

THE OFFICIAL PUBLICATION OF JOINT TASK FORCE GUANTANAMO

# THE WIRE

October 30, 2015



## AN OBSERVER'S PERSPECTIVE ON THE COMMISSIONS PROCESS

SEE WHERE, HOW THE 9/11 FIVE ARE BEING TRIED FOR THE ATTACKS ON THE US

## SERVICE MEMBERS GET SMART ON CYBER THREATS

COURSE CERTIFIES TROOPERS AS FIRST LINE OF ONLINE DEFENSE

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PAINTBALLS FLY TOWARD TARGETS AS PARTICIPANTS RIDE THEIR WAY TO FINISH LINE

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COSTUMED CHILDREN, ADULTS INVADE DOWNTOWN LYCEUM IN SEARCH OF FRIGHT

## CARE, LISTEN, ENCOURAGE DOMESTIC VIOLENCE VICTIMS

DOMESTIC VIOLENCE VICTIMS NEED YOUR SUPPORT, NOT YOUR ASSUMPTIONS

PHOTO STORY



The Combined Federal Campaign Overseas has begun at Joint Task Force Guantanamo. It runs Sept. 21 through Nov. 20.

The CFC is the only authorized solicitation of federal employees in their workplaces on behalf of approved charitable organizations. The CFC was created in 1961 to coordinate the fundraising efforts of various charitable organizations so that federal employees would only be solicited once in the workplace and have the opportunity to make charitable contributions through payroll deductions.

Federal employees continue to make the CFC the largest and most successful workplace philanthropic fundraiser in the world. Continuing a long-standing tradition

## SUPPORT YOUR CHARITY THROUGH CFC

of selfless giving, in 2014, federal employees raised more than \$193 million dollars for charitable causes around the world.

### Why CFC? It is your choice.

The CFC belongs to you, the federal employee. It is a partnership between employees of the federal government and charitable organizations, which benefit everyone.

The CFC is a complete donor choice campaign. You direct your support to charities that work on the issues you deeply care for.

### Why CFC? It is convenient.

Most federal employees elect to pledge a specific amount to be withheld regularly from their pay beginning in January and continuing through December. One-time gifts are also possible.

Workplace giving has advantages. When you choose payroll deduction, you can gift at a higher level and have a small amount deducted each pay period. On average, a payroll gift will be three to five times greater than a one-time gift, so charities receive more of the critical funding needed.

The payroll deduction method has many advantages. Workplace giving campaigns are the most cost-effective method to raise funds

for charity and most of what is collected from federal donors reaches the designated groups. Efficient fundraising costs mean more of your dollars go toward important programs and help keep charities overhead costs low.

It is also easy. Donors find workplace giving a simple, convenient way to support the charities they care for. It is consistent. Donations collected through payroll giving, go to the charities throughout the year. This consistency allows charities to allocate resources, qualify for grant funding, and implement their programs to the highest extent.

### Why CFC? It is accountable.

The charities you support through CFC, focus on people who really need help including the hungry, homeless, sick, disabled, children and families in need, as well as the environment.

Federal employees review all the charities on an annual basis. Only those that meet high standards can participate in the CFC.

For more information about the JTF CFC, please call x9717 or x9905.

Article by  
JTF GTMO PAO

## AIM FOR THE BULL'S EYE, ACHIEVE GOALS

week and the only thing I completed was a new kitchen sink and plumbing, a new front gate built and better insulated the house and windows. I worked hard but the various projects took longer than I ever thought.

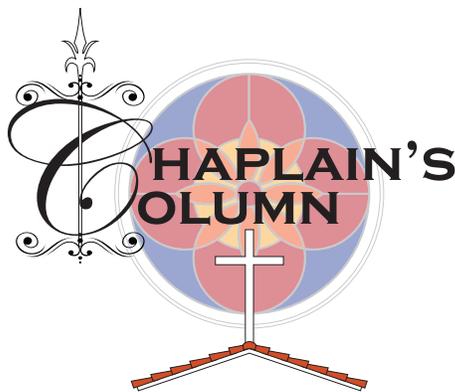
Nevertheless, at least I had goals and aimed to work toward them. If I had not listed what needed to be done, most likely, less would have been accomplished or maybe nothing at all. Motivation, goals and knowing I had a limited amount of time to get the projects done, helped me to accomplish part of the list.

God, in the same way expects us to accomplish what we set out for and fulfill our promises to others. What we need is commitment, dedication, responsibility and personal spiritual growth. God does not want or need our second best, our leftovers, our excuses or laziness. Many are committed to their jobs, hobbies, retirement years and money. Whatever excuses we make without growth we have forgotten what is important.

For us, I think we must recommit ourselves to faith on a daily basis, lay out spiritual goals, and aim to attain them. We must list what changes need to occur in our lives and aim toward maturity. We must drill like an old Marine and be able to say that we are "the Few, the Proud and the Chosen." We must commit ourselves and think twice about sleeping in when we need to do something more important or when someone asks us to help them in their time of need or put time, things, hobbies or the dollar ahead of our relationship with others.

Are we aiming for the bull's eye in the center or to the lower points on the left or right? I hope that we will recommit ourselves to the basics of what is important in the future.

Article by  
NAVY CHAPLAIN (CMDR.)  
GARY D. BENNETT  
JTF GTMO Chaplain



I once had a vacation of sorts. I planned to do some much needed repairs on my house in the U.S. My goals were ambitious. I was going to build a fence gate, paint the interior and exterior of the house, better insulate the house and windows, and repair or replace the kitchen and bathroom sink plumbing. Plus, I wanted to oversee outside contractors to replace our roof and install a new heat pump on the new roof. Lots of work, but I thought I could do it. Guess again.

I worked 10-12 hours a day, six days a



## COMMAND & CHAPLAIN

Donating through Combined Federal Campaign Overseas is your choice. CFC began in September and will go through Nov. 20. The chaplain explains how to lay out your spiritual goals.



