

THE OFFICIAL PUBLICATION OF JOINT TASK FORCE GUANTANAMO

# THE WIRE



March 18, 2016

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TASK FORCE

## FULL BODY PREPARATION FOR MAX PERFORMANCE

HIGH-INTENSITY COMPETITION BRINGS OUT  
THE BEST AMONG TROOPERS

## RESILIENCE IS KEY TO TROOPER SUCCESS

A warrior's true skill in the face of adversity is resilience. The difference between winners and losers is how they handle losing. There is a key finding in ongoing research for great military units and effective leaders; no one can completely avoid troubles when potential pitfalls are everywhere.

Volatile times bring disruptions, interruptions and setbacks, even for the most successful among us. Units at the top of their game still have moments when they are blindsided by the enemy and must quickly adapt to win the battle. Sports teams that win regularly are often behind during the game. Entrepreneurs may face dozens of rejections before finding customers who realize their value. Some of our most respected military and political leaders have failed, but persevered to accomplish great service for our nation.

Before taking command of the Union Army during the Civil War or becoming president in 1868, Ulysses S. Grant struggled with alcoholism and business failure. At one point, Grant resorted to selling firewood on the streets of St. Louis to support his family.

Resilience is the ability to recover from fumbles and mistakes. You have to learn from your mistakes. Those with resilience build on the cornerstones of confidence, through accountability, collaboration and initiative. These factors underpin the resilience of people

and teams. Your Joint Task Force Guantanamo leaders encourage resilience and want you to win in life and our mission.

For anyone who wants to get beyond adversity or start over rather than give up, GTMO is the place. Not only do you work with highly-motivated, exceptional professionals, you are supported by a spectrum of excellent programs and experts to help when times get tough. As members of the JTF, we must be willing to take calculated risks, fail and try again. Do not crash and burn, but become a better Trooper and leader.

Complacency, arrogance and greed crowd out resilience. Humility and a noble purpose fuel it. Those with an authentic desire to serve, not just narcissism about wanting to be at the top, are willing to settle for less as an investment in better things later.

Resilience draws from strength of character and a core set of values, which motivates efforts to overcome setbacks and resume walking the path to success. It involves self-control and willingness to acknowledge one's own role in defeat. Resilience also thrives on a sense of community and the desire to pick oneself up because of an obligation to others and through support from others who want the same thing. Resilience is manifested in actions and a new contribution, a small win, a goal that takes attention off the past and creates excitement



**AIR FORCE BRIG. GEN. JEFFERY W. BURKETT**

*JTF GTMO Deputy Commander*

about the future.

Potential troubles lurk around every corner, whether it stems from unexpected environmental jolts or individual flaws and mistakes. Whatever the source, what matters is how we deal with it.

Honor Bound!

*Article by*

**AIR FORCE BRIG. GEN. JEFFERY W. BURKETT**

*JTF GTMO Deputy Commander*



"Character cannot be developed in ease and quiet. Only through experiences of trial and suffering can the soul be strengthened, vision cleared, ambition inspired and success achieved," Helen Keller said.

Born on June 27, 1880, Helen Keller had the ability to see and hear until she contracted an illness at 19 months old, which left her both deaf and blind. It was through this trial that Keller was introduced to Anne Sullivan, who would become her instructor and lifelong companion. When the two had been together for more than 40 years, Keller

## CHARACTER BUILDING THROUGH ADVERSITY

wrote of Sullivan, "I should be blind and deaf in very truth if she were gone away."

Nevertheless, after 49 and a half years of faithful devotion, Sullivan died with Keller holding her hand on Oct. 20, 1936. Two weeks later, after boarding a ship bound for England, Keller began writing in a journal, which would later be published as "Helen Keller's Journal, 1936-37." As anyone can imagine, those first few journal entries were filled with a deep sorrow only the grieving the loss of a loved one can produce. It was through this trial of grief that Keller wrote her entry for Dec. 11, 1936.

"I cannot but wonder at times why we cannot have smooth sailing instead of being compelled always to fight against adverse winds and rough seas," Keller said. "No doubt the reason is that character cannot be developed in ease and quiet. Only through experiences of trial and suffering can the soul be strengthened, vision cleared, ambition inspired and success achieved. Life has this habit of sending many kinds of trials our

way. In facing those trials, sometimes we persevere and sometimes we fail. Yet even in the times of failure, we can learn and push on - though it still stings. The learning and growing from those failures are painful but it is in these moments of 'sting' that we develop character."

As the serenity prayer says, "we need the serenity to accept the things we cannot change, the courage to change the things we can and wisdom to know the difference." The key, I think, is wisdom; the wisdom to know that we have control over some things and others things we do not. We can build character by letting go of the things we cannot control and by choosing to take control and positively affect those few things that we can control. It is in the depths of these trials that we see who we really are.

*Article by*

**ARMY CHAPLAIN (CAPT.) ROBERT E. HOSKINS**

*JTF GTMO Chaplain*



## LEADERSHIP & CHAPLAIN

The JTF deputy commander discusses how resiliency is key to Trooper success. The chaplain reflects on the life of Helen Keller as an example of serenity and acceptance.



## GTMO NEWS

The Chairman of the Joint Chiefs of Staff visited GTMO Troopers. One Trooper discovers GTMO in a new way as an archaeological treasure trove.



## PHOTO STORY / COVER PHOTO

Read about the Soldiers Undertaking Disabled Scuba program for disabled veterans. Visiting wounded warriors find rehabilitation through diving in tropical waters here.



## ENTERTAINMENT

With more than two new movies last week, read which ones are worth seeing. Does “Zoolander 2” stack up against the first one and is Ryan Reynolds the real “Deadpool?”



