

THE OFFICIAL PUBLICATION OF JOINT TASK FORCE GUANTANAMO

# THE WIRE

FEBRUARY 27, 2015

## KELLY VISITS GUANTANAMO

PROFESSIONALISM,  
STANDARDS KEY TO  
MISSION SUCCESS

## MARINES KEEP GTMO SAFE

EVERY MARINE A  
RIFLEMAN, FEW ARE  
MACHINE GUNNERS

## DESTROYER MAKES PORT VISIT

SAILOR DISCOVERS  
OPPORTUNITY ABOARD  
USS JASON DUNHAM

## WARRIOR PLUNGES TO OCEAN DEPTHS

WOUNDED WARRIOR  
DIVES ON TO INSPIRE  
HIS SOLDIERS

## CARRY SCUBA ON WITH

WOUNDED WARRIOR  
RECEIVES AQUATIC  
THERAPY IN GTMO







**MASTER CHIEF PETTY OFFICER  
KENNETH KING**  
*Maritime Security Detachment Senior Enlisted Leader*

One of the first books I read when I became interested in personal finance was, "Your Money or Your Life," by Vicki Robin and Joe Dominguez. The title of the book refers to the idea that we trade our most precious asset (our time) for money, and we should not do so lightly. The book also asks us to consider how our lives could be different if we no longer had to

## 10 STEPS TO FINANCIAL FREEDOM

work for a living.

I believe we all dream of achieving financial independence. To do so, we must maximize savings and minimize debt. But most of us are not saving nearly enough – the average 401(k) balance of \$90,000 would only generate \$3,600 of annual income at a 4 percent rate of return.

I would like to share some concepts I wished I had learned earlier in life that are essential to achieving financial independence:

- 1. Live Below Your Means** – You must spend less than you make to pay off debt and save.
- 2. Needs vs. Wants** – If you cannot live (survive) without something it is a need – air, food, water, shelter. Everything else is a want.
- 3. Delayed Gratification** – If you desire something you don't have the cash for, wait and save for it.
- 4. Emergency Fund** – Things will go wrong. Have 3 – 6 months living expenses set aside so when crisis occurs you have a cushion. Otherwise, you will be forced to borrow. Make this your first financial priority, even before saving for retirement or paying off debt early.
- 5. Pay Yourself First** – Put money into savings (Thrift Savings Plan, 401K, IRA) before you receive it – through payroll deduction. When you get a raise, increase your savings.
- 6. Avoid Credit Cards** – Use credit only for protection and convenience like online purchases or travel. Pay

off the balance monthly. If you lack the discipline to use them, don't.

- 7. Appreciating vs. Depreciating Assets** – Never borrow money for something that goes down in value (depreciates) over time. A car for example. Homes are generally appreciating assets.
- 8. Compound Interest and Time Value of Money** – Compound interest allows money to grow over time. The earlier you start, the more you will have at retirement, since the interest for each dollar invested is added to the principal and both earn interest into the future.
- 9. Debt Snowball** – When paying off debt, apply all extra money to the smallest debt first while making the minimum payment on the remainder. Once it's paid off, do the same to the next smallest debt.
- 10. 50/30/20 Budget** – 50-percent of take-home pay for Fixed Costs – monthly expenses such as rent or mortgage, utilities, car payments (ugh!); 30-percent for Flexible Spending – day-to-day expenses that vary including groceries, eating out, shopping, and entertainment; 20-percent for Financial Goals, including emergency fund, debt reduction, and retirement savings.

*Article by*

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## JOINT TASK FORCE GUANTANAMO



SAFE



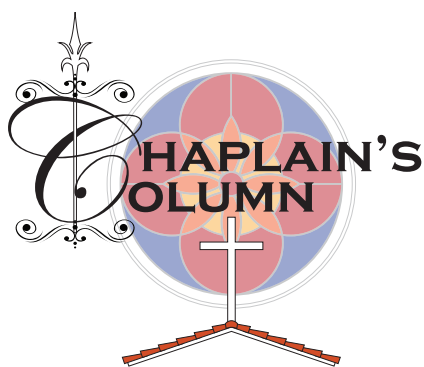
HUMANE



LEGAL



TRANSPARENT



Greetings. I am the new Joint Task Force command chaplain here in Guantanamo. In only a few weeks, I have been able to see some amazing people who serve here. Also, in only a few weeks, I have seen my first banana rat, an old iguana and caught a few small (repeat small) crabs while trying to fish. I was hoping they were real fish.

To introduce myself to you, I am a Baptist minister, U.S. Navy commander as a chaplain and secondary

## REPORTING FOR DUTY FOR YOU

public school teacher from Southern California. I live in Yucaipa, California with my wife Susan, two cats and a son and daughter. We live in a small community up in the mountains, by nature, birds (peacocks), little animals and some snow that lasts maybe a day or two. I play the guitar (for nearly 40 years) and the piano (for the past eight years). I love to read and also listen to and play music. In pastoral ministry, I have pastored mostly small churches and have lately worked in a larger church in singles, youth, small groups and music ministry. As a public school teacher I teach high school English, U.S. and World History, Economics, Government and some music.

I grew up as a Navy brat (my father was a supply corps officer) at China Lake Naval Weapons Center, California where I went to the All Faith Chapel (listening to many Navy chaplains as a young teenager) and also junior high school through junior college and where my parents retired. I hold three master degrees

and a doctorate. One master and doctorate degree is in Divinity (as a Baptist pastor), one master degree is in education (as a public school teacher) and one master degree is from the Naval War College (as a chaplain). I have had numerous churches in Los Angeles and Phoenix. I have been a reservist for more than 25 years and have worked as a Navy chaplain for Marine, Navy and finally Coast Guard personnel. I have served one-year in Iraq and now am scheduled for nine months in GTMO. This is my story.

It is my hope and prayer that I can be of service to you here at GTMO and especially at the Troopers Chapel. We have a great staff and are willing to help you in any way that we can. Please feel free to drop by and introduce yourself to my staff and me.

*Article by*

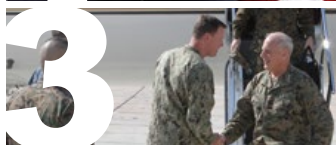
**CMDR. GARY D. BENNETT**

*JTF Command Chaplain*



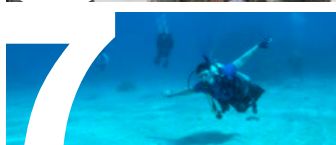
## 1 COMMAND & CHAPLAIN

A recent study found 1/3 of families on the brink of financial ruin. A senior NCO has 10 tips on becoming financially independent. The JTF welcomes its newest command chaplain.



