

THE OFFICIAL PUBLICATION OF JOINT TASK FORCE GUANTANAMO

THE WIRE

January 22, 2016



BEEF CoC: CHANGING FACES DOESN'T MEAN SLOWING DOWN

NEW CIVIL ENGINEERING TEAM TAKES
COMMAND AT GTMO

MEDICAL PARTNERSHIP MAKES FOR HEALTHY TROOPS

JTC COLLABORATES WITH SPECIALISTS
AT NAVAL HOSPITAL

TROOPERS SPIN THEIR WAY TO SUCCESS

SERVICE MEMBERS, RESIDENTS
TAKE ON CYCLING ADVENTURES

PHOTO STORY

GET OUT, VOTE: FEDERAL OFFICE ABSENTEE VOTE INFORMATION

The Uniformed and Overseas Citizens Absentee Voting Act of 1986 or UOCAVA, allows certain U.S. citizens to apply to register and vote absentee in elections for Federal office.

Citizens covered under UOCAVA include:

1. Members of the Armed Forces or Merchant Marine who are absent from their voting jurisdiction due to their service.

2. Dependents of members of the Uniformed Services or Merchant Marine who are absent from their voting jurisdiction with the member.

3. U.S. citizens residing outside the U.S. and its territories.

It is important to remember every vote counts. Recent elections have been decided by a margin of victory of less than 0.1 percent. For example, the 2006 election in Oklahoma State House of Representatives was won by only two votes, and that could mean your absentee vote.

State primary elections will be held as early as February 2016 in some states. Keep in mind election officials send ballots 45 calendar days before the election.

Most states require you to complete an absentee ballot application to start the absentee voting process.

The Federal Voting Assistance Program or FVAP encourages the use of the Federal Post Card Application or FPCA to start the absentee voting process as it is standardized

for use across all states and will extend your eligibility to receive a ballot for all Federal elections for which you are eligible. The FPCA acts as both a registration and absentee ballot request form.

If you wish to complete your Voter Registration and Absentee Ballot request form online, visit the website: <https://www.fvap.gov/>.

Each state has its own schedule of elections. For a complete list of your specific state's scheduled elections or if you have questions or concerns, please contact your Unit Voting Assistance Officers or UVAO.

Below is a list of upcoming elections:

- Iowa Presidential Primary: Feb. 1
- New Hampshire Presidential Primary: Feb. 9
- South Carolina Republican Presidential Primary: Feb. 20
- South Carolina Democratic Presidential Primary: Feb. 27
- Alabama Presidential Primary or State Primary: March 1
- Arkansas Presidential Primary or State Primary: March 1
- Georgia Presidential Primary: March 1
- Massachusetts Presidential Primary: March 1
- Oklahoma Presidential Primary: March 1
- Tennessee Presidential Primary: March 1
- Texas Presidential Primary or State Primary: March 1

- Vermont Presidential Primary: March 1
- Virginia Presidential Primary: March 1
- Louisiana Presidential Primary: March 5
- Idaho Republican Presidential Primary: March 8
- Michigan Presidential Primary: March 8
- Mississippi Presidential Primary or State Primary: March 8
- Puerto Rico Republican Presidential Primary: March 13
- Florida Presidential Primary: March 15
- Illinois Presidential Primary or State Primary: March 15
- Missouri Presidential Primary: March 15
- North Carolina Presidential Primary or State Primary: March 15
- Ohio Presidential Primary or State Primary: March 15
- Arizona Presidential Primary: March 22
- Wisconsin Presidential Primary: April 5
- New York Presidential Primary: April 19
- Connecticut Presidential Primary: April 26
- Delaware Presidential Primary: April 26
- Maryland Presidential Primary or State Primary: April 26
- Pennsylvania Presidential Primary or State Primary: April 26
- Rhode Island Presidential Primary: April 26

Article by

JTF PUBLIC AFFAIRS OFFICE



As a Christian chaplain, I am reminded of a passage from the Bible that speaks to an experience many of us at Guantanamo Bay, Cuba, will face.

"Then the eleven disciples went to Galilee, to the mountain where Jesus had told them to go. When they saw him, they worshiped him; but some doubted. Then Jesus came to them and said, 'All authority in heaven and on earth has been given to me. Therefore, go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end

APPRECIATE, COPE WITH SAYING GOODBYE

of the age.'" (Romans 28:16-20) However, whatever your beliefs, good-byes are never easy, but are part of our lives.

I have probably said more goodbyes in the past nine months than I have in a very long time. There are a couple of ways we cope with our farewells to friends and family. The first way is to forgo the act of bidding someone farewell. Some just disappear and do not tell anyone that they are leaving. People often do this to avoid the embarrassment of tears, the feeling of loss and the acceptance of the finality of a farewell. While this may initially stop the tears, ignore the loss and suppress your feelings, the results are hurt, loss and unresolved feelings.

The second way we cope is, we tend to hang onto the loss, not let go and move on. I understand it and that everyone may experience homesickness. Homesickness may lead to the inability to move on and focus on the mission. Not letting go can lead to

loneliness, withdrawal and bitterness.

The last way we cope with a farewell is with acceptance. Goodbye is just another part of life and letting go; it is the ability to honor what you have had, treasure it in your heart and appreciate those whom you love. Do not get me wrong, I have shed a few tears on the island when saying goodbye. I also know with email and social networks, I will be able to maintain a relationship across many miles.

Treasure the relationships you have. Say goodbye and appreciate the significance of the relationships. Just as Jesus said goodbye to his friends expecting them to continue with the work that they had been doing together, let go and have faith that saying goodbye does not have to be difficult.

Article by

ARMY CHAPLAIN (MAJ.)

HEATHER J. SIMON

JTF GTMO Chaplain



LEADERSHIP & CHAPLAIN

Read the absentee voting information in this week's leadership spotlight. The chaplain explains goodbyes, farewells and gives advice on how to cope with a difficult departure.



GTMO NEWS / COVER PHOTO

Learn about a unique way to bring a piece of GTMO home. Flying a flag can memorialize happy events. Prime BEEF 18 takes command as the Prime BEEF 17 leaves the island.



