

THE OFFICIAL PUBLICATION OF JOINT TASK FORCE GUANTANAMO

THE WIRE

MAY 22, 2015

NAVY TAKES CAPTAIN'S CUP VICTORY

MILITARY SERVICES
FACE OFF TO DETERMINE
GUANTANAMO'S FITTEST

HONORING HAITIAN HERITAGE MONTH

HELP COMMEMORATE THOSE
WHO HAVE HELPED DEFEND
OUR FREEDOM

GIRL SCOUTS NEED YOUR HELP

VOLUNTEER TO SUPPORT
GUANTANAMO'S LITTLEST
LADIES

PREPARE FOR MOSQUITO SEASON

THE 525TH TAKES A CLOSER
LOOK AT PESKY BITES,
DISEASE PREVENTION

RESCUE ON MAGAZINE ROAD

FOUR SOLDIERS HELP SAVE
FIVE TEENS FROM A ROLL-
OVER ACCIDENT NEAR JTF

PHOTO STORY

**MASTER SGT. ROBERT BOWMAN***J1 NCOIC*

As Joint Task Force Guantanamo experienced another smooth transition from one organization to another this past week, it occurred to me that what makes Joint Task Force Guantanamo so successful isn't any one unit or individual. Rather it's all our units and individuals coming together as a team that makes us among the

MANY FACES - ONE TEAM

premier elements in the world. As the JTF enters the summer months, we will continue to undergo profound change with directors and even the commander moving on to new challenges. Even amidst all this change the mission of the JTF will endure. It will endure not based on the successes or failures of any single organization or person. The legacy of the JTF endures because of the willingness of the countless units and individuals who have come before us to set aside personal ambition and do everything in their power to contribute to the success of the JTF as a whole.

The professionalism of the men and women here amazes me on a daily basis. Their willingness to see the JTF succeed is nothing short of amazing. When you take time to consider the fact that our organization is in a continual state of change, as people rotate in and out of the JTF on a weekly basis, it is even more inspiring. The only way we as an organization are able to maintain the high level of performance that we do is because people put their own ego in the backseat and give their all to accomplish the mission. All of us here know that the JTF is more important and bigger than ourselves. Its legacy endures

because of the contribution of every Soldier, Marine, Sailor, Airman, Coastguardsmen and civilian who came before us and will come after us. Each individual has left a unique piece of themselves here, and the legacy of the JTF is built on those contributions.

As we move forward toward a summer filled with change, I urge all of us to take comfort in the fact that each new individual who replaces someone will be well trained and ready to give their all to ensure that the JTF and its mission does not fail. And for those who are departing, they should depart here filled with pride in knowing that the family they have come to know here at JTF GTMO is in a better place because of their efforts. I am honored and humbled to be a part of the JTF family, and I look forward to continuing to serve alongside the finest people on the planet to ensure our no-fail mission is just that, No-Fail.

*Article by***MASTER SGT. ROBERT BOWMAN***J1 NCOIC*

Throughout history many service members' lives have been lost while fighting for America. Whether it was in the American Civil War or in modern day conflicts in Afghanistan or Iraq, it's important to reflect on those who gave their all in service to our country this and every Memorial Day.

Memorial Day is not to be confused with Veterans Day. Memorial Day is a day of remembering the men and women who died while serving, while Veterans Day celebrates the service of all United States Military veterans.

In order to give back the community, GTMO Cub Scouts and Boy Scouts are spending Sunday cleaning headstones and placing flags on each

GTMO MEMORIAL DAY SERVICES TO HONOR OUR FALLEN HEROES

grave at Cuzco Wells Cemetery in preparation for Memorial Day services Monday.

There are two different events that will be held on Memorial Day, a morning ceremony and an evening ceremony. This gives all Joint Task Force Guantanamo Troopers the opportunity to pay their respects to the fallen.

The morning ceremony will be held by U.S. Naval Station Guantanamo Bay at the Cuzco Wells Cemetery. No personally owned vehicles are allowed past the access gate.

For many this will be the one and only time they will have the opportunity to have a look at Cuzco Wells Cemetery, the final resting place for many service members who served through the years.

Those wishing to attend this event will meet at the Downtown Lyceum parking lot. Busses are scheduled to leave at 6, 7:05 and 7:15 a.m. Passengers will be transported to the Cuzco Wells Cemetery.

The ceremony is scheduled to begin at 7:50

a.m. and continue through Colors and conclude at roughly 8:15 a.m. Busses will then transport attendees back to the Downtown Lyceum parking lot.

The evening ceremony will be held by JTF GTMO at the Trooper Chapel at 7 p.m.

It is encouraged that all members of the JTF GTMO community take the time to pay tribute to all of the service members who have lost their lives through the years. Whether you commemorate at one of the ceremonies or choose to do it on your own.

So remember, Memorial Day is not just a day off, but a time to reflect and honor the heroes who gave their all to defend the United States.

*Article by***SPC. AMBER BOHLMAN**



COMMAND & CHAPLAIN

Noncommissioned officer talks about smooth transitions and how each person contributes to leaving a legacy here. Also, get a preview of the Memorial Day events going on in GTMO.



GTMO NEWS

GTMO Girl Scouts on the hunt for volunteers; Haitian Heritage Month is honored in May; Preventative Medicine shares Mosquito facts; four Soldiers rescue teens in roll-over.



PHOTO STORY / COVER PHOTO

Service members participate in a competition to determine the fittest service. Rivalries brought out service pride and competitive banter while also fostering smiles.



ENTERTAINMENT

This week in entertainment, don't miss the heart-pounding action in "Mad Max: Fury Road" and be careful with your social media acquaintances in "Unfriended."



SPORTS

Check out the results of the annual Captain's Cup challenge. Flag football season is almost over and the playoffs are near, head out to Cooper Field and watch the games.



