

THE OFFICIAL PUBLICATION OF JOINT TASK FORCE GUANTANAMO

THE WIRE



MAY 1, 2015

GUANTANAMO'S OLYMPIC TRIATHLON

TRIATHLETES SWIM, RUN,
BIKE TO PLACE IN ULTIMATE
ENDURANCE EVENT

A DAY WITH RAMON

ONE OF GTMO'S OLDEST
RESIDENTS SHARES
EXPERIENCE ON THE BASE

JEWISH AMERICAN HERITAGE MONTH

JTF CELEBRATES THREE
JEWISH AMERICANS AND
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STAY CONNECTED

PHOTO STORY





LT. COL. HOLLIE LOSEE

Commander, Prime Base Engineer Emergency Force

There is no cookie cutter recipe for good leadership, and one could argue the definition of good leadership is not the same for all. In fact, the definition of good leadership is different for everyone. Most importantly, it is not rank dependent, and not done alone. You may have heard me say, "They have a different leadership

YES! EVERY LEADER IS DIFFERENT

style than I do."

That is not to say that their style is better or worse, or that given the same circumstances, I would have done something different. My point in that statement is that diversity in leadership styles is not only a truth but a constant. Compare the concept of leadership with the concept of beauty. We have all experienced both concepts, but whether or not it was good or bad is in the eyes of the beholder.

Author Tom Rath, in "StrengthsFinder 2.0," the No. 1 Wall Street Journal and Business Week bestseller, suggests that individuals should spend more time developing their strengths than trying to overcome their shortcomings. I personally believe this is a valid suggestion and have let it guide my (if I may be so bold) good leadership philosophy. I challenge myself as a leader, on a daily basis, to continually develop my leadership strengths. To grow and empower. But how do I make up for my leadership shortcomings? By empowering those around me to develop their leadership strengths. Chances are that my shortcomings will be someone else's strengths, and leadership is a team effort.

When you ask someone on your team, "What do you think?" Are you 100 percent positive that they feel free to tell you the whole truth? I encourage this question and the empowerment it represents. As a leader, you have to be willing and able to identify and give your

subordinates learning opportunities, so they can grow their leadership capabilities, which will help them to determine their own strengths and shortcomings. Applying this consistently, whether to officers, enlisted or civilians of all grades, sets the example and expectation of leadership by empowerment.

I've received my best leadership advice and mentoring from senior enlisted, junior officers, civilians and yes, senior officers. The great advice along the way, and even a gentle (or not so gentle) kick in the rear when necessary, has given me the opportunity to continually develop my strengths and empower those around me to develop theirs.

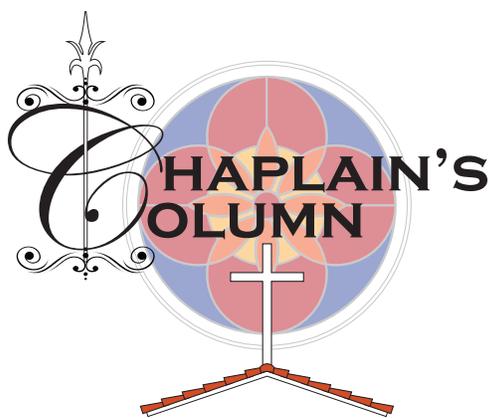
To quote one of my mentors, retired Col. Ed Oshiba, "Leadership is a relationship, and strong relationships are built on mutual understanding. Leadership is a dialogue, not a monologue; it's give and take; it's building an environment where people feel free to speak what's on their mind, without fear of retribution."

That is how I define effective leadership empowerment. Developing strengths empowers good leadership, albeit, always different to the eye of the beholder.

Article by

LT. COL. HOLLIE LOSEE

Commander, Prime Base Engineer Emergency Force



The story has been told of the man who pulled into a gas station and observed a tow truck pulling in a brand new RV, which had been totally wrecked. It appeared as if it had collided with a train. Out of curiosity, the man approached the tow truck driver and asked, "What in tarnation happened to this brand new RV?" He soon learned from the tow truck driver that the owner was so impressed with the modernity of this new RV that he decided to turn on the cruise

THE CHOICES WE MAKE IN LIFE

control, then proceeded to walk to the rear of the RV to get a soda out of the refrigerator. Cruising at 50 mph, with no one at the wheel, sent the new RV tumbling off the side of the road.

Like this driver, there are many in life who simply attempt to move through life on cruise control with no steering. They figure if they work and party hard for the moment that life should resolve itself. They drown their sorrows in over-work, play, alcohol and other assorted addictions. By the same token, there are others who simply want to cruise along at a level of mediocrity, never wanting to move out of their comfort zone.

The point is that the road to life will always take you to a destination. Where you end up is strictly up to you, not fate or chance. You decide how you get there, how fast and how well. It's all determined by what you believe and do. In a marriage, you face the choice between divorce and marital happiness. At work, the choice is between mediocrity and excellence. With spirituality, it is a choice between life and death. Every action taken brings you closer to one or the other.

You're never really just cruising to nowhere. You're always moving toward some place or somewhere in time. Are you reaching for a quick grab of comfort or pleasure, like the man in the RV reaching for a soda, and in the meantime walking away from taking control of your life?

Proverbs 23:7 states, "For as a man thinks within himself, so he is." Our actions are many times connected to our faith, belief system and thought life. We act what we think. We can also change and grow, with the power of God working in us. We need to be fully functioning individuals, who are at the wheel in life, but who are also allowing God to take control and help to steer us in the choices that we make. If we chose for ourselves, in our own power, we make too many dreadful decisions that cost us. The decision to obey is up to us. Let us make better choices for a healthier lifestyle for ourselves and families.

Article by

CMR. GARY BENNETT

JTF Command Chaplain



COMMAND & CHAPLAIN

The decisions we make determine the path we will travel, regardless of whether our intentions are pure or not. Our command chaplain gives us advice to guide us into making healthy life choices.



GTMO NEWS

May is Jewish American Heritage Month, the SJA celebrates Law Day by discussing the importance of rule of law, MARSECDET Skypes home, and troops discuss new Army tattoo policy.



PHOTO STORY

A precious part of Guantanamo history since before the Northeast Gate closed, one of GTMO's Cuban residents humbly discusses life here on the naval station while fishing.



ENTERTAINMENT

This week in entertainment, one of GTMO's most revered movie critics gives us a history lesson on comic book films and Sean Penn stars in "The Gunman."



SPORTS / COVER PHOTO

GTMO athletes compete in an Olympic Triathlon, and the sports section will now feature a weekly MWR sports story along with the current standings.



