

THE OFFICIAL PUBLICATION OF JOINT TASK FORCE GUANTANAMO

THE WIRE

JUNE 26, 2015

PORT SECURITY LIVE FIRE QUALIFICATIONS

ANNUAL COURSE TAKES U.S.
COAST GUARDSMEN OFF SHORE,
TESTS THEIR WEAPONS SKILLS

SOME GIFTS CAN HURT

BE MINDFUL OF GIFTS THAT
CAN TRIGGER GOVERNMENT
ETHICS, RULES VIOLATIONS

CARIBBEAN-AMERICAN HERITAGE MONTH

CELEBRATE THE DIVERSE
COMMUNITY THAT HELPS MAKE
UP GUANTANAMO BAY

CORPSMEN BIRTHDAY BALL

NAVAL HOSPITAL SERVICE
MEMBERS CELEBRATE 117
YEARS OF SACRIFICE

VOLLEYBALL TOURNAMENT

LIBERTY CENTER SPONSORS
A SANDY SPORTS BATTLE AT
G.J. DENICH GYM

FLAG FOOTBALL CHAMPIONSHIP

HNL, GUNSLINGERS GO HEAD-
TO-HEAD IN PIG-SKINNED
BATTLE AT COOPER FIELD

PHOTO STORY



CAPT. MARIA MORENOCHOW
Senior Nurse Executive, JMG

“Success in life, like in combat, has always demanded a depth of character. Those who can reach deep inside themselves and draw upon an inner strength, fortified by strong values, always carry the day against those of lesser

MORAL COURAGE DEFINES OUR CHARACTER, SERVICE

character,” said Gen. Charles C. Krulak.

He goes on to say that moral cowards never win in war; moral cowards never win in life. They might believe that they are winning a few battles here and there, but their victories are never sweet, they never stand the test of time and never serve to inspire others. It takes moral courage to hold your ideas above yourself. It is the defining aspect of your character. So what of your character, who are you really and what do you stand for? What is the essence of your character? Where is your moral compass pointing and what course do you follow?

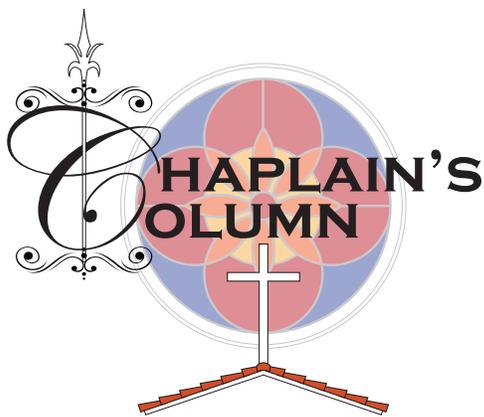
The relationships you keep, the peers you choose, the mentors you seek, the organizations you affiliate with, help to define your character. Your character will be defined by your decision. We’re serving with the greatest military the world has ever known in this joint environment. We serve in the finest traditions of those who have worn this nation’s uniform over the past 239 years.

Our mission reminds us to be constantly vigilant and prepared for threats to our nation’s security and to cherish the gift of freedom that we enjoy today.

To all Sailors, continue with your strong sense of duty: honor, courage and commitment to the United States Navy, NON SIBI SED PATRIAE, (not for self, but for country). Together, we define the American spirit through our strength. May god bless you and continue to bless our wonderful country we have sworn an oath to protect.

Article by

CAPT. MARIA MORENOCHOW
Senior Nurse Executive, JMG



Many people believe that communication is key to a good relationship. Let’s say Jill tells Jack he’s an idiot. Is that communication? Well, it is — just not the kind that preserves relationships. Ok, so then is it clear communication? If by clear communication we mean a message that accurately conveys what Jill intended, and if Jill actually intended to describe Jack as an idiot, then it was clear communication. But is it good communication?

By good communication, I mean the kind that advances and preserves good relationships. How do I know what a good relationship is? There

GOOD RELATIONSHIP RULES: BECAUSE GOOD RELATIONSHIPS RULE!

are rules that define good and bad relationships. Let’s say Jack and Jill were going up the hill to fetch a pail of water, and Jack fell down and broke his crown because Jill intentionally pushed him — not just to avoid falling after. Does Jill’s action show relationship? It does. Does it show good relationship? No, it does not. But whose rules determine what a good relationship is? Rather than go the convoluted route of moral philosophy (a.k.a. ethics), let’s take a look at 10 simple rules, God’s rules, (a.k.a. the Ten Commandments). Because space does not permit, we’ll actually only mention a few. Personalizing those rules in a me-you way can be expressed as, “Don’t take my life; don’t take my wife; don’t take my stuff.” I have some neighbors who keep those rules. We have great relationships. Do we spend lots of time hanging out, doing things together? Honestly, very little. But I know we’ve got each others’ backs because

we follow those relationship rules. We can count on each other when we really need each other.

Good relationships make for good communication. Many people think good communication is key to a good relationship — it’s true for starting a relationship. But once a good relationship is underway, the key to good communication is the relationship itself: Do you give the other person the benefit of the doubt? Do you believe the other person has good intentions? Do you believe the other person has your best interests at heart? The answer to these questions is only yes if there is a good relationship. And good relationships rule when the people in those relationships carefully and caringly keep good relationship rules.

