

THE OFFICIAL PUBLICATION OF JOINT TASK FORCE GUANTANAMO

THE WIRE



MAY 8, 2015

SUPERHERO FIELD DAY

GTMO EVENT FOR KIDS AND PARENTS RAISES CHILD ABUSE AWARENESS

COMMANDANT AT GUANTANAMO

PSU 308, JOINT TASK FORCE WELCOMES COAST GUARD VIP TO THE NAVAL STATION

ARMY AUCTION

SOLDIERS AUCTION OFF GOODIES TO FUND THE UPCOMING ARMY BALL

MILITARY APPRECIATION

MAY CELEBRATES U.S. SERVICE MEMBERS THROUGHOUT THE WORLD

DETAINEE PROGRAM

LIBRARY STAFF HELPS CREATE SAFE ATMOSPHERE FOR DETAINEES

SPORTS STARS IN GUANTANAMO

SYNDICATED RADIO SHOW BRINGS ATHLETES TO GUANTANAMO

**COMMAND SGT. MAJ. DAVID CARR***Senior Enlisted Leader, Joint Task Force Guantanamo*

The Merriam-Webster Dictionary defines commodity as “something or someone that is useful or valued.” The same reference defines liability as “someone or something that causes problems.” It is important that each member of Joint Task Force Guantanamo clearly understands these terms.

AM I A LIABILITY OR A COMMODITY?

Moreover, it is vital that each member ask themselves the question, “Am I a liability or a commodity?”

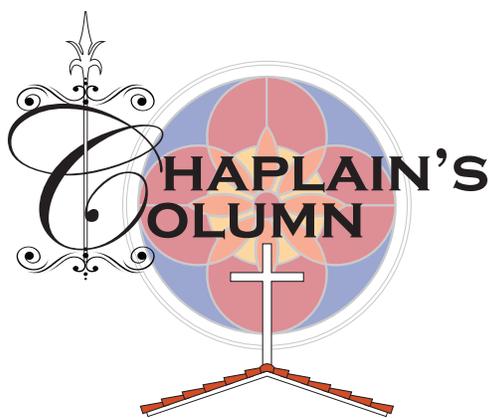
In order to answer that question, one has to understand our mission here. Clearly stated, our mission is to conduct safe, humane, legal and transparent care and custody of detainees, including those convicted by military commission.

Additionally, we conduct intelligence collection, analysis and dissemination for the safety and security of detainees and JTF GTMO personnel working in the facilities, as well as in support of ongoing overseas contingency operations. We also provide support to law enforcement, war crimes investigations and the Office of Military Commissions. As a member of the JTF, you are supporting the war on terrorism and our national security. Mission accomplishment is immensely important to our nation strategically, and is observed daily throughout the world. As our motto states: we are “Honor bound to defend freedom!”

So, back to the original question, “Am I a liability or a commodity?” I am confident that nobody came here to GTMO to fail, and thus, nobody out there desires to be someone who causes problems. Rather, all members of this task force want to be someone who is useful or valued. In order for a person to be a commodity, they must wake up each day with the passion and desire to contribute to mission accomplishment. They must know their job and know it well. They must

know their shortcomings and work tirelessly at self-improvement. They must know the standard, and maintain their focus and commitment to exceeding the standard at all times. They must understand and appreciate that this is one team and one family, and in that endeavor, always remember that it is our duty to take care of each other. They must understand that trust is the mortar that holds the bricks of this task force together. Reinforcing trust between each other, and with the American people, must always be uppermost in one’s mind. Lastly, and in my opinion most importantly, they must understand that they are professionals 24 hours a day, seven days a week.

I am humbled and honored to serve as your senior enlisted leader for JTF GTMO. Over my tenure, I will remain committed to ensure that I am a commodity. I challenge each of you to do the same. Honor Bound!

*Article by***COMMAND SGT. MAJ. DAVID CARR***Senior Enlisted Leader, Joint Task Force Guantanamo*

First step: Pray for the right person.

Second step: Pray and make the effort to be the kind of person your dream companion is praying for. To find the right match, start by being the kind of individual you want your ideal person to be attracted to.

Third step: Once you’ve found a promising candidate, you need a strategy to set your relationship up for success. Here it is: Get to know your potential

STEPS TO FINDING AND KEEPING ‘THE ONE’

life partner in socially intimate ways without physical intimacy. Seriously, no kidding. (I mean, has the other way worked for you?) Get to know the person. Observe him or her in real life, in real time. Check out how he acts around friends of the opposite sex. See what she’s like around your family. How does he treat his mom and your mom? How does she get along with her dad, her other male family members and/or your dad and your other male family members?

What’s wrong with pre-marital physical intimacy? Well, when there’s a transfer of authority from the head to the hormones, no one sees or thinks clearly. What people call Cloud 9 is actually a dense fog bank that doesn’t let you see what’s right in front of you, making red flags invisible and encouraging you to justify undesirable behavior.

Examples:

Temper – She’ll change.

Flirtatiousness – He’ll stop once we’re married.

Controlling – He’s just intense.

Possessive – She’s just a little needy.

Jealous – He’s only being protective of the relationship.
Moody – Isn’t everybody?

When hormones rule, you fail to notice problems you might otherwise see because you’re afraid of losing out on the thrill of the squeeze. But being together around people purposely, rather than being alone, is like having natural chaperones that serve as relationship reality checks. Furthermore, waiting until the honeymoon night for your first moments of physical intimacy, leading up to sex, will make the honeymoon explosively memorable! (How’s that for motivation?) If that potential life partner says he/she can’t, or doesn’t want, to wait until marriage – that’s one obvious way to know the person isn’t the one after all.