PHOTO STORY

Troopers spin their way to success by participating in a group fitness course at the G.J. Denich Gym. Many attend the cycling class, which runs three times a week.



ENTERTAINMENT

"Ride Along 2", starring Kevin Hart and Ice Cube, fails to lock up any sort of entertainment. "Sisters", on the other hand, was a hit with many hilarious scenes from the former "SNL" actors.



SPORTS

With a half marathon and a full marathon right around the corner, Troopers prepare themselves for miles of running by taking advantage of other MWR activities.



JSMART & HISTORY

JSMART explains the importance of "sleep hygiene" and how to receive a full night's rest. This January marks the 13th anniversary of JTF GTMO.

MOTIVATOR OF THE WEEK

**AIR FORCE STAFF SGT.
MILANIE STEGALL
PRIME BEEF**

**SPC. SAVANNAH SANITOA
J2**

100 PERCENT SHRED IT OR REGRET IT!

Joint Task Force Guantanamo has a 100 percent shred policy while at work and while in housing areas. This means all paper materials should be shredded! It does not matter where the dumpster is. No trashcan or dumpster is safe to discard FOUO, PII or sensitive information. Documents that are work-related or contain PII or sensitive information should not be taken to housing areas. Do not throw any un-shredded paper in the trash. No hesitation, no question, just shred it!

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.

/ jointtaskforceguantanamo

@ jtfgtmo

/ Photos / jtfgtmo

/ jtfgtmo

COMMAND STAFF

Commander / **NAVY REAR ADM. PETER J. CLARKE**

Deputy Commander / **AIR FORCE BRIG. GEN. JEFFREY W. BURKETT**

Command Sgt. Maj. / **ARMY COMMAND SGT. MAJ. DAVID W. CARR**

Office of Public Affairs Director / **NAVY CAPT. CHRISTOPHER SCHOLL**

Deputy Director / **AIR FORCE LT. COL. MICHAEL MERIDITH**

Command Information Officer / **ARMY CAPT. ALANNA WOOD**

PUB. STAFF

Senior Editor / **ARMY SGT. 1ST CLASS MARIE SCHULT-SLOSSER**

Senior Assoc. Editor / **ARMY SGT. CHRISTOPHER GARIBAY**

Editorial Designer / **ARMY STAFF SGT. ALEAH M. CASTREJON**

Photojournalist & Photo Editor / **ARMY SGT. CHARLIE HELMHOLT**

Photojournalist & Sports Editor / **ARMY SGT. RYAN L. TWIST**

Photojournalist / **ARMY SGT. IAN WITHROW**

Photojournalist & Social Media Editor / **SPC. JUSTIN LE MALONE**

COVER PHOTO BY

ARMY SGT. CHARLIE HELMHOLT



VOLUME 18: ISSUE 29

HQ Building, Camp America
Guantanamo Bay, Cuba
Commercial: 011-5399-5030
DSN: 660-5030

email: thewire@jtfgtmo.southcom.mil
www.jtfgtmo.southcom.mil/wire/wire.html

PRIME BEEF: CHANGING FACES DOESN'T MEAN SLOWING DOWN



Air Force Lt. Col. Christopher Gant, the outgoing BEEF 17 commander, welcomes Air Force Lt. Col. Fredrick H. Thomas, the incoming BEEF 18 commander, as he arrives at Ferry Landing on Jan. 5. (Photo by Spc. Justin Le Malone)

With nearly 200 hours of professional development spread among a 24-person unit, stationed here for only six-months, it is amazing anyone has had a chance to get to know the members of the 474th Expeditionary Civil Engineer Squadron, Prime Base Emergency Engineer Force 17.

However, at U.S. Naval Station Guantanamo Bay, Cuba, it seems as though most Joint Task Force Guantanamo Troopers know a Prime BEEF member or two. This may be because of the nearly 800 hours of volunteer time logged by the small unit, in addition to their day-to-day jobs.

Prime BEEF 18 steps into support the JTF as Prime BEEF 17 passes the guidon and prepares to depart. Both the guidon and responsibility were passed at a change of command ceremony at Camp Justice on Jan. 12.

"The standard you have set will be difficult to maintain," said incoming Prime BEEF 18 commander, Air Force Lt. Col. Frederick H. Thomas, during his speech at the ceremony. "Over the past week I've observed the relationships, unit cohesion and respect you have earned around the JTF and I'm amazed at what has been accomplished in six months."

The outgoing Prime BEEF 17 commander, Air Force Lt. Col. Christopher L. Gant, spoke of his unit and sang their praises, calling them the standard against which future Prime BEEF teams would be measured.

"I've found that in this short time, I've grown to be very close to the members of Prime BEEF 17," said Gant. "You've proven

to be a very skilled and motivated team of talented individuals who work diligently to improve the world around you."

In attendance were many of the Prime BEEF 17 friends, co-workers and special guests, Air Force Brig. Gen. Jeffrey Burkett, the JTF deputy commander, as well as Air Force Col. James T. Sheedy, commander of the 612th Theater Operations Group, Headquarters Twelfth Air Force, from Davis-Monthan Air Force Base, Arizona.

"BEEF 18, your task is laid out...Your mission here is not just a priority for the Department of Defense, it's an important

priority for the people of the U.S.," said Sheedy.

Burkett echoed this sentiment and added, without the Prime BEEF's hard work and support, the JTF could not make its mission happen, owing facility maintenance and infrastructure repair to Prime BEEF teams.

"(Prime) BEEF 18 you do have big shoes to fill, but I have no doubt that you will fill them well," said Burkett. "Civil engineers all come from the same mold; hard working, dedicated and professional."

Some of the Prime BEEF 17's highlights included extensive road repairs after Hurricane Joaquin, the building of a back deck for the Camp America Liberty Center and the installation of a parking lot for the JTF.

Thomas added that while Prime BEEF 17 did indeed set a high bar, he believes that Prime BEEF 18 will be up to the challenge of meeting and even surpassing their predecessors by following just a few simple tenants.

