

THE OFFICIAL PUBLICATION OF JOINT TASK FORCE GUANTANAMO

# THE WIRE

April 1, 2016



PHOTO STORY

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EASTER  
EGGSTRAVAGANZA**

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## DIGNITY AND RESPECT LEADS TO PEACEFUL HARMONY



During a recent interview with media many questions arose regarding culture and religion. One of the questions related to the topic of world peace. The interviewer asked if I ever thought the world would experience peaceful harmony. I paused before giving

my answer. Eventually I answered and said, "Yes, once we all start treating each other with dignity and respect, we will have peace on earth." This is a tough job, but not impossible.

Over the years, we have treated the detainees here at GTMO with dignity and

respect. Consequently, we are now receiving thank you letters from the detainees who believe their treatment was consistent with our objectives.

Furthermore, we firmly follow the Standard Operating Procedures that are in place and update them as

necessary. Additionally, we do not love or hate, but we remain neutral and unemotional in all situations. This allows us to consistently show dignity and respect to the detainees without inserting personal bias.

As a result, the detainees now tell their families not

to believe what some media inaccurately portray about GTMO and their detention.

They now understand that there is no mistreatment of them or other detainees. Finally, to continue our success, we must not let our emotions interfere or the events of the outside world affect us.

We have no control over outside events. We need to focus on our mission. The minute we get complacent or let our emotions control us, the enemy has control. The statement our 'unity is our strength', reigns true each and every day.

*Article courtesy of ZAK  
JTF GTMO  
Strategic Cultural  
Consultant*

## MASTER YOURSELF BEFORE CONQUERING THE WORLD



There is a famous tale among the Ibo people of Nigeria that tells the story of an undefeated wrestler. The wrestler had fought all of his tribesmen, all of his countrymen, and all the animals. Yet, still no one could defeat him. Looking for a challenge, he ventured into the spirit world. There he wrestled all the spirits, defeating each of them. He cried out, "Is there no one who can defeat me?" Everywhere the wrestler ventured, the people would beg him to leave. Then one day a frail looking man appeared ready to fight him. The fragile old man was the wrestler's own

chi. A chi is a personal god that determines fate/destiny. Also, the Ibo people believe every person possess a chi. Laughing, the wrestler approached as if to defeat this foe with ease. His chi, however, lifted him easily with one hand, dashed him to the ground, and destroyed him.

Potentially, our biggest threat and worst enemy is ourselves. Most downfalls occur, not at the hands of another person, but at our own hands. Think back over the past few years at those in our society who have faltered. What was the source of their fall? The people I can recall brought their own demise by the choices they made. Some made statements that caught the attention of the media. Others did things in secret that became public knowledge. I know people who posted pictures or made statements on Facebook that they later regretted. Downfalls rarely come as a result of the actions of someone else. Other sources may have brought a person's faults into the limelight for the world and others to

see, but the roots of the mistake began with themselves. We, it seems at times, are our own greatest opponent.

Master yourself. The moral of the Ibo tale is to master yourself before conquering the world. The book of Genesis teaches that sin (selfishness) waits at the front door of our house and that we are to master our selfishness. The danger does not come from someone else's house, some other group of people or from someone who does not like us. The danger comes from within. I have found the challenges faced in life have more to do with self than the obstacle presenting the challenge. Knowing self, understanding self, is the key to facing challenges. Imagine if the Ibo wrestler had recognized that the frail and fragile old man was himself. How might the outcome been different?

*Article by  
ARMY CHAPLAIN CAPT. TOBY LOFTON  
JTF GTMO Chaplain*





## LEADERSHIP & CHAPLAIN

Our number one goal is to strive for dignity and respect, which leads to peaceful harmony. The chaplain encourages you to master yourself before conquering the world.



## GTMO NEWS / COVER PHOTO

Approximately 160 volunteers participated in the photo of the first human ribbon for Sexual Assault Awareness and Child Abuse Awareness month at GTMO.



## PHOTO STORY

The 525th Military Police Battalion hosted an Easter event for the Naval Station Guantanamo Bay, Cuba March 26. The family oriented event was open to anyone who wanted to attend.



## ENTERTAINMENT

Is *Batman V Superman: Dawn of Justice* worth the trip to the theater? Read about the action-packed battle between the superheroes.



## SPORTS

A "piece" of home for the 38th Infantry Division arrives on Guantanamo Bay, Cuba. Officials from Indiana University provided basketball jerseys for the Indiana Soldiers.



## HEALTH & JSMART

JSMART offers advice on how to prevent gossip in your work environment. Read about the effects of thermogenics; get off the couch and run.

