

THE OFFICIAL PUBLICATION OF JOINT TASK FORCE GUANTANAMO

THE WIDE

MARCH 13, 2015

THE CAT IN THE HAT

STUDENTS, PARENTS, JTF VOLUNTEERS RUN FENCE LINE WITH THE GRINCH

JTF TRAFFIC

CONSTRUCTION AT GATE WILL RE-ROUTE TRAFFIC AT THE JOINT TASK FORCE

NAVY TEAMWORK

TWO SAILORS FROM HARBOR PATROL MAKE THEIR WORK LOOK EASY

BOY SCOUTS CAMP AT THE CAY

TROOP 435 HONES THEIR SKILLS ON THREE-DAY SCOUTING CAMPOUT

IRISH-AMERICAN HERITAGE

INVENTORS TO WARRIORS, IRISH-AMERICAN INFLUENCE IN THE U.S.



LT. CMDR. HUNTER ABELL
Chief of Military Justice, JAGC

Many of us have heard our mother say, "lying only makes it worse." The same is true at the highest levels of government. Richard Nixon said, "It's not the crime that gets you ... it's the cover-up." In the military, that's only half right. For those of us in uniform, the high value placed on honor means the crime and any

KEY VALUE: INTEGRITY

integrity issues accompanying it are treated seriously.

Every branch of the military proudly proclaims its core values. The Army values include honor and integrity. The Navy places honor first, among its values. Every branch prizes the ability to tell the truth, even when inconvenient, because people who tell the truth are likely to be trustworthy in other situations – like combat.

Every month, the Joint Task Force Guantanamo Military Justice Department addresses allegations of misconduct, ranging from the serious to the seemingly trivial. Many of these cases are straight forward. Often, the subject is found not to have committed the original offense. Unfortunately, military members involved in an investigation sometimes attempt to cover up their mistakes and lie to their chain of command, an investigating officer, or others, like Criminal Investigation Command or NCIS.

When this happens, the situation gets much worse. Article 107 of the Uniform Code of Military Justice prohibits intentionally making or signing any false official statement. Lying to an investigating officer, a CID agent, or anyone in your chain of command falls under this provision. Violations of Article 107 may be dealt with by non-judicial punishment or even a court-martial.

There are also personal consequences. Your command, friends and family will no longer trust you. A reputation for integrity takes a long time to acquire, but may be squandered in a single action. Warren Buffet said, "In looking for people to hire, look for three qualities: integrity, intelligence and energy. If they don't have the first one, the other two will kill you."

Just like a CEO, your friends and acquaintances will notice your honesty. Your relationship with them will strengthen or weaken because of it.

No one wants to lose their friends respect, be punished administratively or receive a federal conviction for lying. Fortunately, the overwhelming majority of men and women in uniform adhere to core values, even when inconvenient. If you provide a statement as part of a military justice investigation, tell the truth, even if it is discomforting or frightening. In the heat of the moment, a small lie may seem like the best course of action. In reality, it only makes things worse and dishonors the uniform you wear. Trust your core values. Prize your integrity. Complete the mission with your head held high. Doing so will make you, your command, and whoever raised you proud.

Article by
LT. CMDR. HUNTER ABELL
Chief of Military Justice, JAGC

JOINT TASK FORCE GUANTANAMO



SAFE



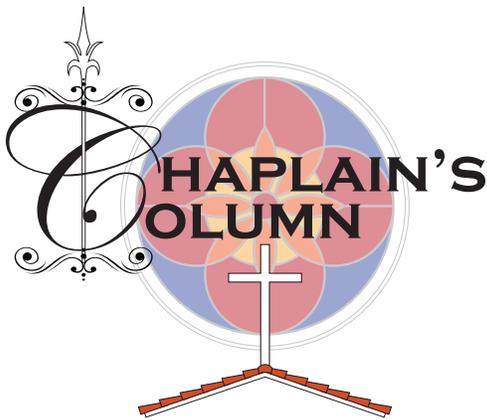
HUMANE



LEGAL



TRANSPARENT



I had been planning for my family to come visit for months. They were supposed to be here this week, which is Spring Break for my sons. I scheduled their flights from Memphis to Jacksonville, reserved seats for them on the rotator, booked a house in East Caravella, and rented a car. I was looking forward to taking my wife to the beach and taking my boys to play

DISAPPOINTMENTS

paint ball. I wanted to take them to chapel services and brunch at the Bayview. You know how it goes – anticipating a reunion is half of the fun.

The weather in the States didn't cooperate, however. The night before my family was to leave, the worst winter storm since 1940 hit Memphis. My wife held the phone outside so I could hear the freezing rain coming down. Though they had their bags packed and we hoped for the best, their flights were canceled, and the airport was shut down for several days – there aren't any snow plows at Memphis International Airport.

To say we were disappointed is an understatement. I still have four months left at Guantanamo, so I won't see my family until mid-summer. I've tried not to have a pity-party. After all, service members on other deployments don't get to see their families either, and I still get to talk to my loved ones every day.

How do you handle disappointments? This passage from the Bible helps me, "Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and minds in Christ Jesus" (Philippians 4:6-7).

Another resource that helps me deal with disappointments is Reinhold Niebuhr's Serenity Prayer. It's easy to memorize. See what you think, "God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference."

I look forward to seeing you in Chapel. Sunday services are at 9 a.m. and 7 p.m.

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



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COMMAND & CHAPLAIN

A common theme among every service's core values is the ability to always tell the truth. The JTF Deputy Command Chaplain, Tim Foster, gives us scriptural advice to help overcome disappointment.



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GTMO NEWS

This week in GTMO news, the JTF announces a new traffic plan, Boy Scouts camp at South Toro Cay, two Sailors show us how teamwork works and 'The Wire' highlights Irish-American Heritage Month.



