

# THE WIRE

MARCH 27, 2015

## BROTHERS OF MARSECDET

BROTHERS SERVE TOGETHER ON PORT ZERO SECURITY DEPLOYMENT

## iGENERATION STRESS MITIGATION

A HEALTHIER MIND, BODY AND SOUL AT THE TIPS OF YOUR FINGERS

## JOINT TASK CLEANUP

JTF VOLUNTEERS, GAIN ESPRIT DE CORPS, SENSE OF OWNERSHIP

## PERFORMANCE GAMES

PT WARRIORS COMPETE IN THE INAUGURAL MAX PERFORMANCE GAMES

## RED CROSS VOLUNTEERS

APPRECIATION DINNER HONORS THOSE WHO GIVE TO THEIR COMMUNITY

## TROOPERS ARM IN ARM

SISTERS IN ARMS HOLDS MEETING, IS OPEN TO ALL SERVICE MEMBERS



PHOTO STORY



**MASTER SGT. BRANDON MUSSO**  
NCOIC, Joint Operations Center

Whether you're a Soldier, Sailor, Airman, Coast Guardsman or Marine, there is one core value that is depicted throughout all branches of service and it is called honor. Webster's dictionary defines honor

## HONOR: A JOINT CORE VALUE

as someone with high regard, reputation, or respect and personal integrity. Many people frequently use the word for a wide variety of circumstances, but only a few understand the true meaning of its intent. Though we like to think of ourselves as honorable people, some of us miss the mark.

When your moral compass does not shoot straight, when your integrity comes into question or when fair, to you, means taking the easy wrong over the harder right, then you have lost your honor.

Scottish-American Sailor Capt. John Paul Jones, often referred to as the "Father of the U.S. Navy," said, "An honorable Peace is, and always was, my first wish! I can take no delight in the effusion of human Blood; but, if this War should continue, I wish to have the most active part in it."

To have honor, or to live honorably, is to live with integrity and to be honest and reasonable in your dealings with individuals or groups, regardless of disappointment, pain or embarrassment. You must be able to be called upon to do what is right when "right" will not work in your favor and even when "right" is uncomfortable. To have honor is to have trust. When you carry out your orders or

duties, accomplish them to the highest conceivable standard.

How do you want to be remembered?

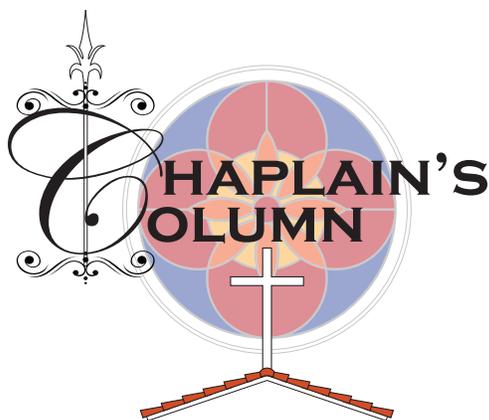
Are you living your life to reflect the legacy you want to leave behind?

Honor is not given, it is earned. Some people will never have honor or be an honorable person in their lifetime. However, each one of us can achieve honor. It is there to be taken, you just have to live with integrity, have good moral character, strive for excellence, and be the example you want to see in others, both on and off duty.

*No matter what life has in store for you, always be "Honor Bound."*

Article by

**MASTER SGT. BRANDON MUSSO**  
NCOIC, Joint Operations Center



## THE UNDERSERVED SEAT UPGRADE

medium-sized ACU-patterned rucksack and it was her carry-on for her flight from California back to college in Tennessee. She probably looked like she was a trooper coming back home or traveling to who-knows-where. As she was boarding, she went through first class and that's when she was briefly accosted by an unsung patriot – a true American supporting those of us who are willing to sacrifice everything for our country. He gave up his seat for her and she didn't even deserve it, which is why, when Yeshi told me what happened, she shared her terrible ethical dilemma, "Do I tell him I'm not a Soldier and embarrass him, or do I say nothing and feel guilty for accepting his seat even though I'm not a Soldier?"

I was in Afghanistan when we talked on the phone about this and I assured her. "Don't worry, baby, that anonymous man treated you as if you were me. His intention was to show honor and

gratitude to a Soldier. You're my kid. In showing this kindness to you, he did it to me."

True story.

This reminds me of another true story. Isaiah foretold that Jesus would be "pierced for our rebellion, crushed for our sins." It goes on to say, "He was beaten so we could be whole. He was whipped so we could be healed. All of us, like sheep, have strayed away. We have left God's paths to follow our own. Yet the Lord laid on him the sins of us all" (53:5-6, NLT). Jesus was treated the way we deserve so that we could be treated the way He deserves. His ruck for yours.

Article by

**CAPT. LUIS F. ACOSTA**  
Chaplain, 324th MP Battalion

"Excuse me, miss. Can I see your seat number?" Surprised, she said, "18D."

"Not anymore," he said, then took her ticket and gave her his. The nameless gentleman about-faced and was off to take her economy seat so she could take his first-class seat. That's how quick it happened.

I had given my youngest daughter, Yeshara, a



## TROOPER ON THE STREET

WHAT MWR EVENT WOULD YOU LIKE TO SEE COME TO GUANTANAMO?



**TECH SGT. LACEY SCHAFER**

"I would like to see a headliner come to GTMO to perform a concert."



**NAVY PETTY OFFICER 3RD CLASS ANDREW CARPENTER**

"I think we should get the Hanson Brothers to reunite and play for us here."



**SGT. ORA ROCHELLE**

"I'm really satisfied with what the MWR has done for GTMO so far, but it would be cool to have another magic show here."

# SERVICE MEMBERS ARM-IN-ARM



Members of the Guantanamo Bay Sisters in Arms gathered here March 12 with the senior leader panel to discuss a misperception in today's military, receive guidance and develop new ideas on methods to help mission cohesion.

