

THE OFFICIAL PUBLICATION OF JOINT TASK FORCE GUANTANAMO

# THE WIRE

JANUARY 23, 2015



## SEAC VISITS GTMO

SEAC HOLDS TOWN HALL MEETINGS, ENGAGES WITH SERVICE MEMBERS

## COMMITMENT TO KING

GTMO CELEBRATES DR. MARTIN LUTHER KING JR. WITH MEMORIAL MARCH

## PSU 312 GOES BACK TO CALI

COASTGUARDSMEN BID FAREWELL, SUCCESSFULLY COMPLETE TOUR

## LEARN A NEW LANGUAGE

NEW PROGRAM OFFERS FREE LANGUAGE TRAINING TO JTF



**1ST LT. MICHELLE ANGELES**  
JTF-GTMO-J1

In life, we always have to make due with what we have. Ideally people want to spend time with family and friends. Unfortunately, most of us here are separated from our loved ones. This leaves us with two options; either isolate ourselves in quarters, or explore the island activities.

GTMO offers a wide range of activities – water

# GTMO ART THERAPY

activities, sports and fitness, even the arts. I spend most of my time at the Arts and Crafts Center painting ceramics. Art provides a therapeutic release where I can create without boundaries. Ceramics allows self-expression, releases stress, artfully communicates, and helps people explore different aspects of their personality.

If an individual feels depressed, stressed, or overwhelmed with emotion, this does not mean that they should see a psychiatrist. This should be viewed as an opportunity to turn something negative into something beautiful through art. Having time to oneself to transfer thoughts into a creative project helps increase self-awareness, improve self-esteem, and reduces stress.

On rare occasions some decide to overcome their emotions by drinking their sorrows away or getting involved in destructive behavior. Liquid courage and an overflow of mixed emotions may lead to poor judgment and lack of control. It is not the recommended method of “expressing oneself.”

Therapy comes in several varieties. Western medicine encourages prescriptions and overpriced counseling sessions.

Art therapy encourages creativity at a much lower cost and can be done anywhere by anyone. For example, organizing a desk is a type of art, the

placement of the stapler, papers, and pens on our desk, represents self-expression. We may not think of it as art, but it is. Being away from family and friends can be difficult. Discover your creativeness by expressing yourself in a healthy way through the arts.

Recently, I started personalizing T-shirts for family and friends. I have customized items by adding phrases, designs and even trimming oversized shirts into fitted sleeveless tops. Customers were amazed to see the change from a blank T-shirt into a creative piece with flare.

You do not have to be an artist to paint, a dancer to dance, or a singer to sing. Art is the expression of oneself. It calms the soul and stimulates our brain to interpret things to make us laugh, cry or smile. The next time you are feeling down or bored, grab a pen and paper, or go to the Arts and Crafts Center. You will be creating something beautiful.

*Article by*  
**1ST LT. MICHELLE ANGELES**  
JTF-GTMO-J1

## JOINT TASK FORCE GUANTANAMO



SAFE



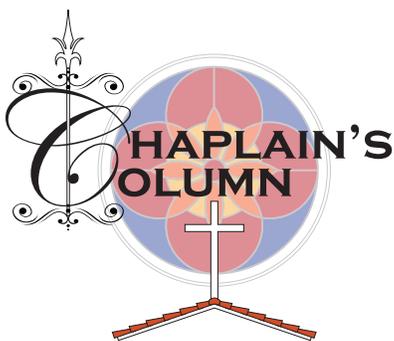
HUMANE



LEGAL



TRANSPARENT



### PARENTING, PORN, AND UNCOMFORTABLE PREDICAMENTS

A friend recently told me that he had submitted an article to a newsletter for publication. The title of his article included the word “porn.” His article also mentioned Christ and used scripture often. The editor of the newsletter contacted him, asking if they could change the title. They expressed a legitimate concern that a child may see the article and ask the parents to

## ‘TRAIN UP A CHILD’

explain porn. Out of respect for the editor’s concern, my friend agreed to change the title.

When my friend was sharing this story; laughingly, he made an interesting point. In today’s society more people are probably offended by scripture and Jesus than they are by porn. Pornography has become so commonplace; not to mention the sexual innuendos that are readily evident in practically all media. Hold on – this is not a soapbox against sex, porn, or television. I’m going somewhere.

Because of the sexual prevalence in society, parents must be proactive parents. If parents wait until a child inquires about porn, they have waited too long. On the other hand, if at an appropriate age, they talk to them about what they do, or even could see and hear, then maybe it will help prepare their child for what they will face in the future. I’m quite positive they are going to be exposed to porn and sexual content at some point in their lives.

The same is true with young adults. If a young adult has not already determined what acceptable and unacceptable sexual behavior is, they may possibly place themselves in a situation they may regret later. They need to know who they are – their values, morals, and beliefs – and make them clear to everyone around them, standing firm in their identity.

It might make for an odd predicament for a parent if a child were to see an article with “porn” in the title. On the other hand, the article might provide a great teaching opportunity. Better a newsletter article than a magazine full of provocative images. I’m quite positive the latter is the more uncomfortable predicament.

*Article by*  
**CAPT. TOBY LOFTON**  
525th Military Police Battalion Chaplain

## 01 COMMAND & CHAPLAIN

There are more productive ways to spend your time away from family such as art or outdoor activities. Also, the Chaplain gives advice on talking to children about uncomfortable topics.

## 03 GTMO NEWS

This week in GTMO news, 'The Wire' reminds you tax season is here, celebrates the late Civil Rights leader Dr. Martin Luther King, Jr., details a new language program available to JTF members and bids farewell to Coastguardsmen.