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PHOTO STORY / COVER PHOTO

When 200 little children meet, there are 400 hands and 400 feet. On a fun run, they run for fun. Run, children. Run, children. Run, run, run.



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ENTERTAINMENT & REVIEWS

This week in entertainment reviews: Mila Kunis saves the planet in "Jupiter Ascending," Jeff Bridges stars in "The Seventh Son" and robots show us how to be human in "Chappie."



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SPORTS

The Soccer 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.



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LIFE & FITNESS

Scuba is one of the most popular activities here at GTMO. This week our fitness guru talks about the physical fitness benefits of diving and gives us some high carb snack ideas to fuel our dives.

MOTIVATOR OF THE WEEK

**CPL JONATHAN
SANTIAGO-MEDINA**
JDG

SPC SAMUEL EMERY
JDG

KEEP WORK AT THE WORKPLACE

Do you have a notebook in your pocket that has information about work? Things like watch rotations, important phone numbers or people to notify in the event of an emergency? How about a copy of our standard operating procedures? This information is important to know and studying it can help you to remember. This information is sensitive so it's better to read at work and commit it to memory rather than write it down or take a copy with you. The less information you take from the workplace, the less likely it could end up in a trash can, dumpster or be disclosed to people without the need to know. Use OPSEC and keep sensitive work documents at the workplace

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TROOPER ON THE STREET

HOW MIGHT THE TRAFFIC CHANGES AFFECT YOU?



STAFF SGT. DAN ZUKOWSKI

"I think it will directly impact morale for people in Camp America who don't have a vehicle and take the bus, they're going to have a longer ride or will have to walk to get to the beach."



SPC. SHAWN WOODS

"It's going to take longer to get to and from work, now we'll have to wait longer than we already do."



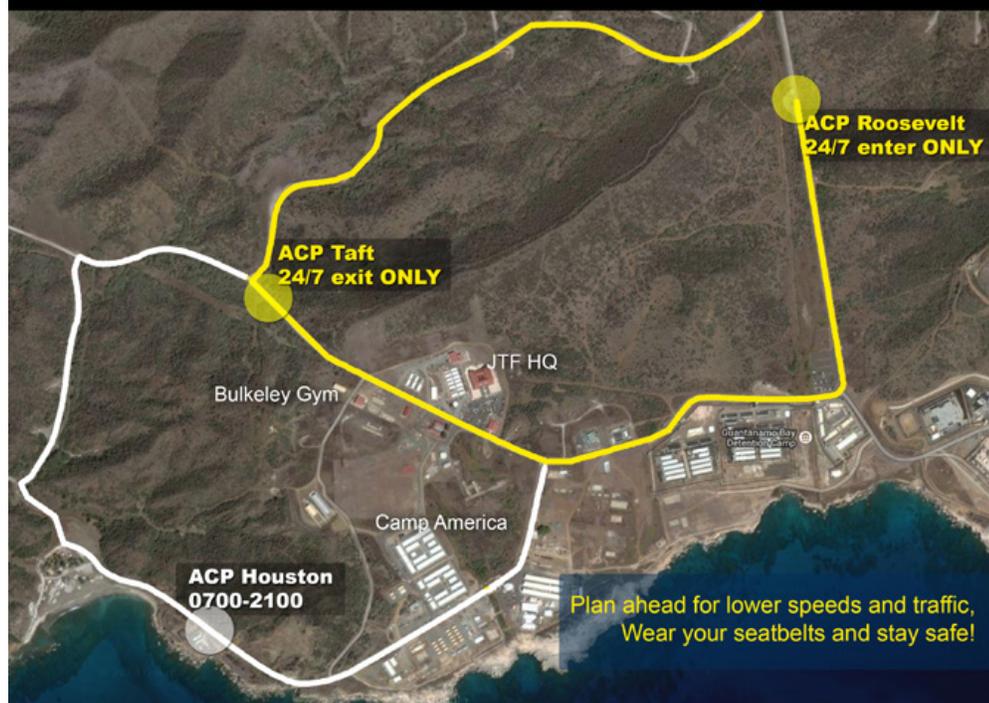
SPC. JESUS VALDEZ

"It's going to be a longer commuting distance, I'll be leaving work right around chow time so it's going to be really busy when I get there."

JTF ROOSEVELT GATE UPGRADE

JTF GTMO TRAFFIC CHANGES

CONSTRUCTION STARTS MAR. 23



Joint Task Force Engineers and contractors will be starting an improvement project on the Roosevelt gate access control point, located on Kittery Beach road, starting March 23. If you are traveling into the JTF area of operation, plan accordingly for expected delays and detours when leaving.

The purpose of this project is to widen the Roosevelt ACP, which will create a safety buffer between incoming and outgoing traffic and the service members who stand guard there, making sure it's within Force Protection Conditions and standards. The almost \$2 million project is expected to be completed within 24 weeks.

"It will be business as usual, the only thing is that during that time frame, the route into the JTF side will be different," said 1st Lt. Cristian E. Begazo, an engineer with the 525th Military Police Detention Battalion, Joint Detention Group Engineers. "It will be inbound only at ACP Roosevelt until the duration of the project is complete. Outbound will be the new ACP Taft gate, which is where we will be directing all outbound traffic."

ACP Roosevelt will be an entry point only into the JTF area. ACP Taft will be opened as an exit only gate.

ACP Roosevelt and ACP Taft will be operational 24 hours a day, seven days a week until the project is completed. ACP Houston will remain an entrance and exit point from 7 a.m. to 9 p.m., every day.

Begazo said the speed limit will be reduced during the project.

