

THE OFFICIAL PUBLICATION OF JOINT TASK FORCE GUANTANAMO

# THE WIRE

JANUARY 16, 2015

## RUCK HEAVY TO NEW MEXICO

SOLDIERS RUCK  
THROUGH GTMO  
TO COMMEMORATE  
BATAAN DEATH MARCH

## PSU 308 RETURNS

COAST GUARDSMEN  
REPLACE SHIPMATES,  
PREP FOR PORT  
SECURITY

## THE LEGACY OF KING

SELMA TO  
MONTGOMERY, CIVIL  
RIGHTS LEADER  
CHANGED THE NATION

## KEYSTONE TRAINING ON GTMO

SENIOR ENLISTED  
LEADERS LEARN THE  
INS, OUTS OF JTF

## BEEF PRIMES UP FOR AIRMEN

NEW PRIME BEEF,  
AIRMEN RELIEVE  
WINGMEN BEGIN  
TOUR OF DUTY

## DIVING RISKS REDUCED BY NAVY DIVERS

NAVY DIVERS SAVE  
LIVES, EDUCATE GTMO  
ON DIVE SAFETY





**1ST SGT. WILLIAM J. DUFAULT**  
747th Military Police Company

Professional Development is the key component in shaping the future competent leaders of tomorrow. Across the military, in each respective branch of the U.S. Armed Forces, the foundation of leadership and principles of professional development is achieved in many ways, but the very framework it's built upon is essentially the same.

It is witnessed and experienced by a few here at Guantanamo Bay through the U.S. Marine Corps' Corporals Course. It is offered to Marines, Soldiers, Airmen, Coast Guardsmen and Sailors. The course, although specific to the Marines, affords those

## PROFESSIONAL DEVELOPMENT

who attend the opportunity to receive leadership fundamentals and achieve professional development equally, regardless of what uniform one wears.

The goal for NCO professional development is to build innovative, competent, professional leaders grounded in the heritage, values and traditions that embody the Warrior Ethos. We are champions, continuously learning, and capable of leading, training and motivating Soldiers.

Leaders provide the necessary purpose, guidance and direction that drives Soldiers to carry out orders, with the utmost professionalism, while successfully accomplishing the mission. Development as a Soldier is gained through a variety of means, including mentoring, counseling, training, assignments and a variety of positions.

Successful NCOs take personal responsibility for their professional development by carefully managing their career, planning for institutional and functional training courses, requesting challenging operational assignments and maximizing every opportunity for self-development. Here are a few keys for professional development success.

### MENTOR

Mentoring is probably the most critical part of professional development. NCO's need to teach, counsel and coach your Soldiers during all aspects of training. The greatest legacy you can leave with the military is having an impact in developing future competent leaders.

### PROVIDE HONEST FEEDBACK

Feedback can be given in numerous ways, like verbal and written counseling, and NCOER's. If you are not honest with your Soldier's professional development then you are setting that Soldier up for failure.

### RESPECT

Respect must be given up and down the chain of command. Treating Soldiers with respect will pay dividends in mission accomplishment and developing esprit de corps with your team, platoon and unit.

### CHALLENGE

Challenge your Soldiers with increased roles and responsibilities. This will shape their problem-solving skills, and ability to manage induced stress and make sound decisions.

### LEAD BY EXAMPLE

You will be hard pressed to provide honest feedback and mentor a Soldier objectively if you as a leader are unable to achieve a certain standard. If you do not have the ability to self-reflect or receive constructive criticism, you will not know what improvements you need to make. Remember, professional development is continuous throughout your career. The more you challenge yourself and take initiative the more you'll succeed!

Article by

**1ST SGT. WILLIAM J. DUFAULT**  
747th Military Police Company

## JOINT TASK FORCE GUANTANAMO



SAFE



HUMANE



LEGAL



TRANSPARENT



Take a look at your hand. Yes, I'm serious, look at your hand ... what do you see? Wrinkles, calluses, maybe even some dirt? Do you know that the microbes on your hand outnumber all the people on Earth? Did you know that millions of these invisible microbes could fit into the eye of a needle? These tiny, one-celled organisms are all around us, and we interact with them constantly. They are in the water we

## THE UNSEEN WORLD

drink, the air we breathe and the food we eat.

Daily we struggle with things we can see. Difficult work environments and co-workers, financial issues, family member and friends, or Izzie the Iguana that lies down in the middle of the road and refuses to move; we can recognize these realities when we face them.

But there is another reality, the spiritual world. The realities of the spiritual world are not often seen or acknowledged by humans. We tend to dispel what we cannot see. The Bible tells us in several areas that the spiritual world does in fact exist, and we humans are part of a spiritual battle that rages around us; and, as a result, we are affected.

In Ephesians 6:12, the Apostle Paul warns, "For our struggle is not against flesh and blood, but against the rulers, against the powers, against the world forces of this darkness, against the spiritual forces of

wickedness in the heavenly places." When we realize the true source of this unseen world and acknowledge the influence it has over our lives we can begin to understand our position in the world, both seen and unseen.

Within the last few years, the military has advocated for spiritual resiliency. On GTMO there are many chaplains and lay-leaders of various faith groups who can help equip you for battle in the unseen world. Just as hand sanitizer helps to kill microbes on your hand, a strong faith can help to vanquish the spiritual microbes in your life. We are here to serve you; it is our mission, our duty and our honor.

Article by

**CAPT. FRANKIE OXENDINE**  
Joint Detention Group Chaplain

# 01 COMMAND & CHAPLAIN

Professional development is key to success of future military leaders. The greatest legacy leaders can leave are the competent leaders of tomorrow.

# 03 GTMO NEWS

This week in GTMO news, 'The Wire' welcomes a new Prime BEEF and Port Security Unit, remembers MLK Jr.'s historic march from Selma to Montgomery and highlights a visit by the nation's senior enlisted leaders.