LIFE & FITNESS

Looking to work on your ab fitness? It's time to get out of your room and get motivated; our fitness guru has tips and guidance on how to tone your mid-section.

MOTIVATOR OF THE WEEK

PETTY OFFICER 2ND CLASS
JASON SIMMONS
 MARSECDT

PETTY OFFICER 2ND CLASS
KELSON HUTCHINSON
 J2

WHAT IS SOCIAL ENGINEERING?

Social engineering is the art of manipulating people into performing actions or divulging confidential information, rather than by breaking in or using technical cracking techniques. While similar to a confidence trick or simple fraud, the term typically applies to trickery or deception for the purpose of information gathering, fraud or computer system access; in most cases the attacker never comes face-to-face with the victim. Social engineering using impersonation (e.g. to gain information over the phone, or to gate-crash) is known informally as blagging. In addition to criminal purposes, social engineering has also been employed by debt collectors, skip tracers, private investigators, bounty hunters and tabloid journalists. A study by Google researchers found that up to 90 percent of all domains involved in distributing fake antivirus software used social engineering techniques.

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TROOPER ON THE STREET

WE ASK TROOPERS WHAT MEMORIAL DAY REPRESENTS TO THEM



PVT. 1ST CLASS

JOHNETTE ROBERTSON

"Memorial Day means to remember all of those who have fallen."



STAFF SGT. CURTIS NAILOR

"What Memorial Day means to me is honoring those who come before us and have made the ultimate sacrifice, and letting their memory live on through celebration."



SGT. ZORAIDA CORDERO

"I think it's a day that we should all honor and respect because ... it signifies those people who have died in honor for the sake of our freedom. I think it's a day that we should all ... as Americans ... go visit cemeteries and put a flag on a Troops grave."

HAITIAN HERITAGE MONTH



The Battle of Savannah memorial was built in 2007 in downtown Savannah, Georgia to recognize the Haitian infantry volunteers who fought in the American Revolution.

This month we celebrate Haitian Heritage Month. The history of Haitian contribution to the United States extends as far back as the American Revolution. In Haiti, May 1 is celebrated as Labor and Agriculture Day. In the United States, Haitians celebrate throughout the month of May with parades, festivals, conferences and exhibits.

Haitians have a long and complex history in the Western Hemisphere and with the United States. In 1779, Haitian troops, who called themselves the Chasseurs-Volontaires de Saint-Domingue, fought alongside French and American troops in the Battle of Savannah during the American Revolution.

Saint-Domingue, modern day Haiti, was a French colony during the American Revolution. The French allied with the American colonists in their fight against Great Britain for independence. This made the war into an international conflict. In the early months of 1779, Great Britain had already conquered the State of Georgia, with a plan to bring Virginia and the Carolina's under royal control.

Charles Hector d'Estaing was a vice admiral in the French navy and the senior naval officer in American waters. He planned to support his American allies to overcome British rule in Georgia. The Battle of Savannah took place in Savannah, Georgia from Sept. 16 to Oct. 18, 1779. The admiral led 3,500 French troops, which also consisted of 800 Haitian troops and 80 Haitian slaves, into battle against Great Britain. The battle was a success, and the 80 slaves were later awarded their freedom.

"The Haitians who participated in those battles came back with an idea; an idea of freedom and liberty was developed," said Gerald Laurent, a Port-au-Prince historian and author

of 19 books on his homeland's history. Other Haitian historians said the battle had a major impact on Haiti's future.

Among the veterans was a drummer boy by the name of Henri Christophe. Christophe returned home to later become president in the Northern territory of Saint-Domingue and gained independence from the French colonial rule. In 1804, Haiti became the first independent black nation in the Western world and also became the second independent country in the Americas after the United States. The Haitian Revolution lasted 13 years from 1791-1804. The Haitian Revolution has been described as the largest and most successful slave rebellion in the Western Hemisphere. Christophe was a commander in the Haitian army and later became the King of Haiti in 1811.

In 2007, the Haitian American History Society raised funds to commemorate a monument of the Haitian infantry volunteers who fought alongside the French and Americans during the Battle of Savannah. This memorial is in the center of Franklin Square in Savannah, Georgia.

"Several Haitians participated in the struggle for our freedom. They took a toll from the British army and many died," said Pete Liakakis, chairman of the Chatham County Commissioners at a 2010 ceremony at the memorial. "They helped us and died for our freedom. We have an obligation to honor their service."

Story by

SGT. REBA BENALLY

Courtesy illustration by

A. I. KELLER

NATIONAL ARCHIVES AND RECORDS ADMINISTRATION

RAINY SEASON BRINGS MOSQUITOES



Sgt. Derek Hauser, with the 525th Military Police Detention Battalion, Preventative Medicine Department, examines a mosquito plucked from a pile of various species captured in one of several traps posted around Guantanamo Bay, May 17, 2015.



After placement of traps around the installation, members of the Preventative Medicine Department collect, examine and catalogue various species of insects, particularly mosquitoes, to identify potential disease carriers in the area.

Have you had annoying mosquitoes biting you during PT, cookouts or just being outside in general? If you have, then you are probably wondering what attracts mosquitoes, why are some people bit more than others, or what can I use to keep mosquitoes away?

WHY DO MOSQUITOES BITE?

The easiest way mosquitoes hunt you down is by tracking your carbon dioxide, which humans emit as we exhale. Larger people will exhale more CO₂ as well as pregnant women. The more energy you exert, the harder you breathe and the more CO₂ you create. Mosquitoes can detect CO₂ up to 50 meters away.

A common misconception is that every mosquito will bite you. Not all mosquitoes bite, only the females bite. When females bite you they do so to drink blood for food, to develop fertile eggs.

