



THE WIRED

THE OFFICIAL PUBLICATION OF JOINT TASK FORCE GUANTANAMO

RAIDERS CARVE THE BAY

Reef Raiders dive club hosts their 5th annual Underwater Pumpkin Carving Contest.

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ZOMBIES KICK OFF HALLOWEEN

Service members and civilians start Halloween on GTMO with the MWR 5K run at Cooper Field.

p03



NOVEMBER 7, 2014



1ST SGT. WILLIAM SCHULTZ
342ND MP CO

Through serving in the Armed Forces, we learn to appreciate loyalty as the fiber that connects our actions with our commitment to each other, our units, our country and our Constitution. It also describes our commitment to our families and to ourselves. Loyalty develops mutual trust and allows us to thrive as a team.

LOYALTY

Loyalty is one of the U.S. Army's seven values. Loyalty is the key to maintaining unity and stability throughout the armed forces. Loyalty is capable of strengthening the level of teamwork needed by Service members to get the job done quickly and effectively. When Troopers are loyal to their superiors, peers and subordinates, they are able to maintain morale and a sense of camaraderie. Loyalty to one's own unit and to each other also allows comrades to build and maintain lifelong relationships. Loyalty is a value that has to be nurtured; commanders cannot demand their troops be loyal to both them and to each other. It has to be developed through sacrifice and commitment. Both superiors and subordinates who show they are looking out for each other's best interests will undoubtedly gain loyalty from each other.

The cautionary statement that follows the flowing accolades of strong loyalty is to be wary of blind loyalty. By identifying yourself with a group and accepting its values as your own, you risk avoiding taking responsibility for our own thoughts and actions. Society values loyalty as noble in a world of debatable morals. Be careful where you place your loyalty. Do not march lockstep and unquestioningly behind corrupt or dishonorable leadership. History

is full of disloyal people who went against the grain and created positive change. Our country has whistleblower laws in place to protect people who refuse to be loyal to wrong doers. The bottom line is that it isn't right, fair or just to expect any of us to give blind loyalty to someone or something that is wrong or discriminatory.

Our military is filled with effective, ethical and skilled leaders who build teamwork and future leaders. They deserve our loyalty and the success of our military depends on it. Remember to be true to yourself, your values and the principles our republic was built on, but do not be blind. Loyalty is arguably the strongest of military values; it must be nurtured with honor and truth.

Article by
1ST SGT. WILLIAM SCHULTZ
342ND MP CO

JOINT TASK FORCE GUANTANAMO



SAFE



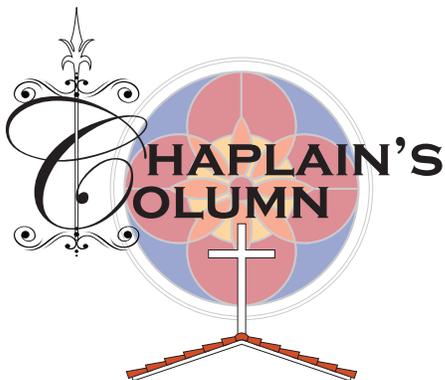
HUMANE



LEGAL



TRANSPARENT



In the last week I have been asked the same question about 100 times. "Are you excited to finally be leaving GTMO?" The truth is, no. I have been here for two years and have enjoyed my time in GTMO. My life straddles two worlds: my JTF work life and my NAVSTA family life. My wife says it is like living with a deployed person. I work long hours with amazing Troopers all week long and then early Saturday morning I am cheering on my kids at their soccer game.

WHERE WORLDS COLLIDE

GTMO is a place where many worlds collide. Besides the world of the deployed Trooper and the NAVSTA family, there is the world of the foreign national and the detainee. There is actually a whole other world and very few of us even think about it. It is the spiritual realm. As people of faith, we are in a sense trying to live in two worlds. We are thinking in light of our eternal life and yet planning for our earthly existence. In between is a collision between the Kingdom of God and this world. My daily goal is to somehow capture God's vision and bring a piece of it into this realm. Now before you think I belong in a sci-fi show, let me bring this down to Earth.

