the prosecution and defense teams.

**I KEEP COMING
BACK TO THE
CONSTITUTION...**

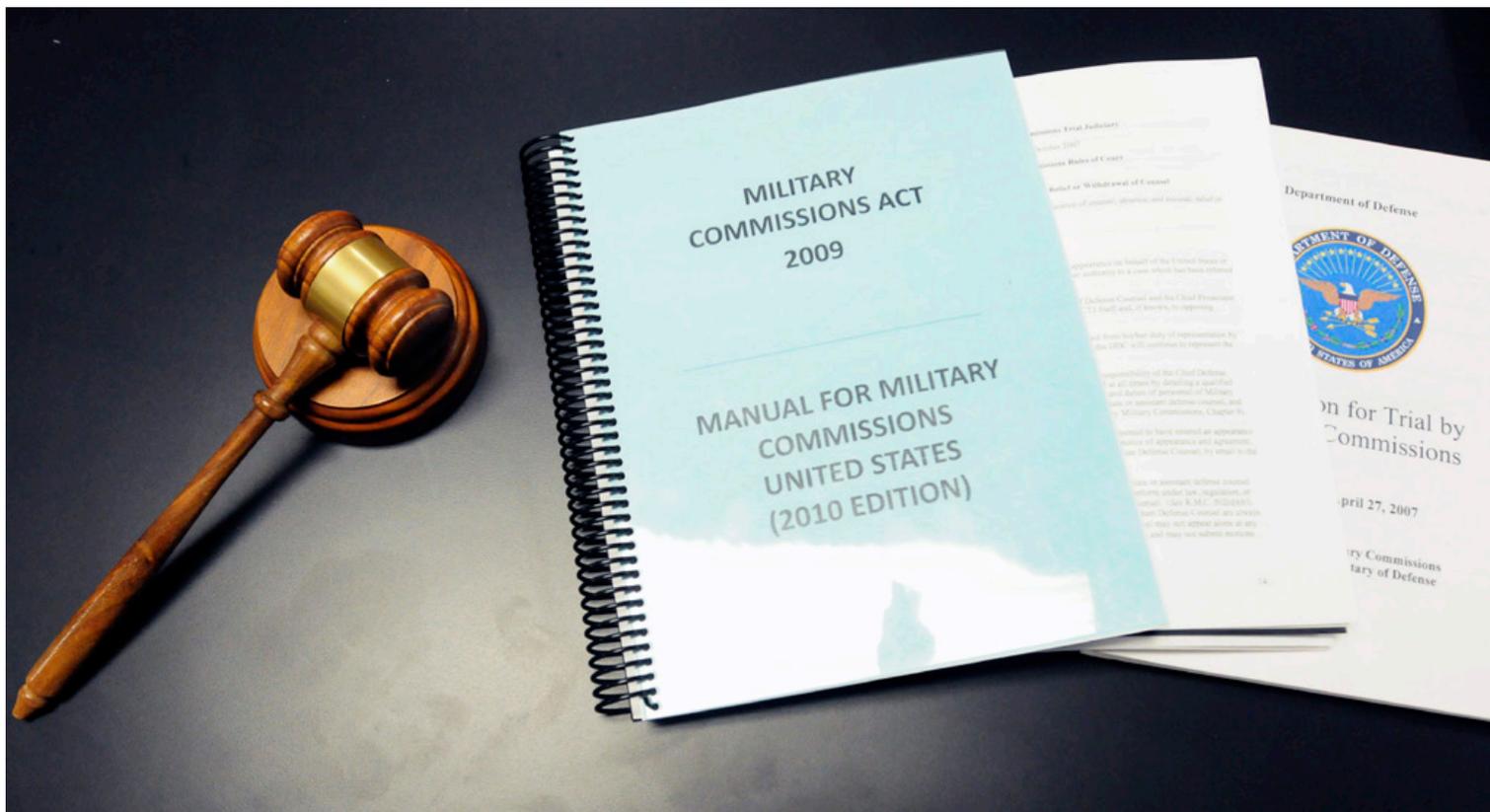
One issue was the motions made on appellate exhibit 292, which called for an "abatement" or an interruption of legal proceedings, to decide if there was a conflict of interest within one of the defense teams. The issue arose when the defense counsel was notified of an investigation regarding a member of the team. The court was abated for approximately a year and a half until the investigation was concluded. That investigation produced no evidence of wrongdoing. The defense teams filed a motion

for release of discovery, a legal process by which legal counsel obtains information, of that investigation. Defense counsel contended that the investigation may have affected their cases. Since the investigation concluded and did not find evidence of wrongdoing at this time, the judge ruled there was no actual conflict of interest.

