

THE OFFICIAL PUBLICATION OF JOINT TASK FORCE GUANTANAMO

# THE WIRE

JULY 31, 2015



**TROOPERS DISCOVER DYNAMICS OF HEALTHY RELATIONSHIPS**

**NAVSTA FFSC PRESENTS NEW PERSPECTIVE THROUGH "LOVE THINKS" SEMINAR**

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**CELEBRATING FROZEN DELIGHTS**

**JULY IS NATIONAL ICE CREAM MONTH ENJOY THE NICE COOL TREAT**

PHOTO STORY



**ARMY CAPT. DUSTIN CAMMACK**  
*JTF Public Affairs*

Sgt. Maj. of the Army Dan Dailey has put Army leadership to task – do physical training with your Soldiers. Why? In my 19 years of experience with two combat tours, I have learned that being physically fit is core to what we do in the Profession of Arms.

# IN THE LEAD WITH PT

Personal readiness encompasses more than being qualified in your job. Being healthy and fit enhances your ability to perform in all aspects of life, but more importantly, Soldiers watch our every move and notice when we don't pull our weight, especially when it comes to PT.

Working in a joint environment exposes many differences among the branches, but regardless of the branch, PT is universal. Whether I'm rolling out of bed at 5 a.m. to practice yoga, driving to the gym for an afternoon power lift routine or even daring to survive the "Speed, Agility and Quickness" class at G.J. Denich Field – I see service members from every branch doing hard work, but that is not enough.

As an Army leader, I can make my Soldiers do many things, but it's hard to make someone put in a 100 percent effort into PT. What we as leaders can do, on the other hand, is set the conditions for success.

The challenge for leaders is to place an honest focus and emphasis on the importance of PT, making PT fun and demanding without

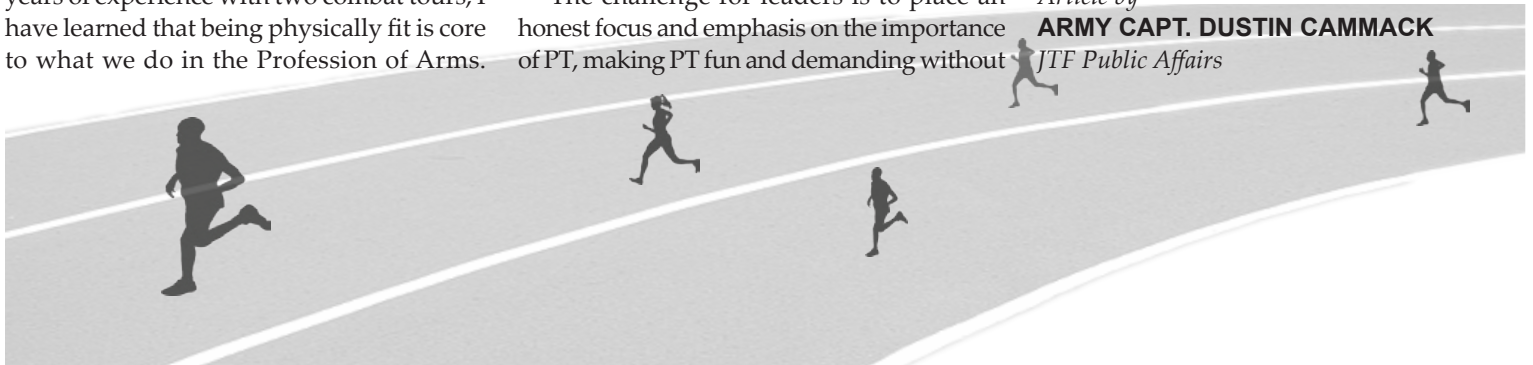
diluting its effectiveness. When the troops see their leaders out front putting in maximum effort, they are more likely to follow that lead and do the same. If leaders apply themselves and demonstrate high levels of perseverance, confidence and commitment, that same dedication will emerge in the troops, and leaders will earn the trust and right to lead the troops.

The Army defines leadership as, "influencing people by providing purpose, direction and motivation while operating to accomplish the mission and improving the organization." The sergeant major wants Army leaders out front doing exactly that – influencing, motivating and improving. I'll take it one step further and make it a universal call-to-action for every leader in every branch.

Get up. Get your Troopers up. Do PT with them.

Make a difference.

*Article by*  
**ARMY CAPT. DUSTIN CAMMACK**  
*JTF Public Affairs*



# CHAPLAINS LEND LISTENING EAR

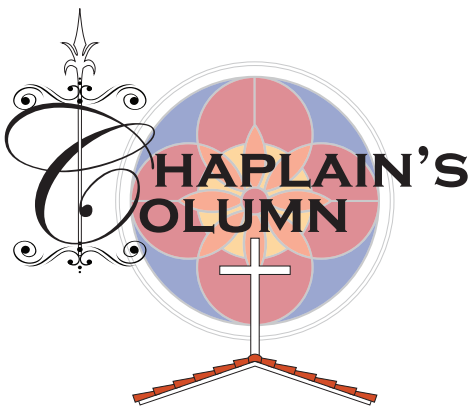
but I am excited to be back on the island and the ministry which the Lord has here for me. Am I crazy? No! (well maybe a little).

Let me give you a little history on Chaplain Simon (I know that you are all excited to hear about this.) My husband recently retired after 32 years serving in the Air Force and the Army. So, in our 10 years of marriage we have lived together 4 complete years. The last 6 years have been filled with his deployment, military schools, my CONUS and OCONUS mobilizations and now this deployment. There have been some rough patches and some struggles along the way, but for most of these years, even when he was in Afghanistan, he would he would stay in contact with me. We make the effort to communicate as much as

possible. Yes, our relationship is unique, but in the military life it really isn't. My husband and our daughter are my biggest supporters and I love them for it.

So, how does this apply to you? We all have loved ones at home and there are struggles we face daily. As the chaplains on the island, we understand your concerns, pains and fears, because we are right in the fight with you. I have missed my daughter's entire high school career. If you need a listening ear, a shoulder to cry on, or a sounding board, we are here. I look forward to meeting you.

*Article by*  
**MAJ. HEATHER J. SIMON**  
*Joint Detention Group Chaplain*



I just returned from home and had such a great time. I must admit that as I said a short farewell to my husband I did get a little teary, but once I stepped into the airport to return to GTMO I was good to go. The separation is never easy and I miss my family terribly,



## COMMAND & CHAPLAIN

Leadership highlights the importance of doing physical fitness with your Troopers. The chaplain empathizes with Troopers about missing home and offers a shoulder.