Each time you stand up for the innocent, speak the truth with humility, or love your neighbor as yourself, you bring a piece of the Divine with you. When you display moral courage and do the right thing as opposed to the easy thing, you are standing in the gap between the Kingdom of God

and this world. That is a good place to be.

It has been my honor to serve you GTMONians. May God's face shine upon you as you bring a piece of His world to this little corner of Cuba.

Article by
CPT. BRADY FREDERICK
JTF CHAPLAIN

01 COMMAND & CHAPLAIN

Loyalty isn't just one of the Army's Core Values, but arguably the strongest military value that must be nurtured with honor and truth. Also, Capt. Brady Fredrick, JTF chaplain, bids farewell after a successful tour providing spiritual guidance.

03 GTMO NEWS / COVER PHOTO

Volunteer Zombies give chase to runners during the MWR's Zombie 5k run held Halloween night at Cooper Field, providing an extra incentive to run faster.

05 PHOTO STORY

Contestants compete in the 5th Annual Reef Raider Underwater Pumpkin Carving contest at Windmill Beach Saturday, adding a bit of GTMO style to a holiday classic.

07 SPORTS

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

08 ENTERTAINMENT & REVIEWS

Three new movies played at your local theaters this weekend. Find out what our entertainment gurus thought of Hollywood's latest films.

09 LIFE & FITNESS

Why is protein important for overall health? Spc. Monique Quinones has the rundown on how protein helps you gain and maintain that beach worthy body.

MOTIVATOR OF THE WEEK

STAFF SGT. JOSHUA DAVIS
BASE EMERGENCY ENGINEER
FORCE

PFC. RICARDO GARDUNO
670TH MP CO



TAKE THE READERSHIP SURVEY

Please help the JTF-GTMO Public Affairs office evaluate and improve our command information product to JTF Troopers. We greatly appreciate your time and feedback.

Take the survey @ <https://www.surveymonkey.com/s/CD2LFKP>

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100% SHRED IT OR REGRET IT.

Are you aware the JTF has a 100 percent shred policy? This means all paper materials including computer printouts, sticky notes, handwritten notes, photo-copies, trooper notebooks, unwanted mail, mailing labels and customs forms from boxes or packages, leave papers, bank statements, bills and anything work related or that has personal information should be shredded! Don't throw information in the trash, USE OPSEC!



SAPR VICTIM ADVOCATE TRAINING

If you are interested in helping people, join the SAPR team and become a Victim Advocate! The training will take place from 7:30 a.m. to 4:30 p.m., Dec. 1 through 5 at Fleet & Family Support Center, Bldg 2135. The position is open to USN, USMC, USA and USAF personnel (Army must be E-6 or above). Application deadline is Nov. 21.

For more information or to sign up, call Veronica Wruble at Ext. 4227

ZOMBIES KICK OFF HALLOWEEN



Zombie volunteers gather to feast on a simulated victim on the side of the course during the Morale, Welfare and Recreation Zombie 5k Friday at Cooper Field.

Service members and civilians started Halloween on GTMO last Friday in a healthy and scary way with the Morale, Welfare and Recreation Zombie 5K run at Cooper Field.

Volunteers showed up early and were painted to resemble the walking dead. With blood dripping, fake wounds exposed and their best impression of a limping lifeless creature, they took to the course prepared to provide the kind of motivation only a zombie could provide.

"We got to dress up like zombies, and walked on the track to try to 'encourage' the runners and maybe scare them a little bit. It was a lot of fun, and it was a great turn out," said Eric Tesch, a zombie volunteer.

The runners encountered different kinds of zombies, ranging from fast chasing to slow and crawling to more unique ones.

"It was fun! The zombies out there were pretty good, there was one zombie on a tricycle that I thought was pretty funny," said Courtney Cole, one of the runners participating in evading the zombies.

Some zombies crawled on the ground while

others gathered throughout specific locations of the course for a chance to scare runners together.

