

THE OFFICIAL PUBLICATION OF JOINT TASK FORCE GUANTANAMO

THE WIRE

October 16, 2015



GTMO CELEBRATES NAVY'S 240TH BIRTHDAY

WINDJAMMER PLAYS HOST TO NAVAL BALL COMMEMORATING NEARLY TWO, HALF CENTURIES

BEEF TROOPER USES DIVINE TOUCH TO REACH, HELP OTHERS

AIRMAN OPENS MINISTRY, USES TEACHINGS TO HELP OTHERS IN AF, LOCAL COMMUNITY

DR. PETER TOLSON: STORY OF DEDICATION SPANNING SIX DECADES

EXPERT PAYS BIENNIAL VISIT FOR THE PRESERVATION OF VALUED WILDLIFE

HISPANIC HERITAGE MONTH BRINGS EVERYONE TOGETHER

CULTURAL EVENT SHOWCASES DIVERSITY THROUGH PANEL DISCUSSION- FOOD, MUSIC

MPs HOST SEMI-ANNUAL PIG BOWL COMPETITION

MILITARY POLICE BATTALION HOLDS FRIENDLY CHALLENGE FOR SERVICE MEMBERS

PHOTO STORY



NAVY CAPT. MARIA MORENO-CHOW
Director of Nursing Care, JMG

MORAL COURAGE DEFINES OUR CHARACTER

“Success in life, like in combat, has always demanded a depth of character. Those who can reach deep inside themselves and draw upon an inner strength, fortified by strong values, always carry the day against those of lesser character,” said General Charles C. Krulak.

He goes on to say, moral cowards never win in war; moral cowards never win in life. They might believe they are winning a few battles here and there, but their victories are never sweet, they never stand the test of time, and they never serve to inspire others. It takes moral courage to hold your ideas above yourself. It is the defining aspect of your character. Therefore, what of your character, who are you really and what do you stand for? What is the essence of your character? Where is your moral compass pointing and what course do you follow?

The relationships you keep, the peers you choose, the mentors you seek, and the organizations you affiliate with, help to define your character. Your character will

be defined by your decisions. We are serving with the greatest military the world has ever known in this joint environment. We serve in the finest traditions of those who have worn this nation’s uniform over the past 240 years.

Our mission reminds us to be constantly vigilant and prepared for threats to our nation’s security and to cherish the gift of freedom that we enjoy today. To all Sailors, continue with your strong sense of duty: honor, courage and commitment to the U.S. Navy, *NON SIBI SED PATRIAE*, (not for self, but for country). Together, we define the American spirit through our strength. May god bless you and continue to bless our wonderful country we have sworn an oath to protect.

Editors’ note: originally printed June 26, 2015.

Article by
NAVY CAPT. MARIA MORENO-CHOW
Director of Nursing Care, JMG

NEVER SAY GOODBYE ONLY SEE YOU LATER

I am getting ready to say my goodbyes. It seems like I just got here! At the Joint Task Force Chapel, we have a tradition of calling up troops and giving them a blessing as they return to their families and next duty station. When a JTF Trooper leaves, they have a “check out” sheet, which includes a reintegration brief from the chaplain.

Highlights include:

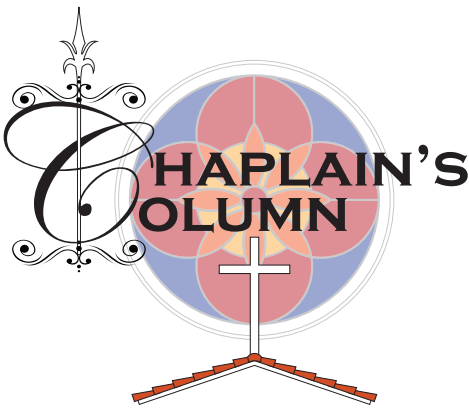
- Communicating with your family and friends to what type of homecoming you are expecting. Do you want a low-key occasion including Starbucks and Chipotle? Or do you want everybody and their mom waving American flags?
- Take the first week or two, OFF. Just reconnect with family and friends. While this may sound unrealistic, once you “turn the faucet” on, it won’t turn off. You owe it to yourself and family to, NOT dive back into work or school immediately.
- There are resources to help you every

step of the way! Regardless of what branch you serve, whether you are active or reserve, there are programs in place for you and your family to be better-off when you reunite.

There is an unexpected twist for those of the Christian faith. We never have to say goodbye! Even at a funeral, we have the hope of seeing each other again in heaven. We get to say, “I’ll see you later.” As I leave this place, it is my sincere hope that I get to see you again, if not here on earth, hopefully in heaven! It has been my distinct privilege and blessing to serve as a chaplain at Guantanamo. I pray for continued mission success and that you and your family are blessed!

I’ll see you later.

Article by
NAVY CHAPLAIN (LT. CMDR.)
MARK MORENO
JTF GTMO, Chaplain



A familiar scene unfolds just about every Friday at Ferry Landing. Folks leave the island and say their final goodbyes to their fellow Troopers. Some cry, others laugh, some even jump into the water! As you know, saying goodbye can be hard. Other times, you can’t wipe the grin off of your face! While the military community is small, the odds of seeing those you have served with again can be even smaller.

Maybe I’m thinking about this because



COMMAND & CHAPLAIN

The JMG senior nurse executive encourages you to think about your moral courage and holding your ideas above yourself. The chaplain explains that goodbyes are not forever.



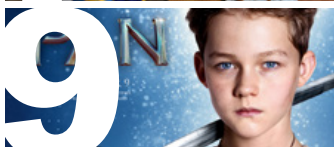
GTMO NEWS

The recent Hispanic Heritage event brought Troopers together. Dr. Peter Tolson visits the island to care for reptiles. Read Master Sgt. Reynel Lora's profile and how he became a pastor.



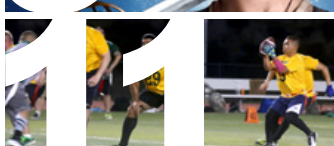
PHOTO STORY / COVER PHOTO

JTF and NAVSTA Troopers came together, last Saturday night, to celebrate the Navy's 240th birthday. Master Chief Petty Officer (ret.) Beth L. Lambert, was the night's keynote speaker.



