

THE OFFICIAL PUBLICATION OF JOINT TASK FORCE GUANTANAMO

THE WIRE

February 5, 2016



**AIR MOBILITY COMMAND: BIG CHANGES
TO SPACE AVAILABLE TRAVEL**

NEW RULES REQUIRE KNOWLEDGE,
GOOD PRIOR PLANNING

RUCKING TO REPRESENT
BATAAN MEMORIAL DEATH MARCH TRYOUTS

TROOPERS COMPETE TO REPRESENT
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CUDDLY, CUTE OR DESTRUCTIVE PESTS:
TRUTH ON STRAY ANIMALS

PHOTO STORY



ARMY CAPT. GREGORY J. MCELWAIN
JTF PAO

It is good to be the leader. After all, as some officers, all we have to do is give direction and let the front line supervisors handle it. Just sit back and watch the team, you know, work.

The reality is, leaders are put in positions of responsibility because we have labored

NO SOLO AFFAIR: TEAMWORK IS LEADERSHIP

to gain a higher rank. However, with that responsibility comes greater freedoms and rewards. We, as leaders, must direct and guide. We are expected to keep the mission moving in the right direction because as leaders, it is what we must do.

It is easy, as a young leader, to assume that teamwork is the responsibility of your subordinates. The team is the group of people you direct, right?

Leadership does not exist separately from teamwork. Work will get done, but it will not be as effective if you isolate yourself from the team.

By taking part in some of the team's work, you will find a new level of empathy. You will see more accurately what is and is not working within the group. It will become clearer to you that adjustments may need to happen to make the team more effective.

Engaging in the day-to-day toil of your team will help you find a new motivation. The aforementioned empathy will motivate you to listen more closely to your team, because, after all, you are a vested member now. It is also possible that your cooperation in the team's work will motivate the Troopers

in your section to work a little bit harder. The uptick in work should not be simply because of your proximity, but because the service members see you are putting in an honest effort.

Finally, working with your team, not above it, fosters respect. Not just the "I respect the rank..." type of respect, but a genuine admiration of your abilities, your leadership and you as a human being.

I hope we have all had leaders who were not too good to get their hands dirty and work shoulder-to-shoulder with their Troopers.

Teamwork is something that exists in every hard working unit, but do not allow your "leadership" to be the reason you are not an active member of the team. Contribute, get your hands dirty, and earn a little respect from your Joes.

Additionally, this cannot be a one-time thing. A random visit just makes the Troopers suspicious. Be engaged, be consistent and finally, be part of the team... not above it.

Article by

ARMY CAPT. GREGORY J. MCELWAIN
JTF PAO

THE COLONIAL MARINES: GOLDEN EXAMPLE

I love to read history and I love to root for the Americans even when I am reading about a historical figure from another nation. However, in the case of the Corps of Colonial Marines I find myself not rooting for the Americans, but for their invading enemy, the British. This is because of two things that set the Colonial Marines apart in history.

The first, the Corps of Colonial Marines were made up of freed African American men who escaped slavery, then fought against their former masters alongside the Royal Marines. The second reason, they fought so well that by June 1814, Cockburn came to prefer the Colonial Marines to his own Royal Marines, finding them stronger and less likely to desert. The Colonial Marines also provided invaluable intelligence, guiding the British through the backwoods and waters with more intimate knowledge than their former masters. Yet, what Cockburn appreciated the most about the Colonial Marines was the incredible fear they inspired in the Americans.

Although they were of African descent and formerly enslaved, the British gave the Colonial Marines the same training, uniforms,

pay, and pensions as the Royal Marines. A very interesting part of the story is the Colonial Marines not only exposed the hypocrisies of American liberty, but the British provided proof, when treated equally, these men could perform equally or better than their Caucasian counterparts.

"Do to others as you would like them to do to you," the Bible recorded these famous words of Jesus, hundreds of years earlier.

The American slave owners neglected to follow this simple teaching, which drove the enslaved men to join the British. On the other hand, the British, who did follow this teaching, were blessed with powerful allies who helped them fight their way to Washington. The moral of this story is not only will you lose friends by mistreating them, but also when you treat people the way that you would like to be treated; you may gain friends who will stand by your side.

Article by

**ARMY CHAPLAIN (CAPT.)
ROB HOSKINS**
JTF GTMO Chaplain



On May 30, 1814, the Corps of Colonial Marines, a British force consisting of freed slaves, made their first amphibious landing of the War in 1812. Assaulting an artillery battery along Virginia's eastern shore through a hail of enemy fire, the Colonial Marines performed better than expected.

"[T]hough one of them was shot and died instantly in the front of the others," British Rear Adm. George Cockburn wrote. "It did not daunt or check the others in the least but on the contrary animated them to seek revenge."

In the end, they helped capture the battery and pursued their enemy into the woods before being called back to their landing craft and sailing to their base on Tangier Island.



LEADERSHIP & CHAPLAIN

Read how teamwork and being involved can lead to respect from your Troopers. The chaplain offers a military example of the golden rule.



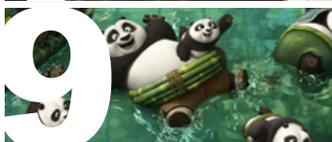
GTMO NEWS

With a new travel policy and major changes, the JTF command sergeant major sat down with "The Wire" staff to discuss the importance of what these changes bring.



PHOTO STORY / COVER PHOTO

More than 100 Soldiers with the 525th MP Bn., took part in the 27th Annual Bataan Memorial Death March tryouts, to represent the JTF in New Mexico on March 20.



ENTERTAINMENT

Find your chi with the beloved panda, Po, from "Kung Fu Panda 3." Traders take on banks as they bet on the economy tanking in "The Big Short."



SPORTS

Troopers and residents take part in the Annual Half and Full Marathon. Read one Trooper's first hand account of the running of the event.



JSMART & HEALTH

JSMART offers tips to get rid of boredom blues. Read how to save yourself from sunburn and sun damage at the beach. Become educated on the history of the Bataan Death March.

MOTIVATOR OF THE WEEK

**COAST GUARDSMAN
PETTY OFFICER 2ND CLASS
JEFFREY EGBERT
MARSECDET**

**AIR FORCE AIRMAN 1ST CLASS
MANUEL ACUNA JR.
PRIME BEEF**

CASUAL CONVERSATION CAN CAUSE CHAOS

Have you ever told someone that information was "off the record?" While you are at Joint Task Force Guantanamo, there is no such thing as "off the record." You are a JTF Trooper 100 percent of the time, in or out of uniform, around family, friends, media or other base visitors. Perhaps you said, "You didn't hear this from me..." and then gave out information, which you were told not to share. This type of casual conversation is a violation of OPSEC and can compromise an operation. Ensure the sensitive information you have been entrusted with, STAYS off the record. Practice rock solid OPSEC!