"I think it's outstanding to have these organized runs, not only to have a good time but to help build a community and build camaraderie among all the services who were zombies together," Tesch said.

Near the end of the run, the zombies had the cover of darkness to help frighten the unsuspecting runners. They leaped from behind cover scaring runners and the occasional onlooker.

By the end, the collective undead volunteers had a costume to use for the rest of the night, and the participants, well they walked home feeling prepared for the zombie apocalypse.

Story and photos by
SGT. ADRIAN BORUNDA

5K RUN TO PROMOTE CFC



Runners, in the Combined Federal Campaign 5k run, take off from the start point next to Cooper Field Saturday. The run was held to raise awareness of the CFC program that was established to encourage philanthropy by federal civilians and military personnel.

Runners woke up early Saturday for the 2014 Combined Federal Campaign 5k run at Cooper field to support the fundraiser and their health.

The race began at Cooper field and continued past the Windjammer Club and pool and east to the golf course where runners turned around and returned to the starting point.

The CFC was formed in 1964 to consolidate the various yearly donation campaigns into one campaign season for all Department of Defense employees. Fifty years later Service members and civilians continue that commitment to philanthropy and the CFC.

"The turnout was great but we are always looking for more people to come out and support," said Cynthia Rivera, the CFC 5k organizer.

There are always American Forces Network Television commercials to help garner support, but the 5k allows for an interactive participation for a good cause.

"Every command has a CFC representative, but events like these help promote the campaign,

“

**EVENTS LIKE THESE
HELP PROMOTE THE
CAMPAIGN, AND ALL
THE FUNDS FROM
EVENTS LIKE THIS GO
TOWARD THE CFC.**

”

and all the funds from events like this go toward the CFC," Rivera said.

The run accomplished its goal of promoting the campaign. Luzdelis Roman, a participant in the 5k, learned about the campaign through the event, which she ran because she heard about it from a friend.

"The run is definitely a great way to get to know about the CFC. I didn't know anything about it until I heard about this run," Roman said. "It's also a great way to fund it and get people motivated about the CFC."

The CFC's organizing committee started out with 22 original charities, but today DoD employees can choose between 22,000 charities and nonprofit organizations.

For a list of charities or to learn more about donating contact your command CFC representative.

Story and photos by
SGT. ADRIAN BORUNDA

RAIDERS CARVE THE BAY

Three divers carve pumpkins during the 5th Annual Reef Raiders Underwater Pumpkin Carving Contest at Windmill Beach Saturday.

Photo by Sgt. Chris Moore



Carving pumpkins into the iconic symbol of Halloween, the jack-o-lantern, is a tradition nearly as old as the holiday itself. It has become a hallmark of bonding time for family and friends alike. With contests of creativity and showmanship at stake, and a bounty of baked seed flavors and pie fillings left over, the only down side is the clean up.

If clean up is the only thing standing between you and a beautiful work of pumpkin-lantern art, fear not, the local Reef Raiders dive club has your answer, the 5th annual Underwater Pumpkin Carving Contest. This year's contest was held Saturday at Windmill Beach.

"The design wasn't difficult. It was the floating around trying to maintain position," said Navy Lt. A. J. Corcoran, a Navy supply officer and first-time participant in the snorkeling category. "It took a little while to get used to doing stuff under water, but the clean up is so nice, every thing just floats away and the fish eat it."

The categories for this year's event were scariest, funniest, most unique, most detailed and best overall with the participants judging the carvings. The two best overall prize winners received an underwater camera and a dive bag.

"This was the 5th annual event as we know it. Some of the people who have been on the island for a while say they used to do it 15 - 20 years ago, so I guess we brought it back," said Don Dewitt part of the Reef Raiders club planning committee. "We offer the event to snorkelers and divers. The only criteria is just to carve the pumpkin under water."

A few seasoned pumpkin carving vets brought back a bag of tricks from last year's competition.

