

COMMUNITY MEMBERS GRADUATE FREE CHAPLAIN SPONSORED CLASS

RUNNERS TEST THEIR ENDURANCE FOR A CHANCE TO COMPETE IN D.C.



SGT MAI NATHAN HAWKER JTF Senior Enlisted Leader, J3

When people say that they are dependable, what does that really mean? We hear them say, "I'm a man of my word," or "My word means everything to me." There was a time when someone's word really meant something, so when you look up the word "word" you will find what they are referring to is dependability. In the military, being dependable is everything and is still considered to be a very powerful asset.

DEPENDABILITY IS EVERYTHING

After years of deployments, Troopers know that they can depend on each other for even more minute tasks, up to and including major combat engagements. In the military, a person who is considered a stud but is not dependable is considered more of a liability than a commodity. On the other hand, a person who is not a superstar, but is dependable, is considered a greater asset than the stud.

It is dependable people who make a cohesive unit. While the private sector relies heavily on materialistic type assets such as capital, equipment or infrastructure, it is the individual such as the Trooper whose major skill set is rooted with non-materialistic assets. Instead of being an operator of heavy machinery, the Trooper is the operator of himself, essentially becoming 'the machine' with tools to aid his performance like a rifle and body armor.

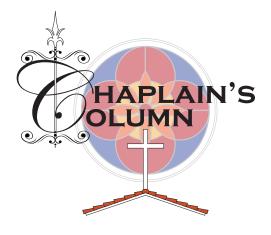
But, to operate at the pinnacle of performance, this machine requires certain criteria, one of them being dependability. For a Trooper, a scheduled hard time is everything. Stating things such as "If you don't adhere to the 10 minute rule then you are 10 minutes late," makes perfect sense to the Trooper. But, that doesn't necessarily make sense to someone in the corporate world. For the military veteran who is re-acclimating to the private sector, this may be surprising

to discover, but if dependability is a personal attribute or something that was learned during time and service, then drive on!

In an increasingly competitive job market – distinguishable principles like dependability will set us apart from our competitors so that we can successfully complete the mission. Whether that mission is getting hired or promoted, winning a competitive bid or a new client. Sometimes things don't go as planned. In the military, we say "Don't fight the plan, fight the fight." Contingencies are created in case the original plan fails, regardless - Troopers go back and recall the operations order brief and they know that they will have a plan for extraction from the objective and that their team members will be there for them.

One sure component that can destroy the trust of a cohesive unit is when our word no longer has any value, causing foundations to become completely unreliable. Whether it's the military or the private sector - no one wants to work with a person who doesn't value their own word.

Article by SGT. MAJ. NATHAN HAWKER JTF Senior Enlisted Leader, J3



Do you like to laugh? Do you enjoy a great giggle with the occasional snort? I know that I love to laugh. My love of laughter came from

I can remember my family sitting around the dinner table at Thanksgiving telling jokes and laughing. My dad and uncle would be

THE JOY OF THE LORD

laughing so hard that we could not understand them, add in their Scottish accents, and we were all laughing at them laughing.

My mother also has a great sense of humor. She has been known to short sheet a bed, put your dresser drawers in upside down so when you open them all your clothes fall out and the list goes on. Where does this laughter come from? I believe that it comes from our love of life and our love for the Lord that gave us life.

Psalm 28:7 states, "The Lord is my strength and my shield; my heart trusts in him, and he helps me. My heart leaps for joy, and with my song I praise him." King David wrote this particular Psalm when he was going through some rough times. He was a warrior, a king and a man of God. Yet, what often is not considered is that he probably also struggled with post-traumatic stress disorder, combat stress and other similar

issues. Yet, he was able to praise the Lord and was called a "man after God's own heart."

There is a difference between happiness and joy. Happiness is what we feel in the moment; it ebbs and flows, whereas joy is a constant that does not change. There can be joy in our times of trouble. It is not that we always expect to be all smiles, sunshine and unicorns, but there is this inner joy that gives you a peace.

Where is your joy? I challenge you to think about joy and what it really means to you. Is there a smile on your face and love in your heart? "The joy of the Lord is my strength" (Nehemiah 8:10).

Article bu MAJ. HEATHER SIMON JDG Chaplain









The JDG chaplain talks about the differences between joy and happiness, and the J3 senior enlisted leader talks about what dependability is and why it's important.

GTMO NEWS / COVER PHOTO

The USS Columbus makes an appearance in the bay; Cub Scouts award pack leader; Chaplains offer class to both NAVSTA and JTF Troopers, and the JTF welcomes a new commander.

PHOTO STORY

The MWR held a powerlifting competition for all base personnel. Raquel Woods talks about her experience as a participant in the event.

ENTERTAINMENT

This week in movies, join Ted, a foul-mouthed, lazy talking teddy bear in "Ted 2," and John Green's novel, "Looking for Alaska," captures the attention of a non-reader.

SPORTS

The Pilsners won their basketball game Thursday at the G.J. Denich Gym, and service members competed in the Army 10-Miler Qualifier for a chance to race in D.C.

LIFE & FITNESS

Are you struggling to beat the heat in the sticky Caribbean environment? Check out this weeks article on techniques to help keep you cool during your run.

MOTIVATOR OF THE **WEEK**

PETTY OFFICER 3RD CLASS SCOTT CRAWFORD

COMMAND ELEMENT

PETTY OFFICER 3RD CLASS NICHOLAS BUCHANAN

MARSECDET

COMMISSIONS ACTIVITY

As we all know commissions are a part of what we do here. And because of commissions the eyes of the world are always focused on JTF GTMO. So with that in mind we would like to make some friendly reminders concerning OPSEC. Remember the "need to know" principle. Don't talk to individuals about work related material outside the realm of your work environment. Even if who you are about to talk to is in your section, leave work at work. You never know who else might be listening or watching.