## 07 PHOTO STORY / COVER PHOTO

The Senior Enlisted Advisor to the Chairman of the Joint Chiefs of Staff visited GTMO and held a series of town hall meetings to gauge Troop concerns and answer questions.

## 09 ENTERTAINMENT & REVIEWS

Three new movies previewed this past weekend, with Bradley Cooper portraying the late Chris Kyle in "American Sniper," Kevin Hart helps a socially inept groom in "The Wedding Ringer," and a childrens' book comes to the big screen in "Paddington."

## 11 SPORTS

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

## 13 LIFE & FITNESS

It may be too late to participate in the upcoming marathon if you haven't been preparing, but that half-marathon is doable according to our fitness guru, who explains the best way to prep for race week.

## MOTIVATOR OF THE WEEK

**SGT. 1ST CLASS  
EDWARD DWYER**  
361ST MP COMPANY

**SGT. 1ST CLASS  
KARANLALL BRIJBUKHAN**  
102ND MP BRIGADE

**CHIEF PETTY OFFICER  
RICHARD MIZIKAR**  
CLO

**MASTER SGT.  
DANA CUMMINGS**  
SJA

**CHIEF PETTY OFFICER  
CYNTHIA RIVERA**  
JMG

## WHAT'S A COUNTERMEASURE

A countermeasure is anything you can do to protect your information that, if leaked, could cause you harm. You wouldn't post your social security number online because of the risk of identity theft; you are using a countermeasure to protect it. Another countermeasure could be to keep your SSN in a lock box or a safe, or to shred papers that have your SSN on them when they are no longer needed. We use countermeasures to protect our sensitive work information as well. Countermeasures help protect you, your family and the mission. Use countermeasures everyday. Remember to use them online and tell your family to use them as well. Keep your information safe at home and at work. Practice good OPSEC, use countermeasures.

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

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**SGT. ADRIAN BORUNDA**



**VOLUME 17: ISSUE 13**

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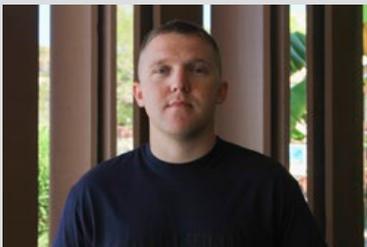
## THE BATTLE OF CAFFEINATION

TROOPERS AT JTF-GTMO LET US KNOW WHAT'S BEST: COFFEE OR TEA



**SPC. ADAM BRUNK**

"Definitely tea, I don't like the taste of coffee. I have a sweet tooth; I like sweetened tea."



**SPC. LOGAN DABNE**

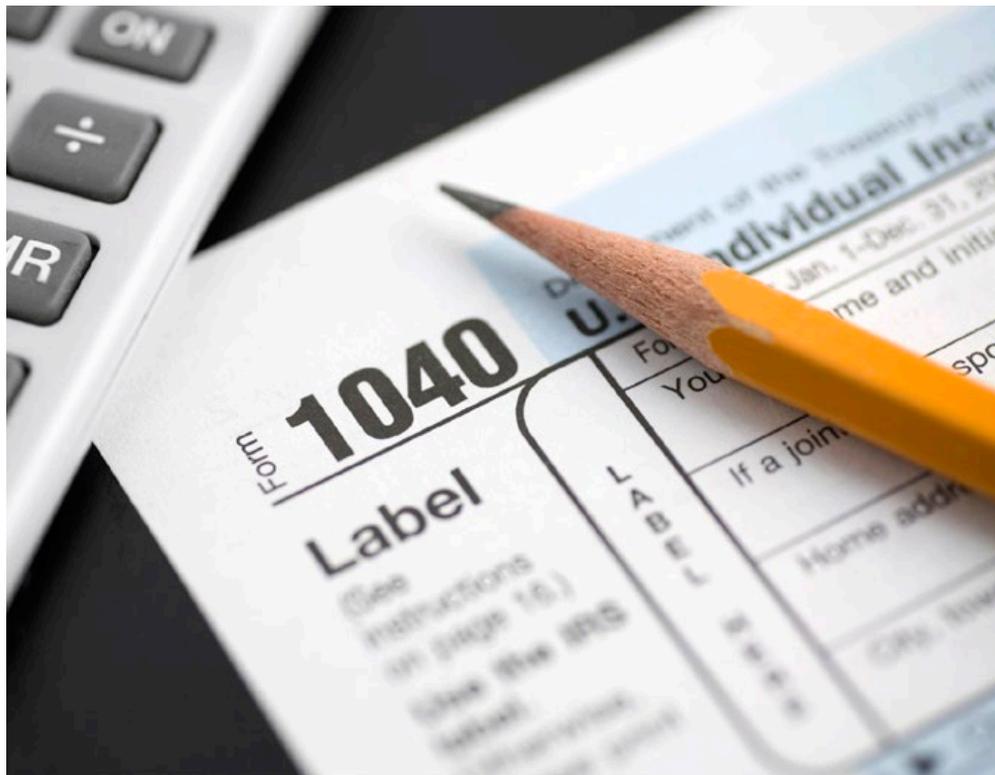
"I like coffee because it tastes better than tea does."



**PETTY OFFICER 1ST CLASS COURTNEY HART**

"I like coffee in the morning, and unsweetend tea throughout the day. Starbucks iced green tea, stateside, is the best or Arizona Green Tea with Ginseng."