## GTMO NEWS

Our domestic violence advocate educates us during domestic violence awareness month. Troopers receive cyber training. Get a personal perspective on the military commissions process.



## PHOTO STORY / COVER PHOTO

Halloween comes to GTMO early. Residents, Troopers and children “trunk-or-treat” and also had the chance to visit multiple haunted houses put together by various organizations.



## ENTERTAINMENT

Robert Redford and Nick Nolte participate in a irreverent romp along the Appalachian Trail. “Hocus Pocus” takes us back to the early 90s.



## SPORTS

Organizers said the Paddle, Pedal, Paintball event was a great success. The game of the week, flag football, proves to be an exciting experience for the two teams.



## LIFE & FITNESS

Stretching and strength training can prevent sports injuries. Learn ways to cope with the holiday blues during deployments. Read a little history about Oct. 30.

# MOTIVATOR OF THE WEEK

**ARMY STAFF SGT.  
JOHNATHON AARON**  
42ND ID, J3

**SPC. NATHAN BENSON**  
J2

## WOULD YOU RECOGNIZE CRITICAL INFORMATION?

Some things are obviously sensitive: our driver’s license number, social security number, bank account information and credit card numbers, to name a few. We protect these so we don’t fall victim to fraud or identity theft, but what work information is critical? Remember COPP: capabilities, operations, personnel, and personal data. We protect our facilities and operational plans, schedules and rosters, procedures, people and classified information. If you’re not sure if something is sensitive, treat it like it is until you find out for sure. Don’t post things online or talk about work in non-work places. Once information has been released, you can never get it back. THINK OPSEC FIRST!



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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# CARE, LISTEN, ENCOURAGE DOMESTIC VIOLENCE VICTIMS



*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.*

Imagine waking from a deep sleep. You pull the covers up to your chin, contemplate hitting the snooze button one more time, and roll over to face your partner who is sleeping soundly next to you. The moment you lay eyes on their face your restful disposition turns into an overwhelming feeling of anxiousness. You wonder if today is going to be as bad as yesterday. You think about what you can do to avoid waking the beast inside of the person you fell in love with. Your anxious thoughts immediately turn to sadness at the thought of how in love you are with this person, yet simultaneously afraid of them. This emotional rollercoaster continues as you begin feeling confused, wondering how you got into your current situation. Feeling guilty that you might have caused it somehow, or at the very least, are the reason it keeps happening. All of this and you are not even out of bed.

Regardless of what type of abuse they are enduring, many victims at one point or another go through the barrage of emotions detailed above. When discussing similar scenarios to raise awareness, I receive the following questions: Why do they stay? Why are they so weak? I can see why someone would ask these questions. For that reason, I am going to address both of them.

"Why do they stay?", is by far the most common question I receive. It is also the hardest for me to answer, as all cases are different. For

some victims, they are so financially dependent on the offender that is next to impossible to get away. In other cases, the abuser has literally convinced the victim they are worthless, cannot do or get better, or they threaten harm to them and loved ones if the victim tries to leave.

Another common assumption people make about domestic violence victims is that they are weak for not leaving. Do not mistake their hesitation to leave or make changes to their situation as weakness or acceptance. It takes an enormous amount of courage to stay in an abusive situation. Only a victim knows what is best for them. Only a victim can decide when to act and when not to act, as they are the ones who live with the abuse every day. The single worst thing you can do is judge a victim based on how you view their situation and how you would act if in their shoes.

Most of us will fortunately never have to experience a day in the life as a domestic violence victim. However, unfortunately, you may come across a domestic violence victim in your lifetime. Victims need someone to care, someone to listen, and someone to encourage them. These three little actions will go a long way in helping a victim turn into a survivor.

For more information on domestic violence prevention contact Amy C. Congdon, Domestic Abuse Victim Advocate (DAVA) Coordinator/FAP Educator Contractor at 757-458-4243/4141, the 24/7 Hotline: 84438 or amy.congdon.ctr@gtno.navy.mil.

*Article courtesy of*

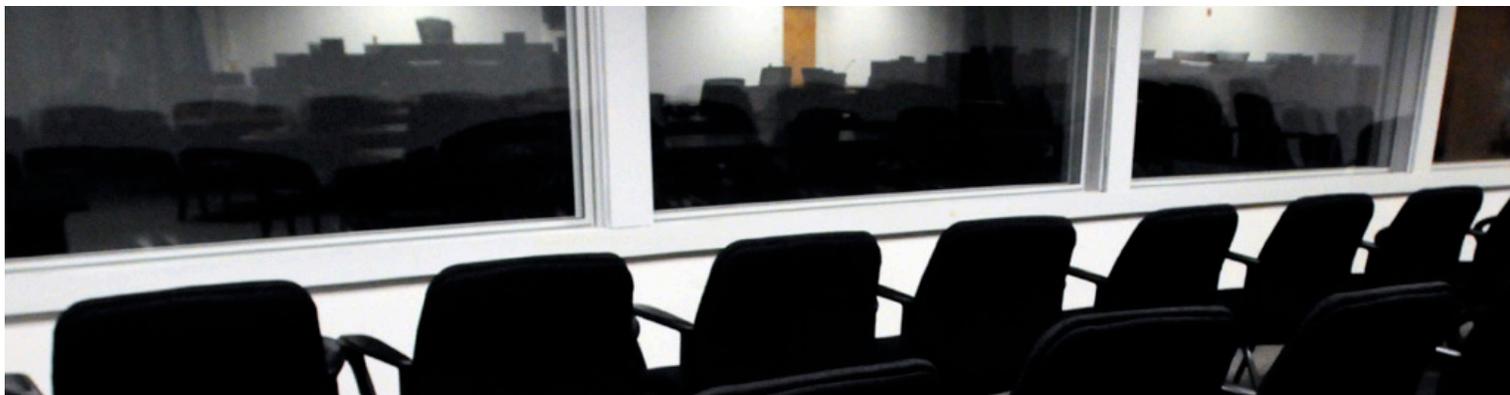
**AMY C. CONGDON**

Domestic Abuse Victim Coordinator

*Photo illustration by*

**ARMY SGT. CHARLIE HELMHOLT**

# AN OBSERVER'S PERSPECTIVE ON THE COMMISSIONS PROCESS



*Editor's note: This is the first in a two part series concerning the Joint Task Force Guantanamo commissions. The Wire staff will review the outcome of these commissions in next week's edition.*