"My goals for BEEF 18 are simple; readiness both mentally and physically, proper care of equipment to sustain the mission and quality of service," said Thomas. "I believe meeting these goals will result in a zero fail mission."

Regardless of whether Prime BEEF 18 meets the standard set by Prime BEEF 17 or surpasses it, one thing is for sure; JTF Troopers have an engineer team dedicated to their mission, poised to go above and beyond for their fellow service members.

Article by
ARMY SGT. CHARLIE HELMHOLT



Chief Master Sgt. Todd M. Kirsch, Senior enlisted leader, and Chief Master Sgt. Christopher V. Thai, of the 474th Expeditionary Civil Engineer Squadron Prime BEEF 17 and 18 respectively, stand at parade rest with the unit's guidon at Camp Justice during a change of command ceremony, Jan. 12. (Photo by Army Sgt. Charlie Helmholt)

STARS AND STRIPES FOREVER: BRING A PIECE OF GTMO HOME



The Expeditionary Legal Complex at U.S. Naval Station Guantanamo Bay, Cuba, is operated in part by the Commissions Liaison Office, which offers a free flag-flying service for Joint Task Force Guantanamo Troopers and NAVSTA residents. (Stock photo courtesy of JTF PAO)

Old Glory, the Stars and Stripes, the red, white, and blue; The American Flag has many names and over the last two and a half centuries it has changed many times, but few things so clearly symbolize our nation and its military men and women. It is, perhaps, odd to think of a flag as a souvenir. In military families especially, a folded flag often means the loss of a loved one, or the conclusion of an honorable career.

Flags can also memorialize happy events, such as a promotion or the completion of a tour of duty. In the vein of commemorating one's time at U.S. Naval Station Guantanamo Bay, Cuba, Troopers with Joint Task Force Guantanamo may be happy to know there are opportunities to have a flag flown to mark their time here.

"I feel that having a flag flown not only represents our great nation but also a period in time of your personal military heritage," said Navy Petty Officer 2nd Class Josef Johannesen, information systems technician and communications noncommissioned officer for the Commissions Liaison Office. "I have had service members request flags to be flown for meaningful days to them personally like anniversaries and birthdays. It is a souvenir that far surpasses any 'it don't GTMO better' t-shirts or stuffed iguana(s) and it can't be measured in monetary value."

Flags flown by the CLO are flown above the Expeditionary Legal Complex in Camp Justice, right outside where the actual commissions hearings take place.

Requesting a date to have your flag flown is simple, you need to contact either Johannesen or his counterpart, Navy Petty Officer 2nd

Class Benjamin Blanco, a logistics specialist and badge request noncommissioned officer-in-charge for the CLO.

"Just send us an email that you're interested," said Johannesen. "We will send you the request form."

Troopers need to know, however, their flag will not get equal flight time from one day to the next. On days like Sept. 11, there may be upwards of 30 flag requests, so the time is divided equally. Other days may have only one flag, in which case it is flown



Navy Petty Officer 2nd Class Ashley White, Master at Arms, with the Commissions Liaison Office at Joint Task Force Guantanamo Bay, Cuba, flies a flag at Camp Justice for Troopers in honor of Veterans Day, Nov. 11. (Photo by Army Sgt. 1st Class Marie Schult-Slosser)

all day, said Johannesen.

While there are no restrictions on flag size, said Johannesen, they generally fly flags in either 3 feet by 5 feet, or 4 feet by 6 feet. Interested parties will need to provide their own flag, which can be purchased at the Navy Exchange.

Interested Troopers should also know there are actually two opportunities to have a flag flown at GTMO. The U.S. Coast Guard boats of the Maritime Security Detachment fly flags for Troopers during their Anti-terrorism Force Protection Patrols of the waters in and around GTMO.

"It's a really unique souvenir," said Army Sgt. Ryan Twist, a public affairs specialist with the JTF Public Affairs Office, who had two flags flown by the CLO for his children. "It isn't an opportunity that very many people have, so I wanted to take advantage of it while I was here."

Twist said he also had a flag flown during his deployment to Iraq in 2009-2010, and that he hopes to have one flown each place the Army takes him.

Truly, what better way to remember your time here as a JTF Trooper or NAVSTA service member than to bring a little piece of GTMO history back with you? Additionally, when you have your flag flown, you will receive a certificate stating the day your flag was flown as well as how long it flew, said Johannesen. For more information, or to have your own flag flown, contact the MARSECDET at x4102 or the CLO at x5355.

Article by
ARMY SGT. IAN WITHROW

GET OUTSIDE, SOCIALIZE, HAVE FUN WITH THE MWR



Kartes Thaxter and Richard Weston, lifeguards at the Windjammer Pool, oversee the safety of swimmers. The Windjammer Pool was recently remodeled and filled with salt water, making it easier for swimmers' buoyancy and skin.

Editor's note: This is the third of a three part series profiling support functions of Joint Task Force Guantanamo.

After a long day or night shift, Joint Task Force Guantanamo Troopers may want to relax. The Morale, Welfare & Recreation program at U.S. Naval Station Guantanamo Bay, Cuba, serves to provide Troopers with healthy stress relief options.

Tara Culbertson, MWR director at GTMO, said the MWR here offers an abundance of venues and programs, which Troopers can participate in.

"I would say to people who say, 'there's nothing to do here,' that they're choosing that," said Culbertson. "You can learn how drive a boat, learn how to sail, go for a hike along the trails, visit any one of our liberty centers, play a few rounds of golf and of course, go to the gym or Cooper Field. I would challenge them to try one outdoor activity they find interesting while they're here."

A unique issue facing the MWR here is the lack of alternative activities available on base. This creates an opportunity for their staff to be creative in developing programs that will interest the diverse group of Troopers stationed and deployed here. Other bases have towns nearby to keep Troopers entertained. The isolation that GTMO generates, results in the need for something to fill that void, which is where the more than 175 MWR personnel who reside on the island come in.