# MOTIVATORS OF THE WEEK

**NAVY PETTY OFFICER 2ND CLASS  
JOHN P LARANANG**

**ARMY PFC.  
CHRISTOPHER LENTEN**

## COVER PHOTO CAPTION

Members of the U.S. Coast Guard hold their guidon high during the 22-mile Suicide Awareness ruck march. The march was hosted by the 744th Military Police Battalion here, at Guantanamo Bay, Cuba, March 26, in hopes to raise suicide awareness among service members.

## ARE YOUR FACEBOOK FRIENDS REALLY YOUR "FRIENDS"?

Do you have over 500 friends on Facebook? It may seem unusual to some of us, but there are people with over 1000 "friends" on social networking sites. Think about what information you give to these friends, your address, phone number, birthday, names of family members and other friends? This may seem harmless on the surface but to someone whom you met once and then became "friends" with, they might have other uses for your information. Crimes are committed using personal identifiable information. Your identity could be stolen. Protect yourself and your information. Take a good hard look at your "friends" list and ask yourself if you would really trust all the people on that list. Think before you post, use OPSEC!

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## HONORING MILITARY WOMEN WHO SHAPED OUR NATION

The 525th Military Police Battalion held a Women's History Month observance at Trooper Chapel on Naval Station Guantanamo Bay, Cuba, March 25. The observance honored women who contributed in shaping our nation's military history dating from the early 1700s to the present.

Women throughout our nation have staked their claim in the pages of history books, not only as civilians but also while serving in the military. Some even dressed as men to defend our great nation, and gave their lives in the defense of it.

Additionally, women serving alongside their male counterparts carved their way through history and left their undeniable mark on America and its people.

"It's truly an honor to speak on the contributions of women who have not only shaped our military, but also our nation," said Command Sgt. Maj. Janet Harris, assigned to the 525th MP Bn. "Women, both uniformed and civilian, have served with distinction in every war our nation has fought. As you heard here today, long before women had the right to vote or own property, before America even existed, women were serving, facing danger, risking their lives, and even dressing up as men so they could serve."

Women in the military continue to seek new historical heights with the opening of jobs that were once restricted to the males.

"As we remember women who have shaped our nation and our military, we must remember it is the women who are currently serving who will write not only the next chapter of women's history, but also our military's history," said Harris. "We must build on the progress of the trailblazers of the past and look for the limitless potential that lies ahead."

Sgt. Erin Peppiatt, a Trooper with the 525th MP Bn., spoke about many women who served in our Nation's conflicts and wars and who



Bertha Stallworth, age 21, shown inspecting end of 40mm artillery cartridge case at Frankford Arsenal.

fought for women's rights, shaping our military into what it is today.

"There is no doubt in the future, women will play an increasingly larger role in the defense of our nation's freedoms," said Peppiatt.

The observance had Navy and Army personnel in attendance, and the audience was not limited to women. Many male service members were in the crowd to learn about women who have helped to shape history. They honored women whose accomplishments helped change the battles or the way the military viewed women.

"When we think of Soldiers, Sailors, Airmen, Marines and Coast Guardsmen, we no longer visualize only men," said Harris. "We will remember the women who also dedicated their time, their talent and yes their very lives in protecting our great nation. Yes, we will remember."

March was declared Women's History Month in a presidential proclamation on Feb. 29. International Women's day was celebrated March 8. The proclamation states, "During Women's History Month, we honor the countless women who sacrificed and strived to ensure all people have an equal shot at pursuing the American dream."

"We must carry the work of the women who came before us and ensure that our daughters have no limits on their dreams, no obstacles to their achievements and no remaining seals to shatter as we continue to serve the strength of our military and the strength of our great nation," said Harris. "As a woman who has served the last twenty years, I would like to say that it has been an honor to serve a nation of true equality, a nation that values the strength of diversity, a nation that honors the contribution of all who serve. I look forward to what the next 20 years will bring."

Article by  
**ARMY SGT. CHELSEA R. GARCIA**



# TROOPERS RUCK 22-MILES TO RAISE SUICIDE AWARENESS



Troopers hold their guidon high during the 22-mile Suicide Awareness ruck march. The march was hosted by the 744th Military Police Battalion here, at U.S. Naval Station Guantanamo Bay, Cuba, March 26 in hopes to raise suicide awareness among service members.

It was dark and silent as approximately 125 marchers began the 22-mile ruck march for suicide awareness, hosted by the 744th Military Police Battalion, March 26 at U.S. Naval Station Guantanamo Bay, Cuba.

This was not your typical ruck march. You did not hear loud music, nor was there a clock to track personal records. The only number they were looking to beat was 22.