# 06 PHOTO STORY / COVER PHOTO

Soldiers endured a grueling 14-mile ruck march to compete for a chance to honor the fallen at the 26th Annual Bataan Memorial Death March in White Sands, New Mexico. A team of five will ruck the 26-mile course to commemorate the fallen.

# 09 ENTERTAINMENT & REVIEWS

Three new movies previewed this past weekend with Liam Neeson's final film in the "Taken" trilogy, MLK Jr.'s biopic on his march from Selma to Montgomery in "Selma," and Chris Rock's film "Top Five," about an actor's search for relevance.

# 11 SPORTS

The NFL Weekly column and NCAA Updates provide the latest up-to-date scores and highlights from your favorite teams after each weekend of action.

# 13 LIFE & FITNESS

Mission Nutrition is GTMO's answer to all the confusing information online about choosing healthy dietary options. The new class breaks down the nuts and bolts of how to maintain a healthy lifestyle through a proper diet.

# MOTIVATOR OF THE WEEK

**SPC. KEVIN JASKOT**  
361ST MP COMPANY

**PETTY OFFICER 2ND CLASS**  
**DOUG BRADLEY**  
JTF-GTMO-JMG

# WHAT AM I WILLING TO RISK?

There is risk in everything we do. We prioritize what is acceptable and what is not. Some people choose not to wear their seat belt, even though it's the law. They risk getting a ticket or being injured in a crash. Some people choose to post information online about themselves, their families, even about their job. With OPSEC, we balance the risks we take with our information. With today's technology even small pieces of information can pose risks to our mission and personnel. Think about risk before you give something away. We all need to mitigate risk. Protect your information. Use OPSEC!

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**SPC. AMBER BOHLMAN**



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## GUANTANAMO WILDLIFE

TROOPERS AT JTF-GTMO TALK ABOUT SOME OF THE ANIMALS THEY'VE SEEN



**SPC. ERIKA R. COTE**

"I've seen iguanas, vultures, banana rats and a lot of fish and jellyfish. It's all really interesting cause it's not something you see every day."



**PETTY OFFICER 2ND CLASS ROBERT L. MCQUEEN**

"I'm from Cleveland, so we don't have wildlife running around like this. I've seen iguanas, deer and crabs just walking around. It's cool to see not at the zoo or behind a cage, just out and free."



**ARMY SGT. COREY C. SHOWALTER**

"I don't really like any of them. Banana rats really [are an issue] where I work. I've seen tarantulas. They jump! They come out at night."

# BEEF PRIMES UP FOR NEW AIRMEN



*The new Prime BEEF stands together, some for the first time, for a group photo shortly after landing here in Guantanamo Bay, Cuba.*

The time has come to say goodbye to our colleagues at the Base Engineering Emergency Force and hello to the new group that came in the first week of January. The new crew is here for a six-month tour where they will continue the hard work of their predecessors.

For some, this is a first deployment, while for others it isn't, but it is a different environment from

and everything with power. I'm looking forward to finding new ways to do things, learning everyone's jobs, the differences between how we do things back home and here," said Senior Airman Kendall Nuss.

Though they have an important job to do here, they are also looking forward to the activities available.

"For fun, I hear there are a lot of outdoor activities, some fishing. I'm not too good with the swimming part, but I'll try, and like I said, it's a different environment," Ruiz said.

Of course, even with the job keeping them busy and recreational activities to enjoy, there are going to be things they miss about back home.

"I've got a little girl in high school, so it's tough for a dad to be away from home, but she's very active in sports. My son likes a lot of sports, so I'm probably going to miss out on a lot of activities with them and the wife, but having her down there makes my job in the Air Force easy. She's used to it – me being gone," Ruiz said.

Joint Task Force Guantanamo is going to be a different experience, even for those who have deployed previously, but this is a deployment they are looking forward to.

"It's a new experience coming down here. You hear about these nice deployments, but definitely my leadership pushed me to come in and try this. Hopefully, I can take my experience back as a lesson learned and maybe inform the guys in my shop," Ruiz said.

“**I'M LOOKING FORWARD TO FINDING NEW WAYS TO DO THINGS ...**”

what some members of the BEEF have seen before.

"After 17 years, I've been all over. This is the first time actually closer to home, but it's a different kind of mission. So, I'm trying to see what Guantanamo Bay has for us as far as my job," said Tech. Sgt. Roberto Ruiz, a water fuel assistance maintainer.

Prime BEEF handles repairs and construction. Some of the tasks the previous group performed include electrical issues and laying down pipe.

"I'm an electrical assistant, so my job is anything

*Story and photo by*  
**SPC. LIZ SMITH**

# KEYSTONE: SEL'S RECEIVE JTF EDUCATION



Members of the Keystone Course are shown parts of a detention facility as part of their tour of Joint Task Force Guantanamo Jan. 11. Senior enlisted leaders visited U.S. Naval Station Guantanamo Bay and JTF-GTMO as part of the Keystone Course that partly focuses on the importance of joint operations now, and in the future.

Senior enlisted leaders from throughout the Department of Defense, as well as international partners, visited Joint Task Force Guantanamo Bay Sunday as part of the DOD's Keystone course focusing on joint operations.

The senior enlisted leaders toured unique areas of U.S. Naval Station Guantanamo Bay such as the Marine Corps Security Forces Company, charged with the fence line security. They also toured areas specific to the JTF such as Camps X-Ray, V and VI, and visited with the Service members who are responsible for completing the safe, humane, legal and transparent mission of the JTF.

"The troops here have great attitudes. They are motivated and are trusted professionals in our military. It speaks volumes about the character of our troops and what they stand for. You see them standing tall each and every day," said Army Command Sgt. Maj. David Clark, 4th Infantry Division sergeant major.

