

THE OFFICIAL PUBLICATION OF JOINT TASK FORCE GUANTANAMO

# THE WIRE



APRIL 3, 2015

## CHILDREN, TROOPERS ENJOY FIELD DAY

SERVICE MEMBERS  
VOLUNTEER FOR W.T.  
SAMPSON FIELD DAY

## COMPETITIVE BEAUTIFICATION

JTF SECTIONS COMPETE  
FOR COMMANDER'S CUP IN  
AREA CLEAN-UP EVENT

## DON'T BE A DIRTY TROOPER

WASH YOUR HANDS  
PROPERLY AND BE WITHIN  
THE TOP 5 PERCENT

## MARCH TO REMEMBER

JTF TROOPERS COMPLETE  
GRUELING RUCK TO HONOR  
BATAAN POWS

## RAISE YOUR AWARENESS

APRIL IS SEXUAL ASSAULT  
AWARENESS MONTH, HELP  
YOUR FELLOW TROOPERS

## SPRINT TRIATHLON

DOZENS COMPETE IN  
CAMARADERIE BUILDING,  
CHALLENGING EVENT



**STAFF SGT. PRABHDEEP SINGH**  
J8 Senior Enlisted Leader

"I picture a simple guide to happiness, and in it just two words; be grateful." This Buddhist phrase says it all. Appreciation and gratitude are the cornerstones to peace and tranquility. People today

## APPRECIATION, GRATITUDE, MORALE

focus so much on negative and irrational thoughts that we forget to appreciate the good things in life.

Downplaying accomplishments and magnifying smaller mistakes or events can be terrible for someone's peace of mind. When we reduce the good things our fellow service members do, or amplify their faults (especially in front of others) it can degrade morale in the individual, which can infect an entire unit. However, the ability to express thankfulness goes a long way to improve morale. Like any skill or ability, gratitude takes practice, and it's on us to learn how to express it.

Part of educating yourself about gratitude is realizing that you mustn't just be grateful for the positive experiences that brought you joy and bliss. You have to also understand that bad times, or bad people, also deserve our thanks. For without them, we could never learn lessons, we could never become stronger and we could never grow.

Our mission at Joint Task Force Guantanamo is very different from other missions in the military. We have unique requirements with unique difficulties that must be performed under the scrutiny of politicians, the legal community and the media. Before we sit down and dwell on

being away from family for extended periods of time, getting upset at our bosses or holding on to the anger and frustrations of being "splashed," we should focus on the good in our lives. Appreciating the small things in life can do incredible things for you and the people around you.

Try this simple exercise to increase the morale in your unit:

Identify someone in your unit who has done something positive that you are truly grateful for.

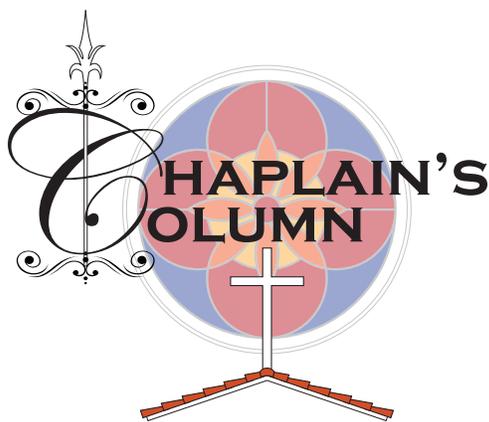
Write them a heartfelt letter expressing appreciation for what they did.

Once your letter is ready, read it out loud for them.

Troopers, I challenge you to find someone who will not feel good after hearing those words. You never know which one of your battle buddies, shipmates or wingmen might be struggling with depression, stress or self defeating thoughts. Hearing kind words can really help eliminate those kinds of struggles. Be grateful Troopers!

*Article by*

**STAFF SGT. PRABHDEEP SINGH**  
J8 Senior Enlisted Leader



My wife recently shared with me a Winnie the Pooh cartoon. The picture is an image of Pooh and Piglet walking along a pathway. The caption reads:

"What day is it?" asked Pooh.

"It is today," squeaked Piglet.

"My favorite day," said Pooh.

There is so much truth in that cartoon. Today

## THE GOSPEL ACCORDING TO POOH

is all that we have. We don't have yesterday. It has come and gone. We don't have tomorrow. It hasn't arrived yet. We only have today. How much of today we have, we don't know that either. We have what we have at the moment we have it. So, like Pooh, we may as well make today our favorite.

We are wrapping up Holy Week. Sunday will be Easter. I have been meditating on the story of the crucifixion and resurrection of Christ. According to the scriptures, Jesus didn't stick around for too many days following his resurrection. My meditations have led me to wonder what the disciples of Jesus would have done to have one more day with Jesus. What questions would they have asked of him? What might they have said to him that they always wished they had told him but never did? Would they have spent more time in his presence just sitting and listening? Would they have gone fishing one more time? I can imagine

they would have traded many things for just one more day.

Pooh teaches us we have today – "My favorite day." Pooh's life lesson is to take advantage of the day we have been given. Perhaps we should go for a walk with someone dear to us as Pooh did with Piglet. Perhaps we might tell our family that we love them and how much we appreciate them. Maybe today is the day to make that phone call you haven't made in quite some time. As the Psalmist declares, "This is the day the Lord has made, let us be glad and rejoice in it" (Psalm 118:24).

*Article by*

**CAPT. TOBY LOFTON**  
Chaplain, 525th MP Battalion



## COMMAND & CHAPLAIN

Appreciation and gratitude go a long way toward building the morale of your unit and leadership effectiveness. The chaplain reminds you to treat today as your favorite day.



