

THE OFFICIAL PUBLICATION OF JOINT TASK FORCE GUANTANAMO

THE WIRE

JULY 17, 2015

AIR EXPEDITIONARY FORCE BEEF 17 ARRIVES

NEW CIVIL ENGINEER
SQUADRON IS EXCITED
FOR THEIR MISSION

ROW, MEDITATE AND RELAX WITH KALM PADDLE

SERVICE MEMBERS FIND
DESTRESSOR THROUGH
KAYAK AND MEDITATION

MWR SPORTS LEAGUES KICK OFF

BASKETBALL, VOLLEYBALL,
SOCCER CONTINUE TO PROVIDE
MORALE BOOSTERS FOR TROOPERS

CHIEF RETIRES AFTER 30 YEARS

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SAYS FAREWELL
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INSERTION, EXTRACTION MARINE MISSION

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THERAPY DOGS OFFER STRESS RELIEF

ANIMALS PROVIDE
SENSE OF NORMALCY FOR
DEPLOYED TROOPERS

PHOTO STORY



MAJ. DANIEL GROSS

Regardless of where we are called to duty, we are all aligned behind core values tied to excellence, service, loyalty, honor, courage and integrity. These values serve not as ideals, but as standards and adhering to them helps, us overcome the challenges we face at home, abroad, at war or at peace.

STRENGTH THROUGH SERVING

The strength derived from serving as we do. Whether it stems from adherence to our values, weapons at our sides, or brothers and sisters in arms, it pushes us through the fight and gives us power. As our 16th president said so pointedly, "Nearly all men stand adversity, but if you want to test a man's character, give him power." So, as leaders, regardless of our rank or title, we are challenged to assess our character and that of those we serve with, regardless of how well the values we adhere to are maintained in our daily operations.

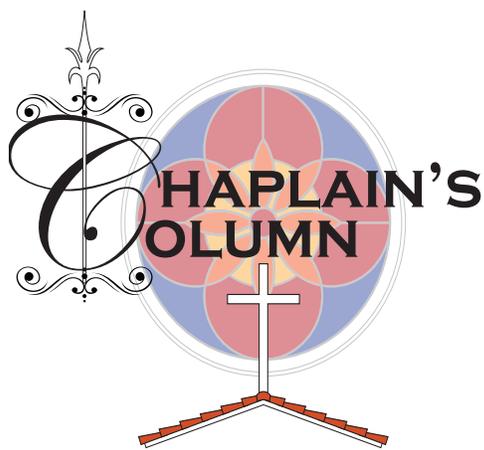
With that in mind, let's reflect on ourselves and those around us. Do you wield the power within your sphere of influence to best serve the mission? Could you do it more efficiently or effectively given more resources? Are those around you wielding it appropriately? Are we remembering to support those we see as strong and above reproach? Are we assuming to know the content of someone's character simply by the power they hold? By no means do I suggest turning our back on those who may be in need, but instead encourage us to remain vigilant of ourselves and those who we both lead and follow.

I challenge each and every one of us to recognize the power we have simply by raising our hands and volunteering to serve. I also challenge us to manage that power and not let it flex the strength of character that brought us to earn it. Power may corrupt, breed arrogance and allow us to falter. Leadership is more than just bringing the men and women with whom you serve in line with the core values, it is keeping them there - lead your troops not only when they fall, but when they rise up and succeed as well.

We can stand adversity. We can face the duties of our job and serve with pride, courage and honor. However, we must also be cognizant of our actions and those of others when armed with the power we have earned as Soldiers, Sailors, Airmen, Marines and Coast Guardsmen.

Article by

MAJ. DANIEL GROSS



Professionalism. Professionalism is a word often heard in today's military. Ironically, if you ask a hundred soldiers to describe professionalism, you will most likely get a hundred different answers. When I consider professionalism, I think about major organizations and businesses in the civilian sector. What does professionalism look like in their work environment? What things are allowed and what things are not allowed? I then compare those answers to the military environment. Where do we fall short? Where do we exceed?

STRIVE FOR PROFESSIONALISM

The military has excelled in many areas. We have been the forerunner for many changes in business and society. We have spearheaded equality and diversity across many lines such as, gender and ethnicity. Businesses seek to hire us because of our leadership skills; skills developed in demanding circumstances that can only be found in the military arena. We excel.

However, there are areas in which we falter. Language is a good example. The military's often-colorful language would only be tolerated briefly in civilian organizations of our caliber. It would probably result in termination very quickly. We excuse our language under the guise of "military culture." "It's just our culture," we say. As if, the military culture can't be changed. Really?

In the 1980's hazing was accepted as part of our culture. We don't do that anymore. We used to put bruises on Airmen's arms and Soldier's chests at promotion ceremonies. Not allowed today. Until the 1990's, sexual preference could get you kicked out of the military based upon homosexuality "not being compatible with the military culture." Not true today. Screaming and yelling in someone's face used to be the

preferred leadership technique. We now call that toxic leadership. My point is that the military culture has changed as it has progressed toward a more professional military.

We can continue to change if we resolve to do so, particularly if we continue to assess the question, "What does professionalism look like?" We are the best organization in the world. We have some of the finest individuals in our society. Let's not short-change ourselves under the pretext of "military culture." Doing so only proves we really don't know our culture. Our culture is professionalism. Let's keep it that way and strive to be the best at who we are and what we do.

Article by

CPT. TOBY LOFTON

JTF, 525th MP DET BN Chaplain



COMMAND & CHAPLAIN

Command discusses the values associated with serving; the reflection and humility that should be associated with them; and the JTF Command Chaplain takes a look at military culture.



