



# THE WIRE

THE OFFICIAL PUBLICATION OF JOINT TASK FORCE GUANTANAMO

## **PADDLE, PEDAL, PAINTBALL**

The GTMO MWR hosted the inaugural "Paddle, Pedal, Paintball 9-miler" Oct. 25 bringing an inventive new form of competition to the island.

**p07**

## **A NEW CLASS OF FITNESS**

This relatively new class started earlier this year, focuses on CrossFit type workouts, and is held between the child's baseball diamond and the two adult diamonds next to the gym.

**p09**

**OCTOBER 31, 2014**



**COMMAND SGT. MAJ. EDWIN L. GARRIS**  
JOINT DETENTION GROUP CSM

Who am I? Why am I here? What is my purpose? It's not that I feel insignificant or that I don't matter. I need to know that I made a difference, that I had an impact on others, and that my life left a lasting impression upon this world and the people I came into contact with. My goal in life is to be great; it doesn't matter if I succeed by someone else's standard. It's

## MY GREATEST FEAR

knowing in my own heart and mind that I did my best. Daring to be great comes with a fear of failing, or not being good enough.

My greatest fear is that I have not done enough; I have not reached high enough, and that I failed to seize the moment when it was afforded to me. My greatest fear is not that I will die poor, lonely or even young. I fear that I would have lived without purpose, and when I do find my final resting place that my life had no substantial meaning. There will be no proof or evidence I had actually ever existed. That all these years I have lived, and the things I have done and accomplished will only be explained in a small inscription that can be found on my tombstone.

I fear that for those who have crossed my path that I didn't treat them right or offer them a kind word or greeting. If I missed an opportunity to have ignited a spark of hope in someone and they went on to live to better themselves and others.

So I say to you today, I will live each day trying to reach greatness that lives in every one of us. I will no longer settle for ordinary, but strive for extraordinary. I will lead the pack

and never run with the pack; I will stand out in everything I do. Mediocrity will never tell of my deeds, only greatness will do.

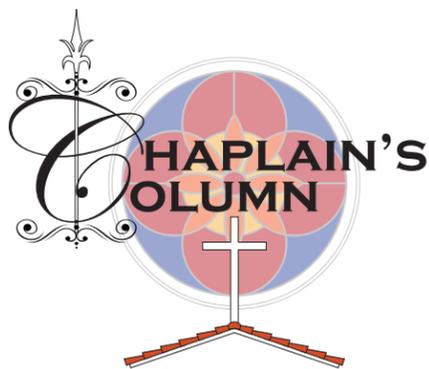
In time we all disappear and die. The goal isn't to live forever but to create something that will. Never forget to leave a lasting impression no matter how big or how small. It's about what you're remembered for, so make your own footprint.

My greatest fear is that I won't give everything that I've got every time; I won't push beyond my mental constraints; I won't push myself physically past my limitations; I won't be the very best that man has to offer. My greatest fear is that I will fail. Dare to be great.

ARTICLE BY

**COMMAND SGT. MAJ. EDWIN L. GARRIS**  
JOINT DETENTION GROUP CSM

## JOINT TASK FORCE GUANTANAMO



## CELEBRATING HALLOWEEN

The Halloween custom originated in a pagan belief and was observed on Oct. 31. It is said the dead would revisit their homes on this day, and supernatural powers would control the ghosts, goblins, and witches that were wandering about. It was believed this was the only day of the year that the devil was summoned for evil purposes.

Many Christians do different things for Halloween; some have a "Hallelujah Night." Others avoid the scary and evil costumes and wear innocent costumes. Some elect not to do anything at all, choosing to stay home. We can choose what to do on Halloween.

The Bible does not mention Halloween; however it gives us insight. In the Old Testament, witchcraft was an offense punishable by death. There are scriptures in the New Testament which teach that occultism

and being a believer do not go together. Should a Believer celebrate Halloween? There is nothing inherently evil about a person wearing a costume and asking for candy. However, there is something about the pagan beliefs of Halloween that is anti-God and should be avoided!

If we Believers are going to take part in Halloween, our costume and our conduct should still imitate a transformed life. The choice is ours to make. As with everything, we Believers are to incorporate Biblical values and beliefs, even on Halloween.

ARTICLE BY

**1ST LT. FRANK L. HOUGHTALING**  
JTF STAFF CHAPLAIN

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## 01 COMMAND & CHAPLAIN

If we Believers are going to take part in Halloween, our costume and our conduct should still imitate a transformed life.

## 03 GTMO NEWS

Families throughout GTMO scoured the fields near the Youth Center in search for the perfect pumpkin during the 3rd Annual Pumpkin Patch Oct. 23 through 25.

## 07 PHOTO STORY

MWR GTMO held its first "Paddle, Pedal, Paintball" event Saturday. The new competition had competitors run, row and shoot their way to victory.

## 09 SPORTS FEATURE / COVER PHOTO

CrossFit has already swept the nation and this little part of the globe recently caught on now that classes are offered next to the G.J. Denich Gym.

## 10 ENTERTAINMENT & REVIEW

You ever wonder where the term Lolita originated from? Well perhaps you'd be surprised to know it originates from a novel by one of the 21st Century's greatest authors.

## 11 SPORTS

All those hours wading through the endless bodies in G.J. Denich Gym finally paid off for competitors who competed in a fitness competition Saturday in the Windjammer Ballroom.

## 13 LIFE & FITNESS

GTMO's newest fitness guru has some advice for you in the newest advice column.