ENTERTAINMENT

Read about the two new movies this week. Is "Pan" just another disappointing take on the beloved children's film? "The Visit" will either have you intrigued or creeped out.



SPORTS

Flag football game ends dramatically as one team falls only one field goal short. Military police battalion holds semiannual field day with several activities.



LIFE & FITNESS

Compound muscle exercise provides fast results. JSMART wants you to be resilient. Get tips on identifying and managing difficult situations to become resilient.

MOTIVATOR OF THE WEEK

SPC. PHILLIP MARTIN
595TH MP CO

COAST GUARD PETTY OFFICER
2ND CLASS JASON WALKER
MARSECDET

DON'T USE PERSONAL EMAIL ACCOUNTS FOR WORK!

Free email accounts are a great thing to have when used properly. Have you ever wondered why they are free? Those companies make money by signing up as many people as possible, not by providing secure email. Other companies spend millions of dollars to thwart hackers. Do you think those free email websites prevent hackers? Don't send sensitive or work related material via personal email accounts because they are not secure. USE OPSEC.

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HISPANIC HERITAGE MONTH BRINGS TROOPERS TOGETHER



Sgt. Roxanne Flores, preventative medicine noncommissioned officer, with the 525th Military Police Battalion, serves Joint Task Force Troopers during the Hispanic Heritage Observation at the Trooper Chapel on Oct. 9.

The 525th Military Police Battalion hosted a Hispanic Heritage Observation for the Joint Task Force at the Troopers' Chapel on Oct. 9, at U.S. Naval Station Guantanamo Bay, Cuba.

The event was hosted to commemorate Hispanics from Spanish countries, specifically U.S. residents and citizens born from parents of Latin American countries, serving among our ranks in the military and civilian workforce. The panel consisted of a "Who's Who" of GTMO – Hispanic edition, with Navy Capt. Maria Moreno-Chow, Director of Nursing Care with Joint Detention Group; Dana Lake, Assistant Manager of the Cuban Community Center; and Navy Lt. Nelson Guadalupe, NAVSTA Department Head for the Nutrition Management Department.

All three spoke to a crowd of more than 60 people about the way their culture influenced their lives, rise to success in the military and civilian workforce and what it means to them to be Hispanic.

"It reminds us of our humble beginnings," said Moreno-Chow. "As a Hispanic female in the armed forces, it has been an honor and privilege to serve with the greatest military our world has known. We share in the same freedoms and it's an honor to be a part of this joint environment."

The common thread among the three panel members was how their lives are woven into the fabric of American society. Currently,

11.2 percent of service members claim to be Hispanic.

Hispanics have played a part in the U.S. military since the Revolutionary War.

Nelson, a Puerto Rican and self-proclaimed "Army brat," said his great uncle, Spc. Hector Santiago-Colon, is a Medal of Honor recipient. Santiago-Colon displayed heroic actions in Vietnam by saving the lives of the men around him, but cost him his own. Santiago-Colon is one of nine Puerto Ricans to be awarded the Medal of Honor.

During a portion of the panel, Nelson

walked around the chapel and asked audience members what they claimed as their nationality, all proudly said "American," to which he responded "me too."

After the panel discussion and awards of appreciation, the audience turned their attention to the back of the chapel where a table of tacos, flan, empanadas and other Hispanic-inspired dishes awaited Troopers.

"We didn't want to bore people with Power Point slides," said Army Sgt. Roxanne Flores, preventative medicine noncommissioned officer with the 525 MP Bn. "We wanted to bring different foods and desserts that highlighted different cultures. I'm proud of how the Latin community came to put this event together and all the people who participated in the event."

Toward the end of the event, Troopers listened to GTMO resident disc jockey, Army Sgt. Isabel Polanco, operations NCO with J3 Operations Directorate. She and five others broke out into song, playing various instruments, a scene reminiscent of movies depicting Spanish Harlem's neighborhood musicians. Polanco said she and the others wanted to show the audience something different by coming together to play various Latin beats.

"We often lose sight of what the real celebration is about," said Guadalupe. "We (Hispanics) are proud to be Puerto Rican, Dominican, Cuban, Peruvian, but we are even more proud to call ourselves American."

Article and photos by
ARMY SGT. CHRISTOPHER A. GARIBAY



Trooper plays the bongos during the Hispanic Heritage Observation at the Troopers' Chapel.

DR. PETER TOLSON: STORY OF DEDICATION SPANNING SIX DECADES



Dr. Peter Tolson, a renowned herpetologist and director of conservation and research at the Toledo Zoo, Toledo, Ohio, checks the gender of a young Cuban Boa at Guantanamo Bay, Cuba on Oct. 8.

The year is 1967 and a young Marine, Peter J. Tolson, native of Cleveland, Ohio, is fresh off the boat in Guantanamo Bay, Cuba. Having been interested in animals from a young age, the Cuban wildlife quickly caught his attention and he began studying, in earnest, the exotic animals that surrounded him. The Cuban Boa struck his fancy and as his studies progressed, he reached out to Dr. Albert Schwarz, a renowned expert in West Indian herpetology from the University of Michigan. With the mentorship of Schwarz, as well a generous amount of time serendipitously granted by his commander, Tolson soon found his calling in herpetology. Two years later, Tolson left GTMO and the Marine Corps, to pursue a degree in zoology at Michigan State University, before earning his doctorate degree in ecology and evolution from the University of Michigan.

Fast forward to 2015, it has been nearly 50 years since Sgt. Tolson, now Dr. Tolson, first became interested in the animals of GTMO and today, he is a widely respected expert on them. Tolson currently serves as the director of conservation and research at the Toledo Zoo in Toledo, Ohio. He also does a great deal of fieldwork, including biannual visits to our own GTMO, and assessing the health of the boa populations.

At GTMO, Tolson works alongside Joe Madison, natural and cultural resources manager and the veterinary clinic staff.

“He comes twice a year for three weeks and I’m usually sending him updates on the snake locations every couple of weeks,” said Madison.