CAN MOSQUITOES SPREAD DISEASE IN GUANTANAMO BAY?

Fortunately, the species of mosquito that transmits malaria is not found here in GTMO. However, another species of mosquito called *Aedes aegypti* are endemic to the Caribbean and have the potential to carry viruses which

cause Dengue Fever and Chikungunya. There have been no confirmed cases of either of these diseases here in GTMO. Preventive medicine conducts weekly surveillance to help detect any potential disease carrying mosquitoes.

HOW CAN YOU KEEP THEM AWAY?

DEET at a 10 - 25 percent concentration continues to be the chemical of choice used in repellents. In repeated studies it has been proven the most effective chemical repellent on the market, and is Center for Disease Control and Prevention recommended. Rest assured that your NWU type 2/3, and ACUs contain permethrin and will help to repel mosquitoes as well. A few other ways to keep mosquitoes at bay include:

- Soybean oil-based repellent such as citronella, cedar, peppermint, lemongrass and geranium
- Oil of eucalyptus products which preliminary studies show may offer longer-lasting protection and are also recommended by the CDC
- Avoid being outside during dusk and dawn
- Long sleeve shirts and pants
- Mosquito traps and attractive lights (*place away from area being inhabited*)

DEET
(Chemical)
EPA Registered
8-10+ Hours



Picaridin
(Chemical)
EPA Registered
Up to 8 Hours



Oil of lemon eucalyptus
(Synthesized Plant Oil)
EPA Registered
Up to 6 Hours



IR3535
(Synthesized Plant Oil)
EPA Registered
4-8 Hours



Article by
SGT. DEREK HAUSER
Photos by
SGT. CHRIS MOORE

GTMO GIRL SCOUTS SEEK LEADERS



Girl Scout Cadette troop leaders passing out Play-Doh during Super Heroes Field Day, held at Cooper Field May 2. The Girl Scout troops volunteer their free time to the community in order to give back and show their support.

U.S. Naval Station Guantanamo Bay and Joint Task Force Guantanamo offer many opportunities for service members and civilian employees here to volunteer their time to help the community.

With the constant rotation of people leaving and arriving on island, the Guantanamo Girl Scouts program has been left with numerous vacancies in leadership roles.

The Girl Scout program has six levels. The Girl Scout Daisies, grades K-1, Girl Scout Brownies, grades 2-3, Girl Scout Juniors, grades 4-5, and Girl Scout Cadettes, Senior and Ambassador that are all lumped together here at the GTMO chapter.

"We're going to need Girl Scout Daisy leaders, Brownie leaders and Junior leaders," said Vicki Vargas, GTMO Girl Scout treasurer. "We try and have two per troop."

"An ideal Girl Scout leader is someone who can wrangle all of these people together and help them work cohesively," said Madeline Damp, a Girl Scout with the Cadettes troop. "They know a happy medium between having fun and there's a limit."

The process of becoming a volunteer is simple. When any new volunteer arrives, the Girl Scout leadership has them fill out a registration form and a background check. That background

check is done base wide.

"The registration form is for them to be a Girl Scout. That will cover them for a year with a \$15 fee," Vargas said. "That will allow them to work with the girls."

**“WHOEVER I MEET
AND WHEREVER I GO
I CAN MAKE
GOOD FRIENDS,
HELP THE COMMUNITY
AND JUST
BUILD MY SKILLS”**

If a volunteer is interested in just helping out with one event, then just a basic volunteer background check is needed.

The Girl Scout mission is to help mold ladies into leaders. It gives them an opportunity to be a part of the community and help the community as a whole in any way that they can.

"Girl Scouts has given me an opportunity to expand what I do," Damp said. "Whoever I

meet and wherever I go I can make good friends, help the community and just build my skills."

The Girl Scout troops are always volunteering their free time to help in any way that they can. Their most recent volunteer opportunity was at Super Heroes Field Day. They put together a booth for kids to get superhero Play-Doh and learn more about the GTMO Girl Scouts.

"They try and give back and that's a lot about what they do," Vargas said. "We try and get them to step up, see-a-need fill-a-need kind of thing, and teach them to be a leader."

Not only do the girls enjoy volunteering, they also use the opportunity of working with adults to their advantage.

"I find that girls working with adults allows us to get to know them better," Damp said. "They have better relationship skills, and they can be more open. It's also good because even though us girls are glad to help, we can't do as much as adults."

If you're interested in volunteering for the GTMO Girl Scouts, contact Ms. Vicki Vargas at GTMO. GirlScouts@gmail.com

*Story and photo by
SPC. AMBER BOHLMAN*

RESCUE ON MAGAZINE ROAD



Joint Task Force Guantanamo Soldiers, Sgt. Joshua Vigers, Spc. Jason Foulks, Spc. Samuel Soto, and Spc. Lysander Hortua, were recognized for their heroic efforts Friday by Command Sgt. Maj. David Carr, JTF senior enlisted leader, far left, and 1st Sgt. Richard Gibson, their company first sergeant, far right.

Four Troopers at Joint Task Force Guantanamo were coined by Command Sgt. Maj. David Carr, JTF senior enlisted leader, for their heroic efforts as first responders to a roll-over vehicle accident here near Taft Gate, late Friday afternoon.

The incident happened around 3:50 p.m. when five minors were driving at high speeds around Magazine Road coming from Windmill Beach.

"While we were observing the vehicle, we noticed that during their turn they over compensated. They swerved twice, once to the right, once to the left, and then they over compensated on one of the swerves and that's when they rolled the vehicle," said Spc. Samuel Soto, a Soldier working external security at Taft access control point. "The vehicle slid about 50 to 100 feet."

As soon as the vehicle came to a stop on its side, Soto and Spc. Lysander Hortua, another Soldier working security, rushed to the vehicle and began extracting the personnel. While Soto evaluated the personnel, Hortua ran back to the vehicle and turned it off because it was on its side leaking fluids.

