

THE OFFICIAL PUBLICATION OF JOINT TASK FORCE GUANTANAMO

THE WIRE

March 25, 2016



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DEATH MARCH**

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GTMO PROFESSIONALISM

Over the past few weeks, the men and women of Joint Task Force Guantanamo have had the privilege of hosting a number of visits by senior civilian and military leaders. When you consider the importance of our mission, the amount of interest it generates is not surprising.

Day to day, you can hardly turn on your television, radio or surf the Internet without coming across mention of the Guantanamo Bay detention facility, and I expect we will remain in the spotlight for some time to come.

Despite this scrutiny, our commitment remains, as always, to carry out the mission with utmost professionalism. That commitment is steadfast and does not go unnoticed. During his recent visit, the Chairman of the Joint Chiefs of Staff, Marine Gen. Joseph F. Dunford Jr., said, "When it comes to American values demonstrated on a day-to-day basis, we don't have to hide what's going on at GTMO from anybody."

He is absolutely correct and every GTMO visitor we host comments on your professionalism and positive attitude. As the Chairman noted, you take great pride in

our mission. You understand our mission's importance to our Nation and the fact that the tactical work we do has a strategic impact that can be felt worldwide. The Chairman called our mission a "crystal ball" ... something we can't afford to drop because it will break and cannot be repaired. We protect it by recognizing that consistency is key and complacency is our enemy.

None of us can predict what tomorrow will hold, but whatever the future of this Task Force, one thing that will NOT change is something the Chairman clearly saw during his visit, and something I have the privilege of witnessing every day: Trooper pride.

The Chairman said, "I am proud of the young men and women that are doing what they are doing every day and the manner in which that facility is operating every day". I wholeheartedly agree, and I am honored to serve alongside you because of it. Thank you. Honor Bound!

Article courtesy of

NAVY REAR ADM. PETER J. CLARKE

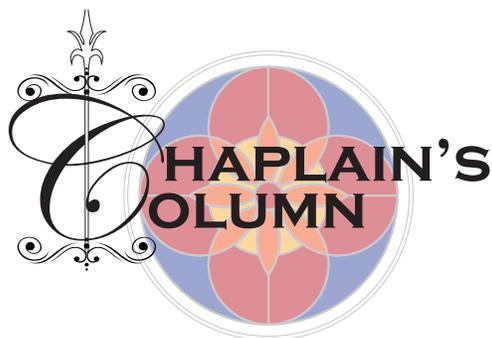
Commander, Joint Task Force - Guantanamo Article



NAVY REAR ADM. PETER J. CLARKE

Commander, Joint Task Force - Guantanamo

FIND OUR PURPOSE, FORGET THE PAST, FACE THE PRESENT



We must take advantage of every opportunity that comes our way to fulfill our purpose in life. Unfortunately, we have deadlines, commitments, problems, priorities, distractions and obstacles. Though we really want more fulfillments from each day, it just doesn't seem to be within our grasp. To help us, Apostle Paul describes his own philosophy on life in Philippians 3:7-16.

1) Find Our Purpose.

If I were to ask, "What is your purpose in life?" I would probably get several different answers. Be a good wife or husband, a good mother or father, do my job better, a good teacher, nurse, mechanic, salesperson and so on. Those answers would be good, but

they are all secondary purposes. What I am really asking is, "What is your reason for living?" Everything in creation has a primary purpose, or a reason for existing. For anyone or anything to be successful, it must fulfill that purpose. What is yours? For Paul, it was to be like Jesus.

2) Forget The Past

There are two elements of the past that we must forget. First, "Forget the Bad." Paul, just like all of us, had a past to forget. Maybe we had a bad experience or maybe we did something long ago that we regret, but we must forget the past! It's over. It's done. It's gone. It cannot hurt us anymore. There is nothing we can do to change it. The only thing that we can do is, "forget it and move on." Second, "Forget the Good."

Many people zero in on one good period of time in their life and spend the rest of their lives trying to relive the past. Maybe it was high school, college, when you first got married, when the kids were young, etc., but Paul knew that a good past was not enough to guarantee a meaningful future. Remember, God never consults your past to determine your future.

3) Face the Present

It is easy to live in the past and easy to dream away the future. It is a real challenge to face the present, because it means we can no longer allow ourselves the luxury of saying, "One of these days, I'll do something about my temper, my commitment to God, my health, my responsibility to my family and so on." Facing the present means that we choose to live life as it comes to us day by day; not in the past, not in the future, but right here and right now.

If we would only learn to follow Paul's example in this scripture, we can learn to make the most of every opportunity and live life to the fullest, no matter how hectic your life may seem. God does not want us to waste our lives away. He wants us to seize the moment and live every day of our lives with a purpose. Remember, it's not going to happen yesterday, so we must forget the past. We cannot put it off until tomorrow, because tomorrow never comes. It has to happen right now, and it will if we will seize the moment.

Article by

ARMY CHAPLAIN CAPT. RONNIE G. DETTMER *JTF GTMO Chaplain*



LEADERSHIP & CHAPLAIN

The Joint Task Force Commander thanks you for your professionalism and positive attitude. The chaplain encourages to find your purpose, forget the past, and face the present.



GTMO NEWS / COVER PHOTO

Read about Philip's dive park's face lift after two decades of storms. Troopers celebrate St. Patrick's Day with the Wee Bag Band at O'Kelly's Irish Pub.



PHOTO STORY

The 525th MP Bn. hosts the 2nd annual Shadow Bataan Death March. The memorial march honors the American and Filipino POW's who served during World War II.



ENTERTAINMENT

Four new movies were released here last week, check out reviews on two of them inside this week's Wire as we divulge on "Divergent" and "10 Cloverfield Lane".



SPORTS

Troopers run with their pets in the Navy's first Lucky Dog 1K/5K race. Ultimate frisbee games take off with neck and neck competition.



HEALTH & JSMART

JSMART gives advice on how to protect yourself from disease with cleanliness. Learn the warning signs of anger and how to deal with it constructively.

MOTIVATOR OF THE WEEK

AIR FORCE
TECH SGT. THOMAS SCHUTE
 PRIME BEEF

ARMY
PFC. VIEN LAM
 JDG

COVER PHOTO CAPTION

Marine Gen. Joseph Dunford, Chairman of the Joint Chiefs of Staff, visited U.S. Naval Station Guantanamo Bay, Cuba March 9, 2016. His visit included a tour of Camp V and Camp VI with Joint Task Force Commander Navy Rear Adm. Peter J. Clarke.