"Stateside, there is a lot for Troopers to do outside of base, but here at GTMO, we don't have that option," said Culbertson. "It does present our recreation professionals an opportunity to create a broad and robust program and grants us a lot of creative freedom."

In addition to the programs the MWR plans for Troopers in GTMO, the MWR also works to maintain the state-of-the-art sports and fitness facilities across the base.

She said those who may want to run at night could do so along the asphalt track at the Cooper Field Complex by turning on the solar-powered lights lining the perimeter. The button is located near the bridge between the Skate Park and Cooper Field on a slender pole next to the green generator.

Some of the most popular amenities the MWR offers Troopers, are located at the Liberty Centers at Camp America, Marine Hill, Deer Point and Tierra Kay. These centers vary in size and services,

but all have Wi-Fi and have additional bandwidth to meet the needs of modern messaging and communication apps such as, FaceTime and Skype, said Culbertson.

"The Liberty Centers offer a variety of indoor and outdoor activities that encourage unaccompanied service members to get out of their rooms and socialize with others and relieve stress," said Latoya Steward, recreation specialist with MWR GTMO. "We understand this is a secluded base so we want to ensure their stay here is fun. Many of our programs offer prizes for some of the activities."

Steward said Troopers may visit the Marine Hill Liberty Center to rent equipment for groups and units to use such as, an inflatable jousting platform, corn-hole boards and more. Those interested in organizing clean-ups for volunteer service hours can check out materials from the liberty center, she said.

Those who live near Camp America may visit the liberty center and take advantage of the new deck built out back, allowing Troopers the chance to observe the scenic ocean view. The Prime Base Emergency Engineer Force 17 first constructed the deck and final changes were made by Prime BEEF 18, said Jay Alumppe, recreation assistant at Camp America Liberty Center.

"We want Troopers to feel like they can come here to the liberty center any time of the day, we're open 24 hours," said Alumppe. "The liberty center is their second home and they can hang out any time."

There are a number of Troopers who appreciate the services and resources the MWR has to offer.

"We have a bunch of guys on the night schedule so it's nice that this place is open 24 hours," said Spc. Gregory A. Sumner, a military police officer with the 525th Military Police Battalion. "These places help you occupy your time and gives you a lot to do."

Those interested in learning more about the MWR activities can pick up a copy of their monthly publication, GTMO Life, or visit their Facebook page at MWR GTMO.

Article and photos by

ARMY SGT. CHRISTOPHER A. GARIBAY



Tony Tagulao, recreation aid with the Morale, Welfare & Recreation at the G.J. Denich Gym rings out a customer signing up for a run on Jan. 21.

MEDICAL PARTNERSHIP MAKES FOR HEALTHY TROOPS



Navy Petty Officer 2nd Class Willie J. Knighton, a registered respiratory therapist, with U.S. Naval Station Guantanamo Bay, Cuba, Naval Hospital, performs a system maintenance test, Jan. 20.



Navy Lt. Jessica Muehr, department head of physical therapy, speaks to and evaluates Joint Task Force Guantanamo Trooper Army Capt. Alanna M. Wood at in the physical therapy office, Jan. 20.

What does a Trooper do when they are feeling sick at Joint Task Force Guantanamo? When a Trooper sprains their ankle, where should they turn?

The Joint Task Force Guantanamo Joint Trooper Clinic's mission is to provide care to JTF Troopers, keeping JTF Soldiers, Sailors, Airmen and Marines healthy, said Army Capt. Deborah Oldfield, the JTF JTC officer-in-charge.

The clinic has six health care providers, three medical doctors, two physician assistants and a Navy independent duty corpsman, the only enlisted health care provider occupation in the military.

What happens when something is a little more than what the JTC is set up for?

Even though the volume at the JTC is nearly the same, in terms of patients seen as the Guantanamo Bay Naval Hospital, there are some injuries and illnesses for which the JTC is unable to provide the best care. In these situations, the JTC relies on its relationship with the Naval Station Hospital.

"The JTC and the Naval Hospital Guantanamo work very closely together," said Oldfield. "We try to answer all of the JTF's routine healthcare needs at the JTC, but often Troops have to be seen in the Emergency Room or by Specialty providers."

Specialty services available at the Naval Hospital include: Internal Medicine, Family Practice, Orthopedics, Gynecology, Optometry, General Surgery, Physical Therapy, Nutrition and Occupational Medicine.

For example, if a Trooper has breathing problems, they may be sent to the hospital's primary care department to do a Pulmonary

Functions Test with Navy Petty Officer 2nd Class Willie J. Knighton, a registered respiratory therapist.

"We basically do a PFT, take an assessment of a patient's lungs and their breathing capabilities," said Knighton. "If someone has asthma or chronic obstructive pulmonary disorder; any kind of respiratory disorder, we can evaluate that."

From there, Troopers can schedule follow-ups directly to make sure the medication is working and the disorder is not getting worse.

Knighton works with an Internal Medicine Doctor, who can test service members further, such as having them run on a treadmill and perform a stress test to determine if exercise worsens their condition, allowing for more precise patient care.

Another place JTF Troopers are referred to frequently is Physical Therapy.

"A large portion of my patients are JTF members," said Navy Lt. Jessica Muehr, the department head of physical therapy. "One of the most common types of injuries we deal with is Patello-Femoral (of the knee and femur) pain, luckily most of the time we can treat this with quad stretches and by increasing hip strength."

These are just two of several specialty practices that the JTC can utilize to ensure JTF Troopers are taken care of.

Both Muehr and Knighton agree that many of the patients they see are actually Troopers who initially come from the JTC, making the relationship between the two a valuable one to the JTF.

Article and photos by
ARMY SGT. CHARLIE HELMHOLT

TROOPERS SPIN THEIR WAY TO SUCCESS

As the class fills up with eager participants, the instructor prepares herself. She sits on her bike, tightens her shoes, puts on the hands-free headset and speaks to those who have found their bikes. She guides her class through the initial steps and then begins the music indicating the start of class. Everybody begins to pedal his or her bikes.

