



# THE WIRED

The Official Publication of Joint Task Force Guantanamo



## Air Operations

Keeping everything moving

## Going for the gold

GTMO residents do it all at the Olympic Triathlon

# AROUND THE BAY

## MOTIVATOR OF THE WEEK

**SSgt Augustine Tuliao**  
Base Emergency Engineering Force

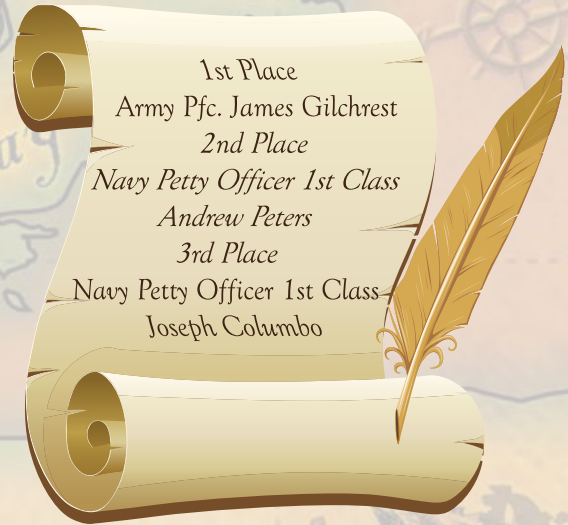
**PFC Blake Smith**  
339th Military Police Company



**Cover photo:** A C-130J Super Hercules taxis in to Naval Station Guantanamo bringing with it new Troopers from the 391st Military Police Company here June 10. These soldiers will be on the front line providing safe and humane care and custody of detainees in the Joint Task Force.

Photo by Maj. Jon Quinlan

## Poetry Contest Results



1st Place

Army Pfc. James Gilchrest

2nd Place

Navy Petty Officer 1st Class

Andrew Peters

3rd Place

Navy Petty Officer 1st Class

Joseph Columbo

First place poem found on page 4.



Photo by Sgt. Christopher Vandy/The Wire

Soldiers from the 342nd Military Police Company stand at parade rest during the transfer of authority ceremony held at Bulkeley Field, June 11. The 342nd have taken over command from the 491st MPs.

## FEATURES

### 6 • Cover Story

The Air Operations Section of Joint Task Force Guantanamo keeps the movement of personnel and equipment on and off the island running smoothly.

### 9 • Dependable Care

The Soldiers and Sailors at the Joint Troop Clinic are responsible for ensuring the health of JTF Troopers. What are they doing to accomplish this mission?

### 10 • Olympic Triathlon

Nearly 60 MWR patrons swam, biked and ran around Naval Station Guantanamo Bay Saturday morning in the MWR hosted Olympic Triathlon.

**CORRECTIONS** Please report all corrections to [thewire@jftgmo.southcom.mil](mailto:thewire@jftgmo.southcom.mil).

The following information was printed incorrectly in the last issue of *The Wire*.

Page 5: Army Lt. Col. Richard Ball is the commander of the 93rd Military Police Battalion.





HQ Building, Camp America  
Guantanamo Bay, Cuba  
Commercial: 011-5399-3651  
DSN: 660-3651  
E-mail: thewire@jtfgtmo.southcom.mil  
www.jtfgtmo.southcom.mil/wire/wire.html

### Command Staff

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**Deputy Commander**  
Army Brig. Gen. Marion Garcia  
**Sergeant Major**  
Marine Sgt. Maj. Juan Hidalgo, Jr.  
**Office of Public Affairs Director**  
Navy Cmdr. John Filostrat  
**Deputy Director**  
Air Force Maj. Jon Quinlan  
**Operations/Graphic Designer**  
Army Maj. Reinaldo Montero  
**Command Information Officer**  
Army Capt. Allison Givens

### Staff

**Editor**  
Army Staff Sgt. Carmen Steinbach  
**Copy Editor/ Photo Editor**  
Army Sgt. Spencer Rhodes  
**Webmaster/Illustrator**  
Army Sgt. Kenneth Tucceri  
**Staff Writers**  
Army Sgt. Christopher Vann  
Army Sgt. David Kirtland  
Army Sgt. Debra Cook  
Army Pvt. Kourtney Grimes

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## Religious Services

### NAVSTA Chapel

**Catholic Mass**  
Mon.-Thur. 1730  
Saturday 1700  
Sunday 0900

### Protestant Services

General Protestant  
Sunday 1100  
Gospel Worship  
Sunday 1300

### Chapel Annexes

**Pentecostal Gospel**  
Sunday 0800 & 1700  
Room D

### LDS Service

Sunday 1300 Fellowship Hall

### Islamic Service

Friday 1315 Room 2

### Seventh Day Adventist

Friday 1900 Room 1  
Sabbath School: Saturday 0930  
Room 1  
Sabbath Service: Saturday 1100  
Room 1

### Iglesia ni Kristo

Thursday: 0500, 1900 Room 1  
Sunday: 0530, 1900 Room 1  
Tuesday (Bible Study): 2000

