



# Moving on up to the Cuzco side

## Cuzco Barracks set to open doors to Troopers Monday

**By Navy Petty Officer 2nd Class Jim Brown**

JTF-GTMO Public Affairs Office

The whir and blast of construction equipment has all but faded from Gold Hill Barracks. The newly christened Cuzco Barracks (named for the locally famed Battle of Cuzco Well) greets its first residents this week.

With an anticipated move in date of Monday, the residences will be populated by Coast Guard Port Security Unit 312, the last of JTF-GTMO married couples and other Troopers who apply. The quarters will also act as temporary barracks for new Troopers awaiting permanent housing assignments. These structures should alleviate some of the need to house Troopers at Camp Bulkley, which will also under go improvements.



Photo by Army Spc. Dustin Robbins

**JTF-GTMO Troopers are getting their new housing with the Monday opening of the Cuzco Barracks located near Gold Hill.**

The 270 square foot modular quarters were designed to meet the standards of many branches of service. Total population for the barracks can reach as high as 200. These quarters are in close proximity to popular amenities at GTMO.

JTF-GTMO Army

Command Sgt. Maj. Angel Febles said, "The huge benefit of moving into a facility such as that is that they (resident Troopers) will be center mass of NavBase facilities such as the Lyceum, McDonald's and the Navy Exchange. This will improve the quality of life for the

Troopers."

Cuzco Barracks will house both JTF-GTMO Troopers as well as Naval Station servicemembers. The new facilities are open to applicants from JTF-GTMO. Already, many have signed up for available space. The quarters, built by Prime Projects International, will soon be upgraded with conveniences such as cable TV, telephones and internet capabilities.

Other improvements will include installation of vending machines and a smokers' gazebo.

Troopers can apply for occupancy by going through their respective chain of commands. These Troopers can expect their own private rooms.

Of Cuzco Barracks, Febles said, "The facilities are comfortable and clean. I think the Troopers are going to enjoy it there." ■

# Camp America concerns

By Army Sgt. Maj. David Hare

Camp America Commandant

I have been camp commandant here at Camp America for about five months. There are just a few things that I have noticed over this time and I would like to bring them to your attention.

How many times have you wanted to use the kitchens, the TV room, or the education computer room, and can't because somebody else has the keys and has not returned it to the Commandant's Office?

All of us need to realize that there are quite a few others in our neighborhood and a lot of them would like to use these facilities at sometime or another. I hear excuses like, "I was working," "I gave it to my roommate/friend to turn in," or, "The office was closed." When it goes on for a week at a time and still there is no key, these excuses are not valid. You alone are responsible for the key - you signed for it. Make sure that the area is cleaned before you turn the key in. Once, somebody gave his or her friend a key to return and when the kitchen was inspected for turn in it had to be totally re-cleaned.

How many of you try to get some sleep after 10 p.m. and there are others in the area, be it your room or outside of your room, or even in the pavilion or kitchen areas who are just having a good time and don't have a clue that they are interfering with your rest?

It doesn't take much to make sure that you aren't disturbing others. If it's after 10 p.m., turn the noise down. I am all about Troopers having individual spaces as well as a concern for the comfort of others. It is something that Troopers who have not lived under these conditions, with close quarters such as this and



Photo by Army Pfc. Philip Regina

**Camp America Commandant Army Sgt. Maj. David Hare reviews a Trooper's trouble call.**

for a lengthy period of time, have to be aware that what they do in their area affects others.

Any music that can be heard outside of the pavilion area, about 20 ft. distance is the closest unit, would be considered too loud. I say again, put yourself in the position of someone trying to sleep. I am really asking all of you to be considerate of others. You can nit-pick this thing to death and you will end up with the realization that we have to live together and must be aware of others.

The camp itself is looking better. We have put more cigarette butt cans around, but those of you who smoke must use them to make it work. I saw a Trooper standing next to a butt can, drop the butt and step on it and walk away!

I had "USED CHARCOAL" containers placed throughout the camp, please use them.

I can talk all I want and make all the noise I want about these things, but you are the ones who have to make it happen. ■

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### Joint Task Force CSM.:

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### Director of Public Affairs:

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# Network News - *Where's MySpace?*

By **Troy Townsend**

JTF-GTMO J6

As many of you have noticed, and as many of you continue to notice (we still get over 100 hits a day), MySpace.com has been blocked on the JTF-GTMO network. For those of you who haven't heard, here's the story behind it:

On May 15th, there was an attempted intrusion into our network. Our security hardware and software was able to prevent the intrusion and alerted us, your friendly network police, to the situation. It turns out that one of our GTMO Troopers visited a MySpace site that contained some code which tried to probe our network and send the results to a third party. Because of this threat to the security of our

network, we blocked access to MySpace.com on all computers connected to the GTMO-U (NIPRNet) domain.

I apologize for the inconvenience this puts on anyone's on-line scene. Hopefully, TigerDancer06 will understand your absence, and

all the girls waiting to hear from ArmyBigMac will still love you when you get back home.

