

THE OFFICIAL PUBLICATION OF JOINT TASK FORCE GUANTANAMO

THE WIRE



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LT. GARRETT HAWK

Operations Officer, JTF GTMO MARSECDET

When you look around this base, it is not difficult to find a source of pride. First and foremost you can find it in yourself. We are all members of a very exclusive club. Less than 0.5 percent of Americans serve in the armed forces. To put that into perspective, less than 30 percent of America's population is qualified to join the military due to legal issues, not meeting weight

SERVING WITH PRIDE

standards, medical history and the inability to pass the required testing. To take that further, according to the 2013 U.S. Census data, 1.68 percent of Americans have a doctoral degree. However, what I find even more surprising is that a person has a better chance of being a millionaire (5 percent), than being in the U.S. military. Each and every one of us does a job that is the center of conversations, jobs that are the basis of blockbuster movies.

The second source of pride is your service. Whether the uniform blouse says Army, Navy, Air Force, Marines or Coast Guard, each service has a long history of service and sacrifice that I would do a disservice in trying to explain in a paragraph or two. Here at GTMO each service has developed some display of traditions such as their respective annual military balls and the Captain's Cup. Seeing each service out on the field or in the gym in their service's physical training gear each morning is amazing. They even have their own vernacular. I feel the pride behind every Marine's "oorah," the spirit behind every Airman's "air power," the esprit de corps behind every Coastie's "Semper Paratus" and the passion behind every Soldier's "hooah."

Third and most importantly, you should have

pride in the greatest country in the world, the United States of America. Many people have risked life and limb to defend the freedoms we enjoy daily, and just as many have risked as much to become a citizen of this great country and get a taste of the liberties that define us as a nation. Additionally, we have the privilege of starting each day with the Star Spangled Banner, which some may take for granted. This country is long in history - a history of never giving up, leading from the front and overcoming adversity. There are some people that have risked everything, including their lives, to come here.

With so many reasons to be proud, it is difficult not to walk around GTMO with your shoulders back, chest out and head high. I am extremely proud to be a member of the armed forces, a member of the Coast Guard, and an American. If you are having one of "those" days and your head starts to dip, just remember your job, your service, and your nation and the role you play in ensuring freedom. You'll quickly realize all that you have to be proud of.

Article by

LT. GARRETT HAWK

Operations Officer, JTF-GTMO MARSECDET

GETTING HURT, BOUNCING BACK

just so they don't get physically hurt.

I recently managed to get hurt, dislocating my ankle at the softball tournament. I certainly don't recommend it, but it has taught me a few valuable lessons:

1. When you hurt, some will sympathize but others will pile on. The reactions I receive from people often falls into those two categories. We must realize, their reactions say much more about them than it does about you.

2. Hurt can be misused as an excuse to not do your duty. After my injury, I preached at the 0900 service the next morning! I have been in many workspaces doing my job. While I may not always be at 100 percent, I will always give it my 100 percent.

3. I'm thankful for caregivers. The corpsmen and the doctor did their job flawlessly. They got me the care I needed when it mattered and where it mattered.

4. Accept help. Every time I eat in the galley, I need a battle buddy to help me, as I can't carry

a tray and hobble on crutches at the same time. Even if it is hard, be accepting and grateful for the help of others.

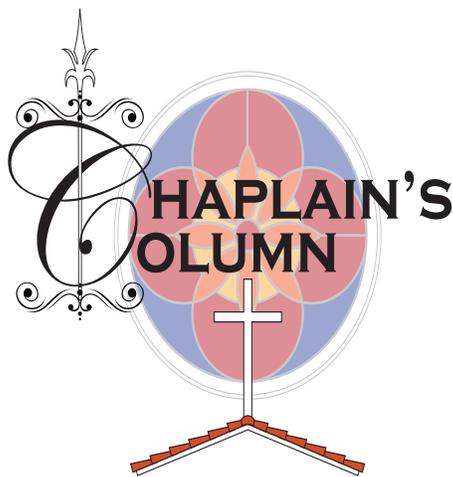
5. The MARSECDET (Coast Guard) is awesome. I was playing on the 'Saltwater Cowboys' when I was hurt and they were great competitors (we won the tournament), but they also met me at the hospital to check up on me after the game. A very humbling experience!

So I leave you with this encouragement: everybody hurts sometimes, but everyone has resources to get better. Know that you have an incredible number of resources in your life: family, friends, chaplains, doctors, nurses, and on the list goes. Follow my example, not by getting a dislocated ankle, but by trusting others to help care for you when you are hurt.

Article by

LT. CMDR. MARK MORENO

JTF Deputy Chaplain



Everyone experiences pain and hurt in his or her lives. Sometimes it is a deep emotional hurt and other times it is a physical hurt. Whether physical or emotional, the pain is real and can take a long time to heal. This leads many to figure out ways to keep pain and hurt at bay. There are people who try to and avoid real relationships just so that they don't get emotionally hurt. There are those who don't participate in sports



COMMAND & CHAPLAIN

Operations officer speaks on the abundant sources where pride can be found. The deputy chaplain shares a personal experience of getting hurt and bouncing back.



GTMO NEWS / COVER PHOTO

Coast Guard takes advantage of an opportunity to remake a 13 year-old photo during training. Military commissions commence. Troopers prepare while OSJA gives the history.



PHOTO STORY

This week we explore Chaplain Moreno, the JTF Deputy Chaplain, and the rest of the religious ministry teams new initiatives, aimed at connecting you with all your spiritual needs.



ENTERTAINMENT

This week's movie reviews include the disaster that is Amy Schumer's life in "Trainwreck;" the newest Marvel movie, "Ant-Man;" and a throwback to the '90's, "Dope."



SPORTS

Three runners per team, three different courses. Check out how the relay race tested physical strength. In the game of the week: see how Sparta-Licious controlled AED in volleyball.



LIFE & FITNESS

Washing dishes does not sound thrilling, but see how it can help reduce stress. Are you sick of having the same breakfast every day? Try a new tasty breakfast smoothie recipe.

