



THE WIRE

THE OFFICIAL PUBLICATION OF TASK FORCE GUANTANAMO

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TALENT' SHOW

ISLAND COUNTRY

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WEDNESDAY
NIGHT

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DECEMBER 5, 2014

COMMAND PRESENCE

COMMANDER OF
U.S. SOUTHERN
COMMAND
GEN. JOHN F.
KELLY VISITS
GUANTANAMO
BAY

JUST KEEP SWIMMING

45 SWIMMERS
CONQUER
GUANTANAMO
BAY





SENIOR CHIEF PETTY OFFICER PETER BERGUM
JTF ENGINEERING, ENGINEER ASSISTANT

Having been around for a while, I have heard many catch phrases, slogans and motivational sayings, but the one that has stuck with me is this: "The quickest way to fail is misaligned expectations."

Relaying one's expectations clearly is something everyone at every rank should be able to do. All of us are deployed here and need to be able to communicate our expectations to each other on a

EXPECTATIONS

daily basis. We also all need to express them to our loved ones when we return home. Do you want them to pick you up at the airport? Do you want a welcome home party? If you don't express your wishes and desires to your loved ones, then you won't receive the homecoming you want, nor will it be the homecoming your family wants for you.

We, as leaders, owe our personnel the opportunity to succeed and to meet our expectations. If we don't communicate our expectations with them well, then we have to look to ourselves first for any failures. Did I give clear guidance of what I expect? Did I set a realistic and clear expectation of my desired quality of work and an achievable deadline?

We also owe it to our superiors and ourselves to ask questions to clarify their intent so we are able to deliver the product that is being asked for. It doesn't usually feel natural to question our superiors, but it is a necessary step in aligning their intent with our product. The very best way to manage a superior's expectations is to understand their intent. Very little positive comes from being the "yes man" who doesn't actually understand the boss's intent.

If you ever leave a meeting with a task but have no idea what you are really supposed to be doing, then you left the meeting too soon. Go back and ask the questions that need asking. If your personnel

start to leave your office with a bewildered look, catch them at the door and have them repeat back to you what they think they are supposed to be doing. Make sure before a meeting adjourns that everyone around the table knows what they are responsible for and when it is due. If the deadline cannot be met, then say so. These are just a few steps that don't take much time at all, but they are necessary to align everyone's expectations.

We want to succeed. Our people want to succeed. Let's each do our part in making our overall mission succeed by understanding each other's expectations and by executing those expectations ruthlessly.

Article by

SENIOR CHIEF PETTY OFFICER PETER BERGUM
JTF ENGINEERING, ENGINEER ASSISTANT

JOINT TASK FORCE GUANTANAMO



SAFE



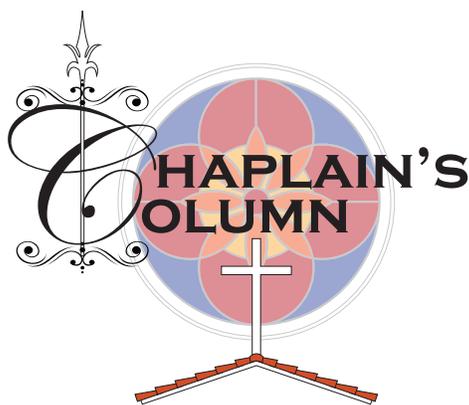
HUMANE



LEGAL



TRANSPARENT



"I simply don't know." Sometimes that is exactly how I feel. I simply do not know. I will have been at Guantanamo Bay exactly five weeks when this goes to print. After my first week on the island, people began asking me, "So what do you think about GTMO?" My response was something like, "Well, I don't know that I have been here long enough to make an accurate assessment." My

I SIMPLY DON'T KNOW

response was probably a bit wordy. I should have ended my sentence after the fourth word – "Well, I don't know."

Not knowing isn't looked at favorably in our society. Many people are afraid of the unknown. They need to have an answer. They need to know what is going on. Uncertainty leads to anxiety. In the military, to not know is sometimes the wrong answer. It seems you may be better off giving a wrong answer than not having an answer at all. I have witnessed leaders say something simply to have something to say, without even knowing if what they were saying was correct. Not knowing seems to be a weakness.

Biblically speaking, not always having an answer might not be such a bad thing — at least, for a period. The Psalmist, speaking about not knowing what to do, wrote "Wait on the Lord; be strong ... and wait on the Lord" (Ps 27). Sometimes in life we

need to wait. We need to be able to accept and say that we simply do not know yet. We do not always have to know an answer. We may need to seek for the answer—asking God for direction. Psalm 37 states, "Commit your way to the Lord and He will direct your plans." But, until that direction comes it might be best to say, "I simply don't know."

So, the next time life throws you a curve ball and you are uncertain what to do; don't be too hasty in making a decision. Give it some time. Ask God for guidance and seek the counsel of the wise. It's okay to not know until you know.

Article by

CPT. TOBY LOFTON
525 MP BATTALION CHAPLAIN

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Though it's not always popular to say, sometimes it's OK to admit 'I don't know.' If life throws you a curve ball, think it through before making up your mind.

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Toning isn't just for women or vain beach goers, but essential to overall fitness. Our fitness guru explains why keeping a toned body not only looks good but contributes to your general health and fitness.

MOTIVATOR OF THE WEEK

SPC. GRACIELLA MOLLIKA
361ST MP CO

PFC. MICHAEL BUSCH
C TRP- 1/3



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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OPSEC IS EVERYONE'S RESPONSIBILITY

Do your friends and family know about OPSEC? It is easy to assume that what we do here on GTMO just affects us. What some of us may not know is that it also affects our loved ones back home, which potentially makes them targets. Teaching them simple techniques like updating security settings on social sites and varying their day-to-day routines, are just a couple of examples of how they can protect themselves as well as you. Practicing good OPSEC is not just the responsibility of Service members but your family and friends as well.

