

THE OFFICIAL PUBLICATION OF JOINT TASK FORCE GUANTANAMO

THE WIRE

August 28, 2015

GTMO GAINS WITH EVERTON HYLTON

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FUN, RELIEVE STRESS

PHOTO STORY



MASTER SGT. REYNEL F. LORA
GTMO BEEF

We live in a world revolving around a self-centered mindset and self-sufficiency; we forget we are an integral part of the humanity puzzle. Anywhere we go, we are part of a group, whether it is a meeting, religious service or physical activity. We find ourselves fitting into the group inadvertently

LAST MAN UP: TWO PERSPECTIVES

and sometimes we purposely try to enter a particular inner circle. However, reflecting on the nature of the job in the military and its inherent leadership, it is our responsibility to protect our country from any external or internal potential threats, which endanger our freedom and our way of life. We are at the line of defense and must come to the reality that unity of force combined with interactive relationships are devastating against intentional acts to disrupt our operations and way of life. This reminds me of a very simple activity, the 'last man up'.

The 'last man up' is a running drill we practice during our physical training. It consists of a group of people in a single file line, slowly jogging, where the last person has to sprint to the front of the line in a continuous rhythm, without stopping. This simple physical drill depicts, in certain form, our military force. There are different people who have different strides, height, weight, endurance, etc. Interestingly, everybody has to follow a jogging pace, keeping the group united and each person has to give

100 percent effort during the travel from the back to the front. Similarly, the military keeps moving forward regardless of the size of the team. Within the force, each team member contributes with their own particular set of skills, ideas, experiences, and point of view. According to their motivation level, as in the 'last man up', people sprint, from the back at different speeds, still the team keeps moving forward. If someone is falling behind, the rest cheer for them to continue the race. Some feel impatient because of the urgency to move faster, but that's part of the battle rhythm. Motivational Speaker, John Maxwell said, "The way to the top is slower when we take along the people around us," A true leader will concentrate efforts building people up. So are you the lone ranger who tries to get to the top by yourself regardless of others or are you the one who serves and brings others under your wings?

Article by

MASTER SGT. REYNEL F. LORA
GTMO BEEF

THE RELATIONSHIP MULTIPLIER

work relationships. You can remain faithfully married by being mindful of how you spend time in your mind and at work, and seeking to spend time making and reliving good memories with your spouse. Memories are written in the ink of emotion. So, what kinds of things can you do to make positive memories when you and your spouse are separated by physical distance? You can handwrite a thoughtful letter to send by snail mail and let him or her know you sent it. You can take time to find funny stories or jokes to tell your spouse for the next time you talk. (Laughing together is great preventive and reparative medicine for marriage.) You can talk about your favorite memories. You can make plans about what you will do together during leave upon redeployment or reassignment. You can agree to read a particular article or book chapter, that you will afterward make time to talk about. These are a few ways to spend good quality time together on the phone or online.

Time is also an equally effective relationship divider: The less time you spend with somebody, the less the relationship will develop. Like a neglected plant or a garden, love can eventually wither and die. In a deployment, the spouse is far away and lots of time is spent with that other person on duty.

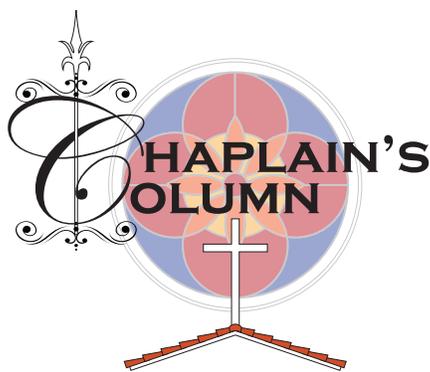
That could lead to success at a friendship but failure at your marriage.

Work relationships can be of a platonic professional nature, which is why recognizing boundaries in time is important with coworkers. Do you find you are spending time thinking about a co-worker more than usual? That's a 'you-turn' sign. Do you find yourself looking for any reason to spend more time with a coworker? **Wrong Way.** There are the inevitable bad days where the comforting coworker is automatically there for you. What if that bad day has to do with a minor skirmish (or a major battle) with your spouse? Remember what happens between you and your spouse should stay between you and your spouse unless you're getting professional advice together. But you share things with your friends, right? In this case, **Do Not Enter!** The comforting pat on the shoulder leads to the comforting hug that leads to...um...other comfort measures.

In the end, the best way to avoid inappropriate relationships is to develop the good relationship you already have with your spouse.

Article by

ARMY CAPT. LUIS F. ACOSTA
324th MP Bn. Chaplain



There are many things you can say about inappropriate relationships, but "It just sort of happened" is *not* one of them. That said, a person who ends up in an inappropriate relationship can't always understand *how* he or she ended up "in love" with a person other than his or her spouse and you can't blame GTMO, if you decide to get mo' intimate than you should with someone who is not your spouse! If you would rather keep your marriage strong, read below to identify and learn warning signs so you can make a 'you-turn' to avoid having an inappropriate relationship.

The fundamental thing you need to know: *Time is a relationship multiplier.*

The more time spent pleasantly with somebody, the deeper the attachment. That's a good thing for friendships, marriage and



COMMAND & CHAPLAIN

Leadership talks about using teamwork as a tool to enhance your leadership style. The chaplain explains how time can assist in marriage.



GTMO NEWS

Troopers learn how to prevent sexual assault through scenarios with interAct. Read how one Trooper impacts the lives of many through an NGO. Female rangers set the standard.



PHOTO STORY / COVER PHOTO

Fitness trainer takes training to new heights with 12 different classes. Everton Hylton helps service members get in shape with SAQ, yoga, body rejuvenation and more.



ENTERTAINMENT

It is hard not to compare "Southpaw" to the old "Rocky" movies, but even in comparison, it holds its own. "Paper Towns" is another teen movie, but does it outshine the rest?



SPORTS

The MWR's Sprint Triathlon featured a swim, bike and run event. The numerous participants enjoyed the triathlon. Troopers play soccer through a giant plastic bubble.



LIFE & FITNESS

This week in our health column, we discuss healthy alternatives to the growing supplement industry. JSMART gives advice on how to cope with loss and move forward.