MOTIVATOR OF THE WEEK

**ARMY SGT.
HOYLE SHAW**
595TH MP CO

**PETTY OFFICER 1ST CLASS
MICHAEL LIND**
MARSECDT

COMMERCIAL IMAGERY AND OPSEC

The U.S. and foreign commercial imagery markets have grown tremendously over the past 10 years, giving our adversaries the capability to leverage unclassified imagery for planning and situational awareness. Over 30 countries have space imagery assets in orbit, so this is truly a global business. The detailed resolution, unclassified nature and affordable cost of purchasing commercial imagery make it a vital source for consumers and our adversaries. The U.S. and international policy supports free market availability, so restrictions are nonexistent. Therefore, we must expect that adversaries have access to commercial imagery and plan accordingly. Strong OPSEC is our primary defense against releasing sensitive information. USE OPSEC!

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TROOPER ON THE STREET

WE ASK TROOPERS, 'WHAT DO YOU DO TO DE-STRESS AFTER WORK?'



ARMY SPC. LAVERN HOGAN

"I like to listen to music. I zone out. It is the only way I can just be by myself and stay in tune."



NAVY RP2 BEN SIMS

"I like to play basketball and go snorkeling. That helps me keep my mind off of being locked down on the island."



ARMY SPC. NICHOLAS TAYLOR

"I like to lift weights and listen to music. I like the relaxing tones and the resistance from lifting weights, helps me blow off steam."

ICONIC IMAGE CAPTURES HISTORY



Top: An HH-65 Dolphin helicopter flies alongside a first generation transportable port security boat during one of the first Coast Guard deployments in 2002, when Joint Task Force Guantanamo was first established. Bottom: A U.S. Coast Guard MH-60 Jayhawk helicopter races along side two 32 foot transportable port security boats, during a scheduled patrol stop, held by the 308th MARSECDET at Guantanamo Bay, July 8.

A 2002 photo showing an HH-65 Dolphin helicopter racing alongside a first generation transportable port security boat off the shores of Guantanamo Bay, has become iconic for its historic significance to the Coast Guard. It was the same year the Bush Administration formed Joint Task Force Guantanamo's Maritime Security Detachment.

The picture showed the role Coast Guardsmen played in the fight against terrorism.

Cmdr. Ronzelle Green was stationed at the U.S. Naval Station, Guantanamo Bay, during that time.

"The very first unit deployed here in January 2002 when JTF first stood up," Green said. "It [the photo] really shows the reach of the Coast Guard."

Green smiled as he explained the significance of the photo.

"It shows the one fight," he said. "Regardless of air assets or the ocean assets, it is a one-fight mission. The picture brings all of that together

visually."

Thirteen years later, the MARSECDET had the opportunity to once again document its equipment capabilities when a MH-60 Jayhawk stationed at Great Inagua, Bahamas made a scheduled patrol stop here.

Using a newer MH-60 Jayhawk and two upgraded 32 foot generation boats, the new photograph shows the current equipment capabilities the Coast Guard has as it continues to fight in the war against terrorism.

"This picture shows how the Coast Guard is being progressive and that we are moving forward," Green said. "I'm really excited about it."

The Coast Guard plays an important role in the JTF mission and the fight against terrorism. Now, it is once again captured in a single photograph.

Article and photos by
SPC. JUSTIN MALONE

WEIGHT COURSE SUPPORTS HEALTHY LIFESTYLE



Navy Lt. Nelson H. Guadalupe, the Joint Task Force Guantanamo dietitian, speaks to his class about the leading causes of death to his Fit/Strong Weight Management Course, July 7. Guadalupe is the Nutrition Management Department Head for the U.S. Naval Hospital Guantanamo Bay.



Guadalupe, gives his class tips for nutrition and exercise at his Fit/Strong Weight Management Course, July 21. He talked about increasing awareness of healthy eating through nutrition education. Guadalupe created the class while working at Walter Reed National Military Medical Center, Bethesda, Maryland.

Diet and physical inactivity are the leading causes of premature deaths in the U.S., 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. He holds a Fit/Strong Weight Management Course for all service members.

Every year, nearly 600,000 Americans die of cancer, one-third of those deaths are because of diet and physical inactivity, according to a study published by the American Cancer Society in 2014.

"Diet and inactivity are going to be some of the causes of some major diseases, diabetes, heart failure, high cholesterol and high blood pressure," said Guadalupe.

Guadalupe's class aims to decrease the number of deaths by creating awareness of healthy eating through nutrition education. The Fit/Strong Weight Management course is geared toward physical training test failures and active duty military members who want to lead a healthier lifestyle. Guadalupe created the class while working at Walter Reed National Military Medical Center, Bethesda, Maryland.

"Fitness and nutrition is going to be part of it," said Guadalupe, the only doctor dietitian in the Navy. "I embrace the total body concept.

Exercise mixed with the right nutrition is going to give you a long-lasting, healthy and productive life."

During the class, Guadalupe gave exercise and nutrition tips.

The three types of foods that give you energy include carbohydrates, protein and fat, Guadalupe said. Everything else, including energy drinks and some supplements can cause health problems.

Guadalupe advocated eating a carbohydrate-rich snack a half hour before working out, as well as warming up before stretching to prevent injuries. Working out three to five days a week to burn 500 to 700 calories each day will help in losing weight. Walking or running one-mile during workouts will burn 100 calories.

Guadalupe also recommended checking out the Human Performance Resource Center, hprc-online.org. The website lists safe and unsafe dietary supplements; and guidance on healthy eating and physical fitness.

Guadalupe kept his audience engaged throughout the class and motivated them to start exercising and eating healthy. During an exercise, participants in Guadalupe's class wrote down what they ate within the last 24 hours to calculate approximately how many calories they ate in a day.

It is a calorie game; you need know the amount of calories your body needs, Guadalupe said.

