



# THE WIRE

The Official Publication of Joint Task Force Guantanamo



**Fitness & Figure  
Competition**

**GitmoFit**

GTMO's own brand of CrossFit

# Superhero Field Day

# AROUND THE BAY

## MOTIVATOR OF THE WEEK

**YN1 Jessica Tomsic**  
Port Security Unit 312

**SSG Jared Clark**  
66th Military Police Company



**Cover photo:** A costumed volunteer at Naval Station Guantanamo Bay's superhero-themed community event at Cooper Field guides a contestant through an obstacle course Saturday, May 10. The event was a joint venture between Fleet and Family Support Center and MWR to highlight National Child Abuse Prevention Month. Photo by Sgt. Spencer Rhodes.

## Calling all Air Force retirees!

The BEEF is looking for any retired Air Force personnel on either Naval Station or Joint Task Force Guantanamo to attend upcoming social events, cookouts and get-togethers with the 474th Expeditionary Civil Engineer Squadron. If you are interested, contact Chief Master Sgt. Chris Crafton at [chris.c.crafton@jtfgtmo.southcom.mil](mailto:chris.c.crafton@jtfgtmo.southcom.mil).

## Need a career after service?

Be polished. Be strategic. Be prepared. Naval Station Guantanamo's Fleet and Family Support Center is offering several seminars that can help you land a job in a new career field. Attend the Resume and Cover Letter Workshop, Wednesday, May 21 from 9:30 - 11:00 a.m. at the FFSC, bldg. 2525. On May 22 from 11:30 a.m. to 12:30 p.m. at the Joint Task Force Troopers' Chapel, get started on the hunt by attending a workshop on job search and networking. Call 4141 to register.

# FEATURES

## 8 • Cover Story

Superheroes of all ages gathered at Cooper Field Saturday, May 10 to vanquish various obstacles and raise awareness for Child Abuse Prevention Month.

## 12 • MPs on Target

Joint Task Force Soldiers with the 93rd Military Police Battalion qualified on their M4s and M9s at Naval Station Guantanamo Bay's Granadillo Range, May 6 - 8.

## 13 • GitmoFit Club

A lot like CrossFit, GitmoFit is a class that primarily focuses on cardiovascular endurance, strength training, flexibility, power, agility and balance. Exercises range from Olympic-style lifting, gymnastics, box jumps, running sprints up JPJ Hill and everything in-between.

CORRECTIONS *Please report all corrections to [thewire@jtfgtmo.southcom.mil](mailto:thewire@jtfgtmo.southcom.mil)*

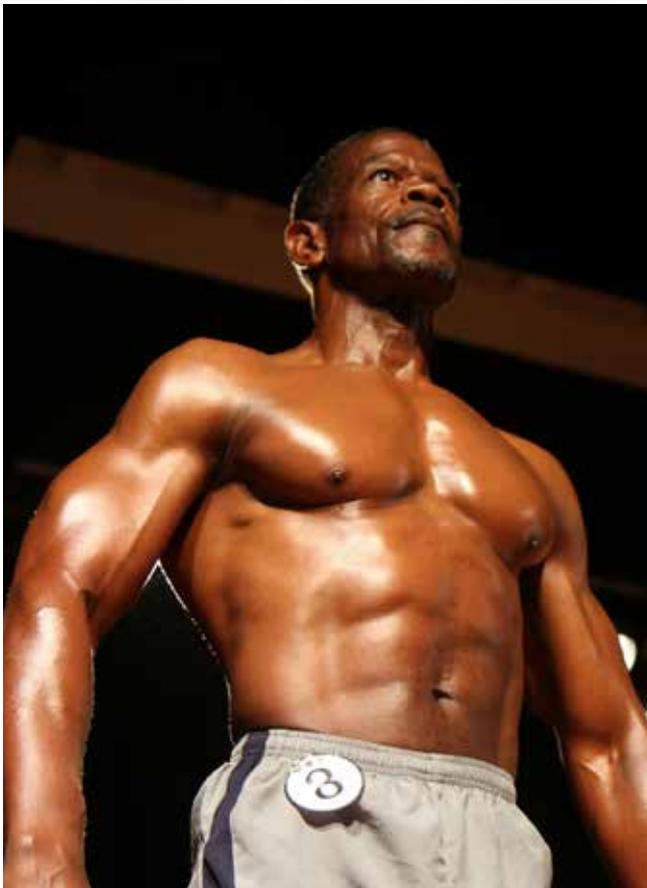


Photo by Pvt. Kourney Grimes/The Wire

GTMO's third annual Fitness and Figure Competition was held Saturday night, May 10 at the Windjammer Ballroom. Full story on page 10.

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## Religious Services

### NAVSTA Chapel

#### Catholic Mass

Mon.-Thur. 1730  
Saturday 1700  
Sunday 0900

#### Protestant Services

General Protestant  
Sunday 1100  
Gospel Worship  
Sunday 1300

### Chapel Annexes

#### Pentecostal Gospel

Sunday 0800 & 1700  
Room D

#### LDS Service

Sunday 1300 Fellowship Hall

#### Islamic Service

Friday 1315 Room 2

#### Seventh Day Adventist

Friday 1900 Room 1  
Sabbath School: Saturday 0930  
Room 1  
Sabbath Service: Saturday 1100  
Room 1

#### Iglesia ni Kristo

Thursday: 0500, 1900 Room 1  
Sunday: 0530, 1900 Room 1  
Tuesday (Bible Study): 2000

### New Troopers' Chapel

#### Protestant Worship

Sunday 0640  
Sunday 0900  
Sunday 1900

#### Bible Studies

Monday 1900  
Cuzco block E  
Wednesday and  
Friday 1900  
New Troopers' Chapel

## Transportation Schedules

### BUS Schedule

Camp America - :00/:20/:40  
Gazebo - :01/:18/:21/:38/:41/:58  
Camp America NEX -  
:02/:17/:22/:37/:42/:57  
Camp Delta - :04/:13/:24/:33/:44/:53  
Camp 6 - :07/:10/:27/:30/:47/:50  
HQ Building - :55/:15/:35  
TK 1 - :01/:17/:21/:37/:41/:57  
TK 2 - :02/:16/:22/:36/:42/:56  
TK 3 - :03/:15/:23/:35/:43/:55  
TK 4 - :04/:13/:24/:33/:44/:53  
CC - :00/:19/:20/:39/:40/:59  
JAS - :14/:34/: 54  
Windjammer/Gym -  
:02/:17/:22/:37/:42/:57  
Gold Hill Galley -  
:04/:15/:24/:35/:44/:55  
NEX - :06/:13/:26/:33/:46/:53  
NEX Laundry - :07/:27/:47  
C Pool - :10/:30/:50  
Downtown Lyceum - :11/:31/:51

