



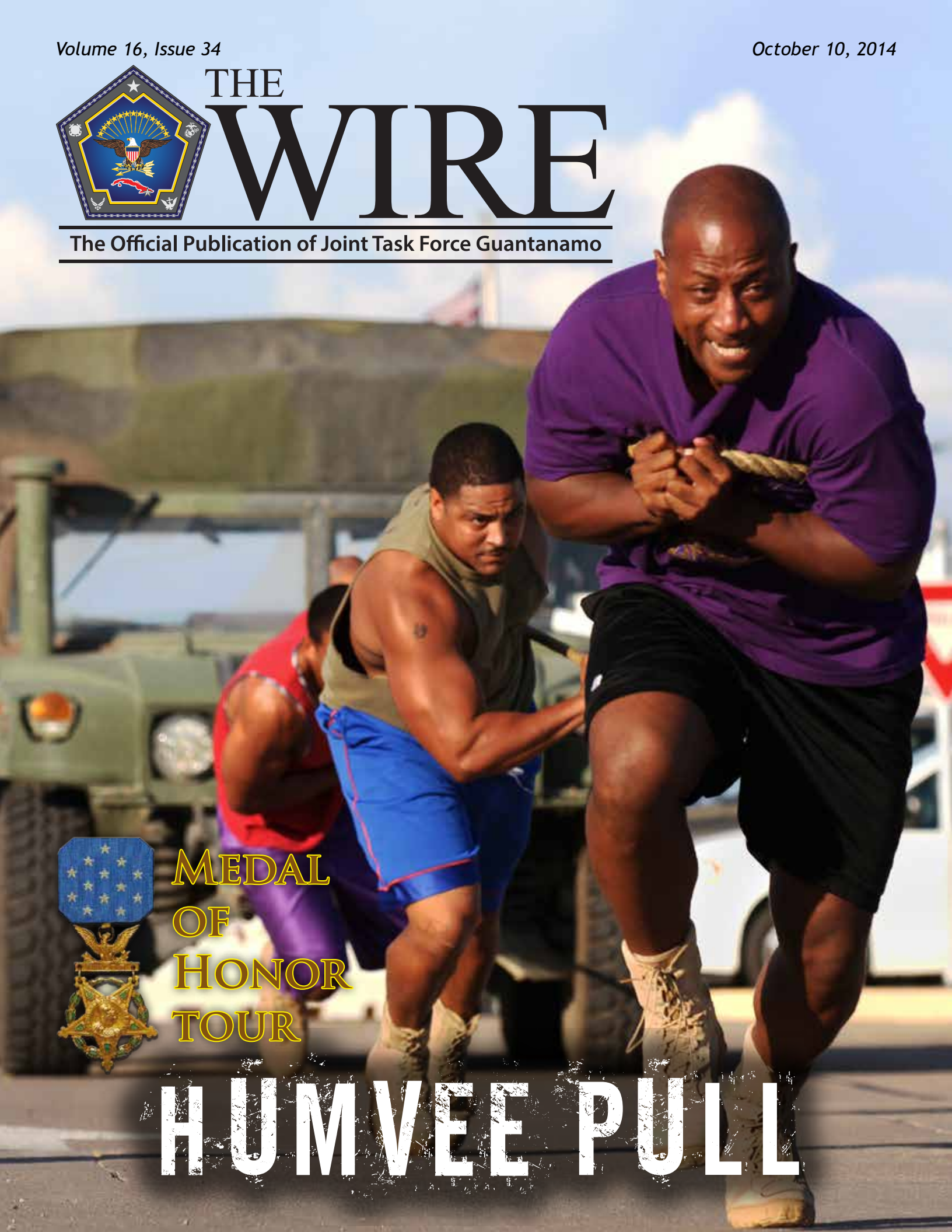
# THE WIRE

The Official Publication of Joint Task Force Guantanamo



MEDAL  
OF  
HONOR  
TOUR

# HUMVEE PULL





# AROUND THE BAY

## MOTIVATOR

### OF THE WEEK

**MSgt Anthony King**  
BEEF

**SFC Adam Wenzel**  
J3

**MSG Mark Sorrentino**  
102nd MP Company

**1SG William Schultz**  
342nd MP Company

**SCPO Anthony Wiggins**  
MARSECDET



**Cover photo:** The NEX/MWR 13th Annual Customer Appreciation Weekend offered a plethora of events taking place throughout each day. The Humvee pull allowed Service members to compete in teams for the fastest time hauling a Humvee across approximately 120 feet of parking lot in the hopes of winning a brand new iPad. Full story on page 13.

Photo by Sgt. Spencer Rhodes

## Marine Corps ball tickets on sale

Tickets are now available for the Marine Corps' 239th Birthday Celebration Nov. 8. They are first come, first serve and will sell out fast. Purchase in person at Marine Hill daily from 11:30 a.m. - 1 p.m. The cost is \$50 per ticket. Call 2643 for more information.

## Observe quiet hours

There are set times posted at each living area around base designated for quiet hours. Be mindful of your neighbors and observe these times by: turning down loud music, bringing a gathering inside or to a nearby pavilion or simply calling it a night. Those not complying with quiet hours could receive a visit from the MAs as well as a reprimand from their supervisors or commanders.

# FEATURES

## 5 • Color run

Early morning running enthusiasts, some in crazy costumes, took to the streets of Naval Station Guantanamo for a color-coated race.

## 8 • Events at the NEX

Sideswipe, Team Rootberry and famous chefs featured on Food Network's "Diners, Drive-Ins and Dives," were just some of the acts headlining customer appreciation weekend.

## 10 • Heroes among us

Troopers and GTMO residents got the esteemed opportunity to speak with Medal of Honor recipients.

## 12 • Street Drum Corps

Crowds swayed and jumped to the rhythm of industrial sounds created by the band and their unique assortment of instruments.

**CORRECTIONS** Please report all corrections to [thewire@jtfgtmo.southcom.mil](mailto:thewire@jtfgtmo.southcom.mil).



Photo by Staff Sgt. Carmen Steinbach

Sparky the fire dog visited the NEX Monday to spread awareness about Fire Prevention Week. The theme for this year's nation-wide event is that working smoke alarms save lives. The National Fire Protection Association recommends testing your home smoke alarm once a month.

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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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# Religious Services

## NAVSTA Chapel

**Catholic Mass**  
Mon.-Thur. 1730  
Saturday 1700  
Sunday 0900

## Protestant Services

General Protestant  
Sunday 1100  
Gospel Worship  
Sunday 1300

## Christian Fellowship

Worship Service  
Sunday 1800  
Small Group Ministry  
Sunday 2000, Fellowship Hall  
Prayer Meeting  
Tuesday 1900, Room 19  
Bible Study  
Wednesday, 1900,  
Fellowship Hall

## Chapel Annexes

**Pentecostal Gospel**  
Sunday 0800 & 1700  
Room D

## LDS Service

Sunday 1300 Fellowship Hall

## Islamic Service

Friday 1315 Room 2

## Seventh Day Adventist

Friday 1900 Room 1  
Sabbath School: Saturday 0930  
Room 1  
Sabbath Service: Saturday 1100  
Room 1

## Iglesia ni Cristo

Thursday: 0500, 1900 Room 1  
Sunday: 0530, 1900 Room 1  
Tuesday (Bible Study): 2000

