

THE OFFICIAL PUBLICATION OF JOINT TASK FORCE GUANTANAMO

# THE WIRE

March 11, 2016



PHOTO STORY

**BUILT TO LAST:**  
SEABEES CELEBRATE 74 YEARS IN STYLE  
ELEGANT BALL MAKES FOR MEMORABLE EXPERIENCE

**NATIONAL GUARD BUREAU VICE CHIEF VISITS JTF TROOPERS**  
TOWN HALL PROVIDES INSIGHT OF FUTURE PLANS FOR NATIONAL GUARDSMEN

## AWARENESS IS KEY TO PROFESSIONALISM

My goal with this column is to encourage members of Joint Task Force Guantanamo to continue to be the utmost professionals when it comes to the mission. For this month's column, my focus is the power of awareness. As members of the JTF, we each have much to teach each other. With each lesson we teach, we help others to learn and be aware. Awareness of Islamic culture and religious practices is critical to ensuring the successful operations of our Task Force.

In preparation for the approaching Islamic holiday, Ramadan, in June, this month's column is centered on the Islamic practice of fasting. The word Ramadan comes from the Arabic root ramida or ar-ramad, which means scorching heat or dryness and is observed as a month of fasting. Fasting is fardh (obligatory) for all adult Muslims with some exceptions for health reasons. Fasting is from dawn until sunset. During this time Muslims, must refrain from consuming food, drinking liquids, smoking, as well as refraining from behavior that may negate the reward of fasting, such as false

speech (insulting, slandering, cursing, lying) and fighting. Food and drink is served daily, before dawn and after sunset.

Also, religious fasting is not just done by Muslims. In fact, all the major religions such as Judaism, Christianity, Hinduism and Buddhism, along with Islam partake in fasting some time during the year as a religious observance.

Why is an awareness of religious fasting in the Muslim faith important? It allows for an understanding of the importance of this practice in the Islamic faith and helps Troopers determine the best way to provide safe care to detainees. Fasting for an entire day is not an easy task. Detainees may be less active to compensate for their religious fasting. Being aware of this allows Troopers to maintain respect and professionalism.

As the strategic cultural consultant, it is my mission to advise all JTF Troopers about Islamic culture to do their job more effectively. If you would like more information on available training or just have general questions, please contact me at x9934.



Article courtesy of

**ZAK**

JTF GTMO Strategic Cultural Consultant



Dear Waiting,

We have never gotten along well. In a culture of getting things done, you make us pause. As we make plans, you make us change them. When we make decisions, you compel us to consider them. When people are making decisions about us, you make us "stand by." It is never fun. Every doctor and dentist's office has a room named for you. All of us have spent countless hours at your mercy and yet, you are merciless in your treatment of us. You have been the cause of anxiety, despair and loneliness. If we spend so much time with you, why can't we learn how to get along?

How might we make you an ally or even a friend? You annoy us most when we are rushing to get important things done, at

## PATIENCE: KEY VIRTUE FOR PROFESSIONALISM

least what we consider important. Maybe that is how we could start working on our complicated relationship.

You are a learned skill. As children, we are taught to raise our hands with a question or comment. We are taught at an early age to stand in line, take turns, and otherwise develop the discipline of relating to you. Growing older means more time with you, waiting for the "right" person to come along, waiting for the "right" job or assignment that will bring fulfillment, or sitting in traffic. In maturity, we spend even more time with you as independence fades. You insist on going first and taking all the time you want. In a culture, which values producing and doing over being, what can you teach us about environment and ourselves? How do we move from the constant stress and annoyance of co-existing with you to receiving you as a treasured care package from home? Sending text messages, checking email and reviewing social media kills time, but normally does not leave us feeling fulfilled. What are ways to treat your friend, time, besides trying to "kill" time while waiting?

*Read.* When we are forced to hang out with you, reading enriches time with you. Beyond magazines in doctor's offices and airport terminals, reading substantively turns

waiting from a foe to friend. Learning, like the discipline of waiting, takes time. It cannot be rushed. Waiting is part of learning.

*Reflect.* How can we set goals, intentions or learn from past mistakes when we are always rushing? Who better knows the practice of reflection than waiting? When waiting taps you on the shoulder after you have hurried to get from one place to another, accept the time as a gift to rehearse the next interaction you will undertake or think about a conversation you wish had turned out differently. Waiting knows how to reflect.

*Reset.* Being busy does not equate to being productive or happy. Waiting opens space to "reset" ourselves. In spiritual terms, when we wait with the One who created and loves us, we learn waiting as a practice of centering ourselves. Resetting is another gift that comes with waiting.

Everyone around here knows waiting all too well. Thank you for your continued lessons.

Sincerely,  
Patience

Article by

**NAVY CHAPLAIN (CMDR.) SEAN A. COX**

JTF GTMO Chaplain



## LEADERSHIP & CHAPLAIN

The strategic cultural consultant offers advice on professionalism though awareness. The chaplain explains how to make “waiting” your ally.



## GTMO NEWS / COVER PHOTO

Read about the visit from the vice chief of the National Guard Bureau. OSJA wants to set Troopers up for success with election season.



## PHOTO STORY

Navy Seabees build a memorable experience to celebrate 74 years of construction success, where approximately 150 guests took part in the silver, gold and white themed event.



## ENTERTAINMENT

Another Nicolas Sparks based movie; read why you should pass on “The Choice.” George Clooney starts in “Hail, Caesar!”, but was it worth the time?



## SPORTS

Troopers ran 12 miles just to see the historic northeast gate during last weekends MWR event. The game of the week, basketball game, ends in a blowout.



## HEALTH & JSMART

JSMART gives advice on healthy retail therapy as well as warning signs when shopping has gotten out of control. Read about maximizing your gains with vital amino acids.

# MOTIVATOR OF THE WEEK

**AIR FORCE**  
**SENIOR AIRMAN BYRON M. HAYNES**  
 PRIME BEEF

**SPC.**  
**RANDALL G. ORVIS**  
 JDG

### COVER PHOTO CAPTION

Air Force Lt. Gen. Joseph L. Lengyel, vice chief of the National Guard Bureau, visited deployed National Guard troops, March 6, at the Camp Bulkeley Lyceum, at U.S. Naval Station Guantanamo Bay, Cuba. Approximately 300 National Guard members heard the vice chief speak about the future of the National Guard and how it will affect them, during a town hall.