## SPORTS

MWR holds a high intensity competition. *Mountain Maniacs* explodes for six runs, as *Cyclone Enforcers* warm up and win the fifth game.



## HEALTH & JSMART

JSMART talks about the five stages of the Emotional Life Cycle of Deployment. In this week’s health column, read how coffee may affect your diet.

# MOTIVATORS OF THE WEEK

**NAVY PETTY OFFICER 2ND CLASS  
BRANDON RADCLIFF  
JMG**

**ARMY SGT.  
ARMAN BERNARDO  
JDG**

## COVER PHOTO CAPTION

Mike Collins, a diver with the Soldier Undertaking Disabled Scuba program, orients himself underwater during a dive at U.S. Naval Station Guantanamo Bay, Cuba on March 11. Collins, alongside other student divers, were treated to a tour of the base as well as several shore and boat dives during their week-long stay.

## MATH OF RISK

Have you ever wondered how we calculate risk? Risk is the probability an adversary will gain knowledge of your critical information and the impact if the adversary is successful. To have any type of risk you must have three things: threat, vulnerability and impact. If any one of those is missing, there is no risk. So consider these three factors when evaluating risk. Evaluate your risk frequently; you might be riskier than you think.

The Wire is an authorized publication for members of the Department of Defense. It is produced by the JTF Public Affairs Office to inform and educate the Troopers of JTF GTMO. The contents of The Wire are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense or the U.S. Army, Air Force, Navy, Marines or Coast Guard. The editorial content of this publication is the responsibility of the Joint Task Force Guantanamo Bay Public Affairs Office. The Wire is printed weekly by the Defense Logistics Agency Document Services with a circulation of 1,025. It is distributed free to all personnel assigned to the Joint Task Force and is published online.

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**ARMY SGT. IAN WITHROW**



**VOLUME 18: ISSUE 37**

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# PRESTIGIOUS VISIT: CHAIRMAN MEETS GTMO TROOPERS



Marine Gen. Joseph F. Dunford Jr., Chairman of the Joint Chiefs of Staff, talks to troops during a tour of U.S. Naval Station Guantanamo Bay, Cuba on March 9. His visit included stops at Camp V and Camp VI with Joint Task Force Commander, Navy Rear Adm. Peter J. Clarke and JTF Senior Enlisted Leader, Command Sgt. Maj. David W. Carr.

Joint Task Force Guantanamo and U.S. Naval Station Guantanamo Bay, Cuba, are no strangers to distinguished visitors such as congressional delegations, foreign dignitaries and important military leaders.

Recently, JTF GTMO was honored by a visit from the new Chairman of the Joint Chiefs of Staff, Marine Gen. Joseph F. Dunford, Jr., who assumed his position in October 2015. This trip was part of a larger tour of the U.S. Southern Command.

Dunford said it was important for him to visit and to have the opportunity to see, first hand, the mission here.

The mission here is a difficult and often a thankless one, said Dunford, who described situations in life as being one of two things; a rubber ball or a crystal ball.

"If you drop a rubber ball, you can pick it back up and try again," said Dunford. "But you drop that crystal ball one time and that is it, it's broken and you can't fix it. It is a testament to the professionalism

and the leadership here that the ball has never been dropped."

The first few months of a new job, you focus on 25 meter targets, said Dunford, referring to immediate concerns that needed to be taken care of upon assuming his new duties. His goal was to visit GTMO and the Troopers as soon as he was able.

While on the ground at GTMO for only one day, Dunford's schedule was packed with information and experiences.

One major agenda item was receiving a briefing on current and future operations with Navy Rear Adm. Peter J. Clarke, JTF commander and his staff. Topics discussed ranged from detention operations to housing and construction.

Navy Capt. Alan R. Redmon, the JTF engineer, discussed ongoing renovations at the Camp America Galley.

During his visit, Dunford noted, Trooper health and welfare is a priority of his. Following his briefing by the command team, Dunford was given a tour of the

detention facilities.

He described the tours as informative and eye opening.

At each stop within the camps, Dunford made a point of speaking to Troopers of all ranks.

While Dunford visited Troopers across NAVSTA and JTF, his wife, Ellyn Dunford, who accompanied him on this trip, was on a mission of her own. Mrs. Dunford chaired a roundtable discussion with the Helping Agencies Looking Outward, including JTF Troopers, NAVSTA service members and spouses to examine health and welfare of families and service members on base.

Mrs. Dunford said her purpose was to start a dialogue and gain a better understanding of what is needed to continue to assist families and service members here. Dunford said his visit was a good way to get a boots-on-ground feel for the operations, hear concerns of GTMO and discuss planning for the future.

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



Dunford gave his coin to several members of the Joint Task Guantanamo Force guard force inside Camp V and Camp VI. Dunford's visit comes less than six months after his appointment to the position in October 2015.

# WALK THROUGH TIME, SEE GTMO IN A DIFFERENT LIGHT



Army Sgt. Jennifer L. Palmer, a signal support systems specialist for the 744th Military Police Battalion, navigates her way over the hills and through the woods at U.S. Naval Station Guantanamo Bay, Cuba on March 13, in an effort to plot data points and take photos of different sites around the base that may be of historical significance.

It is there, just beyond the roads and buildings that most of us stick to at U.S. Naval Station Guantanamo Bay, Cuba. A look into the past sits atop nearly every hill if you are inclined to head through the brush and navigate through a little rough terrain.

One Joint Task Force Guantanamo Trooper is so inclined and is trying to draw attention to what she calls an “archaeological treasure trove.”

Army Sgt. Jennifer L. Palmer, a signal support systems specialist for the 744th Military Police Battalion, has more than 23 years experience as an archaeologist and anthropologist for the National Parks Service.

