



THE WIRED

THE OFFICIAL PUBLICATION OF JOINT TASK FORCE GUANTANAMO

GTMO LIGHTS UP FOR THE HOLIDAYS

THE WINTER SEASON IS IN FULL EFFECT DURING THE ANNUAL HOLIDAY PARADE AND FESTIVAL

TITAN: THE JSMART DOG

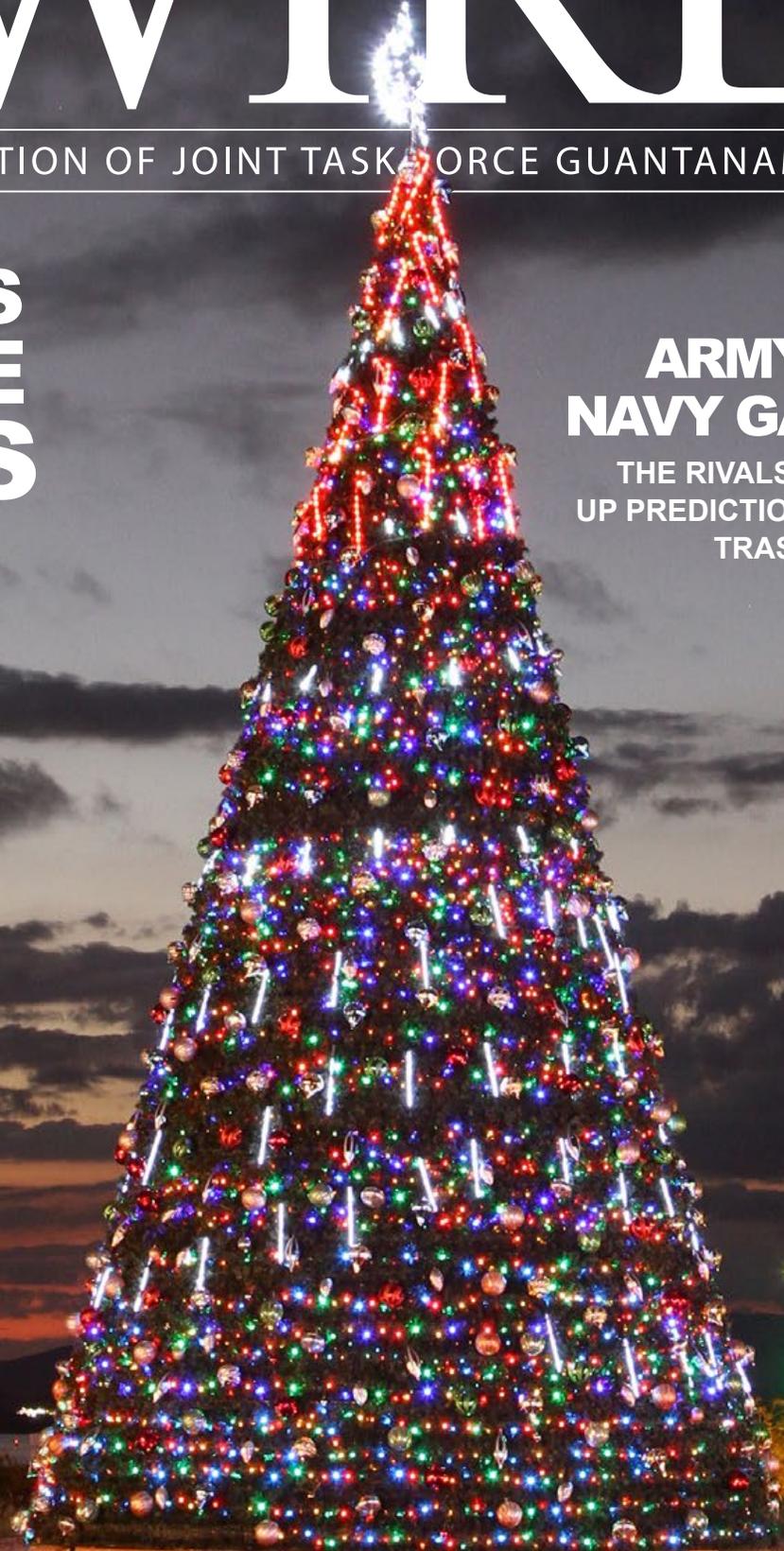
A VALUABLE AND EFFECTIVE MEMBER OF THE JOINT STRESS MITIGATION AND RESTORATION TEAM

THE BEEF

"CAN DO, WILL DO," IS THE MOTTO FOR THE U.S. AIR FORCE PRIME BASE ENGINEER EMERGENCY FORCE

ARMY VS NAVY GAME

THE RIVALS OFFER UP PREDICTIONS AND TRASH TALK



DECEMBER 12, 2014



LT. COL. SCOTT MORRIS
JTF DEPUTY J1

What does serving in the Armed Forces mean to me? I can best explain this by using the phrase, Renters vs. Owners. When you rent a home you usually don't worry about the foundation, structure, roof, heating, ventilation and air conditioning (unless it is not working). When you own a home, you're normally concerned about the entire structure. Every noise, crack or light-bulb becomes a priority

RENTERS VS. OWNERS

because of the 30-year obligation you just signed.

When you first enter the military, as an officer or enlisted, you're a renter. You check out the gym, dining facilities, clubs, medical, dental, and enjoy the steady paycheck. After a few years, you decide if you're going to rent-to-own or leave, though it sometimes takes six to eight years to determine if you're going to make the military a career. If you decide to stay, you then transition toward ownership status. You become a part of the military institution. Any U.S. Air Force Base, U.S. Army post, U.S. Naval/Marine Corps Station or U.S. Coast Guard Port begins to feel like home. You start to pay attention more to the traditions, customs and history of the institution. You gain a greater appreciation for how people act and the sacrifices involved in being an owner.

