

THE OFFICIAL PUBLICATION OF JOINT TASK FORCE GUANTANAMO

THE WIRE

JULY 10, 2015

GTMO CELEBRATES 4TH OF JULY

BANDS MAGIC! AND
EXPERIMENTO PLAY
FOR INDEPENDENCE DAY

BEEF 16 BIDS ADIEU

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GTMO BEACH TRASH PICK-UP

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HELP KEEP GUANTANAMO BAY
BEACHES CLEAN

INDEPENDENCE DAY RUN

THE ANNUAL HOLIDAY
TRAIL RIDGE RUN ATTRACTS
165 PARTICIPANTS

PHOTO STORY





1ST SGT. MICHAEL S. MAJOR
123rd Mobile Public Affairs Detachment

A question I often ask myself is: when I am gone, what will I be remembered for? I have always tried to lead by example, to be firm but fair, and to understand the personal beliefs of those I lead or are acquainted with. My motto has

DEPENDABILITY IS EVERYTHING

always been, “Soldiers First, Mission Always.”

As a senior NCO, it is sometimes hard to make the right decision because of how it affects others. However, in my experience, it has always proven better to make the hard right decision, over the easy wrong one.

Throughout my career I have had some outstanding leadership, some good leadership, and of course some very poor leadership. Regardless of the command I have been assigned to, it is important that I maintain my integrity, truly believe in what I am doing, and show a genuine concern for those in which I have been honored and entrusted to take care of and to lead.

I have devoted myself to offering sound judgment and fact-based input in order for my command to make educated and informed decisions. Every day, I look in the mirror and I remind myself of my appointed duty and the guardianship of the Soldiers I have been chosen to serve.

I remind myself that it is my duty to:

Mentor my Soldiers by knowing their personal, professional and spiritual goals and helping them achieve them.

Motivate my Soldiers to do what is right even when no one is looking.

Inspire my Soldiers to look deep within themselves to reach their goals.

Train my Soldiers, in both basic Soldiers’ skills and their individual military occupational skills.

Teach my Soldiers what I know and inspire them to grow as NCO’s so that one day they will do the same for their Soldiers.

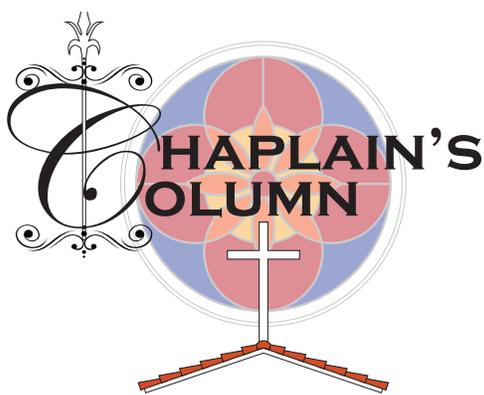
In return, my troops understand that we are a family, that band of brothers who will protect each other and defend each other regardless of the personal cost.

In the end when I am gone, I hope to have had a positive impact on our Soldier’s lives, and that they will pay it forward to their Soldiers that they will be entrusted to serve.

I will reap the silent rewards of my efforts, through the growth and success of those I lead.

Article by

1ST SGT. MICHAEL S. MAJOR
123rd Mobile Public Affairs Detachment



It is amazing what has been in the scriptures for thousands of years has been “discovered” by psychologists and motivational speakers. For example, George Sheehan, the running expert, describes a balanced life as being a good animal (physical), a good craftsman (mental), a good friend (social) and finally a saint (spiritual). Other motivational writers and speakers usually describe a balanced life in the areas of the body, mind and soul.

The Bible gives an example of someone who had a perfect healthy balanced life. Luke 2:52 states, “And Jesus kept increasing in wisdom (mental and educational) and stature (physical)

FOUR LAWS OF GROWTH

and in favor with God (spiritual) and man (social and emotional).”

God, in the form of man, grew physically, mentally, spiritually, emotionally and socially in His relationships with Himself, others and His Father in heaven. He was a perfect whole person in all areas of His life. He is our example to follow. Even though we will never attain godhood or perfect maturity in this lifetime, we can certainly grow in all of these areas.

According to this scripture, we are the first to grow physically. For example, are we exercising on a regular basis, eating a balanced diet, being physically careful and safe with our bodies and finally, resting and relaxing regularly?

Secondly, we can grow mentally and educationally. For example, have we developed the habits of reading, listening and observing? Are we current with what is going on in the world and our community? Are we expanding our hearts and minds with counseling, reflecting and listening?

Thirdly, we are to grow spiritually. For example, are we spending time with God in prayer, praise, Bible study, fasting and

meditation? Are we spending time with the family of God in fellowship, sharing, giving, accountability and service? Are we listening to God and allowing Him to work in our lives?

Finally, we are to grow socially and emotionally. For example, do we have several close friends that we can share with? Are we enjoying the company of others? Are we socially aware and active in the needs in our community and world? Are we willing to meet new people and allow new people to enter our lives? Lastly, are we allowing ourselves to be vulnerable and open to others in relationships?

To live a balanced and healthy life we must seriously ask ourselves the above questions. Above all, we must do something about, and act on, any unbalance or weakness we observe in our lives or character. Only then will we be growing into the perfect character of God.

Article by

CDR GARY D. BENNETT
JTF Command Chaplain



COMMAND & CHAPLAIN

Senior enlisted NCO discusses the vitality of leadership and its results, and JTF Command Chaplain discusses the importance of spiritual, mental, physical and emotional growth.



GTMO NEWS

Air Force engineers bid farewell to the island; Soldiers and Sailors join for training; JTF service members clean up local beaches and have some fun; the JTF legal office is here to help.



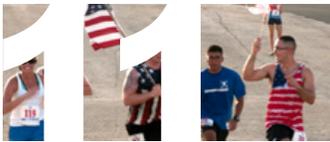
PHOTO STORY / COVER PHOTO

During a 4th of July celebration: bands, Magic! and Xperimento, rock the stage for service members on Independence Day while fireworks light up the sky.