The military commissions building at the U.S. Naval Station Guantanamo Bay has hosted legal proceedings related to the future trials of Khalid Shaikh Mohammad, Walid Muhammad Salih Mubarak Bin 'Attash, Ramzi Bin al Shihb, Ali Abdul Aziz Ali, and Mustafa Ahmed Adam al Hasawi, otherwise known as the "9/11 Five", for the past two weeks. They are being tried together for their respective roles in bringing about the attacks that took place on 9/11, although each has their own legal defense team.

The courtroom is nearly twice the size of a normal U.S. criminal courtroom. It has white ceiling tiles and plain white walls. Military service emblems hang behind the judge's bench.

There is a jury box on the right, but it remains empty for now, as legal teams work on preliminary legal questions for the judge. It is too soon to select a panel, the military term for a jury.

Directly in front of the judge are desks for the court personnel. There are two sets of wooden desks. On the left, there are six rows which seat a group of legal defense personnel, and on the right, the prosecution staff fills one to two seats in each of their four rows.

Each row on the left represents one of these detainees, who are ushered to their seats and then received by their respective attorneys. Both the defense and prosecution teams consist of civilians and military personnel from all service branches. Some of the women wear scarves while others the full jilbab. Many of the legal personnel wear their military uniforms and the rest wear courtroom-appropriate suits. Some people stand, some sit, but all wait for the military judge to enter the courtroom. As a visitor, you would sit in the gallery in back of the courtroom, behind three panes of glass designed to muffle all sound from the courtroom. Other visitors may include some of the victims' family members, media, and representatives from non-governmental organizations, who all come to observe the proceedings. They listen in on the proceedings through a speaker system with a 40-second time delay to protect classified information from inadvertent disclosure. The door opens to let the court support personnel in, this is the cue that the judge is about to take to the bench.

"All arise," said a court officer as the judge entered.

Army Col. James L. Pohl, presiding judge for commissions took his seat, attached his microphone to his robe and called the commission to order. He summarized where the court proceedings left off during the previous session and moved forward on the agenda. He will decide what charges will eventually be provided to a panel to decide guilt or innocence.

According to the Office of Military Commissions website, [www.mc.mil](http://www.mc.mil), following the 9/11 attacks, President George W. Bush issued a Military Order directing the Secretary of Defense to establish military commissions to try certain individuals. From 2002 to 2004, the Secretary of Defense issued instructions for how to try individuals brought forth by the commission.

Following that, Congress enacted the Military Commissions Act of 2006. The MCA authorized the trial by military commission of alien unlawful enemy combatants engaged in hostilities against the U.S. for violations of the law of war and other offenses triable by military commission. In 2009, the Military Commissions Act of 2009 was passed by Congress. It remains in effect today.

One of the missions of the Joint Task Force Guantanamo is to provide support to the OMC, which includes the commissions process. "The OMC, which is part of the Office of the Secretary of Defense, has been designed to bring certain criminal cases to court," said the OMC south executive director. "It has four major sections with competing interests: the Office of Convening Authority, the Office of the Chief Prosecutor, the Military Commissions Defense Office, and the Office of the Trial Judiciary."

Think about checks and balances: the competing interests are the prosecutor's office, which present the cases on behalf of the people of the U.S. to seek convictions. The defense office, seeks to gain favorable outcomes for their clients. The trial judiciary impartially presides over the commissions, ensuring all processes are followed in order that a fair hearing is afforded to the detainees.

Back in the courtroom, during day five of the current commissions events, lawyers for the defense and prosecution stepped up to the podium to argue their motions and objections in order for Pohl to rule. The judge issued his determination on one of the many motions currently before the court and closed the session.

"All arise," said the court officer as the judge walked toward the exit. Everyone stood as Pohl exited the court. Legal counsel gathered to speak, and some exited the building. Visitors were escorted out through the maze of security checkpoints through which they entered.

This series of commissions events for the 9/11 Five: Khalid Shaikh Mohammad et al. have ended for the day. While there will be no judgment against the accused during these two weeks, some progress has been made. Pohl said several times during the proceedings that they are "prepping the field forward" for how the commissions will take place in the future.

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*Article by*

**ARMY SGT. CHRISTOPHER A. GARIBAY**

Courtesy photo

# SERVICE MEMBERS GET SMART ON CYBER THREATS



Service members participate in the Security+ course Oct. 20, at U.S. Naval Station Guantanamo Bay, Cuba. Soldiers trained in two, five-day Information Technology courses at Joint Task Force Guantanamo. They completed a Network+ course held from Oct. 12-17, and a Security+ course held from Oct. 19-24.

Service members with Joint Task Force Guantanamo trained in two, five-day Information Technology courses at U.S. Naval Station Guantanamo Bay, Cuba. Service members completed a Network+ course, held from Oct. 12 – 17, and a Security+ course, held from Oct. 19 -24, provided by U.S. Army Communications-Electronics Command so that information technology officers here have the opportunity to get certified in these technology security courses and to expand their cyber security knowledge. Both certifications are good for three years.

According to CECOM, October is National Cyber Security Awareness Month. CECOM policies enable all Army commanders, leaders and managers to assess, manage risks and conduct continuous monitoring practices to identify network vulnerabilities.

“This helps leaders create a culture of awareness to anticipate, detect and respond to insider threats before they can impact an organization,” said 1st. Lt. Tyler Sams, the Joint Detention Group communications officer-in-charge and the person responsible for setting up this training.