"My main concern was to just get them out of the vehicle. I wasn't even thinking about anything else at that point," Hortua said.

While the personnel were being extracted and moved, an emergency call came over the

radio from Taft Gate requesting support.

"We heard the call over the radio. All we heard was roll-over, and we happened to be pretty close," said Sgt. Joshua Vigers, one of the four Soldiers coined. "We were around the corner getting ice for our cooler, and we were able to immediately just respond over there."

“WE WERE JUST AT THE RIGHT PLACE AT THE RIGHT TIME”

Vigers and Spc. Jason Foulks arrived in time to search for a combat lifesaver bag and immediately began applying first aid.

"My biggest concern was broken limbs," Foulks said. "I was afraid for broken limbs, and I just started thinking 'How am I going to make some sort of make shift sling out of whatever I had,' then I helped out the one with the more severe injuries, and I assessed the other ones."

A couple of minutes after applying first

aid to the injuries, EMS and Fire arrived and transferred the injured to U.S. Naval Station Hospital Guantanamo Bay.

Like any other deployment, service members are required to pass a combat lifesaver course before deploying. All four Troopers attributed their ability to assess the casualties and apply first aid in a timely fashion to their training.

"We were all prepared for it," Vigers said.

Soto agreed, "We were just at the right place at the right time just doing our job. We expect anybody else to do the same for us anytime. We are just looking out for our fellow personnel over here at GTMO."

The Soldiers' leadership couldn't have been more proud.

"It's good to see that the training has paid off, and they were able to react accordingly," 1st Lt. Michael Molina said. "I'm really proud of them for what they did."

It is important to remember that these incidents can be avoided. The posted speed limit leading to and from Windmill Beach is 15 mph.

Story by

SPC. AMBER BOHLMAN

Photo by

CAPT. AMANDA HAMMOND

PHOTO STORY



Competitors took to the greens of the Lateral Hazard to golf for victory during the 3rd Annual Captain's Cup, here, Saturday.



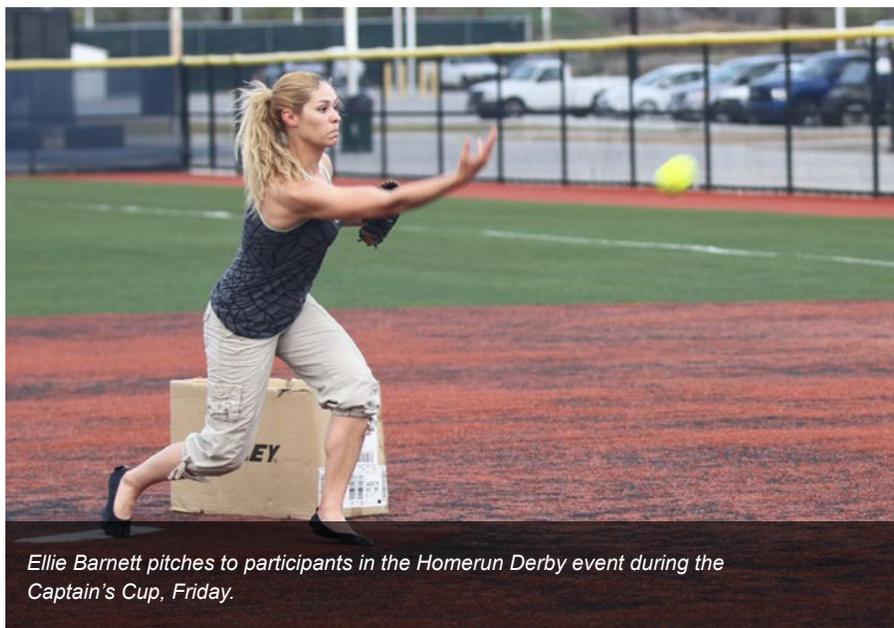
The Navy flag football team (white) faces off against the Marines (yellow) during the Captain's Cup, Saturday.



Navy Lt. Jasmine Scott performs the box jump portion of the 3rd Annual Captain's Cup, max performance segment.



Bowlers took to the lanes to topple pins for placement during the bowling portion of the Captain's Cup, Friday.



Ellie Barnett pitches to participants in the Homerun Derby event during the Captain's Cup, Friday.



CAPTAIN'S CUP OF CAMARADERIE

Last week all five services were represented in sporting excellence as the Morale, Welfare & Recreation hosted the annual Captain's Cup competition to determine Guantanamo's fittest service.

"It changes a little bit every year to keep it interesting and entertaining for the competitors. It's ... service against service competition as part of the installation's celebration of Armed Forces Day," said Jim Holbert, MWR sports coordinator for U.S. Naval Station Guantanamo Bay. "This is our third year holding the event. This year the overall event consisted of 10 smaller events: a 5k run, 3-point shoot out, bowling tournament, max performance competition, golf tournament, softball tournament, flag football tournament, and a kick, punt, pass competition."

Each team was awarded eight points for a first place position, five for second and three for third with any non-placing competitors earning one point for participation. Each event was limited to two teams, or two individuals, per service to make things fair due to the size differences between services. With each individual team's points contributing to the overall standing of their perspective services, competition for service pride was neck and neck for the duration of the events with first place changing hands in several close calls.

"My favorite event is tug-of-war, just because it's person against person and everyone around gets really into it yelling and cheering for their team to pull, probably the most excitement in a single event," Holbert said. "This year the bowling tournament was pretty exciting as well, coming down to the last bowl. The Navy team beat the Army team by 10 pins, and they got them on their last bowl. The Air Force was actually leading at the end of the first night of finals but, by the end of the second day, the Navy just wore them down I think."

