

THE OFFICIAL PUBLICATION OF JOINT TASK FORCE GUANTANAMO

THE WIRE



MAY 15, 2015

KEEP
CALM
AND
SAVE
WATER

GTMO WATER CONSCIOUS

GUANTANAMO IS LOSING
WATER DAILY, CONSERVATION
TAKES A COMMUNITY EFFORT

JTF GTMO'S JACK OF ALL TRADES

SOLDIER LEAVES MARK
BY HELPING IMPROVE THE
COMMUNITY

SCRA CAN HELP YOU

SERVICEMEMBERS' CIVIL
RELIEF ACT PROVIDES HELP
TO TROOPS, FAMILY

ONE HILL OF A RUN

RUNNERS EXPERIENCE
ESPRIT DE CORPS, ENDURE
THE PAIN OF JPJ HILL

ASIAN-AMERICAN, PACIFIC ISLANDER HERITAGE MONTH

LONG HERITAGE OF
SERVICE AMONGST ASIAN,
PACIFIC ISLANDERS



LT. COL. CATHERINE SMITH
Joint Task Force Guantanamo J1 Director

As I prepared for my retirement ceremony, I looked fondly back at the last 23 years, and I am amazed at all the amazing Soldiers, Sailors, Marines, Airmen and Coasties that I have worked with.

I was taught early in my career by my first platoon sergeant, Sgt. 1st Class Ulloa to listen,

OLD SOLDIERS NEVER DIE

and ensure you understand everything that was said, to include the implied tasks. Each position I've held in my career prepared me for the next. It seemed as if I grew into each position.

Each assignment shaped and molded me for the next position. At each duty location I meet great leaders and not-so-great leaders. This is the same for officers and enlisted. You learn to take the "good stuff" and flush the "bad stuff." I have learned to listen intently to my superiors and subordinates, ask questions in order to understand the mission and task, treat people with dignity and respect and, most of all, allow your teammates to make mistakes.

Mistakes allow personnel to grow. No one person knows everything, despite some folks who think they know everything. Accept people for who they are and figure out how to inspire them to the next level.

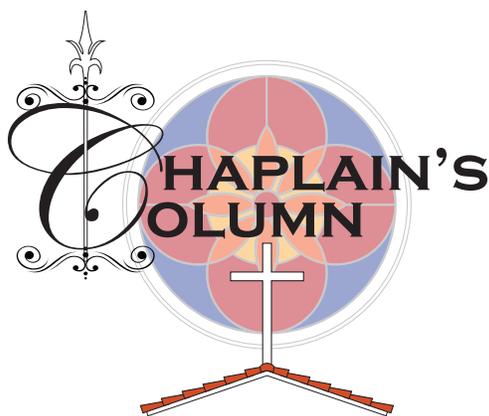
I have always had a knack for working with people and developing teams. I believe if you empower your service members, they will come up with better ways of conducting business and own their responsibilities. I have always tried to find the silver lining in everything that I do and tried not to create a double standard.

By not creating double standards, there is less friction and the attitude of "us versus them." I truly believe that we are all the same; we are all serving our country ... I just chose to be an Army officer and have been in a little longer than the younger service members.

The only advice I would give anyone in the Armed Forces is, remember that you will grow into positions of leadership throughout your career, and do not limit yourself. Set short and long term goals that are attainable, and do not compare yourself to anyone else. Do not settle for filling someone else's shoes ... establish your own footprints.

Old Soldiers Never Die, They Just Fade Away.

Article by
LT. COL. CATHERINE SMITH
Joint Task Force Guantanamo J1 Director



May 3 was my 29th wedding anniversary. Twenty-nine years married to my beautiful wife. While we still debate it, we have been together for 32 years, give or take. We can't recall if it was 1982 or 1983 that we started dating. We both laugh when we try to figure it out, and we both always wind up saying, "A long time."

Ironically, in those 29 years of marriage, we have only celebrated our anniversary together

A LOVE WORTH ACKNOWLEDGING

– in the same location at the same time – 15 of those years. The other 14 years I have either been deployed or on a temporary duty assignment. So, overall I am batting a little over .500. If you were to only consider the 18 years I have been in the military, my batting average slumps to a low .200. At one point in my military career, I had spent more time away from my wife than I had with her. I think I am breaking even about now.

Yet, my wife remains. I'm not sure why, but she does. She is one of the most patriotic women who I know. She has supported my career in the military and in the ministry, despite all the drawbacks of both. She practically raised our children single-handedly; through broken bones, cheering events, teenage courtships, sibling rivalries – you name it. Most of this she did while working full-time and even completing a college degree.

So what's the point? We've just celebrated Mother's Day. For those of you who are married and have children, it's a great time to tell your wife how much you appreciate her. For those of you married but don't have children, it is

still a great opportunity to say "thanks" to your spouse. The military spouse endures far more than most spouses. As service members, not only do we ask a great deal of our spouses, so does our government. If you haven't done so lately, take the time to tell your spouse how much you love and appreciate them.

So pardon me while I give thanks to my wife.

To my wife: Thank you for the 29 years of your love, joy, peace, patience, kindness, goodness, faith, gentleness and self-control. For against what you have given me, I have no charge. I love you.

Article by
CAPT. TOBY LOFTON
525th MP DET BN Chaplain



COMMAND & CHAPLAIN

Leader bids farewell and provides guidance on how to grow as service members. Also, the chaplain reminds us to show our appreciation for our families who endure our absence.



GTMO NEWS / COVER PHOTO

Suicide awareness class helps identify those in need; SCRA provides Troopers and families help; May is Asian American and Pacific Islander Month; it's time to conserve water.



PHOTO STORY

Soldier makes the most out of his deployment, and inspires the Guantanamo community to make the most of their time through the many opportunities they're afforded.



ENTERTAINMENT

This week in entertainment, "The Longest Ride" provides another sappy love story, and "It Follows" fails to scare Guantanamo's horror film critic.