JTF was able to save money as well as invest in their service members, with significant savings over the stateside costs of the courses.

The Network+ course costs roughly \$27,000 and the Security+ course costs around \$30,000, said Sams.

“If you wanted to put on similar classes for people back home or a civilian corporation, you are looking to spend about \$46,000 to \$64,000,” said Sams.

To keep costs low for JTF, only qualified individuals were allowed to sign up for the classes. Approximately 15 students in each course had to complete some general prerequisites.

After registering in the Army Training and Certification System the students completed the Skillport certifications for the two courses

and took an exam before being allowed in the classroom, said James Hollingsworth, a cyber security curriculum manager for the mobile training team.

“When we start class, they have a foundation to build off of rather than everything being completely new,” said Hollingsworth, who has been in the IT field for 18 years. “This is a short time, these course(s) (are) equivalent to a semester at college and we cover it in five days.”

According to Hollingsworth, in order for the courses to be cost effective for the Army, a minimum of 12 students must meet the requirement. It is not efficient to send an instructor to teach if there are only a few people who need to be certified.

As far as the content goes, students expanded their IT security knowledge as they work through the course together.

“This class is giving me more awareness to that threat, to that environment we are in,” said Sgt. Eduardo Nunez, an information technology officer with the 324th Military Police Battalion. “We can be taken advantage of.”

The classes have shown how military networks continually remain a target for those seeking to harm the U.S., said Nunez.

According to Sams, the ITOs have the capability and knowledge to safeguard JTF information using the training they have learned.

Taking military occupation specialty related courses allows service members the opportunity to better themselves in their chosen specialty.

“It inspires people to stay in their MOS,” said Nunez. “It inspires them to stay in (the military).”

Security and Network training are vital to the success of the military. ITOs took the opportunity to enhance their training to face real-world threats.

Article and photo by  
**ARMY SGT. RYAN L. TWIST**



# RESIDENTS EMBRACE HOLIDAY SPIRIT AS HALLOWEEN COMES TO GTMO EARLY

The Downtown Lyceum parking lot of U.S. Naval Station Guantanamo Bay, Cuba, was alive with pumpkins, costumes, frightful floats and haunted houses, Oct. 24.

The residents of GTMO were inundated with zombies, ghouls, princesses and superheroes as the spirit of Halloween overtook the residents of the naval station.

Families took part in the annual Trunk-or-Treat, an event where residents were able to take their children throughout the parking lot, which was filled with decorated vehicles, and give their kids the chance to take part in the trick-or-treat experience stateside American children might take for granted. Given the small population of GTMO, it is easy to see why kids here might miss the traditional Halloween experience of going door-to-door and asking for candy.

Unfortunately for some military children, especially those living in a relatively remote area like Cuba, the experience can be substantially different. Serendipitously, there are willing troops to take up the cause and provide for a wholesome, family-friendly experience for everyone.

"Since we're away from our families, it's nice to play with other people's kids," said Army Sgt. Ellie Barnett, a litigations noncommissioned officer with Joint Task Force Guantanamo with the 525th Military Police Battalion.

Barnett was playing the part of Cinderella, taking photographs with children and families while standing outside of a zombie-themed tent filled with candy and costumed terrors put on by the 525th MP Bn.

Other attractions around the area included festively decorated floats usually in a family vehicle or in some cases a trailer. The vehicles had different themes, from "Sponge-bob Square Pants" to "Monsters Inc." and of course pirates.

There were also three separate haunted houses, though two of them were haunted buses. The 474th Expeditionary Civil Engineering Squadron, known as the Prime Base Engineer Emergency Force, brought out a large tan tent and filled it with a circus of scary

clowns, much to the delight of families going in and out. The staff manning the haunted house seemed happy to provide entertainment for the local kids.

"Having people enjoy it and making sure people have something to remember," said Air Force Master Sgt. Rodolfo Pena, with the Prime BEEF. "Having people enjoy something we do is fulfilling."

The first of the two buses was a dark, terrifying ride that truly seemed to be the scariest activity available. It was marked by a line, which rarely fell below a dozen waiting patrons and the sounds of frightened screams from within.

"Every person who's come through has been scared," said Navy Petty Officer 1st Class Natalie Camden, a member of the First Class Petty Officer Association, which created the haunted bus.

Camden said the FCPOA took time throughout the week to put together the attraction and it was a fun way for troops to give back to their community.

As the evening wound to a close and the sun began to go down, the crowd buzzed with excitement. The judging panel, headed by GTMO's own AmyLynn Culpepper, the wife of the base commander, Capt. David Culpepper, made its rounds. Examining each float and judging the costumes.

Over at the pirate-themed float, Navy Chief Petty Officer Peter Sangenette, a leading chief petty officer with Harbor Security, and Navy Senior Chief Petty Officer Carl Holzhauser, a senior enlisted leader at the U.S. Naval Hospital Guantanamo Bay, stood dressed as a classic pirate and pop-eye the sailor man, respectively. They received second place in the float contest, beaten only by the zombie bus.

The zombie bus, put on by members of a company with the 525th MP Bn., featured a walk-through shooting range of sorts, complete with scary zombies to be taken out with Nerf guns. At the end of the day, Halloween might not seem like a big deal to adults, but it is a little piece of home for the kids at GTMO.