As with any inter-service competition, there was a soaring sense of service pride served with a side of friendly competitive banter, fostering smiles and esprit de corps. It wasn't just the competitors, but service members throughout GTMO felt the friendly, competitive inter-service rivalry.

"There were definitely some rivalries going on. The Air Force was talking a good amount of smack and actually beat us in the first event, but we came back in event two," said Navy Lt. Jasmine Scott, who represented the JTF Navy on her team. "The teams were JTF and NAVSTA, so, for example, my team was half JTF Navy and half of NAVSTA Navy. The camaraderie the Captain's Cup fostered was really a fantastic thing. I was proud to be on a team where there was no differentiation. We were just all Navy, one team one fight. For me it was really cool to be a part of erasing that dividing line. I think any time you get to do that it's a great thing."

With the final scores placing the Navy as the top competitor, the banter has been settled and the challenge has been issued for next year's competition, and to those who will still be here, bringing all teams together with a sense of purpose and pride.

"I'm looking forward to next year to see if Navy can defend their title or if another branch will rise to the challenge," Holbert said.

Though many will move on before next year's competition, the chance to participate this year and leave their legacy was an exhilarating experience.

"All the teams did really well. I'm just happy the Navy came out on top!" Scott said.

Story and photos by
SGT. CHRIS MOORE



MOVIE REVIEW / MAD MAX: FURY ROAD



Imagine being strapped to a 10,000-horsepower top fuel dragster as it rockets down a dead end track, rattling your internal organs and blasting your brain with over 130 decibels of steel pounding, heavy metal music. Now imagine, for a moment, that you actually enjoy this ride, and you might understand how moviegoers may have felt at the Lyceums while watching the newest George Miller film, “Mad Max: Fury Road.”

Starring Tom Hardy as anti-hero Max Rockatansky, or Mad Max, “Fury Road” takes place in a post-apocalyptic Australian desert where extremely limited petrol, ammo and water have become the new currency. Nitrous-injected vehicles are strewn together in mechanical ingenuity from whatever’s available with sharp, rusty edges protruding everywhere. Ragged survivors in the unforgiving world have either joined the ranks of murderous road gangs or roam the wasteland in search of something better – and everyone is two doses of crazy.

Immortan Joe, a diseased overlord, controls a pillar of water

with the help of his ailing army of War Boys who are indoctrinated under the belief that dying in battle for Joe will grant them passage to Val Halla. Joe sends his most decorated warrior, Imperator Furiosa (Charlize Theron), on a bartering mission for fuel in a war rig capable of carrying just as much petrol as destruction. Turning on Joe, Furiosa flees with Joe’s most valued harem of pure women whom she’s hidden onboard, leading to a pulse-pounding, two-hour, high-speed battle – with Max caught in the middle, looking for an opportune escape.

Director George Miller replaced Mel Gibson with Tom Hardy in an effort to keep Max Rockatansky young in a fairytale-like narrated story. The narrator is usually one of a group of people who were saved by Max earlier in their lives and are recalling their story. Driven mad by the death of his family during the first installment in 1979, Max is now haunted by visions of his late daughter, feeling ultimately responsible for their death. Reluctant to help, Max is hurled

into dire situations by chance, feeling regretfully responsible to save those in need.

Original trilogy fans will enjoy the many Easter eggs that were scattered throughout, paying homage where it’s due. The main villain, Immortan Joe, played by Hugh Keays-Byrne, was quite the disturbing fan-filled treat. Keays-Byrne also played the main villain, Toecutter, in the original 1979 version. Thirty-six years later, Keays-Byrne is still leading armies of the damned, injecting fear and nightmares into children everywhere.

Alternately, fans may be upset with the lack of dialogue Max has in “Fury Road.” “Mad Max” films have always had a light script, but Max seemed grunt here and there and had a few one-liners. Max was never one for words, but he also wasn’t a mute. Max also seemed to co-star in his own film while Imperator Furiosa dominated on screen. This wouldn’t be a problem if the film wasn’t titled “Mad Max.” Perhaps “Mad Furiosa” would have been a more appropriate title.

Lastly, Max’s daughter was initially a son named Sprog in the 1979 film, creating errors in continuity.

Granted, the issues found in “Fury Road” are big ones, George Miller made up for them with an epic car chase full of fire, blood, dirt, sweat, metal and an insane flame-throwing guitarist tethered to a stack of amplifiers atop a speeding war vehicle. Plus an utterly hilarious scene where Max walks around a corner to find a group of supermodel-worthy maidens in skimpy white clothing dousing each other in preciously scarce water amongst a barren landscape like it’s going out of style. So, for making me want to purchase a trophy truck and drive it through a desert at 500 mph, and for possibly inspiring a mass of speeding tickets over the weekend, “Fury Road” gets a solid four stars.

“Mad Max: Fury Road” is rated R for intense sequences of violence throughout, and for disturbing images.