Once a month, both male and female service members from every branch gather to coach and mentor each other in an environment of trust. This organization is otherwise known as the Sisters in Arms.

When hearing the term "Sisters in Arms," many people assume it is a tool for only women in the military. When in reality the program is there for service members to learn how to work together whether you are a male or a female.

Sisters in Arms is an informal organization designed to give service members the tools they need to learn and grow professionally, while being able to identify and confront certain challenges that are specific to women, through coaching and mentorship, in a place where they can trust those around them.

"We want to break down these biases, and say 'Yes you can mentor a female,'" said Army Maj. Genelle Lee, this month's event coordinator.

Each month, the events hosted are broken down differently; no event is the same, providing a wide variety of learning opportunities to service members.

"We do social events, we do formal panel events, general discussions or have a guest speaker. They are all opportunities and venues to get professional development," Lee said.

Lee said the program was originally for females but has since morphed into a program where service

members who have female subordinates are given the opportunity to learn how to mentor and coach them without having to worry that what they are doing is going to be perceived in a negative way.

"I would recommend that everyone join the program or attend the events. I truly believe that there is something valuable to take away from the program, no matter what your gender or branch of service is," said Tech. Sgt. Lacey Schafer, equal opportunity advisor.

The most recent meeting, held March 12, was in the format of a senior leader panel; its focus was on standards of professionalism through misperception. The forum was held so males and females of all ranks and services had the opportunity to listen to their senior leaders' points-of-view on their definition of standards of professionalism.

"I decided to attend because I thought the topic was interesting, and it was an opportunity to show support for the program as well as the panel members. I think that each member was able to provide a new perspective on various topics," Schafer said.

For more information on the Sisters in Arms contact: Maj. Lee at 3187 and Lt. j.g. Andrea Green at 4836

Story and photo by

**SPC. AMBER BOHLMAN**

# RED CROSS SERVES APPRECIATION DINNER FOR VOLUNTEERS



Gerry Bailey, the American Red Cross Station Manager at Guantanamo, speaks during a Volunteer appreciation dinner at the Bayview here, March 17.



A wide assortment of food keeps warm on the buffet line, ready to serve approximately 30 attendees during the dinner at the Bayview here, March 17.

U.S. Naval Station Guantanamo Bay and Joint Task Force Guantanamo leaders, along with regional American Red Cross leaders, came out to show their appreciation to the many volunteers who have given so much of their time here, at a special dinner March 17 at the Bayview.

"The people who volunteer with the Red Cross here are exceptional people. They do a wonderful job, and they are extremely dedicated to the Guantanamo Bay community," said Gerry Bailey, the American Red Cross Station Manager at GTMO. "That's why they volunteer – because they want to give back to their community, and they want to help the community grow."

Bailey has been involved with the Red Cross for 33 years and related quite a bit of history about the organization and Guantanamo Bay.

"The Red Cross has been in and out of Guantanamo Bay since the Spanish-American war," Bailey said. "They returned during the first World War and again during the second World War. In 1956, we established a permanent Red Cross station here at Guantanamo Bay, and we have been here ever since."

Many selfless service members and civilian volunteers give considerable personal time with the Red Cross here, without looking for a pat on the back or a reward.

Petty Officer 2nd Class David Danner, from the Joint Medical Detachment, was in attendance as

a volunteer after only being on the island for two months.

"I just got on island and just started volunteering," Danner said. "I helped paint the new building to get it ready and did some of the yard work outside to help Gerry."

In all, about 30 people were in attendance, including JTF GTMO and NAVSTA command staff, along with Roxanne Stevens, the Southeastern and

“**THE RED CROSS HAS BEEN IN AND OUT OF GUANTANAMO BAY SINCE THE SPANISH-AMERICAN WAR**”

Caribbean Division Service to the Armed Forces Director, and Victoria Raleigh, the Southeastern and Caribbean Division Service to the Armed Forces Chair.

Bailey mentioned there are many opportunities here to volunteer for if you choose.

"We have volunteers working in the veterinary clinic. We will be placing individuals in administrative positions at the hospital; we route volunteers over to the thrift store, and we have a pet visitation program where we have nine or 10 dogs," Bailey said.

And coming soon will be a new spot to go relax and enjoy good quiet company; the Red Cross will be opening a place for base personnel to come relax, much like the liberty centers on base.

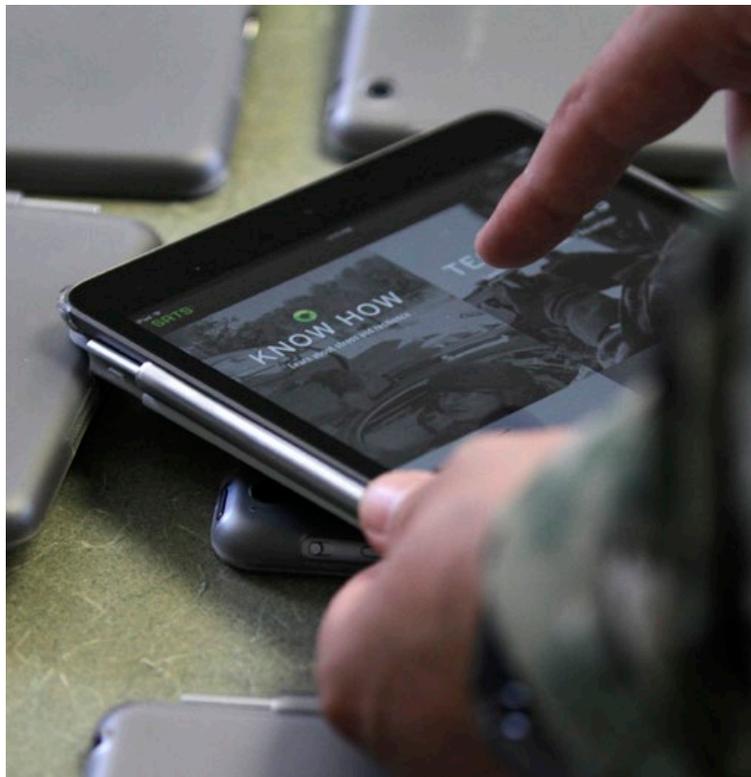
"We will be opening a new respite center at our new facilities over on Rogers Road, and we will be looking for volunteers to help man it. The more volunteers I get the later I can keep the respite center open in the evenings and on weekends," Bailey said.

