

THE OFFICIAL PUBLICATION OF JOINT TASK FORCE GUANTANAMO

THE WARRIORS

JUNE 12, 2015

WATER SURVIVAL TRAINING

JOINT TASK FORCE TROOPERS PARTICIPATE IN COAST GUARD AQUATIC SKILLS TESTS

RAMADAN OBSERVANCES

GAIN FURTHER INSIGHT INTO DIFFERENT CULTURES, RELIGIOUS PRACTICES

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FITNESS LEADERS' EFFORTS AWARDED

JTF SAILORS RECEIVE LETTERS OF COMMENDATION FROM REAR ADMIRAL

CUBAN CIGAR RESTRICTIONS STAND

EXISTING PROHIBITIONS ARE STILL IN EFFECT FOR GUANTANAMO TROOPERS

PHOTO STORY



CMDR. G. MERRILL RICE
Deputy Commander, Joint Medical Group

This Wednesday marks the 117th birthday of the U.S. Navy's Hospital Corps. Whether they are assigned to military treatment facilities, hospital ships, Marine Corps combat units, or Joint Medical Group, Joint Task Force

WELL DONE NAVY CORPSMEN

Guantanamo, the rating of hospital corpsman is the most decorated in the Navy with 22 Medals of Honor, 178 Navy Crosses, 31 Navy Distinguished Service Medals, 946 Silver Stars and 1,582 Bronze Stars. Twenty naval ships have been named after hospital corpsmen.

Hospital corpsmen have the distinction as the only corps to be individually recognized by Honorable James Forrestal, Secretary of the Navy during World War II, and the first Secretary of Defense. For their heroic actions following WWII, he stated;

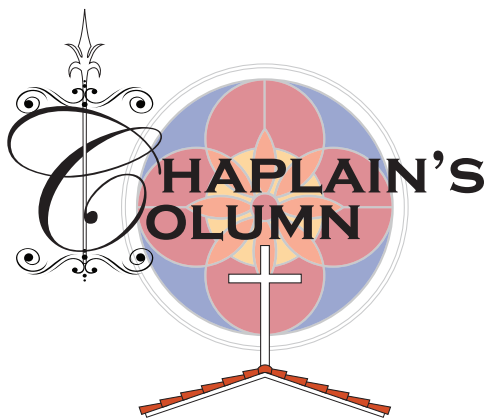
"Out of every 100 men of the United States Navy and Marine Corps who were wounded in World War II, 97 recovered. That is a record not equaled anywhere anytime. Every individual who was thus saved from death, owes an everlasting debt to the Navy's Hospital Corps. The Navy is indebted to the corps. The entire nation is its debtor for thousands of citizens are living normal, constructive, happy and productive lives who, but for the skill and toil of the Hospital Corps, might be dead or disheartened by crippling invalidism. So, to the 200,000 men and

women of the Hospital Corps, I say on behalf of the United States Navy: "Well Done. Well done, indeed!"

Here in Guantanamo Bay, the hospital corpsmen's lineage of honor, courage, and commitment continues. Hospital corpsmen assigned to the Joint Medical Group are charged with expertly performing one of the most challenging and scrutinized medical mission in military history. They execute their duties with the utmost professionalism and skill, rarely hearing the customary appreciation they would receive while caring for their troops back home or on the battlefield.

It is with this understanding, I humbly say to you, your efforts do not go unnoticed. You are the backbone of Navy Medicine, and the heartbeat of the Joint Medical Group. I am proud to be serving alongside of you each and every day. To you I say, "Well Done, Well Done Indeed."

Article by
CMDR. G. MERRILL RICE
Deputy Commander, Joint Medical Group



Human emotions can be explained by classifying them into four major categories. These classifications are Mad, Sad, Glad and Fear. These emotions are common to all people. Of the four, fear can be the most destructive.

For some reason, the worst case scenario is the first to come into our minds when life hits us hard or when we do something that we have never done before. A mnemonic device or acronym of fear is False Evidence Appearing Real – F.E.A.R. This is exactly what fear is – false

THE EMOTION OF F.E.A.R.

evidence of something that appears real, at the time, but never happens. In others words, the vast majority of what we fear rarely occurs.

The Bible uses the term "fear not" numerous times. These verses are promises to all of us that when fear and anxiety comes, we have nothing to fear, because God is in charge. When life gets too complicated for us to make sense of it all, let us learn not to fear or be anxious, but to trust and to reach out to others in help.

In the Bible, Peter greatly feared and was anxious when the waves on the Sea of Galilee were tossing his little fishing boat about. During this time, Jesus was sound asleep in the boat. Jesus had nothing to fear because he knew God was in control and that nothing was going to happen to the boat. Peter had to learn the hard way. He needed to learn to reach out to others. We also need to know that God is in control, regardless of the storms around us that we think we cannot handle.

We do not need human fear and anxiety. I have learned to get a good night's rest, and visually pretend to dump all my concerns,

anxieties, and worries into an imaginary trash can. There is nothing I can do until the next morning. In my mind, I know that I have done my best for the day and that God is in charge. He is in control, so there is nothing to be concerned about. So, I trash all my anxiety into an imaginary trash can.

The bottom line for us all is that much of what we fear and are anxious about never happens. It is an imagined fear that will most likely never happen. We need to remember what fear is: False Evidence Appearing Real and yet, when a real threat comes, God will protect us, when we turn to Him and others during the crisis.

Article by
CMDR. GARY BENNETT
JTF Chaplain



COMMAND & CHAPLAIN

Joint Medical Group deputy commander congratulates hospital corpsmen for a job well done. Also, the JTF command chaplain talks about what F.E.A.R. really is.