### NEX Express Bus

09:55 - 19:55 hourly

Camp America - :48/:55

TK 1 - :05/:36

Windjammer/Gym - :11/:31

Gold Hill Galley - :14/:29

NEX - :16/:27

Downtown Lyceum - :17/:25

### BEACH BUS Saturday & Sunday ONLY

Windward Loop/East 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 / Turn Around  
0917/1217/1517/1817  
Return to Office  
0940/1240/1540/1840

### FERRY Schedule

Monday through Saturday  
FERRY

Windward 0630/0730/0930/1030/1130/1230/1330/1530/1630  
Leeward 0700/0800/1000/1100/1200/1300/1400/1600/1700

### UTILITY BOAT

Windward 1730/1830/1930/2030/2130/2230  
Leeward 1800/1900/2000/2100/2200/2300

### Sunday & Holidays

#### FERRY

Windward 0730/0930/1130/1330

Leeward 0800/1000/1200/1400

### UTILITY BOAT

Windward 1530/1730/1830/2000/2230

Leeward 1600/1800/1900/2030/2300



SAFE



HUMANE



LEGAL



TRANSPARENT



# We need to order some blood tests

By Navy Capt. Daryl K. Daniels

Commander, Joint Medical Group

It's something we all go through. We go to the doctor because something's hurting, we're not feeling well or we just need a form filled out so we can move on to our next deployment. We hope it's going to be an easy trip to medical, then the doc looks at our record and says he or she needs to have our blood drawn.

Most of us don't particularly like having needles poked into our bodies, so the idea of yet another blood draw is not something we relish. But it seems like the first step in any medical treatment for whatever ails us is a trip to the vampire's chair, where they put the band around our arm, have us squeeze the ball, and then stick us (hopefully only once!) in the arm.



Navy Capt. Daryl Daniels

something we relish. But it seems like the first step in any medical treatment for whatever ails us is a trip to the vampire's chair, where they put the band around our arm, have us squeeze the ball, and then stick us (hopefully only once!) in the arm.

So why do we need to get our blood drawn in the first place?

Blood is a tissue, like our muscles and nerves. Usually blood is a liquid, but under certain circumstances it can become a solid, which we call a blood clot. One of the most important things blood does in our bodies is to transport substances back and forth. The food we eat, the oxygen we breathe, those nasty free radicals we read about - they are all picked up by our blood and taken from one part of our body to another. In fact, the miles of blood vessels we have in our bodies are like a miniature highway system, with our blood acting like millions of tiny cars and trucks carrying things back and forth from one place to another.

Our blood also plays a very important role in keeping our body warm and lubricated. It circulates heat to where it's needed, or helps cool down places that are getting too hot. It provides nourishing fluid to joints and tissues. Our blood also plays a pivotal role in fighting infection by rushing in reinforcements to fight unwanted bacteria and viruses.

Blood is mostly made up of red cells and white cells. The red cells have iron which carry oxygen. The iron makes them red, just like rust is red. The white cells are the ones that help fight infection. There are also small pieces of cells called platelets which help turn our blood from liquid to solid. That's important when we cut ourselves and need the clot to stop the bleeding. These three types of cells are all floating in a thick protein-filled liquid called plasma or serum.

Blood is a great way to get a bird's eye view of what's going on inside us, because our blood is involved in so many important body functions, either directly or indirectly. It's like standing on a bridge over a highway and looking at all the traffic go by.

That's exactly what the doctors are doing when they draw our blood. After getting the sample results, they hypothetically perch themselves on a bridge and take a look at all the traffic going by. Because of the sophisticated machines in the hospital or clinic laboratory, medical people can not only see what cars and trucks go by, but also what's inside them.

From the blood sample, medical people can tell if our blood is carrying too much sugar, too much fat or too little sodium. Each one of these may indicate a problem. Too much sugar could indicate a sign of diabetes. Too much fat could indicate hyperlipidemia, and too little

sodium could indicate hyponatremia, both of which can lead to death.

Doctors may also be able to infer problems elsewhere in the body just by looking at the blood. If they see more white cells than usual that may mean an infection somewhere, like a pneumonia or appendicitis. Too much cholesterol may mean your arteries are getting blocked and setting you up for a heart attack. Too few platelets may mean your body can't make clots to plug up holes in blood vessels, putting a person at risk for bleeding problems.

There are other things our blood samples reveal to doctors. A limited number of red blood cells could reveal anemia. Too many white cells could lead to a cancer we call leukemia.

So although having blood drawn may not be the happiest part of our day, it really does give the doc critical information about what's going on in our bodies. That blood sample can be a big help in making sure we are battle ready, both today and well into the future.

All patients should discuss the results of a blood sample with their provider so they understand what the provider learned from that sample. Although they might not like when the phlebotomist (the person who draws the blood) inserts the needle, remember it's for a good cause—the health of each and every one of us!