*Article by***CAPT. LUIS F. ACOSTA***324th MP Battalion Chaplain*



COMMAND & CHAPLAIN

Taking a moment of self reflection helps us determine whether we are helping the team or not. The 324th MP Bn. chaplain gives us advice for finding that special someone and holding on to that relationship.



GTMO NEWS / COVER PHOTO

May is Military Appreciation Month, the Commandant visits his Coast Guardsmen, Soldiers work to improve safety for detainees and guards, and Soldiers hold auction in preparation for Army Birthday Celebration.



PHOTO STORY

Kids, parents and volunteers gathered at Cooper Field dressed as their favorite superheroes and participated in games to raise awareness of child abuse and come together to help end it.



ENTERTAINMENT

This week in entertainment, our Marvel Comic snob finds yet another problem with the new Avengers movie, and Helen Mirren and Ryan Reynolds fight for justice in 'Woman in Gold.'



SPORTS

GTMO welcomed two sports icons, and the Terminators softball team earns a little confidence with a win on Monday night.



LIFE & FITNESS

Do you know what is in your food? Our health column will give you a sneak peek into the importance of maintaining a healthy protein intake and why that is important when it comes to making #gains.



GTMO WATER CONSCIOUS

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 MWR.

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TROOPER ON THE STREET

WHAT WERE YOUR THOUGHTS ON THE MAYWEATHER VS. PACQUIAO FIGHT?



STAFF SGT. MATHEW JENKINS

"They stole it from Pacquiao at the end. He should have won a few rounds that they gave Mayweather. It was a bit disappointing."



PETTY OFFICER 2ND CLASS NATHAN JOHNSON

"I was confused because I saw Mayweather being thrown up against the ropes yet his points were better than Pacquiao's, not sure what to think about that!"



NAVY LT. CHRISTIE KNOBWECK

"I wanted to see a little more action; I thought it was kind of boring actually. It felt like it was more about strategy than entertainment of the crowd."

COMMANDANT VISITS COAST GUARDSMEN



Commandant of the U.S. Coast Guard, Adm. Paul F. Zukunft, shakes hands with members of the Maritime Security Detachment, Port Security Unit 308, during his visit here April 29.

U.S. Naval Station Guantanamo Bay and Joint Task Force Guantanamo often host many high ranking military officials. April 29, during the most recent visit, Adm. Paul F. Zukunft, the 25th Commandant of the United States Coast Guard, and his wife Fran DeNinno-Zukunft, U.S. Coast Guard Ombudsmen, came to talk to Coast Guardsmen both stationed and deployed here, and tour the facilities.

With a full itinerary, the Zukunfts were able to split up and speak to the naval base commanding officer to learn more about what Port Security Unit 308 is doing here, tour Camps 5 and 6, visit the Joint Stress Mitigation and Restoration Team, talk to the chaplains and speak to the Maritime Security Detachment as a whole.

"I am here to listen to what your concerns might be, maybe put some of those to rest, but at the same time there's good news to tell about what is going on in the Coast Guard," Zukunft said.

Among the news Zukunft shared with the Coast Guardsmen here, was the new retirement options that will be available around mid-May and reassurance that he would cut down operations before he cuts down the reserve force.

Before opening up the floor to questions, Zukunft had the opportunity to award four Coast Guardsmen for their hard work and dedication to the mission here. After being nominated by their leadership, Petty Officer 1st Class Britton Schneider, Petty Officer 3rd Class Joseph Toomey, Petty Officer 2nd Class Jonathan Morrison and Petty Officer 3rd Class Jabari Arnold received challenge coins and thanks for their contributions.

"He said it's great having someone like you with that experience. It made me feel good and that I am needed here," Schneider said.

While Adm. Zukunft checked on the Coast Guardsmen, DeNinno-Zukunft came to see how families were doing. Her primary focus is on Coast Guard families, and health and well-being of the service members.

"His wife came and spoke about making sure our families are taken care of back home, and then he came and checked on us. That's great team work right there," Arnold said. "It's good to know that I won't have to worry about my family back home."

"It was a great visit, and we really appreciate JTF for helping make this an excellent visit for the commandant. He had a chance to [share] some insights on what we do and the great JTF workforce that we work with," said Cmdr. Ronzelle Green, MARSECDET commanding officer. "The commandant was ecstatic with the professionalism, not just with the Coast Guard guys but with all of the JTF."

