



# THE WIRE

The Official Publication of the 525th Military Police Battalion Task Force Guantanamo



## A RENEWABLE GUANTANAMO

The Naval Facilities Public Works Department here is working on a new solar panel array near the Naval Exchange that will lighten the load on the current fossil fuel generators.

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## UNITY THROUGH COMPETITION

Members of the 525th Military Police Battalion gathered at Cooper Field Saturday for the Semiannual Pig Bowl to compete against one another in a variety of team-building events.

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## HELP NEEDED!

Tell us what you like, dislike, and any changes you would like to see in your local publication "The Wire" by taking the readership survey.

[WWW.SURVEYMONKEY.COM/S/CD2LFKP](http://WWW.SURVEYMONKEY.COM/S/CD2LFKP)

**NOVEMBER 28, 2014**



**CAPT. DARYL DANIELS**  
JMG COMMANDER

It is our duty and responsibility to take care of ourselves and our comrades-at-arms. We are heading into that time of year (Thanksgiving, Christmas and New Year's) when the stressors of our everyday lives seem to jump out and do their best to try to derail us. Having a plan aimed at reducing those stressors is an effective way to keep them in check!

The holidays are tough times for many, and we want to create a climate of concern and support. Remember to take a moment to notice and ask your co-workers how things are going, and then actively listen. Sometimes asking a second time will bring

# EVERY TROOPER, EVERY DAY

forth the real answer. It is OK to speak up when you are feeling bad. Those who seek help will have access to prevention, counseling, and treatment.

It is important that each of us encourage each other, our leaders, families, and members of the Guantanamo Bay community to strengthen connections with those around us. Remember, it is our individual duty to obtain assistance for others in the event of suicidal thoughts or suicide related behaviors. Remember, 'Every Trooper, Every Day!'

Secretary of Defense Chuck Hagel recently said in a message to all personnel, "We must rededicate ourselves to actively working – not only every month, but every day – to fulfill our collective responsibility to watch out for each other and take care of each other."

Studies show that people are more comfortable talking to their peers, and may be more willing to seek help if recommended by a friend. Early intervention and self-referral for support greatly improves long-term outcomes of health, family, performance, and career; as compared to delaying help until after the damage is done.

Peer support is essential for minimizing social isolation and preventing distress. A significant number of our Troopers have little involvement in the community and find themselves feeling lonely and isolated. We all have a responsibility to help each other and recognize when our fellow Service members are out of sorts, or behaving out of character.

Behavioral health experts say there are B-A-S-I-C steps to providing peer support.

**B**e there – accept the person for who they are, and actively listen.

**A**wareness – ask about current problems and needs.

**S**hared planning – work together to develop a plan to address a problem/crisis.

**I**nitiate the plan – help prioritize, locating resources, possibly provide transportation.

**C**ontinuity of prevention – help prioritize, locate resources, possibly provide transportation.

There are many different resources available locally – JSMART (24-hour support at 3566, or during normal working hours at 2321), the Behavioral Health Clinic at U.S. Naval Hospital Guantanamo Bay (72650), the Fleet and Family Service Center (4141), or any of the JTF Chaplains (2452/84838/8973/84522), to point out the most obvious – so no one should feel they are without options. The hardest part of any dilemma is taking that first step – for ourselves, or for someone else.

If you or someone you know has had thoughts of suicide, please call 911 or go to the hospital emergency room for an evaluation. You can also call the Military Crisis Line at 1-800-273-TALK (choose option 1) to speak with a professional.

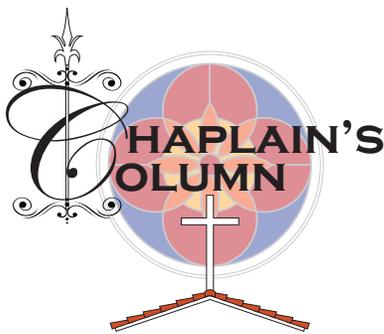
Through simple acts of kindness, you can be there for "every Trooper, every day."

Other resources:

[www.suicide.navy.mil](http://www.suicide.navy.mil)

[www.militaryonesource.com](http://www.militaryonesource.com)

[www.livingworks.net](http://www.livingworks.net)



As we celebrate Thanksgiving this year, I'm beginning to discover there's a difference between giving thanks and having a thankful heart.

A *Thankful Heart* encourages us to focus on what we have rather than what we want. We live in a very materialistic culture, and if we're not careful, our wants will supersede our needs. We lose touch with what it means to be thankful. Thankfulness looks outward, not inward. Being thankful realigns our lives so that they revolve around God instead of the other way around.

# HAVING A THANKFUL HEART

A *Thankful Heart* highlights grace. To give thanks is to admit that you are dependent to say "I couldn't have done this on my own, but you helped me." Thanksgiving removes the temptation to boast and strengthens the only basis on which we can relate to God.

A *Thankful Heart* encourages a positive attitude. It forces us to think about what is right with our lives, rather than what is wrong. This is important in an age when many feel depressed. Thanking God is a proven way of piercing the gloomiest of clouds and sets our sights beyond our here and-now to loftier places.

A *Thankful Heart* develops hope for the future. Looking backward to the past with thanksgiving actually helps us to look toward the future with anticipation. Looking forward allows us to set goals and to achieve them.