ENTERTAINMENT

The movie review for this week is "Terminator: Genisys" and for those who prefer old ink and paper can check out the book review of "The Gathering Wind," by Gregory A. Freeman.



SPORTS

Basketball, soccer and volleyball scores, standings and schedules are in for this week. The Independence Day Run and Soccer match are highlighted.



LIFE & FITNESS

Strawberry oatmeal breakfast smoothie? Yes please! Our own Spc. Nicolas, dishes out a healthy breakfast recipe and speaks to some pros as to just why breakfast is oh so important.

MOTIVATOR OF THE WEEK

**SGT. 1ST CLASS
ANDREW LOPEZ**
595TH MP CO

**CHIEF PETTY OFFICER
CHRISTIE JARRELL**
J24 NCOIC

CASUAL CONVERSATION CAN CAUSE CHAOS!

Have you ever told someone that information was "off the record?" While you are here at Joint Task Force Guantanamo, there is no such thing as "off the record." You are a JTF Trooper 100 percent of the time, in or out of uniform, around family, friends, media or other base visitors. Perhaps you said, "You didn't hear this from me..." and then gave out information which you were told not to share. This type of casual conversation is a violation of OPSEC and can compromise an operation. Ensure sensitive information you've been entrusted with, STAYS off the record. Practice rock solid OPSEC!

The Wire is an authorized publication for members of the Department of Defense. It is produced by the JTF Public Affairs Office to inform and educate the Troopers of JTF GTMO. The contents of The Wire are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense or the U.S. Army, Air Force, Navy, Marines or Coast Guard. The editorial content of this publication is the responsibility of the Joint Task Force Guantanamo Bay Public Affairs Office. The Wire is printed weekly by the Defense Logistics Agency Document Services with a circulation of 1,025. It is distributed free to all personnel assigned to the Joint Task Force and is published online.

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SGT. CHARLIE HELMHOLT



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TROOPER ON THE STREET

WE ASK TROOPERS, 'WHAT MOTIVATES YOU TO GET UP IN THE MORNING?'



PETTY OFFICER 2ND CLASS JUAN SANCHEZ

"Every morning when I get up, I get up knowing that I'm supporting the mission... Getting up in the morning and providing for all of the medical supply, Joint Medical Group, is something that motivates me every morning."



SPC. PATRICK KELLY

"We're in the Joint Visitor Bureau. We get to meet a lot of cool new people like the Xperimento band."



MASTER CHIEF PETTY OFFICER ANDREW MOWERY

"Making sure the guys that I'm responsible for, are getting their needs taken care of."

BEEF 16 BIDS ADIEU



Twenty-four members of the U.S. Air Force 474th Expeditionary Civil Engineer Squadron, Prime Base Engineer Emergency Force for JTF Guantanamo, pose for a photo on the island.

Twenty-four of the 59 Air Force members on Guantanamo Bay are part of the Base Engineer Emergency Force, the 474th Expeditionary Civil Engineer Squadron. BEEF 16 serves as the 16th rotation of Air Expeditionary Force meaning that the Air Force BEEF has supported Guantanamo Bay for approximately 8 years.

We have a range of skill codes including heavy equipment, vertical construction, vehicle maintenance, water and fuels system management, electrical and power production, heating, ventilation and air conditioning, work control, engineering assistant, and supply.

Despite the recent decrease of the BEEF team, service members continue to run an efficient and effective quality assurance, commissions support, work control, and minor repair and construction capabilities. Previously, BEEF 14 and 15 had 52 and 41 personnel, respectively. BEEF 16 is currently at a steady state of 24 until further notice.

"When you walk into a room and you look at a light switch on the wall, unless you're an electrician, you really don't have an idea what's behind the wall," said the CSAF during a speech to the National Press Club. "But every time you flip the switch, the light comes on; every, single time. That's kind of the way our Air Force is. We don't do a whole lot of things in the world that are visible to you every day."

Love this analogy! It is directly related to how a Civil Engineer Squadron is thought of, not only in the Air Force at large, but also here at

the Pearl of the Antilles. In the Joint Task Force, when the BEEFs phones are not ringing, that means the light came on. Concluding that we anticipated, planned and executed our duties as effectively and efficiently as we could with the tools and materials we had while still meeting the mission requirements.

It is only when the light does not come on that our phones start ringing. Naturally, things are bound to break or get broken. If the Base Operating Support contractor is unable to fix it due to time, material, or fiscal constraints, the BEEF 16 steps up. We are as integral to the mission as the other three JTF tenant units, though you will not read about us in the JTF mission statement. Much of what we do is not visible to you every day, but whether it is power, water, sewer or air conditioning - you are thankful it runs and know whom to call when it doesn't. Support is our mission and BEEF 16 did a great job of it!

Courtesy article and photo by

LT. COL. HOLLIE LOSEE

474th Expeditionary Civil Engineer Squadron,
Commander

OPERATION NON-COMPLIANT TRAINING



Members of the Coast Guard's Maritime Security Detachment, Port Security Unit 308, participate with the U.S. Army's 325th Military Police Battalion, in an exercise here, June 27. The training objective was to test the communication between participating branches.

Operation Non-compliant was a training exercise between the Army, Navy and Coast Guard June 27, here. The participating Troopers came from the 324th Military Police Battalion, 270th MP Company, Maritime Security Detachment and the Naval Station Security Forces.

The main objective was to test the communication between participating branches during the process of a non-compliant vessel and trespassers on Guantanamo Bay waters.

Sgt. 1st Class Ryan Gardiner from the 324th MP BN was an observer during this exercise.

"The objective of the scenario was to exercise our battle drills with the Coast Guard and to some extent the NAVSTA SECFOR for when we have a non-compliant vessel that's attempting to go onto our beaches," Gardiner said. "The main focus was the communication piece of it, because that is very important. We also exercised some hands-on type battle drills."

Two scenarios took place: the first scenario was a non-complaint vessel entering restricted waters. The MARSECDET and NAVSTA SECFOR worked together from land-to-sea via radios and the MP units observed, including Army Maj. John Soto. Soto coordinated the scenarios and collaborated with the Navy and Coast Guard to create this simulated training exercise.

