

THE OFFICIAL PUBLICATION OF JOINT TASK FORCE GUANTANAMO

# THE WIRE

APRIL 24, 2015

## CARDBOARD REGATTA

TEAMS OF BOATING ENTHUSIASTS COMPETE IN ANNUAL COMPETITION

## DAY AT THE BAY

GTMO RESIDENTS LINE THE STREETS IN ANNUAL EVENT FOR ALL AGES

## HOW TO BEAT THE CUBAN HEAT

NEWS FLASH! IT'S HOT OUTSIDE, LEARN HOW TO COMBAT THE SUN

## CARDIO KICKBOXING

FITNESS CLASS SHAPES UP STUDENTS, HONES MARTIAL ARTS SKILL

## SENIOR ENLISTED LEADER CHANGES

JTF WELCOMES THE INCOMING COMMAND SERGEANT MAJOR

PHOTO STORY



**1ST LT. JESSE VALLES**  
Aide-De-Camp for Deputy Commander JTF GTMO

It's critical to understand the important things in life. What is important in life will vary by each individual, depending on where you come from and

## TAKING CARE OF YOURSELF

what you believe in. Family, friends and you are three important things in life that will keep you grounded and focused. Here at Joint Task Force Guantanamo, we are fortunate to be able to build relationships to improve ourselves, which eventually lead to mission success.

In my experience here the past eight months, I have had the opportunity to meet, greet and know some of the best people I will ever know, including some lifelong friends. We are all proud of every Trooper, doing the great things they're doing around JTF GTMO, but it's important to find time for yourself and grow personally and professionally as an individual.

Taking the time to develop and improve yourself during your time at GTMO is important. I am sure that you all went to the Newcomers Brief and heard Rear Adm. Kyle Cozad tell you to get out of your room and take advantage of what GTMO has to offer. Eleanor Roosevelt once said, "Do what you feel in your heart to be right – for you'll be criticized anyway."

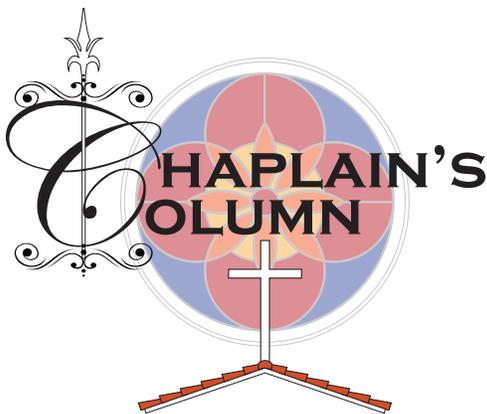
Whether you are spending your time diving, fishing, taking online college courses or making a weight loss goal, stick to it, and don't let anyone discourage you from what you are doing. If it's important enough to you, then it should be important to those around

you. Keep each other motivated and applaud those reaching and surpassing goals. Hard work, sincerity and commitment are a few traits that need to go into everything you do to ensure success. So pass on those traits to others and make success a trend.

Although it might seem like a short time for some of you coming through here on your deployment, you all play an important role and have enough time to leave your mark here in our nation's military history. Take pride in what you do and continue to do great things, because we are fortunate to be living a dream here at JTF GTMO.

Always remember, everyone is a leader, and understanding the important things in life will help you become a great leader.

Article by  
**1ST LT. JESSE VALLES**  
Aide-De-Camp for Deputy Commander JTF GTMO



Well my time here at GTMO has come to an end. As I get ready to depart, there are numerous people who I would like to thank. Psychologists say that saying "thank you" is not just using good manners, but is also valuable to our self as well. The Bible says "Give thanks in all circumstances; for this is God's will for you in Christ Jesus," (1 Thessalonians

## MORE THAN WORDS: SAYING 'THANK YOU' MAKES A DIFFERENCE

5:18). According to psychologists, being grateful can improve your physical health and well-being, can strengthen social relationships, and can help us cope with stressful times in our lives.

As I read this the other day, I was thinking about when I say "thank you" to someone. Am I doing it to make myself feel better, or am I doing it because I want the other person to know that I value what they have done for me?

In the book, "Don't Sweat the Small Stuff," Richard Carlson says, "Wouldn't it be nice if we could try to extend this same loving-kindness toward everyone we meet? Wouldn't we live in a more loving world?"

As we say "thank you" and show people how we are grateful for their help, it makes them more likely to help us in the future.

Isn't it true that when we help someone we are not doing it to feel better or to boost our self-esteem,

but because it makes us feel good to be needed? Don't we feel valued when we are thanked?

For most of us, conveying our thanks is something we do without hesitation, but for others it is something we struggle with. My fellow Warriors, let's try to boost each other's self-worth and show some gratitude by saying "thank you." It's more than just a nice thing to say or a way to make someone feel good. It encourages others and makes them feel like that they were actually appreciated.

So in closing, a big public "thank you" to everyone who has made this deployment the best it could be.

Article by  
**1ST LT. FRANK HOUGHTALING**  
JTF Staff Chaplain



## COMMAND & CHAPLAIN

The JTF mission can often require extended work hours, but it's important to take a timeout for you. Also, staff chaplain bids farewell and discusses the importance of saying 'thank you.'



## GTMO NEWS

Cardboard Sailors brave the GTMO ocean, the JTF bids farewell to SEL; welcomes Command Sgt. Maj. David Carr, and the JMG provides guidance on how to prevent heat injuries.



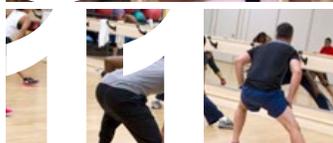
## PHOTO STORY / COVER PHOTO

GTMO residents packed Ferry Landing Beach to enjoy festivities during the annual Day at the Bay celebration. Kids of all ages enjoyed the various activities and treats.



## ENTERTAINMENT

This week in entertainment, "Paul Blart 2" lowers the collective IQ of GTMO moviegoers, and GTMO's least celebrated movie critic provides a throwback review of "Harold & Kumar Escape from Guantanamo Bay."



## SPORTS

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



## LIFE & FITNESS

Does it hurt when you run? Our very own fitness guru provides helpful tips on how to beat the aches and pains associated with running to keep you on the path toward being physically fit.