## 3 GTMO NEWS / COVER PHOTO

This week in GTMO news, Gen. John F. Kelly visits GTMO, a Sailor finds purpose aboard a destroyer, wounded warriors find peace through diving and aquatic therapy.



## 7 PHOTO STORY

A Wounded Warrior shares his defeat of addiction through perseverance and his love for scuba diving while in GTMO with Soldiers Undertaking Disabled Scuba.



## 9 ENTERTAINMENT

This week in entertainment reviews, Tim Burton's latest film "Big Eyes" features a biopic that proves life is stranger than fiction, and Jennifer Lopez stars in the thriller "The Boy Next Door."



## 11 SPORTS

The Fútbol Weekly column and MMA updates provide the latest up-to-date scores and highlights from your favorite teams and fighters after each weekend of action.



## 13 LIFE & FITNESS

The U.S. is continuing to battle freak snow storms, but it's always summer in GTMO. So, are your washboard abs ready for primetime? If not our fitness guru has a plan for you.

# MOTIVATOR OF THE WEEK


**PETTY OFFICER 3RD CLASS**  
**RICHARD WEAVER**  
PSU 308

**PFC. KYLE GLEASON**  
595TH MP CO

## PROTECT YOUR PERSONALLY IDENTIFIABLE INFORMATION (PII)

Most of us understand that if someone were to have our name and social security number we would be susceptible to identity theft. What most people don't know is that people finder websites have made it easy to obtain public information like addresses, phone numbers, names of relatives, etc. Before the Internet, much research had to be done to gather this information. Now, all this information is at the touch of a keyboard. So protect your personal information from people who don't need to know. Use OPSEC to protect your PII.

The Wire is an authorized publication for members of the Department of Defense. It is produced by the JTF Public Affairs Office to inform and educate the Troopers of JTF-GTMO. The contents of The Wire are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense or the U.S. Army, Air Force, Navy, Marines or Coast Guard. The editorial content of this publication is the responsibility of the Joint Task Force Guantanamo Bay Public Affairs Office. The Wire is printed weekly by the Defense Logistics Agency Document Services with a circulation of 1,025. It is distributed free to all personnel assigned to the Joint Task Force and is published online.

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**SGT. ADRIAN BORUNDA**



**VOLUME 17: ISSUE 18**

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## TROOPER ON THE STREET

WHAT IS ONE THING YOU WISH YOU COULD HAVE WHILE YOU'RE ON THE ISLAND?



**STAFF SGT. VALENTE NORMAN**

"If we could have another gym, that would be great because the one we have is always packed and crowded, you can't get a full workout in."



**PETTY OFFICER 1ST CLASS DUSTIN GRUWELL**

"I think we should have MWR day cruises, where you pay like \$30, and they'll cook for you and take you out on the water for the day."



**SGT. TINA SIDEN**

"I think we need a food truck on the JTF side because there are no restaurants on that side, or one that sits in front of the Windjammer for after hours eating."

# U.S. SOUTHCOM COMMANDER VISITS JTF-GTMO



Gen. John F. Kelly, U.S. SOUTHCOM Commander has a meet-and-greet lunch with Joint Task Force Service members at Camp America Galley here Feb. 19.

The commander of U.S. Southern Command, Gen. John F. Kelly, visited Joint Task Force Guantanamo Feb. 19. The continuing mission of JTF GTMO is to provide safe, humane, legal and transparent care and custody of detainees here.

Kelly often visits the base to ensure the high level of dedication and professionalism of JTF personnel continues to exceed SOUTHCOM's high standards. He said it's part of his job to interact with young service members, as opposed to being in Washington D.C. with the older crowd.

"I come down periodically just to say thanks to a real great bunch of Soldiers, Sailors, Airmen, Marines, and Coast Guardsmen for the job they do down here," Kelly said.

Kelly had nothing but good things to say about Service members at U.S. Naval Station Guantanamo Bay, which has a different mission than JTF GTMO.

"The Naval Station side is an absolute key U.S. base in this part of the world," Kelly said. "We use it for a multitude of things – not only migrant operations, but rescue work with the Coast Guard and the Navy uses it as a communications and refueling site. There is still a viable mission at the base that we really need. The Naval Station guys and gals do an excellent job, as well, and they should be proud of themselves."

The general understands the NAVSTA mission is different from the JTF, but the importance of their

mission is vital for the sustained naval presence in the Caribbean.

"The GTMO mission remains to support the fleet and support the U.S. efforts here in the Caribbean," Kelly said. "So, GTMO is still a very important facility to the United States."

The multipurpose capabilities of GTMO expand beyond communications and refueling operations. In the past, the base has been used to provide a safe haven for refugees impacted by political unrest or natural disasters.

"This is the location for any mass migration from Haiti or Cuba, as the Coast Guard or United States Navy would pick up the migrants for safety purposes," Kelly said. "We would bring them here and house them here until we re-patriot them. That's still a very, very big mission."

Kelly's most recent visit to meet troops at JTF GTMO was in December. He has been SOUTHCOM's commander since 2012.

*Story and photo by*  
**STAFF SGT. DARYL MADRID**

# SAILOR DISCOVERS OPPORTUNITY ABOARD DESTROYER USS JASON DUNHAM



Seaman Morgan Pilgreen stands in front of the MK45 5"/62 Caliber gun aboard the USS Jason Dunham (DDG-109), an Arleigh Burke-class destroyer from Norfolk, Virginia that made a port visit here Feb. 7 on its way to join the 4th and 6th Fleet area of responsibility. The destroyer was named after Cpl. Jason Dunham, United States Marine Corps, who was posthumously awarded the Medal of Honor for service during Operation Iraqi Freedom

Voices echo shallowly across confined, bluish-grey, metal halls and stairwells as shoulders tightly squeeze by, grazing one another in passing. For some Service members, imagining a deployment in these conditions may cause slight anxiety. For others, like Morgan Pilgreen, a U.S. Navy Operations Specialist Seaman assigned to USS JASON DUNHAM, it's just another league in the sea.

USS JASON DUNHAM (DDG 109), an Arleigh-Burke class destroyer home ported in Norfolk, Virginia, recently made a port visit to U.S. Naval Station Guantanamo Bay. The destroyer, named after Cpl. Jason Dunham, United States Marine Corps, who was posthumously awarded the Medal of Honor for his service during Operation Iraqi Freedom, and its crew are being deployed to support U.S. Naval operations in the 4th and 6th Fleet area of responsibility.

Pilgreen, a 20-year-old from Savannah, Georgia, works in the ship's Combat Information Center tracking radar systems, other ships and vessels in the area and identifying friend or foe. Pilgreen said she joined the Navy in order to travel and wanted to do something honorable but different. With her father having previously been in the U.S. Army and her sister getting ready to be deployed, Pilgreen adds to

her family's growing capacity of honor and service.