# VOLUNTEER INCOME TAX & LEGAL ASSISTANCE AT JTF



It's the start of the new year and tax season is just around the corner. All Service members, active duty or reservist, have an obligation to file their state and federal tax return or request an extension. The good news is the Navy can help. The Navy's Volunteer Income Tax Assistance program allows Service members to prepare their own returns using free, online programs with assistance from trained volunteers.

The U.S. Naval Station Guantanamo Bay legal office will be providing computers at the NAVSTA legal office and at the Joint Task Force Guantanamo's satellite office. The JTF tax center will be located at building 2525, the JTF Legal Assistance building between the Camp America dining facility and Camp Delta. The JTF and NAVSTA Tax Centers will be open from mid-February through June.

There are specific documents Service members will need to have in order to complete their tax returns including the W-2. My Pay will have W-2s available mid to late January. Reservists and National Guard members will also need to obtain W-2s from their civilian employers for the past year.

Additionally, the Internal Revenue Service has made special allowances for Service members on deployment in support of contingency operations. You can request an extension to file. For questions about what is necessary to complete tax filing, how to request an extension and to schedule an appointment,

call NAVSTA legal at 4692.

NAVSTA legal continues to provide legal assistance to all members of the JTF. Legal assistance can include advice on topics such as consumer/financial affairs, family law, immigration, notary services, powers of attorney, landlord/tenant matters, Service members' Civil Relief Act issues; small claims court matters, victim assistance and wills/estate planning.

Walk-in hours at the JTF Legal Assistance Office for notaries, powers of attorney and bills of sale are on Wednesday from 8 – 11 a.m. If you have any questions, or would like to schedule an appointment for additional matters, call 4692.

### WALK-IN HOURS

#### NAVSTA Legal Office:

Monday - Friday

8:00-11:00 a.m. and 1:00-4:00 p.m.

\*Closes at 3:00 p.m. on Friday

#### JTF Office:

Wednesday

8:00-11:00 a.m.

Article courtesy of

**NAVY LT. JASMINE SCOTT**  
STAFF JUDGE ADVOCATE

# UNWAVERING COMMITMENT TO DR. KING'S DREAM



photo by Spc. Liz Smith



photo by Sgt. Adrian Borunda

Brig. Gen. Ronald E. Paul gives a speech at the church on Chapel Hill here on the importance of Dr. Martin Luther King Jr.'s work on Civil Rights.

Members of the Black Heritage Organization, along with military members and their families, start out their march for Martin Luther King Jr. in the Naval Exchange parking lot here at Guantanamo Bay, Cuba Monday.

In celebration of Dr. Martin Luther King Jr. Day, the Black Heritage Organization put together a march from the Naval Exchange to the church on Chapel Hill.

The BHO organized the march to remember a man who made a great sacrifice for the people of this nation.

"It was about taking time to recognize the contributions of Dr. Martin Luther King Jr. to the community and kind of realize the impact his words had so many years after he's died," said Maj. Gennelle Lee, a member of the BHO.

Dr. King is well known for his nonviolent approach to solving Civil Rights, and he used marching as an effective nonviolent tool.

"Dr. King's life mission was freedom for all Americans. He accomplished that mission by the philosophy of nonviolence, Christian love for his fellow man and concern for all people," said Brig. Gen. Ronald E. Paul, the deputy commander of JTF GTMO.

Dr. King worked for equality for all people. His life was dedicated to civil rights and Christian love.

"I'm a minority. There are lots of things that have been done to make it easier for me. It's not the easiest, but easier than maybe someone like myself 50 years before today would have had to experience because there's been a path set," Lee said.

The struggles and hardships for equality that were overcome because of Dr. King's nonviolent approach are something we should still be modeling today for

our generation, and the next.

"We all can learn from his example, take inspiration from his accomplishments," Paul said. "Dr. King said, 'The ultimate measure of man is not where he stands in times of comfort and convenience, but where he stands at times of challenge and controversy.'"

“**THIS NATIONAL HOLIDAY COMMEMORATES AND HONORS A MAN OF PEACE.**”

Dr. King is still looked to for inspiration as his clearly defined struggle for equality, for all mankind, continues to resonate through the decades and has inspired similar movements throughout the world.

"Dr. King dreamed of an America where people were 'judged by the content of their character not the color of their skin,'" Paul said.

Dr. King's legacy shows that if you have the drive, the passion and the unwavering commitment to a cause that you believe in, anything is possible. It is within anyone's hands to make changes to a world that they do not believe is fair or just.

"This national holiday commemorates and honors a man of peace. Dr. Martin Luther King, Jr. was a man who changed history," Paul said.

Dr. King was a man who willingly sacrificed everything to see his vision, his dream come true.

Fifty-two years ago on an August summer day, Dr. King stood before an estimated quarter-million protestors in Washington D.C. during the "March on Washington for Jobs and Freedom" and delivered arguably the greatest speech of the 20th century, "I Have A Dream," cementing himself forever in the annals of history.

"Our lives begin to end the day we become silent about things that matter," Dr. King said.

Though he is no longer here, Dr. King's memory will forever echo throughout a nation that continues his work through organizations such as the BHO.

Story by  
SPC. LIZ SMITH

# EXPANDING HORIZONS: JTF'S LANGUAGE PROGRAM



The military does a great job providing programs to Service members that can benefit their military and civilian career. The new language program on the Joint Task Force Guantanamo SharePoint is no different.

The LangNet language learning support system was installed on the SharePoint in early December 2014. It consists of 11 languages including: Arabic, Chinese, Dari, Farsi, German and Spanish. The links on the SharePoint provide listening and reading assessments that test your language proficiency level.

LangNet is an integrated learning system powered by a web-based search and retrieval system. The goal of the program is to support a wide range of languages, student proficiency levels and learning environments.

