

THE WIDE



JANUARY 9, 2015

TAKING THE BEACH BY STORM

TRAIN LIKE MARINES!
U.S. COAST GUARD,
SOLDIERS TEAM UP FOR AN
AMPHIBIOUS EXERCISE

THE SHOW MUST GO ON

GTMO'S UNACCLAIMED
ENTERTAINMENT HERO
BIDS FAREWELL

SENTRY OF SERVICE

SOLDIER CONTINUES
FAMILY LEGACY OF
SERVICE TO COUNTRY

AN ANGELIC SOPRANO

TALENTED TEEN BIDS
FAREWELL TO GTMO
WITH PERFORMANCE

2015 MWR SPORTS & ACTIVITIES LIST INSIDE!



MAJ. LUIS R. LOPEZ
JTF Inspector General

We in the military often hear about topics of mentorship. What is mentorship and what does it actually mean to be a mentor? According to Merriam-Webster's dictionary, "a mentor is someone who teaches, helps and advises a less experienced and often younger person." To tutor or coach can also

WHAT'S A MENTOR?

be labeled or classified as a type of mentoring. The question's often asked ... who is a mentor and what makes them so? Since we all have special talents and abilities to teach those around us, that makes us all mentors!

A person does not have to be of any specific rank, position or age to mentor those around them. Some may not know it, but we are always mentoring those around us (our own kids, nephews, nieces etc., and your military subordinates) on a daily basis. It is important that we realize that most people we surround ourselves by or work with look up to us for positive guidance. The Troops who work for us are trying to learn from us, but if we don't take the time to really coach and tutor our Troops, they'll never know how to conduct themselves properly, how to perform a particular task or understand what's needed and expected of them in order to advance in their career.

By wearing a uniform (military, police, medical, fireman etc.) and having people work under us, we have just become a mentor, a role model by default, but before we can teach, we must first learn. We must know our jobs, learn our SOP, and take time to meet and really get to know those who work around us. We must be able to set aside time to become the mentors,

coaches, tutors and counselors who we are, in order to leave a positive impression amongst those we work with. As true leaders and Service members, we cannot be judgmental when Troops inform us that they do not understand what we are trying to coach or teach them.

When faced with these dilemmas, we must regroup and adjust fire until we hit our targets. As leaders, our word should be outlined in gold. If we promise our mentee something, we must be sure to push through on our commitments. We do not stop being leaders, coaches or mentors to our Troops when the daily mission is complete or when we leave the military. A great mentor helps shape our future, but you will only get what you put out, so instead of being part of a problem—provide proper mentoring and expand your mentee's view of the world. Be encouraging!

Article by
MAJ. LUIS R. LOPEZ
JTF Inspector General

JOINT TASK FORCE GUANTANAMO



SAFE



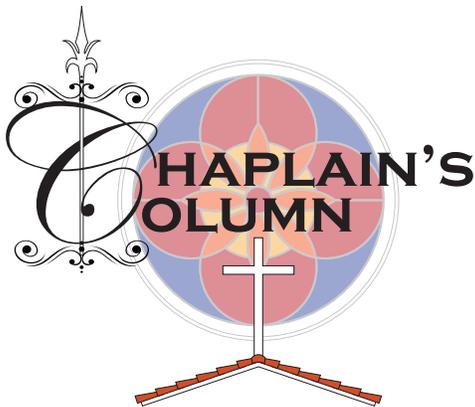
HUMANE



LEGAL



TRANSPARENT



It's early January. Many people have made resolutions for the New Year. Among the most common are: lose weight, spend less, save more and quit smoking. According to stasticbrain.com, 45 percent of us made some kind of resolution – but only 8 percent will have success keeping them. By the end of this week, 29 percent will have already fallen by the wayside.

So why is it that we have so little success in

SOMETHING TO NOTICE

keeping these resolutions? I think a large part of the problem is the fact that we live in a world of instant gratification. We want to see results immediately. If we don't, we simply give up and go back to our old way of doing things. But these resolutions – like all things of lasting value – take time.

We must go through a process, working diligently and patiently if we want to be successful. We can't demand overnight results, or we will almost always be disappointed.

One thing that helps us remain patient when reaching for our objectives is setting realistic, concrete goals. If you want to lose weight, aim to lose 10 pounds in 90 days – not 90 pounds in 10 days. Ten pounds in 90 days is 40 pounds a year. Now that's something you would notice!

If you want to save money, take the one percent raise we all receive this month and start there. It might only be \$20 or \$30 a month, but it is the start that we all need. Thirty dollars a month invested from the age

of 20 to the age of 60 will get you about \$190,000. Now that's something you would notice!

If you want to quit smoking, write down all of the times and places you smoke during a typical day, then, cut out just one cigarette per day. Next week, do it again. Before you know it, you'll be smoking a lot less (and have more money to boot!).

JSMART has lots of tools that can help with this as well. A pack a day smoker can cut that in half in just 10 weeks. Now that's something you would notice!

All of us have something we can do to improve ourselves this year. Find your something, set a realistic goals, and work hard at them. You'll be amazed what you can accomplish – and what other people will notice about you.

Article by
CMDR. THOMAS J. TAYLOR
JTF Command Chaplain

01 COMMAND & CHAPLAIN

There's room to improve for everyone, and the command chaplain gives sound advice for how to accomplish something you'll notice.

03 GTMO NEWS

This week in GTMO news, 'The Wire' enlists the help of SJA to explain military investigations, bids farewell to an unsung hero of GTMO entertainment, sits down with a sentry and covers a final performance.

06 PHOTO STORY / COVER PHOTO

Soldiers enlisted the help of the U.S. Coast Guard to conduct a two-day amphibious assault landing exercise at Toro Cays. Crazyhorse Troop, 1st Squadron, 3rd Cavalry Regiment, Soldiers proved Marines aren't the only ones who can storm beaches.

09 ENTERTAINMENT & REVIEWS

Two new movies previewed this past weekend with a biopic of a world renowned astrophysicist in "The Theory of Everything" and the hair-raising horror film "The Pyramid."

11 SPORTS

The NFL Weekly column and NCAA Updates provide the latest up-to-date scores and highlights from your favorite teams after each weekend of action.

