

THE OFFICIAL PUBLICATION OF JOINT TASK FORCE GUANTANAMO

# THE WIRE

FEBRUARY 20, 2015

## SHOT TO THE HEART

PSU 308 BLENDS TRAINING WITH TEAM BUILDING

## HISTORIC CONTACT

W. T. SAMPSON STUDENTS REACH TO THE STARS

## SPARTANS HAVE LANDED

595TH MP COMPANY SETTLES IN TO THEIR GTMO DUTIES

## SOLDIERS UNDERTAKING DISABLED SCUBA

DISABLED VETERANS RECEIVE GTMO WELCOME, WEEK-LONG ADVENTURE

## WARRIOR FINDS PEACE

SUDS PROGRAM PROVIDES AQUATIC THERAPY



**CMDR. RONZELLE GREEN**  
MARSECDT COMMANDER

As recorded in history, God asked Cain, “Where is your brother Abel?” After secretly killing him, Cain responded, “I know not: Am I My Brother’s Keeper?” This question has been debated throughout the centuries, and is still relevant today. “Am I My Brother’s Keeper? Should I be concerned with the life

# AM I MY BROTHER’S KEEPER

of another? Do I actually have the responsibility to look out for my shipmate?” Before we can answer these questions, we really need to establish our definition of brother.

Various services have similar terms for brother to include shipmate, wingman, battle buddy, etc. However, all these terms boil down to the basic concept of camaraderie ... a simple expression, “I got your back”.

Last year, I had the honor to watch Lance Cpl. William Carpenter receive the Congressional Medal of Honor. While in Helmand Province, Afghanistan, Carpenter demonstrated the quintessential actions of a shipmate. As the award citation read, “Lance Cpl. Carpenter and a fellow Marine were manning a rooftop security position on the perimeter of Patrol Base Dakota when the enemy initiated a daylight attack with hand grenades, one of which landed inside their sandbagged position. Without hesitation, and with complete disregard for his own safety, Lance Cpl. Carpenter moved toward the grenade in an attempt to shield his fellow Marine from the deadly blast. When the grenade detonated, his body absorbed the brunt of the blast, severely wounding him, but saving the life of his fellow Marine.”

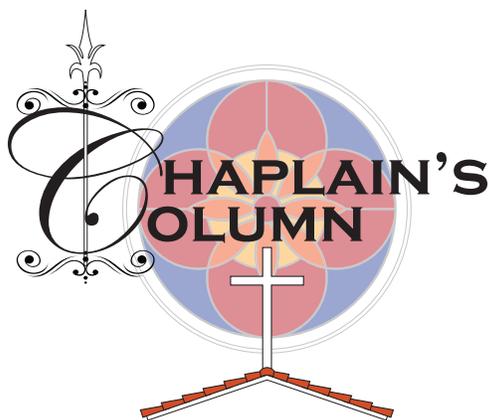
Carpenter’s action embodied the fundamental

nature of true brotherhood. The idea that one would forfeit everything to ensure the safety of their brother is honorable. Maybe we will not be called to match Carpenter’s sacrifice, but we can stop our shipmates from grabbing the keys to drive after drinking. We can stop our shipmates from behaviors against our services’ core values.

Regardless of the fabric or pattern of one’s uniform, we are a part of an organization, a service, a force like no other in the world. We are a part of an entity larger than ourselves; an entity that takes care of its members. Simply put, brothers take care of one another, and believe it’s their responsibility to protect each other on and off duty. So back to the original question, “Are You Your Brother’s Keeper?”

*Article by*  
**CMDR. RONZELLE GREEN**  
MARSECDT COMMANDER

## JOINT TASK FORCE GUANTANAMO



What’s your idea of peace and quiet? It might be a walk on the beach, or maybe a good book and a cup of coffee. For me personally, peace and quiet is praying and reading the Bible or being outside in God’s creation – sitting in a deer stand or working in the garden.

# PEACE AND QUIET

For many of us, peace is only a dream, an illusion. The main reason for this lack of peace in our lives is conflict. The lack of peace may result from conflict back home or in our workspaces. Relational conflict can drive us crazy, or at the very least, drive us to distraction. In the book of Proverbs, King Solomon observed, “Better a dry crust with peace and quiet than a house full of feasting with strife” (17:1). In other words, you can’t enjoy your surf and turf when the conflict in your life is so thick you can cut it with a knife.

True peace is not the absence of conflict, but the ability to hold on to joy in the midst of conflict. So, since conflict is inevitable, how should we handle it? There are three proverbs that can help us get started. First, “A gentle answer turns away wrath, but a harsh word stirs up anger” (Proverbs 15:1). Being polite is an important first step in conflict resolution.

Second, “He who covers over an offense promotes love” (Proverbs 17:9). Forgiveness is an integral part

of any healthy relationship; it is, after all, at the heart of God’s relationship with us.

Third, “Starting a quarrel is like breaching a dam; so drop the matter before a dispute breaks out” (Proverbs 17:4). It’s pretty straight-forward advice – don’t push people’s buttons.

“There will be peace in the valley for me some day,” we sing in the old spiritual. But, we don’t have to wait until we get to heaven to have some peace. Let’s try following the practical advice given to us in the book of Proverbs and see if the conflict level in our lives doesn’t go down several notches.

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



## 01 **COMMAND & CHAPLAIN**

It doesn't take an act of extraordinary heroism to be a good battle buddy. Sometimes it's as simple as taking away the keys. Also, the chaplain offers advice on dealing with conflict.