GTMO NEWS / COVER PHOTO

The Coast Guard bids farewell to a 30-year member and the Air Force BEEF 17 team arrives. The Marines, Navy and Coast Guard work together on a joint exercise.



PHOTO STORY

This week's photo story is an in-depth look at "Kalm Paddling." Spc. Malone dives into ways you can find a little rest and relaxation in a kayak on the sea...who would have thought?



ENTERTAINMENT

This week's movie reviews include the yellow pill-shaped characters in "Minions," the hilarious Melissa McCarthy in "Spy," and the scary horror flick "Insidious 3."



SPORTS

Basketball, soccer and volleyball scores, standings and schedules are in for the week. The Spartans start strong in volleyball and defense pushes Dynasty to a win in basketball.



LIFE & FITNESS

Hard work and dedication are key to weight loss, but are they the only answers? More tips health tips ahead. Also, the new recipe, Lemon Cilantro Tilapia, will have your taste buds dancing.

MOTIVATOR OF THE WEEK

**PETTY OFFICER 1ST CLASS
JENNIFER M. DURR**
J26 IT NCOIC

**ARMY SPC.
JACOB D. BLADA**
102ND MP CO

COMPLACENCY...

1. Self-satisfaction, especially when accompanied by unawareness of actual dangers or deficiencies.
 2. A feeling of being satisfied with how things are and not wanting to make them better.
- Complacency is our biggest enemy on the island. Keep your eyes wide open and your head on a swivel, fight complacency! Protect sensitive information. Use 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 DO YOU DO FOR FUN ON GUANTANAMO BAY?'



ARMY SPC. HALEY GRIFFIN

"I like to go snorkeling because it is not something we get to do back home."



NAVY LT. JASON BURGESS

"I like to go snorkeling on the beaches and watch movies on the weekends."



ARMY SPC. JESUS ARGOTA

"I like to go kayaking."

CHIEF COMPLETES 30 YEARS



U.S. Coast Guard Reservist, Chief Petty Officer Richard R. Mizikar, a member of Marine Security Detachment, Port Security Unit 308, Waterside Security Division, makes his way through a formation for retired Coast Guardsmen at Phillips Dive Park, Guantanamo Bay, Cuba, July 10, after 30 years of service to his country.

A man in a decorated white and blue uniform salutes his commanding officer and calls for permission to come ashore for the last time. The man's CO grants his request mirroring the salute rendered to him with respect and admiration. After receiving his permission the man takes his leave, gliding through a column of fellow Coast Guardsmen, his footsteps slow and deliberate. As he crosses their path, the last man on the left file blows a lonesome tune through a pipers whistle.

That man, Richard R. Mizikar, Chief Petty Officer in the United States Coast Guard Reserve, and member of Marine Security Detachment, Port Security Unit 308, Waterside Security Division retired at Phillips Dive Park Guantanamo Bay, Cuba, July 10, 2015 after 30 years of service to his country.

He's been a great mentor to everyone from the most junior enlisted member up to the senior officers, said Coast Guard Reserve Lt. j.g. Andrea Green assigned to PSU 308.

The ceremony, taking place on land as opposed to an actual boat, represents a crewmen leaving the deck and going home for the last time.

"30 years, seven deployments; until today, the hardest thing that I have ever had to do was to tell my family that I had been re-called to active duty, and then have to tell them good bye; it never got any easier with any subsequent deployment. Now I have to say good bye to my second family, you," Mizikar said to the crowd gathered to celebrate his retirement.

In September of 1985, then Seaman Recruit Mizikar left home and completed his basic

training in Cape May, New Jersey. At Mizikar's first unit, Station Cleveland Harbor, he became a qualified crew member and an underway engineer.

In 1991, Mizikar was recalled to active duty and deployed to Bahrain during Operation Desert Storm. He was sent to Haiti in 1994 in support of Operation Uphold Democracy, and to Kuwait in 2003, 2008 and 2012 in support of Operation Iraqi Freedom.

In 2005, he was recalled for disaster response in the wake of Hurricane Katrina. Recently, he was ordered to Guantanamo Bay, Cuba in 2014.

"The best chief I've ever had," Green said as the chief concluded the ceremony and prepares to head home.

For everyone who serves, family plays an important role during the time their loved ones leave. For Mizikar's service, which spanned three decades, this was especially true.

"Family support is huge. I have to thank my family for their unwavering support and understanding during those deployments: for the missed birthdays, anniversaries, graduations, homework, school plays, sporting events and holidays, especially Christmas; and for the times when they really needed me home and I couldn't be there for them," Mizikar said.

For his part, Mizikar is preparing to depart Guantanamo Bay and looks forward to spending more time with his family, free of the rigors of deployments.

Article and photos by

SGT. CHARLIE HELMHOLT

NEW AIR EXPEDITIONARY FORCE ARRIVES



Lt. Col. Christopher Gant, commander of Prime Base Engineer Emergency Force, leads his team off of the ferry as they prepare to begin their mission at U.S. Naval Station Guantanamo Bay, June 7. The team will carry out their mission as the 17th rotation of the BEEF for Joint Task Force Guantanamo.

Joint Task Force Guantanamo welcomes the 17th Air Expeditionary Force rotation. This Base Engineer Emergency Force, known as BEEF, is part of the 474th Expeditionary Civil Engineer Squadron.

"BEEF is actually Prime BEEF," said Air Force Master Sgt. Rodolfo Pena, the horizontal non-commissioned officer in charge and first sergeant of Prime BEEF. "We go around and we take care of the infrastructure support like the tents, the flooring, pavement, electricity and power generators and a lot of other things like that."

Upon arrival, Prime BEEF members expressed their excitement and anticipation of their mission during this deployment.