Tolson’s activities during the last several weeks, while he was on the island, were critical to the ongoing effort to protecting the fauna of GTMO, particularly the boas.

“To have somebody that has the level of expertise like Dr. Tolson for a specific species is invaluable to me,” said Madison.

Tolson was able to observe and record, with the help of the veterinary staff and Madison, dozens of healthy new boas being born. Measurements were taken and Tolson implanted small tracking devices in a few of the healthiest candidates. The procedure will help ensure the animals can be tracked and is ultimately one of many steps in the conservation program that Tolson and Madison are developing to keep the boas safe and thriving.

“The military has traditionally done a good job of protecting habitat and maintaining healthy ecosystems,” said Capt. Kristin A. Bakkegard, Joint Task Force chief of staff.

Bakkegard is also a biologist and associate professor of biological and environmental sciences at Samford University in Birmingham Alabama.

“In many areas of the U.S., development has gobbled up vital habitat, leaving military bases, with their large training areas as the only remaining refuges for many plants and animals,” said Bakkegard.

Tolson’s passion for the animals of GTMO and the Caribbean was perhaps most evident at an exposition held at the Phillip’s Park pavilion Saturday on Oct. 10. Tolson and Madison held the event to allow residents to have a meet and greet with some of the animals. From the boas, to the iguanas, as well as a myriad of small lizards and even a tarantula made an appearance, much to the delight of onlooking families.

“The event is almost too successful,” said Madison. “There are so many people interested and only so many animals to show.”

The turnout was impressive with many U.S. Naval Station Guantanamo Bay and JTF personnel in attendance. Bakkegard also helped show animals to the audience, moving through crowds of gawking children with a number of small reptiles.

(Article continued on page 14)



A tarantula displayed at an ecological exposition at Phillip’s Park on Guantanamo Bay, Cuba on Oct. 10.

BEEF TROOPER USES DIVINE TOUCH TO REACH, HELP OTHERS



Master Sgt. Reynel Lora, operations flight superintendent for the Prime Base Emergency Engineer Force 17, gives the Invocation for the Gospel service at the Naval Station Chapel, Oct. 4, at U.S. Naval Station Guantanamo Bay, Cuba. Lora has taken an active role in the Gospel ministry here since his first few weeks, making an immediate impact to the organization's mission.

Editor's note: This is the second of a three part series profiling extraordinary Joint Task Force Troopers.

Life and death situations allow for a unique perspective on life and one's purpose in it. Master Sgt. Reynel Lora, operations flight superintendent with the Prime Base Engineer Emergency Force 17, deployed to Iraq in 2009, where his unit was subject to random mortar attacks. One day, a close friend asked if he answered to a higher purpose. When Lora realized he did not, it dawned on him that his life should be different.

There are few people in the world who can have an immediate impact in your life, who can affect your thoughts in a positive manner, and leave a lasting impression in your mind; Lora is undoubtedly one of those people. He initially comes across as someone with a quiet demeanor, someone who remains in the background and observes the world around him. If you believe that, you would be wrong. Within minutes of getting to know him, his infectious charisma and welcoming spirit hooks you. He is someone you are not likely to forget.

"I enjoy working with him," said Master Sgt. Rodolfo Pena, first sergeant of the BEEF, who exclaimed Lora's spirituality meets the Air Force pillar of spirituality. "He always says things that motivate those around him. In the military, we tend to focus only on the work or the job, but he focuses on the good that it does. There's messages he's given to me that I pass on to younger troops."

Lora came from an impoverished community in Barraquilla, Colombia, and at the age of 27 his parents sponsored him to come to the U.S. Upon his arrival in Passaic, New Jersey, Lora found work, but quickly realized he could end up stuck in a rut or as he describes it, a cycle of poverty.

"Coming from a poor family, you have a different perspective on life," said Lora. "I had my mind set on the American dream and stability, but I didn't speak English."

Instead of being a victim of circumstance Lora decided he would learn English, get his associate degree at his local community college, and make a dash for the American dream. Realizing there were other opportunities, he walked into an Air Force recruiter's office –

the "better" of the four branches, or so he claims. In 2000, he enlisted as a member of the Air Force.

"I always wanted to be a part of something bigger," said Lora. "Sometimes you get stuck working in low paying jobs, sending money back home, getting taken advantage of; you get trapped. The Air Force took me out of that circle."

Throughout his deployment to Iraq, Lora found answers to questions he did not even know he had.

During the occasional mortar attacks on base, as well as a friend's encouragement caused Lora to dedicate his life to Christ.

According to Lora, the Air Force requires service to others and putting other's needs before your own.

He invested time learning the bible, attending Global University, earning a degree in Biblical and Ministerial Studies so he could begin to preach. This newfound purpose led Lora to establish a church in Olivehurst, California, a town plagued with drug use, alcoholism, and domestic violence. Of course, as with many members of the

military, Lora was informed he would deploy to Guantanamo Bay, Cuba to support the Prime BEEF's mission. His wife, Maria, is serving the flock in Olivehurst, in his absence.

Upon his arrival, Lora made an immediate impact to the Gospel Service at GTMO, conducting sermons in only his third week.

During a recent Sunday service, he gave the invocation to a faithful crowd. As he rose to the podium, he read the scripture and as



Lora speaks to emphasize a point at the chapel. He worked to develop leaders for his church and leaders in his unit, using both the pillars of the Air Force and the guidance of the Bible.

he began to describe what the passage meant to him, his voice rose to a crescendo until it thundered throughout the chapel. Members of the ministry raised their hands, closed their eyes and received every word, every bit of energy delivered by Lora in that moment.

Sonya Jefferson, chief petty officer with Joint Medical Group, and a pastor with the Gospel Service, rose to the podium and before she read the daily scripture, she expressed her admiration for his invocation.

"Well I guess we can just skip to the benediction after that," said Jefferson, with admiration. Jefferson smiled and thanked Lora, moved by his fiery morning prayer.

Sunday's service is not the only place where Lora's presence can be felt in the ministry.

Pastor Darryl Lezama, with the Gospel Ministry at GTMO, said Lora made an immediate impact on the ministry team. Lezama, a 20-year Navy veteran, had several positive reflections on Lora.