## GTMO NEWS

MWR Liberty Centers help Troopers through tough deployments by creating events and social settings. The “Love Thinks” seminar guides you through relationship ruts.



## PHOTO STORY / COVER PHOTO

The Castillo Kids boost morale, lift spirits and bring a unique sound of music to the ear during a music performance. Learn about the four teens and their love of traveling for the crowds.



## ENTERTAINMENT

This week Wire staff review the new Adam Sandler comedy “Pixel”; as well as the new puppy tear jerker “Max.” Also check out our new Banana Rat “stars.”



## SPORTS

Angry Birds beat out the Johnson Shuttlecocks in a recent badminton match; and JTF Troopers participate in the Boston Run to Home Base shadow 9K, see photos on page 12.



## LIFE & FITNESS

Wanna kick your workout into gear? Take a buddy to the gym with you then drink a mango banana smoothie. These tips and more can be found in this week’s health column.

# MOTIVATOR OF THE WEEK

**ARMY SPC.  
EDUARDO NUNEZ**  
324TH MP BN

**HOSPITALMAN  
JAMES SHELWAY**  
JMG

## WHO YA GONNA CALL? CALL OPSEC!

Have you ever come across an unusual situation at work and wanted to report it but aren’t sure who to report it to? Maybe you’ve seen photos of a restricted area or seen someone taking photos in an area where photos aren’t allowed. Have you been taking out the trash and found something that should not have been thrown away but you didn’t know who to give it to? You are required to report these things and can do so by calling the JTF OPSEC office to report any OPSEC violation. Make the report, even if you’re not sure if it’s a violation or not. Do the right thing, even when nobody is watching. Please call x8505.

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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Senior Assoc. Editor / **SGT. CHRISTOPHER GARIBAY**

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Photojournalist & Photo Editor / **SGT. CHARLIE HELMHOLT**

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Photojournalist / **SPC. JUSTIN L. MALONE**

Photojournalist / **SPC. NICOLE NICOLAS**

## COVER PHOTO

**SGT. CHRISTOPHER GARIBAY**



**VOLUME 18: ISSUE 4**

HQ Building, Camp America  
Guantanamo Bay, Cuba  
Commercial: 011-5399-3651  
DSN: 660-3651

email: [thewire@jftgmo.southcom.mil](mailto:thewire@jftgmo.southcom.mil)  
[www.jftgmo.southcom.mil/wire/wire.html](http://www.jftgmo.southcom.mil/wire/wire.html)

## TROOPER ON THE STREET

WE ASK TROOPERS, 'WHAT DO YOU DO TO STAY HEALTHY?'



### ARMY CAPT. KATHI GILLESPIE

"I try to run three to four times a week. I try to eat healthy; I eat a lot of fresh fruit and vegetables. I try to stay away from carbohydrates as much as I can."



### ARMY SGT. 1ST CLASS MARGARITA PADILLA

"I work out and I watch what I eat and get enough sleep. I try to stay away from carb loading, I mostly cut down on carbs and then more vegetables."



### ARMY SGT. QUON TRAN

"I run and also I go to the gym and do speed and agility [class] too. I try to have a complete meal with the vegetable and meat and cut down a little on carbs and fat and stay away from the desserts."

## TROOPERS DISCOVER DYNAMICS OF HEALTHY RELATIONSHIPS



Sara Van Gorder, the education service facilitator at the U.S. Naval Station Guantanamo Bay's Fleet and Family Support Center, speaks about healthy relationships at her "Love Thinks" seminar, July 15.



Van Gorder discusses balancing the random-access memory for Van Epp's five fundamental dynamics of relationships at her "Love Thinks".

"Love conquers all, follow your heart." Right? We've heard these statements before. Society leads people to believe these declarations, but should you follow your heart or should you follow your head?

Sara Van Gorder, the education service facilitator at the U.S. Naval Station Guantanamo Bay's Fleet and Family Support Center, presented this perspective on relationships to Joint Task Force Troopers and Naval Station personnel at the "Love Thinks" seminar at Gold Hill Galley, July 15.

Van Gorder's seminar was based on the book, "How to Avoid Marrying a Jerk: Foolproof Way to Follow Your Heart Without

Losing Your Mind" by Dr. John Van Epp, a doctor of counseling and psychology.

In this book, Van Epp cites three mistakes to avoid which lead to wasting your time in a toxic relationship with a jerk, said Van Gorder.

The first mistake is idealizing; focusing solely on the positive personality traits and neglecting the negative ones. The second is seeking out sources of balance. An example of this is dating someone with a polar opposite personality. The third mistake is repeating the past. People tend to date the same kind of person repeatedly.

People who generally make these mistakes need to take a step back and focus on themselves before they jump into a relationship, Van Gorder agreed.

Before diving into Van Epp's recommendations for healthy relationships, the class completed a two-minute exercise brainstorming why relationships fail. According to Van Epp, there are several reasons including, cheating, lack of intimacy, finances and poor communication.

With examples of why relationships fail, Van Gorder then highlighted Van Epp's recommendations to a successful relationship.

According to Van Gorder, Van Epp's book proposes five fundamental dynamics or elements in relationships that need to be balanced to create healthy relationships: know, trust, relay, commitment and intimacy. Van Epp then arranges the elements into a specific order, because they build on each other. For example, you need to know someone well, before you trust them.

Van Gorder hopes this class will help decrease the civilian and military divorce rate.

It makes sense to look at relationships from the start instead of trying to fix it when an issue occurs later in the relationship, said Van Gorder.

As the class came to an end, many of the participants reflected on their own relationships.

Dareesha Hardy, a participant in the class, said the seminar allowed her to become more self-aware and think about her past relationships from a different standpoint.

Hardy enjoyed the realistic class, because it allowed her to give open and honest opinions about relationships in a small forum. This was the first time Van Gorder taught this class at GTMO and as of now there are no follow-up classes scheduled.

Article and photos by  
**SPC. NICOLE NICOLAS**

# MWR LIBERTY CENTERS HELP TROOPERS



Troopers enjoy each others' company and compete in a friendly game of pool in one of the six Morale, Welfare & Recreation Liberty Centers here, July 28. These centers are open to all Troopers and provide a multitude of activities to engage in including pool, ping pong, video games and movies.

Joint Task Force Guantanamo is home to many unique opportunities, events and services. Even still, during a deployment Troopers have bad days, experience depression, lose motivation or just get bored. The Morale, Welfare & Recreation's Liberty Centers are here to help. Currently, there are six MWR Liberty Centers, with various times of operation, opened to all JTF GTMO Troopers. The MWR Liberty Centers often provide fun events for the service members.

It is up to Liberty Coordinator Sarah Kadis to plan a variety of events.