13 LIFE & FITNESS

Last week our fitness guru discussed a vaunted weightlifting competition; however, GTMO will soon host a half and full marathon. So, this week our expert discusses what it takes to accomplish a distance race.

MOTIVATOR OF THE WEEK

STAFF SGT. CORY SPENCER
1/3 CAV REG.

PETTY OFFICER 3RD CLASS
RONALD ELLERBEE
JTF-GTMO-J4

WHAT IS AN INDICATOR?

Indicators are small pieces of information that can be put together, like pieces of a puzzle, which can potentially compromise the bigger picture of an operation. Indicators may seem insignificant by themselves, but when many are gathered they can be very revealing. Indicators range from noticing and keeping track of when lights switch on at night, which can indicate when someone is home, to keeping track of troop movements to a certain location to indicate that an operation is being conducted. Indicators can provide the adversary with critical information. Find out how indicators might be giving you away. Recognize and control your indicators. Be a hard target.

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FAVORITE ACTIVITY ON GTMO

TROOPERS AT JTF-GTMO SHARE ACTIVITIES THEY ENJOY THE MOST



**PETTY OFFICER 2ND CLASS
GILDA HAYES**

"My favorite thing to do is walk up JPJ hill."



SPC. MATTHEW DAHNE

"80's night at the bowling alley had to have been one of my favorite things to do so far."



SGT. SAMUEL FANTROY

"I like going to the pool. I hear too many horror stories about people's bags getting broken into at the beach by iguanas!"

AN ANGELIC SOPRANO



Gloria George, a soprano singer, sang at the U.S. Naval Station Chapel in Guantanamo Bay, Cuba on Saturday night. This was George's first performance for GTMO, who has released a second album titled, "Principessa," available on iTunes and Google Play.

An angelic voice filled the Naval Station Chapel in Guantanamo Bay, Saturday night. The audience quickly applauded 18-year-old Gloria George after her breath-taking performance.

George recently graduated from W.T. Sampson High School in GTMO and is a self-taught soprano singer.

"I only started singing two years ago. I am definitely still an amateur—I'm finding my way, I'm working my way up to the top. I'm not there yet. I actually haven't taken voice lessons," George said.

Although George thinks she's still finding her way, her father Thomas George said otherwise.

"To witness what I've perceived to be a real-life miracle through the transformation of my daughter — that's one thing. To see her succeed and find herself — it's every parent's dream. It's a part of teary-eyed wonderment and at the same time you want to be the greatest cheerleader, but you have to stand back," Thomas said.

Gloria's second album, "Principessa," was released on Dec. 21, under The Fish Tank Recordings label. Her debut album, "A Few Great Arias," was released just one year prior. During this time, Gloria was going to high school, taking college courses, receiving the Girl's Scout gold award, volunteering, working and babysitting for multiple families. For Gloria this is only the beginning.

"I think, for me, it means I'm going on the journey, trying to make myself successful, trying to get myself

up there. It's an accomplishment for me, and I feel really blessed that I get this opportunity," Gloria said.

As a child, Gloria suffered from a stroke, but miraculously had a surgery that corrected the damage and now she is in great health.

"Her tenacity and determination is what has driven her. She figures that God gave her life, and she feels that she wants to give back," Thomas said. "She just keeps overcoming."

In Gloria's young busy life she also partnered with LIFE Outreach International, an organization that helps reach, rescue and restore the young lives that have suffered from human trafficking.

"It is a charity my parents work very closely with, so I did some research of my own about that charity and it was something that I really wanted to work with," Gloria said. "I love what that charity does."

Gloria's parents are stationed here and only have a month left until they transfer to their next duty station. Gloria wanted to have a performance for GTMO before they departed the island.

"Tonight, she knows we're leaving back to the states and she wanted to do something that she can share with her friends who have been encouraging her. So tonight is that opportunity, it's a great joy," Thomas said. "I sit back and thank God. How can you not?"

*Story and photo by
SGT. REBA BENALLY*

THE SHOW MUST GO ON



Stephen Prestesater MWR Communities Activities Coordinator, calibrates audio and lighting equipment for a DJ set performance on December 23, 2014, [here](#).



Prestesater routinely inspects and calibrates equipment to present the GTMO community with some of the best entertainment there is to offer.



The walls of the "Music Room" facility for MWR production equipment, are lined with promo-posters from past events and tours hosted here.

With the ushering in of a new year comes the dawning of a new era in entertainment for the community of U. S. Naval Station Guantanamo Bay. The past three years have been a period of advancements and improvements to entertainment facilities as well as some of the biggest acts the island has seen.

Stephen Prestesater, the MWR Communities Activities Coordinator, has made it a personal mission to see through the MWR mission of making the deployed environment as entertaining and comfortable as possible. He's helped bring ever larger names from the entertainment industry and revamp equipment to give the GTMO community a better entertainment experience.

"I just stumbled upon the position really. I saw a job posting three years ago. I heard there was an opening here in GTMO, so I put in my resume and here I am," Prestesater said.

The work has kept him busy throughout his employment on island with an emphasis on constantly improving the quality of performers who entertain the GTMO residents.

"Since I've been on island we've had a total of 86 performances; we've done roughly 48 special events ranging from bringing in 'The Most Interesting Man Tour,' to sponsoring the holiday parade," he said. "We put on one of the biggest concerts GTMO has had in decades, GTMO Palooza, which was five bands on island ... a first."

Coordinating some of the biggest acts the island has seen is only the beginning. Prestesater said he believes that a show is only as good as the effort put in to presenting it, so he set out to build presentations fit for kings. In addition to completely revamping all of the islands sound and lighting systems, Prestesater helped redesign and upgrade the community movie theater to a more modern digital presentation system with superior sound.

"I'm one of those people [who is] never really happy with 'it's good.' If you say 'it's good,' to me it can be better. The lighting systems for instance, we've always had lights, and they turn on, but that was never really good enough for me. So, I became a lighting designer," he said.

Though there were long days and a lot of on-the-job training, Prestesater took pride in providing an experience that would leave participants glowing after the event was over.