# MOTIVATOR OF THE WEEK

**CPL. JUNE SEABREE**  
270TH MP CO

**STAFF SGT. AARON RYDER**  
BEEF

### ARE YOUR FACEBOOK FRIENDS REALLY YOUR "FRIENDS"?

Do you have over 100 friends on Facebook? Over 200? How about more than 500? It might seem unusual to some of us, but there are people with over 1000 "friends" on social networking sites. Now think about what information you give to these friends, your address, phone number, birthday, names of family members and other friends? This may seem harmless on the surface but to someone whom you met once and then became "friends" with, they might have other uses for your information. Crimes could be committed using your information. Your house could be robbed. Your identity could be stolen or a credit could be obtained in your name. You need to protect yourself and your information. Next time you're online take a good hard look at your "friends" list and ask yourself if you would really trust all the people on that list with your information. Think before you post, use OPSEC!

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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## TROOPER ON THE STREET

WHO WOULD WIN BETWEEN THE KAWASAKI, JOHN DEERE AND POLARIS SIDE-BY-SIDES?



### STAFF SGT. ROBERT MUNDEN

"I think that if there was a race between the Kawasaki, John Deere and the Polaris gators the John Deere would win. Nothing runs like Deere!"



### SPC. SAMANTHA ECHEVERRIA

"I'm not really sure, but I think I'd go with the Kawasaki because of the name. It sounds faster."



### TECH SGT. AMANDA CRANMORE

"I've heard that the Polaris would win a race, everywhere people just say that Polaris are fast!"

# CARDBOARD, TAPE AND A LITTLE LUCK



The team with the fastest time in the Soggy Bottom Cardboard Boat Regatta race Saturday holds up their winning boat, the Narwhal Yawl near Ferry Landing here. Navy Lt. John Kimmel and Lt. j.g. Andrew Roley, started their construction early on but made the decision to name it the Narwhal Yawl on the day before the race.

Wannabe savvy Sailors, novice nautical engineers and those brave enough to challenge the high seas took on the fierce waves of a calm sunny Saturday bay, as civilians and service members tested their cardboard ships in a race against time and water.

Morale, Welfare & Recreation held the Soggy Bottom Cardboard Boat Regatta at Ferry Landing during the Day at the Bay event. Participants ranged from children of service members to a Viking-clad crew of officers.

The cardboard vessels were a sight to see on dry land, but the true test came, not at the deep depths, but at the landing where most teams quickly found out whether or not they were going to make it.

Among the teams that tried their hand at the construction of a sea-worthy boat were Navy Lt. John Kimmel and Lt. j.g. Andrew Roley, both members of the Public Works Department.

"Even before it was advertised, we were told to start preparing and thinking about what kind of boat design we wanted to build," Roley said.

They decided to go with a canoe shape design, decorated as a narwhal. It was made for speed, colored in off white, with slim lines and a low profile. Their cardboard boat looked fast sitting in line waiting for its turn.

"Based on Lt. Kimmel's stronger experience with kayaking, and our general impression that the back of the boat has the most control we stuck him in the back," Roley said.

Kimmel chimed in with, "it really had more to do with the weight than experience." Both chuckled

but the strategy seemed to be the consensus, as most teams stuck their power rower in the back.

"The race started off rocky, and we almost tipped in the beginning – and hearing the whole crowd give a big 'AAHHH' was a bit stressful but once we got going, it felt like we were moving fast, just like a regular canoe," Kimmel said.

The first few strokes were troublesome but as they gained momentum, stroke after stroke, they made quick work of the course.

Boat after boat pushed off and some looked promising, such as the aircraft carrier-looking "USS SOBRAN" which was flanked on either side by two smaller supporting boats, "USS HAVANA" and the "USS MANILA."

The USS SOBRAN armada was one of the unfortunates. As elegant and buoyant as it looked at first, its weight distribution was its folly as the rear rower leaned to far one way and subsequently capsized the ship.

"We threw around a lot of ideas about what we could make it, and that came at about the last day," Roley said. "We had a long tube ... and what better than ... a sea animal with a spike on it [that] lives in the sea."

In the end, it was the Narwhal Yawl that took home the fastest time for the course and a trophy to prove it. The best design went to the USS SOBRAN for its intricate and elaborate detail.

Story and photo by  
SGT. ADRIAN BORUNDA

# HAIL & FAREWELL TO OUR SEL



Sgt. Maj. Juan Hidalgo, Rear Adm. Kyle Cozad and Command Sgt. Maj. David Carr prepare for the passing of the sword during the relief and appointment ceremony here, Friday. The passing of the sword of office symbolizes the transfer of trust from sergeant major to commander to sergeant major.

A new chapter in Joint Task Force Guantanamo leadership history began, April 16, when Marine Sgt. Maj. Juan Hidalgo Jr. relinquished responsibility as the JTF GTMO senior enlisted leader to his successor, Army Command Sgt. Maj. David Carr.

“There is a common misperception in the Department of Defense, I think ...” said Navy Rear Adm. Kyle Cozad, JTF commander. “You talk about replacing a great leader and you know ... as I started to interview folks, I came to a realization that first of all, you don’t replace a leadership giant like Sgt. Maj. Juan Hidalgo. What I looked to do was to find somebody that had similar values, who had similar passion and a similar drive to lead.”

With interviews underway, Cozad was only on his second one when he found the person who he believed was the right fit to become the SEL for JTF GTMO.

“As I [looked] through the notes I took for his interview, I wrote at the very top after about three minutes, ‘This is the guy,’” Cozad said.

Carr, previously the Garrison Command Sergeant Major at Fort Sill, Oklahoma, accepted the position and will hold it for the next 12 months. He feels extraordinarily honored to be the SEL here.

“From this point forward I vow to do everything in my power to accomplish our mission, to take care of every enlisted member, every officer, every civilian and every family member,” Carr said.

But his gratitude doesn’t stop there, Carr was appreciative of what Hidalgo has done for this task force.

“I want to publicly thank Sgt. Maj. Hidalgo for 31 great years of service to this awesome nation; secondly, I want to thank [him] for 24 months of tireless dedication to this task force and finally for setting me up for success and our seamless transition,” Carr said.