GTMO NEWS

Ramadan begins Wednesday; the SJA discusses the legality of Cuban cigars here, and "The Wire" takes a closer look at the professionalism of JDG's guard force.



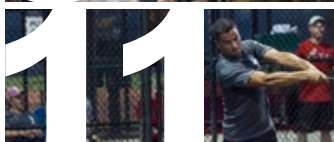
PHOTO STORY / COVER PHOTO

Coast Guardsmen train Joint Task Force Troopers how to effectively survive in open water. Participants talk about the difficulties and importance of this training.



ENTERTAINMENT

This week in movies, Russell Crowe crosses the globe to find his sons in "The Water Diviner," and Reese Witherspoon and Sofia Vergara team up Texas in "Hot Pursuit."



SPORTS

Leaders in physical fitness are commended by the JTF commander for their hard work, and the BEEF flexes their Air Power against Iguanamo in MWR softball.



LIFE & FITNESS

Pump-up the jams for fitness this week by adding music to your workout; chuck the PlayStation for a good book to improve focus, and learn about Spain's former defenses around the bay.

MOTIVATOR OF THE WEEK

**SGT. DANYDZA
QUIMIS-VAZQUEZ**
361ST MP CO

**PETTY OFFICER 2ND CLASS
NATHAN JOHNSON**
J2

PHONES ARE NOT SECURE

Your cell phone is not secure. Neither is the phone on your desk or in your house. Phones are very susceptible to monitoring. Adversaries often use phone monitoring to gather information. We often forget that our phones aren't safe to use when discussing sensitive information and we possibly subject our information to compromise. Remember that the next time you pick up your phone to make a call. Don't talk about sensitive work issues or give your personal information over an unsecured phone line. 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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TROOPER ON THE STREET

WE ASK TROOPERS, 'WHAT GOAL WOULD YOU LIKE TO ACCOMPLISH WHILE AT JOINT TASK FORCE GUANTANAMO?'



PFC. WILLIAM ROMERO

"I want to complete my scuba certification."



STAFF SGT. STEPHANIE SCHNEIDER

"I want to complete SSD 3, a few college courses and, of course, get in shape while I'm here."



LT. WILLIAM SMITHSON

"Through a variety of exercises and staying active, whether it's in the gym or hiking, I want to improve."

A MONTH OF RAMADAN



The Muslim commemoration of the first revelation of the Quran, Ramadan, will begin this year in mid-June. The holiday, widely known for its month of fasting by those of the Islamic faith, is held on the ninth month of the lunar calendar.

"The lunar calendar month and days are 11 days shorter than the solar calendar. That's why the month of Ramadan comes every year at a different date," said Zak, the Joint Task Force Guantanamo commander's strategic consultant.

The fast is one of the Five Pillars of Islam and considered one of the highest forms of Islamic worship.

"The purpose of fasting is to give your body a break and to help you think about those who cannot afford to eat," Zak said. "Health wise ... one of the benefits is changing eating habits. That's one reason for it."

The word Ramadan comes from the Arabic root ramida or ar-ramad, which means heat or dryness. Fasting is fardh, obligatory, for adult Muslims, except those who are suffering from an illness, traveling, are elderly, pregnant or breastfeeding.

"Imagine fasting that long without having anything go through your mouth, nothing goes in your blood system. Not water, not chewing gum, not smoking – nothing," Zak said. "The energy level starts to come down, and you can start to become irritable."

Also during Ramadan, Muslims work to refrain from violence, anger, greed, lust, envy, sarcasm and gossip.

Zak said that fasting is also about self-discipline and putting that self-discipline into practice.

Suhoor is a pre-fast meal observed by Muslims before dawn. Stopping a short time before dawn, Muslims will begin the first prayer of the day, Fajr. Come sunset, families will move into the fast-breaking meal known as Iftar.

Dates are a common food to break the fast first

and, according to Zak, this is because eating a large meal after fasting for so long and solid food can shock your stomach. The tradition follows that Muhammad broke fast with three dates.

Following that is the fourth of the five daily prayers after which the main meal is served, or Iftar. This meal is also a time to eat and visit with family and friends.

During this meal, traditional dishes are common and particularly those that are only made during Ramadan. This meal can consist of water, juices, dates, salads and appetizers, one or more main dishes and various deserts.

At the end of Ramadan is the breaking of the fast feast, it ends with a three day celebration. During this time, Muslims greet each other with small gifts and, in most Islamic countries, there is minimal work done.

It's important to understand different cultures and religious practices, so that you're aware of those around you who have different faiths and beliefs. One way to be courteous is if you know someone is fasting don't eat in front of them and don't offer them food.

"There are people in uniform who will practice Ramadan. There are people who are civilians who will be practicing," Zak said. "So, what you need to be aware of ... you're not going to change any habits or the schedule, if you offer someone something and they say 'no thank you I'm fasting,' don't be surprised."

Ramadan begins June 18 and continues through July 16 this year. July 17, 18 and 19 are the dates of the breaking of the fast feast "Eid Elfiter." The greeting for Ramadan is "Ramadan Mubarak, blessed Ramadan," and the greeting for Eid Elfite is "Eid Mubarak blessed fest."

Article by

SFC. LIZ SMITH

Illustration by

SGT. RICK HOPPE

GUANTANAMO: CLOSE, BUT NO CIGAR



Cuban cigars have been banned from the U.S. since 1962, though they have always held a certain mystique in America. Even President John F. Kennedy, who enacted the ban, famously directed his aide to first stockpile about 1,000 Cuban cigars for himself. The Cuban embargo began two years earlier, in 1960, after Cuban nationalization of American-owned Cuban oil refineries. The embargo prohibits most trade between the two countries, and remains in effect today (aside from certain recent moves toward normalization between the U.S. and Cuba) as an economic and political reminder of Cuba's history of human rights violations on the island.

