

THE OFFICIAL PUBLICATION OF JOINT TASK FORCE GUANTANAMO

THE WIRE

JUNE 5, 2015



FITNESS, FIGURE COMPETITION

JOINT TASK FORCE SOLDIERS
DOMINATE ON STAGE AT MWR
BI-ANNUAL EVENT

JDG'S SILENT PROFESSIONALS

GUARD FORCE STAYS
MOTIVATED DESPITE
EXTERNAL SCRUTINY

PEDAL, SPIN TOWARD FITNESS

INDOOR CYCLING CLASS
PROVIDES FUN CARDIO,
ENDURANCE ATMOSPHERE

INTERVENTION SKILLS CLASS

AWARENESS TRAINING
HELPS TROOPERS ASIST
FELLOW TEAM MEMBERS

MWR SPORTS: MCSFCO VS GTMO'S FINEST

SERVICE MEMBERS FACE-
OFF IN THE FLAG FOOTBALL
PLAYOFFS ON COOPER FIELD

COLUMBIA COLLEGE HONORS GTMO STUDENTS

SERVICE MEMBERS,
RESIDENTS GATHER FOR
AWARDS CEREMONY

PHOTO STORY



CAPT. JOSHUA YODER

Media Relations OIC

Are we leaders because we wake up every morning and pin or Velcro on rank? I can stop by the NEX and pick up any rank I want, but that doesn't mean that I am entitled to that rank. The U.S. Army has given me the rank

WHAT MAKES US LEADERS?

of captain but does that mean I am a leader? I have positional authority over others of lower rank but does that mean they will follow me? Into battle? To their death? Because those are the possibilities of being in the military right now; maybe not here at Guantanamo Bay but in Afghanistan, Iraq, or on a ship at sea.

I think these are all things we (forget about) take for granted by the time we get up every morning and pin on our rank on.

I think trust is the most overlooked leadership trait. We need to trust that the Army, Navy, Air Force, Marine Corps and Coast Guard have trained us and our subordinates to do our jobs; that our services appointed leaders, who are competent and capable of leading us and training us to fill their shoes when they move on to the next part of their career.

You have to do more than just earn the trust of your superiors to be a leader, because they will just put you in charge. You have to earn the trust of your subordinates to become a leader.

Leaders have to trust that when they give an order, their subordinates are going to carry

out the order. Those subordinates need to trust that the order they're given is the right order to complete the mission, keeping their best interests in mind.

JTF Commander Rear Adm. Kyle Cozad was not picked up off the street and handed Guantanamo Bay. He had to earn that privilege through his years of service. Earning the trust of the people he served for, with and above.

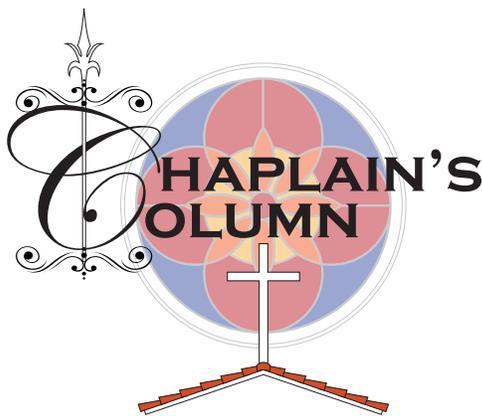
I would like to challenge all the leaders in JTF GTMO to remember the trust your subordinates, their families and the American people have in you. And what you need to do to keep that trust.

Earn their trust, always do the right thing, be a commodity and set the best example you can. Be the leader who your subordinates deserve.

Article by

CAPT. JOSHUA YODER

Media Relations OIC



In many of our military creeds, reference is made to "defending our way of life." I encountered this phrase for the first time when I went to ODS and have been reflecting on it ever since. I've come to realize there is a uniquely American "way of life."

So, what is it that distinguishes our way of life from that of other countries? One obvious difference is economic. In America, restaurants, stores and businesses abound; not so much in many other countries. But it goes much deeper

SAFEGUARD OUR WAY OF LIFE

than economics – freedom is at the heart of our way of life.

Freedom of speech definitely distinguishes our country from many others. While the recent looting and destruction of property in Baltimore should be roundly condemned and punished, the peaceful protests that have followed are legal. Few of us would encourage people to oppose police officers and the rule of law, but we realize that those who do encourage such behavior have the freedom to do so. In the same way, we have freedom to speak in opposition.

Freedom of the press is another distinguishing characteristic of our way of life. The perpetrators of recent attacks in France and many other places would like nothing better than for their acts of violence to suppress this freedom in America. So far, that hasn't been the case.

And then the freedom that most distinguishes our American way of life is freedom of religion. Here at GTMO, as on all U.S. military installations, there are chapels in which to worship and chaplains to lead and facilitate worship. Back in the states, if there isn't a Walgreens or CVS

on the corner, there's probably a church.

Our way of life is centered in this and other freedoms. Each time our country has been involved in a conflict, our way of life has been at stake and the dedication, professionalism, and commitment of our service members has ensured and secured our freedoms for generations to come.

Regardless of where duty calls – whether in the hedge rows off the beaches of Normandy, the rice patties in Vietnam, the mountains and valleys in Afghanistan, or here at JTF GTMO – success is rooted in our commitment to freedom. Each one of us is, in one way or another, responsible for safeguarding our way of life.

Article by

LT. CMDR. TIM FOSTER

JTF Deputy Chaplain



COMMAND & CHAPLAIN

Media relations officer in charge talks about trust and what leaders have to do in order to lead. Also, the deputy chaplain talks about the freedoms that we are entitled to.



GTMO NEWS

Three students graduated from Columbia College; Bobby Hinton talks about the importance of ASIST classes, and "The Wire" takes a closer look at the professionalism JDG's guard force.