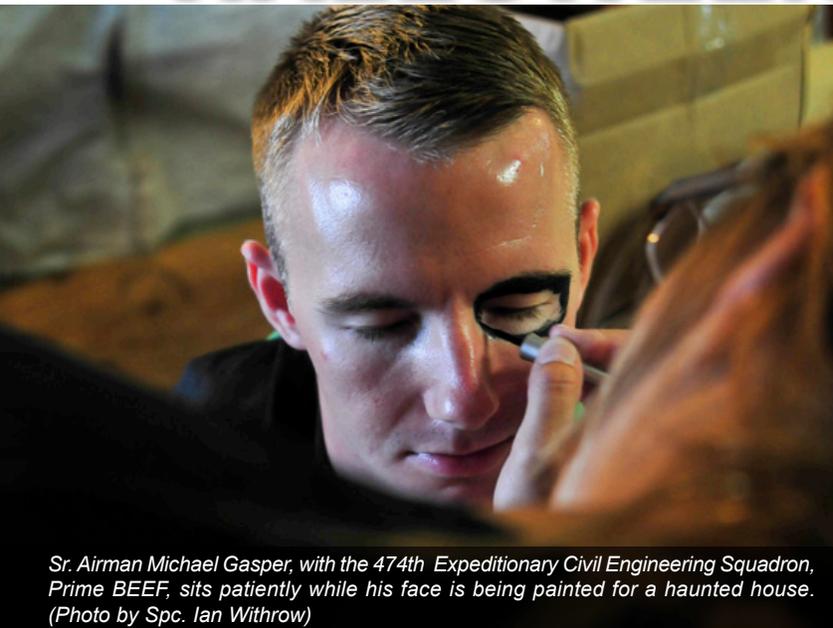
Article by

**ARMY SGT. CHARLIE HELMHOLT AND  
SPC. IAN WITHROW**



A haunted bus awaits patrons of Guantanamo Bay, Cuba, for the Trunk-or-Treat event Oct. 24. The haunted bus was put together by the First Class Petty Officer Association. (Photo by Spc. Ian Withrow)

# HALLOWEEN AT GTMO



Sr. Airman Michael Gasper, with the 474th Expeditionary Civil Engineering Squadron, Prime BEEF, sits patiently while his face is being painted for a haunted house. (Photo by Spc. Ian Withrow)



Sr. Airman Sebastian Gonzalez sits while his face is painted and Sr. Airman Matthew Lane, both with the Prime BEEF, poses for a photo in his costume for his units haunted house attraction. (Photo by Army Sgt. Charlie Helmholt)



The Prime BEEF's spooky clown-themed haunted house illuminates the far end of the Downtown Lyceum parking lot. (Photo by Army Sgt. Charlie Helmholt)



Lines form at the Navy First Class Petty Officers Association's "Scary Bus Ride" haunted bus. (Photo by Army Sgt. Charlie Helmholt)



Spc. James Lively, with the Joint Detention Group, poses for a photo after he wins a costume contest. (Photo by Army Sgt. Charlie Helmholt)



A young resident dressed in a spider-man costume, uses a Nerf gun as he makes his way through a haunted, zombie themed bus. (Photo by Spc. Ian Withrow)



Army Sgt. Ellie Barnett, a litigations noncommissioned officer with the 525th Military Police Battalion, is dressed as Cinderella and poses with Yadiielis, a young resident of U.S. Naval Station Guantanamo Bay, Cuba. (Photo by Army Sgt. Charlie Helmholt)



Young residents walk through a haunted bus run by volunteers from the 525th MP Bn. (Photo by Spc. Ian Withrow)



Members of the Prime BEEF displayed a creepy van to give away candy to the local residents. (Photo by Spc. Ian Withrow)



Troopers from the 525th MP Bn. dressed in their costumes, await patrons of their haunted, zombie-themed bus. (Photo by Spc. Ian Withrow)

MOVIE REVIEW / **A WALK IN THE WOODS**ACADEMY AWARD® WINNER  
**ROBERT REDFORD**ACADEMY AWARD® NOMINEE  
**NICK NOLTE**ACADEMY AWARD® WINNER  
AND **EMMA THOMPSON**

# A WALK IN THE WOODS

When you push yourself to the edge,  
the real fun begins.



The odd couple goes for a long walk. That's the first thought that comes to mind after seeing "A Walk in the Woods," a movie about two oddly paired, geriatric fellas who, on a whim, decide to thru-hike the Appalachian Trail.

This movie is loosely based on a biographical book by the same name written by Bill Bryson played by Robert Redford. I say loosely because, other than two unprepared dudes taking a stab at the AT, there is not much in common between the book and the movie. The movie on its own, I would say it's a nice, relaxing, entertaining and at times an inspiring travel movie.

Bryson launches into this very late mid-life crisis sort of adventure as a manner of reflection after a bad TV interview and the attendance of an awkward funeral. His wife, Catherine Bryson (Emma Thompson) refuses to let him hike the trail alone, citing news reports of murder and mayhem on the AT. Next we see Bryson call all of his friends trying to find a trail mate. Out of the blue he gets a call from his long lost "buddy" Stephen Katz (Nick Nolte).

Katz and Bryson don't have a great history together but Bryson overlooks past indiscretions in order to check the buddy box and hit the trail. They have a host of old-guy adventures along the way including encounters with annoying hikers, getting their butts kicked by a stream crossing, bears and freak storms. Their shenanigans off trail are just as amusing, with super crass Katzs' libido being cause for the dynamic duo getting chased out of one town.

As far as the acting is concerned, this pair is perfect. They have awkward chemistry most of the time but when they gel, they gel and that is a testament to great acting. They don't end up best friends but they are not supposed to. Although I don't believe this film was a stretch for either man, as Redford makes easy work of being the

consummate, thoughtful gentleman.

I think Nolte had his work cut out for him. Not that it's hard for him to slip into the role of crass, bumbling, recovering alcoholic. But the physical acting he did was amazing. It was truly uncomfortable to watch him "hike". He kept up the same, busted gait throughout the film and his constant grunts and creeks, like an old house, never abated, even in sleep. He truly portrayed the age and infirmity of his character.

However, I am not in love with this movie. I liked it, I enjoyed it, but I really wanted it to be more, to be better. It is also full of clichés that just didn't sit well with me. Such as: all AT hikers are young, fit, seemed to run the trail and they all have amazing gear. Having spent a lot of time hiking, I can assure you that most young people don't have a lot of free time to thru-hike the AT (too busy climbing that corporate ladder) or the disposable income to sport fancy gear. Additionally, these two seem to have no issue whatsoever in hauling their body-bag size packs around like purses. Does Bryson actually shave every morning? How did Katz not lose any weight after hiking through three states?

