

THE OFFICIAL PUBLICATION OF JOINT TASK FORCE GUANTANAMO

THE WIRE

FEBRUARY 6, 2015

CHAPLAIN

BOXING



HADI AL IRAQI DEFENSE

HADI DEFENSE
MOTIONS FOR NO
FEMALE CONTACT

TAILGATING IN GUANTANAMO

TROOPERS CELEBRATE
SUPER BOWL XLIX AT THE
DOWNTOWN LYCEUM

CUB SCOUTS, MARINES

YOUNG SCOUTS' MONTHLY
PACK MEETING LED BY
MCSFCO MARINES

NEW ARMY PT UNIFORM

A LITTLE INSIGHT ON
THE NEW THREADS AND
WHEN TO EXPECT THEM



LT. COL. SCOTT MORRIS
J1 Deputy Commander

I love my guns. I have more than a dozen, but as much as I love my guns, there is nothing I love more than watching my 10-year-old daughter work the bolt-action on a .22 and hit a bull's-eye at 100 yards and watching my 8-year-old shoot the pistol at 25 yards and hit the steel plates. It just warms a father's heart.

GUNS-A-BLAZING

In addition to our guns, our family has the full arsenal of ammo and holsters. We are ready for some zombie action. Bring it on!

Fathers take great pride in being ready to protect their families from harm, but in reality, the greatest threat to the physical well-being of our families is not zombies or homicidal maniacs, it's the American diet. Of the top five causes of death in America, four are diet-related diseases including heart disease, cancer, stroke and diabetes, according to the worldlifeexpectancy.com website, and the Centers for Disease Control website. Homicide is 15.

Military members take great pride in being physically fit and medically sound. Many of us think, "I feel fine; my blood work is great. I workout, and my blood pressure is awesome, so I can eat whatever I want." The problem with this logic is that your first symptom of an unhealthy diet can be your first heart attack or stroke.

Processed food is an oxymoron. The chemistry of processed food is altered so you will enjoy the taste, but the end result contains so little nutritional value it can't really call it food anymore. We have become so accustomed to buying prepackaged food that we have become afraid of food in its natural state; we don't trust it unless it is prepackaged. If you truly want to protect

yourself and your family, invest in buying raw, natural ingredients and prepare meals at home. The U.S. Food and Drug Administration is not your advocate, so you have to learn to read labels and monitor what you are eating yourself. Your body can, and will, reverse the damage done by processed food, but it will take discipline to eat healthy over time.

Nowadays I spend more time in my garden than I do on the shooting range. I have planted apple and plum trees, asparagus, peppers, tomatoes, carrots, lettuce, beans, onions and blueberry bushes. A handful of fresh blueberries packs more of a punch than any of my guns and watching my girls eat food straight from the vine is more rewarding than seeing them shoot, because I know they are learning to appreciate the quality of good food, and they are developing a lifestyle that will lend them long, healthy lives. Whether you are a parent or not, the best thing you can do to protect your future is not practicing on the range, it's practicing healthy habits in the store and the kitchen.

Article by
LT. COL. SCOTT MORRIS
J1 Deputy Commander

JOINT TASK FORCE GUANTANAMO



SAFE



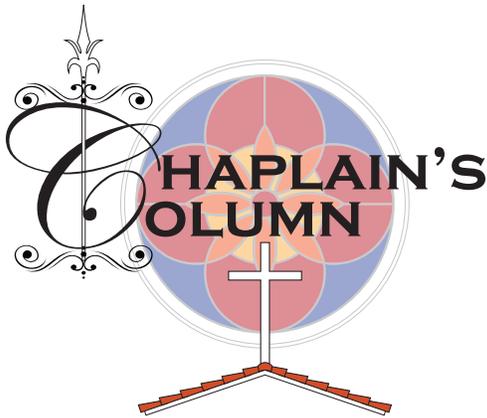
HUMANE



LEGAL



TRANSPARENT



English poet, Alfred Lord Tennyson wrote, "More things are wrought by prayer than this world dreams of." There is a powerful and mysterious connection between our requests and God's answers. I grew up singing the old hymn "What a Friend." Do you know the lyrics? "What a friend we have in Jesus, all our sins and griefs to bear! What a privilege to carry everything

THE POWER OF PRAYER

to God in prayer! O what peace we often forfeit, O what needless pain we bear, all because we do not carry everything to God in prayer!"

There are some common misconceptions about prayer. One is that it's impossible to talk to God; read just a few of the narratives in the Bible and you'll quickly dismiss this idea. Another popular misconception is that God will answer our prayers if we do this or don't do that. Actually God's response is contingent on His deep, deep love for us. Yet another misconception is that our prayers have to be long – it's not the length of the prayer that matters, but the simple desire to communicate with your Creator.

Long, long ago, Moses posed this rhetorical question, "What other people is so great as to have their gods near them the way the Lord our God is near us whenever we pray to Him?" (Deuteronomy 4:7). Thursday there was a Prayer Breakfast at the

Bayview. It was held in conjunction with events in the States in observance of the National Day of Prayer. Those of us who attended, Protestants and Catholics alike, not only enjoyed a delicious breakfast together, but we also prayed together – for our world, for our leaders, for our families, for our enemies, for our needs, and for each other.

Communication is essential in any relationship. In your relationship with God, how is the communication? It really is "a privilege to carry everything to God in prayer." Talk to Him today.

Article by
LT. CMDR. TIM FOSTER
JTF Deputy Command Chaplain



01 **COMMAND & CHAPLAIN**

It's important to know what you put in your body. An unhealthy lifestyle could be as dangerous as a loaded gun. The Chaplain helps guide you through your communication with God.



03 **GTMO NEWS**

This week in GTMO news, 'The Wire' celebrates Black History Month by detailing two influential abolitionists, covers the newest military commission, Cub Scouts are run through a Marine obstacle course, and GTMO celebrates the Super Bowl.



07 **PHOTO STORY / COVER PHOTO**

Warrior chaplain teaches the Guantanamo Bay community the sweet science of boxing.