Joint Task Force Guantanamo Troopers and U.S. Naval Station Guantanamo Bay, Cuba, residents spin together improving their cardio in a cycling class, at the G.J. Denich Gym.

"It's a great way to do cardio without thinking you're doing cardio," said Michael Zavakos, a participant who recently started attending the class to burn calories. "(I came) to work off some of that holiday fat and do it in a fun way that is not too agonizing. It's less of an impact on the body as well."

The class is focused on starting at the lowest gear level and working their way up, said Jennifer Nelson, who has been a cycling fitness instructor for one year. She is a certified spinning instructor, which means yelling out gear numbers is not what she focuses on.

Nelson, who has done indoor cycling for four years, uses music to guide her through the workout and to gauge how long the class will take.

"Thirteen songs," said Nelson, who enjoys listening to fast paced

music when teaching the class. "I try to mix it up. I try to make people happy.... If people come with requests, as long as it's not crazy, I'll do it."

During a song, they will do either a workout or recovery, said Nelson. The workouts consist of cycling techniques such as sprints, climbs or a three-position technique where they sit, stand or hover over the bike. She breaks up the exercises with different

**IT'S
FLATTERING
TO SEE THE
CLASSES
FULL**

combinations or uses just one technique during a class. During one cycling or spin class as it is also known, all 20 students spent the whole hour climbing.

To get through an hour of hill climbing students are encouraged to bring a friend for support.

"You're more committed to do it for a longer period of time in the group," said Scott Krull, who started going to the class because of a fellow Trooper. "You don't want to be the guy that leaves in the middle (of class), whereas if

you do it by yourself you're like 'I'm going to do it for 20 minutes and then 20 minutes turns into 15 and you leave."

The bike is a great way to raise your endurance and build your leg strength for the two-mile run, said Krull, who shaved off two minutes by biking.

Similar to other classes offered at the gym, the opportunity to try something new is available for all service members.

"The worst you're going to do is burn some calories," said Nelson. "I am just really glad that as many people like it as they do. It's flattering to see the classes full (and) to see that many people are interested and to see people keep coming back."

As the last song dwindles, the instructor informs them the class is has ended. Still sweating profusely, they stop pedaling and dismount their bikes. Then, everyone cleans their bike before staggering out of the room. After they all leave, the bikes sit abandoned until the next class. Are you ready for a cycling workout?

The cycling class, sponsored by the Morale, Welfare & Recreation, is held every Tuesday and Thursday from 6-7 p.m. and Wednesday from 5-6 a.m. For more information about the class, contact the G.J. Denich Gym at x77262.

Article and photos by
ARMY SGT. RYAN L. TWIST



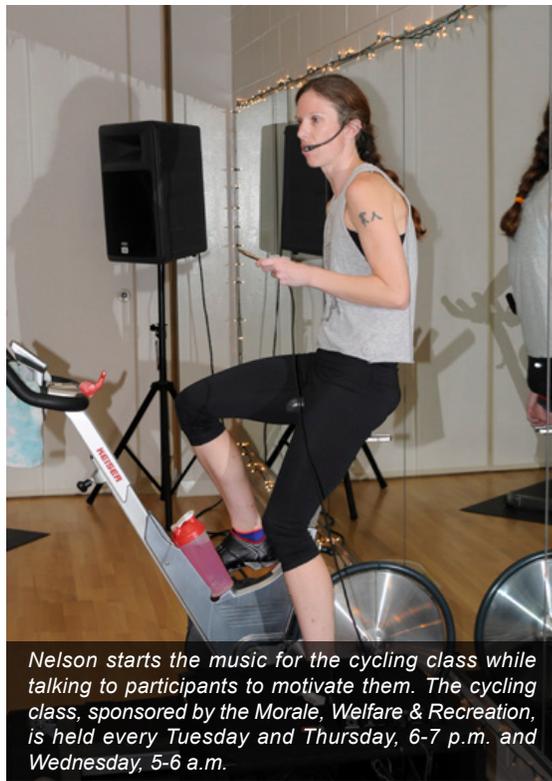
Jennifer Nelson, cycling instructor, leads service members and residents in a spin class to improve their cardio, Jan. 14. The cycling class is held three days a week at the G.J. Denich Gym.



Cycling class participants warm-up during a cycling class at the G.J. Denich Gym on Jan. 14.



Michael Mega, a participant, spins on a stationary bike during the cycling class.



Nelson starts the music for the cycling class while talking to participants to motivate them. The cycling class, sponsored by the Morale, Welfare & Recreation, is held every Tuesday and Thursday, 6-7 p.m. and Wednesday, 5-6 a.m.



Christopher Fernandez, a participant, spins on a stationary bike during a cycling class.



Nelson leads the cycling class, motivating service members and residents during a rest period in the class.



The spinning bikes sit alone upon completion of the cycling class for Joint Task Force Guantanamo Troopers and U.S. Naval station Station Guantanamo Bay, Cuba, residents.

MOVIE REVIEW / **RIDE ALONG 2**

If you have seen trailers for the latest Kevin Hart movie, “Ride Along 2”, you’ve seen the entirety of the movie. You should spare yourself the trouble of sitting through 102 minutes of this waste of a film. It is not so much that this movie was the same as the last one, as it is that it was abhorrently worse. Plus, it is apparent Hart has gone down the path of Carlos Mencia and Adam Sandler, un-evolved comedians whose recycled jokes just stop being funny.

The movie picks up where its predecessor left off, with Ben Barber (Hart) as a probationary new police officer looking to advance his career, albeit much too quickly. He teams up with and tries to impress his soon-to-be brother-in-law James Payton (Ice Cube).

In case you forgot, Ben is the wimpy, over-compensating, little guy, trying to be a cop and James is the too-cool, super tough, detective. Ben is also in the final stages of planning a wedding with James’ sister, Angela (Tika Sumpter). This dynamic is used as the butt of too many jokes.