If you decide to be a renter and leave the military service, that is perfectly OK. You have gained insight into an institution that a small percentage of the population will ever understand. And, if you go on to open your own business: you will most likely become what I like to call, "Patriot Providers," that is, businesses that typically give discounts to active Service members and veterans.

This concept also applies to Guard and Reserve Forces who are more uniquely committed to their communities – active-duty Service members are

typically a more transient force. The Guard and Reserve not only commit themselves to the unit, but are likely deeply involved in community events. This community participation helps to improve the American way of life, and exercises proper American Citizenship.

I enlisted in the U.S. Air Force at the tender age of 17 in 1987, and I have developed a love for this precious institution. I will sacrifice my life to defend this nation against all enemies. A burden I see facing our society is how to make younger Americans take ownership of their country, and understand what it means to be an American citizen. And not just the George Orwell type of citizen from "Animal Farm," but critical thinkers who develop a passion for the American way of life. At times, I think there is a lack of appreciation for what America has accomplished that has led to a sense of entitlement, which is sorely out of balance and needs recalibrating. This becomes our job as veterans, to provide our youth and community with that perspective and show them life and leadership is a contact sport.

Article by
LT. COL. SCOTT MORRIS
JTF DEPUTY J1

JOINT TASK FORCE GUANTANAMO



SAFE



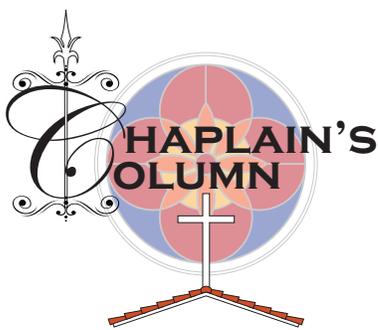
HUMANE



LEGAL



TRANSPARENT



In recent days, the landscape at Troopers' Chapel has been delightfully upgraded with transplanted vegetation, to include a species of plants known as 'mother-in-law's-tongues.' In addition, the chapel is now home to a small palm tree.

Relocating the palm tree was not easy. Generally, using basic gardening tools to relocate a small plant requires little effort. On the other hand, those simple tools make transferring mature plants an exhausting task. For instance, one must dig

TROOPERS RECIEVE TONGUE TRANSPLANTS

deep to remove the root system. Sometimes roots are fiercely entrenched deep in the soil. Oftentimes on GTMO, roots are sandwiched between dense clusters of rocky and rigid coral formations. In order to break through the sturdy floor, a pinch-point railway bar can be used. Jamming a railway bar against rocky clusters can help to crack into the ground to release submerged roots. Certainly, a railway bar can be the vital breakthrough a confined root system needs.

The burdens of life can often be confining. Like tree roots, we can become deeply entrenched in the soil of our shortcomings. Moreover, we can become sandwiched between adamant suffering and heavy-duty turmoil. Does it feel like you're buried deep in a tough situation? Do you feel you're stuck between a rock and a hard place? Do you need a breakthrough in your life?

You may have desperate need for a kind of personal 'pinch-point railway bar' to crack

through your crisis. The LORD is known as 'the God of breakthrough.' When you find yourself without an answer and trapped between rock-hard circumstances you can call upon the 'God of breakthrough.' People wedged in tight and surrounded by what seems to be unbreakable troubles can call out to the 'LORD of breakthrough.' Indeed, He is a Master of breeches! He is stronger than your predicament. He is tougher than your rocky situation. He is able to pierce through and rescue you from that which confines you deep in a troublesome situation.

The LORD is able to pierce through your overwhelming situation. Will you call out to the LORD of breakthrough? (2 Samuel 5:20; Romans 10:9)

Article by
CPT. FRANK VALENCIA
391ST BATTALION CHAPLAIN

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01 **COMMAND & CHAPLAIN**

Not every Service member decides to be a lifer from the first enlistment. Occasionally, it's like deciding if you want to rent or own a home. Do you make the military your own or experience it for a few years?

03 **GTMO NEWS**

This week in GTMO news, 'The Wire' explains Prime BEEF, sits down with GTMO's favorite pet - Titan, reminds you to stay professional and warns you of the dangers of social media.

07 **PHOTO STORY / COVER PHOTO**

The MWR hosted GTMO's annual holiday parade and festival Saturday, lighting up the night sky and spreading cheer to residents throughout the bay with activities for young and old alike.

09 **ENTERTAINMENT & REVIEWS**

No new movies played at your local theaters this weekend. But, our entertainment gurus reviewed holiday classics to get into the season and 'Horrible Bosses 2.'

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**

Have you ever thought about potentially strutting the stage to show the world your hard work and dedication in the gym? Our fitness guru helps explain the process of preparing for competition week.

MOTIVATOR OF THE WEEK

SPC. JUSTIN SIMMONS
420TH MP CO

SRA PATRICK DWIGHT
BEEF



OPSEC EVERYDAY!

It doesn't matter if you're "on-duty" or off. Use OPSEC at all times. OPSEC keeps our sensitive information safe and secure. Use OPSEC both at work and home. Think OPSEC when you're working, while doing recreational activities and while dining at the galley. Remember that information can be gathered anywhere! Don't take a day off from OPSEC, it's a 24-7-365 job! OPSEC never sleeps...