MOTIVATOR OF THE WEEK

**ARMY SPC.
SETH WAHLGREN**
814TH MP CO

**NAVY SEAMAN RECRUIT
SAMANTHA ALLEN**
J2

NEW TO JTF-GTMO?

Welcome to Cuba! There are a few things you will need to keep in mind to have a successful tour of duty here. First of all, we take OPSEC seriously. That means you will need to be careful with the information you are exposed to while working here. You should be very careful of what information you share online. Make sure you're not posting official information, anything classified or sensitive, and don't post too much information about yourself or your family. You don't want to compromise security or become an easy target for identity thieves. There are places on the installation that you cannot photograph and our communications are not secure. Stay clear of restricted areas and be cautious when making phone calls or using email. Always remember that you are now living and working in a foreign country. This can be a great place to work, so be smart, be safe, be alert and always 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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VOLUME 18: ISSUE 8

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Nicole Snell, assistant program administrator for interAct, talks to Joint Task Force Guantanamo and U.S. Naval Station Guantanamo Bay, service members about the victim scenario, Aug. 19, at the Windjammer Ballroom, Guantanamo Bay, Cuba.



The audience watches as role-players yell at each other during a scenario, where a friend was supposed to intervene and calm the situation before it went too far.

TROOPERS LEARN TO REACT, INTERVENE

SARC COLLABORATES WITH INTERACT

Would you intervene? Role-players with interAct, performed real-life sexual assault scenarios in front of hundreds of Joint Task Force Guantanamo and U.S. Naval Station Guantanamo Bay, service members Aug. 19, at the Windjammer Ballroom, Guantanamo Bay, Cuba.

The interAct team takes role-playing to another level. They travel the U.S. helping people understand difficult situations regarding sexual assault and harassment. If sexual assault is not prevented first, they teach people how to help victims by putting them in a realistic scenario.

InterAct is a nationally renowned social justice performance troupe that began in 2000 at California State University, Long Beach.

During their performance, they showed Troopers the difficulty of being in a situation where they might intervene; how to battle negative thoughts; and how to comfort and support a victim of sexual assault. The different scenarios required the audience to

engage and interact with the role-players.

Service members were put on the spot and had to diffuse situations, lend a listening ear or even a shoulder to cry on. Most importantly, interAct stressed the importance of supporting the victim.

The first scenario began with three men, who had been drinking, engaged in casual conversation with friends when voices rose and tempers quickly heated as they began talking about one of the men's girlfriend. The conversation quickly escalated to a yelling match where the most aggressive of the three harassed the other about his girlfriend. The aggressive friend swayed his friend's opinion and eventually left the impression that he should have control of his girlfriend and that she needed to be dominated.

Meanwhile, the third friend was shy and non-confrontational, he stood by not saying much and when he spoke up, he was quickly shut down by the aggressive friend. When the girlfriend came in late with her friend, the

boyfriend was angry and became physically aggressive toward her. The aggressive friend and the non-confrontational friend left instead of getting involved.

At this point the interAct team stopped the scene and engaged the audience, asking them how they would have handled the scenario, if they would have intervened, and what each person could have done better to prevent an assault.

Nicole Snell, assistant program administrator for interAct, correlated the scenario with the statistic that one in four women have been sexually assaulted.

When the scenario began again, the actors were consoling a friend who had been sexually assaulted. The shy, non-confrontational guy still did not want to involve himself, but rather than comforting her, he put the blame on the victim. He told her she stayed out too late and did not dress conservatively enough to be in a relationship. The victim's friend played the part of a drama queen, making



Snell talks to a Trooper in the audience, she asks him why he froze the scene and what he would have done differently. The interACT team performed scenarios about sexual assault and the audience gave their thoughts on each situation.



The audience watches as the role-players banter during a scenario, before a friend was supposed to intervene. The audience had a chance to immediately interact with the actors after each scene.

matters worse, and pushing the girl into a confused state where she did not remember what happened. The victim began to place the blame on herself.

When the team stopped the scenario and engaged the audience, they asked the Troopers what other thoughts people could have in a similar situation. Audience members quickly raised their hands and answered with the voices of the victim, they were all negative.

People do not report sexual assault for a number of reasons, such as thoughts of embarrassment, self-blame and many more. These negative thoughts have a name, residual antagonist. Snell explained what it means to be a residual antagonist and said they are the negative thoughts in your head that tend to take over, which results in people who do not want to report sexual assault. Most importantly, the number one reason victims do not report sexual assault is the fear that no one will believe their accusations.

The scenario started from the beginning, only this time, the audience had the ability to freeze each part of the scenario exactly where they wanted to intervene.

"It showed different ways to interact and it helped people with different situations and how they can intervene and change the subject and be of help to any victim," said Jasmin Medina, a Sexual Assault Prevention and Response victim advocate for NAVSTA.

Next, members of the audience were chosen to take part in a scenario. Service members had the opportunity to act out exactly how they would have handled the aggressive friend from the first scenario. Some chose to call leadership, while others redirected the friend's anger.

Cpl. Juan Lopez, a JTF Trooper, said the ideas from the audience helped and he would absolutely recommend this training to everyone.

"I thought it was very beneficial to allow the Soldiers to see, with the acting, exactly how these situations can be resolved," said Lopez. "Using the actors was a very good tool so the Soldiers can have a visualization of the solution."

Lastly, the interACT team engaged the audience by having them answer hard questions and placed them in a situation to comfort a loved one, friend, or peer, after a sexual assault occurred.

Many Troopers found it hard to be put on the spot, but were able to use what they learned in the other scenarios to comfort the victim.

Troopers got away from the traditional power point classes and learned many valuable lessons during this performance.

"I think the biggest take away, for me, was to be more supportive toward the victim before offering solutions and advice," said

Lopez. "Reassurance to the victim that we are here for you and to help you."

Medina agreed the class was very effective. She said it is a great idea to take this class and be aware. Because you never know who is going to be a victim, it could happen to anyone and it's good to know how to react.

Service members are required to attend yearly training on SAPR. These classes equip them with the knowledge to prevent sexual assault and the tools they need to report the incident, as well as familiarize them with the organizations and resources available to assist victims. Adding the interactive class provides much insight for the Troopers.

