

summer sports edition



THE WIRE

The Official Publication of Joint Task Force Guantanamo

FRISBEE



VOLLEYBALL



BOWLING



all-night softball tourney



AROUND THE BAY

MOTIVATOR

OF THE WEEK

IT2 Istvan Jambor

Commissions Liaison Office

SGT Colton Williams

Joint Detention Group



Cover photo: In this week's issue, The Wire highlights MWR summer sports including volleyball, bowling, Ultimate Frisbee and a recent all-night softball tournament. The complete stories begin on page seven.

Northeast Gate Run

Do you have what it takes to go the distance? Race a grueling 12 miles around Naval Station Guantanamo Bay towards the historic Northeast Gate that separates Cuba and American soil. Check in at 6 a.m., Saturday at Cooper Field, where the race will start and end. Participants must register by Aug. 28.

Co-ed softball league starts soon

Beginning Sept. 8, teams will once again compete for first place in MWR's co-ed softball league. Each team must have a minimum of two females to compete. Sign up at Denich Gym no later than Sept. 3. For more information contact Jim Holbert at 2113.

FEATURES

5 • Recycling myth busted

Unfortunately there is a common misconception widely circulating Naval Station Guantanamo Bay that the island does not recycle. This is grade-A bologna! In-depth reporting brings you the truth behind the discarded trash.

11 • Skillful strikes

A Joint Task Force GTMO Sailor and competitive bowler back home lends his talent to the MWR bowling league. In addition to racking up the points, this Navy petty officer also helps coach his teammates and peers on their techniques.

12 • Ultimate Frisbee

GTMO residents and Troopers pass the dog days of summer in another sporting league that's kinda like soccer but cooler, and with flying discs.

CORRECTIONS Please report all corrections to thewire@jftgto.southcom.mil.



A member of the newly formed Chief Warrant Officer Association chapter at Naval Station Guantanamo Bay, the Pearl of the Antilles Chapter, puts up a fresh ceiling tile at Rick's lounge Friday night. The CWOA hopes to get more involved in the GTMO community in the coming months. Full story on page 13.

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Look for us on your favorite Social Media:



Religious Services

NAVSTA Chapel

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

Protestant Services

General Protestant
Sunday 1100
Gospel Worship
Sunday 1300

Chapel Annexes

Pentecostal Gospel
Sunday 0800 & 1700
Room D

LDS Service

Sunday 1300 Fellowship Hall

Islamic Service

Friday 1315 Room 2

Seventh Day Adventist

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

Iglesia ni Cristo

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

New Troopers' Chapel

Protestant Worship
Sunday 0640
Sunday 0900
Sunday 1900

Bible Studies

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

Chapel Annexes Cont.

Liturgical Protestant
Sunday: 0930, Room 1

Transportation Schedules

BUS Schedule

Camp America - :00/:20/:40
Gazebo - :01/:18/:21/:38/:41/:58
Camp America NEX -
:02/:17/:22/:37/:42/:57
Camp Delta - :04/:13/:24/:33/:44/:53
Camp 6 - :07/:10/:27/:30/:47/:50
HQ Building - :55/:15/:35
TK 1 - :01/:17/:21/:37/:41/:57
TK 2 - :02/:16/:22/:36/:42/:56
TK 3 - :03/:15/:23/:35/:43/:55
TK 4 - :04/:13/:24/:33/:44/:53
CC - :00/:19/:20/:39/:40/:59
JAS - :14/:34/:54
Windjammer/Gym -
:02/:17/:22/:37/:42/:57
Gold Hill Galley -
:04/:15/:24/:35/:44/:55
NEX - :06/:13/:26/:33/:46/:53
NEX Laundry - :07/:27/:47
C Pool - :10/:30/:50
Downtown Lyceum - :11/:31/:51
NEX Express Bus
09:55 - 19:55 hourly
Camp America - :48/:55
TK 1 - :05/:36
Windjammer/Gym - :11/:31
Gold Hill Galley - :14/:29
NEX - :16/:27
Downtown Lyceum - :17/:25

BEACH BUS

Saturday & Sunday ONLY

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

FERRY Schedule

Monday thru Saturday FERRY

Windward 0630/0730/0930/1030/1130/1330/1530/1630
Leeward 0700/0800/1000/1100/1200/1300/1400/1600/1700
UTILITY BOAT
Windward 1730/1830/1930/2030/2130/2230
Leeward 1800/1900/2000/2100/2200/2300
**Sunday & Holidays
FERRY**
Windward 0730/0930/1130/1330
Leeward 0800/1000/1200/1400
UTILITY BOAT
Windward 1530/1730/1830/2000/2230
Leeward 1600/1800/1900/2030/2300



Leadership is a way of life

By Army Command Sgt. Maj. Edwin Garris
Joint Detention Group senior enlisted leader

Leadership is not what you do, but more of who you are.

Leadership is about choices, to choose to do the right thing all the time, even when that right thing will cause embarrassment and anguish. Leadership should keep you awake all hours of the night, because mission failure is not an option. Getting it right the first time and doing it safely matters.

Leadership is also what allows you to rest well when the day is done, because you know you gave all that you could, you held nothing back, and your subordinates are better trained, equipped and ready to close in on and destroy the enemy if called upon because leadership for you is a way of life.

Good leaders understand it's not

about them, but about those who serve above and below them.

They are merely a conduit to ensure mission accomplishment.

Good leaders don't look for recognition for their hard work, long hours and tough assignments; nor do they worry about who is to blame for something wrong.

Good leaders concentrate more on how to solve the problems rather than fix the blame.