“I would just encourage people to learn more about the history of this base because there are a lot of fascinating stories to be learned about it,” said Palmer.

Palmer is doing a pedestrian survey, trying to map out points of interest with Global Positioning System technology, and taking photos of those points in an attempt to facilitate a military-ordered preservation effort of the sites at GTMO.

Nearly the entire valley of windward GTMO was a series of ranges where thousands came for weapons qualifications from

approximately 1905 until about World War II, Palmer explained.

“This was the largest small arms target range in the world, and in the early 20th century, the entire Atlantic Fleet would come here in the winter and qualify more than 3,000 people a day,” she said.

Artifacts from other eras exist here such as the Cold War era. Structures and aging facilities dot the landscape. Since her arrival, Palmer has done extensive research and dug through many military archives to gain the knowledge she now uses to find sites and artifacts.

“People have no idea about the bunkers for instance... they just think it might be something modern used for training and they don’t understand what an important role those played in the base’s history...” said Palmer. “During that time period, the people here thought that GTMO was going to be destroyed, that the Soviets were going to attack.”

Joe Madison, the natural and cultural resource manager for NAVSTA, works with Palmer to further the awareness of the base’s knowledge of history and study sites specific to those times in American history.

“I am the natural resources as well as the cultural resources manager here, but I am more trained on the natural resources side of the house... also from a budgetary standpoint the bulk of my budget is natural resources so that tends to be the focus,” said Madison. “While I try to keep a solid cultural resource program, it’s a little more difficult, but she (Palmer) has put in well over a hundred hours of cultural resource time and continues to on a daily, nightly, weekend basis.”

Palmer has worked to protect assets that may otherwise be discarded.

“There are also things that may not seem important at first glance, but even they may surprise you,” said Madison. “Some of the structures have what we would consider graffiti now, but (Sailors) would write their name and ship on the walls, and some of those (ships) went down in Pearl Harbor; and they were here the year before.”

Madison and Palmer hope to increase awareness and interest in GTMO’s history and ask Troopers and residents to leave any potential artifacts where they find them. Additionally, they hope people will not disturb or damage the sites they visit.

“It’s important that if people find things on the ground, they don’t take it as a souvenir like in terms of rifle casings, maybe from the battle of Cuzco Wells,” said Palmer. “Once an artifact is removed from its context, it destroys a lot of information that might be gained about the site. In archeology, if we dig, we are actually destroying the site in the process as we dig it up. It has to be done the right way the first time, because once there is a hole in the ground, we can never get that back again.”

Palmer hopes that by furthering awareness of sites and artifacts might be useful to researchers who come after her. She also plans on setting up some short makeshift history hiking tours and welcomes anyone with knowledge of the bases’ history.

Time and development take a toll on the sites and there are many who believe that a preservation effort should be made. For now, Palmer just hopes to inspire people to understand and appreciate the sites.

To schedule a tour of one of the sites or to share your knowledge of the base, contact Palmer at [Jennifer.L.Palmer@jftgtmo.southcom.mil](mailto:Jennifer.L.Palmer@jftgtmo.southcom.mil).

Article and photo by  
**ARMY SGT. CHARLIE HELMHOLT**

# CROWNING CHAMPIONS: BEST WARRIOR COMPETITION



*Spc. Zackery Johnson, of the 744th Military Police Battalion, looks at his map during the land navigation course for the battalion's Best Warrior Competition at U.S. Naval Station Guantanamo Bay, Cuba on March 3. Johnson placed third overall, joining two members of his company as top finishers.*

More than 30 competitors faced a grueling two-day gauntlet of obstacles and exercises for bragging rights in the 744th Military Police Battalion Best Warrior Competition across U.S. Naval Station Guantanamo Bay, Cuba, March 2-3.

The competition consisted of various warrior tasks, which included a modified Army Physical Fitness Test, an obstacle course, a 10-mile ruck march, weapons qualification and other challenging tasks.

If the physical challenges were not enough, the second day of challenges included a land navigation course and exams on basic warrior tasks.

"I feel that the tasks were appropriate for this type of competition," said Army 1st Sgt. Regina Duckett, a company first sergeant in the 744th MP Bn. "The majority of the tasks focused on strength and endurance with a few that focused on technical ability."

The diversity in activities challenged the various strengths of each individual Soldier, while pushing them to their limit.

"I feel that the event was a success," said Duckett. "It was a strenuous two and a half days for all the Soldiers involved but they stayed motivated and completed all the tasks to the best of their ability."

Army Lt. Col. Jordan Papkov, commander of the 744th MP Bn., congratulated top finishers and contestants at a ceremony held

on Bulkeley Field, March 3.

"Everyone is a winner here today for showing their dedication and fitness through the mental and physical challenges they faced," said Papkov. "The event was a realistic, challenging and a rewarding experience."

Duckett may have been the biggest winner of the competition, with members of her company



*A Soldier with the 744th MP Bn. climbs a rope during the obstacle course of the battalion's Best Warrior Competition on March 2. More than 30 Soldiers participated in the competition to earn the battalion's honor as the most expert warrior.*

leading the pack.

"I'm proud of all the Soldiers who participated and especially my Soldiers in (my company) for placing first, second and third," said Duckett.

It was Army Cpl. Zackery C. Willard who was the overall winner in the competition, while Army Cpl. Aaron Capuchino was the runner up and Spc. Zackery Johnson, placed third. All participants are with the 744th MP Bn.

"It was a close competition and every competitor showed their warrior spirit," said Papkov.

Willard said although the competition was fierce, he was glad to gain a competitive advantage over others in the competition.

"The physical portion of the event was the most demanding... the ruck march was the make-it-or-break-it point of the competition," said Willard. "I stayed in the middle of the pack for most of the competition, but the land navigation course was what set me apart from the rest; I finished first."

