POW ★ MIA 24-hour vigil run

Air Force’s 67th Birthday
BEEF holds afternoon cookout

LIBERTY
Experience upgraded Wi-Fi
Warrants host Bowl Off

Does your team have what it takes to compete in this year's Bowl Off? If you think you can beat the competition, come down to the bowling alley and register your team by Oct. 5. A $25 team registration fee is due the day of the tournament. First and 2nd place teams will receive prizes not to mention bragging rights! Join us in our effort to raise funds for what we hope to become the first GTMO Youth Mentorship Program. Main event is held Oct. 9 at 6:30 p.m. For more information, call 3343 or 2240.

Last chance for chili cook-off

Registration for the chili cook-off in support of Domestic Violence Awareness Month ends this Friday. Contact Emily Kolenda with the Fleet and Family Support Center for rules and a registration form. The cook-off will be held Oct. 18 in the Windjammer Ballroom.

FEATURES

10 • New look for Liberty

For deployed military members, the Liberty Center offers tools to communicate with loved ones back home and a wide variety of games, books and movies to pass the time here. Some new changes are coming to make it even better.

12 • Air Force birthday

The Airmen of the 474th Expeditionary Civil Engineering Squadron celebrated the Air Force’s 67 years of excellence.

13 • Engineers can dig it

Navy Seabees and members of Joint Task Force Guantanamo’s Base Engineer Emergency Force work together to make improvements to the Cooper Field Sports Complex.

CORRECTIONS

Please report all corrections to thewire@jtfgtmo.southcom.mil.
Joint Task Force Guantanamo

The Wire · September 26

Religious Services

NAVSTA Chapel
Catholic Mass
Mon.-Thur. 1730
Saturday 1700
Sunday 0900

Protestant Services
General Protestant
Sunday 1100
Gospel Worship
Sunday 1300

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

Chapel Annexes

Pentecostal Gospel
Sunday 0800 & 1700
Room D

LDS Service
Sunday 1300 Fellowship Hall

Islamic Service
Friday 1315 Room 2

Seventh Day Adventist
Friday 1900 Room 1
Sabbath School: Saturday 0930
Room 1
Sabbath Service: Saturday 1100
Room 1

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

New Troopers’ Chapel
Protestant Worship
Saturday 1900
Sunday 0640
Sunday 0900
Sunday 1900

Bible Studies
Monday 2000
Cuzco block J
Wednesday and
Friday 1900
New Troopers’ Chapel

Chapel Annexes
Cont.

Liturgical Protestant
Sunday: 0930, Room 1

Transportation Schedules

BEACH BUS
Saturday & Sunday ONLY
Windward Loop/East Caravella
0900/0930/1200/1230/1500/1530/1800/1830
SBQQ/Marina
0905/0935/1205/1235/1505/1535/1805/1825
NEX
0908/0925/1208/1225/1508/1525/1808/1825
Phillips Park
0914/1214/1514/1814
Cable Beach/Turn Around
0917/1217/1517/1817
Return to Office
0940/1240/1540/1840

FERRY Schedule
Monday thru Saturday
FERRY
Windward 0630/0730/0930/1030/1130/1330/1530/1630
Leeward 0700/0800/1000/1100/1200/1300/1400/1600/1700

UTILITY BOAT
Windward 1730/1830/1930/2030/2130/2230
Leeward 1800/1900/2000/2100/2200/2300
Sunday & Holidays
FERRY
Windward 0730/0930/1130/1330
Leeward 0800/1000/1200/1400
UTILITY BOAT
Windward 1530/1730/1830/2000/2230
Leeward 1600/1800/1900/2030/2300

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.

The Wire · September 26
Traveling on

By Army Brig. Gen. Marion Garcia
Deputy Commander, Joint Task Force Guantanamo

As members of the military, we often turn for inspiration to the writings of great military leaders, military history and military doctrine. Sometimes, looking at a completely different type of writing can be refreshing and instructive. With that in mind, here’s something a little different for the command corner:

“The Tide Rises, the Tide Falls”
by Henry Wadsworth Longfellow

The tide rises, the tide falls,
The twilight darkens, the curlew calls;
Along the sea-sands damp and brown
The traveller hastens toward the town,
And the tide rises, the tide falls.

I encourage each of you to make the most of your time as a “traveller” at JTF GTMO.
I believe that the waves can’t completely erase your footprints – you will each leave this place a little bit better than you found it.
It’s also comforting to know that when you leave, your fellow travellers will carry on and ensure that the mission unfolds successfully (just like the tide will rise and fall). It has been an honor to serve with you.