Article by

CAPT. LUIS ACOSTA
324th MP Bn. Chaplain



COMMAND & CHAPLAIN

The 324th Military Police Battalion chaplain talks about the rules to a good relationship. Also, the senior nurse executive talks about what defines your character.



GTMO NEWS

June is Caribbean-American Heritage Month; the SJA talks about asking before accepting gifts, and U.S. Navy Corpsmen celebrate their 117th birthday.



PHOTO STORY / COVER PHOTO

U.S. Coast Guardsmen with PSU 308 get underway to complete their annual course fire qualifications and sharpen their skills on one of the bay's most formidable firing ranges.



ENTERTAINMENT

Join Pixar in their latest film, "Inside Out," about a girls emotions that guide her through a life-changing event, and a family is haunted by a malicious spirits in the remake of "Poltergeist."



SPORTS

The Spartans won Sunday at the MWR Volleyball Tournament at the G.J. Denich Gym, and the Gunslingers beat HNL in the championship flag football game.



LIFE & FITNESS

Has your back been bothering you recently? Check out the latest health article on what it could be and what you could do to make it better.

MOTIVATOR OF THE WEEK

SPC. KYLE SPELLACY
361ST MP CO

PETTY OFFICER 2ND CLASS
STEVEN MANUEL
MARSECDT

HACKERS ARE CRACKERS

In computer security and everyday language, a hacker is someone who breaks into computers and computer networks. Hackers may be motivated by a multitude of reasons, including profit, protest, or because of the challenge. The subculture that has evolved around hackers is often referred to as the computer underground but it is now an open community. The term hacker is reclaimed by computer programmers who argue that someone breaking into computers is better called a cracker, not making a difference between computer criminals (black hats) and computer security experts (white hats). Some white hat hackers claim that they also deserve the title hacker, and that only black hats should be called crackers.

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SGT. RICK HOPPE



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TROOPER ON THE STREET

WE ASK TROOPERS, 'WHAT'S SOMETHING YOU DO BACK HOME FOR FUN DURING THE SUMMER?'



PFC. ALFREDO RUIZ

"Being around my loved ones and friends, we go to the beach sometimes and the boardwalk."



PETTY OFFICER 2ND CLASS ANTONI SPEIR

"I go golfing. Golfing would be my favorite pastime."



PETTY OFFICER 2ND CLASS JZANIECE MERRIMAN

"I play soccer, volleyball and barbecue."

CARIBBEAN-AMERICAN HERITAGE MONTH



Former U.S. Secretary of State Colin Powell signs books at the Marine Corps Exchange on Joint Base Myer-Henderson Hall July 25, 2013.

June is National Caribbean-American Heritage Month; it is a time to celebrate the bonds that Americans have created with our Caribbean neighbors. These bonds were created through friendship, economic cooperation, common values and ties of kin.

Every day we are surrounded by people who have some sort of Caribbean heritage. Whether they are Jamaican, Cuban, or Haitian, to name a few, they are a part of the diverse community that makes up Guantanamo Bay.

"Their contributions have enriched our Nation and strengthened the deep bonds between our people," said President Barack Obama in his National Caribbean-American Heritage Month Presidential Proclamation.

In Guantanamo Bay alone a large number of the population is of Caribbean heritage. Even though a majority of the personnel on the installation are military members, there are many other jobs that help this place run on a daily basis. They work for Centerra, the Naval Exchange, the local restaurants, and various other facilities around the base and assist with keeping it running. They each play a vital role as do those back in the United States.

All throughout our nation's history, Caribbean-Americans have followed in the footsteps of their ancestors, carving a path for themselves and leaving a legacy. As the years go by they continue to innovate and strive in the U.S. seeking a place in society to call their own.

Colin Powell, former United States Secretary of State and retired four-star general in the U.S. Army, was one of those people. He is of

Jamaican-American descent, the first African American to serve on the Joint Chiefs of Staff and the first of two consecutive African American office-holders to hold the key administration position of U.S. Secretary of State.

Another important figure from our history also comes from a Jamaican heritage, the Honorable Shirley Chisholm. She was the first major-party African American female candidate to ever run for president, which opened doors for both minorities.

From there she served as the first black woman to serve in Congress beginning in 1968; she served seven terms and was a founding member of the Congressional Black Caucus.

Chisholm was a faithful champion for women, the poor and African-Americans all throughout her career in legislation. She constantly fought for social justice and was an advocate to many.

From military service to political service Caribbean-Americans have etched their legacy deep into American history, a legacy of influential Caribbean Americans fill history books.

Each month is dedicated to a different heritage for a reason; it's an opportunity for the President and the United States as a whole to shine light on the contributions that the many cultures that make up our nation have made for the future of our country.

Article by

SPC. AMBER BOHLMAN

Courtesy photo by

RACHEL LARUE

GIFTS: ASK BEFORE ACCEPTING



Have you ever heard the old proverb, “Don’t look a gift horse in the mouth?” Well, indicators of a horse’s age and health include the size and shape of its teeth – when someone gives you a horse and you start looking at its teeth, you’re looking for clues about what you’ve really been given instead of just accepting it and thanking the giver. So, when someone tells you not to look a gift horse in the mouth, they’re telling you that when you receive a gift, you shouldn’t ask too many questions or look too closely at what’s being gifted; instead, you should just accept the gift and be grateful.