PHOTO STORY / COVER PHOTO

Twenty one competitors gathered to compete in this year's Fitness and Figure Competition. Winners talk about what it takes to train for events like this and competing at a higher level.



ENTERTAINMENT

This week in movies, Bradley Cooper stars in "Aloha," Dwayne Johnson strives to save his family in "San Andreas" and an advanced AI named Ava will keep you guessing in "Ex-Machina."



SPORTS

Pedal your way to fitness at the G.J. Denich Gym Indoor Cycling Class and the MCSFCO take on GTMO's Finest during a MWR flag football game.



LIFE & FITNESS

Buddy-up for fitness this week with exercises and snacks; JSMART helps Troopers find power in self affirmation, and reflect on a historical presidential visit to Guantanamo.

MOTIVATOR OF THE WEEK

SPC. LEONARDO BECERRA
670TH MP CO

**AIRMAN 1ST CLASS
CHRISTOPHER ROLLINS**
BEEF

THE COLOR PURPLE

Ever wonder why a purple dragon is associated with OPSEC? In Vietnam we discovered that there was overwhelming evidence that a relatively unsophisticated adversary had foreknowledge of our intentions. Counterintelligence couldn't find any indications or information that we had spies, or that classified information was leaked in anyway. This is when the "Purple Dragon" team was formed. They conducted OPSEC surveys in South Vietnam throughout the conflict and made very interesting findings. Some of their conclusions found that our operations were very predictable to the enemy, and that no secret can be kept forever. Because of the success of the Purple Dragon team President Ronald Reagan in 1988 issued National Security Decision Directive 298, formally establishing OPSEC as a national policy.

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STAFF

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DARYL MADRID**

Layout Editor / **SGT. RICK HOPPE**

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Social Media / **SGT. CHRIS MOORE**

Staff Writer / **SGT. REBA
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COVER PHOTO ILLUS.

SGT. RICK HOPPE



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HQ Building, Camp America
Guantanamo Bay, Cuba
Commercial: 011-5399-3651
DSN: 660-3651

email: thewire@jtfgtmo.southcom.mil
www.jtfgtmo.southcom.mil/wire/wire.html

TROOPER ON THE STREET

WE ASK TROOPERS, 'WHAT COMPETITION WOULD YOU LIKE TO SEE ON A QUARTERLY BASIS BETWEEN NAVSTA AND JTF?'



NAVY CAPT. HUMILDE PRUDENCIO JR.

"Seeing that the CLO are the reigning champions at ultimate Frisbee against a fellow JTF directorate, ultimate Frisbee may be the great tie breaker."



AIR FORCE CAPT. EDWIN SNEAD

"Maybe like the Red Bull power sports, where we're out there wakeboarding and water skiing doing tricks and stuff for the community to judge."



AIR FORCE 1ST LT. JARED ERICKSON

"I would like to see a power lifting competition to show who's truly the strongest."

GRADUATES OF COLUMBIA



Columbia College of Missouri President Scott Dalrymple addresses graduates, students and alumni during a May 20 recognition ceremony at the Bayview dining room, here.

Education is the foundation of human society, and the military holds the education of its service members as a high priority. In an attempt to provide ample opportunities for their service members, military installations will often pair with local educational institutions to help afford the service members a higher education. One such institution is Columbia College of Missouri, whose U. S. Naval Station Guantanamo campus, instated in 2003, recently held a ceremony for three students who completed the requirements for graduation.

On May 20, Columbia College of Missouri's GTMO campus held a Graduation Recognition Ceremony to honor those active duty and civilian students who have graduated and/or completed requirements for graduation; two of them graduated with honors.

"Although this is not a commencement ceremony, since actual degrees are conferred back in the U.S., it is held to recognize the student's efforts and to honor students who cannot travel to the actual ceremony stateside," said Uliana Velch, Columbia College Guantanamo Bay Campus enrollment assistant.

Columbia College of Missouri offers more than 600 classes in 25 different areas of study. All programs except Nursing are available 100 percent online. Courses are offered year-round in five, eight week terms. The campus here also serves as a National Testing Center and Official Testing Center for CLEP and DSST (DANTES).

"Columbia College of Missouri has been in Guantanamo Bay since 2003, during these 12 years, the college has helped numerous students achieve their educational goals," Velch said. "We look forward to helping many more with

the next academic term starting August 18 and registration for the fall session beginning July 6."

Having an on base campus allows service members to have a personal experience and get a little extra help in finding the career path to further their military service career. The education will give military students a competitive edge in the civilian job market after their service.

"I definitely did not believe that I would be able to finish my Associates so quickly while I was here," said Petty Officer 3rd Class Phillip Lucas, one of the May 20 graduates. "The staff at Columbia College Guantanamo Bay was very helpful in getting information, showing me my smart transcripts from the Navy, and mapping out my degree plan, which gave me the confidence in knowing I wasn't far off from achieving a goal of higher education. I feel very proud of my accomplishment that I achieved through Columbia College. I now have greater confidence in my transition to life outside of the military. Next on my list is a Bachelors in Nursing!"

To meet with an academic advisor you can come in person to the office of Columbia College of Missouri located at Chapel Annex, Room 6, or contact an advisor at x75555 or by email at: guantanamo@ccis.edu. The Columbia College of Missouri Guantanamo Campus official website is www.ccis.edu/guantanamo.