## GTMO NEWS / COVER PHOTO

April is Sexual Assault Awareness Month, a JTF member ruck marches to honor the fallen, sections within the JTF compete in a beautification project, and remember to always wash your hands.



## PHOTO STORY

More than 100 NAVSTA and JTF service members volunteer at the W.T. Sampson field day.



## ENTERTAINMENT

This week in entertainment, Will Ferrell and Kevin Hart team-up in "Get Hard," DreamWorks presents "Home," and Samuel L. Jackson stars in the British spy thriller "Kingsman: The Secret Service."



## SPORTS

The Fútbol Weekly column and MMA updates provide the latest up-to-date scores and highlights from your favorite teams and fighters after each weekend of action.



## LIFE & FITNESS

You don't have to be an animal activist or hippie to reap the benefits of a vegetarian diet. Being mindful of what you eat is vital to a healthy lifestyle.

# MOTIVATOR OF THE WEEK

**PETTY OFFICER 3RD CLASS  
CHRISTOPHER RHODA**  
PSU 308

**SPC. JUAN MURRILLO**  
670TH MP CO

### IDENTITY THEFT HAPPENS EVERY DAY

Identity theft occurs when someone uses your personally identifying information, like your name, Social Security number or credit card number, without your permission, to commit fraud or other crimes. The Federal Trade Commission estimates that as many as 9 million Americans have their identities stolen each year. The crime takes many forms. Identity thieves may rent an apartment, obtain a credit card or establish a telephone account in your name. You may not find out about the theft until you review your credit report or a credit card statement and notice charges you didn't make, or until you're contacted by a debt collector. Identity theft is serious. Some identity theft victims spend hundreds of dollars and many days repairing damage to their good name and credit record. Protect yourself from identity thieves, practice good OPSEC.

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**SPC. LIZ SMITH**



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## TROOPER ON THE STREET

TROOPERS ARE ASKED HOW THEY WOULD BE SPENDING EASTER BACK HOME?



**SPC. BERNIE REYES**

"I usually gather with family, and we do any activities we can think of like Easter egg hunts or something as simple as going to see a movie."



**SPC. EUGENE LAZOS**

"I'd usually go to sunrise service at church, and then go with family to have some food and do an Easter egg hunt with the kids."



**PETTY OFFICER 3RD CLASS KENNETH WALLACE**

"We would go to church where we would have an Easter egg hunt and after have an Easter dinner at home."

# SEXUAL ASSAULT AWARENESS MONTH



April is Sexual Assault Awareness Month, an annual campaign to raise public awareness about sexual assault and to educate communities on how to prevent sexual violence.

Every year different organizations, businesses, agencies, individuals and rape crisis centers plan events and activities to bring attention to sexual violence, human rights, social justice issues and the need for prevention efforts.

The history behind these efforts goes back to 1976, when Take Back the Night marches brought women together in an organized attempt to protest rape and sexual assault. This was an objection to the violence and fear women felt just by walking the streets at night. In turn, a movement was created, not just across the United States, but also in Europe.

In the 1980s, the Coalition Against Sexual Assault informally polled state sexual assault coalitions to determine a date for a national sexual assault awareness week. A week in April was selected, and by the 1990s many different advocates began coordinating these activities and events all throughout the month of April.

Sexual Assault Awareness Month was first observed nationally in April 2001. In 2009, President Barack Obama was the first president to designate April as Sexual Assault Awareness Month. It also ties in with sexually transmitted disease awareness month in the U.S., which promotes education on sexually transmitted diseases and prevention.

According to the Centers for Disease Control and Prevention, one in five women and one in 71 men have been raped in their lifetime. Nearly one in two women and one in five men have experienced other forms of sexual violence at some point in their lives.

The CDC said the statistics undermine the actual problem, because many victims don't disclose incidents of violence to police, family or friends.

Sexual violence can impact your health in many ways and may lead to long-term physical and mental health problems.

The CDC cautions that victims may experience chronic pain, headaches and sexually transmitted diseases. They are often fearful or anxious and may have problems trusting others. This in turn can lead to things such as eating disorders, depression and even suicidal thoughts.

In no way is this acceptable. It impacts our fellow Troopers and the JTF mission, which is why it is important to keep an eye out for each other.

There are many resources available to use, such as speaking with a JTF chaplain at x3203, a mental health representative at JSMART at x2321 or going through your chain of command to report an issue.

*Article by*

**SPC. LIZ SMITH**

*Photo by*

**SGT. ADRIAN BORUNDA**

# A MANS' MARCH FOR REMEMBRANCE



Sp. Henry Trebes runs to the finish line with a smile on his face during the 14.2 mile Bataan Memorial Death March here, March 21, finishing seventh out of 52 participants.



Sp. Henry Trebes talks to other participants while cooling down after he completed the march here, March 21.

Fifty-two Joint Task Force Soldiers competed March 21, in an annual 14.2-mile memorial ruck march in honor of the roughly 80,000 Filipino and American POWs who were forcibly made to endure a grueling 60-mile death march – The Bataan Death March.

Sp. Henry Trebes, 525th Military Police Battalion, completed the 14.2-mile march in 3:00:36 to place seventh in the event.

Trebes said he was surprised by the amount of people who showed up to support the marchers.

"It was about having fun with it and knowing people are out there supporting it. I told people that I'd be dropping volunteers off in the morning, and was only expecting two or three people, but I had a van full. It was good seeing different people out there and doing it," Trebes said.

Trebes said a key for completing the event was to prepare mentally and physically for the Caribbean heat and the long distance.

