

THE OFFICIAL PUBLICATION OF JOINT TASK FORCE GUANTANAMO

# THE WIRE

FEBRUARY 13, 2015

## MOVE AND SHOOT

CRAZY HORSE TROOPS SHARPEN THEIR INFANTRY TACTICS

## WARFIGHTER COMPETITION

MPs TEST THEIR METTLE, DETERMINE THE ELITE AMONG THE ELITE

## SECRETARY OF ARMY IN GTMO

ARMY LEADER HOSTS Q&A WITH JTF SOLDIERS, LAUDS TROOPERS

## ONE MORE RUNNING MILE

MWR HOLDS ITS FIRST SCHEDULED FULL AND HALF MARATHONS

## GTMO FISHING TOURNAMENT

GTMO RESIDENTS REEL IN THE EXCITEMENT OF THE BIG CATCH



**SGT. 1ST CLASS ROBERT FREESE**  
JTF Command Information NCOIC

Internet sage T. E. Woodwoose defined “colorful language” as “curses, scatological references, sexual references and general imaginative insults.” Typically, people who use so-called “colorful” language only use a few words to describe all people or things (nouns), to convey every action (verb), to modify all nouns

# COLORFUL LANGUAGE

(adjectives), and to modify every verb or adjective (adverb).

I will substitute one of these colorful words with a non-offensive word to make my point: It’s colder than foot; It’s hotter than foot; She’s footing hot; He’s nothing but a foot-up; I don’t give a foot; Awww foot it; Why don’t you go outside and play hide and go foot yourself? We even use the same small group of words as almost every element in a sentence: I can’t footing stand that footing footer. This type of language is not really all that colorful.

I’m not judging anyone. Talk how you talk, but remember that here at Joint Task Force Guantanamo, we are almost always in a spotlight. When you make off hand monotone comments, thier may be personnel listening who you didn’t even know were there, or the chance listener could be someone in media, who in turn may write a story about the unprofessional behavior of Soldiers guarding detainees, pulling negative international attention.

So, one day I re-evaluated the term “colorful language.” When we speak like this, we are actually speaking in a very monotone language. There’s no depth, no creativity, no thought given to our speech when every other word begins with the letter f, or describes a bowel movement. Even more important,

it’s unprofessional.

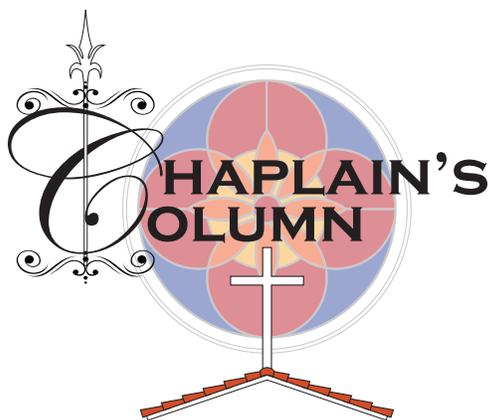
Oh, I already know some of you are saying, “Hold up Sgt. 1st Class Freese, you drop f-bombs all the time!” It appears my hypocrisy knows no bounds. I do have a bit of a potty mouth. This is something I’ve been working on the last few weeks because my hypocrisy only goes so far – it’s still unprofessional for me to insert unnecessary swear words into almost every sentence.

Practicing professional language not only makes you look more professional – it actually makes you more professional. Since I have been here, I have said things that I immediately hoped weren’t heard by a media person or some master chief petty officer looking for a reason to correct someone. Thankfully, it wasn’t, but it forced me to improve my professional behavior.

Part of growing as Warriors and as leaders is to continually improve ourselves physically, ethically, mentally, spiritually and professionally. I encourage you all to work at improving the creativity and professionalism of your speech.

*Article by*  
**SGT. 1ST CLASS ROBERT FREESE**  
JTF Command Information NCOIC

## JOINT TASK FORCE GUANTANAMO



Of late, the back page of ‘The Wire’ has featured a dramatic photograph with the caption, “Parting Shot.” The images, over time, paint a picture of GTMO – but only in terms of things which occur here naturally.

Our presence here at Guantanamo Bay is not the direct result of Creation or evolution. It is the result of circumstances that have developed over the last few

# PARTING SHOT

decades and have culminated in the last 13 years. It is hard to tell how long we will continue to operate here, but I can safely say Joint Task Force Guantanamo will still be here after I depart next week.

Most of us look forward to the day of our redeployment, and I would be lying if I said I was not. But those of us who have made a personal investment in our mission here will also go home with a sense of sadness. Perhaps it is caused by the regret that we have not fulfilled our mission – that there is something else we want to accomplish before we get on the rotator; one last place we can make an impact; one more thing to do. Perhaps that sadness is felt because we are leaving behind our team – the people we have worked with on a daily basis in order to accomplish the tasks for which we are responsible. Regardless of the reason, I know that sadness is a good thing, for it shows we have made a personal investment. We’ve done more than “been there, got the T shirt.” Rather,

we’ve done our measured best in the circumstances presented to us.

I want my parting shot to be a challenge to all of you, whether in your first week of deployment or ready to join me on the way home. In his second letter to Timothy, St. Paul instructed him, “Preach the word; be prepared in season and out of season; correct, rebuke, and encourage – with great patience and careful instruction” (2 Tim 4:2). Follow that instruction, and you will be able to join St. Paul as he says, “I have fought the good fight, I have finished the race, I have kept the faith,” (2 Tim 4:7).

Thank you for the blessing you have been to me, GTMO, and may our loving God continue to bless each of you.

*Article by*  
**CMDR. THOMAS TAYLOR**  
JTF Command Chaplain



## COMMAND & CHAPLAIN

The military is known for colorful language, but is it professional? The JTF Command Chaplain, Thomas Taylor, bids farewell and leaves with words of encouragement.



## GTMO NEWS

This week in GTMO news, the Secretary of the Army hosts a Q&A town hall with JTF Soldiers, the USS Jason Dunham makes a port call, GTMO residents reel in big fish during a fishing tournament and MPs compete in Warfighter.



## PHOTO STORY / COVER PHOTO

Crazy Horse Troopers conduct infantry lanes to hone their trade and sharpen their leadership.



## ENTERTAINMENT & REVIEWS

The Lyceum was rained out Friday, so there are two book reviews for you literature enthusiasts: "The Maze Runner" is a young adult novel and thriller, and "The Alchemist" takes you on a journey for treasure.



## SPORTS

The NBA 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.