"There are a lot of entities that do different things on here," Soto said. "The Navy does one thing one way, the Coast Guard does it another way, the Army does it another way. This exercise is designed to identify how we operate

“**THE PURPOSE OF THIS EXERCISE IS TO IDENTIFY ISSUES...**”

under one common operating procedure and operating under one frequency. When we are communicating, we're all talking one language so that we can easily pass information on. If the Coast Guard sees something with the boat, they relay it back to us and we can already understand what's going on."

The second scenario had all three branches involved. The simulated event included individuals trespassing onto GTMO beaches. Three Soldiers volunteered to role-play as

civilians to give the Quick Reaction Force team, from the 270th MP Co., a realistic scenario of detaining unauthorized personnel.

"This is the first joint-type of scenario exercise in quite a few years, it has been five or six years since we've done one," Gardiner said. "It was well before any of these Soldiers or Sailors got here. Everyone did really well considering all of that. The purpose of this exercise is to identify issues with our procedures so that we can go ahead and retrain the people that are involved or fix them."

Gradiner's observations concluded that the involved Troopers were able to gain a broader perspective on the reality of this training exercise.

"It's good to be able to see how everybody [everything] plays out," Gardiner said. "Other times we will play out a battle drill and it's kind of an isolation of the real part of the picture. They got to hear what the Coast Guard was doing out in the water. So it gives them a bigger picture about the whole scenario and how they fit into the solution of the scenario, that's always beneficial."

Article by

SGT. REBA BENALLY

Photo by

SGT. 1ST CLASS DARYL T. MADRID

TWO DOZEN SERVICE MEMEBERS FIND TONS OF TRASH ON GTMO BEACHES



A service member tosses a bag of trash into the garbage after cleaning the beaches here, Sunday, June 28. Service members volunteered to keep the beaches clean.



Service members use trash pickers to collect garbage from the beaches here, Sunday, June 28. Service members volunteered to keep the beaches clean.

Joint Task Force Guantanamo service members gathered to clean the beaches in Guantanamo Bay, Cuba, Sunday, May 28.

"Our mission is to clean up a few beaches and then we're going to go to Hospital Cay to have a barbeque," said Charles Sander, leader of the beach cleanup crew. "We will also be scuba diving in order to clean up some of the trash underwater. Our goal is to clean up beaches that don't get attention."

About two dozen people showed up ready to clean beaches and have a good time.

"It's exciting to see everybody gather for one goal," Sanders said. "The Morale, Welfare & Recreation gave us three free boats. They said because we're cleaning up Hospital Cay they'll provide the boats so we can scuba dive."

The team took time to prepare their dive equipment, trash bags and gloves. Next Sanders called the group together, went over the plan and started their mission.

"We all love to swim and dive and we want to make sure these beaches are nice and clean," Sanders said.

Sanders looked around and laughed as he explained another perk of cleaning up the local beaches.

"Plus these guys are looking forward to getting their 30 hours of community service," Sanders said.

The team boarded their boats after cleaning up the first few beaches and headed toward Hospital Cay.

"We did four beaches today," said Joi Harrell. "I think it's a good idea to keep the beaches clean because people come out here to enjoy them."

Harrell continued to explain the importance of keeping the beaches clean.

"This is their peace and quiet so we come out here and try to keep it nice and clean so they won't get cut by a piece of glass or something," she said. "We just want to keep Cuba clean."

After several long hours of picking up trash, broken glass, soda cans and sweeping old charcoal out of grills, the team relaxed and enjoyed themselves.

"There are people from a few different units out here today and I am really happy to have

them here with us," Harrell said. "I have had a great time out here."

Soon thereafter, the group lit some matches and fired up the grill at Hospital Cay. The service members took turns cooking for each other while laughing and playing games.

"We had a fun time out here," said Shawn Mckirchy as he grinned from ear to ear. "This is a good place to hang out and it's a little bit away from the island so we want to keep it clean for everybody to enjoy."

The group spent a couple hours on the beach enjoying barbeque, laughing and playing games before they jumped back on the boats and headed toward the mainland.

The team threw away their trash and said their goodbyes.

"This is something we are going to do often," Sanders said. "Our next goal is to do a major scuba dive beach cleanup."

Story and photo by

SPC. JUSTIN MALONE

LEGAL ASSISTANCE PROGRAM OFFERS FREE HELP FOR TROOPERS



What can my legal assistance office do for me? The short answer is: Troopers in need of assistance with personal, civil legal matters should first stop at the Joint Task Force Legal Assistance Office, located in building 2525.

Legal assistance is a program offered by the DOD that allows service members and eligible civilians to receive free legal help from a well-trained paralegal or attorney for their personal, civil legal matters. If a Trooper receives notice of a pending court date, home foreclosure, hearing or a child custody dispute, they do not have to go it alone. Trooper's can make appointments to speak with a qualified professional legal counselor to help understand the process, the unique protections enjoyed by service members, and get help constructing a response.

Here at JTF GTMO, legal assistance services are offered by both the JTF Office of the Staff Judge Advocate (OSJA) and the Naval Station (NAVSTA) OSJA. On the JTF side, the Legal Assistance Office is conveniently located just down the road from the Camp America Galley. We offer direct assistance with certain powers of attorney, notaries, and bills of sale. If you need any of these services, stop by our office or call us to set up an appointment. Make sure to bring two forms of identification, a CAC and state-issued driver's license. For all other personal, civil legal matters, the JTF OSJA is your first point of contact to help you understand the process and get you connected with the

NAVSTA OSJA.

The NAVSTA Legal Assistance Office is located in building 760, on the NAVSTA side of GTMO. They offer a robust legal assistance program for JTF Troopers, NAVSTA Sailors, and eligible civilian personnel, providing assistance with landlord and tenant disputes, tax problems,

“
**LEGAL ASSISTANCE
 OFFICE IS
 STANDING BY
 TO ASSIST YOU**
 ”

predatory lending, family law issues, estate planning, the Service member's Civil Relief Act (SCRA), the Uniformed Services Employment and Reemployment Rights Act (USERRA), and other civil legal matters. The talented staff at the NAVSTA Legal Assistance Office is standing by to assist you with nearly any personal, civil legal matter you encounter.