"A tip that was given to me was to put nylons under my regular socks because that will reduce the friction on my feet, so I did that. I used some blister packs from the NEX and put those on my normal blister spots, and I actually feel really good," Trebes said.

Trebes pointed out that staying hydrated was essential in keeping him going, and though it was tough, he pushed through and felt good doing it.

Even though Trebes prepared for the event,

he said if given an opportunity to compete in the event again he would begin his training much earlier than he did.

“**SO MANY PEOPLE DIED ON THE MARCH TO THE CAMP**”

"I feel like even though I just went out twice on those 10 and 12 mile rucks, knowing what to expect really helped, like eating a big meal before and just taking something with me to eat. It's just trial by error and learn from your mistakes," Trebes said.

Another reason he said he got up early Saturday morning to do this march was to support the members of the 525th who competed in the New Mexico march.

"The guys back in Fort Bliss, actually doing it, have 26 miles to do tomorrow," Trebes said. "This

one was just 14, and that was one thing. I don't know about 26, that's a whole other beast."

However, given the opportunity, Trebes said with the right training, and a team, he was confident he could participate in New Mexico's 26-mile Bataan Memorial Death March.

Trebes said he understands the march's historical significance and has studied the event extensively.

"When the Japanese invaded the Philippines they pushed the Americans all the way back to the Bataan Peninsula. They left the officer in charge running out of ammo and overwhelmed, so he surrendered. The Japanese killed those who didn't die of exhaustion, and there were a lot of casualties. That's why it's called the Bataan Death March, because so many people died on the march to the camp," Trebes said.

The Imperial Japanese Army forced thousands of Filipino and American POWs to march 60 miles between Saisaih Point and Mariveles, Philippines to Camp O'Donnell during World War II.

This year was the 26th Annual Bataan Memorial Death March in White Sands, New Mexico. Every year Active Duty, Reserve and National Guard units participate in the event to honor the fallen.

Story and photos by  
**SPC. LIZ SMITH**

# COMPETITION BEAUTIFIES JTF GTMO



Petty Officer 2nd Class Steven Manuel and Petty Officer 3rd Class Emmanuel Washington paint the curb near the Ferry Landing gazebo. Cmdr. Ronzelle Green, Maritime Security Detachment commander, said that the MARSECDET is committed to continuing base beautification projects throughout their deployment.

As part of the U.S. Naval Station Guantanamo Bay and Joint Task Force Guantanamo's ongoing beautification project, members of JTF GTMO competed to see which section could make the most dramatic improvements in their areas.

"JTF members played an integral role in the ongoing efforts to improve the safety and cleanliness of GTMO and JTF GTMO areas," said Petty Officer 3rd Class Joseph Toomey, a waterside security officer for the Maritime Security Detachment.

Among the numerous endeavors undertaken, the MARSECDET repainted the yellow concrete vehicle safety edging around the Windward Ferry Landing.

"The bright safety paint allows motorists to avoid collisions, while improving the aesthetics of the Windward Ferry Landing. This project, like many others, will increase the overall beauty of GTMO and our community," Toomey said.

This isn't the first time at JTF GTMO for many service members. For those serving here again, of the many improvements from their last deployment, the desire by Troopers to help improve their environment has been most impressive.

"Compared to my previous deployment in 2002, there are more service members and a lot more vehicles, but the place still has the same friendly, hometown feel. There is more interest

in volunteering among the current Coast Guard members than on my first deployment," said Master Chief Petty Officer Kenneth King, the MARSECDET senior enlisted leader. "They want to be actively involved in the JTF and NAVSTA

## IT COMES DOWN TO PRIDE AND OWNERSHIP

community, and leave GTMO a little better than they found it."

The MARSECDET is actively involved in community service here at GTMO and takes pride in finding opportunities to volunteer.

"The members have a strong interest in participating and have done so for virtually every event that has come up since we arrived. We recently had 14 of our 75 members volunteer for the March 27 field day event for the W.T. Sampson Elementary students," King said.

In addition to the MARSECDET, some of

the different elements that participated in the competition included the Joint Detention Group, the Joint Medical Group and JTF GMTO Headquarters.

Headquarters won the competition, called the JTF Commander Award of Excellence, (nicknamed the Commander's Cup), which is planned to happen every six months. This is the first time the competition has taken place.

The headquarters element divided their area according to the smaller sections that make up headquarters and worked on the area around the headquarters building up to Camp Iguana.

"Sgt. Maj. Mattingly called the senior enlisted leaders from the different sections and assigned areas," said Sgt. 1st Class Ricardo Telles, the advisor to the JTF GTMO senior enlisted leader. "He was surprised at how eager everyone was to work."

"Sgt. Maj. Mattingly said, 'If we're going to have everyone here, let's make it fun.' What it comes down to is pride and ownership in the JTF," Telles said.

Story by

**SGT. 1ST CLASS ROBERT FREESE**

Photo by

**MASTER CHIEF PETTY OFFICER KENNETH KING**  
Maritime Security Detachment

# DON'T BE A DOPE, WASH YOUR HANDS WITH WATER AND SOAP



Only 5 percent of people currently wash their hands properly. Most people don't realize that in order to clean your hands properly, your hands and wrists need to be scrubbed for at least 20 seconds. An easy way to remember the 20 second rule would be to hum the "Happy Birthday" song from beginning to end twice.

When it comes to hand washing, there are many questions that you could be asking yourself or you may wonder whether the person making your food washes their hands.