09 **ENTERTAINMENT & REVIEWS**

Three new movies previewed this past weekend, Mark Wahlberg is a literature professor by day and "Gambler" by night, "Strange Magic" features animated fun, and "The Lady in Black 2" scares GTMO.



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**

The G.J. Denich Gym continues to provide activities and classes to improve overall fitness. Our fitness guru details the Art of Control or what's commonly referred to as Pilates.

MOTIVATOR OF THE WEEK

SPC. MILES GRAHAM
670TH MP CO

TECH. SGT. JOBY MATHEWS
BEEF

TELL YOUR FAMILY ABOUT OPSEC

Have you talked to your family about OPSEC? Do they know how to protect their information, or what information should be protected? Tell them to check their online privacy settings and make sure they know that some information just shouldn't be posted online. Make sure they don't inadvertently give away information about you or your unit that the adversary could use. Keep your family and friends aware of OPSEC. Protect yourself, your family and the mission. Use OPSEC!

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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TROOPER ON THE STREET

WE ASK TROOPERS WHAT CHANGES THEY WOULD LIKE TO SEE ON THEIR SERVICE UNIFORMS



**SEAMAN RECRUIT
KAITLYNN WATSON**

"If I changed something ... it would be to make a short sleeve version, issue under armor shirts and have blousing straps put into the bottoms."



SEAMAN MICHAEL COLLINS

"I'd like to see our rank be bigger, kinda like how the Air Force has it; theirs is sewn on the sleeve."

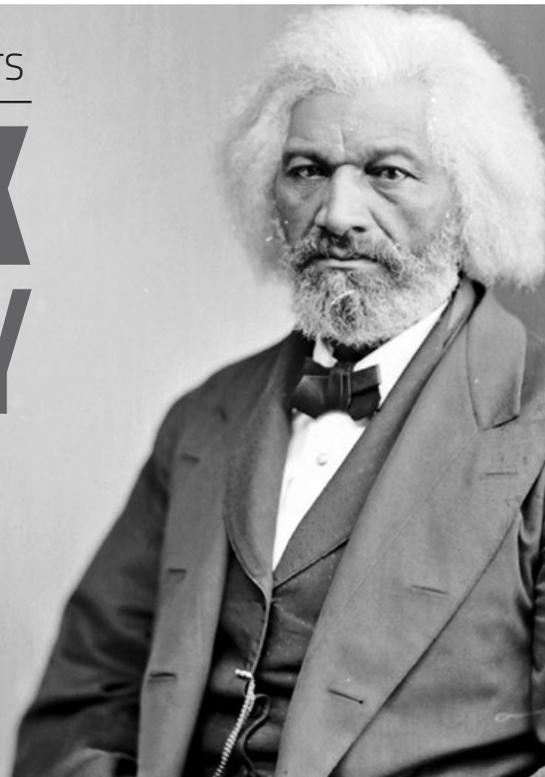


STAFF SGT. PATIENCE ANDREWS

"I wish it was ok to roll our sleeves up in the heat while in ACUs, but we're not allowed to in the Army, but it does get kinda hot out here."

LEGACY OF ABOLITIONISTS

BLACK HISTORY MONTH



Frederick Douglass and Harriet Tubman are celebrated figures in what was a long, drawn out fight for equality for African Americans. The month of February is dedicated to the extensive, rich history of African-Americans.

Douglass and Tubman both started their lives out as slaves, found God and, after gaining their freedom, fought to make that freedom available for others.

Douglass was a social reformer, orator, writer and statesman. He became a leader of the abolitionist movement.

Douglass was more of a public figure in the movement to abolish slavery and create equal rights. In 1841, he was invited to speak at an annual American Anti-Slavery Society's convention in Nantucket, Massachusetts, from there he joined with other speakers in the American Anti-Slavery Society for a "Hundred Conventions" project, which was an effort to travel the Eastern and Midwestern United States and speak against slavery.

After a six-month tour in different meeting halls with the anti-slavery society throughout the Eastern and Midwestern United States, Douglass traveled to Ireland in 1845. His peers were concerned the public speaking he was doing would draw attention to him and his previous owner would come looking for him, demanding his "property" back.

Douglass spent two years in Ireland and Britain giving lectures in churches and chapels gaining a large amount of support from the people of Ireland and Great Britain. While he was there some of his British supporters raised the money to buy his freedom from his American owner.

Although he was encouraged to stay in Ireland, Douglas decided to return home to his wife and fight to free millions of African Americans from bondage. Once he returned to the United States, he started publishing his first abolitionist newspaper, 'The North Star.' The motto was "Right is of no sex- Truth is of no color- God is the father of us all, and we are all brethren."

Meanwhile Tubman was on a mission to rescue as many slaves as possible. She made about 13 missions to rescue approximately 70 enslaved family members and friends with the help of the network of antislavery activists and safe houses known as the Underground Railroad.

Tubman spent roughly 11 years returning to Eastern Maryland to rescue slaves and provide instructions to other fugitives on how to escape to the North. Her work was dangerous and required ingenuity. She was known for working winter months when the nights were longer and darker, people were less likely to come outside, and usually during a Saturday evening because runaway notices wouldn't be printed until Monday mornings.

Douglass and Tubman are role models who took tremendous risks to create a movement of betterment for people everywhere. They both, in their own ways, helped the nation make gigantic leaps forward for freedom and equality.

Article by
SPC. LIZ SMITH

HADI AL IRAQI DEFENSE MOTIONS FOR NO FEMALE CONTACT



Lt. Col. Thomas Jasper, defense counsel for Abd al Hadi al Iraqi, answered questions Jan. 29 after a week of pretrial Military Commissions at U.S. Naval Station Guantanamo Bay. Navy Judge Capt. Kirk Waits heard oral arguments from the prosecution and defense, as well as testimony from female camp escort guards.

Female guard members testified Jan. 26 through 29 in pre-trial Military Commissions during a defense motion to request the Military Commissions judge halt all touching of Abd al Hadi al Iraqi by female guard force members.