If you have a topic that you'd like us to address in an upcoming column of Network News, send your request to: [jtftgmo-j6@jtftgmo.southcom.mil](mailto:jtftgmo-j6@jtftgmo.southcom.mil). ■



## Security Bulletin: Resumes and Pre-publication Review

By **Frank Perkins**

JTF-GTMO Special Security Office

JTF personnel must be conscious of the content of any resume that they may use to obtain employment. Resumes must not contain any classified information that violates general orders and policies and must comply with DOD or military service directives.

Resumes or applications for employment which detail technical expertise gained through government employment in classified or sensitive programs must be written in an unclassified context, even if the potential employer is known to be a cleared defense contractor. The fact that a person holding a high level security clearance, has an intelligence career or served at JTF-GTMO is not classified, but it is sensitive. Personnel should be careful to whom they divulge such information. This is a counter-intelligence matter as well as a force protection issue.

Additionally, all personnel who have a security clearance signed a nondisclosure statement

stipulating that all proposed public statements on information that may be derived from classified sources, operations, or methods must be submitted to security officials to be reviewed and approved before publication. Articles, doctoral dissertations, and books, fiction or non-fiction, must also undergo pre-publication review.

For purposes of pre-publication review, an electronic file is the same as a paper document. If you would need to get pre-publication review for a hard-copy version of something you write, you need pre-publication review before putting the same material online. Even though information is unclassified, it may not be appropriate to put on a public Internet site. You must obtain pre-publication review for any such document or file that you submit to an online publication; draft and store on your publicly accessible home page; or send to another Internet site, regardless of the site or location.

The point of contact for this information is Frank Perkins at ext. 9834. Remember, mission first, security always! ■

# Food, eating, and the art of body maintenance

**By Navy Petty Officer 2nd Class  
Stephen Watterworth**

JTF-GTMO Public Affairs Office

Do not let the scale, or the mirror dictate how you feel. Do you get regular check ups? Do you feel good? Is your endurance increasing? These questions can be answered by Navy Lt. Cmdr. Kenneth Arlinghaus, the licensed nutritionist at U.S. Naval Hospital GTMO.

He covers nutrition from the process of making the choice between ordinary white sandwich bread, and the healthier dark rye, to the chemical reactions taking place that turn minerals and proteins into the electrical energy our bodies create and use.

At the mention of fast food, he puts the complete chain of restaurants we are all familiar with into perspective. He also points out that the Big Mac holds

560 calories, the medium fries it comes with have 350, and that medium Coke holds 210. Added up, you have more than 1200 calories to burn. The average female stationed here at GTMO needs to burn between 1600 and 2000 calories daily. The average male needs to burn through between 2000 and 2400.

Referring to the Pyramid of food groups, Arlinghaus points out that it is the bottom three groups that hold 75 percent of the calories we take in. When you are determining "portions, think about a tennis ball and a deck of cards," he said. "We concern ourselves with *which* foods, when we should be keeping track of *how much* of a certain food group," Arlinghaus said. We enjoy the luxury of having a superb galley for meals. At breakfast, keep in mind that two pancakes are equal to a couple of slices of bread. Think about having half of a bagel instead.

When you are in there for lunch, ask for a single scoop of rice, or pasta. That is equivalent to half of a tennis ball, and that is a good portion. You can't pass up the chicken breasts, or the meatloaf? One of them is roughly equal in size to a deck of cards. That plastic cup of soda has about 120 calories.

Water is one of the vehicles the body needs to transport those minerals and nutrients throughout the body to stay healthy. Our bodies accomplish tasks through electrical energy. When the body is dehydrated, its efficiency is reduced.

The important thing to remember is to see your physician on a regular basis and do a self-assessment by asking yourself how well you feel.

To make an appointment with the nutritionist, call the nutrition office at ext. 72110 between the hours of 8 a.m. and 4 p.m. ■

## Get fit with Microfit assessment

**By Army Spc. Jamieson Pond**

JTF-GTMO Public Affairs Office

Have you ever wondered what your level of physical fitness really is? You may consider yourself a physically active and in-shape person, but in all, you may be a lot more out of shape than you really think.

Microfit is a free program offered to anyone here at GTMO, civilians included, to give an accurate assessment of your physical fitness.

During Microfit testing, a trained fitness coordinator takes several measurements of your body, including your height, weight, abdomen circumference, arm and leg circumference, and several other measurements to let you know where you are fitness wise.

Several other aspects of physical fitness are tested also, such as, how many sit-ups you can do in 60 seconds, how many pushups you can do with no time limit, and how much weight you can curl on a machine to test your bicep strength. Also, you ride a stationary bike for six minutes to test your aerobic fitness.

At the end of the assessment, an easy to understand print-out is given to the participant so they can see what areas need the most work. Also, the fitness coordinator gives you the assessment and sits down with you with a work out plan on how to improve your physical fitness.