Recent moves toward normalization have not erased existing prohibitions, yet many American cigar aficionados have expressed enthusiasm and hope that change is forthcoming following efforts by President Barack Obama earlier this year to normalize state-to-state relations with Cuba. Right here in Guantanamo, a Cuban cigar enthusiast was recently overheard saying "Yeah baby! It's like paradise in paradise! Can't wait to drive through that Northeast Gate to go get me some giant torpedoes!" To which another replied, "Yes! Maintain the embargo, but set the cigars free!"

To those nameless aficionados, the message is two-fold. First, from a medical perspective, it is widely accepted that smoking is dangerous for your health. There are a number of smoking

cessation options available by contacting the Joint Troopers Clinic at x3395. In addition, U.S. Army policy makes clear that using tobacco products harms readiness by impairing physical fitness and causing a host of health issues. Second, from a legal perspective, you still cannot travel off base. If you are actually thinking about making an unauthorized trip through the Northeast Gate, the Military Justice department of the JTF OSJA is standing by to process a variety of punitive options once the Marines detain you, or Cubans send you back.

While it is true that under certain circumstances Americans can now purchase and bring back cigars (and other tobacco and alcohol products) from Cuba, it is important to note that you must: be on an authorized trip to Cuba (not GTMO), purchase the Cuban products in Cuba, and bring back only up to \$100 worth of alcohol and tobacco combined (for personal use, not resale).

GTMO is not Cuba for purposes of trade, so all U.S. import laws and associated restrictions apply. For GTMO cigar lovers it goes from bad to worse, because you must be legally present in Cuba (not GTMO) to purchase Cuban cigars for import to the U.S. Anyone who offers to sell you Cuban cigars in GTMO is attempting to conduct illegal commercial activity that can subject them to criminal and civil penalties including a fine of up to \$250,000 and 10 years in prison,

and subject you to action under the UCMJ. In addition, since the recent easing of U.S. trade policies do not apply to purchases made outside of Cuba, you can forget about making a quick cigar stop someplace like Jamaica; Americans can neither legally purchase Cuban cigars outside of Cuba nor import Cuban cigars to the U.S. (including GTMO) from third-party countries.

Instead of risking heavy fines and watching your career go up in smoke (pun intended), make do with the non-Cuban NEX imports from Honduras and the Dominican Republic until further changes are announced.

The JTF OSJA provides full-spectrum legal services and advice to the JTF command and its Warfighters.

If you have questions regarding the content of this article or need assistance with a personal civil legal assistance matter, please contact the JTF Legal Assistance office (building 2525 - x8589).

Article courtesy of

JTF OFFICE OF THE STAFF JUDGE ADVOCATE

Photo by

CAPT. SETH LEIGH

GUARD FORCE DRAWS FROM THEIR EXPERIENCE, FOCUSES ON IPC SKILLS



Joint Detention Group Soldiers prepare for their 12-hour shift inside Camp V here, March 25. Camp V is a multi-million dollar detention center modeled after a correctional facility in the United States. The camp houses the JDG's non-compliant detainee population.

Editor's note: This is the second of a three-part series. The identification of soldiers operating in the Joint Detention Group has been omitted due to operational security.

The day-to-day operations within the camps mirror most correctional institutions in the United States. Col. David Heath, JDG commander, said the facilities at Camps V and VI are "state of the art." He further emphasized that detainees are held in the same facilities as inmates stateside, which includes climate controlled housing and other amenities.

The similarities don't end with the facilities. The guard force is comprised of highly skilled Soldiers who participated in months of pre-deployment training in detention operations. Though the training of individual companies varied prior to pre-mobilization training at Fort Bliss, Texas, each prepared by drawing on experience gained from previous deployments or through their civilian careers.

"We started with a crawl portion of detainee operations because it was new to a lot of them," said a platoon sergeant from the 670th Military Police Company, explaining his company's training prior to pre-mobilization training at Fort Bliss. "We did an introduction to detainee operations by going over what went wrong in the past, what to stay away from and how to avoid trouble. We also worked on interpersonal communication, restraint standard operating procedures, searches and operational security. All the basics, so that when we got to Fort Bliss

we could enter the jog phase."

The majority of the guard force is comprised of Reserve and National Guard Soldiers, so the experience level within individual companies varies depending on prior deployments in support of detention operations and civilian law enforcement and corrections expertise.

The officer-in-charge of the 447th MP Co. explained that 60 to 70 percent of his Soldiers had experience with detention operations from a previous deployment. He also sent six noncommissioned officers to the U.S. Army's internment and resettlement specialist school, so that his company would have subject matter experts to rely on for the most up-to-date standard operating procedures and tactics, techniques and procedures.

A sergeant with the 361st MP Co., a Reserve unit out of Ashley, Pennsylvania, used the experience he gained during a yearlong deployment to Guantanamo in 2009 to help prepare younger Soldiers on their first deployment.

"To paint a real quick picture, I was 18, and this was my first duty station," the NCO from the 361st MP Co. explained. "I was in Camp V, which is where you have the disciplinary detainees. I caught cocktails basically every day, which is a mixture of feces, semen, blood and vomit – any bodily fluid. A good day was when you didn't have to break out your backup uniform. I use that experience and pass it on to the younger Soldiers to make sure they don't make the mistakes I did."

Units assigned to the JDG place a big training emphasis on developing the guards' interpersonal communication skills.

"We trained mainly [interpersonal communication skills], learning how to talk to people and diffuse the situations. That's really all we do in corrections; we talk," explained the 361st MP Co. NCO, who's currently in the process of becoming a Philadelphia police officer. "It's not like the movies where you're spraying OC or pepper spray every day."