"When I think of Master Sgt. Lora, the word 'legacy' comes to mind," said Lezama. "He

understands the urgency of helping people; he is such an incredible resource for those he touches."

Lezama credits Lora with finding creative ways to improve existing processes and methods for reaching out to people. He said Lora never lets anyone get complacent, bringing everyone's brilliant ideas together, ensuring the ministry's vision can move forward.

"God is doing something different here in GTMO," said Lora. "I consider GTMO a spiritual boot camp where people give their problems to God ... they are touched by the message, to have confidence in helping others."

Lora has loftier goals when he returns home



Lora preaches at the Main Chapel during his sermon. He has opened a ministry, Luz de Sion or Zion Light, to help the local community resolve issues of addiction and violence through God.

to La Iglesia Luz de Sion, Zion Light Church, the ministry he and his wife started, which currently has approximately 50 members.

"It's going to be a big ministry," said Lora. "Using my experience in the Air Force, managing resources and projects, I want (to) use the same (skill set) to help people. My community's got a lot of problems that, as a Christian, I know I can help. I can make a difference. If I have to move to another assignment, I know I will have trained a new leader in my church so that together we can continue our work in more communities."

In the mean time, he and Maria are committed to bringing change to the ills of their community.

Maria said, through the power of God, they

would help those afflicted by addictions and violence through their ministry, particularly with the children in the community. She said the children are the future of a healthy community and our country.

Since Lora is active duty he will someday come down on orders to leave Olivehurst. He is not worried, thought as he plans to establish a new ministry wherever he goes.

Lezama has lamented Lora leaving GTMO, even though the event is not in the near future.

"In the two years I've been here, we've been fortunate to have people leave but be replaced with someone with additional experiences or knowledge so that we maintain our posture," said Lezama. "Lora has such an overwhelming value; he has the attributes of a great leader."

While he remains a vital member of the local ministry and the BEEF mission, Lora seeks to help others in need of support.

Lora and Lezama invite JTF Troopers to use them as a resource when they find themselves in need of spiritual guidance, support or those



Lora smiles as he receives a warm welcome during a gospel service at the Main Chapel. "Lora has such an overwhelming value; he has the attributes of a great leader," said Pastor Darryl Lezama.

simply seeking someone to discuss personal or professional issues. Gospel Service is open to everyone at the chapel at 1 p.m. every Sunday. Additionally, Women's Ministry is every Tuesday at 6:30 p.m. in room 14 of the Chapel Annex and Wednesdays at 7 p.m. in room 12 for Men's Bible Study.

Article and photos by
ARMY SGT. CHRISTOPHER A. GARIBAY

NGTMO CELEBRATES NAVY'S 240TH BIRTHDAY

Joint Task Force Troopers joined with U.S. Naval Station Guantanamo Bay, Cuba, personnel to attend a ball Saturday on Oct. 10, at the Windjammer Ballroom, celebrating the Navy's 240th birthday.

The theme of the ball was "ready then, ready now, ready always," and NAVSTA Commander Navy Capt. David Culpepper, recounted moments from the long and honorable service the Navy has provided our country, including the readiness of today's Navy.

"Tonight we celebrate 240 years of service to our nation and to the cause of freedom around the world, on and off the high seas," said Culpepper.

Retired Master Chief Petty Officer Beth L. Lambert was the night's keynote speaker. Lambert became the first female Sailor to be designated an Aviation Structural Mechanic (Structures). In 1988 she became the first female selected as the Navy's Shore Sailor of the Year and was among the initial group of female Sailors to be permanently assigned to an aircraft carrier, the USS Dwight D. Eisenhower. Later, Lambert became the first female Command Master Chief on an aircraft carrier when she assumed the duty aboard the USS Theodore Roosevelt.

Petty Officer 1st Class Meaghan E. Russell, the vice president of the Navy Ball Committee this year, was responsible for finding and inviting Lambert to speak at the evening's event.

"I found Master Chief Beth Lambert after doing research for guest speakers, we wanted someone who had set milestones for the Navy; and she has, for both women and all sailors," said Russell.

Lambert's focus was on leadership in the military and, through examples of her own military story; she explained how to be an effective leader.

"Your job in the military is to replace

yourself, and replace yourself with someone who is better than you," said Lambert.

Lambert's speech did not just tell leaders what they were supposed to do, she also elaborated on how you go about doing it.

"Can you convince the young Soldier, Airmen, Sailor, Coast Guardsman that you really care about them?" said Lambert. "Not just here at work so you can do a job for me, but convince them that I care about what happens to you in your life and I want you to be successful. If you can do that, they can achieve anything."

Lambert's speech was well received by the crowd and seemed to strike a nerve with both NAVSTA personnel and JTF troopers alike.

"I was very inspired by her speech... I do believe that one leader; one person can make an impact on the success of any service member's career. I have gained more respect for the Navy because she is part of the Navy History," said JTF Trooper Army Sgt. 1st Class Theresa Barone-Lopez, the secretary of the joint staff's noncommissioned officer-in-charge.

Lambert also wished to send a message specifically to the JTF Troopers.

While the mission is complex, and operational security makes it difficult to discuss, know that people appreciate everything the JTF does, said Lambert.

The ball also included a dinner and raffle prizes including game systems and televisions, and of course dancing later that evening.

With that, the 2015 Navy Ball was given to history as another successful commemoration of Navy heritage and pride. The combined GTMO community danced into the night in celebration of this country's Navy brethren and their pledge to the world to be "ready now, ready then, ready always!"

Article and photos by

ARMY SGT. CHARLIE HELMHOLT



The Navy Color Guard Team prepares to post the colors during the Navy Ball, which took place at The Windjammer Ballroom at U.S. Naval Station Guantanamo Bay, Cuba on Oct. 10. The ball was held to celebrate the Navy's 240th Birthday.



Soldiers, Sailors, Airmen, Marines, Coast Guardsmen, and civilians await admission dressed in their finest clothes and uniforms.



The 2015, Navy Ball Prisoner of War and Missing in Action detail, prepare to render honors to the lost and departed who are unable to attend the celebration.