The culmination to the night's dinner was an awards ceremony with certificates of appreciation and plaques presented to the volunteers attending.

To sign up as a Red Cross volunteer, call Gerry Bailey at 5060 or 4676 or send an email to [gerry.bailey@redcross.org](mailto:gerry.bailey@redcross.org) or go online to <http://www.redcross.org/> and fill out an application.

Story and photos by  
**STAFF SGT. DARYL MADRID**

# iGENERATION STRESS MITIGATION



A Joint Stress Mitigation and Restoration Team member powers on iPads with a new Stress Resiliency Training System app for a Troop introduction class here, March 19.



Specialist Pierce Lewis, a member of JTF GTMO, relaxes while his iPad and SRTS application along with an attachment monitors his heart beat.

Members of Joint Task Force Guantanamo received hands on training March 19, with the latest in stress resiliency programs via an interactive touch screen interface. The interface is an iPad, and the training is the Stress Resiliency Training System.

Soldiers and Sailors filed into a class, signed for their iPad and sat down. And for this generation of Soldiers, all that was required was a username and password, and they were off searching.

The reason why these service members have these iPads is for stress mitigation training, but the point is to combine modern technology with instruction on how to remain resilient in the face of stress.

"The Stress Resiliency Training System and its application has been funded by the Defense Advanced Research Projects Agency and The Office of Naval Research. The Joint Stress Mitigation and Restoration Team recommended we bring SRTS to GTMO, and JTF command approved and helped fund this project," said Donald Chartrand of Perceptronics Solutions. "We are proud to work under the direction of the Naval Center for Combat and Operational Stress Control, and honored to bring this evidence-based resilience training to the people here who are doing a very important task for our country."

Evidence-based resiliency training is now here

at the JTF. As the service members complete the training at their own pace, before or after work, and on their free time, they will be able to log their basic information, such as heart rate, for the next eight weeks through the iPad.

**“THEY WILL GET TO SEE THEIR PHYSIOLOGY IN REAL TIME**

—

"We are going to reassess their stress levels, neurophysiology measurements, and their subjective answers dealing with stress. We think it will help Soldiers engage in resilience training. It's like lifting weights; if you want those big biceps you gotta train," said Navy Lt. William Smithson, a clinical physiologist at JSMART.

The SRTS app, which has been packaged into an app on an iPad, lends itself to the target audience for this training. Younger service members are always looking for the right piece of technology to improve their lifestyles – what better way to introduce the

SRTS program than through trending technology.

"They will get to see their physiology in real time as they react to training on the iPad, and I think as this is a younger generation that will help them buy into the technology and resilience which is different than what they are used to," Smithson said.

The easier to use and understand factor of the training and interface was not lost on Spc. Thomas Gibbs, a JTF GTMO member, who is a participant in the eight week training.

"This was a whole lot more hands-on than what we were used to, like power points," Gibbs said. "It was way more interactive. It piqued everyone's attention, and no one was tired. Everyone stayed with it."

The goal to help service members with the SRTS app is a personal one for Chartrand, who took the training to heart and into his family.

"We began using these resilience building tools at home to help deal with issues that many people in the military face today. That's why it feels like such a personal thing to me," he said. "I thought, 'Boy if I could help folks earlier in the cycle, then we could help families.' That's why I'm doing this."

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

# CLEANING UP FOR COMMUNITY



Troopers with the JTF GTMO headquarters element build esprit de corps during a volunteer beautification session around the headquarters area here Saturday.

Periodic beautification projects are a long-held military tradition that help instill a sense of pride and ownership in service members' work spaces and is believed to be a direct reflection of those who serve on an installation. Roughly 50 Joint Task Force Guantanamo service members gathered at the headquarters building to volunteer their time Saturday morning to help keep the JTF appearance a point of pride.

"It's important because our surroundings represent us, so we want them to look nice. We want everybody to see that we keep our environment looking professional," said Army Sgt. Josefina Flores, with JTF GTMO's Joint Personnel Center.

Flores said that she doesn't mind giving a helping hand to help beautify the community. She

said she understands there are fiscal restraints that sometimes make it difficult to pay for beautification projects, so it falls on service members to help out and give back to their communities.

Volunteer efforts, such as the one performed by the JTF, don't only benefit the JTF grounds, but also serve to strengthen the community by allowing service members to network with other JTF personnel whom they would otherwise have no interaction with during their daily duties.

"I had fun today. I didn't expect to see this many people. It felt nice to see so many people helping out and having fun," Flores said.

Community relations are vital to building a strong sense of pride and camaraderie within an installation. Creating an environment that service

members can be proud to pass on to the next rotation.

"The big thing that we did at the headquarters building here was to paint the 'Honor Bound' sign at the front as you walk in," said Sgt. Maj. Ken Mattingly, JTF GTMO operations and planning sergeant major. "All the people who had a part in doing that took a lot of pride in it; basically, we are leaving a legacy. Most of us working here are only here for a short period of time. Being able to go out and put our finger print on the JTF building gave a lot of pride and increased the esprit de corps of all the troopers in the command element."

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

## DOD WOMEN'S HISTORY MONTH

With the month of March coming to a close, it also winds down the Department of Defense Women's History month. Established March 2010 by former President Bill Clinton, the month is dedicated to highlighting extraordinary achievements of women throughout history.