Navy Judge Capt. Kirk Waits heard oral arguments from the prosecution and defense, as well as testimony from female camp escort guards and the current and former camp commanders. The prosecution led with the argument that limiting contact solely to male guards would compromise the mission capability of the guard force overtime. All of the witnesses' names were withheld for operational security reasons.

"When I have to pull a female off who has been trained and validated as a military police Soldier, as a guard, they're not part of the team anymore," said the current camp commander.

The court order came after an in-camp incident Oct. 8, 2014. Al Iraqi, who was being moved from a legal meeting back to his cell, refused to be touched by a female guard member who was part of the escorting team and had to touch him as part of the standard procedures. Al Iraqi claims physical contact with a non-family member female is against his religious beliefs and complained to the detention group commander.

Al Iraqi was forced back to his cell and eventually

petitioned the Military Commission's judge to issue an order forbidding female contact.

However, the prosecution argued that the guard

“**WHEN I HAVE TO
PULL A FEMALE
... THEY'RE NOT
PART OF THE
TEAM ANYMORE**”

force's operational needs, unit cohesion and the Soldiers' professional development should outweigh the detainee's religious preference.

Additionally, it was argued that the impact on mission cohesion would result in undue stress that would be brought about by switching to an all male guard force.

"If you're doing something and you know this person always does this every time and you're used to that, and then you put a new person in there, then you run that risk of ... starting to second-guess yourself, which – which is not very good," said a senior enlisted camp guard.

Marine Lt. Col. Thomas Jasper, Defense counsel for al Iraqi, noted the religious and moral obligation to respect the religious beliefs of al Iraqi.

Female guard touching is "religiously offensive," Jasper said. "Unwanted touching by women violates Mr. Hadi al Iraqi's sincerely held religious beliefs and is a sin under the Muslim religion."

Jasper went on to say that the lack of effort by the camp staff to adjust to Iraqi's religious necessities is no reason that they can't accomplish the mission with an all male force.

"[They say] It's too hard. Let's have a pity party and have a rallying cry over this issue and quit, not even try. That's what you heard yesterday for six hours," Jasper said in his final arguments.

The judge did not rule on the motion. The judge's decision is expected sometime in the coming months.

*Story and photo by
SGT. ADRIAN BORUNDA*

CUB SCOUTS, MARINES DEVELOP SKILLS



Scouts with Cub Scout Pack 3401 stand tall during their pack meeting, ready to take on Marine challenges setup by MCSFCO Saturday at Marine Hill.



A Marine with MCSFCO instructs a Cub Scout on how to position your feet when ascending the rope climb portion of the obstacle course Saturday at Marine Hill.

Parents and children gathered on Marine Hill Saturday morning as U.S. Naval Station Guantanamo Bay Cub Scout Pack 3401 held its monthly pack meeting. However, this meeting was unlike their typical pack meetings. The Cubs and their families were met by Marines with the U.S. Marine Corps Security Forces Company. The Marines volunteered their time to show the youngsters a little about being a Marine, team building and safety awareness.

"A lot of times I think parents, especially fathers, are kind of scratching their heads, wondering, 'what can I do with my son.' And of course, what son doesn't want to do something with his dad," said Duane Neyens, the Bear Den Leader for Cub Scout Pack 3401. "Well with the Cub Scout program, you can't send your cub to scouts once a week and expect them to get all the advancement. The program is designed so that the parents have to be interacting with their sons in order for their sons to advance."

The Marines began by leading the Cub Scouts through stretches, warm-up exercises and some martial arts. Afterward, the Marines divided the Cub Scouts into smaller groups. Each group spent about 10 minutes at several challenging stations that included Marine style face painting, weapons familiarization and safety, grenade throwing and Humvee familiarization and vehicle safety. From there, the Marines helped the children through an

obstacle course by lifting them up to high-bars, navigating them through large wooden obstacles and showing them how to properly ascend a rope climb. The Cub Scouts and their families finished off the meeting with an appetizing MRE lunch and a group photo with the Marines.

"We're lucky enough, down here, to be able to

**“THEY’RE SKILLS
THAT YOU LEARN
THAT CAN
CARRY ON ...”**

come out today with the Marines and go to these events," said Suzanne Kraynack, mother of a Webelos Scout and the awards coordinator for the GTMO Cub Scouts. "They're learning skills ... they're going and doing campouts ... hiking and identifying plants and animals, conservation and things like that."

The Cub Scouts are divided up by age, starting with the Tigers who are 7 years old, the Wolves are eight, Bears are nine, and finally, the Webelos are

10 years old. Children age 11 and up are able to transition into, or join, the Boy Scout Troop at GTMO. Each group attends a weekly den meeting, a monthly pack meeting, gets the opportunity to earn badges and participate in fun activities with fellow scouts and children.