Army Col. Angie DiCiro began the process in September as the contracting officer's representative for the Army Intelligence and Security Command while she was here at JTF GTMO.

"Col. DiCiro envisioned that all JTF members, not just linguists, could benefit from having access to foreign language training materials to better understand cultures and refresh proficiencies," said Navy Petty Officer 1st Class Cherry Quick, who worked on the project with DiCiro.

Army 1st Lt. Raymond Race, Network Operations officer in charge, installed the program, which took

roughly two months, from start to finish, to complete.

"The language program is a collection of digital media procured through the Defense Language Institute to assist and supplement Troopers who speak

**“ BEING ABLE TO SPEAK, UNDERSTAND AND WRITE ANOTHER LANGUAGE IS ALWAYS A PLUS ... ”**

other languages [besides English] or are currently taking language classes," Race said. "This program will be very beneficial for those who are getting ready to or retaking a Defense Language Proficiency Test."

Some of the benefits of the LangNet are scalability, cost-effectiveness and adaptability to changing

missions, circumstances and student/instructor needs. Eventually the program will have the capacity to track data for evaluation and research purposes.

DiCiro's predecessor, Army Lt. Col. Kenneth Webb believes this will be a great program for the JTF.

"Being able to speak, understand and write another language is always a plus for anyone. Here at the JTF, people often deal with other languages; although taking these courses does not bring the novice fluency in the language, it allows the learner an understanding and an appreciation for the language," Webb said. "Those military and civilian members, who are seeking to better themselves or enhance their resume, may take advantage of this program."

To view the available languages visit: <https://jtf-gtmo-sharepoint/J2/SitePages/Home.aspx>

Story by

**SGT. REBA BENALLY**

Photo Illustration by

**SGT. RICK HOPPE**

# PSU 312 GOES ‘BACK, TO CALI CALI’



Members of U.S. Coast Guard Port Security Unit 312 buckle up as they await departure from Guantanamo Bay, Jan. 18. PSU 312 arrived home to San Francisco just after dusk, as they walked across the tarmac toward the hanger their families were waiting to welcome them home.

The five-minute warning sounded, signaling the start of the transferring authority ceremony here at Joint Task Force Guantanamo Jan. 15.

Members from both units waited patiently in formation, either ready to be relieved, or to begin their new mission after years of preparation for a nine-month deployment.

For the U.S. Coast Guardsmen of Port Security Unit 312, the ceremony signified that their responsibility for the Maritime Security Detachment had officially been handed over to PSU 308 giving them the go-ahead to return home.

"It's a little bit of a relief to know that we did a job well, and that we got through and had a successful deployment," said Lt. Cmdr. Gennaro Ruocco, PSU 312 executive officer.

After nine-months in country, members of PSU 312 are thankful for the experience and training that they received from this deployment and are ready to head home.

"This is my third deployment in the last six years, so it's good to have another come to a close. I'm just glad that everybody got through it OK," said Petty Officer 2nd Class Elan Svovoda, maritime enforcement specialist. "It was a good experience for the guys who haven't deployed before and just more experience for

the guys that have."

Ruocco said it was kind of bittersweet leaving the mission behind, but it also made him feel good that they are going back to their families.

“... GET INVOLVED IN AS MUCH AS POSSIBLE AND TRY AND BE A PART OF THE COMMUNITY ...”

PSU 312 supported multiple training operations, in and around the bay, provided security for U.S. Naval Station Guantanamo Bay and JTF GTMO, volunteered their time to the community and gave

PSU 308 high standards to live up to.

The unit presented more than 50 awards to its members; three received the Coast Guard Commendation Medal, 20 Coast Guard Achievement Medals, 15 Commandant's Letter of Commendation Ribbons and 15 Military Outstanding Volunteer Service Medals.

"Enjoy the time here in GTMO and some of the things that they have to do, get involved in as much as possible and try and be part of the community of Naval Station and JTF GTMO," Ruocco said.

"Just help each other out. Teamwork is what gets everybody through especially people that have families back home," Svovoda recommended to those on their first deployment,

A few delayed flights later, 75 members of PSU 312 boarded a C-17 Jan. 18 and waved their final goodbye to Guantanamo Bay as they headed off to San Francisco, the place they call home.

"It's a marathon not a sprint, take your time and enjoy the mission," said Ruocco in his parting words.

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

# SEAC VISITS GTMO TROOPERS

The Joint Task Force Guantanamo Joint Visitors Bureau recently hosted Marine Sgt. Maj. Bryan B. Battaglia, Senior Enlisted Advisor to the Chairman, Joint Chiefs of Staff.

Battaglia came to GTMO to visit Service members and their families Jan. 11 through 13. It allowed him to learn a little more about what U.S. Naval Station Guantanamo Bay does for the force but also about the many tenant commands on the base.

"I appreciate coming in to an environment, the island here, and seeing so many different fabrics of uniform under one unified mission and, though the Sailor may grow up learning how to function as a Sailor in a Navy way, the Sailor is flexible and adaptable enough that he or she can fall in on a solution that may have been developed by another service," Battaglia said.

The SEAC is the most senior noncommissioned officer in the U.S. Armed Forces. He serves as the main military advisor to the Chairman and the Secretary of Defense on everything that involves joint and combined total force integration, performance, health of the force and joint development for enlisted personnel.

Two town halls were held where Battaglia discussed the importance of combining what older NCOs know, with ways younger NCOs do things, in the effort for leaders to expand and grow.

At the end of each town hall, Battaglia honored Troopers with coins after their chain of

command recommended them for their hard work and dedication to the mission here.