A *Thankful Heart* regularly ensures that gratitude

will spill over into every area of our lives. We cannot thank God for difficult colleagues, relatives or neighbors for long before finding that we express a positive attitude toward them. Grumpiness and irritability do not grow well in a climate of gratitude. Those who regularly give thanks are ready to give to others. Gratitude and generosity go hand in hand.

Whether or not we celebrate the traditional Thanksgiving Day, we all need to be reminded to develop a *Thankful Heart* on a daily basis. That "attitude of gratitude" is not just a duty to be fulfilled but something that will bless us and others.

Article by

**CPT. FRANKIE OXENDINE**

JDG CHAPLAIN

# 01 **COMMAND & CHAPLAIN**

The holidays can be a tough time for deployed Service members, but celebrating with your military family can help build unit cohesion and stifle any holiday blues. It's important to be a good battle buddy, wingman or shipmate during the holidays.

# 03 **GTMO NEWS / COVER PHOTO**

This week in GTMO news, a new JTF deputy commander arrives on island, the installation goes green and a troupe of comedians bring laughs to GTMO residents.

# 07 **PHOTO STORY**

The 525th Military Police Battalion hosted the Pig Bowl, bringing together the JTF's MPs to compete in a plethora of athletic and intellectual games to vie for a year's worth of bragging rights.

# 09 **ENTERTAINMENT & REVIEWS**

Three 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**

Is there really such a thing as a "men's" or "women's" workout? Our fitness guru explains why knowing your level of physical fitness and what you want to achieve with your body is what should really determine the type of fitness plan you choose.

## 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 @ <https://www.surveymonkey.com/s/CD2LFKP>



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## SHOPSEC

The weeks after Thanksgiving are a time when everyone rushes to get their holiday shopping done. Be careful when entering credit card information online, and always make sure a website is legitimate. Avoid “phishing” scams by deleting emails that look like they are from real websites. Only use shopping sites that offer buyer protection. Take extra care when shopping on “Cyber Monday,” the online answer to in-store Black Friday sales. Identity theft and credit fraud always spike this time of year. Be safe and enjoy the holiday 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

# NEW DEPUTY COMMANDER TAKES THE JTF REIGNS



**BRIG. GEN. RONALD E. PAUL**  
*JTF DEPUTY COMMANDER*

Air Force Brig. Gen. Ronald E. Paul replaced Army Brig. Gen. Marion Garcia as the new Joint Task Force Guantanamo deputy commander on Nov. 19.

Since Paul's arrival, he has already noticed the JTF's supportive environment.

“In the time that I've been here, I have been very impressed with the positive attitudes of everyone I encountered. I am really looking forward to the daily challenges of JTF GTMO,” Paul said.

Alongside JTF Commander Navy Rear Adm. Kyle J. Cozad, and Marine Command Sergeant Major Juan M. Hidalgo Jr., JTF senior enlisted leader, Paul will carry out the commander's intent and looks forward to implementing Cozad's outstanding direction and vision for the JTF.

“My command philosophy is simple; set expectations, take care of the people and accomplish the mission. Setting expectations lays the groundwork for who, what, where, when, why and how we accomplish the mission. It is very important for leaders to start off with expectations in order to steer the unit in the right direction,” Paul said.

Paul's last duty assignment was the

commander of the 183rd Fighter Wing in Springfield, Illinois, which is also Paul's hometown.

“The wing has a diverse mission, which includes an Air Operations Group, Centralized Engine Repair Facility, Mission Support Group, Medical Group, and Engineering and Installation Squadron,” Paul said. “The wing stays very busy supporting both active duty Air Force and Air National Guard missions.”

Paul graduated from the United States Air Force Academy in 1988 with a Bachelor of Science degree in International Affairs. He also has a Master of Business Administration from Golden Gate University in San Francisco.

Throughout Paul's career, he has been a director of logistics for First Air Force, Tyndall Air Force Base, Florida; Squadron Maintenance Office with the 19th Fighter Squadron, Elmendorf AFB, Alaska; USAF Logistics Career Broadening Officer at Ogden Air Logistics Center, Utah; Deputy Chief, Technical Repair Division at Ogden Air Logistics Center; Sortie Generation Flight Commander for the 493rd Fighter Squadron, RAF Lakenheath, United Kingdom.

His deployments include supporting wartime and contingency operations to Europe and Southwest Asia. He was also the Senior USAF military officer for the F-16 Aircraft Maintenance Training Team in Poland.

Paul's experience and philosophy shows his dedication as the new deputy commander for the JTF.

“Taking care of the people is critical. Leaders are charged with ensuring all members are properly trained and equipped to do their jobs. If we are not trained and equipped, it is difficult, if not impossible, to accomplish the mission,” Paul said. “We need to set all members up for success by giving them the proper tools to succeed.”

*Story by*  
**SGT. REBA BENALLY**

# AL-HADI DEFENSE CLAIMS NO JURISDICTION, NO FEMALE GUARDS



Army Brig. Gen. Mark Martins, chief prosecutor of Military Commissions, answers questions during a press conference after a commissions review of an alleged senior al-Qaida member on Nov 18 at Joint Task Force Guantanamo, Cuba.