SPORTS

Runners tackle JPJ Hill during a five mile run, and the GTMO Latinos Plus softball team scores a win during their game on Monday night.



LIFE & FITNESS

Are there certain areas of your body that you'd like to improve? Think thigh gap. Well, our fitness guru provides expert advice on how to shape up.

MOTIVATOR OF THE WEEK

SPC. ABY JOHN
324TH MP CO

**PETTY OFFICER 1ST CLASS
KIMBERLY SCHLOSSER**
JMG

WHAT TO DO WITH OLD UNIFORMS

Don't throw them away! First, sanitize your uniform! Remove your name tape and rank, warfare insignia and any other patches. Next, look inside. Did you write your name or last four on the tag, so you could claim it from the laundry? If you did, remove the tag or blacken out your info. Then, take a good look at the uniform. Is it still usable? If it is, take it to the thrift shop or ask your shipmates or battle buddies if they could use it. Otherwise J4 has a lock box you can use to dispose of uniforms. So take care of your uniforms, and protect your personal information. USE OPSEC!

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TROOPER ON THE STREET

WHAT ARE YOU DOING TO EACH DAY TO HELP CONSERVE WATER?



SPC. JOHN BENNETT

"I'm using less water in my room, making my showers faster, not allowing the water to run as I brush my teeth and manage how much water I use in my room."



SPC. BRIANNA COOKS

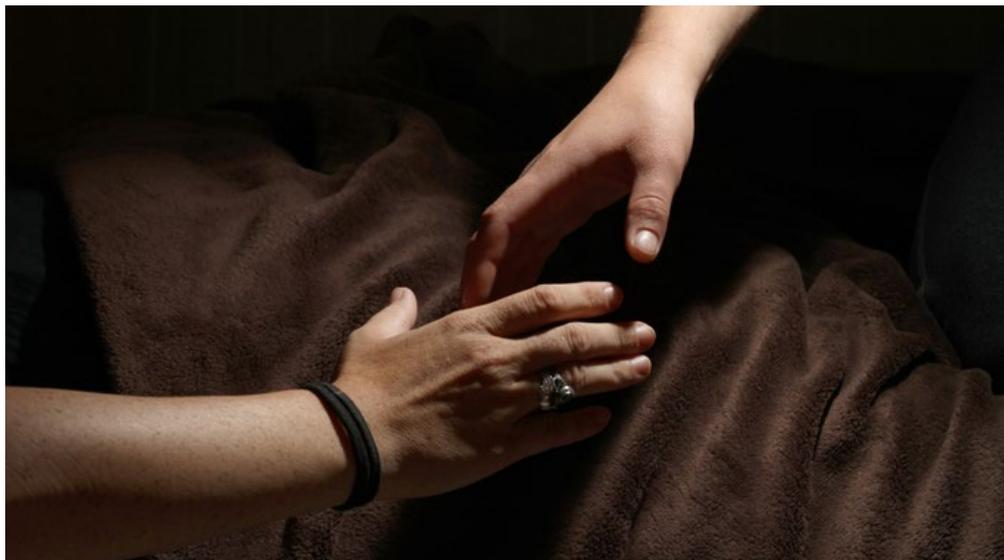
"Don't leave your water running at your house for unnecessary reasons and take shorter showers."



CHIEF PETTY OFFICER REBECCA BAUER

"On ship, you have water conservation all the time. So with Navy showers, you turn the water on, shut it off ... wash your hair, then turn the water back on and rinse."

SUICIDE AWARENESS FOR EVERYONE



Talking to someone you think may commit suicide can be a very sensitive topic. It's important you go about it in the right way. The safeTALK class teaches how to approach and help someone you think may commit suicide.

"It's a very basic, a very organic approach," said Bobby Hinton, safeTALK program facilitator. "I'm not trying to teach you some new concept that you don't already know."

Hinton described the safeTALK class as a three hour course that is geared more toward teaching you to see the signs and putting the pieces together when someone is thinking about suicide. SAFE stands for Suicide Awareness For Everyone, and TALK stands for Tell And Keep safe.

"It's very intuitive because we aren't asking people to be a counselor," Hinton said. "We're just giving people the tools to listen and hear what people are saying, see what they're doing and looking at their actions, then putting it all together."

Hinton explained that it isn't just about what you see someone doing, or what you hear, it is multiple pieces you need to put together.

"What do you hear, what do you see, what do you sense and what do you learn? Everyone knows the military is really good about that," Hinton said. "It's not just 'oh they're giving away their stuff' what else do you see? What is their mood?"

Hinton described those questions as a trifecta. Everyone has their own trifecta and that's what makes suicide so personal.

According to Hinton, it's important to have

all of these factors combined so you aren't just asking a potential suicidal person out of the blue if they're thinking about taking their life. One sign, or even two signs, doesn't necessarily mean anything. When you see three or four of these signs, that's when you ask them the question. That's the invitation for help.

"You say 'this is what I see, this is what I hear, this is what I sense and what I've learned from you, there has to be something wrong, you're putting up these notices,'" Hinton said.

Hinton's goal is to get people to understand and connect emotionally with other people, because they're in an emotional state. He wants to encourage people to see suicide not as a weakness, but as a mental illness.

"This was not your typical suicide awareness training. This was a very informative class," said Lawrence Damas, a safeTALK class participant.

SafeTALK makes participants middlemen to get someone who needs help to the right resources.

"You are a conduit. You're in the middle, you can get a chaplain, the hospital or fleet and family services," Hinton said.

To volunteer for this program, contact Bobby Hinton at Bobby.Hinton@gtmo.navy.mil or x2373.

Story by

SPC. LIZ SMITH

Photo by

SGT. REBA BENALLY

FINANCIAL, LEGAL HELP WITH THE SERVICEMEMBERS' CIVIL RELIEF ACT



Are you an active duty service member, Reservist or National Guard member on active duty? Are you having difficulty meeting your financial or legal obligations? Are you ready to take action, protect your family and yourself and request relief? If you answered “yes” to these questions, then you need to understand your rights and responsibilities under the Servicemembers’ Civil Relief Act.