## 03 **GTMO NEWS**

This week in GTMO news, SUDS veterans receive a warm GTMO welcome, a new military police company touches down, and students reach to the stars.



## 07 **PHOTO STORY / COVER PHOTO**

PSU 308 finds a unique way to build camaraderie and blow off steam during a week full of activities.



## 09 **ENTERTAINMENT & REVIEWS**

This week in entertainment reviews, a math Genius breaks an unbreakable code to help end WWII in "The Imitation Game," and Spongebob is back at his shenanigans with "Sponge Out of Water."



## 11 **SPORTS**

The Futbol 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**

Having arms like Arnold and the legs of a tree trunk will catch the eye of beach going gawkers, but don't skip the cardio if you want overall health.

# MOTIVATOR OF THE WEEK

**PETTY OFFICER 3RD CLASS**  
**ERVIN FORD**  
JMG

**SPC. TODD KRULL**  
342ND MP CO

## CYBER CRIME IS REAL

Cyber criminals are out there. There were over 300,000 cases reported to the Internet Crime Complaint Center in 2010. Internet scams and identity theft were two of the top three crimes reported. California and Florida are the States with the highest reports of cyber crime. Beware of websites offering "free samples" if you pay shipping costs, or people from foreign countries offering a reward if you wire them money. There are also scams involving "mystery shoppers" or "make money from home." These scammers ask for your information or credit card numbers only to steal your identity or charge up your credit. Don't fall for it! Be safe and protect yourself from cyber crime, 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.

 / jointtaskforceguantanamo

 / photos / jtfgtmo

 @ jtfgtmo

 / jtfgtmo

## COMMAND STAFF

Commander / **NAVY REAR ADM. KYLE COZAD**

Deputy Commander / **AIR FORCE BRIG. GEN. RON PAUL**

Sergeant Major / **MARINE SGT. MAJ. JUAN HIDALGO, JR.**

Office of Public Affairs Director / **NAVY CAPT. TOM GRESBACK**

Deputy Director / **AIR FORCE MAJ. WAYNE CAPPS**

Command Information Officer / **ARMY 1ST LT. MACARIO MORA**

## STAFF

Senior Editor / **SGT. 1ST CLASS ROBERT FREESE**

Copy Editor / **STAFF SGT. DARYL MADRID**

Graphics Editor / **SGT. RICK HOPPE**

Photo Editor / **SGT. ADRIAN BORUNDA**

Social Media / **SGT. CHRIS MOORE**

Staff Writer / **SGT. REBA BENALLY**

Staff Broadcaster / **SPC. RAUL SANCHEZ**

Staff Writer / **SPC. AMBER BOHLMAN**

Staff Writer / **SPC. LIZ SMITH**

## COVER PHOTO

**CPT. SETH LEIGH**



**VOLUME 17: ISSUE 17**

HQ Building, Camp America  
Guantanamo Bay, Cuba  
Commercial: 011-5399-3651  
DSN: 660-3651

E-mail: [thewire@jtfgtmo.southcom.mil](mailto:thewire@jtfgtmo.southcom.mil)  
[www.jtfgtmo.southcom.mil/wire/wire.html](http://www.jtfgtmo.southcom.mil/wire/wire.html)

## TROOPER ON THE STREET

WE ASK TROOPERS, WHATS ONE THING THEY WISH THEY HAD BROUGHT WITH THEM TO GTMO.



PETTY OFFICER 3RD CLASS ALLISON DOWDEY

“My princess sheets. I had to specially order ‘Little Mermaid’ sheets because the Exchange didn’t sell them ... It was very imperative.”



PETTY OFFICER 3RD CLASS JUN WONG

“I think I would bring a sushi knife, because I see a lot of sea urchins here and a lot of fish, and with a sushi knife I think I can make a lot of food out here.”



CPL. STEVEN DANDREA

“I would probably have brought my compound bow, so I can shoot fish.”

## WOUNDED WARRIOR FINDS PEACE IN DIVING PROGRAM



Retired Army Sgt. 1st Class Jared Lemon prepares for a dive with Soldiers Undertaking Disabled Scuba, a program that supports wounded warriors with scuba diving and host events around the world, on Sunday here.

Soldiers Undertaking Disabled Scuba made their 9th appearance at U.S. Naval Station Guantanamo Bay, Cuba this week, giving seven former Service members the opportunity to spend five days diving in the surrounding tropical waters.

Of the seven divers was 34-year-old retired Army

during his time at Walter Reed National Military Medical Center in Bethesda, Maryland.

“I had a bunch of buddies, and their recoveries were further along than mine,” Lemon said. “They had all been doing scuba diving, and they told me how therapeutic it was, so as soon as I got healed up, I started going with it, and it was through SUDS and John.”

Lemon said that diving is in fact therapeutic for him. After the loss of his right arm, he has developed a phantom limb pain, a pain that feels like it’s coming from a body part that’s no longer there, which resembles his right arm being on fire at its worst, and stabbing needles at its best.

“When I go diving, the pain goes away,” Lemon said. “It’s amazing. It’s like meditating under water ... It’s peaceful, and it brings peace to me.”

Lemon said that doing something physical, being a part of a team and getting the chance to do things he thought he couldn’t do is awesome.

“It means a lot to go on these trips,” Lemon said. “Not just the diving part, but the camaraderie. Being retired, you’re not around as many military people anymore, so it’s always nice to come back.”