Anyone can be a good leader, from E -1 to O-10, because leadership is about choices and should never be defined by age.

Age does not always equal good leadership, though there is no substitute for experience. Being the oldest or the most senior ranking does not always mean the best fit for the mission. For example, an E-9 is not the best leader to take

an infantry fire team on a mission because that particular mission is best suited for an E-5. But don't get me wrong, I'd still be on the team.

Leadership is a way of life, it's about choices, and your leadership will only be defined by two things: What you say, and what you do.

DARE TO BE GREAT!



Command Sgt. Maj. Edwin Garris

Trooper to TROOPER

Use your time wisely

By Sgt. 1st Class Vincent Campbell
HHC, 391st Military Police Battalion

If you are like me, when you found out that you were deploying to Guantanamo Bay, you began to outline some goals for yourself. My goals, like most Troopers, are derived from these motivators: family, finances, physical fitness and education. All of these have one thing in common: self-improvement. Regardless of branch, component or grade, I am certain that every Trooper on the island could improve in at least one of these areas.

When I arrived at GTMO as part of my unit's advanced party, I quickly discovered that there were numerous activities and facilities available to me. As a huge basketball fan, I was immediately enamored with the courts in Denich Gym. I was equally impressed

with the other facilities in the complex. During the tour, I found out that a lot of what I saw was recently remodeled. So now I know that in addition to being in a tropical paradise, I was working for a



Sgt. 1st Class Vincent Campbell

command that understood how important the MWR portion of our mission is to the physical, spiritual and mental well-being of the Troopers assigned here. There are two theaters that show current releases, and if you missed some during your train-up, you can rent movies in the NEX complex. You can play golf on what may be the finest golf course in the Caribbean.

You can work on your spare at Marblehead Lanes, swim or snorkel at the beach, play Frisbee golf, learn to scuba dive or drive a boat, take college courses, and the list goes on and on. That doesn't

even count the wide variety of MWR events that are put on each month here on the island.

If you don't mind, I'd like to share my goals: improve my APFT score, find a college program that is focused on human resources, save some money and share the experience and knowledge I have gained in my years as a human resources specialist. I have had the opportunity to play multiple sports to improve my fitness level, and I will find out if I reached my first goal in September when the company takes an APFT for record. I am currently in the process of selecting the college courses that I expect to begin later this fall. There has been a lot of time for me to interact with the JTF Troopers, and while I have imparted my fair share of knowledge, I have learned just as much from them. I have used my time here wisely, and I am on track to meet each one of the goals that I set before I arrived.

Everything you need is within reach at Guantanamo Bay. So ... what are you going to do?

The rumor mill at Naval Station Guantanamo Bay facilitates folly facts at a prodigious pace. Of the many apocryphal stories I've heard while deployed here, one that particularly sticks out to me is that GTMO doesn't recycle. That the recycle bins are a sort of placebo receptacle, acting as a cruel joke on Mother Nature, intended to provide us with a peace of mind that we are doing the right thing for our country, planet and future generations necessitated by the fact that to actually recycle would cause a logistical and monetary migraine to the base, rendering recycling fictitious.

Well, consider this rumor dispelled. This tall tale can no longer be - well, recycled. GTMO very much does recycle, and does so with an effective procedure that not only assists in helping out our planet globally, but reduces our footprint here in Cuba.

Here's how it is done:

"Aluminum, copper, brass, stuff like that, that stuff gets containerized and shipped back to the states along with plastics," said Mike Martinez, Bremcor's manager for many things, including refuse and a GTMO resident for over eight years. "They go to Jacksonville, to a recycle center there. Everything is recycled. We don't do paper because of cost and the fact that we actually need the paper in the trash to burn out in the burn boxes."

Even cars, batteries, wires and other large items are shipped back to the states to be used again in its particular available capacity.

Leon McPherson is the base's refuse supervisor. He took me on a personal tour of the recycling center located on Rogers Road right past the government fuel station. At the recycling facility, I was able to view, with marvel, a 734 lb. rectangle of compacted plastic that was formerly 20 tri-wall



Leon McPherson, the base's refuse supervisor, stands next to a compacted block of plastic ready to be shipped back to be recycled in the states. The plastic block weighs around 734 lbs. and was created from 20 tri-wall boxes full of plastic.

GTMO recycles

Story and photos by Sgt. Kenneth Tuccheri

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Aluminum cans get processed through a machine that compacts them in tightly-packed rectangles for easy transport back to Jacksonville, Florida to be recycled.

boxes full of plastic bottles. This is the necessary step for the bottles before they are shipped to the states.

Everything from the prevalent Crystal Geysers bottles, bleach bottles and other typical recyclables are included in the block of plastic, said McPherson.

One disconcerting fact, and one that could perhaps be a derivative of the wretched rumor that GTMO's recycling is a myth, is that recycling numbers are a bit low on base.

"We usually run in the high 30s, the percentage of people who recycle in residential areas," said Martinez. "The base average is 36 to 38 percent. That's a little over a third of the residents on this base that recycle."

Their reports indicate Windward Loop is comparatively better than most of the base with Tierra Kay being very poor in recycling numbers, according to McPherson.

With only one-third of the base recycling, let us as a Joint Task Force and residents on a military installation located on foreign soil raise this percentage and set a standard in recycling not only for the military but the world.

"This base really needs to recycle," said Martinez. "We have a footprint here that is limited by the landfill. When we fill the landfill up, we don't have any other place to go other than ship it off island. Recycling helps, and it's real easy. All you have to do is use your recycle bin."

If you need a blue recycling bin, you can go down and grab one at the recycling center and report your location so it can be picked up. Recycling is a seven-day-a-week activity here, said McPherson.