Service members explained the barriers that keep them from eating healthy, exercising and proper sleep patterns, as well as ways to overcome the barriers.

Melissa Galloway, a participant in Guadalupe's class, uses the buddy system to motivate her to workout.

Maintaining a healthy eating plan will increase the ability to train and perform, thus increasing your energy level, said Guadalupe.

After taking Guadalupe's class, Richard Salazar-Gonzalez, said he is motivated to start losing weight the right way. His first step will be setting up an appointment with Guadalupe to aid him in creating a well-balance diet and exercise plan.

"My goal is to really do eye opening nutrition education weight loss," said Guadalupe. "(And) to show patients the eye-opening truth that weight loss actually works and people can achieve their goals."

Guadalupe's class meets every Tuesday at 2 p.m. at the U.S. Naval Hospital Guantanamo Bay in the galley.

Article and photos by
SPC. NICOLE NICOLAS

HISTORY OF MILITARY COMMISSIONS



Military commissions are a form of military tribunal, where charges for alleged war crimes are brought forth and prosecuted by a military authority. The process has a long history dating back to the revolutionary war and has evolved significantly over time. Since 9/11, the use of and laws governing the military commissions process has been an increased topic of controversy.

The procedure in the U.S. to prosecute individuals who commit war crimes through a military tribunal was first introduced during the Revolutionary War. Gen. George Washington convened a board of military officers in 1778, to investigate an alleged American sniper, turned spy for the British. The alleged spy was found guilty of the charged offenses and was executed for his crimes. The tribunal system used during the Revolutionary War provided the foundation for what would become the military commission process.

The practice of military tribunals continued to evolve from the Revolutionary War through the Mexican-American War, where Gen. Winfield Scott, used military tribunals to prosecute individuals whose conduct was not otherwise prosecutable under the Articles of War (the precursor to the Uniform Code of Military Justice, UCMJ). The offenses charged included assassination, murder,

rape, poisoning and any attempt to commit these crimes. Scott is the first to introduce the term “military commissions” to describe the process.

The Civil War saw the prosecution of thousands of alleged war crimes through military commissions, including eight individuals involved in the assassination conspiracy of President Abraham Lincoln. Both World Wars continued the extensive use of military commissions, including the International Tribunals at Nuremberg, Germany, where members of the Nazi Army were tried for war crimes and other offenses. It is during WWII that the first significant legal challenges to the system are launched, resulting in the Supreme Court upholding the government’s authority to conduct military commissions. In 1950 the UCMJ was created, providing guidance in Articles 21 and 36 on jurisdictional, procedural and evidentiary rules for military commissions.

The 9/11 terrorist attacks prompted the next major shift in the commissions process. In an executive order on November 13, 2001, President George W. Bush announced certain non-citizens of the U.S., who were believed to be engaged in acts of terror, would be subject to detention and trial by military commission. The President’s ability to carry out the commissions without congressional

approval was successfully challenged in 2006. As a result, Congress passed the Military Commissions Act (MCA) of 2006, authorizing the continued use of military commissions against alien, unlawful enemy combatants. The MCA was updated in 2009, aligning the rights of an accused more closely with those given in a traditional court-martial.

The process of military commissions has adapted to the unique circumstances we have faced and the unique characteristics of each war. From the Revolutionary War to the War on Terror, the manner in which war crimes are tried has varied, but the end result has always remained the same—the U.S. will pursue justice against those who choose to violate the laws of war.

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 (Bldg. 2525 - x8589).

Article courtesy of
**JTF OFFICE OF THE STAFF JUDGE
 ADVOCATE**

Photo by
SGT. JAMES SIMS

ROLE-PLAYERS CHALLENGE SECURITY



Role players enter a controlled area in preparation for the upcoming military commissions July 21, at Guantanamo Bay. Military police, assigned to Joint Task Force Guantanamo, underwent specialized training to enhance proficiency for entry control point operations. Others came aboard for a full dress rehearsal to give an aspect of realism to the training, acting as lawyers, reporters and occasionally an infiltrator.

In preparation for the ongoing military commissions, military police assigned to Joint Task Force Guantanamo underwent specialized training to enhance proficiency for entry control point operations.

The military commissions are military tribunals authorized by presidential order, then by the Military Commissions Act of 2006, and currently by the Military Commissions Act of 2009, for prosecuting detainees held in the JTF Guantanamo detention camps.

"The commissions serve as justice and the prosecution of persons accused of committing crimes against the United States, which is important to the American people and our nation," said Lt. Cmdr. David Oldham, commission liaisons officer.

JTF Guantanamo conducts safe, humane, legal and transparent care and custody of detainees, including those convicted by military commission.

The intricacies surrounding the commissions sometimes leads to postponements or cancellations, but the Soldiers tasked with protecting the area where proceedings take place still have a mission. They are dedicated to completing this mission with efficiency and professionalism.

One of the ECP noncommissioned officers in charge, (who for security reasons cannot be identified) said it is important for the Soldiers to be faced with situations in training to keep their skills sharp and to maintain efficiency on standard operating procedures.

"We test the security forces on day-to-day activities, as far as what they would see during commissions, making sure that they are trained up," said an operations NCO in the Commissions Liaison Office.

These safety and security measures are extended to all personnel associated in any way with the proceedings, from lawyers and reporters to the detainees, helping to expedite the hearings in a safe and timely manner.

Continuity an important aspect of the commissions involving personnel and support staff. Several months have passed since the last commissions. A full dress rehearsal is conducted to ensure equipment readiness. It also prepares security forces who have not been involved to build confidence and verify procedures.

The role players came aboard for the rehearsal to give an aspect of realism to the training, acting as lawyers, reporters and occasionally an infiltrator.

"This training involved a lot of the JTF elements that normally would not be directly involved with the commissions, but do play an important supporting role," said Oldham.

One of the role players said, participating in this event and preparing those who will deal with future commissions is definitely an important and unique opportunity.

Other involved elements, also gave role players the chance to participate and support a critical mission with national interest.