## New Troopers' Chapel

**Protestant Worship**  
Saturday 1900  
Sunday 0640  
Sunday 0900  
Sunday 1900

## Bible Studies

Monday 2000  
Cuzco block J  
Wednesday and  
Friday 1900  
New Troopers' Chapel

## Chapel Annexes Cont.

**Liturgical Protestant**  
Sunday: 0930, Room 1

# Transportation Schedules

## 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

## NEX Express Bus

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/East 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 / Turn Around**  
0917/1217/1517/1817  
**Return to Office**  
0940/1240/1540/1840

## FERRY Schedule

**Monday thru Saturday**  
**FERRY**

**Windward** 0630/0730/0930/1030/1130/1330/1530/1630  
**Leeward** 0700/0800/1000/1100/1200/1300/1400/1600/1700

## UTILITY BOAT

**Windward** 1730/1830/1930/2030/2130/2230  
**Leeward** 1800/1900/2000/2100/2200/2300

## Sunday & Holidays

## FERRY

**Windward** 0730/0930/1130/1330  
**Leeward** 0800/1000/1200/1400

## UTILITY BOAT

**Windward** 1530/1730/1830/2000/2230  
**Leeward** 1600/1800/1900/2030/2300



SAFE



HUMANE



LEGAL



TRANSPARENT





# Self-improvement

By Sgt. 1st Class Ronald Bartow  
189th Military Police Company

With the draw-down of the military, competition for promotion becomes fierce, and it is important to set yourself apart from your peers. Now that you are here in the beautiful Caribbean at Guantanamo Bay, Cuba, you have numerous opportunities to improve yourself mentally, personally and professionally. This can be achieved in several ways; by improving your physical fitness at one of the installation pools, working on your strength, agility and muscle endurance at Denich or Bulkeley gyms, or participating in CrossFit, spin class, aerobics or many of the other activities available at one of the fitness facilities. All it takes is a little personal time and self initiative. So take the time to go see what is available, it's that easy.

Troopers can also use their off-duty time to improve themselves mentally by enrolling in college classes. Assistance can be provided at the Center for Personal and Professional Development's Navy College Office, which is open Monday through Friday from 7:30 - 11 a.m. and 12 - 4 p.m. and is located at the Chapel Hill Annex Building 763 in Room 11.

Troopers can receive further assistance on starting or continuing their college education. A lot of information can be found at the military.com education website: [www.military.com/education](http://www.military.com/education). Here you can select your branch of service and enroll. Soldiers deployed here



Sgt. 1st Class Ronald Bartow

should take advantage of their off-duty time by completing Structured Self-Development classes or the equivalent for their branch of service.

Volunteering your time is another great way to improve oneself. Troopers can use their off duty time to help out in many activities offered by Morale, Welfare and Recreation.

Take this opportunity to make personal goals; anything from weight loss, investment, savings, diminishing use of tobacco products, or lessening your alcohol consumption. Anything can be achieved with dedication, personal drive and motivation. Take advantage of your time here, but give yourself realistic goals that are achievable. Now, more than ever, is the time to work on your next promotion, get involved in activities and improve yourself personally, mentally and professionally.



Story by Staff Sgt. Robert Ponder

Media Relations, [thewire@jftgtmo.southcom.mil](mailto:thewire@jftgtmo.southcom.mil)

I'm not sure how you could top last week's unexpected upsets for some of the top ranked teams and the all-out battles of some very respectable schools in the NCAA, but this week is looking to be just as eventful. This weekend a few teams will attempt to make their way back to the top by hopefully beating some tough opponents, while a few try to prove that last week's wins were no fluke.

The Georgia Bulldogs will be playing the Missouri Tigers. The Bulldogs will be coming into Missouri carrying the momentum of last week's victory, which could possibly give them the advantage over of the Tigers.

The Horned Frogs of TCU are traveling to take on Baylor. Although the Frogs pulled off a huge upset against the Sooners, it's not likely they can pull off another one, especially two weeks in a row. I see the Bears taking this one.

The Mississippi State Bulldogs will be hosting the Auburn Tigers. Auburn has been playing consistently well this year; however, I think the Bulldogs will pull out a tough win at home.

The Oregon Ducks will be traveling south to play UCLA. Both teams are recovering from upsets by unranked teams last week. I feel that the Ducks' offense will show up with something to prove, putting them, points wise, over the Bruins.

Last but not least, Ole Miss will be taking on Texas A&M in College Station, Texas. On paper the Aggies are putting up better numbers, but I think the Rebels, reveling from that huge win over the Crimson Tide, will be motivated to stay on top.



Command Sgt. Maj. Edwin Garris (left) and Navy Senior Chief Petty Officer Milagros NazarioBusch (right) with celebrity chef, Mike Hardin, whose restaurant, Hodad's, was featured on the show "Diners, Drive-Ins and Dives."

Top  
College 25

- |                       |                     |
|-----------------------|---------------------|
| (1) Florida State     | (14) Texas A&M      |
| (2) Auburn            | (15) Ohio State     |
| (3) Baylor            | (16) Kansas State   |
| (4) Ole Miss          | (17) UCLA           |
| (5) Notre Dame        | (18) Oklahoma State |
| (6) Mississippi State | (19) East Carolina  |
| (7) Alabama           | (20) Arizona State  |
| (8) Michigan State    | (21) Nebraska       |
| (9) Oklahoma          | (22) Stanford       |
| (10) Georgia          | (23) Georgia Tech   |
| (11) Oregon           | (24) Missouri       |
| (12) TCU              | (25) Clemson        |
| (13) Arizona          |                     |



Runners, covered in colored chalk, approach the finish line in front of GTMO's NEX Saturday. The Color Me 5k was the first event to kick off a day of festivities for the 13th Annual NEX Customer Appreciation Weekend.



Participants of the Color Me 5k show off their post-race presentation with their freshly acquired saturated color. The color run was the second of its kind in seven months here.

**Story and photos by Sgt. Kenneth Tucceri**  
Webmaster, [thewire@jtfgtmo.southcom.mil](mailto:thewire@jtfgtmo.southcom.mil)

## COLOR ME 5K

The mornings at Naval Station Guantanamo Bay are always colorful to the early riser. One glance to the east discloses a sunrise of bountiful and awe inspiring color. For GTMO's 13th Annual NEX/MRW 2014 Customer Appreciation Weekend, Saturday morning brought an additional burst of color dynamic.

GTMO hosted the Color Me 5k, 6:30 Saturday morning, to kick off the day's huge schedule of festivities. The event, sponsored by New Balance, brought hundreds of participants who ran the 5k as colored chalk flew through the air covering their shirts and faces.

"It was a great event," said Sgt. 1st Class Dennis Gregory. "A lot of people showed up. Even though it was a fun

run it was still competitive. It gets people out, and that way you can tell people about customer appreciation, tell them about the sales and all the events going on. Nothing gets the day started like a good run. So these people are fully energized and ready to go."

Color runs have become a very popular spectacle, both on military installations and in public forums. For many residents, this was their first opportunity to partake in the colorful workout.

"This was my first color run," said Navy Chief Alfredia Devita. "I enjoyed it. I think the best part was meeting all the people and then seeing how people divided themselves up. The runners [were in the front] and all of us that started out walking were in the back. We

were just talking and being a family."

Another color run newbie was Spc. Brittaney Dornback.

"It was awesome," said Dornback. "It was just a good experience. Everyone was encouraging everyone and there was total camaraderie, and who doesn't love getting chalk in their mouth?"