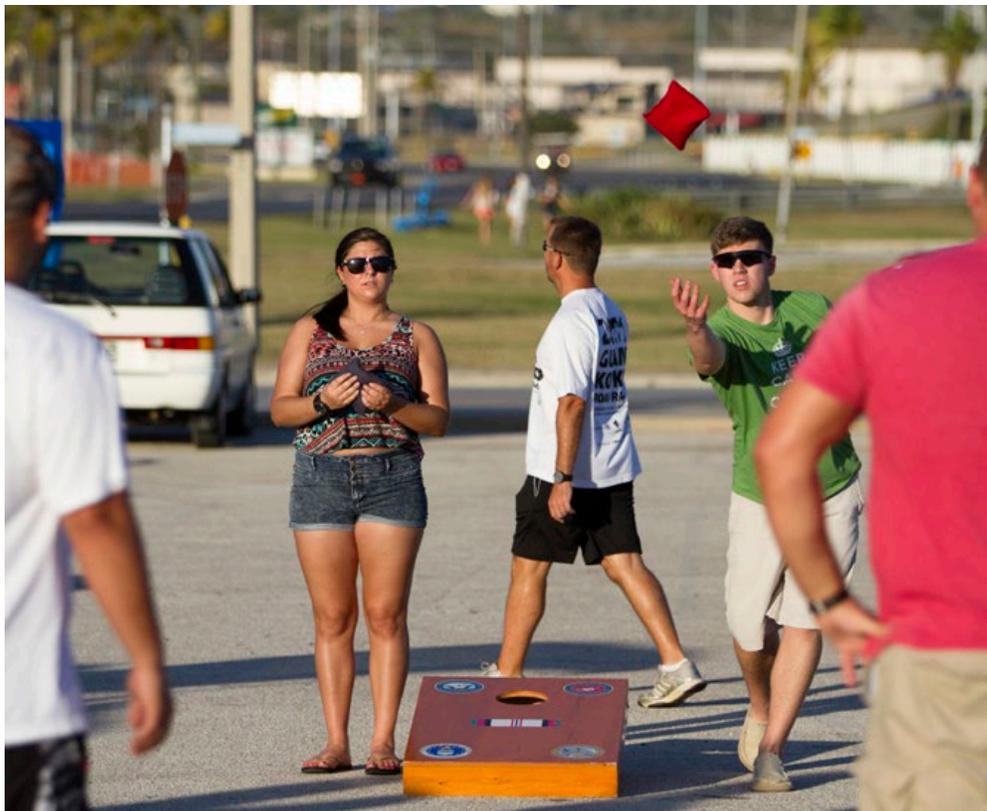
"There are opportunities to build bird houses. There are opportunities to build pine-wood-derby cars or rocket-derby cars, or go on adventures. There are family camping outings, or using tools or all those things that fathers thought, 'hey that's something really good to do with my son,'" Neyens said.

At the end of the event, the Cub Scout Leaders asked any of the Marines who were prior Cub Scouts or Boy Scouts to raise their hands. The children's eyes lit up as many of the Marines who helped them achieve their goals throughout the day started to reach toward the sky, one by one.

"There are so many, as we found out here today, Marines, Sailors, Airmen, who have been in the Boy Scouts and Cub Scouts at some point in their life. They're skills that you learn that you can carry on through your daily jobs," Kraynack said. "Cub Scouts is a lifelong endeavor."

Story and photos by
SGT. RICK HOPPE

TAILGATING: GUANTANAMO STYLE



Augusta Morse and Nick Smith played a game of corn hole during the tailgate event held by the MWR Sunday at the Downtown Lyceum prior to watching Super Bowl XLIX.



Wilson Alvarado checks on bratwursts during the Super Bowl XLIX tailgate event at the Downtown Lyceum.

Service members and other Guantanamo residents came together at the Downtown Lyceum Theater Sunday to celebrate before the start of Super Bowl XLIX was shown at the theater.

More than 50 people came to enjoy the Morale Welfare and Recreation tailgate event that featured games like corn hole, bouncing houses for kids and a grill serving up delights, all ending with a showing of the defending Champion Seattle Seahawks against the New England Patriots.

For Wilson Alvarado, a member of the Joint Task Force, the tailgate provided a great opportunity to get together with some members of his unit.

"I like getting a group of friends together to watch a really good Super Bowl. My team wasn't good enough to get in, but it's still good enough to enjoy," Alvarado said.

Alvarado predicted a Patriot victory by 14 points.

The GTMO MWR organized the event with a focus on being a family and adult friendly event.

"MWR has great music, and they were giving away great prizes," Alvarado said. "Overall they've fostered a pretty good environment."

Attendees also had the opportunity to bring along their grills, charcoal, tongs and get their literal tailgate on.

"We're cooking some bratwurst and some steaks, here and there, some salsa and chips and that's pretty

much all we needed," Alvarado said.

As the smoke swirled into the evening sky and the food sizzled, Alvarado and his friends started packing

“MWR HAS GREAT MUSIC ... THEY WERE GIVING AWAY GREAT PRIZES ... OVERALL THEY’VE FOSTERED A PRETTY GOOD ENVIRONMENT”

up their condiments and leftovers. With the sun setting the crowd slowly moved from the parking lot and made their way to the theater seats.

The screen came to life and bright lights from the commercials and telecast lit up the faces of everyone

in attendance.

"My dad was a big football fan. He would get us around the TV to watch and enjoy good football regardless of who was playing in the Super Bowl," Alvarado said.

Now, the Pittsburgh Steelers fan is sitting down again with his other family, a family of brothers and sisters in every service, to enjoy another Super Bowl.

Fans brought their team colors and draped them over their seats, others came in jerseys and wannabe Tom Brady Patriots beanies.

As the game began, Alvarado's prediction seemed to slipping away as the Seahawks roared back in the last two minutes of the game.

Earlier he had said one other thing, "I'm a Steelers fan but I'll never bet against Tom Brady."

In the end it wasn't Brady, but his defensive unit that made the game winning play, an interception at the one yard line to stop the Seahawks and earn the Pats a victory 28-24.

Story and photos by
SGT. ADRIAN BORUNDA

FIGHT TO INSPIRE



Everyone has different stresses and outlets for that stress. A group of amateur pugilists join Chaplain Frank Houghtaling at his boxing classes bi-weekly to deliver a knockout blow to their anxieties.

“What inspired me to join the boxing program was that I have had a love for the sport of boxing for awhile now, and have dreams one day of becoming the world boxing champion in the super middle weight division,” said Spc. Aaron Shrewsbury a member of the Joint Task Force.

The stories behind the different members of the class are all inspiring. One such story is Ginger Jane Hammack, who has been attending the class for a few months.

“I wanted to learn how to hit the speed bag. I work in fuel farms. I climb tanks. I operate tanker trucks. I fuel vessels, aviation and everything in between. I train to survive the battle field of life. I needed to advance my athletics and take it to another level. Boxing has always interested me,” Hammack said.

Getting up and going to the gym to do this boxing class takes a lot of will power and something that drives you to keep going, but sometimes it also takes a person, a person who inspired you.