### USE OPSEC TO PROTECT YOURSELF FROM IDENTITY THEFT

Identity theft occurs when someone uses your personally identifiable information such as, your name, Social Security number, or credit card number without your permission, to commit fraud or other crimes. The Federal Trade Commission estimates nearly 9 million Americans have their identities stolen each year. The crime takes many forms. Identity thieves may rent an apartment, obtain a credit card or establish a telephone account in your name. You may not find out about the theft until you review your credit report or a credit card statement and notice charges you did not make or until a debt collector contacts you. Identity theft is serious. Some identity theft victims spend hundreds of dollars and many days repairing damage to their good name and credit record. Protect yourself from identity thieves - practice good OPSEC.

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## NATIONAL GUARD BUREAU VICE CHIEF VISITS JTF TROOPERS



Air Force Lt. Gen. Joseph L. Lengyel (left), vice chief of the National Guard Bureau, had breakfast with deployed National Guard troops, March 6, at the Seaside Galley at Camp America, at U.S. Naval Station Guantanamo Bay, Cuba.

Air Force Lt. Gen. Joseph L. Lengyel, vice chief of the National Guard Bureau, visited deployed National Guard troops, March 5-6, at U.S. Naval Station Guantanamo Bay, Cuba.

The visit included tours of different mission facilities at GTMO and time to sit and talk with Troopers during a dinner at the Gold Hill Galley and breakfast at the Seaside Galley at Camp America.

Approximately 300 National Guard members heard the vice chief speak about the future of the National Guard and how it will affect them, during a town hall at the Camp Bulkeley Lyceum.

"I think it was good he was able to come out here," said Army Staff Sgt. Chelsea L. Seller, a training noncommissioned officer with the 525th Military Police Battalion.

She said she appreciated him addressing some of the issues that are specific to National Guard Soldiers.

It is important for Soldiers to meet the generals who take care of them, Sellers said. She enjoyed the question and answer session, particularly his responses concerning National Guard deployments as well as the funding for training.

In addition to visiting with National Guard and Reserve Troopers, Lengyel wanted to really see what the force did and where they lived.

"I wanted to see for myself the base, the waters, the living places, the missions," said Lengyel. "I would have a better understanding of what our Soldiers and Airmen are doing."

During the town hall, Lengyel reiterated that the National Guard is a unique component of the Department of Defense. He explained the three missions guardsmen conduct: war fighting, state partnership programs with foreign country military forces, and support to states. There is no other military component that does all this, he said.

Army 1st. Lt. Elizabeth K. Stiehm, a detainee administration officer-in-charge with the 105th Military Police Battalion, believes Lengyel's remarks motivated Troopers strive to achieve a better military career.

"I think when he was listing the three most important points about the National Guard, it just reinforced our purpose," said

Stiehm. "Not only when we are deployed, but when we are back at home. I know it motivated me."

Lengyel said, since 9/11 the National Guard has become a more relevant, competent and fully-qualified, operationally-used force.

According to Lengyel, Gen. Mark A. Milley, chief of staff for the U.S. Army, informed the National Guard they can expect to deploy as whole units and will be used rotationally and continuously throughout the world.

Lengyel said he wants the troops to make a career out of the military, explaining their service is vital and the Guard has to continue to maintain a strong presence.

"We will need all of the National Guard," said Lengyel. "Our (active duty) military... needs to use you now."

The National Guard's mission has changed over the years with more deployment opportunities throughout the world, he added.

"Can you and can our National Guard sustain?" Lengyel said. "Because whatever we build in the National Guard, if it is not sustainable for the long term, it won't work for us and it won't work for the United States Army."

Lengyel also took the time to recognize outstanding JTF Troopers for their hard work.

Article by

**ARMY SGT. RYAN L. TWIST**

Photos by

**SPC. JUSTIN LE MALONE**



Lengyel spoke to approximately 300 National Guard members, March 6, at the Camp Bulkeley Lyceum, during a town hall about the future of the National Guard.

## POLITICALLY CORRECT: AVOID ISSUES DURING ELECTION SEASON



With primary season in full swing and the Nov. 8, 2016, general election around the corner, it is important for service members on active duty, Reservists in an active status, and the National Guard - when federalized or performing full-time National Guard duty - to know their legal rights and limits on political activity. The Office of the Staff Judge Advocate highlights both significant freedoms and restrictions on political activity under Department of Defense, service regulations, as well as offers a few illustrative examples.

DoDD 1344.10, titled "Political Activities by Members of the Armed Forces," applies to all military departments and sets guidelines on political activity for service members in the above mentioned categories. Some services have incorporated many of these standards into their own regulations, such as Air Force Instruction 51-902, and Army Regulation 600-20. Below is a partial list of the do's and don'ts of political activity for service members.

### Do/can:

- Register, vote and express a personal opinion on political candidates and issues but not as a member of the Armed Forces;
- Display a political bumper sticker on the member's private vehicle;
- Make monetary contributions to a political

organization, party or committee favoring a particular candidate or slate of candidates;

- Attend partisan and nonpartisan political fundraising activities, rallies or activities as a spectator when not in uniform and when no inference or appearance of official endorsement can reasonably be drawn.

### Don't:

- Participate in partisan political fundraising activities, rallies, conventions or campaign management;
- Speak before a partisan political gathering;
- Use official authority or influence to solicit votes for a particular candidate or issue;
- Allow or cause to be published partisan political articles, letters or endorsements signed or written by the member that solicits votes for or against a partisan political party, candidate, or cause;
- Participate in any radio, television or other program or group discussion as an advocate for or against a partisan political party, candidate or cause.

- Wear the uniform in connection with furthering political activities when an inference or appearance of official sponsorship may be drawn.

With these principles in mind, here are a few hypothetical scenarios.

**Scenario 1:** Sgt. G.I. Joe, an Army Ranger

from Texas, decides to attend a campaign rally for his favorite Senator and wears his Army Combat Uniform to portray a show of military support before the TV cameras. Is the wear of his uniform at a campaign rally permissible?

**Response:** No. Joe may attend a campaign rally as a spectator while not in uniform, but donning the uniform creates the appearance of potential Army sponsorship in violation of DoDD 1334.10 as well as AR 600-20, Army Command Policy, Paragraph 5-3, Appendix B.

**Scenario 2:** Petty Officer 2nd Class Popeye, stationed in San Diego, California, decides to quit smoking and use his savings to write a \$50 check to the Green Party to preserve the availability of spinach untainted by genetic engineering. Can Popeye make this contribution?

**Response:** Yes. Under DoDD 1344.10, an active duty member may make monetary contributions to a political organization, party, or candidate.