## MOTIVATOR OF THE WEEK

**SGT. RACHEL KERN**  
342ND MP CO

**SGT. ROBERT DREXLER**  
391ST MP CO



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A child decorates a Halloween pumpkin at this year's Pumpkin Patch held at the Youth Center on Oct. 23.



Heidi Fredrick, a GTMO resident, helps her children carve pumpkins at the Pumpkin Patch event on Oct. 23 at the Youth Center here.



Families gather to pick out pumpkins at this year's Pumpkin Patch event at the Children's Youth Center on Oct. 23.

# GTMO PUMPKINS AT THE PUMPKIN PATCH

Children led their parents in a bit of PT Thursday, through an orange-spotted playground, looking for potential jack-o-lanterns during this year's Pumpkin Patch at the Youth Center.

This event and others like it are meaningful to Service members and their families during the holiday season.

"It's definitely good for quality of life and morale," said Lt. j.g. Jeremy Lightner, a participant who was enjoying some down time with his daughter and wife at the event.

There were roughly 100 pumpkins in the Pumpkin Patch this year for families to enjoy. The event also featured many other activities.

A hayride circling the playground, pumpkin carving stations, story time and a photo booth were a few of the many activities offered during this annual MWR event.

"We always offer different activities," said Roshuanda Adothor, a Child Youth Programs employee who helped plan this year's event. "There's a lot of forward planning that goes into the Pumpkin Patch."

The pumpkins are ordered approximately three months in advance to make sure all the parents and children have a chance to create their favorite spooky faces in time for

Halloween.

"We love the Pumpkin Patch. It's a really fun time for our kids and a nice way to celebrate the season," said Heidi Frederick, a GTMO resident helping her children carve pumpkins inside the Youth Center.

Two-hundred parents and children were expected to show up to this year's Pumpkin Patch, which has been held annually for approximately five years.

The Pumpkin Patch ran Oct. 23 - 25, and was followed by another CYP event on Saturday night, the Trunk or Treat.

"We're thankful to all the families who showed up and came out to support CYP again," Adothor said.

STORY BY  
SGT. RICHARD HOPPE

PHOTOS BY  
SGT. REBA BENALLY



Airmen from the 474th Expeditionary Civil Engineer Squadron (BEEF), Master Sgt. Mark Obrien, Staff Sgt. Anthony Blazer, Staff Sgt. Matthew Beers, Airman 1st Class Devonte Harrison, Army Sgt. Karen Le and Staff Sgt. Joshua Davis enjoy dressing up for the 3rd annual GTMO Trunk-R-Treat

# GTMO ENJOYS A NIGHT OUT WITH TRUNK OR TREAT

The parking lot of the Lyceum came alive Oct. 25 with the undead. The third annual Trunk-R-Treat on GTMO helped close out the month of October in ghoulish fashion.

Ashley Clark, the group leader for the 525th Military Police Battalion's Family Readiness Group, was the driving force behind this year's family oriented event.

"The things that really make me happy is to see everyone come together and do an event," Clark said.

Many families and Service members from throughout the base participated and enjoyed a fun filled evening. Included were Halloween themed floats, decorated vehicles, costumed patrons, including family pets, a craft fair and good food.

Lt. Col. Darcy L. Overbey, the previous commander of the 525th MP Bn., organized the first Trunk-R-Treat event here three years ago.

"Overbey recognized a need, that it was very important to her to bring everyone

together," Clark said.

This is the first year that MWR allowed vendors from the community to participate with a craft fair for local vendors to display their crafts.

"We're keeping the tradition alive," Clark said. "And it's just getting better and better."

Rear Admiral Kyle J. Cozad, Joint Task Force Guantanamo commander, was on hand as one of the judges this year. He had his work cut out for him with so many entries.

"I think that an event like this helps people feel like they're back home," Clark said.

Judging by the volume of those in attendance, this year's Trunk-R-Treat was a huge success. This will be Clark's last year as she will be moving on with her career

STORY AND PHOTOS BY  
STAFF SGT. DARYL MADRID

Individual winners who dressed up for the costume contest were given a **\$25** prize based on their age groups.

**AGES 0-2:**  
Carlisle Coffey as a Pirate

**AGES 3-5:**  
Bella Zgarba as Anna from Frozen

**AGES 6-9:**  
Elizabeth Frederick as Elsa from Frozen

**AGES 10-12:**  
Rebecca Vargas as Wednesday from the Addams Family

**AGES 13-17:**  
Jacob Salvatore as the Dancing Skeleton

**AGES 18+:**  
Sgt. Maj. William Ramsey, as "Dr. Giggles" based off the 1992 horror movie.

The Cadettes and Ambassadors, a local Girl Scout troop, better known as the **Cadassadors**, won the group prize of \$50.

Those who chose to enter a vehicle or float were given a **\$100 prize** for each winner.