"It's a lot of time and dedication, but I think it's important for the community to have something to know that when you go to an event or a high school dance that someone cares to put on a good event for you. For me it has been nice knowing that I was the guy [who] got to do that for people. I was the guy behind the scenes [who] really made things happen. Me and my team are always trying to one-up the last show."

With entertainment outlets making proposals to the largest venue in a region to determine the

entire region's likelihood of receiving a tour, and U. S. Naval Station Guantanamo being the largest military venue in the region, Prestesater's dedication to entertainment is felt by not only the local GTMO community, but the entire hemisphere. A responsibility he takes to heart.

"If we don't say 'yes,' a lot of times the tour may not go out to other destinations in the area, so for me, it is always a matter of not thinking about myself, not thinking about just GTMO, but thinking of everyone else too. So, we accept as many tours as possible," Prestesater said. "Even if I have to work seven or eight weekends in a row, I'm going to say 'yes' just so not only GTMO gets great entertainment, but also the other installations in the Western Hemisphere here in the Caribbean."

All good things must come to an end though, and Prestesater's time bringing entertainment to GTMO and the rest of Caribbean is soon ending. However, his entertainment legacy will live on with his replacement, Jon Gilligan, who Prestesater said he believes will pick up the torch and run with it.

Story and photos by
SGT. CHRIS MOORE

SJA: PROCESS OF INVESTIGATIONS



Earlier this year, the “The Los Angeles Times” released a list of the top 20 fictitious TV and film detectives. Some were highly appropriate, including Columbo, Sherlock Holmes, Magnum P.I., Angela Lansbury and Scooby Doo. Others were more questionable – Ace Ventura? While it’s unlikely any of us will ever battle Moriarty at Reichenbach Falls, or fight ghosts with Scooby and the gang, it is likely we will take part in a military investigation at some point in our careers. As a result, it is helpful to have a better understanding of what military investigations are and how they are conducted.

Each of the service branches has a procedure to conduct a military investigation. As the Army comprises the bulk of Joint Task Force personnel, it is helpful to examine Army investigations. An Army Regulation 15-6 investigation is conducted by non-law enforcement personnel to gather facts. The facts, in turn, are reported to the unit commander to assist determining a course of action. Often, an AR 15-6 investigation will be used to assist the commander in determining if non-judicial punishment or court-martial action is appropriate as a result of a particular set of circumstances.

Importantly, just because an AR 15-6 investigation is frequently used to determine whether disciplinary action is appropriate, it does *not* mean that the subject of the investigation has necessarily done anything wrong. It merely means that the commander is trying to

determine the facts of a certain situation to determine what action, if any, to take. Each month, the Office of the Staff Judge Advocate processes investigations that recommend no further action or dismissal of the case.

Crucial to the success of any investigation is identifying the best person to conduct it. Under AR 15-6, only commissioned officers, warrant officers, or permanent civilian employees (GS-13 or above) may serve as an AR 15-6 investigating officer. The investigator is selected based on education, training, experience, length of service and temperament. The investigation becomes their top duty priority, and a legal advisor is provided to assist throughout the process.

Investigating officers usually begin with interviewing witnesses and obtaining sworn statements. Service members who are suspected of an offense always have the right to decline to provide sworn statements. However, if they provide a statement, the statement should be truthful, as lying to an investigating officer may result in disciplinary action.

Once the interviews are complete, the investigating officer provides the commander with a clear and concise report including findings and a recommendation. In the report, there must be evidence supporting each finding, and the recommendation must be consistent with the findings. The types of recommendations may range from no further action to adverse administrative

or UCMJ action. A legal review is then conducted to ensure legal sufficiency and assist the commander in making appropriate decisions. The commander has the option to approve, disapprove or direct additional investigation. If adverse action is taken, the commander must permit the opportunity to rebut any allegations.

An AR 15-6 investigation is a prompt and efficient method to gather facts and inform the command regarding appropriate disposition of a case. If appointed as an investigating officer, do your best to conduct an investigation that enables the leadership to make prompt and fair decisions. If you ever participate and provide a statement, know your rights, and do your part to ensure justice for all involved.

Like Columbo, we always have time for “just one more thing” when it comes to AR 15-6 investigations.

For further information, contact your local office of the Staff Judge Advocate.

Article courtesy of

OFFICE OF THE STAFF JUDGE ADVOCATE

Photo Illustration by
SGT. RICK HOPPE

SENTRY OF SERVICE: THE CALIBER OF ELISARA



Pfc. Christopher Elisara, an infantryman with 1st Squadron, 3rd Cavalry Regiment, prepares his M-249 Squad Automatic Weapon and firing position during a shift at Joint Task Force Guantanamo Dec. 31.

Perched on a hilltop, two Soldiers keep an eye on the horizon for any threats and occasionally take in the December sunrise. Although they are not in the mountains of Afghanistan nor the deserts of Iraq, their mission is just as important.

Pfc. Christopher Elisara, an infantryman with Joint Task Force Guantanamo Bay, is one of those men watching, ever vigilant as the ocean wind slaps back the camouflage netting. He's assigned to Joint Task Force Guantanamo and is on his first overseas deployment.

Military service for him is a continuation of a tradition and his family's duty to their country.

"It's a family thing. My dad was a Marine; one of my brothers joined the Marines, another joined the Army, and the other I guess was too smart and joined the Air Force," Elisara said.

The Elisara men have been doing one thing in the service for a long time and doing it well, they have defended freedom and America as infantrymen for over 50 years.

"I wanted to be an infantryman because my dad and brother ... are grunts, and my other brother in the reserves is also infantry," Elisara said.

This is where he strives to be every moment — with his fellow infantrymen, doing the "grunt work" as

he called it, "in the suck."

"I like the suck; I'm sure you've heard the phrase 'embrace the suck.' I love it. I like being in those [difficult] situations where the team has to depend on one another," he said.

“DO YOUR BEST AND ADAPT AND OVERCOME, STAND OUT IN THE BEST WAY”

Being an infantryman isn't glamorous work. Soldiers are assigned to their posts and relieve the prior shift, sometimes before the sun even rises.

"It can get boring from time to time," Elisara said. "I always try to take that opportunity to get to know who I'm on shift with, get to know their background, get to know who they are."