LIFE & FITNESS

How do you deal with stress? Our fitness guru provides insight on how to tailor your workouts to help maintain not just your physical fitness, but your mental health, for overall balance.

MOTIVATOR OF THE WEEK

PETTY OFFICER 1ST CLASS
ROBERT WEBB
PSU 308

SPC. DUBONNET M. PHILLIPS
J1

DO YOU YAHOO?

Do you use Gmail or Hotmail? Is the email account you use one that you got for free just for signing up? If so, remember that things obtained for free may not be all they're cracked up to be. Most "free" email accounts are not encrypted and do not have very strong security. Make sure that you are careful to avoid sending sensitive information via email. Personal information should not be emailed. Work documents marked "For Official Use Only" should never be sent to personal email accounts. Just taking off the "FOUO" label doesn't make the information safe to email. Hackers have been known to target personal email accounts of military people, looking for sensitive data, personal information or information about military operations. Think before you hit the send button. Be safe, use OPSEC!

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TROOPER ON THE STREET

WHAT IS YOUR FAVORITE MWR SPORTS LEAGUE OR ACTIVITY HERE AT GUANTANAMO?



PFC. ANGELO ISQUIERDO

"My personal favorite is scuba diving, because the water is the perfect temperature."



SGT. ISABEL POLANCO

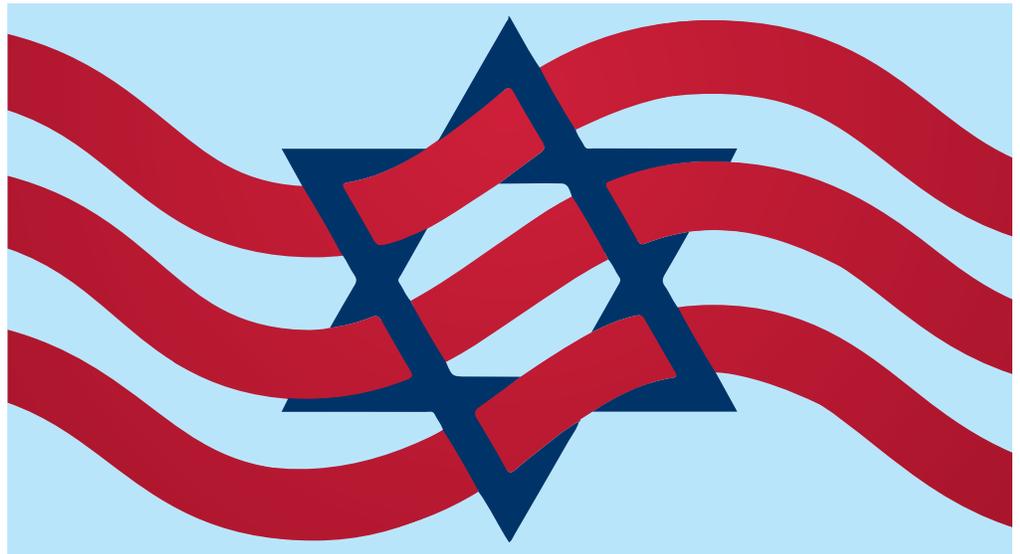
"It is going to be Latin night, when I take over!"



**PETTY OFFICER 1ST CLASS
CELESTE DUNLAP**

"Definitely softball, but I also love the races. Softball, due to the team atmosphere we have and our team is kicking butt! We're doing awesome."

MAY: JEWISH AMERICAN HERITAGE MONTH



On April 20, 2006, President George W. Bush signed Jewish American Heritage Month into law. This was achieved because of the effort of the Jewish Museum of Florida and the South Florida Jewish community leaders who wanted a celebration of Jewish Americans and Jewish American heritage.

According to jewishheritagemonth.gov, May was chosen because of the successful 350th anniversary celebration of Jews in America. Some of the influential people in Jewish American history include Levi Strauss, Isaac Mayer Wise, Betty Friedan and Florence Prag Kahn.

Levi Strauss immigrated to San Francisco during the gold rush and opened a wholesale dry goods business, Levi Strauss & Co. By 1873, Strauss and a Nevada tailor by the name of Jacob Davis created the first blue jeans and received a U.S. patent to make men's denim work pants with copper rivets. Today this company is known as Levi's brand. Levi Strauss & Co. is still privately held by descendants of the Strauss family and is also one of the world's largest brand name apparel marketers.

A prominent Jewish leader in the 19th century, Isaac Mayer Wise established major ideas and institutions of reform for Judaism in America. From this came the Union of America Hebrew Congregation, Hebrew Union College and the Central Conference of American Rabbis. Wise immigrated to America in 1846, where he introduced reforms like choir singing, mixed seating and confirmation. This led to many heated debates and controversy. By 1854 Wise moved to Cincinnati to become rabbi of B'nai Yeshurun, which he made the largest and most prominent congregation of its time.

Betty Friedan started the "second wave" of the Women's Movement in the United States. She attended

Smith College where she majored in psychology and edited the college newspaper. Because of her, the paper became a forum for the fight against fascism, and in favor of union organizing at home. By 1957, she began a series of studies of female peers, resulting in her influential book, "The Feminine Mystique." Her argument was that women were the victims of "the problem that has no name" that forced them into marriage and motherhood on promises of a fulfilling and meaningful life. Among her other successes are co-founding the National Organization for Women and the National Association for the Repeal of Abortion Laws or now known as NARAL Pro-Choice America.

Finally, Florence Prag Kahn was the first Jewish woman to serve in the United States Congress, but she was also a high school English and history teacher, before she married. She obtained her seat in congress by a special election when her husband, Julius Kahn, died, and was re-elected on her own for five terms. During this time she was a voice for the military installations in her district, and the first woman to serve on the House of Military Affairs Committee.

A first-ever White House reception was held in honor of Jewish American Heritage Month in 2010, by President Barack Obama. The event celebrated the Jewish American heritage and contributions to American culture, which showed that it is important to highlight the many people who have influenced our rich history over time.

Story by

SPC. LIZ SMITH

Illustration by

SGT. RICK HOPPE

RULE-OF-LAW APPRECIATION DAY



As most of you are probably aware, May 1 is that widely observed day of rule-of-law appreciation, known as Law Day.

Actually, Law Day is better described as one of our more obscure days of national observance, which probably came about when President Eisenhower lost a bet to his attorney back in 1958. Yet, wherever it came from, and however unremarkable the occasion may seem, the truth is that any day that celebrates the rule of law is a day that celebrates something truly great about our country. The fact that we create, enforce and respect laws as more than mere suggestions or formalities may sound like an incredibly basic concept, but it sets us apart and is worth thinking about at least once a year.