Command Sgt. Maj. William Zaiser, the U.S. Southern Command command sergeant major, spoke before an assembled group of Joint Task Force Guantanamo senior enlisted leaders from across all branches of military service during an all-call held Sept. 18 at the community center.
Is it true that I am required to preserve every document and every email sent from my government computer during my deployment to Joint Task Force Guantanamo?

The answer is yes. In accordance with a series of federal court orders issued in 2005, called preservation orders, all government agencies, including JTF GTMO, are required to “preserve and maintain all evidence, documents, and information, without limitation, now or ever” in their “possession, custody, or control” regarding certain detainees (the ones identified in the orders) held at Guantanamo Bay.

In 2005, a memo from then-Department of Defense (DoD) General Counsel William J. Haynes applied the preservation order to all detainees. Because the preservation orders did not define “all evidence, documents, and information,” Haynes instructed DoD personnel to interpret these terms broad to include “all documents and recorded information of any kind,” “electronic records, written records, e-mail, storage devices, handwritten or typed notes... relating to all detainees held by the Department of Defense at Guantanamo Bay, Cuba now and in the past.”

The good news is that the JTF GTMO/J6 directorate plays an important role in the preservation process. J6 backs up all electronic data—shared drive data and e-mail—daily onto a set of electronic tapes. These tapes are replaced each month and stored in a secured, climate-controlled storage facility. J6 currently maintains almost seven terabytes of information, dating back to 2001.

But why do we have to go to all of these efforts to preserve a few old emails, you may ask? A number of detainees are subject to military commissions—a type of criminal trial. Through this process, JTF GTMO and the U.S. Government are required to turn over certain information and documents to detainee lawyers. If it hasn’t been preserved, it can’t be turned over—not a good result for the U.S. Government. Additionally, government agencies that oversee JTF GTMO, such as DoD or United States Southern Command (SOUTHCOM), periodically access information produced here.

So what’s your role in all of this? According to direction passed down by SOUTHCOM, all JTF GTMO personnel (active duty, U.S. Government civilian or contractor) are prohibited from destroying any hardcopy detainee-related documents (including memos, briefing slides, and hand-written notes); deleting any electronic files (including emails, briefing slides, and other electronic records); or destroying any electronic media (including video-teleconference records or portable media devices). With respect to the issue of deleting, if you delete from your JTF GTMO computer, the file is not really deleted. The back up process described above, preserves all deleted electronic files. Bottom line, whatever you do on a JTF GTMO computer, both classified and unclassified systems, is preserved.

So who at JTF GTMO is required to preserve documents? Everyone. And what are you required to preserve? Everything, including non-electronic documents, which should be scanned and electronically preserved. Questions regarding where to store these electronic documents should be addressed to your directorate or command leadership who will help you organize this information for preservation purposes. So stay away from that delete button.

### NFL WEEKLY

**Week three was one for the ages in the National Football League.**

The Washington Redskins and Philadelphia Eagles got a little testy during their game, as tempers flared.

The Tampa Bay Buccaneers suffered an embarrassing loss to the Atlanta Falcons. The San Francisco 49ers found yet another way to give away a win in their loss to their division rival Arizona Cardinals.

Week three was a good one for backup quarterbacks though. Jacksonville Jaguars Blake Bortles threw for 233 yards, Arizona Cardinals Drew Stanton threw for 244 yards, Washington Redskins Kirk Cousins threw for 427 yards and St. Louis Rams Austin Davis threw for 327 yards.

**Thursday’s games**

- Falcons 56, Buccaneers 14

**Sunday’s games**

- Chargers 22, Bills 10
- Cowboys 34, Rams 31
- Saints 20, Vikings 9
- Giants 30, Texans 17
- Eagles 37, Redskins 34
- Bengals 33, Titans 7
- Ravens 23, Browns 21
- Lions 19, Packers 7
- Colts 44, Jaguars 17
- Seahawks 26, Broncos 20
- Patriots 16, Raiders 9
- Chiefs 34, Dolphins 15
- Steelers 37, Panthers 19
- Cardinals 23, 49ers 14

**Monday’s games**

- Bears 27, Jets 19
“When the Game Stands Tall” is based on the true story of football coach Bob Ladouceur (Jim Caviezel) and his De La Salle High School Spartans who went from unknowns to achieving the longest winning streak of all time. From 1992 to 2003 the Spartans of Concord, California amassed an unbelievable 151 straight wins. The film, written by Scott Marshal Smith focuses on the 2004 season following the team’s decade on top.