Movie review by
SGT. RICK HOPPE

IN THEATERS THIS WEEK

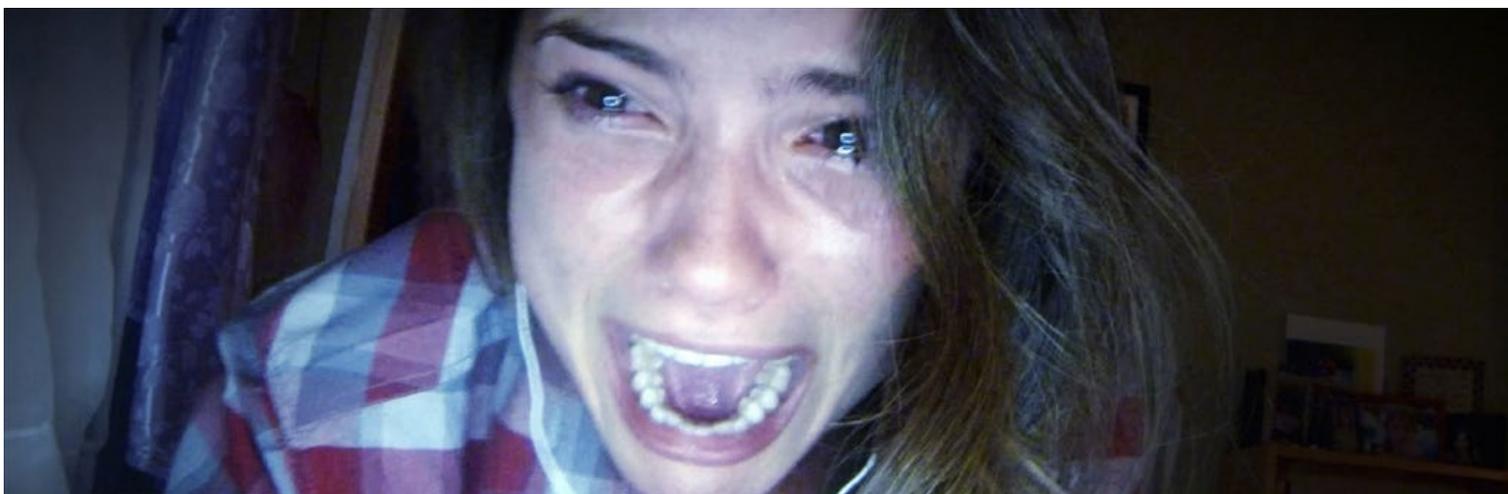


The Downtown Lyceum showtimes are shown in the top row and the Camp Bulkeley Lyceum showtimes are displayed in the bottom row.

The Age of Adaline (NEW) PG13, 8 p.m. Unfriended R, 10 p.m.	Little Boy (NEW) PG13, 8 p.m. Mad Max: Fury Road R, 10 p.m.	Tomorrowland (NEW) PG, 8 p.m. The Longest Ride PG13, 10:15 p.m.	It Follows R, 8 p.m.	Woman in Gold (LS) PG13, 8 p.m.	Avengers: Age of Ultron PG13, 8 p.m.	Furious 7 (LS) PG13, 8 p.m. Avengers: Age of Ultron PG13, 10:15 p.m.
FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Little Boy (NEW) PG13, 8 p.m. Mad Max: Fury Road R, 10 p.m.	Tomorrowland (NEW) PG, 8 p.m. The Longest Ride PG13, 10:15 p.m.	The Age of Adaline (NEW) PG13, 8 p.m. Furious 7 (LS) PG13, 10 p.m.	* LYCEUMS CLOSED	Unfriended R, 8 p.m.	* LYCEUMS CLOSED	It Follows 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 / UNFRIENDED



So again, I was completely unimpressed with another horror movie showing at the Downtown Lyceum. I don't understand what is going on. I feel like I'm back in 2004, when directors were producing horrible PG-13 horror films i.e. "The Grudge," "White Noise," "The Eye" and "The Village."

The movie is set in Fresno, California, where the story of "Unfriended" is told through a screencast of the laptop of a high school student named Blaire Lily (Shelley Hennig) – Spoilers ahead.

One year after Blaire's childhood friend Laura Barns (Heather Sossaman) killed herself because of incessant online abuse. Blaire briefly watches a recording of Laura's suicide before she is contacted over Skype by her boyfriend Mitch Roussel (Moses Jacob Storm). She

tells him that they will lose their virginities to each other that year at prom, which leads to them having a racy video chat. The couple is interrupted by three of their friends: Jess Felton (Renee Olstead), Ken Smith (Jacob Wysocki) and Adam Sewell (Will Peltz), as well as an unnamed, faceless account with the screen name billie227. First off, it's annoying, because on Skype you can't just enter a video call. You have to be approved to watch or be added.

Blaire notices billie227, and the team makes several unsuccessful attempts to get rid of the user. Than Laura's Facebook account starts sending cryptic messages to the friends, but Blaire fails to report the account to Facebook. Then because "someone" is sending crazy messages from Laura's account,

Blair decides to unfriend the abusive account.

The friends suspect that another girl, Val Rommel (Courtney Halverson), is using the accounts to prank them, so they call her up, and she joins the chat. From this point on the mysterious person using Laura's Facebook account continues to harass the group of high school students by displaying different video's, text messages, and photos showing how each one of them have at some point back stabbed each other throughout their friendships. Our minds race and heart beat faster and faster as each accusation leaves you with a suspenseful thrill.

The Producers were trying very hard to make a relevant movie using current social media trends, but, unfortunately, it doesn't hit close to

home because no one in high school uses Skype on a regular bases. That's what we have Facebook Video Messaging for. The movie was way too long, the ratings for it were high, but the movie actually failed to keep me entertained. This was supposed to be the "New Wave" of horror movies, but I want to know what's wrong with the classic slasher movie, or the paranormal movies? I don't know, but one thing I do know, this movie isn't worth a watch.

"Unfriended" is rated R for violent content, pervasive language, some sexuality, and drug and alcohol use - all involving teens.

Movie review by
SPC. RAUL SANCHEZ

MWR

2015 SPORTS SCHEDULE

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

MONTH / DAY ACTIVITY

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 WINNERS

NAVY

DAY ONE - 31 POINTS

DAY TWO - 75 POINTS

AIR FORCE

DAY ONE - 32 POINTS

DAY TWO - 55 POINTS

ARMY

DAY ONE - 20 POINTS

DAY TWO - 41 POINTS

MARINES

DAY ONE - 14 POINTS

DAY TWO - 24 POINTS

COAST GUARD

DAY ONE - 16 POINTS

DAY TWO - 22 POINTS

ZUMBA INTO FITNESS



Roxy Bumpus, Zumba instructor here, leads her Zumba class in a four-count dance sequence during her 45 minute cardio-endurance class at G.J. Denich Gym, May 4.