"I think it's safe to say that this will be a rewarding deployment that most people will never have the chance to experience," said Tech Sgt. Andrew Cuevas, the structural NCOIC of Prime BEEF. "It's unlike any deployment I have or ever will be on, and I feel privileged at the opportunity to be able to make my mark here in Cuba."

While here, Prime BEEF will have a multitude of tasks to complete around base supporting their mission.

"Our mission is to maintain the facilities on the JTF side and to maintain the buildings

for commissions to the best of our abilities," said Senior Airman Ryan Houde, a structural craftsman with Prime BEEF.

Cuevas says Prime BEEF's mission is very important and they are up to the challenge.

"Our efforts are usually met with high praise," said Cuevas. "We keep the weather out, weld just about anything, pour and finish concrete, fix anything that breaks structurally, make signs, paint, etc. We are truly a jack of all trades and master of none, but we pride ourselves on being able to handle just about anything that's thrown our way."

Over the next six months BEEF's work will affect a lot of service members on base according to Houde.

"We will be maintaining the facilities that they (the service members) work in," said Houde. "Our jobs can be building something that provides security for the guards and for the detainees."

Despite their upcoming obstacles the team is focused on one main goal.

"To attain 100% mission success is very important," Pena said. "My focus is on my guys and making sure we have everything we need in order to accomplish our mission. This is a no fail mission for us too."

Cuevas along with many other of the Prime

BEEF members agree that their mission is important to them.

"It is important to me just knowing that we are always making a difference for whatever base or unit we are attached to," said Cuevas. "It's rewarding to have a problem that needs to be solved or fixed and usually being able to see that problem to a resolution and moving on to the next one."

Pena agreed with Cuevas and expressed his thoughts on the importance of their mission.

"Now that we are here with JTF, we are one big family," said Pena. "We are all together and the uniforms don't separate us, so helping everybody out is how I view the military as a whole."

BEEF members said they are looking forward to their deployment.

"I can't imagine anywhere else I'd rather be," said Cuevas. "I'm looking forward to building new relationships and making some new friends along the way. I'm also excited at the opportunity to showcase what my structures shop has to bring to the table."

Article and photo by
SPC. JUSTIN MALONE

THERAPY DOGS PROVIDE STRESS RELIEF



(Ch) Maj. Heather Simon puts eye-wear on Frisco before they visit Troopers along watchpoints at Joint Task Force Guantanamo. The dogs allow Soldiers to put their guard down and let her help with resolving conflict and stress in Troopers' lives, said Simon.



Frisco, a golden retriever, lays down while Troopers pet him during a newcomer's brief. Frisco participates in wellness visits with the Red Cross, MWR and Chaplain's Corps across JTF GTMO helping Troopers effectively deal with stress.



Petty Officer 2nd Class Cristi Munyan, pets Frisco during a newcomer's brief at Joint Task Force Guantanamo, July 11. Frisco is part of the Joint Stress and Restoration Team and Joint Detention Group Chaplain's office's efforts to reach out to Troopers.

Harley and Sparky quietly roam the Chaplain's office getting themselves into small crevices, atop couches and even desk areas searching for a toy or someone to pester.

Harley, a boxer, and Sparky a Jack Russell terrier mix, are part of an effort by the Chaplain's Corps at Joint Task Force Guantanamo to reach out to Soldiers who suffer from post-traumatic stress disorder or simply need a break from the daily stressors of the Joint Detention Operations.

Joint Detention Group Chaplain, Maj. Heather J. Simon, says there are a total of six dogs that participate in the Pet Visitation program through the Red Cross and Joint Stress Mitigation and Restoration Team.

"Their families are all permanent party here on the island," she said. "These dogs have gone through the Red Cross Certification that they run through the MWR, the same certification that the JSMART dogs go through."

Tara H. Culbertson, Red Cross Chairwoman for Pet Visitation and Morale, Welfare & Recreation Director said the program has grown since she assumed the duties. She said having a canine participate is a process. The first step is to register as a volunteer with the Red Cross.

"Usually this only takes a week," she said. "Once they get approved, owners take their dogs to the vet where they undergo a temperament test."

Culbertson said the test is to see how a dog will react to various scenarios, including being

petted by strangers, reacting to children and adults with special needs, and people with limited motor control.

"We want to evaluate the dog's performance to ensure we put them in an environment that is comfortable for them and the troopers we introduce them to," she said.

Initially it was only pet owners who took the dogs around base for occasional visits to various offices, when time allowed it to happen. Now they have volunteers offering to pick all six dogs on a rotational schedule to take them around the base to interact with service members of all branches – at the owner's discretion, of course.

Research on the topic of animal assisted therapy includes case studies done in hospitals, senior care centers, and schools to assist people in coping with stressors. Studies from the Western Journal of Nursing Research and Journal of Rehabilitation have traced back the incorporation of dog therapy into standard practices for more than 40 years.

For Simon, canines allow her to reach out to Soldiers in ways she cannot.

"A lot of people are afraid of chaplains because they're worried I'm going to overwhelm them with religion but that's not my job," she said. "I'd say 90 percent of my job is counseling and comfort. So dogs help me break down the barriers for people to come down to my office."

From there, it opens up opportunities for Simon to engage Troopers and bring about a

sense of normalcy, she said.

"Soldiers were taught to be tough and face all odds, so we're not taught to handle feelings - we're taught to suppress them," said Simon. "When you can't seek comfort in other people, you can seek comfort in a dog just by petting them and they give you unconditional love."

Culbertson agrees, dogs help troopers when they take them for walks and rides around GTMO.

"It has a therapeutic effect on Soldiers, Marines, Sailors and Coast Guardsmen," she said. "Sometimes it's easier to let things go with an animal than talking to someone about how you feel."