**Scenario 3:** One Monday morning, Master Sgt. Snuffy calls a meeting of subordinate Airmen, speaks eloquently on the virtues of performing civic duties and punctuates his remarks with a passionate plea to vote for his Presidential candidate. Is Snuffy's conduct appropriate?

**Response:** No. By using his official authority to solicit votes, Snuffy has violated DoDD 1344.10, a lawful general regulation, as well as AFI 51-902, and is subject to potential disciplinary action under Article 92 of the Uniform Code of Military Justice.

Armed with knowledge of the rights and limits of political activity, service members can and should, exercise their civic obligations with confidence. For more insights on the boundaries of political activity, be sure to contact Legal Assistance at x8589 or the installation legal office at your home station.

*The JTF GTMO OSJA provides full-spectrum legal services and advice to the JTF command and its warfighters. If you have questions regarding the content of this article or need assistance with a personal civil legal assistance matter, please contact the JTF Legal Assistance office (Bldg. 2525 - x8589).*

Courtesy article by  
**JTF OFFICE OF THE STAFF JUDGE  
 ADVOCATE**

Photo illustration by  
**ARMY SGT. IAN WITHROW**

# UNITED IN READING: SENDING A STORY ACROSS THE SEA



Executive Officer Capt. Mark Melson, from Dubuque, Iowa, reads a story to his children using the United Through Reading program on board, Dec. 31, 2014. (Navy photo by Mass Communication Specialist 3rd Class Robin W. Peak)

It is a deeply personal experience as you find the book you believe the special child in your life would like the most. You look for seasonal themes such as Christmas or Easter: a shared memory that might shorten the distance between U.S. Naval Station Guantanamo Bay, Cuba, and home. You find the book, insert the blank CD, press record and share a story together with the people you love the most and hope for a second, you can connect with each other through the story.

The chaplain's corps for NAVSTA and Joint Task Force Guantanamo have come together to support United Through Reading, a program dedicated to uniting military families who face physical separation. The program facilitates the bonding experience of reading aloud together, according to the organization's website. In 2015, the program served more than 100,000 beneficiaries, at nearly 200 recording locations around the world, distributing more than 25,000 books to military children.

Army Sgt. Jessie D. Turner, Master Detainee Information Management System operator with the 105th Military Police Battalion, learned about the program here through one of the chaplains with whom he works.

"I used to do it in Afghanistan a lot," said Turner. "I read books to my little girl. She really enjoyed it. I think it's a great program, considering communication limitations here."

Turner encouraged Troopers to take the opportunity to read a book to a young loved one, even if they do not have children of their own.

"I know some of the guys read books for their nieces and nephews. You can see their faces light up when they see you," he said. "Even if the CD doesn't work, at least they'll have the book."

March has a slightly different focus, as it is Dr. Seuss month. Dr. Seuss is one of the most popular children's book authors in modern history and for those who grew up with his book, "The Cat in the Hat," the children's tale turns 59

years old this year.

The program makes the process of sending the items home easy by providing envelopes. Troopers only have to pay for shipping, which is just a few dollars.

"The United Through Reading resource provides an opportunity for Troopers to send word back home and for children and

spouses to see their loved one's face on TV," said Navy Chaplain (Lt. Cmdr.) Quinesa D. Brown, the JTF GTMO chaplain. "When they're able to call back home, there's an opportunity to connect through reading a book."

Brown said chaplains do their best to make themselves available on and off duty days, ensuring they remain a resource to those who may need to speak with them. Additionally, those interested in using the program can set up an appointment with the JTF Chaplain's Office during duty hours.

According to the United Through Reading website, more than three quarters of children faced an increase in connectedness and decreased anxiety about deployments through use of the program.

While at the JTF Chaplain's office, an entire room is dedicated to the process. It is a personal experience for you and your children.

For more information, visit the JTF Chaplain's office or call x2218.

Article by  
**ARMY SGT. CHRISTOPHER A. GARIBAY**



Thomas and Kristin Pound read a book to their father, Fire Controlman 1st Class Scott Pound, who is deployed on the USS Hue City (CG 66), homeported at Naval Station Mayport, May 27, 2008. With the United Through Reading program the Pound family has successfully kept in touch throughout the ship's seven-month deployment. (U.S. Navy photo by Mass Communication 2nd Class Regina L. Brown)

# BUILT TO LAST: SEABEES CELEBRATE 74 YEARS IN STYLE

Silver, gold and white adorned the walls and ceiling of the Windjammer Ballroom at U.S. Naval Station Guantanamo Bay, Cuba on March 5, as the Navy Seabees celebrated 74 years of service. The event was open to NAVSTA residents and Joint Task Force Guantanamo Troopers, bringing a unique experience for those who knew little about the Seabees and their significance in the military and at GTMO.

Frank Thompson, the guest speaker, retired Navy master chief and Seabee, was stationed at GTMO in 1964 when the island was in the middle of a tumultuous time.

"The history behind the place has changed a lot," said Thompson. "When I came here, everyone was a combatant. All the Soldiers and Sailors were issued rifles and combat gear. It was at that time that we thought Castro was going to try to push, and push us out to sea and we weren't going to let that happen."

Thompson spent some time during his speech to talk about his experience in '64 and the Seabees' historical significance to GTMO.

"Historically, this base has had a strong population of Seabees," said Navy Cmdr. Ronald Jenkins, Master Public Works Officer for the Naval Facilities Engineering Command Southeast, Public Works Department, Guantanamo Bay. "What's special about this event is that it is a joint effort. We wanted to increase awareness of the Seabee mission and tradition that we can be proud of."

They did just that. The Seabees decked out the Windjammer Ball room and used toy Tonka trucks

as centerpieces, symbolizing their construction background. Thompson said the event was outstanding.

"We put in a lot of effort, improvised a few things, and found a way to pull off a successful event," said Navy Ensign Erik Booker, a construction manager for the PWD. "We wanted people to know who we were, what we've done, and what we continue to do - that the Seabees 'can do.'"

Booker said, overall the décor,

**“THE HISTORY BEHIND THE PLACE HAS CHANGED A LOT.”**

food and guest speaker all came together wonderfully.

"I thought that the Ball was elegant, intimate and a fun time," said Navy Chief Petty Officer Dana Clayton, flag writer to JTF Commander. "You can tell that the Seabees take pride in what they do."

Those who have rarely interacted with them should know the Seabees have left their mark all across GTMO, having built a multitude of defensive positions around the base and are responsible for, day-to-day construction projects like the roads we drive on.