In spring 2009, three women astronauts paused during a shuttle mission into space to pay tribute to the past. After traveling thousands of miles into space, they raised a women's suffrage banner and posed for a picture, while floating above the floor of the shuttle.

Astronaut Ellen Ochoa, a participant in the special tribute said, "We wanted to show how far women have come in this century and to honor the people who fought for our rights."

This month is not only about the obstacles women have overcome throughout the years, it

is also about the women who bravely donned uniforms and fought for our country.

During World War II there were roughly 350,000 women who served in the U.S. Armed Forces, assisting the mission stateside and abroad. These women included the Women's Air Force Service Pilots whose primary job was to fly military aircraft under the supervision of the Army Air Force. With more than 25,000 applicants, only 1,074 were accepted into the organization. The 1,074 women pilots freed up the men originally assigned as pilots to join the ground combat mission in much need of manpower, which benefited the war effort significantly.

After the war, all records of WASP were marked as classified and sealed for 35 years, hiding their contribution to the war effort. Under the leadership of Col. Bruce Arnold, in 1975, the WASP fought

the "Battle of Congress" in Washington D.C. to gain recognition for all that they did during WWII. Two years later the records were unsealed after an Air Force press release mistakenly said they were training the first women to fly military aircraft for the U.S.

The women who served in the WASP organization were awarded the prestigious Congressional Gold Medal July 1, 2009. Three of the still living 300 women who served in WASP attended the event that honored their dedicated service after years of battling the government for the recognition they deserved.

Story by  
**SPC. AMBER BOHLMAN**

# I AM MY BROTHER'S KEEPER



The sounds of two diesel engines roaring to life and sirens wailing broke the silence of the early morning air on March 14 as members of the U.S. Coast Guard's Port Security Unit 308, Maritime Security Detachment, sped across the bay in their 32-foot Transportable Port Security Boat; reacting to an emergency medical evacuation call from the Marine Corps Security Force Company. There was a report of an injured Marine and he needed medical assistance at the base hospital ASAP!

Petty Officer 2nd Class Justin Smith, the tactical coxswain operating the Coast Guard TPSB, showed no signs of hesitation as he expertly maneuvered the boat toward its destination, completing a flawless joint training exercise, with the help of his team and the Marines from MCSFCO.

"For this event I am looking for the comfort level to come down after I have completed this mission and gain an overall understanding of what the Marine Corps does," Justin said.

But Justin isn't here alone like most service members; he has a unique and familiar roommate, his older brother, Petty Officer 1st Class Joshua Smith, also a tactical coxswain, and a member of PSU 308.

"We even room together; we know each other's limits and can push each other to our limits to become better," Justin said.

The Smith brothers have a special bond that allows them to help each other, and push one another, to exceed even their own expectations of what they can do. This goes with a little friendly rivalry, but they know each other's limits and that helps them to create an unstoppable team. This is not unseen by the rest of the unit – the example they set pushes others to excel and help make the MARSECDET stronger.

"Professionally, we push each other in that mental capability of the fact that we know we're brothers, and we want to outdo the other, so that just makes us develop professionally faster and more thorough and wanting to be on top of the other one," Joshua said.

Justin and his wife recently experienced the joy of their first baby. Having his older brother Joshua here helps to ease the difficulty of being apart from his new family.

"It's actually pretty awesome; he's my best friend also, other than just being my brother," Joshua said.

This is the Smith brother's second deployment together. They both deployed to Kuwait in 2010, in support of Operation Iraqi Freedom. Although he did not have to, Joshua volunteered to come on this deployment so that the brothers could be together and support one another.

"Both Smiths work well together, they both have the same way of teaching. You learn stuff from them," said Petty Officer 3rd Class Chris Rhoda, a tactical crewman.

Training never ends – just a few days after Justin ran his practice MEDEVAC drill, Joshua was put in charge to run the other. With a well-trained team on his boat assisting him, Joshua was able to make this training mission just as successful as his brother's.

*Story and photos by*

**STAFF SGT. DARYL MADRID**





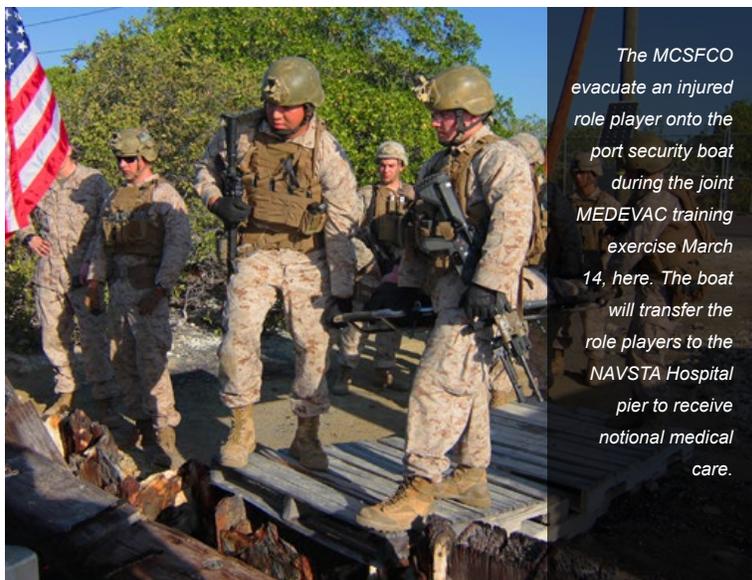
Petty Officer 2nd Class Justin Smith and Petty Officer 1st Class Joshua Smith, both tactical coxswain assigned to the U.S. Coast Guard's Port Security Unit 308, Maritime Security Force, stand together on a Transportable Port Security Boat Mar 19 here.