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.



joint**task**force**guantanamo**





/ jtfgtmo

COMMAND STAFF

Commander / BRIG. GEN. JOSE

MONTEAGUDO

Deputy Commander/ AIR FORCE BRIG.

GEN. RON PAUL

Command Sgt. Maj. / COMMAND SGT. MAJ. DAVID CARR

Office of Public Affairs NAVY CAPT.

Director / CHRISTOPHER

SCHOLL

Deputy Director / AIR FORCE LT. COL. MICHAEL JOHNSON

Command Information ARMY 1ST LT.

Officer / MACARIO MORA

PUB. STAFF

Senior Editor / SGT. 1ST CLASS

DARYL MADRID

Senior Assoc. Editor / SPC. AMBER

BOHLMAN

Editorial Designer / SGT. RICK HOPPE

Staff Writer / STAFF SGT. ADRIAN

BORUNDA

Staff Writer / SGT. REBA

BENALLY

Staff Writer / SGT. CHRIS MOORE

Staff Writer / SPC. LIZ SMITH

Contributing Writer / SPC. MONIQUE

QUINONES

COVER PHOTO

SPC. AMBER BOHLMAN



VOLUME 17: ISSUE 36

HQ Building, Camp America Guantanamo Bay, Cuba Commercial: 011-5399-3651 DSN: 660-3651

email: thewire@jtfgtmo.southcom.mil www.jtfgtmo.southcom.mil/wire/wire.html



TROOPER ON THE STREET

DO YOU NORMALLY LIKE TO SPEND YOUR FOURTH OF JULY?



LT. CMDR. MELANIE DRIVER "Being with family and friends at the beach."



PETTY OFFICER 1ST CLASS SOPHIA CUMMINGS

"Going out to the lake with family, cookouts and watching the fireworks."



SPC. RILEY CARTER "Take my family out to watch the fireworks."

USS COLUMBUS MAKES PORT IN GUANTANAMO



USS Columbus and its crew are guided into port, here, by Yard Tug Boat 820, June 23. The Los Angelesclass submarine visited Guantanamo for a liberty call for the first time in the history of the submarine.

The early morning hours of June 23 was reminiscent of a scene from the popular Tom Clancy movie "The Hunt for Red October," as a submarine appeared in the distance, near the southern boundary slowly cruising into Guantanamo Bay.

The USS Columbus, a Los Angeles-class submarine, visited GTMO for a liberty call. According to the ship's Public Affairs Officer, Lt. j.g. Pat Quealy, the crew was excited to have the opportunity to stop and stretch their legs, and for many aboard the ship, visit GTMO for the first time.

The USS Columbus is the 51st ship of the Los Angeles-class Fast Attack Submarines and the 12th ship of the improved version, incorporating the latest in technology, such as a vertical launch system for the Tomahawk cruise missiles and an improved hull design for ice operations. The Columbus can travel through any ocean, which makes her one of the world's most advanced and lethal undersea vessels.

Commissioned in 1993, the 360-foot vessel completed her initial construction and shakedown operations off the Atlantic Coast. In September of 1994, the ship was transferred to the U.S. Pacific Submarine Fleet and Submarine Squadron Seven, located in Pearl Harbor, Hawaii.

While undersea, warfare is the ships primary mission. The inherent characteristics of the submarine - stealth, endurance and agility, make it the platform of choice to address the challenges in the ever-changing geopolitical climate.

The Columbus has the ability to rapidly

deploy into station, stay undetected for an extended period of time and swiftly execute her mission, faster than her predecessors. The ship is outfitted with a state of the art sonar sensor and processor; weapons control systems and advanced computer technologies.

"Many people ask what it's like to serve in the submarine fleet," said Navy Cmdr. Albert Aberson, commander of the USS Columbus.

Aberson said life aboard the ship is pretty typical of most work environments, adding that it becomes routine during the duty day. Since the submarine is operated 24/7, the schedule is broken down into three, eight-hour shifts. The crew spends a lot of their time on physical fitness, watching movies and playing console games, such as Xbox and Play Station, and yes, they even have Internet capabilities on the ship. News and information come to them through informational updates they receive from their higher command.

Aberson said their trip through the Panama Canal was the first time that the USS Columbus has operated outside of the Pacific waters. This visit from the Columbus is also unique because it's the first time since roughly 1965 that a submarine has been to Guantanamo Bay and only the second time a Columbus has been here; the first being Christopher Columbus who first visited Cuba on Oct. 28, 1442.

Article by

1ST SGT. MIKE MAJOR

GTMO CUB SCOUTS TOUR NE GATE



U.S. Naval Station Cub Scout Pack 3401, along with their adult scout leaders, were escorted by the U.S. Marine Corps Security Forces Company to the Northeast Gate, June 7.

The Boy Scouts of America began in 1910 for young men ages 11 through 17. Cub Scouts were added in 1930 to serve boys ages 8 through 10. Scouting in Guantanamo Bay first started in 1949 when Navy Cmdr. Egbert placed an article in the base newspaper, The Indian: "Wanted: Young men interested in forming a Scout troop in Guantanamo Bay."

That first troop of 24 boys was known as Boy Scout Troop 35, now known as Boy Scout Troop 435. Cub Scout Pack 3401 was added along the way. Since its inception here, Scouting has been a vibrant part of our community, teaching our Scouts skills, histories and adventure. The adult leadership for Guantanamo's Scouts comes from throughout the community, and Joint Task Force Guantanamo is well represented among this leadership.

June 7 kicked off the 67th year of Scouting at GTMO. The Cub Scouts made an exciting historical adventure to the Northeast Gate. The Scouts were escorted by Marine Capt. Shane Halpern and Marine Sgt. Kyle Hurtt with U.S. Marine Corps Security Forces Company. The Cubs learned about the discovery of Guantanamo Bay in 1494 by Christopher Columbus, how the bay became a U.S. base as a result of the Spanish-American War in 1898 and through the Cuban-American Treaties of

1903 and 1934, of the tensions that flared as a result of the Communist Revolution in 1959 and learned that the final two Cuban National base workers retired in 2012 — ending over a century of Cuban citizens commuting to the base for work.