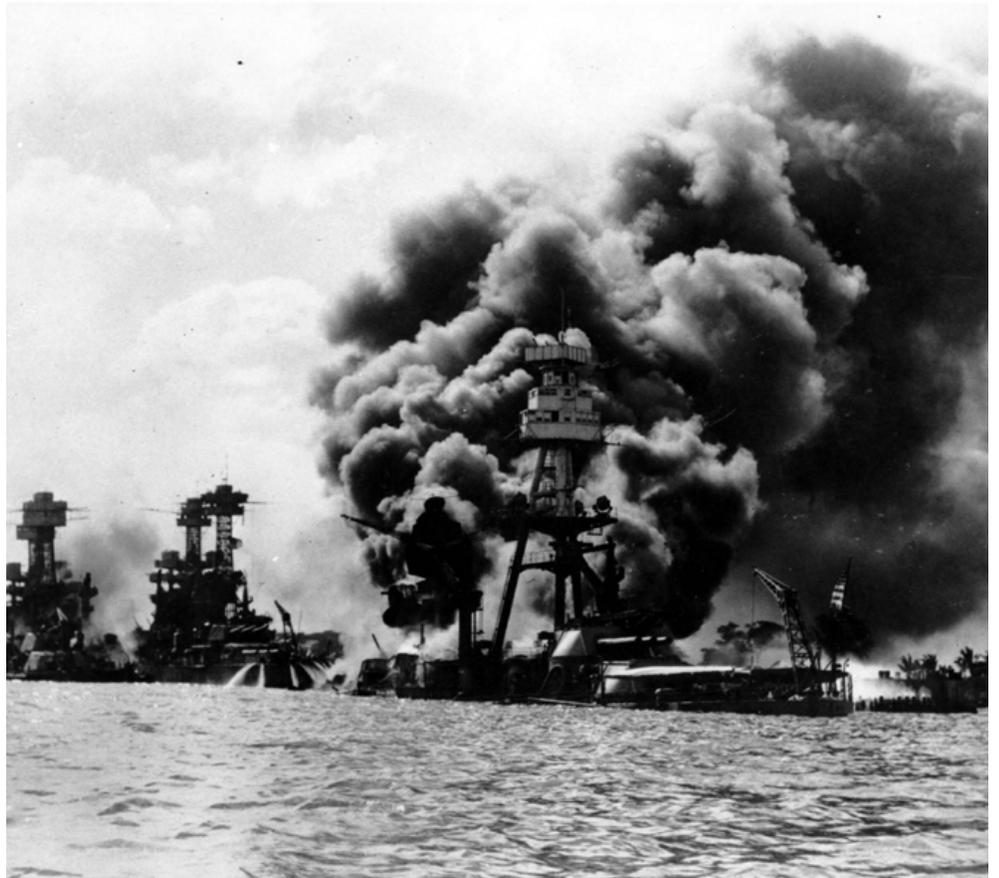


SAPR VICTIM ADVOCATE TRAINING

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

A DAY OF INFAMY



It was a quiet Sunday morning in Waikiki, Hawaii, military men and women slept in from the prior night's merriment as sunbeams shone through breaks of clouds onto the deep blue sea. The desolate ships and vessels were anchored around Ford Island, inside the magnificent port which ancient Hawaiians called, Wai Momi, "Water of Pearl."

One signal word to a squadron ceased that tranquil moment forever, "Tora, Tora, Tora!"

The Japanese naval forces attacked Pearl Harbor in two waves on Dec. 7, 1941. The first began at 7:55 a.m. with 183 aircraft, including 51 dive-bombers, 49 level-bombers, 43 fighters and 40 torpedo planes. Bullets and bombs rained on the battleships and vessels in the harbor. At 8:10 a.m., a 1,800-pound bomb tore through the U.S.S. Arizona, trapping more than 1,000 men inside. The second attack contained 170 planes, including 80 dive-bombers, 54 level-bombers and 36 fighters. The entire attack lasted for two hours.

The idea was to decimate the entire Pacific Fleet. Most of the U.S. naval battleships were docked inside Pearl Harbor, which the Japanese thought was the U.S. Navy's vital warship in the 1940s. They were mistaken. The Navy's most strategic ships were aircraft carriers, which were

away from the port at the time. The Pacific Fleet revived instantly after the attack.

Although this was a surprise attack, all branches fought with great honor to protect American soil and those who lost their lives that day. Eighteen American ships were destroyed along with nearly 300 planes. More than 2,000 Service members were killed and more than 1,000 were wounded.

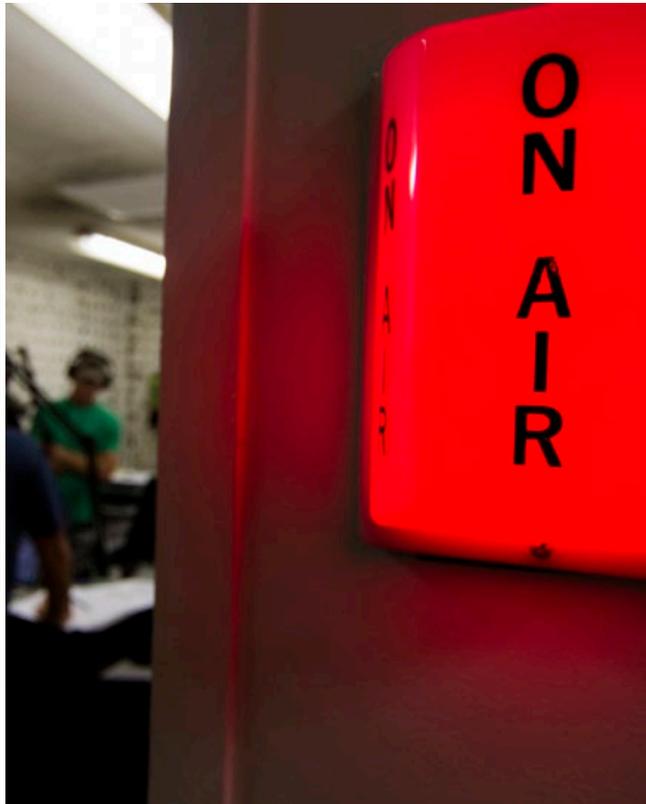
President Franklin D. Roosevelt declared war the very next day.