### New Troopers' Chapel

**Protestant Worship**  
Sunday 0640  
Sunday 0900  
Sunday 1900

### Bible Studies

Monday 2000  
Cuzco block J  
Wednesday and  
Friday 1900  
New Troopers' Chapel

### Chapel Annexes Cont.

**Liturgical Protestant**  
Sunday: 0930, Room 1

## Transportation Schedules

### 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  
  
NEX Express Bus  
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/East 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 / Turn Around**  
0917/1217/1517/1817  
**Return to Office**  
0940/1240/1540/1840

### FERRY Schedule Monday thru Saturday FERRY

**Windward** 0630/0730/0930/1030/1130/1330/1530  
**Leeward** 0700/0800/1000/1100/1200/1400/1600  
**UTILITY BOAT**  
**Windward** 1630/1730/1830/2030/2230  
2330 **Friday and Saturdays only**  
**Leeward** 1700/1800/1900/2100/2300  
0000 **Friday and Saturdays only**  
**Sunday & Holidays**  
**FERRY**  
**Windward** 0730/1030/1330  
**Leeward** 0800/1000/1200/1400  
**UTILITY BOAT**  
**Windward** 1530/1730/1830/2030/2230  
**Leeward** 1600/1800/1900/2100/2300

# Striving for continuity at JTF GTMO

**By Navy Cmdr. John Filostrat**  
 Director, JTF GTMO Public Affairs

Webster's dictionary defines continuity as an uninterrupted connection, succession, or union. With the steady rotation of units and personnel at Joint



Cmdr. John Filostrat

Task Force Guantanamo, we all must strive for continuity. Last week's transfer of authority from the 491st Military Police Company to the 342nd MP Company highlights this

important fact. The vital work performed by these units and others here at JTF GTMO highlights the importance of a good pass-down. If it's important enough to do, write it down and make sure to give your replacement a proper and complete turnover.

Since most of the tours of duty at JTF

GTMO are typically six to 12 months, continuity is an important ingredient in our mission of safe, humane, legal and transparent care and custody of the detainees. We must remain vigilant and steadfast in this mission for as long as we're tasked with this important job. That's our challenge and it involves everyone at JTF GTMO. Being consistent with the application of standard operating procedures is vital on the road to continuity.

Finally, make every effort to apply best practices and be sure to write it down for your replacements. While we strive for continuity, change is inevitable. Certain processes can always be improved upon so look for ways to get better in order to be part of the solution. We work in a challenging environment, sometimes under stressful circumstances. I have been impressed with the professionalism and dedication of the Soldiers, Marines, Sailors, Airmen, and Coast Guardsmen and women during my time at JTF GTMO so I'm confident we're up to the task. I am proud to be serving with you. Honor bound!



## The Champ

**Poem by Army Pfc. James Gilchrist**  
 297th Military Police Company

Life knocks you down  
 You better take the hit champ because regardless of the circumstance,  
 You've only got one chance to get back up.  
 It's not like you to just stay down.  
 I've the seen the fire in your eye it's time to take this moment to realize that you are the MOMENT.  
 This is your life and I know you won't settle, you will not quit, because you have a gift, and that gift is persistence.  
 You will rise above the negativity to use your mistakes to be the constant cre-

ativity that motivates you to go harder than you ever thought possible.  
 You don't let your mind play tricks on you, your emotions don't get the best of you, you never once settled to be average because you weren't born average you were born YOU.  
 People out there are going to tell you, you won't make it man, and I know you just smile back and say yes I can.  
 You don't rely on success to fulfill your happiness you look to your journey where you started and what I've become and then you ask yourself "will I be remembered for what I've done".  
 You don't know the meaning of easy, of course champ life gets hard but you always remember that it was the little things that have gotten you this far.  
 It may have been bad back then but it could have been worse, some scars never fade champ I know it hurts, yet I've never heard you complain.  
 So when you hit rock bottom stay the same precede to rise because it's a person like you that makes people really alive.

## NEWS FEED

### 12TH WAR CRIMES SUSPECT FORMALLY CHARGED AT GUANTANAMO

By Terri Moon Cronk, American Forces Press Service

WASHINGTON -- The 12th suspect to be charged for alleged war crimes against the United States was arraigned today before a military commission in Guantanamo Bay, Cuba.

Abd al Hadi al-Iraqi was arraigned on the non-capital charges of terrorism, denying quarter, using treachery or perfidy, murder of protected persons, attacking protected property, attacking civilians, attacking civilian objects, and employing poison or similar weapons to force the United States, its allies, and non-Muslims out of the Arabian Peninsula, Afghanistan and Iraq, court documents indicated.

As an alleged senior member of al-Qaida, documents note, Hadi conspired with and led others in a series of deadly attacks and related offenses in Afghanistan, Pakistan and elsewhere from 2001 to 2006.

Hadi did not enter a plea to the charges. His defense team spoke for him and said Hadi would do that at a later undetermined date.