"You know one thing that I know that every distinguished visitor sees, and they've all made comments about, is that they see motivated young warriors," said Sgt. Maj. Juan Hidalgo, JTF senior enlisted leader. "They are our number one resource. They are the thing that's most important to JTF GTMO and the Department of Defense, but regardless where they go on this base you see motivated young warriors."

Battaglia said the diversity on the island, from a demographic standpoint to an operational

standpoint, was the first thing that jumped out at him when he landed here.

Listening to the Troopers and engaging them in conversation about changes that they want to see at JTF GTMO was a method that Battaglia used in order to get on the lower enlisted Troopers' level. He

talked to the Troops and listened to their inquires about changes in programs that they hope to see, as well as gave guidance on what a leader is.

"Our responsibility as senior leaders is to share professional and behavioral ethos and attributes that were stressed upon us as we grew up in the military," Battaglia said.

“ **OUR RESPONSIBILITY AS SENIOR LEADERS IS TO SHARE PROFESSIONAL AND BEHAVIORAL ETHOS AND ATTRIBUTES ...** ”

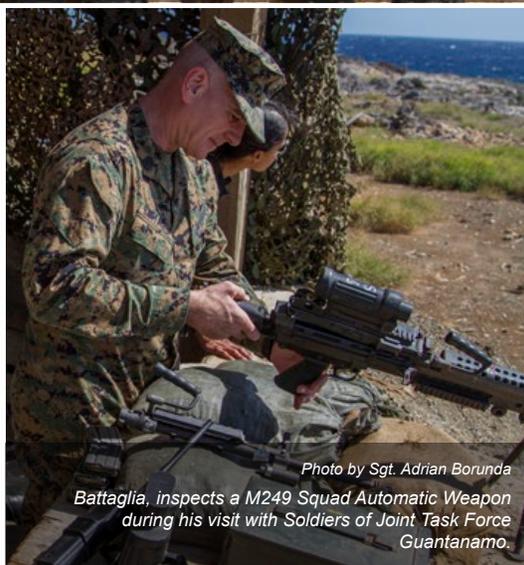
Story by  
**SPC. AMBER BOHLMAN**



Marine Sgt. Maj. Bryan Battaglia, the senior enlisted advisor to the Chairman of the Joint Chiefs of Staff or SEAC, visits Service members of Joint Task Force Guantanamo and U.S. Naval Station Guantanamo Bay, Cuba on January 12. Battaglia held day and night time town-hall style gatherings, which focused on being prepared for transition to civilian life after service and hearing Service members' issues.



Battaglia holds a town hall where he discusses bridging the basics between the older and younger generations of enlisted Service members amongst other topics. Battaglia also answered questions Troopers had toward the end of the town hall.



Battaglia, inspects a M249 Squad Automatic Weapon during his visit with Soldiers of Joint Task Force Guantanamo.



Battaglia promotes Spc. Dawn Plaisted, a team leader with the Joint Detention Group, to sergeant and coined several other Troopers who were recommended for exceptional work.



Battaglia, right, and Command Sgt. Maj. William Zaiser, U.S. Southern Command senior enlisted leader, left, receive a brief from Spc. Estarky Morales during the SEAC's visit with Soldiers of JTF GTMO.

# REVIEW / AMERICAN SNIPER



Based on the Memior of Chris Kyle, "American Sniper: The Autobiography of the Most Lethal Sniper in U.S. Military"



Even at 84 years of age, Clint Eastwood continues to show Hollywood how it's done, while patriotically and delicately honoring the memory of Navy SEAL sniper Chris Kyle. Armed with a screenplay by Jason Hall and adapted from Kyle's memoir, Eastwood throws down a gut-wrenching reminder of the prices paid for freedom by Kyle and many other modern-day heroes in the U.S. Armed Forces.

Known as America's most lethal sniper, with 160 confirmed kills over four tours in Iraq, Kyle's legend easily masked his physical and mental battles with war and stress while at home with his family between tours.

Bradley Cooper put on a noticeable 40 pounds of lean muscle and facial hair in order to play the role of the legendary U.S. sniper and good ole' American country boy from Texas.

Cooper has grown tremendously since his "Wedding Crashers" days, and it shows in this impressive performance. Moreover, Cooper silenced audiences in the Downtown Lyceum with a pain in his eyes that may be all too familiar for many in the crowd.

Cooper isn't the only one shining bright on

the big screen here though. Sienna Miller plays a breakthrough role herself as Kyle's wife, Taya. Miller supports Cooper's role so well that she nearly casts a shadow on him during a few dramatic scenes together, making it nearly impossible to see these roles in the hands of anyone else.

With such an outstanding story, and the proper talent casted to tell it, one of the few downsides was not wanting it to end, or feeling that some scenes should've gone more in depth, respectfully, into Kyle's inspiring story. Another downfall of the film had nothing to do with the story, instead, I wondered why Hollywood ever adapted those Youtube style special effects that have been seen trending the last few years, like blood splatters and explosions that looked a bit awkward. Lastly, the climax surrounding a certain one-mile-shot could've been slightly more epic, but I'll refrain from going more in depth to avoid any possible spoilers.

Some things were more realistic however. Some things you can't make up, specifically the military humor and banter used by Navy SEAL Instructors during training and by Kyle and his friends between

battle scenes. We can all agree that stress relief through humor, even though often colorful, is a powerful tool used by U.S. Military in any time period. However, the use of humor wasn't overpowering; it actually helped illustrate the story's reality.

After the film ended and all the lights turned on, it was truly inspiring to see almost everyone stay in their seats as a small touching eulogy of Kyle's life played during the end credits, including some amazing footage of hundreds of Americans who came to show their gratitude during Kyle's funeral in 2013.