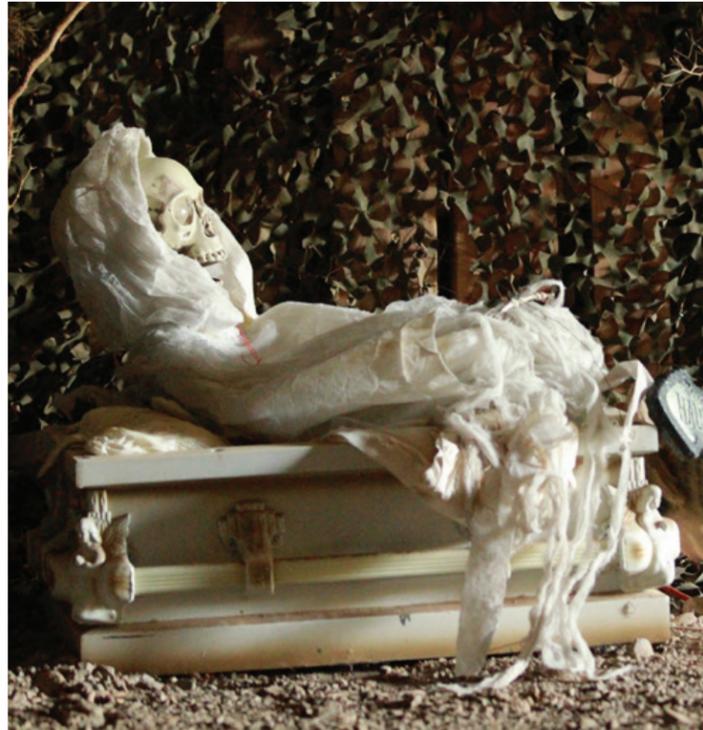
**Military/Contractor Entry:**  
SoBran, who graciously gave their prize money to "The Chiefs" who in turn gave the money to Boy Scout Troop 435.

**Family Entry:**  
The Bobick Family

**Fan Favorite:**  
SoBran  
(The Fan Favorite is a fun gift accompanied by a certificate)



A clown waits for more people to walk through the haunted house on Friday night. Other students, blurred by slow shutter speeds, dance around him.



Creepy decorations are found throughout the haunted house of GTMO. The event began on Oct. 22 and will continue through Halloween night.

## HAUNTED HOUSE GUANTANAMO BAY

In the darkness of one of Guantanamo Bay's bunkers you'll find skeletons, graves and psychotic-zombie clowns. Circus music plays, agonizing screams and unbearable banging is heard throughout this trail of darkness. Just when you think you're out, an evil clown with a chainsaw chases you down the street.

That clown is senior class president, Cameron Sode, of GTMO high school. This year's senior class hosted the annual haunted house.

"They're raising money for the senior class. They do a haunted house every year, and it's built inside this bunker. So, every year they look for people who can help out and volunteer to be a part of the props," said Army 1st Sgt. William Dufault from the 747th Military Police Company who was covered in fake blood and volunteered for this event.

Volunteers work the majority of these senior class events. Most of the volunteers are from the Joint Task Force.

"The Coast Guard provided all the manpower for the building of the haunted house last year and stayed throughout the event as costume actors. They were a big help," said Richard Sode, a contract program manager and Cameron's father.

The haunted house opened on Oct. 22 and continued through Halloween night. Each year, the senior class of GTMO starts their fundraising events with a haunted house. This is a lengthy process to get started with paperwork, reliance on the prior senior class and the community.

"We've done all this out of pocket; everything we've done we haven't used any of the funds. We haven't asked anyone for money, and people donated things to us," Cameron said. "It does show our dedication to get this done and being here for the people too."

Cameron's older brother, Derek V. Sode, was the prior senior class president and orchestrated the fundraising events, which helped Cameron prepare for this year's graduating class.

"Last year my brother was senior class president, so I was there helping a lot. You know I came in here and figured, 'if I'm still here next year I'll be able to use the same stuff and fix some things, maybe grab different volunteers and come up with something bigger and better,'" said Cameron. "My goal has always been to raise more money than last year's fund raising of the senior class. Hopefully we'll make it stronger this year."

The senior class will host more events in the future. Most will be car washes, bake sales and bagging at the Navy Exchange to name a few. Volunteers can help with baking, washing cars and borrowing supplies, like shop vacuums and tarps.

Cameron explained the success of the senior class doesn't only come from students, but from everybody else contributing their talents and skills.

"It's not just the senior class. You need parents; you need teachers; you need the whole community, GTMO community, to support you. Without them we wouldn't be here," Cameron said. "We're not here just to raise money for ourselves; we're here for Guantanamo Bay, the military and the people who are here. That's our goal."

STORY AND PHOTOS BY  
SGT. REBA BENALLY



## DRIVING YOUR MULE SAFELY?

It's hot and uncomfortable. So, understandably, all anyone here wants is to relax after a long day after work. But keep in mind, safety should always be on top of the priority list. To ensure your safety, the JTF created a list of what you can and cannot do on a Mule or Gator.

Some of the biggest concerns from the Transportation Office are driving with proper footwear, Preventative Maintenance Checks and Services of the vehicles, speeding, driving in the rain and driving with the windshield up.

"People don't think it's a big deal to wear flip flops until their foot gets ripped off," said Carolyn Martinez, the licensing agent and dispatcher for the Transportation Office, "or they'll monkey with it to make it go faster. You see people speeding down the road all the time."

The Mules and Gators don't come with windshield wipers. Though at times it may not seem like it, it rains here and driving in the rain without wipers is extremely hazardous. So, the transportation office makes it a point when dispatching to let all drivers know to stay off the roads when it rains – it's for your safety.

"Operating a Gator while it's raining is a no-go. You shouldn't do it. There are no windshield wipers," said Army Sgt. Olujimi Burgess, dispatching NCO with the Transportation Office.

Another safety hazard to keep in mind with the windshields is that some of them are made of glass. Glass windows are particularly dangerous in the up position; therefore they shouldn't be driven with them in that position.

"If the windshield is up and it's one made of glass it can fall and shatter if you hit a bump," Martinez said.

PMCS is a weekly responsibility for those the vehicles are dispatched to. This type of preventative maintenance keeps these vehicles running and in better, safer condition for longer.

"Any damage needs to be reported, if it comes back as a safety issue, the vehicle will not be returned until pictures are taken and the problem has been addressed," Martinez said.

For more information on Gator/Mule safety contact your Transportation Office at 2273 or 3005.