Veronica Wruble, installation Sexual Assault Response Coordinator said bringing the real-life performance is a welcome change. Having people such as the interACT team, allows Troopers to hear the scenarios from a real life perspective.

"There are ways that we can all engage others and stop the sexual assault before it actually occurs," said Wruble. "Stop any behavior that's inappropriate before it occurs. Stop sexual harassment, domestic issues, any of those kinds of events. We can stop it before it begins."

Article and photos by
STAFF SGT. ALEAH M. CASTREJON

SAILOR, PATRON-TROOPER ON MISSION



Petty Officer 2nd Class Delphine On, a Joint Task Force Trooper with the Joint Trooper Clinic, has two law degrees and opened an NGO aimed at helping African children in three separate countries. (Courtesy photo)



A family, who has been assisted by AFAID, which was founded by Petty Officer 2nd Class Delphine On, a member of the JTC. AFAID has helped 3,000 children since 2002. (Courtesy photo)

Petty Officer 2nd Class Delphine On, a trooper with Joint Task Force Joint Medical Group, sits by the Morale, Wellness & Recreation Library awaiting her next task for the day, volunteering at the Thrift Store. On's story is incredibly unique, one that includes a life born in Cameroon, a childhood in Europe, and an adult life in the U.S. Add the establishment of a non-governmental organization and service in the U.S. Navy and you begin to uncover pieces of the journey she has taken.

She earned a law degree from the University de Nanterre Paris X and later, earned a law degree from American University in Washington, D.C. In 2002, she put her knowledge into practice. She opened the nonprofit African Aid Organization, Inc. with her husband.

"I've always wanted to work in international law," said On. "Even though I wasn't raised in Cameroon, I still see myself in those

girls. You see so many of them getting married at a young age or contracting AIDS through sexual [coercion]. I wanted to do more."

African Aid Organization, Inc. is referenced as AFAID, and is a non-profit organization devoted to providing first-class assistance, support, and education to the most vulnerable children in Sub-Saharan Africa, according to the organization's website. They assist in HIV testing and prevention, education and poverty reduction.

"We work in small villages in Cameroon, Mali, Burkinafaso and are looking to expand into Uganda," said On. "In the past 14 years, we have assisted 3,000 people ages 10 to 24. I care so much about this cause. I've put in my own money to fund our organization when donations were low."

AFAID has earned accreditation from the United Nations, which has afforded it opportunities to continue its work into the small villages they seek to serve.

On wishes she could do more. It is a vicious cycle when little girls cannot afford to eat and they are forced into prostitution or into marriages with older men, simply for the opportunity to provide for their family, she explained.

On also serves as a member of the U.S. Navy Reserves.

"I want to be an officer," she said. "Originally, I couldn't be an officer because I wasn't a U.S. citizen. I enlisted myself in the Navy with the intent on one day making the transition into be an officer. It's been a long journey, but I just put in my packet for consideration to the board."

On joined the Navy Reserves in 2008 and enlisted as a corpsman.

"I didn't even know what a corpsman was when I joined," she said. "Being in the medical field has still allowed me to help people. I help people at the JTC (Joint Troop Clinic), screening, assisting those who come into the clinic. I've always wanted to challenge myself and embrace the country that opened opportunities for me."

Sailors who have grown with her along her military career and can attest to her character.

"I have known [Petty Officer 2nd Class] since April 2015, when we met at Navy Mobilization Processing Site, Norfolk," said Petty Officer 1st Class Richard Schreck, patient's relations representative at the JTC. "[At the time], she was an enthusiastic [Petty Officer 3rd Class] at the time looking a bit new to the deployment phase of the Navy. I was able to speak with her and found out she finished her masters in law and was studying for her bar exam. My time with [On], I have had the privilege and honor to see her blossom into a well-rounded Sailor and put on [Petty Officer 2nd Class] over the last five months."

Her role at JTF GTMO has been to treat Troopers at the JTC seeking medical attention. While she initially struggled to master her new job, she has become one of the best.

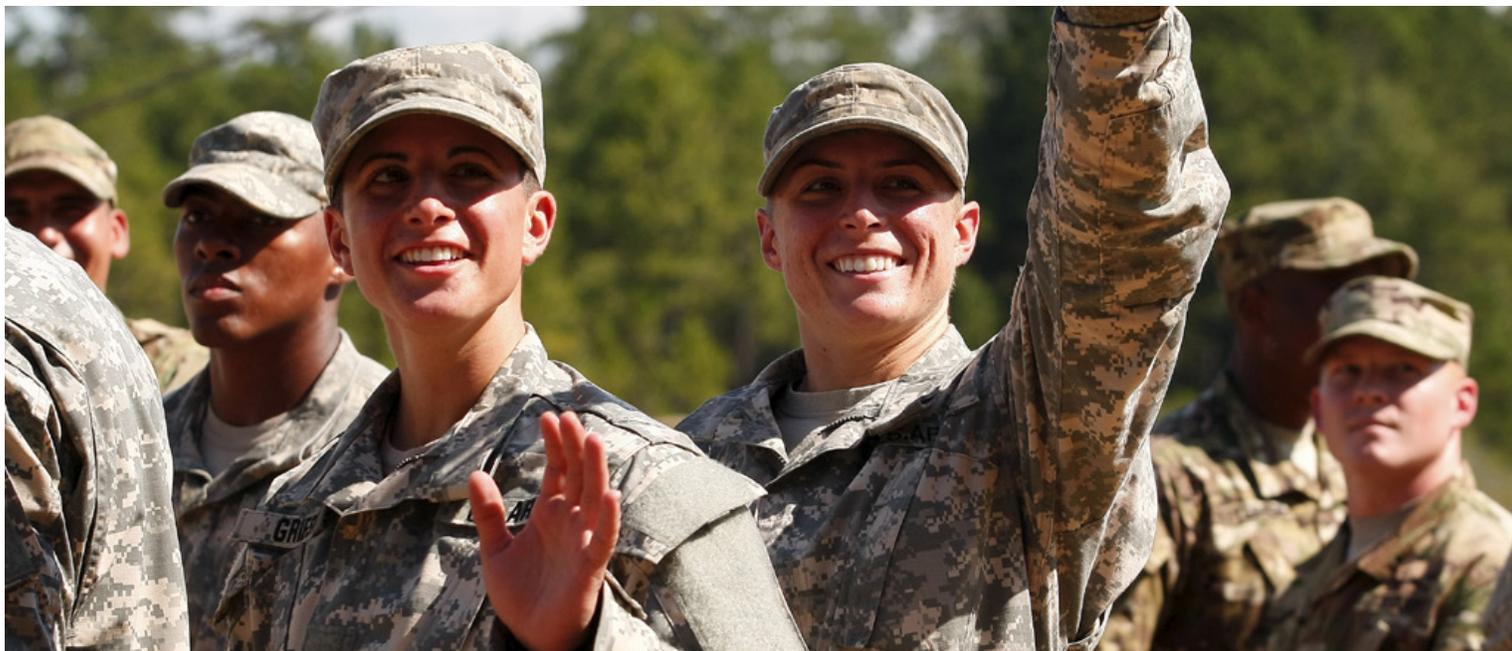
"[She] took charge with no hesitation and is one of the top screeners for the clinic now," said Schreck. "Her motivation and dedication to the clinic and the well-being of all service members has been explicable."