“  
...  
**WE DON’T SAY  
GOODBYE,  
WE BID YOU  
FAREWELL**”

A leader’s job is never done, and from the moment Hidalgo stepped off the plane here, he has done nothing but devote the last 24 months to not only the mission but the people who make this mission possible.

“He is the quintessential motivator to the

community. I know each one of you recognize the great things he’s done for the task force, what he’s done for the community itself at large and what he’s done for the families. He’s gone to bat. He’s stuck up for people, and he is, I’ll say this literally and not figuratively, a leadership giant,” Cozad said.

Hidalgo couldn’t have been more appreciative of the opportunity that he was given to serve here. He said his service has been nothing but a blessing, and he can’t thank the service members enough for all that they do.

“I tell these Warriors to keep doing what they’re doing and have faith. They’re doing a magnificent job. America may not know the whole story, but their story is getting out there. They know, regardless, that they’re proud of them. They need to know that we’re proud of them. I’m proud to have served as their SEL,” Hidalgo said.

After two years of service with the task force, Hidalgo was awarded the Defense Superior Service Medal.

Cozad’s parting words to his friend and colleague, “So today, we don’t say goodbye, we bid you farewell.”

Story by

**SPC. AMBER BOHLMAN**

Photo by

**SGT. 1ST CLASS ROBERT FREESE**

# DON'T BE FOOL STAY COOL



## FUN IN THE SUN

U.S. Naval Station Guantanamo Bay, Cuba is full of outdoor activities. From spending a day at the beach, enjoying the water while swimming or snorkeling, running one of the many 5K's or just trying to get to work, most of the days here are spent outside in the sun.

## CUBA WEATHER

Cuba's climate is mild subtropical, thanks to its proximity to the Tropic of Cancer. Its narrow east-west orientation receives the refreshing action of trade winds and marine breezes. The average annual temperature is about 77 degrees Fahrenheit. During the summer season, extremes of heat average 81 degrees and relative humidity average 80 percent. Last year, high temperatures reached 92 degrees Fahrenheit.

## PROTECTION AGAINST THE SUN

We all hear about how the sun is a good source of vitamin D, but that does not mean you should go out into the sun without some sort of protection. Here are a few ways you can protect yourself from damaging

your skin and prevent sun burns:

- Cover up. Wear tightly-woven clothing that blocks out light.

**“TANNED SKIN IS DAMAGED SKIN”**

- Use sunscreen. A sun protection factor of at least 15 can block 93 percent of UV rays.
- Wear a hat. A wide brim hat (not a baseball cap) is ideal because it protects the neck, ears, eyes, forehead, nose and scalp.

- Wear UV-absorbent shades.
- Limit exposure.

If you have been on island for a few months and watch AFN, you might have seen the commercial stating “Tanned skin is damaged skin.” Tanned skin may be revered as beautiful, but that golden color you see is the result of injury to the epidermis, the top layer of skin. Exposure to the sun's ultraviolet rays accelerates the effects of aging and increases your risk for developing skin cancer.

## FLAG CONDITIONS

One way you can always know the relative temperature on island is by using the Heat Stress flags located at G.J. Denich Gym, Bulkeley Gym, and several other spots between Roosevelt Gate and the NEX.

*Story by*

**PETTY OFFICER 2ND CLASS JOSHUA FRANCIS**

*Graphic by*

**SGT. RICK HOPPE**



There was only one place in Guantanamo Bay on Saturday afternoon where you could purchase a fried Oreo, order Middle Eastern cuisine, buy tropical paintings and watch or donate to throw a pie in the Navy Chief Petty Officer’s faces.

Day at the Bay is an annual event when the community of GTMO comes together for water fun, a craft fair and delicious food.

“Day at the Bay caps off our celebration of Month of the Military Child. We wanted to provide an event to unite the entire community – kids big and small – to celebrate,” said Victoria West, the youth sport and fitness coordinator and event planner. “As we know, when someone chooses to serve their country, their entire family serves in some capacity.”

GTMO’s Military Youth of the Year was recognized to cap off the event. The winner took home a \$5,000 scholarship. Student, Frank Bulnes, will represent GTMO for the regional Military Youth of the Year in June at The New Sanno Hotel in downtown Tokyo. Bulnes is a student-to-student ambassador, a 4-H member, member of the Teen Center and holds a 3.7 GPA at W.T. Sampson High School. If Bulnes wins the regional competition, he will have a chance to compete in the National Military Youth of the Year competition in Washington D.C. with a scholarship prize of \$25,000.

For West’s first time as the event planner, she thought the overall festivities ran smoothly.

“This was my first Day at the Bay, but my co-workers think this was the largest turnout yet,”

West said.

“The Day at the Bay was awesome,” said Navy Petty Officer 1st Class Nathan Coffey, the GTMO coordinator for the Navy/Marine Corps Relief Fund. “If I am not mistaken, I think they actually had a better turnout this year than they did last year.”

Coffey coordinated the pie-in-the-face event to raise funds for the NMCRF.

“My favorite part would have to be when I got to pie my chief gunner’s mate in the face,” Coffey said.

The NMCRF provides financial, educational and other assistance to service members, eligible family members and survivors in need. Coffey said the next NMCRF fundraiser will take place at the Navy Exchange, April 29.

“The Save It or Shave It fundraiser is all about nominating people via their contact information on the slide roller, to either shave their epic mustache or their beautiful golden locks. It will be like an open bid at the NEX atrium on the person under the spotlight at the time,” Coffey said.

West and Coffey appreciated the amount of volunteers who helped with Day at the Bay and the variety of food and craft vendors.

“None of this would be possible without an excellent committee and rock star volunteers,” Coffey said.

“It truly requires a team effort to put this event on,” West said. “I hope all who attended enjoyed themselves.”

*Story by*  
**SGT. REBA BENALLY**





*Photo by Sgt. Reba Benally*

*The local Navy/Marine Corps Relief Fund raised money with a pie-in-the-face competition during the Day at the Bay event Saturday at Ferry Landing Beach here. The NMCRF will also host a Save It or Shave It event on Wednesday.*



Children and adults enjoy water inflatables and kayaks in the cool bay water here Saturday. Attendees were treated to food booths, a craft fair and a pie-in-face contest during the annual event.  
Photo by Spc. Liz Smith



Photo by Sgt. Reba Benally  
A group of children play on inflatable playgrounds while lifeguards keep watch during the annual Day at the Bay event here Saturday.