STORY BY  
PFC. ELIZABETH SMITH

PHOTO ILLUSTRATION BY  
SGT. RICHARD HOPPE

The GTMO MWR hosted the inaugural “Paddle, Pedal, Paintball 9-miler” Oct. 25 bringing an inventive new form of competition to the island. The event consisted of a 1.5-mile kayak loop and 7.5-mile bicycle ride with two stops at the Ground Zero paintball range for target shooting.

“First up is a kayak trip, 1.5-miles to the battleship moorings at buoy 10, down to the marina fuel pier and back to the sailing center,” said Tim Baugh, the outdoor recreation director for the GTMO MWR program. “From there they will bicycle down Sherman toward the library and head over the hill to John Paul Jones coming out on to Kittery Beach Road. From there they will take Tarawa to Ground Zero paintball center, where they will rack their bicycles and take 10 shots at paintball targets. Each hit is worth 10 seconds off their total time. They will then do that loop again, back to the paintball range and take 10 more shots before heading back to the sailing center to finish out their race.”

MWR coordinators went above and beyond to make arrangements for all participants to ensure anyone who wanted to participate could have fun, including participants without marina captain’s license.

“For this event we filed a group float plan, put two life guards in the water on paddle boards and had a life guard boat patrolling the water. We also notified port patrol, and we have marina staff on standby just to keep an eye on everybody today,” Baugh said.

The GTMO MWR prides its self on bringing new and interesting events to the community and this event was no exception.

“I think the MWR did a good job, they are very good with giving the Service members things to do and this was a new event for them. It was great; I’d do it again,” said participant Staff Sgt. Kasey Hicks. “It was fun. I’m not much of a kayaker or a biker. I’m more of a runner, so it was good to do something new!”

STORY AND PHOTOS BY  
SGT. CHRISTOPHER MOORE



The first heat of MWR GTMO’s “Pedal, Paddle, Paintball 9-miler” returns to the marina sailing pier just after sunrise, Saturday at U.S. Naval Station Guantanamo Bay.



Participants of the MWR GTMO’s “Pedal, Paddle, Paintball 9-miler” speed across the finish line in an attempt to finish with the best time when the time bonuses for the paintball portion of the event are subtracted, Saturday.

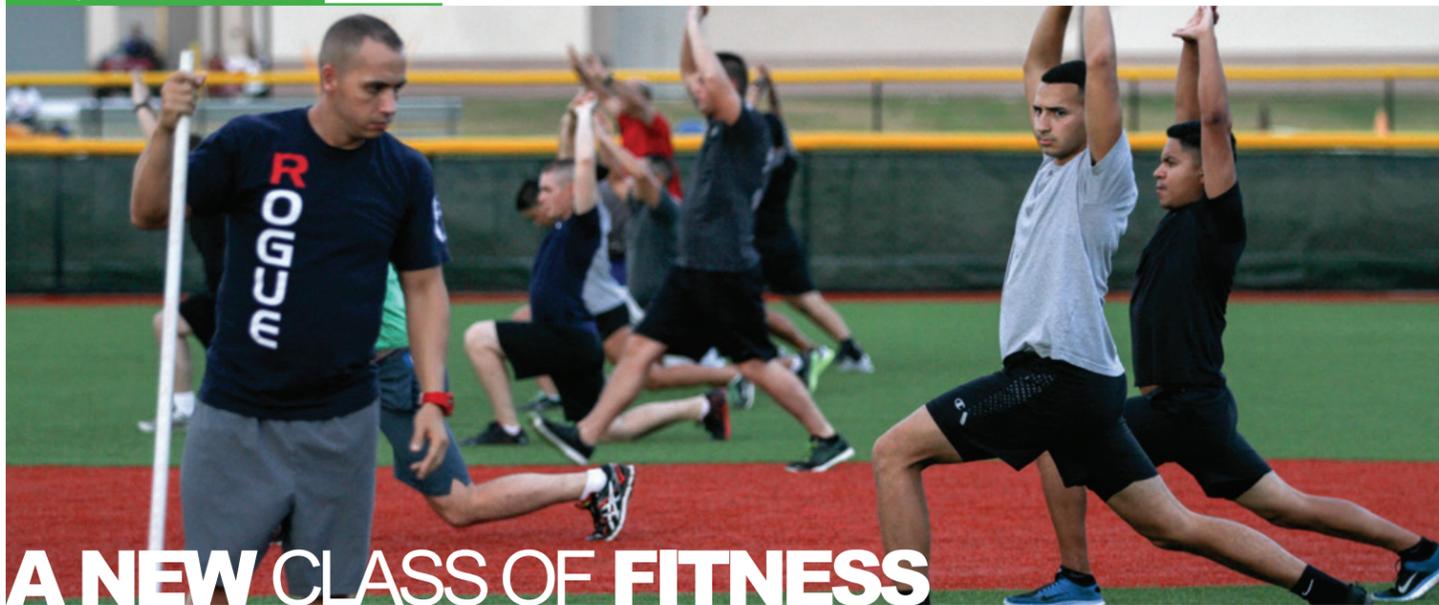


Participants of the MWR GTMO’s “Pedal, Paddle, Paintball 9-miler” target fired 10 shots between two bicycle segments, in an attempt to take 10 seconds per hit from their total time.

# PADDLE, PEDAL, PAINTBALL!

Kayaks are staged at the marina in the early hours of the morning for the kayaking portion of the MWR GTMO’s “Pedal, Paddle, Paintball 9-miler,” U.S. Naval Station Guantanamo Bay.





## A NEW CLASS OF FITNESS

Max Performance class students begin their hour-long work out with stretches and light calisthenics on the child's baseball diamond next to G.J. Denich Gym on Tuesday.