Two motions were brought to the United States Court of Military Commission Review by the defense during Abd al-Hadi al-Iraqi's pretrial hearing here. The first stated that the court has no jurisdiction over him, as he should be treated as a prisoner of war, and the other is that female guards should not have physical contact with al-Iraqi.

The defense contended that all charges should be dismissed, arguing that Hadi al-Iraqi is not under the commission's jurisdiction and requesting that a tribunal be held in accordance with the Geneva Convention's treatment of POWs.

"Article 5 of the Geneva Conventions, Your Honor, creates the presumption that any captive is considered a prisoner of war or an EPW, enemy prisoner of war, not an alien unprivileged enemy belligerent as stated in the Military Commissions Act of 2009," said Marine Lt. Col. Tom Jasper, defense counsel for the accused.

Navy Capt. J. Kirk Waits, the military commission's judge ruled, "The defense has not met its burden under the current state of the law regarding military commissions for the relief requested, and the defense request to dismiss the referred charges is therefore denied."

The defense team for Hadi al-Iraqi also presented a motion to the commission to no longer allow female guards to interact with their client when it comes to physical contact.

The motion comes after an incident in which Hadi al-Iraqi was moved to and from a legal meeting by a team that included a female guard. Hadi al-Iraqi protested stating it was against his religion to have physical contact with women who are not close relatives.

An interim order is currently in place that restricts female guards from making physical contact with Hadi al-Iraqi when moving him to and from legal

meetings and the commissions.

The hearing for the motion to prevent female guards' physical contact was rescheduled for Jan. 26, 2015.

Story by  
**SGT. ADRIAN BORUNDA**

Video still by  
**SGT. BRITTANY FOGEL**



# FREEDOM OF SPEECH AND THE UNIFORM

President Dwight D. Eisenhower famously observed that, “[w]hen you put on a uniform, there are certain inhibitions you accept.” As a career Soldier, Eisenhower understood that military service necessarily involves exercising rights enumerated under the U.S. Constitution, while simultaneously avoiding misuse of official position or engaging in activity that could undermine civilian authority. Indeed, former White House Press Secretary Bill Moyers observes that, before Eisenhower ran for president in 1952, he made sure the Army uniform was securely back in the campaign trunk.

U.S. Service members enjoy broad and protected freedom of speech rights under the Constitution and various Department of Defense instructions. DODI 1325.6 notes that “[a] service member’s right of expression should be preserved to the maximum extent possible in accordance with the constitutional and statutory provision ... and consistent with the good order and discipline and national security.”

These rights, however broad, are not unlimited. DOD instructions prohibit engaging in any partisan political activity under the guise of official authority. Additionally, DODI 1325.6 makes clear that members may not “actively advocate supremacist, extremist, or criminal gang doctrine, ideology, or causes ...”

Here at the Joint Task Force, we serve in a mission of great national security importance that is under constant political and media scrutiny. As we carry out our duties, we must be mindful to avoid activities that undermine the mission or give an improper perception of official sanction. In the age of blogs, social networking sites and the 24/7 media environment, it is easier than ever to inadvertently cross the line into impermissible behavior. Good tips include the following:

DODI 1334.10 has an exhaustive



**BE MINDFULL**

**SUPPORT THE MISSION**

list of activities that Service members can and cannot engage in. Service members are encouraged to vote, write letters to the editor, sign petitions and engage in numerous other protected activities. If you have any questions regarding permissible activity, contact your chain of command or your local legal office.

As Service members, we enjoy the protections of the Constitution we defend. We should be mindful, however, of the “certain inhibitions” we accept. These limitations make us more effective as a fighting force and retain our credibility with the American public. Just as President Eisenhower carefully folded away his Army uniform before heading toward the White House, we can exercise prudence when engaging in free speech or political activities.

Article by  
**LT. CMDR. ABELL HUNTER**  
CHIEF OF MILITARY JUSTICE

Photo illustration by  
**SGT. RICK HOPPE**

**1** *If you submit comments to media, do so on your behalf, rather than in a manner that might be construed as an official positions of the U.S. military*

**2** *Do not participate in partisan political activity in uniform*

**3** *Do not speak before a partisan political gathering*

# A RENEWABLE GTMO



A construction worker walks through the nearly completed solar panel array behind the GTMO Naval Exchange here Friday. The array is expected to produce enough solar power to supply almost the entire Naval Exchange during daylight hours.

U.S. Naval Station Guantanamo Bay is looking at new ways to cut costs in a more fiscally restrained environment while maintaining mission capability. One of the major spending items for all services is utilities and the production of energy. This is part one of a series called "A Renewable GTMO" that will delve into what GTMO is doing to lead in the field of renewable energy.

The Naval Facilities Public Works Department on GTMO is working every day to help transform the way we use energy. A change currently being implemented is the construction of new solar panel arrays near the Naval Exchange which will lighten the load on the current fossil fuel generators.

The panels, expected to be complete by the end of December, will provide almost enough energy during sunlight hours – 700 kilowatts of energy per day, which roughly equates to 250,000 kilowatts a year – to make the NEX self-sufficient.