Unfortunately, while that may be good advice for most people, it’s terrible advice for employees of the federal government. When you are in the military or employed as a Department of Defense civilian, gifts trigger certain government ethics rules that, when violated, can have disastrous consequences for your career. Why does the DoD even care about gifts? Why complicate gift-giving with rules and regulations? Why are there such high stakes involved? It’s all about public trust.

To earn and keep the trust and confidence of the voting public, federal government employees have to be accountable for the decisions they make when they spend public funds. The public also has to feel confident that the decisions made by government employees aren’t being influenced inappropriately. But what if you think

you’re not high enough in the pecking order to make big decisions or spend large amounts of public funds? Doesn’t matter. From the most senior to the most junior employee, part of maintaining an ethical culture that inspires public confidence is acting ethically when we receive gifts.

So, how do government employees look the proverbial gift horse in the mouth? By asking the following types of questions before accepting: What is actually being given? Who is the gift coming from? What relationship does the giver have with the federal government? Why are they giving me something? Is the gift being given to my spouse or child instead? How much is it worth? How many times has this person given me something this year? As you can imagine, the answers to these questions might lead to even more questions, and the right course of action will always depend on the circumstances.

There are two main categories of gifts in the government ethics regulations – gifts from fellow government employees and gifts from outside sources. Each category has its own rules and (many, many) exceptions. Even the word “gift” is a term of art based on existing regulations; it’s not necessarily the common-sense meaning people are familiar with. For gifts between employees, gifts from official subordinates are generally prohibited. For gifts from outside sources, the general rule is

that you cannot accept gifts given because of your official position or gifts from “prohibited sources” (such as people doing or attempting to do business with the government – typically, DoD contractors).

Here’s the bottom line: to look that gift horse in the mouth and comply with government ethics rules, ask questions before you accept a gift. If you’re unsure about whether or not you can accept, seek the advice of the Joint Task Force Guantanamo ethics counselor at the Office of the Staff Judge Advocate. The OSJA will tell you what your best course of action is, based on your specific situation – whether accepting, refusing, paying full value or disposing of the gift is the best thing to do.

The JTF-GTMO OSJA provides full-spectrum legal services and advice to the JTF command and its warfighters. If you have questions regarding the content of this article or need assistance with a personal civil legal assistance matter, please contact the JTF Legal Assistance office (building 2525 - x8589).

Article courtesy of

OFFICE OF THE STAFF JUDGE ADVOCATE

Photo illustration by
SGT. RICK HOPPE

117 YEARS OF CORPSMEN'S SACRIFICE



The hospital color guard presenting the Parade of Color at the Hospital Corpsmen Birthday Ball at the Windjammer Ballroom, here, Saturday.



Hospitalman Apprentice Joshua Bircher, the youngest Corpsman and Chief Petty Officer Ernesto Oliveros, the oldest Corpsman, cut the ceremonial cake during the ball, here.

The Windjammer Ballroom was standing room only Saturday evening, as U.S. Naval Station Guantanamo Bay and Joint Task Force Guantanamo service members attended the Hospital Corpsmen Birthday Ball here.

With the Spanish-American War looming, Congress passed a bill authorizing the establishment of the U.S. Navy Hospital Corps, signed into law by President William McKinley on June 17, 1898. This year celebrates the 117th birthday of the U.S. Navy Hospital Corps.

"The Hospital Corps is the only enlisted corps in the Navy. It is the largest and most decorated rating in our Navy," said Navy Capt. David E. Jones, U.S. Naval Hospital Guantanamo Bay and Joint Medical Group commanding officer. "At present, there are more than 30,000 active duty and reserve corpsmen around the world. In joint service collaboration with Army and Air Force medics, our corpsmen are part of medical teams that are experiencing the lowest battle mortality and non-battle injury rates in the history of armed conflict."

The Hospital Corps is the most decorated rate of the U. S. Navy. Corpsmen serving with the Navy and the U.S. Marine Corps, have earned a high title of honor, having earned 22 Medals of Honor, 180 Navy Crosses, 34 Distinguished Service Medals, 946 Silver Stars and 1,582 Bronze Stars. Additionally, there have been 20 Navy vessels named after hospital corpsmen.

"If you haven't already done so, I encourage everyone to take a moment to read the citations of the 22 corpsmen who have been awarded the

Medal of Honor, located in the first floor of our hospital," said Command Master Chief Petty Officer Daniel Ritch, command master chief, U.S. Naval Station Guantanamo Bay.

The evening's celebrations began with the hospital color guard presenting the Parade of Color, followed by Seaman Michael Valdez and Seaman Ronalyn Peralta performing a moving rendition of the National Anthem.

HOSPITAL CORPSMEN ARE THE GLUE THAT HOLDS NAVY MEDICINE TOGETHER

An emotional moment at the Hospital Corpsmen Birthday Ball was the presentation of the Prisoner of War/Missing in Action Ceremony, as members of the hospital color guard set the Fallen Comrade Table, followed by a moment of silence as an expression of gratitude to those who sacrificed for us.

"Hospital corpsmen are the glue that holds Navy medicine together. They are the first line of defense for physical, mental, emotional and spiritual guidance," Ritch said. "It is a great

honor for me to serve with you."

Medical staff from the Joint Medical Group worked hard to ensure the success of the Hospital Corpsmen Birthday Ball. Including Petty Officer 1st Class Kimberly Schlosser, a JMG laboratory technician, while only on the island for two months, volunteered to be on the Corpsmen Ball committee.