Interpersonal communication skills aren't only important to detention operations in Guantanamo, but are similarly important to corrections officers in the United States.

"Our prisons are full of mentally unstable people," said Lt. Rick Jensen, a corrections officer with the Federal Bureau of Prisons. "Officers are not usually told that part of their job is being a counselor. Just like everybody in the civilian world, these guys get bad news from home and being locked up they cannot lend any support to family members. When somebody's mother dies, their wife leaves them, a kid ran away, etc., they will become on edge. Getting them the right help before they do something bad makes us successful and keeps us safer."

Read more in next week's edition of "The Wire."

Article by

1ST LT. MACARIO MORA

Photo by

SGT. 1ST CLASS DARYL MADRID



WATER SURVIVAL TRAINING

Imagine being trapped in the middle of the ocean, with full body armor, your weapon and nothing around for miles. Although not everyone on Guantanamo Bay has a job that requires being out on the water every day or even most days, some Troopers here do.

In an effort to maintain safety of those who participate in training exercises or who are just doing their daily job, water survival training is an essential requirement. Members of the Maritime Security Detachment here, held training Friday at the Marine Hill Pool as part of their semiannual training requirements.

Although this isn't a course that you can study for, it is important to know what you are getting yourself into. Swim practice prior to taking that first leap into the pool is a must.

"Definitely practice, especially if you're not a good swimmer. It's good to try it out, be familiar, start swimming and if you have any questions, just get familiar with being in the water," said Petty Officer 3rd Class Andrew Mckean, U.S. Coast Guard Water Survival Training Master with the MARSECDET Port Security Unit 308. "It's an easy course to pickup as long as you follow instructions and stay calm."

For the instructors, this training iteration came with some new challenges, such as working with different branches than their own.

"It's nice. It gives us a change of pace, and we get to see what all the other branches do," Mckean said. "And, every now and then, you learn a little bit. You get to teach the other branches something, so it's good. You get a lot of collaboration."

The joint training didn't just present new challenges; it opened up communication and collaboration between branches that have to work together on a regular basis.

"I work with the Coast Guard on a daily basis with the Joint Visitor Bureau, so one of their chiefs

gave me an opportunity to do their training. We work in a joint environment, so why not train in a joint environment? Train as we fight," said Spc. Patrick Kelly, JVB Leeward Operations.

The instructors got a chance to see how someone who was unfamiliar with Coast Guard training did in an aquatic environment.

"Kelly did excellent. [He was] easy to instruct, definitely listened well, easy to teach, followed instructions and gave a hundred percent," Mckean said.

Mckean said the training came about due to a safety issue. So making sure that all the class participants, to include the Soldiers, being taught are prepared and are comfortable with the equipment they wear.

"You just have to relax, breathe, and the instructors are great," said Petty Officer 3rd Class Adam Edwards, a participant in the water survival training class. "They're in the pool with you. It's a safe environment, and it's a controlled environment, so just relax."

Edwards took a page out of Kelly's book and realized that he needed to stay calm in order to try and get through the training.

"The training was tough. Unfortunately, I didn't pass," Edwards said. "I got to the very end and things came unraveled."

The big lesson from this training was how to survive in the water and how to get out of your equipment, if needed, but it also brought about camaraderie between branches.

"It's just good to work with other branches to see how they train to see how they work and get a greater appreciation for what they're doing, and it works vice versa. They get a greater appreciation for what we're doing," Kelly said.

Story by
SPC. LIZ SMITH





Photo by Spc. Liz Smith

Participants of the water survival training learn how to properly prepare and pack their Automatic Tactical Flotation Support System (ATFSS) "1250's" at the Marine Hill pool on Naval Station Guantanamo Friday.



Photo by Spc. Amber Bohlman

Petty Officer 3rd Class Adam Edwards, a U.S. Coast Guardsman with the Maritime Security Detachment here, practices swimming strokes during the first phase of water survival training.



Photo by Spc. Amber Bohlman
Petty Officer 3rd Class Timothy Jones uses the back stroke during his water survival training swim test.



Photo by Spc. Amber Bohlman

Spc. Patrick Kelly, with JVB Leeward Operations, enters the water holding his helmet and body armor, practicing safely entering the water in real life scenarios.



Photo by Spc. Liz Smith

A participant of the water survival training jumps in the water to show he is familiar with the technique on how to properly remove his equipment and move to the surface safely.



Photo by Spc. Amber Bohlman

Petty Officer 3rd Class Timothy Jones manually inflating his Automatic Tactical Flotation Support System.

FEATURE STORY

Photo by Spc. Liz Smith

Petty Officer 3rd Class Adam Edwards practices multiple swimming techniques during a water survival training class at the Marine Hill pool on U.S. Naval Station Guantanamo, Friday. The class is part of their semiannual training requirements which every Coast Guardsman must go through in order to fire crew-served weapons.



MOVIE REVIEW / **THE WATER DIVINER**

Well first things first, unless you're a history buff, "The Water Diver" is going to be "just another war flick."

The plot begins in 1915 after the Battle of Gallipoli when an Australian farmer named Connor (Russell Crowe), travels to Turkey to find the remains of his three sons who went missing in action during the battle. After his wife takes her own life from grief, Connor journeys alone to seek closure for his losses since he now has no one and can't run his farm alone.

Historians will appreciate Crowe's attempt to highlight a lesser known battle of World War I. Those unfamiliar with the war's battles on the Eastern Front will gain insight into the Battle of Gallipoli and Turkish culture at the turn of

the 20th Century.

