



# THE WIRE

The Official Publication of Joint Task Force Guantanamo



## King of the hill

Runners crown John Paul Jones Hill

## TK ribbon cutting

Ceremony celebrates renovations

## Best Warrior competition

525th MP Battalion Soldiers test their abilities

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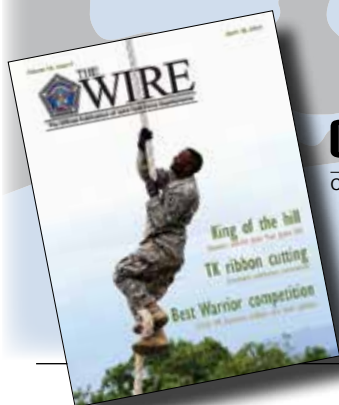
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Cover photo by Sgt. Kenneth Tucceri

JTF Soldiers compete for best Warrior of the year.



# BAY WIRE REPORT

## Easter services offered throughout GTMO

JTF and NAVSTA Interdenominational **Easter Sunrise Service** April 20, 6:30 a.m. Easter morning at Windmil Beach. Breakfast following.

**Holy Week**

**Catholic Services**  
NAVSTA Chapel  
April 18, 5:30 p.m. - Good Friday Service  
April 19, 5:30 p.m. - Holy Saturday Vigil Mass  
April 20, 9:00 a.m. - Easter Sunday Mass

**Orthodox Services**  
NAVSTA Chapel ANNEX Room 14  
LT William Butts, an Orthodox Christian Chaplain will be here 11-25 April to officiate the following Worship Services:  
April 18, 7:00 p.m. - Lamentation Matins  
April 19, 10:00 p.m. - Pascha Service/Easter Service  
April 23, 7:00 p.m. - Bright Wednesday Service

**Protestant Services**  
NAVSTA Chapel  
April 18, 7:30 p.m. - Good Friday Service  
April 20, 11:00 a.m. - Easter Sunday/  
1:00 p.m. - Gospel Service  
JTF Troopers' Chapel  
April 18, 7:00 p.m. - Good Friday Service  
April 20 9:00 a.m. & 7:00 p.m. - Easter Sunday Service

For more information about these and other religious ministries contact NAVSTA Chaplains' office at x2323/ JTF at x2218



**MOTIVATOR**  
OF THE WEEK

**IS2 Cullen Abernathy**  
Joint Task Force J2

**SPC Roberto Arias**  
189th MP Company

## Watch the Amazing Race LIVE

GTMO's own Amazing Race will be held next Saturday, April 26 at Cooper Field. Four-person teams will have to navigate a course and complete a series of tasks testing them both mentally and physically. The race begins at 8:00 a.m. Come out and watch the action!

## Enjoy a Day at the Beach

Sample the best of Guantanamo at Ferry Landing Beach, Saturday, April 26 from 2:00 - 6:00 p.m. There will be local cuisine, a craft fair, kayaks, paddle boats, huge water slide and bouncers, dance team and of course, the Cardboard Boat Regatta.

CORRECTIONS Please report all corrections to thewire@jftgmo.southcom.mil





# THE WIRE

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# Religious Services

## NAVSTA Chapel

**Catholic Mass**  
Mon.-Thur, 5:30 p.m.  
Saturday 5:00 p.m.  
Sunday 9:00 a.m.

**Protestant Services**  
General Protestant  
Sunday 11:00 a.m.  
Gospel Worship  
Sunday 1:00 p.m.

## Chapel Annexes

**Pentecostal Gospel**  
Sunday 8:00 a.m. & 5:00 p.m.,  
Room D

**LDS Service**  
Sunday 10 a.m., Room 19

**Islamic Service**  
Friday 1:15 p.m., Room 2

**Seventh Day Adventist**  
Friday 7:00 p.m., Room 1  
Sabbath School: Saturday 9:30  
a.m., Room 1  
Sabbath Service: Saturday 11:00  
a.m., Room 1