The, now humorous, "battles" that took place between Cuba's Frontier Army and the U.S. Marine Corps at the Northeast Gate were discussed, which started after the communist takeover, when the Frontier Army began throwing rocks onto the tin roof of the Marine's barracks to deprive resting Marines of sleep. The Marines responded by raising the adjacent fence to 40-feet tall, which prevented the rocks from hitting the roof; the Frontier Army escalated by erecting a spotlight to shine into the Marine barracks. Adm. John D. Bulkeley, the base commander, dispatched Navy Seabees to assist the Marines by undertaking a shielded project that - when complete - saw the Marines wait until the Cubans turned their spotlight onto the barracks, at which point the Marines dropped the shield, revealing an enormous Marine Corps Emblem — the famous Eagle, Globe and Anchor. The Frontier Army immediately extinguished their spotlight never to turn it on again, which — of course — caused the Marines to erect their own spotlight to illuminate their glorious emblem. Soon after this final defeat, the Frontier Army lost interest in their attacks on the Marines.

After learning the history of the Northeast Gate, the Cub Scouts explored the area, viewing the severed water pipe ordered by Bulkeley in 1964 in response to Cuba's claim that the U.S. was stealing water from Cuba; and then made their way from the barracks and Marine Observation Post Tower down to the gate itself. At the conclusion of their exploration and picture-taking, while still in front of the Northeast Gate, the Cub Scouts made a surprise presentation of an appreciation plaque to the out-going leader of the Bear Den, Sgt. 1st Class Duane Nevens with JTF GTMO's 525th Military Police Detention Battalion, who is re-deploying back to the United States after serving in the Cub Pack for the 2014-2015 Scout year.

After this presentation, the Cubs and their families hiked back to the barracks, boarded the bus and, with their Marine escort in the lead, headed back to Marine Hill a little wiser and more knowledgeable of the unique history of U.S. Naval Station Guantanamo Bay, Cuba.

Courtesy editorial and photo by

SGT. TIM BROWN

670th MP Company

JTF GUANTANAMO WELCOMES NEW COMMANDER, BIDS FAREWELL TO OLD



Gen John F. Kelly, U.S. Southern Command commander, awards Rear Adm. Kyle Cozad, outgoing Joint Task Force Guantanamo commander, the Defense Superior Service Medal, at the U.S. Naval Station Chapel for his dedication to the mission at his change of command ceremony, Wednesday.

Navy Rear Adm. Kyle Cozad, the commanding officer of Joint Task Force Guantanamo, relinquished his command to Air Force Brig. Gen. Jose Monteagudo during a change of command ceremony at the U.S. Naval Station Chapel, here, Wednesday.

Troopers of every rank and service gathered to welcome JTF GTMO's new commander to their ranks.

Monteagudo, previously the deputy director of operations for U.S. Southern Command, conducted joint and combined full-spectrum military operations and supported whole-ofgovernment efforts to enhance regional security cooperation in Central and South America and the Caribbean Basin.

He was selected by SOUTHCOM to fill the needs of the mission and support the Troopers here.

"The dedication and professionalism of all Soldiers, Sailors, Marines, Airmen, Coast Guardsmen, civilians, and partners, is instrumental in the success of our mission. I look forward to working with all of you,"

Monteagudo said. "I'm honored and proud to lead this great Joint Task Force."

As the new commander of Joint Task Force Guantanamo, Monteagudo will ensure the safe, humane, legal and transparent care and custody of the detainees is maintained.

With Monteagudo ready to take his place within the Task Force, Cozad bids farewell to the Troopers he has grown to respect.

"Each and every day of this tour - I witnessed firsthand, the professional conduct of those assigned here - under appalling conditions, often at the hands of law of war detainees we are tasked to guard," Cozad said. "What I've come to know, are the same things I will never, ever forget about this incredible honor of serving here this past year."

Cozad said he will never forget the heroic professionalism of the Soldiers and Navy Corpsmen in the camps who refused to retaliate, taking the moral high ground in their day-to-day duties, despite verbal and physical assaults that surpass most Americans' wildest imaginations.

"I offer one final thank you to the men and

women who I have served alongside for the past year," Cozad said. "Thank you for your incredible professionalism and for showing the rest of the world what I've seen, first hand every day, that JTF Guantanamo represents the VERY BEST of who we are and what we stand for as Americans."

Marine Gen. John F. Kelly, SOUTHCOM commander, thanked Cozad for his dedication to the mission and the superior job that he did while in command here. Kelly noted the difficultly of the mission the Troopers and command here face daily.

Cozad was awarded the Defense Superior Service Medal after a one year tour here; next, he will assume command of Patrol and Reconnaissance Group, Norfolk, Virginia on Aug. 20.

Story and photo by

SPC. AMBER BOHLMAN

FINANCIAL PEACE UNIVERSITY GRADS



Forty Troopers with U.S. Naval Station Guantanamo Bay and Joint Task Force Guantanamo graduated from Financial Peace University, July 23. FPU is a 12-session course produced by Dave Ramsey, a Christian financial consultant.

Forty Troopers with U.S. Naval Station Guantanamo Bay and Joint Task Force Guantanamo graduated from Financial Peace University, July 23. FPU is a 12-session course produced by Dave Ramsey, a Christian financial consultant, and was offered here at Guantanamo Bay by Navy Lt. Cmdr. Timothy Foster, deputy command chaplain. The FPU course is structured around seven "baby steps" to help gain financial independence and security.