Members of the 474th Expeditionary Civil Engineering Squadron, Base Engineer Emergency Force, have been busy preparing ACP Taft for its reopening. They have cleared the road, which has not been used in quite some time and cleared the sight for the temporary guard shack.

"There was a lot of overgrowth and we had to clean up the shoulders to make it safer. Then we cleared out an area for the new guard shack to go into," said Senior Airman David Rollins, member of BEEF.

Begazo estimates construction to start about two weeks after equipment and materials arrive.

So for approximately the next five and a half months be patient and plan to leave a little earlier to exit the area of operations.

Story by
STAFF SGT DARYL MADRID

CLICK IT OR WALK!

NOT WEARING YOUR SEATBELT COULD COST YOU A 30-DAY SUSPENSION OF YOUR DRIVING PRIVILEGES. NOT ONLY THAT, IF THERE IS ONE PERSON IN YOUR VEHICLE NOT BUCKLED UP, THE DRIVER AND ALL THE PASSENGERS COULD LOSE THEIR DRIVING PRIVILEGE.

STAY SAFE ON GTMO AND BUCKLE THOSE BELTS!

BOY SCOUTS CAMP ON THE BORDER



Marshall Ellis, senior patrol leader for Boy Scout Troop 435, cooks pigs in a blanket using a camp stove constructed by the troop, during a camping trip to South Toro Cay.



Bill Condon, the troop committee chair, helps Boy Scouts construct a lean-to, during a camping trip Feb. 27 to March 1.



Petty Officer 3rd Class Ryan Leonard, a volunteer for Boy Scout Troop 435, demonstrates how to start a fire without matches.

Energetic boys scramble in and out of the scout hut grabbing their gear and wondering if there was anything they might have forgotten. The truck is loaded high above the top of the bed; they are ready to start their fun filled weekend along the Cuban border.

Boy Scouts with Troop 435 from U.S. Naval Station Guantanamo Bay, along with their leaders and volunteers from Joint Task Force Guantanamo participated in a three-day, two-night camping trip and hike to South Toro Cay Feb. 27 to March 1 to work on advancements, strengthen troop cohesion and have some fun.

Marine Corps Security Force Company personnel escorted the scouts to the Northeast Gate, which was the starting point of their 3.5-mile hike along the fence line between GTMO and Cuba. It was a hot and humid afternoon, but the boy's spirits remained high as they walked the fence line to their campsite.

"I help them go through their steps, I help new scouts with opportunities to rank up and I also watch over the boys and help the other leaders," said Marshall Ellis, the senior patrol leader for Troop 435.

A few of the boys needed to work on their

cooking merit badge. They planned the meals for the weekend, bought food from the Navy Exchange, and prepared meals for the other boys in the troop. English muffin pizzas cooked over an open flame were a big hit with the scouts.

"For this campout we are helping the newer scouts with getting the Scout Badge, their Totin' Chip and Firem'n Chit," Ellis said.

These certifications, along with the proper supervised training, grant a Boy Scout the right to carry and use wood tools and the right to carry matches and build campfires.

The morning of Feb. 28 came early as the boys cooked pigs in a blanket with charcoal briquettes in an oven they made from a printing paper box, aluminum foil and wire.

"We are also working on our camp gadget and we want to be able to have some fun while working on advancements," Ellis said.

A "camp gadget" is something made from items found at the campsite and items packed in with them. They chose to construct a lean-to, so that they could learn lashing skills and have shade from the hot afternoon sun. They lashed sticks together

and secured tarps to the structure, which helped some of the newer scouts work on requirements for advancement.

After eating sandwiches in the shade of their lean-tos, the scouts headed off on another hike to Commandant's Hill, the sight of an abandoned water reservoir and a Marine guard tower. The boys enjoyed the views and were given a chance to see into Cuba from their vantage point on top of the hill.

The campout concluded March 1 with another 3.5-mile hike back to the Northeast Gate, stopping off at Commandant Hill for one last look into Cuba, and then home.

Story and photos by
STAFF SGT. DARYL MADRID

COMMUNICATION: THE KEY TO TEAMWORK



Petty Officer 2nd Class Dana Yusten, a coxswain with U.S. Naval Station Guantanamo Bay Harbor Patrol, navigates her boat during an evening patrol of the bay.



Seaman Apprentice Amber Turner, a crew member for U.S. Naval Station Guantanamo Bay Harbor Patrol, scans the bay as she patrols with Yusten at the start of her evening shift.

Working from a 36-foot boat on a quiet bay in the Caribbean Sea sounds more like a vacation than work. For Petty Officer 2nd Class Dana Yusten and Seaman Apprentice Amber Turner, two Sailors with U.S. Naval Station Guantanamo Bay Harbor Patrol, this dream job is taken very seriously – even if it comes with the perks of driving a boat around a harbor every night.

Both Sailors are masters-at-arms, what the Navy calls its law enforcement personnel. Turner, a crewmember, joined the Navy at 25 and was influenced by several family members who are Sailors. Yusten, a coxswain, was influenced by her sister, who is also an MA.

“Their energy and their enthusiasm shows us who they are,” said Petty Officer 1st Class Richard Bair, Yusten and Turner’s shift supervisor. “Everyday both of them show me that our Navy’s getting greater by the day.”

Yusten and Turner’s energy is evident when they discuss their job and when they talk about each other.

“You can’t drive a boat without a crewmember and the boat’s not going to go anywhere without a coxswain,” Turner said.

“And if you don’t communicate, there could be big problems,” Yusten chimed in.

Both Sailors favor working the harbor to what they call “landside,” or traditional law enforcement duties.

“**THEY’RE INCREDIBLE YOUNG SAILORS. IF I COULD HAVE THEM ON EVERY SHIFT I WOULD**”

“It’s so different being on the water. It’s more relaxing. Even if you’re just roving around, looking for stuff. It’s very different and I prefer it,” Yusten said.