The second issue resolved was that defense was required to sign a memorandum of understanding before they could receive classified discovery from the prosecution. All five defense teams have now signed the MOU, which will provide them with more than 300,000 pages of discovery, which includes classified information, said Martins.

The third issue decided by Pohl was that a competency hearing for Bin al Shibh was not necessary. Martins said that Pohl denied the motion for a competency hearing because there has been no indication that Bin al Shibh is incapable of standing trial.

In addition, Pohl resolved a pair of issues that arose on the first day of the October commissions hearings related to whether Bin Attash could fire his lead defense attorney. Because he did not give Pohl a just cause for releasing legal defense counsel, Bin Attash's defense team is still led by his lead defense counsel. Just in case Bin Attash had been



successful in providing just cause, Pohl also worked with the trial teams on how to properly advise detainees about their rights if they want to proceed by representing themselves, which is also known as proceeding pro se.

The pro se representation issue now requires a reading of rights to the accused, who must affirm whether he understands each of the rights. Pohl also said that should the defendants decide to represent themselves; the legal proceedings will not be stalled. Additionally, should the accused choose to terminate legal counsel, he must provide just cause, or a reasonable and lawful cause for doing so.

The commissions concluded with testimony from one female noncommissioned officer, going by the pseudonym Sgt. Jinx, and a camp officer-in-charge. The female Military Police detention guard was questioned about an equal opportunity complaint filed by more than one female JTF guards about an earlier order by Pohl which does not allow female guards to touch the 9/11 Five.

For its part, the defense contended that reasonable accommodations can be made for female guards to work in other areas of the detention facilities. However, on behalf of the government, the prosecution argued that by not allowing female guards to touch detainees, their performance ratings can be affected, and guard force morale and some

mission capability has been diminished.

Defense and prosecution counselors will have the opportunity to continue cross-examination, and perhaps call new witnesses when commissions hearings resume in mid-December.

James G. Connell III, an attorney representing Ali, spoke at the final press conference and focused a number of his criticisms on the commissions.

I WAS ABLE TO WITNESS THE UNITED STATES OF AMERICA'S CONSTITUTION IN ACTION

"This two week hearing has been the problem of military commissions in miniature," said Connell. "We have had a relatively simple question from a defendant... that took multiple days to answer, including a classified session. We had a visit from congressional authorities and testimony from the highest ranking members of the Department of Defense on a matter that was under litigation."

Connell also pointed out issues concerning

unlawful influence, classified information and issues with the military commission's jurisprudence (the legal system upon which the philosophy of law is based) during closing remarks.

Both prosecution and defense counsels praised the Troopers' efforts and all those who helped coordinate the commissions. The commissions have helped create a better understanding of the judicial process for some of those in attendance.

"I've been thinking a lot about the last two weeks and what this all means and I keep coming back to the Constitution," said Colleen Kelly, sister of William H. Kelly Jr., one of the victims of the 9/11 attacks. "I was able to witness the United States of America's Constitution in action."

Kelly said having all three parties (the prosecution, defense and judge) competing with each other, ensures that the judicial system remains in balance. She hopes the judicial process finds accountability for those who are accused of taking the life of her brother.

For more information about the military commissions proceedings, visit the Office of Military Commissions' webpage: www.mc.mil.