Willard said doing sufficiently well in all obstacles and mastering the land navigation course turned out to be the deciding factor, as his competitors would excel in one obstacle, but perform poorly in others. His steady-wins-the-race strategy proved to be the best.

"I didn't think my name would be called as they were calling out the names," said Willard, who was surprised to come in first place. "I was expecting someone else."

For now, Willard carries bragging rights across the battalion until the next competition, a badge of honor he says he humbly bears.

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

*Photos by*  
**ARMY SGT. JENNIFER PALMER**

# GTMO WELCOMES SOLDIERS UNDERTAKING DISABLED SCUBA

It is another bright morning at U.S. Naval Station Guantanamo Bay, Cuba, a Caribbean paradise in terms of diving and a rare treat for any scuba enthusiast. Salt water laps against sand and just below the surface towering coral heads lurk all throughout the bay. A large, wood and aluminum dive boat, not an unusual sight here at GTMO, braves the waves with a

program has allowed SUDS members to take trips to Puerto Rico, North Carolina, Florida, Hawaii, and GTMO.

“(Cuba) is probably the most popular one we do, just because it’s a forbidden fruit and everybody wants to come to Cuba,” said Thompson. “The support we have here is crazy. It’s mind blowing that

so they work on either a refresher or additional types of diving, said Jessie Keenan, the manager of Ocean Enterprises. They completed a few advanced dives while they were here. They also took some specialty courses.

Collins said he was impressed with the support he and the other SUDS divers received from the Joint Task Force Guantanamo Troopers and NAVSTA residents.

Hundreds of volunteers showed up to support the SUDS program and Collins

very special cargo; disabled former service members here to take part in the annual Soldiers Undertaking Disabled Scuba program. The divers, each missing one or more limbs as a result of wounds suffered during their service, may not seem ideal divers or swimmers to a casual observer, but once in the water, their skill and grace are undeniable.

SUDS made their 13th appearance at GTMO from March 10-17. The program is designed to give former service members the opportunity to spend time diving in tropical waters and the chance to work toward different diving certifications.

The SUDS program began in 2007 thanks to John W. Thompson’s, president and founder of SUDS, dedication to wounded Soldiers.

“One day I went to the hospital to have lunch with my wife,” said Thompson. “I walked in the front door of Walter Reed and it was like boom. You see all of these severely, severely injured young service members and it just blew me away, and I knew at that moment that I wanted to get involved. So I came up with the idea of using scuba to help with their rehabilitation.”

Since then the SUDS program, a non-profit organization, has grown significantly; opening up opportunities for wounded service members to dive all over the world, said Thompson. The

so many people want to help out. This is a special place to come.”

The six visiting SUDS divers have been able to experience all GTMO has to offer, which does not stop at diving.

“We’ve been all over the base and we got to dive in places that aren’t normally open to the public,” said Mike A. Collins, a retired Army staff sergeant and SUDS diver. “We’ve had dinners, brunch, boats and we even had dinner with the CO (Commanding Officer Navy Capt. David C. Culpepper). We got to meet a lot of people. We’ve had barbecues and a bonfire. This trip has been a lot of fun.”

The SUDS divers are already certified,

said this is a trip he will not forget.

“I’ve been lucky enough to dive in places all over the world and I really like it here,” said Collins. “It’s been amazing to see how many people showed up to support our events. With this being such a small community, I’m amazed with how many people show up. I can’t even tell you how many people have come to help out.”

Keenan said this is an opportunity to show these Soldiers how much they are appreciated.

“We want to hold them up on a pedestal and say thank you for all they’ve done and to show our gratitude,” said Keenan. “It makes me feel so incredibly good that I get to do this. It’s the most amazing thing in the world to be able to help people. We want to make sure they enjoy the best vacation ever.”

SUDS is a non-profit organization and the men and women who participate in the SUDS program do not pay for their trips. All of their expenses are covered through donations from across the world. To learn more about the SUDS program visit their website at [www.sudsdiving.org](http://www.sudsdiving.org).

Article by

**ARMY SGT. IAN WITHROW AND  
SPC. JUSTIN LE MALONE**



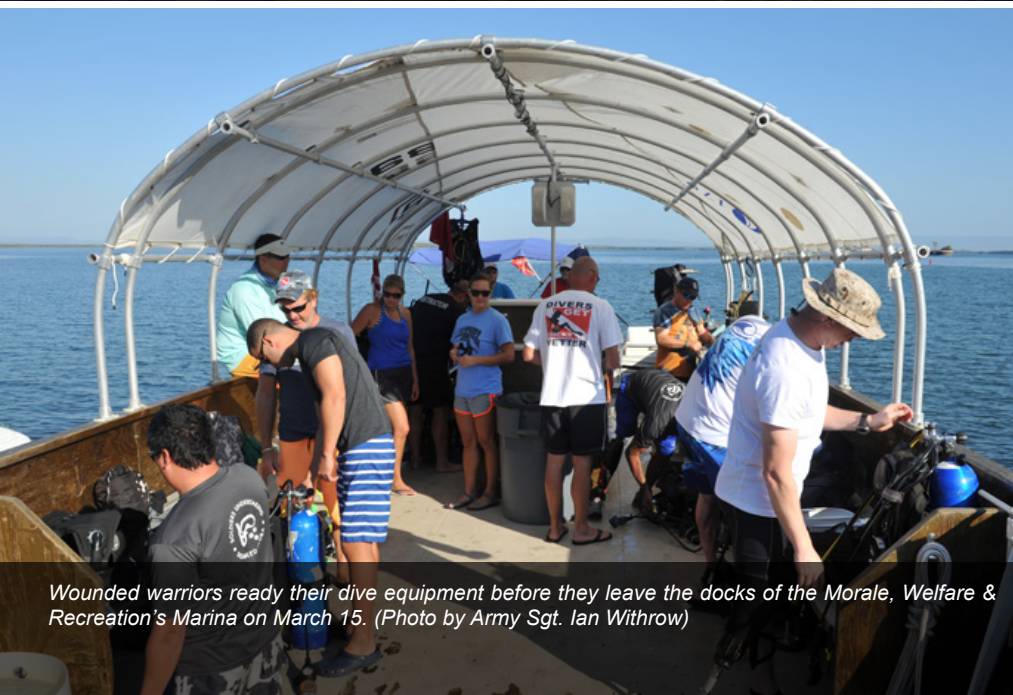
Wounded warriors prepare their dive gear prior to a dive, during their trip with Soldiers Undertaking Disabled Scuba, known as SUDS, at U.S. Naval Station Guantanamo Bay, Cuba on March 15. (Photo by Army Sgt. Ian Withrow)