You can go back every six weeks to see if you have made any progress in your fitness plan. After the first six weeks, measurements are only taken again to see if you have dropped any weight or picked up more muscle. After another six weeks a full test is conducted, including the sit-ups, pushups and aerobic test.

The Microfit assessment is conducted at Marine Hill Fitness Center and assessments are available 6 a.m. to 4 p.m. Monday through Friday, but an appointment is needed. To make an appointment for your assessment you can contact Audrey Chapman at ext. 78344. ■



Photo by Army Spc. Jamieson Pond

**Monica Schaus (left), a fitness coordinator intern, shows Army Spc. Jason Kaneshiro and Audrey Chapman how bicep strength is tested during a Microfit assessment.**



# Mail - the good, the bad and the ugly

**By Army Pfc. Philip Regina**

JTF-GTMO Public Affairs Office

Parcels packed with care and sent with love take that long journey from the states to Guantanamo Bay. With bated breath Troopers of Joint Task Force-Guantanamo impatiently await their arrival. Whether it's a box full of grandma's home-baked delights, a sweet-scented letter from a loved one, or the results of an Amazon.com shopping spree, every Trooper here looks forward to their mail, just as those close to them look forward to theirs.

In order to ensure the safe travel of these parcels of goodness, Troopers must take extra care when shipping them.

Michael Jackson is the Joint Task Force postal supervisor. He has been working at GTMO for nearly two and a half years and is an expert in the mailing process here.

Jackson explains the mail process.

"Incoming mail is scheduled

to come in every Tuesday and Saturday, weather permitting. There is also a flight that sporadically comes in on Thursdays," explained Jackson.

The mail arrives at the Naval Station Post Office, it's sorted then brought to the main office at McCalla Hangar, Room one. It is then sorted once again before it heads to Camp America Post Office. The hours of business for McCalla Hangar and Camp America Post Office are Monday through Friday, 9 a.m. to 4 p.m. Camp America Post Office is also open Saturday from 9 a.m. to 12 p.m.

Keep in mind that Camp America Post Office is a cash only facility and does not sell money orders.

All mail that comes to the island is processed for delivery the following day and may be picked up by authorized mail orderlies during business hours. Depending on when, how and what type of mail is being sent to the island, it can take up to 17 days to arrive. All outgoing mail

is processed and placed on a plane that makes direct non-stop flights to Norfolk Naval Station.

In order to ensure your mail arrives on the island and goes out to its destinations safely, Troopers must make sure that their mail is properly addressed.

"Getting the mail out to Troopers, while maintaining the security of the mission, is our top priority. If you're having any trouble with your mail, make sure you're conducting the proper mail methods first and if you still experience problems, feel free to come in and I'm sure we'll be able to help you with your problems," said Jackson.

As the Monday morning sun peaks its face over the Caribbean Sea and the sky is illuminated, the new day's dawn brings the promise of a new parcel, a morsel from home, packaged love. Mail is a reminder that although the Troopers may be on an island, they are not alone. ■

## More education money available for reservists

**By Army Spc. Jason Kaneshiro**

JTF-GTMO Public Affairs Office

A number of Troopers deployed to Joint Task Force-GTMO are members of the reserve component of their respective services. As reservists serving here who are activated for 12 months or longer, there may be some changes to their education benefits from the 2005 National Defense Spending Act.

The act, signed last year by President Bush, includes a provision that increases the amount of money that members of the selected reserve are entitled to for their Montgomery G.I. Bill, depending, among other things, on how long they have been activated.

Before the signing of the act, members of the reserve components were entitled to only a fraction of the education benefits available to active duty servicemembers, even when those reservists were serving stateside and overseas alongside their active duty

counterparts for periods of up to a year or longer. With the passing of the 2005 National Defense Spending Act, the disparity between the education benefits of active duty, reserve and National Guard servicemembers who face the same hardships and dangers in the ongoing Global War on Terrorism has lessened.

For members of the reserve component who have been activated for a period of 90 consecutive days or longer, their monthly entitlement increases to \$401 a month for those attending full-time schooling. The rate increases to \$602 a month for those who are activated for more than one year and to \$803 a month for those who are activated for longer than two years.

Troopers should contact their local military career counselor or Veterans Affairs office for details on their eligibility for the Montgomery G.I. Bill and other education benefits that may be available to them. Troopers can also contact Ellen Soucy, the Director of Columbia College at GTMO at ext. 75555 for more information. ■

# PHILIPPINE INDEPENDENCE



Various members of the Filipino community here perform a traditional Filipino tribal dance at the Windjammer Saturday.

**Story and photos by  
Army Pfc. Philip Regina**

JTF-GTMO Public Affairs Office

The multitude of Filipino contract workers, Troopers and military service dependents here celebrated Philippine Independence Day in a cultural festival at the Windjammer Saturday.