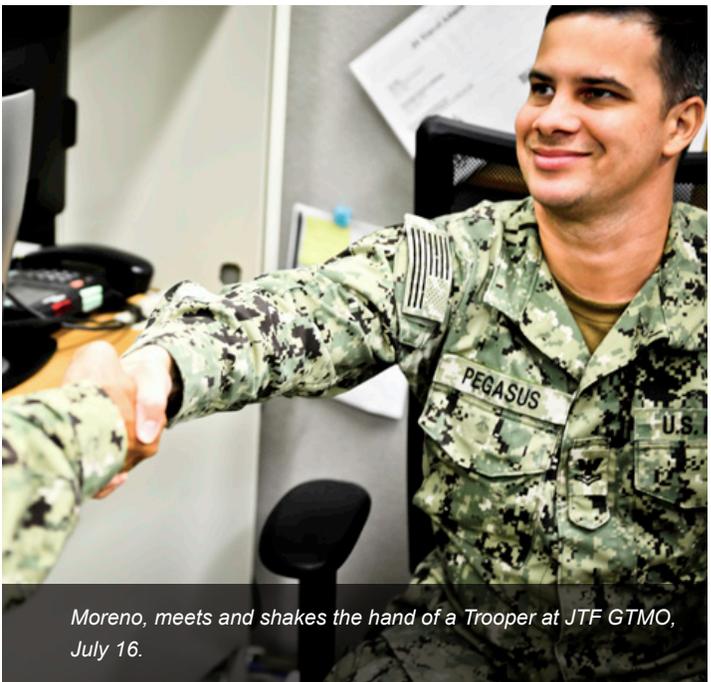
"The Commission Liaison Office provides administrative and logistical support to those involved in the commissions and also laid the framework for the security forces for the commissions to train and get back in the groove," said Oldham.

As commissions continue, it is important for leadership to know and have confidence in the security force. It is also important the security force holds the assurance and knowledge that they are fully capable and ready to stand their post when called upon.

Article and photos by
SGT. JAMES SIMS



Chaplain Mark C. Moreno, the Joint Task Force Deputy Chaplain, and Petty Officer 3rd Class Keshia A. Powell, a religious program specialist, speak with and give candy to various service members at JTF GTMO, July 16.



Moreno, meets and shakes the hand of a Trooper at JTF GTMO, July 16.



The "Holy Smokes" initiative is the brainchild of Moreno, July 18. Although the chaplain does not condone the use of tobacco, this program allows the chaplain to be able to meet with service members in an informal setting, enabling him to meet people and grant him the opportunity to form new relationships around the base.



Moreno, poses with another service member, Sr. Airman Matthew Jabronzlane, who also has an injured leg, July 17. Both service members received their leg injuries playing sporting events at GTMO.



Moreno, leads a Lutheran-based service at the JTF Trooper Chapel, July 19. Moreno instituted this mass as a more traditional alternative to some of the other religious services held at GTMO.

CHAPLAIN'S PREROGATIVE

Joint Task Force Guantanamo's Deputy Chaplain, Lt. Cmdr. Mark C. Moreno, is a busy guy. He makes his rounds alongside the other chaplains and religious ministry staff visiting service members at their workspaces trying to facilitate conversation in an attempt to foster and grow relationships. The Chaplain Corps has a myriad of responsibilities that may be lost on the average service member, but slowly Moreno and the Religious Ministry Team are trying to change that.

Chaplains ensure the religious rights of military members, performing a variety of religious tasks and ceremonies. They advise the command in matters of moral and ethical application and act as counselors to keep the general morale of the base high.

"We never assume that folks are going to seek us out or come to the chapel; we have to go out, form relationships, demonstrate that we care, and that earns us the opportunity and the right to take care of those people," Moreno said.

The chaplains here already do a lot, but Moreno is making an attempt to reach even further into the military community.

"It doesn't matter what faith or non-faith a service member has," Moreno said. "I'm still their chaplain. I don't require people believe what I believe, I am here to help them in any way that I can. Whether it is counseling, suicide intervention, the united through reading program, or just asking how they are doing, I am here for them."

The chaplains have help in these tasks in the form of religious program specialists, the enlisted side of the chaplain house. An RP is trained in various roles to be a chaplain's aid in garrison and protector

on the battlefield.

The most important thing the RP's would like everyone to know, is the Chaplain's office has an open door policy, so feel free to stop by or call, said Ben J. Sims an RP with the JTF religious ministry team at GTMO. The chaplain office offers so many services, or just someone to listen.

The RP assistants also go with the chaplain when he visits troops around the base, usually doling out candy and other snacks to the men and women in uniform who are posted around the base.

"My favorite part of the day is going out and visiting with all the different workspaces, especially when we have a therapy dog with us," said Petty Officer 3rd Class Keshia A. Powell an RP. "We get to meet so many different people and it's always nice to hear them tell us about where they are from or learn something about their Rate or MOS."

Although Moreno has only been here a short time, he and his team have started three new initiatives they hope will grow and continue after they're gone.

One of these new initiatives is "Holy Smokes." Moreno has committed to setting up the event outside the Downtown Lyceum Saturday evenings at 7 p.m. to have a cigar with whoever would like to join him. Then again at Bulkeley's Lyceum at 9 p.m. that same night on the JTF side.

"I don't condone or encourage the use of tobacco," Moreno said. "However, for responsible adults that enjoy the occasional cigar, I wanted to offer a chance to connect with me in an informal setting. I want to meet people where they are at, so that I can be their chaplain and be available for their needs."

The next endeavor the team hopes to accomplish is to become an unofficial hub for volunteer service. They hope service members will be able to come to them with their interests and from there the chaplains can match them with a compatible event or service-needing help.

Lastly, Moreno, a Protestant Christian, started a more traditional Lutheran-based chapel service at the Trooper Chapel on the JTF side, Sunday mornings at 10:30 a.m.