### AIR FORCE READY IF CALLED UPON FOR IRAQ, JAMES SAYS

By Army Sgt. 1st Class Tyrone C. Marshall Jr., American Forces Press Service

WASHINGTON -- The Air Force is fully engaged in planning efforts to provide options for the situation in Iraq and is ready to provide its capabilities if necessary, Air Force Secretary Deborah Lee James said here today.

Speaking to the Defense Writers Group, the Air Force's top official acknowledged the importance of the situation in Iraq.

"It is certainly a very serious and fluid situation, to say the least," James said. "Our top leaders from the president to the [defense] secretary [and] Joint Chiefs of Staff -- everybody is very, very focused on this."

The president, she said, has asked his national security team to provide options, including military options, for the situation.

"Military planners, of course, are always planning for a variety of contingencies," James said, "so that planning is ongoing."

### VA BEGINS MONTHLY INSPECTIONS TO RESTORE SCHEDULING INTEGRITY

From a Department of Veterans Affairs News Release

WASHINGTON -- Acting Veterans Affairs Secretary Sloan D. Gibson today directed all of the department's medical center and health care system directors to conduct monthly in-person reviews of scheduling practices in every clinic within their jurisdiction.

Site inspections will include observing daily scheduling processes and interacting with scheduling staff to ensure all policies are being followed to deliver veterans the timely care they have earned, VA officials said.

Our top priority is getting veterans off of wait lists and into clinics," Gibson said. "We need our folks in the facilities to work directly with staff, answer all questions, and ensure our veterans receive the timely care they have earned."



**Review by Staff Sgt. Carmen Steinbach**  
 Editor, [thewire@jtfgtmo.southcom.mil](mailto:thewire@jtfgtmo.southcom.mil)

Over the years, the Disney conglomerate has released many heartwarming tales, some true or loosely based on a true story, others strategically designed in a fiction lab to invoke the most “feels” possible. Often times, it is a real life tale that truly engages an audience, creating a memorable movie-going experience and allows them to feel a close connection to the characters.

Unfortunately this was not the case with “Million Dollar Arm.” Just like you shouldn’t judge a book by its cover, a movie clearly shouldn’t be judged by its title, since the tale is not in fact about the future of bionics, but instead a reference to a reality show



searching for the next Major League pitcher.

Down-and-out professional sports agent, J.B. Bernstein (Mad Men’s Jon Hamm) created this India-based contest in hopes of grooming cricket players into baseball stars. When two young locals, Rinku Singh (Slumdog Millionaire’s Suraj Sharma) and Dinesh Patel (Life of Pi Star Madhur Mittal), are selected, the crew heads back to Los Angeles. The story should center around the struggle of the pair to not only learn an entirely new sport in just a few short weeks, but how to integrate into American culture as well. Instead the focus sticks to J.B. and his callousness. The model-chasing, money grubber shows little interest in the

players and is very difficult to cheer for, until inexplicably (true to Disney tale fashion), he sees the error of his ways and becomes a lovable mentor and family man.



Sadly, Hamm is also outshone by the all-star supporting cast as well, including Alan Arkin as witty baseball scout Ray Poitevint who can measure the speed a pitch solely by sound,

the ever-versatile Billy Paxton as a baseball trainer and Lake Bell, as a loving, next door neighbor that helps add some sensitivity to J.B.’s personality.

The best performances however, were given by the non-American actors. If the plot focused more on their plight and brilliant talent, this film would get a “Remember the Titans” or “Bend-it Like Beckham” gold-star rating, instead of the 3 banana rats it warrants.

## HOW TO TRAIN YOUR DRAGON 2

**Review by Sgt. Spencer Rhodes**  
 Copy Editor, [thewire@jtfgtmo.southcom.mil](mailto:thewire@jtfgtmo.southcom.mil)

For those who haven’t seen the first “How to train your Dragon” film, it’s safe to say those viewers are missing out on a future animated classic. A claim that is only reiterated with an aesthetically pleasing and articulately written sequel that grows with the

The story takes place five years after the original movie and the community of Berk is a far different and more open minded place than it had been just a short time ago. Hiccup the dragon continues to fly out to far places with Toothless, his dragon and close friend, mapping new lands that he comes across. While doing so he encounters an ominous commander who is creating an army of dragons that are under impulsive obedience due to a leviathan-sized dragon; the latter is one of the many visual highlights of the movie, indisputably setting a standard for a new generation of classic animated films. As is expected, the heroes are successful but to avoid spoilers, we won’t indulge further speculation on the storyline.