After "A" School, or Apprentice School, where Sailors begin learning their job before joining the fleet, Pilgreen was assigned to USS JASON DUNHAM. Pilgreen will celebrate two years aboard the destroyer in August. In such a small amount of time, Pilgreen has already travelled up and down the East Coast of the U.S., made port visits in the U.K. and has gained much experience aboard the destroyer.

"I feel like I'm learning a lot," Pilgreen said. "I'm learning how to do maintenance on a ship ... how to firefight ... I feel like I have all these things that I know at a young age."

Many young adults her age are going to college; some are forced to take out loans or pay out-of-pocket for their classes. U.S. Navy ships offer college courses, assistance and other educational opportunities, so Sailors don't have to worry about missing out while away from home or during their time at sea. Pilgreen said she plans on taking college courses in the future as well as seeing where her career in the Navy will take her.

"I'm planning on seeing how far I can get," she said. "I've got a lot of opportunity within my rate, so I'm looking forward to seeing what more I can do."

Pilgreen said one of her favorite experiences

was conducting live-fire Naval Surface Fire Support during an exercise in which the crew of USS JASON DUNHAM worked with U.S. Marines and NATO forces off the coast of Northern Scotland. Pilgreen played an essential part of the crew's success during the exercise, which utilized the ship's MK-45 5"/62 Caliber gun, firing 5-inch rounds at targets on a nearby beach, clearing a path and making way for the Marines.

"All that work we had to do and all the stress ... and actually getting to see it happen, and making something go boom," Pilgreen said, "that was the coolest thing."

Pilgreen's eyes lit up when she pointed out the MK45 on the deck of the ship and explained her enthusiasm during the exercise. With such enthusiasm and dedication, many young Service members today honor fallen heroes like Cpl. Jason Dunham.

*"Always Faithful Always Strong" – Motto of the USS JASON DUNHAM (DDG 109)*

Story and photos by  
**SGT. RICK HOPPE**



# MARINES TRAIN TO KEEP GTMO SAFE



Marines with the 4th platoon, Marine Corps Security Force Company hold a steady position waiting for the right moment to pull the trigger during a machine gun qualification course at the range here Feb. 11. Each gunner team works together to ensure safety is being practiced at all times.

Learning to correctly and accurately shoot is a large part of what it means to be a Marine. Marines with the Marine Corps Security Force Company here spent Feb. 11 and 12, and Feb. 18 and 19 qualifying on machine guns to ensure mission readiness at Guantanamo Bay.

The Marines here spend most of their time in the guard towers, watching the perimeter of the naval station, while constantly training to keep their skills sharp.

"Today's mission here is to make sure that everyone knows how to operate and work a 249, a 240, .50 cal. and a MK 19 correctly, without having any problems," said Lance Cpl. Jarrett Beck, a machine gunner with 4th platoon.

The noncommissioned officers in charge of each MCSFCO platoon chose 12 Marines per platoon over a two week period to get reacquainted with many different types of machine guns.

Lance Cpl. Christopher Salinas, an infantry rifleman with 4th platoon, said they went through a crash course in basic weapons handling procedures, a review of the qualification table that they will be shooting and how to disassemble and reassemble each of the weapons correctly while making sure they were safely able to fire.

“**WHEN I’M SHOOTING THESE GUNS I GET THESE SWEET LITTLE TINGLY BUTTERFLIES IN MY STOMACH**”

Beck said the remedial training was a reminder of what he went through during his basic instruction at machine gunner school, except that this was a lot easier.

"School for a machine gunner consisted of

lots and lots of staying up past two in the morning, disassembling weapons, going over knowledge, hiking mountains up in California with the .50 cal., MK 19, 240 and the SAW," Beck said.

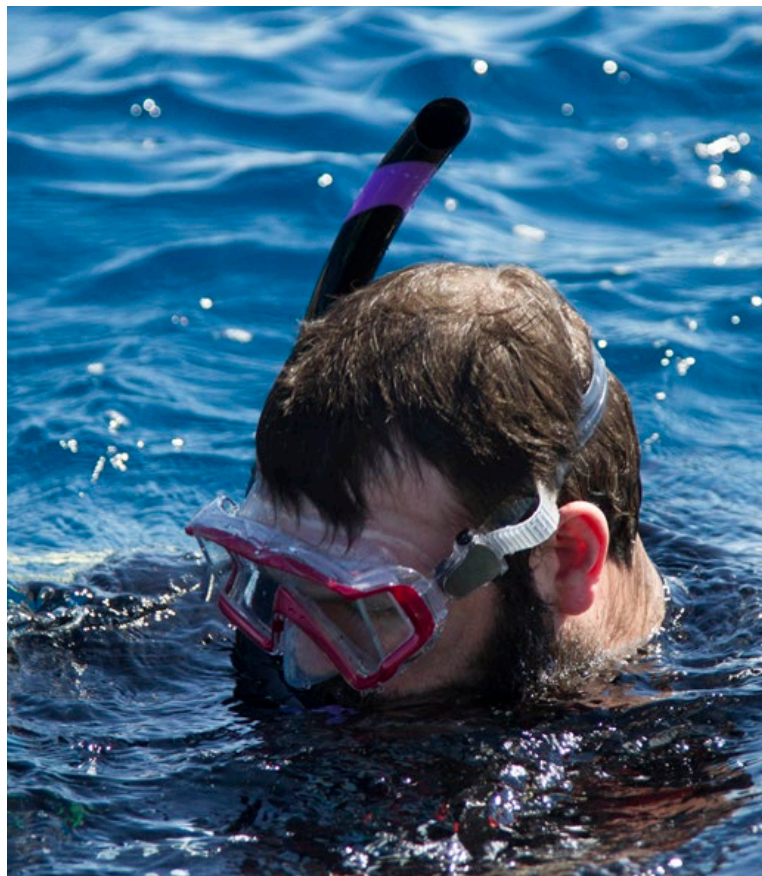
For others, being a machine gunner is not their primary job; the excitement of getting behind these big weapons is almost overwhelming.

"When I'm shooting these guns I get these sweet little tingly butterflies in my stomach," Salinas said. "It feels good being on the firing line, feeling how powerful the weapons are and smelling the carbon in the air."

Unlike the other services here at GTMO, when the day is over these Marines don't get to go back to the comforts of their barracks. With very little time until dusk they camp out, pulling guard to watch the ammunition and wait for the early morning light to peak over the Cuban mountains signifying the start to another day at the range.