While both legal assistance offices at GTMO

are ready to assist you with your personal civil legal matters, neither office can provide assistance with criminal law or military justice matters. If you need assistance with a military justice or civilian criminal matter, you should speak with your servicing defense counsel office. Both the NAVSTA OSJA and JTF OSJA can help you connect with your servicing defense counsel, if needed.

The JTF 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.

JTF Legal Assistance Office

Building: 2525

Phone Number: 8589

Hours: Mon-Thurs, 0800-1100 and 1300-1600

NAVSTA Legal Assistance Office

Building: 760

Phone Number: 4692

Hours: Fri, 0800-1100 and 1300-1500

Article courtesy of

JTF OFFICE OF THE STAFF JUDGE ADVOCATE

Photo Illustration by

SGT. JAMES D. SIMS



GUANTANAMO BAY CELEBRATES THE 4TH OF JULY

Cuba may seem like the last place on Earth one could see a concert, grab some barbeque and watch a fireworks display celebrating freedom, but that is just what many service members did last Saturday. Civilians, Soldiers, Sailors, Airmen and Marines gathered at Guantanamo's Tiki Bar to celebrate America's 238th birthday.

It took 20 workers two days to prepare the grounds for the festivities and 25 additional workers came together to host the event, many borrowed from other base facilities. Two fireworks specialists were flown in from Tennessee to plan, build and execute the 20-minute fireworks show.

"The fireworks were great, they had some that I'd actually never seen before," said Aaron Parr.

There was an area for children to have their faces painted and bounce around one of several inflatable rides. The rides included obstacles that the kids could negotiate, such as a human-sized-hamster-ball bowling lane and a duel ring where they could knock each other off the opposing circular ledges with padded pugil sticks.

The festivities also included a concert featuring the band Magic!, whose recent increase in popularity comes from their hit single "Rude." Admission was free and food and drinks were available throughout the evening.

Armed Forces Entertainment, a Department of Defense organization, was responsible for booking Magic!, while the opening act Xperimento was booked by Navy Entertainment Tour.

AFE provides entertainment at smaller isolated bases across the globe.

AFE looked at a couple different options and decided that Magic! was really the best-fit for the event, said Lt. Max Mayor, AFE's Circuit Manager for the Western Hemisphere.

"It's an honor for us to play for the troops here at Guantanamo on the 4th," said Nasri, Magic!'s lead singer and Grammy award-winning songwriter and producer.

This was the bands first time playing for service members.

"It's very cool to be here, we realize not a lot of people get to do this, so it's a big deal for us," said Alex Tanas,

the band's drummer. "The people have been great and the weather is great so it should be a good time."

Opening for Magic! was Xperimento, a Miami-based band that fuses Reggie, Latin dance and Funk creating a unique blend of music.

"Every time we play for the troops, which we've done several times now over the past few years, it's special," said Derek Cintron, Xperimento's drummer. "We enjoy the hell out of it, but to be playing at a place like this on America's birthday, man it's just really special."

Navy Corpsman Dyani Mckenzie said the whole event was a really nice time, and if her unit was here for another year she definitely go again.

"A military audience is a guaranteed good audience and we realize for some it's also much-needed entertainment," said Sam Savage the band's trombonist.

Both bands cited similarities between the military and being in a band: teamwork, diversity and loyalty are core values of what both organizations use to accomplish their goals.

Xperimento opened at 7:00 p.m. and played until the fireworks began at 9:00 p.m. The evening continued as the headline band Magic! began at approximately 9:30 p.m. and continued playing until about 11:30 p.m. Lead Guitarist Mark Pelli started the set with his cover of the famous Hendrix version of Star Spangled Banner paying tribute to the U.S. on her birthday.

Xperimento's lead singer, Camilo Rafael Sierra, wished the service members at GTMO well on behalf of the band.

"We can do what we do because we are protected and we are given our liberties and freedoms by our men and women in uniform," he said. "Thank you and God Bless."

Story and photos by

SGT. CHARLIE HELMHOLT





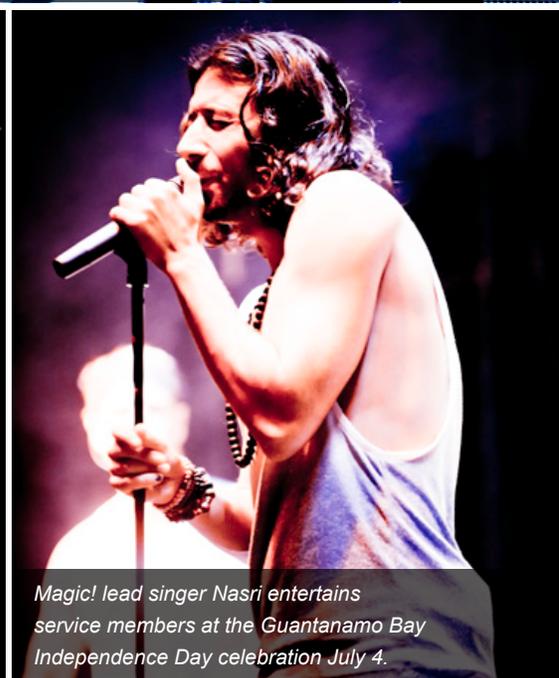
Miami-based band, Xperimento, entertains service members at the Guantanamo Bay Independence Day celebration July 4. Xperimento opened the event that included two bands, a fireworks show and children's activities.



Xperimento's lead vocalist, Camilo Rafael Sierra "Tumbao," entertains service members at the Guantanamo Bay Independence Day celebration July 4.



A service member holds up an American flag during the Independence Day fireworks celebration at Guantanamo Bay, Cuba on July 4.



Magic! lead singer Nasri entertains service members at the Guantanamo Bay Independence Day celebration July 4.



Magic! performs their song set and entertains service members at the Guantanamo Bay Independence Day celebration July 4. Magic! headlined the event that included two bands, a fireworks show and children's activities.