The Wire is an authorized publication for members of the Department of Defense. It is produced by the JTF Public Affairs Office to inform and educate the Troopers of JTF GTMO. The contents of The Wire are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense or the U.S. Army, Air Force, Navy, Marines or Coast Guard. The editorial content of this publication is the responsibility of the Joint Task Force Guantanamo Bay Public Affairs Office. The Wire is printed weekly by the Defense Logistics Agency Document Services with a circulation of 1,025. It is distributed free to all personnel assigned to the Joint Task Force and is published online.

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AIR MOBILITY COMMAND: BIG CHANGES TO SPACE AVAILABLE TRAVEL

Editors note: In order to clarify and emphasize the importance of the new Air Mobility Command Leisure Travel Policy and procedures, Navy Command Master Chief Rodd D. Tooker, the senior noncommissioned officer of U.S. Naval Station Guantanamo Bay, Cuba; and Army Command Sgt. Maj. David W. Carr, the senior enlisted leader for Joint Task Force Guantanamo, sat down with "The Wire" staff to discuss the new rules.

Change is difficult and can be uncomfortable, but it is something service members should become accustomed to. Recently, a change in AMC flights has gone into effect that will impact many Troopers here. Troopers will no longer be able to reserve seats on AMC flights as of Jan. 22, and will only be able to fly Space Available for leisure travel.

According to the current JTF Policy #1.5 Leave and Pass Program, leave is considered for approval for significant life events such as weddings, graduations, births, christenings and emergencies that do not meet the requirements of emergency leave, if the mission allows.

"Leave should be the exception, not the rule for most folks assigned to the JTF," said Army Command Sgt. Maj. David W. Carr, the senior enlisted leader for JTF.

This is a leave-restricted location, he continued. Individuals assigned to the JTF who are here for nine months or less should only be granted leave for emergency and exceptional circumstances.

"The fact that we are in a leave-restricted location means that we are provided hazardous duty pay, hazardous fire pay and imminent danger pay, and for those with immediate families that are off-island, family separation pay," said Carr. "If we were to change our status from a leave-restricted location to a normal duty location, we would have to forfeit the (extra pay) we enjoy each month."

Senior enlisted leaders acknowledged the changes might make some residents anxious, but stressed impact will likely be minimal.

"Anytime there is change it causes panic... I think time will play out and show that very, very few people are affected by this in the overall scheme of things," said Navy Command Master Chief Rodd D. Tooker, the senior noncommissioned officer of NAVSTA.

Before Jan. 22, a Trooper could request leave, reserve a seat, go to the passenger terminal, pay for your ticket, and then go on leave. Troopers had the option to fly Space-A to go home.

On their way back to GTMO, Troopers were required to reserve and pay for a seat, either in Jacksonville, Florida, or in Norfolk, Virginia.

According to the AMC website, Space-A seating is any seat left over once all required military cargo has been loaded onto a military aircraft to include personnel. It is a privilege, not a guarantee; travelers must be prepared for the possibility of there being no seats available.

With the changes, Troopers need to request leave to include extra buffer days if they cannot get a seat on a Space-A flight and request or sign up for a seat at the Annex at the Downtown Lyceum the day before the flight.



The day of the flight, Troopers can check at the Annex to ensure a seat is available. From there, Troopers can go on leave. On the way back, Troopers are required to take a Space-A flight. If no space is available, the Troopers are required to travel to the nearest airport and catch an International Bonded Couriers, flight from Miami to GTMO.

Leaders can manage the expectations of their Troopers thoroughly educating themselves on the DOD Instruction 4515.13 and the current JTF policy governing leaves and passes, said Carr. The entire travel process will more heavily rely on the chain of command, ensuring their Troopers have the funds to pay for the extra civilian flights, if necessary. Additionally, the JTF will soon augment their travel policy based on NAVSTA's new policy, which will explain the consequences and benefits of Space-A travel.

"I think it's definitely a win-win for the military and there will be almost zero hiccups or issues in that regard," said Tooker. "I don't

think there's going to be any other problem with all the other residents."

The bottom line is the Secretary of Defense, Ashton Carter, has changed the policy for Space-A travel, said Carr. Until recently, GTMO and Diego Garcia, in the Chagos Archipelago, were allowed to reserve seats on DoD aircraft for leisure travel. These waivers have expired. Now, all AMC terminals will follow the same policy.

In order to make a smooth transition to the new policy, travelers should become very familiar with the changes, specifically the Space-A categories. There are six categories and every traveler will fall into one of them.

Learn about the procedures: baggage size, costs, what you can travel with, show times and who to notify if you must change your plans, said Mark Veditz, the air operations project manager for Midwest Air Traffic Control Services.

Carr added that the familiarization with the process would put the responsibility on individuals to be good travelers, which will allow for an improved system.

"There are a lot of wasted seats or reservations when people do not intend to fly," said Veditz, who went on to say, during the holidays there were 25 no-shows, which could have been used for Space-A seats. "We have, on average, 10 percent of travelers who do not show up for their flight, that can be anywhere from 10-15 seats that could be available for Space-A."

Leisure travel took up approximately 30 percent of the seats, and with 30 percent less seats being booked, the other categories have a better chance of getting off GTMO, he continued. Space-A privileges are not being taken away from those who already use it, they are just giving it to those who did not have it before, and the travel office will have a better picture of the seats that are open without the unused reservations taking up so much space.

"(It will be a) positive change for the service members... (the) risk of being bumped is much lower, so it will give more of a chance to get on and off island and save some money, so I think it will be a positive thing," said Carr.

The rotator is not the only means of travel off the island. Carr listed many cargo planes that may have seats available off the island such as C-12s, C-17s, as well as American Eagle. The seat availability can be monitored on the Roller and the NAVSTA Facebook page.

Continued on page 14

PREVENTIVE MEDICINE, VETERINARY CLINIC ROUND UP FERAL CATS



Navy Petty Officer 3rd Class Douglas Austin, a hospital corpsman with Joint Task Force Guantanamo Preventive Medicine, lays tuna inside a trap to attract cats, Feb. 1, at the Downtown Lyceum at U.S. Naval Station Guantanamo Bay, Cuba. The traps are set to control the feral cat population.

U.S. Naval Station Guantanamo Bay, Cuba, is home to many interesting creatures including sea turtles, Cuban Boas, hutia, iguanas and many more. Not all of GTMO's creatures are beneficial to the environment, a prime example being feral cats. These cats may look cute and cuddly, but they have proven to be trouble. In fact, these common household pets have been quite a problem in many places around the world.

"Military bases often struggle with how to manage domestic cat populations," according to a local brochure produced by the Department of Defense Legacy Program. "Frequent transfers of personnel often means cats are left behind, abandoned to fend for themselves. Lucky cats find a new human but most are not so fortunate. Abandoned cats face many dangers: being hit by cars, starving, freezing temperatures, disease and more. If not spayed or neutered, cat populations can explode."