“It is exciting when we do get calls,” Turner said. “When we do, it’s for high-speed stuff like recovery calls, a boat being on fire or missing divers. It can be dangerous if you do not know what you are doing.”

The pair was also excited about a recent opportunity to work with Joint Task Force Guantanamo Coast Guardsmen, transporting

Marines conducting pre-deployment training, here.

“I thought it went very well – the communications were spot on,” Yusten said. “Normally when you’re doing joint operations they have a different radio system than we do. So, the big thing is, ‘OK, how are we going to communicate with each other?’”

Turner said continuing communications after a joint exercise is invaluable.

“Debriefing is important, because if you are doing something wrong, you might not know it. It helps to have someone there to say, ‘Hey, you could have done this a little bit better.’ Then the next time we work together we know. Because, we do not get many chances to work alongside the Coast Guard, or even the Marines,” she said. “That was the first time that I’ve worked with the Marines.”

Turner and Yusten do their job exceptionally well, according to Bair.

“Their abilities exceed their rank,” he said. “They’re incredible young Sailors. If I could have them on every shift I would.”

Story and photos by
SGT. 1ST CLASS ROBERT FREESE

HERITAGE COMMEMORATED: SAINT PATRICK



The month of March was chosen to be Irish-American Heritage month because one of the most well known Irish figures died on March 17, now celebrated as Saint Patrick's Day. There are many legends and tales depicting Saint Patrick, Ireland's first bishop, sweeping the country converting all before him.

On Feb. 27, President Barack Obama proclaimed March 2015 as Irish-American Heritage month, continuing the tradition that was set into motion March 1991, by the United States Congress, to pay tribute to all Irish-Americans.

Every year since that first pronouncement by Congress, the President issues a proclamation to honor the achievements and contributions of Irish immigrants and their descendants living in the United States. Unlike other ethnic cultural celebrations, Irish-American Heritage month is one of the few that isn't widely known.

The impact that Irish-Americans have on the United States' history often goes unrecognized, yet they helped form the nation we are today.

Nine signers of the Declaration of Independence, the first man to hold a commission in the U.S. Navy, over 190,000 Irish-born Americans who fought in the Civil War, the inventor of the submarine and 253 Medal of Honor recipients all list their heritage as Irish.

One of the many reasons Congress chose March as the month to pay tribute to Irish-Americans is

because it is the same month one of the most widely known Irish holidays is celebrated – Saint Patrick's Day.

Saint Patrick's Day, or Feast of Saint Patrick, is a cultural and religious celebration that is observed by the Catholic Church, the Anglican Communion, the Eastern Orthodox Church, and the Lutheran Church.

It was made an official Christian feast day in the early 17th century to commemorate Saint Patrick and the arrival of Christianity in Ireland, as well as a day for celebrating all things Irish.

Most of what is known about Saint Patrick comes from the Declaration, which is said to be written by Patrick himself. The Declaration says that at age 16, Patrick was kidnapped by Irish raiders and taken as a slave to Gaelic Ireland. For the next six years of his life he worked as a shepherd on the green hillsides of Armagh. This is the place, it is said, that he "found God." The Declaration says God told Patrick to flee to the coast, where he would find a ship that would be waiting to take him back home to Britain.

When Patrick finally made his way home, he went

on to become a priest, later returning to Ireland, where he converted pagan Irish to Christianity.

Over the centuries, many legends were formed about Saint Patrick and from that he became one of Ireland's most well-known Saints. According to tradition, he died March 17, affirming the day now known as Saint Patrick's Day.

For that one day, Lenten restrictions are lifted and people are encouraged to indulge themselves in food and alcohol. While many of us think of this holiday as a day to dress in all green and pinch anyone who doesn't, we must remember who and what this day was founded to commemorate, Saint Patrick himself.

Story by
SPC. AMBER BOHLMAN

Photo courtesy of
WWW.SWIDE.COM

THE RUNNING OF THE CAT, THE HAT, THINGS 1 AND 2

As the sun neared the horizon, sweating faces could be seen for a mile along the fence line near the Northeast Gate. These faces aren't of battle trained Marines, they were of children and volunteers from Joint Task Force Guantanamo who partook in the 4th Annual Dr. Seuss Fun Run.

Over 200 students and family members of the W. T. Sampson Elementary School ran a half mile section of fence line road and back to complete this year's fun run, held nearest to the famous author's birthday, and capped off a week of Read Across America.

"We've had a lot of energy. People love to come out. Some of the military volunteers have come out as Dr. Seuss characters and we always put the word out there that dressing up is encouraged," said Charlene Damp, a member of the W. T. Sampson Parent Teacher Organization.

The spirit of Dr. Seuss showed, as family members and volunteers took the dressing up part to heart.

"Considering that we have volunteers who are deployed here and they still manage to come out with Dr. Seuss costumes is pretty awesome," Damp said. "Seeing the Grinch, Thing 1 and Thing 2 run was pretty awesome."

The Cat in the Hat was also in attendance but it was Thing 1 and Thing 2 that garnered the most attention, both before and during the run.

Students and parents alike lined up to take photos with Thing 1 and Thing 2 in the elementary gym during registration before the run. That's what volunteering is all about for those service members – connecting with the community.

"It's runs like these that tie everyone in the community together," said Jim Encina, Thing 2 and JTF GTMO volunteer. "Generally in modern society, there isn't a lot of cohesion between people, so events like these bring people together with a common idea or a common bond."

Of course an event such as this couldn't have happened without integral leaders, like the Marines who escorted the participants to the gate and motivated the runners along the way. As for how Thing 1 and Thing 2 volunteered; The Cat in the Hat found them in a 21st century way.