Ladouceur, or Coach Lad as he is called, coaches his young players by delivering sermon-like parables rather than being a stereotypical blustery coach. He is a soft spoken and stoic man who preaches the importance of brotherhood and pushing yourself for your team instead of focusing on collecting trophies. This approach is not unexpected due to Coach Lad being a religious studies teacher and De La Salle High School is a Catholic school.

After a decade of winning, the Spartans are dealt two painful blows when Coach Lad suffers a life-threatening heart attack and one of the team’s brightest young athletes is killed in a random shooting. Without Coach Lad at the helm, the Spartans struggle to regain their focus. The team succumbs to two consecutive losses to open the season before Coach Lad is cleared to return.

From this point the film is mostly assembled with workout scenes on the gridiron and game scenes to show the team’s newly ignited resolve. Even the gratuitous physicality has failed to resonate with audiences, with some even calling this the worst sports movie of all time. The film borders on overly preachy and underdeveloped. Except for Coach Lad, who the filmmakers spend an enormous amount of time presenting him as a deity, the characters are never really able to shine.

Even with Laura Dern’s portrayal of Coach Lad’s wife and Michael Chiklis as his assistant, the script just never gives these typically fine actors a chance. The film tries hard to elicit tears but very few moments really grab at the soul. The film is full of clichés and tired emotional ploys. “When the Game Stands Tall” receives two dry-eyed banana rats.

When the Game Stands Tall

Review by Staff Sgt. Carmen Steinbach
Editor, thewire@jtfgtmo.southcom.mil

Take Reese Witherspoon’s lesser-known romantic comedy, “Just like Heaven,” and tell it from a eerie, depressing perspective reminiscent of “The Lovely Bones” and you get latest teen sob story “If I Stay.” Rising star Chloë Grace Moretz takes on her first lead role with gusto, starring as teen-aged cellist Mia Hall. At first everything starts out great for Mia: she’s dating an edgy rocker named Adam (Jamie Blackley), well on her way to studying at Julliard and has the most laid-back, punk-loving parents a teen could hope for. Unfortunately, most predictable plot twists dictate that mom and pop must perish.

Based on the young adult novel of the same title by Gale Forman, the film makes the time jumps seem more jarring and purgatory dilemma seem more forced. Some things are just better in paperback. Cut out the melodrama, and this film would have soared as a simple coming of age story instead of trying to continue the trend of teen tear ficks. I give it two banana rats.

Since its inception in May of 2014, the only joint-service Corporals Course has been held at Joint Task Force Guantanamo, highlighting the leadership skills taught to all Marines. The purpose of the course is to provide junior enlisted personnel with the leadership skills and education that will serve them best when it’s their time to lead. The program of instruction places emphasis on leadership foundations and a working knowledge of general military subjects.

Marine Cpl. Kyle Hoek, a member of Marine Corps Security Forces Company, said that this was a great opportunity to interact with other services. “It was good to work with the other branches and see how they operate,” said Hoek.

Coast Guard Petty Officer 3rd Class Kai Clark, a member of the Maritime Security Detachment, saw it as an opportunity to learn an alternate style of leadership. “It’s an incredible experience to see how the Marines do things,” said Clark. “To get their perspective is a unique experience. It’s an honor to be in this course.”

Spc. Brianna Jenson, a Soldier with the 420th Military Police Company, said she was anxious to see the differences and similarities between how the Marines teach compared to the Army. “I’ve never heard of the Army integrating their leadership course,” said Jenson, “so this is something that is really good for the military. I’m very proud to be one of the few females that have been in this course here, and I’m grateful for it.”

Marine Staff Sgt. Daryl Walker, administrative assistant with J4, expressed his eagerness to help train future leaders. “It doesn’t matter what uniform they wear, they are all striving to be leaders one day,” said Walker. “From this integrated course, I got a better understanding of leadership that I can take back to my Marines.”