The SCRA is a federal law designed to protect your family and you while you are on active duty serving your country. Among other protections, it enables you to temporarily postpone or suspend certain civil obligations while on active duty, so that you can concentrate on your military responsibilities and ease stress on your family members back home. It is a broad package with provisions that cover rental agreements, security deposits, prepaid rent, eviction, installment contracts, credit card interest rates, mortgage interest rates, mortgage foreclosures, civil judicial proceedings, automobile leases, life insurance, health insurance and income tax payments. Keep in mind that when it comes to debt, the SCRA only covers debt incurred prior to military service. In addition, you, the service member, have to actually request relief from the appropriate agencies or companies to get the process started.

The SCRA is so essential to protecting service members that it has existed in various forms for over 150 years. During the Civil War, the United States Congress realized that service members (Union Soldiers and Sailors) were having difficulty attending to financial and legal matters. In response, they enacted an absolute moratorium on civil actions brought against service members. The moratorium meant that any legal action involving a civil matter was put on hold until the Soldier or Sailor returned home from the war. Later, during World War I, Congress passed the Soldiers’ and Sailors’ Civil Relief Act of 1918. This statute did not place a hold on all legal actions involving civil matters. Instead, it instructed trial courts to take whatever relief was required when a service member’s rights were involved in a controversy, and the law was set to automatically expire after the war. Later still, during World War II, Congress enacted the Soldiers’ and Sailors’ Civil Relief Act of 1940. This act differed from the 1918 statute in that there was no provision for the Act to expire. In 2003, Congress enacted the SCRA, which established additional provisions and protections. The U.S. Attorney General may even bring civil actions against violators of the SCRA.

The SCRA is a law designed to help protect your family and you. For example, if you are

currently named as a defendant in a civil suit, it may be possible to delay or suspend the proceedings. If you have a loan with an interest rate above 6 percent, you may be entitled to reduce your interest rate to 6 percent. If you live alone stateside and want to end your lease early, you may be able to terminate it. If you have an automobile lease, you may be able to cancel it. And if you paid a penalty or extra fee to terminate your mobile service, you may be entitled to reimbursement. If you are facing difficulties, don’t face them alone.

For help and additional information about the SCRA, contact the Legal Assistance office (building 2525 - x8589) to help you get the SCRA advice you need.

Article courtesy of

JTF GTMO SJA

Illustration by

SGT. RICK HOPPE

MANY CULTURES, ONE VOICE: PROMOTE EQUALITY AND INCLUSION



Nisei World War II Veterans from the 442nd Regimental Combat Team attend the WWII Nisei Veterans Program National Veterans Network tribute to the 100th Infantry Battalion, 442nd Regimental Combat Team and Military Intelligence Service Nov. 1, 2011, in Washington, D.C.

The deep heritage of Asian Americans, Native Hawaiians and Pacific Islanders reaches around the world and goes back decades in America's history. As a country that values the contributions of everyone who calls America home, the month of May is proclaimed Asian American and Pacific Islander Heritage Month.

In June 1977, Congressmen from California and New York introduced a resolution to proclaim the first 10 days of May as Asian-Pacific Heritage Week. A similar bill was then introduced by the Senate a month later to commemorate the immigration of the Japanese to the United States, May 7, 1843, and marked the anniversary of the completion of the transcontinental railroad, May 10, 1869. The majority of the workers who laid the tracks were Chinese immigrants. October 5, 1978, President Jimmy Carter signed a joint resolution for the weeklong celebration.

In 1990, a bill passed through Congress and was signed by George H. W. Bush to extend Asian-American Heritage Week to a month. Two years later, May was officially designated as Asian-Pacific American Heritage Month, now known as Asian-American and Pacific Islander Heritage Month.

An important part of the U.S. Army's heritage comes from the 100th Infantry Battalion and the

442nd Regimental Combat Team. The members of this team were Japanese-Americans from Hawaii and from detention camps established February 1942 by the U.S. Government. The camps housed 120,000 Japanese-Americans who had been living in Pacific coast states after the Japanese Imperial Navy attacked Pearl Harbor Dec. 7, 1941.

These Asian-Americans and Pacific Islanders not only fought prejudice at home, but tyranny overseas during World War II.

By May 1945, the 442nd RCT and the 100th Infantry Battalion had become the most highly decorated U.S. Military units of their size, with more than 18,000 people decorated for bravery, including 18 Medals of Honor, 52 Distinguished Service Crosses, and 9,500 Purple Hearts, with many of the Soldiers earning multiple awards. Collectively the two units also received seven Presidential Unit Citations.

Others also contributed to the war effort, again proving their dedication and determination to serving the United States.

Florence Smith Finch, the daughter of an American Soldier and a Filipino mother was working for the U.S. Army during WWII when the Japanese occupied the Philippines. In order to avoid being imprisoned with other enemy nationals at Santo Tomas Internment Camp

in Manila, Finch claimed Filipino citizenship.

Finch joined the resistance movement and smuggled various supplies to American captives, eventually leading her to be arrested by the Japanese, and then tortured and sentenced to three years imprisonment.

Nearly five months into her sentence Finch was liberated by American forces, eventually returning her to the United States. Finch's commitment didn't stop there. She enlisted in the U.S. Coast Guard where she was the first Coast Guard Women's Reserve member to receive the Asian-Pacific Campaign Ribbon in recognition for her service in the Philippines.

Finch was one of many Asian-American and Pacific Islanders who fought for America. She, and many others, have forged a legacy that reflects the spirit of our nation. They reached for their dreams and never let discrimination stand in their way.

Story by

SPC. AMBER BOHLMAN

Courtesy photo by

STAFF SGT. TEDDY WADE

GTMO WATER CONSCIOUS: BASE RESTRICTIONS CURB WATER USAGE



A Reverse Osmosis Water Purification unit was brought in to help keep up with Guantanamo's water demands. The self-contained unit is a portable water purification and water treatment plant.