For Sgt. Thomas Ahern, Elisara's previous team leader, the time spent with his Soldier means he's

gained an insight as to the caliber of Elisara.

"He's a fantastic Soldier; I got to learn a lot about him in the last seven months. He is a family oriented guy, a really [inspiring] Soldier," Ahern said. "He's goal oriented as well, and he knows what he wants and knows how to get it. He works hard every day to get there."

Elisara said getting there means being the best he can be, something instilled early on in his childhood.

"I want to stand out, and that's what my dad told all of his sons in the military. He said do your best and adapt and overcome, stand out in the best way," Elisara said.

To Elisara, being the best means a life of commitment to his country and maybe, just maybe, beating his father's milestone in service.

"One of my goals is to serve more years in the service than my dad. He did 33 years," he said.

Decades of service await. For now, it is one guard shift at a time, one sunrise at a time, protecting those below the hill Elisara stands watch over.

Story and photos by
SGT. ADRIAN BORUNDA

TAKING THE BEACH BY STORM

Crazyhorse Troop, 1st Squadron, 3rd Cavalry Regiment, took the beach in a two-day training exercise beginning Tuesday designed to keep Soldiers battle ready and well prepared for different scenarios they could find themselves in.

"Here we're doing some joint training operations. It's actually a really rare opportunity for us. We don't get a whole lot of time to train with other branches of service, but today the Coast Guard gave us a lift out of here. So, that gave us the opportunity to seize a beach, and clear it out and control it," said Spc. Andrew Williams, a Soldier with Crazyhorse Troop.

The Soldiers were picked up behind Marine Hill by U.S. Coast Guard boats to be dropped off at South Toro Cay for the beach landing and to pull security in the area.

"The Coast Guard transported us out here on two of their boats. We did two lifts, two chucks, so we were able to send two of our squads out here to seize the beachhead, secure everything around it, and allow our third squad to come in. So what that allowed us to do is replicate a different scenario," said 1st Lt. Steve Szrom, a platoon leader with Crazyhorse Troop.

The idea behind the amphibious landing training was to successfully arrive at the beach, pull security, and allow the rest of the team to come in. Once the area was cleared, the 3rd squad came in, and they moved forward to continue clearing the area.

"The Coast Guard gave us a little bit of info as to what we were coming up into, and they certainly gave us a lift out there, allowing us to have an element of surprise, hitting the beach fast, taking the beach and maneuvering around the hill," Williams said.

Training like this prepares Soldiers for different scenarios, so if they ever find themselves in a similar situation their reaction time and maneuverability is smoother and mistakes are less likely.

"The whole point of these exercises, you can't learn just in the classroom; you can't learn just by saying things over and over. 'Well, I'm going to conduct this attack in this manner.' You have got to learn by doing it. That's the hardest thing about all of this, about war and infantry tactics, is that it's all really simple, but the simplest things are incredibly difficult," Szrom said. "If little things go wrong everything gets thrown off. The whole reason our leaders and our NCO's are so good is because they can adapt."

The moment the Soldiers disembarked, their plan went by the wayside; however, properly trained, they were able to adapt and overcome.

"I learned that generally, you can't always trust everything that's passed down through an order. Initially when we received our order, we were told it was a relatively clear beach that we were landing on. When we actually arrived on the beach, it was more of a boat loading dock or something. There was a very large hill in front of us, so there wasn't as much freedom of movement as we thought," Williams said.

The Soldiers moved quickly and re-situated as necessary.

"This kind of training is what we got into the Army to do ... We got into it to essentially close with and engage the enemies of the United States in close combat," Szrom said. "That's the bottom line. So the more we can train with it, the better we can get at it, and hopefully we won't have to do it. But it's great to know that we're going to be ready to do it when the time comes."

Story by
SPC. LIZ SMITH



Photo by Spc. Liz Smith
JTF Soldiers with Crazyhorse Troop, 1st Squadron, 3rd Cavalry Regiment are transported by the U.S. Coast Guard in order to assault their objective during an amphibious assault landing exercise at South Toro Cay here.



Photo by Spc. Liz Smith
Soldiers are transported by the U.S. Coast Guard across the bay toward South Toro Cay where they will reach the next step of their exercise.

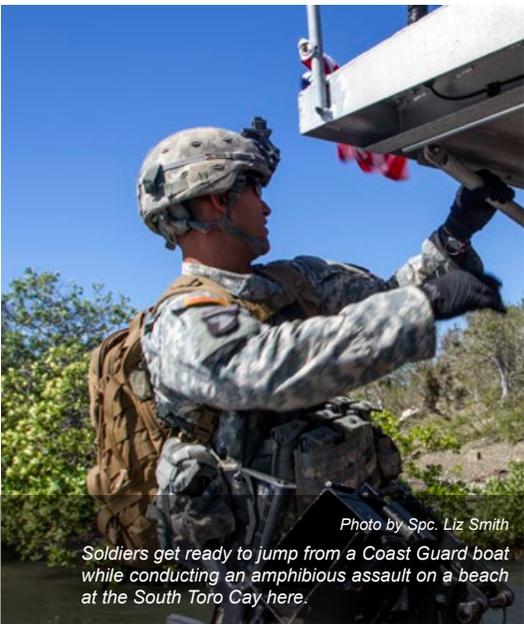


Photo by Spc. Liz Smith
Soldiers get ready to jump from a Coast Guard boat while conducting an amphibious assault on a beach at the South Toro Cay here.



Photo by Sgt. Chris Moore
A Soldier swiftly leaps from a U.S. Coast Guard boat while assaulting a beach at South Toro Cay here. A group of Cavalry Soldiers, with the help of the U.S. Coast Guard participate in a two-day amphibious assault exercise.



Photo by Sgt. Chris Moore
Soldiers evaluate their position and security during a routine stop while on patrol at South Toro Cay here.

REVIEW / THE THEORY OF EVERYTHING

Based on the memoir "Traveling to Infinity: My life with Stephen" by Jane Wilde Hawking



"The Theory of Everything" is a British biographical romance based on the memoir "Traveling to Infinity: My Life with Stephen" by Jane Wilde Hawking. The film deals with Wilde's relationship with her ex-husband, world renowned theoretical physicist Stephen Hawking (Eddie Redmayne).