Calling all corporals

Students from the Joint Task Force Guantanamo Corporals Course Class 077-14 participate in the team litter carry event Sept. 18. The only joint-service Corporals Course is held at JTF GTMO, highlighting the leadership skills taught to all Marines. The purpose of the course is to provide junior enlisted personnel with the leadership skills and education that will serve them best when it’s their time to lead.
Story and photos by Sgt. Kenneth Tucceri
Webmaster, thewire@jtfgtmo.southcom.mil

Friday, Sept. 19 was National POW MIA Recognition Day. To honor our country’s prisoners of war and those missing in action, Naval Station Guantanamo Bay’s community came together to support a 24-hour run that brought a POW MIA flag continuously around Cooper Field’s track and culminated with a ceremony, led by Navy Capt. John Nettleton, NAVSTA’s commander, at the downtown flagpole.

“America’s history shines with patriots who’ve answered the call to serve,” said Nettleton while quoting President Barrack Obama’s proclamation for National POW MIA Recognition Day 2014. “From Minutemen who gathered on a green in Lexington to a great generation that faced down communism and all those in our military today, their sacrifices have strengthened our nation and helped secure more than two centuries of freedom.”

Nettleton went on quoting Obama’s proclamation: “Today we acknowledge that we owe a profound debt of gratitude to all those who have given of themselves to protect our union and our way of life, and we honor them by working to uphold this sacred trust.”

The flagpole ceremony, which ended with the raising of the POW MIA flag by U.S. Naval Hospital Guantanamo Bay’s Color Guard, is an annual event, yet the 24-hour run was inaugural to GTMO.

Air Force Lt. Col. Patrick Miller, commander of the 474th Expeditionary Civil Engineer Squadron, was responsible for setting up the event along with the 474th ECES and the Base Emergency Engineering Force.

“A large part of our squadron is from Joint Base Charleston, and we do a similar 24-hour vigilant run back there. So I asked the question if NAVSTA was open to us sponsoring it, and they were all game, and that’s how it all started.”

The run began immediately after The Star Spangled Banner on Sept. 18. Units and other groups volunteered to fill half hour blocks for the 24 hours.

“The turnout was great,” said Miller. “We’ve got the youth center signed up for a block. It was open to families, retirees, everybody on NAVSTA … So the turnout was good, support was good, and we’ve got all the blocks filled.”
Some units ran with service flags that were available and others brought their unit’s guidon.

According to Air Force Staff Sgt. Sara Wade, a member of the 474th ECES, who was at Cooper Field almost the entire time keeping track of mileage, the number of participants and other statistics, said units even injected some friendly competition into the event.

“There were a few Army groups that came back multiple times,” said Wade. “They were battling each other to see who had the most laps ran. I think they were up into the 600s.” She added that was not enough to keep up with the BEEF, as they exceeded 700 laps at that point.

From 6:30 p.m. - 7:30 p.m., the base’s CrossFit group, with members from a variety of military branches and civilians, signed up to run with the flag, introducing an element relevant to their group’s ethos.

“He will be taking turns with the flag one at a time. While one person is running the rest of us will be doing burpees for the whole hour,” said Army Staff Sgt. Tara Steranko, a member of the 342nd Military Police Company, prior to participation.

At the near conclusion of the 24 hours, a group of Service members, representing all five branches, each carried their services flag along with the POW MIA flag and ran down Sherman Avenue to the flagpole to end the run with NAVSTA’s ceremony, appropriately linking the two commemorative activities.

“Our POWs and MIAs went through a heck of a lot,” said Miller. “So there are different ways to say thanks to remember what they did. This is just an opportunity for folks to keep the POW MIA flag moving around the track out here for a 24 hour period … Just time for some reflection, appreciation, a tribute to what those men and women sacrificed during that period. As we all know, some of them didn’t come home, and this is a way to say thank you and remember what they did.”

According to Wade, approximately 323 runners ran 4,416 laps. The total miles ran, including the Service members running the flags to the ceremony, was 1,106.5 miles.
Whether you’re getting caught up with what’s going on back home, on-line class work or researching the latest news on your favorite celebrity, Naval Station Guantanamo Bay and Joint Task Force Guantanamo MWR Liberty Centers have got you covered.

The MWR information technology department and Liberty Programs department wanted to provide Liberty Center patrons a better internet service. Liberty Center patrons are not limited to 380KB that other MWR patrons on the base are limited to. The other reason for the upgrade was to ensure only Liberty Center patrons were able to access Liberty Wi-Fi. “Because the change happened so fast we had a couple of bumps getting our patrons registered,” said Katie Stanley Prestesater, MWR Liberty Program director, “but since then it has been smooth sailing.”

At this time, they are looking into the possibility of changing some of their computer stations, but nothing is confirmed as of yet. Marine Hill Liberty Center will be changing over to Liberty-only Wi-Fi within the next few weeks as they work with all Marine Hill users on accessing the private Liberty Wi-Fi.