BEWARE OF THE SHOULDER SURFER

Surfing the waves is fun, but shoulder surfing is something to watch out for! Identity thieves can get your information by standing behind you at the ATM while you enter your personal identification number. It can also happen at the store if you use a debit card and enter a PIN to pay for your purchase and get cash back. It can even happen when opening a door that requires a code for entry. Make sure you know who is around you and cover the keypad while entering your PIN or entry code. Keep your information safe, use OPSEC!

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 BY

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DIVE PARK RECOVERS FROM TWO DECADES OF STORMS

Philips Dive Park, located at U.S. Naval Station Guantanamo Bay, Cuba is undergoing renovations to repair the damage caused by Hurricane Sandy and the previous tropical storms of the past two decades. The sheltered beach provides instructors and students quick access to ideal diving conditions.

"Philips is back just far enough in the bay and on the other side of the cliff that it's sheltered from the prevailing easterly winds," said Rudy Rudolph, a local dive instructor here. "You might experience some chop, but it's still very nice and diveable when the exposed beaches on the ocean side are closed during high winds."

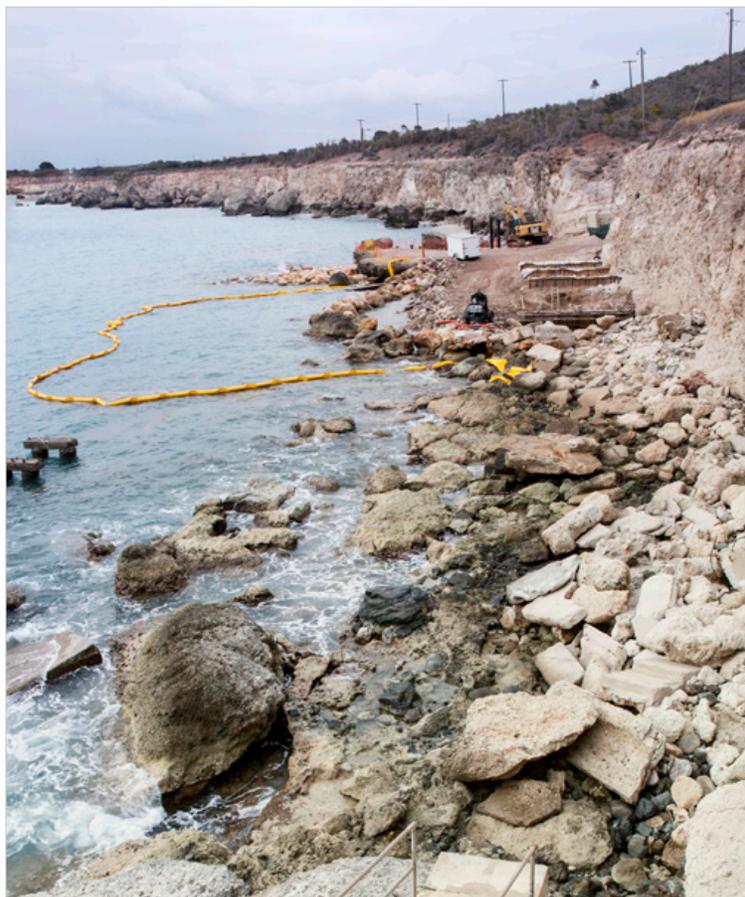
Rudolph said the beach location within the bay is excellent for visibility. This is because it receives fresh ocean water more than beaches farther inland, which have cloudy water and reduced visibility.

"Philips Dive Park is not just a great place to learn to dive, it's probably the safest place on the island," said Bill Keenan, a civilian dive instructor here. "It's a good controlled environment and has just about everything you want to see."

Another fundamental benefit for outdoor enthusiasts is the convenient approach to the beach and its variety of wildlife.

"It was probably the most popular place to dive from because of easy access, amenities for cleaning your gear and the phone on site to call in our dive plan as required," said Rudolph.

Historically, the beach had ample parking and a recreation area to relax, rest and enjoy an outdoor lunch.



Hurricane Sandy Waterfront Repairs is currently under construction at U.S. Naval Station Guantanamo Bay, Cuba. The goal for the renovation is installment of a small parking area, a diver's platform, ingress/egress stairs, a ramp, as well as showers and a washdown tank. The beach improvements are tentatively scheduled to be completed in July 2016.



A historical photo from 1995 shows a diver's platform and spacious parking area at Philips Dive Park at U.S. Naval Station Guantanamo Bay, Cuba, prior to the damage caused by Hurricane Mitch in 1998. The natural stone pier, showers and picnic area were reduced to rubble and access to the beach was limited to the southern entrance only. (Courtesy historical photo provided by Reef Raiders.)

Keenan said the parking area comfortably fit approximately 35 cars, which was all erased by storms by forcing users to park on the northern end in a space only large enough for three to four cars. The dive club Reef Raiders teamed up with the Navy Seabees to plant utility poles and install plumbing for new showers and a large wash tub for divers to rinse their gear.

"In the heyday, around 1994-95, there were showers at the southern end where you see the stairs coming down the bluff and there was a canopy with picnic tables where everybody could sit down," said Keenan. "By 1998, hurricane Mitch caused the majority of damage on that end."

The cove is a popular area despite parking issues.

"The parking isn't as critical as is access to this beach, which has shallow to deep diving and some of the best coral formations in the area," said Rudolph. "We're spoiled beyond belief when you can have the availability of anything you can imagine in a dive being so close in a protected area; it's just phenomenal."

In October 2012, Hurricane Sandy added to the damage left by Hurricane Mitch and other tropical storms.

"Mitch came through and did some damage as well as other storms, but Sandy put the icing on the cake," said Keenan. "It took out or damaged all of the improvements and structures."

According to Tony Owczarzak, construction manager at the Public Works Department at here, the waterfront project includes facilities tailored to divers, a parking area and a breaker wall to reduce the intensity of larger waves. The waterfront construction is tentatively scheduled for completion by July 1.