The festival was in celebration of the Philippines' liberation from the Spanish June 12, 1898. The Spanish ruled the Philippines for over 300 years. The nationalist movement toward an independent Philippines was initiated by such freedom fighters as Andres Bonifacio, Emilio Aguinaldo and Jose Rizal. The bravery shown by these men over 100 years ago is echoed in the hard work of every Filipino contract worker here. The

Filipinos here perform many of the jobs that are essential to the mission, all while being two oceans away from home, friends and family. The festival was not only a celebration of the independence gained in 1898, but also of the pride of the Filipino community here.

"It's important for the Filipino community to get together in events like this. We are far away from home but we know that at GTMO we are not alone. The Filipino community here is strong and supportive. We help each other. We may be far from family but my Filipino brothers and sisters here make GTMO a second home," explained Mary Grace Manansala, a Ms. Philippine Independence Day Celebration contestant.

Those who attended the event were given a festival for the eyes, ears and taste buds as chicken adobo, pancit noodles and fried lumpia were eaten while various Filipino dances and songs were performed. The performances reflected the diversity of the Philippines, with dances from various regions.

Two months ago, four candidates for Ms. PIDC were announced. The winner of the contest was determined by the buying of pledges in support of each candidate. For the past two months pledges were available to those willing to help get their favorite candidate to win. After the dance performances, the winner of Ms. PIDC was announced. Manansala was crowned Ms. PIDC 2006. ■



# INDEPENDENCE DAY CELEBRATION



◀ In a scene depicting the Philippine revolution, a group of Philippine revolutionaries console a young woman after being assaulted by Spanish subjugators.

▶ In the final performance of the night, all of the performers sang Filipino Ako, "I am Filipino," proudly proclaiming their heritage.



◀ Mary Grace Manansala is crowned as Ms. PIDC after the dance ceremonies at the Philippine Independence Day Celebration at the Windjammer Saturday.

The flag of the Republic of the Philippines, a proud banner of a proud people, graces the background of this week's center spread.

# Thousands come to invade Germany

## The international battle for soccer's FIFA World Cup has begun

By Navy Petty Officer 2nd Class  
Jim Brown

JTF-GTMO Public Affairs Office

The Federation Internationale de Football Association World Cup has kicked off in Germany. Teams from around the globe are participating in the quadrennial event at stadiums across the northern European country.

With thousands expected to attend, North American Treaty Organization military police troops participated in mock riots in anticipation of possible rowdiness from either elated or enraged hooligans. So far, the crowds are reportedly well-behaved and even cordial to competitors' fans.

Expect strong showings from perennial favorites Germany, England, Italy and Brazil. Although the U.S. made a valiant effort in 2002

FIFA World Cup play, making it to the quarter-finals, the squad led by Brian McBride and Claudio Reyna will surprise loyal international fans if they make it to the semi-finals this year.

The sport, arguably the world's most popular team sport, is still trying to gain mass popularity in the U.S. Every four years fans expect soccer to cross the precipice to broad popularity stateside but to no avail. Perhaps the U.S. team's efforts will gain enough recognition to make 2006 the year soccer latches on to American hearts.

Whether you call it fútbol, football or soccer, the world-class matches provide thrilling displays of athleticism, acrobatics and stamina. ESPN is televising many of the match ups—tune in to root for your favorite nationality/team. ■

## HEALTH & FITNESS TIPS FOR THE GTMO TROOPER

From the 99 Health Tips series ...

■ Forget an apple a day keeps the doctor away; try a raw carrot and a banana. The beta-carotene and potassium can reduce your risk of heart disease by preventing plaque build up on the artery walls.

■ Pressing a wet tea bag against a cold sore acts as an antiseptic. The tannin from the tea will help reduce the condition, and the tea bag will stop other people coming in contact with you.

■ Most tennis shoes can be washed, however, don't use too high a temperature during the wash and allow to dry naturally with old newspaper inside. Tumble drying may lead to severe shrinking, damage to the shoes and a change in your shoe size.

## SCOREBOARD

### NBA

#### NBA Finals

Miami Heat 95 ◀  
Dallas Mavericks 92

Miami Heat takes the series in Game 6 of the NBA Finals.

### NHL

#### Stanley Cup Finals

Edmonton Oilers 1  
Carolina Hurricanes 3 ◀

Carolina Hurricanes win series 4-3 to take the Stanley Cup.





# PHIL AND LOUIE'S MOVIE REVIEW

with Army Pfc. Phil Regina and Army Spc. Jamieson "Louie" Pond  
This week's feature reviews: "X-Men 3" and "The Da Vinci Code"

**PHIL**  
- X-Men 3 -  
Rating: ★★★★★



"X-3: The Last Stand" is the latest installment in the fabled X-Men series, picking up where X-2 left off, we learn the whereabouts of Jean Grey and of the greatest threat to mutants and mankind.

A cure for mutants has been discovered and it divides the mutant community in two. Professor Charles Xavier (Patrick Stewart) stands firm in his belief in peaceful coexistence between humans and mutants, while his eternal nemesis, Magneto (Ian McKellen) sees the cure as a dangerous threat. Lines are drawn, sides are chosen and it is effectively up to Xavier's X-Men to take their last stand and defend humanity from a brotherhood of evil mutants.