The dogs are involved daily with the JSMART office, the Red Cross and now the Chaplain's office. Together they have extended the reach of those wishing to help Troopers on both the JTF and U.S. Naval Station Guantanamo Bay.

Culbertson said the dog's work will continue to grow as they will soon be immersed into the Navy Hospital and library. "We'll continue to reach as many Troopers as we can to bring a sense of home to their daily lives."

Those interested in getting their pets involved should contact Gerry Bailey with the Red Cross. Others interested in volunteering can contact JSMART or the JTF Chaplain's office at X8973.

Article and photo by

SGT. CHRISTOPHER GARIBAY

MARINE INSERTION, EXTRACTION MISSION



The Marines from Bravo FAST Five Company, Marine Corps Security Forces Regiment, pull each other onto the boat while working with the Coast Guard Joint Task Force Guantanamo's Maritime Security Detachment to extract them from Granadillo Bay, July 9.

The sun shined brightly when the Joint Task Force Guantanamo's Maritime Security Detachment and U.S. Naval Station Guantanamo Bay's Harbor Security ventured out, July 7, transporting approximately 50 Marines from Bravo 5 Fleet Anti-terrorism Security Team Company, Marine Corps Security Forces Regiment, to Granadillo Bay, Cuba, for a two-day training exercise.

The Marines boarded the boats ready-to-go with their weapons and rucksacks. When the Marines arrived at Granadillo Bay, they jumped off of the boat into the shallow water. Once the Marines hit the ground, they split up in various directions to search for their patrol base.

"I hope to do it again," said Sgt. Ryan Hicks with the B5 FAST Company. "Using the boats and working with the Coast Guard beats hiking."

Every month the MARSECDET aids the Marines with this specific mission, said Lt. Garrett Hawk, the operations officer for the MARSECDET.

These joint branch missions allow the Marines and Coast Guard to build a strong relationship, said Hawk. These types of missions also help



Lt. Garret Hawk, the operations officer for the Maritime Security Detachment, puts weapons on the boat with Marines from Bravo FAST Five Company, Marine Corps Security Forces Regiment, July 9.

prepare both branches for a real life situations. During the Marines' training, they practiced their survival and war fighting skills.

After searching approximately three hours in extremely hot weather for a patrol base, the first team planned their strategy to ambush their enemy, said Lance Cpl. Tyler Gillard, who is part of the B5 FAST Company. After taking contact for several hours the Marines moved in a tactical formation to a resupply point to continue with their mission.

This exercise also allowed the Marines to test themselves in a harsh environment and provided them a platform to successfully engage an unfamiliar enemy.

"It was exhausting, but it was great training," said Gillard. "It is always good to work with other branches."

After a long two-day training the MARSECDET extracted the Marines July 9, taking them to U.S. Naval Station Guantanamo Bay.

Article and photos by
SPC. NICOLE NICOLAS

Row, Meditate, Relax with Kalm Paddle



Joint Task Force Guantanamo is a rare place to deploy or be stationed. Service members have many unique opportunities offered to them. One of those activities is Kalm Paddle.

Kalm Paddle offers a rare experience for service members to meditate, relieve stress and relax in a unique way. Participants have a chance to meditate while afloat in the Caribbean Sea. Paddle boarders sit or stand on their boards or kayaks and relax as they slowly and smoothly drift along with the current. The instructor, Sara Van Gorder, guides members through different meditation techniques.

“Kalm paddling was amazing,” said Lacey Schafer, a Kalm Paddle participant. “I’ve gone paddle boarding before, but I have never incorporated meditation.”

Schafer is one of the few people in the world afforded the opportunity to partake in a program like this.

“We are the only fleet and family in the world that does this program (that I know of),” said Sara Van Gorder, a Fleet and Family Support Center employee. “The mission was to give people a new experience in meditation, especially for those who haven’t meditated before.”

For only \$4, service members and base residents have the chance to grab a kayak or paddle board and meditate in these unusual circumstances.

“It was my first time out here,” said Schafer. “It was very relaxing, we paddled out to this wonderful tunnel. We went through it to a nice calm area, did some meditation and then we paddled back.”

While in the secluded area, Van Gorder led her

paddlers through different breathing and relaxation techniques while speaking calmly and smoothly to her class.

“It was a good work out,” said Amanda Cranmore, a Kalm Paddle participant.

“Once we got out there we started our meditation and it was so relaxing. We also got to enjoy the beautiful sunset.”

Afterward, the group headed back.

“Kalm Paddling was great,” said Cranmore enthusiastically. “I would definitely do it again.”

Interest for the course is common among those who have done it, but getting participation from first-timers can be a challenge.

“It’s slow getting people’s attention because they hear meditation and kayaking or paddle boarding and they don’t quite understand how it goes together,” said Van Gorder. “Once they take the class, I think they realize what a unique experience it is and they want to come back and try it again.”

Van Gorder explains why she believes people should try her class.

“I thought (since) being in Guantanamo, we have a unique opportunity to take advantage of stuff like this,” she said. “I challenge people to give it a try. It might seem like something that’s a little strange, but once they try it they’ll like it.”

Kalm Paddle is offered monthly and is open to everyone.

Article and photo by

SPC. JUSTIN MALONE





Kalm Paddle Instructor, Sara Van Gorder, prepares kayaks for her Kalm Paddle participants before they begin paddling to the sea for their meditation exercises at Guantanamo Bay, July 9.



Kalm Paddle instructor, Sara Van Gorder, teaches participants meditation techniques to relieve stress and relax in a unique way, during her class at Guantanamo Bay, July 9.