Even with those shortcomings I recommend this movie because it made me smile and laugh at the tomfoolery of this pair. The sweeping vistas of the Appalachian mountain range was impressive and made me want to hit the trail, so I give this movie three banana rats or stars or cauldrons or whatever we are up to this week.

*"A Walk in the Woods" is rated R for language and some sexual references.*

Article by  
**ARMY SGT. 1ST CLASS MARIE SCHULT-SLOSSER**



# 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.

<b>The Intern</b> (New) PG13, 7 p.m. <b>Sicario</b> (New) R, 9:30 p.m.	<b>Goosebumps</b> PG, 7 p.m. <b>The Visit</b> PG13, 9:30 p.m.	<b>Hotel Transylvania 2</b> PG, 6:30 p.m. <b>Bridge of Spies</b> PG13, 8 p.m.	<b>Everest</b> PG13, 7 p.m.	<b>The Perfect Guy</b> PG13, 7 p.m.	<b>Black Mass</b> R, 7 p.m.	<b>Pan</b> PG, 7 p.m.
<b>10/30 FRIDAY</b>	<b>10/31 SATURDAY</b>	<b>11/1 SUNDAY</b>	<b>11/2 MONDAY</b>	<b>11/3 TUESDAY</b>	<b>11/4 WEDNESDAY</b>	<b>11/5 THURSDAY</b>
<b>Everest</b> PG13, 8 p.m. <b>Black Mass</b> R, 10:30 p.m.	<b>Exorcist: The Beginning</b> R, 8 p.m. <b>The Conjuring</b> R, 10 p.m.	<b>The Intern</b> (New) PG13, 8 p.m.	<b>LYCEUM CLOSED</b>	<b>Sicario</b> (New) R, 8 p.m.	<b>LYCEUM CLOSED</b>	<b>Maze Runner: Scorch Trials</b> 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 time changes for Downtown Lyceum begins Oct. 30. Movies begin at 7 p.m.\*\*\*

\*Want to write a movie review for The Wire? Send your movie review to: [thewire@jftgmo.southcom.mil](mailto:thewire@jftgmo.southcom.mil)

## HALLOWEEN MOVIE REVIEW / HOCUS POCUS



If you are like me, a child of the early '90s, you probably remember the 1993 Halloween horror, comedy film, "Hocus Pocus." This film was incredibly poorly received at the time, garnering a 33 percent on Rotten Tomatoes, and similarly low scores from most other sources. However, it has a huge cult following. I for one am a big fan of this film; the sets were well made, the costumes hilariously over the top, the plot simple and well delivered.

The gist of the story, and let's be honest if you haven't seen it by now you likely won't, in 1693 during the Salem Witch trials. Three

witches played by Sarah Jessica Parker, Bette Midler and Kathy Najimy are sentenced to death and killed for being witches and draining the life force of a young girl. However, before the witches are killed they cast a spell that will allow them to be resurrected on All Hallows Eve if a virgin lights a magical object known as the black flame candle.

Cue modern day Californian's Max and Dani Dennison, (Omri Katz and Thora Birch respectively) a pair of siblings who moved to Salem. In an attempt to woo a local girl, Allison (Vinessa Shaw), the kids sneak into the old home of the witches, now a museum, and in serendipitous Deus Ex Machina-fashion, light the black flame candle.

The three witches now have a single night to recast their youth spell and all they need is the soul of a young child. The witches set about trying to track down our child-heroes and bumbling through a world they are not familiar with. Hilarity ensues, and frankly some of the scenes, like the discovery of asphalt by the witches, have stuck in my mind like glue for the last 20 years. There is some seriously sinister dialogue in this film, which took me by surprise when I got old enough to understand it fully. In fact, the very concept of witches being executed, eating the souls of children, or being burned alive (yeah, "kids movie") are pretty heavy. The true accomplishment of this film is wrapping executions and soul eating in the kid-friendly trappings of a family film.

There is some serious staying power to this movie and I have to admit I watch it just about every year, and hopefully someday my kids will too.

This movie isn't going to blow your mind, the effects are cheesy and the plot can feel contrived, but it's everything you want from a kids Halloween flick, including a musical number by Parker (spoiler, it's amazing).

I personally give this movie four cauldrons out of five for a spooky classic of a good time.

"Hocus Pocus" is rated PG for some scary sequences, and for language.

Movie review by  
**SPC. IAN WITHROW**



## PLAN AHEAD! CHECK OUT EVENTS, ACTIVITIES

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

### MONTH / DAY ACTIVITY

October 31	Zombie 5K
October 31	Apoca-Laugh Now
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

## 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. at Cooper Field, until further notice.

Male POC: Master Sgt. Stephen Jones x5418

### ARMY FEMALE

October 31 10 a.m. at Cooper Field

Female POC: Blair J. Stone x9832



## COMPETITORS PADDLE TO SUCCESS

As you place your bike in the rack, you begin simultaneously running toward the paintball range. Taking up a good stance and bracing against the stand, you grab the gun and aim for the target. Inhaling and exhaling slowly, you squeeze the trigger watching the rounds hit the target.

Thirty-four participants competed in the Paddle, Pedal, Paintball event held by the Morale, Welfare & Recreation program on Oct. 24, at the U.S. Naval Station Guantanamo Bay, Cuba.

"It feels good to be over, but it wasn't that bad once you got rolling," said John Barbee.

The race started with a one and a half mile kayak outside of the MWR Sailing Center. Some of the participants struggled during the race and it showed from the start.

"I've never kayaked before," said Kevin Treftz. "I fell over twice in the water."

According to Barbee, paddling the kayak was the hardest event of the competition.

"You try to find your stroke and then you try to catch the people in front of you," said Barbee. "But it feels like you are going backward. It was a good workout."