Story by

SPC. AMBER BOHLMAN

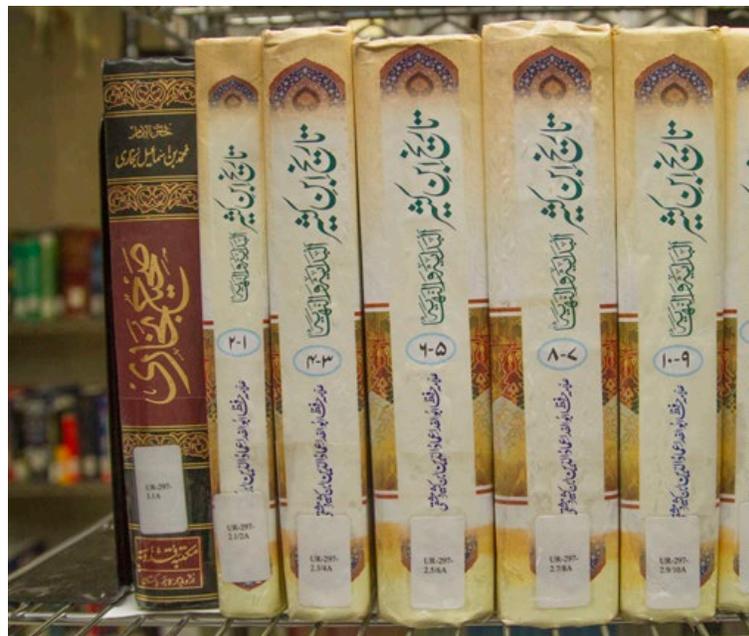
Photo by

SGT. 1ST CLASS DARYL MADRID

PROGRAM ENRICHES DETAINEE LIFE



The officer-in-charge of the educational detainee program looks at the wall of detainee artwork. When detainees finish their work, they have the option to request the original.



There are over 30,000 books in the educational detainee program inventory. The most common source of donations are from The International Committee of the Red Cross.

As vibrant paintings encompass a hallway throughout a detention facility building, the smell of books lingers with the sound of dim fluorescent lighting and hollow, vinyl tile. Farsi and Arabic titles cover rows of books and magazines.

The officer in charge and non-commissioned officer in charge in this building manage the detainee programs of Guantanamo Bay's detention facility. The OIC and NCOIC oversee operations in the detainee library, classroom seminars and work closely with instructors, the guard force and the detainees themselves.

"It is mandated by regulations in the United States Army, if you're going to operate a detention facility, you do have to have detainee programs to keep the detainees intellectually stimulated," said the detainee program OIC. "It's beneficial to everyone, because the detainees benefit from it. Keeping their minds stimulated is good for them, and it's also good for the guard force. It makes everyone's life better while we're all operating here together."

The Geneva Conventions, Department of Defense Directives and military regulations, state that detainees shall be treated humanely from capture to release. Those who are in charge shall encourage intellectual, educational and recreational activities in this process.

The detainee library has over 30,000 books to choose from in various languages. Video games, DVD's and magazines are also provided. Most of the detainee population requests library material, and the majority of the material are donated by the International Committee of the Red Cross.

"It provides the detainees with things to do

throughout the day. It keeps them sharp; it keeps them individually motivated to go to class, and it gives them something to look forward to," said the detainee programs' NCOIC.

“IT TAKES THEIR MIND AWAY FROM BOTHERING THE GUARD FORCE OR COMMITTING SELF HARM”

The detainee programs at GTMO have operated since the camps were built. The classroom seminars range from a variety of classes that include art, language, and computer-based courses for Microsoft Word, Power Point and Adobe Photoshop.

"I know some of them are in Spanish [class]. They'll say, 'good morning,' in Spanish, things like that, simple things; it kind of gives you that rapport. If issues come up, you'll be able to have something to communicate with them and have some type of connection," said a guard who works with the detainees.

The guards work with the detainees 24-hours a

day, they are the primary escorts for the detainee programs.

"I think it gives some of them a good outlet to look forward to during the day. It gives them something to work on. It takes their mind away from bothering the guard force or committing self harm," said the guard.

"It's a mission we take very seriously because we feel that the better job that we do here, makes life better for the detainees, and it also makes life better for the guard force," said the OIC. "The guards are really the ones who have the difficult job."

Twenty five percent of detainees attend the classroom seminars. Recently, condensed courses were added to provide a longer allotment for education and unpopular courses like nutrition and horticulture were discontinued. The educational detainee program has introduced class certificates that the detainees can earn for participation or attendance. Since the certificates were implemented, productivity has increased over 300 percent in the last year. The programs' leadership is currently in the process of revamping the life skills curriculum and directing the course toward cultural and vocational skills.

Story and photos by
SGT. REBA BENALLY

AUCTION FOR ARMY BIRTHDAY BALL



Army Capt. Noelle Douglas, coordinator of the Army auction to support the Army Birthday Celebration here, discusses auction item details and the importance of fundraising April 30 with Misty Heath at the Bayview Restaurant here.

Guantanamo Bay community members flooded the Bayview Restaurant April 30 for more than a taste of Mongolian beef and cuisine. Members also came to participate in the 3rd Annual Army Birthday Celebration Auction to help raise funds for the Army Birthday Celebration taking place June 13 in the Windjammer Ballroom.

The auction helps keep ticket prices lower by alleviating some of the expenses associated with the celebration. Over the years, the auction, which is hosted by the Army Birthday Celebration Committee, has been proven to be the primary fundraiser for the event.

"This really brings in a lot of our fundraising ... with the items that we auction off," said Capt. Noelle Douglas, member of the Army Birthday Celebration Committee and coordinator for the fundraiser auction. "We also get to reach out to the community, and they get to help out with the Army Birthday Celebration as well."

Leftover funds will cycle back into the Army Ball Committee to help the following year's celebration. Tickets are allotted to battalions of the JTF, JDG and the community. There are 275 seats available at this year's Army Birthday Celebration.

"It's a good thing. Everybody's over here having a good time. Nobody felt pressured to be here and its stuff that people want," said Pfc. Randal Snider, with the 447th Military Police Company. "I hope my

company outbids everyone else."

During the Army auction there was a live auction and a silent auction. Those who participated in the auctions signed up at the front door to receive an auction number. Led by an announcer, the live auction rallied participants to bid against one another. The silent auction took place soon after the live auction ended. The bidders wrote down their bids, periodically checking back in to see if they may have been outbid by another. This allowed them a chance to raise their bid on the item.