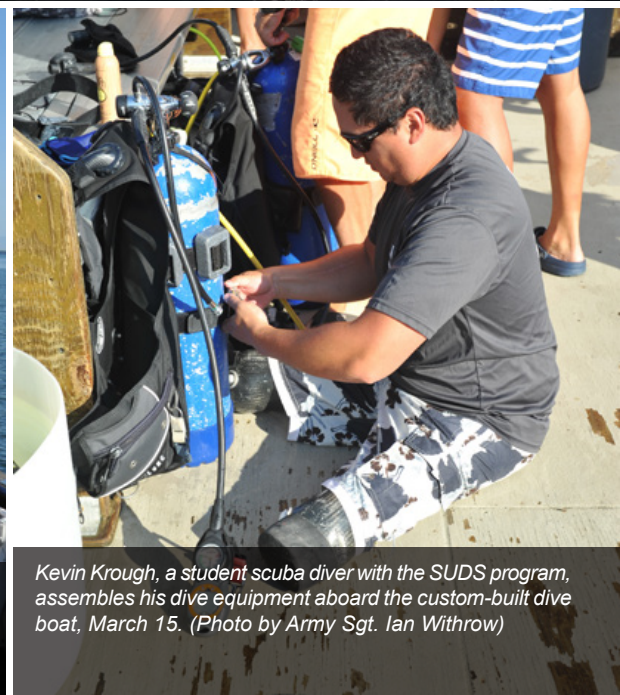
Mike Collins, a wounded former service member visiting GTMO, with the SUDS program, inspects his gear before a dive at Phillips Dive Park on March 15. (Photo by Army Sgt. Ian Withrow)



The dive boat sits anchored in the waves at the Phillips Dive Park on March 11. The boat carried wounded warrior divers with the SUDS program, which visited GTMO for the 13TH time, March 10-17. (Photo by Army Sgt. Ian Withrow)



Wounded warriors ready their dive equipment before they leave the docks of the Morale, Welfare & Recreation's Marina on March 15. (Photo by Army Sgt. Ian Withrow)



Kevin Krough, a student scuba diver with the SUDS program, assembles his dive equipment aboard the custom-built dive boat, March 15. (Photo by Army Sgt. Ian Withrow)





*A group of divers follow an anchor line down into the water at Phillips Dive Park on March 11. (Photo by Spc. Justin Le Malone)*



*A wounded warrior, with SUDS, catches a lobster, March 11. (Photo by Army Sgt. Ian Withrow)*



*SUDS members explore the tropical waters during a dive, March 11. The SUDS program gives current and former disabled service members the chance to experience the wonders of the underwater world. (Photo by Army Sgt. Ian Withrow)*

MOVIE REVIEW / **ZOOLANDER 2**

Do moviegoers really NEED a sequel to the 2001 “Zoolander?” No! I wish I could just leave the movie review at that, because the film was just awful, but I have a word count to adhere to so let’s begin.

“Zoolander 2” is directed by and stars Ben Stiller, in the title role of Derek Zoolander, who is a step beyond an airhead. Along with Owen Wilson, who stars as counterpart male model Hansel, making Zoolander look smart, and Penelope Cruz as Valentina Valencia, a fashion police agent.

As a huge fan of the original movie, I happily attended “Zoolander 2” looking forward to being immersed in nostalgia, campy dance scenes, hilarious jokes and ridiculous, awesome fashion as homage to the original film. The beginning of the film starts off right.

In the opening scene pop star, Justin Bieber, is assassinated. Before he leaves the world, he takes a selfie making the signature Derek Zoolander “look”—blue steel. Following this opening scene is a multi-news-personality “whatever happened to?” sequence. Every major television news personality of note adds a sound bite to the sequence, to catch the audience up on what Zoolander has been doing since 2001.

Both the opening and this sequence did a great job of reuniting “Zoolander” fans and bringing new viewers together. Unfortunately, these two scenes are the best part of the movie.

After this, Ben Stiller wrote a sequence of hilarious scenes, that when combined in a full movie, make for a terrible, awful, piece of

garbage. As a “Zoolander” fan I found myself thinking about getting up and leaving the Downtown Lyceum multiple times, while at other times, laughing at all the silliness. “Zoolander 2” had some hilarious scenes but it just had no flow.

I appreciated the multiple throwback scenes for the fans and the millions of cameos from original cast members. It made me remember how influential the original film in 2001. Notable appearances in this film include Billy Zane, Kiefer Sutherland - channeling Jack Bauer, Sting, Benedict Cumberbatch - in a hilarious comic role, Susan Sarandon, Ariana Grande, John Malkovich, Katy Perry, Neil deGrasse Tyson, and M.C. Hammer.