The population of feral cats on NAVSTA is too high and although it can't be readily quantified, it is doing harm to local wildlife, including protected species such as iguanas and Cuban Boas, said Joe Madison, the natural and cultural resources manager with the NAVSTA Public Works Department.

"Unfortunately, cats, both pet cats let outside and feral cats, do a tremendous amount of harm to local wildlife and ecosystems," said

Madison. "Feral or free-ranging domestic cats are considered by the professional wildlife management community to be one of the most widespread and serious threats to the integrity of native wildlife populations, such as birds, bats, and reptiles, and natural ecosystems in North America."

The feral cats not only hunt and kill smaller animals, they sometimes infect humans with different diseases, said Navy Petty Officer 3rd Class Douglas Austin, a hospital corpsman



A cat lies in a cage at the NAVSTA Veterinary Clinic, Feb. 2. If found to be a pet, cats remain at the clinic until the owner can be located.

with Joint Task Force Guantanamo Preventive Medicine.

"They can cause many problems to the indigenous wildlife in the area and possibly harbor the disease known as rabies," said Austin. "Although there has not been a confirmed case of rabies here, it is still a serious threat. Cats can also be a host for something known as Cat Scratch Disease. People can get CSD from scratches of domestic or feral cats, particularly kittens. The bacteria can be transmitted from a cat to a person during a scratch."

To control the feral cats' population here, preventive medicine specialists and contractors working with Animal Control lay traps to capture as many cats as possible.

"It is important not to disturb the traps set out by preventive medicine," said Austin. "The cats caught in these cages are frightened and will try to scratch or bite anyone who puts their hand too close."

If a cat is captured that appears to be somebody's pet, as indicated by having a collar, name tag, or a microchip, then every attempt is made to locate the owner and return their pet to them, said Madison. If the owner cannot be found immediately, the cat is housed at the veterinary clinic until the owner is found. When found without a microchip and it is clear they are not pets, the cat is typically euthanized.

"Animals must be kept under proper control at all times," according to NAVSTA regulations. "Proper control is defined as confining an animal in an adequately fenced-in area or cage or ensuring the animal is on leash at all times while outdoors. Unsupervised animals should be restrained adequately to restrict them to the perimeter of the owner's assigned quarters."

The regulation also states that the feeding, keeping, or breeding of iguana or other lizards, hutia, chickens, snakes, pigeons, or feral cats and dogs, is strictly prohibited. If you see cats in your area, do not feed them, as this will cause them to become dependent and return, said Austin. While feral cats may seem friendly, it is best to leave them alone.

Please contact preventative medicine at extension x8085 or Animal Control at x90441, if you see cats or other pests in your area, or have additional questions regarding rabies, CSD, or any other public health issues.

Article and photos by
SPC. JUSTIN LE MALONE

COAST GUARDSMAN REACHES GOAL OF 40 MILES FOR HIS 40TH



Coast Guard Lt. j.g. Christopher J. LaRocque (left), logistics officer, and Coast Guard Chief Warrant Officer Anthony A. Slowik (right), engineering officer, both members of Joint Task Force Guantanamo Maritime Security Detachment, run 41 miles, Jan. 15, at U.S. Naval Station Guantanamo Bay, Cuba, in celebration of Slowik's 40th birthday.

In the early hours of Jan. 15, at U.S. Naval Station Guantanamo Bay, Cuba, a Joint Task Force Trooper set out on a very unique mission - running 40 miles for his 40th year. Coast Guard Chief Warrant Officer Anthony A. Slowik, engineering officer of Maritime Security Detachment, completed 41.7 miles in 13 hours, in celebration of his birthday.

Slowik came up with the idea around Thanksgiving.

"I wanted to do something big for my birthday," he said.

The furthest Slowik had ever run in a race, prior to this, was 13.1 miles.

Running 40 miles (67.11 km), may seem like a daunting task to some, but in actuality, it is not that long of a distance when you compare it to some of distances traversed in the sport of ultra marathons.

According to the International Association of Athletics Federations, examples of ultra marathons would be 50 km and 100 km races. Some extreme ultra races span a few stages and are run over the course of days. Other distances and times include double marathons, 24-hour races, and multiday races of 1,000 miles (1,600 km) or even longer. Many ultra marathons, especially trail challenges, have severe course obstacles, such as inclement weather, elevation change or rugged terrain.

Slowik began his 40-mile run at 1 a.m. at the entrance to the Windward Loop Housing Area traversing the main roadways of the base before finishing at 2 p.m. at the MARSECDET Headquarters.

When asked about his goal of running 40 miles, Slowik said he could not have completed this run without the help of shipmates in his unit.

MARSECDET Troopers provided water, safety checks and moral support during all hours of the night and day to help Slowik achieve his goal.

Coast Guard Lt. j.g. Christopher J. LaRocque, logistics officer of MARSECDET, took supporting Slowik one step farther. He ran the entire route with Slowik.

When asked why he decided to run 41.7 miles with Slowik, LaRocque said it came down to supporting a fellow shipmate.

"Chief Slowik has been a mentor to me during this deployment and I wanted to help him reach his goal," LaRocque said. "I've run marathons before (26.4 miles), but could never imagine running 40 miles by myself, so I offered to be his running buddy. It was a huge opportunity and I could not pass this up."

The two Coast Guardsmen trained for three months individually and together in preparation for their 40 mile run.

Prior to Jan. 15, the farthest Slowik ran was 27 miles and the farthest LaRocque ran was 23 miles. Neither completed 40 miles during their training sessions.

During the run, they had backpacks filled with additional water and snacks, as well as each other, to stay motivated.

"To get through 40 miles, it really did take a lot of motivation on both our parts," said Slowik. "Our GPS died at mile 33 so the last bit of the route we were guesstimating our distance. Since we ended up walking further than we had planned it really took a lot to get to the finish line."

Although they did not run the entire time and ended up completing a longer route, Slowik and LaRocque were proud of their accomplishment.

"It feels really good to have done this," said Slowik. "It is a great birthday present."

Article and photos by
ARMY CAPT. ALANNA WOOD

RUCKING TO REPRESENT BATAAN MEMORIAL DEATH MARCH TRYOUTS

Troopers with the 525th Military Police Battalion readied themselves, weighed their more than 35 pound ruck sacks and waited patiently just before sunrise to get started on the 12-mile course. The course went from the Joint Task Force Guantanamo's Headquarters building, through Kittery Beach Road, up Ridgeline Trail and back through Magazine Road. The event was coordinated exclusively for the Troopers of the 525th MP Bn.