Softball

1. Chaos	7-0
2. Fight'n 66	6-0
3. Mercenaries	6-1
4. Team 907	4-2
5. GTMO Latinos	5-3
6. Outcasts	3-2
7. BEEF Sticks	5-4
8. MisFits	4-4
9. The Gorillas	4-4
10. Sunbursts	2-3
11. Hellhounds	3-5
12. J2 Ghosts	3-5
13. Inglorious Batters	3-5
14. JMG	2-6
15. Dream Killers	1-7
16. Ghost Writers	0-7

**GTMO sports standings**

Golf

1. GTMO Mustangs	5-0
2. Boyz from Illinois	5-1
3. Georgia Boys	3-1
4. Team Shaker	2-1
5. CLO	3-2
6. GTMO Latinos	3-2
7. USNH GTMO	2-2
8. Smokers	2-5
9. Bunches of Fun	1-3
11. Gorillas	0-1
12. The Great Kozub	0-4
13. The Shamers	0-3

Basketball

1. Get Buckets	4-0
2. Avengers	3-1
3. JMG	3-1
4. Ball uh Rinas	2-1
5. BEEF	2-1
6. OOH Kill'em	2-1
7. The Pirates!	1-2
8. Ghosts	1-2
9. Shottas	1-3
10. 93rd MP Co	1-3
11. The Rascals	1-3
12. Vicious & Delicious	1-4

Soccer

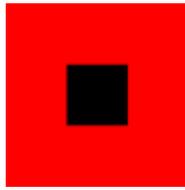
Men's Soccer League

1. Asquid	2-0
2. Manchester City	2-0
3. Nex United	2-0
4. Wolverines	1-0
5. Fightin' 66	1-1
6. Boston Beaners	0-2
7. Road House	0-3
8. Smash Boi's	0-2

Women's Soccer League

1. One Love	2-0
2. Barcelona	1-1
3. Soccer Bombs	0-2

# HURRICANE EXERCISE: *CITADEL GALE*



Story by Army Maj. Dennis J. Nowicki  
*JTF GTMO J3 Plans Officer*

Unpack your rain gear, it's almost hurricane season here at GTMO. The Joint Task Force unofficially kicked off hurricane season by conducting its pre-season hurricane exercise, called Citadel Gale. Outside of the 'big voice,' most Soldiers did not notice anything out of the ordinary. However, the planning teams from the JTF, Joint Detention Group, Joint Medical Group and Naval Station were busy ensuring our accountability and support systems were fully prepared for whatever Mother Nature may throw our way this summer and fall.

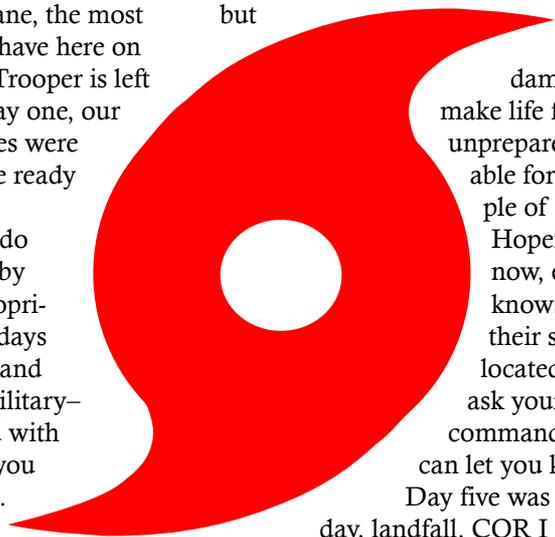
May 5 kicked off the exercise with NAVSTA announcing a change in the condition of readiness (COR) at GTMO. COR V normally begins June 1 and continues until the all-clear November 30. JTF and NAVSTA worked to ensure its accountability rosters for each shelter. In a hurricane, the most important task all of us have here on GTMO is to ensure no Trooper is left behind. By the end of day one, our accountability procedures were 100 percent and we were ready for day two.

Each Trooper should do their own mini-exercise by stocking up on the appropriate shelter items. Three days of water is a minimum, and make sure you have a military-issued duffel bag packed with enough clothes to keep you smelling nice for a week. If you're thinking about packing light or packing at the last minute, just remember Hurricane Katrina and how long those folks waited.

At COR IV, the condition of readiness when landfall is expected in 72 hours, the fragmentation order (FRA-GO) with its instructions is sent out and movement begins. When NAVSTA declared COR IV on day two, the JTF staff moved into high gear. The J4 began

packaging all of its MREs, water and cots for each of the JTF's shelters. The J6 began testing the communications plan in the case the internet and phones quit working. Also, the most fun part of any military preparedness, sandbag emplacement takes place during this phase. The day was a success – all the food and water for the upcoming hurricane season is now packaged and ready to go to each of the shelters.

Day four, NAVSTA announced COR III, the COR with the most impact on the JTF and a 48-hour warning to get ready. At COR III, depending on the size of the storm, Troopers begin their movements to the shelters. When COR III is announced, Trooper movement is based on how strong the incoming storm is. The exercise's example storm was Tropical Storm Ursula, a storm that would not



wreak havoc, but could do enough damage to make life for the unprepared miserable for a couple of weeks. Hopefully by now, everyone knows where their shelters are located. If not, ask your chain of command so they can let you know.

Day five was the final day, landfall. COR I means get hunkered down and prepare for a lot of wind and rain! Instead of hunkering down like we would in the case of a real storm, the J4 did a food and water delivery rehearsal to each of the shelters and the J6 was set to conduct its communications exercise. With all JTF Troopers accounted for, the exercise was a success and now it's time to get ready for whatever may come our direction during this year's hurricane season.

## NEWS FEED

### PRESIDENT PRESENTS MEDAL OF HONOR TO FORMER ARMY SERGEANT

By J.D. Leipold

WASHINGTON -- Former Army Sgt. Kyle Jerome White was awarded the Medal of Honor by President Barack Obama at a White House ceremony yesterday, making him the sixth living Army recipient and the 14th from all services to earn the medal in either Iraq or Afghanistan.

Obama opened his remarks in the East Room by paying tribute not just to White, but to what he referred to as the "9/11 generation," all those young citizens who came forth after the Sept. 11, 2001, terrorist attacks on the United States to volunteer their service knowing fully well what the cost could be.

### HAGEL URGES EXPANDED COOPERATION IN GULF REGION

By Claudette Roulo

JEDDAH, Saudi Arabia -- The importance of expanded cooperation in the Gulf region was the theme of Defense Secretary Chuck Hagel's remarks here today at the Gulf Cooperation Council defense ministerial conference.

Defense ministers from all six member nations -- Bahrain, Kuwait, Oman, Qatar, Saudi Arabia and the United Arab Emirates -- joined Hagel at the meeting, which was hosted by Saudi Arabia.