"Many people find meaning, comfort and motivation from a chapel service," Moreno said. "The best thing about the chapel is that it builds community; a place where everyone is welcomed and they can have their spiritual needs met."

Moreno will be here for a few more months, it is clear that he is not sitting back letting time pass by. He is ambitious and excited about these new initiatives and does not hesitate to get out there and tell the troops about the events.

"I have really enjoyed my time working with Chaplain Moreno," Powell said. "His motivation is contagious. He is all about connecting with everyone regardless of their religious preference. He always tells people, 'It doesn't matter if you are Christian, Muslim, atheist or anything else. I'm still your chaplain.'"

For now it seems JTF GTMO is in good hands as the religious team will set out again tomorrow with their goals clearly in mind and candy in hand to make a few new friends and spread a little sugar-induced happiness along the way.

Article and photo by

SGT. CHARLIE HELMHOLT

MOVIE REVIEW / DOPE



As “Dope” ended, the first word that came to mind was, relevant!

Relevant, closely connected or appropriate to the matter at hand, or in this case the time in which we live.

I must admit, when I was tasked with reviewing this film I was less than excited. I had not heard anything about the movie and I knew none of the actors. Boy was I wrong! From the moment the movie started I was hooked, I mean if you remember the ‘90s, you know there were some good times and good “things” about that era and that’s how the three main characters aspire to live. From their clothes to their BMX bikes and skateboards, these high school seniors are living in the ‘90s.

But don’t be put off if you didn’t care for that time in our very recent history because it takes place today. Dope addresses social, political, economic and racial issues.

Malcolm (Shameik Moore), with his flat-top haircut, vintage clothes and BMX bike, looks like a runaway from the ‘90s, which is how he likes it. Like him, his buddies, Jib (Tony Revolori, the bellboy from “The Grand Budapest Hotel”) and their “no that’s not a guy” lesbian friend Diggy (Kiersey Clemons, “Transparent”), love ‘90s hip-hop and good grades. Their geek status at school means the teachers and staff, leave them alone, but they are picked on by the “cool” kids who bully Malcolm into handing over his

vintage Jordan’s in an early, very kinetic chase scene.

Once a little time is spent getting to know the characters, the plot is set into motion. The Plot? I don’t want to ruin it for you because I think everyone can get something from this movie, written and directed by Rick Famuyiwa, “Our Family Wedding” and produced by Forest Whitaker, Oscar-winning actor, director and producer, who also narrates the film.

After bluffing their way into a birthday bash for a local hoodlum, Dom (A\$AP Rocky), they run out of the club as the party degenerates into a gunfight only to discover the next day that Malcolm’s backpack is now full of drugs and a gun. From here springs a cascading series of events that keeps piling on one crazy twist after another and as the initially clueless kids try to return the drugs to their owner, confusion arises about whom that might actually be.

Then, there is a momentary attack of earnestness when Malcolm realizes he still has SAT’s, admission forms and interviews to further his life after high school.

Two students apply to Harvard...

I give this film 4.5 stars and encourage those of age to watch it.

“Dope” is rated R for language, drug content, sexuality/nudity, and some violence, all involving teens.

Movie review by
SGT. JAMES D. SIMS

MOVIE REVIEW / TRAINWRECK



This movie is as the title reads. It’s one of those movies that you can’t put your finger on exactly why it didn’t turn out better. It wasn’t a bad movie. I mean it was raunchy bad, and really, really crude, but that was the more endearing part of the film for me. I laughed out loud several times. It was even pretty well acted. Bill Hader and Amy Schumer really did well in their roles as Dr. Aaron Connors and Amy Townsend and their story seemed pretty realistic when it came to being in a relationship.

Sometimes people just fall in love no matter the circumstances or the odds. I thought their chemistry was great. Many of the supporting roles were played well too. Colin Quinn as the angry keep-it-real father was dead on. Even athletes like LeBron James and John Cena played their roles pretty well.

Why then, was I ready for it to be over 30 minutes before it was? I think it might have been the plot. It is a comedy theme, wrapped around a love story, a film about girl-power, a story about a dysfunctional family, and a movie about what not to do with your career all with plots and sub-plots of their own.

The main thread of the movie is about how Townsend needs to write an article about Connors, a sports doctor, which I actually forgot about until late in the

movie when they reinsert the concept. There isn’t anything else I can put my finger on that I didn’t like. Schumer doesn’t hold back the humor, nothing, and I mean nothing was off the table. However, as I stated earlier, this was a strong point of the film for me. I had the advantage of seeing some of Schumer’s work in roasts and stand-ups so I kind of knew what brand of humor to expect. I could see how this might be a little rough for a more conservative audience. But I would still recommend seeing the movie. The truth is, this movie has been made more or less a dozen times with a man in the leading role. I think maybe it’s just a bit obtuse for some of us to finally see the tables turned in such a blatant way, but it’s 2015, so why not.

If not for the plot deficiencies and length I would have thoroughly enjoyed the film. It really was a funny movie, it will not be for everyone, but you should eventually put this on your “to see” list.

This movie gets 3.5 stars. Check it out , just make sure everyone is age appropriate!

“Trainwreck” is rated R for strong sexual content, nudity, language, and some drug use.

Movie review by
SGT. CHARLIE HELMHOLT

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.

Max (NEW) PG, 8 p.m. Trainwreck R, 10 p.m.	Pixels (NEW) PG13, 8 p.m. Ant-Man PG13, 10 p.m.	Jurassic World R, 8 p.m.	Dope R, 8 p.m.	Ted 2 R, 8 p.m.	Entourage (LS) R, 8 p.m.	Spy (LS) R, 8 p.m.
7/24 FRIDAY	7/25 SATURDAY	7/26 SUNDAY	7/27 MONDAY	7/28 TUESDAY	7/29 WEDNESDAY	7/30 THURSDAY
Pixels (NEW) PG13, 8 p.m. Ant-Man PG13, 10 p.m.	Trainwreck R, 8 p.m. Max (NEW) PG, 10:15 p.m.	Dope R, 8 p.m.	LYCEUM CLOSED	Entourage (LS) R, 8 p.m.	LYCEUM CLOSED	Insidious Chapter 3 PG13, 8 p.m.