One hundred competitors and participants took part in tryouts to send qualifying Troopers to compete on behalf of the U.S. Army South team in the 27th Annual Bataan Memorial Death March held at White Sands Missile Range, New Mexico on March 20. The long trek would ultimately test the mental and physical fortitude of all participants, pushing them to post their best times. The 525th MP Bn set aside two days for the tryouts, in order to accommodate Soldiers with varying schedules.

Army Lt. Col. John A. Fivian, commander of the 525th MP Bn. said there were 75 competitors who came out during the two days to try out for a position to represent the battalion at the Bataan Memorial Death March in New Mexico. His goal is to have all five U.S. Army South team slots to be filled by Soldiers from his battalion.

Two of the Soldiers who competed for a top position motivated each other throughout the entire course, Spc. Mamadou Bah, and Spc. Cody Rice, Soldiers with the 525th MP Bn. Both crossed the finish line within a second of each other, each posted a time of 2:41:07, on the first day of the tryouts.

"It was motivating, we pushed each other every step of the way," said Bah. "We're in the same unit and we do everything together. The ridgeline trail was brutal. I've trained on the island

before but I wasn't prepared for that trail, but we kept pushing each other to the end."

Rice said he and Bah both earn 300 points on their Army Physical Fitness Test, the maximum points awarded on the standard scale.

"When we (saw) how competitive we both were, we've had a good, friendly competition (toward) each other for the past six months," said Rice.

Fivian said in addition to the great conditioning Soldiers would get by training for the ruck march, they would also benefit from coming together as team

“IT WOULD BE AN HONOR TO REPRESENT THE BATTALION.”

to represent the battalion in one of the most honored historical events.

The event commemorates the 75,000 American and Filipino Soldiers who surrendered in the Philippines to the Imperial Japanese Army, then were forced to march 65 miles to a concentration camp on the southern end of Bataan. The grueling march, which cost the lives of thousands of men, was just the beginning of a more than two-year ordeal for those prisoners in 1942.

This event, however, brought out the best in some Troopers as they used the opportunity to encourage and support one another through the grueling course.

"It was a really good event," said Army

1st Sgt. Grant S. Burch, a company first sergeant with the 525 MP Bn. "I got to see a lot of Soldiers pushing each other and demonstrating a high level of camaraderie. It was great to see Soldiers pushing their bodies (through) the ridgeline."

Burch said he encouraged Troopers to train for the march by starting small and building their distance incrementally. He said he was proud that two of the top three competitors were from his company.

Bah and Rice both said they were proud to take part in the event, hoping to represent the battalion and the Army South team at the memorial march in New Mexico.

The second day of the tryouts would see the overall winner of the tryouts. Army Capt. Brandon J. Blaska, S2 intelligence and S6 communications officer-in-charge with the 525th MP Bn., crossed the finish line after 2:41:7.

"Personally, I don't think posting the fastest time in this event is as important as pushing yourself to your physical and mental limit," said Blaska. "To me, pushing through physical pain in an event like this is a means of honoring their sacrifice and memory."

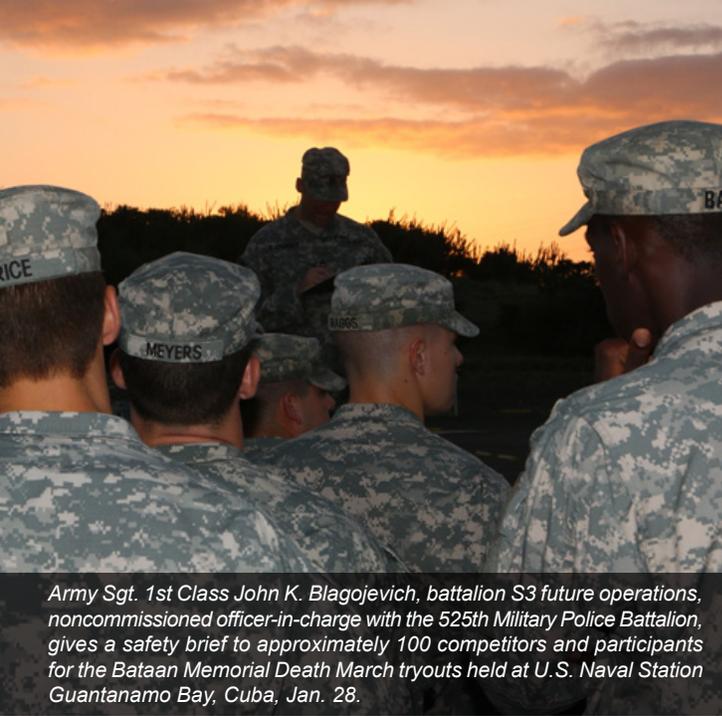
For Blaska, being able to represent the battalion on behalf of Army South would bring special meaning to him.

"It would be an honor to represent the battalion at the Bataan Memorial Death March in White Sands, New Mexico. People come from all over the world to join in the march and it truly is a special event," said Blaska.

Last year a shadow march was hosted for Troopers at GTMO. Details of a shadow ruck march held this year will be forthcoming.

Article and photos by

ARMY SGT. CHRISTOPHER A. GARIBAY



Army Sgt. 1st Class John K. Blagojevich, battalion S3 future operations, noncommissioned officer-in-charge with the 525th Military Police Battalion, gives a safety brief to approximately 100 competitors and participants for the Bataan Memorial Death March tryouts held at U.S. Naval Station Guantanamo Bay, Cuba, Jan. 28.

DAY 1



Troopers with the 525th MP Bn., strap their rucksacks onto their backs, moments before tryouts, for the Bataan Memorial Death March tryouts.



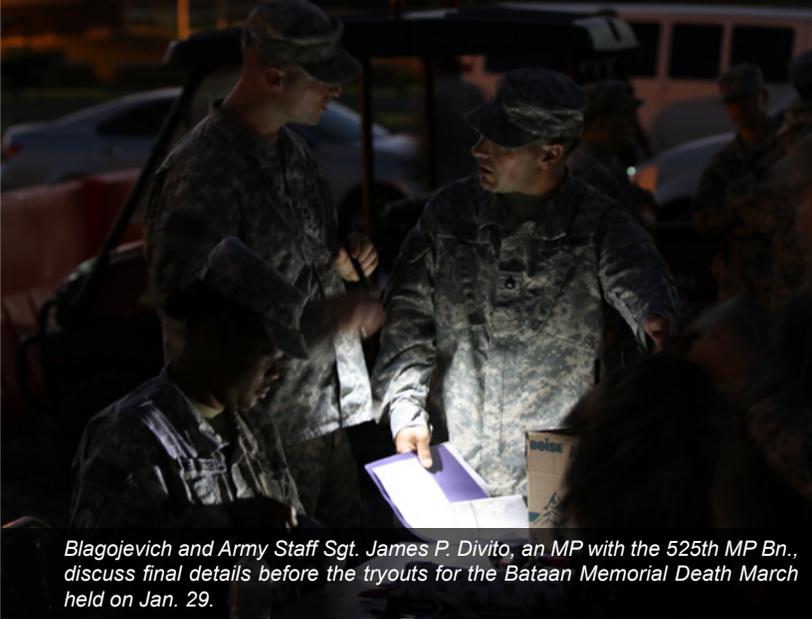
Army Pfc. Jose Niebla, an MP with the 525th MP Bn., makes the trek along the Ridgeline Trail during the Bataan Memorial Death March tryouts, Jan. 29.