According to an article in The Huffington Post, only 5 percent of people actually washed their hands properly after using the restroom. A study published in the Journal of Food Protection found that food employees only washed their hands 27 percent of the time that they were required to. Doctors wash their hands 57 percent of the time between patients.

These statistics are all unacceptably low, especially when you think about all the different bacteria you come in contact with everyday. When you touch a door knob in a public place it very likely could be contaminated with E. coli, Staphylococcus, Enterococcus, and other bacteria that cause serious infections and disease.

You are putting your health at risk if you fall into the 95 percent of people who are not properly washing their hands after using the restroom. The average person will touch their face 3.6 times per hour making it very easy for bacteria to get into your food, eyes and mucus membranes, causing many types of gastrointestinal infections.

The Centers for Disease Control and Prevention estimates that proper hand washing can reduce the number of people who get sick from diarrhea by

31 percent and reduce respiratory illnesses by 21 percent. Properly washing your hands is one of the simplest ways to protect yourself from infectious bacteria and even the flu.

Now that you know the dangers that exist, you

“**JUST WETTING YOUR HANDS IS NOT SUFFICIENT**”

have to be aware of proper hand washing technique. Alcohol based hand sanitizer is sufficient when your hands are not visibly soiled and when soap and water are not available, but washing with soap and water is always the better option. Just wetting your hands is not sufficient enough to kill bacteria. Here are the steps to proper hand washing according to the CDC.

• Wet your hands with clean, running water and

apply soap.

- Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers and under your nails.
- Scrub your hands for at least 20 seconds.
- Rinse your hands well under clean, running water.
- Dry your hands using a clean towel or air dry them.

Proper hand washing is a key factor in keeping yourself, family and fellow service members from getting sick. Remember to wash your hands before you eat, before you prepare food, after you use the restroom, any time you touch garbage, any time you come in contact with animals or animal food, before and after caring for an open wound, and any other time your hands become soiled.

So remember; don't be a bum, wash off the scum. Be a part of the elite 5 percent!

*Editorial courtesy of*  
**PETTY OFFICER 2ND CLASS**  
**JOHN LEVASSEUR**

*Photo by*  
**SPC. AMBER BOHLMAN**



# KIDS OF GUANTANAMO TAKE TROOPERS TO THE FIELD

Soldiers, Sailors, Marines, Airmen and Coast Guardsmen all joined together with W.T Sampson Elementary School to put on a field day event at Cooper Field for the children, Friday.

Field day has always been a favorite among students in schools throughout the country. It gives students a chance to spend the day outside, instead of being in a classroom. The event also provides different ways for children to interact with each other. W.T. Sampson K-5 did just that – with the added bonus of having members from the different service branches volunteer to help out by running the obstacles with the children.

“The school does field day every year or has some sort of activity planned for the kids, however, this is the first time that JTF, NAVSTA and hospital personnel have been involved,” said Capt. Erin Baynard, the field day upper division lead.

1st Lt. Joyce Lewis, the field day lower division lead, said that their biggest challenge was getting volunteers from every service, and they reached out to the military personnel within JTF and NAVSTA to ensure they had each branch covered.

“This was an opportunity for the students to link up with military members of various branches and experience the military esprit de corps,” Baynard said.

Lewis said there were more than a 100 volunteers who showed up to assist with the event. The volunteers received tires from the GTMO Car Port, camouflage netting from the Joint Detention Group, and all other small needed items came from the elementary school.

Lewis said the children were split into two divisions, the upper division and the lower division, and each division had five teams representing each of the five armed forces here at Guantanamo.

Teams raced for the best time to complete some of the favorites found at field days such as an obstacle course, a water balloon toss and a wheelbarrow run.

Lewis said this was unique in that the five service branches provided men and women to join with the students creating youth military teams. The students were deemed honorary members of that service during field day.

Lewis said the idea for hosting a field day at the elementary school stemmed from a “what if” idea between Baynard and herself.

“Ms. Wanda Caton ironically shared with us that the school could use some help with activities for their Field Day. Since we had somewhat planned out some events, we jumped at the opportunity to assist W. T. Sampson,” Lewis said.

Baynard said this was a great opportunity for teachers, parents and students to interact with each other and military members.

*Story and photos by*  
**SPC LIZ SMITH**





Military members from the five branches come together with children from W.T. Sampson Elementary school for an annual field day.



One of the children from the lower division does a bear crawl toward his next step in the obstacle course portion of the event.



One of the children from W.T. Sampson runs through the tires before moving on to low crawl through camouflage netting.



Marines and Coast Guardsmen work together with children during the Boulder Pass event, where the ball had to be passed to next person without moving your feet.



A Sailor participates in the Hula Hoop pass with children. The idea was to move the hula hoop down the line and back without breaking their linked arms.

MOVIE REVIEW /  
**GET HARD**



Sadly, "Get Hard" was terrible. Even more terrible was the fact that numerous little people in the audience witnessed the uncreative, homophobic and racist jokes that relied on stereotypes for the occasional cheap laugh. Come on GTMO, the film's rated R and playing at 10 p.m. for a reason.

Now, back to the movie. Will Ferrell and Kevin Hart team-up in this sad excuse of a comedy to presumably rob movie goers of their hard earned money; it's obvious they weren't actually trying to produce something entertaining.

Ferrell plays James King, a stock broker who is convicted of fraud and embezzlement and given 30 days to get his affairs in order. The bumbling white-collar, Bel Air dope decides to hire Darnell (Hart) a black businessman who King assumes has been to prison – because, well he's black – to teach him how to survive in prison. King, a financial whiz, explains that statistically it's highly likely Darnell has been incarcerated. Darnell hasn't, but needing the money, he goes with it.