## New Troopers' Chapel

**Protestant Worship**  
Sunday 6:40 a.m.  
Sunday 9:00 a.m.  
Sunday 7:00 p.m.

**Bible Studies**  
Monday 7:00 p.m.,  
Cuzco block E  
Wednesday and  
Friday 7:00 p.m.,  
New Troopers' Chapel

# Transportation Schedules

## Bus #1, 2, 3:

Camp America - :00, :20, :40  
Gazebo - :01, :21, :41  
Camp America NEX - :02, :22, :42  
Camp Delta - :04, :24, :44  
Camp 6 - :07, :27, :47  
TK 4 - :13, :33, :53  
JAS - :14, :34, :54  
TK 3 - :15, :35, :55  
TK 2 - :16, :36, :56  
TK 1 - :17, :37, :57  
CC - :19, :39, :59  
Windjammer/Gym - :22, :42, :02  
Gold Hill Galley - :24, :44, :04  
NEX - :26, :46, :06  
NEX Laundry - :27, :47, :07  
C Pool - :30, :50, :10  
Downtown Lyceum - :31, :51, :11  
NEX - :33, :53, :13  
Gold Hill Galley - :35, :55, :15  
Windjammer/Gym - :37, :57, :17  
CC - :40, :00, :20  
TK 1 - :41, :01, :21  
TK 2 - :42, :02, :22  
TK 3 - :43, :03, :23  
TK 4 - :44, :04, :24  
Camp 6 - :50, :10, :30  
Camp Delta - :53, :13, :33  
HQ Building - :55, :15, :35  
Camp America NEX - :57, :17, :37  
Gazebo - :58, :18, :38  
Camp America - :00, :20, :40

## NEX Express Bus

9:55 a.m. - 7:55 p.m.  
Every hour at the stated times

Camp America - :55, :48  
TK 1 - :05, :36  
Denich Gym/Windjammer - :11, :31  
Gold Hill Galley - :14, :29  
NEX - :16, :27  
Downtown Lyceum - :17, :25

## Beach Bus

**Sat. and Sun. only - Location #1-4**  
Windward Loop  
9 a.m., 12 p.m., 3 p.m., 6 p.m.

**East Caravella**  
SBOQ/Marina  
9:05 a.m., 12:05 p.m., 3:05 p.m.

**NEX**  
9:08 a.m., 12:08 p.m.,  
3:08 p.m., 6:08 p.m.

**Phillips Park**  
9:14 a.m., 12:14 p.m.,  
3:14 p.m.

**Cable Beach**  
9:17 a.m., 12:17 p.m.,  
3:17 p.m.

**Windward Loop**  
9:30 a.m., 12:30 p.m.,  
3:30 p.m.

**NEX**  
9:25 a.m., 12:25 p.m.,  
3:25 p.m., 6:25 p.m.

**SBOQ/MARINA**  
9:35 a.m., 12:35 p.m., 3:35 p.m.

**Return to Office**  
9:40 a.m., 12:40 p.m., 3:40 p.m.

# JOINT TASK FORCE GUANTANAMO



SAFE



HUMANE



LEGAL



TRANSPARENT



## A leader's standard

By Army Command Sgt. Maj. Michael Borlin

Senior Enlisted Leader, Joint Detention Group

As proud serving members of the "profession of arms," we always are held to high standards. Our armed forces place the weight of enforcement of our day-to-day standards on its noncommissioned officers and petty officers. As a young NCO I had many mentors, one of whom shared with me a story, "The Rusty Rifles Incident," that still holds the same value while reading it, as it did when it was a reality.



Command Sgt. Maj. Borlin

While serving in the Republic of Vietnam, Sgt. 1st Class Jackson was transferred from platoon sergeant of one platoon to platoon leader of another platoon in the same company. His company commander had watched him, was impressed with his competence and leadership, and felt he was the man for the job. Upon sizing up the existing standards in the platoon, Jackson was not pleased to find that one of the most severe problems was a lack of weapon cleanliness; they were rusty and dirty.

When Jackson checked back with his squad leaders the next day he found that the rifles were still not up to standard. Having yet again explained the standard and the reason for it, the problem still persisted and it was evident that squad

leaders were neglecting their duties. Stricter measures being needed, he explained to his Soldiers that no one would leave for the next day's scheduled R&R trip until every rifle was cleaned to standard.

Dirty rifles are more likely to jam, and as a leader the success of the mission and the safety of his Soldiers were endangered if rifles did not function. It was his job to not only lead but look out for their well-being in the process. From this point forward, dirty rifles were no longer a problem and his platoon went from problematic to outstanding in a matter of months.