There are recycling containers at the Cuzco Barracks, the beaches, downtown areas and elsewhere. There are no excuses for you not to do your part.

THE FLUFFY MOVIE: REVIEW

Review by Pvt. Kourtney Grimes

Staff Writer, thewire@jftgmo.southcom.mil

Advertised with the promise of “new material, non-stop laughing,” Gabriel Iglesias’ “The Fluffy Movie: Unity Through Laughter” was nearly two hours of live stand-up that was less than fresh. While the jokes were funny, they probably would have been best watched from a couch at home on a late night comedy channel rather than a theater. His crowd-pleasing humor is grasped by those who have followed it throughout his routines on the TV screen, but for those who are having their first encounter with Iglesias, the fat jokes just don’t fit.

The movie held a unified theme with like-themed jokes, whether politically correct or not. Iglesias’ comedy is teeming with the “fat jokes thin people are afraid to say out loud” and observational humor through storytelling and funny voices.

For those who weren’t privy to Iglesias’ humor before viewing this movie like I wasn’t, I think you would agree that this stand-up show gets two fluffy banana rats.



Review by Staff Sgt. Carmen Steinbach
Editor, thewire@jftgmo.southcom.mil

The public release of private footage from an “intimate moment” was once merely a concern of public figures and celebrities.

In the film “Sex

Tape,” married couple Jay (funny man Jason Segal) and Annie (Cameron Diaz) face that dilemma. After finally getting a night off from parenting, they decide to spice things up by working through a certain manual and documenting their experiment on an iPad. Nothing wrong with that, right? Well apparently as some type of undisclosed music mogul, Jay has money to burn and gives out his previously used iPads as gifts to friends, neighbors and even mailmen. In addition to his generosity, he also keeps the discarded electronic devices updated with tunes and therefore access to videos and other files. Oops!

It doesn’t take the couple long to figure out that these devices will be able to access their three-hour encounter which leads them on an adventure around the city to recapture and wipe them. At one point they even enlist the help of their children to keep their private film from hitting the web (semi-unknowingly of course).

Director Jake Kasden, who was responsible for Diaz’s other travesty “Bad Teacher,” makes another error here by depending on the likability of these two comedic faves rather than giving them entertaining or even plausible material to work with.

As the movie poster clearly states, “they did everything but delete it,” the audience spends most of the time trying to ignore the fact and laugh at the same tired jokes about weary adulthood. Is it just me or does there seem to be an over-abundance of comedies with this same premise? Have all the comics reached 40-something and lost their material? I give this film one banana rat.



EXPENDABLES

Review by Sgt. Spencer Rhodes

Photo Editor, thewire@jftgmo.southcom.mil

Let’s get one important thing out of the way. A movie like “Expendables 3” has one purpose, one that does not include giving us something new. “Expendables 3” lets us enjoy an action movie with all the greats, in a manner that highlighted a former generation of cinematic action films and heroes.

Sylvester Stallone, in his most recent addition to his “Expendables” franchise, tries his best to convince his friends that the disbanding of the team is the best course of action, after he discovers that a man he once thought dead by his own hands is still alive. Knowing that rectifying the discovery would be near suicidal and none of them were getting younger, he disbands his current team in order to preserve their lives and goes on with a new and unfamiliar team. Of course complications arise and there is a stark contrast between the new members and the old, the latter of whom are represented by Wesley Snipes (tax evasion joke included), Dolph Lundgren, and others who represent a generation that will soon be absent from the public eye.

The new “Expendables 3” was not new in that it was over the top in its story, and the ultra team up could seem predictable, but the one thing that



redeems all of this is knowing that it wasn’t intended to be any other way. It paints all of the old heroes in a way that allows a last hooray for multiple actors who will likely never see another action film, and a dawn of a new generation for others. The film is near non-stop action in all the best ways, with every former super-star portraying a character most reminiscent of their pop-culture presence for the past 30 years. For indulging the audience in some cinematic nostalgia in the best way possible, I give the film three banana rats.



Courtesy Ignition

GTMO residents gathered en masse Saturday to put their softball skills to test in an all night double elimination tournament that began at 7 p.m. and ended just before dawn the next day.



Story and photos by Sgt. Kenneth Tucceri
Webmaster, thewire@jftgto.southcom.mil

As a country, we love tournaments. Think March Madness, the Little League World Series, all those elimination-driven TV shows like America's Got Talent. We, as Americans, also have a proclivity for enjoying Saturday nights. Think parties, weddings, big college football games and even sugar-fueled, stay-up-late sleepovers when you were a kid.

August 16 at Naval Station Guantanamo Bay's brightly lit Cooper Field, an appropriate coupling of tournament and the magic of Saturday night came to be in the form of an all night, double elimination softball tournament.

The tournament consisted of nine teams, representing all of GTMO including the newly arrived and the nearly departing.

For the team comprised of the recently arrived 423rd Military Police Company, this all-night affair represented the first sporting event of their time here and served to expedite their cohesion as they began practicing for the tourney as soon as they arrived on island.

"Everyone's excited," said Spc. Brittany Keller, a Soldier with the 423rd. "They've been practicing very hard, putting in the work. It's brought us closer together because we are all out here for the practices, cheering them on, now we are here. We are like a family, so this for us is good. It brings us together, and we love it. We're motivated."

The Alaska 907 team has celebrated softball success here in recent past. Saturday, they hoped to close out their deployment with that tradition intact.