The Guantanamo Bay community is surrounded by water, so it may seem strange that there are so many restrictions on water usage. However, it's important to know and understand that GTMO residents use roughly 1.2 million of gallons of water a day, and that the base is currently losing approximately 100,000 gallons per day.

This isn't the first time the installation has run low on water, in fact, it's happened seven other times throughout GTMO's long history.

"Regardless of living in the Caribbean, we don't live in a tropic climate here, we live in what they call a sub-arid or arid tropic kind of climate and, as you know, it doesn't rain very much in GTMO," said Steve Vickery, with the Public Works Department's Production Division.

Roughly 1 percent of the Naval Installation's water storage capacity is lost each day, in part because two of the six reverse osmosis trains that help process salt water into potable water are currently not functioning.

"Their high pressure pumps have failed," said Allan Robichaux, the Production Division Manager for Public Works. "They're over 20 years old."

Robichaux said the plant is quite old and often experiences breakdowns. Also, the reverse osmosis trains require preventative maintenance,

and are periodically shut down for maintenance.

"We've had to work very closely with our utility contractor here to maintain the system as best we can and at the same time trying to be conservative on our spending approach because these parts aren't something you go to home depot to buy," said Vickery, "They are very expensive pumps and motors that go with the pumps, membranes, filter media and such."

Though the Public Works Department is taking steps to get the plant back up and running at full capacity, the process can take until mid-June before the reverse osmosis trains that need replacing can be replaced, according to Vickery and Robichaux. However, the long-term fix won't be finished until late spring or early summer of 2016.

"We have units being flown in, portable reverse osmosis units, being flown in that we can pipe into our system," Vickery said. "Everything we are doing is to buy us some time and keep the storage levels adequate until we have replacement parts come in for the two trains."

The GTMO community can help by taking measures and becoming more water conscious. Vickery said some of those steps can be as simple as turning the faucet off while you brush your teeth or shave and limit the time watering plants.

"If you're at work, everybody should have kind of a custodial approach for the facilities they work in, their counterparts work in," Vickery said. "A running toilet is exactly what it is, a running toilet. It's the same thing as leaving the hose on or a dripping faucet."

Robichaux explained that other water restrictions include not lawn watering, cleaning vehicles at residences, no washing sidewalks and no cleaning off carports with pressure washers.

The Naval Installation has also taken measures to help conserve water such as close the Windjammer Pool. The pool had a leak and was losing roughly 20,000 gallons of water a day.

Every measure helps to conserve the precious resource. However, further restrictions will be implemented if water reserves decrease further. Water conservation is a community effort and there is no time like the present to GTMO water conscious.

To report leaks, please contact the Public Works help desk at x4424.

Story and photo by
SPC. LIZ SMITH

JTF Trooper HELPS BUILD A BRIGHTER COMMUNITY

As service members in the United States military, there's a standard that we must uphold. It takes discipline and bravery in order to conduct our jobs every day. But it takes selfless acts and motivation to stand out and be constantly recognized.

Spc. Leo Becerra, a medic with the 670th Military Police Company from the California National Guard, has been recognized many times at Guantanamo Bay, and his home station, for his efforts in uniform and off duty.

"I really don't feel like I do enough. I feel like there's always more that I can do. I've really pushed myself to get out there and expose myself to unfamiliar areas in my life, to things I'm not comfortable doing normally," Becerra said.

Becerra teaches combat medic courses for the Army and his students routinely walk away from the classes applauding his professionalism.

"His knowledge and real world experience in combat lifesaving was beyond impressive, and it was obvious that he is extremely passionate about the skills he passed onto us," said Sgt. Paul Ball, with the 102nd MP Co. "Having deployed to a combat zone in the past, I personally would feel comfortable and secure having him on any mission as our squad's combat medic."

Becerra also volunteers. He teaches Latin dance classes, scuba dives, practices ju-jitsu and kickboxing, cooks Mexican cuisine, and teaches honor guard drills.

"I try to focus on changing the morale aspect of things. If it has to do with morale that is what I'm driven to," Becerra said. "There's too much to do here to ever say that you're bored."

Sgt. Timothy Brown, the medical evacuation non-commissioned officer in charge of the Joint Troop Clinic, has worked with Becerra for the past four years.

"Working with Spc. Becerra has been an adventure ... Over the past two years I've

seen him grow a lot. He was recognized by our brigade commander in recognition of everything he's done on this island, from teaching his dance class and being so involved in the community," Brown said. "In a way I feel like it's almost inspirational for other people to see how involved he is."

Looking back on his proudest moment Brown said, "I was watching T.V. one morning, drinking my coffee, and a story comes on about this lady who was stabbed. This guy came out and saved her out of nowhere and I look up and there's my soldier on T.V. in his Army P.T. shorts with his medic bag on his shoulder.

He heard this woman screaming outside at two o'clock in the morning. [He] grabs his medic bag, runs outside and actually saved the woman's life. Even the doctors said there was a good chance that she wouldn't have made it without that immediate intervention that he provided. That was one of those real 'proud papa' moments."

The article ran in multiple newspapers, T.V. stations and GX Magazine.

Becerra explained how he finds strength to continue to work hard and boost morale in GTMO.

"There have been a couple of times where I've wanted to stop teaching a class because I feel unmotivated, but then I have a new found energy and motivation from the people and how grateful they are. Especially from seeing people dance and seeing people learn from CLS class that I taught they come back to me and say, 'oh I used this one day,' and that feels amazing," Becerra said. "Seeing change in other people's lives makes everything worth it."

Story by
SGT. REBA BENALLY





Photo by Sgt. Adrian Borunda

Spc. Leo Becerra from the 670th Military Police Company participates in the Color Run April 11, here.



Photo by Sgt. Reba Benally

Becerra coaches a service member during a kickboxing class May 12 at the J.G. Denich Gym here.



Photo by Sgt. Reba Benally

California Army National Guard Commander, Maj. Gen. Lawrence A. Haskins stands with Spc. Leo Becerra, who received praise from Haskins, during his visit here to support the 670th Military Police Company on March 25.