There are of course antagonists in King's boss (Craig T. Nelson) and King's former fiancée Allisa (Alison Brief), who is King's boss' daughter. But, the question of whether King was actually guilty of fraud and embezzlement was answered on Ferrell's goofy face when King was sentenced to 10 years in prison. The rest of the film features jokes

I'd consider too lowbrow for your average 13-year-old boy, albeit with the occasional laugh (kind of like that uncomfortable pity chuckle you reserve for your sergeant whose poor jokes have become a joke unto themselves).

Some in the series of tubes we call the Internet are crying foul over the incessant use of insensitive material that they argue perpetuates stereotypes. We call those people Social Justice Warriors and White Knights. Ignore them. Their oversensitivity is a recessive gene that causes sporadic bouts of crying and a myriad of other symptoms that evolution has yet to weed from the population. The real tragedy is remembering Ferrell's memorable roles as "Hank the Tank," "Ron Burgundy" and "Ricky Bobby" while sitting through two hours of prison-rape jokes and being privy to one too many screen shots of man bits. Although, one man-bit scene was admittedly funny (there's a 13 year old in every man), ultimately this film is just sad and stupid.

For those of you who have yet to see "Get Hard," the three minute preview is more than adequate in explaining the plot – beginning, middle and end. So save yourself the time and pop in "Anchorman," if you're in the mood for a laugh. This film gets one pity chuckle.

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

MOVIE REVIEW //  
**HOME**



Jim Parsons voices the part of Oh, an alien who wants friends more than anything else in the world. The problem is that Oh's people, the Boov, are a race of cowards, who flee at the slightest hint of danger and shun healthy social behavior. Oh also makes a lot of mistakes, which further, um, alienates him from his Boovian peers.

The Boov are on the run from a race of evil "takers" they call the Gorg, who have a large symmetrical ship and seem to be on a quest to destroy any world they come in contact with – kinda like "Star Trek's" the Borg.

In their quest to flee the Borg, I mean Gorg, the Boov relocate the entire population of earth to Australia, except for one girl, named Gratuity "Tip" Tucci (Rhianna), who they mistake for a cat. The Boov consider the relocation of 7 billion people to 2.9-million square miles of mostly uninhabitable land, while they repopulate the rest of the planet a "win-win" and call it "sharing."

Oh's mistakes cause the Boov leader to sentence him to being "erased," and as Oh flees his fate, he meets Tip, a bi-polar young girl who often switches from sweet to violent without warning, and who is trying to find her mother.

It seems like the digitally animated film was written, or at least re-written, with Rhianna in mind, as Tip is also a Barbadian immigrant, and Rhianna performs no less than four songs in the soundtrack.

Oh is annoyingly similar to Parsons' "Big Bang Theory" character, Sheldon Cooper, in that Oh has considerable trouble understanding the complexities of human social interaction. Other than that, Oh is completely different from Sheldon, who is socially more like the rest of the Boov population, preferring to avoid interaction with their neighbors.

The movie is an adaptation of Adam Rex's children's book "The Meaning of Smekday," in which Oh's name is J. Lo, which was changed in the movie, probably because Jennifer Lopez is the voice of Tip's mother, Lucy.

The movie is cute and OK for children, but lacks any of the qualities that made other DreamWorks animated films like "Shrek," "Madagascar," and "Antz" good.

In the end Oh learns who the real "takers" are, and manages to stumble upon a way to instantly socialize the Boov masses, and bring understanding and conflict resolution to the solar system.

Movie review by  
**SGT. 1ST CLASS ROBERT FREESE**

# 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.

<b>Furious 7</b> (NEW) PG13, 8 p.m. <b>Kingsman</b> R, 10:30 p.m.	<b>Unfinished Business</b> (NEW) R, 8 p.m. <b>Get Hard</b> R, 10 p.m.	<b>Home</b> PG, 8 p.m.	<b>Hot Tub Time Machine 2</b> (LS) R, 8 p.m.	<b>McFarland, USA</b> (LS) PG, 8 p.m.	<b>The Lazarus Effect</b> PG13, 8 p.m.	<b>Focus</b> R, 8 p.m.
<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>
<b>Unfinished Business</b> (NEW) R, 8 p.m. <b>Get Hard</b> R, 10 p.m.	<b>Furious 7</b> (NEW) PG13, 8 p.m. <b>Kingsman</b> R, 10:30 p.m.	<b>McFarland, USA</b> (LS) PG, 8 p.m.	* <b>LYCEUMS CLOSED</b>	<b>Hot Tub Time Machine 2</b> (LS) R, 8 p.m.	* <b>LYCEUMS CLOSED</b>	<b>Chappie</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 /// **KINGSMAN: THE SECRET SERVICE**



Director Matthew Vaughn takes a proverbial swing at Quentin Tarantino with a rolled up B-rated script in his newest film, "Kingsman: The Secret Service." A film about a street-smart kid, Eggsy (Taron Egerton), with a big heart and a troubled background who's owed a debt by Galahad (Colin Firth), an old ex-coworker of his deceased father from an international secret service manned entirely by English gentlemen.

After a few bad choices land promising young Eggsy in jail, Galahad decides to offer him a spot in the Kingsman's training program in an effort to help repay his old friend. Meanwhile, Valentine (Samuel L. Jackson), a genius with an exceptionally annoying speech impediment, a sharp-stepping bodyguard and a plan for global terrorism, plots against the world's leaders and the entire Kingsman staff.