MOVIE REVIEW / **TERMINATOR: GENISYS**

The fifth installment of the Terminator series seeks to resolve the unending war between the Machines of Skynet and all of mankind. Director Alan Taylor (Thor: The Dark World), presents an action packed thriller to audiences in similar Terminator fashion: machines which man created become the very tools for their own extinction until a resistance is formed and man fights back.

Many fans of the original two installments will be pleased to find an “old but not obsolete” Arnold Schwarzenegger protecting a younger Sarah Connor (Emilia Clarke, Game of Thrones) from Skynet’s time traveling T1000’s aimed at killing her before she gives birth to John Connor (Jason Clarke, Zero Dark Thirty) – leader of the Resistance who would bring down Skynet, or so we think.

John Connor is at the brink of the final battle between the Machines and Mankind, having staged an assault on the central core of Skynet – the one that controls the machines. Destroy it and the war is over. Skynet however is not ready to give up and sets up a countermeasure to ensure its own

survival – a time traveling T800 that would kill John’s mother and thus any chance for the creation of a resistance.

Soon, John becomes victim to Skynet’s countermeasure and he is made into a biomechanical-super robot that tries to protect Skynet’s predecessor program: Genisys. But not before Kyle Reese (Jai Courtney, Divergent) is sent back in time to chase the T800 and T1000 and stop them from killing Sarah Connor. The same Sarah Connor who Kyle Reese is supposed to have a child with, the child who grows up to become John Connor.

Are you confused yet? You will be if you’re trying to make any sense of the plot line of this movie.

Between time traveling Reese, T800, T1000’s, John Connor becoming the bad guy, Sarah Connor trying to fall in love with Reese, and corny one-liners, two hours was not enough time to sort out all the plots and twists the writers presented.

Throw in a poor performance by Emilia Clarke and Courtney who have as much on-screen chemistry as a glass of orange juice and toothpaste – for good measure.

Those of you who think solid acting is a prerequisite of Hollywood, we present evidence for the contrary.

Courtney’s struggle to assert himself as the hero came within the first 10 minutes of the movie. And while this could have been developed into a maturity of his character, it never did. He looked awkward and his attempts at strength fell flat which you wouldn’t have expected when he came out looking rough and stuff with his mini afro-puff.

Emilia Clarke didn’t help Courtney’s case either. Her character asserted herself as the all-knowing, stubborn, never-trust-anyone protagonist who is supposed to sire a child with Kyle Reese, but wants to do it on her terms. Makes sense in the real world, but the fate of humanity lies in your loins! Give it a rest! To her credit, she wasn’t bad most of the movie. It was only when she tried to show an attraction to Courtney that she just couldn’t fake it.

And who could forget Arnold, the man who made this entire franchise possible. He was immediately introduced to the audience, in both human and CGI

form (no way he still looks that buff – I’ve seen YouTube videos of you recently, Arnold). The movie brought back some nostalgic and vintage Arnold moments, including his unique one-liner humor. Sad to say, I enjoy his YouTube humor more than his acting humor. It’s time to hang it up, buddy. Let us remember you the way you were – a strong, funny actor who brought smiles to our faces... in the 80’s and 90’s.

The action scenes were very good and if you’re interested in things blowing up and machine faces getting punched in, you are likely to rate this higher. I give it 2 1/2 stars, considering the actions scenes and Arnold cameos outweighed the poor acting and writing.

“Terminator: Genisys” is rated PG-13 for intense sequence of sci-fi violence and gunplay throughout, partial nudity and brief strong language.

Movie review by
SGT. CHRISTOPHER GARIBAY

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.

FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>LYCEUMS CLOSED</p>	<p>Minions (NEW) PG, 8 p.m. Terminator: Genisys PG13, 10 p.m.</p>	<p>Spy (NEW) R, 8 p.m.</p>	<p>Insidious Chapter 3 (NEW) PG13, 8 p.m.</p>	<p>Tomorrowland (LS) PG, 8 p.m.</p>	<p>Terminator: Genisys PG13, 8 p.m.</p>	<p>Poltergeist (LS) PG13, 8 p.m.</p>
<p>Minions (NEW) PG, 8 p.m. Terminator: Genisys PG13, 10 p.m.</p>	<p>Spy (NEW) R, 8 p.m. Insidious Chapter 3 (NEW) PG13, 8 p.m.</p>	<p>Tomorrowland (LS) PG, 8 p.m.</p>	<p>LYCEUMS CLOSED</p>	<p>Jurassic World (LS) PG, 8 p.m.</p>	<p>LYCEUMS CLOSED</p>	<p>Poltergeist (LS) PG13, 8 p.m.</p>

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.

BOOK REVIEW / THE GATHERING WIND



Family, adventure, tragedy and triumph describes "The Gaining Wind," by Gregory A. Freeman. The nonfiction story of the HMS Bounty and its ill-fated voyage against Superstorm Sandy pieces

together stories from the crew and those involved in their subsequent rescue.

The book illustrates the examples of a captain's ego superseding knowledge and experience, a crew's

devotion to its captain and ship, and of course man vs. nature. It also demonstrates the heroism and courage of the members of the U.S. Coast Guard as they braved Superstorm Sandy to save the remaining crew. Finally, it painted a picture of the crew family whose members helped each other in the face of a sinking ship, hurricane waves and the scary unknown.

The topics were well written and thoroughly explained so that the non-sailor could understand. Freeman painted a vivid picture of the majesty of the ship, its subsequent deterioration and then its ultimate demise as crew members struggled in dangerous waters to survive. It reads like a fictional novel of anything and everything going against the ship and crew at sea.