Financial security is an important life skill, and can leave you with a good peace of mind. The military offers the resources for classes, and Troopers are often briefed on how to manage their money to avoid debt. Financial security and money management know-how means a comfortable lifestyle and later, a comfortable retirement.

"Most Troopers at GTMO are young. When they learn how to make sound financial decisions early in life, it will help them for the next 50 years," Foster said. "Secondly, predatory lenders target military personnel, and this course teaches you to avoid them like the plague."

This course is beneficial because it was a different approach to the usual presentations given to Troopers on how to handle their money.

"What I have seen is that most find Dave Ramsey's delivery to have a lot of character and to be very animated. He makes very dry information interesting, most of the time," said Staff Sgt. Cody Leisgang, a graduate from FPU.

The program was a success, not just because Troopers graduated, but because of the level of

participation and response.

"Those who have particularly experienced being in debt and made strides associated with the program obviously had more input than those who are younger and never really dealt with debt yet. But, they all participated pretty equally, and have displayed interest in much of the information they have learned," Leisgang said.

YOU WILL BE ABLE TO MAKE EDUCATED DECISIONS, AND INVEST, SPEND, SAVE AND GIVE

Both Leisgang and Foster said they would suggest this class to others in the future.

"They can learn how to pay-off their debts and build wealth with the end goal of not only having financial peace, but also having the ability to give to their church and charities," Foster said.

Besides financial security there are other

skills that can be learned from participating in this class.

"It will also teach you the things you need to know about the financial and insurance industries. That will make sure these people are not able to take advantage of you, and ripping you off. You will be able to make educated decisions, and invest, spend, save and give your money where you decide, not someone else," Leisgang said.

The seven baby steps start with putting \$1,000 in an emergency fund, paying off all debt, putting three to six months expenses into savings, investing in Roth individual retirement arrangements and pre-tax retirement, college funding, paying off a home and building wealth and giving.

"This is very easy to learn financial information that we just don't get taught. It should be a part of high school curriculum, but unfortunately in most cases it is not. This course gives you the knowledge to make smart decisions with your money, so that you can grow it, instead of wasting lots of it in interest to people you never know, see, or meet," Leisgang said.

Foster said the class will be offered again in August and is available to any JTF or Naval Station service member for free. The chapel pays for the class materials.

Article by

SPC. LIZ SMITH

Courtesy photo by

PETTY OFFICER 3RD CLASS KESHIA POWELL



Service members and civilians sign up for their respective weight classes during the powerlifting competition, Saturday, at the G.J. Denich Gym. The event featured 36 competitors.



Raquel Woods, one of the competitors of Saturday's powerlifting competition, prepares for the back squat inside G. J. Denich Gym. Woods placed first in her weight class and won the overall women's championship.



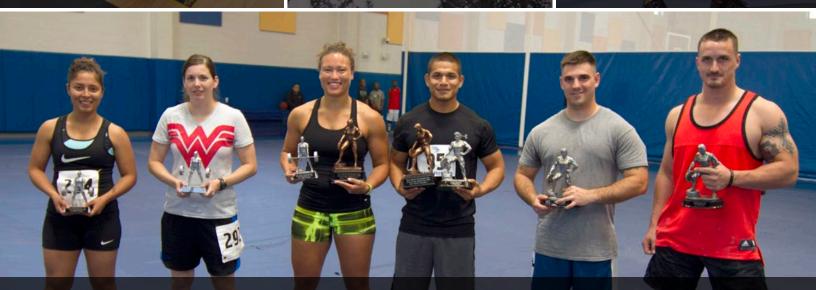
Irvin Hernandez, the male overall champion, deadlifts 430 pounds during the powerlifting competition. Hernandez out-lifted 30 other men.



A competitor prepares for a lift by adding chalk for a dry grip on the bar.



Raquel Woods deadlifts 270 pounds as volunteers and fellow competitors look on inside G.J. Denich Gym.



The winners of each weight class stand with their trophies after the powerlifting competition held by the MWR at G.J. Denich Gym. From left to right: Anakaren Chavez, Myka Morse, Raquel Woods, Irvin Hernandez, Zachary Brown, and Nathan DeAtley.

LIFTING MORE WEIGHTS



Muscles were strained, and sweat beaded and splashed on the floor, as lifters from across the Guantanamo community competed in the first of two powerlifting competitions held by Morale, Welfare & Recreation at G. J. Denich Gym, Saturday.

Thirty-six lifters, ranging from NAVSTA service members and contractors, to Joint Task Force Guantanamo Troopers all competed in three powerlifts, consisting of the deadlift, the bench press and the back squat.

Joseph Belt, the MWR fitness coordinator, organized the event, which drew approximately 150 friends, family and coworkers to cheer on their athletes.

"The trainers, volunteers and judges really pulled it together this year, and we had a great show. No one was injured, and it looked like every one had fun out there today," Belt said.

One of the competitors was Raquel Woods, a member of JTF GTMO, who had some prior experience in lifting competitions.

"This was my first powerlifting competition, back home I compete in Olympic weightlifting; the snatch, the clean and the jerk are the three events, but we train with a lot of squats, deadlifts, not necessarily bench press," Woods said.

Woods' approachable attitude and friendly personality are evident, as much as her drive as an athlete. As soon as she walks into the gym at 7:05 a.m., a full three hours before the start of the competition, she's high-fived by gym staff and early morning lifters.

"In GTMO, there can be so much monotony. I can work 12-hour days, five days a week, you just need to decompress, for me, working out is my stress relief. It's what keeps me sane," Woods said. "If I can teach others how to relieve that stress, and stay healthy and to feel the way I feel when I lift, to stay motivated and be happy on this little island, then that makes me even more content to be here."

Part of that decompression includes her daily workout regimen, and volunteering at MWR fitness classes, where she imparts her knowledge to other athletes, both young and old

After an hour of talking and getting ready, she begins her warm up on a stationary bike where as more competitors come in, they stop by to say hello. Woods maintains the conversation, while still in full stride on her bike and sweat beading on her back, so as to say, 'yeah, I got this,' but she wouldn't say that herself.