Of course somewhere in this epic pilgrimage chronicling the horrific realities of war, there is the obligatory love story between Connor and a war-widowed local woman, Ayshe (Olga Kurylenko). Ayshe falls for the soft heart of this mourning foreigner who befriends her fatherless son.

While in Istanbul, Connor grows quite fond of Ayshe, developing a romance that is hounded by the abusive men in her life who are less than tolerant of him. Ayshe herself is a bit of an oddity; she's a Muslim woman running a business in 1915. She has no tie to the film other than being of apparent Turkish descent and having a husband who was hinted to have been killed in the same war that took Connor's sons,

although they don't come right out and say it.

The film keeps the casual viewer's attention with regular flashback scenes of the three son's battlefield experiences, which earned this film its R rating, for no lack of brutality. The scenes of battlefield horror vibrantly reinforce the subtle message presented during the film's slower scenes of civilians coping with a city of ruin.

"The Water Diver" is a totally noteworthy story to tell, great acting and an interesting setting. The only problem with the movie was the novice director behind the lens (Crowe). All of the characters were very well thought out, and the story is a classic tale of a father's loss and new beginnings. The independent stories seem ethereal, whispering

around the central plot without ever developing into something solid. It is almost as if Crowe was trying to present Connor's journey as one of detachment with Connor merely passing through, but not truly interacting with the world he has set out to delve into for the sake of personal salvation.

"The Water Diver" is rated R for war violence including some disturbing images.

Movie review by
SGT. CHRIS MOORE

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.

FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Jurassic World (NEW) PG13, 8 p.m. Mad Max: Fury Road R, 10:15 p.m.	Pitch Perfect 2 (NEW) PG13, 8 p.m. Entourage (NEW) R, 10:15 p.m.	Aloha PG13, 8 p.m.	Little Boy (LS) PG13, 8 p.m.	Ex Machina R, 8 p.m.	Hot Pursuit PG13, 8 p.m.	San Andreas PG13, 8 p.m.
Pitch Perfect 2 (NEW) PG13, 8 p.m. Entourage (NEW) R, 10:15 p.m.	Jurassic World (NEW) PG13, 8 p.m. Hot Pursuit PG13, 10:15 p.m.	The Water Diviner R, 8 p.m.	* LYCEUMS CLOSED	The Age of Adaline (LS) PG13, 8 p.m.	* LYCEUMS CLOSED	Aloha PG13, 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 / HOT PURSUIT



Rose Cooper (Reese Witherspoon) always wanted to be a cop. Her father was the key inspiration as he was a former police officer himself. Her early exposure led to becoming a bit too intense, and Witherspoon does a great job of selling that with her by-the-letter attitude. Add the fact that she grew up in central Texas, and it's not too hard to imagine a petite woman in blue who takes herself too seriously.

Captain Emmett (John Carroll Lynch), gives Cooper a protection detail and a chance to prove herself as a cop. Cartel informant Felipe Riva (Vincent Laresca), and his wife Daniella (Sofia Vergara), are under her protection as they prepare to move to Dallas to be a witness for the prosecution against Vicente Cortez (Joaquin Cosio), who is

a cartel boss. This is Cooper's chance to leave the evidence room and return to the field after she mistakenly stun-gunned the mayor's son.

Cooper and her partner arrive at Riva and Daniella's house to escort them to Dallas, but that's when things take a turn for the worse. Two assailants shoot and kill both Riva and Cooper's partner. The two women take refuge in a car and make a run for it on the highway. Daniella doesn't take the news about her dead husband well. This is where Hollywood's interpretation of funny stereotypes comes in and my problems with this movie began. Vergara is famous for playing the stereotypical Latin woman who is either at the butt of a thinly veiled racist joke or

the catalyst for mayhem as she is portrayed as emotional, thoughtless or at the very least not as intelligent as her white counterpart. This kind of semi-slapstick or situational humor played well enough for the Downtown Lyceum audience though as laughs rang out.

It's here that the typical rollercoaster of funny events carries our two protagonists through the plot. Whether they are evading murdering dirty cops or running into an unsuspecting redneck played by Jim Gaffigan there are plenty of laughs for the teen to adult viewer. In an attempt to placate the audience's need for character development, both Cooper and Daniella start to pick-up on each other's strengths and learn more about each other, enough to build

some level of respect.

Eventually they separate as it is revealed that Daniella has an alternative motive, which leaves Cooper with the hard choice of following the rules or sticking with a new friend. I won't spoil the ending, but it ends as most comedies do, with little real emotion and a fake laugh. For its little moments of comedic relief and Vergara's willingness to suffer the stereotypes for a paycheck. I give it two stars.

"Hot Pursuit" is rated PG-13 for sexual content, violence, language and some drug material.

Movie review by
SGT. ADRIAN BORUNDA

MWR

2015 SPORTS SCHEDULE

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

MONTH / DAY ACTIVITY

June 13	NE Gate 12 Mile Run
June 15	Soccer League
June 22	Sand Volleyball League
June 29	Soccer League
July 4	Softball Tournament
July 4	Ridgeline Trail Run
July 6	Beach Volleyball
July 13-16	Wallyball 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
November 26	T-Day Half Marathon
December 11	Army / Navy Game
December 19	Holiday Basketball
December 24	Jingle Bell Fun Run

PADDLE, PEDAL, PAINTBALL WINNERS

FEMALE RESULTS

Elena Granina - 49:03
Casey Hicks - 54:45
Andrea Green - 75:08
Joann Martinez Garcia - 83:40

MALE RESULTS

William Hellner - 24:51
Erik Arnesen - 27:34
Paul Tidd - 33:59
Douglas Whitehouse - 38:05
Garrett Hawk - 38:07
Charles Sanders - 41:59
Benjamin Mager - 48:01
Bryan Hoffman - 49:31
Michael Mayfield - 85:22

Congratulations to all Female and Male participants!