"No matter how long it may take us to overcome this premeditated invasion, the American people in their righteous might will win through to absolute victory. I believe I interpret the will of the Congress and of the people when I assert that we will not only defend ourselves to the uttermost, but will make very certain that this form of treachery shall never endanger us again," Roosevelt said.

The Empire of Japan had awoken a sleeping giant.

Story by
SGT. REBA BENALLY

ISLAND COUNTRY ON GTMO RADIO WAVES



The hosts of Island Country laugh as contributor, 'Al the cabana boy' (right), tells them about a gaming controller available to consumers that inflicts actual pain during game play.

Island Country airs Wednesday nights from 6 to 9 p.m. and features country music and segments tailored to GTMO personnel.

On a balmy Sunday afternoon inside an empty, frigid Radio GTMO building are three service members laughing, talking, and joking around microphones and an audio sound board as they prepare their Wednesday night show.

Mike Zahnow, James Fawbush and Howard Capps are the group responsible for the new live GTMO radio show, "Island Country, with Howie, Jimmy and Z."

"This show is a perfect example of some of the off-duty entertainment options people have here at GTMO," said Capps, who goes by "Howie." "Radio GTMO was extremely accommodating and can be a creative outlet for anyone wanting to do something for the community."

The vibe of the show is relaxed. Fawbush, or "Jimmy," wears his signature Arizona State University sweatshirt, shorts and flip flops. Zahnow, who likes being called "Z," is wearing his country-living inspired style of jeans, T-shirt, K-Swiss shoes and a camouflage baseball hat.

"We are the TMZ of country here on GTMO with a little comedy thrown in," Z quipped as he moved from one screen to another, loading music sets and adjusting audio levels.

Radio is nothing new to this trio. Jimmy has a show back home and Z graduated from the

Broadcasters Course at the Defense Information School at Ft. George G. Meade, Maryland. Howie guest hosted other radio shows and hosted TV talk shows.

"Well (Jimmy) has a radio show back home, and I have had the training and wanted to be a part of that, and we saw this as an opportunity to share our talent and charisma with GTMO," Z said.

Jimmy and Z have known each other since they were both infantrymen in the Arizona Army National Guard and continue to joke about their long friendship that has led them to hosting a radio show here.

"We decided to start a show back in 1996. It started in his garage," Z joked. "But we are in business now."

That brand of comedy is what transmits to the listener, and it's an opportunity to break from the norm. Pushing the limit in an attempt to give the listener genuine and original programming is their aim. The fact that it's a country show hosted by three men isn't lost on them either.

"The other two guys liked country and if I said, 'no' I would've been voted off the show," Jimmy said. "Country isn't bad. Chicks like country."

"Ipso facto," Z chimed in.

The show flows because of this group's strong

ties and desire to give the people of GTMO what they want.

"We want to be a people show, if it's news, music, entertainment. The most important things to us is feedback and listeners, losing a listener is like losing a kid, actually I'd rather lose one of my kids than lose a listener," Z deadpanned.

"Get involved if you'd like," Jimmy said. They have talked about having other Service members compete to come co-host a show.

A return to good country music with charm and comedy is what this trio promises, and they can never steer you wrong, they are, after all, radio show hosts, and Jimmy says you can trust them.

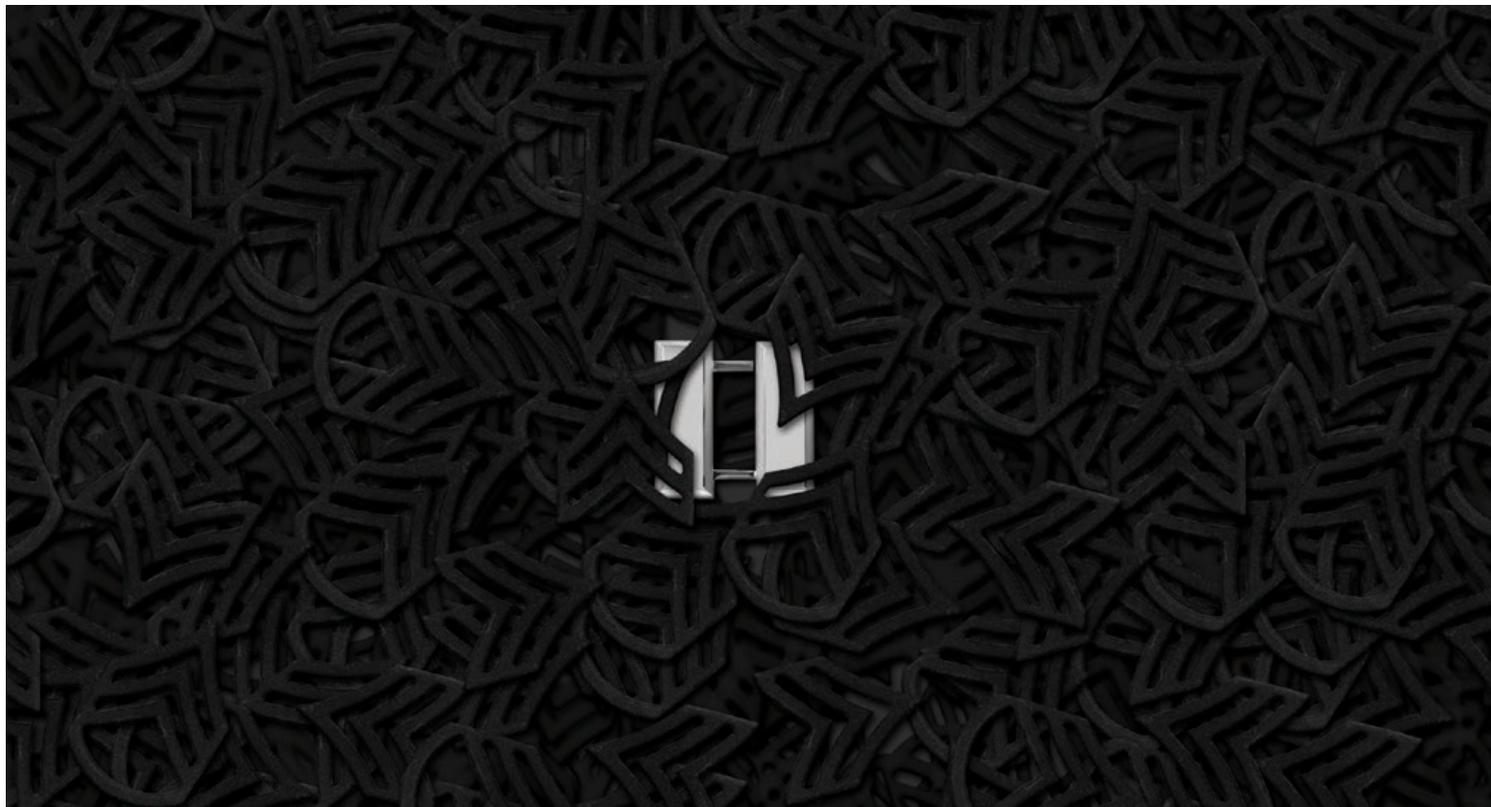
"Oh don't forget the Navy SEAL parade! We want people to show up for that down Sherman Ave, the funny thing is that you won't see them, but trust us they will be there," Jimmy said.