After participants paddle their kayaks back to the shoreline, they grab their bikes and begin to pedal the first leg of a 5.7-mile bike route then head to the paintball range where troopers shot 10 rounds at their targets.

The competition continued as the participants got back on their bikes and completed the second leg of the 3.7-mile bike route, which



Troopers begin to paddle their kayaks during the Paddle, Pedal, Paintball, event held by the Morale, Welfare & Recreation program, Oct. 24, at the U.S. Naval Station Guantanamo Bay, Cuba.

landed them back at the paintball range. Next, they shot 10 more rounds downrange before biking to the finish line at the Downtown Lyceum. For every paintball round that found its way to the target, one minute was taken off their overall time.

"I enjoy biking, kayaking and I thought I would give it a try," said Domenico Lazzaro. "The hills are the worst. I can honestly admit I walked up a couple of them (hills) because it was not worth burning myself out."

Lazzaro, who injured himself earlier in his deployment, said he chose to compete in the race to challenge himself to see where he is at, physically.

"I run because I have to, I really don't like to do it," said Lazzaro. "I love other events that don't include constantly running."

While some Troopers participated in the events, others showed their support for MWR programs and their events by volunteering and cheering on competitors.

"People down here in GTMO think 'Oh, there is nothing to do,' all they have to do is look around," said Cody Beets, a two-time participant. "Almost every Saturday, the MWR is holding great events like this."

According to Beets, the events are not always the same. The competition today had kayaks, bikes, and paintball guns instead of only running.

The MWR program gives Troopers fun distractions from their everyday workload. For more information on upcoming events contact the G.J. Denich Gym at x77262.



A Trooper shoots her paintball gun at the target during the paintball portion of the event.

Article and photos by  
**ARMY SGT. RYAN L. TWIST**

# GUNSLINGERS CRUSH MIGHTY GUNS



A Joint Task Force Trooper from the Mighty Guns runs to the end zone at a flag football game, Oct. 20 at Cooper Field at U.S. Naval Station Guantanamo Bay, Cuba. The Mighty Guns record is 2-2.

Two flag football teams were pitted against each other in an inter-unit rivalry face-off at the Cooper Field Complex at U.S. Naval Station Guantanamo Bay, Cuba, Oct. 20. After heckling each other all week, the Gunslingers shut out the Mighty Guns, 47-0.

The Mighty Guns started strong in the first quarter, moving the ball up to the 45-yardline, but the Gunslingers' defenseman, Noe Vasquez, stopped them with a pick-six.

Jose Campos, the quarterback for the Gunslingers, deemed Vasquez as one of the most valuable players for the game.

"He hasn't been out there a whole lot, he's had a hard time getting away from work," said Campos. "When he came today, he came ready to play, and he got two interceptions running them back for touchdowns to prove why he's one of the defensive captains."

In the second quarter, the Mighty Guns continued to fail to connect with each other as the Gunslingers' defense and offense stayed strong.

Joe Gonzales, the safety and wide receiver for the Mighty Guns, said the lack of strong passes and tough defense contributed to their loss. Additionally, some of their players' inexperience added to the challenges they faced in the game.

What the Mighty Guns lacked the Gunslingers had ten-fold.

Communication was the key to winning the

game, said Lorenzo Lopez, Gunslingers wide receiver. He said particularly, the quarterback, Campos, did a great job of keeping everyone level-headed and motivated to make big plays.

Campos agreed, saying throughout the game all of his wide receivers stayed on the same page, following the routes he had mapped out. This enabled his wide receivers to adjust on the fly and trust in him to get the ball to them. Additionally, the Gunslingers' tough practices and motivation to win contributed to their victory.

The Gunslingers' preparation paid off. Currently, the team remains undefeated with a 4-0 record.

With yet another victory, the Gunslingers aim to win the championship, said Campos.

Despite the Mighty Guns' loss, they remain positive. Currently, their record is 2-2.

Their experience and determination to work hard will help them overcome their weaknesses and allow them to fight their way to the top during the playoffs, said Gonzales.

The Mighty Guns are scheduled to play 377th MP Co, Oct. 27 at 9 p.m., while the Gunslingers will play, Oct. 28 against the Punishers at 7 p.m. Flag football games run Monday through Friday from 7- 9 p.m. on the multi-purpose field located next to G.J. Denich Gym.

Article and photo by  
**SPC. NICOLE NICOLAS**

## MWR ULTIMATE FRISBEE

No.	Team Name	Standings
01	Dislexia	13-1
02	The Ice Men	11-3
03	Frizz Beez	10-4
04	Salt Water Cowboys	9-5
05	Down to Flick	4-10
06	Legal Air Warfare	4-10

## MWR FLAG FOOTBALL

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

## MWR CO-ED SOFTBALL

No.	Team Name	Standings
01	Spartans	10-0
02	CT Stormtroopers	9-0
03	GTMO Bandits	8-1
04	Slap Pitches	8-1
05	Sons of Pitches	8-1
06	Blazing Saddles	7-1
07	Gatekeepers	4-1
08	Ghost Riders	7-3
09	Inglorious Batters	6-3
10	One Hit Wonders	5-3
11	Punishers	4-3
12	Care Bear Warriors	5-4
13	Guardians	6-5
14	GTMO Latinos Plus	5-5
15	Outcasts	5-6
16	The Sliders	4-5
17	Caught Looking	4-5
18	Sluggers n' Chuggers	4-6
19	TAO B	4-6
20	Iguanamo	3-5
21	NAVSTA Security	3-5
22	Pitch Slap	3-6
23	TAO A	3-5
24	French Team	3-9
25	Football Bats	2-7
26	Gunslingers	2-7



## SIMPLE STRETCHES AND STRENGTH TRAINING PREVENT SPORTS INJURIES

The most common injuries at U.S. Naval Station Guantanamo Bay, Cuba, include ankle sprains, knee injuries, shoulder injuries and tendinitis, said Navy Lt. Jessica Muehr, a physical therapist at the base hospital.