The Wire is an authorized publication for members of the Department of Defense. It is produced by the JTF Public Affairs Office to inform and educate the Troopers of JTF-GTMO. The contents of The Wire are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense or the U.S. Army, Air Force, Navy, Marines or Coast Guard. The editorial content of this publication is the responsibility of the Joint Task Force Guantanamo Bay Public Affairs Office. The Wire is printed weekly by the Defense Logistics Agency Document Services with a circulation of 1,025. It is distributed free to all personnel assigned to the Joint Task Force and is published online.

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COVER PHOTO

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FAVORITE HOLIDAY TRADITIONS

TROOPERS AT JTF-GTMO SHARE CUSTOMS CLOSE TO THEIR HEARTS



SPC. JOSH HADDOCK

420TH MILITARY POLICE COMPANY

"Watching the movie 'Christmas Vacation' on Christmas Eve every year."



PVT. MASON WADSWORTH

420TH MILITARY POLICE COMPANY

"My favorite holiday tradition is going snowmobiling in Wyoming; it's a good time with close family up in the mountains."



**PETTY OFFICER 1ST CLASS
NAOMI JENNINGS**

JTF J2

"My favorite holiday tradition is to open up one present on Christmas Eve, because as a child you wanted to open up your presents, so this gave you a taste of what you were opening up on Christmas morning."

WHO ARE YOU GOING TO CALL?... **THE BEEF!**



Senior Airman Joseph Kohnke of the 474th Prime BEEF team removes air conditioning units off of a truck with a forklift as a part of his job with the BEEF team.

"Can Do, Will Do," is the powerful motto for the U.S. Air Force Prime Base Engineer Emergency Force or BEEF. Their primary mission is sustainment of Camp Justice and the Expeditionary Legal Complex, and additional engineering projects across U.S. Naval Station Guantanamo Bay and Joint Task Force Guantanamo.

"Our primary mission is combat support," said Chief Master Sgt. Donald Andrade, senior enlisted leader of the BEEF team. "Our secondary is emergency response. Our in-garrison mission is the same as down range."

This program changed civil engineering by giving the engineers a wartime contingency mission. This was to ensure there would be a mobile team ready to respond to natural disasters, humanitarian work or wartime duties.

"We are designed to build or repair anything," Andrade said.

The BEEF mission is the same no matter where you go; this is obvious from the different places the personnel come from, ranging from Washington State to Germany.

"It's easy to work with new people, because our mission is all basically the same," Andrade said.

BEEF provides facility and infrastructure support to JTF and Military Commissions operations. The support provided by this unit includes facility maintenance, repair, and minor construction to JTF and the ELC.

"Our mission is the same but a little different here because we are working smaller jobs with a

more condensed team," said Master Sgt. Anthony King of the BEEF team.

BEEF has completed a number of projects since their rotation began, including demolishing the old Trooper Chapel, maintaining gravel roads, and adding shelves to the post office.

"Our mission here is an execution agent for smaller projects," said 1st Lt. Evan Dicks of the BEEF team, "We have professional craftsmen and different technicians that deal with any projects between the Base Operating Support contracts and larger contracts."

The JTF mission is different from the usual BEEF team mission but the requirements are the same.

"We get about 10 work orders a week from JTF. We have reorganized the electrical outlets and panels in the ELC, as well as put up a new partition wall for them," Dicks said.

BEEF engineers have continued to display their "Can do, Will Do" attitude since the start of the program

"We get the satisfaction of getting the job done for the customer, no matter if it's just fixing a toilet," Andrade said.

BEEF has been a program in rotation since October 1964, this October being their 50th anniversary, but there have only been about 15 six month rotations of BEEF teams that have come through GTMO.

Story and photo by
SPC. LIZ SMITH

TITAN: THE JSMART DOG



Titan visits Spc. Chanel Jimenez during his weekly visit to the J4 warehouse on Nov. 19. Titan has been a part of the pet visitation program since August.



Titan, the dog from the Joint Stress Mitigation and Restoration Team in Guantanamo Bay, jumps up to grab a treat from his handler on Nov. 14.

Some people ride a bike to relieve stress. Others take a hot bath to soothe away the day's tensions. But for some, a bark, a hug and a slobbery lick on the cheek from their dog is all they need. For the Guantanamo Bay community, that would be Titan the dog.

Titan can be seen roaming the halls of the Joint Stress Mitigation and Restoration Team office or visiting Service members throughout GTMO with his handler on Monday, Wednesday, and Friday.

Titan is a boxer who will turn 3-years-old on Saturday. As a 24-hour old puppy, he was abandoned by his birth mother and was adopted by Terry Himes. Himes, a Navy spouse here, said he loves coming to work at JSMART, he knows the days and times when he needs to be picked up, if not, he will be waiting and sniffing at his leash with his puppy eyes until they arrive.

"People come here just to see him people who have worked a whole 12-hour night shift ride the bus all the way here from wherever they're working to come play with him to kind of feel like they're back home again," said Petty Officer 1st

Class Robert McQueen, a JSMART psychiatric technician and one of Titan's four handlers.

Titan went through a two-week process in the Red Cross pet visitation program when he arrived in August. A pet's owner would have to be a Red Cross volunteer and feel that their pet is a good fit for the program. An orientation and health screening from a veterinarian are a few steps the animals must take. Nine dogs are currently in the program.

The Red Cross started the program 10 years ago in a small community in Louisiana. Pet therapy and the pet visitation program have spread throughout the world to bring comfort to Service members and the surrounding communities. Although Titan and the other JSMART dogs are not therapy dogs, they can often be therapeutic relief.

"When Service members are visiting with an animal and can pet the animal, scientific research has shown that it reduces blood pressure, it helps reduce stress, and it has a calming effect for people when they are handling animals. This in

itself can be a form of therapy that is provided with our pet visitation program," said Gerry Bailey, the Red Cross station manager here.