"(The ball) brings our sister branches in to our worlds to share with them why we are the way we are and what shapes us," said Clayton. "It definitely builds a stronger community across all branches; being in a Joint environment, you want total cohesion. Coming out and supporting these events says, even though we may wear different uniforms, I have your back in any capacity."

Thompson said, while GTMO is known for a different mission today than when he was stationed here, it remains an important base for the U.S. It remains a guardian of the Caribbean and a strategic base for the U.S., and one day, things may be different for the island, he added.

"I often said when I left in '65, I could move here, if were open up enough," said Thompson. "This place has changed a lot, but it's a really nice place."

While the number of Seabees here are less than in the past, their motto rings loud and true, "we build, we fight", through tomorrow's challenges, and those today.

The Navy Seabees were established in 1942 when Naval Construction Battalions helped orchestrate strategic operations in the Pacific against the Japanese during World War II. Not long after, Marines secured an island and the Seabees were right behind them building roads, bridges, airstrips and hospitals, often having to defend the very positions they built against enemy attacks.

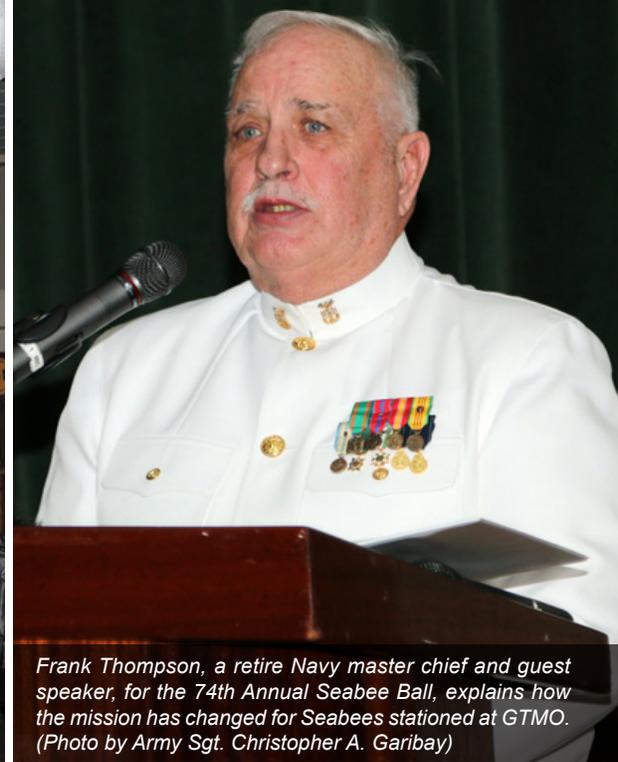
Article by  
**ARMY SGT. CHRISTOPHER A. GARIBAY**



Silver, gold and white decorations adorned the tables at the Navy Seabees Ball in celebration of their 74 years of service, March 5, at the Windjammer Ballroom at U.S. Naval Station Guantanamo Bay, Cuba. (Photo by Army Sgt. Ryan L. Twist)



Boy Scouts Troop 435 presents the colors during the Navy Seabee ball celebrating 74 years of service. (Photo by Army Sgt. Ryan L. Twist)



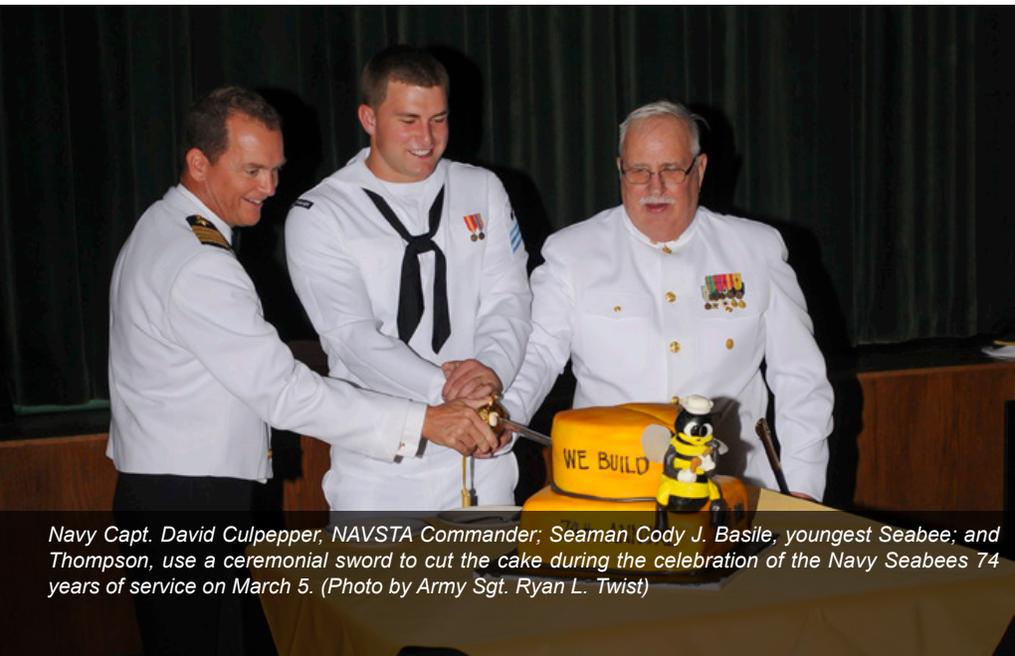
Frank Thompson, a retire Navy master chief and guest speaker, for the 74th Annual Seabee Ball, explains how the mission has changed for Seabees stationed at GTMO. (Photo by Army Sgt. Christopher A. Garibay)



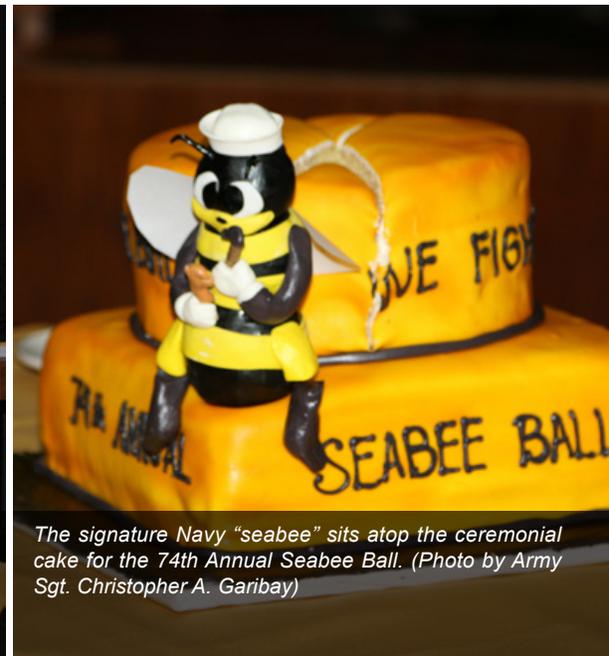
Attendees at the 74th Annual Navy Seabee Ball raise their glasses during a toast for the military services, civilians and families in the armed forces community. (Photo by Army Sgt. Christopher A. Garibay)