The \$8.1 million project is part of the Public Works Office's energy strategic plan, initiated in 2012, to look for and implement renewable energy sources and lessen GTMO's dependence on fossil fuels by 42 percent, by 2020.

"The best savings in energy is the dollar never spent," said Lee Merrill, deputy public works officer.

"We look for opportunities at some of our larger facilities, like the NEX, to tie in these large arrays."

GTMO's ever developing renewable energy projects, like solar panels, are also being used on the new LED street lights that replaced old high

“**THE BEST SAVINGS IN ENERGY IS THE DOLLAR NEVER SPENT.**”

pressure sodium lights.

"The solar array ... also involved the replacement of 1,800 exterior lights around the base with more efficient LED lights," Merrill said. "Every Soldier, Sailor, Coast Guardsman, Marine and civilian here

can also make a difference by turning off lights not in use, eliminating waste of fresh water and unplugging electronic devices not in use."

The new solar array will be the largest here at GTMO but Mark Keels, the construction manager in charge of the solar project, believes this is just the beginning.

"It won't be the biggest very long," he said. "We will definitely build more and larger ones in the future."

Keels said as GTMO and the rest of the DOD turn more and more toward renewable energy, he hopes to see all fossil fuel energy replaced with green energy.

"Ideally we would like to replace those diesel generators with solar panel arrays, so we gotta look at getting those bigger systems," Keels said. "Solar panels are the way to go for this location."

Story and photo by  
SGT. ADRIAN BORUNDA

A member of the 525th Military Police Company runs with his unit's guidon during the semiannual Pig Bowl at Cooper Field here Saturday. The Battalion gathered for friendly competition in multiple sports such as kickball, volleyball and this guidon relay.



**Below:** Members of the 525th Military Police Battalion block a volleyball coming over the net Saturday during the semiannual Pig Bowl.

**Below:** Spc. Malachi Beasley, a member of the 670th Military Police Company, prepares to throw a football during the punt, pass, and kick event of the semiannual 525th Military Police Battalion Pig Bowl Saturday.

**Below:** Lt. Col. John Fivian, 525th Military Police battalion commander, and Command Sgt. Maj. Janet Harris run the last event, the command team three-legged race, of the semiannual Pig Bowl Saturday.



# UNITY THROUGH COMPETITION

**M**embers of the 525th Military Police Battalion gathered at Cooper Field Saturday for the Semiannual Pig Bowl to compete against one another in a variety of sporting events. The competition is designed to build morale and strengthen unit cohesiveness.

All five MP companies that make up the battalion competed against one another in kickball, volleyball, a relay race with the company guidons, a football punt, pass, and kick challenge, and a brain game that tested participant's general knowledge.

"Doing things like this are one of the ways that we are different than working in the civilian sector, we are able to get together on our off time, de-stress, and demonstrate our esprit de corps," said Lt. Col. John Fivian, 525th Bn. Commander.

Fivian said it was a great way for the Soldiers to channel any work related stress or pent up energy into a fun and healthy outlet that brought Soldiers together who might not get to normally interact with each other.

"We've only been here over a month, and its cool to hang out with some other units and meet who you're going to be working with," said Spc. Vanessa Maldonado, a member of the 361st Military Police Company.

"I like to stay active and go to the gym. This was nice because it's a nice way to stay active but in a nontraditional way," said Spc. Malachi Beasley, a member of the 670th Military Police Company.

Beasley said there was something for everyone, but he liked the relay race and the football pass, punt and kick.

"I ran track, so it's in my heart a little bit and the pass, punt, kick, well I just love football," Beasley said.

But the lower enlisted Soldiers were not the only ones competing; the commander and first sergeant of each company zip cuffed one of their legs to the others and ran the length of the football field in a three-legged race.

At the end of the day, with the sun setting on Cooper field, the 346th Military Police Company took home the Pig Bowl trophy and bragging rights.

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

## REVIEW / JOHN WICK



When I heard, “Kea...” come out of my Lieutenants mouth as he asked for volunteers to cover this week’s movie reviews, my hand shot up like a nerdy school girl who knew the answer to Pythagorean’s Theorem. I’m talking about the “Point Break,” “The Matrix,” “The Devil’s Advocate” Keanu Reeves. Usually, I don’t watch anything that doesn’t have to do with some roll-on-the-floor laughing-out-loud comedy or an oldie military film, but I had to watch this, I mean, who doesn’t like Keanu?

“John Wick,” is a story told way too many times. It’s about a hit-man (Reeves) who retires from the mob and has found the one (Bridget Moynahan). As love blossoms and pure bliss almost seems like it will last forever, you realize you’ve come to see a thriller not “A Walk in the Clouds.”

Ten minutes into the movie, Wick’s wife dies of a sudden illness. While Wick is grieving his loss, he gets a gift and note she arranged to be sent to him after her death. Her gift is the cutest little beagle for him to continue loving after her passing.

Wick doesn’t even have this cute little ball of fur for more than a week when his ex-employer’s (Michael Nyqvist) son Iosef Tarasov (Alfie Allen) breaks into his home, beats him up and kills his puppy right in front of him. Who is sick and twisted enough to go off killing someone else’s baby pooch? If that doesn’t

sound bad enough, they take his 69’ Mustang to pour salt in his wounds.