Petty Officer 3rd Class Joseph Toomey, a tactical crewman, and Justin Smith prepare for a joint Medical Evacuation training exercise with the Marine Corps Security Force Company and the Fleet Anti-Terrorism Security Team Mar 14 here.



Petty Officer 1st Class Smith operates his 32-foot port security boat near the western fenceline as his team prepares to receive an injured role player during the joint training exercise here.



The MCSFCO evacuate an injured role player onto the port security boat during the joint MEDEVAC training exercise March 14, here. The boat will transfer the role players to the NAVSTA Hospital pier to receive notional medical care.

MOVIE REVIEW /  
**FIFTY SHADES OF GREY**



*Editors Note: "The Wire" is dedicated to providing the best in entertainment news. Though 'Fifty Shades of Grey' will not be shown at GTMO, it was the fourth-biggest R-rated premiere in history.*

I know many of us have been waiting and hoping that we would have the honor of seeing hottie Jamie Dornan on the big screen, playing the elusive Christian Grey in "Fifty Shades of Grey."

While we all wait for June to come around, which is the expected month for it to be released on DVD, I will just go ahead and say, "Good job," to director Sam Taylor-Wood for being able to accurately bring a book to life.

I was lucky enough to get a chance to watch it recently, and the anticipation brought out from the previews did not disappoint. Having read the books, I have never been happier when comparing them to each other. Usually when I go into a movie based on a book, I try to think of them as two entirely different entities just so I won't be disappointed, but in this case I wasn't.

Yes, the books were poorly written to begin with, so the overall story wasn't very good, which made the movie even worse, but in the end it's all about the way you look at it.

If it was just a movie that I had no background information and came

out of nowhere, then I would have given it no stars and ended it at that. Since I have had the chance to learn more about the characters, through the series by E.L. James, I understood the way they acted and why they were a certain way.

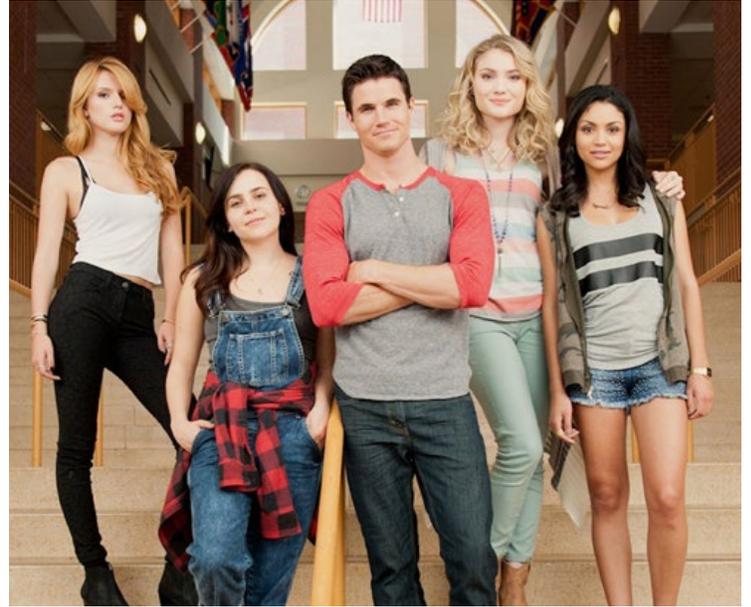
For those who have never read the book, and have yet to watch the movie, here is a quick synopsis of what's to come:

Anastasia Steele (Dakota Johnson), a literature student from Washington State, does an interview for her sick friend and meets the beautiful and intimidating Grey. It was all downhill from there; she was charmed by everything that had to do with him and ended up falling madly in love with the brilliant billionaire. Plot twist, he's a very singular man with erotic tastes and this is all new to the young and innocent Steele. Throughout the movie she battles with what she wants and what it will take to make this man hers, but in the process she feels as if she's giving up more than she bargained for.

This movie will frustrate and confuse you, sometimes even bore you. However, I'll give it 3 stars for accuracy.

*Movie review by*  
**SPC. AMBER BOHLMAN**

MOVIE REVIEW //  
**THE DUFF**



"The DUFF" starts with a newspaper clipping defining the different types of people found around a high school, along with an explanation of a typical high school itself.

"The DUFF" moved away from the generic outdated stereotype of high school students into a more modern take on this generation's teenager. The only real stereotype seen here is the usual high school story.

Bianca (Mae Whitman) is a high school senior who finds out that she is known around school for being the DUFF, or designated ugly fat friend, so named by her group of popular and pretty friends.

A DUFF apparently doesn't always have to mean that you are actually ugly or fat. It could just be the friend in the group who makes everyone else look better in general. Bianca, who is the hilarious, comedic friend of the group who can make everyone laugh, but is not necessarily the girl who guys are looking to date.

One of the great morals found in this movie was it showed how cyber bullying can affect people, and there was a good message about people moving past labels to find self confidence.

So, Bianca goes to her friend Wesley (Robbie Amell), the resident

jock, after she finds out she's the DUFF, and enlists his help for her reinvention, which means a distraction from crush Toby (Nick Eversman). Her goal here is to overthrow the school's so-called label maker Madison (Bella Thorne).

Wesley is due to benefit from his deal with Bianca, because he wants to date her friend Jess (Skyler Samuels). The plan is for Bianca to tutor Wesley in chemistry if he shows her how to attract the attention of Toby. Naturally, this is where queen-bee Madison comes in. Madison wants to get Wesley back, of course the queen bee is after the jock, and she sees Bianca and Wesley getting close and plots to destroy her, if she doesn't leave "her" Wesley alone.

There is definitely a lot of comedy in this film. Bianca is funny and keeps the hilarious comments coming. She took a character that could have been flat and made it shine.

This isn't necessarily something I would want to watch again as an adult, but for teenagers and young adults it's a good updated version of the formulaic teen flick. I'll give it three stars for the good laughs.