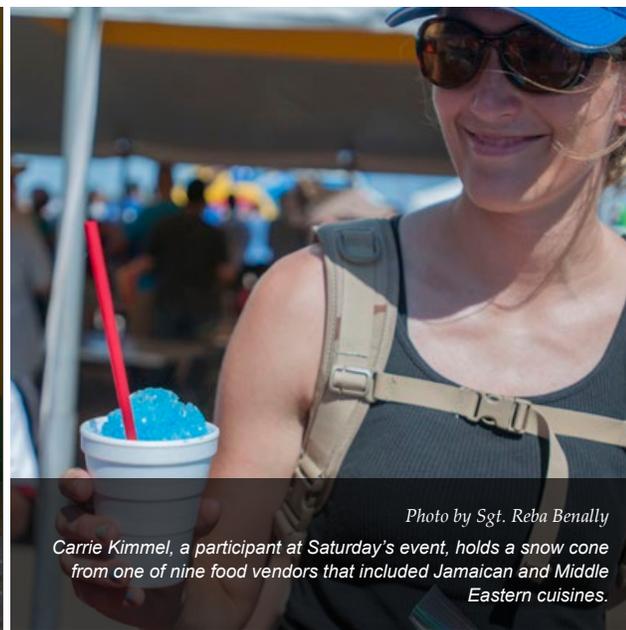


Photo by Sgt. Reba Benally  
Carrie Kimmel, a participant at Saturday's event, holds a snow cone from one of nine food vendors that included Jamaican and Middle Eastern cuisines.

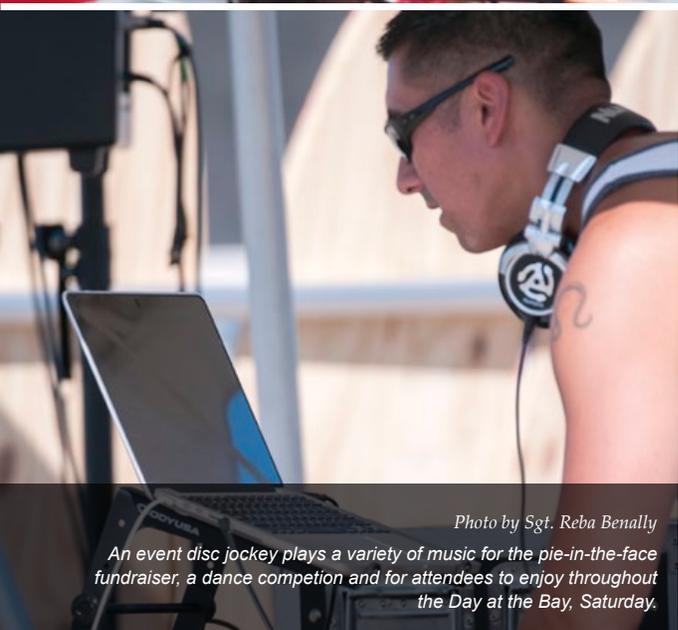


Photo by Sgt. Reba Benally  
An event disc jockey plays a variety of music for the pie-in-the-face fundraiser, a dance competition and for attendees to enjoy throughout the Day at the Bay, Saturday.

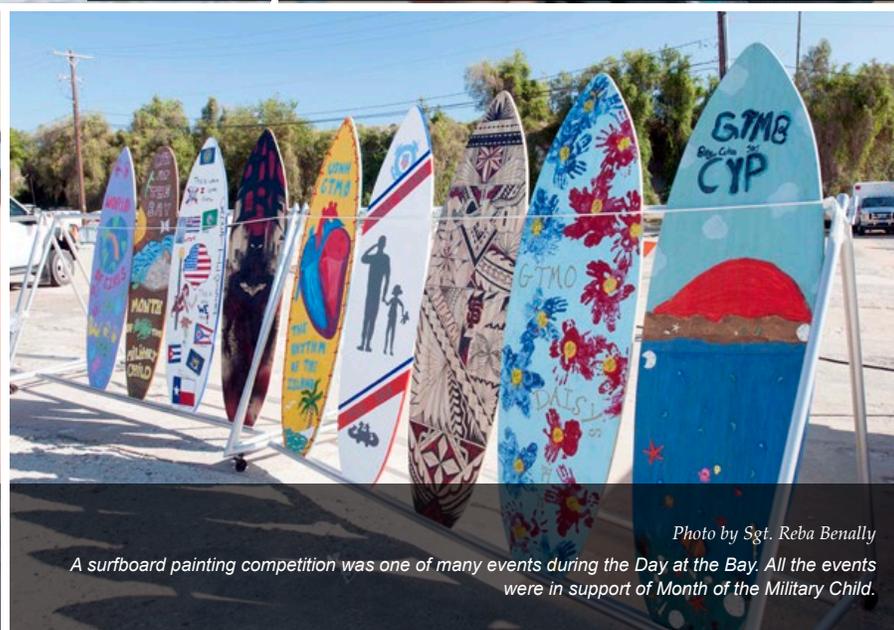


Photo by Sgt. Reba Benally  
A surfboard painting competition was one of many events during the Day at the Bay. All the events were in support of Month of the Military Child.

## THROWBACK MOVIE REVIEW /

## HAROLD &amp; KUMAR ESCAPE FROM GUANTANAMO BAY



Watching a film is like reading a book in that viewing a motion picture accomplishes one of two goals: the film entertains or stimulates the viewer intellectually. Occasionally, a movie accomplishes both. "Harold & Kumar Escape from Guantanamo Bay," does not. However, moviegoers familiar with the stoner duo's 2004 cult classic "Harold & Kumar Go to White Castle," already knew what to expect before viewing the second go-around with our generation's homage to our parent's lovable losers – Cheech and Chong.

The film doesn't disappoint.