Hawking was working toward his Ph.D. in theoretical physics at Cambridge University when he met Wilde (Felicity Jones) at a party. Although Hawking came off as nerdy and awkward, Wilde saw the brilliance in him and fell in love. Shortly thereafter, Hawking was taken to the hospital after he fell and hit his head. He was later diagnosed with Motor Neuron Disease and given only two years to live. No matter the length, Wilde vowed to stay with Hawking for the remainder of his life.

As Hawking's body deteriorated, his mind flourished, and he was able to craft some of the most unimaginable theories in existence. Although it was difficult for Wilde to take care of Hawking and their three children, she supported him along the way as he became world famous.

Time went on and Hawking became immobile

and Wilde's frustrations grew even more. In order for Wilde to cope, she joined the church where she met love interest Jonathan Jones (Charlie Cox). Jones assisted the family and became a huge part of Wilde's life, helping her with tasks she normally went about herself.

After Hawking's family began questioning Wilde about her relationship with Jones, she cut off all ties and took care of Hawking alone as his disease took a turn for the worse and left him mute.

Struggling to take care of Hawking, Wilde made the decision to bring in Elaine Mason (Maxine Peake), a nurse that assisted with his rehabilitation and everyday care. Hawking and Mason grew very close and were able to communicate with each other in ways that not even Hawking and Wilde could. This left Wilde feeling even more useless and lonely in her relationship with Hawking.

As time went on, their marriage deteriorated entirely and both Hawking and Wilde went their separate ways, but they remained friends of course.

While his love life was quite interesting, I would have rather seen the focus shifted more toward his

scientific achievements than his relationship with Wilde. The few short scenes that allowed us to see into his mind allowed me to see something so intricate explained in the simplest of ways.

Yes, Hawking goes on to get divorced and finds a new love interest but that has nothing to do with his brilliance and success. Technology and today's innovations gave him the opportunity to live as normal of a life as possible. He's written novels, developed numerous theories, and has drastically changed the scientific world, yet little of this was mentioned in the movie.

I know some will go on to say that they liked this movie and thought it shared just enough about who Stephen Hawking is, but I just can't wrap my head around turning his life into some tragic romance.

Movie review by
SPC. AMBER BOHLMAN

IN THEATERS THIS WEEK

| | FRIDAY | SATURDAY | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | |
|----------|---|--|---|----------------------------------|---|----------------------------|---------------------------------|----------|
| DOWNTOWN | Taken 3 (NEW) PG13, 7 p.m. Top Five (NEW) R, 9 p.m. | Selma (NEW) PG13, 7 p.m. The Theory of Everything PG13, 9:15 p.m. | The Penguins of Madagascar (LS) PG, 6:30 p.m. The Pyramid R, 8:30 p.m. | Birdman (LS) R, 7 p.m. | The Hunger Games: MJ Part 1 (LS) PG13, 7 p.m. | Annie PG, 7 p.m. | Unbroken PG13, 7 p.m. | DOWNTOWN |
| BULKELEY | Selma (NEW) PG13, 8 p.m. The Theory of Everything PG13, 10:15 p.m. | Taken 3 (NEW) PG13, 8 p.m. Top Five (NEW) R, 10 p.m. | The Hunger Games: MJ Part 1 (LS) PG13, 8 p.m. | * LYCEUMS CLOSED | The Hobbit: BoFA PG13, 8 p.m. | * LYCEUMS CLOSED | The Pyramid R, 8 p.m. | BULKELEY |

Call the Movie Hotline @ 4880 or visit the MWR Facebook for more info.

* Concessions closed until further notice

Stay classy, GTMO! No alcohol or tobacco at the Lyceums.

REVIEW / THE PYRAMID



Recently I seem to be running into bad movie after bad movie. So, it was nice to see something that went above my expectations. "The Pyramid" reminded me of "The Descent," but instead of a group of women cavers, this was a team of two archaeologists and two media personnel who find themselves lost in a newly-discovered pyramid.

This movie comes from Alexandre Aja, who brought us movies like the remakes of "Hills have Eyes" and "Piranha," as well as "High Tension" and "Mirrors."

There is definitely an intense atmosphere. "The Pyramid" has a lot of different scare tactics, and it was well blended. It has the usual jump-out-of-your-seat scares and the psychological build-ups we see in any good horror movie. There are plenty of times you find yourself on the edge of your seat wondering what will happen next.

The cast was good; Holden (Denis O'Hare) played the lead archaeologist and father to Nora (Ashley

Hinshaw), a fellow archaeologist. Nora is younger, more ambitious and less likely to follow the protocols and rules of archeology, while her father Holden, is a little more old-school and would prefer to follow the book. When the characters get yanked from their dig in Egypt, it's Nora who wants to go back and take another look; of course her father follows along.

Fitzie (James Buckley) and Sunni (Christa Nicola) are our two media personnel. Personally, I found Fitzie to be a wonderful character. He provided the comic relief when it was needed, and was also the one to speak up when he felt it was necessary. Sunni turned into the character we couldn't wait to see die.

Although the CGI in this movie was incredibly lacking, and I can't usually stand the found-footage type movie (it makes me incredibly nauseous to watch it), the movie did a good job of scaring you, making the hair on the back of your neck stand up and making goose bumps raise.

The main monster was an awesome rendition

of the Egyptian god Anubis. His appearance was terrifying, he was a great blend of Egyptian lore and lethal wrath, and it was enough to make you want to stay far, far away from pyramids.

The tight spaces make you feel incredibly claustrophobic, which added to the intense atmosphere and is something that always gets me when watching a horror movie. I'm not so squeamish that gore grosses me out or scares me, so I always prefer the more psychological thriller movies. "The Pyramid" was a good blend of both.

I can honestly say this movie is more suited to a rainy night curled up on your couch and eating popcorn, but I give it a solid three stars.