Approximately 22 veterans commit



Two marchers head toward the rising sun as they begin the first leg of the 22-mile Suicide Awareness ruck march, hosted by the 744th Military Police Battalion at U.S. Naval Station Guantanamo Bay, Cuba, March 26.

suicide each day. This number comes from a 2013 study by researchers at the Federal Department of Veterans Affairs. In addition, whether or not a service member served in Iraq or Afghanistan, plays a role in veteran suicides.

"I think it is more difficult once service members ETS (Expiration of Term in Service) and leave the military environment," said Army Sgt. Brian Clasing, a squad leader in the 744th MP Bn., and a primary coordinator of the awareness march. "They lose the fellowship and camaraderie they once had from being in the military."

The U.S. Army ACE (Ask, Care and Escort) Suicide Intervention Program trains Soldiers to watch their battle buddies for suicidal behavior such as social withdrawal, displays of extreme mood swings and increase in substance abuse. If a Soldier notices someone exhibiting suicidal warning signs, they are encouraged to directly and honestly ask the Soldier if they are suicidal, care and escort them to a source of professional help.

"While you are serving in the military, the support and availabilities of various programs are easier to access," said Staff Sgt. Albert Purdy, a MP with the 744th MP Bn. "But when you get out, that support is harder to come by and a lot of that has to do with camaraderie."

Many types of transitions in life can

strain a person's emotions; whether that is a reassignment to a different duty station or ending your military career and shifting into a civilian lifestyle. That does not mean you have to let go of the contact from your support group once you leave; it should in fact be quite the opposite.

The U.S. Navy follows the suicide prevention message, 1 Small ACT (Ask, Care and Treat), which is a part of the "Every Sailor, Every Day" suicide prevention campaign, encouraging simple actions that can create a positive difference to one another.

"We live in the era of technology," said Clasing. "It's easier now to keep in touch with each other than ever before. The brotherhood does not end at your ETS date. Just reaching out and saying 'hey, I want to make sure you are alright,' could literally save someone's life. We have to come together."

Underneath the combat uniforms and Kevlars are human beings with real emotions. Sometimes those feelings are heavier than the weapons that they carry, but whether it is in combat or everyday life, the U.S. military refuses to let anyone fight it alone. Troopers need to take care of Troopers.

Article by

**ARMY SGT. SARAH E. KIRBY**

Photos by

**ARMY STAFF JESS A. WILLIAMS**



# TROOPERS STAND FOR AWARENESS AT GTMO



Approximately 160 volunteers participated in the first human ribbon event at U.S. Naval Station, Guantanamo Bay, Cuba, March 26, in support of the upcoming Sexual Assault Awareness and Child Abuse Awareness month. The event was sponsored by the Fleet and Family Support Center to raise awareness.

As the buses rolled in, the event coordinators knew the volunteer turnout was higher than initially anticipated. On March 26, approximately 160 volunteers participated in the photo of the first human ribbon at U.S. Naval Station Guantanamo Bay, Cuba to kick off the upcoming Sexual Assault Awareness and Child Abuse Awareness month.

"We have tons of people from the community coming out to support us to make this photo happen," said Jennifer L. Walker, the Sexual Assault Prevention and Response Civilian Victim Advocate for Fleet and Family Support Center. "We couldn't do it without them and we're basically just kicking off the month with all of our events coming up."

SAPR and the Family Advocacy Program partnered together to make the event possible to raise awareness in the JTF community.

"SAPR and the Family Advocacy Program collaborated this week to bring awareness to the two programs that we support, said Amy C. Congdon, the Domestic Abuse Victim Advocate and Family Advocacy Program Educator.

"People are coming out and showing support in honor of child abuse and sexual assault victims, having a fun activity at Guantanamo Bay that they don't normally get to do."

Sexual assault and child abuse is not just important to GTMO, but to every branch of the military at every installation.

"Annually there are approximately 20,000 child abuse and sexual assault victims within the military," said Congdon. "We don't want to draw on the bad and darkness of these statistics. Awareness events like this, just let people know that they are supported, as well as let them know where they can go to get assistance."

Families and the GTMO community play a crucial role in preventing child abuse and sexual assaults. When a community comes together it becomes a strong environment against such acts.

"It's a great cause and reason to bring people together," said Command Sgt. Maj. Jim Hummel, a command sergeant major assigned to support the military police battalions here. "We have to look out and protect one another."

This was Hummel's first time participating in a human ribbon event, and he said it was fun to be there for the right reasons. He was not the only one excited about participating in his first human ribbon photo event.

"This is my first time participating in a human ribbon and absolutely excited," said Sgt. Oscar O. Madrid, an MP with the 525th Military Police Battalion. "I'm excited about it and to see what

it looks like in the end. Hopefully there will be more events like this that represent something I definitely like to participate in."