"The Corpsmen Ball was awesome, everyone had a great time dancing, the speeches were good, loved the CO's speech," Schlosser said.

Following the formal ceremony, the center floor of the Windjammer Ballroom was alive with music and dancing as Navy personnel in their dress white uniforms and evening gowns enjoyed their evening.

THE CORPSMAN'S OATH

I solemnly pledge myself before God and these witnesses to practice faithfully all of my duties as a member of the Hospital Corps. I hold the care of the sick and injured to be a privilege and a sacred trust, and will assist the medical officer with loyalty and honesty. I will not knowingly permit harm to come to any patient. I will not partake nor administer any unauthorized medication. I will hold all personal matters pertaining to the private lives of patients in strict confidence. I dedicate my heart, mind and strength to the work before me. I shall do all within my power to show in myself an example of all that is honorable and good throughout my Naval career.

Story and photos by

SGT. 1ST CLASS DARYL MADRID

PORT SECURITY UNIT 308

LIVE FIRE

QUALIFICATIONS

For most Troopers, a day at the range allows for a chance to practice sight alignment, steady breathing, sight picture and trigger squeeze – along with any malfunctions checks and remedial actions. Even on a perfect day, getting the score you want can be difficult.

Imagine instead, squeezing several people onto a small boat and making your way out to an ever-growing, turbulent ocean while you fight the urge to become seasick. Then imagine your target being tossed around by large sea swells at one end of the range while you and your weapon receive the same treatment. Throw in a few more random swells to obstruct your line of sight as you try to line up your shot. And if the weather turns bad, it's back to the boathouse to give it another shot tomorrow. These are the conditions that Coast Guardsmen with Port Security Unit 308 faced Friday during their annual range fire qualifications here.

"The big thing here is the cresting of the waves. The boat moving up and down on the waves; you have to try to stay on target and make sure you don't shoot the water in front of you," said Petty Officer 2nd Class Steven Manuel, firearms instructor for PSU 308 and safety spotter for the shooters on his boat. "A good portion of [the rounds fired] hit [the target]. As long as they get to the general area of the target; because you got to think, a boat is going to be bigger than [the buoy]. The buoy is pretty small. As long as you get in the general area you're going to hit a boat."

The qualification isn't only for the shooters; it's also a refresher for the

entire boat crew. The event keeps Coast Guardsmen sharp when handling live-fire situations, especially in the face of such an unpredictable environment.

"It's one of our qualifications for the tack crewman and tack coxswain," said Senior Chief Petty Officer Rick MacKinnon, weapons officer for the Maritime Security Detachment and rating officer in charge for the range qualification. "We're required to shoot once a year to get the commands down; from when the coxswain gives the commands to the shooter and to make sure the shooter can understand what the coxswain is doing. And maneuvering the boat when needing to take care of a 'hostile' boat that's coming into an [area of responsibility]."

Two 32-foot Transportable Port Security Boats idled at a distance beside one another, taking turns firing on the target buoy, calling out their malfunctions to the coxswain and quickly getting back on target like a well oiled machine.

"Between the waves and the movement of the boat, it's pretty hard to stay on target," said Petty Officer 3rd Class Christopher Phillips, a qualifier on the range who shot the .50-caliber, the 240B and the M870 shotgun. "It was fun. It was good training. It was a nice day out. It could've been a lot worse."

The range was scheduled for a total of six days over two weeks time. Two of those days were canceled due to poor ocean and wave conditions. Even an outgoing barge led by Tugboat Spence delayed range operations. In the end, the conditions couldn't have been better, allowing for good training and a whole new level of appreciation for Joint Task Force Guantanamo Coast Guardsmen.

"Today [the ocean] actually calmed down, so we were able to get a lot of shooting done. It actually turned out pretty nice today," MacKinnon said. "Everyone shot well. It was safely done and nobody came back hurt."

Story and photos by
SGT. RICK HOPPE

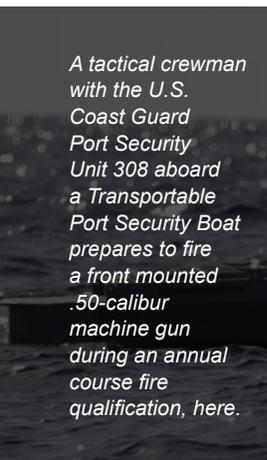




The sun rises on the U.S. Coast Guard MARSECDET boathouse as Port Security Unit 308 prepares to get underway for their annual course fire qualification, here.