On's story at JTF GTMO is unique and incredible. While her journey is not complete, she has set the stage for her success in the future. Those interested in learning more about her nonprofit organization can visit www.afaaid.org.

Article by

SGT. CHRISTOPHER A. GARIBAY

HISTORIC RANGERS LEAD THE WAY



Capt. Kristen Griest of Orange, Connecticut (L) and 1st Lt. Shaye Haver of Copperas Cove, Texas wave to family and friends as they wait to receive their ranger tabs at Ranger school graduation at Fort Benning in Columbus, Georgia, on Aug. 21, 2015. (REUTERS photo by Tami Chappell)

A light infantryman, Robert Shurtliff, was wounded not once but twice during the American Revolutionary War. Normally he would have had a run-of-the-mill discharge. That is, if it were not for the fact that he was actually a she. Deborah Sampson Gannett of Massachusetts, disguised herself as “Robert”, in order to serve her country; achieving success in the military.

Gannett was one of the first of many women in American history who longed to serve in the military although society did not allow this due to her gender. Thanks to the strides made by American forces, women no longer need disguises to achieve military success.

Capt. Kristen Griest, an Airborne-qualified military police officer from Connecticut; and 1st Lt. Shaye Haver, an Apache helicopter pilot from Texas; made history as the first two females to graduate from Army Ranger School on Aug. 21, at Fort Benning, Georgia.

The Ranger course is a premier program designed to develop the combat skills of selected officers and enlisted men. According to www.army.mil this requires them to perform effectively as small-unit leaders in a realistic, tactical environment, and under mental and physical stress; all of which are approaches found in actual combat.

Troopers at Joint Task Force Guantanamo expressed excitement regarding the achievements of the Army’s newest Rangers.

“I think it’s an outstanding achievement and it lays the foundation for other females to be afforded the same opportunity,” said Capt. Sarah N. Snow, a personnel officer with the 324th Military Police Battalion at JTF. “It sheds a positive light on the United States Army, in it recognizing the need to continuously evolve and break tradition in order to better the military community.”

Less than one percent of Americans have answered the call and offered their services to the U.S. military. Those few who were brave enough to become part of something bigger than themselves have learned to overcome obstacles most will never know. While all service members are among the strongest men and women, Army Rangers are an exclusive group.

According to an article by Mark Thompson, a writer for Time

Magazine, less than 4 percent of Army men are Ranger qualified and until now, all Rangers were men.

Griest and Haver were not the only women to enter Ranger School; in fact, the initial class consisted of 381 men and 19 women.

The course is designed to be tough both physically and mentally. The school, lasting 62 days, is one of the toughest the Army has to offer.

The purpose of the Army’s Ranger course is to prepare these volunteers in combat arms related functional skills.

During the 62 days, Soldiers are pushed to their absolute limits and are expected to carry out any given task, despite fatigue, hunger and sleep deprivation. Completing the course has proven to be extremely difficult for the majority of Soldiers who enter the course. According to the Army, between 2010 and 2014, there was a 58 percent overall failure rate for the course.

Griest said she would not allow herself to become part of that statistic.

“I never actually thought anything was going to be too difficult that it was worth leaving the course,” Griest said, at a news conference. “I was thinking really, of future generations of women, that I would like them to have that opportunity, so I had that pressure on myself. And not letting people down that I knew believed in me, people that were supporting me.”

Their success in the course can be felt around the world.

“These women are role models for us all,” said Capt. Deborah J. Oldfield, the Joint Trooper Clinic Officer in Charge, and a member of the 525th Military Police Battalion with the JTF. “They fought for equality and may well have opened a door to future generations. As a leader of Soldiers and as the mother of a little girl, this makes me hopeful that we might yet find a day when we are regarded as Soldiers, not ‘female’ Soldiers.”

Article by
SPC. JUSTIN MALONE

GTMO GAINS WITH EVERTON HYLTON

While stationed or deployed to Guantanamo Bay, Cuba, many Joint Task Force Troopers look to exercise their minds as well as their bodies. With the sun shining every day and beaches all around, why not? While most service members would like to obtain a beach body, many find it hard to establish work out routines or simply don't know how. Not to worry GTMO, G.J. Denich Gym has a solution for you: Everton Hylton, a native of St. Mary, Jamaica, is here to help.

Hylton, a certified fitness trainer, is responsible for teaching 12 fitness classes a week and whipping Troopers into shape. Hylton knows what it takes to properly train Troopers and help them reach new goals by improving their fitness and diet.

Hylton's love for fitness started as a young man. While in high school, he ran track and started to lift weights. He began bodybuilding and pushing his muscles to their absolute limit. Unfortunately, Hylton eventually reached that limit.

Hylton's bodybuilding career ended in 1997 due to health complications. He learned the hard way that there is more to body building than eating a lot of food and lifting a lot of weights.

After Hylton thought his fitness career was over, he found hope and a new start.

While working in the hotel industry, Hylton was afforded the opportunity to earn his Aerobics and Fitness Association of America certification and began teaching fitness courses. After years of working in the hotel industry, Hylton's friend Karl contacted him and offered him an opportunity as

a fitness trainer here.