*Movie review by*  
**SPC. LIZ SMITH**

# IN THEATERS THIS WEEK



The Downtown Lyceum showtimes are shown in the top row and the Camp Bulkeley Lyceum showtimes are displayed in the bottom row.

FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>Home</b> (NEW) PG, 8 p.m. <b>Get Hard</b> (NEW) R, 10 p.m.	<b>Kingsmen</b> (NEW) R, 8 p.m. <b>Divergent Series: Insurgent</b> PG13, 10:15 p.m.	<b>The DUFF</b> PG13, 8 p.m.	<b>Jupiter Ascending</b> (LS) PG13, 8 p.m.	<b>Midway Special Presentation: US Navy Chief Birthday</b> PG, 8 p.m.	<b>Seventh Son</b> (LS) PG13, 8 p.m.	<b>McFarland, USA</b> PG, 8 p.m.
<b>Kingsmen</b> (NEW) R, 8 p.m. <b>Divergent Series: Insurgent</b> PG13, 10:15 p.m.	<b>Get Hard</b> (NEW) R, 8 p.m. <b>Home</b> (NEW) PG, 10 p.m.	<b>Jupiter Ascending</b> (LS) PG13, 8 p.m.	* <b>LYCEUMS CLOSED</b>	<b>The DUFF</b> PG13, 8 p.m.	* <b>LYCEUMS CLOSED</b>	<b>Focus</b> R, 8 p.m.

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 /// DIVERGENT SERIES: INSURGENT



Disappointed. That is how I felt as I walked away from the Downtown Lyceum on Friday night after watching "Insurgent," the second movie in the Divergent trilogy. But that might have just been me.

Yet the box office agrees, with a budget of \$110 million, the movie barely grossed half of that amount on its opening weekend, not surprising.

This happened to be another movie where I read the books prior to it being released in theaters, and I am usually very good about not expecting any similarities between the movie and book when I sit down with my popcorn to watch the film.

It wasn't until after watching the first movie, "Divergent," that I had extremely high expectations and had some positive thoughts that they might continue following the storyline. But it was only just a few short minutes into the film when

those expectations were shattered.

One of the most important scenes in the book was left out entirely from the movie and that was a sign right off the bat that I wasn't going to be happy with how this movie was going to play out.

I will just blame my disappointment on the fact that they allowed a new director to get his hands on the film.

"Insurgent" picked up right where "Divergent" left off, give or take a few days time, with Tris Prior (Shailene Woodley) and Four (Theo James) taking shelter at the Amity compound, which is the home of one of the five factions located on the outskirts of the city.

While battling her demons and the loss of her mother and father, Tris must fight her way back into the city with Four and her brother Caleb (Ansel Elgort) to try and find

a solution to the madness that her world has become.

The movie bounces from one location to the next way to fast to truly get the effect the author tried to portray through words; leaving me questioning if writers Brian Duffield and Akiva Goldsman even took the time to read the book before they took on the responsibility of writing the screenplay.

As the movie progressed, conflict and tension grew between the factions, creating an unlivable world for those within the faction system. Making them doubt the way their world is supposed to be.

Secrets unfolded as the storyline progressed and some questions were answered, but some were still left up in the air. I definitely feel bad for those who didn't take the time to read this book because there are so many things that they would no longer be

questioning.

The final scene in the movie surprised me entirely; it made it impossible for me to imagine how they are going to start the next movie because untrue events were added into the story to give it a happy ending twist.

While listening to people talk as they left the theater, some said they liked how it was made, but I also heard complaints and some questioning remarks from people who obviously read the books. I wish I could have answered them and eased their concerns, but even I didn't know where the writers were going with all of the changes that they made to the storyline. I give one star to this hunk of junk.

Movie review by  
**SPC. AMBER BOHLMAN**

# WINNERS OF THE MAX PERFORMANCE GAMES

## THE GTMO GAINERS:

JDG Sgt. Rachel Woods  
JDG Staff Sgt. Jason Diloreto  
JMG Staff Sgt. Roberto Pulido  
JDG Sgt. 1st Class Dennis Gregory

CONGRATULATIONS ON THE VICTORY!

# MWR

## 2015 SPORTS SCHEDULE

### MONTH / DAY ACTIVITY

March 28, at 7 a.m.	Sprint Triathlon
March 30	Softball League
April 6	Flag Football
April 11	Color Run
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 information  
on each event or to sign up. x77262

# WARRIORS EXERCISE MAX PERFORMANCE



IDFC team members, Andrew Phillippi and Hollie Losee, rest between sets as Jacob Bayne and Adam Massey do pull-ups during the Max Performance Games Saturday here. The team completed 275 pull-ups in eight minutes

Imagine being in a team of four and doing 100 box jumps, kettle bell swings, air squats and burpees each in 16 minutes, 27 seconds, and you're only a third of the way done with your workout.

That's what four Joint Task Force Guantanamo members pulled off, against 15 other teams, during the muscle-shredding, inaugural Max Performance Games, Saturday at G.J. Denich Gym.

There were other JTF teams competing, but team IDFC was made up of Hollie Losee, the 474th Expeditionary Civil Engineering Squadron, Base Engineer Emergency Force commander, Andrew Phillippi, FDO and FOIA officer from J2, and Jacob Bayne and Adam Massey, with Crazy Horse Troop, 1st Squadron, 3rd Cavalry Regiment.

The two Air Force officers and two enlisted Soldiers met while training in Morale, Welfare & Recreation's Max Performance class about two months ago. When Phillippi heard about the competition he approached Bayne about forming a team.

"They were looking for people to join our team and asked if I'd be interested in joining the team, and I agreed," Bayne said. "Massey's one of the best PT Soldiers I have in my platoon, so I asked him if he'd like to compete, and he jumped on it right away and said yeah he'd like to compete as well."