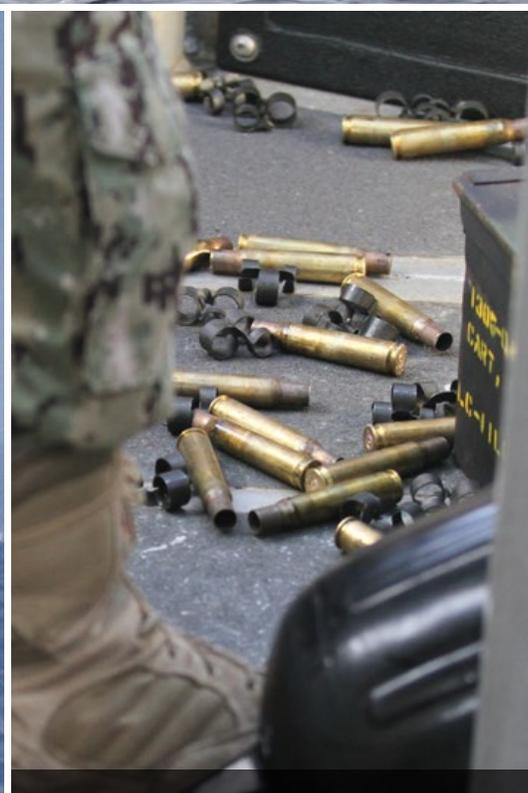
Senior Chief Petty Officer Rick MacKinnon, weapons officer for the MERSECDET and the rating officer in charge for their annual range qualification, gives a quick brief to the tactical crewmen inside the U.S. Coast Guard boathouse, here, before getting underway.



A tactical crewman with the U.S. Coast Guard Port Security Unit 308 aboard a Transportable Port Security Boat prepares to fire a front mounted .50-caliber machine gun during an annual course fire qualification, here.



A spectacle of water explodes into the air as tactical crewman with the U.S. Coast Guard Port Security Unit 308 fire their .50-cal machine guns at an off-shore range buoy during an annual course fire qualification, here.



Petty Officer 3rd Class Jantz Sloane, a tactical crewman with U.S. Coast Guard Port Security Unit 308, stands on a Transportable Ports Security Boat deck littered with empty .50 cal brass casings and links during an off-shore annual course fire qualification, here.



Petty Officer 3rd Class William Brewer, a tactical crewman with U.S. Coast Guard Port Security Unit 308, prepares to fire the M870 shotgun off the front of a Transportable Port Security Boat during the annual course fire qualification, here.

FEATURE STORY

Petty Officer 3rd Class Christopher Phillips with U.S. Coast Guard Port Security Unit 308 fires the M240B machine gun at a target buoy during an annual course fire qualification Friday, at U.S. Naval Station Guantanamo Bay, Cuba. Coast Guardsmen with PSU 308 fall under Joint Task Force Guantanamo and must undergo difficult training to provide mission essential tasks as tactical crewmen.



MOVIE REVIEW / **POLTERGEIST**

Movie remakes, I've noticed, are generally disliked. "It's not the original." "It's not going to do the first one justice," and I'm guilty of saying the same things. This is especially true when it comes to a horror remake.

The story itself is about a family forced to move to a new neighborhood due to some bad luck in the job area of the father's life, while mom stays home with the kids and is trying to become a writer.

Eric, the father, played by Sam Rockwell, and his wife Amy, played by Rosemarie DeWitt, go to a dinner party at the beginning of the movie and find out that the house they just bought was built over the grounds of a relocated cemetery.

Rockwell did a good job with his character, bringing comic relief where it was needed and playing the part of a distraught father when his daughter goes missing into the parallel world of angry poltergeists.

The child actors did a decent job. Kennedy Clements, played

Madison Bowen, plays the youngest daughter who has been in contact with the spirits and who is also later taken into their world. She did a good job of portraying the slightly odd child who has all kinds of imaginary friends.

Griffin Bowen, played by Kyle Catlett, is the middle child and only son of the family. He displays typical middle child syndrome, angry that no one listens to him and generally being a scared brat until later when he finds the courage to help find his sister.

Saxon Sharbino played Kendra Bowen the oldest daughter who is of course angry about the move and vocalizes that quite often, showing what a spoiled brat she is. She later seems to just sit around crying while everyone else works to get the youngest child back.

An actor that I feel could have been utilized so much more was Jared Harris's character Carrigan Burke. He is a paranormal investigator who has legitimate connections with the other side. I

think he should have been a more serious character. Instead, he was corny, strange and they throw in some random love story with the paranormal investigator, Dr. Brooke Powell played by Jane Adams.

Powell, who is struggling with helping the family get the daughter back from the poltergeists, calls in Carrigan Burke, her ex-husband and paranormal investigator. Cue the horrible one-liners and extra storyline that was in no way shape or form necessary, a wasted character in my opinion.

What I noticed with "Poltergeist" is where the original was lacking this one handled better and vice versa. Such as where the original seems to jump into a paranormal situation within the first few scenes, the remake does a little bit better of a job building up to it.

Something the original had that this one seemed to be missing was a lot of understated tension. Although the remake had a lot of moments that make you jump, it didn't have that creepy feeling

of unease that the original had throughout.

The special effects and the technology the remake had were definitely more appealing. This time there were cell phones, bigger televisions, music players and tablets for the spirits to mess around with and exploit their supernatural presence.

All in all, it was a good movie. Of course it's not the original, which is to be expected, but as a stand-alone horror movie it did an OK job of keeping your attention and bringing a few thrills, even if they were kind of cheap and obvious. I give "Poltergeist" three stars.

"Poltergeist" is rated PG-13 for intense frightening sequences, brief suggestive material, and some language.

Movie review by
SPC. LIZ SMITH

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.