"Our team is the Alaska 907 team," said Army Staff Sgt. Joyce Dean, Joint Detention Group's S5 NCOIC. "A majority of us are 761st MPs along with Navy and two

SUNSET to SUNRISE SOFTBALL



Continued on next page

NOW SHOWING

	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
CAMP BULKLEY DOWNTOWN	Guardians of the Galaxy PG13, 8 p.m. Sex Tape R, 10:15 p.m.	The Expendables 3 PG13, 8 p.m. Get on Up PG13, 10 p.m.	Teenage Mutant Ninja Turtles PG13, 8 p.m.	Earth to Echo (LS) PG, 8 p.m.	Transformers: Age of Extinction (LS) PG13, 8 p.m.	Lucy R, 8 p.m.	The Fluffy Movie PG13, 8 p.m.
CAMP BULKLEY DOWNTOWN	The Expendables 3 PG13, 8 p.m. Teenage Mutant Ninja Turtles PG13, 8 p.m.	The Fluffy Movie PG13, 8 p.m. Sex Tape R, 10:15 p.m.	Transformers: Age of Extinction (LS) PG13, 8 p.m.	LYCEUM CLOSED *	Into the Storm PG13, 8 p.m.	LYCEUM CLOSED *	The Purge: Anarchy R, 8 p.m.

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

* Concessions closed until further notice *

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



more Army members. We plan on winning this all-night tournament. We played last season and the last tournament before this, the Fourth of July tournament, we took first place.”

Being near the end of their time here, Dean and many of her teammates were looking to capitalize on their prior experience and end their competitive endeavors on a high note.

“This is the last tournament for the Alaskans,” said Dean. “I believe this is the most fun tournament since it’s nighttime, everyone’s having a good time. We are going to play until late, and we definitely want to bring another trophy home to Alaska.”

Saturday’s tournament began at 7 p.m. and went all the way until 5:41 a.m. the following morning, according to Navy Lt. Pete Kolnicki, JTF GTMO’s flag aide to the admiral. Kolnicki and his team, Good Wood, played until the end, finally defeating the Alaska 907 team to conclude the tourney.

“The Guantanamo MWR program is by far the best I’ve had the pleasure to participate with during my 31 years in the military,” said Kolnicki. “As an avid softball player, I am very appreciative of the numerous tournaments and leagues the MWR hosts. Being the first time this team has taken the field together, we gelled together very well. I look forward to many more days and nights on the field with these fine Sailors as we, hopefully, continue to dominate!”



Beach Volleyball Season *closes out* Summer

Story and photos by **Pvt. Kourtney Grimes**

Staff Writer, thewire@jftgtmo.southcom.mil

Along with the other numerous sports leagues that Naval Station Guantanamo Bay's MWR has to offer is their volleyball league that has games every night of the week at Cooper Field. Participants join to compete in a best two out of three match, but the evenings events are rarely about the competition itself.

MWR volunteer referee Army Master Sgt. James Rochester, first sergeant of the 420th Military Police Company, sees this focus on the fun often.

"Even though it is a competitive sport, the competitiveness is to the wayside," said Rochester. "Very few teams are really that competitive. Everybody's out here just to have a good time, and it's great fun. There are teams that wouldn't win a church-league volleyball game but they still play out here, and they have a great time doing it."

A team that enjoys the pastime and agrees that it is not just about winning is The Misfits, a mismatched group of volleyball enthusiasts that all come from different walks of life.

"There is a wide variety of skill on the team, but because we are older and probably not all about winning, everyone plays equally, and we support one another," Paul Mohnkern, a Joint Task Force Guantanamo team member with The Misfits. "Having it be a co-ed league helps I think, because it takes the edge off a bit."

The team, on a night that everyone is on island, consists of ten players who come out to support each other, even if they all don't get a chance to hit the pit.



Continued on next page



“My team is predominantly older people,” said Mohnkern. “One guy is my co-worker, we work for the FBI, his wife is our captain. We have two other married couples, the guys work for MAT and NCIS, on the team as well. One of our players works for MoGas. The principal of the high school is also on our team. We are all civilian, non-military.”

At a game last week, a volunteer official for basketball, football, softball and volleyball, Rochester was excited with what he saw from the teams playing.

“I think that both sides had a lot of fun, and they were competing, and it was good for morale, both ways,” said Rochester.

Speaking on the MWR sports leagues offered, Rochester believes in their benefits for the Troopers and participants.

“On this island there is a lot of down time and a lot of ways to get in trouble. This really prevents that and gives everybody different kinds of outlets, plus it’s a great way to meet other Service members of all the other branches as well as the civilians who play,” said Rochester.

Slated to finish in September, the league holds 16 teams that play four vs. four.



Spc. Andrea Nein, with the 420th Military Police Company, and Spc. Gina Bertelli, of the 747th MP Company, call for the ball during a volleyball match at Cooper Field during a league game. The girls’ team, Chester Copperpot’s Revenge, played the B. Ugliers in their fifth game this season.



Army Sgt. Kenneth Tucceri, captain of Chester Copperpot’s Revenge, swiftly takes a knee to return a volley in a match at the volleyball pit at Naval Station Guantanamo Bay’s Cooper Field. The team was competing against the B. Ugliers, who took the match in the second game.



Story by Sgt. Christopher Vann

Staff writer, thewire@jftgmo.southcom.mil

For all the armchair quarterbacks, fantasy football players and die-hard fans, the wait is over. The 2014 National Football League season is upon us. The preseason was kicked off with the Buffalo Bills playing against the New York Giants in this year’s annual Pro Football Hall of Fame game, which followed the HOF inductees featuring: Michael Strahan, Andre Reed, Walter Jones, Derrick Brooks, Aeneas Williams and Ray Guy (the first punter ever inducted).