Mrs. Lynn Jones shows off her raffle prize, a Tonka truck, during the Seabee ball. Other prizes raffled off included wooden eight-point caps to be used at coin holders. (Photo by Army Sgt. Christopher A. Garibay)



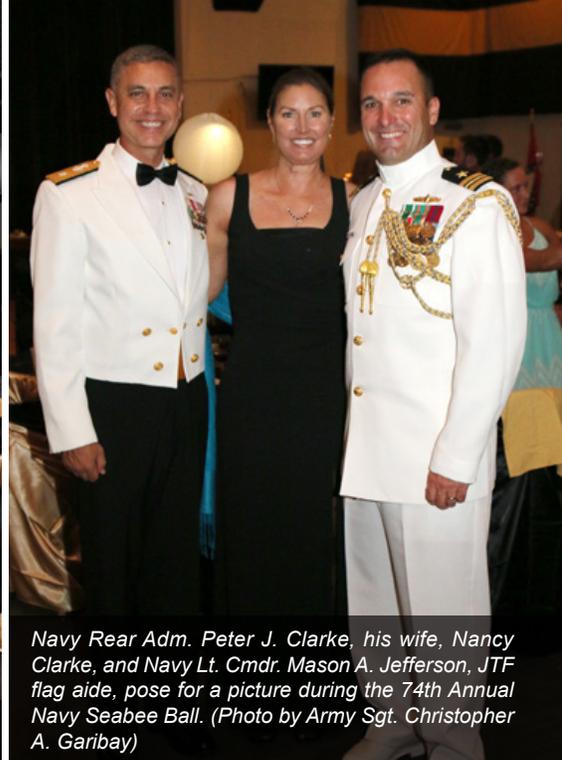
Navy Capt. David Culpepper, NAVSTA Commander; Seaman Cody J. Basile, youngest Seabee; and Thompson, use a ceremonial sword to cut the cake during the celebration of the Navy Seabees 74 years of service on March 5. (Photo by Army Sgt. Ryan L. Twist)



The signature Navy "seabee" sits atop the ceremonial cake for the 74th Annual Seabee Ball. (Photo by Army Sgt. Christopher A. Garibay)



Attendees prepare to eat dinner at the Navy Seabees Ball in celebration of their 74 years of service. (Photo by Army Sgt. Ryan L. Twist)



Navy Rear Adm. Peter J. Clarke, his wife, Nancy Clarke, and Navy Lt. Cmdr. Mason A. Jefferson, JTF flag aide, pose for a picture during the 74th Annual Navy Seabee Ball. (Photo by Army Sgt. Christopher A. Garibay)



Frank Thompson (center right), stands among the U.S. Naval Station Guantanamo Bay, Cuba, Seabees during the Seabee Ball held at the Windjammer Ballroom, March 5. Thompson spoke to attendees about the historical significance of the Seabee mission to GTMO and why it continues to remain important today. (Photo by Army Sgt. Christopher A. Garibay)



Navy Cmdr. Alonza J. Ross, executive officer of U.S. Naval Station Guantanamo Bay, Cuba, receives a prize during a raffle at the 74th Annual Navy Seabee Ball. (Photo by Army Sgt. Christopher A. Garibay)



Ball goes dance while listening to the disc jockey play music during the Navy Seabee Ball, where approximately 150 guests took part in the silver, gold and white themed event. (Photo by Army Sgt. Ryan L. Twist)

MOVIE REVIEW / **HAIL, CAESAR!**

**JOSH BROLIN** **GEORGE CLOONEY** **ALDEN EHRENREICH** **RALPH FIENNES** **JONAH HILL** **SCARLETT JOHANSSON** **FRANCES McDORMAND** **TILDA SWINTON** **CHANNING TATUM**



— WRITTEN AND DIRECTED BY **JOEL & ETHAN COEN** —  
**HAIL, CAESAR!**  
 LIGHTS. CAMERA. ABDUCTION.



#HAILCAESARUK  
#HAILCAESAR



COMING SOON

"Hail, Caesar!" takes place in the '50s and follows one man, Eddie Mannix (Josh Brolin), in his day-to-day work routine. His job involves cleaning up after, and problem solving for "big name" stars, as well as keeping them out of the media spotlight.

The movie is broken up into a bunch of movies, within the movie. It is supposed to be a comedy. It highlighted several scenes from westerns, ancient Roman epics, aquatic scenes and highly-choreographed dance numbers, all standard movie fodder in the '50s.

I am a fan of musicals and the choreographed dance scene featuring Channing Tatum, this is my favorite part of the movie. Unfortunately, it was only one short scene of the 106-minute film.

Baird Whitlock (George Clooney) plays a character in ancient Rome when he is kidnapped from the set and taken to a house full of Communists. The house is full of movie writers who are bitter about the way the film industry has treated them. Whitlock is held for ransom but it never seems as if he is being held against his will. The kidnapers sit and have drinks with Whitlock and explain their cause.

Mannix, the fixer, has the job of finding Whitlock and ensuring the Roman epic he stars in, is filmed on time. Mannix also runs into problems with other actors. The western star, Hobie Doyle (Alden Ehrenreich), is thrown into a vastly different role set at a fancy party. Doyle has a hard time saying one line for the director, his extreme accent made this a funny clip in the film.

This movie has a few funny parts, but very few. The '50s setting,

with the old cars and architecture, was my favorite thing about the overall movie. Even with all of the other big names, such as Channing Tatum, Jonah Hill, and Scarlett Johansson, I found myself falling asleep and trying to find things to keep me awake.

The movie was very choppy and the plot did not hold my attention. As soon as I started to follow one scene, it switched to a completely different topic. At the end of the day, Clooney goes back to his Roman epic.

"Hail, Caesar!" was so awful, I do not even know how to write a proper movie review on it. This film was just not my type of movie and a lot of the material went over my head, as I am not a fan of classic cinema. It seemed to assume knowledge of old movies and movie stars that I just do not have. I know I was not the only one who felt this way. When the film ended, the audience sat looking at each other as if to say, "Is that it?"