JOINT FITNESS LEADERS RECEIVE COMMENDATION



JTF Commander Rear Adm. Kyle Cozad (center), Chief of Staff Capt. Mark Winters (left) and Command Fitness Leader Lt. Jasmine Scott (right) poses with Sailors who received Joint Flag Letters of Commendation for their hard work and dedication as Assistant Command Fitness Leaders, this cycle, June 4.

Ten Sailors from Joint Task Force Guantanamo were awarded Joint Flag Letters of Commendation by Rear Adm. Kyle Cozad June 4, for their hard work and commitment as Assistant Command Fitness Leaders here.

As the JTF ACFLs, these Sailors were responsible for numerous physical readiness tasks that varied from preparation to execution in direct support of the U.S. Navy deployed to JTF GTMO.

"For all 250 Navy personnel onboard JTF GTMO, the ACFLs were responsible for ensuring medical readiness prior to participation and carrying out an accurate Body Composition Analysis and an efficient Physical Readiness Test," said Lt. Jasmine Scott, Command Fitness Leader for the Navy element at JTF GTMO.

The Sailors were recognized above everyone else because Cozad saw positive results in how the program was managed and prepared, results that he has never seen before.

"The Admiral said that in his 34 years in the Navy, this was the smoothest PFA process he's been a part of, and that it is a direct result of the ACFLs' hard work," Scott said.

Cozad wasn't the only one thankful that day. Each of the ACFLs were honored to have him there recognizing them for all of the hard work they put into the program this cycle.

"It means a great deal to be recognized for our hard work, and it shows that taking pride in physical fitness and setting the standards really does pay off," said Petty Officer 1st Class

Celeste Dunlap, an ACFL here.

At the end of the day, it was agreed that this was a team effort. Without each ACFL, this task may not have been possible.

"It takes a lot of cooperation from already very busy people to organize a monster task like a deployment PRT and pull it off smoothly," said Petty Officer 2nd Class David Moen, an ACFL here.

"This PFA Cycle could not have been done without every ones personal contributions and commitment to the program," Dunlap agreed.

The following ACFLs were awarded with Joint Flag letters of Commendation: Chief Petty Officer Sonya Jefferson, Petty Officer 1st Class Brett Garrett, Petty Officer 1st Class Celeste Dunlap, Petty Officer 2nd Class David Moen, Petty Officer 2nd Class Bryan Thames, Petty Officer 2nd Class Jose Roque, Petty Officer 2nd Class Vanessa Silva, Petty Officer 2nd Class John Levasseur, Petty Officer 3rd Class Zachary Gales-Alexenko, and Petty Officer 3rd Class Roberto Pulido.

In order to become an ACFL there are quite a few things that need to be accomplished beforehand. An ACFL member has to score an overall Excellent or above on their Physical Readiness Test, be a non user of tobacco, maintain a valid CPR card and be designated in writing by the Chief of Staff.

Story and photo by
SPC. AMBER BOHLMAN

MWR SOFTBALL LEAGUE: BEEF VS IGUANAMO



Craig Frydrych, left fielder for the BEEF softball team, hits a grounder to right field at the Cooper Field softball diamond during Monday night's game against a resilient Iguanamo team that wouldn't give up. The BEEF proved to be too much for Iguanamo as they pulled away for the victory late in the game ending it 21-11.

If motivation was the sole factor in determining victory on the softball field, Iguanamo's rambunctious and high-spirited players would have left in triumph, but that wasn't the case.

The Base Engineer Emergency Force, or BEEF, set the games tempo early with a hard-hitting lineup that spread the hits around the field evenly and left the Iguanamo fielders chasing grounders or under running fly balls.

The BEEF struck first and quickly with six runs in the first inning, leaving Iguanamo reeling on their heels and looking to even it up with their own offense. Their hitters did show promise, but looked a bit shaky early on.

"The score didn't go our way tonight, but I think we did pretty well overall," said Brandi Foulds, an Iguanamo substitute. "We had a couple good rallies with our batting, but we just didn't quite pull it through."

That Iguanamo motivation never let up though, even with two quick outs in the first, the dugout was calling for a two-out offensive rally.

"We're a very positive team. We're always cheering each other on, and we have a good mix of people in our team. We're not a homogenous group," Foulds said. "We have military, spouses, teachers and contractors."

It seemed that Iguanamo flourished under pressure situations, when at the bottom of the first, with runners on the corners and two outs, a clutch line-drive into right field brought home Iguanamo's first run and put two more runners in scoring position, making it 6-1 at the end of

the first.

Although Iguanamo would rally, the BEEF would come back twice as strong on the offense. Come the second inning, they were again pressuring the Iguanamo defense with the bases loaded and didn't disappoint.

"We started in the beginning of the season, practiced our hitting and, as you can see, we got better as time went on," said Donrico Hooker, the BEEF head coach.

A hard hit deep into center field brought in two runs and left runners on the corners making it 8-1. Whatever momentum Iguanamo picked up at the end of the first, was crushed by the offensive power of the BEEF, but their motivation remained.

The bats would eventually come alive for Iguanamo in the third as they chipped away at the BEEFs' lead. The usually strong BEEF defense started to show some fatigue with missed throws and lack luster fielding.

After a resurgence in offense for Iguanamo, the BEEF came back just as strong putting up another nine runs making it 21-11 at the end of the game.

"Fielding is one of the things we are looking to improve upon. We always have one or two innings where we give up five or six runs," Hooker said.