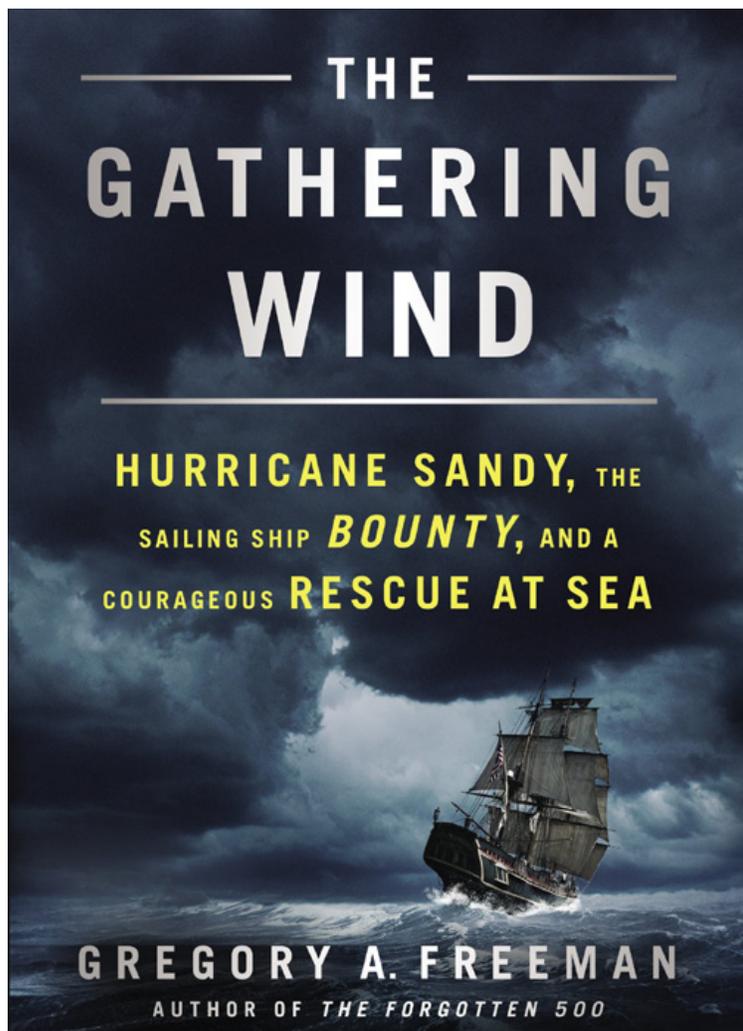
The captain planned to "thread the needle" between the coastline and the storm. He wanted to beat the hurricane by getting to the southwest corner where he would receive the most favorable conditions and get to their destination. If successful, the ship would draw the awe and amazement of the shipping community. Fail and it meant certain destruction of the ship and possible loss of life. Doing nothing and staying at port could also be catastrophic to the ship. In the end, the captain asked if anyone was

unwilling to take part in the voyage. Even after presenting the stakes to the crew, no one backed down.

The ship's crew was full of people who found their purpose and family amongst each other. Sailing an older wooden sail ship without the required financial resources meant the crew had to improvise improvements and forgo some repairs. That alone was not enough for the crew to be dissuaded. The author depicts how their circumstances created a bond amongst the crewmembers. It was an authentic experience of a time long ago.

The book chronicles the voyage, beginning to tragic end, including the investigation into the actions of the captain and crew. I was impressed by the flow of the story, the manner in which the author presented the characters, and all the details in between. I would suggest this book for the casual reader and especially those interested in nautical history. The story of the HMS Bounty serves as an example to those interested in sailing to heed the warnings of the past and have a deep respect for the intensity of nature.

Book review by
SGT. CHRISTOPHER GARIBAY



MWR

2015 SPORTS SCHEDULE

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

MONTH / DAY ACTIVITY

July 13-16	Wallyball Tournament
July 20	Badminton League
July 25	Relay Race
July 25	Run to Home Base
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

JULY 4TH RIDGELINE RUN RACE WINNERS

Female

1. Jessica Lam- 36:55
2. Coach Winkie- 38:33
3. Celeste Dunlap- 39:01
4. Kayla Piper- 39:12
5. Amanda Chivers- 39:48
6. Victoria Harris- 40:32
7. Lysandra Serrano- 41:15
8. Rachel Woods- 41:33
9. Jasmine Scott- 42:28
10. Kate Faschani- 43:06

Male

1. Skyler Danks- 31:33
2. Casey Gore- 33:20
3. Ogunniyi Olussegun- 33:52
4. Ted Lambert- 34:08
5. Seva Grann- 34:26
6. Steven Eischer- 34:38
7. Emmanuek Jenzer- 34:50
8. Michael Castillo- 35:51
9. Charles Sanders- 36:16
10. McKeen Wheeler- 36:26

INDEPENDENCE DAY RUN



Participants start the holiday by running the course at the annual Independence Day Trail Ridge run, hosted by the Morale, Welfare, & Recreation at Guantanamo Bay, Saturday, July 4.

Breathe in, Breathe out. It is a quiet morning outside as participants gracefully run through the trails. They listen to each breath amidst the silence of the morning. Their chest expands as they inhale and exhale each breathe through their nose. As they continue every step, their heart races until running at full capacity. Participants shift their focus to each step their foot takes as it pounds into the dirt trail.

The annual Independence Day Trail Ridge Run was held by the Morale, Welfare, & Recreation on Saturday kicking off the festivities for the holiday weekend.

"The best way to start our independence weekend is running on the trails," said Jim Holbert, the sports coordinator for the MWR.

Skyler P. Danks, who won the male overall run with a time of 31:33, said he has won three run events since he has been here. Jessica Lam, the female overall winner, won with a time of 36:55.

"I just enjoy all the events they put on," said Danks. "From the different routes you get to run to the different themes they come up with."

The holiday runs help service members cope with the constant reminder of being deployed, said Holbert.

"(By giving) them a little taste of home, (giving) them something to look forward to, to train for and help pass the time," said Holbert. "It's a morale booster."

There is not a lot to do on Guantanamo Bay, said Holbert. The MWR hosts one or two runs a month to keep runners active, he said.

"There is a good amount of runners on

base who like to keep up with their fitness," said Holbert. "It is good for the beginner, the advanced and everyone in between."

Participation each year has increased, said Holbert. This year 165 participants signed up for the run, up from approximately 120 participants last year.

While some come to run, others come to cheer on those competing.

"I came out to show my patriotism," said Sgt. Hannah M. Crews.

Some people cannot run or do not like to run, but still want to participate in the event.