Photo by Sgt. Reba Benally

Spc. Leo Becerra stands next to Pvt. Eliceo Cruz of the 670th Military Police Company before Becerra was coined by Col. Peter Cross, commander of the 49th Military Police Brigade, during his visit March 25.



Photo by Sgt. Reba Benally

Spc. Leo Becerra coaches Latin dance class at the naval station community center March 2, here.

MOVIE REVIEW / **THE LONGEST RIDE**

The most recent love story to hit the big screen centers on the star-crossed love affair between Luke Collins (Scott Eastwood), a former champion bull rider looking to make a comeback, and Sophia Danko (Britt Robertson), a college student who is about to begin her dream job in New York City's art world.

The "Longest Ride" is based on a bestselling novel by the well known author Nicholas Sparks, known for his romance novels that often have a hopeless twist.

As Sparks' novels come to life they almost always have me crying like a big baby. As a hopeless romantic at heart, the moment I saw the first movie trailer I was convinced this was going to be one of the best love stories yet. When I sat down at the Downtown Lyceum with my popcorn and tissues, I was ready to see what this new movie had to offer.

Sophia grabbed my attention

during the movie's opening scene as a sorority girl finishing her senior year of college in North Carolina. She'd rather be hitting the books, but her good friend has convinced her to attend a rodeo competition by promising her "the hottest guys you've ever seen."

It doesn't take long before a love interest is sparked when Luke and Sophia officially meet, he's a brown-haired, well-groomed cowboy who has a smile that would light up any woman's heart, and it doesn't help that he offers her his cowboy hat as he so causally jumps off of a bull—*Attention: Spoilers ahead.*

Luke is the true gentlemen you would imagine him to be. He's sweet and old-fashioned, turning up on her door-step with flowers on their first date. A connection has never been so clear, but there always has to be a twist in a Nicholas Sparks love affair, whether it's secrets tearing two apart or a war standing in the way, in this case

it was the reality that Sophia was leaving for her dream job in just two short months. The last thing she was looking for was a relationship.

So far this might sound like an up-and-down, seen-it-all-before romance, but there's an additional storyline that gets thrown into the mix that definitely grabbed my attention. After driving home one night, Sophia and Luke come across the scene of a car accident and manage to rescue an old man named Ira (Alan Alda) from his burning vehicle. Sophia even managed to save a small basket from the front seat which looked important to the old man.

This is where the real story unfolds: the basket was filled with love letters from Ira's wife back in the 1940's. Ira shares his life experiences with Sophia, telling her about World War II and him and his wife's dreams. Sophia takes the time to soak it all in and tries to apply the things she learns to her

relationship with Luke.

I won't get into the details about Ira's story because that is far more important than the story of two 20-something year olds. But it is at that car accident that you really start to put things into perspective.

The movie still came with the cheesy trademarks that you'd expect from a romantic drama such as this. But it was those trademarks that kept me interested.

So, if you're a fan of Sparks then I recommend this movie. It was a heartwarming movie with a fairytale romance and for that I give this movie four stars.

"The Longest Ride" is rated PG-13 for some sexuality, partial nudity, and some war and sports action.

Movie review by
SPC. AMBER BOHLMAN

IN THEATERS THIS WEEK



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

Mad Max: Fury Road <i>(NEW) R, 8 p.m.</i> It Follows <i>R, 10:15 p.m.</i>	Unfriended <i>(NEW) R, 8 p.m.</i> The Longest Ride <i>PG13, 10 p.m.</i>	Home <i>(LS) PG, 8 p.m.</i>	Furious 7 <i>PG13, 8 p.m.</i>	Woman in Gold <i>PG13, 8 p.m.</i>	Avengers: Age of Ultron <i>PG13, 8 p.m.</i>	The Gunman <i>(LS) R, 8 p.m.</i>
FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Unfriended <i>(NEW) R, 8 p.m.</i> The Longest Ride <i>PG13, 10 p.m.</i>	Mad Max: Fury Road <i>(NEW) R, 8 p.m.</i> It Follows <i>R, 10:15 p.m.</i>	The Gunman <i>(LS) R, 8 p.m.</i>	LYCEUMS CLOSED *	Furious 7 <i>PG13, 8 p.m.</i>	LYCEUMS CLOSED *	Avengers: Age of Ultron <i>PG13, 8 p.m.</i>

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.

MOVIE REVIEW / IT FOLLOWS



With all the hype this movie was getting, I had high expectations – to only be let down. Maika Monroe stars as Jay Height, an average teenager – with a romantic outlook on life – who begins dating Hugh (Jake Weary), the handsome new guy in town. However, after the two have sex for the first time, Jay finds she’s being followed by a slow-moving yet relentless entity. Hugh drugs her, ties her up and warns her that she must “pass the curse” onto someone else before the shape-shifting specter catches and kills her, after which it will begin to pursue Hugh again. To “pass the curse” she must have sex with another person.

Jay’s closest pals don’t believe

her story at first, but help to keep a close eye on their clearly traumatized friend – as does Greg Hannigan (Daniel Zovatto), the boy who lives across the street from Jay. Together, they help Jay track down Hugh, whose real name is actually Jeff, in the hope of learning the truth and proving to her that there is no “curse.” However, they realize that “It” might be more real than they could’ve imagined.

But what I didn’t get during this entire movie was the lack of parents. The teenage kids are terrorized when this thing breaks their kitchen window to get into their house. All the kids are screaming, there’s running and commotion, but no parents. When the “It” goes to

Greg’s house “It” breaks their living room window, then proceeds to bang on Greg’s door. No parents. There are no parents anywhere to be found in this entire movie except for the beginning when Jay comes home crying because Hugh just tied her up, after having sex, and told her he passed the curse to her.