Jackson's eccentric villain, with

hematophobia and a lisp, will have you praying for a simultaneous double-drum rupture of the ears by the movie's end – good on ya' Jackson, everyone awkwardly despises your villain. Rookie actor Egerton's role could've honestly been played by any young male actor. Nothing against Egerton, but his character lacked severely in writing and direction.

The real distinguished gentleman and "Kingsman" was without a doubt Firth. Specifically during one frenzied scene inside a church full of religious extremists, which will undoubtedly have Tarantino lining Firth up in his cross-hairs, and rightfully so. If you know his previous roles, then you know that never before has Firth unleashed so beautifully, both as a character and an actor. Unfortunately, this is where I tell you that I must refrain from going into further details to avoid possible spoilers – however, this scene is a must for all Tarantino film lovers.

For director Vaughn, the downhill slope continues. "Kingsman" will doubtfully surpass his most previous films like "Kick-ass" and "The Debt," and he'll probably never reach his former glory with titles like "Lock Stock and Two Smoking Barrels," "Snatch" and "Layer Cake." As an old-school Vaughn fan, it's difficult to watch him slide deeper into Hollywood's pocket over a few possible blockbusters, none of which truly succeeded – unless you count cult films, in which case "Kick-ass" may yet hit its mark.

The most disappointing part of "Kingsman" is that it could've been great, or a cult-classic, but the transformation of characters and their interactions throughout the film were gratuitous. A handful of original scenes and clever locations couldn't close a metaphorical gap left by the writers – when the actors have their moments and the director is previously proven, blame the writers.

On the upside, Firth will probably go from fending off villains to script offers, Egerton can go back to practicing parkour with his English buddies and Jackson can use jokes about his annoying lisp to fill air-time on all the popular late night shows. Vaughn may yet become a phoenix, born from the ashes as a rediscovered comic book director in his newest project, "Fantastic 4," which will be hitting theaters in August.

"Kingsman" may merit one or two more sittings, and for that, I give it three stars. If you haven't had a chance to see it, take a break from the 12-foot cube you reluctantly catch yourself calling home from time to time, and enjoy a free movie with me – I'll be in the middle row singing along to our favorite Navy pre-show advertisement.

Movie review by  
**SGT. RICK HOPPE**

## WINNERS OF THE BATAAN DEATH MARCH

**1st Lt. Skyler Danks**  
447th MP CO

**Staff Sgt. Christopher Dunlap**  
HHC, 525th MP BN

**Sgt. Kyle Maurer**  
102nd MP CO

**Spc. Nicholas Kress**  
HHC, 525th MP BN

**Spc. Kyle Fields**  
102nd MP CO

**Spc. Drew Evans**  
102nd MP CPO

Congratulations to the all-Army team who competed in the 35-pound ruck event in New Mexico, March 28. Evans was selected to be part of the Army South team. The team finished fifth overall out of 30 teams with a time of seven hours and 26 minutes, and was first overall for the Army South team.



## MWR LEAGUE CHAMPIONS

**Kickball League**  
**BEEF**

**Mens Soccer League**  
**NEX UNITED**

League Champs  
**FC NEW YORK**  
Tournament Champs

**Female Soccer League**  
**SOCCER BOMBERS**

League Champs  
**ONE LOVE**  
Tournament Champs

**Volleyball League**  
**V-BALLERS**

League Champs  
**DEEP SETS**  
Tournament Champs

# COMPETITION FOR CAMARADERIE



*A service member rounds the final turn of the cycling portion, closing in on the running event, during the Morale, Welfare & Recreation Fitness and Sports Sprint Triathlon here, Saturday.*

As the waves crashed on the shore of U.S. Naval Station Guantanamo Bay's Windmill Beach, competitors lined the beach as the first rays of the rising sun highlighted the white-capped surf. With the start of the Morale, Welfare & Recreation Sports and Chief Petty Officers Association Sprint Triathlon's beginning drew near, the competitors made their final preparations and the race was on.

"Today was a good turnout. For sprint triathlons, we average between 50 and 70 people, we had 80 people sign up; seven teams of three and 59 individual competitors, which was more than expected," said Jim Holbert, MWR sports coordinator.

Safety is paramount at this and all MWR events, so co-event hosts CPOA took to the waters to ensure every swimmer safely made their way through the surf.

"The Chief Petty Officers Association was in charge of the water safety," Holbert said. "They were out at the buoys with kayaks and boats keeping every one safe, and they also hosted the post run cookout since it is also their organization's birthday weekend."

The MWR puts on many of these and similar events throughout the year for service members stationed here, to keep the service members active and give them a way to keep some of their habits and hobbies from home strong.

"We do two sprint triathlons a year, an Olympic triathlon, a trail marathon, a duathlon; we kind of spread them out throughout the year," Holbert said. "The competitors get a lot of motivation to train. It gives them something to look forward to.

It's good for moral. It gives service members who train at home some familiarity, a little piece of home, so they can continue doing what they love."

While some JTF service members train for the competition others keep coming back for the camaraderie, attending these and other events for the feeling of community from those involved.

"This is my second time competing with a triathlon team," said Lt. Courtney Gordon-Tennant, with SJA. "The swim was pretty nice. The waves and current definitely made it a challenge, but you just look out and adjust yourself to keep on course."

Gordon-Tennant said that it's not just the competition but the community that she enjoys.

"I think that these events build a sense of camaraderie and community, even those who didn't compete came out to volunteer and cheer us on," Gordon-Tennant said. "As soon as I came out of the water, I sprinted to the transition area and tagged my teammate for him to continue, and there where people from my office cheering for me."