This tidbit of a leader in action demonstrates that leadership and holding our Warriors accountable for their actions is still as viable today as it was yesterday. All Service members want to be challenged with the task at hand while being provided strong leadership that holds them individually accountable; they do not want to be coddled. This is true regardless of the rank or position you hold. The individual accomplishment(s) of a Service member develop and establish the pride within that individual. The accomplishment(s) of the team establish the pride in being a member of the team, unit, organization, etc. Here within JTF GTMO we are all part of the collective team and our accomplishments are great. The only way the team comes together to accomplish so much is holding one another accountable and enforcing standards for the collective and individual task at hand that supports the team, both on and off duty.

## TROOPER TO TROOPER

By Army Master Sgt. Catherine Catano

Operations NCO, 189th Military Police Company

When I first joined the Army, I wanted nothing to do with going to college. I wish I could go back in time and use the benefits that are available to us as Service members earlier in my career. Since taking advantage of those benefits, I have been able to earn an Associate Degree in General Studies and I'm currently working towards a Bachelor of Science in Nursing. My motivation to first get started was because I was thinking about transitioning out of the Army. I knew in order to be more marketable I would need some type of degree.

When I started, I was out of high school for about eight years. I was scared to fail out, so I took the advice of a peer and enrolled in a class that I thought might be interesting to me so I could keep up. After that, I realized I was not as behind as I thought. One class at a time and three years later, I had an associate degree. Make small and realistic goals and you will achieve them. I urge all Warriors to take advantage of the benefits that are offered to us. There is no reason for each Service member to leave the military without some type of education.

Depending on your branch of service, Tuition Assistance (TA) will pay a certain amount per semester hour for you to obtain your degree. There is also the chance that the service you are enlisted in will pay up to 100 percent of the tuition and authorized fees charged by a school up to the established

## Education is key

per semester hour or yearly cap. TA is available for courses that are offered in the classroom or by distance learning. The courses must be offered by schools that are registered with goarmyed.com or your appropriate service branch educational web page, and need to be accredited by agencies that are recognized by the U.S. Department of Education.

If you feel that taking a class is too much due to work stress or family life, you can go to the education center and take a College-Level Examination Program test that is completely free; however, there are certain times and days for scheduling a CLEP exam so you will want to contact Columbia College. Most likely Columbia College will have you register the day before you take your CLEP exam at [www.ccis.edu/guantanamo](http://www.ccis.edu/guantanamo). Most education centers even have a study guide or book you can study from before taking the test.

Warriors, stop making excuses and take advantage of the tools that have been set in front of you. Currently, the Department of Defense is making many cuts, and this will be a good way to separate yourself from your peers for promotions and job opportunities. Take advantage of these benefits while they last.



Master Sgt. Catherine Catano





# Draft Day

Review by Sgt. Kenneth Tucceri

Webmaster, [thewire@jtfgtmo.southcom.mil](mailto:thewire@jtfgtmo.southcom.mil)

Sports movies are fantastic, aren't they? "Draft Day" is the latest film to add to this excitable cinema genre.

What made this movie nice was the different take on organized sports. The angle wasn't on the game being played, but the high-pressure decisions that those involved in NFL franchises get paid big bucks to make, especially on Draft Day.

NFL draft rooms, often referred to as war rooms, currently get a lot of media attention during that stressful and dramatic time when all 32 NFL teams try to wheel and deal and get the best players for their franchise.

The film highlighted the experience of Sonny Weaver Jr., played by Kevin Costner, who was trying to save his team, the Cleveland Browns, and reinvigorate the hopes of a city that has had very poor luck with sports franchises i.e. the infamous mid-



night departure of the Browns to Baltimore in 1995.

It seemed like a fun movie to make with cameos by Chris Berman, Jon Gruden, Deion Sanders and Houston Texan's running back Arian Foster, who played a highly touted recruit.

The casting was good too; with Denis Leary turning in a fiery performance as the Brown's head coach, Jennifer Garner playing a salary cap guru and P. Diddy doing a fair job in his roll as a sports agent.

In the end, the movie was fun with a splash of suspense, but not much more. It definitely made me appreciate the fact that I am a New England Patriots fan, and that the boys in Foxboro don't have the chaos and disorder that Costner's crew of misfits faced making big-time decisions. To that I thank you Mr. Kraft.

This movie receives three banana rats for getting me excited to watch Tom Brady get that fourth ring in 2014! So bring on the real draft in May, and watch this movie if you need a little football appetizer in the interim.



Review by Pvt. Kourtney Grimes

Staff Writer, [thewire@jtfgtmo.southcom.mil](mailto:thewire@jtfgtmo.southcom.mil)

It seems that the theaters have yet again been graced with another children's film that is being enjoyed by more than just the kids. This musical-filled digital animation is brimming with the recognizable voices of A-list actors and musicians including Bruno Mars, Jamie Foxx, Will.i.am, George Lopez, Tracy Morgan and more!