As the sun sets on another day here at GTMO, a group of 20 or so Service members and civilians gather around the instructor of the Max Performance class offered by MWR through the GJ Denich Gym.

This relatively new class started earlier this year, focuses on CrossFit type workouts, and is held between the child's baseball diamond and the two adult diamonds next to the gym. The one-hour class starts promptly at 6:30 p.m. and being on time is one of the main components of this class.

"It's open to anybody and a big part of the class is being here on time, listen to my instructions, and last is check your pride at the door," said 1st Lt. Jon Lopez, the class instructor.

When Lopez joined the unofficial group before it was a class, it was a small gathering of like-minded physical fitness enthusiasts, now the group has grown.

"When I first was here there were seven of us, now there's nights like tonight were there are 27. It's growing," he said.

The class is open to all and Lopez welcomes anyone willing to listen, learn and be a healthy active individual.

"I like to build up with people who have never done this kind of work out. Whenever I get a new person I just start with the basics,

and I try to design a work out that's good for them, but that they will start to grow with everyone else," Lopez said.

With the basics down and consistently coming to the class Lopez has seen Service members improve not only physically but

**“ I GET PEOPLE WHO HAVEN'T PASSED A PHYSICAL FITNESS TEST IN TWO MONTHS. THEY CAME TO ME AND IN A LITTLE OVER A MONTH THEY PASSED IT. ”**

mentally as well.

"I get people who haven't passed a physical fitness test in two months. They came to me and in a little over a month they passed it. That's the type of success I like to see coming out of here," Lopez said.

"It's not necessarily the physical fitness I see," he said, "but the way they walk and talk – they start to get a natural swag, a confidence."

Spc. Richard Kirsh, a preventative medicine specialist with the 391st Military

Police Battalion, has seen what positive impact these kinds of workouts have on units who use them correctly.

"I've known guys in my unit (who) came from another unit where they had these kinds of work outs, and it definitely benefited them.

I'd love to see it with us," Kirsh said

Kirsh hopes attending this class will help him reach a goal he set way back on Memorial Day of this year.

"There's a particular CrossFit work out called the Murph Challenge, and it destroys you. I tried it, and I didn't even get going," he said. "By the time we are done here, it's a goal of mine to be able to do that entire workout."

Kirsh gave one piece of advice as he gingerly sat on a bench after the work out.

"It might seem daunting at first, but if you see the people who are good at these kinds of work outs, it's because they show up regularly," he said. "If you put time and invest in it you will definitely see payoffs."

STORY AND PHOTOS BY SGT. ADRIAN BORUNDA

# NOW SHOWING

	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
CAMPBULKEE DOWNTOWN	Annabelle (New) R, 7 p.m. Fury R, 9 p.m.	The Maze Runner (New) PG13, 7 p.m. The Equalizer R, 9 p.m.	Dolphin Tale 2 (LS) PG, 6:30 p.m. The Good Lie (New) PG13, 8:45 p.m.	No Good Deed (LS) PG13, 7 p.m.	The Judge R, 7 p.m.	Dracula Untold PG13, 8 p.m.	The Book of Life PG, 8 p.m.
	The Maze Runner (New) PG13, 8 p.m. The Equalizer R, 10 p.m.	Annabelle (New) R, 8 p.m. The Good Lie (New) PG13, 10 p.m.	No Good Deed (LS) PG13, 8 p.m.	LYCEUM CLOSED *	Dracula Untold PG13, 8 p.m.	LYCEUM CLOSED *	The Judge R, 7 p.m.

Call the Movie Hotline at ext. 4880 or visit the MWR Facebook page for more information \* Concessions closed until further notice \* Stay classy, GTMO! No ALCOHOL or TOBACCO at the Lyceums!

## BOOK REVIEW / LOLITA



I was raised differently than many of my privileged friends. When I was grounded for partaking in mischievous childhood adventures, I wasn't denied certain paltry rights like TV or video games; I was denied my freedom. Instead of a slap on the wrist for punching a cat or terrorizing my little brother, I was sent to my room for weeks – sometimes months – and allowed only to read or do homework. So, naturally, I became fascinated with literature.

It was during one of these long hiatuses from reality that I discovered Russian literature, and the genius of Vladimir Nabokov.

Born in 1899 in St. Petersburg, Russia, Nabokov is most famous for "Lolita," which is about Professor Humbert Humbert who, after coming from Paris to New York in the early part of the last century, becomes involved with Charlotte Haze. She takes him in after his room burns down in a small New England town. It is in the Haze home that he meets and becomes fascinated with Haze's pre-teen daughter Dolores — Lolita.

The novel was Nabokov's instant claim to fame in America and was quickly considered a literary masterpiece. "Lolita" also became one of the most controversial pieces of 20th Century literature. Due to the nature of the novel, Lolita has become a noun described in several dictionaries as a seductive adolescent girl or



'A masterpiece. One of the great works of art of our age' INDEPENDENT

what makes this, in my opinion, one the best of many great novels from the last century.

Nabokov's ability to reach inside your mind and paint perfectly the protagonist's fiendish impulses and nightmarish desires on a mental canvas is on par with Vincent van Gogh's "Starry Night" or Chopin's Nocturne. It's an intellectual stimulus that's too beautiful, despite its superficial content, to not cherish.

His description of Humbert Humbert and Lolita's cross-country journeys and malevolent escapades is breathtaking. Nabokov and the novel are so much more than a Sunday read. Literary geeks are seldom privy to such mastery of their craft. It's truly a once in generation experience.