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

MOVIE REVIEW / ANT-MAN



Marvel Universe launched its newest character – Scott Lang (Paul Rudd) who becomes a miniature super hero Ant-Man.

Lang is a down-on-his-luck, just-out-of-prison, Robin-Hood-bandit who tries to walk the straight line. His efforts don't pan out for long and he is given a chance to accept a strange proposition from Dr. Hank Pym (Michael Douglas). Lang is given two choices: become a world saving hero or go to prison for an extended period of time. Lang goes with the proposition of being the world-saving Ant-Man.

Dr. Pym, forcefully retired by

his former protégé, Darren Cross (Corey Stoll), tries to stop Cross from developing Yellowjacket – a technology similar to the Ant-Man suit. Cross intends on selling the technology to military organizations (queue Hydra) that may use it to destroy societies. Pym is also trying to mend relations with his daughter Hope van Dyne (Evangeline Lilly).

"Ant-Man" will surprise many viewers, as it actually has good acting, is funny, and has solid fight scenes. Normally, I am not a fan of Rudd because of his infatuation with romantic and silly comedies. However, his

character Lang, is played very well. He is an everyday man who made mistakes and wants to turn his life around for the sake of his daughter. The underlying chemistry between Lang and van Dyne is believable and they worked well off of each other's character.

I'm disappointed in Cross, the villain, because he just seems like a whiny baby looking to prove something to his former mentor. Boo hoo. He just doesn't have the crazy, demented psycho pain that goes with wanting to see the world burn. When you consider all the villains Marvel has at its disposal, along with the strong performances they have produced, Cross is the weakest thus far. I didn't buy his performance. Yellowjacket, however, is very good at destroying things and beating on Ant-Man, all expected with Marvel movies.

Lilly had a strong performance as well. Her character, van Dyne, is a strong willed, "put me in coach, I'm ready!" protagonist looking for her shot to save the world, seeming to run in the family. She whips Lang into shape, beating him to a bloody pulp and taking shots at his character every opportunity. She certainly fits well with the other strong female super heroines which Marvel has introduced.

Besides Rudd, Lilly and

Douglas, the supporting cast is pretty soft. You have typical Hollywood Cholo Luis (Michael Pena); Dave, the getaway driver (T.I.); and Gale, the Russian IT hacker (David Dastmalchian). All of who play minor parts to the plot and are often distracting. Stereotypes are Hollywood's way of creating cheap laughs and breaks in story lines. However, the CGI ants had a solid showing. They do suffer a tragedy along the way; poor little guys.

The action scenes are well done with long panning frames, and only the occasional explosion for effect. I enjoyed the movie more because it allows for a strong storyline and character development. It just makes the movie more realistic, as much as a man in a shrinking suit can be believable.

I suggest those interested in an action movie and certainly those who enjoy Marvel, to go see "Ant-Man." It was well written, produced and has strong performances. I give the movie 4.5 stars out of 5. I could have done without the cheesy Michael Pena cameos and Cross needs to be angrier as the villain and hate the world more than he did.

"Ant-Man" is rated PG-13 for sci-fi action violence.

Movie 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 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



TROOPERS RUN CROSSTOWN RELAY



Joint Task Force Guantanamo relay race participants fight for first place here July 18, during the final stretch of the last leg. Runners dash to the finish line during the relay race held by the Morale, Welfare & Recreation program.

Sweat pours from their faces as their feet strike the ground one after the other. Hearts beat fast as the air becomes harder and harder to breathe. Their muscles tire as their bodies are pushed to their absolute limits. Smiles shine through as they finally cross the finish line and tag their partners Saturday, July 18, here.

"We had our first ever relay race, which was really just a combination of three smaller runs into one big one," said James Holbert, the morale, welfare and recreation sports coordinator. "I wanted to do something different than what we have done in the last year and half since I have been here."

Joint Task Force Guantanamo Troopers jumped at the opportunity to compete in this gruesome test of physical strength and endurance.

"It was a good turnout," Holbert said. "We had more people sign up than we thought." Despite being a new event, more than 50 people signed up through the MWR.

Each team consisted of three runners. Runners started at Cooper field and ran to one of three locations: Cable Beach, a six mile run, Ridge Line, a five mile run or Caribbean Circle, a 1.8 mile run.

The race kicked off at 6:30 a.m. with runners at the starting line ready to take off. Once each runner reached their destination, they turned around and ran back to Cooper Field. Upon their arrival runners tagged their teammates, who ran to their destination and back.

They ran up and down hills, along winding roads and slowly-but-surely, one hour, 47 minutes and thirty-three seconds later, the final team member of team 168 crossed the finish line.

Michael Molina, a member of team 168, said

he was excited to win, but this race was only the beginning and it wasn't easy.

"This was my first time for this relay, but it is not my first race," Molina said.

Molina is one of the few who earned the chance to run in the Army Ten-Miler in Washington D.C., this coming October. Molina and his team prepared long in advance for the run.

"We've been training for the Army Ten-Miler," Molina said. "We have been doing distance runs as well as track work, speed and agility."

Molina's teammate, Peter Pollard, agreed and described how their preparation for the Army Ten-Miler helped them in the relay run.

"We put a relay team together from our Army Ten-Miler team," Pollard said. "Right now we are in our early phase for the Army Ten-Miler. We are doing a lot of distance and cardio, but mostly just putting in miles."

After taking home first place, Pollard said he found joy in distress.

"It was fun," Pollard said. "It is always fun, especially when it is miserable. The more miserable it is the more fun it is."

The race was a success. The runners came, ran, struggled and finished.

"There was good competition and a lot of smiles on faces today," Holbert said.

Another opportunity to race is right around the corner as the MWR will host the Cable Beach Run, Aug. 8. Potential participants can sign up at the Denich Gym.