Article by
ARMY SGT. CHRISTOPHER A. GARIBAY
Courtesy photos



Marine Gen. John F. Kelly, the U.S. Southern Command Commander, joins Joint Task Force Guantanamo Troopers as the colors are posted to start the JTF change of command ceremony held at the Naval Station Chapel on Nov. 4. (Photo by Army Sgt. Charlie Helmholt)



Marine Gen. John F. Kelly approaches incoming commander of the Joint Task Force Guantanamo, Navy Rear Adm. Peter J. Clarke, and outgoing commander Air Force Brig. Gen. Jose R. Monteagudo during a change of command ceremony at the Naval Station Chapel on U.S. Naval Station Guantanamo Bay on Nov. 4. (Photo by Spc. Ian Withrow)



A formation of Troopers from the JTF, led by Army Command Sgt. Maj. David W. Carr, command senior enlisted leader for the JTF, stand respectfully during the benediction at the ceremony. (Photo by Army Sgt. Charlie Helmholt)



Clarke, the incoming JTF commander, and Monteagudo, the outgoing JTF commander, with their families and JTF Troopers, enjoy Kelly's speech from their seats. (Photo by Army Sgt. Ryan L. Twist)



Monteagudo, outgoing commander, shakes hands with Kelly, as Monteagudo is awarded the Defense Superior Service Medal during the change of command ceremony. (Photo by Army Sgt. Charlie Helmholt)



Clarke, incoming commander, receives the colors from Kelly during a ceremony. (Photo by Army Sgt. Charlie Helmholt)

NEW CHAPTER FOR JTF GTMO AS ADMIRAL TAKES COMMAND

Navy Rear Adm. Peter J. Clarke took the reins of Joint Task Force Guantanamo from Air Force Brig. Gen. Jose Monteagudo during a Change of Command ceremony held at the Naval Station Chapel here, Nov. 4. Monteagudo, who was awarded the Defense Superior Service Medal during the ceremony, served as the Task Force's commander since July, after a previous assignment as Deputy Director of Operations for U.S. Southern Command.

During the ceremony, Monteagudo addressed approximately 200 members of the Task Force as well as Marine Gen. John F. Kelly, Commander, U.S. Southern Command, noting that while the Task Force's mission was demanding, he was exceptionally proud of the men and women carrying it out.

"General Kelly, I want to thank you for the opportunity you provided me to lead the most professional group of Soldiers, Sailors, Airmen, Marines, Coast Guardsmen and DoD civilians in the world," said Monteagudo. "In just four months, we survived two hurricanes, executed four DMOs (Detainee Movement Operations), had an IG (Inspector General) inspection, supported four military commissions, hosted an ICRC (International Committee for the Red Cross) visit, two congressional delegations, three foreign delegations, two special envoys, 66 DVs (Distinguished Visitors) and nine media visits. Your JTF is busy sir. I call that transparency while executing the mission flawlessly."

Clarke, who brings extensive command and his experience from U.S. Southern Command to the assignment, most recently lead the Joint Interagency

Task Force South since August 2014, succeeds Monteagudo.

During his career, Clarke served as a submarine officer aboard the USS Indianapolis, the USS Kentucky, the USS Cheyenne, and commanded the USS Rhode Island from 2002 to 2005. He moved on to command Submarine Squadron 2, from 2009 to 2011, and served as the assistant intelligence and special projects officer on the staff of Commander, Submarine Forces, U.S. Pacific Fleet, Squadron Engineer for Submarine Squadron 20, as well as serving on the staff of Supreme Headquarters, Allied Powers Europe.

After taking command, Clarke spoke to his assembled JTF Troopers, thanking them for "the opportunity and the privilege to lead this incredible organization" and expressing his excitement to be part of the Task Force and the broader Guantanamo Bay community.

Clarke also stressed to the audience that the JTF's mission would continue to exemplify professional excellence. He also took the opportunity to discuss his command philosophy.

"Our mission is vital to the nation's security and how we conduct that mission is critical to the nation's reputation as a world beacon for fair and humane treatment of all," said Clarke. "I have no doubt you will continue to make all who truly know what we do, proud of how you do it. We'll continue to stay focused on the mission: safe and humane custody and care of the detainees."

Article by
SPC. IAN WITHROW

APOCA-LAUGHS NOW COMEDY SHOW TAKES GTMO BY STORM



Matt Baetz, a stand-up comic working with Armed Forces Entertainment, headlines a comedy show for Troopers at the Tiki Bar, here, Oct. 31.

A packed house greeted the comedy quartet, “Apoca-laughs Now”, at the Tiki Bar on Oct. 31, at U.S. Naval Station Guantanamo Bay, Cuba. Troopers from both NAVSTA and Joint Task Force Guantanamo turned out in droves for the show, making for a hysterical Halloween.