“My role model is my mother. Yes, most people would say a professional boxer or something like that, but mine is my mother. She raised four boys by herself after my father died when I was 4 years old. She worked two jobs, always made our (my three brothers and me), sporting events and never once has complained about her life. Now that is a true fighter in my book,” Shrewsbury said.

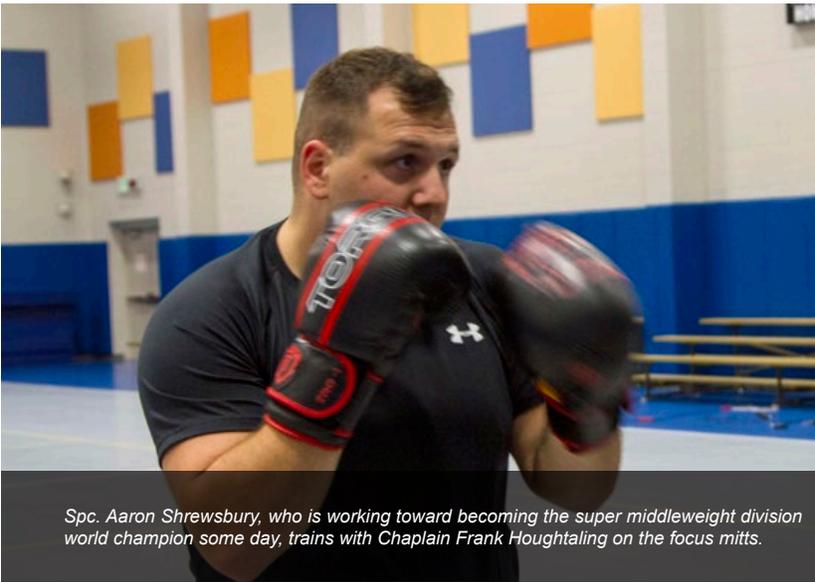
On the flip side of that, it could be that you are looking to be a good role model to someone else, to be a good inspiration in someone else’s life.

“My children are my inspiration because I’m a single mother with no help from anyone financially. I got myself here, and I have so much more to achieve, that’s why I train so hard. In my day to day life, slacking is never an option. I am a role model to my kids.” Hammack said. Influencing my children by my example, that as humans we can do anything we put our minds too.”

Whether you want to be a part of something to further a dream of yours, or if it’s to be a better stronger individual just in general, than maybe the boxing class is a good place for you to look.

For more information, contact the G.J. Denich Gym about Houghtaling’s Tuesday and Thursday classes from 6 to 8 p.m.

Story and photos by
SPC. LIZ SMITH



Spc. Aaron Shrewsbury, who is working toward becoming the super middleweight division world champion some day, trains with Chaplain Frank Houghtaling on the focus mitts.



Trainee Spc. Kyle Spellacy and instructor Chaplain Frank Houghtaling joke with one another before the boxing class begins.



Boxing instructor Chaplain Frank Houghtaling helps trainee Spc. Graciela Mollica, by showing her how to properly wrap her hands before starting his boxing class Jan. 30 in the G.J. Denich Gym.



Trainee Ginger Hammack practices her punching technique on the focus mitts with instructor Chaplain Frank Houghtaling at his boxing class.



Instructor Chaplain Frank Houghtaling helps trainee Spc. Graciela Mollica with her form during his boxing class.

REVIEW / THE WOMAN IN BLACK 2: ANGEL OF DEATH



What a waste of time on a Saturday night at GTMO! This movie was worse than the Lyceum's nachos. Now I have to waste more time writing a review about a movie that should never have been given funding, casting, or even had the second page of the screenplay read.

Whose idea was it to do a sequel to a terrible movie? Oh yeah, producers Tobin Armbrust, Ben Holden, Richard Jackson and Simon Oakes, and director/writer Jon Crocker thought they should make this movie. So, there are five people who simply do not deserve to work in the film industry – or even direct plays at small town local volunteer theaters!

I don't blame the actors. Actors are hard-working people who slave for years as wait staff at low class restaurants only to get turned down time after time for big roles to less talented people like Ben Affleck, Tom Cruise, Matt Damon, Kevin Costner or Scarlett Johansson. (At least Scarlett is easy to look at.) So, I cannot, in good conscience, blame the cast for appearing in this \$26 million disaster that somehow made \$15 million in its opening weekend.

Needless to say, after the movie opened, it started making drastically less money at the box office. Weekend two grossed \$4.6 million and after five weeks in theaters, the movie only made \$165,000 this last weekend.

"The Woman in Black 2: Angel of Death" has grossed \$26 million to date, but not because it deserved to. That luck probably has more to do with a large demographic of movie-goers who love horror flicks. There wasn't much in this movie that was even scary. It was mostly boring, and it took effort not to fall asleep. So, even if I was a fan of the horror genre, I would have been disappointed.

With falling dollar signs at the box office, it seems the "Angel of Death" has wielded its sharpened sickle of doom upon the movie itself – and rightly so!

If I could give this a negative rating, I would give it 5 banana rat droppings, but since our rating system here only goes to zero stars, that's what's up!

Movie review by
SGT. 1ST CLASS ROBERT FREESE

REVIEW / STRANGE MAGIC



"Strange Magic," a new animated film from Lucasfilm Ltd. and director Gary Rydstrom, is a madcap fairy tale musical inspired by "A Midsummer Night's Dream." Popular songs from the past six decades help tell the tale of a colorful cast of goblins, elves, fairies and imps, and their hilarious misadventures sparked by the battle over a powerful potion.

Gary Rydstrom brings to life a fanciful forest turned upside down with world-class animation and visual effects. Alan Cumming plays the Bog King, Evan Woods is Marianne and Kristen Chenoweth voices the part of the Sugar Plum Fairy.

The movie opens with a familiar storyline. There are two kingdoms, one is filled with singing, beauty and love, the other is a land of darkness, gloom and scary creatures. A primrose border separates the two kingdoms, which is reminiscent of "Maleficent."