"I started Olympic weightlifting in September, 2012. It started with cross fit. The gym I went to focused on Olympic weightlifting, our coach was a former Olympian. Once I started I was addicted," she said.

That healthy addiction was on display as the competition started and the women's weight classes started at the event.

"Competition is a totally different feeling. It totally pumps me up. I have all this adrenaline running through my veins as opposed to training," Woods said. "It brings out a totally different level of athlete in me."

Her adrenaline was amplified by a roaring crowd that stayed throughout the competition, cheering Woods and a fellow platoon member on, through every lift and every attempt.

"Almost my whole platoon showed up to cheer myself and another athlete from our platoon on. It was a great turnout and great participation," she said. "I could hear them in the crowd cheering us on; it just pumped me up even more."

Woods moved from one lift station to the other as other weight classes, and the male competitors started, but even for a competition, the environment wasn't a hostile one, but one of positive encouragement. It was an aura of athletes versus the weights, not athlete against athlete.

"We are in there with other athletes supporting each other. That's why a lot of us compete. You make friends, new lifting partners; you're all there together in the same experience. For some people, for a lot of people, it was their first competition," Woods said.

It was the positive vibe that reverberated throughout the gym, as one lifter pushed up a crazy amount of weight, or another lifter failed an attempt but was cheered on regardless.

"It's a supportive environment, and I think that's what made this a very successful event, because there was no heckling, or bad mouthing, or trash talking, or egos," Woods said.

Woods went on to set new personal records on the bench press and dead lift but failed one of her attempts at the squat. It's a failure she is already envisioning correcting.

"I can't wait to get back in the gym and improve on squats," she said. "That is my weakness, by far, so I'm looking to improve that. I did win my weight class."

At the end of the day Woods walked away as the women's heavy-weight and women's overall champion.

"I want to continuously get better. In ... weightlifting there's always someone who is better than you, but seeing yourself get stronger and hitting personal records every time you compete maintains that drive to keep doing better," Woods said.

Story and photos by

STAFF SGT. ADRIAN BORUNDA



BOOK REVIEW / LOOKING FOR ALASKA





Note: beware of spoilers ahead

It's been awhile since I read a book that I truly enjoyed, or felt as though I had any connection with the characters.

The book starts out relatively light, with Miles Halter explaining his life as it is currently. He explains to his parents, not only does he have no real friends, but quoting Francois Rabelais's last words "I go to seek a great perhaps."

Soon after arriving at Culver Creek Boarding School, Halter meets Chip Martin, otherwise known as The Colonel, who in a flurry of explanations about the school introduces himself to Miles. The Colonel decides that due to Halter's slender physical appearance he should, ironically, be called Pudge.

The Colonel proceeds to drag Pudge to a common room to collect his furniture and Pudge meets Alaska Young. An incredibly beautiful girl, according to Pudge, but as we continue through the story we come to find she is also emotionally unstable.

Alaska finds out that Pudge has a pension for people's famous last

words. She asks him if he knows Simon Bolivar's final words, when he responds in the negative, she informs him they were, "Damn it. How will I ever get out of this labyrinth?"

Pudge asks for an explanation of what this labyrinth is; Alaska doesn't know either, so she strikes a deal with him that when he figures out what it means, she will find him a girlfriend.

As we go through the year with this small group of friends, we get to laugh at their elaborate pranks on the weekday warriors, individuals who go home to their rich mommies and daddies on the weekends, and the ups and downs of relationships, new friends and loyalty.

Bonds between friends are tested and Pudge is finding he is falling in love with Alaska, even though she is in a relationship with someone else and takes many opportunities to point it out, while she is in the midst of flirting with Pudge most of the time.

Pudge figures out the secret to the labyrinth, it's a metaphor for suffering and how humans deal with it, so Alaska keeps her part of their deal and sets Pudge up on a date.

One night, after the holidays have passed and everyone is back to school, the students get ready for the biggest prank they've pulled yet; the one they've been planning to get back at the weekday warriors. They plant themselves in a barn outside of the school with booze and cigarettes and start letting the pranks begin.

Having an alibi from The Colonel's mom for the weekend, they are all set and as far as anyone is concerned, they haven't been at the school all weekend.

After a successful weekend of pranks and drinking, without getting caught, The Colonel and Alaska proceed to celebrate for the rest of the week with booze; Pudge for the most part declines to drink.

One particular evening, Pudge joins them and after The Colonel passes out, Alaska and Pudge kiss. It seems as if it's going to lead to more, but she stops him only because she is too tired to continue. In the middle of the night, she jumps up, almost hysterical, and leaves; only to return later even more upset

than when she left, asking Pudge and The Colonel to distract the dean so she could get off campus.

Early the next morning, the dean, fondly referred to as, The Eagle, comes knocking on The Colonel and Pudge's door. Fearing they are in trouble for drinking, or for helping Alaska off campus, they follow him to the auditorium, where the rest of the school is gathering as well.

The Eagle announces the death of the beloved Alaska, bringing The Colonel and Pudge figuratively to their knees.

In the end, with not much of an answer as to whether Alaska's death is accidental or not, only that she was on her way to her mother's grave. They decide on one last grand prank in her honor that, even The Eagle appreciates.

All in all, I think that this book really signifies that no matter what age you are things like loyalty, love, grief and happiness is the reality that anyone faces.