The movie kicks off where the last film ended, and after a few stiff moments trying to decide if it's okay to laugh at the raunchy, moronic humor, you settle into your skin and ignore the social norms, political correctness and good manners that weigh on you daily.

Oddly enough, the low-level humor is therapeutic, letting you laugh within the confines of your sanctuary, without the consequence of others judging you for laughing at socially awkward situations. Who doesn't want to laugh

at the lieutenant who fumbles his way through a presentation for the general, or the staff noncommissioned officer who treats every fun PT like it's the Super Bowl?

The movie begins with the two hurriedly making their way through an airport to find Harold's (John Cho) love interest from the first movie, in Amsterdam. While in flight, Kumar (Kal Penn), an intellectually gifted med-school dropout, decides to self-medicate. Unfortunately, his self-medication tool looks similar to a bomb, and he looks Arab. The two are apprehended and taken into custody where they're interrogated. The moronic antagonist, Ron Fox, (Rob Corddry from "The Daily Show with Jon Stewart") disregards Harold and Kumar's explanation and sends them to Guantanamo Bay.

They spend a day at "G-Bay" before escaping and hitching a ride with Cuban immigrants on a makeshift raft headed toward Miami. When they arrive, they decide the only way to clear their names is to travel to Texas and seek help from Kumar's ex-girlfriend's fiancé, who

happens to work for the Department of Homeland Security.

Along the way, they encounter difficulties and take part in a plethora of eventful misadventures.

The funniest is their second encounter with Neil Patrick Harris, better known as Doogie Howser, M.D. Harris takes the two on another drug-induced adventure that includes mythological creatures such as the unicorn and, ultimately, ends with Harris' demise.

The pair finally makes it to Texas, but instead of receiving help, they're tricked by the fiancé back onto a plane to "G-Bay." The duo works their magic and escape from the plane, crashing through President George W. Bush's roof.

To my amazement, the movie doesn't portray the President in a negative light. Instead, he gives Harold and Kumar a bit of insight. After all the trouble the two go through with the government, they're understandably cautious.

However, the President puts them at ease when he tells them he doesn't trust the government either, even though

he works for it, but that as long as you believe in and love the country it makes you a good American.

The movie is dumb. The acting, story and plot are typical.

Amazingly, the film somehow incorporates a bit of patriotism despite focusing on the country's post-9/11 paranoia and our everyday prejudices.

If you want to relax your brain for a couple of hours, and can enjoy tasteless humor, then I suggest grabbing some microwavable popcorn, snuggling up on the couch and Netflixing "Harold & Kumar," but don't bring a date along unless they too laugh at the kid who trips on the sidewalk before offering a helping hand.

*"Harold & Kumar" is rated R for strong crude and sexual content, graphic nudity, pervasive language and drug use.*

Movie review by  
**1ST LT. MACARIO MORA**

# 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.

<b>Home</b> <i>PG, 8 p.m.</i> <b>Furious 7</b> <i>PG13, 10 p.m.</i>	<b>The Gunman</b> <i>(NEW) R, 8 p.m.</i> <b>The Second Best Exotic Marigold Hotel</b> <i>PG, 10 p.m.</i>	<b>Paul Blart: Mall Cop 2</b> <i>PG, 8 p.m.</i>	<b>Chappie</b> <i>(LS) R, 8 p.m.</i>	<b>Unfinished Business</b> <i>(LS) R, 8 p.m.</i>	<b>Get Hard</b> <i>R, 8 p.m.</i>	<b>Divergent Series: Insurgent</b> <i>PG13, 8 p.m.</i>
FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>The Gunman</b> <i>(NEW) R, 8 p.m.</i> <b>Paul Blart: Mall Cop 2</b> <i>PG, 10 p.m.</i>	<b>Run All Night</b> <i>R, 8 p.m.</i> <b>Divergent Series: Insurgent</b> <i>PG13, 10 p.m.</i>	<b>Chappie</b> <i>(LS) R, 8 p.m.</i>	* <b>LYCEUMS CLOSED</b>	<b>Home</b> <i>PG, 8 p.m.</i>	* <b>LYCEUMS CLOSED</b>	<b>Unfinished Business</b> <i>(LS) R, 8 p.m.</i>

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

## MOVIE REVIEW / PAUL BLART MALL COP 2



“Paul Blart: Mall Cop 2” was, to my personal regret, given the green light by Sony Pictures Entertainment and Happy Madison Productions after its appalling predecessor. Good news for anyone with a 5th grade reading level looking to break into show business. Honestly, “Paul Blart 2” might have worked, but as a comedy it was missing one crucial element – comedy.

“Paul Blart 2” takes place a few years after the first film, where Paul Blart (Kevin James) has lost the fiancé he earned in the first film after only a few days, and his mother, who was hit by a milk truck, which was the only scene worth half a chuckle. Blart receives an invitation to attend a security officer’s convention in Las Vegas where his daughter and he stumble upon an organized art heist of the hotel’s most priceless pieces. The criminal team, led

by Vincent (Neal McDonough), can’t manage to outwit Blart, who eventually takes down the highly experienced team with non-lethal weapons and dumb luck.

James wasn’t bad in “King of Queens,” but he just can’t seem to find a significant role on the silver screen. James, who co-wrote “Paul Blart 2,” is set to have three more movies released this year. The largest film being “Pixels,” an alien, video-game mixed comedy co-starring Adam Sandler. A good move on James’ part considering that one of his biggest films to date was “I Now Pronounce You Chuck and Larry,” which also co-starred Sandler. Hopefully, that will knock the pint of Ben and Jerry’s ice-cream out of his sobbing hands due to Rotten Tomato’s zero percent rating of “Paul Blart 2.”

McDonough, a seasoned B-movie

villain, was right at home in this role as crime boss Vincent. Anywhere there’s a casting opportunity for a villain in a terrible movie you can bet McDonough is waiting in line to show off his beautifully bleached turf and creepy smile. His nonsense dialogue was rather limited though. He only spoke a handful of times, each instance lacking a point and any villainous impact. McDonough is already scheduled for another seven movies through 2016, which is a comparable frown for James, unfortunately.