“THE ARMY BIRTHDAY CELEBRATION IS ALSO IMPORTANT TO SHOW THE COMMUNITY WHO WE ARE”

"I came here for the auction because it's for a good reason," Snider said. "I bid on a Monster basket and ended up donating \$150, but it's for a good reason.

And, I'm a big Monster fan."

More than 20 items were bid on by more than 50 registered bidders at the live auction. Some of those items included an empty, full size Jack Daniels barrel, a large colorful photo of a Sea Turtle framed in wood, an Ohio State collection for sports fans, a Mary Kay basket for the ladies, Xbox Items, Monster apparel, conch shells and much more.

"If I can [attend the Army Birthday Celebration], I will," Snider said. "If I can't, at least I helped reduce the cost for some of the people that want to go."

If you were a bit shy of the bid price, worry not, the auction allowed winners a reasonable timeframe to pay for and pick up any items which may have caught their attention.

The Army Birthday Celebration Committee has alternately raised funds by bagging at the NEX for tips, selling shirts and hosting bake sales.

"The Army Birthday Celebration is also important to show the community who we are," Douglas said. "The community may not be fully exposed to the Army as a branch here, as it is a Naval Station, so we can really show them and allow them [the chance] to celebrate [our service with us]."

Story and photo by
SGT. RICK HOPPE

MILITARY APPRECIATION MONTH



May ushers in springtime, a welcome sight for those who have had a harsh winter, but it is also an important time for service members. May is National Military Appreciation Month. Congress created NMAM, in 1999, to encourage U.S. citizens to honor current and former members of the U.S. military. There are six days throughout the month to help recognize the sacrifices of military members.

The history of NMAM started in 1999 when Senator John McCain introduced legislation to designate May as National Military Appreciation Month. This urged Americans to recognize and honor U.S. service members during the month of May. The President issues a proclamation for the people of the United States to observe NMAM.

May 1 is Loyalty Day, and starts off the month of celebration for service members past and present. We celebrate the reflection of American heritage and patriotism on this day.

After the kick-off with Loyalty Day is Public Recognition Week, which is celebrated from May 3 to May 9 this year. This week honors the men and women who serve as federal, state, county and local government employees.

Victory in Europe Day, or VE Day, honors the day the Germans, throughout Europe, surrendered to the Allies in World War II on May 8, 1945.

Remembering those who were lost is always

an important reminder for service members of the sacrifices we make. It reminds Warriors what is important and what is fought for, but it isn't just the service member who sacrifice; it's the service members' spouses.

Spouses are the backbone of the military family, providing strength to the service member and the service member's family.

To celebrate those silent heroes, the military has special events and programs to honor military spouses. National Military Spouse Appreciation Day is celebrated the Friday before Mothers Day.

President Ronald Reagan recognized the sacrifice and importance of the military spouse, so on April 17, 1984, Proclamation 5184 was passed, and Congress officially made Military Spouse Appreciation Day part of National Military Appreciation Month in 1999. The Department of Defense standardized the date by declaring the Friday before Mothers Day every year the set date for Military Spouse Appreciation Day.

May 16 is Armed Forces Day, a holiday dedicated to all U.S. military services, and a day for citizens to thank military members for their patriotic service and support of our country.

Last, but certainly not least, is Memorial Day, a federal holiday that is observed the last Monday of the month. Congress passed the Uniform Monday Holiday Act in 1968, which included the current observation

of Memorial Day, the day we commemorate the men and women who have died while in military service.

Memorial Day was formerly known as Decoration Day, started after the American Civil War to commemorate the Union and Confederate Soldiers who died in the war.

As the 20th Century approached, the holiday extended to honor all Americans who died while serving their country. It is common to see the graves of fallen American heroes decorated with American flags and flowers.

NMAM is a declaration that encourages citizens to observe this month in a symbol of unity, honor all of those who have died in the pursuit of freedom and recognize the strength, courage and sacrifice of all service members across the country.

Story by

SPC. LIZ SMITH

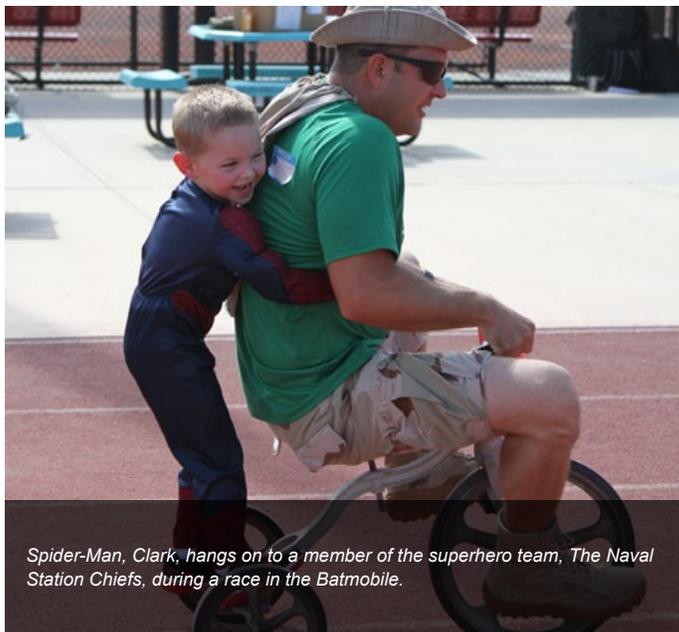
Photo by

SGT. ADRIAN BORUNDA

PHOTO STORY



Medic Man, Army Maj. Michael Spillane, helps guide the mini superheroes to their first station, Captain America's Shield Toss.