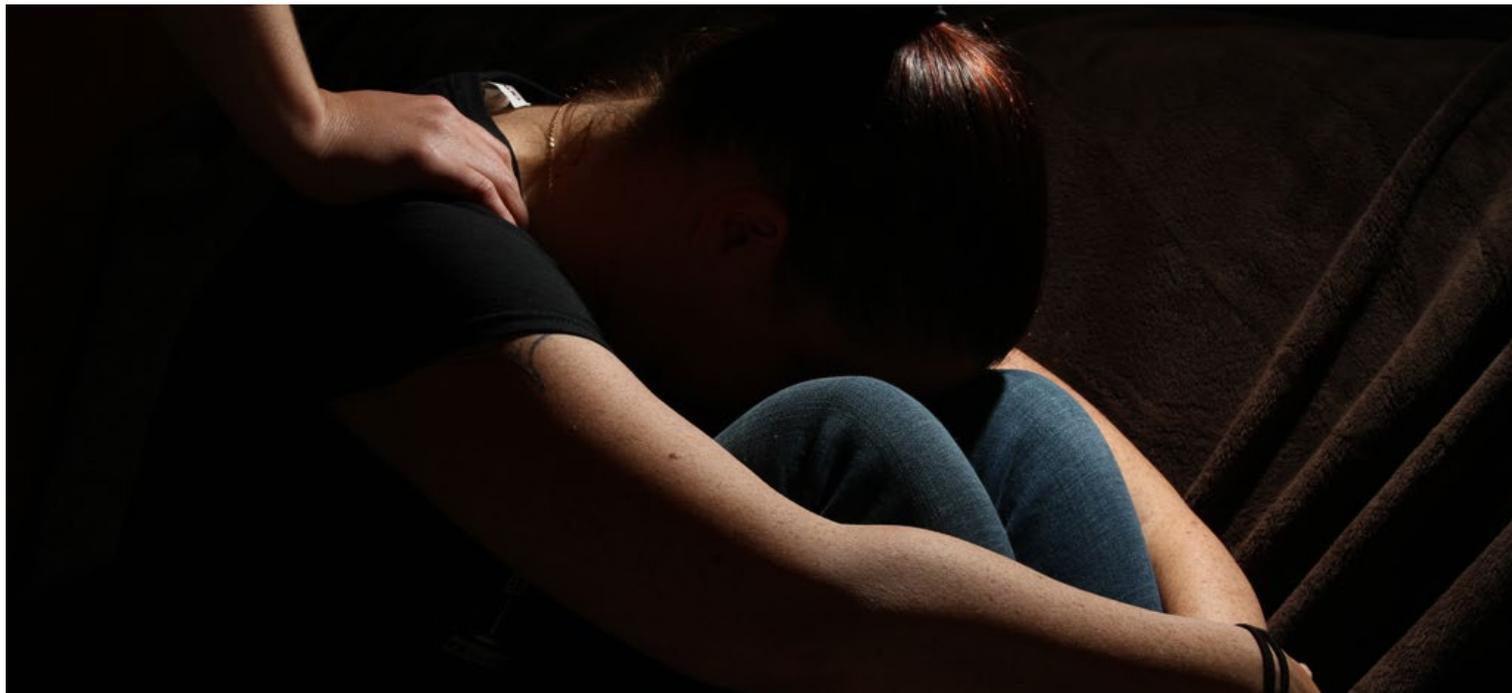
Story by

SGT. CHRIS MOORE

Courtesy photo by

ELENE GNANINA

INTERVENTION CLASS HELPS TROOPERS ASIST ONE ANOTHER



If you are looking for a program that can help you help others, than take a look at one of the many available programs offered by Bobby Hinton, the Chaplain's Religious Enrichment Development Operations facilitator at the U.S. Naval Station Guantanamo Bay Chapel.

The program, ASIST, is a two-day course that gets more into the weeds than safeTALK does, while still utilizing the concepts that safeTALK teaches you.

"This is the one where you can talk people down off the roof, it has the same concept as safeTALK, but a little bit more in depth," Hinton said.

The program is broken up into two, eight-hour courses, with the first half of the day spent going over what everyone's personal philosophy on suicide is.

"We ask 'How do you feel?' and 'What is your gut feeling on suicide?' We talk about the history of suicide, how gregarious people saw it, and what peoples experience with suicide is," Hinton said. "It can be a little heart-wrenching for people."

Hinton's concept on this particular program is that though you cannot guarantee anything, the person is safe for now, which can help take the pressure off of the person who is helping.

Hinton explained the Pathway for Assisting Life, or PAL system, this system allows you to start to explore, and ask the question 'are you

thinking about suicide,' this is where Hinton said you need to make them comfortable but ask them directly.

"If they say no, you still want to check it out and say maybe you do need to see someone and tell them why you think so, if they say 'yes,' listen to their story," Hinton said. "That is probably the first time they have said those words out loud."

Though some people may not be able to tell you their story, the ones who can and are willing to talk to you will have a turning point in that story, something that they can hold on to and depend on explained Hinton.

"It could be their mom; it could be the doorknob, the ants on the ground. Something that they look at and go wow, I could hold on to that for right now," Hinton said.

Hinton emphasizes that the most important thing is that they are safe right now and you can start working on a plan with them to keep them safe. If someone is at the point that they are doing something that will bring harm to them, take them to medical.

"However, if they are able to talk to you, you ask, 'How are you going to do this?' 'Have you ever done this before?' 'Do you have a history of mental health?' and 'Are you taking any drugs or medication?'" Hinton said.

Hinton pointed out that this information is going to help you see where that person is

and then you can look for someone who will support them after they get through with this and while they are going through it.

"That's what the program is about, and this is the plan, these are the four stages, someone who rejects suicide, someone who says well, you know I want to keep myself safe but I don't quite know all the way to, I don't know if I want to live or die help me," Hinton said.

Hinton explained that with ASIST, you have more guidance and less guidance. More guidance is for people who can't help themselves, or it could be a person who says, 'I know; I'm thinking about this and I need help.'

"I thought this training was awesome, very useful and I will definitely be recommending it to others," said an anonymous participant.

If you would like to volunteer for this program you can contact Bobby Hinton at Bobby.Hinton@gtmo.navy.mil or x2373. The first class is available June 15.