"The best way to describe my job is, 'I plan fun,'" Kadis said. "I love my job, it is extremely rewarding. I knew a long time ago that I wanted to do something beyond myself and as corny as it sounds, serve those who serve."

According to Kadis, the Liberty Centers serve an important role.

"We are here to boost morale," Kadis said.

Spc. Caleb Hahn agreed the MWR boosts morale.

With multiple locations and events around GTMO, the opportunity to participate in an event, meet new friends, unwind and try new things, are endless.

Liberty Centers also provide fun activities for Troopers.

"We show movies, offer free bowling,

trivia and night fishing," Kadis said. "On the weekends we do kayaking, paddle boarding and wake boarding."

Troopers expressed their appreciation for the Liberty Centers.

"The MWR is important to me because it's the only way I can Skype," Hahn said. "[Without the Liberty Centers] I would not be able to talk to my family."

It would be stressful if there was no Liberty Center, Hahn stated.

Army Sgt. Taneisha Nelson said she visits the various Liberty Centers as often as she can, which is normally every day.

“

**I COME TO RELAX,  
WATCH MOVIES OR  
PLAY POOL**

**ARMY SGT. TANEESHA NELSON**

”

Nelson also appreciates the events the MWR Liberty Center hosts and she plans to

attend a few of the upcoming sporting events.

The Liberty Centers hold value for many Troopers. Without the MWR Liberty Centers, morale would slump, according to Nelson.

"I would be sad," Nelson said. "I would not be able to contact my family, get on social media or know what is going on in the world."

The Liberty Centers are here to make deployments and everyday life easier, said Kadis.

"It is my hope that I can make somebody smile every day," Kadis said. "[Even] if that means just having a conversation with them because they might be having a rough day. Our goal is to be here for you guys."

Special events can be requested through the MWR Liberty Centers. The Liberty Centers also have equipment available for rent by service members. Equipment includes: snorkel, ladder golf, horse shoes and a grill, to name a few. MWR Liberty Center events can be found on fliers around base. The next MWR Liberty Center event, the Watermelon Festival, will be held Saturday, Aug. 8, at the Tierra Kay Liberty Center, at 5 p.m. Registration is free. For more information, contact the MWR Liberty Center at x77421.

Article and photos by  
**SPC. JUSTIN MALONE**

# CELEBRATING FROZEN DELIGHTS



Pop quiz!

What is full of energy, vitamins, minerals, is delicious, healthy and awesome?!

Ice Cream! July 2015, marks the 31st annual National Ice Cream Month.

Congress deemed July 1984, as National Ice Cream Month and July 15, 1984, as National Ice Cream Day. Members of Congress also requested and authorized the President to issue a proclamation in observance of these events.

“Now, therefore, I, Ronald Reagan, President of the United States of America, do hereby proclaim July 1984 as National Ice Cream Month and July 15, 1984, as National Ice Cream Day, and I call upon the people of the United States to observe these events with appropriate ceremonies and activities,” said President Reagan in his National Ice Cream Month and National Ice Cream Day, 1984 proclamation.

Despite National Ice Cream Month only being established in 1984, ice cream has served as a big part of American history long before.

According to Icecream.com, America is among the top five countries to consume the most ice cream. More than 85 percent of

Americans have ice cream in their freezer at any given time, vanilla is the most popular flavor in the U.S. and California produces the most ice cream in the country.

“Ice cream became an edible morale symbol during World War II,” according to IDFA.com. “Each branch of the military tried to outdo the others in serving ice cream to their troops. In 1945, the first “floating ice cream parlor” was built for sailors in the Western Pacific. When the war ended, the dairy product rationing was lifted. America celebrated its victory with ice cream. Americans consumed over 20 quarts of ice cream per person in 1946.”

In the years following, the desire for ice cream increased dramatically, which required an increase in production.

In 1983, more than 800 million gallons of ice cream were served in the U.S. alone. About 10 percent of all milk produced in the U.S. was used to make ice cream, which generated over \$3 billion in annual sales and provided thousands of jobs.

It is estimated that the average American consumes nearly 22 pounds of ice cream per year and 90 percent of Americans enjoy ice cream, according to International Dairy

Foods Association. Due to the technological advances, more than 1.6 billion gallons of ice cream are produced by manufacturers, who receive more than \$10 billion in annual sales. The ice cream industry provides a multitude of jobs for the American people. Even President Barack Obama worked in the ice cream industry.

Today, we continue to celebrate National Ice Cream Month. There are thousands of different flavors, shapes and sizes that ice cream can come in. Odd and unique flavored ice creams such as raw horse flesh, cow tongue, salt, octopus and squid are available. If that is not your style you can still enjoy the classics like vanilla, chocolate and strawberry.

July 2015, is annual National Ice Cream Month, so answer the call of President Reagan and observe these events and feel free to shamelessly stuff your face with a dairy delight.

Article by

**SPC. JUSTIN MALONE**

Photo Illustration by

**SGT. CHARLIE HELMHOLT**

# INTERNATIONAL ARTISTS SHOWCASE MUSICAL TALENT FOR TROOPERS AT GTMO

Young voices, strumming acoustic guitars and the clapping of hands rang out alongside the Morale, Wellness & Recreation Library for Joint Task Force Guantanamo and U.S. Naval Station Troopers on July 22 and 23. The Castillo Kids, all teens, played everything from classic Mexican folk songs to country favorites and even Disney classics, appealing to a variety of musical preferences.

The Castillo Kids, a four person musical ensemble, play guitars, vihuela, violin and saxophone – with every song having a Mariachi or Mexican twist that is indicative of their style.

The Castillo Kids engage the crowd in ways that other musicians visiting Guantanamo Bay have not otherwise done.

“I led the Congo line, I’ve never done that before,” said Pfc. Jonathan Portillo. “That and doing a [grito] call, something you do at home during parties and get-togethers, that was great.”

The Castillo Kids’ voices and smiling demeanor cross cultural barriers. The audience of Filipino, Latino, White and Jamaican members, bob their heads and clap along to the melodies of the music. Many people brought their tablets and phones to record the show.

A few younger members jumped up to participate and sing along to Disney’s “Frozen” song favorite “Let It Go.”

Joey Castillo, the band’s senior member, a 19-year-old, said playing for the Troopers was an incredible opportunity.

“It’s incredible to be out here in Guantanamo Bay playing for the service members,” said Joey Castillo. “It’s an honor to do something like this. It’s an experience I’ll never forget.”

The four teens have already made a name for themselves, having performed on the “Jimmy Kimmel Live”, “George Lopez Show” and “Good Morning America.” One of their members, Jessica Castillo, performed in Japan. Their show at GTMO added another milestone in their young careers, officially making them all international artists.