The JTF incorporates all military services, including the U.S. Coast Guard, as well as additional agencies, such as the FBI, making it a prime assignment to learn the future of joint operations.

"When we look at joint force 2020 and the direction our military is going and involving more with our multinational partners, it's really bringing us together. We work, train, and learn together, and that broadens our understanding of the big mission and that makes

us stronger," Clark said.

Visiting JTF GTMO and the Naval Station gave the Keystone participants an opportunity to learn about the day-to-day operations that depend on multiple services working as one.

**“ONE THING I’LL TAKE AWAY WITH ME IS THE AWESOME JOB BEING DONE HERE BY SOLDIERS, SAILORS, MARINES AND AIRMEN ...”**

Air Force Chief Master Sgt. Sarah Sparks, a Keystone attendee stationed at the Pentagon said, "One thing I'll take away with me is the awesome job being done here by the Soldiers, Sailors, Marines and Airmen here. We may hear about the negative stories

in the media but what they do is truly amazing, I'll definitely spread the word about that."

As joint operations continue to be the future for all services, Sparks said, "Having an understanding of joint operations earlier on for junior enlisted would be more beneficial as we serve together with other branches, because if you don't understand each other's military culture and mission, you won't work as well with each other – especially since the joint environment is not going away."

The JTF is an organization that even international partners are looking to as the model for how inter-service cooperation can be achieved at a high level of both national and international scrutiny.

"They have to be stoic in the way they go about things, but that's a testament of their personal qualities of self discipline, selfless sacrifice. Understanding team work is extremely important and also understanding the bigger picture," said Warrant Officer Class 1 Craig Egan, a member of the Australian Army. "Each person has a legitimate part to play, and their actions can really affect the opinion of the people on the strategic manner."

Story by  
**SGT. ADRIAN BORUNDA**

Photo by  
**SGT. CHRIS MOORE**

# THE RETURN OF PORT SECURITY UNIT 308



Petty Officer 3rd Class Kenneth Wallace, boatswain mate, Petty Office 3rd Class Matthew Connell, machinery technician, and Petty Officer 3rd Class Patrick Remson, machinery technician, descend the airplane after landing in Guantanamo Bay, Cuba, Jan. 5. These Coast Guardsmen are members of Port Security Unit 308 that will take command from PSU 312.

Monday, Jan. 5 was not only the start to another work week for Port Security Unit 308; it was the first day of their nine-month long deployment here at Joint Task Force Guantanamo.

More than 70 new Coast Guardsmen disembarked from their plane and walked across the tarmac toward security. The excitement to start their deployment was evident.

"I've been training really hard, and I'm here with a lot of great shipmates. I feel like we'll be able to carry out the mission just fine," said Petty Officer 3rd Class Jantz Sloane, boatswain mate. "We're all trained for this mission, and we all know what to do no matter the situation."

PSU 308 will provide force protection for the U.S. Naval Station Guantanamo Bay, in and around the harbor, and assist with the JTF mission.

"We're definitely looking forward to participating and being a part of the community here, and a part of the joint mission, even the Naval Station mission," said Cmdr. Ronzelle Green, commanding officer. "We want to integrate with most of the forces here, and be a positive influence and still get the mission complete. We want to be considered a part of the community."

For some of PSU 308 this is not their first time here, Green and Master Chief Petty Officer Kenneth King, the senior enlisted leader for PSU 308, both

deployed here for six months in 2002 with PSU 305.

"Everything looks the same except a couple of things; it's still the same joint mission – the mission has just expanded," Green said.

**“THE BIGGEST THING IS UNDERSTANDING THIS WHOLE JOINT COMMUNITY AND HOW WE CAN REALLY BE A PART OF IT”**

PSU 308 is a reserve unit based in Kiln, Mississippi, that has been around since 1998, with previous deployments to Guantanamo Bay in 2008 and Kuwait in 2010. Many of its members are from the surrounding cities, some even travel from a

different state to drill each month, while others haven't ever ventured this far from home. Green said this is the first time a lot of them have deployed.

"I've never deployed before. I wasn't qualified for the unit's last deployment to Kuwait," Sloane said. "I was really excited when I found out that we were going to Guantanamo. I've worked the last four years to make sure that I would be qualified for this deployment."

Petty Officer 3rd Class Emmanuel Washington, machinery technician, said this is not his first time away from home, but he's glad to be here with his shipmates.

After months of preparation, PSU 308 is finally here and ready to make their place in the community.

"I think things are going to go great here. Folks are finally starting to settle in and figure out what's what and where's where. They really understand the mission. The biggest thing is understanding this whole joint community and how we can really be a part of it," Green said.

Story and photo by  
**SPC. AMBER BOHLMAN**

# JANUARY 19, 2015: THE LEGACY OF KING



Morton Broffman took this picture of Dr. Martin Luther King and Coretta Scott King leading a march to end segregation in the United States. Broffman's son made a short film paying tribute to the photographers who recorded the civil rights movement. The film, 'Voices of Freedom,' was shown in Atlanta on June 29, 2008. It supports the current exhibit at the High Museum of Art. (Courtesy High Museum of Art)

The story of Martin Luther King Jr. is one that has been told many times, and should continue to be told as it is an inspiring one. His way of thinking is one that many could benefit from if they followed suit.

He was a firm believer in a nonviolent approach to the issues of the time. Instead of being an agitator, he would rally people together for marches and peaceful protests.

A good example of one of these is the Selma to Montgomery march. The first attempt on March 7, 1965, led to what has become known as "Bloody Sunday." The march was aborted due to extreme mob and police violence.

This became a major turning point for the Civil Rights Movement. The level of support for it went through the roof; it was a crystal clear demonstration of King's nonviolent strategy, and what it would do for their movement.

The Selma march was finally completed on March 25, 1965, after being barred for weeks. At the end of the march, King delivered his "How Long, Not Long" speech – stating that equal rights for African Americans was not far away, "because the arc of the moral universe is long, but it bends toward justice."