Phone: 3333

www.facebook.com/IslandCountryRadioGTMO

Story and photos by
SGT. ADRIAN BORUNDA

FRATERNIZATION, A MILITARY CRIME



Our military culture is unique. We salute. We refer to officers as “Ma’am” or “Sir.” We refer to our enlisted leadership as “Master Guns,” “Senior,” or “Top.” On any given day we have appointments and projects involving an alphabet soup of letters that only someone in the military understands. Have you ever gone to the NEX, on the way to PSD, after updating your SGLI, before stopping by SCSI to pay your Internet bill? We are proud of our culture. It is unique and, in many ways, different from the society we protect.

Among the differences from our civilian counterparts are the regulations unique to the military governing fraternization and adultery. Adultery, while morally unacceptable in the civilian world, is a crime in the U.S. military. Meanwhile, fraternization, in the military sense, does not exist in the civilian world. Nevertheless, like adultery, fraternization is also a crime in the military.

Our office recently provided training to various units on these issues. Some of the feedback we received is that there is misunderstanding of what “fraternization” really means, and what types of relationships are impermissible in the military. Since the Joint Task Force is a joint environment, and each service is unique, it is impractical to explore each branch’s definition of fraternization. As most of our JTF personnel are U.S. Army, however, it is helpful to take a quick look at applicable Army regulations.

Chapter 4-14 of AR 600-20 outlines Army policy on fraternization. It states that Soldiers must be aware their interactions do not create actual or perceived “undue familiarity” between an officer and an enlisted Soldier, or a noncommissioned officer and a junior enlisted Soldier. Importantly, the terms “noncommissioned officer” and “junior enlisted Soldier” were recently clarified. The term “noncommissioned officer” refers to a Soldier in the rank of corporal to command sergeant major/sergeant major. Meanwhile, the term “junior enlisted Soldier” refers to a Soldier with the rank of private to specialist.

Many different types of relationships may constitute “fraternization” under AR 600-20. Everyone knows (or should know) that sexual relationships are included. Did you know, however, that fraternization do’s and don’ts also apply to various types of business relationships, gambling and may even apply to repeat social interactions, such as visiting bars, nightclubs, restaurants or each other’s homes?

Importantly, however, not all relationships or interactions between ranks and sexes constitute fraternization. There are certain activities that officers, NCOs, and junior enlisted personnel may participate in together. These include team activities, community events and social outings like command-sponsored outings, scouting, sports teams, membership in organizations such as the

Masons or Elks, and religious activities including chapel, church, synagogue, or mosque. Here at Guantanamo Bay, it includes events such as senior-sponsored group dive outings, volunteer activities, dining at the galleys or socializing after hours in an environment where military courtesy and professionalism prevail. In short, social activities are acceptable so long as they do not create an appearance of partiality or undermine good order, discipline, authority or morale. This is, of course, a necessarily broad definition. As a result, good judgment and common sense are essential to ensure interactions remain appropriate.

Officers and enlisted alike must take care their relationships do not cross into prohibited behavior. Those with questions should review AR 600-20 and JTF-GTMO Policy Memorandums #14.3 and #14.5. The last two are particularly important because they apply to all JTF personnel, regardless of service branch. Reviewing and understanding these instructions will help protect military careers, safeguard relationships, and strengthen and reinforce our unique military values.

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

Photo illustration by
SGT. RICK HOPPE

'THIS IS THE MOMENT' TO SHOW YOUR TALENT!



Joshua Davis, Alex Wallace, Patience Andrews, Raul Sanchez, Monique Quinones, Dana Yustin and Wayne Capps, the seven performers of 'GTMO's Got Talent'. The event had a wide range of performances designed by these very talented individuals varying from magic to juggling and singing.

Laughter, cheers and gracious rounds of applause filled the Windjammer Ballroom Saturday night as Naval Station Guantanamo Bay's Junior Enlisted Association hosted the base's first ever "GTMO's Got Talent."

"We wanted to give the community something fun to do," said Petty Officer 2nd Class Nathalie Bellofatto, NAVSTA JEA president.

Bellofatto came up with the idea during a previous deployment, and, with the assistance of Katie Stanley, the Morale, Welfare and Recreation representative, they made that vision come to light.

With seven acts in total, the event brought not only a variety of talent but also a crowd of nearly 100 people.

"I was not expecting that many people to be there," said Spc. Raul Sanchez, from the JTF command element, and 1st place winner of "GTMO's Got Talent." "I didn't think that anyone was going to know about it, especially when it hit 6 o'clock when the show was about to start and there was maybe a total of 30 people there. And then when 6:20 came along, the whole room was filled, I was even more excited, way more excited!"

With a handful of talented people in one room, the final decision for the winners was as close a call as ever. They were announced as follows: 3rd place, performing magic, was Maj. Wayne Capps;

“ WE WANTED TO GIVE THE COMMUNITY SOMETHING FUN TO DO. ”

Alex Wallace took 2nd place singing, "When I was Your Man" by Bruno Mars; and Spc. Raul Sanchez took 1st place singing, "This is the Moment" from Jekyll & Hyde the musical.