One runner was Navy Petty Officer 1st Class Cherry Quick, who is a perennial runner in events here. Though she didn't push herself as she quite often does, the experience was a blast, she said.

"It was fun," said Quick. "You run to each color station, so that's motivation right there to keep you going."



# CHEF

Review by Staff Sgt. Carmen Steinbach

Editor, [thewire@jtfgtmo.southcom.mil](mailto:thewire@jtfgtmo.southcom.mil)

There's something awe-inspiring about a well-written foodie movie. If done right, you leave hungry and thoroughly entertained either from side-splitting laughter, sweet romance or a heart-warming story with a poignant, yet not overt, moral take away. "Chef" delivers all that and dim sum.

In this comedy directed by Jon Favreau and Alicia MacCarone, chef Carl Casper (Favreau), once a rising star in the restaurant community, hits a lull in his career. Preparing for a visit from critic Ramsey Michel (Oliver Platt), Casper finds his creativity stifled by his boss and restaurant owner, played to a delightfully unstable level by Dustin Hoffman.

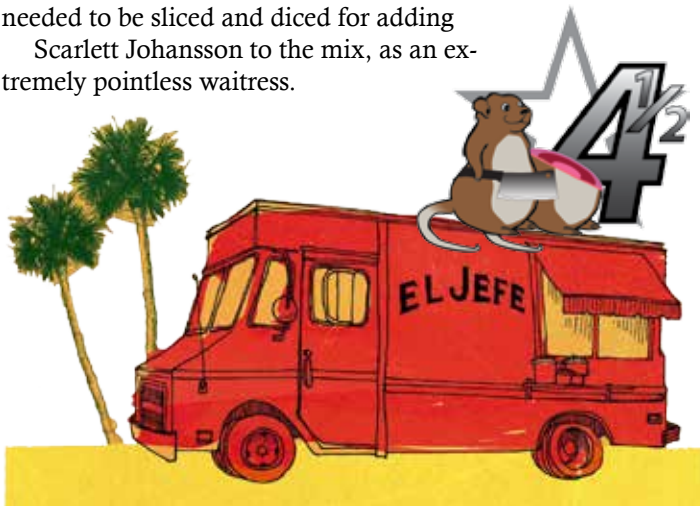
Needless to say, his menu remained the same after 10 years and his food was slammed by the critic. Following an awkward Twitter battle and very public rant on YouTube, the chef agrees to a trip with his ex-wife Inez (Sofia Vergara) and their son Percy to Miami - the site that first sparked his love affair with food.

Once there, he is given an old taco truck by Inez's ex-husband (cue hilarious Robert Downey Jr. cameo) to strike out on his own and make meaningful cuisine that both pleases the masses and calms his hunger to create. He enlists the help of young Percy and a friend and former cook in his restaurant, Martin (John Leguizamo), and the three cooks set off on a road trip back to Los Angeles, becoming an instant hit in each city they stop in along the way.

While the film takes a little while to crank up the beat-up food truck, no one seems to mind with all of the restaurant hysterics, social media fights and best of all, insanely appealing food hitting the pans. At one point, the chef makes a five-layer grilled cheese sandwich and a collective gasp escaped from the audience at the Downtown Lyceum.

A stellar performance by the star and director, backed up by familiar funnyman Leguizamo and the feisty Vergara, coupled with amazing Hispanic music and Americana-focused cinematography created the perfect satisfying recipe worthy of four and a half banana rats. Warning: part of the banana rat needed to be sliced and diced for adding

Scarlett Johansson to the mix, as an extremely pointless waitress.



Courtesy InSync + BemisBalkind

# GONE GIRL

Review by Staff Sgt. David Kirtland

Staff Writer, [thewire@jtfgtmo.southcom.mil](mailto:thewire@jtfgtmo.southcom.mil)

"Gone Girl" is another brilliant addition to an already stellar resume for director David Fincher, whose filmography already includes the films "Fight Club", "Se7en" and "Zodiac." The script is adapted from the already globally popular book by Gillian Flynn. With award-worthy performances from Ben Affleck and Rosamund Pike, the story is a surefire winner.

It is an artistic thriller with crowd-pleasing entertainment. "Gone Girl" shifts emphasis and perspective so many times that you may feel as though you're watching five dramatically entangled short films. Each segment releases a little more information for the audience to sink their teeth into.

It starts out to center around Nick Dunne (Affleck), an unlikable husband who reports his wife Amy (Pike) missing on their fifth wedding anniversary. It's obvious from the start that the marriage is on the rocks and Nick has become disillusioned with married life.

Nick's lies and strange behavior turn the suspicion his direction. As the media takes hold of the story, their story-book marriage begins to crumble before the eyes of the public. Though Nick proclaims his innocence, those around him can't help but wonder if he killed his wife.

"Gone Girl" is many things all rolled into one. It's a thought-provoking commentary on the roll media plays in shaping the justice system through public opinion. It's a peer into the darkest elements of marriage.

Regardless of what some would call a "lack of resolution ending," the story's engaging plot delivers on what it's promised. With its naturalistic cinematography, brilliantly crafted editing and powerhouse performances from the entire cast, I give "Gone Girl" five banana rats.



Courtesy Twentieth Century Fox

# Mosquito prevention is the best defense

By U.S. Naval Hospital Guantanamo Bay  
Public Affairs Office

Due to the large amounts of rain in recent months, Guantanamo Bay has seen an increase in the mosquito population. The Preventive Medicine Departments of both U.S. Naval Hospital Guantanamo Bay and the Joint Medical Group work hard to identify, evaluate and control the mosquito population but there is no way to eradicate them completely.

"There are many different species of mosquitoes," says Army Capt. Karin Osborne-Frey, head of the Preventive Medicine department of Joint Task Force Guantanamo. "Some bite during the day, and some are night-biters. It is very important for people to protect themselves from mosquitoes and other insects whenever they are outdoors."

The Centers for Disease Control and Prevention recommend a variety of effective repellents with active ingredients such as DEET, picaridin and some oil of lemon eucalyptus products. Higher percentages of the active ingredients provide longer protection. Always follow product directions and reapply as directed. The CDC also suggests covering exposed skin by wearing long-sleeved shirts, long pants and hats and wearing permethrin treated clothing as a very effective method for repelling and killing mosquitoes.

Chikungunya is a virus transmitted

by mosquitoes. No one has acquired the disease from mosquitoes at Guantanamo Bay. It is important to know that the disease is not transmitted directly from person to person. It is only transmitted when a mosquito bites someone who has the virus and then bites another person without the virus. The symptoms generally begin three to seven days after being bitten by an infected mosquito. Fever and joint pain are the most common symptoms, however one may also experience muscle pain, joint swelling, headache or a rash. If anyone experiences symptoms similar to those listed, they are encouraged to call their Primary Care Provider.

If anyone experiences these symptoms while off the island, they are encouraged to remain at that location for at least one week after symptoms start or until they no longer have a fever, whichever is longer.

"Prevention is the most

effective and inexpensive way for people to protect themselves from mosquitoes and other insects," said Navy Lt. Cmdr. Michael Overton, the director for Public Health at USNH GTMO. "The Preventive Medicine departments at both the hospital and JMG do an excellent job conducting surveillance of the base mosquito population on a regular basis. However, individual preventative actions can make all the difference."