Whereas the first movie was centered

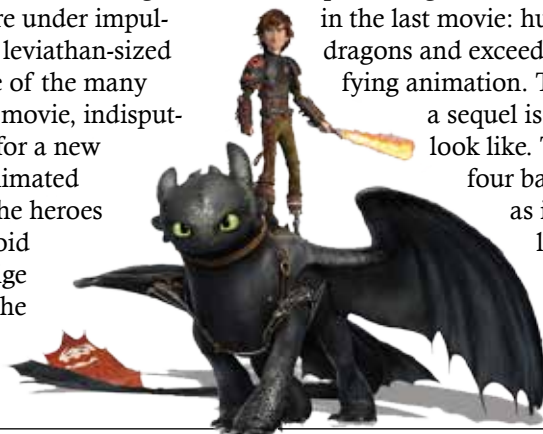
around prepubescent kids surrounded by adults who do not see the credibility in their thoughts, an emotional David and Goliath for Hiccup, the sequel projects the storyline of the denizens of Berk as a coming of age or rite of passage type tale where Hiccup must come to terms with his expected place in the community. This film attains this goal without compromising what viewers loved

in the last movie: humor, action, dragons and exceedingly satisfying animation. This is what

a sequel is supposed to look like. The film gets

four banana rats,

as it will most likely take the award for best animated film of the year.



# NOW SHOWING

	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>CAMP BULKELEY DOWNTOWN</b>	<b>Maleficent</b> (New) PG, 8 p.m. <b>Million Dollar Arm</b> PG, 10 p.m.	<b>Blended</b> (New) PG13, 8 p.m. <b>Mom's Night Out</b> PG, 10:15 p.m.	<b>Jersey Boys</b> (New) R, 8 p.m.	<b>The Amazing Spider-Man 2</b> (LS) PG13, 8 p.m.	<b>The Quiet Ones</b> (LS) PG13, 8 p.m.	<b>Godzilla</b> PG13, 8 p.m.	<b>Neighbors</b> R, 8 p.m.
<b>CAMP BULKELEY DOWNTOWN</b>	<b>Blended</b> (New) PG13, 8 p.m. <b>How to Train Your Dragon 2</b> PG, 10:15 p.m.	<b>Maleficent</b> (New) PG, 8 p.m. <b>Jersey Boys</b> (New) R, 10 p.m.	<b>The Amazing Spider-Man 2</b> (LS) PG13, 8 p.m.	<b>LYCEUM CLOSED</b> *	<b>Godzilla</b> PG13, 8 p.m.	<b>LYCEUM CLOSED</b> *	<b>Mom's Night Out</b> PG, 8 p.m.

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

\* Concessions closed until further notice \*

Stay classy, GTMO! No ALCOHOL or TOBACCO at the Lyceums!

# Air operations:

## keeping troops and equipment moving

Story and photos by Maj. Jon Quinlan  
Deputy PAO, [thewire@jtfgtmo.southcom.mil](mailto:thewire@jtfgtmo.southcom.mil)



Movement in and out of Guantanamo Bay is a process that involves lots of moving parts; to include aircraft, logistics, cargo, country clearances and more.

The process can be a unique experience for a new arrival. However, most don't realize all the background actions and work occurring by a large group of professionals across Naval Station Guantanamo and the Joint Task Force to get everything in place.

This complex movement of troops and equipment is partially run by the Air Operations Section of the JTF Operations Directorate (J3). The role of Army Staff Sgt. Tara Reppert, Air Operations NCO, is to be the liaison between JTF sections, NAVSTA Airfield, Port Authority and Coast Guard to get troops and equipment in and out of Guantanamo efficiently and safely.

"It's not only being the liaison and dealing with the Naval Air Station but it's working all the moving parts of the airfield and all the moving parts of the foreign governments, U.S. Transportation Command, contractors, and more," Reppert said. "That all becomes really important when working a movement."

Other responsibility of the Air Operations section is coordinating and approving Aircraft and Personnel Automated Clearance System (APACS) country clearances for Guantanamo Bay; coordinating the movement of units and equipment on and off the island; tracking flights for operational purposes; assisting flight crews and air traffic control operations during missions.

"It takes a lot of discussion, coordination, keeping people informed and maintaining good working relationships," said Army Maj. Jeffrey Rosenberg, Future Operations OIC. "It's a pretty good process we have with the Naval Air Station as far as the relationship [we coordinate] with Air Traffic Control, J1 (Manpower and personnel directorate), the terminal, security and even the dining facilities on the Leeward side."

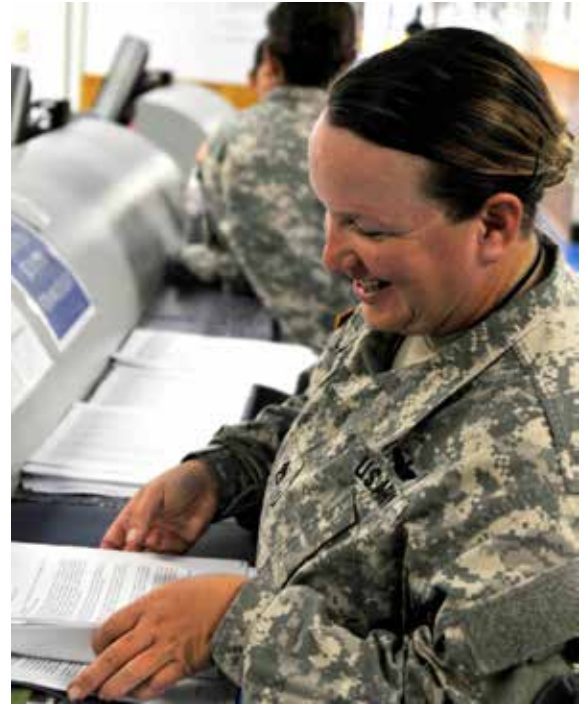
At the airfield, NAVSTA personnel are busy coordinating and putting all the processes in place to move Troopers, contractors and other Guantanamo Bay residents.