Story by

SPC. LIZ SMITH

Photo by

SGT. REBA BENALLY

GTMO'S GUARD FORCE: MAINTAINS PROFESSIONALISM DESPITE SCRUTINY



A guard with the Joint Detention Group walks a cell block in Camp V, March 25, during routine accountability checks. Camp V is a multi-million dollar detention center modeled after a correctional facility in the United States. The camp houses the JDG's non-compliant detainee population.

Editor's note: *This is the first of a three part series. The identification of soldiers operating in the Joint Detention Group has been omitted due to operational security.*

The misinformed hyperbole about Joint Task Force Guantanamo's mission has persisted from the earliest days in the temporary Camp X-ray to present detention operations in multi-million dollar facilities, comparable to federal institutions. But, that doesn't weigh on the typical service member who serves their deployment adhering to the unofficial motto – Don't love, Don't hate.

"I don't do anything here out of emotion or spite," said Army Col. David Heath, the Joint Detention Group commander who's roughly halfway through a two year assignment. "Is it the right thing to do to keep the guards safe? That's my number one concern, the safety of the guards."

Heath, who has 25 years of law-enforcement experience that includes corrections operations at Joint Base Lewis-McChord, Washington, and detainee operations in Iraq, has ensured his leadership philosophy has resonated with his troops. The commander's intent is clearly stated for all the guards to understand, according to a platoon sergeant with 670th Military Police

Company, a National Guard unit out of National City, California.

"Regardless if this place closes down or not, we're here to do a job. That's to conduct detainee operations," said a camp officer-in-charge with the 447th Military Police Co., a U.S. Army Reserve unit out of North Canton, Ohio.

The officer-in-charge reiterated that morale hasn't been impacted or influenced by the JTF's sometimes-negative portrayal in the media. There's an understanding amongst the leadership and troops that the mission is unique.

"There are four steps between the JDG and the White House," Heath explained. "We understand we're in a strategically important position."

Not only is GTMO in a strategically important position, it has captured the imagination of journalists and citizens alike from the earliest pictures of detainees in orange jumpsuits kneeling, albeit briefly, at Camp X-ray to continued debates amongst politicians worldwide about the validity of such operations.

"The detention facility at GTMO is watched closely by the White House, Congress and the courts," said Army Lt. Col. Myles B. Caggins III, the Defense Department Spokesman for Detainee Policy and Matters related to GTMO's detention facilities. "Each day, journalists from around the world inquire about the status of

detainees and the policy of detaining them."

The external interest in the JDG's operations in Guantanamo isn't lost on the leadership or the soldiers, sailors, airmen, Coast Guardsmen and Marines who rotate through the JTF on six, nine-month and sometimes yearlong deployments.

"The type of detainees we have, and some of the activities they participated in, makes them different than a person sentenced for crimes in the United States," Caggins explained from his Pentagon office. "The activists who argue for the closure of GTMO frequently speak in non-factual hyperbole. And, they are able to influence the perceptions of uninformed people."

Caggins further explained, "Typically, after journalists visit GTMO and tour the facilities, including direct observation of detainees, they realize there's much less mystery about the place than they expected."

Read more in next week's edition of "The Wire."

Article by

1ST LT. MACARIO MORA

Photo by

SGT. 1ST CLASS DARYL MADRID

FITNESS & FIGURE COMPETITION

A mass of spectators flooded into the Windjammer ballroom Saturday night to support 21 male and female competitors in this year's first Morale, Welfare & Recreation Fitness and Figure Competition. Spectators squeezed into the ballroom wherever possible to watch as competitors posed and performed on stage, competing in a hybrid event, and showing off their hard earned results.

The competition has been held yearly, since 2011, until 2014 when, due to popular demand, it became a bi-annual event. Excitement was displayed not only by the size and interaction of the crowd, but by the smiles, laughs and cheers – the likes of which you may only otherwise experience during live concerts.

"We had such great feedback from people asking us to do another one, so we did. The response from the participants and spectators was great," said Roxy Bumpus, the MWR fitness specialist and competition coordinator. "This [competition] is really good for all active duty or civilians who spend a lot of time at the gym and like to make themselves a physical goal, and this is something that ... inspires them to get in better shape."

Seventeen males and four females competed in two events. The fitness portion allowed contestants four 30-second, one quarter turn poses, where they're given points, per turn, on their physical appearance, muscle beauty, symmetry and muscle balance. The figure portion allowed contestants another 90 seconds to show off their personality by dancing, doing stunts, posing creatively or performing acts. For some, this was their first time, and they had to overcome the fear of showing off their bodies in front of such a large crowd.

"I started working with an online trainer [who] trains girls for bikini competitions back home, and I'm deathly afraid of crowds," said Tracy Smith, overall winner in the female category. "So I said, 'this would be a good experience for me before I go and do one back home.' So, I joined the competition here."

Some contestants previously competed in similar events, not only at GTMO, but back in the states as well. So, they knew what to expect and were more comfortable during the competition.

"This is probably my fourth or fifth

[competition]. I've done two in the states and two here – and then another one way long before that," said Clarence Ross, the most seasoned competitor at age 56 and overall winner in the men's category. "They had better trophies this year. They had more competitors this time. It was more organized, and the judges were better this time too. So, it turned out really well. The MWR did an excellent job."

All of the competitors were praised throughout the event by the cheering crowd. Even during awkward audio technicalities, the crowd cheered to help put the contestants at ease and give them confidence to continue their acts.

"All the people that supported me were optimistic, 'You got this. You're 56 years old.' That's an achievement in itself, to come out here against these young guys," Ross said. "The people that supported me were behind me with my diet, my exercising and motivating me to say, 'You can still do it,' because the diet is the hardest part. Sometimes you want to cheat, but cheating will make you fat. It'll show when you're standing on stage."

