



THE WIRE

The Official Publication of the Joint Task Force Guantanamo

3OH!3 OH MY!

Joey Banks!, Frenchie's Blues Destroyers, Austin Park, Sidereal, and 3OH!3 stir up a crowd during GTMO Palooza at the Tiki Bar.

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GTMO TRAINS TO BE EVER VIGILANT

Guantanamo Bay external and internal security forces train together during a three-day exercise that tested organizational cohesiveness and communication.

p07

HELP NEEDED!

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NOVEMBER 21, 2014



1ST SGT. TOBY REKART
346TH MP CO

The military is built upon the cornerstone of discipline. When I think of this word it takes me back to basic training at Fort Benning, Georgia in 1993. On day one, our drill sergeant gave us a handbook, and in it was the creed, “The Key to Discipline.” He instructed us we would have to recite the creed every time he blew his whistle. Of

THE KEY TO DISCIPLINE

course, he then blew the whistle, and we had to push for not knowing the creed. It took a few days – we spent our little bit of free time at night – to memorize the creed. Even then, the pushing did not stop; we either did not sound off loud enough, or we were too slow at saying it. Later our drill sergeant would blow his whistle even when we couldn’t see him, but he was close enough for us to hear him. Now, you ask, how does this pertain to discipline? We were disciplined to follow our drill sergeant’s orders, even when he was not around.

While most understand the meaning of discipline as it pertains to our mission here at GTMO, whether that’s the guard walking the tier or the commander of the Joint Task Force, each Service member must be equally disciplined, or the organization as a whole will fail. We seem to falter the most when we are not performing our missions. Does this still affect the organization? The answer is yes. We all see and understand when someone violates a policy or the UCMJ, but who was around when this was going on? Why did no one step up and tell that person they were wrong? Most of the time someone was there and could have spoke up and told the person they were wrong before it got to the level of UCMJ action.

We are the most professional Armed Services in the world and that not only requires us, but charges us to be disciplined 24/7. In Gen. George Patton’s “The Key to Discipline,” he said, “You cannot be disciplined in great things and undisciplined in small things. There is only one sort of discipline – perfect discipline.”

THE KEY TO DISCIPLINE – discipline is the cornerstone on which the Army is built. To be successful in the Army, you must develop your discipline far above that required in civilian life. We must have the discipline to react promptly to orders, and to react correctly in the absence of them. You can develop good discipline as a Service member by accomplishing all missions, always looking sharp, being proud of your unit, maintaining your weapons and equipment, not wasting time, cooperating with other Troopers, always telling the truth about situations no matter how bad the problem might be, and meeting the standards set by your commander.

Article by
1ST SGT. TOBY REKART
346TH MP CO

JOINT TASK FORCE GUANTANAMO



SAFE



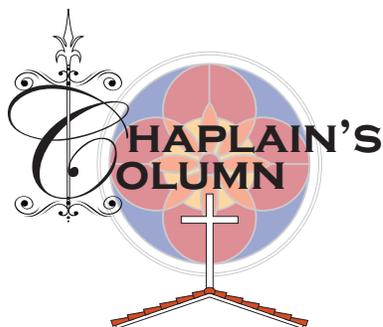
HUMANE



LEGAL



TRANSPARENT



In the days before portable DVD players and iPads, my parents loaded themselves and six children into the station wagon each year for a Thanksgiving journey. When I was young, it was from Orange County, New York to Long Island. Eventually, we moved to Wisconsin, which made the trek much longer and more painful. But I got to ride shotgun, with my youngest brother in the front. Mom sat in the back with the other two boys, acting as referee. My two sisters hid themselves in the third seat, piling suitcases and anything else we had between them and us, trying to pretend that

THANKSGIVING MEMORIES

the rest of us were not there. The journey always ended at the home of one of our aunts and uncles, where we joined a pile of cousins in the once-a-year celebration of family and way too much food.

Most of us have some similar memory of Thanksgiving. Whether the memories are a few years old – or a few decades – they are part of our family history and how we live our lives. These special holidays are a time when we celebrate who we are and all the blessings we have.

This year, our Thanksgiving celebration will be different. Rather than being with our individual families, we will be with our military brothers and sisters who share the life we have chosen. Some have been away for the holidays more times than they can remember, but for others this will be a first. And for them, in a special way, it will be hard. The turkey and stuffing we get from Sam in the Camp America Galley will not quite be the same;

Grandma’s special pie will be missing, and the memories may become a hardship instead of a blessing.

As we gather to celebrate Thanksgiving next week, remember to watch out for those around you who are missing home more than others. Welcome them, encourage them, give them hope. For we all have much to be thankful for, even while here at GTMO.

And please join us the night before Thanksgiving for “A Time to Give Thanks,” an ecumenical worship service at the Troopers’ Chapel. Before football and turkey, we will acknowledge what we should acknowledge every day; that we have been blessed and should always give thanks.

Article by
CMDR. THOMAS TAYLOR
JTF COMMAND CHAPLAIN

01 COMMAND & CHAPLAIN

Cmdr. Thomas Taylor, JTF-GTMO command chaplain, shares a colorful holiday anecdote while stressing the importance of military families coming together during the holidays, which can be a stressful time for deployed Service members.

03 GTMO NEWS / COVER PHOTO

This week in GTMO news, "The Wire" honors Native American History Month, JTF -GTMO and NAVSTA security forces participate in a joint exercise and MWR hosted a concert at the Tiki Bar headlined by 3OH!3.

07 PHOTO STORY

JTF and U.S. Naval Station GTMO participated jointly in an annual anti-terrorism exercise – Valiant Sentinel – that tested Service members from the different security elements throughout Guantanamo Bay.

09 ENTERTAINMENT & REVIEWS

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

11 SPORTS

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

13 LIFE & FITNESS

Routine is key when it comes to developing an exercise plan. Our fitness guru will explain the importance of knowing when to exercise and when to let your body recover.

MOTIVATOR OF THE WEEK

SPC. VANESSA MALDONADO
361ST MP CO

PVT. NICHOLAS WARNER
342ND MP CO



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

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

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THANKSGIVING OPSEC

The Thanksgiving holiday is traditionally a time when three things happen: traveling, eating and shopping! Two of these need special attention (eating isn't one of them). While traveling or making plans for leave and travel, remember to use OPSEC to protect your plans and sensitive information (travel dates, leave papers, passport number, military I.D., etc). When shopping in a store or online make sure to use only reputable websites and be careful when you give your credit card numbers and expiration dates. Identity theft and credit fraud always spike this time of year. Be safe and enjoy the Thanksgiving season. USE OPSEC!