Article and photos by
ARMY STAFF SGT. MATHIEU PERRY

WEE BAG BAND RETURNS IN TIME FOR ST. PATRICKS DAY



Members of the Wee Bag Band perform for Troopers on March 18, at O’Kelly’s Irish Pub at U.S. Naval Station Guantanamo Bay, Cuba.

On Friday nights, O’Kelly’s Irish Pub on U.S. Naval Station Guantanamo Bay, Cuba, fills to the brim with service members and civilians alike. In the midst of the noise and commotion, sweet musical notes weave its way through the crowded space slowly drawing the attention of the crowd. As the crowd quiets to hear the song, the band bursts into a lively Irish jig, starting off the set with excitement.

The Wee Bag Band played March 18 at O’Kelly’s Irish Pub as a part of their third tour with Armed Forces Entertainment.

“It’s very kind to be invited back; we believe it is the first time that a band has been invited back three times,” said Paul Strummer, a guitarist with the Wee Bag Band. “We were kindly offered to tour with the AFE three years ago and we have been touring with

them ever since.”

The band kept O’Kelly’s full of lively music for hours on end. Joint Task Force Guantanamo Troopers sang along with many of the songs, and more often than not tapping their feet along with the energetic melodies of the Irish tunes.

“We had a really good turnout,” said Ansley Childree, the special events manager for GTMO. “We didn’t expect people to be up close to the band and singing along. It looked like everyone had a really good time.”

It is always a treat when Toopers can enjoy a live band.

“I really enjoy having live music,” said Joshua Hanna, a Navy corpsman with the hospital here. “It’s good music, I really like it.”

Strummer said there are three genres to Celtic music: traditional, which consists of the old tunes of long ago, popular Irish music and contemporary Celtic music. The Wee Bag Band strives to play a mix of all the genres. On the band’s website, it states, “The charm of Irish music lies in its ability to appeal to people of all ages.” This is an essential part of its spirit and allure.

“People enjoy Irish music,” said Strummer. “We would like to say our music is non-generational. It covers all ages, they (the audience) come to enjoy it and dance, and if they do, it encourages us to go harder and faster.”

According to the band’s website, their music is “Thrash Paddy meets Jed Clampit.” These gentlemen are lively and full of laughs. They are obviously very passionate about the music they play and are more than happy to share it with their audience.

The band normally plays in smaller venues with the crowd up close and singing along. They were definitely more comfortable in O’Kelly’s than when they played on the stage of the Windjammer Ballroom the last time they were here, said Childree.

The band performed into the late hours of the night with the audience singing along during and cheering after every song. The night was full of enjoyment, which suited this week’s St. Patrick’s Day festivities.

“As long as people enjoy them (the songs), then we do,” said Alan Basher, the percussionist of the Wee Bag Band.

Article by

ARMY SGT. CHELSEA R. GARCIA

Photos by

ARMY SGT. MATT YOUNG

TROOPERS SOLVE SLIPPERY SHAMROCK MYSTERY GAME



Troopers scope out the room during the murder mystery dinner at the Morale, Welfare and Recreation library at U.S. Naval Station Guantanamo Bay, Cuba, March 19. MWR brought the mystery game to GTMO so Troopers could enjoy something that is increasingly popular back in the states.

Approximately 20 participants tested their luck and took on the responsibility of detectives to solve the mystery of who murdered the pub owner of Shakin' Shamrock at the Morale, Welfare & Recreation and library-sponsored event, March 19, at U.S. Naval Station Guantanamo Bay, Cuba.

"It is a partnered event among MWR and the library, where we have an evening of dinner as well as the mystery game," said Sarah Kadis, program coordinator for MWR Liberty Center. "MWR brought the mystery game to GTMO for Troopers to enjoy something that is popular back in the states."

The murder mystery is unique in that it is open to everyone on NAVSTA over 21 years of age, said Kadis.

There was a 20-person limit to attend the event due to size of the game packets, and participants had to call the Marine Hill MWR to reserve their seat to partake.

"All four of our murder mystery dinners have quickly

filled up with several wanting to be placed on a waiting list," said Amy W. Roumell, director of the library. "Some people come in groups, but it is nice to see people get to know one another through the course of the game."

Upon arrival, each participant had an assigned character, said Roumell. The person could be the murderer and not know until the end of the game.

For most, participating in a murder mystery dinner event was a first, making it a unique experience for Troopers.

Air Force 1st Lt. Annie J. Reininger, officer-in-charge at the Joint Personnel Center, said she had never participated in a murder mystery dinner before and thought it was an interesting experience interacting with friends and others assigned to the base who she had not yet met.

"I was Kathleen, the owner of the pub," said Reininger. "My character was kind of abrasive, didn't have a filter, and just said the first thing that came to her mind. She was mean to everyone

and everyone hated her, which just made it more fun."

The pub owner quickly became the victim and the mystery of who murdered her was underway. Participants portrayed their individual characters, questioning each other using the information they were given on their individual character sheets. Each sheet had information participants could

openly share and discuss. To make the game more interesting, some information would not surface unless prompted by specific questions.

"I watched a lot of murder mysteries before coming to the island so I thought I was ready," said Skrabacz. "Turns out I wasn't. It is a really cool experience that the library and MWR are putting on."

Some people really got into character, which is awesome to see as event coordinators, said Kadis. It is amazing to see someone taking on a crazy idea and running with it like they do with the murder mystery events.

"The set up, the details and the time that went into it was amazing," said Reininger. "It was planned out really, really well. I would highly recommend it. It's a good chance to relax and cut back."

With events filling up quickly, MWR will coordinate with commanders wanting to hold a unit murder mystery experience, said Kadis. Contact MWR to schedule a fun and unique activity to build unit morale and camaraderie.

Article and photos by
ARMY SGT. SHANNON BALL



Slippery Shamrocks, someone murdered the pub owner at the Morale, Welfare and Recreation and library Irish themed murder mystery dinner at U.S. Naval Station Guantanamo Bay, Cuba, March 19. MWR brought the mystery game to GTMO for Troopers to enjoy something that is popular back in the states.enjoy something that is popular back in the states.

SHADOW BATAAN DEATH MARCH

Double checking boot laces, tightening and re-adjusting one another's rucksacks, and for good measure, grabbing a few more bananas from the volunteer aid station, the marchers were more than ready to begin the second annual 13-mile Shadow Bataan Death March, hosted by the 525th Military Police Detention Battalion, March 19 at U. S. Naval Station-Guantanamo Bay, Cuba.