Ted 2 (NEW) R, 8 p.m. Poltergeist PG13, 10:15 p.m.	Inside Out PG, 8 p.m. Aloha PG13, 10 p.m.	Jurassic World PG13, 8 p.m.	San Andreas PG13, 8 p.m.	Hot Pursuit (LS) PG13, 8 p.m.	Pitch Perfect 2 PG13, 8 p.m.	The Water Diviner (LS) R, 8 p.m.
FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Inside Out PG, 8 p.m. Entourage R, 10 p.m.	Ted 2 (NEW) R, 8 p.m. Poltergeist PG13, 10:15 p.m.	The Water Diviner (LS) R, 8 p.m.	LYCEUMS CLOSED	Pitch Perfect 2 PG13, 8 p.m.	LYCEUMS CLOSED	Hot Pursuit (LS) PG13, 8 p.m.

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 / INSIDE OUT



“Inside Out” is Pixar’s 15th film and one of its greatest. It’s about an 11-year-old girl named Riley and the ‘emotions’ who live inside her head.

Joy, Sadness, Fear, Anger, and Disgust are all stationed at a control panel in Riley’s brain and control how she feels about everyday events. Joy, a semi control freak/micro manager, is the de facto leader of the team, resulting in Riley being happy pretty much all the time. Joy gets along with all the other emotions, except for Sadness, who she doesn’t quite understand and tries to keep away from the control panel at all times. After Riley and her parents move from Minnesota to San Francisco, something odd happens. Every time

Sadness touches a yellow colored happy memory orb, it turns into a blue, sad one.

Suddenly, the things about life in Minnesota that used to make Riley happy now make her sad. Sadness tries to fix the problem by taking over the control panel, but accidentally creates a sad core-memory orb. The core-memories are what shape Riley’s personality, and so far they have all been happy. Joy tries to stop the sad memory from getting to its final destination and becoming a permanent part of Riley’s being, but ends up getting herself and Sadness ejected out of the control room and into the maze of Riley’s headspace.

Anger, Disgust, and Fear are left alone to lead Riley through the

next few days at her new school, new house, and her new life away from everything she’s ever known as Joy and Sadness try to find their way back.

Eventually, we learn that it’s okay to feel sad, and that it brings out things like compassion and empathy in the people who love us. The movie is clever in demonstrating its theme in different ways, like its music.

The song played at the beginning of the film switches back and forth between its major and minor key, emphasizing that joy and sadness can both be beautiful. It’s hard to expect anything less from the studio that made us care about monsters who use children’s screams as energy, a rat who wants to be a

gourmet chef, and a trash collecting robot.

Director Pete Docter (Up, Monsters, Inc.) and producer Jonas Rivera (Up, Cars) give us another heartbreakingly happy, powerfully imaginative, thought provoking Pixar film that will be loved by children and adults for years to come. It’s a great film for families to see, as well as adults who remember how hard it was to grow up.

“Inside Out” is rated PG for mild thematic elements and some action.

Courtesy movie review by
SGT. KEVIN FARRELL

MWR

2015 SPORTS SCHEDULE

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

MONTH / DAY ACTIVITY

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

ARMY 10 MILER QUALIFIER

All service members from Joint Task Force Guantanamo, including the Army, Air Force, Navy, Coast Guard and Marine Corps, are encouraged to register for the inaugural GTMO Army Ten-Miler Qualifier.

The JTF will select two teams, a male and female team, with six members each, from the qualification run. The fastest six qualifiers will be selected for the GTMO Army Ten-Miler teams who will go on to compete in the 31st Annual Army Ten-Miler in Washington D.C., Oct. 11.

This is a great opportunity to represent the best of GTMO's fitness in our nation's capital.

For more information, contact Sgt. 1st Class Nfor Barthson at x9921.

VOLLEYBALL TOURNNEY IN THE SAND



David Harris, a member of the Spartans volleyball team, prepares to spike the ball back over the net Sunday during the Liberty Program's Beach Volleyball Tournament, here.

Dark clouds and whirlwind gusts were not enough to dissuade the 25 volleyball players looking to bump, set and spike their way to victory at the Liberty Center sponsored Beach Volleyball Tournament Sunday at the G.J. Denich Gym sand volleyball court.

The six, four-person teams comprised mainly of Joint Task Force Guantanamo Soldiers who were looking for a warm-up for the Morale, Welfare & Recreation hosted beach volleyball league that starts July 6.

Haley Wierman, a member of team Spartans, was one of those hopefuls who started the day ready to take on all opponents.

"Our whole company loves volleyball; we're big into softball and volleyball," Wierman said. "We are ready for the season and wanted to get the jitters out of the way."

It was clear from the beginning that the Spartans were a force to be reckoned with as they dove head first for digs and called out balls.

"We communicated, that was one of our strong points. We were able to get the ball up and play against the wind; it really helped us get the win," Wierman said.

All the teams played at a high level, sometimes reaching 20-hit rallies and earning applause from the resting teams on the sidelines.

"It was good competition, especially when it came to the last two teams," Wierman said. "They had us shaking pretty well."

One by one, teams arose to the occasion but fell short until it was the Spartans and one other team staring at each other from across the court

of hot sand in the afternoon sun. In the end, the Spartans proved their skill and stood victorious.

David Harris, another Spartans team member, noted that this is just the beginning for their team and that the rest of GTMO better keep an eye for the Spartans.

"There was a lot of teamwork, great effort and all around hustle," Harris said. "Communication is key to any victory. I called it from the beginning that we were going to win the tournament, but we had to earn it. This team is going to dominate in the league, as well, so be ready for it."