Cooper and Eastwood shine a well deserved light on Kyle's memory, helping us all restore our sometimes misplaced patriotism and appreciation for one another.

American Sniper recieves a solid four stars and I look forward to more compelling stories about American heroes like Chris Kyle.

*Movie review by*  
**SGT. RICK HOPPE**

# IN THEATERS THIS WEEK

	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	
DOWNTOWN	<b>Wild</b> (NEW) R, 7 p.m. <b>The Wedding Ringer</b> R, 9 p.m.	<b>Blackhat</b> (NEW) R, 7 p.m. <b>American Sniper</b> R, 9:30 p.m.	<b>Night at the Museum: Secret of the Tomb</b> PG, 6:30 p.m. <b>Selma</b> PG13, 8:30 p.m.	<b>The Pyramid</b> (LS) R, 7 p.m.	<b>The Theory of Everything</b> (LS) PG13, 7 p.m.	<b>Taken 3</b> PG13, 7 p.m.	<b>Annie</b> PG, 7 p.m.	DOWNTOWN
BULKELEY	<b>Blackhat</b> (NEW) R, 8 p.m. <b>American Sniper</b> R, 10:30 p.m.	<b>Wild</b> (NEW) R, 8 p.m. <b>The Wedding Ringer</b> R, 10 p.m.	<b>The Theory of Everything</b> (LS) PG13, 8 p.m.	* <b>LYCEUMS CLOSED</b>	<b>Unbroken</b> PG13, 8 p.m.	* <b>LYCEUMS CLOSED</b>	<b>Into the Woods</b> PG, 8 p.m.	BULKELEY

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 / PADDINGTON



"Paddington" is an animated film based on the children's book series by the same name featuring the title character, Paddington the bear, voiced by Ben Wishaw. The story stays in line with the book giving the viewer some sort of prologue as to the bear's origin. An explorer in the forest of Peru finds Paddington with his bear aunt and uncle. It is here the explorer discovers the bear's ability to learn English. Circumstances lead to Paddington leaving the Peruvian forest to find this explorer who has returned to London, and as the situation would dictate, this is where the shenanigans begin.

I don't want to reveal too much, but a family takes in the bear and names him after the train station they find him at; Paddington station. The search for the explorer starts as Mr. Brown, played by "Downtown Abbey" star Hugh Bonneville, the head of the family that took him in, is ready to

have the bear out of his house.

One by one they go down the list of all the people in London with the same name as the explorer, all the while an evil taxidermist (Nicole Kidman) who works at the local museum schemes ways to make Paddington a permanent resident of the museum. Kidman does a great job making you believe her as the character instead of other roles previously played. Another key note to the story is Paddington's affection for marmalade, which actually comes in handy more times than not.

Will Paddington find his explorer friend? How will the family put up with his antics? Will he escape the taxidermist evil intentions? Families will love the togetherness undertones and messages of family inclusiveness that we see in Mr. Brown.

Movie review by  
**SGT. ADRIAN BORUNDA**

## REVIEW / THE WEDDING RINGER



I am a huge Kevin Hart fan, so I was definitely looking forward to this one. Of course, it includes all of the usual raunchy R-rated comedy, but that's Hart for you.

You don't typically find a guy movie based around a wedding, but this one pulled it off well. Jimmy Callahan (Kevin Hart) is a business man, and what is his business? He provides guys who are awkward and friendless a best man for their upcoming nuptials.

Doug Harris (Josh Gad) is referred to Callahan, who feels Harris will be the perfect client, due to his awkwardness. However, it turns out that he is in need of an entire wedding party of groomsmen. Callahan does it though, and we get to move on to the antics of getting this group of guys, dubbed the "Goonies," ready for the big day.

Kaley Cuoco-Sweeting plays the wife to be, Gretchen Palmer, a woman we later find out is with Harris simply because she is tired of dating the

same types of guys, and she realizes that Harris' character can provide her with the comforts she desires in life. She does do a fantastic job though.

I will say that if you have any issues with misogynistic, homophobic or racist jokes, don't watch this one. It is drenched in raunchy humor, and it is great for an hour of mindless comedy.

Don't get me wrong, it is a cheesy movie, and a lot of the humor has been done over and over again. There was a storyline behind the humor though, giving you something to relate to. It shows that everyone has a desire to have a real friend, a good friend, someone who wants to hang out with you – for you.

There are enough serious moments to keep it from being over-the-top cheesy. I give this one three stars.

Movie review by  
**SPC. LIZ SMITH**

# 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*

# GEOCACHING AT GTMO



*A Geocache container hidden among some rubble at the base of a tree located near the NAVSTA Chapel, U.S. Naval Station Guantanamo Bay, Cuba on Dec. 30, 2014.*

If you have a handheld GPS-enabled device or a smart phone with the proper application, there is an exciting activity to get you out of your room and exploring the outdoors.

Geocaching is a treasure hunting adventure using coordinates that can be retrieved from geocaching.com. With those coordinates entered into your device, the search for caches begins by navigating to a specific GPS coordinate and then attempting to find the geocache located at that location.

The first step is to create a free account; once that has been done; you are ready to start searching. There are several search options available to users of geocaching.com. Individuals can search by address, ZIP codes, states, countries or latitude and longitude coordinates. The search areas can be adjusted by distance as well.

Caches come in different sizes, from micro containers the size of the end of your pinkie finger, consisting of a slip of paper to log a find, to the larger size caches such as surplus ammunition cans, that may contain trinkets to trade as well as a log sheet or book.