Army Sgt. Ora Rochelle, an administrative assistant with the JTF J4 warehouse, enjoys the higher speed and quality of the improved internet.

“I use it to download updates to my computer and some of my games,” said Rochelle. “I especially like the Marine Hill Liberty Center. It’s so quiet and serene when I go. It’s a pleasant experience.”

Recreational activities such as video gaming, billiards, volleyball and ping-pong are available for check-out and with...
To access the Liberty Wi-Fi, patrons can follow these simple steps:

1) Stop by the Camp Justice, Tierra Kaye, Camp America or Deer Point Liberty Center.
2) Connect to the Liberty Wi-Fi.
3) Your device should automatically take you to a registration page.
4) Register with a .mil account.
5) Access the .mil account and a password will be provided to the email you provided in your registration.
6) Login with your new password and start using your device!

Any questions can be forwarded to 77421 - Marine Hill Liberty from 1:00 p.m.-11:00 p.m. Monday-Friday or 12pm - midnight Saturday and Sunday or email us at Liberty@gtmo-mwr.org.
Digging out the Dugout

Story and photos by Sgt. Spencer Rhodes
Photo Editor, thewire@jtfgtmo.southcom.mil

Guantanamo Bay, whether it’s on the Naval Station or at the Joint Task Force, is unlike many military communities in that it’s an everyday occurrence to see different branches working together. Those who do not get to work with each other all too often, despite the similarities in occupation are the Navy Seabees and the Air Force Base Engineer Emergency Force.

JTF GTMO’s BEEF was given the opportunity to lend a hand to the NAVSTA Seabees under the Public Works Department Self-Help, in tearing down the remnants of multiple old baseball dugouts at the Cooper Field Sports Complex over the course of several days in late August and early September.

Navy Petty Officer 2nd Class Kyle Harrison, who has had experience working with other branches prior to getting his permanent change of station to GTMO, says the BEEF just has different resources at their disposal than the Seabees.

“We just don’t have the heavy machinery for the project,” said Harrison, “or the operators for it either. So we asked the BEEF to help out. It’s not the first time we’ve worked with them either.”

Much of the project was done by Bremcor, however, the actual removal of old fencing and structures was taken on by military personnel. Navy Petty Officer 3rd Class Eric Malinski, one of about seven service members assisting with the task said that it wasn’t a single day project.

“From tearing it all down and hauling it off it’s taken about a week to complete,” said Gabriel as he pointed to one of the heavy loaders moving one of the last large piles of concrete.

The project required the fencing and dugouts to be torn out and moved to a separate area where it could later be hauled away, much of it requiring heavy machinery that couldn’t be done by hand. Airmen 1st Class Trevor Bitterman, who was recognized last week as Motivator of the Week for his hard work ethic, was one of the Airmen at the sports complex helping out when the equipment operator wasn’t doing the heavy lifting.

“All this would have been done already if it hadn’t rained so much last week,” said Bitterman.
It’s been 67 years since a new branch of the military was created; when the U.S. Air Force’s first Secretary of the Air Force, Stuart Symington, and the first Air Force Chief of Staff, Gen. Carl A. Spaatz, were officially sworn in by Chief Justice Fred Vinson. Since then, the Air Force has continued to set the highest standard possible across the world’s skies. Friday, the USAF celebrated this historic occasion with birthday celebrations across the country and abroad, including Guantanamo Bay, Cuba.

To celebrate, Joint Task Force Guantanamo’s Base Engineer Emergency Force held a cookout at Camp Justice, the unit’s main area of operations, inviting all JTF Airmen to come and enjoy freshly cooked food as a break from the work day.

“With only a handful of folks, we wanted to celebrate in a relaxed environment, giving everyone a chance to enjoy food and fellowship,” said Lt. Col. Patrick Miller, commander of the 474th Expeditionary Civil Engineer Squadron. “The Air Force Birthday celebration was open to all Airmen assigned to GTMO. As the designated Senior Service Lead, I have a good grasp of the Airmen across the island. We make up less than five percent of Guantanamo’s population, so we tend to stick out.”

There are a wide range of responsibilities that are under the BEEF’s purview, keeping the Airmen busy throughout the week.

“It was awesome to be able to leave work to go eat and relax a bit. A lot of us were able to cut out for the day after that, depending on what we were working on. It let us build camaraderie and meet other JTF Airmen outside the BEEF,” said Senior Airman Clifton Nicholas.