"I came out here to help volunteer for the run," said James A. Kinnard. "I am not a strong long distance runner, so I came out here to give my support."

Kinnard said he watched other service members assist during MWR events and decided he wanted to do the same. He said he plans to continue to volunteer for MWR events such as football and basketball tournaments.

Volunteers make these events successful.

"Without them, we do not have the staff to man the water stations or to help with timing and everything in between," said Holbert.

Breathe in, Breathe out. The exhausted runners cross the finish line. Another successful annual Independence Day Trail Ridge Run thanks to the all the participants- runners, MWR staff and volunteers!

Story and photo by
SGT. RYAN TWIST

YOUNG STRIKERS TRIUMPH



A member of the Spartans races past a defensive Young Strikers player as he tries to score a goal in a soccer match, Thursday, July 2.

The Spartans and the Young Strikers battled tooth and nail in an intense soccer match, Thursday, July 2.

The two teams were neck and neck; they went back and forth during the first half of the game.

The Young Strikers struck the first blow by scoring midway in the first half.

"We have been doing good so far," said Marein Miller, a Young Spartan player. "We need to continue to have discipline and play as a team."

With the Young Strikers leading 1-0, the two teams headed into halftime to prepare for what was sure to be an intense second half.

"We are going to improve," said Samuel Emery, a Spartan player. "We just need to step up on defense."

Unfortunately, after halftime things did not go as planned for the Spartans.

"We had a good game," Emery said. "It just didn't turn out like we wanted it to."

A rejuvenated Young Strikers team stepped onto the pitch and turned on the jets.

The Spartans did their best to keep up on defense, but could not stop the lightning fast Young Strikers, who managed to score four goals during the second half.

Soon thereafter, the final buzzer sounded and the game came to a close. The Young Strikers defeated the Spartans 5-0.

"It was a learning experience," said Eric Confer, a member of the Spartans.

Despite the loss, the Spartans prepare for their upcoming opponents.

"We lost," Confer said. "It was the first game of the season and we are still trying to get into the groove of things. They were a lot better than we expected them to be, but we'll be ready for them next time."

After their win Alex Watson, a Young Strikers player, grinned as he prepared for his post game interview.

"Both teams played a good game," Watson said.

Even after their victory, Watson's teammate Miller, claimed they still have some things to work on.

"We still want to improve," he said. "We want to be at the top of our game. To tell you the truth we want to be the best in the league."

With their season just beginning, the Spartans have time to practice and work on their flaws.

"We're going to work on our defensive game," Emery said. "We're going to practice as much as possible."

The Spartans and the Young Strikers have one thing in common, both teams want to improve and win the championship.

"Our main goal is to win the championship," Emery said. "There's really no other overall goal than that."

Story and photo by

SPC. JUSTIN MALONE

MWR SOCCER

No.	Team Name	Standings
01	Young Strikers	(2-0-0)
02	NEX United	(1-0-1)
03	Spartans	(1-1-0)
04	WestCoast United FC	(1-0-0)
05	Manchester City	(0-0-1)
06	Dirty Jerz	(0-1-0)
07	Sloppy Joes	(0-1-0)
08	St Thomas All Stars	(0-2-0)

MWR BASKETBALL

EAST DIVISION

No.	Team Name	Standings
01	Air Force	(6-0)
02	GTMO Ballers	(6-0)
03	Mile High MP's	(4-2)
04	Philipinas	(3-3)
05	Pilsner	(3-3)
06	Watchmen	(1-5)
07	Ourselves	(1-5)
08	Never Forget	(0-6)

WEST DIVISION

No.	Team Name	Standings
01	Migrains	(5-0)
02	Punishers	(4-2)
03	Tropics	(4-1)
04	Spartans	(3-2)
05	Shottas	(3-3)
06	Gunslingers	(2-3)
07	I.M.C.	(0-6)
08	Dynasty	(1-5)

MWR VOLLEYBALL

No.	Team Name	Standings
01	328th	(0-0)
02	EAD	(0-0)
03	Spartans	(0-0)
04	Team	(0-0)
05	Deep Sets	(0-0)
06	Emperors Groove	(0-0)
07	Serves of Steel	(0-0)
08	Pihoy Ballers	(0-0)
09	Sets on the Beach	(0-0)
10	Sparta-Licious	(0-0)
11	Island Shenanigaans	(0-0)
12	Avengers	(0-0)
13	Yurrrr	(0-0)
14	BCO Super Stars	(0-0)
15	Gunslingers	(0-0)
16	Honey Badgers	(0-0)
17	Bumpn' Ugliers	(0-0)



"To keep the body in good health is a duty, otherwise we shall not be able to keep our mind strong and clear." -Buddha

BREAKFAST TO ENERGIZE YOU

Split the word breakfast into two words. What would you find? You will find two words: break and fast which means breaking the fast.

When your body goes to sleep it goes into a fasting mode where it relies on reserve glucose and fat, said Navy Lt. Nelson Guadalupe, the Joint Task Force Guantanamo dietitian and the Nutrition Management Department Head for the U.S. Naval Hospital Guantanamo Bay.

Your body craves food within 30 to 45 minutes of waking up, since it has not eaten for at least six hours, said Guadalupe. If you skip breakfast, your body stays in fasting mode. Your body sends most of your nutrients to be stored as fat instead of breaking it down to give you energy.

Missing breakfast also leads you to intake more calories than normal, according to the National Institute of Health.

Over eating leaves you feeling nauseous and sluggish the rest of the day, said Guadalupe.

Additionally, skipping meals slows down your

metabolism, according to Columbia University. Instead of losing weight, many will gain weight when they skip a meal, said Guadalupe. Instead of missing meals, you should create well-balanced meals, said Guadalupe. Half of your plate should consist of fruits and vegetables as well as a palm sized or three ounces of protein and carbohydrates. The minerals and vitamins you attain from vegetables and fruits aids with energy production. Each meal should also include at least a glass of milk and one to two glasses of water or non-sugary drinks.

"A lot of people grossly overestimate how much protein their body needs...Eventually what that's going to do is harm your kidneys in the long term," said Lt. Guadalupe, he goes on to state in his Weight Loss Class. "What you eat in your 20s and 30s can affect your health in your 40s and 50s."