The Bataan Death March was a 65-mile long transfer of 80,000 American and Filipino prisoners of war, who were forced into surrendering to the Imperial Japanese Army in World War II April 9, 1942. It is now recognized as the Day of Valor.

Among the POWs who started the march stretching up the southern coast of the Bataan Peninsula from Mariveles to Camp O'Donnell, a Japanese internment camp, approximately 13,000 never made it due to starvation, disease and brutal mistreatment by their captors.

On March 20, 2016 the 26-mile memorial march takes place in White Sands, New Mexico, stated Army Cpt. Mckinley White, a commander with the 525th MP Bn., and officer-in-charge of the event. GTMO has limited space restricting the memorial march to a half-marathon.

The New Mexico National Guard holds historical ties to the Bataan Death March, because many Soldiers in Bataan were members of the New Mexico National Guard's 200th and

515th Coast Artillery units.

"In keeping this event in the same remembrance as the actual memorial Death March, we don't actually rank the competitors place at the finish," said White. "It's a simple completion event. Most of the people participating are here to put down 26 miles in remembrance of those who are no longer with us"

The memorial march route also offered service members at GTMO

“ IT'S GOOD IN ESTABLISHING MORALE AND COMARADERIE ”

an opportunity to get a vigorous workout. Not only did they carry a 35lb rucksack, the course took them along the island's Ridgeline hiking-trail, which roller coasters up steep inclines and descends quickly downward along a gravel-pitted path, proving to be physically exerting by the second hill.

"In training, I used my normal gym workout consisting

of squats, dead lifts and bench presses, which are the three-core compound movements," said Army Spc. Andrew Chang, a paralegal specialist assigned to Staff Judge Advocate here. "The squats and dead lifts really helped in training my legs and preparing me for today."

Many units registered for the march with the intent to build more team work, release stress and have fun.

"It's good in establishing morale and camaraderie," said Army Cpt. Jennifer Eichten, the assistant deputy to the Deputy Staff Judge Advocate at GTMO, a participant who organized five members in her office to attend the march. "It offers a tough physical challenge, as well as a great way to pay respect to the special group of World War II heroes that marched for days in the Philippine Jungles."

The participants and volunteers at this year's Shadow Bataan Death March attended for various reasons; units formed teams to establish more camaraderie and some joined in pursuit of a physical challenge in exertion. But all who attended, contributed to the esprit de corps set to honor the lives of the Soldiers who endured the original Bataan Death March.

Article by
ARMY SGT. SARAH E. KIRBY
Photos by
ARMY STAFF SGT. MATHIEU PERRY



More than 75 participants in the Bataan Death March shadow event listen to a safety briefing before leaving the starting line at the Cooper Field sports complex, March 19. The 13 mile test of endurance is an annual memorial march hosted by the 525th Military Police Detention Battalion here, at the U.S. Naval Station Guantanamo Bay.



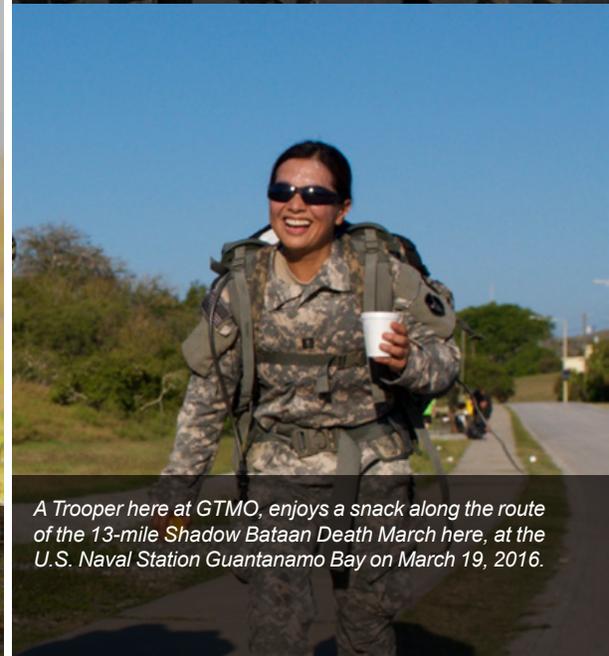
United States Coast Guard Chief Warrant Officer Tony Slowik pauses to adjust the weight distribution of items in his backpack at Windmill Beach, the halfway point for the Shadow Bataan Death March, an annual memorial march hosted by the 525th Military Police Detention Battalion here, at the U.S. Naval Station Guantanamo Bay March 19, 2016.



A participant in the Shadow Bataan Death March pauses at the halfway point near Windmill Beach to embrace his biggest fans, March 19. The 13-mile event is an annual memorial march hosted by the 525th Military Police Detention Battalion.



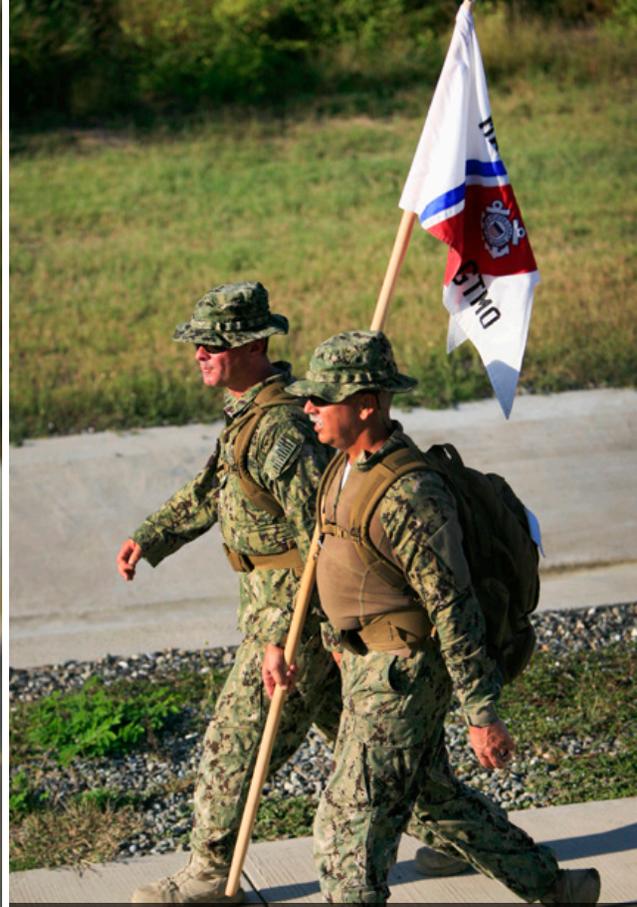
Marchers welcome refreshments with open arms during the 13-mile Shadow Bataan Death March, an annual memorial march hosted by the 525th Military Police Detention Battalion, March 19.