Spc. Mamadou Bah and Spc. Cody A. Rice, Soldiers with the 525th MP Bn., race to the finish line, less than a second apart, completing the 12-mile ruck march. Both Troopers remained by each other's side throughout their ruck march, encouraging each other to the end.



Army Capt. Nadine A. Gamble, personnel and manpower officer-in-charge with the 525th MP Bn., shows Troopers her bloody heel through her boots, after completing the 12-mile ruck march for tryouts to represent the U.S. Army South team on behalf of the battalion.



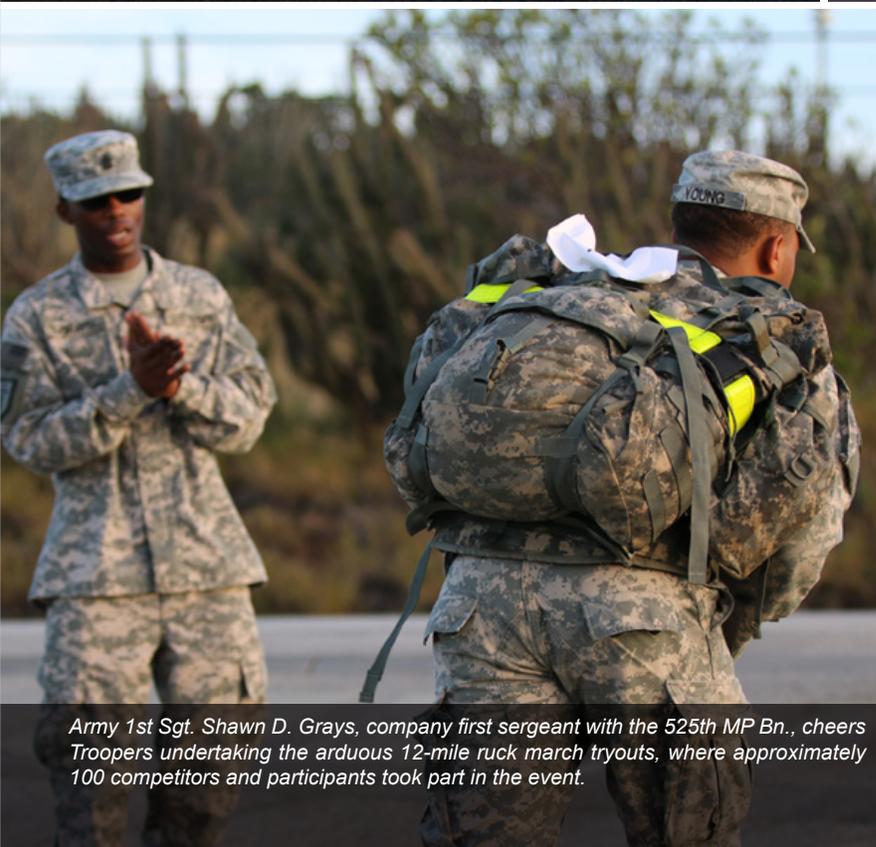
Blagojevich and Army Staff Sgt. James P. Divito, an MP with the 525th MP Bn., discuss final details before the tryouts for the Bataan Memorial Death March held on Jan. 29.



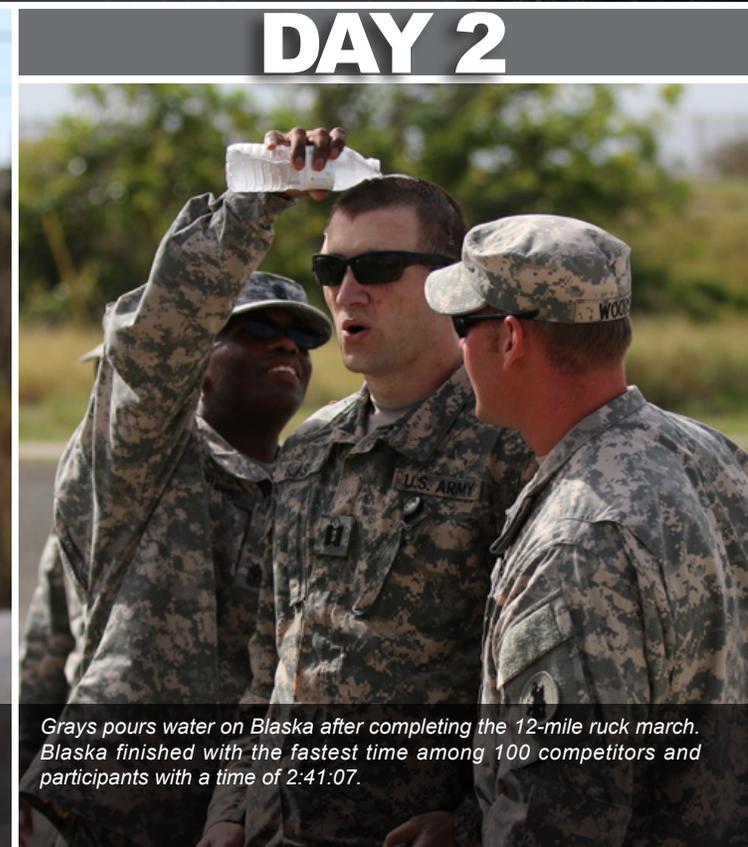
Troopers with the 525th MP Bn. begin their 12-mile ruck march. Many Troopers prepared weeks in advance for the tryouts.



Army Capt. Brandon J. Blaska, S2 intelligence and S6 communications officer-in-charge with the 525th MP Bn., runs down a hill along Kittery Beach Road during the Bataan Memorial Death March tryouts.



Army 1st Sgt. Shawn D. Grays, company first sergeant with the 525th MP Bn., cheers Troopers undertaking the arduous 12-mile ruck march tryouts, where approximately 100 competitors and participants took part in the event.



Grays pours water on Blaska after completing the 12-mile ruck march. Blaska finished with the fastest time among 100 competitors and participants with a time of 2:41:07.

DAY 2

MOVIE REVIEW / **KUNG FU PANDA 3**

Who doesn't love a good kung fu story? When it comes to hilarious, anthropomorphized, kung fu fighting animals, who could overlook the loveable Po that veteran actor Jack Black introduced us to way back in 2008, with the first "Kung Fu Panda."