SAPR VICTIM ADVOCATE TRAINING

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

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

EXERCISE PREPARES NAVSTA PERSONNEL



Seaman Apprentice Morgan Garman, left, and Seaman Apprentice Emmanuel Mirich-Howard, right, listening to feedback from an observer after clearing a room during an exercise at Naval Station Guantanamo Bay, Cuba, Nov. 13. The observers gave great insight on different ways that the security forces could better meet their objectives.

A 911 call was placed at the weapons department building signaling the start of an active shooter exercise Nov. 13 at U.S. Naval Station Guantanamo.

It was one of a multitude of scenarios preparing for possible threats here during an active-shooter exercise called Valiant Sentinel.

"It is an annual requirement for every installation to exercise its anti-terrorism posture, and test our skills as far as how we respond and communicate with other entities aboard our installation," said Chief Petty Officer Kenton Thomas, leading chief petty officer of the training department for security here.

The purpose of this scenario was to apprehend two active shooters in a timely manner, and give a realistic scenario for first responders such as the contact and rescue teams.

Fifteen role players doused each other with fake blood and placed themselves strategically around the basement as the shooters positioned themselves on the third floor. The scenario gave medical and fire personnel as close to a real life experience as possible.

When everyone was ready, the call was placed and a four-person contact team arrived in a matter

of minutes.

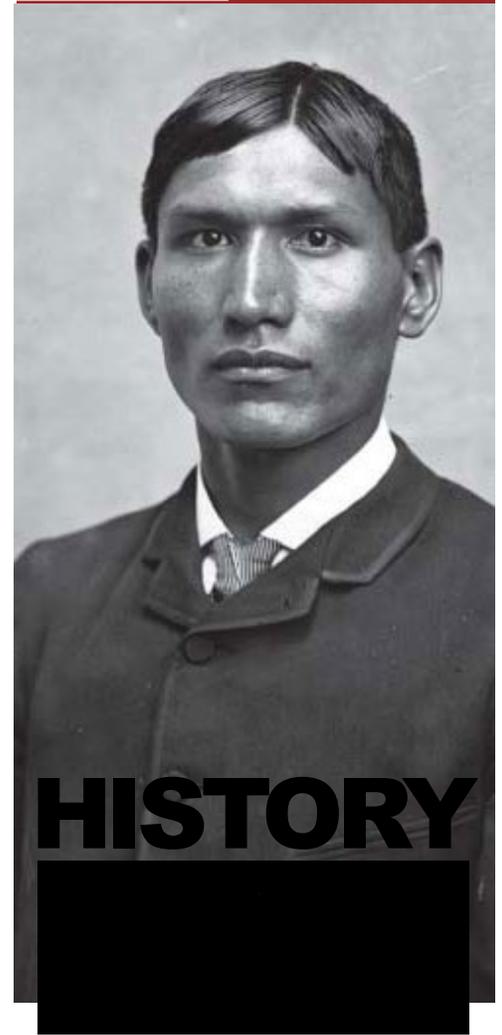
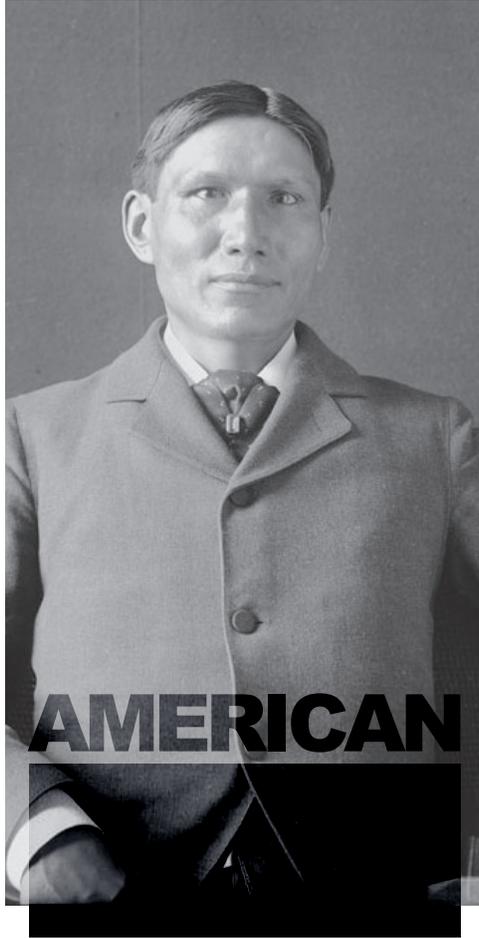
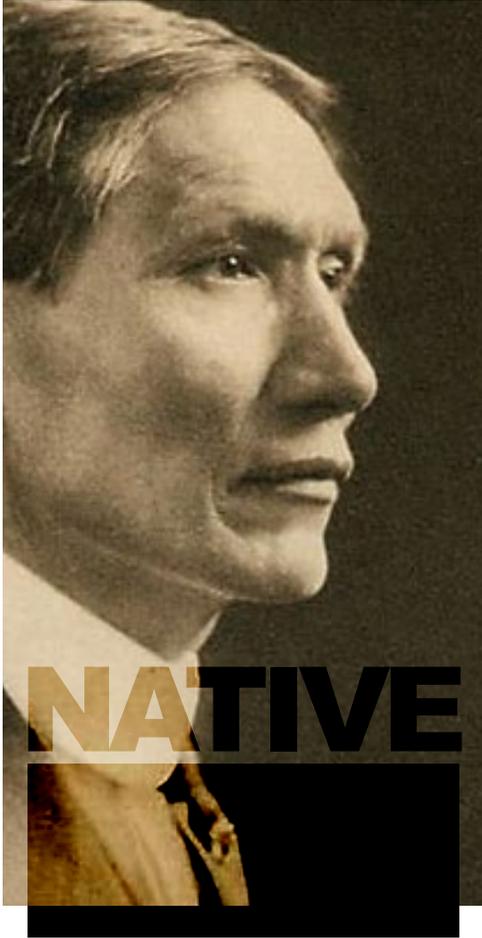
"Our strength overall was getting here. I know the base isn't big, but making sure that what is happening stays contained is really important," said Seaman Jacob McCormick, patrol supervisor on scene.