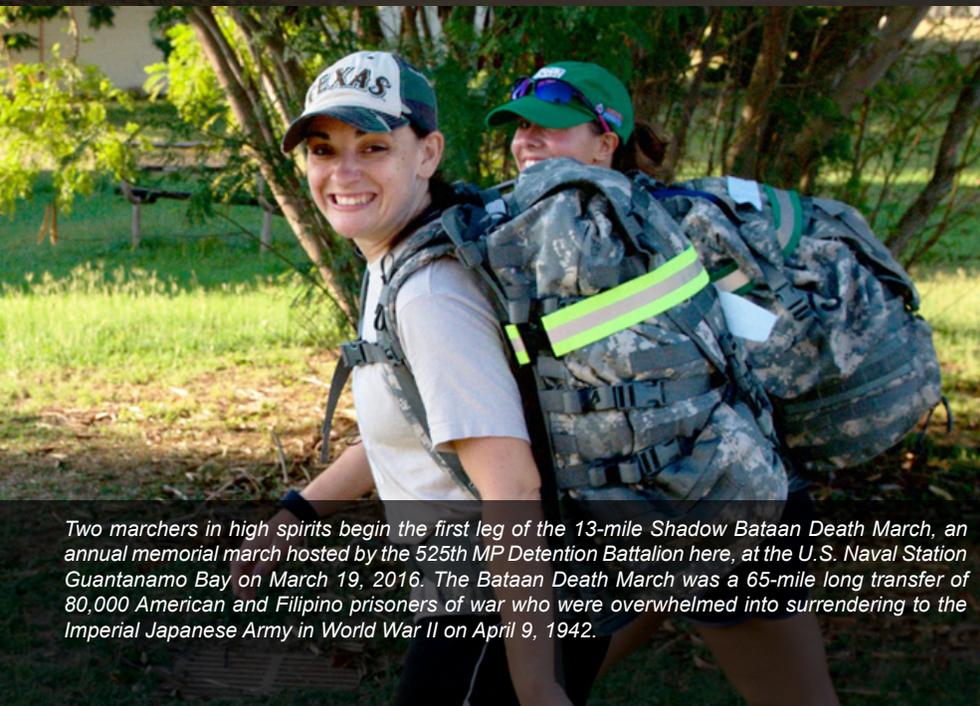
A Trooper here at GTMO, enjoys a snack along the route of the 13-mile Shadow Bataan Death March here, at the U.S. Naval Station Guantanamo Bay on March 19, 2016.



A Trooper at the U.S. Naval Station Guantanamo Bay, sprints with his 35 pound backpack to catch up with the main body of participants in the 13-mile Shadow Bataan Death March, an annual memorial march hosted by the 525th Military Police Detention, March 19.



United States Coast Guard Petty Officer 2nd Class David W. Pierce, a maritime law enforcement specialist assigned to the MARSECDET carries the guidon to encourage esprit de corps and unit cohesion for their team during the 13-mile Shadow Bataan Death March, a memorial march hosted by the 525th Military Police Detention Battalion, March 19.



Two marchers in high spirits begin the first leg of the 13-mile Shadow Bataan Death March, an annual memorial march hosted by the 525th MP Detention Battalion here, at the U.S. Naval Station Guantanamo Bay on March 19, 2016. The Bataan Death March was a 65-mile long transfer of 80,000 American and Filipino prisoners of war who were overwhelmed into surrendering to the Imperial Japanese Army in World War II on April 9, 1942.



A Navy petty officer sprints through the home stretch to cross the finish line of the Shadow Bataan Death March at the Cooper Field sports complex, March 19. The petty officer represented one of the first sailors to complete the event. The 13-mile Shadow Bataan Death March, an annual memorial march hosted by the 525th Military Police Detention, March 19.

MOVIE REVIEW / THE DIVERGENT SERIES: ALLEGIANT



“The Divergent Series: Allegiant” based on the book series “Divergent,” written by Veronica Roth, is a popular young adult series of novels. Based in a post-apocalypse Chicago, a young heroine by the name of Beatrice or Tris Prior (Shailene Woodley) has saved the city from ruin and is now wondering what to do with her life. After receiving a message from a foreign population outside the walls of Chicago; Tris creates a plan to escape with her boyfriend Four (Theo James), who is overly egotistic and protective.

As you might expect, they are not able to escape the city due to a psychotic ruler, Four’s mother, Evelyn (Naomi Watts), who closed the gates of the city and electrified the wall. During this time, the city is under duress while still trying to adjust faction-less existence. The newly self-proclaimed ruler, Evelyn, is holding trials for those who were loyal to a faction leader who was killed earlier in the series, and all the trials end with a bullet to the back of the supporters’ head.

Tris and Four lead their group over an electrified wall into the “Fringe,” a barren wasteland, which is evidence of a battle that ensued over 200 years earlier. What is left over is obvious atomic toxic ruin and blood-colored rain. They journey into the Fringe without knowing where to go; they just set out in a direction and hope they are right. You will even notice they neglected to bring food or water, with the ‘he-man’ of the group, Four, being only one with a weapon.

After a brief skirmish in the Fringe that ends abruptly with the

arrival of an armed force with the Genetic Bureau of Welfare. The group is taken back to the city built on top of Chicago’s O’Hare Airport. They soon learn the bureau is conducting a study to find genetically “pure” people.

After an abrupt decontamination, Tris gets separated from her group to meet with David (Jeff Daniels), who is the director of the bureau. He then proceeds to lie to Tris that what she is doing will help all people. This leads to a major lover’s quarrel, leaving Four to take matters into his own hands.

Four returns to Chicago, the mean time, Tris travels with David to meet with the infamous Counsel, who exposes David’s lies. At this point she then decides to return to Chicago. This completely predictable movie follows along with most heroine based post-apocalypse movies.