Article and photos by
SPC. JUSTIN MALONE

SPARTA-LICIOUS DOMINATES



A Sparta-Licious member hits the ball during the first match of the contest against EAD on July 16, at Cooper Field. Sparta-Licious only needed two games, 21-13; 21-15 to win the match.

Sparta-Licious and EAD squared off in a beach volleyball match, July 16, at Cooper Field, here. After an early battle in the first match, Sparta-Licious took control over EAD and never looked back. Sparta-Licious only needed two games, 21-13; 21-15 to win the match.

"Last time we did not do very well," said Constance Lampkin, a Sparta-Licious team member. "I think we played really well tonight."

Team Sparta-Licious vigorously moved around the court after the ball, communicating well between each member.

Jeremy Bugher, a Sparta-Licious team member, said they did well on their serves. He said the team needs to continue to learn together, working on ball sets and making all three hits; bump, set, spike.

"I want to serve (the ball) harder," said Lampkin.

EAD contended early, but the calls did not go their way. The dissatisfaction on their faces was apparent.

"I think we struggled a little bit at the beginning," said Juan Sanchez, an EAD team member. "We were getting a lot of calls for carrying the ball. I think as soon as he started calling the carries, everybody started to get frustrated for the rest of the game." Sanchez said the calls threw off their rhythm and they were unable to come back once they fell behind.

"A little disappointing," said Sanchez. "We will take the first loss as a learning lesson and move on."

The teams will continue to practice in order to better themselves.

"We usually meet up at Windmill Beach every



A Sparta-Licious member prepares to serve the ball during the first match of the game against EAD on July 16, at Cooper Field. Sparta-Licious only needed two games, 21-13; 21-15 to win the match.

Saturday," said Sanchez. "We have barbecue and play ball for a couple of hours."

For a majority of their team this is their first time playing volleyball and they are learning-on-the go, said Sanchez.

"Learning the game and watching it brings us together as a team," said Sanchez. "Everybody is motivated and eager to come play."

Morale can be strenuous while deployed and away from loved ones. Learning to cope with stress is vital for service members, so they can continue to keep their busy schedule.

After working long 12-hour shifts, anything is a morale boost, said Sanchez. The shifts can physically and mentally drain anyone.

"Being able to come out here helps us relax," said Sanchez. "To get our minds off of work, helps us refresh our minds. Being away from home (the team) is like a second family."

Team activities, like volleyball, bring about a certain bond among the teams.

"I think it is helping us come together as one," said Sanchez. "We all work in the same office. It gives us something to talk about throughout the day. (To) come together and kind of give the other teams a hard time."

Chemistry within a team plays a significant role in helping them build morale. The Morale, Welfare & Recreation programs provide service members a way to relieve stress by giving them numerous opportunities to participate in team activities. The MWR has events like soccer, badminton, flag football and softball.

Article and photos by
SGT. RYAN TWIST

MWR SOCCER

MALE

No.	Team Name	Standings
01	Manchester City	(4-0-1)
02	NEX United	(4-0-1)
03	West Coast United FC	(4-1-0)
04	Young Strikers	(3-2-0)
05	Spartans	(1-3-1)
06	St Thomas All Stars	(1-4-0)
07	Sloppy Joes	(0-3-1)
08	Dirty Jerz	(0-4-0)

FEMALE

No.	Team Name	Standings
01	Soccer Bombers	(4-0-0)
02	5280 Ladies	(1-1-0)
03	I'd Hit It	(0-2-1)
04	One Love	(0-2-1)

MWR BASKETBALL

EAST DIVISION

No.	Team Name	Standings
01	GTMO Ballers	(9-0)
02	Air Force	(9-1)
03	Mile High MP's	(6-3)
04	Philippinas	(6-3)
05	Pilsner	(3-7)
06	Never Forget	(2-8)
07	Watchmen	(1-7)
08	Ourselves	(1-8)

WEST DIVISION

No.	Team Name	Standings
01	Migrains	(8-0)
02	Spartans	(7-2)
03	Tropics	(6-3)
04	Punishers	(5-4)
05	Shottas	(3-6)
06	Dynasty	(3-6)
07	Gunslingers	(3-6)
08	I.M.C.	(0-8)

MWR VOLLEYBALL

No.	Team Name	Standings
01	Team	(3-0)
02	Emperors groove	(3-0)
03	Spartans	(2-0)
04	Deep Sets	(2-0)
05	EAD	(2-0)
06	BCO Super Stars	(2-0)
07	Avengers	(1-0)
08	Sparta-licious	(1-1)
09	Bumpin' Uglies	(1-1)
10	Sets on the Beach	(1-1)
11	Gunslingers	(1-2)
12	Pihoy Ballers	(1-2)
13	Island Shenanigans	(0-2)
14	Yurr	(0-2)
15	328th	(0-3)
16	Honey Badgers	(0-3)
17	Serves of Steel	(0-3)

TAKE STRESS OUT OF YOUR DAY

Close your eyes. Warm water splashes on your hands as you rinse off the dishes. A dash of soap creates dozens of bubbles giving your hands and dishes a relaxing bath. A spray of water washes away grime and becomes sparkling new similar to a fresh start to a new day.

Most people think of washing dishes as a mundane chore, but Mindfulness – Based Stress Reduction, teaches people to take a different approach to everyday tasks, said Emily Kolenda, the work and family life specialist at U.S. Naval Station Guantanamo Bay's Fleet and Family Support Center. Focus on task at hand such as chores and think about it positively instead of negatively, so that you can feel at peace in what you are doing.

MBSR aids people in calming their mind and body through meditation and physical fitness to help reduce stress, according to Healthwise, a non-profit organization whose mission is to help people make well-informed decisions concerning their health.

Sara Van Gorder, the education service facilitator at

NAVSTA's Fleet and Family Support Center, teaches mindfulness as part of Kalm Paddle, a guided paddle board and kayak meditation tour.