Lacey Schafer sits in her kayak and meditates, during a Kalm Paddles class at Guantanamo Bay, July 9



Amanda Cranmore smiles while she maneuvers her kayak through a tunnel of trees during a Kalm Paddle class at Guantanamo Bay, July 9.



Kalm Paddle participants practice breathing and meditation techniques to relieve stress and relax in a unique way, during the Kalm Paddle class at Guantanamo Bay, July 9. Participants have a rare chance to meditate in the Caribbean Sea.

MOVIE REVIEW / MINIONS



When it comes to “Minions” one thing is for sure, the expectations were extremely high. Opening weekend ticket sales soared to over \$115 million, making it the biggest animated film since “Shrek the Third’s” \$121.6 million in 2007.

Finally, the age old question is answered as we take a journey through history to find out where the minions came from.

Starting as single-celled yellow organisms, minions evolve through the ages, perpetually serving the most despicable of masters. Continuously unsuccessful at keeping these masters, from T. Rex to Napoleon, the minions find themselves without someone to serve and fall into a deep depression. But one minion, Kevin, has a plan. Kevin, along with teenage rebel Stuart and lovable little Bob, venture out into the world to find a new evil boss for their fellow minions to follow.

It was during this journey that some of the film’s most controversial parts come to life, touching on the subjects of the “fake” moon landing and cross-dressing.

While “Minions” doesn’t live up to either one of the “Despicable Me” movies, there is no denying the little yellow pill-like fellows are funny and cute. However, they just cannot stand up on their own, small doses seem to work best for these guys. This is why they work

best as side-kicks.

When it comes to animation, voice actors often lend to films a certain familiarity. However, in this film, Sandra Bullock is unrecognizable and ill-fitting as Scarlett Overkill. Additionally you may not know, unless you watched the credits, that Jon Hamm, Michael Keaton and Allison Janney also contributed their voices to this film.

In an attempt to romanticize the minions, the minions have their own language. While mostly unrecognizable, the language is a mix of gibberish, Spanish, French and Portuguese. As cute as you may think the minions are, their entertainment value wears thin after about an hour. Minions may have worked better as a Saturday morning cartoon versus a movie.

While the kids are sure to enjoy this movie, there are several references that only the adults will understand.

Taking into consideration this film’s inability to keep the audience continuously engaged, I have to give this film 3 stars, making it a very successful disappointment.

Just don’t tell my youngest daughter.

“Minions” is rated PG for a action and rude humor.

Movie review by
SGT. JAMES D. SIMS

MOVIE REVIEW / SPY



Melissa McCarthy plays a low self-esteem, stuck-in-a-rut, but very knowledgeable, non-field, CIA Agent, Susan Coleman, in the box office comedy “Spy.”

The CIA races to find a nuclear weapon being sold on the black market when they suffer a tragedy by losing one of its best agents during an operation. McCarthy, normally in a support role, seeks to avenge his death and bring down the bad guys. But is she ready to take down several elements of a criminal enterprise? No one at the Agency thinks so, and she even doubts herself.

The once timid but resourceful support guru evolves into a skillful bone-crushing agent aimed at stopping the nuclear weapon from reaching America, discovering her true potential and that her expletive-laced vocabulary has no boundaries.

This is the first time McCarthy is the sole lead actress in a Hollywood movie. Would her abrasive, foul-mouthed humor bring people to the theaters, and could she deliver a performance sufficient throughout the entire movie? Could she help navigate her character from the awkward, no love life, behind-the-scenes agent to James Bond-esque saver of the world?

Of course, it’s Melissa freaking McCarthy! You know, the same woman who outshines leading actresses and actors in every other movie she’s been in. Except this time, she is the one calling the shots and all the other actors are there to

support her. Not only did they support her, not one other actor got in the way of her shining moment.

Supporting actor Jason Statham added to her humor by playing on the stereotypical CIA agent who never dies and magically overcomes every imaginable way someone could be killed or tortured. He also spared no opportunity to remind McCarthy’s character Coleman of all his incredible feats.

Other actors and actresses played off of her signature abrasive humor, using it to lash insults at Coleman which she returned with ferocious intensity. It seemed as if her comebacks gained as much lethality as the evolution of her character.

I was incredibly pleased to see McCarthy shine. Those of you who have followed her career know her strong personality could one day give her a chance to lead a movie. This was that movie and she was fantastic. When she wasn’t dishing out golden nuggets of humor, she was snapping necks and at the forefront of almost every action scene.

I give the movie five stars. It was well written, well casted and well performed.

“Spy” is rated R for language throughout, violence and some sexual content.

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.

Ant-Man (NEW) PG13, 8 p.m. Terminator: Genisys PG13, 10:15 p.m.	Trainwreck (NEW) R, 8 p.m. Spy R, 10:15 p.m.	Dope (NEW) R, 8 p.m.	Insidious Chapter 3 (NEW) PG13, 8 p.m.	Aloha (LS) PG13, 8 p.m.	Minions PG, 8 p.m.	San Andreas (LS) PG13, 8 p.m.
FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Trainwreck (NEW) R, 8 p.m. Dope (NEW) R, 10:15 p.m.	Ant-Man (NEW) PG13, 8 p.m. Terminator: Genisys PG13, 10:15 p.m.	Spy R, 10:15 p.m.	* LYCEUMS CLOSED	San Andreas (LS) PG13, 8 p.m.	* LYCEUMS CLOSED	Aloha (LS) PG13, 8 p.m.

Call the Movie Hotline @ 4880 or visit the MWR Facebook for more info. * Concessions at Bulkeley closed until further notice Stay classy, GTMO! No alcohol or tobacco at the Lyceums.