## NEWS FEED

KELLY: SOUTHCOM KEEPS WATCH ON EBOLA SITUATION

By Jim Garamone, DoD News, Defense Media Activity

WASHINGTON, Oct. 8, 2014 – The potential spread of Ebola into Central and Southern America is a real possibility, the commander of U.S. Southern Command told an audience at the National Defense University here yesterday.

"By the end of the year, there's supposed to be 1.4 million people infected with Ebola and 62 percent of them dying, according to the [Centers for Disease Control and Prevention]," Marine Corps Gen. John F. Kelly said. "That's horrific. And there is no way we can keep Ebola [contained] in West Africa."

If it comes to the Western Hemisphere, many countries have little ability to deal with an outbreak of the disease, the general said.

"So, much like West Africa, it will rage for a period of time," Kelly said.

Kelly said his command is in close contact with U.S. Africa Command to see what works and what does not as it prepares for a possible outbreak in the area of operations.

AIRSTRIKES POUND ISIL IN SYRIA, IRAQ

From a U.S. Central Command News Release

TAMPA, Fla., Oct. 7, 2014 -- U.S. and partner-nation military forces continued to attack Islamic State of Iraq and the Levant terrorists in Syria yesterday and today, using attack, bomber, fighter and remotely piloted aircraft to conduct nine airstrikes, U.S. Central Command officials reported.

Separately, officials added, U.S. military forces used attack and remotely piloted aircraft to conduct four airstrikes against ISIL in Iraq.

In Syria, two airstrikes west of Hasakah successfully struck multiple ISIL buildings, including an air observation building and staging areas, officials said, and another airstrike northeast of Dayr az Zawr successfully struck an ISIL staging area and an IED production facility.

An airstrike south of Kobani destroyed three ISIL armed vehicles and damaged another, and another strike southeast of Kobani destroyed an ISIL armed vehicle carrying anti-aircraft artillery. Two airstrikes southwest of Kobani damaged an ISIL tank, and another strike south of Kobani destroyed an ISIL unit.

In addition, an airstrike southwest of Rabiya struck a small group of ISIL fighters.

U.S. forces employed Air Force attack, fighter and bomber aircraft deployed to the Centcom area of operations. Saudi Arabia and the United Arab Emirates also participated in these airstrikes, Centcom officials said, and all aircraft safely left the strike areas.

Courtesy www.defense.gov/news

MOVIES

# NOW SHOWING

MOVIES

	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
CAMPBULKLEY DOWNTOWN	<b>Alexander and the Terrible, Horrible, No Good Very Bad Day</b> (New) PG, 8 p.m. <b>The Judge</b> (New) R, 10 p.m.	<b>Dracula Untold</b> (New) PG13, 8 p.m. <b>No Good Deed</b> (New) PG13, 10 p.m.	<b>The Identical</b> (New) PG, 8 p.m. <b>Gone Girl</b> R, 10 p.m.	<b>If I Stay</b> (LS) PG13, 8 p.m.	<b>When the Game Stands Tall</b> (LS) PG, 8 p.m.	<b>As Above, So Below</b> R, 8 p.m.	<b>Chef</b> R, 8 p.m.
CAMPBULKLEY DOWNTOWN	<b>No Good Deed</b> (New) PG13, 8 p.m. <b>Gone Girl</b> R, 10 p.m.	<b>The Judge</b> (New) R, 8:00 p.m. <b>Alexander and the Terrible, Horrible, No Good Very Bad Day</b> (New) PG, 10:30 p.m.	<b>Dracula Untold</b> (New) PG13, 8 p.m. <b>The Identical</b> (New) PG, 10 p.m.	<div style="background-color: red; color: white; padding: 5px; transform: rotate(-45deg); font-weight: bold;">LYCEUM CLOSED</div>	<b>If I Stay</b> (LS) PG, 8 p.m.	<div style="background-color: red; color: white; padding: 5px; transform: rotate(-45deg); font-weight: bold;">LYCEUM CLOSED</div>	<b>As Above, So Below</b> R, 8 p.m.

Call the Movie Hotline at ext. 4880 or visit the MWR Facebook page for more information

\* Concessions closed until further notice \*

Stay classy, GTMO! No ALCOHOL or TOBACCO at the Lyceums!





Team Rootberry entertains JTF and NAVSTA Troopers at Naval Guantanamo Bay's Tiki Bar as part of the NEX/MWR 13th Annual Customer Appreciation Weekend.

## Juggling, Comedy and Morale

Story and photo by Staff Sgt. Patrick Ponder

Media Relations, [thewire@jtfgtmo.southcom.mil](mailto:thewire@jtfgtmo.southcom.mil)

Balloons, juggling clubs, swords and mustache-shaped machetes were just some of the things that stood out on stage Friday night at Naval Station Guantanamo Bay's Tiki Bar.

Then out walked two gentlemen. One tall, slender and bald. The other, medium build, with a ridiculously-awesome mustache. The two men make up the dynamic duo, Team Rootberry.

Jonathan Root and Bill Berry put on a variety show that encompasses sword swallowing, juggling objects past their audience members' heads, popping balloons out of one another's mouths with a whip and some witty play-on-words comedy.

Root started off in San Diego, entertaining small parties. "That's how I met Bill," he said. "We started juggling together, and I convinced him that this was a good way to make a living."

Since then, they have been traveling and performing together for the last 17 years.

Root and Berry have traveled the world performing their shows for the Troops. This is their second trip down to Guantanamo Bay, but "This is our seventh or eighth military tour," said

Root, "and it is the most rewarding tour that we do."

"We've been to places we would never get to go, and meet some amazing people," said Berry, who has a personal connection to the military.

Berry's grandfather was in the Navy during World War II; his father, in the Air Force during Vietnam; and his two older brothers served in Desert Storm with the Army. Unfortunately for Berry, a heart condition left him unable to enlist in the military. So, he uses the show as his opportunity to give back to the troops.

Team Rootberry loves performing for the troops and said that they are willing to go and perform anywhere the troops are.

"Our job is spent trying to make people laugh and make people happy. The troops' jobs are making it so that is possible for us, and we cannot say thanks enough," said Root. "The tours that we go on... when I make it home, my wife asks, 'so how was it?' and I say to her, 'it was so exhausting, but it was the greatest trip ever.'"

# High flying

Story and photo by Sgt. Christopher Vann

Copy Editor, [thewire@jtfgtmo.southcom.mil](mailto:thewire@jtfgtmo.southcom.mil)

Back flips, splits and katanas: these are all the electrifying things audience members will find when watching the family-friendly Sideswipe show.

During the NEX/MWR 13th Annual Customer Appreciation Weekend, residents of Naval Station Guantanamo Bay had the chance to experience the high-flying acrobatics at the NEX atrium and Windjammer ballroom, Saturday.

Sideswipe took movements from all styles of martial arts such as wushu, taekwon do and capoeira, and combined them with music and dance choreography to create a unique style of martial arts performance called Xtreme Martial Arts.

Seth Austin, a veteran member of the group, has been with Sideswipe for the last 10 years. He is also a returning guest to GTMO, who had a chance to showcase his skills back in 2009.

"We have expanded a lot since 2009. We have been on NBC's "Agents of S.H.E.I.L.D." and numerous other shows," said Austin. "We are a very unique group; we are an evolving sport and feel that we are leading the way in the industry."



Members of the Xtreme Martial Arts group Sideswipe perform around the world and has been featured in various television



# good time

The team has traveled all over the U.S. and to various countries to include Cuba, Italy, Spain and Greece. They also performed on NBC's "America's Got Talent," where they finished in the top eight, and "30 Seconds of Fame." The group recently finished performing in "The Circus starring Britney Spears" world tour.