This year, Law Day celebrations all around the country will be hosted by the American Bar Association and focus on a document from medieval England known as the “Magna Carta” (which is Latin for “Great Charter”). The “Magna Carta” dates back to 1215 and represents the first restraints applied to the absolute authority held by monarchs of the age. In a very broad sense, the “Magna Carta” contained guarantees from the rulers to the ruled about the rights and protections they were entitled to. If this concept sounds familiar, it should. The ideas contained in the “Magna Carta” were extremely influential for our Founding Fathers, and several of these ideas even made their way into the Constitution and the Bill of Rights.

Take, for example, the 5th Amendment. Yes,

it’s about more than just “pleading the fifth” (also known as the right against self-incrimination). The 5th Amendment also includes something called the Due Process Clause, which states:

“[N]or shall any person ... be deprived of life,

“**[N]OR SHALL ANY PERSON ... BE DEPRIVED OF LIFE, LIBERTY, OR PROPERTY, WITHOUT DUE PROCESS OF LAW**”

liberty, or property, without due process of law.”

Later on, the 14th Amendment copied this language, making it applicable not only to the Federal government, but also to the individual States. Now, for a side-by-side comparison, here’s Clause 9 of the “Magna Carta:”

“No free man shall be seized or imprisoned, or stripped of his rights or possessions, or outlawed or exiled, or deprived of his standing in any other way, nor will we proceed with force against him, or send others to do so, except by the lawful judgment of his equals or by the law of the land.”

These ideas, which have survived throughout the centuries as words shouted in angry protestation and whispered where they could not be spoken out-loud, took root in our society and thrive to this very day as an American tradition to be proud of. The rule of law is one of the foundations of the security we enjoy in our daily lives. But it’s certainly not only (or even mainly) attorneys who, as a professional vocation, promote the rule of law. It’s each and every single member of Joint Task Force Guantanamo. It’s the men and women who ensure by their very actions and unfaltering respect for the law that operations here truly remain Safe, Humane, Legal, and Transparent.

For further information, contact your local Office of the Staff Judge Advocate.

“In a very real sense, the world no longer has a choice between force and law. If civilization is to survive it must choose the rule of law.” – President Dwight D. Eisenhower

Article courtesy of

JTF OFFICE OF THE STAFF JUDGE ADVOCATE

Illustration by

SGT. RICK HOPPE

PORT SECURITY UNIT SKYPES HOME



The Coast Guardsmen with the landside security element, with Port Security Unit 308, based out of Kiln, Mississippi, Skype their command staff currently deployed to Joint Task Force Guantanamo with the rest of PSU 308, April 19.

Feeling forgotten and less important is a common feeling that personnel left in the rear might experience while the rest of the element is deployed.

For Port Security Unit 308, currently deployed with Joint Task Force Guantanamo as part of the Maritime Security Detachment, that is not the case. With more than two thirds of their unit currently deployed here and one third still in the rear, Cmdr. Ronzelle Green, PSU 308 and MARSECDET commanding officer, makes sure everyone feels like they are a part of the mission.

With GTMO's recent Morale, Welfare & Recreation Internet upgrade, the MARSECDET command staff was able to take checking up on their Coast Guardsmen to a whole new level with Skype video chatting.

"To be successful we have to all be in it together. We're all one unit, so for our folks, it will let them feel like they are here with us. They might not be physically here, but they are here with us, supporting us and we're supporting them also," Green said.

On April 19, members of the command gathered in front of a laptop computer at Marine Hill Liberty Center's sound-proof instrumental room, to check up on personnel and talk to them about the current mission here at GTMO.

Ensuring that service members are not forgotten is a huge part of morale both at home and abroad. It is the command staff's duty to its subordinates to ensure that everyone feels like they are important to

the mission at hand.

"It's important to me to make sure that we are consistent; we're doing the same things, and we're saying the same message. Plus, it gives the people back home a taste [of our mission here]," Green said.

After a lot of planning and troubleshooting, the Skype call was scheduled and given the go-ahead. Coming from a technical background, Lt. Cmdr. Shawn Nesser, MARSECDET executive officer, was instrumental in coordinating the big day.

"I had to coordinate with the units executive officer, back in garrison, to make sure that the timing would work with the units drill weekend schedule and then our schedule here," Nesser said.

While members of PSU 308 were huddled around a computer here, that was not the case for members back in garrison.

"Back at the unit they had a camera set up where we could actually see everybody and the audience and they had a really good microphone. So, even the people in the back of the room could stand up and ask questions, and we heard them just like they were here," Nesser said.

"For us it's just good seeing our guys. You look on the screen and see them and it's just like 'oh there's so and so!' I think that connection has to continue especially to be one unit. Without that, we can leave for nine months and forget all about them," Green said.

This will not be the last time the command staff plans on seeing their team. They have plans to try and video chat with them at least once a month, or even every other month. Green wants to ensure continuity, and with the increased Internet speed they are able to do just that.

"A big thank you goes out to MWR for working on getting us the better connectivity. The Marine Hill MWR connectivity is just amazing," Nesser said.

Green hopes that all units are able to keep the bond they have with service members back home. After all, it's important that they always feel like they are a part of the team.

"It's still one unit, one fight, and we want to continue that. So, with the other units coming down, figure out how they can create that bond, even if it's virtual, with the folks back home. It makes a difference," Green said.

Story by

SPC. AMBER BOHLMAN

Photo by

U.S. COAST GUARD

LT. TERRY CLANCY

SOLDIERS REACT TO POLICY CHANGE



Sgt. Lacey Bretado, left, and Staff Sgt. Michael Romero, members of Joint Task Force Guantanamo, pose in and out of uniform to show off their tattoos. Both Soldiers are relieved that the 2014 tattoo restrictions have been lifted, but are wary of any changes that may come down the road.

In early April, the U.S. Army published a revised version of the uniform policy that governs acceptable tattoos for Soldiers. The revision eliminates a change that Soldiers around the force strongly opposed.

This restriction prohibited Soldiers from having tattoos below the mid bicep or below the mid thigh. For those who already had tattoos in these areas, there were proper steps to being “grandfathered” into compliance.

From Soldiers at the most remote forward operating bases in Afghanistan to National Guardsmen across America, a resounding, “what the ...” could be heard.