Noting that this is his third trip to the Gulf in a little over a year, Hagel said the visits all have been aimed at encouraging greater collaboration in the region.

"I hope [this meeting] becomes an annual security consultation, and the backbone for renewed cooperation among all the nations of the GCC," he said. And despite setbacks and challenges, he added, the Gulf Cooperation Council has fostered a common identity and common interests in the region.

### SALLIE MAE ORDERED TO PAY \$96.6M FOR VIOLATING TROOPS' RIGHTS

American Forces Press Service

WASHINGTON -- Justice Department officials announced an enforcement action yesterday against the nation's largest servicer of federal and private student loans, which was found to be systematically violating the legal rights of U.S. service members.

Sallie Mae -- also known as Sallie Mae Bank and Navient Solutions -- is ordered to pay \$96.6 million in restitution and penalties, officials said, adding that the Federal Deposit Insurance Corporation also reached a settlement with the companies that addresses allegations of student loan servicing misconduct.

### DOD OFFICIAL: 16 U.S. TROOPS ON SEARCH TEAM FOR NIGERIAN GIRLS

By Cheryl Pellerin

WASHINGTON-- A total of 16 military personnel from U.S. Africa Command have joined the interdisciplinary team led by the State Department at the U.S. Embassy in Abuja, Nigeria, to help in finding hundreds of kidnapped girls, a Pentagon spokesman said today.

Members of the extremist group Boko Haram abducted more than 200 girls from the Government Secondary boarding school in the town of Chibok on the night of April 14. Several countries, including the United States, have offered help.

# 'The Grand Budapest Hotel:' *this film is truly grand*

Review by Capt. Jesse Manzano  
PAO Operations OIC, [thewire@jftgmo.southcom.mil](mailto:thewire@jftgmo.southcom.mil)

Halfway through "The Grand Budapest Hotel," Wes Anderson's latest film about the adventures of the hotel's renowned concierge George H., played by Ralph Fiennes, and his lobby boy sidekick Zero, played by Tony Revolori, I realized that this marvelous movie is Anderson's most ambitious film yet.

Like a Matryoshka doll, the narrative of "The Grand Budapest Hotel" conceals a story within a story that reveals a smaller, sometimes different, yet by no means less complex, version of reality.

Starting with a series of flashbacks that take the viewer from the mid 1980s to the 1960s and finally to the 1930s in the fictional, eastern European Republic of Zubrowka, the Deus ex machina plot devices employed by Anderson never

stop making us wonder what will await George H. and Zero next.

The trigger for the story is the death of a wealthy hotel patron who leaves a valuable painting to George H. instead of to her son and daughters. The reading of her will unleashes a series of almost absurd, but always aesthetically pleasing, action film sequences that include chases, imaginative prison breakouts and ultimately shootouts.

Like other Anderson films, including "Rushmore," "The Life Aquatic with Steve Zissou," "The Royal Tenenbaums" and, more recently, "Moonrise Kingdom," "The Grand Budapest Hotel" is imbued with a sense of nostalgia. This characteristic of

Anderson's unique style rests not only on his visually attractive mise-en-scènes, but in this movie it is highlighted by the flashbacks that clearly mark a contrast between the action in the hotel of the 1930s with the somber and sad facility of the 1960s.

Another quality of Anderson's films is his penchant for truly clever casting. Actors like Bill Murray, Owen Wilson, Jason Schwartz and, lately, Edward Norton, make recurring appearances in his films and are part of "The Grand Budapest Hotel" cast. They bring with them not only star power, but also the ability to breathe life to all of the movies unique, quirky characters. Ultimately, however, it is Fiennes and Revolori who carry the film, with great on-screen chemistry.

Despite the fact that I thoroughly enjoyed this film, I have to admit that "The Grand Budapest Hotel" is not a movie for everyone. It will either charm its audiences with Anderson's mania for continuously orchestrating symmetrical shots and building sets with bright colors or, alas!, drive them to a state of cathartic somnolence.

Because of this, I give this movie only three banana rats, although I really wanted to give it four in the hopes of encouraging all of you to see it and turning you into Wes Anderson fans.



Photo courtesy of BLT Communications, LLC

## NOW SHOWING

	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
CAMP BULKELEY DOWNTOWN	<b>Gozilla (New)</b> PG13, 8 p.m. <b>Haunted House 2</b> R, 10:15 p.m. (New)	<b>Rio 2</b> G, 8 p.m. <b>Oculus (New)</b> R, 10 p.m.	<b>The Grand Budapest Hotel (New)</b> R, 8 p.m.	<b>Sabotage (LS)</b> R, p.m.	<b>Noah (LS)</b> PG13, 8 p.m.	<b>The Amazing Spider-Man 2</b> PG13, 8 p.m.	<b>Draft Day</b> PG13, 8 p.m.
CAMP BULKELEY DOWNTOWN	<b>Oculus (New)</b> R, 8 p.m. <b>The Grand Budapest Hotel</b> R, 10 p.m.	<b>Gozilla (New)</b> PG13, 8 p.m. <b>Haunted House 2</b> R, 10:15 p.m.	<b>Noah (LS)</b> PG13, 8 p.m.	<b>LYCEUM CLOSED</b>	<b>Sabotage (LS)</b> R, 8 p.m.	<b>LYCEUM CLOSED</b>	<b>The Amazing Spider-Man 2</b> PG13, 8 p.m.



# Cuzco Wells CEMETERY

## history in the hills

Story and photos by **Sgt. Kenneth Tucceri**

Webmaster, [thewire@jftgtmo.southcom.mil](mailto:thewire@jftgtmo.southcom.mil)

Of the many hidden historical nooks that lie in the hills of Naval Station Guantanamo Bay, perhaps it is the Cuzco Wells Cemetery that is the most fascinating.

The cemetery, which sits on a small plain that was the site of the Battle of Cuzco Wells in 1898, is a physical manifestation of the then and now of GTMO history.

Walking through the rows of small, white granite headstones, a viewer can see names from an Italian civilian, a Brazilian Sailor, a Merchant Marine, Sailors and their loved ones who were

stationed here, and perhaps most infamously, many newborns whose graves mark their resting places.