## LIFE & FITNESS

Many enjoy a nice adult beverage from time-to-time, but do you know how many calories are in your favorite nightcap? If you're worried about your expanding waistline, alcohol may be the culprit.

# MOTIVATOR OF THE WEEK

**STAFF SGT. BAKARAY  
WELLS  
BEEF**

**SPC. JUDY HANESANA  
COMMAND ELEMENT**

## CYBER CRIMINALS WANT YOUR INFORMATION!

Don't give it to them! Make sure you safeguard your passwords. Don't use the same passwords or login names for multiple websites. Don't use obvious passwords like names of pets or children. Do not use birthdays or social security numbers as passwords either. Make unique and strong passwords for all your online accounts. Don't make it easy for cyber criminals to access your accounts or personal information! 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 WHERE THEIR FAVORITE PLACE TO EAT IS, AND WHY.



**SPC. DAMON ARNETT**

“Favorite place to eat is the Seaside Galley on surf-n-turf day, only because they actually grill your steaks ... you get to choose how it’s cooked.”



**PETTY OFFICER 3RD CLASS SABRINA SNELLING**

“My favorite place is just grilling out next to my barracks and cooking whatever food it is that I want to have.”



**SPC. COREY THOMPSON**

“I like the Bayview. I like their brunch on Sundays because, well, breakfast is my favorite food, and they have a lot to choose from.”

# ONE CONSTANT: SOLDIERS’ WILLINGNESS TO SERVE



Secretary of the Army John M. McHugh speaks with Joint Task Force Guantanamo Soldiers after a lunch meet-and-greet here Monday. McHugh spent most of the lunch hour listening to concerns and answering various questions from Soldiers.

Secretary of the Army John M. McHugh spoke to Service members during a trip to see the detention facilities here, Feb. 9, during his first trip to Joint Task Force Guantanamo.

This was McHugh’s second trip to GTMO, however, McHugh said the last time he was here was roughly 20 years ago – before the JTF was established.

“The one constant over the whole time was the Soldiers’ willingness to serve,” McHugh said.

A highlight of the Secretary’s trip included a town hall meeting with Soldiers assigned to JTF-GTMO in which he expressed his appreciation for the hard work and dedication required to take on a mission that is often misunderstood and under-appreciated.

“I’m here today as your Secretary,” McHugh said. “Greatly humbled by what you do each and every day. In particular, you’re required to quietly do a mission that is important for this country, and is under an international microscope where every misstep is magnified dozens of times. Thank you for your service.”

Rear Adm. Kyle Cozad, the JTF-GTMO commander, and his staff briefed McHugh on the day-to-day operations of the JTF and provided McHugh a tour of unique JTF facilities. The tour included detention facilities where the Secretary visited with members of the guard force.

Secretary McHugh also met with Soldiers at a dining facility to eat lunch and talk to them about their concerns for the future of the Army.

McHugh finished his tour of GTMO by speaking to a crowd of Soldiers and other Service members at a town hall hosted in the Windjammer Ballroom. The Secretary answered a plethora of questions that spanned topics as broad as the future of JTF missions, the role of the reserve and guard forces in the overall Army mission and force structure.

Though McHugh was a politician for 25 years, he said that his intent visiting GTMO was to listen to the Soldiers and not give a speech to the Service members gathered. The town hall was a question and answer session that gave GTMO Service members the opportunity for their voices to be heard.

Cozad began the town hall by thanking McHugh for the visit and noted that though JTF-GTMO Service members aren’t in a combat zone, the mission could often be just as stressful and often thankless.

Just prior to the start of the town hall, McHugh promoted Crystal Orozco and Logan Hall to the rank of sergeant.

McHugh said it was an honor to promote the Soldiers. He said that NCOs are the glue that holds the force together.

“So, I’d like to congratulate the two newest noncommissioned officers in the Army,” McHugh said. “When I first became the Secretary six years ago, it was the year of the NCO. If there’s one thing I’ve learned it is, in order for this Army to succeed we need two things; one is our NCOS. It’s the force construct that sets us apart from the rest of the Armies. Second, and more importantly than that, you have to have Soldiers such as yourselves. Men and women who have come together for a cause greater than yourselves. They represent all that is great about you, and about this Army.”

JTF GTMO is a U.S. Southern Command element responsible for the safe, humane, legal, transparent care and custody of the detainees here as well as to provide support to the Office of Military Commissions.

Story by

**1ST LT. MACARIO MORA**

Photo by

**SPC. AMBER BOHLMAN**

# WARFIGHTER: GTMO SOLDIERS COMPETE FOR TITLE



Soldiers of the 525th Military Police Battalion fire their weapons for qualification scores at Windmill Range here, shooting for the opportunity to represent their battalion in the National "Warfighter" competition at Fort Leonard Wood Missouri, Feb. 5.

The air is crisp and cool before the sun rises as chosen Soldiers of the 525th Military Police Battalion gather for a chance to prove their greatness. The stillness of the early morning hour is broken by the motivational shouts of gathering Soldiers. Twenty-eight of Joint Task Force GTMO's finest security personnel from the 525th MP BN. took part in the preliminary tryout exercise, with aspirations of becoming the 2015 Warfighter.

The Warfighter and Best Warrior competitions are held annually to test Soldiers' physical fitness, endurance and level of proficiency at problem solving skills. The trial began with 28 Soldiers and two days worth of events to narrow the competitors to the six who will move forward to the national competition at Fort Leonard Wood, Missouri as primary and alternate three-man teams. Moving forward will be the best scoring Non-Commissioned Officer as a team leader and two junior enlisted as a single team.

"During the MP Warfighter exercise, we are getting real sweaty and doing intense workouts," said Spc. Brandon Hayes, a participant. "We did a lot of physical exercises like the modified PT test and 4-mile run, live-fire rifle and pistol ranges and a 10-mile ruck march to try to get to the next round of the competition in Leonard Wood."

The GTMO preliminaries consisted of a modified PT test; inclined pushups, 25lb weighted sit ups, and

a 4-mile run in Army Combat Uniform with an M16 or M4 rifle. Other events included a Gator push/pull, and an ammo can/mannequin-carry relay at Cooper Field, Marine Hill obstacle course and combat lifesaver lanes, a 10-mile, 35-pound ruck march to Windward Range for rifle and pistol qualifications, a weapons assembly event and a written test.