Two of the Soldiers who were surprised by the 2014 change in policy are current members of Joint Task Force Guantanamo, and both have ink that made these otherwise exemplary Soldiers, “out of regs.”

Staff Sgt. Michael Romero, originally from Fresno, California, was raised there and watched as family members set the example of service and patriotism.

“I grew up wanting to join the Army. Four of my mom’s brothers were in the military, three Army, one Marine,” Romero said. “Ever since middle school, I wanted to join the military. I joined in 2008.”

It was after completing basic that Romero completed the unofficial rite of passage known to many Soldiers.

“I got my first tattoo right after basic training. It was the one with the praying hands,” Romero said. “It symbolized my faith in God, and the dog tags

symbolize my service.”

Those dog tags, now in an area free for him to add on to, was, for a moment, to remain unchanged, unless he wanted to face the Uniform Code of Military Justice, for violating the 2014 policy.

“A PERSON ... DOESN'T HAVE TO BE DEFINED BY THEIR INK”

“I was pretty shocked that they were getting that strict,” Romero said. “I didn’t fall into compliance so I had to get my tattoos documented.”

Now, Soldiers should wait until the revision is published and official before they go out and get new ink. Seeking advice from your chain of command is still encouraged.

“With the new change coming, I feel that they are understanding Soldiers better, listening to them rather than just making policy,” Romero said. “They understand, and they are adapting to the change in culture of the Soldiers and today’s environment by allowing the tattoos.”

Sgt. Lacey Bretado joined the post Iraq-surge Army already heavily tattooed.

“My first big tattoo that I got was a ¾ sleeve, with a mother Mary and a baby, it represents when my son passed away,” Bretado said. “It helped me through my grieving process when he passed away.”

After the announcement of the 2014 policy, Bretado felt like this was an avenue for discrimination for Soldiers who chose tattoos as their form of expression.

“At that point I felt like it was getting to a point where I couldn’t better myself, learn as an individual and progress professionally because of the way I looked. I was definitely scared,” Bretado said.

The elimination of the 2014 policy lifts some of the stereotype that Bretado felt when it was announced.

“In today’s Army, we are the professionals; this is the new face of the Army,” Bretado said. “My goal, probably for the rest of my life, will be to help ... the Army society [understand] that a person who is heavily tattooed doesn’t have to be defined by their ink.”

Tattoos mean a lot of different things to different people, but for Soldiers it is a part of the culture.

As to how big the tattoo culture is in his unit, Romero said, “I think the real question is how many Soldiers don’t have tattoos now.”

Story and photo illustrations by
SGT. ADRIAN BORUNDA



Photo by Spc. Liz Smith

Ramon Romero laughs at a comment made by a fellow fisherman as he fishes for bait and Mackerel in the Bay here April 18.



Photo by Spc. Liz Smith

Romero unhooks a bait fish from his pole before going into the bay in order to catch the larger Mackerel.



Photo by Spc. Liz Smith

Romero, a long time resident of Guantanamo Bay, Cuba, looks out over the water the morning of April 18, during one of his frequent fishing trips. Ramon is known throughout the GTMO community for his many skills including fishing.



Photo by Spc. Amber Bohlman

Romero, a Cuban community resident, kneels next to his truck as he prepares to do some regular maintenance at his residence here April 15.

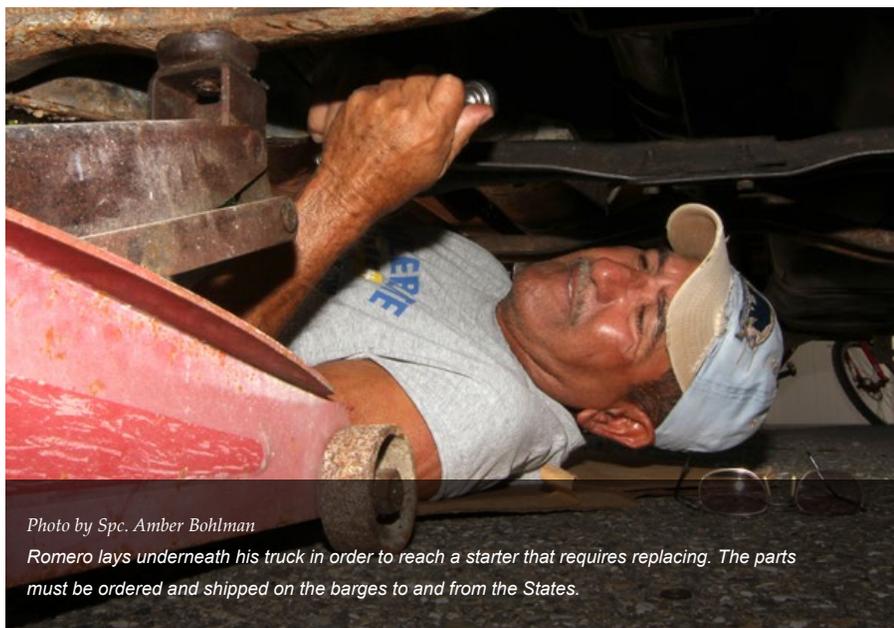
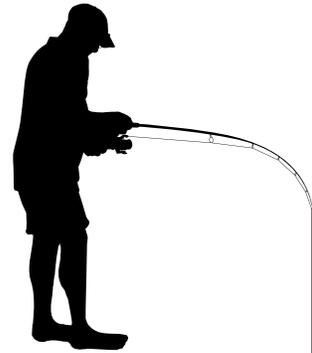


Photo by Spc. Amber Bohlman

Romero lays underneath his truck in order to reach a starter that requires replacing. The parts must be ordered and shipped on the barges to and from the States.

A Day with RAMON



Most of us here at U.S. Naval Station Guantanamo Bay are here temporarily, on deployments ranging from six to nine months, or three-year tours. However, there is a whole community who has lived here since before the Northeast Gate closed in 1958.

One of those people is Ramon Romero, who has been here for 56 years, since he was 17 years old.

His house is inviting, cozy and feels like you are walking into a family member's home. Pictures hang on the walls and a lived-in feeling freshens the air.

Sitting at the kitchen table, Ramon reminisced about the different periods of his life here, while he snacked on mackerel, onions and bell peppers on crackers.

Remembering when the gate was open, he said it was common for military personnel and civilians from the base to live in Cuba. He described Cuba as nice – a sharp contrast to his opinion of the Cuban government. He came over here to escape the conflict, and his grandfather had a business on this side of the fence.

"My grandfather had a produce boat and truck," Ramon said. "The truck brought all the produce for the bachelor officer's quarters and the galley. He would bring the produce for the people on the base."