Story and photo by  
SPC. AMBER BOHLMAN

# CARRY ON WITH SCUBA



Jace Badia, a retired U.S. Army staff sergeant, prepares for a boat dive with six other wounded warriors as part of Soldiers Undertaking Disabled Scuba, a nonprofit organization, here Feb. 13.

Badia wades in the ocean before diving with his group here Feb. 13. Badia is taking advantage of his time in GTMO to finish up his rescue diver certification.

Volunteers prep air tanks, regulators, wet suits, goggles and gloves at the marina on U.S. Naval Station Guantanamo Bay as a group of divers new to the island, the Soldiers Undertaking Disabled Scuba, ready themselves for a week of diving.

Jace Badia is among those who came to dive the pristine waters of GTMO. The 6-foot-2 Badia, an imposing figure at first glance, sports a long jet black beard that spans ear to ear, and an aura that demands a certain level of respect.

Badia, a retired U.S. Army staff sergeant, lost his left leg in an improvised explosive device blast in 2006.

"Nov. 11 we were on patrol conducting route clearance and we got hit by a roadside bomb," Badia said. "The blast was an incredibly large blast and threw the M2 Bradley several feet in the air. It weighs 40 tons; it takes a lot of power to do that."

He was quickly moved from combat theater to recovery and started his long road to rehabilitation and eventually, scuba diving.

"I woke up November 18 at Walter Reed. I spent the next 29 months in a wheel chair with an external fixator on my right leg," Badia said. "That was an incredibly hard time, but I got over it, got passed it."

He had to relearn a lot and did so well enough to continue to serve his country.

"I learned how to walk, learned how to run, learned how to work out and learned how to pass a PT test," Badia said. "I stayed active, and reclassified from infantry to counter intelligence and did two more deployments."

Part of a Service member's recovery is therapy. It was back in 2007 that John Thompson started the SUDS non-profit organization.

"I was at Walter Reed from 2006 to 2010 and that's where I think I was first exposed to SUDS, John Thompson runs the nonprofit organization," Badia said

Although Badia wanted to get in the pool and learn, his injuries prevented him from attending the SUDS courses until 2010, when he completed his in pool requirements and was finally certified in St. Johns, Virgin Islands during a SUDS trip there.

"Jace was my student on a trip to St. Johns in 2010 where he completed his certification, diving has really piqued his interest," Thompson said. "About a year ago he came down to Puerto Rico where I live and he spent a week with me there and he completed his advanced open water certification there."

Now he is here in GTMO finishing up his rescue diver certification.

"It's pretty inspiring to see an above the knee amputee complete his rescue divers course," Thompson said. "Sometimes I wonder if I get more out of this than they do."

Badia retired from the military in 2013 and currently lives in Augusta, Georgia.

For him it's second nature now to be in the water, "in a completely different ecosystem," he said.

"It's an experience that you'll never forget, it's an experience that you'll learn to love and that you will want to do over and over again, YOLO!," he said with a giant grin and hearty laugh after.

As for his diving in the water surrounding GTMO and interaction with the GTMO life here he said it was a place he'd love to come back to.

"This place is fantastic!" he exclaimed. "It's a great place and I'm going to tell my brother that if he doesn't come here he's an idiot. He's in the Navy."

That sense of humor and confidence is what Thompson loves seeing at the end of every trip.

Story and photos by  
SGT. ADRIAN BORUNDA



# WARRIOR PLUNGES TO OCEAN DEPTHS

An hour before dusk, a plane touched down on the tarmac at U.S. Naval Station Guantanamo Bay, as people descended the stairs a step at a time by foot, one person made his way down the stairs using only his upper body.

With wild, all-over-the-place brown hair and an excited “I’m going to conquer the world” look in his brown eyes, retired Army Staff Sgt. Timothy Payne sat himself down on the ground awaiting his ride to take him on his next big adventure — five days of diving in the tropical water surrounding GTMO with Soldiers Undertaking Disabled Scuba.

Payne is a combat veteran who has experienced some of the most horrific, life-altering events in his 11 years in the military.

July 3, 2011, during a tour in Afghanistan, Payne stepped on an improvised explosive device, changing his world entirely. Conscious while his Soldiers performed combat first aid, Payne knew he lost his legs. He knew he would no longer be able to walk.

Payne was taken to Walter Reed National Military Medical Center where he underwent numerous surgeries for almost a year.

“For a while there I was asking myself why did I survive this, why am I even here? I just kept feeling sorry for myself,” Payne said. “When I first got injured, I was on all of these medications, and it was an invisible weight on my shoulders. After a while, I got accused of being addicted to all of them, and I told my doctor let me show you how addicted I am to them. I just stopped taking them completely.”

Once Payne completely gave up all of his pain medications he turned to swimming as his safe haven. He channeled all of his anger toward it and wouldn’t give up on himself.

Payne said there were a lot of times where he wanted to stop and quit on himself, but every time he would, he’d think to himself, “what if I was my Soldier, would I want them to quit?”

As Payne got stronger and started swimming more, he knew he wouldn’t fail his Soldiers at any cost.

“They rely on me to do the best thing for them, so I needed to stay motivated and positive because if I can do it; they can do it, anybody can do it,” Payne said.

Payne was still working toward recovering when he heard about the SUDS program at Walter Reed. At first, he never thought diving would be possible because he blew out his ear drum when he was injured, but after surgery and numerous tests were conducted, he was medically cleared and began his

journey with SUDS.

SUDS is a program that focuses on the rehabilitation process of wounded warriors in an aquatic environment.

John W. Thompson, a retired Army National Guard Soldier and SUDS president, found the program Feb. 27, 2007, at Walter Reed.

The program welcomes Service members from the three primary military hospitals: Walter Reed, Naval Medical Center San Diego and San Antonio Military Medical Center.

“I went through a month-long course, and got trained and once all of my paperwork and testing was done with the Professional Association of Diving Instructors, I went down to Curaçao and got certified,” Payne said. “From swimming to scuba diving, SUDS has been monumental as far as my recovery has gone because it keeps my mind occupied and not thinking and dwelling on negative things.”

Since Payne retired from the military last February, he’s been distant from the lifestyle he once knew. Last October, Thompson came to him and asked him if he would be interested in a trip to GTMO to have the chance to go diving with all of the other services.

“I was like, ‘Dude, this is super freaking awesome,’ like I’m going right back into what I was a part of for so long in my life that how could I pass this opportunity up, so just being around the family community of the military is just great. It’s really important to me,” Payne said.

Payne took control of his recovery and since has participated in multiple cycling marathons to include the Chicago Marathon, the New York City Marathon and he’s getting ready to do the Los Angeles Marathon next month. Then in April, he will participate in the Boston Marathon. He got certified in diving and hopes to soon start skydiving.