Not only did the event draw in more volunteers than expected, several members of the community participated to help make the event possible. Centerra Electrical Utilities supplied a lift bucket truck, which made the photo possible. Also in attendance was the fire department, and they supplied two fire trucks for the photo to show their support for the cause.

"I just want to thank everyone that came out today to participate," said Congdon. "All of the organizations that helped us put this together. This really was an all hands-on event in order to make this happen. So we are really appreciative."

All of the events at Fleet and Family Center are free and open to anyone in the general public, said Congdon. If you have an interest in what they are doing, you are welcome to come. For more information on upcoming events or if you would like to volunteer, contact FFSC at x4141.

Article and photos by  
**ARMY SGT. SHANNON BALL**



Volunteers from U.S. Naval Station, Guantanamo Bay, Cuba, show their support of the upcoming Sexual Assault Awareness and Child Abuse Awareness month at the human ribbon event hosted by the Fleet and Family Support Center, March 26.



# 525TH MILITARY POLICE HOST EASTER EGGSTRAVAGANZA

The 525th Military Police Battalion held its annual Eggstravaganza at the Youth Center on U.S. Naval Station Guantanamo Bay, Cuba, March 26. The family-oriented event was open to anyone who wanted to attend. The event was full of bounce houses, kid-friendly crafts and an Easter egg hunt. One trooper dressed up as the Easter Bunny for pictures with children in attendance.

"I think it's a huge thing for a community, there isn't a lot of things for the holidays for soldiers and families to do," said 1st. Lt. Grabowski, a platoon leader with the 525th MP Bn. "I think Easter is an overlooked event; I think what the 525th wanted to do was put on something that everyone could attend. I'm glad they gave us the opportunity to put something on like this for the children here, as well as the families to have some quality time".

The platoon started to plan for this event in January, said Grabowski. They coordinated with the Morale, Welfare & Recreation office and the Community Center here. The MWR donated the bounce houses, tables and chairs free of charge. The Community Center and the 525th Family Readiness Group donated money, making it possible for them to

purchase supplies and food items.

Grabowski said he thought the event had a great turn out and he did not know what to expect when they started planning the event in January. His platoon wanted to put on an Easter event for community



that was family-friendly. They ran into some issues along the way and made some adjustments to the Easter egg hunt to ensure that all of the kids in attendance could participate. Grabowski particularly enjoyed watching the kids run around collecting all of the eggs.

He hopes that having this event was a way to make sure Easter was a memorable and enjoyable day.

Sgt 1st. Class Dennis, a Platoon Sergeant with the 525th MP Bn. was tasked with coordinating the event. She used several members of her platoon as volunteers for the event. Dennis even added her special touch by having the volunteers wear sequined bunny ears so that the community members in attendance could easily recognize them. Many of the volunteers helped at the many craft tables and were stationed around the bounce houses to ensure the children stayed safe while playing.

"Hats off to our platoon sergeant, Sgt. 1st. Class Dennis, who coordinated all this and was able to get us all here on time and have this set up," said Staff Sgt. Nell, a squad leader with the 525th MP Bn. "I'm actually really honored that they (the platoon) are able to do this. It's a good feather in their cap that they are able to do something outside of the realm of regular MP duties and give something back to the GTMO community, kind of a way to leave their footprint."

*Article and photos by*  
**ARMY SGT. CHELSEA R.  
GARCIA**





Naomi Hiltner, age 4, creates a picture frame at one of the craft tables at the Eggstravaganza hosted at the Youth Center on Naval Station Guantanamo Bay, Cuba, March 26. There were many craft tables available for children and parents alike to create keepsakes. (Photo by Army Sgt. Chelsea R. Garcia)



A platoon leader with the 525th MP Battalion, shows his inner ninja turtle by getting his face painted at the annual Easter Eggstravaganza on March 26. (Photo by Army PFC. Lauren A. Ogburn )



Children eagerly await the start of the Easter egg hunt at the Eggstravaganza hosted at the Youth Center on Naval Station Guantanamo Bay, Cuba, March 26. Children of all ages raced to pick up Easter eggs, the child with the most eggs won a gift basket filled with candy and other prizes. (Photo by Army Sgt. Chelsea R. Garcia)



Kids race against each other to collect the most Easter eggs during an Easter egg hunt at the Eggstravaganza held at the Youth Center on U.S. Naval Station Guantanamo Bay, Cuba, March 26. Children of all ages raced against each other to collect as many eggs as they could carry. (Photo by Army Sgt. Chelsea R. Garcia)



A squad leader with the 525th MP Battalion, plays a variety of music for children and adults of all ages at the annual Easter Eggstravaganza on March 26. (Photo by Army PFC. Lauren A. Ogburn)