“IT’S AMAZING. IT’S LIKE MEDITATING UNDER WATER ...”

Sgt. Jared Lemon from Anchorage, Alaska. Lemon received his open water diver and advanced open water diver certifications with SUDS. Lemon said he has been with SUDS for a while now and has gone on several trips with the program to Puerto Rico, Hawaii and Florida.

Lemon first heard about SUDS from some friends

Story and photo by SGT. RICK HOPPE

# SUDS IMPACTS THE LIVES OF SERVICE MEMBERS



A volunteer for Soldiers Undertaking Disabled Scuba stands along the CUZCO Beach shoreline as seven Wounded Warriors and volunteers enter the water, preparing for their second dive of the day on Sunday in Guantanamo Bay, Cuba

Soldiers Undertaking Disabled Scuba recently made their 9th appearance at U.S. Naval Station Guantanamo Bay this week giving seven Wounded Warriors the opportunity to spend nine days in the surrounding tropical waters diving and the chance to work toward advancement in different diving certifications.

John W. Thompson, a retired Army National Guard Soldier and SUDS president, found the program Feb. 27, 2007 at Walter Reed National Military Medical Center.

"As soon as I walked into Walter Reed I saw some pretty horrific injuries, and I knew at that moment I wanted to get involved. But, I didn't really know how," Thompson said.

From there he came up with a program that focuses on the rehabilitation process of Wounded Warriors in an aquatic environment through a form of aquatic therapy – diving.

The program welcomes Service members from the three primary military hospitals: Walter Reed Army National Medical Center, Naval Medical Center San Diego and San Antonio Military Medical Center.

The Service members get cleared by their medical physicians and are trained by the SUDS staff to receive their diving certifications through the Professional Association of Diving Instructors.

Timothy Payne, SUDS participant and retired Army staff sergeant, said he spent about a month

getting trained up in scuba diving after all of his training was completed he traveled to Venezuela to get certified.

“FROM SWIMMING  
TO SCUBA  
DIVING HERE,  
THIS HAS BEEN  
MONUMENTAL,  
AS FAR AS MY  
RECOVERY HAS  
GONE”

"From swimming to scuba diving here, this has been monumental, as far as my recovery has gone," Payne said.

Once they begin the certification process each Service member is given the chance to travel to different locations to dive in various tropical

environments to complete their certification, dive in a new environment or work toward a specialized certification, for example rescue diver.

Thompson said that retired Army Staff Sgt. Jace A. Badia has been diving with the SUDS program for many years now and completed his rescue swimmer diving course during this trip to GTMO.

"We go all over the place. We go to Hawaii, Puerto Rico and all different locations, but Guantanamo is kind of our signature trip," Thompson said. "We just have so much support here on the island and at the naval base that this is just a great venue for us to bring Warriors."

Thompson said that he could always count on GTMO to give SUDS a warm welcome and accept the Wounded Warriors with open arms.

"This is a very cost effective place for SUDS to come and is a place that I knew we could get a lot of support from," Thompson said. "We've been here nine times, that's more than any other location that we've been too."

Story by

**SPC. AMBER BOHLMAN**

photo by

**SGT. RICHARD HOPPE**

# THE SPARTANS HAVE LANDED



Soldiers with the 595th Military Police Company from Joint Base Lewis McChord, Wash., stand ready to start their in-processing after arriving at U.S. Naval Station Guantanamo Bay, Cuba. Feb. 10.

The 595th Military Police Company from Washington arrived here Feb. 10, to assist in the Joint Detention Group detainee operations, alongside Reserve and National Guard Military Police Soldiers at Joint Task Force Guantanamo.

The company's mission statement is to provide trained and ready Soldiers to deploy, providing command, control and operational support to high risk detention operations in order to Support the Global War on Terror.

The 595th brought experienced Soldiers with a wealth of knowledge in detainee operations who can share their experience with younger Soldiers.

"Half of them have already been here before, so a lot of this is second nature to them," said the company commander.

This is the first time the company has deployed to GTMO as a unit. But a large number of their Soldiers have deployed here before. About 45 percent of them have been assigned to JTF GTMO as detention officers, performing detainee operations in the various camps here in the past – some as many as four times.

"This is the very first time for us to be doing this," said the company's operations sergeant. "This has been mainly the Reserve units, and now with

Afghanistan and Iraq closing down, they are now letting us join them."

“**THEY ARE VERY EXCITED ABOUT THIS MISSION, VERY EXCITED**”

What makes this event interesting is that most of the MP force in the U.S. Army is comprised of Reserve

and National Guard Soldiers. This holds true for GTMO as well. With active duty MP units such as the 189th MP CO and the 193rd MP CO deactivating, it leaves fewer active-duty units to fill the slots for rotational mission assignments at GTMO.

Before the 595th deployed to GTMO, they trained for their mission by adopting the a new training plan created by in Fort Bliss, Texas.

"We used (the new) training plan, and did it (in Washington)," the company commander said. "We used our facility, the Northwestern Joint Regional Correctional Facility as an actual real world mock-up for the camps."

The Soldiers with the MP unit are excited to be deployed to GTMO; they have started their training here ready to take the responsibilities of detainee operations.

"They are very excited about this mission, very excited," the operations sergeant said.

Story and photo by  
SSG. DARYL MADRID

## W.T. SAMPSON ELEMENTARY STUDENTS MAKE HISTORIC CONTACT



Local W.T. Sampson Elementary school students phone the International Space Station via a teleconference line and Ham radios Feb 11.