The tale based in Rio de Janeiro stars the character that is thought to be the world's last blue Macaw, a feathered friend named Blu (Jesse Eisenber), who, upon being raised among humans, has begun to live and act just like them. Blu; his

once wild wife, Jewel (Anne Hathaway) and domesticated kids; Tulio, Linda and Bia vacation in the Amazon to pursue rumors of a blue Macaw nesting area. The adventure to the wild is meant to be a time of reintroducing the now civilized kids back into the ways of their natural habitat. The family, aside from Blu, quickly fits into the undomesticated lifestyle found in the Amazon and begin to consider staying there. All is well until their home is threatened by loggers who will stop at nothing to continue with their destructive deforestation. The newly joined families must now ban together to stop the evil men and their powerful machinery before it's too late.

Teeming with songs that made you want to hop up and shake your tail feather, the film kept up with its predecessor in the area of singablility that enthused younger audiences the first go around. The children's flick turned blockbuster had noticeably strong character development and humor that utilized it. Four singing banana rats for this movie that kept both children and parents entertained in the theaters.



NOW SHOWING

	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
CAMP BULKELEY DOWNTOWN	<b>Transcendence (New)</b> PG13, 8 p.m. <b>Draft Day</b> PG13, 10:15 p.m.	<b>Rio 2</b> G, 8 p.m. <b>Son of God (LS)</b> PG13, 10 p.m.	<b>Captain America</b> PG13, 8 p.m.	<b>3 Days to Kill (LS)</b> PG13, 8 p.m.	<b>300: Rise of an Empire*</b> R, 8 p.m.	<b>Noah</b> PG13, 8 p.m.	<b>Divergent</b> PG13, 8 p.m.
CAMP BULKELEY DOWNTOWN	<b>LYCEUM CLOSED</b> *	<b>LYCEUM CLOSED</b> *	<b>LYCEUM CLOSED</b> *	<b>LYCEUM CLOSED</b> *	<b>LYCEUM CLOSED</b> *	<b>LYCEUM CLOSED</b> *	<b>LYCEUM CLOSED</b> *

Call the Movie Hotline at ext. 4880 or visit the MWR Facebook page for more information

\* Concessions closed until further notice \*

Stay classy, GTMO! No ALCOHOL or TOBACCO at the Lyceums!  
\* (Children under 17 must be accompanied by adult parent or guardian)



Photo by Sgt. Kenneth Tucceri/The Wire

A JTF Soldier with the 339th MP Company, performs a combatives position to demonstrate his knowledge for the instructor Thursday.



Photo by Sgt. Christopher Vann/The Wire

A JTF Soldier with the Headquarters and Headquarters Company, reaches for the top of the rope at the obstacle course Thursday.



Photo by Sgt. Kenneth Tucceri/The Wire

A JTF Soldier with the 491st MP Company, climbs and pulls himself over a set of bars during the obstacle course at Marine Hill Thursday.

# Best Warrior of the year

*525th Military Police Battalion Soldiers show their best in two days of competition*

**Story by Sgt. Kenneth Tucceri**

Webmaster, [thewire@jftgmo.southcom.mil](mailto:thewire@jftgmo.southcom.mil)

Below: A JTF Soldier with the 491st MP Company, fires his M16 to zero the weapon at the range during the weapons qualification Friday. Top right: Two JTF Soldiers mark their coordinates in preparation of a land navigation event Thursday.

Photo by Sgt. Christopher Vann/The Wire







Photo by Sgt. Kenneth Tucceri/The Wire

The event started early Thursday, April 10 and didn't end until late the next day. There were portions of the two days that made the Soldiers test their physical fitness in the Cuban heat. Climbing ropes and running through an obstacle course, conducting land navigation in mountainous terrain, weapons qualification and an Army Physical Fitness Test.

There were events that also made Soldiers think and utilize their preparedness and training. Reassembling weapons and performing a functions check, writing essays, knowing and performing combative maneuvers and a board appearance where Joint Task Force Guantanamo Soldiers were tested on general military knowledge.

Selected Soldiers from each of the six units that fall under the 525th Military Police Battalion pushed themselves and put their Warrior tasks to the test at JTF GTMO to see who would come out on top and be named best Warrior of the year for fiscal 2014.