The group, who performed together on tour for the first time, all espoused distinctly different comedy styles, providing a fantastic variety.

“I’ve worked with everybody here before,” said Matt Baetz, Baltimore native and headliner for the show; however, it was the first time the rest of the crew had worked together.

Melinda Hill from Colorado Springs, Colorado, whose deadpan delivery and quippy one-liners were well-received by the crowd, spoke before the event.

“I think everyone has their own distinct style,” said Hill. “Everyone has their own voice so it’s really fun. It’s a really cool show because everyone is totally different with their talents.”

Steven Briggs, a Los Angeles resident, said he was very grateful for the opportunity to take part in the Armed Forces Entertainment program, a program that arranges for performers of all kinds to put on shows for troops around the world, and thanked the Morale, Welfare & Recreation program in particular. Briggs was the third act of the night, he was a strong proponent of both excellent beatboxing and physical comedy.

“My favorite part about Cuba so far is Jon,” said Briggs, referencing Jon Gilligan, the community special events coordinator for the MWR at GTMO.

Gilligan, who manages the MWR activities, plays a vital role in making sure the performers can pull off a great show while they are here.

Dawn Bower, animal enthusiast and Omaha, Nebraska native,

had the audience in stitches even as she performed on crutches due to an injury sustained the night before in the Bahamas while performing another show.

Baetz, a six-tour veteran of AFE, ended the show with an approachable, down-to-earth ramble that was as relatable as it was irreverent. His was perhaps the most military-centered set, as he poked fun at each branch of service in-turn, making sure no one felt excluded. He related both great jokes and personal anecdotes of time spent overseas with troops, particularly in the Middle East.

Overall, each member of the group contributed to the night with their own style, resulting in a something-for-everyone, feel to the show.

“The first two performers were relatable and the last two were down to earth,” said Pfc. Latif Hukarevic, a military policeman with the 525th Military Police Battalion. “It was enjoyable.”

The night’s entertainment ranged from PG rating to somewhere south of an R rating, with the performers able to take advantage of the adults-only crowd at the venue. The performers kept the audience engaged with a barrage of great jokes, as well as some gentle ribbing of audience members, particularly those wearing costumes to celebrate the holiday.

Guest appearances by famous characters such as, “Macho Man” Randy Savage and Sith Lord Darth Vader were appreciated by the audience and comics alike, as they were the subject of hysterical side-bars and commentary.

Though the show lasted more than two hours, the performers were happy to stick around and meet fans as well as sign autographs, even waiting to take pictures with anyone who wanted one.

Article and photos by
SPC. IAN WITHROW



Patrons at the “Apoca-laughs Now” comedy show at U.S. Naval Station Guantanamo Bay, Cuba, laugh aloud at the comedians jokes.

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 Peanuts Movie (New) G, 7 p.m. Everest PG13, 9 p.m.	Pan PG, 7 p.m. The Martian PG13, 9 p.m.	Goosebumps PG, 6:30 p.m. The Intern PG13, 9 p.m.	Black Mass R, 7 p.m.	The Maze Runner: Scorch Trials (LS) PG13, 7 p.m. Casino Royale PG13, 9:30 p.m.	Quantum of Solace PG13, 7 p.m.	Skyfall PG13, 7 p.m.
11/6 FRIDAY	11/7 SATURDAY	11/8 SUNDAY	11/9 MONDAY	11/10 TUESDAY	11/11 WEDNESDAY	11/12 THURSDAY
The Perfect Guy PG13, 8 p.m. Bridge of Spies PG13, 10 p.m.	The Peanuts Movie (New) G, 8 p.m. The Maze Runner: Scorch Trials (LS) PG13, 10 p.m.	Goosebumps PG, 8 p.m.	LYCEUM CLOSED	Hotel Transylvania 2 PG, 8 p.m. Pan PG, 10 p.m.	LYCEUM CLOSED	The Martian 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.