Back at work, Ben and James come across a lead that will help them bring down a drug trafficking ring in their hometown of Atlanta, Georgia. They head to Miami in search of this lead. Ben badgers James into taking him along. In Miami, they join forces with Detective Maya (Olivia Munn) who is an all-around badass who beats-up on Ben every time he acts like a goof.

Then they discover that Antonio Pope (Benjamin Bratt) is the head of a transnational criminal organization. He is also one of the major philanthropists in the city with his preferred charities being none other than the Miami Police Department.

The dynamic trio of detectives finds and saves the life of their

informant, A.J. (Kevin Cheong), a hacker who stole from Pope and is now running for his life. While he did not initially want to be an informant, the circumstances of Pope wanting him dead, changed his attitude on the matter.

The four come together in a few light-chuckle scenes as they work to catch Pope in the act. You would think that Ben and A.J could create some of the funniest comedic scenes in Hollywood, but you would be sadly disappointed. Neither of them complements each other in a way that would suggest the two were even acting in the same movie. This was probably the most disappointing part of the film for me.

As you may have guessed, in the end, the crime is solved, as they are able to catch Pope in the act. Both James and Ben receive outstanding honors for their work. James starts a romantic relationship with Maya, of course, and Ben returns just in time to marry Angela. The end.

You can skip “Ride Along 2” if you see something more interesting on TV or are interested in watching reruns.

I am almost certain this movie will land in the \$2.99 bin for next Christmas. If you are truly a fan of Kevin Hart or Ice Cube, you might want to wait until then.

I give this movie one banana rat out of five.

“Ride Along 2” is rated PG-13 for sequences of violence, sexual content, language and some drug material.

Movie review by

ARMY SGT. CHRISTOPHER A. GARIBAY



IN THEATERS THIS WEEK

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

Alvin and the Chipmunks: Road Trip PG, 7 p.m. Point Break PG13, 9 p.m.	Brooklyn PG13, 7 p.m. Ride Along 2 PG13, 9 p.m.	Krampus (LS) PG13, 6:30 p.m. Sisters R, 8:30 p.m.	In the Heart of the Sea PG13, 7 p.m.	Star Wars: Episode VII - The Force Awakens PG13, 7 p.m.	Spotlight (LS) R, 7 p.m.	Daddy's Home PG13, 7 p.m.
1/22 FRIDAY	1/23 SATURDAY	1/24 SUNDAY	1/25 MONDAY	1/26 TUESDAY	1/27 WEDNESDAY	1/28 THURSDAY
Unfinished Business R, 8 p.m.	Furious 7 PG13, 8 p.m.	Seventh Son PG13, 8 p.m.	LYCEUM CLOSED	Mad Max: Fury Road R, 8 p.m.	LYCEUM CLOSED	San Andreas PG13, 8 p.m.

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

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

MOVIE REVIEW / SISTERS



To say the movie "Sisters" was funny would be an understatement, it was hilarious! This story of two sisters, Kate Ellis (Tina Fey) and Maura Ellis (Amy Poehler), had me laughing at every scene. The former "Saturday Night Live" stars make quite the pair in this comedy.

The movie begins with two sisters who live very different lives. Maura seems to be put together and successful, although a bit of a micromanager. Kate meanwhile, is a single mother still living in her glory days, her life is a mess, and recently becomes homeless. Kate's daughter does not approve of her mother's irresponsible ways.

The sisters decide to go to Florida to visit their parents but when they arrive, they are in for a rude awakening. Their parents have sold their childhood home without talking to their children and moved to an adult community complex, in order to downsize and enjoy retirement. Maura and Kate are extremely upset by this and decide to throw one last house party, dubbed the "Ellis Island" party.

Before the party, Maura meets a man, James (Ike Barinholtz), who lives down the street and comedy ensues from the beginning of their relationship and throughout the party. I always enjoy a love

story in the background of a movie.

So she can finally let loose and have fun, Maura asks Kate to be the "mom" of the party, the responsible one. This seems to be challenging for Kate and I enjoyed seeing her play this role as the more childish of the two sisters.

The "Ellis Island" party starts off dull and boring with all of their old high school friends tired and worn out from kids and life. Kate gives a grand, inspiring speech motivating everyone to let loose and have fun.

This turns out to be their biggest party yet. This part of the movie is hilarious and it is also where everything seems to go horribly wrong. Drugs are introduced, guests vandalize the house, and at some point, foam and blue paint come into play.

In the midst of the biggest party the girls have ever thrown, the house is destroyed. Windows are smashed, walls and ceilings are knocked out, and an unwelcomed old high school enemy shows up to bring the party down. Every scene has funny commentary, especially when the cops or the soon-to-be homeowners keep showing up.

This comedy was not all fun and games, the movie touched on some "real-life" problems for the family. Kate and Maura's parents have a heart-to-heart with the girls, letting them know they need to grow up, and stop worrying about them. Kate finally realizes her daughter is more important than partying, while Maura tries to let go of her anxiety and begin a new relationship.

Overall, this movie was great. It gave me a good laugh and from the sounds of it, everyone in the audience too. One of my favorite scenes was when the two are getting pedicures and chatting with the nail lady. There are very few lulls in "Sisters," nearly every scene gave me a good laugh.

This is not family friendly, due to language and the use of drugs but I thought this movie was downright hilarious. Therefore, I give this film four out of five banana rats.

"Sisters" is rated R for crude sexual content, language throughout and for drug use.

Movie review by
ARMY STAFF SGT. ALEAH M. CASTREJON



MARATHON TRAINING: WHAT IT TAKES TO GO THE DISTANCE

What is long, exhausting, painful and takes hours to finish? Two likely answers are marathons and half-marathons. The third annual Morale, Welfare & Recreation Marathon and Half-Marathon are approaching quickly and will test Joint Task Force Guantanamo Troopers' and U.S. Naval Station Guantanamo Bay, Cuba, residents' endurance. The MWR will sponsor both runs on Jan. 30.

According to Elizabeth Leonard, the fitness facility manager for the G.J. Denich, there are approximately 70 participants signed up for the race as of now and she expects there will be more by race day.