As the last competitors crossed the finish line, the crowd was filled with many smiling faces as service members and support staff alike gathered together to recap their experiences along the course and strengthen the bonds of the GTMO community.

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

# FINAL FOUR

The seemingly never ending Men's NCAA Basketball season has finally wound down and only the Final Four remain. Three of the four top seeds are still in the tournament, making the No. 7 seed Michigan State Spartans the Cinderella of the dance and America's underdog.

Saturday, Duke looks to end the Cinderella story as they take on the Spartans at the Lucas Oil Stadium in Indianapolis. Duke defeated the Spartans back in November 81-71. Many pundits give the Michigan State team little chance against Mike Krzyzewski's Blue Devils, but March Madness is often about momentum, and there is no hotter team right now than the Tom Izzo led Spartans. The Spartans look to win it all, much like the University of Connecticut Huskies last year, who were also the No. 7 seed and caught fire when it mattered most, eventually winning it all. Unfortunately, the Spartans take on the best coach in basketball in Krzyzewski (12th Final Four appearance), who's team is lead by Jahliil Okafor,

who will likely be a top pick in the next NBA Draft.

The 38-0 Kentucky Wildcats survived the Notre Dame Fighting Irish in the Elite Eight and will now take on a tough veteran Wisconsin team, led by a dynamic duo in Frank Kaminsky and Sam Dekker. The Wildcats are attempting to be the first team to finish a season undefeated in D-I competition since 1976. The Wildcats have proven to be the most talented team in the country, which is often the case. However, due to the one-and-done nature of Kentucky players fleeing for the riches of the NBA, the Wildcats lack veteran leadership.

Though longtime pundit Dick Vitale may disagree in his educated analysis, I predict a Michigan State vs. Wisconsin final match-up for Monday. The Spartans are on a roll and sometimes that's all a team needs—confidence and a hot-hand. The Wisconsin Badgers dynamic duo and veteran leadership should help them edge Kentucky. I predict the 2015 Men's NCAA Basketball champion will be the Wisconsin Badgers. Veteran leadership and talent will help them edge-out the Spartans in an entertaining final.

Article by

**1ST LT. MACARIO MORA**

# MMA WEEKLY

There were no UFC events this past weekend, but that doesn't mean there was a lack of MMA action as Bellator crowned a new champion Friday, and on Saturday, World Series of Fighting put forth another night of exciting action for MMA fans.

Bellator 135 featured a highly anticipated 135-pound championship matchup between defending champ Joe Warren and Marcos Galvao. Warren had previously beaten Galvao at Bellator 41, four years ago with a highly contentious and controversial decision. The self-proclaimed "Baddest Man on the Planet," Warren controlled the action in the first round with repeated take-downs and overhand rights that connected on several occasions. However, Galvao survived.

The second round looked to be a repeat of the first as Warren took Galvao's back and looked to secure a take-down. But, Galvao dropped to

the ground and grabbed a hold of Warren's leg, transitioning into a Kneebar. Warren screamed in agony, and Galvao was awarded the verbal submission 45 seconds into the second round.

Justin Gaethje retained his lightweight title in a highly entertaining scrap with Luis Palomino at the World Series of Fighting 19. The headliner featured a back-and-forth first round that saw Palomino knock the mouthpiece out of Gaethje's mouth. In the second, it looked as though Palomino seemed to gain control of the fight as he repeatedly landed left hooks that cut Gaethje's right eye. But, in the third round the champ continued to chop away at the challenger's legs. Eventually, Palomino collapsed after taking repeated blows to the legs and Gaethje jumped on his injured opponent to finish the fight.

This weekend fight fans are in for a treat as two of the world's best featherweights, Chad Mendes and Ricardo Lamas, compete in a title shot eliminator. Saturday's UFC Fight Night features a solid fight card from top to bottom, which has become rare for free UFC events.

Article by

**1ST LT. MACARIO MORA**

# MLS SOCCER TOP 20

No.	Eastern Conf.	Standings
01	<b>New York Red Bulls</b>	(2-0)
02	<b>DC United</b>	(2-1)
03	<b>New York City FC</b>	(1-1)
04	<b>Orlando City SC</b>	(1-1)
05	<b>New England Rev.</b>	(1-2)
06	<b>Columbus Crew</b>	(1-2)
07	<b>Toronto FC</b>	(1-2)
08	<b>Chicago Fire</b>	(1-3)
09	<b>Montreal Impact</b>	(0-1)
10	<b>Philadelphia Union</b>	(0-2)

No.	Western Conf.	Standings
01	<b>FC Dallas</b>	(3-0)
02	<b>Vancouver Whitecaps</b>	(3-1)
03	<b>San Jose Earthquakes</b>	(2-2)
04	<b>Real Salt Lake</b>	(1-0)
05	<b>Los Angeles Galaxy</b>	(1-1)
06	<b>Houston Dynamo</b>	(1-1)
07	<b>Sporting Kansas City</b>	(1-1)
08	<b>Seattle Sounders FC</b>	(1-1)
09	<b>Colorado Rapids</b>	(0-0)
10	<b>Portland Timbers</b>	(0-1)

# POUND 4 POUND TOP 10

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



## EAT GOOD, FEEL GOOD.

Ethical debates aside, a vegetarian diet could be very beneficial to your wellbeing. Switching to less or no meat may lower your risk for many future health problems.

"Fatty red meats and many processed meats are high in saturated fat, which raises LDL (bad) cholesterol and increases risk of coronary heart disease," said Dr. Rachel K. Johnson, a spokesperson for the American Heart Association.