Many people look forward to Titan's visits including Spc. Chanel Jimenez from the 40th Infantry Division at the J4 Warehouse.

"Titan reminds Troopers of something back home that they don't have here. It's really easy to forget about how angry you are or how sad you are when you have a distraction like Titan," Jimenez said. "He's happy; he's lovable; he'll kiss you; he'll lay on you, I think a lot of Troopers feel the same way."

To see Titan and other dogs like Rooney and Diego, visit the JSMART office any day of the week.

Story and photos by
SGT. REBA BENALLY

MAINTAINING A PROFESSIONAL ETHIC



Most of the Soldiers, Sailors, Marines, Airmen, Coast Guardsman and civilians here at Joint Task Force Guantanamo are professional and respectful to their colleagues and roommates. Occasionally, someone crosses the line of professionalism and disrespects or offends another Service member.

According to Tech. Sgt. Melissa Hookfin, JTF Equal Opportunity manager, even one incident is too many.

"The key thing to know is, just because no one's complaining, it doesn't mean that someone's not offended," Hookfin said. "Imagine that person sitting in a hostile environment every single day for their entire tour."

Even when there are few cases at an installation, there are many more people effected by each incident. In a worst case scenario, an unrestricted report will be filed, and that will affect supervisors, commanders, family members, subordinates, and friends of both the accused and the accuser, not to mention chaplains, chaplain's assistants, legal counsel, etc.

When a Service member crosses the line and becomes unprofessional with a colleague, it effects the mission.

It also effects the person who was offended. Hookfin recommends one of three strategies for dealing with unprofessional behavior.

The direct approach – talk to the person who is

“**WE ALL KNOW THE POLICY: ZERO TOLERANCE**”

making the offensive statements or conducting the unprofessional behavior.

The indirect approach – have a coworker, or unit EO leaders accompany you to address an issue.

If neither of those work, you have the option to

file a formal complaint.

"Troops have the responsibility to do something," Hookfin said. "We all know the policy: zero tolerance. That policy has been out long enough."

Service members are expected to maintain professional boundaries on and off duty.

"Comments can happen on the ride to work, in the duty section, then off duty," Hookfin said. "It all leads back to the potential for hostility."

There are approximately 2,000 professional men and women deployed here at the JTF, and telling inappropriate jokes, making innuendos, or putting people of either sex in an uncomfortable position is unacceptable.

"If it's not nipped in the bud early, it runs the risk of turning into a hostile environment," Hookfin said. "It boils down to one choice – either you are part of the problem or part of the solution."

Story by
SGT. 1ST CLASS ROBERT FREESE

Photo illustration by
SGT. ADRIAN BORUNDA

HOT TIPS FOR ENSURING SOCIAL MEDIA SECURITY



As the global battlefield continues to change, the U.S. military continually adapts to this environment – and so do our enemies. Terrorist organizations, like ISIS, have become well-versed in using web-based and social media technology to attack Service members, our families and civilian counterparts.

Personally Identifiable Information is one of the main ways the bad-guys are able to gain access to you and your family. Gabe Caraveo, JTF OPSEC Senior Program Manager, says that protecting PII is vital to securing your online presence.

“(PII) is sensitive personal information that, if discovered by the adversary, could have detrimental effects to that individual and ultimately the mission,” Caraveo said. “As of January 2014, it is estimated that 74-percent of online adults use social networking sites. Government sources estimate that our adversaries satisfy 75 to 80-percent of their information collection requirements through unclassified open sources.”

Sgt. 1st Class Trinton Berry, Inspector General non-commissioned officer-in-charge here at Joint Task Force Guantanamo, recommends six steps to improve your online security.

Berry also suggests Troopers review their PII, and remind their subordinates and family members to as well.

Caraveo said the threat from terrorist organizations is valid and credible.

1 Change your account and security settings to minimize external access to your accounts

2 Never post information or photos that contain your address, house or street signs, phone number, email address or license plate information

3 Wait to post vacation or trip photos until after you return home

4 Only “friend” people you know

5 Apply OPSEC rules to your social media communication

6 Do not use “geo-tagging” apps and limit use of other apps, as they normally sell your PII to third parties

“On September 16, 2014 ISIS called for ‘Lone-Wolf’ attacks on the West,” he said. “The message was very detailed and provided guidance on how to build and use different types of weapons to carry out lone-wolf attacks. It would stand to reason that family members of DOD personnel would probably be more of a target than actual service members.”

One of the biggest things Service members can do to protect themselves and their family is to practice good online situational awareness and add good OPSEC practices to their social media sites.

“OPSEC plays a vital role in online security by giving service members the tools they need to safe guard their information,” Caraveo said. “Facebook and Twitter have all the information an adversary would need to successfully plan an attack on a Service member or their family.”

For more information on how to protect yourself on specific social media sites, contact the J2 or visit the FBI website.

Story by
SGT. 1ST CLASS ROBERT FREESE

Illustration by
SGT. RICK HOPPE



GTMO LIGHTS UP FOR THE HOLIDAYS



The winter season is in full bloom on Guantánamo Bay after the Morale Welfare and Recreation center hosted their annual holiday parade and festival Saturday.

The festivities started just after sunset, kicking off with the holiday parade extending down Sherman Avenue from Satellite Communication Systems Inc. to the Downtown Lyceum. Members of the community decorated different floats, supporting their units, national organizations such as the Boy Scouts and Girl Scouts of America, the fire department and much more.

“Today we had roughly 38 floats,” said Stephen Prestesater, MWR community activities director.