Students from W.T. Sampson Elementary School here had an extraterrestrial experience, Feb. 11.

Theresa Weber, the Informational Technologist at the school, organized the logistically challenging event. Weber coordinated with many organizations and individuals to make this Amateur Radio on the International Space Station possible for the children at W.T. Sampson.

"Miss Weber, our Informational Technologist, did all the set up, made the connections with the Department of Defense Education Activity, and did all the work to make this happen today," said Dee Ann Thomas, the school's vice principal. "This event was worked through NASA and then ARISS."

"It took about six months when all was said and done," Weber said.

From the school gymnasium, Weber called a teleconference line in Fort Jackson, South Carolina and was connected through a series of Ham radio stations before finally making contact with the ham station at the International Space Station allowing the students to communicate with Capt. Samantha Cristoforetti, a European Space Agency astronaut from the Italian Space Agency.

Amateur radio, also known as Ham radio, is a hobby enjoyed by hundreds of thousands of Americans and millions around the world. Ham users enjoy communicating with one another via two-way

radios and experimenting with antennas and electronic circuits.

All kinds of people are amateur radio operators, also known as "Hams." Most of the astronauts sent up to the ISS in the last five to 10 years have been licensed radio amateurs.

Cristoforetti is currently on board the ISS as the

“**THIS IS A ONCE  
IN A LIFE TIME  
EXPERIENCE FOR  
THESE KIDS**”

flight engineer for Expedition 42 and 43 between December 2014 and May 2015. She is also a captain in the Italian Air Force and the first Italian woman in space.

"It's been quite a feat from choosing the kids, getting the questions, getting the permissions,

everything (Weber's) been working with," Thomas said.

ARISS inspires students, worldwide, to pursue interests and careers in science, technology, engineering and math through amateur radio communications opportunities with the International Space Station crew. Contact was made using the Amateur Radio Tele Bridge network.

"Just the fact that we could actually sit here in Cuba, which is kind of a far place, and through Italy, we could talk to the space station is pretty amazing," Thomas said.

The ISS is roughly 254-miles above earth and travels at approximately 17,500 miles per hour in a low earth orbit. This gave the students about an one-hour window to communicate with the ISS.

"This is a once in a lifetime experience for these kids," Weber said.

With just a little study, you can learn all you need to know to get a Technician Class license, which is the license class designed for beginners. To get a Technician Class license, you must take a test with 35 multiple-choice questions and answer 26 questions correctly. The test covers basic regulations, operating practices, and electrical and electronics theory.

Story and photo by  
SSG. DARYL MADRID

# BLENDING TRAINING WITH TEAM BUILDING

**F**rom Mardi Gras to Soldiers Undertaking Disabled Scuba, this has been a busy week for U.S. Naval Station Guantanamo Bay. Yet, on top of the busy operations tempo of Joint Task Force Guantanamo, many warriors still made time to participate in other activities here.

Morale Welfare and Recreation hosted the Shot to the Heart paintball tournament, Friday. Participants had to shoot opposing team members in a 6 by 6-inch Valentine's heart.

Lt. j.g. Andrea Green brought several members of JTF-GTMO's Port Security Unit 308 out to the tournament for a chance to merge the unit's team training with a team-building exercise.

Team building is important for the PSU, and they take advantage of the many opportunities to build camaraderie through out-of-office functions.

"We just finished the softball tournament, and we got a kickball league going for the next little bit," Green said. "Anytime we get a chance to get out and have fun is a great way to break up the work day."

Green, who has been with the unit for about a year and a half, is the administrative officer and medical liaison for the PSU. She's not just an important part of the unit's extracurricular activities, but she plays an invaluable role in the operation of the PSU.

"She's the main reason we were able to get down here. From all the orders to the classes – she's responsible for that," said Cmdr. Ronzelle Green, commanding officer for the PSU. "Miss

Green's good. She's inclusive. She works with the folks, and she's engaged, which is always a good thing. She takes care of her people."

Green said she's learned a lot while training for this deployment.

"It's been great. I had an opportunity to go to basic skills course, which is at the Special Missions Training Center in Camp Lejeune. It's probably the best training for stuff like this," Green said.

Even though this is Green's first operational tour, her leadership potential was evident during the paintball games. She started off slow, but by the final scenario, she single handedly took out 50 percent of the opposing force, securing victory for her team.

"She took the high ground for us. She laid down a lot of suppressing fire, which allowed the rest of the team to do our individual movements," Cmdr. Green said. "She provided over-watch for us, and we won."

Even her fellow Coast Guardsmen agreed that her energy is important to the unit.

"She's eager to try different things. We try to do something at least once a week, and she's always eager to be out there," said Lt. Garrett Hawk, operations officer for PSU 308. "She was the one who shot me on the last scenario."

Story by

**SGT. FIRST CLASS ROBERT FREESE**



Photo by Sgt. First Class Robert Freese  
Lt. j.g. Andrea Green takes aim at opposing team members during the "Capture the Cupid" scenario - a modification of capture the flag.