"Lolita" was the author's creative peak and perhaps sole masterpiece. But, the hundreds of his other novels, novellas, poems, short stories, dramas and works of nonfiction are more than worth a gander.

At the time of Nabokov's death in 1977, he had few peers on par intellectually or creatively. Truly, it's a shame this master of literature isn't on a pedestal

amongst the likes of Mark Twain, Ernest Hemingway or John Steinbeck.

"Lolita's" context may overwhelm a few readers with its detail of pedophilia as Nabokov takes the reader more closely inside the psyche of a monster than most of us would ever feel comfortable. But, that's really

amongst the likes of Mark Twain, Ernest Hemingway or John Steinbeck.

REVIEW BY 1ST LT. MACARIO MORA

# MWR SPORTS STANDINGS

## FLAG FOOTBALL WEST

No.	TEAM NAME	Score
01	Here Come The Runs	7-0
02	391st Paladins	5-2
03	Grizzlies	4-3
04	Thunder	4-4
05	Goin' Deep	3-3
06	The Abusement Park	3-4

## FLAG FOOTBALL EAST

No.	TEAM NAME	Score
01	SH Money Team	7-1
02	BEEF	6-1
03	Boston BD's	4-3
04	Crazyhorse	3-3
05	The Pirates!	3-4
06	Confusion	3-4
07	Gerbils	2-5
08	MCSFCO	0-6

## AMERICAN LEAGUE EAST

No.	TEAM NAME	Score
01	Husker Doos	9-0
02	GMO Latinos Plus	8-1
03	The Black Sheep	6-2
04	The Leftovers	6-3
05	MissFits	5-3
06	Nailed It!	3-6
07	Poker Jokers	3-6
08	Red Apple	3-6
09	Non-Jerks	1-8
10	PT-Romaniacs	0-9

## NATIONAL LEAGUE EAST

No.	TEAM NAME	Score
01	Outcasts	9-0
02	Here Come the Runs	8-1
03	Boondoggles	7-2
04	GTMO Goonies	6-3
05	WMPA	4-5
06	Jerks	3-5
07	Puddle Pirates	3-5
08	391st Paladins	3-6
09	React to Extract	1-7
10	Swift Justice	0-9



It was a week of tests for some of the higher ranked teams in the league. The Arizona Cardinals improved to 6-1 against a tough opponent in the Philadelphia Eagles and the New England Patriots continue their gradual rise to the top of the standings after a convincing 51-23 win over the Chicago Bears which improved them to 6-2. All the while the Denver Broncos continue to steam roll the rest of the league with a 6-1 record after a 35-21 victory over the San Diego Chargers. The Broncos remain undefeated at home this season.

## GAME SPOTLIGHT

Monday Night Football has come to be the best part about Monday if you ask this writer. If you wanted to laugh, cry, hold your breath

in anticipation or simply enjoy a little drama on your Monday night, the Redskins against the Cowboys did not disappoint.

This contest had it all, terrible defense by both teams from the first quarter all the way through to the half. On the offensive side, Redskins third string quarterback Colt McCoy struggled to string together two plays without serious confusion at the scrimmage line. If life is about rhythm, McCoy didn't show any to speak of. Tony Romo, the Dallas Quarterback, often relied too heavily on the passing game and never really established a running threat to challenge the Redskin's defensive line.

Romo left the game after the sack while reaching for his lower back. And the drama continued. Romo came back to try and win the game but was unsuccessful and the game entered overtime. The Redskins won the coin toss and drew first blood with a 40-yard field goal by Kai Forbath. With the game on Romo's shoulders, he took over but couldn't get a fresh set of downs and the game ended with an incomplete pass near the sideline. McCoy and the Redskins left victorious in a huge upset 20-17.

ARTICLE BY  
SGT. ADRIAN BORUNDA



The Ole Miss Rebels headed into Death Valley and lost a stinker 10-7 to the LSU Tigers, giving the Rebels their first loss of the season, and dropping them 4 spots to No. 7 in the latest Associated Press college football poll. The Tigers moved up eight spots to No. 16.

No. 1 Mississippi State and No. 2 Florida State are the only undefeated teams left from the Big Five Conferences. Mississippi State defeated Kentucky in a 45-31 shootout. Florida State had a bye week after eking by Notre Dame in Week 8.

In other Top 25 games, Alabama jumped up

a spot to No. 3 after cruising past Tennessee, as did No. 4 Auburn, No. 5 Oregon and No. 6 Notre Dame after defeating their opponents. No. 14 Arizona defeated Washington State in an exciting 59-37 game typical of the Pac-12 Conference. Quarterback Taylor Kelly returned from an injury after three games to lead the No. 15 Arizona State Sun Devils to a 24-10 win over Washington.

This weekend's games have little to offer in terms of the new College Football Playoff with the top three teams having relatively easy games. But, the No. 4 Auburn versus No. 7 Ole Miss game has the potential for a shake-up in the playoff bracket. And, the Pac-12 has two games with ranked opponents squaring off as No. 14 Arizona takes on No. 25 UCLA and No. 15 Arizona State Takes on No. 18 Utah. My Magic 8 Ball tells me Auburn, UCLA and Arizona State win – Fear the Fork!

ARTICLE BY  
1ST LT. MACARIO MORA



Overall male and 1st place of age group 18-29 winner, Dion Ebrey, accepts his two awards on Saturday at the Fitness & Figure Competition at the Windjammer Ballroom.

## BODYBUILDERS OF GTMO

Once a year, MWR holds a fitness competition in the Windjammer Ballroom here. The fitness competition was one of many activities MWR hosted Saturday. But, it didn't stop a full house with crowds of people standing along the walls to see the contestants.