Director Andy Fickman, who also directed “The Game Plan” and “Race to Witch Mountain,” isn’t new to embarrassing B-list actors on the big screen with pointless, plotless family movies. Apparently you don’t need to be a good director in Hollywood, only a strategic planner. Only a handful

of PG-rated family films have been released this year, putting “Paul Blart 2” on schedule to make a shameful profit. Thanks a lot Fickman – now go get a marketing job and please stop making movies.

It doesn’t need to make sense to kids though, and the Downtown Lyceums were proof of that. Children filled the seats, laughing at all the ridiculousness along with, surely, a few regretful parents. All in all, as a kids family film in a genre-dry season, the appeal can be seen and a few kids enjoyed the family movie night out. Being a movie buff however, I dare not give “Paul Blart: Mall Cop 2” more than a star.

Movie review by  
**SGT. RICK HOPPE**

## CAPTAIN'S CUP SPORTS CHALLENGE

INTERSERVICE MULTI-DAY SPORTING CHALLENGE

### FRIDAY, MAY 15

3 point shoot-out, bowling tournament, A punt, pass & kick, 5K run, and a home-run derby

### SATURDAY, MAY 16

Flag football tournament (*first games start May 12*), softball tournament, tug-of-war, golf tournament (*9 holes*), and a mini max-performance event.

Sign up today. Each service is limited to two people or teams per event. The team with the most points wins.

James Holbert is the MWR POC  
([james.holbert.civ@usnbgmto.navy.mil](mailto:james.holbert.civ@usnbgmto.navy.mil))  
1st Lt. Cristian Begazo is Army POC  
Chief McManus is Navy POC  
Staff Sgt. Wyatt is Marine POC  
Staff Sgt. Ryder is Air Force POC  
Lt. J.G. Daniel is Coast Guard POC

# MWR 2015 SPORTS SCHEDULE

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

## MONTH / DAY ACTIVITY

April 25	Olympic Triathlon
May 9	JPJ 5 Miler
May 15-16	Captain's Cup Event
May 24	Fitness Festival
June 8	Racquetball League
June 8	Basketball League
June 13	NE Gate 12 Mile Run
June 15	Soccer League
June 22	Sand Volleyball League
June 29	Soccer League
July 4	Softball Tournament
July 4	Ridgeline Trail Run
July 6	Beach Volleyball
July 13-16	Walleyball Tournament
July 20	Badminton League
July 25	Relay Race
August 8	Cable Beach Run
August 10	Ultimate Frisbee
August 22	Sprint Triathlon
September 5	Wood-bat Tournament
September 14	Co-Ed Softball League
September 26	Trail Triathlon
September 28	Flag Football League
October 24	Paddle, Pedal, Paintball
November 14	Duathlon
November 26	T-Day Half Marathon
December 11	Army / Navy Game

## KICKING YOUR WAY BACK INTO SHAPE



Carl Heron leads his vigorous class in an hour-long cardio kickboxing class here at G.J. Denich Gym. Cardio kickboxing is designed to improve your cardiovascular fitness and tone muscles.

Staying in shape is essential to living a healthy lifestyle, and what better way to stay in shape than to take one of the numerous classes that the G.J. Denich Gym has to offer.

Cardio Kickboxing is one of the more popular classes the gym offers. The class is a combination of dance and martial arts, which is designed to improve your endurance and cardiovascular fitness and tone muscles.

The class is taught by Carl Heron who has been instructing fitness classes for more than 16 years. He started out by teaching martial arts, but once Tae Bo started becoming popular Heron's interest shifted to Cardio Kickboxing.

"I went to class here two times and from there I started teaching, and now I've been teaching here for 11 years," Heron said.

Since Heron began instructing Cardio Kickboxing, he has morphed the class into his own, ensuring that each of his students gets the workout that they are looking for.

"Normally we do aerobics to warm up, then from there we do martial arts and kickboxing and then we do Plyometrics, push-ups, a lot of core. It's a full-body workout," Heron said.

One thing that he has heard from many of his students is that this class has been good for weight loss, so not only are they trimming down their waist size but also having fun doing it.

"I've been losing some weight. I can definitely see some weight loss from here. It's been a fun class that I really enjoy," said Neville Coley, a participant in the class here.

Heron enjoys teaching his classes because he feels like it is important for the morale and welfare of the people on the island; they are what motivate him to keep on teaching.

"I would love more people to come to the class; all I need is your energy and your attitude," Heron said.

This class is open to all levels of people interested in participating, whether you are just a beginner or have done Cardio Kickboxing in the past.

"I wasn't a gym person, but I tried it. So, all of you beginners just come on and try it; it's fun," Coley said.

The class is set up to make sure that participants are getting as much of a workout from it as their bodies can take.

"You come and go at your own pace, don't feel intimidated because everybody goes at their own pace," Heron said.

The classes are held every Monday at 6:45 p.m., Wednesday at 6:30 p.m. and Friday at 6 p.m. at G.J. Denich Gym.

Story by

**SPC. AMBER BOHLMAN**

Photo by

**SPC. LIZ SMITH**

# SOCCER WEEKLY

## THIS WEEK IN THE MLS

### Philadelphia Union vs. New England Revolution

The Philadelphia Union took on the New England Revolution in an East Coast duel. Number three ranked Revolution took to their heels early on, keeping the Union at bay for the majority of the first half. It was Cristian Maidana who would make the lead goal with a left-footed free kick that found the top right corner. Lee Nguyen showed promise often earning free kicks in the opponents half. As the half drew to a close Nguyen opened several opportunities but came up short. His frustration came to bear in the 37th minute as he was shown the yellow card for a hard foul. The Revolution would come out from halftime recharged and renewed. Charlie Davies tied things up in the second half with a close range shot, after receiving a cross from Teal Bunbury. Mounting frustration from the Union, and a lack of effort, allowed Teal Bunbury in the 76th minute to sealed the victory for the Revolution with another close in shot from a cross assist from Diego Fagundez ending the match at 2-1.