The contact team quickly apprehended the two shooters who barricaded themselves in a room. That gave medical personnel adequate time from the initial attack to save as many lives as possible.

"We wanted to see it all in action to make sure all facets of NAVSTA can work together to neutralize the threat and take care of everyone who needs to be taken care of," McCormick said. "Once we established our incident command posts, communication between all parts fire, medical, our emergency operations center and us became very fluid."

Story and photo by
SPC. AMBER BOHLMAN

OHIYESA: HE ALWAYS WINS



"One fine September morning as I returned from the daily hunt, there seemed to be an unusual stir and excitement as I approached our camp. My faithful grandmother was on the watch and met me to break the news, 'your father has come – he whom we thought dead at the hands of the white men.'" ~ Charles Eastman (Ohiyesa), in his autobiography, "From the Deep Woods to Civilization."

Dr. Charles Eastman grew up in the forests of North Dakota and Canada as part of a clan of Santee Sioux who called themselves Wah'petons, or "Dwellers among the Leaves."

As a small boy, Eastman, whose Santee name, Ohiye S'a, or "Always Wins," was separated from his father, Wak-anhdi Ota, or "Many Lightnings," during the Dakota War of 1862. Many Lightnings was presumed dead for many years, but when Eastman was 15, his father, who had converted to Christianity, ordered Eastman to attend the white man's school and get an education.

Both Eastman and his grandmother, a traditional healer for the clan, resisted the order, but Many Lightnings had made his decision, so Eastman and a young friend set off to the school house – 100 miles away.

"The thought of my father's wish kept me on my

true course. Leaving my gun with Peter, I took my blanket on my back and started for the Missouri on foot," Eastman wrote about his friend deciding not to attend the school.

This determination was the foundation of Eastman's entire life, as he struggled to learn the English language, algebra and reading. He not only finished his primary schooling, but did so with excellence and went on to study at Beloit College in Wisconsin and Dartmouth College in New Hampshire, where he studied medicine.

After finishing school, Eastman took a job with the Pine Ridge Indian agency, where he combined the traditional medicine he learned from his grandmother with western medicine he learned from formal schooling. It was there that Eastman played the key medical role in the Ghost Dance War, which culminated with the Wounded Knee Massacre.

Eastman's reputation as a skilled and competent physician travelled quickly through the reservation, and led to him being trusted to the point that the Dakota people started to bring their grievances with the U.S. Government to him. Eventually, the trust the Sioux had in him prompted him to move to Washington with the power of attorney to act on

behalf of the Sioux.

"After signing the necessary papers, I went to Washington, where I urged our rights throughout two sessions and most of a third," Eastman wrote in his autobiography. "Now for the first time I seriously studied the machinery of government, and before I knew it, I was a lobbyist."

Charles Eastman was successful in getting citizenship and voting rights, not only for his people, but for tribes throughout the nation. He was a successful author, national spokesman and the first recipient of the Indian Achievement Award.

Because Dr. Eastman was so successful as a lobbyist and documentarian of late nineteenth century Sioux culture, we celebrate his life by honoring him during Native American Heritage Month.

Story by
SGT. 1ST CLASS ROBERT FREESE

PREVENTATIVE MEDICINE INFLUENZA REVIEW

FLU HQ.

While the weather remains consistently warm in Cuba, it does not stop influenza from spreading. The flu season has arrived! The Influenza season begins in fall and peaks during the months of January and February.

Article by
PETTY OFFICER 2ND CLASS JOSHUA FRANCIS
JTF-PREVENTIVE MEDICINE DEPARTMENT

What is the “Flu?”

As the season approaches, it's important to discuss the essential “Flu Facts.” Seasonal Influenza is a contagious respiratory illness caused by various flu viruses. Approximately 5 – 20 percent of the United States population will contract the flu each year.

How does seasonal flu spread?

Flu is spread when a person who is sick with the virus coughs, sneezes, or talks, and droplets containing the virus are spread through the air. You can also get the flu by touching a surface or object that has the flu virus on it and then touching your mouth, eyes or nose.

You may even be able to pass on the flu virus to someone else before you know you are sick. Most healthy adults may be able to infect others beginning one day before symptoms develop and up to 5 to 7 days after becoming sick. Some people, especially young children and people with weakened immune systems, might be able to infect others for an even longer time. This is why it is important to get vaccinated early.

How you can protect yourself and family?

The Centers for Disease Control and Prevention recommends a yearly vaccine (shot or intranasal) for everyone 6 months of age and older. This is the first and single most important step in protecting against influenza. Proper hand washing techniques are the second leading means of prevention. If you are sick with flu, stay home from work or school to prevent spreading flu to others.

What do I need to know about the vaccine?

Each year scientists try and determine the new strands of the flu; this is why we get a new flu shot each year. This year you will be protected against; A/California/7/2009 (H1N1)pdm09-like virus, A/Texas/50/2012 (H3N2)-like virus, and B/Massachusetts/2/2012-like virus. This is accomplished using a tri-valiant vaccine.

How will I know if I have the Flu?

Influenza causes mild to severe illness, and at times can lead to death. People who have the flu often experience some or all of these symptoms:

- Fever* or feeling feverish / chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (tiredness)
- Some people may have vomiting and diarrhea, though this is more common in children than adults.

** It's important to note that not everyone with flu will have a fever and not everyone with the above symptoms has the flu, the best way to determine if you have the flu is to make an appointment with you PCM.*

For more information contact Preventive Medicine; Bldg: 1588, ext: 8085.
 References: cdc.gov/flu

3OH!3 OH MY!



Performers of "Austin Park" take a moment during the "GTMO Palooza" music festival to express their gratitude to the Service members for the sacrifices they make through their military service, Saturday at the Tiki Bar. The bands are part of the Navy Entertainment concert tour, which provides Service members a welcome relief from their daily routine.

Every one understands the importance of unwinding and forgetting about your cares for a while. Service members are no exception. The community of GTMO had the pleasure of having a little fun this weekend at the GTMO Palooza. Hosted by the Tiki Bar, the all-night line-up included performances by; Joey Banks!, Frenchie's Blues Destroyers, Austin Park, Sidereal, and 3OH!3. Headliner 3OH!3 shared a little bit about what inspires them to play to Service members.