Movie review by
SPC. LIZ SMITH

MWR

2015 SPORTS SCHEDULE

MONTH / DAY ACTIVITY

| | |
|--------------------|--------------------------|
| January 17 | Softball Tournament |
| January 20 | M&F Soccer League |
| January 26 | Indoor Volleyball |
| February 7 | Full/Half Marathon |
| February 9 | Kickball League |
| February 21 | 10 Mile Trail Run |
| February 23 | Tennis League |
| March 14 | Softball Tournament |
| March 28 | Sprint Triathlon |
| March 30 | Softball League |
| April 4 | Color Run |
| April 6 | Flag Football |
| April 13 | Basketball League |
| April 20 | Golf League |
| April 25 | Olympic Triathlon |
| May 9 | JPJ 5 Miler |
| May 15-16 | Captain's Cup Event |
| May 24 | Fitness Festival |
| June 8 | Racquetball League |
| June 13 | NE Gate 12 Mile Run |
| June 15 | Soccer League |
| June 22 | Sand Volleyball League |
| July 4 | Softball Tournament |
| July 4 | Ridgeline Trail Run |
| July 13-16 | Walleyball Tournament |
| July 20 | Badminton League |
| July 25 | Relay Race |
| August 8 | Cable Beach Run |
| August 22 | Sprint Triathlon |
| September 5 | Wood-bat Tournament |
| September 14 | Co-Ed Softball League |
| September 26 | Trail Triathlon |
| September 28 | Flag Football League |
| October 5 | Basketball League |
| October 24 | Paddle, Pedal, Paintball |
| November 14 | Duathlon |
| November 26 | T-Day Half Marathon |
| December 11 | Army / Navy Game |
| December 19 | Holiday Basketball |
| December 24 | Jingle Bell Fun Run |

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

*Contact the MWR for more information
on each event. x77262*

DROPPING SUGAR & YOUR WEIGHT



Pecan pie, sugar cookies with sugary Christmas sprinkles, candy canes, dark chocolates filled with nuts, super rich fudge bars, gingerbread men with frosting, gooey marshmallow treats ... and 20 extra pounds between Thanksgiving and New Year's Day! After 6-weeks of gluttony, you now resolve to lose weight.

Well, January is the month to do just that! This is National Weight Loss Awareness Month, and according to the Center for Disease Control and Prevention 34.9 percent of U.S. adults are considered obese. Because of regulated weight standards, the obesity level in the military is much lower.

However, if you don't practice healthy habits, like a balanced diet and regular exercise, you could be at risk of falling into the CDC's obesity statistics – even while you are still in! The Armed Forces Health Surveillance Center reported a steady increase in obesity among Service members between 1998 and 2010.

One of the most fattening foods is sugar. The American Heart Association warns adding sugar to food is the reason for the sharp increase in obesity over the last 20 years.

The October 2006 issue of the Harvard Health Letter draws a definitive link between obesity and the addition of sweeteners, like high-fructose corn syrup, to food. The Harvard researchers were able to show an 83 percent increase in Type 2 diabetes among women who drank one or more sugar-sweetened soft drinks a day compared to women who drank less than one a month.

According to the National Heart, Lung, and Blood Institute, coronary heart disease, high blood pressure, Type 2 diabetes, stroke, cancer and reproductive problems are just a few serious health issues facing obese people.

The best way to reduce your sugar intake is to consume natural food, like raw vegetables and lean meat, and to replace sugary drinks with water.

Cmdr. Donna Hunter, a registered dietitian here at U.S. Naval Station Hospital Guantanamo Bay, recommends eating more natural, raw food over processed food that typically has a lot of added refined sugar.

"Food in its most natural form is the preferred way [to eat]. [Sugar is added] to a lot of things to make it taste better. Without sugar, a lot of things would not taste good," Hunter said. "The more processed the food, the more sugar, salt and fat you will get."

Some of the healthy foods that can be found here at the GTMO commissary include kale, zucchini, lean beef, lamb, kefir, pinto beans, quinoa, extra virgin olive oil, and avocados.

Hunter said eating healthy takes more planning than consuming a typical diet of convenience, but the long term results are worth it.

"It's like an investment – if you plan for meals ahead of time, you have things ready," Hunter advised. "The result is if you do plan ahead everything is better because you have taken the time to invest in eating better."

Having a healthy, balanced diet that includes plenty of fruit, vegetables, lean protein and probiotic dairy, will help keep Troopers healthy and productive during their time here at the JTF. To get a consult with Hunter, see your doctor at the NAVSTA Hospital, or JTF Clinic for a recommendation.

Article by

SGT. 1ST CLASS ROBERT FREESE

Illustration by

SGT. RICK HOPPE



Who said we shouldn't expect much from the Wild Card Weekend? Except for the Cardinals, I could've told you that was coming. It was one debacle after another on both the offense and defense for Arizona as the Panthers beat the Cardinals at home 27-16. The other Saturday game was the Ravens against the Steelers. Joe Flacco led the way with the offensive scoring 10 points in each of the last three quarters. In the end the Ravens beat the Steelers 30-17.

The third game of the weekend was the Bengals against the Colts. In yet another impressive quarterback showing, the Colts Andrew Luck lead the way going 34 of 44 pass attempts for 376 yards as the Colts beat the Bengals 26-10.

GAME SPOTLIGHT

The game I looked forward to most was Detroit against Dallas at AT&T Stadium in Arlington, Texas. In what seemed to be the quarterback duel weekend Tony Romo and Matthew Stafford left everything on the field. Stafford made his presence known early with a 51-yard pass to Golden Tate for a touchdown in the first five minutes of the game. The Lions would come back again as they stepped up their rush game as Reggie Bush ran it in 18 yards for the touchdown right before the end of the first quarter. From late in the second quarter on, it looked as though Romo and the Cowboys had woken up with a 76 yard pass and touchdown to Terrance Williams. The Dallas defense stepped up holding the lions to only field goals while Dallas put up two more touchdowns. The Cowboys beat the Lions 24-20.

Next week I'm picking the Patriots to beat on the Ravens, Seattle to destroy Carolina, Green Bay to beat Dallas and Denver to beat Indianapolis.

Article by

SGT. ADRIAN BORUNDA



Of course as the season comes to a close, my predictions are finally becoming relevant. This past week there was a bowl game every day and, as is typical during the bowl season, there were upsets aplenty.