Article and photo by

SGT. ADRIAN BORUNDA

MWR SOFTBALL

No.	Team Name	Standings
01	Spartans	(13-2)
02	Blazing Saddles	(13-2)
03	Stay Classy	(13-3)
04	BEEF	(12-3)
05	Wicked Stix	(11-4)
06	Salt Water Cowboys	(11-5)
07	Cali Elite	(9-6)
08	GTMO Latinos Plus	(8-7)
09	Inglorious Batters	(8-7)
10	Iguanamo	(7-9)
11	The Terminators	(6-10)
12	Dirty Mike & the Boyz	(6-10)
13	Ghost Riders	(5-10)
14	Cage Kickers	(3-13)
15	MisFits	(3-13)
16	Mile high	(2-13)
17	Pitch Slap	(1-14)

MWR FLAG FOOTBALL

No.	Team Name	Standings
01	HNL	(10-2)
02	Confusions	(10-2)
03	Spartans	(10-2)
04	Gunslingers	(8-4)
05	Scheme Team	(7-5)
06	324th	(7-5)
07	GTMO's Finest	(6-6)
08	BEEF	(5-7)
09	88th MP	(4-8)
10	Militia	(4-8)
11	MCSFCO	(4-8)
12	Balls Going Deep	(2-10)
13	38th Watchmen	(1-11)

MWR TENNIS

No.	Male Singles	Standings
01	Ging Belch	(5-0)
02	Prisco Masagca	(1-0)
03	Gary Belch	(6-1)
04	Dario Morgan	(4-2)
05	Andre Naje	(2-2)
06	James Flint	(1-3)
07	David Balog	(0-1)
08	Jeffrey Rice	(0-1)
09	Henry Ferguson	(0-2)
10	Kirk	(0-2)
11	Mitch Shubbach	(0-3)

No.	Female Singles	Standings
01	Marliza Belch	(4-0)
02	Ging Belch	(2-0)
03	Chris Batory	(4-1)
04	Katie Fretz	(3-2)
05	Emily Kolenda	(2-3)
06	Hanh Tang	(1-2)
07	Garona Belch	(1-4)
08	Gennelle Lee	(0-3)

No.	Male Doubles	Standings
01	Gary/Ging	(2-0)
02	James/Bill	(0-1)
03	Giovanni/Andre	(0-1)

No.	Female Doubles	Standings
01	Gary/Ging	(1-0)
02	Jeff/Katie	(0-1)

FASTER BEATS, LONGER WORKOUT

What takes an ordinary workout and makes it extraordinary? Well, I guess your answers may vary, but I'm willing to bet most people can agree on one thing – music.

"My music helps to motivate me during my workout," said Petty Officer 2nd Class Carlos Lira, an intelligence analyst.

He's certainly not alone. In fact, Dr. Costas Karageorghis of Brunel University in London, one of the world's leading experts on the psychology of exercise music, described music as "a type of legal performance-enhancing drug."

But why?

Whether you like rap, techno, audio books or podcasts, having that ambient sound distracts your brain from your muscle pain. In addition to distracting you from pain and fatigue, it boosts your mood, which means longer gym sessions and farther runs.

"Certain songs motivate me to keep pushing

on with my workouts when I am tired," Lira said. His top picks are from The Strokes, Red Hot Chile Peppers and Tupac.

Music is a great way to switch things up too. Doing the same routine week after week gets boring, but if you are constantly changing your playlist, it will help keep you excited.

If you want to make some new playlists, start sorting songs by their beats per minute (bpm). When it comes to running, you should choose songs between 130-170 bpm depending on your speed. Don't worry; it's easier than it sounds. Just create a Smart Playlist in iTunes and choose your bpm range.

Whatever genre you like, pick something with a good tempo that makes you really want to move your body. If it makes you tap your foot in the office, it'll help you run more on the track.

Article by

SPC. MONIQUE QUINONES

MARINATED SHRIMP WITH MEDITERRANEAN SALAD**Ingredients:**

- 1 1/2 pounds cooked shrimp, peeled & deveined
- 1/4 cup fresh lemon juice
- 3 tablespoons olive oil
- 1/3 cup fresh basil, torn
- Kosher salt and pepper
- 1 bunch radishes, thinly sliced
- 2 green bell peppers, thinly sliced
- 1/3 cup (3 ounces) black olives, pitted
- 3 ounces Feta, sliced
- 1 5-ounce bag pita chips or cracker bread

Directions:

1. In a large bowl, combine the shrimp, lemon juice, oil, basil, and ¼ teaspoon each salt and pepper. Set aside for 10 minutes to allow flavors to meld.
2. Stir in the radishes, bell peppers, olives, and Feta.
3. Divide among bowls. Spoon any remaining liquid over the tops. Serve with pita chips or cracker bread.

**JSMART SPOT**

▲ JSMART HELPER: TITAN

THE IMPORTANCE OF READING

On a daily basis we are all forced to read. Whether emails, food labels or on Facebook, the written word surrounds us. However, with so many technological advances in past decades, the idea of reading for entertainment has diminished, especially among younger generations. If we look at the proven effects of recreational reading, the benefits appear endless.

There's enough stress in many of our everyday lives to last us a week. Some of the easier options for our "downtime" such as T.V., video games and surfing the Internet actually add to the stress on our brains. These activities bombard our already tired senses with constant movement, flashing lights and noise; whereas reading requires calm surroundings. Setting aside time to read by ourselves is actually a great way to relax.

Regular time spent reading can also aid in improving specific skills.