"I wasn't at all shocked when they announced Raul the winner," Bellofatto said. "I think that when he came to sound check wearing the cutest little kitten T-shirt I fell in love, and then he performed and I fell even more in love."

Modesty overtook Sanchez when asked who he thought gave him a run for his money in the competition.

"Alex was my biggest competition, he had an awesome voice and then got down on his knee, which gave even more emotional perspective, and everyone loved it. Alex brought down the show," Sanchez said.

The GTMO community supports and encourages each other to be themselves and share their emotions through the talent of their choice.

As the night came to a close, Bellofatto was asked what her proudest moment of the event was, she replied very earnestly, "Seeing this event from start to finish would have to be it."

Story and photo by
SPC. AMBER BOHLMAN



U.S. SOUTHCOM Commander Gen. John F. Kelly congratulates U.S. Navy Petty Officer 2nd Class Debra Warden during an award ceremony overlooking the Caribbean Sea on U.S. Naval Station Guantanamo Bay, Cuba, Nov. 26.



Gen. John F. Kelly shares his experiences as a junior enlisted Marine during his time stationed at GTMO over a Thanksgiving meal with U.S. Coastguardsmen stationed here, Nov. 27.



Gen. John F. Kelly takes a moment during transit to depart Guantanamo Bay, to engage junior enlisted Marines and wish them a happy Thanksgiving, Nov. 27.

COMMAND PRESENCE

Commander of U.S. Southern Command, Gen. John F. Kelly, visited U.S. Naval Station Guantanamo Bay over the Thanksgiving holiday. Kelly said he believes that being a presence among the Troops is an important and positive role of leadership that inspires high moral among Service members.

“I try to transmit to them how important their duty is. Holidays are for most Service members very important and if they can’t be home with their families, they need to know how important they are to the base and the mission,” Kelly said.

Kelly makes it a point to talk to Troops during his visits.

“I come down, and sit down with a group of enlisted men and women to just shoot the breeze and ask how is everything going – just to find out what’s going on. Obviously, the commanders give me the command view of things but it’s nothing like getting down in the deck plates and talking to people about what’s going on and what they do.”

Gen. Kelly’s approach to positive leadership from the bottom up has a noticeable impact among the Troops said Petty Officer 1st Class Tyler Dunn.

“I work closely with the Joint Visitors Bureau. This is the 5th time I’ve transported the general across the bay during his visits,” Dunn said. “He is very down to earth; he is easy to talk to and interested in what the Troops are doing. He remembers who you are. He recognized me and greeted me, so he definitely takes an interest in his Troops.”

Dunn explained that it is the general’s closeness to the Troop’s leadership presence that is the source of loyalty and morale for the lower enlisted service members specifically.

“I think he gets it. He understands that if his Troops feel looked after they are going to perform better; they are actually going to want to follow him,” Dunn said. “I think his approach to leadership boosts morale quite a bit because Troops feel looked after and cared about.”

Kelly said that a sense of belonging and family is what he aims to convey to the Troops under his command.

“It’s all about team work and taking care of each other,” he said “If anyone wants to know how to do teamwork they should look to the U.S. Military because we haven’t lost it. We haven’t lost that dedication to teamwork and to each other and dedication to something bigger than ourselves.”

Story and Photos by
SGT. CHRIS MOORE

REVIEW / PENGUINS OF MADAGASCAR



The team of four furry penguins, and undeniable students in all things MacGyver, return to the big screen for an action packed, high-five frenzy that will leave both kids and adults laughing. The story follows the penguins from their earliest days, when the team went from being a trio to a quartet, with the addition of the always eager to please character, Private, voiced by Christopher Knights. They quickly move through the team's involvement in the other "Madagascar," movies up until they set up this movie's main plot. The team finds themselves pitted against a former zoo-mate, whom they outshined and was forced to move from zoo to zoo because of these adorable penguins. The zoo mate, Dave the Octopus, played by none other than John Malkovich, seeks revenge on the super penguin team of Skipper, Kowalski, Rico and Private.

The penguins have to rely on teamwork with not only themselves, but a new secret animal organization called the North Wind who is intent on protecting helpless animals. The mission ranges from such exotic locations as China, Brazil and Italy. It's a colorful and multi-cultural experience that should be both fun

and informative for all audiences.

One of this movie's saving graces is its ability to have the rambunctious slap-stick comedy expected from a PG rated film while playing to the older crowd with its somewhat colorful and not so subtle jokes. One joke is where the penguins have to pass a voice activated door in the gold repository at Fort Knox. Kowalski, the intelligence expert of the group, simply pulls out a voice recorder and plays what can only be described as a bluegrass freestyle banjo session, the door later opens.

Overall I give it three stars because of its light humor and focus on the importance of recognizing the value of all our team members, a note that resonates here on GTMO. Also it's just a good movie to laugh along with that doesn't require a serious commitment of brain power and will help you forget about the hordes of hungry mosquitoes at the Lyceum. I bet Skipper and his team could find a way to get rid of them!

Movie review by
SGT. ADRIAN BORUNDA

REVIEW / ST. VINCENT



If you want to enjoy a movie that'll make you laugh and then pull on your heart strings, make sure you go see "St. Vincent." This is a sentimental film, but it isn't the cheap or superficial sentiment.

Bill Murray shines in this tale of an old, drunk grouch who learns to see the world in a better way, in no small part thanks to a young boy who moves in next door. Melissa McCarthy appears in the film as the mother of Oliver, and plays a more serious role; a change from the usual comedic flare she has put on in the past.

Maggie (McCarthy), a single mother, moves into a new home in Brooklyn with her 12-year old son, Oliver (Jason Lieberher). Forced to work long hours, she has no choice but to leave Oliver in the care of their new neighbor, Vincent (Murray), a retired curmudgeon with a penchant for alcohol and gambling. An odd friendship soon blossoms between the improbable pair. Together with a pregnant stripper named Daka (Naomi Watts), Vincent brings Oliver along on all the stops that make up his daily routine - the race track, a strip club and the local dive bar. Vincent helps Oliver grow to become

a man, while Oliver begins to see in Vincent something that no one else is able to – a misunderstood man with a good heart.