A lot of eyes will be on the rookie class, namely the Cleveland Browns’ Johnny Manziel, St. Louis Rams’ Michael Sam and Jadeveon Clowney from the Houston Texans. All three are projected to make a big impact for their respective teams, who had less than stellar records in the previous season.

The San Francisco 49ers along with the Seattle Seahawks are favored to face the Denver Broncos to play in Super Bowl XLVIII, according to Las Vegas odds. If the Seahawks prediction holds true, we can expect to see the first ever back-to-back rematch in Super Bowl history.

As of August 19, the preseason division leaders are as follows:

AFC

North: Baltimore Ravens

East: New York Jets

West: Denver Broncos

South: Jax Jaguars, Tennessee Titans

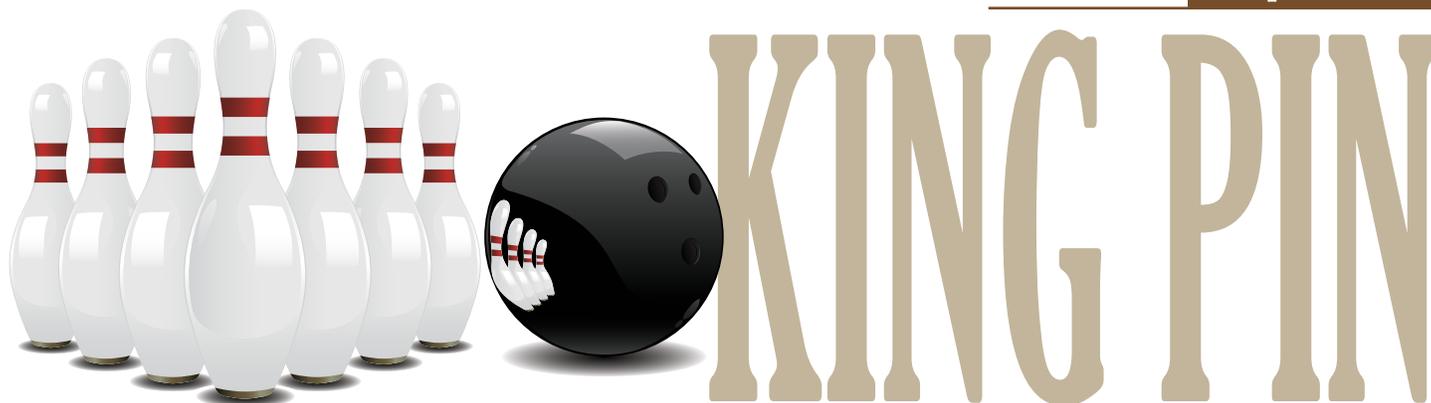
NFC

North: Minnesota Vikings, Chicago Bears

East: New York Giants

West: AZ Cardinals, Seattle Seahawks

South: New Orleans Saints



troopers love the lanes

Story and photos by Sgt. Christopher Vann

Staff writer, thewire@jftgmo.southcom.mil

Place your feet on the appropriate arrow, line up your shot, envision the path and trajectory, and let the ball do its thing. These are some of the pre-bowl setups that bowlers might go through in their mind.

For Navy Petty Officer 2nd Class Jonathan Barnes, an information systems technician for Joint Task Force Guantanamo J6, fine tuning the process that better suits his style came from a few pointers like these.

“I really started to bowl more once I became friends with a guy I met from a previous deployment,” said Barnes. “He’s the one who gave me pointers on the game, and I try to pass that on to others.”

Barnes, a competitive bowler for more than four years, is also a member of the

250 score club. His highest award was second place in England at the Royal Air Force Alconbury Bowling Tournament in 2011. He admits though, he too tends to have bad games from time to time.

When asked what is the most frustrating part of the game, Barnes said, “I guess bowling way below your potential and not breaking 100.”

Barnes offered some tips for the beginners struggling with their game. “If you are a straight bowler and right-handed, try to aim for the one and three pins,” said Barnes. “Or aim for the one and two pins for lefties.”

For Barnes, one of the biggest issues he sees are bad delivery and form.

“It’s really hard to change someone’s mechanics, just because they are used to how they approach before throwing



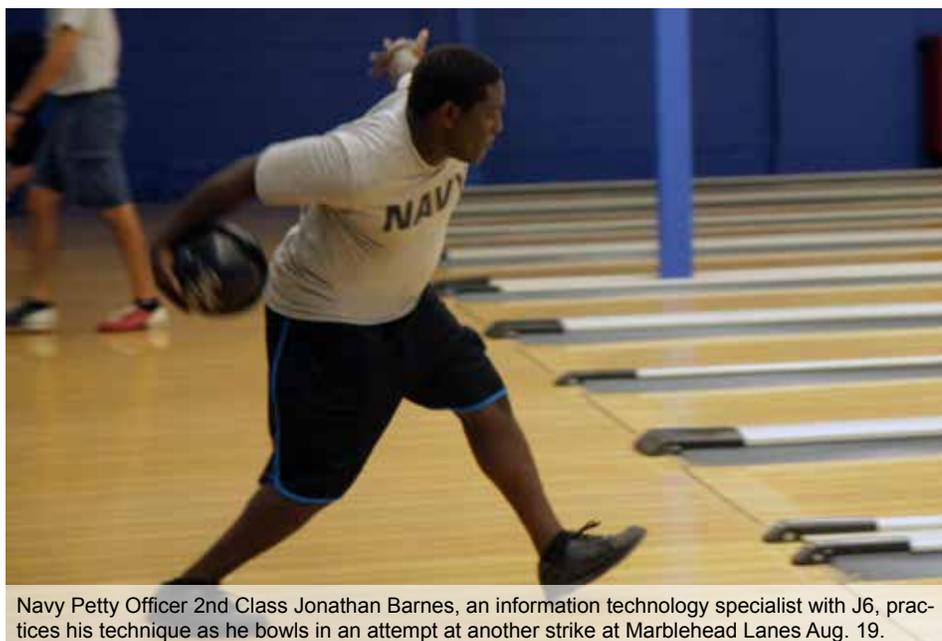
Navy Petty Officer 2nd Class Jonathan Barnes offers a few pointers to a fellow bowler at Marblehead Lanes Aug. 19.