"We have a lot of friends in the military. That's what's great about playing these shows, you get to meet a lot of people and hear their stories while bringing them a little piece of home," said Nathaniel Motte of the musical duo 3OH!3. "It's cool to meet such a wide range of people and hear what they do out here and what they do with their lives."

"I met a couple in Djibouti, Africa when we played, and they told me their first date was to a Warped Tour where we played," said Sean Forman 3OH!3. "That was pretty incredible, to know it's such a small world, to run in to somebody out there who literally went to your first tour; they're married now,

and I just think that was such a cool experience."

"We've been fortunate to work with Navy Entertainment for a while now. We've been to the Far East, Bahrain, Djibouti, Africa, we've played through Europe; any time they will have us we are happy to play, because it's always an incredible experience" Forman said. "It's kind of amazing. Each station has its own personality and contained life style; it's pretty cool.

We love playing for the military, just because they really appreciate it. They have a lot of fun. Some of the bases we have played have like 250 people, so we may only play to 20, but it's like a large venue because when they come out they really want to have fun and party with us. There is defiantly an inherent liveliness with Service members that you don't get at other shows."

As the night's entertainment came to an end, the GTMO crowd exemplified the enthusiasm the band returns time and again for. After the show fans took a moment to rest, wiping sweat from their brows, exhausted from a night of dancing and singing along.

"It was awesome! This is my second time seeing an MWR show, and it was amazing," said Jacob Bynes, 420th Military Police Company. "I've been a fan of 3OH!3 since I was like 12, so I'm really glad I got to see them."

"I'm out of breath, this was a sick concert, way better than any other event I've been to," said Vastian Hill, 420th Military Police Company. "The MWR shows are defiantly good for the moral of the troops."

The band explained that's what they hope to accomplish for the Service members; to ease their minds for a while and help them relax.

"That's what our shows are about, just having a good time and getting away for a bit," Motte said.

Story and photo by
SGT. CHRIS MOORE

Sgt. Daniel Randall, a member of the Joint Task Force security forces, answers his radio while taking cover behind a Humvee Nov. 13 during exercise Valiant Sentinel. The exercise was meant to evaluate anti-terrorism measures, physical security and communication of several security forces on U. S. Naval Station Guantanamo Bay.



GTMO TRAINS TO BE EVER VIGILANT

Members of Guantanamo Bay external and internal security forces trained together during a three-day training exercise, responding to a variety of scenarios meant to observe the organizational cohesiveness and communication of those involved.

During exercise “Valiant Sentinel” Joint Task Force GTMO security forces trained with members of U.S. Naval Station GTMO law enforcement, Coast Guard port security, and elements of the Marine Security Forces Detachment.

Service members participated in “Valiant Sentinel” which tested their ability to employ a variety of anti-terrorism measures and respond to other security issues throughout the Naval Station and JTF areas here.

“This was an annual required exercise of battle drills and standard operating procedures that serves as a baseline reading of where we are on anti-terrorism, force protection and physical security,” said 1st Lt. Bryan Shapow, the officer in

“

**... ALL UNITS
PARTICIPATING
SHOULD BE
COMMENDED ON
THEIR FLEXIBILITY
IN BEING ABLE
TO ADAPT AND
OVERCOME ...**

”

charge of JTF’s participation.

Communication was a key point of observation with so many different entities involved during the three-day exercise.

“Communication between all those involved was our main concern,” Shapow said. “This helped us identify kinks in the system and really tested our external security force.”

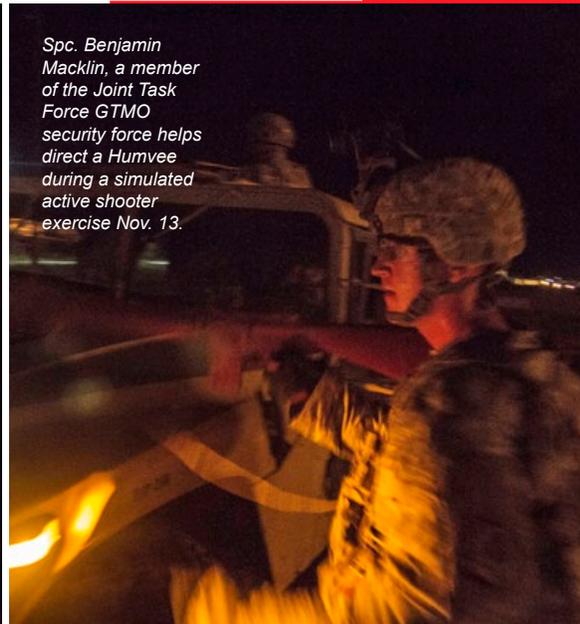
The focus on keeping all those involved helped the JTF Troopers be aware of the big picture, that’s something Shapow said helps with motivation.

“The Troopers were highly motivated that we gave them the tools they needed to accomplish the mission,” Shapow said. “They stayed motivated and that made the training a successful event.”

Another point to focus on for JTF observers was the impact of high turnover of troops during deployments



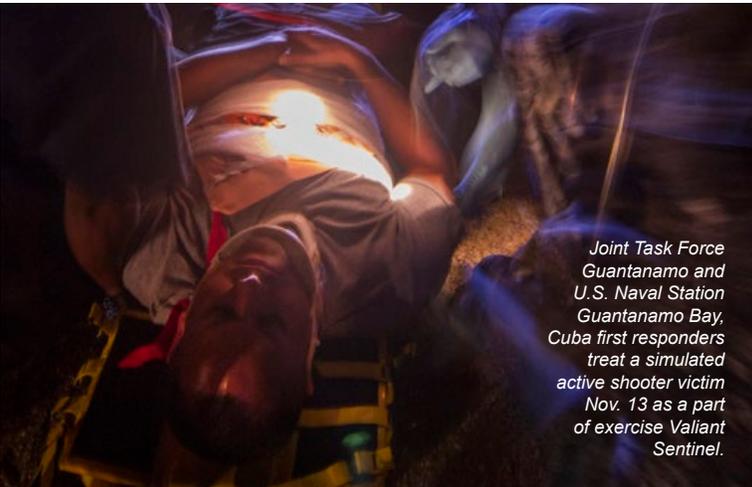
Sgt. Daniel Randall, a member of the Joint Task Force security forces, provides direct pressure to a wound of a simulated active-shooter victim Nov. 13 during exercise Valiant Sentinel.