“It Follows” from writer/director David Robert Mitchell (The Myth of the American Sleepover) arrived riding a wave of buzz from various festival showings and a strong box office turnout during its limited release, but here on Guantanamo Bay, the movie failed. Everyone at the movie was disappointed. It was a waste of time. The video itself had no appealing cutaways, the

plot was long and boring, several times I asked, “What is going on?” I still don’t know what era this movie was supposed to be in. This is not a movie for people who enjoy Horror Movies; this is definitely an Indie Horror film, which to me means terrible horror film. So if you enjoy Indie Horror films then this is definitely the movie for you.

“It Follows” is rated R for disturbing violence and sexual content, including graphic nudity, and language.

Movie review by **SPC. RAUL SANCHEZ**

MWR

2015 SPORTS SCHEDULE

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

MONTH / DAY ACTIVITY

May 15-16	Captain's Cup Event
May 24	Fitness Festival
June 8	Racquetball League
June 8	Basketball League
June 13	NE Gate 12 Mile Run
June 15	Soccer League
June 22	Sand Volleyball League
June 29	Soccer League
July 4	Softball Tournament
July 4	Ridgeline Trail Run
July 6	Beach Volleyball
July 13-16	Wallyball Tournament
July 20	Badminton League
July 25	Relay Race
August 8	Cable Beach Run
August 10	Ultimate Frisbee
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 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

JPJ 5 MILER RESULTS

19 & UNDER / 1ST PLACE

CHUCE EICHORN - 42:28:94
SYDNEY MACE - 56:07:05

20-29 / 1ST PLACE

SKYLAR DANKS - 34:55:03
JULIE HUGHES - 43:36:33

30-39 / 1ST PLACE

MICHAEL MOLINA - 35:08:33
KATHLYN SCHLICHTMAN - 35:13:11

40-49 / 1ST PLACE

NICOLAS MIKHAEL - 38:50:03
THELMA CUMMINGS - 49:49:25

50+ / 1ST PLACE

ANDRE' NAJE - 48:26:67
JOZY SMARTH - 52:34:28

ONE HILL OF A RUN



Runners begin their climb up JPJ hill during the Morale, Welfare & Recreation JPJ 5 Miler here, Saturday.

Saturday morning began a little cooler than most mornings as Guantanamo Bay residents laced up their running shoes and made their way down to Cooper Field for a 5-mile run up John Paul Jones Hill, also known as Windmill Hill.

Morale, Welfare & Recreation schedules many events for U.S. Naval Station Guantanamo Bay, most common among those are the runs that take participants on courses throughout the installation where runners often see many familiar faces.

"I'd like to try to participate in almost every event MWR has, and I have participated in almost every activity they have had since I've been here," said Staff Sgt. Casey Hicks, the non-commissioned officer in charge of the veterinary clinic.

Mixed in with the familiar faces were a few new ones as well.

"This is my first actual event fitness wise. I have never done any of the other runs," said Spc. James Mckee, a military policeman here.

Runners familiar with JPJ Hill know the course can be difficult, especially the first time runners attempt to run up the hill.

"Once a week we run Windmill Hill for PT. I knew what I was expecting when I went into it," Mckee said. "We do regular PT, and I pretty much go to the gym every day."

For some folks, the difficulty of the hill is something they face with determination.

"I didn't do anything in particular to train. I do PT almost every day being active duty. I love to run. I like the challenge," Hicks said.

"I've run JPJ many times."

An added benefit to the many MWR events is that it often helps to boost the camaraderie and morale of the participants.

"It was great, a lot of people gave a lot of heart out there, and I'm just glad I finished it," Mckee said.

Even though Hicks had just finished the grueling 5 miler up and down JPJ Hill, she was already planning her next run.

"I'm registered for the 10K Boulder Shadow Run, and special category resident 5K on the 23rd," Hicks said.

The camaraderie was evident as runners crossed the finish line to cheers by fellow participants who treated each other to cold water and orange slices. Some runners who finished early ran alongside others to help motivate them to the finish.

"It's great for morale, and I had a lot of fun out there today," Hicks said.

Story and photo by

SPC. LIZ SMITH

GTMO LATINOS PLUS VS PITCH SLAP



Pitch Slap's third baseman, Shaun McNamara, warms up before a Morale, Welfare & Recreation intramural softball game Monday at Cooper Field. Pitch Slap lost to the GTMO Latinos Plus team, 10-2.

The GTMO Latinos Plus softball team defeated Pitch Slap, 10-2, Monday in a Morale, Welfare & Recreation intramural softball league game at Cooper Field.

The game didn't start off competitively as Miguel Figueroa, GTMO Latinos Plus assistant coach, scored the game's first run in the game's opening minutes. The GTMO Latinos Plus team dominated Pitch Slap in the first inning by scoring seven runs to Pitch Slap's one. However, Pitch Slap began to play strong defense and made the game more competitive by holding the Latinos' team to just three more runs for the remainder of the game. However, Pitch Slap's bats fell mostly silent as they managed just one more run for a final score of 10-2.

"They had a lot of females. Most of the females were hitting better than the guys they had. But it was a good game," Figueroa said. "It was a fun game."

The game became tenser around the fifth inning as five straight Latinos' batters failed to reach first base, extending a base hitting drought that began in the fourth inning.

GTMO Latinos' almost scored at the top of the fifth inning as Figueroa blasted a shot to the outfield and got to third base. But Joseph Campbell's, #10, in-field pop fly was caught by Pitch Slap first baseman Mike Major for the Latinos' third out, extending the Latinos' scoreless streak. Pitch Slap didn't bat very long at the bottom of the fifth inning with Figueroa and his teammates getting three straight outs.

Pitch Slap was impressive at the top of the

sixth inning with excellent defense. GTMO Latinos Plus' team captain, Rich Walker, hit a foul ball and Ellie Barnett, #77, ran quite a distance to catch for the Latinos' first out.

"I had a really long ways to run to get it, but when I saw that it was in my glove, that's all that mattered," Barnett said.