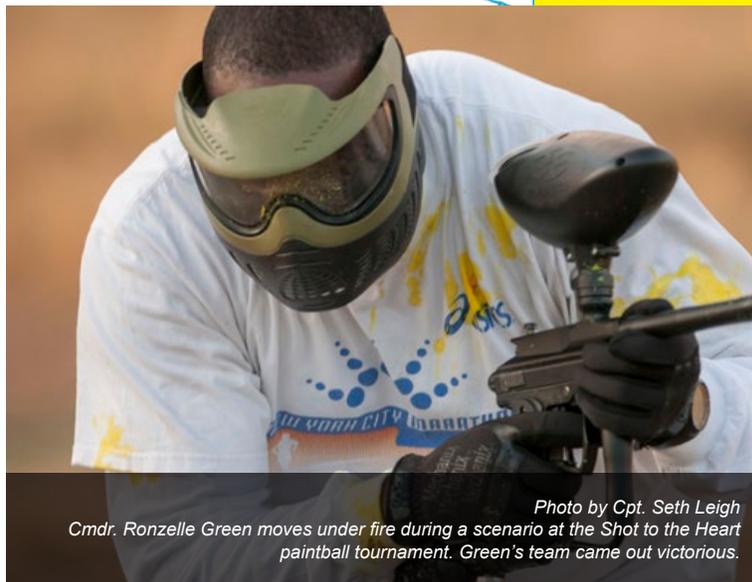


Photo by Cpt. Seth Leigh  
Cmdr. Ronzelle Green moves under fire during a scenario at the Shot to the Heart paintball tournament. Green's team came out victorious.



Photo by Sgt. First Class Robert Freese  
Lt. Daniel McMahon, Lt. j.g. Andrea Green, Master Chief Petty Officer Kenneth King, Lt. Cmdr. Shawn Nesser, Cmdr. Ronzelle Green, Lt. Garrett Hawk all participated in the Shot to the Heart paintball tournament here last Friday.

Photo by Cpt. Seth Leigh  
Lt. Garrett Hawk takes aim at a member of Lt. j.g. Andrea Green's team during the paintball tournament. Hawk was later shot by Green in the final scenario.



Photo by Cpt. Seth Leigh  
Anthony Muñoz, an enemy combatant, uses an advanced trigger technique, called "rolling" to engage members of Lt. j.g. Andrea Green's team.

MOVIE REVIEW / **THE IMITATION GAME**

It's estimated that the brilliant and enigmatic British mathematician Alan Turing helped hasten the conclusion of World War II by two years, which resulted in 14 million lives saved. He, along with a team of linguists and crossword geniuses, broke the previously unbreakable German Enigma Machine, which turned the tide of the war in Europe.

For his effort, the British government in 1952 prosecuted him for "gross indecency," and forced Turing to chemically castrate himself. Two years later, he took his life with a cyanide capsule. His crime? He was a homosexual, illegal in the United Kingdom until 1967. Homosexuality is still a crime in many parts of the world, as evident by ISIS tossing gay men off buildings and Russia refusing to let homosexual men drive vehicles.

Turing is also the father of computer science – kind of a big deal. And almost just as unbelievably, Hollywood finally got a biopic right.

"The Imitation Game" is a magnificently directed Morten Tyldum film featuring Benedict Cumberbatch's finest performance to date, as Turing. The film is an

instant classic that leaves you on the edge of your seat throughout. Cumberbatch made thinking suspenseful. Turing, the ultimate nerd hero, through his intellect, effectively brought Hitler's war machine to its knees by providing the Allies knowledge of German plans and operations. To quote a particularly memorable line from the movie, "Sometimes it is the people no one imagines anything of, who do the things that no one can imagine."

The film, adapted from Andrew Hodges' biography "Alan Turing: The Enigma," begins in 1951 as a detective tries to solve the mystery of a break-in at Turing's home. The film weaves the revealing of Turing's secret as a gay man with the little known tale of Turing's time at Bletchley Park in the U.K. during the war. As the Luftwaffe campaigns bomb London to ruin and Brits hide in subway tunnels for protection, Turing with the help of the secret British intelligence group MI6 – famously portrayed in every James Bond film – and a code and cypher team attempt to crack the Nazis' ultimate communication device.

Seamlessly, the film completes the portrait and

complexity of a genius. "Do you know why people like violence?" Turing asks. "It is because it feels good. Humans find violence deeply satisfying, but remove the satisfaction, and the act becomes – hollow."

His wisdom was gleaned from the hands of abusive classmates as a child. Unsurprisingly, he was always an odd duck.

It's not often Hollywood does an actual service to society; however, though most likely unknowingly, the film illuminates the masses to the dishonored legacy of one of the 20th century's greatest minds and the most unlikely of war heroes. Queen Elizabeth pardoned Turing for his "crime" in 2013, 61 years later.

"The Imitation Game" is easily my favorite film of the year. Yes, even more so than "American Sniper." Simmer, I enjoyed the Clint Eastwood directed film as well, just slightly less.

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

# IN THEATERS THIS WEEK

	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	
DOWNTOWN	<b>Big Eyes</b> PG13, 7 p.m. <b>Selma</b> PG13, 9 p.m.	<b>The Boy Next Door</b> (NEW) R, 7 p.m. <b>The Imitation Game</b> PG13, 9 p.m.	<b>Paddington</b> PG, 6:30 p.m. <b>The Gambler</b> (LS) R, 8:30 p.m.	<b>The Woman in Black 2</b> (LS) PG13, 7:00 p.m.	<b>Taken 3</b> PG13, 7 p.m.	<b>American Sniper</b> R, 7 p.m.	<b>The Wedding Ringer</b> R, 7 p.m.	DOWNTOWN
BULKELEY	<b>The Boy Next Door</b> (NEW) R, 8 p.m. <b>The Imitation Game</b> PG13, 10 p.m.	<b>Big Eyes</b> PG13, 8 p.m. <b>Selma</b> PG13, 10 p.m.	<b>The Woman in Black 2</b> (LS) PG13, 8 p.m.	* <b>LYCEUMS CLOSED</b>	<b>The Gambler</b> (LS) R, 8 p.m.	* <b>LYCEUMS CLOSED</b>	<b>Taken 3</b> PG13, 8 p.m.	BULKELEY

Call the Movie Hotline @ 4880 or visit the MWR Facebook for more info.