Spc. Benjamin Macklin, a member of the Joint Task Force GTMO security force helps direct a Humvee during a simulated active shooter exercise Nov. 13.



Members of naval security forces search a role player posing as a suspected active shooter.



Joint Task Force Guantanamo and U.S. Naval Station Guantanamo Bay, Cuba first responders treat a simulated active shooter victim Nov. 13 as a part of exercise Valiant Sentinel.

here and how that would impact relationships and communication with Naval Station law enforcement, port security and the MSFD.

“There is a high rate of troops rotating through GTMO, and continuity was another point of possible stress that would negatively impact our readiness,” Shapow said. “I was genuinely surprised to find that wasn’t a factor. We all worked well with each other in a very professional manner.”

One of the agencies the JTF worked with was the Naval Station Security. One of the scenarios in which cooperation was paramount was an active-shooter event that took place near the Trooper Chapel.

This scenario alone involved a quick reaction force, Navy MA’s, emergency medical personnel and Naval Station fire department personnel.

“It’s always an interesting experience to work with another branch of service and different components within them,” said Chief Petty Officer

Joshua Bright, one of the MA observers. “So many things to learn and achieve from the different lingos, to actual actions on scene, I believe both units in this scenario learned a lot and will be more unified and effective responding to a real life situation.”

This type of training also provides a sort of validation in the minds of those being protected by the naval security forces and JTF security forces.

“All of our Service members, civilians and contractors need to know that security forces can, and will, respond to keep them safe in the time of need,” Bright said.

Both Shapow and Bright were satisfied with their Troopers performance and look forward to becoming more integrated for future success.

“Overall this exercise went very well, and all units participating should be commended on their flexibility in being able to adapt and overcome obstacles that had been placed, and we look forward to the opportunity to conduct further joint

training with the Naval Station assets and JTF assets,” Bright said.

“I feel that all our Troopers understand the importance of the battle drills and standard operating procedures, and they now know they have the motivation and drive to be successful,” Shapow said.

Story and Photos by
SGT. ADRIAN BORUNDA



REVIEW / DUMB & DUMBER TO



The year was 1994. I was 18 years old and several months away from enlisting in the United States Army. It was a time when Chris Farley, David Spade, Adam Sandler and Jim Carey were the original Kings of Comedy!

Jim Carey was still riding high off his successful film debut of "Ace Ventura Pet Detective," and television series "In Living Color." Because I loved Jim Carey's comedic delivery style and off the wall antics, it was only natural for me to go watch "Dumb and Dumber." The fact that my girlfriend at the time also wanted to see this crude, off-color movie, obviously geared toward males, was a bonus for me.

I probably watched the movie over a dozen times in the theater. "Dumb and Dumber" stands up with other cinematic classics that anyone can recite lines from, like

"Tombstone," "Billy Madison" and "Tommy Boy." It's become American culture to reference scenes about Seabass, Samsonite or John Denver at a gathering, and others will know exactly where you are going.

I had the opportunity to sit down Friday and preview "Dumb and Dumber To." I'm telling the truth when I say I was rooting for Lloyd Christmas (Jim Carey) and Harry Dunne (Jeff Daniels). I wanted them to take me back to that time 20 years ago, when I was 18, and comedy and films were just, well, better. To say that "Dumb and Dumber To" was a bomb is a huge understatement. I would re-title this film, "Titanic II" because it's going to sink straight to DVD. Just like the girlfriend I was dating when I watched the original, all good things come to an end. This movie, much like that relationship, had the shelf life of milk

– not to exceed three weeks.

The Farrelly brothers, who also directed the original, failed miserably in their endeavor to save a film that should have been on the Do Not Resuscitate (DNR) list. The movie was mixed with old and new puns that seemed to fall flat with little thought given to creativity or comedy. Watching Carey and Daniels interact seemed labored and forced as if they wanted to be anywhere else but there. At one point I found myself thinking, "is this a silent movie? Because nobody is laughing."

The plot was less than interesting, with Harry traveling cross-country, and Lloyd, in search of a daughter he has never met. The funniest scenes, in my opinion, involved their cross-country antics with the help of fellow comedian, and retired Marine, Robb Riggle. Riggle added his brand of

comedy, but that wasn't enough to keep this film from being terrible.

I would love to tell you the Lyceum is giving you the entire seat, but you only need the edge – however, I can't. Was it worth saying I watched it to kill time? Yes. Will it ever find a home in my movie library? Not as long as I have a pulse. I give it two stars for sentimental value, ex-girlfriend excluded.

Movie review by
SGT. 1ST CLASS JAMES FAWBUSH

IN THEATERS THIS WEEK

	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	
DOWNTOWN	The Hunger Games: Mocking Jay Part 1 (New) PG13, 7 p.m. John Wick (New) R, 9:15 p.m.	Dumb & Dumber To PG13, 7 p.m. The Best of Me PG13, 9 p.m.	Alexander & the Terrible... Bad Day PG, 6:30 p.m. Ouija (New) PG13, 8 p.m.	The Good Lie (LS) PG13, 7 p.m.	Annabelle (LS) R, 7 p.m.	Interstellar PG13, 7 p.m. Fury R, 10 p.m.	National Lampoon's Christmas Vacation PG13, 7 p.m. The Book of Life PG, 9 p.m.	DOWNTOWN
BULKELEY	Ouija (New) PG13, 8 p.m. The Hunger Games: Mocking Jay Part 1 (New) PG13, 10 p.m.	John Wick (New) R, 8 p.m. Dumb & Dumber To PG13, 10 p.m.	The Best of Me PG13, 8 p.m.	LYCEUMS CLOSED	LYCEUMS CLOSED	LYCEUMS CLOSED	Annabelle (LS) R, 8 p.m.	BULKELEY

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

* Concessions closed until further notice

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

REVIEW / THE BEST OF ME



In a world where infidelity is celebrated as true love and \$26 million funds a poorly written screenplay, teenage sweethearts are brought back together after two decades of separation to reignite lost love. This is the shaky foundation of, "The Best of Me," a romantic drama adapted from novelist Nicholas Sparks' bestseller.