Unfortunately, there is not a lot else here, making me argue that “Zoolander” would have been better left as a singular cult classic.

For someone who has never seen the original “Zoolander”, you may find this film enjoyable. However, as a fan of the original, I beg you to stay home, skip “Zoolander 2”, and stick to watching the original. I give “Zoolander 2” one banana rat for accomplishing the feat of actually making a movie.

*“Zoolander 2” is rated PG-13 for vaguely suggestive sexual content and a little strong language.*

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



# 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>The Divergent Series:</b> <b>Allegiant (New)</b> PG13, 8 p.m. <b>The Witch (New)</b> R, 10:30 p.m.	<b>Risen (New)</b> PG13, 8 p.m. <b>10 Cloverfield Lane (New)</b> PG13, 10 p.m.	<b>Hail, Caesar!</b> PG13, 8 p.m.	<b>Kung Fu Panda 3</b> PG, 8 p.m.	<b>The Choice</b> PG13, 8 p.m.	<b>The Finest Hours</b> (LS) PG13, 8 p.m.	<b>Zootopia</b> PG, 8 p.m.
<b>3/18 FRIDAY</b>	<b>3/19 SATURDAY</b>	<b>3/20 SUNDAY</b>	<b>3/21 MONDAY</b>	<b>3/22 TUESDAY</b>	<b>3/23 WEDNESDAY</b>	<b>3/24 THURSDAY</b>
<b>Risen (New)</b> PG13, 8 p.m. <b>10 Cloverfield Lane (New)</b> PG13, 10 p.m.	<b>The Divergent Series:</b> <b>Allegiant (New)</b> PG13, 8 p.m. <b>The Witch (New)</b> R, 10:30 p.m.	<b>Deadpool</b> R, 8 p.m.	<b>LYCEUM CLOSED</b>	<b>The Finest Hours</b> (LS) PG13, 8 p.m.	<b>LYCEUM CLOSED</b>	<b>Hail, Caesar!</b> PG13, 8 p.m.

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 / DEADPOOL



As a reviewer of films, I tend to be fairly unforgiving when it comes to the silver screen, especially about subjects like comics that are near and dear to my heart. Therefore, it was with some hesitation I was determined to watch and review Marvel's latest film, "Deadpool." On the one hand, I was afraid it would be terrible, on the other; I knew it had the potential to be amazing.

The bottom line?

It. Blew. My. Mind.

This movie is blunt, unapologetically crass and hilariously deviant and it is every possible dream-come-true that a "Deadpool" fan could have dreamed. Everything, and I mean everything, about this film from the cinematography, directing, casting, to the acting - was phenomenal.

The above being said, this is not a film suitable for anyone under the age of 18 years old. More importantly, our beloved, brutal mercenary was never meant to be for children. The character of Deadpool is by his very nature adult. The fact that film makers were willing to go

the extra mile to make him true-to-form and not pander to a younger audience just for more ticket sales should tell you a lot about the authenticity of the story.

Ryan Reynolds reboots his role from the garbage heap "X-Men Origins: Wolverine" which came out in 2009 to a flabbergasted and disappointed "Deadpool" fan base. This time, he was given a part worth playing. Hilarious one-liners and debauchery brought the "merc with a mouth" to life the way he has been known in comic books since 1991.

Actress Morena Baccarin, of "Firefly" fame, plays Vanessa, Deadpool's romantic interest. She is just as witty, vivacious and convincing in her role as Reynolds is in his, and their chemistry had me hooked from their very first scene together.

As for the plot itself - flawless. Reynolds runs through the typical boy-meets-girl storyline, establishing through fantastic acting and presence, a believable romance in just a few minutes of screen time. Then comes the twist we all knew was going to happen; he's diagnosed with late stage cancer and undergoes an experimental procedure to cure the disease in an attempt to stay with his lady.

This film sets itself apart by being more than just the now-typical action hero flick with no real plot and tons of gratuitous explosions and heavy-handed musical scores. "Deadpool," on the other hand, has a serious, well-planned plot that carries you through a complex, well-rounded film which still somehow packs as much energy and action in it as you could want.

The rest? Go watch it and see. Fall in love with the underrated character that fans have been hoping to see get his own film for some time. I give this film five banana rats out of five. Furthermore, I double dare you to find a more accurate comic-turned-movie than "Deadpool."

A final word to the wise, the film is chock full of sex, filthy language, graphic violence, and some of the nastiest analogies I've ever heard, so if that is not your cup of tea, don't waste your time.

"Deadpool" is rated R for strong violence and language throughout, sexual content and graphic nudity.

Movie review by  
**ARMY SGT. IAN WITHROW**



# MWR

## 2016 SPORTS SCHEDULE

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

### MONTH / DAY ACTIVITY

<b>March 19</b>	Lucky Dog 5K
March 26	Aquatics Easter Egg Hunt
<b>April 2</b>	April Fools' Softball Trnmnt.
April 4	Softball League starts
April 11	Flag Football League starts
April 16	Youth Swim Meet
April 18	Golf League
April 23	Olympic Triathlon
<b>May 7</b>	Color Run
May 9	Indoor Volleyball League
May 14	Adult 500 Yard Swim
May 14-15	GTMO Golf Open
May 20-21	Captain's Cup Events
<b>June 11</b>	JPJ 5 Miler
June 18	Youth Summer Splash
June 25	Power Lifting Meet
June 27	Soccer League starts
<b>July 2</b>	Softball Tournament
July 2	Ridgeline Trail Run
July 4	Golf Tournament
July 11	Basketball League starts
July 16	Cable Beach Run
July 23	Adult Swim Sprint 300 Yard
July 25	Badminton League starts
<b>August 6</b>	Duathlon
August 8	Beach Volleyball League
August 13	Paddle, Pedal, Paintball
August 20	Back to School Splash
August 20	Fitness & Figure
August 22	Ultimate Frisbee League
August 27	All-Night Softball Trnmnt.
<b>September 3</b>	Sprint Triathlon
September 5	Golf Tournament
September 6	Co-Ed Softball League
September 11	9/11 Memorial Run
September 13	Flag Football League starts
September 17	Adult 100 Yard Swim Meet
<b>October 15</b>	Max Performance Games
October 22	Glow Run
October 29	Zombie Run
<b>November 5</b>	Olympic Triathlon
November 19	Max Performance Games
November 24	Thanksgiving Half & 5K
November 26	Across the Bay Swim
<b>December 3</b>	Power Lifting Competition
December 9	Army vs. Navy Game
December 23	Jingle Bell Fun Run
December 24	Holiday Basketball Trnmnt.