Created by Matthew Mullins, Side-swipe has enjoyed success on a plethora of television shows and movies like "G.I. Joe" and "Tropic Thunder," as well as performing for America's troops, both stateside and abroad. For Side-swipe, performing for the troops is a way to give back and show their appreciation for everything they do for the country.

"Performing for the troops is a great chance to give back to those that have given so much," said Austin.

Air Force Staff Sgt. Dmitry Remizov, an Airman with Joint Task Force Guantanamo's J6 telecom office, enjoyed the artistry of the performance.

"Some of the stunts they did were amazing," said Remizov. "To be able to do those moves and keep it entertaining is great! You can tell they love what they do."



Joint Task Force Guantanamo Soldiers were served Baltimore-style crab cake sliders by Blue Moon Café owner and Chef Sarah Simington on Sunday, during the NEX/MWR 13th Annual Customer Appreciation Weekend at Naval Station Guantanamo Bay.

## Cooking up comfort

Story and photo by Spc. Nadine White

Media Relations, [thewire@jftgtno.southcom.mil](mailto:thewire@jftgtno.southcom.mil)

A common conversation topic amongst Troopers in either deployment or duty station environments is food. For example, what food they miss from home, what meal their mama used to make them on various special occasions, what chain restaurant is native to their home state that they just can't wait to get back to, are some of the more popular discussions.

Food is something we undeniably all have in common, and it's safe to assume that everyone has at least one "comfort food" they wish they could have while confined to this 45-square mile section of Cuba. For those native to the San Diego area of California and the Fell's Point region of Baltimore, Maryland, a little taste of home was brought here, during the NEX/MWR 13th Annual Customer Appreciation Weekend.

Navy Entertainment with the help of Naval Station Guantanamo Bay's MWR, organized an invitation-only, picnic-style meal for Service members, island residents and their families at the Bay View restaurant on Sunday.

Two celebrity chefs, well known for being featured on Food Network's "Diners, Drive-Ins and Dives," Mike "Bossman" Hardin and Sarah Simington, each cooked up unique and popular dishes as a "thank you" to Troopers stationed here.

"It is an honor to come and visit you guys!" said Hardin, the owner of Hodad's, an eclectic, fun-loving burger joint established in Ocean Beach, California. "I like to thank you all for fighting for our freedom. It's because of your service

that I'm able to do what I want every day!"

Hardin, the culinary mastermind behind the two delicious burgers served on Sunday - the Hodad's classic cheeseburger and the award-winning "Guido burger," a unique burger topped with pastrami, Swiss cheese and grilled onions - has visited GTMO five times, and says that serving food to Service members, here specifically, is something he loves.

"I love being able to go home and tell people about what this place is really like," said Hardin. "People have such a huge misconception about the happenings here. I like to go back and share what GTMO really is."

Along with Hardin's Hodad's burgers, guests were served crab cake sliders with lemon and dill aioli and a spicy fruit salsa by the creative and spunky Simington, the owner of the Blue Moon Café in Maryland. Fried chicken and waffles were also served.

"I haven't had great food like that in a while," said Navy Petty Officer 2nd Class Eric Honeycutt, a corpsman with Joint Task Force Guantanamo. "It was comfort food, it comforted my stomach."

The food and fun atmosphere complete with musician John Taglieri singing and playing guitar, truly expressed the gratitude the NEX and MWR have for their customers.

"Food makes people happy," said Honeycutt. "It picks their spirits up, makes them feel special."



Side-swipe performed in one of their two shows here. The group has traveled to various locations for their shows.

# MEDAL OF HONOR:

## earned, not won

Story and photo by **Sgt. Christopher Vann**

Copy Editor, [thewire@jtfgtmo.southcom.mil](mailto:thewire@jtfgtmo.southcom.mil)



Medal of Honor recipients Gary Beikirch, Allen Lynch and Don Jenkins sign autographs for the U.S. Naval Station Guantanamo Bay residents inside the NEX atrium, Oct. 4.

U.S. Naval Station Guantanamo Bay residents were in attendance to welcome visiting Medal of Honor recipients and have a chance to speak with and get autographs from the distinguished gentlemen Saturday at the NEX atrium and the Bayview restaurant.

The Medal of Honor recipients were part of the customer appreciation weekend in an effort to build esprit de corps amongst Service members stationed and deployed here. Medal of Honor recipient Gary Beikirch proclaimed his enthusiasm and delight, to be able to come to GTMO and interact with and speak to the younger troops about what the medal means to him.

"Receiving the Medal of Honor carries its own testaments and responsibilities," said Beikirch. "I myself have come to understand that the Medal of Honor is not about any one person or one day, we don't wear it for ourselves, we wear it for the men and women that have served in the past and present."

Air Force Staff Sgt. Terrell Pretlow, an Airman with the Joint Task Force Guantanamo's 474th Expeditionary Civil Engineering Squadron, felt tremendous pride when talking with the Medal of Honor recipients.

"It was definitely an honor to meet them. I enjoyed listening to their stories," said Pretlow. "Listening to their stories was very humbling and gave me a new perspective of what they did and what we are doing."

The courageous heroes in our midst each possess an inspiring story of sacrifice and patriotism that earned them the Medal of Honor. For their full list of achievements, read their biographies that are available on the Medal of Honor webpage at [www.cmohs.org](http://www.cmohs.org).

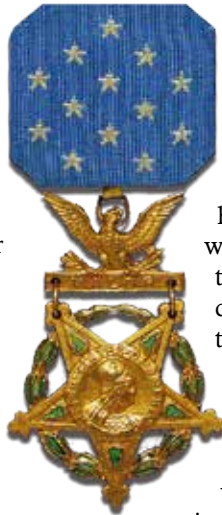
According to his biography, Gary B. Beikirch was awarded the Medal of Honor for conspicuous gallantry and intrepidity in action at the risk of his life above and beyond the call of duty. Sgt. Beikirch, medical aid, Detachment B-24, Company B, distinguished himself during the defense of Camp Dak Seang. The allied defenders suffered a devastating attack launched by the enemy from well-concealed positions surrounding the camp. Beikirch moved unhesitatingly through the enemy fire to his fallen comrades, applied first aid and assisted them to the medical aid station. When informed that a seriously injured American officer was lying in an exposed position, Beikirch immediately reacted. Despite being seriously wounded, Beikirch carried the officer to a medical aid station. Ignoring his injuries, Beikirch left the safety of the medical bunker to search for and evacuate other

men who had been injured until he collapsed from his injuries. Only then did he permit himself to be treated.

Allen Lynch was awarded the Medal of Honor for conspicuous gallantry and intrepidity in action at the risk of his life above and beyond the call of duty. Army Sgt. Allen Lynch (then Spc.) distinguished himself while serving as a radio telephone operator with Company D. While serving in the forward element on an operation near the village of My An, his unit became heavily engaged with a numerically superior enemy force. Quickly and accurately assessing the situation, Lynch provided his commander with information which proved essential to the unit's successful actions. Observing fallen comrades lying exposed to enemy fire, Lynch ran across open ground through a hail of

enemy fire to administer first aid. Lynch searched and obtained a nearby trench for a covered position to protect the wounded from hostile fire, he killed two enemy Soldiers at point blank range. Alone, he defended his isolated position for hours against the advancing enemy. Using only his rifle and a grenade, he stopped them just short of his trench, killing five. Again, disregarding his safety, he crossed exposed terrain five times to carry his wounded comrades to a more secure area. Once assured of their safety, Lynch located the counterattacking friendly company to assist in directing the attack and evacuating the casualties.