“He wants to get involved in everything. He is not one of those guys who just wants to sit home and play Xbox. He wants to get out there,” Thompson said. “He told me he’s going to get certified in skydiving, and he just wants to be a part of everything and those are things that are really beneficial for these guys’ recoveries.”

Tim is working toward walking again, someday. He is in the process of getting fitted for prosthetics. His life goal is to skydive into stadiums and walk up to the podium using his prosthetics to give motivational speeches.

Story by

**SPC. AMBER BOHLMAN**







Photo by Spc. Amber Bohlman  
Retired Army Staff Sgt. Timothy Payne descends a plane's steps with six other wounded warriors preparing for a Soldiers Undertaking Disabled Scuba event here. Payne has been living as a double above-the-knee amputee for almost four years.



Photo by Staff Sgt. Daryl Madrid  
Payne adjusts his diving gloves while wading in the water and preparing for another dive at CUZCO Beach here Feb. 16.



Photo by Sgt. Chris Moore  
Payne soars above the ocean floor during a CUZCO Beach dive here Feb. 15. Unlike most divers, Payne uses only his upper body, utilizing webbed gloves, to help carry and propel him through the ocean's depths.

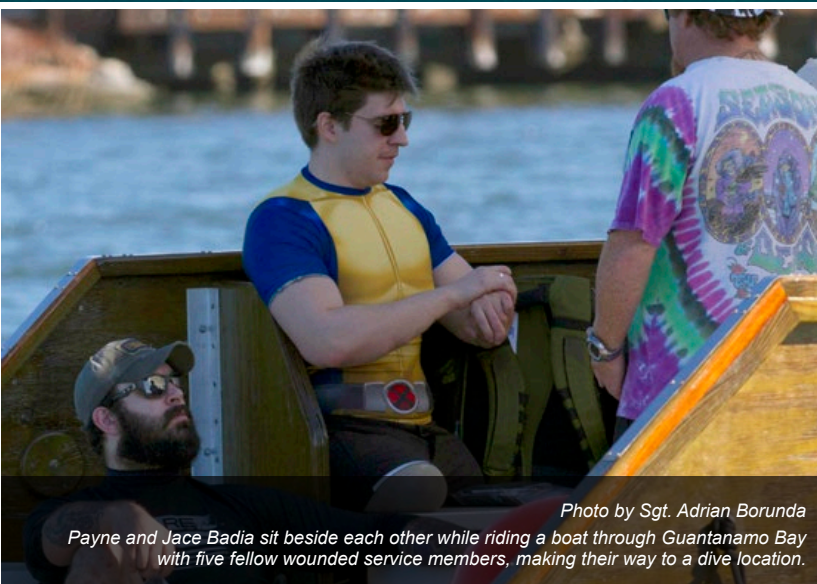


Photo by Sgt. Adrian Borunda  
Payne and Jace Badia sit beside each other while riding a boat through Guantanamo Bay with five fellow wounded service members, making their way to a dive location.



Photo by Sgt. Chris Moore  
Payne flexes his bicep during a dive at CUZCO Beach Feb. 15. Payne shows little signs of slowing down since his incident nearly four years ago in Afghanistan.



MOVIE REVIEW / **THE BOY NEXT DOOR**

“The Boy Next Door” is an erotic thriller directed by Rob Cohen. The movie stars Jennifer Lopez, Ryan Guzman, John Corbett, Ian Nelson and Kristin Chenoweth.

I was very anxious to see this movie, when I saw the cast. I had high expectations for the movie, and they knocked it out of the park.

Claire Peterson (Lopez) stars as the woman fighting with emotions about whether or not to divorce her cheating husband. She’s an English teacher in the San Fernando Valley who teaches about The Classics. Buffed and polished to a high sheen, J-Lo is 45 and has never looked better.

Claire has been lonely since separating from her philandering husband, Garrett (Corbett). And her son, the sweet but slightly nerdy Kevin, could use a strong male figure around. So, it’s perfect timing when the handsome and muscular Noah (Guzman) moves into the house next door to help his ailing uncle. We actually see his biceps before we see his face. But there’s so much more to him than just his looks; he’s hilarious and too good to be true.

Noah fixes cars and cleans out storm drains. He can beat up the bullies who antagonize Kevin and give the kid enough confidence to ask out the prettiest girl in school. But he’s also a scholar, and can quote extensively from “The Iliad.” And so, at age 19, he finagles his way into Claire’s English class, having never graduated from high school because of his troubled, orphaned past.

After a night of rain and a bad date, Claire heads home to relax. Noah, almost ruins dinner, but calls Claire for some help, so after a couple glasses of wine, Claire gives in to Noah’s flirtations. After some laughs and smiles we are hit with an extremely steamy adult scene, despite Lopez’s no-nudity clause, there’s essentially nothing left to the imagination. The next morning, though, as she’s gathering her things and preparing to do the walk of shame, Noah’s clingy, intense freak-out provides her the first clue that something is a little off with this guy.

From here, there are multiple instances of elaborately threatening behavior which should be enough cause for Claire to go to the police, but the

theater is shocked when we find out about Noah’s voyaristic tendencies. Instead, we watch as she scrambles and fumbles in hopes of appeasing this psycho – and inadvertently places herself and her family in further danger.

Only the insane (and insanely violent) climactic showdown in a burning barn, of all places, finally gives the people what they want. You’ll howl; you’ll squirm; you’ll applaud with glee when the end comes.

It’s a great movie. It reminds me of Lopez’s movie “Enough.” I’m very happy with it, and I recommend it to adults. This is definitely not a movie for children. It’s a great movie for women with the theme of female empowerment, and also a good thriller to keep men’s attention.