Movie times begin at an earlier time for Downtown Lyceum

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

MOVIE REVIEW / SICARIO



"Sicario", by director Dennis Villeneuve, begins with a battle between U.S. law enforcement and Mexican drug cartels along the Arizona border. A vicious action thriller, the film leads us to understand how quickly things in this crazy world can go astray. A discovery of bodies and an explosion set the stage. Here, evidence of evil exists in plain sight. Violence erupts in the blink of eye. FBI Agent Kate Macer (Emily Blunt) and her team come across a home, serving as a graveyard site for the "bad guys." The investigation leads to an explosion followed by Kate pursuing justice.

Kate is a young, naïve agent, who believes there is a right side to the war on drugs, draws the attention of her superiors with her

fearlessness. Then she meets Matt (Josh Brolin), who recruits her to join his anti-cartel team. Before Kate can figure out what is going on, she meets another mysterious individual named Alejandro (Benicio Del Toro). Del Toro, hands down the best actor of the movie, was amazing during the film. The true "Sicario", a slang word for hitman, Alejandro steals the show every time he appears. Matt, Kate and Alejandro head to Juarez, Mexico to capture a drug trafficker and bring him back to the U.S. The suspense really starts to build when they get trapped in a traffic jam upon leaving Mexico. The movie never really gets much better than this action scene, with window views and gorgeous movement of the good guys taking out members of the cartel.

Matt and Alejandro keep everyone guessing by always being three steps ahead of the others. Matt and Alejandro are like experienced chess players, taking along on a moderate chess player, Kate, and keep her out of the loop.

A lack of leadership on either side of the drug war creates chaos and this truly signifies what "Sicario" tries to achieve. It shows a war with no rules of engagement.

There was no true lead actor or actress, I was not a fan of this, although certain people do stick out during scenes. Kate is heavily involved in the movie, but I feel she is just there occupying space. Matt is the intermediary between everyone and Alejandro steals the show when he is around, but there is no true leader. The only reason I stuck around to finish the movie was because of Alejandro. I was disappointed with the lack of action scenes, which are toward the beginning of the movie and a little at the end. The lack of action, led to the middle being very dry. It is just another slow drawn out violent movie about drugs.

I give this movie 3 out of 5 banana rats because I was expecting more action and there are other possible plot lines they could have tried to explore as well.

"Sicario" is rated R for strong violence, grisly images and language.

Movie review by
ARMY SGT. RYAN L. TWIST



TROOPERS PARTICIPATE IN HALLOWEEN FUN-RUN WITH ZOMBIES



Members of Joint Task Force Guantanamo, service members and residents of U.S. Naval Station Guantanamo Bay, Cuba, gather at the starting line to begin the Zombie 5K, which took place at the Lateral Hazard Golf Course on Oct. 31.

On a dark and stormy night, as lightning flashed out over the bay, runners pant exhaustedly as they run from shambling figures, slowly bearing down upon them. It was like a scene from "The Walking Dead", only this was no television series, it was very real.

Halloween evening was a combination of terror and fitness for Joint Task Force Guantanamo Troopers and the rest of U.S. Naval Station Guantanamo Bay, Cuba, as the Morale, Welfare & Recreation program

treated them to a zombie-themed run that took place, Oct. 31.

Five kilometer runs are not unusual here; however, this one was different in several ways.

The Zombie 5K, as it was called, took place at night and combined a haunted house with an athletic event, said Jennifer Nelson, a fitness instructor at G.J. Denich Gym and a volunteer at the run.

The 2.7-mile run, which fell just a bit short of a true 3.1 mile 5K, took place completely off-road, winding along a dimly lit path over hills and through the valleys of GTMO's own Lateral Hazard Golf Course.

Participants navigated their way through the golf course, while volunteers dressed as zombies meandered around in the dark, attempting to scare whoever was foolish enough to get too close. Volunteers showed up early to the event to get dressed up and have elaborate face painting done in preparation to scare runners during the event.

"We had an awesome turnout of volunteers and people who were excited to get dressed up like zombies and scare people," said Nelson.

Besides the zombies out on the course scaring people, participants of the race were also encouraged to get their makeup done on-site or show up in costume.

Trooper Erin Peppiatt, a participant, said she dressed up in the morning and worked all day in her costume because she really enjoys Halloween, and the opportunity to do something a little different with it.