Three of the teens are siblings and the fourth is a neighbor, Kirkland Jackson, whose talents the musical family soon adopted. He plays the vihuela and sings.

Jackson is thrilled to be performing here.

“Who gets to go to Guantanamo Bay and play for the [Troopers]?” said Jackson, an 18-year-old. “There’s no higher honor than being able to play for those defending our freedom. When I go back home, and all my friends talk about what they did during the summer, I can say I went to Guantanamo Bay, Cuba, to play for the [Troopers].”

“A lot of people say that they’re lucky,” said Joe Castillo Sr., father of the Castillo Kids. “No one really understands the amount of work they put in everyday.”

The Castillo Kids are fifth generation musicians on their father’s side said Pat Castillo, mother of the Castillo Kids. It’s amazing to see how far they’ve come compared to where they were nine years ago and seeing where they are today, she said.

Thanks to all their hard work,

For some JTF Troopers, the Castillo Kids’ visit was simply a reminder of a place back home.

Spc. Daniella Paz said it was a good break from the regular day-to-day activities at traditional GTMO venues.

“They’re amazing,” said Paz “They’re bringing great vibes to the island. They’re so amazing. They’re alive and they’re dancing, they’re really talented. We need more stuff like this.”

After some time, audience members began to dance to the music.

“It’s great, I love it,” said Portillo. “It was fun. I think they’re phenomenal. I’m so glad they brought them here.”

Their visit was a simple break in normal operations for JTF and NAVSTA Troopers. It allowed for an appreciation of a different kind of music by some very young and aspiring talent.

Article and photos by

**SGT. CHRISTOPHER GARIBAY**



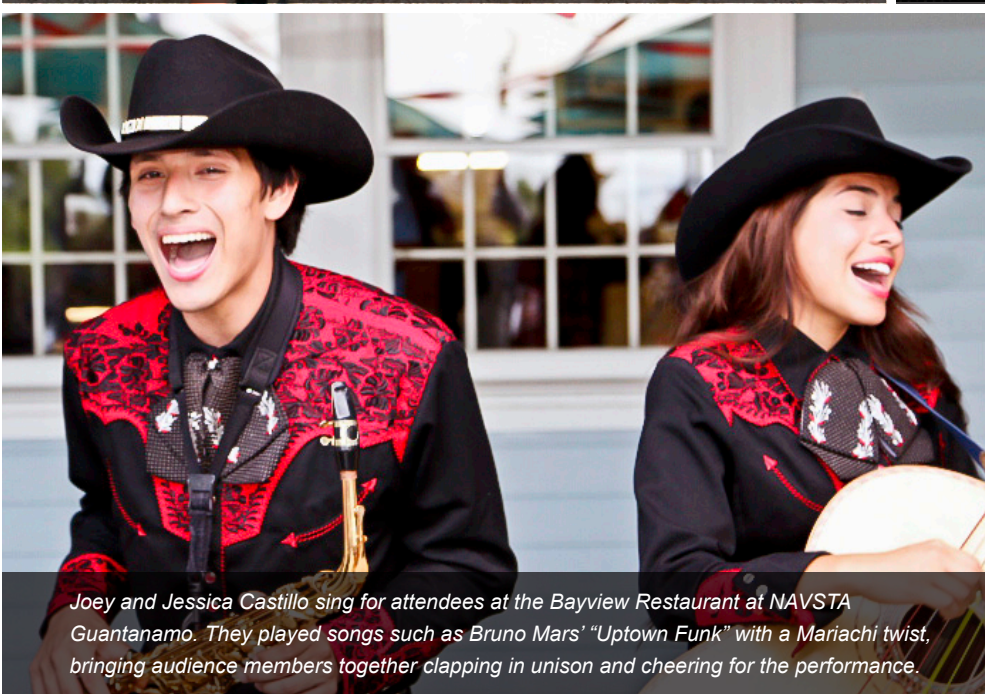
*Continued on next page*



*Joint Task Force and U.S. Naval Station Troopers and civilians cheer and record the Castillo Kids during their music performance at Guantanamo Bay's Morale, Wellness & Recreation Library, July 23.*



*Julie Castillo, 15 years old, plays the violin for the Castillo Kids. She is currently attending high school and is interested in seeing the band's growth and development.*



*Joey and Jessica Castillo sing for attendees at the Bayview Restaurant at NAVSTA Guantanamo. They played songs such as Bruno Mars' "Uptown Funk" with a Mariachi twist, bringing audience members together clapping in unison and cheering for the performance.*