A lot has changed since Ramon's grandfather delivered produce around the naval station. Something that hasn't changed much is fishing, with the exception of some years not being as fruitful as others.

"The fishing has been kind of slow, because in Cuba they dumped some kind of chemical that

killed the fish and the barnacles," Ramon said. "It started to clear up – for awhile the water was muddy like chocolate. It was like that for almost three years."

There is still fish to be caught, and Ramon occasionally takes people from the naval station and from Joint Task Force Guantanamo out to enjoy this pastime.

Renowned for his fishing ability, when asked where to go and how he catches as many fish as he does, Ramon humbly said he is just in the water at the right time.

Lt. Cmdr. Hanh Tang, head of the Pharmacy Department at U.S. Naval Hospital GTMO, has been fishing with Ramon a few times and described her time fishing with him as enjoyable.

"It's fun, because you have the local perspective of someone who has been here for a long time and he can tell you where to go to fish," said Tang.

In addition to fishing, Ramon also does light mechanic work on his truck, like changing the starter or other simple fixes. He also spends time working on his dock and keeping his pontoons up and running.

Editor's note: Like the other Cubans who live here at GTMO, Ramon is an important part of our history here. The Cubans who chose to stay on the American side of the fence did so during an unstable and frightening time in their country. They made that decision knowing there was a chance they might not see loved ones again. 'The Wire' is grateful for the service of the Cuban men and women of GTMO!

Story by
SPC. LIZ SMITH



MOVIE PREVIEW / AVENGERS: AGE OF ULTRON



Marvel's newest superhero monolith, "Avengers: Age of Ultron," is scheduled for release in the United States, Friday, and is expected to become one of the largest opening weekends in movie history. Considering the success of its predecessor, "Marvel's The Avengers," which became the largest grossing theatrical comic book adaptation to date, some may think it's a done deal. Can the sequel fly high enough to beat its own records? Or will the introduction of even more superheroes under one roof be too much for fans?

For fun, let's take a brief look into the history of Hollywood's heroes who've become so popular lately.

Film adaptations of superheroes and comic books began immediately following the introduction of comics in the 1930's. During the depression and deflation, comics gave publishing presses a reason to stay running during hard times. It was more cost effective for presses to keep going due to unreasonable shut down and start up costs. Popular comic strips also allowed for creative advertising by companies that would hand out the comics for free.

The golden age of comics, which introduced many popular heroes we see today, came in the 1940's. Shortly afterward, comic book movies became a popular genre, eventually transforming into the superhero movies we see

today. Movies like "Adventures of Captain Marvel" (1941), "Batman" (1943), "Captain America" (1944) and "Superman" (1948) helped propel the genre to its current fame. The 1978 adaptation of "Superman," starring the late Christopher Reeve, holds two of the top 50 grossing comic book movie spots and is still considered one of the most influential superhero films ever.

In the 1989 version of "Batman," directed by Tim Burton and starring Michael Keaton, a darker side of the genre emerged as DC Comics struggled to break away from a sappy reputation it earned with the 1960's Batman television series, starring Adam West.

The most recent onslaught of comic book movies in America is widely believed to have been jump-started by Sam Raimi's "Spider-man," in 2002. The web-slinging hero's three-film franchise, starring Tobey McGuire, still holds spots 5-7 on the top 10 highest theater-grossing comic films of all time. It also introduced ground-breaking theatrical stunts and computer generated graphics, letting fans see what it's like to swing through New York City's skyline, like Spidey himself.

"Marvel's The Avengers," in 2012, is the largest film to date that brings together so many superheroes from several alternate titles into one giant franchise. Not only has it been

successful, its opened up a new galaxy in the movie universe, showing Hollywood that fans don't mind holding out for multiple installments to form a larger, more epic picture.

Five new heroes have been added to the original six in the "Avengers Age of Ultron." Excluding the newest villain, Ultron, who is voiced by James Spader. The newest additions are War Machine, Quicksilver, Scarlet Witch, Vision and The Falcon. War Machine, Quicksilver and The Falcon are being brought in from their previous Marvel Universe roles in "Iron Man 3," "X-Men: Days of Future Past" and "Captain America: The Winter Soldier." Each of the characters will be fighting for dialogue during the 141 minute runtime, which is two minutes shorter than the first installment. Granted, only four characters will need introductions, but if you thought keeping track of the original six was difficult, you'll now have to keep up with 12 heroes and villains in battle. Not to mention the tension that will surely arise between Ironman and Captain America.

If you haven't had the luxury of smooth, streaming Internet ... then here's what you'll want to watch out for in "Age of Ultron," possible spoilers ahead.

Like we all know, Ironman and Cap have had some differences in opinion, so look forward to an all out throw

down, which is reported to lead into the new Captain America film "Civil War." Another bit of tension from first film was between the Hulk and Black Widow. Rumors are, tension may turn into a bizarre understanding with undertones of feelings for one another. The introduction of Quicksilver and Scarlet Witch will introduce fans to a future tie-in with the X-Men, since they are the offspring of Magneto.

Lastly, Ironman's famous A.I., Jarvis, is said to take on a larger part; all I can say here is keep your eyes out for the introduction of Vision, whose appearance will probably make a lot of Ironman fans and comic book nerds very happy.

My prediction is that "Avengers Age of Ultron" will most likely break monetary records, but without extending the movies length, it may discourage fans who show up to support their personal favorites on the big screen. This could boost attention in future films in the franchise that focus on those favs, alternately setting up a third installment of The Avengers for disaster.

"Avengers: Age of Ultron" is rated PG13 for intense sequences of sci-fi action, violence, destruction, and suggestive comments.

Movie preview by
SGT. RICK HOPPE

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.

FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Avengers: Age of Ultron (NEW) PG13, 8 p.m. The Gunman R, 10:30 p.m.	Cinderella (LS) PG, 8 p.m. Furious 7 PG13, 10 p.m.	Woman in Gold (NEW) PG13, 8 p.m.	Run All Night (LS) R, 8 p.m.	The Second Best Exotic Marigold Hotel (LS) PG, 8 p.m.	Divergent Series: Insurgent PG13, 8 p.m.	Paul Blart: Mall Cop 2 PG, 8 p.m.
Woman in Gold (NEW) PG13, 8 p.m. Furious 7 PG13, 10 p.m.	Avengers: Age of Ultron (NEW) PG13, 8 p.m. The Gunman R, 10:30 p.m.	Paul Blart: Mall Cop 2 PG, 8 p.m.	* LYCEUMS CLOSED	Run All Night (LS) R, 8 p.m.	* LYCEUMS CLOSED	Cinderella (LS) PG, 8 p.m.