**“EVEN THOUGH THEIR WEREN'T A LOT OF COMPETITORS, THEIR WAS A LOT OF HEART”**

"I've competed in both an MP Warfighter and Best Warrior competition back home, and I'd have to say that this is a lot more intense than either of those. Just being on the island, everything is more condensed. There are no breaks in between events," Hayes said.

The day's events began at 1 a.m. and continued



Soldiers of the 525th Military Police Battalion compete on the Marine Hill obstacle course here as part of the GTMO Warfighter competition.

until 5 p.m., with Soldiers making their own time to eat MREs on the go or trying to get far enough ahead of the pack to afford a quick stop for lunch. Each Soldier had an independent approach to conquering the obstacles and trials laid out before them and motivations for competing.

"My teammate decided to try out, and I joined to support him," said Spc. Jeffrey Leroux. "I knew it was going to be hard, but I had no idea it would be this hard. All of the competitors gave it everything they had. Even though there weren't a lot of competitors, there was a lot of heart. I was very impressed with my fellow Soldiers."

*Here are the Soldiers who will be moving on to the next level of competitions:*

#### GTMO WAR FIGHTER TEAM MEMBERS

Sgt. Joseph Butth, 102nd MP CO  
Spc. Brandon Hayes, 447th MP CO  
Spc. Kyle Fields, 102nd MP CO

#### BEST WARRIORS

Sgt. Joseph Butth, 102nd MP CO  
Spc. Brandon Hayes, 447th MP CO

*Story and photos by*  
**SGT. CHRIS MOORE**

# SOLDIERS CAST THEIR LINES IN THE BAY



Army Staff Sgt. Paul Groteau casts near an old mooring in Guantanamo Bay during the Big Ol' Mackerel Fishing Tournament here Saturday.



Army Staff Sgt. Craig Jones preps his line while fishing near Girl Scout Beach shortly before being soaked by rain here Saturday.

Life at U.S. Naval Station Guantanamo Bay can be boring – if you allow it to be. MWR does a good job of keeping Soldiers, Sailors, Marines, Airmen and Coast Guardsmen busy if they choose to be. This past weekend was no different, as several events took place around GTMO, including the “Big Ol’ Mackerel Fishing Tournament.”

Two Soldiers from Joint Task Force Guantanamo participated in the event – Army Staff Sgts. Paul Croteau and Craig Jones.

The two deployed to Iraq together in 2009, but never fished together until they came to GTMO. They started fishing together about six months ago.

“I like it out here because I fish a lot more, and it’s nicer,” Croteau said. “Jones fishes more than I do back home. He lives in the city. I live near Albany, so we’re a three hour drive from each other. I think we’re going to try after this deployment.”

Fishing is a relatively new sport for Jones, who is a bus driver for Metropolitan Transit Authority back home, in New York.

“I’m a late bloomer. I’ve been fishing maybe six years,” he said.

This isn’t the first tournament Jones and Croteau have participated in at GTMO.

“The first one was shark, barracuda and snook,” Croteau said. “After that was the snapper tournament, so this is our third one.”

Croteau admitted they haven’t done too well in the tournaments, but both Soldiers agreed they do this for the fun of the sport, and said they have much better

**“ THIS IS RELAXING, GIVES YOU PEACE OF MIND. IT GETS YOU AWAY FROM THE BASE FOR AWHILE. ”**

luck fishing for snapper at night.

After a rainstorm rushed through the bay toward them with about an hour left in the tournament, the

team decided to head back to the marina. The storm had already passed over them quickly, leaving them drenched, as they neared the marina, but they still had time for a few more casts.

“It stopped raining, so we got 30 minutes left. So, we’re gonna just keep fishing. It’s fun – we’re soaking wet,” Croteau said.

The biggest fish in each category were caught by three Coast Guardsmen from Port Security Unit 308. Petty Officer 3rd Class Christopher Phillips caught a 16 ½-inch yellow jack, Petty Officer 2nd Class Sheldon Bartlett hooked a 15-inch red snapper and Petty Officer 2nd Class Larry Derouen bagged a 23-inch Spanish Mackerel.

Even though Croteau and Jones didn’t win the tournament, they each walked away with 10-inch red snappers, which they plan to cook and eat by week’s end. They accomplished what they set out to do – have a good time.

“This is relaxing – gives you peace of mind. It gets you away from the base for awhile,” Jones said.

Story and photos by  
SGT 1ST CLASS ROBERT FREESE

# INFANTRY AT LOW READY, ON THE MOVE

Several infantrymen walked slowly in column along a road, eyes peeled to the bushes to the left and right. As they passed high ground to the right with trees and other foliage, a flash and the sound of automatic weapons' fire rang out. The men took cover.

These infantrymen, belonging to Crazy Horse Troop, 1st Squadron, 3rd Cavalry Regiment, conducted squad and team movements in react to contact as well as basic marksmanship skills at U.S. Naval Station Guantanamo Bay most of last week.

"Infantry battle drills, the fundamentals from running the drills, are involved in our everyday mission. In the traditional infantry platoon, the team leader is essential to accomplishing the mission, and we carry that over here at Guantanamo Bay," said 1st Lt. Taylor Brownstein, a platoon leader.

Senior leaders took a background role and let the team and squad leaders take charge of the squad preparation, briefing and execution of the knocking out a bunker and reacting to close ambush training lanes.

"The platoon leadership can't be everywhere, and we rely on our team leaders to ensure the standard is being upheld," Brownstein said. "By re-teaching the basic battle drills, we bring back the important principals of discipline, preparation, and mission accomplishment."

The Crazy Horse Troopers' movement flowed from initial contact to assaulting through an objective and completing tactical site exploitation. That fluidity stems from unit discipline.

"The Soldiers implement these everyday principles here whether it is running ACP Roosevelt, or manning the quick reaction force," Brownstein said. "It is important for them to continue their training no matter where we are. We are always training for the next fight."

From the first round fired to the last comment in the after action review, Soldiers were moving with a purpose and standing ready for their turn at each lane.

"The Soldiers were extremely motivated," Brownstein said. "It has been close to a year since they were able to do get out to the field and do some good training. The Soldiers really enjoyed getting back to basics."

Spc. David Stark, an infantryman, was one of the Soldiers training with his squad.

"I like shooting, and I like improving myself and my skills," Stark said. "Marksmanship is a good skill to develop self discipline. You have so many things to think about, but it's all learning to master yourself and your weapon."

For Stark, marksmanship and squad and team training are where he flourishes.

"I like this kind of training because it's more than just knowing your weapon or your team but how well you use them in practice," Stark said.