Although there weren’t as many floats as last year, Prestesater said that there were bigger and more elaborate floats this year.

With very few float worthy materials on GTMO, the builders made due with what they had and with that, creativity was not lacking.

“We watched the parade from the side of the road; there were a lot of good floats. I think my favorite was the gingerbread house, and the truck that was making snow,” said Rachel Bohyer, a GTMO resident.

While part of the community participated in the parade, the other part lined the streets, cheering and grabbing candy as they went by.

“I think it was great that everyone really came out,” Prestesater said. “I’ve been doing this now for three years, and we actually had more people out there enjoying the parade.”

Following the parade, everyone headed to the Downtown Lyceum to continue the fun. There were dance performances, face painting, photos with Mr. and Mrs. Claus, and the evening concluded with a magician.

Bohyer said that her family really enjoyed the magic show and loved the added comedy in the performance.

The parade and holiday festival was designed to bring the community together and get everyone in the holiday spirit.

“I’m used to being away from home because of the military. We’re used to it, but each station is a little bit different, and this one has been good so far,” Bohyer said. “It’s been very festive, the lights, everything, the community’s been great.

Story and Photos by
SPC. AMBER BOHLMAN



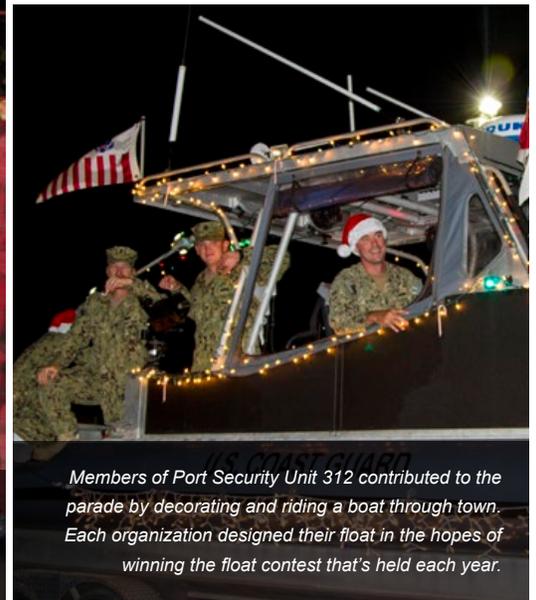
Members of the GTMO dance team pass out candy and march behind their float Saturday during the annual holiday parade here. The parade was made up of multiple organizations from around GTMO and contained about 38 floats.



Stilt walkers and box elves posed for photos while members of the Guantanamo Bay captured photos with and of them. The box elves were members of the 670th Military Police Company, while the stilt walkers came all the way from Florida to attend the event.



Sobran Inc. employees and their families waved to onlookers as their float made it's way down Sherman Avenue here. At the end of parade all of the floats were judged and Sobran Inc. won 1st place.



Members of Port Security Unit 312 contributed to the parade by decorating and riding a boat through town. Each organization designed their float in the hopes of winning the float contest that's held each year.

REVIEW / JACK FROST



It only makes sense for someone named "Freese" to do a Holiday movie review of the 1979 stop-motion animated TV special "Jack Frost."

I could simply write a traditional movie review, but that would be boring.

There is a parallel that fits with life here on Guantanamo Bay – the Army.

As the story develops early on, Jack sings that it's lonely being one of a kind. That sounds very much like, "It's lonely at the top," a phrase I've heard uttered from the lips of many a first sergeant.

And also like a first sergeant, Jack's job is to take care of people. He does this by providing the town-folk with ice-coins – not real money. Just like Top does when he hands out unit coins that don't have any real monetary value.

Eventually, Jack falls in love with a young maiden who represents the lower enlisted. Obviously, this goes against everything in AR 600-20 about fraternization, so Jack accepts a demotion from his unit commander, Father Winter, and becomes "human," (something else that first sergeants try very hard to become).

Father Winter volun-tells Snip, the quartermaster who makes snowflakes and Holly, a young private who looks like the illegitimate offspring of Jack Skellington and Cindy Lou Who, to look after Jack and make sure nothing happens to him.

The conditions Father Winter puts

on making Jack human, basically set Jack up for failure. He must buy a house (at a reduced pay-grade), obtain a horse (despite high interest rates), obtain a bag of gold (in a depressed economy) and marry someone.

Unfortunately for Jack, his love, Elisa, has her eyes on a young Cav. Scout in golden Improved Body Armor, named Sir Ravenal Rightfellow. Epic fail Jack.

The story is told by an opportunistic groundhog (voiced by legendary comic Buddy Hackett), who makes a back-room deal with Jack to extend his benefits (sleep-time) in exchange for six additional weeks of being the first sergeant. Pardon-Me-Pete the groundhog could be anyone in the JTF.

The moral of Jack Frost is, do not engage in unauthorized fraternization, and I give the made for TV movie five stars for it's ability to deliver a solid command message.

Movie review by
SGT. 1ST CLASS ROBERT FREESE

REVIEW / WHITE CHRISTMAS



The beginning of the movie shows a tiny, snow-covered town that looks very welcoming – a place you probably wouldn't mind spending Christmas. As the camera pulls back, it becomes apparent the town's simply a back drop to a stage performance with a Christmas tree and a small band of a performance by Capt. Bob Wallace (Bing Crosby) and Pvt. Phil Davis' (Danny Kaye). It is Christmas Eve. The real background is destroyed buildings with rubble everywhere. What's left of the standing walls reflect flashes of distant explosions. The audience is a group of men dressed in 1940's Army green with all their gear and weapons. Wallace and Davis are still performing as if they were at Radio City Music Hall.