A healthy lifestyle starts with finding a program that interests and keeps you motivated in a way that also allows you to have fun. G.J. Denich Gym offers numerous programs that combine fun with cardio-endurance.

Of the classes that are offered here, one of the more popular cardio classes is Zumba. It's a form of cardio-endurance that helps you burn up to 600 calories in about 30-45 minutes. The exercises include music with fast and slow rhythms, as well as resistance training.

"Zumba is a class where you don't think you're working out because you are dancing to different music styles from different parts of the world," said Roxy Bumpus, fitness trainer specialist here. "You can be doing a belly dance; you can be doing salsa, hip-hop, there are many different types of music to dance to."

Bumpus has been teaching Zumba here for about three years and in that time received certifications in three of the nine Zumba levels, Zumba, Zumba Gold and Zumba Step. Each level targets different age groups, and tones and strengthens different areas of the body.

"A lot of people think, 'I don't know how to dance.' I tell them, it's not about dancing; it's about coming, having a good time and working out," Bumpus said.

Bumpus said even if you are a beginner you can pick up Zumba really quick. Every step is a four count couplet that is repeated four times so the participants can memorize them.

"The first time you see the moves, the second time you try and get it, the third time you're over there 'I got this, I got this' then the fourth time

you have it down," Bumpus said.

The class is taught by Bumpus and her assistant instructor Jennifer Nelson, a contractor here. Both of their teaching styles vary and offer a lot of diversity for the participants.

"My Zumba is a little less dance and little more aerobics. I like to do squats. I like to work your abs while you're standing, and I like to make you sweat," Nelson said. "Not everyone can Salsa, not everyone can Merengue but everyone can squat. Everyone can lunge and do a standing crunch. I usually fit my choreography to who I am teaching."

No matter who is teaching the class, students always leave the class talking about how much fun they have during their aerobic dance workout.

"This class is fun. You get a workout, and it's something that everyone can do," said Judith Taylor, a Zumba participant here.

Taylor said she goes to every class and she likes the variety that both instructors have to offer.

"I like the diversity of what Roxy teaches vs. what I teach and that's what I like about Zumba; it's different for everybody," Nelson said. "Every instructor has different moves and has different flavor and that's what I like it; it's not going to be the same."

Zumba is held every Monday and Wednesday from 5 to 6 p.m.

Story and photo by

SPC. AMBER BOHLMAN

FLAG FOOTBALL: CONFUSIONS VS MILITIA



The Confusions and the Militia face off during their game at Cooper Field here, Monday at 8 p.m. The Confusions defeated the Militia, 18-0, improving their league standing from No. 3 to No. 2 overall.

The focus of our sports articles lately has been on the ever exciting Morale, Welfare & Recreation Softball Leagues, so we wanted to switch things up this week, taking a look at the Flag Football League games that have been kicking off just across the track.

The No. 11 ranked Militia faced off against No. 3 ranked Confusions, Monday, in an effort to move up the rankings from their current position near the bottom of the leagues' standings.

The two defenses began the game strong by holding the other team scoreless during the first half, despite multiple trips to the Redzone. Eventually, Merton Gray, Confusions' coach and starting quarterback, rushed for a touchdown during the second half. The Confusions then broke through their slow start, scoring back-to-back touchdowns by Manley Mclean and Ryan Rector, late in the game to walk away with the win, 18-0.

The Confusions often scrambled to maintain coverage over Militia, a faster team. In the first half, Militia safety Dustin Hackney leapt over the Confusions' offense, making an interception. However, the Confusions answered back, intercepting several passes during the second half.

As the game progressed, the Confusions' offensive line helped call out holes in their protection, sometimes unintentionally drowning out their own quarterback. If it works, it works - and the Confusions walked away with another win, bringing them closer to the top of their league.

"We played, mostly focusing on our defense ... we locked them out, and our offense took over from there," Gray said.

Militia's quarterback Justin Taylor played quick on his feet and threw long, accurate passes throughout the game. In the final moments, Militia swapped Taylor with Hackney as the quarterback, working in a new angle. Though they didn't score, Militia coach Malachi Beasley and his team kept high spirits and ended the game with positive attitudes. Their teamwork and hurry-up offense made them an exciting team to watch on the field.

For the Confusions, no field goals were made, but they enjoyed getting their kicks in. During the Confusions second field goal attempt, No. 2, Cristian Begazo lined up a kick and drove it straight into a wall of rivals and teammates alike, giving everyone a few laughs and breaking up what little tension was on the field.

This football season may almost be over, but if you hurry, you can catch a game on both Tuesday and Wednesday night, at 8 p.m. and 9 p.m. Afterwards, the playoffs will begin and are currently set to kick-off June 1 through June 17. Dates are subject to change.

Story and photo by
SGT. RICK HOPPE

MWR SOFTBALL

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

MWR FLAG FOOTBALL

No.	Team Name	Standings
01	HNL	(10-0)
02	Confusions	(8-2)
03	Spartans	(8-2)
04	Gunslingers	(8-3)
05	Scheme Team	(7-4)
06	324th	(6-4)
07	GTMO's Finest	(5-6)
08	88th MP	(4-6)
09	BEEF	(4-6)
10	MCSFCO	(3-8)
11	Militia	(2-8)
12	Balls Going Deep	(2-9)
13	38th Watchmen	(1-10)

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	Garona 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)

"THE JOURNEY IS THE REWARD."

Last week we learned about one especially tricky region. This week, we are going to tackle yet another – the abs! A flat stomach is a hard goal to accomplish because it takes much more commitment.