This movie received 31 percent out of 100 percent by metacritic.com, even though I cannot fathom why. I give it one banana rat, because honestly, it was predictable and just plain boring.

“The Divergent Series: Allegiant” is Rated PG-13 for intense violence and action, thematic elements and some partial nudity.

Movie review by

ARMY SGT. CHELSEA R. GARCIA



IN THEATERS THIS WEEK

The Downtown Lyceum showtimes are shown in the top row and the Camp Bulkeley Lyceum showtimes are displayed in the bottom row.

Batman vs. Superman: Dawn of Justice (New) PG13, 8 p.m. My Big Fat Greek Wedding 2 (New) PG13, 10:30 p.m.	Gods of Egypt (New) PG13, 8 p.m. Deadpool R, 10:30 p.m.	The Choice (LS) PG13, 8 p.m.	The Divergent Series: Allegiant PG13, 8 p.m.	Hail, Ceaser! (LS) PG13, 8 p.m.	Zoolander 2 (LS) PG13, 8 p.m.	American Sniper R, 8 p.m.
3/25 FRIDAY	3/26 SATURDAY	3/27 SUNDAY	3/28 MONDAY	3/29 TUESDAY	3/30 WEDNESDAY	3/31 THURSDAY
Gods of Egypt (New) PG13, 8 p.m. Deadpool R, 10 p.m.	Batman vs. Superman: Dawn of Justice (New) PG13, 8 p.m. My Big Fat Greek Wedding 2 (New) PG13, 10:30 p.m.	The Divergent Series: Allegiant PG13, 8 p.m.	LYCEUM CLOSED	The Choice (LS) PG13 R, 8 p.m.	LYCEUM CLOSED	Hail, Ceaser! (LS) PG13, 8 p.m.

Call the Movie Hotline @ 4880 or visit the MWR Facebook for more info. *Concessions at Bulkeley are closed until further notice Stay classy, GTMO! No alcohol or tobacco at the Lyceums.

*Want to write a movie review for The Wire? Send your movie review to: thewire@jftgmo.southcom.mil

MOVIE REVIEW / 10 CLOVERFIELD LANE



“10 Cloverfield Lane”: Another J.J. Abrams thriller from beginning to end.

This film is related to the 2008 film “Cloverfield” which showed the world being overrun by an alien invasion through footage found on a hand-held camera, but I would call its relation more of a cousin than a brother or sister.

You do not need to have seen “Cloverfield” to enjoy this film, but it is a different perspective going on during the same timeframe.

As the events unfold on-screen, prepare to

be on the edge of your seat the whole time in this nail-biting thriller with minimal amount of dialogue.

Michelle (Mary Elizabeth Winstead) is involved in a horrific car accident just as the sky explodes. As she comes to, she is greeted by Howard (John Goodman), who has her chained up inside an underground bunker, and claims to have saved her from the “event” that has just happened outside. Joining Michelle and Howard inside the bunker is Howard’s neighbor, Emmett (John

Gallagher Jr.), who forced himself in before it was sealed. The three characters are now locked inside a doomsday type structure, which Howard built for such an occasion. It is equipped with food, water, electricity and breathable air.

As the three of them wait it out inside the bunker, which I can easily describe as a claustrophobic mess of chaos and confusion, I caught myself looking up at the stars, feeling glad to be in the open space at the Downtown Lyceum.

Throughout the movie, Michelle’s trust toward Howard waivers as the film progresses, leaving her to believe that her only option is to escape the bunker she feels trapped in. Howard’s character seesaws back and forth, leaving the audience in disarray.

The ending of this film is nothing short of satisfying, so do not worry about it leaving you asking questions. I highly recommend this film. Don’t worry about clipping your nails; you will be able to bite them off throughout this movie.

I give this film five banana rats out of five. I found that the minimal amount of dialogue kept me absorbed in the film itself without being lost in words, as well as damn near falling out of my seat in suspense waiting to see what was next.

“10 Cloverfield Lane” is rated PG-13 for thematic material including frightening sequences of threat with some violence, and brief language.

Movie review by
ARMY SGT. MATT YOUNG



MWR

2016 SPORTS SCHEDULE

Starting dates are subject to change. All leagues last 2-3 months, including playoffs.

MONTH / DAY ACTIVITY

March 26	Aquatics Easter Egg Hunt
April 2	April Fools' Softball Trnmnt.
April 4	Softball League starts
April 11	Flag Football League starts
April 16	Youth Swim Meet
April 18	Golf League
April 23	Olympic Triathlon
May 7	Color Run
May 9	Indoor Volleyball League
May 14	Adult 500 Yard Swim
May 14-15	GTMO Golf Open
May 20-21	Captain's Cup Events
June 4	Max Performance Games
June 11	JPJ 5 Miller
June 18	Youth Summer Splash
June 25	Power Lifting Meet
June 27	Soccer League starts
July 2	Softball Tournament
July 2	Ridgeline Trail Run
July 4	Golf Tournament
July 11	Basketball League starts
July 16	Cable Beach Run
July 23	Adult Swim Sprint 300 Yard
July 25	Badminton League starts
August 6	Duathlon
August 8	Beach Volleyball League
August 13	Paddle, Pedal, Paintball
August 20	Back to School Splash
August 20	Fitness & Figure
August 22	Ultimate Frisbee League
August 27	All-Night Softball Trnmnt.
September 3	Sprint Triathlon
September 5	Golf Tournament
September 6	Co-Ed Softball League
September 11	9/11 Memorial Run
September 13	Flag Football League starts
September 17	Adult 100 Yard Swim Meet
October 22	Glow Run
October 29	Zombie Run
November 5	Olympic Triathlon
November 19	Max Performance Games
November 24	Thanksgiving Half & 5K
November 26	Across the Bay Swim
December 3	Power Lifting Competition
December 9	Army vs. Navy Game
December 23	Jingle Bell Fun Run
December 24	Holiday Basketball Trnmnt.

For questions contact the G.J. Denich Gym at x77262.



CHALLENGING LUCKY DOG RACE WAS A VICTORY



The Morale, Welfare & Recreation office hosted the very first Lucky Dog 1k/5k race at the Tiki Bar, March 19. Jonathan Rabb is seen running with a fellow soldier.