A little boy gets a head start on the Easter Egg hunt held at the Eggstravaganza at the Youth Center on U.S. Naval Station Guantanamo Bay, Cuba, March 26. The 525th Military Police Battalion hosted this event for the GTMO community. (Photo by Army Sgt. Chelsea R. Garcia)



Michael Nigbur braces himself for a winning catch in the water balloon toss at the annual Easter Eggstravaganza on March 26. ( Photo by Army PFC. Lauren A. Ogburn)



Mason Vickery, age 4, colors at an arts and crafts table at the Eggstravaganza on U.S. Naval Station Guantanamo Bay, Cuba, March 26. Children of all ages were able to enjoy an event filled day. (Photo by Army Sgt. Chelsea R. Garcia)



# MOVIE REVIEW / BATMAN V. SUPERMAN: DAWN OF JUSTICE



Many of us have asked ourselves at some point in our life, "If Batman and Superman were to brawl it out in an epic duo, who would win?" We are now in luck and our question can finally be answered in the dynamic, *Batman V Superman: Dawn of Justice*, a newly-released film.

Though I will try not to spoil the ending, you can see the plot twists coming from a mile away. The movie stuffs itself to the gills with information and a senseless reason for the battle between the superheroes. Let us not forget to mention the constant changing of scenes from young Bruce Wayne to adult Bruce (Ben Affleck) watching Wayne Tower being wrecked by Superman (Henry Cavill), to Superman saving Lois Lane (Amy Adams) in Africa, all of which happened in a matter of minutes.

The movie started with Bruce Wayne running from a funeral with constant flashbacks of his parents' murders, and falling into a cave filled with bats. The movie paraded more information on Batman's past than it did that of Superman's past.

Batman has always been a dark and intense

character. Affleck did a worthy job in his part as a huffy, quick-tempered Batman, but I feel like the director (Zach Snyder) failed him by making the character vulnerable and insecure. I spent a good amount of time struggling to figure out if the director shifted to another scene or if the experience was a figment of Batman's imagination. It was maddening trying to decipher if an event that was happening was real or if it was Batman being delusional.

On the other hand, Cavill was by far not my favorite Superman. Superman always faces identity issues, but I felt like he portrayed the superhero as weak and incompetent. The fight scene between Batman and Superman was almost good, but again, without telling the outcome, fell short of my expectations for it.

Other main cast members who I felt were not up to par in their character roles were Lois Lane and Lex Luthor (Jesse Eisenberg). Lane was not as strong and persistent as she was in earlier Superman films. Luthor reminded me of a mix between the Joker and the Riddler. The disorderly squawking and jabbering made

him irritating to watch. Speaking of villains, the alien fight scene – awful! What was the director thinking? Surely he could have dreamed up something better than the lame, mind-numbing villain/superhero fight scene. I was so bored that I actually felt the need to look away and to start looking at the stars.

*Batman V Superman: Dawn of Justice* introduced Wonder Woman (Gal Gadot), leaving the door open for an upcoming Justice League movie.

I give *Batman V Superman: Dawn of Justice* two banana rats out of five for the special effects. The director could have cut a large part of the background flashbacks and saved you from wasting a hefty portion of your time. Luckily, I did not have to pay to see the movie, because if I had, I would have been highly disappointed.

*Batman V Superman: Dawn of Justice* is rated PG-13 for intense sequences of violence and action throughout, and some sensuality.

Movie review by  
**ARMY SGT. SHANNON S. BALL**



# 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.

4/1 FRIDAY	4/2 SATURDAY	4/3 SUNDAY	4/4 MONDAY	4/5 TUESDAY	4/6 WEDNESDAY	4/7 THURSDAY
<b>London Has Fallen</b> (New) R, 8 p.m. <b>Zoolander 2</b> (LS) PG13, 10 p.m.	<b>Whiskey Tango Foxtrot</b> (New) R, 8 p.m. <b>How To Be Single</b> R, 10 p.m.	<b>Zootopia</b> PG, 8 p.m.	<b>Batman vs. Superman:</b> Dawn of Justice PG13, 8 p.m.	<b>10 Cloverfield Lane</b> PG13, 8 p.m.	<b>Deadpool</b> (LS) R, 8 p.m.	<b>Batman vs. Superman:</b> Dawn of Justice PG13, 8 p.m.
<b>Whiskey Tango Foxtrot</b> (New) R, 8 p.m. <b>How To Be Single</b> R, 10 p.m.	<b>London Has Fallen</b> (New) R, 8 p.m. <b>Batman vs. Superman:</b> Dawn of Justice PG13, 10 p.m.	<b>How To Be Single</b> R, 8 p.m.	<b>LYCEUM CLOSED</b>	<b>Zoolander 2</b> (LS) PG13, 8 p.m.	<b>LYCEUM CLOSED</b>	<b>Risen</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@jtfgtmo.southcom.mil](mailto:thewire@jtfgtmo.southcom.mil)

## THERE WILL NEVER BE AN EXCUSE FOR CHILD ABUSE



A service member writes a positive message about stopping child abuse on a pinwheel constructed by the U.S. Navy Seabees during an event held at the Navy Exchange on Guantanamo Bay, Cuba, March 28.