"We did the event last year. It's hard to do, but it's fun. I never knew pumpkins could float that much," said Tina Imhof, a GTMO resident who participated. "It took about a half hour to carve my pumpkin underwater. I had to put rocks in a bag, and then I wrapped my legs around it. Once I got some water in the pumpkin then it wasn't so bad."

Imhof's husband, John Imhof, a resident DOD employee, used a slightly different technique.

"Last year we learned a lot. We could not stay on the bottom. This year I got a big bag of rocks, and then when I got out the guts I put rocks inside the pumpkin, so it would stay down," John said. "I think the fun part is just trying to position yourself to stay down with the pumpkin floating up, but the over all best part is the people."

Whether you prefer the solace of the sea, the company of competitors or just like finding fun new ways to put a twist on classic traditions, underwater pumpkin carving has you covered.

"My favorite part of the event is the people, I think every one should come out to do it next year. It's just fun, a lot of fun with good people," Tina said. "Hopefully we will be here to do it again next year."

Story by
SGT. CHRIS MOORE



Two participants in the 5th Annual Reef Raiders Underwater Pumpkin Carving Contest carve their pumpkins on the ocean floor at Windmill Beach Saturday. Photo by Sgt. Rick Hoppe.



Army 1st Sgt. Mike Major, a participant in the 5th Annual Reef Raiders Underwater Pumpkin Carving Contest holds his finished pumpkin up on the ocean floor at Windmill Beach Saturday. Photo by Sgt. Rick Hoppe.



A young scuba diving participant in the 5th Annual Reef Raider Underwater Pumpkin Carving Contest holds up his finished pumpkin on the ocean floor at Windmill Beach Saturday. Photo by Sgt. Rick Hoppe.

COLLEGE TOP 25

| No. | TEAM NAME | Points |
|-----|-------------------|--------|
| 01 | Mississippi State | 1,484 |
| 02 | Florida State | 1,452 |
| 03 | Auburn | 1,345 |
| 04 | Alabama | 1,281 |
| 05 | Oregon | 1,275 |
| 06 | TCU | 1,148 |
| 07 | Michigan State | 1,120 |
| 08 | Notre Dame | 1,096 |
| 09 | Kansas State | 1,049 |
| 10 | Baylor | 961 |
| 11 | Arizona State | 831 |
| 12 | Mississippi | 828 |
| 13 | Ohio State | 780 |
| 14 | LSU | 717 |
| 15 | Nebraska | 680 |
| 16 | Oklahoma | 574 |
| 17 | Georgia | 465 |
| 18 | UCLA | 464 |
| 19 | Clemson | 341 |
| 20 | Utah | 327 |
| 21 | Arizona | 325 |
| 22 | Duke | 288 |
| 23 | Marshall | 238 |
| 24 | West Virginia | 159 |
| 25 | Wisconsin | 83 |

MWR SPORTS STANDINGS

FLAG FOOTBALL WEST

| No. | TEAM NAME | Score |
|-----|--------------------|-------|
| 01 | Here Come The Runs | 7-0 |
| 02 | 391st Paladins | 5-2 |
| 03 | Grizzlies | 4-3 |
| 04 | Thunder | 4-4 |
| 05 | Goin' Deep | 3-3 |
| 06 | The Abusement Park | 3-4 |

FLAG FOOTBALL EAST

| | | |
|----|---------------|-----|
| 01 | SH Money Team | 7-1 |
| 02 | BEEF | 6-1 |
| 03 | Boston BD's | 4-3 |
| 04 | Crazyhorse | 3-3 |
| 05 | The Pirates! | 3-4 |
| 06 | Confusion | 3-4 |
| 07 | Gerbils | 2-5 |
| 08 | MCSFCO | 0-6 |

AMERICAN LEAGUE EAST

| | | |
|----|------------------|-----|
| 01 | Husker Doos | 9-0 |
| 02 | GMO Latinos Plus | 8-1 |
| 03 | The Black Sheep | 6-2 |
| 04 | The Leftovers | 6-3 |
| 05 | MissFits | 5-3 |
| 06 | Nailed It! | 3-6 |
| 07 | Poker Jokers | 3-6 |
| 08 | Red Apple | 3-6 |
| 09 | Non-Jerks | 1-8 |
| 10 | PT-Romaniacs | 0-9 |