### New York City FC vs. Portland Timbers

New York City FC faced off against the Portland Timbers on Sunday. Both teams are currently wading at the bottom of both conference tables and need to pull them back into contention. The Timbers' Dairon Asprilla was arguably the man of the match, always being in the right place and being productive from start to finish. Asprilla earned a free kick within the first three minutes of playing hard defense, as he was called for two fouls within the first 15 minutes. NYCFC kept the pressure on with nine shots on goal in the first half and 14 shots in the second half. The Timbers took the lead and eventually the win, with the first and only goal at the 79th minute with a right footed shot ending it 1-0. NYCFC is lagging behind a Chicago fire team that is hovering below .500 and is ripe for the picking. Whereas the Timbers have a hard fight ahead with strong Real Salt Lake and Houston Dynamo squads ahead of them on the table.

Article by

**SGT. ADRIAN BORUNDA**

# MMA WEEKLY

UFC on Fox 15 "Rockhold vs. Machida" more than lived up to the hype of being one of the best free fight cards the leading mixed martial arts promotion has ever offered to fight fans. The event featured three of the best middleweights in the world, a featherweight title eliminator and the rise of a 115-pound star.

The highly anticipated 115-pound scrap between women's strawweights Paige VanZant and Felice Herrig turned out to be a one-sided beatdown and vindication for VanZant. Herrig looked like the more physically imposing fighter in the first few minutes of the first round, but she couldn't keep up with VanZant's pace. The 21-year-old VanZant continually took Herrig to the mat and landed with devastating ground-and-pound throughout the fight. VanZant earned two 30-26 scores from the judges to take an easy decision. Though young and with few professional fights, VanZant has what UFC President Dana White calls the "it factor." Translation: VanZant can fight and she's beautiful.

Hawaiian Max Holloway took on perennial contender Cub Swanson in a 145-pound tilt that featured two of the UFC's more dynamic strikers. Though the underdog, Holloway came out on fire

and completely outclassed the seasoned Swanson in the stand-up exchanges. In the third round, Holloway caught a weathered Swanson in a guillotine choke for the submission win. The 23-year-old Hawaiian looks to take on a Top 5 fighter in his next bout, to continue his six-fight winning streak.

The co-main event was over before it started. The highly anticipated match-up between Ronaldo Souza and Yoel Romero never materialized because Romero had to pull out of the fight due to injury. Instead, Souza took on Chris Camozzi who Souza had defeated four years ago. The fight played out as expected with Souza making Camozzi tap with an armbar halfway through the first round.

Luke Rockhold put an exclamation on the night by destroying the Dragon. Rockhold took on Lyoto Machida in a pivotal bout, featuring two of the UFC's best. However, the bout wasn't even competitive. Rockhold took Machida to the mat and landed vicious strikes from the top throughout the first round. When the bell sounded Machida stood up and was visibly shaken. Rockhold again took Machida down in the second and secured a rear-naked choke for the submission win at 2:31 of the round. No fighter had ever defeated the former light heavyweight champion Machida so easily. After the fight, Rockhold exchanged a few uncomfortable words with UFC middleweight champion Chris Weidman, who was doing color commentary for the fight.

Article by

**1ST LT. MACARIO MORA**

# MLS TOP 20

## No. Eastern Conf. Standings

01	<b>New York Red Bulls</b>	(3-0)
02	<b>DC United</b>	(3-1)
03	<b>New England Revolution</b>	(3-2)
04	<b>Columbus Crew</b>	(2-2)
05	<b>Orlando City SC</b>	(2-3)
06	<b>Chicago Fire</b>	(2-3)
07	<b>New York City FC</b>	(1-3)
08	<b>Philadelphia Union</b>	(1-4)
09	<b>Toronto FC</b>	(1-4)
10	<b>Montreal Impact</b>	(0-2)

## No. Western Conf. Standings

01	<b>Vancouver Whitecaps</b>	(5-2)
02	<b>FC Dallas</b>	(4-2)
03	<b>LA Galaxy</b>	(3-2)
04	<b>Seattle Sounders FC</b>	(3-2)
05	<b>San Jose Earthquakes</b>	(3-4)
06	<b>Houston Dynamo</b>	(2-2)
07	<b>Real Salt Lake</b>	(2-1)
08	<b>Portland Timbers</b>	(2-2)
09	<b>Sporting Kansas City</b>	(2-2)
10	<b>Colorado Rapids</b>	(1-2)

# POUND 4 POUND 4 TOP 10

## No. NAME Record

<b>01</b>	<b>Jon Jones</b>	<b>21-1</b>
<b>02</b>	<b>Jose Aldo</b>	<b>25-1</b>
<b>03</b>	<b>Chris Weidman</b>	<b>12-0</b>
<b>04</b>	<b>Anthony Pettis</b>	<b>18-2</b>
<b>05</b>	<b>Demetrious Johnson</b>	<b>21-2-1</b>
<b>06</b>	<b>Cain Velasquez</b>	<b>13-1</b>
<b>07</b>	<b>Anderson Silva</b>	<b>33-6</b>
<b>08</b>	<b>Daniel Cormier</b>	<b>15-1</b>
<b>09</b>	<b>Robbie Lawler</b>	<b>25-10,1NC</b>
<b>10</b>	<b>Johny Hendricks</b>	<b>16-3</b>



## IN IT FOR THE LONG RUN

Working out is meant to keep you healthy. However, doing something wrong could wind up causing you a lot of pain. Running is one sport that you have to be very careful with and always listen to your body.

One common pain you may encounter while running is runner's knee. Mike Silverman, a physical therapist at the Hospital for Special Surgery's Sports Rehabilitation and Performance Center, suggests strengthening your quadriceps and glutes to help alleviate knee pressure.

If you do develop runner's knee, Mike suggests using a foam roller to keep your hamstrings, quadriceps, and calves loose and limber.

If you develop pain in your heels, it may be a band of connective tissue in the sole of your foot called the plantar fascia. Stretching your lower legs and calves can help avoid

this pain. If have already developed irritation, try rolling your foot over a golf ball or frozen water bottle.

Your posterior tibialis tendon is responsible for arch support and directly effects what kind of shoe you need.

"Making sure you're running with the correct shoe can limit a lot of potential injuries including tendinitis," Silverman explains.

Stretching is a big part of healthy running. Incorporating a foam roller into your routine will not only help counter injuries but also helps alleviate any pain you may develop.

If you are new to running, make sure you start slow and listen to the signs your body gives you. If you develop pain, rest or seek a doctor.