The primrose petals can be turned into a love potion only the Sugar Plum Fairy can create. Right after narration of what the movie will be about; we are pleasantly surprised by a beautiful fairy singing "Can't Help Falling in Love," as

she flies around showing us the beauty of her kingdom. After that we learn it's her wedding day. The story quickly unfolds into a classic Disney movie with scandalous betrayals, hardening of hearts, and unrealistic expectations that are of course accomplished.

Though the movie holds a lot of humor, Kristen Chenoweth pulls it off again with her quirky quick wit and cute voice. She never disappoints, and her vocals are flawless as always.

This is an excellent movie to take your little girls to. As with many new children movies these days, this one holds enough adult humor, and recognizable classic songs to keep parents pleasantly entertained, and enough superfluous color, magic, and singing to keep the kids engaged the whole time.

Movie review by
SPC. RAUL SANCHEZ

IN THEATERS THIS WEEK

	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	
DOWNTOWN	The SpongeBob Movie: SOW (NEW) PG, 7 p.m. Woman in Black 2 PG13, 9 p.m.	The Gambler R, 7 p.m. Blackhat R, 9 p.m.	Strange Magic PG, 6:30 p.m. Exodus: Gods & Kings (LS) PG13, 8:45 p.m.	Wild (LS) R, 7 p.m.	The Hobbit: BOFA (LS) PG13, 7 p.m.	American Sniper R, 7 p.m.	Full Metal Jacket Throwback Thursdays R, 7 p.m.	DOWNTOWN
BULKLEY	The Gambler R, 8 p.m. Strange Magic PG, 10 p.m.	The SpongeBob Movie: SOW (NEW) PG, 8 p.m. Woman in Black 2 PG13, 10 p.m.	The Hobbit: BOFA (LS) PG13, 8 p.m.	LYCEUMS CLOSED *	Wild (LS) R, 8 p.m.	LYCEUMS CLOSED *	Platoon Throwback Thursdays R, 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 / THE GAMBLER



Meet Jim Bennett (Mark Wahlberg), an eccentric literature professor by day, and illegal high-stakes gambler by night. Bennett, a horrendously bad gambler with an equally bad disposition, depressingly torments his students during prematurely cut classes with his all-or-nothing methodology. Ousted pupil of perfection Amy Phillips (Brie Larson), and coincidentally a server at one of Bennett's nightly visited establishments, becomes attracted to Bennett's dramatic approach to literature, which noticeably stems from his addiction to losing.

With all external funding cut off by his lavishly wealthy mother Roberta (Jessica Lange), in an attempt to strangle her only son's swelling disease, Bennett willingly turns to his reapers for funding. He quickly weaves an inescapable web of debt with three competing loan sharks, some of which run the same illegal casinos he frequents during the night. In order to escape the situation that threatens his family and friends, Bennett selfishly stays on his path with a final attempt at going all in.

Directed by Rupert Wyatt, whose 15 years in the industry has generated only a handful of projects, the

only real success that this film hoped to claim was through writer William Monahan, who's credited with screenplays for Martin Scorsese's "The Departed," Ridley Scott's "Kingdom of Heaven" and "Body of Lies." How much of Monahan's screenplay made it into the film is difficult to tell, and as creatively to-the-point the dialogue may be, it couldn't elevate any real interest in the storyline.

It's hard to feel bad for a self-destructive, wealthy and literarily distinguished professor whose only problems are not knowing when to stop walking into casinos and when to start pursuing the beautiful, smart woman who's throwing herself at his feet.

The Oscar for this film should go to John Goodman for his part as Frank, one of the three loan shark crime bosses who reluctantly gets tied up in Bennett's web of self-destruction. Frank meets with Bennett more than once in clubs, often while grossly half nude in his favorite sauna, while trying to decide whether or not to go into business with such a diluted man.

Feeling sorry for Bennett, Frank dishes out self help and advice in order to provide Bennett with a new frame of mind, perhaps only to secure a more reliable

and profitable customer. John Goodman deserves an applause for swallowing the proverbial bullet on "Rosanne," which drained his soul just enough to provide such sadistically sweet roles as this – and Walter from "The Big Lebowski."

Mark Wahlberg and his fellow cast did well and deserve credit where credit is due. The film was not terrible, but at the same time it wasn't exactly a blockbuster, nor was it highly dynamic. There were several sarcastically humorous scenes that you could expect during the journey of a man at his wit's end refusing to be intimidated by bewildered mob bosses and miscreants. The scenery was well shot and the characters were developed properly.

For avoiding many of my personal peeves, "The Gambler" receives three stars. If you can keep your expectations low before walking into this film, you'll most likely be pleasantly surprised.

Movie review by
SGT. RICK HOPPE

MWR

2015 SPORTS SCHEDULE

MONTH / DAY ACTIVITY

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

SURVEYS: THEY REALLY WORK



For years, the Army community has been hearing that changes will be coming and the new Army Physical Fitness Uniforms will be introduced at some point in their careers. I'm sure many remember the numerous emails sent out in 2012 urging Soldiers to take part in surveys, deciding what we want our new uniforms to look and feel like.

After more than 76,000 Soldiers gave their input on changes they want to see made, a second survey went out later that year asking about possible color combinations. That's what really got the Soldiers' attention, more than 190,000 Soldiers voted on 64 design and color combinations. Now, after years of waiting, the changes have been implemented and the new uniforms have been made.

As of Jan. 21, ALARACT 016/2015 has been published, and the old grey polyester blend T-shirts and black nylon shorts have gotten the boot.

Thirty-two improvements have been made in order to appease Soldiers. They have improved the identification and key pockets, female sizes have been added and many more changes have been made. Those were some of the largest complaints about the old uniforms.

The goal of the new APFU is to use high-performance fabrics without increasing the cost from the old Improved Physical Fitness Uniform. The APFU is quick drying, moisture wicking, uses performance fabrics and unlike the IPFU, it is not reflective.

The new APFU ensemble consists of a black and gold color combination, with the same items as the IPFU; jacket, pants, long-sleeve T-shirt, short-sleeve T-shirt, trunks and a black micro fleece cap.