Getting your face painted on-site by volunteers took about 15 minutes and helped get people in the Halloween spirit.

"Themed runs are a lot of fun to run, it's better than a regular boring, plain run," said

Benjamin Mager, a face-painting volunteer and run participant. "Plus, I love Halloween too, it's my favorite holiday."

In addition to the zombie volunteers, the racers also contended with resident bloodsuckers. Being late October at GTMO, the mosquitoes were out in droves to lend the runners even more motivation to keep moving quickly.

"It was a really cool event," said Cory Kellum, a participant. "I liked the way they had it set up."

Kellum finished the run first and the rest of the joggers made it not long after, proving the course, zombies and even mosquitoes were no match for them this Halloween.

Article and photos by
ARMY SGT. CHARLIE HELMHOLT



Trooper Erin Peppiatt, a participant, has her face painted before the zombie run.

PLAN AHEAD! CHECK OUT EVENTS, ACTIVITIES

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

MONTH / DAY ACTIVITY

November 6	Paper Cup Scarecrow Art
November 7	Glow Run
November 7	Ditka Dash
November 14	Duathlon
November 21	Max performance games
November 26	T-Day Half Marathon
November 28	Kids Workshop
December 5	Power Lift Competition
December 11	Army / Navy Game
December 19	Holiday Basketball
December 24	Jingle Bell Fun Run
January 9	Ninja Warrior

STRAW HAT GANG'S DEFENSE LEADS TO WIN



Eric Shoats, quarterback for the Straw Hat Gang, scrambles for extra yards on the third down with nine yards to go, during a flag football game at Cooper Field, U.S. Naval Station Guantanamo Bay, Cuba on Oct. 29.

Two teams faced-off on Cooper Field, at U.S. Naval Station Guantanamo Bay, Cuba, for a Morale, Welfare & Recreation flag football game, Oct. 29. The battle between the Straw Hat Gang and The Scoregasms came to a close with the Straw Hat Gang celebrating their victory, 18-9.

As the game began, neither team established offensive dominance due to the defensive pressure each team put on the other. The Straw Hat Gang struck first, scoring a field goal in the first half.

Lacking most of their normal teammates, some Straw Hat Gang members stepped up and filled different roles.

"Our normal QB (quarterback) had to work," said Jeremiah Tramill, a wide receiver of the Straw Hat Gang. "The QB we had today had to step in and he made some good plays."

After the Straw Hat Gang moved the ball up the field, Tramill made a tough catch in the midst of The Scoregasm's defense and scored the first touchdown.

"It felt good getting the first touchdown of the game," said Tramill. "The play was crazy. At first I couldn't see anything but the ball. I told myself, 'nobody is going to get this but me.'"

The first half ended with the Straw Hat Gang ahead 12-0.

The Scoregasm's offense continued to struggle during the beginning of the second half and the Straw Hat Gang took full advantage of it. Both teams threw a few interceptions. The Straw Hat Gang made a few points after catching some of those interceptions and running them back to the end zone.

Ryan Kendrick, a member of the Straw Hat Gang, scored the first defensive touchdown.

"It felt good being able to score on the

defensive end," said Kendrick. "It's always good to score, but it feels even better to score on defense."

After switching quarterbacks, The Scoregasms put some points on the board themselves.

"We were trying out new quarterbacks," said Dominic Hernandez, a running back with The Scoregasms. "It felt good getting points up on the board. Even though they had a big lead, we felt like we could come back. Unfortunately, that didn't happen."

During the second half, The Scoregasms gained momentum offensively and defensively after scoring a few touchdowns and coming up with some vital interceptions.

The defense improved as the communication improved, said Hernandez. The Scoregasms began to click.

Unfortunately, their efforts fell short of a comeback.

"We got beat," said Hernandez. "They were a pretty good team and they had a pretty good defense. We just need to practice more and get better."

The Straw Hat Gang's defense led them to victory.

"We played good defense," said Kendrick. "When the offense struggled, the defense carried the team."

Tramill expressed his happiness with the team and said he was proud of how they played.

"This win was very important to us because it tested us as a team," said Tramill. "Since we didn't have all of our people and we were still able to come out and get the job done."