"I came here and expected to do two to three years," Hylton said. "There are opportunities to get off of the island, but basically for me, I enjoy being here that's really why you're here for so long. You get to see new people all the time. I really enjoy doing the job."

Hylton understands the significance of his job. He said he understands people come here and want to get in great shape.

"People are worried about their physical fitness," Hylton said. "They just want to be lean and mean. They want to look healthy and strong."

Hylton helps Troopers obtain those desires through the multitude of classes he teaches. Currently, Hylton's most popular class is the Speed and Agility/Quickness class.

"Hylton kicks our butts every single time," said Sgt. Apolonia Mejia, a JTF Trooper. "I know every time the exercise is going to be different and it's going to push me to the limits... It's a new experience every single time."

Hylton sets up a gruesome course, where participant's cycle through seven to eight different stations designed to challenge and strengthen their muscles. SAQ classes are held every Tuesday and Thursday from 7 - 8:30 p.m.

"He [Hylton] is motivational, inspirational," said Sgt. Eduardo Nunez, an information technology specialist, assigned to the JTF. "He challenges us; he sets high expectations, but realistic expectations. I feel like I've improved a lot from when I first began to right now."

With an upcoming Army Physical Fitness Test, Nunez said, he feels

confident, thanks to Hylton's SAQ course.

"We've [SAQ participants] become a big team," Nunez said. "It's like a family out here, so I feel like I have to come see my family."

While Hylton enjoys the success of one class, he would like to see better success in another.

"We have another great class that is not doing as well as it could be," Hylton said. "The body regeneration class. It really enhances recovery. [In this class] you work the soft tissues to aid recovery and also to loosen up, to enhance the range of motion in the body. Whatever activity you're engaged in you will be able to function more effectively."

The body and regeneration class is held every Friday at 5 p.m., and teaches there is more to fitness than just lifting weights, running and cardio.

"Most people think that lifting heavy weights is really going to build their muscles," Hylton said. "The key to getting bigger muscles is basically to train smart."

Through his years of experience as a trainer and athlete, Hylton learned many lessons.

"I think the most important lesson is to always appreciate life," Hylton said. "Because life is so important, it's precious you know? I encourage people to keep physically fit because it adds years to your life. Your lifestyle, literally, will determine your health issues that will be coming later on in life."

For a complete list of Hylton's classes, visit the G.J. Denich Gym or call x77262.

Article and photos by
SPC. JUSTIN MALONE





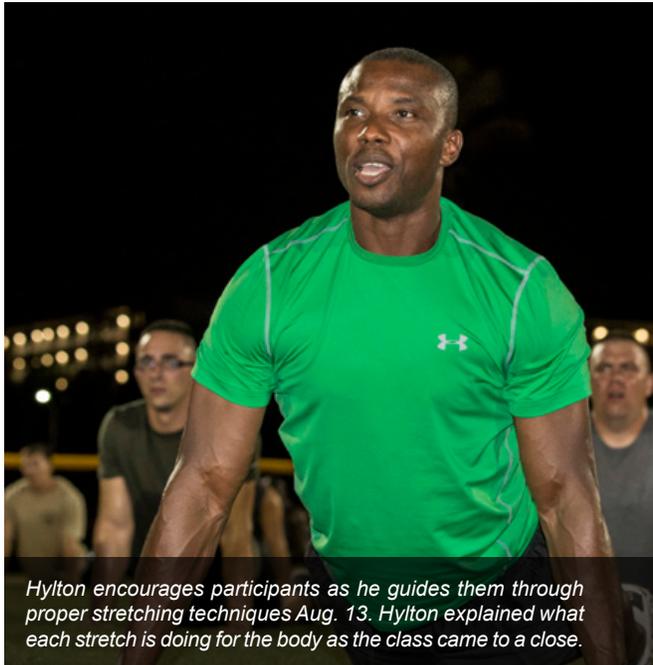
Hylton tells his SAQ participants what exercises they will perform at each station Aug. 18, at G. J. Denich field Guantanamo Bay, Cuba. SAQ participants watched carefully so they knew how to perform each exercise.



Sgt. Irvin Hernandez, an information technology specialist for Joint Task Force Guantanamo, sprints past other troopers Aug. 18, as they race each other with parachutes around their waists creating resistance during a SAQ class.



Spc. Ian Withrow, a JTF Trooper, hurls a heavy sledge hammer at a tire during a SAQ class. Typically, the SAQ classes feature approximately eight stations each time.



Hylton encourages participants as he guides them through proper stretching techniques Aug. 13. Hylton explained what each stretch is doing for the body as the class came to a close.



Everton Hylton leads service members through various poses during one of his yoga classes Aug. 22. Hylton discussed the purpose of each pose as he demonstrated each stretch.



Hylton leads his Body Regeneration class through various exercises helping the class relax and enhance recovery with the deep tissue massage Aug. 21.

MOVIE REVIEW / **SOUTHPAW**

"Southpaw" is among the best boxing movies I have seen and that's saying something. The first-place title holder of course, for me, and I think it is safe to assume most of my generation is "Rocky". But "Rocky" is greatness, royalty even, when talking about boxing movies. "Southpaw" was right up there with "Ali" and edges out some other greats like "Cinderella Man" and "Raging Bull".

Jake Gyllenhaal was phenomenal as Billy Hope, a legendary champion in the making, coming into the twilight of his career with a staggering 43-0 record. He is a Rocky-like figure; a simple and would-be gentle guy who just happens to be an enigma in the ring. In fact, there were many times I felt like they really wanted this to be the "Rocky" of this generation.

There are so many boxing Easter eggs, which I thought was pretty cool. Like Hope's 43-0 record, nearing the record of real life boxing welterweight champion Floyd Mayweather, or the plot which is very similar to "Rocky V".

Hope is a brawler who has little regard for his face, he is an all-out attack fighter, preferring to take and trade punches until he outlasts his opponents.

He is about to hang up his gloves and enjoy life with his wife Maureen, played by Rachel McAdams and daughter Leila, played by Oona Laurence, when tragedy strikes, thrusting their lives into a downward spiral.

McAdams did a great job every second she was on screen, and Laurence, although not as spot on, was still pretty darn good considering how the role was written and the level of actors around her.

50 Cent (Jordan Mains) was even good as the manager/promoter, who backstabs Hope after the tragedy, kicking him while he's down.