"On an average month, the air terminal processes 60 aircraft, 2,800 passengers, and 750,000 lbs of cargo, mail and equipment," said Drew Lasseter, Naval Station Airfield Manager.





Future Operations NCO Army Sgt. 1st Class David Wenzel works with an Air Force flight crew from Little Rock Air Force Base to process the flight manifest of inbound Troopers here June 10.



Army Staff Sgt. Tara Reppert, Air Operations NCO, sorts in-processing paperwork during a troop movement here June 10. Air Operations is the liaison between JTF sections, NAVSTA Airfield, Port Authority and Coast Guard to get troops and equipment in and out of Guantanamo.

The coordination between the JTF and the airfield is extensive according to Lasseter. His team’s mission is to maintain a safe and operational airfield, ensure passengers are processed professionally, safely and as quickly as possible. Lasseter also added that ridership percentages spike to over 85 percent in late June and during the holidays which leads to some limited space-available

flights during those time frames.

According to JTF operations personnel, they work diligently to get everyone on and off the island while always trying to make the process seamless.

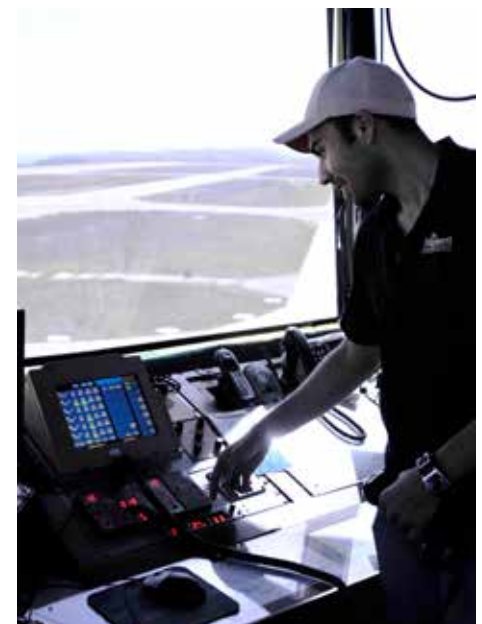
“We help each other out a great deal. It can be stressful at times,” Reppert said. “Sometimes the biggest obstacle is dealing with all the different services, different rules and standards. It takes a

lot of effort from everyone to accomplish our mission here. I am just a small part of a very large team.”

Passengers should plan early when traveling or bringing guests to GTMO. Reservations for leisure travel can be made by stopping by the Windward Air Terminal Annex located next to the Downtown Lyceum. For more information, call 6204 or 6408.



Navy Seaman Anthony Pinckney, Master at Arms walks the hall in the air terminal here June 10. Pinckney’s role is to ensure accountability and awareness of all personnel and equipment moving onto Naval Station Guantanamo Bay.



Kurver Wilhelmus, air traffic controller for Naval Station Guantanamo Bay, selects radio frequencies in the air traffic control tower in preparation for the arrival of a C-130J Super Hercules here June 10.

# Photography 101

## WORLD CUP 2014 WEEKLY UPDATE

Story by Capt. Jesse Manzano

PAO Operations OIC

### What constitutes a good photograph?

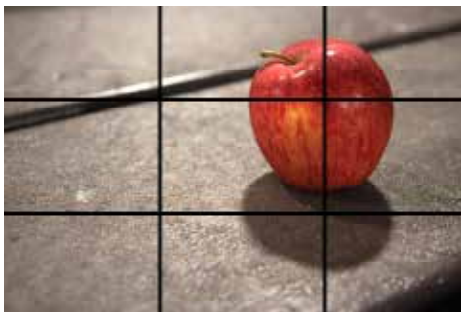
Story and photos by Pvt. Kourtney Grimes

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

A CAMERA DIDN'T MAKE A GREAT PICTURE ANYMORE THAN A  
TYPEWRITER WROTE A GREAT NOVEL. -PETER ADAMS

Photography is a talent that thrives in creativity, passion and technical skill. A great photograph is comprised of a number of elements that work together to show a story and evoke emotion. Getting to know your camera and learning how to compose a good photo can make photography art as you, the photographer, begin to capture life from behind the lens. These criteria, in short, are what make or break photos.

• **Rule of thirds**- This element of photography is the easiest to tackle. Imagine your frame is split horizontally and vertically into thirds. The space where the lines intersect are the prime spot to place your subject. Remember to always face your subject to the empty section of the frame. This will help tell a story.



This shows the rule of thirds as the apple is located on the intersection of the lines.