Command elements from the JTF and NAVSTA rise for the invocation at the Navy Ball. Keynote speakers included Navy Capt. David Culpepper, NAVSTA base commander, and retired Master Chief Petty Officer Beth L. Lambert, the first female selected as the Navy's Shore Sailor of the Year.



JTF and NAVSTA personnel enjoy the dinner. The Navy Ball is held annually to celebrate the Navy's Birthday.



Guest speaker Beth L. Lambert joins the oldest and youngest Sailor at the ceremony, Cmdr. Sheri Coleman and Seaman Apprentice Kaitlynn Watson, respectively, in tasting the first bite of the celebratory cake at the ball.



A table set for one, represents the feelings of camaraderie, loss and remembrance, which service members feel, for those in uniform unable to attend.



"Pan," the prequel to "Peter Pan," destroyed a beloved childhood favorite of mine. The screenwriter, Jason Fuchs, adaptation of a J.M. Barrie's classic story, "Peter Pan" is stale and bland. He puts little effort into spinning an entertaining tale. I found it hard to sit through the movie. In my opinion, it lacked any relevant plot twists.

The movie's opening scene steals a page from "Annie", which includes dreadful nuns in a London orphanage mistreating Peter (Levi Miller) and his friend. Miller plays the mischievous, Peter, exceptionally well.

The next scene jumps to the sound of sirens signaling a Nazi attack. Peter and his friend sneak off to the nun's office where they suspect she is hoarding food. Peter unearths more here than he bargained for, as he finds a note from his birth mother giving him hope he will someday reunite with her.

After being caught, the boys are sent to bed, but spotlights awaken them again. Peter tries to dodge his fate, but despite his efforts, a hook hoists him into the air onto one of Blackbeard's pirate ships. Above the orphanage, a pirate flag flies on the roof, signifying the nuns are ready to sell the orphans as forced labor to mine pixie dust.

The magical flying, exuberantly-designed pirate ship sails off to Neverland.

They finally arrive to witness slaves cheering on Blackbeard (Hugh Jackman), the barely recognizable, gothic pirate in his black wig, hideous mustache and goatee, while the obnoxious out-of-context Nirvana's "Teen Spirit" blares in the background. This is definitely not one of Jackman's finer moments. There is nothing provocative or entertaining about the corny pirate he plays.

Blackbeard's right hand man, Sam Smiegel (Adeel Akhtar) known

as Smee directs Peter to the mines where he encounters James Hook (Garrett Hedlund). Hedlund plays Hook so well that I find myself believing Hook is not so bad after all. Peter slowly begins to win Hook over. Hook begrudgingly shows Peter how to mine, but refuses to speak to him otherwise. Trouble starts for Pan when he finds pixie dust and everyone immediately rushes to claim it for themselves. While Pan refuses to let anyone take credit for his work, he is still sent to walk the plank. After sending Peter to his death, Blackbeard realizes he may be the boy who will destroy him and his empire, because he flies instead of dies.

Hook sees Peter flying and immediately views him as a pawn for his own escape plan. With little trouble, Peter, Hook and Smee steal one of Blackbeard's ships. They do not get far before they conveniently crash near the native tribes, where Hook, Peter and Smee befriend and team up with Tiger Lily (Rooney Mara), in preparation for their final battle with Blackbeard.

The impeccable set and masterfully detailed costumes designed by Aline Bonetto are the only noteworthy things about this film. The story fails to answer one major question about the character's relationship, how do Peter and Hook end up becoming enemies? The movie dragged on to a very predictable ending, thankfully bringing this dreadful movie to a halt. I give this movie one banana rat.

"Pan" is rated PG for fantasy action violence, language and some thematic material.

Movie review by
SPC. NICOLE NICOLAS

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.

Goosebumps (New) PG, 8 p.m. No Escape R, 10:30 p.m.	Bridge of Spies (New) PG13, 8 p.m. American Ultra (LS) R, 10:30 p.m.	The Perfect Guy PG13, 8 p.m.	Hotel Transylvania 2 PG, 8 p.m.	Pan PG, 8 p.m.	War Room (LS) PG13, 8 p.m.	The Visit PG13, 8 p.m.
10/16 FRIDAY	10/17 SATURDAY	10/18 SUNDAY	10/19 MONDAY	10/20 TUESDAY	10/21 WEDNESDAY	10/22 THURSDAY
Bridge of Spies (New) PG13, 8 p.m. The Martian PG13, 10:30 p.m.	Goosebumps (New) PG, 8 p.m. The Maze Runner: Scorch Trials PG13, 10:30 p.m.	American Ultra (LS) R, 10:30 p.m.	LYCEUM CLOSED	War Room (LS) PG13, 8 p.m.	LYCEUM CLOSED	A Walk In The Woods R, 8 p.m.

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

MOVIE REVIEW / THE VISIT



Be aware spoiler-Alert!

Between the creepiness of this movie and my dislike for horror films, I figure I will never get that hour and a half of my life back.

The movie began with Becca (Olivia DeJonge), approximately 15 years old, documenting her mother, Paula (Kathryn Hahn). Her curiosity for her mother and grandparents' relationship led to a weeklong visit with two people whom she and her younger brother Tyler (Ed Oxenbould), had never met. Paula severed ties with her parents when she ran away with her high school teacher at the age of 19. One divorce and two children later, Paula finds herself in a new relationship and off on a cruise while her children meet their grandparents.

When the children reach their grandparents' secluded farmhouse, they find no cell phone reception and odd things begin to happen after 9:30 p.m. Becca documents the entire visit along with every odd instance. Things documented include a grandmother who randomly throws up at night, runs around the house scratching

on walls while naked, crawls around the house and screams in the camera; a grandfather who keeps a barn full of soiled diapers and much more. Becca is finally skeptical enough to listen to Tyler and place a camera in the living room to monitor the weird behavior after 9:30 p.m., when she reviews the footage the next day; she finds her grandmother trying to enter the children's room with a kitchen knife.