Casey Hicks, #3, from the Latinos, hit a ball directly toward Koji Wood, #24, who fielded the ball quickly and threw a bullet to Major at first base for the second out. Terry Brayer, #7, hit a ball to the left field and Shaun McNamara, #27, caught a highlight-worthy diving catch for the Latinos' third out. Excitedly, second baseman, Macario Mora, #17, yelled out from the Pitch Slap dugout, "We never played this long before!"

The bottom of the final inning began with Lenon Charles, #4, and Wood, hitting grounders and causing their first out. Wood remained on 1st base. Joshua Yoder, #11, hit a foul ball, Wood ran all the way to 3rd base almost giving Pitch Slap their third score. Unfortunately, Miakel Guerrero, #7, instantly struck out, not one, but two Pitch Slap batters, giving the GTMO Latinos Plus the victory.

Story and photo by
SGT. REBA BENALLY

MWR SOFTBALL

No.	Team Name	Standings
01	Blazing Saddles	(10-0)
02	Spartans	(9-2)
03	Stay Classy	(8-2)
04	Cali Elite	(7-2)
05	Wicked Stix	(7-2)
06	BEEF	(6-3)
07	Salt Water Cowboys	(6-3)
08	GTMO Latinos Plus	(5-4)
09	Inglorious Batters	(5-5)
10	Ghost Riders	(4-6)
11	The Terminators	(4-7)
12	Dirty Mike & the Boyz	(3-6)
13	Iguanamo	(3-6)
14	Cage Kickers	(2-7)
15	MisFits	(2-8)
16	Pitch Slap	(1-9)
17	Mile high	(1-10)

MWR FLAG FOOTBALL

No.	Team Name	Standings
01	HNL	(10-0)
02	Spartans	(8-2)
03	Confusions	(7-2)
04	Gunslingers	(8-3)
05	Scheme Team	(6-4)
06	324th	(6-4)
07	BEEF	(4-6)
08	GTMO's Finest	(4-6)
09	88th MP	(3-6)
10	MCSFCO	(2-7)
11	Militia	(2-7)
12	Balls Going Deep	(2-8)
13	38th Watchmen	(1-8)

MWR TENNIS

No.	Male Singles	Standings
01	Ging Belch	(5-0)
02	Prisco Masagca	(1-0)
03	Gary Belch	(6-1)
04	Dario Morgan	(4-2)
05	Andre Naje	(2-2)
06	James Flint	(1-3)
07	David Balog	(0-1)
08	Jeffrey Rice	(0-1)
09	Henry Ferguson	(0-2)
10	Kirk	(0-2)
11	Mitch Shubbach	(0-3)

No.	Female Singles	Standings
01	Marliza Belch	(4-0)
02	Ging Belch	(2-0)
03	Chris Batory	(4-1)
04	Katie Fretz	(3-2)
05	Emily Kolenda	(2-3)
06	Hanh Tang	(1-2)
07	Garona Belch	(1-4)
08	Gennelle Lee	(0-3)

No.	Male Doubles	Standings
01	Gary/Ging	(2-0)
02	James/Bill	(0-1)
03	Giovanni/Andre	(0-1)

No.	Female Doubles	Standings
01	Gary/Ging	(1-0)
02	Jeff/Katie	(0-1)

CONQUER YOUR OBSTACLES

Fitness isn't always easy. Getting that dream body is already difficult enough, but there are some pieces that are extra difficult.

The inner thighs are a common place for fat to end up, especially in women. They can be tricky to work with. You have to be careful with your routine, or you may end up getting results you weren't aiming for.

Exercises like squats, deadlifts or leg extensions, especially with heavy weights, are all things you should avoid if you are trying to slim. Focus on cardiovascular training with low resistance. Set machines to low incline and if you run outside, avoid hilly terrain. Longer runs are better to continue strengthening your legs without bulking up.

If you do want to build, make sure you are doing

things right. Joseph Belt, Morale Welfare & Recreation fitness coordinator, said the biggest issue with thighs is people not training the region as they should. He suggests wide stance squats, squats squeezing a rubber ball between your thighs, and adduction training with bands, tubing or machine.

"The advice I have for lower body training is to first commit the time to do it," Belt said.

As with anything, it takes time and commitment, but it can be done. If you need a little help getting started, check out the Step N Sculpt class at the G.J. Denich Gym on Saturdays at 9 a.m.

Article by
SPC. MONIQUE QUINONES

STRAWBERRY SALAD WITH ALMONDS & FETA:

DITCH YOUR BORING SALAD AND TRY THIS COLORFUL OPTION:

- 1-2 HANDFULS OF DARK, LEAFY GREENS
- 1 HEAPING HANDFUL OF STRAWBERRIES, SLICED
- 2 TABLESPOONS OF ALMONDS, TOASTED IF YOU LIKE
- 2 TABLESPOONS OF FETA CHEESE, CRUMBLLED
- 1 TABLESPOON OF OLIVE OIL
- 1 TEASPOON OF BALSAMIC VINEGAR OR ANY BERRY FRUIT INFUSED OIL/VINEGAR

"Big quads without big hamstrings is like steak without potatoes."
— Unknown



JSMART SPOT

▲ JSMART HELPER: TITAN

SPENDING ADDICTION

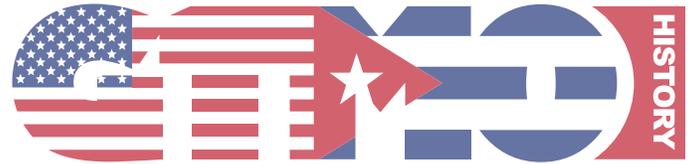
Have you ever joked with a friend about spending too much money over the weekend? Whether it's shoes, clothes or electronics, most of us have at least one item that's our weakness. We find pleasure in purchasing these things because they make us feel good and can temporarily distract us from everyday stressors. A healthy part of self-care is to do something nice for ourselves from time to time, but the temptation to overindulge should not be taken lightly.