As a fan of the series, I can comfortably say that as is usually the case, the first is still the best, but "Kung Fu Panda 3" fit right in with its predecessors as a fantastic family film.

The creators of the film did a great job exploring new ground and not recycling the same story. While Po is still the hero and manages to defeat the Big Bad Guy, in this case a spirit warrior named Kai voiced by J.K. Simmons of "The Closer", he does it with a few new tricks.

Po has to defeat not only Kai, but his own anxiety at finding out he is not, as previously thought, the last panda. I know, I do not usually do the whole spoiler thing, but in the first few minutes of the film you meet Po's biological father, a panda named Li (Bryan Cranston) who tells Po of a mystical panda village hidden high in the mountains.

At the same time he is finding out that his real dad is not only alive but can lead him

to a family he has never known. Po is also confronting the dual threats of his changing role as Dragon Warrior and of Kai, who has broken free of the spirit realm and is going on a rampage across China.

Adult movie-goers may be disappointed in some respects with this third installment, I know I was, but youngsters might love this one best of all, so it's something of a mixed bag. While I do believe the film has appeal for all ages, I think it was a little too kid-like when compared to the first and second films in the trilogy. That being said, there's some gut-busting, laugh-out-loud moments that are purely for the grown-ups in the audience as well.

This film tries to teach its audience about the power of being yourself and manages to do so without getting preachy or overly corny. Specifically, it touches on the subject of feeling like you belong, playing to your individual strengths, and accepting that your life is uniquely yours.

I think a great deal of this film's success is owed to a fantastic and loyal crew: Lucy Liu, Seth Rogen, Jackie Chan, Dustin Hoffman, Angelina Jolie, Randall Duk Kim and David

Cross, who all reprise their roles in the film and the animators did an amazing job matching the characters on screen to the energy of the actors.

On the subject of animation, this film was gorgeous. While not striving to be overly lifelike, this movie has managed to sell itself as entirely believable with the unique, pop-art stylization I personally have come to expect and enjoy from the franchise.

So what is the verdict? It depends. If you are a kid, you are probably going to love this film and see it as a four-star affair. If you're an adult, however, you'll likely see this movie as a bit weaker than the previous installments, which is why I am giving it a three-star rating. It is fun, family-friendly, and has a killer soundtrack to go with all the kung fu fighting, but it is just a little too geared for the little ones to get more than three from me.

"Kung Fu Panda 3" is rated PG for martial arts action and some mild rude humor.

Movie review by
ARMY SGT. IAN WITHROW

IN THEATERS THIS WEEK



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

The Revenant (New) R, 7 p.m. The Forest (New) PG13, 10 p.m.	Joy (New) PG13, 7 p.m. Sisters (LS) R, 9:30 p.m.	Kung Fu Panda 3 PG, 6:30 p.m. The Big Short R, 8:30 p.m.	Star Wars: Episode VII - The Force Awakens (LS) PG, 7 p.m.	Concussion PG13, 7 p.m.	Alvin and the Chipmunks: The Road Chip (LS) PG, 7 p.m.	Ride Along 2 PG13, 7 p.m.
2/5 FRIDAY	2/6 SATURDAY	2/7 SUNDAY	2/8 MONDAY	2/9 TUESDAY	2/10 WEDNESDAY	2/11 THURSDAY
Captain Phillips R, 8 p.m.	We're the Millers R, 8 p.m.	Sandlot PG, 8 p.m.	LYCEUM CLOSED	U-571 PG13, 8 p.m.	LYCEUM CLOSED	Fury R, 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 / THE BIG SHORT



"At the end of the day, average people are going to be the ones that are gonna have to pay for all of this, because they always, always do," said Mark Baum, (Steve Carell) in "The Big Short," a movie based off of the 2008 financial crisis that took everyone by surprise, well almost everyone. It shows how the banks get richer and the little guy gets screwed.

The movie, based on a book by Michael Lewis called "The Big Short: Inside the Doomsday Machine," which follows three groups of traders as they figure out when the economy will tank. They do the research and see the housing market will collapse due to investors selling bonds, which are made up of thousands of individual

mortgages, to include subprime mortgages. This collapse created an opportunity for some investors to bet against the housing market and become rich in the process.

Director Adam McKay does a wonderful job mixing comedy with the seriousness of the financial crisis. He brings in famous people to do cameos to explain complicated financial scenarios and products in lay-terms with a mix of humor, to overcome dry spells the movie could have had and overcome the fourth wall.

In California, Michael Burry (Christian Bale), is the stock-picking guru who finds the tragedy waiting to happen, after spending many hours locked in his office crunching numbers. He analyzes all of the subprime mortgages, within specific bonds and realizes they are not doing well and that he could profit from this. Burry bets more than a billion dollars of his investors' money against the housing market with what is called a credit default swap, anticipating the market's failure.

In New York, Baum, a hedge-fund manager, received a wrong number about the credit default swap gig from Jared Vennett, (Ryan Gosling) a bond salesman, and they go into business betting against the housing market.

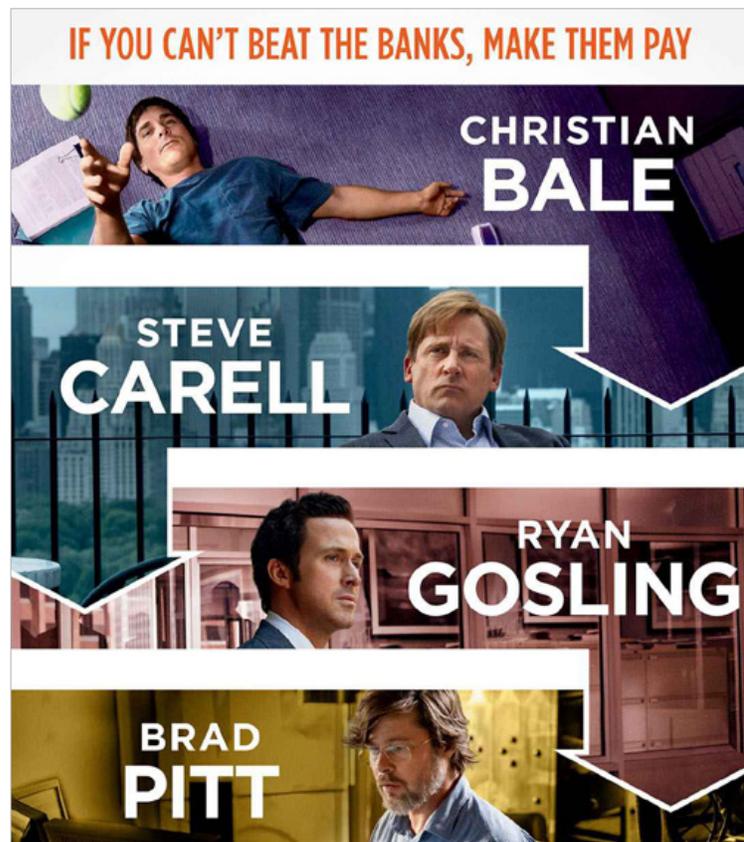
Meanwhile, two young investors, Charlie Geller (John Magaro), and Jamie Shipley, (Finn Wittrock), accidentally learn of the credit default swap and after enlisting the help of retired banker Ben Rickert (Brad Pitt), they too get in on the credit default action.