Book review by

SPC. LIZ SMITH

IN THEATERS THIS WEEK



Terminator: Genisys (NEW) PG13, 8 p.m. Tomorrowland PG, 10:15 p.m.	Ted 2 <i>R, 8 p.m.</i> Poltergeist <i>PG13, 10:15 p.m.</i>	Inside Out PG, 8 p.m.	Mad Max: Fury Road (LS) R, 8 p.m.	Jurassic World PG13, 8 p.m.	Entourage R, 8 p.m.	Pitch Perfect 2 (LS) PG13, 8 p.m.
FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Ted 2 <i>R, 8 p.m.</i> Poltergeist <i>PG13, 10:15 p.m.</i>	Terminator: Genisys (NEW) PG13, 8 p.m. San Andreas PG13, 10:15 p.m.	Pitch Perfect 2 (LS) PG13, 8 p.m.	* LYCEUMS CLOSED	Inside Out PG, 8 p.m.	* LYCEUMS CLOSED	Mad Max: Fury Road (LS) R, 8 p.m.

Call the Movie Hotline @ 4880 or visit the MWR Facebook for more info.

* Concessions closed until further notice

Stay classy, GTMO! No alcohol or tobacco at the Lyceums.

MOVIE REVIEW / TED 2









"Ted 2" is the sequel to Seth MacFarlane's 2012 comedy hit, "Ted," which was about a teddy bear who was brought to life by a child's wish in 1985, and grew up to be a lazy, dirty mouthed, pot smoking, jokester. This film is about the same jokester teddy bear. So, if you liked "Ted," you'll probably enjoy "Ted 2." If you didn't, well, it's pretty much more of the same.

"Ted 2" starts out with the wedding of Ted (MacFarlane) and his girlfriend from the first film, Tami-Lynn (Jessica Barth), and is followed by a five-minute long scene of Ted dancing around with men in tuxedos and women in flowing dresses. Anyone who has seen Mc-Farlane's work before knows that he loves a good song and dance bit, but it doesn't do anything for the film,

which hasn't been too funny yet.

The movie skips forward to a year later, where Ted and Tami-Lynn are having problems, with money and their marriage. They eventually decide that having a child will solve all of their problems. Since Ted is a stuffed animal and lacks the equipment to make a baby, he looks into adoption. In doing so, the state of Massachusetts catches up with an oversight in their system and officially declares Ted a non-person. His marriage is annulled, his credit cards are canceled, and he loses his job. His best friend, John Bennet (Mark Wahlberg), convinces him to sue the state for his civil rights and become a person in the eyes of the law.

The movie had a lot of crude humor. Jokes about race, sexuality, pop culture and 9/11. Things we've seen MacFarlane do hundreds of times before. And that's one of the things I didn't like too much about the movie, I felt like I had already seen it all in "Ted." I think the problem with making a sequel to a successful movie, after having worked on 249 episodes of Family Guy, 190 episodes of American Dad, and 88 episodes of The Cleveland Show, is that it's easy to be episodic. MacFarlane is used to telling different stories about the same people without having them grow at all. Peter Griffin is still the same dimwitted loaf he was in the first episode of Family Guy, which he was in last week's episode, despite having gone through 16 years of trials and tribulations. The same is to be said about Ted. It doesn't seem

like Ted or John learned anything from the last film, or this film, nothing that they didn't already know from the very start at least. It works fine enough in T.V., but when the adventures are separated by three years instead of seven days, I was expecting something more.

I laughed a lot while watching "Ted 2," but I don't think it could stand on its own as a great comedy, and I think it was a mediocre sequel. But, I did laugh a lot. For that, I give it three stars.

"Ted 2" is rated R for crude and sexual content, pervasive language, and some drug use.

Courtesy movie review by

SGT. KEVIN FARRELL

MWR 2015 SPORTS

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

MONTH / DAY ACTIVITY

July 4 Softball Tournament July 4 Ridgeline Trail Run July 6 Beach Volleyball July 13-16 Walleyball Tournament July 20 **Badminton League** July 25 Relay Race August 8 Cable Beach Run August 10 Ultimate Frisbee August 22 **Sprint Triathlon** September 5 **Wood-bat Tournament** September 14 Co-Ed Softball League September 26 Trail Triathlon September 28 Flag Football League October 24 Paddle, Pedal, Paintball November 14 Duathlon T-Day Half Marathon November 26 December 11 Army / Navy Game Holiday Basketball December 19 December 24 Jingle Bell Fun Run

FUN IN THE SUN STAY COOL GTMO

The summer heat is here, with temperatures and humidity on the rise. Extra care should be taken to avoid heat injuries.

Service members all over Guantanamo enjoy the outdoors, trails, beaches and surf, it's a chance for everyone to get out and enjoy the Caribbean.

There are a few precautions that should be taken while enjoying your time in the summer heat:

- · Stay hydrated
- Apply sunscreen
- Wear sunglasses
- · Wear appropriate clothing

CUBA TO D.C. IN 10 MILES



1st Lt. Michael Molina crosses the finishline as the first qualifier for the Guantanamo Bay Army 10-Miler competition team, here, June 27.

The Army 10-Miler is a staple of American service member camaraderie that runners from every branch aspire to compete in. This year, however, GTMO's second running of the Army 10-Miler on June 27th, had a bit of a twist.

"It feels good to be representing the females for GTMO. I ran the 10-Miler for the first time last year as an individual. I'd like to run a time of under 65 [minutes] this year," said Army 1st Lt. Katy Schlichtmin, the first female qualifier who finished with a run time of 1:09:55. "It's pretty amazing to be a part of the GTMO team. I think we have all bonded down here, and it will be nice to get off the island and compete as a joint team in the nation's capital."

The twist to this year's GTMO 10-Miler is that rather than mirroring the actual 10-miler in Washington D.C., the GTMO iteration was a qualifier to put together a team to represent the installation. The JTF GTMO Senior Enlisted Leader, Command Sgt. Maj. David Carr, organized the event with the hope that the community would be able to send the top six qualifiers to the states to represent the Pearl of the Antilles, at the run in D.C.