King wasn't just about equal rights for African Americans. Another big focus later on was the Vietnam War.

He avoided the topic in his speeches at first, wanting to avoid any interference with civil rights goals. James Bevel, a companion and aide to King, urged King to publicly oppose the war. On April 4, 1967, King made an appearance at the New York City Riverside Church and delivered his speech titled

“**... LOVE AND SERVE HUMANITY**”

"Beyond Vietnam: A Time to Break Silence."

He argued that the U.S. presence in Vietnam was "to occupy it as an American colony" and he called the U.S. government "the greatest purveyor of violence in the world today." He connected the war with economic injustice, and stated that the country needed a serious moral change.

King also opposed the war because of the money and resources it took to support it. He felt these resources would be better spent on social welfare at home. At the time, the U.S. Congress was spending more money on the military and less on anti-poverty programs. He stated, "A nation that continues year after year to spend more money on military defense than on programs of social uplift is approaching spiritual death."

On April 4, 1968, King was standing on his balcony at the Lorraine Motel in Memphis, Tennessee when he was assassinated. He was a man who wanted nothing more than to see a peaceful society with equal rights for every human being. A recording of his "Drum Major" sermon given on February 4, 1968, was played at the funeral. In that sermon, King made a request that at his funeral no mention of his awards and honors be made, just that he tried to "feed the hungry, clothe the naked, be right on the Vietnam War question, and love and serve humanity."

This goes to show that this was a good man with humility and faith that mankind could overcome their hate.

Article by  
**SPC. LIZ SMITH**

# RUCK HEAVY TO NEW MEXICO

After months of preparation, including weekends, more than 80 Soldiers with the 525th Military Police Detachment gathered in front of Joint Task Force Guantanamo headquarters to compete for an opportunity to be part of an elite team sent to participate in one of the U.S. Military's most hallowed commemorations – the 26th Annual Bataan Memorial Death March.

The event pays tribute to the notorious death march American and Filipino troops were forced to endure in 1942 when Japanese forces seized the Philippine Islands.

With little food and few provisions, thousands of Service members died while forced to march more than 80 miles to Japanese prisoner of war camps.

Sgt. 1st Class Duane D. Neyens, the noncommissioned officer in charge of the Bataan Memorial Death March tryouts here, said the Soldiers are competing to be a part of a five-person team that will compete in the Military Heavy Coed Division for the march at White Sands Missile Range in New Mexico. While the tryout held here is 14.6 miles, the formal march is 26.2 miles.

"They are carrying 35-pound ruck sacks if they're competing and going these 14.6 miles. This is going to be a trying event and certainly those who have had more time to prepare will have the advantage," Neyens said.

Many of the Service members here dedicated large amounts of time and effort in order to properly train for the event, with the hope of winning a spot on the team.

"We've been preparing for this event every day for about two months now," said Spc. Nicholas Kress, a human resources specialist here. "Every

day for physical training we go out with the team and ruck march. Our company commander and first sergeant were great about letting us do our own thing at PT and being able to prepare and get ready for this march."

While some had months to prepare for the tryouts, others arrived here mere weeks ago. Even with very little preparation, they challenged themselves to see if they could successfully overcome this physically and mentally demanding trial.

"Some of them haven't been here that long. We've got a couple of companies that just arrived, and one just arrived about three weeks ago," Neyens said. "So, they haven't had a lot of preparation time because they've been getting ready for mission."

Neyens said that seeing these Soldiers compete to memorialize a part of history was incredibly motivating. The looks on their faces as they came down the final stretch of road looking exhausted, but excited, was both motivating and inspiring.

The competitors faced many challenging obstacles; from rucking to the top of John Paul Jones Hill, to looping across the ridgeline to the winding road heading toward Windmill Beach. Some made it the entire distance, others stopped themselves before it became too much.

"I'm glad that I accomplished this, and I didn't stop, even though I wanted to a few times along the ridgeline. I'm proud of myself, this was a victory," said Spc. Stephanie Robinson, supply specialist.

The official team will be announced in the weeks to come, look for it in an upcoming edition of "The Wire."

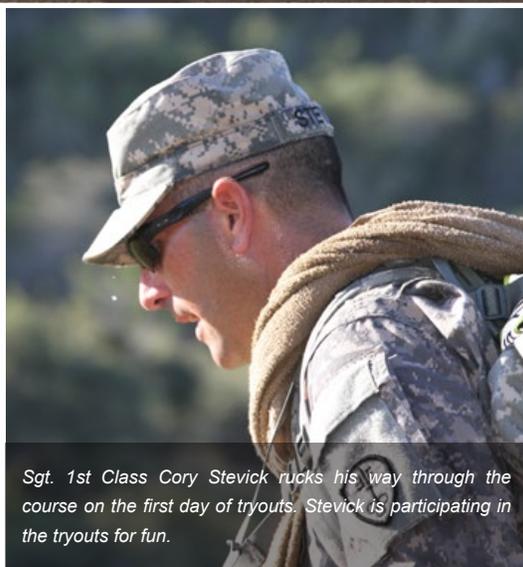
*Story and photos by*  
**SPC. AMBER BOHLMAN**



Participants took off running once the stop watch was started signifying the beginning to the Bataan Memorial Death March tryouts here, Jan. 8-9. The tryouts consisted of rucking 14.6 miles through various terrain while carrying a 35-pound ruck sack. The top contenders within the 525th MP Battalion will be considered for a position on a five-person team, and will go on to participate in the Death March that will be held in New Mexico this spring.



Pfc. Aaron Parr rucks his way across Ridgeline Trail on the second day of tryouts for the Bataan Memorial Death March. Ridgeline trail was one of the many obstacles that participants had to face before reaching the finish line.