The trading element of geocaching comes into play with the medium and large cache containers. Items are placed into the containers, which may be theme based. If a person chooses to take an item, it is expected that an item of their own is left in its place.

Additionally there are traceable items that may

be purchased from the Geocaching website such as travel bugs, coins and other items. These items are serial numbered and theme based. The owner chooses the destination or travel plan of these items. The person finding a traceable item enters the serial number and logs the find. The item is then placed at another cache location and logged as left there to move it along the predetermined path the owner has determined.

After a cache has been found, the log signed, and items traded, it is placed back in its hiding place. After that, return to the Geocaching website to sign the online log as found and enter a short statement. Traceable items, if any, are logged as well.

Once you are comfortable with your new found hobby, try hiding your own caches. You will need to research the location and ensure that it is legal, safe and conforms to local laws and security restrictions. Decide your theme if you so choose, mark your waypoint and enter it on the website.

There are plenty of Geocache's hidden in and around the bay side of GTMO, so grab your GPS, retrieve the coordinates, get out of your rooms and go exploring.

*Story and photo by*  
**STAFF SGT. DARYL MADRID**



# WEEKLY

As we pass mid-January, we come closer to Super Bowl XLIX, and this weekend we found out who would be representing the NFC against the AFC. The Packers faced the Seahawks in Seattle, and the Colts played the Patriots in Foxboro, Massachusetts.

The NFC game was Sunday's first, and one of the ugliest yet most dramatic playoff games to date. With turnovers and horrible passing accuracy, it's a miracle that either side scored as often as they did. It was the Packers who scored early and often in the first quarter putting up 13 unanswered points to set the tone for the rest of the half. The Packers lead 16-0. Then, as though someone gave the Seahawks the most uplifting halftime speech ever, they roared back with a tremendous rushing game led by the incomparable Marshawn Lynch who rushed for 157 yards and one touchdown. Down 19-14 late in the fourth quarter, the Seahawks attempted an on-sides kick that bounced off the intended Packers receiver, and the Seahawks recovered the ball. Russell Wilson and company let Lynch loose on the Packers de-motivated defense resulting in a touchdown and successful two-point conversion, leaving the

Seahawks up 22-19. After a late Packers' field goal, the stage was set for overtime. The Seahawks won the coin toss, and that's all they needed as Wilson threw to Jermaine Kearse in the end zone to win the game 28-22, earning the Seahawks a right to defend their title.

The second game pitted the always impressive Patriots against the sometimes impressive Colts. Sunday night was not one of those nights for the Colts. Tom Brady owned the Colts' defense. LeGarrette Blount and Julian Edelman rushed over and caught passes behind the lack-luster defense that was on the field longer than it would've liked to be. The Patriots led at halftime 17-7. By the end of the third quarter it jumped to 38-7. The Patriots protected their quarterback, established a strong rush game, and were versatile in their pass selection, which kept the Colts constantly guessing. There was no need for extra time in this one as the Patriots ended the Colts' season with a 45-7 loss.

The Super Bowl will be held in Glendale, Arizona on Feb. 1. The Seahawks face the Patriots in what should be an offensive showdown. As for me, I'm picking the Patriots.

Article by  
**SGT. ADRIAN BORUNDA**



# WEEKLY

The college football season has come to an end, but thankfully mixed martial arts – in particular the UFC – hosts fights throughout the year. This past weekend was no exception as featherweight Conor McGregor, the man UFC President Dana White called the Irish Muhammad Ali, headlined UFC Fight Night in Boston Sunday against Dennis Siver.

In the co-main event, Donald Cerrone defeated former lightweight champion Benson Henderson in a contentious split decision. The win extended Cerrone's win-streak to seven, and was his second fight in 15 days, defeating previously unbeaten Myles Jury on Jan. 2. Henderson is back to the drawing board after losing consecutive bouts for the first time in his career.

The night, however, belonged to Conor McGregor. The UFC's full hype train has backed the brash McGregor since before his first fight with the organization two years ago. But, the Irishman

keeps backing up his considerable smack talk with impressive performances in all five of his fights. Fighting in front of a raucous Boston crowd, McGregor picked apart the game Siver with flashy kicks and a straight left that continually found its mark.

McGregor almost nonchalantly continued his barrage through the first and turned it up in the second. A final straight left dropped Siver, and McGregor easily maintained full mount before finishing Siver with follow-up punches. McGregor immediately jumped out of the cage and began screaming at current featherweight champ Jose Aldo who sat in the audience casually smiling. Be careful what you ask for – after the fight Dana White confirmed McGregor would be the next challenger for the featherweight champ.

Saturday Alexander Gustafsson and Anthony Johnson headline UFC on Fox 14 in a bout that will determine the next challenger to light heavyweight champ Jon Jones.

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

# POUND 4 POUND TOP 10

No.	NAME	Record
<b>01</b>	<b>John Jones</b>	<b>21-1</b>
<b>02</b>	<b>Jose Aldo</b>	<b>25-1</b>
<b>03</b>	<b>Chris Weidman</b>	<b>12-0</b>
<b>04</b>	<b>Anthony Pettis</b>	<b>18-2</b>
<b>05</b>	<b>Demetrious Johnson</b>	<b>21-2-1</b>
<b>06</b>	<b>Cain Velasquez</b>	<b>13-1</b>
<b>07</b>	<b>Anderson Silva</b>	<b>33-6</b>
<b>08</b>	<b>Daniel Cormier</b>	<b>15-1</b>
<b>09</b>	<b>Robbie Lawler</b>	<b>25-10,1NC</b>
<b>10</b>	<b>Johny Hendricks</b>	<b>16-3</b>



*"We all have dreams, in order to make dreams come into reality; it takes an awful lot of determination, dedication, self-discipline and effort." - Jesse Owens*

## TIME IS TICKING

Marathon day is getting close! If you plan on running the full 26.2 miles, you should have been preparing for months now. However, if you got a late start, the half marathon is still possible for you. Either way, now is a great time to assess your nutritional habits and make a few last minute tweaks.