MOVIE REVIEW / INSIDIOUS 3



There have been some great scary movies over the years. From Bela Lugosi's "Dracula" to the recent remake of "Evil Dead," there is something for everyone, and everything in between. The Insidious movies have carved a niche for themselves as solid creepy

horror flicks with those you-know-its-coming-oh-crap-there-it-is-scare-moments that have been the trend since "Scream" and its clones made it popular in the 90's.

Was it an Oscar worthy performance? No, of course not, but that's not why we go see scary

movies. We go to jump out of our seats, to get freaked out for a few minutes, and to be reminded that we are scared of the dark for a reason.

If this movie excelled at one thing, it was timing. At first, I was a bit bored, but then wham! The surprise throttle is thrust to the on position and the scares keep coming until the end credits roll.

The cinematography is good too. Long camera pans, now synonymous with these horror flicks, are a dead giveaway that a scare is coming, but "Insidious 3" throws it in a little early or just a bit late, keeping you off guard as to exactly when the next one will be.

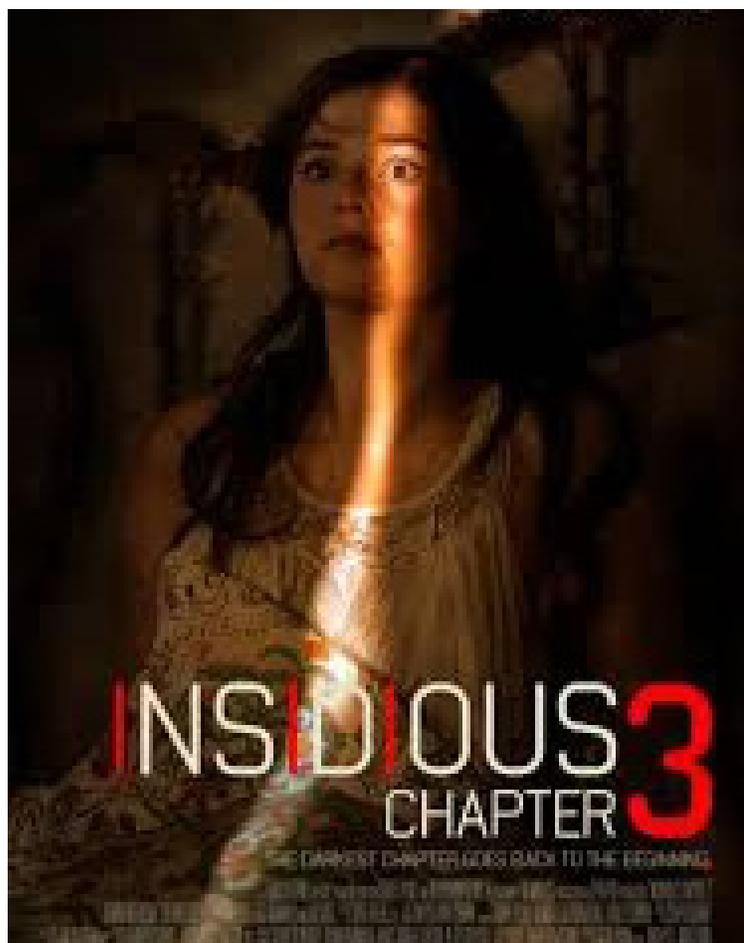
This movie acts as a prequel to the other two and I'm happy to say is just as good as its predecessors. The first two movies focused on the events of the Lambert family, who struggle with an entity trying to possess the young boy in their family. "Insidious 3" however, focuses on Lin Shaye, reprising her role as Elise Rainier, a powerful psychic who uses her gift to help people afflicted with demonic parasites, which takes place a few months before the events of "Insidious." Elise is the only mainstream cast member to return to the third installment. She is solid in her role as the sweet little lady that has seen the other side.

The three members of the Brenner family Sean, Stefanie and Alex played by Dermont Mulroney, Stefanie Scott and Tate Berney, respectively, were the weaker links in the acting chain here. Though, to be fair both father and daughter had moments that did shine through. A lot of it just seemed contrived. I never really believed they were a close family. One might chalk this up to the directing or writing, but we only have to look at the support role of Maggie played by Hayley Kiyoko. Even though it's a small role she plays the part with ease, and consequently Maggie is believable as a best friend because it feels natural.

So should you see it? It was good for what it was. If you like getting freaked out with a couple friends then this is a movie for you. It delivers on scares the entire movie. Remember what you are going to see. Don't walk in the theater looking for an award winning performance and you probably won't be too disappointed. I give the movie three and a half stars.

"Insidious 3" is rated PG-13 for violence, frightening images, thematic elements and language.

Movie review by
SGT. CHARLIE HELMHOLT



MWR 2015 SPORTS SCHEDULE

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

MONTH / DAY ACTIVITY

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 11	Memorial Run
September 14	Co-Ed Softball League
September 26	Trail Triathlon
September 28	Flag Football League
October 5	Basketball League
October 10	Glow Run
October 24	Paddle, Pedal, Paintball
October 24	Fitness & Figure
October 31	Zombie 5K
November 14	Duathlon
November 21	Power lifting Competition
November 26	T-Day Half Marathon
December 11	Army / Navy Game
December 19	Holiday Basketball
December 24	Jingle Bell Fun Run

DYNASTY, SHOTTAS BATTLE

Two teams, Dynasty and Shottas battled against each other July 9, on the basketball courts of G.J. Denich Gymnasium. The final score was 43-33 with Dynasty winning the game.

Throughout the first quarter, both teams' defense played well. By the end of the first quarter, the two teams were tied at 16 points.

The Shottas trailed throughout the second quarter. While the Dynasty's offense remained strong for the duration of the game with excellent ball movement the entire game.

Despite Shottas towering over Dynasty, they managed to come out on top.