Numerous tombstones indicate the buried souls of Cuban exiles, many who spent a majority of their lives in GTMO.

“They left their families behind in Cuba,” said Stacey Byington, U.S. Naval Hospital Guantanamo Bay’s public affairs officer, of the exiles, “and they couldn’t get back. Everybody expected Castro to only last a couple of years, and then they’d all get to go home. Essentially, they ended up living their lives here.”

Some headstones mark Sailors who

passed away while out at sea that were then taken here to be laid to rest.

“A lot of them were Sailors on ships,” said Byington. “They would bring them in [to bury them].”

The cemetery is only open to the public for two hours a year, on Memorial Day, for a flag-raising ceremony, according to Byington. It begins right after morning colors.

“During Memorial Day, the Boy Scouts come in and have flags for all the different countries [represented at the cemetery],” said Byington of the ceremony.



The headstone shows the burial place of Seaman Athey who was aboard the battleship USS Kearsage (BB-5) and was killed in a blast on April 13, 1906 that left him and five others dead according to The Washington Times, published on Sunday, April 15, 1906.



A close-up of a cross engraved in a headstone highlights the detail of the weather-worn granite at the Cuzco Wells Cemetery. The cemetery is on the site of the Battle of Cuzco Wells that took place in 1898 during the Spanish-American War.



A row of headstones from throughout the past century stand in the Cuzco Wells Cemetery at Naval Station Guantanamo Bay. According to Byington, the cemetery is still active and is open to the public for two hours every year, on Memorial Day, for a flag-raising ceremony.

# Masked Vigilantes at Cooper Field

## GTMO highlights Child Abuse Prevention Month

Story by **Sgt. Spencer Rhodes**

Copy Editor, [thewire@jtfgtmo.southcom.mil](mailto:thewire@jtfgtmo.southcom.mil)



Photo by Sgt. Christopher Vann/The Wire



Families and volunteers across Naval Station Guantanamo Bay came out May 10, for a community event intended to highlight Child Abuse Prevention Month. The event, a joint venture between Fleet and Family Support Center and MWR, invited kids across GTMO to come out and compete in different athletic events while dressed as their favorite superhero. According to Kristie Traver, the Family Advocacy program educator for GTMO, Child Abuse Prevention Month is technically a program that is dedicated through the month of April, but because of scheduling conflicts and getting a time that worked for everyone, including the many sports programs that use Cooper Field, the event was hosted just a little later.

“While not exactly in April, the event was absolutely intended to highlight Child Abuse Prevention Month,” said Traver. “We have limited venues here, so this worked out well, being able to use the field and not clash with other events.”

The idea for a superhero-themed fun day evolved through a conversation with Christina Murcin, the FFSC director at GTMO, and it continued to blossom until not only an abnormal amount of volunteers were acquired but a successful day for the GTMO community was implemented.

Ted Wiegman, MWR sports coordinator, spent his



Photo by Sgt. Spencer Rhodes/The Wire



Photo by Sgt. Spencer Rhodes/The Wire



Photo by Sgt. Spencer Rhodes/The Wire

whole career in the U.S. Air Force and later for the Air Force Academy running youth events just like this one, and was quick to point out that the key was all in the volunteers.

“We couldn’t do these things without the volunteers. I would much rather have more volunteers than necessary than not have enough.”

GTMO certainly had enough for the weekend Superhero event, with nearly 48 volunteers operating the activities, they almost outnumbered the young vigilante contestants. Even then, it’s possible spectators may have had a hard time telling apart the contestants from the volunteers, seeing as many of the adults came dressed as superheroes too.

Senior Airmen Daniel Henderson, with Joint Task Force Guantanamo’s Base Engineering Expeditionary Force, is a fan of dressing up in the name of fun. Henderson spent much of his spare time creating four different outfits for himself and three fellow Airmen so they could all attend as the popular “Teen Titans.” Henderson, who came as Beast Boy (complete with green face paint) is a frequent volunteer who says his only real reason for coming out, aside for the chance to dress up, was because of the kids.

“My favorite part was definitely the kids reactions as they ran up to the different events in the obstacle course,” said Henderson. “It was just a lot of fun.”



Photo by Sgt. Spencer Rhodes/The Wire



Photo by Sgt. Spencer Rhodes/The Wire



Photo by Sgt. Spencer Rhodes/The Wire

# From gym to stage:

## residents show off hard work

Story and photos by Pvt. Kourtney Grimes  
Staff Writer, [thewire@jftgtmo.southcom.mil](mailto:thewire@jftgtmo.southcom.mil)



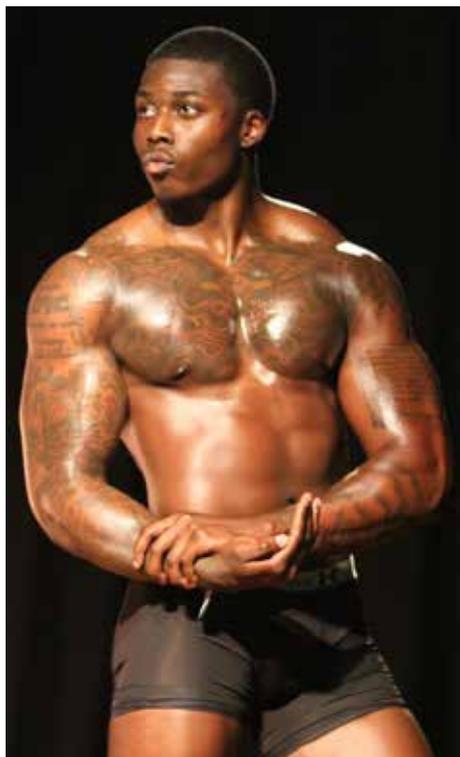
Navy Petty Officer 2nd Class Nina Pinidi took first place for the female, 18 to 29 age group.



John Baty was the first place winner for the male, 50 plus age group.



Second place for the female 30 to 39 age group was Chief Petty Officer Cynthia Rivera.



First place for the male 18 to 29 age group was Sailor Sean Morris.