the ball,” said Barnes. “If you try to make them do this, it really throws off their timing, which in turn will mess up their throw. So what I do is just try to compensate by putting them on the right board so they can hit the pocket, in turn helping them to either hit a strike or knock as many pins down as possible.”

Spc. J Wayne, an outgoing JTF Soldier with J6, has benefited from some of Barnes’ pointers.

“I have been bowling for many years now, but when he explained to me about learning the lanes and adjusting my throwing speed,” said Wayne. “I noticed a vast improvement.”

So if you would like to hone your skills or just grab a few friends and pass the time, then head down to the Marblehead Lanes bowling alley, which offers free bowling on Wednesday nights 7 p.m. to 9 p.m. with your military ID. Or enjoy half-priced bowling on all Sundays. For more information, please contact the bowling alley at 2118.



Navy Petty Officer 2nd Class Jonathan Barnes, an information technology specialist with J6, practices his technique as he bowls in an attempt at another strike at Marblehead Lanes Aug. 19.

ULTIMATE

The toughest sport you don't know about

Story and photos by Sgt. Spencer Rhodes

Photo Editor, thewire@jftgmo.southcom.mil

It's not a sport you see on ESPN every day, if at all. Despite Ultimate Frisbee's (also referred to as just Ultimate) rising popularity, a majority of people haven't had the chance to play, much less know that it has its own set of professional leagues, like the Major League Ultimate (MLU). However, that's OK, because now anyone who hasn't had the chance to play Ultimate Frisbee, a sport that plays on a football field, runs like a soccer game, and incorporates characteristics of basketball but with a disc, can now participate in the MWR's Ultimate Frisbee League.

Navy Senior Chief Petty Officer Peter Bergum, with Joint Task Force Guantanamo, says it's a seven week season with two games per week. Captain of the I-guana GTMO Frisbee team, he has only ever really played Ultimate Frisbee when in a military setting. Because he's enjoyed his experience playing here in GTMO, Bergum believes he'll get involved with a new Ultimate Frisbee group back home that's just started since he's been gone.

"I really like this field, it's just so much better than hard dirt, I like the people I get to play with ... and I especially enjoy that there's a pickup game every Saturday," said Bergum.

Eight teams are competing in this season's league. With seven players on the field at one time, it's estimated that nearly all the teams have an excess of the seven player minimum in order to switch players in and out when they need a break.



Gina Bertelli, a Soldier with the 747th Military Police Company, competes in the MWR's Ultimate Frisbee League Wednesday night at Cooper Field. The league is seven weeks long with two games per week.

Navy Petty Officer 1st Class Andrew Murray, a Sailor with Naval Station Guantanamo Bay, who does his best to keep a disc on him wherever he goes, views the attendance as a solid turnout for the league.

"It's an obscure sport, and since you really don't see it on ESPN or anything like that, people end up not taking it seriously. Then they get the chance to play, and they realize it's a lot more competitive than they first thought," said Murray.

For Air Force Staff Sgt. Sara Wade, with Joint Task Force Guantanamo's Base Engineering Expeditionary Force, this is her first time playing in an Ultimate League.

"It's pretty intense, and the BEEF has an awesome time playing together," said Wade. "We cut up and joke with each other about our mistakes but boost each other up at the same time. I don't know, I guess you have to see it to understand it."

It's not too late for those who think it's something they'd like to try for the first time. Bergum says that in order for someone to play, a team captain has to submit their information to the MWR the day of the game by 3:00 p.m. at the latest, and in order to participate in the playoffs, a player has to have been present for a majority of the regular season games.

If committing to the league doesn't work in the weekly schedule, then would-be participants are always welcomed to join in the weekly Ultimate Frisbee pick-up game at 9:00 a.m. Saturday, at Cooper Field.



Navy Cmdr. Eric Monostori, with the Joint Medical Group, does his best to block an opponent in Wednesday night's Ultimate Frisbee game. The league is a seven-week season with two games per week.



The Pearl of the Antilles

GTMO's new Chief Warrant Officer Association chapter

Story and photos by Sgt. Spencer Rhodes
Photo Editor, thewire@jtfgtmo.southcom.mil

Life on Naval Station Guantanamo Bay brings residents in contact with all kinds of people from all walks of life, whether civilian or military, Army or Navy, and this includes the different groups that so many belong to. A prime example is the Chief Petty Officer Association and their helping hand with a fundraiser for Joint Task Force Guantanamo's Lt. Brian Godkin, a Coast Guardsman with the Maritime Security Detachment. Now another group hopes to positively interact with the community of GTMO: The Pearl of the Antilles Chapter of the Chief Warrant Officer Association.

There were a plethora of steps to be taken first however, before the chapter could become official explains, Chief Warrant Officer Sean Hitchcock, the president of the newly created association. Permission from NAVSTA to create a new organization was needed, as well as the addition of 10 current members and a signed petition requesting that a chapter be formed was sent up the chain through the regional and national levels of the Chief Warrant Officer Association. Once the group's

petition and bylaws were approved at the national level, the life of the Pearl of the Antilles Chapter could begin.