Spc. Ryan Mason, also with Crazy Horse Troop, is intimidating at over six feet tall. He carries himself with an air of confidence, but not egotistically. With the Combat Infantry Badge sewn on his Army Combat Uniform and the iconic 2nd Infantry Division patch on his right sleeve pocket, he is one of the more experienced Soldiers here.

"If you're ever on the front line or in a combat situation your life depends on that marksmanship that you learned on the range," Mason said. "You also build that unit cohesion. The stronger that cohesion, and the more proficient you are with your weapon, the better chance you have at winning a war and standing your ground against the enemy."

The Crazy Horse Troopers did just that – they trained as the Caribbean humidity hung in the air and the ocean breeze kicked dirt into their faces. They trained to the infantry standard.

*Story and photos by*  
**SGT. ADRIAN BORUNDA**



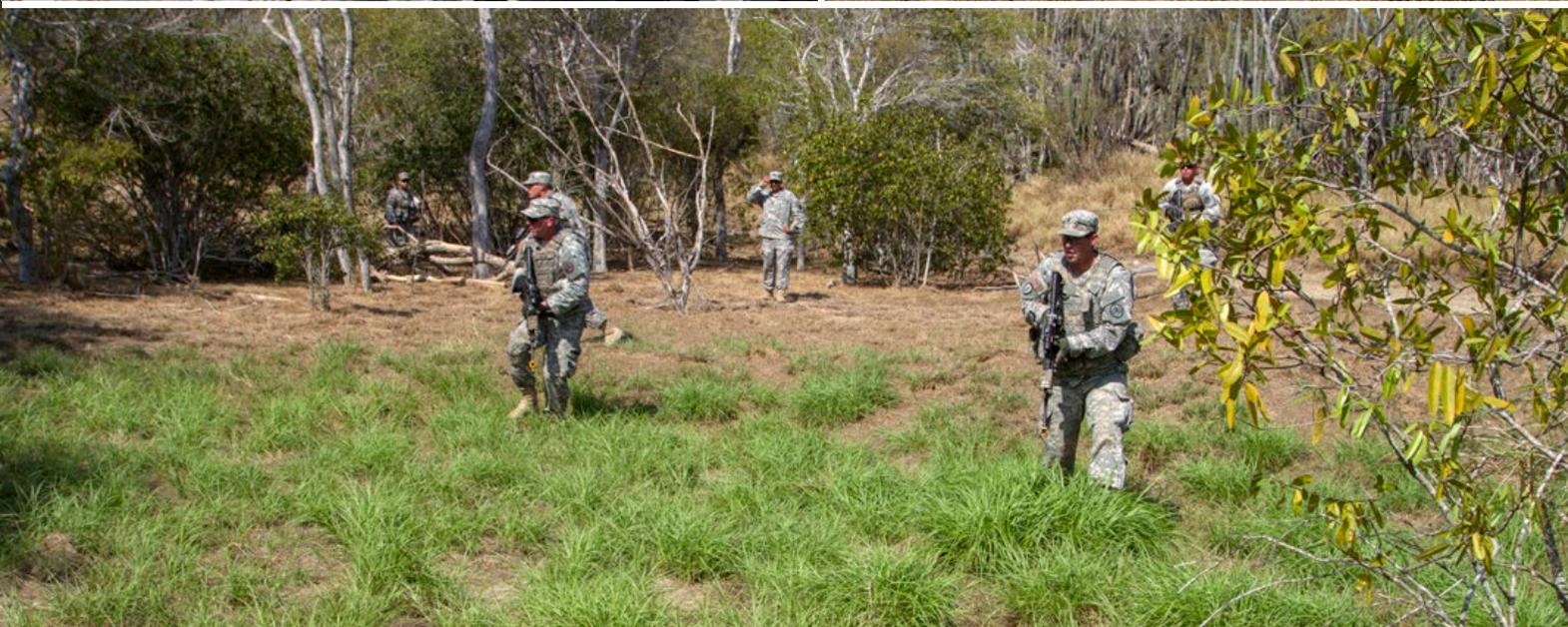


*Soldiers with Crazy Horse Troop, 1st Squadron, 3rd Cavalry Regiment pull 360 degree security while receiving instruction from the team leader on a range at U.S. Naval Station Guantanamo Bay, Cuba Feb. 6. The troop conducted training that focused on team and squad sized elements focusing on battle drills and marksmanship.*

Sgt. Ethan Outcalt goes over a scenario before his squad's turn for training on a range here Feb. 6. during squad and team level training.

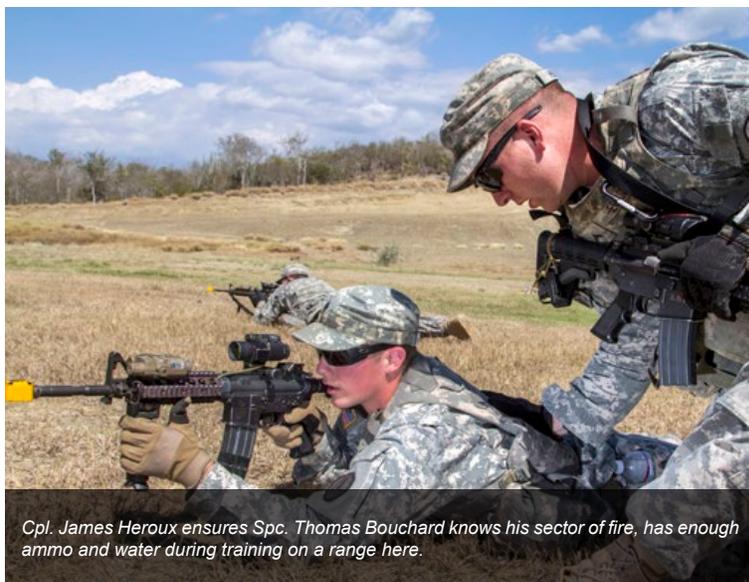
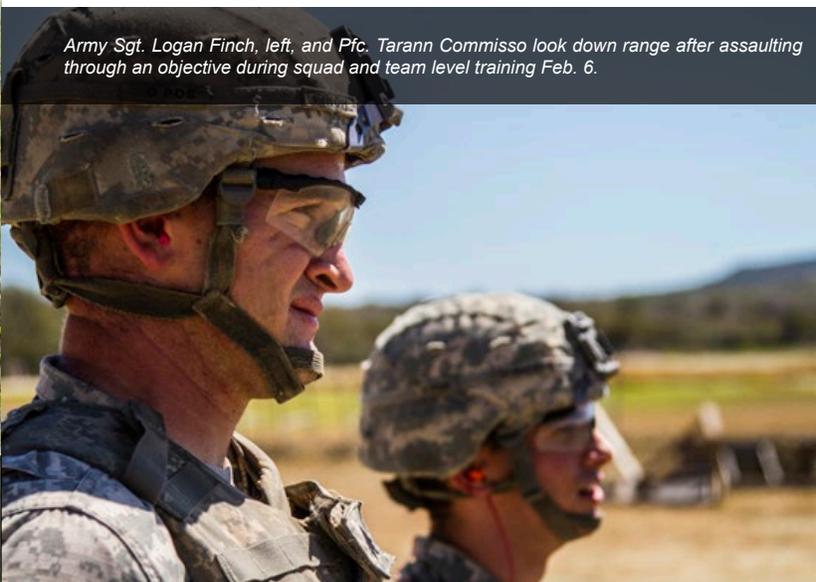