Spider-Man, Clark, hangs on to a member of the superhero team, The Naval Station Chiefs, during a race in the Batmobile.



Super Dora, Cassie, hurtles Thor's hammer across Cooper Field during Thor's Hammer Throw.



Batman and the Green Lantern high-five after successfully completing Spider-Man's Web Crawl during Super Heroes Field Day. Members of the JTF and NAVSTA community joined forces Saturday for the final event in April's Child Abuse Prevention Month.



Guantanamo Bay's newest superhero, Super Lina, races down the track in the Batmobile, while spectators cheer her on.

SUPERHEROES TAKE OVER COOPER FIELD

Saturday morning almost started out like every other in Guantanamo Bay, sun shining, birds chirping ... the only difference was dozens of superheroes running around Cooper Field, fighting off bad guys, racing in their Batmobiles and trying to save the world from evil!

Except, this evil is not something you see in comic books. This evil is child abuse, and these superheroes aren't normal super heroes, they are here to spread the word and help prevent child abuse.

Super Hero Field Day was the final event in Child Abuse Prevention Month. It was a day for the community to come together and recognize the problem and raise awareness.

"The whole point of the event was to raise awareness about child abuse prevention – that there is something that we can all do to prevent child abuse, whether or not we have kids, or whether or not we have kids here with us," said Kristie Traver, U.S. Naval Station Guantanamo Bay Domestic Abuse Victim Advocate and Family Advocacy Program Educator here.

The morning started as members of the community, both Joint Task Force Guantanamo and U.S. Naval Station Guantanamo Bay came together for some superhero fun. Children and adults alike competed to see if they had what it took to make it through Thor's Hammer Throw, Captain America's Shield Toss, the Batmobile Race, Spider Man's Web Crawl and a bad guy obstacle course.

When asked what her favorite event was, Traver chuckled and said the Batmobile Races.

"Seeing grown adults try and ride tricycles can be kind of amusing," Traver said.

But the entertainment didn't stop there. People, big and small, maneuvered their way through Spider Man's web, which consisted of party streamers wrapped around the soccer net, without breaking a single piece. For children, this was an easy task. For adults, on the other hand, this was yet another challenge they faced.

For most, the best part of the day was having the opportunity to be in a family environment. Most JTF personnel are away from their loved ones, so being

able to connect with families stationed here, and watching and having fun right alongside of them, was welcomed relief.

"It shows you that even though you're away from you family there are still families living their lives every day, and it's important to help out the community that we're currently a part of," said Medic Man, Army Maj. Michael Spillane, a physician's assistant with the Joint Trooper Clinic.

The main reason for this event was to bring people out of their homes and reduce the unsettling feeling of being away from their support systems.

"A big part of that is to reduce isolation in families. That's a risk factor for child abuse. It's families that are isolated and don't have their support systems here, and don't have new friends and all of that kind of stuff," Traver said. "Doing community events like this can bring them out, so that they can meet people. They can get connected to resources, and that isolation is reduced, therefore reducing child abuse." "It's good to get my son out there and let him have a good time with other kids and let him see the community supporting the kids and supporting the effort to prevent child abuse," said Chief Petty Officer Christopher Rice, a member of the Naval Station Chiefs' team

With nearly 30 volunteers, the event went off without a hitch, from working together, to coming up with events, to making the necessary props and setting up and tearing down. Traver said the day couldn't have happened without the GTMO community coming together the way they did.

"The opportunity to contribute to the GTMO community by volunteering is a chance to give back to your battle buddies and neighbors," said Navy Capt. Mark Winter, JTF GTMO Chief of Staff. "If you can't find an activity or cause to support during your deployment, you're not looking hard enough. There's something for everyone."

Story and photos by

SPC. AMBER BOHLMAN

MOVIE REVIEW / AVENGERS: AGE OF ULTRON



The long awaited Marvel Cinematic Universe sequel “Avengers: Age of Ultron” brought all your favorite Marvel characters together again in a high-paced, action-filled battle. Tony Stark (Robert Downey Jr.) and Bruce Banner (Mark Ruffalo) try to develop an advanced peacekeeping robot enhanced with an Artificial Intelligence that combine Stark’s own Jarvis and a new alien intelligence found lurking inside Loki’s scepter. The plan backfires when Ultron is born, realizing that mankind is the ultimate threat and must be destroyed, starting with the Avengers and his creator, Stark – **attention! Spoilers ahead.**

We’re thrown into action right away, as the Avengers are shown in battle hunting down Loki’s lost scepter from the first film – Awesome! Action is prevalent as it should be, but during dialogue and character building breaks, scenes felt odd and forced. Only a few slower moments were genuine and melded with the plot. Like a comic-book classic where the team takes turns trying to lift Thor’s hammer, Mjolnir. This

made for a perfect team builder and gave a sense of the heroes humanity. After all, what team of superheroes wouldn’t sit around messing with their powers during downtime in a real world?

Due to real-world success of the Ironman films, it’s not a surprise that Stark has the largest role in the Avengers – maybe too large of a part. Sometimes it feels like a one man show, or that Stark is the leader of the Avengers and not Captain America. While Caps does give all the orders, Tony got the entire spotlight; saving the world in a final moment of “The Avengers,” and now having created Ultron, a personal battle ensues between the two. Director Joss Whedon needs to show the rest of the team a little more love.