Don Jenkins was awarded the Medal of Honor for conspicuous gallantry and intrepidity in action at the risk of his life above and beyond the call of duty. Staff Sgt. Jenkins (then Pfc.), Company A, distinguished himself while serving as a machine gunner on a reconnaissance mission. When his company came under heavy crossfire from an enemy complex, Jenkins maneuvered forward to an exposed position and began placing suppressive fire on the enemy. When his weapon jammed, he obtained a rifle and continued to fire into the enemy bunkers until his machine gun was repaired. He exposed himself to extremely heavy fire when he repeatedly crossed open terrain to obtain ammunition supplies until he had exhausted his machine gun cache. After numerous hours of retrieving fallen comrades, he continued to fight until his ammunition was exhausted. During this time he was seriously wounded by shrapnel. While displaying great courage, he moved forward to aid and helped defend a friendly element that was only a few meters from the enemy. Ignoring the continuing fire and his wounds, he made three trips to the unit, each time pulling a wounded comrade back to safety. Jenkins' extraordinary valor, dedication, and spirit inspired his fellow soldiers to repulse the enemy attack and ultimately to defeat the larger force.





# Social Media & upcoming elections

Story by Office of the Staff Judge Advocate

Administrative Law

President Franklin Delano Roosevelt once said, "Democracy cannot succeed unless those who express their choice are prepared to choose wisely. The real safeguard of democracy, therefore, is education."

Voting education is an important topic for Service members. For instance, did you know that Service members do not have the same liberties to campaign for their chosen candidates as the American citizens we proudly protect? JTF Warriors choosing to support would-be hopefuls in this upcoming midterm election should err on the side of caution, that is, before you act in support of a candidate; know what you can and cannot do while deployed to JTF GTMO.

We live in a digital world, and in this digital world we have social media and lots of it. Countless sites, like Facebook, Twitter, LinkedIn and Instagram are used to connect us with friends and loved ones. Social media is also often used to promote ideas and to project one's political views onto "friends," "followers," or "connections." JTF Warriors should always be mindful of what they are posting on social media. The Office of the Staff Judge Advocate (OSJA) isn't

saying you shouldn't have an opinion, all Americans have earned the right to voice an opinion. It's you, the brave men and women serving our country. However, OSJA wants all Warriors to understand the do's and don'ts of posting information specific to elections on social media.

Civilians and military personnel may generally express their personal views on public issues or political candidates via social media platforms, much the same as they would if they were writing a letter to the editor of a newspaper. If, when expressing a personal opinion, individuals are identified by a social media site as Department of Defense employees, the posting must clearly and prominently state that the views expressed are those of the individual only and not of the DoD. However, active duty military members and "further restricted" civilian employees under the Hatch Act, including presidential appointees, Senior Executive Service employees, and employees of agencies such as the FBI, are prohibited from participating in partisan political activity. What does this mean? While active duty members and further restricted civilian employees may "follow," "friend," or "like" a political party or candidate running for partisan office, they may not post links to, "share" or "re-tweet" comments or tweets from the social media account of a political party or candidate running for partisan office. Such activity is deemed to constitute participation in political activities.

Please visit the OSJA office or call extension 8589 if you have any questions regarding what you are allowed and not allowed to post to social media. We want all JTF Warriors to participate in the upcoming election without exposing themselves to possible actions under the UCMJ. So remember, if you're thinking about posting, do so in accordance with guidance here or give us a call and keep what you earned.



Story by Sgt. Christopher Vann

Copy Editor, thewire@jtfgtmo.southcom.mil

In the fifth week of the National Football League, fans witnessed the fall of the last unbeaten teams, as the Arizona Cardinals were walloped by the Denver Broncos and the Cincinnati Bengals took a pounding from the New England Patriots. A handful of games were won in the waning moments or in overtime.

The Houston Texans allowed the Dallas Cowboys to mount a comeback and crush their dreams for a win on an overtime field goal. The Tampa Bay Buccaneers pushed the New Orleans Saints to the limit, but ultimately came up short in an overtime victory, and the Buffalo Bills squeaked past the Detroit Lions with help from rookie safety Duke Williams. Finally, the San Francisco 49ers gave the Kansas City Chiefs quarterback Alex Smith a rude welcoming as he returned to play against his former team at Levi Stadium.

## Thursday, October 2

Packers 42, Vikings 10

## Sunday, October 5

Panthers 31, Bears 24

Browns 29, Titans 28

Eagles 34, Rams 28

Giants 30, Falcons 20

Saints 37, Buccaneers 31 OT

Cowboys 20, Texans 17 OT

Bills 17, Lions 14

Colts 20, Ravens 13

Steelers 17, Jaguars 9

Broncos 41, Cardinals 20

Chargers 31, Jets 0

49ers 22, Chiefs 17

Patriots 43, Bengals 17

## Monday, Oct. 6

Seahawks 27, Redskins 17



## UNIQUE SOUND ROCKS GUANTANAMO

The Street Drum Corps performed in front of a crowd of Service members and Naval Station Guantanamo Bay residents at the Tiki Bar on Friday night. For their unique industrial sound, they use drums and found objects in their show, including a washer, kegs, pipes and baseball bats.

**Story by Staff Sgt. Carmen Steinbach**

Editor, [thewire@jtfgtmo.southcom.mil](mailto:thewire@jtfgtmo.southcom.mil)

A curious crowd gathered at the Tiki Bar Friday night not certain of what lay in store as a three-member band took the stage. Precariously perched on the stage were items such as a washing machine, a baseball bat and finally a drum set. From the first beat the audience knew they were in for quite an interesting and especially entertaining treat.

"It was pretty intense, but super awesome," said a Joint Task Force Guantanamo Soldier. "I didn't know what to expect, it was pretty cool."

Service members, civilians and other Naval Station Guantanamo Bay residents swayed and jumped to the rhythm of the industrial sounds, cheering loudly as sparks flew from some of the instruments.

"We brought our big show here," said Bobby Alt one of the founding members of Street Drum Corps. "We perform on all found objects, so tonight we'll be playing anything from a washing machine to kegs, a fire extinguisher, real drum sets; we even have some specialty items like a theremin. It's like a heavy, industrial, percussion ensemble."

Brothers Adam and Bobby Alt, along with fellow drummer Frank Zummo, founded Street Drum Corps 10 years ago. All original members were drummers in other bands and decided to do something different, "something we could control and we could be the front

men of. Now we have between 50 and 100 drummers that we employ at different productions all across the world now doing our Street Drum Corps shows," said Bobby.

When they met, Frank was performing shows at a theme park, also using found objects around the same time as the brothers were experimenting. The three then began performing together as a side project until it became their main focus. Since then, they've been on the Warped Tour, and have performed with several bands such as 30 Seconds to Mars, Linkin Park and others.

"Even now to this day, it's been an outlet for us to explore whatever it is we want; we're all very open with each other to whether we want to write lyrics to a song ... anything goes," said Bobby.

While generally their performances are very fine-tuned and comprised of a set production, using items found in a new location can add a variation to their music.