At the end of the night, groups of supporters and friends crowded around the contestants to take group pictures and, of course, selfies, helping celebrate each contestant's personal victory.

"I'm going to compete when I get back to the states, but I won't compete at the weight I came in now, at 170," Ross said, "I'll put the 20 pounds back on that I lost to get in this weight class, and compete at a higher weight class when I get home."

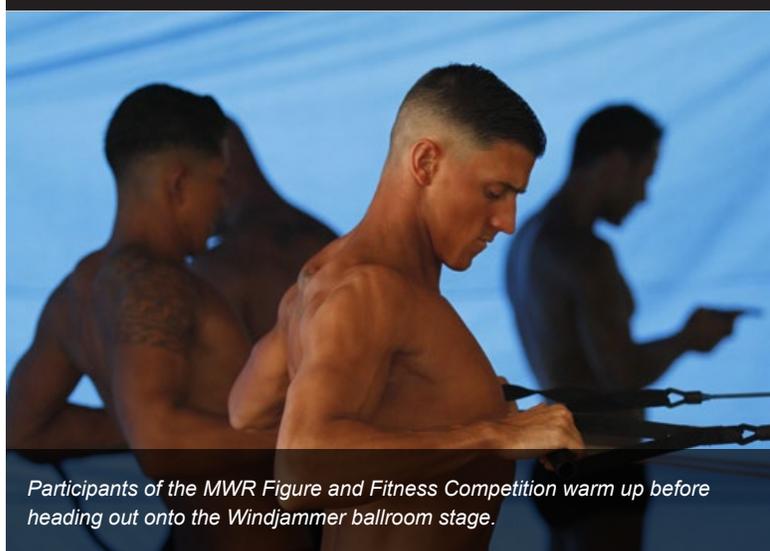
Making high-level fitness a long term goal is inarguably a test of enduring willpower, and showing off your hard work on stage can test your will. Sometimes all that's needed is a little support, propelling you further than you've ever dreamed.

"It felt really awesome [to win first place]. I worked really hard to get where I'm at, and I'm really proud of myself for how far I've come," Smith said. "I'm going to do a bikini competition back home, not a figure competition. I don't think I have quite enough muscle yet for a figure competition."

Story and photos by
SGT. RICK HOPPE



PHOTO STORY



Participants of the MWR Figure and Fitness Competition warm up before heading out onto the Windjammer ballroom stage.



Supporters and spectators line the chairs and aisles as a contestant performs a creative dance during the MWR Fitness and Figure Competition.



The male competitors line up on the Windjammer ballroom stage during the MWR Fitness and Figure Competition.



Contestant No. 21, Tracy Smith, poses for the judges and hundreds of spectators during her fitness routine.



Contestant No. 6, Clarence Ross, makes a quarter turn pose for the judges and hundreds of spectators during his fitness routine.



Tracy Smith holds up her trophies after winning first place in her age group, and first place overall during the competition Saturday.

Clarence Ross, 56, accepts the trophy for first place overall after beating out competitors half his age at the Morale, Welfare & Recreation Fitness and Figure Competition at the Windjammer ballroom here, Saturday. Ross, who has competed in several other fitness events, here and stateside, plans to continue competing when he gets back home.



MOVIE REVIEW / SAN ANDREAS



In Brad Peyton's latest film, we're told by professor Lawrence Hayes (Paul Giamatti) that around once every 150 years there is a massive earthquake along the spine of California where two tectonic plates meet — the San Andreas Fault line. Early in the film, he also reveals that the world is around one hundred years overdue for the scheduled "big one."

Perhaps Hayes was talking in some sort of allegory for modern Hollywood's trend of scheduling big-budget, all-star cast global catastrophe movies, the last one being 2009's "2012." And, like the repetitious earthquakes in "2012," you can't help but get a sense of déjà vu while watching 2015's rendition, "San Andreas."

The film's budget was \$110 million, which seems to have had the majority spent on two things: casting Dwayne Johnson in the lead role and hiring a generous percentage of Hollywood's special effects artists.

When the action is focused up close, Dwayne and his rippling biceps are on point, always climbing out of some destroyed vehicle or rescuing another hapless citizen. As the camera zooms out, all of the action is beautiful; a carefully choreographed destruction of California, the likes of which you may have only dreamed.

However, whenever the action pauses for a breath, the movie's

characters and plot prove less than structurally sound. It is easy to keep your suspension of disbelief intact when a building is crumbling or a fuel depot is exploding — there's no time to question exactly how a helicopter can graze canyon walls with its rotors and survive because lookout! A car is about to slide down that cliff and there's a woman and a baby trapped inside! However, it's in these too-frequent pauses that the viewer may start to wonder if there was any budget left, perhaps for a writer or two.

Don't get me wrong; I suspect "San Andreas" can be an enjoyable, if by-the-numbers, summer blockbuster. You simply have to switch off your "thinking" brain before you enter the theater. And not with the wall switches of your mind — that's not good enough — but deep down with the circuit breaker, like emergency preparedness classes instruct you to do when you suspect a disaster is about to happen.

"San Andreas" is rated PG13 for intense disaster action and mayhem throughout, and brief strong language.

Movie review by

SPC. CLINTON YEATS

MOVIE REVIEW / ALOHA



"Aloha," directed and written by Cameron Crowe, follows suite with one of his usual trademarks, a dynamic successful person who loses everything and is forced to reevaluate their life. This is what happens to Brian Gilcrest played by Bradley Cooper in this film. He's a military contractor who is trying to find his place again when he arrives in Hawaii to negotiate a deal with the locals to expand one of their U.S. Air Force bases.

Gilcrest is a military contractor that has started to fall out of favor with any and everyone in his life. The negotiation to expand an Air Force base is supposed to be the lifeline to redeem his career after he almost lost not only his life, but said career. In the midst of all of this, he must make amends with past mistakes and trip his way through new relationships that he forms once he arrives in Honolulu.