In addition to helping your heart, cutting back on meat may also cut your risk for cancer. The British

Journal of Cancer published a study that showed women who ate the most red and processed meat had the highest risk for breast cancer.

Meat lovers, don't worry, there are healthy choices out there. You should always look for lean cuts. All types of meat have lean options, but the best is white meat from poultry breast with no skin. You should also choose "Choice" or "Select" beef, rather than "Prime."

A vegetarian diet can also have some risks. It may lower your bone mineral density, B12 levels and levels of omega-3 fatty acids. Just be sure to find other foods with protein, vitamin D, iron and calcium.

It's usually best to make small changes, but if you do make a sudden change, make sure you are eating well and getting all the nutrients you need. You may also want to try talking your friends into joining you, or at least helping support you with your journey.

Article by

**SPC. MONIQUE QUINONES**

### DIRECTIONS:

Combine onion, garlic, beans, tomatoes, tomato sauce and seasoning mix in a slow cooker. Cover and cook on high heat for 2 to 3 hours (or low heat for 4 to 6 hours). Add frozen corn during last hour of cooking. Stir in lime juice and cilantro just before serving. Yields about 1-1/3 cups per serving.

Send us pictures and feedback on Facebook if you try this recipe!

## Recipe: Vegetarian Chili

### INGREDIENTS:

1 large uncooked onion, minced	beans, rinsed and drained	14 ounces frozen corn
1 clove medium garlic, minced	30 ounces canned diced tomatoes, with chili	1 tablespoon fresh lime juice
30 ounces canned black beans, rinsed and drained	15 ounces canned tomato sauce	1/2 cup fresh, minced cilantro
30 ounces canned kidney	1-1/4 ounces spiced seasoning mix, chili variety	



## JSMART SPOT

▲ JSMART HELPER: TITAN

Living and working at JTF GTMO presents unique challenges for military personnel and leaders. For the next few weeks, we'll focus on strategies leaders can use to ensure their troops function optimally. This first segment provides guidance on helping troops avoid social isolation.

Humans are biologically designed to live in groups. Although it's important to be able to rely on ourselves, we should try to find a balance between alone and social time. Whenever we become isolated or feel overly rejected by our peers, our mental and physical health starts to deteriorate.

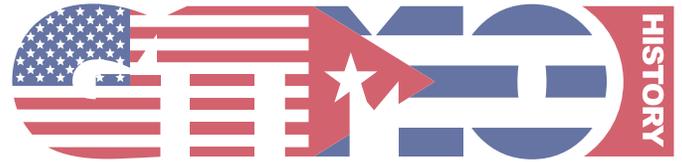
Remember Tom Hanks' character in the movie "Cast Away?" What happened when he didn't have others for support? "Wilson" happened! While this movie's example may be extreme, as leaders, we must ensure that our organizational structure doesn't inadvertently "outcast" our troops from the rest of the unit. Isolation can result in feelings of resentment toward others, acting-out,

negative behavior, increased alcohol misuse, low morale, and decreased productivity; all ultimately leading to more isolation – a vicious circle.

The idea of living closely among hundreds of people on an island may lead us to assume isolation is rare. However, many people turn inward when faced with difficult circumstances. Potent leaders ensure their Troopers are not ostracized, marginalized or allowed to disappear into the background. Leaders can verbalize the importance of balancing camaraderie, group time and rejuvenating solitude. A good leader should be concerned and non-judgmental when approaching an isolated individual, role-modeling to their troops how to be firm, fair, impartial and supportive. The importance of relying on each other shouldn't be underestimated.

Article by

**PETTY OFFICER 3RD CLASS  
RANDALL KELLEY**



## GUANTANAMO 1904: THE DRY DOCK



The uncompleted dry dock at South Toro Cay as it looked in 1927, twenty-three years after construction began.

In 1904, work began on a dry dock located on South Toro Cay. When the entrance was sealed off, workers began pumping out the water. After several days of pumping, the water level remained the same. One day, a shark was seen swimming in the dry dock. Evidently, the shark entered the dry dock from an underground passage which was supplying the dry dock

with water. All work stopped and the project was abandoned, but the remains are still visible.

Article courtesy of

**KELLY WIRFEL**

PAO, U.S. Naval Station  
Guantanamo Bay

Photo courtesy of  
U.S. Navy National Museum of  
Naval Aviation

**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	"The Passion of the Christ"

**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	0630	Windmill Beach (Free Breakfast)

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

# EASTER SERVICES

For Christians, Easter Sunday is the most important day of the year – more significant even than Christmas, because it's the day when we celebrate the resurrection of Jesus Christ. In His resurrection is the promise of ours.

**Opportunities for Worship**

**6:30 a.m.** Sunrise Service at Windmill Beach, followed by a free breakfast

**9 a.m. and 7 p.m.** Protestant Services at the Troopers' Chapel

**9 a.m.** Mass at the NAVSTA Chapel

**9:30 a.m.** Liturgical Protestant Service at NAVSTA Chapel Annex Room 1

**11 a.m.** Contemporary Protestant Service at the NAVSTA Chapel

**1 p.m.** Gospel Service at the NAVSTA Chapel

**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**

**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



'SEA SPRAY' PHOTO BY HMC JOSEPH P. SCHMITT. FOR A CHANCE TO HAVE YOUR PHOTO FEATURED IN THE PARTING SHOT, PLEASE SEND SUBMISSIONS TO: [THEWIRE@JTFTGMO.SOUTHCOM.MIL](mailto:THEWIRE@JTFTGMO.SOUTHCOM.MIL)

THE **WIRE**