After Wick recovers, the whole mob world realizes that Wick was not the man to mess with. From that point on, it’s machine guns, car chases, explosions, and a quick scene of Reeves in the shower (YES!). An abundant amount of gore and dark comedy is added to the mix for all you thriller, action-packed film lovers.

The directors, David Leitch and Chad Stahelski, who own Studio 87Eleven Action Design, a stunt training and production studio in Los Angeles, do an amazing job with the stunt coordination and fight choreography. These are the two top names for action movies in Hollywood. Stahelski was introduced to Reeves as his stunt-double in “The Matrix.” Since then he has been his stunt-double for movies like “Constantine,” “Thumbsucker,” and “The Replacements.”

Some big name actors in the film include Willem Dafoe, John Leguizamo, Dean Cain and Ian McShane.

Although this puppy-murdering, revenge-seeking film has been retold in 50 different ways before, this is definitely worth the walk to the theater. And of course, some eye candy for the ladies. Therefore, I declare this movie, three Joint Service Medals.

Movie review by  
**SGT. REBA BENALLY**

## REVIEW / OUIJA



If you are looking for the thriller of the year, you know, the one to get your blood rushing and force you to keep one eye open at night, well “Ouija” isn’t for you.

It’s frustrating to see another bland collection of clichés being served up in the name of horror. What “Ouija” features is a group of good-enough-for-TV actors messing around with the spirit board.

It starts off with Laine (Afra Tully) and Debbie (Claire Beale) as children playing with a ouija board. Years later as teenagers, Debbie (Shelley Hennig) is home alone and is shown destroying an ouija board. Later, she hangs herself after seeing something through the planchette.

This makes Laine (Olivia Cooke) go into full blown melodramatic teenager mode. She convinces her friends, Isabelle, Pete, and boyfriend Trevor to go with her to Debbie’s house to try and contact Debbie.

After the first session, each of the teenagers is greeted with the message ‘Hi friend.’ Laine decides it is Debbie trying to contact them, so the group decides to go back to Debbie’s house to try again. During a second session – the group finds

out they were not contacting Debbie, but an entity known as D.Z., a little girl with her mouth stitched shut, who warns the group to “Run, Mother is Coming.”

Laine discovers D.Z. was a little girl named Doris Zander who was reported missing years ago and had lived in the house prior. She also discovers Doris had a sister named Pauline, who killed their mother and was sent to a mental institute. Pauline concludes that Laine had used a talking board to make contact.

Laine returns to the mental institute to ask Pauline why it did not work, and learns Doris is the evil spirit responsible for all the deaths.

I’ll have to give the movie one Joint Service Medal, but there’s nary a whiff of interesting individuality to any of the spirit-haunted teens here. Scares are heavily stage-managed. “Ouija” must rhyme with squeegee because you’ll want to scrub your mind clean of this awful spot of a flick.

Movie review by  
**PETTY OFFICER 2ND CLASS  
GABRIEL BEVAN  
JTF COMBAT CAMERA**

# IN THEATERS THIS WEEK

	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	
DOWNTOWN	<b>Horrible Bosses 2</b> <i>(New) R, 7 p.m.</i> <b>St. Vincent</b> <i>(New) PG13, 9 p.m.</i>	<b>The Hunger Games: Mocking Jay Part 1</b> <i>PG13, 7 p.m.</i> <b>Nightcrawler</b> <i>(New) R, 9:15 p.m.</i>	<b>Penguins of Madagascar</b> <i>(New) PG, 6:30 p.m.</i> <b>John Wick</b> <i>R, 8:30 p.m.</i>	<b>Dracula Untold</b> <i>(LS) PG13, 7 p.m.</i>	<b>The Judge</b> <i>(LS) R, 7 p.m.</i>	<b>Ouija</b> <i>PG13, 7 p.m.</i>	<b>Dumb &amp; Dumber To</b> <i>PG13, 7 p.m.</i>	DOWNTOWN
BULKELEY	<b>Nightcrawler</b> <i>(New) R, 8 p.m.</i> <b>Penguins of Madagascar</b> <i>(New) PG, 10 p.m.</i>	<b>Horrible Bosses 2</b> <i>(New) R, 8 p.m.</i> <b>St. Vincent</b> <i>(New) PG13, 10 p.m.</i>	<b>The Judge</b> <i>(LS) R, 8 p.m.</i>	* <b>LYCEUMS CLOSED</b>	<b>The Hunger Games: Mocking Jay Part 1</b> <i>PG13, 8 p.m.</i>	* <b>LYCEUMS CLOSED</b>	<b>John Wick</b> <i>R, 8 p.m.</i>	BULKELEY

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

\* Concessions closed until further notice

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

## REVIEW / THE HUNGER GAMES: MJ P1



The definition of 'mixed emotions' is reviewing a movie based on a book. Do I judge the movie on its own, or do I judge it on how well it represented the book? "The Hunger Games: Mockingjay – Part 1" was different than most book-movie adaptations for me. Usually I am heartbroken at the lack of bringing my favorite books to life, but I can admit to being impressed with the movie itself. This time, however, I feel that I didn't completely love the movie, especially compared to its predecessors. "Mockingjay" lacked the action that everyone was used to from the first two and had a slow start. With that being said, I don't feel right taking away points for that. "The Hunger Games" movie series has

always done a good job at holding true to the book, which is all any fan can really hope for. Anyone who has read the books will understand that the series is primarily made up of Katniss' thoughts and feelings, which is something that is hard to translate onto the big screen.