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 / THE GUNMAN



From the director who brought you "Taken," and "From Paris with Love," Pierre Morel brings us his next mediocre film, which will probably get far too many sequels, "The Gunman." The film is about an ex-mercenary turned humanitarian, suffering from PTSD, named Terrier (Sean Penn).

When a group of rebels in the Congo fails to kill Terrier, being the target of a hit forces him to track down the rest of his former team for information. The team's dark past seems to be catching up to them when Terrier discovers his teammates have already started disappearing. Terrier is confronted by a former girlfriend who married an ex-teammate after his initial disappearance, who then becomes a target by association. After rekindling, the duo must escape dangerous assassins out to kill them with the help of some friends.

Morel started out as a campy director with "District B13," in 2004, which was an action movie, highlighting stunts comprised almost entirely from the then newfound sport, Parkour. To date, Morel has only directed four movies, including "The Gunman," and a handful of TV series episodes. With that in mind, he honestly hasn't done too badly for himself, considering the track record of novice directors these days. Morel might be more successful if he started looking at better writers though. The plot wasn't exactly blockbuster material, nor was the innovation of the film's characters, making "The Gunman" notably predictable.

Penn got in surprisingly good shape for his role as Terrier. He leaned out and packed on some extra muscle, which can't be easy for the 54-year-old star whose age is still reflected in his

eyes. Javier Bardem also showed some weathering in his role as Felix, one of Penn's ex-teammates. Bardem and Penn rival briefly for the love of Annie, played by Italian eye-candy Jasmine Trinca. Terrier wins back the heart of Annie and the two share a few steamy love scenes together, where the 34-year-old actress steals the show – I predict Trinca will become an Italian turned American movie star soon.

The actors did a fair job throughout the film, but "The Gunman's" conventional plot proved too mundane for rookie director Morel to shine. There were also a few sore thumbs, which were much too painful to forget. First, the phrase "Sit-Rep" was awkwardly pushed in far too many scenes. Terrier involuntarily passes out for hours between two garbage bins right after he narrowly escapes a highly trained

group of mercenaries, who can't seem to find him only feet from the door he escaped through. Finally, a scene including a bull was sorely misplaced, or random at best, leaving me to wonder, "why?" – refraining from details due to possible spoilers.

"The Gunman," while not the best movie in the last five years, was worth a watch at home on the couch, in your spare time, if you find yourself rather bored someday – if you get my drift. I'll keep my eyes out for number two and three, which will most likely have a completely different staff – still starring Penn of course. For the sore thumbs and bad plot, "The Gunman" gets a solid two stars.

Movie review by
SGT. RICK HOPPE

OLYMPIC TRIATHLON RESULTS

TEAM RESULTS:

1. Casey Gore, Elena Granina, Vicky West - 2:40:58
2. Aly Eisenhardt, Anthony Eisenhardt, Kristeen Balog - 2:53:55
3. Coach Winkie, Douglas Whitehouse, Theresa Weber - 3:02:24

INDIVIDUAL MALE RESULTS:

1. Gregory Stone - 2:37:57 (*overall winner in all categories*)
2. Walter Ruiz - 3:19:49
3. Mcfehen Wheeler - 3:26:17

INDIVIDUAL FEMALE RESULTS:

1. Deborah Oldfield - 3:37:18
2. Joanne Eshoo - 4:14:23

MWR 2015 SPORTS SCHEDULE

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

MONTH / DAY ACTIVITY

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
December 19	Holiday Basketball
December 24	Jingle Bell Fun Run

31.93 MILES OF SWEAT, CAMARADERIE, DETERMINATION



Participants in the MWR Olympic Triathlon waded into the water before starting a 0.93 mile swim into the bay here, Saturday.



Gregory Stone prepares to depart on the second portion of the triathlon here.

On your mark, get set, GO!

Swimmers threw themselves into the ocean, swimming with all of their might, to the buoys almost a half-mile away, signifying the turnaround point for the first event of the Morale, Welfare & Recreation Olympic Triathlon at U.S. Naval Station Guantanamo Bay, Saturday.

This multiple-stage competition, involving the completion of three continuous and sequential endurance disciplines, tested the limits of participants with swimming, cycling and running. "We had 48 participants; there were 18 individual competitors and 10 teams that competed," said Glenn Ignacio, MWR recreation lead.

The race consisted of a 0.93 mile swim from Ferry Landing Beach out into the bay, cycling 24.8 miles to and from Cable Beach to Windmill Beach and back up to Cable, followed by a 6.2 mile run, circling around to the Joint Trooper Clinic and ending at the Downtown Lyceum.

Of the 18 individual competitors, Gregory Stone, overall winner in all categories, decided to take a chance and compete in his first ever Olympic Triathlon.

"This is a very grueling event. Quite honestly, this is a competition of attrition. So, really there is a lot of strategy that goes into a triathlon," Stone said. "It's really about keeping yourself calm, keeping your heart rate down and strategizing, so you're not wasting all of your energy on the swim,

on the bike ride and then on the run trying to basically catch your breath and not push yourself too hard."

The event started at 6:30 a.m. at Ferry Landing Beach, the shore was lined with competitors, volunteers and people who came out to support one another.