Soldiers with Crazy Horse Troop, 1st Squadron, 3rd Cavalry Regiment assault through an objective during training. The Troop conducted training at team and squad sized elements focusing on battle drills and marksmanship.

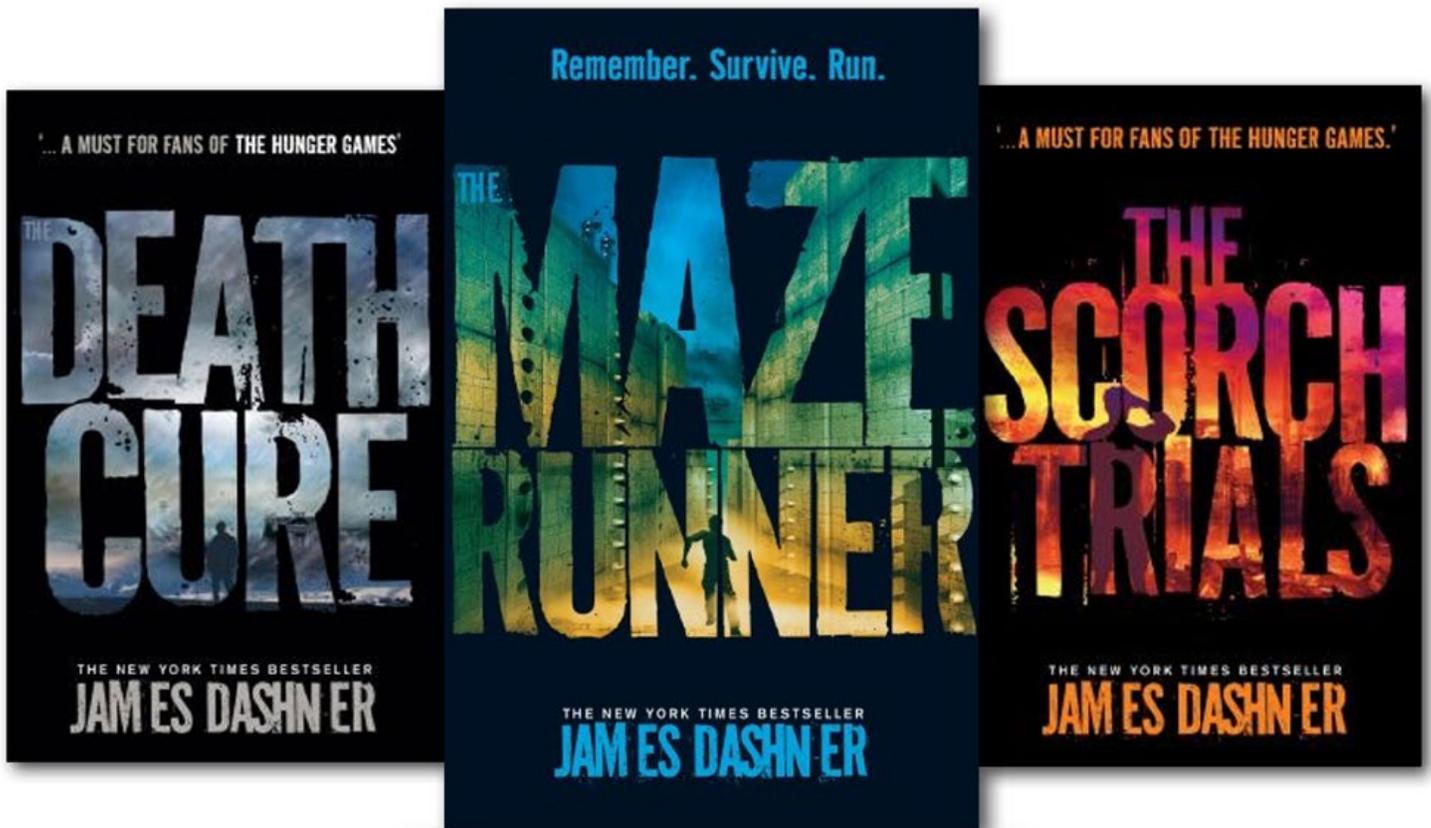


Soldiers with Crazy Horse Troop, 1st Squadron, 3rd Cavalry Regiment, assault a simulated enemy during the react to a near ambush lane at a range on U.S. Naval Station Guantanamo Bay, Feb. 6.

Army Sgt. Logan Finch, left, and Pfc. Tarann Comisso look down range after assaulting through an objective during squad and team level training Feb. 6.



Cpl. James Heroux ensures Spc. Thomas Bouchard knows his sector of fire, has enough ammo and water during training on a range here.



“The Maze Runner,” adapted from James Dashner’s novel, is a perfect place to start in the long line of young-adult dystopian series of novels. It brings together elements of “Lord of the Flies” with the Minotaur and Orpheus myths, but it mixes with the same fundamentals that “The Hunger Games” experienced through a dissociative fog.

The Maze Runner is my favorite series from the dystopian sweepstakes. I closely related with Thomas as he fought with trying to fit together the pieces of the puzzle of his life and new situation.

Imagine waking up in total darkness, not knowing where you are, where you came from, or where you’re going, all you know is your name, Thomas. All of a sudden, blinding light hits you like a hammer in your face and suddenly you’re tossed into the disorienting world of the Glade. The Glade, a homestead for about 60 boys, who no longer have memories of their former lives, and happen to be inconveniently located in the center of a giant and deadly maze. Everyone speaks with unfamiliar slang, using words like shank and greenie. This disorientation is made more frightening when they realize that to survive they must lock themselves in every night to avoid the horrors of the Grievers – beings that are part machine, part animal and altogether deadly. The Griever is their worst

nightmare.