As I was packing to leave, one moviegoer said it best, "Well at least we didn't have to pay for it!" My sentiments exactly. I am not sure how or why the critics gave it nearly seven out of 10 stars on [www.imdb.com](http://www.imdb.com), but this film is only getting one banana rat from me.

"Hail, Caesar!" is rated PG-13 for some suggestive content and smoking.

Movie review by

**ARMY STAFF SGT. ALEAH M. CASTREJON**



# IN THEATERS THIS WEEK

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

<b>Deadpool (New)</b> <i>R, 8 p.m.</i> <b>How to be Single (New)</b> <i>R, 10 p.m.</i>	<b>Zoolander 2 (New)</b> <i>PG13, 8 p.m.</i> <b>Deadpool (New)</b> <i>R, 10 p.m.</i>	<b>The 5th Wave</b> <i>(LS) PG13, 8 p.m.</i>	<b>Deadpool (New)</b> <i>R, 8 p.m.</i>	<b>Dirty Grandpa</b> <i>(LS) R, 8 p.m.</i>	<b>Race</b> <i>(LS) PG13, 8 p.m.</i>	<b>Deadpool (New)</b> <i>R, 8 p.m.</i>
<b>3/11 FRIDAY</b>	<b>3/12 SATURDAY</b>	<b>3/13 SUNDAY</b>	<b>3/14 MONDAY</b>	<b>3/15 TUESDAY</b>	<b>3/16 WEDNESDAY</b>	<b>3/17 THURSDAY</b>
<b>Zoolander 2 (New)</b> <i>PG13, 8 p.m.</i> <b>The Finest Hours</b> <i>PG13, 10 p.m.</i>	<b>Deadpool (New)</b> <i>R, 8 p.m.</i> <b>How to be Single (New)</b> <i>R, 10 p.m.</i>	<b>Race</b> <i>(LS) PG13, 8 p.m.</i>	<b>LYCEUM CLOSED</b>	<b>Deadpool (New)</b> <i>R, 8 p.m.</i>	<b>LYCEUM CLOSED</b>	<b>Dirty Grandpa</b> <i>(LS) R, 8 p.m.</i>

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

\*Want to write a movie review for The Wire? Send your movie review to: [thewire@jftgmo.southcom.mil](mailto:thewire@jftgmo.southcom.mil)

## MOVIE REVIEW / THE CHOICE



I had the unfortunate experience of having to endure the film, "The Choice," this past weekend. My advice to anyone considering it is to pass and see something else. With that being said, if you want to know why, keep reading.

"The Choice" is based on a Nicolas Sparks book by the same name. Like all books by Sparks, and all the movie adaptations of his previous books, this story had the potential to be wonderful, but at the same time, it also had the potential to be a predictable snooze.

I must say the film is not terrible, but it is not great either. Travis Shaw (Benjamin Walker) stars as a handsome Southern veterinarian, an easygoing guy who likes to fish and hang out with his dog. Gabby Holland (Teresa Palmer), is an uptight medical student who becomes his neighbor. From the first five minutes of the movie, it is easy for the audience to figure out the two main characters are going to get together. It is just a matter of waiting to find out how.

There are obstacles, courtship, and

naturally for this genre, a coma. Thanks to the classic romance movie, "Love Story", no romance movie is now ever complete without an illness or coma.

Walker does a decent job playing a charming and likeable guy. Tom Wilkinson, who plays his dad, is also an actor with a welcome supporting role.

As for Palmer, she is one of the film's issues. Her character is written to be very abrasive, but Palmer does not seem able to make that very believable to the audience. In fact, it is clear she is slightly uncomfortable with it. To cover that up, Palmer resorts to over-the-top acting, and smiling a lot, which only confused me more. She needs a better voice coach, as well. Her character is supposedly from South Carolina but she sounded Australian to me, because Palmer is an Aussie. This further cemented my belief that Palmer was miscast in this role.

"The Choice" does have one positive thing going for it, the setting. I may not have loved the movie, but I loved the scenery. The waters of North Carolina, the houses with the docks and scenic greenery provided me a welcome escape from the brown desert scenery at GTMO.

In conclusion, "The Choice" is highly predictable, very cheesy and emotionally ridiculous. Should you rush out to see it at the Downtown Lyceum? Absolutely not. I give this film one banana rat.

*"The Choice is rated PG-13 for sexual content and some thematic issues.*

Movie review by  
**ARMY CAPT. ALANNA WOOD**



# MWR

## 2016 SPORTS SCHEDULE

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

### MONTH / DAY      ACTIVITY

March 5	Northeast Gate Run
March 12	Max Performance Games
March 14	Ultimate Frisbee League
March 19	Lucky Dog 5K
March 26	Aquatics Easter Egg Hunt
April 2	April Fools' Softball Trnmnt.

For questions contact the G.J. Denich Gym at x77262.

## NORTHEAST GATE RUN RESULTS

### FEMALE

1. Brittany Marble 1:37:56
2. Coach Winkie 1:38:12
3. Jennifer Russell 1:47:40
4. Helen Lewis 1:51:35...
5. Kimberley Wells 1:51:37
6. Melanie McClinnis 1:52:03
7. Meedeesa Morgan 1:55:26
8. Michelle Love 1:57:41:43
9. Hillary Brainard 1:57:41:74
10. Elyse Eakins 1:59:31
11. Jennifer Guevara 2:01:14
12. Amanda Schaffeld 2:05:39
13. Nicole Lopez 2:06:23
14. Susan Mojica 2:07:27
15. Katherine Kline 2:15:04
16. Yiyang Li 2:18:18
17. Jen Eichten 2:21:58
18. Ariana Mankus 2:21:59
19. Graciana Crawford 2:23:53
20. Ashley Rey 2:38:57:65

### MALE

1. Zackary Johnson 1:14:08
2. Derek Samuelson 1:32:20
3. Evan Samuelson 1:32:21
4. Matthew Fortin 1:37:32
5. Benjamin Miller 1:39:52
6. Adolphus Weems 1:43:57
7. Javan Kontz 1:44:11
8. James Walters 1:45:30
9. Daniel Babskie 1:47:07
10. Bruck Moliere 1:48:00
11. Matthew Supan 1:51:13
12. Enrique Washington 1:51:13
13. Garrett White 1:51:36
14. Joshua Gelono 1:52:18
15. BJ McCollum 1:52:54
16. Brady Marcel 1:55:06
17. Benjamin Blanco 1:56:56
18. Cliff Goodgame 1:57:16
19. Brian Wilson 1:57:41
20. Aleksey Svidenyuk 1:58:22

## CHALLENGING NORTHEAST GATE RUN IS SUCCESS



David Carr, a participant, finishes the 12-mile Northeast Gate Run, hosted by the Morale, Welfare & Recreation program, March 5, in just over two hours at U. S. Naval Station Guantanamo Bay, Cuba.