Wanting to get home, the children Skype with their mother and discover the grandparents are not who they thought they were. Quickly, Paula calls 911, which apparently in the small town, goes to voicemail. While she is on her way, the children try and play it cool until they find a dead body hanging from a tree outside the front door. Grandpa keeps the children entertained with a game of dice until the night approaches and grandma starts acting weird again.

Becca remembers her grandfather telling her not to go in the basement, but this time her curiosity is at an all-time high and she wonders if her real grandparents are dead in the basement. Surprise, surprise – they are dead in the basement. While snooping around, Becca finds clothes from a psychiatric ward. Now, the children must fight for their lives, kill the psychotic strangers, and hope their mother arrives in time.

This film was not my favorite by any means. The acting was OK, and for a horror film, the grandparents did a good job of being weirdos. Throughout the movie, I wanted to leave many times. I did not understand how the mother would send her children to visit her parents without ever even showing them photos, but I know, I know – it's a movie. I just didn't like it.

The only thing that kept the film afloat was the comedy; Tyler was a hoot most of the time. A typical pre-teen, trying to be cool, puts together a quite witty and comical rap lyric at the beginning, middle and end of the movie. At the end when Tyler tackles the grandfather, he loses his mind and starts yelling things about football and keeping low on a tackle. The outburst was hysterical.

Maybe this kind of movie just wasn't for me, make your own judgment, but I am giving this film two starts out of five, and only then because the comedy kept it alive.

"The Visit" is rated PG13 for disturbing thematic material including terror, violence and some nudity, and for brief language.

Movie review by
ARMY STAFF SGT. ALEAH M. CASTREJON



PLAN AHEAD! CHECK OUT EVENTS, ACTIVITIES

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

MONTH / DAY ACTIVITY

October 17	Color Run
October 24	Paddle, Pedal, Paintball
October 24	Fitness & Figure
October 24	Trunk or Treat
October 31	Zombie 5K
November 7	Glow Run
November 7	Ditka Dash
November 14	Duathlon
November 21	Power lifting Competition
November 21	Max performance games
November 26	T-Day Half Marathon
December 5	Power Lift Competition
December 11	Army / Navy Game
December 19	Holiday Basketball
December 24	Jingle Bell Fun Run

ARMY FOOTBALL TRYOUTS

Dates are subject to change. Please contact POC's for questions.

ARMY MALE

Tryouts will be held every Wednesday at 7 p.m. at Cooper Field, until further notice.

Male POC: Master Sgt. Stephen Jones x5418

ARMY FEMALE

October 31 10 a.m. at Cooper Field

Female POC: Blair J. Stone x9832



MPs HOST SEMIANNUAL PIG BOWL COMPETITION



A Soldier swings the bat in order to hit the softball during the home run derby at the sports complex, Cooper Field, Oct. 10, during the Pig Bowl, held by the 525th Military Police Battalion, at U.S. Naval Station Guantanamo Bay, Cuba.

The 525th Military Police Battalion held their semiannual field day activity called the Pig Bowl for their Soldiers, at the Cooper Field Complex on Oct. 10, at U.S. Naval Station Guantanamo Bay, Cuba.

In order to earn top honors within the Battalion, Soldiers spent their Saturday morning competing against each other in six regular events such as dodgeball, cornhole, a guidon relay and a field goal contest to name a few as well as a mystery event. This turned out to be a nine page written test involving Army regulations, military history and promotion board-type questions, according to some who had to take the test, which was the brainchild of the battalion command sergeant major.

"We had a lot of good showings in a lot of different places, even in some of our weaker events," said Justin Spangler, whose unit won the Pig Bowl.

Friendly competition between military units brings the importance of camaraderie to the forefront, said Spangler, who competed in the field goal, punt, pass, run, and the guidon relay events.

Dodgeball and cornhole games knocked out teams through a double-elimination style tournament. The field goal, punt, pass, kick, and home run derby games, each tallied through an accumulation of points, allowing Soldiers to try to score as many points as possible. The unit with the most points won the event.

After each competition, units earned overall points toward the trophy, where first place received six points and sixth place received one point. Earning a first place spot was not going to be easy. As with most sporting events, this

one had its fair share of entertaining, good-natured heckling as competitors attempted to throw the competition off their game.

Competing with team members from the unit who he does not normally work with, allowed them to interact and grow stronger as a whole, said Spangler. By working together, it helped the company accomplish their overall goal of winning the competition.

According to Ellie Barnett, who participated in the guidon relay, healthy competitive events allow Soldiers to step back, look, and remember they are here to take care of each other.

"You may not be athletically inclined or intellectually inclined by nature, but coming out and supporting everybody in a collective group of events, actually brings not only the companies together to rival against other companies, but the whole battalion," said Barnett.

After all seven events, the unit with the highest overall points, received a trophy. The company, who won the trophy, gained bragging rights until the next Pig Bowl or when the company leaves the island.

"It was a great idea," said Marshall Gross. "I am really glad they held this for us and that we were able to participate in all of this." Each of the MP companies was assigned the task of sponsoring and running an event.

Field days are an opportunity for companies to put distractions behind them, come together and participate in a fun, entertaining event. Events like the Pig Bowl allow healthy competition between Soldiers and boosts morale in the units.

Article and photos by
ARMY SGT. RYAN L. TWIST



Soldiers participate in the guidon relay during the home run derby. The semiannual challenge allows companies within the battalion to compete against one another for bragging rights and a trophy.

GUNSLINGERS BLAST THEIR WAY TO VICTORY



Tyler Austin, a tight end for team, Going up on a Tuesday, reaches out for a pass during the Morale, Welfare & Recreation Flag Football game, Oct. 9, at Cooper Field.

Team "Going up on a Tuesday" is down three in overtime. They line up to kick a field goal, keeping their hopes of winning the game alive. The ball is snapped. The kicker gets his foot behind the ball and sends it flying as defensive players leap desperately to block it. The ball flies through the air and veers to the side. The "Gunslingers" win.

The Gunslingers met their long time rivals Going up on a Tuesday on the gridiron, Oct. 9, at Cooper Field, on U.S. Naval Station Guantanamo Bay, Cuba. The two teams competed in a fierce flag football game that ended dramatically in overtime. The Gunslingers came out on top, 33-30, clinching their victory with a field goal.