Speaking of love, the romance between Natasha Romanoff (Scarlett Johansson) and Bruce Banner went from a few heartfelt moments in the beginning to full on creepy by the end. The connection makes sense between two characters both hiding their own monsters within, proverbial and literal, but Johansson gets a bit too pushy and

forward with Banner, making it all a bit awkward.

Ultron was a great choice for the second film’s villain, and his voice couldn’t have been scarier thanks to actor James Spader’s epic synthesized vocals. Too bad the lack of a real threat, or the feeling of impending doom, was subdued by too much sophomoric humor, making Ultron more of an irritation instead of a true, epic villain. The Avengers have more difficulty working together than they do defeating insanely powerful bad guys – what’s the deal?

The moment I looked forward to most was the introduction of Vision, played by Paul Bettany. We’ve all come to love Bettany’s voice as Ironman’s A.I. Jarvis throughout the MCU films and now he gets a shot as a prominent character. Not only did Bettany rock it, if you’ve ever read the comics as a child, you’ll see he hit the nail on the head as the persona of Vision. I only wish his introduction was more epic than startling the Avengers and gazing at his reflection in a window – what a

drag intro.

If you haven’t seen “Avengers: Age of Ultron” yet, don’t let this disappoint you. The only failures here were a few inconsistencies with the comics, a handful of awkward moments, and director Joss Whedon rushing through the writing and directing in order to juggle a star-filled cast. Oh, and the death of a new hero. Whedon manages to disappoint us all by introducing and killing off one of the coolest heroes in the MCU in less than 150 minutes. Now I have to wait for the reboot, or the next X-Men film, to see him again.

Stick around after the film for the introduction of a Thanos kicker in the MCU.

“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
The Longest Ride (NEW) PG13, 8 p.m. Woman in Gold PG13, 10:30 p.m.	Avengers: Age of Ultron PG13, 8 p.m. The Gunman R, 10:30 p.m.	It Follows (NEW) R, 8 p.m.	The Divergent Series: Insurgent (LS) PG13, 8 p.m.	Get Hard (LS) R, 8 p.m.	Furious 7 PG13, 8 p.m.	Home PG, 8 p.m.
Avengers: Age of Ultron PG13, 8 p.m. It Follows (NEW) R, 10:30 p.m.	The Longest Ride (NEW) PG13, 8 p.m. Woman in Gold PG13, 10:30 p.m.	Furious 7 PG13, 8 p.m.	* LYCEUMS CLOSED	The Gunman R, 8 p.m.	* LYCEUMS CLOSED	Get Hard (LS) R, 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 / WOMAN IN GOLD



Wait, you're telling me there are films released in 2015 that can claim they are based on a true story, that actually are? Shocking!

I hope you're paying attention, because even the basic outline is a bit of a mouthful. "Woman in Gold" is based on the true story of the elderly Jewish refugee Maria Altmann (Helen Mirren), and her lawyer Randy Schoenberg (Ryan Reynolds), living in Los Angeles in 2003, while fighting the government of Austria to reclaim a famous painting of her aunt (the titular "Woman in Gold") that the Nazis confiscated from her family at the start of World War II.

While a film about a legal battle over a painting may sound like a snooze-fest,

it manages to stay fresh by switching between flashbacks of Maria's childhood in WWII Nazi Germany, and the legal battle with the Austrian government.

This is definitely a film you want to be well rested for. Many plot points are in play, from Maria's tragic childhood at the hands of the Nazis, an initial defeat and loss at the hands of the Austrian court system and a complex battle, courtesy of the U.S. Supreme Court. A lot of balls are in the air at more than one point during the film, and woe is upon you if you pick the wrong time to take a restroom break.

Though the plot-line can be confusing, the acting is what pulls the film. Although Mirren may not

be classically trained, she sure acts like it during "Woman in Gold." Her exceptional mixing of snappy, quick-witted lines from an elderly woman on a mission, and the emotional turmoil you'd get from being the only surviving member of a family that was torn apart in the war clearly show her range as an actress. Ryan Reynolds may be known primarily for sarcastic comedy, but in this film, he manages to transform into a lawyer who, while inexperienced in the branch of law the case revolves around, still manages to have a dedicated and serious demeanor.

Unfortunately, there is one major miss in this legal thriller; otherwise it was full of hits. Mirren and Reynolds

fill their roles nicely, but there is nearly no dialog between the characters that shows them acting as part of a team. Everything they say to each other is either a fact about the case, or a story about Maria's past, spat out as if they were reading from a guidebook. But, what the film lacks in personality, it makes up for by blending art, justice and antiquity in a package that, for once, is actually true to history.

Movie review by
SPC. CLINTON YEATS

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

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@usnbgtdmo.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

BYLINE SPORTS RETURNS TO GTMO



The world syndicated radio sports cast, "Sports Byline USA," hosted by radio personality Ron Barr, made its second trip here April 30 for a live broadcast with former professional athletes Adonal Foyle and Mike Hayes.

The world syndicated radio sports cast, "Sports Byline USA," hosted by Ron Barr, made its second trip to the Bay April 30, for a live broadcast with former professional athletes Adonal Foyle and Mike Hayes. Both Foyle and Hayes are veterans of the Morale, Welfare & Recreation circuit, with this being Foyle's second trip to U.S. Naval Station Guantanamo Bay.