On March 28 at the Base Annex on U.S. Naval Station Guantanamo Bay, Cuba, Amy C. Congdon, the Domestic Abuse Victim Advocate and Family Advocacy Program Educator, and Maj. Rhonda Brockington, a Sexual Assault Prevention and Response Advocate with the Joint Task Force Joint Medical Group, as well as supporting volunteers held an event to pass out cake and have volunteers sign a pinwheel with a positive message toward stopping child abuse.

This event helped to spread the word about child abuse and the effects it has on not only children and their parents, but all five branches of service as well.

"This event is important to not only the service members with families, but it is also a great awareness for those who may have children in the future, or even know someone with children," said Congdon.

Child abuse is a serious problem. According to the website, DoSomething.org, approximately five children die every day because of child abuse.

"Every child should be protected, coveted and given the tools they need for success," said Brockington.

According to the website, [childhelp.org](http://childhelp.org), child abuse occurs every ten seconds. By the time the reader has finished reading this article, more than 20 incidents of child abuse will occur.

"Being in the medical field and as part of the substance abuse program, I see patients who are dealing with substance abuse that derives from them being a victim of child abuse," said Brockington. "It (child abuse) often leads to an impaired life of drugs and alcohol, which are used to suppress the past along with its feelings, emotions and memories that follow with it."

The month of April is the Month of the Military Child/Child Abuse Prevention & Awareness. Events like this and the upcoming Child Abuse/Sexual Assault 5K not only help bring light to the matter, but also help to spread useful knowledge that can be put to use now and in the future.

"Think outside the box, think about the bigger picture," said Congdon. "Don't just think of the here and now or yourself and personal situation, even if you're not currently married or don't currently have children, you can still utilize this information later in your life, or share it with someone you may know who could use it."

Child abuse is something that is not tolerated in civilian or military life, so if you know of something or see something go through the proper channels and report it.

"It's not just you, your uniform, your branch, or this location; Think big picture," said Congdon. "Stay vigilant, know the resources available and recognize when you're feeling stressed, these factors can help a situation before something happens," Congdon said.

If you were unable to attend the event held on March 28, the Child Abuse/Sexual Assault 5K is scheduled for April 9. To show support for the cause, you are encouraged to wear the color blue for child abuse and teal for sexual assault. Show time is 7:30 a.m. and the run kicks off at 8:05 a.m. at the Cooper Field Complex.

"Get creative with the colors and show me what you've got with your spirit," said Congdon.

Article and photo by  
**ARMY SGT. MATT YOUNG**



# MWR

## 2016 SPORTS SCHEDULE

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

### MONTH / DAY ACTIVITY

<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 4</b>	Max Performance Games
June 11	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 22</b>	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.



## INDIANA UNIVERSITY SHOW UP WITH JERSEYS



*Ridiscouloously GL defends against Netflix & Chill during the Morale, Welfare & Recreation Ultimate Frisbee game March 25, on U.S. Naval Station Guantanamo Bay, Cuba, at the Multi-Purpose Field. Ridiscouloously GL flaunt their new authentic Indiana Hoosier jerseys donated to them from Indiana University.*

A “piece” of home arrived to U.S. Naval Station Guantanamo Bay, Cuba, for Ridiscouloously GL, March 25, as they prepared to take on Netflix & Chill for the Morale, Welfare & Recreation Ultimate Frisbee game on the Multi-Purpose Field. Ridiscouloously GL is the home team; they felt even more like the home team, finding Indiana University Hoosiers jerseys laid out to wear for the game. Unfortunately, they lost 3-9.

“What you all do down here is so important to the country and to all of us at I.U.,” said Mark Land, associate vice president for Public Affairs & Government Relations of Indiana University.

Michael W. Sample, vice president of Public Affairs & Government Relations, and Land arrived in time to hand out the athletic gear for the MWR events. Troopers continued to wear them as Indiana University men’s basketball team faced off against the last number one seed, University of North Carolina at Chapel Hill, in the NCAA tournament.

The 38th Infantry Division, an Indiana Army National Guard unit, handles many responsibilities in different areas for Joint Task Force Guantanamo. A little bit of home landed on the island when the unit received authentic I.U. basketball jerseys from Indiana University.