Air Force Capt. Jennifer Eichten, the assistant to the deputy staff judge advocate, is one of the 70 people who signed up for the marathon.

Full marathons, 26.2 miles, and half-marathons, 13.1 miles, require diligent training and marathons are nothing new to Eichten, she said. She hasn't run a marathon since 2009, when she was pregnant with her twins. Eichten said she has run three full marathons and four half-



A group of friends sprint with parachutes strapped around their waists during a session of the Speed, Agility and Quickness offered at the Cooper Field Complex on Jan. 19. Sprinting is a good way to burn calories and build speed for a marathon.

marathons, so she knows all too well how difficult they can be, what it takes to train for one and common mistakes that first-time runners make.

"Most first time marathoners start off too fast or try to run too fast," said Eichten. "During my very first marathon, I started too

fast because the adrenaline was going and I was excited."

This is a common mistake, said Kaleb Heninger, the fitness coordinator at the G.J. Denich Gym at NAVSTA. Many runners begin running much faster than they should and burn out quickly. Runners must remember they

are running a lot further than a normal 5K and they must pace themselves accordingly.

The G.J. Denich Gym offers a variety of classes to help runners get in shape for the upcoming marathon. Briana Hall, a first time marathoner, takes advantage of the multiple classes the gym offers.

Hall says her training consists of going to the Speed, Agility and Quickness sessions and yoga classes. Not only does she run long distances, she runs sprints up and down hills and conducts low impact exercises, such as cycling.

It's important to mix it up when training, said Hall, who has researched various training programs to help her get ready for her first half-marathon. It is not all about running all the time. Working out in the gym is important too, just as important as stretching, hydrating and eating healthy are, she added.

Training too much and too often can be a bad thing because it may lead to shin splints.

"Training is really hard on your body," said Eichten. "I don't



Viktoriia Nevmyvakoda pushes a sled during SAQ to build muscle, which helps build endurance, Jan. 19. According to Kaleb Heninger, the fitness coordinator at the G.J. Denich Gym, runners must remember they are running a lot further than a normal 5K and must pace themselves accordingly.



Dustin Cammack, a marathoner, races on his bike during the Morale, Welfare & Recreation program's triathlon, Aug. 22. Cycling is a good way to build endurance and it is a low impact exercise, which is easy on the joints.

really set a strict marathon plan; I want to keep it fun, I don't want to make it work. I think it's counter-productive if you keep training without any breaks because your body does need the rest."

With the races around the corner both Eichten and Hall look forward to the upcoming challenge.

Eichten urges runners to remember, "Endurance is key."

Although her first marathon, Hall said she realizes that finishing a half-marathon will not be an easy task but she has set a goal and plans on accomplishing that goal.

"I'm excited to race and hopefully I do

well," said Hall. "Maybe I will continue to train for them afterwards."

The course will start at the Cooper Field Complex, said Heninger. The full marathon begins at 4:30 a.m. and the half-marathon will start at 5:30 a.m.

Sign-ups for the MWR marathon and half-marathon end, Jan. 28. Troopers and residents looking to sign-up, may visit the gym and register. There is a \$20 registration fee and runners will receive a t-shirt and a coin upon completion of the run.

Article and photos by
SPC. JUSTIN LE MALONE



Nicholas Muniz, a workout enthusiast, works on his upper body strength during SAQ on Jan. 19. Working out in the gym is important too, just as important as stretching, hydrating and eating healthy.

MWR

2016 SPORTS SCHEDULE

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

MONTH / DAY ACTIVITY

January 23	Softball Tournament
January 25	Soccer League starts
January 30	Full & Half Marathon
February 1	Kickball League starts
February 6	Fitness & Figure Comp.
February 13	Adult 1 Mile Swim
February 16	Basketball League starts
February 20	GTMO Mudder
February 27	Sprint Triathlon
March 12	Northeast Gate Run
March 12	Max Performance Games
March 14	Ultimate Frisbee League
March 19	Lucky Dog 5K
March 26	Aquatics Easter Egg Hunt
April 2	April Fool's Softball Trnmnt.
April 4	Softball League starts
April 11	Flag Football League starts
April 16	Youth Swim Meet
April 18	Golf League
April 23	Olympic Triathlon
May 7	Color Run
May 9	Indoor Volleyball League
May 14	Adult 500 Yard Swim
May 14-15	GTMO Golf Open
May 20-21	Captain's Cup Events
June 4	Max Performance Games
June 11	JPJ 5 Miler
June 18	Youth Summer Splash
June 25	Power Lifting Meet
June 27	Soccer League starts
July 2	Softball Tournament
July 2	Ridgeline Trail Run
July 4	Golf Tournament
July 11	Basketball League starts
July 16	Cable Beach Run
July 23	Adult Swim Sprint 300 Yard
July 25	Badminton League starts
August 6	Duathlon
August 8	Beach Volleyball League
August 13	Paddle, Pedal, Paintball
August 20	Back to School Splash
August 20	Fitness & Figure
August 22	Ultimate Frisbee League
August 27	All-Night Softball Trnmnt.
September 3	Sprint Triathlon
September 5	Golf Tournament
September 6	Co-Ed Softball League
September 11	9/11 Memorial Run
September 13	Flag Football League starts
September 17	Adult 100 Yard Swim Meet
October 22	Glow Run
October 29	Zombie Run
November 5	Olympic Triathlon
November 19	Max Performance Games
November 24	Thanksgiving Half & 5K
November 26	Across the Bay Swim
December 3	Power Lifting Competition
December 9	Army vs. Navy Game



JSMART SPOT

▲ JSMART HELPER: HARLEY

SLEEP HYGIENE: SLEEP LIKE A BABY

During your time at Guantanamo Bay, Cuba, you might find that you are having difficulty sleeping. It is very common. Switching shifts, working nights and the stress that comes from a deployment may all affect your sleep. Lack of sleep can affect everyday life and may lead to an irritable mood, decreased focus or concentration, memory impairment and low motivation, to name a few. As such, good “sleep hygiene” is imperative.