*Movie review by*  
**SPC. RAUL SANCHEZ**



# IN THEATERS THIS WEEK

	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	
<b>DOWNTOWN</b>	<b>Project Almanac</b> (NEW) PG 13, 7 p.m. <b>The Boy Next Door</b> R, 9 p.m.	<b>Focus</b> (NEW) R, 7 p.m. <b>American Sniper</b> (LS) R, 9 p.m.	<b>The Spongebob Movie</b> PG, 6:30 p.m. <b>Black or White</b> (New) PG13, 8:15 p.m.	<b>Big Eyes</b> (LS) PG13, 7:00 p.m.	<b>The Imitation Game</b> (LS) PG13, 7 p.m.	<b>Selma</b> PG13, 7 p.m.	<b>Taken 3</b> PG13, 7 p.m.	<b>DOWNTOWN</b>
<b>BULKELEY</b>	<b>Focus</b> (NEW) R, 8 p.m. <b>Black or White</b> (New) PG13, 10 p.m.	<b>Project Almanac</b> (NEW) PG13, 8 p.m. <b>The Boy Next Door</b> R, 10 p.m.	<b>American Sniper</b> (LS) R, 8 p.m.	<b>LYCEUMS CLOSED</b> *	<b>Big Eyes</b> (LS) PG13, 8 p.m.	<b>LYCEUMS CLOSED</b> *	<b>The Imitation Game</b> (LS) PG13, 8 p.m.	<b>BULKELEY</b>

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

\* Concessions closed until further notice

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

## MOVIE REVIEW / **BIG EYES**



Directed by gothic inspired and beloved oddball Tim Burton, "Big Eyes" is the unfortunate sob story of painter and artist Margaret Keane (Amy Adams), whose work depicting small children with larger-than-life eyes became popular in the 1950s. However, for 10-years during her rise to fame, her controlling husband Walter Keane (Christoph Waltz) took credit for her works of art. Margaret eventually became fed up, leaving Walter and telling their secret to the world, resulting in a rather odd divorce.

The story of Margaret Keane is quite sad. "Big Eyes" opens with the popularly skeptical words "Based on true events," which typically means they probably got the names right. Who knows though, the film wasn't outlandish enough to inspire looking up Margaret Keane's biography in comparison. She trusted a seemingly nice man who, over the course of a decade, became an extreme sociopath, mentally subduing her into becoming his closeted slave, while claiming credit and the spotlight. The film did have a sunny ending and an earnest photo of Margaret Keane, pleasantly aged, sitting next to Amy Adams.

Tim Burton's style creeps through the film in cleverly eerie ways; slightly enough to let you know it is in fact a Burton film. You can see why Burton took on the story of Margaret Keane, aside from the fact that her paintings were an inspiration to Burton in his youth. You can surely see a relationship between Burton's films and Margaret's paintings of ominous children. They both have a truly gothic style. Margaret often portrayed children with large puppy-eyes and depressed expressions in dark bizarre settings, and Burton, well, Burton is Burton.

Even with generous hints of Burton-isms, "Big Eyes" is quite unlike his typical genre of films. "Big Eyes" is more realistic, dramatic and down-to-earth. A drama biography also shows a new side of Burton, which isn't too bad, especially for him since he's received nominations from the Golden Globes, Independent Spirit Awards and Critics Choice Movie Awards already. Let's hope he can still pull some old fan-favored tricks out of his bag for "Beetlejuice 2," which was recently announced for pre-production.

The gorgeous Amy Adams played a typical

Adams role. Though her acting was decent, Adams' performance wasn't a leap or stretch beyond her usual acting abilities or on-screen persona. Adams' supporting actor, the amazing Christoph Waltz, who has become quite the star lately ("Inglourious Basterds," "Django Unchained" and "Horrible Bosses 2"), surprisingly paralleled Adams' mediocre role. Waltz also didn't stand out exceptionally, except for a brief comedic moment during the Keane's divorce court hearing in the end, which I'll refrain from going into detail to avoid spoilers.

In the end, it's a mixture of undistinguished parallels overall, with an odd twist that makes "Big Eyes" rather unique. No one person stole the show, rather, everyone involved made an honest effort, producing a modest, worthwhile film. For that, "Big Eyes" gets three stars – keeping with a modest theme.

Movie review by  
**SGT. RICK HOPPE**

# MWR

## 2015 SPORTS SCHEDULE

### MONTH / DAY ACTIVITY

<b>March 14</b>	Softball Tournament
<b>March 28</b>	Sprint Triathlon
<b>March 30</b>	Softball League
<b>April 6</b>	Flag Football
<b>April 11</b>	Color Run
<b>April 13</b>	Basketball League
<b>April 20</b>	Golf League
<b>April 25</b>	Olympic Triathlon
<b>May 9</b>	JPJ 5 Miler
<b>May 15-16</b>	Captain's Cup Event
<b>May 24</b>	Fitness Festival
<b>June 8</b>	Racquetball League
<b>June 13</b>	NE Gate 12 Mile Run
<b>June 15</b>	Soccer League
<b>June 22</b>	Sand Volleyball League
<b>July 4</b>	Softball Tournament
<b>July 4</b>	Ridgeline Trail Run
<b>July 13-16</b>	Walleyball Tournament
<b>July 20</b>	Badminton League
<b>July 25</b>	Relay Race
<b>August 8</b>	Cable Beach Run
<b>August 22</b>	Sprint Triathlon
<b>September 5</b>	Wood-bat Tournament
<b>September 14</b>	Co-Ed Softball League
<b>September 26</b>	Trail Triathlon
<b>September 28</b>	Flag Football League
<b>October 5</b>	Basketball League
<b>October 24</b>	Paddle, Pedal, Paintball
<b>November 14</b>	Duathlon
<b>November 26</b>	T-Day Half Marathon
<b>December 11</b>	Army / Navy Game
<b>December 19</b>	Holiday Basketball
<b>December 24</b>	Jingle Bell Fun Run

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

*Contact the MWR for more information on each event or to sign up. x77262*



# RUNNERS TRANSCEND RIDGELINE TRAIL



*Runners participating in a Morale, Welfare and Recreation 9.2 mile trail run on Ridgeline trail here head down the initial section of the trail for the second time during lap two of the trail's course on Saturday.*

Early in the morning, the sun gradually lights up Guantanamo Bay's ridgeline, slowly silhouetting four familiar windmills in the distance. Steady streams of people collect on Christmas Tree Hill, quietly preparing for a beautiful morning challenge.

Runners gathered Saturday morning to participate in a 9.2 mile trail run hosted by the Morale, Welfare and Recreation. Runners began their long arduous journey at approximately 6:30 a.m., just as the sun's light began to glare across the dirt trails and cacti strewn hillsides. The race led 47 runners down Ridgeline Trail, to Skyline and back, twice.

"One and a half to two months ago is when we had sign-ups," said Jim Holbert, the MWR sports coordinator, who put the event together. "The week of, we were out on the trail, scouting it; deciding where to put water stations, mile markers, and noting any rough spots to warn the runners."

Approximately 45 volunteers showed up to support the runners and the event. The volunteers helped operate three water stations, trail checkpoints, keeping track of runners and their times. Navy masters-at-arms provided road security and Navy corpsmen were on site with an ambulance to provide medical attention if needed. Volunteers also provided help with check-ins, registration, tents and music.

"It was a great event," said Dennis Gregory, a trail runner who frequents the Ridgeline Trail in his off time. "The first round felt pretty good, but the second round was more challenging. I stayed the course and finally finished."