U.S. Naval Station Guantanamo Bay, Cuba, held its very first Lucky Dog 1K/5K, March 19, hosted by the Morale, Welfare & Recreation office. A multitude of varying skill levels of runners, volunteers and dogs participated.

The Morale Welfare Recreation office worked with Katie M. Prestesater, founder of the Lucky Dog 1K/5K race, to make this a reality. Volunteers helped set a positive environment to all partakers in the run. Without volunteers, the event would not have gone so smoothly.

"The full-time staffers are more of the brains and we are more the muscles," said Sean M. Finley, a volunteer for the Lucky Dog 1K/5K.

An unusual component to this race were the dogs who joined the morning's festivities.

Owners and dogs ran the 1K and participants without a pet ran the 5K.

"I like this one because of the dogs," said Ricardo Pintor, a volunteer for Lucky Dog 1K/5K. "It is fun that they do something with them."

The contenders and dogs took their marks and waited to tackle the miles. It did not matter whether they were accompanied by a furry friend or running solo; all were anxious to begin the race.

"We had such a good turnout," said Prestesater. "We had about 150 to 200 people and approximately 20 to 25 dogs participate in the race."

'Pet Photos with Santa' was another event Prestesater helped host. Upon seeing how well people received the event involving pets, she started formulating ideas of how to incorporate furry family members into more events. Thus, the idea for Lucky Dog 1K/5K was born. However, the race was not supposed to be called Lucky Dog 1K/5K in the beginning.

"Originally it was supposed to be 'Puppy Love Run,'" said Prestesater. Because the race is held in March, Prestesater decided to change the name to reflect a St. Patrick's Day theme.

As the dogs and runners approached the finish line, the volunteers cheered and shouted words of encouragement until the last person finished.

"I run for the competition," said Army Staff Sgt. Hammons, a participant in Lucky Dog 1K/5K. "It is one of those things that allow you to let loose. I think it was really cool that they incorporated families and the dogs. It really pulls the island together."



The U.S. Naval Station Guantanamo Bay, Cuba, Morale, Welfare & Recreation office March 19 hosted the very first Lucky Dog 1k/5k race at the Tiki Bar.

Article and photo by
ARMY SGT. MATTHEW J.J. TARPLEY

ULTIMATE FRISBEE GAMES TAKE OFF AT GTMO



Morale, Welfare & Recreation hosted the opening season game for Ultimate Frisbee on the Multi-Purpose Field at U.S. Naval Station Guantanamo Bay, Cuba, March 16. Catch Em's faced-off against Disclexia in an exhilarating season opening game. Disclexia's 24, David L. Mowrey, tries to slow down a Catch Em's player from passing. Disclexia won 10-8.

Catch Em's faced-off against Disclexia during the opening night of the Morale, Welfare & Recreation Ultimate Frisbee league March 16, at Cooper Field Complex on U.S. Naval Station Guantanamo Bay, Cuba. The home team, Disclexia, took advantage of late mistakes in the game to claim a 10-8 victory. What is Ultimate Frisbee? Two teams of seven players play on a 70-yard by 40-yard field, with 25-yard end zones and compete toward scoring the most points.

USA Ultimate, an Ultimate Frisbee web site, describes the sport as a controlled, non-contact team sport played with a flying disc on a playing surface with end zones that are governed by the 'Spirit of the Game.'

Ultimate Frisbee is a high cardio sport that requires fluid movements; its objective is to methodically move the disc into the end zone to earn points.

"It is an easy sport to pick up, the more you practice the better you get," said Thomas Fenn, coach for Disclexia. "A couple of the guys on the team have actually never played before. You are only as good as your weakest player; everybody comes together and pushes each other."

Disclexia showed quick athleticism early on with swift movements and precise handling of the disc. Wasting no time at all, they quickly rose to the top by earning the first two points. However, Catch Em's would not be stunted by the early deficit.

"We have a good team," said Amber L. Levy, a handler for the Catch Em's. Short and accurate passes are crucial in moving the disc efficiently in this game.

The game became a competition between the defenses. If either faltered, the other team would capitalize on the errors. Catch Em's missed some big opportunities to take the lead for the first time. In the last minute of the game, it was all tied up 8-8, with both teams looking for that final push to earn the win.

"We were able to keep it in their zone in the last-minute," said David L. Mowrey, assistant coach for Disclexia. Last second defense is what he attributed to their last-minute victory.

Although, Catch Em's lost due to several slip-ups, their team spirit remains positive. They are eager to play their next game and expect a good season.

"We mainly need to slow down and take our time," said Levy. "Next time."

Disclexia will play Jusdisc League March 30, while Catch Em's plays Netflix & Chill March 25. Ultimate Frisbee games are held every Monday, Wednesday and Friday starting at 7 p.m. on the Multi-Purpose Field located next to G.J. Denich Gym.

For more information on the MWR basketball league, visit G.J. Denich Gym or call x77262.

Article and photo by
SGT. MATTHEW J.J. TARPLEY

MWR KICKBALL

No.	Team Name	Standings
01	Flying Monkeys	11-1
02	Ballsagna	9-2
03	Kicking Balls	8-2
04	Iguanamo	8-3
05	Confusions	7-3
06	Cyclone Enforcers	7-4
07	EWA	7-5
08	Blue Ballers	6-6
09	BEEF 18	4-7
10	GTMO Latinos Plus	2-8
11	Ballz on Fuego	2-8
12	Ball Kickers	2-10
13	Mountain Maniacs	1-9

MWR SOCCER

MALE

No.	Team Name	Standings
01	Fire Department	13-0-0
02	Manchester City	12-1-1
03	XMart	11-4-0
04	Shamuri	8-5-1
05	Manchesthair United	6-8-0
06	Young Strikers	5-8-1

FEMALE

No.	Team Name	Standings
01	MisFits	10-0-0
02	One Love	3-5-0
03	Soccer Bombers	0-8-0

MWR BASKETBALL

No.	Team Name	Standings
01	Arch Angels Basketball	8-0
02	The Commission	7-1
03	Five-O	7-1
04	Shottas	7-1
05	Spartans	5-1
06	Splash City	5-3
07	Tohma's Team	4-4
08	Guardians	4-4
09	Sinag Pilipinas	3-4
10	Carolina Moonshiners	3-5
11	Cross Level	2-5
12	Guerillas	1-6
13	Finesse	1-8
14	The Goon Squad	0-7
15	Cavaliers	0-7