"Every aspect of their Soldier skills is being tested over these days," said Sgt. 1st Class Stephanie Dembski, JTF Headquarters and Headquarters Company S3 noncommissioned officer in charge, who helped organize the event. "It's quite long days, it will be grueling, but well worth it."

The event began with the selection process. Each unit from the 525th selected their best Soldiers to represent them. Of the Soldiers selected, two Warriors,

an NCO and junior enlisted Trooper, were named victorious over their peers in this intense competition.

For Army Sgt. Amio Taylor, a Soldier with the 491st MP Company, this wasn't her first go at an event like this. She also participated in one while stationed in Hawaii.

"You're going against Soldiers who are really squared away," said Taylor of the tight competition they all faced, "Soldiers who are really physically fit and mentally fit."

Though everyone was battling with each other, events like this can bring out much comradery in the 525th.

"It's a competition but we don't look at it as a competition," said Taylor. "We just want everybody to finish every challenge they give us and every course we have to run through."

The organizers of the event, who included Dembski and Army Sgt. Maj. Michael Baker, command sergeant major for the 525th, did a good job of keeping the participants on their toes. One of the events was labeled simply as "mystery event."

"We had the mystery event which consisted of assembling and doing a functions check on the SAW [M249], the M16 and M9," said Army Pvt. Kaden Fisher, a Soldier selected to appear in the event from the 189th MP Company.

The schedule for Thursday was an APFT at 5:00 a.m. followed by a weigh-in. After a quick breakfast break, the

mystery event occurred. After lunch, the obstacle course at Marine Hill had the Soldiers huffing and puffing. This was followed by land navigation along the hilly Hutia Highway trail. Following dinner the Soldiers were put through a change of pace: writing essays.

The essays were written on topics of how to improve the NCO Corps, how to fix problems with the corps and how to be a steward in their profession, said Fisher.

"For the entire day today, I've been very happy with the outcome," said Dembski of Thursday's efforts. "Everybody's been doing really well and pushing themselves."

Friday started at 5:00 a.m. with an eight-mile road march. This tough event was followed by the weapons range. "Either you make it or you don't," said Dembski. It was a go or no-go at the range, no retries, she said. Combatives came next, followed by more Warrior tasks, and finally, the board.

The NCO who won was Army Staff Sgt. Luke Klein, of the 339th MP Company. The other victorious Soldier was Spc. Crystal Pittman, from HHC 525th MP Battalion. These two JTF Soldiers will be going off island in May to compete for the honor of being named best Warrior for U.S. Army South during the much larger competition in Joint Base San Antonio.

Good luck JTF Warriors!

# Insider threats: see something, say something

Story by Special Agent J. Garcia

Joint Task Force Guantanamo

In recent years, the U.S. Military has not only been targeted from an external enemy, but also from an enemy within. Past incidents, such as media leaks of sensitive information and the September 2013 Washington Navy Yard shooting, have demonstrated a strong need for Department of Defense personnel to report suspicious activity, especially suspicious behavior exhibited by co-workers.

On March 18, 2014, Defense Secretary Chuck Hagel and Navy Secretary Ray Mabus released the results of a final report on the Washington Navy Yard shooting incident, which included a review that stated the tragedy might have been averted had authorities not “missed opportunities for intervention.” Aaron Alexis, a 34-year-old former Sailor, had a prior record of firearms complaints, reported hearing voices and suffered from insomnia in the weeks leading up to the shooting. Secretary Hagel stated, “The reviews identified troubling gaps in DoD’s ability to detect, prevent and respond to instances where someone working for us, a government employee, a member of our military or a contractor, decides to



Photo Courtesy: AP

Army Sgt. Hasan Akbar, convicted of murder for killing two officers at Camp Pennsylvania in 2003.

inflict harm on this institution and its people.” The report also recommended using the Washington Navy Yard incident and others as case studies in new training materials to help educate the workforce about insider threats.

Unfortunately, there are an abundant number of other incidents to use as case studies.

Maj. Nidal Hasan, who was sentenced to death on August 28, 2013 for

killing 13 people and wounding 32 others in a 2009 shooting rampage at Fort Hood, Texas, also exhibited behavior which went unreported. He openly opposed the wars in Iraq and Afghanistan and, after the murder of a Soldier at an Army recruiting station in Little Rock, Ark., stated that more of these types of attacks should be carried out. In June 2007, as a psychiatric resident at Walter Reed Army Medical Center, Hasan was supposed to make a presentation on a medical topic, but instead lectured on Islam, suicide bombers

and threats the military could encounter from Muslims conflicted about fighting in the Muslim countries. None of these suspicious behaviors were reported to counterintelligence authorities.