• **Composition** – Are the elements in your photo placed to lead you to the focus of the image? In a good photo, the subject is obvious and usually in focus. Leading lines, framing, symmetry, viewpoint, patterns and repetition are examples of composition techniques that traditionally make good photos and are easy to master.

• **Exposure**- The best exposure will allow the truest forms of whites and blacks in the shadows or highlights to show without losing any detail. Over exposure can be seen when a white shirt looks bright, but the wrinkles or curves of the shirt cannot be seen.

• **Selective Focus**- What's important? The focus of your image can set apart the subject from things that aren't vital to the image or show a vast landscape in all its glory. This can be seen by having two objects near each other and only focusing on one of them. The one in focus will be clear whereas the second object will be blurry. This can lend a different tone to your photo.

• **Lighting**- A well lit photo can bring an intensity to the photo that is purely based on what you decide to make important. Ask yourself if the lighting has improved or worsened your photo.

• **Subject/Content**- A good photograph has something to say and to do so it must showcase at least one of the following: show action, convey emotion or illustrate detail.

\*\*Disclaimer: this is where "selfies" are disqualified in the photography world from making the cut.

Tackling the many elements of photography can be difficult but it is easy to address the criteria one by one. Try adding what you've learned here to make outstanding photo.

The Wire would love to see your progress! Submit your newly enhanced photographs for Photo of the Week to [thewire@jtfgtmo.southcom.mil](mailto:thewire@jtfgtmo.southcom.mil).

What a great start to the World Cup! Not only have we already witnessed historic moments, like the defeat of the reigning champions, Spain, in a scandalous manner against the Netherlands five to one, but we have also experienced the first-time use of the much lauded goal line technology in the France vs. Honduras match. Unfortunately, it didn't really clear up the controversy surrounding France's Benzema's second goal /Honduras' own goal, leaving fans stupefied, commentators unconvinced and an entire country fuming against FIFA.

But we have also been mesmerized by the Italy-England match, one of the best technical games so far in the competition, where the Italians completed an astounding 93% of all their passes, and the Netherland's Van Persie's spectacular, superman-like header in their match against Spain. If that wasn't enough, with an average of 3.36 goals per game they have also been regaled with more goals per game in Brazil than in any other World Cup since 1958!

And then we have team USA. In a gritty match against Ghana, the team that has eliminated the US from the last two World Cups, a determined U.S. team snatched a very important two-to-one victory that puts them in position to make it to the next round. Surprised by their victory? Don't be. This team showed a lot of heart in their first match and sometimes that's all you really need.

As the tournament wraps up its second week, we can already see the different level at which the historic contenders for the World Cup are performing: on the European side, Germany, Italy and France have played exceedingly well, dominating their opponents in their first matches. While on the South America side, Brazil and Argentina have won theirs, but not convincingly, and Uruguay, a two-time World Champion, was ignominiously defeated by Costa Rica.

We still have three more weeks of World Cup matches ahead of us, so nothing is set in stone. What is certain, however, is that at this rate, Brazil 2014 is becoming the best World Cup in recent memory.





The caring Soldiers and Sailors of Joint Task Force Guantanamo's Joint Troop Clinic gather for a group photo.

# Joint Troop Clinic

## *dependable deployment care*

Story and photos by Staff Sgt. Carmen Steinbach

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

In recent years, many programs have been set in place throughout the military to combat negative connotations associated with seeking help for an issue, a concern or illness. Awareness has been raised for sexual assault victims and Warriors can now recognize the symptoms and assist their battle buddies and wingmen with issues like post-traumatic stress disorder and substance abuse.

With all of these programs and preventative measures in place to encourage Service members to take action when it comes to their health and well-being, there should be no reason to postpone seeking treatment for medical concerns. For members of Joint Task Force Guantanamo, the Joint Troop Clinic is here to help.

“One of the best areas of medicine is the early detection and prevention

of disease,” said Petty Officer 1st Class Joseph Columbo, the clinic’s lead petty officer. “At the JTC one of our main focuses is wellness. The more aware a Service member is about their risk

“Our main focus is wellness.”

- Petty Officer 1st Class Joseph Columbo

factors, the healthier they will be and the healthier lifestyle they will lead.”

Clinic personnel are available to treat any injury or medical concern Troopers may have. Even treating minor complaints from cold and flu-like symptoms to migraines, the JTC offers medications that are usually purchased elsewhere.

“They can use our over-the-counter program for simple aches and pains and they can get over-the-counter medications without an appointment,” said Army Maj. Craigreon Wallace, a physician assistant at the clinic. “Through this particular program, Troopers can receive certain medications that can be found at the Navy Exchange at no cost. Members simply need to fill out a request form,

and the medications will be filled.”

Screeners and physicians at the JTC recognize that the most common complaint on GTMO appears to be sports related injuries. While fitness and exercise are components of a healthy lifestyle, it is still recommended that individuals stretch prior to any type of physical activity, and gradually increase exercise over time, rather than trying to push their limits all at once. By tracking some of the upcoming events and educating JTF personnel on proper fitness habits, a majority of injuries can be prevented.