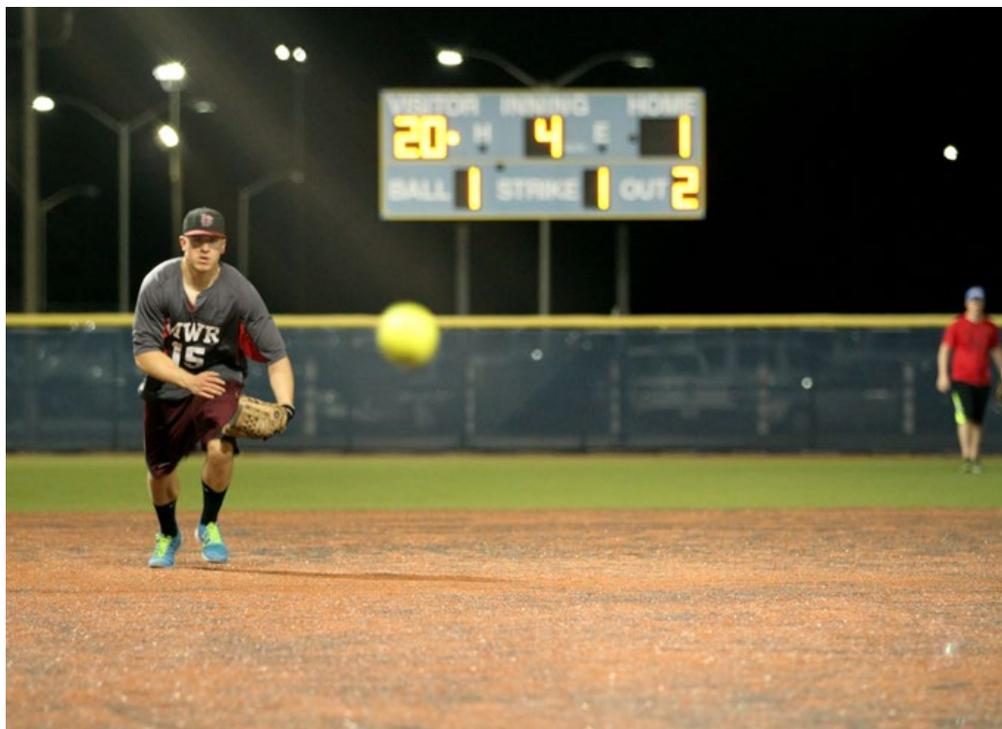
"Here in Cuba, it's really a chance for you to get together with your comrades. Those comrades could be fellow Soldiers, Airmen, Marines or Seamen. They could also be civilians, so it's really about getting together and encouraging one another to go the distance, because this is not really a 'I'm going to go out and go as fast as I can' type of event. This is a 'You've got to hold on, and you've got to have the stamina and the endurance' type of event," Stone said.

Ignacio said that an event like this is a great way to bring the community together. Not only does it help boost the morale around the base, but it also gives everyone a taste of home.

"I don't think it mattered so much that I was the first one. I think what mattered was that it was done and I survived, and a lot of my fellow teammates here, and runners and swimmers survived as well, and they did a great job," Stone said.

Story and photos by
SPC. AMBER BOHLMAN

MWR GAME OF THE WEEK: SOFTBALL



Parker Erdman, shortstop for the Terminators softball team, charges a grounder before attempting to throw out the batter in the fourth inning. The Terminators lost the game 20-1 after four short innings.

Monday night the Spartans softball team went head-to-head with the Terminators, in a duel of military police companies.

The Spartans consisted of members of the 595th MP Company, and took the early lead 4-0 by the end of the first inning. The Terminator bats fell silent the majority of the night as members of the 102nd MP Company just couldn't put a steady offense together.

Kyle Edwards, No. 21 for the Spartans, led the way with terrific defensive stops at the shortstop position and hammered at the defense with his multiple hits throughout the evening.

Edwards broke any comeback attempts with an infield home run, after smashing the ball deep into right center field, and narrowly beating the throw at home plate.

"I'm not going to lie, I was swinging for the fences, and I just missed it a little bit," Edwards said. "That guy out there made a pretty good play on it getting it in so fast. I didn't think it was going to be that close to home, and he almost got me. I was a bit scared."

After the game, Edwards said the team came together, focusing on their strong points.

"We played really good. We were hitting the ball well, and that's the biggest thing," Edwards said. "Our defense is usually pretty solid. We're kind of iffy when we are hitting, but today we were hittin' and scored a bunch of runs."

Mark Ross, first baseman for the Terminators, saw a lot of the action at first base. Unfortunately, the majority of it was chasing missed catches and

watching the Spartan runners round the base on their way to second.

"We're lacking on the bats. Our defense overall was decent, but we have a lot of kinks we have to work out, a lot of gaps to fill," Ross said. "It's definitely a challenge when you're out here playing for fun, trying to get a lot of subs into the game. Even on a night like tonight where we only had a couple subs on the bench, we still want to get everyone some playing time."

At the end of 4 innings, the Spartans took home the win with an impressive 20-1 score. But even as the game dragged on and the Terminators fell behind, their heads were still in the game.

"There weren't a lot of people hanging their heads, we are always chatting out there and that's a part of building that cohesiveness of a team," Ross said. "It's not always about wining – it's an MWR league. It's about having fun and building unit camaraderie."

Story and photo by

SGT. ADRIAN BORUNDA

MWR SOFTBALL

No.	Team Name	Standings
01	Blazing Saddles	(7-0)
02	Cali Elite	(5-1)
03	Wicked Stix	(5-1)
04	Spartans	(5-2)
05	Stay Classy	(5-2)
06	Salt Water Cowboys	(4-2)
07	BEEF	(3-2)
08	GTMO Latinos Plus	(3-3)
09	Inglorious Batters	(4-4)
10	Dirty Mike & the Boyz	(3-4)
11	Ghost Riders	(3-4)
12	Iguanamo	(2-3)
13	Cage Kickers	(2-5)
14	MisFits	(2-5)
15	The Terminators	(2-5)
16	Mile high	(1-6)
17	Pitch Slap	(0-7)

MWR FLAG FOOTBALL

No.	Team Name	Standings
01	HNL	(6-0)
02	Confusions	(5-1)
03	Spartans	(5-2)
04	Scheme Team	(5-2)
05	Gunslingers	(5-2)
06	324th	(4-2)
07	MCSFCO	(3-3)
08	GTMO's Finest	(2-3)
09	88th MP	(2-5)
10	BEEF	(2-5)
11	Balls Going Deep	(1-5)
12	38th Watchmen	(1-6)
13	Militia	(0-5)

MWR TENNIS

No.	Male Singles	Standings
01	Ging Belch	(5-0)
02	Prisco Masagca	(1-0)
03	Gary Belch	(6-1)
04	Dario Morgan	(4-2)
05	Andre Naje	(2-2)
06	James Flint	(1-3)
07	David Balog	(0-1)
08	Jeffrey Rice	(0-1)
09	Henry Ferguson	(0-2)
10	Kirk	(0-2)
11	Mitch Shubbach	(0-3)

No.	Female Singles	Standings
12	Marliza Belch	(4-0)
13	Ging Belch	(2-0)
14	Chris Batory	(4-1)
15	Katie Fretz	(3-2)
16	Emily Kolenda	(2-3)
17	Hanh Tang	(1-2)
18	Garona Belch	(1-4)
19	Gennelle Lee	(0-3)

No.	Male Doubles	Standings
01	Gary/Ging	(2-0)
02	James/Bill	(0-1)
03	Giovanni/Andre	(0-1)

No.	Female Doubles	Standings
01	Gary/Ging	(1-0)
02	Jeff/Katie	(0-1)

RUNNING IS SIMPLE

We know that working out can make our arms big and our tummies small. But, fitness is not only good for our body. Mental health is an important factor in maintaining a healthy lifestyle and working out can promote a happy mind.