Suntanned skin, oiled muscles and vibrant personalities of Guantanamo Bay strutted across the stage of the Windjammer Ballroom Saturday in GTMO's third annual Fitness & Figure Competition. The MWR-sponsored fitness event brought together residents from different workplaces and areas of GTMO who share another place where they put in work, the gym.

The competitors had a chance to show off their chiseled physiques with four predetermined poses and a 90 second routine. Open to all over 18 years of age, the fitness and figure competitors were divided into three different age groups to determine who would prevail with the title of GTMO's fittest body. The audience clearly had its favorites but the judges were solid in making their decisions using only what they saw on the stage, not by what they heard.

Spectators filled the seats of the ballroom to cheer on friends and fellow Service members who were competing in the evening's contest.

"Some of my unit was competing in the fitness competition, and I wanted to come out and show my support," said Navy Chief Petty Officer Caesar Othon, with the Joint Medical Group.

Aside from entertainment, the initial and long-term benefits of this event promote the importance of health and fitness through motivation and breaking down the wall between pursuit and success in the gym.

"Events like this motivate the Troopers to stay in shape," said Othon. "It helps recognize the importance of maintaining health and recognizes their efforts at the gym."

As a leader, Othon strives to encourage his Troopers to work on their physical fitness by showing his support and leading by example. A competitor that shared this mindset was Army 1st Lt. Lindsay Shababy, Camp Echo area officer in charge from the 346th Military Police Company.

"I'm a platoon leader, and I want my Soldiers to see me in shape and putting fitness as a priority," said Shababy.

Shababy spends two hours a day, five

day a week in the gym. With her rigorous exercise plan, she approaches fitness as a priority rather than an option.

“The way I look at it is mission first, and my next priority is fitness,” said Shababy.

Competing in her first fitness and figure competition this weekend, Shababy took the first place trophy for her age group.

“I want to do one of these [competitions] when I get home, and I thought this would be a good way to start,” said Shababy.

The event coordinated by the MWR fitness staff was intended to be a morale boost for those who take their physical fitness regimens seriously.

“It’s a reward for those who are working out all the time,” said Roxy Bumpus, MWR coordinator. “Some of the ladies said they’ve always wanted to do these [fitness competitions] but they just haven’t felt comfortable until now.”

While preparing for the competition is hard work, and the confidence required is exemplary, Bumpus and the rest of the MWR staff encourage those who work out arduously to attend and compete in these types of event.



Army 1st Lt. Lindsay Shababy (left) and Navy Petty Officer 2nd Class Nina Pinidi, a switch technician at the Base Communication Office, pose together during the symmetry evaluation portion of GTMO’s third annual Fitness & Figure Competition May 9.



Roxy Bumpus, an MWR fitness coordinator and other judges evaluate and speculate while participants of the Fitness & Figure Competition show off their guns in the Windjammer Ballroom May 9.

# TRAINING ON TARGET

Story by Sgt. Christopher Vann

Staff writer, [thewire@jftgmo.southcom.mil](mailto:thewire@jftgmo.southcom.mil)

‘TURN YOUR SELECTOR SWITCH TO FIRE, AND ENGAGE YOUR TARGET.’ Those were the instructions given to the Soldiers of Joint Task Force Guantanamo’s 93rd Military Police Battalion as they qualified on their M4 rifles and M9 pistols at Naval Station Guantanamo Bay’s Granadillo Range, May 6 - 8.

Soldiers spent the first portion of the training adjusting their weapons to the distance and elevation of their targets, a process called zeroing. Once the zeroing adjustments were made, the Soldiers proceeded to the qualification test. Range control NCOs assisted by evaluating Soldier’s accuracy and providing instructions on how to improve their shooting. The range NCOs also ensured the safety of the Soldiers by checking their weapons before and after each firing set.

Spc. Julian Perez, a JTF Soldier with the Headquarters and Headquarters Detachment, 93rd MP Battalion, feels this training is effective.

“MPs have to qualify every six months on their M9,” said Perez. “Qualifying on the M9, it sets you up to be successful when you are working law

enforcement operations, when you are actually doing MP work.”

While the M9 (9mm Beretta Pistol) is the primary weapon, the M4 serves as the detachment’s secondary weapon. To qualify with the M4, the task was to hit at least 23 out of 40 stationary, paper targets ranging from 50 to 300 meters in the positions of prone supported, prone unsupported and a kneeling. Depending on how many targets a person hits, determined their marksmanship badge.

“Training’s going very good,” said Perez. “We’ve had everyone going through, qualifying, trying to get our support MOSs who don’t get this type of training. They don’t ever get to shoot M9s. First time for everyone is a little different than shooting rifles.”

Spc. Orlando Givens, a human resource specialist, 93rd MP Battalion, was not as trained as some of his counterparts, but he enjoyed the familiarization.

Learning and staying familiar with the weapons are vital. “Improving my technique was the goal,” said Givens.

The training reinforced a variety of the Soldier’s skills such as accuracy and ability to adapt to environmental conditions.

“We’re working them through it,” said Perez, “getting them trained so they can also be successful.”

Army Staff Sgt. Billy Messer, NCOIC for the M4 and M9 qualifications, said that during their qualification, the tem-



Photo by Sgt. Kenneth Tucceri/The Wire  
A Soldier fires a round at his target during M9 weapons qualification at Naval Station Guantanamo Bay’s Granadillo Range, May 8. The range exercise was part of a three day training that included M4 and M9 qualification.

perature played a major factor.

The first day was a hot and partly cloudy day with occasional rain at the range, but the weather simulated real-life mission conditions.

“The heat’s really getting to us,” said Messer, “which means some Soldiers are having more trouble than others, but we’ll get them there.”

The weather aside, Soldiers were upbeat about the training. “This is great being out here, I’m really enjoying it,” said Givens.



Soldiers line up and take aim at their targets during M9 weapons qualification at Naval Station Guantanamo Bay’s Granadillo Range, May 8. Army Military Policemen are required to qualify on their M9 weapon systems every six months.