Gilcrest gets a surprise when he arrives and runs into an old love Tracy Woodside, played by Rachel McAdams. So now what Gilcrest was hoping would be a simple mission that would take him less than a week, has turned into something a little more complicated by the ghosts of his past and challenges he's facing in the present.

Woodside, who dumped Gilcrest 13 years prior, is married and has two children. Her husband, an Air Force pilot John "Woody"

Woodside, played by John Krasinski. Woody refuses to talk when Gilcrest is around but still manages to communicate with him via body language, which does end up providing a good bit of comedy, especially toward the end of the movie.

As he's confronting his past, Gilcrest has to deal with the spunky and constant presence of his Air Force liaison, Capt. Allison Ng, played by Emma Stone, who he starts to fall for, hard.

We watch Gilcrest go back and forth between rekindling an old flame with Woodside and starting something new with Ng. The only issue really was that Ng and Gilcrest's romance seemed a little forced and sudden, especially since half the movie they seemed to really hate each other.

Even though for some of the movie it seems like there are loose ends as it comes to a close, Crowe manages to fit everything together nicely.

One of the big reasons this movie struck home so much is because in a world full of cynicism and critics, it was a feel good romantic comedy that takes you out of reality for a little bit. I give the movie 3 stars.

"Aloha" is rated PG13 for some language and suggestive comments.

Movie review by

SPC. LIZ SMITH

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 Water Diviner (NEW) R, 8 p.m. Aloha PG13, 10 p.m.	Hot Pursuit (NEW) PG13, 8 p.m. Ex Machina R, 10 p.m.	San Andreas PG13, 8 p.m.	The Age of Adaline PG13, 8 p.m.	Unfriended (LS) R, 8 p.m.	Paul Blart: Mall Cop 2 (LS) PG, 8 p.m.	Avengers: Age of Ultron PG13, 8 p.m.
FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Hot Pursuit (NEW) PG13, 8 p.m. Ex Machina R, 10 p.m.	The Water Diviner (NEW) R, 8 p.m. Aloha PG13, 10 p.m.	Unfriended (LS) R, 8 p.m.	LYCEUMS CLOSED	San Andreas PG13, 8 p.m.	LYCEUMS CLOSED	Mad Max: Fury Road 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 / EX MACHINA



“The development of full artificial intelligence could spell the end of the human race,” – Stephen Hawking.

If the singularity – the moment artificial intelligence can think beyond humans – comes in the form of Ava (Alicia Vikander), I’ll willingly meet my maker. Ray Kurzweil, a Google engineer and leading transhumanist, believes that moment will happen in 2045.

Alex Garland’s directorial debut “Ex Machina” explores the continued human fascination with AI; a fascination that dates back to antiquity when Homer first used the Greek version of the word automation to describe an automatic door. Automation is the Latinized Greek term that means to “act of one’s own will.”

Garland’s film begins when a computer programmer, Caleb (Domhnall Gleeson), wins a contest to spend a week with his company’s founder – Nathan (Oscar Isaac), an eccentric genius and recluse living in the remote wilderness. Caleb is excited to meet the computer programmer who developed Blue

Book – an aptly named Internet search engine that has provided Nathan billions of dollars and the ability to freely work on AI. “Blue Book” was a lecture by Ludwig Wittgenstein in the 1930s that was later turned into an obscure book that touched on the ideas that later became ordinary language philosophy. I digress.

Caleb quickly learns that he wasn’t invited by Nathan to simply bro-out for a week, but rather he was needed to conduct a modified Turing test with Nathan’s latest AI creation, Ava. The test was devised by Alan Turing in 1950 to determine a machine’s ability to intelligently behave like a human. Turing believed that if a human couldn’t distinguish a machine from a human after having a conversation then the machine passed the test. The human and machine would be separated in Turing’s test; however, when Caleb points this out to Nathan he replies that they’re beyond that measure.

Ava is stunning. There’s tranquility in her inquisitively beautiful face, and her hands are

decidedly feminine. She moves with the feet of a ballerina, but her translucent torso gives her away.

Her look belies the intelligence in her conversations with Caleb. Caleb haughtily questions Ava to begin their series of interactions; however, Ava soon becomes the interviewer. Caleb’s background is revealed. Unsurprisingly, he’s a lonely, sexually suppressed computer programmer who Nathan purposely picked to conduct the Turing tests.

The film takes a turn from the fascinating to the creepy as Ava warns Caleb not to trust Nathan during intermittent power outages during their conversations. Imagine being in a remote wilderness trapped in a research facility with a super genius drunk who uses his intellect to play God.

Isaac and Gleeson are both excellent in their roles. Isaac convincingly portrays a highly intelligent megalomaniac whose equal parts ape and genius, and Gleeson would look right at home on the Google campus. But, Vikander’s performance is what

takes a good film and makes it great. She’s childlike in curiosity, but also the ultimate femme fatale.

Garland’s film doesn’t offer much new to the AI sub-genre, but the rookie director presents a more nuanced intelligence to a sci-fi staple that has lacked a clear direction in film for decades.

Although, if Kurzweil, Hawking and the other infinitely more intelligent than we are futurists and scientists of the world are correct this may all be a moot point. A thousand years from now Ava 15.0 will be shifting through an archaeological site containing the bones of the long extinct Homo sapiens and marvel at the primordial ape-men who once ruled the planet, creating their own evolution and thus hastening their own extinction.

“Ex Machina” is rated R for graphic nudity, language, sexual references and some violence.