Navy Petty Officer 1st Class Diane Wesaw, a reservist who also participated in the fitness competition in May, won overall female and 1st place in age group 40-49. She was very excited and shocked that she won overall but very happy with the end result.

"This time I signed up at the last minute; I didn't really prepare. But overall, I'm typically the Command Fitness Leader coordinator for the Joint Task Force, so for the Navy folks I run the Physical Training program," Wesaw said.

Many of the contestants have physically demanding occupations, like Master Sgt. Clarence Ross an Army reservist with the 361st Military Police Company, who won 1st place in the 50 and over age group.

"Being a firefighter you have to be in some kind of shape. Since I'm always working out all the coaches and trainers were saying, 'you should do a show.' Once you get a taste of this, you got it. You keep wanting to do it," Ross said.

While the contestants prepped for the event, many of the MWR fitness instructors

were putting in long hours to make sure the competition ran smoothly for everyone.

"Every time we have this competition, we always improve something. We look at our after-action-report and we see what else we can do to improve to make it easier on us," said Roxana Bumpus, a fitness instructor for MWR and one of the judges for this event. "We really appreciate the MWR and our fitness director, who also supports this event."

Bumpus teaches a variety of classes at the G.J. Denich Gym. Her dedication to improve the overall fitness for the community of GTMO showed greatly throughout this competition.

"We want to put something out there for the guys, because they work so hard at the gym. At least they can see their reward. They're an inspiration for others out there. Many of them have inspired others to try to come to compete. I feel very satisfied with how things went," Bumpus said.

STORY AND PHOTOS BY  
SGT. REBA BENALLY

## BODYBUILDERS

### MALE STANDINGS

AGE 18-29: 1st & Overall: Dion Ebrey  
2nd Raymond Leroy  
3rd Terrell Pretlow

AGE 30-39: 1st Steven Shook

AGE 40-49: 1st Michael Ellis  
2nd Dexter Allen

AGE 50+: 1st Clarence Ross

### FEMALE STANDINGS

AGE 18-29: 1st Jessica Warnerglynn  
2nd Micaela Atkins

AGE 30-39: 1st Cynthia Rivera

AGE 40-49: 1st & Overall Diane Wesaw

## COLLEGE TOP 25

No.	TEAM NAME	Points
01	Mississippi State	1,486
02	Florida State	1,453
03	Alabama	1,290
04	Auburn	1,267
05	Oregon	1,199
06	Notre Dame	1,161
07	Mississippi	1,095
08	Michigan State	1,086
09	Georgia	1,074
10	TCU	1,030
11	Kansas State	930
12	Baylor	839
13	Ohio State	676
14	Arizona	669
15	Arizona State	667
16	LSU	574
17	Nebraska	535
18	Utah	524
19	Oklahoma	430
20	West Virginia	379
21	East Carolina	366
22	Clemson	265
23	Marshall	184
24	Duke	121
25	UCLA	106

*This month's choices are next month's body.*

## CHOOSING A PLAN

Working out and dieting can easily become confusing. It's important to do your research before you start a program and make sure you have a good plan. The first part of your plan should be setting a goal. You may want to max your PT test, become a long distance runner, or just look better at the beach. Whatever your goal may be, it will likely fall under one of two categories: muscle gain or fat loss.

You need to consider what level you are at: beginner, intermediate, or advanced. Most workouts can be tailored to fit your skill level,

but you need to have an idea of your limits to avoid burning out too fast. It's important to start slow to prevent injury. You can start working out three times a week if that's the level you're at. Eventually, you will be able to increase it to 4-6 days a week. You also can't expect to see changes right away. Don't let that discourage you. Your work will pay off in time.

If you are just beginning, you should focus on your diet this week. Nutrition plays a bigger role in your overall fitness than working out alone. Once you figure out your goal, you can learn what foods will help fuel your body. Those who are interested in gaining muscle

will need more protein in their diet. Anyone who wants to lose fat should focus more on good carbs.

Being on JTF GTMO is one of the best times to get in shape. There aren't many places in the world where you can get access to a free, 24-hour gym. Over the next few months, I will share nutritional and fitness advice from the experts right here on base. You have the gym; you have the information, now all you need is drive. The only bad workout is the one you didn't do.

ARTICLE BY  
**SPC. MONIQUE QUINONES**

*For those who are looking to build muscle, here is an idea of what your daily meals should look like:*

<b>BREAKFAST:</b> 5 egg whites unlimited vegetables 1 serving cream of wheat	<b>LUNCH:</b> 6 oz. of white fish 1 serving of whole wheat pasta unlimited salad and vegetable	<b>DINNER:</b> 6-8 oz. of lean chicken 1 serving of pinto beans unlimited salad and vegetables
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*If you are starting a program to lose fat, this is an example of your daily meal plan:*

<b>BREAKFAST:</b> Protein pancakes 1 Banana	<b>LUNCH:</b> Shrimp salad Quinoa Vegetables	<b>DINNER:</b> No bean turkey / veggie chili
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## The **JSMART** Spot

### GETTING SCARED?

Halloween is here and frightening images, movies, and costumes are taking center stage. But why do we get scared? Fear is a protective mechanism that has served our ancestors well for thousands of years and led to our survival. Fear is also a learned emotion. For example, if one falls into a well and struggles to get out, a fear of tight spaces or heights may develop.

But then why do some of us like to get scared? There is a chemical component that is associated with both fear and enjoyment called an "adrenalin rush." Dopamine is a chemical that is released in this process. It controls the brain's pleasure center and gives us that "feel good but scared" emotion.