When asked what was a contributing motive for finally creating an official group was, Hitchcock attributed it to the community.

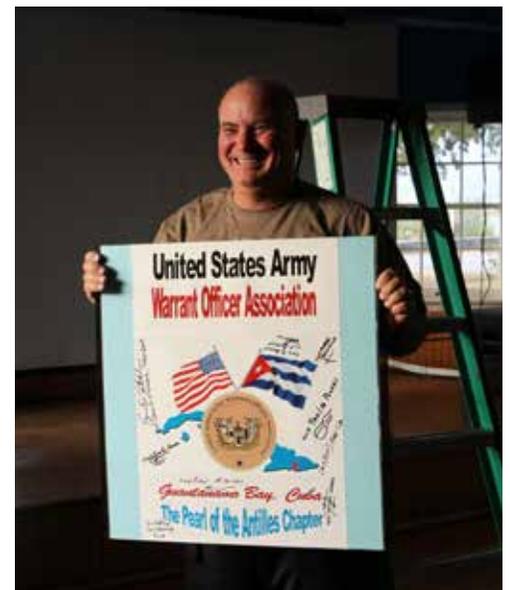
"Well, we've really been wanting to start doing things in and for the community; start a highway clean up, charity events, or get a scholarship started for students at the high school," said Hitchcock.

The actual idea of a new chapter had been sparked over a morning cup of coffee between Chief Warrant Officer Remar Yabes and Chief Warrant Officer Tracy McKeithen who both wanted to be able to get more involved, and realized there were enough officers to fulfill the organization's requirement for membership. McKeithen's desire to get involved came from the sense of accomplishment that comes with giving back to a community, explaining that it's supposed to be about the genuine help that's given from the heart, not about the credit you receive for something you do.

Before his time comes to a close, McKeithen says there are a few things that he would like to see accomplished.

"We could maybe adopt a highway or start a Big Brother Big Sister program. We can take kids hiking, fishing, sports camps or tutoring," said McKeithen.

Yabes pointed out that the CWOA is a very willing resource when it comes to helping Soldiers who are looking into a warrant officer career path.



Chief Warrant Officer Sean Hitchcock holds up the newly signed ceiling tile Friday night at Rick's Lounge. The tile was placed next to the plethora of others that symbolize various organizations over the years.



Story by Sgt. Kenneth Tucceri

Webmaster, thewire@jftgmo.southcom.mil

The Tarahumara, or Raramuri, are a tribe of Indians who live in remote caves and little cabins in Mexico's Copper Canyon. The word Raramuri, translated in their language, means "runners" - and rightfully so.

The tribe members, though very secretive, secluded and shy, are well known as being some of the best long distance runners in the world. They are frequently referred to as a tribe of super athletes. Running with only sandals on their feet, they traverse the long, rocky distances between their small communities. Runs can last well over one day and reach 200 miles with little rest.

Along with being prodigious and skilled farmers, they employ their eccentric affinity for running while hunting birds.

"The Tarahumara literally run the

birds to death. Forced into a rapid series of takeoffs, without sufficient rest periods between, the heavy-bodied bird does not have the strength to fly or run away from the Tarahumara hunter," said anthropologist Jonathan C. Cassel in his book about the tribe.

The Tarahumara were widely introduced to the running community in the mid-90s at the Leadville Trail 100 Run, an ultramarathon in Colorado. In 1993 and 1994, Tarahumara runners entered and won the race. In '94, a 25-year-old Tarahumara runner, Juan Herrera, won with a record time of 17:30:42, a mark that stood for 8 years, according to the race's website.

You can hear more about this race and the Tarahumara in "Born to Run," a book by Christopher McDougall.

An additional fascinating tradition of the Tarahumara is a sport named "foot throwing." It involves teams of runners who pass a wooden ball, using only their feet, over incredible distances. The races can last days and cover well over 100 miles.



Photo by Marcos Ferro, Aurora Pictures, Alamy

Tarahumara run down a trail in Mexico's Copper Canyon in their thin, leather thong sandals that is the typical footwear for the tribesman on their runs.

I do not anticipate an MWR-sponsored "foot throwing" event in the foreseeable future but the knowledge of the sandal-wearing, super athletes of the Copper Canyon can elevate the way you approach your fitness goals and achieve a better run time on your PT test.

"The human being is a biped made for running long distances because two legs use up less energy than four." The movie 'Running Brave' meant run like a warrior," said Dennis Kozub, all-American athlete in the 800m, track and field and cross country coach for 41 years, Vietnam Army veteran and former drill sergeant. "It's better to wear out than rust out."



Story by Sgt. Kenneth Tucceri

Webmaster, thewire@jftgmo.southcom.mil

This week's recipe is Spc. Juan Aguiluz's GTMO-famous ceviche. If you're among the fortuitous crowd that has tried some of this while deployed here, then you are aware of its flavor. If not, Aguiluz was kind enough to supply his recipe. This is a time consuming process, as I've witnessed the preparation, but well worth it in the end

"First, you start by cutting the tilapia and shrimp into small squares and put them into a large container, or smaller depending on how many people you expect to serve it to," said Aguiluz. "Then you cut the limes and start squeezing the juice on top of the shrimp and tilapia. Start chopping up the onions, tomatoes, jalapenos into small to medium squares

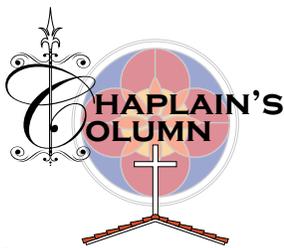
and put them into the container. Mince half a head of garlic and then mince one to two bunches of cilantro and add them to the container. Add salt and pepper and mix all the contents in the bowl thoroughly.