Luckily, there have been several cases where alert individuals have reported suspicious activity and averted possible disaster. One such case involved Army Pfc. Naser Abdo. On July 27, 2011, the employees at a Killeen, Texas gun store noted Abdo, a Fort Campbell, Ky., Soldier who had gone AWOL, bought an unusually large amount of smokeless gunpowder and ammunition. The employees notified police, who found Abdo at a local hotel with bomb making material, to include an Al-Qaeda publication on bomb making. He had planned on placing a device in a popular local restaurant used by Fort Hood Soldiers. On May 24, 2012, Abdo was convicted of attempted use of a weapon of mass destruction and sentenced to two life terms plus 60 years.

Insider threats do not always involve direct acts of violence against DoD personnel. Ana Montes was a senior Defense Intelligence Agency Cuban analyst. On September 21, 2001, she was arrested for committing espionage

for Cuba, reportedly since 1985 when she joined the agency. Montes’ espionage activities revealed the identities of four U.S. spies and caused the death of one U.S. special operations Soldier in El Salvador. Montes plead guilty and was sentenced to a 25-year prison term.

DoD Instruction 5240.26, Countering Espionage, International Terrorism, and the Counterin-

telligence Insider Threat, states training will be mandatory and address threats to DoD personnel in accordance with DoD Directive 5240.06, Counterintelligence Awareness and Reporting. Army Counterintelligence, specifically the JTF-GTMO J2 CI Field Office, has jurisdiction over CI and insider threat issues and investigations within JTF GTMO and is here to serve all Troopers, DoD civilians and contractors.

For more information or to arrange for training, call the JTF GTMO CI Field Office at 3690 or 3691 or email [j2-ci@jftgtmo.southcom.mil](mailto:j2-ci@jftgtmo.southcom.mil).

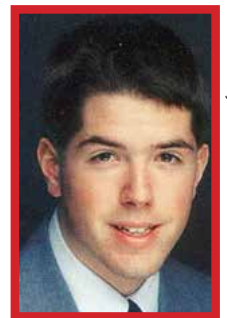


Photo Courtesy: AP

Spc. Ryan Anderson, five counts of attempting to aid the enemy for providing information to undercover FBI agents posing as Al-Qaeda Operatives in 2004.



# Tierra Kay: Revamped Trooper housing



Rooms in the Tierra Kay housing complex are now furnished with new hutches, side tables and bed frames. These new additions have drastically improved the quality of life for those living in them.

**Story and photos by Pvt. Kourtney Grimes**

Staff Writer, [thewire@jftgmo.southcom.mil](mailto:thewire@jftgmo.southcom.mil)

A renovation long in the making was celebrated March 11 as the ribbon was cut at the Tierra Kay (TK) housing complex here. The development of the billeting built in 1974, which has been in the works for two years now, is finally near total completion.

“The \$7.2 million life safety renovation started in July of 2012,” said Air Force Capt. Matthew Dunn, Joint Task Force housing officer.

The renovations began with the heating, ventilation and air conditioning (HVAC) systems as a part of a life safety project said Dunn.

This multi-step restoration of the HVACs fixed all of the air quality concerns that were previously an issue.

“As a part of a life safety project, Islands Mechanical Contracting (IMC) was awarded the contract to replace all the ductwork, HVAC systems, install dehumidifiers and added a UV filtration system,” said Dunn.

New doors and windows were installed in the TKs after the repairs to the HVACs were made. This modification began about six months after into the project. Due to the staggered start of the task, Troopers were relocated out of their TKs multiple times in order to allow adequate timing.

“These are great upgrades, but I want to ensure the Troopers know we appreciate their flexibility,” said Dunn.

A great deal of the work done to pre-

pare the TKs relied on the Troopers and their willingness to help.

To get these berthing ready, they helped move and replace 150 sets of living room furniture, provided security escorts for IMC workers to occupied units, installed and built 642 new beds in the units and distributed new mattresses said Dunn.

Army Sgt. Ronnie Patrick, a training noncommissioned officer with the 525th Military Police Battalion, has been here for almost two years and has seen the bulk of the progress in the TK construction. Upon his arrival, the TKs were in a state of heavy production.