After her grand exit from the 3rd Annual Hunger Games Quart Quell, Katniss Everdeen (Jennifer Lawrence) is trying to piece her life back together in the underground world of District 13. Struggling to truly embrace her role as the Mockingjay, Katniss finds herself motivated by her need to save Peeta Mellark (Josh Hutcherson) from the grips of The Capitol, and President Snow. District 13's leader, President Coin, (Julianne

Moore) pushes Katniss to use this role to motivate every district to work together and rise up against The Capitol.

Katniss had some old friends by her side to help her along, which also happened to be one of the most noticeable changes in this movie. Although difficult to recognize without the colorful hair and dramatic makeup, Effie Trinket was in fact in District 13. In the book, she is not around until the very end. If I didn't love her character so much, I might be more upset about this. It was strange but hey, it's Hollywood and if director, Francis Lawrence, is smart enough to realize how popular the Elizabeth Banks character has become, then I say he's a smart man for adding her

to the movie.

I feel that as an avid movie watcher, I would have rather had one, very long "Mockingjay" movie. I love the idea of splitting movies up, but I don't feel this particular story fit the mold to do that. At the end of it all, I would say Part 1 did its job. The book did spend the first half building up to the second, so you can only expect the movies to do the same. I fully expect Part 2 to be absolutely amazing. Not for excitement, but for staying true to Suzanne Collin's words, I give this movie 3 Joint Service Medals.

ARTICLE BY  
**SPC. MONIQUE QUINONES**  
 JTF MEDIA RELATIONS

# 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

# LAUGH SERVICE



Comedian Vargus Mason with the "Vargus' Zero Dork Nerdy" comedy tour performs Windjammer Ball Room Saturday.



Comedian Claude Stuart with the "Vargus' Zero Dork Nerdy" comedy tour performs at the Windjammer Ball Room Saturday.

If laughter is the best medicine then the doctors of "Vargus' Zero Dork Nerdy" comedy tour delivered a dose of chuckles to the troops of Naval Station Guantanamo Bay Saturday that could cure any "case of the Mondays."

Vargus Mason, lead comedian on the tour, and his troop of comedic cohorts, take a great deal of pride performing abroad for the military. His dedication to entertain the troops has taken him around the world to more than 30 different countries.

"I've done many tours for the military. I've been doing military tours since 2003. I've been all through Asia, Europe the (Mediterranean), this run through Honduras and Cuba, El Salvador," Mason said.

Shayla Rivera, who has traveled with Mason for several shows, said she, like Mason, loves performing for the troops.

"I'm having a good time with Vargus and the other crazies (who) are here. I've been out with Vargus before. We had a tour in Europe last year, which was really fun. It's going to be a lot of fun performing for the troops. This is one of those tours where you really love who you work with," Rivera said. "Performing for the troops is really important to me, to bring them a part of home. I came out

to say thank you. To me it's amazing what you do, as a mother, as an American, we just really appreciate your service. Every time we go out, and the gratitude goes the other way, we are like 'No don't thank me we are here to thank you!' it's really humbling."

For Mason, the gratitude the Service members show the comedians is amazing, but he, like the other comedians, agree the most important part of the tour is being able to give a little something back.

"It's the best crowds man. The troops are so thankful to have a taste of home. We are happy to perform for the troops because you guys deserve it; you really do," Mason said. "Every show is special in and of its own but going to Afghanistan was deep, I felt really good going out there for those guys. I remember getting body armor and thinking 'I need body armor?' That was the most intense thing for me, but they needed us more than anybody did. They needed to laugh.

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



This week in the NFL we saw the team with the best record lose in a tough defensive battle against the defending Super Bowl Champion Seattle Seahawks. The Arizona Cardinals lost their tough game away from the safety of the birds nest in Glendale 19-3. Here are the rest of your scores, San Diego edged past St. Louis 27-24, Chicago beat Tampa Bay 27-24, Cleveland beat Atlanta 26-24, Philadelphia regained some confidence with a convincing victory over Tennessee 43-24, The Packers closed out another win 24-21 against the Minnesota Vikings, Indianapolis crushed Jacksonville 23-3, Cincinnati beat Houston 22-13, San Francisco continues to improve, beating Washington 17-13, Denver survived a confident Miami team 39-36, Detroit added another loss at the hands of Tom Brady and New England 9-34, who are now tied with Arizona for the best record at 9-2. In what has to be the second upset of the week, Kansas City lost to Oakland 24-20.

Monday Night Football featured Baltimore take on a struggling New Orleans team. The Ravens went into the Superdome and beat the Saints 34-27. Ravens running back Justin Forsett destroyed the Saints' defense with a 182 yard and two touchdown performance.