One of my favorite scenes involves Vincent weaving his way through the long velvet ropes and stanchions of an empty line inside his bank. Here's a man who seems utterly self-absorbed, who doesn't play well with others, abuses alcohol, sleeps with a pregnant prostitute and is in deep to a loan shark, yet here he follows the rules and walks the entirety of the empty bank line.

"St. Vincent," isn't a perfect movie, but Murray's performance is. I'd give this movie a rating of four stars, and I highly recommend you make a point of seeing this heart touching, yet funny, movie.

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

IN THEATERS THIS WEEK

| | FRIDAY | SATURDAY | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | |
|-----------------|--|--|---|--|-------------------------------|-------------------------------|---|-----------------|
| DOWNTOWN | Nightcrawler R, 7 p.m. Horrible Bosses 2 R, 9 p.m. | Join us for the stage performances after the Holiday Parade which starts at 4 p.m. ELF will play following the stage performances. | The Book of Life (LS) PG, 6:30 p.m. St. Vincent PG13, 8 p.m. | The Best of Me (LS) PG13, 7 p.m. | Fury (LS) R, 7 p.m. | John Wick R, 7 p.m. | The Hunger Games: Mocking Jay Part 1 PG13, 7 p.m. | DOWNTOWN |
| BULKELEY | Horrible Bosses 2 R, 8 p.m. St. Vincent PG13, 10 p.m. | Nightcrawler R, 8 p.m. Fury (LS) R, 10 p.m. | The Best of Me (LS) PG13, 8 p.m. | LYCEUMS CLOSED * | Ouija PG13, 8 p.m. | LYCEUMS CLOSED * | Dumb and Dumber To PG13, 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 / NIGHTCRAWLER



Writer and director Dan Gilroy glimmers in the dark with his new film "Nightcrawler." Gilroy will most likely draw a fan-base in the range of dramatic thrillers with his capacity for scene build-up, profound dialogue and malevolent characters.

Actor Jake Gyllenhaal plays Lou Bloom, an unethically dedicated and eccentric man who stumbles his way into the dark world of freelance crime journalism in Los Angeles.

Bloom, a jobless night-vulture who relies mainly on illegal odd-jobs to pay rent, witnesses a fatal car crash on his way home one night and becomes intrigued by the borderline

obscene lengths that freelance video journalist Joe Loder (Bill Paxton) goes through to get the raw scoop.

Bartering some stolen goods for a home camera and a police scanner, Bloom sets out to beat the competition by pushing the boundaries of filming crime scenes and soon muscles his way into the business with the guidance of Nina Romina (Rene Russo), a washed up local news veteran struggling to make it back into the game.

The cast blends well together, one character just as dark and real as the other, sadly hitting the mark on how you might imagine such

scavengers who work the cut-throat industry of reporting crime in a big city. Uncomfortable dialogue and interaction keeps you wanting more, perhaps leaving you excited to see what personal and professional boundaries might arise next.

Gyllenhaal reminds his "Donnie Darko" cult following just how immense his acting can be. I noticed many subtle hints of his old Darko self in Bloom at times, not to be confused with linear acting, more like a small addition to complete another great roll.

With Gilroy's edgy writing and Gyllenhaal's portrayal of a well-

dedicated creep, I was often ashamed to find myself rooting for Gyllenhaal's character, thinking to myself, "That's jacked up." I then crawled back into my box and read a few inspiring quotes by Ghandi to help restore my faith in humanity – I'm still reading.

It's probably going to be one of those films I really enjoyed once, since the visual addiction relied heavily on the unknown. I was captivated into wondering how strange the plot might get. Who knows though, it's growing on me more and more each day.

Movie review by
SGT. RICK HOPPE

MWR

SPORTS STANDINGS

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

BASKETBALL LEAGUE

| | | |
|----|-----------------------|------|
| 01 | 391st Paladins | 10-0 |
| 02 | GTMO Ballers | 9-1 |
| 03 | Hot Fuzz | 8-1 |
| 04 | Grizzlies | 7-2 |
| 05 | BEEF | 6-3 |
| 06 | Shottas | 6-4 |
| 07 | Busting Shots | 5-4 |
| 08 | Team Scheme | 5-5 |
| 09 | GTMO Gilas | 4-4 |
| 10 | Philipinas | 4-5 |
| 11 | Daywalkers | 4-5 |
| 12 | Thunder | 4-5 |
| 13 | Cousy's | 3-6 |
| 14 | Deadball | 3-7 |
| 15 | Berserkers | 3-7 |
| 16 | Odd Balls | 2-7 |
| 17 | GTMO Talent | 1-8 |

MWR

FLAG FOOTBALL CHAMPIONSHIPS

The C-Company, 1/3 Cavalry Crazy Horses beat the 423rd Military Police Company Here Come The Runs to win the MWR flag football championship here Nov. 25. It was defensive for the first half. The Crazy Horses consistently made it into the red zone and had three turnovers with interceptions in the end zone. It only took one successful drive and a lucky run down the side line for a touchdown and the points just flooded in. The Crazy Horses won 15-12.

RACQUETBALL LEAGUE

SINGLES - MALE

| | | |
|----|-----------------------|-----|
| 01 | Ronnie Vasquez | 2-0 |
| 02 | Ron Parker | 1-0 |
| 03 | Grant Wolf | 2-1 |
| 04 | Chip Whaley | 0-1 |
| 05 | Steve Baseden | 0-2 |

SINGLES - FEMALE

| | | |
|----|-----------------------|-----|
| 01 | Shelley O'Hare | 1-0 |
| 02 | Jenny Swabb | 1-2 |

DOUBLES

| | | |
|----|--------------------------|-----|
| 01 | Baseden / Parker | 2-0 |
| 02 | Campbell / George | 0-1 |
| 03 | Wolf / Ferguson | 0-1 |

JUST KEEP SWIMMING



Spc. Andrea Nein, from the 420th Military Police Company, and Ashley Clark, the 525th Military Police Battalion Family Readiness leader, participate in the 'Across the Bay' event Saturday in Guantanamo Bay, Cuba. The swim was 1.7-miles from Leeward beach to Girl Scout beach.