No. 21 Boise State defeated the heavily favored No. 12 Arizona in the Fiesta Bowl, which held in Glendale, Arizona, was essentially a home game for the Wildcats. The state of Mississippi had a great season with Ole Miss and Mississippi State ranked in the Top 4 for a good portion of the season. However, No. 9 Ole Miss was utterly embarrassed by No. 6 TCU, losing 42-3 in the Peach Bowl, and No. 8 Mississippi State was upset by No. 10 Georgia Tech, 49-34, in the Orange Bowl.

The upsets continued New Year's Day as the No. 7 Michigan State Spartans eked out a victory over No. 4 Baylor, 42-41, in the Cotton Bowl. In the first ever college football playoff game, No. 3 Oregon completely dominated the favored defending

champion No. 2 Florida State, 59-20, in the Rose Bowl. In a highly anticipated match-up between Heisman Trophy winners, James Winston and Marcus Mariota played well, but Mariota's teammates were far superior. Minus a Mariota interception, only his third of the year, and costly fumble by Winston – now a meme sensation – both players likely secured their spots atop the upcoming NFL draft.

The other semifinal match-up featured No. 1 Alabama take on No. 5 Ohio State in the Sugar Bowl. Led by Cardale Jones, in only his second career start, and a record breaking 230 yards rushing by Ezekiel Elliot, the Buckeyes surprised everyone by defeating the SEC powerhouse 42-35. The Buckeyes were given no chance by pundits after their top two quarterbacks went down for the season due to injury. This marks the first time in nine years a team from the SEC won't be playing in the national championship.

So, after a long season and much anticipation, the first College Football Playoff National Championship will feature Oregon taking on Ohio State Jan. 12, at the AT&T Stadium in Arlington, Texas. This one is an easy call; Oregon will be too fast and athletic for the Buckeyes and will become the newly crowned champs.

Article by

1ST LT. MACARIO MORA

NFL PLAYOFF STANDINGS

NATIONAL FOOTBALL CONFERENCE

| No. | TEAM NAME | Record |
|-----|------------------|--------|
| 01 | Seattle | 12-4 |
| 02 | Green Bay | 12-4 |
| 03 | Dallas | 12-4 |
| 04 | Carolina | 7-8 |
| 05 | Arizona | 11-5 |
| 06 | Detroit | 11-5 |

AMERICAN FOOTBALL CONFERENCE

| No. | TEAM NAME | Record |
|-----|---------------------|--------|
| 01 | New England | 12-4 |
| 02 | Denver | 12-4 |
| 03 | Pittsburgh | 11-5 |
| 04 | Indianapolis | 11-5 |
| 05 | Cincinnati | 10-5 |
| 06 | Baltimore | 10-6 |

COLLEGE TOP 25

| No. | TEAM NAME | Points |
|-----|--------------------------|--------|
| 01 | Alabama | 1,452 |
| 02 | Florida State | 1,436 |
| 03 | Oregon | 1,426 |
| 04 | Baylor | 1,265 |
| 05 | Ohio State | 1,262 |
| 06 | TCU | 1,257 |
| 07 | Michigan State | 1,105 |
| 08 | Mississippi State | 1,070 |
| 09 | Mississippi | 976 |
| 10 | Georgia Tech | 876 |
| 11 | Kansas State | 875 |
| 12 | Arizona | 819 |
| 13 | Georgia | 745 |
| 14 | UCLA | 663 |
| 15 | Arizona State | 602 |
| 16 | Missouri | 599 |
| 17 | Wisconsin | 542 |
| 18 | Clemson | 509 |
| 19 | Auburn | 450 |
| 20 | Louisville | 406 |
| 21 | Boise State | 368 |
| 22 | LSU | 221 |
| 23 | Utah | 134 |
| 24 | USC | 112 |
| 25 | Nebraska | 79 |

*Run, sweat, smile ... Repeat***RUN AS FAST AS YOU CAN**

Maybe you've spent the past few weeks glossing over this article because it hasn't really pertained to you. Maybe you're not much of a weight lifter. Maybe you like to run. Well, maybe I have some good news for you; GTMO is hosting a full and half marathon on Feb. 7!

In order to compete in a marathon a month out runners should have already been preparing for it. However, if you haven't been preparing, you can start now and participate in the half marathon. When training for this type of event, you want to mimic the route. Hills, for example, are a big part of the marathon

course, so you should be running them regularly.

Joseph Belt, MWR fitness coordinator, said runners shouldn't over-strain and cram training sessions in a few weeks before an event.

Being prepared for a marathon isn't just about fitness. It's also important to focus on what you're wearing. Check your shoes. Make sure they're light weight and supportive. Belt suggests running about 10 miles at a marathon pace to make sure your shoes will be comfortable for you. You should also make sure your clothing is light and easy to move around in.

Running requires a lot of fuel for your body, which you should be getting through carbohydrates, so

nutrition is key. You need to be drinking a lot of water daily, and especially before the race.

It's very important to set a goal for yourself, even if you are just focused on making it to the end without walking. If you have run a marathon before, try to beat your last time. If you've been working on your running, this is the time to go show off all that hard work! Grab some friends, lace up your shoes, and run over to the G.J. Denich gym to sign up today!

Article by

SPC. MONIQUE QUINONES

JTF Media Relations

*Chocolate-Espresso Smoothie*Directions:

Place half of the yogurt plus all of the remaining ingredients in a blender and puree until smooth. Add remaining yogurt and pulse until smooth. (If you add the full container of yogurt at the beginning, the mixture is too thick to blend easily.) For a thicker smoothie, blend in up to a cup more ice. Serves two.

Recipe from runnersworld.com

Ingredients:

8 ounces chocolate yogurt

1 large banana (browned and frozen)*

2 shots espresso, chilled

2 cups ice (about 14 ice cubes)

1 dozen chocolate-covered espresso beans

**Any ripe banana will work, but a browned and frozen banana lends better flavor and texture.*

**JSMART SPOT**

▲ JSMART HELPER: TITAN

LIQUID COURAGE

Alcohol is known by many different nicknames, including "Liquid Courage." But does it really make us brave? For some, a drink may give them that boost of confidence to talk to the pretty girl, or the guts to get on the dance floor. But why? In these circumstances, alcohol can minimize or mask the fear of rejection or the fear of humiliation. Fear is an innate feeling which serves an important purpose. For example, the fear of getting burned keeps us from getting too close to a flame or a hot stove. Fear can keep us safe.