## GAME SPOTLIGHT

This week's game spotlight was between the Dallas Cowboys and the New York Giants. First things first, that catch ... yeah you heard Cris Collinsworth say that was the best catch he'd ever seen. Well it was an incredible, three finger catch by Odell Beckham Jr. and was indeed a sight. It was a pretty tight game up until the half when Beckham made that backward-leaping one-handed catch for a touchdown and brought the Giants to a 21-10 lead. The third quarter looked as though a different team had come out. Dallas came back with a vengeance in the third putting up 14 points to New York's zero ending the quarter 21-24. Both teams put up seven in the last quarter but in the end Tony Romo's offensive might proved to be the best on Sunday Night Football.

Article by

**SGT. ADRIAN BORUNDA**



Florida State remained No. 1 in this week's Associated Press college football poll after, again, narrowly defeating an unranked team in Boston College, 20-17. Alabama, Oregon and Mississippi State all maintained their respective ranks from last week after defeating a group of unranked bottom feeders to round out the Top 4.

In fact, every Top 10 team, with the exception of Ole Miss, defeated their respective opponents in Week 13. A few teams swapped places, but there was no significant movement in the Top 10. Ole Miss fell 10 spots to No. 18 after getting shutout by perennial SEC doormat Arkansas. The win was the second in a row over a top-ranked SEC team for the Razorbacks who defeated LSU in Week 12. UCLA came in at No. 9, taking Ole Miss' place in the Top 10, by defeating a game but overmatched USC, 38-20.

In the PAC 12 – the conference that matters

– Arizona handily defeated Utah, and jumped three spots to No. 12. Arizona State defeated Washington State, 51-31, in a come from behind victory. The No. 13 Sun Devils were down at the half but scored 31 straight points to defeat the Cougars.

Four new teams moved into the Top 25 this week: No. 22 Minnesota, No. 23 Clemson, No. 24 Louisville and No. 25 Boise State. Nebraska, Utah, USC and Duke all dropped out after losing.

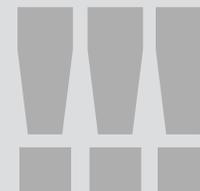
Week 14 is going to be an exciting weekend for college football fans as cross-state rivals square off for their yearly battles. Of particular note, No. 22 Minnesota takes on No. 14 Wisconsin; No. 16 Georgia Tech heads to No. Georgia; No. 15 Auburn plays against No. 2 Alabama in a game that could be pivotal to the final college football playoff seeding; No. 18 Ole Miss takes on No. 4 Mississippi State, and No. 13 Arizona State heads into Wildcat country to take on No. 12 Arizona.

My fortune cookie reads Wisconsin, Georgia, Auburn, Mississippi State and ASU will all be victorious – in bed.

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](http://www.surveymonkey.com/s/CD2LFKP)

## COLLEGE TOP 25

No.	TEAM NAME	Points
01	Florida State	1,458
02	Alabama	1,445
03	Oregon	1,393
04	Mississippi State	1,301
05	Baylor	1,234
06	TCU	1,233
07	Ohio State	1,163
08	Georgia	1,002
09	UCLA	998
10	Michigan State	971
11	Kansas State	898
12	Arizona	807
13	Arizona State	790
14	Wisconsin	764
15	Auburn	597
16	Georgia Tech	581
17	Missouri	525
18	Mississippi	398
19	Marshall	363
20	Oklahoma	346
21	Colorado State	232
22	Minnesota	198
23	Clemson	191
24	Louisville	96
25	Boise State	

*The only way to get past it, is to go through it.*

## ARE WORKOUTS GENDER SPECIFIC?

The simple answer is no, and yes. Wait, what? Let me explain. The biggest difference between men and women is what you desire from your workout. Typically men want to get huge muscles and women want to tighten up. So yes, there are differences in the workout plans for achieving each of those goals. The other difference is hormones. It is harder for women to grow muscles the way men do. Shannon Clark of bodybuilding.com says, "Females typically do develop muscle at about half the rate of men." Women also struggle a little bit more when trying to lose body fat, which sometimes

leads them to stick to cardio more than lifting, but that doesn't have to be the case.

Those things aside, there isn't much of a difference. If you are a woman, and you find a workout online that's targeted for guys, you can still adjust it to fit you. Most likely, you just use less weight or even do a few less reps.. Men can also benefit from a "woman's workout" by applying the same principles – you might just have to do a bit more than the suggested weight/reps.

At the end of the day, gender plays a role in your workout routine, but so do a lot of other things, like age and fitness level. The same general concepts can be applied to any single person. It's important to listen to your body and adjust accordingly.

Everyone needs to find a workout regimen they can enjoy that will still make them sweat.