Article and photo by
SPC. JUSTIN LE MALONE

MWR FLAG FOOTBALL

No.	Team Name	Standings
01	Gunslingers	6-0
02	Straw Hat Gang	7-1
03	Spartans	5-2
04	Unknowns	6-3
05	Gatekeepers	4-2
06	Confusions	5-3
07	Tuesday Morning	5-4
08	Dirty Mike & the Boys	4-4
09	Joint Squad	4-4
10	Warriors	3-4
11	Mighty Guns	3-5
12	Punishers	3-5
13	The Scoregasms	1-6
14	Sea Chickens	1-7
15	377 MP Co	0-7

MWR CO-ED SOFTBALL

No.	Team Name	Standings
01	CT Stormtroopers	10-1
02	Blazing Saddles	9-1
03	Slap Pitches	9-1
04	Gatekeepers	6-1
05	Spartans	10-2
06	GTMO Bandits	9-2
07	Inglorious Batters	8-3
08	One Hit Wonders	7-3
09	Sons of Pitches	8-4
10	Punishers	6-3
11	Guardians	8-5
12	Ghost Riders	7-5
13	Care Bear Warriors	6-5
14	GTMO Latinos Plus	6-5
15	Outcasts	7-6
16	Iguanamo	5-5
17	Caught Looking	5-5
18	Pitch Slap	5-6
19	Sluggers n' Chuggers	5-7
20	The Sliders	4-6
21	TAO B	4-8
22	NAVSTA Security	3-6
23	TAO A	3-9
24	French Team	3-11
25	Gunslingers	2-9
26	Football Bats	1-7

ARMY FOOTBALL TRYOUTS

Dates are subject to change. Please contact POCs for questions.

ARMY MALE

Tryouts will be held every Wednesday at 7 p.m. and Saturday at 8 p.m. at Cooper Field, until further notice.

Nov. 14: Final cuts and roster finalized.

Male POC: Master Sgt. Stephen Jones x5418

BREAKFAST, OMEGA-3's, EXERCISE CAN HELP MAINTAIN HEALTHY METABOLISM

The internet gives you various questionable and plausible ways to boost your metabolism to burn more calories. Your metabolism is the way your body's cells break down food to turn it into energy. When you strive to boost your metabolism, it is important to ensure healthy weight loss to guarantee the pounds stays off. Below are four vital healthy ways to kick your metabolism into high gear.

Kick start your day

Do not skip breakfast. Skipping breakfast forces your body to go into starvation mode, which slows down your metabolism drastically, said John Berardi, Ph.D. in kinesiology with a specialization in exercise and author of "Metabolism Advantage."

Research completed by the National Weight Control Registry stands behind Berardi's stance. The study tracked 5,000 people who lost, on average, 66 pounds and kept it off for more than six years. Seventy-eight percent of those people ate a nutrient-dense breakfast every day.

Not only is it important to eat breakfast, you must eat enough calories to ensure your metabolism does not slow down, said Navy Lt. Nelson Guadalupe, the Joint Task Force Guantanamo dietitian and the nutrition

management department head for the base hospital.

Eat the right foods

A diet consisting of high Omega-3 fatty acids will balance your blood sugars and will decrease inflammation in your body, which helps to regulate your metabolism, said Guadalupe.

A study done by the Journal of International Society of Sports Nutrition supports Guadalupe. After six weeks, the study concluded, supplementing diets with fish oil increased people's lean muscle and decreased fat.

Exercise smart

Many studies have proven high-interval training increases your metabolism for up to 36 hours after your workout, said Guadalupe. Running at top speed for 30 seconds and resting for 90 seconds for 10 repetitions is one example of high-intensity training. You can use this same work out while swimming or biking to boost your metabolism.

Article by

SPC. NICOLE NICOLAS

"When it comes to eating right and exercising, there is 'no I'll start tomorrow.' Tomorrow is disease." - Terri Guillemets



JSMART SPOT

▲ JSMART HELPER: HARLEY

AWARENESS OF THOUGHTS, FEELINGS, BEHAVIORS

The way we express ourselves consists of three elements, which interact with one another through thoughts, feelings and behaviors. However, when it comes to strengthening resiliency there is a fourth element: awareness.