Maj. Gen. Thomas F. Waverly (Dean Jagger) limps into the crowd, unnoticed, to listen to the festive show; after a few songs, Wallace mentions that Waverly was unable to make the show and that his title as a major general was coming to an end. That is when Waverly yells, "Attention!" to the crowd. He walks up to the stage and starts yelling at the men telling them how good they had it with himself as the commanding officer and that his replacement will turn them into real Soldiers. Waverly continues to say with a smile that they are the best unit he had ever worked with. The men all cheer and all sing praises to their commander.

When Waverly leaves, the crowd

gets attacked with planes flying all around them. Davis saves Wallace from a falling building. When Wallace comes to Davis to thank him in the hospital, Davis asks Wallace if he would like to be in a duet singing group. That is when the groups singing career takes off after the war is over.

White Christmas is a movie made in 1954, directed by Michael Curtiz (Director of The Adventures of Robin Hood, 1938 and Casablanca, 1942). It's a post World War II musical romantic comedy about two old Army buddies, Wallace and Davis, becoming a famous duet group. The duo come across a sister act, Betty Haynes (Rosemary Clooney) and Judy Haynes (Vera Ellen) who are headed to a Vermont ski resort during the holidays to perform. When the two couples find that Wallace and Davis' old commander, Waverly, is the owner of this resort, the group, along with their old WWII unit, surprise Waverly with a Christmas performance he won't forget.

White Christmas is a classic military/holiday movie that everyone will enjoy. I give it five stars.

Movie review by
SGT. REBA BENALLY

IN THEATERS THIS WEEK

	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	
DOWNTOWN	Big Hero 6 PG, 7 p.m. Interstellar PG13, 9 p.m.	Exodus: Gods & Kings (NEW) PG13, 7 p.m. Nightcrawler R, 9:30 p.m.	Beyond the Lights (NEW) PG13, 6:30 p.m. Dumb & Dumber To PG13, 8:30 p.m.	St. Vincent PG13, 7 p.m.	Ouija (LS) PG13, 7 p.m.	John Wick (LS) R, 7 p.m.	Horrible Bosses 2 R, 7 p.m.	DOWNTOWN
BULKELEY	Beyond the Lights (NEW) PG13, 8 p.m. Nightcrawler R, 10 p.m.	Interstellar PG13, 8 p.m. John Wick (LS) R, 11 p.m.	Exodus: Gods & Kings (NEW) PG13, 8 p.m.	* LYCEUMS CLOSED	Ouija (LS) PG13, 8 p.m.	* LYCEUMS CLOSED	St. Vincent 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 / HORRIBLE BOSSES 2



Jason Bateman, Jason Sudeikis and Charlie Day are back to inspiring some of the worst criminal activity ever as Nick, Kurt and Dale in "Horrible Bosses 2." The title is a little bit ironic for the second film when the trio goes into business for themselves, trying to market an invention found only in late-night infomercials and in-flight catalogs. But if irony is the only downside to this film, who cares, right?

Considering all the lousy reviews stating that this movie couldn't measure up, wasting an all-star and highly talented cast, maybe we

should listen to the critics – or maybe we should think of this like many new comedies coming out these days: a bunch of funny characters hanging out, doing what they love, messing around a bit and sharing it with anyone who cares to pay attention.

Honestly, almost every aspect of this film could've used more creativity, the villains weren't very evil or original, the scenes didn't meld together, or seemed awkwardly placed or lacking transition, and the star trio wasn't presented large enough obstacles. But did I laugh pretty much the entire 108 minutes?

Hell yes I did. So again, who cares, the cast works well together, and I wouldn't hesitate to see the trio in a stand-up improv setting. Well, then and my favorite dentist ...

Of course the film wouldn't be complete without bringing back Dr. Julia Harris (Jennifer Aniston), Dean "Mother F@#%?!" Jones (Jamie Foxx), and Dave Harken (Kevin Spacey). It also introduces the newest duo of villainous characters, Rex and Bert Hanson (Chris Pine and Christoph Waltz), who become the catalyst for the trio's attempt at crime in order to free themselves from an

otherwise inescapable situation.

In the end, don't expect the cast to win any Golden Globes or get nominated for any awards. Don't expect a deep plot with edgy twists and immense acting. Expect to see a film that induces laughter with borderline offensive comedy, ridiculous improv and sexually explicit hilarity. After that, stick around for one of my favorite parts, the outtakes.

Movie review by
SGT. RICK HOPPE

MWR

SPORTS STANDINGS

BASKETBALL LEAGUE

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

RACQUETBALL LEAGUE

SINGLES - MALE

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

SINGLES - FEMALE

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

DOUBLES

01	Baseden / Parker	3-0
02	Campbell / George	0-1
03	Wolf / Ferguson	0-2



ARMY - NAVY GAME: BOTH SIDES GIVE PREDICTIONS



The Guantanamo Bay Army vs. Navy rivalry flag football game will be held at Cooper Field, Friday. The Navy coach is Timothy Hall, and Army coach, Martin Rivera.

The game will be dedicated to the traditional Army-Navy rivalry football game held at the M&T Bank Stadium in Baltimore on Saturday. The Navy Midshipmen and Army Black Knights have played against each other since 1890.

Julius McManus, the GTMO Navy's team coordinator gave his perspective on the service school rivalry.

"The Army-Navy game is one of the most traditional and enduring rivalries in college football with a record of 58 Navy wins, 49 Army wins and seven tie games," McManus said. "This game is more than our two academies meeting on the field, this is a great opportunity for two of the oldest branches of service to show pride in serving the greatest nation in the world."

Rivera explained the qualities of both GTMO teams.