The last two installments of the X-Men series were directed by Bryan Singer but Brett Ratner directed X-3. Although it seems Ratner tries his best to stay true to the look and feel of the last two, the subtle nuances between the first two and the third are undeniable. Although Singer didn't shy away from action, it seemed he tried to push the human side of the story more than Ratner. Overall, the movie was thoroughly entertaining, a great popcorn flick.

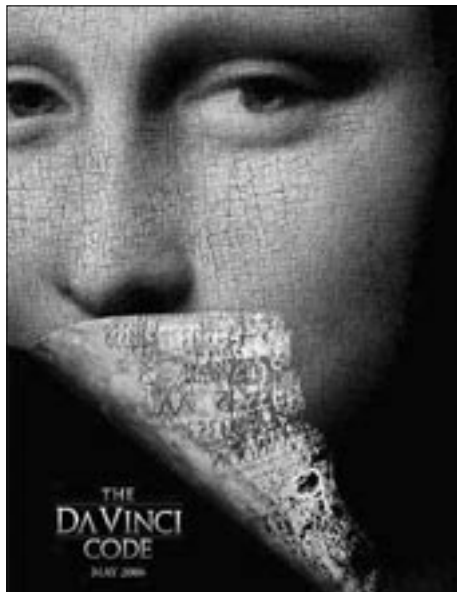
I enjoyed the movie, but there are a few things I thought could've been delved into deeper. The X-Men story is so deep

and complex, the Juggernaut (Vinnie Jones) makes an appearance, I thought it'd be an interesting side note to state the fact that he is Professor X's stepbrother. I guess if a director took into account every detail from the comic, it'd make the movie agonizingly long. Ultimately, X-3 was a great movie, although not entirely accurate, and it kept me occupied and I wouldn't mind watching it again.

Oh yeah, on a side note, if you left the Lyceum before the final credits played all the way through, you missed a secret scene, check it out. ■



**LOUIE**  
- The Da Vinci Code -  
Rating: ★★★★★



"The Da Vinci Code" was first a widely popular novel that has been adapted into a movie with a cast of well-known actors.

This movie is full of plot twists and the suspense builds throughout the entire movie until the climactic finale.

This movie has so many twists and turns it would be difficult to try to explain the plot in any way that would bring it justice, also, any attempt to explain the plot may give away the best parts of the movie. Just expect the unexpected, and be ready for a lot of twists and turns.

I never read the book, but I heard great things about it so I was anticipating great things from this movie. I was let down. I suppose I was let down because my assumptions for this movie were so high. My friend, who did not expect much from this movie, was very pleased just because he didn't count on much.

This movie was slow getting started, but once the movie picked up, it left you on the edge-of-your-seat suspense, eagerly awaiting the next plot twist.

For those of you who are religious, do not take this movie as fact. It does make things sound very factual, but this movie is definitely a work of fiction.

Also, be aware that this movie is two and a half hours long; so be prepared to be at the theater late into the night. ■

# FACING LIFE'S CHALLENGES

By Navy Chaplain (Lt. Cmdr.) Tim Johns

JTF Deputy Command Chaplain

A superb athlete ran across America a number of years back, from east coast to west, in a selfless campaign to raise money for charity. At the end of his long journey, reporters asked him what was the greatest obstacle that he faced. The athlete thought a moment about his trek through driving rainstorms, across parched, lonely stretches of desert, and over treacherous mountains and rocks. He then answered... "The greatest obstacle that I faced was the sand that got into my sneakers"!

This story points out, in an ironic way, our human capacity to overcome enormous challenges.

*All too often, the molehills of living become insurmountable mountains of despair.*

dealing with the small, mundane chores that are necessary to managing a family and a household. Consider the multimillionaire, Howard Hughes. He was an aviation genius, but he could not function in everyday life and eventually he shut himself off from the world.

Or consider how many marriages end in divorce simply because two otherwise mature adults could not agree on trivial, insignificant issues. I am talking about minor details, like household chores, filling up the orange juice pitcher, squeezing the toothpaste in the middle, putting the toilet seat down, etc... We call it irreconcilable differences and the couple ends up

And at the same time, it is the minor obstacles that overcome us. People who command multi-million dollar businesses, or who can easily navigate through the most complex scientific equations, have been reduced to panic when

in divorce court.

All too often, the molehills of living become insurmountable mountains of despair. We allow the small problems in our life to pile up and become mountains. It is easier to remove the "sand from our shoes" than a mountain that is blocking our journey.

How can we keep the sand from becoming mountains? One way is by keeping a sensible perspective of life. Deal with the small problems quickly and efficiently. If you get sand in your shoes, take the time to remove it, but realize it is just sand. Another way to deal with life's small difficulties is by keeping a sense of humor. We all need to laugh and enjoy life. Laughter is the best medicine for many problems.