The movie starts with a very confusing series of scenes that I guess were supposed to develop the characters and storyline. The flow made me wish screenwriter J. Mills Goodloe had stuck to producing "Lethal Weapon" movies – it also makes me dread his next foray into writing romance movies, "The Age of Adaline" (2015).

After the sequence of events where Dawson (James Marsden) is blown off an oil rig into the ocean and sees a young girl walking through a

garden, and another woman suddenly realizing something is wrong but not understanding exactly what, Dawson is inexplicitly released from a hospital without a scratch, burn, water in his lungs, death or any other trauma that you'd expect to accompany large explosions and being magically suspended under 12 feet of water for 4 hours.

From there both Dawson and Amanda (Michelle Monaghan) are contacted by a lawyer to inform them of a death – the catalyst that will reunite them after 21 years.

The story flashes back to 1992, where young Dawson (Luke Bracey) meets young Amanda (Liana Liberato). Dawson doesn't know how to talk to girls, but Amanda is so taken by him that she pursues him anyway. Later that day, Dawson's father (Sean Bridgers) beats him up, and Dawson

stands Amanda up on the date she arranged.

They work through all the "Romeo and Juliet," poor boy/rich girl, wrong-side of the tracks clichés that come with badly written love stories only to have Dawson's father brutally attack Dawson's mentor, Tuck (Gerald McRaney). This sets Dawson in a rage, so he grabs Tuck's M1 Garand rifle, and goes to confront his father. Naturally, they end up in a fist fight after Dawson doesn't have the heart to shoot his un-loving father. During the struggle the rifle is fired toward Dawson's best friend's ankles, but somehow, the unique ballistics of this bullet cause it to strike Bobby (Robby Rasmussen) in the forehead.

After refusing to accept visits from Amanda while serving his prison sentence, Dawson and his young love part ways – something she

doesn't forgive over the years.

While spending time at Tuck's house after his death, the couple spark their old flame, but Amanda goes back to her husband, and the same day her son ends up in the hospital needing a heart transplant.

The movie has a tragic but heartwarming (if it wasn't sickeningly predictable) ending. For the horrible writing, the poor acting, and the boring plot, I don't see any reason this movie should get any stars, but I'll go ahead and give it one star just because my editors said it needs some kind of rating.

Movie review by
SGT. 1ST CLASS ROBERT FREESE

MWR

SPORTS STANDINGS

NOTE: Football & Softball scores cannot be updated during the playoff season.

BASKETBALL LEAGUE

01	391st Paladins	6-0
02	Grizzlies	6-0
03	GTMO Ballers	6-1
04	Hot Fuzz	3-1
05	Thunder	3-1
06	Shottas	4-2
07	BEEF	3-3
08	Busting Shots	3-3
09	Daywalkers	2-2
10	GTMO Gilas	3-3
11	Team Scheme	3-5
12	Cousy's	2-4
13	Philipinas	2-4
14	Deadball	2-5
15	Beserkers	2-5
16	Odd Balls	1-5
17	GTMO Talent	0-6

FLAG FOOTBALL WEST

No.	TEAM NAME	Score
01	Here Come The Runs	10-0
02	391st Paladins	8-2
03	Grizzlies	5-5
04	Goin' Deep	5-5
05	Thunder	4-6
06	The Abusement Park	3-7

FLAG FOOTBALL EAST

01	SH Money Team	8-2
02	BEEF	7-3
03	Crazyhorse	6-4
04	Boston BD's	4-6
05	The Pirates!	4-5
06	Gerbils	4-5
07	Confusion	4-5
08	MCSFCO	2-7

AMERICAN LEAGUE EAST

01	Husker Doos	11-0
02	GMO Latinos Plus	9-2
03	The Black Sheep	7-4
04	Misfits	7-4
05	The Leftovers	6-5
06	Red Apple	4-7
07	Nailed It!	3-8
08	Poker Jokers	3-8
09	Non-Jerks	3-8
10	PT-Romaniacs	2-9

NATIONAL LEAGUE EAST

01	Outcasts	9-2
02	Here Come the Runs	9-2
03	Boondoggles	9-2
04	GTMO Goonies	8-3
05	WMPA	6-5
06	Jerks	6-5
07	Puddle Pirates	5-6
08	391st Paladins	3-8
09	React to Extract	1-10
10	Swift Justice	0-11

SWIM, BIKE, RUN!



A runner in the triathlon here at the marina gives a thumbs up as she starts the four and a half mile run to finish up her last event on Saturday.



A triathlon participant starts his six-mile bike ride after the first event here at the marina on Saturday.

Have you ever started your morning with a swim, a bike ride and a run? A group of individuals and teams here at Naval Station Guantanamo did just that Saturday, with the starting point of the triathlon at the marina.

Their morning started off with a .4-mile swim, a six-mile bike ride, and a four-and-a half mile run.

"I think I did pretty well. It was pretty tough," said 1st Lt. Evan Dicks with the 474th Expeditionary Civil Engineer Squadron.

The event was open to individuals and teams.

Dicks was one of the participants who competed on his own, being the first out of the water and the first back on the run.

"I swam my whole life; I was a competitive swimmer," Dicks said.

Other groups worked the competition in a tag-team manner, when one person came in from the swim they would tag their teammate and move forward to the next event, the six-mile bike ride and then tag the last team member for the four-and-a-half mile run.

"I've always done it as a team event, there are more individuals participating this year, than in the past," said Ashley Clark, a triathlon swimmer, and wife of one of GTMO's military members.

When going over the safety precautions for the bike ride, it was mentioned the competitors would need to step off of their bicycle and walk down the

three hills before getting back onto their bikes to avoid any injury.

"If you have never been on Hutia, I would recommend walking it once; there are three hills that are really steep. It's a nightmare," Dicks said.

The motivation and enthusiasm was tangible during the entire event. The MWR team had music playing and water stations set up to keep everyone pumped up and hydrated.

"It's always good once you go in, and do it and maybe get over some of the fears that you have. Just get it done, get into the zone, it's satisfying," Clark said.

If you are looking to participate in one of these MWR events as a volunteer or just to sign up for one yourself, call 84968 or 2205.