Sgt. 1st Class Cory Stevick rucks his way through the course on the first day of tryouts. Stevick is participating in the tryouts for fun.



Stevick hikes through Ridgeline Trail about to reach mile marker 10. The next obstacle he will face is the winding road that leads to Windmill Beach.



Parr holds his fist high in the air as he runs the last stretch of road on day two of the Bataan tryouts, bringing to a finish, his 14.6 mile ruck march here.

# REVIEW / SELMA



Based on Martin Luther King's push to secure equal rights via a march from Selma to Montgomery, Alabama in 1965.



I wasn't sure how this movie was going to go. It was either going to be a huge disappointment, and they were going to get a lot of things wrong, or they would hit the nail on the head.

Well they hit it, the intensity and raw emotion brought you in. It felt like I was there. The characters drew you in, and you felt for them; I was disgusted, angry, hurt and hopeful; I smiled.

When the small town of Selma continues to make it as difficult as possible for African Americans to vote, Martin Luther King Jr. (David Oyelowo) and the Southern Christian Leadership Conference, with the help of some of the locals, organize a peaceful nonviolent march through the town.

This demonstration turned into a brutally violent attack on the marchers by the police force of Selma. Every protest that goes wrong, every march that gets push-back is drawing national attention, and putting a spotlight on the small town of Selma and the governor of the state of Alabama.

Oyelowo delivers a powerful performance, giving me chills at every speech. He really brings you in and

drives home the importance of the movement King led.

Oprah Winfrey plays Annie Lee Cooper, who goes into a courthouse and is attempting to register to vote but is denied after being asked to recite the Constitution and how many judges there are in each county, including their names. When she fails to tell the clerk the names she is denied her voter registration.

President Lyndon B. Johnson (Tom Wilkinson) plays a role in this film as well. Every time King comes to him asking for help to make it easier for African Americans to vote, he is denied or told he needs to do something in return for the President's help. He continually puts the issue on the back-burner.

Another player in this game is the head of the F.B.I., J. Edgar Hoover, played by Dylan Baker, who has wiretaps on every phone, and bugs any place King is found. He does everything in his power to make it look like King is nothing but a degenerate, and not really a man of God. He even goes so far as to send a recording of King and another woman to Coretta (Carmen Ejogo). Even though she doesn't

believe it is him on the tape it introduces tension into his marriage.

The film highlights many of the powerful people who either had King's back or were out to make him look like a fraud.

Malcolm X, played by Nigel Thatch, even makes a brief appearance. He appeals to Coretta to let him in to assist King with his march on Selma. Due to previous encounters though, King doesn't want anything to do with him, because of their differences in dealing with the fight that is giving basic human rights to African Americans. Malcolm X, being a more aggressive person, where King is all about peace and nonviolence.

I can't begin to touch on everything in this movie without giving it all away. All I can say is this movie is definitely recommended. I give it four stars.

*Movie review by*  
**SPC. LIZ SMITH**

# IN THEATERS THIS WEEK

	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	
DOWNTOWN	<b>American Sniper</b> <i>(NEW) R, 7 p.m.</i> <b>Selma</b> PG13, 9:30 p.m.	<b>The Wedding Ringer</b> <i>(NEW) R, 7 p.m.</i> <b>Taken 3</b> PG13, 9 p.m.	<b>Paddington</b> <i>(NEW) PG, 6:30 p.m.</i> <b>Top Five</b> R, 8:30 p.m.	<b>Horrible Bosses 2</b> <i>(LS) R, 7 p.m.</i>	<b>The Hobbit: BoFA</b> PG13, 7 p.m.	<b>Unbroken</b> PG13, 7 p.m.	<b>Into the Woods</b> PG, 7 p.m.	DOWNTOWN
BULKLEY	<b>The Wedding Ringer</b> <i>(NEW) R, 8 p.m.</i> <b>Taken 3</b> PG13, 10 p.m.	<b>American Sniper</b> <i>(NEW) R, 8 p.m.</i> <b>Selma</b> PG13, 10:30 p.m.	<b>Horrible Bosses 2</b> <i>(LS) R, 8 p.m.</i>	<b>LYCEUMS CLOSED</b> *	<b>Top Five</b> R, 8 p.m.	<b>LYCEUMS CLOSED</b> *	<b>Exodus: Gods &amp; Kings</b> PG13, 8 p.m.	BULKLEY

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

## REVIEW / TAKEN 3



For those of you who have seen the previous “Taken” films, the final film for this action trilogy will come as a major disappointment. If this is your first “Taken” experience, you will most likely enjoy the performance of former Jedi, Liam Neeson. Neeson plays father and former Special Forces operative, Bryan Mills, whose only concern in all three films is his family – particularly, his daughter (Maggie Grace) and ex-wife (Famke Janssen.)

The plot begins with Mills’ ex-wife, Lenore, having marital problems with her husband, Stuart (Dougray Scott.) Shortly after this foreshadowing, Mills discovers Lenore dead in his apartment. This, of course, is what sets the plot for Mills to find out who killed Lenore and who framed him for her murder. Mills escapes the police without any difficulty, which inspires police to bring out the clever detective Dotzler (Forest Whitaker). The only truly clever aspect about Dotzler is his one-liners. Dotzler is consistently in hot pursuit of Mills, convinced Mills is Lenore’s murderer.

The entire film is essentially Mills evading Dotzler; Dotzler attempting

to keep up with Mills, and Mills ruining the day of pretty much every Russian gangster unlucky enough to be in Mills’ way. The problem in this film lies not in any lacking on the performances of the cast, especially not the film’s star, Liam Neeson. The tragedy of “Taken 3” is in the weak plot.

The first “Taken” film has something that neither of the following films has – an edge and a captivating suspense. Having said this, “Taken 3” lacks the edginess and thrill of the first and second films and the reward of saving a loved one that both “Taken” and “Taken 2” supply. If not for Neeson, this film would have an even poorer rating than I’m giving it; however, the cast as a whole did the best they could with the terrible script they were given and that is commendable. It is not, however, worth paying to see. Thankfully, the theaters here are free of charge, so watch it now to avoid paying to see it in the future.