Exhausted runners passed one another on the

trail in opposite directions, some on their first round and some on their second, all to conquer the tail's steep hills and rough landscape. Volunteers handed out water and cheered runners as they passed, doused in sweat, even on a cool GTMO morning.

"The Ridgeline I run about once a week. It's a good trail," Gregory said. "You never really get used to it, so it's something to keep coming back to."

The first place runner finished the trail in just over one hour. Soon, more runners followed, some sprinting across the pavement toward the large MWR arch, signifying the finish line to another great run.

"It's a big success," Holbert said. "We got everyone here. We started on time ... and we haven't had any injuries or anything go wrong."

The runners were greeted at the finish line by cheers, water, Gatorade and orange slices. Jason Small took first place with a run time of 1:08:30. Oluse Ogunniyi took second and Nicolas Mikkael took third with times of 1:17:08 and 1:17:52. Coach Winkie took first in the female category with a run time of 1:25:39. However, all runners claimed a personal victory.

"Even before the half marathon, I planned on doing this run. I've never done a trail run, so I figured, why not?" Gregory said. "It was good. I made good time; better than I expected, so it was a win-win."

*Story and photo by*  
**SGT. RICK HOPPE**



# SOCCER WEEKLY

## THIS WEEK IN THE ENGLISH PREMIER LEAGUE

### ARSENAL VS CRYSTAL PALACE

This week Arsenal moved up to No. 3 as they defeated now No. 13 Crystal Palace 2-1. While neither team took control of the pitch early on, it was Palace's lack-luster defense and poorly timed challenges that got them in trouble. It was one of these ill-timed challenges by Pape Souare on Arsenal player Danny Welbeck in the penalty area that left Palace at the mercy of penalty kicker Santi Cazorla. Cazorla scored on the penalty putting Arsenal up 1-0. Palace's bench was screaming that the penalty was outside of the zone but the referee wasn't having it. It would seem that the referees were more participants than officials of the game. They made another controversial call and let an Arsenal attacker, who was close to being off sides, take aim and shoot on goal. The goalie blocked it but it bounced off, and shot for the nail in the coffin putting Arsenal up 2-0 before half time. Palace scored late in the second and had an opportunity to tie it up in stoppage but couldn't convert a header into a goal.

### LIVERPOOL VS. SOUTHAMPTON

Liverpool is looking to overtake Southampton on the Premier table after a 2-0 victory over Southampton this Sunday. Conditions were cold, rainy and slippery in a game in which the referees took center stage yet again. It was Philippe Coutinho who struck early for Liverpool in the third minute of the first half with a shot that could've made the ESPN's Top 10 list. Raheem Sterling would go on in the second half to net the game ending goal and move Liverpool up in the standings. But, as I said, there were several decisions made and not made by referee Kevin Friend that would leave the Southampton crowd wondering why he was wearing a ref's kit at all. A blatant handball and several tough tackles by Liverpool players in the penalty area were chief among the home crowd complaints. Were this usually leads is talk about instituting a replay system where calls like this might one day be reviewable. Alas, until then we will have to abide by the friendliest for Friends.

Article by  
**SGT. ADRIAN BORUNDA**

## MMA WEEKLY

It was a night of upsets. Of the six main event fights, all six were wins for the underdog and the preliminary fights followed a similar path.

Former Ultimate Fighting Championship Heavyweight Champion Frank Mir needed less than two minutes to render the hulking Antonio Silva unconscious with a beautifully placed left hook. Mir's last victory was in 2011 when he defeated the legendary Minotauro Nogueira with a kimura. Despite four consecutive defeats – most by way of knockout – Mir came out the aggressor and took no damage from Silva before ending the fight at 1:40 into round one.

In the co-main event, the heavily favored Edson Barboza, previously the No. 8 ranked lightweight, was completely outclassed by Michael Johnson, who extended his win streak to four with the victory. Johnson swept the judges' scorecards and rendered Barboza's vaunted Muay Thai skills useless by being the aggressor throughout with multi-punch

combinations.

In a highly anticipated lightweight bout, Adriano Martins took a snoozer of a victory over the heavy-handed Russian striker Rustam Khabilov. Also, in just his second fight with the UFC, Frankie Saenz defeated formerly No. 8 ranked Iuri Alcantara via unanimous decision. Saenz, the heaviest underdog on the entire fight card, took it to the feared Muay Thai specialist. A former Arizona State University wrestler, Saenz used his wrestling base to completely overwhelm Alcantara. It was a spectacular victory for the 34-year-old Phoenix native.

Saturday, the baddest woman on the planet Ronda Rousey takes on Cat Zingano for Rousey's women's bantamweight championship. The undefeated Rousey has hardly been tested in her pro career, but many pundits feel Zingano will be the exception. In the co-main event, the much anticipated debut of feared striker Holly Holm takes on Raquel Pennington. Holm is likely a few wins away from challenging for the bantamweight belt. In the first pay per view event featuring women as the main and co-main event, UFC 184 will likely be one for the ages despite a relatively weak undercard.

Article by  
**1ST LT. MACARIO MORA**

## LA LIGA SOCCER TOP 20

No.	TEAM NAME	Standings
01	Chelsea	(18-2)
02	Manchester City	(16-3)
03	Arsenal	(14-6)
04	Manchester United	(13-5)
05	Southampton	(14-8)
06	Liverpool	(13-7)
07	Tottenham Hotspur	(13-8)
08	West Ham United	(10-7)
09	Swansea City	(10-9)
10	Stoke City	(10-10)
11	Newcastle United	(8-10)
12	Everton	(6-10)
13	Crystal Palace	(6-11)
14	West Bromwich Albion	(6-11)
15	Hull City	(6-12)
16	Sunderland	(4-9)
17	Queens Park Rangers	(6-16)
18	Burnley	(4-12)
19	Aston Villa	(5-14)
20	Leicester City	(4-16)

## POUND POUND 4 TOP 10

No.	NAME	Record
01	John Jones	21-1
02	Jose Aldo	25-1
03	Chris Weidman	12-0
04	Anthony Pettis	18-2
05	Demetrious Johnson	21-2-1
06	Cain Velasquez	13-1
07	Anderson Silva	33-6
08	Daniel Cormier	15-1
09	Robbie Lawler	25-10,1NC
10	Johny Hendricks	16-3



*"Every bit pays off. Don't slack now."*

## ABS 101

The six-pack abs – a long desired goal and one of the most difficult to obtain. Abdominal muscles aren't only for looks, though. A strong core is a stabilizer for the rest of your body.

Achieving a strong core means you must not only exercise your abs, but your obliques as well. The oblique muscles help support your trunk and are responsible for rotating your torso.