Then, enter Forrest Whitaker, an old trainer named Tick Wills, who coached one of Hope's toughest rivals earlier in his career. Whitaker is an old pro as both the actor and as the grizzled, tough

old coach with a soft spot, who takes Hope and teaches him some humility while honing his defensive boxing skills.

The scenes where Hope struggles after the tragedy were some of the best in the movie. You really believe his character anyway, and in these scenes you know what you would tell him to do, but you also understand his characters' actions. It really is a testament to Gyllenhaal's ability; he went all out for this. He looked like a boxer with zero fat. He was really believable as a pre-punch drunk, under-educated guy from the streets. Lastly, the affectionate side he shows for his wife and daughter were completely believable as well.

Although it is very good, it's not perfect. There were some plot holes that, for me, should have definitely been fleshed out or filled in. If I were trying to find the intrinsic message in this film, I'm really not sure I could exactly put my finger on it. However, these are nit-picky things as the movie is a story about Hope's rise, fall and redemption, and it is a pretty good one.

The only thing I really didn't get was why I didn't want to go fight after I saw this flick like I did with the "Rocky" movies when I was younger.

Lastly, the sound track is pretty good as well. It featured performances by Eminem, 50 Cent and Busta Rhymes. It is music to get you pumped up and it works well with the story. I'm giving this movie four stars, you should put it on your must see list and knock it out.

"Southpaw" is rated R by the MPAA for language throughout, and some violence.

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.

Minions PG, 8 p.m. Pixels PG13, 10 p.m.	Southpaw R, 8 p.m. Paper Towns PG13, 10:15 p.m.	Shaun The Sheep Movie PG, 8 p.m.	Trainwreck R, 8 p.m.	Self/Less (LS) PG13, 8 p.m.	Vacation R, 8 p.m.	The Gallows (LS) R, 8 p.m.
8/28 FRIDAY	8/29 SATURDAY	8/30 SUNDAY	8/31 MONDAY	9/1 TUESDAY	9/2 WEDNESDAY	9/3 THURSDAY
Southpaw R, 8 p.m. Paper Towns PG13, 10:15 p.m.	Trainwreck R, 8 p.m. Vacation R, 10:15 p.m.	Pixels PG13, 8 p.m.	LYCEUM CLOSED	The Gallows (LS) R, 8 p.m.	LYCEUM CLOSED	Self/Less (LS) 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 / PAPER TOWNS



The director of "Paper Towns", Jake Schreier, makes a poor attempt at creating, yet another, teen angst coming-of-age drama. The only hope is for its core audience, which happens to be teens, is to latch on to its quirky characters and life-inspiring lessons. It falls short of becoming a great teen movie, even though its plot and lessons echo many epic teen movies, such as "American Pie" and "The Breakfast Club".

The movie is based on author John Green's coming-of-age novel by the same name. The lead

character, Quentin Jacobson or Q for short, played by up-and-coming teen actor Nat Wolff, started the film swooning over his free spirited next door neighbor, Margo Roth Spiegelman. Margo played by Cara Delevingne, is a shallow, self-absorbed, attention-seeking, drama queen who uses Q to get what she wants. As Margo and Q grow closer to becoming adolescents, they drift apart when Margo becomes part of the popular crowd.

Randomly, one night in their senior year of high school, Margo

dressed in all black swoops in through Q's bedroom window requesting his assistance to help her take revenge on her enemies. At first Q, the bookworm, who has played it safe his whole life hesitates, but in the end, Margo persuaded him to join. Q saw this as an obvious chance to finally win Margo's love.

After a night of the ultimate thrill seeking adventure, Q asked Margo to dance. It appeared Q might get his happy conclusion right at the start of the movie, but he fails to make a move. Now

that she has noticed him, he sees a small opening for her to fall for him.

The next day Margo disappeared with only a few clues to where she vanished. One of the only unique things about this film are the clues Margo left involving Walt Whitman and Woody Guthrie, which led them to a small New York town, a paper town. A fake town, which cartographers created to keep people from recreating their map.

Unrealistically, Q's parents don't even appear to be alarmed that he took their car on a road trip from Orlando to New York. Q's friends, their girlfriends and Margo's best friend, follow him on a quest to find Margo. Although the movie strives to go beyond yet another bland teen movie, it becomes one. This movie is chock-full of clichés including the road trip, need to return before prom, bromance, and the ever-present life lesson to follow your own path. This movie developed into a highly predictable film with no plot twists and uninteresting cliché characters and for that, I only give this film two stars.

"Paper Towns" is rated PG13 for some language, drinking, sexuality and partial nudity - all involving teens.

Movie review by
SPC. NICOLE NICOLAS



MWR

2015 SPORTS SCHEDULE

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

MONTH / DAY ACTIVITY

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

NON-MWR EVENTS 2015 SPORTS SCHEDULE

MONTH / DAY ACTIVITY

September 5	Fence Line Run
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TRIATHLON RACE RESULTS

CO-ED TEAM RESULTS

1. Vicky West, Erik Arneson, Casey Gore- 1:10:02
2. Kelly Strba, Peter Pollard, Michael Molina- 1:22:47
3. Nicole Nicolas, Dustin Cammack, Christopher Garibay- 1:34:27

MALE TEAM RESULTS

1. John Aldrich, Jairo Palacio-Arango, Roberto Pulido- 1:12:57
2. Jonathan Morrison, Emmanuel Washington, Tim Wiese- 1:25:39
3. Michael Taylor, Travis Amon, Larry Murphy- 1:33:34

MALE INDIVIDUAL

1. Todd Bookless- 1:24:57
2. Andrew Roley- 1:30:30
3. Charles Sanders- 1:31:34

FEMALE INDIVIDUAL

1. Brittany Marble- 1:20:15
2. Amanda Chivers- 1:26:15
3. Deborah Oldfield- 1:33:15

TRIATHLETES TRIUMPH



A triathlon competitor swims to the finish line during the Triathlon hosted by the MWR here Aug. 22. (Photo by Spc. Justin Malone)

They climbed out of the water, ran to the next station, water dripped off of their bodies as they tried desperately to catch their breath. After a quick change they grabbed their bikes and peddled as fast as they could, on a ride that seemed endless. The final event, a run, in blistering heat brought them, at long last, to the coveted finish line. Welcome to the Sprint Triathlon sponsored by Morale, Welfare & Recreation, Aug. 22 at U.S. Naval Station Guantanamo Bay, Cuba.