"Meditation should not be something you necessarily do once a week," said Van Gorder. "Being mindful about your emotional state and how you are feeling, is something you would do every day."

Van Gorder reminded her students, meditation is a tool they can use at home to relieve stress throughout the week.

Try practicing mindfulness at some point in the day for a couple of minutes. Think about how your body feels from head to toe. Listen to your breathing in and out. Allow yourself to relax and regroup before returning to your work, said Gil Fronsdal, a co-teacher at the Insight Meditation Center in Redwood City, California, and the Insight Retreat Center in Santa Cruz, California.

Article by
SPC. NICOLE NICOLAS

Avocado Berry Breakfast Smoothie

INGREDIENTS:

- 1 ripe Fresh Hass Avocado, seeded and peeled
- 1 (10-oz.) package frozen raspberries, fruit only, no added sugar
- 1 1/4 cups orange juice
- 1 cup ice cubes

DIRECTIONS

1. Place avocado, raspberries, orange juice and ice in a blender. Cover and blend until smooth.
2. Pour into glasses and serve immediately.

Makes 4 servings.

"If you are unable to find the truth right where you are, where else do you expect to find it?" – Dogen Zenji, Zen Master



JSMART SPOT

▲ JSMART HELPER: TITAN

IMPORTANCE OF HUMOR

Having a good sense of humor is one of the best coping skills for dealing with stress. A good laugh, especially with friends, can reduce tension and challenge a negative outlook. If you can't remember the last time you had a good laugh, it may be important to do something different to secure some laughter in your life.

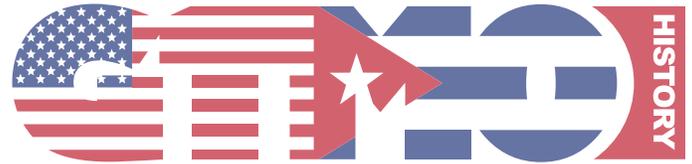
Besides feeling good, laughing has several health benefits. A deep, genuine laugh causes our entire body to relax. This can ease tension for up to 45 minutes. Laughing also triggers some of the feel-good chemicals in the brain that can help us overcome feeling tired or sad. We may have noticed it's basically impossible to feel sad, angry or nervous when laughing. We may also feel more energized. When we laugh, it opens up blood vessels, which increases the blood flow to our heart, decreasing the risk of heart attacks and other cardiovascular problems.

It's important to understand that what

one person finds funny may be very different from those around them. If we pay attention to our own unique sense of humor, it can give us ideas about the type of people we'll get along with best. Laughing with others is a great way to build friendships and increase morale. No matter how difficult a day is, when we're able to find the humor and irony in everyday life, it won't appear as bleak or frustrating.

If humor is especially hard for us, it can be helpful to look at ourselves every day. Making fun of our own mistakes is a good way to practice humor. Taking life too seriously is one of the great barriers to enjoying life. Lastly, remember how much we laugh is a great way to measure how mentally fit we are.

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



GTMO'S NORTH EAST GATE

Classic 1960s cars rolled through the North East Gate before the communist era in Cuba, said Sgt. Alejandro D. Plascencia, the North East Gate tour guide and Administration Chief for the Marine Corps Security Force Company at Guantanamo Bay, Cuba. When the North East Gate was open, it was the liveliest place on the base.

The gate served as a checkpoint for about 3,000 Cuban commuters. Over time, an elaborate system evolved for these commuters to leave communist Cuba each morning and return through the base's gate.

In 1958, the gates closed when the U.S. cut ties with Cuba. The Cuban commuters dropped to approximately 300, leaving only those who were already employed by the U.S. government. The last Cuban commuters retired in 2012.

The North East Gate is the only break in the 17.4 mile-long and 40 foot tall, wire fence border standing between Cuba and the U.S. Naval Station at Guantanamo Bay. During the 1970s, Cubans pelted rocks at the barracks to keep the guards up at night. The Marines built the fence higher to stave off the disruptions. In retaliation the Cubans hung wire hangers that clinked and clanked when the wind blew. Finally, the Marines installed razor wiring on the fence.

During the Cuban missile crisis, October 1962, the Cubans planted a cactus curtain with mines surrounding the border, said Plascencia. It is the most heavily fortified area in the Western Hemisphere.

Article by
SPC. NICOLE NICOLAS

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 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

SCHEDULED POWER OUTAGE SATURDAY, 7 A.M. TO 3 P.M.

Be advised: scheduled power outage for Saturday, July 25, from 7 a.m. to 3 p.m.

Below are areas that will be impacted:

All high school facilities, TIKI Bar, Triple-C building 1673 (Windjammer), Windjammer Pool, all Cooper Field Facilities (Fields, Concessions, Mini-Golf and Exterior Lights), Bayview, D.J. Denich Gym, Yatera Seca Golf Course facilities, Jerk House, Auto Skills, Bowling Center, building 1111 (MWR WHSE), building 636 (MWR WHSE), Post Office Landing Boat Slips, Deer Point,

Evans Point, building 1670 (Unaccompanied Housing), building 906 (JTF facility), Central MAG area, Chapel, building 763 (Chapel Annex and Navy Campus Office), DCK Field Office (Cooper Field Area), Fleet Landing Pier Slips, building 838 (Post Office), PWD Nursery, building 392 (Deer Point Sewage Lift Station), building 760 (2nd Floor MWR section only), all Camp Corinaso, Corinaso Waste Water Treatment Plant, Pier Victor, building 2145 SATCOM, Wind Turbines and Photovoltaic (PV) site at old High School Track.



Photo by Joan Krupsky
PARTING SHOT



'CABLE BEACH' PHOTO BY LT. JOAN KRUPSKY. FOR A CHANCE TO HAVE YOUR PHOTO FEATURED IN THE PARTING SHOT, PLEASE SEND SUBMISSIONS TO: THEWIRE@JTFGTMO.SOUTHCOM.MIL

THE **WIRE**