"The Cat in the Hat emailed us looking for volunteers," said Marc Lamelin, Thing 1 and JTF GTMO Volunteer. "I responded that I wanted to participate; the Cat in the Hat gracefully bestowed upon me the name of Thing 1."

Running along the American and Cuban fence line isn't something you get to do every day and it brought a welcomed change of pace for Lamelin.

"This was a big change from what I'm used to," he said. "I usually see everyone running around the track at Cooper Field, looking miserable, hating life. It was cool to see the kids come out and enjoy the run."

From the word go, every student ran as fast as they could to beat the rest of the runners.

"It was fantastic; there was a little bit of competitiveness," Encina said. "The kids didn't want to get passed by Thing 1 or Thing 2 so it made them run a little harder and that made us run a little harder."

For Thing 2, this was a bitter-sweet run because if he were back home he'd run with his family like he would normally do.

"It's a little sad that I don't get to run with my family here, since I'm deployed without them, but it's a family tradition to get into things like these," Encina said.

The run brought the students, families, volunteers and yes, even the Marines, a little closer to their neighbors, their fellow service members and their extended Guantanamo family.

Story and photos by
SGT. ADRIAN BORUNDA





A W.T. Sampson Elementary School student befriends the Grinch, a JTF GTMO volunteer, before the 4th Annual Dr. Seuss Fun Run.



Students from W. T. Sampson Elementary School sprint from the starting line at the start of the fun run March 6 near the Northeast Gate.



Volunteers of the fun run dressed up as Dr. Seuss characters on U.S. Naval Station Guantanamo Bay. The parent teacher organization brought together students, their families, and volunteers to run along the fence line near the Northeast Gate.



A student from W.T. Sampson Elementary School finishes the 4th Annual Dr. Seuss Fun Run March 6 that was organized by the Parent Teacher Organization and held near the Northeast Gate. With a little help from the Marines stationed here, Marine Corps Security Force Company, the race went off without a hitch.



A participant in the 4th Annual Dr. Seuss Fun Run makes his way to the finish line March 6. Some volunteers for the run dressed up as their favorite Dr. Seuss character such as Thing 1 and Thing 2 and the Cat in the Hat.

MOVIE REVIEW / SEVENTH SON



This was one of those movies that could have gotten to the point a lot faster than it did, and the end was anti-climatic.

Master Gregory (Jeff Bridges), who takes care of different town's supernatural problems is called to a particular town to help a little girl possessed by something, which turns out to be Mother Malkin (Julianne Moore), a powerful witch and queen of all the other witches. Immediately, we that see Gregory and Malkin have a bad history.

I liked Gregory, minus whatever it was they were trying to do with his voice. It sounded like Bane and Batman's voices smashed together, which failed miserably. He was the one person left of an old order that fought witches, ghosts and any other number of mythical creatures. Since he is getting older, he needs an apprentice. Everyone he has started training so far has died, until he finds Tom Ward (Ben Barnes).

Tom is a farmer's son, dreaming of doing something bigger than feeding pigs for the rest of his life. As he's feeding the pigs we're introduced to him having some kind of fit, which turns out are his visions.

This is where Gregory and Tom meet for the first time. Gregory has come looking for the seventh son of the seventh son to take on as his apprentice, since the last one died fighting Malkin. Gregory buys Tom from his parents and his mother Mam Ward (Olivia Williams), and sends him off with a talisman of

some kind.

The stereotypical love story is forced in somewhere in this mess. At the beginning of Tom's journey with Gregory they stop in at a town for supplies, which meant Gregory went to drink, while Tom picked up what they needed. As Tom walked around he sees a mob of people with a witch, Alice (Alicia Vikander), and he steps in to save the day. There is a lot of back-and-forth with the two during some poorly written scenes. Wait! The entire screenplay was poorly written.

In the end, a huge fight between good and bad guys lasts way to long, which happens a lot in Hollywood. Even though one of the main story lines was the animosity between Gregory and Malkin, they ended up disappointing me. I really want to tell you exactly what happened at the end, but you'll just have to go see the movie for yourself.

All-in-all, even though it could have been so much better (and shorter) it did give a few laughs here and there, and for that I'll give it two stars.

Movie review by
SPC. LIZ SMITH

MOVIE REVIEW / CHAPPIE



Hate it or love it, that's the only thing I could think as I walked out of the Downtown Lyceum Saturday night. Director Neil Blomkamp takes us back to his favorite backdrop of a troubled Johannesburg, South Africa that is combating crime in a new way: robots. In the near future, the Joburg police department relies heavily on robots created by a weapons company scientist played by Dev Patel. The part that caught my interest was Hugh Jackman's character, a former Soldier, who is concerned with having robots in the streets that lack human judgment. In our tech-heavy world, computers are getting faster, more compact and able to do so much; the movie does a good enough job to make the viewer ask the question, "Are we ready to let go of some of our human judgment for the sake of convenience and safety?"

Further complicating this question is Patel's quest to create a robot that can think and feel for itself. This is where holes start to show in the plot, but for the sake of a two-hour movie, the specifics are sacrificed to move the story line along. Patel creates artificial intelligence software and installs it into a robot who earns the name Chappie. It is here that Blomkamp provides us with a portrait of our current standing as a species ... I know what you're thinking, a bit grandiose for a two-hour sci-fi thriller

Chappie, the newly created being that has the same developmental stages

as a human, is at first timid and soaks any experiences as normal. His first introduction is to a bunch of gangsters, so he immediately learns the worst about human nature while having the mindset of a child. It was this juncture that the director uses Chappie as the innocence that man has lost and the city of Johannesburg as everything that is wrong with the world. You can feel the innocence slipping away from Chappie, and it's uncomfortable. It's meant to be. It's how we should feel when we expose the beauty of youth and innocence to the ugliness of hate, destruction, ignorance, racism, bigotry and degradation.