The race consisted of three events and included service members from NAVSTA and Joint Task Force Guantanamo. The Troopers had the option to compete solo in all three events or to form a three-person team.

Capt. Amanda Chivers, the operations divisions' chief, J6, swam, biked, and ran the entire race. She said she enjoyed track and loves to challenge herself.

"It takes different types of muscles to do different types of events," said Chivers. "I think by mixing it up it keeps you interested. I think if you're out here, you're winning no matter what you're doing."

Chivers said she enjoyed participating in these races because her focus must be on each event as they happen versus a marathon, where you only focus on running for a long period of time.

The triathlon began at Ferry Landing Beach with a half-mile swim.

"For not being a swimmer, I think I did fairly decent," said Sgt. Kelly Strba, a JTF Trooper, who participated as a swimmer. She said she has never swam before, but was asked to be on a team. "I tried to help them out."

Once completed, the competitors continued alone, or tagged a teammate. Next, competitors geared up and began cycling the 12.4-mile route. It started at Ferry Landing Beach, continued



Jairo Palacio-Arango, Roberto Pulido, and John Aldrich receive their first place award for the all-male team at the Sprint Triathlon race. (Photo by Sgt. Ryan L. Twist)

to Cable Beach, then to the veterinary clinic and ended at the Downtown Lyceum. There, runners waited for their teammates to begin the final stretch of the race. The run went from the lyceum to the golf park and back completing the 3.1-mile route.

"More people are going to try a sprint, because it's short versus something as an Iron Man," said Chivers.

Petty Officer 3rd Class Roberto Pulido, a hospital corpsman with the Joint Medical Group and run participant for the first place all-male team, said he enjoyed these events.

"Having triathlons, having biathlons, having all these different events that they put on, really helps us take our minds off of things back home," said Pulido. "It keeps me healthy. Deployments can sometimes get overwhelming and you just need to de-stress. Work can be stressful. Being away from families can be stressful. How I de-stress is by working out and running."

Members of Pulido's team each chose their strongest event in order to compete in the race, making the entire team very strong, he said.

"We all just came together," said Pulido.

The MWR holds numerous events for Troopers to alleviate stress while abroad.

"It's something different, especially with the triathlons," said Strba. "It can be like a team cohesion type of event."

The team camaraderie between all Troopers who participate in MWR events is her favorite part of being here, said Strba.

For more information on upcoming events, contact G.J. Denich Gym at x77262.

Article by
SGT RYAN L. TWIST

SOCCER THROUGH BUBBLE



Troopers with the U.S. Naval Station Guantanamo Bay, Cuba, play an exhibition game of Bubble Bump Soccer hosted by Morale, Welfare & Recreation. Participants were divided into two teams and played a friendly game of soccer using plastic bubbles to bump each other around the G.J. Denich Gym on Aug. 22.

More than a dozen Troopers at G.J. Denich Gym donned plastic bubbles to compete in a friendly game of Bubble Bump Soccer on Aug. 22. Bubble Bump Soccer is a traditional indoor or outdoor soccer game with a twist: participants secure themselves to belt-fastened, air-filled plastic balls used to “bump” opponents aggressively to get to the soccer ball and score.

The Morale, Wellness & Recreation at U.S. Naval Station Guantanamo Bay sponsored the event. MWR Liberty coordinator, Sarah Kadis, said the Liberty Center acquired the equipment for Bubble Bump Soccer two months ago and it has gained popularity ever since.

Kadis said, it is soccer, but you are in a big plastic bubble with only your legs and feet exposed. When you hit somebody, you bump back. Because of its popularity Bubble Bump soccer is scheduled about every two weeks, to accommodate all the different schedules here at GTMO, said Kadis.

Those who were available for the event took the time to show up ready to play. The fun game is infectious as participants enjoy seeing others fly off their feet during a collision to gain position on the ball.

“It’s a good time. I just showed up and I saw everyone laughing, having a good time so I decided to join in,” said Sgt. Reid Frasier, a driver with JTF, Joint Visitor’s Bureau. “I think it’s great the MWR puts on events like this.”

The players’ plastic protection gave them a sense of invincibility.

“You feel fearless because the bubble protects you,” said Petty Officer 2nd Class Nathalie Bellofatto, Trooper with NAVSTA. “This is my second time doing it, but it’s a great time and it’s free.”

The players bounced around from corner to corner of the gym vying for positions on the field. Just when a player thought they had a chance to kick a goal, they would be sent flying in the opposite direction. What was once a simple game of pick-up indoor soccer became a challenging showdown just to control the ball.

“It’s not dangerous,” said Kadis. “People think you’ll get hurt, but you won’t.”

Other than leaving hot and sweaty, Kadis was correct. While there were many instances where participants were lifted upside down, they quickly rolled right-side up and continued playing.

Kadis said the game has become very popular here.

“We’ve had commands request the Bubble Balls for command physical training,” she said.

For those interested in participating in Bubble Bump soccer, please contact the MWR Liberty Center at x77421 to see upcoming schedules. Units must coordinate with the Liberty Center for command-sized PT using the Bubble Ball equipment at least 48 hours in advance.