“We try and focus on the safety aspect of the MWR,” said Columbo. “We put out a monthly calendar of their events and have a wellness wall here at the clinic...just to bring awareness of what you can do to lead a healthier lifestyle and how to do it safely.”

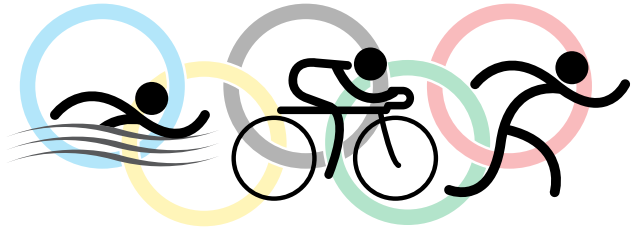
Not all injuries and illnesses can be prevented however, and it is recommended that all concerns be fielded by a physician, rather than providing self-treatment. In the event that an issue cannot be treated at the JTC or Naval Hospital there are several policies in place to assure quality healthcare and treatment.

“Having some limitations for specialty service, if it’s not something that the hospital can handle and it’s something severe enough that requires immediate medical attention, then we do what’s call a routine off-island movement, and send you somewhere in the U.S. for that particular kind of care,” said Spc. Bryan Reader, routine off-island NCOIC, with 525th MP Battalion’s Headquarters and Headquarters Company.

The health and well-being of the men and women that carryout the JTF mission of safe, humane, legal and transparent care and custody of detainees is of utmost importance. Whether minor, or more serious, any medical concern should be addressed as soon as possible.



# OLYMPIC TRIATHLON



Story and photos by Pvt. Kourtney Grimes

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

Nearly 60 MWR patrons swam, biked and ran around Naval Station Guantanamo Saturday morning in the MWR hosted Olympic Triathlon. Teams of three and individuals tackled the lengthy parts that comprised the triathlon, which included a 1.5-kilometer swim, a 40-kilometer bike and a 10-kilometer run.

Events like this aren't new to GTMO and they are similarly familiar to Army 1st Lt. Peter Doblár, a Joint Detention Group Engineer.

"I got here in November and the day after I got here I did the Turkey Trot half-marathon," said Doblár. "In January was the 50-mile bike race, then I did the sprint triathlon, and then I did the full marathon. I did the ridgeline run and I did this one."

Doblár's participation in these kind of events began when he got on island but he's no novice. Improving from his last triathlon, Doblár took first place for the

individuals with a final time of 2:30:47, 13 minutes ahead of the second place competitor.

Despite the difficulty of the physical demands of the event, signing up and attending the triathlon was mostly hassle-free.

"Nine out of 10 races are free and if we do charge, it's because we are gonna give out a t-shirt and even then the charge is going to be like 10 or 15 bucks. Mostly, they're free to do and they're fun," said Jim Holbert, MWR sports coordinator.

This accessibility that is unique to GTMO is one thing that enticed Doblár to participate in these MWR races.

"It's easy here. You show up, sign up, it's 10 bucks," said Doblár. "You come over here, it's a few miles, you didn't have to drive halfway around the city and it's not \$400 a race."

For whatever reason you decide to partake in the events offered here at

GTMO, it just takes getting out and trying it.

"No matter what you're doing, it always starts with going up and attempting it," said Doblár. "It might be a thousand miles but you've still got to take that first step. No matter how you do, if you show up and try, we're gonna cheer you on."

First place in the individual female category was Spc. Andi Nein, with a time of 2:44:51. The male team top spot was taken by Army Sgt. Craig Rose, Navy Cdr. Kevin Kincaid and Army Cpt. Kenneth MacKay with a group time of 2:28:18. For the females, the team comprised of Army Brig. Gen. Marion Garcia, a fellow team member and Army Cpt. Leicia Grant finished first with a time of 3:21:33, and in the co-ed division, Casey Gore, Mark Gettel and Elena Granaina finished with a time of 2:33:49. Congratulations to all the competitors.

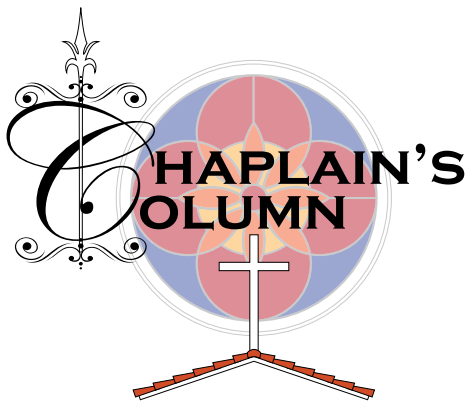


Spc. Andrea Nein, who placed first in the individual female category competes in the second event: the 40-kilometer bike ride.



All of the top competitors, male and female individual participants and teams, pose for a group photo in front of the finish line at the Downtown Lyceum, Saturday June 14 during the MWR-sponsored Olympic Triathlon.