"For a smaller team we boxed them (in) ferociously," said Daniel Harvey, a member of Dynasty.

The Shottas' defense broke down in the end allowing Dynasty to win by 10 points.

Currently, the Shottas are in fifth place out of eight teams in the east division with 3 wins and 4 losses. The Dynasty team is in last place with a record of two wins and five losses.

The coach of the Dynasty team, John Asa, said the key to a successful season is teamwork. The Dynasty team struggle to find the time to practice, but they try to practice every Sunday to improve their basketball skills.

Although the Shottas lost, they refuse to lose hope. The Shottas goal is to end the season with more wins than losses, said Eric Shoats, a



The Shottas and Dynasty fight to gain control of the ball during, July 9, game at the G. J. Denich Gym. Dynasty wins the game by 10 points.

member of the Shottas.

"We played alright," said Jeremiah Tramill, a member of the Shottas. "We made some dumb mistakes. We are a fairly new team. This is the first time playing together."

Winning is always the goal for each team, but it is not the only reason they come out to play.

Intramural sports build moral, Shoats added. "I love the game of basketball," Asa said.

Basketball leagues provide a healthy level of competition among peers. The game can also relieve stress and build camaraderie.

"It is a great opportunity for those who played in high school who couldn't continue it in college to continue to play today," Tramill said.

The nine week season is more than half over with six games left to play. Dynasty and Shottas will continue to fight for a chance to play in the two-week playoffs after the season ends on Aug. 10.

Article and photos by
SPC. NICOLE NICOLAS



Despite the Dynasty's defense the Shottas sink a basket during the basketball game between Shottas and Dynasty at the G.J. Denich Gym, July 9.



VOLLEYBALL SEASON BEGINS



A member of the 328th volleyball team spikes the ball against the Spartans, July 8, at U.S. Naval Station Guantanamo Bay's Cooper Field. The 328th lost their first game of the season two matches to one.

The Morale, Welfare, & Recreation program at U.S. Naval Station Guantanamo Bay had their inaugural week of the volleyball season at Cooper Field, July 8.

This week's match highlighted is the Spartans versus the 328th. The teams competed at the outdoor sand court against each other and played for best two out of three games.

Battling back and forth the 328th won the first match.

"The first game was kind of hectic," said Kelvin Cedeno, a member of the Spartans team. "We had to break the ice."

Michael Toro, who plays for the 328th, said they started out strong. They had more adrenaline for the game since the Spartans are their rival.

"We really wanted to beat them," said Toro. "They always get the best of us. Overall it was a pretty good performance for our team."

The Spartans rallied to win the final two matches.

"I think with more practice we are going to do even better than today," said Chelsea Crow, a member of the Spartans.

Toro said, the season is early and the Soldiers have a lot of experience playing together.

"I think our future in the season looks really bright," said Toro.

Cedeno said, his teams' morale is high and they expect to do well during the season.

"As a member of the Spartans we know all about game and cohesion," said Cedeno. "We all like to play (sports). As a combined effort, we are going to come in and we are going to do our best. What I expect, I expect to win."

The MWR volleyball season is nine weeks long. The Spartans' next game against the

Gunslingers will be held on July 14. After that, they will take Deep Sets on July 23. While the 328th's next opponents will be Team on July 15 and Yurrrr on July 24.

Article and photos by
SGT. RYAN TWIST



A Spartans volleyball team member hits the ball back to the 328th team, July 8, at U.S. Naval Station Guantanamo Bay's Cooper Field. The Spartans won the game two matches to one.

MWR SOCCER

No.	Team Name	Standings
01	Young Strikers	(2-0-0)
02	NEX United	(1-0-1)
03	Spartans	(1-1-0)
04	West Coast 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	GTMO Ballers	(7-0)
02	Air Force	(6-1)
03	Mile High MP's	(5-2)
04	Philipinas	(4-3)
05	Pilsner	(3-4)
06	Ourselves	(1-6)
07	Never Forget	(1-6)
08	Watchmen	(1-6)

WEST DIVISION

No.	Team Name	Standings
01	Migrains	(5-0)
02	Tropics	(5-1)
03	Spartans	(5-2)
04	Punishers	(4-3)
05	Shottas	(3-4)
06	Gunslingers	(2-4)
07	Dynasty	(2-5)
08	I.M.C.	(0-7)

MWR VOLLEYBALL

No.	Team Name	Standings
01	Emperors groove	(2-0)
02	Spartans	(2-0)
03	Avengers	(1-0)
04	Deep Sets	(1-0)
05	EAD	(1-0)
06	Team	(1-0)
07	Sparta-licious	(1-0)
08	Bumpin' Uglies	(1-1)
09	Gunslingers	(1-1)
10	Sets on the Beach	(0-1)
11	328th	(0-1)
12	BCO Super Stars	(0-1)
13	Island Shenanigans	(0-1)
14	Serves of Steel	(0-1)
15	Yurrr	(0-1)
16	Honey Badgers	(0-2)
17	Pihoy Ballers	(0-2)



SECRETS OF WEIGHT LOSS

Many scour the internet, newspapers and magazines searching for the quick and easy way to lose weight and keep it off, but never find it. The hard truth: there is no healthy and fast way to lose weight indefinitely.

It takes hard work and dedication to develop a plan which includes eating healthy and exercising regularly, 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 at his recent Fit/Strong Weight Management Course, July 7, at the hospital.

Guadalupe outlined the secrets of weight loss at his recent Fit/Strong Weight Management Class at the hospital.

Tip #1: Calculate how many calories your body needs each day. You can calculate this by going to <http://walking.about.com/cs/calories/l/blcalc.htm>.

Your body needs a certain amount of calories each day to function properly, said Guadalupe.