Finally, if you need help dealing with some difficulties that are bringing you down, then go and talk to someone. As chaplains, we are always available to listen and help you explore your options. Combat Stress is another great resource that you can tap into if you need to talk to someone. Asking for help is not a sign of weakness, but a sign of wisdom and maturity. From time to time we all need a helping hand, especially down here at GTMO, so reach out and let us remove the sand together. ■

## CAMP AMERICA WORSHIP SCHEDULE

<b>Sunday</b>	9:00 a.m.	Protestant Service	Troopers' Chapel
	6:00 p.m.	Confessions	Troopers' Chapel
	6:30 p.m.	Catholic Mass	Troopers' Chapel
	7:30 p.m.	Evening Prayer	Troopers' Chapel
<b>Wednesday</b>	7:30 p.m.	Soul Survivor	Camp America North Pavilion

## NAVAL BASE CHAPEL

<b>Sunday</b>	8:00 a.m.	Pentecostal Gospel	Room 13
	9:00 a.m.	Catholic Mass	Main Chapel
	9:00 a.m.	Church of Jesus Christ of Latter-day Saints	Sanctuary A
	9:30 a.m.	Protestant Sun. School	Main Chapel
	10:00 a.m.	Protestant Liturgical	Sanctuary B
<b>Monday</b>	11:00 a.m.	Protestant Service	Main Chapel
	1:00 p.m.	Gospel Service	Main Chapel
	5:00 p.m.	Pentecostal Gospel	Room 13
	7:00 p.m.	Prayer Group Fellowship	Fellowship Hall
	7:00 p.m.	Family Home Evening	Room 8
<b>Tues. to Fri.</b>	12:00 p.m.	Daily Mass	Cobre Chapel
<b>Wednesday</b>	7:00 p.m.	Men's Bible Study	Fellowship Hall
<b>Friday</b>	12:30 p.m.	Islamic Prayer	Sanctuary C
<b>Saturday</b>	4:00 p.m.	Confessions	Main Chapel
	5:00 p.m.	Vigil Mass	Main Chapel

*Jewish Shabbat Services held every second Friday at 7:30 p.m. in the Naval Base Chapel complex Room 11.*

# 15 Minutes of Fame

## with the Camp America Commandant's Office

**By Navy Petty Officer 2nd Class  
Jim Brown**

JTF-GTMO Public Affairs Office

When working long hours, often in stressful situations, it is easy to take the “commonplace” for granted. When that which we take for granted doesn't work or is broken frustration can be worse than if a particular mission goes awry.

Imagine wearing a uniform at GTMO, in summer, without the chance to be cooled by an air conditioner or imagine getting dressed with only an oil-burning

lamp for light.

The Commandant's Office makes sure we continue to have livable quarters with many comforts.

Army Sgt. Maj. David Hare, Commandant, Camp America, and his staff are the reason we enjoy the amenities we do in Camp America. Their task is to ensure everything from air conditioners to showers work properly. The staff of six Troopers is dedicated to ensuring the living quarters of Troopers are tenable.

Of his staff Hare said, “These guys are the office—they're the

ones who make it work. They work long hours, past scheduled hours. If I called any one of them they would come in to complete the mission.”

The Troopers assigned to the Commandant's office are mostly displaced from other assignments, perhaps their job skill was no longer required or their unit was overstaffed. Whatever the reason these Troopers from various organizations have formed a team that gets the job done.

The duties of the staff include working with contractors who change light bulbs, work as locksmiths, and perform maintenance on air conditioning units, to name a few.

The Troopers, mostly reservists and guardsmen, even employ their civilian skill sets when duty and task calls for it.

Army Sgt. Durville Singh, Headquarters Headquarters Company 3rd Brigade said, “Duties here are like what I do at home except I'm in uniform. I've even helped troubleshoot HVAC (heating, ventilation, air conditioning) issues because I miss it. It's a good feeling to take care of the Troopers.”

In addition to maintenance and repair, the Commandant's staff also check the cleanliness and proper repair of common areas such as kitchens and the TV room. These Troopers who live in Camp America work various shifts but are always on call for their fellow Troopers. ■



Photo by Navy Petty Officer 2nd Class Stephen Watterworth

The staff of the Camp America Commandant's Office are (from left to right) Camp America Commandant Army Sgt. Maj. David Hare, Army Sgt. Durville Singh, Army Staff Sgt. Melvin Hines, and Army Spc. Brandon D'Ostroph. Not present in the photo are Army Sgt. David Spiller and Army Staff Sgt. James Murray.

### 15 Minutes of Fame

Know a Trooper worthy of being highlighted in “15 Minutes of Fame?” Call Navy Petty Officer 1st Class Lacy Hicks at ext. 3593.



# AROUND THE JTF



Photo by Army Spc. Jamieson Pond

◀ Navy Lt. Cmdr. Kelvin Stroble receives the Defense Meritorious Service Medal from JTF-GTMO Commander Navy Rear Adm. Harry B. Harris, Jr. in an award ceremony June 16.