"I believe the Navy team is fundamentally sound. In what I have observed, they are fast, their receivers run good disciplined routes, and their quarterback appears to be accurate," Rivera said. "However, we too are fast, run excellent routes and both our quarterbacks are not only accurate but exceptionally quick."

The GTMO Navy team has been together

longer than the Army team but that doesn't stop Rivera from believing his team will be this year's winner.

"While the Naval faithful will holler and cheer with all their might, the loyal Navy players and fans will want victory with all their hearts. Cooler heads will prevail and tell the Navy not to bet the farm," Rivera said. "Army wins!"

Hall gave his input and believes this is a great way for the base to come together and demonstrate service pride.

"I predict this year will be a great game and I look forward to seeing all the blue and gold, black and gold in the stands supporting and cheering for their respective teams. It's an honor to play against our brothers and sisters in arms in this very historical game," Hall said. "But I do see the Navy beating Army 24-17. Last time I checked this is our house and we will protect and defend this house! Go Navy beat Army!"

Come to Cooper Field on Friday night to cheer on your team. The women's game starts at 7p.m. and the men play at 8:30 p.m.

Story by
SGT. REBA BENALLY

Photo Illustration by
SGT. RICK HOPPE



As we get closer and closer to the end of the season, I thought this would be a great time to look at where we are. As we all could've guessed, the Raiders are bringing up the rear with a rather impressive 2-11 record after defeating San Francisco 24-13 this week. The Jaguars lost to the Texans 27-13, Tampa Bay lost to the Lions 17-34, the Vikings won at home against the Jets 30-24, the Panthers stole one from the Saints 41-10, the Titans lost to the Giants 7-36, the Steelers won in convincing fashion against the Bengals 42-21, the Rams shutout Washington 24-0, the Bears just couldn't get it together enough and lost to the Cowboys 28-41, the Ravens beat the Dolphins 28-13, the Colts narrowly won against the Browns 25-24, the Broncos survived a late surge to outlast the Bills 24-17, the Chiefs were outscored in the second half 11-0 against the Cardinals – the defensive hold needed gave the Cardinals a win 17-14, the Seahawks continue their run to supplant the Cardinals in the NFC West with yet another win against a tough Eagles team

24-14, and the Patriots are looking like they expect a trip to Glendale in February beating a solid Chargers team 23-14. In "Monday Night Football" the Packers held off the Falcons' late rally to win 43-37.

GAME SPOTLIGHT

Well, what can be said about the Bears rather disappointing display Thursday night at home, other than it's what we have come to expect? The first quarter was a defensive battle, rather expected from the Bears, but I guess the fact that Dallas couldn't convert can be chalked up to the cold and unfriendly environment of Soldier Field in Chicago. Whatever it was, Dallas quickly adjusted and came out strong in the second quarter, and it seemed like the Bears had no answer. Great field position and DeMarco Murray helped run the ball down the Bears territory ending in a Murray touchdown. At the end of the half, the Cowboys led 14-7, and it didn't end there. The Cowboys would go on to score another 27 points in the second half. Despite a late 21-point rally by the Bears in the fourth, it just wasn't enough and the Cowboys left the bitter cold of Chicago with the win 41-28.

Article by

SGT. ADRIAN BORUNDA



Well, now we know why I don't work for ESPN. Only one of the four teams I predicted made it into the inaugural College Football Playoffs – No. 1 Alabama. No. 2 Florida State, No. 3 Oregon and No. 5 Ohio State were all invited to the big dance. The selection committee skipped over No. 4 Baylor despite their impressive win over a tough Kansas State team that finished No. 11 in the final Associate Press college football poll. Ohio State's absolute dismantling of the favored Wisconsin, 59-0, was enough to sway the committee in favor of the Buckeyes – the College Football Playoff rankings and AP poll are not the same ranking system.

When the final whistle blew Saturday,

and the regular season concluded, ultimately representatives from the power conferences made it into the inaugural playoffs and the chance to play for a national championship. Though the season was full of dark horse contenders, there were no Cinderella teams invited to the party.

There's only one game this weekend, Army vs. Navy. Very few give Army a real chance at winning, but crazier things have happened this season. However, if the Navy team that narrowly lost to Notre Dame takes the field Saturday, Army can only hope their ACU camouflage pattern can mask the shame of yet another loss.

"America's Game," is the 114th meeting between the two service schools. Navy holds the advantage in the series with 58 total wins, including the last 12 match-ups. Army has won 49 games, and there have been seven ties.

A local gypsy recently read my tea leaves and told me that even though the Army Black Knights have the much cooler mascot, the Navy Midshipmen have the better team. Navy extends their winning streak to 13 in a fairly one-sided game.

Article by

1ST LT. MACARIO MORA

NFL PLAYOFF STANDINGS

NATIONAL FOOTBALL CONFERENCE

No.	TEAM NAME	Record
01	Arizona	10-3
02	Green Bay	10-3
03	Philadelphia	9-4
04	Atlanta	5-8
05	Seattle	9-4
06	Detroit	9-4

AMERICAN FOOTBALL CONFERENCE

No.	TEAM NAME	Record
01	New England	10-3
02	Denver	10-3
03	Indianapolis	9-4
04	Cincinnati	8-5
05	Pittsburgh	8-5
06	San Diego	8-5