"Getting a six pack is difficult because most people that set the goal aren't consistent with the high training demand," said Joseph Belt, MWR fitness coordinator.

This can be especially hard for men, as they tend to store most of their fat in the belly region.

Healthy eating is always important, but consuming foods to burn fat is especially necessary in this case. Exercise also boosts metabolism, which burns the fat, but it's vital to ensure you are training properly.

Belt says he typically notices people only training in one plane (crunches only), not maintaining proper

form or not thinking about their lower back.

"When one trains the core, they must not neglect the lower back," Belt said. "Some of my favorite ab exercises include lower back extensions, V-ups with a plate, Russian twists and negative decline sit ups."

There's a lot to know, but you can always reach out to a fitness instructor from the G.J. Denich Gym to help get you started. With knowledge and commitment, you'll have a flat tummy in no time!

Article by
SPC. MONIQUE QUINONES

FOR FLAT ABS, ADD THESE TWO POWER FOODS TO YOUR DIET TODAY!

1. ALMONDS:

These nuts contain magnesium, which is a mineral that helps your body build energy. They also help regulate blood sugar. "A stable blood-sugar level helps prevent craving that can lead to overeating and weight gain," says David Kats, M.D., a professor at the Yale University School of Medicine. Try to eat an ounce a day (about 23 almonds).

2. EGGS:

Eggs have the perfect balance of essential amino acids. These protein building blocks are what help people feel less hungry throughout the day. All you need is about one egg a day. There are plenty of options at the galley. You can get a couple hard boiled eggs or try a cheese omelet!

"Tough times never last, but tough people do!" – Robert H. Schuller



JSMART SPOT

▲ JSMART HELPER: TITAN

FINDING MOTIVATION

We've all found ourselves struggling to find motivation. Whether work related or doing something productive during downtime, it's important to be aware when we're not completely with it. Prepare yourself, there are things we can do about it.

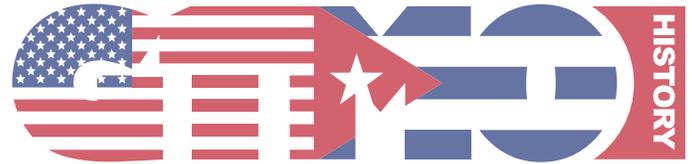
The first is "opposite action." It's doing the opposite of whatever we feel like doing. Instead of playing video games on a Saturday morning, we commit ourselves to volunteering or going to the gym. The point is forcing ourselves to do something we know is good for us despite how we feel.

Another tip, which may sound simple, is going outside. For some, difficulty finding the motivation to engage in social or physical activities starts at home. It can seem easy at times to entertain ourselves indoors; however, this habit limits our exposure to sunlight as well as interacting with others. The trick to this plan is this: it

isn't always necessary to have a specific plan. We can simply walk outside and do whatever comes to mind. Either going for a walk or running an errand. You never know who you might meet or how much you might enjoy yourself.

A more organized approach could be to make a task list. Simply writing down things you need to do whether you want to or not. Writing makes things more difficult to ignore, and it translates them into action. We also get the satisfaction of checking them off once completed, which reinforces our progress. The most important thing to remember is to try doing something different. Positive changes in our behavior have the ability to produce positive changes in our moods.

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



THEN & NOW: NAVSTA HOSPITAL



GTMO's \$2.5 million reinforced concrete hospital was built in 1956, renovated in 1975, and served as a general short-term treatment center that provided medical services and logistic support. It was the first naval hospital to be fully air-conditioned. (Photo courtesy of Stacey Byington, U.S. Naval Hospital Guantanamo Bay PAO.)



Today, the facility serves about 6,000 military personnel, military dependents, federal employees, Cuban, Jamaican and Filipino foreign national residents, individuals apprehended attempting to enter the U.S. illegally, migrants and detainees at JTF GTMO. It is also the oldest operating OCONUS Naval hospital. (Photo by Sgt. 1st Class Robert Freese.)

RELIGIOUS SERVICES

ROMAN CATHOLIC (NAVSTA chapel)

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

PROTESTANT SERV. (JTF Troopers chapel)

Sunday*	0900 & 1900	
Friday night movie	Friday	1900 "Unbreakable"

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	JTF Troopers' Chapel
	Wednesday	1900	JTF Troopers' Chapel
Beginners Bible Study*	Thursday	1130	JTF Deputy Chaplain's Office
Bible Study*	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

INDY 500 AT THE WINDJAMMER
THE 99TH RUNNING OF THE INDIANAPOLIS 500

This Sunday drivers of the Verizon IndyCar Series will compete in the Indianapolis 500. Come enjoy the race at the Windjammer Ballroom with food and drinks available at the Windjammer restaurant, O'Kelly's Pub or Pizza Hut.

Doors open at 11 a.m. and the flag drops at 12:15 p.m.

NASCAR driver Jeff Gordon, who announced in January that he will retire at the end of the season, will drive the pace car.

324TH MP BN
NCO & SOLDIER OF THE QUARTER

The results are in for the 324th Military Police Battalion, 2nd Quarter Noncommissioned Officer of the Quarter and Soldier of the Quarter competitions. Out of hundreds of Soldiers, seven accepted the challenge.

NCO OF THE QUARTER:

Cpl. Mark Thomas, 270th Military Police Company

SOLDIER OF THE QUARTER:

Spc. Cordell Wintz, 193rd Military Police Battalion

Dates and times for recognition are to be determined.



Photo by Matthew Kuchta

PARTING SHOT



'SUNSET PILLARS' PHOTO BY 1ST LT. MATTHEW KUCHTA. FOR A CHANCE TO HAVE YOUR PHOTO FEATURED IN THE PARTING SHOT, PLEASE SEND SUBMISSIONS TO: THEWIRE@JTFGTMO.SOUTHCOM.MIL

THE WIRE