It is always easy to set a goal. But often schedules get changed, events occur or the goal itself has lost its influence. To complete a goal, especially a goal that causes apprehension, takes dedication and sacrifice.

On Saturday morning, 45 swimmers conquered a 1.7-mile swim across Guantanamo Bay. The annual event has been a goal that most swimmers considered more of a mental than physical challenge.

"I swam across Guantanamo Bay, which physically— not a problem. I feel great. For me it was more of a mental game to get over my fears that my friends and family know that I'm frightened to do this. But I did it; I conquered it. Checked it off my list," said Ashley Clark, the 525th Military Police Battalion Family Readiness Group leader.

Anthony Roberts, the aquatic manager and event organizer, and his team, required a swimming test for the participants before they could compete to help ensure swimmers weren't in over their heads.

"Before you sign up there is a swim assessment that each swimmer has to take, such as a 500 yard swim. They tread in water for 15 minutes. If you can swim for 500 yards, without stopping, all you got to do is train and then you will be able to accomplish the 1.7 mile bay swim," Roberts said.

Across the Bay started nine years ago. A group of dedicated swimmers would choose a random day of the year, usually Thanksgiving Day, to swim across GTMO. As more swimmers participated,

it became more organized with lifeguards, safety boats, and kayak guides to make sure swimmers continued the correct course.

Clark was very proud she completed the course and was able to participate this year. Last year, she was not able to partake and battled her fears to participate in this event.

"I'm really proud of myself. When I talked to my kids last night I told them that I was afraid and very frightened. They knew I was going to do this. I said I'm going to show you that even when you're scared you can do it. So, I wanted to do it; I wanted to prove to myself that I could do it," Clark said.

Clark also gave some advice for anyone who is thinking about "Across the Bay" or any other MWR events in GTMO.

"People need to go out and take advantage. There's so much to do here. A lot of Soldiers find themselves doing the same thing; going to work, stuck in their rooms, when there is so much more out there. Challenge yourself and push yourself because this is a once in a lifetime opportunity," Clark said. "And now I can say that I did it, and I'm proud of myself."

Story and photo by
SGT. REBA BENALLY



The Thanksgiving week brings many traditions and festivities ranging from parades and family dinners to trampling one another at retail stores for big-screen

TVs. Staying on par with the melee action of Black Friday, Thanksgiving also brought us football. And oh how the mighty continue to fall, the Arizona Cardinals have lost for the second week in a row, this time to the 5-7 Atlanta Falcons ... I'll say that again, the 5-7 Falcons! For a team with Super Bowl hopes this was supposed to be easy pickings. Instead, the Cardinals left with a loss: 18-29.

And here's what's happening in the rest of the league. Indianapolis beat Washington 49-27, the Texans beat the Titans 45-21, the Bills surged back late and beat the Browns 26-10, the Chargers pulled off a great one on the road victory in Baltimore against the Ravens 34-33, the 2-10 Jaguars beat the Giants 25-24, the Bengals barely outlasted the Buccaneers 14-13, the Raiders returned to true form losing against the Rams 52-0, the Saints upset the Steelers 35-32, the Vikings beat up on the Panthers 31-13, and lastly the once mighty Patriots lost a heart breaker in Green Bay to the Packers 26-21, the Dolphins rallied passed the Jets 16-13.

SPOTLIGHT OF THE WEEK

This week's spotlight is on the Sunday Night Football game featuring the Denver Broncos against the Kansas City Chiefs. And honestly, I was expecting the Chiefs – who played in front of their hometown fans – to put up more of a fight. It was apparent that Mr. Manning was intent upon proving the Broncos deserved to be in the AFC championship against Tom Brady and the Patriots.

After a convincing three-and-out hold by the Bronco defense on the Chiefs first drive, the Broncos came back with a long and uncontested drive ending in a Manning pass to Thomas for a touchdown. The rest of the first quarter was all Denver ending in a 14-to-zero score after the first quarter.

Five Bronco field goals later, the Chiefs were just out-gunned and out-played, struggling to keep the offense on the field long enough to capitalize on any momentum. And that's really where the Broncos dominated; their offense owned the clock and defense held on to the Chiefs long enough to get them to one touchdown and a couple of field goals. At the end of the night, it was another notch in the belt for the Broncos, winning it 29-16.

Article by

SGT. ADRIAN BORUNDA



Alabama narrowly edged out undefeated Florida State to take No. 1 in the Associated Press college football poll for the first time this

season. Even though Florida State had more first place votes, they still came in at No. 2 in the poll by a mere three points. The Tide beat No. 20 Auburn, who fell 5 places from last week, 55-44. Florida State, as has become their custom, narrowly defeated unheralded Florida 24-19. No. 3 Oregon easily routed lowly Oregon State. Mississippi State was upset by Ole Miss 31-17, knocking Mississippi State out of the Top 4 and landing them at No. 10 in this week's poll. Ole Miss moved up five spots to No. 13. TCU dominated the once proud Texas Longhorns 48-10, and made their way to No. 4.

Week 14 was full of upsets, changing the Top 25 landscape. UCLA was considered a dark horse candidate to sneak into the inaugural College Football Playoffs, but instead, fell flat on their faces against an average Stanford team 31-10. Not only did UCLA, who fell seven spots to No. 16, lose out on the playoffs, but they also lost the PAC 12 South Division title. Georgia Tech upset Georgia 30-24 in overtime. The Yellow Jackets jumped up

four spots to No. 12 and dropped Georgia from No. 8 to No. 15. Finally, in a mild upset, Arizona beat Arizona State 42-35. The Wildcats entered the Top 10 at No. 8 with the win and dropped the Sun Devils to No. 17.

Week 15 is conference championship week, and the last chance for fringe Top 4 teams to make a move to potentially get in on the inaugural College Football Playoffs. No. 8 Arizona has a good chance as they take on the No. 3 Oregon Ducks who the Wildcats defeated earlier in the season. Alabama takes on a surging No. 14 Missouri, who has looked great in recent weeks. Florida State has a tough game against a ranked Georgia Tech team that pulled off an upset already this year beating Georgia. No. 5 Baylor and No. 6 Ohio State also have tough championship matchups against No. 9 Kansas State and No. 11 Wisconsin.