JOINT MEDICAL GROUP SERVE UP PIES



CDR William Peffley, of the Joint Medical Group, receives a pie in the face from his daughter during the "Battle for the Paddle" kickball tournament and picnic morale event held at U.S. Naval Station Guantanamo Bay, Cuba on March 18. (Photo by U.S. Army Staff Sergeant Jess A. Williams)



JSMART SPOT

▲ JSMART HELPER: SOPHIE

ANGER ACTS AS A COVER UP EMOTION

Imagine a tree standing tall in the middle of a park. Its trunk is so big that you can barely wrap your arms around it. Now imagine this tree as the emotion Anger. As you look up into the tree, envision its branches as representations of the various things that make you angry. Additionally, think of the leaves that blow around as similar to enraging thoughts racing through one's mind. Now, as you get this detailed picture in your mind, notice that we have not addressed the roots of the tree. We all know that the roots of a tree allow the tree to come to life. The roots often remain hidden, and all we can see are the branches and leaves.

Anger is thought of as a cover up emotion, usually for hurt, fear or frustration. Similar to a tree's roots, there is a more primary, underlying emotion that leads to anger. The hidden feeling will

usually be an emotion that makes you feel more vulnerable, and anger acts as a cover up emotion to protect us getting hurt.

So how do we deal with this overwhelming feeling of anger? We must first look at the root cause of the problem. Pausing for a moment and exploring the hidden emotion is important. Communicating this emotion is critical. For example, stating "I guess I wasn't angry that you came home late tonight, I was actually hurt because it makes me feel like your work is more important than me." Communicating the deeper emotion keeps others from reacting in a defensive way and sets the foundation for open and productive communication.

Article courtesy of
NAVY PETTY OFFICER 3RD CLASS JONNI C. GILLISPIE
Joint Medical Group

HEALTH

RUB-A-DUB ROUTINE TO KEEP YOU CLEAN

Cleanliness is close to Godliness, and in the field of Preventive Medicine nothing could be closer to the truth. The one thing any person can directly correlate to disease is dirt. Good personal hygiene will help to protect us and others from the spreading of germs and diseases. Personal hygiene is one of the widest and ill-practiced forms of defense against disease. With personal hygiene being the first order of defense against contagions, this article will help to educate the "rub-a-dub-dub" routine.

We use our hands for everything. We have all seen the person in the public restroom who will conduct their business and walk straight out without even a quick rinse. Since we use our hands for everything, the bodily fluids or germs on that person's hands are

now on door handles everywhere. Disease is easily spread this way. The Centers for Disease Control guideline recommends wetting your hands with clean running water. Next, lather hands with soap and be sure to get the back of your hands, between your fingers and under your nails. Scrub for at least 20 seconds. Rinse well and dry using a clean, disposable towel. If clean water and soap are not available, use hand sanitizer.

Personal hygiene is also a must when working out at the gym. Patrons of the gym go to sweat. Sweat can carry communicable diseases. To prevent a possible transfer, an effective method is using the sanitation wipes provided. Also, sanitize the equipment before and after use. When using a sauna, take a towel with you to help in absorbing excessive sweat. It is highly recommended to shower after any workout and to wear shower shoes. Wearing some sort of shower shoe will significantly reduce the risk of getting athlete's foot. Athlete's foot is a fungal infection and can easily spread from your feet to your hands and groin area. If you suspect you have contracted this fungal infection, it is easily curable by using over-the-counter or prescription antifungal medications. Gym sanitation is not only about sanitation, but also safety. If people clean up after themselves, an accident is less likely to occur.

Article courtesy of by
ARMY SPC. KENDALL J. RICE

RELIGIOUS SERVICES

ROMAN CATHOLIC (NAVSTA Chapel)

Saturday* 1700
 Sunday* 0900 (Side Chapel)
 Mon-Thurs* 1730&0900

PROTESTANT SERV. (JTF Troopers' Chapel)

Sunday* 0900&1900

Friday night movie Friday 1900

PROTESTANT SERV. (NAVSTA Chapel)

*Traditional** Sunday 0900&1900 Annex Room 1
*Contemporary** Sunday 1100 Main Chapel
Gospel Sunday 1300 Main Chapel

OTHER SERV. (NAVSTA Chapel)

Islamic Prayers Friday 1315 Annex Room 2
7th Day Adventist Saturday 0900 Annex Room 1 (Sabbath School)
 Saturday 1100 Annex Room 1 (Sabbath Service)
Latter Day Saints Sunday 0900 Annex Room 19
Pentecostal Sunday 0800 Annex Room D
 Sunday 1700 Annex Room D
*Christian Fellowship** Sunday 1800 Main Chapel (Non-denominational)
Jewish Study Friday 1930 Call JTF Chaplain for location*

BIBLE STUDIES (JTF Troopers' Chapel)

Monday 1900 JTF Troopers' Chapel
 Wednesday 1800 JTF Troopers' Chapel
Movie/Pizza Night Wednesday 1900 JTF Troopers' Chapel
Holy Smokes Friday 1800 Plant Nursery
Game Night Saturday 1900 JTF Troopers' Chapel

DAVE RAMSEY'S FINANCIAL PEACE / MILITARY EDITION (JTF Troopers' Chapel)

Tuesday 1900 Taught by Navy Chaplain

ALCOHOLICS ANONYMOUS MEETINGS

Mon/Wed/Sat 1830 NAVSTA Chapel Annex, Room 16

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

BUS SCHEDULE 05:00 - 01:00

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

EXPRESS BUS SCHEDULE 09:55 - 19:55

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 - 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

**CONFIDENTIAL
 COUNSELING
 FOR TROOPERS**

The Military & Family Life Counseling Program, known as MFLAC, is an additional mental health counseling for Troopers seeking confidential counseling outside of JSMART or the Chaplain Office. Call x58406 for more information.

Photo by Jeffery Walling

PARTING SHOT



SEA TURTLE BY JEFFERY WALLING. FOR A CHANCE TO HAVE YOUR PHOTO FEATURED IN THE PARTING SHOT, PLEASE SEND SUBMISSIONS TO: THEWIRE@JTFGTMO.SOUTHCOM.MIL

THE WIRE