Alcohol has a number of neurological effects to include lowering inhibitions. This may impair our judgment, or decrease our level of fear, when we really need to experience it. When our inhibitions are lowered, we are more likely to put ourselves in risky situations. We lose our "filter" and sometimes say whatever comes to mind (rude, disrespectful or socially unacceptable

comments). Lowered inhibitions can also cause us to do things that have negative consequences, like drinking and driving, getting into fights, and ruining our reputations and careers. The lack of good judgment may be interpreted as bravery or courage while drinking causes many people to do crazy and self-destructive things. Our protective feelings of fear are replaced by an "I don't care" attitude. This can eventually lead to further difficulties.

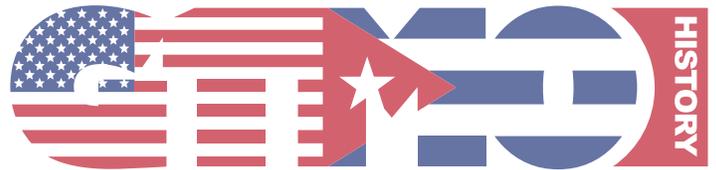
Know your limits and drink responsibly. Practice self-confidence to achieve genuine courage. You don't need that extra drink. The consequences aren't worth it!

Article by

**PETTY OFFICER 2ND CLASS
ARIANNA LOAIZA**

and

**PETTY OFFICER 2ND CLASS
ROBERT MCQUEEN**

**GUANTANAMO JANUARY 1961**

Shortly after President Dwight D. Eisenhower terminated diplomatic relations with Cuba, many Cubans sought refuge on U.S. Naval Station Guantanamo Bay.

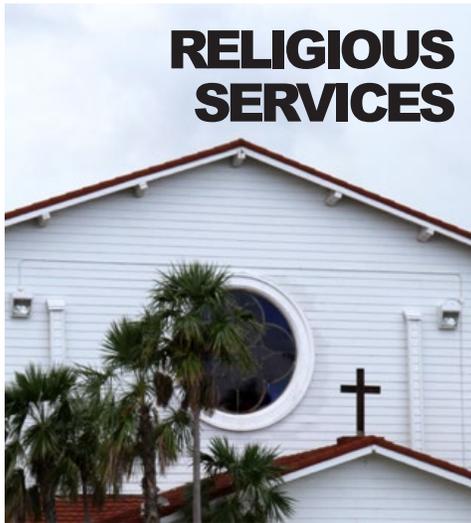
Castro's solution was the "Cactus Curtain."

Cubans planted varieties of prickly pear and columnar cacti along the northeast section of the 17.4-mile

boundary fence to deter Cubans wishing to jump the fence to free soil. Contrary to a local rumor, the cacti species found on GTMO are most likely indigenous to Cuba.

Article and photo by

**SGT. 1ST CLASS
ROBERT FREESE**



RELIGIOUS SERVICES

ROMAN CATHOLIC (NAVSTA CHAPEL)

| | |
|------------|------|
| Saturday* | 1700 |
| Sunday* | 0900 |
| Mon-Thurs* | 1730 |

PROTESTANT SERVICES (JTF TROOPERS' CHAPEL)

| | |
|---------|------|
| Sunday* | 0640 |
| | 0900 |
| | 1900 |

PROTESTANT SERVICES (NAVSTA CHAPEL)

| | | | | |
|---------------|--------|------|--------------|----------------------|
| Traditional* | Sunday | 0930 | Annex Room 1 | (Liturgical Service) |
| Contemporary* | Sunday | 1100 | Main Chapel | |
| Gospel | Sunday | 1300 | Main Chapel | |

OTHER SERVICES

| | | | | |
|--------------------------|-----------|------|----------------------|----------------------|
| 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 | |
| Pentecostal | Sunday | 0800 | Annex Room D | |
| | Sunday | 1700 | Annex Room D | |
| JTF Bible Study* | Monday | 2000 | Cuzco Block H | |
| New Christian's Inquiry* | Wednesday | 1900 | JTF Troopers' Chapel | |
| | Saturday | 1900 | Troopers' Chapel | |
| Christian Fellowship | Sunday | 1800 | Main Chapel | (Non-denominational) |

*These services are conducted by Army or Navy chaplains

NEW GALLEY PRICES

| MEAL | STANDARD | DISCOUNT |
|-------------|----------|----------|
| BREAKFAST | \$3.45 | \$2.60 |
| LUNCH | \$5.55 | \$4.20 |
| DINNER | \$4.85 | \$3.65 |
| BRUNCH | \$6.25 | \$4.70 |
| SUPPER | \$7.65 | \$5.75 |
| HOLIDAY | \$9.05 | \$6.80 |
| NIGHT SNACK | \$3.45 | \$2.60 |

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 09:55 - 19:55 hourly

| | |
|------------------|---------|
| 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 THRU SATURDAY

FERRY

| | |
|----------|---|
| WINDWARD | 0630/0730/0930/1030/1130/1330/1530/1630 |
| LEEWARD | 0700/0800/1000/1100/1200/1400/1600 |

UTILITY BOAT

| | |
|----------|-------------------------------|
| WINDWARD | 1630/1730/1830/2030/2230/2330 |
| LEEWARD | 1700/1800/1900/2100/2300/0000 |

SUNDAY & HOLIDAYS

FERRY

| | |
|----------|-----------|
| WINDWARD | 0730/1330 |
| LEEWARD | 0800/1400 |

UTILITY BOAT

| | |
|----------|-------------------------------|
| WINDWARD | 1030/1530/1730/1830/2030/2230 |
| LEEWARD | 1100/1600/1800/1900/2100/2300 |

Photo by Peter R. Ten Eyck

PARTING SHOT



'A BANANA IN THE THORNS' PHOTO BY PETER R. TEN EYCK WITH CTR JTF-GTMO-J2. FOR A CHANCE TO HAVE YOUR PHOTO FEATURED IN THE PARTING SHOT, PLEASE SEND SUBMISSIONS TO: THEWIRE@JTFGTMO.SOUTHCOM.MIL

THE **WIRE**