Movie review by
1ST LT. MACARIO MORA

MWR

2015 SPORTS SCHEDULE

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

MONTH / DAY ACTIVITY

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

FIGURE AND FITNESS WINNERS

WINNERS OVERALL

Females - Tracy Smith, No. 21
Males - Ross Clarence, No. 6

Females: Age 18-29

1st Place - Tracy Smith, No. 21
2nd Place - Ashley Doehring, No. 22
3rd Place - Stephany Rodriguez, No. 23

Females: Age 30-39

1st Place - Jennifer Nelson, No. 24

Males: Light Weight

1st place - James Smith, No. 1

Males: Middle Weight

1st place - Ross Clarence, No. 6
Runner-up - Matthew Owens, No. 9

Males: Light-Heavy Weight

1st Place - Zac Alexenco, No. 15
Runner-up - Mark Matchett, No. 14

Males: Heavy Weight

1st Place - Joshua Tasabia, No. 16
Runner-up - Shawn Screen, No. 17

INDOOR CYCLING CLASS



Jennifer Nelson, a certified Spin instructor, motivates local participants before starting her Indoor Cycling class at the G.J. Denich Gym, May 28.

The G.J. Denich Gym here offers a variety of fitness classes for all deployed and permanent party personnel. So, instead of sitting in your room watching the same old boring shows, take the opportunities that are given to you and try something new.

Indoor Cycling is one of the many classes offered here and held every Tuesday and Thursday from 6 to 7 p.m.

Jennifer Nelson, a fitness instructor here, said she would enjoy having you attend one of her classes. Nelson teaches Indoor Cycling classes each week at the G.J. Denich Gym.

"I was already teaching Zumba at the gym at Naval Air Station Key West, and so I decided one day I was going to get Indoor Cycling or Spinning certified in case they needed another Spinning instructor," Nelson said. "It was something I really liked to do, so I figured if I don't use it there, I can always use it somewhere else."

Whether you are a beginner or have been cycling for years, there is something for everyone, so you can get a great workout at the Indoor Cycling class.

"We have all different levels. I've brought my 12 year old. We have retiree's; we have people that are new to it, and we have a few that do the triathlons a lot that use this for their training," Nelson said. "The nice thing about spinning is that it is for all levels."

One of the first things Sgt. 1st Class Margarita Padilla did when she arrived at Guantanamo was to check out the schedule of fitness classes offered here.

"I've been doing cycling for a little bit over a year, and I enjoy it very much," Padilla said. "When I first arrived here I looked at the schedule, and it's something I do back home, so I was pretty excited to see that they had it here at GTMO."

Over the last year Padilla has learned a lot about the ins and outs of Indoor Cycling and shares her advice and tips with beginners.

"If trying this for the first time, start slow, it is challenging when you first try it, but the more you do it, the more you can push yourself and the higher you can go with it," Padilla said.

Dominic Sapien, a civilian contractor here, has been attending Indoor Cycling class for about four months to help get in shape and enjoy a low impact exercise that Indoor Cycling offers.

"It's great for my knees and my legs. It's a good workout, and it's not too strenuous," Sapien said.

So the next time you feel there is nothing to do, head to the gym. There are many exercise classes available to get you out of your rut and back into shape. And you don't have to worry about the weather.

"When it's hot out or the weather is cruddy, at least you can still ride," Nelson said.

To join a class or for more information contact G.J. Denich Gym at x77262

Story and photo by

SGT. 1ST CLASS DARYL MADRID

FOOTBALL: MCSFCO VS GTMO'S FINEST



Kenneth Wallace, wide receiver for the MCSFCO flag football team, receives the ball and runs it down Cooper Field Monday. Wallace scored the first touchdown of the evening.

GTMO's Finest, No. 7 ranked, and MCSFCO, No. 11, faced off in their first game of the Flag Football playoffs on Cooper Field Monday at 7 p.m.

The camaraderie around GTMO is evident as the minutes leading up to the game almost led to MCSFCO forfeiting due to lack of players. With only five minutes to spare, members of the Coast Guard appeared ready to join forces with the Marine Corps to fight for Monday's win.

Both teams previously battled it out on the field during the regular season, leaving GTMO's Finest with the win and MCSFCO preparing for the next time they would face off.

"We played this team before, and they gave us a bad blowout. So, we just used that and studied good sportsmanship," said Michael Gittere, the wide receiver and corner back for MCSFCO.

MCSFCO used their previous encounter with GTMO's Finest to gauge how they played as a team. This second time around MCSFCO was able to pinpoint their weaknesses and use them to their advantage.

"They returned the favor. We put them down the same way they put us down tonight. It's one for one I guess," said Richard Puetz, defensive cornerback for GTMO's Finest.

Gittere was humble in victory, and he said the win was a result of team play and tightening up their overall play.

"We just played good team ball. We were talking a lot. We were interacting with each other," Gittere said. "That was the key thing – keeping our mouth closed and just paying

attention to the quarterback."

Steve Nash, quarterback for MCSFCO, was the star of the game. He threw numerous completions and even ran the ball a couple of times, which resulted in multiple first downs and three touchdowns overall.

"Today was one of our best games that we've ever played," Gittere said. "I'm proud of the guys. We worked hard."

Even though GTMO's Finest's offense wasn't up to par, they still showed good sportsmanship and acknowledged that they were beat by the better team that night.

"Props to the Marine Corps, they came out and played with heart, hopefully we'll see them again soon," Puetz said.

GTMO's Finest has plans to get back on the right track for their next playoff game.

"We plan to just come out and play better as a team, get our offense working like we had during the regular season," Puetz said.

With a double elimination rule in the book, GTMO's Finest has one more shot to stay competing for the championship. As for MCSFCO, they plan on keeping their strategies the same as they advance to the next round.

"I expect to see us in the championship, that's where we're going for here," Gittere said.