The big questions are; how long will it take us to get them and when is the wear-out date for our current IPFU?

The Army plans to introduce the new APFU over several years; the first Soldiers authorized to obtain their new APFU are drill sergeants and advanced individual training platoon sergeants during the second quarter of fiscal year 2015. From there initial entry training Soldiers will start being issued them from the clothing initial issue point at the beginning of 3QFY15.

Active duty Army, the Army reserves and the Army National Guard can begin purchasing them through their varied ordering systems beginning 4QFY15.

The last date our current physical fitness uniforms are authorized for wear is Sept. 30, 2017, with a mandatory possession date of the APFU of Oct. 1, 2017.

This is the first time the Army is introducing two versions of the physical fitness uniforms; the new standard issue and the optional APFU. The optional APFU will be sold at a higher price and may only be purchased with personal funds. The differences between the optional and issued uniforms are that they are made from different fabrics and the optional also has a pant liner and a brief-style trunk liner.

The wait is over people; now let's see how long it actually takes for us to receive them!

Article by

SPC. AMBER BOHLMAN

Graphic by

SGT. RICK HOPPE



WEEKLY

SUPER BOWL XLIX

This was it, a chance for the Seattle Seahawks to prove that they were more than just a fluke, more than just a lucky happenstance of players and timing in a weak division and conference. For the Patriots it was a chance to prove to the league, and the world, that the glory days of Belichick and Brady had not yet passed.

Super Bowl 49 was set in the beautiful desert backdrop of Glendale, Arizona, which featured some rain and fog on game day but cleared up just in time for a dramatic national anthem and a patriotic aerial display by the U.S. Air Force Air Demonstration Squadron, the Thunderbirds.

At kick off, it seemed that everyone had forgotten just how terrible the Seahawks were at the beginning of the year. Their dismal start had marred my outlook on how well they were going to do the rest of the season. While I was surprised that they made it to the playoffs, I knew there would be a team that would

expose the Seahawks' weaknesses displayed earlier in the year. This time it was during the one game to win at all costs.

If there was one way to describe the shortcomings of the Seahawks during the first half of the game it was a lack of effectively trusting in the running game. If ever there was a time to let loose the dog of war that is Marshawn Lynch to run over the mediocre Patriots defensive line, this game was it. Twenty-four carries, 102 yards and one touchdown is just not enough to beat the experience of Tom Brady and company.

As for Brady, well I think he wasn't trying to let it out of his control with 328 yards, four touchdowns and two interceptions. The lack of defense from the Seahawks in the fourth quarter also didn't help as they outscored 14-0.

The last play though will be the one that will be remembered and scrutinized for a long time. Instead of handing the ball over to Lynch in the final seconds on the one yard line, the Seahawks opted for a short pass that led to an interception to eventually end the game 28-24.

Article by

SGT. ADRIAN BORUNDA



WEEKLY

Saturday marked the long-awaited return of the Spider. Anderson Silva has waited more than a year to return to the Octagon after his failed bid to retain his middleweight championship from still the only man to defeat him in the Ultimate Fighting Championship, Chris Weidman. Silva suffered a broken leg in the fight after Weidman checked his kick, which left many to wonder if the sport would ever see the man, who many consider the greatest fighter of all time, step into the Octagon again.

Though triumphant in his return at UFC 183, the Spider was an exoskeleton of his former self. His opponent Nick Diaz was tailor made for Silva's return, but rather than putting the Stockton Bad Boy away in his signature brilliantly brutally violent way, Diaz stood toe-to-toe with the former champ for the full five-round bout. When Bruce Buffer read the decision, Silva dropped to the canvas and sobbed, uncontrollably. The months of rehab, and the uncertainty of his future seemed to weigh heavily on his mind.

Though Silva was victorious on the judges'

scorecards, it was Diaz who saw his stock soar the most. Not only did he take it to Silva, but Diaz also offered up his customary shenanigans by taunting the Spider and at one point even laying on the Octagon floor daring Silva to come into his guard. However, though the first two rounds were close, Silva began to shake off his ring rust and proved too big, quick and long for Diaz's signature volume striking approach. Silva's 17 career wins in the Octagon now places him third behind Georges St. Pierre (19) and Matt Hughes (18) on the career wins list.

UFC President Dana White said prior to the bout that if Silva won, he'd challenge Chris Weidman for the title. However, after Saturday it's clear the GOAT is well past his prime and has nothing more to prove.

Furthermore, on Tuesday evening it was revealed that Anderson Silva tested positive for steroids in an out-of-competition drug test prior to his bout with Nick Diaz. Additionally, Diaz failed the post-fight drug test with trace amounts of Marijuana in his system. This is Anderson's first failed drug test. Diaz, who is a known cannabis user, has failed three drug tests. So, likely the exciting and highly anticipated fight will go down as a no contest.

Article by

1ST LT. MACARIO MORA

PATRIOTS WIN SUPER BOWL XLIX 28-24

POUND POUND TOP 10

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



“Physical fitness is the first requisite of happiness.” – Joseph Pilates

THE ART OF CONTROL

Pilates is a form of exercise, created by Joseph Pilates, which emphasizes the balanced development of the body through core strength, flexibility and awareness in order to support efficient, graceful movement.

The foundation of Pilates is core strength. Your core muscles are the deep, internal muscles of the abdomen and back. Pilates trains these muscles to properly do their job and work with the more superficial muscles to support the spine.

“As you develop your core strength, you develop stability throughout your entire torso,” said Roxy Bumpus, a Pilates instructor.

This is why Pilates can help people overcome back pain. Once the trunk is properly stabilized, pressure on your back is relieved, and your entire body will move more efficiently.

The six principles of Pilates are concentration, breath, control, flow, centering and precision.

Focus is very important for any workout. Concentration connects your mind to your body to perfect your form by feeling the movement of every exercise. It is also important to concentrate on your breathing. Proper breathing helps improve your flexibility, eases your body and increases circulation. It is important to take full, deep breaths throughout your workout. These two concepts directly tie into control.