Sarah Kadis, the liberty center coordinator in charge of the event, said she looks forward to these kinds of events because they show what it's all about, having fun.

"My favorite part is seeing everyone happy and joking. I could have two or 25 people at an event as long as they are happy and smiling and joking that's what makes my job worth it," Kadis said.

These events are for service members. This time it was a group of JTF Soldiers having fun on a Sunday afternoon, challenging themselves as teammates and staying fit in the process.

"I'm here for the active duty and if they want it I'm here for them," Kadis said. "They seemed to be having a great time even in the heat."

Story and photo by

STAFF SGT. ADRIAN BORUNDA

MWR FLAG FOOTBALL CHAMPIONSHIP



Jordan Ramos, a cornerback with the Gunslingers, intercepts the ball for the third time at Cooper Field, June 17. The Gunslingers beat HNL for the flag football championship, 21-0.

The Morale, Welfare & Recreation hosted the flag football championship games, here, with HNL and Gunslingers going head-to-head June 16 and 17. Throughout the season, HNL was ranked no. 1 and Gunslingers ranked no. 4.

Both teams had a tough defense at the beginning of the game. The entire first half seemed like nobody was going anywhere until the HNL quarterback plowed through the Gunslingers, throwing the ball to the HNL left guard scoring the first touchdown. Right before halftime, HNL scored once again ending the half with 18 points.

During the second half, an HNL cornerback intercepted the ball and scored another touchdown, giving HNL 27 points. The crowd became a little heated with the Gunslingers unsuccessful effort. In the middle of the second half, it was obvious that the Gunslingers had little left. At exactly 02:00, the referee stopped the clock. HNL won the game 27-0.

If the Gunslingers won June 16, that would have been the end of the season, but with HNL's victory, it led to a rematch the very next day. The Gunslingers definitely made a huge comeback.

HNL, the league leader throughout the season, seemed poised to make game two a repeat of game one. Five minutes into the game the Gunslingers scored the first touchdown of the night. The Gunslingers played with a stoned-wall defense and team effort. The most valuable player (at least in my eyes) was the Gunslinger cornerback who intercepted the ball three times.

At the end of the second half, the Gunslingers

pushed everything they had with one touchdown after the other. It was the absolute opposite from the night before; HNL lost all of their motivation at the end. The clock was stopped at 01:58. The Gunslingers won the championship with a score of 21-0.

Terry Baggs, one of the HNL players was surprised by both teams' performance.

"We came out and kind of took it for granted," Baggs said. "They showed us what a real game was. This is one of the toughest games I've ever played on this base, and I've been here for two years."

The coach for the Gunslingers, Lorenzo Lopez, gave his honest opinion about the games.

"If there were any rivalries throughout the season, they were our rivals only because we knew that they were the very best," Lopez said. "Throughout the whole season and each time we play another team, we knew we had to get that much better until we played them. They shut us down, they were the better team, and we knew we had to play that much harder to see who the better team was tonight. It was one of the best games I've ever played."

Story and photo by
SGT. REBA BENALLY

MWR SOFTBALL LEAGUE PLAYOFFS

A DIVISION FINALS

WICKED STIX vs
BLAZING SADDLES
JUNE 29, 8 P.M.

B DIVISION FINALS

GHOST RIDERS vs
THE TERMINATORS
JUNE 25, 7 P.M.

B DIVISION FINALS

PITCH SLAP vs
DIRTY MIKE & BOYZ
JUNE 25, 8 P.M.

B DIVISION FINALS

IGUANAMO vs
Winner of MISFITS vs
MILE HIGH

MWR FLAG FOOTBALL CHAMPIONSHIPS

CONGRATULATIONS TO
THE GUNSLINGERS FOR
WINNING THE MWR FLAG
FOOTBALL LEAGUE!

HNL faced off against the Gunslingers June 16 and 17. The Gunslingers had the opportunity to win the championship on the 16th with a victory, but HNL won, forcing a game two. The Gunslingers overwhelmed HNL in game two on the 17th, beating them 21-0 to win the championship.



BEAT BACK PAIN!

Well, it's not really working out that's bad for you. It's performing the exercises incorrectly. Making little mistakes during your regimen can pull your spine out of alignment, put too much pressure on the disc, or even pinch a nerve.

That's not the only thing that can hurt you. Anything from bad posture, to old shoes, or a crummy mattress cause give you an achy back. Having a hurt or weak back is not only uncomfortable for you, but it can also affect a lot of your day-to-day activity.

So, how do you fix your achy, breaky back? Well, first off, sit up straight. I'd bet that you have a curve in your back as you're reading. Hunching over is especially common when you work at a desk all day. Todd Sinett, DC, a chiropractor in New York City, advises lying back on a large exercise ball for two minutes. Another great way to alleviate that pain is to try taking a walk.

If you're beyond that point, it's time to grab some ice. The trick is, you don't want to only ice your back. Sinett suggests also icing the area between your naval and your right hip. You should try ice first, but if the problem continues, it's time to add heat. Place a hot compress on the affected area to loosen tight muscles.

"A tight hamstring muscle pulls on the lower back muscles and causes pain," said Everton Hylton, Morale, Welfare & Recreation fitness instructor.

He suggests yoga to help strengthen back muscles. You can also try simple stretches, Pilates, or weight training – just start light.