Movie review by  
**SGT. BRITTANY FOGEL**

## REVIEW / TOP FIVE



Written by Chris Rock, directed by Chris Rock and starring Chris Rock as Chris Rock, aka Andre Allen, “Top Five” seems to be trying to cash in on the new theme of entertainers playing roles with a thinly veiled message of, “Hey everyone, there’s more to me than my typecast roles.”

The plot of the movie is Rock trying to make it as a serious actor. His reality-TV star fiancée, Erica Long (Gabrielle Union) plans to broadcast their wedding on her show. So, while he is in New York promoting his new movie, “Uprize,” she is in L.A. preparing the wedding.

Rock’s leading lady is Rosario Dawson who plays Chelsea Brown, a journalist for The New York Times. As much as I love to ogle her, by the time the 102 minute film was done, so was I. Her acting clearly reflected her political idealism on Facebook (yes, I follow her) more than it portrayed a hard driving journalist trying to bring a has-been comedian back into the spotlight. Not only didn’t Dawson show up for the movie, but half of her hair was on hiatus as well. Don’t ever do that to your head again, Rosario!

To get her story, Dawson follows Rock while he promotes his low-

budget film about the Haitian Revolution. One stop includes a visit to old friends, where they discuss their top five favorite rappers, and they all include a sixth.

The only funny scenes were Jerry Seinfeld “making it rain,” DMX trying to sing, and Adam Sandler and Whoopi Goldberg giving relationship advice to Rock.

I think this movie would have been more entertaining if Rock wrote it as the adult continuation of “Everybody Loves Chris.” He still could have had the “Top Five” conversations. Actually, Rock should stick to comedy and avoid writing and directing, as it seems like he learned cinematography by watching “The Office” reruns and old Spike Lee joints.

Incidentally, nobody in the movie got the “Top Five” right. They are: Busta Rhymes, Rakim, L.L. Cool J, Method Man and Guru (my sixth would be Big Daddy Kane, and if it wasn’t for his career-shortening car wreck, The D.O.C. most likely would have made the list).

Movie review by  
**SGT. 1ST CLASS ROBERT FREESE**

# MWR

## 2015 SPORTS SCHEDULE

### MONTH / DAY ACTIVITY

<b>January</b> 17	Softball Tournament
January 20	M&F Soccer League
January 26	Indoor Volleyball
<b>February</b> 7	Full/Half Marathon
February 9	Kickball League
February 21	10 Mile Trail Run
February 23	Tennis League
<b>March</b> 14	Softball Tournament
March 28	Sprint Triathlon
March 30	Softball League
<b>April</b> 4	Color Run
April 6	Flag Football
April 13	Basketball League
April 20	Golf League
April 25	Olympic Triathlon
<b>May</b> 9	JPJ 5 Miler
May 15-16	Captain's Cup Event
May 24	Fitness Festival
<b>June</b> 8	Racquetball League
June 13	NE Gate 12 Mile Run
June 15	Soccer League
June 22	Sand Volleyball League
<b>July</b> 4	Softball Tournament
July 4	Ridgeline Trail Run
July 13-16	Walleyball Tournament
July 20	Badminton League
July 25	Relay Race
<b>August</b> 8	Cable Beach Run
August 22	Sprint Triathlon
<b>September</b> 5	Wood-bat Tournament
September 14	Co-Ed Softball League
September 26	Trail Triathlon
September 28	Flag Football League
<b>October</b> 5	Basketball League
October 24	Paddle, Pedal, Paintball
<b>November</b> 14	Duathlon
November 26	T-Day Half Marathon
<b>December</b> 11	Army / Navy Game
December 19	Holiday Basketball
December 24	Jingle Bell Fun Run

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

Contact the MWR for more on each  
event or to sign up. x77262

# DIVING RISKS REDUCED BY NAVY DIVERS



The front panel of the hyperbaric, or decompression, chamber in Guantanamo Bay, Cuba. The chamber is where U.S. Navy Divers treat patients experiencing decompression illness or symptoms.

Decompression illness is serious and should not be taken lightly. Knowing the signs and symptoms and what to do in case they show up is vital. Navy Divers here at U.S. Naval Station Guantanamo Bay have the ability to help treat this issue. There are a lot of divers here, not just from the Naval Station, but from the Joint Task Force as well.

"The role of Navy Divers here in Guantanamo is a very diverse one; we perform underwater ships, husbandry for transient ships and the naval station yard craft," said Chief Julius McManus, the command diving officer. "The divers maintain the hyperbaric chamber and perform decompression symptom treatments as required for commercial and recreational divers with symptoms of decompression sickness. We also respond to potential unexploded ordinance in the water, and assist EOD with land based demolitions as needed."

The symptoms of decompression illness, or "the bends," can show up within 24-hours. There are a few things to look for if there is any concern you or someone has it.

"Anyone who has been diving in the past 48-hours who either surfaces with, or develops, vertigo, nausea, vomiting, ringing or roaring in the ears, tremors, loss of coordination, tingling or numbness, difficulty in thinking, sensitivity to light, difficulty in focusing both mentally and visually, or difficulty breathing should report to the emergency room for evaluation immediately," McManus said.

The treatment itself is a process that takes time and follow-up is requested to be sure the diver is not still showing signs.

"Once someone reports to the ER with symptoms and informs the staff that they have been diving we

receive a phone call and come to the hospital to perform a diving neurological assessment," McManus said. "If we find symptoms of decompression illness we will transfer the patient to the Naval Station Diving Locker located on Wharf Whiskey to be treated in the hyperbaric chamber. Once inside we will pressurize the chamber with the patient and an inside tender to an equivalent depth of 60 FSW."