## Getting ready?

By Army Cpt. Brady Frederick  
525th MP Battalion Chaplain

Today is just another day, another Iguana. If you have seen one, you have seen them all. I used to think this way, but I have been here for over 18 months and I can now tell some of them apart. Some are docile, some are aggressive. Some are fat and some are morbidly obese. Like Taco, who manages to sustain his existence on Taco Bell. Doesn't he know the health risks associated with eating too much fast food?

There is something about putting on a uniform that hundreds around you are wearing that makes you think "I am just one of many." You can be standing in formation and still feel totally alone. Most of us desire to be understood. We can long for people to not just know us, but really get us – to understand us.

I believe that each of us is known in a very unique way by our Creator. In fact, God knows me better than I know myself. You may not realize it yet, but you are already known and loved more than you can imagine. But there is also a difference between being known by God and knowing God. The former has already happened; the latter is what profoundly changes us and fills our life with an unspeakable joy.

Photo illustration by Maj. Reinaldo Montero/The Wire



# The JSMART Spot

By Navy Petty Officer 3rd Class Keith Reau  
JSMART Advertising Coordinator

Did you know that many famous artists and writers such as Ludwig Van Beethoven, Vincent Van Gogh, and Edgar Allan Poe all lived with mental health disorders as common as anxiety and depression? Some of you may have felt these symptoms as well. The way these three inspirational people overcame the challenges they faced was with the music, art, and literature they produced. You can follow their examples by writing, drawing, making

music or even creating something in the ceramic/woodshop facility right here on island. GTMO provides an excellent opportunity to be creativity and creativity promotes emotional and mental health.

JSMART challenges you to create something and submit it to our office. All entries receive a JSMART prize. The top three artists will win a JSMART swag bag (includes; bag, pt belt, stress ball of choice, and back scratcher). Bring us your best drawing, short story, poem or creation for a chance to win and be featured on the JSMART wall of fame.

## GTMO sports standings

SOFTBALL		BASKETBALL		SOCCER	
1. Chaos	13-1	1. Get Buckets	8-1	Men's Soccer League	
2. Fight'n 66	11-1	2. OOH Kill'en	6-1	1. NEX United	8-0-0
3. Mercenaries	10-2	3. JMG	6-2	2. Manchester City	5-2-0
4. Team 907	10-4	4. Avengers	5-3	3. Wolverines	5-2-2
5. BEEF Sticks	8-5	5. Ball uh Rinas	4-3	4. Asquad	4-2-0
6. Outcasts	6-5	6. The Rascals	4-4	5. Fight'n 66	3-0-4
7. The Gorillas	7-6	7. BEEF	4-5	6. Boston Beaners	2-0-6
8. Outcasts	6-5	8. 93rd MP Co	4-5	7. Smash Boi's	1-1-8
9. Sunbursts	7-6	9. The Pirates!	4-7	8. Road house	0-1-8
10. J2 Ghosts	6-8	10. Shottas	3-6	Women's Soccer League	
11. MisFits	5-9	11. Ghosts	2-6	1. One Love	4-0-2
12. Hellhounds	5-10	12. Vicious & Delicious	1-8	2. Soccer Bombers	4-1-2
13. Inglorious Batters	4-9			3. Barcelona	1-1-5
14. JMG	4-10				
15. Dream Killers	2-12				

**"Helen"**

3 rounds for time:

- 400m run
- 53lb kettle bell swing x 21 reps
- Pullups x 12 reps

Submitted by GITMOFit



Information gathered from:  
historyofcuba.com and loc.gov

Four hundred years after Christopher Columbus' second voyage to the New World, he sailed into Guantánamo and named it Puerto Grande, or "Great Port." He described it in his diary as "a broad bay with dark water, of unsuspected dimensions."

On June 10, 1898 U.S. Marines landed at Guantánamo Bay, and for the next month, American troops fought a land war in Cuba that resulted in the end of Spanish colonial rule in the Western Hemisphere. Cuban rebels had gained the sympathy of the American public while the explosion and sinking of the

U.S.S. Maine, widely blamed on the Spanish despite the absence of conclusive evidence, further boosted American nationalistic fervor.

Popular demand for intervention in the Cuban-Spanish conflict led Congress to pass resolutions demanding the withdrawal of Spanish armed forces from Cuba, authorizing U.S. aid to affect this, and promising American support for Cuban self-rule.

On June 14, 2002 at the United Nations General Assembly, Cuba demanded that the Guantánamo territory be returned to the island.

# Book Fair

Saturday, June 28 9:00 a.m. - noon

located in the  
NEX Atrium

Free books and DVDs  
open to the GTMO community

Do you have old or unwanted  
books, magazines, DVDs or  
CDs lying around?

Bring your items and swap  
them out! No buying or  
selling, just sharing.

Hosted by the California Army National Guard - 40th ID



# Sandy beaches



An anemone photographed off Girl Scout Beach. Photo submitted by Senior Airman Austin Denigan.



PHOTO OF THE WEEK

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