Many people love that rush. They partake in activities such as bungee jumping, riding roller coasters, and yes, even going to haunted houses, just to get that sensation. So, there is no need to be afraid of being afraid.

Happy Halloween from your JSMART team.

*Email any suggestions/ comments about the JSMART Spot or Radio content to:*

[jsmartradio@outlook.com](mailto:jsmartradio@outlook.com)  
JSMART 6 a.m. to 5 p.m. M-F

ARTICLE BY  
**PETTY OFFICER 2ND CLASS  
ROBERT MCQUEEN**



Gen. Winfield Scott, commander of the Union forces, was forced to retire on Oct. 31, 1861 due to failing health. Scott, the hero of the Mexican-American War, became a general in the U.S. Army toward the end of the War of 1812 – four years after receiving his military commission from William and Mary College.

Scott was credited with developing the tactics that would ultimately prove superior to Mexican forces during the U.S. campaign in Mexico in 1946 and 47. The general, who was born in 1786, is also credited with developing the strategy to block

ports to the South and isolate them economically. Initially he took criticism for his strategy dubbed "the Anaconda Plan" at the time, but it was his strategy that eventually led to victory.

Gen. Winfield Scott retired to West Point where he wrote his memoirs and died in 1866.

Information from the website This Day in Military History was used for this article.

ARTICLE BY  
**1ST LT. MACARIO MORA**



## RELIGIOUS SERVICES

<b>ROMAN CATHOLIC</b>	(ALL AT NAVSTA CHAPEL)		
Saturday*	1700	Monday-Thursday*	1730
Sunday*	0900		
<b>PROTESTANT SERVICES</b>	<b>JTF TROOPERS' CHAPEL</b>		
Sunday*	0640, 0900, 1900		
<b>PROTESTANT</b>			
Traditional*	Sunday	0930	Annex Room 1 (Liturgical Service)
Contemporary*	Sunday	1100	Main Chapel
Gospel	Sunday	1300	Main Chapel
<b>OTHER SERVICES</b>	<b>SEVENTH DAY ADVENTIST</b>		
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 2
Pentacostal	Sunday	0800	Annex Room D
	Sunday	1700	Annex Room D
JTF Bible Study*	Monday	2000	Cuzco Block H
	Wednesday	1900	JTF Troopers' Chapel
New Christian's Inquiry	Saturday	1900	Troopers' Chapel
JTF Bible Study*			

\*These services are conducted by Army or Navy chaplains

## TRANSPORTATION SCHEDULES

### BUS SCHEDULE

CAMP AMERICA	:00/:20/:40
GAZEBO	:01/:18/:21/:38/:41/:58
CAMP AMERICA NEX	:02/:17/:22/:37/:42/:57
CAMP DELTA	:04/:13/:24/:33/:44/:53
CAMP 6	:07/:10/:27/:30/:47/:50
HQ BUILDING	:55/:15/:35
TK 1	:01/:17/:21/:37/:41/:57
TK 2	:02/:16/:22/:36/:42/:56
TK 3	:03/:15/:23/:35/:43/:55
TK 4	:04/:13/:24/:33/:44/:53
CC	:00/:19/:20/:39/:40/:59
JAS	:14/:34/: 54
WINDJAMMER / GYM	:02/:17/:22/:37/:42/:57
GOLD HILL GALLEY	:04/:15/:24/:35/:44/:55
NEX	:06/:13/:26/:33/:46/:53
NEX LAUNDRY	:07/:27/:47
C POOL	:10/:30/:50
DOWNTOWN LYCEUM	:11/:31/:51

### NEX EXP. BUS

CAMP AMERICA	:48/:55
TK 1	:05/:36
WINDJAMMER / GYM	:11/:31
GOLD HILL GALLEY	:14/:29
NEX	:16/:27
DOWNTOWN LYCEUM	:17/:25

### BEACH BUS

(SATURDAY & SUNDAY ONLY)

WINDWARD LOOP / EAST CARAVELLA	0900/0930/1200/1230/1500/1530/1800/1830
SBOQ / MARINA	0905/0935/1205/1235/1505/1535/1805/1835
NEX	0908/0925/1208/1225/1508/1525/1808/1825
PHILLIPS PARK	0914/ 1214/1514/1814
CABLE BEACH / TURN AROUND	0917/1217/1517/1817
RETURN TO OFFICE	0940/1240/1540/1840

### FERRY SCHEDULE

#### MONDAY THRU SATURDAY FERRY

WINDWARD	0630/0730/0930/1030/1130/1330/1530/1630
LEEWARD	0700/0800/1000/1100/1200/1300/1400/1600 /1700
UTILITY BOAT	
WINDWARD	1730/1830/1930/2030/2130/2230
LEEWARD	1800/1900/2000/2100/2200/2300

#### SUNDAY & HOLIDAYS FERRY

WINDWARD	0730/0930/1130/1330
LEEWARD	0800/1000/1200/1400
UTILITY BOAT	
WINDWARD	1530/1730/1830/2000/2230
LEEWARD	1600/1800/1900/2030/2300



*Photo by Luis R. Lopez*

# **PARTING SHOT**



PHOTO OF A CATAPILLAR AND A FLOWER SUBMITTED BY U.S. ARMY MAJ. LUIS R. LOPEZ  
JTF-GTMO / IG. FOR A CHANCE TO HAVE YOUR PHOTOS FEATURED IN THE PARTING  
SHOT, PLEASE SEND SUBMISSIONS TO: [THEWIRE@JTFGTMO.SOUTHCOM.MIL](mailto:THEWIRE@JTFGTMO.SOUTHCOM.MIL)

THE  
**WIRE**