"Ninety percent of the show tonight was stuff that we found on the base, yesterday and today," said Bobby. The members went to the waste facility and other locations around the base prior to their performance to retrieve a lot of items in their show, including two large blue barrels that, according to the band, sounded even better than the ones they perform on back home.

"Because we haven't used some of these instruments it's very inspiring," continued Bobby.

Friday's concert marked the beginning of Naval Station Guantanamo Bay's NEX/MWR 13th Annual Customer Appreciation Weekend, as well as Street Drum Corps first performance at GTMO.

"We've toured over 30 countries and Guantanamo Bay does have a lot to offer artists," said Bobby. "Great venues here too," continued Frank. "Great production. Great equipment, staging, sound – it's been top notch."

On the heels of their last two Navy Entertainment shows in Bahrain and Djibouti, the small town, laid back-island atmosphere of GTMO was a stark contrast to the highly-secured military base they were expecting upon arrival.

"All the Soldiers here, everyone we've met from MWR and Navy Entertainment that brought us here, they're treating us great ... we've been very welcomed here," said Bobby.

"Talking to these people, and some of these Soldiers, it's really inspiring for us because we can see in their eyes how much joy we are bringing to them," said Adam. "They understand how hard it is for us to get here, and it's not an easy thing to get to Guantanamo Bay... we're very blessed to be here. We'd like to keep coming back and doing this."





# PULLING FOR APPLES

Customer Appreciation Weekend Humvee Pull

**Story and photos by Sgt. Spencer Rhodes**

*Photo Editor, thewire@jtfgtmo.southcom.mil*

The NEX's customer appreciation weekend was a busy string of events that kept Naval Station Guantanamo Bay residents busy, entertained and often full with numerous culinary options available during the entertainment. Prizes were also a large attraction, especially for those competing in Saturday afternoon's Humvee Pull.

The NEX pulled out all the stops, not holding back or giving out simple mugs that say "I <3 the NEX." No, the first place team for Saturday's Humvee pull received iPads, while the second place team received new iPod touches. With three members to a team, the prizes were genuinely motivating, in addition to the bragging rights of having the fastest time.

More than 40 individuals signed up to test their abilities and team work; as a slip in form from one team member could have spelled disaster for his or her team, since each team only received one chance to pull. Those who were granted a second try received it due to technical

difficulties unrelated to their efforts, and a second pull was granted to allow their entries to be fair and competitive.

Bill Marx, one of the gentlemen running the event, said each team pulled the Humvee roughly 120 feet, or in this case, 11 segments of concrete. As soon as the front tires passed the cones marking



the finish line, one of two judges yelled out "time" and the clock was stopped, sealing the teams' efforts into a time they hoped would be worthy of contest for the top two spots.

For those whose teams were later in the lineup, they knew they were going to have all eyes on them to see if they could beat the fastest times.

"Being number 14, I was almost getting nervous, I was just thinking 'I want this' and I know it's an endurance game," said Navy Petty Officer 3rd Class Dexter Evans. "I told my teammates I wanted to be in the middle, it's where I felt more comfortable. Our lead anchor guy had the endurance to go with the strength in his legs, so he was able to just pump it out after throwing that rope over his shoulders, while the two of us made sure we kept any momentum we gained. It's all endurance, you can have huge muscles in your legs, but if you can't keep it up 100 percent for the whole thing, it's not going to help you."

Evans' team came in second place and received the iPod touches; while the first place team, only finishing within tenths of a second of their rivals, received the grand prizes. The event was short, but it drew quite the crowd, as members from all over the island came out to pull the Humvee, supplied for the event by the Marine Corps Security Forces Company.



Participating teams in the NEX's weekend Humvee Pull were only given one chance to get the fastest time, doing so would get them the grand prize of a brand new iPad. Runner ups would receive brand new iPod touches.



Story by Sgt. Debra Cook

Staff Writer, [thewire@jtfgtmo.southcom.mil](mailto:thewire@jtfgtmo.southcom.mil)

Women are often characterized as changing their minds frequently and at the last minute. Oliver Herford, an American writer and artist said, "A woman's mind is cleaner than a man's: she changes it more often."

Men on the other hand, took the process of changing their minds, gave it a name, placed it in sports and refer to it as "calling an audible."

Sportingcharts.com says that in football an "audible" is when a player (generally the quarterback) changes the play call at the line of scrimmage. Most plays are called while all players are in a huddle; the quarterback would "audible" if he didn't like the original play call based on what formation he saw the defense in or if there were an opportunity that could be exploited.

In "Wedding Crashers," a 2005 film

## Changing the play at the last minute

about two guys, played by Owen Wilson and Vince Vaughn, who crash weddings there were 115 rules a crasher was to live by. Two were about calling an audible during the weddings they'd crash:

Rule number 31: Know the play book so you can call an audible.

Rule number 32: If you call an audible, always make sure your fellow crasher knows.

According to Neuroscience studies, there are many reasons people change their minds. Google "the science of mind changing," and you'll find words like: drift diffusion model, Bayesian theory, static influence, time dependent bias and more. Whatever science is discovered or theories developed, decision making all comes down to one moment: committing to a decision.

Rich "Ace" Franklin, American mixed martial artist and former Ultimate Fighting Championship middle-weight champion, said he has learned the importance of not over-thinking his decisions.

"I'm a cerebral fighter so I think about everything I do. I'm good at looking at an opponent, analyzing his game,

analyzing my game and seeing how I match up." Franklin said, "The problem is that I'm always thinking. I tend to reason through everything, even the simplest little things. Although that's one of my greatest strengths it ends up being one of my biggest weaknesses. So I've always told people in the decision making process, obviously the good decision is your best option. The next best option is a bad decision. The worst option in a decision making process is indecision. You can make a great decision or a bad decision or you sit there over-thinking things that you never decide at all. Indecision in itself is a decision because if you decide not to take action the course will eventually unfold on its own, not in the way that you wanted it to."

Theodore Roosevelt echoed this sentiment when he said, "In a moment of decision the best thing you can do is the right thing. The worst thing you can do is nothing."

Changing your mind is a normal part of decision making. Whether you're male or female, go ahead, call an audible, as long as you make a decision.

## Cap'n Crunch-encrusted French toast



This week's recipe is compliments of Sarah Simington from the Blue Moon Café in Baltimore, Maryland. It's the most famous dish at the Blue Moon Café. Guy Fieri from Diners, Drive-Ins and Dives calls Simington's home style dishes the definition of comfort food.



Story by Sgt. Debra Cook

Staff Writer, [thewire@jtfgtmo.southcom.mil](mailto:thewire@jtfgtmo.southcom.mil)



Servings: 4

Ingredients: ¾ c. heavy cream, 3 lg. eggs, lightly beaten, 2 tbs. sugar, 1 tsp. pure vanilla extract, 3 c. Cap'n Crunch cereal,

8-10 slices bread, such as Texas toast or 8-10 slices French bread, butter (for cooking)

Topping: 1 c. heavy cream, 2 tbsp. confectioners' sugar, 1 tsp. pure vanilla extract, 2 c. fresh seasonal berries, assorted

Directions:

1. In large bowl, mix together cream, eggs, sugar and vanilla. Whisk until well combined.

2. Crush cereal by placing in plastic storage bag and rolling over it with a rolling pin. Once it resembles cracker meal,

## Recipe

transfer to a shallow dish.

3. Moisten a couple pieces of bread in cream mixture until soft but not completely soaked. Allow excess liquid to drip off bread, then press into the cereal crumbs to coat evenly. Set on a sheet pan and repeat with remaining slices.