Photo by Sgt. Kenneth Tucceri/The Wire

# Troopers 'GitmoFit'

Story and photos by Staff Sgt. Robert Ponder

Media Relations, [thewire@jtfgtmo.southcom.mil](mailto:thewire@jtfgtmo.southcom.mil)



Spc. Adam Leighty leads the warm up for Naval Station Guantanamo's workout group GitmoFit Tuesday, May 6. Leighty makes sure that each workout is not only unknown to the participants until arrival, he coaches and supports everyone to make sure each workout is performed safely and correctly.

It's early evening, and a group of about 20 are stretching their hamstrings, jumping rope and doing pull-ups. A pulse thumping mix of *The Bravery* and *Rise Against* plays over the speaker. There's a light breeze blowing through Cooper Field, but not enough to cool down this sweat-dripping core warm-up that's about to happen. Spectators will first see it looks a lot like CrossFit, but this group refuses to be called CrossFit-



Navy Petty Officer 1st Class Andrew Murray does box jumps at the Cooper Field Sports Complex with the local workout group, GitmoFit, Tuesday, May 6.

ters. They are known as GitmoFit. A lot like CrossFit, Fit is a class that primarily focuses on cardiovascular endurance, strength training, flexibility, power, agility and balance. Exercises range from Olympic-style lifting, gymnastics, tire flips, box jumps, burpees, running sprints up JPJ Hill and everything in-between. At the helm of this group is Spc. Adam Leighty, with the 525th Military Police Battalion. He is what you would call the coach, mentor or ring leader of this group. Leighty comes up with the different variations of exercises, which challenges everyone physically as well as mentally.

During the classes, Leighty walks around kind of like a drill sergeant would during corrective physical training, not to yell at you, but to make corrections in your form, ensuring the group is doing the exercises safely and staying motivated. When taking on this project, his primary objective had one main goal in mind.

"Most importantly we're out here to get a good workout and have a good time," said Leighty.

Navy Petty Officer 1st Class Andrew Murray, with the Naval Computer and Telecommunications Area Master Station, has been coming to the class for the last two months. In that period, he has

shed a total of 25 pounds.

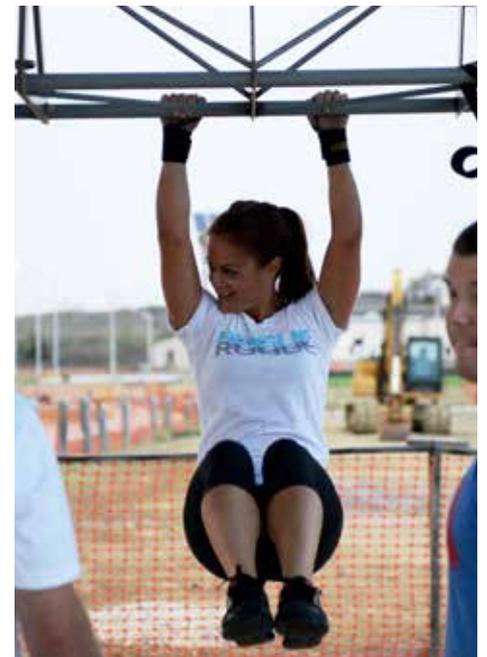
"Since joining the class I feel better, eat better and I sleep better," said Murray. "Each day is a new set of exercises and challenges. You never know what the next day's workout is going to be, and this is good, because if we knew prior to coming, we probably wouldn't even show up."

When participating in GitmoFit, one of the first things you'll notice is the camaraderie of the group. Everyone is eager to assist one another in getting that last repetition or help motivate their fellow service member.

Air Force 1st Lt. Sean Coombs, the J6 Information Assurance officer in charge, has been doing these types of workouts for quite some time and says this is one of the best groups he's had the chance to work out with.

"The community is very close, and the motivation in the group is very high," said Coombs. "Adam does a great job with the programming and putting the classes together, plus the price is right." So maybe you are looking to add to your workout routine or try something a little more challenging. Whatever your reasons are, classes are held Monday through Friday at 6:30 p.m. behind the softball fields.

"We welcome all branches, civilians and ages; doesn't matter what your fitness level is, if you want to get fit, come out," said Leighty.



Navy Chief Petty Officer Heather Lewis, assigned to Joint Task Force Guantanamo, participates with the local exercise group GitmoFit Tuesday, May 6.



## The courage muster

Story by Sgt. Debra Cook

Staff Writer, [thewire@jtfgtmo.southcom.mil](mailto:thewire@jtfgtmo.southcom.mil)

“I would never have the nerve to get up there in a bathing suit,” someone in the audience said. People around agreed it would take guts for them to get on stage for Guantanamo Bay’s third annual Fitness and Figure Competition.

Army Brig. Gen. Marion Garcia, during an interview for Women’s History

Month, spoke about the topic: women of character, courage and commitment. She said some women have told her, even if they feel confident in what they can do, it’s the courage to stand up and project confidence that they find most difficult.

I decided to ask some of the competitors to see what gave them their courage to get on stage to see if they had strategies that would help others have more courage.

Navy Petty Officer 2nd Class Ailyn Torres Smith is a mother of five and participated to give herself a gift for Mother’s Day.

Navy Petty Officer 1st Class Diane Wesaw’s courage came from the desire to show her husband what she’s done and encourage him to also move forward in his physical fitness goals.

Initially, Navy Chief Petty Officer Cynthia Rivera encouraged her to be in the competition but, after thinking twice about it, she had decided not to participate.

“Then I talked to Roxy Bumpus, an MWR Coordinator, while I was in class for Command Fitness Leader,” said Wesaw. “She convinced me that I would be a role model for women my age as well as those younger than me. So, I signed up on the last day for the competition.”

Navy Petty Officer 2nd Class Nina Pinidi has health as her secret weapon. “Most people say when you look good you feel good, but I believe when you feel good you look good. It’s all about being healthy.”

Each one had something different that gave them courage to get on stage and compete. For some it was previous experience, others had a mentor.

Another word for courage is daring. Graham Greene in “The Heart of the Matter” said, “A single feat of daring can alter the whole conception of what is possible.”

Thank you for those of you that dared to do this. For some of us you alter our conceptions of what is possible in our own lives.