Sleep hygiene includes many things. Sticking to a sleep schedule is one way you can help improve sleep. Our bodies have a natural circadian rhythm, where our brain releases chemicals, which tell our body it should be either going to sleep or waking. There are many things that can interrupt this rhythm. Napping is one of them and it is best not to nap during the day. Sticking to a strict sleep and wake time are other ways to help your circadian rhythm stay on track.

Cutting down on caffeine and being mindful of when you are

ingesting caffeine is also important. Caffeine can stay in your system for more than 10 hours. If you must have your daily dose, try to cut off any type of caffeine 10 hours before your bedtime. Remember, pre-workout supplements have caffeine in them too. If you must take pre-workout, adjust your pre-workout consumption so it doesn't keep you awake.

Regular exercise is another method to help promote excellent sleep. It boosts mood and exhausts the body to help you to get restful sleep. Just make sure you complete your workout routine two to three hours before bed. The reason for this is that the endorphins, or happy chemicals, can keep you awake.

Lastly, your body needs time to prepare for sleep. A pre-bedtime routine is important to get ready for rest. Some activities to do before bed include: brushing teeth, setting out clothes for the next day, doing some light cleaning, reading non-engaging material such as a text-book and using relaxation techniques.

Stop by JSMART for more information about sleep hygiene, our Cognitive Behavioral Therapy for Insomnia (CBT-I) program and relaxation.

Article by

**NAVY PETTY OFFICER 3RD CLASS
JONNI GILLISPIE**

Joint Medical Group

GTMO: GEOLOGY

EARTHQUAKES ROCK GTMO! SORT OF

Actually, it was more of a gentle nudge. Okay, most of us slept right through it. In the early morning hours of Jan. 17, residents of U.S. Naval Station Guantanamo Bay, Cuba, experienced a unique natural phenomenon – a series of small earthquakes!

Sunday morning, just after 3 a.m. local time, the U.S. Geologic Survey recorded four tremors ranging from 4.6, light, to 5.1, moderate. The epicenter of the quakes was deep in the Caribbean Sea approximately 27 miles south of Santiago at a depth of 6 miles.

There was no damage to any property on NAVSTA from the earthquakes.

It is a little known fact that the southeastern end of Cuba is the most seismically active zone of the country.

GTMO lies just a few miles north of the system of seismic fault lines, which separate the westward moving North American Plate from the eastward moving Caribbean Plate. Pressure builds up as the plates try to squeeze past each other

and is suddenly released, in what we experience as an earthquake.

The northernmost of the fault lines is known as the Oriente Fault and is what geologists call a strike slip fault. The fault runs hundreds of miles east to Haiti and west beyond Jamaica.

In 1842, an 8.0 magnitude tremor on this fault wiped out Cap Haitien and several other cities in Haiti. In 1852, a 7.2 magnitude quake shook the city of Santiago, Cuba, approximately 40 miles west of GTMO.

Although GTMO was not affected by the Jan. 2010 earthquake that devastated Haiti, the base was prepared to take in Haitian refugees.

According to NAVSTA press releases, hundreds of tents and other life support infrastructure were set up, in case Haitians took to the seas, to escape the devastation in their homeland. Thankfully, the anticipated wave of refugees never materialized.

*Courtesy article by
JORGE E. GRACIA*

MILITARY HISTORY

13 YEAR ANNIVERSARY OF JTF GTMO

January marks the 13th anniversary of Joint Task Force Guantanamo. However, there is much history to be learned about the U.S. Naval Station Guantanamo Bay, Cuba, and Joint Task Force Guantanamo, which can explain some key moments over the last 13 years.

In 1992, Operation Sea Signal established to prepare for mass migration of refugees from Haiti and Cuba.

In 1994, thousands of Haitian refugees were housed across the base and Operation Sea Signal lead to the creation of JTF 160.

By November 1994, there were approximately 40,000 migrants being held at the base. Then, on May 2, 1995, the Clinton administration announced that the 21,000 Cubans still at Guantanamo would be allowed entry to the U.S.

In 1996, OSS ends.

In December 2001, after the 9/11 attacks, the JTF 160 is reactivated and Camp X-ray was prepared as a temporary location for detention operations.

On Jan. 8, 2002, Cubans learn the U.S. will use the GTMO base to hold prisoners captured in the war in Afghanistan.

Jan. 11, 2002, marked the date where the first 20 detainees arrived at GTMO. They were called “unlawful combatants,” not “prisoners of war,” and are not granted rights under the Geneva Convention. They are now referred to as “detainees.”

In April 2002, a permanent housing facility is complete and detainees are moved. Camp X-Ray is closed.

On Jan. 22, 2009, President Barack Obama issues an order to close the GTMO detention facility.

May 20, 2009. The United States Senate votes to keep the GTMO detention facility open.

Today the detention facility remains open, housing less than 100 detainees, and is operated by JTF GTMO U.S. military forces.

Article by

**ARMY STAFF SGT. ALEAH M.
CASTREJON**

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 0900&1900 Annex Room 1
*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 Troopers' Chapel
 Wednesday 1800 JTF Troopers' Chapel
Game Night Saturday 1900 JTF Troopers' Chapel

DAVE RAMSEY'S FINANCIAL PEACE / MILITARY EDITION (JTF Troopers' Chapel)

Tuesday 1900 Taught by Navy Chaplain

ALCOHOLICS ANONYMOUS MEETINGS

Mon/Wed/Sat 1830 NAVSTA Chapel Annex, Room 16

*These services are conducted by Army or Navy chaplains / For more information call ext. 2218

BUS SCHEDULE 05:00 - 01:00

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

EXPRESS BUS SCHEDULE 09:55 - 19:55

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

BEACHBUS (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

Photo by Jeffery Walling

PARTING SHOT



'BLUE BIRD' BY JEFFERY WALLING. FOR A CHANCE TO HAVE YOUR PHOTO FEATURED IN THE PARTING SHOT, PLEASE SEND SUBMISSIONS TO: THEWIRE@JTFGTMO.SOUTHCOM.MIL

THE WIRE