The familiar sound of padding feet filled the air at U.S. Naval Station Guantanamo Bay, Cuba, as dozens of runners participated in the Morale, Welfare & Recreation's Northeast Gate Run at 6:00 a.m. March 5, embarking energetically on their 12-mile route.

The destination, the Northeast Gate, is rarely made available for people to visit. Therefore it was a fairly unique opportunity for Troopers and residents to see the area as they ran. Usually, the only way to see the Northeast Gate is to take the monthly guided tour, but for certain races like this one, the opportunity presents itself to anyone on base.

The route itself, which took participants from the Cooper Field Complex at G.J. Denich Gym out to the far-flung Northeast Gate, was typical of GTMO; shadeless and hilly, said Brittany Marble, a seasoned runner and familiar sight at MWR races.

"All the runs here are challenging," said



Brittany Marble, a participant, crosses the finish line with her twin children, as the first female finisher of the 12-mile Northeast gate run at U.S. Naval Station Guantanamo Bay, Cuba on March 5.

Marble. "You always have hills, and then you'll get a little bit of a break and then more hills, and it's always hot."

Marble, who was the first female finisher and the fifth overall, said she appreciated all of the opportunities provided by the MWR here.

"This is the best MWR I've ever experienced," said Marble. "The quality of their activities and how involved they are is amazing."

The run, like most MWR events here, provided ample opportunities for non-runners to participate in the forms of both volunteerism and moral support.

"The volunteers really help," said Marble. "Seeing them every mile is huge."

From manning water stations at the mile markers, to providing support with tearing down or setting up the finish area; volunteers are able to cheer on and support their comrades, said Brian Eads, a volunteer who attended with several of his teammates to be a "motivator" and cheer on participants.

"It started for volunteer hours," said Bailey Keshia, another volunteer. "But once we got out here we just really enjoyed motivating people."

Madeline Blackmore, a volunteer at the event who came with Eads and Keshia, posted herself near the finish line. Blackmore said it was important for every runner to feel the support and hear cheering as they pushed for the finish line.

The race concluded with dozens of participants crossing the line and cheering for the runners who came after them. The MWR provided orange wedges, cool water and bananas to replenish their energy. For more information about this race or for information on upcoming MWR activities swing by the G.J. Denich Gym or call x77262.

Article and photo by  
**ARMY SGT. IAN WITHROW**

## SINAG PILIPINAS OVERCOME ON THE HARDWOOD



Francis Martinez, the point guard for the Sinag Pilipinas, shoots the ball over the Guerillas defenders during a Morale, Welfare & Recreation basketball game, March 3, at the G.J. Denich Gym.

The Morale, Welfare & Recreation basketball league continues as two teams faced-off on the hardwood floor at the G.J. Denich Gym at U.S. Naval Station Guantanamo Bay, Cuba. The *Guerillas* were defeated by the *Sinag Pilipinas*, 59-47, in a hard-fought game, March 3.

Both the *Guerillas* and the *Sinag Pilipinas* started the game with explosive offenses. The two teams pushed the ball up and down the court, dribbling and throwing flashy passes to one another as they looked to score.

The ball often landed in the hands of *Guerillas* point guard, Skylar Covington, who proved to be a problem for the *Sinag Pilipinas*' defense as he made one three-pointer after another.

"I hit a three and said, 'hey I have to shoot these until the game was over,'" said Covington.

Covington did just that, even though the *Sinag Pilipinas* led the way by the end of the first half, 27-23.

"I think we played really well the first half, we were passing the ball around, and we were definitely making some good shots," said Robert Plank, a member of the *Guerillas*. "Then we got tired, we stopped finding the open man, we had a lot of tired guys out here."

The *Sinag Pilipinas* started pressuring the *Guerillas*, forcing turnovers and turning them into points on the other side of the court, said Francis Martinez, the point guard for the *Sinag Pilipinas*.

With the end of the second half closing quickly, the *Guerillas* found themselves down by 20 points with time running out and on the verge of losing due to the dreaded mercy rule,

where the game ends with a 20-point difference.

Covington desperately did everything he could to bring his team back.

"I just didn't want to lose by 20, we would have been mercy-ruled, and I didn't want that to happen," said Covington.

After a handful of points in the last few minutes, Covington and his team were able to close the gap a little bit even though they lost 59-47.

"Usually we are more conditioned than other teams but the *Sinag Pilipinas* were pretty fast and their chemistry is really good," Covington said, after the game. "After they grabbed a rebound, somebody was back on their end very quickly. It was hard to get back on defense and we ran out of gas."

Plank said playing in this game was not easy after competing in the best warrior competition and playing in an MWR basketball game only days before.

"They had a lot of people and good rotations coming in and out," said Plank. "They were always fresh and they have a lot of fast guys."

Although they lost, Plank and his team want to continue to get better and get ready for the next game, he said.

"We will continue to play harder and harder," said Plank. "We have to keep improving a little bit each time."

For more information on the MWR basketball league, visit G.J. Denich Gym or call x77262.

Article and photo by  
**SPC. JUSTIN LE MALONE**

### MWR KICKBALL

No.	Team Name	Standings
01	Flying Monkeys	7-1
02	Kicking Balls	7-1
03	Ballsagna	7-2
04	Wu-Tang Forever	6-2
05	Iguanamo	5-2
06	The Innocent Runs	5-3
07	EWA	5-4
08	Blue Ballers	4-4
09	Confusions	3-3
10	Ballz on Fuego	2-5
11	BEEF 18	2-5
12	Cyclone Enforcers	2-6
13	GTMO Latinos Plus	1-5
14	Ball Kickers	1-7
15	Mountain Maniacs	0-6

### MWR SOCCER

#### MALE

No.	Team Name	Standings
01	Fire Department	9-0-0
02	Manchester City	9-0-0
03	XMart	8-3-0
04	Shamuri	6-5-0
05	Young Strikers	4-6-1
06	Manchesthair United	4-6-0
07	NEX United	3-5-1
08	Spartans	1-8-0