*Julie and Jessica Castillo play instruments for Troopers and civilians.*

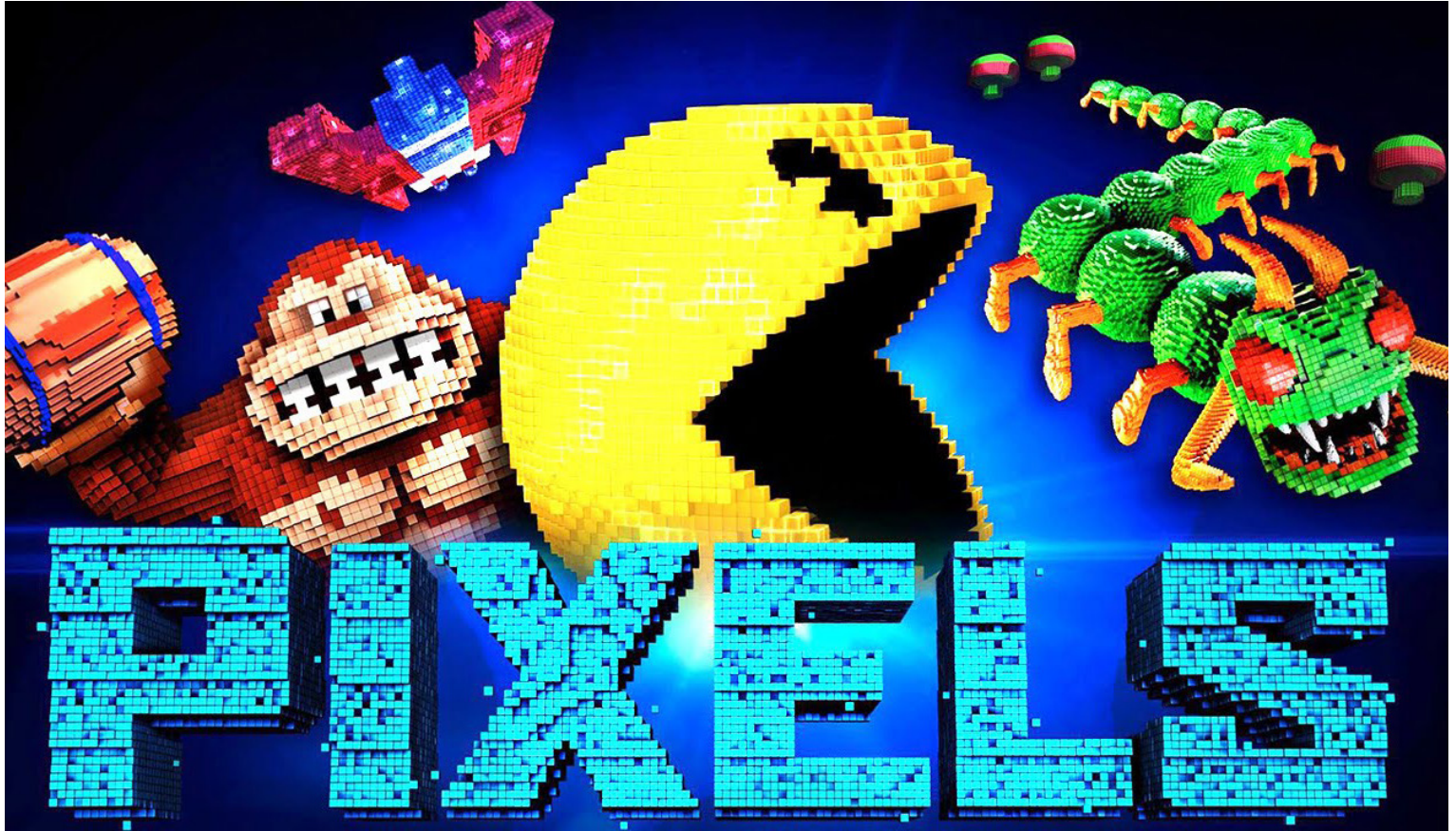


*The Castillo Kids take a group photo with members of the audience. (Left to right) top row: Spc. Tyler Braden, Pfc. Jonathan Portillo and Pfc Robert Herget. Bottom row: Spc. Daniella Paz, Staff Sgt. Clayton Homa, Spc. JoAnne Eshoo, Sgt. Stephanie Rodriguez. The Castillo Kids, all teens, have made prime-time performances, including opening shows for the Jonas Brothers.*



*Jessica Castillo leads a song during a performance as Julie plays the violin behind her at the MWR Library, July 23. Jessica Castillo visited Japan to sing and represent her band earlier this year.*



MOVIE REVIEW / **PIXELS**

Adam Sandler stars as Brenner alongside Peter Dinklage as Eddie (Game of Thrones), Kevin James as Cooper (Mall Cop), Michelle Monaghan as Violet (Due Date), and Josh Gad as Ludlow (Frozen), as the unlikely heroes in the hilarious romp that is "Pixels."

The film begins with a flashback to 1982, with a young Brenner and his good friend Cooper discovering the colorful and captivating world of the video game arcade. Friends find Brenner is something of a savant, able to quickly recognize and memorize the patterns present in the games. We also meet the "Wonder Kid," Ludlow, in the arcade convention, a friendless fellow who quickly finds acceptance with the other two. Brenner competes in the world arcade championships where he is narrowly defeated by Eddie, an older (and less family friendly) competitor who calls himself "Fire Blaster." The footage from the tournament, as well as samples of the games, are loaded into a capsule and blasted into

space with the intent of contacting alien life. This is exactly where the problems begin.

The movie fast-forwards to present day, where we find Brenner's life has taken a turn for the worse. He works as an installer of TVs, sound systems, etc. Cooper, in stark contrast to his companion, has since become the U.S. President. Unpopular at first, the situation worsens when hostile aliens suddenly attack the earth.

While Cooper is dealing with the initial attack, Brenner meets the final member of the team, Violet. She is a lieutenant colonel working for the Defense Advanced Research Projects Agency commonly known as DARPA. She is also in the beginning stages of a divorce. Both characters receive urgent phone calls to head to the White House.

The enemy takes the form of the very video games that were launched into space in 1982. The aliens took the video

game package as a challenge for interplanetary war and have finally responded. The Arcaders, as the group comes to be known, must defeat the real life versions of their old pastime to save the world.

The film takes a while to really get up to speed with the first 20 or so minutes dragging by. Even with the use of the flashback and lengthy introductions for the main characters, they still manage to feel a little flat throughout the movie. Very little character development happens with the exception of the on-screen romance between Brenner and Violet, which was well-played, if a tad cheesy.

Once the story takes off though, it takes off with gusto. The film is funny overall and speckled with moments of downright hilarity. Younger audiences are unlikely to get as much out of the film as the previous generation, but they are sure to enjoy it nonetheless. A real crowd-pleaser, the movie is chock full of 80's references, great music and loveably familiar video

game characters from Pac-Man to Donkey Kong. A careful observer will notice dozens of hidden gems throughout the sequences involving the aliens, and you can tell the filmmakers put some serious effort into researching arcade games.

Unfortunately, my major criticism of the film is a serious lack of research into the military. While the military is only center stage for about a third of the movie, the number of uniform errors alone is fairly egregious.

Aside from the admittedly nit-picky issues of military accuracy and the slow start, the film is rock solid. I'm giving "Pixels" 4 stars for being an all-out, belly-laugh inducing good time. Prepare for some fantastic old-school fun.

*"Pixels" is rated PG-13 for special parental guidance strongly suggested for children under 13. Some material may be inappropriate.*

Movie review by  
**SPC. IAN WITHROW**

# IN THEATERS THIS WEEK



The Downtown Lyceum showtimes are shown in the top row and the Camp Bulkeley Lyceum showtimes are displayed in the bottom row.

7/31 FRIDAY	8/1 SATURDAY	8/2 SUNDAY	8/3 MONDAY	8/4 TUESDAY	8/5 WEDNESDAY	8/6 THURSDAY
<b>Vacation (NEW)</b> R, 8 p.m. <b>Pixels</b> PG13, 10:15 p.m.	<b>Minions</b> PG, 8 p.m. <b>Trainwreck</b> PG13, 10:15 p.m.	<b>Max</b> PG, 8 p.m.	<b>Ted 2</b> R, 8 p.m.	<b>Jurassic World</b> (LS) PG13, 8 p.m.	<b>Ant-Man</b> PG13, 8 p.m.	<b>Insidious Chapter 3</b> (LS) PG13, 8 p.m.
<b>Minions</b> PG, 8 p.m. <b>Trainwreck</b> PG13, 10:15 p.m.	<b>Vacation (NEW)</b> R, 8 p.m. <b>Pixels</b> PG13, 10:15 p.m.	<b>Ant-Man</b> PG13, 8 p.m.	<b>LYCEUM CLOSED</b>	<b>Max</b> PG, 8 p.m.	<b>LYCEUM CLOSED</b>	<b>Jurassic World</b> (LS) PG13, 8 p.m.