▶ Army Capt. John J. Balabanick stands with the newly reenlisted Army Sgt. Paulette Ocampo, a Trooper with the 525th Military Police Battalion, after her reenlistment ceremony at Windmill Beach here.



Photo by Army Sgt. Michael Guhl



Photo by Army Pfc. Philip Regina

▲ JTF-Troopers in Camp America help move beds to make way for new mattresses in the Camp America barracks June 17.

▶ Need a reason why it's important not to feed the iguanas? Navy Petty Officer 2nd Class Jim Brown "poses" next to a "giant" iguana in this photo illustration.



Photo illustration by Army Spc. Eric Tagayuna

## Silent Auction

The Hispanic Heritage Association will be having a silent auction June 29. Services provided to highest bidder can include two hours of running errands, walking the dog, babysitting, mowing the lawn, cleaning workspace, cooking/serving a meal, Spanish lessons, etc. Please stop by and show your support at the Bayview Thursday from 5:30 p.m. - 9:30 p.m. and bid. Everyone is invited to our weekly Wednesday meetings at the Media Center at 6:30 p.m.

## Photo of the Week

*The Wire* is wants to display a "Photo of the Week" in each issue for photos taken by JTF Troopers. All JTF personnel are eligible to participate. Photos must be submitted by Monday night and should be digital format. For more information, call Army Spc. Jamieson Pond at ext. 3592.

# Sudoku Puzzle



## Sound off!

*The Wire* welcomes letters from Troopers. Letters must be less than 350 words and include name, unit and contact information. *The Wire* reserves the right to edit letters for length and clarity. Bring your letter to *The Wire* office at building 4106, the SEA hut next to the Chaplain's Office in Camp America.

*answers from last week's puzzle*

5	6	8	4	7	2	3	1	9
2	3	9	6	5	1	8	4	7
1	4	7	8	3	9	6	5	2
6	2	1	3	8	5	7	9	4
7	9	3	1	4	6	2	8	5
4	8	5	9	2	7	1	3	6
9	7	6	5	1	3	4	2	8
8	1	2	7	9	4	5	6	3
3	5	4	2	6	8	9	7	1

## Bayview art show opening

There is a new art show opening at the Bayview Wednesday, June 28 through July 5. All GTMO artists are invited to participate. Displays may include painting, drawing, quick sketches, sculpture, ceramic pieces, photography, or jewelry. The art show opening will be Wednesday, June 28th at 6 p.m. to 8 p.m. Complimentary sangria, wine, cheese, and background music will help create the milieu. For more information contact Eric Nikkel at 75604 or 84737.

## Navy Pre-Bash

The Navy Pre-Bash will be held at Phillips Park at 7 p.m. The party is open to all and bus transportation will be provided to and from TK and Camp America starting at 6 p.m. and run every half hour. There is a \$5 entrance fee and free keg beer. Food and beverages will be available. The first 100 people will receive a free t-shirt and mug.

## Guest writers

*The Wire* is continuing to display a "Feature Writers' Page" in next week's issue. All Joint Task Force personnel are eligible to participate. Articles must be submitted by Monday night and should be 400 words or less. For more information, call Navy Petty Officer 1st Class Lacy Hicks at ext. 3593.



Illustration by ArmySpc. Eric Tagayuna



# Movies

## Downtown Lyceum

### FRIDAY

8 p.m. **Akeelah & the Bee**  
G 116 min  
10 p.m. **American Dreamz**  
PG13 107 min

### SATURDAY

8 p.m. **Cars**  
G 116 min  
10 p.m. **Silent Hill**  
r 125 min

### SUNDAY

8 p.m. **Stick It**  
PG13 105 min

### MONDAY

8 p.m. **Akeelah & the Bee**  
G 116 min

### TUESDAY

8 p.m. **The Sentinel**  
PG13 108 min

### WEDNESDAY

8 p.m. **Stick It**  
PG13 105 min

### THURSDAY

8 p.m. **Silent Hill**  
R 125 min

## CAMP BULKELEY

### FRIDAY

8 p.m. **Larry the Cable Guy**  
PG13 89 min  
10 p.m. **The Sentinel**  
PG13 108 min

### SATURDAY

8 p.m. **Akeelah & the Bee**  
G 116 min  
10 p.m. **X-Men 3**  
PG13 104 min

### SUNDAY

8 p.m. **Silent Hill**  
R 125 min

### MONDAY

8 p.m. **Stick It**  
PG13 105 min

### TUESDAY

8 p.m. **Akeelah & the Bee**  
PG 112 min

### WEDNESDAY

8 p.m. **Silent Hill**  
R 125 min

### THURSDAY

8 p.m. **Stick It**  
PG13 105 min

# MWR

- **Today June 23** Dive-In Luau @ Marine Hill Pool 7 p.m.
- **Sat, June 24** 5K Men's Health Run @ Denich Gym 6 a.m.
- **Sat, June 24** Power Lifting Meet @ Denich Gym 8 a.m.
- **Sun, June 25** Two-man Bowling Tourn.@ Bowling Alley 1 p.m.
- **Tues, June 27** PS2 B-Ball Challenge @ Deer Point 7 p.m.
- **Wed, June 28** Ping Pong tournament @ Marine Hill 7 p.m.
- **Thurs, June 29** Domino tournament @ Deer Point 7 p.m.
- **Fri, June 30** Glow Golf @ Liberty Only Golf Course 7 p.m.