Wait about an hour and then dig in with Tostadas. However, due to the lack of Tostadas here, we use the Tostitos Hint of Lime chips as a replacement. You can leave it overnight soaking in the lime juice and eat it the next day as well. Sometimes the longer it soaks in the juice, the better it can taste."



Photo by Sgt. Kenneth Tucceri/The Wire

Spc. Juan Aguiluz, a Soldier with the 40th Infantry Division, adds vegetables to the shrimp, tilapia and lime juice for a batch of ceviche. It takes Aguiluz hours to prepare, but more is always in demand from his fellow Service members.



The life of sacrifice

By Army Capt. Frank Oxendine

Joint Detention Group chaplain

Webster's Dictionary gives the following definition for sacrifice: The act of giving up something highly valued for the sake of something else considered having a greater value or claiming. Military members and their families are very sacrificial people. They have a noble calling and they are quick to sacrifice and to serve for the greater good. Allow me to point out a few reminders that those same attributes are necessary in your daily life and in the lives of your loved ones.

During deployments we must keep a close eye not only on our battle buddies here with us, but on our battle buddies back home. Here are two dos, two don'ts and two musts for sacrificial living while you are geographically separated because of our nation's calling.

Do:

1. Listen and give understanding: Sometimes your loved one needs to vent by email, letter or telephone. Let them.

2. Seek help: Give your loved one permission to seek help.

Don't:

1. Make comparisons: This is not fair to you or them.

2. Accuse: Trust they have your back.

Must:

1. Ask "How can I help?" And be ready to respond.

2. Ask "How can I pray for you?"

Then do it.

Life is tough, relationships are tough, and deployments are tough. You and your loved one are not enemies; you are willing to lay down your lives for each other. That's love! "We know love by this, He laid down His life for us. We should also lay down our lives for our brothers." -1 John 3:16

Here is my challenge to you during deployment: Identify the one greatest need in your loved one's life right now. Seek the wisdom to know how you can help them, and the approach them using these dos, don'ts and musts.

The JSMART Spot

By Navy Petty Officer 3rd Class Keith Reau

JSMART Advertising Coordinator

Some of you may know JSMART's motto "keeping you in the fight," but what does it mean? One of JSMART's primary goals is to promote and help build resilience in Troopers. One effective technique is called neuro-cognitive reprogramming, AKA trying something new. To accomplish this mental health hack, find new activities and try a new one, every week. Even things that you typically find boring might be exciting here. Have you gone fishing? Read a book? Played paintball? Gone to free bowling? Did you even know there was an archery range here?



can keep in the fight



Aug. 22, 1864:

International Red Cross Founded

The Geneva Convention of 1864 for the Amelioration of the Condition of the Wounded and Sick of Armies in the Field is adopted by 12 nations meeting in Geneva. The agreement, advocated by Swiss humanitarian Jean-Henri Dunant, called for nonpartisan care to the sick and wounded in times of war and provided for the neutrality of

medical personnel. It also proposed the use of an international emblem to mark medical personnel and supplies. In honor of Dunant's nationality, a red cross on a white background - the Swiss flag in reverse - was chosen. In 1901, Dunant was awarded the first Nobel Peace Prize.

In 1881, American humanitarians Clara Barton and Adolphus Solomons founded the American National Red Cross, an organization designed to provide humanitarian aid to victims of wars and natural disasters in congruence with the International Red Cross.

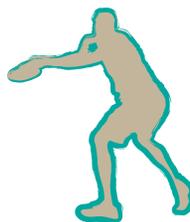
Courtesy History.com

GTMO sports standings



Beach Volleyball

1. The Team	5-1
2. BEEF	5-1
3. Banana Rat	5-1
4. That Guy Plus 1	5-1
5. JMG	4-2
6. Z Team	4-2
7. Hellhounds	3-2
8. B. Ugliers	3-4
9. SOGO	3-3
10. DangerZone	2-3
11. Regulators	2-4
12. Woosah	2-4
13. MisFits	2-4
14. PWD	1-5
15. The Chowderheads	1-5
16. CCR	0-5



Ultimate Frisbee

1. I-guana GTMO	5-0
2. Ridiculousness	4-1
3. BEEF	3-2
4. Huckaholics	3-2
5. PWD	3-2
6. Footballs R2 Heavy	1-4
7. Boston	1-4
8. Dirty Mike & the Boys	0-5



FIELD DAY

1. Mark off 25 yards
2. At starting line:
 - 10 burpees
 - 10 air squats
3. Run 25 yards
 - 10 push ups
 - 10 sit ups
4. Run back to starting line:
 - 9 burpees
 - 9 air squats
5. Run 25 yards
 - 9 sit ups
 - 9 air squats
6. Continue with progression

Courtesy Navy Petty Officer 1st Class Andrew "Biff" Murray

OTMO Goes Off Road

TWO OFF ROAD, OFF LIMITS TRAILS IN ONE ADVENTURE

4x4 LOW

Sunday, Aug 31, 9 am - 2 pm

~~GOVs~~

Register and pay at the **Auto Hobby Shop**

All vehicles will be inspected for leaks and safety equipment at the time of registration

\$25 / vehicle, 4 Riders max, Lunch included



"This colorful little bird was in a tree along Ridgeline Trail. Its bright colors caught my eye, but its quick jumping from branch to branch made it difficult to photograph," said Master Sgt. James Powers of this great image he took.



PHOTO OF THE WEEK