A while later, the housing market collapses, these guys get FILTHY rich, along with their investors and everyone else suffers greatly. They did not cause the collapse they just bet that it would happen and made out like bandits when it did.

The movie is better than I expected in regards to how badly the economy tanked and how unsuccessful most movies have been explaining the financial crisis. I give the movie four out of five banana rats.

"The Big Short" is rated R for pervasive language and some sexuality and nudity.

Movie review by
ARMY SGT. RYAN L. TWIST



FIRST-HAND ACCOUNT OF FIRST-EVER HALF MARATHON

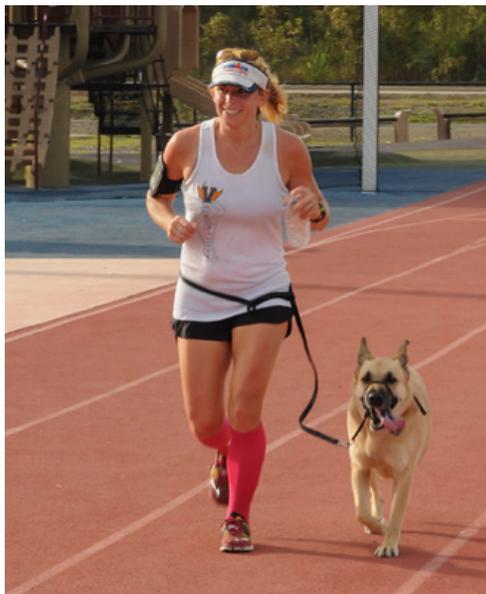
Editors note: Spc. Justin Malone, a staff writer with "The Wire", as well as a first time half marathoner, shares his perspective of the event.

For the last few weeks I have been training vigorously for the dreaded Annual Full and Half Marathon hosted by the Moral, Welfare & Recreation, on Jan 30. After weeks of working out, running five to six miles a day with my training partner, Briana Hall, and attending Speed, Agility and Quickness, I just knew I was ready for what lay ahead.

The day before the run, I made sure to drink plenty of water so dehydration would not be an issue and I was sure to set my alarm for 4 a.m.

After a goodnight's rest, my alarm went off. It was time to wake up... after I hit the snooze button. 4:05 a.m. came around. Snooze button. 4:10 a.m., Snooze button for the last time, I tell myself. By 4:15 a.m. the snooze button was no longer an option. It made me wonder if the manufacturers knew more than three snooze buttons means you are not getting up anytime soon. 4:20 a.m. I finally got up. I showed up to the Cooper Field complex at U.S. Naval Station Guantanamo Bay, Cuba, and saw quite a crowd. There were runners and volunteers everywhere.

I met up with my running partner and good friend, Hall, at the sign-in desk and I thought to myself, "It's not too late to quit or fake an injury," but she seemed to be in it to win it. So, I shook the thoughts of quitting and began my warmups. After a couple "cool guy" stretches and a lap around the track, Jim Holbert, the MWR sports coordinator,



Brittany Marble prepares to cross the finish line with her dog, after running the full marathon.



Approximately 100 runners begin running in the Annual Full and Half Marathon hosted by the Moral, Welfare & Recreation program, at Cooper Field, Jan. 30, at U.S. Naval Station Guantanamo Bay, Cuba.

announced the race was about to begin.

Moments later the run started. Hall and I began with a light jog, not too fast not too slow, maybe around a 10-minute pace, while listening to my petite boss, Marie Slosser's, feet slap the pavement loudly, like a herd of elephants. By mile four I was feeling good, running alongside Hall and Slosser, still listening to those feet whack the pavement.

At this point I felt like I could run all day. Hall and I had been laughing and joking the whole time, having a good time and I just knew we could finish in the top 15. Suddenly as Hall, Slosser and I were heading out to the Northeast Gate, we saw one of the runners already on his way back. Not only was he miles ahead of us, he was in a full blown sprint and smiling! I instantly recognized I was not in shape the way I thought.

Hall, Slosser and I reached the gate and began to head back, still feeling great. We raced past mile five. I ask Hall if we should take a break and walk a bit before continuing.

"No," she said with sass. "I don't want to stop unless I have too. We are not going to finish last."

I quickly realized, she was in full "go" mode and it was best to just do as she said. We continued running. We passed miles six and seven and that walk break started to sound really tempting. I look over and see Hall's face, which is normally all smiles, was now more of a hardcore biker's "mean mug." Asking for a break seems out of the question.

By mile eight my body was struggling, as I ran alongside Hall and Slosser. We looked up and saw seasoned runner, David Carr, not too far ahead of us.

"Oh! This is my chance to beat him!" Slosser looked up and said.

Apparently, Carr promised her a coin if she was able to beat him. During the MWR's half marathon in November, the two ran and Carr came out victorious. Hall and I watched as Slosser and her little feet went slapping across the pavement after Carr.

I look at Hall again and ask if we can take a two minute walk break.

She looks back at me and says, "Are you dying?"

"Just about," I respond.

"Then no," she responded with even more sass than before. "Unless we are about to die, we can't stop."

Eventually, I man up.

"I have to stop after the next mile marker," I said with my chest.

Surprisingly she agreed. We walked for a minute or two before carrying on to mile nine. I admit with a bit of shame, my heart shrunk three sizes and the excuses piled up as we got closer to Skyline Drive. We started jogging slightly and the cramps and tiny-heart syndrome kicked in big time for me. I told Hall to go on without me and I would meet her at the finish line. Skyline proved to be quite the challenge. I struggled the rest of the way but the cheering volunteers at each



Kimone Nunis and Gregory Dayes run along Skyline Drive during the marathon and half marathon while volunteers hand out drinks and cheer on participants.

of the water stations put a smile on my face.

By the 12th mile, the struggle proved to be more than real.

As I ran near another runner, he looked at me and told me, "It doesn't matter what time you finish in, as long as you finish. That's the goal."

His words were music to my ears. I sucked it up and finished the race. I crossed the finish line feeling an awesome sense of relief knowing that it was over. I met up with Hall and we congratulated each other as we laughed and joked. Slosser finished in 2:10, Hall finished in 2:14 and I finished in 2:25. After some cool-down exercises, stretching and group photos, we all said goodbye and went our separate ways.