Article by
SPC. NICOLE NICOLAS

Strawberry Oatmeal Breakfast Smoothie

Try this healthy breakfast alternative.

- INGREDIENTS:**
 14 frozen strawberries
 1/2 teaspoon vanilla extract
 1 banana, broken into chunks
 1/2 cup rolled oats
 1 cup soy milk

Blend for an appetizing breakfast smoothie.



JSMART SPOT

▲ JSMART HELPER: TITAN

IMPROVING OUR ATTENTION SPAN

Ever feel you're losing the ability to focus or unable to concentrate as well as you used to? With technology today and the amount of tasks required of us, at times, it feels as though our minds are all over the place. It is important for us to recognize this and take preventative measures to improve ourselves.

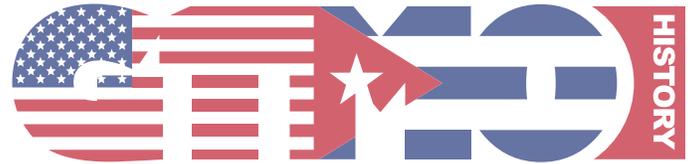
Our attention span is the amount of time we can concentrate on something without getting distracted. This is paramount to high functioning and completing our goals. When our brains are being overworked, there are several things we can do to get our groove back.

Physical activity helps release chemicals in our brains to improve memory and learning. In addition to feeling better physically, we improve mentally. With an increase of physicality, you should also consume more fluids. Studies have shown even mild-dehydration can cause inattention, it helps to keep ourselves hydrated.

Stress plays a key role in our ability to focus. When we have multiple tasks thrown at us, trying to complete all of them becomes difficult. We are better off trying to manage one at a time. Whenever we feel overwhelmed, a helpful solution may be to make a list of our most important tasks. This helps for a couple of reasons: first, putting them on paper helps to organize our tasks. Second, we can discard the less important tasks that weigh on our thoughts. Lastly, minimizing distractions around us can do wonders. If this means we have to be the bad guy and ask others to turn down their music, then so be it.

What we do each day shapes our mental agility and affects our job performance. We must remain vigilant in keeping ourselves at the highest level possible.

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



111 YEAR-OLD LIGHTHOUSE



Windward Point Light Station Guantanamo Bay, Cuba. Photo dated May, 1949.

At the east of the entrance to the U.S. Naval Station Guantanamo Bay, stands a 60-foot tall lighthouse on Windward Point. At 111 years old, it serves as a popular tourist attraction on the island.

In 1904, the lighthouse, which consists of a 120 steps spiral staircase, was constructed by iron steel and shipped from the U.S. to Cuba. Whale oil was originally used to light the beacon

before switching to electricity in the 1920s. The lighthouse now draws its energy from solar power in the cupola, the dome-like top in the lighthouse.

Until 1995, the keepers' quarters beside the lighthouse served as the official housing for the senior Coast Guard officers at Guantanamo Bay.

After the last officer, Capt. Martin J. Campbell, left the house, the quarters became a museum. Currently, the Chief Petty Officer Association Heritage Committee is restoring the lighthouse.

Article by
SPC. NICOLE NICOLAS
 Photo courtesy of
USCG.MIL

RELIGIOUS SERVICES

ROMAN CATHOLIC (NAVSTA chapel)

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

PROTESTANT SERV. (JTF Troopers chapel)

Sunday*	0900 & 1900	
Friday night movie	Friday	1900

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

LUTHERAN SERV. (JTF Troopers chapel)

Sunday	1030	JTF Troopers' Chapel
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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

Sunday & Holidays

FERRY

FERRY

Windward:

Windward:

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

0730 / 1330

Leeward:

Leeward:

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

0800 / 1400

UTILITY BOAT

UTILITY BOAT

Windward:

Windward:

1630 / 1730 / 1830 / 2030 / 2230 / 2330

1030 / 1530 / 1730 / 1830 / 2030 / 2230

Leeward:

Leeward:

1700 / 1800 / 1900 / 2100 / 2300 / 0000

1100 / 1600 / 1800 / 1900 / 2100 / 2300

THUMP, THUMP... GOES THE DRUMMING WOODPECKER

While engaged in our mission here at Guantanamo Bay, many have honorably dealt with the drumming woodpecker. As ideas of eliminating the persistent drumming of the woodpecker come to mind, it seems the woodpecker is working much harder and faster, disturbing our work environment. Most woodpeckers are able to complete 20 pecks in just one second. Common species here in the Caribbean are the Pileated, West Indian, and Yellow-bellied woodpeckers. They are known to dig square holes deep enough to cause trees to fall and break in half.

Believe it or not, their behavior is not to annoy you, but to survive and reproduce. Pecking wood allows these birds to eat, nest and associate with others. With their long bills and extended tongues, these birds simply peck or drum wood to retrieve their food. Ants and beetle larvae sum up the woodpeckers diet, with occasional fruits and nuts. The drumming or pecking is heard over long distances,

and of course through walls, to mate and establish territories.

Many woodpeckers are endangered species. All you need is a simple but effective visual repellant: aluminum foil and duck tape for your visual deterrent to scare away the pesky pecker. Simply stick duck tape to the end of a foil strip, allowing it to blow with the wind. While this method is guaranteed to work, another way to discourage the woodpecker's presence is to get rid of the insects. You can either contact your local pest control service or acquire an insecticide. Use these two methods together and the woodpecker will live to peck another day, but not where you stay. To ensure birds do not return repair damaged wood and paint, this will prevent the attraction of other woodpeckers.

Courtesy article by

SPC. CHRISTOPHER STEWART



Photo by Timothy W. Brown

PARTING SHOT



'OCEANIC FILTERS' PHOTO BY SGT. TIMOTHY W. BROWN. FOR A CHANCE TO HAVE YOUR PHOTO FEATURED IN THE PARTING SHOT, PLEASE SEND SUBMISSIONS TO: THEWIRE@JTFTGMO.SOUTHCOM.MIL

THE WIRE