\* Concessions closed until further notice

Stay classy, GTMO! No alcohol or tobacco at the Lyceums.

## REVIEW / THE SPONGEBOB MOVIE



"The SpongeBob Movie: Sponge Out of Water" is a 2015 American animated/live action adventure comedy film, created by Stephen Hillenburg. The film is a stand-alone sequel to the 2004 animated film "The SpongeBob SquarePants Movie." The cast includes Antonio Banderas as Burger-Beard, and Tom Kenny as SpongeBob SquarePants.

The movie begins with a pirate named Burger-Beard and his band of seagulls who travel to an island to get hold of a magical book. The book tells the story of SpongeBob SquarePants, a sea sponge who loves his job as a fry cook at the Krusty Krab fast food restaurant, and faithfully protects the Krabby Patty secret formula from Plankton, owner of the Chum Bucket and business rival to Mr. Krabs, SpongeBob's boss. From here the tale begins.

In the undersea town of Bikini Bottom, the Krusty Krab is attacked by Plankton. After a food fight with giant foods and condiments, Plankton uses a decoy of himself to feign surrender. He offers the greedy Mr. Krabs a fake penny, which he hides in to gain access

to Krabs' vault. Plankton steals the formula, leaving a fake in its place.

Just as he is about to escape, SpongeBob catches him. They have a tug of war over the formula, but it magically vanishes before either can claim it. Without the secret formula, SpongeBob cannot make Krabby Patties, and the customers become ravenous. SpongeBob believes that Plankton is innocent, and when Bikini Bottom turns on him, SpongeBob rescues Plankton with a giant soap bubble that he and Plankton fly away in. Bikini Bottom is soon reduced to chaos because of the absence of Krabby Patties. It's not so easy for Plankton to adjust to being a good guy, though. In fact, when the miniature sidekick sneaks into SpongeBob's brain to find a hidden-away secret, he quickly escapes upon seeing how sunshiny, colorful and sweet-gumdrop good all of SpongeBob's thoughts really are. With SpongeBob's help, he eventually understands that working with others as a team can help make difficult problems easier. SpongeBob has to eventually pull all of his pals up out of the dregs

of their Krabby Patty-less misery. He rallies them together, and even though they're mostly just inclined to blame him for their problems and throw him to the angry Bikini Bottom mobs, he encourages them to use the strength of their friendship to beat Burger Beard together – and he volunteers to sacrifice himself if it's necessary to save his pals.

I enjoyed the movie as a whole but could have been so much better. The punch lines were dry. After Frozen and The Lego movie came out with iconic songs, The SpongeBob movie failed my expectations miserably. Except for the theme, every song was horrible. There was nothing magical or fun about the music.

This is definitely a win-win for both children and adults. Children will love the movie because of all the familiar characters. Adults will love the movie because it isn't a movie that kids will watch over and over again.

Movie review by  
**SPC. RAUL SANCHEZ**

# MWR

## 2015 SPORTS SCHEDULE

### MONTH / DAY ACTIVITY

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

# MURDER AT MARDI GRAS!



The year is 1899 in New Orleans, and Mardi Gras celebrations are underway. Parade floats fill the streets, and you are invited to the Calypso Ball. The inaugural ball hosted by the first ever all-female krewes. The guest list is varied, as Calypso has invited one of the oldest all-male krewes to attend the exclusive soiree. The identities of all members of both-krewes are heavily guarded secrets and masks are essential to concealing each person's identity as they convene for an evening of anonymous exuberance and decadence. But, when a man in a gold mask takes a fatal tumble down the stairs, it's quickly realized that a devious plot is afoot. You and the other guests must reveal your identity and figure out who killed the man in the gold mask, and why! (Excerpt from Shot in the Dark Mysteries, Murder at Mardi Gras.)

The Guantanamo Bay Library and Liberty Center have teamed up to provide you an evening of excess and intrigue at a mystery dinner party Saturday, here at the library 6 p.m. The event is free and features a lavish dinner, two free drink tickets for beer or wine, and an evening of entertainment as you take part in your own interactive whodunit adventure.

Amy Rounell, library director, and Sarah Kadis, liberty coordinator, said this is the second mystery dinner party to be held here at GTMO.

"The idea was to get a different audience into the library," Kadis said. "This is a way of getting the library name out there. This is unique because sign up is through the liberty center, which means it's free, but since it is hosted at the library, civilians can come too."

"It gives us a good mix," Rounell said. "People who wouldn't normally get together get to meet and talk."

Kadis said the event also makes a great date night.

"This is a great option for military members with civilian spouses looking for something different to do," Kadis said.

Rounell said the evening kicks off with a three-course meal featuring your choice of honey-bourbon ribs, barbecued chicken, salad, corn muffins, and fruit cobbler or bananas-foster bread pudding.

"I am really excited about the food!" Kadis exclaimed. "It is going to be great!"