Foyle began his 13-year career in the NBA with the Golden State Warriors, in 1997, and was signed by the Orlando Magic, in 2007.

Hayes began his 14-year career in the NFL, in 1976, as a New England Patriot and Rookie of the Year, playing in Super Bowl XVIII, in 1984, signing with the Oakland Raiders in 1983.

While MWR events are invaluable moral boosters for the men and women of the armed forces, these tours also provide a unique opportunity to the individuals on tour.

"On a USO trip to Kuwait, while visiting most of the bases there, I recognized the safeties and conveniences that we have and that we take for granted. I don't know that I would have the right appreciation for that if I hadn't gone on some of those trips," Hayes said.

Foyle echoed Hayes' sentiment toward the troops.

"For me there is nothing more amazing than being in the presence of those troops and sharing with their stories. I think at the end of the day, that is why we do this," Foyle said. "For me it is awesome because our perception of the military is so varied, and to be here and see the normalcy of

people doing normal things is incredible. I love the fact that I get to come here and see the troops and make them feel at home for a little bit."

Both athletes expressed how profound an experience being able to interact with the service members has been for them, and how their experiences with the troops have had a lasting impact on them.

"The last trip to Kuwait, I sat at the base of a C-130 as the men and women were going off to conduct their missions, and I was thanking them for their service, as they were thanking me for coming over to bring them a little bit of home and spend time with them," Hayes said "I kind of teared up because it just didn't seem right that they were thanking me. I definitely felt that's how people should be feeling about them. I think I've been changed ever since, once I had a real-life experience with the troops."

Foyle continued with his perspective on the sacrifices being made by military families.

"We tend to forget the kids and families that bear the brunt of everything as well. They have their whole future in front of them, and they are so well adjusted. Their vision of the future gives a lot of hope. It's important to remember them and the sacrifices they are making every day as well," Foyle said.

Story and photo by
SGT. CHRIS MOORE

MWR GAME OF THE WEEK: SOFTBALL



Cage Kickers' outfielder, Angel Ferrer, of the HHC 525th MP Co., put forth an impressive effort Monday, giving the opposing Terminators a reason to sweat with a deep drive in-field homerun in the sixth inning, bringing the score to 8-9.

Monday night the Cage Kickers and the Terminators batted it out on the diamond, in a close call clash of military police companies.

The Terminators of the 102nd Military Police Company started strong leading the board early on with a 3-0 gap by the end of the first inning. The Cage Kickers' heavy hitters put up a good fight, but in the end, the 525th Military Police Company was not above being terminated by their opponent's solid field game.

"Today's game was amazing, the team did well," said Terminators coach Shantel Belot. "We had some good batting and some good fielding. We really came together as a team. That's what we came here to do, build team cohesion."

Although the Cage Kickers' outfielder, Angel Ferrer, of the HHC 525th MP company, did put forth an impressive effort, giving the Terminators a reason to sweat with a deep drive infield homerun in the sixth inning, bringing the score to 8-9, the tides just wouldn't turn to favor the Cage Kickers.

"All I kept hearing was the third base coach saying, 'go, go, go,' and all I thought was, 'yes, I've got this!'" Ferrer said.

Closing out the final inning with a score of 11-8 the Terminators display of teamwork made the winning difference on the field as a testament that they earned their standing of 13th in the league.

"I feel that putting together a softball team has brought our company together," Belot said. "We have 20-25 people on the team, and we keep getting more so that's really good."

Although not quite enough to snatch the victory from the Terminators, the Cage Kickers' own team spirit kept their heads high and hearts in the game as they hold a standing of 14th in the league.

"I feel my team did great over all, with another person I think we could have had a closer game," Ferrer said. "It was a real close game. It was awesome. I really enjoyed playing with my team."

Story and photo by
SGT. CHRIS MOORE

MWR SOFTBALL

No.	Team Name	Standings
01	Blazing Saddles	(9-0)
02	Cali Elite	(6-1)
03	Spartans	(7-2)
04	Stay Classy	(6-2)
05	Wicked Stix	(6-2)
06	BEEF	(5-2)
07	Salt Water Cowboys	(5-3)
08	Inglorious Batters	(4-4)
09	Ghost Riders	(4-5)
10	GTMO Latinos Plus	(3-4)
11	Iguanamo	(3-4)
12	Dirty Mike & the Boyz	(3-5)
13	The Terminators	(3-6)
14	Cage Kickers	(2-6)
15	MisFits	(2-7)
16	Mile high	(1-8)
17	Pitch Slap	(0-8)

MWR FLAG FOOTBALL

No.	Team Name	Standings
01	HNL	(8-0)
02	Spartans	(7-2)
03	Confusions	(6-2)
04	Gunslingers	(6-3)
05	Scheme Team	(6-3)
06	324th	(4-4)
07	GTMO's Finest	(4-4)
08	88th MP	(3-5)
09	MCSFCO	(3-5)
10	BEEF	(3-6)
11	Balls Going Deep	(2-6)
12	38th Watchmen	(1-7)
13	Militia	(1-7)

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
01	Marliza Belch	(4-0)
02	Ging Belch	(2-0)
03	Chris Batory	(4-1)
04	Katie Fretz	(3-2)
05	Emily Kolenda	(2-3)
06	Hanh Tang	(1-2)
07	Garon Belch	(1-4)
08	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)

A HEALTHY OUTSIDE STARTS INSIDE

A healthy lifestyle isn't only about what happens in the gym. What you do when you leave the gym will have just as much, if not more of an effect, on your overall health.