Article by  
**SPC. MONIQUE QUINONES**

### CHOCOLATE BANANA PROTEIN SHAKE

- 1 scoop chocolate whey protein powder
- 1/4 cup coconut milk
- 1/2 cup milk
- 1 frozen banana
- 1 tbsp. cocoa powder
- 1/2 tsp. pure vanilla extract
- 1 tbsp. agave syrup

### HOW TO CREATE THE BEST POST-RUN PROTEIN SHAKE: THE BASICS

- Start with a base of milk or yogurt
- If dairy isn't an option, blend half or one whole scoop of protein powder with 8 ounces of water
- ADD CARBS**
- Milk or yogurt is already about 10 grams
- A banana adds about 30 grams
- 2 cups of sliced strawberries is about 30 grams
- 1/2 cup of quick oats is about 27 grams
- BE CREATIVE**
- Try different mixtures and flavors every time

*"Ask yourself, 'Can I give more?' The answer is usually 'Yes.'"*  
- Paul Tergat, Kenyan professional marathoner



## JSMART SPOT

▲ JSMART HELPER: TITAN

### HOW SUNLIGHT HELPS

Growing up, we heard warnings from parents and media that sunlight is harmful. Whether it's for fear of being sunburned, or prevention of skin cancer, we have good reasons not to overexpose ourselves to the sun. However, without the right amount of sunlight, we could be setting ourselves up for trouble.

Getting at least 15 minutes of direct sunlight a day can increase our brain's production of serotonin, which is a neurotransmitter that regulates sleep, appetite, memory, and mood. Scientists have been able to find links between low levels of serotonin and depression, but scientists are still unsure whether depression leads to lower serotonin levels or vice versa.

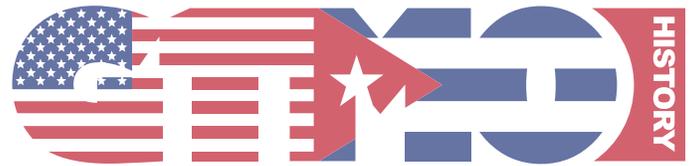
A lack of sunlight can increase our melatonin, which is a chemical that our brain produces to aid in sleep. Melatonin is produced in a hormone above the optic nerve. Whenever we wake up it can be helpful to expose ourselves to sunlight as soon as possible. When the light is absorbed

through our eyes, it triggers our brains to turn off the production of melatonin, making it easier to feel awake. Without regular exposure to sunlight, we may begin to find ourselves feeling lethargic.

For those of us who have worked night shifts, it goes without saying that it takes some getting used to. Working nights can affect our "circadian rhythm," the biological rhythm pattern that regulates sleep and wake states.

Once we've become accustomed to not being in the sun, we must be proactive about getting our recommended amount of light. The same applies to anyone who works primarily indoors; which unfortunately, is most of us.

Article by  
**PETTY OFFICER 3RD CLASS  
RANDALL KELLEY**



### THEN & NOW: CHRISTMAS TREE HILL



The chief petty officer's mess was built in the 1920s. When the doors finally closed in the early 1990s the building was in disrepair, and was too expensive to repair. It was likely torn down sometime in the late 1990s. The hill used to be called CPO Mess Hill. It is currently where the GTMO

Christmas tree stands every year and is now called Christmas Tree Hill.

Article and bottom photo by  
**SGT. 1ST CLASS ROBERT  
FREESE**  
CPO Hill photo (top) by  
**PARLIN COLOR PHOTO CO.**

**ROMAN CATHOLIC (NAVSTA chapel)**

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

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

Sunday*	1900	
Friday night movie	Friday	1900 "King's Faith"

**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	Cuzco Block H
	Wednesday	1900	JTF Troopers' Chapel
Beginners Bible Study*	Thursday	1130	JTF Deputy Chaplain's Office
New Christian's Inquiry*	Saturday	1900	JTF Troopers' Chapel
Christian Fellowship	Sunday	1800	Main Chapel (Non-denominational)
Jewish Hebrew Tanakh	TBA	TBA	Contact JTF Chaplain's Office x2218

\*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

**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

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

- Windward Loop / E. Caravella:  
0900/0930/1200/1230/1500/1530/1800/1830
- SBOQ / Marina:  
0905/0935/1205/1235/1505/1 535/1805/1835
- 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

# ROOSEVELT GATE PROJECT UPDATE

The Roosevelt Gate Project is currently on schedule, entering its fourth week on the renovation. The improvement project is still in Phase I, which is scheduled to last about six to eight weeks total. Currently, the contractors are about half way done with Phase I. The ground has been compacted and new concrete pavement has been poured. Once complete, the phase will provide a new rejection lane and outbound inspection area for Entry Control Point Roosevelt. When Phase I is complete, the project will move to Phase II, which is expected to take approximately six to eight weeks to finish. The projected timeline for phase II to begin is late May.

Information provided by  
**ARMY 1ST LT. CRISTIAN BEGAZO**  
 JTF Engineers

# FUNDRAISING EVENTS FOR THE ARMY BIRTHDAY CELEBRATION

April 25: Bake Sale, Bagging for Dollars, T-shirt Sale at the NEX  
 April 30: Army Ball Auction during Mongolian Night at the Bayview. Some of the items will include an empty Jack Daniels barrel, a 24x36 custom mahogany-framed underwater photograph by a local GTMO photographer and a guided scuba-diving trip with Col. Heath.

All funds raised by the committee will support the Army Birthday Celebration on June 13 by helping defray the ticket costs for junior Soldiers and provide mementos for attendees such as coins and glasses.

For more information about the Army Ball or to help with fundraising, contact Maj. Carrick McCarthy at x8059

*Photo by Lara J. Bright*

# PARTING SHOT



'STOW AWAY OCTOPUS' PHOTO BY AIR FORCE MASTER SGT. LORA J. BRIGHT WITH SJA. FOR A CHANCE TO HAVE YOUR PHOTO FEATURED IN THE PARTING SHOT, PLEASE SEND SUBMISSIONS TO: [THEWIRE@JTFTMO.SOUTHCOM.MIL](mailto:THEWIRE@JTFTMO.SOUTHCOM.MIL)

THE WIRE