The key to ab workouts is to make sure you are not straining other muscles. Fitness Director Alec Culpepper said a common mistake he sees is during sit ups. It's easy to pull on your neck if you put your hands behind your head.

You don't even have to spend a lot of time working these muscles. Culpepper said, "You can usually do a good ab workout in 15-20 minutes." Although there aren't any classes at G.J. Denich gym specifically for abs, you can try the TRX and NOFFS classes, which do focus a little more on the core than some of the other options.

Article by

SPC. MONIQUE QUINONES

## TOP 5 AB WORKOUTS FROM MEN'S HEALTH

### 1. Spiderman Plank Crunch

Start in a traditional plank position with your forearms on the ground and your body perfectly straight. Bring your right knee forward toward your right elbow, then return to the plank position. Repeat by bringing your left knee toward your left elbow. That's one rep. Alternate sides for a total of 10 complete reps.

### 2. Cable Rotation

Stand holding a cable with both hands out in front of you at just under shoulder height. Keeping your arms fixed and straight and your abs engaged, rotate your upper body to the left, then back to center, and then to the right, and then back to center. That's one rep. Alternate sides for one set of 10 complete reps.

### 3. Bicycle Crunch

Lie on your back with your hands behind your head, and your legs raised and bent at 90 degrees.

Alternate sides by bringing your right elbow toward your left knee then your left elbow toward your right knee, building up to 60 seconds. Try and hold the crunch for a two-count on each side to force a slower, concentrated movement.

### 4. Cross Crunch

Lie on your back with arms and legs diagonally out so that your body forms an "X." Keeping arms and legs straight bring your right hand toward your left foot, then your left hand toward your right foot, lifting your head, neck, and shoulders off the ground. That's one rep. Aim for one complete set of 10 reps.

### 5. Swiss-Ball Rollout

Kneel on a mat with your hands on a Swiss stability ball. Keeping your back straight and your abs engaged, roll the ball as far away from you can, then slowly roll back to starting position. Aim for two sets of 10 rollouts.



## JSMART SPOT

▲ JSMART HELPER: TITAN

## A FEAR OF PUBLIC SPEAKING

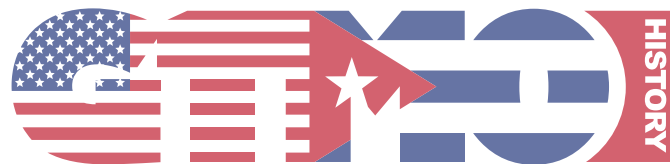
Have you ever been in a meeting where you consider yourself more of a spectator than a participant? Suddenly, someone asks a question that requires your response. Your mind starts spinning. You feel hot all over; your heart starts racing, and you feel sick to your stomach. You wonder, "What's the right thing to say?" "What answer do they want to hear?" "How can I get out of this situation?" Somehow you are able to mumble a few words, diverting the attention away from you. However, as soon as the words leave your mouth, you are wondering "What did I just say?"

If you can relate to this scenario, you may belong to an estimated 75 percent of the population who feel uncomfortable publicly speaking. However, for military members, speaking in front of large groups and giving presentations may be expected depending on one's job or position. Escape or avoidance just isn't

an option. Luckily, there are a number of tricks that can help alleviate your fear. First, research your topic thoroughly. If you feel confident with your knowledge, you've already won half the battle. Second, if looking at the audience as a whole makes you nervous, try looking just over their heads or focusing on a few familiar faces. And last, you should remember that the anticipation of speaking in front of a group is far more intimidating than actually doing it. With practice, you can build your confidence and learn to have fun.

Article by

PETTY OFFICER 3RD CLASS  
RANDALL KELLY



## SHIPS FILL THE BAY: GUANTANAMO 1927



Aerial view facing southwest – The first aircraft carrier, the USS Langley is anchored south of Hospital Cay.

Ships of the U.S. Fleet pictured anchored at Guantanamo Bay, Cuba, during winter exercises in 1927. Visible amidst about 15 battleships at the top of the photograph is the aircraft carrier USS Langley (CV-1). Also visible are two Omaha-class cruisers, at least 17 destroyers, and two submarine tenders in the foreground with about 10 smaller and two large submarines. The peninsula in the right foreground is South Toro Cay, where the drydock is still visible that was begun in 1904, but cancelled two years later.

Article and photo courtesy of the

U.S. NAVY NATIONAL MUSEUM OF NAVAL AVIATION



# Tax Time

The U.S. Naval Station Guantanamo Bay legal office is providing Joint Task Force members a way to prepare their own tax returns online with the assistance of IRS-certified volunteers at the JTF Satellite Office, building 2525. Each client will need to have all tax related documents with them including W-2s and any 1098s/1099s/ etc. Reservists and National Guard will also need to obtain W-2s from any civilian employers. Any questions about eligibility or to schedule an appointment call NAVSTA legal at 4692.

**JTF Office:**  
Wednesdays  
8 – 11 a.m.

**NAVSTA Legal Office:**  
MON-FRI  
8 – 11 a.m. & 1 – 4 p.m.\*  
\*Closes at 3 p.m. on Friday

## ROMAN CATHOLIC (NAVSTA CHAPEL)

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

## PROTESTANT SERVICES (JTF TROOPERS' CHAPEL)

Sunday*	0900	
	1900	

## PROTESTANT SERVICES (NAVSTA CHAPEL)

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

## OTHER SERVICES

Islamic Prayers	Friday	1315	Annex Room 2
7th Day Adventist	Saturday	0900	Annex Room 1 (Sabbath School)
	Saturday	1100	Annex Room 1 (Sabbath Service)
Latter Day Saints	Sunday	0900	Annex Room 19
Pentecostal	Sunday	0800	Annex Room D
	Sunday	1700	Annex Room D
JTF Bible Study*	Monday	1900	Cuzco Block H
	Sunday	0640	JTF Troopers' Chapel
	Wednesday	1900	JTF Troopers' Chapel
Beginners Bible Study*	Thursday	1130	JTF Deputy Chaplain's Office
New Christian's Inquiry*	Saturday	1900	JTF Troopers' Chapel
Christian Fellowship	Sunday	1800	Main Chapel (Non-denominational)

\*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

## NEX EXP. 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 / 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 THROUGH 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



*Photo by Karen Le*

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# PARTING SHOT



'GENTLE JELLY' PHOTO BY ARMY SGT. KAREN LE WITH SJA. FOR A CHANCE TO HAVE YOUR PHOTO FEATURED IN THE PARTING SHOT, PLEASE SEND SUBMISSIONS TO: [THEWIRE@JTFTGMO.SOUTHCOM.MIL](mailto:THEWIRE@JTFTGMO.SOUTHCOM.MIL)

THE **WIRE**