Other than working out during Max Performance class and doing individual workouts, the team placed a high importance

on eating right. They didn't have any team plan for their diet, but according to Losee, they were careful about what they consumed.

"We watched what we put in our pie-hole," Losee said about their diet plan. "You have to watch what you're feeding your muscles."

Phillippi said the team worked well together, placing seventh in the competition.

"We strategized in the beginning how we were going to approach each quad, what order we were going to go in. We've all been to the Max Performance class. We understand the basic movements, so once we got the order, I think we jived pretty well," Phillippi said.

A large amount of personnel from both JTF GTMO and U.S. Naval Station Guantanamo Bay showed up throughout the day to show support to the athletes competing. The class itself brings Soldiers, Sailors, Airmen, Marines, Coast Guardsmen and civilians together, who otherwise might not socialize.

"We like the community adhesiveness that it brings to GTMO and JTF," Losee said.

Bayne and Massey enjoyed working out and competing alongside Airmen.

"For being in the 'Chair Force' they did pretty well," Bayne joked.

"You know this is going in 'The Wire,'" Phillippi said, as the team burst into laughter.

Story and photo by  
**SGT. 1ST CLASS ROBERT FREESE**

# SOCCER WEEKLY

## THIS WEEK IN LA LIGA BARCELONA VS. REAL MADRID

El Clasico began with both sides looking active and making runs in the area for promising chances that Barca hoped weren't going to run out, like their last meeting where Real Madrid thumped Barca 3-1.

Real Madrid looked early on to set the pace as Karim Benzema brought the ball in close and began to look for trusted striker Cristiano Ronaldo and connected with him, but all he could manage was a shot to cross bar for a ricochet.

Barca relied heavily on the big guns. The first goal came off the foot of Lionel Messi, a corner kick to Jeremy Mathieu, who came out of nowhere with a header into one of the corners of the goal and past Iker Casillas, the keeper. Luis Suarez and Neymar made their presence felt, as they connected with a cross that landed at Neymar's feet for a shot on goal that landed in the hands of Casillas.

Real Madrid came back to even things up with none other than Ronaldo. Karim Benzema played the ball in to Rolando off his back heel,

where all Ronaldo had to do was put it past the last defender and in for the goal. This gave Madrid the momentum to hold Barca on its heels the remainder of the half. Thoughts of a repeat of last instance crept in as Gareth Bale tried his best to head one in off a Ronaldo pass, but Ronaldo was called offside and Barca rested for the half.

With both sides tied up, it came to Suarez. This time he was on the receiving end of a long ball in, where he manipulated the pass well and moved to kick it home in one of the bottom corners and leaving it 2-1 by the final whistle for a Barca win at home.

## SEVILLA VS. VILLARREAL

Villarreal continues to fall as they went up against Sevilla and came up short, 2-0. It took 49 minutes to break the stalemate. Sevilla's Diogo Figueiras, who drove the defense into, then passed to Coke, who later passed it back to Rayo Vallecano, who ultimately scored off the opposite side post. Vitolo put the last nail in the coffin with a calm, cool and collected side-footed goal from a cross that left Villarreal out of gas and no hope to come back.

Article by

**SGT. ADRIAN BORUNDA**

# MMA WEEKLY

Retirement buzz continues to stir around Josh Koscheck, after another loss Saturday to Erick Silva in Rio de Janeiro, Brazil. The fight lasted just one round as Silva dominated a sluggish Koscheck and eventually put him in a guillotine choke that ended the night for the once prolific fighter. The sad part is that Koscheck is now seen as a warm-up fighter, a fighter with a big name but not much left in the gas tank to inflate your record.

This in no way minimizes the good performance put on by Silva, who has a reputation for starting out strong in the early rounds. Erick Silva's stand up was the whole setup to his eventual choke finish of Koscheck, which is a feat in itself. But Koscheck didn't exactly make things easy for himself after fighting and losing to Jake Ellenberger only four weeks earlier.

It's not the way a fan of the sport wants to see a once great fighter leave the octagon. We had to endure it with the likes of Chuck Liddell and

Randy Couture. Timing is an essential part of this combat sport. Without it, a fighter is vulnerable to attack and cannot adequately defend himself. Josh Koscheck has lost the timing to his career. The only question is: when is Dana White going to do something about it?

After a long absence from the Ultimate Fighting Championship, welterweight Damian Maia made his return in his home country, proving that at 37 years old, he still has some dominance in the ring. The São Paulo native was once at the highest levels of the sport, fighting the likes of Anderson Silva for the title, but has admitted that he wasn't ready for that fight, but did gain experience from it.

That experience was showcased at his return as he dominated the previously undefeated Ryan LaFlare. He waited as LaFlare chased him around the ring, trying to find his distance with his strikes, but over and over Maia would take him down the last bit of the rounds and impose his will upon him. Take downs, short strikes, a constant dominant position on the ground and surviving the last round was enough to convince the judges as Maia put on a jiu jitsu clinic and won his first fight back in the octagon.

Article by

**SGT. ADRIAN BORUNDA**

# LA LIGA SOCCER TOP 20

No.	TEAM NAME	Standings
01	Barcelona	(22-4)
02	Real Madrid	(21-6)
03	Valencia	(18-4)
04	Atletico Madrid	(18-5)
05	Sevilla	(17-7)
06	Villarreal	(14-7)
07	Malaga	(13-10)
08	Athletic Bilbao	(11-11)
09	Real Sociedad	(9-10)
10	Celta Vigo	(9-11)
11	Rayo Vallecano	(11-15)
12	Espanyol	(9-12)
13	Getafe	(8-15)
14	Eibar	(7-14)
15	Elche	(7-15)
16	Deportivo La Coruna	(6-14)
17	Almeria	(6-15)
18	Levante	(6-15)
19	Granada	(4-13)
20	Cordoba	(3-16)

# POUND POUND TOP 10

No.	NAME	Record
01	John Jones	21-1
02	Jose Aldo	25-1
03	Chris Weidman	12-0
04	Demetrious Johnson	21-2-1
05	Cain Velasquez	13-1
06	Anderson Silva	34-6
07	Rafael dos Anjos	24-7
08	Anthony Pettis	18-3
09	Daniel Cormier	15-1
10	Robbie Lawler	25-10,1NC



## SLEEP TIGHT

We all know sleep is important, but sometimes it can be hard to get enough. You may be getting used to a new schedule, have too much to do or might not be able to relax.