NATIONAL LEAGUE EAST

| | | |
|----|--------------------|-----|
| 01 | Outcasts | 9-0 |
| 02 | Here Come the Runs | 8-1 |
| 03 | Boondoggles | 7-2 |
| 04 | GTMO Goonies | 6-3 |
| 05 | WMPA | 4-5 |
| 06 | Jerks | 3-5 |
| 07 | Puddle Pirates | 3-5 |
| 08 | 391st Paladins | 3-6 |
| 09 | React to Extract | 1-7 |
| 10 | Swift Justice | 0-9 |



It was another week of interesting football around the league and oh how the mighty have fallen while some have risen to their former glory. In one of the more anticipated games of the week the New England Patriots, led by Tom Brady, ran over Payton Manning and the Denver Broncos 43-21. Glimmers of Super Bowl winning Brady lead the Pats offense up and down the field at home in Foxboro. Tampa Bay defeated Cleveland 17-22; Philadelphia outgunned Houston 31-21; Kansas City beat the Jets 24-10; Cincinnati beat Jacksonville 33-23; Miami destroyed San Diego 37-0; Minnesota squeaked by Washington 29-26; St. Louis upset San Francisco 13-10; Seattle was victorious over Oakland 30-24; Pittsburg commandingly beat Baltimore 43-23; New Orleans

beat North Carolina 28-10, and on Monday Night Football, Indianapolis breezed past the New York Giants 40-24.

GAME SPOTLIGHT

Week nine was another opportunity for the Arizona Cardinals to prove that their record is more than just a fluke as they played the Dallas Cowboys in AT&T Stadium in Arlington, Texas. At least it would have been had Tony Romo not been injured the week prior against Washington. Yes, they have a 7-1 record. And yes the last two teams they have faced had respectable records. But no win that I have seen has proved to me that if the Cardinals go on to the Super Bowl will they beat the likes of the Patriots or the Steelers or the team they have already lost to, the Broncos.

The Cards walked away victorious 28-17 but, really, the lack luster Cowboys weren't a true test. And, given the Cardinals remaining schedule, it's difficult to see them missing the playoffs. Detroit and the Kansas City are the only quality competition the Cardinals have left. The Cards have five of their remaining eight games left against the NFC West, but I still see them finishing the season an unproven 13-3 with losses to the Lions and Chiefs.

Article by

SGT. ADRIAN BORUNDA



Auburn leapfrogged No. 4 Alabama and moved up to No. 3 in the Associated Press college football poll after the Tigers beat Ole Miss after recovering a fumble in the final seconds. Ole Miss, which fell to No. 12 in the poll, appeared to win the game, but a replay showed receiver Laquon Treadwell fumble the ball at the goal line, whipping away the touchdown and subsequently fumbling away any chance Ole Miss had of making it into the inaugural college football playoff.

Mississippi State remained No. 1 after barely defeating unranked Arkansas, and Florida State stayed at No. 2 after defeating Louisville. Alabama fell back a spot to No. 4 despite a bye week. Oregon comes in at No. 5 this week after smashing Stanford. TCU moved up to No. 6 in the poll, needing a last

second field goal to beat No. 24 West Virginia who led for most of the game. The Michigan State Wolverines, Norte Dame and Baylor rounded out the Top 10 in this week's poll.

No. 11 Arizona State needed a field goal in overtime to defeat Utah, who fell to No. 20 from 17, in an ugly, ugly game. UCLA moved up seven spots to No. 18 after defeating No. 21 Arizona. The Wildcats fell seven spots in the poll.

There are big match ups in Week 11. No. 4 Alabama heads into Death Valley to take on No. 14 LSU, a team that handed then No. 1 Ole Miss its first loss of the season. No. 5 Oregon is headed to No. 20 Utah, and No. 6 TCU hosts No. 9 Kansas State. No. 7 Michigan State will take on No. 13 Ohio State in a Big Ten showdown. Tenth ranked TCU heads to No. 19 Oklahoma.