**SUPERSET:** Perform the first set of the two exercises simultaneously, then take your 2-minute rest in between before repeating again

**ACTIVE REST:** Do the first exercise, then instead of resting, perform the active-rest movement.

Immediately repeat the first exercise

**TRIPLE SET:** Perform the first set of the three exercises simultaneously, then take your 2-minute rest in between before repeating again

ARTICLE BY  
**SPC. MONIQUE QUINONES**  
JTF MEDIA RELATIONS

### LEG DAY FOR TONING:

*Leg Extensions (warm-up)* 2 sets of 30 reps (lighter weight)  
*Wide Stance Barbell Squat* 6 sets of 8 reps  
*Seated Leg Curl* 4 sets of 8 reps (last set to failure)  
*One Leg Barbell Squat* 4 sets of 8 reps  
*Barbell Glute Bridge* 4 sets of 8 reps  
*Seated Calf Rise* 3 sets of 20 reps  
*Standing Calf Rise* 3 sets of 20 reps

### LEG DAY FOR MUSCLE BUILDING:

*Seated Leg Curl* 3 sets of 15 reps  
*Barbell Lunge* 3 sets of 15 reps (per side)  
**Superset:**  
*Stiff-Legged Barbell Deadlift* 3 sets of 15 reps  
*"Bounce Bounce Squat"* 3 sets of 15 reps  
**Superset:**  
*Standing Leg Curl* 3 sets of 15 reps  
*Split Squats* 3 sets of 15 reps

**Superset:**  
*One Leg Barbell Squat* 3 sets of 15 reps  
*Stability Ball Leg Curl* 3 sets of 15 reps  
**Working set + Active Rest**  
*Lying Leg Curls* 3 sets of 20 reps  
*Mountain Climbers* 3 sets of 20 reps  
**Triple Set:**  
*Standing Calf Raises* 3 sets of 20 reps  
*Seated Calf Raise* 3 sets of 20 reps  
*Rope Jumping* 3 sets of 1 min



## JSMART SPOT

▲ JSMART HELPER: TITAN

### AN ATTITUDE OF GRATITUDE

Today, we can have almost anything at the drop of a dime. Because of this, we have evolved into a "we want it now" society, which makes it difficult to show appreciation or gratitude.

Traditionally, Thanksgiving is a day to give thanks. However, that shouldn't be the only day we are grateful. There is always something to be thankful for, even if it's just "the sun is shining today." During difficult times it may be hard to focus on the little things that make us smile.

One suggestion to help keep a positive mind-frame is to have a gratitude journal. Each day list 3-5 things you're grateful for in the journal. After a few attempts, it will get easier and you're list may grow. Also, say "thank you." Often we get wrapped up in life and forget to tell people they matter. People will remember you more fondly if you thank them. It'll

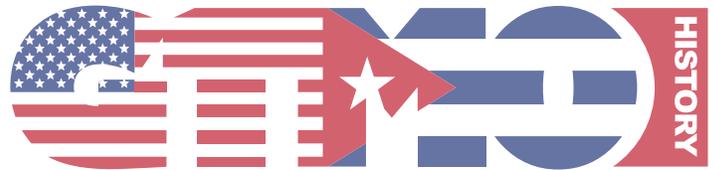
develop an atmosphere of gratitude that spreads out gradually, like a ripple effect. When someone does something nice for you, such as bring you lunch or help you with an assignment, focus on how they tried to bring something good into your life. They may have given up their time, money and energy to do something for you.

Many studies have shown that greater levels of happiness come with gratitude. So, let's start being more appreciative, pay it forward and spread the joy.

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

Article by  
**PETTY OFFICER 2ND CLASS**  
**ARIANNA LOAIZA**

and  
**PETTY OFFICER 2ND CLASS**  
**ROBERT MCQUEEN**



## GUANTANAMO 1914 - 1967

From 1914-1941 Guantanamo Bay had its own dairy. The dairy was closed during the war when dependents were evacuated and powdered milk was substituted. For a time, the Navy Exchange operated a powdered milk plant, but its popularity was somewhat limited. Frozen and concentrated milk was tried next, but still they were not successful.

Fresh milk was brought to the base on a semi-monthly basis, but still not the solution the base required.

In 1967, a milk plant went into operation. Dubbed "la vaca mechanical" by the base's Cuban residents, the plant was able to supply all milk and milk products for the base and ships in port for training. The plant produced 2,600 gallons of milk and milk products daily. The milk produced locally was called "filled milk," which is made by combining milk powder and vegetable fat to make a product comparable in the texture and taste to whole milk. Not necessarily what residents were used to "back home," but it was doubtless superior to powdered or frozen milk.

Courtesy of  
**STACEY BYINGTON**





# RELIGIOUS SERVICES

## ROMAN CATHOLIC (NAVSTA CHAPEL)

Saturday*	1700
Sunday*	0900
Mon-Thurs*	1730

## PROTESTANT SERVICES (JTF TROOPERS' CHAPEL)

Sunday*	0640
	0900
	1900

## PROTESTANT SERVICES (NAVSTA CHAPEL)

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

## OTHER SERVICES

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

\*These services are conducted by Army or Navy chaplains

# TRANSPORTATION SCHEDULES

## BUS SCHEDULE

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

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

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

## BEACH BUS

(SATURDAY & SUNDAY ONLY)

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

## FERRY SCHEDULE

### MONDAY THRU SATURDAY

#### FERRY

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

#### 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 J. Franzke*

# PARTING SHOT



'MARINA RAINBOWS' PHOTO BY U.S. NAVY LT. CMDR. JOSEPH J. FRANZKE JTF-GTMO-JMG. FOR A CHANCE TO HAVE YOUR PHOTO FEATURED IN THE PARTING SHOT, PLEASE SEND SUBMISSIONS TO: [THEWIRE@JTFGTMO.SOUTHCOM.MIL](mailto:THEWIRE@JTFGTMO.SOUTHCOM.MIL)

THE  
**WIRE**