"I feel really good. I trained really hard to prep for this run," said Army 1st Lt. Michael Molina, who qualified first place overall with a run time of 1:07:59. "I feel really honored to be a part of this team. I think it's really cool that we are going to take the most talented on the island to represent, and that I get to join other services as part of that team."

The joint team category is not new to the

Army 10-Miler, but it will be a new chapter in GTMO's long line of achievements throughout the installation's illustrious history of awards. The JTF and NAVSTA have a diverse list of national level competitions, to which they send competitors, from the Army's Best Warrior Competition to the Military Police Force's War Fighter Competitions, and now the JTF GTMO team will be looking to bring home a win to the Caribbean.

"This will be my first time running in the Army 10-miler. I'm a little nervous," Molina said. "I really want to work on my times a little bit. I want to work on the long distance runs, work on my hills and build up my strength. I think this was a very challenging course. It is going to really prep to see who's ready for D.C."

Training for a national level event like the Army 10-Miler takes above average dedication and determination from qualifier hopefuls like the ones set to represent GTMO.

"I ran as an individual last year, so this will be new for me, to run as a team," Schlichtmin said. "For this run I did speed workouts, a couple times a week, and alternated with distance runs, a little bit slower just to get the blood flowing six to eight miles. After this I'll probably rest for a little bit, log some miles, and work on speed to get ready for the actual 10-Miler."

Story and photo by

SGT. CHRIS MOORE

MWR BASKETBALL: PILSNERS VS OURSELVES



A member of Ourselves makes an attempt at a basket but is stopped when a member of the Pilsners smacks the ball out of his hands.

The Pilsners and Ourselves faced off at the G.J. Denich Gym basketball court, Thursday, in a David versus Goliath match-up.

This lop-sided contest of will and determination featured only four players on the Ourselves team, against the quick and talented Pilsners, which boasted at least eight extra substitutes.

Motivation stayed high during both halves of the game. Ourselves stayed in constant communication with each other. This might have been their biggest benefit, with such a small team.

The Pilsners may have had the advantage when it came to numbers, but there were moments when their communication amongst all of the players seemed to be a hindrance. Quite often, it seemed like they were bumbling over each other more than setting up organized plays.

"For there being only four of us we did pretty well. We had some calls that didn't go our way, but that's how the game goes," said Trayon House, Ourselves team captain.

It was a close game throughout. Ourselves stayed busy the whole game and made a great effort, even when they were winded and looking a little worse for wear.

"We need more people, and we could make better passes and shots and work together more, but I'm happy with my team," House said.

The Pilsners had one advantage that often kept them in the game. Their height made them rebounding machines, often boxing out two to three opponents at a time.

"We could pull up our defense next time, and we need to add more height," said Galang, with The Pilsners.

Sportsmanship was high, even though there were some rough moments. Ourselves players would pick themselves' right back up after a bad call, and The Pilsners would laugh off anything that didn't quite go their way.

"They played together as a team. They had a lot of speed and a lot of small guys," House said.

After their win, Galang said they were very happy with the game and how they played. They also complimented how well the other team did, despite the small amount of team members.

The game remained close until Ourselves pulled ahead with a two-point lead that put the pressure on The Pilsners. They responded with a quick inbound pass, almost to half court, where a The Pilsner player was double teamed, but managed to dribble out, and beat the defense to the goal, for an easy layup.

That proved to be the nail in the coffin, as Ourselves would go on to miss the next shot and resort to intentional fouls.

Ourselves put up a fair fight to the end, missing out on the win by 3 points. The Pilsners won 53-50, after a close call in the last moments of the game.

Story and photo by

SPC. LIZ SMITH

MWR SOCCER

No.	Team Name	Standings
01	Manchester City	(0-0)
02	Spartans	(0-0)
03	Nex United	(0-0)
04	Dirty Jerz	(0-0)
05	West Coast United F	C (0-0)
06	St. Thomas All Stars	(0-0)
07	Sloppy Joes	(0-0)
08	Young Strikers	(0-0)

MWR BASKETBALL

EAST DIVISION

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

WEST DIVISION

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





BEAT THE HEAT

The Caribbean environment may mean yearround trips to the beach, but it also means you might struggle a little more with your running.

"Warm summer months add an extra challenge to runs, making us feel lethargic before we even begin," says Nike Run Club coach Katie Bottini.

Don't be discouraged though. There are many techniques you can use to cool your body down and improve your speed. Researchers at the University of Brighton gave 12 male runners unsweetened slushies before their workouts. Participants reported feeling cooler and even ran faster. This technique is great for shorter runs.

If you're more of a long distance runner, you may want to try freezing a towel. Wrapping something cool around your neck about 20 minutes before a run will make your skin temperature climb much slower. You can also take ice with you to rub on your neck and forehead between intervals. Nike Run Club coach, Blue Benadum, suggests a frozen water bottle.

"On a really hot day, this is a game-changer," Benadum said.

Another option is to just skip the sun completely. Hit the treadmill to develop speed or switch things up by grabbing some weights. You can also try drills like high-knees, high-skips, box jumps and speed squats to enhance your speed.

If you skimp on anything, make it the run distance and not your stretching. Don't let the sun trick you into thinking you're "warmed up." It's still important to stretch and get your muscles ready to go before any workout. High temperatures shouldn't scare you away from the track. Adding a few precautions before your run is all you need to enjoy the beautiful outdoors.