Sleep gives your body a chance to repair and recharge, but going to bed just one hour late can also cause some unhealthy habits. In a study, scientists from Penn State found that for every hour of sleep you miss, you eat about 200 extra calories the next day.

Don't panic, though! One late night of studying, or partying, won't ruin your body. The problem comes from chronic sleep problems, including staying up late some nights then sleeping more on other days.

Lead author of the study, Fan He, said, "It's not how long you sleep that matters. It's about day-to-day variations in how long you sleep. It may be more important to have a regular sleep pattern."

If you have a late night, try to be more aware of your food consumption the next day. More importantly, try to make changes to avoid missing out on sleep in the first place.

You may need to tweak your time management skills or learn new ways to relax before bed. Everton Hylton, G.J. Denich Gym fitness instructor, said he does yoga at least once a day and usually does it before bed.

All your hard work will wear you out if you don't recharge. So grab your teddy bear, cuddle up and get the rest your body needs.

Article by  
**SPC. MONIQUE QUINONES**

## Best & Worst Foods for Sleep

**BEST:**

- Cherries
- Milk
- Jasmine Rice
- Fortified Cereal (w/ complex carbs)
- Bananas
- Turkey
- Sweet Potato
- Valerian Tea

**WORST:**

- Cheeseburger
- Wine
- Coffee
- Red Bull & other caffeinated drinks
- Dark Chocolate
- Indian Curry
- Heavy Spices
- Chicken



## JSMART SPOT

▲ JSMART HELPER: TITAN

## HOW MUCH CAFFEINE IS TOO MUCH?

For some of us the most important part of our day is our morning caffeine. Whether we prefer coffee, energy drinks, soda, chocolate, or plain old candy, that extra boost of energy can be a vital part of keeping us on track. But as with any good thing, how do we know if we're taking it too far?

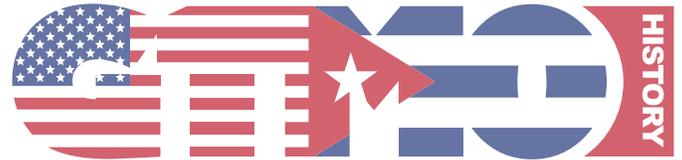
According to studies, mild to moderate caffeine intake for an adult is up to 400 mg per day. To get an idea of how our intake can add up, a single can of Pepsi contains roughly 38 mg of caffeine, where as the average cup of coffee contains around 135 mg and an NOS energy drink has 160 mg. These drinks, combined with other liquids and food we ingest throughout the day, can quickly add up and place us into the "high dose" category of caffeine consumption, which is over 500 mg per day.

Some of the signs that we've ingested too much caffeine include restlessness, nervousness, being easily excited,

insomnia and headaches. One ironic point about caffeine usage is that while we tend to take caffeine to enhance alertness and performance, too much caffeine can cause anxiety (characterized by racing thoughts and an inability to concentrate) and can lead to a decrease in performance due to distraction. Also, consuming caffeinated food and beverages can lead to dehydration, which is connected to a significant decline in energy and mood.

While caffeine definitely has its benefits, in order to stay fit and balanced, we should remember to replenish ourselves with other vitamins and minerals, and be mindful of how much caffeine we consume.

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



## GUANTANAMO: THEN & NOW 1920's



Fishermen's Point pictured here in the early 1920's. Photo courtesy of Stacey Byington, USN Hospital GTMO PAO.



Now called Ferry Landing, the point is where most people cross to and from the Leeward Side of GTMO. Photo by Sgt. 1st Class Robert Freese.

**ROMAN CATHOLIC (NAVSTA Chapel)**

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

**PROTESTANT SERVICES (JTF Troopers' Chapel)**

	Sunday*	0900	
		1900	
Friday night movie	Friday	1900	"Jesus of Nazareth Series"

**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
	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)
Easter Sunrise Service	Sunday	0640	Windmill Beach (Free Breakfast)

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

**3RD ANNUAL EASTER EGGSTRAVAGANZA**  
Hosted by the 525th MP Battalion

9 a.m. to 11:30 a.m. April 4 at the MWR Youth Center

All are welcome to join us for some free family fun. Easter Egg Hunts will be divided into appropriate age groups and there will be a special appearance by the Easter Bunny.

For more information see our ad in the Roller.

**TAX TIME**

**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

**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**

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

\*Saturday & Sunday ONLY

**FERRY SCHEDULE**

**MONDAY THROUGH SATURDAY**

<b>Ferry</b>	
Windward	0630/0730/0930/1030/1130/1330/1530/1630
Leeward	0700/0800/1000/1100/1200/1400/1600
<b>Utility Boat</b>	
Windward	1630/1730/1830/2030/2230/2330
Leeward	1700/1800/1900/2100/2300/0000

**SUNDAY & HOLIDAYS**

<b>Ferry</b>	
Windward	0730/1330
Leeward	0800/1400
<b>Utility Boat</b>	
Windward	1030/1530/1730/1830/2030/2230
Leeward	1100/1600/1800/1900/2100/2300

*Photo by Madonna Nazarena*

# PARTING SHOT



'HUMMINGBIRD IN FLIGHT' PHOTO BY MADONNA C. NAZARENO WITH SCSI. 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**