Everyone there has an assigned task, such as Runner. Everyday the Runners venture into the labyrinth, trying to map the ever-changing pattern of walls in an attempt to find an exit from this hellish place. So far, no one has figured it out. And not all of the Runners return from their daily exertions – victims of the maniacal Grievers.

Thomas, only having been there a few days, finally starts to fall into a comfortable pattern, thanks to the help of his new friend Chuck, a 13-year-old porky boy. For the past two years, a new boy arrives at the Glade each month, along with food and supplies to survive.

This is where I connect with Thomas. Even though Thomas has only been there a few days, he has this feeling within him that he could help solve this maze. He always asks for more information and at every turn is shutdown, which leads him to breaking one of the rules of the boy’s society – he runs into the maze, and survives. He quickly becomes celebrated by some for his ability to navigate the maze and chastised by others, most notably by his rival, Gally.

Teresa, the first and only girl, is delivered to the Glade with a message that she is the last person who will be joining them and that food supplies are no longer going to be sent. Along with this news, Grievers

begin congregating for a full-scale attack on the Glade. Without any other options, The Glade inhabitants’ only hope is to solve the maze.

This book is meant for young adults, but the storyline holds up very well for more mature readers. What I enjoy most about the book is that everyone can identify with someone in the book, which makes the journey so much more memorable. You will find you’re begging for more with every page turn. Dashner knows how to spin a tale and make the unbelievable realistic. Hard to put down, this is clearly just a first installment, and it will leave readers dying to find out what comes next.

I highly recommend “The Maze Runner” series to anyone who enjoys a suspenseful, heart-pounding and mind-racking book. With a fast-paced narrative, steadily answering the myriad of questions that arise, and an ever-increasing air of tension, Dashner’s suspenseful adventure will keep readers guessing until the very end, which paves the way for the inevitable continuation.

*Book review by*  
**SPC. RAUL SANCHEZ**

# IN THEATERS THIS WEEK

	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	
DOWNTOWN	<b>The Imitation Game</b> <i>(NEW) PG13, 7 p.m.</i> <b>Blackhat</b> <i>R, 9 p.m.</i>	<b>The Wedding Ringer</b> <i>R, 7 p.m.</i> <b>Woman in Black 2</b> <i>PG13, 9 p.m.</i>	<b>The SpongeBob Movie: SOW</b> <i>PG, 6:30 p.m.</i> <b>Big Eyes</b> <i>(NEW) PG13, 8:15 p.m.</i>	<b>Into the Woods</b> <i>(LS) PG, 6:30 p.m.</i> <b>The Gambler</b> <i>R, 8:35 p.m.</i>	<b>Night at the Museum: Secret of the Tomb</b> <i>(LS) PG, 7 p.m.</i>	<b>Unbroken</b> <i>(LS) PG13, 7 p.m.</i>	<b>Taken 3</b> <i>PG13, 7 p.m.</i>	DOWNTOWN
BULKELEY	<b>Big Eyes</b> <i>(NEW) PG13, 8 p.m.</i> <b>Taken 3</b> <i>PG13, 10 p.m.</i>	<b>The Gambler</b> <i>R, 8 p.m.</i> <b>American Sniper</b> <i>R, 10 p.m.</i>	<b>The Imitation Game</b> <i>(LS) PG13, 8 p.m.</i>	<b>LYCEUMS CLOSED</b> *	<b>Into the Woods</b> <i>(LS) PG, 8 p.m.</i>	<b>LYCEUMS CLOSED</b> *	<b>Unbroken</b> <i>(LS) PG13, 8 p.m.</i>	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.

## BOOK REVIEW / THE ALCHEMIST



Paulo Coelho's international bestseller "The Alchemist" has been on top of my must read list for many years. I'd always seen it prominently displayed at Barnes and Noble, stubbornly refusing to drop from best sellers' lists and gracing every "Top 100 books to read before you die" list, ever. So, I decided to take an afternoon and read Coelho's novel, which at just under 200 pages is more like a novella.

If you're looking for the graceful prose of a Nabokov, the edge-of-your-seat captivation of Capote or the fun wit of Vonnegut, you'll be woefully disappointed. However, Coelho's story about a shepherd boy who seeks to fulfill his "Personal Legend" does touch on the existential notion of seeking to fulfill an individual's destiny – what is life's true meaning?

For the shepherd boy, a series of dreams leads him to forego a life wandering Southern Spain in search of treasure. He seeks the guidance of a gypsy and is helped along his journey by a mysterious king who first appears to the boy as a homeless man. The mysterious and obviously supernatural king helps the shepherd boy through various obstacles along the boy's journey.

The basic premise is juvenile at best, albeit a

pleasant reminder to not let anything get in the way of your dreams. The pursuit of a Personal Legend, in Coelho's estimation, trumps family, love or any other life obstacles that for most are too difficult to overcome.

Throughout the shepherd boy's journey from Southern Spain through the North African desert to Egypt, he meets individuals who further solidify his resolve toward pursuing his dream. There's the shopkeeper who's afraid fulfilling his Personal Legend to travel to Mecca would leave him with no reason to continue living; the Englishman who is obsessed with his books that hold the key to becoming an alchemist, but fails to see the answers all around him; Fatima, the girl of the desert, for whose kisses and perfume are carried by the desert breeze and for whom the shepherd boy has fallen madly in love. Finally, there's the alchemist who helps the boy fulfill the final leg of his journey to his hidden treasure somewhere among the Pyramids.

These individuals each help guide the shepherd boy in the "Language of the World," which is only accessible to the select few who pursue their Personal Legend. Of course along the way, the boy doubts himself, doubts his pursuit; however, he comes to

realize that in order to fulfill your Personal Legend, a person must conquer and embrace the hardships that life throws at you in your pursuit of happiness.

I really wanted to rile against the dirty hippies in vegan establishments nationwide extolling the virtues of "The Alchemist;" however, perhaps the hippie-stench of freedom from responsibility swayed my opinion. In summation, the novel is really about the selfishness involved in pursuing your dreams. Those weighed down by the responsibilities of life will either silently applaud the shepherd boy or envy his selfish desire to pursue life to the fullest. Though, but for a select few, the true pursuit of happiness is a road less journeyed.