#### FEMALE

No.	Team Name	Standings
01	MisFits	8-0-0
02	One Love	3-4-0
03	Soccer Bombers	0-7-0

### MWR BASKETBALL

No.	Team Name	Standings
01	Arch Angels Basketball	6-0
02	Shottas	5-1
03	Spartans	4-1
04	The Commission	4-1
05	Five-O	3-1
06	Sinag Pilipinas	3-2
07	Splash City	3-2
08	Guardians	2-2
09	Carolina Moonshiners	2-3
10	Tohma's Team	2-3
11	Guerillas	1-3
12	Finesse	1-4
13	Cross Level	1-4
14	Cavaliers	0-5
15	The Goon Squad	0-5



# HISTORY



A historical view of Sherman Avenue at U.S. Naval Station Guantanamo Bay, Cuba. The original image was taken by Miriam M. Wright, a onetime resident of GTMO, in 1970. Army Capt. Dustin Cammack, a public affairs officer with Joint Task Force Guantanamo, found the image via social media and decided to recreate the shot from the exact same viewpoint. (Photo illustration by Army Capt. Greg McElwain)



## JSMART SPOT

▲ JSMART HELPER: HARLEY

### RETAIL THERAPY-GOOD IN MODERATION

Can shopping really be therapeutic? I say yes, because I personally enjoy shopping. In fact, many deployed service members around the world turn to online shopping for fun. However, shopping is not always a good outlet.

Retail therapy is the act of shopping and spending to improve one's mood. In a study published in the "Journal of Psychology and Marketing," it revealed that 62 percent of shoppers have purchased something to cheer themselves up. When done in moderation, making a purchase can be beneficial. Studies suggest making decisions about purchases can help restore a sense of control and reduce sadness.

While you are at Joint Task Force Guantanamo, you have the opportunity to save money. I recommend treating yourself every now and then, but not to spend your whole paycheck or spend recklessly. Warning signs

of out-of-hand shopping can include hiding purchases from loved ones, feeling guilt or shame about shopping, missing work or other obligations to go shopping, feeling the necessity to shop but no longer having fun. If you shop because you are unhappy, stop by JSMART to learn some alternative coping skills. Also, check out Fleet and Family Services, they have many money management classes, which can be found on the GTMO Roller.

Additionally, please stop by Saturday March 12, for JSMART's Self Care Day from 8 a.m. to 12 p.m. We will have the massage chairs open, Pet Therapy dogs waiting to show you some love, and light refreshments. Please note, no clinical services will be available during this time.

Article courtesy of  
**NAVY PETTY OFFICER 3RD CLASS JONNI C. GILLISPIE**  
*Joint Medical Group*



### EXERCISE SCIENCE: GET MOST OUT OF GYM

A healthy lifestyle requires more than just living in the gym or at the track. Your body, like any other engine, needs good fuel to run right and having the best results breaks down to good science.

Ask just about any weight lifter and you will hear all about the wonders of eating massive quantities of protein as part of your regimen. Did you know that most protein is made up of 20 different compounds called amino acids? Of those 20, there is a particularly stand-out amino acid that may play a larger role than the others, leucine.

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

Do not rush out and buy leucine in bulk, as it is more complicated than just cramming as much of it into your diet as possible.

When your muscles grow, it is because they are subjected to micro-tearing, which allows them to grow new, stronger structures in a process called muscle synthesis. A study conducted by "Medicine & Science in Sports & Exercise," the monthly journal of the American College of Sports Medicine, showed participants who consumed a snack with 23 grams of protein, five grams of which were leucine acid, after a workout, boosted their muscle synthesis by up to 33 percent over protein snacks without leucine. However, tripling that amount to 15 grams resulted in only negligible improvement over the five gram tests. Bottom line: protein snacks that include leucine of up to five grams are more effectively converted to muscle by your body. Beyond five grams, however, your results will not change much.

Thankfully, leucine is readily available in natural form in many common, tasty foods such as, almonds, chickens, eggs and oats.

The gym is a key component of a fit lifestyle, but so is your diet, so get the most out of your gym time by keeping an eye on exercise science

Article by  
**ARMY SGT. IAN WITHROW**

**RELIGIOUS SERVICES**

**ROMAN CATHOLIC (NAVSTA Chapel)**

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

**PROTESTANT SERV. (JTF Troopers' Chapel)**

Sunday\* 0900&1900

*Friday night movie* Friday 1900

**PROTESTANT SERV. (NAVSTA Chapel)**

*Traditional\** Sunday 0900&1900 Annex Room 1  
*Contemporary\** Sunday 1100 Main Chapel  
*Gospel* Sunday 1300 Main Chapel

**OTHER SERV. (NAVSTA 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  
*Christian Fellowship\** Sunday 1800 Main Chapel (Non-denominational)  
*Jewish Study* Friday 1930 Call JTF Chaplain for location\*

**BIBLE STUDIES (JTF Troopers' Chapel)**

Monday 1900 JTF Troopers' Chapel  
 Wednesday 1800 JTF Troopers' Chapel  
*Movie/Pizza Night* Wednesday 1900 JTF Troopers' Chapel  
*Holy Smokes* Friday 1800 Plant Nursery  
*Game Night* Saturday 1900 JTF Troopers' Chapel

**DAVE RAMSEY'S FINANCIAL PEACE / MILITARY EDITION (JTF Troopers' Chapel)**

Tuesday 1900 Taught by Navy Chaplain

**ALCOHOLICS ANONYMOUS MEETINGS**

Mon/Wed/Sat 1830 NAVSTA Chapel Annex, Room 16

\*These services are conducted by Army or Navy chaplains / For more information call ext. 2218

**BUS SCHEDULE** 05:00 - 01:00

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

**EXPRESS BUS SCHEDULE** 09:55 - 19:55

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:  
 0905/0935/1205/1235/1505/1535/1805/  
 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

**CONFIDENTIAL  
 COUNSELING  
 FOR TROOPERS**

The Military & Family Life Counseling Program, known as MFLAC, is an additional mental health counseling for Troopers seeking confidential counseling outside of JSMART or the Chaplain Office. Call x58406 for more information.

*Photo by Jeffery Walling*

# PARTING SHOT



'CABLE BEACH MIST' BY JEFFERY WALLING. FOR A CHANCE TO HAVE YOUR PHOTO FEATURED IN THE PARTING SHOT, PLEASE SEND SUBMISSIONS TO: [THEWIRE@JTFGTMO.SOUTHCOM.MIL](mailto:THEWIRE@JTFGTMO.SOUTHCOM.MIL)

THE WIRE