COLLEGE TOP 25

No.	TEAM NAME	Points
01	Alabama	1,452
02	Florida State	1,436
03	Oregon	1,426
04	Baylor	1,265
05	Ohio State	1,262
06	TCU	1,257
07	Michigan State	1,105
08	Mississippi State	1,070
09	Mississippi	976
10	Georgia Tech	876
11	Kansas State	875
12	Arizona	819
13	Georgia	745
14	UCLA	663
15	Arizona State	602
16	Missouri	599
17	Wisconsin	542
18	Clemson	509
19	Auburn	450
20	Louisville	406
21	Boise State	368
22	LSU	221
23	Utah	134
24	USC	112
25	Nebraska	79

PREPARING FOR GTMO'S FITNESS & FIGURE COMPETITION

Deciding on a new workout plan is very difficult. As I say every week, there are so many factors to consider that will affect what regimen you are able to begin. I usually try to write enough to be useful to everyone but that makes it difficult to go into detail. This week, I want to discuss a specific goal: entering the fitness and figure competition in May, 2015. Joseph Belt, MWR fitness director, said it's ideal to start planning about a year out. Just because we are inside that window, doesn't mean it's too late to start. It's important to get into a good workout plan now.

The next few months should be spent focusing on muscle building. You need to get your muscle structure as large as possible. Proper form is the most vital thing to focus on. Belt said if you go into the gym and throw around a bunch of weight, it won't help as much as taking it easy and doing things properly.

"You should work on technique and form and master that, then gradually add weight," Belt said. "You should start seeing pretty drastic changes after about 5-6 weeks."

About half way through (5 or 6 months out of a yearlong plan), you should switch to toning. This phase will require you to change your regimen a bit, but mostly it's about a strict diet. Nutrition is 80 percent of being fit. Belt said the red, yellow and

green charts in the dining facility should be used more when deciding what to eat for each meal. For more information, it's best to speak to a nutrition expert who can help figure out what's best for your individual requirements.

The very first step is to decide you want to get more fit. The second, and most important phase, is actually getting to the gym and implementing your plan. There are no excuses with free access to a 24-hour gym. For more information or help, you can see any of the trainers at the Denich gym or contact Joseph Belt at x2065.

ARTICLE BY
SPC. MONIQUE QUINONES
JTF MEDIA RELATIONS



Here's to hard work. Here's to ordering a salad when you really want a burger. To making a fool out of ourselves in cardio hip hop class. To drinking more water than seems humanly possible. To going five more minutes on the elliptical. To say 'forget you' to the old you. To falling in love with the you who you want to become. To looking in the mirror and not seeing any change, throwing on your running shoes, and working out anyway. To looking in the mirror and seeing major change. Here's to carrots, and shin splints, and sweaty T-shirts, and perseverance, and sore muscles, and stinky socks, and 7 a.m., and spin classes, and falling down and getting back up, and bottled water. Here's to getting up every day and doing it all over again. — Anonymous



JSMART SPOT

▲ JSMART HELPER: TITAN

THE PAIN BEHIND PAINKILLERS

"My knee hurts so bad I'm going to take the Percocet my dentist gave me after my wisdom teeth removal. It's a pain killer it should be fine."

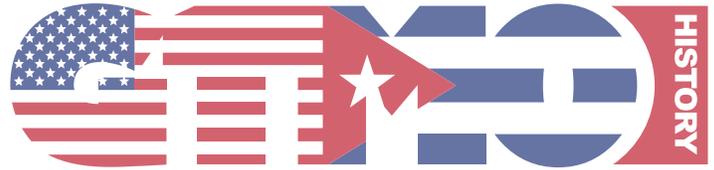
Does this sound familiar? If so, it's because self-medicating and prescription abuse is on the rise. A recent study suggested that 52 million people last year admitted to taking medication for reasons other than its prescribed purpose, which equates to 1-in-5 Americans. Unfortunately, prescription abuse is a military reality as well with a rate of abuse roughly 25 percent higher than the national average.

No one intends to push their family and friends away, lose their career and suffer financial strains when they take that first pill. But those are some of the potential consequences of getting addicted to prescription pills. With habitual use of substances, tolerance is created. Tolerance means it takes a larger dose or

more of the substance to achieve the same response or feeling. With higher levels of tolerance, there is an increased chance of overdose. In fact, 45 Americans on average die each day from prescription drug overdose. That's over twice the deaths caused by heroin and cocaine combined.

Luckily there is a solution to this growing epidemic. When prescribed a medication, be aware of the dosage. Only take the medication for its intended purpose and prescribed length of time. Addiction can gradually sneak up on you, and it may be hard to tell if you are addicted. If you feel that you may have substance related concerns (to include alcohol abuse), speak with your health care provider to review your options and receive appropriate care.

Article by
PETTY OFFICERS 2ND CLASS
ROBERT MCQUEEN &
ARIANNA LOAIZA



GUANTANAMO DECEMBER 2012



Harry Henry, 82, rear, and Luis La Rosa, 79, front, leave GTMO at the end of a work day on Dec. 13, 2012, where they worked since their late teens. La Rosa and Henry were the last of hundreds of Cubans who once made a daily commute to work here. (AP Photo by Suzette Laboy)

In late December 2012, motor pool welder Luis La Rosa and office worker Harry Henry retired from U.S. Naval Station Guantanamo Bay. This marked the end of Cuban employees at GTMO. The two men made the hour-long commute from the city of Guantanamo for more than 50 years. La Rosa, who worked at the base for 54 years, started when he was 18, and Henry when he was 17 and worked here for 62 years. Both men said neither Cuba nor the U.S. ever asked them to spy for either side. "They make fun of us and say we are communists over here," La Rosa said. "And when we get back over there, they say we're imperialists." Fewer than 30 Cubans still live on GTMO, but La Rosa and Henry's retirements marked the end of an era here.

Article by
SGT. 1ST CLASS ROBERT FREESE



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



'BIGGY IGGY' 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