"You must understand that love never keeps a man from pursuing his Personal Legend" – The Alchemist

Book review by  
**1ST LT. MACARIO MORA**

# MWR

## 2015 SPORTS SCHEDULE

### MONTH / DAY ACTIVITY

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

# ONE MORE MILE



Denise Winkler, high school P.E. teacher and cross country coach, runs the final stretch of the half marathon a second time, motivating her student Riya Oshiro as she finishes her first half marathon Saturday. Winkler and Oshiro have been training for months after school and on weekends for the MWR half marathon.

Before dawn, all is quiet around U.S. Naval Station Guantanamo Bay. Most heads are still resting on pillows, while others are continuing the constant mission of Joint Task Force Guantanamo. But for 110 individuals, laces are being tightened, stop watches are being calibrated and last minute stretches are being done.

Saturday marked the first scheduled Morale Welfare and Recreation full and half marathon of the year.

For one woman in particular, Denise Winkler, the W.T. Sampson middle and high school P.E. teacher, this half marathon was not only going to be a race for her best time yet, it was her opportunity to motivate her past and present students here.

"I have a couple students actually out here running this with me today," Winkler said. "We not only have been practicing during the week, we've been going out on the weekends and preparing. They have been running almost the entire route with me."

Winkler said preparing properly for a race like this is important. You need to eat right, hydrate and mentally and physically prepare your body for the 13.1 or 26.2 miles, whichever you may choose.

"I've always been a pretty good eater, but I find myself eating a little better before a race – more carbs and I hydrate a lot," Winkler said. "You have to put the time in, and you have to be mentally strong and physically strong out here. Even if you come out here

prepared with your body, that doesn't mean anything if your mind can't."

About seven miles into her half marathon, Winkler's friend caught up to her, and they both worked together to finish the race with a personal record time of 1 hour and 48 minutes for them both.

"She thought the whole time she was feeding off of my energy, but the whole time I was really feeding off of hers," said Nicolas Mikhael, Winkler's friend and a civilian who works on the base.

Running is a passion of Winkler's. Ever since she moved to Guantanamo 11 years ago, she's become more involved with running events around the base. She started off running in MWR 5K's, and now, she just finished her second marathon.

"There is something about running. I can't stop. You get out there and get in your own little zone there is just something about running that I really enjoy," Winkler said. "When you finish running, especially in a race like this it's such an achievement! You feel great and it's bigger than just winning a game for me."

After stretching and thanking her friends for their support, Winkler said what got her over the finish line was mentally saying "one more mile," her personal mantra.

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



This column is changing now that the New England Patriots have dominated the NFL, and we have to focus on another mainstream sport – that sport is basketball. Given the massive volume of games played during the seven-day print cycle, I will only focus and analyze three major games of the week.

#### Atlanta Hawks vs. Memphis Grizzlies

Mike Conley and Marc Gasol led the way in a 94-88 victory over the Atlanta Hawks on Sunday. They combined for 37 points, 10 rebounds and six assists. The Hawks' slow and methodical plan played into Memphis' strong points as the Grizzlies outscored them in three of the four quarters. This improved the Grizzlies to 9-1 against Eastern Conference teams. For Memphis this was a good test to see how they would stack up against a strong team that they could face in the post season.

#### Portland Trail Blazers vs. Houston Rockets

James Harden's 45 points in Sunday's game against the Trail Blazers wasn't enough as Portland

beat Houston 109-98. The Rockets also missed Dwight Howard's presence as he sat out with knee swelling. In the fourth quarter, the Rockets came close to tying things up, but the Trail Blazers fought back to hold their lead with two key 3-pointers from Nicolas Batum. Houston badly needs their starting center Dwight Howard who doctors said could be out as long as 6-8 weeks. However, it's possible he could return earlier, if he is pain free.

#### San Antonio Spurs vs. Toronto Raptors

Spurs Head Coach Gregg Popovich almost earned his 1,000 career win on Sunday, but the Raptors squeaked out an 87-82 win. "Poor execution and a bad night," said Manu Ginobili, who went 3-for-13, "a bad combination." A bad combination indeed. The Spurs shot a season low 31-93 (.333), which passed their previous low of .344 from earlier in the season. Tim Duncan finished the night with 12 points, 12 rebounds, five assists, and two steals and blocks. For being the leader that Duncan is, 12 points just isn't going to cut it against one of the better teams in the league.

Article by

**SGT. ADRIAN BORUNDA**



The Ultimate Fighting Championship had a week off, but that doesn't mean it was a slow news week in the mixed martial arts world. MMA pundits and fans alike are still reeling from news of Anderson Silva's failed drug test for anabolic steroids. To make matters worse, the Spider tested positive at the beginning of the month, which raises a lot of red flags – mostly why was he still allowed to fight?

The UFC released a statement and claimed it didn't know of the positive results until shortly after the fight. Sure. This of course is on the heels of Jon Jones' failed pre-fight drug test in his light heavyweight title defense against Daniel Cormier earlier in January. Jon Fitch, a former UFC title challenger, recently failed a drug test for anabolic steroids in his most recent fight with the World Series of Fighting. What? UFC fighters use steroids? I understand it's as well known as football players and problems with concussions, but regardless something needs to change. Silva, often considered the greatest fighter of all times, will now forever have an asterisk on his incredible reign

of terror.

But, like the NFL, MMA fans will keep watching regardless – it awakens the primal need for violent entertainment. Fortunately, the UFC returns Saturday albeit with a less than inspiring fight card. The main event features former UFC lightweight champion Benson Henderson take on up-comer Brandon Thatch in a fight that should provide plenty of entertainment, and an opportunity for Thatch to establish himself as a Top 5 fighter.

The rest of the card features numerous namelessly recognizable fighters, which again raises the question of whether the UFC is hosting too many events. Less than five years ago, fight fans had to wait in anticipation for the 20 or so events held throughout the year. However, with the UFC expanding into nearly every continent and with close to 50 events the fight cards have become woefully watered down. However, after the incredibly stacked month of January, I'll give the UFC brass a pass for slowing things down this month.