“When I first got here back in August of 2012, the entire back side where I stay at now was blocked off and under construction limiting space for the Soldiers staying in the TKs,” said Patrick. “At one point we had five Soldiers staying in my house.”

The enhancements to the housing have had a positive impact on the lives of the Troopers in more ways than one.

“The improvements have affected me mostly by improving morale,” said Patrick. The new beds and mattresses allow more quality sleep which leads to better performance when the Troopers

get to work.

The quality and progress of the renovations relied heavily on the support and flexibility of the Troopers.

“We are very appreciative of all the sweat equity the troopers have on this project,” said Dunn, “simply put, it would not have happened without Troopers helping out!”



Rear Adm. Richard Butler, commander, Joint Task Force, and Air Force Capt. Matthew Dunn, JTF housing officer, with DoD civilians and contractors cut the ribbon at the Tierra Kay housing complex reveal and open house here March 11. The project of two years in the making began with the remodeling of the heating, ventilation and air conditioning (HVAC) systems.

# Worth the climb: GTMO run tests mettle

Story and photos by Sgt. Spencer Rhodes  
Copy Editor, [thewire@jftgtmo.southcom.mil](mailto:thewire@jftgtmo.southcom.mil)



**J**ohn Paul Jones Hill, it's a place most people try to avoid. If you haven't run or even walked up this hill, then you may have some trouble comprehending how difficult it is or the burn it creates in your muscles. This didn't stop Service members and Naval Station Guantanamo Bay residents from voluntarily signing up for the MWR organized run that started at 6:30, Saturday morning.

The event took runners from the sports complex, up and down JPJ hill, and then going around to Sherman Avenue, where runners then ran back around the sports complex and Denich Gym, to finish on the track at Cooper Field.

"It's one of the more challenging runs just because of the hill. It's why we didn't do more than five miles," said Jim Holbert, the MWR sports coordina-

tor for GTMO.

The participants ranged from naval station employees and Sailors to Joint Task Force GTMO military police and civilians. In addition to their fellow runners, participants receive a healthy dose of encouragement from the volunteers that assist the MWR. People are encouraged to volunteer for these events, either with organizing and setting up or at the various water points throughout the run.

Despite the hill being the physically demanding aspect of the morning run, most agreed that the psychological aspect after the hill was the most challenging.

Army Pfc. Tim Vislisel, with the 339th Military Police Company, said the hardest part was maintaining a solid pace for the rest of the run.

"All you want to do after the hill is walk. That's it," said Vislisel.

Runs like these are frequent, as the MWR does its best to hold runs or sporting events on a regular basis.

"We try to do a sports event each month," said Holbert. "Next month we have a six mile Cable Beach Run, that's on May 24th, and then in June we have an Olympic triathlon."



A runner races down John Paul Jones Hill Saturday morning.



Runners coming back down John Paul Jones Hill during Saturday mornings MWR sponsored five-mile run. The April 12 run was particularly arduous because of the physical demands of going up Naval Station Guantanamo Bay's most notorious hill and then maintaining a solid pace for the rest of the event once the hill was finished.



A runner in the Naval Station Guantanamo Bay MWR sponsored five-mile run, races to the finish line Saturday morning.





## Holding on tight

By Navy Cmdr. Stephen Gammon  
JTF Command Chaplain

When riding in a crowded subway it is wise to hold on tightly lest you fall when the vehicle jerks. When life jolts you, what do you hold tightly to?

On September 12, 2001, I stopped by the hardware store in my hometown and was greeted by my friend Bob who worked there. He informed me that his brother and sister-in-law were

passengers on UA Flight 93 which was hijacked and crashed the previous day. Bob was grief-stricken. I prayed with Bob who held tightly to his faith.

Three weeks later I was recalled to active duty so I did not see Bob again until the next year. On the one year anniversary of the 9/11 attacks, I turned on CNN during a lunch break. President and Mrs. Bush were in Shanksville, Pa., greeting family members of UA93 passengers and crew. My TV was on for just two minutes when I saw my friend shaking hands with the president.

Returning home a few weeks later I visited the hardware store to see Bob. He recounted meeting the president then described something that impressed him far more. The FAA investigated the crash, pulling together the pieces, but because this plane was flown at full throttle into the ground they said nothing survived intact larger than a dinner plate - except one thing.