It's probably a safe bet to say that many of us feel a lot of stress here at GTMO. A little bit can be okay, but too much stress can lead to serious problems. Stress increases your risk of chronic health conditions, including heart problems and stroke.

Whether it's running or lifting, it's important to find an activity that makes you feel at ease. A study, published in the "Annals of Behavioral Medicine," followed over 100 adults to monitor their daily activities. Scientists found that it doesn't matter what people do, as long as it's something you enjoy.

"If we start thinking about that beneficial carryover effect day after day, year after year, it starts to make sense how leisure can help improve health in the long term," explained Matthew Zawadzki, Ph.D., lead author of the study.

So what exactly does all that mean?

It means that you should find something you enjoy doing. You can try gardening, tanning on the beach, scrap-booking or volunteering. Then, when you're done, lace up your shoes, enjoy the scenery, and run!

In Kevin Nelson's book "The Runner's Book of Daily Inspiration: A Year of Motivation, Revelation, and Instruction," he explained, "Life is complicated. Running is simple. Is it any wonder that people like to run?"

Article by

SPC. MONIQUE QUINONES

IF YOU'RE LOOKING FOR WAYS TO RELAX, TRY THESE BASIC POSES TO SEE IF YOGA IS RIGHT FOR YOU.

DOWNWARD DOG:

Start on all fours with hands directly under shoulders, knees under hips. Walk hands a few inches forward and spread fingers wide, pressing palms into mat. Curl toes under and slowly press hips toward ceiling, bringing your body into an inverted V, pressing shoulder away from ears. Feet should be hip-width apart, knees slightly bent. Hold for three full breaths.

WARRIOR:

Stand with legs 3 to 4 feet apart, turning right foot out 90 degrees and left foot in slightly. Bring your hands to your hips and relax your shoulders, then extend arms out to the sides, palms down. Bend right knee 90 degrees, keeping knee over ankle; gave out over right hand. Stay for 1 minute. Switch sides and repeat.

"I always tell beginning runners: train your brain first. It's much more important than your heart or legs." – Amby Burfoot, American marathoner



JSMART SPOT

▲ JSMART HELPER: TITAN

CREATING HEALTHY BOUNDARIES

It's important to acknowledge when someone rubs us the wrong way in our everyday interactions. Whether it's related to differences in age, background or maturity level, it's expected that all of us will disagree at some point.

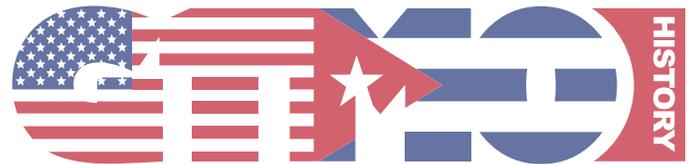
While humor can play a huge role in our social interactions, what some Troopers find comical can leave others feeling resentful or uncomfortable. The majority of the time there is no malicious intent. However, negative feelings can still arise. The first thing to do in these situations is to honestly look at what's bothering us. We all have a past, and negative past experiences can make certain topics a "hot button." Once we've taken a step back and honestly assessed the situation, we may find discomfort becomes significantly lower.

Being able to assertively and respectfully tell someone they are negatively impacting us is ideal. Unfortunately, some of us feel

leery about bringing more attention to ourselves than necessary. If an individual is unwilling, or appears not to care about what we have to say, perhaps just trying to avoid the topic can save some energy. However, if this is not possible, we may want to start small and practice setting boundaries with known friends first. For example, if we're discussing recreational plans, we can try speaking up for ourselves. Verbalize an activity we would like to pursue, instead of just "going with the flow." Taking small steps can help us to feel more confident in future situations, where we may have to be more direct.

Article by

PETTY OFFICER 3RD CLASS RANDALL KELLEY



MONSTER GROUPE: GUANTANAMO BAY 1954



Spear-fishermen J.W. Prejean and R.L. Munsell pose with the 158-pound grouper they caught here in 1954.

John Kropack, Seaman R. L. Munsell, Seaman Ted Alberg and Seaman Bob Foster had to help Prejean take the fish, which took several of their spears and repeated knife stabs to be able to kill the monster. It took an additional hour to haul the fish to the surface, where it weighed in at 158 pounds. According to "All Hands," it was "one of the largest catches ever made by the men of the Guantanamo Bay Spear Fishing Club."

Article by

SGT. 1ST CLASS ROBERT FREESE

Photo courtesy of

"ALL HANDS: BUREAU OF NAVAL PERSONNEL INFORMATION BULLETIN," JAN. 1954

About 200 yards from shore and 100 yards from his boat, Petty Officer 3rd Class J.W. Prejean speared a large grouper in about 65-feet of water, while free diving, in 1954. Lt. j.g.

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 "Blind Side"

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

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

Beginning May 5	Tuesday	1900	Taught by Chaplain Tim Foster
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*These services are conducted by Army or Navy chaplains / For more information call ext. 2218

BUS SCHEDULE

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

BUS SCHEDULE 09:55 - 19:55 hourly

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

BEACH BUS (Saturday & Sunday only)

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

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

AMC ROTATOR CHANGE



EFFECTIVE JUNE 9, 2015

The AMC Rotator will fly into Cecil Field. After processing at Naval Air Station Jacksonville, passengers will be transported to Cecil Field. Showtime is 5 a.m. and bus transportation will be available at NAS JAX and Jacksonville International Airport.

For more information call the AMC Terminal at extension 6408

NAVSTA WATER RESTRICTIONS



IN EFFECT

- No Lawn watering
- No washing of sidewalks with potable water
- No vehicle washing at residences
- Limit plant watering
- During work hours, report possible leaks and/or violations to PWD at x5601, after hours to x4375.

The Windjammer pool will be closed until further notice. The Marine hill pool will remain open. Adjusted hours and class schedules for the Marine Hill pool will be announced by the MWR.



Photo by Joseph Schmitt

PARTING SHOT



'DARING WOODPECKER' PHOTO BY CHIEF PETTY OFFICER JOSEPH P. SCHMITT. FOR A CHANCE TO HAVE YOUR PHOTO FEATURED IN THE PARTING SHOT, PLEASE SEND SUBMISSIONS TO: THEWIRE@JTFGTMO.SOUTHCOM.MIL

THE **WIRE**