Then, Rounell said, guests are given packets revealing their identity and clues that will help other guests solve the murder mystery. There are 12 role-players and eight detectives all working together to find out who killed the man in the gold mask.

Rounell said costumes are encouraged, but masks will be given to attendees at the door. She said after the first dinner theater the detective roles were added so guests who are not comfortable playing a part can still participate by helping to solve the crime.

In addition to the free dinner, guests may purchase hurricanes and other Mardi Gras themed cocktails from a cash bar that will be set up in the library. Safe-ride will be available for the event, and guests must be 21 or older to participate. The library will be closed to non-participants and seats are limited.

*Call the liberty center to sign-up at 77421.*

*Story and photo by  
CPT. AMANDA HAMMOND*

# SOCCER WEEKLY

## THIS WEEK IN LA LIGA

### VALENCIA VS. GETAFE

No. 4 in the Spanish league, La Liga, Valencia took on Getafe Sunday, which should have been more of a shut-out than what actually happened.

Valencia started off with the majority of ball control in the Getafe half with a couple of misplaced crosses into the center and corner kicks that just missed the mark and ended with Valencia players holding up their hands wondering how they missed the great opportunities. Getafe showed moments of offensive alertness with well-timed passes into Valencia territory but nothing came of it, as any momentum was soon broken up by the Valencia defenders. In the second half it seemed Getafe was content with defending their way to a draw, and that would have been the end of the story, if it wasn't for a Getafe penalty in the box that gave Valencia's Alvaro Negredo a penalty kick and goal at the 72-minute mark, which proved to be enough to hold off Getafe.

### BARCELONA FC VS. LEVANTE

No. 2 Barcelona took on No. 19 Levante, in what could have been described as a motivation game for the home team Barcelona. The team was lead by none other than Lionel Messi, who in his 300 Primera Division match scored a hat-trick. Add goals by Louis Suarez and Neymar da Silva Santos and that left Levante completely besieged by the offensive onslaught.

The match was well in hand for the Barca side, with Neymar and Messi both scoring within the 40-minute mark. From there on, it was a cruise for Barcelona. Messi put his number two goal in at 59-minutes, and then his third at 65-minutes with a perfect penalty kick. To make it official, Luis Suarez capped off the night with the goal of the night, with a cross into the box and Suarez, with his back to the net, bicycle kicked in the fifth and last goal of the night, ending it 5-0.

Article by

SGT. ADRIAN BORUNDA

# MMA WEEKLY

On one month's notice and following closely contested split decision loss to rival Donald Cerrone, former World Extreme Cage fighting and Ultimate Fighting Championship lightweight champion Benson Henderson jumped up a weight class to take on the much bigger Brandon Thatch. Thatch, coming off a long layoff due to injury, had won 10-straight fights in the first round heading into his main event against Henderson at UFC Fight Night Broomfield.

Facing off in the center of the Octagon before the fight began, Henderson was the noticeably smaller fighter, having moved up 15 pounds to welterweight. Initially, that size disadvantage seemed too much for the former champ as Thatch began to land some heavy blows, especially in the second round as Thatch wobbled Henderson with a left uppercut. Thatch also landed some nice trip takedowns. However, as the fight wore on, Henderson's experience paid off. The former champ didn't miss a beat in the fourth round

as Thatch began to slow down. Henderson peppered the bigger fighter with jabs and leg kicks before securing a couple of takedowns. On the second takedown, Henderson latched onto Thatch's neck and secured a rear-naked choke ending the fight in dramatic fashion.

A slight underdog, Henderson called out perennial welterweight contender Rory McDonald after his victory. Unfortunately, UFC President Dana White squashed that fight before the rumor mill got going. Henderson didn't rule out competing again in the bigger weight class, but it was evident that his chances will fare much better if he sticks to his more natural weight class, lightweight.

The rest of the fights on the card were interesting, but mostly devoid of name recognition. This Sunday the UFC is offering up a slightly more exciting card in Porto Alegre, Brazil airing on Fox Sports 1 – AFN Extra. Longtime UFC fighter and former heavyweight champion Frank Mir takes on Antonio Silva. Though both fighters are coming off of defeats (in Mir's case many) in the less-talented heavyweight division fighters are always just a few fights away from challenging for a title.

Article by

1ST LT. MACARIO MORA

# LA LIGA SOCCER TOP 20

No.	TEAM NAME	Standings
01	<b>Real Madrid</b>	(19-4)
02	<b>Barcelona</b>	(18-3)
03	<b>Atletico Madrid</b>	(16-5)
04	<b>Valencia</b>	(14-4)
05	<b>Sevilla FC</b>	(14-6)
06	<b>Villarreal</b>	(12-6)
07	<b>Malaga</b>	(10-8)
08	<b>Espanyol</b>	(8-10)
09	<b>Celta Virgo</b>	(7-9)
10	<b>Eibar</b>	(7-10)
11	<b>Royo Vallecano</b>	(8-13)
12	<b>Real Sociedad</b>	(5-9)
13	<b>Athletic Bilbao</b>	(6-1)
14	<b>Deportivo La Coruna</b>	(6-11)
15	<b>Getafe</b>	(6-12)
16	<b>Almeria</b>	(6-12)
17	<b>Elche</b>	(6-12)
18	<b>Granada</b>	(3-10)
19	<b>Levante</b>	(4-12)
20	<b>Cordoba</b>	(3-11)

# POUND 4 POUND TOP 10

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



# CARDIO

Rule number one from the movie “Zombieland” according to Columbus, a drifter trying to avoid zombies, is “cardio.” So just why is cardiovascular training so important? Aside from escaping the undead, the heart is responsible for pumping nutrients and oxygen throughout your entire body. So, it’s as important to have a healthy cardio-respiratory system as it is for your digestive system to function properly.