## Shark steaks

Story by Sgt. Debra Cook

Staff Writer, [thewire@jtfgtmo.southcom.mil](mailto:thewire@jtfgtmo.southcom.mil)

This week’s recipe is shark with a southern twist from Louisiana given to us compliments of Navy Petty Officer 2nd Class Paul Cooper.

The shark jaw photographed is from a 42-pound blacktip shark he caught here in Guantanamo Bay and so are the shark steaks sitting inside the jaws.

He skinned and prepared the teeth himself. “The jaws aren’t actually bone, they’re cartilage,” Cooper said. “You can bend them while they’re fresh. I propped a stick up in its mouth so it would dry open in the sun after three days.”



You may see Cooper barbecuing things he has caught or you may have been a passenger on one of the boats he captains for MWR fishing trips. Cooper says, “Cooking gives me a change pace for the galley food, brings me back to home, calms me down and allows my peers to try new items, like shark.”



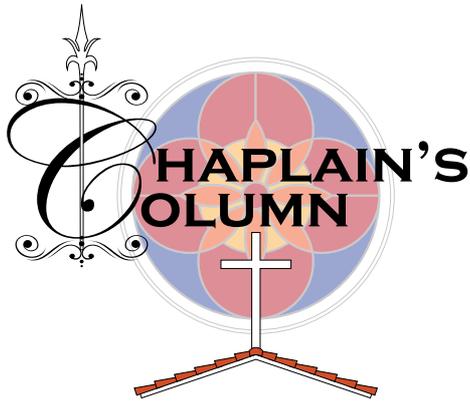
### Recipe

#### Ingredients:

Italian dressing, milk or lemon for marinade  
Seasonings to flavor: garlic, salt, cayenne, habanero peppers, Louisiana blend Creole seasoning

#### Instructions:

Marinate fillets for 2-3 days in Italian dressing, milk or lemon. Rub fillets with mayonnaise prior to putting on the grill. Cook about eight to 12 minutes on each side. The firmness and color will change from transparent to more opaque and firm like a swordfish or steak.



## Dealing with Disappointments

By Army Cpt. Brady Frederick  
525th MP Battalion Chaplain

So there I was, checked into my hotel room in the states. I broke out my laptop ready for the moment I'd dreamed about for weeks, streaming a movie from my severely neglected Netflix account. I'd been having daydreams about downloading music and apps, even one I didn't want just because I could. The moment came when the webpage finally loaded, and I selected a movie. In one instant all my hopes were dashed. Somehow I'd booked the one hotel in all of the United States with an internet connection slower than GTMO's. I couldn't even fathom how that was possible.

You have probably noticed that life is full of disappointments, some trivial like GTMO's internet speed and some life altering like missed promotions and the death of a relationship. We long for a life of only happiness, but what if some of the greatest blessings spring from life's major disappointments? The greatest blessing in my life occurred as a result of an execution 2,000 years ago. Even my diagnosis of cancer at 20 drew me closer to God than I'd ever been. It is not always clear why bad things happen. Sometimes it is just a result of human mistakes or destructive intentions. However, sometimes beauty arises from the midst of ashes, like new growth after a fire. Just maybe, life's greatest disappointments turn into a blessing in disguise.



## The JSMART Spot

By Navy Petty Officer 3rd Class Keith Reau  
JSMART Advertising Coordinator

A unique workplace like GTMO brings on a lot of unique stressors such as limited time off, high tension with peers and emotional isolation. Ways to combat this may be simpler than you think. Positive coping skills that you can utilize include: calling family or friends, going bowling, swimming or any of the other MWR activities on the island. These

activities can be done with friends to release the stress in a healthy, fun way. Remember to be cautious in avoiding negative coping strategies like excessive consumption of alcoholic beverages, isolating yourself, or engaging in inappropriate relationships. For more positive coping skills come to JSMART to discuss them or anything else that may be effecting you.

THIS WEEK IN



Excerpts from "History of Guantanamo Bay, Cuba 1494-Present"  
Stacey Byington, USNH GTMO PAO

The cannon was named in honor of Charles de Bourbon, the head of the French artillery from 1736 - 1755. Cast on March 23, 1748, at Douai, France, this large, ornate, bronze, muzzle-loading cannon was the work of a second-generation Swiss gunmaker Jean Martiz. It is an excellent example of the 18th century French Vallier system of artillery, devised by Gen. Jean-Florent de Vallier, the head of the French artillery in 1732, who standardized French gun calibers. The breech of the gun depicts the gaping maw of Bacchus, the Roman god of wine. His face, surrounded by stylized leaves, has a large club extending from his mouth forming a knurled cascabel. The face of Bacchus signifies a gun of the largest caliber - a 24-pound siege gun. The image of the sunburst is a reference to the dynasty of the Sun King, Louis XIV. Louis XV was in power when the gun was cast.



Photo by Maj. Fernando Montero/The Wire

It measures 13-feet, 7-inches from the muzzle to the end of the Bacchus' club-shaped cascabel, and is nearly 18-inches in diameter at the breech. It weighs approximately 6,184 pounds, more than three tons.

The gun, cast by a Swiss gunmaker for the French, eventually served the Spanish and believed to have seen action against the U.S. Navy, is now part of a monument to the dead of the nation against which it fired its last shot. The monument on McCalla Hill was crowned by the ornate siege gun in February 1906, and dedicated to the Marines who lost their lives to gain the land now occupied by one of the U.S.'s most famous overseas naval bases.



Photo by Sgt. Kenneth Tucceri/The Wire

## Bicycle tow-away

Bicycles deemed abandoned in any of the JTF housing areas after May 30 will be disposed of

Issues or Questions: Contact CSM Lamb at 8203

# Six-mile Cable Beach

Saturday, May 24 6:30 a.m.  
Register by close of business May 22  
Begins and ends at the Downtown Lyceum  
Call 2113 for more information



A diver goes head first into the bay from the structure on Hospital Cay in this photograph by Army Staff Sgt. Erin Ennis.



PHOTO OF THE WEEK

Send your best photos to [thewire@jftgmo.southcom.mil](mailto:thewire@jftgmo.southcom.mil)