It's become common place to rob each other of what makes us great and what can truly change the world. What we are left with is the human spirit that can only feel fear. It is in this fear that Chappie loses those around him. In the end he asks, "Why are you this way?" It's a question that needs to be asked more often. This is what I believe the director and cast were trying to show. Throw in a couple of shoot-outs, car chases and the occasional comedic relief, and you have a movie that can entertain just about anyone. And that's the problem. If the director was going for something more serious then he should've committed to one or the other. Instead we have a middle of the road movie.

Movie review by
SGT. ADRIAN BORUNDA

IN THEATERS THIS WEEK

	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	
DOWNTOWN	Cinderella <i>(NEW) PG, 8 p.m.</i> Run All Night <i>(New) R, 10 p.m.</i>	McFarland, USA <i>PG, 8 p.m.</i> Hot Tub Time Machine 2 <i>(New) R, 10:15 p.m.</i>	Jupiter Ascending <i>PG13, 8 p.m.</i>	Chappie <i>R, 8 p.m.</i>	Selma <i>(LS) R, 8 p.m.</i>	The Boy Next Door <i>(LS) R, 8 p.m.</i>	Seventh Son <i>PG13, 8 p.m.</i>	DOWNTOWN
BULKLEY	McFarland, USA <i>(NEW) PG, 8 p.m.</i> Hot Tub Time Machine 2 <i>(New) R, 10:15 p.m.</i>	Run All Night <i>(New) R, 8 p.m.</i> Cinderella <i>(New) PG, 10 p.m.</i>	Chappie <i>R, 8 p.m.</i>	LYCEUMS CLOSED *	Jupiter Ascending <i>PG13, 8 p.m.</i>	LYCEUMS CLOSED *	Selma <i>(LS) R, 8 p.m.</i>	BULKLEY

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

* Concessions closed until further notice

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

MOVIE REVIEW / JUPITER ASCENDING



Planets all around the universe are “harvested” by the members of the House of Abrasax to produce a youth serum for elite members of other planets. Once the mother of this house died, she left the most valuable planet to her son, Balem (Eddie Redmayne). Just days before Balem planned to harvest Earth, he sent “keepers” to go kill the seemingly normal, Jupiter Jones (Mila Kunis).

Jupiter hates her life. She cleans homes during the day, but doesn’t make enough money for the thing she wants most: a telescope. With help from her cousin, she decides to make the money by selling her eggs. At the clinic, the doctors turn out to be the keepers sent to kill her. Cue the hero!

Caine Wise (Channing Tatum) is a half-wolf, ex-military hunter sent to retrieve Jupiter for Balem’s brother, Titus (Douglas Booth). This is the first of many times he will rescue Jupiter.

You may be wondering when I am going to talk about exciting fights and adventures. Well, I was wondering when I would see them at this point in the

movie.

Let’s just jump into space. First, Jupiter meets Balem’s sister, Kalique (Tuppence Middleton), who revealed that Jupiter is a genetic incarnation of her mother. With this information, Jupiter goes through the process of registration to claim Earth. Once that is complete, she ends up with Titus. He plans to marry Jupiter and then kill her so he can claim Earth. Caine saves her, of course. Finally, Jupiter makes it to Balem who demands she give up her claim to Earth in return for her family.

I actually love that Balem was very straightforward with his desire to kill Jupiter. He would’ve been my favorite if it weren’t for his weird whisper. What was the point of that? I feel like it was to make his yelling more intense but it didn’t work too well. His yelling just reminded me a toddler’s temper tantrum.

Again, Caine returns just in time to rescue Jupiter. Once everything is back to normal, we see that Jupiter’s family had their memories erased and she has returned to her housekeeping job. Let me just say,

if I owned the Earth, I wouldn’t even be cleaning my own toilet, much less anyone else’s.

Full of rat-faced men, lizard guys with wings, an elephant pilot, and other weird looking people, “Jupiter Ascending” is sure to bore and confuse you.

Instead of weeding out some of the bad ideas, these writers seemed to open up the forum and throw everything they could into this movie. The “intense” fight scenes clearly revealed how gently people were hit or grabbed and how fake a few falls were.

I will say I did not have a scowl on my face through the entire movie. Mila Kunis did say some funny things about two or three times that made me smile. For that, let’s go with 2 stars.

Movie review by
SPC. MONIQUE QUINONES

MWR

2015 SPORTS SCHEDULE

MONTH / DAY ACTIVITY

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	Walleyball 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*

NOTICE FISHING SEASON CLOSURES CORRECTION

Last week we published fishing closures that were not yet released.

Please refer to:

NAVSTAGTMOINST 1710.10B
until the changes become effective.

SHARPENING YOUR MIND, BODY AND SOUL



Members of Everton Hylton's yoga class put their hands sky high during a low warrior stretch at the end of class here at the G.J. Denich Gym on U.S. Naval Station Guantanamo Bay, Cuba.

If you are looking for a way to de-stress, stretch out and still get in a good workout, look no further. Everton Hylton teaches a yoga class at G.J. Denich Gym four days a week. Hylton is one of the Fitness trainers for the MWR program here.

"What I like about yoga is it's a mind-body type workout. Here, at this facility, we focus on yoga for the physical well-being of ourselves, enhancing physical fitness, true flexibility, balance, strength and stamina," Hylton said.

Hylton mentioned that the class is open to everyone; most of those in the class are active duty members and contractors along with military spouses. It doesn't matter who you are, pressures of a deployed environment can affect you.