In the beginning, after a quick coin toss, the teams hit the field. Immediately, the tension between them could be felt. Things got heated right away as insults and trash talk polluted the air.

"We know each other well," said Vincent Murray, a defensive end for Going Up on a Tuesday. "We've been living together. The rivalry has been going on since last season. The trash talk and rivalry will continue throughout this season but we will all be friends afterwards."

Normally trash talking is a tactic used to get under their opponent's skin and effectively throw them off their game. That was not necessarily the case for either team as both racked up penalties left and right.

"When the score is close and each team is scoring back to back and it's win or lose while the seconds on the clock are ticking down, you get a little frustrated," said Lorenzo Lopez,

a wide receiver and defensive back for the Gunslingers. "We're human and some people get a little too aggressive and that's when the penalties come in."

At the end of the first half the teams hit the sidelines where the coaches for the respective teams went over their player's mistakes. Most importantly, each coach stressed the importance of staying calm and level-headed so they did not continue to rack up silly penalties and give their opponents easy yards.

The second half got off to a rough start for the Gunslingers. Team Going up on a Tuesday quickly put points on the board pulling ahead, 24-9. However, the Gunslingers answered with a few touchdowns of their own. With the game tied up at 24, the teams headed into overtime where the Gunslingers clinched their victory.

"It was a great game," said Gustavo Villanueva, the coach for the Gunslingers. "This is what flag football is all about right here. We had two good teams and a lot of trash talking."

Villanueva said he is proud of his team and knew they had what it took to pull off the comeback.

"I'm working with Lamborghini's here," said Villanueva. "They are all top notch athletes and I just try to guide them the best way I can."

Morale, Welfare & Recreation Flag Football games are held Monday through Friday at Cooper Field.

Article and photos by
SPC. JUSTIN LE MALONE

MWR ULTIMATE FRISBEE

No.	Team Name	Standings
01	Disclexia	11-1
02	Salt Water Cowboys	7-2
03	Frizz Beez	8-3
04	The Ice Men	8-3
05	Dirty Red & the Boys	4-6
06	Down to Flick	4-8
07	Floppy Disks	0-10
08	Legal Air Warfare	0-9

MWR FLAG FOOTBALL

No.	Team Name	Standings
01	Straw Hat Gang	3-0
02	Spartans	2-0
03	Gunslingers	2-0
04	Dirty Mike & the Boys	1-0
05	Confusions	3-1
06	Gatekeepers	2-1
07	Punishers	1-1
08	Mighty Guns	1-1
09	Warriors	1-1
10	Joint Squad	1-2
11	Going up on a Tuesday	1-2
12	377 MP Co	0-2
13	The Scoregams	0-2
14	Unknowns	0-2
15	Sea Chickens	0-3

MWR CO-ED SOFTBALL

No.	Team Name	Standings
01	Spartans	7-0
02	CT Stormtroopers	6-0
03	Gatekeepers	3-0
04	Sons of Pitches	6-1
05	Slap Pitches	5-1
06	Inglorious Batters	4-1
07	GTMO Bandits	3-1
08	NAVSTA Security	3-1
09	Blazing Saddles	2-1
10	The Sliders	2-1
11	Ghost Riders	3-2
12	One Hit Wonders	3-2
13	TAO B	3-3
14	Punishers	2-2
15	Care Bear Warriors	2-2
16	Football Bats	1-1
17	GTMO Latinos Plus	3-4
18	Guardians	3-4
19	Caught Looking	2-3
20	Sluggers n' Chuggers	2-4
21	TAO A	2-4
22	Iguanamo	1-4
23	Gunslingers	1-4
24	Outcasts	1-4
25	French Team	1-6
26	Life's a Beach	0-5
27	JTC Softball Team	0-5
28	Pitch Slap	0-5

COMPOUND MUSCLE EXERCISES FOR YOUR WORKOUT

For some, walking into the gym to start weight lifting can be intimidating. However, it takes little effort to choose an isolated exercise machine such as the bicep or tricep curl equipment. For beginners, isolated exercises alone, which work out one specific muscle, will waste their time and energy. The best course of action for novices who want to see results faster is to focus on compound exercises and find isolated exercises to complement their compound exercise workout.

Compound exercises will provide a full body workout, which encourages balance between muscle groups, said Dr. David Carfagno, a sports medicine physician who works for the Scottsdale Sports Medicine Institute.

Carfagno recommends a compound exercise, such as squats, which works out multiple muscle groups including your lower body, core, quadriceps, hamstrings, calves and lower back.

Additionally, compound exercises increase balance and coordination because they force the muscles to work together, said Quinn. Since multiple muscle groups work together

to build strength, individual muscles will not tire as easily, allowing you to workout longer.

The added benefit of doing compound exercise is that working multiple muscle groups at the same time allows your body to burn calories faster, said Elizabeth Quinn, an exercise physiologist and fitness consultant.

Your body burns more calories doing compound exercises and builds lean muscle, which increases your metabolism, said Carfagno.

However, isolated exercises have their place and can be very useful. They can help people who are suffering from an injury. Isolated exercises aid those with injuries in correcting the imbalance between the injured muscle and healthy muscles. Isolated exercised are also useful for seasoned bodybuilders who want to target specific muscles, in order to increase size and bulk.

Article by

ARMY SPC. NICOLE NICOLAS

Personalize your workout

Find compound exercises through *Bodybuilding.com* and for the complete workout go to www.bodybuilding.com/fun/wotw46.htm

Flat Bench Press

Execution:

Lie face up on a flat bench, with back slightly arched, buttocks on the bench, and feet flat on the floor. Grab the barbell with an overhand grip, slightly wider than shoulder width apart. Inhale and lower the bar to chest level, until elbows are parallel to the ground. Maintain control of the bar, and extend the arms back up while exhaling to end to movement.

Squat

Execution:

Slide under the barbell and place it on the trapezius, slightly above the posterior deltoid. Grab the bar tightly with the hands, and look straight ahead. Inhale and contract the abdominal muscles to prevent the torso from collapsing forward, arch the back slightly, and remove the bar from the stand. Step back a few inches, place both feet slightly wider than shoulder width and point toes outward. Bend forward from the hips, and continue the movements until the thighs are below parallel to the ground. Straighten the legs and lift the torso to the starting position, then exhale.