Pilates is known as “The Art of Control.” Every movement of your workout requires complete control of your body by your mind.

With control, comes flow. This means fluidity of motion. Each exercise you do must be smooth and graceful. Proper flow means your body will constantly be in motion as you move between exercises. As you change your movements, it’s important to make sure they come from your “powerhouse.” The “powerhouse” includes your abdominals, lower back and buttocks. Each exercise must begin from this area and flow outward to the other parts of your body.

Putting everything together will help you achieve precision. Pilates saying is, “Honor every movement.” These exercises have a purpose, and you must do things properly and precisely to get the most out of your workout. All these principles tie together and you should constantly analyze your body to make sure you are achieving each piece.

Put these concepts into practice with Roxy Bumpus at the G.J. Denich Gym every Tuesday at 7 p.m. and Thursday at 5:30 p.m.!

Article by
SPC. MONIQUE QUINONES
JTF Media Relations

EATING HEALTHY

Just because you can't cook in the cuscados doesn't mean you can't be healthy. Here are the best foods to buy at the grocery store:

1. Almonds
2. Asparagus
3. Avocados
4. Berries
5. Bell Peppers



JSMART SPOT

▲ JSMART HELPER: TITAN

STINKING THINKING

Imagine walking into the NEX and encountering an old friend. You see him and wave, but your greeting goes unanswered. Perhaps you feel you’ve been snubbed. You think, “What a jerk! I’m no longer going to be friends with him.” You feel angry, sad or invalidated and walk out of the NEX – forgetting your original purpose. These thoughts can ruin your day.

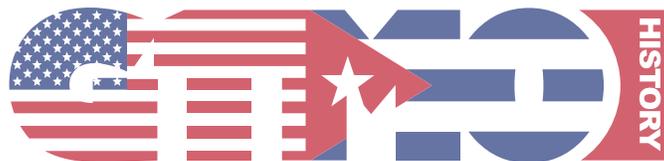
The cycle outlined above occurs more frequently than you think. Simply put, our thoughts cause our feelings. We are what we think. Our negative thoughts create feelings such as anxiousness, helplessness or rage. These thoughts are classified as “automatic thoughts.” They’re called automatic thoughts because they can appear and guide our feelings, behaviors and how our body responds without realizing it. These thoughts are often distorted by our perception of life and the world, without considering alternatives. For example, you receive a complement from your

coworker. You may first think, “They didn’t really mean that; they just want something.” Instead of accepting the compliment, our feelings are impacted by our distorted beliefs about ourselves. We may have learned these distorted beliefs through significant, but possibly destructive past relationships.

There are many tools available to help reframe our dysfunctional thoughts, ultimately, you feel better. The first method toward creating positive emotions is taking a step back, examining your negative thoughts and the underlying root of each. For more strategies to change your “stinking thinking,” tune in to the JSMART show, Friday between 12-2 p.m., on Radio GTMO.

For questions or suggestions, reach us at JSMARTRADIO@outlook.com

Article by
**PETTY OFFICER 2ND CLASS
ROBERT MCQUEEN and
PETTY OFFICER 3RD CLASS
RANDALL KELLEY**



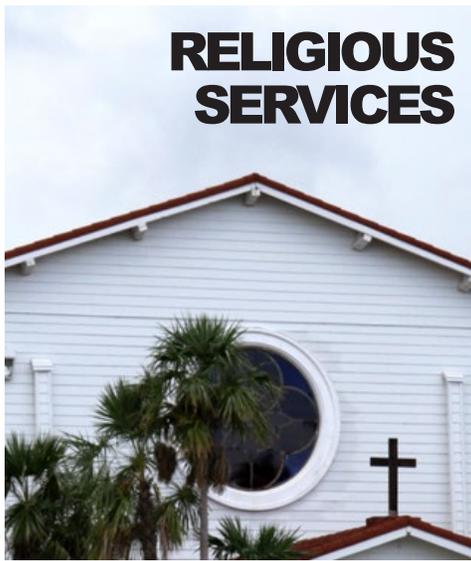
GUANTANAMO THEN AND NOW 1920'S



On June 10, 1898, a battalion of U.S. Marines under the command of Lt. Col. Robert Huntington landed near what is now McCalla Field. One Navy surgeon and five Marines were killed in action with Spanish troops. The canon commemorating this even stands watch over the bay and is pictured as it stood in the early 1920's and how it looks today.

Article and bottom photo by
SGT. 1ST CLASS ROBERT FREESE

Top photo courtesy of
STACEY BYINGTON
USN Hospital GTMO PAO



RELIGIOUS SERVICES

ROMAN CATHOLIC (NAVSTA CHAPEL)

Saturday*	1700
Sunday*	0900
Mon-Thurs*	1730 (Side Chapel)

PROTESTANT SERVICES (JTF TROOPERS' CHAPEL)

Sunday*	0900 1900
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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 19	
Pentecostal	Sunday	0800	Annex Room D	
	Sunday	1700	Annex Room D	
JTF Bible Study*	Monday	1900	Cuzco Block H	
	Sunday	0640	JTF Troopers' Chapel	
	Wednesday	1900	JTF Troopers' Chapel	
Beginners Bible Study*	Thursday	1130	JTF Deputy Chaplain's Office	
New Christian's Inquiry*	Saturday	1900	JTF Troopers' Chapel	
Christian Fellowship	Sunday	1800	Main Chapel	(Non-denominational)

*These services are conducted by Army or Navy chaplains / For more information call ext. 2218

NOTICE!
 The NEX gas pumps will be closed February 7-9 for gas pump repairs. Please notify your fellow Troopers and plan accordingly.

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

PARTING SHOT



'CRABBY BEACH BUM' PHOTO BY PETER R. TEN EYCK WITH JTF-GTMO-J2. FOR A CHANCE TO HAVE YOUR PHOTO FEATURED IN THE PARTING SHOT, PLEASE SEND SUBMISSIONS TO: THEWIRE@JTFGTMO.SOUTHCOM.MIL

THE **WIRE**