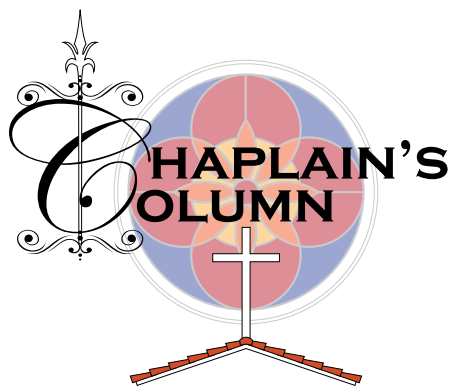
4. Heat a large skillet or griddle over medium heat. Adding butter as needed, cook bread on both sides until it caramelizes, about 6 - 8 minutes total.

Topping:

1. In large bowl, using a hand mixer, beat the cream, confectioners' sugar and vanilla until soft peaks form.

2. Dollop on top of the French toast and serve with the berries.





## Those aha moments

By Army Capt. Frank Oxendine

Joint Detention Group chaplain

You have heard it called many things: an aha moment, a breakthrough, the light bulb came on, a time when a key element sinks into one's thought processes and truth makes sense, perhaps for the very first time. Because we have all had this wonderful experience at one point, we cling to the hope for that moment in others, when something that has confounded them is removed and they are free to experience the remarkable liberty that the truth brings.

One of my favorite cinematic aha moments occurs in "The Miracle Worker" - the true life story of Helen Keller, who became blind and deaf as a toddler due to an illness. In the 1962 movie, Anne Sullivan, Helen's teacher, works tirelessly to help her associate an object with its name, spelling out the letters of the word with signals in Helen's hand. Over and over she works with Helen, spelling out the names of objects throughout the house and countryside. At the movie's dramatic climax, Helen finally gets it, the meaning of the word "water." Helen understands that the word "water" means the cold liquid that is poured into her hands from a garden pump. The whole world opens up to her as she leads her teacher around to every object in the yard, learning one new word after another.

I'm still a work in progress as God still has much to teach me. Perhaps you feel the same. Perhaps there are still pieces missing, and you wonder who God really is. Believe me, He longs to shine the light of His truth into whatever darkness you are experiencing right now.

"If you hold to My teaching, you are really My disciples. Then you will know the truth, and the truth will set you free." — John 8:31 - 32

## The JSMART Spot

By Navy Petty Officer 2nd Class Robert McQueen

JSMART Advertising Coordinator



During times of transition, we are reminded that change can be marked by difficulty and spark many emotions. However, if we arm ourselves with proper skills, we can work through these difficulties effectively.

By utilizing de-stressing skills, such as simply noticing and then facing our feelings, welcoming change as an opportunity, choosing balanced thoughts and attitudes, and setting smart goals, one can reduce the negative states sometimes associated with change.

Don't forget the tried-and-true JSMART endorsed activities of deep breathing, participating in exercise and hobbies, spending time with friends and casual reading.

Email any suggestions or comments about the JSMART Spot of radio content to [jsmartradio@outlook.com](mailto:jsmartradio@outlook.com)



Courtesy Stacey Byington

### Columbus lands in GTMO

Christopher Columbus, on his second voyage, sailed into and landed at what is now Fisherman's Point (beneath McCalla Hill, or commonly known today as ferry landing) on April 30, 1494, dropped anchor, and spent the night. He described it in his diary as "a broad bay with dark water, of unsuspected dimensions." He left the next day. Columbus

called the bay Puerto Grande (big port).

In the early spring of 1494 while navigating Cuban waters, Columbus set the course for Nina and two tiny vessels to Guantanamo Bay. Historians logged his arrival in Guantanamo Bay on April 30, 1494.

The first memorial to Columbus' landing was built by Guantanamo Bay's Boy Scout Troop 435, on what is now Ferry Landing, beginning on Feb. 15, 1970. The scouts gave up their Saturdays for four months to build the monument. It was dedicated on May 15, 1970. Unfortunately the monument was destroyed by Hurricane Sandy in 2012.

### GTMO sports standings

Flag Football		Softball	
		AMERICAN LEAGUE	
		1. Husker Doos	6-0
		2. GTMO Latino+	6-0
		3. The Black Sheeps	5-1
		4. The Leftovers	3-2
		5. MisFits	2-2
		6. Nailed It!	2-4
WEST		7. Red Apple	2-4
1. 391st Paladians	2-0	8. Poker Jokers	1-5
2. Here Comes the Runs	2-0	9. Non-Jerks	0-5
3. Thunder	2-0	10. PT-Romanians	0-4
4. Goin' Deep	1-1	NATIONAL LEAGUE	
5. Grizzlies	1-1	1. Outcasts	4-0
6. The Abusement Park	0-2	2. Here Come the Runs	4-1
EAST		3. Boondoggles	4-1
1. BEEF	3-0	4. GTMO Goonies	3-1
2. Crazyhorse	2-0	5. Puddle Pirates	3-3
3. SH Money Team	2-1	6. 391st Paladians	2-2
4. The Pirates!	2-1	7. WMPA	2-3
5. Boston BD's	1-2	8. Jerks	1-4
6. Gerbils	1-2	9. Swift Justice	0-4
7. Confusion	0-2	10. React to Extract	0-4
8. MCSFCO	0-3		

### Fabulous Friday

3 Rounds

10 Box Jumps

10 Pull-Ups

15 Jumping Air Squats

15 Keg Press

Forward Sprint Down

Reverse Sprint Back

Core Finisher

25 Leg Lifts

25 Sit Ups

25 Reverse Crunches



Courtesy Army Staff Sgt. Karen Kozub

## WINTER BASKETBALL LEAGUE begins Oct. 20

Registration ends

Oct. 15

Coaches meeting

Oct. 16

Ages 16+

FMI call 2113



**SeaBreeze + Bonfire**

*The Perfect Combination Membership Drive*

Hosted by the **GBCC** **COOKING CLUB**

At the **Phillips Park Pavilion**  
Sunday, Oct. 12, 2014  
Starts 7:30pm

You're invited to join the GBCC Cooking Club for an evening of FUN, FOOD and FROLICKING around a Bonfire.

*This event is intended to attract new members. Open to all GTMO residents. Please bring a friend!*

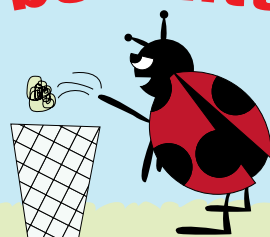
For more information contact us @ [gtmo.cookingclub@gmail.com](mailto:gtmo.cookingclub@gmail.com) or Esta 77148/2100

**MENU**  
**Mexican & Jerk Dishes**

Don't miss this wonderful Opportunity to be a part of GTMO's most diverse group and a Chance to meet chef "Fergie" and chef "Buck"

## KEEP GTMO BEAUTIFUL

**Dont' be a litterbug**



**Keep your vehicles trash free, utilize proper receptacles and recycle!**

**Uniformed personnel are not allowed to make the**

## FERRY LEAP



The bay's water shows off the vibrant orange of the sun's rays while an American flag adds color, content and composition in this photo by Maj. Luis Lopez.



**PHOTO OF THE WEEK**

Send your best photos to [thewire@jtfgtmo.southcom.mil](mailto:thewire@jtfgtmo.southcom.mil)