"It is good for stress reduction. We all work in very stressful environments, and you're away from your family and home; so as a result you have to find a means to create some balance in your life and yoga is one form you can really get into and bring calmness to your mind and body," Hylton said.

According to him, the classes are geared to all levels. He teaches in the middle, so whether you are coming in for the first time or you're a regular you will get the full benefits of it.

"Once you're engaged in physical activity, one of the main components is flexibility and most of the time that is what is most lacking for people. That is why they end up getting injuries," Hylton said. "I always

recommend that if you do any form of physical activity to always come to a yoga class, even if you just sit on your couch. It is not vigorous but at the same time it is very challenging."

The type of yoga they practice here is called Vinyasa and requires a little bit more muscle work, strength, balance, stamina and flexibility to do.

"You want to try to practice on an empty stomach, because if you do it with food in your stomach, anytime you start bending or twisting you become nauseous. Wear loose fitting clothing always, nothing that will restrict movement, and at the same time just be yourself. It's not a competition – each and every one of us has our limitations. Once you keep practicing yoga you get better at it," Hylton said.

So if you were looking for a way to get a good night's sleep, de-stress, or stretch and workout, attend Hylton's yoga class and see the benefits for yourself.

*Story and photo by
SPC. LIZ SMITH*

Class Schedule:
*Tuesdays and Thursdays 6 a.m.
Wednesdays 4 p.m.
Saturdays 3 p.m.*

SOCCER WEEKLY

THIS WEEK IN THE MLS

SEATTLE VS. NEW ENGLAND

If there's going to be a team in the Western conference that gives the L.A. Galaxy a run for their money this season, it's going to be the Seattle Sounders. Their display of communication and strategy completely outgunned the New England Revolution in front of an excited and motivated Seattle home crowd of close to 40,000 strong. From early on, it seemed as though the Revolution forwards couldn't get on the same page and slowly lost any even footing they had and quickly became midfield defense against a coordinated Seattle. Clint Dempsey and Obafemi Martins led up front early, as they put together some penetrating crosses into to the New England box. The Revolution's inability to clear the ball from their half led to a total of six shots at their goal, three of which found the back of the net. Dempsey stuck first on a penalty kick after a questionable tackle in the box. The second came from Martins to put Seattle up 2-0 before the half. After the half, Seattle continued the pressure, as Dempsey and Martins came together in one of the prettiest

triangle passes into the box which confused the New England defense and goalie. In the end, Dempsey and Martins led the Sounders to a 3-0 victory.

ORLANDO VS. NEW YORK CITY

This week kicked off the Major League Soccer season with terrific action on the pitch. One of the more anticipated matches included the face-off between two expansion teams, Orlando and New York City Football Club. The anticipation proved to a bit too much for both sides, as simple passes and one touch was way off early in the first half. Early bookings went against Orlando, as they would eventually go down a man for diving, an act which is beginning to see serious ramifications. The first, and what seemed would be the only score, came when, NYCFC's Mix Diskerud netted an 18-yard shot in the 76th minute. It wasn't until the full regulation was up and into stoppage that Orlando's Ricardo Kaka netted the tying goal and sent both teams home with a draw.

Article by
SGT. ADRIAN BORUNDA

MMA WEEKLY

CARLA ESPARZA VS. JOANNA JEDRZEJCZYK

Women's Straw weight champion Carla Esparza is also defending her title against the undefeated Joanna Jedrzejczyk. The key for Esparza, here, is to have developed a good enough ground game to take the fight where her opponent is uncomfortable and unproven. It's not going to be easy as Jedrzejczyk has a 73 percent take down defense. For Jedrzejczyk it's going to be all about keeping it on the feet and allowing her experience as a former Muay Thai champion to overwhelm and smother Esparza.

Matt Brown vs. Johnny Hendricks

Johnny Hendricks has a tough competitor in Matt Brown this weekend. Hendricks is coming off a disappointing loss against Robbie Lawler in December 2014. If you think Hendricks looked a bit out of shape, you're not the only one. His weight held

him back and eventually led to Lawler imposing his will, but against brown, he's going to have to prove that he's fit enough for another title shot. Both fighters lost to Lawler and are looking for a rematch but the road there is through each other. I say Hendricks takes it in a split decision.

Anthony Pettis vs. Rafael dos Anjos

Rafael dos Anjos could be the opponent that really puts Anthony Pettis to the test this weekend at UFC 185 in Dallas, Texas in a five-round light weight title fight. Dos Anjos is primed to take the belt from Pettis after having a successful 2014 season, with victories over Jason High, Benson Henderson and Nate Diaz. The only thing that would totally convince me that he would truly challenge Pettis is if he would've won against Khabib Nurmagomedov, but his loss in April 2014, to him leaves doubts. And while I have confidence in his striking abilities, I think Pettis will match his stand-up and it will come down to who will have the right ground game.

Article by
SGT. ADRIAN BORUNDA

MLS TOP 20

No. TEAM NAME *Standings*

Western Conference

01	Seattle Sounders FC	(1-0)
02	Las Angeles Galaxy	(1-0)
03	FC Dalance	(1-0)
04	Houston Dynamo	(1-0)
05	Sporting Kansas City	(0-0)
06	Colorado Rapids	(0-0)
07	Portland Timbers	(0-0)
08	Real Salt Lake	(0-0)
09	San Jose Earthquakes	(0-1)
10	Vancouver Whitecaps	(0-1)

Eastern Conference

01	Toronto FC	(1-0)
02	DC United	(1-0)
03	New York City FC	(0-0)
04	New York Red Bulls	(0-0)
05	Orlando City SC	(0-0)
06	Philidelphia Union	(0-0)
07	Columbus Crew	(0-1)
08	Montreal Impact	(0-1)
09	Chicago Fire	(0-1)
10	New England Revolution	(0-1)

POUND TOP 10

No. NAME Record

01	John Jones	21-1
02	Jose Aldo	25-1
03	Chris Weidman	12-0
04	Anthony Pettis	18-2
05	Demetrious Johnson	21-2-1
06	Cain Velasquez	13-1
07	Anderson Silva	33-6
08	Daniel Cormier	15-1
09	Robbie Lawler	25-10,1NC
10	Johnny Hendricks	16-3



A WHOLE NEW WORLD

Some of you may be getting a really great workout every weekend without even realizing it! Your leg muscles and cardio system are getting strengthened every single time you let air out of your dive vest.