# Seaside Galley

<b>Today*</b>	Lunch	Beef Stroganoff
	Dinner	Chicken/Beef Fajitas
<b>Saturday</b>	Lunch	Baked Ham
	Dinner	Lasagna
<b>Sunday</b>	Lunch	Stuffed Flounder
	Dinner	Roast Beef
<b>Monday</b>	Lunch	Savory Baked Chicken
	Dinner	Swedish Meatballs
<b>Tuesday</b>	Lunch	Fried Shrimp
	Dinner	Salisbury Steak
<b>Wednesday</b>	Lunch	Grilled Fish
	Dinner	Jerk Chicken
<b>Thursday</b>	Lunch	Fried Chicken
	Dinner	Roast Turkey
<b>Friday*</b>	Lunch	Grilled Pork Chops
	Dinner	Pork Adobo

\*Friday's Subject to Change

# Ferry Schedule

Monday - Friday		Saturday		Sundays & Holidays	
Windward	6:30	Windward	6:30	Windward	7:30
Leeward	7:00	Leeward	7:00	Leeward	8:00
Windward	7:30	Windward	7:30	<b>Windward</b>	<b>9:30</b>
Leeward	8:00	Leeward	8:00	Leeward	10:00
Windward	8:30	Windward	8:30	<b>Windward</b>	<b>11:30</b>
Leeward	9:00	Leeward	9:00	Leeward	12:00
Windward	9:30	Windward	9:30	<b>Windward</b>	<b>1:30</b>
Leeward	10:00	Leeward	10:00	Leeward	2:00
<b>Windward</b>	<b>11:30</b>	<b>Windward</b>	<b>11:30</b>	<b>Windward*</b>	<b>3:30</b>
Leeward	12:00	Leeward	12:00	Leeward*	4:00
Windward	12:30	Windward	12:30	<b>Windward*</b>	<b>5:30</b>
Leeward	1:00	Leeward	1:00	Leeward*	6:00
<b>Windward</b>	<b>2:30</b>	<b>Windward</b>	<b>2:30</b>	Windward*	6:30
Leeward	3:00	Leeward	3:00	Leeward*	7:00
Windward	3:30	Windward	3:30	<b>Windward*</b>	<b>8:00</b>
Leeward	4:00	Leeward	4:00	Leeward*	8:30
Windward	4:30	Windward*	4:30	<b>Windward*</b>	<b>10:30</b>
Leeward	5:00	Leeward*	5:00	Leeward*	11:00
Windward	5:30	<b>Windward*</b>	<b>6:30</b>		
Leeward	6:00	Leeward*	7:00		
Windward	6:30	<b>Windward*</b>	<b>8:00</b>		
Leeward	7:00	Leeward*	8:30		
<b>Windward*</b>	<b>8:00</b>	<b>Windward*</b>	<b>9:30</b>		
Leeward*	8:30	Leeward*	10:00		
<b>Windward*</b>	<b>10:30</b>	<b>Windward*</b>	<b>10:30</b>		
Leeward*	11:00	Leeward*	11:00		
<b>Fri. Wind.*</b>	<b>:30</b>	<b>Windward*</b>	<b>:30</b>		
<b>Fri. Leew.*</b>	<b>:45</b>	<b>Leeward*</b>	<b>:45</b>		

Shown are *departure* times. **Bold** listings indicate the departures following breaks longer than 30 minutes. \*U-Boats

# Bus Schedule

All buses run on the hour, 7 days/week 5 a.m. to 1 a.m.

Camp America	:00	:20	:40
Gazebo	:02	:22	:42
NEX Trailer	:03	:23	:43
Camp Delta 2	:06	:26	:46
KB 373	:10	:30	:50
TK 4	:12	:32	:52
JAS	:13	:33	:53
TK 3	:14	:34	:54
TK 2	:15	:35	:55
TK 1	:16	:36	:56
West Iguana	:18	:38	:58
Windjammer / Gym	:21	:41	:01
Gold Hill Galley	:24	:44	:04
NEX	:26	:46	:16
96 Man Camp	:31	:51	:11
NEX	:33	:53	:13
Gold Hill Galley	:37	:57	:17
Windjammer / Gym	:36	:56	:16
West Iguana	:39	:59	:19
TK 1	:40	:00	:20
TK 2	:43	:03	:23
TK 3	:45	:05	:25
TK 4	:47	:07	:27
KB 373	:50	:10	:30
Camp Delta 1	:54	:14	:32
IOF	:54	:14	:34
NEX Trailer	:57	:17	:37
Gazebo	:58	:18	:38
Camp America	:00	:20	:40