When we are aware of our personal actions, feelings and thoughts, we are more capable of being resilient to difficult situations. Awareness is the centerpiece of changing negative thoughts into positive thoughts, leading to mature behavior. There is also great importance in being aware of the thoughts, feelings and behaviors of others.

We have all at one time or another been in the presence of those "negative Nancy's", people who seem to always have something negative to say about everything. Realistically though, everyone has had days where they could see nothing but the negative side of a situation. It is important

to remember when talking with a person who is expressing a negative style of thinking, you cannot simply dismiss their thought process because their experience is real to them, despite how irrelevant to us it may feel. We might even feel inclined to get upset at the irrational responses of others, but it would be of no benefit to us because of the situation.

Having an awareness of what we are going through or what others are going through allows us to see the world in a more balanced way. It also allows us to reflect on the physical, mental, emotional and spiritual aspects of who we are and helps us stay well rounded because we are more equipped to respond to our needs.

Article by

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

MILITARY HISTORY

BATTLE OF AACHEN: AMERICA'S VICTORY IN GERMANY

It was the autumn of 1944, a few short months after D-Day in Normandy, when American Soldiers first pushed across the border of Germany. Many battles of World War II stand out, other battles are less well known. Among the lesser-known battles, is the battle for Aachen, a small, but vital target city on the far western edge of Germany.

Aachen did not lend a strategic advantage, nor did it provide much in the way of military production. However, the city was a vital and symbolic victory for the Allied forces. Aachen was the original capitol of Charlemagne's "First Reich", the empire upon which Adolf Hitler based his vision for Germany.

In mid-September of 1944, Gen. Courtney Hodge of the First Army was tasked with breaking through the German front at Aachen. The city was chosen for its psychological value to be the

first German city defeated by the American forces. The battle itself lasted from Oct. 2- 21, and during the last week, there was fighting in the city. Allied forces from the 1st Infantry Division and 30th Infantry Division, numbering close to 100,000, were pitted against 13,000 heavily entrenched Germans under the command of Col. Gerhard Wilk. While possessing seemingly overwhelming numbers, the Americans were nonetheless, stonewalled because of the heavy defenses in the city.

With the assistance of thousands of artillery rounds and support from hundreds of aircrafts, the city was at last defeated, effectively piercing the German line and allowing a vital first foothold on the home soil of the enemy.

Article by

SPC. IAN WITHROW

RELIGIOUS SERVICES

ROMAN CATHOLIC (NAVSTA chapel)

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

PROTESTANT SERV. (JTF Troopers' chapel)

Sunday* 0900&1900
Friday night movie Friday 1900

PROTESTANT SERV. (NAVSTA chapel)

*Traditional** Sunday 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 05:00 - 01:00

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

EXPRESS BUS SCHEDULE 09:55 - 19:55

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

BEACH BUS (Saturday & Sunday only)

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

FERRY SCHEDULE

Monday - Saturday

FERRY

Windward:

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

Leeward:

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

UTILITY BOAT

Windward:

1630/ 1730/ 1830/ 2030/ 2230/ 2330

Leeward:

1700/ 1800/ 1900/ 2100/ 2300/ 0000

Sunday & Holidays

FERRY

Windward:

0730 / 1330

Leeward:

0800 / 1400

UTILITY BOAT

Windward:

1030 / 1530 / 1730 / 1830 / 2030 / 2230

Leeward:

1100 / 1600 / 1800 / 1900 / 2100 / 2300

GALLEY MENU CHANGES: GET READY FOR TACO TUESDAY!

Troopers!
 Your requests have been heard.

Effective Nov. 23: the menu for all galleys (unless there is a special or holiday meal) will change to the following:

MONDAY: Asian Bar
 TUESDAY: Taco Bar
 WEDNESDAY: Wing Bar
 THURSDAY: Potato Bar
 FRIDAY: Pasta Bar

Photo by Shilo B. Davies
PARTING SHOT



'DOCKSIDE SUNSET' PHOTO BY SHILO B. DAVIES. FOR A CHANCE TO HAVE YOUR PHOTO FEATURED IN THE PARTING SHOT, PLEASE SEND SUBMISSIONS TO: THEWIRE@JTFGTMO.SOUTHCOM.MIL

THE WIRE