It's well known that protein is an essential part of your diet, but what if we go a little deeper? Did you know that most protein foods are made up of about 20 different amino acids? Of these 20, one is stepping out into the spotlight.

"Leucine is one of many amino acids, and as research evolves, more studies show the unique role it plays in muscle protein synthesis," explains Connie Diekman, R.D., director of University Nutrition at Washington University in St. Louis.

Before you load your diet with foods containing leucine, it's important to understand the ins and outs of this special amino acid.

When your body builds, or rebuilds, new proteins stronger

than the previous ones, this is called muscle protein synthesis. A study in "Medicine & Science in Sports & Exercise" showed that participants who had five grams of leucine acid within a snack that has 23 grams of protein post-workout, boosted their muscle protein synthesis by 33 percent. However, those who tripled the amounts had "negligible" differences in benefits.

Luckily, leucine is not hard to find. Diekman recommends soybeans, peanuts, salmon, almonds, chickens, eggs and oats. You can combine these snacks with some carbs, like whole grains, fruit and vegetables, for increased exercise recovery.

Working out may be important, but it won't mean anything if you don't take care of yourself after. Treat your body right and you will feel the difference.

Article by
SPC. MONIQUE QUINONES

TROPICAL DELIGHT SHAKE:

ARE YOU GETTING TIRED OF YOUR REGULAR, BORING PROTEIN SHAKE?

TRY SOMETHING A LITTLE DIFFERENT NEXT TIME YOU HIT THE GYM.

- 12 OUNCES ORANGE JUICE
- 2 SCOOPS OF PROTEIN
- 1 BANANA
- 2 TABLESPOONS OF ALMOND BUTTER OR PEANUT BUTTER
- 6 ICE CUBES

SHAKE, STIR OR BLEND FOR A DELICIOUS AND HEALTHY DRINK!

*"Flexibility is crucial to my fitness."
— Samantha Stosur, professional tennis champion*



JSMART SPOT

▲ JSMART HELPER: TITAN

TEAMWORK THROUGH NONVERBAL COMMUNICATION

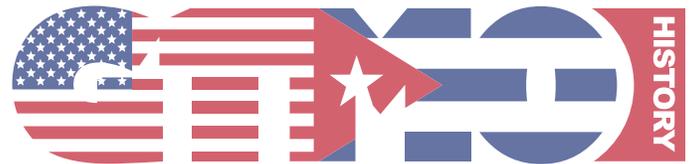
When working with others, there is much we can gain by assessing nonverbal communication. Did you know that 90 percent of communication is nonverbal? Despite how good we think we are at hiding our emotions, we all have traits that can give hints about the truth. While some may be universally known, others may be unique to our personalities.

When speaking individually with someone, there can be multiple signs to show they're interested in what we think. Besides maintaining eye contact, there may be more physical signs such as head nodding or leaning into the conversation. Another clue can be "mirroring" each other's body posture. Whether we're sitting across a table or just standing next to each other, seeing someone mimic our body language is a good indicator of interest and approval. Just as important, is the ability to notice when others may not want our

opinions. For example, if the person we're speaking with continues talking for long periods without establishing eye contact, it can be a sign they're either uninterested in us or just more concerned with getting something off their chest.

We can use these same tips to gauge how our fellow Troopers interact with each other. Little things such as lip biting or eye rolling may indicate annoyance, which is an expected emotion from time to time, no matter how well we get along. By raising awareness of each other's body language, we'll enhance our abilities to notice subtle signs that friction may be starting. Therefore, we'll have a better chance to diffuse it and continue working effectively with others. What does your body language say about you?

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



GUANTANAMO: HURRICANE SANDY



Waves crash against the rocks near the light house on U.S. Naval Station Guantanamo Bay, Cuba.

As we head into hurricane season, we remember the devastating category-two storm that pummeled U.S. Naval Station Guantanamo Bay Oct. 25, 2012.

The tempest cost the U.S. government \$25 million, but thankfully, no one was hurt.

On the naval station side, the storm washed away a pier at the marina, downed trees and power lines, destroyed the cabanas at Windmill Beach and ripped asunder the roof of the Arts & Crafts center. On the Joint

Task Force Guantanamo side, Sandy tore a tent that housed media members and camouflage from fencing.

Sandy was the 18th named storm in the Atlantic that year, the fourth most active season on record.

Article by
SGT. 1ST CLASS ROBERT FREESE
Photo courtesy of
KELLY WIRFEL, PAO, U.S. NAVAL STATION GUANTANAMO BAY

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 "X-Men: Days of Future Past"

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

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

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



Service members from Montana show their state pride during a dive at Cuzco Beach. Spread throughout the Guantanamo Bay community, the Montanans spent a portion of their day removing trash from Cuzco Beach, collecting four industrial sized trash bags worth of garbage in an effort to maintain a clean environment for future divers and beach goers to experience.

From left to right:
 Col. Jody Miller, Tyler Heath, Col. David Heath, Scott Mace, David Gertz, Misty Heath, Olivia Gertz, Deanna Shaw-Berget, Andre Mace, Jessie Mace, Sydney Mace.

Photo by Luis Lopez

PARTING SHOT



'SUN LIT LEAVES' PHOTO BY MAJ. LUIS R. LOPEZ. FOR A CHANCE TO HAVE YOUR PHOTO FEATURED IN THE PARTING SHOT, PLEASE SEND SUBMISSIONS TO: THEWIRE@JTFGTMO.SOUTHCOM.MIL

THE WIRE