Now Bob's eyes filled with tears but his face expressed pure joy. He asked, "Can you guess the one thing that survived the crash intact?" I could not. "It was my brother's Bible. They returned it to our family. It smells of fuel and is charred around the edges. Not one page is missing." Bob and I celebrated the joy of holding tightly to our faith. What are you holding tightly to?



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## The *JSMART* Spot

*Positive thoughts*

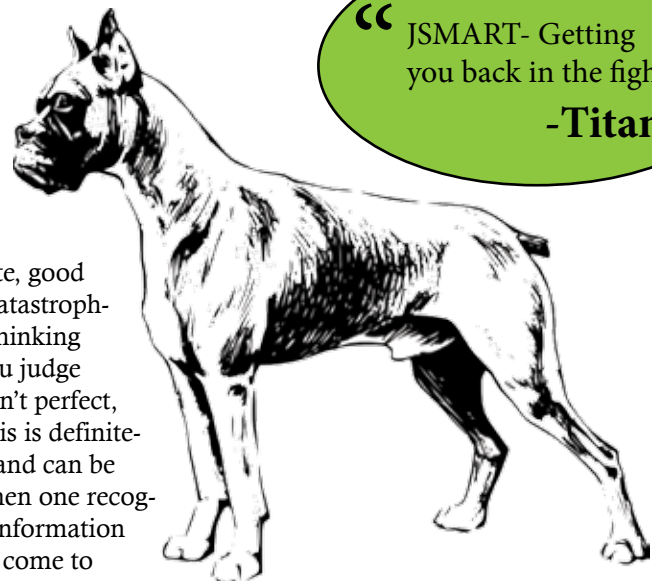
Story by Navy Petty Officer 3rd Class Keith Reau  
JSMART Advertising Coordinator

This segment of The JSMART Spot begins a five part series on stinkin' thinkin' – which is something we all do. Our brains get a little unruly and irrational sometimes, and this creates distress and unpleasant feelings. Psychologists call these irrational thoughts, hot thoughts, maladaptive thoughts or just stinkin' thinkin'. Since our emotions and behaviors are controlled by our thoughts it is important we learn how to self-diagnose and correct our own stinkin' thinkin'.

A stinkin' thinkin' favorite is "all or none" thinking. Our brains focus on the extremes of a situation and make it

either black or white, good or bad, perfect or catastrophic. This polarized thinking can impact how you judge yourself. If you aren't perfect, you're a failure. This is definitely stinkin' thinkin' and can be logically argued when one recognizes it. For more information on stinkin' thinkin' come to JSMART for a chat, read the next JSMART Spot or pick up the workbook "Mind Over Mood" by Drs. Greenberger and Padesky.

Tune into JSMART Radio every Friday from noon – 2:00 p.m. on 102.1



“ JSMART- Getting you back in the fight! ”  
 -Titan

FM.

Email any questions about the JSMART Spot or Radio content at [jmartradio@outlook.com](mailto:jmartradio@outlook.com)



## Super Heroes Field Day



We can all be super heroes in preventing child abuse

Super Hero Tests

Relay Races

Costume Contest

Individual youth & adult team competitions

Saturday, May 10

4:00 - 9:00 p.m.

Volunteers are needed to help make this event a success!  
sign up to volunteer no later than April 25

For more information, call Fleet & Family Support Center at 4141  
or email [kristie.traver.ctr@gtmo.navy.mil](mailto:kristie.traver.ctr@gtmo.navy.mil)

## Ridgeline Hike

Friday, April 25

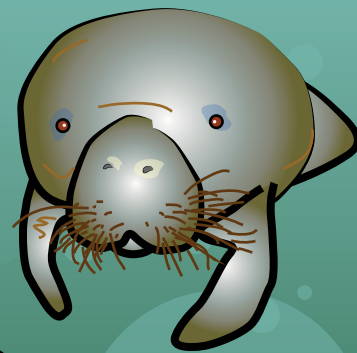
Meet at Deer Point 5:00 p.m.

For more information call 77421 or email [liberty@gtmo-mwr.org](mailto:liberty@gtmo-mwr.org)

## The Dive

By Sgt. Kenneth Tucceri

Looking a little shaggy there Phil. Is that scruff in regs?



Clarence, we're manatee. We don't have regulations.



A hummingbird poses attentively and peers at the photographer, Master Sgt. William Crowley, from its nest in this image full of color and shadow.



PHOTO OF THE WEEK

Send your best photos to [thewire@jffgtmo.southcom.mil](mailto:thewire@jffgtmo.southcom.mil)