Article by

SGT. MONIQUE QUINONES

Best stretches to relieve back pain, from Yoga instructor Everton Hylton

LEGS UP THE WALL

Scoot your buttocks all the way into the wall and swing your feet up the wall. This pose is excellent for relaxing the muscles of the lower back and drains stagnant fluid from the feet and ankles. Do this pose after a challenging day of work or exercise. Hold for 5-10 minutes.

SUPINE HAMSTRING STRETCH

Laying on your back, bend your right knee into your chest and place a strap or rolled-up towel around the ball of your foot. Straighten your leg toward the ceiling. Press out through both heels. If the lower back feels strained, bend the left knee and place the foot on the ground. Hold for 3-5 minutes and then switch to the left leg for 3-5 minutes.

Check out the yoga class at the GJ Denich Gym: Tuesday and Thursday morning and Saturday afternoon.



JSMART SPOT

▲ JSMART HELPER: TITAN

Living away from home can be a difficult transition for anyone. Being separated from loved ones is an additional burden many of us struggle with. There are unique differences between our relationships with family and significant others, we will look at the distinct options for coping with these hurdles over the next two weeks.

When we're first separated from a significant other it's natural to experience a mixture of emotions. We may feel frustrated, then five minutes later, experience sadness. The intensity of these emotions may vary throughout your time apart. Despite growing accustomed to being on our own after the first few months of a deployment, these emotions may return at anytime.

While we're expected to have these emotions, it's also important to form new friendships while away. Although our deployments are relatively short, there's more than enough time to develop friendships that can last a

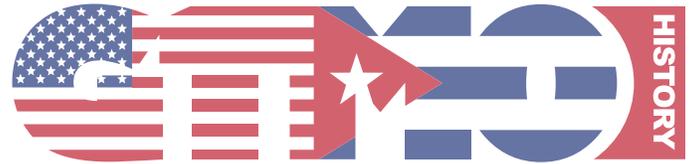
lifetime. Talking with others in similar circumstances is a helpful way to remember that we're not alone. Finding alternative sources of support is not something to feel guilty about; it's actually a sign of resiliency that we're taking care of ourselves. We should also consider our nutrition and level of physical activity. These things have a huge impact on our mood.

Keeping busy (not just with work) may be the most important thing we can do while away. We may explore a new hobby or continue something we already enjoy. Being away from our loved ones gives us an opportunity to better ourselves for our return. We can return in better physical shape or with newfound knowledge on a number of topics.

Article by

**PETTY OFFICER 3RD CLASS
RANDALL KELLEY**

Joint Medical Group



HOSPITAL PRESENCE

There has long been the presence of medical personnel at Guantanamo Bay since about 100 years before the Spanish-American War. British troops established a hospital on an island in the bay in 1741. This was a time when British and Spanish were engaged in one of their frequent wars, growing out of trade conflicts in the New World.

A little over a 100 years after that, in 1854 a British warship, HBMS Buzzard, utilized Hospital Cay to isolate and treat crew members suffering from yellow fever. Since then, the cay has been known as Hospital Cay.

During the Spanish-American War, in 1898, the United States established a Naval Station at North and South Toro Cays, directly behind the current hospital. A dispensary was

built on North Toro Cay, locally referred to as the "hospital." The staff was one medical officer and a few corpsmen.

This was just the beginning of the long history of medical personnel here at Guantanamo. Today, U.S. Naval Hospital Guantanamo Bay employs approximately 250 personnel. The employees support a base population of approximately 6,000 military, family members, government employees and their families, special category residents, contractors, foreign nationals and migrants. To this day, it maintains a reputation for sustaining one of the highest patient satisfaction rates of any treatment facility in the Navy.

Article by

SPC. LIZ SMITH

RELIGIOUS SERVICES

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	“Up”

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

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

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

ACP ROOSEVELT UPDATE

BEGINNING OF WEEK 14

Currently they are in Phase II of the construction project. Island Mechanical Contractors have completed installing new speed bumps, high concrete barriers, 6-inch concrete curb and outbound light posts. They are continuing trenching for electrical rough-ins to new and temporary utilities. Still pending is the foundation base for new canopy that will be adjacent to existing one and installation of the passive barriers. July 13 is the tentative schedule to move toward Phase III where the new automatic vehicle barriers will be emplaced and relocation of the sentry booth. It is estimated to take six to eight weeks to complete.

IG MISCONCEPTIONS: PART 2

3. “If one of my Soldiers makes an IG complaint that does not pan out, I can discipline him, or her, for making a false allegation!” Wrong: That may lead to an unlawful act of reprisal. If a person deliberately makes false allegations or statements to the IG they may face disciplinary action, non-substantiation of an allegation does not mean the complainant lied to the IG and should not trigger disciplinary action.

4. “The IG will open an investigation against you anytime a Soldier complains about you.” Wrong: IG’s conduct investigations based on allegations that specific conduct by an individual has violated a specific standard. IG’s analyze the validity of allegations brought to them.

For more information, or to contact the JTF IG Office, call x8339.

PARTING SHOT



'BLUE AND ORANGE' PHOTO BY LT. J.G. ANDREA GREEN. FOR A CHANCE TO HAVE YOUR PHOTO FEATURED IN THE PARTING SHOT, PLEASE SEND SUBMISSIONS TO: THEWIRE@JTFGTMO.SOUTHCOM.MIL

THE WIRE