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

## MOVIE REVIEW / MAX



"Max" can be summed up in this combination, "Air Bud" meets "Hurt Locker," but as with most animal-centric movies the crowd is drawn in and for good reason. "Max" is a family friendly, heart-warming tale.

Throughout the war in Afghanistan, Troops have relied on military working dogs to keep them safe by detecting explosives, finding illegal drugs, and searching for missing personnel. That is where this movie starts, with U.S. Marine, Kyle Wincott (Robbie Amell) and Max, a sleek, handsome Belgian Malinois, the current breed of choice, sniffing out danger on the front lines.

The writers, Boaz Yakin ("Now You See Me") and Sheldon Lettich ("Rambo III" and "Bloodsport"), had a lot of story to tell and less than two hours to do it.

From the battlefield of Afghanistan we transition to

the living room of Kyle's home, where his family is chatting with him via Skype. Kyle's 14 year old brother, Justin (Josh Wiggins), is engrossed in his video game and doesn't give his brother the time of day.

Their conversation is cut short as Kyle, along with his squad mates, is called in to stand before their commander to explain some discrepancies in the reports filed about some of their findings.

Kyle's squad goes out for another patrol, only to be ambushed with catastrophic results for Kyle. Max however, survives. A distraught Max, discharged from his duties returns to the U.S. He makes his next appearance at Kyle's funeral where we see an astounding display of loyalty as Max settles down beside Kyle's casket.

Max is inconsolable and a bit out of control but seems to find

familiarity with Justin, who helps battle-hardened Marines coax Max back into the transport van to return him to their base nearby.

This is where the movie bites off more than it can chew. First we have a family dealing with the grief of losing their son, Kyle. You can also throw into the mix an awkward teenager, Justin, who is trying to find his place in the world and starting to make some bad choices. Along comes, what turns out to be, Justin's love interest, Carmen (Mia Xitlali). Carmen has been having trouble of her own when her father kicks her out of her house but as it turns out she's pretty good with dogs. Oh yeah, I forgot to mention, the Wincotts adopt Max to keep him from being "put down."

Remember the discrepancies in the findings of Kyle's squad? Enter Kyle's former team leader and childhood friend, Tyler (Luke

Kleintank). Throw in a gang of Mexican arms dealers and now we bring this movie back into focus or at least a more streamlined thread to tell.

As for the acting, veteran actors, Thomas Haden Church ("Heaven Is For Real"), Lauren Graham ("Gilmore Girls") and even Jay Hernandez ("Friday Night Lights") were steady but not fantastic. None of the actors stood a chance of outshining Max which is probably the way it should be.

Overall I enjoyed the movie and think it is a definite must see.

I give this puppy 4 stars!

"Max" is rated PG for action violence, peril, brief language and some thematic elements. Parental guidance suggested.

Movie review by  
**SGT. JAMES SIMS**

# BOSTON RUN TO HOME BASE SHADOW RUN SUCCESS



Nearly one hundred participants gathered at Cooper Field here July 25, to complete the Boston 9k "Run to Home Base." The run concluded with a lap around the baseball diamond and tagging the original home plate from Fenway Park.

The second annual Boston Run to Home Base, shadow run, held in recognition of the original event, was sponsored by Boy Scout Troop 435, July 26, here. Participants either ran 5.6 miles (9k), or walked a 2.5 mile route.

The original event, held in Boston, supports clinical care for Veterans with traumatic brain injuries and educates families and the public about TBI and post-traumatic stress disorder. The Boston Run to Home Base was

established in 2011.

The satellite event at Guantanamo Bay was established to increase knowledge of the larger event in Boston. The run began and ended at Cooper Field, starting at a parking lot and ending with participants running across the original home plate from Fenway Park. The event shows how people can raise awareness for veteran programs, said Bryan Hoffman, the event organizer.

"It is great to see that the public is giving back, which helps increase our sense of support from our fellow Americans," said Hoffman. "This in turn increases our morale, shows us that there are great programs run by great people who can help us when we need it. (It) also allows us to get great information and share with others who may need it."

The run was successful, said Hoffman. There were 123 runners and more than 50 volunteers who signed up for the event and helped raise approximately \$800 for the Boy Scout Troop 435.

"I'm feeling great about it," said Hoffman.

Time was not recorded for the event, but Michael Molina, a Joint Task Force Guantanamo Trooper, was the first one to cross home plate.

"I really enjoyed the race this weekend and thought it was a well planned event," said Molina. "Running across home plate was a great way to end the race and it was nice to be able to run for an event that will contribute to the community here."

Molina said he has been training for the Army Ten-Miler coming up in October, and he enjoys competing in any event to prepare for the Army Ten-Miler.

"It is exciting to be able to attend these events with all the other branches of service,"

said Molina. "I get to meet some great people."

Service members ran in the event for various reasons.

Joseph Petras, a JTF Trooper, said he wanted to show his support because it made him feel like he was at home.

"It is good to see that they can bring something from the Northeast down here," said Petras.

Petras said he wants all service members to take part in the run because most Troopers will never have the opportunity to participate in the Boston Run to Home Base in Boston.

Some service members showed their support through volunteering instead of running.

Yanitza Borrero, a JTF Trooper, volunteered to assist with the run. She said she wanted to help inspire all the service members while they ran.

"We have to motivate each other every day," said Borrero. "If not, you're just going to get depressed. You don't want that. You want your Soldiers to be happy and you want them to be doing different things, which normally at home they probably would never do."

Running is a way to stay healthy and relieve stress. Morale events like the Boston Run to Home Base are set up to keep service members involved.