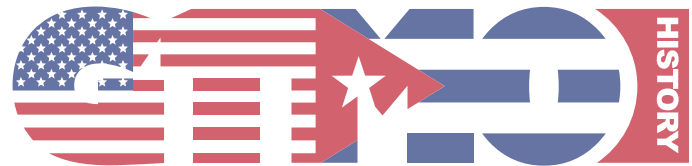
The valuable ability to concentrate is affected when we experience multiple interruptions throughout the day. If we're able to sit and read about one subject for an extended period of time, we're improving our ability to focus. Reading is also a terrific way to improve our memory. When reading a story we're forced to remember characters and situations they encounter throughout the plot.

Over time, avid readers increase their language skills by this added exposure, especially if we're reading the works of skilled authors. It's important to remember that our brain is like any other muscle and needs exercise to stay in optimal working condition. We should all occasionally ask ourselves, did I give my brain a workout today?

Article by

**PETTY OFFICER 3RD CLASS
RANDALL KELLEY**

Joint Medical Group

**GUANTANAMO SPANISH DEFENSES**

Early Twentieth-century postcard showing "Remains of Toro Cay, Spanish Battery", Guantamo Bay, Cuba.

Given the significance of Guantamo Bay, the Spanish had developed defenses around the bay. According to U.S. Navy reports, several thousand Spanish troops under General Felix Pareja Mesa, were stationed in Guantamo City (north of the bay). Caimanera was concentrated with Spanish troops and had several armed embankments. The Spanish had at least two naval vessels stationed in the bay.

One of them was the gunboat Sandoval, a relatively new ship that had been completed in 1895 in Clydebank, Scotland, and then served in Spain's war against the Cuban rebels. Early in 1898, the Sandoval had been reequipped at Guantamo Bay as a minelayer and minesweeper. On April 25, the Sandoval began establishing a minefield in the bay. The latter was the site of a Spanish fort that stood watch over the vicinity. In addition to the fort at Toro Cay, a blockhouse stood atop what is now McCalla Hill on the eastern side of the lower bay. This blockhouse guarded the cable station and small village at Fisherman's Point.

Article and photo courtesy of
SOUTHEASTERN ARCHAEOLOGICAL RESEARCH, INC.

RELIGIOUS SERVICES

ROMAN CATHOLIC (NAVSTA chapel)

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

PROTESTANT SERV. (JTF Troopers chapel)

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

PROTESTANT SERV. (NAVSTA chapel)

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

PROTESTANT SERV. (JTF Troopers chapel)

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

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

Beginning May 5	Tuesday	1900	Taught by Chaplain Tim Foster
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*These services are conducted by Army or Navy chaplains / For more information call ext. 2218

BUS SCHEDULE

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

BUS SCHEDULE 09:55 - 19:55 hourly

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

BEACH BUS (Saturday & Sunday only)

Windward Loop / E. Caravella:
 0900/0930/1200/1230/1500/1530/1800/1830
 SBOQ / Marina:
 0905/0935/1205/1235/1505/1 535/1805/1835
 NEX:
 0908/0925/1208/1225/1508/1525/1808/1825
 Phillips Park: 0914/ 1214/1514/1814
 Cable Beach: 0917/1217/1517/1817
 Return to Office: 0940/1240/1540/1840

FERRY SCHEDULE

Monday - Saturday

FERRY

Windward:

0630 / 0730 / 0930 / 1030 / 1130 / 1330 / 1530 / 1630

Leeward:

0700 / 0800 / 1000 / 1100 / 1200 / 1400 / 1600

UTILITY BOAT

Windward:

1630 / 1730 / 1830 / 2030 / 2230 / 2330

Leeward:

1700 / 1800 / 1900 / 2100 / 2300 / 0000

Sunday & Holidays

FERRY

Windward:

0730 / 1330

Leeward:

0800 / 1400

UTILITY BOAT

Windward:

1030 / 1530 / 1730 / 1830 / 2030 / 2230

Leeward:

1100 / 1600 / 1800 / 1900 / 2100 / 2300

TEN STEPS FOR SUCCESS WITH THE INSPECTOR GENERAL

Inspector generals are fair, impartial fact-finders and problem-solvers for the commander and the mission. IGs perform four basic functions: Assistance, Investigations, Inspections, and Teaching and Training. Below are 10 helpful hints for Warriors who are considering bringing an issue to the IG.

For more information, or to contact the Joint Task Force Inspector General's Office, please call x8339.

- 1) BE SURE YOU HAVE A PROBLEM AND NOT JUST A PEEVE
- 2) GIVE THE CHAIN OF COMMAND A CHANCE TO SOLVE THE PROBLEM
- 3) TRY ALL OTHER APPROPRIATE REMEDIES
- 4) DEAL WITH THE CLOSEST IG; IT WILL SPEED THE PROCESS AND PROBABLY GET AN ANSWER SOONER
- 5) LEVEL WITH THE IG FROM THE BEGINNING; THE IG WILL SOON FIND OUT THE REST OF THE STORY
- 6) KEEP IN MIND THE IG's REGULATORY AND STATUTORY LIMITS
- 7) AN IG IS NOT A COMMANDER; THE IG CAN ONLY RECOMMEND, NOT ORDER
- 8) AN IG CAN ONLY RESOLVE A CASE ON THE BASIS OF PROVABLE FACTS
- 9) BE PATIENT; THE METHODS AND NATURE OF IG WORK REQUIRE TIME
- 10) BE PREPARED TO TAKE NO FOR AN ANSWER

Photo by Timothy Brown
PARTING SHOT



'PELICAN ON WATCH' PHOTO BY SGT. TIMOTHY W. BROWN. FOR A CHANCE TO HAVE YOUR PHOTO FEATURED IN THE PARTING SHOT, PLEASE SEND SUBMISSIONS TO: THEWIRE@JTFGTMO.SOUTHCOM.MIL

THE **WIRE**