Story and photos by
PFC. LIZ SMITH



It was another week of league leaders going up against each other. I want to preface this week's column with a confession. I. Was. Wrong. The Arizona Cardinals had a big test ahead of them, and I predicted them losing. Well leave it to Drew Stanton to show up and fill the shoes of Carson Palmer. The Cards out lasted the Detroit Lions 14-6. In the rest of the league. San Diego beat Oakland 13-6 leaving the Raiders at a sad 0-10 on the season. Green Bay pummeled a strong Philadelphia team 53-20, the Denver Broncos continue to struggle as they lost to the Rams 22-7, San Francisco came out with a win over the Giants 16-10, Cincinnati continues to impress as they handed the Saints their second straight loss at home 27-10, Tampa Bay upset Washington 27-7, despite putting up 14 points in the 4th quarter the Panthers lost to the Falcons 19-17, Seattle lost to Kansas City 24-20, the Bears ended a losing streak beating the Vikings 21-13, the Texans upset

the Browns 23-7, the Bills lost to the Dolphins after Miami put up 19 points in the last two quarters for a 22-9 win.

GAME SPOTLIGHT

An effective running game, it's the basis for setting up an effective passing game. For having such a dynamic offense, the New England Patriots were poised to put on an aerial show Sunday night against the Indianapolis Colts. Instead, Patriots running back Jonas Gray was a man above the rest. Thirty-eight carries, 199 yards and four touchdowns on the night proved that New England should be feared on both land and air. The contest was everything you would expect from both teams, Andrew Luck passed for 303 yards and two touchdowns. It was a tight game up to half time with the Pats leading it 14-10. And then New England started to pull away. A Tim Wright reception and Jonas Gray rush touchdowns put New England up 28-13 after the third quarter. Gray would come back with another touchdown and Rob Gronkowski's touchdown reception was just too much for the Colts. After the last whistle, the Patriots came out ahead, 42-20, improving to 8-2 on the season.

Article by
SGT. ADRIAN BORUNDA



Florida State has reclaimed No. 1 in the Associated Press college football rankings, remaining the only undefeated team in the Top 25 by again narrowly beating an unranked opponent in Miami. The Alabama Crimson Tide jumped to No. 2 after defeating the previous week's No. 1 Mississippi State in a hotly contested SEC showdown. The game was close throughout, but ultimately the Tide's defense was a little stouter down the stretch and carried Alabama to a 25-20 victory. However, the Bulldogs didn't fall far, coming in at No. 4. Oregon remained at No. 3 following a bye week.

TCU held on against Kansas to remain No. 5 in the rankings, and Baylor held fast to the No. 6 spot after a bye week. The biggest upset of the week; PAC 12 bottom dweller Oregon State upset Arizona State 35-27. The Beavers have made

a habit in recent years of knocking off ranked opponents at home in Corvallis at Reser Stadium. Sun Devils' quarterback Taylor Kelly's late interception with a 1:38 left in the game sealed the Beaver's unlikely victory. ASU fell six spots to No. 13, leaving the Sun Devils out of playoff contention and possibly out of the PAC 12 championship. Ohio State continued their climb up the poll defeating Minnesota and jumping up to No. 8. Georgia had a huge victory against Auburn, knocking the Tigers out of the Top 10 to No. 16, and came in at No. 9. Michigan State rounded out the Top 10 in this week's poll.

Week 13 offers little, in terms of Top 25 teams facing each other. The only game featuring two Top 25 teams is No. 15 Arizona against No. 20 Utah. However, as this past weekend showed, there is always a chance an unranked team can dash the hopes of those trying to win a national championship. Also, as we head toward the bowl season and inaugural playoffs, the conference games begin to ramp up and that always provides for intriguing matchups and potential upsets.

Fear the Fork!

Article by
1ST LT. MACARIO MORA



TAKE THE WIRE READERSHIP SURVEY

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

Take the survey @

www.surveymonkey.com/s/CD2LFKP

COLLEGE TOP 25

No.	TEAM NAME	Points
01	Florida State	1,476
02	Alabama	1,439
03	Oregon	1,385
04	Mississippi State	1,289
05	TCU	1,237
06	Baylor	1,232
07	Ohio State	1,167
08	Mississippi	1,064
09	Georgia	948
10	Michigan State	941
11	UCLA	876
12	Kansas State	868
13	Arizona State	720
14	Wisconsin	707
15	Arizona	695
16	Auburn	531
17	Georgia Tech	523
18	Marshall	383
19	Missouri	376
20	Utah	349
21	Nebraska	291
22	Colorado State	281
23	Oklahoma	206
24	USC	195
25	Duke	85

The only bad workout is the one you didn't do.

WORK, ROUTINE, RECOVERY

Getting into a solid workout routine can be tricky. There are a lot of pieces to the puzzle. If you are a beginner, you might not even know how long or often you should be doing your workout. There are a few factors to consider when figuring it out.

Time spent on a workout will vary from person to person depending on what they're training for and their level of fitness. Making sure you don't over train is very important because you can exhaust yourself, resulting in injury or negative progress. Other aspects that go along with time are: intensity, frequency and type of workout.

Intensity refers to how hard or easy your workout is, and frequency is how many times a week you're

doing it. It can also be how many times a day. It is safe and can be beneficial to work out twice a day, as long as you are careful.

GTMO fitness director, Alec Culpepper, said training for a marathon is definitely OK. Lifting twice a day is also do-able, as long as you do not train the same muscle groups. Rest and recovery is critical.

Culpepper added, "I think it is important to remember that when you are working out you are actually tearing down your body and the recovery period is when you make the gains, which is what everyone wants."

Proper nutrition is as important as the workout itself. You should eat healthy and consider taking multi-vitamins to help support your fitness regimen. Culpepper said he would not recommend any supplements because they can be dangerous and

a huge waste of money. You can get all the protein, carbs and fat you need from a healthy diet.

Just remember to eat right and recover properly.