Article by

**SGT. RYAN TWIST**

Photos by

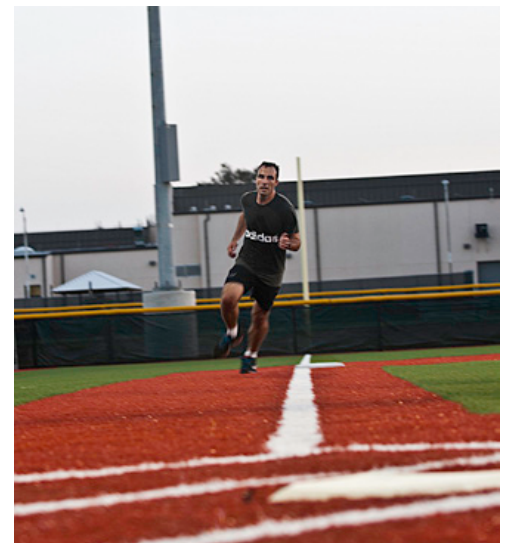
**SGT. CHARLIE HELMHOLT**

## MWR 2015 SPORTS SCHEDULE

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

### MONTH / DAY ACTIVITY

<b>August 8</b>	Cable Beach Run
August 10	Ultimate Frisbee
August 22	Sprint Triathlon
<b>September 5</b>	Wood-bat Tournament
September 11	Memorial Run
September 14	Co-Ed Softball League
September 26	Trail Triathlon
September 28	Flag Football League
<b>October 5</b>	Basketball League
October 10	Glow Run
October 24	Paddle, Pedal, Paintball
October 24	Fitness & Figure
October 31	Zombie 5K
<b>November 14</b>	Duathlon
November 21	Power lifting Competition
November 26	T-Day Half Marathon
<b>December 11</b>	Army / Navy Game
December 19	Holiday Basketball
December 24	Jingle Bell Fun Run



Michael Molina approaches the home plate at Cooper Field here to finish the Boston "Run to Home Base" satellite run that took place July 25. Molina was the first to complete the run, which concluded with a lap around to original home plate from Fenway Park.

# VICTORIOUS ANGRY BIRDS



Elizabeth Leonard, member of Johnson Shuttlecocks, prepares to serve the shuttlecock, during the first badminton match of the season at G.J. Denich Gym July 20.



Darryl Icenhour, a member of Angry Birds, used his racket to drop serve the shuttlecock. The Angry Birds won the first game beating the Johnson Shuttlecocks in the match.

The two teams, Johnson Shuttlecocks and Angry Birds, faced off in an evenly contested badminton match, July 20, at G.J. Denich Gym, here. The Angry Birds won the first game with a score of 21-18 and the second with a score of 22-20, beating the Johnson Shuttlecocks.

"We did pretty well," said Michael Adler, an Angry Bird team member. "It is our first game, so we are still trying to figure out how to work as a team. I feel awesome. I am just happy to see this league take flight."

Badminton, like volleyball consists of a match, the best two out of three games.

The games went quickly, with both teams volleying the shuttlecock back and forth on numerous occasions making few mistakes.

Elizabeth Leonard, a Johnson Shuttlecocks team member, said she enjoyed herself while playing badminton.

"I think we did well, I had fun," said Leonard. "It was a close game and I think we will come out and be ready to win the next time."

Leonard said in preparation for the next game, she will need to work on her shot and endurance.

Constantly moving around the short court along with the fast pace of the shuttlecock, kept both teams active.

"It is definitely a good workout," said Darryl Icenhour, an Angry Birds team member. "We

have some improvements to do, but we have another 15 games left in the season so we will be able to work it out."

Strong team communication helped the Angry Birds adapt and compensate for their lack of practice, said Icenhour.

Jim Holbert, the sports coordinator for the Morale, Welfare & Recreation program and a Johnson Shuttlecocks team member, said he wanted to get an event going, which had not been done before.

"(We) wanted to give the Sailors and Soldiers here, something a little different than the normal sports we play year round," said Holbert. "We are always looking for new ways to better the lives of everyone here on the base."

The MWR provides various physical activities to service members to help keep them engaged and active.

"Jim and I come out here to mess around and have fun," said Leonard. "But the other team actually seemed like they were having fun too, which makes me happy because that is the whole point of our jobs."

The badminton league has 11 teams and plays a total of 16 matches. The playoffs will begin after the end of the season.

Article and photos by  
**SGT. RYAN TWIST**

## MWR SOCCER

### MALE

No.	Team Name	Standings
01	Manchester City	(4-0-1)
02	NEX United	(5-0-1)
03	West Coast United FC	(4-2-0)
04	Young Strikers	(3-2-0)
05	St Thomas All-Stars	(2-4-0)
06	Spartans	(1-3-1)
07	Dirty Jerz	(1-5-0)
08	Sloppy Joes	(0-4-1)

### FEMALE

No.	Team Name	Standings
01	Soccer Bombers	(4-0-0)
02	5280 Ladies	(2-1-0)
03	One Love	(1-2-1)
04	I'd Hit It	(0-4-1)

## MWR BASKETBALL

### EAST DIVISION

No.	Team Name	Standings
01	GTMO Ballers	(10-0)
02	Air Force	(10-1)
03	Philipinas	(8-3)
04	Mile High MP's	(6-5)
05	Pilsner	(3-7)
06	Never Forget	(2-9)
07	Watchmen	(1-8)
08	Ourselves	(1-8)

### WEST DIVISION

No.	Team Name	Standings
01	Migrains	(10-0)
02	Tropics	(8-3)
03	Spartans	(7-4)
04	Punishers	(6-5)
05	Gunslingers	(4-7)
06	Dynasty	(4-7)
07	Shottas	(3-8)
08	I.M.C.	(1-9)

## MWR VOLLEYBALL

No.	Team Name	Standings
01	Deep Sets	(4-0)
02	Team	(3-0)
03	EAD	(3-0)
04	Avengers	(2-0)
05	Sets on the Beach	(3-1)
06	Emperors groove	(3-1)
07	BCO Super Stars	(2-1)
08	Spartans	(2-2)
09	Sparta-licious	(2-2)
10	Bumpin' Ugliers	(1-2)
11	Gunslingers	(1-2)
12	Pihoy Ballers	(1-2)
13	Island Shenanigans	(1-2)
14	328th	(1-3)
15	Honey Badgers	(1-4)
16	Yurrr	(0-3)
17	Serves of Steel	(0-5)

**KICK YOUR WORK OUT INTO HIGH GEAR**

Sticking to a healthy lifestyle is not always easy, especially, when ice cream in the chow hall is staring you in the face or watching television sounds better than exercising.

There are many creative healthy recipes online to satisfy your sweet tooth, said Navy Lt. Nelson Guadalupe, the Joint Task Force Guantanamo dietitian and the Nutrition Management Department Head for the U.S. Naval Hospital Guantanamo Bay.

If you overindulge with desserts, don't beat yourself up nor discard it, said Daniel S. Kirschenbaum, Director of Behavioral Medicine and Sport Psychology in Chicago and author of Healthy Obsession Program. Think about what led to overeating and ways to prevent it from occurring again.

Instead of cheating, think about the reasons why you want to stay healthy.