The American Heart Association recommends at least 30 minutes of moderate intensity aerobic activity at least five days per week, 25 minutes of vigorous aerobic activity a minimum of 3 days per week or a combination of moderate and vigorous intensity aerobic activity. The AHA also recommends combining a moderate to high intensity muscle-strengthening activity at least 2 days per week for additional health benefits.

Amy Aranda, a wellness advocate from Arizona, said the key to a healthy body is balance, which includes regular aerobic and anaerobic exercise,

*“I believe that the greatest gift you can give your family and the world is a healthy you.” - Joyce Meyer*

proper diet, breathing exercises and using essential oils to support the cardio respiratory system.

“Essential oils aren’t essential to health, but they help give good balance. They are made from the volatile oils of plants that are the “essence” of their fragrance. The ratio of the specific chemical component scientifically tells us what its functions are,” Aranda said. “For instance, cypress oil helps strengthen the capillary and vascular walls, and peppermint oil can increase endurance and add energy.”

Balancing your routine with good food, good workouts and essential oil support will get you fit, and you’ll smell better than the zombies who don’t do those things!

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

## ESSENTIAL OILS TO SUPPORT STRONG HEART FUNCTION

*Organically produced, therapeutic-grade cypress, orange, peppermint and lemon grass oils*

*Cypress is considered the cardiovascular oil. One drop of cypress and one drop of orange applied to the carotid arteries, heart and bottoms of feet is beneficial for overall cardiovascular health.*

*A drop of peppermint on the tongue can increase endurance and add energy by rubbing a drop on the back of the neck or the soles of the feet. This can also keep you cool and ease circulation.*

*Lemon grass has stimulating, purifying and antioxidant properties. A drop, diluted with a little virgin coconut oil, applied directly to cramps and sore muscles can be soothing and help increase focus.*



## JSMART SPOT

▲ JSMART HELPER: TITAN

### LOVE WIRE

We’re all familiar with the phrase “happily ever after.” It often involves a story where characters overcome obstacles and achieve absolute happiness at the end. Unfortunately, the stories we hear growing up are simply fiction.

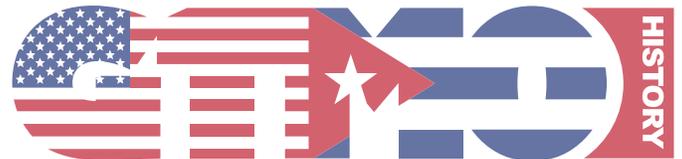
If you’ve ever been in a relationship, you should be able to remember those first weeks or months when everything seemed perfect. Both of you spoke the same romance language. The most important thing imaginable was being together as often as possible. Regardless of how much others warned you about the person, your mind was already made up that they were “the one.” Looking back at the relationship, you may now wonder, “How could I have been so blind?”

The simple truth is the “in-love” emotion is one of the strongest humans can feel, but the emotion is only temporary. It leads us to believe our relationships are invincible. Try comparing this feeling

to eating a favorite food or listening to a favorite song repeatedly. Over time, the natural emotional high you get from it will diminish.

Studies show the “in-love” phase lasts about two years in human relationships. During this time, you may be willing to put your own needs on hold to keep your partner happy. However, your personal desires will start to assert themselves again. When this occurs, it doesn’t mean your love is gone. This is just the time when the real work begins. A more realistic kind of love is recognized as being a choice. And when we make the choice to love someone, we’re also making a choice to work on that relationship.

Article by  
**PETTY OFFICER 3RD CLASS RANDALL KELLY**



### FIRE IN THE BAY: GUANTANAMO 1908



In the spring of 1908, the SS Monongahela caught fire, while anchored between South Toro Cay and Granadillo Point. While afire, she was towed and beached on the south side of Deer Point, a few hundred feet from the present-day base commander’s boat landing. Much was salvaged, but the ship was a total loss. After a few weeks she settled on her side and submerged.

The barrel of one of the Monongahela’s cannons ‘drooped’ perceptibly as a result of the intense heat and was salvaged from the wreck. It was such an oddity, that at one time it was mounted on the cliff overlooking the Monongahela’s resting place. It was later moved to the tip of Deer Point, outside the base commander’s yard. It has since been removed.

Article and photo courtesy of  
**STACEY BYINGTON**  
**USN HOSPITAL GTMO PAO**

# Tax Time

The U.S. Naval Station Guantanamo Bay legal office is providing Joint Task Force members a way to prepare their own tax returns online with the assistance of IRS-certified volunteers at the JTF Satellite Office, building 2525. Each client will need to have all tax related documents with them including W-2s and any 1098s/1099s/ etc. Reservists and National Guard will also need to obtain W-2s from any civilian employers. Any questions about eligibility or to schedule an appointment call NAVSTA legal at 4692.

**JTF Office:**  
Wednesdays  
8 – 11 a.m.

**NAVSTA Legal Office:**  
MON-FRI  
8 – 11 a.m. & 1 – 4 p.m.\*  
\*Closes at 3 p.m. on Friday

## 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 THROUGH 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 Katie Ramsey*

## **PARTING SHOT**



'COLORFUL LIZARD' PHOTO BY KATIE RAMSEY. 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**