My tarot cards foresee big upsets this week, and when the dust settles Alabama, TCU, Michigan State and Arizona will find their way into the inaugural College Football Playoffs.

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 | Alabama | 1,426 |
| 02 | Florida State | 1,423 |
| 03 | Oregon | 1,391 |
| 04 | TCU | 1,274 |
| 05 | Baylor | 1,243 |
| 06 | Ohio State | 1,192 |
| 07 | Michigan State | 1,048 |
| 08 | Arizona | 1,027 |
| 09 | Kansas State | 995 |
| 10 | Mississippi State | 944 |
| 11 | Wisconsin | 910 |
| 12 | Georgia Tech | 823 |
| 13 | Mississippi | 753 |
| 14 | Missouri | 740 |
| 15 | Georgia | 606 |
| 16 | UCLA | 512 |
| 17 | Arizona State | 495 |
| 18 | Oklahoma | 485 |
| 19 | Clemson | 418 |
| 20 | Auburn | 358 |
| 21 | Louisville | 346 |
| 22 | Boise State | 265 |
| 23 | LSU | 145 |
| 24 | Utah | 79 |
| 25 | Nebraska | 64 |

Don't wish for it. Work for it.

TONING ISN'T JUST FOR THE BEACH

In the past, we've discussed the two main work-out programs: muscle building and toning. This week, I will explain why toning is so important for any goal you may have. Unless you are entering a power lifting competition, which only requires lifting, toning should play a huge role in your plan. Even if you want to focus on muscle building, you will eventually turn to toning to help really define those muscles.

Weight lifting isn't just for muscle building.

All you have to do is make a few adjustments. If you're lifting heavier weights, you'll probably do about 8-10 reps. When you use slightly less weight, and boost your reps up to 12 or more, that will turn your workout into endurance training. If you are a beginner, you may have to play with different weights to figure out what works for you.

MWR fitness coordinator, Joseph Belt, says "Within our environment (military base) you will see people doing a combination of both toning (group exercise classes) and muscle building (weight room)."

It's important to do both because toning requires muscle to tone. Anytime you are trying to lose fat, you run the risk of losing muscle as well. The more you build up, the less you will lose.

Don't forget nutrition. It doesn't matter how hard you work in the gym if you aren't properly refueling your body.

ARTICLE BY
SPC. MONIQUE QUINONES
JTF MEDIA RELATIONS

Mid-noon Snack: Low-Carb Apple Cinnamon Protein Bars

INGREDIENTS:

| | |
|--------------------------------------|---|
| 4 scoops vanilla whey protein powder | 3 egg whites |
| 1/2 cup almond meal/flour | 1/4 cup stevia (raw) or Xylitol (increase carb count by 1g) |
| 2 tsp baking powder | 1/2 cup fat-free cottage cheese |
| 1/4 tsp salt | 1 tsp vanilla extract |
| 2 tsp cinnamon | 1 medium apple - grated (large holes) |
| 1/4 tsp nutmeg | |
| 1/4 tsp allspice | |

NUTRITION FACTS:

Makes 16 squares
1 square = 64 calories, 2.4g fat, 4g carbs, 8g protein

DIRECTIONS:

Spray an 8-by-8 inch Pyrex dish with non-stick spray. Preheat oven to 350 degrees. In a large bowl, combine protein powder, almond meal, baking powder, salt, cinnamon, nutmeg and allspice. Whisk together and set aside.

In a smaller bowl, combine egg whites, no-cal sweetener, cottage cheese and vanilla. Whisk until well incorporated and then add the wet ingredients to the dry and mix again.

Fold in grated apple and mix until combined.

Pour batter into the prepared dish and bake at 350 degrees for 25 minutes.



JSMART SPOT

▲ JSMART HELPER: TITAN

ANGER: THE SECONDARY EMOTION

Imagine a tree standing tall in the middle of a park. Its trunk is so big you can barely wrap your arms around it. Now imagine the tree as an emotion – Anger. As you look up into the tree, imagine its branches as representations of the various things that get you angry. Think of the leaves that blow around like enraging thoughts racing through the mind. Now, as you get this detailed picture, notice that we have not addressed the roots of the tree. We all know the roots are ultimately what allow the tree to grow to the image we can see.

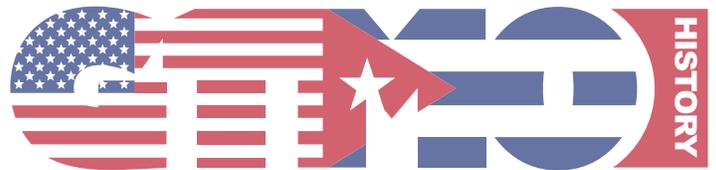
Anger is thought of as a secondary emotion; and similar to our tree roots, there is usually some deeper, more primary emotion that drives one to anger. If you take a moment and think of a time you were angry, what would you say was the emotion you felt right before the anger? Was it disappointment, hurt, feeling offended, trapped or pressured? The

underlying feeling will usually be an emotion that makes you feel more vulnerable than anger. The possible emotions are limitless; however, if they are intense enough, they may be outwardly expressed as anger.

As with any dilemma, we must first look at the root cause of the problem. Pausing for a moment and taking an internal check of the underlying emotion that drives our anger is of utmost importance. It can be difficult at first, but with practice you can learn to more easily determine what is really going on. By discovering the underlying primary emotion you can ultimately decrease feelings of habitual anger, cultivate inner peace, and facilitate thoughtful action.

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

Article by
**PETTY OFFICER 2ND CLASS
ROBERT MCQUEEN**



GUANTANAMO DECEMBER 1986

A cable television franchise contract was awarded to Antilles Trading Company from Atlanta. The basic package included 20 channels at a cost of \$14 per month, five premium channels were also available at an additional cost. One premium channel was \$7, two for \$13, three for \$19, four for \$25, and all five would be \$31 more than the basic \$14.



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 Peter R. Ten Eyck

PARTING SHOT



'CARIBBEAN SUNSET' PHOTO BY PETER R. TEN EYCK WITH CTR 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