Try a new class at the gym to make exercising fun and to motivate you to work out, said Guadalupe. Working out with others tends to make you work harder.

A recent study done by the University of Oxford, found that people who regularly exercise together can tolerate double the pain than when working out alone, said Dr. John Mandrola, a cardiac electrophysiologist. Before starting a workout plan, it is important to set short-term and long-term goals to measure your success as well as keep you on track. An easy way to start this is by creating a journal with your goals and progression assessments.

After establishing a workout plan, it is equally important to hydrate and eat a healthy snack.

Guadalupe recommended eating a carbohydrate-rich snack, such as applesauce, a quarter cup of oatmeal or half a banana. Carbohydrates provide quick energy to maximize your workout.

Also, to ensure a peak performance, Guadalupe emphasizes drinking two to three cups of water two hours before exercising.

Article by  
**SPC. NICOLE NICOLAS**

**Tropical Yogurt Popsicles**

**INGREDIENTS:**  
1 mango (cut into large pieces)  
2 bananas (broken into large pieces)  
10 2/3 ounces Greek yogurt (Pineapple, Chobani)  
1 tsp honey

140 calories per serving

**DIRECTIONS:**  
Blend together and pour into popsicle molds.

Makes 4 servings.

*"Strength doesn't come from what you can do. It comes from overcoming the things you once thought you couldn't." - Rikki Rogers*



**JSMART SPOT**

▲ JSMART HELPER: TITAN

**OVERCOMING SHYNESS**

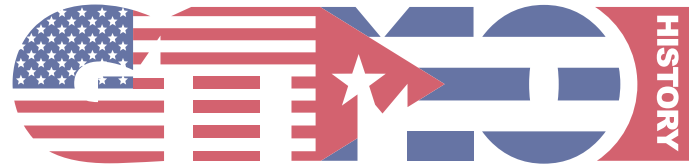
Meeting new people is an experience all of us will have. Many of us love this experience, as we get to learn about other cultures, backgrounds, ideas and ways of life. For others, this is a day-to-day struggle requiring additional energy, resources and preparation.

Shyness is natural for some of us. We've just always felt more comfortable by ourselves or with close friends and family. We prefer familiarity and safety in others, rather than reaching out and talking to people we don't know. Unfortunately, the biggest drawback to this approach is we may miss out on meeting interesting people who have the potential to become good friends and supporters. Fortunately, there are many actions we can take to get out of our shell and become more social. There's nothing stopping us from going back into our shell afterward.

An important part of meeting new people is to be a good listener. When someone feels that we are actually

interested in what they have to say, they're more likely to be forthcoming and open. Encourage others to talk about what they like. Ask open-ended questions, requiring more than just a yes or no response, and a conversation will flow. Keeping up with current events can give you things to talk about. Encourage people to share their opinions on these various topics. Then, notice the ideas you have in common and discuss them further. A stranger, who appeared distant or intimidating a few moments earlier, may suddenly share a funny story and carry on the conversation. By using these tips and others like it, you will take small steps towards overcoming your shyness. Like many things, it becomes easier the more you practice.

Article by  
**PETTY OFFICER 3RD CLASS RANDALL KELLEY**  
Joint Medical Group



**THIS MONTH IN HISTORY**

Many Americans understand the significance the month of July holds. July is the month of American independence and the same month two Americans left the first footprints on the moon.

September 12, 1962 President John F. Kennedy made his famous "Moon Speech" at Rice University's Rice Stadium in Houston, Texas.

July 16, 1969, a Saturn V rocket from the Kennedy Space Center, Merritt Island, Florida, launched Apollo 11. For three days the Astronauts drifted closer and closer until they finally reached the moon's orbit.

July 20, 1969, at 8:18 p.m., coordinated universal time, Apollo 11 finally landed on the moon. Four hours later, the door to Apollo 11 opened while millions of people on earth stopped what they were doing to

watch or listen to the broadcast. July 21, 1969, American Astronauts Neil Armstrong and Buzz Aldrin became the first men to step on the moon.

Upon making that step Armstrong jokingly muttered a statement.

"That's one small step for man, one giant leap for mankind," Armstrong said.

Article by  
**SPC. JUSTIN MALONE**  
Photo courtesy  
**NASA.GOV**



**RELIGIOUS SERVICES**

**ROMAN CATHOLIC (NAVSTA chapel)**

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

**PROTESTANT SERV. (JTF Troopers chapel)**

Sunday\* 0900 & 1900  
 Friday night movie Friday 1900

**PROTESTANT SERV. (NAVSTA chapel)**

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

**PROTESTANT SERV. (JTF Troopers chapel)**

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

**LUTHERAN SERV. (JTF Troopers chapel)**

Sunday 1030 JTF Troopers' Chapel

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

Beginning May 5 Tuesday 1900 Taught by Chaplain Tim Foster

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

**BUS SCHEDULE**

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

**BUS SCHEDULE 09:55 - 19:55 hourly**

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

**BEACH BUS (Saturday & Sunday only)**

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

**FERRY SCHEDULE**

Monday - Saturday

**FERRY**

**Windward:**

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

**Leeward:**

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

**UTILITY BOAT**

**Windward:**

1630 / 1730 / 1830 / 2030 / 2230 / 2330

**Leeward:**

1700 / 1800 / 1900 / 2100 / 2300 / 0000

Sunday & Holidays

**FERRY**

**Windward:**

0730 / 1330

**Leeward:**

0800 / 1400

**UTILITY BOAT**

**Windward:**

1030 / 1530 / 1730 / 1830 / 2030 / 2230

**Leeward:**

1100 / 1600 / 1800 / 1900 / 2100 / 2300

# TRACK, ANALYZE WILDLIFE AT GUANTANAMO



Check out the 12 foot Cuban Boa! Currently there are 12 Cuban Boas here. There are six males and six females, all of which are tracked using transmitters, safely implanted in each snake. In September Dr. Pete Tolson, a researcher associated with the Toledo Zoo and former Marine stationed here in the 1960s, will return to track and capture the six possibly pregnant Cuban Boas. Boas are held in captivity during the final stages of pregnancy to ensure the newborns are healthy and they survive.

Photo by  
**SPC. JUSTIN MALONE**

*Photo by Andrew Embestro*

# PARTING SHOT



'LOW-FLIGHT' PHOTO BY ANDREW EMBESTRO. FOR A CHANCE TO HAVE YOUR PHOTO FEATURED IN THE PARTING SHOT, PLEASE SEND SUBMISSIONS TO: [THEWIRE@JTFGTMO.SOUTHCOM.MIL](mailto:THEWIRE@JTFGTMO.SOUTHCOM.MIL)

THE **WIRE**