The JTF command group came out to eat and mingle during the cookout as well; even Army Command Sgt. Maj. William Zaiser, the Southern Command command sergeant major who was visiting JTF GTMO at the time, made sure to join the Airmen in their birthday celebration.

Since arriving in July, the most recent rotation of BEEF Airmen have been heavily involved in GTMO activities, often seen together in large groups, either playing as a Frisbee team or volunteering at various events.

“Each service has its own sense of pride and ownership, and then when you dig down into functional specialties, the camaraderie gets tighter and personalities really come out. Given our location within Camp Justice, our size, and the need to work across functional lines, we get to know each other really well both on and off duty,” said Miller. “We are very big on team building and taking care of each other here and at home.”
After long game is over and everything’s said and done, after rival team arguments have ceased, and all the party food is eaten, it’s time to break out the dessert. Not everybody has a kitchen or the ability to have a homemade brownie.

These brownies are made in a mug, in a microwave with very few ingredients in as little as two minutes. They’re best with a scoop of ice cream on top. Enjoy.

Recipe

Total time: 2 min.
Prep time: 1 min.
Cook time: 1 min.

Ingredients: 2 tbsp butter, melted, 2 tbsp water, 1/4 tsp vanilla extract, 1 dash salt, 4 tbsp granulated sugar, 2 tbsp unsweetened cocoa powder, 4 tbsp all-purpose flour

Directions:
1. In a 12 oz coffee mug, add water, butter, vanilla and dash of salt. Whisk well.
2. Add cocoa powder, whisk well. Add sugar, whisk well. Add flour, whisk well.
3. Microwave for 60 to 90 seconds. Center should be slightly molten. Careful not to overcook.
4. Enjoy with a spoon. Careful brownie will be hot.
The Burden of gnats

By Navy Cmdr. Thomas Taylor
Joint Task Force command chaplain

Generations will remember Guantanamo Bay’s Great Gnat Invasion of 2014. For decades grown men will tell their harrowing stories of braving the early morning dawn as thousands of tiny little gnats swarmed their faces. They will speak of those moments when you couldn’t tell if you were being waved through the gate or if it was just gnats being shooed away. Troopers of all backgrounds were united in their annoyance and many banded together to create various concoctions to repel the force, but alas the gnats overcame. Resistance was futile.

I don’t know about you, but lately when it rains I only hear the sound of the gnats’ second wave being born. I think to myself, “Here we go again. I thought we’d move past that already.” Have you ever felt that way, when something you thought was in your past suddenly creeps back up again? Our mind is a recorder and can replay hurtful words, scenes and emotions over and over again. We all have these memories.

Thankfully, there is hope. You may never be able to forget, but there is healing and forgiveness. It is not always an easy process; you may need help in getting to that point. As chaplains we are here to help you. We know there is a better way, to be free from your past positions to focus on the bright future God always intended for you.

“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.” Matthew 11: 28-30.

Titan! Teddy! Charlie! Do these names ring a bell? If so, you have probably experienced the joy of the JSMART dogs. It is a common joke by the JSMART staff that the dogs are more popular then the people, and it’s true. Pets can reduce stress, ease loneliness, promote social interaction and provide love and affection that cannot always be attained in a deployed environment. Studies have found that pet therapy dogs are able to reduce the distress of PTSD symptoms, making them an asset to the military. Human-animal bonding (such as playing with a pet) can elevate levels of serotonin and dopamine, which are chemicals in the brain that help us relax. Pet therapy or animal-assisted therapy is a newer field that is growing in size and popularity. JSMART is one of the few places on island where you have access to therapy dogs. So, stop by and check out the JSMART dogs. They will always be happy to see you and are guaranteed to put a smile on your face as well.
A rare sighting of a large flock of pink flamingos took off near the bay’s north gate in this photo by Sgt. 1st Class Larry Nilmeier.

U.S. Naval Hospital urges mosquito prevention

Due to the recent rains, mosquito populations will increase!

- Be aware of places where standing water accumulates, and remove/drain them as quickly as possible.
- Wear long-sleeve shirts and pants when going outside and apply repellant containing DEET.
- As a reminder, please do not disturb mosquito trapping equipment in use as part of the surveillance program.
- Contact the USNH GTMO Preventive Medicine Dept. at 72990 with any questions.

Send your best photos to thewire@jiltgmo.southcom.mil