Article by

SPC. MONIQUE QUINONES

STRAWBERRY CHEESECAKE POPS

INGREDIENTS:

- 1 (5-ounce) can evaporated low-fat milk
- 1/4 cup sugar
- 3 ounces 1/3-less-fat cream cheese, softened
- 1/4 cup plain fat-free Greek yogurt
- 1 teaspoon vanilla extract
- 3 tablespoons light-colored corn syrup
- 1 teaspoon lemon juice
- 10 ounce strawberries, hulled
- 1/4 cup graham cracker crumbs

DIRECTIONS:

- 1. Combine milk and sugar in a saucepan over medium heat; cook 3 minutes. Place cream cheese in a medium bowl: gradually add milk mixture, whisking until smooth. Stir in yogurt and vanilla. Cool completely.
- 2. Place corn syrup, juice, and berries in a blender; process until smooth. Divide half of cream cheese mixture among 6 (4-ounce) ice-pop molds. Top with strawberry mixture, followed by remaining cream cheese mixture. Stir slightly with a skewer. Freeze 4 hours or until solid.
- 3. Unmold ice pops; dip tips in graham cracker



COMMUNICATING WITH FAMILY

Along with spouses and significant others, the separation from our families may be the greatest challenge we face during deployment. While we accept these sacrifices, it does not delegitimize the effect extended separation can have on our relationships with loved ones. We must remember that there are several small things we can do to make the time apart easier on our families as well as ourselves.

The most important thing we can do is to stay in touch. Either through social media or by telephone when our schedule permits, we can let our loved ones know that we're OK. Some of our family members may not be the most tech-savvy, so utilizing traditional means of communication may work better. Writing letters require a little extra time, but there are additional benefits to them; some people find it sentimental to actually see our handwriting; they are tangible, and

the receiving party can re-read them whenever they want.

When we communicate with family it's important that we share positive or funny stories. Even though we may not always feel like it, sharing these experiences helps our loved ones feel more involved with our lives. This can also be achieved by mailing home mementos from our deployment, which can create positive memories for our families and remind them that we're doing well. For lasting memories, we can try keeping a journal to give to loved ones when we return. Journals can also be beneficial for us to reflect on how we're feeling from day-to-day, which helps us process the experience, learn and grow while separated from

Article by

PETTY OFFICER 3RD CLASS RANDALL KELLEY

Joint Medical Group



BATTLE OF GUANTANAMO



1st Marine Battalion raising the United States flag at Guantánamo Bay on June 10, 1898.

During the Spanish-American War, American and Cuban forces captured the harbor of Guantanamo Bay. Between June 6 - 8, 1898, American and Cuban forces seized control of the bay. This made the campaign at Santiago possible, and on July 1, U.S. forces were victorious at El Caney and San Juan Hill.

One of the main reasons victory was possible was because

Sailors from the USS St. Louis cut communications cables at Fisherman's Point, now called Ferry Landing.

Because communications lines had been cut, Spanish Gen., Felix Pareja, never received Gen. Arsenio Linares' desperate messages for aid. Pareja did not send troops to support the Spanish at Santiago, believing it more necessary to defend Guantanamo

The Treaty of Paris was signed by the U.S. and Spain on Dec. 10, 1898, formally ending the war.

Article by

SGT. 1ST CLASS **ROBERT FREESE**

Photo courtesy of

GITMOMEMORY.ORG

RELIGIOUS SERVICES

ROMAN	CATHOL	JC (NAVS)	TA chapel)

Saturday*	1700	
Sunday*	0900	
Mon-Thurs*	1730	(Side Chapel)
	0000	•

PROTESTANT SERV. (JTF Troopers chapel)

Sunday* 0900 & 1900 Friday night movie Friday 1900 "Interstellar"

PROTESTANT SERV. (NAVSTA chapel)

0930 Traditional* Sunday Annex Room 1(Liturgical Service) Contemporary* Sunday 1100 Main Chapel 1300 Main Chapel Gospel Sunday

PROTESTANT SERV. (JTF Troopers chapel)

Islamic Prayers	Friday	1315	Annex Room 2
7th Day Adventist	Saturday	0900	Annex Room 1 (Sabbath School)
-	Saturday	1100	Annex Room 1 (Sabbath Service)
Latter Day Saints	Sunday	0900	Annex Room 19
Pentecostal	Sunday	0800	Annex Room D
	Sunday	1700	Annex Room D
JTF Bible Study*	Monday	1900	JTF Troopers' Chapel
•	Wednesday	1900	JTF Troopers' Chapel
Beginners Bible Study*	Thursday	1130	JTF Deputy Chaplain's Office
Bible Study*	Saturday	1900	JTF Troopers' Chapel
Christian Fellowship	Sunday	1800	Main Chapel (Non-denominational)
Jewish Hebrew Tanakh	TBA	TBA	Contact JTF Chaplain's Office x2218

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

Taught by Chaplain Tim Foster Beginning May 5 Tuesday 1900

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

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

FORMER JTF SEL AWARDED SUPERIOR SERVICE MEDAL



Gen. John F. Kelly, center, and Command Sgt. Maj. William B. Zaiser, left, presents Sqt. Maj. Juan M. Hidalgo Jr. with the Defense Superior Service Medal during Hidalgo's retirement ceremony Friday.

CAMP PENDLETON — Gen. John F. Kelly and Command Sgt. Maj. William B. Zaiser presented former Joint Task Force Guantanamo Senior Enlisted Leader Sgt. Maj. Juan M. Hidalgo Jr. with the Defense Superior Service Medal during Hidalgo's retirement ceremony Friday, at Camp Pendleton's 11 Area Parade Field.

The Defense Superior Service Medal is a senior American military decoration of the Department of Defense, awarded to members of the U.S. Armed Forces who give superior meritorious service in a position of significant responsibility.

Courtesy article by

LINDA MCINTOSH

Photo by

LANCE CPL. ASIA J. SORENSON

^{*}These services are conducted by Army or Navy chaplains / For more information call ext. 2218

Photo by Caitlyn Watts PARTING SHOT



'STAIRWAY TO HEAVEN' PHOTO BY SPC. CAITLYN WATTS. FOR A CHANCE TO HAVE YOUR PHOTO FEATURED IN THE PARTING SHOT, PLEASE SEND SUBMISSIONS TO: THEWIRE@JTFGTMO.SOUTHCOM.MIL

WIRE