Although being a "Shopaholic" isn't a current psychiatric disorder, recent studies have shown that the actions of shopping and buying can trigger the same area in the brain that drugs and alcohol do. This leads to a "high" that we may want to experience over and over again, leading some of us into a pattern of overspending. Some may feel this impulse as part of overcompensating

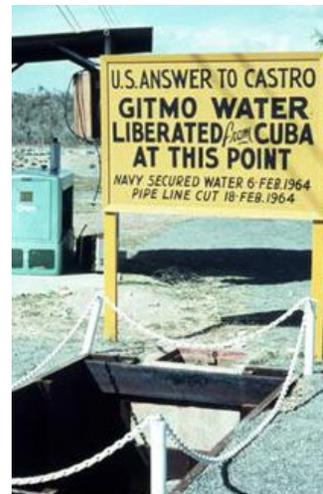
for their insecurities. For example, a person who's unhappy with his looks may spend large amounts on trendy clothes or the newest electronic devices in hopes that people won't notice their perceived shortcomings. Other common factors may include feelings of anxiety, boredom or sadness when they're unable to make purchases.

As with any addiction, lying to cover up a problem is usually a sign of a problem and another sign of overspending. If we try to hide our bills from loved ones out of embarrassment or to avoid arguments, we may want to take a closer look at our actions. If you start to feel that it's too difficult to control your spending by yourself, it's important to talk about it with friends or to seek professional guidance.

Article by
**PETTY OFFICER 3RD CLASS
RANDALL KELLEY**
Joint Medical Group



GTMO'S LIFE SOURCE: WATER



The memorial near the Northeast Gate, where Rear Adm. Bulkeley ordered the pipeline from the Yateras River to be cut.

The current water emergency isn't the first time H2O has been in the headlines at GTMO. The water in Cuzco Wells was the

reason for the first American battle here, but that well was non-potable. Fresh water was shipped in until a pipeline was built from the Yateras River in 1939. Fidel Castro ordered that water supply to be cut in 1964, and Rear Adm. John Bulkeley cut the waterlines on the U.S. side the same month, to prove we were not "stealing" Cuban water. Two months later, in April, construction of our current desalinization plant began, at the cost of \$10 million.

Article by
**SGT. 1ST CLASS ROBERT
FREESE**
Photo courtesy of
**GUANTANAMO PUBLIC
MEMORY PROJECT**

ROMAN CATHOLIC (NAVSTA chapel)

Saturday*	1700	
Sunday*	0900	
Mon-Thurs*	1730	(Side Chapel)
	0900	

PROTESTANT SERV. (JTF Troopers chapel)

Sunday*	0900 & 1900	
Friday night movie	Friday	1900 "Shrek"

PROTESTANT SERV. (NAVSTA chapel)

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

PROTESTANT SERV. (JTF Troopers chapel)

Islamic Prayers	Friday	1315	Annex Room 2
7th Day Adventist	Saturday	0900	Annex Room 1 (Sabbath School)
	Saturday	1100	Annex Room 1 (Sabbath Service)
Latter Day Saints	Sunday	0900	Annex Room 19
Pentecostal	Sunday	0800	Annex Room D
	Sunday	1700	Annex Room D
JTF Bible Study*	Monday	1900	JTF Troopers' Chapel
	Wednesday	1900	JTF Troopers' Chapel
Beginners Bible Study*	Thursday	1130	JTF Deputy Chaplain's Office
Bible Study*	Saturday	1900	JTF Troopers' Chapel
Christian Fellowship	Sunday	1800	Main Chapel (Non-denominational)
Jewish Hebrew Tanakh	TBA	TBA	Contact JTF Chaplain's Office x2218

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

Beginning May 5	Tuesday	1900	Taught by Chaplain Tim Foster
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*These services are conducted by Army or Navy chaplains / For more information call ext. 2218

FERRY SCHEDULE

Monday - Saturday

FERRY

Windward:

0630 / 0730 / 0930 / 1030 / 1130 / 1330 / 1530 / 1630

Leeward:

0700 / 0800 / 1000 / 1100 / 1200 / 1400 / 1600

UTILITY BOAT

Windward:

1630 / 1730 / 1830 / 2030 / 2230 / 2330

Leeward:

1700 / 1800 / 1900 / 2100 / 2300 / 0000

Sunday & Holidays

FERRY

Windward:

0730 / 1330

Leeward:

0800 / 1400

UTILITY BOAT

Windward:

1030 / 1530 / 1730 / 1830 / 2030 / 2230

Leeward:

1100 / 1600 / 1800 / 1900 / 2100 / 2300

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

BUS SCHEDULE 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:
 0905/0935/1205/1235/1505/1 535/1805/1835
 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

ROOSEVELT GATE PROJECT UPDATE

Island Mechanical Contractors began Phase II of construction on the Roosevelt Gate Project, Monday. Currently IMC is in the middle of week eight. IMC relocated the existing sentry booth to a temporary location on the new graveled medium. Moving forward in the next couple of weeks, the contractors will shift to the incoming lanes on Saturday to begin the addition of new passive vehicle barriers, concrete pavement extension, installation of additional 36'x 40' canopy, and four speed bumps. Phase II is scheduled to last 6-8 weeks and is estimated to be complete by the week of July 6. Starting Saturday, all incoming traffic will shift to the new paved "outgoing" lane while IMC continues construction on the inbound lanes until complete. The projected timeline for Phase III to begin is mid July.

Information provided by
ARMY 1ST LT. CRISTIAN BEGAZO
 JTF Engineers

CHAPLAIN AND MWR COOKOUT

The next Chaplain and Morale, Welfare & Recreation cookout will be held at the Kittery Beach Cafe bus stop on the following dates and times:

Wednesday from 10 p.m. to 1 a.m.
Thursday from 10 a.m. to 1 p.m.



Photo by Joseph Schmitt

PARTING SHOT



'RESTING HUMMINGBIRD' PHOTO BY CHIEF JOSEPH P. SCHMITT WITH THE JMG. FOR A CHANCE TO HAVE YOUR PHOTO FEATURED IN THE PARTING SHOT, PLEASE SEND SUBMISSIONS TO: THEWIRE@JTFGTMO.SOUTHCOM.MIL

THE WIRE