Also, No. 8 Notre Dame, a team that needed an extraordinary day from its quarterback to beat Navy in Week 10, will head into Sun Devil Stadium to take on No. 11 Arizona State. My crystal ball shows the Sun Devils in the Top 10 next week. Fear the Fork!

Article by

1ST LT. MACARIO MORA

IN THEATERS THIS WEEK

| | FRIDAY | SATURDAY | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | |
|----------|--|--|---|---|--|--|--|----------|
| DOWNTOWN | Interstellar <i>(New) PG13, 7 p.m.</i> The Maze Runner <i>PG13, 10 p.m.</i> | Annabelle <i>R, 7 p.m.</i> The Good Lie <i>PG13, 9 p.m.</i> | Big Hero 6 <i>(New) PG, 6:30 p.m.</i> This is Where I Leave You <i>(LS) R, 8:30 p.m.</i> | A Walk Among the Tombstones <i>(LS) R, 7 p.m.</i> | Alexander and the Terrible, Horrible, No Good Very Bad Day <i>PG, 7 p.m.</i> | The Equalizer <i>R, 7 p.m.</i> | Fury <i>R, 7 p.m.</i> | DOWNTOWN |
| BULKELEY | Big Hero 6 <i>(New) PG, 8 p.m.</i> Annabelle <i>R, 10 p.m.</i> | Interstellar <i>(New) PG13, 8 p.m.</i> The Maze Runner <i>PG13, 11 p.m.</i> | A Walk Among the Tombstones <i>(LS) R, 8 p.m.</i> | * LYCEUMS CLOSED | This is Where I Leave You <i>(LS) R, 8 p.m.</i> | * LYCEUMS CLOSED | The Good Lie <i>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.

REVIEW / THE MAZE RUNNER ★ ★ ★ ☆ ☆



If you're not a big fan of the ever-so-popular and trending dystopian style films like myself, you've probably been holding off on seeing the newest film in this genre, "The Maze Runner" – or maybe you live on an island with limited access to a movie theater. Either way, you may be excited to know that this film, though still displaying hints of a dystopian

world, lends itself better to the world of sci-fi and, oddly enough, adventure.

Typically set in the future, a dystopia is classified in the film industry as an anti-utopia or the illusion of a utopia with a totalitarian government involving some sort of dehumanization.

"The Maze Runner," follows young Thomas (Dylan O'Brien) who finds himself cast into a community of boys after his memory has been erased. The community, located in a large glade surrounded by a massively mysterious and primitive maze that screeches with danger past the twilight hours, survives only by banding together in skill-based roles to fulfill essential tasks. One of the community roles is that of a maze runner; those who hastily scour the maze during the day, searching for a way out.

The group struggles with many obstacles that threaten to tear the community apart or kill its frightened members (including the introduction of an attractive girl into an already fragile male community) while Thomas searches more for a reason behind the group's situation rather than their freedom.

Avoiding one of my peeves as a movie fan, greenie director Wes Ball achieves a good amount

of early character development, even with the lack of available background on a group of amnesia victims in a mysterious place in an unexplainable situation.

Like many pre and post-teen movies, there is a gross amount of drama displayed in a few scenes, but it seems to be less distinct than normal, allowing you to somewhat appreciate the group's chaos in youth without distracting you from the story altogether.

Most of the film's special effects are hokey and lack "Avatar" quality, but they are used sparingly and in carefully placed scenes up until the end -- which I'll avoid going into detail on to avoid possible spoilers.

The greatest mysteries of the maze are undisclosed in the end, leaving it wide open for a sequel or trilogy like most films do these days. So, while it couldn't escape all the bad clichés, if more dystopian claimed movies followed this film's footsteps, I would be more tempted to include myself in their theater audience.