“We are split up, we all work in the JTF staff,” said John W. Folbrecht, assistant manager for Ridiscouloously GL.

Folbrecht says because of their unit personnel being spread out, they are a good unit to be around because they form bonds quickly and work well with others. They always have a common goal – to get the mission done.

“I know our State has always done a lot in supporting any of our mobilized units,” said Folbrecht. “This just goes to show their commitment to the Troopers of the State of Indiana; multiple years they have supported us.”

Sample was impressed with the work ethic and the warm welcome given upon arriving. He hoped the 38th ID felt a bit of home by wearing the jerseys.

Article and photos by  
**ARMY SGT. MATTHEW J.J. TARPLEY**



*James Holbert, Director of Athletics, cutter for Netflix & Chill, floats through the air on March 25 during the Morale, Welfare & Recreation Ultimate Frisbee game against Ridiscouloously GL on the Multi-Purpose Field at U.S. Naval Station Guantanamo Bay, Cuba.*



## TEAM MISFITS MAINTAIN UNDEFEATED RECORD



*One Love's defender, Annie Berget, brings to a halt one of Misfits' strikers March 23 throughout the game at Cooper Field put on by Morale, Welfare & Recreation women's soccer league on U.S. Naval Station Guantanamo Bay, Cuba. Misfits protected their perfect record when taking on One Love as the regular season winds down.*

*One Love* gave the *Misfits* a scare through the duration of the first half of the Morale, Welfare & Recreation women's soccer league game March 23 on the Multi-Purpose Field at U.S. Naval Station Guantanamo Bay, Cuba. Although *One Love* had the opportunity to beat *Misfits*, they would lose 6-2.

Most of the other MWR leagues have very few practices or none at all. However, the women's soccer league's coaches held tryouts, coordinated practices and had conditioning programs for the team. Also, they had specific one-on-one training made available for the members who wanted extra practice.

The soccer matches are well-disciplined and well-structured. Spectators can really see the dedication and personal skills of the female athletes.

"You get a mixed bag," said Laura M. Shulstad, a defender for *Misfits*. "Sports were not always an option for females."

The *Misfits* are doing something not many teams succeed in doing. They are currently undefeated and hope to keep it that way. They desire to have a repeat of last season's events, aside from one difference: getting a perfect record. With all that said, it is not easy to carry out a perfect season and then aim for back-to-back championships.

"There's a big impetus put on male sports and not much attention gets put towards women's sports," said Chris Deleon, the conditioning coach and alternate coach for the *Misfits*. "I think

it is really unfortunate. It can be discouraging if no one cares."

*One Love's* fearless captain, Jenny L. Swabb, a defender, said they had only scored once against the *Misfits* in previous meetings. With few expectations on *One Love's* shoulders, they took advantage of this and showed a calm, cool poise by taking the lead during the first five minutes of the match.

The score reflected *One Love's* care-free attitude leading 2-0. With *Misfits* being out played and outperformed, they scrambled to curtail any further mistakes.

All of a sudden it looked like *Misfits* found some sort of footing. The first half ended with *One Love* holding a lead of 2-1. This left *Misfits* huddling around their coach, getting direction and devising a new plan on how to come out for the second half.

"We should be able to do it," said Shulstad. "If you get the right combination of our forwards and midfielders, they do this awesome triangle passing. It is really beautiful to watch."

That is exactly what happened. The *Misfits* took charge in the second half and used all their conditioning, practicing and advising, which would be the edge they needed to answer to their prayers. *One Love* was proud of forcing *Misfits* to work for that victory. "We always have fun, never walk away sour," said Swabb.

Article and photo by  
**ARMY SGT. MATTHEW J.J. TARPLEY**

### MWR KICKBALL

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

### MWR SOCCER

#### MALE

No.	Team Name	Standings
01	Fire Department	14-0-0
02	Manchester City	12-1-1
03	XMart	11-4-0
04	Shamuri	8-5-1
05	Young Strikers	6-8-1
06	Manchesthair United	6-9-0

#### FEMALE

No.	Team Name	Standings
01	MisFits	11-0-0
02	One Love	3-6-0
03	Soccer Bombers	0-8-0

### MWR BASKETBALL

No.	Team Name	Standings
01	Arch Angels Basketball	9-0
02	The Commission	8-1
03	Shottas	7-1
04	Spartans	7-1
05	Five-O	7-2
06	Splash City	6-4
07	Guardians	5-4
08	Tohma's Team	5-5
09	Sinag Pilipinas	4-5
10	Cross Level	3-6
11	Carolina Moonshiners	3-7
12	Guerillas	2-7
13	The Goon Squad	1-7
14	Finesse	1-9
15	Cavaliers	0-9