Taking away calories your body needs will not keep off the pounds, because your body will catch up with you once off the diet.

Tip #2: Hydrate. Drink at least eight glasses of water a day. Make sure you stay well hydrated before and after your workouts.

“In order for fat to come off the body you need enzymes that are water based to go in there and grab the fat droplets and take them out of your body,” said Guadalupe. “If you are not well hydrated those enzymes have a very hard time getting in there and taking out the fat.”

Tip #3: Each night you need to sleep a minimum of seven hours.

Tip #4: Seek out a personal trainer or dietitian to hold you accountable and keep you on track to reach your physical fitness goals.

Article by

SPC. NICOLE NICOLAS

Lemon Cilantro Tilapia

INGREDIENTS:

- 12 tilapia fillets
- 2 cups lemon juice, divided
- 1/4 cup butter or olive oil
- 3 garlic cloves
- 2 cups cilantro
- 1/4 onion
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

DIRECTIONS

1. Marinade the fillets with half a cup lemon, salt and pepper for about 30 minutes.
2. Preheat oven to 350°F. Blend butter/olive oil, garlic, cilantro, and remaining lemon juice in blender. Pour over fillets and serve.

Makes 8 servings.

“The groundwork of all happiness is good health.” – Leigh Hunt



JSMART SPOT

▲ JSMART HELPER: TITAN

MANAGING OUR ANGER

Ever feel you’re losing the ability to focus? For some of us anger can be a go-to emotion when things don’t go our way. As adults we’re constantly reminded that life isn’t fair, and this can be a trigger for a variety of other emotions. These include: fear of embarrassment, sadness, and vulnerability. Some of these feelings may be difficult to acknowledge because we associate them with weakness, but everyone experiences them at least occasionally. Looking at those feelings objectively can erase the need for anger.

When we hear the term “venting” many of us associate it with a productive and healthy action. Although it’s important to have support and venting may be needed, if all we’re doing is dwelling on something, we’re really not accomplishing anything. Going on a verbal tirade about something may actually feed into unhealthy emotions and make us feel more comfortable being angry. Additionally, repeatedly venting without problem solving can have a

devastating effect on our personal and professional relationships. People may be less likely to talk to us about their issues, and we may be less receptive to others’ needs.

Feeling angry all the time is also damaging to our health. It can lead high blood pressure and insomnia among other problems. Some warning signs that we may have a problem with anger include: difficulty compromising, we’ve tried controlling our anger but could not, problems with work or family members due to our anger, and avoidance of situations because of our anger.

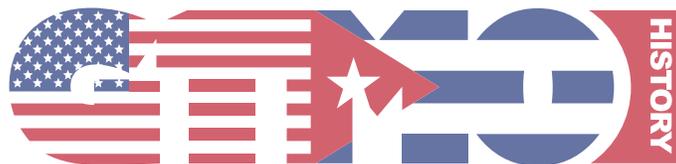
If we feel that we’re unable to control our anger, it’s a good idea to talk to someone about it, such as a chaplain or mental health provider. It may help us to avoid doing something that we’ll later regret.

Article by

PETTY OFFICER 3RD CLASS

RANDALL KELLEY

Joint Medical Group



BATTLE OF SANTIAGO DE CUBA

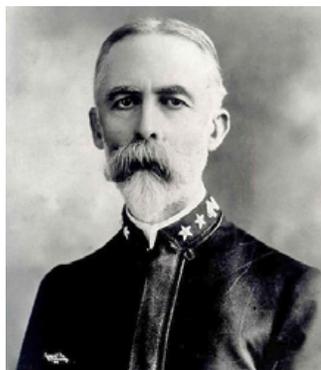
The W.T. Sampson School is the oldest Department of Defense Schools that are still in operation today. W.T. Sampson School is a unit school, which means multiple schools that act as one entity. It is also the only American high school located on communist soil.

The school originally opened

in 1931 and was located on Chapel Hill, which is the current home of the base chapel. The schools are named after U.S. Navy Rear Admiral William T. Sampson.

Sampson, born February 9, 1840, was known for his victory in the Battle of Santiago de Cuba, which was fought during Spanish-American War. Sampson emerged victorious from that battle which helped lead to the eventual devastation of the Spanish Navy’s Squadron located near the Caribbean Islands. His efforts forced the Spanish to surrender.

Rear Admiral Sampson died in Washington, D.C., May 6, 1902.



William T. Sampson, U.S. Navy Rear Admiral

Article by

SPC. JUSTIN MALONE

Photo courtesy of
BRITANNICA.COM

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

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

Beginning May 5 Tuesday 1900 Taught by Chaplain Tim Foster

*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

WHAT TO EXPECT NEXT: A SNEAK PEEK OF ISSUE 3

GTMO NEWS

On the lighter side; Wire staff explore the exciting world of ice cream in honor of National Ice Cream Month. We will look at the history of this coveted frozen dessert and let you know where you can get the best ice cream on GTMO.

PHOTO STORY

Join us as we explore, through photos, the role the JTF Chaplain corps plays. Our photographer will follow them through their duty day to bring you compelling images of devotion and dedication.

ENTERTAINMENT

Check out the movie review for next week as our staff analyze "Ant-Man", and for those Amy Schumer fans check we will review "Trainwreck" and finally the coming of age story "Dope".





Photo by Dominique M. Canales
PARTING SHOT



'OCEANIC FILTERS' PHOTO BY PETTY OFFICER 1ST CLASS DOMINIQUE M. CANALES.
FOR A CHANCE TO HAVE YOUR PHOTO FEATURED IN THE PARTING SHOT, PLEASE
SEND SUBMISSIONS TO: THEWIRE@JTFGTMO.SOUTHCOM.MIL

THE WIRE