Deadlift

Execution:

Stand facing the barbell, legs shoulder width apart, abdominals contracted and back slightly arched. Bend the knees until the thighs are parallel to the ground, and grab the bar using one overhand grip, and one underhand grip. Inhale, lift the bar by straightening the legs and then contract the back at the top portion of the movement. Exhale at the end of the movement.

Military Press

Execution:

Sit with the back straight, and hold the barbell with an overhand grip. Inhale, and extend the bar upward. Lower the bar back down, and exhale at the end of the movement.

"Be the change that you want to see in the world." - Mohandas Gandhi



JSMART SPOT

▲ JSMART HELPER: HARLEY

MAINTAINING RESILIENCY IN THE MILITARY

Stress is everywhere. Whether you're late for work and stuck behind a 25 mph gator, lifting 1,000 pounds at the G.J. Denich Gym or paddling for your life away at one of Guantanamo's finest beaches, stress is really unavoidable. Stress is so intertwined with our lives that it is important for us to know how to manage and balance the stressors we face each day; this is why we need resiliency.

Resiliency is the ability to withstand, recover, grow and function competently in the presence of stressors, adversity and challenging demands. Without resiliency, we are like a rubber band stretched so far that we are unable to return to our original form. A key reminder when determining good stress from bad stress is asking yourself, "Is this beneficial to my overall growth as a human being?"

We all have the responsibility to lessen the negative effects of stress and incorporate functions that physically, psychologically,

socially and spiritually enhance our wellbeing. Therefore, try making decisive decisions toward a solution to your stress rather than ignoring it. Allow yourself time for rest and fun activities. Keep a positive outlook, visualizing what you want rather than what you fear. Look for opportunities for self-discovery, improvement, and nurturing a positive outlook about yourself in order to build confidence in your ability to solve problems. Make sure to keep things in perspective in order to avoid blowing them out of proportion. Gain support and encouragement through connection with family, friends and coworkers. Lastly, remember to identify ways that work well for YOU in order to foster your own resilience.

Article by

NAVY PETTY OFFICER 3RD CLASS

JOSHUA GIANGRECO

Joint Medical Group

RELIGIOUS SERVICES

ROMAN CATHOLIC (NAVSTA chapel)

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

PROTESTANT SERV. (JTF Troopers' chapel)

Sunday* 0900&1900
 Friday 1900

Friday night movie

PROTESTANT SERV. (NAVSTA chapel)

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

OTHER SERV. (NAVSTA chapel)

Islamic Prayers Friday 1315 Annex Room 2
7th Day Adventist Saturday 0900 Annex Room 1 (Sabbath School)
 Saturday 1100 Annex Room 1 (Sabbath Service)
Latter Day Saints Sunday 0900 Annex Room 19
Pentecostal Sunday 0800 Annex Room D
 Sunday 1700 Annex Room D
*Christian Fellowship** Sunday 1800 Main Chapel (Non-denominational)
Jewish Study Friday 1900 Call JTF Chaplain for location*

BIBLE STUDIES (JTF Troopers' chapel)

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

Game Night

LUTHERAN SERV. (JTF Troopers' chapel)

Sunday 1030 JTF Trooper's Chapel

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

Tuesday 1900 Taught by Navy Chaplain (Lt. Col.) Mark Moreno

ALCOHOLICS ANONYMOUS MEETINGS

Mon/Wed/Sat 1830 NAVSTA Chapel Annex, Room 16

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

BUS SCHEDULE

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

BUS SCHEDULE 09:55 - 19:55 hourly

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

BEACH BUS (Saturday & Sunday only)

Windward Loop / E. Caravella:
 0900/0930/1200/1230/1500/1530/1800/
 1830
 SBOQ / Marina:
 0905/0935/1205/1235/1505/1535/1805/
 1835
 NEX:
 0908/0925/1208/1225/1508/1525/1808/
 1825
 Phillips Park: 0914/1214/1514/1814
 Cable Beach: 0917/1217/1517/1817
 Return to Office: 0940/1240/1540/1840

FERRY SCHEDULE

Monday - Saturday

FERRY

Windward:

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

Leeward:

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

UTILITY BOAT

Windward:

1630/ 1730/ 1830/ 2030/ 2230/ 2330

Leeward:

1700/ 1800/ 1900/ 2100/ 2300/ 0000

Sunday & Holidays

FERRY

Windward:

0730 / 1330

Leeward:

0800 / 1400

UTILITY BOAT

Windward:

1030 / 1530 / 1730 / 1830 / 2030 / 2230

Leeward:

1100 / 1600 / 1800 / 1900 / 2100 / 2300

(Dr. Peter Tolson article continued)

"We get an experience most biologists will never have," said Bakkegard. "Biologically, GTMO is a great place to be. So many unique animals here. What a privilege to see them!"

Patrons of the event were still being amazed with animals well after the exposition's official end time.

"It's important to learn about the animals we share space with and to learn how (our) actions impact the environment," said Petty Officer 2nd

Class Jonathan Mortimer, a JTF Trooper with the J2, intelligence directorate and attendee to the event.

With decades of work behind him, Tolson shows no sign of slowing down. His eyes seem bright with passion as he discusses the future of his work.

"To be honest with you, when I'm out humpin' these hills, I run into that young Marine that was here in 1968," said Tolson, when referring to himself. "I find him again."

Article and photos by **SPC. IAN WITHROW**



Newborn Cuban boa waits to be measured and weighed by Dr. Peter Tolson, director of conservation at the Toledo Zoo in Toledo, Ohio on Oct. 8.

Photo by Breury Rodriguez
PARTING SHOT



'SEA TURTLE' PHOTO BY SGT. BREURY RODRIGUEZ. FOR A CHANCE TO HAVE YOUR PHOTO FEATURED IN THE PARTING SHOT, PLEASE SEND SUBMISSIONS TO: THEWIRE@JTFGTMO.SOUTHCOM.MIL

THE WIRE