Article and photo by

SPC. AMBER BOHLMAN

MWR SOFTBALL

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

MWR FLAG FOOTBALL

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

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)

THANK YOUR BUDDY

It's easy to want a nice body. It's even pretty easy to plan your workout. It's not always so easy to actually get to the gym. So, how do you get past that barrier?

Like peanut butter and jelly, some things are better as a duet. Taking a friend to the gym with you could be just the boost you need.

"We make each other accountable for going to the gym," said Petty Officer 1st Class Mickella Wisdom, an intelligence specialist. "It's harder to be lazy when someone else is ready to go."

Having a buddy around could also be a great opportunity to learn some new moves. Maybe your partner is a yogi, and you've always wanted to learn. Switching things up will help keep you from getting bored and missing gym days.

It can be difficult to motivate yourself when your arms are getting tired, but your partner is there to save the day.

"I like that my partner will correct my form, force me to push through, and do another rep when I don't think I can," Wisdom said.

A good workout partner will greatly increase the chances of you meeting your fitness goals. Having a good friend by your side will motivate you and turn your workout from drab to fun!

Article by
SPC. MONIQUE QUINONES

Some foods do better with a buddy as well. Try these pairings with your workout partner!

BREAD & VINEGAR FOR WEIGHT LOSS

High carb foods like bread cause the glucose in your body to rise but then quickly plummet. This causes us to feel hungry and eat more. "Vinegar moderates that spike in glucose, so you feel full longer," says Carol S. Johnston, Ph.D., director of the Nutrition Program at Arizona State University.

SPAGHETTI & ROASTED PEPPERS FOR MORE ENERGY

Iron is the key to staying energized, but some iron isn't absorbed as easily. Adding red peppers, rich in Vitamin C, to your pasta will help convert the iron in the grains that your body can absorb.

BROWN RICE & PEAS FOR FASTER METABOLISM

Some plant foods are full of protein, but lack some amino acids that would make them complete. Pairing them together gives your body the full benefit. Rice is low in lysine, but peas are lysine-rich.

"A buddy will keep you honest and add a dimension of fun to your workout." – Bill Toomey, track and field competitor



JSMART SPOT

▲ JSMART HELPER: TITAN

THE POWER OF SELF-AFFIRMATIONS

Do you ever notice yourself dreading an upcoming task because you fear you won't do well? When faced with everyday obstacles, what we tell ourselves about them has an enormous impact on our ability to perform. A popular method for improving our perceptions is known as self-affirmations.

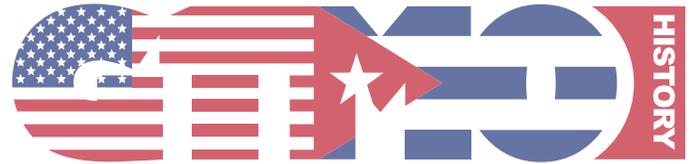
Self-affirmations are specific statements we make about our abilities in a situation. We can use positive or negative self-affirmations depending on our self-worth. If we struggle with low self-esteem and are tasked with a challenging project at work, we may be likely to have thoughts like, "I can't do this," or "My sergeant was wrong to put me in charge." These thoughts reinforce our negative views and have the power to limit our potential.

On the other hand, positive self affirmations can be used to build

ourselves up. If you ever eat at McDonald's you'll notice a plaque dedicated to a man who was noted to frequently say "I've got this." That is a good example of positive self-affirmations because we can use it for many situations.

Other examples of self affirmations include I am, I can, I will or I have. It's important to keep our affirmations specific, such as "I am a hard worker" or "I will be productive today." Much like weightlifting, self-affirmations are meant to be a repetitive exercise that builds us up and gets stronger the more we use them. The more we use them, the more we believe them. Over time, the goal is to see a change in the way we view ourselves and our capabilities.

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



PRESIDENTIAL VISIT TO GTMO



Bill Barrett, son of Chief Pharmacist's Mate P.C. Barrett, presents a scrapbook to President Truman.



Part of the group of school children who welcomed President Truman to Guantanamo.

During a visit to Puerto Rico, the Virgin Islands, Cuba, and his vacation home in Key West, Florida, President Harry S. Truman stopped at GTMO on Feb. 25, 1948. Truman only visited the Naval Base while in Cuba, so it was not considered a State visit, and he did not meet with any Cuban government officials. Truman was on vacation during the tour, but considered the visits "goodwill" missions, meant to cultivate friendship between the

United States and the islands. The only other U.S. President to visit GMTO, while in office, was Franklin D. Roosevelt, who came here on Feb. 20, 1939 and again on Dec. 4, 1940. Truman was the last President to visit the base.

Article by
SGT. 1ST CLASS ROBERT FREESE
Photos courtesy of
HARRY S. TRUMAN LIBRARY AND MUSEUM

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	"When the Game Stands Tall"

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

ROOSEVELT GATE RESTRICTIONS

Roosevelt Gate is no longer allowing pedestrian traffic to and from Joint Task Force Guantanamo. This means no running, jogging or hiking in or out of the gate. Alternate route authorized through Access Control Point Houston.



SHARP TRAINING

Troopers are encouraged to check out the "CAN I KISS YOU" SHARP training production being held at the Windjammer Ballroom Wednesday at 7 a.m. and 2 p.m. It will be held a third and fourth time on Thursday at 10 a.m. and 7 p.m.

This is state of the art entertainment with a realistic message that needs to be passed to all of the Troopers here. All JTF personnel are encouraged to take advantage of this training, it may hit close to home for some.

For more information contact Veronica Wruble at x4227

Photo by Seth Leigh

PARTING SHOT



'STARK SURFSCAPE' PHOTO BY CAPT. SETH LEIGH. FOR A CHANCE TO HAVE YOUR PHOTO FEATURED IN THE PARTING SHOT, PLEASE SEND SUBMISSIONS TO: THEWIRE@JTFGTMO.SOUTHCOM.MIL

THE **WIRE**