On average, Americans spend more than eight hours a day in front of television screens, computer monitors and cellphones, according to the "Video Consumer Mapping" study conducted by Ball State University's Center for Media Design and Sequent Partners for the Nielsen-funded Council for Research Excellence.

These long periods of inactivity at work can cause some sports injuries, said Muehr.

"We have a lot of jobs associated (with) sitting at computers and deskwork, because of that, the muscle is already tight and (then) you're taking a tight muscle and asking it to do work," Muehr explained.

All of these injuries are preventable with stretching exercises, she said. Prior to playing a sport or lifting weights, you should loosen your muscles by stretching each of them for at least 30 seconds at a time.

Additionally, Muehr noticed her patients have become more active

here than at home and the overuse of the muscles causes more injuries.

"People don't stretch for 30 seconds, which is how long you need to stretch to see an improvement in flexibility," said Muehr.

One exercise to prevent shoulder injuries is to stretch with the overhand arm stretch exercise, by first bringing your arm over your head then, elevating your elbow with the opposite hand, pulling toward the opposite side.

It is also important to do strength training to prevent shoulder injuries.

Muehr recommends an upright row machine as well as internal and external rotation strengthening by using a cable column, where you are pulling across your body and the other toward your body to strengthen the rotator cup.

Have a health question? Contact me at nicole.l.nicolas@jtfgtmo.southcom.mil. I'll answer it in an upcoming edition of The Wire.

Article by  
**SPC. NICOLE NICOLAS**

*"Lack of activity destroys the good condition of every human being, while movement and methodical physical exercise save it and preserve it." - Plato*



### JSMART SPOT

▲ JSMART HELPER: HARLEY

### DEALING WITH THE HOLIDAY BLUES WHILE AWAY

The holidays are around the corner. Included in the festivities are family, food and fun. However, the holidays may present a difficult season if one is deployed or PCS'd overseas. Being away from loved ones this time of year can result in the "holiday blues," sadness, heightened stress, fatigue, financial constraints and loneliness. While the holiday blues are not military specific, these negative feelings can be exacerbated due to separation from family and friends while serving.

There are several steps you can take to prevent these "blues" to maintain and strengthen your ability to remain resilient this season. It's important to stay well connected to your fellow Troopers and be the support each other needs. Get together for potluck meals or gift exchanges. Enjoy some grill-outs at the one of the many beaches on sunny GTMO, or get together to enjoy some holiday films. Be

careful to avoid overindulging in food, alcohol or spending money, as these responses can be typical to the stress we experience in the season where holiday blues are prevalent. It helps to remember that these are only temporary fixes that may result in future problems. To steer clear of feeling overwhelmed, take each holiday as it comes instead of viewing it as a whole season missed. Communicate with family and friends back home, allow them to send care packages and return the favor with small gifts.

If you experience depressive symptoms for an extended period of time, seek assistance and reach out for help. The holidays are a great opportunity to grow closer to those who are in the same position.

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

# MILITARY HISTORY

### FEDERAL DEPARTMENT OF THE NAVY CREATION

On this day in 1775, the Continental Congress appointed seven members to serve on an administrative naval committee tasked with the acquisition, outfitting and manning a naval fleet to be used in defense against the British. Members of the first naval committee included some of the most influential members of the Continental Congress and several "founding fathers," including John Adams, Joseph Hewes, John Langdon, Richard Henry Lee, Silas Deane and Stephen Hopkins.

On Dec. 22, Esek Hopkins, Stephen's brother, was appointed the first commander in chief of the Continental Navy. Congress also named four captains to the new service. Their vessels, the 24-gun frigates Alfred and Columbus, and the 14-gun brigs Andrew Doria and Cabot, as well as three schooners, the Hornet, the Wasp and the Fly, became the

first ships of the Navy's fleet. Five first lieutenants, including future American hero John Paul Jones, five-second lieutenants and three third lieutenants also received their commissions.

With help from the committee, America's first navy went from a fleet of two vessels on the day Congress established the naval committee to a fleet of more than 40 armed ships and vessels at the height of the War for Independence. The Continental Navy successfully preyed upon British merchant shipping and won several victories over British warships. This first naval force was disbanded after the war. What is now known as the U.S. Navy was formally established with the creation of the Federal Department of the Navy in April 1798.

Article courtesy of  
**WWW.HISTORY.COM**

**RELIGIOUS SERVICES**

**ROMAN CATHOLIC (NAVSTA chapel)**

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

**PROTESTANT SERV. (JTF Troopers' chapel)**

Sunday\* 0900&1900  
 Friday 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

**REGULAR 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

**FLEET AND FAMILY SUPPORT CENTER EMPLOYMENT WORKSHOPS**

Fleet and Family Support Center is offering employment workshops to JTF Troopers to assist them with seeking civilian and/or federal employment after their deployment.

Nov. 3: Interview 360 from 1-3 p.m. at the FFSC building.

Nov. 4: Capstone from 9-10 a.m. at the FFSC building

Nov. 9: Civilian resume writing from 1-3 p.m. at the Windjammer Classroom

Nov. 12: Navigating Federal Employment from 9-11 a.m. at the Windjammer Classroom

Nov 16: Social Media 1-3 p.m. at the Windjammer Classroom

Nov 24: 10 Steps to a Federal Job 8 a.m. - 3 p.m. at the Windjammer Classroom

For more information or to sign up call Catherine Koop, Work and Family Life Specialist, at x4141.



*Photo by Christy Catisha*

## **PARTING SHOT**



'TARANTULA' PHOTO BY CHRISTY CATISHA. FOR A CHANCE TO HAVE YOUR PHOTO FEATURED IN THE PARTING SHOT, PLEASE SEND SUBMISSIONS TO: [THEWIRE@JTFGTMO.SOUTHCOM.MIL](mailto:THEWIRE@JTFGTMO.SOUTHCOM.MIL)



**THE WIRE**