Article by

**1ST LT. MACARIO MORA**

# NBA TOP 25

No.	TEAM NAME	Standings
01	<b>Atlanta</b>	(42-10)
02	<b>Golden State</b>	(40-9)
03	<b>Memphis</b>	(38-13)
04	<b>Dallas</b>	(35-18)
05	<b>Houston</b>	(35-16)
06	<b>Cleveland</b>	(32-21)
07	<b>Toronto</b>	(35-17)
08	<b>San Antonio</b>	(32-19)
09	<b>Portland</b>	(35-17)
10	<b>L.A. Clippers</b>	(33-19)
11	<b>New Orleans</b>	(27-24)
12	<b>Phoenix</b>	(29-24)
13	<b>Chicago</b>	(32-20)
14	<b>Oklahoma City</b>	(26-25)
15	<b>Milwaukee</b>	(28-23)
16	<b>Washington</b>	(32-20)
17	<b>Charlotte</b>	(22-29)
18	<b>Detroit</b>	(20-32)
19	<b>Brooklyn</b>	(21-29)
20	<b>Boston</b>	(19-31)
21	<b>Indiana</b>	(20-32)
22	<b>Utah</b>	(18-33)
23	<b>Miami</b>	(21-29)
24	<b>Philadelphia</b>	(18-32)
25	<b>Minnesota</b>	(11-40)

# POUND 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>Jonny Hendricks</b>	<b>16-3</b>



# HEALTHY & SAFE

Even though some people may not know the complete ins and outs of fitness, we all know that eating healthy and working out are the basic building blocks for achieving our fitness goals. However, there are a few other little things that can make a huge difference in your overall health and fitness.

Alcoholic beverages can sneak a lot of calories into your diet. U.S. Naval Hospital Guantanamo Bay Dietitian, Cmdr. Donna Hunter, said, "Rum and Coke, for example, can have up to 280 calories." Even a rum and Diet Coke still has around 130 calories.

*"To ensure good health: eat lightly, breathe deeply, live moderately, cultivate cheerfulness, and maintain an interest in life." – William Londen*

These extra calories are stored by your body as fat. Men typically store fat in their abdominal region, thus the formation of a "beer belly."

Of course, there is much more to alcohol than being bad for your figure. Excessive drinking increases your risk of high blood pressure, liver damage and some cancers. Although many rumors exist about the health benefits of alcohol – which stem from some antioxidant properties – these claims are still being tested, and they are based on moderation. However, we can be sure of foods containing phytochemicals;

fruits, vegetables and grains produced by plants.

Alcohol should never be thought of as a part of a healthy diet, but if you are going to drink, it's good to know which choices are a little bit smarter.

"Consumed in moderation and as part of an otherwise healthy diet, beer or wine appear to be the better choices," Hunter said.

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

## WHOLESUME CHICKEN WRAPS

- 1 pound asparagus spears
- 1 orange bell pepper
- 2 teaspoons honey
- 1 teaspoon fresh lemon juice
- 1/4 teaspoon ground red pepper
- 1/2 cup Greek Yogurt
- 4 (8-inch) whole wheat flour tortillas
- 4 romaine lettuce leaves

- 8-plus ounces shredded roast chicken
- 2 cups alfalfa sprouts

Snap off the tough ends of asparagus and steam covered in microwave for 2 minutes or until tender but crisp. Cut bell pepper into strips; discard seeds and membranes. Broil for 7 minutes on a cookie sheet to soften. Set both vegetables aside. Whisk together the honey, lemon juice and ground red pepper until

smooth. Combine with yogurt in a small bowl. Warm the tortillas according to package directions. Spread 1 tablespoon of yogurt mixture evenly over each tortilla. Layer each tortilla with 1 romaine leaf, 1/4 cup roast chicken, 1/2 cup sprouts. Then divide peppers and asparagus spears evenly. Roll up and serve with remaining yogurt mixture.

Recipe by Ruth Brunner on Coloradoan.com



## JSMART SPOT

▲ JSMART HELPER: TITAN

### LOVE IS IN THE AIR

Valentine's Day is a day where we express love and affection toward others. The amazing thing about love is that in comes in so many forms and dimensions. Love can come from family, friends or a significant other. During birth and infancy, the bond created between mother and child is believed to be one of the fullest expressions of love. So, why is it so hard for many of us to find the love we seek during our adult years?

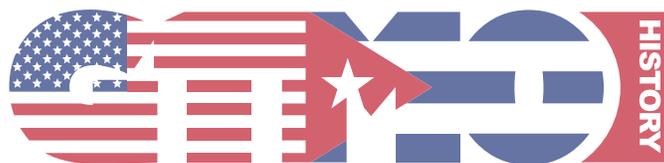
One reason it may feel almost impossible to find love is that we often forget the most important form of love – self-love. We can't give to others something we can't give to ourselves. Self-love is the belief you hold that you are a valuable and worthy person. Self-love forms the foundation of all relationships. If we don't have a strong foundation, then we can't begin to build deep relationships with others.

In order to strengthen the foundation, we must take an inventory of who we

really are, and how we think and feel about ourselves. This includes being aware of our beliefs and challenging those beliefs that are negative or inaccurate, even if they feel real. We also need to strengthen our "letting-go" muscle. We must learn to let go of things we can't change, and accept the real person who remains.

We are all human, and we all deserve love. Today, do yourself a favor and start with honoring yourself. You'll be glad you did!

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



### CHAPMAN BEACH: GUANTANAMO 1960



Chapman Beach creator, Cmdr. George Chapman (Ret.), a retired celebrity fly-tier, at the National Fly Fishing Show in Winston-Salem, N.C. earlier this year.

U.S. Naval Station Guantanamo Bay's Chapman Beach is named after Cmdr. George Chapman, who lived on the Leeward side with his family in the late 1950's and early 1960's. At that time there was no beach on that side of GTMO, so Chapman rounded up a crew of volunteers to build the beach between 1959-1960. The cabanas, diving platform and volleyball courts were built after the Chapman's left. Chapman is currently 95 years old.

Article by  
**SGT. 1ST CLASS ROBERT FREESE**

Photo courtesy of  
**CATHERINE CHAPMAN**  
Daughter of Cmdr. Chapman

# RELIGIOUS SERVICES



## ASH WEDNESDAY Feb. 18 Services

0700-0730 Protestant JTF Chapel  
1200-1230 Protestant NAVSTA  
1730-1830 Cath. Mass NAVSTA

*Need a ride? Vans leave from Camp America Chaplains Office (Block M) at 1700 & Tierra Kay Mail Room at 1710.*

### ROMAN CATHOLIC (NAVSTA CHAPEL)

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

### PROTESTANT SERVICES (JTF TROOPERS' CHAPEL)

Sunday\* 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 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

## 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 Lara J. Bright*

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## **PARTING SHOT**



'LURKING STING RAY' PHOTO BY AIR FORCE MASTER SGT. LORA J. BRIGHT WITH JTF-GTMO-SJA. 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**