Volunteers give moral support to the runners by handing out refreshments at a water station along Sherman Drive during the annual marathon and half marathon.

When I got home, I took off my shoes and could barely recognize my own feet as they were blistered and red as could be. I jumped to myself, I didn't finish the race with my partner like I wanted to, I didn't place high in the race like I wanted to nor did I get the time I wanted but I did finish the race and that was good enough for me.

I had a great time running, which is weird for me to say because I despise running, but it was a good experience. I am thankful that Hall spent the last few weeks training and suffering with me. I am thankful for Slosser, who encouraged me to run the half-marathon and forced me to run the past few weeks. I am thankful for my fellow runners who were encouraging and pushed each other to keep going and I cannot forget the volunteers. They were awesome, motivating and cheerful. I have a new respect for the full marathoners because the half-marathon took quite a bit out of me, so I can only imagine what they felt like.

I have no regrets looking back, as I enjoyed my first half-marathon experience in GTMO, however, I can say with utmost certainty, I will never run another half-marathon... like ever again.

The race results can be found on the GTMO's MWR Facebook page.

Article by
SPC. JUSTIN LE MALONE
Photos by
ARMY SGT. RYAN L. TWIST

MWR

2016 SPORTS SCHEDULE

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

MONTH / DAY ACTIVITY

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 5	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 Fools' 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
December 23	Jingle Bell Fun Run
December 24	Holiday Basketball Trnmnt.



MITIGATE YOUR RISK OF SUN DAMAGE

Sunburn: the bane of any sweet summer day. Almost everyone has experienced the joy of getting scorched after spending too long at the beach or forgetting to wear sunscreen. Generally considered a mild annoyance more than anything, sunburn can actually turn into a serious issue fairly quickly. While a sunburn is easy to deal with, it can also be the first stage of a more complicated problem known as sun poisoning, which is severe sunburn.

Sun poisoning ranges from mild, to requiring medical attention,



JSMART SPOT

▲ JSMART HELPER: HARLEY

SAY GOODBYE TO BOREDOM BLUES

At times, when we get in a funk, we may easily tell ourselves we are bored and there is nothing to do. We come up with reasons why we cannot go to the beach or on the paddleboard tour.

Boredom starts with negative automatic thoughts, also known as NATs, which affect our mood and lead us to further boredom by limiting our behaviors. For example, if someone asks if you want to play volleyball and your immediate thought is, "I'm not very good; they'd look at me funny." This would make anyone want to say "no", which only leads to a down mood and reinforces boredom. Although you may have time to play volleyball, the NAT tells you that you should not.

How you perceive a situation has a direct impact on your mood and behavior.

"In order to live free and happy, you must sacrifice boredom. It is not always an easy sacrifice," American novelist and U.S. Navy Reserve Pilot Richard Bach stated.

Risk can make us uncomfortable, but it is still important to try new

things. Make a list of reasons why you should do the activity and go do it. Your improved mood will follow. Being active will get the happy chemicals flowing, you will feel better and want to do more.

Volunteering with the Red Cross at community events or walk therapy dogs. Get in touch with your creative side at the Arts and Crafts center or enjoy free bowling every Wednesday at Marblehead Lanes. Get your captain's license to take advantage of boating, kayaking and fishing.

Participating in something fun and new is rewarding and you can say goodbye to the boredom blues!

Check out our first ever JSMART self-care day: Feb. 13, 8 a.m. to 12 p.m.

Take advantage of the massage chairs, pet therapy dogs; enjoy light refreshments and board games. No clinical operations will be conducted.

Article by
NAVY PETTY OFFICER 3RD CLASS JONNI GILLISPIE
Joint Medical Group

according to the Mayo Clinic. If you pass the symptoms of headaches, blistering and redness to find yourself experiencing fever or chills, having an upset stomach or experiencing a severe headache (especially with any confusion or faintness), you should seek medical attention immediately.

The best ways to prevent sun poisoning are to apply some common sense. First and foremost, you should be wearing sunscreen with at least sun protection factor 30 that includes the words "broad spectrum" somewhere on its label. Put it on 30 minutes before you go out and remember to reapply every two hours. Bear in mind, the hours of 10 a.m. to 2 p.m. are the most dangerous, in terms of ultraviolet radiation.

Additionally, remember when you are on active duty, you are responsible for any damage you do to yourself. If you wind up stuck on quarters because you were irresponsible in the sun, you will likely be paying for it with more than just blisters and peeling skin, as you may have to deal with Uniform Code of Military Justice consequences.

Article by
ARMY SGT. IAN WITHROW



HISTORY OF BATAAN DEATH MARCH

In light of the Bataan Death March tryouts that took place at Guantanamo Bay, Cuba from Jan. 29-30, here is a little history via www.history.com to get you caught up on why we memorialize this harrowing event.

The day after Japan bombed the U.S. Naval base at Pearl Harbor, on Dec. 7, 1941, the Japanese invasion of the Philippines began. Within a month, the Japanese had captured Manila, the capital of the Philippines, and the American and Filipino defenders of Luzon, the island on which Manila is located, were forced to retreat to the Bataan Peninsula.

For the next three months, the combined U.S.-Filipino Army held out despite a lack of naval and air support. Finally, on April 9, with his forces crippled by starvation and disease, U.S. Gen. Edward King Jr. surrendered his approximately 75,000 troops at Bataan.

The surrendered Filipinos and Americans soon were rounded up by the Japanese and forced to march approximately 65 miles from Mariveles, on the southern end

of the Bataan Peninsula, to San Fernando.

The men were divided into groups of approximately 100 and what became known as the Bataan Death March typically took each group around five days to complete. The exact figures are unknown, but it is believed thousands of troops died because of the brutality of their captors, who starved and beat the marchers, and bayoneted those too weak to walk.

Survivors were taken by rail from San Fernando to prisoner-of-war camps, where thousands more died from disease, mistreatment and starvation.

America avenged its defeat in the Philippines with the invasion of the island of Leyte in Oct. 1944. Gen. Douglas MacArthur, who in 1942 had famously promised to return to the Philippines, made good on his word. In Feb. 1945, U.S.-Filipino forces recaptured the Bataan Peninsula, and Manila was liberated in early March.

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 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

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

Continued from page 3

Annex times and additional Space-A information can be found on the Roller.

Specific travel questions can be answered by Mark Veditz at Mark.Veditz.ctr@gtmo.navy.mil; Air Force Master Sgt. Darnell M. Ingram, the noncommissioned officer-in-charge of J4

passenger travel at Jtftgmo-j4-travel@jftgmo.southcom.mil; or Navy Lt. Jose A. Jimenez, administrative officer for NAVSTA, at Jose.Jimenez@gtmo.navy.mil.

Article by

ARMY STAFF SGT. ALEAH M. CASTREJON



Photo by Jeffery L. Walling

PARTING SHOT



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

THE WIRE