Training for a marathon requires more carbohydrates than the average diet. According to runnerworld.com, the main carb-load phase is about a week from race day. The trick is not to forget about proteins! Carbohydrates provide energy, but protein is

how your muscles continue to build and repair.

Even more important than carbohydrates and protein, is water! Hydration is absolutely vital to success. Although sweating plays a necessary role, it causes a loss of fluids and electrolytes. You need to drink plenty to avoid becoming dehydrated. The MWR will provide both water and Gatorade during the marathon.

Once you've finished the run, remember you haven't finished taking care of your body! Sports dietitian Pam Nisevich Bedes, co-author of the Runner's World Big Book of Marathon and Half-

Marathon Training, said "Many runners finish a race dehydrated and for optimal recovery, it's important to start rehydrating immediately." You may not feel like eating a full meal after the run, but you should still try something like low-fat chocolate milk or a whey protein drink.

This is a great opportunity to test yourself or try something new! If you haven't signed up already, run over to the G.J. Denich gym today!

Article by

**SPC. MONIQUE QUINONES**

JTF Media Relations

### BREAKFAST:

2 whole wheat pancakes topped with ½ cup canned fruit (drained)  
12 oz English tea mixed with ½ cup skim milk and 1 tsp honey

### SNACK 1:

1 sandwich: 2 slices of whole wheat bread, 1 Tbsp light mayo, 2 oz roasted turkey, 2 oz chicken breast, 2 romaine lettuce leaves  
2 oz pretzels (approx 40 small braided) dipped in 6 oz light, low-fat yogurt

### LUNCH:

1 chicken taco: 3oz grilled chicken, 1 soft whole wheat tortillas, ½ cup shredded lettuce, and ½ cup reduced-fat shredded cheddar cheese  
1 oz baked tortilla chips dipped in ¼ cup salsa  
8 oz lemonade  
½ cup dried, mixed fruit

### SNACK 2:

1 cup of fat-free pudding topped with ½ cup each of blueberries, raspberries, and blackberries

### DINNER:

6 oz grilled salmon  
1 cup wild rice topped with 1 tsp light vegetable-oil-based spread  
1 cup steamed cauliflower and broccoli medley  
1 cup of berry cobbler

### APPROXIMATE DAILY NUTRIENT ANALYSIS

- 2788 total calories
- 147.5 grams protein (21% of total calories)
- 51 grams fat (15% of total calories)
- 450 grams carb (64% of total calories)
- 34 grams fiber



## JSMART SPOT

▲ JSMART HELPER: TITAN

### WORKPLACE GOSSIP

At some point in time everyone has participated in gossip. Gossip can be as simple as whispers about a colleague being moved to a different department, someone spending extra alone time with the boss or how a friend's character changed due to promotion. The list can go on and on; we all see it on a daily basis.

However, this type of interaction can be harmful and costly. Not only does it waste time, damage reputations, promote division and create anxiety; it also destroys morale.

It's easy to get drawn into the gossip circle. People who engage in workplace gossip may do so for several reasons. One reason is they may have a strong need to "fit in," and feel that gossip will help them achieve this. Unfortunately, gossiping often has the opposite effect. Gossips often suffer from low self-esteem, and think that talking about

others or spreading rumors makes them feel important, or powerful.

Rumors spread quickly, and can grow far beyond the small bit of truth that caused them to start. When you hear of a rumor, talk to the people involved. When appropriate, hold a meeting to address the rumor, and then communicate the truth. As with anything, transparent communication is the key to creating a positive work environment.

Listen in to this week's JSMART Radio Show on 102.1, Friday from 12-2 where we cover this and more. If you have any questions or suggestions you can also reach us at JSMARTRADIO@outlook.com

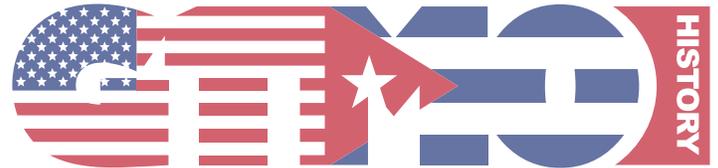
Article by

**PETTY OFFICERS 2ND CLASS**

**ARIANNA LOAIZA**

and

**ROBERT MCQUEEN**



## GTMO'S RIDGELINE TRAIL: NATURAL HISTORY



A bicyclist rides down the 24-year-old Ridgeline hiking trail. Hutia, boas, iguanas, and various native birds can often be seen on the trail.

GTMO's natural habitat is a part of the U.S. Naval Station's history and can be observed while hiking the trail system here. The 2.25-mile Ridgeline Trail was formerly a Cold War tank trail that led to an observation post built in the early 1900's. In the 1990's, U.S. Navy Seabees NMCB 74 improved the trail, which opened in 2000, and in 2010, U.S. Coast Guard PSU 405 installed color code signs. Plant and animal densities of native species here thrive like nowhere else in the Caribbean.

Article and 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 Peter R. Ten Eyck*

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## **PARTING SHOT**



'BEAUTIFULLY TERRIFYING' PHOTO BY PETER R. TEN EYCK WITH CTR JTF-GTMO-J2.  
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**