The patient is put on 100 percent oxygen, the increased pressure from the depth will crush the bubble and the higher partial pressure of oxygen will help to remove any residual nitrogen. Depending on the patients symptoms, they undergo treatment within tables five or six, which are different levels of atmospheric pressure. After TT5 or TT6 the patient is surfaced and monitored by the hospital for six hours, and then they receive another diving neurological assessment. If this doesn't show any signs of any diving related disorders, the patient is released and asked to follow up with their PCM after 30 days.

"Treating patients is one of the reasons the Navy divers are here and just part of what we do. To date, nobody has been in trouble for reporting to the ER with symptoms of diving disorders. We do ask patients to stay away from diving for 30 days to let their bodies heal after a treatment just like they would for a broken bone," McManus said.

For more on the Navy Divers and what they do, to see the chambers, or for a tour, contact them at extension 4444 for information.

Story and photo by  
**SPC. LIZ SMITH**



## NFL PLAYOFFS

This weekend's divisional playoff games were exciting. The New England Patriots narrowly escaped, but held on to beat the Baltimore Ravens 35-31. Patriots quarterback Tom Brady passed for 367 yards with three touchdowns and only one interception, while Joe Flacco passed for 292 yards, four touchdowns and two interceptions.

The Seattle Seahawks proved their late season is anything but a fluke, as they defeated a highly motivated Carolina Panthers 31-17 – a team who won a convincing game over the Cardinals last week. The Seahawks started early with a Russell Wilson touchdown pass to Doug Baldwin putting Seattle up at the end of the first, 7-0. In the second, the Panthers and Seahawks both put up another seven points, but the Panthers ended the first half with a field goal

leaving the score 10-14. Another touchdown and a field goal in the fourth for Seattle sealed their victory.

With the Patriots securing their place in the conference final, all that was left was an opponent. The Colts played the Broncos, but the Broncos never really showed. It didn't help that Peyton Manning was playing with an injured thigh. Manning never really had the protection to establish a rhythm and confidence in his receivers, which led to a poor, maybe worst, postseason appearance. Despite an average performance by Andrew Luck's 265 yards two touchdowns and two interceptions, it was enough to lead his team to a 24-13 victory over Denver.

The last game was the Green Bay Packers against the Dallas Cowboys, or as it will go down in history, the battle of the limping quarterbacks. The packers were down 14-10 by the end of the first half and needed to change something to get back in it. That change was an offensive flurry in which Aaron Rodgers, the Packers' quarterback, threw for two more touchdowns and was helped by another field goal that put the Packers just ahead of the Cowboys 26-21. Next week I pick the Patriots to beat the Colts and the Seahawks over Green Bay.

Article by

**SGT. ADRIAN BORUNDA**



Most pundits gave Ohio State no chance when their Heisman-worthy starting quarterback, Braxton Miller, was lost for the season due to injury before the first game. Most figured the Buckeyes were done after losing at home to Virginia Tech in Week 2. Then, their second-string quarterback, J.T. Barrett, caught fire and played his way into the Heisman discussion. But as fate would have it, Barrett went down with a season-ending injury while playing against rival Michigan. So, it was no surprise when pundits throughout the country insisted TCU should get the fourth and final seed in the inaugural College Football Playoffs. The Buckeyes didn't belong.

*Well, we were all wrong.*

The Buckeyes dominated the presumptive champ Oregon — favored by a touchdown — in the first National Championship Game of the inaugural College Football Playoff, 42-20. Oregon's much

heralded offense scored on the first possession of the game, but it was all Buckeyes the rest of the way. Third-string quarterback Cardale Jones, in only his third start, went from unknown to potential pro-quarterback, despite never starting a regular season game. But, the game's MVP was Ezekiel Elliot, who rushed for 246 yards and four touchdowns. It was Elliot's third consecutive game of more than 200 yards.

Heisman winner Marcus Mariota finally showed the world he was human, which unfortunately happened in the biggest game of his storied career. The vaunted Oregon offense never took the field in Dallas, and the Duck's defense that handled Jameis Winston and the Florida State Seminoles the week before, had nothing for the Ohio State running game.

Ohio coach Urban Meyers nicely summoned up his team's unprecedented performance when he said to an ESPN journalist shortly after the game, "This will go down as one of the great stories in college football history." Yeah it will.

*Until next year, Fear the Fork!*

Article by

**1ST LT. MACARIO MORA**

# NFL PLAYOFF STANDINGS

## NATIONAL FOOTBALL CONFERENCE

No.	TEAM NAME	Record
01	<b>Seattle</b>	12 - 4
02	<b>Green Bay</b>	12 - 4
03	<b>Dallas</b>	12 - 4
04	<b>Carolina</b>	7 - 8
05	<b>Arizona</b>	11 - 5
06	<b>Detroit</b>	11 - 5

## AMERICAN FOOTBALL CONFERENCE

No.	TEAM NAME	Record
01	<b>New England</b>	12 - 4
02	<b>Denver</b>	12 - 4
03	<b>Pittsburgh</b>	11 - 5
04	<b>Indianapolis</b>	11 - 5
05	<b>Cincinnati</b>	10 - 5
06	<b>Baltimore</b>	10 - 6

# COLLEGE TOP 25

No.	TEAM NAME	Points
01	<b>Ohio State</b>	1,475
02	<b>Oregon</b>	1,402
03	<b>TCU</b>	1,349
04	<b>Alabama</b>	1,297
05	<b>Michigan State</b>	1,212
06	<b>Florida State</b>	1,212
07	<b>Baylor</b>	1,098
08	<b>Georgia Tech</b>	1,071
09	<b>Georgia</b>	925
10	<b>UCLA</b>	908
11	<b>Mississippi State</b>	767
12	<b>Arizona State</b>	756
13	<b>Wisconsin</b>	724
14	<b>Missouri</b>	710
15	<b>Clemson</b>	683
16	<b>Boise State</b>	653
17	<b>Mississippi</b>	543
18	<b>Kansas State</b>	509
19	<b>Arizona</b>	499
20	<b>USC</b>	315
21	<b>Utah</b>	302
22	<b>Auburn</b>	216
23	<b>Marshall</b>	161
24	<b>Louisville</b>	116
25	<b>Memphis</b>	94

# MISSION NUTRITION

*Create healthy habits, not restrictions.*

Whether you're trying to learn more about working out or nutrition, it can seem overwhelming. There's so much information out there. How do you know what's accurate? How do you know what will work for you? Don't be afraid to reach out and ask for help. There are experts out there who are excited to share their knowledge with you.