### MWR ULTIMATE FRISBEE

No.	Team Name	Standings
01	Judisc League	3-0
02	Icemen	3-0
03	Disclexia	2-1
04	Netflix & Chill	1-2
05	Ridiscoulsouly GL	1-3
06	Catch Em's	0-4





# HEALTH



## JSMART SPOT

▲ SMART HELPER: SOPHIE

### THE EFFECTS OF THERMOGENICS

As a member of the military, or even just being around military lifestyle, healthy living is ingrained into our daily mindset. How do we maintain this lifestyle? What happens when overindulgence and a lack of exercise start to take a toll? Some members are turning to supplements like thermogenics to give them a boost in weight loss.

What are thermogenics? Thermogenics are products used to increase the heat in the body and in turn, affect the body's metabolism and ability to burn fat. One of the most common supplements is Hydroxycut. Thermogenics aim to increase the thermogenesis process, which is the process of creating heat in the body, thus burning a calorie, which in turn burns fat. The idea is when you raise the heat in your body, more energy is spent which equals more calories burned and more weight lost.

Thermogenics use stimulants that increase the heart rate of the consumer, which places the

body into thermogenesis. These stimulants include caffeine, guarana, and green tea extracts. Thermogenics will also use extracts like raspberry ketones or capsaicin, which is commonly found in spicy peppers to place the body into thermogenesis. The real question with thermogenics is should a service member take them?

On the recommendation of the providers at the Joint Troop Clinic, you should be EXTREMELY careful of ANY supplements that you are putting into your body. But for thermogenics in particular, no you should not take them. JTF members are already in an extremely warm, humid environment. Your body is already burning calories to make you sweat to stay cool. You do not want to continue to heat your body just to burn more calories.

*Article courtesy of*  
**NAVY PETTY OFFICER 2ND CLASS CAITLYN STRADER**  
*Joint Medical Group*

### SCUTTLEBUTT - THE RUMOR MILL

Gossip, rumors and speculation in the workplace can be hurtful, and potentially harm workplace relationships. History suggests that gossip originated from early human ancestors, when they began to live in larger groups; it became impossible to personally watch the behavior of all group members.

Linguistic practices like gossip, allowed group members to track one another's reputation as trustworthy, even if they could not personally observe others' behavior. With reputational concerns almost always present, group members had to keep selfish motives in check.

Sometimes when people feel frustrated, bored or lonely, they may share personal or private information about others as a means of getting attention, relieving stress or creating excitement. It may be a slip of the tongue, an exaggeration or small talk. People often engage in gossip as retaliation for gossip or rumors they think were shared

about them.

Workplaces that have a high degrees of gossip can have less social support at work. Gossip includes talking to a person about the behaviors of a third party, while trying to drag the listener into a vicious, complaining match. This is not helpful either from a psychological or community basis. Remove yourself quickly from the conversation.

To stay away from gossip, keep workplace relationships friendly, warm and professional. Also, you can help prevent negative scuttlebutt in your workshops by keeping relevant parties informed of what's going on within the organization, thus reducing speculation and possible rumors. Use newsletters, weekly meetings, or regular updates via the intranet to let people know what is happening.

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

## KNOW THAT EVERY SINGLE MILE IS WORTH YOUR WHILE



Why do people run? In most cases people run to lose weight

and become fit. To have effective weight loss, it takes a combination of a good diet and cardiovascular exercise. Running has been proven to be effective and a person can lose an average of 100 calories per mile of running. Of course, the loss of calories depends on the distance and intensity of the run.

Cardiovascular exercises, such as running, works to give strength to the heart. Having a consistent running program will reduce your resting heart because running allows the blood to flow more easily through the arteries. The elasticity increases in the arteries, which

reduces how hard the heart has to work.

The lungs also benefit from running. It requires deeper breaths, which increases the runner's lung capacity. This will improve a person's respiratory health. However, the amount of time needed to improve respiratory health depends on age, weight and overall health. A person should take part in aerobic activities at least three times a week.

Finally, going on a run can help the symptoms of depression. After only a few minutes of running, the brain will secrete hormones referred to as endorphins. These endorphins

work naturally to improve a person's mood. Also, the naturally occurring chemicals allow runners to feel energized both during and even after the workout.

It is important that a person gets into a regular routine. The positive effects of endorphins will only increase with regular exercise and better overall fitness. Once you start running regularly, your heart, your lungs and your overall health will positively change for the better.

*Article by*  
**ARMY SGT. 1ST CLASS JOHN A. WADERKER**



**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 Katherine Parizek*

# PARTING SHOT



GTMO SUNSET BY KATHERINE PARIZEK. 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