Movie review by
SGT. RICK HOPPE

REVIEW / ANNABELLE ★ ★ ★ ☆ ☆

Seats were full in the Downtown Lyceum for the premier of "Annabelle," a prequel to the 2013 film "The Conjuring." Although the movie did its part in explaining the origin of the creepiest doll I've ever seen, it seemed to lack creativity. Either that, or Hollywood actually requires every horror movie to have an old, creaky rocking chair. I was pleased the demon actually had a face, rather than an implied

presence, but it was a bit PG-13 for my taste. I will say, however, that I spent the majority of the movie with chills, so I give "Annabelle" three stars.

Movie review by
SPC. MONIQUE QUINONES

REVIEW / THE GOOD LIE ★ ★ ★ ☆ ☆

"The Good Lie," is a touching and powerful film about Sudanese refugees. Spending years in a refugee camp, the group is finally told they will be relocated to America. The refugees have a life changing experience with an employment agency representative, Carrie (Reese Witherspoon), who changes their lives when one of their group is separated from them, and they have to deal with culture shock.

Although adjusting to a new life can be difficult this movie shows how some of the opportunities we take for granted are grasped by these men. This movie is a definite must see, even if you don't make it to the theatre, look for it when it comes out later on dvd.

Movie review by
PFC. ELIZABETH SMITH

THE IMPORTANCE OF PROTIEN

Protein is essential. No matter what program you've chosen, you need protein in your life. Luckily, it's one of the easiest things to find in the average diet. The tricky part is making sure you're getting the right protein.

Thankfully, it's not a matter of good or bad protein. Some foods contain what is considered "complete" protein. Which simply means the protein in foods such as poultry, fish, milk, and eggs contain all the essential amino acids your body needs. Other foods, like rice, beans or corn, are incomplete and must be paired together to ensure you are getting a complete protein.

Balance is key!

Protein plays a huge role in a strength training regimen. It helps repair your muscles after working out, so they can build quicker. Even someone who is focusing on weight loss needs to take care of their muscle. Losing weight is obtained by producing a mild caloric deficit over time, but limiting your calorie intake can cause the body to turn to not only fat, but also muscle for fuel.

JTF dietitian, Cmdr. Donna M. Hunter, said taking more than the recommended allowance of protein will not help you build muscles faster. It could actually result in too much caloric intake.

Complete proteins are most commonly found in animal products, so if you are a vegetarian or vegan it could make things slightly more difficult for you. It's not impossible though. Getting your protein through food is definitely preferred over supplements. You

can get protein from low fat protein sources such as beans, lentils, and rice. Other examples include: soy-based sausage patties, veggie burgers or marinated tofu.

It's better to get your protein from food, but supplements are another option. They can be perfectly safe as long as you do your research before hand. Always use well-known brands, take no more than the recommended serving size, and look for evidence of third party testing on the label.

A registered dietitian can help you figure out how much protein you need based on your age, gender, activity level and other factors. For any nutrition consultation, contact your base dietitian, Cmdr. Hunter ext. 7-2270.

ARTICLE BY
SPC. MONIQUE QUINONES

To determine how much protein you need, try this:

Divide your weight in pounds by 2.2 to get kilograms (kg).

For example, a 150 lb. male would equal 68 kg.

Endurance athletes need approximately 1.2 grams per kilograms (g/kg) per day.

68kg x 1.2g = about 82g protein

Recommended Daily Allowance of protein plan:

Less Active: 0.8 g/kg

Endurance Athletes: 1.2-1.4 g/kg

Strength Training: 1.2-1.7 g/kg



JSMART SPOT

▲ JSMART HELPER: TITAN

INVISIBLE WOUNDS

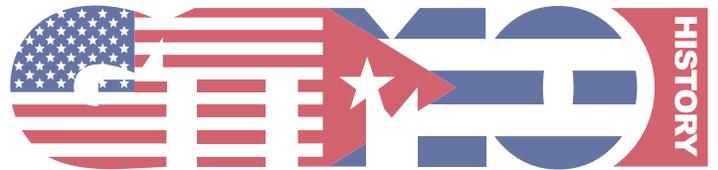
Veterans' Day is a time to thank those who serve their country in the U.S. Military, both past and present. While it's important to give thanks to these individuals, we also want to recognize Troopers who are still struggling with the mental tolls that may come from serving. After stressful military experiences, some individuals may develop symptoms such as nightmares, increased anger, feeling disconnected from others and painful memories. Many fear they will be considered weak, or peers might lose confidence in their abilities if they seek help. However, these symptoms are common human reactions to traumatic situations and often go away with time and support. If the symptoms do not go away, the individual may have Posttraumatic Stress Disorder.