Mission Nutrition is a program offered here on base to teach military personnel what they need to get them on the right track. The class provides in-depth information on things like diseases associated with poor nutrition. You can also learn about fad diets, meal planning, emotional eating and how to properly read nutrition labels.

Don't overlook the importance of healthy eating. It doesn't matter how strong you get if you aren't getting proper nutrition. Think about your car. You may be able to get it up to 100 mph, but it won't stay there forever. You have to put gas in it.

"What you're putting in your body is what's going to keep you fueled up and ready to go," Said Joseph Belt, MWR fitness coordinator.

The average diet only lasts about 42 days. That is not what you want. You want a lifetime of healthiness. So, talk to your friends, talk to your leaders, and get in touch with Joseph Belt at the G.J. Denich Gym. Mission Nutrition will help you make that permanent change.

## WEIGHT LOSS "NO-NO'S":

- Don't skip meals
- Avoid weight loss supplements
- Avoid very high protein, very low-carb diets
- Avoid drastic calorie restrictions
  - Less than 1,600 calories for men
  - Less than 1,200 calories for women

Article by  
**SPC. MONIQUE QUINONES**  
 JTF Media Relations



## JSMART SPOT

▲ JSMART HELPER: TITAN

### MIND-BODY MEDICINE: NAVIGATING LIFE'S STRESSORS

*"Peace of mind is not the absence of conflict from life, but the ability to cope with it," – unknown*

Up to 80 percent of illnesses are related to chronic stress. Talking to a therapist may be the answer for many people, but not everyone is interested in talking.

There are many other options available to mitigate stress. Mind-body medicine is one solution that is evolving and gaining popularity. It is part of a new initiative being utilized in various military medical facilities. Mind-body medicine focuses on the interactions between mind, body and the powerful ways in which emotional, mental, social and spiritual factors can directly impact health.

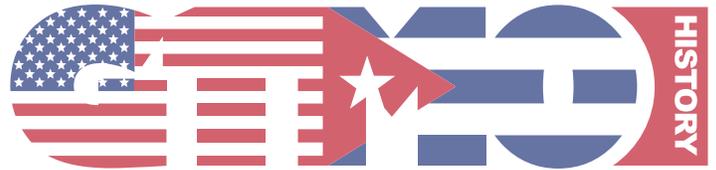
These scientifically proven techniques have been shown to enhance the capacity for self-care and self-awareness. Some examples of the techniques associated with mind-body medicine include meditation, guided imagery, mindful eating, biofeedback and the use of drawings,

journals and movement to express thoughts and feelings. Studies have shown significant effectiveness in lowering blood pressure and stress hormone levels, relief from pain and improving immune functioning. Mind-body medicine techniques have also been associated with improving clinical conditions such as cancer, insomnia, anxiety, depression and post-traumatic stress disorder.

While you navigate life's stressors, searching for peace of mind, the methods associated with mind-body medicine may assist you. Please note that not every technique will work for everyone, and some skills may take a little practice. Perhaps by adapting at least one new mind-body skill, you can greatly increase your ability to tolerate stress.

Tune in this week to JSMART RADIO, Friday between 12:00-2:00 p.m., to learn more, or reach out to us via email at [jsmartradio@outlook.com](mailto:jsmartradio@outlook.com)

Article by  
**PETTY OFFICERS 2ND CLASS**  
**ARIANNA LOAIZA**  
 and  
**ROBERT MCQUEEN**



## GUANTANAMO THEN AND NOW 1950'S



Guantanamo Bay's golf course pictured here in the early 1950's. Photo courtesy of Stacy Byington, USN Hospital GTMO PAO.



Now called The Lateral Hazard golf course, you can still make out the old green if you look closely. Photo by Sgt. 1st Class Robert Freese.

# RELIGIOUS SERVICES



## ROMAN CATHOLIC (NAVSTA CHAPEL)

Saturday*	1700
Sunday*	0900
Mon-Thurs*	1730

## PROTESTANT SERVICES (JTF TROOPERS' CHAPEL)

Sunday*	0640
	0900
	1900

## PROTESTANT SERVICES (NAVSTA CHAPEL)

Traditional*	Sunday	0930	Annex Room 1	(Liturgical Service)
Contemporary*	Sunday	1100	Main Chapel	
Gospel	Sunday	1300	Main Chapel	

## OTHER SERVICES

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 2	
Pentecostal	Sunday	0800	Annex Room D	
	Sunday	1700	Annex Room D	
JTF Bible Study*	Monday	2000	Cuzco Block H	
New Christian's Inquiry*	Wednesday	1900	JTF Troopers' Chapel	
	Saturday	1900	Troopers' Chapel	
Christian Fellowship	Sunday	1800	Main Chapel	(Non-denominational)

\*These services are conducted by Army or Navy chaplains

## 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 EXP. 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 / 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 THRU 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

*Photo by Luis R. Lopez*

# PARTING SHOT



'MANGROVE ROOTS IN THE BAY' PHOTO BY ARMY MAJ. LUIS R. LOPEZ WITH JTF-GTMO-IG. 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**