ARTICLE BY
SPC. MONIQUE QUINONES

Here are two great beginner workouts that will only take about 30 minutes out of your day:

workouts from Jamie Eason,
[live fit/bodybuilding.com](http://livefit/bodybuilding.com)

DAY ONE: CHEST & TRICEPS

<i>Wide Pushups</i>	3 sets of 12 reps (1 min of rest)
<i>Dumbbell Bench Press</i>	3 sets of 12 reps (1 min of rest)
<i>Flat Bench Cable Flys</i>	3 sets of 12 reps (1 min of rest)
<i>Narrow Pushups</i>	3 sets of 12 reps (1 min of rest)
<i>Standing Dumbbell Triceps Extension</i>	3 sets of 12 reps (1 min of rest)
<i>Triceps Pushdown</i>	3 sets of 12 reps (1 min of rest)

DAY TWO: BACK & BICEPS

<i>Wide-Grip Lat Pulldown</i>	3 sets of 12 reps (1 min of rest)
<i>One-Arm Dumbbell Row</i>	3 sets of 12 reps (1 min of rest)
<i>Seated Cable Row</i>	3 sets of 12 reps (1 min of rest)
<i>Underhand Cable Pulldowns</i>	3 sets of 12 reps (1 min of rest)
<i>Dumbbell Alternate Bicep Curl</i>	3 sets of 12 reps (1 min of rest)
<i>One Arm Dumbbell Preacher Curl</i>	3 sets of 12 reps (1 min of rest)
<i>Standing Biceps Cable Curl</i>	3 sets of 12 reps (1 min of rest)



JSMART SPOT

▲ JSMART HELPER: TITAN

HOLIDAY BLUES

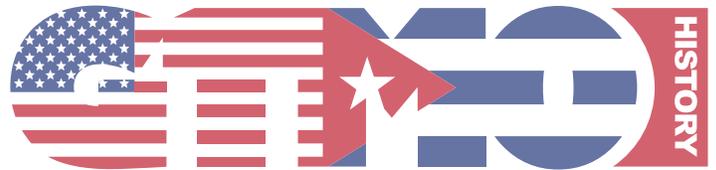
The holidays are around the corner and included in the festivities are family, food and fun. However, the holidays may present a different reality if one is deployed or stationed overseas. Being away from loved ones can result in the "holiday blues;" sadness, heightened stress, fatigue, financial constraints and loneliness triggered by this time of year. During this holiday season there will be over 200,000 U.S. troops stationed in over 144 different countries and territories, and thousands more deployed on ships. While the holiday blues are not military specific, these negative feelings can be exacerbated due to separation from family and friends while serving.

To prevent these "blues," stay well connected to your fellow Troopers, get together for a potluck meal

or gift exchange, be each other's support. Don't overindulge in food, alcohol or spending; these are only temporary fixes that may result in future problems. To avoid feeling overwhelmed, take each holiday as it comes instead of viewing it as a whole season missed. Communicate with family and friends back home, allow them to send care packages and return the favor with small handmade gifts. If you experience depressive symptoms for an extended period of time, seek assistance and ask for help.

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

Article by
PETTY OFFICER 2ND CLASS
ARIANNA LOAIZA



GUANTANAMO 1991

The naval base's mission expanded in 1991 as some 34,000 Haitian refugees passed through Guantanamo Bay. The refugees fled Haiti after a violent coup brought on by political and social upheaval in their country. The naval base received the Navy Unit Commendation and Joint Meritorious Unit Award for its effort.

Courtesy of
STACEY BYINGTON



RELIGIOUS SERVICES

TIME TO GIVE THANKS
WEDNESDAY, NOVEMBER 26
JTF TROOPERS' CHAPEL
7 - 8 P.M.

Before the turkey and football,
please join us in giving thanks at
this ecumenical worship service



ROMAN CATHOLIC (NAVSTA CHAPEL)

Saturday*	1700
Sunday*	0900
Mon-Thurs*	1730

PROTESTANT SERVICES (JTF TROOPERS' CHAPEL)

Sunday*	0640
	0900
	1900

PROTESTANT SERVICES (NAVSTA CHAPEL)

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

OTHER SERVICES

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

*These services are conducted by Army or Navy chaplains

TRANSPORTATION SCHEDULES

BUS SCHEDULE

CAMP AMERICA	:00/:20/:40
GAZEBO	:01/:18/:21/:38/:41/:58
CAMP AMERICA NEX	:02/:17/:22/:37/:42/:57
CAMP DELTA	:04/:13/:24/:33/:44/:53
CAMP 6	:07/:10/:27/:30/:47/:50
HQ BUILDING	:55/:15/:35
TK 1	:01/:17/:21/:37/:41/:57
TK 2	:02/:16/:22/:36/:42/:56
TK 3	:03/:15/:23/:35/:43/:55
TK 4	:04/:13/:24/:33/:44/:53
CC	:00/:19/:20/:39/:40/:59
JAS	:14/:34/: 54
WINDJAMMER / GYM	:02/:17/:22/:37/:42/:57
GOLD HILL GALLEY	:04/:15/:24/:35/:44/:55
NEX	:06/:13/:26/:33/:46/:53
NEX LAUNDRY	:07/:27/:47
C POOL	:10/:30/:50
DOWNTOWN LYCEUM	:11/:31/:51

NEX EXP. BUS 09:55 - 19:55 hourly

CAMP AMERICA	:48/:55
TK 1	:05/:36
WINDJAMMER / GYM	:11/:31
GOLD HILL GALLEY	:14/:29
NEX	:16/:27
DOWNTOWN LYCEUM	:17/:25

BEACH BUS

(SATURDAY & SUNDAY ONLY)

WINDWARD LOOP / E. CARAVELLA	0900/0930/1200/1230/1500/1530/1800/1830
SBOQ / MARINA	0905/0935/1205/1235/1505/1535/1805/1835
NEX	0908/0925/1208/1225/1508/1525/1808/1825
PHILLIPS PARK	0914/ 1214/1514/1814
CABLE BEACH	0917/1217/1517/1817
RETURN TO OFFICE	0940/1240/1540/1840

FERRY SCHEDULE

MONDAY THRU SATURDAY

FERRY

WINDWARD	0630/0730/0930/1030/1130/1330/1530/1630
LEEWARD	0700/0800/1000/1100/1200/1400/1600

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 Kevin S. Jones

PARTING SHOT



'FISHIN ON THE BAY' PHOTO BY U.S. ARMY SGT. 1ST CLASS KEVIN S. JONES JTF-GTMO-J2. FOR A CHANCE TO HAVE YOUR PHOTO FEATURED IN THE PARTING SHOT, PLEASE SEND SUBMISSIONS TO: THEWIRE@JTFGTMO.SOUTHCOM.MIL

THE
WIRE