PTSD can be thought of as failure to heal; or something just got "stuck" in the recovery process. Seeking help not only demonstrates strength, but provides the greatest benefit for the individual, the family, the unit and the military. PTSD IS TREATABLE. Early intervention often leads to the best outcomes!

Happy Veterans' Day from your JSMART family.

JSMART
Monday - Friday, 6 a.m. - 5 p.m.

Article by
**PETTY OFFICER 2ND CLASS
ROBERT MCQUEEN**



NOVEMBER 30, 1985

Halley's Comet passed over Guantanamo Bay – the astrological phenomenon that happens only once every 76 years. Dr. Donald Hanna, director of the Pretlow Planetarium for Old Dominion University, was here to authenticate the sighting, and said that the base was one of the best places in North America from which to view the comet. More than 500 people gathered at Windmill Beach to watch the comet.

Courtesy of
STACEY BYINGTON





RELIGIOUS SERVICES

ROMAN CATHOLIC (NAVSTA CHAPEL)

| | |
|------------|------|
| Saturday* | 1700 |
| Sunday* | 0900 |
| Mon-Thurs* | 1730 |

PROTESTANT SERVICES (JTF TROOPERS' CHAPEL)

| | |
|---------|------|
| Sunday* | 0640 |
| | 0900 |
| | 1900 |

PROTESTANT SERVICES (NAVSTA CHAPEL)

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

OTHER SERVICES

| | | | | |
|--------------------------|-----------|------|----------------------|-------------------|
| Islamic Prayers | Friday | 1315 | Annex Room 2 | |
| 7th Day Adventist | Saturday | 0900 | Annex Room 1 | (Sabbath School) |
| | Saturday | 1100 | Annex Room 1 | (Sabbath Service) |
| Latter Day Saints | Sunday | 0900 | Annex Room 2 | |
| Pentacostal | Sunday | 0800 | Annex Room D | |
| | Sunday | 1700 | Annex Room D | |
| JTF Bible Study* | Monday | 2000 | Cuzco Block H | |
| New Christian's Inquiry* | Wednesday | 1900 | JTF Troopers' Chapel | |
| | Saturday | 1900 | Troopers' Chapel | |

*These services are conducted by Army or Navy chaplains

TRANSPORTATION SCHEDULES

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 | 0700/0800/1000/1100/1200/1300/1400/1600/1700 |

UTILITY BOAT

| | |
|----------|-------------------------------|
| WINDWARD | 1730/1830/1930/2030/2130/2230 |
| LEEWARD | 1800/1900/2000/2100/2200/2300 |

SUNDAY & HOLIDAYS

FERRY

| | |
|----------|---------------------|
| WINDWARD | 0730/0930/1130/1330 |
| LEEWARD | 0800/1000/1200/1400 |

UTILITY BOAT

| | |
|----------|--------------------------|
| WINDWARD | 1530/1730/1830/2000/2230 |
| LEEWARD | 1600/1800/1900/2030/2300 |

Photo by Luis R. Lopez

PARTING SHOT



SUNSET LIGHTHOUSE, PHOTO SUBMITTED BY U.S. ARMY MAJ. LUIS R. LOPEZ JTF-GTMO / IG. FOR A CHANCE TO HAVE YOUR PHOTOS FEATURED IN THE PARTING SHOT, PLEASE SEND SUBMISSIONS TO: THEWIRE@JTFGTMO.SOUTHCOM.MIL

THE
WIRE