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

## FULL BODY PREPARATION FOR MAX PERFORMANCE



Kevin Trestz, a Squat Line Bling team member, jump ropes during the first heat of the Morale, Welfare & Recreation-sponsored Max Performance Games on March 12, at the Cooper Field Complex at U.S. Naval Station Guantanamo Bay, Cuba.

Spectators screamed with great enthusiasm, cheering on all competitors as they took part in high intensity workouts during the Morale, Welfare & Recreation-sponsored Max Performance Games on March 12, at the Cooper Field Complex at U.S. Naval Station Guantanamo Bay, Cuba.

"We have taken the Max Performance program and turned it into games," said Kaleb Heninger, the MWR fitness coordinator.

There is a difference between Max Performance and power lifting, said Heninger. In power lifting, the performer focuses on one powerful lift for one event; while in max performance, you have to train your entire body for multiple events.

Eight teams with four members each competed in the first three heats. After three events, the top four teams moved on to the fourth heat to determine the champion.

The first three heats consisted of a series of grueling events, most set to either rigid time limits or time tallies. Events ranged from burpees, squats with barbells and hang cleans, just to name a few.

As one could expect, all participants were exhausted after the first three heats.

"It's just physically enduring," said Daniel R. Drake, member of *Beef 18*. "You have to push through it both physically and mentally. The minute you stop and start thinking about what you're doing, you're going to end up failing, so you just have to keep pumping through it."

The fourth heat began with all teams starting at zero. Teams had to complete all repetitions

of the exercises to count as a complete round. The most rounds completed in 15 minutes won the event. Teammates had to pair-up together to complete the workout. While one completed 50 dead lifts, the other partner held a dead lift. Next, one member completed 50 push presses, while the other held a handstand against a wall before tagging their teammates in.

"I love it," said Danielle Csolak, member of second place finisher *Squat Line Bling*. "It is so much fun. I am out here because I love team competitions. I love the CrossFit feel even though this is max performance it's got that same CrossFit vibe."

The yelling from the crowd and her teammates motivated Csolak to work quickly during each event.

"I thrive off of those people screaming and yelling at me and it just really makes me push harder," said Csolak, who previously competed in four max performance-style competitions in the last three years. "It doesn't matter if you know who they are or if you don't know who they are when someone is cheering, it just pushes you."

*Hoof Farted* finished in first place, *Squat Line Bling* finished in second place, *Result* finished in third place, and *New York Jammers* finished fourth.

The MWR holds the Max Performance class Monday through Friday, 6:30-7:30 p.m. For more information about the class, there is a closed group Facebook page. Search for GTMO Max Performance, or contact the G.J. Denich Gym at x77262.

Article and photos by  
**ARMY SGT. RYAN L. TWIST**



Jenna A. Ritchie, with Steamed Hams, performs a snatch, which is a ground-to-overhead exercise all in one motion, during Max Performance Games on March 12.

## CYCLONE ENFORCERS BEAT MOUNTAIN MANIACS



Mike E. Padgett, catcher with the Cyclone Enforcers, attacks the ball after Elizabeth K. Stiehm, first baseman with Mountain Maniacs, bunts in an attempt to reach first base.

Two teams faced off on the youth baseball field at the Cooper Field Complex at U.S. Naval Station Guantanamo Bay, Cuba, for a Morale, Welfare & Recreation kickball game, March 10. *Cyclone Enforcers* used offensive outbursts, which led to a victory beating *Mountain Maniacs*, 13-5, cruising to their fifth win of the season while the *Mountain Maniacs* remain winless thus far.

"I felt like we did really well," said Dawn M. Bordenet, assistant coach and second baseman for the *Cyclone Enforcers*. "We played really well as a team."

The two teams were looking forward to playing kickball against each other because they spent time together before their deployment, said Bordenet. Both teams have built a friendly rivalry along the way.

The *Cyclone Enforcers* scored first, with five runs in the top of the third inning before *Mountain Maniacs* could muster any offense of their own.

*Mountain Maniacs* remained behind until scoring three runs in the bottom of the fourth inning and two in the bottom of the fifth inning. The *Mountain Maniacs'* offense was short-lived as they did not score again.

The *Cyclone Enforcers'* defense is their strongest part of the game and was why Andrew J. Fitzgerald, pitcher and coach with the *Cyclone Enforcers*, was concerned when his team fell

apart during the bottom of the fifth inning.

"We kind of fell apart for one inning there," said Fitzgerald, whose team allowed eight batters to come to the plate during the bottom of the fifth inning. "There were a few pitches there I didn't do well. I walked a couple of batters I shouldn't have. We stayed calm and collected. Basically we just played through it."

In the top of the sixth inning, the *Cyclone Enforcers* pushed six runs across home plate to expand their lead 13-5 and the *Mountain Maniacs* went quietly thereafter.