Article and photo by
SGT. CHRISTOPHER A. GARIBAY

MWR SOCCER

MALE

No.	Team Name	Standings
01	Young Strikers	(10-2-2)
02	Manchester City	(8-3-3)
03	St Thomas All-Stars	(5-6-3)
04	Spartans	(4-8-2)
05	Sloppy Joes	(2-11-1)

FEMALE

No.	Team Name	Standings
01	Soccer Bombers	(5-1-0)
02	5280 Ladies	(5-1-0)
03	One Love	(1-4-1)
04	I’d Hit It	(0-5-1)

MWR BADMINTON

No.	Team Name	Standings
01	Dragonfire	(7-2)
02	Angry Birds	(7-2)
03	Dynasty	(7-4)
04	BEEF 1	(8-5)
05	BEEF 2	(5-5)
06	The Rothinators	(4-6)

MWR ULTIMATE FRISBEE

No.	Team Name	Standings
01	Discllexia	(2-0)
02	The Ice Men	(2-0)
03	Dirty Red & the Boys	(1-0)
04	Frizz Beez	(2-1)
05	Salt Water Cowboys	(1-1)
06	Floppy Disks	(0-1)
07	Down to Flick	(0-2)
08	Legal Air Warfare	(0-3)

MWR VOLLEYBALL

No.	Team Name	Standings
01	Team	(11-0)
02	Deep Sets	(8-1)
03	Emperors groove	(9-2)
04	BCO Super Stars	(8-2)
05	Gunslingers	(6-4)
06	Sets on the Beach	(6-4)
07	Sparta-licious	(5-5)
08	EAD	(5-6)
09	328th	(4-6)
10	Island Shenanigans	(4-6)
11	Honey Badgers	(4-7)
12	Spartans	(3-8)
13	Serves of Steel	(2-8)
14	Bumpin’ Ugliers	(2-8)
15	Yurr	(2-8)

ESSENTIAL TOOLS TO DECIPHER THE WORLD OF SUPPLEMENTS, FIND HEALTHY OPTIONS

Many individuals replace a meal with supplements to build muscle, lose weight, increase energy and vitamin intake. However, do people know whether these supplements are safe?

Many athletes use creatine supplements to maximize their workout and increase muscle mass. On the other hand, studies show it can lead to heart damage, 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, Cuba.

Guadalupe also does not recommend protein shakes because of potentially cross-contaminated supplements, which can lead to testing positive on a military urinalysis test. This is a risk because there is a lack of regulation of quality control and labeling of products in the supplement industry. Instead of eating protein supplements, Guadalupe suggested eating lean protein, such as lean chicken breast and pork.

Another popular supplement is fish oil capsules, containing essential fatty acids and oils. This capsule combined with diet, exercise and weight control can be effective. Fish oil capsules can also be beneficial

in reducing pain and swelling, said Guadalupe. However, eating fish, such as tuna, salmon and mackerel, twice a week eliminates the need to take the capsules.

If you must take a supplement due to lack of dietary options, ensure the supplement provides a third-party certification, which certifies the dietary supplements for quality and purity, according to Operation Safety Human Performance Resource Center. A few trusted third-party certifications include U.S. Pharmacopeia, Informed-Choice, HFL Sport Science, Consumerlab.com and Banned Substances Control Group.

After examining supplement labels, evaluate the product by asking yourself these questions. Have studies shown it works? Why are you taking it? What other sources exist?

For more information to help you choose the right supplements, go to hprc-online.org.

Article by
SPC. NICOLE NICOLAS

"The Food you eat can either be the safest and most powerful form of medicine or the slowest form of poison." - Ann Wigmore



JSMART SPOT

JSMART HELPER: HARLEY

COPING WITH LOSS AND MOVING FORWARD - LEARN TO BE RESILIENT

Whenever we lose someone we care deeply about it is normal to experience a wide range of emotions. Combining this experience with a deployment setting can make for an extremely difficult time, even for the most resilient troopers.

Often, someone coping with a loss may find that he/she feels confused and vulnerable and left wishing for a quick solution to what has happened. This, however, is unrealistic because it's more of a process than an event to begin moving forward. There is relief in the knowledge that there are many things we can do in order to make this transition less painful.

While it may sound odd, we should remember that we don't have to take care of others all the time. It is not unnatural for our friends to feel helpless when trying to assist us. This can lead to questions or advice we don't want to hear, especially if it involves a personal matter. We should not feel obligated to let others be too close when we desire space. Remember that it's ok to say no to someone's help if it's going to cause more stress.

One of the most difficult feelings associated with loss is guilt. This can be especially prevalent when losing a significant other or family member. If we're geographically separated from someone when the loss occurs, it can be even more difficult. We may not get to say goodbye in the way we wanted. Reflecting on what "could have been" is one of the most effective ways to beat ourselves up. All this does is make us feel

worse and interfere with the grieving process. If these thoughts persist, it may require added support from a professional. At times, we may need reminding that not everything is our fault. We could also try asking ourselves "What would I say to a friend in this situation?"

At times, we may feel so overwhelmed by a loss that we don't know how to begin processing it. An option that we often forget is to write. When we write we're able to see our own thoughts in black and white, reminding us that these are legitimate emotions and not to be taken lightly. In addition, if we make this a regular part of our process we'll be able to see signs of progress when we look back at our own words. For instance, at some point we may start recalling happy memories with someone we've lost instead of dwelling on the fact they're no longer with us.

The goal of moving forward is not to forget what's happened in our lives, but to understand that something difficult has occurred and we can move through it. Our focus can be towards acceptance of what has occurred and allowing ourselves to continue with our lives.

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

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

OTHER SERV. (NAVSTA 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
*Christian Fellowship** Sunday 1800 Main Chapel (Jon-denominational)

BIBLE STUDIES (JTF Troopers' chapel)

Monday 1900 JTF Trooper's Chapel
 Wednesday 1900 JTF Trooper's Chapel
Game Night Saturday 1900 JTF Trooper's Chapel

LUTHERAN SERV. (JTF Trooper's chapel)

Sunday 1030 JTF Trooper's Chapel

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

Tuesday 1900 Taught by Chaplain Mark Moreno

*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:
 0905/0935/1205/1235/1505/1535/1805/
 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

JEWISH RABBI, MUSLIM IMAN TO VISIT IN SEPTEMBER

A Jewish Rabbi (civilian from the Aleph Institute in Miami, Florida) and a Muslim Army Inman (Active Duty lieutenant colonel chaplain) will be at GTMO Sept. 9–11. Muslim or Jewish personnel, interested in meeting with the Rabbi or Inman during those dates, please contact the Joint Task Force Chaplain office at x2218 or x2571, for more details.

Photo by Michael Ciavatta

PARTING SHOT



'SUNSET AT THE MARINA' PHOTO BY CAPT. MICHAEL CIAVATTA. FOR A CHANCE TO HAVE YOUR PHOTO FEATURED IN THE PARTING SHOT, PLEASE SEND SUBMISSIONS TO: THEWIRE@JTFGTMO.SOUTHCOM.MIL

THE WIRE