Diving is a great workout. Even though dealing with a powerful current can be annoying, it's helping you get stronger. Kicking out, or a bit of surface swimming, is also physically demanding. Even breathing the compressed air is very different from ambient air.

Fitness Director, Alec Culpepper, said because kicking is the main mode of movement your leg

"If it doesn't challenge you, it doesn't change you." - Fred Devita

muscles, specifically quads, hamstrings, and hip flexors, are the main muscles built during diving.

You get a workout above the water as well. Lifting scuba tanks and carrying around equipment is definitely not easy!

Even though you are in the water, it's still important to stay hydrated. Compressed air tends to dry you out. It's also good to eat complex carbs for your dive days, because they work well to provide long-term energy.

Beyond physical fitness, you may find that diving is also good for your mind. With nothing to distract you but the soothing sound of bubbles, you can focus on

the beauty that lies below the surface of the ocean.

"Scuba Diving can be a dangerous activity, but if undertaken safely and responsibly it is something that you can do for the rest of your life. It can be very relaxing and rewarding, not to mention a heck of a lot of fun," Culpepper said.

Article by
SPC. MONIQUE QUINONES

GOOD COMPLEX CARBS TO GET IN ON YOUR DIVE DAYS:

Barkley
Beans (black, kidney)
Corn
Strawberries
Melon
Apple
Orange

Fat-free yogurt
Fat-free milk
Whole-wheat bread
High-fiber cereal
Whole-wheat tortilla
Whole-wheat pita bread
Whole grains

Potato
Sweet Potato
Yams
Squash
Pumpkin
Steamed brown rice
Steamed wild rice

Lentils
couscous
Organic energy bars
Bulgur
Whole-wheat pasta
Oatmeal



JSMART SPOT

▲ JSMART HELPER: TITAN

OVERCOMING SHYNESS

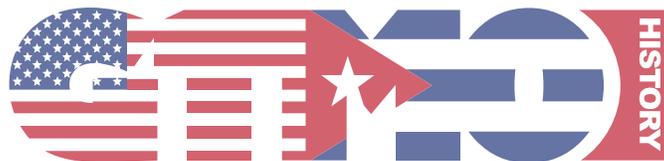
Meeting new people is an experience all of us will have. Many of us love this experience, as we get to learn about other cultures, backgrounds, ideas, and ways of life. For others, this is a day-to-day struggle, requiring additional energy, resources and preparation.

Shyness is a trait some of us come by naturally. We've just always felt more comfortable by ourselves or with close friends and family. We prefer familiarity and safety in others, rather than reaching out and talking to people we don't know. Unfortunately, the biggest drawback to this approach is we may miss out on meeting interesting people who have the potential to become good friends and supporters. Fortunately, there are many actions we can take to get out of our shell and become more social.

An important part of meeting new people is to be a good listener. When someone feels we are actually interested in what they have to say, they're more

likely to be forthcoming and open. Encourage others to talk about what they like. Ask open-ended questions, requiring more than just a yes or no response, and a conversation will flow. Keeping up with current events can give you things to talk about. Encourage people to share their opinions on these various topics. Then, notice the ideas you have in common and discuss them further. A stranger, who appeared distant or intimidating a few moments earlier, may suddenly share a funny story and carry the conversation. By using these tricks and others like it, you will take small steps towards overcoming your shyness.

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



THE NAMES OF GUANTANAMO BAY



British Admiral Edward Vernon seized Guantanamo Bay in 1741, Vernon arrived with warships and soldiers with plans to march on Santiago de Cuba but was defeated by local Creole guerilla forces and Spaniards.

The bay we fondly refer to as "Gitmo" was called Guantanamo by its original inhabitants, the Tainos. When Christopher Columbus landed here in 1494, he named it Puerto Grande.

British Admiral Edward Vernon seized the bay in 1741 and renamed it Cumberland Bay. Vernon arrived with eight warships and 4,000 soldiers planning to march on Santiago de Cuba. However, he was defeated by local Creole guerrilla forces and Spaniards. He was forced to withdraw or face becoming prisoner.

Article by
SPC. LIZ SMITH

Photo courtesy of
WIKIPEDIA.ORG

JTF PRAISE BAND

You're the resource!
We need you!

Community hours for volunteer service medal.

Players needed for:

- Guitar
- Basses
- Electric Piano
- Trumpet
- Saxophone

Weekly practice at 11 a.m. on Saturdays

To volunteer,
Contact the JTF Chaplain Office
at x2218

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 19	(Sabbath School)
	Saturday	1100	Annex Room 19	(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	JTF Trooper's 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 Joseph Schmitt

PARTING SHOT



'QUARTER MOON' PHOTO BY CHIEF PETTY OFFICER JOSEPH SCHMITT WITH JTF-GTMO-JMG. FOR A CHANCE TO HAVE YOUR PHOTO FEATURED IN THE PARTING SHOT, PLEASE SEND SUBMISSIONS TO: THEWIRE@JTFGTMO.SOUTHCOM.MIL

THE WIRE