"We were trying to come back but were not able to do so," said Adam D. Lamp, catcher with the *Mountain Maniacs*. "As soon as they started scoring runs (in the top of the sixth inning) we started to kind of fall apart. We dropped some balls that we should not have. I think for the most part, except for the one inning, we kept our composure, we were talking and we were really able to get to the ball fast."

Lamp enjoyed playing the game and said it was a great idea to join the league, which leads to building camaraderie.

The MWR Kickball League competes every Monday through Friday night with games starting at 7 p.m., 8 p.m. and 9 p.m. at the youth baseball field on the Cooper Field Complex.

Article and photo by  
**SGT. RYAN L. TWIST**

### MWR KICKBALL

No.	Team Name	Standings
01	Flying Monkeys	9-1
02	Kicking Balls	8-1
03	Ballsagna	9-2
04	Iguanamo	8-2
05	Confusions	5-3
06	Wu-Tang Forever	6-4
07	Cyclone Enforcers	5-4
08	The Innocent Runs	5-4
09	EWA	5-5
10	Blue Ballers	4-6
11	BEEF 18	4-6
12	GTMO Latinos Plus	2-6
13	Ballz on Fuego	2-7
14	Ball Kickers	1-9
15	Mountain Maniacs	0-9

### MWR SOCCER

#### MALE

No.	Team Name	Standings
01	Fire Department	11-0-0
02	XMart	11-4-0
03	Manchester City	10-0-1
04	Shamuri	7-5-1
05	Manchesthair United	6-7-0
06	Young Strikers	5-7-1
07	Spartans	4-9-0

#### FEMALE

No.	Team Name	Standings
01	MisFits	9-0-0
02	One Love	3-5-0
03	Soccer Bombers	0-7-0

### MWR BASKETBALL

No.	Team Name	Standings
01	Arch Angels Basketball	7-0
02	Shottas	6-1
03	Spartans	5-1
04	The Commission	5-1
05	Five-O	4-1
06	Splash City	4-3
07	Tohma's Team	4-3
08	Guardians	3-3
09	Sinag Pilipinas	3-3
10	Carolina Moonshiners	3-4
11	Cross Level	2-4
12	Guerillas	1-5
13	Finesse	1-6
14	The Goon Squad	0-6
15	Cavaliers	0-7





## JSMART SPOT

▲ JSMART HELPER: SOPHIE

### CALORIES LURK IN YOUR COFFEE

The science behind losing weight is fairly straightforward. If you operate at a calorie deficit, which means to consume less calories than you burn, you will lose weight at a rate of roughly one pound per 3500 calories cut. Obviously, making dramatic diet changes can be difficult, but what might surprise you are easy-to-drop habits.

Many people enjoy a steaming cup of coffee first thing in the morning, perhaps to keep them alert throughout the day. Working long hours, as many service members do, tend to rely on caffeine. In fact, according to the Centers for Disease Control, up to 82 percent of service members regularly consume coffee. However, coffee is a one-calorie drink, so where is the danger?

Coffee creamer: it turns your cup of morning Joe into snicker doodle tasting magic or a French vanilla flavored treat. It also adds roughly 30 calories per serving, and let us be honest, you are

most likely using more than the nine grams manufacturers recommend.

Therefore, here is the math. If you drink four cups of coffee a day and you use two servings of creamer in each, that amounts to 4 cups by 2 servings and 30 calories each, equaling 240 calories extra per day. That is 1,680 calories per week. According to the Mayo Clinic, a healthy rate at which to lose weight is approximately one pound per week, meaning you will need to cut 3,500 calories per week or 500 per day. To put it in further perspective: when a 180 pound man runs a 16 minute two-mile, he burns 272 calories. Would you rather run an extra two miles a day or cut creamer from your coffee?

The Mayo clinic advises a minimum of 1,200 calories for women or 1,600 calories for men in any given day.

Article by  
**ARMY SGT. IAN WITHROW**

### FAMILY EMOTIONAL ROLLERCOASTER

For military members, the term "deployment" includes a lot more than personnel and equipment moving from a home station to a specified destination. Deploying service members and their families go through periods of upheaval. According to Military OneSource, there are five stages of the Emotional Life Cycle of Deployment.

The first stage is pre-deployment; it varies in length and includes anticipation, anxiety, and denial of mental and physical distance between loved ones. Couples might push each other away in preparation to make the impending separation tolerable.

The deployment stage follows and is the first month away from loved ones. It includes loneliness and feeling overwhelmed.

Stage three, sustainment, includes months two through five and typically means better adjustment with family members, Troopers gaining confidence and everyone forming new routines.

This stage can also include developing independence such as, the spouse at home takes on the deployed spouse's roles and feels a sense of achievement. While adjustment may be better, conflict can arise as the deployed spouse begins to feel they are no longer needed.

Happy feelings of anticipation and excitement typically come with the re-deployment, which happens one month prior to homecoming; but many experience anxiety and apprehension.

The post-deployment stage, which can last up to 120 days after returning home, can feel like a honeymoon period or loved ones may struggle while re-negotiating family roles.

If you are struggling, JSMART, the Chaplain's office, and Fleet and Family services are here to help.

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

## CHIEF'S CALL TO INDOCTRINATION ACCEPTANCE DINNER CEREMONY



Coast Guardsmen at U.S. Naval Station Guantanamo Bay, Cuba, celebrate the Chief's Call to Indoctrination Acceptance Dinner Ceremony at the Bayview on March 12. The ceremony was a first for the Coast Guard members deployed here. (Photo by Army Sgt. Christopher A. Garibay)

**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 resources for Troopers seeking confidential counseling outside of JSMART or the Chaplain Office. Call x58406 for more information.

*Photo by Jeffery Walling*

# PARTING SHOT



'MOON' 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

